



Sen  
spa

# 莲花水疗馆 指南 | DIRECTORY

营业时间：每日早上 9:00 至 晚上 10:00 | Open daily from 9 am to 10 pm

“亲近自然，热爱自然，贴近自然，自然永不让你失望！”

“Study nature, love nature, stay close to nature, it will never fail you!”

## 预约 | SPA RESERVATION

您可拨打分机号 5302 进行预约。我们强烈建议您提前预订，以确保获得理想的时间与服务。

Reservations can be made at Sen Spa by dialing extension 5302. We highly recommend booking your treatment in advance to secure your preferred time and service.

## 到达 | ARRIVALS

我们建议您于预约时间前 15 分钟到达。

如您有任何健康问题、过敏或旧伤，请提前告知我们，以便我们为您安排合适的疗程或使用设施。

您可提出个人偏好，我们将根据专业标准与经验为您量身定制最佳体验。

所有理疗师均受过专业培训，致力于为您带来极致的舒适与满意。

We recommend that you arrive 15 minutes prior to your treatment time. Please inform us of any health conditions, allergies, or injuries that could affect your treatment or use of the spa facilities. You may request specific preferences, and we will do our best to accommodate them based on professional standards and treatment requirements. All our therapists are professionally trained and committed to ensuring your utmost comfort.

## 贵重物品 | VALUABLES

我们建议您在进入水疗中心前将所有首饰和贵重物品存放在储物柜中。

We recommend that you leave all jewelry and valuables in your locker before entering the spa.

## 咨询 | CONSULTATION

我们将根据您的具体需求提供个性化咨询服务，协助您定制个人疗程或享受更完整的水疗体验。

Personal consultations are offered to determine your specific needs and allow us to design your treatment experience or a more comprehensive spa schedule.





# 莲花水疗馆

## 指南 | DIRECTORY

### 我们的建议 | SPA ADVISORY

为维护水疗中心的宁静氛围，请宾客轻声交谈，或干脆保持安静。  
建议避免使用手机，且水疗区域内严禁吸烟。

To preserve the peaceful atmosphere of the spa, please speak softly or simply embrace the silence. Kindly refrain from using mobile phones, and please be advised that smoking is not permitted within the spa facilities.

### 取消预约 | CANCELLATIONS



我们理解您的日程可能有所变动，并将尽力配合您的需求。  
如在预约时间前至少 4 小时取消，将不收取任何费用。  
若少于 4 小时取消，将收取 50% 的费用。  
若无通知未到，将收取 100% 全额费用。

We understand that schedules may change, and we will do our best to accommodate your needs. No cancellation fee will be applied if the cancellation is made at least 4 hours before the treatment time. A 50% cancellation fee applies for cancellations made less than 4 hours prior to the appointment, and a 100% charge will apply in the case of no-shows.

### 迟到 | LATE ARRIVALS

为尊重其他客人，我们将无法延长您的护理时间，请您准时到达。

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in the event of late arrival.



# 儿童护理疗程

## (8-14 岁)

### TREATMENTS FOR CHILDREN

#### (8-14 YEARS OLD)

**放松按摩 | Relaxing Massage**  
⌚ 45 分钟 | 45 min **VND++ 490,000**

**芳香疗法 | Aromatherapy**  
⌚ 45 分钟 | 45 min **490,000**

**脚部按摩 | Foot Massage**  
⌚ 30 分钟 | 30 min **390,000**

**自然面部护理 | Natural Facial**  
⌚ 30 分钟 | 30 min **390,000**



所有价格未含服务费与增值税。  
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# 面部护理疗程

## FACIAL THERAPIES

### 自然面部护理 | Natural Facial

🕒 60 分钟 | 60 min

(适用于所有肤质 | For all skin types)

此疗程结合天然成分如西瓜、黄瓜、燕麦、酸奶、蜂蜜、芝麻籽和鲜奶，帮助清洁、去角质、滋养肌肤，使肌肤焕然一新，柔润光滑。

This unique facial offers nature's beauty secrets through a blend of fresh watermelon, cucumber, oatmeal, yogurt, honey, sesame seeds, and fresh milk. Carefully combined, these ingredients cleanse, exfoliate, and nourish the skin, leaving it perfectly refreshed and radiant.

