

**LA VERANDA RESORT PHÚ QUỐC
MGALLERY HOTEL COLLECTION**

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WELLNESS MENU

— WELLNESS SANCTUARY —



TĨNH *Wellness Sanctuary*



“Health is a state of harmony of the body,
mind and spirit.”

Introducing — *TĨNH WELLNESS SANCTUARY*



|| OUR PHILOSOPHY

Our natural state is to be in good health, though this is often disrupted by the demands of modern living.

Through holistic approaches and authentic methods, TĨNH Wellness Sanctuary guides every guest to their natural state of wellbeing. We have crafted a haven of serenity where every detail is designed to enhance and soothe, restoring inherent states of wellness to body, mind, spirit.

|| WELCOME TO A SANCTUARY OF WELLNESS

TĨNH is “peace”, a solitary syllable, profound in its simplicity. The natural state of wellness, peace is a destination in itself. Retreat to the idylls of Phú Quốc, surrounded by whispering foliage, silky white-sand beaches and shimmering seas. Cast off your cares, cultivate your peace. Drift to a natural, balanced state of wellbeing—body, mind, spirit.

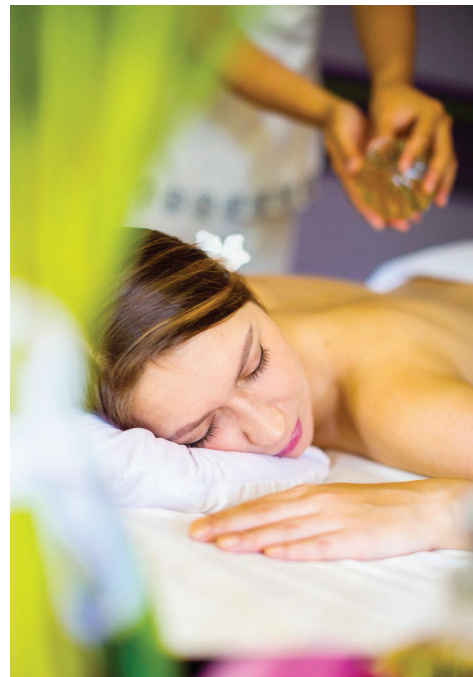
|| OUR WELLNESS SPACE

Discover an enchanting world of wellbeing in our dedicated wellness space. Each of its 1,500 square meters is designed to inspire tranquility. Private spaces pay homage to Phú Quốc's heritage with classic Indochine décor, echoing La Veranda's irresistible colonial elegance.

4 Treatment Rooms (28.5sqm) • 4 VIP Treatment Rooms (55sqm) • Full-spectrum Infrared Sauna • Swedish Sauna • Red Dao Bath • Steam Room & Hydrotherapy • Salt Water Pool • Yoga Sala • Fitness Center • Relaxation Room • Organic Beauty & Nail Bar • Wellness Kitchen • Retail • Wellness Library

4 FOUNDATIONS OF WELLNESS

Four essential features combined in perfect harmony for meaningful wellness experiences.



|| HOLISTIC APPROACH

Our wellness journeys provide you with a foundation of holistic health. Your treatment plan is personalized from the following four components:

- Movement and meditation
- Rejuvenating cuisine and liquids
- Education workshops
- Access to visiting wellness & healing practitioners

|| LUXURIOUS WELLNESS ROOMS

Surrender to indulgent pampering in spacious sanctuaries infused with elegant Indochine design. Each of our four 55sqm VIP rooms reflects air, fire, water or earth – the four basic elements of nature.

|| RECONNECT WITH NATURE

Known locally as “The Land of 99 Mountains”, Phú Quốc is a stunning natural setting conducive to wellness; a pristine treasure trove where floral fragrances dance with the fresh ocean breezes.

|| TRANSFORMATIVE WELLNESS

Sustainable healthy living and wellbeing stretches beyond your time at TÍNH Wellness Sanctuary. Our wellness programs facilitate the continuation of your journey, encouraging, empowering, for life-long health.



6 Journeys
To Wellness



6 JOURNEYS TO WELLNESS

TĨNH Wellness Sanctuary offers six transformative journeys of wellness.



|| SIX JOURNEYS

The soft, saccharine scent of lotus blossoms waft in the air. Revel in wellness journeys that rejuvenate, restore, replenish. Each has been mindfully crafted through our holistic vision to nourish and nurture. To lead you back to a balanced and harmonious state of mind, body and spirit. Private wellness consultations are included.

