



INTERCONTINENTAL®
SAIGON



SPA MENU

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Welcome to SPA InterContinental®

Escape from the physical, mental and emotional demands of life and allow yourself to be transported to another realm by the Spa InterContinental.

Bringing local expertise to life, our spa treatments rely on the comforting qualities of fresh local traditional herbs and plants used to heal for generations, for a quintessentially way of relaxing.

Together with the caring touch of our therapists, experience the best of the active pure ingredients. Exotic botanical recipes represent the purest and most potent ingredients, combining the richness of Asia's healing traditions. This therapeutic skincare is seamlessly blended with the freshest ingredients and enhance the qualities of natural bounty. Experience first hand the unique character of the Vietnamese tradition, returning home relaxed in mind, body and soul.

All prices are quoted in ,000 VND. A 5% service charge and prevailing tax will be added to your final bill.

SIGNATURE TREATMENTS

Upgrade yourself with our signature treatments to escape from the daily life. Relax and enjoy.

Sensations Orientales

80 min
2,050

An exceptional treatment protocol inspired by ancestral Oriental rites. The journey will start by applying the pre-exfoliation syrup that contains saponaria and brome lain to cleanse and detoxify the skin. You will then experience body modelling with date oil extract known for its hydrating and soothing properties and amber oil for its de-stressing action.

Warm Bamboo Anma

75 min
1,850

Sculpt figure Bamboo called "Take" in Japanese, represents youth, prosperity and serenity in Asia. Warm bamboos slowly rolled on targeted areas break down fatty deposit. This treatment fights cellulite, tones muscles, stimulates lymphatic system and detoxifies the organs. Associated with healthy eating and exercise you will never have felt so well.

SIGNATURE TREATMENTS

Hanakasumi

80 min
2,050

A unique protocol of Japanese inspiration: peeling with exfoliating gloves, relaxing modelling of the entire body and specific modelling of the feet in this nourishing, delicately perfumed ritual.

The Art of Recovery

80 min
2,050

Experience the ancient healing art of Asian shamans to treat muscular aches and pains. Thunder-struck wooden tool, once considered as sacred, spread energizing vibrations into meridian lines and muscles. Freed life force flows back into your body preventing fatigue and tensions. Relax as a steamed herbal compress, filled with natural therapeutic ingredients including lemongrass, the symbol of the Buddha of Medicine said to improve muscular tone and drain away toxins, is pressed onto your body. Then surrender to a deep tissue massage using palms, thumbs and elbows to further loosen muscles and stimulate blood circulation with Aromatic Lemongrass essential oils to dissolve tension, embracing you in an aura of calm and harmony.

SPA MENU

MASSAGE

Regain your sense of calm and vitality with age-old healing rituals, revisited to strengthen and rejuvenate your body. Exhilarating synergies of pure botanical aromas reconnect your mind, nourish your body and nurture your soul

Foot Massage	30 min	60 min
	550	950

An ancient form of therapy concentrating on acupressure of the feet and lower legs, this treatment helps to relax the whole body and mind, restore energy and regulate the movement throughout the body.

Relaxing Aroma Indulgence	60 min	80 min
	1,450	1,900

Beginning with aromatherapy ritual. Using essential oils available to choose your preference. They are applied to the body through a relaxing flowing massage movement helping to release migraine, insomnia and jet lag while increasing your sense of well-being.

SPA MENU

MASSAGE

Detoxing Aroma Indulgence	60 min 1,450	80 min 1,900
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A truly traditional Swedish massage with regulated pressure for releasing knots and tensions in the body. Stimulating, strong movements effectively.

Fit Body	60 min 1,450	80 min 1,900
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Enjoy a totally transforming experience with a massage that improves blood flow, stretch muscle and ease your points. Thai therapeutic massage and pure plant essential oils are synergistically preparing your body for a better performance and improved recovery.

Hot Stone Therapy	60 min 1,500	80 min 2,000
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A perfect way to connect your body, mind and soul. This treatment is therapeutic, relaxing and beneficial. The warm stones are placed on tension-prone areas that will be soothed with the right amount of pressure, encouraging muscles to warm up and relax, relieving stiffness and restoring energy.

MASSAGE

Thai Massage	60 min	80 min
	1,350	1,800

Traditional stretching and acupressure technique administered to specific points along the body's meridian lines in order to release muscle tension and clear energy blockages. Long used to promote the free flow of energy within the body, this massage contributes to an overall sense of well-being and is an indispensable component of traditional Thai therapy.

Tranquil Meditation Four-hand Massage	45 min
	1,950

Pacify the mind and touch serenity with a complete de-stressing treatment. Calm your senses as your body is soothed by a hot herbal poultice of sweet basil and kaffir lime during a warm oil massage performed by two therapists. While tension is slowly eased away under a caring touch, you will be guided into a tranquil meditation for total peace of mind. This holistic treatment improves mental clarity leaving a sense of wholesome well-being.

Add to your massage	30 min
	800

Exfoliation Treatment - your choice of one of the below.

This therapy is an exfoliation ritual to invigorate and revitalize the body. Your entire body is exfoliated to eliminate any impurities and removed dead cells.

- Tropical Coconut
- Vietnamese Coffee
- Aromatic Salts Scrub (Lemongrass, Orange)



RITUALS

Discover the most unforgettable experience and indulgence from a selection of body retreats. Pampering skin wraps and refresh retreats will leave you feeling whole from head to toe.

Harmonious Pampering

90 min
2,050

Enjoy a soothing energising back, shoulders and head massage focusing on vital energy points for a total experience of the mind and spirit. Then enjoy a deep, express face care that leaves your skin matte and squeaky clean.

