



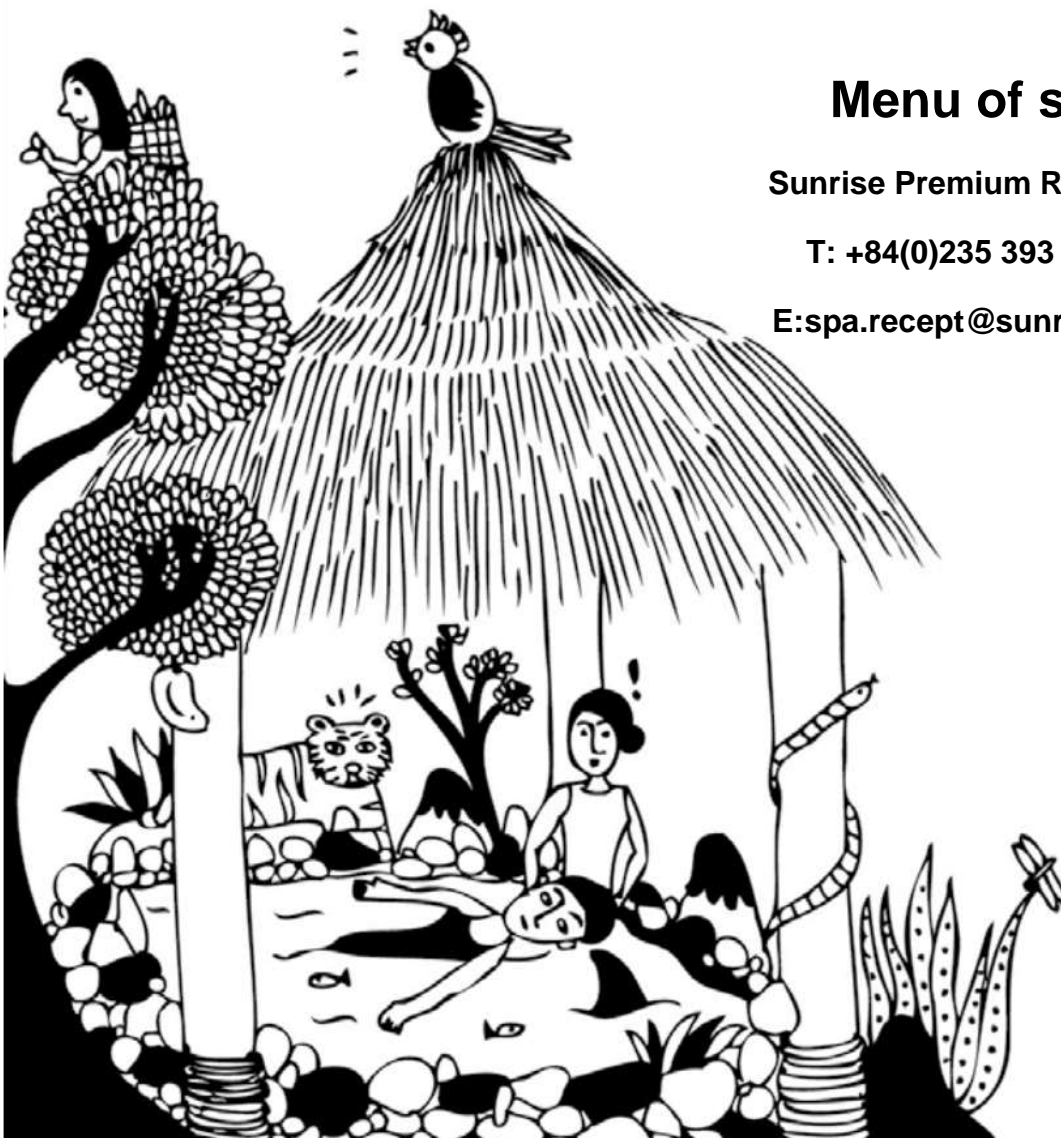
Bliss Spa

Menu of services

Sunrise Premium Resort & Spa

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Rituals

1- Bliss Signature.

Three Hours: 2.190.000 VND~99 USD~131 AUD~121.666 WON

Body Scrub

Body Wrap

Body Therapy

Facial Therapy

2- Renew your Skin.

Two Hours: 1.350.000 VND~61 USD~81 AUD~75.000 WON

Body Scrub

Body Wrap

Body Therapy

3- Vitality the Spa.

Two Hours: 1.350.000 VND~61 USD~81 AUD~75.000 WON

Body Scrub

Body Wrap

Facial Therapy

4- Oriental magic.

Two Hours and Thirty Minutes:

1.650.000 VND~75 USA~99 AUD~91.667 WON

Body Scrub or Body Wrap

Body Therapy

Facial Therapy



Body Massage

A traditional touch of body spa experience for anyone seeking rejuvenation and relaxation.

Sunrise Signature Therapy.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

90 mins: 950.000 VND~43 USD~57 AUD~52.778 WON

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

Swedish Massage.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

90 mins: 950.000 VND~43 USD~57 AUD~52.778 WON

A natural healing art. Various massage movements are performed to release tension and gradually break up any knots. Swedish massage promotes relaxation as well as has many health benefits.

