

Le Spa du METROPOLE

Rejuvenating World Traditions and French Cosmetology.

Le Spa du Metropole's treatment menu is inspired by the hotel's cultural heritage using an assortment of high-end products.

Sothys possess an air of French refinement

Ytsara combines local beauty traditions with expert treatments

Laurent Severac presents original creations of exquisite oil blends.



À LA CARTE

SIGNATURE TREATMENTS

So Exhilarating Body Treatment

60 minutes - VND 1,900

A euphoric and soothing body treatment combining a rocking motion and uplifting experience that will shape up and tone your silhouette.

So Rejuvenating Facial

60 minutes - VND 2,300

This refreshing and tasteful facial care harmoniously combines the benefits of natural plants with the best of French beauty techniques to revitalize and bring back youth to your skin.

STARTERS

Aromatic Bath

30 minutes - VND 850

Fresh aromatic citrus to uplift your mood

Oriental Wrap Soufflé

45 minutes - VND 1,600

A regenerating body wrap to nourish the skin

Rejuvenating Body Polish

45 minutes - VND 1,600

Jasmine rice and Jojoba oil remove impurities and leave your skin fresh, smooth and soft as velvet.

Sothys Body Scrub

45 minutes - VND 1,600

Restore a smooth and radiant skin with our selection of exfoliating body treatments each with its own unique texture and scent. Each treatment is completed with the application of a nourishing hydrating lotion to lock in moisture and leave your skin velvety soft and protected.

Express Facial Treatment

45 minutes - VND 1,900

A quick purifying facial treatment using the best French techniques for perfect skin.

Energizing Back Therapy

45 minutes - VND 1,600

The treatment helps to relieve stiffness and soreness from the back, shoulder, neck and head.





MAINS

SOTHYS FACIAL TREATMENTS

The Soin excellence Secrets de Sothys®

75 minutes - VND 3,200

The Soin excellence Secrets de Sothys® facial treatment encapsulates luxury, elegance and sophistication in a truly unforgettable experience.

This incomparable anti-aging treatment envelops the skin with soft, rich textures and light delicate scents. Exceptional ultra-concentrated formulas ensure record efficiency and long lasting results.

Energising intensive treatment with Siberian ginseng

75 minutes - VND 2,700

The secret to a radiant luminous skin encapsulated in a single treatment. Remarkable Siberian Ginseng optimizes the skin's resistance to daily stress and provides the vital boost needed to restore your skin's energy.

A relaxing digi-energy facial treatment coupled with a Vitamin C peel off mask reveals a glowing flawless complexion. Essential as a pre-event treatment or for dull, tired and lackluster skin.

Hydrating intensive treatment with 1055 boletus extract

60 minutes - VND 2,300

This replenishing and hydrating treatment is our solution to quench thirsty skin and combat dehydration. A combination of hyaluronic acid and patented Boletus extract reactivate the natural hydration levels to reveal a more youthful complexion. Restructuring and smoothing serums, modelling and plumping masks and enveloping intense hydration gel mask restore skins natural softness and suppleness.

Soothing professional treatment

60 minutes - VND 2,300

Ultra calming, desensitizing and soothing treatment for sensitive and reactive skins. Incorporating healing Spa™ Thermal water and specially selected botanicals to provide immediate and lasting relief and strengthen the skin. A double layer cocooning mask in combination with our unique decongesting facial treatment with chilled porcelain spoons immediately calms and soothes your skin.

High protection eye treatment

55 minutes - VND 2,000

This refreshing & anti-aging treatment addresses the concerns of the eye area. Vitamin and High protection eye complex coupled with a relaxing eye treatment using chilled porcelain spoons brings immediate relief to tired strained eyes and helps improve the appearance dark circles. A fresh tensor gel mask and eye smoothing patch diminish puffiness and provide an instant lifting effect.

SOTHYS BODY TREATMENT

Customized Slimness modelling

60 - 90 minutes - VND 2,200 - 3,000

A slimming modelling to perfect the figure and redefine the body contours according to the slimming diagnosis.

Toning modelling oil with essential oils

60 - 90 minutes - VND 2,200 - 3,000

Escape in the aromatic journey of essential oils with lemon, mandarin, cypress and petitgrain.

