

# THE SPA



# SPA JOURNEYS

JOURNEY OF

## Renewal

Journey of Renewal begins with a private sauna preparing the body and skin to receive the benefits of the personalized treatment. The journey continues with an aromatic bath infused with pure essential oils to rejuvenate the skin, followed by a full-body exfoliation that removes dead skin cells. To complete the experience, a soothing hot stone massage leaves the skin smooth and senses in a state of calm.

120 minutes

JOURNEY OF

## Romance

Journey of Romance is an enriching spa experience for two, enveloped by privacy and serenity.

The experience starts with a romantic bath ritual for two that heals and eases tension in the muscles, followed by an iconic signature massage. This treatment may begin with an optional sauna experience to allow the heat to energize the body.

150 minutes

JOURNEY OF

## Serenity

Journey of Serenity starts in a private suite, this bespoke journey for couples offers a luxurious ritual that harmonizes the mind, body, and soul. The journey begins with a private aromatic sauna followed by a floral bath infused with pure essential oils to soothe and calm. This aromatherapy ritual is followed by a nourishing and luscious cocoa-based wrap infused with antioxidants and various vitamins. The cocoa rejuvenates dull, dry skin and helps promote circulation. The journey concludes with a deep body massage to promote the ultimate relaxation.

180 minutes

THE CHAKRA

## Cleansing Glow

Exclusively designed to target guests' particular stress profile, the Chakra Reset healing journey combines vibrations from crystals and aromatherapy oils to release tension and balance meridians. The treatment concludes with a back massage to fully relax the body and calm the mind.

Beneficial for men and women alike, the treatment may result in a more profound sense of well-being and enhanced energy circulation throughout the body.

90 minutes

HARMONY

## Ritual

This Harmony Ritual massage penetrates deep into the tissue using unique meridian techniques to stimulate blood circulation, enhance flexibility, and promote energy flow. Strengthening both mind and body, you will emerge from this treatment stronger and more resilient.

90 minutes



# SIGNATURE RITUALS



# BODY MASSAGES

## Tam Quat Reviver

Inspired by traditional Vietnamese healing techniques, this revitalizing treatment combines aromatherapy oils and pressure point kneading movements to boost energy levels, ease muscle tension and promote circulation.

60 | 90 minutes

## Aroma Therapy

This soothing and therapeutic treatment combines the benefits of aromatherapy oils with the best of Eastern and Western massage techniques. Specifically developed to promote holistic well-being, the aromatherapy massage also works on the lymphatic system to aid inflammation and water retention.

60 | 90 minutes

## Hot Stone Therapy

This holistic treatment combines hot and cold stones to deeply penetrate the muscles, aid relaxation while harmonizing both body and mind.

60 | 90 minutes

## Body Balancer

This tension-busting massage treats the whole body by using Shiatsu-inspired techniques designed to release deep-seated tension and alleviate muscle stress. This powerful massage aims to restore serenity to the body and reawaken the senses by focusing on specific areas.

60 | 90 minutes

## Vitality Stretch Massage

During this treatment, the body is compressed, pulled, and stretched. This traditional Thai Massage is often referred to as “passive yoga” and does not require the application of oil or lotion. A combination of deep static and rhythmic pressure is applied to relieve joint stiffness and pain while increasing flexibility and vitality.

60 | 90 minutes

## Nourishing Glow Scrub

Harnessing the benefits of locally sourced ingredients, this body polish treatment nourishes and exfoliates the skin. The organic Phu Quoc's pepper and kumquat citrus-scented scrub cleanses, polishes, and moisturizes the skin to a radiant glow.

45 minutes

## Body Revival Scrub

An invigorating blend of sea salt, coconut oil and eucalyptus, this scrub acts as a gentle exfoliant. The sea salt opens the pores, while the coconut stimulates moisture to the body. The eucalyptus acts as an anti-inflammatory muscle relaxant, and stress reliever, while also promoting a healthy flow of energy to the body.

45 minutes

## Purifying Wrap

A complete hydrating, cleansing, and rejuvenating experience. This aloe vera and cucumber gel wrap is designed to decrease the skin's redness and calm, cool, and hydrate irritated or sun-exposed skin. This treatment deeply conditions the skin, leaving it feeling soft and nourished.

45 minutes

## Cocoa Detox Wrap

A rich experience for the senses and a treatment recommended for couples. The cocoa wrap treatment starts with a warm, freshly melted chocolate mud. Rich in antioxidants, the chocolate helps strengthen the immune system and firm the skin. The combined benefits detoxify and tone. This anti-oxidant, anti-aging natural detox treatment will leave the skin hydrated with a luminous glow.

45 minutes

# BEAUTY TREATMENTS

# SPECIALTY THERAPIES

## MUM'S CARE

### Prenatal Treatment

The Prenatal Treatment is designed specifically to answer the needs of mums-to-be and to provide support in a time of constant change.

