

SIX SENSES SPA CON DAO

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SIX SENSES SPA

CON DAO

WELLNESS AND SPA MENU





Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, and 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.

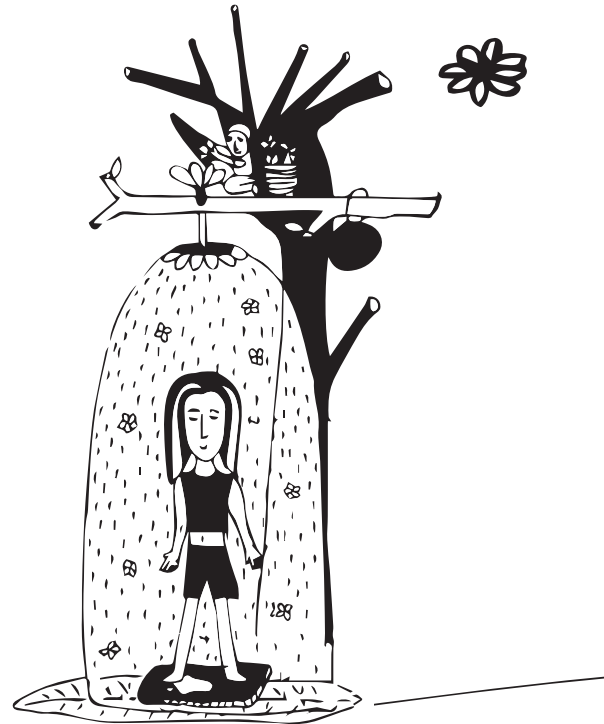
If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

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THERMAL JOURNEY



ENJOY AS PART OF YOUR STAY OR BEFORE YOUR TREATMENT

Embrace the timeless ritual of water and heat therapies, cherished for centuries to restore balance and vitality. By gently warming the body before cooling it down, this journey melts away tension, soothes the mind, strengthens immunity, and supports natural detoxification.

FINNISH SAUNA

Surrender to the dry, penetrating heat as it eases muscle tension and purifies the skin.

INFRARED SAUNA

Gentle radiant warmth focuses along the spine, easing stiffness, supporting posture, and promoting deep relaxation.

STEAM ROOM

Breathe deeply in a cloud of natural essences, calming the senses and clearing the mind.

COLD BUCKET SHOWER

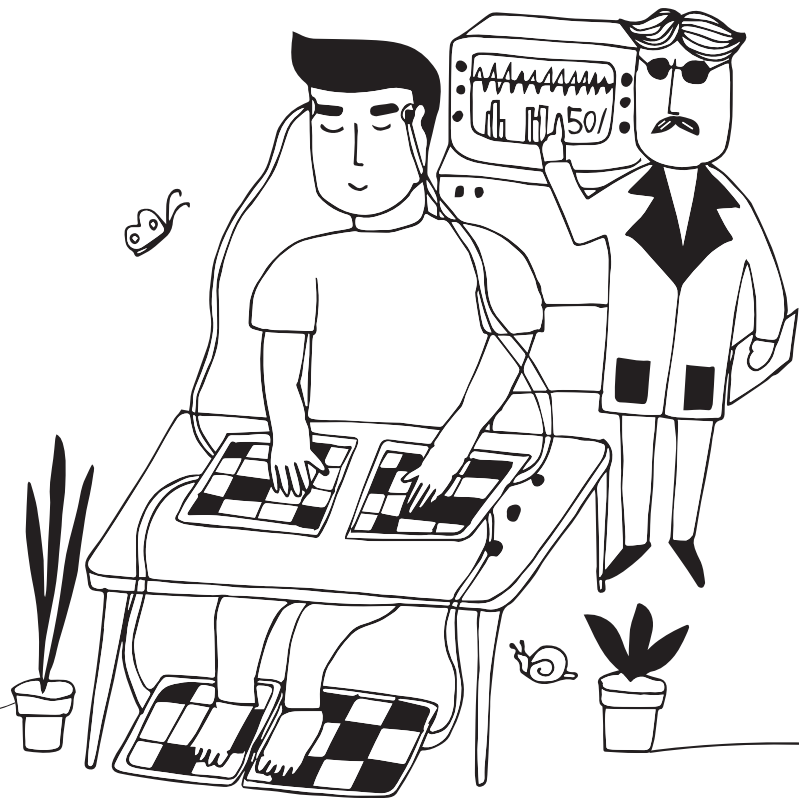
Awaken your senses with an invigorating cascade of icy freshness, stimulating circulation and boosting vitality.

RELAXATION LOUNGE

Conclude your wellness ritual in quiet repose, accompanied by herbal tea, fresh fruit, and nourishing snacks as your body and mind absorb the full benefits of the journey.



PERSONALIZED WELLNESS



WELLNESS SCREENING, 45 MINUTES

How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 40 key biomarkers relating to your overall well-being, our practitioner will talk you through the results and plan the next steps along your wellness path. You have only knowledge to gain.

WELLNESS CHECK-IN, 15 MINUTES

In a hurry? If you would like the screening results to review yourself and receive treatment suggestions for the duration of your stay, opt for a check-in.

Our named programs give a guide of what we cover while our wellness screening allows us to totally personalize the program to your needs and goals. Whatever wellness journey you take, we follow the guiding principles of Eat With Six Senses: where food is as nutritious as it is delicious, and you will leave feeling better than when you arrived. Our programs can be tailored for guests staying for 3 nights or more.



SLEEP

This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will create a personal schedule. This combines concrete data captured by our sleep tracker with a plan for your stay that includes dietary recommendations for sleep-promoting foods, the Yogic sleep science of yoga nidra, meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.

YOGA

For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature and energy treatments.

DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature therapies, stimulating scrubs and purifying body wraps, as well as personalized wellness activities. A top to toe cleanse.

The Detox program is most effective when followed over 7 consecutive days.

