



SPA MENU



My Chi Spa & Fitness

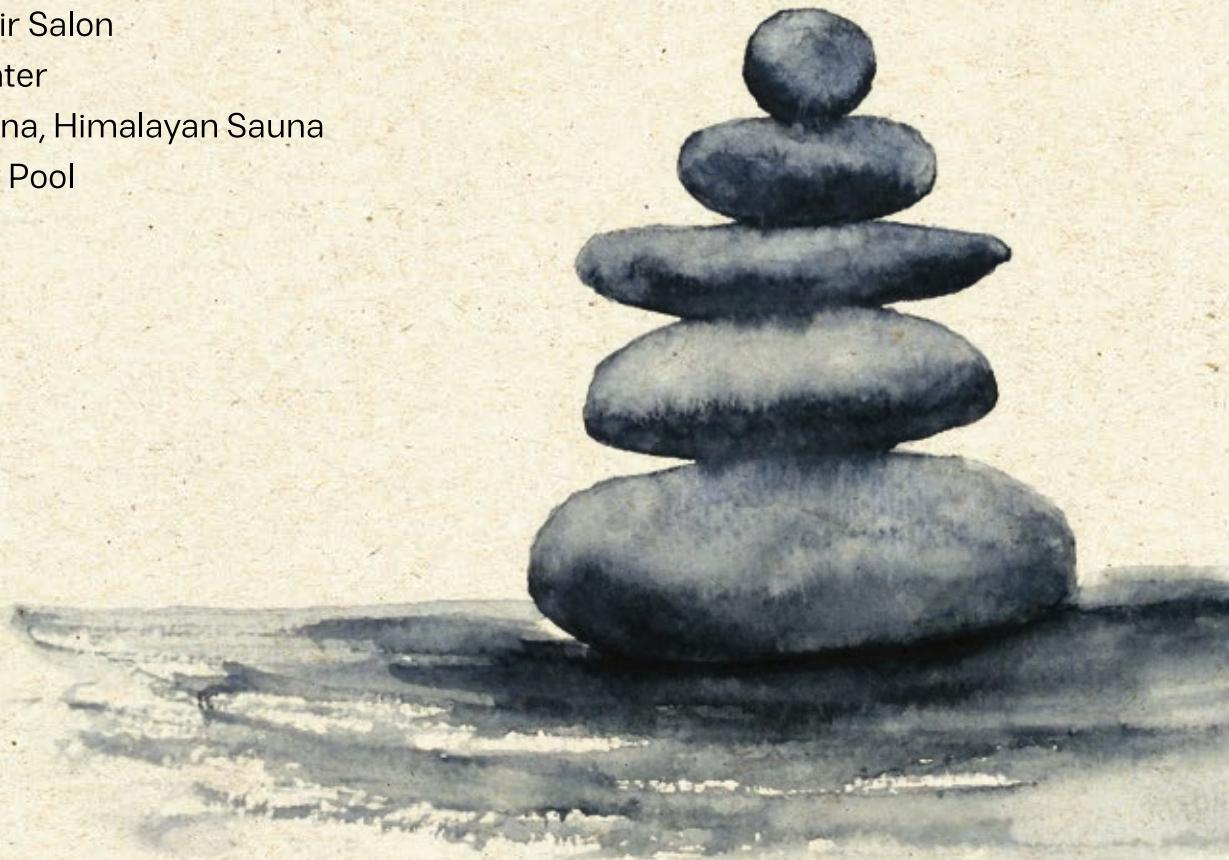
Embark on a holistic wellness journey at My Chi Spa & Fitness, where treatments seamlessly blend cultural and natural elements of Vietnam, offering a mesmerizing experience for body, mind, and soul.

Nestled within the tranquil confines of the resort, My Chi Spa & Fitness presents a diverse menu of beauty and body treatments, along with rejuvenating daily packages, all meticulously curated to instill a sense of deep tranquility and enhance your overall well-being.

My Chi Spa & Fitness

Facilities

- Single and Double treatment rooms
- 01 My Chi Suite with an indoor Jacuzzi
- Nail and Hair Salon
- Fitness Center
- Steam, Sauna, Himalayan Sauna
- Reflexology Pool



Signature Packages

Hideaway Package

⌚ 3 hours • VND 2.550.000

This package features three hours of relaxing therapy geared towards rejuvenating the body and soothing the mind.

- Bamboo/Vietnamese Massage – *90 minutes*
- Calming Facial – *60 minutes*
- Jacuzzi bath experience served with a glass of sparkling and fruit platter – *30 minutes*

Rejuvenating Package

⌚ 2.5 hours • VND 2.250.000

This package promotes good health and youthful vitality for all those seeking stimulation and being re-energized.

