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A Special Treatment by

Six Senses

By Melissa Leong

Every now and then, our weary bodies need a 'wake-up call' to return it to prime condition. Long days and stressful environments take a toll on the body, making us feel lethargic. One of the best places to soothe your tired mind, body and soul is at Six Senses, Kota Kinabalu. Be sure to ask for the Special Treatment – a package that truly lives up to its name!

The treatment begins with a warm shower to calm your senses. The main element of this treatment is a hot stone massage that focuses on the main pressure points of the body; these correspond to the organs in the body. My therapist for the day was Vianna, who started the treatment by rubbing a fragrant energizing oil on my back. The therapist then uses warm volcanic healing stones (which are boiled in water and left to cool until they reach the desired temperature) to gently rub the back. As with most massages, the stones are rubbed from the neck downwards, with emphasis on the back. The combination of the energizing oil and warm stones gliding down the back is very soothing and many are lulled to sleep in no time! Be sure to communicate with your therapist the desired pressure during your massage. Vianna also paid extra attention to my shoulders as this where most of the muscular knots were found. With every 'pop' of a muscle, I could feel my shoulders begin to loosen up. The rubbing of stones on certain parts of the back stimulates blood flow and vital points in the body. This treatment is particularly ideal for those suffering from insomnia, backaches and digestive problems. After half an hour, focus is shifted to the legs, and the stones are pressed against pressure points on the soles of the feet. A wonderful sensation for those who spend most of their time on their feet! Another focal point in this treatment is the stomach. The warm stones are rubbed and placed on the stomach to stimulate the digestive system and reduce bloatedness caused by air. A special herbal cream is then rubbed into the bellybutton. This mixture is a combination of ginseng and tong kuai herbs, which are traditionally believed to improve blood circulation and organ function. It is rubbed into the bellybutton as therapists believe this is one of the most effective areas for the cream to penetrate. The hot stones are then used to massage the arms. This was the most relaxing part for me as I could feel the blood circulate through my limbs and I immediately felt my muscles unwind. During the session, the hot stones are placed at certain points of the body, such as on the palms and the soles of the feet to further relax the muscles. The Special Treatment concludes with a wonderful neck and head massage, releasing all the pent-up tension. I even managed to squeeze in a quick nap! The Special Treatment package lasts for slightly over an hour and, if necessary, the therapist will spend

more time on problem areas. Six Senses is known for its friendly, helpful and professional therapists, who go out of their way to ensure you are comfortable throughout the session. Give your body the pampering it deserves right here at Six Senses.

Six Senses is located at Lot 2-1-2, Phase 2, Kolam Centre Hilltop, Luyang, Jalan Lintas, Kota Kinabalu (along the same stretch as Foo Ping Dim Sum Restaurant). Open Monday to Saturday fro 9:30am to 6:30pm (closed on Sunday). For appointments, call 088-213163.

Six Senses
Spa & Skin Therapy Centre

Unforgettable Pampering Experience

Must Try!

*Traditional Body Scrub +
Hot Stone Therapy + Head & Shoulder Relaxing*




Hot Stone Foot Reflexology
Deep Cleansing Facial

Bust Firming
Chinese Traditional "Gua Sha"

Six Senses the most amazing place I've visited. The staff are very Professional and friendly. The hot stone massage was the best massage. Ever! - Dicky Australia

It was a totally different experience and I would never forget of massage with Hot stone that I had!! - Jalewin, Korea

* This treatment available only on weekdays from 10am to 6pm

Business Hour: Mon - Sat 9:30am - 6:30pm
To make appointment, contact Six Senses at
Lot 2-1-2, Phase 2, Kolam Centre Hilltop, Luyang,
Jalan Lintas, Kota Kinabalu. Tel: 088-213163