



HOA SEN MENU

RESERVATIONS

+84 (0)257 383 0000
SPA@BAISANHO.COM

TREATMENTS

09:00 – 20:00

Advance reservations are highly
recommended to ensure availability.

All prices are in thousands of Vietnamese Dong (VND),
including Tax & Service charge.



HOA SEN

- Zannier Hotels Philosophy
- Our Story
- Our Concept

SIGNATURE RITUALS

- Blooming Lotus
- Soulmates
- Halotherapy

INSPIRATIONS FROM THE WORLD

- Inspiration of Vietnam
- Inspiration of Bali
- Inspiration of China
- Inspiration of Thailand

BEAUTY SECRETS

- Lotus Rejuvenation
- Herb-based Facial Therapy

04 WELLNESS JOURNEY 21

- Yoga
- Mat-Pilates
- Meditation
- Sound Therapy

08 HOLISTIC JOURNEY 26

- Chakra Healing
- Reiki Energy Healing
- Mantras for Healing

12 BEAUTY & GROOMING 30

- Graceful Hands
- Graceful Feet

EXPRESS PAMPER 31

- Foot Acupressure Massage
- Back & Shoulder Massage
- Scalp & Hair Massage

SPA ETIQUETTE 32

- Visiting Hoa Sen
- Cancellation Policy

HOA SEN SPA



OUR CONCEPT

THE ESSENCE OF ENERGY BALANCE

At Zannier Hotels, we believe that wellbeing begins with balance — when the body's natural rhythms are gently restored, helping us feel more in tune, reenergised, and better able to navigate the stresses of modern life. To support this, we have created Zanêa, a unique wellness philosophy that blends modern methods with time-honoured practices to restore the body's equilibrium.

Through a one-on-one consultation with our Wellness Manager and the use of advanced Bioresonance Technology, we begin by listening to what the body truly needs, then draw on ancient wisdoms to release blocked energy channels and encourage recovery and renewal. Rooted in four simple pillars — wellbeing, spa, movement, and nutrition — each journey is different, reflecting where the guest is and what they need to enhance the natural healing process. Our aim is simple: to offer holistic, thoughtful experiences that inspire lasting, positive change beyond their time with us.

A return to balance, to self, to natural rhythms

In today's fast-paced world, constant stimulation and stress can quietly overload the nervous system, wear down our natural defences, and leave us depleted. At the heart of Zanêa is the belief that the human body is an intricate system of energy fields that must remain in harmony for optimal health. By restoring energy balance — through breath, nature, and subtle, supportive therapies inspired by ancient practices — we help the body return to a state of ease, encouraging deeper resilience, clarity, and calm. Using centuries-old therapies and the five elements of nature (earth, water, fire, air, and spirit), alongside modern innovations such as Bioresonance, we work with the body's energy and natural rhythm to align body, mind, and spirit.

OUR CONCEPT

Modern insight, timeless understanding

With Bioresonance Therapy — a gentle, non-invasive method based on electromagnetic frequencies — we assess each guest's energy patterns to identify subtle imbalances and understand what the body quietly reveals. Guided by Ayurveda, Traditional Chinese Medicine, acupuncture, and preventive health, we focus on body type, energy flow, and elemental balance to shape each guest's wellness journey.

Setting the path for sustainable wellness

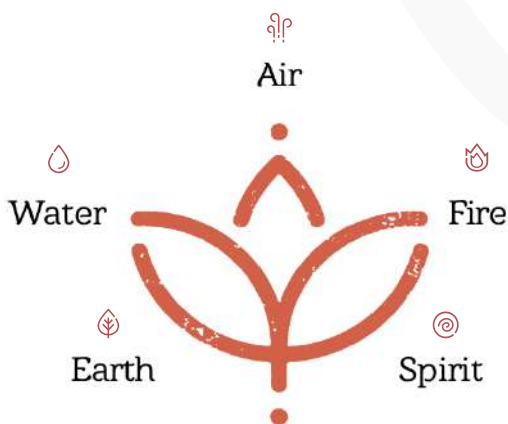
We create personalised wellness plans incorporating energising activities, wholesome nutrition, indigenous healing practices, and mindful rituals to support the body's innate ability to renew. We have also crafted 1-day, 3-day, and 5-day themed wellness journeys — each a curated path toward rejuvenation — whether you seek deep relaxation, an active reset, or cultural discovery. Blending authentic local elements like Vietnamese herbal baths, bamboo massage, sound healing, beach yoga, guided journaling, and curated spa treatments, these thoughtfully designed packages offer space for connection, clarity, and calm.

