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CROWNE PLAZA

SENSES
DAY SPA VIENTIANE

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SENSES
DAY SPA VIENTIANE

by

YTSARA


CONCEPT

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, yet we often do not take the time to embrace them.

Senses Day Spa by Ytsara 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 yet 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, Ytsara blends rare Asian ingredients with French science for results that transcend the effect of time. All Ytsara skin care are botanically sourced, clinically proven and dermatologically tested.

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



FEEL LIGHT & CALM

FACIAL YOGA for total rejuvenation 30’ - 240,000 kip++

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

Treatment 30’

To enhance your treatment: FLAWLESS EYE CONTOUR to erase signs of fatigue + 10’ AND/OR MINI SMOOTH & FIRM DÉCOLLETÉ to improve firmness & texture + 15’

MOOD BOOSTING for soothed radiance 30’– **FOR LADIES - 250,000 kip++**

Enjoy a deep, express face care that leaves your skin matte and clear. Calming and detoxifying French Green clay masque helps to draw out toxins and sebum responsible for dull, rough skin. Bamboo Tears re-mineralizes, Centella and Hibiscus calm and refine pores.

Treatment 30’

BRIGHT & BRAVE FACE PERFECT for fresh soft skin 30’ – **FOR GENTLEMEN - 250,000 kip++**

Enjoy a deep, express face care that leaves your skin matte and Squeaky clean. Calming and detoxifying French Green clay masque helps to draw out toxins and sebum responsible for dull, rough skin. Bamboo Tears re-mineralizes, Centella and Hibiscus calm and refine pores.

Treatment 30’

CLARITY OF MIND to increase inner peace 45’ - 270,000 kip++ / 90’ - 390,000 kip++

Targeting the hotspots of upper back, shoulders, neck and head, a firm massage using virgin coconut oil focuses on pressure points correlating to the body’s chakras, releasing overworked muscles while promoting whole body energy flow. Clears and sharpens the mind, improves concentration and sleep quality. Banishes anxiety and stress, while increasing inner peace and joy. Treatment 45’

To enhance your treatment: MINI HEAD MASSAGE Relax your grip and gives a sense of wellbeing +15’ AND/OR MINI FOOT MASSAGE Erases fatigue and balances energy +15’

GARDEN OF DEEP CALM for quiet harmony 60’ - 250,000 kip++

Restore your body, mind & spirit. The aroma of Malabar Grass melts tension away while Sweet Orange and Vetiver help to create inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin. Treatment 60’

To enhance your treatment: MINI HEAD MASSAGE Erases tension and enhance clarity of mind 15’ AND/OR MINI FOOT MASSAGE Erases fatigue and balances energy +15’

TRANQUIL JOURNEY to seize the day 90’ - 370,000 kip++

Slow deep movements rhyme with your calm breath, deep relaxing music talks to your soul while warm calming poultice, Jasmine and Elengi flowers melt away tension. Everything around you has slowed down. Your mind and body are reconnecting, Treatment 90’

FEEL LIGHT & CALM CAN BE COMBINED WITH


FITNESS ACTIVITIES: YOGA / WATSU POOL / JACUZZI

FOOD OFFER: RAW JUICES / HERBAL TEAS / ANTI-STRESS FOOD

IN ROOM OFFER: OFURO DEEP CALM BATH + DEEP CALM PILLOW MIST


PROGRAMS OFFER: CAN BE CREATED FROM THE ABOVE

STRENGTHEN MY ECOSYSTEM


**FLAWLESS EYE CONTOUR for bright well-rested look 45’ - 280,000 kip++**

Protect and perfect the delicate skin around the eye with an intensive treatment. Plankton extract and Micro Algae work to lift, erase fine lines and rebuild collagen lattice. Ginkgo leaf and Horse Chestnut brighten, de-puff and protect, while Corn Flower moisturizes and soothes. All signs of the passage of time are erased so eyes appear youthful. Treatment 45’

