

LE SPA WELLNESS RETREAT





LE SPA WELLNESS JOURNEY



3 DAY PROGRAM | 8,600,000 VND

Day One: 150mins | 2,400,000 VND

Power Yoga, 60mins
Le Spa Body Exfoliation, 30mins
Back Stone Retreat, 60mins
Healthy drink and snack post treatment

Day Two: 180mins | 2,900,000 VND

Singing Bowl Meditation Class, 60mins
Detox and Slimming Treatment, 90mins
Foot Stone Therapy, 30mins
Healthy drink and snack post treatment

Day Three: 150mins | 3,300,000 VND

Hatha Yoga, 60mins
Energizing Intensive Facial Treatment, 90mins
Healing Hands Therapy, 30mins
Healthy drink and snack post treatment



LE SPA HALF DAY RETREAT

210 MINS | 3,600,000 VND

Private Yoga/ Meditation Class, 60mins
Steam and Sauna with Fresh Herbal Aroma
Le Spa Body Exfoliation, 30mins
Le Spa Signature Treatment, 90mins
Foot Hot Stone therapy, 30mins
Healthy drink post treatment

DETOX AND SLIMMING PROGRAM

210 MINS | 4,500,000 VND

Private Yoga/ Meditation Class, 60mins
Steam and Sauna with Fresh Herbal Aroma
Detox and Slimming Treatment, 90mins
The Fundamental Treatment, 60 mins
Detox drink and snack post treatment

The background features soft, circular watercolor washes in shades of sage green and teal. Scattered throughout are delicate line-art illustrations of botanical elements: a large fan-shaped leaf in the top left, a cluster of small round berries below it, a sprig of leaves on the right, and another fan-shaped leaf in the bottom left. A thin horizontal line is positioned below the main title.

THE SOUL OF LE SPA

LE SPA SIGNATURE TREATMENT

90 MINS | 2,200,000 VND

Featuring a harmonious blend of Hawaiian Lomi-Lomi, Shiatsu, and Thai stretching techniques, this tranquil experience is designed to mirror the calming motion of gentle sea waves. Our therapists will expertly target pressure points, relieve inner tension, and leave you feeling deeply relaxed and revitalized. To complete your journey to tranquility, enjoy a refreshing herbal tea, enhancing your sense of balance and relaxation.

LE SPA BALANCING THERAPY

100 MINS | 2,400,000 VND

Expertly designed to alleviate muscle soreness and tension caused by long flights, this revitalizing treatment targets key areas such as the neck, shoulders, and lower back. In addition, enjoy the added benefits of foot reflexology and soothing face and eye acupressure. Let our skilled therapists restore harmony to your body and leave you feeling rejuvenated and balanced.

LE SPA JOURNEY (FOUR HANDS TREATMENT)

120 MINS | 4,400,000 VND

A heavenly signature spa treatment where two skilled therapists pamper you simultaneously with a delightful facial cleansing ritual and invigorating body massage. Prepare to unwind in pure bliss as you enjoy a rejuvenating footbath, followed by a non-traditional aromatherapy massage featuring gentle, soothing strokes. Our therapists will also treat you to a refreshing facial ritual and a relaxing scalp massage, allowing your mind to let go of everyday tensions.

- Foot Bath
- Dry Brush Scrub, 20mins
- Four Hands Massage, 50mins (massage cream + oil)
- Facial + Foot massage, 50mins



LE SPA HEALING TOUCH



VIETNAMESE TRADITIONAL MASSAGE

60 MINS | 1,300,000 VND
80 MINS | 1,800,000 VND

Experience the rejuvenating power of Vietnamese Traditional Massage. This ancient technique targets muscles and tendons, invigorating the body's blood circulation and promoting a smooth flow of energy. By releasing tension and enhancing relaxation, it revitalizes your entire being. Discover the added touch of our signature Coconut massage oil and Section Cup, making this treatment truly exceptional.

