



amanoi

Spa & Wellness Menu



Contents

Spa & Wellness	4
Banya at Forest Wellness Pool Villa	6
Hammam at Lake Wellness Pool Villa	8
Amanoi Spa Programmes	10
Hydrotherapy Suites	12
Aman Signature Treatments	14
Grounding	16
Purifying	18
Nourishing	20
Amanoi Signature Treatments	22
Body Treatments	24
Facial Treatments	26
Enhancements	28
Finishing Touches	30
Movement	32
Facilities	34
Reminders	36
Pricing	38



Aman Wellness

Through a balanced integration of spiritual, mental and physical practice, Aman empowers guests to recognise and fulfil their potential. A holistic endeavour, guided by longevity, the Aman wellness journey is ever-evolving.

Providing sanctuaries to return to time and again, Aman Spas around the world have been carefully curated to nurture the physical, mental and spiritual, with the goal of fostering a heightened state of wellness and of being.

Treating the whole – mind, body and spirit – by combining ancient healing modalities and the finest modern therapies, Aman strives to provide guidance, support and knowledge.

Spa & Wellness

Amanoi

Perched between the forested hills of Núi Chúa National Park and the pristine shores of Vinh Hy Bay, Amanoi offers a serene retreat where nature, architecture and wellbeing exist in harmony. Designed for those seeking deep restoration, it is a private haven of calm and connection.

At the heart of Amanoi lies a philosophy of holistic living, where mind, body and spirit are nurtured as one. Through timeless healing traditions and refined modern therapies, Amanoi's Spa and Wellness offerings are curated to guide guests on an individual path of renewal.

From private Wellness Pool Villas to immersive wellness journeys, every element is crafted to inspire clarity, balance and longevity. Visiting specialists offer their expertise with personalised guest wellness plans throughout the year, and Amanoi's dedicated Spa and Wellness team lead regular yoga, meditation, sound healing, personal training and private hydrotherapy classes for nurturing good health and wellbeing.



Banya at Forest Wellness Pool Villa

Set amidst the pristine greenery of Núi Chúa National Park, the Banya at Forest Wellness Pool Villa is designed for deep relaxation and rejuvenation. At its heart is a modern banya — a traditional Eastern European and Scandinavian steam room with a wood stove — where ancient cleansing rituals blend seamlessly with local healing practices. Guests can enjoy personalised half- or full-day programmes that ease muscular tension and support detoxification. The experience includes time in the sauna, skin cleansing with the soothing rhythm of a venik (a bundle of oak or eucalyptus branches), and an invigorating ice fountain treatment to stimulate circulation and strengthen the immune system. The journey continues with hydrotherapy facilities that refresh the senses and enhance the skin's natural radiance, before concluding with moments of calm by the pool, accompanied by herbal tea and nourishing refreshments.

Banya Treatment

100 minutes

- Banya treatment with body scrub

Half-Day Programme

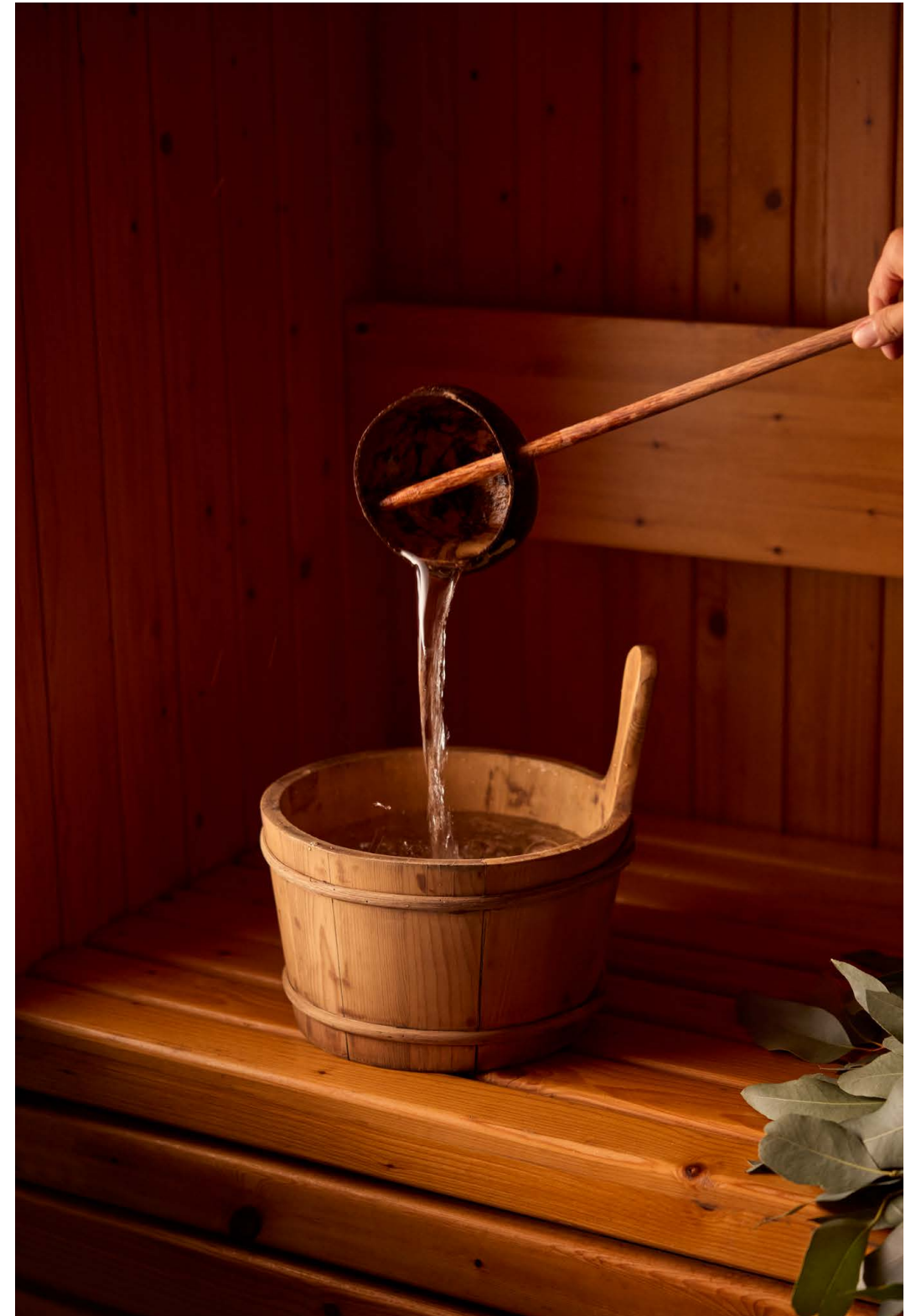
Up to 4 hours

- Banya treatment with body scrub
- 90-minute spa treatment of your choice
- Use of Wellness Pool Villa facilities
- Light refreshments and meal

Full-Day Programme

Up to 6 hours

- Banya treatment with body scrub
- 90-minute spa treatment of your choice
- 90-minute Aman Signature facial treatment of your choice
- 30-minute coconut hair treatment
- Use of Wellness Pool Villa facilities
- Light refreshments and meal





Hamam at Lake Wellness Pool Villa

Inspired by the restorative power of water, the Hamam at Lake Wellness Pool Villa overlooks the tranquil lake and features a modern hammam, a traditional bath and steam house. Drawing on Turkish and Moroccan bathing traditions, the villa's bespoke wellness programme—available as half- or full-day experiences—begins with a steam to open the pores, followed by a body scrub to cleanse and exfoliate, and a mud wrap to nourish the skin and soothe the senses. Once fully relaxed and rejuvenated, guests can further revitalise the body, relieve stress and ease muscle tension through a contrasting hydrotherapy circuit. Move between the ice fountain, steam room, Jacuzzi and cold plunge pool, before concluding the experience with a gentle swim and a refreshing herbal tea served on the deck.

