

FACTSHEET



Mi Sol SPA & WELLNESS

"LEAVE BEHIND WHAT YOU NO LONGER NEED AND LET YOUR BODY AND MIND RESET AND RESTORE. MOVE FROM KNOWLEDGE TO WISDOM AND ALLOW US TO INITIATE A NEW PATH OF VIBRANT WELLBEING"

CONCEPT

The Spa explores the world of sound, vibrations, and tones which have an impact on the human body and mind. 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. By using tuning forks to achieve different frequencies guests can cleanse the body and mind and enter a world of deep relaxation.

Mi Sol's treatments are based on rituals. Rituals initiate something new and incorporate more than simple relaxation. With the use of energy from sound waves and vibrations being the foundational element. Each ritual involves a ceremony that helps guide your mind to more positive intentions. Mi Sol is our recipe for self-love, wellbeing and wellness.

AT THE BEGINNING

The spa reception offers a serene entry to our sanctuary. Suspended swinging boats and beautiful architecture begins the journey to relaxation. Alternatively, the journey can begin at our spa lagoon if guests choose to stay at one of our Spa Lagoon Villas allowing them to reside in the Mi Sol sanctuary for the entirety of their stay.

DESIGN AESTHETIC

The spa is set upon a natural lagoon in the mountain valley of Son Tra. The shape of the Spa's treatment rooms and villas are distinct half-tube shapes and are based upon the Quonset huts used by U.S. forces in both World War II and the Vietnam War. An influence that inspired Bill Bensley who is the key designer and architect for the resort

TREATMENT ROOMS

8 Spa Treatment Villas

FACILITIES

Sauna/Steam Rooms, Marble Hammam Beds, Jacuzzis, Marble Bathtubs

PRODUCTS

Subtle Energies

TREATMENT OUTLINE

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UNIQUE EXPERIENCES
Gentleman Back Scrub, Mama Treat

EN SUITE BATHING
Heat & Treat, Just Heat

3

RITUALS
Re-Start, Empower Me, Connecting Us

KEY EXPERIENCES
Mi Sol Journey, Holistic Sleep Support, Frequency Yoga

FACIAL TREATMENTS
Holistic Facial, Danang Gold, Gentleman's Facial

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BODY WORK TREATMENTS
Blissful Marma, Asian, Release & Recover Sport therapy, Firm & Detox

WELLNESS TAPAS
Wellness Tapas – Taste of Frequencies, Ready for a tan, Sun Remedy, Asian Touch