

**Q**  
**isensespa**  
*rethink energy*

At **Qi'sense spa** we approach balancing Qi energy flow through therapeutic means.

At the heart of healing is the good flow of your energy, your Qi. Massage therapy is the manual manipulation of the body's soft tissue, encouraging circulation to release blockages and improve Qi movement.

Whether it is through relaxation massage for stress relief or rehabilitative massage for pain relief, you will find when the mind moves out of the way, the body will relax and heal. Our professional therapists from Vietnam, Thailand and India are here to rejuvenate you with Ayurveda medicine and East healing techniques.



# Discover Your Element

## Fire

January - February - March

**Fire's mind:** Linear, determined, focused, intellectual. Have strong views, are ambitious and like to get things done.

**Function:** Controls parts of the body that are related to heat: circulation, temperature control, and metabolism.

**Therapeutic needs:** Treatments that promote circulation and chronic pain relief.

**Color:** Red

**Element drink:** Pandan leaf juice

## Air

April - May - June

**Air's mind:** Rapid, creative, learn things quickly, outspoken and cheerful.

**Function:** Controls the movement functions of the body, such as the respiratory and digestive systems.

**Therapeutic needs:** Treatments that calm emotional imbalance and eliminate negative tension from the body.

**Color:** Purple / White

**Element drink:** Lemongrass juice

## Water

July - August - September

**Water's mind:** Get emotionally attached compassionate with strong memory. Like routine and familiarity.

**Function:** Controls the liquidity of the body

**Therapeutic needs:** Treatments that aid in detoxification and regulate water metabolism.

**Color:** Blue

**Element drink:** Pea flower juice

## Earth

October - November - December

**Earth's mind:** Have strong, long-term memory, stable mind, and are true to their beliefs.

**Function:** Controls the complexion of the body - bone and muscle structures.

**Therapeutic needs:** Treatments that require relief of blockages along energy pathways.

**Color:** Brown

**Element drink:** Bael juice.

# Massages

## SIGNATURE PEARL MASSAGE

Combining techniques of palming, kneading, stretching and pressure point massage, while the pearl oil rich in minerals and amino acids soften your skin and improves its radiance.

## DEEP TISSUE TREATMENT

Focused and intensive, this firm massage primarily aims on the deeper layers of muscles with a stronger pressure, providing relief to sore muscles.

## SALINDA AROMATHERAPY

A gentle massage with a choice of your own blended oils that combines strokes and acupressure techniques, allowing the healing properties of the natural oils to penetrate into the skin.

## HOT STONE THERAPY

A natural therapy in which warmed basalt stones are positioned on the key parts of the body to maximize the therapeutic benefit, increasing blood circulation, relieving stress and tissue stiffness.

## FOOT REFLEXOLOGY

Known as zone therapy, this specialized acupressure technique balances the flowing energy of the feet. Designed for those suffering from plantar fasciitis, ankle injuries or even everyday work.



## *Traditional Thai*



### **THAI MASSAGE – WAT PHO**

This powerful "yoga massage" is an ancient healing system combining acupressure, Indian Ayurvedic principles, and assisted yoga postures.

### **THAI HERBAL COMPRESS**

The blend of traditional thai herbs in these compresses has a relaxing and invigorating effect on the body, soothing sore and overworked muscles, improve prana flow, ease aches and stimulate circulation.

### **ROYAL THAI MASSAGE**

Focusses on pressure points and avoids stretching methods, unblocking the flow of energy, restoring balance to the body, and eliminating toxins.

### **YEAB SEN - TOK SEN**

While the barefoot massage technique delivers a deep and consistent pressure by utilizing therapist feet and body weight, the strokes from the wooden hammer activate the acupressure points and promote the normal flow of energy.

## *Body Treatment*

### **GREEN TEA RADIANCE SCRUB**

Green tea mixed with sea salt and essential oils serves as an antioxidant and is used for this deep exfoliating treatment with short circular massage strokes to remove dead skin cells and improve circulation.

