



SIX SENSES SPA

NHA TRANG

# SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.





## MASSAGES




#### SIX SENSES SIGNATURE MASSAGES:

**Deep Tissue, 80 minutes** - a deep oil-based massage to ease muscle tension and reawaken your senses. Silicone cups are used to lift connective tissue and improve blood flow to stagnant skin and muscles.

**Detox, 80 minutes** - a stimulating massage using firming and toning oils to reduce the appearance of cellulite, uneven skin tone and fluid retention. Silicone cups are used to drain toxins and stagnation out of the body, boosting circulation and the flow of energy.

**Energizer, 50/80 minutes** - a reviving upper body massage to relieve muscle tension.

**Holistic, 50/80 minutes** - a soothing massage including a scalp therapy and face reflexology to evoke deep relaxation. 

#### ASIAN WAVE MESSAGE, 80 MINUTES

The rhythmic and dynamic movements of this signature massage are like sea waves gently rocking and washing away all stress and tension. This treatment combines Swedish, Thai and Hawaiian Lomi Lomi techniques with Japanese Shiatsu.

#### FOOT ACUPRESSURE, 50 MINUTES

This deeply relaxing treatment involves the application of pressure to reflex points on the feet helping to restore the body to a healthy balance.

#### HOT STONE MESSAGE, 80 MINUTES

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



#### INDIAN HEAD MESSAGE, 50 MINUTES

Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

#### SCALP AND FOOT MESSAGE, 50 MINUTES

This treatment begins with a fingertip massage of the scalp using nourishing warm oils to relieve headaches and tensions. It continues with a foot massage, which involves the application of pressure to reflex points on the feet helping to restore the body to a healthy balance.

#### THAI MESSAGE, 80 MINUTES

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

#### VIETNAMESE MESSAGE, 50/80 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; and pure coconut oil infused with blanda and penduliflora essential oils enhances the overall benefits.

#### VIETNAMESE HERBAL COMPRESS, 80 MINUTES

Warm up and stimulate tired muscles and acupressure points with a traditional Vietnamese body treatment and herbal compress using a mix of local herbs.





**SIX SENSES SIGNATURE FACIALS** 

**Nourishing, 90 minutes** - moisturizes and improves skin tone and elasticity. Beneficial for dry or maturing skin.

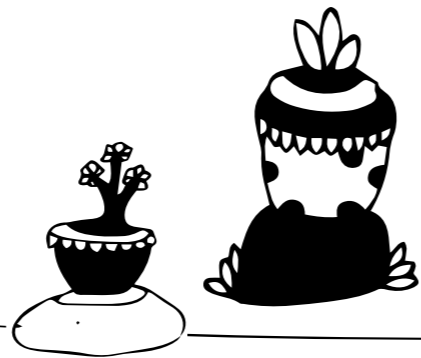
**Purifying, 60 minutes** - a deep-cleansing facial ideal for eliminating blocked pores and skin blemishes.

**Revitalizing, 60 minutes** - rejuvenates, nourishes and stimulates dry and mature skin with natural cream and a mask.

**Soothing, 60 minutes** - calms sensitive and irritated skin with soothing plant extracts and flower essences.

**NATURAL VIETNAMESE FACIAL, 50/80 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.

**ALOE BODY WRAP, 75 MINUTES**  

An ultra-soothing, hydrating treatment personalized with aromatherapy oils, oceanic algae and hydroxyl acids. A pure and natural aloe-based pack is swaddled in a thermal wrap to infuse the skin with moisture and is followed by a relaxing scalp massage. Ideal after sun exposure.

**HERBAL HEALER SCRUB, 30 MINUTES** 

Gently exfoliates the skin and stimulates the blood circulation, using rice, ginger and saffron scrub.

**GREEN COFFEE BODY TREATMENT, 2 HOURS 20 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 completes with a relaxing detoxifying massage.

**NHA TRANG MUD BODY CARE, 50 MINUTES** 

Soften and rejuvenate the skin with a locally-inspired treatment starting with dry body brushing to gently exfoliate the skin and stimulate the lymphatic circulation. Nha Trang mineral mud is then applied, followed by a cocooning body wrap and scalp massage to induce deep relaxation. It completes with the application of a signature body cream to nourish the skin.

**SUNBURN SOOTHER, 30 MINUTES**  

A calming and soothing treatment using aloe vera to moisturize and stimulate new cell growth, including foot acupressure or scalp massage.

**VIETNAMESE 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.

**ACUPUNCTURE, 50 MINUTES**

An ancient Chinese method involving the stimulation of points on the body, using thin needles to correct imbalances in the flow of energy through channels known as meridians. Ideal for treatment of various ailments and stress-related conditions.

**HEALING HANDS, 50 MINUTES**

Release tension, energy blockages and unwind into a state of deep relaxation with a personalized hands and arms massage using 'Mandala cards' to establish the appropriate flower crystal essence to apply on pulse points during the treatment.

**REIKI, 50 MINUTES** 

Release tension and energy blockages with this ancient healing method promoting physical, emotional, mental and spiritual well-being.

**SHIRODHARA BALANCING, 50 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, whilst also enhancing emotional balance. This treatment is complemented with a head and scalp massage, and natural hair mask.

**SOUND OF HEALING THERAPY, 90 MINUTES**

Improve overall well-being, boost vitality, increase energy levels and balance the body and mind with this creative combination of relaxing back and scalp massage, singing bowls and sound-healing therapy.

