



SIX SENSES SPA

CON DAO

WELLNESS AND SPA MENU



Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors, and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience and becomes a joyful way of life.

If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

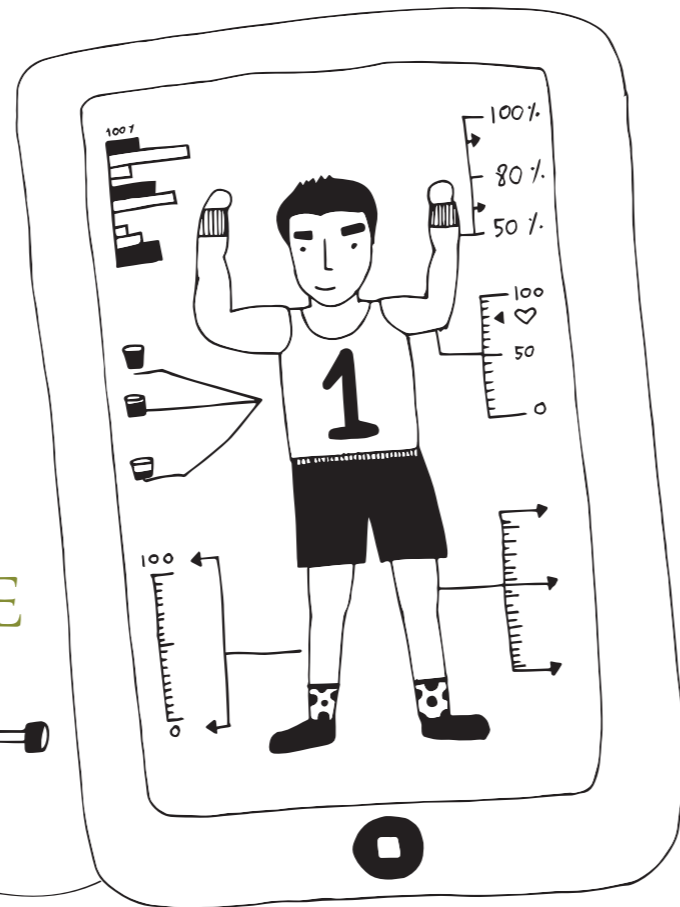
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BIOHACK RECOVERY LOUNGE

Recovery for muscles and minds



Biohacking sounds futuristic, but it's simply a way to quickly recover from travel or exercise and get the most out of your stay.

PERCUSSION THERAPY, 15 MINUTES

Muscle relief that's quick and easy with a percussion massage device.

COMPRESSION THERAPY, 15 MINUTES

Next level therapy by Normatec to ease lower body pain so you can warm up and recover faster. This equipment delivers sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

EASE TENSION WITH VENOM BACK WRAP, 15 MINUTES

Digitally controlled heat and vibration to soothe sore muscles and relax stiff joints. The most advanced heat and massage wearables available at the spa.

RED LIGHT FACE MASK, 15 MINUTES

Red light therapy targets signs of aging such as fine lines and wrinkles while promoting glowing skin.

SLEEP TRACKING

Wear our sleep tracking ring overnight to get handy intel on your current sleeping patterns. Talk to our sleep expert the following day to discuss your results and what to do next.

Our biohacking bundles are named to address certain concerns and when hacks are used together it makes the most of your time too. You just need to sit back and relax.

TRAVELER'S HACK, 30 MINUTES

Soothe leg and lower back tension with compression and vibration therapy. Ideal post travel.

RADIANCE HACK, 30 MINUTES

Restore a youthful glow with compression boots and a red-light LED face mask complemented with relaxing binaural beats.

LOCALLY INSPIRED SIGNATURE TREATMENTS



VIETNAMESE JOURNEY

An enticing journey featuring local ingredients and healing practices. Build a layered experience combining any or all the following choices, leaving you feeling deeply relaxed and emotionally balanced.

Spiced Body Care, 60 minutes

An oriental spiced body scrub to reveal nourished, sleek and polished skin.

