
THE ANAM
SPA
MENU

THE ANAM
SPA

**WELCOME TO OUR TRANQUIL SANCTUARY, WHERE ASIAN HEALING TRADITIONS INTERWEAVE INTO YOUR HOLISTIC WELLNESS JOURNEY.**

**“Let your mind go, and your body will follow...”**

Retreat to harmonious relaxation steeped with the essence of The Anam, inspired by our stunning surroundings.

Our non-clinical spa treatments infuse ancient techniques from the East with Western healing practices. Personalise your spa experience, choosing from body treatments, facials, spa journeys and beauty salon services that combine fresh indigenous ingredients from nature’s bounty and sensual scents with the professional care of highly skilled therapists.

Designed to recalibrate and rejuvenate, we invite you to explore our spa’s facilities, including a steam room, sauna and an outdoor jacuzzi.

OPENING HOURS: 10.00 am to 10.00 pm



# THE ANAM SIGNATURE EXPERIENCES

**THE ANAM SIGNATURE**
**60-minute / 90-minute | VND 1.700 / VND 2.200**
Honours age-old Vietnamese and Balinese massage techniques that vary in tempo between acupressure, palm pressure, and soothing strokes. Effective in easing tension and rebalances body and mind for an overall sense of well-being.

**RIPPLING WAVES**
**60-minute / 90-minute | VND 1.700 / VND 2.200**
Profoundly relaxing, this massage combines Swedish, Thai and Hawaiian Lomi-Lomi flowing movements with Japanese Shiatsu pressure point techniques to mimic the ocean's undulating waves. Drift away as muscular tension and stress are released during this choreographed experience.

**SENSORIAL JOURNEY**
**60-minute / 90-minute | VND 1.700 / VND 2.200**
Bring your entire being into a state of bliss with a sensory experience that evokes sun-kissed moments by the beach. Designed to elicit deep relaxation, this head-to-toe journey uses slow and intuitive massage motions to ensure that one leaves feeling rested and restored.

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THE ANAM THERAPY COLLECTION

**TRADITIONAL VIETNAMESE MASSAGE**
**60-minute / 90-minute | VND 1.500 / VND 2.000**
A full body treatment that uses warm coconut oil for a concentrated acupressure massage before heated small suction cups are applied on the back. This therapy is effective in removing heat and wind, detoxifying, aiding muscle relaxation and promoting blood circulation.

**FOUR HANDED THERAPY**
**60-minute / 90-minute | VND 2.500 / VND 3.700**
Our Four Handed Therapy is a choreographed rhythmic massage performed by two expert therapists. This unique, restful sensorial treatment promotes tranquillity to one's body, mind and spirit while enhancing the immune system for holistic well-being

**VIETNAMESE HERBAL THERAPY**
**90-minute | VND 2.500**
Favoured by ancient Vietnamese healers, this exotic treatment begins with an acupressure massage that works on the meridian lines. A pouch of steamed indigenous herbs is gently pressed along the body to help improve prana energy flow, ease muscle aches and stimulate circulation..

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THE ANAM THERAPY COLLECTION

**SACRED STONES**
**90-minute | VND 2.500**
Healing with stones is an ancient therapy used by various cultures throughout the ages. Using smooth, heated basalt stones and classic techniques, the body deeply relaxes as the warm stones melt away toxins, revitalising circulation and complexion while uplifting energy flow.

**THAI YOGA MASSAGE**
**90-minute | VND 2.500**
A centuries-old tradition, this method of massage was originally practised in Thai temples by Buddhist monks versed in the art of healing. Described as Yoga Massage for its deep pressure points, stretching and bending movements, this oil-free treatment is ideal for anyone seeking increased vitality and flexibility. A t-shirt and cotton pants are provided.

**SWEDISH THERAPY**
**60-minute / 90-minute | VND 1.700 / VND 2.200**
This classic European full body oil massage works predominantly with the muscles, soft tissues, and joints, utilising long, rhythmic strokes to relax aching muscles, stimulate blood circulation and eliminate toxins, encouraging total well-being.

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THE ANAM THERAPY COLLECTION

**BACK STRESS RELEASE**
**40-minute / 60-minute | VND 1.000 / VND 1.500**
A deep rejuvenating massage that uses long gliding movements to warm and stretch muscles. Tailored to focus on the back area where tension often accumulates to reduce soreness, stimulate circulation and release stored stress.

**AYURVEDIC HEAD MASSAGE**
**40-minute / 60-minute | VND 1.000 / VND 1.500**
Based on Ayurvedic principles, this soothing treatment opens energy lines at upper chakra points and tackles head and neck tension. While restoring balance to the body's six other chakras, this pressure point massage also helps to relieve insomnia, headaches, and fatigue while nourishing hair and scalp.

