

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

Warm Stone are placed on the chakras and then massaged over the body to promote the deep state of relaxation, soothing away stress and dissolving muscular tension.

Vietnamese Traditional Therapy

60 minutes: 1.300K

90 minutes: 1.700K

Traditional combination of physical and mental therapy, where you will find your inner balance and energy back after a tiring day or stressful week.

Optional add cupping a vacuum method through tubes at acupuncture points to stimulate blood circulation and relieve pain and stiffness.

Tibetan Therapy

90 minutes: 1.700K

This body treatment honors and respects the ancient Tibetan tradition of healing, restoring, harmonizing the body's natural flow of energy.

Traditional techniques of hand cupping, acupressure, kneading, rocking and poultices to stimulate the lymphatic system and energize the body.

Deep Tissue

60 minutes: 1.300K

90 minutes: 1.700K

An invigorating massage, performed to break down muscle adhesion by reaching deeper layer of the muscle's connective tissue.

Firm pressure from elbows and forearm loosens stiff muscles and joints to improve circulation and better overall flexibility, dispelling neck stiffness, lower back pain and tight shoulders.

Thai Traditional Therapy

90 minutes: 1.700K

Our take on the traditional Thai massage, focusing on pressure points and gentle body stretching along the body energy to stimulate the body's energy flow, relieve tension, leaving your muscles feeling relaxed.

Ayurvedic Abhyanga

60 minutes: 1.300K

90 minutes: 1.700K

An ancient ritual to balance mind and body with heated coconut oil that relieves fatigue, induces sleep, strengthens your skin and boosts the immune system.

Foot Reflexology

60 minutes: 1.000K

This treatment starts with a cleansing and detoxifying soak in a selection of healing Sapa herbs. Firm pressure is used to stimulate the reflex points in your feet, making you easy to float into deep relaxation for a divine sense of balance and well-being.

Relaxing Head Therapy

45 minutes: 800K

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



Well-Being TREATMENTS



RICE SPA

Ritual Package





Lady Revitalizing Ritual

120 minutes - 1.800K

Rejuvenate with this holistic experience. Relax and unwind with our combination of carefully selected botanical ingredients, with a rejuvenating pressure point and lymphatic drainage techniques massage, followed by a unique facial treatment to renew and restore.

Body Massage 60 min

Facial Skin Care 60 min

Gentleman Renewal Ritual

120 minutes - 1.800K

Revitalize your body with a choice of body polish to exfoliate, cleanse and moisturize the skin, followed by a massage to soothe the soul, relieving stress and relaxing tired muscles.

Body Scrub or Wrap 30 min

Body Massage 90 min





Body Refresh

POLISH AND COCOON

Green Tea Body Polish

45 minutes: 800K

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

Chocolate Body Polish

45 minutes: 800K

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

Citrus Body Wrap

45 minutes: 800K

Fresh locally sourced orange are mixed with fresh milk, oat milk, rice powder and rich vitamin C, major elements that improve texture, moisturizes and brighten the skin.



Papaya & Honey Wrap

45minutes: 800.000 VND

Full of vitamin A and papain enzyme, this papaya based treatment removes dead skin cells and inactive protein, rejuvenating and keeping your skin hydrated.

**All prices are in thousand VND & include VAT and service charge*



REJUVENATING Beauty Rituals

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.



Topas Signature Treatment

180 minutes: 2,600K

Enhance your well-being and experience true nature balance.

A combination of our best selling treatments ensures you a powerful synergy that will soothe your spirit, calm your mind and reset your inner and outer beauty.

Body Scrub or Wrap 30 min

Body Massage 60 min

Facial Skin Care 60 min

Herbal bath 30 min

Topas Signature TREATMENT

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.



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