



Considerate Collection





CHỈ QUÁN

Inspired by the Samatha-Vipassanā meditation tradition (also known as “The Art of Slowing Down”) and translated into Vietnamese as Chỉ Quán, our mindful wellness spa offers refined practices that calm the mind, relax the body, and rejuvenate the soul.

Rooted in the profound teachings of Zen Master Thích Nhất Hạnh, our approach is firmly grounded in mindfulness. In today’s fast-paced world, we believe that pausing, cultivating stillness, letting go of external distractions, and reconnecting with the quiet harmony of both self and nature is an essential journey to restore balance and renew inner vitality.

At Chỉ Quán, stillness becomes a ritual.
Each treatment unfolds as a quiet return to balance — a journey through scent, touch, and breath. The poems that accompany your experience were written to guide this slowing down, gentle reflections woven into the rhythm of your treatment. They are not instructions, but invitations — words meant to awaken presence, to mirror the calm unfolding within.

(1)
The Fragrance Opens

A drop of balm on mortal hand,
Doth bid the quiet day to stand.

The crystal bell's resounding tone
Binds breath and hour to be as one.



(2)
The Body Remembers

No tongue need speak; the flesh recalls,
And through its hush, the spirit calls.

A light half-seen, a path made clear—
Renewal wakes, and dawn draws near.

(3)
The Quiet Passing

Soft oils through silent channels glide,
As thought departs, and dreams abide.

The heart unclasps, the senses cease;
Through tender dark, thou drift to peace.



(4)
The Taste of Distant Rain

A sip of ginger, warm and deep,
A grain of rice, where memories sleep.

The fading script of dusk is read;
Clouds turn the sky to words unsaid.



(5)
The Gentle Departure

The door breathes out, the light grows thin,
The hush thou found'st remains within.

Though step depart and hour decay,
The soul still keeps the scented ray.

“CHỈ QUÁN” JOURNEY

90 minutes | 2.700

“Chỉ” is the stilling of the mind — a gentle return to quiet center.
“Quán” is the awakening that follows — a clear awareness of body, breath, and being.

Together they form a rhythm of stillness and insight, a mindful passage that restores calm, clarity, and renewal from within.



Opening Ritual

Choose one of the two treatments:

(1) The Flowing Essence

A Northern Hair & Scalp Ritual

Drawing from ancestral rituals of *gội đầu dưỡng sinh* once practiced in northern villages, this treatment begins with warm herbal water infused with lemongrass, pomelo leaf, ginger, and mint from the Jiva garden. As the fragrant flow cascades through the scalp, tension dissolves and the senses are revived.

(2) The Healing Garden

A Herbalist's Remedy

Inspired by the healing wisdom of rural herbalists, this full-body massage combines warm compresses and herbal oils blended with ginger, cinnamon, and lemongrass freshly gathered from the Jiva garden. Each movement follows the body’s natural lines, easing deep tension and reviving circulation.

Deep Care Rituals

Choose one the two treatments:

(1) The Hand Ritual

The Elegance of the Hands

This soothing ritual is devoted to the body’s most expressive touchpoints. Gentle massage movements ease fatigue and improve circulation, softening the skin and releasing tension from within. As warmth unfolds, the hands regain lightness and quiet strength — a calm renewal that restores both balance and beauty.

(2) Fire Therapy

Ancestral Warmth for Inner Balance

Drawing on the age-old practice of *hỏa trị liệu* — a northern tradition once used to dispel fatigue and inner cold — this therapy channels the healing power of controlled warmth through the body. Gentle heat awakens circulation, releases deep-seated tension, and encourages detoxification, restoring harmony to the body’s natural flow. Long valued in traditional village healing as a means to strengthen vitality and calm the spirit, the fire’s quiet energy now becomes a modern ritual of deep recovery and peace.

Prices are quoted in thousand Vietnamese Dong, inclusive of tax and a 5% service charge.

“Jiva” means life. When the breath softens and the body relaxes, each movement is reborn, infused with a gentle, renewing energy.

This ritual unfolds like a delicate breeze, awakening a deep sense of well-being. It begins with a massage in the rhythm of your choice, followed by a targeted treatment offered to the area of the body most in need of rest.



Opening Ritual

Choose one of the two treatments:

(1) Aromatic Oil Massage

The Art of Stillness and Flow

This gentle, unhurried massage combines Swedish flow with Vietnamese grace — where touch follows breath, and breath finds calm. Light botanical oils from the Jiva garden nourish the skin, while rhythmic strokes ease tension and restore balance — a ritual of deep relaxation that softens the body and quiets the mind.

(2) Stone Nurturing Therapy

Grounded in Heat, Rooted in Nature

Warm basalt stones glide along the body with serene precision. Their radiant heat melts tension, improves circulation, and restores inner balance. Rooted in the earth’s steady rhythm, this ritual grounds, soothes, and renews with lasting calm.

Deep Care Rituals

Choose one of the three treatments:

(1) The Still Beauty

The Countenance of Grace

Echoing the quiet elegance once nurtured in northern homes, this facial honors composure as the essence of beauty. Gentle cleansing and slow, deliberate strokes restore clarity and firmness, while warm natural essences leave the skin luminous and serene.

(2) The Grounding Soak

A Herbal Foot Ritual of Renewal

Rooted in the soothing evening practice of *ngâm chân buổi tối*, this ritual begins with a warm herbal infusion from the Jiva garden — a fragrant blend that relaxes, cleanses, and awakens circulation. Slow reflexology strokes melt tension and restore balance, as warmth grounds the body and calm rises gently from within.

(3) Xoa Bóp Ritual

Head & Neck Stress Relief

Reviving the northern tradition of *xoa bóp* — the gentle evening massage once shared in quiet homes — this ritual soothes fatigue and restores balance. Through slow, mindful movements, skilled hands ease tension in the head and shoulders, calm the breath, and bring the body’s rhythm back to natural harmony.

Prices are quoted in thousand Vietnamese Dong, inclusive of tax and a 5% service charge.

RESERVATION GUIDELINES

OPENING HOURS

Spa Services: 08:00 - 22:00 (last appointment at 20:00)

Location: Chi Quán is located in Thung Reo, at the heart of the retreat, right beside the infinity pool embracing the majestic mountain views.

SPA RESERVATIONS

Each journey at Chi Quán lasts between 90 - 120 minutes. To ensure your preferred time, we recommend booking in advance.

Appointment Policy:

- Arriving more than 15 minutes late may result in automatic cancellation.
- Rescheduling is subject to availability.
- Appointments may be changed or canceled up to 2 hours prior.
- Cancellations within 2 hours are subject to a 50% charge.
- No-shows will incur a 100% charge.

HEALTH CONSIDERATIONS

Our treatments range from gentle to more intense. Please inform your therapist if you experience detox reactions such as nausea, dizziness, restlessness, or muscle soreness. For any other health concerns, kindly notify our team upon arrival so we can provide guidance and tailor your treatment accordingly.

ETIQUETTE & PRE-TREATMENT PREPARATION

Before Your Treatment:

- Stay well hydrated before and after your session.
- Avoid heavy meals or alcohol within 90 minutes prior to your appointment.
- Remove makeup or shave if booking a facial treatment.
- Keep valuables in the safety box in your room.

At the Spa:

- Robes, slippers, and disposable undergarments are provided for your comfort.
- Please arrive 15 minutes early for your first treatment to allow time for a brief a consultation.

General Guidelines:

- Smoking, food, and beverages are not permitted inside the spa.
- Respect the quiet space so every guest may enjoy complete relaxation.

RESERVE YOUR TREATMENT:

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