



ONSEN & SPA

SPA MENU

ENGLISH



Soothe Your Body, Renew Your Spirit

Rising from the heart of the Truong Son mountain range, the Alba natural hot spring is a treasured gem of Alba Wellness Valley by Fusion. With abundant mineral water gently flowing through the resort, these thermal springs offer varying temperatures and soothing therapeutic benefits.

Analyzed by both local and international geologists, the water is rich in essential minerals such as Calcium, Bicarbonate, and Magnesium nourishing the skin, enhancing vitality, and promoting overall wellbeing. Comparable to the world's most renowned thermal destinations, this water forms the foundation of our healing philosophy.

At the heart of the resort lies the Onsen & Spa Center, thoughtfully designed by a Japanese architect in a minimalist style that reflects warmth, serenity, and elegance. This tranquil sanctuary offers a curated selection of wet and dry therapies that blend traditional Japanese bathing rituals with holistic wellness practices.

Nestled within the Onsen area, our Wellness Spa is an oasis of calm, surrounded by lush gardens and the gentle sounds of flowing water. Natural materials and harmonious design elements create a cozy and grounding atmosphere, while every treatment is inspired by the vision of Florence Jaffres, one of the world's most respected wellness experts ensuring each guest leaves feeling balanced, renewed, and deeply connected to self.

Inclusive Daily Reflexology

Alba Five Pillars Reflexology

🕒 50 mins

Inspired by the five elements heart, lungs, kidneys, liver, and spleen. This therapeutic treatment purifies and balances energy channels through the legs and feet, promoting vitality and youthful wellbeing.

B-ZEN Foot Reflexology

🕒 50 mins

A deeply relaxing experience designed to calm the nervous system, enhance sleep quality, and guide your body and mind into a balanced state of serenity.

SENS-O-LOGY Foot Reflexology

🕒 50 mins

This harmonizing therapy helps restore the natural balance of Yin and Yang, supporting internal equilibrium through gentle, focused footwork.

D-TOX Foot Reflexology

🕒 50 mins

Ideal for those seeking relaxation with detoxifying benefits, this treatment stimulates circulation and supports the body's natural cleansing process.

Mom-To-Be Foot Treatment

🕒 50 mins

Specially created for expectant mothers, this gentle treatment relieves swelling and fatigue in the feet and legs. Recommended after the first trimester.

Face-O-Logy

🕒 50 mins

A specialized facial reflexology that restores energy flow through precise touch, improving circulation, hormonal balance, and skin radiance while supporting overall wellness.



Inclusive Valley Body Treatment

Natural Living Eucalyptus

🕒 50 mins

Our signature full-body massage with in-house eucalyptus oil gently releases muscular tension and restores a deep sense of calm and clarity.

Back and Head Treatment

🕒 50 mins

A focused therapy using a special oil blend to ease back stiffness and apply pressure points on the scalp ideal for relieving mental fatigue and enhancing sleep.

Foot Mapping

🕒 50 mins

Targeted pressure applied to over 15,000 nerve endings on the feet to stimulate healing, balance internal systems, and restore harmony within the body.

Prana Vital Energy

🕒 50 mins

An energizing aromatherapy massage that reawakens vital life force through flowing movements, easing fatigue and restoring inner vitality.

Deep Tissue Regenerative Therapy

🕒 50 mins

Using deep kneading and our blend oil, this therapy targets deep muscle layers to release chronic tension and improve flexibility.

Samsara Mom-To-Be

🕒 50 mins

A nurturing side-lying massage designed to relieve discomfort in the back and legs for expectant mothers. Recommended after the first trimester.







Upgrading Spa Treatment

*NON-INCLUSIVE

Warm Bamboo Treatment

🕒 50 mins

Smooth, heated bamboo sticks are gently rolled over the body to stimulate the lymphatic system, ease muscle tension, and encourage detoxification.

Bamboo on The Rock

🕒 50 mins

Exclusive to Alba Wellness Valley, this unique combination of warm bamboo massage and heated basalt stones delivers deep relaxation and stress relief.

