

## THE WORLD IN LA SIESTA - PACKAGES

### FOREST PACKAGE 2HRS 1,775,000

Vietnam's fertile forests are great sources of natural organic healing products, some of which are incorporated into La Spa's products. The Forest Package provides a head to toe treatment package with a full body scrub, tender loving care for the feet, completed by a soothing facial.

- **La Spa Body Scrub 45'**
- **Foot Rest massage 30**
- **Basic Facial care 45'**

### OCEAN PACKAGE 2HRS 45' 2,615,000

The oceans are full of natural and trace elements which help draw toxins from the body as well oxygenate cells, hydrate, revitalize and firm the skin. A sea salt scrub full of minerals helps keep your skin clean and healthy, whilst a full body massage with salt stone helps infuse minerals into the skin, concluding with a soothing all-in-one facial treatment.

- **Himalayan Salt Stone Massage 60'**
- **La Spa Body Scrub 45'**
- **Natural Skin Dream 60'**

### EARTH PACKAGE 3HRS 20' 2,910,000

This package draws on some of the best gifts the earth offers every day with special herbs, essential oils derived from trees and plants and mud products rich in salt and minerals. The blend of four treatments will leave you relaxed, cleansed and your skin feeling silky smooth.

- **Herbal Bath or Sauna 20'**
- **Tension Relief Therapy 90'**
- **La Spa Body Scrub 45'**
- **Mud & Milk Body Wrap 45'**

### SKY PACKAGE 3HRS 35' 2,930,000

'Sky' is the imaginative way we like to refer this treatment which will leave you feeling in seventh heaven. A full body massage, complete foot therapy, hot and cold stone facial massage will make you feel the sky's the limit after La Spa's ultimate pampering experience.

- **Herbal Bath or Sauna 20'**
- **Hot Stone Body Massage 60'**
- **Total Foot Treatment 75'**
- **La Stone Facial 60'**



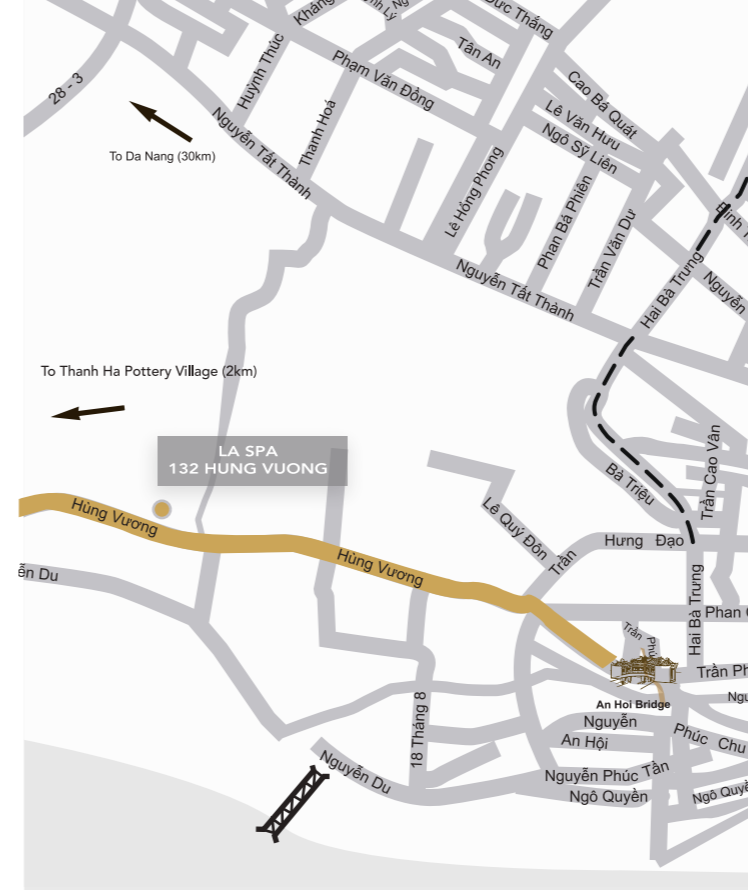
## ABOUT US

Welcome to La Spa and enjoy the luxury of relaxation.

Discover an inspiring range of soothing and luxurious spa treatments and therapies.

Our spa menu of body massages, wrap & scrub uses natural healing ingredients and essential oils. Enjoy the feeling of complete bliss and a sense of peace. Treat yourself to therapies which bring rejuvenation, relaxation and energy balance.

Our inspiration is knowing you have experienced the best spa treatments you will ever have. Select from many individual treatments or a combination of special packages. Let our experienced spa team of therapists take you on a serene and tranquil journey.



## LA SPA

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Feeling  
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OPENING DAILY: 8:30 - 21:00  
LAST APPOINTMENT BEFORE 20:00





## SIGNATURE PACKAGES

**PAMPER PACKAGE 90'** **1,240,000**

A combination of Hot Stone full body massage using warm smooth stones followed by a refreshing facial pampering

- **Hot Stone Body Massage 60'**
- **Refresh Facial 30'**

**CLOUD 9 PACKAGE 90'** **1,240,000**

Hot Stone full body massage combined with a soothing foot scrub

- **Hot Stone Body Massage 60'**
- **Foot Care 30'**

**MADE FOR LIFE 2HRS 15'** **1,785,000**

This luxurious face and foot ritual stimulates energy flow, eliminates toxins and tones facial muscles, also promotes a feeling of pure relaxation that extends from head to toe to feel deeply revitalised and soothed. A perfect getaway to escape and de-stress from daily life.

