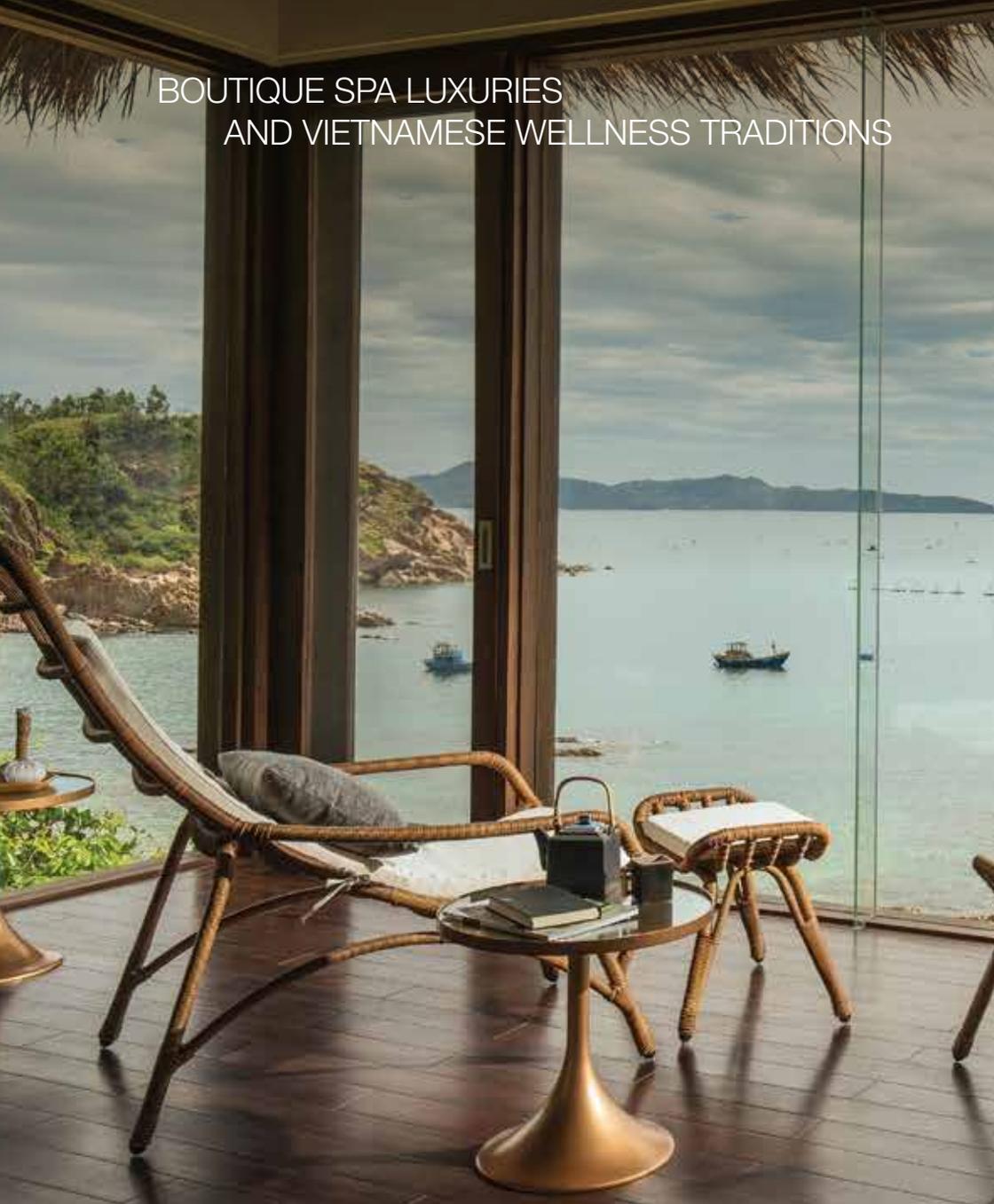


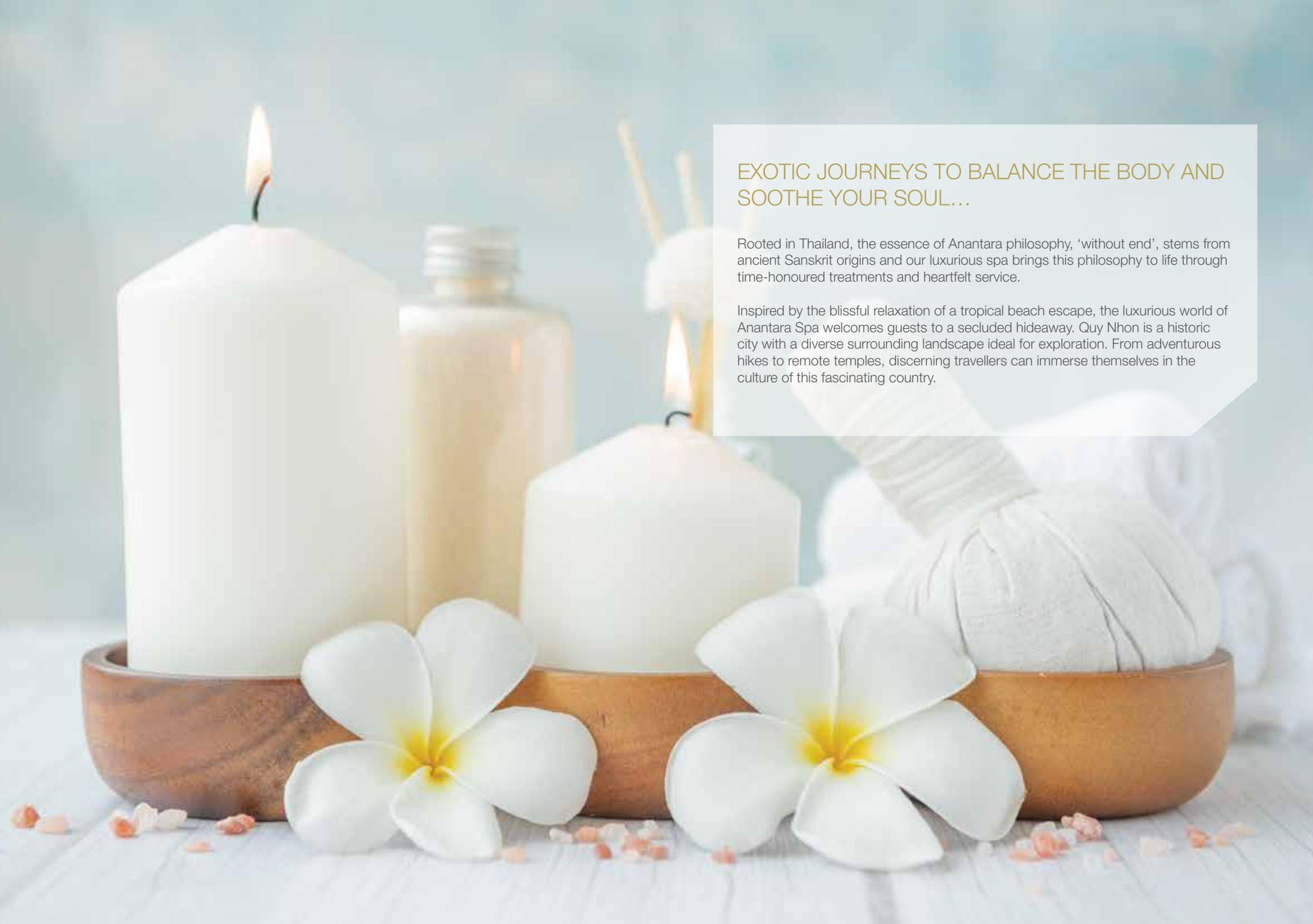


ANANTARA

SPA

BOUTIQUE SPA LUXURIES
AND VIETNAMESE WELLNESS TRADITIONS



A still life composition of spa products. In the foreground, two lit white candles in wooden holders sit on a light-colored wooden surface. Between them are two white frangipani flowers and scattered pink Himalayan salt crystals. Behind the candles is a clear glass bottle with a silver cap. To the right, a white hot stone wrapped in a white cloth is visible. The background is a soft, out-of-focus light blue.

