

Wellness Club

WELLNESS DOCUMENT

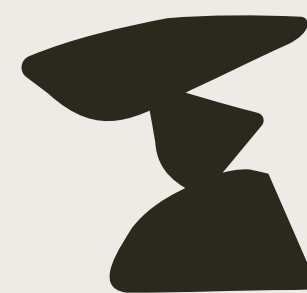


Welcome to Somni

Somni is a space created for wellbeing. Here, you'll find thoughtful wellness services, advanced recovery tools, and a community of like-minded individuals who value health, strength, and longevity.

We believe in caring for the body today so it can carry you well into tomorrow, combining modern recovery technology with an environment that feels calm, supportive, and grounded.

Whether you're here to train, restore, or simply reconnect, we're grateful to have you with us.



SOMNI Hours

Monday – Friday: 5am – 10pm

Saturday: 5am – 10pm

Sunday: 5am – 10pm



WIFI

High Speed WIFI available to all Somni members throughout the whole facility.

Parking

Cars parking are available outside in front of the facility and also opposite side of the road.

Motorbikes/scooters parking are available downstairs at the basement.

**All parking are free of charge with onsite security*



What To Bring

In our gym facility you will be provided with fresh towels throughout the club and bottled water ready for purchase.

We recommend bringing your own water bottles to make use of our reverse osmosis filtered water tabs.

On top of our haven, when enjoying our cold plunge, jacuzzi, sauna and steam rooms: we provide fresh towels and refreshments for purchase. Furthermore, we have icepacks available for Men (for the Johns) during sauna/steam room sessions.

Somni Standards, Mobile Phone Usage & Policy.

Please refer through your membership agreement and purchase.

Somni Water Haven



Our Water Haven is designed for members to relax and recover and to be disconnected to the outside world.





Somni Cafe

At Somni, our cafe is thoughtfully
curated for your overall health

Monday – Friday: 7am – 8pm

Saturday: 7am – 8pm

Sunday: 7am – 8pm





Group Training



CLASS	DESCRIPTION	DURATION
Reformer Pilates All levels welcome	Our signature experience, designed for every stage of the journey. From foundational technique to advanced strength formats, each class is built on precision, control, and deep body awareness. Move with intention and feel the difference beyond the studio. CLASSES: Essentials · Sculpt & Shape · Flow · Strength · Body Blast	55 minutes
Mat Pilates All levels welcome	The purest form of the practice. Using only bodyweight and breath. Mat Pilates builds core strength, flexibility, and postural control with quiet intensity. A complete method and the perfect complement to Reformer days.	55 minutes
Posture Reset All levels welcome	A recalibration for the modern body. Release tension from long hours at a desk, tight hips, rounded shoulders, compressed spine. Through stretch, strength, and alignment, you'll stand taller and move with ease.	55 minutes



CLASS	DESCRIPTION	DURATION
Vinyasa Yoga All levels welcome	Breath and movement, in sync. From the grounding rhythm of slower flows to more dynamic, strength-led sequences, each class builds awareness, flexibility, and control. Move with presence and leave with clarity. CLASSES: Essentials · Sculpt & Shape · Flow · Strength · Body Blast	55 minutes
Restorative Yoga All levels welcome	Rest as practice. Designed to release tension and restore balance through slow holds, supported postures, and mindful breath. A space to soften, reset, and return to ease. CLASSES: Yin & Yang · Hip Opening · Balance Yoga	55 minutes
Yoga For Core Intermediate — prior experience required	Strength from within. Focused on deep core activation, balance, and control through precise, intentional movement. A quietly demanding practice for building resilience and refined strength.	55 minutes



Signature Memberships

A LIFESTYLE BUILT AROUND LONGEVITY
Introducing - The complete Somni experience.

Designed for those who want more than access.
Our Signature Memberships combine movement,
recovery, and longevity into one complete
wellness experience.



Core

Your Everyday Wellness

Build a sustainable routine with the essentials for movement, recovery, and longevity.

CHOOSE YOUR MOVEMENT

- Unlimited Gym
Unlimited access to Water Haven
- OR
- Maximum 1 Pilates or Yoga Session Per Day
Unlimited access to Water Haven

EXCLUSIVE PRIVILEGES

- Movement & Lifestyle assessment with coach
- 8 Recovery Credits per month

1 Hyberbaric Session (30 minutes) = 2 Credits
1 Red Light Session = 1 Credit

MONTHLY

9.900.000 VND

6 MONTHS

56.430.000 VND

5% SAVINGS WITH UPFRONT PAYMENT

12 MONTHS

106.920.000 VND

10% SAVINGS WITH UPFRONT PAYMENT

* Exclude VAT For All Pricing

Premium

Recovery, Elevated

Greater access to Somni's most advanced therapies for those who prioritise performance and long-term wellbeing.

