

# THE SPA



# SIGNATURE JOURNEYS

## QUARTZ SAND THERAPIES

### QUARTZ SAND COCOON THERAPY

The quartz bed contours the body delicately allowing to alleviate any muscle stiffness by creating a cocoon effect with warm quartz sand completely surrounding the entire body. Combined with specialized massage, this therapy melts away tension and is ideal for stimulating an overall sense of wellbeing.

60 minutes

### QUARTZ IMMERSION THERAPY

Attune your body's rhythm to a tranquil state while combining the mystic energy and optimal pressure from the warm quartz sand bed and sand poultices to target specific reflex points. Himalayan singing bowl will relax your mind and awaken the senses.

90 minutes

## VIBROACOUSTIC THERAPIES

### WELNAMIS DEEP THERAPY

Using specific vibrations synchronized with binaural audio, this short therapy makes the busiest minds to achieve deeper levels of relaxation. Deep multi-channel vibration offers an intense physical experience with an orchestrated deep relaxation audio while you experience a relaxing foot manipulation therapy.

30 minutes

### WELNAMIS ENERGY THERAPY

This therapy aims to balance body's energy centers, using binaural audio with light and deeper vibrations helping to deliver a relaxed state of mind. Foot massage followed by a warm foot ritual promotes blood circulation to the extremities. Added benefits of foot reflexology ensures a deeper state of relaxation.

60 minutes

## BODY THERAPIES

### TAM QUAT REVIVER

Inspired from traditional Vietnamese healing techniques, this revitalizing body massage combines manipulation movements such as kneading, clapping, hacking and spitting on pressure points to ease muscle tension and promote circulation.

60 / 90 minutes

### AROMA THERAPY

This soothing therapy is especially developed for a gentle relaxing experience. Combination of eastern and western manipulative movements work on the lymphatic drainage aiding to reduce inflammation and water retention.

60 / 90 minutes

### BODY BALANCER

Shiatsu inspired, medium to strong pressure treatment is developed to release deep seated muscle stress and tension. This powerful therapy aims to restore serenity to the body and reawaken the senses by focusing on specific areas.

60 / 90 minutes

### HOT STONE THERAPY

Smooth, flat and heated stones are placed and moved over the body in a soothing manner to relax and ease tense muscles and damaged soft tissues. Highly recommended to ease out muscle aches, reduce stress and anxiety leading to peaceful sleep.

60 / 90 minutes

### VITALITY STRETCH

During this treatment, the body is compressed, pulled and stretched with a combination of deep static and rhythmic pressure applied to relieve joint stiffness and pain, while improving flexibility and vitality. This therapy without oil or lotion is inspired from traditional Thai Massage.

60 / 90 minutes

# REVITALISING JOURNEYS



# MOMENTOUS

## JOURNEYS

### MOM'S SPECIAL CARE

#### PRENATAL TREATMENT

This treatment is designed to specifically address the needs of mums-to-be and provide support in a time of constant change. Special pillows and cushions are used to ensure a safe position, while the soft therapeutic moves aims to relax the body, ease tiredness and promote a state of calm and optimum wellbeing.

60 / 90 minutes

#### POSTNATAL TREATMENT

This treatment includes a thorough consultation to ensure a tailored experience designed to suit the individual needs of new mothers. A deeply nourishing aromatherapy massage using essential oil aids deeper relaxation targeting areas prone to stress and tension after pregnancy.

60 / 90 minutes

### KIDS COLLECTION

#### COCO TIME

A body wrap with cocoa can remove the impurities on the skin and penetrates deeply to regenerate the skin. Cocoa, rich in antioxidants and skin softening nutrients help to cleanse, refine, hydrate and nourish the skin of our young guests.

45 minutes

#### HEAD, SHOULDER, KNEES & TOES

A relaxing treatment for youngsters with a light pressure massage. Manipulative therapies for young adults are known to increase body awareness and to boost immune system. The experience will unwind and rejuvenate from head to toe.

45 minutes

## BODY SCRUB

### NOURISHING GLOW SCRUB

Exfoliate and nourish your skin with locally sourced ingredients. The citrus-scented body polish from Phu Quoc pepper, Kumquat and sea salt, cleanses, polishes and moisturizes your skin to a radiant glow.

45 minutes

### BODY REVIVAL SCRUB

An invigorating blend of sea salt, coconut oil and eucalyptus acting as a gentle exfoliate. The sea salt opens the pores, while the coconut moisturizes the body. The eucalyptus acts an anti-inflammatory muscle relaxant promoting a healthy flow of energy throughout the body.

