



Top Medical Experts Join Six Senses Wellness Board

BANGKOK, Thailand - April 27, 2016 - When Six Senses ventured on the road to integrate wellness they knew that it would be essential to combine science and the best practices in wellness to assure the absolute best outcome. They needed advice from some of the world's top professionals in their fields and have them concur on the best methodology to develop programs that addressed some of the most common issues people face as a result of their ultra-stressed daily lives.

Thus the Six Senses Wellness Board was assembled to support and advance this commitment. The core wellness board consists of specialist doctors in the fields of nutrition, sleep, and cardiovascular and complementary medicine. They are reinforced by the group's in-house experts. The first steps have taken two years and the initial results were recently introduced as Six Senses Integrated Wellness, with this being only the beginning of an on-going mission.

The Six Senses Wellness Board specialist in the field of nutrition is Dr. Steven Gundry. He is a graduate of Yale University with Honors in Human Evolutionary Biology, received his training at the University of Michigan and was a fellow at the National Institutes of Health (NIH) in Washington, DC before serving as professor and chairman of Cardiothoracic Surgery Loma Linda University School of Medicine for 16 years. He went on to found and direct the International Heart and Lung Institute in Palm Springs, California and the Center for Restorative Medicine in Palm Springs and Santa Barbara, California. Author of the best-selling book, "Dr Gundry's Diet Evolution," his second book will be released by Harper-Collins in early 2017 and is the basis of all his recommendations for the nutritional programs at Six Senses. Dr. Gundry is currently collaborating with Chef Conny Andersson, Six Senses group executive chef, who is based at Six Senses Yao Noi in Thailand to develop the group's nutritional guidelines.

Addressing the vital subject of sleep on the Six Senses Wellness Board is Michael J. Breus, Ph.D., is a clinical psychologist and both a diplomate of the American Board of Sleep Medicine and a fellow of The American Academy of Sleep Medicine. He was one of the youngest people to have passed the Board at age 31 and, with a specialty in Sleep Disorders, is one of only 163 psychologists in the world with his credentials and distinction. Author of "The Sleep Doctor's Diet Plan: Lose Weight Through Better Sleep" published by Rodale Books in 2011, his groundbreaking book discusses the science and relationship between quality sleep and metabolism. His first book, "Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health" has been met with rave reviews and continues to change the lives of readers. As the subject of sleep continues to gain momentum in our sleep-deprived society, Dr. Breus has become a widely recognized leader in this ever-evolving field. He has provided editorial services for numerous medical and psychology peer-reviewed journals and has given hundreds of presentations to professionals and the general public. He has published original research and worked on grant funded projects and clinical trials. Dr. Breus has been in private practice for 16 years and recently relocated his practice to Los Angeles.

The Six Senses Wellness Board member who possibly requires the least introduction is Dr. Mehmet Oz, who appeared on the Oprah Winfrey Show for five seasons before hosting his own show. He has been a professor at the Department of Surgery at Columbia University since 2001 and directs the Cardiovascular Institute of Complementary Medicine at New York Presbyterian Hospital. His research interests include heart replacement surgery, minimally invasive surgery and health care policy. He has authored and co-authored several books and in 2014 launched the bi-monthly magazine Dr. Oz The Good Life with the Hearst Corporation. Time Magazine ranked Dr. Oz at 44 on its list of the 100 Most Influential People in 2008 and Esquire magazine placed him on its list of the 75 Most Influential People of the 21st Century.

Six Senses Integrated Wellness is an innovative approach to wellness that allows the in-house experts at Six Senses resorts and spas to measure and analyze key physiological biomarkers to provide guests with lifestyle and nutritional advice, and design a personalized program of spa treatments, fitness and wellness activities based on the preventative principles of the Eastern medicine approach and the result-oriented Western influences.

There are several building blocks that form the foundations of this concept, including nutrition to help guests understand the basic principles of healthy and nutritionally-balanced eating; sleep health to optimize sleep and understand its benefits on their overall well-being; movement through the variation of high and low intensity exercise; alternative therapies; holistic spa treatments as well as yoga, meditation and mindfulness to balance the nervous system.

The ultimate goal is to offer guests real benefits and guidance by providing in-depth information about their health and personalizing every aspect of their stay at Six Senses resorts to enhance their lives and well-being.

Six Senses Wellness Screening and program personalization are now available at Six Senses Zighy Bay in Oman, Six Senses Laamu in the Maldives, Six Senses Yao Noi in Thailand and Six Senses Douro Valley in Portugal as well as partner Six Senses spas at Al Bustan Palace in Oman, Soneva Kiri in Thailand and Soneva Fushi in the Maldives. Additional spas will launch the program later this year.

Visit sixsenses.com for more details.



Dr. Steven Gundry joins Six Senses Wellness Board in the field of nutrition
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Michael J. Breus, Ph.D. known as The Sleep Doctor
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Dr. Mehmet Oz joins Six Senses Wellness Board

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About Six Senses Hotels Resorts Spas

Six Senses Hotels Resorts Spas is a hotel and spa management company comprised of 10 resorts and 28 spas under the brand names Six Senses, Evason and Six Senses Spas. Six Senses operates resorts in far-flung locations of incredible natural beauty known for their distinctive and diverse design personalities. Each of the eight properties is supported by a leadership commitment to community, sustainability and wellness.

Six Senses Spas offers a wide range of holistic wellness, rejuvenation and beauty treatments administered under the guidance of expert therapists. Six Senses Spas operates 18 standalone spas in prestigious hotels and resorts as well as aboard a ship and 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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