



TIDES SPA

BODY THERAPY

THERAPY

Herbal Therapy 90 min. VND 1,200,000

Warm herbal poultices filled with ginger, water hibiscus and herbs transfer heat and nourishing energy to the body, wake up a sluggish immune system and help release toxins and rebalance.

Hot Stone 60 min. VND 950,000
90 min. VND 1,200,000

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.

Swedish 60 min. VND 900,000
90 min. VND 1,150,000

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 900,000
90 min. VND 1,150,000

Your choice of: Collection

Phấn trần:

Peppermint, thyme, eucalyptus and rosemary SeaFoam

Sensual:

Orange, tangerine and nutmeg Aromatic Wood

Exotic:

Lemongrass and kaffir lime Oriental Essence

Calming:

Lavender and rosemary Mediterranean Floral

Traditional Therapy 90 min. VND 1,150,000

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.

Key of Focusing 30 min. VND 450,000

The therapist will focus on the key areas of your back, shoulders and feet to alleviate pain, tiredness and stress.

BODY TREATMENT

Tides Signature Deluxe 60 min. VND 950,000

The vichy shower treatment is a whole body water massage treatment that increases your blood circulation, hydrates your skin and soothes the nervous system, enabling your body to balance and your muscles to relax. This water massage treatment is particularly effective following a body scrub or wrap, to circulate the recently absorbed products through your system, producing enhanced benefits.

Rebalancing after Sun 45 min. VND 600,000

Feel the heat seep out of your sunburnt body using cucumber and essential oils.

Natural Mud Wrap 45 min. VND 700,000

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.

Bright Shine 45 min. VND 500,000

Moisturize and tone the skin with a rice body scrub, a radiant and exquisitely gentle nutrient rich body scrub that leaves your skin smooth.

Aromatic Salt Scrub 45 min. VND 450,000

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

Green Tea Scrub 45 min. VND 450,000

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

Oriental Body Glow 45 min. VND 500,000

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.

Foot Scrub & Foot Reflexology 60 min. VND 550,000

A soothing Sea Salt bath followed by an exfoliating aromatic salt 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.

Tides Spa at The Ocean Resort

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