





# SENSES

THE SPA

AT CROWNE PLAZA VIENTIANE

## Journeys into tranquility, Spiritual balance and Wellbeing

We believe that nature has been generous to us, giving us the ability to renew from deep within. Minor changes enable us to reach our optimum state of balance, we often do not take the time to embrace them.

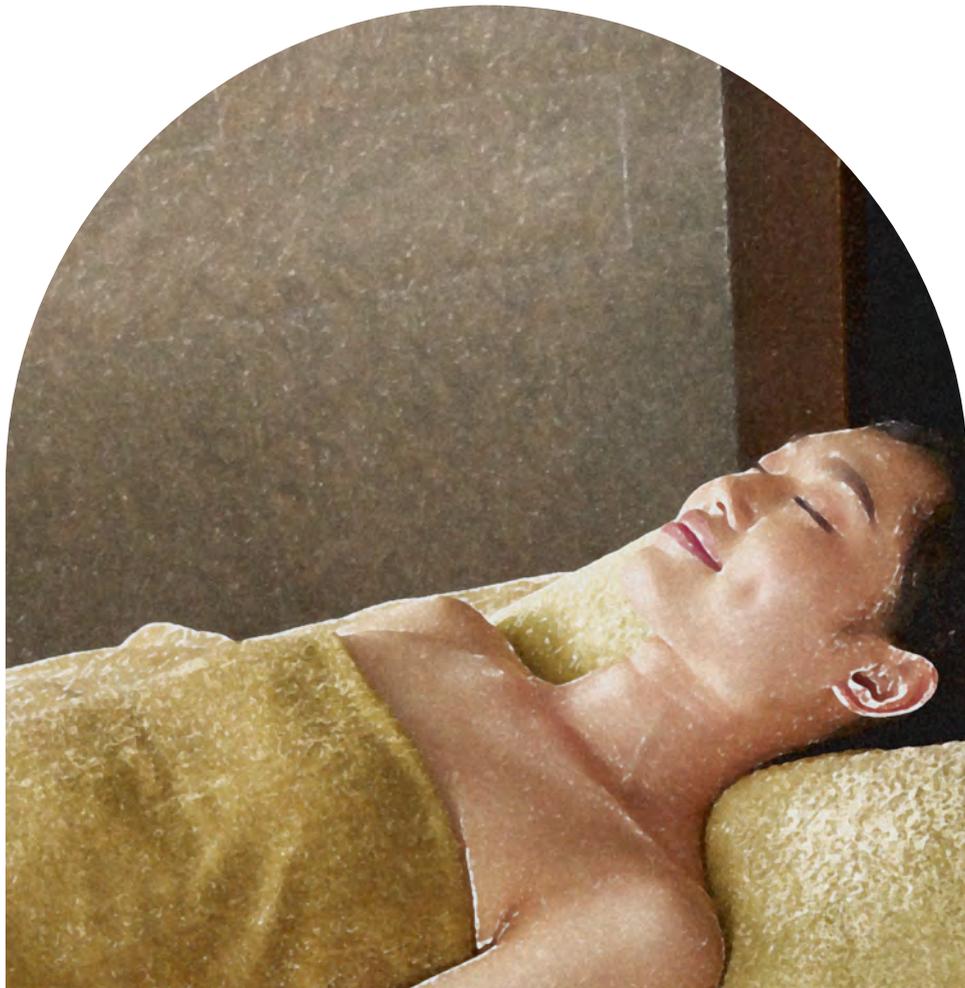
The Senses Spa helps you to achieve this optimum state of balance, a state in which you feel great, a state thanks to which you look great.

Enchanting result-driven experiences are taking you through the amazing journey of well-being - whatever the time you spend with us. We believe that every little choice will have a fantastic impact on how you feel. Dedicated to harmonious beauty, Asian ingredients for results that transcend the effect of time.

All skincare is botanically sourced, clinically proven, and dermatologically tested.

Operation hours: 10.00-20.00 daily (Our last booking is at 19:00 hrs.)





## SENSES SIGNATURE

### **TRANQUIL JOURNEY to seize the day 90°**

Slow deep movements rhyme with your calm breath, and deep relaxing music talks to your soul while a warm calming hot herbal compress will melt away tension. Everything around you has slowed down. Your mind and body are reconnecting.

