

S L O W
D O W N
and
Relax

AT KARA SPA
CARAVELLE SAIGON

SIGNATURE PACKAGES PRICE LIST

RETREAT

120 mins – 1,576,000

Welcome drink

Foot bath

Aroma body massage 60 mins

Revitalising facial 60 mins

REBALANCE

120 mins – 1,450,000

Welcome drink

Foot bath

Aroma body massage 60 mins

Foot relaxing massage 60 mins

RELAXATION

180 mins – 2,265,000

Welcome drink

Foot bath

Revitalising facial 60 mins

Aroma body massage 60 mins

Foot relaxing massage 60 mins

VITALITY

180 mins – 2,385,000

Welcome drink

Foot bath

Tradition Vietnamese scrub 45 mins

Dead sea mud wrap 45 mins

Balinese 90 mins

SPIRIT OF KARA

210 mins – 2,730,000

Welcome drink

Hot stone massage 90 mins

Revitalising facial 60 mins

Foot relaxing massage 60 mins

SERENITY FOR COUPLES

210 mins – 4,545,000

VIP room

Welcome drink

Memorable and enjoyable jacuzzi 30 mins

Tradition Vietnamese massage 60 mins

Revitalising facial 60 mins

Foot relaxing massage 60 mins



VIP TREATMENT ROOM

Availability at an additional charge with any treatment.
The VIP room has a private Jacuzzi and shower
with ceiling to floor windows.

For Twin use	45 minutes	650,000
For Single use	45 minutes	400,000

Opening hours from 09:00 to 21:00

Prices are quoted in Vietnamese Dong and exclusive of 5% Service Charge & 10% VAT

SPA PRICE LIST

MASSAGE THERAPY

Head, Back & Shoulder	30 mins	680,000
Swedish	60 mins	1,150,000
	90 mins	1,500,000
	60 mins	1,150,000
Aromatherapy	75 mins	1,250,000
	90 mins	1,500,000
	60 mins	1,150,000
Balinese	75 mins	1,250,000
	90 mins	1,500,000
	60 mins	1,150,000
Traditional Thai	90 mins	1,500,000
	60 mins	1,150,000
Traditional Vietnamese	90 mins	1,500,000
	60 mins	1,150,000
Healing Stone	90 mins	1,650,000
Kara Saigon Signature	90 mins	1,650,000
Four Hands	60 mins	1,650,000
Kara Candle	60 mins	1,200,000
	90 mins	1,650,000

FACIAL THERAPY

Revitalising	60 mins	1,150,000
Anti-aging	70 mins	1,250,000
Collagen Facial	90 mins	1,650,000
Collagen Mask	30 mins	925,000

BODY TREATMENT

Rice Milk Body Moisturising	50 mins	750,000
Aromatherapy Sea Salt	50 mins	750,000
Black Sesame and Honey	50 mins	750,000
Dead Sea Mud Wrap	50 mins	1,040,000
Seaweed Body Wrap	50 mins	1,040,000

FOOT MASSAGE

Foot massage	45 mins	590,000
Foot massage	60 mins	790,000

HAND & FOOT THERAPY

Hand Paraffin	45 mins	575,000
Foot Paraffin	45 mins	575,000
Hand and Foot Paraffin	75 mins	825,000

NAIL CARE

Kara Manicure	45 mins	380,000
Kara Pedicure	70 mins	650,000
Gel Manicure	60 mins	565,000
Gel Pedicure	90 mins	850,000
Heel Scraping	30 mins	250,000
Gel Removal	20 mins	150,000

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SIGNATURE PACKAGES

RETREAT

120 mins – 1,576,000

Total relaxation starting with an hour of Traditional Vietnamese treatment using medium to strong pressure to restore and maintain a healthy balance of your body. A purifying facial will then follow, leaving your face balanced and a fresh look.

Kara foot bath » Body massage » Revitalising facial

REBALANCE

120 mins – 1,450,000

Begin with a Balinese traditional treatment working deep into the skin and muscles to relieve strained muscles and joint pain, reduce stress and restore balance to your body. This will be followed by a foot massage with pressure point technique.

Kara foot bath » Full body massage » Foot massage

RELAXATION

180 mins – 2,265,000

Start with an Aroma therapy body massage followed by a purifying facial and foot massage. Use special essential oil blends tailored to suit your skin and body needs. This treatment will help create inner balance and overall health and well-being.

Kara foot bath » Body massage » Revitalising facial » Foot massage

VITALITY

180 mins – 2,385,000

Enjoy a new level of indulgence with a combination of rice milk body polish, Dead Sea mud-Vietnamese Herbal treatment, vitamins and minerals to awaken and reinvigorate the skin. Followed by a Balinese improves poor blood circulation and reduce stress.

Kara foot bath » Body scrub » Body wrap » Body massage

SPIRIT OF KARA

210 mins – 2,730,000

A combination of healing stone and essential oil massage will completely treat your physical and psychological wellbeing. Followed by a pampering facial and foot massage, this relaxing treatment will leave the skin, mind, body and soul the therapeutic effect that lasts for hours afterward.

