

EXPLORE SPA

BY *L* MERIDIEN





DISCOVER EXPLORE SPA

Explore Spa was created.
Inspired by a rich European spa
culture that stimulates wellness.

Explore Spa features a wide array of
invigorating therapies that reflects
the philosophy behind Le Méridien
while unlocking a unique and
memorable spa experience. The spa
menu is designed to bring balance
to the mind, body and soul. Guests
are invited to personalise their own
journey of relaxation and serenity.

Each signature therapy consists of
a holistic hands-on ritual within a
soothing atmosphere so guests leave
rested and completely rejuvenated.

Explore Spa, a place to simply
be pampered.

Operation hours:

Daily: 8:00-22:00

Last booking: 20:30

NAVIGATE YOUR EXPERIENCE

TIMING

To allow time for the discovery of Explore Spa's steam rooms, saunas, jacuzzi, we encourage you to arrive 30 – 60 minutes prior to your first service.

To minimize distractions from the experience, kindly turn off communication devices prior to entering Explore Spa.

RESERVATIONS

To ensure that your preferred treatment or therapist is available, we invite you to schedule your appointments well in advance. Spontaneous bookings (walk-ins) are always welcome, and will be accommodated based on availability. All reservations must be secured with a valid credit card and telephone number.

LATE ARRIVAL / CANCELLATION

24 hours of notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment, full charges will apply.

PRE-STEAM SALT SCRUBS AT EXPLORE BAR.
RINSE STATIONS MADE INTERACTIVE.
DISCOVERY AWAITS.

ATTIRE

Upon entering, you will be given a robe to wear throughout your Explore Spa experience. Before your treatment begins, you will be given the opportunity to disrobe and cover yourself in privacy. Throughout your service your body will be draped with linens, and will at no time be completely exposed.

RINSE

A quick shower just before your massage or treatment to wash off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatments.

DIALOGUE

Communication with your therapist should be a free and open dialogue. 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 let the therapist know if you feel any discomfort.

NAIL CARE

Nail Care treatment is available upon request and by appointment only. Please wear open-toe shoes to ensure long-lasting of the polish.

GROUP BOOKINGS

Special celebrations are perfect opportunities to enjoy time together at Explore Spa – a range of personalised treatment packages can be developed to meet your specific needs. Group bookings can be scheduled for any time of the week.





SIGNATURE TREATMENT

FOUR-HAND CHOREOGRAPHY 75 minutes

Using choreographed movements, two perfectly in-sync therapists lull you into a deep state of relaxation through this rhythmic massage. The therapy is enhanced with soothing music, warm lighting and aromatic oils to engage all the senses.

Exotic Jasmine Oil:
Energises the mind and firms the skin.

Rose Essence Oil:
Soothes the mood and hydrates the skin

Mediterranean Coastal Oil:
Dramatically relaxes the skin,
mind and body.

YOUTH INTERVENTION ANTI-AGEING 90 minutes

A therapy to stop the signs of ageing. Recommended for matured and severely dehydrated skin, this ultimate anti-ageing facial treatment reduces the appearance of fine lines and wrinkles, improves skin elasticity and restructures the skin cells from within. Using Dilsea Carnosa, which acts as a wrinkle filler, this natural marine antioxidant combats pollution to activate skin regeneration and restore a youthful glow.

OLIGOMER SILHOUETTE 90 minutes

An alternative to the anti-ageing marine facial, this treatment contours, firms and smoothes the entire body.

DISCOVERY MASSAGE 90 minutes

A signature massage inspired by Vietnamese healing traditions, it blends indigenous techniques, aromatherapy and ancient rituals to bring physical and emotional harmony and of course, wellness.

BODY MASSAGE

FOOT DETOXIFYING

30 / 60 minutes

By stimulating reflex nerves in the feet, which are systematically linked to all parts of the body, energy is improved and balance is enhanced. This holistic healing technique assists in the rebalancing and harmonising of the entire body.

AROMATHERAPY MASSAGE

60 minutes

Like a gentle rain caressing Mother Nature's verdant valleys, this calming massage will shower your body with a sensation that not only eases your tension but also brings fluidity to your movements. The massage is further enhanced with healing essential oils released into the skin to remove toxins.