Radiant Skin Reveal

90 min
1,350

Experience the pure wonders of Vietnam with this luxurious regenerative treatment. After an Aromatic salt scrub, your skin will be particularly receptive to a nourishing wrap full of antioxidants containing seaweed and green tea. Then surrender while an intensively nourishing Aloe Vera cream is applied for a silky soft and radiant skin.

RITUALS

Nurturing Relaxation

120 min
2,050

Surrender to the moment with a ritual of water treatments, scrub and head massage. Shower off the day's exertions and succumb to body scrub, before receiving a healing floral water to calm the nervous system. Tensions will melt away and the mind calms during an aroma massage infused with fragrances of lemongrass and orange, before a deep, slow head massage, which nurtures once again the entire body using precise pressure point touches. Return slowly to reality.

Pure Romance

120 min
3,850

A sweet combination of fruit and flowers enhances the romance in the air for couples. After a body wash shower, you will return to dry land for an Aromatic salt scrub lending a gentle fragrance to your smoothed skin. Then relax for a seaweed wrap to permeate and enrich the body. An aroma massage perfects the treatment, instilling a profound sense of wellbeing and harmony throughout the body, mind and emotions.

RITUALS

Sacred Beauty

150 min
2,750

From the Kingdom of Siam comes this royal beauty ritual traditionally bestowed upon Thai princesses. Aromatic Salt delivers its pure nutrients while gently smoothing your skin. It is rubbed onto the skin from top to toe in a fragrant scrub. The same soulful ingredients are then gently applied in a rejuvenating facial to purify skin and refine the complexion. A reviving massage completes the time honoured treatment, leaving you with a radiant aura, revitalized in body and mind.

Journey Experience

180 min
3,850

Take your senses on a Journey experience package. Surrender to the gentle Aromatic salt scrub and nourishing wrap containing powerful seaweed and green tea. Then erase fatigue from your body with a vital energizing massage, restore your glow with our facial care for a soothing and refreshing feeling.



FACIAL

Hydrating Facial Treatment 60 min
1,500

This facial lastingly corrects the hydration level of dehydrated skin, deeply replenishes and restores the skin's velvety smooth feel and original radiance.

Clarifying Facial Treatment 60 min
1,500

Specifically designed for combination to oily skin. The extract from Water Lily helps nourish and keep your skin fresh and clarify skin.

Fundamental Treatment For Sensitive Skin 60 min
by Sothys 1,500

A soothing treatment specifically developed for sensitive skin. Repairs and balances the skin natural defence mechanisms. Helps diminish redness and unifies the complexion.

Gentleman's Care by Sothys 60 min
1,500

High precision cleanser, customized mask, relaxing modelling movements and a specific age-defying face serum, for a more resilient and impeccable skin.

FACIAL

Intensive Hydrating Treatment by Sothys 80 min
2,150

In the perfect alliance of technical advancement and sensory pleasure, this treatment combines ultra-comfortable textures with high-performance active ingredients to bathe the skin with wellbeing and provide it with a sensation of absolute hydration. Special six-phase protocol/ Specific hydrating techniques.

**Intensive Energizing Treatment
with Siberian Ginseng by Sothys** 80 min
2,150

This manual booster treatment is ideal on its own or to prepare for a course of youth or intensive hydrating treatments to restore the skin's energy and radiance.

Add to your facial 30 min
900

High Protection Eye Treatment by Sothys

This treatment, specifically designed for the eye contour area, helps to immediately diminish signs of fatigue.



SPA ETIQUETTE

Reservations

To make a reservation, please contact our Concierge or dial the number +84 (0) 28 3520 9999 on extension 4901.

We recommend you book your treatment with a 24 hours notice.

Pre Arrival

Appointments begin promptly at the time scheduled. If you arrive late, depending on availability, your appointment might be shortened so that our therapist will be on time for the next session. Thus, please kindly arrive 30 minutes prior to your reserved treatment time to fully enjoy your pre-treatment experience.

Health Considerations

For your utmost comfort, please kindly advise us upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant. Our spa receptionists will gladly advise you on which treatments best suit your need. In order for us to make an appropriate recommendation, please kindly complete the spa consultation form. We strongly recommend to avoid alcoholic beverages before, during or directly after any treatments.

SPA ETIQUETTE

Spa Attire

Please wear comfortable clothing. Swimwear is required for our steam and sauna rooms. Disposable underwear is available for body treatments.

Valuables

A safety deposit box is provided for you in all spa treatment rooms to keep your belongings. However, we would like to recommend to leave all valuables at home or in your room safety deposit box, as we cannot be held responsible for loss of personal items.

Your Spa Comfort

We respectfully try to keep the spa as tranquil and relaxing as possible for all of our guests. Please kindly refrain from making loud noises, smoking, or using mobile phones when in the spa.

Children

It would be highly advisable if children under 12 years old are accompanied by parents or guardians when visiting the spa. The minimum age required for our spa treatments is 16 years of age.

SPA ETIQUETTE

Cancellation

InterContinental Saigon Hotel & Residences Guests

Please be advised that we have a 4-hours cancellation policy. We require that you notify us of any changes or cancellations 4 hours prior to your scheduled appointment time to avoid 50% of cancellation charge. For any cancellations with less than 2 hours notice or no-shows, full value of the reserved spa service will be applied.

External Guests

Please be advised that we have a 24-hours cancellation and rescheduling policy. We require that you notify us of any changes or cancellations 24 hours prior to your scheduled appointment time to avoid 50% of cancellation charge. For any cancellations with less than 12 hours notice or no-shows, full value of the reserved spa service will be applied.



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