

A dense background of dark green, tropical leaves with prominent veins, creating a lush, natural feel.

ESCA SPA

FEEL THE DIFFERENCE

radissonhotels.com/blu



OPENING HOURS:
DAILY FROM 10:00 TO 20:00

NATURAL INDULGENCE, EVERY MOMENT

Locked deep in ancient lore is the distinctive belief that unconditional love provides weary souls with compassionate care and attention. Inspired by this timeless philosophy, we have created a rejuvenating journey of indulgence and wellness, awakening your inner spirit which has been abandoned.

We have carefully selected an array of our signatures and perennial favorite therapists from spa aficionados.

With an array of individual treatments and packages, we long to usher you into ultimate pampering and relaxation. Let our gifted spa artisans perform gentle and rejuvenating therapies, during which every stroke and touch resonates deeply with mind, body and soul, releasing stress while bestowing a complete state of harmony and inner well-being.

Immerse yourself in the world of graceful balance.



ESC SIGNATURES

SEA OF SERENITY

90 mins - VND 2,400,000 nett

Surrender yourself into the healing hands of our spa expert and let her bring you into deep repose, beginning with a sea salt body scrub to remove skin impurities. The journey follows into a thalasso wrap, featuring seaweed extracts filled with trace minerals to replenish your body with refreshing mint essential oil and finally immerse into the aqua therapy bed. The anti-gravity effect will ease muscle tension and aches. Rest as you float under the warm cocoon. 30 minutes rest in the aqua therapy bed will give you the benefit of 8 hours sleep. Inhale deeply. (signature body wrap with aqua therapy)

RADIANT SPA PACKAGE

110 mins - VND 2,250,000 nett

Great treatment for dry skin. The skin will be provided with excellent moisture from natural products such as cocoa and fresh oranges. Massage therapy with candles will help improve smooth skin and blood circulation and will relax the muscles.

flower foot bath

cocoa and fresh orange body exfoliation

body treatment with candles

TRADITIONAL VIETNAMESE EXPERIENCE

60 mins - VND 1,390,000 nett

90 mins - VND 1,850,000 nett

With heated suction cups placed on the back, combined with pure coconut oil to improve blood circulation and rejuvenate. This traditional experience incorporates pressure point technique with invigorating movements to warm and relax muscles.



VOLCANIC WARM STONE TREATMENT

90 mins - VND 1,990,000 nett

120 mins - VND 2,390,000 nett

Appeared more than 5.000 years ago, hot stone massage is a great therapy to improve blood circulation, relieve muscle aches, relieve joint pain, beautify the skin by eliminating toxins from the body and to reduce stress. You will experience a greater sense of relaxation because of the warmth of volcanic rocks.

RECHARGE TREATMENTS

FOOT CARE THERAPY

60 mins - VND 1,390,000 nett

Herbal foot bath helps to detoxify and remove dead skin cells on your feet, especially your heels, continued with a moisturizing massage with warm stones which will bring relaxation and improve sleep quality.

FOUR HANDS MASSAGE

60 mins - VND 2,990,000 nett

90 mins - VND 3,600,000 nett

The massage process is coordinated smoothly between four skilled hands of two experienced therapists treating at the same time. The most important point of this therapy is the coordination of each movement, rhythmic and synchronized acupressure of two massage technicians combined with the aroma of essential oils to bring you comfort and relaxation. The effect of this therapy is to reduce stress, increase blood circulation, stimulating lymph and improve physical condition.

AROMA

60 mins - VND 1,390,000 nett

90 mins - VND 1,850,000 nett

During aromatherapy, candles are used to promote healing and feelings of well-being. It is a beautiful way to relieve stress. Aromatherapy has a positive effect on the mind and helps to improve blood circulation.

RECHARGE TREATMENTS

PREGNANCY CALMING MASSAGE

60 mins - VND 1,390,000 nett

90 mins - VND 1,850,000 nett

There are numerous studies showing the importance of reducing stress during pregnancy. Prenatal massage is a great option to provide mothers and soon to be mothers some much needed relaxation. It can also help relieve aches and pains that accompany pregnancy. Prenatal massage is a great option if the right coconut oil is used.

