



XANH

Tranquility and serenity are almost tangible in this quiet oasis of cool white cottons, rich wood and natural stone.

Scented oils and flowing water soothe the soul into relaxation – undeniably a memorable experience for the discerning guest.

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## SIGNATURE TREATMENTS

### MINERAL SEA SALT FACIAL

45 mins

Natural, unscented sea salt is among the greatest ingredients for skin care, as it is believed to improve circulation, stimulate cell growth, and exfoliate dead skin. It reduces swelling, itching and pain while offering a number of essential minerals that are absorbed through the skin. Our treatment uses steamers to melt the salt onto your skin, leaving it feeling wonderfully smooth. This treatment is perfect for acne-prone skin and ends with a refreshing seaweed mask to leave you feeling totally restored.

### PARAFFIN THERAPY FACIAL TREATMENT

45 mins

This unique firming paraffin facial treatment includes cleansing, exfoliation, an uplifting massage, and a firming paraffin mask. Paraffin wax assists in healing, soothing, and moisturising the skin while increasing blood circulation. The warm wax opens up skin pores, allowing moisture to penetrate deeper and leaving your skin feeling much healthier and firmer.

### ANTI-STRESS BACK MASSAGE

45 mins

This highly popular massage focuses on eliminating built-up stress from the lower back, neck, shoulders and face. Using aromatherapy oils to soothe muscles, this massage stimulates circulation and helps ease you into a relaxed and rejuvenated state.

### PARAFFIN THERAPY BACK TREATMENT

45 mins

Paraffin wax absorbs and retains a great amount of heat. A paraffin wax spa takes advantage of paraffin's heat-retaining capacity in a 'heat transfer'. Heat is transferred to the core of the affected area while the paraffin undergoes a phase change. The melted paraffin becomes liquid for better heat retention. After applying it on the skin, the paraffin solidifies into a comforting coat, thus transferring the heat into the affected area. At the same time, the heat from the paraffin opens up pores and increases circulation through the skin, leaving it softened and radiant. Paraffin therapy is one of the most effective methods of applying deep heat to relieve pain and stiffness (the same qualities seen used in our back treatments). Initially, you are given a sea salt scrub to deeply clean your back before the warm paraffin is added and allowed to cool and harden. It relieves sore, painful muscles and joints, while leaving behind a refreshing and silky smooth skin.

### INDIAN HEAD MASSAGE

30 mins

The best massage for your mind massages the scalp and neck, which helps to melt away tension from the head, neck, shoulders and arms. This treatment is perfect for those who seek stress relief.

## AROMATHERAPY FACIAL TREATMENT

60 mins

This exquisite treatment uses the purest clinical grade essential oils available. The aromatherapy facial treatment differs from the usual beauty facials. Each treatment is tailored to suit your individual skin type: dry, normal, oily, sensitive and combination. Your aromatherapy facial expert will create a personalised skincare treatment that includes: steam cleansing, toning, exfoliation, facial and scalp massage, re-hydrating mask, moisturising and eye cream. Excess dirt, oil, and dead skin cells are removed during treatment. Essential oils penetrate the skin, leaving cells nourished, refreshed and healthy from within. Incorporating the massage into the facial treatment helps to ease muscular tension, stimulates circulation and encourages healthy younger looking skin by slowing down the ageing process.

## DETOXIFYING FACIAL TREATMENT

60 mins

This deep cleansing treatment not only encourages the lymphatic system to draw out toxins, reducing swelling and inflammation, but also increases the flow of nutrition and oxygen to the skin. It removes dead skin and surface impurities while dredging out deeply hidden debris to rejuvenate your skin. It is ideal for those who don't have facials very often, or those who have concerns with oily skin. Each treatment is tailored to suit your individual skin type and includes a pressure point massage to leave you feeling deeply cleansed and refreshed. You will not be disappointed!

## MEN'S FACIAL TREATMENT

60 mins

This classic facial treatment is custom made for men's skin. It includes double cleansing, deep exfoliation, steaming, extraction, pressure point massage, a purifying mask, toning and moisturising treatments that rejuvenates and revitalises your skin. It will leave you feeling enriched, renewed and confident. This is the best treatment a man can get!