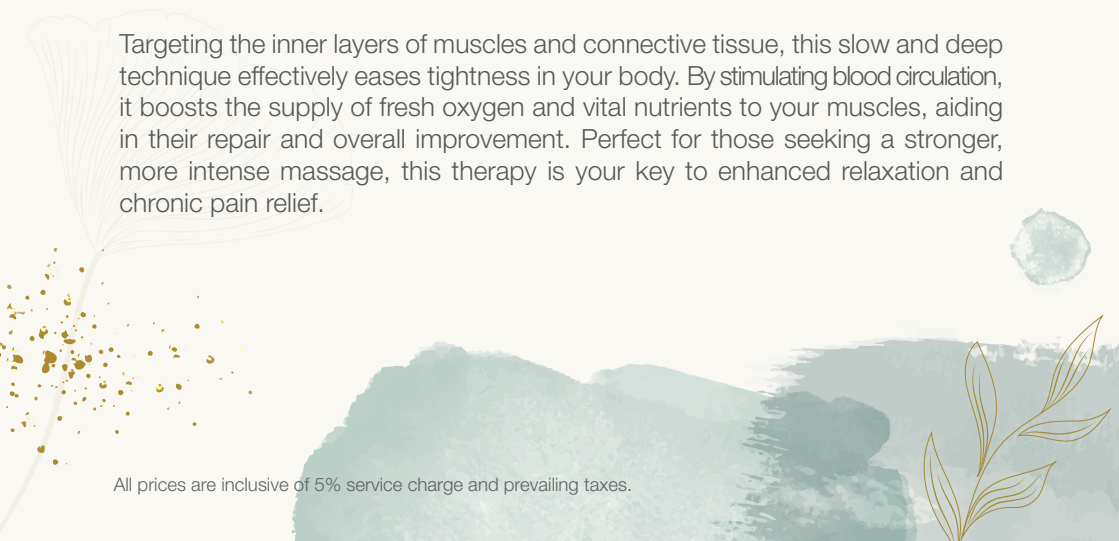
BALINESE THERAPY

60 MINS | 1,300,000 VND
80 MINS | 1,800,000 VND

Our most relaxing massage harnesses the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen, and heal both the body and mind, this traditional therapy combines stretching, long strokes, skin rolling, and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress, and calm the mind. It can also help to improve the circulatory, lymphatic, muscular, and nervous systems.

DEEP TISSUE THERAPY

60 MINS | 1,300,000 VND
80 MINS | 1,800,000 VND



Targeting the inner layers of muscles and connective tissue, this slow and deep technique effectively eases tightness in your body. By stimulating blood circulation, it boosts the supply of fresh oxygen and vital nutrients to your muscles, aiding in their repair and overall improvement. Perfect for those seeking a stronger, more intense massage, this therapy is your key to enhanced relaxation and chronic pain relief.



FANCY FOOTWORK THERAPY

30 MINS | 650,000 VND

50 MINS | 1,000,000 VND

Foot reflexology without the pain. Based on the same therapeutic principles as its ancient forerunner, this foot massage helps to release toxins and restore your body's energy flow. Your feet will thank you for it.

ENERGIZER RETREAT

30 MINS | 650,000 VND

50 MINS | 1,000,000 VND

This treatment is tailored for those who only want to focus on the back, neck, and shoulder areas to help relieve tension and stress.

HEAD THERAPY

30 MINS | 650,000 VND

50 MINS | 1,000,000 VND

Experience the restorative power of Head Therapy massage, inspired by ancient Indian Ayurvedic therapy. Targeting key chakra points, this relaxing treatment opens energy lines to restore balance to all six chakras. With gentle manipulation techniques, you'll find relief from headaches, fatigue, and anxiety, while also nurturing a healthy scalp and lustrous hair.

HEALING HANDS

30 MINS | 650,000 VND

50 MINS | 1,000,000 VND

The arm acupressure point is releasing any blockages to generate healing, allowing the body to unwind into a state of deep relaxation.

SENSORY THERAPIES





WARM STONE THERAPY

90 MINS | 2,200,000 VND

The healing power of touch combines with the energy of the earth in this relaxing, muscle-melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Harnessing the body's innate ability to heal, strategically placed stones on key energy points will further enhance your overall well-being.

