

Six Senses Resorts & Spas Announces 2007 Lifestyle Programming

Five-Day Retreats To Be Hosted By Thailand, Vietnam and Maldives Resorts

Bangkok - Six Senses Resorts & Spas is pleased to announce the debut of four Lifestyle Programs, available on a twice-monthly basis in a variety of resort locations in Hua Hin and Phuket, Thailand; Nha Trang and Ninh Van Bay, Vietnam; and the Maldivian Islands. These programs, which focus on the areas of vitality, stress relief, meditation and healthy lifestyle, are specifically designed for spa and health enthusiasts looking to increase their energy and vitality through a journey of evaluation, knowledge and lifestyle improvement.

Each five-day program promotes holistic healing and well-being in a serene resort environment, while capitalizing upon the team of specially trained holistic health consultants and therapists. Each program includes private one-on-one lifestyle consultations with Six Senses holistic health consultants, health and wellness workshops, Six Senses signature sensory therapies, group wellness activities, and individual practices including yoga, tai chi, meditation and movement classes. Each program concludes with a series of take-home tips and customized programming to assist each participant in maintaining the practice back home.

The four programs, themed *Discover True Vitality*, *De-Stress & Balance Your Life*, *Meditation De-Mystified* and *Harmonize with a Healthier Lifestyle*, are available at cost of \$990 per person for each five-day session, exclusive of accommodations, meals and transfers. The summer and fall schedule is as follows:

De-Stress & Balance Your Life:

- June 2-6, 2007 at Soneva Fushi Resort & Six Senses Spa, Maldives
- June 16-20, 2007 at Soneva Gili Resort & Six Senses Spa, Maldives

Meditation De-Mystified:

- June 25-29, 2007 at Evason Hideaway & Six Senses Spa at Hua Hin, Thailand
- July 9-13, 2007 at Evason Phuket & Six Senses Spa, Thailand
- July 23-27, 2007 at Evason Ana Mandara & Six Senses Spa, Vietnam
- August 6-10, 2007 at Evason Hideaway & Six Senses Spa at Ana Mandara, Vietnam
- August 27-31, 2007 at Soneva Fushi Resort & Six Senses Spa, Maldives
- September 10-14, 2007 at Soneva Gili Resort & Six Senses Spa, Maldives

Harmonize with a Healthier Lifestyle:

- September 17-21, 2007 at Evason Hideaway & Six Senses Spa at Hua Hin, Thailand
- October 1-5, 2007 at Evason Phuket & Six Senses Spa, Thailand
- October 15-19, 2007 at Evason Ana Mandara & Six Senses Spa, Vietnam
- October 29-November 2, 2007 at Evason Hideaway & Six Senses Spa at Ana Mandara, Vietnam
- November 19-23, 2007 at Soneva Fushi Resort & Six Senses Spa, Maldives
- December 3-7, 2007 at Soneva Gili Resort & Six Senses Spa, Maldives

Price does not include resort accommodations, meals or transfers. Additional private sessions with lifestyle consultants are available with a 15 percent discount, and additional spa treatments are available with a 20 percent discount. Programs may be booked by contacting the appropriate property spa, via www.sixsenses.com.

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