





HARNN  
HERITAGE SPA

Unveil the unseen miracle of botanical gems and immerse yourself in unforgettable experiences, curated by the traditional practice of Asian medicine and Oriental therapy heritage. The spa is your wondrous path to the ultimate indulgence of natural serenity. With HARNN Heritage Five Elements wisdom, years of expertise in aromatherapy methodology and lifestyle interpretation, escape to a different world of inner balance restoration whilst enriching your lifestyle through personalized wellness journeys.

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QI – ENERGY OF LIFE is an ancient belief of the Orient, balancing between your YIN and YANG. YIN – YANG are two natural, complementary and contradictory forces in the universe.

YANG represents: Male, Positivity,  
Brightness, Hardness, Dryness,

Day-time,  
Odd Numbers, Dominance

YIN represents: Female, Negativity,  
Darkness, Softness, Moisture,

Night-time,  
Even Numbers, Docility



## DISCOVER YOUR ELEMENT

Asian holistic philosophy views the universe as the combination of five elements. Fire, Earth, Wood, Metal and Water are the elements that naturally exist in harmony around us as well as inside each individual. One's element is determined from the time and date of birth. Through the knowledge of the characteristics and relationships of each element, we can help to restore the natural balance as well as emphasize specific characteristics to our advantage.



0 or 1 is  
METAL

8 or 9 is  
EARTH



Match the last digit of  
your Birth Year.

For example:

Birth Year 1984 = Your  
element is WOOD



2 or 3 is  
WATER

6 or 7 is  
FIRE



4 or 5 is  
WOOD

The Five Elements are perceived as five movements of Yin and Yang. Rather than being elements in a literal sense, the images of water, wood, fire, earth and metal represent natural forces that describe states and processes of life. Guests are encouraged to share both their wellness interests and their expectation of treatments when visiting HARNN Heritage Spa. Based on each individual's body status, preferences and expectations, we will recommend the most suitable treatments.

The benefits of aromatherapy are demonstrated through your personalized oil blend with the traditional practice of Five Elements to find your dominant elements – Earth, Fire, Metal, Wood or Water, prior to your treatment. This is designed to find your own stability (balanced within the five-elements), to enable you to live peacefully.





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#### HOLISTIC WELLNESS

At HARNN Heritage Spa, we recognize that one's wellness does not begin and end simply with a treatment, but rather that it requires a holistic approach allowing for all parts of the body to connect in tandem to realize the highest levels of wellbeing.

With this in mind, we have curated a number of additional experiences to enable you to achieve a sense of complete fulfillment and reinvigoration.

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#### NUTRITIONIST CONSULTATION

Food is fuel for your brain, and it directly affects the entire function of your bodily system. Spend time with our in-house Nutritionist to learn how your diet affects your body and your wellbeing, and to receive personally tailored nutritional advice.





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#### VITAMIN C WATER SHOWER

Our Aroma Sense Vitamin C showers emit vitamins and generate anti-oxidants to promote healthier skin, and the aromatherapy effects enhance your relaxation and alleviate stress. A perfect addition before or after one of our blissful spa treatments, to leave you feeling completely renewed.

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#### REIKI ENERGY HEALING

Reiki therapy is a way of guiding energy throughout the body to promote your self-healing abilities, and is a prominent feature in many of our treatments. Designed to reduce stress and increase relaxation, Reiki can also improve one's emotional wellbeing, resulting in a peaceful state of mind.

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#### WELLNESS WORKSHOP

Enrich your spa experience and take the wellness lifestyle home with you by joining one of our holistic workshops. Featuring Oil Mixology, Botanical Compress, Natural Scrub and Foot Reflexology, please ask one of our therapists or our Spa Concierge for more details of our Wellness Workshops.

Free your mind,  
Indulge the senses,



Your journey to wellness experiences begins here...



## THE HERITAGE OF PHU QUOC

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### BAMBOO THERAPY

Designed to soothe and relax, our bamboo therapy uses the combination of hot bamboo massage oil to nourish and strengthen the skin, and bamboo sticks rolling on the muscles to relieve tension and knots, and a holistic massage to release stress and exhaustion.