ANCIENT THAI THERAPY

90 MINS | 2,200,000 VND

An oil-free massage using firm strokes, stretching techniques, and thumb pressure to help restore flexibility and alleviate pain in muscles and joints. Pajamas are provided for your convenience.

HERBAL COMPRESS

90 MINS | 2,200,000 VND

A unique blend of herbs to create a blissful fusion of relaxation and revitalization. Our therapists apply gentle pressure and stretching techniques, relieving tension in overworked muscles while stimulating your body's natural energy reserves.

BAMBOO THERAPY

90 MINS | 2,200,000 VND

Our skilled therapists use bamboo canes to gently roll, knead, and glide over your body, creating a soothing rhythm that effortlessly melts away muscle tension. The bamboo provides a harmonizing effect, promoting balance and leaving you in a state of complete relaxation. Tailor this massage to your preferences, whether you seek a light and calming experience or a deeper therapeutic treatment. Enhance your session further by adding the luxurious touch of relaxing or invigorating essential oils.



NOURISHING WITH LE SPA

THE FUNDAMENTAL TREATMENT

60 MINS | 1,600,000 VND

All the ingredients of a 100% customized treatment—prepare, preserve, and restore the indispensable base to help you regain and retain beautiful skin. The Fundamental Treatment is a customized treatment adapted to the skin's individual needs.

SOOTHING PROFESSIONAL TREATMENT

60 MINS | 1,600,000 VND

Ultra-calming, desensitizing, and soothing treatment for sensitive and reactive skin. Incorporating healing Spa™ Thermale water and specially selected botanicals to provide immediate and lasting relief and strengthen the skin. A double-layer cocooning mask, in combination with our unique decongesting facial massage with chilled porcelain spoons, immediately calms and soothes your skin.

ENERGIZING INTENSIVE TREATMENT WITH SIBERIAN GINSENG

80 MINS | 2,500,000 VND

Experience the ultimate rejuvenation with our exclusive facial, featuring the powerful Siberian Ginseng. The journey begins with a meticulous cleansing and a gentle enzymatic exfoliating scrub infused with pineapple extract, to eliminate impurities and unveil a refreshed complexion. Next, indulge in a revitalizing energy massage, expertly crafted to awaken your body's vital energy flow, known as Chi. This stimulating massage primes your skin for a surge of vitality, as we layer on a sumptuous combination of frothy hyaluronic acid and a luxurious peel-off Vitamin C mask. The fusion of these potent ingredients works in harmony to brighten, firm, and restore your skin's natural glow.



YOUTH INTENSIVE TREATMENT BP3

80 MINS | 2,500,000 VND

Experience the ultimate in anti-aging skincare with our Sothys Anti-Aging Intensive Treatment. This scientifically advanced facial combines the power of the BP3 tri-complex, formulated with saffron, sophora, and peptides, to effectively reverse the signs of aging and restore youthful skin. Through exfoliation, stimulating massage techniques, and the application of a double dermo filling mask, your skin will be left feeling revitalized, plump, and noticeably more youthful.

MINI FACIAL

30 MINS | 900,000 VND

Indulge in our express facial, a revitalizing treatment designed to cleanse, massage, and hydrate your face. Our expert aesthetician will carefully cleanse your skin and provide a gentle facial massage tailored to your needs. To ensure maximum effectiveness, a moisturizer best suited for your skin type will then be applied. This quick and efficient procedure offers a moment of tranquility, perfect for relieving daily stress while maintaining the benefits of professional skincare.

LE SPA OF RENEWAL



SLIMMING BODY TREATMENT

A revolutionary slimming treatment formulated to combat all types of cellulite. This unique ritual caters to each client's needs, seamlessly blending technical expertise with incredible results and a sense of tranquility.

Experience an invigorating and indulgent scrub, followed by a soothing massage that strategically targets problem areas using the wooden Gua Sha technique. This specially designed treatment is formulated to tackle stubborn cellulite, making it perfect for focused upper or lower body transformations.

- **SVELTE SILHOUETTE**

(Slimmess Modelling - Full Bcody)

Exclusive manual sculpting modelling techniques to perfect and redefine body contour.

