



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.



ULTIMATE PACKAGE

HA LONG ART OF RELAXATION (1 Pax)

120 minutes

3,800,000

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 Himalayan:** 30 minutes
- **Hostone Body Therapy:** 60 minutes
- **Mini Facial Sodashi:** 30 minutes

HA LONG ZEN OASIS (1 Pax)

150 minutes

4,300,000

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.

- **Bamboo Brush:** 30 minutes
- **Aroma Therapy Body:** 60 minutes
- **Sodashi Clay Mask Body Wrap:** 30 minutes
- **Sodashi Mini Facial:** 30 minutes

HA LONG HARMONY FOR TWO (2 Pax)

180 minutes

8,000,000

Enjoy a relaxing couples' experience featuring a detoxifying rose and bath salt soak, followed by a purifying Sodashi pink salt body scrub. Find balance and relaxation with a Hawaiian Lomi Lomi treatment and a facial cleansing using Sodashi products. This combination promotes balanced relaxation, leaving you energized for the journey ahead.

- **Herbal bath:** 30 minutes
- **Body Scrub Salt Himalayan:** 30 minutes
- **Lomi Lomi Body Therapy:** 60 minutes
- **Sodashi Mini Facial:** 30 minutes
- **Thermal Mask Facial:** 30 minutes

SERENITY FOR TWO (2 Pax)

120 minutes

6,000,000

Experience a journey of relaxation and tranquility at Hidden Lagoon Spa. Therapeutic lavender aromas combined with aromatherapy massage techniques help relieve stress and restore emotional balance, while the scent of vanilla pairs with pink salt to purify the skin, revealing a youthful, firm complexion – complemented by a nourishing Sodashi cream mask. The experience concludes with a sensory-awakening ritual featuring Tibetan singing bowls.

- **Aroma Therapy Body** : 60 minutes
- **Vanilla Body Scrub**: 30 minutes
- **Tibetan Singing Bowl Meditation**: 30 minutes

HA LONG EMPOWERING (1 Pax)

180 minutes

5,000,000

Inspired by the beauty of Ha Long Bay and traditional Vietnamese ingredients, this treatment features a coconut and fresh milk body scrub that leaves your skin feeling silky smooth. Relax your body with a treatment using traditional Vietnamese fresh ginger to warm the skin, boost circulation, and relieve fatigue. Revitalize your feet with a detoxifying treatment using Margaret Dabbs London products, leaving them feeling pampered and energized. Finally, a Sodashi facial treatment leaves you looking youthful and full of vitality.

- **Body Scrub Coconut**: 30 minutes
- **Vietnamese Body Therapy**: 90 minutes
- **Foot Detox**: 30 minutes
- **Sodashi Mini Facial**: 30 minutes





WELLNESS RITUAL

VIETNAMESE GINGER RITUAL	60 minutes	2,300,000
	90 minutes	2,700,000

Drawing on traditional Vietnamese practices, fresh ginger warms the body, relieves muscle aches, improves circulation, and aids in detoxification. The combination of a hot ginger compress and a relaxing body treatment – delivered by the skilled hands of our spa therapists – will leave you feeling revitalized and energized.

FOOT RELAX RITUAL	30 minutes	700,000
	60 minutes	1,500,000

A relaxing treat, enjoy a stress-relieving, foot-pampering massage, guaranteed to refresh overtired, overworked feet. Indulge in a herbal foot soak and Sodashi pink salt detoxification, followed by a relaxing foot treatment performed by a skilled therapist.

Prices are in VND and inclusive of VAT and service charge

CLEANSE AND DE-STRESS BACK TREATMENT	45 minutes	1,500,000
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Soothe upper body tension with this deeply relaxing and cleansing treatment for the back. Warm aromatic compresses followed by a mineral-rich Himalayan salt scrub deeply cleanses the skin and assists in the removal of impurities and toxins. A rejuvenating body lotion is applied, leaving skin nourished and revitalised.

SINGING BOWL RITUAL	30 minutes	500,000
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Experience and awaken your inner senses through the sound of Tibetan Singing Bowls, helping you reduce stress and enjoy a deep sleep.

ALPHA QUARTZ BLISS	60 minutes	2,300,000
	90 minutes	2,700,000

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.

Prices are in VND and inclusive of VAT and service charge





SIGNATURE TREATMENTS

HOT STONE AND GINGER BALANCE

90 minutes

2,900,000

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 techniques to ease tension, alleviate stress, and soothe aches. The heat from the stones penetrates deeply into muscles, while ginger's natural healing properties promote circulation and renewal, leaving you profoundly relaxed and revitalized.

BAMBOO BLISS

90 minutes

2,900,000

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 refreshed, rejuvenated, and grounded.

Prices are in VND and inclusive of VAT and service charge



MASSAGE BODY

AROMA MASSAGE	60 minutes	2,000,000
	90 minutes	2,700,000

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

CLEAR TENSION MASSAGE	60 minutes	2,300,000
	90 minutes	2,900,000

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

SWEDISH MASSAGE	60 minutes	2,300,000
	90 minutes	2,700,000

Common massage techniques are employed to relax muscles, improve blood circulation, and reduce stress. Key techniques include long strokes, kneading, tapping, and twisting movements, which help warm and lift the muscles while promoting deep relaxation.