- Foot Massage *30 minutes*
- Therapeutic Bamboo Massage *60 minutes*

*90 minutes*

**VND 2,900,000**

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### BAMBOO FOREST

Restore your natural glow with a Bamboo Body Brushing treatment to gently exfoliate dead cells and stimulate healthy blood and lymphatic circulation. Acupressure foot massage restores the internal energy flow and a body massage will relieve muscle tension.

- Bamboo Body Brush *30 minutes*
- Foot Massage *30 minutes*
- Therapeutic Bamboo Massage *60 minutes*

*120 minutes*

**VND 3,300,000**

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## PHU QUOC INDULGENCE

A pampering and blissful experience with a soothing soak in HARNN's Aromatic Infusion Bath to prepare your skin for a revitalizing scrub with Bamboo Body Brush, Acupressure foot massage to promote a balanced, natural energy flow and a Bamboo Massage provides tension relief, improving muscle tone and replenishing the skin's natural luster. A Pearl Radiance Facial Treatment brings out the skin's natural radiance.

- Bamboo Body Brush *30 minutes*
- Foot Massage *30 minutes*
- Therapeutic Bamboo Massage *60 minutes*
- Relaxing Facial Massage *30 minutes*

*150 minutes*

*VND 3,900,000*

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## THE RITUAL OF FIVE ELEMENTS

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### THE CHALLA

The ritual is created for the Fire element representing the energy of “Warm Summer” which affects the flow of fluid in the body, so it is often associated with joint pain and sleep condition. The unique combination of slow movements of traditional Thai massage, aromatherapy and jade foot reflexology with natural essential oils from Jasmine and Mint heals the heart and restore the inner balance of the element.

- Siamese Aromatic Soothing Massage *60 min*
- Crystal Jade Foot Reflexology *30 min*

*90 minutes*

*VND 3,300,000*

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## THE PRUKK

Emphasizing on the visual and emotional control, this ritual is to refine the body imbalance within the Wood element, considered as the pure causes of painful stress, body aches and headaches. The use of therapeutic essential oils from Rose and Clary Sage with a massage techniques focusing on deep muscles around the back, shoulders and head, and ending with a warm compress helps reduce stress and offer the body the ultimate relaxation.

- Deep Tissue Massage *60 min*  
with Siamese Stretching
- Warm Herbal Compress *20 min*
- Revitalizing Head Massage *10 min*

*90 minutes*

*VND 3,300,000*



## THE PHUMM

The Earth element often has physical symptoms related to the stomach and spleen. This will result in lymphatic flow and possibly edema. This ritual enhances the lymphatic drainage and stimulate blood flow while the purifying body brush help to drive waste out of the body. A unique formula of essential oils from Bergamot and Lime shall keep the body warm and increase the flow of body fluids.

- Purifying Body Brush *30 min*
- Lymphatic Drainage Massage *60 min*

*90 minutes*

*VND 3,300,000*





## THE LOHHA

The Metal element represents the energy of “Dry Autumn”. Once the energy is out of balance, this shall result in the emotional expression of sadness and unwell condition of lungs. This ritual is created with the perfect blend of East and West therapy techniques with the use of aromatherapy of zesty Lemongrass and calming Lavender oils to relieve stress, fatigue and restore the respiratory system.

- Pre-Inhalation Ritual
- Energizing Body Exfoliation *30 min*
- The Eurasian Massage *60 min*  
(Ayurveda, Swedish, Balinese, Oriental  
Acupressure, Thai)
- Post-Inhalation Ritual

*90 minutes*

*VND 3,300,000*



## THE VARRI

The Water element represents the power of “Frosty Winter”. The imbalance of the energy will ends with cold, edema and back pain symptoms. The skin turns very dry and dehydrated.