*Welcome drink – Foot Ritual – Aromatherapy Massage – Hot Compress Massage – Refreshment*

### **MOHOM INDIGO HEALING ART for free motion 90°**

Relieve stiff and sore muscles with a deep muscular treatment that combines the ancient Lao healing art of a warm Indigo herbal pouch. Rainforest clove, Plai, and Ginger can suppress pain, Lemongrass and turmeric, and Camphor drains toxins out from your muscles. After an intense workout, you are now soothed, relaxed, and free of sores.

*Welcome drink – Foot Ritual – Deep Tissue Massage – Hammer Tapping line Massage – Hot Pouch Massage – Refreshment*

### **INNER RESET RITUAL PACKAGE to detox body and mind 120°**

Refresh your body, mind & spirit holistically. Rose and white tea Scrub - a key aid in the release of pollutants rubbed into your body to stimulate elimination. Our Senses signature massage oil with detoxifying techniques rebalance your inner ecosystem. A soothing head massage clears your mind of toxic thoughts. You are more resilient, sleep better, and have a clearer complexion.

*Welcome drink – Foot Ritual – Rose & White Tea Body Scrub – Aromatherapy Massage – Foot Massage – Refreshment*

## BODY MASSAGE

### **AROMA OF DEEP CALM for quiet harmony 60/90°**

Restore your body, mind & spirit. A relaxing oil massage involving soothing hand movements. Rice Bran, Sweet Almond, Soy, and Wheat Germ help soothe and nourish the skin.

*Welcome drink – Foot Ritual – Aromatherapy Massage – Refreshment*

### **FIT BODY for better performances 60/90°**

Designed to encourage blood flow, stretch muscles, and ease joints, this stimulating massage conditions the body for the better. Using a blend of essential oils from plants to achieve therapeutic benefits.

*Welcome drink – Foot Ritual – Deep Tissue Massage – Refreshment*

### **TRADITIONAL LAOS for the balance of Qi energy 60/90°**

The art of ancient traditional Laos-style Massage combines the force on pressure points of muscle and ligaments and stretching. Concentrating mainly on the legs and back, involves gentle stretching and relieving of tension and the joint stretched along the meridian of the body.

*Welcome drink – Foot Ritual – Laos Massage – Refreshment*

### **PRANA VITAL ENERGY to erase fatigue 60°**

A combination of massage techniques while our Vital Energy Body Oil made with Lemon, Grapefruit, May Chang, Rosemary and Basil inspires self-connection and renewal. Targeting the meridian energy system, the Body Line Massage discovers and unblocks areas of trapped energy that manifest in physical and/or emotional pain. Energize the mind and spirit for a feeling of deep healing.

*Welcome drink – Foot Ritual – Warm Oil Prana Massage – Refreshment*

### **CLARITY OF MIND to increase inner peace 60°**

Focuses on pressure points Targeting the hotspots of upper back, shoulders, neck and head, a firm massage using virgin coconut correlating to the body's chakras, releasing overworked muscles while promoting whole body energy flow. Clears and sharpens concentration and sleep quality.

*Welcome drink – Foot Ritual – Warm Coconut Oil with Head Massage – Refreshment*

### **POSTURE RESCUE to see joy in details 45°**

Relieve stiffness and soreness in the back, shoulders, neck and head. Healing the symptoms that occur due to a poor working environment, prolonged sitting and wrong posture at the office desk.

This massage will vary according to your particular need; Please indicate to the masseuse if you have any particular problem.

*Welcome drink – Foot Ritual – Warm Oil with Upper Back, Head & Neck Shoulder Massage – Refreshment*

### **FOOTLOOSE 60°**

This specialist treatment involves the systematic stimulation of all the nerve reflexes in the feet and heel. A foot massage this holistic healing technique helps restore balance and harmony to your body, also includes some relaxing neck and head massage.

*Welcome drink – Foot Ritual – Foot Massage – Refreshment*

## BODY TREATMENT

### **COCONUT SALT SCRUB for all skin types 60°**

Your skin is the largest organ of your body and it plays a vital role in daily detoxification, so it is important to keep your skin healthy and clean through regular exfoliation. This energizing Coconut extract will remove dead and dull skin cells and is highly recommended for all skin types.

*Welcome drink – Foot Ritual – Coconut Salt Scrub - Apply Body Lotion – Refreshment*

### **TAMARIND BODY SCRUB for all skin types 60°**

Tamarind has numerous benefits that contain natural AHA, which is known for its exfoliating properties. The gentle body scrub lightens skin tone and reduces body acne and the appearance of blemishes. Tamarind is a great ingredient to be used in homemade face and body packs that can be used to cure several skin problems.

