

SIX SENSES SPA

CON DAO



WELLNESS
AND SPA MENU

Wellness is freedom. It is an invitation to explore, to find a dear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience and becomes a joyful way of life.

If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

PERSONALIZED WELLNESS

WELLNESS PROGRAMS

Programs of three, five, seven or more nights are available, It depends on how much time you have to invest in your well-being.

DISCOVER YOGA, VND 5,175,000/DAY

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of yoga, guided meditation and breathing exercises with signature massages and energy treatments.

DETOX, VND 5,550,000/DAY

Want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and personalized wellness activities.

If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.



BODY THERAPIES

SIX SENSES SIGNATURE THERAPIES:

Deep Tissue Therapy, 60/90 minutes/VND 2,340,000/3,220,000

This massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing triggers points with gentle pressure and release techniques. Silicone cups, hot stones or warm compresses might be used in the treatment, depending on the individual's need.

Detox Therapy, 60/90 minutes/VND 2,600,000/3,640,000

An energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Holistic Therapy, 60/90 minutes/VND 2,340,000/3,220,000

A fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movement on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Movement Restoration, 60/90 minutes/VND 2,340,000/3,220,000

Improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Tension Soother, 60/90 minutes/VND 2,340,000/3,220,000

A reviving back, neck and shoulders massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Head Therapy, 30/60 minutes/VND 1,235,000/2,340,000

A deeply relaxing oil-based massage of head, neck and shoulders using craniosacral techniques to ease tension in the muscles and fascia of the head and upper body and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes/VND 1,235,000/2,340,000

Restore the body's balance and release aches and pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

Vietnamese Therapy, 60/90 minutes/VND 2,600,000/3,640,000

Improve circulation and rejuvenate the body with this traditional Vietnamese massage incorporating pressure point techniques with invigorating movements to relax muscles. Heated suction cups are placed on the back to stimulate circulation and assist in flushing out toxins.

Hot Stone Therapy, 90 minutes/VND 3,640,000

Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The weight and radiant warmth of the stones, together with a stunning blend of essential oils, induces deep relaxation.

Thai Massage, 60/90 minutes/VND2,600,000/3,640,000

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

Hot Herbal Compress, 90 minutes/VND 3,940,000

This distinctive style of massage uses a heated compress filled with remedial herbs to release muscle tension, enhance energy flow and open the energy channels. Medicinal herbs are absorbed into the underlying tissues, improving blood circulation and repairing neuromuscular conditions to ease joint pain and leave the body feeling revitalized.

Jet Lag Recovery, 90 minutes/VND 3,640,000

Shake off the effects of long-haul air travel with a treatment that freshens and tightens. This is a perfect choice of treatment after a long journey, for tired, heavy legs. Stimulates blood circulation and relieves fatigue.

Hot Bamboo massage, 90 minutes/VND 3,640,000

This specialized massage technique uses warm, smooth bamboo canes along with traditional massage techniques, to deeply stretch and massage your muscles by releasing muscle tension and tightness, also improves the circulation and lymphatic flow to aid in detoxification of the body.

Pregnancy Massage, 60/90 minutes/ VND 2,340,000/3,640,000

A full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

AYURVEDA

ABHYANGA, 60 MINUTES/ VND 4,000,000

This popular Ayurvedic body massage, also known as 'four-handed massage', reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

KATI-VASTI, 60 MINUTES/ VND 4,000,000

A nurturing back treatment in which warm medicated oil is pooled on the lower back. Kati-Vasti promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

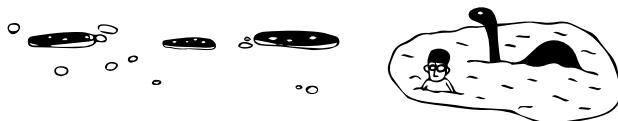
PINDA SWEDA, 60/ 90 MINUTES/ VND 4,000,000/ 5,500,000

A stimulating and rejuvenating treatment using poultices filled with herbal leaves, powders and spices. Warmed in medicated oil, the poultices are used to massage the entire body to improve circulations and tackle joint pains, muscle cramps and stress.

