





A large, stylized green leaf illustration with fine, parallel lines representing veins, positioned on the right side of the page. It has a long, thin stem and a broad, wavy-edged blade.

# *Your Retreat of Calm, Care & Clarity*

Welcome to Down Time Renew Spa, where time slows down and every detail is designed for your total renewal. Our expert therapists and natural-based products work in harmony to relax your body, refresh your skin, and restore your inner glow.









# Body Therapy

## Classic Swedish

Light to medium pressure techniques that improve circulation, reduce tension, and promote total relaxation.

50 mins | **1,645**

90 mins | **2,120**

## Deep Tissue Relief

Focused pressure targets deep muscle layers to relieve chronic tension and release built-up stress.

50 mins | **1,880**

90 mins | **2,330**

## Aromatherapy Balance

A personalized blend of essential oils enhances a full-body therapy to restore emotional and physical harmony.

50 mins | **1,645**

90 mins | **2,120**

## Warm Stone Ritual

Smooth heated stones ease muscle tension while promoting deep relaxation and a sense of grounding.

75 mins | **1,880**

90 mins | **2,330**

*All price is quote in "000" VND, subject to 5% service charge and goverment tax.*









# Facial Rituals

## Express Glow Facial

A quick pick-me-up to refresh your skin with cleansing, gentle exfoliation, and hydration.

45 mins | **1,645**

## Deep Hydration Facial

Designed for sun-exposed or dehydrated skin, this facial restores moisture, softness, and suppleness.

80 mins | **2,330**

## Firm & Radiant Anti-Aging Facial

Targets fine lines and improves skin tone using lifting technique and collagen-boosting ingredients.

80 mins | **2,330**

# Body Scrubs

*Polish, soften, and awaken your skin.*

## Salt Glowing Scrub

Mineral-rich Sea salt blended with citrus oils exfoliates and energizes dull, tired skin.

45 mins | **1,250**

## Coffee Detox Scrub

Antioxidant-rich coffee grounds stimulate circulation and firm skin texture.

45 mins | **1,250**

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# Spa Packages

AT DOWNTIME RENEW SPA

## Serenity Escape

120 mins | 3,650

Experience a state of total calm with this thoughtfully curated ritual, combining therapeutic touch, skin rejuvenation, and sensory harmony.

### INCLUDES —

- ⊕ **60-minute Aromatherapy Body therapy** – A customized blend of essential oils enhances a full-body therapy to relax the muscles and restore inner balance.
- ⊕ **45-minute Glow Revival Facial** – A revitalizing treatment that deeply cleanses, hydrates, and restores natural radiance to the skin.
- ⊕ **15-minute Scalp therapy** – A soothing technique designed to release tension and promote deep relaxation.

## Total Renewal Journey

150 mins | 3,950

An immersive, full-body experience designed for guests seeking deeper physical relief and complete skin rejuvenation.

### INCLUDES —

- ⊕ **45-minute Coffee Body Polish** – A stimulating exfoliation treatment using antioxidant-rich coffee to smooth and soften the skin.
- ⊕ **75-minute Deep Tissue Relief** – Focused, therapeutic techniques target deep muscle tension, relieving stress and restoring mobility.
- ⊕ **30-minute Express Facial** – A refreshing treatment that cleanses, hydrates, and revitalizes tired, travel-worn skin.

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## Sound Bath Relax Journey with 7 Full Moon Bowls

Lie back and let the healing vibrations wash over you in this immersive full-body experience. This sound bath combines seven exquisite Full Moon singing bowls and harmonic overtones to induce deep relaxation, reduce stress, and restore energetic balance.

45 mins | **1,645**

60 mins | **1,880**

## Singing Bowl Balancing Therapy – Exclusive Chakra Alignment Session

Immerse yourself in a bespoke sound healing experience, where exquisitely crafted singing bowls are expertly used to harmonize and align the seven major chakras. This refined session is designed for those seeking to release emotional or energetic blockages and to elevate clarity, balance, and the seamless flow of vital energy throughout the body. A true ritual of renewal for mind, body, and spirit.

70 mins | **1,880**

90 mins | **2,115**

## Singing Bowl Full-Body Therapy – Gentle Relief for Back Tension

Let the calming vibrations of handcrafted singing bowls gently flow through your body, releasing built-up tension and bringing ease to areas of discomfort—especially along the back. This full-body sound journey supports deep relaxation, relieves muscular stress, and helps restore natural energy flow. A nurturing experience for those seeking comfort, balance, and inner peace.

95 mins | **2,560**

## Couples Sound Journey

A deeply nurturing experience designed for partners, close friends, or loved ones. This shared sound healing session invites you to reconnect through harmonious vibrations, shared presence, and the gentle resonance of singing bowls. A beautiful way to deepen bonds, align energies, and create space for stillness—together.

60 mins | **2,330**

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## Quick Reset – Vibrational Tune-Up

*Option of Head/Shoulder/Legs/Back Therapy*

A short yet powerful session designed to awaken clarity and restore balance in just 30 minutes. Carefully selected singing bowls are played in harmonious sequence to refresh your energy, uplift your mood, and reawaken your focus—no deep stillness required. Perfect for a midday boost or a gentle realignment.

30 mins | **950**

### BENEFITS —

- ⊕ Instant mental clarity
- ⊕ Energetic reset
- ⊕ Light, refreshed vitality

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## General Guidelines & Advisory for Singing Bowl Therapy

Singing bowl therapy is a gentle, non-invasive wellness practice that uses sound vibrations to promote deep relaxation, energetic balance, and emotional well-being. While this therapy is safe and beneficial for most people, please review the following guidelines:

- ⊕ Consult with your doctor if you have any serious medical conditions such as epilepsy, heart disease, or if you are pregnant, especially in the first trimester.
- ⊕ Not recommended for individuals with pacemakers, metal implants in the head/neck area, or sound sensitivity disorders.
- ⊕ Please inform the therapist of any recent surgeries, injuries, or ongoing health concerns before the session.
- ⊕ Arrive with an open mind and relaxed body. Comfortable clothing is recommended.
- ⊕ This therapy complements but does not replace medical treatments or psychological care.

Your comfort and safety are our top priority. Please feel free to ask questions or express any concerns before your session begins.