45 minutes

## BODY WRAP

### PURIFYING WRAP

A deeply hydrating treatment that conditions the skin, leaving it soft and nourished. This aloe vera and cucumber gel wrap is designed to reduce redness and discomfort of an irritated or sun exposed skin as well as to tone and contour loose skin.

45 minutes

### COCOA DETOX WRAP

Freshly melted, warm chocolate mud is rich in antioxidants helping to strengthen the immune system and firm the skin. The coconut oil added in the blend moisturizes the skin. The combined anti-oxidant and anti-aging benefits of this beautiful mix will leave the skin hydrated with a luminous glow.

45 minutes

# NOURISHING JOURNEYS

# BEAUTIFUL JOURNEYS



Biologique Recherche is a cutting-edge skincare company that combines the best of science, tradition, and innovation. Founded by a biologist and a physiotherapist, Biologique Recherche's products are both visionary and unique.

For over 40 years, Biologique Recherche's unique methodology has consolidated its strong reputation for astounding effectiveness based on a clinical approach to beauty care. By using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures, they deliver immediate and long-lasting results.

## FACIAL TREATMENTS

### COLD MASK

#### To soothe and moisturise

A short treatment that could be added on with other facial treatments for calming down and reduce redness from sun exposure. This treatment brings relaxation and comfort to the skin by moisturizing and nourishing it.

20 minutes

### BIOLOGIQUE PERSONALISED

#### Normal, oily or sensitive skin

This soothing treatment, suitable for all skin types, is a personalized facial session to purify and balance skin imperfections. It helps regulate serum secretion, tightens pores as well as revives and brightens the complexion.

60 minutes

### REPULPING & BRIGHTENING WITH MC II0

#### To reduce wrinkles

Like other facial selection, an excellent facial treatment done after the face skin analysis with skin instant lab. This treatment smooths out fine lines and wrinkles. Tones and redefines the skin on your face, neck and decollate.

90 minutes

### SOIN LISSANT-IMMEDIATE RECONDITION

#### For plumped-up skin

A reconditioning, barrier repairing treatment that comprises of hydrating liquid and restructuring powder designed to moisturise and calm stressed, dehydrated, dry and fine sensitive skins. Lymphatic draining, sculpting and lifting french massage techniques leave your face, neck and decollete hydrated, smooth and regenerated.

90 minutes

### VIP O<sup>2</sup> OXYGENANT BOOSTER

#### For more radiant skin

An instantly lifting and healthy facial treatment to help brighten and detoxify the facial skin. Ideal for all skin types, especially dull and devitalized skin. This innovative treatment stimulates the epidermis and reoxygenates the skin tissues to leave an incredible glow.

90 minutes

### SOIN SECONDE PEAU

#### To nourish skin

A world first in professional aesthetic, this rejuvenating and lifting treatment features and electrospun mask with 80% of pharmaceutical-grade Hyaluronic acid of medical origin, designed for altered skin instants. This facial therapy accelerates cell renewal and optimizes healing for a visible and immediate tightening effect.

90 minutes

### P50 ENZYME PEEL

#### For clearer skin

A unique exfoliating and unifying mask treatment formulated to brighten the complexion. This therapy recommended for keratinized skin, repairs uneven pigmentation and skin irregularities to leave the skin even, smooth and radiant. Also, tones, firms, heals and calms the skin.

90 minutes

BEAUTIFUL  
JOURNEYS

**PEDI:MANI:CURE STUDIO**  
by Bastien Gonzalez *B*

Révérence de Bastien is a specialized range of luxurious products dedicated exclusively to foot, hand and nail care, conceived and curated by Bastien Gonzalez, known internationally as the 'Foot Virtuoso'.

Products are formulated in collaboration with French cosmetologists, using cutting-edge active plant extracts, refined botanicals and essential oils.



## MANICURE & PEDICURE

### BASTIEN'S DUO

A synchronized four hands treatment focuses on the feet, legs, hands and arms. Two therapists work in tandem to offer a complete manicure and pedicure, followed by simultaneous massage to boost circulation and mobility. The ultimate in manicure and pedicure luxury, providing total relaxation.

75 minutes

### GLOBAL MASSAGE REFOUNDATION

Four hands synchronized soothing massage from toes to knees and fingers to elbows to create a sense of lightness to the whole body. This treatment relieves muscle tension or heaviness in legs and arms resulting in improved skin elasticity and optimum mobility.

35 minutes

### PARAFFIN TOUCH

Intensify any Bastien Gonzalez treatment by adding the paraffin touch. The warmth of the silky wax aids the absorption of the moisturizers into the skin for deeper hydration, enhancing relaxation and ease tension in joints and muscles.

35 minutes

### BASTIEN'S MANICURE

An exceptional manicure experience including a cuticle and nail treatment, with a natural beauty finish to the nail. A thorough massage for the forearms, wrists, hands and fingers, makes the treatment an unforgettable experience.