AYURVEDIC REJUVENATION

Improve vitality, boost the immune system and discover Ayurveda, the ancient science of life and longevity. The Ayurvedic Practitioner recommends suitable combinations of therapies based on your dosha (ayurveda body type) along with activities and which food to favor or avoid.

1 OR 2 - DAY “THU GIAN TRON VEN” JOURNEY – A LOCAL SIGNATURE WELLNESS EXPERIENCE

A deeply restorative journey inspired by Vietnamese natural healing traditions - featuring revitalizing therapies, nourishing cuisine, cultural discoveries, and daily wellness rituals to bring balance, relaxation, and a renewed sense of wellbeing.



BIOHACK RECOVERY LOUNGE

Recovery for muscles and minds



PERCUSSION THERAPY, 20 MINUTES

Experience soothing muscle relief with the gentle power of a percussion massage device. This therapy enhances circulation, eases soreness and stiffness, and promotes a deeper sense of relaxation. By encouraging healthy blood flow, it supports improved mobility, flexibility, and overall recovery - leaving the body restored and revitalized.

COMPRESSION THERAPY, 20 MINUTES

Next level therapy by Normatec to ease lower body pain so you can warm up and recover faster. This equipment delivers sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

VENOM BACK BELT, 20 MINUTES

Digitally controlled heat and vibration to soothe sore muscles and relax stiff joints. The most advanced heat and massage wearables available at the spa.

RED LIGHT FACE MASK, 20 MINUTES

Red light therapy helps reduce visible signs of aging, such as fine lines and wrinkles, while enhancing your natural glow. This therapeutic technique uses low-level red wavelengths of light to support skin rejuvenation and address concerns such as wrinkles, scars, and persistent wounds.

Our biohacking bundles are named to address certain concerns, and when hacks are used together it makes the most of your time too. You just need to sit back and relax.

TRAVELER'S HACK, 30 MINUTES

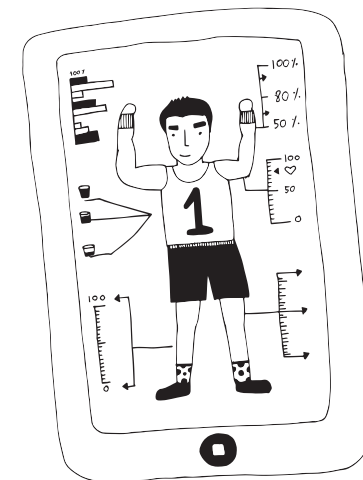
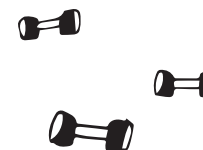
Relieve leg and lower back tension with soothing compression and vibration therapy. Perfect post-travel, this treatment restores circulation, eases stiffness, and leaves you feeling light and refreshed.

RADIANCE HACK, 30 MINUTES

Boost circulation and skin vitality with compression boots and a red-light LED face mask, enhanced by soothing binaural beats for deep relaxation and a radiant glow.

SLEEP TRACKING

Wear our sleep tracking ring overnight to get handy intel on your current sleeping patterns. Talk to our sleep expert the following day to discuss your results and what to do next.





ALCHEMY BAR



Guided by our expert Alchemist, discover the healing power of local herbs and natural essences. Begin with an Alchemy Workshop to craft your bespoke blend, followed by a tailored treatment that features your personalized creation.

Choose from:

Detoxifying or Radiance Body Scrub (75 minutes)

Includes an Alchemy Workshop and a revitalizing body scrub treatment.

Detoxifying or Radiance Body Cocoon (90 minutes)

Includes an Alchemy Workshop and a nourishing body scrub and body wrap.

Herbal Poultice (90 minutes)

Includes an Alchemy Workshop and a therapeutic herbal poultice therapy.

THE ALCHEMY BAR WORKSHOP, 45 MINUTES

Learn the Art of Natural Healing. You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant local herbs and produce. Immerse yourself in the varied textures and extraordinary aromas to create your bespoke products in this interactive workshop.



LOCALLY INSPIRED SIGNATURE TREATMENTS



VIETNAMESE SIGNATURE

An enticing journey featuring local ingredients and healing practices. Build a layered experience combining any or all the following choices, leaving you feeling deeply relaxed and emotionally balanced.

VIETNAMESE TOUCH THERAPY, 60 MINUTES

Inspired by ancient healing traditions, this restorative ritual combines cupping, percussion, and meridian clearing to release tension, boost circulation, and leave you feeling renewed and deeply balanced.

HOLISTIC RADIANCE FACIAL WITH DIEN CHAN, 60 MINUTES

Indulge in a luxurious ritual where local natural ingredients meet the ancient art of Dien Chan facial reflexology. This treatment stimulates circulation, releases tension, and restores harmony — leaving your skin radiant and your mind deeply renewed.

HOT BAMBOO MUSCLE MELT, 90 MINUTES

This specialized therapy uses warm, smooth bamboo canes to deeply stretch and knead your muscles by releasing muscle tension and tightness.

