

HARNN
HERITAGE SPA



Unveil the miracle of botanical gems and immerse in unforgettable experiences, curated by the traditional practice of Asian medicine and Oriental therapy heritage.

With HARNN Heritage Five Elements wisdom, years of expertise in aromatherapy methodology and lifestyle interpretation, escape to a world of inner balance restoration whilst enriching your lifestyle through personalized wellness journey.



LIFESTYLE & WELLNESS

At HARNN Heritage Spa, we recognize that one's wellness does not begin and end simply with a treatment, but rather that it requires a holistic approach allowing for all parts of the body to connect in tandem to realize the highest level of wellbeing.

INFRARED SAUNA

In our peaceful sanctuary, using infrared saunas is an ideal part of your wellness journey. With it gentle heat unlike traditional hot rock or steam saunas, the powerful infrared lights promote both physical and emotional well-being.

VITAMIN C WATER SHOWER

Our Aroma Sense Vitamin C showers emit vitamins and generate antioxidants to promote healthier skin, and the aromatherapy effects enhance your relaxation and alleviate stress. A perfect addition before or after one of our blissful spa treatments, to leave you feeling completely renewed.

WELLNESS WORKSHOP

Enrich your spa experience and take the wellness lifestyle home with you by joining one of our holistic workshops. Featuring Oil Mixology, Botanical Compress, Natural Scrub and Foot Reflexology, please ask one of our therapists or our Spa Concierge for more details of our Wellness Workshops.

THE HERITAGE OF PHU QUOC

BAMBOO THERAPY 90’

Our bamboo therapy uses hot bamboo aromatic oil to nourish and strengthen the skin, and bamboo sticks to relieve tension and knots, and a holistic therapy to release exhaustion.

BAMBOO FOREST 120’

Restore natural glow with a bamboo brushing treatment for a gentle exfoliation and stimulate blood and lymphatic circulation. Acupressure foot massage restores the energy flow, and a body massage will relieve muscle tension.

PHU QUOC INDULGENCE 150’

Starting from a bamboo brushing treatment, acupressure foot massage promotes an energy flow and a bamboo massage for tension relief while the nourish facial treatment brings out the skin’s radiance.





THE RITUAL OF FIVE ELEMENTS

THE CHALLA (FIRE) 90’

A combination of Thai massage, aromatherapy, and jade foot reflexology with natural essential oils from Jasmine and Mint heals the heart and restore the inner balance of the Fire element.

- Siamese aromatic soothing massage.
- Crystal jade foot reflexology.

THE PRUKK (WOOD) 90’

Refine the body imbalance within the Wood element by Rose and Clary Sage essential oil and a massage technique focusing on deep muscles and ending with a warm compress to reduce tension for ultimate relaxation.

- Deep tissue massage with siamese stretching.
- Warm herbal compress.
- Revitalizing head massage.

THE PHUMM (EARTH) 90’

Enhance the lymphatic drainage and stimulate blood flow while the purifying body brush for detoxification. Bergamot and Lime essential oils keep the body warm and increase body fluids flow and reinforce the positive Earth energy.

- Purifying body brush.
- Lymphatic drainage massage.



THE RITUAL OF FIVE ELEMENTS

THE LOHHA (METAL) 90’

A blend of East and West techniques with aromatherapy of Lemongrass and Lavender oils, this ritual relieves stress, fatigue and restore the respiratory system while improving emotional expression and condition of the Metal element.

- Pre-Inhalation ritual.
- Energizing body exfoliation.
- The Eurasian massage.
- Post-Inhalation ritual.

THE VARRI (WATER) 90’

The ritual starts with a nourishing body wrap and herbal warm pads, followed by a soothing massage for immune response and body detoxification. Sandalwood and Nutmeg essential oil blend helps strengthen physically and emotionally.

- Nourishing body wrap.
- Polynesian heritage massage.

THE HERITAGE BODY THERAPY

THE HERITAGE OF SIAM — 60’ / 90’

Traditional Thai massage

Inspired by Thai traditional stretching exercises, this treatment restores agility and relieving muscle tension with acupressure and stretching techniques using fingertips, hands, elbows, and knees.

THE SIAMESE ALLURE — 60’ / 90’

Aroma therapy

A blissful combination of traditional Thai and Aromatherapy technique to maximize comfort through palm pressure plus stretching movements to eases tension, restore agility, and induce a sense of well-being.