**ORIENTAL FOOT REFLEXOLOGY**
**40-minute / 60-minute | VND 1.000 / VND 1.500**
The age-old theory of reflexology lies in the understanding that the feet have reflex points that correspond to the internal organs and limbs to balance the body's functions. By stimulating these points with specific thumb, finger and hand techniques, circulation is improved for holistic balance.

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THE ANAM THERAPY COLLECTION

**PREGNANCY TREATMENT**
**60-minute / 90-minute | VND 1.900 / VND 2.400**
A Mother – to be treatment that corporates our maternity massage for alleviating back and leg pain. Improves sleep, reduces swelling and provides an overall sense of well-being.
A full body massage uses natural Coconut oil or Almond oil, facial cleansing and apply the soothing mask during the treatment.

**CHILDREN THERAPY**
**60-minute / 90-minute | VND 1.200 / VND 1.700**
Relaxation is at the foundation of touch therapy and being relaxed often leads to additional benefits. massage therapy can provide several benefits for children including reduce muscle tension, improved quality of sleep, providing more energy and increasing concentration.
A full body massage uses natural Coconut oil or Almond oil, apply for children from 5 years old up to 12 years old come with parents.

**DEEP TISSUE**
**90-minute | VND 2.200**
Combines tension-relieving and circulation-stimulating Thai and Swedish techniques for a powerful total body treatment including scalp and face. Effective in easing muscular aches, leaving one feeling restored with a vitality boost.

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THE ANAM BODY SCRUB

**GREEN TEA AND SEA SALT**
**40-minute | VND 800**
Vietnam is blessed with a long coastline and tropical climate making it a suitable home for salt fields and some of the world's oldest living tea plants. Purify and soften skin with a green tea and sea salt body scrub, rich in powerful antioxidant properties and inspired by Vietnam's fine heritage of traditional professions.

**VIETNAMESE RICE**
**40-minute | VND 800**
Deeply rooted in Vietnam's culture, rice has been a sacred ingredient for thousands of years. This specially curated exfoliating body scrub made from a blend of rice, ginger and saffron pays tribute to the incredible grain while invigorating blood circulation.

**NOURISHING**
**40-minute | VND 800**
Indulge in creamy oatmeal, rice, almond and milk body scrub and that gently exfoliates and removes dead skin cells. The moisturising concoction softens, nourishes and refines the skin to a baby-smooth texture.

**MINERAL SALT**
**40-minute | VND 800**
Gentle exfoliation, promoting smoother and brighter skin, boosting circulation, and potentially aiding in conditions like eczema and psoriasis.

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THE ANAM BODY WRAP

**NATURAL MUD**
**60-minute | VND 1.200**
The coastal city of Nha Trang is famed for its mineral-rich mud that supports the natural therapeutic healing process with its unique benefits and anti-inflammatory qualities. Cleanse and firm skin with a soothing mud wrap as toxins and impurities embedded deep within the skin's pores are drawn out.

**SEAWEED**
**60-minute | VND 1.000**
With the main ingredient is pure seaweed extracted from nature contains many essential nutrients for the skin that will help eliminate cells spores, antibacterial, enhance water volume while also preventing the signs of aging help skin stay young and healthy.
**Suitable for all skin types**

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THE ANAM BODY WRAP

**HERBAL**
**60-minute | VND 1.000**
With the main ingredient is extracted herbal flour Natural exports contain many essential nutrients for the skin helps remove dead cells, helps the skin become brighter, smoother.
**Suitable for all skin types**

**COCOA**
**60-minute | VND 1.000**
With the main ingredient is natural clay rich in content iron, promote cell regeneration and stimulate transport processes Oxygen for the skin, cleanses the skin from excess oil, dirt and helps the skin naturally smooth, energetic.
*Suitable for Sensitive skin and Oily Skin*

**AFTER SUN SOOTHER**
**60-minute | VND 1.000**
Wonderfully soothing, your sunburn will decrease in discomfort and redness as seaweed, an all-natural remedy, is applied. Its unique nutrient profile effectively moisturises and encourages the regeneration of sun-damaged skin.

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# BODY TREATMENTS BY SOTHYS PARIS

**SUGAR AND SEA SALT SCRUB**
**60-minute | VND 1.200**
A customised and unique sweet-salty exfoliation with delicate aromas to provide a complete sensory experience for velvety smooth skin. The ritual begins with an invigorating sugar-sea salt body scrub and choice of essential oils: fresh and floral Lemon and Petitgrain, sweet and musky Orange Blossom and Cedarwood or warm and woody Vanilla and Sandalwood. The experience concludes with a relaxing shower therapy.