Hamam Treatment

100 minutes

- Hamam treatment

Half-Day Programme

Up to 4 hours

- Hamam treatment
- 90-minute spa treatment of your choice
- Use of Wellness Pool Villa facilities
- Light refreshments and meal

Full-Day Programme

Up to 6 hours

- Hamam treatment
- 90-minute spa treatment of your choice
- 60-minute Amanoï facial treatment
- 60-minute foot massage
- Use of Wellness Pool Villa facilities
- Light refreshments and meal

Amanoi Spa Programmes

The best spa experiences unfold as a holistic journey, revealing an individual's own unique path to optimal health. Encompassing rewarding movement sessions, revitalising spa treatments and concentrated time out, Amanoi's half-day and full-day spa programmes guide you to good health with the dedicated time and attention of our experts.

Half-Day Programme

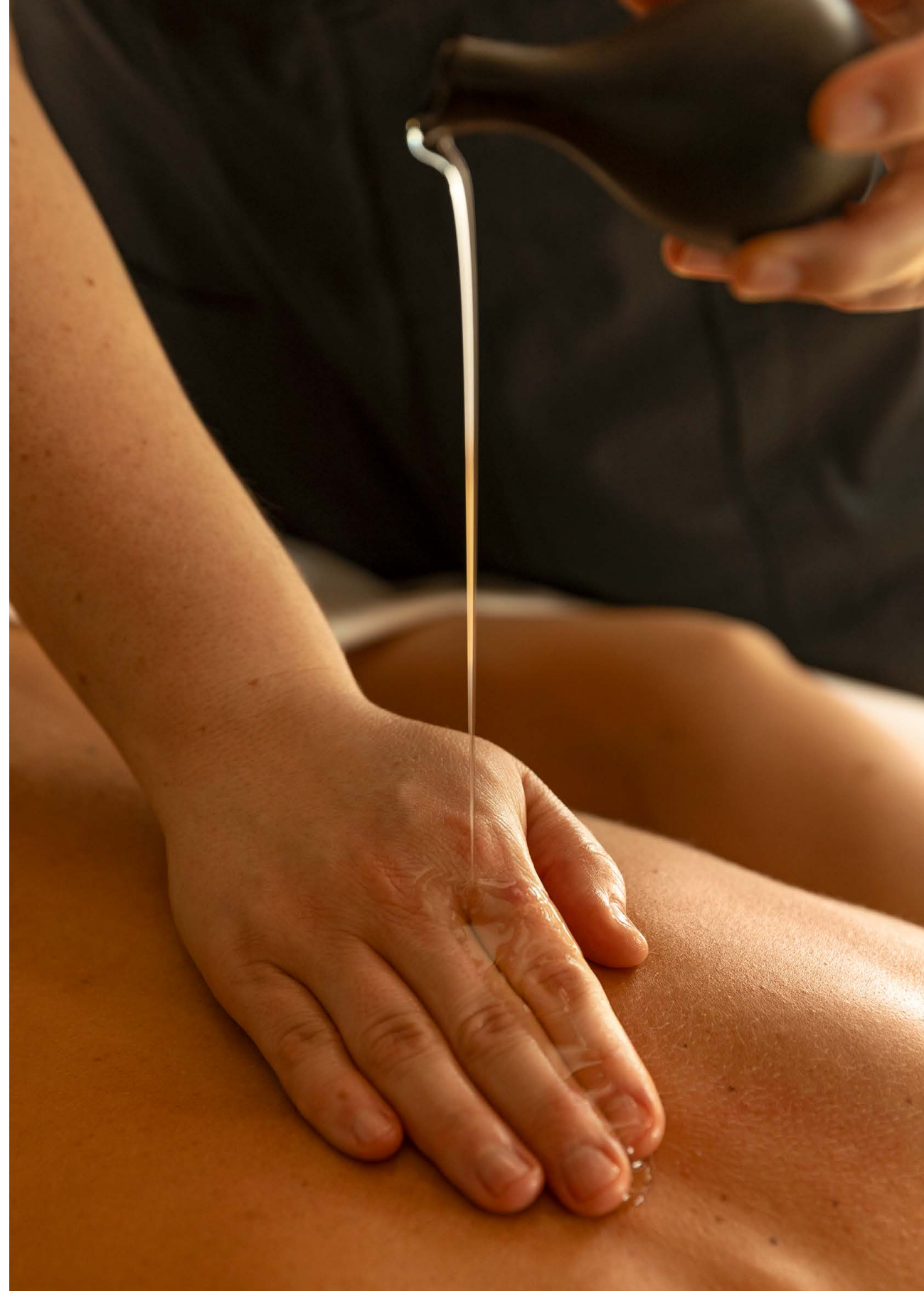
Up to 4 hours

- 60-minute movement session (yoga, Pilates or personal training)
- 60-minute hydrotherapy experience
- 90-minute body treatment
- Light refreshments and meal

Full-Day Programme

Up to 6 hours

- 60-minute movement session (yoga, Pilates or personal training)
- 60-minute hydrotherapy experience
- 90-minute Aman Signature Body Polish & Wrap Ritual
- 90-minute body treatment
- 30-minute vibrational sound healing massage
- Light refreshments and meal





Hydrotherapy Suites

Hydrotherapy Suites

60 minutes

Amanoï's Aman Spa offers two private hydrotherapy suites, each featuring a heated stone treatment table, a steam room, Jacuzzi and cold plunge pool. Integrating both warming and cooling therapies, a session in one of the hydrotherapy suites can help to relieve discomfort and promote physical wellbeing. Contrasting temperatures encourages blood flow and the circulation of white blood cells, which allows the lymphatic system to function more efficiently, while heat generation aids the removal of toxins and impurities.

