

AZERAI SPA

Azerai Spa sits along the banks of the islet's interior mangrove canals and is tucked under a shaded canopy of banyan trees dedicated to seeker of Peace, tranquillity and wellness- exclusive Azerai experience.

The spa features six air-conditioned rooms and two treatment suites, each with private bath and dressing facilities for maximum privacy, comfort and serenity.

The well designed spa menu offers a range of wellness treatments from deep-tissue to gentle massages, hot stone therapies, body wraps, scrubs and facials.

Treatments use bespoke products blended with indigenous natural ingredients such as essential oils, muds, clays Mekong rice, sweet almond oil and coffee for their therapeutic energy and to promote detoxification and wellness that begins from deep within.

# CONSULTATIONS

## Ayurvedic Consultation

60 min • 800 ++

Ayurveda, meaning knowledge of life and longevity and it works on the principle that the body is made of five primary elements- space, air, fire, water and earth and combination of these elements determines body type and current imbalances. Ayurvedic Consultation involves a comprehensive analysis to determine body type Dosha - Vata, Kapha and Pitta and a programme of diet and exercise according to body type that will help bring more balance, energy and a state of vibrant health and radiance.

## Yoga Consultation

30 min • 400 ++

A private consultation with experienced Yoga master trained to listen to your personal objectives and goals during stay at Azerai, which help to design a bespoke yoga & meditation program and to assist you in the journey of Health & wellness path.

## Wellness Consultation

30 min • 600 ++

Our initial Wellness Consultation includes a lifestyle assessment and planning to prepare a sequence of experiences and a programme of diet and exercise to optimise your stay at Azerai.

# YOGA & MEDITATION

## Hatha Yoga Practice

60 min • 1,000 ++

The ancient practice of yoga benefits practitioners by bestowing spiritual and physical elevation. This unique form of exercise combines stretching and breathing to help improve circulation. This will in turn, nourish the cells throughout the body, leading to improved physical health and meditative state of mind.

## Pranayama Breathing Practice

45 min • 900 ++

Pranayama literally means expansion of Prana (Vitality) and teaches the proper way to breathe which rectify the faulty patterns of breathing. It removes the blockages from the subtle energy channels and enhances the level of vitality and relaxation

## Meditation Yoga

45 min • 900 ++

Meditation is a precise ancient yogic technique for relaxing the mind and to develop mindfulness, concentration, tranquillity and spiritual insight. This session offers guided meditation and yogic relaxation techniques, enabling practitioner to relax body-mind, and create harmony at the physical, mental and spiritual dimensions.

# SIGNATURE EXPERIENCE

## Azerai Signature Aromatherapy

90 min • 2,100 ++

Experience the restorative rhythmic movements of Azerai signature Aromatherapy, Designed for stressed and aching muscles, encourage relaxation, enhance blood circulation, eliminate toxins and improve muscle tone. This treatment combines Swedish, Vietnamese, Thai stretching and Hawaiian Lomi Lomi techniques with Japanese Shiatsu. Very suitable treatment for those who have just arrived after traveling long distances.

## Synchronize Four Hand Experience

75 min • 2,900 ++

This masterful ballet of massage movements, offers a unique and absolute sensorial experience. When two therapists, and four hands, start massaging, initial reaction for mind is to follow their movements; however this is not possible and so the conscious mind completely surrenders. Providing twice the intensity, healing and relaxation of a regular two-handed massage excellent treatment for those who find it hard to relax during massage treatments, or for ultimate massage experience. Please note that this is a powerful massage. Not physically only –mentally & emotionally too.

## Traditional Vietnamese Oil Therapy

60 min • 1,250 ++ | 90 min • 1,700 ++

A traditional Vietnamese oil therapy that incorporates a pressure point technique with invigorating movements to warm and relax muscle tissue. Warmed small suction cups are placed on the back, to aid in muscle relaxation, improve circulation and rejuvenate the body.

## Vietnamese Herbal Compress

90 min • 2,100 ++

A traditional way to ease sore muscles and improves blood circulation and facilitates relaxation through warmed herbal compress using assorted local herbs, pressed against the body meridian along with acupressure points with a traditional Vietnamese body treatment.

