

CROWNE PLAZA®

— BY IHG —

Vientiane



SENSES

THE SPA 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 optimal state of balance, which we often do not take the time to embrace.

The Senses Spa helps you to achieve this optimal state of balance, a state in which you feel great, relaxed and replenish.

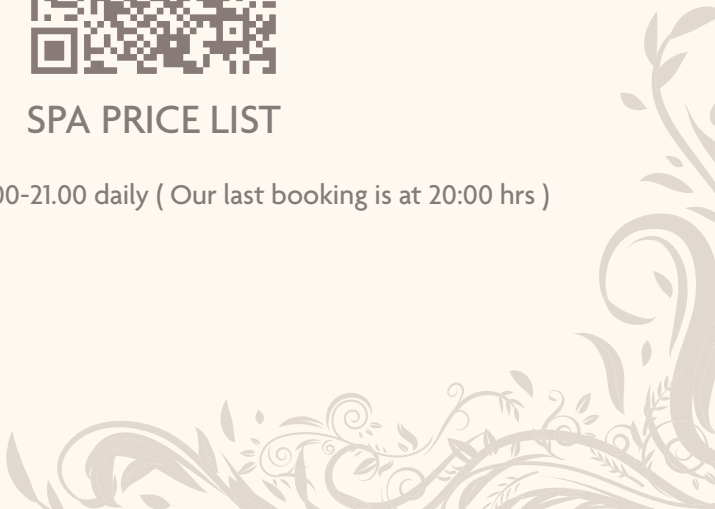
Enchanting experiences takes you through an amazing journey of well-being - whatever the time you spend with us. We believe that every little choice will have a fantastic impact on how you feel.

All skin care is botanically sourced, clinically proven and dermatologically tested.



SPA PRICE LIST

Operating hours: 10.00-21.00 daily (Our last booking is at 20:00 hrs)





SENSES SIGNATURE

TRANQUIL JOURNEY to seize the day 90°

Slow deep movements rhyme with your calm breath, deep relaxing music talks to your soul while warm calming hot herbal compress will melt away tension. Everything around you have 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. These herbs (Rainforest clove, Plai - Zingiber Cassumunar, and Ginger) have the ability to suppress pain; Lemongrass, Turmeric, and Camphor drain toxins out of your muscles. After 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 is rubbed into your body to stimulate elimination. Our Senses signature massage oil with detoxifying techniques rebalance your inner ecosystem. 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 and White Tea Body Scrub - Aromatherapy Massage - Foot Massage – Refreshment

BODY MASSAGE

AROMA OF DEEP CALM for quiet harmony 60 or 90°

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

Welcome drink – Foot Ritual –Aromatherapy Massage– Refreshment

FIT BODY for better performances 60 or 90°

Designed to encourage blood flow use sport techniques massage to stretch muscles and eases joints, this stimulating a medium to strong deep pressure massage which minimizes recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles. Using a blend of essential oils from plants (Plai, Orange, Lemongrass, May Chang, Black pepper) to achieve therapeutic benefits.

Welcome drink – Foot Ritual –Deep Tissue Massage– Refreshment

TRADITIONAL LAOS for the balance of Qi energy 60 or 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°

This gentle massage is designed to alleviate swelling, soothe symptoms associated with enlarged lymph nodes, and promote detoxification through the lymphatic system. Manual Lymphatic Drainage (MLD) technique, this treatment is ideal for guests who prefer a lighter massage pressure or expectant mothers, children and the elderly. The light touch of this therapy ensures safe and effective throughout the body.

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



BODY MASSAGE

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 Head chakras, releasing overworked muscles while promoting whole body energy flow. Clears and sharpens the 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 back, shoulders, neck and head. Healing symptoms that caused by a poor working environment, prolonged sitting and wrong posture at the office desk. This massage will be customized to your specific. Please indicate to the masseuse if you have any particular focus area.

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

FOOT LOOSE 60°

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

Welcome drink – Foot Ritual – Foot Massage – Refreshment



BODY TREATMENT

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. All concerns like dull complexion, 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 and dry skin 60°

Let the aloe vera plant's soothing gel relieve your sunburn. The wrapping body completely to help 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 calmed.

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

FOOT SOOTHING STEPS 90°

Treatment helping to soothe heavy, painful, legs. Half leg soak and stimulate blood circulation, warm poultice and gentle massage with reflexology points are easing pain and give lightness back to the legs.

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



BODY TREATMENT

COCONUT SALT IN OIL BODY SCRUB For Dry Skin 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 Lemongrass body scrub removes 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 Oily Skin 60°

Tamarind has numerous benefits and contains natural AHA, which are known for their exfoliating property. The gentle body scrub lighten skin tone, reduces acne and appearance of blemishes. Tamarind is a great ingredient to be used in homemade face and body packs that can be used to cure a number of skin problems.

