



Mi Sol
SPA & WELLNESS

BACKGROUND

HOW SOUND FACILITATES RELAXATION AND HEALING

WHAT DOES THE NAME MI SOL MEAN?

- The spa is named after the tones in the musical scale (do-re-mi-fa-so-la-ti-do); the treatments at Mi Sol Spa are inspired by these sounds.
- Mi Sol also means My Sun in Spanish and invites you to open up to your senses, shine, and form sweet inner peace.

WHAT IS THE MI SOL SPA CONCEPT?

- Mi Sol is our recipe for self-love, wellbeing and wellness; A way to re-light our guest's inner sun light
- The Spa explores the world of sound, vibrations, and tones which have an impact on the human body and mind. By using tuning forks to achieve different frequencies guests can cleanse the body and mind and enter a world of deep relaxation.
- To come to the InterContinental Spa at Danang is a transition to something new. Every ritual, gesture or treatment is an initiation into a new life of wellness. It is a specially curated concept, only available at InterContinental Danang. We support you to leave behind (and cleanse) what you no longer need, in order to reset, repair and initiate a new path to vibrant well-being.
- All our Treatments and Rituals are inspired by healing frequencies, vibrations, and sound.

WHAT IS SPECIAL ABOUT THE MI SOL SPA?

- The entire concept and experiences are tailor-made for InterContinental Danang
- The Frequency Yoga experience has been especially developed for the Resort. It combines Yin Yoga, vibrations from tuning forks and aromatherapy – truly unique.
- The Spa offers a special welcome ritual: a tea ceremony with fresh herbs and tuning forks. The Rituals (Empower Me, Re-Start and Connecting Us) are not just treatments but rather include ceremonial elements to help the guest reach deeper, more emotional and internal well-being.

WHAT PRODUCTS ARE USED?

- The spa uses Subtle Energies products, a results-orientated aromatherapy, natural skincare and wellness solution founded on authentic Ayurvedic principles.
- Subtle Energies is created with the intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional well-being.
- The brand was founded in 1993 by Farida Irani in Sydney, Australia.

HOW DOES SOUND FACILITATE RELAXATION AND HEALING?

- Sound, vibrations and tones impact on the body and mind and can be seen as catalysts to create emotions and shift your flow of energy. Just imagine how different styles of music impact on your mood and how this preference changes day to day depending on your energy
- Mi Sol is the combination of two different frequencies that impact the well-being of our bodies and minds.
 - MI – 528 Hz – stimulates love and restores equilibrium
 - SOL – 741 Hz – cleanses the body & mind from blockages and toxins
- All our treatments and rituals are sealed with our monogram of sounds and vibrating frequencies. We help you set new intentions, manifest and support deep relaxation through different techniques where we use frequencies and vibrations from tuning forks.
- The turning fork is a signature tool for our treatments, rituals and experiences.

HOW DO TURNING FORKS FACILITATE RELAXATION AND HEALING?

- Tuning forks are a vibrational healing method.
- They apply sound and vibration to the body, opening up energetic pathways and allowing a better flow of Qi.
- Tuning forks can be used to relax tight muscles, reduce inflammation, and increase the flow of vital energy essential to healing.

HOW TO SUM UP THE MI SOL EXPERIENCE?

- Leave behind what you no longer need, and let your body and mind reset and restore. Move from knowledge to wisdom and let us turn on your inner sunlight. Welcome to an initiation into a new path of vibrant well-being.

MEDIA CONTACT

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