



PRESS RELEASE



BREATHE, STRETCH AND SLEEP YOGIC SLEEP MARKS THE LATEST ADDITION TO SIX SENSES SPAS YOGIC PROGRAMMES

- Three to 14-night retreats are now available at all Six Senses resorts

The effects of a good night's sleep on our overall well-being and performance are well documented by practitioners of alternative and traditional medicine. Research has shown time and time again that if we sacrifice sleep, we are impairing our ability to remember and learn, and in longer term, sleep deprivation leads to mood swings, depression, obesity and heart disease.

Six Senses Spas are making better sleep their business by adding Yogic Sleep to the group's recently-launched Yogic Programs. Designed to boost the quality of relaxation and thus improve sleep, the programme combines yoga nidra, pranayama and gentle yoga practice with relaxing spa treatments.

Yoga nidra, also known as yogic sleep or sleep with awareness, is a simple yet hugely effective practice most often taught lying down. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing practitioners' psychological, neurological and subconscious needs.

It also provides a set of mind-body tools that can help guests achieve everyday well-being and often navigate some of life's hardest moments. Regular practice leads to the most profound level of relaxation, improved sleep patterns and a stronger immune system.

Anna Bjurstam, vice president of Six Senses Spas, said, "The news about the importance of sleep is all around us and yet we are not getting enough of it. As we are entering into the winter season, some of us will be experiencing colder weather and less light and these seasonal changes can have a big effect on our



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overall wellness. The cooler dry air dries out the body's mucus membranes and makes it more susceptible to illnesses such as the cold and flu and the lack of light can cause the body to produce more melatonin, making the body feel tired and sluggish. What's more, our eating habits from Halloween to Christmas often slide down towards foods high in sugar and high-calories.

"I live in Sweden, where I get about five hours of daylight per day in the winter season, and the grim darkness is mitigated by having a lot of festive events and so having an established routine around sleep, daylight and Vitamin D is crucial in order to stay healthy.

"At Six Senses, we have asked for advice from some of the world's leading experts in sleep and nutrition and are delighted to share their advice during our yogic sleep program," added Bjurstam.

The guest's journey to better sleep continues in privacy of the villa. Optimal room temperature, relaxation music, energy cleansing room and pillow mists plus sleep-boosting snacks are just some of the features Six Senses resorts will offer to enhance the effects of the Yogic Sleep program.

Each guest will receive a sleep journal to clear the mind, process daily experiences or simply prepare for tomorrow by writing their thoughts down. A guide with practical take-home techniques will be provided for creating an ideal body, mind and environment for sleep.

Six Senses Spa Yogic Programs are available at Six Senses Laamu in the Maldives; Six Senses Zighy Bay in Oman; Six Senses Yao Noi, Six Senses Samui and Evason Hua Hin in Thailand; Six Senses Ninh Van Bay, Six Senses Con Dao Evason Ana Mandara in Vietnam and Evason Ma'in, Jordan as well as partner Six Senses spas at Puntacana Resort & Club in the Dominican Republic; Porto Elounda Golf & Spa Resort in Greece; Jaypee Greens Golf Resort & Spa in India; Symphony Style Hotel in Kuwait; Soneva Fushi in the Maldives; Soneva Kiri and Bangkok's Pacific City Club in Thailand and Sharq Village & Spa in Qatar.

Currently operating 27 award-winning spas in 18 countries around the world, Six Senses will premiere new spas at Six Senses resorts in Chengdu, China; Douro Valley, Portugal; Felicite Island, Seychelles and in partner locations in Muscat, Oman at Al Bustan Palace, A Ritz-Carlton Hotel; Marbella, Spain at Puente Romano Beach Resort; Pune, India at Lodha Belmondo and Mykonos, Greece at the Belvedere.

FOR MORE INFORMATION VISIT:

For additional details, please visit SixSenses.com

About Six Senses Hotels Resorts Spas

Six Senses Hotels Resorts Spas is a hotel and spa management company comprised of nine resorts and 27 spas under the brand names Six Senses, Evason and Six Senses Spas. Set to double in size over the next three years, Six Senses operate resorts in far-flung locations featuring incredible natural beauty. Known for its unique and diverse design personality, each property is supported by a leadership commitment to community, sustainability and wellness.

Six Senses Spas offer a wide range of holistic wellness, rejuvenation and beauty treatments administered under the guidance of expert therapists. Six Senses Spas are also located in prestigious hotels and resorts around the globe.

Evason introduces a collection of 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.