

HOA SIM

Spa

MENU

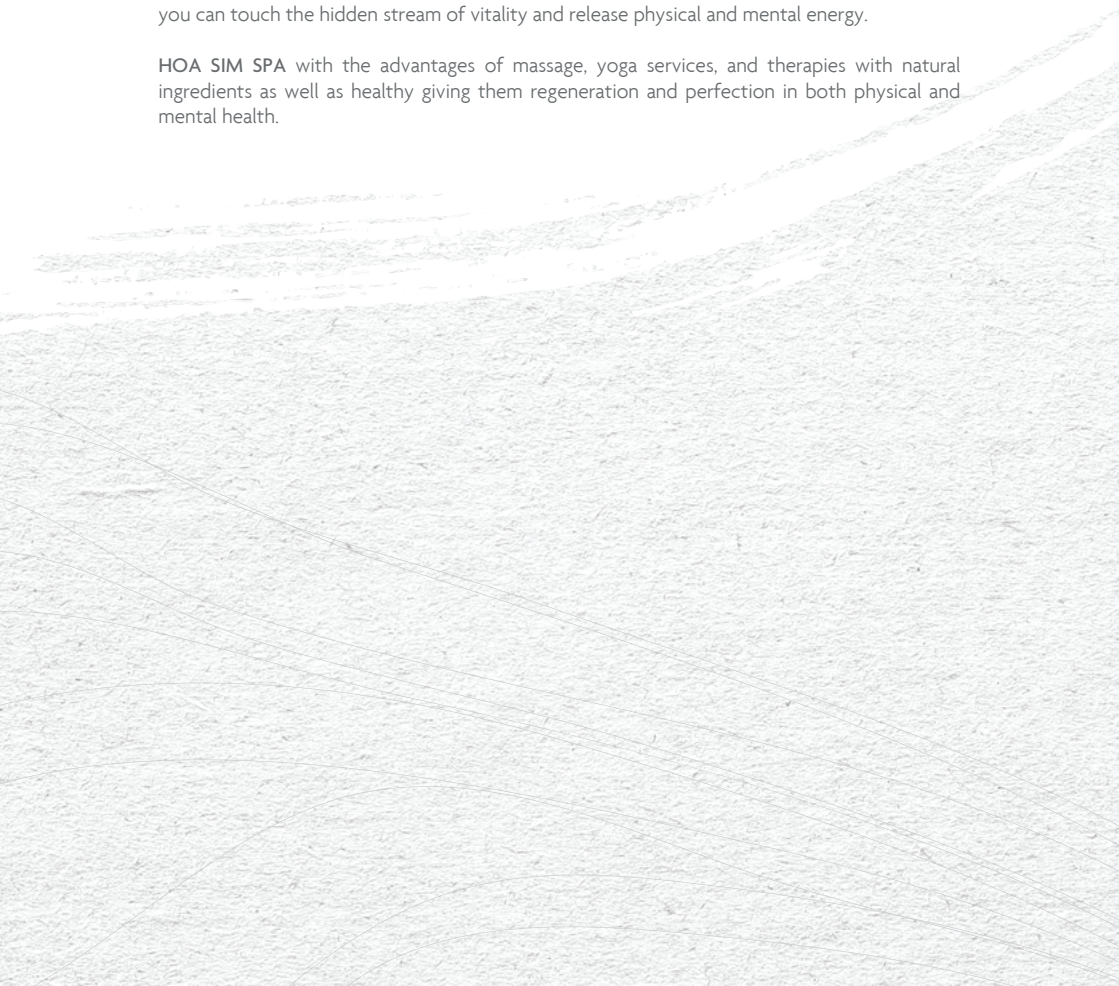


# Introduction

HOA SIM SPA is a Symbol of the Unity between Nature and Humans. Inspired by the image of the Queen of the Sea - the interference between human power and the quintessence of nature. HOA SIM SPA has a spirit of tranquility, flexible self-control, and emotional balance. That is the profound source of physical and mental strength that are the values that the HOA SIM SPA wishes to bring to its customers.

HOA SIM SPA believes that in every human being, there is always an endless flow of youth, longevity, and joy. Therefore, we believe that HOA SIM SPA will become a starting point of the inner journey, in which you begin your adventure into the world within yourself. And from here, you can touch the hidden stream of vitality and release physical and mental energy.

HOA SIM SPA with the advantages of massage, yoga services, and therapies with natural ingredients as well as healthy giving them regeneration and perfection in both physical and mental health.







# Body treatment

## HOA SIM SIGNATURE THERAPIES

### HOA SIM HERBAL HEALER

This treatment uses hot compresses using bags filled with herbs wood to overcome muscle tension, enhance energy flow, and open energy channels. Medicinal herbs are absorbed into the underlying tissues, improving blood circulation and repair. Treats neuromuscular conditions to relieve joint pain and give the body a revitalized feeling.

