

AZERAI SPA

AZERAI

CAN THO, VIETNAM

The Azerai Spa is located along the banks of the small island's inner mangrove channel and nestled under a canopy of shady banyan trees exclusively for those seeking peace tranquility and wellness - an exclusive Azerai experience. The spa features six air-conditioned rooms and two treatment suites, each with a private bathroom and changing facilities for maximum privacy, comfort and serenity.

The beautifully designed spa menu offers body treatments ranging from soothing relaxation treatments to deep-tissue therapy massages, hot stone massages... All treatments are designed based on the principle of opening the meridians, stimulating the blood circulation system and the sensory nervous system.

Our treatments use bespoke products blended with indigenous natural ingredients such as essential oils, clay, Mekong rice, sweet almond oil and coffee to promote skin detoxification and health that starts from deep within. Begin your experience with the magnificent Vietnamese traditional therapy treatment to create a perfect and memorable journey with our Azerai Spa.

Azerai Spa

9:00 a.m. – 19:00 p.m.

Gym

06:00 a.m. – 21:00 p.m.

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AZERAI SIGNATURE PACKAGE

WILD CONNECTION OF AZERAI

120 min • 2,850

Our signature transformative spa experience. Begin your journey with a body exfoliation featuring freshly grated coconut mix with cocoa to shed the top layer of skin, followed by a deeply relaxing body treatment using warm, homemade coconut oil, and completing the experience with body treatment to relieve tension and ensure you leave in a true state of serenity.

Steam bath with essential oil | 30 min Body exfoliation | 90 min Azerai Signature Treatment

AZERAI REJUVENATING JOURNEY

150 min • 3,225

This restorative whole body treatment is a combination between Azerai Signature Herbal treatment and Anti-Ageing Facial Care. The experience will stimulate regeneration of new cells in the outer skin layer, improve facial contours and promote skin rejuvenation.

90 min Azerai Signature Treatment | 60 min Anti-Ageing Facial Care

AZERAI HARMONY DETOX

150 min • 2,580

A fusion of treatments to create a truly detoxifying experience, ensure you are revitalized, leaving your skin nourished, soothed and your body re-energized and cleansed. Our Spa therapist starts with exfoliation to stimulate and remove toxins from the body, followed by pennywort and green tea body wrap as well as a warming treatment featuring kaffir lime and orange essential oils to further detoxify the skin. Deep tissue massage therapy will reduce muscle tension, boosting blood circulation for the whole body.

Steam bath with essential oil | 30 min Body Exfoliation | 30 min Body Wrap | 90 min Deep Tissue Treatment

COUPLES ROMANCE COLLECTION

150 min • 6,800

Unwind in harmony with your beloved in this romantic, indulgent treatment, which provides the kind of complete serenity specifically chosen for an escape. Reconnect with each other and escape from the busy world as you both enter the world of relaxation and begin the process of restoring your body, mind and spirit.

Choose Your Desired Treatments And Let Our Therapists Tailor To Your Need

PAMPERING EXPERIENCE

Incorporating authentic, indigenous techniques, our “Azerai” Spa signature treatments are designed to encourage you to immerse yourself in the Azerai Resort experience and provide a true appreciation of our exquisite surroundings. All treatments begin with the memorable “Azerai” Spa ritual.

AZERAI SIGNATURE AROMATHERAPY

90 min • 2,100

Experience the restorative rhythmic movements of Azerai Signature Herbals, aiming to ease sore muscles and improve blood circulation through acupressure and traditional Vietnamese body treatment. The experience facilitates relaxation, invigorates the body and mind with a warmed herbal compress using assorted Vietnamese herbs.

DEEP TISSUE TOUCH

90 min • 2,100

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.

VIETNAMESE TREATMENT

90 min • 2,100

A traditional Vietnamese oil therapy that incorporates a pressure point technique with invigorating movements to warm and relax muscle tissue.

LAVA STONE BODY THERAPY

90 min • 2,100

This honored treatment uses traditional techniques to boost energy and vitality. Gentle and fluid strokes help relieve stiffness and stretch tired muscles. Combining reflexology and synchronized breathing techniques creates a renewed sense of vitality.

THAI RITUAL TREATMENT

90 min • 2,100

This time-honoured treatment uses traditional techniques to boost energy and vitality. Gentle and flowing strokes relieve stiff joints and stretch tired muscles. Combining acupressure techniques and synchronised breathing creates a renewed sense of vitality.

PAMPERING EXPERIENCE

MATERNITY TREATMENT

90 min • 2,100

Classic Swedish massage techniques are customized to the specific requirements of the expectant mother, the therapist is trained in the safe and effective use of essential oils, focusing on specific areas. Pregnant women concerns such as back pain, headache, shoulders and neck pain, soreness can be caused by muscle tension and postural changes to accommodate the baby's development. This experience will help reduce swollen hands and feet, stabilize hormone levels, relieve anxiety and balance energy.

