



# PAMPAS

Spa & Wellness

*an elevated journey  
of relaxation and renewal*



Welcome to Pampas Spa & Wellness, where each treatment is a curated journey of relaxation and renewal. Inspired by nature and guided by expert touch, our therapies are designed to release tension, restore energy, and awaken a deep sense of well-being.

Allow yourself to pause, breathe, and embrace the art of self-care.

*relax · heal · restore*





# *full body indulgence*

## The Marina Essence

Reduce the feeling of work & travel stress, this treatment incorporates stress reducing aromas, combining Thai, Asian, Swedish & Vietnamese technique deep tissue therapy along with stretching, acupressure points & guided breathing techniques to calm & rejuvenate you.

60 mins | 789

90 mins | 950

## Ember Stone Therapy

Melting away your tension and ease your muscle stiffness with a combination of smooth hot stones gliding over your body. The stones' direct heat melts away muscle tension, allowing therapists to access deeper muscle layers. You will feel deeply restored & rested.

90 mins | 950

\*All prices are in ,000 VND and inclusive of 30% Special Consumption Tax and 10% VAT





### Energy Healing Ritual

60 mins | 789

90 mins | 950

A natural healing art. Various movements are performed to release tension and gradually break up any knots. This method helps to promote relaxation as well as has many health benefits.

### Herbal Warmth Ritual

90 mins | 950

Warm herbal bag poultices filled with ginger, mugwort and green tea, lemongrass, cinnamon transfer heat and nourishing energy to the cells, combining with work on the twelve meridians to wake up the muscle system, release toxins and rebalance.

### Kid's Ritual

60 mins | 749

90 mins | 899

Using light, gentle techniques and natural oils, this method helps relax the body, calm the mind, and support healthy growth and development.

### Prenatal Serenity Ritual

60 mins | 789

90 mins | 950

Helps reduce fatigue for mothers while enhancing blood circulation in the leg.



# revive & restore

## Foot Reflexology Renewal

Treat your feet to this treatment inspired by ancient reflexology and movement techniques, which stimulates reflex zones to alleviate aches and pain.

30 mins | 379

60 mins | 749

## Back Tension Release

Focusing attention on the stress found in your back, neck & shoulders, the therapist will use a combination of techniques to release tension & stress.

30 mins | 389

60 mins | 769

## Steam, Sauna, Himalayan Salt Sauna

Steam, sauna, Himalayan Salt helps eliminate toxins from the body through sweat, deeply relax both body and mind.

30 mins | 150

## Highland Herbal Soak – Red Dao Tradition

The Red Dao Herbal Bath is a traditional healing made from a blend of forest herbs and medicinal plants. The warming properties of herbs help soothe tired muscles, ease joint pain, and reduce body aches.

15 mins | 120

# *radiance rituals*

## **Silk Comfort Facial**

Ideal for soothing and healing sensitivity. Your skin is nourished, calm with a feeling of well-being with an excellent Aloe vera mask with a soothing and softening effect.

60 mins | 789

## **Pure Glow Facial**

Our natural facial uses only organic , rich in antioxidants, vitamins like jojoba, collagen seeds and soothing green tea.

60 mins | 789





# *the art of body care*

## **Silken Salt Polish**

Gently exfoliate the outer layer of dead skin, leaving your skin soft, smooth, and refreshed.

60 mins | 749

## **Earth Mineral Cocoon**

Natural mineral mud helps smooth rough skin, reduce dryness, and improve elasticity, giving the skin a firmer and more even appearance.