### Sen Spa 招牌草本护理 | Sen Spa Signature Herbal Facial

🕒 80 分钟 | 80 min

(适用于所有肤质 | For all skin types)

选用本地草本植物如紫苏、艾草、荆芥，搭配天然面膜粉（绿茶粉、姜黄粉、红豆粉），可舒缓、净化与滋养肌肤。

This is a unique facial treatment made from local herbs such as perilla, mugwort, and Vietnamese balm, combined with natural face masks like green tea powder, turmeric powder, and red bean powder.

### 冷热石面部护理 | Hot and Cold Stone Facial

🕒 75 分钟 | 75 min

(适用于所有肤质 | For all skin types)

此疗程有助于促进血液循环，紧致肌肤，缓解压力与疲劳，并减少皱纹和粉刺生成。

Benefits of a hot and cold stone facial: Helps stimulate circulation, smooth and firm the skin, reduce stress and fatigue, and minimize acne and wrinkles.



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VND++  
650,000

750,000

950,000

# 水疗套餐

## SPA PACKAGES

### 放松套餐 | Relaxing

🕒 2 小时 30 分钟 | 2 hours 30 min

一场异国风情、奢华难忘的放松盛宴。包含香薰足浴，可选择传统身体去角质护理或舒缓身体疗程，清爽的面部护理，以及舒缓的足部按摩。

An exotic, luxurious, and unforgettable celebration of indulgence. Includes an aromatherapy footbath, your choice of a traditional body scrub or a relaxing body treatment, a refreshing facial, and a soothing foot massage.

### 修复套餐 | Recovery

🕒 1 小时 50 分钟 | 1 hour 50 min

薰衣草沐浴盐，可选择传统身体去角质护理或快速按摩，最后搭配清爽的面部护理。

Lavender bath salt, your choice of a traditional body scrub or an express massage, followed by a refreshing facial.

### Sen Spa 招牌套餐 | Sen Spa Signature

🕒 2 小时 40 分钟 | 2 hours 40 min

一个令人愉悦的套餐，让您焕然一新、容光焕发。包含草本足浴，可选择传统身体去角质护理、巴厘岛按摩或热石疗法，以及自然面部护理。

A delightful package that will leave you feeling refreshed and radiant. Includes an herbal footbath, your choice of a traditional body scrub, a Balinese massage or warm stone treatment, and a natural facial.

### Sen Spa 全程之旅 | Sen Spa Journey

🕒 3 小时 | 3 hours

全方位的健康护理体验：欢迎饮料 + 草本足浴 + 热石疗法 + 修复护理 + 足底反射按摩 + 热带水果拼盘 & 鲜果汁。

Enjoy a complete wellness experience with a Sen Spa herbal welcome drink, warm stone body treatment, rejuvenating facial care, foot reflexology, and a serving of tropical fruits with fresh juice.

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VND++  
1,950,000

1,850,000

2,200,000

2,800,000







# 水疗套餐

## SPA PACKAGES

越南传统套餐 | Traditional Vietnamese Package

🕒 2 小时 40 分钟 | 2 hours 40 min

结合传统的越南按摩以放松肌肉，搭配草本足浴，随后进行越南天然面部护理与头部按摩。一杯越南茶为整个体验画上完美句号。

A combination of traditional Vietnamese massage to relax the muscles, combined with an herbal foot bath, followed by a natural Vietnamese facial and scalp massage. A cup of Vietnamese tea completes the experience.

VND++

2,100,000

深层肌肉与面部护理套餐 | Deep Tissue and Face Package

🕒 100 分钟 | 100 min

采用强力深压技术，作用于肌肉与特定穴位，有效缓解长期紧绷或疼痛部位的疲劳与压力。疗程结束后将进行温和清洁与面部按摩。

Using strong pressure movements on your muscles and deep pressure points, this treatment is ideal for releasing tension in stubborn muscles. It is followed by a gentle cleansing and facial massage.