## CAVIAR FIRMING FACIAL TREATMENT

75 mins

This definitive treatment is designed to address the underlying factors that lead to signs of premature skin ageing, including wrinkles, uneven pigmentation, dehydration and loss of elasticity. The caviar extract (taken from the Sturgeon fish in the Northern seas) releases a highly concentrated burst of caviar-derived sea energy as the serum is applied to the skin. Caviar is known for its powerful healing and rejuvenating qualities.

A two layered mask is applied: a creamy caviar mask rich in hydro-captors, and a thalasso mask to stimulate micro-circulation and replenish the skin's energy reserves, resulting in a spectacular smoothing and rejuvenating effect. Included is a facial massage to help stimulate circulation, lymphatic drainage, muscle toning and deep relaxation. Dry areas are improved and toned. Your skin is promptly smoothed and firmed, leaving behind a radiantly alive and transformed vibrant complexion. The Caviar Firming Facial will leave you feeling totally invigorated!

## CAVIAR FIRMING EYE TREATMENT

45 mins

This remarkable treatment is designed to reduce puffiness and dark circles around the eyes, while minimising fine lines and ageing signs. The skin around the eyes is very thin, enabling large amounts of dead skin to easily accumulate. An antioxidant and caviar-enriched serum is gently massaged around the area, followed by gentle cleansing and exfoliation. In addition to instantly firming the skin, it nourishes and re-energises the eye zone, improving tone and texture. It minimises fine lines and wrinkles while brightening and hydrating the delicate tissue – thus soothing away signs of stress and fatigue.

## BODY MESSAGES

### RELAXING BODY MASSAGE

60 mins

This Swedish massage involves lighter and longer rhythmic massage strokes through medium kneading. It is designed to relieve stress, encourage relaxation, enhance blood circulation, eliminate toxins and improve muscle tone. It's not suitable if you like your massages deep and strong, but perfect to unwind with at the end of a busy day. It remains very popular treatment for those who have just arrived after traveling long distances!

### AROMATHERAPY BODY MASSAGE

75 mins

This tailor-made massage is perfect for those who like a stronger touch than the Swedish massage. Using 100% pure, natural essential oils that are blended to your individual needs, there really is no better way to treat your body and mind. The massage begins with your face, neck and shoulders to relax you from the start. Each essential oil used has different healing properties. Your therapist will blend a specific mix to be applied throughout the massage. The healing properties of an aromatherapy body massage are well known – expect to be detoxified with improved blood circulation, re-hydrated skin, a better regulated digestive system, a strengthened immune system, and a deep relaxation of body and mind.

### AROMATHERAPY FOUR HANDS MASSAGE

60 mins

Providing twice the intensity, healing and relaxation of a regular two-handed massage, the Four Hands Massage is not merely a team effort – this is the seamless choreography of four strong and intuitive hands. Please note that this is a very powerful massage. Not physically – it is no more powerful than the traditional body massage – but mentally. When two therapists, and four hands, start massaging you, the initial reaction for your mind is to follow their movements; however this is not possible and so the conscious mind completely surrenders. As with the traditional Aromatherapy Body Massage, specific oils are blended for you and applied in a firm, soothing manner. This is an excellent treatment for those who find it hard to relax during massage treatments, or for the guest who wants the ultimate body massage.

### WARM STONE THERAPY

90 mins

Ideal for sore muscles or aches and pains in the joints, the Warm Stone Massage is a deeper form of massage with aromatherapy oils, utilising the therapeutic benefits of smooth, warmed volcanic stones. It is especially effective and nourishing, giving a deeper massage to the back, shoulders and neck creating sensations of comfort and warmth. The direct heat of the stones instantly relaxes the muscles, allowing for deeper manipulation of a greater intensity than a regular massage. Benefits include the expansion of blood vessels; it sedates the nervous system, encouraging the body to detox and heal and it increases the lymph flow helping to flush out waste. The body becomes relaxed in a short space of time and allows the therapist to focus on deeper pressure, using the warmed stones and hand strokes. You will feel nurtured, pampered and special!