This essential oil complex combined with pink peppercorn oil and plant oil complex will help remodel the figure.

Customised relaxing modelling

60 - 90 minutes - VND 2,200 - 3,000

A relaxing modelling using soft unctuous cream with corn oil, shea butter and glycerin chosen for their nourishing, repairing and softening properties to be combined and customized with the fragrance of your choice from 6 sensory escapes:

Lemon and petitgrain, Orange blossom and cedar, Frangipani and plum, Green tea and fig, Cinnamon and ginger, Sothys Homme.

Sensations orientales

110 minutes - VND 3,700

An exceptional treatment protocol inspired by ancestral Oriental rites. The journey will start with a syrup to prepare the body for exfoliation.

This pre-exfoliation syrup contains saponaria to cleanse and detoxify the skin, and bromelaïn used for its exfoliating action.

You will then experience the body modelling with date oil extract known for its hydrating and soothing properties and amber oil for its destressing action. This signature treatment will nourish and enhance the skin for an experience of pure relaxation.





SUBLIME SIMPLICITY

Jet-Lag Recovery

90 minutes - VND 2,500

A mineralizing and stimulating treatment using a Kansu bowl to loosen muscles and improve sleep quality.

Relaxing Aromatherapy Treatment

60 - 90 minutes - VND 1,900 - 2,500

An aromatherapy treatment that relieves tension and lets you regain consciousness of your body.

Ethnic Fusion

90 minutes - VND 2,500

An authentic treatment drawing from several traditions to yield a sensory experience for the whole body.

Lunar Beauty

60 minutes - VND 2,300

Tailor-made French treatment techniques and holistic secrets work in synergy to awaken the skin's optimum potential. Your skin will be glowing, luminous and healthy.

ASIAN HERITAGE COLLECTION

Vietnamese Journey

60 - 90 minutes - VND 1,900 - 2,500

A treatment using Vietnamese inspired treatment techniques and a warm herbal cushion helps to release tension and renew your energy.

Indochine Journey

90 minutes - VND 2,500

A revitalizing treatment with heated aromatic poultices made of herbs and spices for soothing tired muscles.

Asian Heritage

90 minutes - VND 2,500

A deep tissue treatment with Thai therapeutic treatment using pure plant essential oils to relieve pain and muscle tension throughout the whole body.

After Shopping Leg Reviver

60 minutes - VND 1,900

After a day of shopping revitalize your legs with a gentle foot scrub followed by a relaxing foot reflexology treatment that uses a traditional Thai wooden stick.





MENU SUGGESTIONS

MULTIPLE TREATMENT OPTIONS

Just the Two of Us

180 minutes - VND 4,900 per person

Enjoy the therapeutic benefits of a private aromatic steam bath followed by a soothing bath, a full body treatment and a Sothys facial for two. A four-course menu with a herbal steam (15min.), citrus bath (15min.), body treatment (90min.), a facial treatment (45min.) and hand reflexology (15min.)

Imperial Experience

180 minutes - VND 4,900

A private steam bath, a body exfoliation and a massage, follow by a brightening natural facial.

A four-course menu with a herbal steam (15min.), body exfoliation (30min.), body treatment (90min.) and facial treatment (45min.)

Body & Soul

150 minutes - VND 4,100

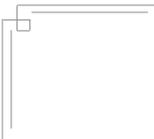
A complete ritual for a silky smooth body. A steam shower, a body exfoliation, a detoxifying body wrap, and deep relaxing body treatment.

A three-course menu with a herbal steam (15min.), body exfoliation (30min.), body wrap (30min.), and body treatment (75min.)

Highlands in the Mist

150 minutes - VND 4,100

Begin with a private steam shower followed by an invigorating bath, a full body exfoliation, and a body treatment. A four-course menu with a herbal steam (15min.), citrus bath (15min.), body exfoliation (30min.) and body treatment (90min.)



DESSERTS

Hand reflexology

30 minutes - VND 900

A special treatment helps loosen tight muscles and improve your hand's various ranges of motion and flexibility.

