
Xả
SPA



IMMERSE

Leave the outside world behind.

Slow down · Release · Reconnect.

Your Xả journey begins here.

YOUR XẢ JOURNEY

CONSULT · UNDERSTAND · PERSONALISE · TREAT · REASSESS · YOUR NEXT STEP


Hoa Sen

XẢ SPA

RELEASE · RESTORE · RECONNECT

In Vietnamese, “xả” means to release, to let go.
This philosophy is at the heart of Xả Spa.

Every journey begins with you. We listen to what you carry and what you wish to leave behind: stress, mental fatigue, physical tension or simply the noise of everyday life.

Within the natural sanctuary of Green Bay, personalised therapies unite intuitive care with time-honoured Vietnamese and Asian healing traditions. Every touch, sound and ritual is thoughtfully designed to quiet the mind, restore the body’s natural vitality and reconnect you with yourself and the nature that surrounds you.

Here, wellness is not an escape from life.
It is how you return to it–lighter, stronger and renewed.

XẢ SPA - WHAT WILL YOU CHOOSE TO LEAVE BEHIND?

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THE XẢ SIGNATURE BODY RITUAL

Reconnect with the rhythm of nature

Inspired by the restorative energy of Phu Quoc,
our signature ritual begins with a grounding Vietnamese herbal foot ritual
and a moment of guided breathing to slow the senses and prepare
the body for release.

Your therapist then creates an intuitive full-body experience around
what your body needs that day, blending deep-tissue work,
myofascial release, pressure-point techniques and long rhythmic movements.

Pressure, pace and areas of focus are entirely personalised,
working deeply into accumulated tension while encouraging circulation,
mobility and a profound sense of letting go.

The ritual closes with a moment of stillness, allowing the body and mind
to absorb the benefits of the experience.

Release tension · Restore vitality · Reconnect

90 minutes | VND 3,900,000
120 minutes | VND 4,900,000

THE XẢ SPA REGENERATIVE RITUAL

Sound, Face and Body Experience

An immersive journey combining therapeutic bodywork, restorative facial techniques and a curated natural soundscape. Moving in harmony with the rhythms of Phu Quoc, the experience releases physical tension, replenishes the skin and guides the mind towards profound stillness.

Body restored · Skin renewed · Mind quietened

90 minutes | VND 4,100,000

GIVING BACK TO NATURE

With every Xả treatment, USD 1 is dedicated to Green Bay's reforestation initiative. At the end of each year, the funds collected are devoted to planting and restoring native vegetation within our natural environment.

Your journey of renewal becomes part of nature's renewal too.



THERAPEUTIC BODYWORKS — IN HARMONY

IN HARMONY
FOUR-HANDED BODYWORK

Two therapists work in seamless rhythm, creating a continuous flow of movement across the body. Four-handed massage techniques combine with the grounding warmth of heated stones to release muscular tension, quiet the mind and encourage a profound sense of letting go.

As rhythm, pressure and warmth come together, the body gradually surrenders into deep relaxation and balance.

75 minutes | VND 3,800,000

DEEP TISSUE RELEASE

Slow, purposeful movements and firm, targeted pressure work deeply into areas of muscular tension and restriction. Tailored to your body's needs, this focused treatment helps improve mobility, ease stiffness and restore freedom of movement.

Ideal for active bodies, accumulated tension or those seeking deeper, more intensive bodywork.

60 minutes | VND 2,400,000
90 minutes | VND 3,650,000

THERAPEUTIC BODYWORKS — IN HARMONY

WARM STONE RITUAL

The grounding warmth of heated stones combines with slow, flowing massage to melt muscular tension and encourage deep relaxation. As heat penetrates the body, circulation is stimulated, muscles soften and the nervous system begins to settle.

Ideal for physical tension, fatigue or simply surrendering to a deeper state of rest.

90 minutes | VND 3,800,000

HEALING TRADITIONS

VIETNAMESE TẨM QUẤT RITUAL

Rooted in Vietnam's time-honoured healing traditions, Tẩm Quất combines rhythmic percussion, targeted pressure and purposeful kneading to release muscular tension and awaken the body's natural energy.