To enhance you treatment: FLAWLESS EYE CONTOUR to erase signs of fatigue + 10’ AND/OR MINI SMOOTH & FIRM DÉCOLLETÉ to improve firmness & texture +15’

**MOHOM INDIGO HEALING ART SIGNATURE TREATMENT for free motion 90’ - 400,000 kip++**

Relieve stiff and sore muscles with a deep muscular treatment that combines the ancient Lao healing art of a warm Indigo herbal ball with a rare essential oil found only on two remote islands in the Pacific Ocean. Rainforest clove has the ability to suppress pain while Tangerine, Pink Grapefruit and Rosemary drain toxins out from your muscles. After intense work out, you are now soothed, relaxed and free of sores. Treatment 90’

**POSTURE RESCUE to see joy in details 30’ - 200,000 kip++**


Relieve stiffness and soreness from back, shoulders, neck and head. The calming properties of Rainforest Clove Bark, a tree found only in two islands in the Pacific Ocean, combined with deep gentle kneading, break down knots and improve flexibility. Oils of Tangerine, Pink Grapefruit and Rosemary further encourage detoxification and relaxation of your whole system. Back neck and shoulders 30’

To enhance your treatment: MINI HEAD MASSAGE Eases tension and enhance clarity of mind +15’ AND/OR MINI ABDOMINAL MASSAGE Abdominal massage helps your digestion & eases stress

**FIT BODY for better performances 60’ - 300,000 kip++**

Designed to encourage blood flow, stretch muscles and eases joins, this stimulating massage conditions the body for better performances in the same manner a warm up would do. Thai therapeutic massage and pure plant essential oils are synergistically preparing your body for better performances and improved recovery. Treatment 60’


To enhance your treatment: TRIGGER POINT A Specific and targeted point on muscle that will be worked deeply to release pain and ease adhesion + 15’ AND/OR MINI FOOT MASSAGE Erases fatigue and balances energy + 15’

**FOOT MAPPING 90’ - 420,000 kip++**

There are 15 000 nerve ending on your feet which constitute a mini-map of your whole body. Skilled pressure applied on this mini-map encourages the body to heal from within. Detoxifying Yanang steam and stimulating ginger work in synergy to enhance body renewal process. Your headache, anxiety and insomnia are gone. Treatment 90’

**PINK HIMALAYA SALT SCRUB 60’ - 240,000 kip++**

Millions of year ago, pristine seawater was crystallized and covered by lava, protecting it from modern-day pollution. Infused with 80 materials, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft. Treatment 45’ / 60’

**SKIN REVEAL WRAP 30’ - 260,000 kip++ / 60’ - 420,000 kip++**

An exceptional multifaceted body wrap using powerful Black Mulberry extract combined with essential oils, acts on the body to detox, firm, rejuvenate and brighten. Dull complexion, dehydrated and flabby skin are all treated at once. Combined with scrub or massage, possibilities are almost endless. Result a more radiant, healthy, elastic and fair skin as well as a toned body. Treatment 30’ / 45’ / 60’

To enhance your treatment: MINI HEAD MASSAGE Eases tension and enhance clarity of mind +15’ AND/OR MINI ABDOMINAL MASSAGE Abdominal massage helps your digestion & eases stress +15’

