



# THE SPA

THE REVERIE SAIGON



Wellness is the exquisite art of bringing balance and harmony into all aspects of one's life.

At The Spa at The Reverie Saigon, we invite you to discover moments of beauty, happiness and relaxation during your wellness journey to enliven your mind, body and soul by encouraging the five senses.

Our comprehensive treatment menu offers a selection of Asian and Western inspired experiences in a contemporary, yet decidedly European-inspired setting.







Leave the world behind...

As you arrive on the sixth floor, immerse yourself in the finest of relaxation traditions in the most splendid of settings – a chic urban retreat where serenity and sensuality converge.

A dramatic passageway lined with bowed walls of slatted walnut leads guests to The Spa's ten sleek and modern treatment rooms.



The hair and beauty salon imbues privacy and exclusivity with its three semi-enclosed manicure and pedicure areas alongside four private rooms, including two luxurious hair styling suites.

The private ladies' area features a Himalayan pink salt sauna and aromatherapy steam room, while the gentlemen's area includes separate steam and sauna facilities as well as an ice fountain at which to refresh.



## WELLNESS EXPERIENCE

The Spa offers luxury wellness experiences with separate areas for ladies and gentlemen. Guests are encouraged to arrive 45 minutes prior to their scheduled treatment to use the Heat & Water Experience facilities in order to relieve stress and tension, relax muscles, increase blood circulation, stimulate the immune system and promote an overall feeling of well-being. For guests who wish to experience the Heat & Water Experience facilities without spa services, advance booking is required and is complimentary for hotel and spa guests.



# C HANGING AREAS

## EXPERIENCE SHOWER

Combined with colored lights and refreshing scents, these unique showers provide both cold and warm body jets that gently massage the body.

## SWEET STEAM PRO

The luxurious steam room designed by Christian Mino ensures the highest level benefit and hygiene from the coating of the crystal walls accentuated with color therapy technology. The patented Air Steam System® offers a higher quality environment; eucalyptus scented steam mixes with the air, distributes evenly and is heated to 48°C with 98% relative humidity.





## SALT SAUNA

Natural materials including mineral salt and oak wood combine into a harmonious, friendly and seductive setting. Utility of sauna heat from the internal stove regulates the intensity of heat (50 - 60°C) and humidity (40 - 60%) allowing for a microclimate suitable for natural ionization of mineral salt. Colors, lights, aromas and fragrances mix to regenerate while sensory elements promote health, boost the immune system, increase flexibility, speed up metabolism and encourage the body to release toxins.

## ICE FOUNTAIN

After a sauna or steam room session cooling off is not just vital, it is essential to bestow general wellness. The subsequent cooling-off phase has key significance: blood vessels extend with heat rapidly. The interval between hot and cold serves as a blood-vessel workout and further encourages the removal of waste products.



# FITNESS CENTRE

The Fitness and Wellness Centre, the city's most exclusive venue, offers the latest line of Artis® TechnoGym equipment including treadmills, cross trainers, and a comprehensive selection of weight machines and free weights. It is the place to develop the body, tone muscles, boost stamina, and improve general health.

## FITNESS ORIENTATION

Take a tour of the facilities and receive a brief overview of all the services offered. Our fitness instructors will demonstrate how to use the equipment in the fitness centre indicating correct techniques, stretching, and basic muscle groups while highlighting any precautions related to the use of the equipment.

## FITNESS AND LIFESTYLE CONSULTATION

Obtain objective information on your level of fitness through an assessment of your vital signs, flexibility, cardio endurance and body measurements. Combine with a Personal Training session and allow the instructor to create a more personalized program for you.



## PERSONAL TRAINING

Reach or maintain your optimum wellness and health conditions. Whatever your goal, be it improved overall fitness and wellness, endurance training, or a change in lifestyle, fitness instructors will work with you, focusing on your unique health goals to design a program that suits your needs.

