

serenity  
SPA

“Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment, I know this is the only moment.”

by **Thich Nhat Hanh**

Welcome to the realm of indulgence and rejuvenating retreat as you step into Serenity spa by Mövenpick Resort Cam Ranh. The retreat village is inspired by Vietnamese architectural philosophy and local culture. Set in the heart of the resort and enveloped by a tropical garden, this wellness oasis provides a respite for those who seek the balance in life, harmonising the body, mind and spirit connection.

Serenity spa features 01 double-bed spa villa, 01 triple-bed spa villa and 21 single-bed spa villas. Guests will benefit from our thermal Himalayan salt saunas and aromatherapy steam rooms, Swiss shower experience, vitality pool and relaxation lounge that serves a variety of spa refreshments.

If you wish to go further, Mövenpick Resort Cam Ranh also offers 01 fitness center at Swiss Village featuring a comprehensive range of LifeFitness equipment, 01 yoga and movement studio, an outdoor yoga lawn by the beach, dedicated personal training (upon request) and other group classes.

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### **SPA PRODUCT PHILOSOPHY**

At Serenity Spa, we place the utmost care in selecting our spa products. Locally-sourced and sustainable products are fundamental to our treatment offerings. In line with our overarching philosophy of local community support, many of the ingredients including the traditional local mud, coconut oil, aloe vera, essential oils and seaweed are cultivated and manufactured in Vietnam. Our aim is for guests to leave empowered and renewed to continue their wellness journey, with the resilience and focus to put their goals into action.



## REJUVENATING TREATMENTS

Give yourself the gift of rejuvenation with a signature treatment at Serenity Spa. Combining both massage and skin care, unwind in bliss as we take care of your body, inside and out. Our packages have been carefully designed to leave you feeling totally pampered and serene, helping you relax and let go of it all.

**VIETNAMESE-INSPIRED DETOX EXPERIENCE**

Herbal foot bath  
 Detox full-body massage  
 Natural facial care

110 min 2,150

**RADIANCE TREATMENT FOR DRY SKIN**

Foot bath  
 Body cocoon scrub  
 Full-body treatment with body lotion  
 Natural facial care

120 min 2,250

**SKIN CARE SCRUB**

Face and body scrub made with coffee and yoghurt  
 Full-body lotion and face moisturizing

60 min 1,550

**FACIAL DETOX**

Facial deep cleaning and scrub with brown sugar and yoghurt  
 Skin detox with soothing mud mask

40 min 950

**OILY SKIN REDUCTION**

Soothing facial cleaning with yogurt  
 Skin refreshment with a cool cucumber mask

30 min 580

**AFTER-SUN COOLING WRAP**

Full-body application of Aloe Vera gel to soothe the skin and encourage new cell growth

30 min 880

**BROWN SUGAR SCRUB**

Brown sugar scrub combined with massage oils and glycolic acid to calm irritated skin and prevent aging

30 min 880

**INTENSIVE FULL-BODY CARE**

Full-body treatment with coconut oil, using light to moderate pressure to relieve tension, improve circulation and rejuvenate the skin and body

60 min 1,350

**MULTI-VITAMIN & COMPLEX C BRIGHTENING FACIAL**

Treatment with Vitamin A, E, C, pro-vitamin B5 and biotin for sun-damaged skin. Improves skin resilience and gives a brighter and healthier-looking skin

60 min 1,950

**SKIN TONIC FOR MEN**

Strengthen your skin with a nourishing facial to prevent razor burn. Conditions and improves skin texture caused by daily stresses and environmental wear and tear

60 min 1,550



## MOVEMENT RESTORATION TREATMENTS

Nowadays, a hectic lifestyle and general wear and tear can lead to pain and discomfort in our joints and muscles. Choose from our selection of massage treatments ranging from gentle soothing strokes to ease stiffness to deep tissue massages that can relieve serious aches and pains. Talk to our therapists and find out which treatment is best for your needs.





