

AN  
LÂM  
RETREATS  
NINH VAN BAY

# JUNGLE SPA MENU

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



# Spa Etiquette

Opening daily 9:00am-10:00pm

## 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

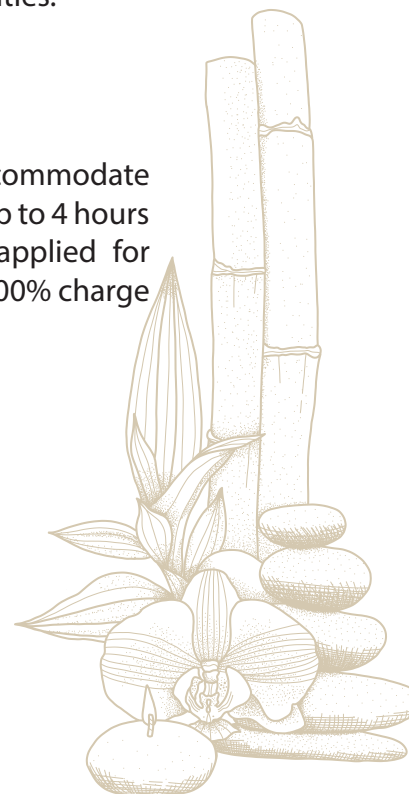
We recommend that you arrive 15 minutes prior to your treatment time and please advise us of any health conditions, allergies or injuries that could affect your treatment or use of Spa facilities. All our therapists are professionally trained for the treatment and will ensure your utmost comfort.

## 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 is applied if the cancellation is made up to 4 hours before the treatment time, and a 50% cancellation fee will be applied for treatment canceled less than 4 hours before the appointment time. 100% charge will be applied for no-show.



# Jungle Spa Body Massage



VND

## An Lam Signature

60/80 mins 2,050,000/2,500,000

DEEPLY SOOTHING & STRESS RELIEVING

This oil signature massage is inspired by traditional Vietnamese style and combining different massage techniques like pressure point, palm pressure and sweeping moments, to regain harmony between body and mind

## Jet Lag Recovery

60/80 mins 1,850,000/2,150,000

A classic European oil 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's not suitable, if you like your massages deep and strong, but perfect to unwind with the end at a busy day. It remains very popular treatment for those who have just arrived after travelling long distances.

## Relaxing Aromatherapy

60/80 mins 1,850,000/2,150,000

This relaxing oil 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.

## Deep Muscle Fusion

60/80 mins 1,850,000/2,150,000

Deep tissue massage with oil to dissolve deeper layer of muscles tension and soothe the spirit. A harmonious combination of the world best massage techniques with healing traditional not only soothe away the stress but also to ensure a deep sense of relaxation and balance.

## Vietnamese Cupping

60/80 mins 1,850,000/2,150,000

This Traditional Vietnamese oil massage incorporates ancient cupping techniques with acupressure and invigorating massage movements. Warm suction cups are positioned on strategic point on the back to aid muscles relaxation, improve blood Circulation and rejuvenate the body.

## De-stress Back Therapy

60 mins 1,850,000

(BACK, NECK, AND SHOULDER MASSAGE)

Therapeutic massage with oil 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 relieve the stress, melt away the tension and energize your body.

Prices are quoted in Vietnamese Dong ('000s), including service charge and VAT.

Giá trên được tính theo ngàn đồng Việt Nam, đã bao gồm phí dịch vụ và thuế.

# Jungle Spa Collection



VND

## Four Hands Experience

60 mins

3,100,000

Providing twice the intensity, healing, and relaxation of a regular two-handed massage, the Four-Hand Massage is not merely a team effort- this is the seamless choreography of four strong and intuitive hands. While most massage therapies are given by one person, two therapists will work on you synchronically during a four-hand massage session. Please note that this is a very strong massage. 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 guests who want the ultimate body massage.

## Hot Stone Therapy

80 mins

2,250,000

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

80 mins

2,250,000

The Herbal Pouch Massage is a healing massage designed to act like medicine, similar to acupuncture. This treatment is done traditionally, beginning with an oil massage to relax the body and mind and open up the skin's pores. The medicated herbal pouch prepared from 50 different herbs is warmed and applied to the body. The herbal oil alleviates stress, reduces muscles and joint pain, detoxifies the body, boosts blood circulation, and reduces nervous tension.