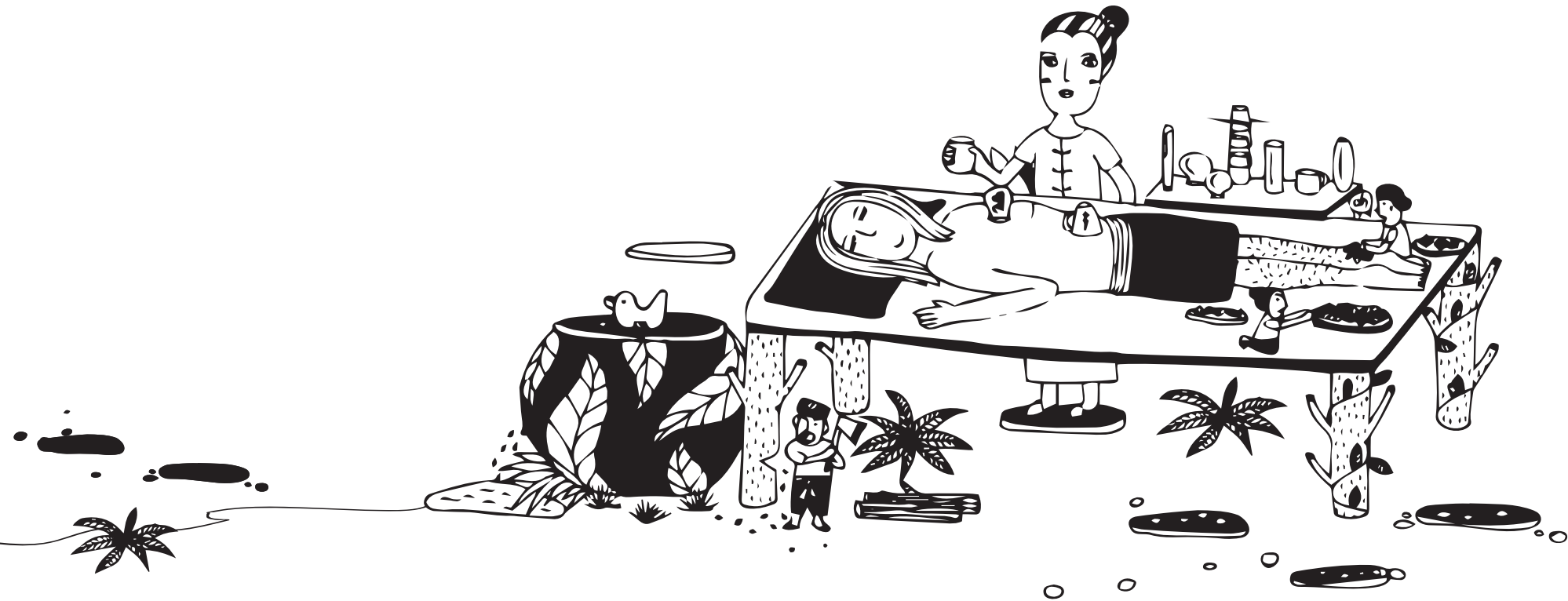
COCONUT & RICE BODY SCRUB, 60 MINUTES

A soothing body exfoliation using finely ground rice, coconut, honey, and virgin coconut oil to gently polish and deeply nourish the skin. Rich in antioxidants and vitamin E, this natural treatment restores softness, radiance, and vitality. It is perfect even for sensitive skin.

GREEN TEA, COFFEE & LOTUS BODY SCRUB, 60 MINUTES

A calming exfoliating ritual using Vietnamese green tea, coffee, and lotus extract blended with hydrating oils. Rich in antioxidants, it helps slow visible signs of aging while softening and revitalizing the skin for a healthy, luminous glow.

BODY TREATMENTS



SIX SENSES SIGNATURE BODY TREATMENTS:

Deep Tissue, 60/90 minutes

Release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses may be used to enhance this treatment.

Holistic, 60/90 minutes

Combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

Detox, 60/90 minutes

Focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo hitter and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Movement Restoration, 90 minutes

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

Pregnancy, 90 minutes

A full body, advanced therapy 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.

Tension Soother, 30/60 minutes

A reviving back, neck and shoulder therapy using acupressure techniques to relieve muscle tension and restore mobility.

Head Therapy, 30/60 minutes

A deeply relaxing oil-based treatment of the head, neck and shoulders using cranio-sacral techniques to ease tension and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes

Restore the body's balance and release aches and pains with a fusion of reflexology techniques on the meridian lines of the legs and reflex zones of the feet.

THAI THERAPY, 90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai therapy techniques with gentle stretching movements, performed in our Thai suite.

THAI HERBAL COMPRESS, 90 MINUTES

A full body therapy using warm poultices which contain plai, ginger, turmeric, and lemongrass. These are applied to specific pressure points, using gentle rolling movements, to condition skin and induce a sense of well-being.





Six Senses has partnered with Subtle Energies for our body treatments and bespoke facials. Backed by over 25 years of clinical research, Subtle Energies creates results-based aromatherapy and wellness solutions founded on authentic Ayurvedic principles.

HOT AND COLD STONE THERAPY, 90 MINUTES
Induce deep relaxation with hot stones while cold stones stimulate, increasing the body's metabolism, muscle tone and ability to flush out toxins. Healing crystals are placed on the body to bring about balance and harmony.

JET LAG RECOVERY, 90 MINUTES
A restorative experience designed to reset body and mind after long-haul travel. Gentle stretches, circulation-boosting massage, and soothing aromatherapy ease fatigue, reduce water retention, and restore energy flow, leaving you refreshed, balanced, and ready to continue your journey.

ELEVATE YOUR MASSAGE WITH A BIOHACKING ENHANCEMENT, 20 OR 30 MINUTES
Enhance your recovery and deepen relaxation with cutting-edge wellness technology that soothes muscles, stimulates circulation, and restores natural harmony.

Choose your preferred enhancement:

- Percussion Therapy
- Compression Boots
- Venom Back Belt
- Red Light Face Mask
- Traveler's Hack
- Radiance Hack



DETOX BODY BUFF, 60 MINUTES

Detoxify and stimulate the adrenals to provide clarity and grounding. Dead skin cells are buffed away to help reduce cellulite using cinnamon bark and walnut shells blended with Tulasi, Indian lime and wild turmeric. Followed by a full body hydration.

DETOX BODY WRAP, 75 MINUTES

Revitalize, tone, and purify as this active body therapy begins with a zesty exfoliation, including essential oils, cinnamon powder, and walnut shells. A mineral rich clay infused with Spiked Ginger Lily and Green Tea envelops your body providing the ultimate detox. Experience full skin hydration with a choice of aromatic infused body butters, lotions, or blends after.