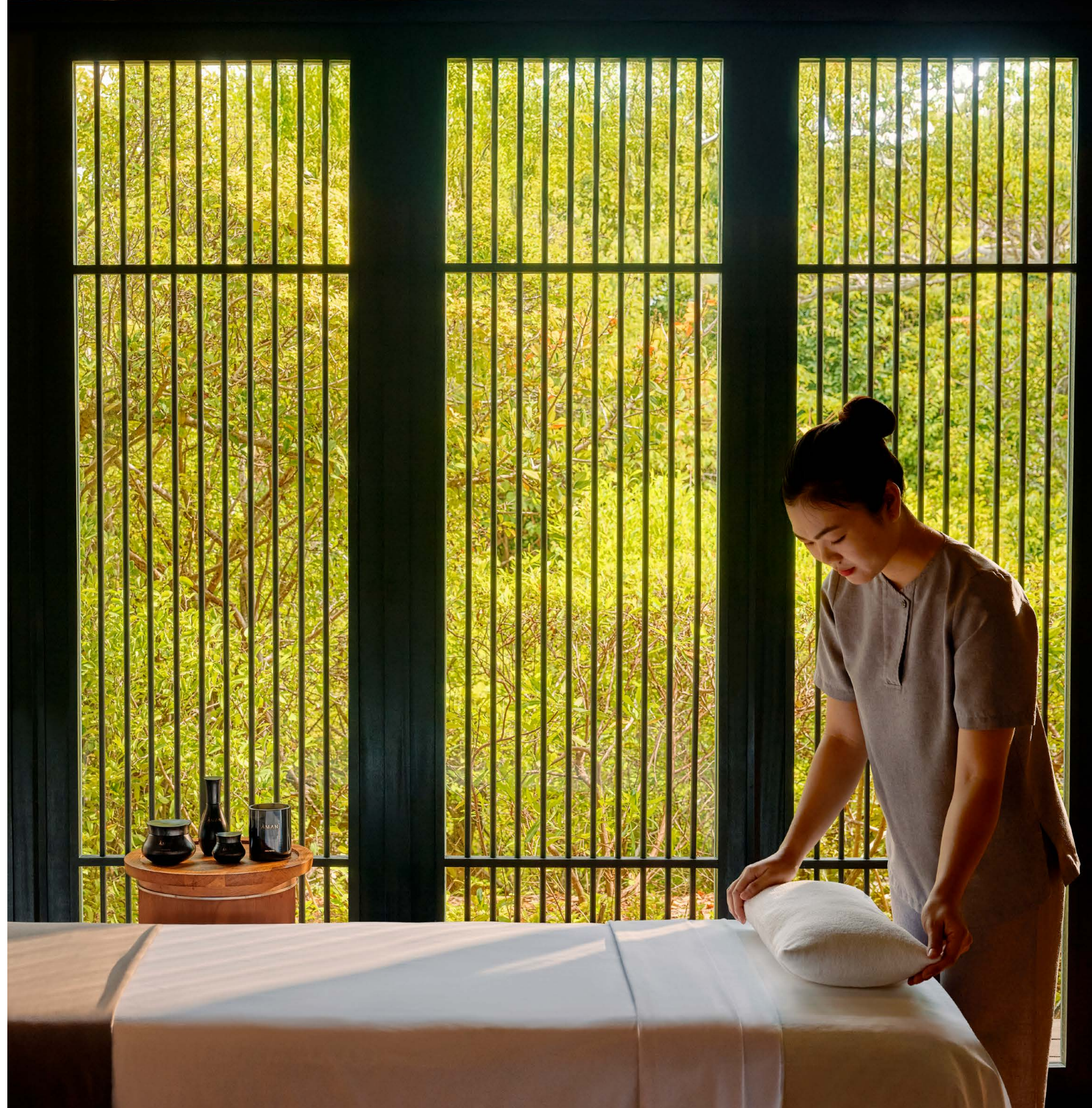
Hydrotherapy suites may be booked with or without a treatment. To bolster the immune system, we recommend a body exfoliation followed by time in the steam room, Jacuzzi and cold plunge pool. After your session, enjoy a period of rest on the outdoor terrace, with views of the lake.

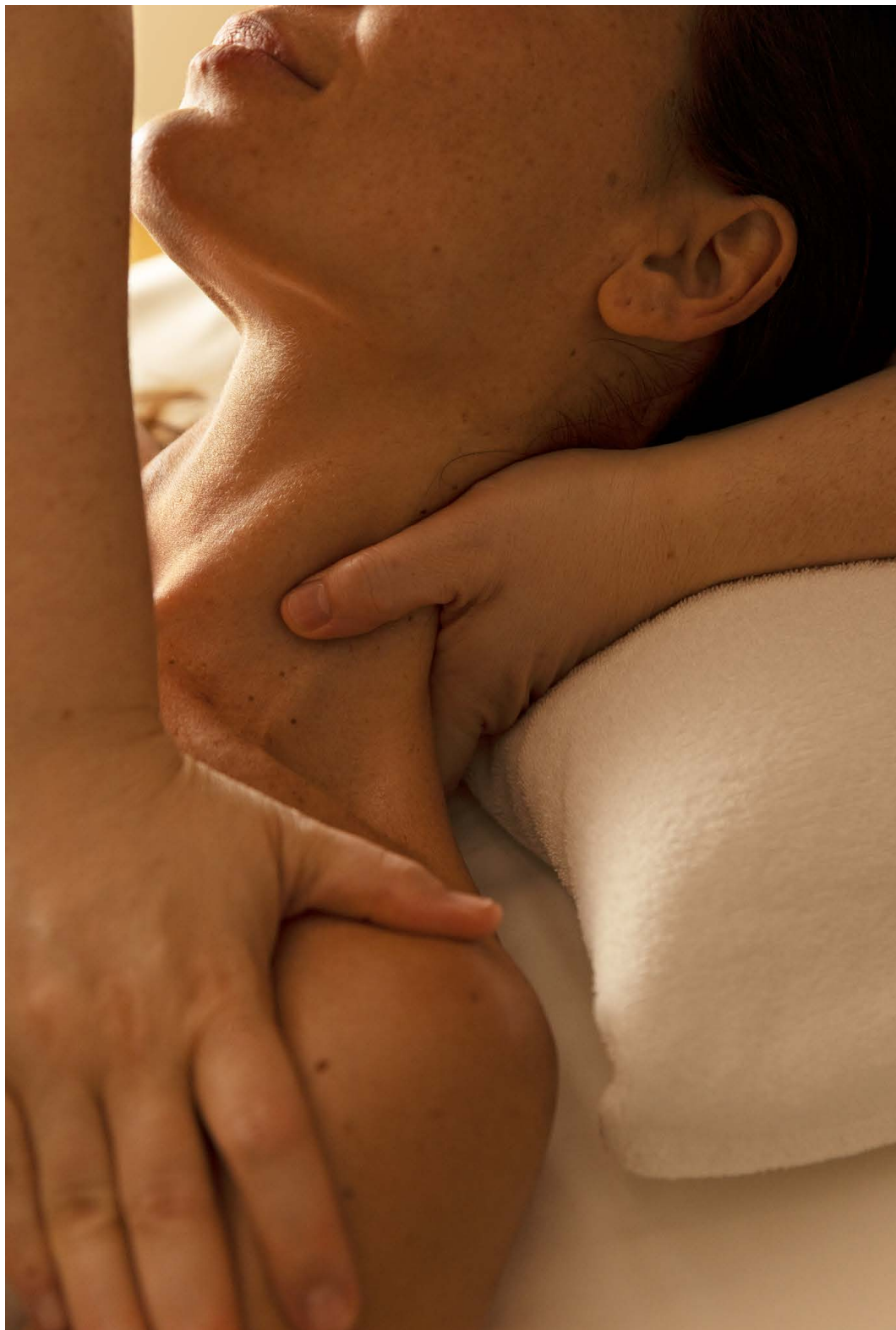
Healthy refreshments will be offered after the session.