SAUNA

30 MINUTES VND 650,000

(For guests using Sauna only)



FACIALS

SIX SENSES SIGNATURE FACIALS, 60/90 MINUTES/VND 2,220,000/2,600,000

Nourishing/ Purifying/Soothing

Gentlemen's Facial, 60 minutes/ VND 2,220,000

NATURAL VIETNAMESE FACIALS, 60/90 MINUTES/VND 1,920,000/2,220,000

Rejuvenate the skin with this natural facial, combining organic local ingredients suited to specific needs, with a facial massage. Vietnamese pressure points induce a sense of relaxation.

BODY TREATMENTS

THE ALCHEMIST'S BODY TREATMENT ✿

Learn in-depth alchemy at this interactive workshop. You will be guided by a skilled therapist and work with a variety of locally-sourced ingredients and products, feel their textures, smell the wonderful aromas and create your scrub and body mask that will be used in the treatment afterwards.

BODY SCRUB, 75 MINUTES/VND 1,920,000

Stimulating - enjoy the texture of brown sugar or sea salt to stimulate the blood circulation and effectively exfoliate the skin.

Detoxifying - using sunflower oil infused with local green tea to detoxify, offering a body scrub ideal for sensitive skin.

Vitality - this rice grain scrub, infused with orange essential oils, is suitable for all skin types.

BODY SCRUB AND MASK,
90 MINUTES/VND 2,600,000

Stimulating - a brown sugar and crushed coconut shell exfoliant is followed by a cinnamon, oatmeal, milk and honey mask.

Body Toner - this treatment offers a rice powder exfoliation followed by an orange and lavender oatmeal milk body mask.

Body Nourishing - following a body scrub, enjoy a warm mud mask to moisturize the skin.

✿ Locally-inspired



RITUALS

VIETNAMESE JOURNEY, 3 HOURS/VND 5,175,000/PERSON ✿

Experience memorable moments and a sense of place

Soybean, oatmeal and milk yoghurt body polish.

Honey, yoghurt and clay body mask.

Vietnamese Body Massage & Vietnamese herbal hair wash.

DREAMCATCHER, 2 HOURS/VND 3,640,000/PERSON

Relax your body and mind ready for a peaceful slumber.

Healing sounds of singing bowls.

Tension Soother & Relaxed Feet.

Facial deep cleanse with pressure point massage.

RELAX TOGETHER, 2 HOURS/VND 8,340,000/COUPLE ✿

Enjoy an Alchemy Bar experience where you will each create a unique body scrub and herbal poultice.

Your therapist will then tailor your full body scrub and signature massage to incorporate your exotic creations! Enjoy a citrus milk bath afterwards with sparkling wine and chocolate cake.

(Please book at least 3 hours in advance for preparation as subject to availability)

✿ Locally-inspired.



FITNESS AND WELLNESS ACTIVITIES

YOGA, 60 MINUTES/VND 2,000,000

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to learn how the body engages in each posture, while the yoga master guides the awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

SIX SENSES GUIDED MEDITATION, 45 MINUTES/VND 1,500,000

This session focuses on mindfulness and strengthening your ability to listen and gauge body language, while developing more compassion and empathy for each other.

HIMALAYAN SINGING BOWL, 45 MINUTES/VND 2,000,000

The sound of the singing bowls is beautifully harmonized with chanting to bring about energy clearing, deep relaxation and emotional balance.

CRYSTAL CHAKRA BALANCING, 45 MINUTES/VND 2,000,000

This treatment heals, cleanses and balances the seven main chakras (energy centers), using focused attention and crystal placement.

BEAUTY

SPA MANICURE, 30/60 MINUTES/VND 575,000/1,092,000

SPA PEDICURE, 30/60 MINUTES/VND 575,000/1,092,000

NAIL POLISH APPLICATION, 30 MINUTES/VND 575,000

VIETNAMESE HAIR HYDRATION, 60 MINUTES/VND 1,380,000



SPA ETIQUETTE

SPA OPENING HOURS

Daily 9:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly or the front desk. 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.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

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.

CANCELLATION POLICY:

Please allow 5 hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50% of the treatment price will be charged.

Failure to keep your appointment will cause a 100% 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 retail store.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

Under 13 years of age, 60 minutes treatments are available at half price. Parents are requested to attend the treatments.

*In-Villa Treatments are charged at an additional 30 percent on prices indicated
Prices are subject to five percent service charge and government tax.
All prices are in Vietnam Dong (VND)*



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