DEEP TISSUE MASSAGE

60 mins - VND 1,390,000 nett

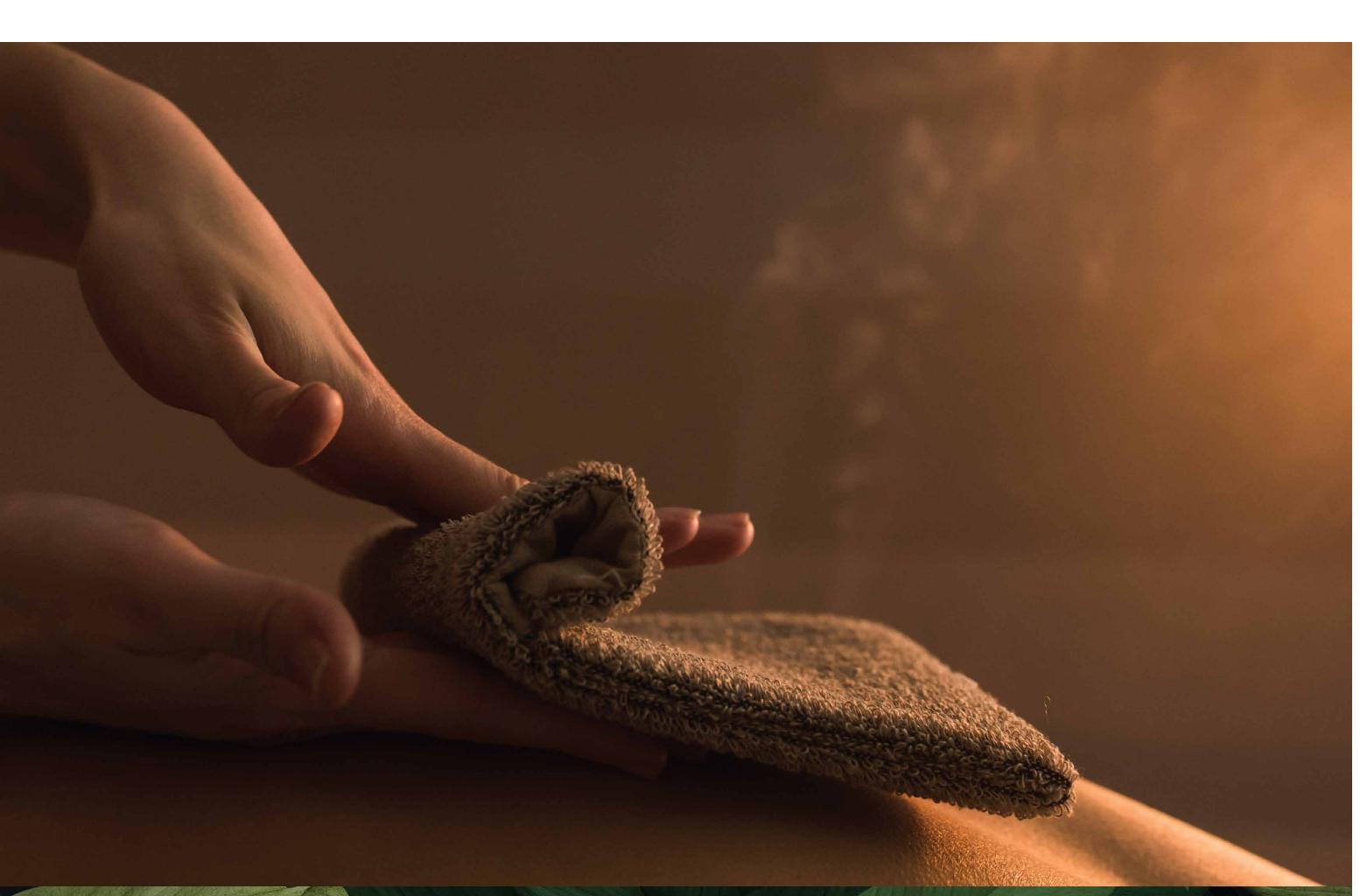
90 mins - VND 1,850,000 nett

A massage technique that is mainly used to treat strains following sports or physical activities. This technique involves applying sustained pressure using slow, deep strokes to target the inner layers of the muscles and connective tissues. It helps to reduce tension in muscle tissue and is also helpful to improve blood circulation and relaxation.