60 Minutes 1.790  
90 Minutes 2.310

### ENERGIZER

Removal of toxins in the body and blood circulation. Particularly, this Treatment will be jointly performed by two professional attendants efficacious to people who suffer headaches, and insomnia.

60 Minutes 3.150

### DREAM CATCHER

A completely personalized treatment based on your needs and desired results each guest. It uses a combination of gently moving rhythmic flows and medium pressure on specific areas of concern to relieve muscle tension and restore condition balanced, calm and stress-free.

60 Minutes 1.790

### TENSION SOOTHER

We concentrate on your back, neck, shoulder, and scalp to relieve stress. This gentle treatment improves the blood supply to lifting mental tiredness, promoting clearer thinking, and improving concentration. Relax as you feel the tension of everyday life slip away.

30 Minutes 890  
60 Minutes 1.790

### MOVEMENT RESTORATION

Improve mobility and flexibility with a full body therapy combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

60 Minutes 1.790  
90 Minutes 2.310

### PINK STONE VITALITY

A combination of an organic extra virgin olive oil and the heat of steamed Himalayan salt stone containing 84 kinds of minerals, which is beneficial for your skin to revitalize and purify. At the same time, the rub will remove all the dead skin cells and sebum, leaving you a nice, smooth, and moisturized skin.

90 Minutes 2,390

# Body Massage

## TRADITIONAL VIETNAMESE MASSAGE

Traditional Vietnamese massage with cupping and pressure point techniques with invigorating movements to warm and relax muscle tissue and improve circulation. An everlasting Vietnamese experience.

60 Minutes 1.790

90 Minutes 2.310

## TRADITIONAL THAI MASSAGE

This massage exists to heal a person not only physically and emotionally but also spiritually. The technique uses pressure along the meridians together with gentle stretches of muscles to increase the vitality of the body, flexibility, and range of motion.

60 Minutes 1.890

90 Minutes 2.390

# Foot Massage

## FOOT REFLEXOLOGY

An ancient therapy helps to break down the toxins that accumulate in the foot. This treatment creates a physiological change in the body by naturally improving your circulation, which reduces your Body tension and enhances relaxation.

30 Minutes 890

60 Minutes 1.790



Our rates are in Vietnamese Dong (VND), inclusive of Taxes and Service charge



## Aromatherapy facial treatments

### HOA SIM NATURE

Facial therapy has long-lasting effects on youthful and repulsive signs of aging such as wrinkles, tanning, and pigmented skin changes. Especially, HOA SIM Spa is completely using natural ingredients to ensure the absolute safety of your skin.

60 Minutes 2.310

### SHOOTING FACIAL

A truly soothing and calming ritual suitable for sensitive or irritated skin. With healing & soothing properties, reduce inflammation by calming skin reactions resulting from allergies & irritations & protecting sensitive skin. Promoting skin healing, nourishes while revitalizing the skin.

60 Minutes 2.310

### HYDRATING FACIAL

An instant hydration for dry, dull, and tired skin. Skin is instantly refreshed and appears volumized and dewy. Hydration is maximized with highly nourishing botanicals and moisture-boosting essential oil blends.

60 Minutes 2.310

### MATTIFYING FACIAL

Step out with beautiful, perfectly toned skin with a mattifying facial, which works to correct your complexion, leaving your skin looking and feeling smooth and shine-free. Includes mattifying botanicals and oil-balancing essential oils to help regulate oil production so you can enjoy beautiful, refined skin.

60 Minutes 2.425

### ANTI-AGEING FACIAL

Powerful and highly effective anti-ageing skincare, packed with natural, super-active, anti-ageing ingredients and rare essential oils. This treatment is designed to promote collagen and elastin production to visibly plump up, smooth, firm, and deeply nourish skin.

60 Minutes 2.425



BEAUTY	DURATION/MINUTE	PRICE
Manicure	60	1.077
Pedicure	60	1.077
Hand or Foot Care Treatment	60	1.077
Nail Polish Application	30	750
Steam & Sauna	30	285

Hair removal is available upon request and the price depends on the area being treated.

## Body envelopment treatments

### HOMEMADE NATURAL BODY SCRUBS

A body exfoliation ritual with locally sourced products to invigorate and revitalize the body. These indulging scrubs provide ultimate radiance, vitality, and an all-over body glow.

#### DETOXIFYING BODY

A detoxifying body scrub using Vietnamese coffee and local sea salt blended with carrot and coconut oil to exfoliate and remove dead skin cells. A fresh coffee mask with citrus is then applied to detoxify and purify the body.

75 Minutes

1.950

#### AFTER-SUN BODY WRAP

The miraculous recipe of Aloe Vera, fresh cucumbers, mango fresh milk, and essential oil, with is one of the best natural analgesics, heats from the skin and soothe pain and discomfort of sunburn, and accelerates healing. At the same time, facial care is applied with Aloe Vera, and honey, followed by a therapy then an oatmeal and fresh milk mask.