Grounding yet revitalising, this traditional bodywork restores circulation, encourages physical release and leaves the body feeling lighter and re-energised.

60 minutes | VND 2,500,000
90 minutes | VND 3,650,000

TRADITIONAL THAI BODYWORK

Rooted in Thailand's ancient healing traditions, this dynamic bodywork combines rhythmic acupressure, gentle rocking and assisted stretching along the body's energy lines. A flowing sequence of purposeful movements releases tension, improves flexibility and encourages a natural sense of balance and vitality.

Ideal for those seeking an active, restorative treatment that leaves the body feeling open, mobile and re-energised.

90 minutes | VND 2,900,000

HEALING TRADITIONS

FOOT REFLEXOLOGY
Traditional Pressure-Point Therapy

A grounding treatment focusing on specific pressure points across the feet and lower legs. Rhythmic pressure techniques help release accumulated tension, encourage circulation and invite the whole body into a deeper state of relaxation.

60 minutes | VND 2,100,000

RESTORE & RENEW

BAMBOO FLOW

Smooth bamboo canes of varying sizes are rolled,
pressed and rhythmically worked across the body, combined with flowing
manual techniques to release muscular tension and stimulate circulation.
Dynamic and deeply invigorating, this full-body ritual restores
a sense of lightness, energy and vitality.

90 minutes | VND 3,800,000

DEEP CALM

Long, flowing movements and intuitive therapeutic touch invite
the body to gradually let go. Personalised in pressure and rhythm,
this deeply calming experience eases physical tension,
slows the senses and guides the mind towards profound rest.

Ideal for stress, fatigue or whenever you simply need to switch off.

90 minutes | VND 3,400,000

RESTORE & RENEW

BODY AWAKENING ASSISTED STRETCHING RITUAL

Designed to restore mobility and freedom of movement,
this active bodywork experience combines guided assisted stretching,
targeted pressure and breath-led movement. Each sequence is personalised to your body,
helping to ease stiffness, improve flexibility and restore a natural sense of alignment.

Ideal after travel, exercise or whenever the body feels tight, heavy, or restricted.

75 minutes | VND 2,900,000

HEAD-TO-TOE GLOW

A complete face and body ritual designed to renew the skin,
replenish moisture and restore a natural, luminous glow from head to toe.

The journey begins with your choice of sea-salt or coffee body polish to smooth
and revitalise the skin, followed by a nourishing body wrap selected according to
your skin's needs.

While cocooned, a deeply relaxing scalp ritual encourages complete release. Your
experience continues with a Xå Personalised Facial, individually adapted following
a skin consultation, before intensive full-body hydration
leaves the skin soft, replenished and beautifully radiant.

Your journey includes:

Choice of sea-salt or coffee body polish
Personalised nourishing body wrap
Relaxing scalp ritual
Xå Personalised Facial
Intensive full-body hydration
Fresh coconut water

180 minutes | VND 6,400,000

RESTORE & RENEW

PREGNANCY MASSAGE

A gentle, nurturing body treatment thoughtfully adapted for pregnancy. Supportive positioning, flowing movements and carefully considered pressure help ease muscular tension and encourage a profound sense of comfort and relaxation.

60 minutes | VND 2,400,000

Available from the second trimester, subject to consultation with our spa team.



TARGETED MASSAGES

Focused 30-minute treatments designed to release tension,
restore mobility, and provide effective relief exactly
where your body needs it most.

BACK MASSAGE & STRETCHING

Targeted massage and assisted stretching help release tension
through the back, improve mobility and restore a sense of ease.

30 minutes | VND 1,200,000

FOOT & LEG MASSAGE

A revitalizing massage focused on tired feet and legs
to stimulate circulation, reduce heaviness and encourage recovery.

30 minutes | VND 1,200,000

NECK, SHOULDER & HEAD MASSAGE

A tension-relieving massage targeting the neck, shoulders, scalp and head
to ease stiffness, calm the mind and promote deep relaxation.

30 minutes | VND 1,200,000

FACIAL RITUALS

Our facial rituals combine personalized skincare with the restorative power of touch.
Each experience begins with a personal consultation and skin analysis,
allowing your therapist to select the products and active ingredients
best suited to your complexion on the day.