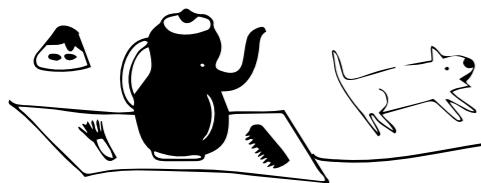


Suitable for pregnancy



Suitable for pregnancy

# RITUALS



**DETOXIFIER, 2 HOURS 30 MINUTES**  
**ONE PERSON OR COUPLE**

*Floral Foot Bath*  
*Detox Body Scrub*  
*Detoxifying Body Wrap*  
*Detox Massage*  
*Reflex Zone Foot Massage*  
*Vietnamese Herbal Bath*  
*Six Senses Herbal Tea*

**DE-STRESS, 2 HOURS 30 MINUTES**  
**ONE PERSON OR COUPLE**

Follow steps one to three and create your own experience:

Step One: Choose one body exfoliation  
*Salt Scrub*  
*Vietnamese Green Tea Scrub*  
*Vietnamese Herbal Healer*

Step Two: Choose one massage

*Vietnamese*  
*Swedish*  
*Oriental*

Step Three: Choose one facial

*Soothing Sensitive Facial*  
*Rejuvenating Facial*  
*Purifying Facial*  
*Natural Vietnamese Facial*  
*Facial for him*

Complimentary with all experiences:

*Scalp Massage*  
*Six Senses Signature Juice*

**VIETNAMESE HERBAL BATH, 50 MINUTES ✿**

Let the aroma of traditional Vietnamese herbs relieve muscle tension while gently cleansing the skin.

**THE VIETNAMESE EXPERIENCE,**  
**2 HOURS 40 MINUTES/ONE PERSON**  
**OR COUPLE ✿**

*Foot wash/massage*  
*Vietnamese Traditional Massage with cupping*  
*Vietnamese Facial*  
*Vietnamese Hair Wash*

**TOGETHER, 110 MINUTES/COUPLE**

*Vietnamese Romance Bath*  
*Holistic Massage*  
*Face and Scalp Massage*  
*Six Senses Herbal Tea*



## BEAUTY



DELUXE SPA MANICURE, 50 MINUTES

DELUXE SPA PEDICURE, 50 MINUTES

VIETNAMESE TRADITIONAL HAIR WASH, 50 MINUTES 

Rejuvenate and hydrate the scalp and hair with the application of oil rich in natural herb nutrients followed by a deep scalp massage.



# SPA ETIQUETTE



### SPA OPENING HOURS

Daily 9:00 am to 8:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please dial '8130' on your telephone. 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 30 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 four 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

If under 12 years of age, 50-minute treatments are available at half price if booked before 2:00 pm. Parents are requested to attend the treatments.



## SIX SENSES SPA AT EVASON ANA MANDARA

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Beachside, Tran Phu Boulevard, Nha Trang, Khanh Hoa, Vietnam





## TREATMENTS

## DURATION/ MINUTES

## PRICE/VND (USD)

### MASSAGES

#### Six Senses Signature Massages:

<i>Deep Tissue/Detox</i>	80	2,200,000 (105)
<i>Energizer/Holistic</i>	50/80	1,100,000/1,760,000 (52/84)
Asian Wave Massage	80	1,980,000 (94)
Foot Acupressure	50	1,100,000 (52)
Hot Stone Massage	80	1,980,000 (94)
Indian Head Massage	50	1,100,000 (52)
Scalp and Foot Massage	50	1,210,000 (58)
Thai Massage	80	1,980,000 (94)
Vietnamese Massage	50/80	1,320,000/1,980,000 (63/94)
Vietnamese Herbal Compress	80	1,980,000 (94)

### FACIALS

#### Six Senses Signature Facials:

<i>Nourishing</i>	90	2,200,000 (105)
<i>Purifying/Revitalizing/Soothing</i>	60	1,540,000 (73)
Vietnamese Natural Facial	50/80	1,100,000/1,540,000 (52/73)

### BODY TREATMENTS

Aloe Body Wrap	75	1,650,000 (79)
Herbal Healer Scrub	30	770,000 (37)
Green Coffee Body Treatment	2 hrs 20 mins	3,300,000 (157)
Nha Trang Mud Body Care	50	1,100,000 (52)
Sunburn Soother	30	770,000 (37)
Vietnamese Green Tea Scrub	30	770,000 (37)

## TREATMENTS

## DURATION/MINUTES

## PRICE/VND (USD)

### WELLNESS THERAPIES

Acupuncture	50	1,210,000 (58)
Healing Hands	50	1,210,000 (58)
Reiki	50	1,210,000 (58)
Shirodhara Balancing	50	1,100,000 (52)
Sound of Healing Therapy	90	1,980,000 (94)

### RITUALS

Detoxifier	2 hrs 30 mins	3,630,000 (173) per person 6,534,000 (311) per couple
De-stress	2 hrs 30 mins	3,410,000 (162) per person 6,138,000 (292) per couple
Vietnamese Herbal Bath	50	990,000 (47)
The Vietnamese Experience	2 hrs 40 mins	3,520,000 (168) per person 6,336,000 (302) per couple
Together	110	4,576,000 (218) per couple

### BEAUTY

Deluxe Spa Manicure	50	660,000 (31)
Deluxe Spa Pedicure	50	660,000 (31)
Vietnamese Traditional Hair Wash	50	1,100,000 (52)