STRENGTHEN MY ECOSYSTEM CAN BE COMBINE WITH

- FITNESS ACTIVITIES:** CARDIO / CYCLING / WORK OUT / SAUNA







FOOD OFFER: DETOX RAW JUICES / HERBAL TEAS / FOOD

IN ROOM OFFER: OFURO INNER RESET BATH+AGLESS HAND CREAM

PROGRAMS CAN BE CREATED FROM THE ABOVE



FEEL YOUNG & ACTIVE

-  **EVEN SKIN for translucent complexion 60’ - 320,000 kip++**
Grapefruit Citroflavanoids work at deep level to fade and reduce existing age spots and provides the skin with a defense system that prevents the appearance of new ones. This early stage skin color prevention system is complemented by anti-oxidant Pearl Tea to protect against loss of collagen. Licorice and Mulberry further lighten the skin for a perfect even skin Treatment 60’.
To enhance your treatment: FLAWLESS EYE CONTOUR to erase signs of fatigue + 10’ AND/OR MINI SMOOTH & FIRM DÉCOLLETÉ to improve firmness & texture +15’
-  **VISIBLE LIFT for the joy of looking in the mirror again 60’ - 310,000 kip++**
Proven to boost the rejuvenating system of the skin, this treatment addresses the most visible signs of aging. Laminaria returns stem cells to the vitality of young skin, stimulates internal defense system to erase fine line and wrinkles, Marine ferments stimulate collagen and elastin production for a tight skin. Treatment 60’
To enhance your treatment: FLAWLESS EYE CONTOUR to erase signs of fatigue + 10’ OR MINI SMOOTH & FIRM DÉCOLLETÉ to improve firmness & texture +15’
-  **PRANA VITAL ENERGY to erase fatigue 60’ - 370,000 kip++**
A combination of massage techniques while Ytsara’s Vital Energy Body Oil made with Blue Ginger inspires self-connection and renewal. Targeting the meridian energy system, the Thai Sip Sen 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. Treatment 60’
To enhance your treatment MINI HEAD MASSAGE Eases tension and enhance clarity of mind +15’ AND/OR MINI ABDOMINAL MASSAGE Abdominal massage helps your digestion & eases stress
-  **INNER RESET RITUAL to detox body and mind 90’ - 420,000 kip++**
Refresh your body, mind & spirit holistically. Pink Himalayan salt and Shatangju —a key aid in the release of pollutants – are rubbed into your body to stimulate elimination. Age-old Asian massage rituals and liver 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. Treatment 90’
-  **AGELESS HANDS FACIAL for perfect young hands 45’ - 250,000 kip++**
The skin on your hands reveals your age so it should be treated with the same care as your face. Pea Extract and a special blend of citrus compounds Licorice and Mulberry work to fade dark spots, Pearl Tea helps to dramatically increase antioxidant activity while Macadamia Nut oil restores the skin barrier and Geranium provides deep moisture. Treatment 45’
-  **HOM MALI JASMINE RICE SCRUB 60’ - 270,000 kip++**
Reveal the body’s hidden glow with ingredients known to purify and refine the skin. Jasmine Rice removes dullness and brightens. Jojoba Oil and Shea Butter provide deep nourishment. Treatment 30’ / 45’ / 60’
To enhance your treatment MINI HEAD MASSAGE Eases tension and enhance clarity of mind +15’ AND/OR MINI ABDOMINAL MASSAGE Abdominal massage helps your digestion & eases stress +15’



STRENGTHEN MY ECOSYSTEM CAN BE COMBINE WITH

FITNESS ACTIVITIES: CARDIO / CYCLING / WORK OUT / SAUNA
FOOD OFFER: DETOX RAW JUICES / HERBAL TEAS / FOOD
IN ROOM OFFER: OFURO INNER RESET BATH+AGLESS HAND CREAM
PROGRAMS CAN BE CREATED FROM THE ABOVE



BEAUTIFY FROM INSIDE OUT

🕒 URBAN SHIELD prevent premature aging 60' - 300,000 kip++

Boost the body's protective function to preserve your skin ecosystem. Moringa & Sacred Lotus 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 while, at a deep level, replenishing the skin water reservoir essential to flawless appearance Treatment 60'

🕒 ABSOLUTE CONTROL & FOCUS for a deep dose of calm & clarity 60' - 300,000 kip++

A potent blend of actives keep complexion matte, clear and balanced around the clock. Bamboo Tears controls excess oil and fights acne while a rare tree gum reduces pore size and blemishes. Plankton extract decreases skin reactivity and Safflower restores essential hydration. Skin is soothed and radiant. Treatment 60'

🕒 BODY CONTOUR 60' - 390,000 kip++

A stimulating massage that uses Black Pepper, Cinnamon and Ginger to help sculpt the figure and re-define the shape. An excellent way to drain and regenerate tissue while dispelling the tensions that have built up and attain a state of absolute relaxation. Treatment 60'

