



SIX SENSES SPA

NINH VAN BAY

WELLNESS AND SPA MENU

Wellness is freedom. It's an invitation to explore, to find a clear 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.



PERSONALIZED WELLNESS



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.

WELLNESS SCREENING, 60 MINUTES

A non-invasive screening analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

EAT WITH SIX SENSES

Whatever wellness journey you take, our experts follow the guiding principles of Eat With Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We provide advice on nutrition that is right for you to amplify the benefits of your daily treatments and activities.



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

DETOX

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.

SLEEP

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapiest.

DISCOVER YOGA

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 hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training with soothing treatments.

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

WELLNESS DAYS

Love Your Heart

Love is a force of nature. However much we may want to, we cannot command, demand, or take away love. But you can invite love in. This is a day of reflection, letting go of old baggage, setting a new purpose and learning how to connect with your heart and true purpose to find greater zest for life and meaning.

Mind Your Brain

This one-day program helps you care for and improve the state of your brain and how it works through ancient practices from yoga and meditation and modern biohacks including brain games, developmental drawings and binaural beats.

Boost Your Immunity

An immunity reboot if you're feeling sluggish, sniffly or fatigued from a stressful time or long-haul flight. Commit to a day of no news and just focus on yourself. Stress shuts down the immune system and therefore everything that promotes relaxation is helpful to strengthen immunity.

Ask your GEM about our Resort Reconnection Experiences: Reconnect with Nature, Reconnect with Others and Reconnect with Family.



BIOHACKING



Unleash your limitless potential for living a healthy, balanced life full of energy. Biohacking takes shortcuts to better wellness by hacking the body's natural recovery systems.

FAST RECOVERY WITH COMPRESSION BOOTS, 45 MINUTES

This compression therapy takes compression to the next level. These leg boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

MUSCLE RELIEF THAT'S QUICK AND EASY WITH HYPERVOLT, 20 MINUTES

Increases circulation and reduces muscle soreness. This percussion massage device is a fantastic way to increase blood flow, thereby increasing mobility, range of motion and flexibility, awesome for recovery.



ALCHEMY



THE ALCHEMIST'S BODY TREATMENT

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, extraordinary aromas and create your unique natural products that will be used in your treatment afterwards.

Choose from:

*Body Scrub, 60 minutes - stimulating/detoxifying/
soothing/nourishing*

Cocoon, 90 minutes

Medicinal Herbal Poultice Massage, 90 minutes

THE ALCHEMY BAR WORKSHOP, 60 MINUTES

Learn how to make clean potions and cures to carry on the good work back home. You will be guided by our knowledgeable Alchemist on how to create your bespoke product in this interactive workshop. Not to be missed!

*You may also purchase aroma oil and body scrub
at the spa retail shop.*





MASSAGES BODY TREATMENTS





SIX SENSES SIGNATURE THERAPIES:

Deep Tissue, 60/90 minutes - 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 trigger points with gentle pressure and release techniques. Silicone cups or warm compresses may be used in the treatment, depending on the individual's need.

Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Detox, 60/90 minutes - an energizing massage focusing on 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 helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Movement Restoration, 90 minutes - 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, 30/60 minutes - a reviving back, neck and shoulder massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

Head Therapy, 30/60 minutes - 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, inducing a deep sense of calm.

ORIENTAL THERAPY, 60/90 MINUTES

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

HOT STONE THERAPY, 90 MINUTES

A Tibetan full body and face treatment using basalt stones to massage away muscle tension, remove blockages and eliminate stress.

IN-ROOM SPA JOURNEY, 90 MINUTES

Experience bliss with this powerful ceremonial offering in the comfort of your private villa. Beginning with aura cleansing, allow the healing vibrations of sound, breathwork and visualization, to lead you into a deeply healing massage experience.

PREGNANCY MASSAGE, 60/90 MINUTES

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.

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. Pure coconut oil infused with rosemary and orange essential oils enhances the overall benefits.

