

# la veranda

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Grand Mercure Resort & Spa

*The Menu Spa*





## *La Veranda Spa*

Immerse yourself in pure bliss at La Veranda Spa. Rejuvenate and rebalance your mind, body and spirit within its luxuriously tranquil surroundings.

La Veranda Spa gives you the ultimate spa experience with an unrivalled range of treatments. East and west techniques are perfectly harmonized with pure 100% natural skincare products from AZIAL & rendez-vous. All AZIAL & rendez-vous formulations include therapeutic grade essential oils, exclusively selected for their aromatherapy benefits.

Indulge in the restorative powers of La Veranda Spa as you relax your body, revitalize you mind and renew your spirit.

Bring back home the natural benefits of our AZIAL & rendez-vous skincare products, available for sale at your spa & gift shop.



# Aromatherapy Benefits

Choose a body oil blend with the aromatherapy benefit to suit your present requirement.

<i>You are feeling...</i>	<i>We suggest...</i>	<i>Therapeutic Grade Essential Oils</i>
Stressed	Awakening	Pomelo, Lime
	Calming	Orange, Ylang Ylang
	Comforting	Orange, Cinnamon
	Meditating	Bergamot, Patchouli, Blood Orange, Ylang Ylang, Grapefruit
	Relaxing	Lavender, Marjoram, Patchouli, Tangerine, Geranium, Roman Chamomile
	Uplifting	Bergamot, Lavender
Aches after sport	Soothing	Wintergreen, Camphor, Pine
Sick or weak	Regenerating	Palmarosa, Ginger
	Invigorating	Sandalwood, Black Pepper, Lemon
	Energizing	Frankincense, Tea Tree, Rosemary, Lemon, Eucalyptus, Sweet Orange
Sad	Cooling	Lime, Mint
	Awakening	Pomelo, Lime
	Feeling	Ylang Ylang, Patchouli, Sweet Orange, Lavender, Sandalwood, Jasmine
	Uplifting	Bergamot, Lavender

## Body Treatments

### **Vietnamese Massage**

<b>60 min</b>	<b>28 USD ++</b>
<b>90 min</b>	<b>34 USD ++</b>

Traditional Vietnamese massage using cupping and acupressure with invigorating movements will relax your muscle tissues and revive your circulatory system. Benefit from one of the twelve 100% natural AZIAL Moisturizing Body Oils, all specially formulated to enrich and deepen your massage experience as well as moisturize your skin.

### **Swedish Massage**

<b>60 min</b>	<b>28 USD ++</b>
<b>90 min</b>	<b>34 USD ++</b>

Developed in the 1800's by a Swedish doctor named Henri Peter Ling, this is the most popular and best known type of massage. Firm but gentle pressure helps improve circulation and flexibility, ease muscle aches and tension, and relax the body. Choose among the twelve 100% natural AZIAL Moisturizing Body Oils for complete aromatherapy benefits.

### **Detoxifying Massage**

<b>60 min</b>	<b>28 USD ++</b>
<b>90 min</b>	<b>34 USD ++</b>

Thanks to soft and smooth massage techniques, this treatment helps to improve your lymphatic system, eliminate toxins and reduce excess fluids in tissues. "Energizing" AZIAL Moisturizing Body Oil with therapeutic grade essential oils of frankincense, tea tree, rosemary, lemon, eucalyptus and sweet orange will stimulate your natural defenses and boost sluggish immune systems. The perfect way to relax your mind and body, rebalance your energies, and take a step towards a healthier lifestyle.

## **Aromatherapy Massage**

**60 min**

**28 USD ++**

**90 min**

**34 USD ++**

Special massage techniques are used to optimize the benefits of therapeutic grade essential oils. Each of the twelve 100% natural AZIAL Moisturizing Body Oils are specially blended for specific therapeutic benefits. Our staff will help you select the best blend to suit your condition & mood. Simply enjoy the most natural scents and a deep tissue massage... A fantastic gift and a great treat for yourself!