*Welcome drink – Foot Ritual – Tamarind Body Scrub - Apply Body Lotion – Refreshment*

### **REJUVENATING BODY SCRUB for all skin types 60°**

Reveal the body's hidden glow with Organic Argan, Apricot kernel & Pomegranate these ingredients known to purify and refine the skin. Nature extract removes dullness and makes it brighten. Jojoba Oil and Shea Butter provide deep nourishment.

*Welcome drink – Foot Ritual – Rejuvenating Body Scrub - Apply Body Lotion – Refreshment*



## FACIAL TREATMENT

### **BRIGHT & BRAVE for fresh soft skin 30° - FOR MEN -**

Enjoy a deep, express face care that leaves your skin matte and Squeaky clean. Calming and detoxifying Bamboo clay masque helps to draw out toxins and sebum responsible for dull, rough skin.

*Welcome drink – Bright & Brave Facial only cleansing, scrub and masque – Refreshment*

### **YOGA FACIAL for total rejuvenation 30°**

Considered more precious than gold, Jade stone brings beauty and balance to your face. Sacred Lotus combats the effects of aging while Marine extracts increase inner moisture. Deep sculpting Youth Booster massage stimulates blood circulation and nourishes the tissue, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

*Welcome drink – Yoga Facial only cleansing and massage – Refreshment*

### **URBAN SHIELD prevents premature aging 60°**

Boost the face's protective function to preserve your skin ecosystem. French Green Clay Matcha Mask to neutralize harmful urban pollution, detox the skin and combat environmental aggressors that cause premature aging. Marine plankton extract restores physical and chemical skin barrier to prevent water loss and protect against external assailants at a deep level. It replenishes the skin water reservoir essential to a flawless appearance.

*Welcome drink – Urban Shield Facial for normal skin – Refreshment*

### **ABSOLUTE OIL CONTROL for a deep dose of calm & clarity 60°**

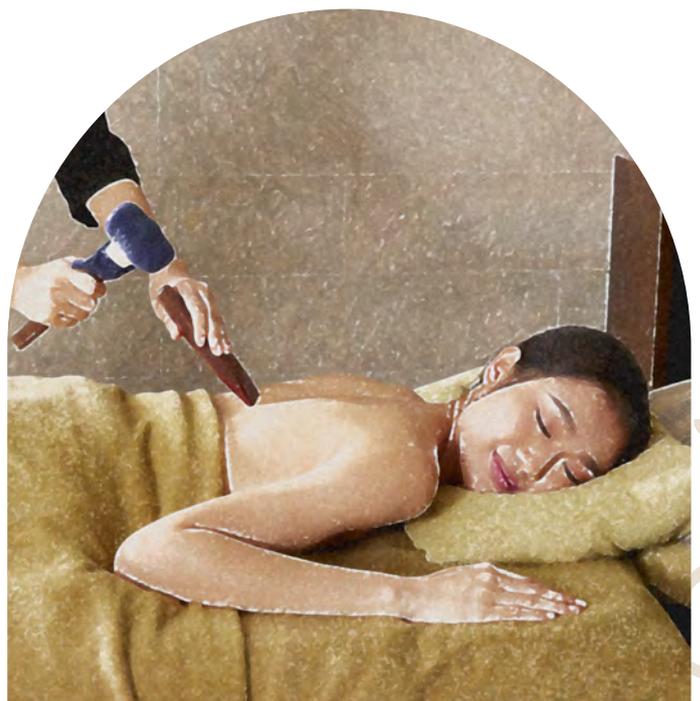
A potent blend of actives keeps the complexion matte, clear and balanced around the clock. Organic Lavender & Peppermint control excess oil and fight acne while a rare tree gum reduces pore size and blemishes. Plankton extract decreases skin reactivity and Red Algae restores essential hydration. Skin is soothed and radiant.

*Welcome drink – Absolute Oil Control Facial for oily skin – Refreshment*

### **VISIBLE LIFT for the joy of looking in the mirror again 60°**

Proven to boost the rejuvenating system of the skin, this treatment addresses the most visible signs of aging. Laminarian returns stem cells to the vitality of young skin, stimulates the internal defense system erases fine lines and wrinkles, Marine ferments stimulate collagen and elastin production for tight skin.

*Welcome drink – Visible Lift Facial for dry skin – Refreshment*



## SPA INFORMATION

### **IHG members**

For IHG members will receive a thoughtful special discount.  
Please inquire at Reception for more information.

### **Reservations**

Schedule your treatment 24 hours in advance in order to ensure availability.  
Bookings made by outside guests directly with the hotel staff must be secured  
by a credit card or advance cash payment.