A back body exfoliation massage with rose oil-infused Himalayan salt is used to nurture and nourish the body and skin. This treatment aims to relax the body, ease tiredness, and promote a state of calm and optimum well-being.

**60 minutes**

### Postnatal Treatment

This treatment includes a thorough consultation to ensure a tailored experience designed to suit the individual needs of new mothers. The treatment consists of a deeply nourishing aromatherapy body massage while combining essential oils and heated volcanic stones. It aids deep relaxation, targeting areas prone to stress and tension after pregnancy.

**60 minutes**

# LITTLE COLLECTIONS

## Coco Time

This regenerative treatment removes impurities and penetrates deeply into the skin. Rich in Vitamins A and E, the cocoa body wrap treatment deeply cleanses, refines, helps to hydrate and nourish the skin. Cocoa is high in antioxidants and skin-softening nutrients, it helps to soften, clear, and detoxify our youngest guests' skin.

**45 minutes**

## Head, Shoulder, Knees and Toes

A head, shoulder, knees and toes massage will pamper our youngest guests after a day spent exploring and swimming. Using a light blend of rose oil for young ladies or coconut oil for boys, the massage experience will unwind and rejuvenate from head to toe. The treatment may also include a hot stone massage suited to ease muscle aches and promote circulation.

**45 minutes**

## Resting Moments

A relaxing treatment for our youngster encompassing a light pressure massage. This soothing aromatherapy massage uses a blend of lavender oil to instill relaxation and ensure a good night's sleep.

**60 minutes**

# HIS CARE

## Muscle Recovery Massage

A tailored escape for him focusing on deep relaxation and rebalancing muscle tension. The treatment is designed to alleviate tension and stress using restorative massage techniques which help relieve toxins and soothe tired, aching muscles.

**60 | 90 minutes**

## Herbal Massage

A therapeutic massage using warm herbal packs and moderate to deep pressure to intensely soothe aching muscles for his relaxation. The herbal packs ease tension and liberate energy flow, while the acupressure massage that follows focuses on improving joint mobility and brings an overwhelming sense of wellbeing and calm.

**60 minutes**

PEDICURE  
& MANICURE

**PEDI:MANI:CURE STUDIO**  
by Bastien Gonzalez *B*

Révérence de Bastien is a specialized range of luxurious products dedicated exclusively to foot, hand and nail care, conceived and curated by Bastien Gonzalez, known internationally as the 'Foot Virtuoso'.

Products are formulated in collaboration with French cosmetologists, using cutting-edge active plant extracts, refined botanicals and essential oils.



## Bastien's Duo

This synchronised four-hands treatment focuses on feet, legs, hands, and arms. Two therapists work in tandem to offer a complete manicure and pedicure, followed by a simultaneous massage to boost circulation and mobility. The ultimate in manicure and pedicure luxury, providing total relaxation.

**75 minutes**

## Bastien's Pedicure

A complete pedicure including a nail treatment with a gentle buffing to restore the beauty of the nails, resulting in a healthy natural shine. Followed by a skin treatment to eliminate hard skin and dryness, the pedicure is complemented by a toes to knees massage relieving any muscle tension and heaviness.

**60 minutes**

## Bastien's Manicure

An exceptional manicure in three steps: a cuticle and nail treatment, a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands, and fingers. An unforgettable experience.

**45 minutes**

## Foot Refoundation

A treatment designed for the total wellbeing of the feet and legs. Ideal for relieving heavy legs, tired after long flights, this truly relaxing toes-to-knees massage focuses on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub will facilitate the absorption of the cream used during the massage, optimising the effects of its active ingredients.

**35 minutes**

## Global Massage Refoundation

A completely soothing and calming massage: from the toes up to the knee, from the fingers up to the elbow, this four hands synchronised massage creates a sensation of lightness to the whole body, relieving any muscle tension or heaviness in the legs and arms. The result is improved skin elasticity and optimum mobility.

**35 minutes**

## Nail Enlightenment

A foot treatment focusing on the beauty of nails, cuticles and light smoothing of dry skin. Nails are reshaped and buffed with chamois leather and a pearly buffing cream. The nails are restored to health with their natural beauty and shine. Includes a relaxing foot massage.

**45 minutes**

## Paraffin Touch

Intensify any Bastien Gonzalez treatment by adding the paraffin touch. The warmth of this silky wax aids the absorption of the moisturisers into the skin for a deeper hydration, enhancing relaxation and easing tension in the joints and muscles.

**35 minutes**

## Colour Touch

Select your preferred color from a range of varnishes. This treatment includes nail reshaping.

