

La én May Spa 



La én May Spa

SIGNATURE TREATMENTS

Unwind in paradise with our signature treatments that embody the essence of natural ingredients combined with the best of French beauty techniques.

Meridian body massage

Meridian Body Massage focuses on stimulating, massaging, and promoting energy flow in the meridians to balance, enhance health, and reduce tension.

⌚ 60' | 900,000VND ⌚ 90' | 1,215,000VND

Jade stick facial treatment

Jade Stick Facial Treatment is a beauty treatment for the face that uses a jade stick. The jade stick is used as a massage tool to stimulate the skin and facial muscles, improve blood circulation, and promote skin rejuvenation.

⌚ 60' | 1,100,000VND



Prices are quoted in Vietnam Dong (VND) and subject to 5% service charge and 10% VAT

La énMaySpa

TAPAS TREATMENTS

Revitalise your senses with a variety of body care treatments ranging from body exfoliation to massages, using the high quality products of Sothys from France that help smoothen your skin, encourage blood circulation and soothe aching muscles.

Body polish

Using a blend of pure essential oils and salts from Himalaya, France and Dead Sea, this technique will regenerate your skin and make it shine with health.

⌚ 45' | 900,000VND

Body scrub

A deep cleansing and exfoliating treatment using cinnamon & ginger to remove impurities and dead cells, leaving your skin soft, smooth and hydrated.

⌚ 45' | 1,200,000VND

Shoulder & back massage

Concentrated on the back and shoulder area, this massage technique helps to stimulate the blood circulation and bring oxygen-rich blood to the muscles, thus release muscle tension and relieve stress.

⌚ 45' | 660,000VND

Body wrap

We offer two types of body wrap treatments using high-quality products from Sothys:

- Body wrap with towels for exceptional skin calming and hydrating effects.
- Body wrap with cling film for super skin health and powerful detoxification.

⌚ 45' | 1,200,000VND

Head & neck massage

Using slow circular and kneading movements targeting specific pressure points, this massage technique will manipulate the muscle tissue deep beneath the skin, thus reducing muscle tension in your upper body and alleviating the symptoms of stress such as headache and jaw tightness.

⌚ 30' | 450,000VND

Hand reflexology

By applying pressure on palms and fingers using circular and kneading techniques, this therapy will considerably improve the blood circulation throughout the whole body, thus relieving stress and promoting deep relaxation for the rest of the day.

⌚ 30' | 450,000VND

Jacuzzi / Milk bath

Milk bath has moisturizing and skin-softening effects, helping to hydrate and soften the skin. It can contribute to brightening and whitening the skin, as well as soothing and relaxing the body.

** This service is only available in La énMay Spa Hang Dau.*

⌚ 30' | 200,000VND



La én May Spa

FACIAL TREATMENTS

Using the most active ingredients of Sothys from France, our facial therapies are designed to target different skin problems from anti wrinkle, dehydration to uneven skin tone and hyperpigmentation.



Purifying facial treatment

This therapy includes deep pore cleansing and exfoliating steps that help to remove impurities, reduce congestion and detoxify the skin, leaving you with a pure and fresh complexion.

**Suitable for combination to oily skin* ⌚ 60' | 1,000,000VND

Eye treatment

This eye contour treatment involves intensive care steps around the eyes area such as cleansing, scrubbing, gentle massage, applying eye mask and eye cream. It helps to stimulate blood circulation around the eyes, thereby reducing wrinkles, alleviating dark circle and puffiness

**Suitable for combination to oily skin* ⌚ 30' | 700,000VND

Basic facial treatment

Our basic facial treatment includes essential skincare steps such as removing make-up, cleansing, exfoliating, massaging and applying face cream that help to refresh your skin, leaving it silky smooth and vitalizing.

**Suitable for all skin types* ⌚ 30' | 700,000VND ⌚ 60' | 1,000,000VND

Anti-aging facial treatment

This incomparable anti-aging treatment is designed to combat wrinkles, brighten up dull skin and leave you with a more youthful look.

**Suitable for all skin types* ⌚ 60' | 1,200,000VND

Hydrating facial treatment

This replenishing and hydrating treatment consists of specific skincare steps that focus on restoring moisture balance, quenching thirsty skin and combating hydration, using the moisturizing range from Sothys.