## BODY MASSAGES

### THAI MASSAGE

80 mins

Traditional Thai Massage is an ancient system of healing with its roots in Yoga, Ayurveda medicine and Buddhist spiritual practice. This unique method of massage combines rhythmic massage, acupressure, gentle twisting and deep stretching to help release tension, increase vitality and to create wholeness of mind, body and spirit. Our masseuse, trained in Thailand, will give you a deep and intensely stimulating massage to entirely invigorate you.

### PRENATAL MASSAGE

60 mins

This is a light massage, using plain natural oils and focuses on where you need it the most – the lower back, feet, shoulders and head. It is designed to help relieve tiredness, insomnia, reduce water tension, and relieve aches and pains. It is known to lift ones mood, as well as decreasing stress levels. As a mum to be, why not spoil yourself?

### HERBAL POUCH MASSAGE

90 mins

The Herbal Pouch Massage is a healing massage, designed to act like medicine, similar to acupuncture. This Ayurveda treatment is done in a traditional manner, beginning with an oil massage to relax the body and mind and to open up the pores of the skin. The medicated herbal pouch, prepared from 50 different herbs, is then warmed and applied to the body. The herbal oil is known to alleviate stress, reduce muscle and joint pain, detoxify the body, boost blood circulation and reduce nervous tension.

### DEEP TISSUE MASSAGE

75 mins

For those who like their massages deep and strong, this is ideal for athletes who have aches and pains from intensive sport and also for office workers who have aches in their shoulders from sitting at a desk for too long. This massage targets the body's deepest layers of muscles and releases tension in overstressed areas. Using essential oils, deep-tissue massage is a mix of slow, short strokes and penetrating finger pressure focused on tight, contracted areas. Not for those who like their massages soft and gentle!

### TRADITIONAL VIETNAMESE MASSAGE

75 mins

This massage is also called the noisy massage, in that the therapists use their hands to pat parts of your body and they also 'crack' joints in your neck and back. It sounds painful, but is surprisingly effective at improving blood circulation, reducing joint pains and stress, and helping to fight depression. If you have never tried a Vietnamese massage before, try one of the best here at Xanh Spa.

### FOOT REFLEXOLOGY

60 mins

Reflexology, or zone therapy, is the physical act of applying pressure to the feet, hands, or ears with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands. By manipulating these, the therapist can improve health through transforming energy levels (chi/qi). This is very relaxing, especially for a person who may have an active lifestyle, or who may suffer from sore feet.



## BODY TREATMENTS

### BODY SCRUBS

A scrub is a spa treatment that exfoliates the skin on your body leaving it feeling fresh, smooth, moisturised and soft. An abrasive product is rubbed vigorously onto the skin and then massaged across the skin; then rinsed away to reveal a moisturised layer of fresh, clean smooth skin. The scrub will exfoliate skin – remove dead skin cells and hard flaky areas. Most scrub products include an oily base which moisturises and soothes your skin as it is scrubbed. A scrub is invigorating as it improves the circulation of blood and lymph, helping to fight cellulite and improve skin tone. A good body scrub forms the basis of other body treatments: it prepares skin for an even tan; it opens the pores and awakens the skin before a wrap or mud treatment; the oils used can relax or stimulate the senses for any similar treatment that you might be having afterwards. At Xanh Spa, we only use the finest spa treatment products that are luxurious and nourishing to the skin, giving your body a beautiful and healthy glow.

### SEA SALT EXFOLIATION

45 mins

Created with oceanic rock salt, this salt scrub – based on the principles of Ayurveda – is deeply cleansing and excellent at polishing the skin, leaving it glowing and vibrant. The treatment is completed with a refreshing rinse and the soothing and cooling mist of neroli oil to help protect the skin post-treatment.

### COFFEE CELLULITE BODY SCRUB

45 mins

Caffeine dilates blood vessels, increasing the speed and volume of blood flow; thus it is widely known to reduce the appearance of cellulite. Arms and legs look more toned with better skin circulation from the use of coffee, while coarse sugar is used to exfoliate the skin and olive oil is added as a wonderful emollient. This combination of natural ingredients leaves your skin feeling soft, firm and pampered, with a reduced appearance of cellulite.

