



MGALLERY
HOTEL COLLECTION

AMTue Tinh



MEANING OF Am Tue Tinh

In Vietnamese culture, “Am” is a peaceful place for self reflection and enhancement. Placed together, these two components represent the Am Tue Tinh pursuit to exceed conventional physical strength and beauty, and seek comprehensive wellness in body, mind and soul.



THE STORY OF AM TUE TINH

Inspired by the great physician Tue Tinh’s motto: “**Local herbs for local uses**”, Am Tue Tinh integrates traditional medicine plants that are locally cultivated into vitality boosting therapies including steam bathing, compressing, massaging, scrubbing and so on.

Inspiration for the sacred land contains many rare herbs. This place is famous for indigenous from **Zen masters** who have practiced in **Yen Tu** mountain.

The story of **An Ky Sinh** in the 13th century: Legend has it, that is a famous Taoist under Qin Shi Huang in China, who used to go to Yen Tu peak to find medicinal plants to refine alchemy.

The story of **King Tran Nhan Tong** practicing on Yen Tu mountain and building Am Duoc, Am Thung, and Am Hoa as the place to prepare medicine for the people.





Journey of SERENITY

*Cleansing the body / Clear the meridians
Relax the muscle bands
Restore and regenerate the body state.*

Agardwood Meditation

Cleansing Therapy

Foot Cleansing

Herbal Treatment

Herbal Bath

Total 180 min

Price 3.990.000 VND/ Pax



All prices are inclusive 5% service charge and VAT



“ The journey begins with the practice of meditation with agardwood to purify the mind and then cleansing therapy followed by a four-step to soothe and calm. The wellness journey continues with a deep body treatment using herbs unique to Yen Tu Mountain to melt away tension and induce deep relaxation. The journey concludes by applying herbal bath ritual to promote ultimate relaxation and revive. ”



Journey of RESILIENCE

*Cleansing the body / Relieves stress
Relax muscle bands
Anti-inflammatory and increase immune*

