

JUNGLE SPA



9:00 am~ 7:00 pm daily

Study nature, love nature, stay close to nature, it will never fail you!

APPOINTMENTS

Reservation can be made at JUNGLE Spa by your Butler. We highly recommend booking your treatment in advance to obtain your preferred time and service.

SPA EXPERIENCES

We recommend that you arrive 15 minutes prior to your treatment time and please advise us of any health conditions, allergies or injuries that could affect your treatment or use of Spa facilities. You may request specific preferences we will make an effort to ensure that we can accommodate you preferences based on your professional standards or treatment. All our therapists are professionally trained for the treatment and will ensure your utmost comfort.

SPA ENVIROMENT

Please respect the serenity and privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using your mobile phone, smoking is prohibited when using the Spa facilities.

CANCELLATIONS

We understand that schedules change and we will do our best to accommodate your needs. No cancellation fee applied if the cancellation made up to 4 hours before the treatment Time, 50% cancellation fee for treatment cancelled less than 4 hours prior to the appointment time and 100% charge will apply if no-show.

All prices are quoted in .000vnd and are subject to 10% VAT & 5% service charge.

SIGNATURE SPA THERAPY

Swedish Massage

60/80 min - 1.350/ 1.500

A classic European Massage involves lighter and longer rhythmic massage strokes through medium kneading. It is designed to relieve stress, encourage relaxation, enhance blood circulation, eliminate toxin and improve muscles tone. It is not suitable, if you like your massages deep and strong, but perfect to unwind with the end of a busy day. It remains very popular treatment for those who have just arrived after travelling long distances.

Aromatherapy Massage

60/80 min - 1.350/ 1.500

This massage is designed to promote relaxation, relieve tension and reduce stress through the therapeutic effects of pure essential oils, which are optimized by a special massage technique.

Unwind Massage

60 min - 1.350

This is a light massage, using plain natural oils and focuses on where you need it the most: the lower back, feet, shoulders and head. It is designed to help relieve tiredness, insomnia, reduce water retention and relieve aches and pain. It is known to lift one's mood, as well as decreasing stress levels. As a mum to be, why not spoil yourself??

Deep Muscle Fusion

60/80 min - 1.400/ 1.650

Deep tissue massage with dynamic style to dissolve deeper layers of muscles, tension and soothe the spirit. A harmonious combination of the world's best massage techniques with healing traditional not only soothes away the stress but also to ensure a deep sense of relaxation and balance.

Vietnamese Cupping Therapy

60/80 min - 1.650/ 1.800

This Traditional Vietnamese Massage incorporates ancient cupping techniques with acupressure and invigorating massage movements. Warm suction cups are positioned on strategic points on the back to aid muscle relaxation, improve blood circulation and rejuvenate the body.

An Lam Signature Therapy Four Hands

60 min - 1.900

Providing twice the intensity, healing and relaxation of a regular two-handed massage, the Four Hands Massage is not merely a team effort - this is the seamless choreography of four strong and intuitive hands. Please note that this is a very powerful massage. No physically - it is not more powerful than the traditional body massage - but mentally. When two therapists and four hands start massaging you, the initial reaction for your mind is to follow their movements; however, this is not possible and so the conscious mind completely surrenders. As the traditional Aroma Therapy Body Massage, specific oils are blended and applied in a firm, soothing manner. This is an excellent treatment for those who find it hard to relax during massage treatments or for the guest who wants the ultimate body massage.

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WELL-BEING TREATMENT

Warm Stone Body Treatment

90 min - 1.900

Combining nature with the human touch, this therapy uses the warmth from hot stone to restore balance and re-energize the body by easing muscular tension alleviating stress and enhancing circulation. Experience a deep sense of calm, relaxation and total well-being.

Herbal Compress Body Treatment

80 min - 1.800

The Herbal Pouch Massage is a healing massage, designed to act like medicine, similar to acupuncture. This treatment is done in a traditional manner, beginning with an oil massage to relax the body and mind and to open up the pores of the skin. The medicated herbal pouch prepared from 50 different herbs, is then warmed and applied to the body. The herbal oil is known to alleviate stress, reduce muscles and joint pain, detoxify the body, boost blood circulation and reduce nervous tension.

Stress Buster Treatment

45 min - 1.350

(Back, Neck, and shoulder massage)

Therapeutic massage that focusing on specific problem upper back area of the body , most prone to hold tension , with a back neck and shoulder massage designed to relief the stress , melt away the tension and energize your body.

Indian Scalp Therapy

30 min - 950

Warm nourishing oils for your hair and scalp are used with stress relieving pressure points and fingers tip massage. This treatment will ease headaches, tension, induce calmness and total relaxation.

Foot Reflexology

45/60 min - 1.200/1.350

(Herbal foot bath and exfoliation)

Reflexology, or zone therapy, is the physical act of applying pressure to the feet, hands, or ears with specific thumb, finger and hands techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands. By manipulating these, the therapist can improve health through transforming energize levels his is very relaxing especially for a person who may have an active lifestyle or who may suffer from sore feet.