THAI MASSAGE, 90 MINUTES

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



MANIPURA TREATMENT, 90 MINUTES

This calming and warming treatment focuses on the abdominal area, our center of health and vitality. Combining marma lymphatic drainage and warm herbal poultices to relieve digestive blockages, it increases blood and lymph flow and stimulates inner vibrancy. *Using ILA.*

MARINE FLORA IMMERSION, 120 MINUTES

The immersion starts with a body scrub, wrap, bath and either a facial or a massage. This revitalizing experience draws on mineral-rich marine flora and Himalayan salt crystals to deeply relax, cleanse and re-energise the lymphatic and immune system. The ingredients have a profound healing effect while infusing the skin with nutrients.

DETOXIFYING 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 finishes 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.

COCONUT BODY SCRUB, 60 MINUTES

Reveal softer and smoother skin with this natural body scrub combining freshly grated coconut with turmeric. The treatment is completed with a gentle relaxing massage flow with homemade coconut oil.

STEM CELL SLIMMING, 120 MINUTES

Using plant stems cells this treatment is slimming, anti-aging and remodelling. The skin becomes firmer, finer and smoother as well as reducing fluid retention and cellulite. The essential oils of rosemary and eucalyptus stimulate the circulation. The treatment commences with a detoxifying scrub to stimulate the lymphatic circulation, followed by the stem cell serum wrap with compression. A head and face massage is given while the wrap is applied and the treatment is completed with an application of slimming lotion.

Using ILA.



FACIALS
WELLNESS THERAPIES





ANANDA FACE THERAPY, 60 MINUTES

A deeply nourishing and hydrating facial for stressed and tired skin. It combines an aloe vera and pomegranate cleanse with cotswolds honey, damascena rose and blackcurrant exfoliation and specialized marma massage techniques to restore natural luminance, while a green clay mask reduces inflammation. The outside glows with radiance and the inside recovers a sense of peace. *Using ILA.*

KU NYE FACE THERAPY, 60 MINUTES

This Tibetan-inspired treatment is recommended for damaged skin and tired souls. Tibetan and sea buckthorn seed oils, known for containing a rare Omega 7, are used to strengthen and regenerate the skin, improve circulation and balance core energy. A rosehip and honey scrub is followed by lymphatic drainage and Tibetan acupuncture, along with the application of hot poultices to maximize penetration. This journey concludes with a balancing lavender and honey mask. *Using ILA.*

DREAM TIME FACE THERAPY, 60 MINUTES

This face therapy restores the balance of the Vishuddha Chakra or sleep center. At a physical level it supports deep rejuvenation of the skin cells, by relaxing and using active ingredients that support cellular repair. Skin nourishing & rejuvenating. *Using ILA.*

MEN'S PURIFYING FACE THERAPY, 60 MINUTES

A deep-cleansing facial ideal for eliminating blocked pores and skin blemishes, using flower essences, active clays and plant extracts of lavender, lemon, ylang ylang and tea tree. *Using ILA.*

NATURAL FACIAL, 60 MINUTES ✿

Rejuvenate the skin with this natural facial, combining pure local ingredients with a facial massage. It focuses on Vietnamese pressure points to induce a sense of relaxation.



ABHYANGA, 60 MINUTES

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.

SHIRODHARA, 60 MINUTES

A stress-releasing treatment during which warm oil is poured over the third eye to soothe and calm the nervous system. Assists with treating skin conditions and insomnia, while also enhancing emotional balance. This treatment is complemented with a head and scalp massage, and natural hair mask.

