



## **Six Senses Hotels Resorts Spas to Launch Eat With Six Senses** *An approach to food where guests leave feeling better than when they arrived*

**BANGKOK - December 6, 2017** - Pick up your forks and rejoice. Eating and holidays go hand in hand, and now guests can enjoy both without derailing their health goals thanks to fresh whole food that is nutritious and delicious.

Eat With Six Senses represents another pillar of the Six Senses Integrated Wellness philosophy and approach to food and drink. It is based on the guiding principles of natural ingredients, local and sustainable, and less is more, helping guests to reconnect with food safe in the knowledge that it's good for them, and good for the world around them.

### **Natural ingredients**

Six Senses chooses a cleaner and simpler approach to preparation, focusing on quality, balance and fresh whole food made from scratch. Chefs indulge their love for hearty and healthy menus full of color, taste and joy, while unapologetically avoiding the bad stuff (flavor enhancers, lectins, lactose, gluten and sugar). Instead they choose the ingredients and preparation methods that promote a healthy microbiome (the trillions of tiny gut buddies living in the body) to offer better digestion and absorption of nutrients while boosting the immune system. Glucose is out, fermenting is in!

### **Local and sustainable**

It is essential to know what's in food and where it's from, and each Six Senses resort is reinforcing its relationships with local farmers, producers and suppliers, who are committed to responsible sourcing and seasonality. Imported seafood could be farm raised with antibiotics and growth hormones. By working closely with local producers, Six Senses is assuring that ethical practices in raising animals and avoiding at-risk species are adhered to.

Even closer to home, each Six Senses resort cultivates its own organic vegetable garden, one property already has its own free range chicken farm to supply fresh eggs and two resorts have established mushroom huts.

### **Less is more**

Produce that has traveled a long distance is often gassed, irradiated and preserved with wax or exposed to toxic packaging. At Six Senses, the energy footprint of importing branded drinking water has been eliminated with each resort having its own reverse osmosis plant to produce top quality still and sparkling mineralized water, which is provided to guests in reusable glass bottles.

### **As deep as people want to go**

Guests who simply holiday at Six Senses will eat more healthily by default. Those guests who are curious about Eat With Six Senses and want to discover more about the food and beverage offerings, fitness and wellness activities, will have the basics for making life changes. While guests who opt for the full Integrated Wellness, including a personalized wellness screening, will reap the total immersion benefits: from fitness plans to Sleep With Six Senses, the wellness experience can be integrated into every aspect of their stay.

Six Senses Integrated Wellness was developed in collaboration with Dr. Steven Gundry, Dr. Michael Breus, Dr. Mehmet Oz and Patrick Wahlberg, members of Six Senses Wellness Board, highly respected doctors and

leading wellness professionals.

According to Dr. Steven Gundry, American cardiac surgeon and founder of The Center for Restorative Medicine, "With the introduction of Eat With Six Senses, guests not only eat well, they feel better. They are also supported with valuable tools and information to help them make positive lasting life adjustments. To put it in a nutshell, Six Senses want guests to leave feeling better than when they arrived."

Eat With Six Senses will also have a positive outcome for the resort's hosts, as the philosophy will be implemented in all employee dining outlets. It will create an internal culture of health and wellness through healthier meal choices as well as providing knowledge to support the well-being of hosts and their families.

Eat With Six Senses will have a positive effect for guests, hosts and Mother Nature alike.



**Six Senses' guests enjoy the fresh approach to cuisine with Eat With Six Senses**

[Click here to download this image in high resolution](#)



**Fresh organic ingredients grown on-site make up an important part of Eat With Six Senses**

[Click here to download this image in high resolution](#)

*About*

**Six Senses Hotels Resorts Spas** operates 11 resorts and 30 spas in 20 countries under the brand names Six Senses, Evason and Six Senses Spas.

**Six Senses resorts** are set in locations of incredible natural beauty that will stop you in your tracks, and an uncompromising level of service that will stay with you long after you've left. Each property has a distinctive personality, but shares a commitment to community, sustainability, wellness and design. This award-winning approach extends to new openings, including the urban concept premiering in New York in 2019.

**Six Senses Spas** incorporate local healing traditions with holistic rejuvenation treatments administered under the guidance of expert therapists and visiting practitioners. They constantly explore and rethink the typical spa model to offer pioneering wellness, not only in all resort spas, but also in standalone spas in prestigious hotels and premier class lounges.

**Evason** properties continue the philosophy to protect their natural environments and cultures. Family friendly, these properties also provide a strong value focus, while offering a vast array of personal guest experiences.

For further information, please contact:

Benjawan Sudhikam (Ms.)  
Director of Public Relations & Communications  
Six Senses Hotels Resorts Spas  
T +66 2 631 9781  
M +66 8 181 38234  
E [ben@sixsenses.com](mailto:ben@sixsenses.com)

Follow us:

