



**LA RÉSIDENCE
PHOU VAO**

SPA

SPA MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a beach or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

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01 RELAX AND REVIVE AT MEKONG SPA

We invite you to unwind in the healing energy of our award-winning Mekong Spa. In a picturesque pavilion, set among lush tropical foliage, find yourself immersed in a vibrant natural world of Laotian wellbeing. Escape into our lemongrass-scented sanctuary, where ancient techniques meet modern wisdom.

In our two individual and two couple's treatment rooms, enjoy Laotian therapies packed with healing local botanicals. Indulge in therapies once reserved for royalty, such as our Sip Sen massage, rooted in ancient Buddhist philosophy, which is designed to free the body's energy channels and leave you relaxed and rebalanced.

Each lotion, cream and oil, an evocative fusion of organic plants and herbs, boosts your mood while visibly enhancing your skin.

Please enjoy complimentary use of all our delightful spaces during your visit, including a relaxation area with spectacular views, an outdoor infinity pool and steam room.

All our therapies are suitable for both men and women, unless otherwise stated.

Opening times: 09.00 to 22.00 (last appointment at 21.00)

Access: Follow the stone path to the wooden house in the middle of the garden, where our Mekong Spa reception is located

Reservations: Dial 2

02 SIGNATURE INDULGENCES

FOR HER

180 MINUTES

Feel like new after our rejuvenating ritual, which includes a Lao herbal steam bath, Rasayana body booster and enriching facial. First, detoxify your body with a cleansing steam bath of organic herbs and roots. Bathe your skin in rosewood, organic green tea and white clay, then enjoy a soothing, regenerative facial, rich in essential vitamins C and E to clean, smooth and soften the skin and leave your complexion glowing.

FOR HIM

180 MINUTES

Treat yourself to total wellbeing with our revitalising ritual, which includes a Lao herbal steam bath, Phem Palang vitality massage, vitamin C and E facial and spa drinks. First, cleanse your body with an aromatic steam bath of organic herbs and roots. Enjoy a coffee body scrub, followed by a revitalising massage of essential oils, then smooth away the last of your stress with a cleansing, calming facial.

03 MASSAGES

SIP SEN – Traditional Lao Massage 60/90 MINUTES
Treat your body to an energising recharge with this oil-free acupuncture massage developed by Buddhist healers. By releasing toxins and activating your lymphatic system, it stimulates and rejuvenates you.

MAI XIAUNG – Steamed Bamboo 60/90 MINUTES
This exceptional massage uses bamboo that has been treated with oils and steamed to make it completely smooth. We apply warm oil to your skin and use the bamboo to gently manipulate and stretch the muscles, leaving you super-soothed.

KAMMATAN – Path to Tranquillity 90 MINUTES
Let tension float away with this mind-boosting treatment. Using a warm, herb-infused cotton pad and the gentle pressure of the therapist's palms, stress is located and released. The fresh blend of sweet basil and lemongrass aids the effect.

MO HOM – Indigo Healing Art 90 MINUTES
Feel deeply soothed with this traditional Lao massage based on Hmong healing practice. Herbs are wrapped in a linen compress and steamed, then gently employed in a pressure-point massage, which is further enhanced with a deep-tissue oil massage.

PHONKLAI – Relaxing Oil Massage 60/90 MINUTES
Breathe deeply and feel the soothing effects of lavender and/or frangipani oil as we massage tension away.

PHEM PALANG – Energising Oil Massage 60/90 MINUTES
Stimulating lemongrass and eucalyptus oils are used to boost your circulation and leave you feeling motivated and reinvigorated.

Our 40-minute massages are an ideal way to feel soothed after a long journey or revitalised for your adventures ahead. Choose from:

JETLAG MASSAGE 30 MINUTES
A perfect pick-me-up if you're feeling stiff or tired after your flight.

FOOT REFLEXOLOGY 30 MINUTES
An energising pressure-point massage to invigorate your whole body.

HEAD & SCALP MASSAGE 30 MINUTES
A complete refresh that's simultaneously calming and stimulating.