PEARL INFUSED REMINERALIZING MASK, 90 MINUTES

Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate and regenerate skin cells. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial marma massage, using potent anti-ageing actives of Mogra and Indian rose to release tension and stress, and restore balance.

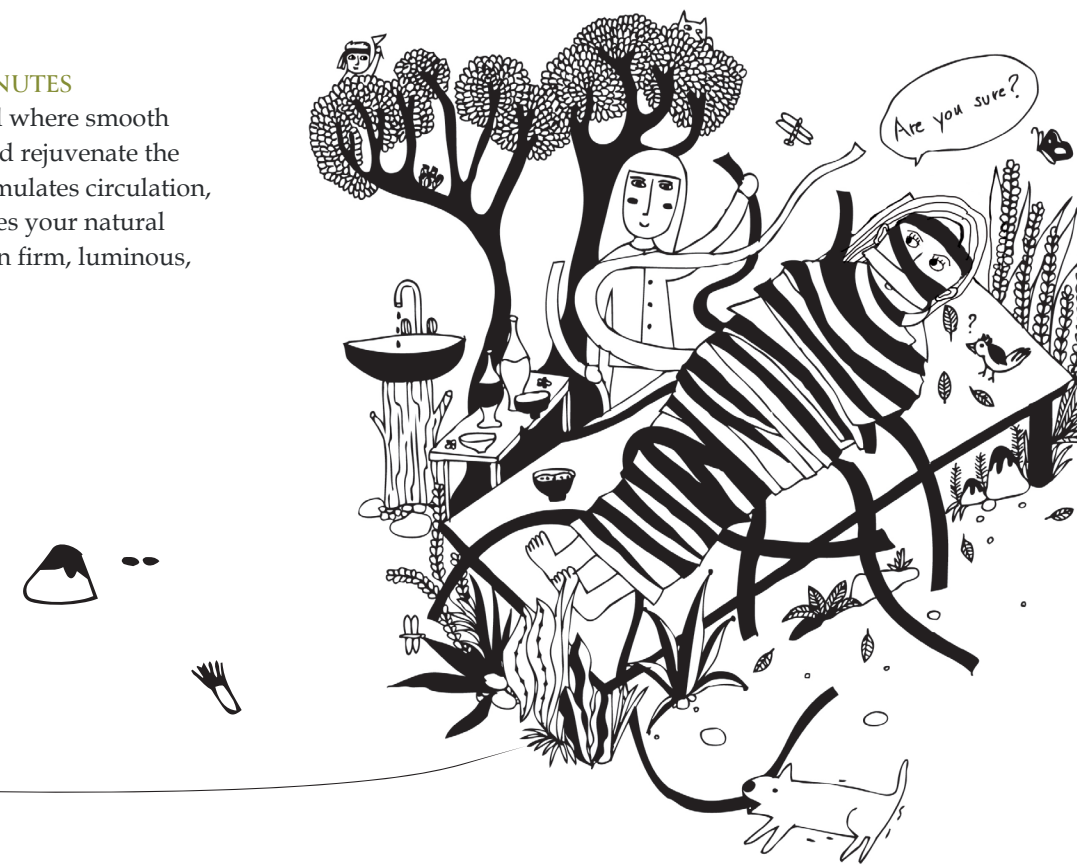
NATURAL SUNBURN SOOTHER, 60 MINUTES

A calming post-sun ritual using fresh Aloe Vera to cool, hydrate, and repair the skin. Restores comfort and suppleness while leaving the body refreshed, nourished, and radiant.

Add on to any body treatment:

GUA SHA FACE LIFTING, 30 MINUTES

Experience a refined facial ritual where smooth Gua Sha strokes lift, contour, and rejuvenate the skin. This indulgent therapy stimulates circulation, eases facial tension, and enhances your natural radiance, leaving the complexion firm, luminous, and beautifully refreshed.





RITUALS

VIETNAMESE JOURNEY, 2 HOURS

Surrender to a deeply soothing ritual designed to restore balance in body and mind. Begin with Vietnamese Touch Therapy, a traditional full-body massage that releases muscle tension, improves circulation, clears stagnation, and restores balance through the use of cupping and holistic techniques. Continue with the Holistic Radiance Facial with Dien Chan, a revitalizing treatment that brightens the skin, enhances natural radiance, and restores harmony through gentle acupressure and facial reflexology. Conclude with local refreshments and soothing herbal tea.

DREAM CATCHER, 2 HOURS

Embrace a state of serene tranquility with this soothing ritual. Your journey begins with the Body Balancing Ritual, a graceful fusion of sound healing, crystal energy, and guided visualization to harmonize body and mind. It continues with a personalized full-body massage, intuitively tailored to dissolve tension and restore inner balance. The experience concludes with a gentle aura-protecting mist, leaving you cocooned in serenity and radiant calm as if awakening from a peaceful dream.

RELAX TOGETHER, 2 HOURS 30 MINUTES

Embark on a deeply indulgent couple's journey in our exclusive VIP suite, beginning with a warm aromatic salt soak to ease the body and calm the mind. Continue with your choice of Holistic or Deep Tissue massage, followed by a personalized Subtle Energies facial, with a selection of either the Soothe & Enrich Antioxidant Facial or the Wild Kashmir Facial to suit your skin's needs. Conclude with a nourishing platter of fresh fruits, wellness-inspired snacks, and soothing local herbal tea – the perfect finale to your shared retreat.



AYURVEDA



AYURVEDA CONSULTATION, 45 MINUTES

A personal consultation with an in-house Ayurveda doctor to determine your constitution or 'dosha' type, including lifestyle and treatment advice.

ABHYANGA, 60 MINUTES

This popular Ayurveda body therapy reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin, and boosts the immune system.

SHIRODHARA, 60 MINUTES

This stress-releasing treatment involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

AYURVEDA EXPERIENCE, 90 MINUTES

Immerse yourself in a deeply healing Ayurveda ritual that combines Abhyanga and Shirodhara. This nurturing treatment harmonizes mind, body, and spirit, promoting deep relaxation, restoring balance, and leaving you feeling renewed and revitalized.

