



SIX SENSES SPA

CON DAO

SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond the 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.





BODY TREATMENTS



SIX SENSES SIGNATURE THERAPIES

Deep Tissue, 90 minutes - a deep oil-based treatment 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, 90 minutes - a stimulating treatment 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, 60/90 minutes - a reviving upper body treatment to relieve muscle tension.

Holistic, 60/90 minutes - a soothing treatment designed to evoke deep relaxation. 🧘

FOOT ACUPRESSURE, 30/50 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.

INDIAN HEAD THERAPY, 60 MINUTES

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

THAI MASSAGE, 60/90 MINUTES

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

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; and pure coconut oil infused with blanda and penduliflora essential oils enhances the overall benefits.



SIX SENSES SIGNATURE SCRUBS, 45 MINUTES

Calming - this jojoba scrub, infused with Roman chamomile and lavender essences, is ideal for sensitive skin.

Clarity - ideal for combination and oily skin, this scrub uses crushed coconut shell with orange and rosemary essences.

Vitality - this rice grain scrub, infused with ylang-ylang and patchouli essences, is ideal for all skin types.

SIX SENSES SIGNATURE WRAPS, 75 MINUTES

Body Refiner - ideal for sensitive skin, this gentle wrap uses green tea and clay to exfoliate the skin and a richly scented moisturizer to replenish essential moisture.

Body Toner - a balancing wrap using ground jasmine and rice to exfoliate the skin. Uplifting plant essences and clay blended with ginger powder firm the skin while improving circulation.

Detoxifier - ideal after long periods of traveling, this treatment involves skin exfoliation with coffee, followed by the application of coffee clay to expel impurities.

GREEN TEA SCRUB, 30 MINUTES ✿

Tighten and tone the skin with this refreshing scrub using green tea, known for its anti-oxidant properties, and Vietnamese ground rice.

ISLAND COFFEE TREATMENT, 90 MINUTES ✿

A detoxifying body scrub using Vietnamese Buon Ma Thuot coffee and local sea salt blended with carrot and coconut oil to exfoliate and remove dead skin cells. A fresh coffee mask with citrus is then applied to detox and purify the body.

SUNBURN SOOTHER, 50 MINUTES ✿

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

HAMMAM REVIVAL - VICHY SHOWER, 100 MINUTES ✿

A deeply cleansing Hammam shower using locally-sourced ingredients, followed by the application of a soothing lotion to deeply moisturize and rehydrate the skin.



FACIALS
WELLNESS THERAPIES



SIX SENSES SIGNATURE FACIALS,
60/90 MINUTES 

Nourishing - moisturizes and improves skin tone and elasticity. Beneficial for dry or maturing skin.

Purifying - a deep-cleansing facial ideal for eliminating blocked pores and skin blemishes.

Soothing - calms sensitive and irritated skin with soothing plant extracts and flower essences.

GENTLEMAN'S FACIAL, 60 MINUTES

Deeply cleanses and hydrates the skin, whilst combating the signs of aging brought on by stress.

NATURAL VIETNAMESE FACIAL, 60 MINUTES 

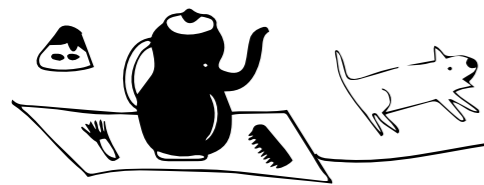
Rejuvenate the skin with this natural facial, combining pure local ingredients with a facial massage. It focuses on Vietnamese pressure points to induce a sense of relaxation.

CHAKRA BALANCING, 20 MINUTES

Improve the flow of energy throughout the body with this balancing treatment, using gem stones.



RITUALS



SIX SENSES AROMA BATHS, 30 MINUTES

Couples - an energy balancing bath, combining the calming effects of lavender oil with rejuvenating benefits of orange and mood-lifting ylang ylang essential oil.

Honeymooners - an indulgent bath, combining essential oils of ylang ylang, orange and vanilla to uplift all the senses, leaving the skin smooth and glowing.

Relaxing - release tension and tight muscles with this bath blending lavender and lemongrass essential oils. It is recommended after a long active day.

