



ORCHID BAR | LE COLVERT RESTAURANT

**LA FERME DU COLVERT | VỊT CỔ XANH**

**RESORT SPA | 40 KM FROM HANOI**

**HOA BINH TOP TEN DESTINATION**

Giếng Xạ - Cự Yên - Lương Sơn - Hòa Bình

RECEPTION +84 2183 825 662



*SOCIAL ENTERPRISE for SUSTAINABLE HOSPITALITY*

*GUESTS CONTRIBUTE TO OUR LOCAL COMMUNITY SCHOOL HOA BAN*



**VIETNAM AVENTURE | HANOI OFFICE**

INFO | RESERVATION +84 437 764 301

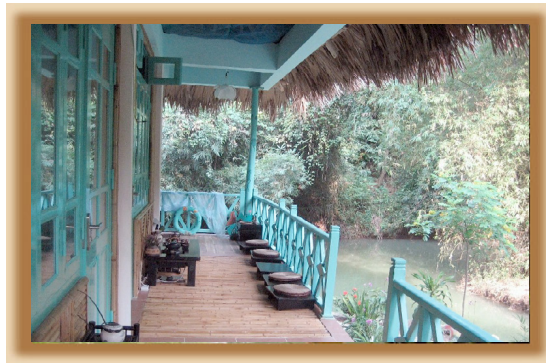
[BOOKING@lafermeducolvert.com](mailto:BOOKING@lafermeducolvert.com)

[THONGTIN@vitcoxanhresort.com](mailto:THONGTIN@vitcoxanhresort.com)

8 - Lane 25/7 - Vũ Ngọc Phan - Láng Hạ - HN







Our Nature Spa offers traditional Muong massage, with hot pebbles and bamboos. Tonic and strengthening massage inspired from the Thai and Swedish massages.

Muong body cares: flowery, fruits or herbs wrap.

Face cares, flowery and fruits face masks.

Massage and foot and hands cares; Pedicure and Manicure.

Hair: beauty cares, shampoo, blow-dry.

Traditional Vietnamese herbs Hammam -Sauna - Jaccuzi.

Soft medicine practice with the use of medicinal plants.



**2016 - 2017**

**SPA & TRỊ LIỆU**

| <b>CHĂM SÓC SPA<br/>THỜI GIAN</b> | <b>MIÊU TẢ</b>  | <b>GIÁ / KHÁCH</b>   |
|-----------------------------------|---|--|
| <b>SPA 01 / 45'</b>               | Mát-xa, chăm sóc cơ thể kiểu Mường  | 15 usd<br>300 000 vnd  |
| <b>SPA 02 / 60'</b>               | Mát-xa, chăm sóc cơ thể kiểu Việt bằng tre hoặc đá nóng   | 20 usd<br>400 000 vnd  |
| <b>SPA 03 / 45'</b>               | Mát-xa mạnh với dầu hoa Lavender<br>Chăm sóc cơ thể kiểu Thụy Điển  | 20 usd<br>400 000 vnd  |
| <b>SPA 04<br/>45' / Chăm sóc</b>  | Vui lòng chọn một trong những chăm sóc tiếp theo:<br><ul style="list-style-type: none"> <li>◇ Mát-xa, đắp mặt, chăm sóc da mặt</li> <li>◇ Chăm sóc, làm đẹp móng tay, chân</li> <li>◇ Matxa, chăm sóc chân tay, ngâm nước bột quế</li> <li>◇ Gội đầu, chăm sóc da mặt, da tóc, đầu bằng nước lá thơm vườn*</li> </ul> | 12 usd<br>250 000 vnd<br><i>*Quý khách vui lòng<br/>đặt trước 1h</i> |