## SWIMMING POOL

The stylish freeform swimming pool can be reached through The Spa on the 6th floor. The area offers beautiful floral arrangements and chandeliers around the pool to create a serene ambience.

## JACUZZI

Incorporating a number of features to enable the bather to self-administer a massage, the two Jacuzzis are heated to temperatures up to 35 degrees Celsius. Jacuzzi controls are located adjacent to the swimming pool.



# S PA ETIQUETTE

## ARRIVAL TIME

You are encouraged to arrive 45 minutes prior to your appointment to enjoy the exclusive facilities at The Spa. Please understand that a late arrival may result in reduced treatment time.

## THERMAL EXPERIENCES

Enjoy a luxurious range of heating and cooling experiences which cleanse the body and skin while relaxing and soothing aching muscles to prepare your body and mind for the treatments that follow.

Facilities include separate male and female:

- Sweet Steam Pro
- Salt Sauna
- Experience Shower
- Ice Fountain





## RELAXATION AREAS

The Spa experience is made more memorable at the beginning and end in one of the relaxation areas. Begin your journey in The Spa lobby, which offers a selection of organic teas and healthy refreshments.

Once your treatment has come to an end, we encourage you to continue your peaceful journey in our relaxation lounge, featuring relaxation sofa with a luscious and healthy selection of refreshments.

## HEALTH CONDITIONS

When making your spa reservation, kindly advise us of any health conditions, allergies or injuries, which could affect your service.

Guests under 14 years of age are not permitted.

## PREGNANCY

We have specially designed treatments for expecting mothers after their first trimester and nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable for you during this special time.

## CANCELLATION POLICY

A 100% cancellation charge will be incurred for any treatment not cancelled at least 6 hours prior to an appointment and 24 hours prior for spa retreats.





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The Moment of Serenity

The Spa at The Reverie Saigon



# SPA PRICE LIST

		Minutes	VND
THE REVERIE EXPERIENCE	The Origin of Love for Two	180	12,000,000
	The Origin of Love for One	180	8,800,000
	The Origin of Love for Two with Limousine	180	18,500,000
	The Origin of Love for One with Limousine	180	10,900,000
SIGNATURE TREATMENTS	Classic Vietnamese	60	1,900,000
		90	2,500,000
		120	3,100,000
	Reverie Fusion	60	1,900,000
		90	2,500,000
		120	3,100,000
	Aromatherapy	60	1,900,000
		90	2,500,000
		120	3,100,000
	Thai Oriental	90	2,800,000
		120	3,400,000
	Thai Traditional	90	2,500,000
		120	3,000,000
	Lava Hot Stone Therapy	90	2,800,000
		120	3,400,000
	Additional time for massage	30	800,000
THE MESSAGE BY ILA	Five Elements	60	2,500,000
		90	2,900,000
	Serenity Deep Tissue Massage	60	2,900,000
		90	3,200,000
	Vitality Therapy	60	2,200,000
		90	2,800,000

*\* All prices are quoted in VND and subject to 5% service charge and 10% VAT*



<b>DEEP RELAXATION AND NURTURING MASSAGE</b>	Inner Peace Pregnancy Massage	60	1,900,000
		90	2,400,000
<b>LUXURY HAND / FOOT TREATMENT</b>	Hand Retreat	60	1,400,000
	Foot Retreat	60	1,400,000
	Lava Foot Massage	60	1,400,000

<b>BODY SCRUB</b>	Minutes	VND
Blissful Body Renew	60	1,900,000
Dreamline	60	1,900,000
Wellness Salt Scrub	60	1,900,000
Botanical Crush ( Turkey Scurb )	60	1,900,000
Chamomile Body Polish	60	1,900,000

<b>BODY WRAP</b>		
Pearl & Amethyst	75	1,900,000
Spirulina Wrap	75	1,900,000
Moor Mud Wrap	75	1,900,000
Organic Aloe Wrap	75	1,900,000