Aman Signature Treatments

Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude – a symbolic act of service that fosters trust ahead of the treatments to come.





Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

Grounding Massage Ritual

90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Grounding Face Ritual

60 | 90 minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 111SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

Grounding Body Polish & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky Smoked Body Butter.

Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. Incorporating elements of all three Grounding treatments, the Grounding Journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment.

Purifying

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for mind, body and spirit.

Purifying Massage Ritual

90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Face Ritual

60 | 90 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 111SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

Purifying Body Polish & Wrap Ritual

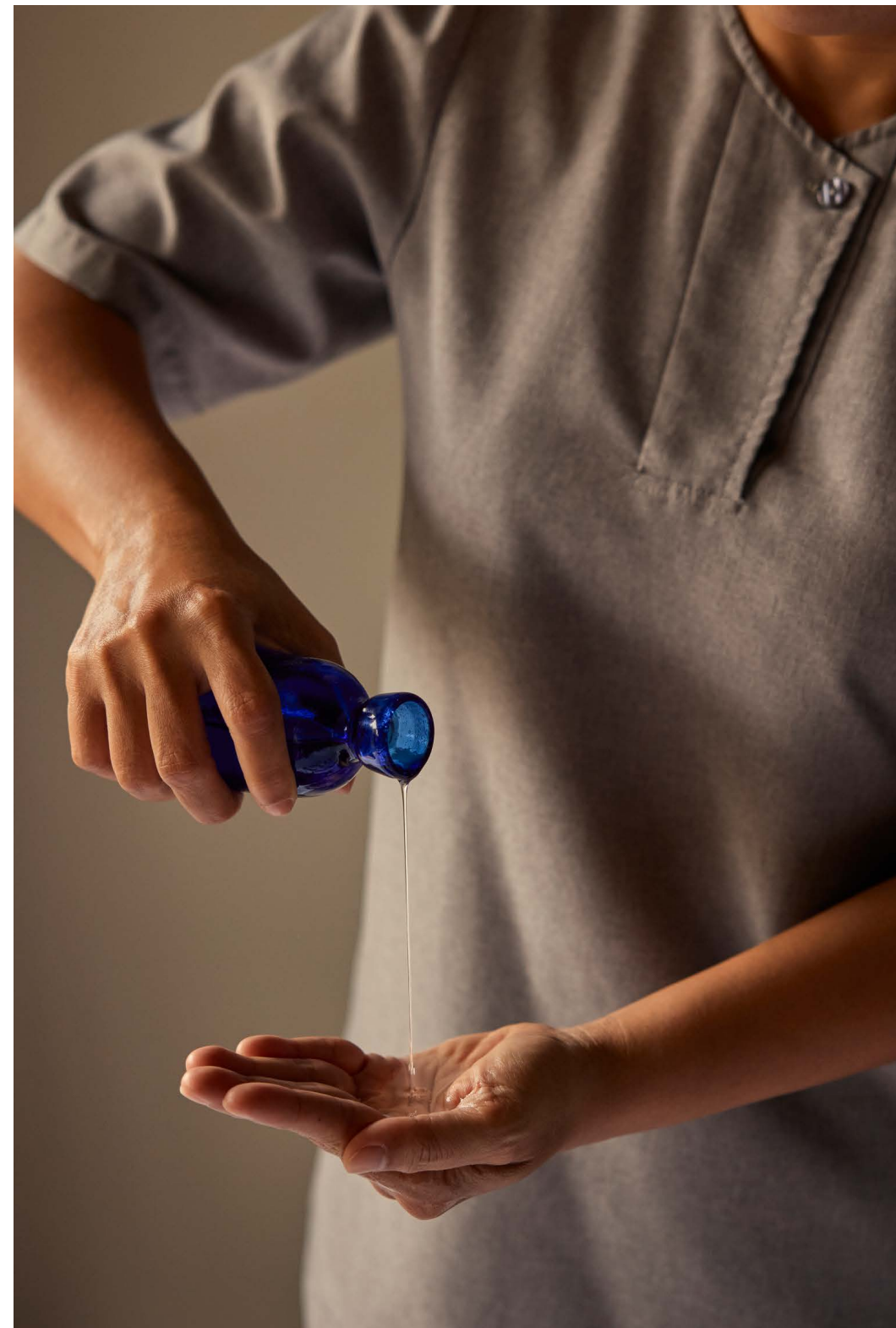
90 minutes

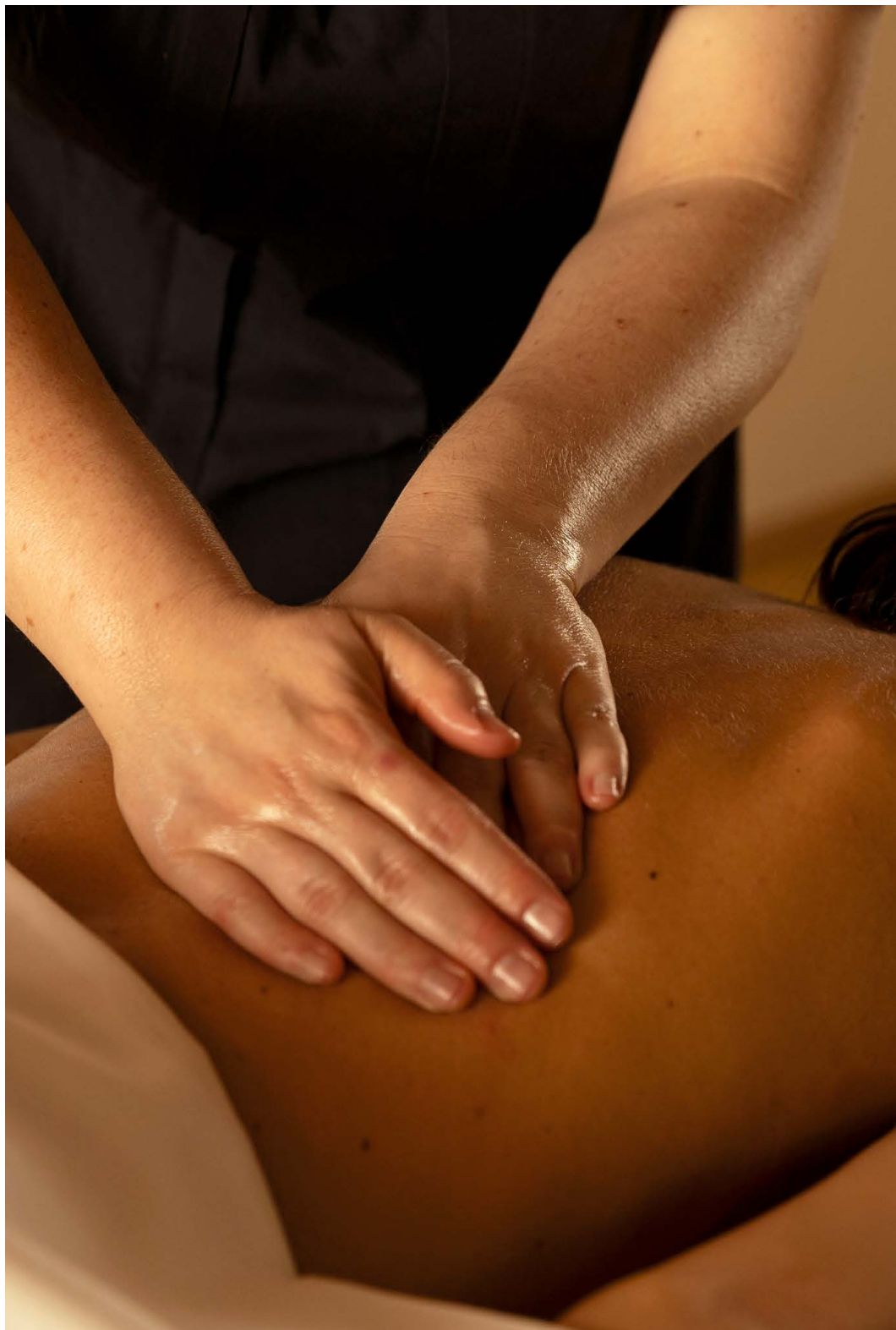
This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine-flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

