



SIX SENSES

Ziggy Bay

*wellness programmes*

## *six senses ziggy bay* - a place like no other...

The rugged Hajar Mountains provide a stunning backdrop to this indigenous village-style resort, which rests peacefully on a long sandy beach and evokes a feeling of relaxation and tranquillity from the moment you arrive.

Our aim at Six Senses Ziggy Bay is to make your life better and happier by elevating all your senses.

To do this, we have combined the expert knowledge of our wellness team with the healing properties of the surrounding environment to deliver a series of wellness programmes setting you on a path towards a healthier and more fulfilling life.

This means lifestyle analysis, specialist treatments, locally-inspired therapies, healthy cuisine, relaxation techniques and a variety of wellness and fitness activities to help you attain a specific goal. Whether it is detox, fitness, stress relief or a more active approach to relaxation, we will guide you on your journey to the ultimate body and mind balance.

This is your chance to take time away from everyday life and create a break for reassessment, to learn new wellbeing techniques and reach a greater sense of self-awareness in idyllic and luxurious surroundings. An opportunity not to be missed...

Each of our wellness programmes includes the following:

- Personal wellness consultation on arrival
- Access to complimentary daily wellness activities as per our weekly schedule
- 2 x healthy drinks at the Spa's Juice Bar
- Access to steam, sauna, ice cave and fitness centre



## *sense of detox*

A chance to stimulate the body's natural healing pathways and encourage regeneration and cleansing, this detox programme offers a variety of purifying treatments and daily wellness activities. There are optional diets specially designed to enhance the detox process, improve digestion and boost the immune system. You will leave feeling invigorated, vibrant and having achieved longer lasting health.

### **3-day programme**

2 x Detox Massage (90 min)  
2 x Herbal Steam (30 min)  
Detox Scrub and Cocoon (90 min)  
Personal Training (60 min)

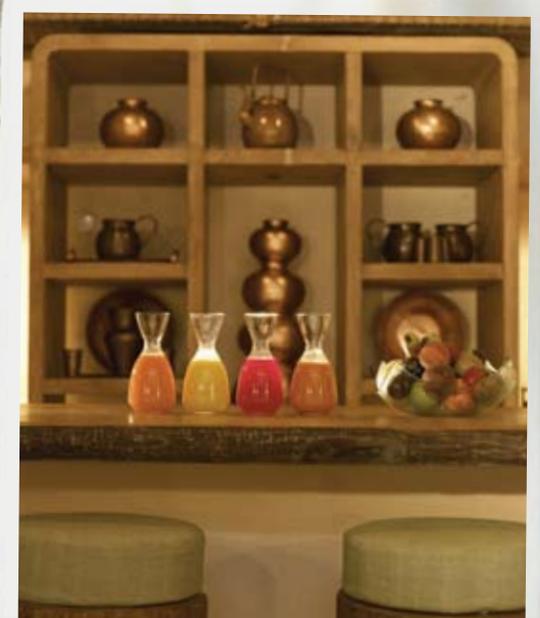
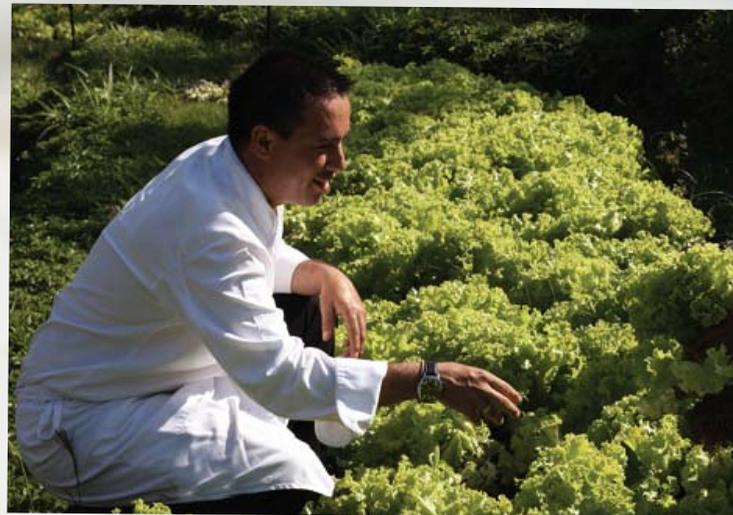
### **5-day programme**