90 MINS | 2,500,000 VND

- **REDEFINED BODY CONTOUR**

(Slimness Modeling – Thighs, Buttocks, Calves)

Improve micro-circulation and lipolytic action (transform fat into energy)

45 MINS | 1,300,000 VND

30 MINS | 1,000,000 VND

- **SLIMMER TUMMY**

(Slimmess Modelling – Stomach)

Reduce fat cells and inhibit toxins' storage

30 MINS | 1,000,000 VND

- **SEXY CURVY SILHOUETTE**

(Slimmess Modelling – Upper Back)

Improve micro – circulation and inhibit storage of toxins



COCOON BODY WRAP

50 MINS | 1,100,000 VND

Indulge in pure bliss with our hydrating/ nourishing wrap. Experience the comforting sensation of this warm treatment, as it deeply hydrates and nourishes your skin. Choose your preferred fragrance and feel the guaranteed soft skin effect.

VIETNAMESE NATURAL BODY SCRUB/ WRAP

50 MINS | 1,100,000 VND

Indulge in our exquisite range of body scrubs, carefully crafted from the finest, all-natural ingredients for a truly revitalizing experience. Select your preferred scrub and embark on a revitalizing journey towards healthier, more radiant skin and soul-nourishing tranquility.

- Oat meal, almond, rice bran and fresh milk
 - Coffee, cacao, dry coconut, fresh milk
 - Brown sugar, cinnamon powder, coconut massage oil
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SUNBURN BODY CARE

50 MINS | 1,100,000 VND

A rejuvenating sunburn wrap designed to heal and soothe sun-damaged skin. Begin with a chilled towel infused with calming lavender to provide immediate relief, followed by a cooling wrap using fresh aloe vera and cucumber. This step provides a refreshing sensation while promoting skin healing. A divinely relaxing foot massage then transports you to a state of pure bliss. Finally, we apply our specialized stabilized Aloe Vera gel, known for its soothing and healing properties, leaving your skin feeling calm and revitalized.



LE SPA BEAUTY SALON



NATURAL HERBAL SHAMPOO

50 MINS | 600,000 VND

A timeless, natural hair care solution crafted from pure ingredients and ancient remedies, free from harmful chemicals. This gentle yet potent formula promotes not only healthier hair but also boosts overall well-being, inside and out.

SHAMPOO AND BLOW DRY

45 MINS | 500,000 VND

Rehydrates and adds nutrients to your hair, and a gentle scalp massage completes this relaxing treatment.

DELUXE MANICURE/ PEDICURE

60 MINS | 750,000 VND

Pamper your nails with our expert care. We shape your nails and tidy your cuticles, leaving them refreshed and hydrated. Indulge in a rejuvenating hand or foot massage using a nourishing cream that replenishes moisture and revitalizes your skin's texture. We also offer the option to apply gel nail varnish for that long-lasting, glossy finish.

FRENCH NAIL DESIGN

150,000 VND

NAIL DESIGN/ FINGER

100,000 VND

The background features soft, circular watercolor washes in shades of teal and light green. Scattered throughout are delicate line-art illustrations of botanical elements: a large fan-shaped leaf in the top left, a cluster of small circular shapes below it, a branch with several leaves on the right side, and another fan-shaped leaf in the bottom left. The overall aesthetic is clean, minimalist, and natural.

LE SPA PACKAGE



NOURISHING PACKAGE

140 MINS

SIGNLE | 2,700,000 VND
COUPLE | 5,200,000 VND

Discover the benefits of Nursing Care - a holistic body massage technique rooted in meridian acupuncture points. Experience the wonders of toxin elimination, fatigue reduction, stress relief, and overall enhancement of your physical and mental well-being.

