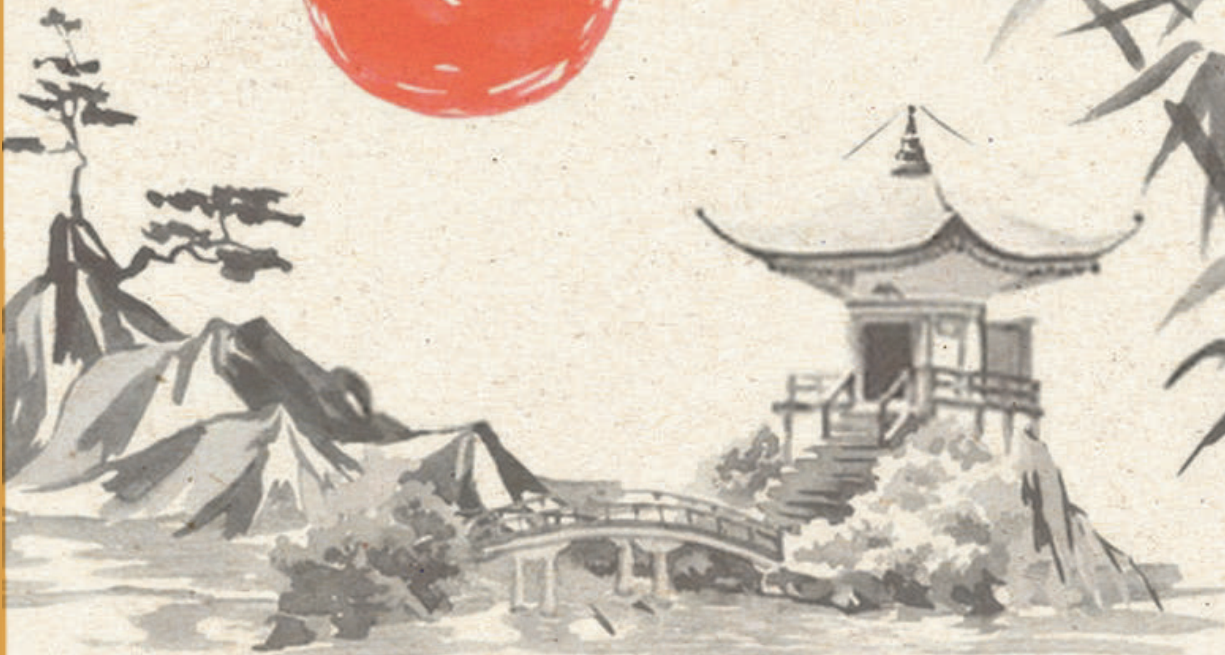




SPA MENU



My Chi Spa & Fitness

Embark on a holistic wellness journey at My Chi Spa & Fitness, where treatments seamlessly blend cultural and natural elements of Vietnam, offering a mesmerizing experience for body, mind, and soul.

Nestled within the tranquil confines of the resort, My Chi Spa & Fitness presents a diverse menu of beauty and body treatments, along with rejuvenating daily packages, all meticulously curated to instill a sense of deep tranquility and enhance your overall well-being.

My Chi Spa & Fitness

Facilities

- Single and Double treatment rooms
- 01 My Chi Suite with an indoor Jacuzzi
- Nail and Hair Salon
- Fitness Center
- Steam, Sauna, Himalayan Sauna
- Reflexology Pool



Signature Packages

Hideaway Package ⌚ 3 hours

This package features three hours of relaxing therapy geared towards rejuvenating the body and soothing the mind.

- Bamboo/Vietnamese Massage – 90 minutes
- Calming Facial – 60 minutes
- Jacuzzi bath experience served with a glass of sparkling and fruit platter – 30 minutes

Rejuvenating Package ⌚ 2.5 hours

This package promotes good health and youthful vitality for all those seeking stimulation and being re-energized.

- Steam/ Himalayan Sauna
- Foot bath
- Hot Stone Therapy – 90 minutes
- Calming Facial – 60 minutes
- Herbal tea and fruit platter

Detoxifying Package ⌚ 2 hours

Activates internal cleansing to those seeking purification, healing, and vitality.

- Steam/ Himalayan Sauna
- Foot bath
- Coffee Body Scrub – 45 minutes
- Bamboo Massage – 75 minutes
- Herbal tea and fruit platter



Signature Packages

Calming Package ⌚ 3.5 hours

Provides balance to those seeking peace of mind, who want to unwind and find inner stillness.