### **CREAMY COCONUT SCRUB**

A luscious treat for dry skin, this creamy scrub rich in enzymes gently buffs away aging skin cells, allowing your skin to absorb moisture and nourishment.

### **PHU QUOC PEARL WRAP**

This moisture-rich and nourishing wrap consists of mother of pearl particles, rich in minerals and amino acids, mixed with signature essential oil for a more radiant, luminous and hydrated skin.

### **ALOE VERA WRAP**

The cooling effect and properties of aloe vera works to sooth and rejuvenate your skin after the sunburn, providing antioxidants and energizing your cells with oxygen.



## Facials

### GOLDEN CAVIAR FACIAL

A collagen enriched cream with caviar extract intensifies moisture, vitamins, minerals, amino acids and pure gold particles that repair and reduce signs of ageing for a youthful looking skin.

### SKIN FIT FOR MEN

Mukti Organics reverses the visible signs of aging and enhances skin elasticity, while organically formulated hyaluronic marine serum strengthens the skin's natural moisture barrier.

### ORGANIC SKIN BOOSTER

Plant-based antioxidants of Mukti Organics defend the skin against environmental aggressors by promoting the repair process and collagen production for a restored youthful complexion. Suitable for all skin types.

### AROMATIC DETOX FACIAL

Designed to purify and detoxify skin with a light relaxing facial massage with an aromatic hydrating cream to soothe, refresh and reenergize your skin.

All our facials include the following steps:  
• Cleansing - Toning - Exfoliation - Massage  
• Face Mask - Moisturizing.

## Body Care

### SPA CARE MANICURE - PEDICURE

Treat your hands and nails to a sequence of soaking, filing, buffing, a nourishing mask, and gentle massage before an immaculate paint finish. For your feet, soothe and soften them in an aromatic foot soak, then enjoy a foot mask that replenishes vital moisture, while your nails are filed and buffed.

- Spa manicure / pedicure with nail polish - 75min
- Spa combo with nail polish - 100-135min
- Spa shellac manicure / pedicure - 75min
- Spa shellac combo - 100-135min

### MANICURE - PEDICURE

Clean, cuticle moisturizer, cut, file, cuticle cleaning with nail polish or gel cover

- Deluxe manicure / pedicure with nail polish - 60min
- Deluxe combo with nail polish - 100-120min
- Shellac manicure / pedicure - 60min
- Shellac combo - 100-120min
- Shellac nail remover - 30min

### WAXING / TẨY LÔNG

- Eyebrow
- Underarm
- Brazilian
- Full leg
- Lip
- Bikini
- Half leg
- Full back



# Price List

## BODY MASSAGE

	60min	90min
Signature Pearl	1,690,000	1,990,000
Salinda Aromatherapy	1,590,000	1,890,000
Deep Tissue	1,590,000	1,890,000
Volcanic Hot Stone		1,890,000
Foot Reflexology	1,270,000	

## THAI THERAPY

	60min	90min
Thai Massage Wat Pho	1,590,000	1,890,000
Royal Thai Massage	1,590,000	1,890,000
Thai Herbal Compress		1,890,000
Yeah Sen - Tok Sen	1,590,000	1,890,000

## BODY TREATMENT

	40min
Phu Quoc Pearl Wrap	1,000,000
Aloe Vera Wrap	950,000
Green Tea Radiance	950,000
Creamy Coconut Scrub	950,000

## FACIALS

	60min
Golden Caviar	2,150,000
Skin Fit for Men	1,950,000
Organic Booster	1,950,000
Aromatic Detox	1,490,000

## HAND AND FOOT CARE

Deluxe mani or pedi w/ nail polish	510,000
Deluxe combo w/ nail polish	990,000
Shellac mani / pedi	850,000
Shellac combo	1,550,000
Shellac nail remover	150,000

## WAXING

Eyebrow	295,000	Brazilian	895,000
Lip	250,000	Half Leg	975,000
Underarm	490,000	Full Leg	1,150,000
Bikini	795,000	Full Back	1,150,000

Prices are subject to governmental taxes & service charge