<b>THE FACE</b>		
Bio Mineral Purifying Facial	75	3,000,000
KFI Age - Antioxidant Facial	75	3,000,000
Rejuvenate & Brightening	75	3,000,000
Luxury Age - Defying With Gua Sha	75	3,000,000
Rainforest Facial	60	2,700,000
Blissful Facial	60	2,700,000
Any facial of KFI combined with machines	90	3,500,000

<b>JOURNEYS</b>		
Couple's Connection	150	5,000,000
Reverie Harmony 4 hands	120	5,000,000
Calm Mind Journey	150	5,000,000
Life is well-being	180	5,500,000
Sensory Experience	210	6,000,000

<b>WAXING</b>	Minutes	VND
Eye Brow	20	320,000
Chin	20	320,000
Upper Lip	20	320,000
Chest	45	840,000
Back	45	840,000
Underarm	30	320,000
Full Arm	60	840,000
Half Arm	30	600,000
Full Leg	60	1,200,000
Half Leg	45	840,000
Brazilian	60	1,200,000
Hollywood	60	1,200,000

<b>NAIL CARE</b>		
Express Manicure	45	580,000
Express Pedicure	45	580,000
Reverie Manicure	75	850,000
Reverie Pedicure	90	900,000
Nail Gel Removal	20	300,000
Nail Color Removal	15	250,000
Spa Ritual Nail Color	20	300,000

*\* All prices are quoted in VND and subject to 5% service charge and 10% VAT*

## SPA TREATMENT MENU

### REVERIE EXPERIENCE

#### Origin of Love

*The privilege of riches, love & honor*

The Spa at The Reverie Saigon is the perfect hideaway to spoil you & your loved one with an enjoyable experience together. Created for individuals who enjoy the finer things in life, your visit begins with the splendour of a limousine pick up within Saigon. Upon arrival at the spa, enter an enchanting atmosphere accentuated with candlelight, a bouquet of roses, music, Canapés & a bottle of Champagne to welcome your privileged celebration. Soon after, soothe your mind & body to reveal natural & supple skin beauty. Basked in candlelight with your eyes closed, slip into a smooth heavenly massage of sensual oils to penetrate & elevate the sense of love, romance & intimacy.

A rejuvenating mixology & a selection of spa refreshments, will be presented after the treatment to celebrate your memorable time before a farewell offering of a special Chocolate Gift Set.

Limousine pick up | Welcome celebration | Foot ritual sugar with honey scrub | Rain shower |

Heavenly massage with mini facial | Scalp massage | Refreshment

### SIGNATURE TREATMENTS

#### Classic Vietnamese

*A unique massage experience in Vietnam*

Bringing together cupping therapy & Vietnamese massage techniques with Asian-inspired stretching, this popular massage stimulates your circulation & reduces tension. The cupping tools are used primarily on the back & help to derange toxins in our body system, while the full-body massage focuses on releasing back tension, smoothing our signature blended oils into your skin to instill deep relaxation, resulting in a stress-relieving therapy that is also perfect if you are suffering from jet lag.

Foot ritual | Vietnamese massage | Vietnamese cupping on the back area & lymphatic drainage |

Relaxing scalp massage | Refreshment

#### Reverie Fusion

*Unwind & let the unique massage remind you pure weightlessness & stress-relief*

Discover the inspired Reverie journey to the soul to find peace & serenity, practices from Zen foot ritual to calm your mind, brings more clarity & encourage inner peace with holistic fusion of the warm bamboo & butterfly massage, takes its influence from a healing philosophy which helps to release muscle tension, increase flexibility & enhance harmony.

Foot ritual | Bamboo & butterfly massage | Relaxing scalp massage | Refreshment

### **Aromatherapy**

*The essence of life for the total well-being of body, mind & soul*

Recharging & balancing aromatherapy is a powerful healer. Choose one of our five signature blended oils, created to deliver the utmost in aromatic power, choose the scent that instinctively appeals the most.