JET-LAG RECOVERY

45 mins - VND 1,050,000 nett

A massage technique that is mainly used to treat strains following sports or physical activities. This technique involves applying sustained pressure using slow, deep strokes to target the inner layers of the muscles and connective tissues. It helps to reduce tension in muscle tissue and is also helpful to improve blood circulation and relaxation.

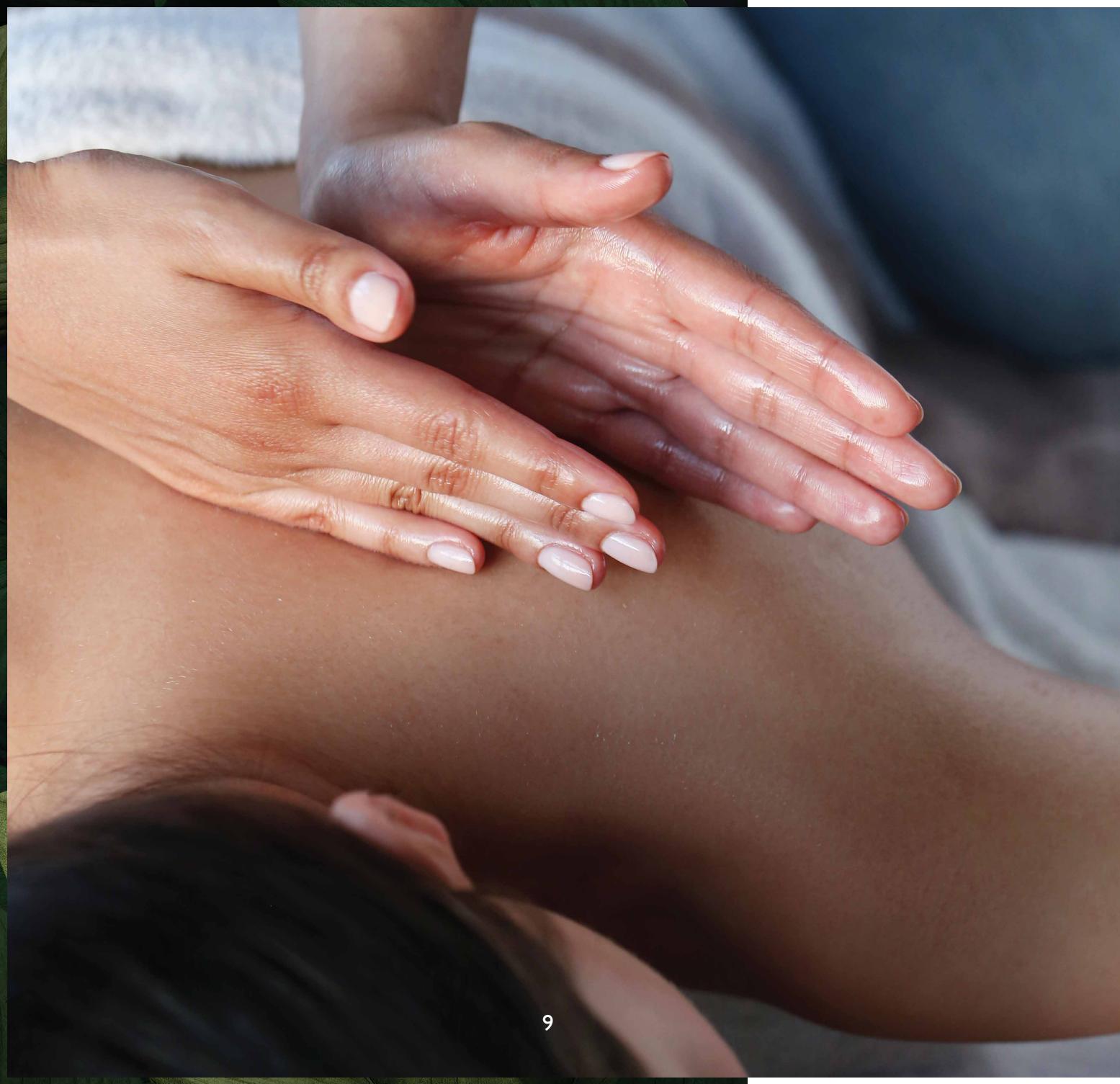


THAI MASSAGE

60 mins - VND 1,390,000 nett

90 mins - VND 1,850,000 nett

Thai massage uses gentle pressure and stretching techniques to relax the whole body. The health benefits of Thai massage include lowering stress, improve blood circulation, boosting energy and improving athletic performance.



