

# RICE SPA



TOPAS ECOLODGE  
**Rice Spa**

---

*"Life is a balance between  
rest and movement" - Osho*

# SPA Etiquette

---



## Health & Safety

Please tell us about any medical conditions such as high blood pressure, allergies, pregnancy or any health related concerns you may have when making your appointment. Please avoid the consumption of alcohol before or directly after spa treatments.

For best results and to avoid skin irritations, men having facials should shave at least 3 hours prior to the treatment.

## Punctuality

Arriving late may make it necessary to limit the time for your treatment so the next guest is not delayed. Please arrive at the spa reception ten minutes prior to your scheduled treatment time.

## Valuables

We provide a secure place for your personal items inside the treatment room, however we do not accept liability for loss or damage to personal property. We recommend valuable items and jewelry be stored inside the safe box located in your room.

## Cancellation Policy

The treatments you select are reserved especially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than six hours prior to the appointment time. No-show or cancellations with less than two hours' notice will be charged 100% of the treatment price.

## Smoking

Kindly note that the spa is a designated strictly non-smoking area.

## Mobile phones

Kindly refrain from using your mobile phone in the spa premises. Please keep your mobile phone on silent mode at all times.

## Payment

All treatments will be charged to your room and appear on your account at the time of departure from Topas Ecolodge.

---

Hours of Service: **10:00am to 8:00pm**

*Please contact reception or spa for reservations and enquiries.*

### Warm Stone Therapy

90 minutes - 1.700K

This therapeutic treatment melts away tension, eases muscle stiffness, increases circulation and boosts the metabolism promoting deeper muscle relaxation through the placement of smooth, water-heated stones on key points of the body. It relieves muscle tension and pain, reduces stress and anxiety, promotes sleep and is even thought to boost immunity.

### Vietnamese Traditional Massage

60 minutes - 1.300K

90 minutes - 1.700K

An ancient, traditional massage combining physical and mental techniques, after which you will definitely find your balance and be reenergized after a tiring day. This treatment greatly improves circulation and rejuvenates the body.

### Thai Massage

90 minutes - 1.700K

This traditional Thai treatment focuses on pressure points and gentle stretching to stimulate the body's energy flow, relieve tension, leaving muscles relaxed and an overall feeling of well-being.

### Deep Tissue

60 minutes - 1.300K

90 minutes - 1.700K

An invigorating massage, performed to break down muscle adhesion by reaching deeper layers of the muscle's connective tissue. Firm pressure from elbows and forearm loosen stiff muscles and joints for improved circulation and better overall flexibility, dispelling neck stiffness, lower back pain and sore, tight shoulders.

### Ayurvedic Abhyanga

60 minutes - 1.300K

90 minutes - 1.700K

An ancient ritual to balance body and mind with warmed organic coconut oil, it relieves fatigue, induces sleep, strengthens and rejuvenates the skin and boosts the immune system.

### Herbal Foot Reflexology

60 minutes - 1.000K

This treatment starts with a cleansing and detoxifying foot soak in a selection of local healing herbs. Firm pressure is then used to stimulate the reflex points in the feet. Float into deep relaxation for a divine sense of balance and well-being.

### Tibetan Massage

90 minutes - 1.700K

This body treatment honors and respects the ancient Tibetan tradition of healing, restoring, harmonizing and strengthening the body's natural flow of energy. Traditional techniques of cupping, acupressure, kneading, rocking and poultices stimulate the lymphatic system and energize the body.

### Relaxing Head Therapy

45 minutes - 800K

Acupressure techniques release tension and open the flow of energy in the head and neck area. Warmed organic coconut oil is used to deeply nourish the scalp and hair.



# Well-Being TREATMENTS

\* All prices are in thousand VND and include taxes and service charge



---

# Body Refresh

## POLISH AND COCOON

### **Green Tea Body Polish**

*45 minutes - 800K*

Sapa green tea is renowned for its antioxidant qualities, is used in this treatment combined with organic sea salt to cleanse, soften and rejuvenate the skin.

### **Citrus Body Wrap**

*45 minutes - 800K*

Fresh locally sourced oranges are mixed with fresh milk, oat milk, rice powder and a rich vitamin C serum for a treatment that improves skin texture, deeply moisturizes and brightens the skin.

### **Sapa Chocolate Body Polish**

*45 minutes - 800K*

Our decadent exfoliating treatment is made with locally grown chocolate mixed with organic warmed coconut oil that leaves the skin cleansed, deeply nourished and revitalized.



### **Papaya & Honey Wrap**

*45 minutes - 800K*

Full of vitamin A and papain enzyme, this papaya based treatment removes dead skin cells and inactive protein, rejuvenating and deeply hydrating the skin.

---

*\* All prices are in thousand VND and include taxes and service charge*

### **Purifying Facial**

*60 minutes - 1.250K*

This deep cleansing facial balances oil, deeply cleanses, hydrates the skin and prevents breakouts. It also refines pores and tightens the skin. This facial leaves your skin clean, fresh, soft and noticeably supple.



### **Nourishing Facial**

*60 minutes - 1.250K*

Ideal for dry and mature skin that has lost moisture, tone and elasticity. Your skin is revitalized and deeply nourished with a natural rejuvenating treatment, finished with a hydrating mask.

### **Organic Natural Facial**

*60 minutes - 1.100K*

This unique facial offers nature's beauty secrets with pure local ingredients like rice and coffee powder, green tea with fresh milk, yoghurt and organic coconut oil in a precise combination that cleanses, exfoliates, plumps and revitalizes the skin.



# **REJUVENATING Beauty Rituals**

*\* All prices are in thousand VND and include taxes and service charge*



---

## Topas Signature TREATMENT

*150 minutes - 2.600K*

These is a revitalizing session of utter relaxation; take in the breathtaking views from our spa, sip a cup of warm herbal tea and let our expert team pamper you. Our signature session includes:

- **Organic Natural Facial**
- **Relaxing Head Therapy**
- **Calming Foot Massage**
- **Red Dao Herbal Bath**

## RED DAO Herbal Bath

---

*30 minutes - 650K*

Detoxify your body and get your energy back. This soothing, healing bath is an ancient Red Dao remedy to lift the spirit, improve health and bring overall well-being. Made with an array of handpicked local medicinal herbs used by the Red Dao local minority for time immemorial, this is unique healing experience not to be missed.

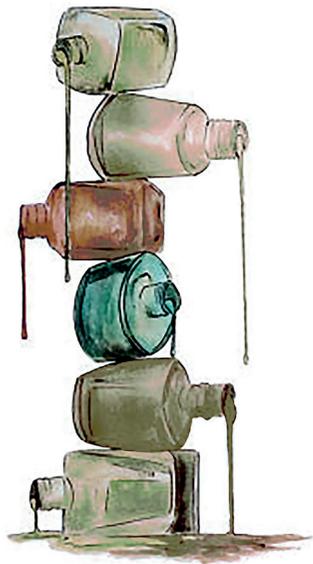


---

*\* All prices are in thousand VND and include taxes and service charge*

# Manicure & PEDICURE

---



## **Manicure**

*60 minutes - 700K*

Trimming, filing, buffing, cuticle removal and hand exfoliation, followed by a relaxing, nourishing hand massage and the application of your favorite gel lacquer shade.

## **Pedicure**

*60 minutes - 900K*

Trimming, filing, buffing, cuticle removal and foot exfoliation and polishing, followed by a relaxing, nourishing foot massage and the application of your favorite gel lacquer shade.

*"Self care is a divine responsibility"*

*\* All prices are in thousand VND and include taxes and service charge*