EXOTIC JOURNEYS TO BALANCE THE BODY AND SOOTHE YOUR SOUL...

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and our luxurious spa brings this philosophy to life through time-honoured treatments and heartfelt service.

Inspired by the blissful relaxation of a tropical beach escape, the luxurious world of Anantara Spa welcomes guests to a secluded hideaway. Quy Nhon is a historic city with a diverse surrounding landscape ideal for exploration. From adventurous hikes to remote temples, discerning travellers can immerse themselves in the culture of this fascinating country.

SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly-specialist rituals blend luxurious pampering with powerful, long lasting benefits for the body, mind and soul.

ANANTARA SIGNATURE (90 Minutes)

Revered eastern and western massage techniques, combined with a signature oil blend, stimulate the circulation, promote deep relaxation and restore energy flow for supreme wellbeing.

FOUR HANDS FLOW (90 Minutes)

The delicate and harmonious combination of two experienced local experts using traditional Vietnamese massage techniques reaches deep into the muscles, reducing tension, opening acupuncture points and stimulating energy flow leaving you in absolute relaxation.



CHAKRA CRYSTAL BALANCING (60 Minutes)

Choose the crystal-infused oil blend that resonates with you. Your body is surrounded by precious stones to harmonize the chakras and a purifying treatment promotes holistic well-being by releasing stress and tension both physically and emotionally, harmonizing energy flow, stimulating blood circulation and the body's natural detoxification. To coax you into a deep state of meditative relaxation, singing bowls are used to open and close this ritual, with the soothing sounds enhancing the benefits of chakra balancing.



THERAPIES

DEEP TISSUE

(60 Minutes & 90 Minutes)

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch the fibres and release tension that may otherwise cause restricted movement and pain. Encouraging blood flow, this treatment improves flexibility and relieves sore or pulled muscles.

TRADITIONAL THAI RITUAL

(60 Minutes & 90 Minutes)

This unique and exotic technique, known to many as 'passive yoga', has been passed down through generations and offers the ultimate body workout. Let your therapist do all the work – using pressure point and stretching techniques to release tension and increase vitality and flexibility – while you enjoy a wealth of benefits.

AROMA HOT STONE EXPERIENCE

(60 Minutes & 90 Minutes)

This indulgent treatment harnesses the penetrating warmth of pure essential oils, smoothed over the body using natural, heated volcanic stones to release stored tension.

INDIAN HEAD TREATMENT

(30 Minutes)

Based on Ayurvedic principles, this soothing yet energizing treatment combines pressure point techniques and coconut oil to relieve tension in the head and neck. At the same time as restoring tranquility, it can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

FOOT REFLEXOLOGY

(30 Minutes & 60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal by applying specific thumb, finger and hand techniques to various reflex points on the feet to stimulate corresponding organ groups in the upper body and promote general wellbeing.