- Energizing Back Massage with Herbal Compress, 50 mins
- Herbal Foot Bath and Foot Massage, 40mins
- Nourishing Shampoo and Facial, 50mins

REJUVENATE

110 MINS

SIGNLE | 2,500,000 VND
COUPLE | 4,900,000 VND

Experience ultimate rejuvenation with our total body treatment. Delight in the benefits of our hydrating/ nourishing scrub and wrap, infused with natural products, to invigorate your entire being. Release built-up tension and restore energy to your body with our luxurious Back ritual. Complete the experience by replenishing your skin's vitality with our custom Facial treatment, tailored specifically to your skin's unique needs. Say goodbye to dullness and hello to beautiful, radiant skin.

- Natural Le Spa Body Exfoliation, 30mins
- De-Stress Back Therapy with Bamboo/ Hot Stone, 40mins
- The Fundamental Facial Treatment, 50mins

ENJOY YOUR DAY

180 MINS | 3,500,000 VND

Experience pure indulgence with our spa package that includes a range of luxurious treatments designed to relax and rejuvenate your body and mind.

- Steam and Sauna with Fresh Herbal Aroma
- Le Spa Body Exfoliation, 30mins
- Le Spa Signature Treatment, 60mins
- Foot Hot Stone Therapy, 30mins
- The Fundamental Treatment, 60 mins

FAMILY PACKAGE

Our spa Family Package offers a unique bonding experience for couples, fathers and sons, and mothers and daughters. Escape from the stresses of everyday life and embark on a shared journey of rejuvenation with your loved ones.

COUPLE THERAPY

145 MINS | 4,900,000 VND

- Herbal Foot Bath, 5mins
 - Natural Mud Scrub & Swap, 40mins
 - Le Spa Healing Body Treatment, 50mins
 - Natural Facial Care/ Foot Hot Stone, 50mins
 - Refreshing Fresh Fruit Salad and Yogurt post treatment
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GENTLEMAN'S PACKAGE FATHER & SON

90 MINS | 2,800,000 VND

This experience has been created for children between the ages of 4 and 12

- Herbal Foot Bath, 5mins
 - Le Spa Healing Touch, 55mins
 - Foot and Healing Hands, 30mins
 - Refreshing Fresh Fruit Salad and Yogurt post treatment
-

LADIES PACKAGE MOTHER & DAUGHTER

90 MINS | 2,800,000 VND

This experience has been created for children between the ages of 4 and 12

- Herbal Foot Bath, 5mins
- Le Spa Healing Touch, 55mins
- Mini Facial/ Healing Hands/ Nail polish (daughter), 30mins
- Refreshing Fresh Fruit Salad and Yogurt post treatment

SPA ETIQUETTE



RESERVATIONS

Reservations can be made by dialing Ext. 2222 or at the Le Spa reception. When making a booking, your room number and complete name will be required. We recommend making a reservation at least one day in advance to ensure availability.

AMENDMENT & CANCELLATION POLICY

We understand the schedules change and we will do our best to accommodate your needs. No cancellation fee applies if the cancellation made up to 4 hours prior to treatment time. 50% cancellation fee applies for treatment cancelled less than 4 hours prior and 100% charge will apply for no show guest.

ARRIVAL

We encourage you to arrive at least 30 minutes prior to your scheduled treatment to ensure total relaxation and enhanced results. This will give you time to slip into a robe, use the wet areas and relax. Arriving late for your appointment may limit your treatment time, reducing its full benefit and enjoyment. Your treatment will end at the original scheduled time to guarantee convenience for the next guest, and the full treatment price will apply.

SPECIAL CONSIDERATIONS

Your health and safety come first. Please help us provide you with the best possible spa experience by completing the guest consultation form.

As Le Spa offers each guest the chance to relax and rejuvenate, we would be appreciative if you would leave your mobile phone in your guest room or switch it to silent mode.

Smoking and consumption of alcohol inside Le Spa are strictly prohibited. Alcohol consumption is not advised prior to any spa treatment.

CHILDREN POLICY

All children under the age of 12 must be accompanied by a parent or guardian, who will need to stay in the treatment room for the duration of treatment. Kindly ask our Spa team on choosing the best treatment for your child.

VALUABLES

The resort shall not be held responsible for the loss of any items, cash or valuables brought into the Le Spa premises.

Disclaimer: Conditions and prices are subject to change without prior notice.