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BODY THERAPY



Body Scrub

A scrub is a Spa Treatment that exfoliates the dead skin on your body leaving it feeling fresh, smooth, moisturized and soft. An abrasive product is rubbed vigorously onto the skin and then massaged across the skin; then rinse away to reveal a moisturized layer of fresh, clean smooth skin. The scrub will exfoliate skin - remove death skin cells and hard flaky areas. Most scrub product include an oily base which moisturized and soothes your skin as it is rubbed. A scrub is invigorating as it improves the circulation of blood and lymph, helping to fight cellulitis and improve skin tone. A good body scrub form the basis of other body treatments: it prepares skin for an even tan; it open the pores and awakens the skin before a wrap treatment; the oils used can relax stimulate the senses for any similar treatment; the oils used that you might be having afterward. We only use the finest spa treatment product that are luxurious and nourishing to the skin giving your body a beautiful and healthy glow.

Signature Body Scrub Treatment

60 min - 1.350

Sesame seed is mixed with fresh milk, rich in Vitamin E, a major element that improves the beauty of your skin by keeping it hydrated, moisturized and nourished.

Aromatic Salt Scrub

60 min - 1.400

Exfoliating with Aromatic salt scrub together with milk, olive oils and essential oils helps renew and soften skin, while providing a nourishing and hydrating treat

Seaweed Body Scrub

60 min - 1.350

A combined together seaweed and green tea, rich mineral and silica, offers gentle yet effect exfoliation that leave skin feeling realize smoother and softer.

Coconut Body Scrub

60 min - 1.350

Besides smelling wonderful, the coconut is an age-old Asian remedy for many skin conditions and general well-being. This specially prepared method helps remove dead skin cells, stimulate skins micros-circulation and leave skin feeling soft, smooth, younger and radiant.

Green Tea Body Scrub

60 min- 1.350

Green tea powder has anti-aging effects due to abundant vitamins and amino acids. Thanks to its rich antioxidants, green tea helps to cleanse the pores, repairs skin that is allergic or swollen by acne. Since then, green tea powder has the ability to prevent and treat all types of acne on the skin. In addition, green tea is also rich in vitamins B1, B2, B6, vitamin C, vitamin K, vitamin E, calcium, magnesium, zinc, phosphorus, potassium, and many other minerals. Stimulates collagen formation to help skin whitening naturally.

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Body Wrap

Wraps are Spa Treatment designed to slim and tone the body, hydrate and firm the skin and relax and soothe muscles. They are also a wonderful way to energize the body and to give you a big confidence. Our body wraps treatment come in varied and exciting packages and use locally sourced, natural ingredients to treat the number of issues. Whilst in the wraps you will be treated to a head massage, leaving you feeling great on the inside as well as the outside.

Seaweed Body Wrap

60 min - 1.550

This treatment provides a nourishing antioxidant treat, special for skin that has been overexposed to harsh environment. It gently exfoliates and revitalizes, leaving skin looking brighter with a healthy glow.

Nha Trang Mud Body Wrap

60 min - 1.550

Using the famous Nha Trang mud from the local mud baths, this wrap is designed to promote circulation, stimulate the immune system, promote muscular relaxation, detoxify the blood and it even has some anti-bacterial properties. However, Nha Trang mud is the most famous for its effect on rheumatism and reduction of joint pain.

Tropical Fruits Body Wrap

60 min - 1.350

This exotic blend of Papaya, Pineapple, Aloe-Vera and Dragon fruit is rich fruit enzymes that gently exfoliate, while nourishing and moisturizing skin. It leaves skin smoother and more radiant.

Banana Body Wrap

60 min - 1.350

Bananas are rich in Vitamin C and potassium and help the body fight infections. Banana mixed with milk, essential oils, olive oils and honey which benefit you with many ways: it enhances texture and suppleness of skin; it brightens complexion by cleaning skin pores; it enhances blood circulation; it cools and soothes skin disorders caused by heat and it also nourishes and rejuvenates your skin, leaving you refreshed and feeling great.

After sun cooling wrap

60 min - 1.500

Cool towel infused with lavender essential oil calm and relaxes while a wrap in Aloe-Vera and Cucumber provide soothing comfort and calm and help your skin recover from sunburn. Scalp massage is including.

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FACIAL THERAPY

Men's Purifying Facial

60 min - 1.650

(For men or oily and acne-prone skin)

This is the classic deep cleansing facial. The purity ritual perfectly combine intense purification with a deep massage; the movements are precise to deliver specific benefits.

Refreshing Seaweed Mud Mask

60 min - 1.550

(For normal or combination skin)

Natural, mud is among the greatest ingredients for skin care, as it is believed to improve circulation, stimulate cell growth, and exfoliate dead skin. It reduces swelling, itching and pain while offering a number of essential minerals that are absorbed through the skin. Our treatment uses steamer to melt the mud onto your skin, leaving it feeling wonderfully smooth. This treatment is perfect for acne-prone skin and ends with a refreshing seaweed mask to leave you feeling totally restored.

