GALLERY
HOTEL
COLLECTION

OPENING HOURS
DAILY FROM 08.00 TO 21.00

SPA
BY MGALLERY

TĨNH™

ORGANIC SPA MENU

— WELLNESS SANCTUARY —

TĨNH
Organic Spa

Take a moment. Indulge yourself in the power of nature.
A quiet place to reset, rebalance, and re-charge at TĨNH Wellness Sanctuary.

Uncover the new natural in this 1500 sqm haven of unbound wellness for mind, body and spirit. Discover a naturalistic approach to beauty and grooming where we care as much about ingredients as we do about technique.

TĨNH
MEMORABLE RITUALS

Did you know that 70% of what you put on your skin is absorbed?

Amidst these lush tropical gardens, in a setting of pure serenity, you will find our organic garden - a small patch of earth that grows some of the herbs that touch your skin. Herbs straight from nature are complemented by carefully curated organic and bio-dynamic products. Brands that share our philosophy in health and wellness.

||ORGANIC FACE BY AROMATHERAPY ASSOCIATES

Aromatherapy Associates is a high-profile, multi-awarded British beauty brand found in high profile retailers and luxury spas in over 30 countries worldwide.

For over 30 years, the brand has been sharing the therapeutic benefits of essential oils. Its founders Geraldine Howard and Sue Beechey believe that an aromatherapy experience nurtures the body and the spirit. Their ongoing passion stems from the belief that hand-blended pure essential oils have therapeutic benefits, which work on mind, body and skin.

||ORGANIC NAIL CARE BY SPARITUAL

Committed to creating eco-friendly products for the enlightened consumer, SpaRitual (U.S.A.) uses only Vegan ingredients from around the world, including many specially sourced and selected plant essences that are wild crafted OR organic. All formulations are naturally coloured and free of synthetic dyes.

||ORGANIC BODY OILS BY LE SPA BY POLLYNNE

Organic body oils used at the TĨNH Wellness Sanctuary are vegan and custom-blended by home-grown artisanal organics brand Le Spa by Pollynne from Phu Quoc Island, Vietnam. The brand creates organic products using traditional hand-crafted methods rejecting harmful chemicals and synthetics. No parabens, no artificial coloring, no artificial surfactants, no animal testing.

Natural oils and botanicals are a daily reminder that nature is our greatest healer.

TĨNH
MEMORABLE RITUALS

Lose yourself to unique treatments that capture the soul of our beautiful surroundings entwined with our storied past.

200 Mins. | ***King Gia Long Royal Warrior Ritual***

Experience Vietnamese History – For Tired Corporate Warriors & Highly Stressed Individuals – Two Therapists Massages Away Stress – Deeply Relaxing & Uplifting

Before becoming Vietnam's first emperor, Gia Long often came to Phu Quoc Island to rest and recharge between battles. A luxurious Royal Treatment paying homage to Vietnam's greatest warrior, this ritual includes a foot ritual, full spectrum infrared sauna, dry body brush, Vietnamese cupping, 4 hands massage, ending with Red Dao herbal bath.

200 Minutes 6,800,000 VND

120/180/240 Mins. | ***La Veranda Neuromuscular Treatment***

Intensely Therapeutic Deep Tissue Massage – For Pain Management Of Old Injuries, Trapped Nerves Or Chronic Pain – Deeply Relaxing

Uses the masseuse's body weight with acupressure for pain management as old injuries, trapped nerves or chronic pain is nursed back to full strength by flushing lactic acid and other metabolic waste from your muscles. Allows more oxygen-rich and nutrient-filled blood flow. Deep and thoroughly relaxing massage, relieves chronic muscle pains, restores proper alignment, and increases flexibility in problem areas and chronic spinal pain.

Highly specialized and customized, we recommend 4 to 5 treatments with each visit lasting 2 to 4 hours.

