



## **Dr. Claudia Aguirre Joins Six Senses Wellness Board Holistic Anti-Aging Clinic Launches in May**

**BANGKOK - March 7, 2018** - Get ready to look and feel 10 years younger thanks to a personalized care plan that addresses the factors that adversely impact skin health. Dr. Claudia Aguirre has joined the Six Senses Wellness Board to support the launch of the brand's Holistic Anti-Aging Clinic.

Neuroscientist, mind-body expert, TEDx speaker and regular TED Ed educator, Dr. Aguirre specializes in the connection between the brain and the skin, consulting internationally in the health and wellness industries. Her Doctoral work from the University of Southern California was based on hormonal interactions in the aging brain and she continued her post-doctoral studies at Loyola Marymount University, where she completed a certificate course on Yoga, Mindfulness and Social Change. She is an invited lecturer at Stanford University and continues to publish scientific articles.

"While it's true that our genes contribute to how our skin ages, 'lifestyle aging' is overlooked and easily addressed with proper education," explains Dr. Aguirre. "The Brain-Skin-Gut connection considers how psycho-social pressures, coupled with an improper diet, negatively impact gut microbiota, and ultimately result in inflamed and unbalanced skin that ages prematurely. What we are doing with Six Senses is a real opportunity to help people look and feel younger from the inside out."

Dr. Aguirre joins forces with the Six Senses Wellness Board to introduce the Holistic Anti-Aging Clinic in May at Six Senses Kaplankaya in Turkey and later across selected Six Senses spas.

Each program starts with an advanced skin analysis, wellness screening, sleep analysis and a consultation to analyze and discuss these lifestyle factors. The results allow Six Senses wellness experts to incorporate a personalized skin treatment plan using advanced ingredients and equipment, nutrition, supplements, treatments, movement and mindfulness.

A recommendation on supplements, as well as a homecare program is an integral part of the Clinic to banish premature aging as well as common skin problems such as acne and dry or oily skin. An important component that complements the inside-out beauty approach, is the notion of brain beauty. That's why the Clinic also looks at the brain-skin connection through our perception of beauty and how we can become more confident in it. Dr. Aguirre's experience in scientific based approaches has been invaluable.

"We are excited to work with Dr. Aguirre on this latest initiative," says Anna Bjurstam, vice president spas and wellness. "We will delve deep into various lifestyle factors - what we eat and drink, our stress levels and hormonal balance, and other parameters such as insulin resistance, gut and intestine imbalances, the quality of sleep and the toxicity of our body. It's an exciting approach to wellness that we expect will really benefit guests based on initial research and program feedback."



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**Six Senses wellness experts design a personalized treatment plan, including advanced skincare treatments and equipment.**

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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. Aggressive development plans will triple the portfolio over the next five years with resort, hotel and spa openings underway in Austria, Bhutan, Cambodia, China, Egypt, Fiji, France, India, Indonesia, Italy, Nicaragua, Switzerland, Taiwan, Thailand, Tunisia and United States.*

*Six Senses operates resorts in far-flung locations of incredible natural beauty known for their distinctive and diverse design personalities. Each of the nine properties is supported by a leadership commitment to community, sustainability, wellness and design. Six Senses hotels which share the same vision and values found at their award-winning resorts will premiere in urban locations in 2019.*

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*Six Senses Spas offers a wide range of holistic wellness, rejuvenation and beauty treatments administered under the guidance of expert therapists. Six Senses Spas are located in all Six Senses and Evason resorts; 17 additional standalone spas are located in prestigious hotels and resorts as well as the premier class lounges of two major airports.*

*Evason introduces a collection of two unique resorts that follow the Six Senses philosophy of uncompromised responsibility to sustainability and to the community. Family friendly, these properties also provide a strong value focus while offering a vast array of guest services and personal attention.*

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