Vietnamese Touch Therapy, 60 minutes

Incorporates cupping, percussion, and meridian clearing techniques to leave you energized and invigorated.

Pure Radiance Facial with Dien Chan, 60 minutes

Using freshly prepared local ingredients paired with Dien Chan facial reflexology to reveal a healthy glow.

HOT BAMBOO MUSCLE MELT, 90 MINUTES

This specialized therapy uses warm, smooth bamboo canes to deeply stretch and knead your muscles by releasing muscle tension and tightness.

THE ALCHEMY BAR WORKSHOP, 45 MINUTES

Learn the Art of Natural healing. You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Immerse yourself in the varied textures and extraordinary aromas to create your bespoke products in this interactive workshop.

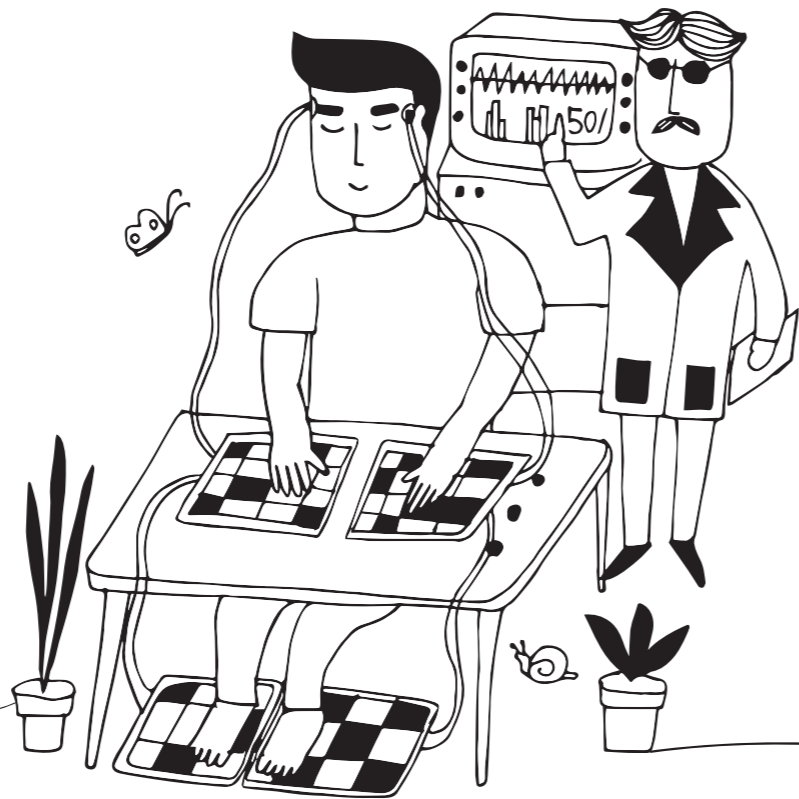
THE ALCHEMIST'S TREATMENT

Create unique natural products that will be used in your treatment afterwards.

Choose from:

- Detoxifying/Radiance Body Scrub, 75 minutes
- Detoxifying/Radiance Body Cocoon, 90 minutes
- Herbal Poultice Massage, 90 minutes

WELLNESS



WELLNESS SCREENING, 45 MINUTES

How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 40 key biomarkers relating to your overall well-being, our practitioner will talk you through the results and plan the next steps along your wellness path. You have only knowledge to gain.

WELLNESS CHECK-IN, 15 MINUTES

In a hurry? If you would like the screening results to review yourself and receive treatment suggestions for the duration of your stay, opt for a check-in.

Our named programs give a guide of what we cover while our wellness screening allows us to totally personalize the program to your needs and goals. Whatever wellness journey you take, we follow the guiding principles of Eat With Six Senses: where food is as nutritious as it is delicious, and you will leave feeling better than when you arrived. Our programs can be tailored for guests staying for 3 nights or more.



YOGA

For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature and energy treatments.

SLEEP

This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will create a personal schedule. This combines concrete data captured by our sleep tracker with a plan for your stay that includes dietary recommendations for sleep-promoting foods, the Yogic sleep science of yoga nidra, meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.

DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature therapies, stimulating scrubs, purifying body wraps and facials, as well as personalized wellness activities. A top to toe cleanse.

The Detox program is most effective when followed over 7 consecutive days.

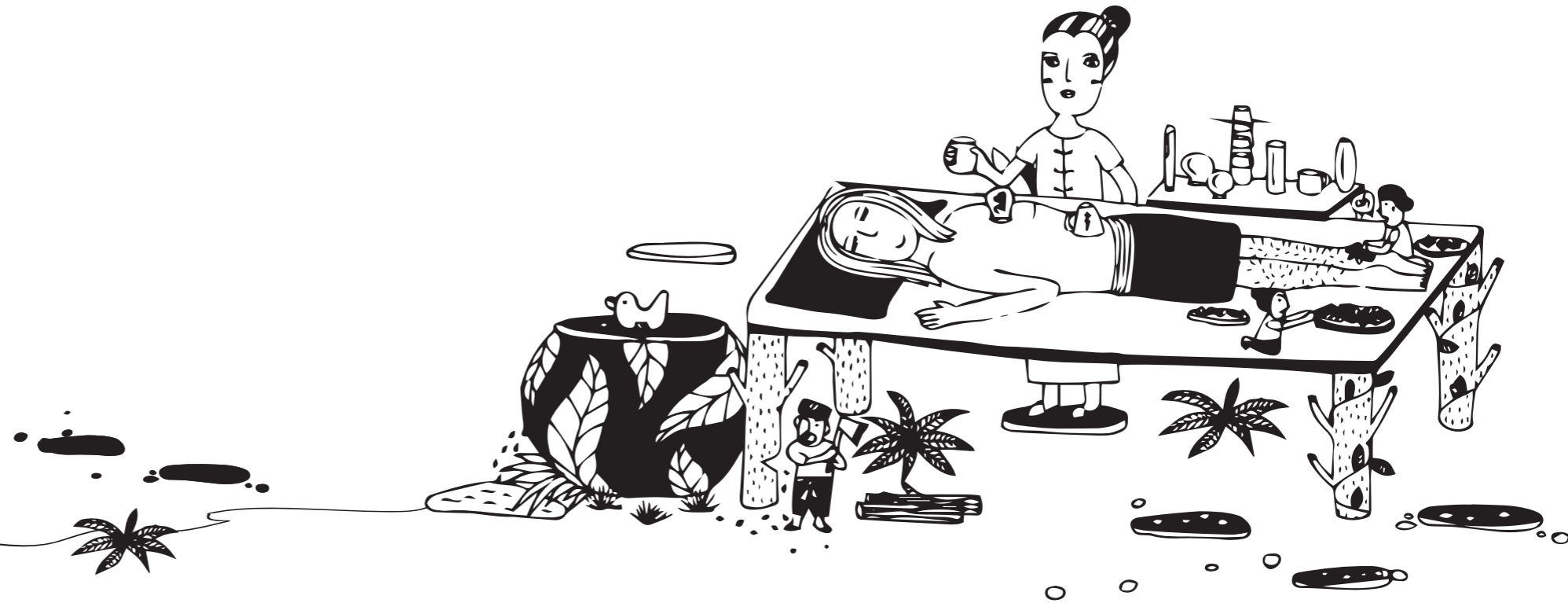
AYURVEDIC REJUVENATION

Improve vitality, boost the immune system and discover Ayurveda, the ancient science of life and longevity. The resident Ayurvedic Practitioner recommends suitable combinations of therapies based on your dosha (ayurveda body type) along with activities and which food to favor or avoid.





BODY TREATMENTS





SIX SENSES SIGNATURE BODY TREATMENTS:

Deep Tissue, 60/90 minutes - release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses may be used to enhance this treatment.

Detox, 60/90 minutes - focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo hitter and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Holistic, 60/90 minutes - combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

Pregnancy, 90 minutes - a full body, advanced therapy tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body therapy combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder therapy using acupressure techniques to relieve muscle tension and restore mobility.

