

Package

SHINE HEALING TOUCH 140 MINUTES - VND2,500,000

- Aroma Flower Foot Bath with heel care, Herbal Tea
- Shine Signature Body Scrub & Wrap
- Shine Vietnamese Massage

ORIENTAL PACKAGE 160 MINUTES - VND2,500,000

- Aroma Flower Foot Bath with heel care, Oriental Tea
- Renewal Body Scrub
- Thai Massage
- Relaxing Facial Therapy

MEDITERRANEAN PACKAGE 160 MINUTES - VND2,800,000

- Aroma Flower Foot Bath with heel care, Herbal Tea
- Hot Stone Massage
- Perfection Facial Therapy Male or Female

SHINE SPA PAMPERING 90 MINUTES - VND2,800,000

- Aroma Flower Foot Bath with heel care, Herbal Tea
- Oriental Four Hand Massage
- Choice of Facial Therapy

SHINE SPA ROMANCE FOR COUPLE 160 MINUTES - VND4,900,000

- Aroma Flower Foot Bath with heel care, Herbal Tea
- Swedish Body Massage
- Choice of Facial
- Flower Bath, fruit patter and fruit smoothie

PRETTY GIRL (FROM 6-13 YRS) 120 MINUTES - VND2,100,000

- Swedish Body Massage
- Relaxing Facial
- Deluxe Manicure & pedicure

MR.COOL (FROM 6-13 YRS) 120 MINUTES - VND2,100,000

- Foot Massage
- Swedish Body Massage
- Relaxing Facial

How to receive the most out of your Shine Spa for Sheraton visit

RESERVATIONS

Schedule your appointment in advance to ensure your preferred treatment or therapist is available. Bookings made day of service and walk-in appointments are always welcome, based upon availability. All reservations must be secured with a major credit card and telephone number

CANCELLATION POLICY

24 hours' notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment, with full charges applied.

GIFT CERTIFICATES

Shine Spa for Sheraton gift certificates are available for purchase at the spa front desk. Our gift certificates are the perfect way to celebrate any occasion, with individual treatments, bridal packages or predetermined denominations offered.

PRIOR TO THE SERVICE

Experience the therapeutic benefits of steam, the sauna or the whirlpool prior to your services. We suggest arriving 30-60 minutes in advance of your treatment. Please turn off your cell phone before entering the spa, locker rooms, or fitness and treatment areas.

Prior to the start of your service, please tell your therapist the areas you would like to focus on and any areas to be avoided. During your service, please do not hesitate to tell the therapist if you feel any discomfort

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Shine
for Sheraton
pds

Shine Spa Menu

Massages

SHINE SIGNATURE
60 MINUTES - VND1,300,000

Spend some time by candlelight. Alleviate tension as a candle melts into a fragranced oil of Lavender, Mandarin and Salt Butters and is lightly poured onto your body. You'll experience complete physical and mental relaxation

SHINE VIETNAMESE
60 MINUTES - VND1,300,000
90 MINUTES - VND1,500,000

Therapist employs palm, fingers pressure in the Vietnamese Massage to relieve tension, improve blood flow

SWEDISH BODY
60 MINUTES - VND1,200,000
90 MINUTES - VND1,500,000

Swedish massage helps to warm up and work on the muscle tissue, releasing tension and breaking up muscles “knots” or adhered tissues

DEEP TISSUE
60 MINUTES - VND1,200,000
90 MINUTES - VND1,500,000

Full body massage focuses on the deeper layers of muscle and connective tissue to release the chronic patterns of tension pressure on the contracted areas, following or going

AROMATHERAPY WITH WARM OIL
60 MINUTES - VND1,200,000
90 MINUTES - VND1,500,000

Experience the finest anti-stress treatment. This complete face, scalp and body treatment massage focuses with

the use of pure essentials oils of your choice on acupressure points, to help strengthen the nervous system, restore the lost energy and relax the mind and body through the combination of delicate fragrances

BALIBALINES MASSAGE
60 MINUTES - VND1,200,000
90 MINUTES - VND1,500,000

Utilized for centuries to strengthen and heal the body, this traditional therapy combines stretching, long strokes as well as palm and thumb pressure techniques. Flowing and graceful, the Balinese massage relieves tension, improves blood flow, eases stress and encourages harmony.

JET LAG RECOVERY
90 MINUTES - VND1,700,000

The perfect treatment to overcome jet lag and to relieve stiffness, aches and pains. A gentle and soothing massage bringing together elements of Swedish massage and reflexology combined with the therapeutic qualities of oriental aromatic essential oils. Designed to strengthen the body vital energy and leave you with a renewed spirit. Highly recommended after a long flight

ACCUPUNCTURE THERAPY
60 MINUTES - VND1,000,000

Acupuncture is a holistic health technique that stems from traditional Chinese Medicine practice, widely used to treat pain, nausea and stress related symptoms

Bathcare

CITRUS BATH
45 MINUTES - VND1,300,000

The combination of fresh orange, lemon fruit and citrus oil in the water. A perfect way to invigorate the body.