120 Minutes 3,400,000 VND
180 Minutes 5,100,000 VND
240 Minutes 6,400,000 VND

90 Mins. | ***Signature 4-Hands Massage***

Uses Organic Aromatherapy Oils – Two Therapists Working In Harmony – Deeply Relaxing, Reduces Tension – Balances Energy Levels – Designed To Ensure The Mind Completely Switches Off

Two therapists perform a synchronized full-body massage bringing you to a deeper state of relaxation. A fully immersive experience, this decadent massage is for those who feel a need for an extra dose of self-care or for those who find it hard to 'let go'. Muscles turn pliable allowing therapists to effectively reduce further tension possibly lulling you to sleep. An ayurvedic tradition, this signature treatment is highly effective in balancing energy levels throughout the body.

90 Minutes 3,250,000 VND

200 Mins. | ***Romantic Spa Ritual For 2***

Truly Romantic Couple's Treatment – Melt Away Stress & Tension In Harmony & Serenity – A Moment Of Seclusion And Tranquility

Start with a 30-minute aromatherapy stream sauna, followed by 90-minute deeply relaxing massage. Choose from a range of scents for a calming atmosphere. We leave you to enjoy a beautiful flower bath on a Jacuzzi or traditional Red Dao bath for 30 minutes. With sparkling wine, exotic fruits, fresh juice and dark chocolates.

200 Minutes 6,800,000 VND

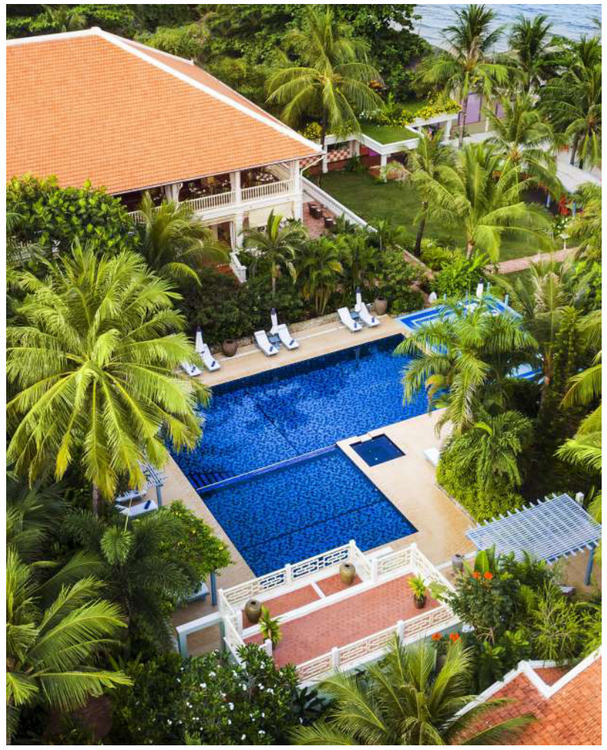
250 Mins. | ***Traditional Vietnamese Pamper Package***

Truly Vietnamese Experience – Cleanses And Purifies Skin – Relaxes Body And Mind – Increase Blood Circulation – Flushes Toxins

Facial Care (60 minutes), Mindful Manicure & Pedicure (75 minutes), Coffee or Green Tea Scrub (30 minutes), Traditional Vietnamese Body Massage Treatment with Vietnamese Cupping (90 minutes)

Treatment may leave some suction marks after the cupping session. The purpose is to increase blood circulation and bring up toxins from a deeper layer under the skin.

250 Minutes 5,700,000 VND



Amidst this lush tropical setting, clear your mind,
transform your body, and nourish your spirit.

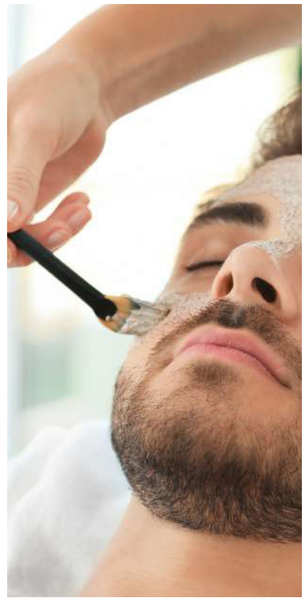
TĨNH FACE

A synergy of nature and science at its best.
Revitalize through holistic well-versed practices with modern innovative techniques.

