



AVANA

ORCHID SPA

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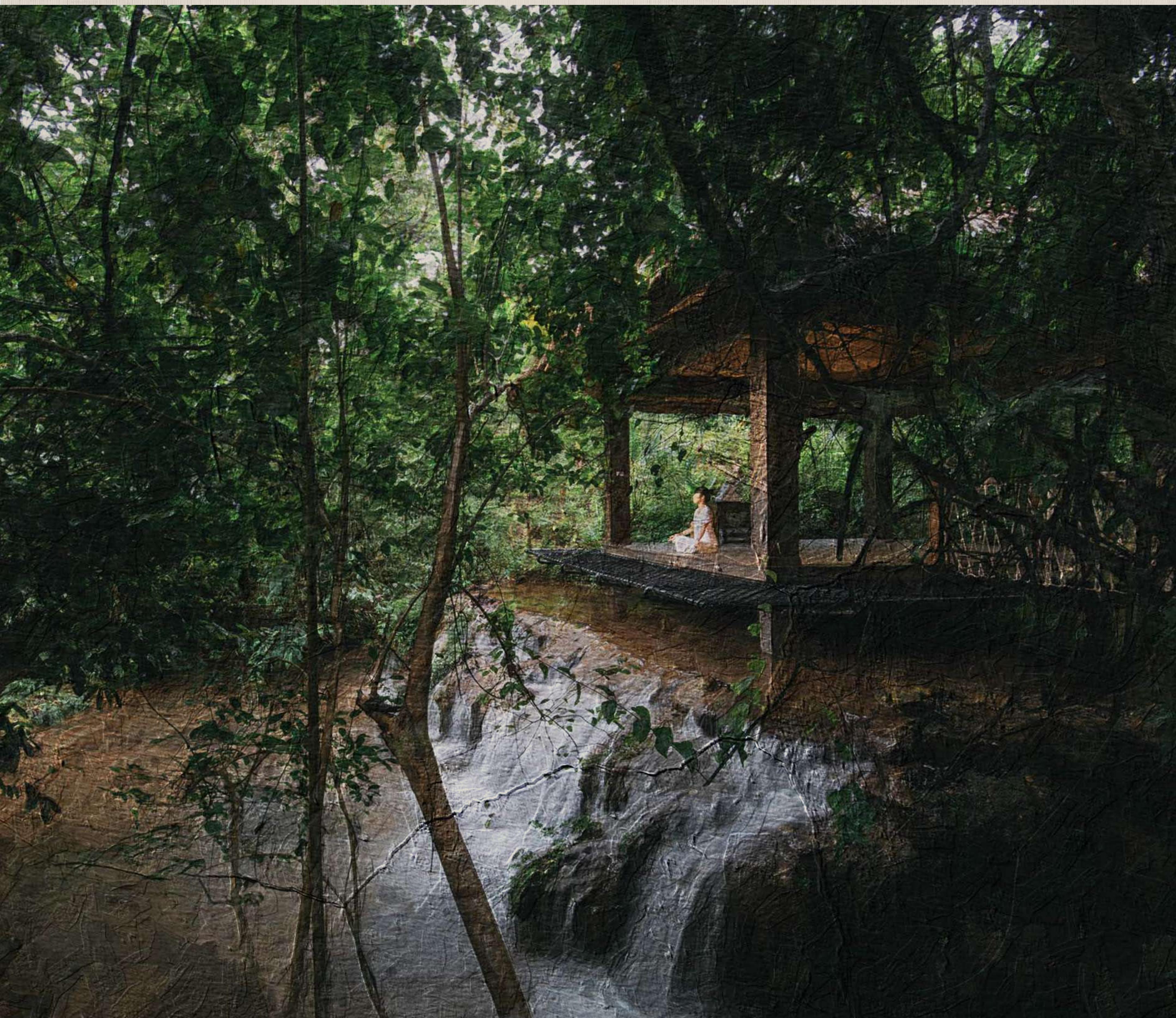
MENU



One hundred fifty kilometers from Hanoi, Avana is an oasis of serenity where your body and mind are in harmony. If Pung Waterfall is the retreat's heart, then Orchid Spa is the soul. Built along with the waterfall's flow where gurgling streams gently follow your every step, Orchid Spa offers a gateway to wellness that's hard to find at any other mountain resort in Vietnam. A variety of treatments based on healing techniques and Vietnamese herbs will provide a truly holistic experience.