All prices are in '000 VND and subject to 5% service charge and 10% VAT

# RELAXING & PAMPERING

## Holistic Wellbeing Therapy

60 min • 1,200 ++

Holistic is a full body and scalp therapy, including quick face reflexology. Using long, slow stroking movements, your therapist will put you into a deep state of relaxation using nourishing blend of sweet almond oil with a hint of lavender, is warmed and applied to the skin.

## Swedish Massage

60 min • 1,249 ++ | 90 min • 1,578 ++

The traditional European full body restorative manipulation technique of regulated pressure, long strokes and kneading movements on superficial layers of the muscles to relax aching body, stimulate the blood circulation and eliminate toxins, increase flexibility while encouraging wellbeing overall.

## Refreshing Balinese Massage

60 min • 1,249 ++ | 90 min • 1,578 ++

Relieve tension throughout the body, using traditional Balinese techniques combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood, oxygen and energy, for an enhanced sense of well-being, tranquility and deep relaxation.

## Deep Tissue Touch

90 min • 2,000 ++

A powerful and sensorial ritual, recommended for those really tense, knotted and painful areas. This treatment is a combination of Thai and Swedish techniques. An integrative deep touch with full body treatment including scalp, face and stomach, leaving you feeling uplifted and full of vitality.

# REVIVE & REJUVENATE

## Lava Stone Therapy

90 min • 2,200 ++

Using warmth of hot basalt stones, this therapy deeply warms muscles and stimulates nerve endings to activate blood circulation and improve complexion. With an immediate draining and detoxifying effect, the flow of energy is naturally restored, leaving feeling refreshed, energized and rebalanced.

## Energizing Back Relief

45 min • 900 ++

A truly relaxing therapeutic oil massages focusing on reviving the upper body, by kneading key areas to relieve tension and ease muscle tightness. Additional focus on face, scalp and shoulder massage designed to relief the stress, melt away the tension and energize whole body.

## Indian Head Therapy

45 min • 900 ++

Traditional Indian Ayurvedic techniques to releases muscular tension from the head, neck and shoulders aiding to stimulate blood circulation. Particularly good for reducing the effects of stress and tension, excellent for dry, dehydrated and sensitive scalp as well as improving the condition of hair.

# SCRUB & WRAP

## Lavender Floral Body Scrub

60 min • 1,100 ++

Naturally exfoliates your body to remove dirt & dead skin cells, strengthen the skin, while calming and soothing the mind. A paste of extra fine raw sugar, lavender scented essential oils, leaves the skin refreshed, softened and protected from urban pollutants.

## Anti-oxidant Green Tea Scrub

60 min • 1,100 ++

Cleanse and soften the skin with this refreshing scrub, of sea salt and locally grown green tea, which is known for its anti-oxidant properties and uplift the mood.

## Vietnamese Coffee Scrub / Rice Scrub

30 min • 750 ++

Coffee Scrub ideal for areas prone to fluid retention and cellulite or gently exfoliates the skin and stimulates blood circulation, using Mekong Delta ingredients of rice to restores balance and energy.

## Mineral Mud Wrap

60 min • 1,200 ++

Soften and rejuvenate the skin with a locally-inspired treatment starting with dry body brushing to gently exfoliate the skin and stimulate the lymphatic circulation. Mineral mud is then applied, followed by a cocooning body wrap and scalp massage to induce deep relaxation. To complete the treatment, the body is coated with rich nourishing body cream.

# SPA FACIAL

## Harmonious Facial

60 min • 1400 ++

Rejuvenate the skin with this natural facial, which combines pure native ingredients like yoghurt, honey, cucumber, fresh milk & oatmeal in a precise blend to cleanse exfoliate & massage the skin. Focusing on pressure points to improve circulation & skin elasticity, release facial tensions and induce radiance complexion and relaxed state of mind.

## Revitalizing Age Repair

75 min • 1600 ++

A facial treatment to fight the signs of ageing & sun exposure, without any harsh chemicals, using natural skincare rendez-vous products rich in antioxidants, Gac Oil and Ginseng. Facial starts with deep cleansing and exfoliation with active jojoba pearl, face massage followed by masks application for more youthful complexion. A scalp massage using almond oil completes this revitalizing age repair facial.