This full-body massage uses both gentle Swedish massage techniques that noticeably boost your immune system & increase energy levels, helping to calm the nervous system, reduce your stress levels & improve your sleep. It is also perfect if you are suffering from jet lag.

Foot ritual | Inhalation therapy | Aromatherapy massage | Relaxing scalp massage | Refreshment

### **Thai Oriental**

*The Thai journey to the heart of your inner self*

Embrace the essence of Thai culture with herbal compression in oriental-inspired blended oils combined together with recharging & balancing massage techniques. This popular Asian fusion performs slowly from gentle to deep pressure upon your desire. Lying down, eyes closed, let your body & mind fall into a deep relaxation.

Foot ritual | Gentle body stretching | Combination Thai & Swedish massage | Warm herbal compression |  
Relaxing scalp massage | Refreshment

### **Traditional Thai Massage**

*The Thai secret for feeling energized & balanced*

Traditional Thai massage is a cross between acupressure, yoga & shiatsu. Inspired by Buddhist teaching, the experience involves the effortless positioning of your body into yoga-like poses as our very experienced therapist skillfully maneuvers gentle stretches to promote flexibility & vitality, reduces tension & stress & improves your body's overall circulation.

Foot ritual | Traditional Thai massage | Full body stretch | Relaxing scalp massage | Refreshment

### **Lava Hot Stone Therapy**

*A sense of calm and well-being*

Naturally a warm pampering sense by lava stone with calming chakra therapy onto the body & allowed to work its natural magic. Warmed stones are placed over body's chakra to encourage the balancing energy & restorative level, while soothing the muscles & drawing out tension. This treatment for mind & body goes beyond normal massage to target stress or tension & replace them with a sense of calm & well-being.

Foot ritual | Chakra balancing | Smooth lava stone massage | Relaxing scalp massage | Refreshment



## THE MASSAGE BY ILA

### **Five Elements**

*Harmonizing & Revitalizing*

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy & vitality. A blend of five essential oils work together to stabilise the five sensory organs, while Tibetan techniques – hand cupping, kneading, & chakra therapy by using hot stone/Himalayan salt poultice acupressure soothing on body marma point – help release physical & mental tension, harmonizing from the tips of the toes to the crown of the head.

Foot ritual | Tibetan massage | Himalayan salt marma point therapy | Relaxing scalp massage | Refreshment

### **Serenity Deep Tissue Massage**

*Ayurveda healing mind & body*

ILA's Serenity Deep Tissue massage exclusively designed for The Spa at The Reverie Saigon is inspired by Ayurvedic healing traditions.

The treatment begins with a soothing foot bath, after which warm, herbal compresses saturated in pine, amber & frankincense are placed on your lower back (or neck) to begin relaxing muscles & stimulate circulation. A rhythmic deep-tissue massage is then performed, using ILA's Earth & Fire Essential Oil blend, to reduce joint pain & eliminate muscle fatigue, ultimately restoring polarity & balance within your body. The treatment concludes with the application of gentle acupressure using a warm Himalayan salt poultice to further soothe your muscles.

Foot ritual | Warm herbal compress | Ayurvedic deep tissues massage | Himalayan salt poultice |

Relaxing scalp massage | Refreshment

### **Vitality Therapy**

*Detoxifying & Balancing*

This revitalising full body massage helps release toxins, reduce fatigue & restore strength & harmony. Specialized massage techniques, marma therapy & hot poultices blend with energy-enhancing essential oils to leave mind, body & spirit sparkling with vitality.

Foot ritual | Vitality massage | 10 petal's marma point therapy | Relaxing scalp massage | Refreshment

## DEEP RELAXATION AND NURTURING MASSAGE

### Inner Peace Pregnancy Massage

An inner peace massage restores positive energy: relaxing & harmonizing for a profound feeling of calm combined with ILA high qualities of Algren oil. A face therapy with hart crystals & face marma point.