Balancing the element starts with a nourishing body wrap and an herbal warm pad on the back area to nourish the active body. The Hawaiian massage technique helps improve blood circulation, immune response and flush out stored toxins in the body. Essential oils such as Sandalwood helps strengthen both the kidneys and pancreas while Nutmeg essential oil helps reduce depression and mood disturbances.

- Nourishing Body Wrap *20 min*
- Hawaiian Heritage Massage *70 min*

*90 minutes*

*VND 3,300,000*



# THE HERITAGE BODY THERAPY

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Restoring the vital connection between nature and mankind, each HARNN Massage Therapy is designed to right your path to personal wellness through a holistic approach.

## THE HERITAGE OF SIAM 60/90 minutes

*Traditional Thai Massage*

Inspired by Thai traditional stretching exercises performed after long meditation sessions, Siamese Heritage focuses on restoring agility and relieving muscle tension with acupressure and stretching techniques using fingertips, hands, elbows and knees.

<b>60 minutes</b>	VND 2,000,000
<b>90 minutes</b>	VND 2,500,000

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## THE SIAMESE ALLURE 60/90 minutes

*Aromatic Massage*

A blissful combination of traditional Thai and aromatic oil massage with the sole intention of maximizing comfort through palm pressure plus stretching techniques to ease tension and restore agility. It induces a sense of well-being that lasts long after the massage.

<b>60 minutes</b>	VND 2,000,000
<b>90 minutes</b>	VND 2,500,000

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## THE EURASIAN EXPERIENCE

**60/90 minutes**

*Healing Body Massage*

Using a combination of 5 different massage techniques in a rhythmic harmony of Ayurveda, Swedish, Balinese, Oriental Acupressure and traditional Thai therapies together with the healing power of aromatherapy, this unique sensory massage offers a truly divine indulgence.

**60 minutes** VND 2,000,000

**90 minutes** VND 2,500,000

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## THE MUSCLE REVIVAL

**60/90 minutes**

*Deep Tissue Massage*

A delicate massage session that targets deep layers of muscle with slow but firm strokes to increase blood flow and promote muscle recovery, as well as increasing serotonin production for happiness with nourishing massage oil to repair and protect skin from urban environments.

**60 minutes** VND 2,000,000

**90 minutes** VND 2,500,000

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## THE DE-STRESS HIDEAWAY

**45/60 minutes**

*Back and Shoulder Massage*

Melting away the stiffness in different areas of neck, back and shoulders by using hands, forearms and elbows from light to heavy pressure elbows to fully relax chronic aches from office syndrome or high muscle tension. The application of HARNN Black Pepper Moisturizing Balm is an ideal for the ultimate relaxation.

**45 minutes** VND 1,500,000

**60 minutes** VND 2,000,000

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THE JOURNEY OF PURITY  
60/90 minutes

*Lymphatic Drainage Massage*

A personalized massage is intended to encourage the natural drainage of the lymph. The massage gently navigates the pressure points of entire lymph systems of the body to stimulate lymph flow properly. It helps to balance body weight, boost energy, improve the immune system, vitality and reduce swelling from the body.

**60 minutes** VND 2,000,000

**90 minutes** VND 2,500,000

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THE AROMATIC INDULGENCE  
30/60 minutes

*Relaxing Head Massage with Aromatic Oil*

Enjoy the pampering moment with the aromatic blend of therapeutic essential oil and signature rice brand oil to alleviate insomnia, rejuvenate scalp and hair with the relaxing head massage techniques with slow and gentle movements.

**30 minutes** VND 1,000,000

**60 minutes** VND 1,500,000

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THE ORIENTAL ELEMENTAL  
JADE FOOT REFLEXOLOGY  
30/60 minutes

*Oriental Reflexology with Warm Oil*

Based on Traditional Vietnamese Medicine (TVM) and influenced by other cultures, the precious Jade element is used in the reflexology process to restore the natural flow of energy, connecting organs from head to toe for better sleep, refreshing the mind and improving the metabolism.