- Steam/ Himalayan Sauna
- Foot bath
- Hot Stone Therapy – *90 minutes*
- Calming Facial – *60 minutes*
- Herbal tea and fruit platter

Detoxifying Package

⌚ 2 hours • VND 1.950.000

Activates internal cleansing to those seeking purification, healing, and vitality.

- Steam/ Himalayan Sauna
- Foot bath
- Coffee Body Scrub – *45 minutes*
- Bamboo Massage – *75 minutes*
- Herbal tea and fruit platter



Signature Packages

Calming Package

⌚ 3.5 hours • VND 3.150.000

Provides balance to those seeking peace of mind, who want to unwind and find inner stillness.

Steam/ Himalayan Sauna
Foot bath
Coffee Body Scrub – 45 minutes

Coconut Body Wrap – 45 minutes
Deep Tissue Healing Therapy – 60 minutes
Calming Facial – 60 minutes

EXCLUSIVE TRIAL OFFER

Couple Bliss Package

⌚ 2 hours • VND 1.495.000

Bamboo/Vietnamese Massage – 60 minutes
Calming Facial – 30 minutes
Jacuzzi bath– 30 minutes

My Chi Signature Package

⌚ 2 hours • VND 1.129.000

Activates internal cleansing to those seeking purification, healing, and vitality.

Foot bath – 10 minutes
Calming Facial – 30 minutes
Bamboo/Vietnamese Massage – 60 minutes
Steam/ Himalayan Sauna – 20 minutes

Natural Skin Care

Calming Facial

Rejuvenate, hydrate & balance your skin with our natural facial treatment for all skin types. Natural extracts will recapture your natural, healthy complexion.

⌚ 60 minutes • VND 950.000

Detoxifying Facial

A purifying treatment for any skin type, bringing back the refreshment for your skin.

A gentle facial scrub and a soothing mud mask will give your skin a bright and healthy glow.

⌚ 60 minutes • VND 950.000

Coffee Body Scrub

A great way to exfoliate dry skin using coffee powder to uplift, tone the body skin, stimulate circulation and balance oil production.

⌚ 60 minutes • VND 900.000

Coconut Body Wrap

Our signature body wrap uses tropical coconut powder to replenish moisture and nourish your skin.

⌚ 60 minutes • VND 900.000



EXCLUSIVE TRIAL OFFER

Facial Glow

⌚ 60 minutes • VND 829.000



Healing Body Therapies

Bamboo Massage

This is a unique massage done by using smooth and warm bamboo sticks all over the body to soothe tight muscles and loosen knots.

- 🕒 60 minutes • VND 1.100.000
- 🕒 90 minutes • VND 1.400.000

Vietnamese Traditional Massage

This traditional Vietnamese therapy, using mostly kneading techniques and pressure points, focusing especially on the lower back, neck, and shoulders, helps to improve blood circulation and reduce body fatigue.

- 🕒 60 minutes • VND 1.100.000
- 🕒 90 minutes • VND 1.400.000

Hot Stones Massage

Warm basalt stones are used on the body along with the therapist's synchronized hand movements and oil, transferring heat and nourishing energy to the body. It releases toxins, restores the body's vital energy flow, and purifies the body.

- 🕒 60 minutes • VND 1.100.000
- 🕒 90 minutes • VND 1.400.000

Deep Tissue Healing

Palm pressure and elbows are used to compress and wring muscle tissue in this effective treatment. It releases tension and leaves you with a sense of deep relaxation.

- 🕒 60 minutes • VND 1.100.000
- 🕒 90 minutes • VND 1.400.000

Thai Massage

The non-oil treatment is a combination of acupressure and supportive yoga postures, stretching muscles to help blood circulation, reduce fatigue, bring back balance, and enhance body resistance.

- 🕒 60 minutes • VND 1.100.000
- 🕒 90 minutes • VND 1.400.000

Healing Body Therapies

Cupping

Cupping therapy is a form of alternative medicine in which a local suction is created on the skin by using cups. Cupping relaxes muscles, encourages blood flow, and sedates the nervous system.

