

## Six Senses Spa Holistic Skin Therapy

### Introduction

#### THE “HOLISTIC” CONCEPT

A Holistic approach to skin care is not just about cleansers and moisturizers, but also about eating well, exercising, and stress relief, making you an active participant in your health by supporting the body’s natural healing process. Holistic skin care not only changes your skin, it positively enhances your life.

Feeling attractive is not only about ‘creams and secret potions’ but more about the essence that empowers you to feel at home and confident on the inside to result in pure skin health.

Six Senses Spas Holistic Skin Therapy’s philosophy is based on the following four core principles:

**1. *The healing power of nature:*** This principle is grounded in the belief that the body has an innate ability to heal itself and promote vitality if given the proper support to the muscular, circulatory, respiratory, immune, lymphatic, skin and energetic systems of the body.

**2. *Do no harm:*** Holistic Skin Therapy never uses ingredients or techniques that would be negative to the health of the individual.

**3. *Treat the cause, rather than the symptom:*** Skin imbalances differ for each person. The foundation of Holistic Skin Therapy is that the imbalance cannot be effectively treated until the underlying causative factors have been addressed.

**4. *Holistic Skin Therapy:*** This therapeutic approach is based on the philosophy that imbalances have multiple origins, affecting mind, body and emotions and it is essential that each of these are addressed for skin success.

The ingredients used in Six Senses Holistic Skin Therapy formulations are chosen for their purity and have become well known for their beneficial characteristics.



## PHILOSOPHIES OF SSS HOLISTIC SKIN THERAPY

- ❖ The high performance products use only the highest quality naturally derived and ethically farmed raw materials
- ❖ Natural plant based ingredients and preservatives
- ❖ No parabens used and chemical free
- ❖ Essential oils have been specifically blended into the range to ensure specific benefits
- ❖ No animal ingredients or testing
- ❖ Recyclable packaging

Our skin and bodies are far too complex to rely on just one thing or one substance to correct changes that have taken place over years and years. And different parts of the body have different needs, at different times, for different people.

Six Senses Skin Therapy products feature nature's most enriching botanicals, lower essences, vitamins, minerals and essential oils in the most scientifically advanced formulas. Each one is designed to **nourish, refine, energize and balance the skin** within and without to ensure improvement of skin condition, texture and quality.

Ingredients alone cannot accomplish what the line of Six Senses Holistic Skin Therapy can achieve. Six Senses Spas put our expert knowledge to work to create a customized skin-care range for a Holistic approach to skin care that encompasses not only cleansers and moisturizers, but also practical guidance on how to care for your skin, eating well, exercising and stress relief, that will change your skin and your life.

## PURE INGREDIENTS

Nature contains powerful healing ingredients, the benefits of which cannot be replicated in laboratories. Following is an overview of the foundation ingredients for the Six Senses Spas Holistic Skin Therapy.

### Essential Oils

Essential oils are derived from flowers, leaves, seeds, roots, and resins of aromatic plants to enhance health. Used in aromatherapy, essential oils are highly concentrated and are considered ‘the life force of the plant’, containing antiseptic, antibiotic, anti-inflammatory, and antiviral properties.

Over 95% of the essential oils produced globally are made for the perfume and food industries and these synthetic oils have nil therapeutic benefit for the skin and can actually cause harm and irritation to the skin. Six Senses Spas Holistic Skin Therapy uses therapeutic-grade essential oils that are not compromised by extraction with harsh solvents.

Essential oil molecules enter our bodies via inhalation or through the skin. Smelling calming scents affects the limbic system of the brain, the seat of emotions and memory.

Because of their unique, small molecular structure and due to their fat solubility, essential oils can also penetrate the skin. They enter the blood through the capillaries and circulate through the body affecting the body’s organs.

### Natural Preservatives

For products that require preservatives, alternatives are to be used to avoid any negative long-term effects from the potentially toxic preservatives used in mass-produced skin-care products include:

- ❖ Grapefruit seed extract
- ❖ Essential oils
- ❖ Vitamin E
- ❖ Food-grade preservatives, such as:
  - Potassium Sorbate
  - Citric acid
  - Cinnamon oil
  - Glycerin derivatives

Six Senses Spas Holistic Skin Therapy does not contain any potentially toxic preservatives that are found in most mass-produced skin-care products.

## Eye & Lip Makeup Remover



### **Gentle Eye & Lip Makeup Remover**

**Suitable Skin Type:** All

**Benefits:**

Removes make-up (incl. waterproof) and lipstick effectively and with no residue  
Suitable for sensitive eyes and contact lens wearers  
Prevents puffiness  
Nourishes & strengthens the eyelashes

**Application:** Apply sparingly to damp cotton pad. Gently apply pressure onto eyelids, lashes, or lips for 1 minute. Remove with damp cotton pad and pat dry.