**30 minutes** VND 1,000,000

**60 minutes** VND 1,500,000

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## THE HERITAGE THERAPY ENHANCEMENT

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Express Head Massage  
30 minutes

*Relaxing Head Massage with Aromatic Oil*

**30 minutes**

VND 1,000,000

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Express Foot Massage  
30 minutes

*Relaxing Foot Massage*

**30 minutes**

VND 1,000,000

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Express Facial Treatment  
30 minutes

*Relaxing Facial Massage with Facial  
Nourishment*

**30 minutes**

VND 1,500,000

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## THE HERITAGE BODY PAMPERING

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Dead skin cells do not only make skin look dull but also act as barriers preventing the skin from absorbing nutrients and active ingredients from skincare products. Skin exfoliation on a regular basis is highly recommended for radiance and natural glow.

\*Each treatment is 45-minutes long, and will begin with a pre-treatment consultation and Aromatic Foot Bath & Scrub. After the treatment and a shower, your skin is cleansed and renewed. Aromatic Body Oil Spray will then be applied to lock in moisture, leaving skin soft and supple.

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# HERITAGE BODY SCRUB

**60 minutes**

VND 2,000,000

- *Kaffir Lime & Mint - Revitalizing*

Deep cleansing body purifier utilizes finely grounded sun-dried sea salt to exfoliate your skin. Essential oils from Kaffir Lime and Mint provide natural anti-septic properties. Vitamin E-rich Rice Bran Oil nourishes and softens your skin, restoring skin's natural healthy radiance.

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- *Lemongrass & Lavender – Balancing*

Rich in Vitamin E and botanical benefits from pure essential oils from Lemongrass & Lavender, this treatment is ideal for dry and irritated skin. Natural grounded sugar with Shea Butter provides gentle exfoliation, removing dead skin cells and unclogging pores while stimulating blood circulation.

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- *Rose & Geranium – Rejuvenating*

Experience naturally healthy glow with Skin Purifying Body Scrub containing all essential natural botanical extracts. Organic Rose Water enriches your skin, Apricot Seed gently exfoliates dead skin cells, Shea Butter and Coenzyme Q10 are added to help replenish moisture, improve your skin condition, and promote natural glow.

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- *Jasmine Sambac – Nourishing*

Created for dry and sensitive skin, this nourishing scrub contains natural skin exfoliation ingredients from grounded red fragrant rice and corn, Marshmallow oil and Centella extract to soothe and nourish delicate skin.

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- *Juniper Berry & Cedar – Protecting*

Protect your delicate skin from the harmful environment with a concoction of natural and innovative extracts from Golden Silk, Mangosteen, Marine Algae, Sea buckthorn Berry and Thai Rice Jasmine noisome, creating a natural scrub with gentle exfoliation that helps fight against pollution, reduce inflammation and deeply nurture your skin.

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## HERITAGE BODY WRAP

*45 minutes*

VND 1,500,000

- *After Sun Soothing Gel*

Aloe Vera are widely used in cosmetics and alternative medicine industries for their rejuvenating, healing, and soothing properties. In a gel form, its cooling nature effectively relieves sunburns, reducing redness and irritation while soothing the skin. Our special extracted Organic Floral Water has been added to the formula to make the soothing properties more superior.

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- *Purifying Body Mask*

Tumeric and Licorice extracts are our key ingredients with excellent skin brighten properties derived from Asian wisdom for centuries. Natural plant oils of Jojoba, Sweet Almond, and Safflower nourish, balance skin moisture and leave your skin a natural glow. Therapeutic property of Jasmine essential oil will leave your skin hydrated and uplift the soul.

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- *Body Contouring Mask*

Our careful selection of active ingredients from Algae extracts, Pink Pepper oil, Amino Acid Proline and Capsicum work in harmony to fight against excessive fat while stimulating metabolism to support firming process for silky and healthy skin. With a blend of Coconut oil, Sweet Almond oil, and Rice Bran oil, a single session will leave your skin visibly firmer and hydrated.

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## THE HERITAGE FACIAL THERAPY

At HARNN, we believe in the holistic approach, the uniting of body and mind as one. To have great skin, we believe one must incorporate proper diet, cardiovascular exercises, enough rest of both body and mind, and sufficient skin nourishment.