Yin & Yang Stone Therapy

🕒 50 mins

A deeply calming treatment that uses warm stones to increase circulation and melt away tension, followed by cool stones to reduce inflammation and refresh the body.

Siamese Healing Treatment

🕒 50 mins

An ancient Thai Tok Sen therapy that combines tapping with a wooden mallet and wedge along energy lines with massage techniques to release tension and restore energetic flow.



Forest Beauty

Detox Pink Himalaya Salt Scrub



🕒 45 mins

A revitalizing exfoliation using mineral-rich pink salt followed by a nourishing cream application to leave skin soft, smooth, and radiant.

Forest Harmony Coffee Scrub



🕒 45 mins

An energizing scrub that helps reduce cellulite, improve skin tone, and leave your skin feeling silky and refreshed.

Green Mountain Tea Scrub



🕒 45 mins

Infused with antioxidants and antibacterial properties, this green tea scrub delays signs of aging and enhances skin elasticity.

Refreshed and Revitalized Body Wrap



🕒 45 mins

Using pure aloe vera gel, this cooling wrap deeply hydrates, soothes sun-exposed skin, detoxifies, and restores a healthy, radiant glow.







Alba Signature Treatments

*NON-INCLUSIVE

4 Hands Natural Living Eucalyptus



🕒 50 mins

Two therapists perform synchronized movements using lemon eucalyptus oil to melt away stress, improve circulation, and deliver ultimate relaxation.

4 Hands Deep Tissue Regenerative Therapy



🕒 50 mins

A deeply relaxing treatment with two therapists working in harmony using rhythmic deep-pressure techniques to release muscle tension and fatigue.

4 Hands Alba Wellness Valley Ayurveda Therapy



🕒 50 mins

Drawing from Ayurvedic traditions, this four-hand massage with warm herbal oils enhances circulation, calms the nervous system, and brings mind-body balance.

Treatment with Master



🕒 50 mins

A personalized therapy guided by a senior spa therapist or trainer, tailored entirely to your needs following a private consultation.

Herbal Hot Poultrice Treatment



🕒 50 mins

Warm herbal compresses are combined with massage techniques to stimulate circulation, relieve muscular tension, and promote deep relaxation ideal after long travel.

Five Pillars Body Treatment



🕒 80 mins

A therapeutic ritual that blends basalt stones, warm bamboo, Gua Sha, and salt compress to detoxify, energize, and soothe the entire body.

Wellness Harmony Treatment



🕒 50 mins

A calming back, neck, and shoulder massage followed by the tranquil vibrations of a singing bowl designed to release stress and restore inner peace.



Spa Packages

*NON-INCLUSIVE

Spring On The Step



🕒 130 mins

Celebrate renewal with a calming massage and floral facial that reflect the season's gentle energy. Rejuvenate body and spirit in a sanctuary of serenity.

Wellness Harmony Tranquil Treatment 🕒 50 min

Perfectly You Facial 🕒 80 min

Summer Bliss



🕒 120 mins

Cool and hydrate your skin with a full-body exfoliation, aloe vera wrap, and tranquil aromatherapy. Conclude your journey with seasonal fruits.

Pink Himalayan Salt Scrub 🕒 40 mins

Aromatherapy 🕒 50 mins

Aloe Vera Body Wrap & Head Massage 🕒 30 mins

Amazing Autumn Spa Journey



🕒 80 mins

Embrace the season of change with a balancing stone therapy and facial yoga session that awakens the senses and enhances inner clarity.

Yin & Yang Stone Therapy 🕒 50 mins

Face Yoga 🕒 30 mins

Winter Warmer



🕒 130 mins

A nourishing escape from the cold that includes an Onsen soak, bamboo-stone massage, hydrating wrap, and brightening facial - followed by warm tea and light bites.

