

FULL BODY TREATMENT

Our therapies are profiled to take you to a world of absolute relaxation. Based on your health status and wishes, our staff will recommend the appropriate treatment. Let our seasoned therapists take you on an experiential journey towards the balance....

ESSENTIAL OIL & HOT STONE THERAPY

The combination of lemongrass oil and Himalaya heated stone, under the soft hands of the therapists, will warm up your body. Laying stones on key positions of your body will help you enjoy absolute relaxation.

60 Minutes
VND 790,000

75 Minutes
VND 910,000

90 Minutes
VND 1,130,000



ESSENCIAL OIL THERAPY

Our therapists use hand strength and muscle relaxing movements to help relieve the body aches and pains. Meanwhile, lemongrass essential oil has a relaxing effect, balancing moisture to help your skin become smooth after each treatment.



60 Minutes
VND 690,000

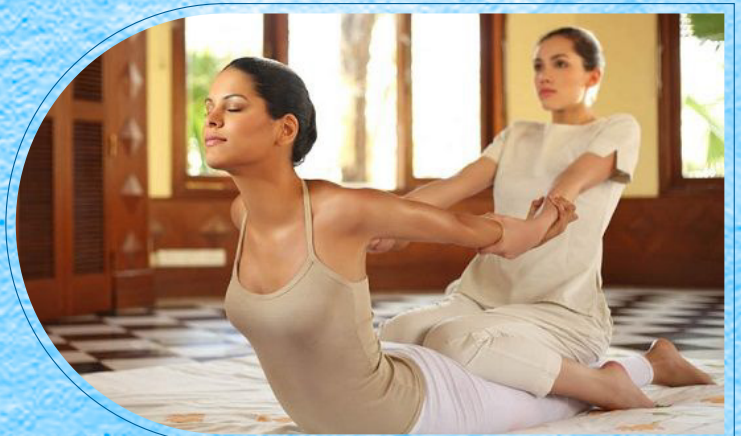
90 Minutes
VND 910,000

THAI THERAPY

Inspired by the typical Thai treatment method, our therapists' manual manipulations will be performed at the points that need actions on your body, with the combination of muscle relaxation and contraction techniques, stimulating the circulation of energy sources within the body.

60 Minutes
VND 1,200,000

90 Minutes
VND 1,600,000



All prices are inclusive of service charge and VAT



VIETNAMESE TRADITIONAL THERAPY

Traditional therapy is a combination of acupressure and rubdown, supporting for the blood circulation while helping increase the flexibility of muscle groups located deep inside the body.

75 Minutes
VND 790,000

90 Minutes
VND 990,000



HERBAL THERAPY

It is a method of using essential oils and heated natural herbal bags to run on the whole body, especially the muscle areas that are prone to aches. The heat from the herbal bags will help release the contracted muscles while the active ingredients from the herbs will penetrate through the skin, helping to maximize the therapeutic effect.



75 Minutes
VND 790,000

90 Minutes
VND 990,000

VICHY SPA

Regular exfoliation brings about many benefits, helping you to remove dead skin cells, increase the natural rosiness of the skin and prevent fat accumulation. In addition, nutrients and active ingredients from skincare products, body scrubs also help reduce stress, bringing a sense of relaxation.

Full body exfoliation

45 Minutes
VND 590,000

Skin regeneration by exfoliation

60 Minutes
VND 990,000

Tides Spa' signature

120 Minutes
VND 1,390,000

