



AYLA SPA



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Welcome to Ayla Spa, where our spa treatments are designed to pamper you thoroughly.

We are well-tuned to your longing for relaxation of the body and rekindling of your senses. Keeping your needs in mind, we have crafted a wide-range of treatments to suit your every need.

Ayla Spa believes that the elimination of stress and tension is critical to the improvement and maintenance of overall well being. At Ayla Spa, where is called "The Oasis of Calm", we work to improve quality of life through physical and mental rejuvenation. Treatments, designed to satisfy the whole body, are provided by highly trained staff in the field of massage therapy and skincare as well as a full range of body therapies.

Ayla Spa is for those of us who wish for peace in the world and opt to start within.

## BODY MASSAGE

**Holistic massage 60'/90'/120'**  **500/700/900**

This treatment use a combination of gentle techniques and high-quality oils to bring about a balanced, calm and stress-free state of being.

 **Oriental 60'/90'/120'**  **500/700/900**

Using point-focused acupuncture technique, this treatment harmonize the body and mind with muscle relaxation and calmness to the whole nervous system.

**Deep Tissue 60'/90'/120'**  **500/700/900**

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

**Shiatsu 60'/90'/120'**  **500/700/900**

No-oil treatment. Using finger pressure, Shiatsu massage helps remove the blockages by realigning meridian points, which balances the energy and eases the body and mind. Shiatsu also restores the circulatory system, improving blood flow throughout the body.

**Hot stone massage 90'/120'**  **800/1000**

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

**Four-handed massage 60'/90'/120'**  **1000/1300/1700**

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

## FOOT MASSAGE

**Foot relaxing 60'/90'** **500/700**

A signature treatment using a fusion of massage techniques and point acupuncture that helps to relax and release aches.

**Foot care with scrub 90'** **700**

All in one treatment combining skin exfoliation that helps to relieve soreness.

*All price are quoted in thousands of VND.*

 *Pressure Strength*

 *Favourite*

## SOTHYS FACIAL SKINCARE

### **Soothing facial 75'** **750**

Ultra-calming, desensitizing and soothing treatment for sensitive and reactive skin. Incorporating healing thermal water and special botanicals to provide immediate and lasting relief while conditioning the skin.

### **Correcting Professional Treatment 75'** **750**

Uses powerful active substances to remove impurities and stimulate healing and circulation of the skin.

### **Detox Energy Intensive Treatment 90'** **1500**

Trio of active ingredients: Patented elderberry - Siberian ginseng - Peptides  
Treats your skin to a burst of energy and defends the harmful effects of environmental stress. 100% of satisfaction from the 1st treatment.

### **Hydrating intensive treatment 75'** **1200**

The ultimate beauty experience for immediate hydration, anti-ageing and radiance in a single treatment. A concentrate of active ingredients specially selected to hydrate a thirsty skin.

### **For Men - Detox & Energize Treatment 75'** **750**

Customized mask, high precision cleanser to improve muscle tone, providing much-needed stress relief.

## BODY SCRUBS & WRAPS

### **Sugar & Salt Scrub 45'** **600**

Restore a silky and radiant skin thanks to a mixture of essential oils and salts from Himalaya, France and Dead sea.

### **Delicious Scrub 45'** **600**

A marmalade texture with spice powder to softly clean and delightfully sublimate the skin in an aromatic and amber atmosphere.

### **Sugar & Salt Scrub 45'** **600**

A grapefruit-scented scrub that is both delicious and invigorating to enhance your silhouette.

### **Cocoon Body Wrap 45'** **600**

Experience the comforting sensation of a hydrating/nourishing wrap applied warm onto the skin.

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 *Favourite*

## PACKAGES

<b>Sport Lover 105'</b>	<b>1000</b>
<ul style="list-style-type: none"><li>• Body scrub 45'</li><li>• Body Massage 60' (Holistic   Oriental   Deep Tissue)</li></ul>	
<b>Sweet Surrender 105'</b>	<b>1000</b>
<ul style="list-style-type: none"><li>• Body Wraps 45'</li><li>• Body Massage 60' (Holistic   Oriental   Deep Tissue)</li></ul>	
<b>Office Savior 135'</b>	<b>1100</b>
<ul style="list-style-type: none"><li>• Massage 60' (Holistic   Oriental   Deep Tissue)</li><li>• Facial treatment 75' (Soothing   Correcting   For Men)</li></ul>	
<b>Create Your Own 180'</b>	<b>1500</b>
<ul style="list-style-type: none"><li>• Body Scrub 45'</li><li>• Body Massage 60' (Holistic   Oriental   Deep Tissue)</li><li>• Facial skincare 75' (Soothing   Correcting   For Men)</li></ul>	

## EXTRA PAMPERING

<b>Herbal Bath 30'</b>	<b>300</b>
Softening, soothing muscles, drawing out infection by bathing with flower and rice bran. The scent from nature will whisk away your stress.	
<i>*Advanced booking is recommended.</i>	

<b>Hot Sauna 15'</b>	<b>Complimentary</b>
Let your body detox and then get extreme stress reduction, improve circulation and oxygenation after 10 -15 minutes in our private sauna room.	
<i>*Advanced booking is recommended.</i>	

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 Pressure Strength

 Favourite