Onsen 🕒 30 mins

Bamboo On The Rock Treatment 🕒 50 mins

Body Wrap & Brightening Facial 🕒 50 mins







Premium Facial

*NON-INCLUSIVE

Face Yoga



🕒 30 mins

A rejuvenating blend of French facial massage and jade stone to lift, firm, and deeply hydrate the skin.

Brightening Facial



🕒 30 mins

Perfect for normal to oily skin, this treatment deeply cleanses and applies a moisture mask to enhance clarity and skin tone.

Perfectly You Facial



🕒 80 mins

A customized facial tailored to your skin type, targeting firmness, lifting, and a radiant glow.



Signature

ONSEN AND SPA JOURNEY

Begin with a personalized consultation, followed by a full Japanese-style bathing ritual that includes a 30-minute Onsen soak, plus a curated treatment to enhance your wellness.

Shower, Silk Bath, Jet Bath, Steam Room, Sauna, Cold Bath, and Hot Spring

Choose your journey:

Prana Journey – Prana Vital Energy

🕒 80 mins

Aromatherapy combined with vital energy movements to restore focus and vitality.

Bamboo Journey – Warm Bamboo Treatment

🕒 80 mins

Bamboo massage to stimulate the lymphatic system and promote detox.

Ancient Journey – Deep Tissue Regenerative Therapy

🕒 80 mins

Deep kneading with blend oil to relieve tension and improve flexibility.

Healing Bath Experience – Alba Wellness Onsen

🕒 30 mins

Experience a seven-step Japanese bathing ritual designed to relax, detoxify, and renew.



Body Wash: Begin with a mindful cleanse to prepare your body.



Silk Bath: Micro-bubbles create a silky texture that nourishes and softens the skin.



Jet Bath: Stimulates circulation and relieves muscular tension.



Steam Bath: Opens pores, detoxifies, and soothes muscles.



Sauna: Promotes deep purification and total relaxation.