2 x Detox Massage (90 min)  
2 x Personal Training (60 min)  
3 x Herbal Steam (30 min)  
Detox Scrub and Cocoon (90 min)  
Detox Yoga (60 min)  
Hot Stone Therapy (90 min)

### **7-day programme**

2 x Detox Massage (90 min)  
2 x Detox Scrub and Cocoon (90 min)  
5 x Personal Training (60 min)  
4 x Herbal Steam (30 min)  
Detox Yoga (60 min)  
Foot Acupressure (60 min)  
Hot Stone Therapy (90 min)

An optional cleansing diet is available and it focuses on organic raw cuisine and a daily juice programme. Alternatively, light wellness dishes are always featured on the restaurant menus.





## *sense of functional fitness*

Exercise is a powerful 'mind-body' medicine and this programme promotes wellbeing through a variety of physical activities and treatments designed to re-energise the body. Personal trainers will customize a training programme to help you achieve specific goals be they cardiovascular fitness, improved strength and flexibility, muscle toning or a boost to your metabolism. You will gain a better understanding of your body and attain sustainable results.

### **3-day programme**

2 x Personal Fitness (60 min)  
 3 x Herbal Steam (30 min)  
 Thai Massage (60 min)  
 Deep Tissue Massage (60 min)

### **5-day programme**

3 x Personal Fitness (60 min)  
 3 x Herbal Steam (30 min)  
 Super Stretching (60 min)  
 Circuit Training (60 min)  
 Thai Massage (60 min)  
 Deep Tissue Massage (60 min)  
 1 x Private Session - a choice of mountain biking, walking trail, kayaking or tennis (60min)

### **7-day programme**

5 x Personal Fitness (60 min)  
 3 x Herbal Steam (30 min)  
 Early Morning Outdoor Jogging (30 min)  
 Bamboo Massage (90 min)  
 Deep Tissue Massage (60 min)  
 Thai Massage (60 min)  
 Super Stretching (60 min)  
 2 x Private Session - a choice of mountain biking, walking trail, kayaking or tennis (60min)

**Here is an example of what your 3-day stay would involve:**

### **Day 1**

7am - 8am bootcamp training in the jungle gym  
 8.15am healthy breakfast  
 9am wellness consultation  
 11am - 12am mat & ball exercise  
 1pm delicious lunch  
 3pm herbal steam (30min)  
 4pm Thai massage (60min)  
 6.30pm holistic class with a practitioner  
 8pm dinner

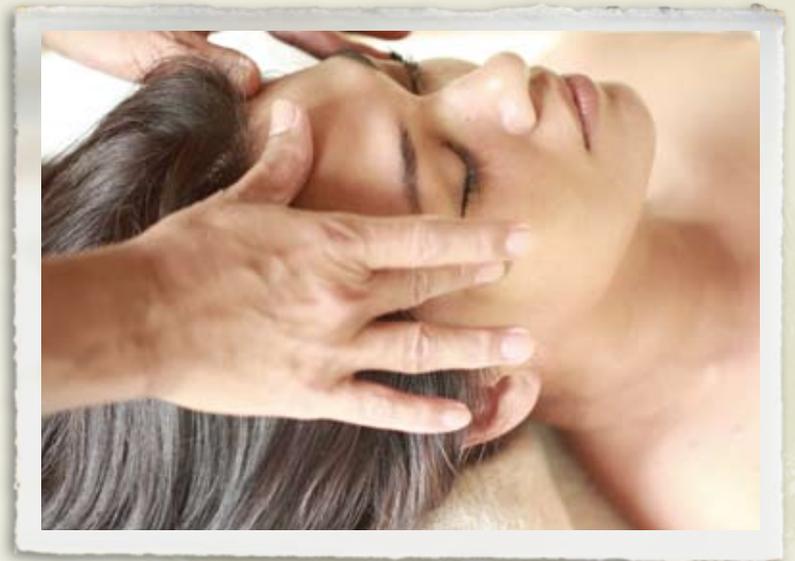
### **Day 2**

7am - 8am personal training (60min)  
 8.15am herbal steam (30min)  
 9am healthy breakfast  
 10am meet the practioners  
 12pm delicious lunch  
 4pm hiking  
 5pm deep tissue massage (60min)  
 6.30pm sunset kayak  
 8pm dinner

### **Day 3**

7am - 8am sunrise stretching  
 8.15am healthy breakfast  
 11am aqua fit class  
 12pm delicious lunch  
 3pm personal training (60min)  
 4pm herbal steam (30min)  
 6.30pm sundown Hatha yoga  
 8pm dinner





## *sense of de-stress*

A truly holistic programme combining treatments and wellness activities aimed at recharging your batteries and releasing the tensions of everyday life. Natural health and emotional healing will stimulate your energy flow, awake the senses and calm the mind. You will emerge from your stay revitalised and reconnected with yourself and your life ambitions.