Included daily in all 6 journeys:

- Morning yoga
- Luxurious healthy breakfast
- Parts-focused therapy (60 minutes)
- Full-body therapy (60 or 90 minutes, depending on the journey)
- Mindful movement session after lunch (60 minutes)
- Health & Wellness workshops connecting body, mind & spirit
- Personal assessments to learn about wellness and healthy lifestyle
- Wellness liquids (cold-pressed juice, green smoothies, tonic and coconuts)

6 JOURNEYS	1-DAY	3-DAY	5-DAY	7-DAY
BACK TO WELLNESS	x	x	x	x
DETOX	x	x	x	x
BURNOUT RECOVERY	x	x	x	x
RELIEF FROM TENSION	x	x	x	x
SPA INDULGENCE	x	x	x	
BEAUTY & VITALITY	x	x		
SUPPLEMENTAL PROGRAM				
LIQUID PROGRAM	x	x	x	x

** Wellness Cuisine full-board meals for Back to Wellness and Detox journeys.





DAILY SCHEDULE

A Brand-New Day with your Journey to Wellness.



Discover soothing restoration.

Redress fatigue, tension, strain with paths to wellness that purify body and mind. Every journey combines movement and meditation, full-body and parts-focused treatments, rejuvenating cuisine and liquids, and education workshops.

Each daily wellness journey includes:

08:00am	Fresh Juice, Morning Yoga & Meditation
09:00am	Luxurious Healthy Breakfast
10:30am	90-minutes Full Body Treatment – with Hydrotherapy, Red Dao bath or Full-Spectrum Infrared Sauna or Steam
12:00nn	Healthy Lunch
02:00pm	Light Group Activities
03:30pm	60-minutes Parts focused Treatment
05:00pm	Health & Wellness Workshops

And:

- 3 wellness beverages morning, noon and evening – cold-pressed juices, green smoothies, tonics & coconuts
- Pre and post personal sessions for assessment
- Wellness Cuisine full-board meals for Detox and Back to Wellness Journeys

Guests are invited to book private treatment sessions after 6pm for emotional work, additional body work or treatments from visiting practitioners.

THE JOURNEY TASTER

A Journey of Discovery in a day. Designed for you to have a taste.

The path to wellness is unique to every guest.

If you are unsure which of our six journeys resonates with your wellness needs, embark on the Journey Taster. These one-day journeys allow you to find the perfect wellness path for you.

Each sampler lets you experience the journey of your choice in consultation with our Wellness Manager. These are perfect if you are just setting out on the path to wellness, or if you are here for a shorter stay and wish to plan the perfect program for your return.

After the Journey Taster, you will feel re-charged and energized. You are more inspired and better equipped to plan your next wellness break whether it's for 3, 5 or 7 days.



BACK TO WELLNESS JOURNEY

1 day, 3 days, 5 days or 7 days with full board

Everyday life depletes the body, mind, spirit, weakening our natural defenses.

Reconnect to a balanced state of health and restore your resilience against the stressors of modern living with this holistic journey of meditation, targeted treatments and uplifting workshops. Rediscover your rhythm with nature and return to a naturally blissful state of health.

Choose from one-, three-, five- and seven-day journeys with full board. You may substitute full board with a liquid program after your health consultation.

	MINS.	1-DAY	3-DAY	5-DAY	7-DAY
DAILY ACTIVITIES					
Morning Yoga or Tai-chi	60	x	x	x	x
Mindful Movement Sessions after Lunch	60	x	x	x	x
Health & Wellness Workshops for Body, Mind, Spirit	60	x	x	x	x
Private Pre & Post Journey Assessments	45	x	x	x	x
to learn about wellness and healthy lifestyle					
WELLNESS MENU MEALS					
Luxurious Healthy Breakfast		x	x	x	x
Wellness Liquids		x	x	x	x
cold pressed juice, green smoothie, tonics & coconuts					
Wellness Lunch & Dinner from Wellness Menu		x	x	x	x
FULL-BODY TREATMENTS					
Anti-stress Jet Lag Treatment	90	1x	1x	1x	1x
Lymphatic Drainage Treatment	90		1x	1x	1x
Oriental Body Treatment	60			1x	1x
Holistic Body Treatment	60		1x	1x	1x
Neuromuscular Treatment	90			1x	1x
King Gia Long Royal Warrior Ritual	200				1x
Hydro-bath or Infrared Sauna or Steam sauna or	30	1x	2x	4x	7x
Swedish Sauna or Red Dao Bath					
PARTS-FOCUSED BODY TREATMENTS					
Chi Nei Tsang Abdominal Treatment	60	1x	1x	2x	3x
Indian Head Treatment	45		1x	1x	1x
Foot Reflexology	45		1x	1x	2x
TOTAL TREATMENTS					
		3	8	13	19

