

### **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.

S O F I T E L  
**LEGEND**

# *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

**Anne Semonin** brings signature Paris made-to-measure treatment to meet every single skin's need



## À LA CARTE

### SIGNATURE TREATMENTS

#### **So Exhilarating Body Treatment**

60 minutes - VND 2,500

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

#### **So Rejuvenating Facial**

75 minutes - VND 3,000

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 1,500

Fresh aromatic citrus to uplift your mood

### **Sothys Customized Wrap**

45 minutes - VND 2,100

Experience the comforting sensation of a hydrating/nourishing wrap applied warm onto the skin, and let your body and your mind indulge in pure escapism with the fragrance you have chosen.

The soft skin effect is guaranteed.

### **Sothys Body Scrub**

45 minutes - VND 2,100

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.

### **Energizing Back Therapy**

45 minutes - VND 2,100

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

### **Express Facial Treatment**

45 minutes - VND 2,100

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





## MAINS

### **Jet-lag Recovery**

90 minutes - VND 3,300

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

### **Relaxing Aromatherapy Treatment**

60 - 90 minutes - VND 2,500 - 3,300

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

### **Vietnamese Journey**

60 - 90 minutes - VND 2,500 - 3,300

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

### **Asian Heritage**

90 minutes - VND 3,300

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 2,500

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.





## SOTHYS FACIAL TREATMENTS

### **The Soin Excellence Secrets de Sothys®**

75 minutes - VND 3,800

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.

### **Hydrating Intensive Treatment**

60 minutes - VND 2,600

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.

### **High Protection Eye Treatment**

60 minutes - VND 2,600

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 Men Facial Treatment**

60minutes - VND 2,600

Tailored specifically for men, this essential facial treatment is designed to rejuvenate and detoxify the skin. Offering a perfect blend of relaxation and efficiency, the treatment aims to promote a resilient and flawless complexion.

### **Illuminating Professional Treatment**

75 minutes - VND 3,000

Indulge in a transformative 6-step treatment featuring organic white nettle extract, inspired by the Jardins Sothys™ and developed through Sothys Advanced research. This comprehensive treatment addresses dark spots, ensures optimal hydration, and promotes an even complexion.

Elevate your skincare routine with this illuminating experience.



## SOTHYS BODY TREATMENTS

### **Silhouette Signature Body Treatment**

60 - 90 minutes - VND 2,700 - 3,500

A must-try experience featuring the original Limoges porcelain massage accessory. All areas of the body will be treated, including the back, in this unique and relaxing slimming treatment.

### **Signature Pro-Youth Body Treatment**

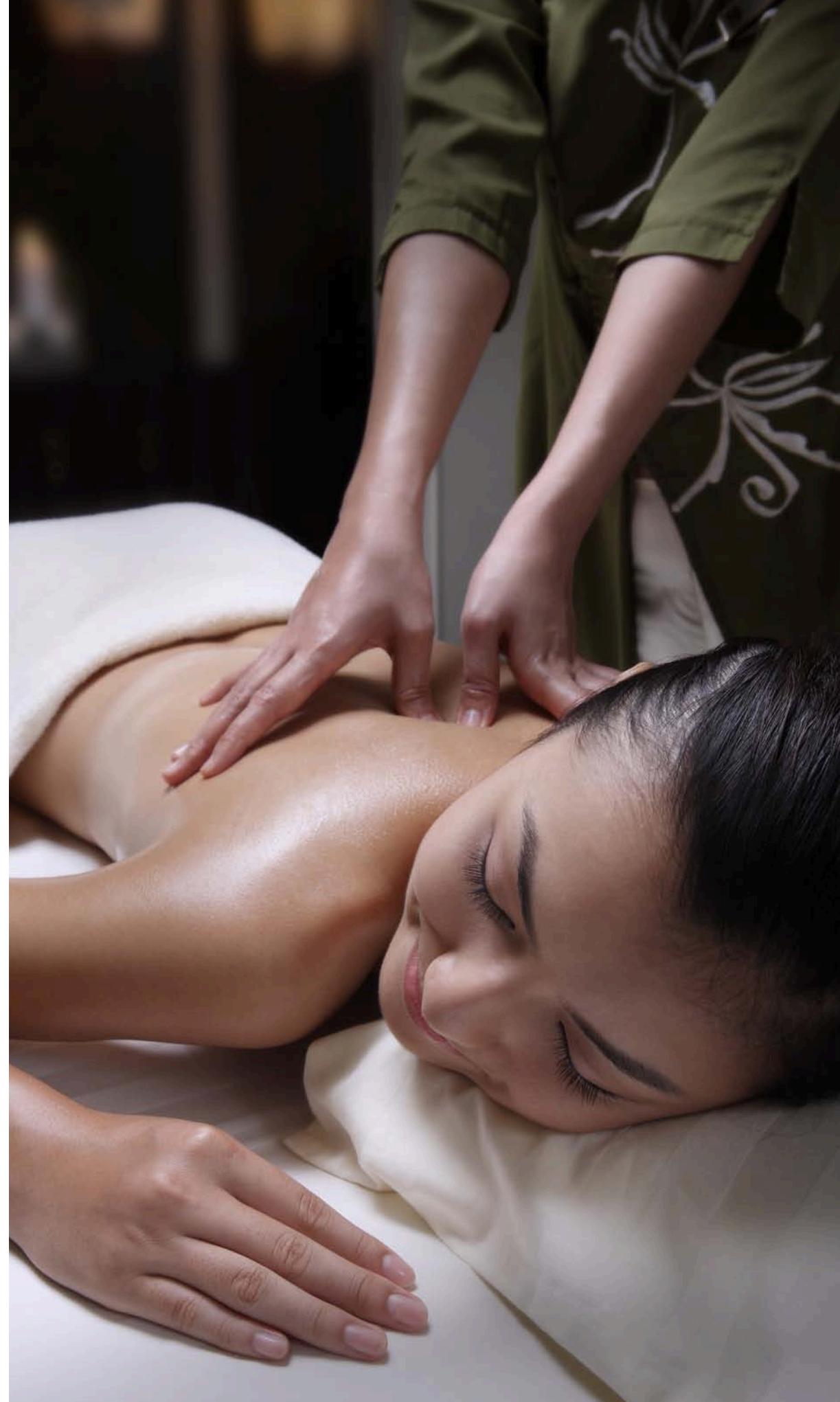
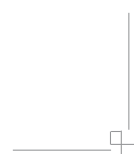
120 minutes - VND 4,900