### **3-day programme**

Reiki (60 min)  
Holistic Massage (60 min)  
Foot Acupressure (60 min)

### **5-day programme**

Reiki (60 min)  
Holistic Massage (60 min)  
Foot Acupressure (60 min)  
Hot Stone Therapy (90 min)  
Indian Head Massage (60 min)

### **7-day programme**

Ziggy Delight Massage (90 min)  
Reiki (60 min)  
Indian Head Massage (60 min)  
Foot Acupressure (60 min)  
Thai Massage (90 min)  
2 x Private Meditation (60 min)



## *sense of slow life*

Supporting our commitment to SLOW LIFE (Sustainable, Local, Organic, Wellness - Learning, Inspiring, Fun and Experiences), this programme promotes our passion for the local environment, customs and traditions. Indigenous plants, herbs and fruits are expertly blended and used in treatments that refresh, revitalise and nourish the body and soul, whilst the local environment provides a stunning backdrop for daily activities.

### **3-day programme**

Basil and Mint Scrub (60 min)  
Traditional Hammam (60 min)  
Arabic Facial (60 min)  
2 x Herbal Steam (30 min)

### **5-day programme**

Wonders of Oman (180 min)  
Traditional Hammam (60 min)  
Arabic Facial (60 min)  
Private Morning Village Jogging (30 min)  
Private Kayaking (60 min)  
3 x Herbal Steam (30 min)

### **7-day programme**

Wonders of Oman (180 min)  
Traditional Hammam (60 min)  
Arabic Facial (60 min)  
Private Morning Village Jogging (30 min)  
Private Kayaking (60 min)  
Private Yoga (60 min)  
3 x Herbal Steam (30 min)





## *sense of adventure*

Ideal for those adventurous souls who like to relax and de-stress through activity, this programme makes use of the mountainous surroundings to get the adrenalin pumping and help you reconnect with nature. Private sessions of paragliding, hiking, mountain biking and bootcamp workouts will get you back in shape in a fun and exhilarating way. Any tired muscles will be soothed with a range of massages and other restorative treatments.

### **3-day programme**

Mountain Hike (180min)  
Deep Tissue Massage (60min)  
Herbal Steam (30min)  
Kayaking (60min)  
Mountain Biking (60min)

### **5-day programme**

Mountain Hike (180 min)  
Deep Tissue Massage (60 min)  
Thai Massage (60 min)  
Herbal Steam (30min)  
Kayaking (60 min)  
Mountain Biking (60 min)  
Paragliding (20 min)

### **7-day programme**

Mountain Hike (180 min)  
Body Scrub (60 min)  
Deep Tissue Massage (60 min)  
Thai Massage (60 min)  
Herbal Steam (30min)  
Kayaking (60 min)  
Mountain Biking (60 min)  
Paragliding (20 min)  
Bootcamp Training (60 min)