- King Gia Long Royal Warrior Ritual takes place on the last day of your seven-day journey which includes: a foot ritual, full spectrum infrared sauna, lymphatic drainage, dry body brush, Vietnamese cupping, 4 hands massage, ending with Red Dao herbal bath.
- Chi Nei Tsang Abdominal Treatment will be repeated on the first, fourth and sixth days.



DETOX JOURNEY

1 day, 3 days, 5 days or 7 days with full board

Our cornucopia of detoxifying treatments cleanse, revitalize, purify. Ancient Chinese abdominal massage techniques combined with spa therapies reinstate the body's natural ability to detoxify and cleanse itself. A graceful balance of treatments & customized wellness cuisine, this journey will benefit you far beyond your stay.

Choose from one-, three-, five- and seven-day journeys with full board. You may substitute full board with a liquid program after your health consultation.

	MINS.	1-DAY	3-DAY	5-DAY	7-DAY
DAILY ACTIVITIES					
Morning Yoga or Tai-chi	60	x	x	x	x
Mindful Movement Sessions after Lunch	60	x	x	x	x
Health & Wellness Workshops for Body, Mind, Spirit	60	x	x	x	x
Private Pre & Post Journey Assessments	45	x	x	x	x
to learn about wellness and healthy lifestyle					
WELLNESS MENU MEALS					
Luxurious Healthy Breakfast		x	x	x	x
Wellness Liquids		x	x	x	x
cold pressed juice, green smoothie, tonics & coconuts					
Wellness Lunch & Dinner from Wellness Menu		x	x	x	x
FULL-BODY TREATMENTS					
Lymphatic Drainage Treatment	60	1x	2x	2x	2x
Vietnamese Cupping Treatment	90		1x	2x	2x
Holistic Body Therapy	90				1x
Oriental Body Treatment	60			1x	1x
King Gia Long Royal Warrior Ritual	200				1x
Hydrobath or Infrared Sauna or Red Dao Bath	30	1x	2x	4x	7x
PARTS-FOCUSED BODY TREATMENTS					
Chi Nei Tsang Abdominal Treatment	60	1x	1x	2x	3x
Foot & Hand Reflexology	60		1x	1x	1x
Body Scrub	60		1x	1x	1x
TOTAL TREATMENTS					
		3	8	13	19

- King Gia Long Royal Warrior Ritual takes place on the last day of your seven-day journey which includes: a foot ritual, full spectrum infrared sauna, lymphatic drainage, dry body brush, Vietnamese cupping, 4 hands massage, ending with Red Dao herbal bath.
- Lymphatic Drainage Treatment will be repeated on first and third day.
- Vietnamese Cupping will be repeated on second and fifth day.
- Chi Nei Tsang Abdominal Treatment will be repeated on first, fourth and sixth day.



BURNOUT JOURNEY

1 day, 3 days, 5 days or 7 days

Reignite your inner radiance and revive your zest for life with this therapeutic retreat program.

Designed to re-establish emotional balance & optimize energy levels, this journey of recovery combines treatments to rejuvenate the body with guidance from experienced therapists. Feel empowered to handle stress mindfully & develop healthy eating habits.