Cupping is an excellent treatment for detox, moving fat, and cellulite and is also used for the treatment of back and neck pains, stiff muscles, anxiety, fatigue, and migraines

⌚ 60 minutes • VND 1.100.000

⌚ 90 minutes • VND 1.400.000

Four Hands Massage

The harmonious coordination from the 4 hands of 2 therapists, focusing on sore muscles helps to release blocked energy, reduce stress, and leave you a deep sense of relaxation

⌚ 60 minutes • VND 1.200.000

⌚ 90 minutes • VND 1.450.000

EXCLUSIVE TRIAL OFFER

My Chi Signature Massage

⌚ 45 minutes • VND 689.000

⌚ 60 minutes • VND 829.000

⌚ 90 minutes • VND 1.079.000

Vietnamese Healing Therapy

⌚ 45 minutes • VND 689.000

⌚ 60 minutes • VND 829.000

⌚ 90 minutes • VND 1.079.000

Hands & Feet

Sole Treatment with Paraffin

Unwanted old skin is removed from your feet with a bristle brush and exfoliation technique. Paraffin wax and nourishing cream is applied to give your feet a sense of newness.

Paraffin Hands or Feet

Includes hands or feet skin exfoliation along with a precise cuticle cleanse. Varnish is applied, as well as a warm paraffin soothing masque to restore cracked and dried skin.

Manicure or Pedicure

Includes detailed nail care complemented with a polish of your choice.

Without Polish - 30 minutes

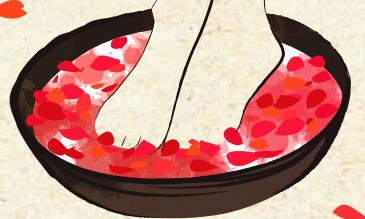
With polish - 60 minutes

Foot Reflexology Therapy

Energy runs through the body in the meridians and every part of the foot corresponds to an area of the body. Foot reflexology therapy leaves you with a lasting sense of peace.

🕒 45 minutes • VND 525.000

🕒 90 minutes • VND 975.000



🕒 30 minutes • VND 375.000

🕒 60 minutes • VND 570.000

🕒 30 minutes • VND 550.000

🕒 60 minutes • VND 950.000

EXCLUSIVE TRIAL OFFER

My Chi Foot Therapy

🕒 30 minutes • VND 399.000

🕒 60 minutes • VND 629.000



Hair Care

Inspired by Vietnamese massage techniques with health-conscious hair care products, our hair rituals menu aims to bring a relaxing and nourishing experience to our guests.

Clean and Relax

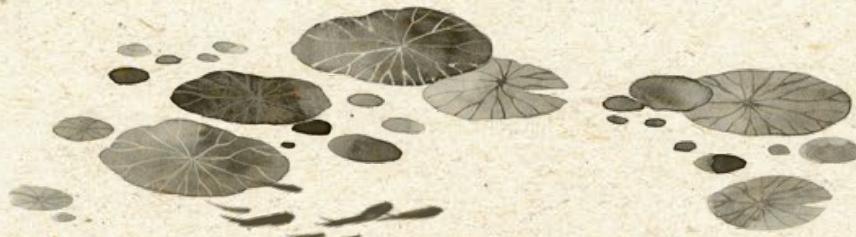
Shampoo, head and shoulders massage and dry.

⌚ 60 minutes • VND 550.000

Clean and Renew

Shampoo, head and shoulders massage, mini facial care and dry.

⌚ 90 minutes • VND 820.000



Guidelines

APPOINTMENT SCHEDULING

To make your reservation at the Spa, please dial +84 235 666 111, extension 3006/3009 or dial directly 3006/3009 from within the hotel. You can also email us at spajourney@almanityhoian.com.

To ensure your preferred time and service is available, we recommend you book in advance.

ARRIVAL TIME

Arrive at least 15 minutes before your appointment for a consultation and to familiarize yourself with our facilities. Please be advised that appointments begin promptly at the scheduled time, and late arrivals may result in a reduction in your treatment time.

OPENING HOURS

My Chi Spa opens daily from 09:00 AM to 08:30 PM. Last booking is at 07:00 PM.

HEALTH CONDITION

When making your spa reservation, kindly advise us of any health conditions, allergies or injuries which could affect your service.

SPA POLICY

We respectfully ask that you leave cell phones turned off so that the tranquility of the Spa experience may be preserved. Children under the age of 16 are not permitted inside the spa facility. Please observe silence to honor the space for treatment and relaxation. Smoking and alcohol are not permitted anywhere in Spa.

VALUABLES

Lockers are provided for personal items. However, we recommend you leave all your jewelry and valuables at home or deposit them in your room safely.

CANCELLATION

Cancellation and changes of scheduled treatments are accepted up to 4 hours prior to the appointment time without incurring a charge. In case of cancellation within 4 hours, 50% of the treatment price will be charged. Without any notification, you will be charged in full.

LOCAL TAX AND SERVICE CHARGE

A 10% tax and 5% service charge are added to the cost of your service. Additional gratuities for your service provider(s) are subject to your discretion.



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