

## Six Senses Spas Introduce Lifestyle Programmes

**Six Senses Hub - Bangkok, January 2007:** Six Senses Spas have launched a series of four Lifestyle Programmes, specifically designed to assist people who have a willingness to evaluate and improve their lifestyle habits in order to gain knowledge that will assist them to achieve personal growth and life-balance. The programmes are ideally suited for people who would like to experience more energy and vitality in their life.

Each five-day Lifestyle Programme provides holistic healing and well-being, in harmony with the environment and administered by holistic health consultants and therapists who embrace the Six Senses philosophy of *Balancing Senses*.

Designed to compliment and inspire positive lifestyle changes and wellbeing, Lifestyle Programmes include private one-on-one lifestyle consultations with Six Senses Spas holistic health consultants, health and wellness workshops, Six Senses Spa signature sensory therapies, group wellness activities plus yoga, tai chi, meditation and movement classes. Take home advise is provided to assist maintenance of the Lifestyle Programme after returning home.

The Lifestyle Programmes:

**Discover True Vitality** - Experience more energy and vitality in your life. Rediscover the pleasure of health without hassle, regimes, unachievable goals, rules, frustration or restrictions. Our body has an extraordinary capacity to self-heal. Your Lifestyle Consultant will support natural therapies to cleanse and strengthen your system in order to restore its natural state of balance and harmony.

**De-stress & Balance Your Life** - Discover strategies for stress that you can use every day to attain greater clarity and contentment. Statistics show millions of workers are suffering from stress which can cause all manner of illnesses, from headaches and migraines to ulcers, back pain and muscle tension. Your Lifestyle Consultant is a healer and motivator who will apply their special skills to support people who work and or live in high-pressure environments. Allow yourself to progress towards your goals - whether achieving your full performance potential or recovering from illness or injury.

**Meditation De-mystified** - Discover the benefits of meditation and how to utilize this in today's modern world. Your Lifestyle Consultant will support and teach through lifestyle changes and focusing the mind to achieve greater clarity and awareness. By combining various training and experience into a comprehensive package, this Lifestyle

Programme offers a true holistic health practice for you to continue in your daily life.

**Harmonize with a Healthier Lifestyle** - Healthier lifestyle techniques that teach you how to handle stress in a busy lifestyle. Includes nutritional and exercise sessions to assist you in identifying and achieving your ideal life. Your Lifestyle Consultant will facilitate your growth and development by improving key areas such as self-awareness, goal setting and intuition. The key to success and happiness can be found through learning, development and life-balance.

For more information and booking enquiries please contact Six Senses Spa host properties listed below, or visit [www.sixsenses.com/spa/packages.php](http://www.sixsenses.com/spa/packages.php) <http://www.sixsenses.com/spa/packages.php> .

### Thailand

- Evason Hideaway & The Earth Spa by Six Senses at Hua Hin.

[reservations-huahin@evasonhideaways.com](mailto:reservations-huahin@evasonhideaways.com) <mailto:reservations-huahin@evasonhideaways.com> . T: +66 032 618 200.

- Evason Phuket & Six Senses Spa.

[reservations-phuket@evasonresorts.com](mailto:reservations-phuket@evasonresorts.com) <mailto:reservations-phuket@evasonresorts.com> . T: +66 076 381 010-7.

### Vietnam

- Evason Ana Mandara & Six Senses Spa at Nha Trang.

[reservations-anamandara@evasonresorts.com](mailto:reservations-anamandara@evasonresorts.com) <mailto:reservations-anamandara@evasonresorts.com> . T: +84 58 522 222.

- Evason Hideaway & Six Senses Spa at Ana Mandara.

[reservations-anamandara@evasonhideaways.com](mailto:reservations-anamandara@evasonhideaways.com) <mailto:reservations-anamandara@evasonhideaways.com> . T: +84 58 728 222.

### Maldives

- Soneva Fushi & Six Senses Spa, Maldives.

[reservations-fushi@sonevaresorts.com](mailto:reservations-fushi@sonevaresorts.com) <mailto:reservations-fushi@sonevaresorts.com> . T: +960 660 0304.

- Soneva Gili & Six Senses Spa, Maldives.

reservations-gili@sonevaresorts.com <mailto:reservations-gili@sonevaresorts.com> . T:  
+960 664 0304.



[http://www.sixsenses.com/primage/Meditation\\_Cave1.jpg](http://www.sixsenses.com/primage/Meditation_Cave1.jpg)

Meditation Cave at The Earth Spa

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Wellness Activity

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Tai Chi at Six Senses Spa - Soneva Fushi

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*Editor's Note:*

*Six Senses is a Resort and Spa Management and Development Company established in 1995, which manages properties under the brand names Soneva, Evason, Evason Hideaways and Six Senses Spas*

***Soneva** is committed to offer luxuries of the highest international standard in an environment that nurtures the indigenous feel in design, architecture and service; fusing nature with guest experiences to create - Intelligent Luxury*

***Evason Hideaway** identifies the boutique category of the Evason brand, where attention to detail and focus on the reality of the destination together with modern architecture support the theme - Innovative Style.*

***Evason** offers a greater number of accommodations than Evason Hideaways, while maintaining individual design personalities, generous architectural proportions and spirited guest experiences, supporting the theme - Redefining Experiences*

***Six Senses Spas**, a key element of all Six Senses properties, offer a wide range of holistic wellness, rejuvenation and beauty treatments for 'Balancing Senses", administered under the guidance of expert therapists. Six Senses Spas are also hosted by prestigious hotels and resorts in many other locations.*

*For further information please contact:*

*Six Senses Resorts & Spas  
Marketing Department  
Tel: 66 (0) 2631 9777  
Fax: 66 (0) 2631 9799  
marketing@sixsenses.com  
www.sixsenses.com*