Cleansing Therapy

Foot Cleansing

Essential Oil Therapy

Soak in Ice Bath

Herbal Soup

Total 150 min

Price 2.699.000 VND/ Pax

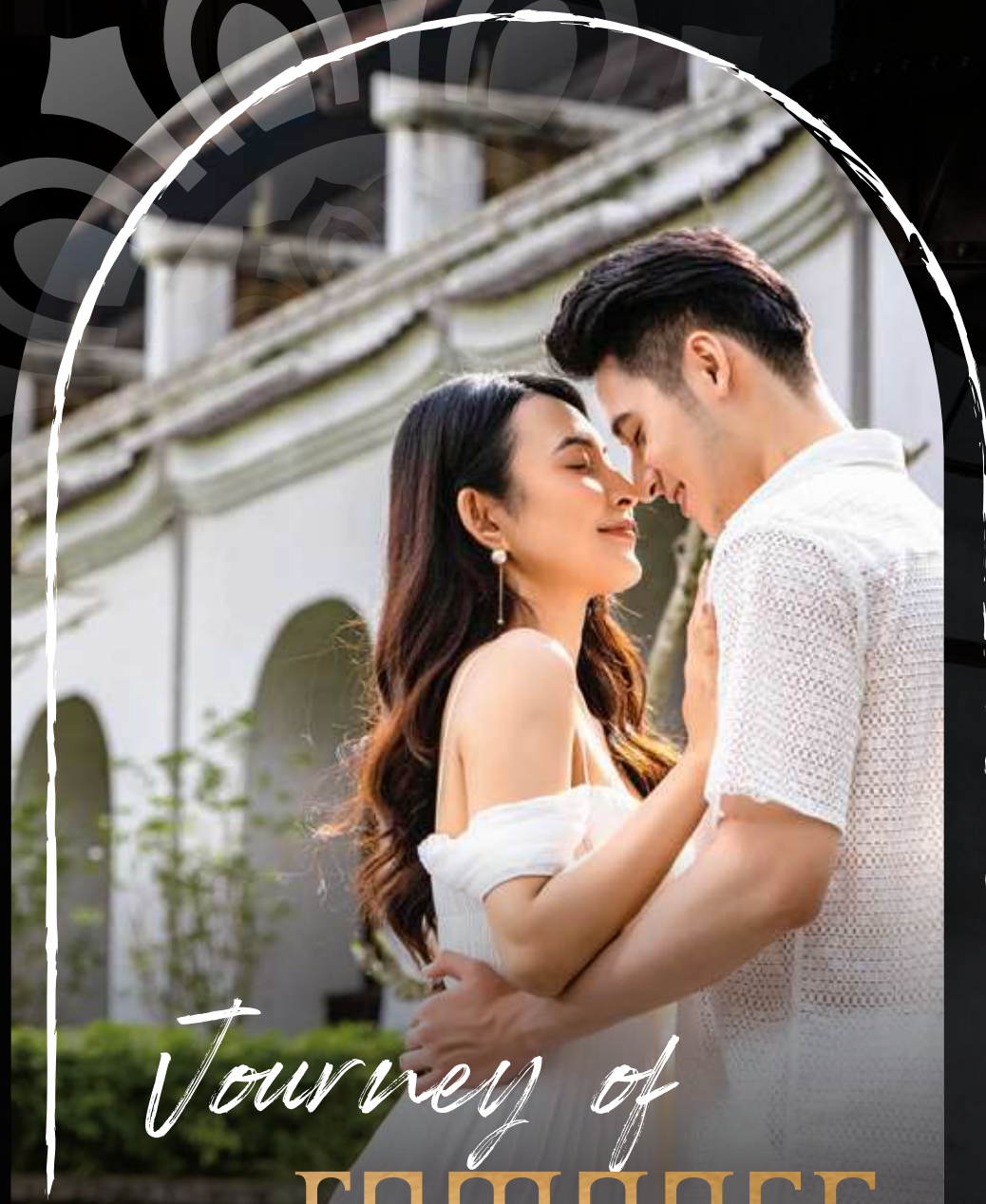
“ The journey of Resilience begins with our sauna heating up muscles and increasing blood flow. The journey continues with deep relaxation aromatherapy, using oils extracted from local plants such as roots, bark and several herbs.

The journey continues by soaking in an ice bath that reduces inflammation and supports immunity.

The journey ends with a hot herbal soup that replenishes nutrients to restore the body.

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Journey of ROMANCE

*Truly romantic couple treatment
Melt away stress and tension in harmony and serenity
A moment of tranquility.*

Setup and Décor Room:

Cleansing Therapy for 2

Foot Cleansing

Essential Oil Therapy

Herbal Bath

Enjoy Detox Water, Fruit, Chocolate

Total 160 min

Price 5.500.000 VND/ for 2 people

“Journey Romance is an enriching spa experience for two, enveloped by privacy and serenity.

The experience starts with a romantic bath ritual for two that heals and eases tensions. It is followed by a cleansing treatment using local plants and herbs. The journey continues with a deeply relaxing aroma massage using herbs and tree roots incorporating techniques from the Swedish massage to improve blood circulation.

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Cleansing

CLEANSING THERAPY

Duration & Price

30 min	700.000 VND NET
60 min	900.000 VND NET

Release body TREATMENT

AROMA TREATMENT

Approaching the body gently, creating friendliness, relaxing the central nervous system, connecting the body with the mind through gentle strokes, rubbing, and pulling techniques.

Duration & Price

60 min	1.500.000 VND/ Pax
90 min	2.000.000 VND/ Pax

HOT STONE BASAL TREATMENT

Hot stone massage helps relieve muscle pain, relieve stress, has the ability to boost immunity, help sleep better... especially enhance vitality with energy from stone.

Duration & Price

90 min	2.200.000 VND/ Pax
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PART OF BODY FOCUS TREATMENT

oriental medicine method of the Vietnamese people over thousands of years. The masters of oriental medicine noticed that our Arms and Legs parts have corresponding links to our bodies. By acting on the body's reaction points, we can help the body release the congestion or fatigue caused by internal turmoil.