**DELICIOUS SCRUB - CINNAMON AND GINGER ESCAPE**
**60-minute | VND 1.200**
This melting, granular balm gently exfoliates and enhances the skin leaving it soft, supple and pleasantly scented with exotic spices and essential oils such as ginger, nutmeg, orange and cinnamon. Arouse the senses and transform relaxation into a moment of absolute well-being.

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# FACIAL TREATMENTS BY SOTHYS PARIS

*Sothys flagship Digi-Esthétique® application method is specially developed to optimise treatments and absorption of active ingredients.*

**YOUTH INTENSIVE TREATMENT**
**90-minute | VND 2.500**
Combined with a scientifically proven approach, this intensive treatment uses BP3 Tri-Complex™ Saffron-Sophora-Peptides for youth effectiveness. Fight against oxidative stress and signs of chronological ageing through exfoliation, a stimulating face massage and a double dermo filling mask that leaves skin feeling renewed, plump and looking visibly younger.
**Suitable for all skin types**

**HYDRATION TREATMENT**
**60-minute | VND 1.700**
High-performance active rehydrating ingredients effectively restore texture and rebalances natural oil production and lipid formulation of the skin. Quench and replenish the skin with this specially designed treatment for softer and more radiant results.
**Suitable for dry skin types**

**PROFESSIONAL CLARIFYING TREATMENT**
**60-minute | VND 1.700**
An original concept with powerful active formulas featuring tea tree oil, glycolic and salicylic acids to help restore clear, blemish-free skin. Manage persistent imperfections of oily skin with this concentrated treatment designed to reduce excess sebum, absorb impurities, exfoliate, soothe and rebalance the skin for a radiant, clear complexion.
**Suitable for oily skin types**

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# FACIAL TREATMENTS BY SOTHYS PARIS

**REVITALISING TREATMENT**
**60-minute | VND 1.700**
Reduce the signs of fatigue, smooth features and even out the complexion with this revitalising treatment. Effective for clogged normal-combination skin, a deep-pore cleansing action eliminates impurities and toxins, nourishes and leaves skin supple and glowing.
**Suited for normal to combination skin types**

**SOOTHING TREATMENT**
**60-minute | VND 1.700**
Discover the ultra-gentle textures of a professional soothing treatment with Spa™ Thermal Water. Formulated to respect the skin's sensitivity, special botanicals used in a double-layer cocooning mask and a unique decongesting facial massage with chilled porcelain spoons immediately calms and soothe while strengthening the skin.
**Suited for sensitive and reactive skin types**

**MINI TREATMENT**
**30-minute | VND 900**
This express facial is perfect for those with time constraints. A gentle cleanse, face massage and a moisturiser to suit individual skin types is a great way to maintain your daily skincare routine while relieving stress.
**Suitable for all skin types**

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THE ANAM SPA JOURNEYS

*Curate your spa experience, choosing from body treatments to massages and facials designed to recalibrate and heal body, mind and spirit.*

**HALF-DAY WELLNESS EXPERIENCE**
**4-hour | VND 6.000 per person / VND 11.000 per couple**
30-minute body Scrub
30-minute body Wrap
90-minute body massage from The Anam Signature Experiences
60-minute facial treatment by Sothys Paris
Detoxifier herbal bath
Wholesome snacks and beverages

**INDULGENCE AT THE ANAM**
**180-minute | VND 3.500**
60-minute facial treatment by Sothys Paris
30-minute body scrub from The Anam Body Treatments
60-minute Traditional Vietnamese Body Massage
30-minute foot massage

**ESSENCE OF THE ANAM**
**120-minute | VND 2.900**
30-minute mini facial treatment by Sothys Paris
30-minute green tea and sea salt body scrub
60-minute body massage from The Anam Signature Experiences

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THE ANAM SPA JOURNEYS

*Curate your spa experience, choosing from body treatments to massages and facials designed to recalibrate and heal body, mind and spirit.*

**SIGNATURE EXPERIENCES AT THE ANAM**
**150-minute | VND 3.100**
20-minute Herbal Foot bath
30-minute Vietnamese Green Tea body scrub
60-minute Traditional Vietnamese body massage
40-minute Traditional Vietnamese Hair Wash

**ROMANTIC RITUAL**
**120-minute | VND 5.000 per couple**
30-minute Vietnamese rice body scrub
60-minute body massage from The Anam Signature Experiences
30-minute moisturising milk bath
Complimentary sparkling wine and fruit platter