60 mins | 749

## **Silken Coffee Glow**

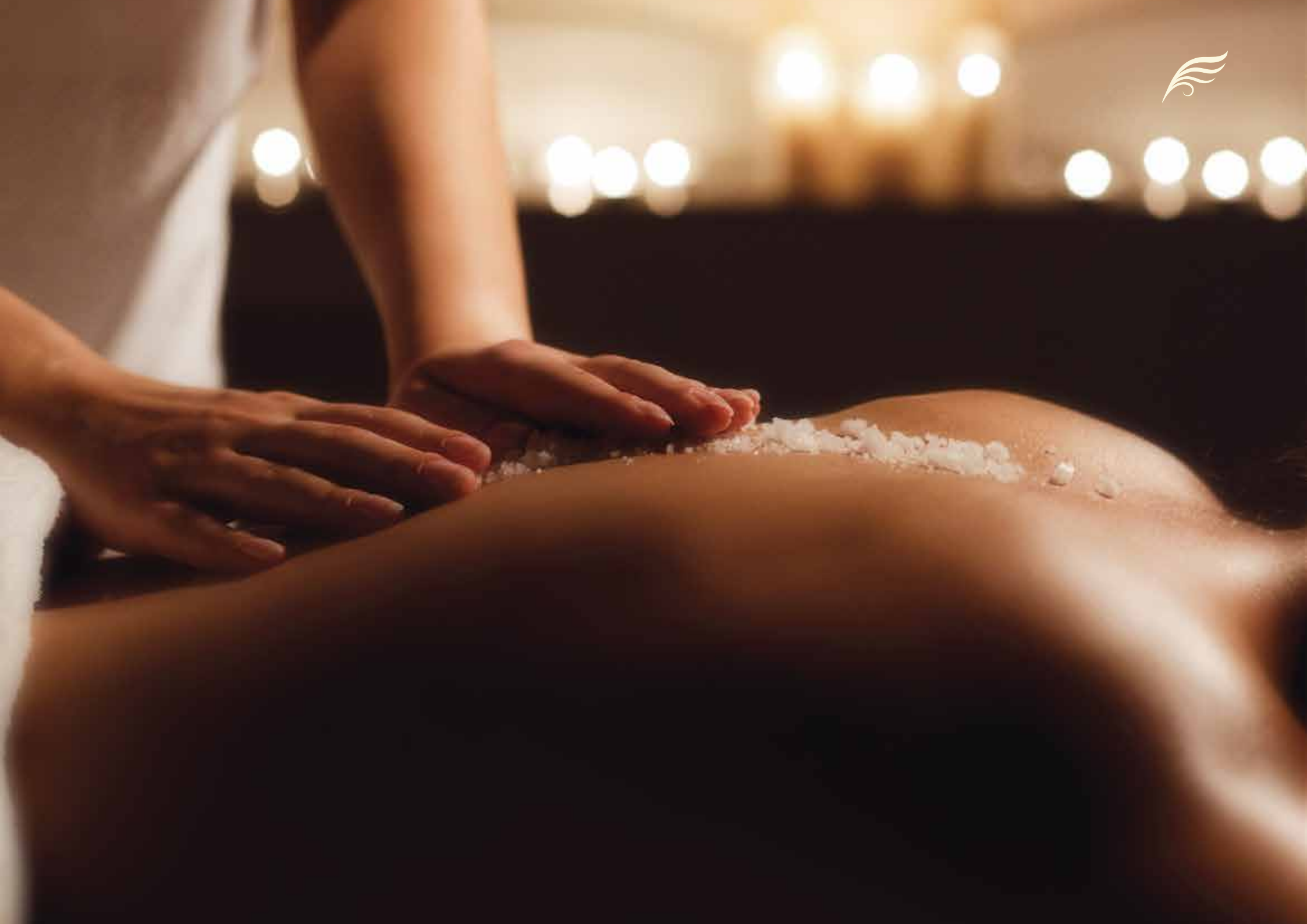
Coffee scrub is a natural exfoliating treatment that helps to smooth and soften the skin. Rich in antioxidants and caffeine, coffee grounds help improve skin texture and reduce the appearance of cellulite.

60 mins | 749

## **After Sun Serenity Wrap**

Nourishes the skin with natural healing ingredients such as aloe vera or botanical extracts from green tea.

60 mins | 749





## *nail rituals*

### **Essential Manicure**

Nail trimming, shaping, cuticle grooming, nail buffing, nail varnish normal.

30 mins | 399

### **Silken Hand or Foot Ritual**

Nail trimming, shaping, hand scrub, cuticle grooming, nail buffing, hand therapy & nail varnish.

60 mins | 749

### **Signature Gel Ritual**

Nail trimming, shaping, cuticle grooming, nail buffing, gel color.

