



TIDES SPA

Spa Treatment Menu



Thank you for choosing THE OCEAN RESORT for your vacation and experiencing TIDES SPA's therapeutic services.

Our motto emphasizes that your satisfaction is the measure of our success. We expect you would totally enjoy the relaxation and restfulness both physically and mentally after each therapy.



NOURISHING SHAMPOO

BASIC SHAMPOO WITH NATURAL HERBS

VND 290,000

1. Using 100% natural concentrated herbal shampoo
2. Blow-drying your hair and applying it with shining oil

DELUXE SHAMPOO WITH NATURAL HERBS

VND 390,000

1. Clearing the meridians
2. Using 100% natural concentrated herbal shampoo
3. Wetting your hair with 8 herbs cooked fresh to bring nutrients into the deep texture of your hair
4. Rinsing your hair with herbs
5. Relaxation therapy for head, shoulders, neck and arms
6. Blow-drying your hair and applying it with shining oil

SHAMPOO WITH NATURAL HERBS & NANO SMOOTHING TREATMENT

VND 590,000

1. Clearing the meridians
2. Using 100% natural concentrated herbal shampoo
3. Wetting your hair with 8 herbs cooked fresh to bring nutrients into the deep texture of your hair
4. Nano recovery steaming and hair gloss coating
5. Relaxation therapy for head, shoulders, neck and arms
6. Blow-drying your hair and applying it with shining oil

SCALP DETOX TREATMENT

VND 790,000

1. Clearing the meridians
2. Exfoliating the scalp with herbs
3. Using 100% natural herbal shampoo
4. Wetting your hair with 8 herbs cooked fresh to bring nutrients into the deep texture of your hair
5. Nano recovery steaming and hair gloss coating
6. Relaxation therapy for head, shoulders, neck and arms
7. Blow-drying your hair and applying it with shining oil



All prices are inclusive of service charge and VAT

FACIAL SKIN CARE

After days of travelling and enjoying your vacation, all that fun in the sun can take a toll on your skin, making it dry. Experience and enjoy the completely natural facial skin care at Tides Spa that we believe will help bring back freshness and full energy to your skin.

DEEP-CLEANSING FACIAL

45 Minutes

VND 540,000

Makeup removal, face cleaning, exfoliation, facial relaxation therapy, neck and shoulder therapy

DELUXE FACIAL SKIN CARE

70 Minutes

VND 950,000

Makeup removal, face cleaning, sauna, acne suction, exfoliation, facial relaxation therapy, natural masking, moisture balancing with serum, shoulder, neck and arm therapy



All prices are inclusive of service charge and VAT

FULL BODY TREATMENT

Our therapies are profiled to take you to a world of absolute relaxation. Based on your health status and wishes, our staff will recommend the appropriate treatment. Let our seasoned therapists take you on an experiential journey towards the balance....

ESSENTIAL OIL & HOT STONE THERAPY

The combination of lemongrass oil and Himalaya heated stone, under the soft hands of the therapists, will warm up your body. Laying stones on key positions of your body will help you enjoy absolute relaxation.

60 Minutes
VND 790,000

75 Minutes
VND 910,000

90 Minutes
VND 1,130,000



ESSENSIAL OIL THERAPY

Our therapists use hand strength and muscle relaxing movements to help relieve the body aches and pains. Meanwhile, lemongrass essential oil has a relaxing effect, balancing moisture to help your skin become smooth after each treatment.



60 Minutes
VND 690,000

90 Minutes
VND 910,000

THAI THERAPY

Inspired by the typical Thai treatment method, our therapists' manual manipulations will be performed at the points that need actions on your body, with the combination of muscle relaxation and contraction techniques, stimulating the circulation of energy sources within the body.

60 Minutes
VND 1,200,000

90 Minutes
VND 1,600,000



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VIETNAMESE TRADITIONAL THERAPY

Traditional therapy is a combination of acupressure and rubdown, supporting for the blood circulation while helping increase the flexibility of muscle groups located deep inside the body.

75 Minutes
VND 790,000

90 Minutes
VND 990,000



HERBAL THERAPY

It is a method of using essential oils and heated natural herbal bags to run on the whole body, especially the muscle areas that are prone to aches. The heat from the herbal bags will help release the contracted muscles while the active ingredients from the herbs will penetrate through the skin, helping to maximize the therapeutic effect.