75 Minutes

1.950

#### VIETNAMESE GREEN TEA SCRUB

Use a gentle dry brush to activate and prepare the body to stimulate the outer layer of dead skin, helping to remove toxins, cleanse and purify, leaving your body feeling refreshed and revitalized.

60 Minutes

1.950

Our rates are in Vietnamese Dong (VND), inclusive of Taxes and Service charge





# Special package offer

HOA SIM Spa offers a variety of services to suit your individual needs, each package is a combination of many harmonic and functional therapies.

## HOA SIM JOURNEY

120 Minutes 3.450

Revive and rehydrate the skin with this soothing body treatment using ingredients from local coconuts. It begins with a body scrub and cocoon followed by a relaxing massage to release tension from the upper back, neck and shoulders. Enjoy an Alchemy Bar experience where you will each create a unique body scrub and herbal poultice. Your therapist will then tailor your full body scrub and signature Treatment to incorporate your exotic creations.

## SLEEP WELL JOURNEY

90 Minutes 2.310

This signature journey is based on clinical research and ancient practices to alleviate sleep concerns.

It begins with pranayama (breathing exercise) which positively impacts the flow of energy. A full body Therapy then releases tension and brings the body's rhythm back into balance, while the facial magma Treatment stimulates the pineal gland using potent active ingredients. It concludes with the nays (nasal oil application) which has been used for centuries to relieve sleep concerns and bring about better AZs. Using Subtle Energies.

## FOR HIM – BODY BOOSTER

120 Minutes 3.450

Experience the masculine way to get energized. Start off with our special coffee scrub to deep-lift dead skin tissue and stimulate soft tissue repair, and then enjoy our traditional Balinese Body Treatment, as a deep therapeutic Treatment which tends to a blend of herbal oils that warms and soothes your muscles. Restore mobility, vitality and body comfort through this incredibly energizing treat.

## SWEET HONEYMOON

150 Minutes 7.850

In a quiet and romantic space. Couples can fully enjoy relaxing romantic moments of happiness together starting from body scrubs to body masks to replenish skin's surface and finish with Flower scent bath.

Luxurious for body and face, continue romance with a luxurious face from natural products and end with relaxing reflexology. Pamper your relationship with this truly enjoyable experience...

ELT foot bath - Seaweed body scrub - Body mask - Aromatherapy bath - Revitalize face with natural products - Relaxing body therapy.

# Spa etiquette

At Hoa Sim Spa, every moment of your visit is carefully designed to ensure that, with each step, stress and tension melt away.

Prior to your appointment, you are invited to enjoy spa amenities such as use of the stimulating herbal steam room and sauna.



### **SPA APPOINTMENTS**

Please consult our Hoa Sim Spa reception for assistance in selecting the treatments that fulfill your personal requirements.

To ensure availability, advanced reservations are highly recommended. To make your appointment please call 5919 for booking and inquiries by pressing Hotkey on your room telephone or visiting us in person.

### **CANCELLATION POLICY**

If you wish to reschedule or cancel your reservation, please notify us at least 24 hours in advance to avoid cancellation charges.

A 50% charge of the reserved service will be incurred for any treatments canceled between 24 and 12 hours prior to the appointment. A full charge will be incurred for all no-show appointments and those canceled within 4 hours.

### **WHAT TO WEAR**

Proper Spa attire is always required. For your comfort, you will be provided with a personal locker, kimono, slippers and disposable underwear at Hoa Sim Spa. Our therapists are trained in proper dropping procedure for your complete privacy and tranquility. canceled within 4 hours.

### **ARRIVAL**

We suggest you arrive 15 to 30 minutes prior to your scheduled appointment time to enjoy the full use of our exclusive spa facilities. Please be advised that a late arrival will result in a reduction of your time.

### **HEALTH MATTERS**

Please inform us of any health conditions upon booking your treatment reservation. These include hypertension, heart conditions, allergies, recent surgery and pregnancy.

### **PREGNANCY**

Our treatments offered for pregnancy are designed for expectant and nursing mothers. Please allow our spa team to guide you in selecting suitable treatments for your safety. Pregnancy treatments are not allowed before the first trimester or after the third trimester and are not recommended 24 hours before or after travelling.

### **VALUABLE ITEMS**



Please leave your jewelry and valuable items in the safety box provided in your guest room. While we endeavor to look after your belongings, we do not assume liability for any valuable items.

### **ELECTRONIC DEVICES**

To protect Hoa Sim Spa's tranquil environment and protect your privacy, cellphones and all other electronic devices are not permitted in the treatment room.

## CROWNE PLAZA PHU QUOC STARBAY

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