## Aromatherapy Men Facial

75 min • 1600 ++

A targeted treatment for men's skin to refine and freshen with highly effective natural skincare rendez-vous products. Skin is cleansed, exfoliated, massaged and then a purifying mask is used to ease tension and tone the muscles, leaving the complexion bright and radiant.

## Eye Enhancement

30 min • 800 ++

Refresh and brighten eyes with eye enhancement treatment, perfect addition to any facial. This treatment uses light lymphatic drainage massage techniques to improve micro-circulation and drainage, helping reduce puffiness, dark circles and fine lines.

## Express Facial

30 min • 750 ++

Designed to give most of the benefits in lesser time, consists of cleansing, exfoliation, pressure point facial massage, and moisturizer to stimulate and tighten skin, look brighter & feel younger. Extractions & mask not included

# SPA NOURISHING PACKAGES

## Vietnamese soothing Experience

2 Hours 30 min • 3,000 ++

This nourishing experience starts with a soothing foot bath followed by refreshing Anti-oxidant Body Scrub. The nourishing then continues with traditional Vietnamese oil therapy, Warmed small suction cups are placed on the back, to aid in muscle relaxation, improve circulation and rejuvenate the body and experience concludes with harmonious facial to rejuvenate the facial skin which combines pure local ingredients with a facial massage to enhance one's inner glow and natural beauty

## Detoxifier Journey

2 Hours 30 min • 3,000 ++

This detoxifying Package commence with aromatic Steam & sauna bath followed by herbal rice body scrub, full body mud rejuvenation, holistic wellbeing therapy using long, slow stroking movements to induce deep state of relaxation using nourishing blend of sweet almond & Coconut oil.

## Half Day Rejuvenating Experience

4 Hours 30 min • 4,500 ++

Spend your half day in our spa and start journey with rejuvenating Yoga session. Enjoy a full-body Lavender Floral scrub that will leave your skin smooth and glowing. This is followed by a 90-minute custom deep tissue massage before taking a break to enjoy light spa fruit platter with fresh juice. Afterwards, sit back and relax once more with a spa manicure / pedicure, the ultimate head-to-toe experience.

# HAND FEET & BEAUTY CARE

## Foot Reflexology

60 min • 950 ++

Also called “zone therapy,” based on the foundation that an energy channel exists from our feet to the tops of heads. Applying pressure on key points on the soles of the feet, a reflexologist unblocks that channel to restore proper health and eases physical stress, improves circulation and helps release built-up toxins. It brings a sensation of lightness to the legs and feet, and reduces the heaviness of leg muscles.

## Spa Manicure

60 min • 900 ++ | 30 min • 500 ++

Old proverb “Beauty lies in small things” designed to prepare hand beautiful and nourished nails and treatment start with hand soak, exfoliation and deeply therapeutic hand massage and cuticle removal work, followed by nail shaping and polishes application. A variety of nail varnish OPI & Butter colors are available for you to choose from.

## Spa Pedicure

60 min • 900 ++ | 30 min • 500 ++

Idea for feet and legs to be invigorated and to remove dead skin, softens hard skin and shapes and treats toenails. Treatment includes cuticle work, light removal of calluses, relaxing foot massage and polishes application from OPI & Butter colors collections.

## Color Application / French Polish Only

30 min • 300 ++

For perfect nails, OPI or Butter polish application. Nails will be smoothed, shiny and perfectly shaped.

# HAND FEET & BEAUTY CARE

## WAXING

Hair removal is an essential part of their beauty routine and here we offer natural bee wax which not only makes less painful but more effective over the period.

|           |         |
|-----------|---------|
| Full Leg  | 1,100++ |
| Half Leg  | 600 ++  |
| Full Arm  | 800 ++  |
| Under Arm | 550 ++  |

## AZERAI SALON

|                                  |          |
|----------------------------------|----------|
| Shampoo and Blow Dry – Ladies    | 500 ++   |
| Shampoo and Blow Dry – Gentlemen | 350 ++   |
| Hair Nourishing Treatment        | 350 ++   |
| Hair Cut – Ladies                | 1,100 ++ |
| Hair Cut – Gentlemen             | 750 ++   |

# TRAVEL PRESCRIPTIONS

Studies have shown that massage stimulate the production of melatonin needed to promote healthy sleep cycles and can help you recover after the long haul flight and to reduce the effects of jet lag. A rebalance, rehydrate, and energy restoration treatment – perfect on arrival or prior to onward travel – designed to combat the effects of air travel.