**30 minutes**

## Black Diamond Scrub Touch

Elevate your pedicure or manicure by adding on the Black Diamond Touch. This mineral foaming scrub provides a vigorous natural exfoliation, aiding the removal of dead cells and leaving skin smooth and silky. Essential oils of thyme and sage contribute to maintaining healthy and elegant hands and feet.

**10 minutes**



WELLNESS  
THERAPIES

# QUARTZ SAND THERAPIES

## Alpha Quartz Sand Cocoon Therapy

A completely transformative journey that balances and restores a harmonious flow of energy and vitality. The quartz bed contours the body delicately allowing to alleviate any muscles stiffness by creating a cocoon effect while warm quartz sand completely surrounds the entire body.

Combining specialized Balinese and Hawaiian massage techniques, this therapeutic massage will melt away tension and is ideal for stimulating an overall sense of positive well-being.

**60 minutes**

## Quartz Poultice Therapy

This bespoke therapy is performed with heated sand poultices and warm, fragrant oils. The heat allows the gentle massage to target specific body reflex points while also stimulating the skin temperature. The treatment works on the entire energy flow of the body to enhance muscle relaxation and promote circulation.

**75 minutes**

## Singing Bowl Quartz Therapy

Himalayan singing bowls are sounded during a full-body massage to relax muscles and awaken the senses. The treatment attunes the body's rhythm to a tranquil state while combining the mystic energy and optimal pressure from the pivoting warm, soft, quartz sand bed.

**90 minutes**

# ACOUSTIC THERAPIES

## Welnamis Touch And Deep Therapy

Using specific vibrations and binaural audio frequencies, the Welnamis therapy makes it possible for even the busiest minds to achieve deep levels of relaxation. The TOUCH program with light vibrations is designed to enhance the treatment experience with gentle, relaxing music tones and natural sounds. The DEEP program with deeper multi-channel vibrations offers a more intense physical experience with an orchestrated deep relaxation audio program of musical notes, tones and natural sounds.

**30 minutes**

## Welnamis Gentle Energy Therapy

The GENTLE program is a combination of lighter and deeper vibrations designed for both relaxation and chakra balancing. Multi-channel frequencies are designed to resonate with the body's energy centers and to enhance the massage experience. An audio journey developed to attain a deep, relaxed state. The ENERGY vibration program aims to balance the body's energy centers, while music, tones and natural sounds help deliver a relaxed mental state.

**60 minutes**

## Welnamis Pure Therapy

The Welnamis Pure therapy session is similar to meditation. Specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centers (chakras) of the body.

The foundational therapy is the Quantum Harmonic audio therapy. It delivers symptom-reducing and resilience-building multilayered programs through stereo headphones. Welnamis is a self guided therapy, thereby not needing the presence of a therapist.

**60 minutes**

# FACIAL TREATMENTS



Biologique Recherche is a cutting-edge skincare company that combines the best of science, tradition, and innovation. Founded by a biologist and a physiotherapist, Biologique Recherche's products are both visionary and unique.

For over 40 years, Biologique Recherche's unique methodology has consolidated its strong reputation for astounding effectiveness based on a clinical approach to beauty care. By using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures, they deliver immediate and long-lasting results.

## Biologique Personalised Facials

Normal, oily or sensitive skin

A soothing treatment suitable for all skin types caused by circulation imbalance. Our personalised facial treatment purifies and balances skin imperfections. It helps regulate sebum secretion, tightens pores as well as revives and brightens the complexion.

60 minutes

## Cold Mask

For soothing and moisturizing

One of the best add-on treatment for calming skin sunburn, redness. Brings relaxation and comfort to the skin.

20 minutes

## VIP O<sup>2</sup> Oxygenant Booster

For more radiant skin

A treatment to detoxify and stimulate the epidermis, and reoxygenate the skin tissue for dull Skin Instants<sup>®</sup> that are choked by urban pollution. The complexion gains an incredible glow, the skin is more luminous and bursting with radiance.

90 minutes

## Repulping & Brightening with MC 110

To reduce wrinkles

A treatment that smooths out fine lines and wrinkles for dull Skin Instants<sup>®</sup>. Tones and redefines the skin on the face, neck, and décolleté.

90 minutes

## Soin Seconde Peau

To nourish skin

A world first in professional aesthetic, this regenerating and lifting treatment features an electrospun mask with 80% of pharmaceutical-grade hyaluronic acid and is designed for altered Skin Instants<sup>®</sup>.

90 minutes

## P50 Enzyme Peel

For clearer skin

A unique exfoliating and regenerating treatment for keratinized skin and skin with an irregular microprofile. The treatment repairs uneven pigmentation and leaves skin even, smooth, and radiant.

