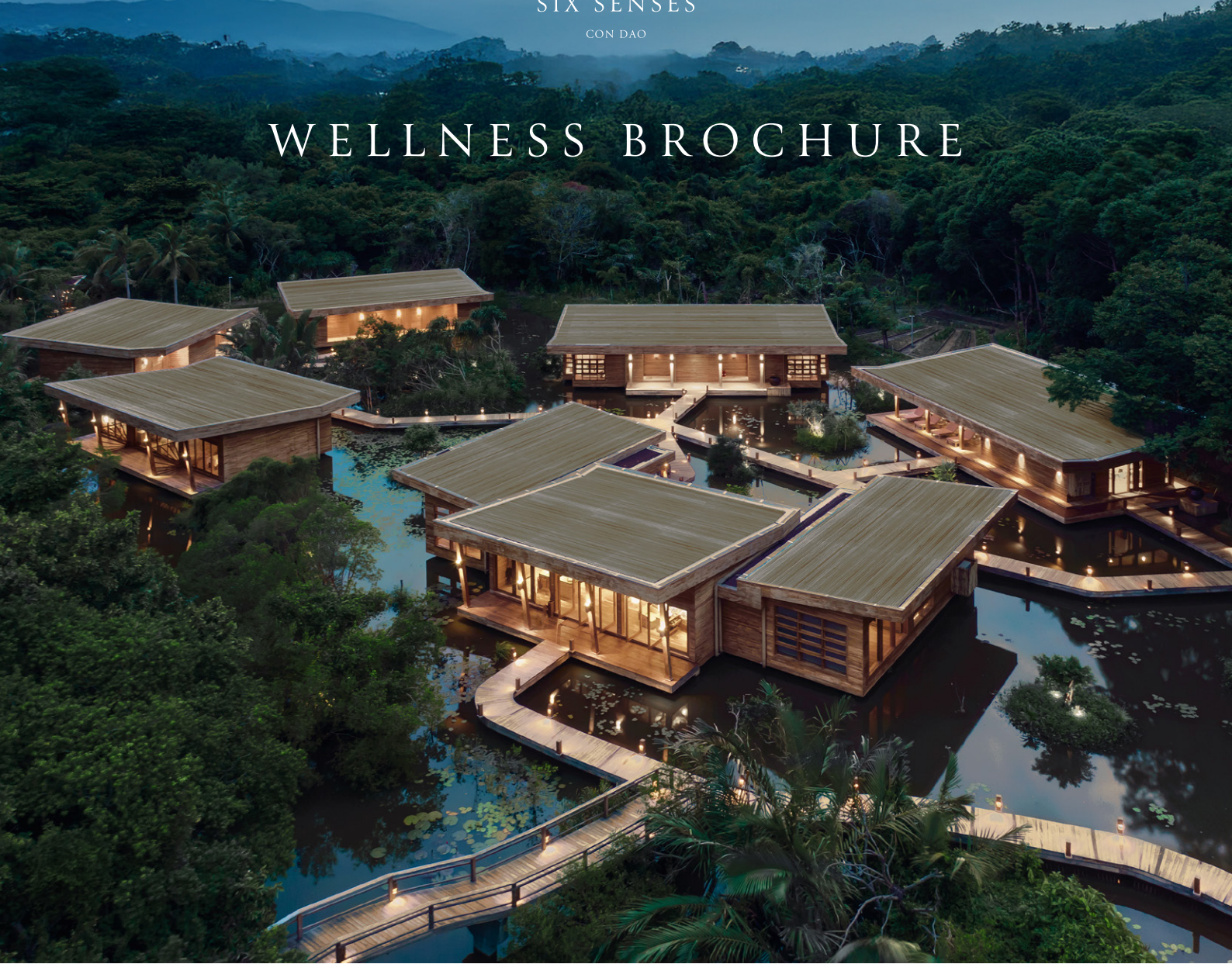




SIX SENSES  
CON DAO

# WELLNESS BROCHURE



A serene sanctuary amidst lush hills overlooking ocean-facing villas, Six Senses Con Dao Spa offers a tranquil haven spanning a generous 15,000 square meters of dedicated wellness space. Our spa features nine overwater structures, housing diverse facilities such as eight treatment rooms, private steam and sauna rooms, spacious relaxation areas, yoga pavilion and meditation sala to renew body, mind, and spirit

The spa design takes inspiration from the water lilies gracing its surrounding waters. Their delicate forms echo in gentle curves of the space, while calming hues bathe the interior with hushed elegance. Sunlight dances on the water's surface, casting shimmering reflections that ripple across the spa's interior, mirroring the gentle movement of the lilies



A serene, lily-filled haven anchors the space, inviting guests to immerse themselves in a world of tranquility, where rejuvenation blooms like a water lily on the water's embrace



Sustainability is woven throughout the architecture, with carefully chosen materials, like bamboo and wood, that harmonize with the landscape. Our commitment is further emphasized by an herb garden symbolizing responsible ingredient sourcing and our eco-conscious ethos

This fusion exemplifies our dedication to providing a sanctuary that seamlessly blends high-tech science with high-touch therapies, ensuring a holistic and rejuvenating experience