AYURVEDIC EXPERIENCE, 90 MINUTES

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

DREAM TIME JOURNEY, 120 MINUTES

To increase resilience against anxiety or insomnia, this grounding treatment relaxes the nervous system, releases tension and restores the natural rhythm of sleep. It starts with a foot ritual and soothing mini scrub, and continues with chakra healing during which herbal poultices are used to deepen the effects of the massage, leaving the mind and body deeply relaxed and peaceful. *Using ILA.*



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

Ku Nye Face Therapy

Ananda Face Therapy

Men's Purifying Face Therapy

COUPLES CONNECT, 3 HOURS

Steam and Sauna

Orange Body Exfoliation

Full Body Massage

Head Massage

Coconut Milk Bath

VIETNAMESE JOURNEY, 2 HOURS 30 MINUTES ✿

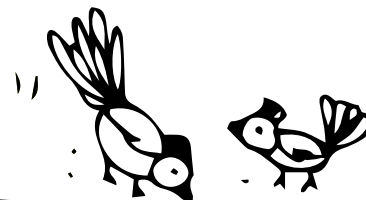
Body Scrub made of Com Xanh (Vietnamese rice)

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

Fresh fruit, vegetarian hand rolls and Hung Lui (Vietnamese spearmint) tea

Natural Facial Treatment



MINDFULNESS PRACTICES AND FITNESS





PRANAYAMA, 45 MINUTES

Also known as the extension of the prana (breath) or breath control, pranayama uses breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.