ROMANCE JOURNEY, 3 HOURS

Coconut and Lavender Foot Healer

Holistic Body Therapy

Aromatic Relaxing Facial

Citrus Milk Bath

Sparkling wine and chocolate cake

DETOXIFIER JOURNEY, 3 HOURS

Foot Soak

Vietnamese Herbal Detox Bath

Detox Scrub and Wrap

Detox Body Therapy

DE-STRESS JOURNEY, 3 HOURS

Sensory Hot Stone Experience

Aromatic Relaxing Facial

Chakra Balancing

ENERGIZER JOURNEY, 3 HOURS 20 MINUTES

Choice of one wellness activity

Herbal Healer Scrub

Energizer Body Therapy

Foot and Hand Therapy

VIETNAMESE JOURNEY, 3 HOURS 20 MINUTES ✿

Body Polish made of Hat Bang, Con Dao almonds, oatmeal and yoghurt

Body Wrap made of honey, milk and clay

Oriental Body Therapy

Vietnamese Hair Wash



BEAUTY



MANICURE, 50 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

PEDICURE, 50 MINUTES

VIETNAMESE HAIR HYDRATION, 50 MINUTES ✿

Bring out the natural glow with this rehydrating treatment made from a traditional recipe for healthy and strong hair. The freshly made hair wash made from ingredients such as *boket* (tropical plant), pomelo peel and lime juice is followed by a soothing scalp massage.



✿ Locally-inspired

SPA ETIQUETTE



SPA OPENING HOURS

Daily 9:00 am to 8:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please press the 'spa' button as marked on your telephone or ask your butler 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 15 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 five 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 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

For hotel guests, 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 CON DAO

T +84 64 3831 222 E mgr-condao-spa@sixsenses.com

Dat Doc Site, Con Dao District, Ba Ria Vung Tau Province, Vietnam





WELLNESS ACTIVITIES (PRICES/VND'000)

MEDITATION, 45 MINUTES/VND 1,000

For over thousands of years meditation has been utilized for healing, cleansing and balancing chakras. This session enables practitioners to calm the mind and focus on their own selves, allowing the mind and body to relax.

STRETCHING, 30 MINUTES/VND 950

A vital part of any exercise routine, stretching allows the muscles to lengthen, expand and restore after exercise.

YOGA, 60 MINUTES/VND 1,980

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to develop body awareness and explore varied postures in a mixed-level environment.

Prices are subject to five percent service charge and 10 percent government tax.

All prices are in Vietnamese Dong (VND).



TREATMENTS

DURATION/ MINUTES

PRICE/VND*000

BODY TREATMENTS

Six Senses Signature Therapies:

<i>Deep Tissue/Detox</i>	90	2,800
<i>Energizer/Holistic</i>	60/90	1,950/2,800
Foot Acupressure	30/50	950/1,800
Indian Head Therapy	60	1,950
Thai Massage	60/90	2,000/2,800
Vietnamese Massage	60/90	2,300/2,950
Six Senses Signature Scrubs:	45	1,500
<i>Calmng/Clarity/Vitality</i>		
Six Senses Signature Wraps:	75	2,400
<i>Body Refiner/Body Toner/Detoxifier</i>		
Green Tea Scrub	30	950
Island Coffee Treatment	90	1,850
Sunburn Soother	50	1,350
Hammam Revival-Vichy Shower	105	3,600

FACIALS

Six Senses Signature Facials:	60/90	1,850/2,300
<i>Nourishing/Purifying/Soothing</i>		
Gentleman's Facial	60	1,850
Natural Vietnamese Facial	60	1,600

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TREATMENTS	DURATION/MINUTES	PRICE/VND'000
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WELLNESS THERAPIES

Chakra Balancing	20	750
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RITUALS

Spa Aroma Baths:	30	700
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Couples/Honeymooners/Relaxing

Romance Journey	3 hrs	8,200
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Detoxifier Journey	3 hrs	3,980
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De-stress Journey	3 hrs	3,980
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Energizer Journey	3 hrs 20 mins	4,880
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Vietnamese Journey	3 hrs 20 mins	4,500
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SPA BEAUTY

Manicure	50	950
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Nail Polish Application	30	500
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Pedicure	50	950
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Vietnamese Hair Hydration	50	1,200
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