KATI VASTI, 45 MINUTES

A nurturing back treatment in which warm medicated oils are 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.

FACIALS



24K GOLD AGE DEFYING FACIAL, 60/90 MINUTES

Combining collagen and elastin boosting actives, while addressing stress, anxiety, and hormonal balance. This age-defying facial features Mogra, Queen of Jasmines, Himalayan Rose and 24k Gold that will penetrate the dermal layers of the skin, renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin.

Using Subtle Energies.

ADVANCED HOLISTIC BIOTECH FACIAL, 60/90 MINUTES

Transform your skin with deep hydration, enhanced cellular renewal, for a plump, youthful appearance. Elevate your skincare experience with the latest in bio tech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness the remarkable rejuvenation and embrace a youthful, lifted complexion.

Using Subtle Energies

SOOTHE & ENRICH ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for dehydrated, sensitive, or damaged skin. This intense enriching facial therapy delivers potent antioxidants and essential fatty acids to fight free radical damage, protecting the skin from visible signs of ageing. Effectively removing impurities and pollutants, while keeping the skin calm and nourished. The facial marma massage delivers a nutrient rich elixir to increase collagen and hyaluronic acid production. This restorative treatment leaves the skin smooth, vitamin enriched and deeply hydrated. *Using Subtle Energies.*

WILD KASHMIR FACIAL, 30/60 MINUTES

This purifying facial will optimize your wellbeing and replenish the skin with renewed freshness. Wild turmeric purifies and exotic Kashmir lavender soothes and restores. Ideal for tired, congested, and stressed skin. *Using Subtle Energies.*

BIOLOGIQUE RECHERCHE SKIN SOLUTIONS

The Biologique Recherche methodology is based on more than fifty years of experience using innovative products and meticulous protocols. The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free.

SKIN ANALYSIS WITH SKIN INSTANT©LAB, 30 MINUTES

Recommended for all guests.

This advanced, non-invasive diagnostic session uses Skin Instant© Lab technology to provide a comprehensive skin analysis. Combining customized software with high-precision probes, it evaluates hydration, lipid barrier function, elasticity, pigmentation, and sebum levels. Paired with expert manual evaluation, this analysis allows our therapists to create a personalized skincare plan tailored to your skin's exact needs.

PERSONALISED FACIAL TREATMENT, 60/90 MINUTES

Suitable for all skin types.

A soothing facial tailored to your skin type - whether normal, oily, or sensitive. The 60-minute session purifies the skin, balances imperfections, regulates sebum production, tightens pores, and revives the complexion for a healthy, radiant glow. The 90-minute session begins with a thorough skin analysis using the Skin Instant© Lab, which captures high-resolution images and scientifically evaluates your skin's hydration, elasticity, pigmentation, and sebum levels. Based on these insights, the facial is fully customized using a combination of Biologique Recherche products and advanced techniques to address your unique skincare concerns - delivering optimal, visible results.



SOIN RESTRUCTURANT ET LISSANT, 60/90 MINUTES

Oxygenating and detoxifying for bright, refreshed skin.

A reconditioning treatment for the epidermis with an immediate, intense moisturizing and smoothing effect. It also provides a draining action, leaving the skin of your face, neck, and décolleté smoothed and toned.

SOIN LIFT C.V.S, 60/90 MINUTES

Anti-aging for lifted and toned skin.

An exfoliating and lifting treatment combined with a unique manual technique, ideal for skin that is thick or lacking tone. The skin is revitalized, smoothed, more toned, and firmer.

SOIN BOOSTER VIP O2, 60/90 MINUTES

Oxygenating and detoxifying for bright, refreshed skin.

A detoxifying treatment that stimulates the epidermis and re-oxygenates skin tissue, improving blood circulation and nutrient delivery. It strengthens the skin barrier, protecting against free radicals and environmental aggressors. Your complexion becomes revitalized, luminous, and radiant.

ADD-ON

COLD MASK, 20 MINUTES

Soothe & moisturize.

A calming add-on treatment ideal for sun-exposed or sensitive skin. This cooling mask reduces redness, soothes irritation, and deeply moisturizes - leaving your skin refreshed, nourished, and comforted.