Foot ritual | Relaxing & harmonizing massage | Relaxing face therapy | Relaxing scalp massage | Refreshment

## LUXURY HAND/FOOT TREATMENT

### Hand Retreat

*Nourishing & Hydrating*

This deluxe treatment incorporates a unique product. Hands are soaked in muscle-relieving minerals followed by a Multi-Acid Peel for hand exfoliation based on a 20% multi-acid complex. The forearms are wrapped to soak up essential elements from the Spirulina Masque & a hand massage based on Neroli Essences to deeply nourish & brighten up the skin.

Foot ritual | Calm mind ritual | Hand soak | Multi-acid peel | Spirulina nourishing wrap | Relaxing scalp |

Hand massage | Refreshment

### Foot Retreat

*Relaxing & Detoxifying*

This deluxe foot treatment helps to stimulate circulation as well as revitalize & remineralize tired feet. Using Eucalyptus essential oil & Turkish salts, the feet are exfoliated followed by a rejuvenating minerals foot soak. The lower legs will be wrapped with warmed Moor Mud to heal, soothe & rejuvenate tired muscles & dull skin. A massage with invigorating Fuß Balm & Ginger Oil concludes this revitalizing experience.

Foot ritual | Calm mind ritual | Foot bath | Turkish foot scrub | Moor mud release foot wrap | Relaxing scalp |

Fuß Balm massage | Refreshment

### Lava Foot Massage

*Release tension & Relaxing*

Combining a deeply relaxing foot massage with natural warm lava stone acupuncture techniques, this treatment offers an effective method of releasing tension & helping to restore the body's natural balance & well-being.

Foot ritual | Body balancing | Lava relaxing foot massage | Relaxing scalp massage | Refreshment

## THE BODY - EXFOLIATION

### **Blissful Body Renew**

*Healing of Himalayan crystal*

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both bodily & emotional well-being – ideal for when special pampering is required. Pure essential oils of Damascena rose otto, jasmine & sandalwood work directly with the sensory organs to settle the nervous system & revive stressed or neglected cells. Skin is left glowing with health & a sense of joy is restored.

Foot ritual | ILA body connects ritual | Himalayan salt body polishes | Pure essential oil | Refreshment

### **Dreamline**

*Power of Mantras & Chakras*

Reclaim peaceful sleep & joyful dreams. This complete body experience commences with a soothing body scrub to release toxins trapped within the body. A full body massage & facial follow, built around the power of mantras, designed to calm the nervous system, balance the chakras & restore the body's magnetic field.

Foot ritual | ILA body connect ritual | Soothing body polish | Pure essential oil | Refreshment

### **Wellness Salt Scrub**

The most exhilarating of our scrubs, this energizing thermal salt exfoliation is rich in minerals, trace elements, & stimulating essential oils to stimulate circulation, flush toxins & leave skin soft & smooth.

Foot ritual | Calm mind ritual | Mineral wellness salt scrub | Shower | Body moisturizer | Refreshment

### **Botanical Crush**

Enjoy customizing your luxurious earthly mineral salt scrub with Neroli Aromatherapy Oil. This uplifting treatment includes a brisk exfoliation followed by a luxurious application of botanical essential oils specifically chosen according to skin type & mood.

Foot ritual | Calm mind ritual | Luxury fine salt scrub with eucalyptus | Shower | Body moisturizer | Refreshment

### **Chamomile Body Polish**

A creamy, aromatic scrub with Chamomile & gentle buffing grains sweeps away dull surface cells as an invigorating loofah massage stimulates circulation, leaving the body feeling smooth, refreshed & hydrated.

Foot ritual | Calm mind ritual | Chamomile & loofah shower | Bath gel with loofah | Shower | Body moisturizer | Refreshment

## BODY WRAP

### Pearl & Amethyst Wrap

Fatigue & energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl & jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality & energy levels, mental clarity, wellbeing & strength. The ensuing amethyst gel body wrap relaxes & balances the nervous system, stimulating circulation, regeneration of skin cells & cell growth.