Complete treatment combining a silhouette scrub phase with a firmness modelling. An essential silhouette ritual with 2 sensorial formulas with proven efficiency to protect body youth.

### **Sothys Customised Relaxing Modelling**

60 - 90 minutes - VND 2,500 - 3,300

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.





## ANNE SEMONIN TREATMENTS

### **Ultimate Firming And Lifting Gold**

90 minutes - VND 4,900

Your skin will be treated to the light reflecting properties of 24k gold and plumping effects of hyaluronic acid. The refinement of pores and reduction of wrinkles through an advanced collagen stimulating complex are also on this illuminating facial's menu. The firming treatment focusses on performance over pampering and will deliver on its promise of smooth, glowing skin as a result.

### **Active Cryo Time Freeze**

75 minutes - VND 4,100

Your skin will be visibly firmer and glow beautifully after this facial which features Anne Semonin's Super Active Serum, a gel which harnesses some of the world's most potent natural ingredients. Aside from its age defying results through cryotherapy, the treatment uses neuro-cosmetics which stimulate the release of B-endorphins and boost your sense of wellbeing.

### **Made to Measure Facial**

60 minutes - VND 2,600

A luxury facial treatment which is individual and utterly bespoke. Combining serums, masks and creams which have been carefully selected to suit your skin's specific needs to a tee, this bespoke treatment corrects and re-balances the skin, resulting in a dramatically more radiant, even-toned complexion. Uniquely personalized, this intense treatment of deep cleansing, rejuvenation and moisturizing will result in visibly clearer and more luminous skin, with effects that will last long after you've left our spa.

### **Cocooning Scrub & Modelling Ritual**

120 minutes - VND 4,900

The treatment starts with grape seed powder, rich in polyphenols - highly anti-oxidant which sweeps away dead skin cells and leaves silky, detoxified, glowing skin as a result. Then, Vitamin Rich Body Oil is applied all over your body which makes your skin feel as soft as a baby's.







## MENU SUGGESTIONS

### MULTIPLE TREATMENT OPTIONS

#### **Just the Two of Us**

180 minutes - VND 6,500 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.

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 6,500

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 5,500

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 5,500

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 Massage**

30 minutes - VND 1,200

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

### **Head Massage**

30 minutes - VND 1,200

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

### **Body Massage**

60 - 90 minutes - VND 2,600 - 3,400

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

## 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...





## MANICURES AND PEDICURES

### **Le Spa Manicure (30-40 minutes) - VND 350**

Includes shaping, cuticle work, buffing

### **Le Spa Luxury Manicure (55 minutes) - VND 950**

Includes shaping, hand exfoliation, a deep hydration mask, buffing, cuticle work and hand massage.

### **Le Spa Pedicure (40-50 minutes) - VND 450**

Includes shaping, soaking, cuticle work, buffing

### **Le Spa Luxury Pedicure (55 minutes) - VND 1,250**

Includes shaping, soaking, buffing, foot exfoliation, deep hydration mask, cuticle work, lower leg massage.

## A LA CARTE

Gel Application - VND 350

Color Application - VND 250

Gel Nail Removal - VND 420

Including gel removal, trimming, buffing and shaping

## WAXING

Lower legs - VND 760

Legs - VND 1,150

Lower arms - VND 630

Arms - VND 880

Underarms or Back or Chest - VND 500