


# The Spa



SAILING CLUB

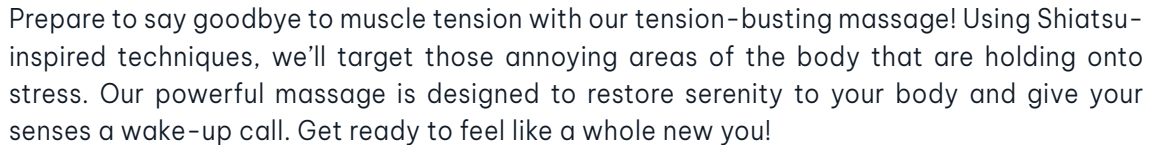
*Signature Resort* | PHU QUOC




WELCOME TO OUR SPA, WHERE WE  
TAKE THE ART OF WELLNESS SERIOUSLY  
AND PROMISE TO TRANSFORM YOUR  
INNER ZEN. OUR THERAPISTS AIM TO  
TAKE YOU ON A VOYAGE TO A PLACE OF  
ULTIMATE RELAXATION, FAR BEYOND  
BASIC TREATMENTS. SAY GOODBYE  
TO THE CRAZINESS OF DAILY LIFE AND  
DIVE INTO A WORLD OF SERENITY AND  
REJUVENATION.

## TENSION RELEASE TREATMENT

30 Mins	850,000
60 Mins	1,790,000
90 Mins	2,200,000



	Full body .....	(60 – 90 min)
	Back, neck & shoulder .....	(30 – 60 min)
	Leg & Foot .....	(30 – 60 min)

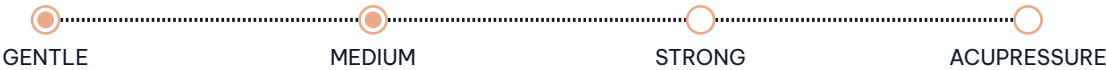


UNLEASH THE HEALING POWERS OF MUSCLE AND MERIDIAN MAGIC,  
TARGETING AREAS THAT CRAVE SOME EXTRA TLC.

RELAXING HEAD MASSAGE

HEAD MASSAGE - COCONUT OIL

30 Mins .....	850,000
50 Mins .....	1,500,000



Need a little R&R? Try an Ayurveda-approved massage that'll whisk you away to paradise! Our magic hands will work their pressure point wizardry, while warm coconut oil helps melt away the stress in your head and neck. This heavenly treatment helps calm your mind and body, and is known to help with sleep problems, chronic headaches, migraines, and sinusitis.

FOOT REFLEXOLOGY TREATMENT

FOOT MASSAGE

30 Mins .....	850,000
50 Mins .....	1,500,000



Sink into a world of total bliss with this treatment that'll leave you feeling rejuvenated and oh-so-relaxed! Our pressure point magic will get to work, melting away tension and giving your organs a much-needed boost. And those tired legs? They'll be skipping around in no time!

## HERE WE TREAT YOUR BODY LIKE A TEMPLE

### AROMATHERAPY TREATMENT

CHOOSING AROMA OIL - RELAXING SWEDISH TECHNIQUE

60 Mins .....	1,790,000
90 Mins .....	2,200,000



Taking massage to the next level, this enhanced treatment begins with a warm foot bath. Using Balinese and Swedish movements combined with aromatherapy oils, this massage uses gentle techniques to help restore harmony, and relax the mind and body. Choose your preferred essential oil from our selection of aromatherapy blends.

### HOT STONE AROMATHERAPY

OIL MASSAGE WITH HOT STONE

60 Mins .....	1,790,000
90 Mins .....	2,200,000



This indulgent massage harnesses the penetrating warmth of coconut oils, smoothed over the body using naturally heated volcanic stones to release stored tension.



# HERE WE TREAT YOUR BODY LIKE A TEMPLE

## HERBAL COMPRESS THERAPY

OIL MASSAGE WITH TRADITIONAL HERBS

60 Mins	1,790,000
90 Mins	2,200,000



Get ready to be whisked away by the magical essence of aromatherapy. Bask in the rhythmic movements that will soothe your weary muscles, improve your sleeping pattern, and transport you to a world of ultimate relaxation. Our special blend of locally sourced herbs is gently pressed against your body’s pressure points, to give you a traditional Vietnamese body experience like no other!

## DEEP TISSUE TREATMENT

OIL MASSAGE - USING ELBOW - SWEDISH TECHNIQUE - STRETCHING

60 Mins	1,790,000
90 Mins	2,200,000



Get ready for a vigorous yet soothing experience with our classic Swedish massage! Our trained hands will work their magic deep into your muscles, stretching out the fibers that cause all that pain and stiffness. And, with improved blood flow, you’ll be flexing like a boss and saying goodbye to those sore, overworked muscles!

