



## LOTUS SPA OPENING TIMES

---

Daily | 09:00 AM – 11:00 PM

For 90-minute treatment, the last booking must be made before 09:30 PM

# SPA INFORMATION

## ***SCHEDULING YOUR APPOINTMENT***

To schedule an appointment for your treatment, please contact our spa receptionist who will be able to recommend you to the right treatment. To ensure your preferred time and services are available, we recommend you to book in advance. All spa treatments and services must be guaranteed by credit card.

## ***ARRIVAL TIME***

We encourage you to arrive at least 30 minutes prior to your appointment to fill out the consultation form, change, relax and enjoy the exclusive facilities at Lotus Spa. Please be advised that late arrivals will result in a reduction of the treatment time.

## ***SPA ETIQUETTE***

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. Lotus Spa will provide towels, slippers and other amenities required during your visit. The spa is a mobile phone and smoke-free zone

## ***CANCELLATION POLICY***

If for any reason you need to cancel your appointment, we ask you provide us with at least 24 hours notice. A cancellation charge of 100% will be incurred for any treatment not cancelled on time or a "no-show" occurs.

## ***HEALTH CONDITIONS***

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## ***PREGNANCY***

We have specially designed treatments for expectant mother or nursing mothers. Please allow our spa team to guide you in selecting right treatments that are most suitable for you.

## ***HOMECARE***

To continue your spa experience at home, most of our products used in the treatments are available to purchase at Lotus Spa shop.

## ***VALUABLES***

We regret that we cannot be held responsible for any loss or damage to personal items such clothes, accessories and jewelry. Please consider leaving your jewelry and other valuables in your in-room safety box.

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

# BODY MESSAGES

Lotus Spa is combined with precepts of five elements –air, water, earth, fire, and ether - to offer the holistic concept of complete wellbeing based on harmony with nature, the balance between body, mind and soul. The five elements massage aims to reestablish the natural flow of energy in the whole body through conscious touch and intention.

Which elements are you looking for?

## *AIR - PURIFY*



60/90 minutes

1,195,000/1,575,000 VND

This vital energy is forceful and itinerant. Without air you would stop breathing and would look lifeless. It is related to an active, vibrant, full-of-life and energetic personality that can be influenced. Purify Massage restores the body's natural energy and balance. Using long and light massage strokes combined with gentle body rocking and stretching. Combination of authentic aromatherapy oils and a gentle technique to unlock the next level of relaxation. It's a sensory experience based on your mood and the oils you choose which will carry you closer to nirvana than your feet ever could.

## *WATER - RELAX*



60/90 minutes

1,195,000/1,575,000 VND

Most of us know that like Earth, about 70% water of human body is made up of water. When our water element is out of balance, we feel fearful, cold and scattered. Relax Massage promotes a sense of well-being by increasing your blood circulation, flow of energy and lymphatic. A medium pressure body massage combining a multitude of eastern and western techniques. It improves muscle tone and creates total relaxation.

## *EARTH - INVIGORATE*



60/90 minutes

1,195,000/1,575,000 VND

Earth represents strength, durability, firmness and might. When our earth element is out of balance, We feel ungrounded, uprooted, dissatisfied, always in doubt, and do not trust in ourselves. Invigorate massage therapy focuses on realigning deeper layers of muscles, for those who really enjoy deep tissue massage. Our concentrated therapy is designed to relieve severe tension in muscles and connective tissue using a deep pressure technique. Using a fusion of massages techniques including deep tissue, traditional Thai massage and Yoga techniques.

# LOTUS SIGNATURE MASSAGE

The five elements massage aims to balance the natural flow of energy through your body.  
Which elements are you looking for?

## ***FIRE - HOT STONE***



60/90 minutes  
1,360,000/1,680,000 VND

Fire grants the essential power that the body needs to digest and react to all metabolic, nervous, perspiring and challenging activities. When our fire elements are weak, we feel tired, and lose focus. The feeling lack of motivation, enthusiasm, and direction in life. Powerful combinations of the healing properties with heated stones, together with advanced massage techniques help to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

## ***ETHER 4 HANDS HO TRAM***



60/90 minutes  
2,205,000/2,520,000 VND

Ether energy represents intellectual capacity and spirit. The potential is unlimited. When our ether element is weak. We lose perspective and become confused. Ether Massage is a four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses, two therapists work together in time and movement. Combining ingenious with forearm and elbow work which provide immense benefits from this advanced massage.