Each facial treatment begins with pre-treatment consultation, Aromatic foot bath & scrub, facial deep cleansing and skin toning. The treatment is then completed with healthy tea and refreshments.

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### HERITAGE HYDRATING FACIAL

This nourishing treatment will take you through a complete, relaxing journey. Starting with a gentle cleansing, the facial ritual is followed by a mild exfoliation and a hydrating facial mask. Facial skin is revitalized and hydrated with HARNN Certified Organic Hydrating Face Oil, leaving you the touch of soft, supple and radiant skin.

- Facial Cleansing
- Facial Exfoliation
- Stimulating Facial Massage
- Hydrating Facial Mask
- Hand & Foot Massage
- Facial Nourishment

**60 minutes**

**VND 2,000,000**

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## HERITAGE CLARIFYING FACIAL

Achieve bright flawless complexion with White Mulberry extract and HARNN Certified Organic Clarifying Face Oil to brighten skin and decrease melanin synthesis, while inhibiting tyrosinase activity and preventing the darkening of skin cells.

The treatment starts with a deep cleansing, a gentle exfoliation and a clarifying facial mask. Light nourishment helps replenish skin's moisture, leaving your face soft and glowing.

- Facial Cleansing
- Facial Exfoliation
- Relaxing Facial Massage
- Clarifying Facial Mask
- Hand & Foot Massage
- Facial Nourishment

**60 minutes**

VND 2,000,000

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## HERITAGE UPLIFTING FACIAL

Dryness is the main cause of aging skin. Rejuvenate your skin with HARNN certified organic Revitalizing Face Oil, and cellular-regenerating massage technique which help combat dry skin and improve blood circulation, as well as helping release tensed facial muscle. This facial treatment results in a firm and radiant skin.

- Facial Cleansing
- Facial Exfoliation
- Uplifting Facial Massage
- Nourishing Facial Mask
- Hand & Foot Massage
- Facial Nourishment

**60 minutes**

VND 2,000,000

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# SPA ETIQUETTE

## ***Reservations***

To make a reservation at HARNN Heritage Spa, please contact the spa from within the resort at extension 8300 or email us at [spa@icphuquoc.com](mailto:spa@icphuquoc.com). A valid credit card is required to hold your reservation. Prices are subject to change without prior notification.

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## ***Pre-arrival***

Appointments begin promptly at the time scheduled. If you arrive late, depending on availability, your appointment might be shortened so that the therapist will be on time for the next session. Thus, please kindly arrive 45 minutes prior to your treatment time to fully enjoy the pre-treatment experience.

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## ***Health Considerations***

For your utmost comfort, please kindly advise upon making a reservation if you have any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant. Our spa receptionist will gladly advise you on which treatment is best suited to your needs. In order for us to make an appropriate recommendation, please kindly complete the spa consultation form. We do not recommend the consumption of alcohol before or directly after any treatment.

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## ***Personal Belongings***

We would like to recommend you to leave all valuables at home or in your in-room safe deposit box, as we cannot be held responsible for loss of personal items.

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## ***Tranquility***

We try to keep the Spa as tranquil and relaxing for all of our guests as possible. Kindly refrain from making loud noises, smoking, or using mobile phones when in the spa.

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## ***Cancellation***

InterContinental Phu Quoc Long Beach Resort Guests: Please be advised that we have a 4-hour cancellation policy. For cancellations within 4 hours, a cancellation charge of 50% will apply. For cancellations within 2 hours or without any notification, you will be charged in full.

Guests not staying in the resort: Please be advised that we have a 24-hour cancellation and rescheduling policy. For cancellations within 24 hours, a cancellation charge of 50% will apply.

For cancellations within 12 hours or without any notification, you will be charged in full.

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## ***Tax and Service Charge***

In an effort to make your spa experience as seamless as possible, all prices are subject to applicable taxes and service charge. Additional gratuities are welcome and subject to your discretion. All prices are in Vietnam Dong (VND).

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