Through holistic lifestyle adjustments, gentle therapies and expert guidance, we aim to bring the body into alignment, support lasting wellbeing, and offer a harmonious path to rejuvenation and inner peace.

HOA SEN VISION

VIETNAMESE INTERPRETATION OF ENERGY BALANCE

At Zannier Bãi San Hô, we harness the power of the five elements of nature to identify and address imbalances in the body, mind, and soul. Through our consultations, guidance, and unique healing therapies, we offer a holistic approach that includes activities, wellness journeys, nutrition, and treatments. Our goal is to help restore your energy balance, achieve tranquility and inner peace, and enhance your overall well-being. We aim to provide a new perspective and a path to a long, healthy, and balanced lifestyle.



Follow the icons above to guide yourself through your wellness journey.

SIGNATURE RITUALS



Blooming Lotus

Ingredients

Lotus flower, Vietnamese herbs, milk and coconut oil.

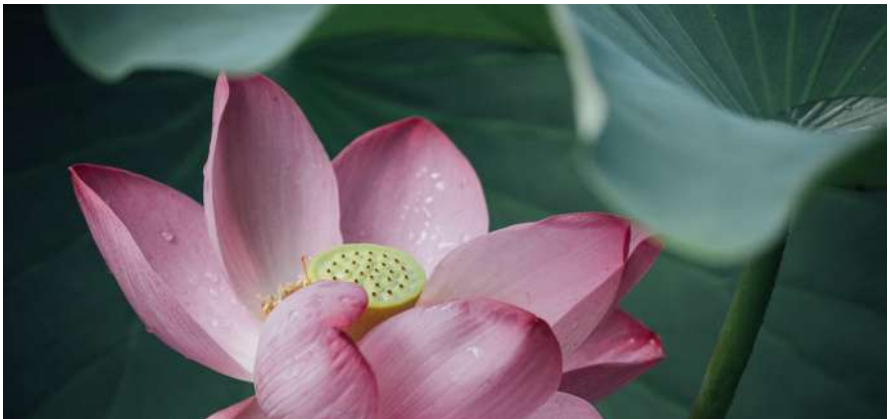
120 minutes

10 min cleanse + 40 min scrub + 60 min massage
+ 10 min head massage

Benefits:

- Exfoliates skin, removes dead cells, prevents melanin production, and restores the natural moisture balance of skin.
- Improves blood flow and relaxes the mind.
- Prompts the release of endorphins – the brain chemicals (neurotransmitters) that produce a feeling of wellbeing.

Symbolizing purity and rebirth, the lotus flower embodies the essence of this ritual, representing the enlightenment of the mind, body & soul. The journey starts with a soothing milk cleanse infused with lotus flower, refreshing the body and softening the skin. This is followed by a deep exfoliation using a handmade scrub of dry lotus petals and Vietnamese herbs. After the invigorating scrub and a warm shower, a full-body massage targets muscle knots and adhesions, for tension release and healing. Locally made coconut oil provides a warm sensation, enhancing blood circulation and restoring skin moisture. The ritual concludes with a head massage focusing on the areas where tension accumulates.



Soulmates – A Divine Journey of love

Ingredients

Meditation, Dry Flowers (Bath), Vietnamese Coffee & Herb Scrub, Sweet Almond Oil (Massage).

180 Minutes

10 min meditation + 30 min floral bath
+ 50 min scrub + 90 min massage

Benefits:

- Promotes positivity, detoxification, resilience and calms the senses.
- Improves skin texture & cellulite, clears body acne, blemishes, and heals inflammation.
- Hydrates skin deeply and reduces the appearance of scars, stretch marks, and wrinkles
- Helps improve posture, stretches, loosens tight muscles, improves joint flexibility, and reduces tension and stress.

