



## SPA AND WELLNESS

Six Senses Spa at Con Dao is a sanctuary for all the senses. Traditional Vietnamese and Six Senses signature treatments, as well as customized Yogic wellness programs are available to suit individual guest needs.

The Spa is set against the dramatic backdrop of the Lo Voi Mountains and is surrounded by tropical gardens. Personalized Yogic wellness journeys cater to health-conscious guests. The spa complex is built in a relaxed and intimate residential style.

It offers a wide range of holistic wellness, rejuvenation and locally-inspired beauty treatments together with an extensive menu of signature therapies and the recently launched Ayurvedic treatments.

Six Senses Spa also features the group's popular Six Senses Yogic Program which includes Discover Yoga, Yogic Detox and Yogic Sleep.

The property offers a fitness center and because of the beautiful natural surroundings, fitness activities also abounds outdoors to enhance the guest experience. Traditional cardio equipment and weight machines are blended with functional training, so guests can play and have fun while working out. There is something for everyone, from multi-day wellness programs to rejuvenation therapies and detox, as well as a selection of activities such as complimentary morning yoga and coconut oil making class.

For further information, please contact:

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