Mountain Healing Benefits

Using natural and local organic herbs and oils, each treatment at Orchid Spa is about cultivating your health by restoring balance, improving mental health, and uplifting emotional well-being. In the privacy and serenity of Orchid Spa, our therapists gently evoke awareness and sensory experiences and bring back the body's natural and physical balance so that it can heal naturally.



Avana Signature Organic Oils



Cinnamon essential oil is thought to have many medicinal and soothing properties. It has been historically used for improving blood circulation and releasing muscle tenseness. The warm and sweet scent of cinnamon is filled with happy memories of cozy days that make it ideal as a massage oil. Cinnamon oil can also reduce stress, fight infections, regulate blood sugar levels, speed up metabolism, and enhance hair growth.

Pomelo essential oil used in Orchid Spa originates from Tan Lac, Hoa Binh Province. Its sweet, tangy scent can help lift your mood, reduce stress, stimulate circulation, increase energy, and bring a feeling of joy and satisfaction. Like the fruit itself, its essential oil is rich in antioxidants that boost the immune system and help prevent and reverse damaged cellular. The benefits of Pomelo essential oil also include skin-cleansing properties that leave the skin with a smooth-looking glow.

Peppermint essential oil provides a refreshing, sharp, minty scent, but it is so much more than just a nostalgic fresh aroma. This oil helps cleanse the skin, facilitate hair growth, relieve headaches, and improve mental focus and energy. The scent of peppermint oil is also known to eliminate stress, improve memory retention and promote relaxation. Peppermint is often grown in family gardens in Mai Chau. Local people use this, versatile herb to add vibrant, fresh coolness to their everyday meals and alleviate coughs and soothe sore throats.

Lemongrass is native to Southeast Asia and is abundant in Northwest Vietnam. Its fresh, citrusy scent helps reduce anxiety and tension, relieve headaches, prevent infection, heal wounds, remove impurities, and detoxify the skin. Lemongrass essential oil also affects several biological factors, including heart rate, stress levels, blood pressure, breathing, and immune function. Its soothing and calming properties also help you to drift off into a peaceful sleep.

Blissful Orchid Spa

The waterfall is where life begins at Avana Retreat. The murmuring sound of the falls flows to Orchid Spa, hidden deep in the surrounding forest. This place is truly a sanctuary of tranquil existence where one's mind, body and soul feel completely at peace with nature.

Entrust your well-being in the hands of Avana capable therapists. From aromatherapy facial to nourishing body treatment, a wide range of holistic therapies focuses solely on healing and energy restoration. Choose a programme, starting from 30 minutes or up to 3 and 1/2 hours, and relax and let yourself drift endlessly to the sounds of nature.

