



Six Senses Hotels Resorts Spas Partners with Timeshifter *New Jet Lag App Transforms Your Travel*

BANGKOK - June 5, 2018 - Six Senses Hotels Resorts Spas has partnered with Timeshifter to improve the guests' traveling experience whether they are heading away on business or pleasure. Guests booking directly with Six Senses will get access to the Timeshifter jet lag app which is developed with Harvard Medical School Associate Professor Steven Lockley, Ph.D. and based on the latest research in sleep and circadian neuroscience. What could be better than quickly adapting to a new time zone and eliminating jet lag, and enjoying high energy levels from the moment you land?

Timeshifter, which named Six Senses Hotels Resorts Spas their official hotel partner, offers highly personalized jet lag plans based on the traveler's sleep pattern, chronotype, flight plan, and optional preferences such as pre-travel adjustment or the use of melatonin for an even faster adaptation. Timeshifter incorporates a real world "practicality" filter, ensuring that the advice is realistic and easy to follow; there is also a unique Quick Turnaround feature for business travelers who want to be at their best during short business trips that are not long enough to allow full adjustment. A notification system provides simple yet powerful advice, even while in flight. Using Timeshifter is a straightforward and empowering experience, and requires no special equipment.

The algorithm behind the new Timeshifter app is already helping astronauts, elite athletes, and top CEOs eliminate jet lag, and perform at their very best. Now, this much-needed tool is available for everyone.

"We all love to feel good when traveling on business or pleasure, but when flying long distances jet lag can cause stress, fatigue, moodiness and restless nights. We're delighted to partner with Timeshifter and to provide our guests with a state-of-the-art tool so they can get the most out of their time when staying with Six Senses and to be their best after they arrive back home," said Neil Jacobs, chief executive officer of Six Senses Hotels Resorts Spas.

Jet lag is caused when the sleep-wake and light-dark cycle shift too quickly for the 24-hour circadian clock in the brain to adapt. Timeshifter not only provides advice to alleviate the disruptive symptoms of jet lag such as insomnia and sleepiness, but addresses the underlying circadian disruption by rapidly resynchronizing the circadian clock to the new time zone and reducing the negative impact of jet lag on other brain and body functions.

"The partnership between Six Senses and Timeshifter is showing what the future of luxury travel can be. By combining the Six Senses Integrated Wellness experience with the Timeshifter jet lag app, based on the latest in sleep and circadian neuroscience, guests will enjoy their vacations even more and perform at their very best on business trips," said Mickey Beyer-Clausen, CEO of Timeshifter.

Guests who book a stay through SixSenses.com, via email or phone will be given a special code in their reservation confirmation so they can unlock a complimentary jet lag plan inside the Timeshifter iOS or Android app.

The brand's overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help

guest flourish, in tune with their natural flow. From a wide range of signature massages to high-tech science and high-touch therapies. From the food guests eat to the way they sleep and the experts they meet. Wellness is integrated into the whole guest experience, and becomes a joyful way of life. And those guests who wish to go further, can take the non-invasive wellness screening and let Six Senses experts assess their health and lifestyle and recommend a personalized program in steps that they feel comfortable with.



Six Senses Hotels Resorts Spas partners with the Timeshifter jetlag app to transform travel.
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Six Senses guests who book direct enjoy complimentary access to the Timeshifter app which provides a highly personalized jet lag plan based on the traveler's sleep pattern.
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About

Six Senses Hotels Resorts Spas operates 16 hotels and resorts and 31 spas in 21 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, Brazil, Cambodia, China, India, Indonesia, Israel, St. Kitts and Nevis, Singapore, Spain, Switzerland, Taiwan, Thailand 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 16 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.

For further information, please contact:

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

Alexandra Polier
Timeshifter
M +1 917 693 2768
E alex@whatisyourdna.com

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