## **Royal Thai Massage**

**60 min**

**28 USD ++**

Using passive stretching and gentle pressure along energy lines, Thai massage helps to increase flexibility, relieve muscular and joint tension, stimulate internal organs and balance the body's energy system. Receiving a Thai massage is a bit like doing yoga without putting any effort while also getting acupuncture treatments! Thai massage creates a dynamic physical experience which integrates the body, mind, emotions and spirit. Choose the AZIAL Moisturizing Body Oil corresponding to your present condition and the aromatherapy benefits you are expecting from your massage.

## **Indian Head Massage**

**30 min**

**16USD ++**

The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. Fully clothed while sitting quietly, let the skilful hands of our therapists bring you an experience of calmness and peacefulness with AZIAL "Relaxing" Moisturizing Body Oil. Thanks to therapeutic essential oils of Lavender, Mandarin, Marjoram, Patchouli, Geranium and Chamomile, AZIAL "Relaxing" Moisturizing Body Oil facilitates this special massage, leaving you completely energized and revitalized, and fully focused.



### **Vichy Shower**

**20 min**

**28 USD ++**

Give yourself a sense of renewal with this hydrotherapy treatment. Luxuriate under a cascading shower of mineral water that stimulates the lymphatic system, revitalizes circulation and nurtures the body and mind. The cascade of water feels delicious!

### **Volcanic Stone**

**75 min**

**34 USD ++**

This deep, healing massage will boost your blood circulation; detoxify the body, release stress and anxiety. Heated Phu Quoc island stones, placed on key points of the body, work together with AZIAL “Energizing” Moisturizing Body Oil to reconnect the energy flow of your mind, body and spirit, creating a sensation of comfort and warmth. A wonderful experience!!!



## *Body Treatments Include Vichy Shower*

### **Bamboo Body Scrub**

**45 min**

**39 USD ++**

This special treatment, using bamboo indigenous only to Vietnam, removes dead skin cells and stimulates the growth of new and healthy skin. Bamboo Powder, rich in mineral salt and silica, is an extra-gentle yet effective scrub that will leave your skin feeling smooth, revitalized and soft to the touch.



### **Malako Quenching Wrap**

**45 min**

**39 USD ++**

Calming papaya rejuvenates tired, damaged or hardened skin. Promotes a healthy shine and cools the body.

### **Bali Sunburn Wrap**

**45 min**

**36 USD ++**

The miraculous recipe of Aloe Vera gel, Mango, goat's milk and Geranium essential oil, which is one of the best natural analgesics, draw heat from the skin and soothe the pain and discomfort of sunburn and accelerates healing.

### **Tamarind & Oatmeal Wrap**

**45 min**

**39 USD ++**

An Indochinese recipe to remove dead skin cells gently with Vitamin C packed tamarind. Oatmeal and yoghurt work in unison to moisturize and lighten the skin.

### **Vietnamese Herbal Healer**

**45 min**

**36 USD ++**

A gentle exfoliation using a traditional blend of Phu Quoc herbs and rice to remove dead skin cells and to impart skin with a healthy glow.



# Foot Treatments

## **Oriental Walnut Glow**

**45 min**

**36 USD ++**

A full skin renewal using Walnut and aromatic wood bath oil helps to remove impurities, increases circulation and leaves new radiance to the skin.

## **Reflexology**

**60 min**

**26 USD ++**

This ancient Chinese therapy helps to break down the toxins that accumulate in the foot. Based on a system of zones and reflex areas that reflect an image of the body on the feet and hands with a premise that such work effects a physical change to the body, this treatment creates a physiological change in the body by naturally improving your circulation, reducing stress and enhance relaxation.

## **Luxury Foot Care**

**30 min**

**19 USD ++**

A warm, herbaceous foot bath is followed by luxurious Vietnamese bamboo powder scrub to help smooth and soothe tired feet. A moisturizing foot cream is then applied to the feet leaving them feeling fresh and soft.



# Facials

## Manicure & Pedicure

60 min

24 USD ++

Relax and enjoy manicure & pedicure at our spa. No detail is ignored as we thoroughly cleanse, groom and restore the condition of your hands and feet. All manicure and pedicure treatments include soaking, nail shaping, cuticle care, moisturizing cream and polish to perfection.

