

AZERAI SPA

# AZERAI

CAN THO, VIETNAM

Azerai Spa is located along the tree-lined canal bank inside Con Au, under the banyan trees, exclusively for those who are looking for peace, quiet and wellness - a unique experience at Azerai. The spa has six basic treatment rooms and two large treatment rooms, each with its own air conditioning, bathroom and dressing room for maximum privacy and comfort.

The Spa menu is specially designed, providing different body care treatments from gentle relaxation therapies to intensive muscle tissue therapy massage, hot stone massage.

All treatment methods are designed based on the principles of opening the meridians, physiotherapy treatment, stimulating the blood circulation system and the sensory nervous system.

Body scrubs, facials, and body scrubs use natural ingredients to create skin care blends. The very specific ingredients essential oil, clay, Mekong rice, sweet almond oil cereal powder and coffee, bring smooth, bright skin. Promotes skin detoxification and wellness starting from deep within.

Start your experience with a Body Scrub and Relaxing Body Therapy that is the perfect way to create a perfect and memorable journey at Azerai Spa!

Azerai Spa

9:00 a.m. – 19:00 p.m.

Gym

06:00 a.m. – 21:00 p.m.

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# AZERAI SIGNATURE PACKAGE

## WILD CONNECTION OF AZERAI

120 min • 2,850

Begin your journey with a body scrub featuring a mixture of freshly grated coconut and cocoa to remove dead skin cells. This is followed by a body massage therapy combining therapeutic essential oils and hot herbal compresses. This treatment will relieve muscle tension and regenerate new energy sources, leaving your body in a true state of relaxation.

Steam with essential oils: 30 Body Exfoliating Treatment | 90 min Azerai Signature Body Aromatherapy

## AZERAI REJUVENATING JOURNEY

150 min • 3,225

This restorative therapy is a combination of systemic therapy that focuses on areas with tighten muscle groups. Anti-aging facial treatment, stimulates new cell regeneration, improves facial contours and promotes skin rejuvenation.

90 min Deep Tissue Therapy | 60 min Anti-Ageing Facial Care

## AZERAI HARMONY DETOX

150 min • 3,580

A fusion of treatments to help the body restore energy. Our Spa therapist starts with exfoliation to stimulate the production of new skin cells and remove toxins from the body. The method of nourishing the body with a mixture of gotu kola, orange and kaffir lime oils helps to detoxify and nourish the skin. Intensive body tissue therapy will reduce muscle tension, enhance blood circulation to the whole body, help the body relax deeply.

Steam with essential oil: 30 min Body Exfoliating Treatment | 30 min Detoxifying Body Wrap | 90 min Azerai Signature Body Aromatherapy

## COUPLES ROMANCE COLLECTION

150 min • 6,800

This holistic treatment is a harmonious combination of body, mind and spirit restoration. Unwind in harmony with your beloved in this romantic, indulgent treatment, which provides the kind of complete serenity specifically chosen for an escape.

Choose your desired treatments and let our therapists tailor to your need

# PAMPERING EXPERIENCE

The typical therapies at Azerai Spa are designed based on the principle of opening the meridians, acupressure techniques, intensive physical therapy, which will relax muscle spasms, improve blood circulation, stimulates the sensory nervous system. Brings deep relaxation and energy balance to the body. The harmonious connection with the green natural space of “Azerai” will be an unforgettable experience!

## AZERAI SIGNATURE BODY AROMATHERAPY

90 min • 2,100

Aromatherapy is a harmonious combination between relaxing massage therapy techniques, pure essential oils and natural herbal packs of turmeric, ginger, cinnamon, anise, lemongrass, lemon peel, mugwort... Using heat and essential herbal oils to directly affect the acupuncture points on the body, relieve muscle stiffness, blood circulation, soothe aches and pains. Pleasant aroma helps to relax the spirit, fight stress, anxiety... bring a feeling of peace, mental and emotional balance.

## DEEP TISSUE BODY TOUCH

90 min • 2,100

Harmonious combination of physical therapy techniques, strong force, intensive treatment focus on acupuncture points, muscle groups that have been in spasm for a long time. Soften and relax muscle tissue. Clears the meridians, enhances blood circulation to the areas of the body that are congested with energy. The body is restored and full of life.

## VIETNAMESE BODY TREATMENT

90 min • 2,100

A traditional Vietnamese therapy that incorporates a pressure point technique with invigorating movements to warm and relax muscle tissue.