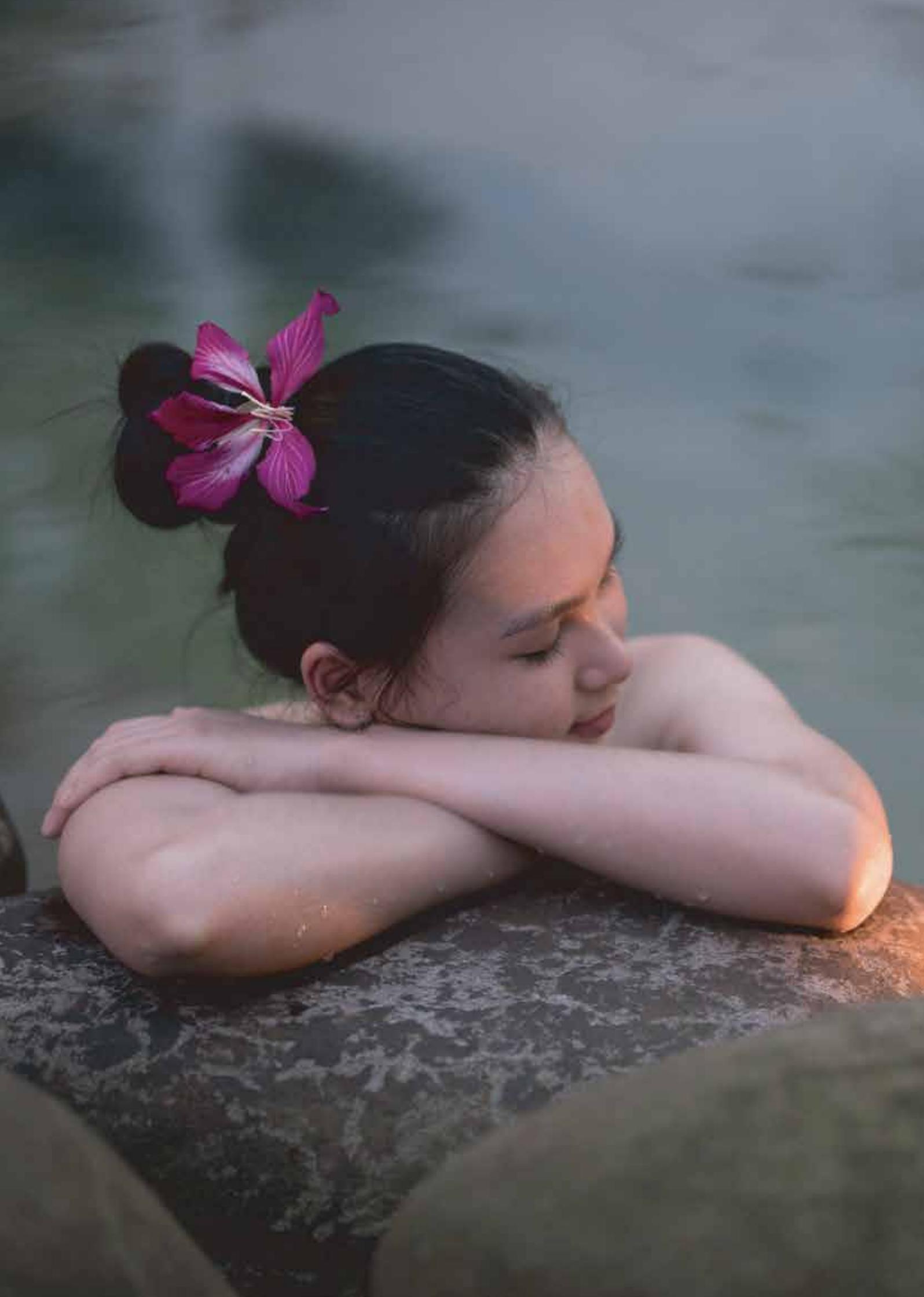


Cold Bath: Invigorates and tightens the skin with anti-aging benefits.



Hot Spring Bath: Concludes with a mineral-rich soak for holistic healing and calm.





Spa Guidelines



Spa Reservations

- To ensure availability and your preferred treatment time, we recommend making spa reservations in advance for the duration of your stay.
- You may book through your in-room phone (Spa button) or by emailing spa.booking@albawellnessvalley.com.
- Treatments of 30 - 50 minutes count as one daily session. Treatments of 80 minutes count as two sessions.
- A maximum of two treatments may be reserved per night of stay.
- Onsen & Spa services are available from 14:00 on check-in day and must be completed by 12:00 noon on departure day.
- Unused services are non-transferable and non-refundable. Additional services after check-out will incur a fee.



Hours of Operation

Onsen: 08:00 – 21:00 daily

Spa: 13:30 – 22:00 daily



Spa Attire

- Bathrobe, slippers, disposable underwear, towels, toiletries, lockers, and showers are provided.
- Please remove eyeglasses, contact lenses, or any healing aids for maximum comfort.
- We advise against bringing valuables to the Onsen & Spa. Please keep them in your room.



Spa Arrival

Please arrive at least 40 minutes before your scheduled treatment to complete your consultation and enjoy the full Onsen bathing ritual beforehand.



Health Matters

- Guests with high blood pressure, heart conditions, allergies, or other health concerns should inform our Spa team in advance.
- Avoid heavy meals, coffee, or alcohol at least one hour prior to treatment.
- Men are advised to shave three hours before any facial treatment.



