SANCTUM

SIX SENSES
LONDON



SANCTUM × SIX SENSES LONDON · 29–31 JANUARY 2027

A Three-Day Journey Into Human Connection

Three days designed to move beyond the noise of everyday life.

WITH **SUSANNE KAUFMANN**



THE JOURNEY

From arrival to awakening, connection and integration.

Through movement, music, ritual, conversation and restoration, SANCTUM brings together a carefully curated group for an intimate journey from arrival to awakening, connection and integration.

Friday 29 January

ARRIVE · EXHALE

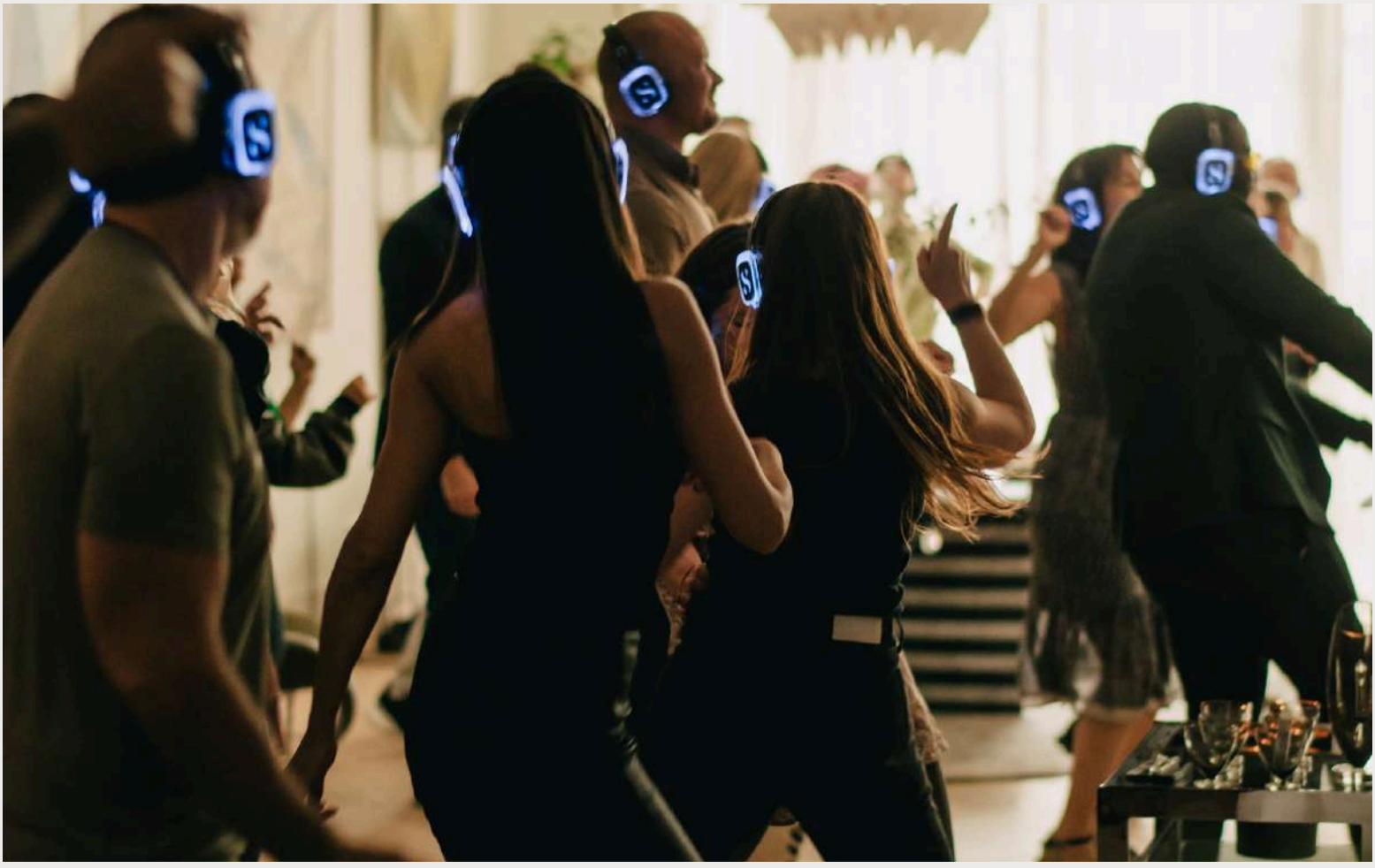
Saturday 30 January

AWAKEN · CONNECT

Sunday 31 January

INTEGRATE · CARRY FORWARD





YOUR HOME FOR THE WEEKEND

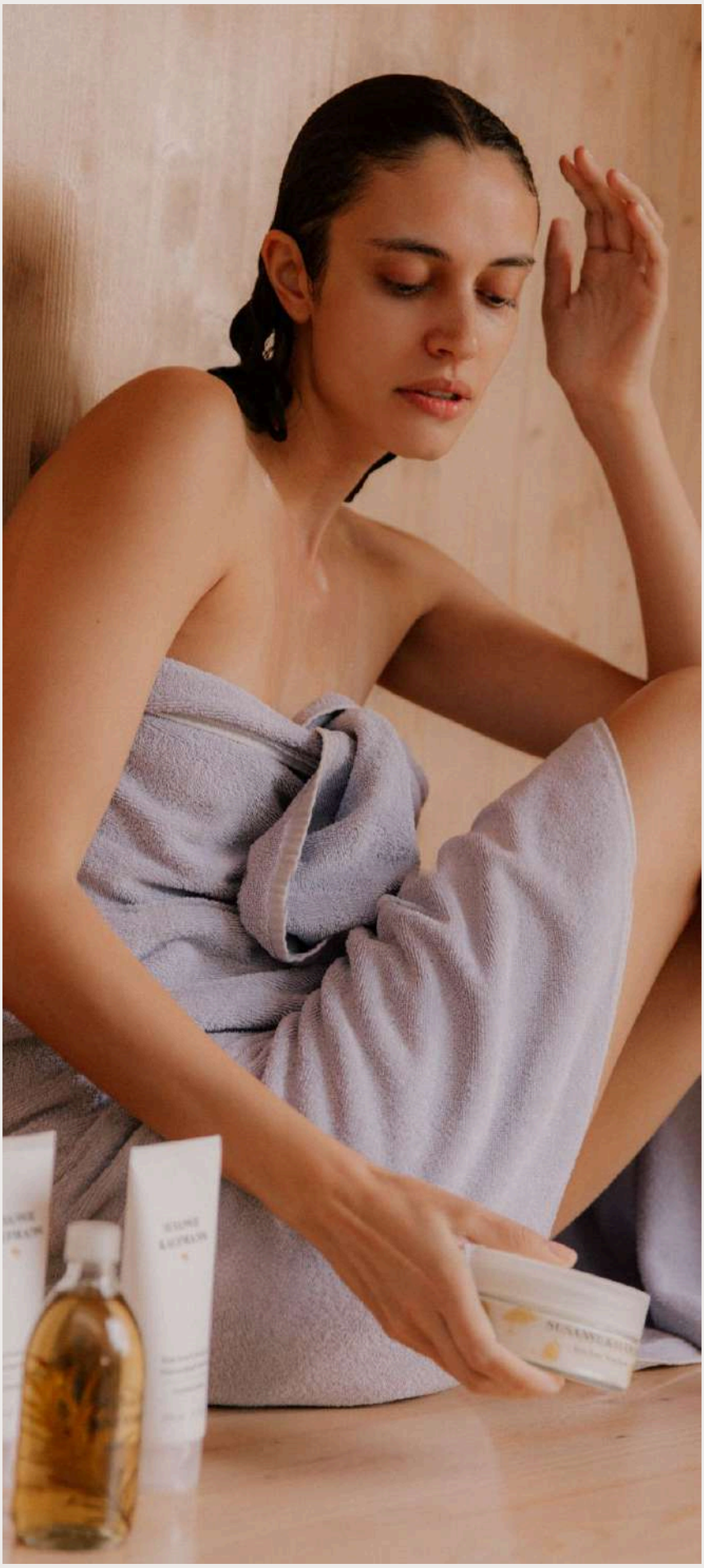
Six Senses London

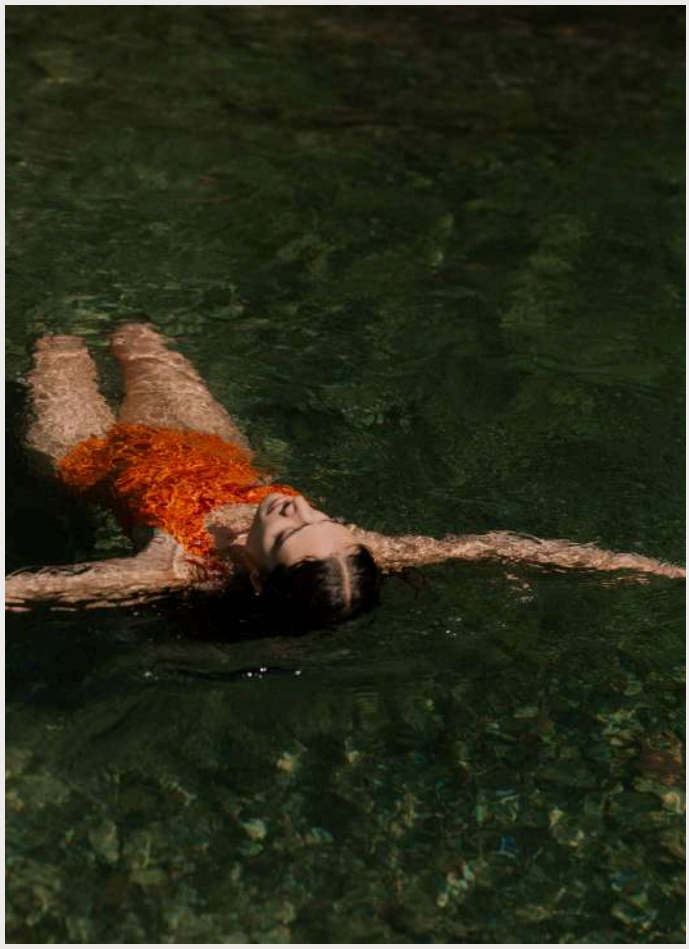


Friday 29 January

ARRIVE · EXHALE

Arrival & Private Check-In	Arrive, settle in and allow the outside world to fall away.
SANCTUM Opening Circle	An intimate opening ritual bringing the group together and setting the intention for the journey ahead.