- Steam/ Himalayan Sauna
- Foot bath
- Coffee Body Scrub – 45 minutes
- Coconut Body Wrap – 45 minutes
- Deep Tissue Healing Therapy – 60 minutes
- Calming Facial – 60 minutes

EXCLUSIVE TRIAL OFFER

Couple Bliss Package ⌚ 2 hours

- Bamboo/Vietnamese Massage – 60 minutes
- Calming Facial – 30 minutes
- Jacuzzi bath – 30 minutes

My Chi Signature Package ⌚ 2 hours

Activates internal cleansing to those seeking purification, healing, and vitality.

- Foot bath – 10 minutes
- Calming Facial – 30 minutes
- Bamboo/Vietnamese Massage – 60 minutes
- Steam/ Himalayan Sauna – 20 minutes

Natural Skin Care

Calming Facial

🕒 60 minutes

Rejuvenate, hydrate & balance your skin with our natural facial treatment for all skin types. Natural extracts will recapture your natural, healthy complexion.

Detoxifying Facial

🕒 60 minutes

A purifying treatment for any skin type, bringing back the refreshment for your skin. A gentle facial scrub and a soothing mud mask will give your skin a bright and healthy glow.

Coffee Body Scrub

🕒 60 minutes

A great way to exfoliate dry skin using coffee powder to uplift, tone the body skin, stimulate circulation and balance oil production.

Coconut Body Wrap

🕒 60 minutes

Our signature body wrap uses tropical coconut powder to replenish moisture and nourish your skin.

EXCLUSIVE TRIAL OFFER

Facial Glow

🕒 60 minutes



Healing Body Therapies

Bamboo Massage ⌚ 60 minutes/ 90 minutes

This is a unique massage done by using smooth and warm bamboo sticks all over the body to soothe tight muscles and loosen knots.

Vietnamese Traditional Massage ⌚ 60 minutes/ 90 minutes

This traditional Vietnamese therapy, using mostly kneading techniques and pressure points, focusing especially on the lower back, neck, and shoulders, helps to improve blood circulation and reduce body fatigue.

Hot Stones Massage ⌚ 60 minutes/ 90 minutes

Warm basalt stones are used on the body along with the therapist's synchronized hand movements and oil, transferring heat and nourishing energy to the body. It releases toxins, restores the body's vital energy flow, and purifies the body.

Deep Tissue Healing ⌚ 60 minutes/ 90 minutes

Palm pressure and elbows are used to compress and wring muscle tissue in this effective treatment. It releases tension and leaves you with a sense of deep relaxation.

Thai Massage ⌚ 60 minutes/ 90 minutes

The non-oil treatment is a combination of acupressure and supportive yoga postures, stretching muscles to help blood circulation, reduce fatigue, bring back balance, and enhance body resistance.

Healing Body Therapies

Cupping

⌚ 60 minutes/ 90 minutes

Cupping therapy is a form of alternative medicine in which a local suction is created on the skin by using cups. Cupping relaxes muscles, encourages blood flow, and sedates the nervous system.

Cupping is an excellent treatment for detox, moving fat, and cellulite and is also used for the treatment of back and neck pains, stiff muscles, anxiety, fatigue, and migraines

Four Hands Massage

⌚ 60 minutes/ 90 minutes

The harmonious coordination from the 4 hands of 2 therapists, focusing on sore muscles helps to release blocked energy, reduce stress, and leave you a deep sense of relaxation

EXCLUSIVE TRIAL OFFER

My Chi Signature Massage

⌚ 45 minutes/ 60 minutes/ 90 minutes

Vietnamese Healing Therapy

⌚ 45 minutes/ 60 minutes/ 90 minutes

Hands & Feet

Sole Treatment with Paraffin ⌚ 45 minutes

Unwanted old skin is removed from your feet with a bristle brush and exfoliation technique. Paraffin wax and nourishing cream is applied to give your feet a sense of newness.

Paraffin Hands or Feet ⌚ 90 minutes

Includes hands or feet skin exfoliation along with a precise cuticle cleanse. Varnish is applied, as well as a warm paraffin soothing masque to restore cracked and dried skin.

Manicure or Pedicure

Includes detailed nail care complemented with a polish of your choice.

- Without Polish - 30 minutes
- With polish - 60 minutes

Foot Reflexology Therapy ⌚ 30 minutes/ 60 minutes

Energy runs through the body in the meridians and every part of the foot corresponds to an area of the body. Foot reflexology therapy leaves you with a lasting sense of peace.

