



SPA MENU

RENEW
RELAX
REFRESH

HIDDEN  LAGOON



HIDDEN LAGOON SPA

Our spa is an echo of that hidden world, a retreat shaped by nature's own design. The unshakable strength of limestone meets the soft embrace of flowing water – a contrast that restores, grounds, and renews. Enclosed by stone, yet open to the sky, it is a place where silence speaks, where presence deepens, and where the elements reveal their quiet power.

We proudly partner with Sodashi – Wellness in the new luxury to offer deeply holistic rituals that nurture body, mind, and spirit. For advanced hand and foot therapy, we feature the award-winning Margaret Dabbs London, blending medical expertise with luxurious care.



SODASHI

Hand-crafted in Australia from the purest natural ingredients, Sodashi is the ultimate in clean beauty. Taking a holistic approach to spa that transcends skincare; Sodashi provides a total wellbeing experience that works to nurture the mind, body, spirit and emotions, delivering extraordinary results.



WELLNESS RITUAL

ALPHA QUARTZ BLISS

60 minutes/90 minutes

The luxurious design of the MLX Quartz provides an immersive alpha quartz experience that fosters deep relaxation, sensory stimulation, and modern detoxification. The warm quartz sand cocoons the body, and effortlessly melts away stress symptoms, while its gentle inversion and integrated massage system work together to alleviate tension and enhance circulation.

INFARED SAUNAS INTERGRATED WITH RED LIGHT (coming soon)

SINGLE/ DOUBLE

30 minutes/45 minutes

You determine the wellness experience you want. The in-sauna tablet empowers you to select from six programs created from clinical research to deliver each wavelength at the optimal dosage to help your body with whatever you need each time you use it.



ESSENCE OF VIETNAM

STONE GINGER BALANCE

90 minutes

Immerse yourself in a deeply restorative journey inspired by Vietnamese traditions. Warm, smooth stones and the invigorating essence of ginger work in harmony with rhythmic massage techniques to ease tension, alleviate stress, and soothe aches. The heat from the stones deeply penetrates muscles, while ginger's natural healing properties promote circulation and renewal, leaving you profoundly relaxed and revitalized.

BAMBOO BLISS

90 minutes

Inspired by the strength, resilience, and grace of bamboo—a symbol of Vietnamese culture—this unique treatment harnesses the healing power of bamboo to restore balance and vitality. Smooth, warmed bamboo sticks are expertly used in rhythmic motions to release tension, improve circulation, and deeply relax muscles. As the bamboo glides over your body, it mirrors the harmony and connection to nature that bamboo represents in Vietnamese tradition, leaving you feeling refreshed, rejuvenated, and grounded.



REJUVENATING JOURNEY

HA LONG ART OF RELAXATION

120 minutes

This heavenly face and body experience begins with a Himalayan salt and aromatic oil exfoliation, followed by a heated stone with Sodashi oil to relax tired muscles. A customized facial completes the journey, leaving you refreshed and recharged.

- **Body Scrub salt Hymalaya:** 30 min
- **Hotstone body therapy:** 60 min
- **Mini facial Sodashi:** 30 min

HA LONG ZEN OASIS

150 minutes

Luxuriate in a warm aromatic bath, followed by a full body dry brush to promote circulation and your skin is pampered with an application of marine mineral-rich detox mask. After a warm shower, a restorative and relaxing full body therapy in light to medium pressure combined with essential oil blends work to release physical and emotional tension, and deeply calm the mind and nervous system.

- **Herbal bath:** 30 minutes
- **Bamboo Brush:** 30 minutes
- **Sodashi clay mask body wrap:** 30 minutes
- **Therasereni body therapy:** 60 minutes

HA LONG EMPOWERING

180 minutes

Unwind and renew with this restorative full body ritual. After a warm aromatic bath that prepare your skin for an invigorating exfoliation with botanical oils and salts, you will be cocooned in a silky layer of warm marine mineral-rich mud. Followed by a grounding full-body therapy with Sodashi Signature Body Oil and express facial. Embrace tranquil therapies to reconnect and rejuvenate.