	MINS.	1-DAY	3-DAY	5-DAY	7-DAY
DAILY ACTIVITIES					
Morning Yoga or Tai-chi	60	x	x	x	x
Mindful Movement Sessions after Lunch	60	x	x	x	x
Health & Wellness Workshops for Body, Mind, Spirit	60	x	x	x	x
Private Pre & Post Journey Assessments	45	x	x	x	x
to learn about wellness and healthy lifestyle					
WELLNESS MENU MEALS					
Luxurious Healthy Breakfast		x	x	x	x
Wellness Liquids		x	x	x	x
cold pressed juice, green smoothie, tonics & coconuts					
Wellness Lunch & Dinner from Wellness Menu		x	x	x	x
FULL-BODY TREATMENTS					
Anti-stress Jet Lag Treatment	90	1x	1x	1x	1x
Holistic Body Treatment	90			1x	1x
King Gia Long Royal Warrior Ritual	200				1x
Swedish Body Treatment	90		1x	1x	1x
Oriental Body Treatment	90		1x	2x	2x
Volcanic Stone Body Treatment	90				1x
Hydrobath or Infrared Sauna or Red Dao Bath	30	1x	2x	3x	6x
PARTS-FOCUSED BODY TREATMENTS					
Chi Nei Tsang Abdominal Treatment	60		1x	2x	2x
Indian Head Ritual	60		1x	1x	1x
Ultimate Rose Facial	60			1x	1x
Foot & Hand Reflexology	60	1x	1x	1x	1x
Foot Reflexology	45				1x
TOTAL TREATMENTS					
		3	8	13	19

- King Gia Long Royal Warrior Ritual takes place on the last day of your seven-day journey which includes: a foot ritual, full spectrum infrared sauna, lymphatic drainage, dry body brush, Vietnamese cupping, 4 hands massage, ending with Red Dao herbal bath.
- Oriental Body Treatment will be repeated on third and fifth days.
- Chi Nei Tsang Abdominal Treatment will be repeated on third and fifth days



RELIEF FROM TENSION JOURNEY

1 day, 3 days, 5 days or 7 days

Revel in relaxation as tension melts away in this optimal journey of massage, yoga. Our therapists expertly reset tissues & nerves to renew the body's natural healing abilities, before designing a complementary exercise program.

	MINS.	1-DAY	3-DAY	5-DAY	7-DAY
DAILY ACTIVITIES					
Morning Yoga or Tai-chi	60	x	x	x	x
Mindful Movement Sessions after Lunch	60	x	x	x	x
Health & Wellness Workshops for Body, Mind, Spirit	60	x	x	x	x
Private Pre & Post Journey Assessments	45	x	x	x	x
to learn about wellness and healthy lifestyle					
WELLNESS MENU MEALS					
Luxurious Healthy Breakfast		x	x	x	x
Wellness Liquids		x	x	x	x
cold pressed juice, green smoothie, tonics & coconuts					
Wellness Lunch & Dinner from Wellness Menu		x	x	x	x
FULL-BODY TREATMENTS					
Oriental Body Treatment or	60 or 90	1x	2x	2x	
Neuromuscular Body Treatment					3x
Holistic Body Treatment	60			1x	
Volcanic Stone Body Treatment	90			1x	1x
Hydrobath or Infrared Sauna or Red Dao Bath	30	1x	2x	3x	1x
Vietnamese Cupping Treatment	90		1x	1x	6x
King Gia Long Royal Warrior Ritual	200				1x
PARTS-FOCUSED BODY TREATMENTS					1x
Chi Nei Tsang Abdominal Treatment	60		1x	2x	
Indian Head Ritual	60		1x	1x	2x
Hand Reflexology	30	1x	1x	1x	1x
Foot & Hand Reflexology	60			1x	1x
Foot Reflexology	60				1x
					1x
TOTAL TREATMENTS		3	8	13	19

- King Gia Long Royal Warrior Ritual takes place on the last day of your seven-day journey which includes: a foot ritual, full spectrum infrared sauna, lymphatic drainage, dry body brush, Vietnamese cupping, 4 hands massage, ending with Red Dao herbal bath.
- Oriental or Neuromuscular Body Treatment will be repeated on first, third and sixth days.
- Chi Nei Tsang Abdominal Treatment will be repeated on third and fifth days.



SPA INDULGENCE JOURNEY

1 day, 3 days or 5 days

Indulge in the very best of our spa selection, a carefully curated collection of one-, three- and five-day programs using only the finest organic products. Let your worries drift away as you're lulled into a deep state of tranquility.