Purifying Journey

180 minutes

This in-depth journey embraces purification on every level, from cleansing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual, and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.





Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

Nourishing Massage Ritual

90 minutes

A deeply relaxing experience, this treatment incorporates chakra balancing techniques and marma points therapy to balance energy, release negativity and bring the body back to a state of awareness and equilibrium. On a physical level, the rhythmic massage dissipates muscular tension.

Nourishing Face Ritual

60 | 90 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 11SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

Nourishing Body Polish & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

Nourishing Journey

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are left restored, and a deep sense of renewal endures.



Amanoi Signature Treatments

Amanoi Massage

60 | 90 minutes

Our signature massage rebalances mind and body and promotes a sense of deep relaxation. Using a blend of essential oils, this therapeutic treatment combines elements of Swedish massage, reflexology and energy work.

Vietnamese Massage

90 minutes

This treatment begins with a dry technique to warm up and loosen tight muscles, followed by an aromatherapy-based massage working on acupressure points. The final step is gentle cupping along the body's meridian lines to stimulate blood circulation on the surface of the skin and assist in removing toxins through the lymphatic system.

Amanoi Pressure Point Treatment

60 | 90 minutes

Blissfully nurturing, this rhythmic, oil-free massage has been practiced by Buddhist monks for over 2,500 years. Your therapist will use a combination of gentle stretching and pressure point massage to relieve tension and leave muscles feeling deeply supple and relaxed. A comfortable sarong is worn throughout the treatment.

Ocean Voyage Reawakening

90 minutes

Soothe sun-kissed skin and restore balance after a day on the water. Ideal after catamaran cruising or sea adventures, this calming ritual combines a coconut body polish, seaweed and aloe wrap and Cryo bulb facial therapy. Finished with an Aman Gold Algae Face Mask, it leaves your body deeply hydrated and your mind at ease.

Vibrational Sound Healing Massage

60 minutes

Experience deep relaxation as sound and vibrations produced by singing bowls help to regulate the body and release tension. Healing prayer clears energetic blockages, restoring the body to balanced homeostasis. In aligning your Chakra centres the 'third eye' is awakened, enhancing inner vision and clarity. As negative energy dissipates, you will feel a heightened sense of groundedness and rejuvenation.

Body Treatments

Warm Ginger & Himalayan Salt Treatment

90 minutes

This deeply soothing treatment uses hands and thumbs to apply focused pressure along the body's meridians, or energy channels. Warm ginger oil and a Himalayan salt pillow rolled across the back help to unblock energy flow, ease pain and melt away tension.

Hot Stone Treatment

90 minutes

A deeply calming massage that promotes internal balance and encourages positive energy flow. Heated stones, combined with the therapist's skilled touch, penetrate deeply into the muscles, dissolving tension and inviting a profound sense of relaxation and well being.

Herbal Poultice Treatment

90 minutes

This therapeutic massage treatment begins with the application of warm ginger essential oil. Warm aromatic towels are then applied to relax the muscles while stimulating blood circulation and energy flow. The combined effect of heat and herbs helps to reduce aches and pains, increase lymphatic drainage and condition the skin to leave you feeling refreshed and relaxed.

Chi Nei Tsang

60 minutes

This abdominal massage targets tension caused by stress, poor diet and emotional imbalance. It supports detoxification of the internal organs, stimulates metabolism and helps ease digestive discomfort, leaving you relaxed and rebalanced from within.

Indian Head Massage

60 minutes

Using warm sesame oil, this therapeutic massage focuses on vital points across the shoulders, neck, scalp and face. By stimulating Ayurvedic Marma points, it calms the nervous system and brings a deep sense of balance to both body and mind. The experience concludes with the comforting warmth of aromatic towels for complete relaxation.

Back, Neck & Head Massage

45 minutes

With revitalising strokes and traditional techniques, this massage targets common areas of stress. Therapeutic essential oils and the therapist's expert touch help release tension, clear the mind and restore overall wellbeing.