- **Herbal bath:** 30 minutes
- **Herbal body scrub:** 30 minutes
- **Sodashi mud mask body wrap:** 30 minutes
- **Cleartension Sodashi treatment therapy:** 60 minutes
- **Mini facial Sodashi:** 30min



BODY THERAPY

THERASERENI

60 minutes/90 minutes

Combining the healing power of touch and pure botanical essences, this profoundly relaxing massage uses smooth stroking movements with light to medium pressure to encourage lymphatic circulation and balance the body's energy meridians. A blend of natural plant oils and extracts deeply nourishes the skin and helps relieve emotional and physical tension.

CLEAR TENSION

60 minutes/90 minutes

Created to nurture the skin and boost circulation, this restorative massage removes accumulated toxins and effectively relieves water retention. The movements combine Swedish, lymphatic drainage, and acupressure techniques. Energised with Sodashi's antioxidant-rich botanical oils, this massage restores balance and harmony within.

HERBAL THERAPY

60 minutes/90 minutes

Using heated herbal compresses, this treatment combines the healing energy of traditional herbs with gentle placement on specific body parts. It melts away fatigue and tension, re-aligns energy flow, and energizes both mind and body. The activation of pressure points and spiraling movements grounds, uplifts, and calms the senses.



COCOON THERAPY

REVIVE BODY BALANCE

45 minutes

Revitalize your body and relieve fatigue with a Himalayan salt scrub infused with detoxifying Sweet Orange and Clary Sage. Warm botanical oils and a hydrating body lotion leave your skin soft, radiant, and refreshed. This treatment stimulates circulation, making it an ideal choice for post-travel rejuvenation.

REJUVENATE BODY BLISS

45 minutes

Indulge in this luxurious detoxifying therapy featuring a warm marine mineral-rich clay mask to nurture your body and flush away accumulated toxins. As the mask works its magic, enjoy a soothing scalp massage for complete relaxation. Following a refreshing shower, a hydrating application of enlivening body lotion deeply nourishes, leaving your skin feeling soft and looking radiant.

REFINING BODY

60 minutes

This treatment has a remarkable effect on cellulite and water retention. It stimulates the lymphatic system, assisting in the removal of accumulated toxins, leaving your body toned and firm. Warm botanical oils are pressed into the skin followed by a vanilla and sandalwood exfoliant to buff away dry skin and melt away tension.

DETOX BODY

60 minutes

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. After an exfoliation with Sodashi's mineral-rich Pink Himalayan Salt, we apply a warm Marine Mineral Body Mask. Then finish off with a luscious lime and lemongrass lotion leaves the whole body fresh and revitalised.

A woman is lying down, receiving a facial treatment. A hand is using a clear, faceted crystal roller to massage her forehead. The background is softly blurred, showing a spa-like setting with a bottle of product and a bowl.

SODASHI FACE

SAMADARA ULTIMATE AGE-DEFYING FACIAL

90 minutes

Introducing Samadara, Sodashi's ultimate luxury anti-aging range. Combining potent botanicals with advanced skincare science, Samadara transforms skin by boosting firmness, restoring elasticity, and reducing fine lines and wrinkles. A Rose Quartz Crystal facial massage enhances absorption of the nutrient-rich Samadara Crèmes, delivering intense hydration and a radiant, youthful glow. Suitable for all skin types, it addresses pigmentation and rejuvenates the skin beautifully.

BESPOKE FACIAL

60 minutes

Immerse yourself in the harmonious blend of nature and luxury with our signature facial. The Sodashi Signature facial harnesses the intelligence of nutrient-enriched botanicals and holistic massage techniques. We customize this bespoke facial to address your specific skin concerns, boosting circulation and revealing a radiant and revitalized complexion.