| <b>TRỊ LIỆU<br/>THỜI GIAN</b>                                  | <b>MIÊU TẢ</b><br><i>Quý khách vui lòng đặt trước 1h</i>   | <b>GIÁ / KHÁCH</b>                                |
|--|--|---|
| <b>TRỊ LIỆU 01</b><br>30'                                      | Xông hơi – Sauna – Hammam – Ngâm chân<br>Sử dụng Thảo dược truyền thống Mường  | 10 usd   200 000 vnd<br><b>tối thiểu 2 khách</b>  |
| <b>TRỊ LIỆU 02</b><br>60'                                      | Trị liệu dân tộc Mường bằng thảo dược<br>Hơ ngải cứu, chống nhức đầu, mệt mỏi<br>Bấm huyệt và mát xa nhẹ nhàng             | 22 usd   450 000 vnd<br><b>tối thiểu 2 khách</b>  |
| <b>TRỊ LIỆU 03</b><br>75'<br><i>chỉ khi có mặt Y sỹ Đông y</i> | Trị liệu Vật lý - Điện xung hoặc chườm nóng*<br>Giảm các đau nhức trên cơ thể<br>Mát xa trị liệu, hỗ trợ bằng dầu làm nóng | 30 usd<br>650 000 vnd<br><b>tối thiểu 2 khách</b> |
| <b>TRỊ LIỆU 04</b><br>60'                                      | Trị liệu bằng sức nước<br>Tắm bồn lá thơm dân tộc Mường<br>Jacuzzi kiểu Pháp<br>Chăm sóc cơ thể và matxa nhẹ               | 20 usd<br>400 000 vnd<br><b>tối thiểu 2 khách</b> |



**2016 – 2017 SPA & Herbal Cares**

| SPA duration                |   | price/ person         |
|-----------------------------|---|-----------------------|
| <b>SPA 01 / 45'</b>         | Muong-style Soft Body Massage with Natural Oil  | 15 usd<br>300 000 vnd |
| <b>SPA 02 / 60'</b>         | Vietnamese Body Massage and Cares with Hot Bamboo or Stones   | 20 usd<br>400 000 vnd |
| <b>SPA 03 / 45'</b>         | Swedish-style Strong Body massage with Natural Oil  | 20 usd<br>400 000 vnd |
| <b>SPA 04</b><br>45' / Care | Please choose one of the following<br><ul style="list-style-type: none"> <li>◇ Face Soft Natural Mask and Massage</li> <li>◇ Manicure, Pedicure</li> <li>◇ Foot &amp; Hand massage, with natural herbal broth</li> <li>◇ Hair shampoo, head &amp; face massage w/ natural herbal broth</li> </ul> | 12 usd<br>250 000 vnd |



| <b>HERBAL CARE</b><br>duration |  | price/ person                                    |
|--------------------------------|--|--|
| <b>HERBAL CARE 01</b><br>30'   | Herbal Steam – Sauna – Hammam – Foot Cinnamon Broth<br>with Mùòng Traditional Medicinal Herbs Broth  | 10 usd<br>200 000 vnd<br><b>2 people minimum</b> |
| <b>HERBAL CARE 02</b><br>60'   | Soft Massage, Hand Acupuncture<br>Especially effective for headache, sore body or fatigue<br>with Artemisia vulgaris “Ngải cứu” smoke<br>and Mùòng Traditional Medicinal Herbs Broth | 22 usd<br>450 000 vnd<br><b>2 people minimum</b> |
| <b>HERBAL CARE 03</b><br>75'   | Chinese-inspire Technique – With electricity or Hot Towel<br>Especially effective for sore body<br>Herbal Massage, with Warming Oil  | 30 usd<br>650 000 vnd<br><b>2 people minimum</b> |
| <b>HERBAL CARE 04</b><br>60'   | Water treatment<br>Mùòng Herbal Broth Bath<br>French-Style Jacuzzi<br>Body Massage and Cares   | 20 usd<br>400 000 vnd<br><b>2 people minimum</b> |







## NATURE SPA

### SOME NATURAL AND FRESH INGREDIENTS USED FOR OUR SPA CARES

#### • Curcuma - Nghe:

Growing up from the entrails of the earth, the curcuma - Nghe makes miracles. From its root, under its coarse appearance (Nghe is a sort of ginger but yellow), we extract a magic substance with thousands virtues. Because of its yang effect, its spicy savour of orange peel, Nghe is traditionally used in India in the ayurvedic pharmacopeia to reheat the body and to stimulate the metabolism. Being tonic, our curcuma - the traditional Nghe - enters in the composition of the balsam anti-inflammatory drug and speeds the cicatrization.

