



## SIX SENSES CON DAO – SPA & WELLNESS VILLAGE

A serene sanctuary amidst lush hills, Six Senses Con Dao Spa offers a tranquil haven spanning a generous 10,000 square meters of dedicated wellness space. Our spa village features nine overwater structures, housing diverse facilities such as eight treatment rooms, private steam and sauna rooms, spacious relaxation areas, juice bar, yoga pavilion and meditation sala to renew body, mind, and spirit.

### Sample Wellness Itinerary

The following wellness itineraries are provided as samples for reference purposes only. Each itinerary can be customized to meet the specific needs and preferences of the individual.

#### 1. Sleep Package

3 Nights	5 Nights	7 Nights
<b>1<sup>st</sup> Day</b>	<b>1<sup>st</sup> Day</b>	<b>1<sup>st</sup> Day</b>
Wellness Screening (45 mins)	Wellness Screening (45 mins)	Wellness Screening (45 mins)
Personalized Spa Treatment (60 mins)	Personalized Spa Treatment (60 mins)	Personalized Spa Treatment (60 mins)
Recovery Biohacks (15 mins)	Recovery Biohacks (15 mins)	Recovery Biohacks (15 mins)
<b>2<sup>nd</sup> Day</b>	<b>2<sup>nd</sup> Day</b>	<b>2<sup>nd</sup> Day</b>
Private yoga/Personal Fitness (60 mins)	Private yoga/Personal Fitness (60 mins)	Private yoga/Personal Fitness (60 mins)
Breathwork/Meditation (45 mins)	Recovery Biohacks (15 mins)	Recovery Biohacks (15 mins)
-	-	Yoga Nidra (45 mins)
<b>3<sup>rd</sup> Day</b>	<b>3<sup>rd</sup> Day</b>	<b>3<sup>rd</sup> Day</b>
Shirodhara (60 mins)	Personalized Spa Treatment (60 mins)	Personalized Spa Treatment (60 mins)
-	Breathwork/ Meditation (45 mins)	Breathwork/ Meditation (45 mins)
	<b>4<sup>th</sup> Day</b>	<b>4<sup>th</sup> Day</b>
	Shirodhara (60 mins)	Shirodhara (60 mins)
	Yoga Nidra (45 mins)	Yoga Nidra (45 mins)
	<b>5<sup>th</sup> Day</b>	<b>5<sup>th</sup> Day</b>
	Private yoga/Personal Fitness (60 mins)	Private yoga/Personal Fitness (60 mins)
	Sound Journey (60 mins)	Sound Journey (60 mins)

		<b>6<sup>th</sup> Day</b>
		Ayurveda Experience (90 mins)
		Private yoga/Personal Fitness (60 mins)
		<b>7<sup>th</sup> Day</b>
		Recovery Biohacks (15 mins)
		Yoga Nidra (45 mins)

## 2. Detox Package

3 Nights	5 Nights	7 Nights
<b>1<sup>st</sup> Day</b>	<b>1<sup>st</sup> Day</b>	<b>1<sup>st</sup> Day</b>
Wellness Screening (45 mins)	Wellness Screening (45 mins)	Wellness Screening (45 mins)
Recovery Biohacks (15 mins)	Recovery Biohacks (15 mins)	Recovery Biohacks (15 mins)
<b>2<sup>nd</sup> Day</b>	<b>2<sup>nd</sup> Day</b>	<b>2<sup>nd</sup> Day</b>
Private yoga/Personal Fitness (60 mins)	Private yoga/Personal Fitness (60 mins)	Private yoga/Personal Fitness (60 mins)
Udwartana (45 mins)	Udwartana (45 mins)	Udwartana (45 mins)
<b>3<sup>rd</sup> Day</b>	<b>3<sup>rd</sup> Day</b>	<b>3<sup>rd</sup> Day</b>
Breathwork/ Meditation (45 mins)	Yogic Intestinal Cleanse (60 mins)	Yogic Intestinal Cleanse (60 mins)
-	Chakra Meditation (45 mins)	Chakra Meditation (45 mins)
	<b>4<sup>th</sup> Day</b>	<b>4<sup>th</sup> Day</b>
	Recovery Biohacks (15 mins)	Recovery Biohacks (15 mins)
	Breathwork/ Meditation (45 mins)	Breathwork/ Meditation (45 mins)
	Personalized Spa Treatment (60 mins)	Personalized Spa Treatment (60 mins)
	<b>5<sup>th</sup> Day</b>	<b>5<sup>th</sup> Day</b>
	Detox Body Wrap (75 mins)	Private yoga/Personal Fitness (60 mins)
	-	Abhyanga (60 mins)
		<b>6<sup>th</sup> Day</b>
		Breathwork/ Meditation (45 mins)
		Udwartana (45 mins)
		<b>7<sup>th</sup> Day</b>
		Detox Body Wrap (75 mins)
		Recovery Biohacks (15 mins)