	MINS.	1-DAY	3-DAY	5-DAY
DAILY ACTIVITIES				
Morning Yoga or Tai-chi	60	x	x	x
Mindful Movement Sessions after Lunch	60	x	x	x
Health & Wellness Workshops for Body, Mind, Spirit	60	x	x	x
Private Pre & Post Journey Assessments	45	x	x	x
to learn about wellness and healthy lifestyle				
WELLNESS MENU MEALS				
Luxurious Healthy Breakfast		x	x	x
Wellness Liquids		x	x	x
cold pressed juice, green smoothie, tonics & coconuts				
Wellness Lunch & Dinner from Wellness Menu		x	x	x
FULL-BODY TREATMENTS				
Holistic Body Treatment	90		1x	1x
Anti-stress Jet Lag Treatment	90	1x	1x	1x
Volcanic Stone Body Treatment	90		1x	1x
King Gia Long Royal Warrior Ritual	200			1x
Oriental Body Treatment	90			1x
Hydrobath or Infrared Sauna or Red Dao Bath	30	1x	2x	4x
PARTS-FOCUSED BODY TREATMENTS				
Facial Treatment of Choice	60	1x	1x	1x
Indian Head Ritual	60			1x
Body Scrub	60		1x	1x
Mindful Manicure & Pedicure	90		1x	1x
TOTAL TREATMENTS				
		3	8	13

- King Gia Long Royal Warrior Ritual takes place on the last day of your seven-day journey which includes: a foot ritual, full spectrum infrared sauna, lymphatic drainage, dry body brush, Vietnamese cupping, 4 hands massage, ending with Red Dao herbal bath.