60 Mins. | ***Ultimate Rose Facial By Aromatherapy & Associates***

For those who are uncertain about their skin's needs. Those wanting a complete bespoke treatment, tailored to suit them. Adding radiance to the complexion.

60 Minutes 2,200,000 VND



60 Mins. | ***Deep Cleanse Facial By Aromatherapy & Associates***

For those with problem or oily skin & who wants a deep cleansing treatment to unblock clogged pores & drain away toxins.

60 Minutes 2,200,000 VND

60 Mins. | ***Age Repair Facial By Aromatherapy & Associates***

For mature skin, losing elasticity and firmness, who are concerned with fine lines and wrinkles and those with dull, devitalised skin.

60 Minutes 2,200,000 VND

TĨNH BODY

A synergy of nature and science at its best.
Revitalize through holistic well-versed practices with modern innovative techniques.

90 Mins. | ***Volcanic Stone Body Treatment***

Begins with traditional Swedish massage to prepare your muscles. Then, your therapist places warm stones on the key acupressure points of your body. Hot stones warm and relax your muscles allowing deeper pressure to be applied during your massage.

90 Minutes 3,000,000 VND

60/90 Mins. | ***Anti-Stress Jet Lag Body Treatment***

This jet lag treatment is an ideal Welcome Ritual. A treatment comprising of full body work concentrating on back, neck, shoulder and foot reflexology to soothe the body and promote circulation after a long tiring flight. A soothing warm welcome to start your stay.

60 Minutes 2,000,000 VND
90 Minutes 2,500,000 VND

60 Mins. | ***Sunburn Soother***

Cool lavender infused towels with soothing aloe vera extracts is applied to moisturize and encourage new cell growth. It includes foot acupressure or scalp massage.

60 Minutes 2,000,000 VND

60 Mins. | ***Body Scrub***

Renew your skin with body exfoliating treatment. Remove dead skin cells, renew your skin while indulging in aromatic scrub of your choice. Leave the room with fresh, revitalized and smooth skin.

Choice of:
- Vietnamese Coffee: Exfoliation, cellulite treatment, protects moisture
- Vietnamese Green Tea: Anti-aging, revitalizing, glowing skin
- Lavender & Ylang Ylang: Relaxing, calming, soothing skin
- Sea Salt: Blended with essential oils to detoxify, and leave your skin fresh, smooth and revitalized

60 Minutes 2,000,000 VND

60/90 Mins. | ***Vietnamese Body Treatment***

A traditional massage incorporating pressure point techniques with invigorating movements to warm and relax muscle tissue. Small heated suction cups placed on the back aids in muscle relaxation, improves circulation and rejuvenate the body. Pure coconut oil infused with Blanda and Penduliflora essential oils are used in this treatment. Treatment may leave some suction marks after the cupping session. The purpose is to increase blood circulation and bring up toxins from a deeper layer under the skin.

60 Minutes 2,000,000 VND
90 Minutes 2,500,000 VND

60/90 Mins. | ***Oriental Body Treatment***

This integrative full body massage with acupressure techniques includes the scalp, hands and feet. Recommended for those who prefer to be energized and revitalized after their treatments.

60 Minutes 2,000,000 VND
90 Minutes 2,500,000 VND

60/90 Mins. | ***Thai Body Treatment***

Thai Massage is an extraordinary method of aligning the energies of the body, originating from ancient times. The effect is uniquely relaxing as well as energizing. Receiving a Thai massage is like yoga without the effort, with the added benefit of acupressure.

60 Minutes 2,000,000 VND
90 Minutes 2,500,000 VND

60/90 Mins. | ***Holistic Body Treatment***

Our premier Signature Spa treatment is a tailor-made, therapeutic full body and scalp massage, including face reflexology. By using long, slow stroking movements, our therapists guide guests into a deep state of relaxation - balancing the five senses.

60 Minutes 2,000,000 VND
90 Minutes 2,500,000 VND

60/90 Mins. | ***Swedish Body Treatment***

This traditional European full-body massage employs techniques to relax aching muscles, stimulate the circulation and eliminate toxins, so that you look and feel great.

