

The image is a painting of a river scene. In the foreground, there are several wooden boats with thatched roofs, some with blue tarps. The boats are on a river or canal. The background is filled with dense, vibrant green foliage, possibly trees or bushes, with some yellow highlights. The overall style is impressionistic and colorful.

xuan  
— SPA —





## PARK HYATT SAIGON

For centuries, the Southern Vietnamese have inhabited unexplored blessings, a rich biodiversity of enigmatic natural healing power from the Mekong Delta – Cuu Long – the symbol of nine dragons.

Xuan Spa offers a gateway to overall wellness and rituals inspired by Vietnamese beauty and health traditions. Great care has been taken to select the finest floral, botanical and mineral resources from the Mekong for all of Xuan's spa experiences.

Every treatment combines natural healing using Traditional Vietnamese Medicine and techniques of the highest quality and purity. Blends of Lotus essential oils, plant extracts and rice water essence are chosen for their specific properties and to enhance the overall experience.

Xuan Spa invites you to rejoice where ancient and modern meet.

OUR NATURAL  
TREASURES FROM  
THE MEKONG DELTA



Using resources that are rooted in the rich biodiversity of the Mekong Delta and its fertile mangroves, we incorporate advanced plant chemistry in each Xuan treatment to work in total synergy with the body, optimizing the body's ability to strengthen and repair itself. Treatments help to achieve transformative sensorial experiences and healthy results for all body and skin types.





## MEKONG FIELDS AND HEALING MANGROVES ORGANIC OILS

**Ginger essential oil** helps regulate body temperature as an antipyretic, reducing heat in the body. Ginger essential oil soothes the spirit, acts as an antidepressant, releases pain, relieves cold coughs, sore throats and stomach problems, and provides energy recovery and a refreshing feeling to the body through intense aroma mixed with sweetness. In particular, a fresh ginger massage with essential oils will nourish and hydrate the body.

**Orange essential oil** helps to calm the spirit, strengthen resistance, maintain health for the body, reduce fatigue, stimulate the senses, protect body cells from damage by freeing radicals from stress and pollution, provide relief from inflammation, relax muscular and nervous spasms, reduce anger and depression, promote urination and eliminate toxins.

**Cajeput oil** (also known as cajuput oil) is an essential oil commonly distilled from the white wood tree, a close relative of the tea tree. Cajeput has been used by the Vietnamese for centuries to assist the respiratory system and relax breathing, alleviate fever and body heat, and reduce aches and pains.

**Basil oil** comes from a herb, which is very common in Vietnam. Basil flavours are used to reduce stress, panic and feelings of depression and sadness. It also stimulates blood circulation, helping you activate energy sources for the body, improve skin tone and protect against acne.

**Cinnamon** is one of the most popular herbs for flavouring and medicinal use. Cinnamon is now used all over the world for the treatment of a variety of health disorders including respiratory problems, skin infections, blood impurity, menstrual problems and various heart disorders. Cinnamon oil provides a nourishing effect, revives, disinfects, and treats heat, pain, irritation, nausea while providing body detoxification.

The Mekong Delta is the most extensive rice-growing area of Vietnam.

When the Mekong Delta is mentioned, people usually think of it as Vietnam's rice basket. Since it is enriched with alluvial soil from one of the world's largest river systems, the Mekong Delta provides three harvests a year. In addition to rice, the area also produces coconut, sugar cane, fruit and fish.



# MEKONG DELTA



## ALL ABOUT YOU AT XUAN

“Cuu Long”, the symbol of nine dragons - a place where time stands still and the temporal world fades away. Here you will discover an oasis of tranquillity, where your inner energy is revitalised and outer glow restored.

Entrust your wellbeing to our skilled therapists to develop your own personalised spa programme from our selection of sublime massage rituals, exquisite facials and deeply effective body treatments.

Make the most of your time, be it a half hour, a full hour or even longer. Choose a mixture of our essential services to create your own personalised treatment experience:

### SKIN

Facial

### BODY

Exfoliate  
Wrap

### MASSAGE

Full body massage  
Foot Massage

*90 minutes | 120 minutes | 150 minutes | 180 minutes*

## EXTEND

Our focus is all about you, so you can switch off and embrace one of the fundamental elements of better wellbeing: solitude and rest. Our packages can be built to last for several hours. The options are plentiful.





## F A C I A L

### Ben Tre Hydration

A deeply hydrating facial, restores moisture, tone and luminosity. Hydrating ingredients promote a smooth texture with exceptional restoration to reveal a more youthful appearance.