Welcome Dinner at Six Senses London	Our first gathering around a communal table — an intimate dinner to connect, arrive and begin the weekend together.
The Art of Bathing with Susanne Kaufmann	An intimate exploration of the restorative power of bathing, transforming an everyday ritual into an act of deep care.
SANCTUM Floating Meditation	A deeply immersive floating meditation designed to quiet the mind and prepare the body for rest.
In-Room Signature Sleep Ritual	Return to your room to discover a private sleep ritual, paired with a bespoke SANCTUM sleep meditation.







TWO EXPERIENCES WITH

SUSANNE KAUFMANN

The Art of Bathing, and The Elements: Hot & Cold.



Saturday 30 January

AWAKEN · CONNECT

SANCTUM Signature Sequence	SANCTUM's signature music-led movement experience. A journey through intensity, release and stillness, designed to unlock energy and create profound connection — to yourself and to those around you.
Breakfast at Six Senses	
Choose Yourself with Mimi Ikonn	An intimate conversation and guided experience exploring identity, self-worth and what it means to consciously choose the life you want to live.
Lunch at Six Senses	
Spa & Longevity Treatments · At Leisure	An unhurried afternoon dedicated to restoration. Explore the Six Senses Spa and its longevity and wellness treatments at your own pace, or simply take time to rest and recharge.
The Elements: Hot & Cold with Susanne Kaufmann	A restorative ritual exploring the transformative effects of heat and cold on the body, mind and skin.
Golden Hour	A moment to gather as daylight fades. Sundowner, conversation and connection.
Private Off-Site Dinner · Notting Hill	An intimate evening beyond Six Senses — exceptional food, beautiful surroundings and the pleasure of being together.
In-Room Night Ritual	Return to your room for a private SANCTUM sleep meditation and evening ritual.