Manicure &
Pedicure

Body
Therapy

Facial

Body
Treatment

Signature
Packages

MANICURE & PEDICURE

GORGEOUS FINGERS

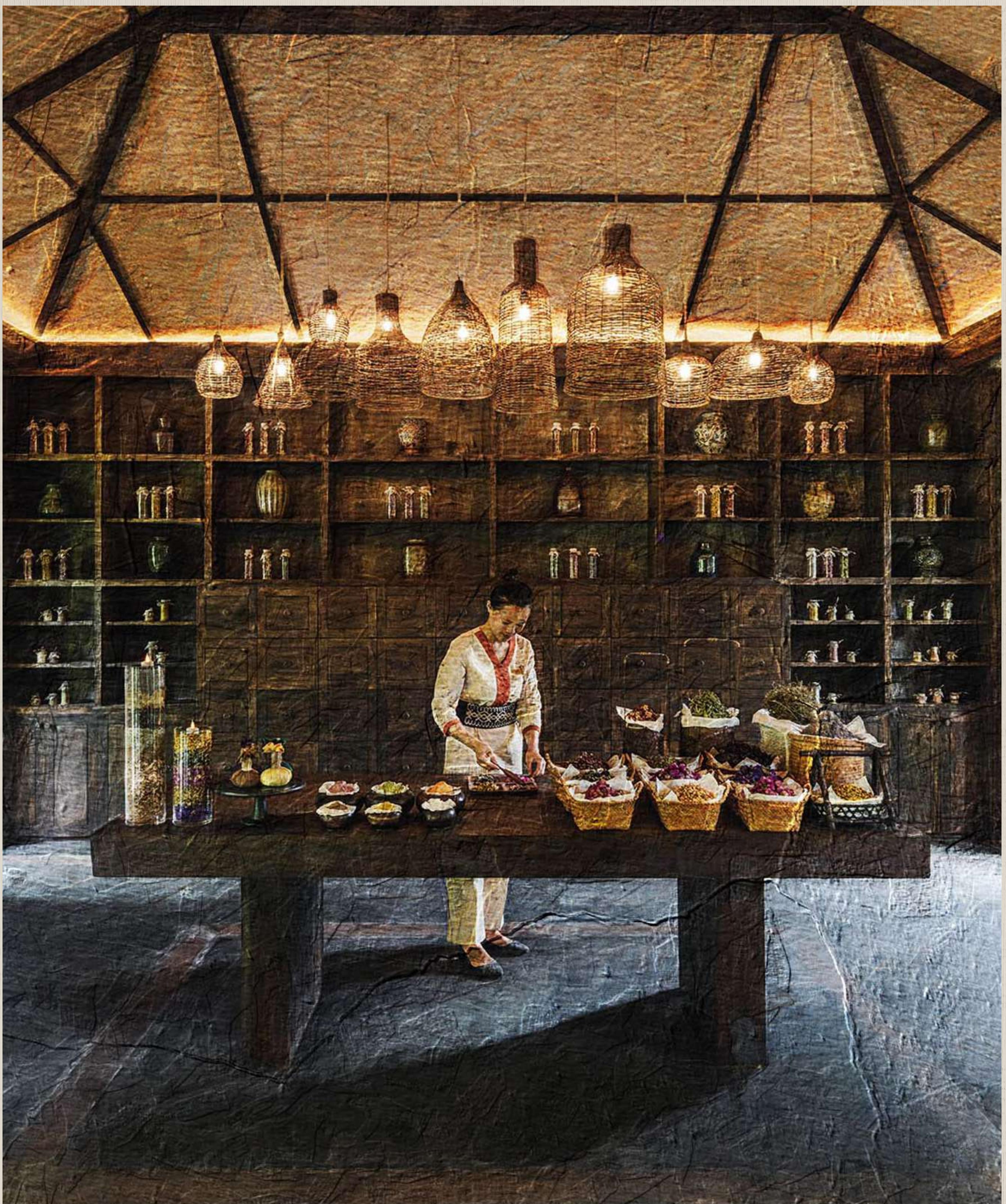
60 minutes - 1,100,000

Our spa staff will begin the manicure by tidying your cuticles then cleansing, filing and shaping your nails. This process will return your nails to a healthy and beautiful look.

TREAT YOUR FEET

60 minutes - 1,100,000

Our Avana pedicure features a deep foot scrub, cuticle, and nail treatment and helps relax your feet.



Traditional Vietnamese Medicine

Traditional Vietnamese medicine, also known as Southern Herbology (Thuốc Nam), is well-known in local communities and relies exclusively on native ingredients. The ingredients used for local medicines are common herbs and flowers often found in the garden. That means almost every Vietnamese woman knows how to cure common illnesses such as colds or coughs.

BODY THERAPY

BODY WRAP

30 minutes - 950,000

This treatment features gentle dry brushings to activate and prepare your body for a stimulating envelopment that helps eliminate toxins while cleansing and purifying.

Leave our Spa with a feeling of having been refreshed and revitalized.

BODY EXFOLIATION

30 minutes - 950,000

Rich in minerals and antioxidants, locally grown Vietnamese products used in this body exfoliation treatment will remove dead skin and enrich freshly revealed skin to give it a natural, youthful glow.

FACIAL

SOOTHING

60 minutes - 1,900,000

This calming ritual is suitable for sensitive and/or irritated skin. With healing and soothing properties, this treatment reduces inflammation by calming and protecting allergic reactions while nourishing and revitalizing the skin.