Head Therapy, 30/60 minutes - a deeply relaxing oil-based treatment of the head, neck and shoulders using cranio-sacral techniques to ease tension and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains with a fusion of reflexology techniques on the meridian lines of the legs and reflex zones of the feet.

FIRE AND ICE THERAPY, 90 MINUTES

Induce deep relaxation with hot stones while cold stones stimulate, increasing the body's metabolism, muscle tone and ability to flush out toxins. Healing crystals are placed on the body to bring about balance and harmony.

**Enhance your treatment with the addition of a 15-minute Dien Chan Vietnamese Facial Rejuvenation routine.*



THAI THERAPY, 90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai therapy techniques with gentle stretching movements, performed in our Thai suite.

THAI HERBAL COMPRESS, 90 MINUTES

A full body therapy using warm poultices which contain plai, ginger, turmeric, and lemongrass. These are applied to specific pressure points, using gentle rolling movements, to condition skin and induce a sense of well-being.

RELAX TOGETHER, 2 HOURS 30 MINUTES

Begin this luxurious journey with a warm soak in our VIP treatment room. Our expert therapists will then tailor a full body therapy, followed by a bespoke facial customized for your specific needs.

DETOX BODY BUFF, 60 MINUTES

Detoxify and stimulate the adrenals to provide clarity and grounding. Dead skin cells are buffed away to help reduce cellulite using cinnamon bark and walnut shells blended with Tulasi, Indian lime and wild turmeric.. Followed by a full body hydration.

Using Subtle Energies.

DETOX BODY WRAP, 75 MINUTES

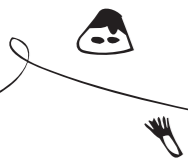
Revitalize, tone, and purify as this active body therapy begins with a zesty exfoliation, including essential oils, cinnamon powder, and walnut shells. A mineral rich clay infused with Spiked Ginger Lily and Green Tea envelop your body providing the ultimate detox. Experience full skin hydration with a choice of aromatic infused body butters, lotions, or blends after.

Using Subtle Energies.

PEARL INFUSED REMINERALIZING MASK, 90 MINUTES

Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate and regenerate skin cells. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial marma massage, using potent anti-ageing actives of Mogra and Indian rose to release tension and stress, and restore balance.

Using Subtle Energies.



AYURVEDA



AYURVEDA CONSULTATION, 45 MINUTES

A personal consultation with an in-house Ayurveda doctor to determine your constitution or 'dosha' type, including lifestyle and treatment advice.

ABHYANGA, 60 MINUTES

This popular Ayurveda body therapy, reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin, and boosts the immune system.

SHIRODHARA, 60 MINUTES

This stress-releasing treatment involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

AYURVEDA EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurveda experience.

KATI VASTI, 45 MINUTES

A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

FACIALS



Six Senses has partnered with Subtle Energies for our bespoke facials. Backed by over 25 years of clinical research, Subtle Energies creates results-based aromatherapy and wellness solutions founded on authentic Ayurvedic principles.

24K GOLD AGE DEFYING FACIAL, 60/90 MINUTES

Combining collagen and elastin boosting actives, while addressing stress, anxiety, and hormonal balance. This age-defying facial features Mogra, Queen of Jasmines, Himalayan Rose and 24k Gold that will penetrate the dermal layers of the skin, renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reducing fine lines and wrinkles.

ADVANCED HOLISTIC BIOTECH FACIAL, 60/90 MINUTES

Transform your skin with deep hydration, enhanced cellular renewal, and a plump, youthful appearance. Elevating your skincare experience with the latest in bio tech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness the remarkable rejuvenation and embrace a youthful, lifted complexion.



SOOTHE & ENRICH ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for dehydrated, sensitive, or damaged skin. This intense enriching facial therapy delivers potent antioxidants and essential fatty acids to fight free radical damage, protecting the skin from visible signs of ageing. Effectively removing impurities and pollutants, while keeping the skin calm and nourished. The facial marma massage delivers a nutrient rich elixir to increase collagen and hyaluronic acid production. This restorative treatment leaves the skin smooth, vitamin enriched and deeply hydrated.

