Prices are quoted in Vietnam Dong (VND) and subject to 5% service charge and 10% VAT

**SIGNATURE TREATMENTS**

**Candle Body Massage**
Utilising the heat from melted candle wax and massage force, this special therapy focuses on not only smoothening and moisturizing the skin but also reducing muscle tension and stimulating the circulation of blood. Starting with a warm foot soak with mineral sea salt, lemongrass and lime, your body will get relaxed and be ready for the next step of the treatment. Candles are then melted into hot liquid with different scents of your choice, including lime, orange and frangipane. This liquid is poured along your spine and rubbed against your skin to help balance vitality and rejuvenate the body. The level of force varies based on personal preferences.

- 60’ | 900,000VND
- 90’ | 1,215,000VND

**Natural Facial Treatment**
This signature treatment harmoniously combines the magical benefits of seasonal fruits and herbals with the best of French beauty techniques. Fruits contain healthy vitamins, minerals and other antioxidants that help cleanse, soothe, nourish and balance your skin, leaving it radiant and glowing whilst the application of French techniques helps all of those essences absorb into the skin more effectively.

- 60’ | 900,000VND

Unwind in paradise with our signature treatments that embody the essence of natural ingredients combined with the best of French beauty techniques.
Revitalise your senses with a variety of body care treatments ranging from body exfoliation to massages, using the high quality products of Sothys from France that help smoothen your skin, encourage blood circulation and soothe aching muscles.

**Body polish**
Using a blend of pure essential oils and salts from Himalaya, France and Dead Sea, this technique will regenerate your skin and make it shine with health.

- 30’ | 900,000VND
- 45’ | 1,000,000VND

**Body scrub**
A deep cleansing and exfoliating treatment using cinnamon & ginger to remove impurities and dead cells, leaving your skin soft, smooth and hydrated.

- 30’ | 900,000VND
- 45’ | 1,000,000VND

**Body wrap**
We offer two types of body wrap treatments using high-quality products from Sothys:
- Body wrap with towels for exceptional skin calming and hydrating effects
- Body wrap with cling film for super skin health and powerful detoxification

- 30’ | 900,000VND
- 45’ | 1,000,000VND

**Shoulder & back massage**
Concentrated on the back and shoulder area, this massage technique helps to stimulate the blood circulation and bring oxygen-rich blood to the muscles, thus relieve muscle tension and relieve stress.

- 30’ | 450,000VND
- 45’ | 660,000VND

**Head & neck massage**
Using slow circular and kneading movements targeting specific pressure points, this massage technique will manipulate the muscle tissue deep beneath the skin, thus reducing muscle tension in your upper body and alleviating the symptoms of stress such as headache and jaw tightness.

- 30’ | 450,000VND
- 45’ | 660,000VND

**Body scrub**
A deep cleansing and exfoliating treatment using cinnamon & ginger to remove impurities and dead cells, leaving your skin soft, smooth and hydrated.

- 30’ | 900,000VND
- 45’ | 1,000,000VND

**Hand reflexology**
By applying pressure on palms and fingers using circular and kneading techniques, this therapy will considerably improve the blood circulation throughout the whole body, thus relieving stress and promoting deep relaxation for the rest of the day.

- 30’ | 450,000VND
- 45’ | 660,000VND
**Purifying facial treatment**
This therapy includes deep pore cleansing and exfoliating steps that help to remove impurities, reduce congestion and detoxify the skin, leaving you with a pure and fresh complexion.
*Suitable for combination to oily skin

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<thead>
<tr>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>60'</td>
<td>1,000,000 VND</td>
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**Eye treatment**
This eye contour treatment involves intensive care steps around the eyes area such as cleansing, scrubbing, gentle massage, applying eye mask and eye cream. It helps to stimulate blood circulation around the eyes, thereby reducing wrinkles, alleviating dark circle and puffiness.

*Suitable for combination to oily skin

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<thead>
<tr>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>30'</td>
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**Basic facial treatment**
Our basic facial treatment includes essential skincare steps such as removing make-up, cleansing, exfoliating, massaging and applying face cream that help to refresh your skin, leaving it silky smooth and vitalizing.

*Suitable for all skin types

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<thead>
<tr>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>30'</td>
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<td>45'</td>
<td>700,000 VND</td>
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<tr>
<td>60'</td>
<td>900,000 VND</td>
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</table>

**Anti-aging facial treatment**
This incomparable anti-aging treatment is designed to combat wrinkles, brighten up dull skin and leave you with a more youthful look.