- CHOOSE YOUR MOVEMENT
- Unlimited Gym
Unlimited access to Water Haven

OR

 - Maximum 1 Pilates or Yoga Session Per Day
Unlimited access to Water Haven

- EXCLUSIVE PRIVILEGES
- Movement & Lifestyle assessment with coach
 - 2 x VIP guest per month
 - 16 Recovery Credits per month

1 Hyberbaric Session (30 minutes) = 2 Credits
1 Red Light Session = 1 Credit

MONTHLY	6 MONTHS	12 MONTHS
16.900.000 VND	96.330.000 VND	182.520.000 VND
	5% SAVINGS WITH UPFRONT PAYMENT	10% SAVINGS WITH UPFRONT PAYMENT

** Exclude VAT For All Pricing*

Prime

Wellness Without Limits

The complete Somni experience, designed for those who want unrestricted access to every aspect of movement, recovery, and longevity.

CHOOSE YOUR MOVEMENT

- Unlimited Gym
Unlimited access to Water Haven
- OR
- Maximum 1 Pilates or Yoga Session Per Day
Unlimited access to Water Haven

EXCLUSIVE PRIVILEGES

- Movement & Lifestyle assessment with coach
- 4 x VIP guest per month
- Personal locker & washing service
- 4 x 60 minutes of massages per month
OR 4 x 75-minute PT Session per month
- 40 Recovery Credits per month

1 Hyberbaric Session (30 minutes) = 2 Credits
1 Red Light Session = 1 Credit

MONTHLY

38.000.000 VND

6 MONTHS

216.600.000 VND

5% SAVINGS WITH UPFRONT PAYMENT

12 MONTHS

410.400.000 VND

10% SAVINGS WITH UPFRONT PAYMENT

* Exclude VAT For All Pricing

Standard Membership Collection

FLEXIBLE WAYS TO EXPERIENCE SOMNI





TIERS Gym

PRICE

5.000.000 VND/ Month

** Exclude VAT For All Pricing*



- Unlimited access to gym
- Unlimited access to Water Haven
- Movement & lifestyle assessment with Coach

Early Bird Promotion

WHAT’S INCLUDED

- Unlimited access to gym
- Unlimited access to Water Haven
- Unlimited access to Leg Compression

PACKAGE

1–Month

FOUNDING MEMBER PRICE

4.000.000 VND

Standard Price: 5.000.000 VND

SAVE 20%

DURATION

1 month

PACKAGE

6–Month

/ Upfront Payment /

FOUNDING MEMBER PRICE

22.800.000 VND

Standard Price: 28.500.000 VND

ADDITIONAL 5% SAVINGS

DURATION

6 months

PACKAGE

12–Month

/ Upfront Payment /

FOUNDING MEMBER PRICE

43.200.000 VND

Standard Price: 54.000.000 VND

ADDITIONAL 10% SAVINGS

DURATION

12 months

** Exclude VAT For All Pricing*

PASSES

Pilates & Yoga – 10

DURATION

Flexible within 2 months

PRICE

5.000.000 VND

**10% Discount Applied*

***Exclude VAT For All Pricing*

- 10 x pilates or yoga
- 10 x access to Water Haven

PASSES

Pilates & Yoga – 20

DURATION

Flexible within 4 months

PRICE

9.400.000 VND

**15% Discount Applied*

***Exclude VAT For All Pricing*

- 20 x pilates or yoga
- 20 x access to Water Haven





PASSES **Water Haven**

DURATION
1 month

PRICE
2.800.000 VND/ Package

** Exclude VAT For All Pricing*

- 1 x entry to Water Haven per day

RECOVERY	DESCRIPTION	DURATION
Boots Compression 	A 15 to 30-minutes session of sequential air compression starting from the feet and moving upward to mimic a massage, promoting lymphatic drainage and blood flow. • Improved circulation and lymphatic drainage • Faster muscle recovery • Decreased swelling and inflammation	15–30 minutes
Dry Sauna 	A 20-minute regular uses of the sauna at least 4 times a week can improve heart health and lower blood pressure. • Improve metabolism • Microplastic • Improved cardiovascular health	20 minutes
Cold Bath 	1–5 minute cold baths (down to 8°C) to reduce inflammation and boost recovery. Adapted for beginner to intermediate users. • Reduce Inflammation • Mental resilience • Better immune response	1–5 minutes



Biohack & Recovery

/ Coming Soon /





Prime Light Red Light Therapy

DURATION
15 minutes

/ Coming Soon /



A 15-minute, non-invasive treatment using red or near-infrared light (LED or low-power lasers) to penetrate skin and tissues.