### COCONUT BODY SCRUB

45 mins

Besides smelling wonderful, the coconut is an age-old Asian remedy for many skin conditions and general well-being. This specially prepared method helps remove dead skin cells, stimulates skin micro-circulation, and leaves skin feeling soft, smooth, younger and radiant.

## BODY WRAPS

Wraps are spa treatments designed to slim and tone the body, hydrate and firm the skin and relax and soothe muscles. They are also a wonderful way to energise the body and to give you a big confidence boost. Our body wrap treatments come in varied and exciting packages and use locally sourced, natural ingredients to treat a number of issues. Whilst in the wrap you will be treated to a head massage, leaving you feeling great on the inside as well as the outside.

### NHA TRANG MUD BODY WRAP

60 mins

Using the famous Nha Trang mud from the local mud baths, this wrap is designed to promote circulation, stimulate the immune system, promote muscular relaxation, detoxify the blood and it even has some anti-bacterial properties. However, Nha Trang mud is most famous for its effect on rheumatism and the reduction of joint pains.

### CHOCOLATE BODY WRAP

60 mins

A chocolate lovers dream! The chocolate body wrap is mineral-rich sea clay infused with cocoa. The combined benefits of the mud and chocolate include: moisturising and softening skin, detoxification, firming and toning, targeting cellulite and the effects of ageing as well as stimulating endorphins, giving you a sense of well-being and relaxation.

### BANANA BODY WRAP

45 mins

Bananas are rich in vitamin C and potassium and help the body fight infections. Xanh Spa's exclusively designed banana body wrap uses the healing properties of bananas mixed with milk, essential oils, olive oil and honey which benefit you in many ways: it enhances texture and suppleness of skin; it brightens complexion by cleaning skin pores; it enhances blood circulation; it cools and soothes skin disorders caused by heat and it also nourishes and rejuvenates your skin, leaving you refreshed and feeling great.

### MANGO ANTI-OXIDANT BODY WRAP

45 mins

Mangoes are one of the most delicious and nutritious foods and contain vitamins C, E and B-complex, magnesium, potassium, phosphorus and zinc, all which benefit you internally and externally. Mangoes are an ideal summer wrap as they are high in carotenoids, especially beta-carotene, which has a protective effect against the harmful rays of the sun. Like the banana wrap, the mango is mixed with other botanicals to create a wrap unique to Xanh Spa, that will leave you feeling fresh, rejuvenated and energised.

## BODY TREATMENTS

### ALOE VERA BODY WRAP

45 mins

The healing properties of Aloe Vera are well known and when used externally it can be: astringent (causing a contraction of the skin and blood vessels), emollient (helps to soften and smooth skin), antifungal (destroys fungi) and a cell proliferate (encourages new cell growth.) Our treatment uses natural, freshly cut Aloe, which is massaged into your skin with lavender oil. It is a perfect treatment for those with dry and sensitive skin and for those with damaged or burnt skin, especially when suffering from sun-burn. After treatment, your skin will feel cool, calm, firm and smooth thanks to this natural wonder.

## SPECIAL XANH SPA PACKAGES

### RECOVERY PACKAGE

90 mins

Anti-Stress Back Massage

Deep Hydrating Paraffin Facial

Foot Reflexology

Get into the relaxation mode swiftly with our special recovery package – a sure way to de-stress, relax, and rejuvenate.

### XANH SPA REVITALISING PACKAGE

180 mins

Herbal Pouch Body Massage

Multi-Vitamin Eye Treatment

Sea Salt Body Scrub

Aroma Therapy Facial

This package is ideal for those who want to make full use of our spa whilst on a short stay at Mia. Designed to heal your body, revitalise your face and eyes and rejuvenate your skin, this package will make you look and feel fantastic. Choose to take all the treatments over one day, or spread them out over two.

### XANH SPA PARTY PACKAGE

120 mins

Coconut Body Scrub

30 mins Deep Tissue Body Massage

Manicure and Pedicure with Paraffin

Perfect for a group of friends who want to chat and catch up on all the gossip whilst being pampered, this package will help remove aches, pains and stress, revitalise your skin and give your fingernails and toenails professional care.