WILD KASHMIR FACIAL, 30/60 MINUTES

This purifying facial will optimize your wellbeing and replenish the skin with renewed freshness. Wild turmeric purifies and exotic Kashmir lavender soothes and restores. Ideal for tired, congested, and stressed skin.

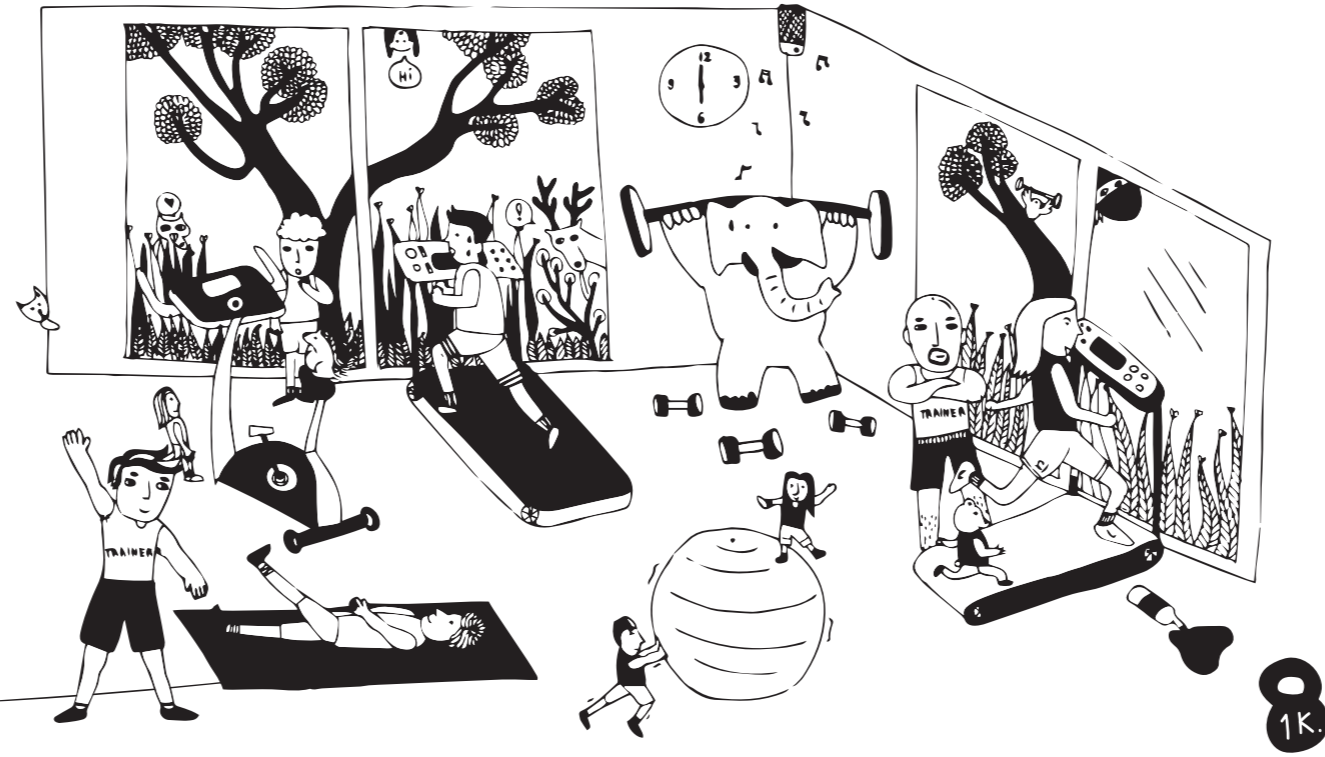
ENHANCE YOUR FACIAL

Pomegranate Enzyme Booster - a powerful phyto-active complex of activated pomegranate enzymes and natural AHAs, revealing a smoother, brighter complexion.

