

Spa Journey Tips

OUR UNIQUE AQUA DAY SPA OFFERS A WORLD OF WELL-BEING SERVICES. TO RECEIVE THE MAXIMUM COMFORT AND BENEFIT FROM YOUR SPA JOURNEY, WE RECOMMEND THE FOLLOWING SPA TIPS:

It is important to make a prior reservation so we can accommodate your schedule and treatment.

Please arrive 15 minutes prior to your appointment to maximize the benefit of your spa experience, or 20 minutes prior to your appointment if you would like to make use of the complimentary sauna facilities. Should you arrive late for your appointment, your treatment time may be reduced and will be subject to availability and schedules.

If you cannot keep your appointment, please kindly reschedule or cancel least 4 hours and 100% cancellation charge for no-shows.

Our on-site Spa Manager and Spa Consultants will gladly advise you which treatments may best suit your requirements.

To ensure that guest can enjoy the tranquility and comfort of the spa, please kindly refrain from smoking and switch off your mobile phones.

Gift certificate and spa products are available as ideal gifts for your beloved friends and family.

For reservation:

E: ssht.aquadayspa@sheraton.com

T: +84 2838 2727 ext. 193

Location on Level 5, Sheraton Saigon Hotel & Towers
Open daily 10:00 AM - 11:00 PM

Signature Treatment

WARM HERBAL EXPERIENCE (120 MINS) 2,280,000

This Herbal Compress Massage is a great remedy for tired muscles. Aches and pains will be relieved through our expert therapists' gentle work which prepares you for a nourishing oil massage. This therapy promotes healthy circulation and tones your skin. A purified algae face mask rebalances and nourishes your skin, while a luxurious scalp massage leaves you feeling relaxed and stress-free.

Thai Traditional Treatment

THAI ROYAL MASSAGE (90 MINS) 1,780,000

This traditional massage technique involves placing pressure on certain pressure points of your body and along muscles and ligaments, plus gentle stretching to bring balance and rejuvenate your body. Loose fitting, comfortable clothing required.

Aqua Stone Therapy

ANCIENT WISDOM (90 MINS) 1,780,000

An ancient healing method using heated volcanic stones and moderate-to-deep pressure techniques for your whole body, helping you to instantly relax and ease away stress.

Massage Therapy

AROMATHERAPY MASSAGE (60 MINS) 1,450,000
(90 MINS) 1,780,000

This therapy uses aromatic essential oils with natural fragrances to restore your energy balance, improve muscle tone and skin texture, while creating a sense of total relaxation; and utilizes the effective moisturizer for dry skin healing.

TRADITIONAL VIETNAMESE (60 MINS) 1,450,000
(90 MINS) 1,780,000

This traditional massage applies pressure on pressure points by placing warm suction cupping techniques with vitality movements to warm and relax muscle tissues. Detoxifying your back which helps reduce muscle aches and improve circulation.

CORE ENERGY (60 MINS) 1,450,000
(90 MINS) 1,780,000

Swedish massage using therapeutic essential oils working on the muscles and meridian lines to firm up the body and reduce tension. Perfect for those who like to relax and to have more energized and vigorous massage.

ORIENTAL ZEN (60 MINS) 1,450,000
(90 MINS) 1,780,000

A fusion of Vietnamese, Hong Kong and Shiatsu Zen massage, creating perfect harmony for a weak body and tired mind by increasing blood flow to relieve stress. Applying highly effective pressure while invoking a state of deep relaxation.

DARE TO DREAM (60 MINS) 1,450,000
(90 MINS) 1,780,000

Purely inside out, it detoxifies your body after a touch of heavenly pampering.

EASE AWAY (45 MINS) 1,100,000

A shorter, deep tissue and Swedish massage is performed to loosen up tight, knotted muscles around the head, neck, shoulders and back. Releases all tension.

GENERAL (120 MINS) 2,100,000

Choose one from our collection of massage therapy for longer-hours treatment.

Foot Therapy

JET-LAG UNWIND (70 MINS) 1,150,000

This treatment starts with a cleansing foot soak, followed by a leg scrub and cooling leg mask to reduce water retention. A therapeutic massage, using a combination of menthol-blend balm oil and heated basalt stones, concentrates along the calves, legs and feet to improve blood circulation and relax the muscles. A soothing hand massage completes this indulgent Jet-lag experience.

REFLEX ZONE (30 MINS) 650,000
(45 MINS) 850,000
(60 MINS) 1,075,000

Reflexology works on the foot's reflex zones to regulate and promote an even distribution of energy throughout the entire body.

Body Therapy

NATURAL GREEN TEA AND MILK SALT

GENTLE SCRUB (60 MINS) 1,150,000

A blend of traditional green tea and milk salt plants provides a unique body buff treatment while the active oil complex leaves skin soothed, toned, and rejuvenated while.

COFFEE PURIFYING (60 MINS) 1,150,000

A relaxing, full body exfoliation using fresh coffee bean enzymes that penetrate and nourish the skin to stimulate circulation and renew energy levels.

