



## *Le Spa Ritual*

<i>Steam or Sauna (30 mins)</i>	200,000VND
<i>Steam or Sauna (60 mins)</i>	300,000VND
<i>Steam &amp; Mini Jacuzzi (45 mins)</i>	250,000VND
<i>Sauna &amp; Mini Jacuzzi (45 mins)</i>	250,000VND
<i>Sauna, Steam &amp; Mini Jacuzzi (75 mins)</i>	350,000VND
<i>Mini Jacuzzi (30 mins)</i>	200,000VND

*Vietnamese Rice Wine & Ginger Bath (60 mins)* 1,100,000VND

This special bath originates from the northern provinces of Vietnam, a compassionate solicitude that wives wish to offer to their loved ones.

Benefits: Revitalize, detoxify, cleanse skin and unwind your mind, ease stress, improve blood circulation, warm up and motivate energy flow, help to support the lymphatic system under the skin. While bathing for 30 mins, sip a light lemongrass and fresh ginger tea which is ideal for jet lag recovery after a lengthy travel. Afterwards, find pleasure in a very unique 30 mins back and shoulder therapy experience you can't find anywhere else around the world.

## *Express Treatments*

*Back & Shoulder Therapy (30/60 mins)* 770,000 VND/ 1,250,000VND

Pressure point techniques & long strokes are applied to the back, shoulders and head .

*Indian Head Style (45/60 mins)* 880,000 VND /950,000 VND

Opening with "Champi", meaning "Head Therapy" in Hindi is a short upper back & shoulders therapy to open "Chakra" and cleanse the aura. Followed with a hot coconut oil therapy for the crown of wisdom (head as per ancient Indian belief); This will bring you a sense of freshness and revitalization for your mind and spirit which Indian tradition has handed down from generation to generation for over 4000 years. It is also the best way to smooth and soften hair due to lauric nutrition being absorbed during the process of the hot oil therapy.

*Foot Acupressure (30/60 mins)* 770,000 VND/1,250,000VND

This ancient pressure point healing method uses the power and sensitivity of the human hand to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. They release muscular tension and promote the circulation of blood and the body's life force to aid healing and as a way to balance the body and maintain good health. Reduces tension and enables the body to relax deeply leaving you feeling more alive, healthy, and in harmony with your life.

*Vital Leg Relief (45 mins)* 880,000VND

Designed to address heaviness, general discomfort of the legs and feet. Circulation is improved, swelling visibly reduced and comfort is restored.

All prices are in VND and subject to 10% VAT and 5% service charge



# Massages

## *Vietnamese Cupping Therapy (60/90 mins)*

1,150,000VND/1,500,000VND

This traditional massage using special pressure point techniques combined with relaxing effleurages will awaken live energy, improve and refresh blood circulation. Followed by the cupping method, a perfect way to reduce toxins and negative energy, eliminate tightness or fatigue from stiff muscles. It is the best choice for those who haven't had a massage in a long time or for those with long working hours. One's mind and body will feel at ease but without feeling lethargic.

## *Swedish Massage (60/90 mins)*

1,150,000VND/1,500,000VND

One of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. Pressure can be light or firm upon request.

## *Thai Massage- Nuat Boran (60/90 mins)*

1,150,000VND/1,500,000VND

Over 2,000 years old, this ancient energy-based healing system combines acupressure, reflexology, and assisted yoga postures. In this process, joints are opened, muscles and tendons are stretched, internal organs are toned, and energy is balanced. The overall effect typically include a deep release of blocked energy in body and mind, as well as improved spinal alignment, better physical balance, improved joint mobility and increased flexibility. Dry massage, Thai loose garments provided.

# Therapies

## *Aroma Body Touch (60/90 mins)*

1,150,000VND/1,500,000VND

One of the finest anti-stress treatments, this experience has both physiological and psychological effects. The combination of therapy and therapeutic qualities of the essential oils (molecules both inhaled [aroma] and absorbed through the skin) can soothe, revitalize, uplift the spirit, encourage positive thinking, strengthen the nervous system & restore lost energy. Designed to ease away tension and relieve stress. Choose from many individual or mixed essential oils.

## *Key of Focusing (30/60/90 mins)*

850,000VND/1,250,000VND/1,600,000VND

Feeling pains? Tiredness? Stress? Tightness? Request the therapist to focus on one particular part or parts of your body using any technique to alleviate and start feeling fresh, relaxed, and at ease. Choose any of the above durations for this treatment.

## *Hot Stone (60/90 mins)*

1,300,000VND/1,600,000VND

Enjoy the firm pressure of hot volcanic basalt stones all over your body as the heat radiates out and infuses deep into your weary muscles stimulating warm relief and relaxation. Aligning them on the chakras along the spine will warm up the energy locks and remove blockages to help relax and calm both body & mind. Very helpful for those with insomnia.

## *Four Hands (60 mins)*

1,650,000VND

Four-hands therapy has a relaxing power that is becoming more and more popular because a therapy completed by two sets of hands feels as if you're surrounded with fluid therapy sensations. You'll feel mesmerized by this powerful, choreographed & synchronized two-person therapy. In addition to intensifying your relaxation, this therapy will really get your blood circulating, so your body feels more vibrant and energized. A true luxury, elegance experience!

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## Body Scrubs

The skin regenerates constantly thus a body scrub helps remove dead cells that makes your skin look dull, lackluster, exposes the fresh cells underneath, leaving the younger looking supple skin soft, fresh, glowing and hydrated.

There are different choices for different types of skin.