HERBAL COMPRESS

(90 Minutes)

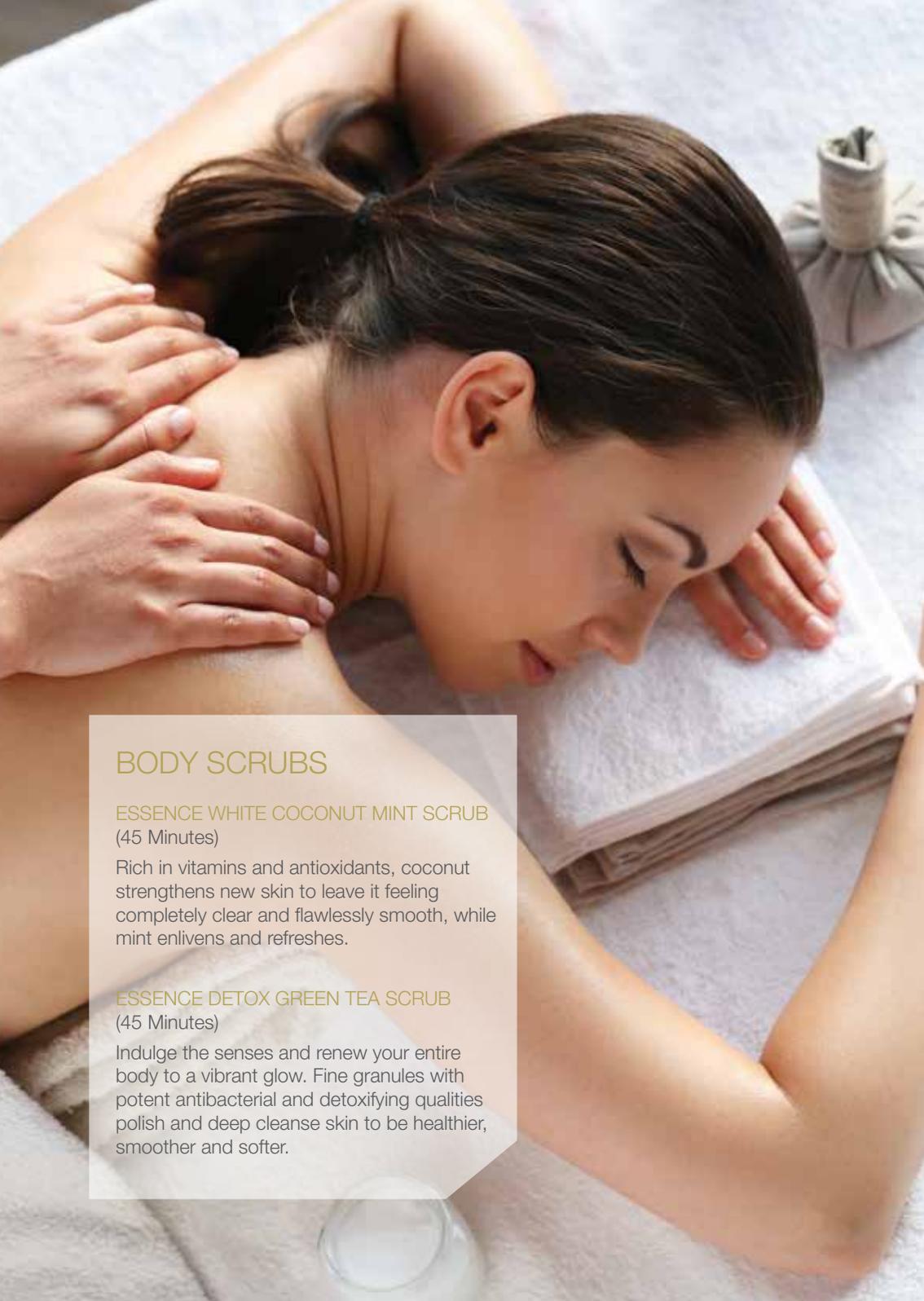
This vigorous treatment concentrates on muscles and muscle groups. It is both intensive and restorative to release muscle stiffness. A warm herbal compress deeply relaxes muscle aches and discomfort, providing natural healing.

SCULPTING

(90 Minutes)

An anti-cellulite treatment that firms and tones the body. Peeling followed by a warming body wrap eliminate the toxins. An energizing body therapy with a strategic cream breaks down fatty deposits of cellulite and excess fluids.