Hand Reflexology:

45 min	1.000.000 VND/ Pax
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Foot Reflexology

45 min	1.000.000 VND/ Pax
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SIGNATURE HERBAL BODY TREATMENT

the use of hot steamed fresh herbal Punch to directly act on tense muscles are combined to release bad energy and lactic acid in the body.

Duration & Price

90 min	2.200.000 VND/ Pax
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NECK AND SHOULDER THERAPY

This is traditional Vietnamese medical. By using the 9 points of Ha Do Lac Thu acupoints are 9 locations where the transmitter of a space magnetic field receiver is located, when 9 acupoints are pressed enough to activate a mesh to collect space waves for the magnetic field flow into the body, stimulate brain activity, relaxation shoulder muscle area.

Duration & Price

45 min	1.000.000 VND/ Pax
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SIGNATURE HERBAL BATH RITUAL

Contemplate the blended setting of lakeview and private royalty treatment room while enjoying this herbs-infused bath that detoxifies and eliminated harmful substances through expansion of under-skin glands.

Duration & Price

60 min	1.500.000 VND/ Khách
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A Little CARE

HEAD, SHOULDER, KNEES AND TOES

A head, shoulder, knees and toes massage will pamper our youngest guests after a day spent exploring and swimming. The massage experience will unwind and rejuvenate from head to toe.

Duration & Price

60 min	1.000.000 VND/ Pax
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REST AND FOCUS

A relaxing treatment for our youngster encompassing a light pressure massage. This soothing aromatherapy massage uses a blend of lavender oil to instill relaxation and ensure a good night's sleep.

Duration & Price

30 min	700.000 VND/ Pax
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menu am tuệ tĩnh

packaging am tuệ tĩnh

TREATMENTS	VIETNAMESE NAME	NAME OF TREATMENTS	TIME (Minutes)	PULBLIC RATE(VND)	TREATMENTS	VIETNAMESE NAME	NAME OF TREATMENTS	TIME (Minutes)	PULBLIC RATE(VND)
Liệu pháp tẩy tẩy Cleansing Therapy	Thanh tẩy	Suối nguồn Yên Tử Hydrotherapy Springs	30 – 60	700.000 - 900.000	Journey of Serenity	Hành trình trở về Bình An	Thiền trầm Argarwood meditation	180	3.990.000
		Xông hơi Am thảo dược Herbal steam lodge					Tắm tẩy Cleansing therapy		
		Tắm mưa Liên Vũ Rinsing Sprinkles					Trị liệu thảo dược Herbal treatment		
		Xông khô Am đá muối Salt Sauna					Ngâm bồn thảo dược Herbal bath		
Giải phóng Release Full body treatment	An thân	Trị liệu hương thơm Aroma treatment	60	1.500.000	Journey of Resilience	Hành trình Dưỡng Thân	Tắm tẩy Cleansing therapy	150	2,690.000
			90	2.000.000			Nghi thức làm sạch chân Foot cleansing		
	Dưỡng thân	Trị liệu thảo dược đặc trưng Yên Tử Signature Herbal body treatment	90	2.200.000			Trị liệu tinh dầu Essential oil therapy		
			90	2.200.000			Ngâm nước lạnh Soak in ice bath		
Trị liệu tập trung Part of body focus	Minh thân	Trị liệu Cổ -Vai -Gáy Neck & Shoulder therapy	45	1.000.000	Journey of Romance	Hành trình Kết nối lãng mạn	Soup thảo dược Herbal soup	160	5.500.000
	Thủ thân	Trị liệu tay Hand Reflexology	45	1.000.000			Set up décor phòng Setup & décor room		
	Vận thân	Trị liệu chân Foot Reflexology	45	1.000.000			Tắm tẩy riêng 2 người Cleansing therapy for two		
Phục hồi Resilience	Thanh Thân	Liệu pháp ngâm bồn thảo dược Signature Herbal bath ritual	60	1.500.000	Journey of Romance	Hành trình Kết nối lãng mạn	Nghi thức làm sạch chân Foot cleansing	160	5.500.000
Gói Thư Giãn Cho Bé A Little Care	Liệu pháp thư giãn từ đầu tới chân	Liệu pháp thư giãn từ đầu tới chân Head, shoulder, knees and toes	60	1.000.000			Trị liệu tinh dầu Essential oil therapy		
	Liệu pháp Thanh Thân cho bé	Liệu pháp Thanh Thân cho bé Rest & Focus	30	700.000			Ngâm bồn thảo dược Herbal bath		
							Thưởng thức nước detox, trái cây, socola Enjoy detox water, fruit, chocolate		