INDIAN HEAD & NECK TREATMENT

30 min • 750 | 60 min • 1,550

Headaches are usually caused by spasm of blood vessels on both sides of the head, or from tension and strain from the back of the neck and shoulders. Scalp massage will stimulate the meridians in the head area to increase blood circulation, reduce stress on the shoulders and neck. The treatment incorporates virgin Coconut oil and provides absolute relaxation, promotes deeper sleep and improves hair conditions.

NECK & SHOULDER STIFFNESS THERAPY

60 min • 1,550

Treatment technique is designed specifically for sore and stiff back, concentrating on extremely strained muscles, and pain triggering points on the back. This treatment helps loosen back muscle, clears energy blockages and promotes overall well-being.

BACK & HERBAL TREATMENT

60 min • 1,550

Incorporating warm herbal compress using locally sourced Vietnamese herbs, stimulate a relaxing and invigorating effect on the body and mind. This treatment is perfect for for alleviating painful, sore or pulled muscles, chronic backaches, leaving your muscles sooth and tension-free.

FOOT REFLEXOLOGY TREATMENT

60 min • 1,550

According to medical theory, every position on the foot corresponds to a body part on the human body. By using thumbs, fingers and palms to apply pressure on the reflex areas on the feet, this treatment will relieve fatigue, stress, headaches, poor circulation, sluggish digestive system and eliminate toxin. Balance your body and gently fall into a deeper sleep.

AROMATHERAPY FACIAL TREATMENTS

The master of anti-age treatments since 1985, Valmont perpetuates the unique expertise of Swiss cellular cosmetics with incomparably efficient care treatments giving immediate, long-lasting results. Our facials will remove impurities, stimulates regeneration of new cells in the top layer of skin, improve facial contours - A true process of revitalization.

SOOTHING FACIAL

60 min • 2,200

A truly soothing and calming ritual suitable for sensitive or irritated skin. With healing & soothing properties, reduce inflammation by calming skin reactions resulting from allergies & irritations and protecting sensitive skin. Promoting skin healing, nourishes while revitalizing the skin.

HYDRATING FACIAL

60 min • 2,200

An instant hydration for dry, dull and tired skin. Skin is instantly refreshed and appears volumised, plumped and dewy. Hydration is maximized with highly nourishing botanicals and moisture-boosting essential oil blends.

MATTIFYING FACIAL

60 min • 2,200

Step out in beautiful, perfectly toned skin with a mattifying facial, which works to correct your complexion, leaving skin looking and feeling smooth and shine-free. Includes mattifying botanicals and oil-balancing essential oils to help regulate oil production so you can enjoy beautiful, refined skin.

ANTI-AGEING FACIAL

60 min • 2,200

Powerful and highly effective anti-ageing skincare, packed with natural, super-active, anti-ageing ingredients and rare essential oils. This treatment is designed to promote collagen and elastin production to visibly plump up, smooth, firm and deeply nourish skin.

BODY DETOXYFYING TREATMENTS

BODY EXFOLIATING TREATMENT

40 min • 1,200

Exfoliating with our natural ingredients, rich in minerals and antioxidants, deeply nourishes the skin, bringing a natural, smooth and bright glowing skin.

Sauna/Steam with essential oil | Red Bean scrub or Cocoa, Coconut Powder, Brown Sugar scrub | Body Lotion

DETOXIFYING BODY WRAP

40 min • 1,200

The special body wrap formula is blended with natural ingredients to help detoxify and purify the skin, leaving it bright and smooth.

Sauna/Steam with essential oil | Pennywort mixture or Seaweed mixture | Body Lotion

AFTER-SUN SOOTHING CARE

40 min • 1,200

A wonderfully soothing skin care treatment, especially designed for sun-burned, damaged skin. The treatment will reduce redness and pain, calming down the skin with natural ingredients

DETOXIFYING BODY SKIN CARE

60 min • 1,650

Combination of treatments to create a true detox experience, leaving skin nourished, smooth, bright and your body re-energized and revitalized. Our expert starts with the exfoliating process to deeply clean the skin, ready to absorb the nourishing essences from the body wrap of your choice to help detoxify and nourish the skin.

Sauna/Steam with essential oil | Cocoa, Coconut Powder, Brown Sugar body scrub | Seaweed mix Body Wrap Treatment | Body Lotion

WELLNESS JOURNEY

We believe in providing Azerai guests with the best and most transformative experience possible. At “Azerai” Spa, our knowledgeable and expertly trained team will guide you through our bespoke retreats, ensuring that your stay on the island uplifts, revives, and restores.

