



# HOA SEN MENU

## RESERVATIONS

+84 (0)257 383 000

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.



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# ZANNIER HOTELS WELLNESS PHILOSOPHY

## BE YOUR BEST SELF

Each of our wellness areas offer an impressive collection of world class spa rituals, traditional beauty treatments, spa body therapies and exciting wellbeing packages. Zannier Hotels Wellness Philosophy is based on four cornerstones:

- Wellbeing
- Spa
- Movement
- Nutrition



# HOA SEN SPA

## OUR STORY

Hoa Sen spa is a sanctuary for relaxation. Its name means “Lotus Flower” and in Buddhism, this beautiful blossom is a cherished symbol of balance and transformation.

Centuries of Vietnamese healing arts combined with a handpicked selection of modern high-performance treatments have been woven into our restorative Hoa Sen spa experience.

Bathing rituals, herbal therapies, acupressure techniques to balance Yin and Yang, cupping, plant-based elixirs, meditations and marine skincare, are all key practices in our spa menu and entirely unique to Zannier Hotels Bãi San Hồ.

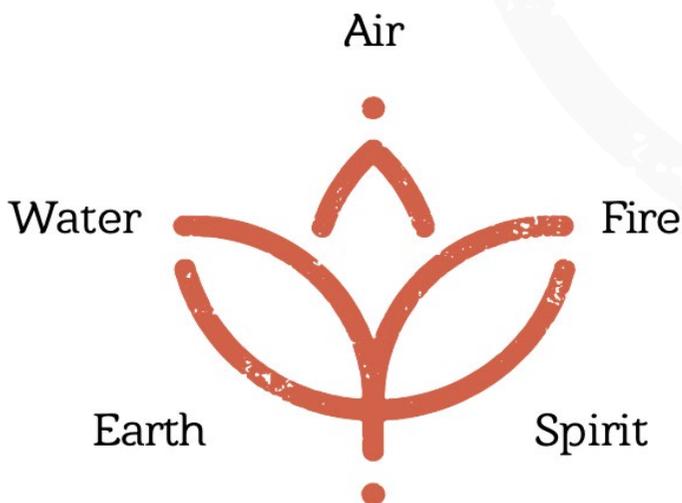
We work with local brands to provide all the necessary products.

Let us guide your personal journey to slowly unwind and emerge from Hoa Sen as your best self.

# HOA SEN CONCEPT

## A JOURNEY BASED ON THE 5 ELEMENTS

Mind-body wellbeing in the tranquillity of nature. Hoa Sen introduces you to a selection of holistic Vietnamese therapies, guided by the Five Elements and the Alchemy of Plants.



# EARTH

I AM GROUNDED DEEP INTO THE EARTH.  
I AM CALM, STRONG, CENTRED & PEACEFUL.



## Hoa Sen Signature Ritual

120 minutes  
6.500

Passed from one generation to the next, this ancient healing ritual combines all Five Elements.

The holistic experience begins with an elixir of Tay Bac, a blend of healthy herbal tea and herbal foot wash to cleanse and warm the feet. Detoxifying layers of mud will then be applied to the body, and gentle feet acupressure will help you clearing old energy. Then, lose yourself in a deeply balancing body treatment performed by two therapists, using oils infused with ancient indigenous herbs.

End with facial acupressure points treatment to leave you feeling grounded, rebalanced and nourished.

## Half-day Elemental Journey

4 hours  
6.700

*Spend the day with us at Hoa Sen and immerse yourself in the elements to replenish the whole body.*

*Start slowly with a Vietnamese herbal tea made from secret ancient herbs. Let your body be exfoliated and scrubbed with a mixture of either grounded coffee, sea salt, green tea leaves or homegrown rice. Enjoy being cocooned in a body mask wrap to rebalance and remineralise your skin.*

This is followed by an Inspiration of Tay Nguyen treatment, using warm stones to appease your body. Finish off with a choice of facial, expertly chosen to suit your skin type and leave you radiant.

# Yin & Yang Couple's Ritual

*150 minutes  
7.500 (for 2, together)*

Being in a relationship (or marriage) is all about finding balance. At Hoa Sen, we created our Yin & Yang Couples Ritual to help you and your partner find the ultimate yin & yang with each other. We will start by awakening your spirit with a movement yoga class. After that, a romantic Inspiration of Tay Bac body treatment for two will warm up your body and awaken your senses.

Then enjoy a Tay Bac Herbal Rebalancing bath together, drawn with a mixture of local brandy and ginger. This ancient Vietnamese recipe will replenish your body, mind & soul, and help balance yin & yang energies.

# 3-day Healing Ritual

*3 days  
10.050*

Slow therapy is the way forward. Get pampered and enjoy full access to our facilities for three days.

## Day 1 - 90 min - Rebalancing

What better way to start your day and journey with us than to sip on our special ancient herbal tea, preparing the body and after this quiet time your meditation and yoga private lesson will begin. After we have woken up the body & muscles an ancient herbal forest bath will be drawn for you where you can soak away all remaining stress.

## Day 2 - 120 min - Relaxing

Start your day with a glowing body exfoliation, followed by a relaxing cocooned experience, wrapped in a personalised body wrap. Finish your day with a 60 minutes of "Inspiration of Mekong" treatment where movements are applied to bring a deep relaxation to your body and mind.

## Day 3 - 150 min - Radiance

Choose from one of our special facials combined with a nourishing manicure or pedicure, to leave you absolutely enlightened by a genuine getaway experience.