Facial

SHINE FACIAL
90 MINUTES - VND1,600,000

Thalgo supply and lightening kit helps skin clean, light and smooth when supplemented with enough water and nutrients. Comprehensive skin care with the skin-light. The result a face that feels hydrated and simply radiant.

WRINKLE CORRECTION LIFTING FACIAL
70 MINUTES - VND2,000,000

Provides a younger looking face, wrinkles are less visible, the skin noticeably firmer and glowing with a visible healthy and lifting skin with natural ingredient

Body Treatment

SHINE BODY
90 MINUTES - VND1,800,000

Let the aroma of essential oils transport your body to a relaxed state as your skin is polished to a glow with crushed pearls ,then wrapped in a nourishing elixir to enrich the skin and followed with back massage to ease away the tension. Foot ritual, body scrub, body wrap, back hot stone massage.

FRESH MILKY ROSE BATH
45 MINUTES - VND1,400,000

The Milky Rose Bath provided acid in milk contains beta hydroxyl acids which exfoliates the skin and gives it a healthy natural glow and sweet dreams

RADIANT WHITENING DULL & SPOT
70 MINUTES - VND2,000,000

Whitening skin, nourishing and radiance skin perfect for mature, dehydrated or sun damaged skin. Helps to prevent and remedy each problem and specific care with algae and dictyopteris white, marine lily and vitamin C.

SHINE NATURAL FACIAL
60 MINUTES - VND1,100,000

A blend of nourishing plant extracts and ancient oriental recipes such as yogurt, honey, aloe Vera, cucumber, fresh milk helps nourish and hydrate your skin

SHINE SIGNATURE BODY SCRUB AND WRAP
70 MINUTES - VND1,600,000

Exfoliation of brown sugar, olive oil, rose petals and citrus peel which provides gentle yet effective exfoliation that leaves skin feeling smoother and softer. Follow by body wrap which is nourishing skin

VIETNAMESE GREEN TEA SCRUB
30 MINUTES - VND600,000

A combination of dry green tea, sea salt and sweet almond oil to exfoliating, detoxifying and antioxidant the skin. A unique Vietnamese experience.

ALOE VERA SUN SOOTHER BODY WRAP AND FACIAL MASK
60 MINUTES - VND1,300,000

Cooling and soothing sunburn area, nurturing new skin cells grow upby body wrap which is nourishing skin

Special Treatment

TRADITIONAL VIETNAMESE
60 MINUTES - VND1,200,000
90 MINUTES - VND1,500,000

Full body treatment with warm coconut oil, concentrates on body pressure points. Suction cups are placed on the back to aid muscle relaxation, improve blood circulation, detoxify and rejuvenate the body

TRADITIONAL THAI THERAPY
60 MINUTES - VND1,300,000
90 MINUTES - VND1,600,000

Full body massage without oil by using fingers, palms, elbows, knees to pressure points and body stretching along body. It helps balance energy channel, release tension, pain

ORIENTAL FOUR HANDS
60 MINUTES - VND1,900,000

Penetrate deep into the body's muscles to unlock areas of tension. With two therapists working in harmony, this treatment combines four different massage styles: Thai, Aroma, Vietnamese and Reflexology

OATMEAL BODY SCRUB
40 MINUTES - VND900,000

Exfoliate with natural oatmeal and scrub with Home-grown rice to smoothen and polish skin

SHINE HAND AND FEET
75 MINUTES - VND1,200,000

A deeply cleaning by warm eucalyptus bath, followed by a hand-renewing Sugar exfoliation then hydrating mask is applied to the hands and feet to activate circulation through medicinal plant extracts. Finishes with a cream.

ARABIAN EXECUTIVE BACK THERAPY
60 MINUTES - VND1,200,000
90 MINUTES - VND1,500,000

Deep strokes work the muscles while stretching and releasing the tension in the neck back and shoulders, improve flexibility, help prevent injury and speed the healing process of sore or pulled muscles

ORIENTAL FOOT THERAPY
60 MINUTES - VND1,200,000

Exfoliate, thumb kneading and pressure point touch-based on “zone therapy” operates on the principle that reflex areas on the feet are linked to the health and function of various areas in your body

HOT STONE THERAPY
90 MINUTES - VND1,600,000

Traditional Mediterranean massage techniques for the body and face using warm Basalt stones will instill a deep level of calm while relaxing tight muscles, removing blockages and dissolving stress