*Suitable for all skin types

<table>
<thead>
<tr>
<th>Time</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>60'</td>
<td>1,200,000 VND</td>
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</table>

**Hydrating facial treatment**
This replenishing and hydrating treatment consists of specific skincare steps that focus on restoring moisture balance, quenching thirsty skin and combating hydration, using the moisturizing range from Sothys.

*Suitable for normal to dry skin

<table>
<thead>
<tr>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>60'</td>
<td>1,000,000 VND</td>
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BODY MASSAGE

We offer various types of body massages, allowing you to choose in respect to your wishes and mood. All of our massage therapies are formulated to assist in increasing circulation, relieving pain in the body, and reducing stress and anxiety.

Vietnamese body massage
This therapy adopts the traditional Vietnamese massage technique, which involves punching and clapping on the treatment areas. Combined with the use of ginger extract and Himalayan Salt filled therapeutic pillows, this massage technique helps to stimulate blood circulation, bring nutrients and oxygen to cells and remove toxins from the body. Guests will be offered a warm foot soak with pure salts, lemongrass and lime before the treatment.

- The level of force is mostly gentle

Relaxing body massage
This special therapy is based on the stimulation of acupuncture points located on shoulders, neck and along the spine, where most people hold tension, using circular movements, kneading and thumb pressures. A pure essential oil of your choice will be added in order to enhance the entire massage experience and relax the body better. Guests will be offered a warm foot soak with pure salts, lemongrass and lime to get refreshed before the treatment.

- The level of force goes from gentle to medium

Thai heritage body massage
This special treatment is a perfect mix of subtle stretching with rhythmic massaging and compressions to balance the body system and stimulate energy flow, using traditional Thai massage techniques. Guests will be offered a warm foot soak with pure salts and ginger.

- The level of force goes from medium to intensive

Deep tissue body massage
This massage technique involves applying sustained pressure using slow, deep strokes and elbow techniques combined with ginger extract to target the inner layers of muscles and connective tissues, thus helping to stimulate blood circulation and alleviate muscle strains. Guests will be offered a warm foot soak with pure salts and ginger before the treatment.

- The level of force goes from medium to intensive

Hot stone body massage
Hot stone massage therapy places warmed smooth stones on certain parts of the body. Combined with the application of corn, sunflower seed and soybean oils, the stones’ heat and weight warms up tense muscles, which helps to relieve pain and improve blood circulation. Guests will be offered a warm foot soak with pure salts, lemongrass and lime before the treatment.

- The level of force goes from gentle to medium

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Body firming treatment
This treatment is designed to reduce the signs of cellulite while improving the tone and texture of the skin, adopting specialized massage techniques combined with the toning modelling oil from Sothys.

60’ | 1,400,000VND
90’ | 1,860,000VND

Body shaping treatment
This body shaping treatment applies special massage techniques, utilizing the body serum from Sothys to reduce cellulite and destroy fat cells, thus helping to remodel the figure and improve skin condition and texture.

60’ | 1,400,000VND
90’ | 1,860,000VND

Moisturizing Body Treatment
Dry air, extreme temperatures and stress are the main factors to weaken the skin, causing it to dry out. Our body moisturizing therapy fights this problem systematically, addressing multiple layers of the skin using a soft unctuous cream featuring corn oil, Shea butter and glycerin. Corn oil moves into deeper layers, enhancing skin’s elasticity and moisture balance. Glycerin restores the skin’s lipid barrier, preventing loss of moisture and providing long-term hydration. Shea butter adds a protective layer on the outer dermis.

60’ | 1,400,000VND
90’ | 1,860,000VND

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FOOT CARE

This is a collection of revitalizing foot therapies that will be a delightful boost for your tired feet and simultaneously reduce any unsightly spots and blemishes.

Foot massage
This treatment uses different massage techniques to stimulate reflex points all over the feet. This helps to reduce stress, relieve pain, increase energy and improve sleeping quality. The foot massage session will begin with a warm footbath with pure salts, lemongrass and lime.

- 30’ | 450,000VND
- 45’ | 600,000VND
- 60’ | 800,000VND

Foot cleansing
This treatment focuses on deep foot detox steps such as scrubbing away dead skin, cleaning toenails and massaging with essential oils, leaving your foot skin hydrated, soft and smooth. The session will begin with a warm footbath with pure salts, lemongrass and lime.

Paraffin wrap foot treatment
This treatment includes removing dead skin, wrapping foot with paraffin and applying specialized foot cream to nourish and restore the hydration of the skin. This session will begin with a warm footbath with pure salts, lemongrass and lime.