Spa Ambience

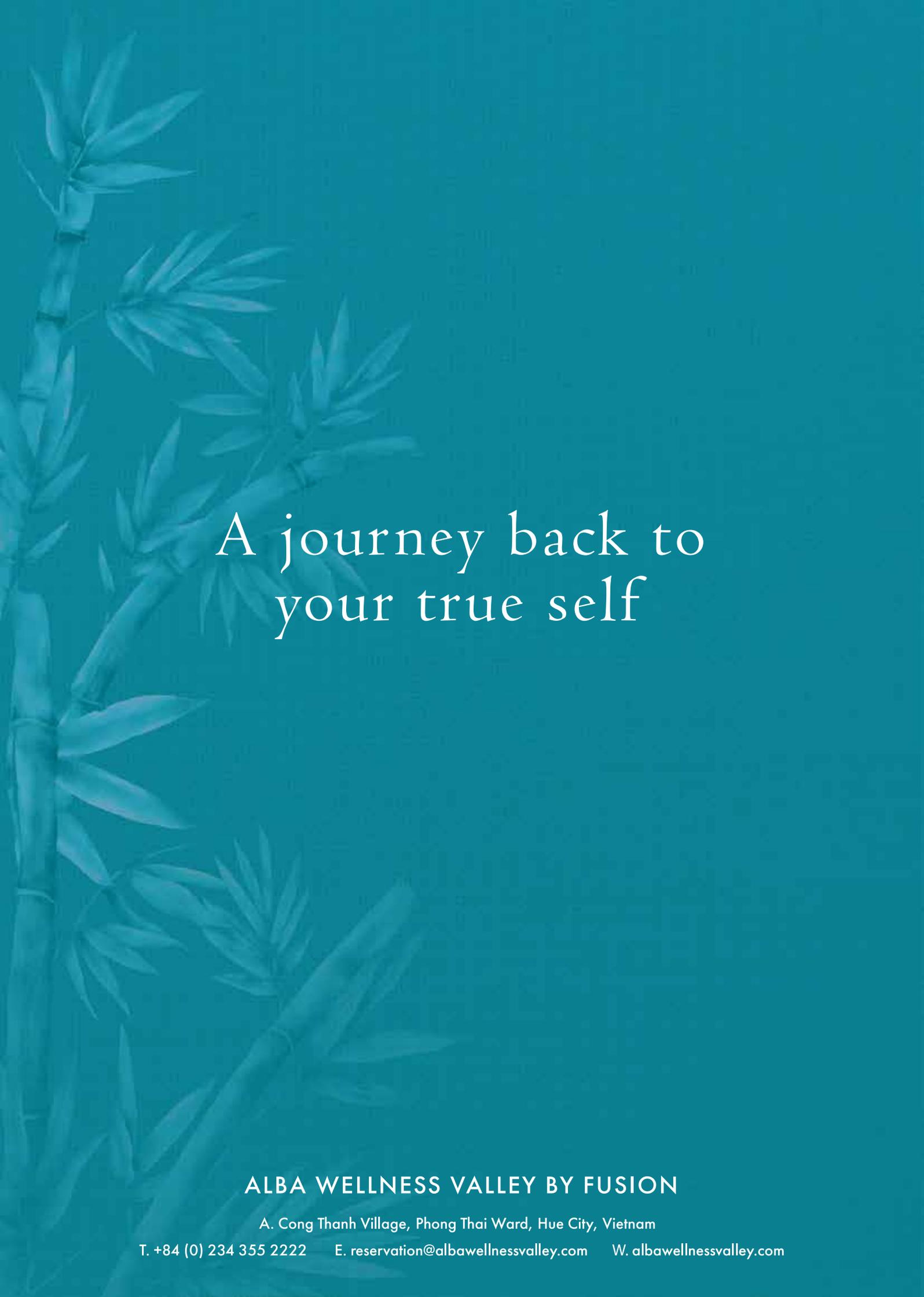
- To maintain a tranquil atmosphere, please switch off/silence all mobile phones, cameras, and electronic devices.
- Children under 12 are not permitted in the Onsen & Spa area.
- Teens aged 12–16 may enjoy reflexology treatments when accompanied by a parent or guardian.
- Parents/guardians are kindly asked to help maintain a peaceful spa environment.
- The Onsen & Spa is a smoke-free and alcohol-free space to support holistic wellness.



No-Show Policy

- If you arrive more than 15 minutes late without notice, your appointment will be cancelled.
- Late arrivals with notice will result in a shortened session to accommodate the next guest.



A teal background with a faint, stylized pattern of bamboo leaves and stalks on the left side. The text is centered in a white, serif font.

A journey back to your true self

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