AZERAI BALANCE

2 days • 4,900

Take time out to truly relax by enhancing your stay in paradise with a collection of our most popular treatments, carefully combined in a journey of signature pampering. A deeply restorative and invigorating experience, the Azerai Balance package will ensure tired souls are re-energized and revitalized.

This package is perfect for those struggling to find the physical and mental energy to make the most out of life.

1 st Day	Steam with essential oil + 30 min Body Exfoliation Care + 90 min Azerai Signature Treatment
2 nd Day	30 min Foot Reflexology Treatment + 60 min Facial Care Treatment

AZERAI SERENITY

3 days • 5,950

A revitalising experience for those wishing to feel energized. Our spa experts will address the stresses and strains of daily life and the toll taken on the physical self to ensure aches and pains dissipate, leaving a lighter and more comfortable body. This package is perfect for those:

- Who enjoy spa experiences to unblock tension in the back, spine, head and feet
- Who have specific areas of tension
- Who have a highly physical job or partake in a high level of sport

1 st Day	Steam/sauna with essential oil + 30 min Body Exfoliation Care + 90 min Azerai Signature Treatment
2 nd Day	30 min Body Wrap Treatment + 60 min Anti-Ageing Facial Treatment
3 rd Day	90 min Vietnamese Body Therapy + 30 min Manicure or Shampoo

WELLNESS JOURNEY

AZERAI RESTORE

5 days • 9,950

The process of purification is most successful when guided by professionals with care and attention. Our spa experts will ensure a detoxification process that does not mean you will have to forgo luxurious indulgences. This package is perfect for those:

- Who suffer from a sluggish system
- Looking for a specialised detox process

1 st Day	Steam/sauna with essential oil + 30 min Body Exfoliation Care + 90 min Azerai Signature Treatment
2 nd Day	60 min Foot Reflexology Treatment + 60 min Facial Treatment
3 rd Day	30 min Body wrap + 90 min Vietnamese Body Therapy
4 th Day	90 min Thai Ritual Treatment + 30 min Manicure Care
5 th Day	60 min Indian Head and Neck Treatment + 30 min Shampoo & Blow dry

BEAUTY CARE

NAILCARE SERVICES

Azerai Manicure

60 min • 950

Our spa staff will begin your manicure by tidying your cuticles and cleaning, filing and shaping your nails.

Hand Cuticle And Nail Treatment, Color, Hand And Arm Therapy.

Azerai Pedicure

60 min • 950

Feel rejuvenated with our Azerai pedicure, featuring a deep foot scrub, cuticle and nail treatment.

Foot Callus Scrub, Color, Cuticle And Nail Treatment.

HERBAL NOURISHING HAIR TREATMENT

Shampoo and Blow Dry

30 min • 600

Hair Nourishing Treatment and Facial Skin Care

50 min • 1,200

Hair Nourishing Treatment, Facial Skin Care and Neck Tension Therapy

70 min • 1,500

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

SPA APPOINTMENTS

Please consult our Azerai Spa reception for assistance in selecting the treatments that fulfill your personal requirements. To ensure availability, advanced reservations are highly recommended. To make your appointment, in-house guests can either call Azerai Spa by pressing the Azerai Spa Hot key on your room telephone or visiting us in person. Otherwise, please inform receptionist to assist with your reservation.

CANCELLATION POLICY

If you wish to reschedule or cancel your reservation, please notify us at least 3 hours in advance to avoid cancellation charges. A full charge will be incurred for all no-show appointments and those cancelled within 3 hours.

WHAT TO WEAR

We provide a bathrobe and a pair of Asian flip-flops at Azerai Spa. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are trained in proper dropping procedure for your complete privacy and tranquility.

ARRIVAL

We suggest you to arrive 15 to 30 minutes prior to your scheduled appointment time to enjoy the full use of our exclusive spa facilities. Please be advised that a late arrival will result in a reduction of your time.

HEALTH MATTERS

Please inform us of any health conditions upon booking your treatment reservation. These include hypertension, heart conditions, allergies, recent surgery and pregnancy.

PREGNANCY

Our treatments offered for pregnancy are designed for expectant and nursing mothers. Please allow our spa team to guide you in selecting suitable treatments for your safety. Pregnancy treatments are not allowed before the first trimester or after the third trimester and are not recommended 24 hours before or after travelling.

VALUABLE ITEMS

Please leave your jewelry and valuable items in the safety box provided in your room. While we endeavor to look after your belongings, we do not assume liability for any valuable items.

ELECTRONIC DEVICES

To protect Azerai Spa's tranquil environment and protect your privacy, cellphones and all other electronic devices are not permitted in the treatment rooms. If you wish to receive treatment during your time at Azerai Spa, please advise one of our team members and we will be pleased to assist you. Azerai Spa is a smoke-free environment and alcohol consumption is not permitted.

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