This love-infused journey aims to create a spiritual connection with your loved one. It starts with hand-in-hand meditation to connect your souls, feeling each others' pulsations. It is followed by a floral warm bath, to activate the senses with healing music connecting hearts. A fragrance of flowers accompanies a handmade scrub made with Vietnamese coffee, rice powder, honey, and special herbs, applied in circular movements for deep skin exfoliation. After a warm shower, the skin feels fresh, smooth, moisturized, and soft. A deep tissue massage with warm almond oil releases stress and activates the senses. An outdoor setting complete the experience, featuring candles, soulful music, and Vietnamese delights alongside a Domaines Roger Zannier wine, commemorating the timeless journey of unconditional love.



Note:

- Need 24-hour prior booking.
- In case the weather doesn't permit outdoor settings, we can arrange an in-villa experience.

Halotherapy – Pink Salt Detox

Ingredients

Neti Pot (nasal rinse), pink Himalayan salt (bathing), essential oil blend scrub with salt (exfoliation), clay (mask), sweet almond oil (massage).

180 Minutes

10 min salt ritual + 30 min salt bathing + 30 min scrub + 30 min clay mask + 60 min massage + 20 min salt bed therapy

Benefits:

- Reduces muscle tension, stress and anxiety.
- Helps with stretch marks, dry skin, body breakouts and cellulite.
- Deeply hydrates skin, improves blood circulation, and minimizes clogged pores.
- Stimulates serotonin and dopamine, improves brain wave activity as well as quality of sleep, and activates parasympathetic response.

Halotherapy, dating back to the 12th century, originated from salt cave visits. Himalayan salts, extracted from ancient ocean beds crystallized millions of years ago, emit negative ions, purifying the air for a cleaner and healthier environment. The ritual begins with Neti pot (Nasal Rinse), followed by a relaxing bath in mineral-rich water with pink Himalayan salt to boost blood circulation. After the bath, the therapist gently exfoliates the skin with salt and essential oil blend scrub, followed by the application of clay mask to close pores and deeply heal the skin. A rejuvenating deep tissue massage with warm sweet almond oil focuses on pressure points. Guests can then experience the warm pink Himalayan salt bed activating key chakras. The ambient chanting music fosters inner peace, while the salt particles promote overall well-being.



INSPIRATIONS OF THE WORLD



Inspiration of Vietnam

OIL MASSAGE & BAMBOO ROLLING BLISS

Ingredients

Bamboo sticks, Vietnamese herbal bags,
locally made coconut oil.

60 / 90 minutes

Benefits:

- Bamboo rolling reactivates and stimulates blood circulation.
- Hot oil increases joint and muscle flexibility.
- The coconut oil repairs and nourishes the skin.
- Herbal bags help to reduce pain and deep relaxes the muscles. They also help in lymphatic drainage.

Vietnamese traditional massage blends unique hand techniques with bamboo rolling. Young bamboo canes, dried in the sun are warmed and rolled over the body to soothe tense muscles. Therapists use their hands for vigorous techniques like squeezing, rubbing, pressing, tapping, and chopping to relieve pressure and increase blood flow. During the process, different warm bamboo sticks are used to activate the silica crystal effect, creating a warming sensation. This technique, combined with nourishing oil that penetrates deeply, helps prevent aging and restores skin cells. Focused on pressure points, it releases tension and relaxes muscles. A scented herbal bag made from secret forest ingredients is applied on the neck, back and abdomen for relaxation.



Inspiration of Bali

BALINESE OIL MASSAGE

Ingredients

Locally made coconut oil.

60 / 90 minutes

Benefits:

- Lowers blood pressure, pulse, and respiratory rate, while increasing blood circulation.
- Elongates the muscles, opens and lubricates the joints and decreases swelling, all of which can ease movement and increase flexibility.
- Helps in reducing cellulite, relieves pain and improves sleep quality.

Balinese massage is a deep-tissue massage blending Swedish, Shiatsu, and reflexology techniques. Rooted in Indonesian tradition, it combines acupuncture, stretching, and aromatherapy for improved blood flow, oxygen circulation, and energy flow, bringing a sense of wellbeing, calm and deep relaxation. This full-body massage employs skin rolling, kneading, stroking, and pressure-point stimulation combined with essential oils aiming to induce deep body and mind relaxation and release muscle tension. The therapist uses a mix of firm and light strokes to promote muscle relaxation and increased blood flow. It is a more vigorous form of massage than some others.