60 Minutes 2,000,000 VND
90 Minutes 2,500,000 VND

TĨNH DETOX

Created to address key concerns which attribute to our guests' overall wellbeing. Detox treatments are delivered cohesively for our guests' needs to alleviate, clear & re-energize tired systems.

60/90 Mins. | ***Lymphatic Drainage Body Treatment***

Encourages Removal Of Lymph And Toxins – Refreshes And Revives Bodily Systems – Cleansing & Purifying

Drains the body of toxins and restores its state of wellbeing. Starts with dry body brushing. Then, silicone cups are used to lift connective tissue and improve blood flow to stagnant skin and muscles. This enhances your body's ability to regenerate and repair tissues, reduce bruising, soften scar tissue and increase mobility.

60 Minutes	2,000,000 VND
90 Minutes	2,500,000 VND

60 Mins. | ***Chi Nei Tsang Abdominal Treatment***

Abdominal Massage – Aids Digestion – Reduces Stomach Bloatedness – Lymphatic Drainage – Tones And Firms Abdominal Area

A Chinese term for an internal organ Chi treatment which works mainly on the abdomen with deep, soft and gentle touches over the navel and surrounding abdominal area, to train internal organs to work more efficiently. Chi Nei Tsang goes to the origin of health problems, including psychosomatic and emotional responses. Helps to balance the Chi in the body systems, such as: digestive, lymphatic, nervous, endocrine, urinary, and reproductive.

60 Minutes	2,000,000 VND

45 Mins. | ***Sauna & Hydro Therapy***

Steam & Swedish Sauna & Shower	45 Mins	700,000 VND
Infra-red Sauna & Shower	45 Mins	700,000 VND
Jacuzzi Hydro-Bath	45 Mins	1,000,000 VND
Red Dao Vietnamese bath	45 Mins	1,000,000 VND

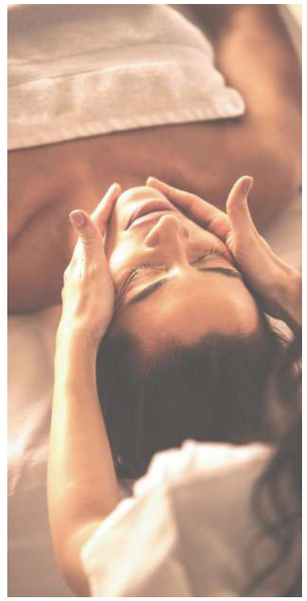
TĨNH EXPRESS

Designed for those pressed for time.
Ideal for anyone in need of a pick-me-up and a quick re-charge.

60 Mins. | ***Indian Head Massage***

A relaxing holistic treatment that uses acupressure massage on the head, face, neck, upper arms and shoulders. It aims to rebalance your body's energies and works on the areas of the body that are most affected by stress.

60 Minutes	2,000,000 VND



30 Mins. | ***Hand Reflexology***

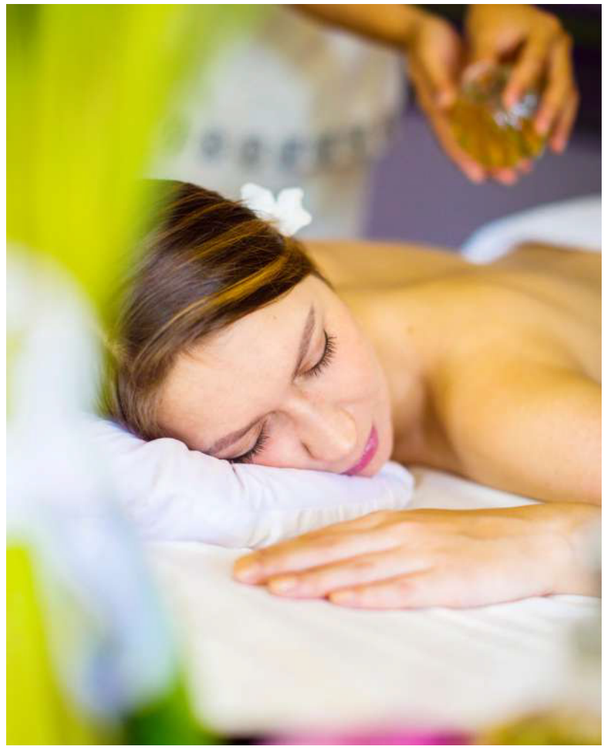
A massage technique that puts pressure on various reflex points around your hands. The belief is that these points correlate to different body parts and that massaging the points can help to relieve symptoms in other areas of the body.