## BODY POLISH

50 Mins ..... 1,290,000

Get ready to feel like a brand-new you, with a body that shines like a star! Our top-secret formula has tiny granules that are like superheroes! They swoop in and clear out all the yucky stuff, leaving your skin polished, refreshed and silky soft. Say hello to a healthy glow, and goodbye to bad bacteria and toxins!

CHOOSE ONE OF THE FOLLOWING:

- Moisture coconut scrub
- Cleanser sea salt scrub
- Mineral seaweed scrub

## AFTER SUN ALOE VERA COOLING WRAP

50 Mins ..... 1,290,000

After a day of soaking up the sun, treat yourself to a refreshing and magical remedy! Fresh Aloe Vera gel is like a cool breeze on a hot summer day, giving your skin a calming hug. Whip up a cold poultice of black tea and mint to remove any redness or discomfort. Bask in the instant relief and let your skin feel pampered and relaxed.

## REVITALIZING MOOR MUD WRAP

50 Mins ..... 1,290,000

A gentle treatment suitable for skin and even joints. The mud wrap tones the body, firms the skin, relaxes and soothes the muscles.

## DETOX AND REVIVE

80 Mins ..... 1,790,000

A combination of a Body Polish and the Moor Mud Wrap



GLOWING, VIBRANT SKIN IS LIKE A MIRROR SHOWING OFF YOUR INNER WELLNESS AND HAPPINESS.

FACIALS FOR A FLAWLESS BEAUTY

ANTIOXIDANT INFUSION

60 Mins ..... 1,690,000

Get ready for a skin revival! Our ultra-oxygenating, anti-aging treatment is like a superhero team-up of vitamin-packed super berries and the finest plant cell cultures, giving your skin the ultimate rejuvenation and renewal. We'll pamper you with nourishing oils, serums, and plant essences, plus a relaxing acupressure massage for your face and neck. Finish it off with a nourishing algae mask to boost cell renewal and achieve that coveted healthy glow. Perfect for all the normal and combination skin beauties out there!

BIO MINERAL

60 Mins ..... 1,690,000

Give your skin the ultimate refresh with this all-natural facial that brings your skin's microbiome back to life! Packed with pre-and probiotics, fruit enzymes that renew skin cells, and nourishing minerals, it's like hitting the reset button for your face. Plus, we'll treat you to a heavenly massage with Jade tools to get lymphatic drainage going, release all the icky toxins, and boost your circulation. We'll finish with our exclusive probiotic serum delivered straight into your skin with a soothing Jade Roller. Your dry skin will feel pampered, renewed, and ready to take on the world!





GLOWING, VIBRANT SKIN IS LIKE A MIRROR SHOWING OFF YOUR INNER WELLNESS  
AND HAPPINESS.

FACIALS FOR A FLAWLESS BEAUTY

## REFRESHER FACIAL

30 Mins ..... 790,000

Introducing the ultimate skin cleanse, detox, and mineral energizer! Perfect for all skin types, this experience will leave you feeling amazing, with a face that's purified, revitalized, and ready to conquer the world!

## DEEP CLEANSING

60 Mins ..... 1,690,000

Indulge in the ultimate skin refreshment with our deep cleansing treatment that includes an exfoliating peel that will have your skin feeling brand new, a stimulating massage that will make you glow like a sunbeam, and a mask that will nourish your skin and balance out any problem areas. And, wait for it, we have a cherry on top - a relaxing scalp massage to soothe your senses and leave you feeling like royalty. (Perfect for people with oily skin)





## GUA SHA

60 Mins .....1,690,000

Let's take a journey back in time to the wonderous world of Gua Sha, a magical art that can leave your skin looking like a superstar! We've got a holistic facial that combines the best of both worlds, using special Jade tools to give you a glowing complexion and expert massage techniques to release toxins and boost hydration. Let's not forget the power of tension release and reduced puffiness, making your face, neck, and décolleté visibly smoother, tighter, and more radiant.

This facial is perfect for all you normal and combination skin beauties out there, so come on, let's get your glow on!

## MEN'S SKIN MANAGEMENT

60 Mins .....1,690,000

Get ready for the ultimate manly facial treatment that'll put all others to shame! This deep-cleansing therapy is designed with men's skin in mind, refining pores and leaving your face feeling fresh. Plus, enjoy a relaxing massage as we ease those facial muscles. To top it off, a purifying mask is applied to address sensitivity and razor burn. You'll be feeling like the king of the world in no time!



## PAMPERING FOR THE MOM-TO-BE

60 Mins .....	1,790,000
90 Mins .....	2,200,000

Lovingly designed for mothers-to-be, this soothing and gentle massage will ease your muscle strains, rendering a blissful sense of total relaxation. Using only natural massage oil, renew and refresh your body.