**FAMILY CONNECTION**
**60-minute / 90-minute | VND 4.100 / VND 5.400**
Treatment included for 3 person (1 kid & 2 adult)
Children Therapy
Body massage from The Anam Signature Experiences for 2 adult

**GROUP CONNECTION**
**60-minute / 90-minute | VND 6.800 / VND 8.500**
*Treatment included for 5 person*
Body massage from The Anam Signature Experiences

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# THREE-DAY DETOX WELLNESS PROGRAMME

*Our proximity to the ocean and lush greenery enhances the process of regeneration and renewal, helping to re-tune the body's natural biological rhythms. Understanding that the body is a self-regenerating organism that seeks to heal itself when given the right environment, we aim to restore harmony and balance in body, mind, and spirit through holistic practices to amplify your body's innate self-healing ability.*

*During our detox wellness programme, explore healthy life practices through movement and awareness sessions, rejuvenating spa treatments, and the integration of wholefood vegetarian cuisine suggestions for lunch.*

**VND 12.000 per person | VND 22.000 per couple**
*Excluding food & beverages*

**DAY 1**
- 60-minute private yoga session
- 30-minute steam or sauna
- 90-minute signature body massage experience
- 60-minute facial treatment by Sothys Paris

**DAY 2**
- 90-minute pranayama and meditation session
- 60-minute private yoga session
- 30-minute steam or sauna
- 90-minute Vietnamese Herbal Therapy

**DAY 3**
- 30-minute steam or sauna
- 60-minute private yoga session
- 90-minute pranayama and meditation session
- 30-minute green tea and sea salt body scrub
- 90-minute signature body massage experience

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# BEAUTY SALON SERVICES

## NAIL

**DELUXE PEDICURE**
**60-minute | VND 600**
Invigorate feet with a luxurious pedicure that includes trimming or shaping nails, buffing, natural foot scrub, relaxing foot massage and nail polish application.

**DELUXE MANICURE**
**60-minute | VND 600**
Indulge in a pampering manicure that includes trimming or shaping nails, cuticle care, buffing, a hand massage and nail polish application

**EXPRESS PEDICURE**
**30-minute | VND 400**

**EXPRESS MANICURE**
**30-minute | VND 400**

**NAIL POLISH APPLICATION**
**20-minute | VND 200**

---

Prices are quoted in '000 Vietnamese Dong and are inclusive of prevailing VAT and service charges

# BEAUTY SALON SERVICES

## HAIR

**VIETNAMESE HAIR WASH**
**60-minute | VND 1.100**
The hair wash derives from the old Queen of Vietnam. The black bean called “Bo Ket” and peel of grapefruit and fresh lime is used in this treatment and is the same way as the old people still use.

**SHAMPOO AND HAIR DRY**
**60-minute | VND 600**

**HAIR FLAT IRON**
**30-minute | VND 300**

**HAIR BLOW DRY**
**30-minute | VND 300**

**WOMAN’S HAIR CUT**
**VND 1.500**

**MEN’S HAIR CUT**
**VND 1.200**

---

Prices are quoted in ‘000 Vietnamese Dong and are inclusive of prevailing VAT and service charges



# SPA ETIQUETTE

## APPOINTMENTS

Advanced reservations are highly recommended to avoid disappointment. Please dial extension number '0' or '7061' from your guest room or visit us at The Anam Spa for enquiries or reservations.

## SPA EXPERIENCE

Please arrive at The Anam Spa reception desk 30-minutes before your appointment if you wish to use our steam room, sauna and outdoor jacuzzi facilities. Late arrivals will not receive an extension of scheduled treatment time.
Guests who are pregnant or suffering from high blood pressure, heart conditions, allergies or any other medical complications are advised to consult a doctor before reserving any treatments. Please notify our spa receptionist if you have any existing medical conditions, allergies or injuries that could affect your treatment or use of the spa facilities.
Please secure all valuables and personal belongings in the safe box provided in your guest room.

## SPA ENVIRONMENT

The Anam Spa is a non-smoking facility, and the use of mobile phones is only permitted in silent mode. Please take time to enjoy the tranquil surroundings and speak softly when needed to respect the privacy of other guests.

## CHILDREN POLICY

The Anam Spa welcomes children aged 12 years and above, and our spa team will be delighted to recommend a suitable treatment. Any children aged below 12 years must be accompanied by a parent or guardian and are required to stay in the treatment room for the entire duration of the spa experience.

## CANCELLATION POLICY

Please give us a four-hour cancellation notice before your treatment reservation as a courtesy to other guests and our therapists. Without this notification, a 50% cancellation fee will apply for less than four hours prior notice, and a 100% charge will apply for no-show guests.