30 Minutes	1,000,000 VND

45 Mins. | ***Foot Reflexology***

Foot Reflexology is the theory that, at the feet, all organs and glands are represented. Some of the recognized benefits from receiving a reflexology treatment include increased blood circulation, relaxation, and release of tension from your body.

45 Minutes	1,500,000 VND



Lose yourself to unique treatments that capture the soul of our beautiful surroundings entwined with our storied past.

TĨNH BEAUTY

The new natural. A holistic, realistic, naturalistic approach to beauty and grooming.
We care as much about ingredients as we do about technique.

45 Mins. | ***Mindful Manicure***

Our nail treatments are based on SpaRitual nail care essentials. Certified organic, vegan, cruelty free and formulated without DBP, toluene, formaldehyde and formaldehyde resin.

Shape, cuticle care, buffer, hand massage and polish.

45 Minutes 800,000 VND

45 Mins. | ***Mindful Pedicure***

Our nail treatments are based on SpaRitual nail care essentials. Certified organic, vegan, cruelty free and formulated without DBP, toluene, formaldehyde and formaldehyde resin.

Shape, cuticle care, buffer, foot massage and polish.

45 Minutes 800,000 VND

60 Mins. | ***Close Your Eyes Signature Manicure***

A relaxing and refreshing treatment for the hands. Your nails are reshaped, cuticles are cleaned up to perfect details that ensure your enhanced and refreshing feeling.

Hand soak, cut & shape nails, cuticle care, buffer, hand wrap, hand & arm massage and polish.

60 Minutes 1,300,000 VND

60 Mins. | ***Close Your Eyes Signature Pedicure***

A luxurious combination of spa and pedicure services with cuticle treatment and nail shaping process that make your nails shine. Sit and rest assured that your feet are being treated to the perfection.

Foot bath, foot scrub, cut & shape nails, cuticle care, buffer, foot & legs massage up to knees and polish.

60 Minutes 1,300,000 VND

FOOT CARE WITH FOOTLOGIX

75 Mins. | ***Sole Delight Foot Ritual Footlogix + Pedicure***

A pampering spa treatment that is focusing on rejuvenating your foot condition. Hardened skin around the heel is treated and scrubbed revealing more supple skin. Combined with relaxing foot reflexology to release blocked energy.

Foot bath, examine, exfoliate, foot scrub, shape, cuticle care, buffer, foot massage with lotion.

75 Minutes 2,100,000 VND

75 Mins. | ***Sole Delight Foot Ritual + Pedicure***

A luxurious pampering treatment. Combines Sole Delight Foot Ritual and Mindful Pedicure.

Foot bath, examine, exfoliate, shape, cuticle care, buffer, foot massage with lotion, polish.

75 Minutes 2,100,000 VND

WAXING

La Veranda Spa also offers waxing treatments. Face waxing for upper lip, brow or chin and body waxing for under arms and legs.

Lip & Chin	30 Mins	500,000 VND
Eyebrow	30 Mins	500,000 VND
Full leg	60 Mins	1,700,000 VND
Half leg	45 Mins	1,100,000 VND
¾ leg	60 Mins	1,500,000 VND
Full arm	60 Mins	1,000,000 VND
Under arm	30 Mins	500,000 VND
Chest	30 Mins	1,000,000 VND
Full Back	60 Mins	1,500,000 VND
Bikini	60 Mins	1,500,000 VND

TĨNH ACTIVITIES

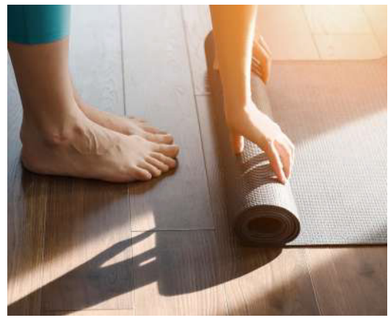
Bring your mind and body together in these activities that are focused on improving your over-all well-being in a fun & safe way.

