



**In stillness,
creation begins**



ANANTARA

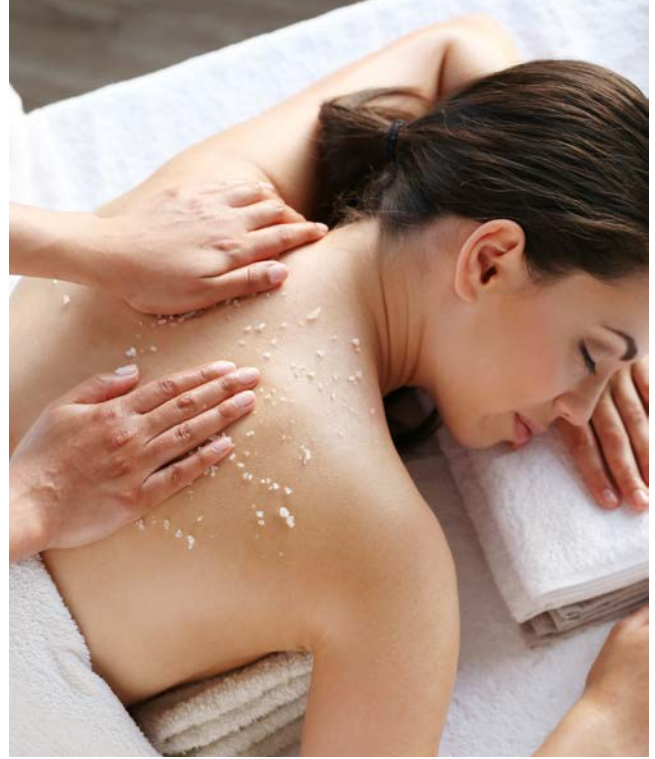
SPA

Welcome to Anantara Spa Mui Ne

Born in Thailand and now traversing the globe, Anantara Spa draws on the great healing traditions of East and West to offer profound rejuvenation. In Mui Ne, this includes Traditional Vietnamese Medicine using indigenous herbs, movement and massage to restore balance to the body and uplift the spirit. Explore this ancient world of healing, the soothing powers of nature, and treatments inspired by the sand dunes of Mui Ne.

Still the body, still the mind, emerge reborn.





Anantara Journey

For the ultimate rejuvenation, and pure indulgence from head to toe.

SENSE OF REJUVENATION 90MIN

A symphony of relaxation, beginning with a full-body massage which combines aromatherapy and gentle, flowing movements to deeply soothe. Follow with an express facial and massage that restores your natural glow.

ULTIMATE REJUVENATION 120MIN

This three-part journey begins with a fragrant coffee scrub that revitalises your skin and the senses, then a full-body massage of your choice. Feel every trace of tension dissolve, allowing tranquillity to settle deep within. Finally, an express facial with cleansing, massage and moisturising leaves you radiant.



Organic Care

Highlighting our 100% homemade concoctions designed to gently revitalise.

BODY WRAP 60MIN

Soothing aloe vera, nourishing dragon fruit, or brightening pearl powder – choose your main ingredient, which is then enriched with organic yoghurt and coconut oil to deeply hydrate – then lay back and relax in its cocoon-like embrace.

BODY SCRUB 60MIN

Experience powerful exfoliation with our unique and aromatic blend of coffee, rice and sea salt infused with coconut oil. This energising treatment will leave your skin silky smooth while also deeply nourishing.

GARDEN BLISS HAIR THERAPY 60MIN

Envelop your hair in a restorative mask of banana and coconut oil complemented by a relaxing neck and shoulder massage. Your hair is then washed with refreshing pomelo shampoo to reveal the ultimate shine.

ESSENCE OF MUI NE 120MIN

A journey that pares back to the elements, with a refreshing dragon fruit scrub followed by a full-body coconut oil massage. Feel the ingredients infuse your skin with natural nourishment as you are lulled into deep and harmonious relaxation.



Signature Treatments

ANANTARA SIGNATURE 60MIN / 90MIN

Combining Eastern and Western techniques with our signature oil blend, this massage stimulates circulation and deeply relaxes muscles, restoring the flow of energy along the meridian lines.

SAND COMPRESS 90MIN

Inspired by the nearby dunes of Mui Ne, this traditional massage is combined with heated sand compresses to gently knead away muscle tension, enhance circulation, and envelop you in warmth and tranquility.

Indigenous Vietnamese Therapies

Restoring balance to your body and its natural qi, drawing on the healing powers of nature's gifts.

VIETNAMESE THERAPY 60MIN / 90MIN

Explore the therapeutic effects of our traditional massage, with firm pressure applied to acupuncture points to release muscle knots, while the warmth of ginger oil both soothes and invigorates.

HERBAL COMPRESS 90MIN

A refined blend of Vietnamese massage and traditional warm aromatic herbal pouches. Expertly applied to melt away tension, rejuvenate the body, and elevate your sense of wellbeing.



All prices are quoted in thousand Vietnam Dong and are inclusive of all service charge and taxes



Holistic Wellness

CUPPING THERAPY 60MIN

Passed down from generation to generation, Vietnamese cupping therapy is gentle and renewing, using suction to draw qi to target areas and allowing the blood to flow, withdrawing toxins that cause pain and inflammation.

