



BODY TREATMENTS



SIX SENSES SIGNATURE THERAPIES, 60/90 MINUTES

Deep Tissue - a deep oil-based treatment to ease muscle tension and reawaken your senses.

Silicone cups are used to lift connective tissue and improve blood flow to stagnant skin and muscles.

Detox - a stimulating treatment using firming and toning oils to reduce the appearance of cellulite, uneven skin tone and fluid retention. Silicone cups are used to drain toxins and stagnation out of the body, boosting circulation and the flow of energy.

Energizer - a reviving upper body treatment to relieve muscle tension.

Holistic - a soothing treatment designed to evoke deep relaxation. 

FOOT ACUPRESSURE, 30/50 MINUTES

This deeply relaxing treatment involves the application of pressure to reflex points on the feet, helping to restore the body to a healthy balance.

INDIAN HEAD THERAPY, 60 MINUTES

Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

ORIENTAL THERAPY, 60/90 MINUTES

A stress relieving treatment combining a full body with acupressure and stretching techniques.

THAI MASSAGE, 80 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.

VIETNAMESE MASSAGE, 60/90 MINUTES

Improve circulation and rejuvenate the body with this traditional massage incorporating pressure point techniques with invigorating movements to warm and relax muscles. Heated suction cups are placed on the back to aid this process; and pure coconut oil infused with *blanda* and *penduliflora* essential oils enhances the overall benefits.

DETOXIFIER BODY COCOON, 60 MINUTES

Ideal after long periods of traveling, this Six Senses signature treatment involves skin exfoliation, followed by the application of clay to expel impurities.

GREEN COFFEE BODY TREATMENT, 2 HOURS 30 MINUTES

Ideal for areas prone to cellulite, this treatment begins with dry body brushing to gently exfoliate the skin and stimulate the lymphatic circulation. It continues with the application of green coffee concentrate to specific areas to smooth lumpy-looking skin and a detoxifying green coffee wrap to hydrate and firm. This treatment completes with a relaxing detoxifying massage.

GREEN TEA SCRUB, 30 MINUTES

Cleanse and soften the skin with this refreshing scrub using green tea, known for its anti-oxidant properties, and sea salt.

MILK BATH, 30 MINUTES

Soften and nourish the skin while soaking in a soothing bath of milk and honey. Relaxation is further enhanced with a warm cup of ginger tea and tropical fruits.

SUNBURN SOOTHER, 45 MINUTES

A calming and soothing treatment to moisturize and stimulate new cell growth, using cool lavender-infused towels with soothing aloe vera. Foot acupressure or scalp massage is included in the treatment.



FACIALS
WELLNESS THERAPIES



SIX SENSES SIGNATURE FACIALS, 60 MINUTES

Nourishing - moisturizes and improves skin tone and elasticity, using geranium, frankincense and chamomile essential oils. Beneficial for dry or maturing skin.

Purifying - a deep-cleansing facial ideal for eliminating blocked pores and skin blemishes, using flower essences, active clays and plant extracts of lavender, lemon and tea tree.

Soothing - calms sensitive and irritated skin with soothing plant extracts and flower essences.

AROMA SKIN FACIAL, 60 MINUTES

Reduce fine lines and visible signs of aging with this nourishing facial, leaving the skin brighter, tighter and hydrated. Ideal for combination to normal skin.

GENTLEMAN'S FACIAL, 60 MINUTES

Deeply cleanses and hydrates the skin, whilst combating the signs of aging brought on by stress.



OXYGEN FACIAL INFUSIONS,

Using Intraceuticals:

Atoxylene Infusion, 45 minutes

Refines the forehead, softens eye contour and immediately plumps and moisturizes the lips. Repeat sessions are strongly recommended.

Opulence Infusion, 60 minutes

This treatment uses green tea and vitamin C extracts to even out pigmentation to reveal lighter and brighter skin, increasing its luminosity and radiance.

Rejuvenate Infusion, 60 minutes

A deeply hydrating treatment during which cooling and calming oxygen is applied under light pressure directly to the skin's surface, leaving it toned, visibly lifted and with a noticeable reduction in fine lines and wrinkles. Results continue to improve in the following days.

Rejuvenate and Atoxylene Infusion, 90 minutes

The ultimate in skin rejuvenation, this treatment instantly reduces the appearance of fine lines and wrinkles while tightening and firming the skin for a more defined facial contour.





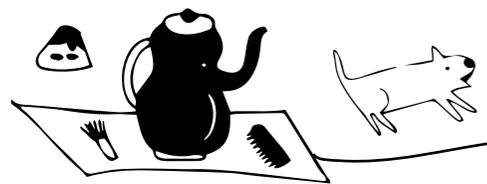
CHAKRA BALANCING, 20 MINUTES

Improve the flow of energy throughout the body with this balancing treatment, using gem stones.

REIKI, 60 MINUTES

Release tension and energy blockages with this ancient healing method promoting physical, emotional, mental and spiritual well-being.

RITUALS



NINH VAN BAY JOURNEY, 2 HOURS 30 MINUTES

Follow steps one to three and create your own spa experience.