情侣连结套餐 | Couples Connect

🕒 2 小时 30 分钟 | 2 hours 30 min

营造浪漫宁静氛围，享受双人水疗时光。可根据喜好选择身体按摩及面部护理。疗程还包含浪漫花瓣浴、两杯气泡酒及新鲜水果。

Set the mood for romance and enjoy a spa experience with your partner. Personalize your treatment by selecting your favorite body massage and facial. For the perfect ambiance, this experience includes a romantic floral bath for two, sparkling wine, and fresh fruit.

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# 面部护理疗程

## FACIAL THERAPIES

男士专属 / 油性肌护理 | Gentleman's Facial / Oily Skin Facial

🕒 60 分钟 | 60 min

深层清洁与保湿肌肤，同时舒缓压力带来的老化迹象，让肌肤更紧致光滑。

Deeply cleanses and hydrates the skin while combating signs of aging caused by stress.

VND++

850,000

清新补水护理 | Refreshing

🕒 60 分钟 | 60 min

(适合中性或混合性肌肤 | For normal or combination skin)

富含营养成分，有效减少细纹与老化痕迹，提升肌肤紧致度与水润感。

Reduce fine lines and visible signs of aging with this nourishing facial, which leaves the skin brighter, firmer, and deeply hydrated. Ideal for combination to normal skin.

抗衰老护理 | Rejuvenation with anti-aging

🕒 80 分钟 | 80 min

(干性/熟龄肌 | For dry or mature skin)

极致修复护理，显著淡化细纹与皱纹，同时收紧肌肤轮廓，提升整体面部紧致度。

The ultimate in skin rejuvenation, this treatment visibly reduces fine lines and wrinkles while tightening and firming the skin to enhance facial contours.

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## 身体护理 BODY CARE

### 传统身体护理 | Traditional Body Treatment

🕒 60 分钟 | 60 min

VND++  
650,000

选择您喜爱的身体磨砂或裹体，采用天然原料精心制作。这种富含芳香的护理可使肌肤丝滑柔嫩，提升心情。  
Choose your preferred body scrub or wrap, crafted from fresh, natural ingredients. This richly aromatic treatment will leave your skin silky smooth and uplift your mood.

### 全身去角质 | Body Scrub

🕒 60 分钟 | 60 min

650,000

海盐、椰壳、芝麻籽或绿茶——根据您的喜好选择适合的去角质产品。清洗后将涂抹一层润肤乳。  
Sea salt, coconut, sesame seed, or green tea - choose your preferred body scrub to cleanse and exfoliate your skin. A conditioner will be applied after the scrub is rinsed off.

### 全身裹体 | Body Wrap

🕒 60 分钟 | 60 min

750,000


100%天然、富含营养的越南矿物泥，有助于去除死皮细胞并刺激肌肤再生。  
Vietnamese mineral mud - 100% pure and nurturing. Removes dead cells and stimulates skin regeneration.

### 晒后舒缓护理 | After sun cooling wrap

🕒 60 分钟 | 60 min

750,000

使用薰衣草精油浸泡的冷敷毛巾帮助肌肤镇静放松，同时由芦荟和黄瓜裹体提供舒适的清凉感，并包含头皮按摩。  
A cool towel infused with lavender essential oil calms and relaxes, while a wrap of aloe vera and cucumber provides soothing comfort and helps your skin recover from sunburn. A scalp massage is included.



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## 全身疗法 BODY TREATMENTS

### 热石疗法 | Warm Stone Therapy

🕒 1 小时 30 分钟 | 1 hour 30 min

VND++  
1,200,000

触碰的疗愈力量与大地的能量相结合，在这项放松且舒缓肌肉的按摩中发挥作用。温热的石头以流畅的长动作滑过全身，帮助放松肌肉，舒缓情绪。同时，将石头放置于身体的各个能量点上，以激发身体的自然自愈能力。

The healing power of touch combines with the energy of the earth in this relaxing, muscle-melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps relax the muscles and has a soothing effect on your emotions. At the same time, stones are placed on various energy points of the body to stimulate its natural healing potential.