CRYSTAL VITALITY FACIAL

75 minutes

A deeply relaxing treatment that renews the skin for a brighter, smoother complexion. Using Carnelian, Rose Quartz, and Green Aventurine crystals combined with nutrient-rich botanicals, it restores radiance and balance, delivering youthful, glowing skin while harmonizing the body, mind, and spirit.

MANKIND

60 minutes

Designed specifically for male skin, this results-driven facial targets specific concerns with a tailored approach. Following expert analysis, the treatment includes a double cleanse, exfoliation, and extended massage with vitamin-rich botanical oils, leaving the skin hydrated, firm, and revitalized.

THERMAL MASK ADD-ON

30 minutes

Reclaim youthful elasticity and a radiant skin tone with the luxurious Thermal Infusing Mask. Tailored to your skin's needs, this treatment deeply delivers antioxidant-rich botanicals, providing nourishment that plumps, firms, smooths, and protects against environmental stressors.

STOP & RELAX FACIAL

30 minutes

This express facial boosts your complexion with a facial cleanse, Sodashi's unique exfoliating compresses, followed by a aromatic facial massage leaving your skin firm and revitalised.



ENHANCERS

SCALP THERAPY

30 minutes

This treatment begins with Sodashi's warm and aromatic foot compresses to relax and refresh aching feet. A luxurious and moisture rich Sodashi Scalp Mud is then massaged over the scalp to release pressure and tension. This mask treatment is left to deeply nourish the scalp and leave the hair feeling silky and looking shiny.

CLEANSE AND DE-STRESS BACK TREATMENT

30 minutes

Soothe upper body tension with this deeply relaxing and cleansing back treatment. We begin with warm aromatic compresses, followed by a mineral-rich Himalayan salt scrub that deeply cleanses the skin and assists in the removal of impurities and toxins. A rejuvenating body lotion is then applied, leaving skin nourished and revitalized.



KIDS PAMPERING

LIGHT TOUCH THERAPY

45 minutes

This soothing treatment is designed for youngsters, featuring a light-pressure massage to promote relaxation and well-being. Ideal for teenagers, this therapy enhances body awareness, boosts the immune system, and rejuvenates from head to toe using Sodashi vitamin oil.

NOURISHING BODY MASK

45 minutes

Enriched with natural cocoa powder, this fun and aromatic treatment hydrates and softens delicate skin while providing a calming and enjoyable experience for little ones. It leaves their skin refreshed, smooth, and glowing, making them feel pampered and relaxed.



MARGARET DABBS® LONDON

SUPREME MANICURE

55 minutes

Unique, anti-ageing expert manicure treatment with Pure Hand Mask and Luxury Treatment Gloves. Giving long-lasting results and deep hydration, this indulgent experience uses the full range of Margaret Dabbs London Fabulous Hands professionally formulated products, scented with geranium and mandarin. Performed on dry skin with expert techniques adhering to medical standards of hygiene, the manicure finishes with a beautiful creamy scrub and a relaxing hand and lower arm massage. Simply the best, most thorough manicure you can find.

ANTI AGING HAND THERAPY

25 minutes

“A Margaret Dabbs London Facial for the Hands.”

This anti-ageing treatment avoids any nail or cuticle work but focuses on the skin of the hands. Combining a double cleanse to start, followed by a creamy exfoliation, the powerful Hand Mask, serum, oil, and a cream massage work to plump, rejuvenate, brighten, and hydrate the hands. A perfect treatment to have between manicures to visibly improve the appearance and comfort of the hands while repairing and protecting the skin.

PURE OVERNIGHT HAND MASK AND TREATMENT GLOVES ADD ON

20 minutes

With Buriti Oil, Turmeric, White Water-Lily, and Calendula, this vegan-friendly Hand Mask will instantly reduce the visible signs of lines and wrinkles on the skin of the back of the hands, giving you younger-looking hands. The treatment mask will be gently applied over the backs of your hands and enveloped with soft, silky bamboo and hemp gloves to allow the gentle, rose- and lemon-scented formulation to absorb and treat the skin of the hands.