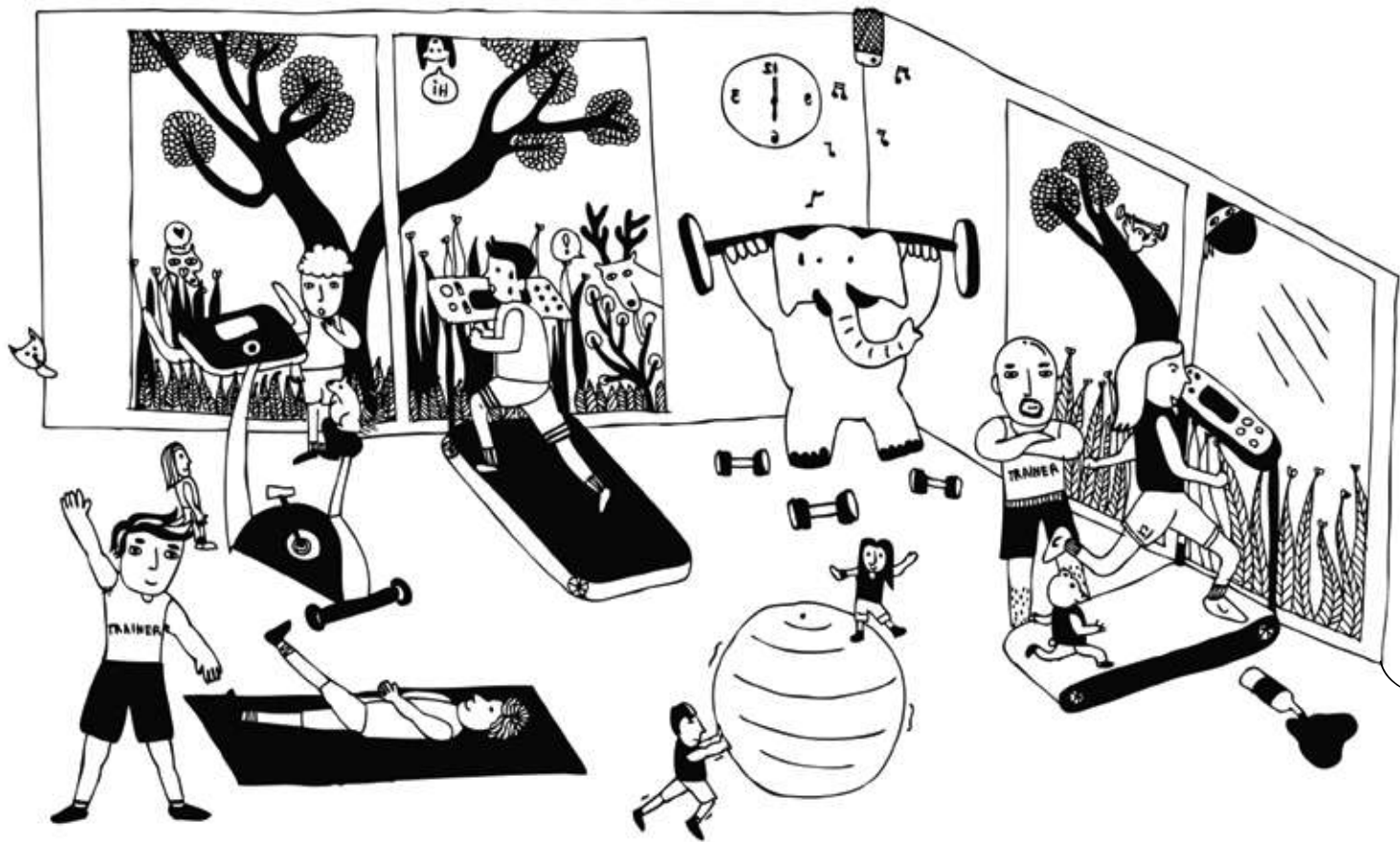
GUIDED MEDITATION, 45 MINUTES

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

YOGA NIDRA, 45 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

TAI CHI, 45 MINUTE



YOGA, 60 MINUTES

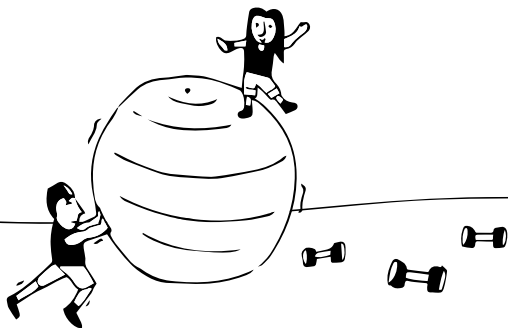
Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to learn how the body engages in each posture, while the yoga master guides the awareness to specific areas and aspects of the practice to enhance the body's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

AERIAL YOGA, 45 MINUTES

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

PERSONAL TRAINING, 60 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength and mobility.



BEAUTY



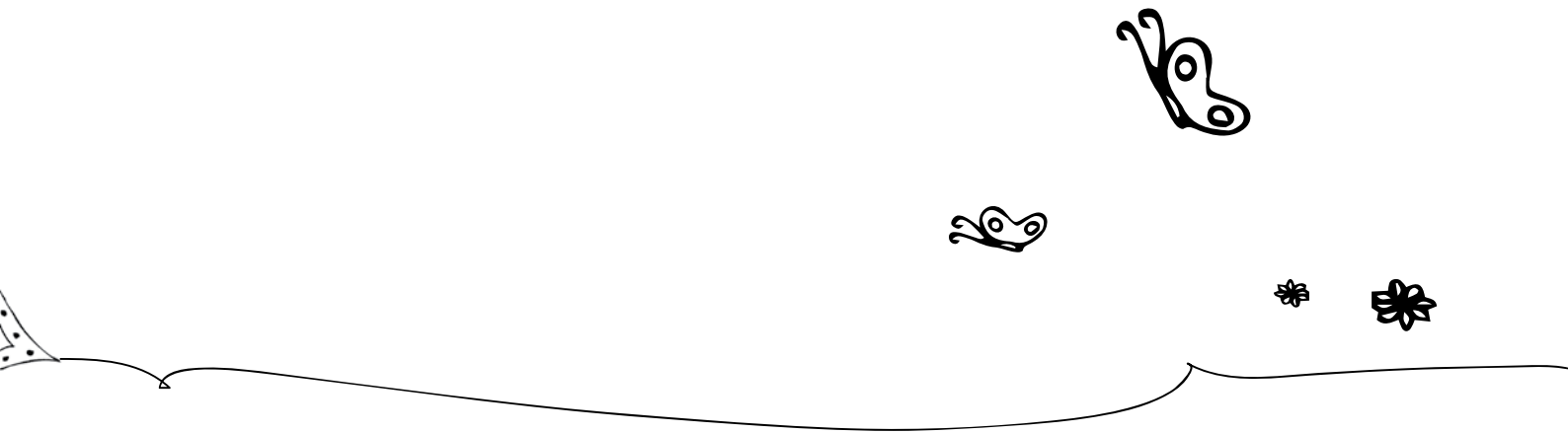
MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