## LAVA STONE BODY THERAPY

90 min • 2,100

Hot stones act on muscles in the form of waves caused by small vibrations. Relieve pain, reduce muscle spasms in chronic pain such as low back pain, neck pain, shoulder pain, arm pain, sciatica, intercostal neuralgia, joint pain... The heat of the stone deeply warms the muscles, stimulates nerve endings, support blood circulation and improve complexion. With a detoxifying effect, the flow of energy is restored naturally, bringing a feeling of refreshment and mental relaxation.

# PAMPERING EXPERIENCE

## THAI RITUAL MASSAGE TREATMENT

90 min • 2,100\*

Traditional Thai therapeutic techniques directly affect the meridians, combined with acupressure. The movements of pressing and holding for a certain period of time to relieve muscle spasms and energized the area. Any blockage will be completely cleared. Contracted muscles and joints will be gently stretched and flexed. Combining breathing techniques will regenerate new energy sources for the body, recover and be more supple.

## MATERNITY MASSAGE TREATMENT

90 min • 2,100\*

Classic Swedish massage techniques are customized to the specific requirements of the expectant mother, the therapist is trained in the safe and effective use of essential oils, focusing on specific areas. Pregnant women concerns such as back pain, headache, shoulders and neck pain, soreness can be caused by muscle tension and postural changes to accommodate the baby's development. This experience will help reduce swollen hands and feet, stabilize hormone levels, relieve anxiety and balance energy.

## INDIAN HEAD & NECK TREATMENT

30 min • 750 | 60 min • 1,550

Headaches are usually caused by spasm of blood vessels on both sides of the head, or from tension and strain from the back of the neck and shoulders. Scalp massage will stimulate the meridians in the head area to increase blood circulation, reduce stress on the shoulders and neck. The treatment incorporates virgin Coconut oil and provides absolute relaxation, promotes deeper sleep and improves hair conditions.

## NECK & SHOULDER STIFFNESS THERAPY

60 min • 1,550

Sitting still or with wrong posture for a long time may cause tension in back muscles, strained shoulder-neck muscles, creating pain triggering points in the shoulder and back area. This treatment is specially designed for the shoulder and back area with painful and tight muscles. Combines acupressure and physical therapy techniques with strong force focused on pain points. Helps muscles to relax, soften, relieve stiffness and improve blood circulation. Significant pain relief. Balanced and energetic.

\*Additional 30% excise tax

# PAMPERING EXPERIENCE

## BACK & HERBAL TREATMENT

60 min • 1,550

This treatment is specially designed for the back area with painful and tight muscles. Combining acupressure and physical therapy techniques with strong force focusing on pain points in the back, tight muscles, chronic back pain. Using the heat of herbal packs directly on acupuncture points, circulate blood, soothe aches and pains. Significant pain relief. The pleasant herbal scent helps to relax the mind and balance emotions.

## BACK & SHOULDER CUPPING THERAPY

60 min • 1,550

Using small glass suction devices that are placed on the skin. The suction is created by placing an inverted cup over a small flame before application. Once placed, the cups can be left in place, or gently moved across the skin. The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, and sedate the nervous system. Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even colds or breathing problems.

## FOOT REFLEXOLOGY TREATMENT

60 min • 1,550

According to medical theory, every position on the foot corresponds to a body part on the human body. By using thumbs, fingers and palms to apply pressure on the reflex areas on the feet, this treatment will relieve fatigue, stress, headaches, poor circulation, sluggish digestive system and eliminate toxin. Balance your body and gently fall into a deeper sleep.

# FACIAL TREATMENTS

The master of anti-age treatments since 1985, Valmont perpetuates the unique expertise of Swiss cellular cosmetics with incomparably efficient care treatments giving immediate, long-lasting results. Our facials will remove impurities, stimulates regeneration of new cells in the top layer of skin, improve facial contours - A true process of revitalization.

## SOOTHING FACIAL

60 min • 2,200

A truly soothing and calming ritual suitable for sensitive or irritated skin. With healing & soothing properties, reduce inflammation by calming skin reactions resulting from allergies & irritations and protecting sensitive skin. Promoting skin healing, nourishes while revitalizing the skin.

## HYDRATING FACIAL

60 min • 2,200

An instant hydration for dry, dull and tired skin. Skin is instantly refreshed and appears volumised, plumped and dewy. Hydration is maximized with highly nourishing botanicals and moisture-boosting essential oil blends.

## MATTIFYING FACIAL

60 min • 2,200

Step out in beautiful, perfectly toned skin with a mattifying facial, which works to correct your complexion, leaving skin looking and feeling smooth and shine-free. Includes mattifying botanicals and oil-balancing essential oils to help regulate oil production so you can enjoy beautiful, refined skin.