BODY WRAPS

ORGANIC ALOE VERA COOLING WRAP (45 Minutes)

A wonderful tonic after time in the sun. Fresh Aloe Vera gel cools and calms. A poultice of cold black tea and mint decreases redness and pain. Skin feels instantly comforted and soothed.

REVITALIZING MINERAL MUD WRAP (45 Minutes)

A wonderfully gentle treatment suitable for skin and even joints. The mud wrap causes sweating, tones the body, firms the skin, relaxes and soothes the muscles.

BODY SCRUBS

ESSENCE WHITE COCONUT MINT SCRUB (45 Minutes)

Rich in vitamins and antioxidants, coconut strengthens new skin to leave it feeling completely clear and flawlessly smooth, while mint enlivens and refreshes.

ESSENCE DETOX GREEN TEA SCRUB (45 Minutes)

Indulge the senses and renew your entire body to a vibrant glow. Fine granules with potent antibacterial and detoxifying qualities polish and deep cleanse skin to be healthier, smoother and softer.





BIOLOGIQUE FACIALS

SOIN BOOSTER VIP O2

(60 Minutes)

For Brighter Skin

A treatment to detoxify and stimulate the epidermis and re-oxygenate skin tissue, for dull Skin Instants© asphyxiated by city pollution. Your complexion is incredibly revitalized, skin is more luminous and radiant.

SOIN MC110

(60 Minutes)

For Minimizing Wrinkles

A treatment that reduces wrinkles and fine lines, designed for lacklustre Skin Instants©. It leaves the skin on your face, neck, and cleavage toned and redefined.

SOIN MASQUE EXFOLIANT P50 Visage

(60 Minutes)

For Deeply-Purified Skin

An exfoliating and regenerating treatment for keratinized Skin Instants© and skin with an irregular micro-profile. It evens out skin tone, leaving your face smooth and glowing.

MODULE CO-FACTEURS

(Add 30 minutes to your treatment time)

An Intensive Custom Treatment

For even more visible results, enhance your treatment with the application of a mask pre-infused with active ingredients, which molds itself to the shape of your face for individualized intensive treatment, targeting brightness, eye contours, or sagging of the lower face.

FAMILY AND JUNIOR EXPERIENCES

JUNIOR PAMPER THERAPY (60 Minutes)

A special pampering treatment for children under nine years' old, using gentle massage techniques combined with warm essential oils in a full body treatment to help stimulate both physical and intellectual development. A parent or guardian must be present for this treatment.

KID'S CORNER (90 Minutes)

Little Princess Manicure
Happy Feet Pedicure
Aloe Vera after sun treatment

FAMILY RELAXATION (90 Minutes)

Two children under nine years' old enjoy a 30-minute treatment, while parents take a herbal steam bath, followed by a ginger and sea salt foot ritual. The kids can then have fun with manicures or pedicures, while the adults relax with a 60-minute full body treatment.

PREGNANT WOMAN THERAPY (60 Minutes)

Designed especially for expectant mothers, gentle massage techniques help relieve back and shoulder aches and pains. Odourless natural coconut oil will smooth the skin and help to prevent stretch marks. A Tibetan singing bowl custom heals pain and fatigue during pregnancy.

STEAM & BATH RITUALS

VIETNAMESE HERBAL STEAM (30 Minutes)

Inhale the healing properties of Vietnamese herbs, enjoying an exotic ritual that stimulates the circulatory system and opens pores. A refreshing prelude to any of our spa treatments.

ANANTARA COCONUT MILKY BATH (30 Minutes)

Enjoy private tea service as the pretty aromas of our signature Romance Milky Coconut Bath balance your body, mind and spirit.

HERBAL BATH TREATMENT (30 Minutes)

A restorative treatment of the body as you are immersed into a warm water bath with fresh herbs and the gentle scent of lemongrass and mint, with a hint of cloves and traditional herbs to help improve fatigue, muscle aches and insomnia.