Foot Massage

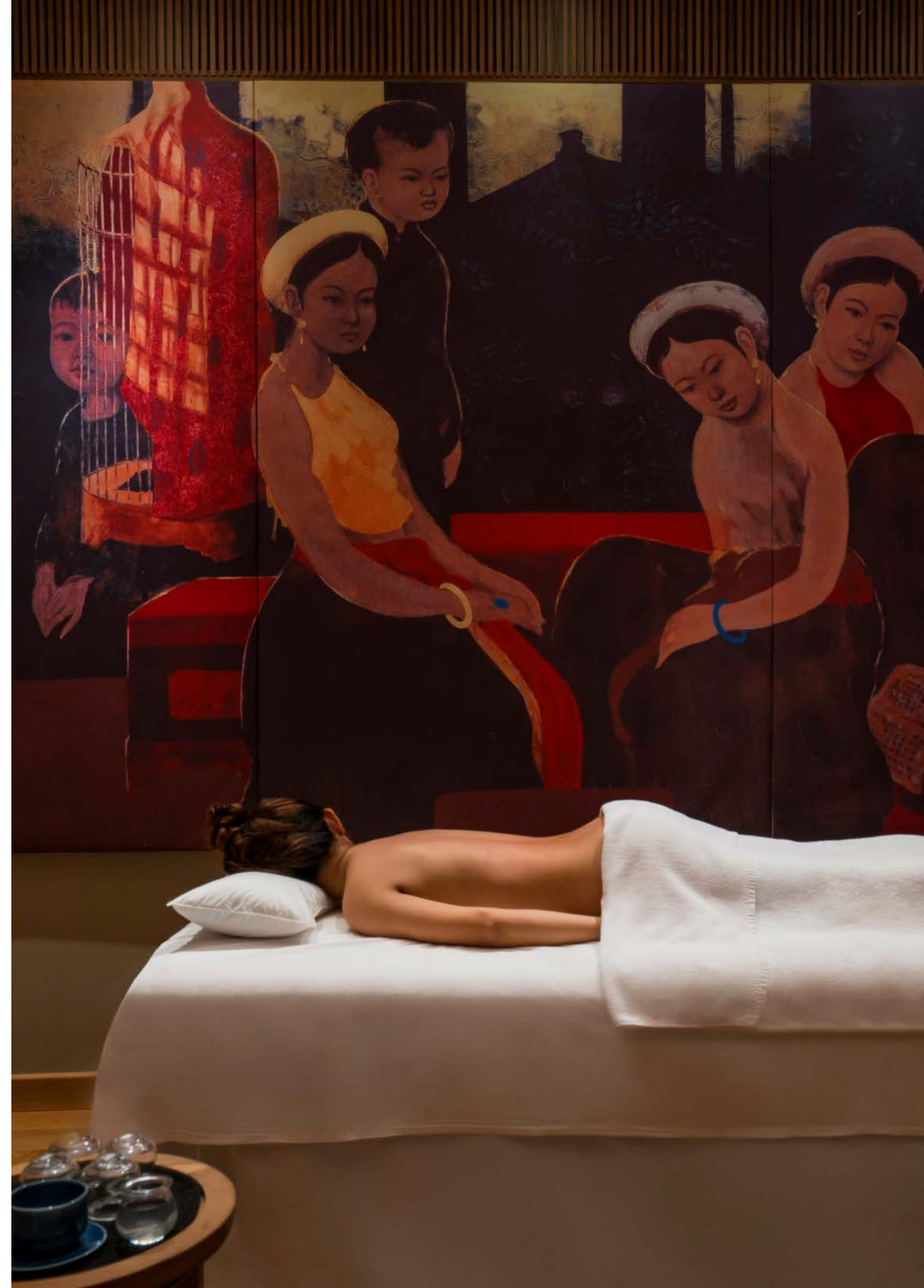
60 minutes

A reflexology-based massage that focuses on pressure points on the soles of the feet, each corresponding to different organs and systems in the body. This targeted technique promotes full-body relaxation and balance.

Prenatal Massage

60 | 90 minutes

This gentle massage is tailored for expectant mothers in their second or third trimester of pregnancy, designed to alleviate symptoms of anxiety, relieve muscle aches and joint pains and improve skin condition.



Facial Treatments

Aman Advanced Facial

60 | 90 minutes

A rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness.

The use of red and blue light therapy follows, before the treatment concludes with the application of the Aman Nourishing Gold Algae Face and Eye Masks to achieve an exceptional glow.

Amanoi Facial

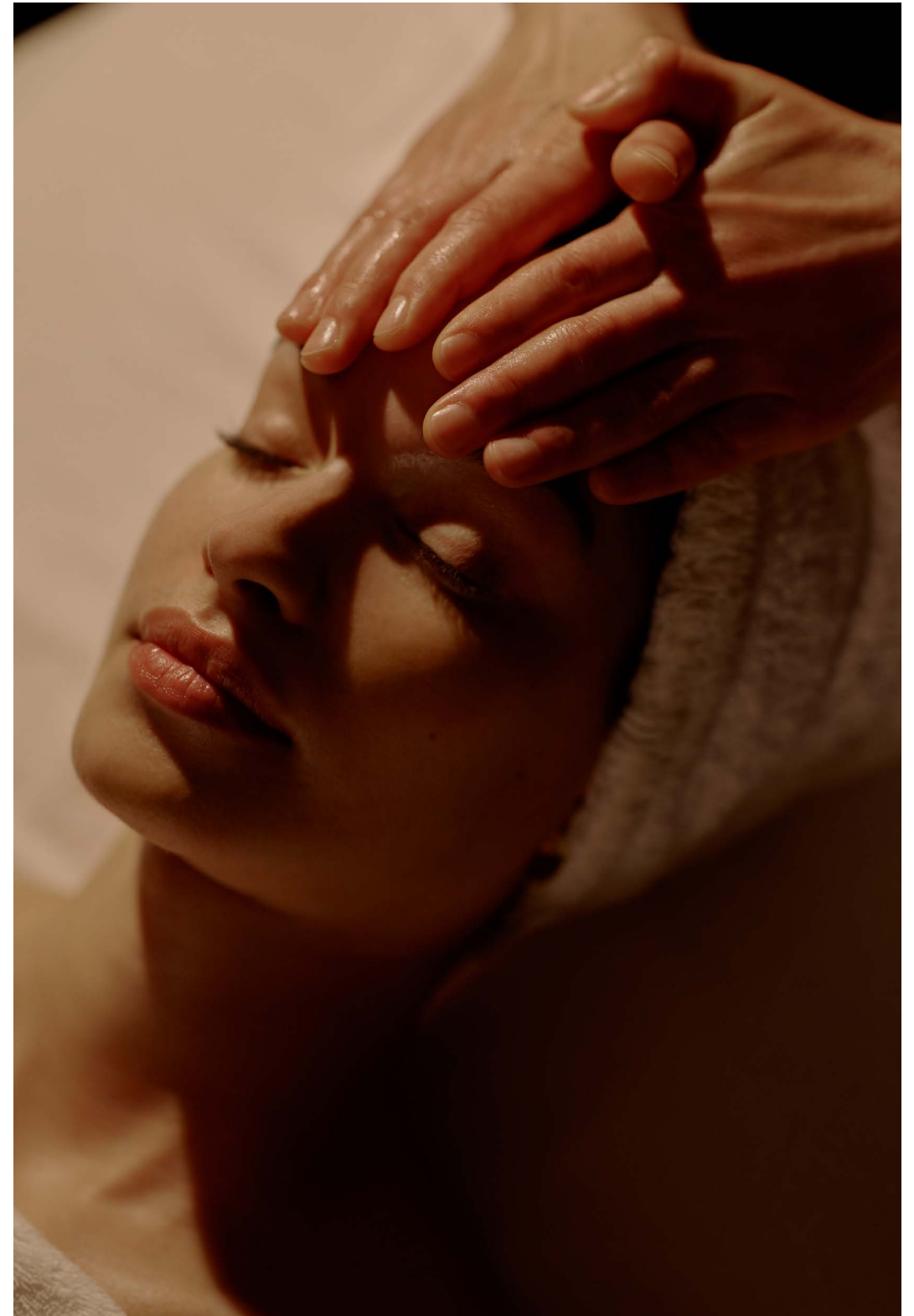
60 minutes

This rejuvenating facial ritual nurtures both skin and spirit. On a physical level, it soothes and restores with gentle healing techniques. On a deeper energetic level, it invites profound relaxation and inner harmony by stimulating the Marma points – vital energy centres of the face – clearing blockages and awakening the flow of prana. The skin is left deeply nourished, radiant and visibly renewed.

Mum-to-Be Facial

60 minutes

To help rebalance the skin during this time of hormonal change, this facial is thoughtfully designed for expectant mothers. Using Aman Essential Skin products crafted from sustainably sourced, natural ingredients, the treatment helps restore the skin's youthful glow and vitality, leaving the complexion visibly refreshed, radiant and deeply nourished.





Enhancements

Designed as an addition to your spa experience, choose from any of the options to enhance your treatment.