THE EURASIAN EXPERIENCE — 60’ / 90’

Healing body therapy

A combination of five techniques in a harmony of Ayurveda, Swedish, Balinese, Oriental Acupressure, and traditional Thai therapies with aromatherapy, this unique sensory journey offers a truly divine indulgence.

THE MUSCLE REVIVAL — 60’ / 90’

Deep tissue massage

Targeting the deep layers of muscle with slow but firm strokes to increase blood flow and promote muscle recovery, this intensive session increases serotonin production for happiness with nourishing massage oil to repair and protect skin.

THE HERITAGE BODY THERAPY

THE DE-STRESS HIDEAWAY — 45’ / 60’

Back and shoulder relief

Relieve neck, back and shoulders stiffness, this technique uses hands, forearms and elbows with light to firm pressure heals the office syndrome while our black pepper moisturising balm eases the muscle tension.

THE JOURNEY OF PURITY — 60’ / 90’

Lymphatic drainage therapy

A purifying journey encourages natural lymph drainage with a gentle pressure through the entire system. This delicate therapy helps balance body weight, boost vitality, improve immune system and reduce swelling condition.

THE AROMATIC INDULGENCE — 60’

Relaxing head therapy with aromatic oil

A blend of Ayurvedic and beauty recipes, this soothing therapy combines pressure point techniques to relieve head and neck tension, using aromatic hair oil or virgin coconut oil hair mask for silk soft and healthy hair.

THE ORIENTAL FOOT REFLEXOLOGY — 60’

Foot reflexology with warm oil

Based on Traditional Vietnamese Medicine (TVM) and other cultures, the precious Jade is used in the reflexology to restore the energy natural flow, connecting organs from head to toe for better sleep, mind refreshment and metabolism improvement.

THE HERITAGE THERAPY ENHANCEMENT

EXPRESS HEAD MASSAGE **30’**

Relaxing head massage with aromatic oil.

EXPRESS FOOT MASSAGE **30’**

Relaxing foot massage.

EXPRESS FACIAL TREATMENT **30’**

Relaxing facial massage with facial nourishment.

KID’S RELAXATION THERAPIES

KID’S SPECIAL TREAT **60’**

Kid’s Special Treat program is a massage designed for children to love. Mild and child-friendly HARNN Virgin Coconut Oil is used to avoid skin irritation. The light massage will give your little ones physical and emotional pampering they deserve.

KID’S GENTLE BODY SCRUB **45’**

Created for dry and sensitive skin, this gentle body exfoliation from with natural ingredients from grounded red fragrant rice and corn, Marshmallow oil and Centella extract to soothe and nourish delicate skin while the purified essential oil of Jasmine calm the mind.

HERITAGE BODY SCRUB

KAFFIR LIME & MINT – REVITALIZING 45’

Deep cleansing body scrub with finely grounded sun-dried sea salt exfoliates your skin while essential oils from Kaffir Lime and Mint provide natural anti-septic properties.

LEMONGRASS & LAVENDER – BALANCING 45’

Natural grounded sugar with Shea butter provides gentle exfoliation, removing dead skin cells and balancing the skin condition.

ROSE & GERANIUM – REJUVENATING 45’

Apricot seed gently exfoliates dead skin cells with organic rose water. Shea butter and Coenzyme Q10 help replenish moisture, improve skin condition, and promote natural glow.

JASMINE SAMBAC – NOURISHING 45’

Ideal for dry and sensitive skin. Grounded red fragrant rice and corn provides mild exfoliation. Marshmallow oil and Centella extract sooth and nourish delicate skin.

JUNIPER BERRY & CEDAR – PROTECTING 45’

Golden Silk, Mangosteen, Marine Algae, Sea Buckthorn Berry and Thai Rice Jasmine noisome creates a natural scrub, fighting against pollution, reducing inflammation and deeply nurturing the skin.

HERITAGE BODY WRAP

AFTER SUN SOOTHING GEL 45’

In a gel form, Aloe Vera with its cooling nature effectively relieves sunburns, reducing redness and irritation while soothing the skin. Our special extracted Organic Floral Water has been added to sooth and pamper the skin.