XẢ PERSONALISED FACIAL

60 minutes | VND 3,400,000

A complete facial ritual tailored to your skin's individual needs.
Following your skin analysis, your therapist will personalise
your ritual with one of four targeted skincare solutions:

Your therapist will select one of four targeted skincare solutions:

DEEP HYDRATION

Hyaluronic Acid & Snow Mushroom
Replenishes moisture, plumps dehydrated skin
and restores softness and suppleness.

FIRMING & PLUMPING

Peptides & Collagen-Supporting Actives
Helps improve the appearance of firmness and elasticity
while smoothing fine lines and revitalizing the complexion.

RADIANCE & EVEN TONE

Vitamin C & Antioxidants
Revives dull, tired skin, improves the appearance
of uneven tone and restores fresh, luminous radiance.

FACIAL RITUALS

EXPRESS GLOW

An express facial designed to refresh, hydrate and restore radiance when time is limited. Following a brief skin consultation, targeted cleansing and gentle exfoliation prepare the skin for a concentrated serum and personalised mask selected according to your skin's needs.

Perfect before dinner, after travel or whenever your complexion needs an immediate boost.

30 minutes | VND 1,900,000

BODY RENEWAL RITUALS

BODY POLISH

A revitalising full-body exfoliation designed to smooth, soften and renew the skin. Choose between mineral-rich sea salt for a fresh, invigorating polish or aromatic coffee for a naturally energising experience. The ritual concludes with nourishing hydration, leaving the skin beautifully soft and radiant.

60 minutes | VND 3,100,000

NOURISHING BODY WRAP

A deeply replenishing body ritual designed to comfort dry or sun-exposed skin. A nourishing wrap envelops the body while a relaxing scalp ritual encourages complete release. The experience concludes with intensive hydration, leaving the skin soft, supple and restored.

60 minutes | VND 3,100,000

AFTER-SUN SOOTHING WRAP

A cooling and restorative ritual created for skin exposed to the tropical sun. Soothing botanicals are gently applied to comfort, hydrate and replenish the skin, while a calming scalp ritual invites the body to unwind.

Ideal after a day in the sun or whenever the skin feels warm, dry or in need of extra care.

60 minutes | VND 3,100,000



VIETNAMESE BOTANICAL JOURNEY

An immersive body ritual inspired by Vietnamese healing traditions and the restorative properties of local botanicals.

The journey begins with a warm Vietnamese herbal foot ritual, followed by a botanical salt exfoliation to renew the skin and stimulate circulation. A traditional Vietnamese massage releases muscular tension and restores the body's natural energy. Complete your journey immersed in a warm red-leaf herbal bath, accompanied by traditional Vietnamese tea.

Your journey includes:

Vietnamese herbal foot ritual
Botanical salt body exfoliation
60-minute traditional Vietnamese massage
Warm red-leaf herbal bath
Traditional Vietnamese tea

150 minutes | VND 5,400,000

RITUALS FOR TWO

Two journeys, two different ways to reconnect. Discover the healing traditions of Vietnam or enjoy an intimate spa date designed entirely around the two of you.

ROOTED IN VIETNAM

Vietnamese Healing Journey

An immersive journey inspired by Vietnamese healing traditions, native botanicals and therapeutic touch.

Begin with a warm herbal foot ritual, followed by time together in the sauna and steam bath. A botanical body scrub gently renews the skin before a traditional Vietnamese massage releases muscular tension and restores the body's natural energy.

Complete your journey with a private herbal bath infused with lemongrass, ginger and aromatic Vietnamese botanicals, accompanied by a traditional tea ceremony.

Your journey includes:

Vietnamese herbal foot ritual
Private sauna and steam bath
Botanical body scrub
60-minute traditional Vietnamese massage
Private Vietnamese herbal bath
Traditional tea ceremony
Fresh coconut water and seasonal island fruits platter

180 minutes for two | VND 8,400,000

RITUALS FOR TWO

THE ART OF TOGETHERNESS

A shared journey created for two to slow down,
reconnect and enjoy meaningful time together.