PRECIOUS MOMENTS

BACK TENSION RELIEF

30 mins - VND 850,000 nett

Back, shoulders, neck and head massage using techniques to relieve muscle tension and improve blood circulation.

FOOT REFLEXOLOGY

30 mins - VND 850,000 nett

Not only can foot massages go a long way in helping with foot health, they also increase the health and well-being of the entire body. When certain pressure points on the feet are massaged, ailments such as headaches, migraines, insomnia, chronic fatigue and other body pain can be reduced.

INDIAN HEAD THERAPY

30 mins - VND 850,000 nett

This treatment provides stress-relief and reduction in migraines and headaches. It promotes deep relaxation and improves blood circulation which has a positive effect on relaxing blood vessels and neck muscles.

Scalp massage is recommended for low blood pressure persons.

REFRESHING FACE MASK

30 mins - VND 850,000 nett

Facial deep cleaning with yoghurt and brown sugar, refreshing face mask with oatmeal, completed with facial moisturizer.

GETAWAY PACKAGES

HEALING-TOUCH PACKAGE

120 mins - VND 2,250,000 nett

Embark on a journey that treats your skin after sunburn with benign products such as tea, rice and fresh aloe vera, which help the removal of dead skin cells, provides moisture and soothes burned skin instantly.

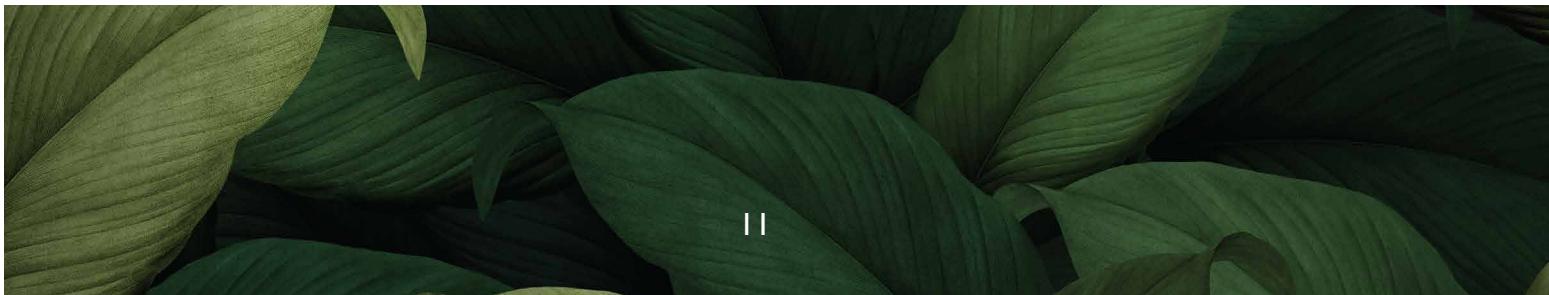
- flower foot bath
- green tea body scrub
- fresh aloe vera body wrap and cucumber face mask
- body moisturized by seaweed and aloe vera gel

ROMANTIC SPA PACKAGE

150 mins - VND 6,300,000 nett

Experience the indulgence of a couple-spa treatment that renews your body and mind. Enhance your connection and create lasting memories with your loved one.

- flower foot bath
- aromatherapy body massage (with candle)
- hydration facial
- flower bath, enjoy glass of wine and fruits



PAMPER PACKAGE

150 mins - VND 3,150,000 nett

Experience the indulgence of a couple-spa treatment that renews your body and mind. Enhance your connection and create lasting memories with your loved one.

flower foot bath

volcanic warm stone treatment

anti-aging facial

MUM-TO-BE PACKAGE

120 mins - VND 2,150,000 nett

This all-natural-product package forms a ritual that stimulates energy flow, eliminates toxins, and promotes a feeling of pure relaxation that extends from head-to-toe to feel deeply revitalized and soothed. A perfect treatment for a mother to be.

flower foot bath

pregnancy body massage

foot massage

natural facial

ESCAPE PACKAGE

90 mins - VND 1,890,000 nett

When stress has gotten the best of you, let us provide a treatment of rejuvenating services designed to relieve muscle tension and skin care.

flower foot bath

choice of sea salt body scrub or basic facial care

deep tissue massage



FACIAL BEAUTY

REVIVE YOUTH ANTI-AGING FACIAL

60 mins - VND 1,550,000 nett

90 mins - VND 1,890,000 nett

Indulge your skin with an exotic blend of luscious treasures from the earth. Enjoy the most advanced defense against aging while this opulent treatment lavishes your skin to improve its elasticity, skin oxygenation and suppleness. On top of that, it promotes cell renewal and visibly reduces fine lines and wrinkles.

