



Well-being is not Just for Grownups at Six Senses Hotels Resorts Spas

BANGKOK - March 20, 2018 - Wellness and sustainability have always been integrated into every aspect of the guest experience at Six Senses Hotels Resorts Spas. Now it's time for the parents to step aside so the kids can gain useful life skills and knowledge too. Grow With Six Senses is the group's new framework for the kids programs which incorporate six dimensions of wellness into all activities for younger guests and the company's approach to kids and family wellness.

Grow With Six Senses encourages younger guests to understand more about what's going on inside them and in the world around them. The approach is to learn through natural play (after all, there is nothing less fun than when children are told, "this will be fun!"). It's an adventure, and as they journey through each activity, they'll get a new stamp for their personal Six Senses passport.

"Grow With Six Senses incorporates the six dimensions of wellness (social, environmental, physical, spiritual, emotional and intellectual) and brings kids 'back to basics' in order to reconnect with nature and others around them," said Vice President of Spa and Wellness Anna Bjurstam. "This framework ensures a holistic offering for the minds of our little guests. We're really proud of what each resort has created and we know families are going to love the experience too."

Programs vary from resort to resort, but introduce specifically designed physical activities, yoga and mindfulness, local culture, sustainability and social experiences. There's also the chance to pamper with tailor-made spa treatments. The focus is on offering something a little out of the ordinary to attract even the most reticent joiner. Forget algebra, how about being a little mixologist? Children learn how to make their own toothpaste, facial mask, body scrub, after sun lotion and edible water bubbles. Can't sit still? Bring on the cookery, yoga, treasure hunts, ball games and fitness challenges. Something more local? Activities at Six Senses Yao Noi include roselle harvesting and flying yoga, while at Six Senses Fiji, opening in April, kids can make their own snacks using a solar oven. Six Senses Laamu has a beautiful garden for salad foraging and offers junior Zumba and healthy cookie making.

It's not all about doing, there are plenty of being options, for example simple meditation with Six Senses Samui and Six Senses Yao Noi incorporating the art of singing bowls. Children's innate creativity comes into play dabbling with Vietnamese origami and painting at Evason Ana Mandara and Six Senses Ninh Van Bay. Six Senses Con Dao includes small visits to the local school to which parents are also invited. Six Senses Douro Valley offers tile painting and Six Senses Kaplankaya ceramic decorating. At Six Senses Zighy Bay, kids can get to grips with Arabic lessons.

Mother nature is in charge, and a visit to the principal's office is actually to the Earth Lab, for learning about upcycling and recycling. Playtime includes joining the gardeners in the resorts' organic gardens for anything from seed planting to mushroom harvesting. Other activities can include making kites and flowers with recycled paper, a local farm visit, finding dinosaur fossils, recycled shell crafts, purifying water, candle making and growing seeds in a coconut shell. Six Senses Qing Cheng Mountain runs a summer camp every Friday in July and August with cooking classes, games and barbecues.

The frolics don't stop when the day comes to a close: Grow With Six Senses continues through family activities such as coastal walks, movie evenings, sandcastle building, storytelling, mastermind puzzle challenges, and at Six Senses Zil Pasyon, Big Cook-Little Cook.

Each resort has its own comprehensive program, with a full list of Grow With Six Senses activities that can be viewed on the web page of each resort under the EXPERIENCES tab. Visit sixsenses.com, contact the resort directly or call your travel agent to reserve your summer family escape accommodations. Many of the activities are complimentary or have a nominal fee.



Get them started early ... your little chef is sure to enjoy a Six Senses cooking class; they may even make dinner for you one day!

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Shut down computer screen, it's time to paint at Six Senses.

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Yoga poses that will help little ones sleep better at night.
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The little ones at Six Senses can experience the ocean and all its life underwater world.
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About

Six Senses Hotels Resorts Spas operates 11 resorts and 28 spas in 20 countries under the brand names Six Senses, Evason and Six Senses Spas. The portfolio will triple over the next five years with resort, hotel and spa openings underway in Austria, Bhutan, Cambodia, China, Egypt, Fiji, France, India, Indonesia, Israel, Italy, Nicaragua, St. Kitts and Nevis, Singapore, Switzerland, Taiwan, Thailand, Tunisia and the United States.

Six Senses properties share a leadership commitment to community, sustainability, wellness and design, infused with a touch of quirkiness. Whether an exquisite island resort, mountain retreat or urban hotel, the enduring purpose is to help people reconnect with themselves, others and the world around them.

Six Senses Spas offers a wide range of holistic wellness, rejuvenation and beauty treatments administered under the guidance of expert therapists in all resorts as well as at 17 additional standalone spas. The high-tech and high-touch approach guides guests on their personal path to well-being, taking them as deep as they want to go.

Evason follows the Six Senses philosophy of uncompromised responsibility to sustainability and the community. Its two unique resorts provide a strong value focus, while offering a vast array of personal guest experiences that the whole family will love.

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