Step One: Choose one body exfoliation

Vietnamese Green Tea
Herbal Healer
Exotic Orange

Step Two: Choose one body massage

Traditional Vietnamese
Oriental
Holistic

Step Three: Choose one facial

Aroma Skin
Soothing
Nourishing

PAMPERING JOURNEY, 2 HOURS 30 MINUTES ✿

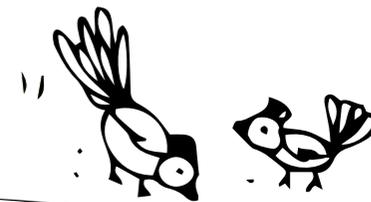
Green Tea Scrub
Oxygen Facial
Express Manicure and Pedicure

COUPLES CONNECT, 3 HOURS

Steam and Sauna
Orange Body Exfoliation
Full Body Massage
Indian Head Massage
Coconut Milk Bath

VIETNAMESE JOURNEY, 2 HOURS 30 MINUTES ✿

Body Scrub made of Com Xanh (Vietnamese rice)
Bamboo Massage using coconut oil and suction cups as well as heated herbal poultices featuring local herbs: Tia To, Cay Nga Cuu and Kinh Goi Reiki
Fresh fruit, vegetarian hand rolls and Hung Lui (Vietnamese spearmint) tea
Signature Facial



BEAUTY



MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

EXPRESS MANICURE, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES



SPA ETIQUETTE



SPA OPENING HOURS

Daily 9:00 am to 8:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please call spa reception on extension 677 or ask your butler for assistance. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

We recommend booking the steam and experience shower prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 20 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.



CANCELLATIONS

Please allow three hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa.

Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

All treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

GYM POLICIES

For your personal safety, we ask that you wear sports shoes. Children under 16 years old must be accompanied by an adult when using gym equipment.





WELLNESS ACTIVITIES

YOGA, 60 MINUTES/VND 1,980,000 (USD 93)

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity.

Practitioners can expect to develop body awareness and explore varied postures in a mixed-level environment.

BASIC MASSAGE WORKSHOP, 60 MINUTES/VND 1,305,000 (USD 62)

Learn the basic methods of massage and relaxation, helping you deal with daily pressures and stress.

MEDITATION, 45 MINUTES/VND 1,200,000 (USD 57)

For over thousands of years meditation has been utilized for healing, cleansing and balancing chakras. This session enables practitioners to calm the mind and focus on their own self, allowing the mind and body to relax.

TAI CHI, 60 MINUTES/VND 1,590,000 (USD 75)

An ancient Chinese tradition involving a series of movements performed in a slow and focused manner, accompanied by deep breathing. Ideal for strengthening the cardiovascular system and harmonizing the flow of energy in the body.

Prices are subject to five percent service charge and 10 percent government tax.

All prices are in Vietnamese Dong (VND). Rates quoted in USD are for reference only.



TREATMENTS

DURATION/MINUTES

PRICE/VND (USD)

BODY TREATMENTS

Six Senses Signature Therapies: <i>Deep Tissue/Detox/Energizer/Holistic</i>	60/90	1,972,000/2,650,000 (93/125)
Foot Acupressure	30/50	950,000/1,800,000 (45/85)
Indian Head Therapy	60	1,800,000 (85)
Oriental Therapy	60/90	1,972,000/2,650,000 (93/125)
Thai Massage	80	3,200,000 (150)
Vietnamese Massage	60/90	2,400,000 / 3,200,000 (113/151)
Detoxifier Body Cocoon	60	1,950,000 (92)
Green Coffee Body Treatment	2 hrs 30 mins	3,600,000 (170)
Green Tea Scrub	30	1,150,000 (54)
Milk Bath	30	1,950,000 (92)
Sunburn Soother	45	1,350,000 (64)

FACIALS

Six Senses Signature Facials: <i>Nourishing/Purifying/Soothing</i>	60	1,900,000 (90)
Aroma Skin Facial	60	1,900,000 (90)
Gentleman's Facial	60	1,900,000 (90)
Oxygen Facial Infusions:		
<i>Atoxelene Infusion</i>	45	1,696,000 (80)
<i>Opulence Infusion</i>	60	2,226,000 (105)
<i>Rejuvenate Infusion</i>	60	2,226,000 (105)
<i>Rejuvenate and Atoxelene Infusion</i>	90	3,100,000 (146)

Prices are subject to five percent service charge and 10 percent government tax.

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TREATMENTS	DURATION/MINUTES	PRICE/VND (USD)
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WELLNESS THERAPIES

Chakra Balancing	20	550,000 (33)
Reiki	60	1,580,000 (75)

RITUALS

Ninh Van Bay Journey	2 hrs 30 mins	4,897,000 (231)
Pampering Journey	2 hrs 30 mins	4,028,000 (190)
Couples Connect	3 hrs	11,444,000 (540)
Vietnamese Journey	2 hrs 30 mins	4,660,000 (220)

BEAUTY

Manicure	60	950,000 (45)
Pedicure	60	950,000 (45)
Nail Polish Application	30	500,000 (24)
Express Manicure	30	572,000 (27)
Express Pedicure	30	572,000 (27)

Prices are subject to five percent service charge and 10 percent government tax.

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