- 90’ | 700,000VND

Total foot treatment
Starting with a warm foot soak with pure salts, lemongrass and lime, this is the ultimate in luxury spa indulgence for the foot with the full works of scrub, hot stone massage, paraffin wrap and moisturization. A combination of pressure massage on one’s feet with warm generated by hot stones placed on top brings about a sense of relaxation, clears away blocked capillaries while balancing your body and spirit.

- 90’ | 800,000VND
La énMay’s
SPECIAL PACKAGES

Our spa packages take inspiration from four precious gemstones of the Earth. Each gemstone possesses a distinct beauty and has been valued for its healing power throughout history. Including the meaning of each gemstone in every package, we are committed to enhancing your overall well-being, refreshing mind from stress and boosting energy.

Ruby Package
Inspired by the herbal traditions of the Red Dao tribe, the Ruby Package offers a special Red Dao herbal bath that helps to alleviate pain in the muscle, followed by a body scrub that gives you a bright and soft skin. Finish with a deep tissue body massage that helps to reduce muscle pain and improve stiffness.

3-COURSE MENU
- Red Dao herbal bath 15’
- Body scrub 30’
- Deep tissue body massage 90’

3-COURSE MENU
- Sauna or steam bath 15’
- Thai body massage 75’
- Eyes treatment 30’

Sapphire Package
Taking advantage of water in body detoxification and stimulating the blood circulation, the Sapphire Package offers a soothing steam bath, complemented by a Thai-style body massage to lower stress and boost energy. The package is ended with a basic eyes treatment to reduce dark circles and puffiness.

3-COURSE MENU
- Sauna or steam bath 15’
- Thai body massage 75’
- Eyes treatment 30’

Diamond Package
The body skin will be exfoliated using natural ingredients such as cinnamon & ginger. Followed by a milk bath, candle body massage and a basic facial treatment you will feel both relaxed and rejuvenated.

4-COURSE MENU
- Body scrub 30’
- Milk bath 15’
- Candle body massage 60’
- Basic facial 30’

4-COURSE MENU
- Sauna or steam bath 15’
- Body wrap 30’
- Hot stone body massage 75’
- Facial treatment 60’

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Obsidian Package
Through this package, we would like to utilize the power of hot stones in relieving muscle strains and reducing stress symptoms. Starting with a steam bath and body wrap to help detoxify and moisturize skin, guests will then get refreshed to enjoy a special hot stone massage, followed by a natural refreshing facial that brings energy to the whole body.

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WAXING MENU

Our skilled aestheticians apply expert waxing techniques associated with the most high-quality products from Sothys to remove unwanted hair and leave your skin silky smooth.

<table>
<thead>
<tr>
<th>Service</th>
<th>Price (VND)</th>
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<tbody>
<tr>
<td>Back or chest waxing</td>
<td>400,000</td>
</tr>
<tr>
<td>Full arms waxing</td>
<td>400,000</td>
</tr>
<tr>
<td>Half of arms waxing</td>
<td>300,000</td>
</tr>
<tr>
<td>Under arms waxing</td>
<td>200,000</td>
</tr>
<tr>
<td>Full of legs waxing</td>
<td>700,000</td>
</tr>
<tr>
<td>Half of legs waxing</td>
<td>400,000</td>
</tr>
<tr>
<td>Upper lip or chin waxing</td>
<td>150,000</td>
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</table>

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Price is quoted in Vietnam Dong (VND) and subject to 10% VAT and 5% service charge.

Reservations can be made by dialing +84 (24) 3828 5599 or at the La ènMay Spa reception. We recommend making a reservation at least half day in advance to ensure availability.

Should you find the need to cancel your reservation, please do so at least 2 hours prior to your appointment to avoid a 50% cancellation charge. Missed appointments will be charged at the full price of the scheduled treatments.

La ènMay Spa offers each guest the chance to relax and rejuvenate; we would be appreciative if you would leave your mobile phone in your guest room or switch it to silent mode. Smoking and consumption of alcohol inside La ènMay Spa are strictly prohibited. Alcohol consumption is not advised prior to any spa treatment. Admission to La ènMay Spa is only for adults and children over 15 years of age.

We encourage you to arrive at least 20 minutes prior to your scheduled treatment to ensure total relaxation and enhanced results. This will give you time to use the wet areas and relax. Arriving late for your appointment may limit your treatment time, reducing its full benefit and enjoyment. Your treatment will end at the original scheduled time to guarantee convenience for the next guest, and the full treatment price will apply.

Your health and safety come first. Please help us provide you with the best possible spa experience by completing the guest consultation form.

Gratuities are accepted if you feel your experience warrants it.

The hotel shall not be held responsible for the loss of any items, cash or valuables brought into the Le ènMay Spa premises.

Conditions and prices are subject to change without prior notice.