



THE
HEART
OF THE
EARTH
SPA



When we realise that we and the Earth are one and we begin to live with mindfulness, our own suffering will start to cease.

When we're no longer overwhelmed by our own suffering, we will have the compassion and understanding to treat the Earth with love and respect.

Thich Nhat Hanh



The Heart of the Earth Spa is inspired by Thich Nhat Hanh, Vietnam's most renowned Zen master and peace activist. He teaches the awareness that we are not separate from the Earth but at one with her - able to improve harmony between humanity and planet by mindfully connecting to the Earth's rhythm...

Our treatments are grouped into three wellbeing virtues learned from the Earth:

STABILITY

Grounding treatments that nourish the physical body;

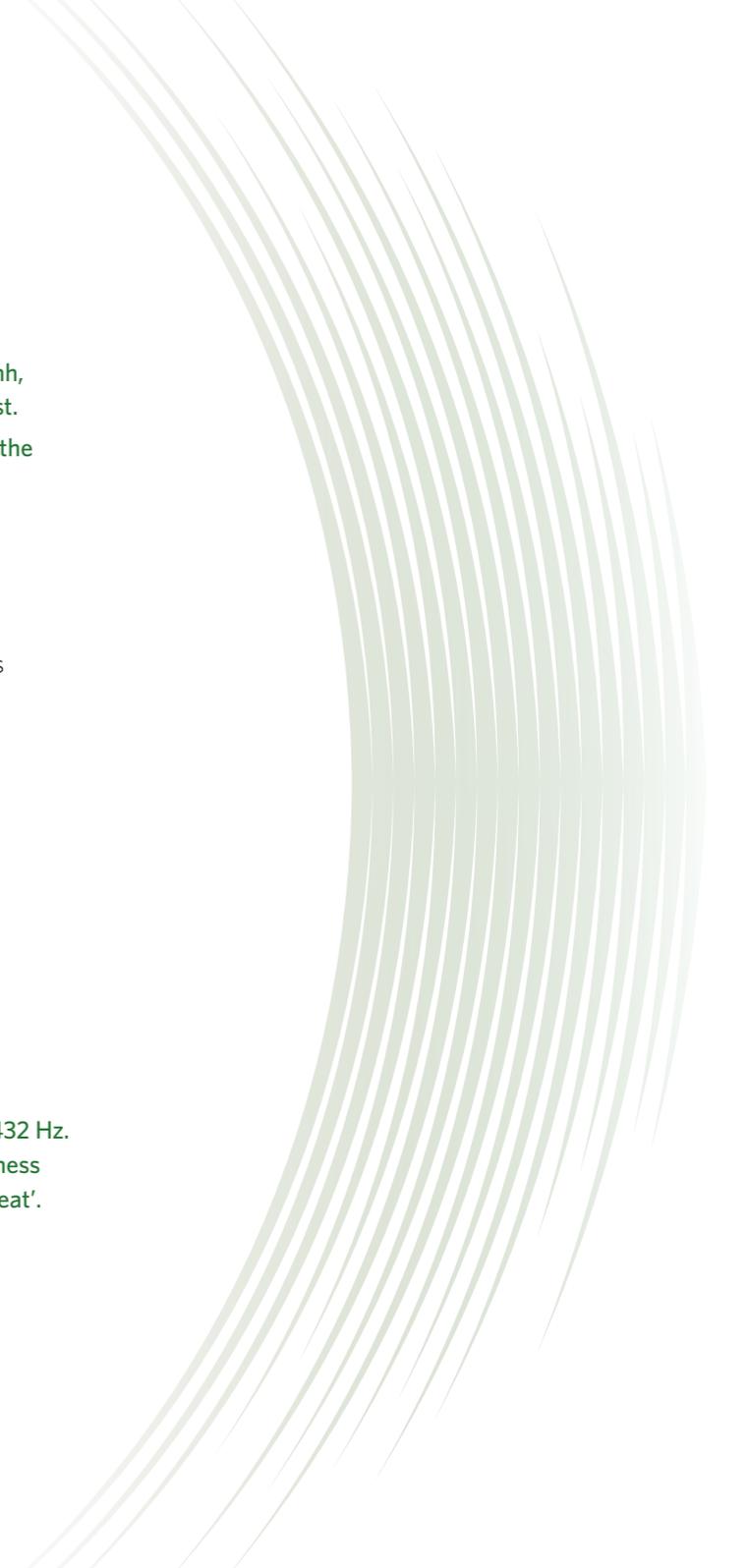
CREATIVITY

Energising treatments that free blockages and encourage new possibilities;

NON-JUDGEMENT

Harmonising treatments that promote inner peace and compassion.