### Can Tho Skin Recovery

Pure collagen improves skin hydration and stimulates the skin, resulting in perfect texture, plump lines and supple, moisturized skin with a long-lasting glow; reminiscent of the famed skin of the women of the Can Tho region. Recommended for dry, damaged skin and to reduce wrinkles and fine lines.

### Soothing Mangrove

Sooth and calm your sensitive or reactive skin after a long journey or day in the Saigon heat. This calming facial is suitable for irritated or inflamed skin, helping to reduce redness, nourish, soothe and restore the skin's natural balance and radiance.

### Bac Lieu Winds

After this short facial session your skin will feel refreshed, like a cool breeze caressing the face. Skin complexion is perfectly evened and soothed and the skin feels firmer with more resistance.

# DELTA MANGROVES



The mangroves of the Mekong Delta are rich, lush and green. Minerals, vitamins, oils and mud are abundant in this serene environment.





## BODY THERAPY

### Xuan Signature Muscle Release

This realigning of deeper layers of muscles and connective tissue is specifically designed for tight, stressed and aching muscles. Unblocking energy flow by targeting the neck, shoulders and back, this traditional deep kneading technique removes knots, releases tension and eliminates stress.

The experience is combined with your choice of wild-grown ginger, basil, cajeput or orange oil specifically found in Southern Vietnam. They are known for their beneficial effects on circulation and help disperse the build-up of lactic acid, which causes stiffness and pain.

### Xuan Signature Calming

A traditional Vietnamese ‘Tri Lieu’ style massage. The technique is instinctive and vigorous, while the effect is very relaxing offering the body a small nudge to recover all of its energy. Xuan’s relaxing massage is personalised with your choice of cajeput, basil, cinnamon or orange essential oil. Allow yourself to be guided by the sensitivity of the smells, and choose the fragrance that most inspires you.

## BODY THERAPY

### Cam Mountain - Hot Stones

Therapeutic heat is slowly released deep into the muscles as warm stones bathed in orange or ginger essential oils glide smoothly over your entire body, enhancing the benefits of your massage. An ideal treatment for enhancing circulation, connecting mind to body and for those who wish to alleviate muscle tension without the depth of a remedial massage.

### Tra Su Forest - Deep Tissue Relief

A vigorous and dynamic therapy that will help increase your muscle flexibility, alleviate pain and assist your natural healing process. It is especially helpful for chronic aches and pains as well as contracted areas, such as a stiff neck, leg muscles tightness, sore shoulders and lower or upper back pain.

### Healing Grass - Relaxation of Feet

This divine massage works on the basic pressure points in the tired, aching feet. This technique applies gentle pressure to the reflex points in the feet, stimulating the body's own healing process. It promotes relaxation, reduces stress and muscle tension. Perfect after a long day of walking.



Ben Tre, the land of fresh fruits, features three rows of islands located in the Mekong, and the vast river features beautiful countryside scenery, which is both lyrical and poetic. The people are gentle and welcoming with friendly smiles; the hidden beauties of the West River area.



BENTRE



## BODY TREATMENT

### Dao Dua Coconut Monk - Body Exfoliation

Begins with a short massage session to promote blood flow and an energetic metabolism. Ginger flower and crushed coconut granules rejuvenate old skin and strengthen new skin to leave it feeling completely clear and flawlessly smooth.

### Ginger Treat - Body Exfoliation

Earthy minerals are combined with ginger's healing properties in an invigorating full body exfoliation to gently buff away rough and dry skin. Skin is left refreshed, reinvigorated and softly scented with the irresistible aura of ginger harvested from the Mekong River.

### Nine Dragon - Herbo Mineral Mud Wrap

Glorious herbo mineral mud from the legendary Mekong River is known for its powerful therapeutic properties and has been used for centuries to improve circulation, strengthen immunity and to soothe and rejuvenate tired, aching muscles. The natural pH level of the mud gently exfoliates and hydrates the body. The treatment includes a scalp massage and is perfect after a strenuous day.

### Rice Palm of the Mekong - Detoxifying Body Wrap

The ideal treatment to purify, nourish and rejuvenate. The therapeutic properties of rice palm have long been revered for their ability to naturally detoxify, leaving you with skin that is beautifully healthy.





## XUAN SPA WELLNESS COUNSELING

### Fitness Services

*Advance bookings required*

Personal training, fitness lessons, Yoga lessons

Dynamic assistance is offered by personal trainers, as well as regular fitness assessments and programmes that can be designed according to your needs and goals.