<i>Salt &amp; Honey Scrub for all skin types (30 mins)</i>	770,000VND
<i>Green Tea Salt Scrub for oily, combination and mature skin (30 mins)</i>	770,000VND
<i>Coffee scrubs for oily skin, men's skin (30mins)</i>	770,000VND

## Aroma Body Scrubs (30 mins)

800,000VND

The benefits are not only removing dead cells but also enhancing skin texture by absorbing deeply into the tissue with essential oil. It will leave your skin and body absolutely fresh and heavenly. Choose one of several different essential oils: Lavender, Ylang Ylang, Ginger, Cinnamon, Lemongrass

## Beauty Treats Facials

<i>Mini Facial (30 mins)</i>	770,000VND
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This is designed to reach the needs of those who like gentle skin cleansing and dead cells removed in quick steps followed by a great relaxing effect of a face therapy

<i>Balancing (50 mins)</i>	1,100,000VND
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Perfect for normal and sensitive skin. Vitamin enriched from products with refreshing, protective action against redness and fragile capillaries. It then leaves skin calm, protected and enhanced.

<i>Deep Cleansing (50 mins)</i>	1,100,000VND
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Deep hydrating treatment ideally for oily and combination skin for both men and ladies. This smoothing and firming facial will restore moisture & silkiness and reduce impurities & roughness.

<i>Revitalizing (50 mins)</i>	1,300,000VND
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Repair dry and damaged skin with a light cleanser, essential mask and moisturizer cream resulting in plump and fine skin. Naturally followed by a facial therapy with recovery cream and the final touch of a skin protector.

## Body Wraps

<i>Detoxified (60 mins)</i>	1,250,000VND
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Full body scrub combined with warm detoxifying mud wrap will promote full body relaxation, revitalization and purifying effect.

<i>Nourishing (60 mins)</i>	1,250,000VND
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This is a rich vitamin and mineral mud wrap combined with essential oils. Its effect will bring you full refreshment, softening and restoring balance of the skin. Recommended for dehydrated skin or sensitive skin.

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# *Le Spa Collections*

## *Rejuvenation (60 mins)*

*Single: 1,350,000VND*

*Couple: 2,500,000VND*

Rejuvenate your body and spirit with a choice of body scrub and back & shoulder or foot therapy to refresh, renew and treat yourself.

## *Imperial pleasure (90 mins)*

*Single: 1,700,000VND*

*Couple: 3,120,000VND*

Different strokes for different folks, but everyone will glow after this rejuvenating session, chosen to suit body type and preference. The whole journey will be a scrub of your choice to assist removal of dead skin cells and full body therapy to improve circulation.

## *Oriental (120 mins)*

*Single: 2,300,000VND*

*Couple: 4,000,000VND*

60 minute Vietnamese therapy style followed by 30 minute foot acupressure and 30 minute scalp treatment. The experience will leave you feeling totally relaxed and stress free.

## *Velvet night (100 mins)*

*Single: 1,650,000VND*

*Couple: 3,080,000VND*

This is a real romantic tale for a velvet night. With 60 minute full body Vietnamese therapy and 40 minute rice wine & ginger bath, sublime for honeymooners and truly a feast for all senses.

## *Relaxation (120 mins)*

*Single: 2,000,000VND*

*Couple: 3,550,000VND*

Enjoy being pampered from tip to toe with choice of a body and choice of a facial. Real Relaxation!

## *Romancing the Perfume River*

*Couple : 4,500,000VND*

*(45mins for sauna or steam and Jacuzzi plus 125mins for facial & therapy)*

Surrender to the elegance of this treatment, starting with a herbal sauna or a steam bath, followed by a Jacuzzi bath, accompanied by a bottle of sparkling wine. Enjoy being pampered from tip to toe with a facial, a Swedish therapy and a feet relief.

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## Manicure

The word Manicure derives from Latin, meaning hand and care. Your nails will be cleaned, filed, buffed and shaped to your style of choice and cuticles will be tidied. We will then gently exfoliate your hands with a sea salt rub leaving them with a smooth silky feeling. A soothing hand therapy and an application of "OPI" nail polish will leave them looking radiant. Buffing to a natural gloss is available if you do not desire polish.

<i>Men style: no color (40 mins)</i>	440,000VND
<i>Color (60 mins)</i>	660,000VND
<i>French style (60 mins)</i>	770,000VND
<i>Only Color Polish Applied (20 mins)</i>	250,000VND

## Pedicure

Refine toes and feet with nail shaping, cuticle work and callous softening. Enjoy an aromatic lemon soak, which includes exfoliation, relaxing therapy, moisturizer and polish or natural buffing to a natural gloss.

<i>Men style: no color (40 mins)</i>	440,000VND
<i>Color (60 mins)</i>	660,000VND
<i>French style (60 mins)</i>	770,000VND
<i>Only Color Polish Applied (20 mins)</i>	250,000VND

## Acrylic Nails

This is another option for nail extensions. Acrylic nails or tips are added to the natural nail, and then coated with an acrylic powder for strength and durability. Then length, file, buff, shape and polish as per your preference.

<i>Nail Tip (60-90 mins)</i>	900,000VND
<i>Whole New Nail Lay Over with Nail Polish or French Style (90-120 mins)</i>	1,100,000VND

## Hair Service

<i>Shampoo (30mins)</i>	300.000VND
<i>Blow Dry (30mins)</i>	320.000VND
<i>Shampoo &amp; Blow Dry (60mins)</i>	600.000VND

This service is applied for the straight and simple hair only

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