Prices are in VND and inclusive of 30% Special Consumption Tax, 10% VAT and service charge

HERBAL MASSAGE		
	60 minutes	2,300,000
	90 minutes	2,900,000
Using a heated herbal , this treatment combined healing energy from the traditional herbs with gentle place in body parts, it melts away fatigue and tension, re-aligns energy flow and energises mind and body. Activation of pressure points and spiralling movements ground, uplift and calm the senses.		
THAI MASSAGE		
	60 minutes	2,500,000
Drawing upon traditional Thai and Vietnamese heritage, this therapy employs stretching and acupressure techniques to relieve muscle tension, promote relaxation, and improve mobility. It is a "dry" treatment that does not use massage oil.		
PRENATAL MASSAGE		
	60 minutes	2,500,000
Specially designed for expectant mothers, this treatment alleviates pregnancy-related discomfort, promoting relaxation and restful sleep. It features a massage with light-to-moderate pressure targeting the shoulders, neck, lower back, hips, and legs. Tailored specifically for the second trimester (months 3 to 6).		

Prices are in VND and inclusive of 30% Special Consumption Tax, 10% VAT and service charge





COCOON THERAPY

REVIVE BODY BALANCE	30 minutes	1,000,000
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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 ideal for post-travel rejuvenation.

REJUVENATE BODY BLISS	30 minutes	1,000,000
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This luxurious detoxifying therapy is infused with a warm marine mineral-rich clay mask to nurture and flush the body of accumulated toxins, whilst you enjoy a soothing scalp massage for complete relaxation. After a refreshing shower, a hydrating application of enlivening body lotion deeply nourishes to leave skin soft and glowing.

REFINING BODY	60 minutes	2,000,000
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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 bodytoned 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.

Prices are in VND and inclusive of VAT and service charge

DETOX BODY

60 minutes

2,000,000

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.

SCALP THERAPY

45 minutes

1,500,000

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.

CELLULITE SMOOTHER

60 minutes

2,000,000

This stimulating treatment targets cellulite by combining dry body brushing and heat packs to boost blood and lymphatic circulation, reducing toxins and fluid retention. A revitalizing massage with Juniper Berry and Grapefruit oils is followed by ice packs to decongest and contour. Finished with Sodashi’s Contouring Body Gel and lotion, it leaves your skin tightened, firmed, and visibly smoother.

Prices are in VND and inclusive of VAT and service charge



A close-up, soft-focus photograph of a woman's face lying down, receiving a facial treatment. A hand is visible holding a pink, oval-shaped crystal roller, gently massaging her cheek. The background is blurred, showing a spa-like setting with a bottle of product.

SODASHI FACE

SAMADARA ULTIMATE AGE-DEFYING FACIAL	90 minutes	3,000,000
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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

BESPOKE FACIAL	60 minutes	2,300,000
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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. This bespoke facial is customized to your specific skin concerns, boosting circulation, and revealing a radiant and revitalized complexion.

CRYSTAL VITALITY FACIAL	60 minutes	2,300,000
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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.

Prices are in VND and inclusive of VAT and service charge

MANKIND60 minutes2,300,000

Designed for male skin, this results-driven facial targets specific concerns with a tailored approach. After 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-ON30 minutes1,300,000

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

STOP & RELAX FACIAL40 minutes1,300,000

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.

Prices are in VND and inclusive of VAT and service charge





KIDS PAMPERING

COCONUT BODY SCRUB	30 minutes	1,000,000
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Enriched with natural coconut flesh, this fun and aromatic treatment hydrates and softens delicate skin while providing a calming and enjoyable experience. Perfect for little ones to relax and feel pampered, leaving their skin refreshed, smooth, and glowing.

LIGHT TOUCH THERAPY	45 minutes	1,500,000
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A soothing treatment 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 with Sodashi vitamin oil.

Prices are in VND and inclusive of VAT and service charge

A background image showing a collection of Margaret Dabbs London products, including a dark green bottle of 'FABULOUS FEET' lotion, a dark green tube of 'FOOT LOTION', and a dark green box of 'LONDON SUPREME PEDICURE'. The products are arranged diagonally against a light beige background with some dried flowers.

MARGARET DABBS® LONDON

LONDON SUPREME PEDICURE 60MINS

60 minutes

1,500,000

Luxury Supreme Pedicure is an outstanding treatment which transforms the feet. The results driven branded products and tools, along with the expert treatment protocols, transform the skin of the feet and the condition of the toenails, including hard skin removal. This is followed by an intensive and revitalising foot massage with deeply hydrating and soothing Intensive Treatment Foot Oil and Intensive Hydrating Foot Lotion where you will be immersed into a new world of pure relaxation. Feet are left looking renewed and younger, soft, silky, illuminated, and light.

LONDON SUPREME MANICURE 60MINS

60 minutes

1,500,000

Unique, anti-ageing expert manicure treatment, with Pure Hand Mask and Luxury Treatment Gloves. Giving long lasting results and deep hydration, with the indulgence of the full range of Margaret Dabbs™ London Fabulous Hands professionally formulated products, scented with geranium and mandarin. Performed on dry skin with expert techniques 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.

DETOX FOOT, EXFOLIATING FOOT SCRUB AND LOWER LEG

45 minutes

1,500,000

Add a Detox to your treatment for another layer of relaxation and deliver immediate relief to inflamed, aching, tired feet, and ankles. Finishing with a stress relieving, foot pampering massage to the lower legs, ankles, and feet.

Prices are in VND and inclusive of VAT and service charge

ANTI AGING HAND THERAPY	30 minutes	900,000
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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 followed by serum, oil, and a cream massage 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 whilst repairing and protecting the skin.

SCRUB YOUR HEELS	30 minutes	700,000
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Exfoliating your feet using a brush combined with massage and a foot mask helps you achieve healthy, beautiful feet.

GEL POLISH	30 minutes	500,000
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The UV-cured gel nail polish process ensures durability and a beautiful, glossy finish.

GEL REMOVER	30 minutes	500,000
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The process of removing cured gel polish, sculpting gel, or gel extensions from the surface of fingernails or toenails.

Prices are in VND and inclusive of VAT and service charge

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
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