**TENSION RELIEF TREATMENT** 110 min 2,150  
 Sea-salt body scrub  
 Energizing full-body massage  
 Foot massage

**GOLFER EXCLUSIVE TREATMENT** 120 min 2,250  
 After-sun cooling wrap  
 Energizing full-body massage  
 Foot massage  
 De-stressing facial care

**SHOULDERS, NECK AND HEAD MASSAGE** 30 min 880  
 A deeply relaxing oil massage of the head, neck and shoulders. Using soft techniques to ease tension in the muscles of the head and upper body

**BACK RELIEF & ALIGNMENT TREATMENT** 30 min 880  
 A reviving back, neck and shoulder massage using techniques to relieve muscle tension and restore mobility. Helps to realign the spine and improve posture

**FOOT MASSAGE** 30 min 880  
 60 min 1,350  
 Releases aches and pains by applying direct pressure through a soothing massage of the feet, calves and knees. Stimulates blood circulation and reduces tension

**DEEP TISSUE** 90 min 1,850  
 An invigorating and rejuvenating passage to ultimate wellbeing through a deep tissue massage. Relieves stress, reduces muscle aches and improves circulation

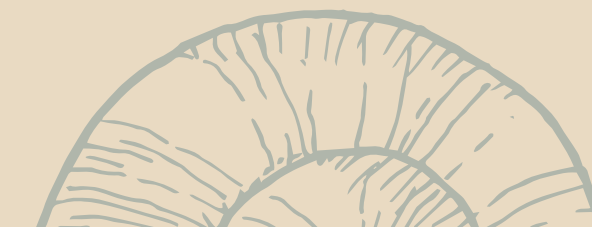
**BALINESE MASSAGE** 60 min 1,350  
 90 min 1,850  
 Full-body massage with soft, long strokes using the palms of the hands and thumbs. Relieves tension, improves circulation and strengthens the body

**THAI MASSAGE** 60 min 1,350  
 90 min 1,850  
 Traditional Thai massage without oil, offered fully-clothed. Focus on gentle body stretching and using pressure points along the body's energy channels to re-awaken energy flow

**THE SOFT-PACK SYSTEM – AQUA THERAPY BED WITH EXFOLIATING PRODUCTS** 40 min 1,050  
 The treatment begins by applying exfoliating products on your skin. Your body is then wrapped and gently lowered into a bath of warm water to soothe muscles and relax the mind

**BALANCING YOGA CLASS** 60 min 1,350

**MEDITATION CLASS** 60 min 1,350





## IMMUNITY BOOSTING TREATMENTS

The stresses of everyday life can take their toll and cause you to feel run down, fatigued and lacking in energy. Our immunity boosting massage treatments are designed to help your body stimulate blood flow, reduce stress hormones and improve its natural immunity. So that you can get back to feeling full of life and vitality.



**JET-LAG RECOVERY**

De-stress with a full-body massage, eye massage and foot massage complete with soothing masks and lotions

80 min 1,850

**HOT STONE MASSAGE**

A full-body massage using heated stones, accompanied by a relaxing foot massage. Perfect for overworked muscles or tired minds

110 min 2,150

**GREEN TEA BODY SCRUB**

A strong anti-oxidant and anti-inflammatory scrub made from blended green tea and nutrient rich oil. Removes dead skin cells and firms the skin

30 min 880

**FOOT MASSAGE WITH HERBAL BATH**

Releases aches and pains by applying direct pressure through a soothing massage of the feet, calves and knees. Combined with a warm herbal foot bath that removes dead skin cells

40 min 950  
60 min 1,350

**AROMATHERAPY MASSAGE**

Gentle massage techniques applied using your choice of essential aromatherapy oils. Helps to restore balance and relax the mind and body

60 min 1,350  
90 min 1,850

**HARMONY HOT-STONE MASSAGE**

Full-body massage using the sensual heat of Basalt stones to instill a deep level of calmness. Relaxes tight muscles, removes blockages, dissolves stress and helps induce sleep

80 min 1,850

**HOT STONE FOR BACK, SHOULDERS, NECK AND HEAD**

Relieve stress and relax with a comforting hot stone massage. Releases tension and tightness in the back, neck and shoulders and provides increased mobility