Energy Balance Therapy.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

90 mins: 950.000 VND~43 USD~57 AUD~52.778 WON

A tailor-made therapeutic full body and scalp therapy. By using long, slow stroking movements your therapist will put you into a deep state of relaxation. It is no surprise that this is our most popular therapy treatment.



Thai Therapy.

60 mins: 850.000 VND~38 USD~51 AUD~47.222 WON

90 mins : 1.050.000 VND~47 USD~63 AUD~58.333 WON

Evolved from ancient healing techniques, this harmonious massage involves a unique combination of deep stretching, rhythmic compression & acupressure. Muscles are relaxed and lengthened. It is offered fully-clothed and without oil to re-awaken the body's energy flow.

Pregnancy Massage.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

90 mins: 950.000 VND~43 USD~57 AUD~52.778 WON

Tailored specifically to the needs of pregnant women, this light & nurturing therapy helps aches & pains, relaxes tense muscles, eases sore spots, improves circulation and mobility, and just makes you feel good.



Well-being

It is an integration of body and mind to promote good health and well-being, allowing yourself to reach a deeper state of relaxation and connect with your own inner-self.

Hot Stone.

90 mins: 1.100.000 VND~49 USD~66 AUD~61.111 WON

Melt away your tension, and ease your muscle stiffness with a combination of smooth hot stones & Himalayan salt stones gliding over your body. The direct heat of the stones relaxes muscles allowing therapists to access into deeper muscle layers. You will feel deeply restored & rested.

Traditional herbal compress.

90 mins: 1.100.000 VND~49 USD~66 AUD~61.111 WON

Warm herbal poultices filled with ginger, water hibiscus and madhuxin transfer heat and nourishing energy to the body, combining with work on the twelve meridians to wake up a sluggish immune system, release toxins and rebalance.

Vietnamese Bamboo Therapy.

90 mins: 1.100.000 VND~49 USD~66 AUD~61.111 WON

This exotic treatment works at all levels to balance, calm & energise you physically, mentally & spiritually. Bamboo sticks are gently warmed and applied to give deep and long therapy strokes to break down tension and stretch tight muscles. It will leave you feeling relaxed & energized.



Well-being

Foot Reflexology.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

The feet carry the burden of all our body's weight & tension. Treat them to this remarkable ancient reflexology inspired treatment which therapy the reflex zones to alleviate aches & pains & induce deep relaxation to the entire body by releasing the flow of energy. Not only will your feet feel terrific, you will experience increased energy.

Back Neck & Shoulder Head.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

Laptops, phones, desks & driving are a few examples contributing to the global epidemic of stress which is tying knots in our back, neck & shoulders, causing us to hunch over, tighten our shoulders & carry tension. This treatment takes the world of your shoulders and relaxes & relieves the tissue and promotes overall stress relieving effects on the body.



Express Treatments

Have an express treatment or add on/extend to intensify your spa relaxation experience. Take this time to bring relaxation to the higher level.

Hand Acupressure.

30 mins: 390.000 VND~17 USD~23 AUD~21.667 WON

Opens the energy channel through hand acupressure to stimulate the internal organ release of accumulated emotional stress patterns.

Stress Relief Scalp Massage.

30 mins: 390.000 VND~17 USD~23 AUD~21.667 WON

70% of the body's tension is found in the scalp. This will help relieve that stress and make a huge impact on well-being.

Foot Reflexology.

30 mins: 390.000 VND~17 USD~23 AUD~21.667 WON

Treat your feet to this ancient reflexology inspired treatment which therapy the reflex zones to alleviate aches & pains.

Back Neck & Shoulder.

30 mins: 390.000 VND~17 USD~23 AUD~21.667 WON

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



Beauty

Pamper yourself with a touch of beauty, allowing you to indulge in the herbal recipes designed for beauty and vitality.

Facial Treatment:

Sunrise Signature Vietnamese Facial.

60 mins: 850.000 VND~38 USD~50 AUD~47.222 WON

Vietnamese facial incorporates basic skin cleansing, gentle exfoliation, massage and mask application using local natural ingredients to leave the skin feeling clean and fresh.

Soothing Sensitive Facial with Oatmeal Mask.

60 mins: 790.000 VND~35 USD~47 AUD~43.889 WON

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

Purifying Facial with Mud Mask.

60 mins: 790.000 VND~35 USD~47 AUD~43.889 WON

This deep cleansing facial normalizes oil secretion, deeply cleanse, hydrates and prevents breakouts. It also refines pores and tightens the skin. The facial leaves your skin clean, fresh, soft, and supple with brighter look.



Radiance facial Green Tea Mask.

60 mins: 790.000 VND~35 USD~47 AUD~43.889 WON

Reduce, combat fine lines and any visible signs of ageing. This nourishing facial will brighten, tighten, hydrating and balancing your skin. Ideal for combination skin to normal skin.

Anti-aging facial.

90 mins: 1.180.000 VND~53 USD~71 AUD~65.556 WON

This treatment incorporates the Revitalizing Facial to improve the skin's appearance and moisture level as dryness is one of the major causes of the aging process. Anti-aging Facial cream will help smooth-out lines and wrinkles to reveal a brighter, Younger you.