90 minutes

## Soin Lissant-Immediate Recondition Treatment

For plumped-up skin

A skin reconditioning and plumping treatment, suitable for all Skin Instants<sup>®</sup>. The skin of the face, neck and décolleté is hydrated, smoothed and regenerated

90 minutes

# Terms and Reservation Details

## BOOKING

Please speak to your Regent Experiences Agent or Regent Service Agent to book a spa treatment if The Spa is closed. Kindly note that we are only able to confirm the bookings between the hours of 8:00 am and 9:00 pm.

## CANCELLATION POLICY

Please be advised that we have a 4-hour cancellation policy. If you wish to cancel or rescheduled appointments, please inform The Spa Team or our Regent Service Agent at least 4 hours' notice prior to your scheduled appointment time to avoid 50% cancellation charges.

For any cancellations with less than 2 hours' notice or no-shows, the full value of the reserved spa service will be applied.

## DEPOSIT

The booking deposit of full payment is required for Intercontinental Long Beach Phu Quoc and Sailing Signature villa Resorts guests only.

# SPA ETIQUETTE

## Age Requirement

Spa treatments for guests under the age of 18 years must be performed by a therapist of the same gender. Spa guests under the age of 18 years must be accompanied by a parent or guardian, or present written consent from a parent or guardian. In the latter case, a parent or guardian must be present in the resort during the entire treatment. Spa guests under the age of 14 years may only enjoy treatments specifically designed for children and teenagers, and must have a parent or guardian present in the treatment suite during the entire treatment.

## Health Conditions

Kindly advise the spa team prior to your treatment of any health concerns, pregnancy, injuries or allergies that may affect your treatment. Spa treatments specifically designed for expectant women and nursing mothers are available. Please allow the spa team to guide you in selecting which treatments are most suitable for you.

## Comfort

Every spa treatment is a very individual experience. Please let your therapist know if there is any way that he/she can improve your treatment or comfort for example, heavier or lighter massage pressure, an extra towel, sound or lighting levels.

## Cancellation/No-Show

The Spa generally does not levy any late cancellation or no-show fees, however, in consideration of other spa guests, it is recommended that notice be given at least four hours in advance if you are unable to keep your appointment. Please contact the spa team, who will be happy to help you re-schedule.

## Arrival Time

It is recommended that you arrive 15 minutes prior to your spa appointment in order to relax in the tranquil surroundings and to complete your holistic health assessment form. The spa team are on your disposal to fetch you by buggy from your suite or villa, if required. Please contact the spa team, who will be happy to arrange your pick-up.

## Late Arrival

Spa treatments are typically scheduled with ample buffer time in between to accommodate latecomers, however, in a spirit of mutual respect, you are requested to arrive on time.

If you foresee that you will be running late, please contact at your earliest convenience the spa team, who will be happy to help you re-schedule. In the event that you arrive late, the spa team will endeavor to conduct your full spa treatment, which however in rare circumstances may not be possible.

## Preparation

To ensure that you receive the complete benefit of your spa treatment, it is advisable to drink plenty of water prior to your appointment. It is beneficial to avoid heavy meals within 90 minutes of your scheduled treatment time and to minimise unprotected sun exposure on the day of your treatment. For facials, you may wish to remove as much makeup as possible to allow your spa therapist more time to pamper and care for your skin. For men, we recommend not shaving in the two hours before having a facial for maximum comfort and benefit to the skin. It is recommended that valuables are left in the safe located in your suite/villa. It is your choice to arrive at The Spa wearing the bathrobe and slippers readily provided in your suite/villa or to change your clothing at The Spa. Your treatment suite has ample space for storing your clothes and has a safe for your valuables. A full set of toiletries, bathrobe, slippers and comfortable disposable underwear for you to wear during your treatment will be provided.

## Ambiance

The Spa environment is one of tranquility and relaxation. In consideration of other spa guests, you are asked to speak quietly and switch mobile phones and other electronic devices to silent mode. If using headphones, the volume level should not be audible to other guests. For complete privacy, the use of cameras is not permitted in The Spa.

## Privacy

Body treatments are best enjoyed wearing the disposable underwear provided with compliments in your treatment suite. However, please wear what is comfortable for you. Your privacy will be protected at all times. Your therapist will leave you to change in private. Throughout the treatment you will be draped with towels, covering all parts of the body not being worked upon.

## Smoking

The entire spa including reception pavilion, relaxation lounge and treatment suites is a smoke-free zone. Smoking is not permitted anywhere in The Spa.

## Alcohol

The consumption of alcohol is strictly prohibited before and during treatments. The spa team reserves the right to refuse providing treatments to intoxicated guests.

## Restrictions

Unacceptable and inappropriate behaviour towards the spa team will not be tolerated, and in which case a treatment will be terminated immediately without refund. Please note that spa treatments cannot be performed in suites/villas.

**REGENT PHU QUOC**

PHU QUOC MARINA INTEGRATED COMPLEX, BAI TRUONG, DUONG TO,  
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