REVIVE HYDRATION FACIAL

60 mins - VND 1,550,000 nett

90 mins - VND 1,890,000 nett

Recommended for severely dehydrated skin with nourishing active nutrients to renew and repair skin cells, leaving it refreshed and revitalized. This treatment is gently formulated for all skin types with fruit and plant extracts to nourish the skin, balance its oil secretion and improve overall complexion.

MEN'S ESCAPE

60 mins - VND 1,550,000 nett

90 mins - VND 1,890,000 nett

Purify the skin from impurities and control excess oil with calming and soothing effect. The highly effective ingredients adapt to the needs of oily skin and active lifestyle while the comforting massage will bring you to a state of profound relaxation.

EXFOLIATION & WRAP



REVIVE BODY GLOW

60 mins - VND 1,450,000 nett

A gentle body glow with sea salt and marine extracts to remove skin impurities, rendering it silky smooth and nourished.

COCONUT & COFFEE BODY EXFOLIATION

60 mins - VND 1,450,000 nett

Buff away the dead skin cells. When coffee scrubs are paired with natural oils like coconut and rice they moisturize the skin so your skin will look and feel softer and smoother.

COCOA & ORANGE EXFOLIATION

60 mins - VND 1,450,000 nett

The skin will be provided with excellent moisture from natural products such as cocoa, fresh oranges and brown sugar. Moisturize by lotion to complete the procedure.

REVIVE SEA HOLISTIC

60 mins - VND 1,450,000 nett

A luxurious detoxifying wrap combining various marine algae and trace minerals from the bountiful ocean to flush out toxins. Relax under the warm cocoon to help the seaweed extract minerals, vitamins and enzymes to penetrate the deeper layer of your skin, leaving it refreshed and purified.

SUNBURN SOOTHER BODY WRAP

60 mins - VND 1,450,000 nett

The healing properties of Aloe Vera is well known and when used externally, it is a perfect treatment for those with dry skin and sensitive skin. Even damaged and sunburnt skin. Scalp massage is included in the treatment.



NAIL CARE

DELUXE SPA MANICURE

60 mins - VND 890,000 nett

No detail is overlooked as we groom and restore the condition of your hands. After exfoliating, experience complete nail care treatment and a refreshing hand and lower arm massage, and apply nail lacquer for the perfect finish.

