**BODY THERAPY** FOOT REFLEXOLOGY FACIAL CARE SIGNATURE PACKAGES **EXISPA MENU** 



## **BODY THERAPY**

#### **HOLISTIC THERAPY**

This treatment uses aromatic essential oils medicinally to improve the health of the body, mind & spirit.

60' | VND 600.000 90' | VND 800.000

#### **SWEDISH MASSAGE**

Classic massage better suited for people interested in relaxation & tension relief.

60' | VND 600.000 90' | VND 800.000

#### **HOT STONE MASSAGE**

Heated, smooth basalt stones incorporated into this unique massage treatment facilitate the balancing of the energy centers in the body & encourage muscle relaxation.

60' | VND 650.000 90' | VND 850.000

### **THAI MASSAGE**

An ancient healing treatment without oil that combines broad and targeted acupressure, stimulation & manipulation of energy lines.

60' | VND 700.000

#### SPORT MASSAGE

This treatment brings deep relaxation to the muscles and calmness to the mind and the whole nervous system.

60' I VND 750.000 90' I VND 950.000

All prices are subject to 5% service charge plus current government tax





# **BODY THERAPY**

#### **FOUR-HANDS MASSAGE**

A wonderful experience for spa holic who have a difficult time letting go of day-to-day thoughts and stresses.

60' | VND 1.300.000 90' | VND 2.100.000

#### KL SIGNATURE MASSAGE

Employing a unique blend of Thai massage, Shiatsu & Swedish techniques combines with oil to help induce relaxation & release tension.

60' | VND 800.000 90' | VND 1.000.000

#### VIETNAM TRADITIONAL MASSAGE

A combination of clapping, punching technique & herbal ball. It is a stimulating deep tissue that focuses on the muscles & tendons.

60' | VND 850.000 90' | VND 1.100.000

#### **HEAD-BACK-SHOULDER MASSAGE**

30' | VND 500.000

All prices are subject to 5% service charge plus current government tax



# FOOT REFLEXOLOGY

## **FOOT MASSAGE**

A relaxing & effective technique that caters with all the demands of the feet.

30' | VND 300.000 60' | VND 500.000

## **LEG MASSAGE**

60' | VND 600.000

All prices are subject to 5% service charge plus current government tax





# **BODY CARE**

**BODY SCRUB** 

45' | VND 400.000

**BODY WRAP** 

45' | VND 400.000

**COMBO BODY SCRUB & WRAP** 

75' | VND 700.000

# **FACIAL CARE**

### **VITAMIN ENERGY**

Double treatment with multivitamins & vegetal taurine. Energy booster with powerful revitalising action.

60' | VND 900.000

### **MEN FACIAL CARE**

This treatment will prevent breakouts & reduce enlarged pores.

60' | VND 900.000

All prices are subject to 5% service charge plus current government tax

# SIGNATURE PACKAGES

RELAXING PACKAGE  Body Massage 60', Foot Massage 30', Refresh Facial 30'	120'   VND 1.100.000
DETOX PACKAGE Facial Massage 60', Body Massage 60'	120'   VND 1.300.000
VIP GENTLEMAN RELAXING Foot Scrub, Four-Hands massage 60', Men Facial Care	120'   VND 2.100.000
Upgrade Services Applied for any additional extended service	VND 200.000

All prices are subject to 5% service charge plus current government tax



Silverland Sil Hotel 20-22-24 Thai Van Lung, Sai Gon Ward, HCMC

For Reservation: (+84) 909 375 438
Opening Hours: 10:00 AM - 10:00 PM
www.silverlandhotels.com