## ANTI-AGEING FACIAL

60 min • 2,200

Powerful and highly effective anti-ageing skincare, packed with natural, super-active, anti-ageing ingredients and rare essential oils. This treatment is designed to promote collagen and elastin production to visibly plump up, smooth, firm and deeply nourish skin.

# BODY DETOXYFYING TREATMENTS

## BODY EXFOLIATING TREATMENT

40 min • 1,200

Exfoliating with our natural ingredients, rich in minerals and antioxidants, deeply nourishes the skin, bringing a natural, smooth and bright glowing skin.

Sauna/Steam with essential oil | Red Bean scrub or Cocoa, Coconut Powder, Brown Sugar scrub | Body Lotion

## DETOXIFYING BODY WRAP

40 min • 1,200

The special body wrap formula is blended with natural ingredients to help detoxify and purify the skin, leaving it bright and smooth.

Sauna/Steam with essential oil | Pennywort mixture or Seaweed mixture | Body Lotion

## AFTER-SUN SOOTHING CARE

40 min • 1,200

A wonderfully soothing skin care treatment, especially designed for sun-burned, damaged skin. The treatment will reduce redness and pain, calming down the skin with natural ingredients.

## DETOXIFYING BODY SKIN CARE

60 min • 1,650

A holistic care experience, leaving your skin nourished, smooth, bright and your body re-energized and revitalized. Our expert starts with the process of exfoliating dead skin cells to deep clean the skin, ready to absorb the nutrients from the body care product, to help detoxify and nourish the skin.

Sauna/Steam with essential oil | Cocoa, Coconut Powder, Brown Sugar body scrub | Seaweed mix Body Wrap Treatment | Body Lotion



# WELLNESS JOURNEY

We are dedicated to building health care therapies, regenerating new energy sources along with your vacation. Wishing to save memorable memories and profound experiences in the journey to restore health for you.

## AZERAI BALANCE

2 days • 4,900

Take time out to truly relax by enhancing your stay in paradise with a collection of our most popular treatments, carefully combined in a journey of signature pampering. A deeply restorative and invigorating experience, the Azerai Balance package will ensure tired souls are re-energized and revitalized.

1<sup>st</sup> Day      Steam with Essential Oil + 30 min Body Exfoliating Treatment +  
90 min Azerai Signature Body Aromatherapy

2<sup>nd</sup> Day      Sauna with Essential Oils + 30 min Foot Reflexology Therapy +  
60 min Anti Aging Facial Care

## AZERAI SERENITY

3 days • 5,950

Let the energy flow of Body - Mind be blended into the fresh natural space. Forget about stress and pressure in daily life. After the journey, you will feel really comfortable. Detailed treatment care for each area of the body to the feet. You will learn to listen to your body and in each beat, the breath will also become softer. Skin will be more radiant than ever!

1<sup>st</sup> Day      Sauna with Essential Oils + 30 min Body Exfoliating Treatment +  
90 min Lava Stone Body Therapy

2<sup>nd</sup> Day      Sauna with Essential Oils + 30 min Detoxifying Body Wrap +  
90 min Lava Stone Body Therapy

3<sup>rd</sup> Day      90 min Deep Tissue Treatment + 30 min Manicure Or Relaxing Shampoo & Hair Dry

# WELLNESS JOURNEY

## AZERAI RESTORE

5 days • 9,950

The specialized purification process is done with care and detail. A perfect treatment to relax the tendons and muscles, balance the flow of energy and detoxify the skin. Throughout the journey is an event that purifies and revives the fountain of youth.

- 1<sup>st</sup> Day      Steam with Essential Oil + 30 min Body Exfoliating Treatment +  
90 min Azerai Signature Body Aromatherapy
  
- 2<sup>nd</sup> Day      60 min Foot Reflexology Therapy + 60 min Soothing Facial Care
  
- 3<sup>rd</sup> Day      30 min Detoxifying Body wrap + 90 min Lava Stone Body Therapy
  
- 4<sup>th</sup> Day      90 min Traditional Thai Body Treatment + 30 min Manicure Care
  
- 5<sup>th</sup> Day      60 min Indian Head Treatment + 30 min Relaxing Shampoo & Hair Dry

# NOURISH HERBAL SHAMPOO & NAIL CARE

## NAIL CARE

### Manicure

60 min • 950

Exfoliate dead skin cells, Clean nail skin, Cut and shape nails  
Moisturizing massage and hand reflexology, Polish or Gel polish