# THE LOTUS SKIN CARE

Experience the sensation of the ultimate body and mind treatment. Begin with a scrub using only the finest aromatherapy products to exfoliate, followed by a cocooning wrap to ensure the oils penetrate to provide total renewal.

## REBORN

45 minutes | 735,000 VND

Exfoliation helps to eliminate impurities and stimulates microcirculation exerting a beneficial action to renew the skin. An energizing, deeply renewing body scrub made up of extracts of organic scrub particles and a blend of cooling essential oils to give instant vitality and freshness.

## CALMING TREATMENT

45 minutes | 840,000 VND

Rich in nourishing minerals, the application of a warm energizing mud deeply penetrates into the muscles of the back to soothe pain and tension and detoxify tissues from toxins. A Scalp massage ends this treatment recommended for workaholics or after intense physical activities. Add to any facial for those seeking deep physical relaxation.

## ALOE VERA TREATMENT

60 minutes | 1,195,000 VND

The perfect treatment for anyone who has spent time in the sun and doesn't want the effects of sunburn to ruin the rest of their holiday. Our spa therapists use our natural and organic Aloe Vera product during treatment to soothe rash, skin irritations, burning sensation.

## NOURISHING WRAP

60 minutes | 1,470,000 VND

A treatment that provides perfect tone, elasticity, antioxidant effect and moisture balance to the skin with the benefits from the fresh pumpkin cells, pineapple, papaya and seaweed extracts.

## DETOXIFYING WRAP

60 minutes | 1,470,000 VND

A balance and detoxify treatment that accelerate the body metabolism favoring profound purification as well as effective slimming action

# LOTUS SIGNATURE FACIALS

Designed to help you look refresh and moisture for healthy, radiant looking skin. The facial is specially designed to address the specific needs of your skin. You will leave feeling relaxed and revitalized. Our facial treatments can easily adapt for men and women as our therapist conducts initial skin screening and select the most appropriate combination of products to plump up your skin with moisture to give you the healthy glow you have always dreamed about.

## REBALANCING

60 minutes | 1,360,000 VND

A personalized facial according to your skin condition and concerns, whether it be deep purification, intense hydration or soothing nourishment, the treatment becomes exactly what you need it to be.

## REFINING

90 minutes | 1,575,000 VND

Highly advanced anti-ageing skincare treatments powered by breakthrough technology, cutting-edge formulas and unique massage techniques offering revolutionary and visible results. Designed with client well-being as a priority, all Expert Facials feature an opening and closing ritual, specific draining stimulation to the eyes and face and relaxing massage to the face, shoulders and hands.

## REGENERATING

60/90 minutes  
1,470,000/1,680,000 VND

The ultimate in skin rejuvenation. This is your true anti-ageing prescription. Perfectly designed for effective & attractive 1st anti-aging care that will preserve skin's youthful appearance, smooth wrinkles and improve elasticity while erasing signs of fatigue. The skin looks visibly younger and is re-plumped.



# BESPOKE MASSAGE PACKAGE

Advanced anti-ageing skincare treatments powered by breakthrough technology, cutting-edge formulas and unique massage techniques offering revolutionary and visible results. Designed with client well-being as a priority, all Expert Facials feature an opening and closing ritual, specific draining stimulation to the eyes and face and relaxing massage to the face, shoulders and hands.

## GOLDEN LOTUS PACKAGE

120 minutes | 2,520,000 VND

You and a guest can become VIPs for the day and enjoy The Lotus experience in the privacy of your own Spa. Our Lotus Suite replicates a sumptuous oriental home with stunning views, outdoor terrace, luxury bathtub, steam showers, relaxing bed and dual treatment areas.

## SIX SENSES PACKAGE

150 minutes | 3,150,000 VND

This therapy takes you to a new level of delight for 2.5-hours . After the skin is exfoliated with a body scrub, you will revel in the delicious sensations of a full body Aromatherapy oil massage and your face is pampered with a facial skincare, the ultimate beauty treatment.

## LOTUS & MUD RITUAL

30 minutes | 630,000 VND

No Mud, No Lotus. Mineral mud with high physical and chemical properties that can make the regeneration of cells from the inside and have antiseptic property, so that when you wrap in mineral mud, the skin will be detoxified. Mineral mud bath is a very useful and effective treatment. In addition, regular mud bath also helps you adjust endocrine disorders which can prevent and cure acne from the inside, helping skin to look more beautiful and smoother. A harmonizing body mud mask complete with a head, neck and shoulder massage followed by 30 minutes in our private room to enjoy the soaking tub.