Inspiration of China

BOTH DRY AND OIL MASSAGE

Ingredients

Vacuum cups & coconut oil.

60 / 90 minutes

Benefits:

- Tui Na massage harmonizes the body's yin and yang, fostering physical healing.
- It reduces pain, inflammation, and muscle tightness and increases range of motion.
- Foot and hand acupressure massages stimulate nerve function, enhance energy, improve circulation and induce a deep state of relaxation.

Combining Chinese Tui Na and cupping therapy, this unique massage repairs muscles, reduces pain, and maintains connective tissue health. Cupping therapy is an ancient form of alternative medicine that involves placing special cups on the skin to create suction, aiding in repairing dysfunctional muscles, reducing pain, and maintaining optimal connective tissue health. In this dry cupping treatment, cups of various sizes are placed on specific muscles using a suction gun, creating a vacuum to lift the skin and muscle upward. It is followed by an oil massage named Tui Na, (pronounced "tween-uh"), known as the oldest form of massage originated in China. This ancient technique aims to balance energy through kneading, pressing, rolling, and stretching with warm oil in long strokes. The experience concludes with acupressure point on the hands and feet for deep relaxation.



Inspiration of Thailand

NO OIL MASSAGE

Loose-fitting clothing

60 / 90 minutes

Benefits:

- Improves muscle blood flow and oxygen supply, increasing flexibility and range of motion.
- Lowers stress, alleviates anxiety and aids digestion.
- Relieves joint stiffness and pain and revives energy levels.

Thai massage has historically been considered a spiritual and medical practice, aiding deep relaxation and stress management. Like yoga and ayurveda, it involves energy lines (Prana Nadis) and pressure points crucial for overall health & well-being. Ancient practitioners learned this art in Buddhist temples, known as Nuad bo-rarn in Thai, translating to 'ancient' or 'ancient healing way.' Combining acupuncture, Indian Ayurvedic principles, and assisted yoga postures, Thai massage is oil-free and performed fully clothed. Techniques include muscle rubbing, compression, pulling, stretching, and rocking. Therapists target muscle stiffness, associated with internal energy pathways, using traditional movements and stretches.



B E A U T Y S E C R E T S



Flower Based Facial Therapy

LOTUS REJUVENATION.
BEST FOR DRY TO COMBINATION SKIN

Ingredients

Lotus flower, natural handmade scrub and mask.

60 minutes

Benefits:

- Lotus flower acts as an anti-acne, anti-wrinkle, skin brightener, anti-bacterial, skin coolant, emollient and stress reducer for the skin.
- It makes skin smooth, shiny & hydrated.
- The natural de-pigmenting properties provide clear complexion and toned skin.

The Lotus holds profound spiritual and cultural significance in Asian countries, serving as the national flower of Vietnam. Infused with 'Kaempferol,' a potent antioxidant, Lotus flowers provide skin protection against free radical damages.

Abundant in antioxidants, essential oils, and phytoextracts, it combats aging effects, promoting hydrated, elastic, and youthful skin. Our special formulation enhances skin elasticity, skin collagen, blood circulation, and reduces wrinkles and fine lines.



Herb-based Facial Therapy

BY THE COCOON ORIGINAL VIETNAM
BEST FOR OILY TO COMBINATION SKIN.

Ingredients

Turmeric cleanser, toner, scrub, serum and gel cream.

60 minutes

Benefits:

- Brightens skin tones.
- Reduces dark circles.
- Combats skin conditions.
- Fights blemishes.
- Soothes and promotes natural skin healing.
- Lightens hyperpigmentation.
- Prevents premature aging.
- Heals acne.

In Vietnam, turmeric holds a revered status as a healing and magical spice, grown and flourishing in various regions. For centuries, people around the world have attributed healing and cosmetic virtues to this vibrant yellow-orange spice related to ginger. This facial therapy is a complete skincare experience with locally made turmeric-infused products that are 100% vegan, sustainable & organic, cruelty-free from The Cocoon Original Vietnam.





WELLNES S JOURNEY



Yoga

SUITABLE FOR ALL

60 minutes

Benefits:

- Strengthens muscles effectively.
- Boosts flexibility and agility.
- Promotes better breathing.
- Nurtures heart health.
- Optimizes sleep quality.
- Reduces stress, anxiety, depression and chronic pain.
- Elevates overall well-being, enriching the quality of life.