PURIFYING BODY MASK 45’

Tumeric and Licorice extracts are key ingredients with excellent skin brightening properties. Natural extracts from Jojoba, Sweet Almond, and Safflower nourish the skin moisture and leave the skin a natural glow.

BODY CONTOURING MASK 45’

Algae extracts, Pink Pepper oil, Amino Acid Proline and Capsicum work in harmony to fight against excessive fat while stimulating metabolism to support firming process for silky and healthy skin. With a blend of Coconut oil, Sweet Almond oil, and Rice Bran oil, a single session will leave your skin visibly firmer and hydrated.





THE HERITAGE FACIAL THERAPY

HERITAGE HYDRATING FACIAL 60’

Feel an instant touch of revitalized and hydrated skin with HARNN Certified Organic Hydrating Face Oil and relaxing facial massage technique to ease tense muscle and pamper the skin.

HERITAGE CLARIFYING FACIAL 60’

Achieve bright flawless complexion with White Mulberry extract and HARNN Certified Organic Clarifying Face Oil to brighten skin and decrease melanin synthesis, while inhibiting tyrosinase activity and preventing the darkening of skin cells.

HERITAGE UPLIFTING FACIAL 60’

Rejuvenate your skin with HARNN Certified Organic Revitalizing Face Oil, and cellular-regenerating massage technique to combat dry skin, improve blood circulation and eventually release tensed facial muscle.



SERENE NAIL RETREAT

AROMATHERAPY SPA MANICURE & PEDICURE **90’**

A relaxing sea salt soak infused with essential oils designed to relax and refresh your hands and feet.

Includes: cut, file, cuticle care, heel care, scrub, wrap, massage, and polish.

HERBAL FOOT DETOX TREATMENT **30’**

A detoxifying foot soak combined with reflexology to cleanse and restore balance to your body.

SPA MANICURE OR PEDICURE **60’**

A complete rejuvenation including cut, file, cuticle care, heel care, exfoliation, massage, and polish.

GEL MANICURE OR PEDICURE **45’**

Includes: cut, file, buffing, cuticle care, and gel polish.

GEL POLISH REMOVAL **15’**

Safe and gentle removal of your gel polish.



KID’S HAND OR FOOT CARE **30’**

A gentle, relaxing massage and a kid-friendly treatment to care for little hands and feet.

KID’S NAIL ART **30’**

Fun and creative stickers to showcase your child’s personality and imagination.



SPA ETIQUETTE

RESERVATIONS

To make a reservation at HARNN Heritage Spa, please contact the spa from within the resort at extension 8300 or email us at Spa.InterContinentalpq@ihg.com. Prices are subject to change without prior notification. Children 12 to 16 years old must be accompanied by parents or guardian.

PRE-ARRIVAL

Appointments begin promptly at the time scheduled. If you arrive late, depending on availability, your appointment might be shortened so that the therapist will be on time for the next session. Thus, please kindly arrive 15’ prior to your treatment time to fully enjoy the pre-treatment experience.

HEALTH CONSIDERATIONS

For your utmost comfort, please kindly advise upon making a reservation if you have any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant. Our spa receptionist will gladly advise you on which treatment is best suited to your needs. In order for us to make an appropriate recommendation, please kindly complete the spa consultation form. We do not recommend the consumption of alcohol before or directly after any treatment.

PERSONAL BELONGINGS

We would like to recommend you to leave all valuables at home or in your in-room safe deposit box, as we cannot be held responsible for loss of personal items.

HARNN HERITAGE SPA

TRANQUILITY

We try to keep the Spa as tranquil and relaxing for all of our guests as possible. Kindly refrain from making loud noises, smoking, or using mobile phones when in the spa.

CANCELLATION

InterContinental Phu Quoc Long Beach Resort guests:

Please be advised that we have a 4-hour cancellation policy. For cancellations within 4 hours, a cancellation charge of 50% will apply. For cancellations within 2 hours or without any notification, you will be charged in full.

Guests not staying in the resort:

Please be advised that we have a 24-hour cancellation and rescheduling policy. For cancellations within 24 hours, a cancellation charge of 50% will apply. For cancellations within 12 hours or without any notification, you will be charged in full.

TAX AND SERVICE CHARGE

In an effort to make your spa experience as seamless as possible, all prices are inclusive of the applicable taxes and service charge. Additional gratuities are welcome and subject to your discretion. All prices are in Vietnam Dong (VND).



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