All of our treatments feature crystal singing bowls tuned to 432 Hz. - the harmonic intonation of nature - plus simple mindfulness techniques to attune body and mind to the Earth's 'heartbeat'.





SIGNATURE RITUAL

NAM HAI EARTH SONG

Experience a profound connection to the 'song' of the Earth with our unmissable signature ritual, featuring a synchronised set of eight quartz crystal alchemy bowls.

SIGNATURE RITUAL

Bathe self and senses in the healing sounds of crystal alchemy bowls – powerful enough to alter the vibration of the whole Resort...



Nam Hai Earth Song

150 mins

Melt into two and a half hours of immersive bliss with our mesmerising signature treatment.

Submit to the warm cleansing smoke of sustainable Hoi An agarwood; the unifying rumination of a Heart of the Earth Sound & Breath Ritual; a beautifying Vietnamese scrub and bath (with herbs from our garden); balancing bodywork incorporating gem-tipped tuning forks; and a full octave sound bath quite unlike anything you will have experienced before.

Incredible whether enjoyed alone or as a couple.



NATURE'S TOUCH BODYWORK

All of our bodywork treatments begin with a sequence of breathing techniques and singing bowls to mindfully align self and senses to the heartbeat of the Earth.

NATURE'S TOUCH BODYWORK

STABILITY

When our bodies and minds are calm, we begin to see more clearly.

Earth Energies 90 mins

For dry skin and deep fatigue

Five essential oils stabilise the five sensory organs and nourish the skin, while grounding bodywork releases tension and restores a harmonious flow of energy and vitality.

Hot Stones 90 mins

For stress release and deep relaxation

Warm stone bodywork techniques favoured by Vietnamese healers for centuries help dissolve muscular tension and support stability.

Mother's Embrace 90 mins

Special nurturing for mothers-to-be

Embrace Mother Earth's blossoming wonder and the back-easing relief of our pregnancy table with special oils, tension-relieving pressure and nurturing sound vibrations.

CREATIVITY

By returning to the present with every act we find ever-new ways to appreciate and connect to the Earth.

Four Handed Flow (2 therapists) 60 mins

For deep release and enhanced vitality

Surrender to synchronised four-handed movements that dissolve deep tension and free blockages. A harmonised flow of energy floods the body and lets the spirit soar.

Creative Connection 90/120 mins

For inspiration and an uplifted spirit

Show your body some love. Deep, measured movements realign and soften the muscular system, easing the spine and nervous system, and stimulating energy flow.

Nam Hai Stretch 90/120 mins

For detoxifying and energising

Performed while fully clothed, this oil-free Southeast Asian influenced treatment is a Nam Hai speciality, combining meridian-focused stretching and balancing. 120-minute version includes Nam Hai herbal poultices.

NON-JUDGEMENT

Showing compassion to all living beings generates peace - within ourselves and in everyone we touch.

Nam Hai Vietnamese 60/90 mins

For relaxation and rejuvenation

Medium pressure, maximum 'chi': a great all rounder that uses ancient healing techniques to harmonise body and being. 90-minute version includes antioxidant back paste with local ginger and mint.

Aromatherapy Embrace 60/90 mins

For releasing deep tension

Select from one of six superior-quality oils, combined with lymphatic drainage and neuromuscular techniques to ease stresses and strains. 90-minute version includes longer facial work.

Essential Surrender 75 mins

For total bliss

A subtle yet profound spine-focused therapy that balances the nervous system. Gentle techniques with soft to medium pressure focus on the flow of energy rather than muscle manipulation.



FACIAL BLOSSOMING

Our facial therapies include breathwork and singing bowls to unite body and mind in the present moment for maximum relaxation and efficacy.

STABILITY

Calming. Grounding. Supportive.

Inner Strength

60 mins

For stressed-out skin

Suitable for irritated or inflamed skin, this calming facial reduces redness, soothes sensitivities, nourishes imbalances and restores radiance.

Gold Age-Reversing

90 mins

For mature, dehydrated skin

A powerful blend of gold, frankincense, hyaluronic extract, sonic and light wave therapy, back work and sound healing to reduce inflammation and counter the signs of ageing.