ORIENTAL TUI NA MASSAGE

60 minutes

An ancient oriental secret once reserved for nobility is now available here. A time-honoured technique that blends long and firm strokes with fingered pressure points, this massage works on the muscles and nerves to encourage blood circulation and relieve tension.

SWEDISH MASSAGE

60 minutes

Select your favourite aromatherapy oil then let your therapist work on your body with this classic massage technique that incorporates firm and deep pressures to alleviate muscle tension and aches.

CHI BALANCE WARM STONE THERAPY

90 minutes

This unique stone therapy uses black granite stones, ergonomically crafted to fit the curves of your body, to promote relaxation. Combined with essential oils, the therapy stimulates energy and blood circulation while increasing cell metabolism, resulting in a sublimed wellness and satisfaction.



FACE THERAPY

BRIGHTENING TROPICAL FACE

60 minutes

Restore and moisturise your complexion with a fresh natural mask of yogurt, oatmeal and honey.

SKIN ESCAPE FOR MEN THERAPY

90 minutes

An active lifestyle, daily shaving and pollution will take a toll on any man's skin. So refresh it with this proven-effective advanced treatment specifically formulated for men. Rejuvenating and corrective sea minerals will nourish and replenish the skin while counteracting ageing aggressors, ensuing visibly healthy, youthful skin.

WHITE LUMINATION THERAPY

75 minutes

The height of effectiveness against dark and ageing spots, which causes dull complexion, while visibly whitening the skin.

SEAWATER PEARLS HYDRATING THERAPY

75 minutes

Visibly enhance your skin and maximise hydration with this moisture-rich facial therapy that combines the benefits of marine calcium, oligomer trace minerals and seaweed extract to nourish and hydrate the skin, improve skin suppleness and prevent cell dehydration.

SENSORY HEALING SOOTHING THERAPY

75 minutes

Especially formulated for sensitive skin, this soothing therapy contains pure spring water to soothe and calm the skin along with natural plant polymer to reduce redness, blotchiness and alleviate skin irritation, leaving your skin soft and radiant.

PURIFYING BREEZE THERAPY

75 minutes

Recommended for oily skin that's prone to break out, the treatment contains tea tree oil to reduce skin inflammation and purify pores and regulate sebum along with marine extracts to revitalise the cells for a fresher complexion.

REJUVENATION EYE THERAPY

30 minutes

The treatment targets the delicate eye area to smooth fine lines, combat signs of ageing, reduce puffiness and rejuvenate tired eyes. This is a perfect complement to any of our facial therapies.



BODY THERAPY

SATIN-SHIMMER BODY GLOW

45 Minutes

A gentle body glow using sea salt and marine extract to remove skin impurities, rendering it silky smooth and nourished.

This therapy is highly recommended as an ideal prelude to maximise body treatment results.

TRANQUILLITY MOMENT BODY THERAPY

60 Minutes

Experience this warm, soothing and bubbly wrap formulated to vanquish fatigue and stress. With a multitude of minerals such as magnesium silicate and iron oxide, it is packed with powerful healing properties. Experience nature's rich mineral seaweed, and as healing and nourishing elements seep in, every inch of the skin is refreshed and rejuvenated.

BODY CONTOUR AND ANTI-CELLULITE THERAPY

75 Minutes

A fat-burning thermo-reducing clay treatment coupled with intensive targeted massages provide complete contouring effectiveness. The solution to refine your figure and to help eliminate cellulite.

MARINE DETOXIFYING BODY THERAPY

60 Minutes

Detoxify and re-mineralise your skin with this naturally hydrating treatment. A large amount of minerals, proteins and vitamins are released for maximum result. After a warm, micronised seaweed is applied to the body, a warm blanket helps the ingredients penetrate deep into the skin to replenish and hydrate.





SPA HOLISTIC THERAPY

SEA HOLISTIC

120 minutes

An enchanting beauty treatment that captures the aromatic essence of lavender flowers. A combination of effleurage strokes, pressure and stretching, this unique body massage features sea boluses that work on points of tension one by one and restores balance to the body. An exfoliation using sea salt crystals boosts the skin's softness and glow.

TRÉSOR DES MERS

135 minutes

The treasure of the ocean, this package is designed to restore the body's depleted minerals and infuse nourishment to the skin with a Tranquility Moment Body Therapy followed by hydrating properties from the Seawater Pearls Hydrating Therapy.