Foot ritual | ILA body connects ritual | Crystal scrub | Amethyst body wrap | Scalp massage | Refreshment

### Spirulina Wrap

*Detoxifying & combating cellulite*

Using an all-natural, live Spirulina Algae, this seaweed treatment imparts essential vitamins, minerals & protein to nourish & revitalize the body. The body is wrapped to soak up essential elements from the Spirulina Masque. The application of Remineralizing Body Crème mixed with Grapefruit Bath & Body Oil finishes this purifying & remineralizing treatment. Effective when used as part of a slimming or nourishing program. Including face acupressure point.

Foot ritual | Calm mind ritual | Spirulina wrap | Acupressure point | Relaxing scalp massage | Shower |  
Neroli body oil moisturizer | Refreshment

### Moor Mud Wrap

*A serious detoxifier, metabolism stimulator & a natural anti-aging boost*

A revitalizing European therapy using authentic thermal Moor Mud to heal, soothe & rejuvenate tired muscles & dull skin. It takes over one thousand years for natural processes to create three meters of this black organic mud, rich in thermal water-derived minerals & trace elements (35%). Moor Mud is harvested near one of only two spa lakes in the world (fed by a geothermal hot water spring & a cool water stream). This treatment remineralizes, softens & purifies the face & body. The Moor Mud Wrap is recommended to precede the Massage.

Foot ritual | Calm mind ritual | Moor mud wrap | Acupressure point | Relaxing scalp massage | Shower |  
Grapefruit body oil moisturizer | Refreshment

### Organic Aloe Wrap

*Refresh & Nourishing non-electric heat application*

Healing, moisturizing Organic Aloe Vera combines with shooting Lavender for a skin-quenching experience. Includes scalp & foot massage.

Foot ritual | Calm mind ritual | Warm body compress | Aloe gel lavender | Body spray |  
Relaxing scalp & foot massage | Refreshment



## THE FACE – NATURAL – BOTANICALLY-BASED – NUTRIENT-RICH

### **Bio Mineral Purifying Facial**

*Good for Oily, Combination, Acne & Problematic Skin*

Powerful Pre- & Probiotics, skin-clearing massage, nourishing masque & refining serum infusion return the skin microbiome to its ideal state.

Reset your complexion with this all-natural facial designed to return the skin's microbiome to its ideal, most functional state. Balancing pre- & probiotics, cell-renewing fruit enzymes & skin-replenishing minerals combine with a clearing massage using Jade tools to stimulate lymphatic drainage, release toxins, & improve circulation. Our exclusive natural probiotic serum is then infused into the skin with a calming Jade Roller, leaving it refreshed, renewed & restored.

Foot ritual | Enzyme cleaner & Probiotic mineral tonic | Moor mud exfoliate | Deep cleansing massage | Algae gel hydration mask | Probiotic serum + Beauty globes | Eye, face & lip hydration | Relaxing hand or scalp massage | Refreshment

### **KFI Age - Antioxidant Facial**

*Good for Combination, Dry, Dehydrated, Sensitive Skin, Smoker, Environment Stress*

Ultra-oxygenating, anti-aging treatment based on vitamin-rich super berries & plant cell cultures fortifies, rejuvenates & renews. Concentrated, nourishing oils, serums & plant essences combine with exclusive acupressure & Deep relaxing with jade Gua Sha technique followed by a face & neck massage, Spirulina algae – rich for increased cellular renewal & a healthy radiance.

Foot ritual | Fruit enzyme exfoliate | Gua Sha relaxing massage | Spirulina antioxidant mask | BerryPlus antioxidant serum + Beauty globes | Eye, face & lip hydration | Relaxing hand or scalp massage | Refreshment

### **Rejuvenate & Brightening**

*Good for Dry, Dullness, Pigmentation Skin, Tired & Stress Skin*

Results-oriented treatment customized to target specific skin concerns including hyperpigmentation, congestion, fine lines & premature aging.

