



# 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),  
exclusive of 10% government tax and 5% service charge.

## HOA SEN

- Zannier Hotels Philosophy
- Our Story
- Our Products
- Our Concept

## EARTH

### Hoa Sen Signature Treatment

- Hoa Sen Signature Ritual

### Hoa Sen Wellness Packages

- Yin & Yang Couple's Ritual
- Half-day Elemental Journey
- 3-day Healing Ritual

## WATER

- Rebalancing Body Polish & Cocoon
- Phytomer® Marine Body Wrap
- Healing Bathing Rituals

## FIRE

- Inspiration of Vietnam
- Inspiration of Mekong
- Inspiration of Tay Bac
- Inspiration of Tay Nguyen

## AIR

- The Vitamin Plant Facial
- Phytomer® Facials
- Gentlemen's Nourishing Treatment

03

## SPIRIT

16

- Breathing Session & Meditation Session
- Yoga Session

07

## BEAUTY & GROOMING

18

### Nails

- Beauty Nourish Manicure or Pedicure
- Beauty Deluxe Gel Manicure or Pedicure

### Body

- Sculpt Zone Target Treatment for Abdomen
- Sculpt Zone Target Treatment for Abdomen, Buttocks & Thighs

### Express Pamper

- Scalp & Hair Massage
- Back & Shoulder Massage with exfoliating Scrub
- Foot Acupressure Massage with exfoliating Scrub
- Hand exfoliation Scrub, Massage & Moisturising Balm

10

12

14

## SPA ETIQUETTE

21

- Visiting Hoa Sen
- Cancellation Policy

# 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 Hô.

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

# HOA SEN SPA

## OUR PRODUCTS

### PHYTOMER®

Phytomer® is a passionate family business with its roots in Brittany (France), established by the ocean. Inspired by the sea's boundless generosity, the brand is known for its high quality products made of natural ingredients. Like us at Hoa Sen, Phytomer®'s approach has always been to preserve the environment and enhance your skin.

[WWW.PHYTOMER.FR/EN](http://WWW.PHYTOMER.FR/EN)

### NAUNAU®

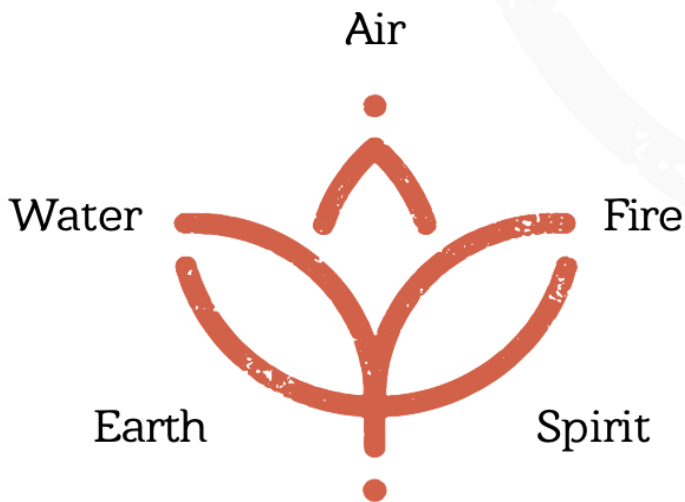
Naunau® is a newly established Vietnamese cosmetic brand, promoting a green lifestyle. Its products are inspired by the nature, and designed as an invitation to share the founder's passion of traveling and to discover the most beautiful, charming secrets of Vietnam. Uplifted by the delicious fragrance of Da Lat flowers, the product line is handcrafted using only natural & organic ingredients.

[WWW.NAUNAU.VN](http://WWW.NAUNAU.VN)

# 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  
5.500

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.

## Yin & Yang Couple's Ritual

150 minutes  
6.500 (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.



## Half-day Elemental Journey

4 hours  
5.800

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 a Phytomer® facials, expertly chosen to suit your skin type and leave you radiant.

## 3-day Healing Ritual

3 days  
8.700

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

## Rebalancing Body Polish & Cocoon

Full-body skin exfoliation and  
pampering with local ingredients

60 minutes  
2.200

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.

## Phytomer® Marine Body Wrap

Body wrap & detox treatment

90 minutes  
3.750

This detoxifying and energising body wrap, enriched with activating bentonite, clay montmorillonite & ascophyllum nodosum powder is applied with long gentle strokes.