# W A T E R

IF YOU WANT TO FIND BALANCE & HEALING,  
FIND WATER



# Healing Bathing Rituals

*Ancient relaxing body treatment*

*30 minutes  
1.350*

Bathing traditions have been part of Vietnamese culture for centuries and seen as a meditative and healing practice – a time to renew, revive, relax and cleanse the soul. Choose from:

- Ancient Forest Herbal Bath – a ritual secretly handed down from old generations in the far North of Vietnam to de-stress your mind and body.
- Hoa Sen Essentials Bath – a ritual using either jasmine, cedarwood or chù dù (traditional Vietnamese remedy) essential oils, for complete relaxation while being immersed in water mixed with micro bubbles.
- Tay Bac Rebalancing Bath – a ritual combining locally-made brandy and ginger to stimulate blood circulation and ease aches and pains.

# Rebalancing Body Polish & Cocoon

*Full-body skin exfoliation and pampering with local ingredients*

*60 minutes  
2.550*

This treatment features local Vietnamese ingredients - a choice of coffee, green tea, turmeric, ginger, local salt or rice - mixed with coconut oil or fresh milk to exfoliate and prepare the body to absorb antioxidants on a deeper level.

Locally handcrafted body mask rich in minerals and nutrients is then rubbed over, and applied to the whole body. Finally, receive a head relaxation treatment with beautiful oils. The power of this process is exceptionally rebalancing and healing.

# FIRE

WE NEED THE TONIC OF THE WILDERNESS.  
WE CAN NEVER HAVE ENOUGH OF NATURE,  
NOR ENOUGH OF PAMPERING TOUCHES...

## Inspiration of Vietnam

*60 minutes — 2.300*

*90 minutes — 3.760*

This is traditional body tissue & acupressure treatment. The techniques are a combination of oil & oil-free movements, the therapist becomes an artist of how to use their hands, finger tips, knuckles and little of the elbow in order to loosen chronic tension, boost energy flow divided in Yin & Yang channels. Vacuum cupping concludes on the back which will help to regain the positive energy and an active, healthy body.

## Inspiration of Mekong

*60 minutes — 2.300*

*90 minutes — 3.760*

Slow 'water flow' techniques will be applied in this deeply relaxing treatment, using fragrant aromatherapy and essential oils. This sensual touch style takes its inspiration from the life source of the Mekong river and its myriad of waterways where you'll find some Vietnam's most iconic images: endless horizons of emerald paddy fields and coconut trees where people live at one with nature.

## Inspiration of Tay Bac

*60 minutes — 2.300*

*90 minutes — 3.760*

A scented herbal bag made from secret forest ingredients is applied over the whole body to awaken the senses. Meanwhile, medium pressure movements are performed to help nourish your skin and relax your muscles. This body care treatment inspired in Tay Bac, in the North West region of Vietnam, where the use of herbal bathing and herbal medicine is part of the ancestral culture.

## Inspiration of Tay Nguyen

*90 minutes — 4.100*

Long, light, relaxing treatment strokes are complemented by the use of warm volcanic stones to melt away stress and rebalance energy flows, from head to toe. Tay Nguyen is a mountainous beauty of Vietnam with many small tribes, known for their unique culture. Their energy and spirit is captured in songs and music using the traditional "đàn đá", a stone instrument.

# A i R

NOURISHING MYSELF IS A JOYFUL EXPERIENCE.  
AND I AM WORTH THE TIME SPENT ON MY HEALING.

## Vietnamese Ice Cold Facials

*60 minutes*

*1.800*

Fruit is not only important to a healthy diet, but its nutriments can also make a big difference in skin care.

The fruit-based Ice-Cold Face Massage will help you smooth your skin, remove freckles and improve colortone without the need for any expensive cosmetics. It echoes Vietnamese influences and provides a long-lasting moisture.

## The Vitamin Plant Facial

*60 minutes*

*2.305*

Glowing skin is an outward reflection of your inner health. A gentle exfoliation of the face and neck prepares the skin, while pressure point techniques & gentle stroke movements lead the mind to deep relaxation.

## Gentlemen's Nourishing Treatment

*120 minutes*

*5.000*

This treatment has been designed for men, to focus on extra nourishment and care.

Choose one of our one-hour special Vietnamese-inspired treatments to balance yin & yang energies, loosen chronic tensions and reboost positive flow circulation. Pursue with either a manicure or pedicure, a body polish with cocoon or a facial treatment adapted to your skin type. This ultimate gentleman's pamper treatment will leave you relaxed and ready for coming challenges.

# S P I R I T

A BEAUTIFUL DAY BEGINS AND ENDS  
WITH A BEAUTIFUL MINDSET.

Buddha once was asked what has gained from meditation. He replied, “nothing, however, let me tell you what I’ve lost: anger, depression, anxiety, fear of old age and death.”

# Yoga for Movement

*60 minutes*

*2.300*

*All levels welcome*

Good yoga practice can rejuvenate the body, calm the mind, and help heal the spirit through a greater sense of awareness to the surrounding nature and self-discovery.

(Re)connect with nature through body conscience and movement. Explore ancient practices to balance your body (chi), use your muscles to find perfect balance, and practice mindfulness. This movement yoga practice will become a tool of self-empowerment, providing a lasting and powerful transformation.

# BEAUTY AND GROOMING

GLOWING SKIN IS AN OUTWARD REFLECTION  
OF YOUR INNER HEALTH.

I TAKE CARE OF MY SKIN & SHAPE,  
AS I TAKE CARE OF MY SOUL.

## Scalp & Hair Massage

*30 minutes*  
*950*

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

## EXPRESS

### Hand Exfoliation Scrub, Massage & Moisturising Balm

*40 minutes*  
1.680

A relaxing combination of a hand massage and exfoliating scrub that will leave you with soft & silky skin.

## PAMPER

### Foot Acupressure Massage with Exfoliating Scrub

*45 minutes*  
1.750

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 with Exfoliating Scrub

*45 minutes*  
1.750

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 a short salt scrub to conclude.

# 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.