## SPECIAL XANH SPA PACKAGES

### XANH SPA HEAD TO TOE PACKAGE

210 mins

Xanh Spa Body Scrub

Banana Body Wrap

Herbal Pouch Body Massage

Mineral Sea Salt Facial

Manicure and Pedicure

Feel like you need the full works? This package will clean and refresh your skin, heal aching muscles, rejuvenate tired eyes and nails, and re-energise your mind. If you want to feel like a million dollars this package is for you.

### HONEYMOON PACKAGE

165 mins per couple

Chocolate Body Wrap

Warm Stone Therapy

Aromatherapy Facial Treatment

Get luxuriously pampered with your partner with this delicious combination of some of our favourite treatments that will have you both feeling relaxed, re-energised and revitalised.

## HAND AND FOOT CARE

### MANICURE

Perfect for well-maintained hands, this treatment includes cuticle work, followed by nail shaping and polishes application. A variety of nail varnish OPI colours are available for you to choose from.

With colour: 45 mins

No colour: 30 mins

French style: 45 mins

### PEDICURE

Your feet will be soaked in warm water for 5 – 10 mins with rock sea salt. Thereafter your nails and cuticles will be groomed to perfection, followed by nail shaping and OPI colours added on request.

With colour: 45 mins

No colour: 30 mins

French style: 45 mins

### CALLUS REMOVAL

Calluses and corns are areas of thick, hardened, dead skin that form to protect the skin and structures under the skin from pressure, friction, and injury. They may appear greyish or yellowish, be less sensitive to the touch than surrounding skin, and could feel uneven. Calluses and corns do not need treatment unless they cause pain. If they do cause pain, they can be softened and the dead skin removed using a scraper. At Xanh Spa we combine callus removal with an aroma scrub, to rejuvenate tired feet.

## HAND AND FOOT CARE

### FOOT SCRUB SPA

This treatment cleanses, renews and restores your feet to tip-top condition. To begin the treatment, your feet will be soaked in warm water infused with rock sea salt, ginger and lemon, before being scoured with an almond scrub to remove dead skin cells and calluses. After the scrub, your therapist will give you a relaxing and invigorating foot massage using moisturiser and natural essential oils to leave your feet soft and smooth.

Treatment with paraffin: 60 mins

Treatment without paraffin: 45 mins

### HAND SCRUB SPA

This delightful treatment begins with soaking followed by an aromatherapy scrub, to exfoliate your skin. Enjoy a relaxing hand massage using moisture hydrating lotion to leave your skin looking, feeling, and smelling amazing.

Treatment with paraffin: 60 mins

Treatment without paraffin: 45 mins

### WAXING TREATMENTS

Full leg: 60 mins

Half leg: 30 mins

Half leg up: 45 mins

Under arm: 15 mins

Full arm: 45 mins

Half arm: 30 mins

Bikini: 45 mins

Upper lip: 15 mins

Eye brow: 20 mins

Back: 45 mins

Brazilian: 45 mins

Chest: 30 mins

## TEENS SPA RANGE (from 5 to 13)

### TEENS FACIAL

45 mins

The facial is especially suited for teenagers with dry or oily skin, or acne problems. This treatment uses natural products to treat the skin, but does not remove the skin's natural protective layer. The treatment includes deep cleansing, exfoliation, a healing mask and a relaxing massage.

### TEENS RELAXING BODY MASSAGE

45 mins

Perfect for very tired, active teenagers, this soothing massage will both relax and invigorate.

### TEENS RELAXING FOOT MASSAGE

45 mins

Extremely popular with youngsters, this is a light and calming foot massage, using natural oils. This treatment incorporates Vietnamese thinking with knowledge on reflexology pressure points, to help soothe weary feet.

### TEENS MANICURE

25 mins

Includes a scented hand massage and nail art of your choice after basic nail care: cuticle maintenance, trim and buff.

### TEENS PEDICURE

25 mins

Includes a nail trim and buff, a soothing foot massage, and nail polish of your choice.

