

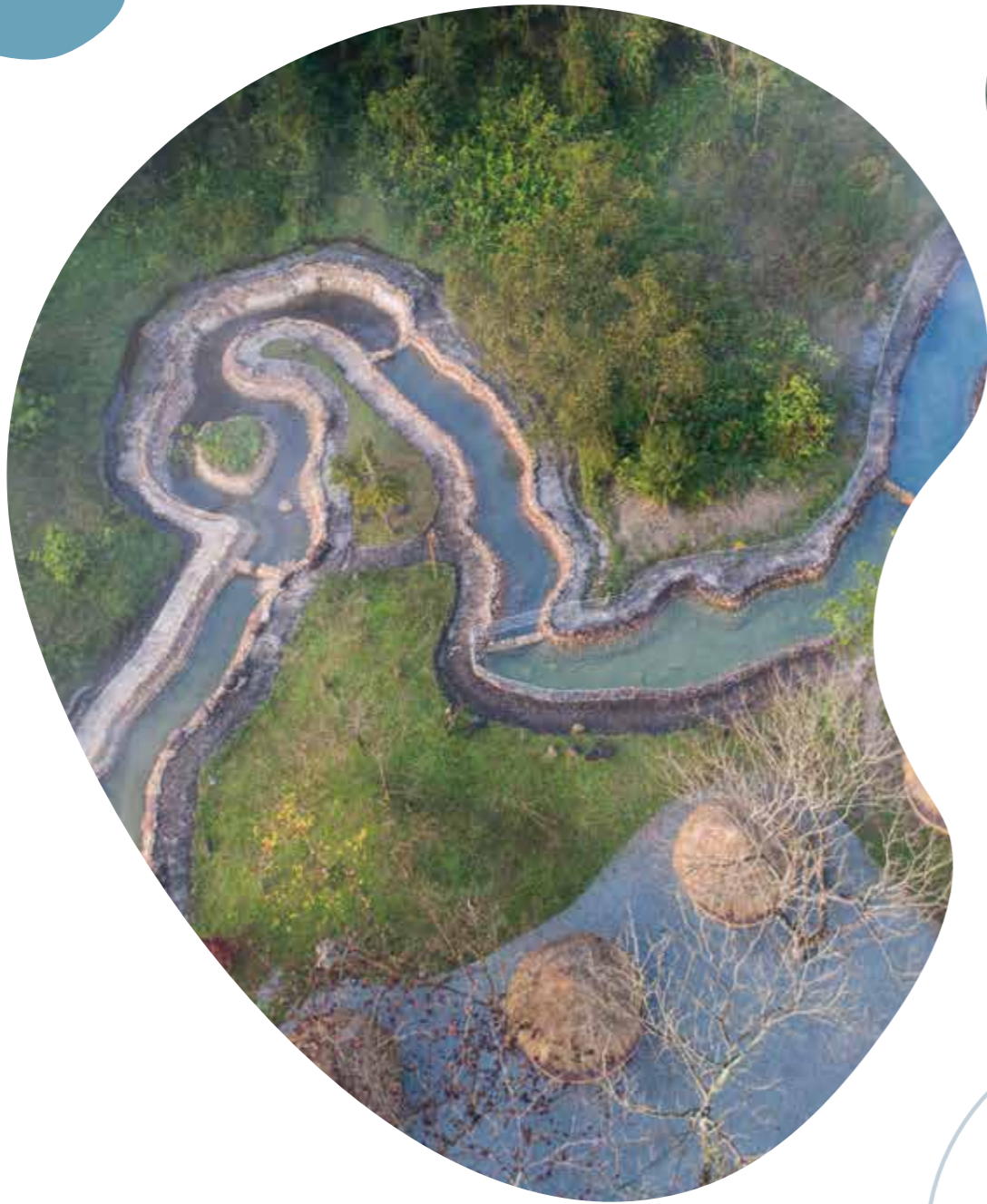
alba
WELLNESS VALLEY
by fusion

alba
WELLNESS VALLEY
by fusion

alba
WELLNESS RESORT
by fusion

thanh tan
HOT SPRINGS
by fusion

Reflexology menu

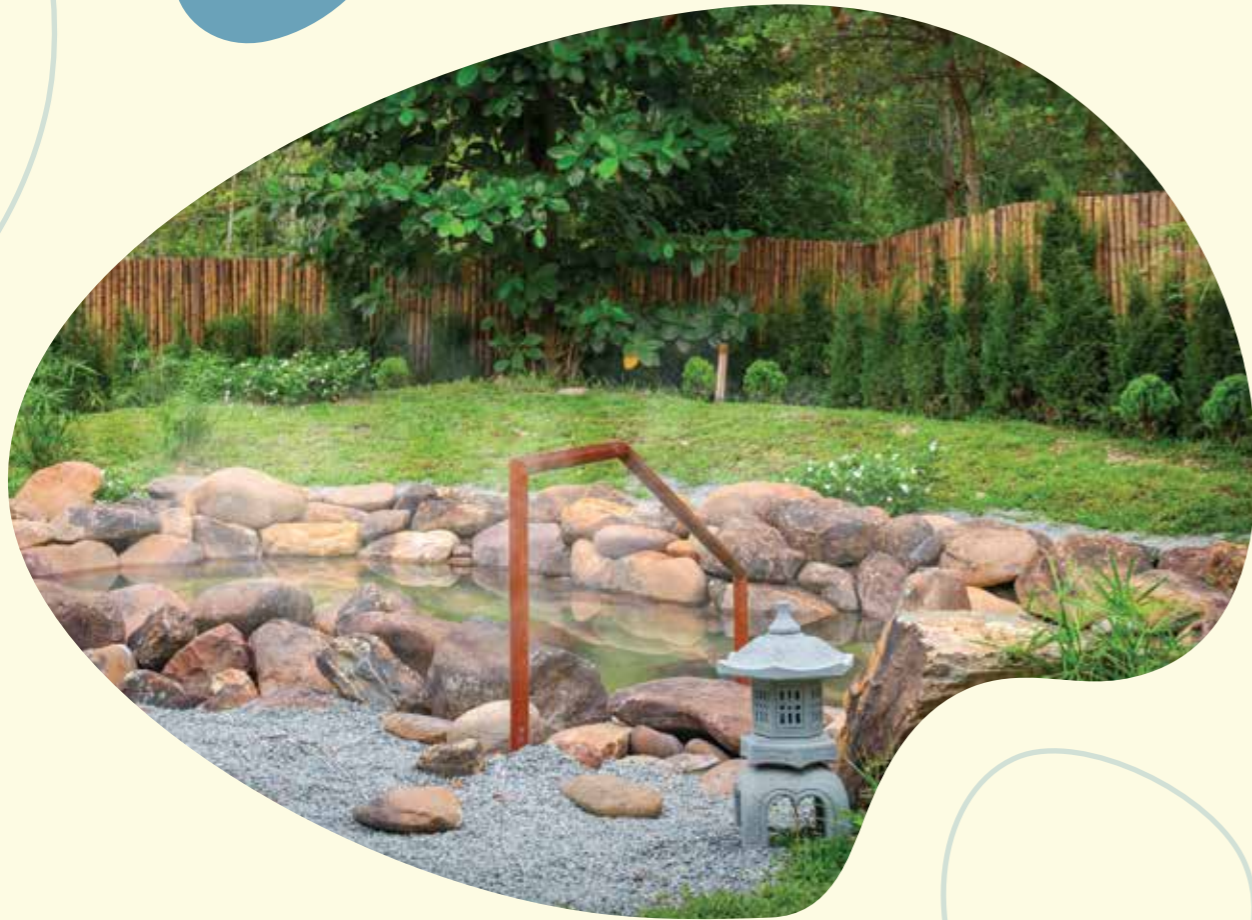


Alba natural hot spring, risen from the depths of Truong Son mountain range is considered a precious treasure of Alba Wellness Resort. Nowhere in Vietnam, the hot mineral water source is so abundant to form long hot springs meandering through the resort, with different levels of heat. Analyses taken by local and international geologists have proven that it is a balanced mineral water, containing Calcium, Bicarbonate, Magnesium and other nutrition that is good for health and beauty and can be compared with some famous thermal mineral water sources in Europe.

Using this “holy water” as its core, our Onsen & Spa center was built to provide holistic wellness experiences both indoor and outdoor

Design in minimalist style with a sense of warmth and elegance by a Japanese architect, our Onsen & Spa Center offers a series of therapies combining wet and dry treatments to assist in your looking and feeling. Start with our list 7-step contemporary Japanese bath in Vietnam, then pamper yourself with our unique art of spa.

Located within Onsen area, our Wellness Spa invites you to revitalize mind, body and spirit in an oasis of calm. Natural materials have been sourced, for most, close to the site, providing a cozy ambiance. Views on surrounding gardens from the spa and sound of water flowing away encourage you to lay back and enjoy our spa experiences which are inspired by Florence Jaffres, one of the prestigious wellness experts in the world.