BEAUTY SALON SERVICES

EXPRESS MANICURE (30 minutes)

- Nail Preparation
- Cuticle Care
- Colour

EXPRESS PEDICURE (30 minutes)

MANICURE (60 minutes)

MANICURE WITH GEL POLISH (90 minutes)

PEDICURE (60 minutes)

PEDICURE WITH GEL POLISH (90 minutes)

- Nail Preparation
- Cuticle Care
- Scrub
- Paraffin
- Hand Massage
- Colour

HAIR THERAPY (45 Minutes)

- Head treatment with warm coconut oil
- Double hair wash
- Dry

EYELASH ENHANCEMENT (90 Minutes)



SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment form and relax before your treatment.
- Please note the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil atmosphere.
- We recommend that you leave all jewellery in your villa before coming to the spa.
- All treatments will be charged to your villa and will appear on your account at the time of check-out.
- Please give four hours' cancellation notice for individual treatments and 24 hours' notice for programmes & packages, otherwise 50% of the price will be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult the doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.
- The spa opening time is between 9:00 a.m. to 9:00 p.m. In case of any overtime massage requirements, an additional 20% will be charged to the treatment price.
Our in-villa spa experiences for your comfort and privacy are subject to an additional 20% charge.
- The Balance Wellness programme requires at least one day's advance reservation.



TREATMENT PRICE LIST

TREATMENT PRICE LIST

SIGNATURE EXPERIENCES

	MINS	VND
Anantara Signature Treatment	90	3,450,000
Four Hands Flow	90	3,450,000
Chakra Crystal Balancing	60	2,550,000

THERAPIES

Deep Tissue	60 90	2,300,000 3,500,000
Traditional Thai Ritual	60 90	2,300,000 3,500,000
Aroma Hot Stone Experience	60 90	2,300,000 3,500,000
Indian Head Treatment	30	1,600,000
Foot Reflexology	30 60	1,600,000 2,200,000
Herbal Compress	90	3,900,000
Sculpting	90	3,500,000

BODY SCRUBS

Essence White Coconut Mint Scrub	45	1,900,000
Essence Detox Green Tea Scrub	45	1,900,000

BODY WRAPS

Organic Aloe Vera Cooling Wrap	45	1,900,000
Revitalizing Mineral Mud Wrap	45	2,500,000

BIOLOGIQUE FACIALS

Soin Booster Vip O2	60	3,500,000
Soin Mc110	60	3,500,000
Soin Masque Exfoliant P50 Visage	60	3,500,000
Module Co-facteurs (Add 30 Minutes To Your Treatment Time)		1,100,000

FAMILY AND JUNIOR EXPERIENCES

	MINS	VND
Junior Pamper Therapy	60	1,100,000
Kids Corner	90	1,600,000
Family Relaxation	90	3,850,000
Pregnant Woman Therapy	60	2,300,000

STEAM & BATH RITUALS

Vietnamese Herbal Steam	30	950,000
Anantara Coconut Milky Bath	30	1,250,000
Herbal Bath Treatment	30	1,250,000

BEAUTY SALON SERVICES

Express Manicure	30	800,000
Express Pedicure	30	800,000
Manicure	60	1,300,000
Pedicure	60	1,300,000
Manicure with Gel Polish	90	1,500,000
Pedicure with Gel Polish	90	1,500,000
Hair Therapy	45	1,500,000
Eyelash Enhancement	90	1,500,000

Terms & Conditions:

- All prices are in Vietnamese Dong and subject to 5% service charge and applicable Government Tax.
- Price are subject to change without prior notice.
- Advance booking is highly recommended to ensure the availability.
- Appointments cancelled with less than 3 hours notice will incur a cancellation fee of 50% of the reserved treatment price and no show will apply 100% charge of the treatment cost.
- Anantara Spa is open daily from 9:00 am to 9:00 pm.



ANANTARA

SPA

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