

# SIX SENSES SPAS

INTEGRATIVE WELLNESS SCREENING

# Integrated Wellness Screening

At Six Senses, your stay can be anything you want it to be.

We guide you on your path to well-being and provide inspiration to make you feel your best every day, at every age.

We believe that with the right information and tools you can improve the quality of your life and achieve specific health goals while having fun ... you just have to decide how active or inactive you would like to be.



## SIX SENSES WELLNESS BOARD

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**DR. MICHAEL J. BREUS, PH.D.**



**DR. STEVEN R. GUNDRY, M.D.**



**DR. MEHMET OZ**



**DR. CLAUDIA AGUIRRE**



**PATRICK WAHLBERG, NUTRITION  
CONSULTANT**



**ELENA MALMEFELDT, WELLNESS  
CONSULTANT**



# Integrated Wellness Screening

## THE TECHNOLOGY

Six Senses wellness screening measures all of your key physiological biomarkers. We use a **finger oximeter** to observe your heart rate, tissue oxygen uptake and distribution, arterial stiffness and stress parameters. We also use **non-invasive electrodes** to measure and interpret resistance to the flow of a gentle electric current through interstitial fluid (fluid between the cells) throughout the body. Then there is also the **bioelectrical impedance analysis, BIA**, which is a widely recognized technique for estimating body composition.

Based on the results of the 5 minute test, our wellness expert will prepare a **personalized individual report with lifestyle changes, nutritional advice on foods to favor and avoid, exercise and the correct supplements.**



# How we measure it?

The Body Scanning process is painless, non-invasive and has no known side effects. It requires the client, who is fully clothed and seated comfortably at a desk to put their hands & bare feet on electrode plates, while 2 electrodes are placed on their forehead. The client does nothing during the scan other than stay quiet and still, watching the body being scanned in real time, in 3D modelling on the screen in front of them.

This technology was originally invented by German and Russian scientists, and was used in the health monitoring of the astronauts prior, during and after space travel.



# What we measure?

**Body Composition** including Fat Mass, Lean Mass, Muscular Mass, Intracellular Water, Extra Cellular Oxidative Stress Analysis – shows if patient may need antioxidants.

**Hormonal Balance** including Thyroid, Insulin, Cortisol, Adrenal Gland Hormone balance and Thyroid function that may reveal why patients can't lose weight and how a stressful life style is affecting them. Why they feel tired, run down.

**Ions and Minerals** such as Calcium, Magnesium, Potassium, Sodium, Chloride which may show why someone has muscle aches, bone strength and much more.

**Brain chemistry** and Neurotransmitter balance such as Serotonin, Dopamine and Acetylcholine levels to show why patient may be feeling moody, anxious, angry or feeling sad or emotionally down. It may also help to reveal why he/she can't sleep or why their memory or concentration is not too good



## INTEGRATIVE WELLNESS SCREENING

Name **Samuel B.**

Total Score **86**

BIOMARKERS	BMI	Weight	Height	Dry lean mass %	Fat mass %	Total body water %	Heart rate	Blood pressure systole	Blood pressure diastole	SPO <sub>2</sub> %	Age
Put date 1	22.9	70	175	80.7	19.3	59.1	57	134	65	98%	43
Put date 2	0	0	0	0	100	0	0	0	0	0%	0
Reference	18 - 24	Kg.	Cm.	> 80	< 20	> 55	45 - 70	< 120	< 80	96 - 100%	

# The Results

Based on the results of the screening the wellness practitioner will prepare a detailed report with recommendations on Food, exercise, lifestyle and supplements.

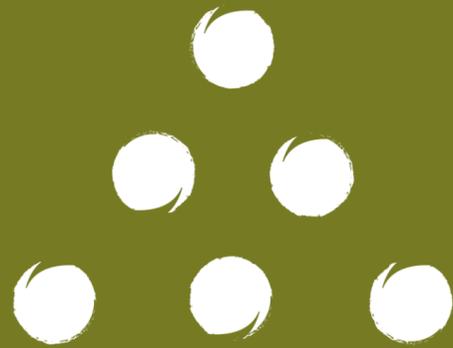
Best index 120	Put date 1	86	120 - 105	104 - 90	89 - 80	<79
Best index 120	Put date 2	0	Optimal Health	Good Health	Fair Health	Unhealthy zone

BODY COMPOSITION/FITNESS	Reference	Put date 1	Put date 2
(worst 6, best 30)		22	0
Dry lean mass	1 - 6	4	0
Fat mass	1 - 6	4	0
Total body water	1 - 3	3	0
Heart rate	1 - 3	3	0
Heart work	1 - 6	5	0
Nitric oxide	1 - 6	3	0

STRESS	Reference	Put date 1	Put date 2
(worst 7, best 30)		19	0
Stress from the nervous system	1 - 6	3	0
Heart rate variability	2 - 6	5	0
Blood presure	1 - 4	3	0
Minerals	1 - 6	2	0
GABA	1 - 3	2	0
Stress index heart	1 - 5	4	0

ENVIRONMENT	Reference	Put date 1	Put date 2
(worst 7, best 30)		24	0
pH Value	1 - 6	6	0
Oxidative stress	1 - 5	5	0
Liver	1 - 6	3	0
Water outside the cells	1 - 2	2	0
Metabolism	2 - 6	3	0
Oxygenated SPO <sub>2</sub> %	1 - 5	5	0

LIFESTYLE	Reference	Put date 1	Put date 2
(worst 4, best 30)		21	0
Circulation	1 - 6	5	0
Low graded inflammation	1 - 6	3	0
Prediabetes markers	2 - 12	7	0
Cholesterol	1 - 6	6	0



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THANK YOU

Contact Information | [www.sixsenses.com](http://www.sixsenses.com)