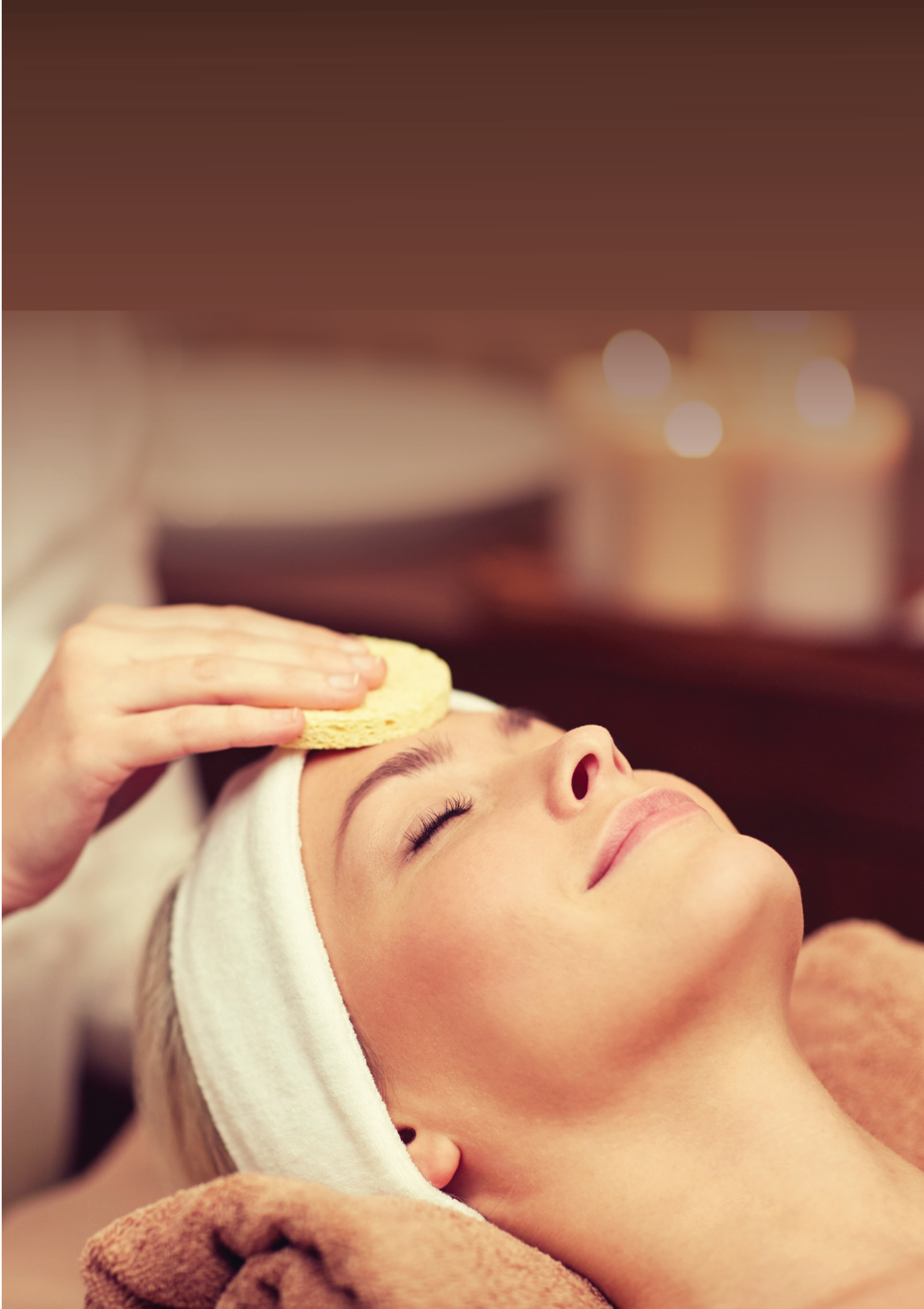


BEAUTY & VITALITY JOURNEY

1 day or 3 days

Rejuvenate inside and out with this invigorating journey, leaving you feeling and looking refreshed. Reverse the signs of aging and reveal a youthful glow with a combination of wholesome, delicious meals and regenerative facials and skin treatments.

	MINS.	1-DAY	3-DAY
DAILY ACTIVITIES			
Morning Yoga or Tai-chi	60	x	x
Mindful Movement Sessions after Lunch	60	x	x
Health & Wellness Workshops for Body, Mind, Spirit	60	x	x
Private Pre & Post Journey Assessments	45	x	x
to learn about wellness and healthy lifestyle			
WELLNESS MENU MEALS			
Luxurious Healthy Breakfast		x	x
Wellness Liquids		x	x
cold pressed juice, green smoothie, tonics & coconuts			
Wellness Lunch & Dinner from Wellness Menu		x	x
FULL-BODY TREATMENTS			
Lymphatic Drainage Treatment	90	1x	1x
Body Scrub	60	1x	1x
Volcanic Stone Body Treatment	90		1x
PARTS-FOCUSED BODY TREATMENTS			
Facial Treatment of Choice	60	1x	1x
Indian Head Ritual	60		1x
Mindful Manicure & Mindful Pedicure	90		1x
Waxing – Choice of 3 Parts	60		1x
Sunburn Soother	60		1x
Sole Delight Foot Ritual	60		1x
TOTAL TREATMENTS		3	9



NOURISHED BY NATURE

Liquid Nutrition Program and Wellness Cuisine



|| LIQUID NUTRITION PROGRAM

Each of our six journeys can be enhanced by our Liquid Nutrition Program, a curated selection of wellness liquids that reduce hunger and rid the body of toxins. Transformative tonics for those focused on absolute wellness.

|| WELLNESS CUISINE

Wholesome, delicious, inspired by ancient traditions, TĨNH Wellness Kitchen lovingly crafts healthy cuisine from pure and whole foods – locally sourced, organic and always sugar-free. Featuring seasonal ingredients and innovative recipes, our menu will enchant your palate from amuse bouche to dessert. Nourish your body and soul with cold-pressed juices, superfood smoothies, herbal teas, salads, soups, main courses and more.

ENRICH YOUR EXPERIENCE

Activities and Wellness Sanctuary Services



|| OUR ACTIVITIES

Enrich your wellness experience and reconnect with the earth. Lose yourself in the richness of Phú Quốc's natural treasures with activities that educate and empower. Turn healthy practices into habits to take home, beyond the blissful shores of La Veranda.

Find your center of calm with kundalini meditation, beach walks, walking meditation. Learn about the healing power of plants with light organic farming. Discover the stress-reducing benefits of autogenic relaxation. Cultivate the art of living well with our screenings on nutrition, food preparation, positive energy and the law of attraction, and more.

|| OUR SERVICES

Immerse yourself in a world of wellbeing. Embark on a journey of wellness. TĨNH Wellness Sanctuary provides a full range of beauty and wellness services. We use only the finest organic beauty brands, out of respect for our planet and its abundant natural gifts.

• Wellness • Facial care • Express treatments • Organic Spa • Nail care • Organic Beauty • Massage • Foot massage • Kids' service

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.