30/60 Mins. | ***Children's Treatment***

Kiddie Spa For 4 – 12 Years Old

This special treatment is designed to help children relax and prevent hyperactivity. Mild and gentle virgin coconut oil is used to avoid possibility of skin irritation. The light massage will give your little ones physical and emotional pampering they will enjoy.

30 Minutes 840,000 VND
60 Minutes 1,500,000 VND



60 Mins. | ***Private Yoga***

Yoga is a gradual and systematic movement for attaining physical & mental control and wellbeing. Postures, known as asanas, are introduced to suit your physical structure. Advanced classes are offered for those who wish to learn how to balance different levels of stress.

60 Minutes 1,500,000 VND

How to Spa

To preserve the peace and tranquility of our Sanctuary's environment and ensure the best possible experience for all our guests, may we offer these guidelines for your visit:

SCHEDULING AN APPOINTMENT
Please speak with our Spa Team to schedule your appointment by dialing extension 4 on your telephone from within the resort. From outside the resort, please call our direct line: +84 (0) 297 3982 988, visit our website:laverandaresorts.com or email spa.reservations@laverandaresorts.com. To ensure your preferred time is available we recommend advanced booking. Credit card details are required to secure all Spa bookings.

CANCELLATION POLICY
A 4-hour notice is required should you need to cancel or reschedule your appointment. 50% charge will apply for cancellations of less than four hours. 100% charge will apply for cancellations with no notice.

ARRIVAL TIME
Please arrive 15 minutes prior to your appointment in order to relax change and enjoy the facilities at the TĨNH Wellness Sanctuary.

For those booking Wellness Packages, in-house guests shall receive an in-room Welcome kit. This includes proper attire to wear during your daily Wellness Journeys while inside the resort. Please change into your wellness attire before arriving at the sanctuary.

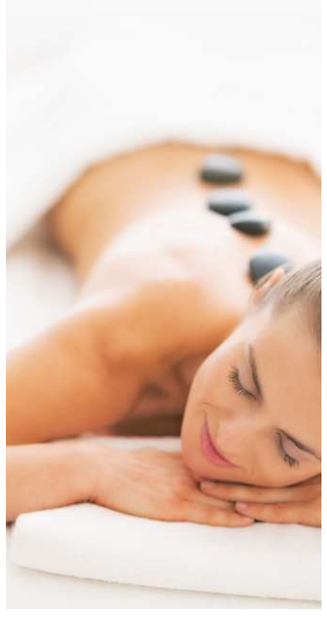
For outside guests who booked the Wellness Journeys, please arrive at the Sanctuary's reception to check-in. You shall then receive your Welcome kit. After checking-in, you will receive your locker key and your wardrobe for the day. Kindly change to the proper attire and head back to the Sanctuary's reception area.

GENTLEMEN FACIALS
Gentlemen are advised to shave at least 4 hours prior to all facial treatments to ensure maximum result.

HEALTH CONCERNS
Please inform us if you are pregnant so that our spa consultants can guide you in choosing treatments suitable for this special time.

Please inform us of any health conditions, allergies or injuries, which may affect your treatment experience when you make your booking.

PHONES, NOISE AND VALUABLES
Guests are asked to refrain from speaking loudly and using mobile phones within the spa. Valuables and jewelry are best kept in your room's safety box.

PRICES
Prices are quoted in Thousand Vietnam Dong ('000 VND). Prices quoted are per person with the exception of Couples Experiences. Includes services charge and applicable government tax.

Valid from 1 August 2019 to 31 September 2020.