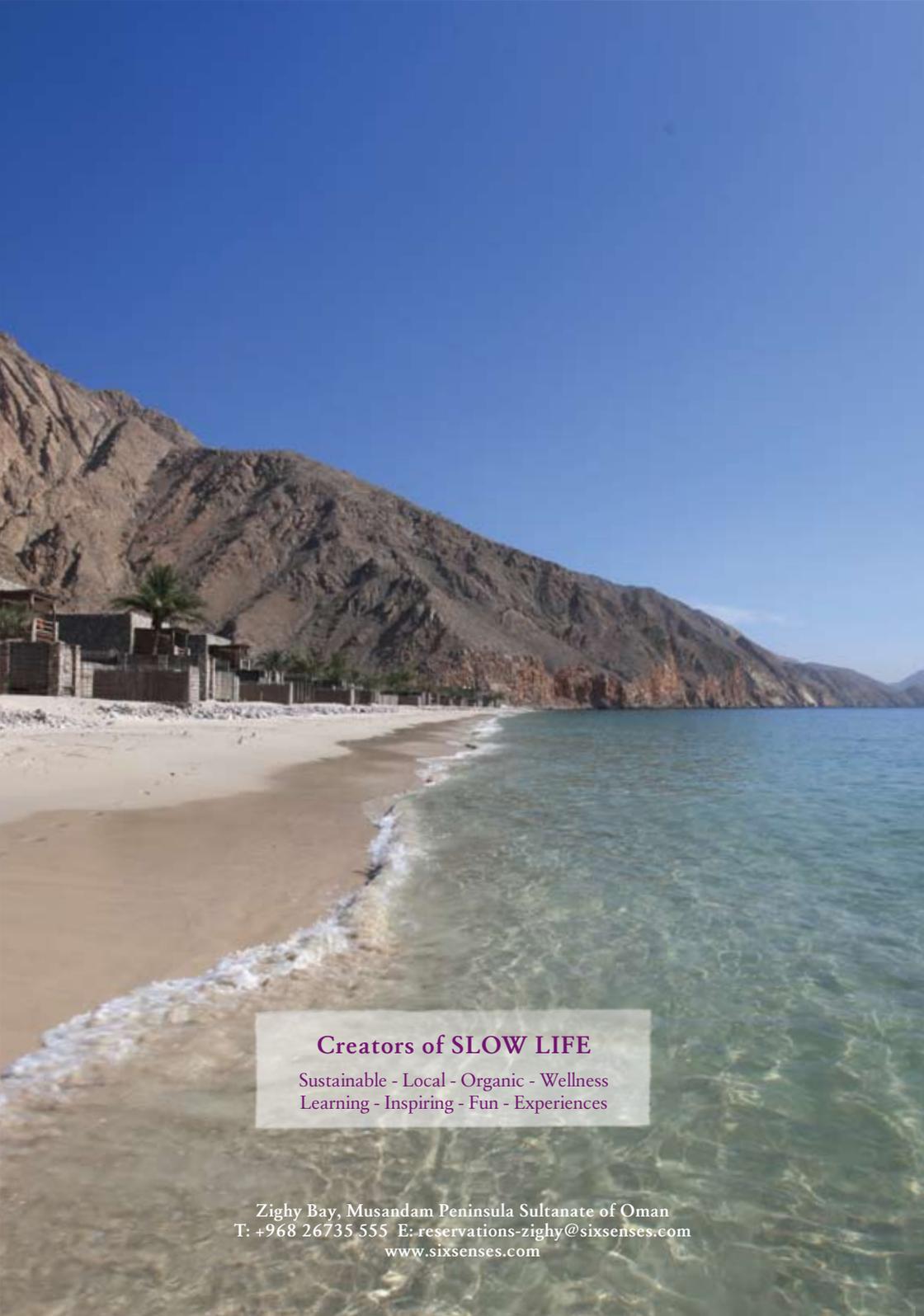


## sample wellness activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00	Bootcamp training in the Jungle Gym	Intro to holistic wellness	Sunrise stretching	Sunrise kayak	Sunrise Pranayama (08:00 - 08:30)	Bootcamp training in the Jungle Gym	Aqua fit class
07:00 - 10:00					Hiking		
10:00		Meet the practitioners		Meet the practitioners			
11:00 - 12:00	Mat & ball exercise		Aqua fit class	Nutrition class with the chef	Mat & ball exercise	TBD workout	Nutrition class with the chef
14:00 - 15:00		Massage workshop					
16:00 - 19:00		Hiking					
17:00 - 18:00			1 km beach walk			1 km beach walk	
18:00 - 19:00	Tennis training	Management cocktail			Tennis for beginners		
18:30 - 19:30	Holistic class conducted by practitioner in house	Sunset kayak	Sundown Hatha yoga	Pilates	Holistic class conducted by practitioner in house	Sundown power yoga	Sense of life meditation
20:00 - 21:30	Talker's table						

The above daily activities are complimentary to all guests on wellness programmes. Please make bookings 5 hours in advance for evening activities, and 12 hours in advance for morning activities.

Please arrive on time for all activities – for safety reasons, guests are asked not to enter classes more than 15-minutes after class commencement. New activities will be added regularly throughout all seasons.



## Creators of SLOW LIFE

Sustainable - Local - Organic - Wellness  
Learning - Inspiring - Fun - Experiences

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