


NOVOTEL

HOTELS & RESORTS

HA LONG BAY

IN BALANCE

BY NOVOTEL



IN BALANCE

BY NOVOTEL

SIGNATURE BODY MASSAGE

A Combination of specially blended essential oils with classic Swedish massage techniques adapted to you needs. We use long, soothing, rolling strokes to promote the body's natural healing ability and relaxation.

60 mins	75 mins	90 mins
649,000vnd	765,000vnd	879,000vnd

DEEP TISSUE MASSAGE

Deep finger pressure is used to relieve sore muscles and encourage muscle recovery related to overexertion. Using slow, deep strokes, we are able to provide relief to stubborn knots in areas of tension. This massage works best in targeted areas.

60 mins	75 mins	90 mins
649,000vnd	765,000vnd	879,000vnd

AROMATHERAPY BODY MASSAGE

Massage enhances circulation and cell metabolism; stimulates the parasympathetic or relaxation side of the autonomic nervous system and helps relieve muscle tension.

The combination of massage and aroma essential oil expands the healing value of each modality.

60 mins	75 mins	90 mins
649,000vnd	765,000vnd	879,000vnd



HOT STONE MASSAGE

Ancient massage therapy which uses warm stones to deepen the therapeutic and relaxation benefits of massage. The ultimate experience in mind-body healing.

90 mins
969,000vnd

HERBAL ESSENTIAL OIL TREATMENT

Combining herbs with massage creates a sensual experience so indulgent, it can be difficult to remember the massage is also therapeutic. This combination of herbs and massage is to relieve stress and anxiety, and promote healing.

90 mins
969,000vnd

Prices are subject to 5% Service Charge and 10% Government Tax



SHORT TREATMENT

Head, Neck, Shoulder Massage	30 mins	416,000vnd
Back Massage	30 mins	416,000vnd
	45 mins	509,000vnd
Foot Reflexology	30 mins	416,000vnd
	45 mins	439,000vnd
	60 mins	509,000vnd
Manicure or Pedicure	40 mins	231,000vnd
French Manicure or Pedicure	50 mins	277,000vnd
Manicure and Pedicure	60 mins	347,000vnd
French Manicure and Pedicure	70 mins	416,000vnd

FACIAL TREATMENT

Express Facial

- 30 mins - 509,000vnd

When time is of essence, this treatment will revitalize your skin's radiance, leaving it healthy, cleansed and toned.

Aroma Facial Treatment

- 60 mins - 693,000vnd

Local, gentle pressure, light sweeping strokes and customised-products induce tranquility with the blissful aromas of Essential Oils, slipping you into total relaxation.

Men's Facial

- 60 mins - 693,000vnd

This facial includes deep cleansing and exfoliation to promote balance to the skin in the areas where a men's skin is most prone to distress.

Purifying Facial

- 60 mins - 809,000vnd

A deep cleansing yet gentle facial polish, formulated with Oat scrub and Rice Bran oil that will leave your skin feeling purified, invigorated and smoothed.

THE PACKAGES



AROMA PACKAGE	100 mins	1,155,000vnd	GENTLEMAN PACKAGE	100 mins	1,155,000vnd
Aromatherapy Body Massage			Deep Tissue Massage		
Aroma Facial Treatment			Men's Facial		
HEAT REVIVAL PACKAGE	100 mins	1,399,000vnd	TOP TO TOE PACKAGE	150 mins	1,499,000vnd
Hot Stone Massage			Signature Body Massage		
Express Facial			Aroma Facial Treatment		
			Manicures & Pedicures		

Prices are subject to 5% Service Charge and 10% Government Tax

HOW TO USE SPA

Reservation

For reservation please contact us at: ext 6053
welcomes both hotel and non-hotel guests to enjoy our spa facilities.

Opening Hours

Treatments are available from 11,00am to 10.00pm

Pre-appointment information

Please arrive at the spa reception at least 15 minutes in advance to your appointment. Kindly understand that if you are late for your appointment that your treatment time may be shortened as a courtesy to the next guest

What to Wear

Maintaining your sense of comfort is extremely important to us. Most spa treatments are given without clothing but you will be discreetly covered at all times. Bath robes and slippers are available for your comfort.

Personal Consideration

Our therapist will be able to assist you in choosing and formulating your preferred service. If you have any health issues or under supervision of a doctor please inform us and please obtain permission from your doctor before scheduling /receiving service.

It is your responsibility to inform your spa therapist of any medical conditions or physical limitations you have, including, but not limited to: heart disease, diabetes, high blood pressure, recent injury, accident or surgery, sensitivities, allergies, skin condition or pregnancy.

Personal Items

Please leave your valuable items in the safe in your room.

Bring Home The Experience

Home spa products are available at the retail area, please consult the Spa reception for purchase. Gift Certificates are also available at our reception area.

Wellness

We aim to create a healthy environment of peace and tranquility. Hence, we have a strict non-smoking policy, and we ask you turn off your mobile phone when at the spa.

IN BALANCE

BY NOVOTEL

NOVOTEL HA LONG BAY
16o Ha Long, Road, Bai Chay Ward
Ha Long City, Quang Ninh Province, Vietnam
Tel: +84 (o) 203 3848 108 Fax: +84 (o) 203 3848 018
Email: info@novotelhalong.com.vn
Website: www.novotelhalongbay.com