*\*Lotus and Mud Ritual are complimentary with any Spa Package.*



# BOOSTERS TREATMENT

Booster is purpose- designed and time-focused treatment then can be added on to our massage and facial services allowing you to create your own enhanced and personalized Spa experience.

## LEAF BOOSTERS

30 minutes | 1,260,000 VND

Two therapists combine to provide both a head massage and feet massage at the same time, providing a quick and rejuvenating boost.

## PETAL BOOSTERS

30 minutes | 735,000 VND

A quick-fix facial, Petal treatment includes cleansing, gentle exfoliation and a relaxing massage for face and neck. A moisturizer and sunscreen application delivering maximum hydration and protection complete the facial.

## STEM BOOSTERS

30 minutes | 735,000 VND

A back massage induces a deep sense of relaxation while pressure point on the scalp and deep stretching movement on the neck stimulates the nervous system and leaves you feeling revived. When time is of essence, this is an ideal treatment that wonderfully reduces fatigue concentrating on areas that hold stress.

## BUD BOOSTERS

30 minutes | 630,000 VND

An intensive, therapeutic treatment with essential oils counteracts hair and scalp conditions through oxygenating and stimulating microcirculation massage. The additional relaxation of the tight areas of the neck and shoulders restore a deep vital energy.

## ROOT BOOSTERS

30 minutes | 630,000 VND

the feet, incorporating Shiatsu and reflexology massage modalities. Root treatment will improve circulation and deliver a sensation of lightness to heavy and tired legs and feet.

## FOOT REFLEXOLOGY

30 minutes | 565,000 VND

Our express zone is dedicated to the art of foot massage and reflexology. This quick-fix delivers exceptional results as our therapy team delivers a mixture of herbal foot soak, acupressure and leg massage that is applied to zones on your feet that correspond to all parts of your body and organs. It stimulates the body's own healing and balancing process. That leaves your mind clear, and body fully refreshed

# KIDS' CORNER

As from 5 to 12 years old. To be accompanied by parents.

## SEEDS MASSAGE

30 minutes | 565,000 VND

A perfect introduction for children to begin a wellness routine for their muscles, mind and soul.

## SEEDS FACIAL

30 minutes | 680,000 VND

The stress of increasing demands on our young ones has created an impact on their wellbeing. Create time for them to rest their mind.

## SEEDS PEDICURE

30 minutes | 250,000 VND

A quick pedicure is designed for Kid with trimming, buffing and polish.

## SEEDS MANICURE

30 minutes | 250,000 VND

A perfect introduction for children to begin a wellness



# NAIL CARE

Lotus Spa is about making sure you look and feel at your best and our selected treatments will ensure you are red carpet ready!

## MANICURE

60 minutes | 840,000 VND

Pamper your hands and nails with our luxury manicure. After a hand soak, exfoliation, with gentle buffing to restore the natural beauty of the nails, trimming, shaping and two coats of polish. It will be followed with a thorough massage of the forearms, wrists, hands and fingers.

## PEDICURE

60 minutes | 840,000 VND

A comprehensive pedicure is designed to target not only the cuticles and nails but the entire foot. Start off with a foot soak, followed by a scrub, trimming, shaping, buffing, base and polish. It includes a skin treatment that effectively eliminates irregularities and dryness from the toes to the knees to relieve any tension and heaviness.

## EXPRESS MANICURE/ PEDICURE

45 minutes | 420,000 VND

The perfect pedicure for the person on the go! Your nails will be groomed, cuticles tidied, perfectly buffed, and polished in under 45 minutes!

## RE-VANISH

30 minutes | 315,000 VND

Change your nail polish to the mood you are in or to the event you are heading to.



# WAXING SERVICE

Get smooth, sleek and sexy skin. Waxing isn't just about hair removal. It's a skin care treatment as well. Our fast and effective waxing services will leave your skin hair-free and fabulously smooth. Before your first waxing service, please allow a minimum of ten days of hair growth

**ARMS** 30 MINUTES / 565,000 VND

---

**UNDERARMS** 30 MINUTES / 315,000 VND

---

**HALF LEGS** 30 MINUTES / 420,000 VND

---

**FULL LEGS** 45 MINUTES / 630,000 VND

---

**BACK** 45 MINUTES / 630,000 VND

---

**CHEST** 45 MINUTES / 630,000 VND

---

**EYEBROWNS** 30 MINUTES / 250,000 VND

---

**UPPER LIP** 30 MINUTES / 210,000 VND

---