## Indian Head Massage

60 mins

1,700,000

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 Relief

45/ 60 mins

1,450,000/1,700,000

(Herbal foot bath and exfoliation, foot massage with cream)

Stimulate the body with specific pressure applied to the feet, based on the deep-rooted theory that the feet reflect the body. This therapy allows all the body to be assessed through the sole.

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# Jungle Spa Signature Packages

		VND
<b>An Lam Royal Retreats (1 person)</b> (STEAM, SAUNA, BODY SCRUB, AND MASSAGE)	100 mins	2,500,000

Discover An Lam's signature ritual journey, an exotic blend of indulgent therapies for those seeking a complete retreat of a stress-relieving and calming experience. Start the journey with a steam sauna, followed by the welcome foot ritual and the lemon, sugar, and honey scrub. A calm, signature massage will comfort your body to restore balance and inner tranquility.

<b>Local Inspiring (1 person)</b> (VIETNAMESE GREEN TEA SCRUB/VIETNAMESE MASSAGE, NATURAL FACIAL)	150 mins	3,900,000
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A perfect treatment to pamper yourself with our local natural ingredients from top to toe. A combination of body exfoliation, body massage, and natural facial to refresh your skin, relax your muscle and rejuvenate your face. A cup of Vietnamese tea will complete the experience

<b>Couple In Harmony (2 people)</b> (FOOT BATH AND BODY MASSAGE)	90 mins/ per couple	3,850,000
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Enjoy this intimate time with your loved one in the privacy of our Jungle Spa. Start your journey with a foot bath ritual followed by your choice of body massage to de-stress your mind and relax your body.

<b>Romantic for Two (2 people)</b> (BODY THERAPY / FACIAL TREATMENT / BATH)	150 mins/ per couple	7,450,000
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Create a romantic mood and enjoy a relaxing Spa experience with your partner. Get personal by selecting your favorite body massage and facial. This treatment's perfect ambiance includes a romantic bath ritual for two, sparkling wine, and fresh fruit.

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# Body Care

## 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.

### Aromatic Salt Scrub



60 mins

VND

1,700,000

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

### Coconut Scrub

60 mins

1,700,000

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 Scrub

60 mins

1,700,000

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 Care

## Body Wrap

Wrap is 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 wrap treatments 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.

## Nha Trang Mud Wrap



60 mins

VND

1,700,000

Using the famous NhaTrang 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. Moreover, NhaTrang mud is the most famous for its effect on rheumatism and reduction of joint pain.

## Coconut Scrub

60 mins

1,700,000

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

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# Facial Care

## Men's Purifying Facial

(FOR MEN OR OILY AND ACNE-PRONE SKIN)



60 mins

VND

1,850,000

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

## Seaweed Mud Mask

(FOR NORMAL OR COMBINATION SKIN)

60 mins

1,850,000

Natural mud is among the most incredible ingredients for skincare, as it is believed to improve circulation, stimulate cell growth, and exfoliate dead skin. It reduces swelling, itching, and pain while offering many essential minerals absorbed through the skin. Our treatment uses a 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 restored.

## Rejuvenation with Anti-aging

(FOR DRY OR MATURE SKIN)

80 mins

2,450,000

This intensive anti-aging treatment is designed to combat wrinkles, loss of elasticity and reduce the appearance phase of therapy 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 aging.

## Natural Facial

(FOR ALL SKIN TYPES)

60 mins

1,700,000

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

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# Nail Care



60 mins

VND

1,155,000

## Basic Manicure and Pedicure

Relax and enjoy our manicure and pedicure treatment for perfectly groomed hands and feet.

## Deluxe Manicure

60 mins

924,000

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 luxury nail lacquer for the perfect finish.

## Deluxe Pedicure

60 mins

925,000

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 luxury nail lacquer for the perfect finish.

## Nail Polish

15 mins

300,000

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# Hair Care

## Shampoo, hair mask, and blow dry

(PLEASE SELECT ONE OF THE HAIR MASKS BELOW)



45 mins

VND

695,000

### EGG MASK

#### Effective for dry and normal hair

Egg yolk is densely packed with nutrition and proteins, such as biotin, folate, vitamin A, and vitamin D. The nutrients naturally contained in egg yolk are the same ones in healthy, glossy hair. Some people apply egg yolk to their scalp as a treatment for hair loss, brittle hair, or to make their hair grow faster.