Body Scrubs

Vietnamese Green Tea Scrub.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

Perfect for leaving your skin feeling super smooth with this exfoliating body scrub which will buff away old skin and stimulate circulation.

Vietnamese Rice scrub.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

Reveal radiant skin with this calming body scrub. It effectively stimulates skin micro circulation leaving skin feeling soft & smooth.

Aromatic sea salt scrub.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

Detoxifying body scrub that combines sunflower oil, exfoliating sea salt and the healing properties of essential oils.

Coconut Scrub.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

A gentle exfoliating scrub for radiant looking skin, subtly scented with a delicate coconut scent. It gently sweeps away dead skin cells to leave skin feeling silky soft.



Body Wraps

Sunburn Recovery Wrap.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

Refresh your skin with the treatment it thirsts for after a day in the sun. Regenerate your skin with fresh aloe vera & cucumber. This cooling, calming after-sun wrap envelops the entire body, while the scalp is therapy.

Mud Wrap.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

This treatment is excellent for tired muscles and dull skin. Your body is wrapped in a unique mixture of mineralized mud to nourish, detoxify and rejuvenate aching muscles and Sun protect. While your body is cocooning, you will receive a scalp therapy.

Tropical Fruits & Natural Yoghurt.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

Mummify yourself in this luxurious, buttery wrap which deeply nourishes and repairs your skin. Soothing yoghurt and exotic tropical fruits add to the sensory experience while your scalp is being therapy. Vital anti-aging components combine to rejuvenate and promote healthy skin.

Coconut Wrap.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

This deep moisturizing treatment guarantees velvety smooth skin and a new level of relaxation. It provides an essential oil and milk based moisturizing wrap



Nail Treatments

Manicure.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

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

Manicure.

30 mins: 390.000 VND~17 USD~23 AUD~21.667 WON

Nail trimming, shaping, cuticle grooming.

Pedicure.

60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

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

Pedicure.

30 mins: 390.000 VND~17 USD~23 AUD~21.667 WON

Nail trimming, shaping, cuticle grooming.

Nail Polish For Hand or Feet.

30mins: 400.000 VND~18 USD~24 AUD~22.222 WON

Choose your colour & we will polish your nails.



Hair Treatments

(not include with Spa Voucher)

Women's Haircut (includes shampoo, cut & style)

~ 60 mins: 1.100.000 VND~49 USD~66 AUD~61.111 WON

Men's Haircut

~ 10 mins: 420,000 VND~19 USD~25 AUD~23.333 WON

Men's Haircut with shampoo

~ 30 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

Children's Haircut (8 years and under)

~ 10 mins: 320.000 VND~14 USD~19 AUD~17.778 WON

Boy' Haircut & Style

~ 20 mins: 550.000 VND~24 USD~33 AUD~30.556 WON

Girl's Haircut

~ 20 mins: 750.000 VND~34 USA~45 AUD~41.667 WON

Shampoo & Dry for men

~ 20 mins: 320.000 VND~14 USD~19 AUD~17.778 WON

Shampoo & Dry for women

~ 30 mins: 350.000 VND~15 USD~21 AUD~19.444 WON

Shampoo & Dry style for women

~ 60 mins: 750.000 VND~34 USA~45 AUD~41.667 WON



SPA RESERVATIONS

Spa reservations can be made through telephone by dialing Ext.5 or directly at Spa reception. When making a booking, your name and room number are required. Advanced bookings for spa services and facilities are highly recommended to ensure availability. Our spa manager and receptionists are available to advise and assist you with your treatments.

HOURS OF OPERATION

Open daily from 9:00 am to 10:00 pm. Earliest treatment is at 9:00 am & 8:45 pm for last treatment.

REGISTRATION

Please check-in at the spa reception at least 5-15 minutes before your scheduled appointment. This will allow you ample time to slip into a robe and slippers, as well as time to enjoy our facilities such as shower rooms, steam and sauna.

ATTIRE

Wear any loose, comfortable clothing. We provide bath robes, towels and disposable underwear in our locker rooms. In-house guests are welcome to visit the spa in their robes and slippers.

LATE ARRIVALS

Late arrivals will be subject to time deduction, so as not to inconvenience other guests. However, if there are no other guests booked following your treatment, then your treatment will last for the full duration. If you arrive 15 minutes late for any treatment, you will be asked to re-schedule.

CANCELLATION POLICY

Should you need to re-schedule, change or cancel an appointment, a 3-hour notice is required to help us re-schedule your appointment, subject to space availability. Please be informed that a fifty percent charge will apply for cancellations or rescheduling, advised under 2 hours. All no shows will incur one hundred percent charge.

SPECIAL CONSIDERATIONS

Your personal needs are important to us. We kindly request that at the time of reservation you inform the spa manager or the receptionist of any physical or medical condition such as diabetes, high blood pressure, heart conditions, recent surgeries, allergies, mobility impairment or disabilities, menstrual period, or if you are pregnant.

SPECIAL TAXES PAYABLE BY HOTEL

30% special consumption tax.