

NEW WORLD

PHU QUOC RESORT

# THE SPA

## WELCOME TO THE SPA

The Spa experience takes guests on a blissful journey, engaging all senses. Guests will be delighted by the range of facilities and services, as well as the active and passive spaces.

Our services are categorized into 'Sensations' which create a gateway and getaway of tranquility for rejuvenation, relaxation and the pursuit of well-being.

### **Peaceful & Refreshed**

By simply matching your desired outcome you will receive the results you deserve, so simply choose, sit back, relax and enjoy.



# PEACEFUL

## Aromatherapy Massage | 60 min / 90 min

The soothing aroma oil will take you on a journey of senses. A massage combining warm essences and expert movements that will leave you rejuvenated & deeply nourish your skin, enhancing your massage experience. Soft touches, caresses, light pressure, broad kneading and smooth rubbing, all of these are part of the movements, will enhance the elasticity of your skin.

## Hot Stone | 60 min

Smooth, polished black granite stones are heated and incorporated into a full body massage. The perfect treatment to loosen tight muscles, relieve stress and ease tension

Exhale and relax as your therapist administers this advanced tri-phase stone body therapy. Stone therapeutic massage de-stresses your entire being...mind, body and spirit. As you completely unwind, pent up tension, fatigue, and pain gently vanish... resulting in blissful relaxation.

## Aromatherapy Facial | 60 min

A relaxing facial that treats the skin with a holistic approach, via unique massage techniques for the face, neck and décolletage. Choose from the following massage techniques: Lymph Aroma massage to aid circulation and elimination of lymph fluid or Aroma Pressure point massage to relieve headaches and sinus congestion.

## Pure Focus Facial | 60 min

Rejuvenate your skin with this condensed facial, perfect for those on the go. Depending on your personal needs, this treatment may focus on a deep cleansing and exfoliation, massage, or customized treatment masque.

## Alovera Soothing | 45 min

Immediately relieve sun damaged or sun sensitive skin with this soothing wrap. Cooling and desensitizing Alovera relieve the discomfort of over exposed skin. Alleviate skin's burning and stinging sensation as this treatment heals, desensitises and reduces skin temperature.

## Tropical Coconut Body Scrub | 45 min

This treatment will remove dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants. Your skin is polished and leaving a youthful smooth surface.

# REFRESHED

## Deep Tissue Therapy | 60 min

The ultimate resolution to help invigorate your body back to feeling normal and human again! Energising and revitalising, herb extracts blend to uplift the spirit, stimulate alertness, and counteract lethargy, while clearing the mind and increasing concentration. This specialised massage therapy is ideal for those who feel deflated, diffused and sluggish.

## Oriental Therapy | 60 min / 90 min

Cupping/warm bamboo rolling is an ancient Vietnamese technique that has found its place in the modern world of healing. By creating suction and negative pressure, this therapy is used to soften tight muscles, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways. (May cause suction marks)

## Express Treatment | 30 min

Thirty minutes to relieve pain and reduce tension in the area of your choice: neck, shoulders, lower back, legs, hands and feet, or any other area of your body. This is a fantastic solution for instant pain relief when you don't have a lot of time, or for chronic pain that requires extra targeted attention. Our skilled therapists are excited to greet your pain with targeted techniques to release muscles, increase circulation, stimulate endorphins, and flush toxins.

## Lift & Glow Facial | 75 min

Seeking a treatment with amazing instant results? Ideal for any skin type showing signs of ageing or as the perfect instant repair boost when you want to look your absolute best. Performance driven, this facial feature the best anti-ageing ingredients, rendering the skin ultra-luminous with a firmer, tighter and more youthful defined appearance.

## Body Strategist Peel Scrub | 45 min

Ideal all year round as a weekly treatment, it is particularly recommended before the summer, to prepare the skin for sun exposure, to maintain the skin's softness, provides immediate skin smoothness especially dry & rough skin.

# SALON SERVICES

A relaxing and rejuvenating service that includes light exfoliation, personalized massage and the proper maintenance and grooming of the nails and cuticles.

Updo/Styling

Wash & Blow Dry

Men Cut

Women Cut

Manicure

Pedicure

Bikini

Under Arm / Chin / Arm / Leg / Chest / Back

## Hydro Therapy

Steam & Sauna / Pool / Beach (Day use)

# PACKAGES

## Deep Blue | 120 min

Including 70 min of stone massage and 50 min of facial massage.

## Sea Day Package | 150 min

Including 30 min body scrub and 60 min of oriental massage & 60 min facial.

## Pampering | 180 min

Your choice of: Including 20 min of body scrub, 60 min of massage, 40 min of facial, 60 min select of hair care or nail care.

# ETIQUETTE & POLICES

## The Spa Etiquette

Please be advised that it is good practice to shower before any treatment. Silence, peace & respect are part of our Spa philosophy. Please consider other guest's space & privacy. Please silence any electronic devices you might have before entering the spa sanctuary.

## Spa Arrival

In order to give you adequate time to fill in the well-being questionnaire and relax, we recommend that you arrive 30 to 45 minutes prior to your treatment. Late arrivals will affect the duration of your scheduled appointment.

## Scheduling & Cancellation

Please contact The Spa directly to reserve your spa experience or to reschedule existing spa reservations. We recommended advanced reservations to ensure availability. We require a credit card to confirm your spa reservation experience. If you wish to reschedule or cancel your booking, please be advised that 8 hours is required in order for us to accommodate your request, or two hours if the appointment is made on the same day. No-show or last minute cancellations will incur a 100% charge.

## Spa Attire

Bathrobes, slippers and disposables are available at Spa for your comfort and wellness experience.

## Health Conditions & Allergies

Kindly consult with your physician before reserving any treatment or using our facility. If you have any allergies, please make sure to inform one of our Spa associates.

## Valuables

To ensure peace of mind and comfort while you are enjoying your wellness experiences, we provide secure lockers for all of your belongings. Spa will not be responsible for any lost or damaged items during your visit.