45 mins | 529

### Signature Color Finish

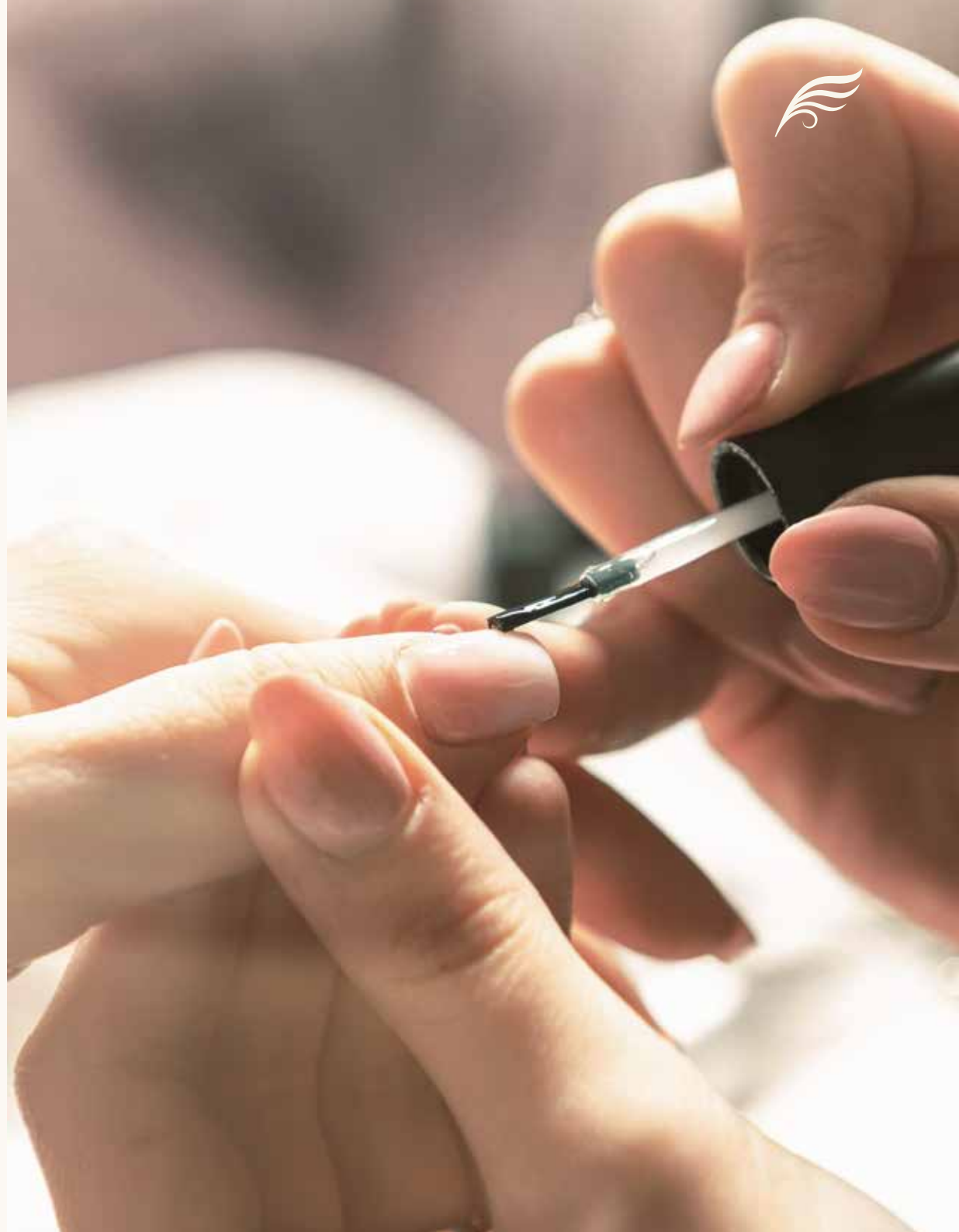
Remove old polish and change new color.

15 mins | 90

### Nourishing Gel Removal

Clean removal with nourishing attention.