### 草药热敷 | Herbal Compress

🕒 80 分钟 | 80 min

1,100,000

该疗程采用传统方式进行，首先通过精油按摩来放松身心，并打开毛孔。随后使用由50种草药配制而成的药草包加热后敷于身体。草本精油有助于缓解压力、减轻肌肉与关节疼痛、排毒、促进血液循环并缓解神经紧张。

This treatment is performed in a traditional manner, beginning with an oil massage to relax the body and mind, and to open the pores of the skin. A medicated herbal pouch, prepared from 50 different herbs, is then warmed and applied to the body. The herbal oil is known to alleviate stress, reduce muscle and joint pain, detoxify the body, improve blood circulation, and ease nervous tension.

### 越南传统疗法 | Vietnamese Treatment

🕒 60 分钟 / 80 分钟 | 60 min / 80 min

950,000 / 1,100,000

通过这项传统按摩，结合穴位按压技巧与有力的手法，促进血液循环，焕活身体，温热并放松肌肉。  
Improve circulation and rejuvenate the body with this traditional massage, which incorporates pressure point techniques with invigorating movements to warm and relax the muscles.



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# 全身疗法

## BODY TREATMENTS

### 深层组织疗法 | Deep Tissue Treatment

VND++

🕒 60 分钟 / 75 分钟 | 60 min / 75 min

950,000 / 1,100,000

这是一种采用动态技术的深层疗法，旨在释放深层肌肉紧张并舒缓身心。这种融合了世界顶级按摩技巧和传统疗愈的疗程，不仅能有效缓解压力，还带来深度放松和平衡的感觉。

A deep tissue treatment with dynamic techniques designed to dissolve deep muscle tension and soothe the spirit. This harmonious blend of the world's best massage methods and traditional healing not only melts away stress but also promotes a deep sense of relaxation and balance.

### 东方疗法 | Oriental Therapy

🕒 60 分钟 / 80 分钟 | 60 min / 80 min

850,000 / 980,000

通过全身按摩、穴位刺激和拉伸技术来缓解压力，促进能量流通并放松身体。

A stress-relieving treatment that combines a full-body massage with acupressure and stretching techniques.

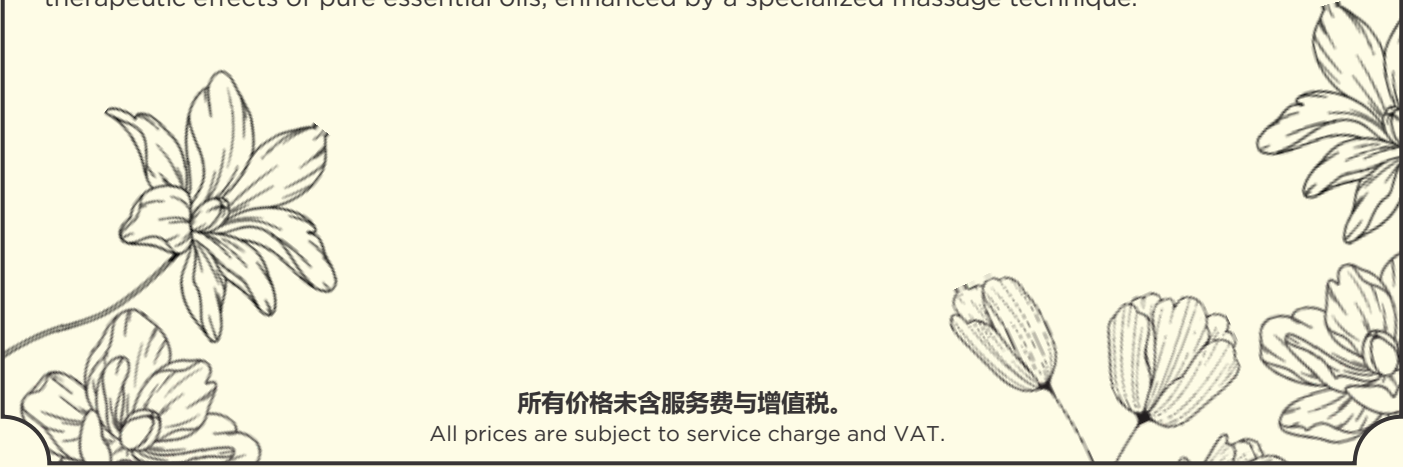
### 芳香疗法 | Aromatherapy

🕒 60 分钟 / 80 分钟 | 60 min / 80 min

850,000 / 980,000

专为放松身心、减轻压力而设计，结合了精油的治疗功效与专业按摩技法。

This treatment is designed to promote relaxation, relieve tension, and reduce stress through the therapeutic effects of pure essential oils, enhanced by a specialized massage technique.