MANICURE FOR MEN, 45 MINUTES

PEDICURE FOR MEN, 45 MINUTES



SPA TO SPAAHH

Make the most of your spa time





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 GEM 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

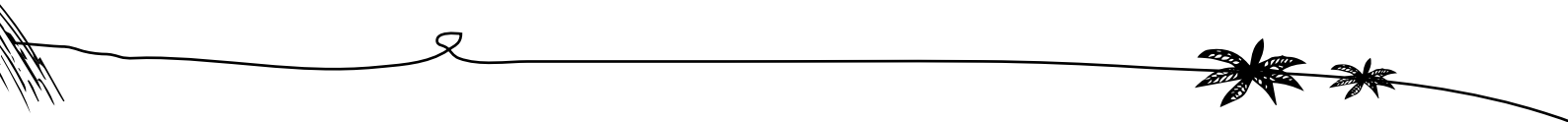
All treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

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.





SIX SENSES SPA NINH VAN BAY

T +84 258 3728 222 E reservations-ninhvan-spa@sixsenses.com

Ninh Hoa, Khanh Hoa, Vietnam





SIX SENSES SPA

NINH VAN BAY

WELLNESS AND SPA MENU



WELLNESS PROGRAMS

Wellness Screening 60 mins VND 2,760,000

DETOX

5 NIGHTS

7 NIGHTS

Wellness Screening (60 mins)	1	1
Personalized Yoga (60 mins)	2	3
Aerial yoga (60 mins)	1	2
Guided Meditation (45 mins)	1	1
Thai Massage (60 mins)	1	1
Yogic Intestinal Cleanse (7 mins)	1	1
Detox Massage (60 mins)	1	1
Detox Scrub (45 mins)		1
Detox wrap (45 mins)		1
Holistic Massage (60 mins)		1
Signature Facial (60 mins)		1
Oriental Massage (60 mins)		1
Price per person	VND 18,400,000	VND 36,000,000
Price per couple	VND 26,200,000	VND 55,000,000

SLEEP

3 NIGHTS

5 NIGHTS

7 NIGHTS

Wellness Screening (60 mins)	1	1	2
Personalized Yoga (60 mins)	1	2	2
Yoga Nidra (60 mins)	1	1	2
Aerial yoga (60 mins)	-	1	1
Holistic Massage (60 mins)	1	1	1
Oriental Massage (60 mins)	1	1	1
Signature Facial (60 mins)	-	1	1
Foot Acupressure (60 mins)	-	-	1
Price per person	VND 12,000,000	VND 21,000,000	VND 25,900,000
Price per couple	VND 19,000,000	VND 31,800,000	VND 38,600,000

Prices are quoted in Vietnamese Dong and subject to 5 percent service charge and 10 percent government tax.

WELLNESS PROGRAMS

DISCOVER YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (60 mins)	1	1	1
Personalized Yoga per Villa (60 mins)	1	2	3
Aerial yoga (60 mins)	-	1	1
Guided Meditation (45 mins)	1	1	1
Signature Massage (60 mins)	1	2	2
Yoga Nidra (60 mins)	1	1	2
Vietnamese Massage (60 mins)	-	-	1
Signature Facial (60 mins)	-	-	1
Price per person	VND 11,800,000	VND 19,300,000	VND 29,700,000
Price per couple	VND 16,200,000	VND 25,800,000	VND 41,500,000

FITNESS

Wellness Screening (60 mins)	1	1	2
Personalized Fitness or Wellness Activities (60 mins)	3	5	7
Personalized Spa Treatment (60 mins)	3	5	7
Program warm up (45 mins)	1	1	1
Price per person	VND 18,700,000	VND 28,600,000	VND 39,800,000
Price per couple	VND 28,800,000	VND 43,200,000	VND 60,000,000

Prices are quoted in Vietnamese Dong and subject to 5 percent service charge and 10 percent government tax.