Vegan Collagen Booster - experience the transformative power of vegan collagen, meticulously designed to mimic human collagen, providing deep hydration and a natural filler solution restoring youthful elasticity.



FITNESS AND WELLNESS



SOUND JOURNEY, 60 MINUTES

Allow the sacred sounds to reverberate in your innermost. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature.

BREATHWORK, 45 MINUTES

MEDITATION, 45 MINUTES

PERSONAL TRAINING, 45 MINUTES

AERIAL YOGA, 45 MINUTES

YOGA, 60 MINUTES

YOGIC INTESTINAL CLEANSE, 90 MINUTES

BEAUTY



SHAMPOO AND CONDITIONING TREATMENT,
30 MINUTES

MANICURE, 30/60/75 MINUTES

PEDICURE, 30/75/90 MINUTES

SPA TO SPAAHH

Make the most of your spa time



SPA OPENING HOURS

Gym 24 hours
Spa 9:00 am to 9:00 pm

SPA RESERVATIONS

For inquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 15 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs, and we offer treatments with children aged 6 to 16 years under the supervision of a parent or guardian. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment. Prior to the treatment, we require a waiver signed by a parent or guardian.

For health and safety reasons, no child under the age of 16 is permitted in the spa wet and gym facilities.

CANCELLATIONS

Please allow 24 hours' notice on wellness programs and three hours' notice on spa treatments; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail area.

PAYMENT

For hotel guests, all treatments may be charged to your room and will appear on your account upon checkout. Alternatively, major credit cards are accepted at the spa reception.



SIX SENSES SPA CON DAO

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SIX SENSES SPA

CON DAO

WELLNESS AND SPA MENU PRICELIST



	3 Nights	5 Nights	7 Nights
SLEEP			
Personal Fitness/ Private Yoga (60 mins)	1	2	3
Recovery Biohacks (15 mins)	1	2	3
Personalized Spa Treatment (60 mins)	1	2	2
Wellness Screening (45 mins)	1	1	1
Breathwork/ Meditation (45 mins)	1	1	1
Shirodhara (60 mins)	1	1	1
Yoga Nidra (45 mins)	-	1	2
Sound Journey (60 mins)	-	1	1
Ayurveda Experience (90 mins)	-	-	1
Sleep Tracking Throughout The Stay	√	√	√
Welcome Sleep Bag With Sleep Amenities	√	√	√
Price per person (USD)	715	1,225	1,730
Price per couple (USD)	1,100	1,735	2,480

Prices exclude accommodation and wellness cuisine.

Prices are in United States Dollar and subject to 5 percent service charge and applicable local tax.

	3 Nights	5 Nights	7 Nights
DETOX			
Recovery Biohacks	1	2	3
Personal Fitness/ Private Yoga (60 mins)	1	1	2
Breathwork/ Meditation (45 mins)	1	1	2
Udwartana (45 mins)	1	1	2
Wellness Screening (45 mins)	1	1	1
Chakra Meditation (45 mins)	-	1	1
Personalized Spa Treatment (60 mins)	-	1	1
Yogic Intestinal Cleanse (60 mins)	-	1	1
Detox Body Wrap (75 mins)	-	1	1
Abhyanga (60 mins)	-	-	1
Full Board Wellness Cuisine	√	√	√
Price per person (USD)	970	1,700	2,520
Price per couple (USD)	1,675	2,875	4,245

Prices exclude accommodation.

Prices are in United States Dollar and subject to 5 percent service charge and applicable local tax.





	3 Nights	5 Nights	7 Nights
YOGA			
Private Yoga (60 mins)	2	3	4
Personalized Spa Treatment (60 mins)	1	2	3
Guided Meditation (45 mins)	1	1	2
Wellness Screening (45 mins)	1	1	1
Yoga Consultation	1	1	1
Breathwork (45 mins)	1	1	1
Yoga Nidra (45 mins)	-	1	1
Yogic Intestinal Cleanse (60 mins)	-	1	1
Sound Journey (60 mins)	-	1	1
Shirodhara (60 mins)	-	-	1
Price per person (USD)	675	1,260	1,600
Price per couple (USD)	870	1,585	2,050

Prices exclude accommodation and wellness cuisine.