- Supports hair regrowth for thinning or pattern loss.
- Reduces inflammation and pain (joints, muscles, recovery).
- Supports circulation and tissue repair; may boost mood/energy — strongest evidence for skin and anti-inflammatory effects.
- Smoother skin: boosts collagen, reduces wrinkles, redness, acne, scars; improves texture and healing.



Hyperbaric Oxygen Therapy

(HBOT)

DURATION
30 & 60 minutes

/ Now Available /

What Is HBOT?

Inside a pressurised chamber, you breathe pure oxygen at levels your body cannot achieve under normal conditions. That oxygen is dissolved directly into your blood plasma — reaching tissues, organs and systems that rarely receive it at full capacity. Recovery that works from the inside out.

How It Works

As you relax inside the chamber, atmospheric pressure is gently increased. At this pressure, your lungs absorb significantly more oxygen than under normal breathing — kickstarting repair processes your body is designed to do, but rarely gets the conditions to do well.

Who Is It For?

HBOT is for anyone who takes their health seriously — elite athletes, executives managing high cognitive load, those healing from injury, and anyone committed to performing at their peak for decades to come.



PRIMARY BENEFITS

- Recovery & Repair
- Brain & Clarity
- Immune Support
- Energy & Performance
- Longevity & Ageing

Retail Pricing

| For Non-Members |

DURATION	PRICE
30 minutes	1.500.000 VND
60 minutes	3.000.000 VND
90 minutes	4.500.000 VND

**Exclude VAT For All Pricing*

- ** Existing Somni members will have an additional 10% discount from 30 minutes and further discounts for longer session times
- *** Time of pressurisation and depressurisation is excluded from session duration





Services



PASSES

Day Pass

PRICE

900.000 VND

** Exclude VAT For All Pricing*

- One-time Entry
- Access to gym & Water Haven
- Access from 10AM- 3PM

PASSES

Week Pass

PRICE

1.500.000 VND

** Exclude VAT For All Pricing*

- Access to gym & Water Haven

TIERS

Gym

DURATION

1 day

TIERS

Gym

DURATION

7 days



SERVICE	DESCRIPTION	PRICE
Personal Trainer	Our Personal Trainers will assess your body and movements, and designed a program according to findings.	Refer to next slide
Physical Therapy	Our physical therapy combine relaxation and recovery-focused treatments designed to restore balance, release tension, and support overall wellbeing	Refer to next slide



Personal Trainer Package

SERVICE	PACKAGE TYPE	USAGE	DURATION	PRICE
Single Session	Single Session	1 session	60 minutes	900.000 VND
Package 10	Package	10 sessions	Flexible	8.100.000 VND <i>*10% Discount Applied</i>
Package 20	Package	20 sessions	Flexible	15.300.000 VND <i>*15% Discount Applied</i>

** Exclude VAT For All Pricing*



PASSES Physical Therapy (10 Hours)

PRICE

5.400.000 VND/ Package

* 10% Discount Applied

* *Exclude VAT For All Pricing

- 10 hours of sport or relaxation massage

PASSES Physical Therapy (20 Hours)

PRICE

10.200.000VND/ Package

* 15% Discount Applied

* *Exclude VAT For All Pricing

- 20 hours of sport or relaxation massage

Policy & Standard



Mobile

We recommend storing mobile phones in your locker to fully enjoy Somni. If you keep your phone, please use silent mode, and take calls in designated areas to avoid disturbing others.

Call areas include the hyperbaric chambers or the café.

Attire

Appropriate attire is required at Somni, as we prioritize cleanliness. Suitable footwear must be worn in gym and exercise areas outside the locker room.

All members are expected to maintain a high standard of personal hygiene.

Equipment & Classes Standard

At Somni, we uphold high standards to ensure a safe, clean environment for all members. We ask everyone to be respectful and do the same for others.

Please return equipment after use and wipe it down with the towels provided.

Guest Behaviour

Members are responsible for their guests' behavior. Guests must be accompanied at all times. If a guest acts outside our standards, they will be asked to leave and the member's membership may be reviewed.

Photography

Recording devices are strictly prohibited within Somni.

Cameras are not permitted in the gym, bathrooms, recovery floor, or rooftop Water Haven. Use is allowed only in the café area.

Any violation of this policy may result in membership review, ensuring the safety and comfort of all members.

Locker & Lost Property

All lockers are cleared at the end of each day. Items left inside will be placed in Lost Property and held for 14 days before being donated.

Valuables will be securely kept by management until claimed by the owner.

Guest Application

Refer to the Somni App for application as each membership will have their own perks and of number of guests the member can bring.

Each guests must be different each time of application.

Guest Visitation Policy

1. Guest applications must be submitted at least 24 hours in advance via the Somni App.
2. Confirmed guests must sign a waiver before using the facilities.
3. Guests may access the gym and Water Haven. Additional services are available on-site, subject to availability.

Thank You.

WELLNESS DOCUMENT