**Key Ingredients:**

Jojoba Oil  
Apricot Oil

## Gentle Cleanser



### **Essential Milky Cleanser**

**Suitable Skin Type:** Sensitive, Dry, Mature, Normal

**Benefits:**

Delicate cleanser that strengthens & de-sensitizes skin  
Gently removes make-up and any impurities  
Hydrates, moisturizes and softens the skin  
Stimulates circulation

**Application:** Using a gentle circular motion, massage a small amount into damp face and neck. Rinse thoroughly, pat dry. Use morning and night.

**Key Ingredients:**

Pro Vitamin B5  
Shea Butter



### **Foaming Cleanser**

**Suitable Skin Type:** Normal to Oily, Oily

**Benefits:**

Deeply cleanses the pores leaving skin feeling fresh  
Regulates sebaceous activity  
Does not strip the skin, protecting the acid mantle  
Preserves the acid/alkaline balance of the skin

**Application:** Using a gentle circular motion, massage a small amount into damp face and neck. Rinse thoroughly, pat dry. Use morning and night.

**Key Ingredients:**

Cucumber Extract  
Green Tea Extract

## Toning and Balancing Mist



### **Sensitive Toning Mist**

**Suitable Skin Type:** Sensitive

**Benefits:**

- Strengthens and tones
- Balances the skin pH
- Extremely cooling and soothing
- Reduces heat and redness
- Refreshes, hydrates and nourishes the skin

**Application:** Shake well before use. Hold bottle 30cm from face, close eyes and spray face and neck. Allow to dry. Use morning and night.

**Key Ingredients:**

- Roman chamomile
- Rose
- Lavender



### **Active Toning Mist**

**Suitable Skin Type:** Normal to Oily, Oily

**Benefits:**

- Refines pores and reduces oiliness
- Balance hormonal effects on the skin
- Antiseptic, preventing and treating breakouts
- Balances the skin pH

**Application:** Shake well before use. Hold bottle 30cm from face and neck, close eyes and spray mist over face and neck. Allow to dry. Use morning and night.

**Key Ingredients:**

- Lavender
- Lemon
- Tea tree



### **Nourishing Toning Mist**

**Suitable Skin Type:** Dry, Mature, Normal to Dry

**Benefits:**

Tones gently, refreshes & hydrates  
Balances the skin pH  
Enhances penetration of moisturizing treatments

**Application:** Shake well before use. Hold bottle 30cm from face, close eyes and spray face and neck. Allow to dry. Use morning and night.

**Key Ingredients:**

Geranium  
Frankincense  
Chamomile



### **Essential Travel Mist**

**Suitable Skin Type:** All

**Benefits:**

Prevent dehydration during travel  
Soothes the skin

**Application:**

Shake well before use. Hold bottle 30cm from face, close eyes and spray face and neck. Allow to dry. Use regularly to keep the skin feeling fresh.

**Key Ingredients:**

Grapefruit  
Eucalyptus  
Rosewood

## Eye & Lip Care



### **Essential Eye Lifting Mask**

**Suitable Skin Type:** All

**Benefits:**

Tighten and firm the delicate eye area

Helps reduce the appearance of fine lines from around the eye area

Reduces puffiness and dark circles from around the eyes

Refreshes, soothes and cools the eye area

**Application:** Apply sparingly around the eye areas and smooth over. Does not need to be rinsed off. Use twice a week.

**Key Ingredients:**

Licorice Root Extract

Virgin Coconut Oil

Pueraria Mirifica



# Facial Moisturizer



## **Sensitive Facial Moisturizer**

**Suitable Skin Type:** Sensitive

**Benefits:**

Hydrates and soothes skin  
Strengthens and desensitizes skin  
Reduces irritation and redness  
Absorbs quickly, leaving no greasy after-feel

**Application:** Apply a light layer to face and neck. Smooth over skin until absorbed. Use morning and night after cleansing.

**Key Ingredients:**

Apricot oil  
Green tea extract  
Ivy extract  
Chamomile  
Rose  
Lavender



## **Active Facial Moisturizer**

**Suitable Skin Type:** Normal to Oily, Oily

**Benefits:**

Hydrates and soothes skin  
Balances skin's pH  
Deeply cleanses & purifies the pores  
Rich in antioxidants

**Application:** Apply a light layer to face and neck. Smooth over skin until absorbed. Use morning and night after cleansing.

**Key Ingredients:**

Apricot oil  
Green tea extract  
Ivy extract  
Lavender  
Tea tree  
Lemon



## **Nourishing Facial Moisturizer**

**Suitable Skin Type:** Dry, Mature, Normal to Dry

**Benefits:**

- Reduce fine lines and wrinkles
- Improve radiance and firmness
- Anti-aging
- Protects against environmental damage

**Application:** Apply a light layer to face and neck. Smooth over skin until absorbed. Use morning and night after cleansing.