WELLNESS PROGRAMS

WELLNESS DAYS

Love Your Heart

One Day

Mind Your Brain

One Day

Boost Your Immunity

One Day

PRICE/VND

12,500,000
per person

BIOHACKING

Compression boots

45

1,400,000

Percussion massage gun

20

900,000

Venom Back Wrap

30

900,000

Biohacking Journey

90

3,550,000

Prices are quoted in Vietnamese Dong and subject to 5 percent service charge and 10 percent government tax.

TREATMENTS

DURATION/MINUTES

PRICE/VND

MASSAGES

Six Senses Signature Therapies:

Deep Tissue	60/90	2,950,000/3,950,000
Holistic	60/90	2,800,000/3,790,000
Detox	60/90	2,800,000/3,790,000
Movement Restoration	90	3,790,000
Tension Soother	30/60	1,406,000/2,800,000
Tension Soother	90	3,790,000
Relaxed Feet	30/60	1,406,000/2,800,000
Head Therapy	30/60	1,406,000/2,800,000
Oriental Therapy	60/90	2,800,000/3,790,000
Hot Stone Therapy	90	4,297,000
In-Room Spa Journey	90	4,768,000
Pregnancy Massage	60/90	2,800,000/3,790,000
Vietnamese Massage	60/90	3,300,000/4,300,000
Thai Massage	90	4,300,000

Prices are quoted in Vietnamese Dong and subject to 5 percent service charge and 10 percent government tax.





TREATMENTS	DURATION/MINUTES	PRICE/VND
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BODY TREATMENTS

Manipura Treatment	90	4,425,000
Marine Flora Immersion	120	5,972,000
Detoxifying Body Cocoon	60	2,800,000
Green Coffee Body Treatment	150	4,300,000
Green Tea Scrub	30	1,776,000
Milk Bath	30	2,957,000
Sunburn Soother	45	2,000,000
Coconut Body Scrub	60	2,800,000
Stem Cell Slimming	150	6,200,000

ALCHEMY BAR

The Alchemist's Body Treatment	60/90	4,297,000
The Alchemy Bar Workshop	60	1,500,000
Medicinal Herbal Poultice Massage	90	4,297,000

FACIALS

Marine Flora Face Therapy	60	3,300,000
Ananda Face Therapy	60	3,300,000
Ku Nye Face Therapy	60	3,300,000
Dream Time Face Therapy	60	3,300,000
Men's Purifying Face Therapy	60	3,300,000
Natural Facial	60	2,450,000

Prices are quoted in Vietnamese Dong and subject to 5 percent service charge and 10 percent government tax.

TREATMENTS

DURATION/MINUTES

PRICE/VND

WELLNESS THERAPIES

Abhyanga	60	4,212,000
Shirodhara	60	4,212,000
Ayurvedic Experience	90	5,900,000
Dream Time Journey	120	5,972,000

RITUALS

Ninh Van Bay Journey	150	6,614,000
Couples Connect	180	11,940,000
Vietnamese Journey	150	6,614,000

MINDFULNESS PRACTICES

Pranayama	45	2,450,000
Guided Meditation	45	2,450,000
Yoga Nidra	45	2,450,000
Tai Chi	45	2,450,000
Sound Bath Journey	45	2,685,000

FITNESS AND WELLNESS ACTIVITIES

Yoga	60	2,850,000
Aerial Yoga	45	2,850,000
Personal Training	60	2,850,000

Prices are quoted in Vietnamese Dong and subject to 5 percent service charge and 10 percent government tax.





TREATMENTS

DURATION/MINUTES

PRICE/VND

BEAUTY

Manicure	60	1,150,000
Pedicure	60	1,350,000
Nail Polish Application	30	670,000
Manicure for Men	45	1,150,000
Pedicure for Men	45	1,350,000

Prices are quoted in Vietnamese Dong and subject to 5 percent service charge and 10 percent government tax.