

QUAN
SPAN

M E N U

CARESSED
BY WATER

Quan is an experience that embraces one of nature's purest restorative elements: spring water. We believe in the balance between the nurturing power of water and the natural world it nourishes, granting the opportunity for complete release and mindful growth. Our treatments provide a transformative experience that restores through the tranquility and purity of water.

QUAN SIGNATURES

Quan Signatures are our indulgent treatments and packages that give you a unique experience, including a selection with local flair that are exclusive to this Quan location.

 LOCAL INDULGENCES

QUAN TIME ESCAPE 100 MINUTES

Awakening treatment promote inner peace and compassion to balance spiritually. The journey start with aura cleansing ritual, following by a healing touch of sound wave then a smoothing aromatherapy body and facial care endless your escape.

*Foot Soak | Singing Bowl Touch
Body Aroma Therapy | Facial Therapy*

ENERGY BALANCE BY QUAN 90 MINUTES

A therapeutic “Chi nei Tsang” abdomen treatment using blended detoxing oils and relaxed feet acupressure to eliminate tension, reduce stress, circulate body fluids and rebalanced “Qi”.

Foot Soak | Chinese Therapy | Feet Acupressure

VIETNAMESE REFRESHMENT EXPERIENCE 100 MINUTES

An tropical energising essential citrus scrub peels you a new-born skin, following by heated bamboo herbal therapy which helps to remove the blockages, improve the blood.

*Foot Soak | Citrus Scrub
Bamboo Herbal Therapy*

HARMONY COUPLE JOURNEY 90 MINUTES

A couple massage of your choice guide you to the deep state of renewed mind and soak your loved one in the senses of aroma fresh and dried lavender, rose, rosemary bath enhance relaxation and improve inflammation, a sparkling wine for two is offered for your memorable journey.

Foot Soak | Couple Body Massage | Relaxing Bath

MASSAGE THERAPY

Quan Spa offers various massage therapies inspired by Eastern and Western healing philosophies and techniques for your needs.

AROMA FUSION THERAPY 60 | 90 MINUTES

Rediscover the ancient art of aromatherapy technique with long stroking movement experience, the healing powers of essential oils embark on a journey towards total relaxation.

Aromatherapy Body Massage | Scalp

ACUPRESSURE POINT MASSAGE 60 | 90 MINUTES

This typical pressure point work that is pressed and released trigger point to unblock the energy channel, drain the toxins and body stretching combination leaving refreshment of mind.

Foot Soak | Dry Technique | Scalp

ACTIVE RELEASE MASSAGE 60 | 90 MINUTES

The deep tissue massage with added silicon cup or crystal Gua sha technique is ideal for guests seeking to relax muscular tensions, improve the blood circulation, diminish physical fatigue and restore your energy.

Foot Soak | Deep Tissue | Scalp

Local Indulgences

ORIENTAL THERAPY 60 | 90 MINUTES

*Improve the range movement
of limbs and enhance the
flexibility of muscle,
energising you immediately.*

Foot Soak | Oil Body Stretching | Scalp

VIETNAMESE MASSAGE 60 | 90 MINUTES

*Traditional way to remove the
toxin with suction cup to boost
the immune system, invigorating
movement to clear your tensions
and relax your mind fully.*

Foot Soak | Body Massage | Scalp

**INDIAN AYUVEDIC SHIDOHARA
60 | 90 MINUTES**

A healing touch of four hands therapy and warm oil drop over intuitive third eye, is well-known Ayurveda treatment to treat insomnia, soothe your hyperactive mind. A nourishing shampoo is recommended.

*Foot Soak | Four Hand Therapy
Shampoo (optional)*

**FEET REFLEXOLOGY
BACK REVIVE | HEAD THERAPY
30 MINUTES**

Personalised treatment to find you the moment of stressful release in the busy life.

Foot Soak | Personalized Treatment

BODY THERAPY

Treat your body, touch your skin with refining professional body skin care treatments to bring you a beautiful outlook and inner mental growth

 LOCAL INDULGENCES

MARINE CARE 120 MINUTES

A full body scrub and wrap of Thalgo Sea essence induce the ultimate unwinding and tranquillity, improve the skin tone and elasticity while relaxing your mind. A manual technique effort to delay the formation of cellulite, regenerate the sign of skin pigmentation and balance body fluid.

Body Polish | Body Wrap | Shower Cellulite Treatment

SUN SOOTHER NOURISHING BODY CARE 90 MINUTES

Perfect after a day at the beach, Quan's planted Aloe vera wrap is well-known to soothes and dehydrate the body while lavender essential oil with ice-cubes help to reduce your skin's inflammation. Head therapy is followed to recover from the sunstroke.

Body Wrap | Shower | Head Therapy

BODY DETOXIFIED 60 MINUTES

Experience the Alchemy bar dried herbs and local sea salt to deeply remove the dead cell skin while the mineral mud absorption release ache muscle and toning the skin.

*Foot Soak | Alchemy Salt Scrub
Mineral Mud Wrap | Moisturising Body Cream*

VIETNAMESE GREEN TEA SCRUB 30 MINUTES

Known as an ancient healing ingredient that is antioxidant and rejuvenated. A mix with hand-made coconut oil multiple the benefit of skin in term of deep moisturiser.