**Suitable for normal to dry skin.* ⌚ 60' | 1,100,000VND



La én May Spa

BODY MASSAGE

We offer various types of body massages, allowing you to choose in respect to your wishes and mood. All of our massage therapies are formulated to assist in increasing circulation, relieving pain in the body and reducing stress and anxiety.

Vietnamese body massage

This therapy adopts the traditional Vietnamese massage technique, which involves punching and clapping on the treatment areas. Combined with the use of ginger extract and Himalayan Salt filled therapeutic pillows, this massage technique helps to stimulate blood circulation, bring nutrients and oxygen to cells and remove toxins from the body. Guests will be offered a warm foot soak with pure salts, lemongrass and lime before the treatment.

**The level of force is mostly gentle.*

⌚ 60' | 900,000VND ⌚ 90' | 1,215,000VND

Relaxing body massage

This special therapy is based on the stimulation of acupuncture points located on shoulders, neck and along the spine, where most people hold tension, using circular movements, kneading and thumb pressures. A pure essential oil of your choice will be added in order to enhance the entire massage experience and relax the body better. Guests will be offered a warm foot soak with pure salts, lemongrass and lime to get refreshed before the treatment.

**The level of force goes from gentle to medium.*

⌚ 60' | 900,000VN ⌚ 90' | 1,215,000VND ⌚ 120' | 1,430,000VND

Thai heritage body massage

This special treatment is a perfect mix of subtle stretching with rhythmic massaging and compressions to balance the body system and stimulate energy flow, using traditional Thai massage techniques. Guests will be offered a warm foot soak with pure salts and ginger.

**The level of force goes from medium to intensive.*

⌚ 60' | 900,000VND ⌚ 90' | 1,215,000VND

Deep tissue body massage

This massage technique involves applying sustained pressure using slow, deep strokes and elbow techniques combined with ginger extract to target the inner layers of muscles and connective tissues, thus helping to stimulate blood circulation and alleviate muscle strains. Guests will be offered a warm foot soak with pure salts and ginger before the treatment.

**The level of force goes from medium to intensive.*

⌚ 60' | 900,000VND ⌚ 90' | 1,215,000VND

Hot stone body massage

Hot stone massage therapy places warmed smooth stones on certain parts of the body. Combined with the application of corn, sunflower seed and soybean oils, the stones' heat and weight warms up tense muscles, which helps to relieve pain and improve blood circulation. Guests will be offered a warm foot soak with pure salts, lemongrass and lime before the treatment.

**The level of force goes from gentle to medium.*

⌚ 60' | 900,000VND ⌚ 90' | 1,215,000VND

Prices are quoted in Vietnam Dong (VND) and subject to 5% service charge and 10% VAT



BODY TREATMENTS

Our body rituals are inspired and intended for very specific purposes. Whether to reduce water retention or increase circulation, strengthen body muscles or moisturize the body skin, you will return to your day feeling profoundly and magnificently different.



Body firming treatment

This treatment is designed to reduce the signs of cellulite while improving the tone and texture of the skin, adopting specialized massage techniques combined with the toning modelling oil from Sothys.

⌚ 60’ | 1,400,000VND ⌚ 90’ | 1,860,000VND

Body shaping treatment

This body shaping treatment applies special massage techniques, utilizing the body serum from Sothys to reduce cellulite and destroy fat cells, thus helping to remodel the figure and improve skin condition and texture.

⌚ 60’ | 1,400,000VND ⌚ 90’ | 1,860,000VND

Moisturizing Body Treatment

Dry air, extreme temperatures and stress are the main factors to weaken the skin, causing it to dry out. Our body moisturizing therapy fights this problem systematically, addressing multiple layers of the skin using a soft unctuous cream featuring corn oil, Shea butter and glycerin. Corn oil moves into deeper layers, enhancing skin’s elasticity and moisture balance. Glycerin restores the skin’s lipid barrier, preventing loss of moisture and providing long-term hydration. Shea butter adds a protective layer on the outer dermis.

⌚ 60’ | 1,400,000VND ⌚ 90’ | 1,860,000VND



La én May Spa

FOOT CARE

This is a collection of revitalizing foot therapies that will be a delightful boost for your tired feet and simultaneously reduce any unsightly spots and blemishes.