## Pre-flight Preparation

120 min • 2,200 ++

Facial Treatment combined with Foot Reflexology or Manicure or Pedicure

## Jet-Lag Recovery

120 min • 2,200 ++

Facial Treatment, together with a Holistic Wellbeing Therapy

# THERMAL IMMERSION

Thermal immersion promotes relaxation, improves breathing, cleanses the body and enhance the benefits of spa treatments. When using the thermal bathing facilities, for the comfort of all our guests we request to reserve in advance. Thermal bathing is not recommended to pregnant guests, and all appointments are offered subject to availability. To make the best of our thermal suite please refer to the following guide.

**Sensation Showers:** A selection of three water experiences with differing temperatures, such as bucket shower, waterfall, spray mist shower designed to refresh the mind and body

**Aroma Steam Bath:** Aromatically infused steam to slowly heat and refresh the body. Breathing is eased and your lymphatic system is cleansed, resulting in a glowing skin tone.

**Sauna Bath:** A relaxing and invigorating dry heat that has a purifying effect on the body. The immune system is boosted as everyday stresses are relieved. The herbal aromas clear the sinuses

**Ice Fountain:** Cool down between the various hot temperatures of the thermal bath by applying crushed ice all over your body. The contrast of temperatures will boost your circulation and help close pores after each heat experience. A cooling option to stimulate and revitalize the whole body and mind.

# SPA ETIQUETTE

## Opening Hours

Azerai Spa is open every day from 9:00am to 9:00pm (last appointment at 8pm). To call Azerai Spa, press the Icon ( ) on your in room telephone. Gymnasium is open every day from 7:00am to 9:00pm

## A Moment of Tranquility

Our Spa is a haven of serenity. Please be sure to turn off your telephone so that your relaxation and the relaxation of other guests is not disturbed.

## Treatment Duration

The therapy durations indicated correspond to the length of your experience at the Spa. We encourage you to arrive at the Spa 30 minutes prior to your treatment in order to complete your personal consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

## Children

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guest, 12 to 15 years old, are welcome to enjoy a selection of treatment under the supervision of a guardian.

## Valuables

We recommend that you leave all jewellery / valuables in your room before coming to the spa. We accept no responsibility for the loss of money or valuables of any kind brought onto the spa premises.

## Information

To ensure our team are fully informed, please do make our team aware of any health matters including pregnancy and allergies.

## Appropriate dress

To protect your privacy our therapists are trained in professional draping. Disposable undergarments are available for both male and female.

# SPA ETIQUETTE

## **Pre-treatment recommendations**

For best results, we recommend men shave on the day of a facial. For women we recommend not shaving or waxing on the day of a body treatment.

## **Reservations, Late Arrival and Cancellation Policy**

In order to secure the most suitable schedule, we recommend that you anticipate your treatments by making an appointment. Late arrivals may result in lost treatment time unless the schedule enables us to offer you the full service.

Should you need to cancel or reschedule your appointment, as a courtesy we kindly request that you provide us with a 3-hour notice to avoid incurring the full therapy charges. Cancellations made within the 3 hours will incur a full treatment charge.

## **Smoking and Alcohol**

Smoking and consumption of alcohol within the spa areas is prohibited.

## **Safety and Security**

Sexual solicitations or sexual harassment will not be tolerated and will immediately be reported to authorities.

## **Before Arrival**

Due to high volume of guests, we recommend you make Spa reservations as soon as possible once you arrive at Azerai.

## **After your treatment**

It very important to drink plenty of water pre and post treatment. Take time to relax immediately afterwards, as this will help ensure you experience the full benefits of your treatment.

AZERAI

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CAN THO, VIETNAM