All prices are times 1,000 in Vietnam Dong (VND) and are subject to 5% service charge and then 10% VAT

## TEA MENU

### *Complimentary*

#### Lotus Tea

Improves blood circulation  
Reduces anxiety and stress, aids relaxation  
Helps weight loss

#### Ginger Tea

Improves blood circulation  
Relieves stress  
Reduces inflammation  
Improves stomach performance  
Detoxifies the liver

#### Green Tea Leaf

Antibacterial properties help to improve skin performance  
Promotes restful sleep patterns  
Aids in digestion

#### Lemongrass Tea

Induces sleep and reduces insomnia  
Anti-bacterial, anti-fungal  
Detoxifies the liver, kidney and bladder  
Relieves common cold and cough



# HOW TO XUAN SPA

## Spa Hours

9:00 am to 10:30 pm, daily. Final appointments booked at 9:30 pm.

## Reservations

To make your reservation at Xuan Spa press 'spa' on your guestroom phone, dial +84 28 3520 2356 or book online at [parkhyattsaiagon.com](http://parkhyattsaiagon.com).

A valid credit card is required to hold your reservation.

Prices are subject to change without prior notification.

## Arrival

Please arrive 15 minutes prior to your appointment to prepare for your spa experience, shower and steam. Appointments begin promptly at the time scheduled. If you arrive late, your appointment will be shortened so that the therapist may be on time for the next session.

## Consultation

All spa guests will enjoy a personalized consultation prior to their experience to determine the best treatment program. Please advise of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant, as some services may not be appropriate for you at this time.

## Spa Attire

Xuan Spa will provide you with a robe and slippers for your comfort.

A secured change closet will be available for your personal belongings.

Xuan Spa is not responsible for any lost or misplaced items.

## Spa Environment

At Xuan Spa, we strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment you leave.

Kindly note this is a non-smoking facility. Please also refrain from using your mobile phone at all times while on the premises. Your cooperation in providing a quiet environment is greatly appreciated.

### Health Considerations

For your comfort, please advise upon booking of any allergies, injuries or concern areas.

### Cancellation

Should you need to cancel an appointment, please contact us 24 hours prior to your scheduled appointment time. Full treatment charges will be applied to late cancellations and no-shows. Late arrivals will result in a shortened appointment or the rescheduling of your appointment (charges may apply).

### Gift Certificates

Gift certificates are available to create your own personal spa experience.

### Adult Facility

Xuan Spa is an adult facility, available to both men and women over the age of 16 years.

### Claims

Use of Xuan Spa is at your own risk. Management will not be held responsible under any circumstances for any injury that may be caused or loss of property while using Xuan Spa.

### Information Privacy

Because we consider the privacy and confidentiality of your information to be important, we use your information in accordance with the Global Privacy Policy for Guests located at [privacy.hyatt.com](http://privacy.hyatt.com) or by request from Xuan Spa.



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FACIAL TREATMENT

Items	Session	Price (VND)
Ben Tre Hydration	60 minutes	2,690
Can Tho Skin Recovery	60 minutes	3,740
Soothing Mangrove	60 minutes	2,700
Bac Lieu Winds	30 minutes	2,130

BODY THERAPY

Items	Session	Price (VND)
Xuan Signature Muscle Release	60 minutes	2,760
Xuan Signature Muscle Release	90 minutes	3,670
Xuan Signature Calming	60 minutes	2,730
Xuan Signature Calming	90 minutes	3,640
Cam Mountain - Hot Stones	60 minutes	2,730
Cam Mountain - Hot Stones	90 minutes	3,600
Tra Su Forest - Deep Tissue Relief	60 minutes	2,760
Tra Su Forest - Deep Tissue Relief	90 minutes	3,640
Healing Grass - Relaxation of Feet	60 minutes	2,150

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All prices are times 1,000 in Vietnam Dong (VND) and are subject to service charge and then VAT



## BODY TREATMENT

Items	Session	Price (VND)
Dao Dua Coconut Monk - Body Exfoliation	60 minutes	2,400
Ginger Treat - Body Exfoliation	60 minutes	2,400
Nine Dragon - Herbal Mineral Mud Wrap	60 minutes	2,400
Rice Palm of the Mekong - Detoxifying Body Wrap	60 minutes	2,400

## EXPRESS SERVICE

Items	Session	Price (VND)
Relaxation of Feet	30 minutes	1,720
Head, Neck, Shoulder Massage	30 minutes	1,720
Back Tension Release	30 minutes	1,720

## FITNESS SERVICES

Items	Session	Price (VND)
Personal training, fitness lesson, Yoga lesson	60 minutes	1,720

## ANNE SEMONIN TREATMENT

Items	Session	Price (VND)
Haute Couture Experience	90 minutes	5,450
Precious Pearl Ultra Lift	90 minutes	9,080
Ultimate Skin Detoxifier	90 minutes	5,600
Lighter Legs Therapy	90 minutes	4,600



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