## Whitening Facial

60 min

39 USD ++

This wonderful Raspberry Mask has long lasting skin whitening properties that help reduce imperfection and pigmentation for a perfectly fair complexion. Its special formulation also restores skin elasticity and helps keep skin healthy.

## Rejuvenating Facial

60min

39 USD ++

An intensive anti-ageing and renewing treatment that is unequalled for skin renewal. This exfoliating, toning and moisturizing treatment offers spectacular, immediate and long-lasting results with respect to moisturizing, skin renewal, cell metabolism and decreasing fine lines and wrinkles.

## Men's Vitality Facial

60min

35 USD ++

A deep cleansing and purifying facial specially designed for men. Finished with a mask and moisturizing cream rich in plant extracts help to relieve razor burn and damage from external elements. Essential oils in 100% natural products help to stimulate blood circulation reduce stress and uplift moods.





## Spa Packages

### Renew Sensory Senses

2 hours

54 USD ++

Awaken your inner vision with an Indian head massage, and then restore balance and harmony. A combination of luxury foot care and foot reflexology greatly soothes and mends your body and mind.

### Herbal Glow

2 ½ hours

105 USD ++

Oriental Walnut Glow, Vichy Shower and Malako Quenching wrap, create and maintain beautiful skin. For a perfect finish, enjoy a Detoxifying Body Massage.

### Men Relaxation

3 ½ hours

121 USD ++


Cleanse your aura and activate your body's healing power with an Aromatic body scrub and Vichy shower. Empower yourself for success by Vitality Facial Treatment and Swedish massage.

### La Veranda Healing

3 ½ hours

121USD ++

Let our healing hands treat you to the best of Phu Quoc Island. This package helps you to heal emotionally and to rekindle feeling of happiness and love step by step: Lavender Sugar Polish, Vichy shower, Aromatherapy massage and personalized facial.



### **Blissful Island Day**

**4 hours**

**155 USD ++**

The spices conjure up images of indulgence and plenty of abundance and exotic allure. Starting with mesmerizing Lavender sugar polish followed by Dead Sea Mud wrap, Vichy shower and Aromatherapy massage, lull your body into a state of repose. Followed by a Rejuvenating facial, bring harmony and balance to the body. Manicure & pedicure are the perfect end to this session.

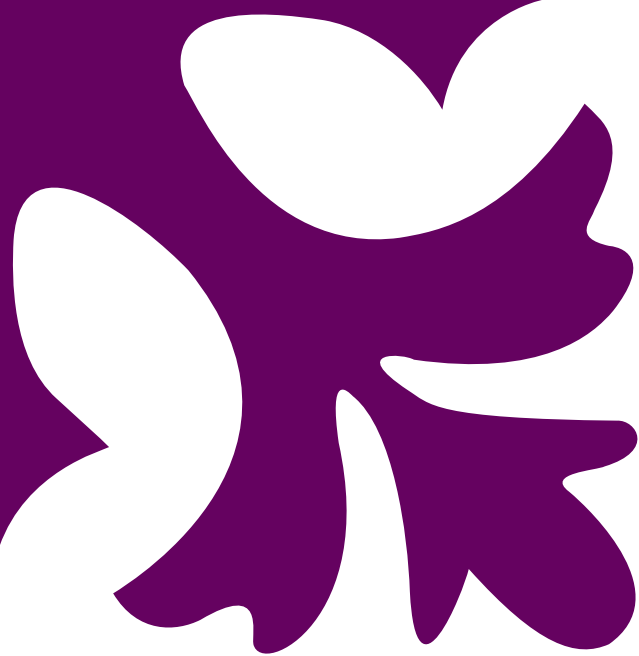
### **Body & Soul For Two**

**3 hours**

**199 USD ++**

Spend an afternoon on a spa adventure and being pampered. Specially for couples who want to rebalance the body with Aromatic Salt Polish, Tamarind & Oatmeal Wrap and Vichy shower. Vietnamese massage and Volcanic Stones therapy elevate the spirit and revive the body.





**La Veranda Resort & Spa**

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