

SPA AND WELLNESS

Six Senses Zil Pasyon has created a spa facility that is poised to be one of the most dramatic spas in the world in terms of location and design.

Six Senses Spa Zil Pasyon is spread over 19,000 square feet (1,765 square meters) of towering rocks, boulders and oceanfront for a total use of 7,000 square feet (650 square meters). It includes five individual double villas for treatments uniquely designed for each area: The Rock Villa built between the large granite boulders, the Cave Villa with its private steam shower, the Ocean Villa situated right above the water with 180-degree ocean views, the Nature Villa with incorporated garden and trees as part of the villa design and finally the Floating Villa, built on a large rock and extended all the way out to create a suspended feeling. To further complement your wellness journey, the spa also features a sauna, saltwater pool, steam, yoga and meditation pavilion and nail bar.

The spa accentuates the island's natural geography through its materiality, texture and form. Approached via a dramatic open-air entrance, overlooking a courtyard oasis, the spa comprises a series of unique individual experiences. Linked by curated journeys through the rocky outcrop, the spa is designed to encourage guests to explore the unique setting. Refined timber treatment villas, modified for each location with bespoke decks, showers and pools, are carefully inserted amongst the rocks, to frame infinite views of the Indian Ocean.

The spa experiences are designed around the health-giving properties of the islands' flora and fauna, the natural rock shading and calming sounds of the ocean. For minimal intrusion on the landscape, lightweight timber steps and a rope bridge link the spa while unmatched views can be enjoyed from the treatment villas, yoga pavilion and pool deck. It offers a wide range of holistic wellness, rejuvenation and locally-inspired beauty treatments together with an extensive menu of signature therapies and the recently launched Six Senses Integrated Wellness program administered under the guidance of Six Senses expert therapists.

Six Senses Integrated Wellness is an innovative approach to wellness that allows the group's in-house experts to measure and analyze key physiological biomarkers to provide guests with lifestyle and nutritional advice, and design a personalized program of spa treatments, fitness and wellness activities based on the preventative principles of the Eastern medicine approach and the result-oriented Western influences. Six Senses Spa also features the group's popular Six Senses Yogic Program which includes Discover Yoga, Yogic Detox and Yogic Sleep.

Nearby the spa, a fitness center features inspiring 180-degree ocean views. The fitness experience starts with a practical design where guests have the opportunity to experience different fitness methods and programs. Traditional cardio equipment and weight machines are blended with functional training so guests can have fun while working out. There is something for everyone, from multi-day wellness programs to rejuvenation therapies and detox, as well as a selection of activities such as complimentary morning yoga.

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