## 3. Yoga Package

3 Nights	5 Nights	7 Nights
<b>1<sup>st</sup> Day</b>	<b>1<sup>st</sup> Day</b>	<b>1<sup>st</sup> Day</b>
Wellness Screening (45 mins)	Wellness Screening (45 mins)	Wellness Screening (45 mins)
Yoga Consultation	Yoga Consultation	Yoga Consultation
Personalized Spa Treatment (60 mins)	Personalized Spa Treatment (60 mins)	Personalized Spa Treatment (60 mins)
<b>2<sup>nd</sup> Day</b>	<b>2<sup>nd</sup> Day</b>	<b>2<sup>nd</sup> Day</b>
Private yoga (60 mins)	Private yoga (60 mins)	Private yoga (60 mins)
Breathwork (45 mins)	Breathwork (45 mins)	Breathwork (45 mins)
<b>3<sup>rd</sup> Day</b>	<b>3<sup>rd</sup> Day</b>	<b>3<sup>rd</sup> Day</b>
Private yoga (60 mins)	Yogic Intestinal Cleanse (60 mins)	Yogic Intestinal Cleanse (60 mins)

Guided Meditation (45 mins)	Yoga Nidra (45 mins)	Yoga Nidra (45 mins)
	<b>4<sup>th</sup> Day</b>	<b>4<sup>th</sup> Day</b>
	Private yoga (60 mins)	Private yoga (60 mins)
	Sound Journey (60 mins)	Sound Journey (60 mins)
	<b>5<sup>th</sup> Day</b>	<b>5<sup>th</sup> Day</b>
	Private yoga (60 mins)	Private yoga (60 mins)
	Guided Meditation (45 mins)	Guided Meditation (45 mins)
	Personalized Spa Treatment (60 mins)	Personalized Spa Treatment (60 mins)
		<b>6<sup>th</sup> Day</b>
		Private yoga (60 mins)
		Shirodhara (60 mins)
	<b>7<sup>th</sup> Day</b>	
	Guided Meditation (45 mins)	
	Personalized Spa Treatment (60 mins)	

#### 4. Ayurveda Rejuvenation Package

3 Nights	5 Nights	7 Nights
1 <sup>st</sup> Day	1 <sup>st</sup> Day	1 <sup>st</sup> Day
Ayurveda Consultation (45 mins)	Ayurveda Consultation (45 mins)	Ayurveda Consultation (45 mins)
Private Yoga (60 mins)	Private Yoga (60 mins)	Private Yoga (60 mins)
-	-	Udwartana (45 mins)
2 <sup>nd</sup> Day	2 <sup>nd</sup> Day	2 <sup>nd</sup> Day
Udwartana (45 mins)	Abhyanga (60 mins)	Abhyanga (60 mins)
Guided Meditation (45 mins)	Shirodhara (60 mins)	Shirodhara (60 mins)
3 <sup>rd</sup> Day	3 <sup>rd</sup> Day	3 <sup>rd</sup> Day
Abhyanga (60 mins)	Yogic Intestinal Cleanse (60 mins)	Yogic Intestinal Cleanse (60 mins)
Shirodhara (60 mins)	Sound Journey (60 mins)	Sound Journey (60 mins)
	<b>4<sup>th</sup> Day</b>	<b>4<sup>th</sup> Day</b>
	Ayurveda Experience (90 mins)	Breathwork (45 mins)
	Guided Meditation	Private yoga (60 mins)
	<b>5<sup>th</sup> Day</b>	<b>5<sup>th</sup> Day</b>
	Udwartana (45 mins)	Kati Vasti (45 mins)
	Breathwork (45 mins)	Breathwork (45 mins)
		<b>6<sup>th</sup> Day</b>
		Ayurveda Experience (90 mins)
		Guided Meditation (45 mins)
		<b>7<sup>th</sup> Day</b>
	Udwartana (45 mins)	
	Guided Meditation (45 mins)	

Please contact the Reservations Team for more information: [reservations-condao@sixsenses.com](mailto:reservations-condao@sixsenses.com).