DAILY REFLEXOLOGY

Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure with specific thumb, finger, and hand techniques. It is based on a pseudoscientific system of zones and reflex areas that purportedly reflect an image of the body on the feet, hands and face with the premise that such work effects a physical change to the body.

Reflexology can help to restore balance, boost circulation, treat stress, anxiety, bladder problems, headache, poor digestion and much more! Kindly choose one, from the following menu to pamper your stay with us



B-ZEN

The B-ZEN Foot Reflexology treatment has been designed to offer a deep relaxation and improve the sleep quality. It's a non-invasive therapy aimed at guiding your mind and body toward a state of well-being.

SENS-O-LOGY

The SENS-O-LOGY Foot Reflexology treatment is perfect to restore and keep the balance of your body. It's a non-invasive therapy that focuses on recovering the equilibrium of Yin & Yang.

D-TOX

The D-TOX Foot Reflexology treatment is the option for those who want a relaxing experience with detoxifying benefits. It's a non-invasive therapy that will guide your mind and body toward a state of Well-being.

MOM TO-BE

A gentle feet and legs pressure that will help you to reduce the swelling and relieve fatigue. This treatment has been specially designed for expectant moms and it is recommended after first trimester of pregnancy.

FACE-O-LOGY

This unique type of Reflexology practice can restore the energy in your whole body by sending balance to blocked areas through firm touch and muscle manipulation to the face. It is recommended also to regulate your blood, hormones, boost your immune system, and will also help to get a younger and healthier look into your face skin

HEALING BATH EXPERIENCE

ALBA WELLNESS ONSEN (30 min)

Seven step Japanese traditional bath experiences

- **Wash Body**, before getting into the bathtub
- **Silk Bath**, micro-bubbles give the water silky texture, which helps relax the muscles, nourish the body tissues and tighten the skin
- **Jet Bath**, stimulate your blood circulation and metabolism and massages away your day's stresses
- **Steam Bath**, helps open the pores detoxify the skin and body, rejuvenate the skin and relieve the muscle pain
- **Sauna**, encourages sweating for ultimate purification cleansing the skin relieving the tension and refreshing the body
- **Cold Bath**, stimulates the body's natural energy, tightens and has anti-aging benefits
- **Hot Spring's Bath**, it offers a wonderful holistic mineral bathing experience, which helps to release stress both physically and emotionally



GUIDELINES

SPA RESERVATIONS

Advance reservations are accepted for the whole course of your stay. For your comfort, Onsen and Spa reservation request can be made by dialing the spa button on your in-room telephone or by e-mail spa.booking@albawellnessvalley.com

Maximum 1 treatment can be booked at one time per night stay. Reservation can be made at The Spa Reception.

Onsen and Spa treatments are accepted after check-in (starting from 14:00) and must be completed by check-out time on day of departure (by 12 noon). Additional treatments after check-out time will be charged at rates available at reception.

Unfortunately, no exchange or transfer to another person for unused Onsen & Spa services.

HOUR OF OPERATION

Onsen and Spa opens from 08:00 am to 22:00 pm daily

SPA ARRIVAL

Please arrive 40 minutes prior to your scheduled time to complete consultation procedures followed by Japanese Onsen bath experiences.

SPA ATTIRE

Yukata, slippers, disposable underwear, towels, toiletries, lockers and showers are provided. You may prefer to remove healing aids. Eyeglasses or contact lenses for greater comfort. It is recommended you do not bring valuables into the Onsen & Spa, keep them in your room safe.

HEALTH MATTERS

If you experience high blood pressure, heart condition, allergies and other medical conditions, please inform our spa consultant. Please allow an hour between your last meal and spa treatment as well as avoiding coffee or alcohol prior to any Onsen & Spa treatment.

SPA AMBIENCE

To maintain a relaxing and quiet environment, mobile phones and camera, as well as other electronic devices, are not allowed at the Onsen area, must be turned off/silenced whilst in the spa facility.

Children under 12 years old are not permitted in the Onsen & Spa area.

Children above 12 years age accompanied by a parent or a guardian are most welcome. Parents/guardians should ensure silence in the Onsen & Spa area.

30 minutes reflexology is available for teens between 12-16 years old.

Onsen & Spa is a smoke-free and alcohol-free area to encouraging a healthy Lifestyle.

NO-SHOW POLICY

More than 15 minutes late without notice, the treatment will be canceled automatically. Arriving late for your treatment will limit your times treatment will finish as scheduled to avoid delay to following appointments.