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# 全身疗法

## BODY TREATMENTS

### 背部、颈部、肩部疗法 | Back, Neck and Shoulder

VND++

🕒 45 分钟 | 45 min

650,000

专注于容易积压压力的上背部区域，深入按摩背部与肩颈部，释放压力、消除疲劳并激活能量。

This treatment focuses on the upper back area, which is especially prone to holding tension. A targeted back, neck, and shoulder massage is designed to relieve stress, melt away tension, and energize your body.

### 印度头部疗法 | Indian Head Therapy

🕒 60 分钟 | 60 min

750,000

采用轻柔刺激的技巧，帮助改善头皮血液循环、滋养头皮，并带来深度放松感。

Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp, and induces a deep sense of calm.

### 足部反射疗法 | Foot Acupressure

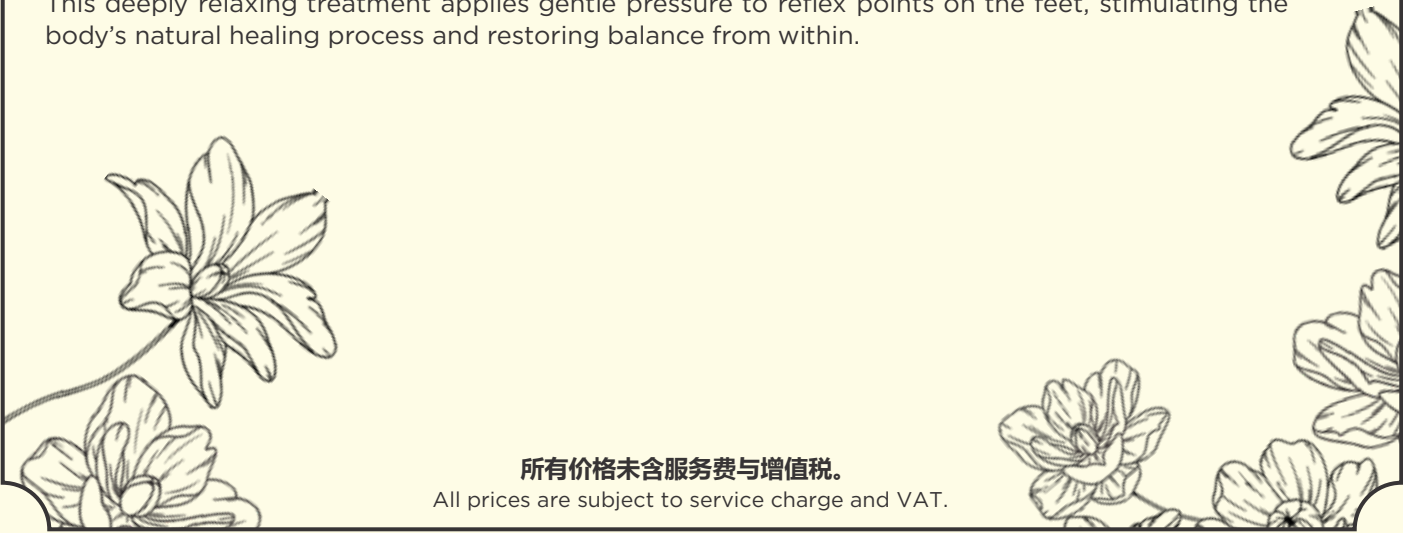
🕒 45 分钟 / 60 分钟 | 45 min / 60 min

450,000 / 550,000

(草药足浴和去角质足部护理 | Herbal Foot Bath and Foot Exfoliation)

这项深度放松的护理通过对足部反射区施加轻柔压力，刺激身体的自然自愈过程，从内在恢复平衡。

This deeply relaxing treatment applies gentle pressure to reflex points on the feet, stimulating the body's natural healing process and restoring balance from within.



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