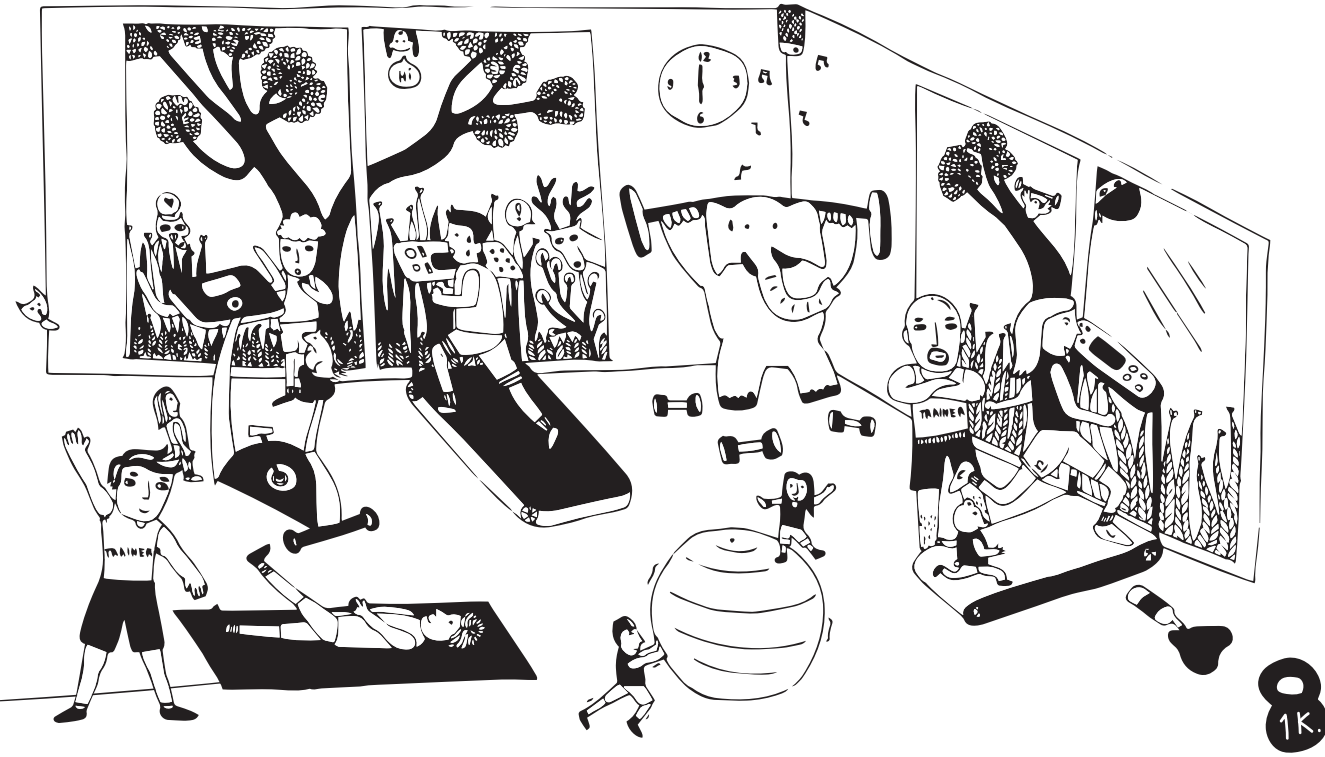
MODULE CO-FACTEURS, 30 MINUTES

Personalized mask for targeted skin results.

Boost your facial with a pre-formed, personalized mask infused with potent active ingredients. This custom-fit mask molds to your face, delivering intensive hydration and enhanced results for visibly radiant, revitalized skin.



FITNESS AND WELLNESS



YOGA, 60 MINUTES

Traditional yoga combines postures with conscious breathing and focused awareness to cultivate strength, flexibility, stability, and balance. This practice nurtures inner focus, enhances overall well-being, and leaves you feeling centered and renewed. In this mixed-level session, you will develop deeper body awareness while exploring a variety of postures in a supportive and restorative environment.

YOGA NIDRA, 60 MINUTES

Also known as yogic sleep, or sleep with awareness, this restorative practice is experienced lying down while being gracefully guided by the instructor, leaving you feeling restored, balanced, and deeply at ease. It invites complete relaxation and a meditative state of consciousness, fostering emotional balance, mental clarity, and inner harmony.

AERIAL YOGA, 45 MINUTES

Float effortlessly between ground and air as suspended hammocks support each graceful movement. This nurturing practice enhances flexibility, releases tension, and encourages mindful alignment. Gentle inversions decompress the spine, improve circulation, and restore energetic flow.

YOGIC INTESTINAL CLEANSE, 90 MINUTES

An ancient yogic detox, Laghu Shankha Prakshalana gently cleanses the digestive system using warm saline water and a series of yoga postures, leaving you feeling light, clear, and renewed. It releases toxins, supports digestion, and restores inner balance. Advance booking required.

MEDITATION, 45 MINUTES

A guided practice to still the mind, harmonize breath and awareness, and awaken inner clarity. This session restores energy, nurtures balance, and cultivates deep peace and calm.

TRATAKA MEDITATION, 30 MINUTES

A traditional yogic practice of focused gazing that deepens concentration, enhances clarity, and nurtures inner calm while cleansing the eyes and quieting the mind.

NETI CLEANSING, 30 MINUTES

Jal Neti, a traditional yogic cleansing practice, gently flushes the nasal passages with warm saline water, clearing mucus, reducing allergens, and supporting sinus health while promoting mental clarity and calm.

SOUND JOURNEY, 60 MINUTES

Immerse in the healing vibrations of gongs and singing bowls, and other therapeutic instruments, soothing the nervous system, releasing tension, and guiding the mind to profound peace and balance.

BREATHWORK, 45 MINUTES

Harness the power of breath to expand vitality and restore balance. Gentle yet powerful Pranayama techniques clear energetic blockages, strengthen lung capacity, and calm the nervous system—leaving you centered, refreshed, and deeply relaxed.

PERSONAL TRAINING, 45 MINUTES

A personalized fitness session tailored to your individual goals and needs. Guided by our expert trainer, you'll build strength, boost endurance, and enhance overall well-being in a supportive and motivating environment.

If you are unsure of your wellness or fitness goals, our wellness expert will be happy to guide you.



BEAUTY



MANICURE, 30/60 MINUTES

PEDICURE, 45/75 MINUTES

HAIR WASH & BLOW-DRY, FROM 45 MINUTES



SPA TO SPAAHH

Make the most of your spa time



SPA OPENING HOURS

Spa: Daily 9:00 am to 9:00 pm

Gym: Open 24 hours, supervised from 8:00 am to 6:00 pm

SPA RESERVATIONS

For inquiries or reservations, please contact your GEM or the spa reception directly. 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.

LATE ARRIVALS

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

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. If you wish to experience our facilities prior to the treatment then we recommend to arrive 30 to 45 minutes prior to the treatment appointment time.

Prior to using our facilities and services please consult your doctor in case of any medical concerns.

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. For your comfort and safety, kindly refrain from using our facilities and services if you are intoxicated.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs, and we offer treatments with children aged 6 to 16 years under the supervision of a parent or guardian. You can either schedule a Relax Together massage to enjoy the service simultaneously or quietly observe the treatment. Prior to the treatment, we require a waiver signed by a parent or guardian.

For health and safety reasons, guests under the age of 16 are not permitted to use the spa's wet areas or gym facilities.