HYDRATING

60 minutes - 1,900,000

A dry, dull and tired skin is instantly refreshed and appears volumized, plump, and dewy after this pampering treatment. A perfect combination of nourishing botanicals and moisture-boosting essential oil helps to maximize the hydration of your skin.

MATTIFYING

60 minutes - 1,900,000

Our mattifying facial works to correct your complexion. We use botanical oil which leaves your skin bright and smooth with a perfect tone.

ANTI-AGING

60 minutes - 2,000,000

Enhanced by natural super-active anti-aging ingredients and rare essential oils, this highly effective anti-aging skincare ritual is designed to promote collagen and elastin production to visibly plump up and nourish the skin.



Mama's Homemade Remedy

At least once in their childhood, every Vietnamese experience the traditional Vietnamese sauna proven to relieve cold and flu symptoms. Our loving mother boils a big pot of grapefruit peels and leaves, lemongrass, peppermints, gingers, as well as any other herbs she finds in the garden. She covers her sick child and the hot pot with a blanket so they can breathe in the steam. The fresh and invigorating scent extracted from the garden herbs sparks a flurry of emotional memories whenever we smell it.

BODY TREATMENT

AVANA SIGNATURE SOOTHING

60 minutes - 2,100,000 | 90 minutes - 2,600,000

Our signature treatment tailors to your specific needs. It is a combination of individually chosen essential oils, a medium to firm pressure, acupressure points, and the stimulation of circulation. The therapeutic advantage of warm Vietnamese herbal packs is added to this treatment to soothe tired muscles and inflamed joints, increase flexibility, and restore energy to your body.

FOOT RELAXATION

30 minutes - 950,000 | 60 minutes - 1,700,000

Experience balance and deep relaxation with our alluring foot treatment. It provides a sense of physical renewal by using pressure point techniques to stimulate internal organs and ease tired legs.

HEAD, NECK AND SHOULDER TENSION RELIEF

30 minutes - 1,000,000 | 60 minutes - 1,800,000

Using revered eastern and western techniques, our treatment uses rhythmic movements and a signature oil to stimulate circulation, relax muscles, clear energy blockages, and promote overall well-being.

DEEP TISSUE RELEASE

60 minutes - 2,000,000 | 90 minutes - 2,500,000

This powerful treatment is designed to alleviate deep-seated tension and muscular stress. Enhanced by a special oil of your selection, our therapists will use light to firm pressure and acupressure techniques to warm your tissue and soften the superficial layers. They then move slowly onto the deeper tissue layers to provide your body with deep relaxation and revitalization.

VIETNAMESE ENERGY HEALING

60 minutes - 2,000,000 | 90 minutes - 2,500,000

This treatment benefits the healing properties of natural oil to enhance skin penetration and create an overall sense of well-being using a combination of gentle to medium pressure, with long strokes and kneading techniques.

THAI STRESS RELIEVING

60 minutes - 2,000,000 | 90 minutes - 2,500,000

This time-honored treatment uses traditional Thai techniques to boost energy and vitality. It includes gentle and flowing strokes to relieve stiff joints and stretch tired muscles. Acupressure techniques and synchronized breathing are combined in the treatment to create a renewed sense of vitality.

MOUNTAIN STONE

90 minutes - 2,600,000

A choice between warm volcanic stones or Himalaya Salt stones

Mountain stones enhance our soothing treatment. During the treatment, heated stones are placed on specific parts of your body to loosen tight muscles and allow our therapist to access deeper muscle layers. It's an ideal treatment to help you relax and relieve profound muscle tension, damaged soft tissues throughout your body, and increase body circulation.



SIGNATURE PACKAGES

AVANA WATERFALL

120 minutes - 3,400,000 | 150 minutes - 3,900,000

Signature Body Treatment & Facial

Much more than just being pampered, our signature refreshing facial and gentle body treatment offers you a variety of benefits such as relaxation, blood circulation, and rejuvenation, just as you deserve. Your body will feel refreshed like being cooled off in the waterfall's mist.

AVANA MOUNTAIN

120 minutes - 3,400,000

Body Exfoliation, Wrap & Facial

Escape from the busy life to be cradled in a truly detoxifying experience. You will receive a dry brush exfoliating technique to stimulate and remove toxins from the body and face. A body wrap follows this to detoxify your body further.. Like taking a deep breath of fresh mountain air, this treatment makes you feel young, alive, revitalized, re-energized, and cleansed.