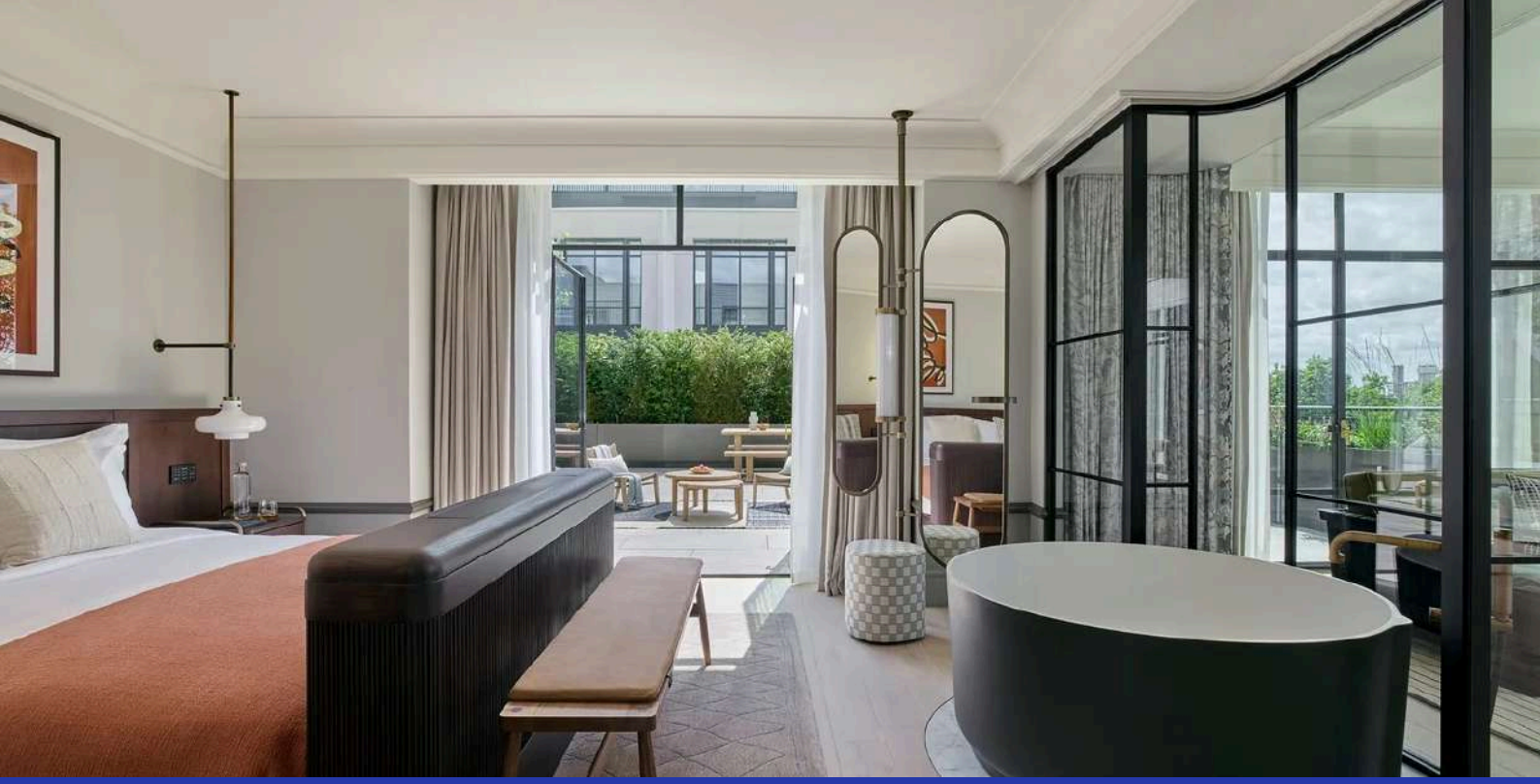


Sunday 31 January

INTEGRATE · CARRY FORWARD

SANCTUM Signature: The Closing Sequence	A softer evolution of the SANCTUM Signature experience — moving through release and reflection towards stillness, clarity and integration.
The Alchemy Bar Experience	A sensory experience to create your own personalized blend — a physical reminder of the intention you choose to carry forward.
Breakfast at Six Senses	
SANCTUM Closing Circle	One final moment together. A space for reflection, gratitude and intention before stepping back into the world.
Departure	

Programme is subject to change.



YOUR RETREAT INCLUDES

- Two-night stay at Six Senses London
- Exclusive SANCTUM Inner Circle Upgrade
- £300 Six Senses Spa Credit
- Three SANCTUM Experiences
- Two Experiences with Susanne Kaufmann
- Choose Yourself with Mimi Ikonn
- Two Dinners
- One Lunch & Two Breakfasts
- Exclusive Gifts & In-Room Rituals

RETREAT INVESTMENT

£3,335 · ONE GUEST

Two-night stay with single occupancy and the complete retreat experience.

£4,495 · TWO GUESTS

Two-night stay in a shared room and the complete retreat experience for two.

THE DETAILS

Alcoholic beverages, additional spa treatments, personal purchases and other extras are not included unless otherwise specified. Room upgrades are subject to availability at the time of arrival. Spa credit applies to eligible treatments during the retreat and is non-transferable.



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