🕒 FLAT BELLY to refine the waistline 60' - 300,000 kip++

A slimming treatment targeted on the belly area starts with a stimulating scrub and is followed by Thai therapeutic and Taoist massage techniques to release fat, clustered deep in the area. A detoxifying wrap and hot cushion help to firm and sculpt the belly. Treatment 60'

To enhance your treatment MINI HEAD MASSAGE eases tension and enhances clarity of mind +15' AND/OR MINI FOOT MASSAGE Erases fatigue and balances energy +15'

🕒 SOOTHING STEPS 60' - 390,000 kip++

A treatment helping 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 are easing pain and give lightness back to the legs. Treatment 60'

🕒 SMOOTH HANDS for soft touch 30' - 280,000 kip++

In Asian culture, youthful hands have long been prized as a hallmark of beauty. Keep yours looking and feeling their youngest. Ylang Ylang stimulates cell renewal and antioxidant-rich Black Mulberry keeps skin radiant while gold improves collagen production and combat age spots. Treatment 30'

STRENGTHEN MY ECOSYSTEM CAN BE COMBINE WITH

FITNESS ACTIVITIES: CARDIO / CYCLING / WORK OUT / SAUNA

FOOD OFFER: DETOX RAW JUICES / HERBAL TEAS / FOOD

IN ROOM OFFER: OFURO INNER RESET BATH+AGLESS HAND CREAM

PROGRAMS CAN BE CREATED FROM THE ABOVE

SPA		FITNESS	F&B	IN-ROOM OFFER
FEEL LIGHT & CLAM				
	CLARITY OF MIND	YOGA	JUICING & TEAS	OFURO DEEP CALM BATH
BRIGHT & BRAVE	GARDEN OF DEEP CALM	WATSU POOL		
MOOD BOOSTING	TRANQUIL JOURNEY	JACUZZI	ANTI STRESS FOODDEEP	CALM PILLOW MIST
STRENGTHEN MY ECOSYSTEM / HEAL & STRENGTHEN				
	FIT BODY	RUNNING	JUICING & TEAS	
	POSTURE RESCUE	WEIGHT LIFTING		OFURO FIT BODY BATH
FLAWLESS EYE CONTOUR	MOHOM INDIGO HEALING ART	YOGA	STRENGTHENING FOOD	
	FOOT MAPPING			SMOOTH SOLE CREAM
	PINK HIMALAYA SALT SCRUB			
FEEL YOUNG & ACTIVE				
	PRANA VITAL ENERGY	CARDIO	JUICING & TEAS	OFURO INNER RESET BATH
EVEN SKIN	FLAT BELLY	CYCLING		
	INNER RESET	WORK OUT		
VISIBLE LIFT	AGELESS HAND FACIAL	SAUNA	DETOX FOOD	
	HOM MALI JASMINE RICE SCRUB			AGELESS HAND CREAM
BEAUTIFY FROM INSIDE OUT				
URBAN SHIELD	SKIN REVEAL WRAP	CYCLING	JUICING & TEAS	OFURO DEEP CLAM BATH
ABSOLUTE CONTROL	BODY CONTOUR	SWIMMING		
	SOOTHING STEPS	STEAM	BEAUTIFYING FOOD	DEEP CALM PILLOW MIST

Operation hours: 10.00 - 20.00 daily (Our last booking is at 19.00).

IN-ROOM BATH MENU

- OFURO BATHING

Mimicking the traditional Japanese bathing ritual, you start this water experience by a shower followed by an exhilarating scrub you apply on your whole body. Then you plunge in a milky, essential-oil rich warm bath while a deep relaxing music.
- DEEP CALM OFURO BATHING

WITH DEEP CALM PILLOW MIST
- FIT BODY OFURO BATHING

WITH SMOOTH SOLE CREAM
- INNER RESET OFURO BATHING

WITH AGELESS HAND CREAM

Drinks or finger food can be added to this offer