REJUVENATING JOURNEY

150 minutes

Using natural antioxidants from the Earth, your pampering session begins with a gentle Satin-Shimmer Body Glow treatment followed by an Aromatherapy Massage and then finished with a Seawater Pearls Hydrating Therapy for deep hydration resulting in radiant skin.

ALL ABOUT MEN

180 minutes

...and yes, we have something for men as well - a Swedish Massage and Skin Escape - to release muscle tension and promote a healthy youthful appearance.

URBAN EXPLORER'S GETAWAY

240 minutes

It's all about exploring new ways to feel good about yourself. Take a deep breath, relax and let our spa therapists lead you to an enchanting getaway. Start the journey with Foot Ritual, followed by a Discovery Massage and end with a Youth Intervention Anti-Ageing Face Therapy to reveal a youthful, radiant complexion.



SENSE EXPLORE BISTRO

Operation Hours:
Daily: 10:00-20:00

Enjoy a leisurely ambiance with nourishing food and drinks at Explore Bistro - our casual poolside restaurant located outside the entrance of Explore Spa. This refreshing space offers intimate bistro seating with peaceful views of the Saigon River.

The menu features nourishing, detoxing items ranging from wraps and creative salads to fresh fruit and vegetarian options. Guests can sip sparkling cocktails or fruit smoothies, or pick up a snack on-the-go. A children's menu featuring favourites like smoothies and spaghetti is also available.





EXPLORE FITNESS CENTRE

Operation Hours: 24 hours
Service hours: 06:00 - 22:00

SWIMMING POOL

From its perch on the 9th floor of the hotel, our infinity-edge, saltwater pool offers outstanding views over the Saigon River, chic lounge seating, and healthy food and beverage options.

Our Fitness Centre invites guests to enjoy expansive views of the Saigon River and pool as they work out on state-of-the-art cardio and strength training machines from Life Fitness. Our large selection of cardio machines feature individual TVs and iPod docks for personalised entertainment, with additional wall-mounted TVs located throughout the facility. Guests may borrow headphones if needed.

For those who prefer a guided workout, personal training and group exercise classes are also available.

PRICE LIST

EXPLORE SPA SIGNATURES

Four-Hand Choreography	VND 1.680.000 / 75 minutes
Youth Intervention Anti-Ageing	VND 1.680.000 / 90 minutes
Oligomer Silhouette	VND 1.680.000 / 75 minutes
Discovery Massage	VND 1.680.000 / 90 minutes

BODY MASSAGE

Foot Detoxifying	VND 520.000 / 30 minutes
Foot Detoxifying	VND 880.000 / 60 minutes
Aroma Therapy Massage	VND 1.150.000 / 60 minutes
Oriental Tui Na Massage	VND 1.150.000 / 60 minutes
Swedish Massage	VND 1.150.000 / 60 minutes
Chi Balance Warm Stone Therapy	VND 1.550.000 / 90 minutes

FACE THERAPY

Brightening Tropical Face	VND 1.050.000 / 60 minutes
Skin Escape for Men Therapy	VND 1.250.000 / 75 minutes
White Lumination Therapy	VND 1.350.000 / 75 minutes
Seawater Pearls Hydrating Therapy	VND 1.450.000 / 75 minutes
Sensory Healing Soothing Therapy	VND 1.250.000 / 75 minutes
Purifying Breeze Therapy	VND 1.250.000 / 75 minutes
Rejuvenation Eye Therapy	VND 650.000 / 30 minutes

BODY THERAPY

Satin-Shimmer Body Glow	VND 880.000 / 45 minutes
TrSanquillity Moment Body Therapy	VND 1.050.000 / 60 minutes
Body Contour and Anti-Cellulite Therapy	VND 1.250.000 / 60 minutes
Marine Detoxifying Body Therapy	VND 1.150.000 / 60 minutes

SPA HOLISTIC THERAPY

Sea Holistic	VND 1.780.000 / 120 minutes
Trésor Des Mers	VND 1.850.000 / 135 minutes
Rejuvenating Journey	VND 2.350.000 / 150 minutes
All about Men	VND 2.680.000 / 180 minutes
Urban Explorer's Getaway	VND 3.580.000 / 240 minutes

VIP ROOM

Twin use	VND 650.000 / 45 minutes
Single use	VND 450.000 / 45 minutes