Nourishing Gold Algae Face Mask

15 minutes

Designed to infuse the skin with hydrating ingredients, the Aman 111SKIN hydrogel face mask can be easily integrated into any face or body treatment to instantly reveal a glowing, smooth and refreshed complexion.

Nourishing Gold Algae Eye Mask

15 minutes

The hydrogel formula infuses the under-eye area with hydrating and radiance-boosting ingredients for a glowing and refreshed complexion. For anyone looking to boost radiance and refresh the under-eye area.

Purifying Himalayan Salt Polish

30 minutes

A revitalising exfoliation ritual featuring mineral-rich Himalayan salts to gently smooth the skin and awaken circulation. Ideal as a preparatory indulgence before any massage or body wrap.

Sea Breeze Wrap

30 minutes

Envelop the skin in a hydrating cocoon of mineral-rich seaweed and soothing aloe vera. Perfect after sun exposure, this botanical treatment restores moisture, calms the skin and leaves a silky-smooth finish.

Vietnamese Coconut Hair Treatment

30 minutes

Indulge in a traditional Asian beauty treatment where warm virgin coconut oil is gently poured and massaged into the scalp, offering nourishment and restoration to dry or damaged hair. This step is paired with a soothing neck and shoulder massage, after which excess oil is carefully removed with a hot towel. An optional hair wash concludes the treatment for an added sense of revitalisation and refreshment.

Finishing Touches

Hand & Foot Care

Our feet absorb a great deal of stress that can result in poor circulation and swelling. Similarly, our hands are exposed to the elements and are often extremely dry and tight due to being used in almost every daily action we undertake. Our hand and foot treatments have been developed with this in mind and are suitable for men and women alike.

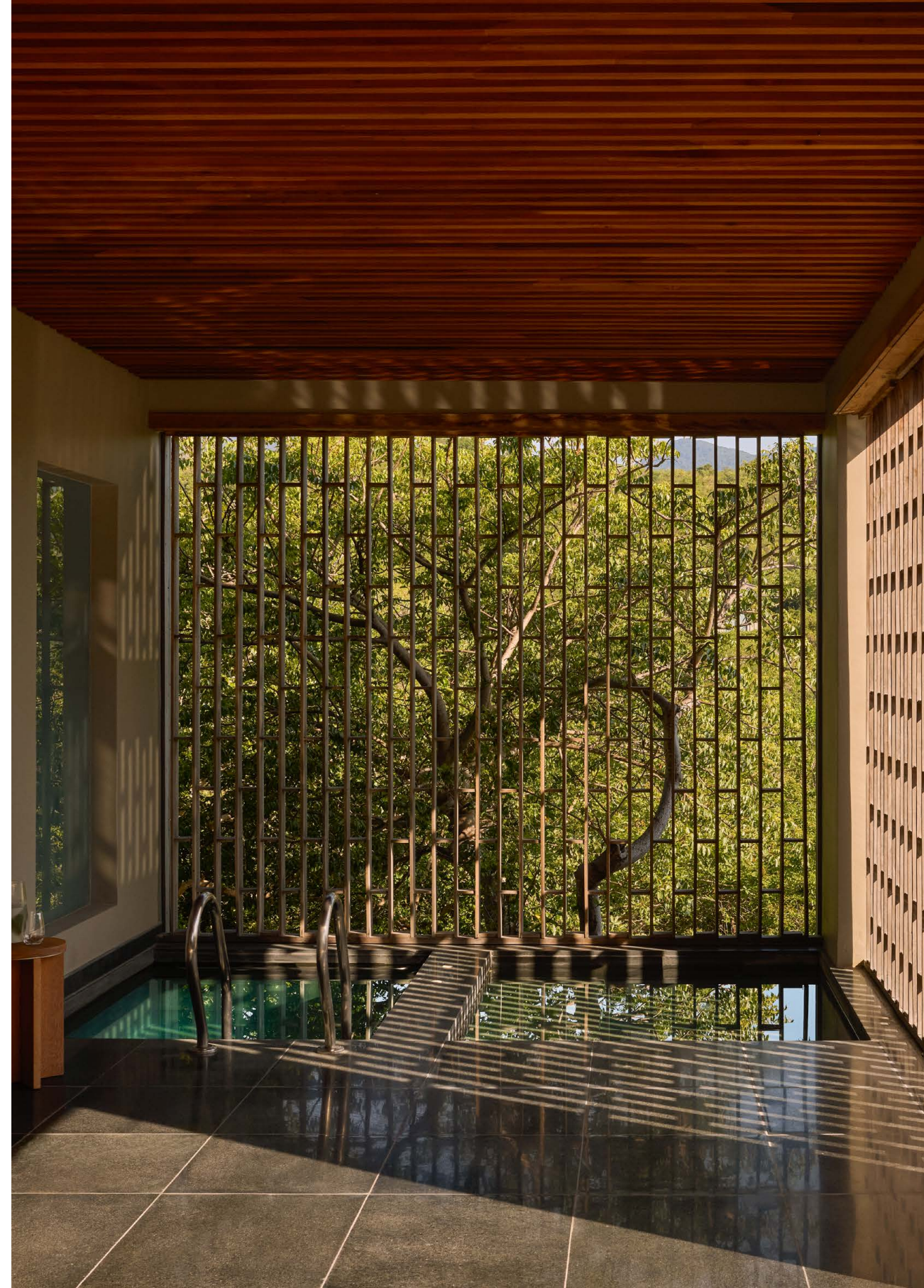
Manicure/Gel Manicure (60 minutes)
Pedicure/Gel Pedicure (60 minutes)
Gel Removal (15 minutes)

Manicure for Men (45 minutes)
Pedicure for Men (45 minutes)

Hair Grooming Service

Post-treatment hair grooming for men and women, leaving hair feeling fresh and polished.

Hair Wash & Blow Dry
Blow Dry





Movement

The serene movement facilities at Amanoi have been designed with both physical and mental wellbeing in mind. The light-filled Pilates Studio is equipped with Allegro Reformers and other Pilates-specific equipment, while stepped terraces lead down to the lake and the outdoor Yoga Pavilion. Offering the latest in cardiovascular and weight training machinery, the spacious Gymnasium features floor-to-ceiling windows that overlook the lake.

Vinyasa Yoga

Bring mind, body and breath into complete balance with the fluid sequences of Vinyasa Flow. Gentle movement activates the core, breathwork promotes internal awareness and holding poses enhances physical strength.

Yin Yoga

Yin Yoga uses gentle and relaxing postures to alleviate tension, enhance breath awareness and develop mindfulness.

Pilates

Enjoy a personalised session tailored to your level combining the traditional principles and movements of mat Pilates with the Reformer and other Pilates equipment offered in the studio.

Manual Holistic Stretching

An excellent addition to your workout, assisting in muscular recovery by releasing lactic acid built up during training. As we age, our muscles tighten and our range of motion reduces – stretching helps alleviate these symptoms, easing back pain and increasing circulation.

Personal Training

Reap the full benefits of your efforts with a programme tailored to achieve your specific goals, be they weight related, sport specific, functional, rehabilitative or just to improve your level of fitness. Our whole body workouts will develop your cardiovascular endurance, muscle strength, agility and flexibility, while ensuring you are properly aligned.