CANCELLATIONS

Please allow 24 hours' notice on wellness programs and 3 hours' notice on spa treatments; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage or body treatment 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 area.

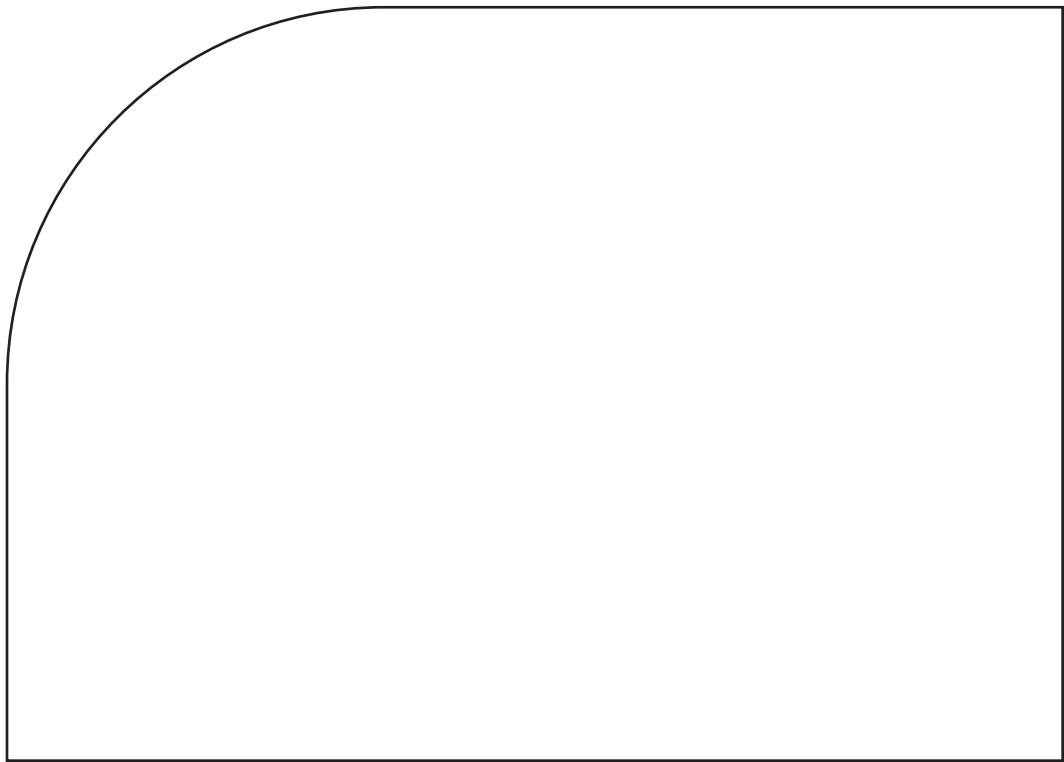
PAYMENT

For hotel guests, all treatments may be charged to your room and will appear on your account upon checkout. Alternatively, major credit cards are accepted at the resort reception.

GIFT VOUCHERS

Vouchers are available to purchase from the Spa reception.







SIX SENSES SPA

CON DAO

WELLNESS AND SPA MENU PRICELIST



	3 Nights	5 Nights	7 Nights
SLEEP			
Wellness Screening with Personalized Consultation (45 mins)	1	1	1
Personalized Yoga/ Fitness (60 mins)	1	1	2
Yoga Nidra/ Trataka Meditation (45 mins)	1	2	2
Breathwork (60 mins)	0	1	1
Neti: Yogic Nasal Cleansing (30 mins)	0	1	1
Shirodhara (60 mins)	1	1	2
Personalized Spa Treatment (60 mins)	2	2	3
Sound Healing (45 mins)	0	1	1
Biohack Recovery (Compression Therapy & Red Light Face Mask)	✓	✓	✓
Welcome Bag with Sleep Amenities	✓	✓	✓
Weekly Group Wellness Activities	✓	✓	✓
Daily Thermal Journey	✓	✓	✓
Daily Sleep Tracking	✓	✓	✓
Program Wrap Up	✓	✓	✓
Price per person (USD)	750	1,125	1,525
Price per couple (USD)	1,225	1,725	2,415

Prices exclude accommodation and wellness cuisine.

Prices are in United States Dollars and subject to 5 percent service charge and applicable local tax.

	3 Nights	5 Nights	7 Nights
DETOX			
Wellness Screening with Personalized Consultation (45 mins)	1	1	1
Personalized Yoga/ Fitness (60 mins)	1	2	3
Breathwork (60 mins)	1	1	2
Neti: Yogic Nasal Cleansing (30 mins)	0	1	1
Detox Body Treatment (60 mins)	2	3	4
Personalized Spa Treatment (60 mins)	0	1	1
Detox Body Wrap (90 mins)	1	1	1
Yogic Intestinal Cleanse (75 mins)	0	1	1
Sound Healing (60 mins)	0	1	1
Biohack Recovery (Compression Therapy & Red Light Face Mask)	✓	✓	✓
Weekly Group Wellness Activities	✓	✓	✓
Daily Thermal Journey	✓	✓	✓
Digital Detox and Conversation Cards Session	✓	✓	✓
Program Wrap Up	✓	✓	✓
Full Board Wellness Cuisine	✓	✓	✓
Price per person (USD)	915	1,700	2,190
Price per couple (USD)	1,540	2,950	3,715

Prices exclude accommodation.

Prices are in United States Dollars and subject to 5 percent service charge and applicable local tax.





