



Xa
SPA



Yin & Yang

Xả Spa

A rejuvenating journey that brings balance
and serenity to your mind, body, and soul.

In Vietnamese, “Xả” means to release or to let go.

At **Xả Spa** in Green Bay Phu Quoc Resort & Spa, this philosophy lies at the heart
of everything we do.

We are more than just a Spa. We are a place of purposeful pause – designed to
help you release the weight of daily stress, mental fatigue, and physical tension.

Every element of our service, from the curated treatments to the calming atmo
sphere, is intentionally created to support one simple yet crucial purpose - to
offer a space where guests can feel safe to release stress and reconnect with
their body, and their inner balance.

Here, wellness is not a luxury. It is a necessity.

And “Xả” (releasing) is not temporary. It is transformative.

Xả Spa – where you release, and renew.

Mix & Match

Back Massage	30 minutes VND 700,000
Foot and Leg Massage	30 minutes VND 700,000
Neck & Should Head Massage	30 minutes VND 700,000

Xả Wellness Package

3 Days | VND 6,500,000

Day 1: Relaxation

90 minutes

Aromatherapy body massage
Neck - Shoulder - Head Massage

Day 2: Healing

90 minutes

Anti-stress back massage
Lavender sea salt exfoliation
Gently massage with lotion

Day 3: Detoxifying

90 minutes

Lymphatic drainage face massage
Choice of signature body wrap (Oat meal/ After sun/ Green tea)
Foot reflexology



Massage Therapy

TEEN'S RELAXING BODY MASSAGE

60 minutes | VND 1,200,000

Perfect for very tired, active teenagers, this soothing massage will both relax and invigorate.

XÃ SIGNATURE MASSAGE

90 minutes | VND 2,500,000

Massage combines healing effects from traditional Eastern massage approach applying with essential oil and heated herbal compresses containing a blend of over 14 aromatic and therapeutic herbs to achieve a relaxing on body and mind. It relieves muscles aches and pains while stimulates the senses.

VIETNAMESE TRADITIONAL MASSAGE

60 minutes | VND 1,400,000

90 minutes | VND 2,000,000

The traditional Vietnamese Massage technique or "Tam Quat" is a technique focusing on stimulating blood circulation by punching and clapping on the treatment areas. It relieves pain by putting pressure directly on the afflicted muscle to help you relax.

SWEDISH THERAPY

60 minutes | VND 1,400,000

90 minutes | VND 2,000,000

The Swedish massage is very popular worldwide due to its techniques that create overall body relaxation. Essential oils are used with special massage techniques and movements to help warm up your body, massaging your body lines, relieving stress and relaxing muscle knots. The Swedish massage promotes relaxation and reduces muscle tension and is also known as a full body massage.

PREGNANCY MASSAGE

60 minutes | VND 1,400,000

Massage has great benefits for the pregnant woman .A tranquil relaxation and stress relief therapy for pregnant women with physical and emotional strain of motherhood by using natural oil and hot stones. It can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system. Recommend for 4-7 months pregnancy only.

DEEP TISSUE MASSAGE

60 minutes | VND 1,400,000

90 minutes | VND 2,000,000

Deep tissue therapy uses slow, firm strokes and pressure to ease and release deep tension in your muscles and is a particularly effective therapy for people with muscular pain. Deep tissue therapy helps to refresh and relax muscles, and to increase the blood flow.

THAI MASSAGE

75 minutes | VND 1,750,000

90 minutes | VND 2,000,000

Exotic and unique, Thai massage is a traditional form of healing which has been passed down through the generations. Incorporating a blend of deep tissue massage, acupressure and stretching techniques, it releases tension and improves flexibility, resulting in wholeness of mind, body and soul.

HOT STONE THERAPY

90 minutes | VND 2,300,000

Hot Stone Massage therapy melts away tension, Heat from the stones expands blood vessels and improves circulation eases muscle stiffness and increases circulation and metabolism, thus helping to alleviate aches and pains. The 90 minute massage therapy session promotes deeper muscle relaxation through the placement.

HARMONIC SENSES FOUR HANDS

75 minutes | VND 2,500,000

Performed by two therapists, this synchronized massage combined with warm stones is the ultimate indulgence. With our own unique massage techniques, this therapy will leave you in total relaxation and complete bliss.

FOOT REFLEXOLOGY

60 minutes | VND 1,200,000

Reflexology foot massage focuses on all trigger points on the feet that are connected through the nervous system to certain organs in the body. By applying different amounts of pressure to the feet, this therapy will help the body to return to a more relaxed and balanced state.