20 mins | 99





# *silken* *hair cleanse*

## Relaxing Hair Ritual

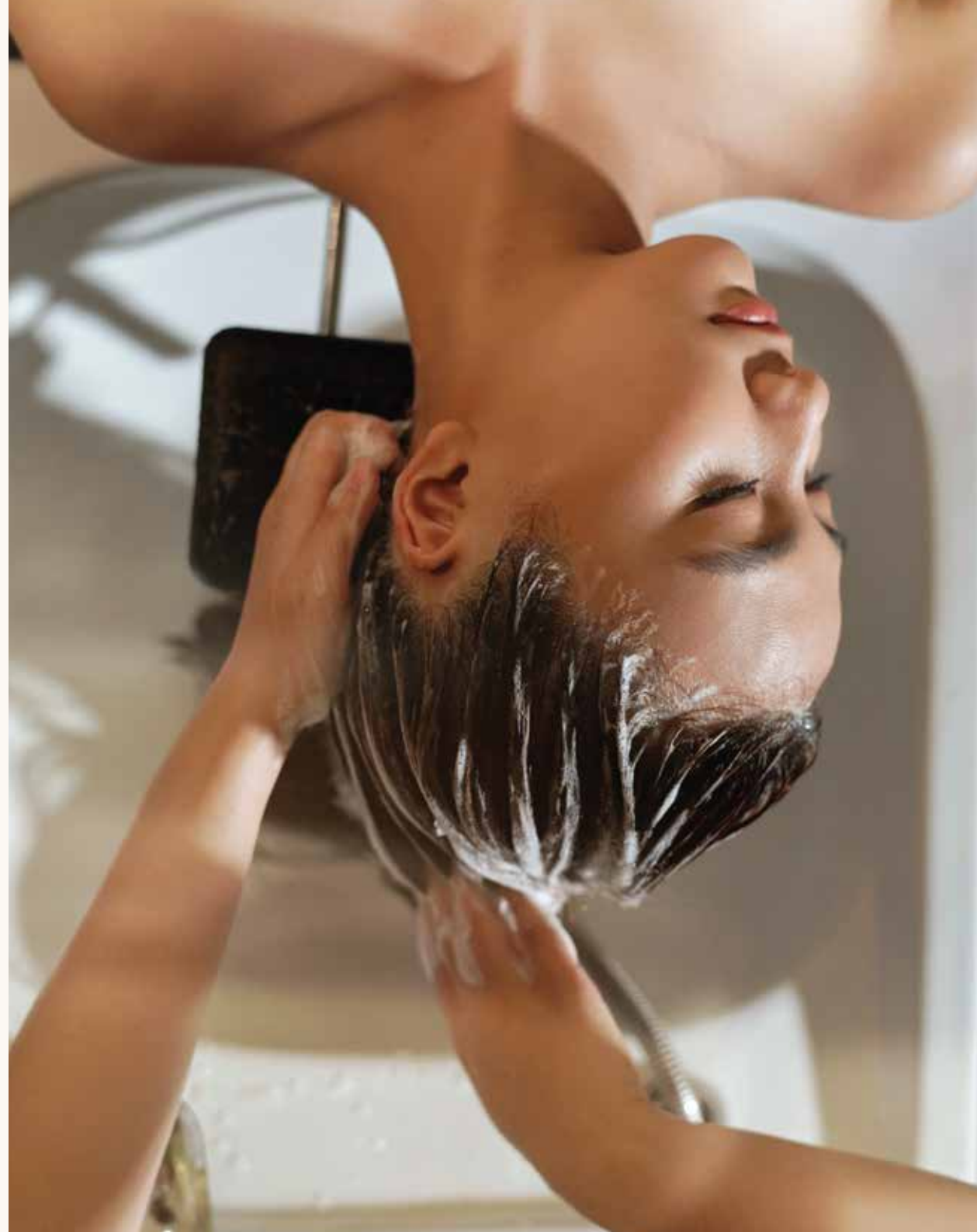
Hair wash - Blow dry.

30 mins | 349

## Nourishing Hair Ritual

A soothing combination of gentle facial cleansing and a relaxing head, neck, and shoulder massage, designed to refresh hair and deeply relax the mind.

60 mins | 649





# *signature journeys*

## The Pampas Whisper Ritual

Body treatment - 90 mins  
Shampoo - 30 mins  
Facial treatment - 60 mins

180 mins | 1,999

## Hoi An Heritage Ritual

Body treatment - 90 mins  
Facial treatment - 60 mins

150 mins | 1,599

## Silken Glow Ritual

Facial Therapy - 60 mins  
Body scrub or Body Wrap - 60 mins

120 mins | 1,499

## Two Souls, One Journey

Steam- Himalayan Salt Sauna - 15 mins  
Herbal bath - 15 mins  
Body Therapy - 90 mins  
Body scrub - 30 mins

150 mins | 3,199

## Scalp & Glow Ritual

Shampoo - 30 mins  
Facial treatment - 60 mins

90 mins | 950





## *spa reservations*

Indulge in your preferred treatments by dialing Ext.7  
or visiting our Spa Reception, where our team will be delighted to assist you

## *opening hours*

Our sanctuary is open daily from 9:00 AM to 10:00 PM  
The first treatment begins at 9:00 AM,  
with the final appointment available at 8:30 PM

## *arrival*

We kindly invite you to arrive 15 minutes prior to your scheduled time,  
allowing you to unwind and fully embrace the serenity of your spa journey

## *cancellation policy*

Should your plans change, we kindly request  
at least 3 hours' notice for any adjustments, subject to availability.  
Cancellations or rescheduling made within 2 hours will incur a 50% charge,  
while missed appointments will be charged in full



*after all the noise and motion of life,  
step into a space that gently touches  
the quiet corners of your soul  
a place to unwind, to heal, and to restore your energy  
for the journey ahead*