Rejuvenation with anti -aging

60 min - 1.800

(For dry or mature skin)

This intensive anti-ageing treatment is designed to combat wrinkles, loss of elasticity and reduce the appearance phase of treatment is performed with pigmentation. This treatment is completed with the application collagen mask and kneading acupuncture movements, the results are radiant skin and a visible reduction in the signs of ageing.

Natural Facial

60 min - 1.350

(For all skin types)

This unique facial offers nature's beauty secrets with a blend of fresh watermelon, cucumber, oatmeal with yoghurt, honey, sesame seed and fresh milk in precise combination to cleanse, exfoliate and massage the skin. It leave skin perfectly refreshed and radiant.

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JUNGLE SIGNATURE PACKAGES

Traditional Vietnamese Package

1 60 min ~ 3.100

(Vietnamese Massage, Natural facial and herbal foot bath)

A combination of Traditional Vietnamese massage to relax the muscle combine with herbal foot bath followed by natural Vietnamese facial and scalp massage. A cup of Vietnamese tea completes the experience

Jungle Spa Signature Package

1 20 min ~ 2.500

(Sesame Body Scrub with anti-aging facial)

Green Tea ceremony with body exfoliation and original beauty anti-aging facial will pamper your body and face to give you wonderful experience that makes your skin smoother, lighter with lifting effect.

Relaxation Package

1 50 min~ 2.900

(Body scrub, Body Massage and Facial)

Feel like you need the full works? This Package will clean and refresh your skin, heal aching muscles and re-energize your mind. If you want to feel a million dollars this Package is for you.

Recovery Package

1 60 min ~ 3.400

(Body scrub, body wrap with Refreshing facial)

Unwind in the privacy intense heat of steam, sauna and you will enjoy the Seaweed body exfoliation for cleansing experience and while your body resting with application of Nha Trang mud body wrap, therapist will perform purify radiant facial for clarifying and hydrating.

An Lam Signature Romantic for Two

1 50 min / per couple ~ 5.250

(Body therapy / Facial Treatment / Bath)

Create a romantic mood and enjoy a Spa experience with your partner. Get a personal by selecting your favorite body massage and facial. For the perfect ambience this treatment include a romantic floral bath for two, sparkling wine and fresh fruit.

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BATH CARE

Cleopatra

30 min - 850

Real milk to moisturize and organic honey to heal.

Citrus Bath

30 min - 850

Fresh orange and lemon fruit and citrus all in your water. To invigorate your skin and yourself.

Floral Bath

30 min - 900

For sweet dreams, pamper yourself whilst floating in fresh picked local flowers.

HANDS AND FEET TREATMENTS

Deluxe Manicure

45 min - 500

No detail is ignored as we groom and restore the condition of your hands. After exfoliating, experience complete nail care treatment and a refreshing hand and lower arms massage, then OPI nail lacquer for the perfect finish.

Deluxe Pedicure

45 min - 500

No detail is ignored as we groom and restore the condition of your feet. After a revitalizing lemon foot bath and exfoliation, experience complete nail care and a refreshing foot and lower legs massage, then OPI nail lacquer for the perfect finish.

Deluxe Spa Manicure and Pedicure

90 min - 900

Relax and enjoy our Deluxe Manicure and Pedicure treatment for perfectly groomed hands and feet.

Basic Manicure or Pedicure

30 min - 350

Nail Polish

15 min - 250

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YOGA AND MEDITATION SANCTUARY



Private Yoga “Asana”, Meditation and Healing Therapy Class

At An Lam Retreats Ninh Van Bay, one of our highlighting Guest experiences is the yoga class which is crafted by Master Udvelananda. He is a Swiss holistic therapist and healer, as well as a life & relationship coach who has established a reputation as a yoga and meditation teacher in Southeast Asia. He emphasizes the need to awaken the masses, through personal invitation using simple and creative strategies.

Master Udvelananda will teach you the basics of yoga and meditation through breathing, sitting, bending to revitalize the body and calm the mind.

By this unique and personal encounters we believe that you will find harmony and a feeling of being reconnected to inner peace, nature and the surroundings.

Combining some of the best yoga practices with the healing benefits of the surrounding environment, you will be personally addressed with the root causes of disharmony in body, mind, emotions and energy. Then he will help potentially eliminate most of the unwanted pain and suffering. For those who are keen, this delighting experience will surely be a truly rejuvenating stay at our peaceful and relaxing island Resort.

With this well-being practice on your own, you can develop the ability to control your state of mind and set a path towards a healthier lifestyle via maintaining body and mind balance.

A private session with Mr. Udvelananda is 2,350,000vnd Net for 90 minutes. *Upon availability*

Private session 1: from 10.30 to 12.00

Private session 2: from 14.00 to 15.30

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