

BODY THERAPY

THERAPY

Tides Spa Signature Therapy 90 Min. VND 1,100,000

A deep tissue treatment, incorporating firm palm, thumb and forearm pressure to relieve and heal muscular aches and pains. Employing a unique blend of Thai and other Asian healing techniques combined with your choice of Body & Massage Oil helps induce relaxation and ease away tension. This rejuvenating massage treatment is highly recommended for active people or after any sports activity.

Swedish 60 Min. VND 850,000
90 Min. VND 1,100,000

This well-known treatment caters to your specific needs to help relieve the build-up of tension that causes stiff muscles and poor circulation. Friction, kneading and hacking techniques are utilized along with our scintillating Body Butter Treatment Cream to help bring the body to a more relaxed state leaving you better able to cope with the stress of everyday life.*

Aroma 60 Min. VND 850,000
90 Min. VND 1,100,000

This light to medium pressure aromatherapy Treatment combines the healing properties of essential oils and nourishing Rice Bran Oil to help lift your spirits, soothe your mind and relax your body. This very soothing treatment will still have its effect for a few days whilst the oil is allowed to deeply penetrate the skin for a few hours.

Your choice of: Collection
Stimulating: SeaFoam
Peppermint, thyme, eucalyptus and rosemary
Sensual: Aromatic Wood
Orange, tangerine and nutmeg
Exotic: Oriental Essence
Lemongrass and kaffir lime
Calming: Mediterranean Floral
Lavender and rosemary

BODY TREATMENT

Hot Stone 60 Min. VND 900,000
90 Min. VND 1,140,000

This is a unique and deeply relaxing massage that will harmonize and balance your entire energy flow. A combination of massage techniques and heated stones are used to relax tense muscles, relieve pain and improve circulation, resulting in a sublime sense of well-being.

Dead Sea Mud Wrap 45 Min. VND 620,000

The beautifying benefits of marine elements are featured in this detoxifying mud wrap. The Dead Sea Mud, rich in minerals is massaged into the skin and left to draw out impurities; improving the skin's tone and Hydration and providing an exceptional, anti-aging result.

Cucumber Wrap for Sunburnt Skin 40 Min. VND 550,000

Feel the heat seep out of your sunburnt body using cucumber and essential oils. The best Cucumber Cooling wrap is offered at TIDES spa.

Foot Scrub and Foot Treatment 60 Min. VND 490,000

A soothing Sea Salt bath followed by an exfoliating scrub with rice bran and Corn Cob Scrub helps rid the feet of tension and dry skin. The combination of massage and reflexology results in the ultimate foot and leg pampering treatment. Based on ancient Chinese principles, this very effective and deeply relaxing treatment can be done at least three times a week to maintain a healthy mind and body.

Oriental Body Glow 40 Min. VND 440,000

Rich in vitamin C, E and amino acids, this traditional Vietnamese treatment is effective for dry skin; encourages skin protection against free radicals and promotes healthy skin growth. Rice Body Scrub 45 Min. VND 440,000 Moisturize and tone the skin with a Rice Body Scrub, a radiant and exquisitely gentle nutrient rich Body Scrub that leaves your skin smooth.

Corn Cob Scrub 45 Min. VND 390,000

Our unique nourishing cream-based scrub is formulated for all skin types. Made of corn cob, tamarind and apricot kernels, it will help shed dead skin cells and re-generate new ones to reveal a smoother and brighter complexion.

Aromatic Salt Scrub 45 Min. VND 390,000

A detoxifying body scrub that combines rice bran oil, exfoliating sea salt and the healing properties of essential oils.