SUNBURN AWAY (60 MINS) 1,150,000

An invigorating and comforting cooling experience which renews and re-mineralizes your body, leaving it calm and hydrated after the body wrap.

DETOXIFYING BODY MASK (60 MINS) 1,150,000

100% natural mineral mud, containing multi-minerals. Removing dead cells, cleaning the pores by drawing out impurities to refresh your skin, leaving it finer and smoother. For all skin types.

RENEWAL OATMEAL BODY WRAP (60 MINS) 1,150,000

An intensive body mask enriched with Oatmeal and Milk activates enhances the body's natural ability to look healthy and radiant.

BODY PAMPERING (30 MINS) 650,000
(45 MINS) 850,000
(60 MINS) 1,075,000

Reflexology works on the foot's reflex zones to regulate and promote an even distribution of energy throughout the entire body.

Facial Treatment

DETOXIFYING AND RENEWAL FACIAL (100 MINS) 2,150,000

Deeply purifying treatment that helps smoothen your complexion with a mineral-rich purifying masque and collagen masque. This completely revitalizes your skin and is an excellent anti-aging treatment.

PERFECT BALANCING FACIAL (60 MINS) 1,250,000

Look younger, healthier and more refreshed with natural ingredients like honey, sesame and milk to smoothen the skin surface.

FRAGILE SECRET (90 MINS) 1,850,000

Our most popular facial, anti-aging skincare. Naturally firms, lifts and tones the skin. Lymphatic drainage using concentrated serum gives your skin a glowing radiance, reducing fine lines and wrinkles for a more youthful appearance.

APPEAR SERENE (70 MINS) 1,750,000

This customizable facial treatment uses active therapeutic tri-marine algae extracts to cleanse stressed out skin and provides an immediate boost of collagen, elastin and hydration.

I Love Beauty

CHIC MANICURE (45 MINS) 450,000

A smoothing hand soak and therapeutic massage, which softens and improves the skin. Your nails are then professionally shaped and buffed and cuticles tided before an application of OPI nail polish.

ULTIMATE RITUAL (70 MINS) 780,000

This foot care routine starts with a foot soak and sea salt exfoliation, then a scrub and soothing massage. Nails are cleaned, trimmed and shaped, before applying a choice of OPI nail polish.

AQUA PEDICURE (90 MINS) 1,100,000

This treatment starts with a foot soak and sea salt exfoliation to remove callous followed by a relaxing massage and application of warm paraffin. Then enjoy your toes being cleansed with cuticle conditioning and moisturizer. Follow by toes nail reshaping and buffing or a polish of your choice. This treatment is excellent to help protect the skin against dryness and aging and gives a wonderful smooth and moisturizing feeling.

CHOICE OF POLISH (20 MINS) 120,000

Pick your color from a variety of OPI nail lacquers.

Balneo Therapy

INTIMATE RELAXING BATH (45 MINS) 550,000

An enchanting combination of rose petals and essential aromatic milky oils in a warm Jacuzzi bath, unearthing an inner calm and inspiring total relaxation and well-being, also suitable for couples.

DETOXING BODY BATH (45 MINS) 750,000

An intimate luxurious body bathing experience in our private hydrotherapy tub with lemongrass, lemon and mint leaves.

STEAM BATH (30 MINS) 320,000

Blending a light eucalyptus oil with our steam to help open up your pores and sinuses. After spending some time in the steam bath, relax in our 79 degree hot room to detoxify your lymphatic system.

Well-being Indulgence

GET AWAY (120 MINS) 1,900,000

Take a time out from your hectic lifestyle, beginning with a Perfect Balancing Facial using a cold marine mask to rejuvenate and refresh your skin. As you relax, a deep scalp massage is applied for total body balancing. The indulgent Get Away retreat is completed with reflexology pressure point technique.

OPTIMUM BALANCE (120 MINS) 2,100,000

Start with an invigorating coffee and sea salt polish to soften and cleanse the skin and tighten the pores. This is followed by an aromatherapy massage promoting blood circulation restoring a sense of well – being and balance.

INSPIRED SENSE (120 MINS) 2,360,000

Begin with a full body massage, working on key meridian lines to eliminate toxins and relieve tension. A Perfect Balancing Facial follows, leaving your face feeling beautifully subtle and soft.

Sanctuary Retreat

INCREDIBLE JOURNEY (210 MINS) 3,490,000

This intensive treatment starts with a green tea and sea salt scrub which polish and smoothen the skin. A body mask enriched with tri-algae, vitamins and minerals then awakens and recharges the skin with renewed energy. Striking a balance with Aromatherapy massage, simple sensory pleasures are reawakened completing this “Incredible Journey”.

EVERLASTING PARADISE (270 MINS) 4,242,000

For the happiness of honeymoon and yours to cherish forever. This a deux package featuring a lavender sugar polish and floral milky Jacuzzi bath, while decadent fruit juice are served creating an intimate indulgent atmosphere. Aromatherapy massage and a gentle facial treatment immediately soothes and relaxes you. A pampering foot ritual completes the blissful experience.