This specific treatment delivers brightening & clarity for immediate luminosity. With this results-oriented facial, the hands, face, neck & décolleté are treated with effective formulas that even out skin texture and tone. Using a powerful blend of skin-illuminating botanicals & Acti-5 Brightening Complex, along with a multi-acid peel, & a unique cooling masque with luminous rice, skin appears lighter, brighter & more refined.

Foot ritual | Gentle AHA | BHA cleaner & toner | Pro 30 multi AHA | BHA peel & pH neutralizer | Rejuvenating massage with face hydrate + 16 acupressure points | Brightening luminous mask | Brightening serum & eye + Beauty globes | Face & lip hydration | Relaxing hand or scalp massage | Refreshment

### **Luxury Age-Defying with Gua Sha**

*Good for Very Dry, Mature skin, Loss of Hydration & Elasticity, Fine lines & wrinkles*

A decadent facial utilizing marine protein to firm, tone, refine & deeply hydrate the skin. Results are immediate, leaving skin looking supple, healthy & luminescent.

Rejuvenate the skin with an ancient art of Gua Sha combined with protein-dense marine spirulina for a visibly firm, contoured & glowing complexion. Expert massage techniques with specialized Jade tools stimulate lymphatic drainage, release toxins, improve circulation & enhance natural hydration while botanical essences nourish, replenish & fortify skin. Tension is released, puffiness is reduced, & clarity is enhanced, leaving the face, neck & décolleté visibly smoother, tighter & more radiant. The facial is complete with a unique alginate peel-off masque to deeply hydrate & soothes.

Foot ritual | Signature neroli cleaner & neroli water | Enzyme peel | Aculifting massage with Jade Gua Sha technique |

Mask 1: spirulina mask | Mask 2: alginate peel-off chitosan mask | Hyaluronic serum + jade roller |

Face & lip hydration | Relaxing hand or scalp massage | Refreshment

### **Rainforest Facial**

*Regenerative & Rejuvenate*

This restorative facial draws on intensely healing rainforest extracts to rejuvenate facial skin. Warm herbs, lymphatic drainage techniques & an Amazonian mud mask encourage toxin release & reduce water retention, increase blood supply & boost collagen production at a cellular level. Skin tone is brightened & muscle contraction is inhibited, softening fine lines & wrinkles.

Foot ritual | Regenerative facial | Lymphatic drainage techniques & Himalaya salt therapy marma point massage |

Relaxing scalp | Refreshment

### **Blissful Facial**

*Illuminating & Radiance*

This divine therapy restores natural luminance by increasing blood circulation & stimulating the free-flow of energy to facial cells. Specialized techniques combine with powerful damascene rose Otto & sandalwood oils to reduce inflammation, address hormonal imbalance & open the energy center of the face: skin glows with radiance & a sense of peace pervades the body.

Foot ritual | Radiance facial | Blissful light techniques massage & face marma point | Organic face oil |

Relaxing scalp massage | Refreshment

## JOURNEYS

### **Couple's Connection**

*Designed for couples to experience together*

This sensual ritual helps calm the nervous system & promotes reconnection on a physical, emotional & spiritual level. Focusing on the heart, sacral & crown chakras, it draws on the strength of three exquisite oils – rose (the oil of love), orange blossom (bliss) & jasmine (for stimulating the flow of love) – to encourage a beautiful union of body, mind & soul.

Foot Ritual | Body Scrub | Mini Face Cleansing | Chakra Massage | Sirodara | Refreshment

### **Reverie Harmony 4 Hands**

*The Reverie Saigon is proud to offer you our unique sensory experience*

This retreat performed by two therapists unison in a remarkable ritual that inspires a harmony of the senses. Four Hands work in perfectly synchronized waves & long soothing strokes to produce motions that cause the body to resonate with multiple sensations. The treatment concludes with a customized facial, a simultaneous head & foot massage leaving the mind uplifted, & body energized.