SPA ETIQUETTE

AGE REQUIREMENT

Spaguestsundertheageof18 years must be accompanied by a parent or guardian, or present written consent from a parent or guardian. In the latter case, a parent or guardian must be present in the resort during the entire treatment.

HEALTH CONDITIONS

Kindly advise The Spa team prior to your treatment of any health concerns, pregnancy, injuries or allergies that may affect your treatment. Please allow The Spa team to guide you in selecting which treatments are most suitable for you.

COMFORT

Every Spa treatment is a very individual experience. Please let your therapist know if there is anywaythathe/shecanimprove your treatment or comfort for example, heavier or lighter massage pressure, an extra towel, sound or lighting levels.

AMBIANCE

The Spa environment is one of tranquility and relaxation. In consideration of other Spa guests, you are asked to speak quietly and switch mobile phones and other electronic devices to silent mode. If using headphones, the volume level should not be audible to other guests. For complete privacy, the use of cameras is not permitted in The Spa.

PRIVACY

Body treatments are best enjoyed wearing the disposable underwear provided with compliments in your treatment suite. However, please wear what is comfortable for you. Your privacy will be protected at all times. Your therapist will leave you to change in private. Throughout the treatment you will be draped with towels, covering all parts of the body not being worked upon.

SMOKING

The entire Spa including reception pavilion, relaxation lounge and treatment suites is a smoke-free zone. Smoking is not permitted anywhere in The Spa.

ALCOHOL

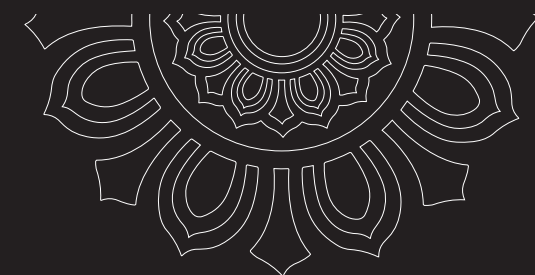
The consumption of alcohol is strictly prohibited before and during treatments. The Spa team reserves the right to refuse providing treatments to intoxicated guests.

RESTRICTIONS

Unacceptable and inappropriate behaviour towards The Spa team will not be tolerated, and in which case a treatment will be terminated immediately without refund.



Thank you



HOURS & RESERVATION

10 am to 10 pm daily

booking

Please speak to your Spa team to book a treatment. If the Spa is closed, kindly note that we are only able to confirm the bookings between the hours of 10 am and the last booking at 9 pm. Please contact our Receptionist:

Telephone number: (+84) 203 625 9888

Ext: 5060

Email: Reception.am @legacyyentu.com.vn

ARRIVAL TIME

It is recommended that you arrive 15 prior to your Spa appointment in order relax in the tranquil surroundings and to complete your holistic health assessment form.

LATE ARRIVAL

Spa treatments are typically scheduled with ample buffer time in between to accommodate latecomers, however, in a spirit of mutual respect, you are requested to arrive on time. If you foresee that you will be running late, please contact at your earliest convenience the Spa team, who will be happy to help you re-schedule. In the event that you arrive late, the Spa team will endeavor to conduct your full spa treatment, which however in rare circumstances may not be possible.

CANCELLATION POLICY

We look forward to seeing you for a very special moment of wellbeing. However, full charge of this service will be applied if you no-show or 50% charge will be applied if the cancellation is made less than 4 hours.