Foot Soak | Green Tea Scrub | Body Moisturiser

FACIAL THERAPY

*Find your purest facial skin
with Sea water essence from
Thalgo professional skin care.*

 LOCAL INDULGENCES

DEEP CLEANSING FACIAL 60 MINUTES

*Ideal for oily, congested and
problematic skin. Face Acupressure
technique and active ingredients
help to soothe and calm the skin,
encouraging a more balanced and
clearer complexion.*

*Facial Cleanse | Exfoliation
Facial Massage | Mask | Scalp*

ANTIOXIDANT FACIAL 60 MINUTES

*This multi-action & antioxidant
treatment target to reducing
puffiness and softening lines and
wrinkles with active ingredients
and a gentle massage technique.*

*Facial Cleanse | Exfoliation | Facial Massage
Eye Care | Mask | Scalp*

ORGANIC UPLIFTING FACIAL 60 MINUTES

*This facial is specifically
tailored for delicate skin type.
Natural Can Eat ingredients
and uplifting technique
promote lightening and toning.*

*Facial Cleanse | Exfoliation
Facial Massage | Mask | Scalp*

MARINE COLLAGEN GLOW 60 MINUTES

*Active ingredients from Ocean
to deliver immediate comfort
to the sensitive skin, collagen
concentrate over the face and
neck with dermastim massage
provide deep re-oxygenation,
is suitable for all types of skin.*

*Facial Cleanse | Exfoliation
Facial Massage | Mask | Face Cream | Scalp*

QUAN PLUS

Bring you to futher spa experience by adding Quan Plus services body therapy, hair care, wellness activities without allocating any additional time.

 LOCAL INDULGENCES

HOT STONE TARGET RELEASE 90 MINUTES

A smoothing movement of Hot-stone deeply eliminate specific muscular tension and ache, relax and re-energising body and mind.

Foot Soak | Hot Stone Therapy

JET-LAG RESCUE 90 MINUTES

An intensive face & eye care designed to soothe puffiness and dark circles, a detoxifying mask foot and a full body of lymphatic drainage movement heal you to state of recovery.

*Foot Soak | Face & Eye Mask
Foot Mask | Body Therapy*

NOURISHING SHAMPOO 30 | 60 MINUTES

A locally botanical care targets to your released headache and a nourishing hair comfort.

*Scalp Scrub | Scalp Massage
Face Mask | Hair Wash*

MENS THERAPY

Crafted specially for the needs and care for men's skin and conditions.

BRILLIANT MEN'S CARE 60 MINUTES

Begin with a stress-relieving deep-pressure back massage followed by a mini deep cleansing facial, looking refreshed and energised.

*Back Massage | Facial Cleanse
Facial Massage | Scalp*

ENERGIZING BOOST 60 MINUTES

A pampering of Foot ritual remove the dead heel skin and a Foot compression designed for active adventurous gentlemen to revive.

*Foot Soak | Foot Scrub
Heel Care | Foot Reflexology*

WATER THERAPY

Water is a powerful healing agent. Relax, refresh and restore your emotional and physical balance with this de-stressing water therapy. 30-minutes bathing therapy is recommended prior to your facial, massage or body therapy.

PEACEFUL BATH 30 MINUTES

This relaxing aromatherapy herbs filled Beetroot milk bath relieve the muscle aches and pain, good for travel sickness and induce sleep.

PURIFY 30 MINUTES

In harmony with the Mother Earth, the blended mineral salt mud bath purifies you in state of blissfulness with nature.

SPA

UNIQUE FEMME

The Quan Spa team is delighted to recommend you the best treatments suited for your body and skin condition.

WHAT SHOULD I WEAR TO THE SPA?

All of our treatment rooms are equipped with changing facilities and we will provide a change of clothing for your session. In addition, please feel free to wear your robe provided in your hotel room.

WHAT SHOULD I WEAR DURING MY TREATMENTS?

Disposable undergarments are offered in our facilities.

IS THERE A MINIMUM AGE REQUIREMENT?

*Guests 7 to 16 years of age can experience select treatments.
Guests under 7 years are not permitted in the spa.*

IS IT NECESSARY TO ARRIVE EARLY FOR MY TREATMENT?

We ask that you arrive at least 10 minutes before your scheduled appointment to allow yourself time to complete a wellness questionnaire, to help us personalize your spa visit.

WHAT IF I AM RUNNING LATE FOR MY APPOINTMENT?

*To ensure the best possible spa experience, please ensure you are on time, as treatment times will be shortened for the next guest's appointment.
The full price of the treatment will still be charged.*

WHAT DO I DO IF I NEED TO CANCEL MY SPA TREATMENT?

If you wish to reschedule or cancel your treatment, please inform us 3 hours prior to your appointment time to avoid cancellation charges. All bookings must be guaranteed to either your hotel room number or with a valid credit card.

WHAT DO I DO IF I AM PREGNANT OR HAVE ALLERGIES?

Kindly consult with your physician before signing up for any treatment. We do offer select treatment for pregnant guests. Please make sure to inform the Quan Spa team.



QUAN SPA

NHA TRANG MARRIOTT
RESORT & SPA,
HON TRE ISLAND

SPA RESERVATIONS

EMAIL: MHR.S.CXRHT.SPA@MARRIOTT.COM
TEL: +84.2583.598.888 EXT. 2380

SPA OPENING HOURS

9:00AM – 10:00PM
MONDAY – SUNDAY

NHA TRANG MARRIOTT RESORT & SPA, HON TRE ISLAND

ADDRESS: HON TRE ISLAND, VINH NGUYEN WARD, NHA TRANG CITY,
KHANH HOA PROVINCE, VIETNAM 57100

TEL: +84.2583.598.888
WEBSITE: MARRIOTT.COM/CXRHT