Prices are in United States Dollar and subject to 5 percent service charge and applicable local tax.

	3 Nights	5 Nights	7 Nights
AYURVEDA REJUVENATION			
Private Yoga (60 mins)	1	1	2
Guided Meditation (45 mins)	1	1	2
Udwartana (45 mins)	1	1	2
Ayurveda Consultation (45 mins)	1	1	1
Abhyanga (60 mins)	1	1	1
Shirodhara (60 mins)	1	1	1
Breathwork (45 mins)	-	1	2
Ayurveda Experience (90 mins)	-	1	1
Sound Journey (60 mins)	-	1	1
Yogic Intestinal Cleanse (60 mins)	-	1	1
Kati Vasti (45 mins)	-	-	1
Price per person (USD)	815	1,400	1,985
Price per couple (USD)	1,415	2,250	3,090

Prices exclude accommodation and wellness cuisine.

Prices are in United States Dollar and subject to 5 percent service charge and applicable local tax.





TREATMENTS

DURATION (MINUTES)

PRICE (USD)

BIOHACKING

Percussion Therapy	15	35
Compression Therapy	15	35
Ease Tension With Venom Back Wrap	15	35
Red Light Face mask	15	35
Sleep Tracking	per night	35
Traveler's Hack	30	55
Radiance Hack	30	55
Wellness Check-In	15	35
Wellness Screening	45	90

LOCALLY INSPIRED SIGNATURE TREATMENTS

Spiced Body Care	60	145
Vietnamese Touch Therapy	60	145
Pure Radiance Facial With Dien Chan	60	145
Hot Bamboo Muscle Melt	90	190
The Alchemy Bar Workshop	45	65
Detoxifying/ Radiant Body Scrub	75	175
Detoxifying/ Radiant Body Cocoon	90	190
Thai Herbal Compress	90	190

Prices are in United States Dollar and subject to 5 percent service charge and applicable local tax.

TREATMENTS

DURATION (MINUTES)

PRICE (USD)

BODY TREATMENTS

Deep Tissue	60/90	145/190
Detox	60/90	145/190
Holistic	60/90	145/190
Pregnancy	90	190
Movement Restoration	90	190
Tension Soother	30/60	85/145
Head Therapy	30/60	85/145
Relaxed Feet	30/60	85/145
Fire and Ice Therapy	90	190
Thai Therapy	90	190
Thai Herbal Compress	90	190
Relax Together	150	550
Detox Body Buff	60	145
Detox Body Wrap	75	175
Pearl Infused Remineralizing Mask	90	190

Prices are in United States Dollar and subject to 5 percent service charge and applicable local tax.





TREATMENTS

DURATION (MINUTES)

PRICE (USD)

AYURVEDA

Ayurveda Consultation	45	90
Abhyanga	60	220
Shirodhara	60	220
Ayurvedic Experience	90	285
Kati Vasti	45	130

FACIALS

24k Gold Age Defying Facial	60/90	145/190
Advanced Holistic Biotech Facial	60/90	190/225
Soothe & Enrich Antioxidant Facial	60/90	145/190
Wild Kashmir Facial	30/60	90/145
Enhance Your Facial		60

Prices are in United States Dollar and subject to 5 percent service charge and applicable local tax.

TREATMENTS

DURATION (MINUTES)

PRICE (USD)

FITNESS AND WELLNESS

Sound Journey	60	145
Breathwork	45	120
Meditation	45	120
Personal Training	60	135
Aerial Yoga	45	135
Yoga	60	135
Yogic Intestinal Cleanse	60	150

BEAUTY

Shampoo And Conditioning Treatment	30	70
Manicure	30/60/75	40/65/75
Pedicure	30/75/90	40/75/90

Prices are in United States Dollar and subject to 5 percent service charge and applicable local tax.



SIX SENSES SPA CON DAO

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