Begin by creating your shared aromatherapy blend, guided by your therapists according to the mood and intention you wish to experience. Your personalised aroma accompanies a 75-minute synchronised massage enjoyed side by side.

The journey continues with a Xå Personalised Facial for each guest, individually adapted following a skin consultation. Afterwards, retreat to your private relaxation setting to enjoy tropical tea, fresh coconut water, botanical infusions and seasonal island fruits.

Your journey includes:

Personal consultation for two
Creation of your shared aromatherapy blend
75-minute synchronised aromatherapy massage
60-minute Xå Personalised Facial
Private tropical tea experience
Fresh coconut water and seasonal island fruits

200 minutes for two | VND 10,400,000



YOUNG WELLNESS

YOUNG GUEST MASSAGE

Ages 6-13

A gentle and comforting massage created especially for younger guests. Soft, flowing movements encourage relaxation and help the body unwind after active days in the sun and around the island.

45 minutes | VND 1,400,000

For guests under 14, a parent or guardian must be present during the treatment.

THERMAL & BATHING RITUALS

Three restorative rituals combining heat, water, cold immersion and Vietnamese herbal traditions.
Each experience concludes with a Vietnamese herbal tea ritual.

SAUNA & STEAM R ITUAL

A calming heat ritual combining the dry warmth of the sauna with gentle steam to release muscular tension, encourage circulation and invite the body into deep relaxation.

Up to 45 minutes, including the tea ritual | VND 1,100,000

JACUZZI & ICE BATH RITUAL

A revitalising contrast ritual alternating warm hydrotherapy with cold immersion to awaken the body, ease muscular fatigue and encourage recovery.

Up to 45 minutes, including the tea ritual | VND 1,100,000

TRADITIONAL RED LEAF HERBAL BATH

A private bathing ritual rooted in Vietnamese herbal traditions.
Warm water infused with aromatic red leaves and local botanicals helps soothe tired muscles, restore physical comfort and guide the body towards deep relaxation.

Up to 45 minutes, including the tea ritual | VND 1,100,000

Advance reservation is recommended and access is subject to availability.
Cold immersion may not be suitable for all guests. Please inform our spa team of any medical conditions prior to your experience.

SPA ETIQUETTE

RESERVATIONS

Advance reservations are recommended to secure your preferred treatment and time. Our Xå Spa team will be delighted to guide you towards the experience best suited to your needs.

ARRIVAL

We invite you to arrive 10 minutes before your treatment to complete your consultation and enjoy a moment to slow down before your experience begins. Late arrivals may result in a reduced treatment time.

YOUR WELLBEING

Your wellbeing is our priority. Please inform our spa team of any health conditions, allergies, injuries or pregnancy at the time of booking so that your experience can be thoughtfully adapted.

PREGNANCY

Specially adapted treatments are available for expectant mothers. Our spa team will be pleased to recommend the most suitable experience according to your stage of pregnancy.

SPA ETIQUETTE

TRANQUILLITY

Xå Spa is a sanctuary of calm. We kindly invite you to silence mobile devices, speak softly and respect the privacy and tranquillity of other guests.

YOUNG GUESTS

Selected treatments are available for younger guests. A parent or guardian must provide consent and, where required, remain present during the experience.

VALUABLES

We recommend leaving jewellery and valuables in your villa safe.
Xå Spa cannot accept responsibility for lost or misplaced personal belongings.

SPA ETIQUETTE

SPA OPENING HOURS
Daily from 9:00 AM - 6:30 PM

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 treatment 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.

PRICES

All prices are quoted in Vietnamese Dong (VND).

AFTER YOUR EXPERIENCE

Take time to rest, rehydrate and allow the benefits of your treatment
to continue. Following body treatments, we recommend avoiding
prolonged sun exposure immediately afterwards.

GREEN BAY
PHU QUOC
NATURE · WELLNESS · RETREAT

Green Bay Phu Quoc Resort & Spa
Hamlet 1, Ward 4, Phu Quoc Special Zone, An Giang Province, Vietnam

(+84) 297-390-0004
greenbayphuquocresort.com
reservation@greenbayphuquocresort.com
greenbayphuquocresortandspa
greenbay.phuquocresortandspa