CREATIVITY

Awakening. Energising. Connecting.

Deep Cleanse

60 mins

For purifying and detoxifying skin

Ideal for oily and combination, male and female skin. With antibacterial lavender, ylang ylang and tea tree oils plus hot towel compresses, freshwater mud mask, relaxing scalp work and crystal sound.

NON-JUDGEMENT

Surrendering. Embracing. Loving.

Rainforest Rejuvenation

60 mins

For rejuvenating tired, jet-lagged skin

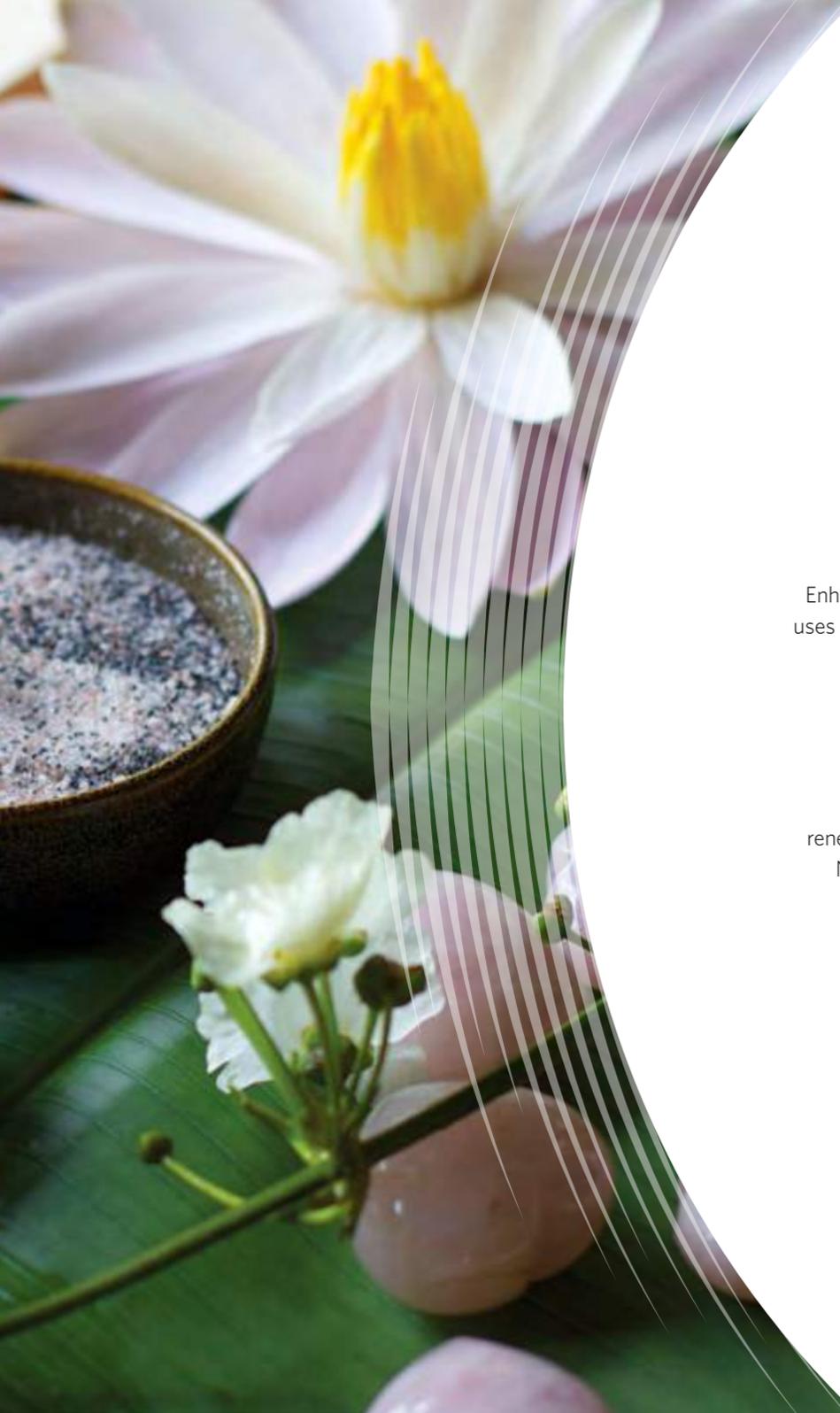
Anti-inflammatory rainforest ingredients, lymphatic drainage techniques, poultices, detoxifying mask and crystal sound counter hormonal imbalances, jet-lag and stress.