30 min 880

**SHOULDER AND HEAD MASSAGE**

This treatment reduces fatigue and restores energy through a focused massage of the neck and shoulders. Reduces muscle aches and tension in the neck and shoulder joints

30 min 880

**FULL-BODY LAVENDER OIL MASSAGE**

A rejuvenating full-body massage that begins with the application of essential lavender oil to relieve stress. Reduces muscle aches and tension and improves circulation

60 min 1,350  
90 min 1,850

**THE SOFT-PACK SYSTEM – AQUA THERAPY BED WITH EXFOLIATING PRODUCTS**

The treatment begins by applying exfoliating products on your skin. Your body is then wrapped and gently lowered into a warm water bath to soothe the muscles and relax the mind

40 min 1,050

**HYDRO-THERMAL EXPERIENCE**

Bask in our signature Hydrotherapy Vitality Pool and experience the calming scents of an aromatherapy steam room. A Himalayan salt sauna followed by an authentic Swiss shower will leave you feeling truly revitalized

60 min 350



**HERBAL BATH THERAPY FOR INSOMNIA**

Reduce bodily tension, boost circulation and calm the mind to achieve a deep and peaceful sleep

40 min 1,350

**ROSE-PETAL AND MILK BATH**

Ideal to calm your mind and relax sore muscles, this treatment preserves vitality, makes the skin appear more radiant and induces a better sleep

40 min 1,350

**MEDITATION CLASS**

60 min 1,350

**DE-STRESS YOGA CLASS**

60 min 1,350

**TAI CHI CLASS**

60 min 1,350



## PAMPERING TREATMENTS

Part of enjoying a wonderful vacation is allowing yourself to be pampered and spoiled. Our collection of pampering treatments have each been chosen to enhance your mind, body and soul. Indulge with us and while away a morning or afternoon in pure serenity. After all, you deserve it!





**ROMANTIC COUPLE TREATMENT**

Full-body massage  
 Facial care & scalp massage  
 Flower bath

110 min 4,300

**MOTHER-TO-BE TREATMENT**

Ginger foot bath  
 Fruity body scrub  
 Mothercare massage  
 Shampoo & wash

120 min 2,250

**GLOWING SKIN TREATMENT**

Fruity body wrap  
 Aromatherapy body massage  
 Facial care

120 min 2,250

**MOTHECARE**

Lovingly designed for mothers-to-be and nursing mothers. This gentle massage uses natural oils and incorporates soft, nurturing strokes to promote relaxation and ease discomfort

60 min 1,350

**AROMATHERAPY**

Using gentle techniques combined with your choice of essential oils to help restore harmony, and relax the mind and body

60 min 1,350

**ROSE PETALS AND MILK BATH**

Ideal to calm your mind and relax sore muscles, this treatment preserves vitality, makes the skin appear more radiant and induces a better sleep

40 min 1,350

**REJUVENATING FRUIT SCRUB**

Applying locally blended, fresh fruit on the body to nourish the skin and remove dead cells. Complemented by a gentle and soothing scalp massage

30 min 880

**NHA TRANG MUD REJUVENATION WITH AQUA THERAPY BED**

Local mineral-rich mud is applied to the body along with a special facial treatment. Relax in a comfortable Aqua Therapy Bed that soothes the muscles and relaxes the mind

60 min 2,150

**THE SOFT-PACK SYSTEM – AQUA THERAPY BED WITH EXFOLIATING PRODUCTS**

The treatment will begin by applying exfoliating products on your skin. Your body is then wrapped and gently lowered into a bath of warm water to soothe the muscles, elongate the spine and relax the mind

