

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