Rose Infinity

90 mins

For balancing all skin types

One of the world's most radical natural anti-ageing facials, drawing on Nobel Prize winning research that targets ageing DNA to increase moisture and collagen, and plump lines for visibly smoother, firmer skin.



EARTH-EMBRACING SCRUBS & WRAPS

STABILITY *for calming*

Adreno Scrub & Wrap 60 mins

For protecting against chronic overload

The adrenal glands are highly affected by stress. Enhanced by crystal sound, this strengthening therapy uses an adaptogenic scrub and warm abdomen wrap to boost hormone regulation.

Nam Hai Scrub & Sound 60/90 mins

For a hug of natural goodness

This aromatherapeutic sound-focused body renewal features a nourishing salt scrub with seasonal Nam Hai herbs. The 90-minute treatment includes a longer sound immersion.

CREATIVITY *for energising*

Energising Scrub 60 mins

For revitalising sluggish bodies

Combining sound healing, ionising salt crystals, and stimulating lemongrass and geranium, this body renewal eliminates toxins, refreshes skin and uplifts the spirit.

Detoxifying Scrub & Wrap 90 mins

For eliminating fluid and cellulite

All of the benefits of the Energising Scrub, intensified by a mud wrap to draw out deeper toxins, revitalise the skin, and boost the lymphatic system.

NON-JUDGEMENT *for surrender*

Rose Aloe Cooler Wrap 60 mins

For sensitive or sun-damaged skin

Cool crystals soothe sunburn or sensitivity, restoring balance and strength. Features a rose hydrolat mist, rose quartz bodywork, and rose and aloe vera gel wrap.

Amethyst & Pearl Scrub & Wrap 90 mins

For a boost of vitality and clarity

Whether you're walking down the aisle or facing a life-changing event, this treatment restores clarity, strength and radiance.

CORE CONNECTION RITUALS

Rituals that connect you to the core of the Earth
- and yourself.

STABILITY *for calming*

Adreno Restore 120 mins

For support during life's toughest challenges

This nutrient-dense ritual combines adaptogenic herbs - in a body scrub and wrap - with strengthening bodywork to support against daily stresses and fatigue.

CREATIVITY *for energising*

Earth Rhythms 120 mins

For restoring natural flow when all feels out of sync

Ideal for jet-lag, exhaustion, or to support a detox - this energising scrub, mud wrap, crystal sound, and marma point bodywork relieves imbalances and revitalises the nervous system.

NON-JUDGEMENT *for surrender*

Deep Peace 120 mins

For blissed out contentment

Alleviate anxiety and restore emotional balance with this gorgeous pearl and jasmine salt crystal scrub, amethyst gel body wrap, healing crystal sound, and peace-inducing bodywork.



REJUVENATING REPLENISHERS

30-minute enhancers, effective as an add-on to any treatment or for a time-saving boost.

SIGNATURE REPLENISHER

Strengthening Sound 30 mins

Enhance any treatment with the strengthening overtones of eight crystal singing bowls.

STABILITY for calming

Foot Massage 30 mins

Firm pressure is used to stimulate the reflex points in the feet, leaving you floating into deep relaxation – and a divine sense of balance and wellbeing.

Heavy Leg Reviver 30 mins

Ease swollen legs and ankles with zesty oils, hot towels, invigorating exfoliation and sound vibrations.

CREATIVITY for energising

Instant Eye Restore 30 mins

Reduce dark circles and restore sparkle with marma point stimulation and a hydrating eye mask.

Abdominal Poultice Therapy 30 mins

Warm poultices, marma therapy and lymphatic drainage to relieve blockages and restore vibrancy.

NON-JUDGEMENT for surrender

Intensely Nourishing Hair Treatment 30 mins

Floral-infused coconut oil and healing crystal sound to condition hair and release tension.

Breast Beauty 30 mins

A rose-based treatment to tone delicate breast tissue and balance female hormones.



BATHING CEREMONIES

Our bath rituals can be enjoyed in your own lotus pond bath at the Spa or in the privacy of your villa.

A minimum notice period of 60 minutes is required for in-villa Bathing Ceremonies.

STABILITY for calming

Deeply relaxing vetivert, sandalwood and camomile.

CREATIVITY for energising

Reviving and detoxifying pink grapefruit, rosemary and juniper berry.