Changes appointment times and treatments are possible without charge but depending on availability.

### **Arrivals**

At Senses SPA Guests are encouraged to arrive at SPA 10 minutes before the scheduled treatment, in order to change and prepare yourself in ease and at leisure. You may also wish to come to the spa wearing the bathrobe provided in your room.

### **Cancellation Policy**

For outside guests, cancellation is free of charge if made 24 hours before the treatment.  
Hotel guests can make a cancellation free of charge up to 4 hours before the treatment.  
Late cancellations will incur the full cost of the treatment.

### **Health issues / Medical Conditions**

Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa treatments and please notify our Spa Manager or Receptionist who booking your treatment, so that proper care can be taken.

### **Valuables**

We recommended that to keep all jewelry or valuables in your room. Our hotel management accepts no responsibility for loss of money or valuables of any kind brought into the spa.

### **Etiquette**

Please note that the Spa is a strictly non-smoking area.

In order to maintain a peaceful and tranquil environment, cellular phones and electronic devices are discouraged in the treatment rooms.

We remind our guests that the services provided at Senses SPA are strictly professional. Any unusual behavior toward our staff will automatically result in ending the treatment, and full payment will be due immediately.



**GLAM SKIN REVEAL BODY WRAP for all skin types 60°**

An exceptional multifaceted body wrap using powerful Green Tea extract combined with essential oils, acts on the body to detox, firm, rejuvenate and brighten. Dull complexion, and dehydrated and flabby skin are all treated at once.

*Welcome drink – Foot Ritual – Glam Skin Reveal Body Wrap – Apply Body Lotion – Refreshment*

**SOOTH & SMOOTH WRAP for sunburn or dry skin 60°**

Let the aloe vera plant's soothing gel relieve your sunburn or dry skin. The wrapping body completely helps your skin absorb the aloe vera as deeply as possible. After the wrap, your skin will feel cool from the inside out and any skin irritation from the sun will calm.

*Welcome drink – Foot Ritual – Sooth & Smooth Body Wrap – Apply Body Lotion – Refreshment*

**FOOT SOOTHING STEPS 90°**

Treatment helps to soothe heavy, painful, legs. Half leg soak contrast of hot and cold to stimulate blood circulation, cool wrap, warm poultice and gentle massage with reflexology points ease pain and give lightness back to the legs.

*Welcome drink – Foot Scrub & Wrap – Foot Massage – Foot Hot Compress – Refreshment*



# SENSES

## SPA PRICE LIST

### SIGNATURE

Tranquil Journey Full Body Massage with Hot Oil & Hot Compress	90	1.250.000
Mohom Indigo Body Therapy with Traditional Pouch & Tapping Line	90	1.350.000
Inner Reset Package Full Combines of Senses Spa's Classic Therapies	120	1.550.000

### BODY MASSAGE

Aroma of Deep Calm	60/90	900.000/1.200.000
Fit Body	60/90	1.100.000/1.300.000
Traditional Laos (No Oil)	60/90	800.000/1.000.000
Prana Vital Energy	60	900.000
Clarity of Mind	60	900.000
Posture Rescue (BNS)	45	600.000
Foot Loose	60	700.000

### BODY TREATMENTS

Coconut Salt Scrub	60	800.000
Tamarind Body Scrub	60	800.000
Rejuvenating Body Scrub	60	800.000
Glam Skin Reveal Body Wrap	60	800.000
Sooth & Smooth Wrap (Aloe Vera)	60	800.000
Foot Soothing Steps	90	1.000.000

### FACIAL TREATMENT

Bright & Brave (For men)	30	750.000
Facial Yoga	30	750.000
Urban Shield (Normal Skin)	60	1.000.000
Absolute Oil Control	60	1.000.000
Visible Lift	60	1.000.000

### ADD-ONS

Head Massage	15	300.000
Trigger Point (Select 1 area)	15	300.000
Smooth & Firm (Tapping Line)	15	300.000
Flat Belly	30	450.000
Hand Massage	15	250.000
Foot Massage	30	350.000
Coconut Salt Scrub	30	550.000
Tamarind Body Scrub	30	550.000
Rejuvenating Rice Body Scrub	30	550.000
Glam Skin Reveal Body Wrap	30	550.000

All prices are in Lao Kip and including tax & service charge.

Price is subject to change based on the exchange rate.

Please contact extension number "8404" or "0"



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SPA MENU

OPENING HOURS

SENSES SPA:  
10:00 AM - 08:00 PM