This unique signature is created to provide more than double the results of ultimate indulgence.

Foot ritual | Synchronized four hands massage | Mini facial | Foot massage | Refreshment

### **Calm Mind Journey**

*A complete head-to-toe relaxation journey*

Let Ginger's healing & warming properties invigorate & nourish in this renewing head-to-toe treatment. Begins with Loofah body exfoliation to smooth your skin & stimulate lymphatic circulation. Following is a pampering full body massage focusing on the back, neck & shoulder massage with Ginger Oil & warm healing stones. Face pressure point & relaxing scalp massage.

Foot ritual | Calm mind ritual | Loofah body exfoliation | Ginger oil massage with warm stone |

Face pressure point | Relaxing scalp massage | Refreshment

## **Life is well-being**

*Balancing mind & body therapy*

Magnesium is responsible for promoting healthy energy levels, sleep, & muscle function & overall well-being. This ultimate wellness treatment combines the benefits of a warm body compress by using high quality lavender essence aroma to promote a relaxing combined Turkish scrub. After an exfoliating enjoys your moment Moor Mud wrap is immersed in 100% organic to relax & replenish. A soothing massage follows with remineralizing body crème & detox oil to nourish the skin as muscles relax & tension dissipates. A bio-mineral face care is included to accomplish the whole experience.

Foot ritual | Calm mind ritual | Warm body compress | Turkish Scrub | Moor mud body wrap |

Shower | Detox massage | Bio mineral face care | Relaxing scalp massage | Refreshment

## **Sensory Experience**

*Sensorial experience to return to origins*

Take a deep breath & indulge yourself with a renewed sense of well-being with this nurturing treatment experience. Eucalyptus-infused foot cleansing ritual with relaxing foot massage combines deluxe hot stone massage with a relaxing effect, uses heated stones to generate energy & create a sense of balance. Neroli body oil aromatic therapies to calm mind to match your mood & needs for the day, continuing on your voyage, our Brightening facial treatment & strengthen new skin leave it feeling completely clear & flawlessly smooth.

Foot ritual | Calm mind ritual | Energy balancing | Foot cleansing ritual |

Neroli oil aromatic & warm stone massage | Brightening facial with face acupressure | Refreshment



## BEAUTY RITUALS

### WAXING

There is an attractive freedom about removing unwanted hair that will enhance all aspects of your life, including your love life & looking your best for important events. After waxing, your skin will look & feel smooth & beautiful at the same time. For best results, hair should be at least ¼ inch in length.

### NAIL CARE

#### **Express Manicure**

Nail shaping & clipping, a full hand soak, full cuticle maintenance, an application of cuticle oil & full hand moisturizing followed by nail buffing.

#### **Express Pedicure**

A full relaxing foot soak, nail cutting & full cuticle care followed by nail buffing.

#### **Reverie Manicure**

For the ultimate hand spa treatment including shaping, buffing, cuticle detailing, exfoliation with honey sugar glow from Spa Ritual to condition leaving hands silky soft. Followed by a wonderful full hand massage with warm stone that will leave skin plump & radiant, followed by polish.

#### **Reverie Pedicure**

A truly Pampered Spa Pedicure for a well-deserved treat, your feet are bathed in a sensational soaking bath & honey sugar glow exfoliation. Reshaped nails, groomed & conditioned cuticles & calluses removed. Smooth warm stones massaged on the feet & calves, rubbing out tension is an experience like no other followed by polish. Finish your treatment with a foot massage. This is the perfect recipe for softer skin & for a vibrant healthy glow followed by the polish.

#### **Nail Gel Remover**

Relax while unwanted nail gel color is removed.

#### **Nail Color Remover**

Relax while unwanted nail color is removed.

#### **Spa Ritual Nail Color**

Relax while applying a new color to your nails.