NON-JUDGEMENT for surrender

Balancing geranium, frankincense and rose.

Heart of the Earth Couple's Love Bath

A gorgeous bath for two that draws on the divine benefits of rose and tuberose to nurture a sense of bliss, followed by an application of ila's Body Cream for Glowing Radiance.



CHILDREN OF THE EARTH

Our children's treatments share the magical gifts of the Earth with guests aged 6 to 12.

Earthlight Crystal 45 mins

'Bliss-out' with the healing touch of warm crystals for maximum ahhhhh.

Branches & Roots 45 mins

A pampering treat for little hands and feet, complete with buffing or organic polish application.

Heart of the Earth Family Ritual 90 mins

Bonding bliss for up to four family members: bodywork, bathing ritual and crystal sound.

Children aged 12 and above may enjoy treatments from the main Heart of the Earth menu with signed permission.

BEAUTY

Organic Aura Balancing Manicure 60 mins

A complete treat for hands, featuring nail care products and polishes by organic brand, Spa Ritual.

Organic Aura Balancing Pedicure 75 mins

A complete treat for feet, featuring nail care products and polishes by organic brand, Spa Ritual.

Waxing

Full range of waxing services, including brow-shaping, legs, bikini, underarm, chest, face and back. Please ask for details.

A close-up photograph of purple lotus flowers with bright yellow centers, arranged in a circular pattern. The background is a solid purple color with a subtle pattern of concentric white lines.

EVENING LOVE LETTERS A GOODNIGHT KISS TO THE EARTH

*Join us every evening as we fill the
Spa Reception with the music of crystal
singing bowls and bid goodnight to the Earth.*

*You can even write your very own
'Love Letter to the Earth' and
float it on the lotus pond with a candle.*

*A mesmerising complimentary activity for
all ages and a lovely way to end the day.*

Walk and touch peace every moment.

Walk and touch happiness every moment.

Each step brings a fresh breeze.

Each step makes a flower bloom.

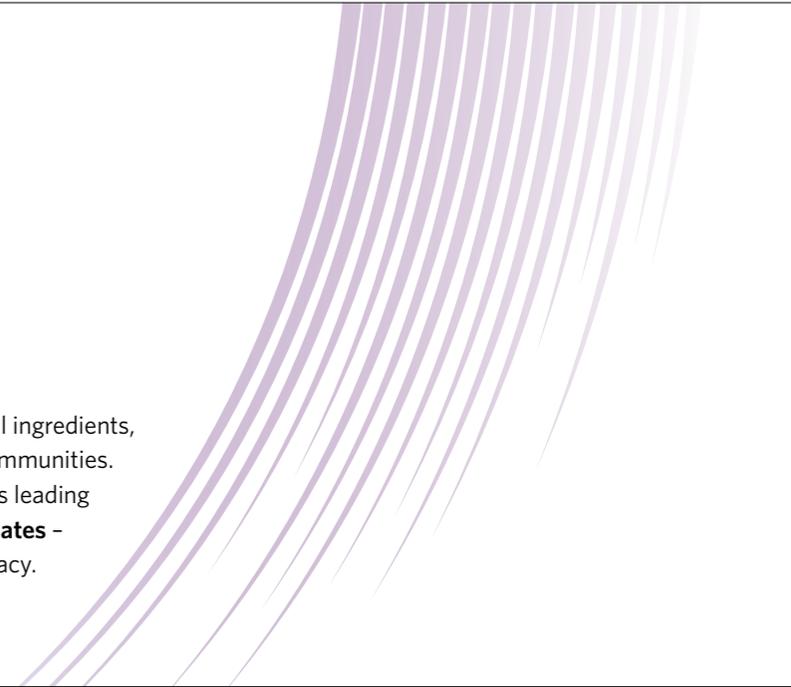
Kiss the Earth with your feet.

Bring the Earth your love and happiness.

The Earth will be safe

When we feel safe in ourselves.

KISS THE EARTH
by Thich Nhat Hanh

A series of thin, white, curved lines that sweep across the bottom right corner of the page, creating a sense of movement and design.

The Heart of the Earth Spa uses the purest natural ingredients,
harvested in ways that honour the earth and her communities.
Our treatments feature the products of two of the world's leading
natural skincare brands - **ila** and **Aromatherapy Associates** -
renowned for their purity, quality, ethicality and efficacy.