DELUXE SPA PEDICURE

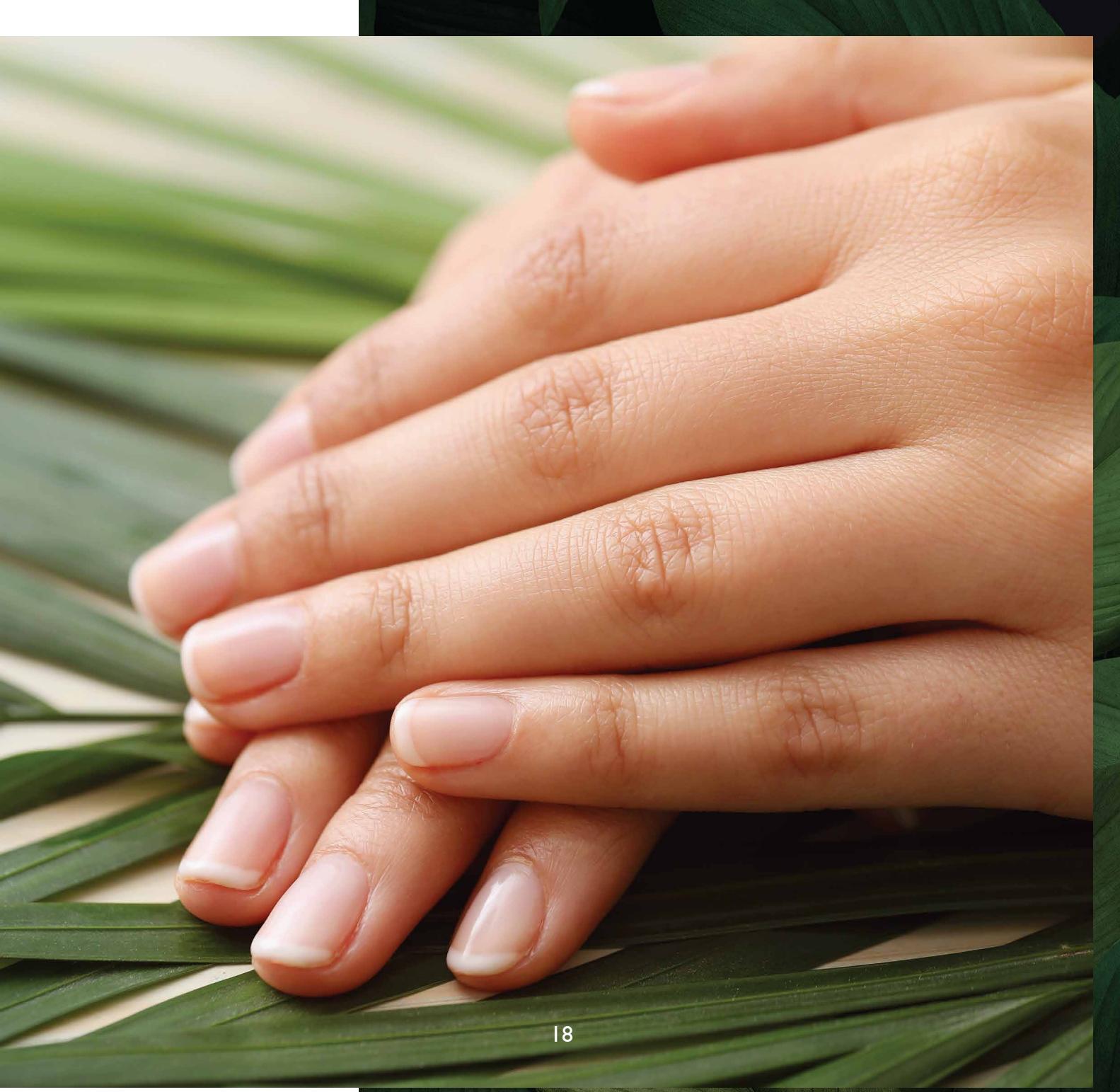
60 mins - VND 890,000 nett

No detail is ignored as we groom and restore the condition of your feet. After a revitalizing aroma foot-bath and exfoliation, experience a complete nail care treatment and a refreshing foot and lower leg massage, then nail lacquer for the perfect finish.

DELUXE SPA MANICURE AND PEDICURE

120 mins - VND 1,790,000 nett

Relax and enjoy our deluxe manicure and pedicure treatment for the perfectly groomed hands and feet.



OTHER SERVICES

WAXING

Underarm

30 mins - VND 590,000 nett

Full arms

45 mins - VND 790,000 nett

Full legs

60 mins - VND 1,390,000 nett

HAIR CARE

Shampoo & dry

30 mins - VND 590,000 nett

Shampoo & mini facial

60 mins - VND 1,390,000 nett

SPA DETOX

Herbal/floral steam bath, Himalayan Crystal, Ice Grotto

VND 300,000 nett



POLICY

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to maximize results are achieved. We recommend booking the steam and experience shower prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete the health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultation is offered to determine your specific needs and to allow us to design your treatment experience.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we may not be able to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow 3 hours notice on individual treatments and 24 hours notice on for spa packages; otherwise, 50% of the treatment price will be charged. Failure to keep your appointment will result in a 100% treatment charge.

PAYMENT

Treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Spa is a sanctuary of peace and harmony, so please be conscious about the volume of your voice so as not to disturb other guests, a 100% treatment charge.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 8 years to the spa. Young guests from 8 to 15 years are welcome to enjoy a selection of treatments under the supervision of a guardian.

PREGNANCY

Please inform us if you are pregnant so that our spa consultants can guide you in choosing treatments suitable for this special time.

SPA RESERVATIONS

For spa enquiries or reservations, please call our Resort reception on the extension by number 0. Advance bookings are recommended to secure your preferred treatment time.



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