



Dr. Aravind James, Naturopath and Wellness Consultant

Holistic Consultation, 15 minutes/complimentary

Meet Dr. Aravind and discuss your current state of well-being. He will personalize your spa treatment plan to your specific needs,

Six Senses Wellness Screening, 60 minutes/VND 2,332,500 (USD 100)

This non-invasive screening uses advanced technology to analyze key physiological biomarkers of health, including body composition, metabolism, oxygen distribution, heart function, circulation and stress parameters. The results are used to prepare a personalized wellness program specific to your specific needs.

Meridian Massage, 60 minutes/VND 3,045,000 (USD 130) or 90 minutes/VND 3,745,000 (USD 160)

Based on the traditional Eastern healing principles, this massage restores the flow of *qi* (vital energy) by applying the pressure on the specific acupressure points and *meridians* (energy lines) located throughout the body.

Acupuncture, 40 minutes/VND 1,990,000 (USD 85)

Acupuncture uses fine needles to unblock and restore the energy flow throughout the body, while alleviating the symptoms of any imbalances. It stimulates the body's natural healing abilities and releases pain.

Analgesic (Pain Relief) Therapy, 90 minutes/VND 3,745,000 (USD 160)

This therapy combines acupuncture with meridian massage to alleviate joints, lower back, neck and knee pain.

Yoga Nidra, 60 minutes/VND 2,575,000 (USD 110)

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

Vinyasa Flow Yoga, 60 minutes /VND 2,800,000 (USD 120)

Increase strength and flexibility through synchronized breath and sound movements. These dynamic and fast paced postures allow practitioners to deepen their asana practice and move into meditation. The series of asanas are selected to gracefully move from one into the next, working every part of the body physically, mentally and spiritually.

Prices are quoted in Vietnamese Dong (VND) and subject to five percent service charge and 10 percent taxes.

About the practitioner

Dr. Aravind is a highly qualified Naturopathic Doctor and Wellness Consultant from India. Having explored many avenues within naturopathy, acupuncture, yoga and other holistic therapies, Dr. Aravind's goal is to help guests de-stress and achieve a deep sense of relaxation.