	3 Nights	5 Nights	7 Nights
YOGA			
Yoga Consultation (30 mins)	1	1	1
Personalized Hatha Yoga (60 mins)	2	3	4
Trataka Meditation (20 Mins)	1	1	1
Gratitude Meditation/ Yoga Nidra (45 mins)	1	2	3
Yogic Breathwork (60 mins)	1	1	2
Neti: Yogic Nasal Cleansing (30 mins)	1	1	2
Yogic Intestinal Cleansing (75 mins)	0	1	1
Abhyanga (60 mins)	0	1	1
Personalized Spa Treatment (60 mins)	1	1	2
Sound Healing (45 mins)	0	0	1
Welcome Bag with Yoga Amenities	✓	✓	✓
Weekly Group Wellness Activities	✓	✓	✓
Daily Thermal Journey	✓	✓	✓
Digital Detox and Conversation Cards Session	✓	✓	✓
Program Wrap Up	✓	✓	✓
Price per person (USD)	675	1,140	1,745
Price per couple (USD)	860	1,588	2,345

Prices exclude accommodation and wellness cuisine.

Prices are in United States Dollars and subject to 5 percent service charge and applicable local tax.



	3 Nights	5 Nights	7 Nights
AYURVEDIC REJUVENATION			
Ayurveda Consultation (45 mins)	1	1	1
Personalized Yoga (60 mins)	1	2	3
Abhyanga (60 mins)	1	2	2
Shirodhara (60 mins)	1	1	2
Neti: Yogic Nasal Cleansing (30 mins)	0	1	1
Yogic Intestinal Cleansing (75 mins)	0	1	1
Ayurveda Experience (90 mins)	0	1	1
Kati Vasti (45 mins)	0	1	1
Trataka/ Gratitude Meditation (45 mins)	1	1	1
Sound Healing (45 mins)	0	0	1
Weekly Group Wellness Activities	√	√	√
Daily Thermal Journey	√	√	√
Digital Detox	√	√	√
Program Wrap Up	√	√	√
Price per person (USD)	990	1,345	1,745
Price per couple (USD)	1,260	2,320	2,895

Prices exclude accommodation and wellness cuisine.

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	1 Night	2 Nights
"THU GIAN TRON VEN" JOURNEY		
Floating Breakfast	1	1
Con Dao Local Life Tour/ Healthy Vietnamese Cuisine Cooking Class	0	1
Vietnamese Herbal Foot Ritual	1	2
Green Tea, Coffee and Lotus Body Scrub (45 mins)	1	1
Vietnamese Touch Therapy/ Personalized Spa Treatment (60 mins)	1	2
Holistic Radiance Facial with Dien Chan (60 mins)	0	1
Vietnamese High Tea	1	1
Weekly Group Wellness Activities	√	√
Daily Thermal Journey	√	√
Price per person (USD)	400	750
Price per couple (USD)	630	1400

Prices exclude accommodation and wellness cuisine.

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	DURATION (MINUTES)	PRICE (USD)
PERSONALIZED WELLNESS		
Wellness Screening	45	90
Wellness Check-In	15	35
BIOHACKING		
Percussion Therapy	20	45
Compression Therapy	20	45
Venom Back Belt	20	45
Red Light Face Mask	20	45
Traveler's Hack	30	55
Radiance Hack	30	55
Sleep Tracking	per night	35
ALCHEMY BAR		
Detoxifying/ Radiance Body Scrub	75	175
Detoxifying/ Radiance Body Cocoon	90	190
Herbal Poultice	90	190
The Alchemy Bar Workshop	45	65

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TREATMENTS

DURATION (MINUTES)

PRICE (USD)

LOCALLY INSPIRED SIGNATURE TREATMENTS

Vietnamese Touch Therapy	60	145
Holistic Radiance Facial with Dien Chan	60	145
Hot Bamboo Muscle Melt	90	190
Coconut & Rice Body Scrub	60	145
Green Tea, Coffee and Lotus Body Scrub	60	145

BODY TREATMENTS

Deep Tissue	60/90	145/190
Holistic	60/90	145/190
Detox	60/90	145/190
Movement Restoration	90	190
Pregnancy	90	215
Tension Soother	30/60	85/145
Head Therapy	30/60	85/145
Relaxed Feet	30/60	85/145
Thai Therapy	90	190
Thai Herbal Compress	90	215
Hot and Cold Stone Therapy	90	190
Jet Lag Recovery	90	190

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TREATMENTS

DURATION (MINUTES)

PRICE (USD)

BODY TREATMENTS

Detox Body Buff	60	145
Detox Body Wrap	75	175
Pearl Infused Remineralizing Mask	90	190
Natural Sunburn Soother	60	145
Gua Sha Face Lifting	30	90

RITUALS

Vietnamese Journey	120	265
Dream Catcher	120	260
Relax Together	150	600

AYURVEDA

Ayurveda Consultation	45	90
Abhyanga	60	220
Shirodhara	60	220
Ayurvedic Experience	90	285
Kati Vasti	45	130

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TREATMENTS

DURATION (MINUTES)

PRICE (USD)

FACIALS (SUBTLE ENERGIES)

Advanced Holistic Biotech Facial	60/90	190/225
24k Gold Age Defying Facial	60/90	145/190
Soothe & Enrich Antioxidant Facial	60/90	145/190
Wild Kashmir Facial	30/60	90/145

FACIALS (BIOLOGIQUE RECHERCHE)

Skin Analysis with Skin Instant@Lab	30	80
Personalised Facial Treatment	60/90	155/220
Soin Restructurant et Lissant	60/90	180/225
Soin Booster VIP 02	60/90	180/225
Soin Lift C.V.S	60/90	200/235
Cold Mask	20	80
Module Co-Facteurs	30	100

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TREATMENTS

DURATION (MINUTES)

PRICE (USD)

FITNESS AND WELLNESS

Yoga	60	135
Yoga Nidra	60	135
Aerial Yoga	45	135
Yogic Intestinal Cleanse	90	150
Sound Journey	60	145
Meditation	45	120
Trataka Meditation	30	100
Neti Cleansing	30	88
Breathwork	45	120
Personal Training	60	135

BEAUTY

Manicure	30/60	40/65
Pedicure	45/75	60/75
Hair Wash & Blow-Dry	from 45	88

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SIX SENSES SPA CON DAO

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