## TREATMENT FOR NEW MOTHERS

60 Mins .....	1,790,000
90 Mins .....	2,200,000

Get ready for some serious pampering with our treatment, featuring a heavenly blend of aromatherapy oils and hot volcanic stones. It's the ultimate indulgence after pregnancy, melting away stress and tension in those achy spots. So, sit back, relax and let go of all your worries.





## CLASSIC MANICURE

60 Mins ..... 1,100,000

Get ready to level up your hand game! This treatment is like a triple-scoop sundae of cuticle work, hand cream, and a delicate hand ritual, leaving your hands feeling like butter. And let's not forget the fancy nail shaping and polish – absolutely stunning! And the best part? It includes basic color polishing, so you can walk out with the smoothest hands you've ever had.

## CLASSIC PEDICURE

60 Mins ..... 1,100,000

Get those feet pampered to perfection with a luxurious treatment fit for royalty! Firstly, immerse your feet in a blissful sea salt soak, then let us work our magic on your cuticles, applying a moisturizing cream and giving you a gentle foot rub. We'll then shape and polish your nails, topping it off with a splash of dazzling color to complete your fabulous new look!

PAMPER YOUR  
PAWS AND CLAWS!



HEEL CARE THERAPY

60 Mins ..... 1,000,000

Treat your tired feet to a revitalizing experience that'll leave you feeling like you're walking on clouds! With Turkish salts and Eucalyptus essential oil, we'll exfoliate, rejuvenate, and re-mineralize your tired soles. And that's not all! You'll even enjoy a mini-pedicure and a foot soak infused with the invigorating scent of Eucalyptus. Finally, we'll pamper your feet with a massage using our luxurious Fuss Balm. And, as if this wasn't amazing enough, we'll even include a glass of Sparkling Wine or Beer to make this experience even more refreshing!

TREATMENTS FOR  
YOUR LITTLE SAILORS

TREATMENTS FOR KIDS

ONLY APPLICABLE TO CHILDREN FROM 7 TO 13 YEARS OLD.

Body Therapy For Kids 45 minutes ..... 790,000

Mini Facial 30 minutes ..... 590,000

Mini Manicure & Pedicure 60 minutes ..... 790,000

THESE OFFERS CAN'T BE COMBINED WITH ANY OF OUR OTHER ONES!

SPECIAL COUPLES PACKAGES

**JET LAG PACKAGE**

130 Mins ..... 4,300,000 VND per couple

A COMBINATION OF

- A 30-minute Body Polish
- A 70-minute Body Massage
- A 30-minute Facial

**REJUVENATION PACKAGE**

130 Mins ..... 4,300,000 VND per couple

A COMBINATION OF

- A 30-minute Body Polish
- A 30-minute Body Wrap
- A 70-minute Body Massage Therapy

**THE ESSENCE OF BEAUTY**

130 Mins ..... 3,500,000 VND per couple

A COMBINATION OF

- 50 minutes of Foot Reflexology and a 20-minute Hand Massage
- A 60-minute Deep Cleansing Facial and Scalp Massage



Welcome sailor!

To keep our spa running like a well-oiled machine, aim to arrive 15 minutes before your treatment. Need to cancel? No problem, just be sure to do it six hours before your appointment, or we'll have to bill you the full amount.

We recommend booking your treatment in advance. Remember, you must be 16 years or older unless arrangements have been made with the crew.

We're quite strict on punctuality, so don't be late, or you'll miss out on some treatment time and still have to pay the full fee. And Sailing Club Signature Resort Phu Quoc will not be held accountable for any theft, loss, or damages.

## HEALTH ISSUES & ALLERGIES

Before diving into our top-notch treatments or getting cozy with our cutting-edge facilities, it's best to have a quick chat with your doctor. And if you've got allergies, don't hesitate to tell our Spa crew! We'll make sure you're as comfy as a pampered panda.





Touch

*The Body*

Heal

*The Mind*

Calm

*The Spirit*

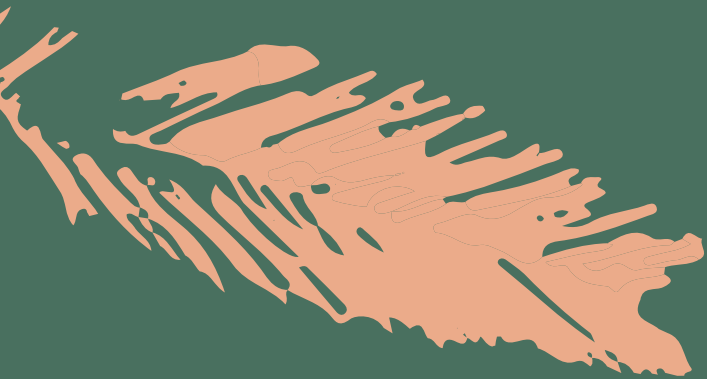




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