## WELLNESS APPROACH

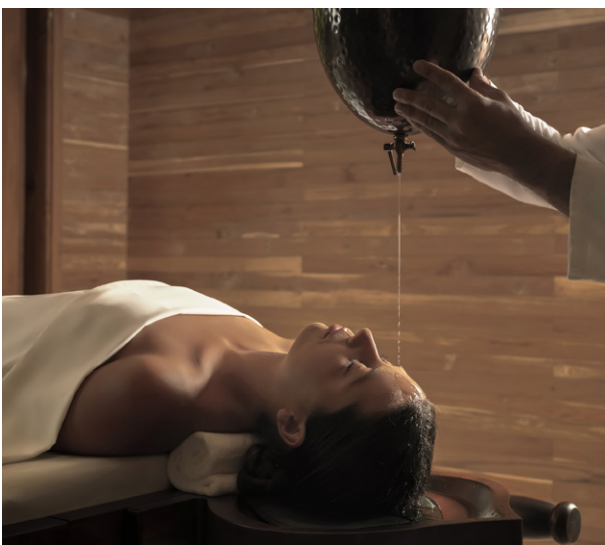


Dive into a personalized world of tranquillity and renewal, guided by our experienced therapists. Begin with a comprehensive wellness screening to tailor treatments and programs to your unique needs

Whether you seek revitalization with a Deep Tissue massage or targeted Detox focusing on specific areas, holistic balance with treatments designed for your whole self, or specialized care during pregnancy, every session is meticulously crafted for your well-being



Escape the grip of stress with the Tension Soother, indulge in the ultimate tranquility of Head Therapy, or pamper your feet with Relaxed Feet. Elevate your experience with deeply therapeutic options like Hot & Cold Stone Therapy, invigorating Thai Therapy, or the soothing Thai Herbal Compress. Each treatment can be further enhanced with a rejuvenating Dien Chan Vietnamese Facial routine



Uncover the secrets of your unique well-being with an Ayurveda consultation, exploring ancient wisdom for a holistic approach to your physical, mental, and emotional needs. This personalized journey unlocks the potential for a truly transformative experience



# LOCALLY INSPIRED SIGNATURE TREATMENTS

Embark on a journey of cultural immersion and rejuvenation with our locally inspired signature treatments. Rooted in Vietnamese traditions and utilizing locally sourced ingredients, each treatment is meticulously crafted to offer a layered and immersive experience

From the invigorating Vietnamese Touch Therapy, which draws upon centuries of acupressure practices, to the nourishing Spiced Body Care, infused with aromatic blends reminiscent of local markets. Immerse yourself in a state of deep relaxation and emotional balance, as each session a unique mosaic of traditional practices and rejuvenating therapies that transcends the ordinary

At Six Senses Con Dao Spa, we invite you to discover the rich tapestry of Vietnamese wellness. Let each session unfold a captivating blend of local wisdom and rejuvenating rituals, leaving you revitalized, balanced, and deeply connected to the authentic spirit of Vietnam



## ALCHEMY BAR



Immerse yourself in the ancient art of Vietnamese healing at Alchemy Bar. Using Dong Y techniques, discover the benefits of herbs, fruits, and spices like mulberries, noni, and grapefruit, blended with fresh coconut oil, basil, and mint.

Under the guidance of our expert alchemist, create custom body oils, exfoliants, masks, and balms for a truly transformative and sensory experience

## BIOHACK RECOVERY LOUNGE

Recharge with Normatec® boots and Hypervolt® therapy, easing muscle tension and reducing swelling. Elevate fitness with Technogym smart equipment and personalized training.

More than recovery – it's revitalization. Your well-being comes first





## SPA FACILITIES

- 15,000 sqm (161,460 sqft) of wellness space
- One consultation room
- Alchemy Bar
- Biohack Recovery Lounge
- Welcome lounge with retail area
- Manicure and pedicure
- Yoga Pavilion
- Meditation Sala
- Fitness center
- Indoor and outdoor relaxation lounges
- Male and female changing facilities
- Steam room, Finnish sauna, Infrared sauna and ice bucket showers
- Eight treatment rooms – including one for Ayurveda and one for Thai specialty treatments

## SPA SERVICES

- Treatments using award-winning holistic products from Subtle Energies
- Biohacking, including Normatec® compression boots and Hypervolt®
- Visiting Practitioners offering specialist treatments
- A daily schedule of wellness activities e.g., group classes, Sound Therapy, Alchemy bar (paid & complimentary)



## SPA MENU

- Wellness screening - dive into biomarkers with our non-invasive screening, gaining insights to optimize your health
- Massages - indulge in signature Six Senses therapies or personalize them with bio-hacking add-ons
- Body Treatments - Detoxifying treatments with ingredients that aid adrenal function for inner-outer skin rejuvenation, including the Detox Body Buff & Wrap and the Pearl-Infused Remineralizing Wrap
- Facials - by Subtle Energies ® - Experience transformative treatments including the 24K Gold Age Defying or Vegan Collagen Enzyme Booster
- Mindfulness Practices - meditation techniques and breathwork to jump-start your path to clarity
- Fitness and Wellness Activities - private and group sessions including yoga, functional fitness and nutritional cuisine lessons
- Alchemy Bar - craft personal potions and remedies with local herbs, guided by our expert alchemist based on Dong Y principles. Discover ancient wisdom and take home your wellness creations to cherish
- Beauty services and hair conditioning



## WELLNESS PROGRAMS

Begin a journey toward a transformative wellness journey with Six Senses Con Dao's pioneering Integrated Wellness approach. We weave together personalized well-being, sleep optimization, mindful nourishment, movement practices, and self-discovery to create a holistic experience designed just for you

Your journey to well-being starts in our thoughtfully designed rooms, where handcrafted mattresses and cozy bedding ensure restful sleep. Energizing snacks nourish your body, while breathtaking views inspire and connect you with nature. Delight your palate with our chefs' creations—clean, sustainably sourced meals crafted from locally inspired ingredients

We prioritize quality and freshness, avoiding additives to nourish your body and soul with every bite

To enhance your experience, we offer packages including Detox, Sleep, Yoga, and Fitness, starting from three nights. Whether you opt for a rejuvenating Wellness Day or a transformative multi-night program—your path to well-being is uniquely crafted for you. Our skilled therapists are ready to tailor your experience, ensuring a revitalizing and holistic retreat