MAGNESIUM IMMUNITY RECHARGE 60MIN / 90MIN

Boost your immune system naturally with a magnesium-rich oil that is massaged all over your body, promoting restoration from within. The wonder mineral, absorbed through the skin, alleviates stress and promotes the deepest of sleeps.



BAMBOO MASSAGE
90MIN

Indulge in the comfort of heated bamboo sticks gliding across your oiled skin, each stroke promoting circulation, easing tension, reviving tired muscles, and inviting a deep sense of inner peace.

Therapy

TRANQUIL RELAXING 60MIN / 90MIN

Our most relaxing massage combines gentle, freestyle techniques with the soothing aromatherapy oil of your choice to caress your body, harmonise your senses, and nurture your spirit.

DEEP TISSUE 60MIN / 90MIN

For those who prefer firmer pressure, our expert therapists knead your body's pressure points with their forearms and elbows, stimulating circulation, releasing deep muscle tension, and awakening vital energy.

TRADITIONAL THAI 60MIN / 90MIN

An homage to Anantara Spa's Thai roots, Thai massage combines rhythmic kneading, acupressure and stretching along the body's energy lines to increase circulation, relieve muscle pain, and improve flexibility and flow.

REFLEXOLOGY 60MIN

Awaken your body's energy pathways as skilled hands stimulate reflex points on your feet to release tension and restore balance in the corresponding organs, inviting deep relaxation and leaving you harmonised.



MOTHER TO BE
60MIN / 90MIN

Designed especially for expectant mothers, gentle massage techniques relieve aches and pains in the lower back and legs, while odourless, organic coconut oil soothes the skin and helps to protect against stretch marks.



For Families

RAINBOW RELAXATION 60MIN

Designed especially for our youngest guests aged 11 and under, we combine gentle manicure and pedicure with a homemade face mask of yoghurt, introducing spa pampering and relaxation to them in a welcoming environment.

BONDING & JOY 60MIN

Designed for parent and child, share the joy of Tranquil Relaxation massages, or any other massage of your choosing, combined with organic yoghurt masks that will surely bring smiles to your faces.



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For Couples

COUPLE'S ROMANCE 120MIN

Soak in an enriching coconut milk bath for two that soothes both skin and mind. Gentle aromatherapy massages follow as you lay side by side, then rejuvenating express facials that leave your complexions radiant and your spirits refreshed.

DUNE FUSION 120MIN

Inspired by the enriching properties of Mui Ne sand, begin with invigorating sand scrubs that illuminate your skin, then drift into relaxation with warm sand compress massages designed to envelop you in serenity.

BESPOKE 90MIN

Design your ultimate journey for two, with blissful full-body massages followed by 30-minute add-ons each of your choosing, such as a scrub, wrap, holistic remedy or express facial uniquely tailored to your needs.





Anne Semonin Facials

Direct from Paris, our Anne Semonin facials combine natural ingredients with highly effective protocols to deeply restore and clarify the complexion.

AGE DEFEND 60MIN

Combat the natural signs of ageing. Essential oils and minerals massaged into your skin enhance tone and elasticity, while Mexican wild yam extract and Vitamins A and E protect against environmental damage, maintaining youthful radiance at a cellular level.

WHITE STAR 60MIN

Unlock the secret to radiant skin with this advanced therapy. Gentle micronised peeling powder and a potent resurfacing complex reduce pigmentation, blemishes and fine lines. Repeat for visibly younger skin over time.



SOOTHING SKIN SAVIOUR
60MIN

Nourish delicate skin with a unique blend of minerals and essential essences. After gentle cleansing and exfoliation, a rich, creamy mask of algae and kaolin clay draws out irritants and provides immediate relief, leaving your skin calm and soothed.



Beauty Salon

HAIR 60MIN

Thoroughly revitalise dull hair with a double shampoo, condition and blow-dry that restores volume and shine, all the while relaxing with ultimate pampering.

NAILS 60MIN

Indulge in a professional manicure or pedicure, with full nail and cuticle care and your choice of polish, for flawless looking hands and feet soft to the touch.

How to Spa

Anantara Spa is open daily from 9:00 am to 7:00 pm. A sanctuary of stillness for body and mind, hide away in private suites for one or two, indulging before or after your treatment in the steam or jacuzzi.

RESERVATION

To ensure your preferred treatment time, we recommend booking in advance. Please do so directly at the spa, or dial Ext. 3 from your room and one of our receptionists will be glad to assist you. A credit card number is required to secure your booking. Walk-ins are also welcome subject to availability.

HEALTH CONCERNS

If you are pregnant or have any pre-existing medical conditions or allergies, please consult a doctor before booking any of our spa treatments or using our facilities.

CANCELLATION

Should you need to cancel or reschedule your treatment, we require a minimum of four hours' notice, otherwise you will be charged 100% of the treatment price.

ARRIVAL

We encourage you to arrive 15 minutes prior to your scheduled treatment time. This will allow for a smooth check-in and the opportunity to relax before your treatment. Please note that late arrivals may be subject to reduced treatment times.

SPA ATTIRE & VALUABLES

When you arrive, you will be provided with a spa robe and slippers, as well as a locker in which to place your belongings. We recommend, however, that you leave all valuables in your in-room safe, as we can accept no responsibility for lost items.

AMBIENCE

As a tranquil space, we ask that you refrain from using your phone or talking loudly at the spa. Smoking is not permitted at any time, and please note that children aged 11 and under require parental consent and supervision during their treatment.