FOUR SEASONS

RESORT

THE NAM HAI, HOI AN, VIETNAM

Block Ha My Dong B,
Dien Duong Ward, Dien Ban Town
Quang Nam Province, Vietnam

Tel. +84 510 394 0000

fourseasons.com/hoian

SPA TARIFF

SIGNATURE RITUAL

Nam Hai Earth Song	150 mins	7,500,000
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NATURE'S TOUCH BODYWORK

STABILITY

Earth Energies	90 mins	4,500,000
Hot Stones	90 mins	4,500,000
Mother's Embrace	90 mins	4,500,000

CREATIVITY

Four Handed Flow (2 therapists)	60 mins	4,800,000
Creative Connection	90 mins	4,500,000
	120 mins	5,500,000
Nam Hai Stretch	90 mins	4,500,000
	120 mins	5,500,000

NON-JUDGEMENT

Nam Hai Vietnamese	60 mins	2,900,000
	90 mins	4,500,000
Aromatherapy Embrace	60 mins	3,000,000
	90 mins	4,500,000
Essential Surrender	75 mins	3,500,000

FACIAL BLOSSOMING

STABILITY

Inner Strength	60 mins	3,200,000
Gold Age-Reversing	90 mins	4,800,000

CREATIVITY

Deep Cleanse	60 mins	3,200,000
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NON-JUDGEMENT

Rainforest Rejuvenation	60 mins	3,200,000
Rose Infinity	90 mins	4,800,000

EARTH-EMBRACING SCRUBS & WRAPS

STABILITY

Adreno Scrub & Wrap	60 mins	3,000,000
Nam Hai Scrub & Sound	60 mins	3,000,000
	90 mins	4,500,000

CREATIVITY

Energising Scrub	60 mins	3,000,000
Detoxifying Scrub & Wrap	90 mins	4,500,000

NON-JUDGEMENT

Rose Aloe Cooler Wrap	60 mins	3,000,000
Amethyst & Pearl Scrub & Wrap	90 mins	4,500,000

CORE CONNECTION RITUALS

STABILITY

Adreno Restore	120 mins	6,400,000
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CREATIVITY

Earth Rhythms	120 mins	6,400,000
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NON-JUDGEMENT

Deep Peace	120 mins	6,400,000
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REJUVENATING REPLENISHERS

SIGNATURE REPLENISHER

Strengthening Sound 30 mins 1,500,000

STABILITY

Foot Massage 30 mins 1,500,000

Heavy Leg Reviver 30 mins 1,500,000

CREATIVITY

Instant Eye Restore 30 mins 1,500,000

Abdominal Poultice Therapy 30 mins 1,500,000

NON-JUDGEMENT

Intensely Nourishing Hair Treatment 30 mins 1,500,000

Breast Beauty 30 mins 1,500,000

BATHING CEREMONIES

STABILITY 30 mins 1,500,000

CREATIVITY 30 mins 1,500,000

NON-JUDGEMENT 30 mins 1,500,000

Heart of the Earth 45 mins 2,000,000

Couple's Love Bath

BEAUTY

Organic Aura Balancing Manicure 60 mins 1,500,000

Organic Aura Balancing Pedicure 75 mins 1,750,000

Waxing Variable 600,000-2,000,000

CHILDREN OF THE EARTH

Earthlight Crystal 45 mins 2,000,000

Branches & Roots 45 mins 2,000,000

Heart of the Earth Family Ritual 90 mins 9,000,000
(4 people)

MINDFULNESS, MEDITATION & YOGA

GROUP CLASSES

STABILITY

Grounding Yoga 60 mins 500,000

CREATIVITY

Yin Yoga 60 mins 600,000

AntiGravity® Yoga 75 mins 1,100,000

NON-JUDGEMENT

Mindfulness & Meditation 60 mins 0

Heart Awakening Yoga 60 mins 0

PRIVATE CLASSES

AntiGravity® Yoga (1-2 people) 75 mins 2,300,000

Restorative Yoga (1-2 people) 90 mins 2,250,000

Yin Yoga (1-2 people) 60 mins 1,750,000

Mindful Breathing & Pranayama (1-2 people) 60 mins 1,500,000

Yoga Nidra (1-2 people) 60 mins 1,500,000

Bespoke Yoga 60 mins 1,500,000
(price per person for 1-2 people)

Bespoke Yoga 60 mins 300,000
(price per person for 3-6 people)



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