### Pedicure

60 min • 950

Exfoliate dead skin cells, Heel scrub, Clean nail skin, Cut and shape nails  
Moisturizing massage and foot reflexology, Polish or Gel polish

## NOURISH HERBAL SHAMPOO

Relaxing Shampoo

30 min • 600

Nourishing Shampoo & Basic Facial Care

50 min • 1,200

Nourishing Shampoo, Basic Facial Care & Shoulder-Neck-Head Treatment

70 min • 1,500

# THERMAL IMMERSION

Thermal immersion promotes relaxation, improves breathing, cleanses the body and enhance the benefits of spa treatments. When using the thermal bathing facilities, for the comfort of all our guests we request to reserve in advance. Thermal bathing is not recommended to pregnant guests, and all appointments are offered subject to availability. To make the best of our thermal suite please refer to the following guide.

**Sauna** is a method of using a thermal environment to affect the body, causing the capillaries to dilate, so it will increase blood circulation, increase perspiration, unclog pores, and repel bacteria on the skin surface, making skin brighter, more beautiful. Combined with herbal essential oils, it will assist in the treatment of colds and flu, relieve muscle pain and fatigue, and relax the mind.

**Sensation showers:** High-end standing shower combines many discharge modes from the top shower bowl such as waterfall bathing, rain showering or gentle misting. The warm water jets with a certain speed affect every organ in your body, helping to dispel all fatigue and stress.

**Wooden bucket bath:** Simulating the waterfall flowing from the top of the discharge straight to the top of the head and body, bringing a strong and refreshing feeling.

**Aroma steam bath:** Use steam heat to heat up. The specified temperature is 45 degrees Celsius and 100% humidity. Steam bath with herbal essential oils with a refreshing body fragrance. Breathing is loosened and the lymphatic system is cleansed, relaxing the mind. Aromatherapy herbs to clear the sinuses...

**Sauna with herbal essential oil:** Heat-generating saunas are set up with radiating stones placed on resistive bars. Pour a small amount of water mixed with essential oils over the stone to quickly increase heat and humidity. The temperature is 50 degrees Celsius, and the maximum is nearly 75 degrees Celsius. Sauna helps relax and invigorate, has a purifying effect on the body. The immune system is strengthened, stress is relieved. Note that when steaming, the body loses a lot of water and electrolytes, so not sauna regularly will mess up water and electrolytes.

**Ice Fountain:** Cool down by applying crushed ice all over the body to help relieve pain and cool muscles. The contrast in temperature will promote circulation and help tighten pores after each application. Ice baths can help the central nervous system by aiding sleep, creating a sense of mental well-being.

# SPA ETIQUETTE

## SPA APPOINTMENTS

Please consult our Azerai Spa reception for assistance in selecting the treatments that fulfill your personal requirements. To ensure availability, advanced reservations are highly recommended. To make your appointment, in-house guests can either call Azerai Spa by pressing the Azerai Spa Hot key on your room telephone or visiting us in person. Otherwise, please inform receptionist to assist with your reservation.

## CANCELLATION POLICY

If you wish to reschedule or cancel your reservation, please notify us at least 3 hours in advance to avoid cancellation charges. A full charge will be incurred for all no-show appointments and those cancelled within 3 hours.

## WHAT TO WEAR

We provide a bathrobe and a pair of Asian flip-flops at Azerai Spa. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are trained in proper dropping procedure for your complete privacy and tranquility.

## ARRIVAL

We suggest you to arrive 15 to 30 minutes prior to your scheduled appointment time to enjoy the full use of our exclusive spa facilities. Please be advised that a late arrival will result in a reduction of your time.

## HEALTH MATTERS

Please inform us of any health conditions upon booking your treatment reservation. These include hypertension, heart conditions, allergies, recent surgery and pregnancy.

## PREGNANCY

Our treatments offered for pregnancy are designed for expectant and nursing mothers. Please allow our spa team to guide you in selecting suitable treatments for your safety. Pregnancy treatments are not allowed before the first trimester or after the third trimester and are not recommended 24 hours before or after travelling.

## VALUABLE ITEMS

Please leave your jewelry and valuable items in the safety box provided in your room. While we endeavor to look after your belongings, we do not assume liability for any valuable items.

## ELECTRONIC DEVICES

To protect Azerai Spa's tranquil environment and protect your privacy, cellphones and all other electronic devices are not permitted in the treatment rooms. If you wish to receive treatment during your time at Azerai Spa, please advise one of our team members and we will be pleased to assist you. Azerai Spa is a smoke-free environment and alcohol consumption is not permitted.

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