Foot cleansing

This treatment focuses on deep foot detox steps such as scrubbing away dead skin, cleaning toenails and massaging with essential oils, leaving your foot skin hydrated, soft and smooth. The session will begin with a warm footbath with pure salts, lemongrass and lime.

⌚ 75' | 810,000VND

Foot massage

This treatment uses different massage techniques to stimulate reflex points all over the feet. This helps to reduce stress, relieve pain, increase energy and improve sleeping quality. The foot massage session will begin with a warm footbath with pure salts, lemongrass and lime.

⌚ 60' | 700,000VND

Total foot treatment

Starting with a warm foot soak with pure salts, lemongrass and lime, this is the ultimate in luxury spa indulgence for the foot with the full works of scrub, hot stone massage, paraffin wrap and moisturization. A combination of pressure massage on one's feet with warm generated by hot stones placed on top brings about a sense of relaxation, clears away blocked capillaries while balancing your body and spirit.

⌚ 90' | 900,000VND



Prices are quoted in Vietnam Dong (VND) and subject to 5% service charge and 10% VAT



La énMay’s

SPECIAL PACKAGES

Our spa packages take inspiration from four precious gemstones of the Earth. Each gemstone possesses a distinct beauty and has been valued for its healing power throughout history. Including the meaning of each gemstone in every package, we are committed to enhancing your overall well-being, refreshing mind from stress and boosting energy.



Ruby Package

Taking advantage of water in body detoxification and stimulating the blood circulation, the Ruby Package offers a soothing steam bath or sauna, complemented by a Thai-style body massage to lower stress and boost energy. The package is ended with a basic facial treatment for full body relaxation and radiant face.

3-COURSE MENU

Sauna 15’

Thai massage 90’

Basic facial 30’

* Included a delicious light meal ⌚ 135’ | 1,800,000VND

Diamond Package

Relax your whole body with a Vietnamese body massage for the first 90 minutes. The body skin will be exfoliated using natural ingredients such as cinnamon & ginger and wrap the body with high-class products from the Sothys. Pampe your body skin with a luxury experience perfect in every single minute.

4-COURSE MENU

Sauna 15’

Vietnamese body massage 90’

Body scrub 45’

Body wrap 45’

* Included a delicious light meal ⌚ 195’ | 3,500,000VND

Sapphire Package

The Sapphire package begins with 15’ minutes of sauna, followed by a perfectly relaxing foot treatment that includes exfoliation, hot stone massage and paraffin wrap. Finally finish with a basic facial treatment that will leave you with an unforgettable relaxing experience.

3-COURSE MENU

Sauna 15’

Total foot treatment 90’

Basic facial 30’

* Included a delicious light meal ⌚ 135’ | 1.800.000VND

Obsidian Package

Through this package, we would like to utilize the power of hot stones in relieving muscle strains and reducing stress symptoms. Starting with a steam bath and a milk bath to help detoxify and moisturize skin, get refreshed to enjoy a special hot stone massage, followed by a natural refreshing facial that brings energy to the whole body.

* This service is only available in La énMay Spa Hang Dau

4-COURSE MENU

Sauna 15’

Milk bath 15’

Body scrub 45’

Hostone body massage 90’

Anti-aging facial treatment 60’

* Included a delicious light meal ⌚ 225’ | 3,700,000VND



Prices are quoted in Vietnam Dong (VND) and subject to 5% service charge and 10% VAT



TERMS & CONDITIONS

We recommend making a reservation at least half day in advance to ensure availability.

Should you find the need to cancel your reservation, please do so at least 2 hours prior to your appointment to avoid a 50% cancellation charge. Missed appointments will be charged at the full price of the scheduled treatments.

La énMay 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 La énMay Spa are strictly prohibited. Alcohol consumption is not advised prior to any spa treatment. Admission to La énMay Spa is only for adults and children over 15 years of age.

We encourage you to arrive at least 20 minutes prior to your scheduled treatment to ensure total relaxation and enhanced results. This will give you time to 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.

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

Gratuities are accepted if you feel your experience warrants it.

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

Conditions and prices are subject to change without prior notice.

La én May Spa