The earliest reference to the term “yoga” is found in the Rig Veda, an ancient collection of texts. Derived from the Sanskrit word “yuj,” meaning “union” or “to join,” yoga has its roots in northern India, dating back over 5,000 years. The overarching goal of yoga is to foster a harmonious union of the body, mind, soul, and universal consciousness. By integrating the physical, mental, emotional, and spiritual dimensions, yogis unlock profound states of freedom, tranquility, and self-realization.



Mat-Pilates

SUITABLE FOR ALL

60 minutes

Benefits:

- Blends strength and flexibility.
- Encourages optimal postural alignment.
- Facilitates mind-body awareness.
- Uplifts mental health.
- Boosts vitality.
- Aids in pain reduction.
- Advocates for a healthy lifestyle.

Mat Pilates is an empowering blend of strength and lengthening exercises, that prioritizes the refinement of core (trunk) muscles while simultaneously engaging and toning the arms and legs. Based on the original exercises imagined by Joseph Pilates in his youth for his personal physical development, mat pilates predates the introduction of contemporary pilates equipment or machines. With a repertoire exceeding 500 exercises, it offers a versatile practice adaptable to any setting. This modifiable fitness approach accommodates individuals of all ages, body types, and fitness levels, making it accessible and inclusive. Additionally, tailored mat pilates routines can be comfortably practiced even in a seated position, further enhancing its adaptability.



Mindfulness Meditation

SUITABLE FOR ALL

60 minutes

Benefits:

- Eases stress levels.
- Diminishes heart rate.
- Enhances immunity.
- Promotes restful sleep.
- Deeply relaxes mind body & soul.
- Augments cognitive abilities.
- Mitigates symptoms of depression.
- Effectively manages chronic pain.

Mindfulness meditation serves as a mental training regimen designed to cultivate the art of slowing down racing thoughts, releasing negativity, and instilling a profound calm within both the mind and body. This practice combines meditation with the practice of mindfulness, characterized by an unwavering focus on the present moment. In essence, it entails fully engaging with “the now,” allowing for the acknowledgment and acceptance of thoughts, feelings, and sensations without the burden of judgment.



Sound Therapy

SUITABLE FOR ALL

60 minutes

Benefits:

- Eases stress, reducing blood pressure and cholesterol levels.
- Enhances sleep quality and sense of wellbeing.
- Sparks creativity and boosts mental capacity.
- Improves concentration and learning abilities.
- Facilitates better communication and fosters healthier relationships.

Sound healing is a powerful therapy that combines different healing sounds, music, and instruments to elevate our multidimensional wellbeing. This transformative practice creates a harmonious experience, gently and lovingly awakening every layer of our luminous energy field, encompassing the body, mind, soul, and spirit. Employing an array of instruments, including Tibetan singing bowls, gongs, drums, tuning forks, and more, this therapy employs diverse techniques to aid meditation, serve as a holistic healing tool, and facilitate a profound connection with the spiritual dimensions of life.



H O L I S T I C J O U R N E Y



Chakra Healing

90 minutes

Benefits:

- Boosts energy levels.
- Strengthens the capacity to cope with stress and emotions.
- Provides greater spiritual connection.
- Elevates self-esteem & self-confidence.
- Sparks creativity and innovation.
- Balances the energy flow.
- Fosters a profound sense of relaxation and calmness.

Chakra healing is an energy healing technique centered on directing energy into the seven chakras. The chakra system plays an essential role in overall well-being, as any blockage or imbalance in these energy centers can manifest as physical, emotional, or mental issues. Our comprehensive chakra healing approach aims to balance and unblock these negative energies, including crystal healing, sound therapy, consultation, guided meditation, breathwork, and energy-healing tailored to individual needs.



Reiki Energy Healing

60 minutes

Benefits:

- Induces a meditative state.
- Accelerates tissue and bone healing post-injury or surgery.
- Stimulates the body's immune system.
- Encourages natural self-healing.
- Relieves pain and tension.