Cleansing Therapy Body Scrubs & Wraps

BODY SCRUBS THERAPY

60 minutes | VND 1,500,000

Reveal healthy looking skin with Natural Scrubs of your choice while light massage will sooth your body and mind. You can choose between:

- Coffee Cellulite Body Scrubs
- Green Tea Powder Scrubs
- Sea Salt Exfoliation Body Scrubs

DEAD SEA MUD WRAP

60 minutes | VND 1,700,000

Using the famous Nha Trang mud, this wrap is designed to promote circulation, stimulate the immune system, promote muscular relaxation, detoxify the blood and it even has some antibacterial properties. However, Nha Trang mud is most famous for its effect on rheumatism and the reduction of joint pains.

SEAWEED BODY WRAP

60 minutes | VND 1,700,000

Our Seaweed Body Wrap is a true skin detoxifier. A warm seaweed paste is applied to your body, causing you to sweat and during this process, your body is eliminating impurities. Seaweed body wraps are beneficial to the skin in several ways: They remove dead skin, deeply moisturize, improve skin elasticity and encourage skin regeneration. Additionally, if cellulite is a problem, a seaweed wrap helps reduce the undesirable appearance it leaves on the skin

AFTER SUN RECOVERY

60 minutes | VND 1,700,000

Follow the healing wisdom of ancient traditions, a soothing wrap of red rice herb cooked in milk is applied to promote healing for sun exposed skin. This is followed by the application of Aloe Vera & Cucumber gel to cool the skin.

Special Packages

RENEWAL PACKAGE

120 minutes | VND 3,200,000

This package will help you reawaken your senses and restore inner harmony, immerse yourselves in a journey of relaxation and revitalization.

- Relaxing massage
- Choice of Signature facial treatment
- Healthy drink

NATURE REJUVENATION PACKAGE

150 minutes | VND 3,700,000

Inspired by Vietnamese culture, this package combines a relaxing massage, a lavender salt exfoliation to improve circulation, and ends with a red leaf herbal bath to encourage the body to enter a deep rest.

BEAUTY CARE PACKAGE

180 minutes | VND 4,500,000

Exceptional experience with our signature treatment bring you a deep relaxation stage including:

- Body massage
- Signature body scrub (sea salt, coffee) & body wrap (Oat meal, dry mud wrap)

Sauna and Jacuzzi

Sauna & Steam bath	VND 500,000
Jacuzzi & Ice bath	VND 700,000
Traditional red leaf herbal bath	VND 700,000

Facial Treatment

A cleansing and exfoliating treatment, massage followed by a face mask. You can choose between:

Facial Balancing

(Oily, acne and congested skin)

60 minutes | VND 2,000,000

Facial Calming

(Stressed, sensitive or Irritated skin)

60 minutes | VND 2,000,000

Facial Hydration

(Dry, dehydrated and aging skin)

60 minutes | VND 2,000,000

Men’s Facial Caring

60 minutes | VND 2,000,000



Romantic Retreat

HEAVENLY HOLISTIC

180 minutes for 2 persons | VND 5,700,000

Here is something that can give you and your dear one to remember an experience in Vietnam, a perfect combination between ancient and modern techniques.

- Sauna and steam bath
- Foot bath with herbs
- Vietnamese massage
- Choice of Signature body scrubs
- Traditional Vietnamese ritual bath with rose & tea time

JOURNEY TO SERENITY

200 minutes for 2 persons | VND 6,800,000

A journey of extreme happiness and relaxation with a pampering approach to restore and revitalize the body mind. Xả Spa begins with an aromatherapy massage, followed by a refreshing facial massage.

- Sauna and steam bath
- Foot bath with herbs
- Swedish massage
- Choice of facial massage
- Jacuzzi hydro bath / cold water bath with roses and wine





Spa Etiquette

Spa Opening Hours

Daily 09:00 am to 18:00 pm

Spa Reservation

For spa inquiries or reservations, please dial 1718 on your in-room telephone. Advance bookings are recommended to secure your preferred treatment time.

Before your treatment

We recommend you to leave all your jewelries and valuables in your room before coming to the spa as we are not responsible for loss of your personal items.

Male guests are advised to shave prior to all facial treatments to ensure maximum results. Additionally, please be advised to take a shower before any treatment which will enhance the benefits of your spa treatment.

Pre-arrival

Appointments begin promptly at the scheduled time. If you arrive late, your appointment might be shortened due to the therapist availability of the next appointment.

Thus, we kindly request that you arrive 10 minutes prior to your treatment in order to complete your spa consultation form and take time to relax in the serene surrounding of our spa before your treatment.

Tranquility

In consideration of other guests, smoking and are not permitted in the Spa area. We respectfully try to keep the Xà Spa a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

Cancellation

Please allow 1 hour notice on individual and spa packages. Otherwise, after 1 hour, 50 percent of the treatment price will be charged. Failure to your appointment will result in 100 percent treatment charge.