



Xa  
SPA



# Xả Spa

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



## Yin & Yang

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 atmosphere, 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.

*Xả Spa* – where you release, and renew.

# Xà Wellness *package*

A three-day journey of healing, balance, and complete rejuvenation.

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  
Gentle massage with lotion

## Day 3: Detoxification

90 minutes

Choice of facial treatment  
Choice of signature body wrap (Oat meal/ After sun/ Green tea)  
Foot reflexology

A woman in a white traditional robe is seated on a wooden chair, receiving a foot massage from a therapist in a white shirt and purple skirt. The therapist is kneeling on the floor, using a wooden bowl to hold water and herbs. The setting is a traditional room with a thatched roof and large windows overlooking a lush green landscape. The scene is bathed in warm, golden light, creating a serene and relaxing atmosphere.

# MASSAGE THERAPY

## THE XÀ SIGNATURE THERAPY

This therapeutic treatment integrates a range of advanced manual techniques, including deep tissue massage, myofascial release, and trigger point therapy.

The focus is on enhancing circulation, releasing muscular tension, and alleviating pain throughout the body. While specific areas of concern are carefully addressed, the body is treated as an interconnected whole, as optimal results are achieved by working with the entire system rather than isolated regions.

Due to the deeper nature of this treatment, mild post-session sensations such as temporary soreness or a feeling of activation in certain areas are completely normal. These responses occur as circulation improves in previously restricted tissues and the body begins to release accumulated tension.

To support recovery and minimize post-treatment effects, guests are encouraged to enjoy a sauna followed by a cold shower, remain well hydrated, and engage in gentle mobility exercises the following day.

90 mins | VND 3,000,000

120 mins | VND 4,000,000

180 mins | VND 6,000,000

## TEEN'S RELAXING BODY MASSAGE (5-13 years)

Ideal for young guests seeking relaxation, this gentle massage soothes fatigue while restoring energy and balance.

60 mins | VND 1,200,000

## FOOT REFLEXOLOGY

Reflexology targets key pressure points on the feet that correspond to organs throughout the body. By applying varying levels of pressure, this therapy helps restore balance, promote relaxation, and support overall well-being.

60 mins | VND 1,200,000

## HARMONIC SENSES – FOUR HANDS

Performed by two skilled therapists, this synchronized massage, enhanced with warm stones, is the ultimate indulgence. Combining our signature techniques with seamless coordination, this experience brings profound relaxation and a deep sense of bliss.

75 mins | VND 2,500,000

## PREGNANCY MASSAGE

This prenatal massage offers profound benefits for expecting mothers, providing relaxation and stress relief to ease both the physical and emotional strains of pregnancy. Using natural oils and warm stones, it helps reduce swelling, alleviate muscle cramps and back pain, prevent insomnia, and soothe the nervous system.

Recommended for women between 4 to 7 months of pregnancy only.

60 mins | VND 1,400,000

## DEEP TISSUE THERAPY

Deep tissue therapy employs slow, firm strokes and targeted pressure to release deep-seated muscle tension, making it especially effective for individuals experiencing muscular pain. This treatment helps relax and rejuvenate the muscles while promoting improved blood circulation.

60 mins | VND 1,400,000

90 mins | VND 2,000,000

## SWEDISH THERAPY

Renowned worldwide for its ability to promote overall relaxation, Swedish massage uses essential oils and specialized movements to warm the muscles, follow their natural lines, relieve stress, and ease tension.

As a full-body treatment, it enhances deep relaxation and helps reduce muscle tightness.

60 mins | VND 1,400,000

90 mins | VND 2,000,000

## VIETNAM TRADITIONAL THERAPY

The traditional Vietnamese massage technique, known as “Tam Quat,” focuses on stimulating blood circulation through rhythmic tapping and percussion on targeted areas. By applying direct pressure to tense muscles, it helps relieve pain and promotes deep relaxation.

60 mins | VND 1,400,000

90 mins | VND 2,000,000

## HOT STONE MASSAGE

Hot stone therapy melts away tension as the warmth of the stones expands blood vessels, improves circulation, eases muscle stiffness, and stimulates metabolism, helping to alleviate aches and pains.

The 90-minute session promotes deeper muscle relaxation through the placement of heated stones on key points of the body.

90 mins | VND 2,300,000

## THAI MASSAGE

Exotic and distinctive, Thai massage is a traditional healing art passed down through generations. Combining deep tissue techniques, acupressure, and assisted stretching, it releases tension, enhances flexibility, and promotes a sense of balance and harmony for the mind, body, and soul.

75 mins | VND 1,750,000

90 mins | VND 2,000,000

## HERBAL TREATMENT THERAPY

This massage combines traditional Eastern healing techniques with the use of essential oils and heated herbal compresses infused with over 14 aromatic and therapeutic herbs. It soothes muscle aches and pains while deeply relaxing the body and mind, awakening the senses.

90 mins | VND 2,500,000



CLEANSING THERAPY  
BODY SCRUBS & WRAPS

## BODY SCRUB THERAPY

Reveal healthy, radiant skin with your choice of natural body scrub, complemented by a gentle massage to soothe the body and mind.

Choose from:

- Coffee Cellulite Body Scrub
- Green Tea Powder Scrub
- Sea Salt Exfoliating Body Scrub

60 mins | VND 1,500,000

## SEAWEED BODY WRAP

Our Seaweed Body Wrap is a deeply detoxifying skin treatment. A warm seaweed paste is gently applied to the body, stimulating perspiration and helping to eliminate impurities.