**Key Ingredients:**

- Apricot oil
- Green tea extract
- Ivy extract
- Chamomile
- Geranium
- Frankincense

## Facial Mask



### **Intensive Facial Mask**

**Suitable Skin Type:** Dry, Mature, Normal to Dry

**Benefits:**

Increases circulation, promotes toxin drainage, and stimulates the lymph system  
Deeply nourishes the skin  
Reduces inflammation

**Application:** Apply a thin layer to a clean face and neck. Leave for 10-15 minutes. Rinse thoroughly, pat dry. Use twice a week

**Key Ingredients:**

Avocado oil  
Royal jelly extract  
Rosehip oil



### **Sensitive Facial Mask**

**Suitable Skin Type:** Sensitive

**Benefits:**

Strengthens skin  
Tones and revitalizes skin  
Assists to soften fine lines and wrinkles  
Encourages even complexion

**Application:** Apply a thin layer to a clean face and neck. Leave for 10-15 minutes. Rinse thoroughly, pat dry. Use twice a week

**Key Ingredients:**

Pink clay  
Apricot oil  
Chamomile  
Rose  
Lavender



### **Active Facial Mask**

**Suitable Skin Type:** Normal to Oily, Oily

**Benefits:**

- Remove impurities
- Stimulate cell renewal
- Regulate oil production
- Balance skin pH
- Refine pores

**Application:** Apply a thin layer to a clean face and neck. Leave for 10-15 minutes. Rinse thoroughly, pat dry. Use twice a week

**Key Ingredients:**

- Pink clay
- Apricot oil
- Lavender
- Tea tree
- Lemon



### **Nourishing Facial Mask**

**Suitable Skin Type:** Dry, Mature, Normal to Dry

**Benefits:**

- Stimulate collagen and elastin production
- Reduce signs of sun damage
- Anti-aging

**Application:** Apply a thin layer to a clean face and neck. Leave for 10-15 minutes. Rinse thoroughly, pat dry. Use twice a week

**Key Ingredients:**

- Pink clay
- Apricot oil
- Geranium
- Frankincense
- Chamomile

## Uplifting and Sensual Clearing Mist



### **Space Clearing Mist – Asian Exotica**

#### **Benefits:**

Uplifting and stimulating  
Balance physical body  
Enhance mental clarity and creativity

**Application:** Spray around room or on linen. Use as often as required. When empty place crystals in the garden or release into the sea.

#### **Key Ingredients:**

Ginger  
Frangipani  
Lime  
Sweet basil  
Citrine crystals



### **Space Clearing Mist – Spicy Citrus**

#### **Benefits:**

Relieve stress and tension  
Balance and heal the mind, body and spirit

**Application:** Spray around room or on linen. Use as often as required. When empty place crystals in the garden or release into the sea.

#### **Key Ingredients:**

Tangerine  
Frankincense  
Black pepper  
Red jasper crystals



### **Space Clearing Mist – Rain Forest**

**Benefits:**

Calming and restores inner peace  
Clear negative energy  
Enhance spiritual awareness

**Application:** Spray around room or on linen. Use as often as required. When empty place crystals in the garden or release into the sea.

**Key Ingredients:**

Juniper  
Lavender  
Cedarwood  
Benzoin  
Amethyst crystals

## Body Oil



### **Calming Body Oil**

**Suitable Skin Type:** All

**Benefits:**

Soothes and softens the skin

An effective blend that calm the mind, body and emotions and reduce tension

**Application:**

Massage oil: Use 20mL to 30mL for a full body massage

Body oil: Apply to the skin after bath or shower. Apply to slightly moist skin for faster penetration.

Bath oil: Use 15mL to 20mL in bath.

When empty place crystals in garden or release into the sea

**Key Ingredients:**

Jojoba Oil

Avocado Oil

Rose Quartz

Red Jasper

Lemongrass

Jasmine

Lavender



### **Uplifting Body Oil**

**Suitable Skin Type:** All

**Benefits:**

Highly nourishing and rich in nutrients and vitamins

Soothes and softens the skin

An effective blend to uplift the mind, body and emotions

**Application:**

Massage oil: Use 20mL to 30mL for a full body massage

Body oil: Apply to the skin after bath or shower. Apply to slightly moist skin for faster penetration.

Bath oil: Use 15mL to 20mL in bath.

When empty place crystals in garden or release into the sea

**Key Ingredients:**

Macadamia Oil

Avocado Oil

Tiger's Eyes

Orange Carnelian

Geranium

Lemon

Rosemary