Head Massage

30 minutes - VND 900

A head massage without oil to clear your mind and bring you very deep relaxation.

SPECIALS

Scrunch

90 minutes

The ultimate combination: A Vietnamese Body treatment and a healthy lunch or weekend brunch.

Aromatic Gastronomy

90 minutes

Experience an aromatic treatment “ À deux” followed by a romantic dinner.

A touch of Luxury

In order to make your spa experience even more memorable, extra services can be added to your treatments according to your preference: a bottle of champagne served during your bath, a bouquet of flowers for your beloved, or an assortment of decadent chocolates...





HOURS OF OPERATION

Le Spa opens daily from 10 am to 10 pm.

RESERVATIONS

Reservations can be made by dialing Ext. 8700 or at the Le Spa reception. When making a booking, your room number and complete name will be required. We recommend making a reservation at least one day in advance to ensure availability.

AMENDMENT & CANCELLATION POLICY

Should you find the need to cancel your reservation, please do so at least 4 hours prior to your appointment to avoid a 50% cancellation charge. Missed appointments will be charged at the full price of the scheduled treatments.

ARRIVAL

We encourage you to arrive at least 30 minutes prior to your scheduled treatment to ensure total relaxation and enhanced results. This will give you time to slip into a robe, 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.

SPECIAL CONSIDERATIONS

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

In-house hotel guests are welcome to visit Le Spa, dressed in their bath robes and slippers.

As Le 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 Le Spa are strictly prohibited.

Alcohol consumption is not advised prior to any spa treatment.

Admission to Le Spa is only for adults and children over 15 years of age.

GRATUITIES

Gratuities are accepted if you feel your experience warrants it.

VALUABLES

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

Disclaimer: Conditions and prices are subject to change without prior notice.



MAINS

Revisited Classics

CLARINS FACIAL TREATMENTS

Youthful Lift Facial Treatment with Hops

60 minutes - VND 2,200

A youth recovery treatment that boost the skin's vital functions. Hop tree extract is known for its energizing and skin-firming benefits. Delivers exceptional skin toning and firming to help diminish the visible appearance of lines.

Total Gentle Facial Treatment With Christophine

60 minutes - VND 2,200

Christophine is a plant with skin-softening virtues. This soothing treatment is specifically developed for sensitive skin. Repairs and rebalances the skin's natural defence mechanisms. Helps diminish redness and unifies complexion.

Whitening Facial Treatment With Sandspurry

60 minutes - VND 2,200

A whitening treatment that restores the skin's brightness and luminosity. Regular sessions inhibit hyper-pigmentation, resulting in a fairer, clearer and more beautiful complexion.

Ultra Hydrating Facial Treatment With Katafray

60 minutes - VND 2,200

Katafray is a desert tree that stores water for long periods. Its extracts help to stimulate the skin's natural hydration process. A rehydrating treatment to supply intense moisture. Nourishes and softens skin to revive and restore radiance, softness, suppleness and comfort.

Radiant and Pure Facial Treatment (Truly Matte)

60 minutes - VND 2,200

A detoxifying and regulating treatment minimizing and purifying pores while refining skin texture.

CLARINS BODY TREATMENTS

Contouring Body Treatment With Uncaria Tomentosa

60 minutes - VND 2,200

Uncaria Tomentosa helps to limit the formation of excess lipids in the body. This treatment is for those who want to slim and remodel their silhouette.

Firming Body Treatment with Lemon Thyme

60 minutes - VND 2,200

Lemon thyme extracts help to maintain the skin's elasticity. The perfect treatment to restore skin tone and streamline body contours, along with soft, supple skin.

Moisture Relax Body Treatment With Peach Milk

60 minutes - VND 2,200

Peach extract is used for its hydrating and nourishing. A wave of hydration and comfort for thirsty skin that becomes more comfortable, more supple and thus more resistant to external aggressions.

Bamboo Powder Body Exfoliation

60 minutes - VND 2,200

This high-performance treatment helps renew your skin deep down.

A double exfoliating action, one mechanical and the other biological, leaves the skin softer, smoother, purified and revitalized.

Body products applied afterwards are perfectly absorbed.