This treatment offers multiple benefits: it removes dead skin cells, deeply hydrates, improves elasticity, and promotes skin regeneration. Additionally, the seaweed wrap helps reduce the visible appearance of cellulite, leaving the skin smoother and more refined.

60 mins | VND 1,700,000

## AFTER-SUN SOOTHING WRAP

This treatment is specially curated to soothe and calm skin that has been exposed to the sun. A cooling body and facial mask, enriched with aloe vera and cucumber, is gently applied to help relieve sunburn discomfort and support healthy skin recovery.

60 mins | VND 1,700,000

## DEAD SEA MUD WRAP

Using renowned Nha Trang mud, this wrap is designed to enhance circulation, stimulate the immune system, relax the muscles, detoxify the body, and provide natural antibacterial benefits. Nha Trang mud is especially celebrated for its effectiveness in alleviating rheumatism and reducing joint pain.

60 mins | VND 1,700,000



# FACIAL TREATMENT

A revitalizing treatment that combines cleansing, exfoliation, and a soothing massage, followed by a nourishing face mask. Please choose from:



## 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 Hydrating

(Dry, dehydrated and aging skin)

60 minutes | VND 2,000,000

## Men's Facial Care

60 minutes | VND 2,000,000

# SPECIAL PACKAGES

## NATURE'S REJUVENATION PACKAGE

Inspired by Vietnamese wellness traditions, this package combines a soothing massage with a lavender salt exfoliation to enhance circulation, concluding with a traditional red leaf herbal bath that gently guides the body into deep relaxation.

150 mins | VND 3,700,000

## SAUNA and JACUZZI

### Sauna & Steam Bath

30 minutes | VND 500,000

### Jacuzzi & Ice Bath

30 minutes | VND 500,000

### Traditional Red Leaf Herbal Bath

30 minutes | VND 500,000



## RENEWAL PACKAGE

This package is designed to reawaken your senses and restore inner harmony. Immerse yourself in a journey of deep relaxation and revitalization, including:

- Relaxing Massage
- Choice of Signature Facial Treatment
- Healthy Beverage

120 mins | VND 3,200,000

## BEAUTY CARE PACKAGE

An exceptional relaxation experience featuring:

- Full-Body Massage
- Signature Body Scrub (Sea Salt or Coffee)
- Body Wrap (Oatmeal or Dry Mud Wrap)

180 mins | VND 4,500,000

## MIXED and MATCHED

### Back Massage

30 minutes | VND 700,000

### Foot and Leg Massage

30 minutes | VND 700,000

### Neck, Shoulder & Head Massage

30 minutes | VND 700,000



# ROMANTIC RETREAT

## HEAVENLY HOLISTIC

Create a memorable wellness experience for you and your loved one with this carefully curated ritual that includes:

- Sauna and Steam Bath
- Vietnamese Massage
- Herbal Foot Bath
- Choice of Signature Body Scrub
- Traditional Vietnamese Ritual Bath with Rose & Tea Service

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

## JOURNEY TO SERENITY

Embark on a journey of ultimate relaxation and rejuvenation at Xả Spa, thoughtfully designed to restore and revitalize both body and mind. The experience begins with an aromatherapy massage, followed by a refreshing facial, and includes:

- Sauna and Steam Bath
- Swedish Massage
- Herbal Foot Bath
- Choice of Facial Treatment
- Jacuzzi Hydro Bath or Cold Plunge with Roses and Wine

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



# SPA ETIQUETTE

## Spa Opening Hours

Daily from 9:00 AM to 6:00 PM

## Spa Reservations

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

## Before Your Treatment

We recommend leaving all jewelry and valuables in your room prior to your spa visit, as we cannot be held responsible for the loss of personal items.

Male guests are advised to shave before facial treatments to ensure optimal results. We also recommend taking a shower prior to your treatment to enhance the overall benefits of your spa experience.

## Arrival Time

Appointments begin promptly at the scheduled time. If you arrive late, your treatment may be shortened to accommodate the next guest's appointment.

We kindly request that you arrive at least 10 minutes prior to your scheduled time to complete your consultation form and relax in the serene surroundings of our spa.

## Tranquility

In consideration of other guests, smoking and mobile phone use are not permitted within the spa area.

We strive to maintain the spa as a sanctuary of peace and harmony. Kindly keep your voice at a respectful volume to avoid disturbing other guests.

## Cancellations

We kindly recommend scheduling your appointment in advance to secure your preferred treatment time.

Should you wish to cancel your appointment, please provide at least 2 hours' notice for individual treatments and 24 hours' notice for packages. Otherwise, a 50% cancellation fee will be charged to your room on file.

No-shows will be charged the full amount of the scheduled service.

All prices are inclusive of 5% service charge and 10% VAT.



## Green Bay Phu Quoc Resort & Spa

Hamlet 1, Ward 4, Phu Quoc Special Zone, An Giang Province, Vietnam



Explore more



(+84) 297-390-0004



[greenbayphuquocresort.com](http://greenbayphuquocresort.com)



[reservation@greenbayphuquocresort.com](mailto:reservation@greenbayphuquocresort.com)



[greenbayphuquoc](https://www.facebook.com/greenbayphuquoc)



[greenbayphuquocresort](https://www.instagram.com/greenbayphuquocresort)