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

REJUVENATING BODY SCRUB 60°

Reveal the body's hidden glow with ingredients known to purify and refine the skin. Organic Argan, Apricot kernel & Pomegranate removes dullness and a brightens. 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°

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 (Cleansing, Scrub, Mask and Moisturizer) – 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 nourishing the tissue, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

Welcome drink – Yoga Facial (Cleansing, Massage and Moisturizer) – Refreshment

URBAN SHIELD prevents premature aging 60°

Boost the face's protective functions to preserve your skin ecosystem. French Green Clay Matcha Mask neutralizes harmful urban pollution, detoxes the skin, and combats environmental aggressors that cause premature aging. Marine plankton extract restores the physical and chemical skin barrier to prevent water loss and protects against external assailants, while at a deep level, this mask also replenishes the skin water reservoir essential to flawless appearance.

Welcome drink – Urban Shield Facial – 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. Luminaria revitalizes stem cells, restoring their youthful potential, stimulates the internal defense system to erase fine line and wrinkles, Marine fermentation further stimulates collagen and elastin production for tighter skin.

Welcome drink – Visible Lift Facial – Refreshment

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

A potent blend of actives keeps complexion matte, clear and balanced around the clock. Organic Lavender & Peppermint controls excess oil and fights 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 – Refreshment

SPA INFORMATION

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 when 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 immediately.

Disclaimer

The spa treatments, services and facilities provided at Senses Spa are for general wellness purposes only. They are not a substitute for professional medical treatment or advice for any health condition that guests may have.

Guests agree to fully indemnify and hold harmless Sense Spa, its holding company, affiliates, subsidiaries, representatives, agents, staff and suppliers from any and all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising from or related to the spa treatments, services and/or facilities.



PLEASE TAKE A MOMENT TO READ THIS

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

Arrivals

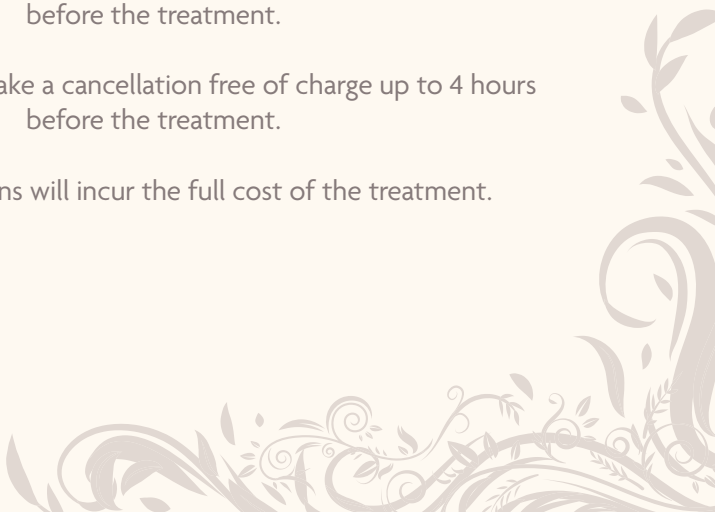
At Senses SPA Guests are encouraged to arrive 5 minutes before
the scheduled treatment, in order to change and prepare yourself
at leisure. You may also wish to come to the spa wearing
the bathrobe provided in your room.

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.



SPA PRICE LIST

SIGNATURE TREATMENT

Tranquil Journey 90'	1,550,000
Full Body Massage with Hot Oil & Hot Compress	
Mohom Indigo 90'	1,550,000
Body Therapy with Traditional Pouch & Tapping Line.	
Inner Reset Package 120'	1,950,000
Full Combines of Senses Spa's Classic Therapies	

BODY MASSAGE

Aroma of Deep Calm 60' / 90'	1,200,000 / 1,550,000
Fit Body 60' / 90'	1,200,000 / 1,550,000
Traditional Laos (No Oil) 60' / 90'	1,200,000 / 1,350,000
Prana Vital Energy 60'	1,200,000
Clarity of Mind 60'	1,200,000
Posture Rescure (BNS) 45'	850,000
FootLoose 60'	1,000,000

BODY TREATMENT

Coconut Salt Scrub 60'	1,200,000
Tammarind Scrub 60'	1,200,000
Rejuvenating Body Scrub 60'	1,200,000
Glam Skin Reveal Wrap 60'	1,200,000
Sooth & Smooth Wrap(Aloe Vera) 60'	1,200,000
Foot Soothing Steps 90'	1,350,000

SPA PRICE LIST

FACIAL TREATMENT

Bright & Brave 30'	990,000
Facial Yoga 30'	990,000
Urban Shield (Normal Skin) 60'	1,290,000
Absolute Oil Control 60'	1,290,000
Visible Lift 60'	1,290,000
Shisedo Radiance 90'	2,490,000

ADD-ONS

Head Massage 15'	450,000
Hand Massage 15'	450,000
Trigger Point (Select 1 area) 15'	450,000
Smooth & Firm (Tapping Line) 15'	450,000
Flat Belly 30'	590,000
Foot Massage 30'	450,000
Coconut Salt Scrub 30'	690,000
Tamarind Body Scrub 30'	690,000
Rejuvenating Body Scrub 30'	690,000
Glam Skin Reveal Body Wrap 30'	690,000
Milky Calming Bath (In room set up)	500,000

All prices are in Lao Kip and including 10% VAT & 10% service charge.

Please contact extension number "8404" or "0"



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