45 minutes

### NAIL ENLIGHTENMENT

Focuses on the beauty of nails, cuticles and light smoothing of dry skin. The nails are reshaped and buffed with chamois leather and pearly buffing cream to restore them into health with their natural beauty and shine. Also includes a relaxing foot massage.

45 minutes

### COLOUR TOUCH

The treatment includes application of your preferred nail colour from a range of varnishes after having nail reshaping. This could also be added on to your manicure and pedicure session.

30 minutes

### BASTIEN'S PEDICURE

A complete pedicure including nail treatment with a gentle buffing to restore the beauty of the nails, resulting in a healthy natural shine. Followed by a skin treatment eliminate hard skin and dryness, the pedicure is complemented by a toes to knees massage to relieve any muscle tension and heaviness.

60 minutes

### FOOT REFOUNDATION

A truly relaxing toes to knees massage, focuses on muscle tension, joint mobility and blood circulation. A treatment designed for total wellbeing of the feet and legs is ideal for heavy legs after long flights. Preliminary exfoliation with black diamond scrub facilitates the absorption of active ingredients from the massage cream used.

35 minutes

### BLACK DIAMOND SCRUB TOUCH

Elevate your pedicure or manicure by adding on the Black Diamond Touch. This mineral foaming scrub provides a vigorous natural exfoliation, aiding the removal of dead cells leaving skin smooth and silky. Essential oils of thyme and sage contribute to maintaining healthy and elegant hands and feet.

10 minutes

## WELLNESS THERAPIES

### HERBAL THERAPY

Herbal packs are placed on specific areas prone to muscle tension to ease and soothe aching muscles, while a medium to deep pressure acupressure massage focus on improving the energy flow in the body. The healing therapy reduces pain and aches, improve joint mobility and enhances overall wellbeing.

60 / 90 minutes

### ACU NEEDLE THERAPY

Insertion of fine needles on specific points on the body can enhance your wellbeing as well as promote healing. Experience this ancient Chinese treatment method to help remove the blockages and rechannelise the energy (qi) flow in your body with our expert practitioner. Electrical stimulation of the needles can be done as an option for added benefits.

60 / 90 minutes

### CUPPING THERAPY

One among the ancient therapies, widely practiced in Vietnam, uses suction for the purpose of treating the specific area or for general wellbeing. Dry fire and suction cups are used for creating the suction effect. Known for promoting circulation, reducing inflammation and enhancing immunity.

60 / 90 minutes

### CHAKRA CLEANSING THERAPY

A healing journey combining the vibrations from chakra stones and singing bowls to remove blockages and rebalance the energy through meridians. This is beneficial for both men and women alike, the treatment may result in a more profound sense of wellbeing with enhanced energy circulation throughout the body.

90 minutes

### MASTER PRACTITIONER EXPERIENCE

This exclusive session commences by having a detailed consultation with our expert wellness practitioner. A tailored treatment will be crafted to meet your needs and could include a mix of one or more than one treatment modalities combined into one session.

60 / 90 minutes

# HEALING JOURNEYS

# MEMORABLE JOURNEYS

## JOURNEY OF RENEWAL

The journey starts with a private sauna to prepare your body for this personalized treatment. The journey continues with an aromatic bath infused with pure essential oils to rejuvenate your skin and prepare it for the exfoliation. The journey ends with a soothing massage, leaving your body and mind in a state of relaxation.

120 minutes

## JOURNEY OF ROMANCE

An enriching spa experience for two, enveloped by privacy and serenity. The journey starts with a sauna followed by a romantic bath ritual that heals and eases tension in the muscles. A gentle exfoliating scrub followed by an iconic massage to end with will leave you in a state of bliss.

150 minutes

## JOURNEY OF SERENITY

The journey begins with an aromatic sauna and floral bath infused with essential oils to soothe and calm the body and mind. This ritual is followed by an exfoliating scrub and nourishing wrap rich in antioxidants and vitamins. The journey concludes with a deep body massage to promote ultimate relaxation.

180 minutes

## SPA AND WELLNESS ITINERARIES

Discover a collection of unique wellness retreats curated for one's wellbeing. Whether you desire a complete day or a brief respite, curate your own spa escapade while harnessing all the elements needed for your holistic healing. Immerse yourself in this tranquil journey to rejuvenate, nurture, and restore your body, mind, and spirit.