75 Minutes
VND 790,000

90 Minutes
VND 990,000

VICHY SPA

Regular exfoliation brings about many benefits, helping you to remove dead skin cells, increase the natural rosiness of the skin and prevent fat accumulation. In addition, nutrients and active ingredients from skincare products, body scrubs also help reduce stress, bringing a sense of relaxation.

Full body exfoliation

45 Minutes
VND 590,000

Skin regeneration by exfoliation

60 Minutes
VND 990,000

Tides Spa' signature

120 Minutes
VND 1,390,000

All prices are inclusive of service charge and VAT

FOOT TREATMENT

With the method of acupressure in combination with strong hand force pushed into the calf muscles and soles of the feet, it effectively relieves pain in the legs and improves the circulation, helping to heal and keep the muscles and tissues healthy. It is secured that your feet will become lighter and stronger after each of our treatments.

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| Foot soaking with salt water, lemon, ginger, lemongrass, foot treatment with hot stone | 40 Minutes | VND 490,000 |
| | 60 Minutes | VND 600,000 |
| Herbal foot soaking, exfoliating, heel grinding, calf and sole treatment with oil and hot stone, foot care | 90 Minutes | VND 790,000 |
| BACK, NECK, SHOULDER AND ARM TREATMENT | 30 Minutes | VND 450,000 |



All prices are inclusive of service charge and VAT

FULL TREATMENT PACKAGES

This is the special care that we would like to reserve for you on your arrival at Tides Spa. You will fully enjoy the care from deep inside your body. Our therapists will profile excellent treatments for you.

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| INTENSIVE CARE THERAPY 1 | 120 Minutes | VND 1,250,000 |
| Foot soaking with herbs | | |
| Foot exfoliation | | |
| Full-body hot stone therapy | 75 Minutes | |
| Applying warm coconut oil treatment for the scalp | 15 Minutes | |
| Herbal shampoo for hair nourishing | 30 Minutes | |
| INTENSIVE CARE THERAPY 2 | 120 Minutes | VND 1,350,000 |
| Foot soaking with herbs | | |
| Foot exfoliation | | |
| Full-body hot stone therapy with herbs | 90 Minutes | |
| Basic facial care | 30 Minutes | |



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NAIL CARE

BASIC MANICURE/PEDICURE

VND 350,000

Soaking with herbs, cuticle clean-up

DELUXE MANICURE/PEDICURE

VND 690,000

Soaking with herbs, cuticle clean-up, exfoliation, hand/foot therapy

BASIC MANICURE/ PEDICURE & GEL POLISH

VND 590,000

Soaking with herbs, cuticle clean-up, gel polish

DELUXE MANICURE/ PEDICURE & GEL POLISH

VND 790,000

Soaking with herbs, cuticle clean-up, exfoliation, hand/foot therapy, gel polish



All prices are inclusive of service charge and VAT

OUR POLICY

1. RESERVATION

For making the spa service reservation, please contact us via the phone number: +84 2363967094, H: +84 935620426 or email us at Spa@embs.vn. Please provide us with the below information for your booking: full name, apartment or villa number, interested services...

2. PUNCTUALITY

Our treatments will be performed at the scheduled time. If you are late, depending on the actual situation, your treatment period may be shortened to give the therapists time to prepare for the next scheduled sessions. Therefore, kindly arrive at the spa 15 minutes before your treatment time to enjoy the full experience of our services.

3. HEALTH NOTICES

To ensure that you will experience the best possible services, please notify us of any ailments, such as allergies or disabilities, especially high-blood pressure or pregnancy, so that we can give advices on the appropriate therapy.

4. PERSONAL PROPERTY

You will be equipped with a locker and key when changing at our spa. You are recommended to keep valuable things in your locker and securely lock it. We take no responsibility for any loss or missing of your personal property.

5. CHILDREN

Children under 12 must be accompanied by a parent or guardian to receive any of our services.

6. CANCELLATION

For guests staying at the resort, please inform your schedule change or cancellation at least 3 hours before the scheduled time. For visitors not staying at the resort, please inform your schedule change or cancellation at least 6 hours before the scheduled time.

7. TAX AND SERVICE CHARGE

All the above prices include applicable VAT and 5% service charge.





THE OCEAN RESORT

Tides Spa at The Ocean Resort

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