TRX Suspension Training

This workout leverages gravity and your body weight to perform a wide range of exercises. TRX delivers a fast, effective total body workout, helps build core strength, increases muscular endurance and benefits people of all fitness levels.

Circuit Training

A series of strength and/or cardiovascular exercises repeated two or three times with little or no rest in between sets. This training is excellent for weight loss, toning and enhancing cardiovascular endurance.

Core & More

This session is specifically designed to train the core with three planes of motion, concentrating on the psoas, abdominals, pelvic floor, lower back and upper body muscle groups.

Facilities

Aman Spa at Amanoi offers a serene retreat where nature blends seamlessly with holistic care - combining therapeutic treatments, mindful movement and natural products to inspire deep relaxation and lasting wellbeing.

Treatment Suites

Each of the five Spa Pavilions features a spacious double treatment suite. Guests enjoy beauty services in the Finishing Salon, while two bespoke Wellness Pool Villas offer the perfect setting for half- or full-day rejuvenation journeys.

Fitness Centre, Yoga Pavilion & Pilates Studio

Offering state-of-the-art cardiovascular and strength equipment, the light-filled gymnasium features floor-to-ceiling windows with tranquil lake views. The Pilates Studio is appointed with Allegro Reformers and specialised equipment for mindful movement. Terraced steps lead to the floating Yoga Pavilion, gracefully set amidst blooming lotus flowers. The Lake Terraces are available throughout the day for meditation, reading or peaceful relaxation.

Hydrotherapy Suites

Aman Spa offers two Hydrotherapy Suites, each featuring a heated stone treatment table, steam room, Jacuzzi and cold plunge pool. These may be booked with or without a treatment. To bolster the immune system, we highly recommend a body exfoliation followed by time in the steam room, Jacuzzi and the cold plunge pool. Each suite offers an outdoor relaxation terrace with lake views.



Reminders

Spa

Daily from 9am to 9pm
(Last treatment ends at 8pm)

Gym

Daily from 7am to 9pm



Appointments

Advance booking is highly recommended to ensure your preferred time and service are available.

Treatment Preparation

Guests are kindly requested to arrive at least ten minutes before their treatment is due to begin, allowing time to complete a health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Spa Location

The Amani Spa is situated by the lotus lake in the heart of the property. The trip takes about five to ten minutes by buggy from guest rooms. The Spa will arrange pick-up from your room 15 minutes before your treatment. Kindly notify the Spa or your Guest Assistant should you wish to be picked up from a different point within the resort.

In-Room Massage

In-room massages are available in the privacy of your Pavilion with an additional surcharge of 1,500,000 VND.

Guest Attire

Proper attire is required for all fitness and wellness activities. Spa attire including undergarment and bathrobe are provided for treatments.

Cancellation Policy

Though we will do our best to accommodate schedule changes, we kindly ask guests who wish to cancel a reservation to give a minimum of six hours' notice for spa treatments. Cancellations made within six hours will be subject to the full cost of the treatment booked.

Special Considerations

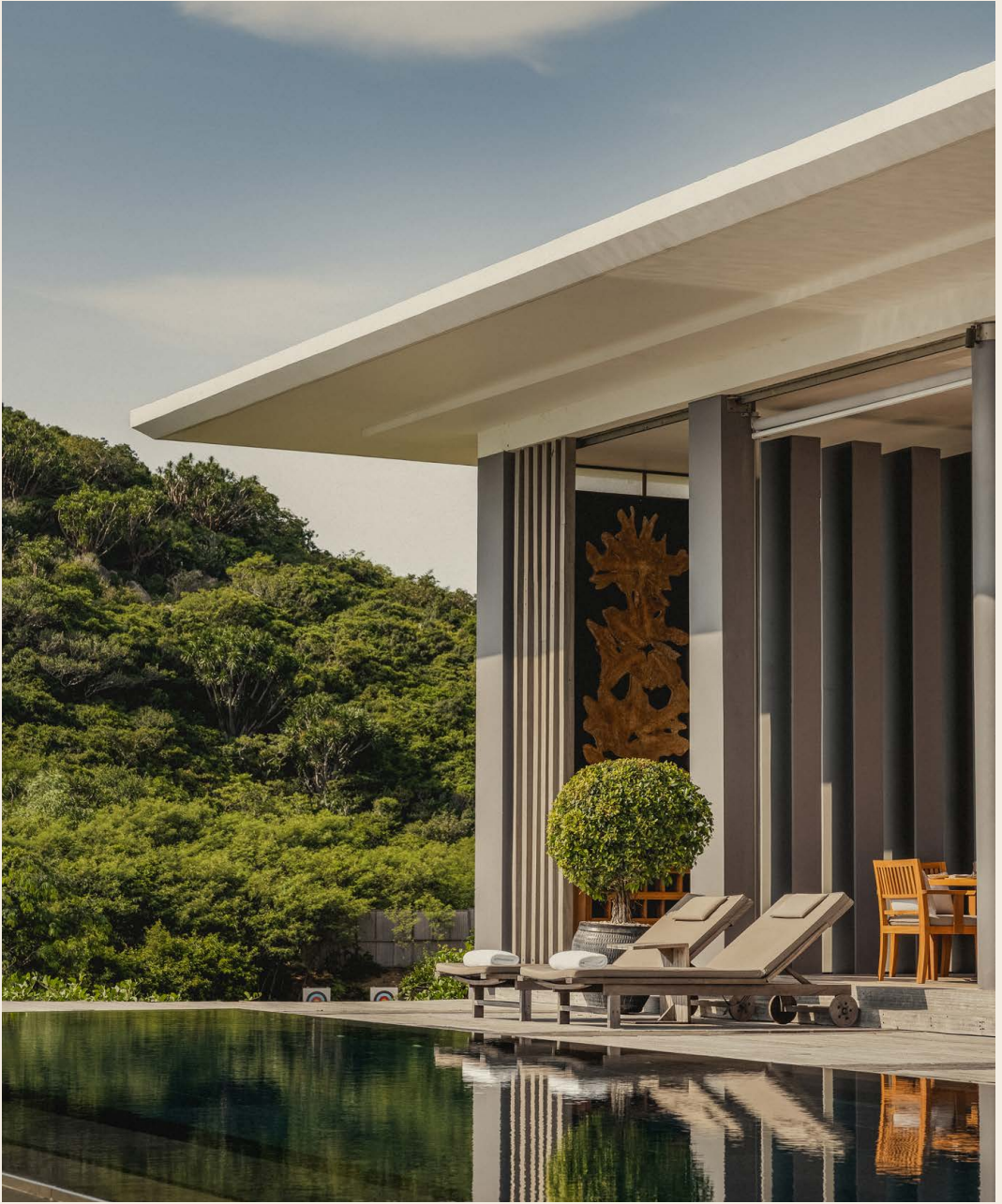
Our holistic consultation form must be completed and signed prior to your first visit to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the Spa with any medical or health concerns.

Pricing

All prices are subject to local taxes and service charge. Spa reservations after operation hours are subject to an additional 50% surcharge.

Valuables

During all treatments, please leave all valuables in the safe provided in your suite.



AMANOI

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