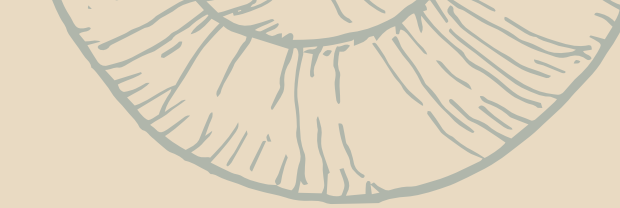
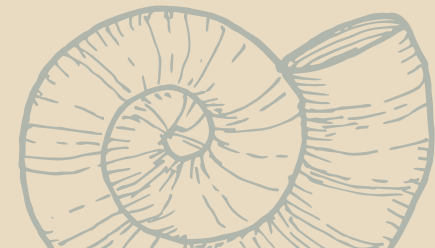
40 min 1,050

**PREGNANCY YOGA CLASS**

60 min 1,350

**MEDITATION CLASS**

60 min 1,350





## BEAUTY & BODY

We blend natural, locally sourced and mineral-rich ingredients with the latest cutting-edge skin and body care products that help exfoliate and increase skin elasticity. Enjoy one of our signature body treatments and unique mineral wraps that will leave your skin positively glowing!

**RADIANCE TREATMENT**

Brown sugar scrub  
 Thermal anti-cellulite massage and body mask  
 Facial care mud mask

150 min 3,150

**SERENITY JOURNEY**

Cam Ranh sea-salt body scrub  
 Nha Trang mud wrap  
 Full-body massage with lotion  
 Facial care  
 Nail care

160 min 3,250

**REFRESHING JOURNEY**

Cam Ranh sea-salt body scrub  
 Full-body massage with lotion  
 Anti-aging facial care

150 min 3,150

**BODY THERMO ANTI-CELLULITE**

This slimming and toning wrap stimulates fat breakdown and eliminates water retention. The self-heating mask contains caffeine, guarana extract, chlorogenic acid, proteins and essential oils

90 min 2,150

**REJUVENATING FRUIT SCRUB**

Applying locally blended, fresh fruit on the body to nourish the skin and remove dead cells. Complemented by a gentle scalp massage

30 min 880

**COFFEE SCRUB**

A combination of blended coffee and fresh milk to help keep the skin smooth, soft and glowing

30 min 880

**RICE SCRUB**

A nourishing combination of rice and milk that helps remove sebum and flaky skin

30 min 880

**MARINE SALT SCRUB**

With its deep cleansing and anti-inflammatory effects, this sea salt scrub combined with massage oils is proven to help soothe irritated or dry skin

30 min 880

**BROWN SUGAR SCRUB**

Brown sugar is combined with massage oils and glycolic acid to calm irritated skin and prevent aging

30 min 880

**GREEN TEA SCRUB**

A combination of blended green tea and massage oils. Helps remove dead skin cells while putting moisture back into the skin

30 min 880

**SKIN RENEWAL FACIAL**

Ideal for acne-prone and blemished skin. Combining the active ingredients of shale oil sulfonate and tea-tree oil to reduce breakouts and improve complexion

60 min 1,550



**MULTI-VITAMIN & COMPLEX C BRIGHTENING FACIAL**

Treatment with Vitamin A, E, C, pro-vitamin B5 and biotin for sun-damaged skin. Improves resilience and gives a brighter and healthier-looking skin

60 min 1,950

**YOUTHFUL ANTI-AGING FACIAL**

Containing a highly concentrated collagen formula, this cutting-edge treatment is ideal for skin showing signs of aging, Complemented by a relaxing foot and scalp massage

90 min 2,750

**SKIN TONIC FOR MEN**

Strengthen your skin with a nourishing facial to prevent razor burn. Conditions and improves skin texture caused by daily stresses and environmental wear and tear

60 min 1,550

**NATURAL VIETNAMESE FACIAL**

Using local ingredients, our Vietnamese facial incorporates cleansing, exfoliation and a soothing mask application to leave the skin feeling clean and fresh

60 min 1,350

**YOGA CLASS**

60 min 1,350

**MEDITATION CLASS**

60 min 1,350



## NAIL & HAIR CARE

Our dedicated team will help you look and feel your best after a long day at the beach. Restore shine and body to your hair with our personal styling and deep conditioning products. Maintain nail health with a shiny pedicure and reveal your smoothest skin ever with a waxing treatment.

