

# Special Treatments

## ACUPUNCTURE THERAPY

60 MINUTES | VND 1,000,000

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

## HOT STONE THERAPY

90 MINUTES | VND 1,700,000

Heat from the warm Basalt stones will relax and ease tense muscles and damaged soft tissues throughout your body, allowing the massage therapist to manipulate your deep tissues more effectively.

## JET LEG RECOVERY

90 MINUTES | VND 1,600,000

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.

## ENERGIZING BACK THERAPY

60 MINUTES | VND 1,200,000

90 MINUTES | VND 1,500,000

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.

## PRENATAL MASSAGE

60 MINUTES | VND 1,200,000

90 MINUTES | VND 1,500,000

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation, and provides comfort during this wondrous time of change. This treatment helps to relieve tension and alleviate swelling.

## INDIAN HEAD THERAPY

50 MINUTES | VND 1,000,000

Upper body therapy focus on face reflexology, strokes up, kneading on neck, shoulder to helps relieve insomnia, chronic headaches, migraines and sinusitis. Using warm virgin coconut oil during scalp massage.

## ORIENTAL FOOT THERAPY

50 MINUTES | VND 1,000,000

Salt scrub to relax the feet, 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.

## VICHY AQUA THERAPY

40 MINUTES | VND 1,000,000

Body exfoliate while lying on the bed, revitalizing cascades of warm water will relieve muscle tension, stimulate circulation, induce deep relaxation, renew essential energies and eliminate toxins.

## 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.

## SHERATON NHA TRANG HOTEL & SPA

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Shine  
Spa  
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# Spa Treatment Menu

\*Signature Shine Spa experience

\*\*All prices included tax and service charge

# Massages

## SHINE MASSAGE\*

60 MINUTES | VND 1,300,000

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

## TRADITIONAL VIETNAMESE MASSAGE

60 MINUTES | VND 1,200,000

90 MINUTES | VND 1,500,000

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.

## SWEDISH BODY MASSAGE

60 MINUTES | VND 1,200,000

90 MINUTES | VND 1,500,000

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

## BALINESE MASSAGE

60 MINUTES | VND 1,200,000

90 MINUTES | VND 1,500,000

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.

## DEEP TISSUE MASSAGE

60 MINUTES | VND 1,200,000

90 MINUTES | VND 1,500,000

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.

## TRADITIONAL THAI THERAPY

90 MINUTES | VND 1,600,000

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

# Facials

## SHINE FACIAL\*

90 MINUTES | VND 2,200,000

Reestablish your skin's defensive and regenerative functions with oxygen. For rejuvenating the skin, it's treated to an oxygenating serum and drinks in an anti-aging mask. The result a face that feels hydrated and simply radiant.

## THALGO PROFESSIONAL FACIAL

60 MINUTES | VND 1,700,000

Normal skin has a fine, smooth texture with a supple and even complexion. There can be an imbalance of oil or dry in certain areas. The pores are small except on the oily T-zone where they can sometimes be dilated and become whiteheads/ blackheads.

The treatment hydrates, mutinies, regenerates, protects and normalizes.

## SHINE NATURAL FACIAL

60 MINUTES | VND 1,100,000

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.

## OAT MEAL BODY SCRUB

40 MINUTES | VND 900,000

Exfoliate with natural oatmeal and scrub with Home-grown rice to smoothen and polish skin, moisturizing the skin in the process.

## ALOE VERA SUN SOOTHER BODY WRAP AND FACE MASK

60 MINUTES | VND 1,300,000

Aloe Vera is a very effective way to alleviate the pain caused by a sun burn, reducing inflammation and increase blood flow to damaged tissues. Aloe Vera can also assist in avoiding infection and helps new skin cells form, accelerating the healing process

\*Signature Shine Spa experience

\*\* All prices included tax and service charge

# Packages

## SHINE REJUVENATING

140 MINUTES | VND 2,550,000

Oatmeal body scrub 30minutes

Body massage 50 minutes

Shine natural facial 60 minutes

## VIETNAMESE TRADITIONAL MUD AND HERBAL

130 MINUTES | VND 2,300,000

Nhatrang mud scrub and wrap 40 minutes

Traditional Vietnamese massage 60 minutes

Vietnamese herbal bath 30 minutes

## SHINE FOUR HAND HEALING

100 MINUTES | VND 2,600,000

Oriental four hands massage 50 minutes

Facial and foot massage 50 minutes

## NHATRANG WELLNESS PACKAGE

150 MINUTES | VND 2,500,000

Herbal foot bath 10 minutes

Cinnamon body scrub 30 minutes

Detox body massage 80 minutes

and foot massage

Herbal bath 30 minutes

Choice of a healthy dish and drink

## SHINE SPA ROMANCE FOR COUPLE

140 MINUTES | VND 4,800,000

Swedish body massage 50 minutes

Choice of facial 60 minutes

Flower bath, fruit patter 30 minutes

and fruit smoothie

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