It's not difficult to fabricate the curcuma. Once Nghe is steamed, its root will be peeled and pulverized. The « golden powder » obtains a constant saffron which is also one of the hot and coloured spices very useful in kitchens of the « countries of the Sun » - hot and coloured.

#### • Rice - Gao:

The head under the sun, the feet in water, beyond its dietetic interests, the rice in Asia is well related to the fertility of the earth. Being rich in vitamin B and in iron...the rice gives hydrating and nutritive oil of germ which acts favorably on the regenerating system. The starch has the nutritive and absorbing properties.

#### • Sake - Ruou:

Fabricated by the farmers, long time ago Ruou was used as a remedy to anesthetise and to disinfect. Being obtained by distillation of rice or other cereals, Ruou hides behind its 40° alcohol all the tonic virtues especially when we put it on the skin with the others benefits of the combination of cereals or arranged fruits. Ruou is rich in vitamin B, iron and zinc... It brings energie to all the organism when we use in tonic massage or stimulative care. Ruou helps in cleaning skin and in circulation of blood and vascula.

#### • Coconut - Dua:

Tree of life, the coconut is very useful in everyday life. Its white, fresh scraped pulp has a lot of hydrates. It offers a cosmetic and edible butter. Its oil nourishes skin and hair. The coconut pulp protects and makes function the cellular life.

#### • Heating stones - Cuoi va da hun nong:

Hot stones on an oiled body bring a purifying and relaxing massage which combines the movements of slip, while creating vasodilatation for the capillaries. The heat increases the metabolism and accelerates the heartbeat rate.

Making of floral waters of grapefruit tree (Hoa Buoi) by still process.



## NATURE SPA

#### • Eucalyptus - Bach tram ou tram:

The oil or the essences of eucalyptus stimulates blood circulation and supports the clearing of the respiratory tracts. Plunge the leaves of eucalyptus and some other aromatic herbs in a ebullient water pot, this mixture, rich in vitamin, is used in the hammams. By the lungs and by the pores, this active, alleviating and purifying oil penetrates in our skin helps the relaxation.

#### • Ginger - Gung :

This herbaceous plant, growing in bulk in our garden, is a part of traditional culinary ingredients and traditional therapy. Gung is very spicy, exuberant and contains a lot of elements rich in yang energy. It is used in the tonic massage or stimulative care which help the blood circulation and the growth of the hair.

#### • Green tea- Chè xanh :

This plant immigrated in Vietnam from China long time ago. The Taoism took it for the ideal communion with nature, for pleasure and freedom. The Green Tea grows in bulk too in our garden. It is rich in vitamin and polyphenols, very helpful in preserving youth. The Green Tea is used in body massage with vitamin B1, B2 for the absorption which acts favorably on the immune, nervous and digestive system.

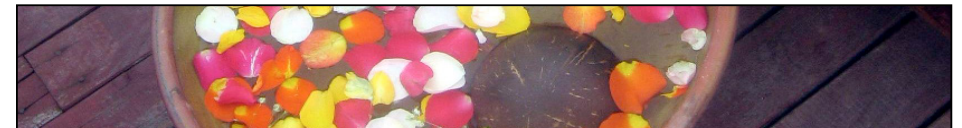
#### • Citronnella - Sa :

This herbaceous plant which grows in bulk in our garden, was a part of the traditional culinary ingredients and the traditional aesthetics. When Sa is infused, its leaves refresh and facilitate digestion, alleviate the orders and move away the mosquitos. Once Sa is crushed, it will release an essential oil with a strong and odorous character. We use them in the body massage (by adding vegetable oil) to relieve the migraine and sinusitis, to cleanse the skin and to help in relaxation.