AVANA WIND

120 minutes - 3,400,000 | 150 minutes - 3,900,000

Body Exfoliation, Wrap & Signature Body Treatment

This experience is a ritual for deep relaxation and skin nourishment. It aims to soothe your body like a cool breeze caressing your skin on a summer day. The therapy will begin with an exfoliation to rejuvenate your skin. After that, you will receive a body wrap using nourishing powder to make your skin firmer and smoother. The therapy will end with our signature body treatment.

WILD RECONNECTION

180 minutes - 5,100,000 | 210 minutes - 5,600,000

Body Exfoliation, Wrap, Signature Body Treatment & Facial

Begin our signature transformative spa experience with a body exfoliation that features local Vietnamese products to shed the top layer of your skin. This is followed by a toning and firming wrap to reduce fluid retention and improve skin texture. Complete your spa journey with a deeply relaxing facial and our signature body treatment to relieve tension and ensure a true state of serenity.

Wind Tells Tales

Legend has it that there was once a beautiful girl named Nang Ban in Mai Chau. She was graceful and talented in weaving, and she was gifted with a captivating voice. It came as no surprise to learn that many men had their sights on her. Although Nang Ban's heart was melted by a strong and handsome boy named Khum, her father arranged her marriage to a rich man in the village. Nang Ban ran to her lover to seek protection but he was on an extended hunting trip. For many days she wandered in the forest hoping to find him. Without success, she lay down and turned into a tree with beautiful white flowers. Thai people called it Ban flower in memory of Nang Ban's beauty and her pure love.



COUPLE'S ROMANCE

60 minutes - 3,900,000 | 90 minutes - 4,900,000

Let the mountain wind whisper ancient tales while unwinding in harmony with your beloved in a romantic, indulgent treatment. From a refreshing facial to body tension-release, our couple's treatment provides complete relaxation as well as a bonding experience where both of you can enjoy a little quality time together.

Orchid Spa Etiquette

SPA HOURS

09:00 am to 10:00 pm, daily. Final appointments booked at 08:30 pm.

SPA RESERVATION

Please consult our Orchid Spa reception for assistance in selecting a treatment that fulfills your personal requirements.

Advanced reservations are highly recommended. To make your appointment, in-house guests can either call Orchid Spa by pressing the Orchid Spa Hotkey on your room telephone or book online via our website <https://avanaretreat.com/>. Otherwise, please inform our receptionist to assist with your reservation.

Prices are subject to change without prior notification.

ARRIVAL

We suggest you arrive 15 to 30 minutes prior to your scheduled appointment time to complete necessary registration, selection of ingredients, and preparation for treatment. Please be advised that a late arrival will result in a reduction of your time.

HEALTH CONSIDERATION

For your comfort, please advise us of any health conditions upon booking. These include hypertension, heart conditions, allergies, recent surgery and pregnancy.

SPA ATTIRE

We provide a kimono/bathrobe and a pair of flip-flops at Orchid Spa. For your comfort, disposable undergarments are available before the start of your treatment. Our therapists are trained in proper draping procedures for your complete privacy and tranquility.

CANCELLATION POLICY

Should you need to reschedule or cancel your reservation, please notify us at least 24 hours in advance to avoid cancellation charges.

A 50% charge of the reserved service will be applied to any treatments canceled between 24 and 12 hours before the appointment. A full charge will be applied to no-show appointments and those canceled within 12 hours.

PREGNANCY

Our treatments offered for pregnancy are designed for expectant and nursing mothers. Please allow our spa team to guide you in selecting suitable treatments for your safety. Pregnancy treatments are not allowed before the end of the first trimester. They are not recommended during the third trimester. We also suggest not to have a treatment 24 hours before or after traveling.

GRATUITIES

Gratuities are graciously accepted for outstanding services.

VALUABLE ITEMS

Please leave your jewelry and valuable items in the safety box provided in your room. Orchid Spa is not responsible for any lost or misplaced items.

To protect Orchid Spa's tranquil environment and your privacy, cell phones and all other electronic devices are not permitted in treatment rooms. Orchid Spa is a smoke-free environment, and alcohol consumption is not allowed.





AVANA

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