### BANANA MASK

#### Effective against hair loss

Bananas contain silica, a mineral element that helps your body synthesize collagen and make your hair stronger and thicker. Bananas also have antimicrobial properties that heal flaky and dry scalp, relieving dandruff symptoms.

### ALOE VERA & LEMON MASK

#### Effective against dandruff and itchy scalp

As we all know, Aloe Vera is an all along famous beauty product that comes from nature. If you add lemon juice with aloe Vera, it becomes a superb mixture that can be used for face and skin beauty and conditioning, and moisturizing your hairs.

## Shampoo & Blow Dry

(WITH TIGI BEDHEAD SHAMPOO)

30 mins


465,000

TiGi Bedhead shampoo is a professional shampoo product from the USA. Bedhead shampoo is ideal for all hair care needs and helps create volume, smoothed lengths, or color protection.

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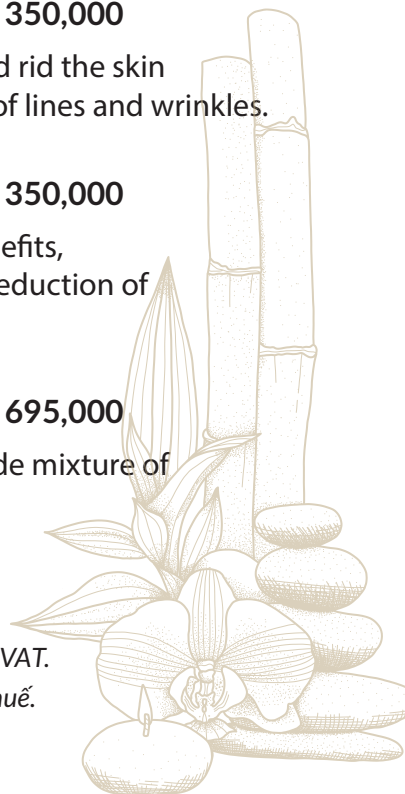
# Bath Care

		VND
<b>Cleopatra</b>	30 mins	1,100,000
Real milk to moisturize and organic honey to heal.		
<b>Citrus Bath</b>	30 mins	1,050,000
Fresh orange and citrus fruit help invigorate your skin and yourself.		
<b>Floral Bath</b>	30 mins	1,050,000
Floral helps invigorate your skin and yourself.		

# Express Service

		VND
<b>Aloe Vera After Sun Application</b>	15 mins	350,000
An express treatment to recover the skin from sunburn with a fresh and cold aloe vera		
<b>Honey and Cucumber Facial Mask</b>	15 mins	350,000
Refresh and rejuvenate your face with excellent moisture from honey and slices of cucumber.		
<b>Facial Massage</b>	15 mins	350,000
Not just feeling good, facial massage help release tension, boost circulation, and rid the skin of impurities. In addition, facial massages are proved to lessen the appearance of lines and wrinkles.		
<b>Hand Massage</b>	15 mins	350,000
Hand massage is quick and relaxing. It provides you with immediate health benefits, such as improved finger and wrist range of motion, enhanced circulation, and reduction of your trigger points—hyperirritable nodules—in your hand muscles.		
<b>Sugar, Honey and Lemon Body Scrub</b>	30 mins	695,000
A naturally gentle abrasive that helps remove dead skin cells from our handmade mixture of sugar, honey, and lemon to restore and refresh tired and clogged pores.		

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# Yoga & Meditation Sanctuary

## Private Yoga, Meditation and Healing Therapy Class

At An Lam Retreats Ninh Van Bay, one of our highlighting Guest experiences is the yoga and meditation class .

We believe that you will find harmony and a feeling of being reconnected to inner peace, nature and the surroundings.

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** – VND 2.350.000 for 90 minutes. Maximum 2 persons per class

**A public session** - VND 350.000/person for 60 minutes. Minimum 5 persons per class.

Upon availability

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# AN LÂM

RETREATS  
NINH VAN BAY

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