**NAIL & HAIR WASHING**

Manicure / Pedicure	30 min	350
Deluxe manicure / Pedicure	60 min	550
Nail polish	20 min	200
Hair washing	40 min	350

**WAXING**

Half arm	700
Full arm	930
Underarm	580
Half leg	930
Full leg	1,390



## SPA ETIQUETTE

Opening Hours: From 10:00 to 20:00 daily.

All spa treatments will take place in spa treatment rooms only

### Booking a Treatment

Appointments for treatments should preferably be made at least one day in advance. Consult our spa team to select treatments to meet your personal requirements.

To contact us, kindly press the “Spa” button on your room phone, call extension: 3900, call +84 258 3985999 or email: [resort.camranh.spa@movenpick.com](mailto:resort.camranh.spa@movenpick.com)

### Health Conditions

If you have any underlying health conditions, please advise our Spa team at the time of booking. You will also be asked to complete a medical history form upon arrival so that we can better customize the experience to your needs.

### Arrival and Lifestyle Consultation Form

In order to acclimatize to the environment, please arrive at least ten minutes prior to your reserved time to get the most benefit from your treatment. All guests will be required to complete a health and lifestyle questionnaire prior to using the facilities. This will assist us with recommending treatment programs. This is also to ensure that the therapist is better prepared to perform the treatment.

### Heat Experiences

We recommend booking a complimentary heat session including steam, sauna, salt sauna or experience shower prior to your treatments. This helps to enhance the benefits of your treatments and stimulate blood and lymphatic circulation. We recommend that you do not sunbath for a minimum of six hours after facials, aromatherapy treatments, body scrubs and waxing treatments.

### For Men

Please shave at least twenty-four hours prior to facial treatments to ensure best results are achieved.

Please shave at least twenty-four hours prior to facial treatments to ensure best results are achieved.

### Preparation For Your Spa Treatment

These guidelines and tips will help you understand what is expected of guests and staff, and to help make your time the most relaxing and tranquil experience it can be.

Treatments are conducted free of jewelry. We recommend, if possible, you leave it behind in your room before coming to the spa.

Guests are required to wear robes and footwear in all public spa areas. We will provide you with suitable clothing for your treatment.

Bathing costumes are to be worn at all times in all areas. Guests are advised not to consume alcohol prior to using the facilities.

Guests are advised to drink plenty of fluids whilst using the thermal spa experience.

Eating and smoking are not allowed on the Spa Experience premises.

Refreshments are available for guests in the Relaxation Lounge.

Please do not use videos, cameras, mobile phones, tablets or personal stereos during your visit.





Please dry off before entering the Relaxation Lounge and refrain from placing wet bathing costumes directly onto the furniture.

Please ensure that you are dry and robed before entering the reception area.

If you feel unwell whilst using the facility, please inform a staff member. In case of emergency, please use the nearest emergency alarm.

Spa Experience is an adult [16+] facility.

The therapist reserves the right to stop the treatment at any time if she / he feels that the guest's behaviour is inappropriate.

Spa Experience is not liable for any personal possessions lost in the spa.

Guests are responsible for looking after their locker key. Fee will be charged at VND 500.000 per lost locker key.

Serenity Spa will prosecute any guests removing property from the spa, or found tampering with the spa equipment.

Please be a considerate guest. You play an important part in creating and maintaining the tranquility you will find here. Share public spaces respectfully and consider other guests with a private, safe and healthy approach. Non-compliance with the Spa Experience etiquette may result in your access to the facilities being withdrawn.

### **Price & Payment**

Treatment price on the menu is in thousands of VNĐ and Net (including Tax and service charge).

All treatments can be paid for by cash, credit card, or charged to your room, and will appear on your invoice prior to departure.

The prices of treatments may change without prior notice.

### **Cancellations**

Notification to the Spa at least 24 hours prior to the change or cancellation of an individual treatment or package will result in no charge.

Notification to Spa 4 hours prior to your treatment appointment time will be charged at 50%.

No Notification or no-shows will be charged 100% of treatment price.

We will post the charge on your room directly and without notification or request for consent.