BACK & SHOULDERS 30 MINUTES
Instantly removes any tension or aches in the neck and back.

04 BODY RITUALS

PHOU VAO BODY DELIGHT

150 MINUTES

Enjoy uninterrupted bliss with this relaxing ritual, which begins with a Lao herbal steam bath to cleanse and purify. We then apply a light body scrub to slough the skin in preparation for a Mo Hom herbal compress, a healing art perfected by generations of Hmong shamans. Finish with a cleansing bell tea.

SENSUALITY FOR TWO

150 MINUTES

Wash away any stress with a pure coconut and Kao Hom rice scrub before experiencing a soft, soothing oil massage. Then sink into a sensuous flower and herbal bath while sipping a glass of sparkling wine.

SABAI SABAI - Serenity Bath

90 MINUTES

Ignite your senses with a private herbal bath overlooking the mountains, breathing in the aromas of calming jasmine and tension-releasing lemongrass. Follow with a relaxing oil massage.

ŌM - Harmony Bath

90 MINUTES

Step into fragrant water where mint and kaffir lime mingle to stimulate your body's natural cleansing processes. Continue the energising experience with an oil massage.

RASAYANA - Body Moisturiser Booster

90 MINUTES

After a quick shower, we wrap your body in a silky infusion of green tea, rosewood and white clay to clean and detoxify the skin. Continue the experience with a body massage using warm lemongrass essential oil.

TAMRAMPLUANG - Rose Flower Soft Skin

60/90 MINUTES

Purify your skin with this intoxicating body scrub blending a variety of sacred flowers known for their healing and cleansing properties. Follow with a gentle yet deep moisturising massage using a mix of essential oils.

PIU NUAN - Sensuous Skin

60/90 MINUTES

Embrace a cornucopia of nutrients and fragrances in this exquisite ritual, which begins with a deep cleanse with natural fruit acids, continues with a wrap of ground rice and black sesame soaked in warm coconut milk, and culminates in an oil massage using organic coconut and frangipani oil.

05 FACIAL THERAPIES

LUXURY FACIAL

60/90 MINUTES

Benefit from enriching, all-organic products in this uplifting, rejuvenating facial. We use a careful combination of masks, scrubs, clarifiers, serums and moisturers to deeply cleanse, detoxify and hydrate both the upper and lower dermis, leaving your complexion strengthened, nurtured and glowing with radiance.

INTENSIVE MOISTURE BOOST

60/90 MINUTES

This therapy is similar to the Luxury Facial, but includes the addition of complex vitamin C, which helps remove free radicals, brighten the complexion and reverse signs of ageing.

06 FINISHING TOUCHES

SUKAPAB - Soft Feet

30/60 MINUTES

Give often-neglected feet a reinvigorating treat. We begin with a coffee exfoliation and lemongrass bath to soften the skin, then continue with a stimulating oil massage and finish with an intense moisturiser and warm-towel foot wrap.

MUIR LEI UB - Smooth Hands

30/60 MINUTES

Make time for your hands. Let us soothe and smooth them with a flower petal exfoliation before applying a herbal moisturising wrap. The therapy ends with a relaxing hand massage.

07 SPA STYLE

We're delighted you will be joining us. Our spa is an oasis of calm, and we ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Your credit card number will be requested when you book.

For reservations please contact:

In the hotel: dial 2 for spa reception or dial 0 for reception

Outside the hotel: +856 71 212530-3 or 020 58315809

Email: reservations.rpv@belmond.com

CANCELLATIONS

We ask that you make any cancellation or change to treatments at least four hours before your appointment to avoid being charged in full.

ARRIVAL

We invite you to arrive at least 15 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towels and slippers.

As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING

For your comfort and safety, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies.

COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

GRATUITIES

Our treatment prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

GIFT CARDS

Our gift certificates make perfect presents for spa lovers. Choose an individual treatment, a special package or a voucher for a specific denomination.

INCOMPARABLE GENUINE TRAVEL

BELMOND.COM