

Six Senses Sets a New Standard in Catching Better ZZZZZZ's *Sleep With Six Senses Launches in October*

BANGKOK – September 20, 2016 – Sleep is unreservedly recognized as the most important contributor to an individual's health. Experts range in their suggestions as to the amount that should be taken, with a rough consensus recommending that at least one third of a person's life should be dedicated to this most pleasurable of pastimes. And if they are getting the required amount of shut-eye, they may not be getting the optimum quality.

Sadly, too many people put up with a less than desirable sleeping environment. Poor quality mattresses and bed linens, sound pollution that distracts from the goal at hand and lighting that hinders the effort contribute to restless nights followed by stressful days. Even attempts to count sheep can be an obstacle if the mind becomes active and separates the flock into colors and gender, or indeed the whole flock has passed over the fence before sleep has occurred!

Guests holidaying in places of incredible beauty, with empathic service and exceptional experiences should also have the opportunity to enjoy the best sleep imaginable. And now they can with the launch of the group's enhanced sleep standard, Sleep With Six Senses.

Working closely with internationally renowned Sleep Doctor Michael J. Breus Ph.D., the rollout has already begun at five of the group's resorts, with the remainder to be fully implemented by mid-2017. All resorts opening in the future will have the program in place from day one.

So, what's so special about sleeping with Six Senses? Well, it starts with an online questionnaire that allows a dedicated Sleep Ambassador to prepare in advance of the guest arrival. The questionnaire allows Six Senses to understand the relationship that a guest has with sleep and based on this information, each sleep ambassador provides their guests with tools and tips on how to improve the quality of sleep.

Sleep Ambassadors are individuals who have excelled in a training program created by a passionate group of leaders at Six Senses under the leadership and guidance of Dr. Breus. They fine-tune the guest room prior to arrival to ensure all preferences are noted and prepare the guest bedroom each evening to ensure optimum sleep conditions. They are also on call each day to assist and provide support to guests.

Fundamental to the guest room setup are items that have been carefully selected and tested over a period of 24 months by a team of Six Senses experts. Handmade mattresses by Naturalmat are made from 100 percent natural materials sourced from sustainable resources and are fully biodegradable. They are complemented by Hanse organic pillows and duvets which feature natural breathing and cooling zones to ensure the perfect temperature during sleep. High quality organic cotton sheets are made by Beaumont & Brown, and toweling and bathrobes are from Madison Collection.

Building upon these quality basics, guests who wish to learn more about improving their quality of sleep can upgrade their sleep experience. The package includes a Sleep Bag, Valley Forge moisture-wicking linens and a Withings Aura Sleep Tracker/App. The results from the sleep app will be reviewed with a Six Senses Integrated Wellness Practitioner during a 30-minute personal consultation. Based on the results, the wellness practitioner may recommend a personalized program of spa treatments and activities to help improve sleep.

The Sleep Bag contains a selection of specially developed and sourced sleep aids including bamboo fiber pajamas, eye mask, ear plugs, nose strips, nasal neti pot and jasmine sleep spritzer. There is the choice of a bathroom amenity from The Organic Pharmacy and the Six Senses Little Book of Wellness which includes a worry journal section to jot down thoughts that may keep guests up at night. The bag also includes a thumb drive loaded with Six Senses videos providing a wealth of sleep suggestions and professional guidance for better sleep featuring Dr. Breus.

In advance of departure each guest is provided with sleep tips and details on how to purchase any of the products they used during their stay to prolong their quest for a good night's rest when home.

As of November 2016, Sleep With Six Senses is available at:

Oman, Six Senses Zighy Bay
Portugal, Six Senses Douro Valley
Seychelles, Six Senses Zil Pasyon
Thailand, Six Senses Yao Noi
Vietnam, Six Senses Ninh Van Bay

New Six Senses properties that will open soon with Sleep With Six Senses are:

France, Six Senses Alpine Suites Courchevel, December 2016
Cambodia, Six Senses Krabey Island, May 2017
Bhutan, Six Senses Bhutan, May 2017
Indonesia, Six Senses Bali, Q3 2017
Fiji, Six Senses Fiji, Q3 2017

The 30-minute personal assessment with a Six Senses Integrated Wellness Practitioner is complimentary with the Sleep With Six Senses package upgrade which is priced at USD 165 or EUR 150 for one guest and USD 225 or EUR 200 per couple for the first night, and USD 30 or EUR 27 per guest per night from the second night onward.

Reservations can be made by visiting www.sixsenses.com or toll free by phone in Australia at 180 075 9983, China at 4001206072, France at 0805542628, Germany at 08007243516, Hong Kong at 30112108, Japan at 0120921324, Russia at 8 8003337429, United Arab Emirates at 8000 441 8572, United Kingdom at 08082347200 and United States at 8556956693.



Sleep With Six Senses

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Herbal Tea Before Bed, Sleep With Six Senses

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Sleep With Six Senses New Bedding Standard at Six Senses Douro Valley, Portugal

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Logo - Sleep With Six Senses

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About Six Senses Hotels Resorts Spas

Six Senses Hotels Resorts Spas operates 10 resorts and 28 spas in 19 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, United Arab Emirates 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 10 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.

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; 18 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.

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

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