

Six Senses, Douro Valley, Portugal

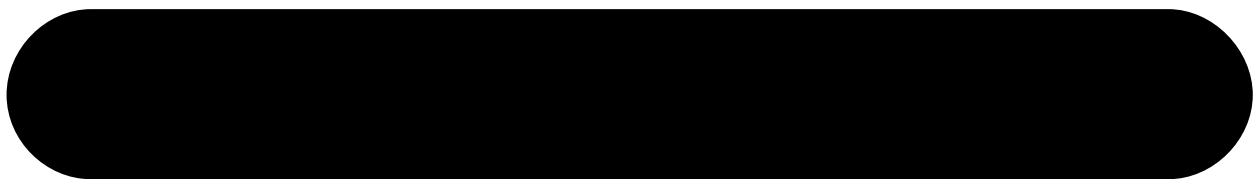
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For centuries, Portugal's Douro Valley has drawn people for its postcard-pretty landscape which includes steep terraced vineyards carved into mountains along the Douro River. The region is located in the North of Portugal.

Six Senses Douro Valley presents a superbly renovated 19th-century manor house set high on a hill overlooking the vine covered rolling hills of the Douro Valley and the river below.



A union of nature and Portuguese tradition wedded to the elements of water, stone and wood, the spacious Six Senses Spa Douro Valley offers 10 treatment rooms. There is a heated indoor pool with water jets, an outdoor pool and refreshment bar plus a gym with the latest exercise equipment and professional guidance.



Six Senses specialty treatments and multi-day programs are featured together with locally inspired therapies, some of which are grape and citrus fruit based.

Javier brings more than 20 years of passionate dedication to health and wellness, having worked in hospitals and spas around the world. Javier's prior tenure was at Six Senses Yao Noi in Thailand as spa and wellness director.

A range of signature facials, body treatments and massages are available in the centre. For example crystal lymphatic facial is a popular facial where a deep skin cleaning is followed by application of three masks to decongest, brighten and hydrate the skin. The schist stone and almond body soother body treatment during where warmed schist stones are placed on different chakras (energy points) which is followed by deep tissue massage using sun flower oil blended with almond essence which is known for its anti-inflammatory and antioxidant properties.

