

The Nam hai's 5-Star SPa in Central Vietnam

(Hoi An, Vietnam, August 6, 2007) – The Spa at Central Vietnam's 5-Star Nam Hai resort is a sublime sanctuary for relaxation and renewal of body, mind and spirit inspired by Oriental healing traditions. The resort and Spa have been open for six months and the spa has already won two prestigious accolades; It has been nominated as One of the World's Top New Spas (Conde Nast Traveler US edition) and One of the World's top 75 Spas (Conde Nast Traveler UK edition) by Conde Nast.

Surrounded by a tranquil lagoon, the facilities include eight luxurious private spa villas - four single and four double. Each spa villa is appointed with a changing room, steam shower and a separate private bath. All spa villas also have a relaxation room which houses an oversized day bed perched at the edge of the lagoon. Featuring the expertise of well-trained Vietnamese and Balinese therapists, the spa offers a range of natural therapeutic treatments and holistic beauty rituals, all designed with your total well-being in mind.

Since opening in December 2006, the most popular treatment has been the traditional Vietnamese massage. This hour long massage starts with a relaxing and detoxifying foot scrub before the massage which then uses an ancient technique combing massage and pressure point work to balance the flow of 'chi' through energy channels in the body for relaxation and rejuvenation.

The most unique treatment guests will find at The Nam Hai Spa is 'The Nam Hai Indulgence'*. This 2.5 hour pampering ritual includes a collection of relaxing treatments;

- Aromatherapy foot polishing
- Asian style foot massage
- Traditional Body Scrub – contains natural ingredients to exfoliate dead skin cells and stimulate circulation bringing vital glow to the appearance of the skin.
- Natural Facial – A complete six-step facial using pure ingredients sourced from nature to gently but effectively enhance the condition of the skin.
- The Nam Hai Massage – The ultimate body massage with two massage therapists working in harmony for a unique and indulgent experience
- The ritual is finished with a tranquil petal bath.

As well as a vast collection of treatments and therapies available, The Nam Hai Spa also stocks a wide selection of local and international spa and beauty products some of which have been designed specifically for The Nam Hai. For many of the treatments, the spa uses products from the Sundari product range from New York comprising pure and organic ingredients wherever possible.

For those wishing to stay a little longer, The Nam Hai, Hoi An offers unrivalled 5-star accommodation amid the unique culture of Central Vietnam combining a state-of-the-art spa, gourmet cuisine and abundant recreational pursuits with an atmosphere of unsurpassed opulence on Vietnam's coastline. The all-villa resort features 60 one-

bedroom villas and 40 pool villas ranging from one to five bedrooms, each with its own luxurious infinity pool.

Occupying over four miles of landscaped tropical gardens overlooking the South China Sea on the famous China Beach, The Nam Hai is just 10 minutes from picturesque Hoi An, a UNESCO World Heritage 'Silk Road' trading port with a quaint 'old town' of sidewalk cafes and artisan boutiques.

Several other UNESCO World Heritage sites are also within reach of The Nam Hai for day outings, including My Son Valley, Vietnam's equivalent to Angkor Wat, and Hue, the ancient capital with an Imperial City comparable to Beijing's Forbidden City.

Also nearby is the busy seaport of Danang, where most guests arrive by air, and Marble Mountain, a scenic Buddhist sanctuary.

The best time to visit Danang, Central Vietnam and The Nam Hai is between the months of May and September

* Priced at US\$260

The Nam Hai is managed by General Hotel Management Limited (GHM), a luxury hotel development and management company. For more information on The Nam Hai Resort please visit www.ghmhotels.com or contact:

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