#### • Papaya - Du du:

The Papaya was carried to Vietnam from the Caribbean. This delicious fruit which grows in bulk in Asia and... in our garden, is also used in the traditional culinary ingredients and the traditional aesthetics. Its flesh nourishes and relieves the digestion. Its leaves disinfect the cicatrization. Its pulp, with mashed avocado, carrots and tomatos, rich in vitamin A, C , iron and calcium, protects the cutaneous barrier and acts as an anti-ageing.

Many other fruits, aromatic leaves and flowers are used in various cares as hammam scented and massages : Passion-fruit - Chanh leo, Rose - Hoa Hong, orchid - Hoa Lan, Cucumber - Dua Chuot, aromatic herbs - Co Thom, bamboo - Tre, Grapefruit - Buoi, Bo Ket and coriander seeds ... Tre, Buoi, Sa, Mui, Huong Nhu, Cuc Tan... All of that with sandal gasoline, sesame oil mixed with honey of bee, arranged ginger alcohol, anise or cinnamon... And that combined with the good cares of our hostesses from the Muong minority group.





## NATURE SPA

HAMMAM, JACUZZI AND HYDROTHERAPY



Spa is an abbreviation of Salut Per Aqua , Solus Per Aqua , Sanus Per Aquam. These words mean health by water.

Our Nature Spa is located in the land where the water is omnipresent. The large well-known Kim Boi warm springs, a nationally renowned name, is situated in the same midly mountainous region of Hoa Binh.

Our masseuses are Muong hostesses, ladies from the ethnic group of Cu Yen village. Authentics and naturals, they make massages, beauty and health cares using natural ingredients; medicinals leaves , exotics flowers, tropicals fruits, aromatics herbs...

Our traditional Muong hammam is a unique concept with it's perfumed steam of leaves from the garden; Bamboo - Tre, Grapefruit - Bui, le Bo Ket and Coriander grains - Mui; lemongrass - Sa. Ou Huang Nhu, Cuc Tan, la Nang...

Land of water par excellence, our hydrotherapy treatments benefits from the splendid location of La Ferme du Colvert, offering you an equalled detente in nature, a gentle way of life.



## NATURE SPA

ON THE NATURE SIDE

The Muong land of water and ricefields

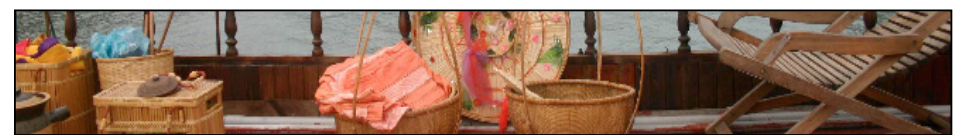


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Benefiting from these natural regional assets, la ferme du Colvert is in the midst of furthering it's research into the notion of well-being wich link the rivers and lakes in the heart of a site of 25 ha.

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### GUIDELINES

- Nature Spa and Beauty Salon open from 8 am to 6 pm everyday.
- Reservation is required from 1 to 2h before to prepare herbs water for some treatments.
  - Please: cancellation less than 2h before appointment results in 50% cancellation fee.
- Nature Spa uses natural massage oils made with natural ingredients: medicinal leaves, flowers and tropical fruits, depending on seasons.
- Natural Spa and Beauty care is a natural relaxation place ; no smoking, alcohol or noise.
  - Please bring your swimming suit for Jacuzzi and Hammam-Sauna.
  - Kimono and towels are available for massage, sauna.
- Beauty cares sessions include green tea from Resort's Tea Tree Hills.
- Discount for services packages: - 10% for 2 cares; – 20% for 4 cares.
  - For children under 12 years old: 50 % off.
  - Children under 16 years old must be with parents.
- For more information, please contact Reception or [booking@lafermeducolvert.com](mailto:booking@lafermeducolvert.com)

*THANK YOU for STAYING at LA FERME DU COLVERT!*