EXCLUSIVE TRIAL OFFER

My Chi Foot Therapy ⌚ 30 minutes/ 60 minutes



Hair Care

Inspired by Vietnamese massage techniques with health-conscious hair care products, our hair rituals menu aims to bring a relaxing and nourishing experience to our guests.

Clean and Relax

🕒 *60 minutes*

Shampoo, head and shoulders massage and dry.

Clean and Renew

🕒 *90 minutes*

Shampoo, head and shoulders massage, mini facial care and dry.



SPA MENU

Price List

SIGNATURE PACKAGES

• Hideaway Package	3 hours	2.550.000
• Rejuvenating Package	2.5 hours	2.250.000
• Detoxifying Package	2 hours	1.950.000
• Calming Package	3.5 hours	3.150.000

EXCLUSIVE TRIAL OFFER

• Couple Bliss Package	2 hours	1.495.000
• My Chi Signature Package	2 hours	1.129.000

NATURAL SKIN CARE

• Calming Facial	60 minutes	950.000
• Detoxifying Facial	60 minutes	950.000
• Coffee Body Scrub	60 minutes	900.000
• Coconut Body Wrap	60 minutes	900.000

EXCLUSIVE TRIAL OFFER

• Facial Glow	60 minutes	829.000
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HANDS AND FEET

• Sole Treatment with Paraffin	45 minutes	525.000
• Paraffin Hands or Feet	90 minutes	975.000
• Manicure or Pedicure		
Without Polish	30 minutes	375.000
With Polish	60 minutes	570.000
• Foot Reflexology Therapy	30 minutes	550.000
	60 minutes	950.000

EXCLUSIVE TRIAL OFFER

• My Chi Foot Therapy	30 minutes	399.000
	60 minutes	629.000

HEALING BODY THERAPIES

• Bamboo Massage	60 minutes	1.100.000
	90 minutes	1.400.000
• Vietnamese Traditional Massage	60 minutes	1.100.000
	90 minutes	1.400.000
• Hot Stones Massage	60 minutes	1.100.000
	90 minutes	1.400.000
• Deep Tissue Healing Therapy	60 minutes	1.100.000
	90 minutes	1.400.000
• Thai Massage	60 minutes	1.100.000
	90 minutes	1.400.000
• Cupping	60 minutes	1.100.000
	90 minutes	1.400.000
• Four Hands Massage	60 minutes	1.200.000
	90 minutes	1.450.000

EXCLUSIVE TRIAL OFFER

• My Chi Signature Massage	45 minutes	689.000
	60 minutes	829.000
	90 minutes	1.079.000
• Vietnamese Healing Therapy	45 minutes	689.000
	60 minutes	829.000
	90 minutes	1.079.000

HAIR CARE

• Clean and Relax	60 minutes	550.000
• Clean and Renew	90 minutes	820.000

Guidelines

APPOINTMENT SCHEDULING

To make your reservation at the Spa, please dial +84 235 666 111, extension 3006/3009 or dial directly 3006/3009 from within the hotel. You can also email us at spajourney@almanityhoian.com.

To ensure your preferred time and service is available, we recommend you book in advance.

ARRIVAL TIME

Arrive at least 15 minutes before your appointment for a consultation and to familiarize yourself with our facilities. Please be advised that appointments begin promptly at the scheduled time, and late arrivals may result in a reduction in your treatment time.

OPENING HOURS

My Chi Spa opens daily from 09:00 AM to 08:30 PM. Last booking is at 07:00 PM.

HEALTH CONDITION

When making your spa reservation, kindly advise us of any health conditions, allergies or injuries which could affect your service.

SPA POLICY

We respectfully ask that you leave cell phones turned off so that the tranquility of the Spa experience may be preserved. Children under the age of 16 are not permitted inside the spa facility. Please observe silence to honor the space for treatment and relaxation. Smoking and alcohol are not permitted anywhere in Spa.

VALUABLES

Lockers are provided for personal items. However, we recommend you leave all your jewelry and valuables at home or deposit them in your room safely.

CANCELLATION

Cancellation and changes of scheduled treatments are accepted up to 4 hours prior to the appointment time without incurring a charge. In case of cancellation within 4 hours, 50% of the treatment price will be charged. Without any notification, you will be charged in full.

LOCAL TAX AND SERVICE CHARGE

A 10% tax and 5% service charge are added to the cost of your service. Additional gratuities for your service provider(s) are subject to your discretion.



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