Enhanced by the sea powers, it will bring absolute purification of your skin and leave your body feeling indulged & relaxed.

## Healing Bathing Rituals

Ancient relaxing body treatment

30 minutes  
1.150

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.

# 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 — 1.950  
90 minutes — 3.250

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 devided 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 — 1.950  
90 minutes — 3.250

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 — 1.950  
90 minutes — 3.250

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 — 3.500

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.

## The Vitamin Plant Facial

60 minutes  
2.000

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.

The mix of local, fresh Vietnamese ingredients – yogurt, cucumber, honey, aloe vera, fresh milk & ground rice – helps to leave the skin smoother and radiant.

# Phytomer® Facials

90 minutes  
3.850

## MARINE BREEZE POLLUTION SHIELD for oily & combination skin

Cleansing program that effectively targets blemishes for a visibly clearer, healthier skin and fresher complexion. Soothing regenerating effect providing a smoother and noticeably softer skin. This is ideal to strengthen your skin against external influences using long-lasting moisture.

## PIONEER TREATMENT YOUTH REVEALING for mature skin

Combined lifting mask and ultra concentrated biotech lotion for the ultimate anti-aging performance that will restore your skin's soft and youthful glow. Phytomer's advanced facial rub, circle movement technique is paralleled for relaxation and delivers instantly visible results. The custom treatment plumps lips and smooths away wrinkles around the lip line. Our self-heating mud pack is gently applied along the spine for a total relaxation experience that recharges the body's energy.

## OLIGOFORCE LUMINATION for dark skin with poor circulation

An ultra-comprehensive anti-aging treatment that brightens skin tone, reduces dark spots, and smooths away wrinkles. The perfect pairing of a 20% acid facial peel and a soothing cloth mask that's rich in oligomer® to bathe the skin in radiance. At the same time, the intensive hydrating effects reduce fine dryness lines and allow your skin to appear fresh and relaxed.

# Gentlemen's Nourishing Treatment

120 minutes  
4.250

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.”



## Breathing & Meditation

60 minutes  
Complimentary  
All levels welcome

Breathing & meditating is a way of transforming life from the inside out. Join our regular sessions by signing up to one of our scheduled group classes.

Breathing helps your body release tensions, while meditation is a natural state beyond waking, sleeping and dreaming that will offer an unlimited reservoir of energy, intelligence, creative power and a place of infinite peace, joy and creativity.

Combined with the movement of yoga, these holistic practice will leave you rejuvenated and relaxed.

## Yoga for Movement

60 minutes  
3.000  
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 NAILS, SKIN & SHAPE,  
AS I TAKE CARE OF MY SOUL.

## NAILS

### Beauty Nourish Manicure or Pedicure

A classical nail care for hands or feet

60 minutes — 1.600

With this beauty nourish treatment, your nails will impeccably be trimmed, cleaned, exfoliated, pressed and painted. Cuticle oil will be applied to protect and nurture your nails.

### Beauty Deluxe Gel Manicure or Pedicure

A perfect polish finish

90 minutes — 2.400

This complete nails makeover includes a skillfully-executed nail polish removal, followed by a gentle nail trim. Your nails will be exfoliated, cleaned and a mask will be applied. Your hands/feet will ultimately be rubbed & pressured, and a long-lasting gel nail polish will be applied.

## BODY

### Sculpt Zone Target Treatment for Abdomen

Enhancing shape contour

60 minutes — 2.200

This treatment is very good to tighten, firm and smooth your abdomen. It will leave you with a feeling of lightness and in beautiful shape. For better results, combine it with abs exercises repeated two or three times a week.

### Sculpt Zone Target Treatment for Abdomen, Buttocks & Thighs

Body slimming

90 minutes — 3.850

This treatment is perfect for firming & contouring specific body areas. It consists of an intensive exfoliating scrub, targeted pinching and grasp techniques combined to an innovative thermo-sculpting wrap to eliminate curves and cellulite in record time.

Consider two to three weekly treatments for more effective results.

## EXPRESS

### Scalp & Hair Massage

30 minutes  
800

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

### Back & Shoulder Massage with Exfoliating Scrub

45 minutes  
1.500

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.

## PAMPER

### Foot Acupressure Massage with Exfoliating Scrub

45 minutes  
1.500

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

### Hand Exfoliation Scrub, Massage & Moisturising Balm

40 minutes  
1.450

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

# 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 two hours prior to your appointment. Full treatment charges will be applied for no-shows and late notice.