SUPREME PEDICURE

60 minutes

Indulge in the Supreme Pedicure — a refined ritual that restores and beautifies. Expert techniques and high-performance formulas renew your skin and nails, while a deeply hydrating massage with aromatic oils envelops you in pure serenity. Emerge with feet that feel silky, radiant, and beautifully reborn.

DETOX FOOT, EXFOLIATING FOOT SCRUB AND LOWER LEG

45 minutes

Enhance your foot transformation with a dedicated detox element designed for profound relaxation and immediate relief of inflammation, aches, and tiredness in feet and ankles. Following the foot and toenail transformation, enjoy this detoxifying step before the final stress-relieving, foot-pampering massage encompassing the lower legs, ankles, and feet.

YELLOW LEG MASQUE WITH TONING LEG SCRUB 25 minutes

A luxurious add-on treatment created to illuminate, revive, and refine the appearance of the lower legs, ankles, and feet. First, the feet and lower legs are exfoliated with the Toning Leg Scrub, followed by the application of the Yellow Leg Masque to improve circulation and give an instant glowing complexion to the legs. The deeply hydrating Yellow Leg Masque instantly warms the feet and legs while the masque works to brighten, nourish, and regenerate the skin.

THE FOOT THERAPY 30 minutes

A relaxing treat, enjoy a stress-relieving, foot-pampering massage guaranteed to refresh overtired, overworked feet. Using the Intensive Hydrating Foot Lotion to leave you feeling like you're walking on air.

TERM & RESERVATION DETAILS

APPOINTMENT

We always recommend booking ahead. To make a reservation, please contact us through our email at Spa.ICHL@intercontinentalhalongbay.com or visit us in person. We're happy to talk through the options and find the best treatments for you.

CANCELLATIONS AND RESCHEDULING

Please be advised that we have a 4-hour cancellation policy. If you wish to cancel or rescheduled appointments, please inform Spa Team or our Concierge/Guest relation at least 4 hours' notice prior to your scheduled appointment time to avoid 50% cancellation charges. Or a "No Show" will incur full payment.

ARRIVAL TIME

It is recommended that you arrive 10 to 15 minutes prior to your spa appointment in order relax in the tranquil surroundings and to complete your health assessment form. The spa team are on your disposal to fetch you by buggy from your suite or villa, if required. Please contact the spa team, who will be happy to arrange your pick-up.

LATE ARRIVAL

If you arrive late for your appointment, you will receive the best treatment possible within the remaining appointment time.

HEALTH CONDITION

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, any recent surgeries or pregnancy.

WHAT TO EXPECT

When you arrive, you'll be provided with a robe, towels, slippers and disposable undergarments. We provide lockers where you can stow your belongings. During your treatment, privacy is assured with discreet draping.

AGE REQUIREMENT

Spa treatments for guests under the age of 18 years must be performed by a therapist of the same gender. Spa guests under the age of 18 years must be accompanied by a parent or guardian, or present written consent from a parent or guardian. In the latter case, a parent or guardian must be present in the resort during the entire treatment. Spa guests under the age of 14 years may only enjoy treatments specifically designed for children and teenagers, and must have a parent or guardian present in the treatment suite during the entire treatment

MOBILE PHONES

As a courtesy to other guests please switch off your mobile phone or place it in silent mode at all times whilst in Spa.

SMOKING

The entire spa including reception pavilion, relaxation lounge and treatment suites is a smoke-free zone. Smoking is not permitted anywhere in The Spa.

ALCOHOL CONSUMPTION

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, any recent surgeries or pregnancy.

RESTRICTIONS

Unacceptable and inappropriate behaviour towards the spa team will not be tolerated, and in which case a treatment will be terminated immediately without refund. Please note that spa treatments cannot be performed in suites/villas



INTERCONTINENTAL HALONG BAY RESORT
Peninsula 2, Ha Long Marina Urban Area, Bai Chay ward,
Quang Ninh Province, Vietnam.

T: +84 203 382 8888
E: Spa1CHL@intercontinentalhalongbay.com
W: www.intercontinental.com/HalongBay