### HALF DAY SPA ITINERARY

Private sauna and floral bath ritual	
Body scrub and wrap	60 mins
Body massage of choice	90 mins
Biologique personalised facial	60 mins
Healthy refreshments	

### FULL DAY SPA ITINERARY

Private sauna and floral bath ritual	
Body scrub and wrap	60 mins
Body massage of choice	90 mins
Biologique personalised facial	60 mins
Manicure	60 mins
Pedicure	60 mins
Healthy lunch at Ocean Club	
Healthy refreshments	

### HALF DAY WELLBEING ITINERARY

Private yoga	60 mins
Crystal singing bowl meditation	30 mins
Lifestyle consultation	60 mins
Wellness therapy of own choice	90 mins
Healthy refreshments	

# INDULGENT JOURNEYS

# TERMS AND RESERVATION DETAILS

## BOOKING

Please speak to your Regent Experiences Agent or Regent Service Agent to book a spa treatment, if The Spa is closed. Kindly note that we are only able to confirm the bookings between the hours of 9:00 am and 9:00 pm.

## CANCELLATION POLICY

Please be advised that we have a 4-hour cancellation policy. If you wish to cancel or rescheduled appointments, please inform The Spa Team or our Regent Service Agent at least 4 hours' notice prior to your scheduled appointment time to avoid 50% cancellation charges.

## ARRIVAL TIME

It is recommended that you arrive 15 minutes prior to your spa appointment in order to relax in the tranquil surroundings and to complete your holistic health assessment form. The spa team are on your disposal to fetch you by buggy from your suite or villa, if required. Please contact the spa team, who will be happy to arrange your pick-up.

## AGE REQUIREMENT

Spa treatments for guests under the age of 18 years must be performed by a therapist of the same gender. Spa guests under the age of 18 years must be accompanied by a parent or guardian, or present written consent from a parent or guardian. In the latter case, a parent or guardian must be present in the resort during the entire treatment. Spa guests under the age of 14 years may only enjoy treatments specifically designed for children and teenagers, and must have a parent or guardian present in the treatment suite during the entire treatment.

## HEALTH CONDITIONS

Kindly advise the spa team prior to your treatment of any health concerns, pregnancy, injuries or allergies that may affect your treatment. Spa treatments specifically designed for expectant women and nursing mothers are available. Please allow the spa team to guide you in selecting which treatments are most suitable for you.

## COMFORT

Every spa treatment is a very individual experience. Please let your therapist know if there is any way that he/she can improve your treatment or comfort for example, heavier or lighter massage pressure, an extra towel, sound or lighting levels.

## LATE ARRIVAL

Spa treatments are typically scheduled with ample buffer time in between to accommodate latecomers, however, in a spirit of mutual respect, you are requested to arrive on time.

If you foresee that you will be running late, please contact at your earliest convenience the spa team, who will be happy to help you re-schedule. In the event that you arrive late, the spa team will endeavor to conduct your full spa treatment, which however in rare circumstances may not be possible.

## PREPARATION

To ensure that you receive the complete benefit of your spa treatment, it is advisable to drink plenty of water prior to your appointment. It is beneficial to avoid heavy meals within 90 minutes of your scheduled treatment time and to minimise unprotected sun exposure on the day of your treatment. For facials, you may wish to remove as much makeup as possible to allow your spa therapist more time to pamper and care for your skin. For men, we recommend not shaving in the two hours before having a facial for maximum comfort and benefit to the skin. It is recommended that valuables are left in the safe located in your suite/villa. It is your choice to arrive at The Spa wearing the bathrobe and slippers readily provided in your suite/villa or to change your clothing at The Spa. Your treatment suite has ample space for storing your clothes and has a safe for your valuables. A full set of toiletries, bathrobe, slippers and comfortable disposable underwear for you to wear during your treatment will be provided.

## AMBIANCE

The Spa environment is one of tranquility and relaxation. In consideration of other spa guests, you are asked to speak quietly and switch mobile phones and other electronic devices to silent mode. If using headphones, the volume level should not be audible to other guests. For complete privacy, the use of cameras is not permitted in The Spa.

## PRIVACY

Body treatments are best enjoyed wearing the disposable underwear provided with compliments in your treatment suite. However, please wear what is comfortable for you. Your privacy will be protected at all times. Your therapist will leave you to change in private. Throughout the treatment you will be draped with towels, covering all parts of the body not being worked upon.

## SMOKING

The entire spa including reception pavilion, relaxation lounge and treatment suites is a smoke-free zone. Smoking is not permitted anywhere in The Spa.

## ALCOHOL CONSUMPTION

The consumption of alcohol is strictly prohibited before and during treatments. The spa team reserves the right to refuse providing treatments to intoxicated guests.

## RESTRICTIONS

Unacceptable and inappropriate behaviour towards the spa team will not be tolerated, and in which case a treatment will be terminated immediately without refund. Please note that spa treatments cannot be performed in suites/villas.

REGENT PHU QUOC