The term "Reiki" translates to "mysterious atmosphere, miraculous sign" from Japanese, where "rei," signifies universal, and "ki," denotes life energy. Reiki is an energy healing technique that promotes relaxation and stress reduction through gentle touch. It is a method of spiritual healing and self-improvement that feels like a wonderful glowing radiance that flows through and around you. Our Reiki practitioners use their hands to channel energy to your body, enhancing the flow and balance to support healing.



Mantras for Healing

60 minutes

Benefits:

- Strengthens connection with oneself.
- Offers grounding and protection.
- Develops spiritual connection and strengthens a sense of oneness with the divine.
- Stimulates changes in the brain by synchronizing the right and left hemispheres, promoting alpha waves.
- Improves health and promotes inner peace.

The term 'mantra' comes from two Sanskrit words, combining 'Manas' (mind) and 'tra'i' (to free from). In the literal sense, mantra hence means 'to free the mind'. They are sounds or vibrations that create a desired effect, such as healing, transformation, and self-awareness, impacting specific areas of the body and life. Mantras act as powerful vibration tools unlocking a relaxed, extended state of consciousness. These short phrases full of energy and intentions - specifically chanted to generate powerful sound waves - foster insight, creativity, and spiritual growth, contributing to mental and physical wellness. Healing mantras create a positive aura through sound waves, reinforcing psychological strength.



BEAUTY AND GROOMING



Graceful Hands

60 minutes

A beautifully designed manicure to transform the hands and nails. It is a serene type of beauty treatment for the hands, a therapeutic service that involves trimming, buffering, cutting, filing, and shaping nails. The nail technician will also push back and tidy your cuticles before applying a nail polish. You would also enjoy a warm and relaxing hand massage.

Please note that there will be an additional charge for gel polish services.

EXPRESS

Foot Acupressure Massage

30 minutes

This treatment is designed to release aches and stiffness by applying pressure to the feet that assists to improve circulation & body balance.

Back & Shoulder Massage

30 minutes

Specifically designed for those suffering from lasting fatigue, ache or back tension in the spinal area. This treatment will soothe aches, ease tension and re-energize not only your back but restore your whole body and leave your skin clean & smooth with short salt scrub to conclude.

Graceful Feet

60 minutes

With the warm foot soak and aromatic blends of oils, our pedicure will transform the feet and nails. The therapeutic service will involve trimming, buffering, cutting, filing, and shaping nails. The nail technician will also push back and tidy your cuticles before applying a nail polish followed by the warm and relaxing foot massage.

Please note that there will be an additional charge for gel polish services.

PAMPER

Scalp & Hair Massage

30 minutes

Gentle touches to your head dedicated to enhance relaxation and ensure you a restful sleep.

SPA

ETIQUETTE

RULES & ADVICES
WHEN VISITING HOA SEN SPA



VISITING THE SPA

We highly encourage advance spa appointments, to ensure your desired treatments and preferences are available. We will be happy to assist with and plan your treatments in person.

The time durations given are the actual essential treatment times including rituals and after care. Late arrivals will result in customising your service to fit the remaining reserved time as courtesy to our next guest. Hoa Sen reserves the right to modify, cancel or postpone programs due to unforeseen circumstances.

Please arrive at least 30 minutes prior to your reserved appointment. In this way, you will have time for check-in procedures, to enjoy the facilities and allow yourself enough time for preparation.

The spa robe, towels, slippers and shower amenities will be made available. Please leave all jewelry and valuables in your room's safety drawer. While we endeavor to look after your belongings, we accept no responsibility for any misplaced, damaged or lost valuables of any kind brought into the premises.

We appreciate your respect for other guests and kindly request that all electronic devices are on silent mode while being at Hoa Sen. If you wish to receive messages during your time with us, we will be happy to assist you.

Hoa Sen treatments and wellness facility usage is at your personal risk. We welcome guests from 16 years of age for treatments and spa facilities. Kindly note that Hoa Sen is a smoke-free environment and consumption of alcohol or caffeinated drinks before, during or directly after a treatment, is discouraged.

Hoa Sen guests will have a personalized consultation that will be private and confidential. We treat every guest with utmost respect; spa services are strictly professional.

CANCELLATION POLICY

Our spa treatments use bespoke homemade products and fresh ingredients. Should you need to cancel or change your appointment time, please contact the Hoa Sen reception three hours prior to your appointment. Full treatment charges will be applied for no-shows and late notice.