- **Total Foot Treatment 75'**
- **Lifting Feather 60'**

**BLISSFUL LA SPA DAY PACKAGE 4HRS 05'** **3,450,000**

An unforgettable half day package consisting of five treatments created by La Spa. Begin with a sauna or herbal bath. Saunas help relieve stress, relax aching muscles, cleanse the skin and improve cardiovascular performance, while a local herbal bath helps improve blood circulation, sleeping and breathing. This is followed by a Relaxation Treatment combining massage with essential oils. Next comes La Spa Body Scrub to cleanse and exfoliate the skin concluding with a moisturizing face mask leaving your skin smooth and glowing. The Blissful La Spa Day package is a wonderful treat for the mind, body and soul.

- **Herbal bath or sauna 20'**
- **Foot care 30'**
- **Relaxation Treatment 90'**
- **La Spa Body Scrub 45'**
- **Silky Beauty 60'**



## RELAXING MOMENT

If your time is limited, we have a number of short treatments to help you make the most of your time. Select the most suitable treatment(s) for you:

- **Head, neck, back & shoulders massage 45'** **630,000**
- **Hand, head, neck & shoulders massage 30'** **395,000**
- **Foot Rest massage 30'** **395,000**

## FACIAL

**Basic Facial Care 45'** **630,000**

A reviving facial which includes a deep cleanse, exfoliation, soothing facial massage and finally moisturizing treatment using the finest of skin care products leaving your skin refreshed and nourished.

**Natural Skin Dream 60'** **850,000**

This facial has been described as an experience in its own right. Using a natural yoghurt-based face mask, this all-in-once facial cleanses, soothes, nourishes and balances the skin leaving it radiant and glowing.

**Silky Beauty 60'** **995,000**

Begin with a skin cleanse and massage followed by the application of a thin, rich, velvety cream mask. A head massage stimulates the nerves and blood vessels beneath the skin whilst also calming muscle tension. The cream mask is then removed and your face is moisturized leaving the skin soft and silky smooth.

**Lifting Feather 60'** **995,000**

Experience complete relaxation with a Vietnamese manual facelift technique. The clay mask is then applied to draw out excess oil from the pores while retaining moisture and hydration. This facial treatment is tailored to make your skin feeling light as a feather.

## BODY MASSAGE

**Relaxation Treatment 60'/90'** **790,000/1,085,000**

Applying gentle soothing massage techniques with local aromatic oils, the aim is to remove overall tension, relieve swollen or painful joints and balance one's emotions.

**Tension Relief Therapy 60'/90'** **850,000/1,130,000**

Using strong massage techniques combined with essential oils, this treatment targets key muscle groups to relieve aches and pains. Smooth flowing rhythmic movements also help improve circulation and stimulate an overall sense of wellbeing and balance.

**Hot Stone Massage 60'/90'** **935,000/1,240,000**

Hot stone massage melts away muscle tension and stress through the application of warm smooth stones placed on key areas of the body to heat the muscles, promote an overall relaxed sense of wellbeing and calm.

**Himalayan Salt Stone Massage 60'/90'** **970,000/1,315,000**

This special therapy uses a blend of pure essential oil and natural salt rock crystal formed 250 million years ago in ancient seas beneath the Himalayan Mountains. The healing massage technique combined with warm salt stones balances the central nervous system. It gently soothes the accumulation of stress and tension, helps remove toxins while infusing healthy minerals into the skin.

## FOUR-HANDS MASSAGE BY LA SPA

A luxurious relaxing treat for your body. Two therapists work in choreographed synchronized movements applying sensations of touch to the skin leading to complete and total relaxation. The body falls into a state of optimal rest releasing aches and muscles tension, improving blood circulation, reducing stress and anxiety. The La Spa team have perfected the technique making our four-hands massage particularly special.

**60'** **1,565,000**



## FOOT TREATMENTS

**Essential Oil Foot Therapy 60'** **710,000**

Experience overall healing and wellbeing as your therapist focuses on the pressure points of your feet through deep tissue massage with essential oils. The process is similar to Reflexology whilst the oil leaves your skin soft and smooth.

**Foot Remedy 60'** **750,000**

A foot Massage using hot stones applied to your legs and feet. Feet can typically take a lot of heat and the combination of pressure massage with the warmth of hot stones instils a sense of relaxation, helping to restore, rebalance and rejuvenate the body.

**Total Foot Treatment 75'** **895,000**

A complete care package and ultimate treat for feet. This treatment combines a foot massage focusing on pressure points with a dry and wet scrub to remove dead skin, leaving your feet silky smooth. It is an invigorating 'facelift' for your feet.

## BODY SKIN CARE

**La Spa Body Scrub 45'** **850,000**

La Spa's moisturizing body scrub provides a deep cleaning and exfoliating treatment. Dead skin cells are removed whilst the growth of healthy new ones are promoted. Mineral sea salt and olive oil help to remove impurities and stimulate blood circulation.

**Mud & Milk Body Wrap 45'** **850,000**

Harnessing the power of natural vitamins and minerals this body wrap helps improve the appearance and feel of skin. It draws toxins from the body and helps hydrate, tone and smooth the skin.

**EXTRA PAMPERING 20' per treatment**

**Sauna** **190,000**  
**Steam** **190,000**  
**Herbal Bath** **380,000**  
**Jacuzzi** **190,000**