Kara foot bath » Hot stone » Revitalising facial » Foot massage

SERENITY FOR COUPLES

210 mins – 4,545,000

Relax and enjoy a refreshing soak with your partner in our romantic couples Jacuzzi, decorated with rose petals and Aroma candles. This will be followed by a traditional Balinese treatment, and then a pampering facial for two. Finish off this romantic package with a foot massage treatment.

Kara foot bath » Full body massage » Revitalizing facial » Foot massage

MASSAGE THERAPY

HEAD, BACK & SHOULDER

30 mins – 680,000

Let stress and tension be worked out of tired muscles by the expert hands of our dedicated staff, who will focus purely on these sore points and help your stress fade away.

SWEDISH

60 mins – 1,150,000

90 mins – 1,500,000

Swedish massage is renowned for its proven health benefits such as improving poor circulation, joint stiffness, and reducing muscle pain or stress. Soft-to medium-strength strokes are ideal for those looking for a relaxing, enjoyable massage.

AROMATHERAPY

60 mins – 1,150,000

75 mins – 1,250,000

90 mins – 1,500,000

Using a blend of pure aromatic oils to help you relax, rejuvenate and re-energise. A gentle massage of your body from head to toe, which stimulates the lymphatic system while bringing a sense of calm and well-being to nourish your mind, body and soul.

TRADITIONAL VIETNAMESE

60 mins – 1,150,000

90 mins – 1,500,000

A traditional Vietnamese massage that combines thumb and finger manipulation using medium to strong pressure to assist in restoring and maintaining a healthy balance between body and mind.



TRADITIONAL BALINESE

60 mins – 1,150,000

75 mins – 1,250,000

90 mins – 1,500,000

A traditional Balinese soothing massage working deep into your muscles, while helping to relieve joint pain. The boost to your blood circulation will help reduce stress and restore balance to your body. Balinese massage is a highly effective treatment for sport ailments.

TRADITIONAL THAI

60 mins – 1,150,000

90 mins – 1,500,000

Through stretching and passive joint movement, Thai massage can restore the flow of positive energy throughout your body and provide relief for strained or tightened muscles. Slow strokes and concentration on problem muscle groups make this massage ideal for anyone seeking both relief and relaxation.

KARA CANDLE

60 mins – 1,200,000

90 mins – 1,650,000

Using an aromatic candle infused with warm essential oils, this process restores the body and improves muscle tone, while creating a sense of total relaxation. This treatment is also perfect for moisturising dry skin.

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HEALING STONE

90 mins – 1,650,000

Healing stones combine all the benefits of thermotherapy with gliding massage strokes to create a deeply relaxing and healing treatment. Assisting in the absorption of therapeutic oils, with the massage therapist following meridian lines, warm stones are used to ease muscles and restore the body's energy and vitality.



SAIGON SIGNATURE

90 mins – 1,650,000

The Saigon Signature treatment brings together a unique blend of five different treatment styles – Thai, Balinese, Swedish, Vietnamese and Healing Stone. What makes this treatment particularly exquisite is the skilled technique of the therapist working with blended essential oils. A holistic approach to your body.

FOUR-HANDS

60 mins – 1,650,000

The four-hands treatment utilises two therapists mirroring each other's movements. Our therapists will use the body as a form of canvas onto which they slowly choreograph detailed movements of varying paces and pressures. Pure indulgence.

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FACIAL THERAPY

REVITALISING

60 mins – 1,150,000

Gently exfoliates the skin's surface with bran oil and Marshmallow Extract, preparing the skin for moisture retention. This hydrating treatment helps unclog pores. Your skin will feel soft and supple. This gentle formula will eliminate blemish-causing bacteria, restoring the barrier functionality of your skin.

ANTI-AGING

70 mins – 1,250,000

This facial actively delays the effects of premature aging, re-texturises and helps renew the surface of the skin. Refine pores and smooth the appearance of fine dry lines and wrinkles by using Centella, Banana flower and Nano Shiso extracts. Your skin will glow brighter and look younger and healthier.

COLLAGEN FACIAL

90 mins – 1,650,000

This unique facial instantly cleanses, energises and conditions the skin leaving it balanced, renewed and restored. Collagen masks remarkably help maintain the skin's youthfulness and slow skin aging. Maintain the skin's firmness and smooth texture, moisturise and rehydrate dry skin the natural way.



COLLAGEN MASK

45 mins – 925,000

A collagen mask can be added to any of your facial treatments. Collagen masks offer a trusted and convenient solution to protect the skin from breaking down and boost the production of collagen as well.

BODY TREATMENT



RICE MILK BODY MOISTURISING

50 mins – 750,000

Contains nourishing vitamins, antioxidants and moisturizing oils to leave skin silky and soft. Renew your skin's natural inner radiance with a body scrub performed with rice and sea salt to help gently scrub away dullness, while the milk hydrates and softens your skin.

AROMATHERAPY SEA SALT

50 mins – 750,000

A zesty full-body exfoliation using aroma oils such as lavender and lemongrass in purified sea salt. This formula carries skin refining, healing properties to wake and invigorate dull rough skin.

BLACK SESAME & HONEY

50 mins – 750,000

The Egyptian art of using honey to restore skin in an ancient art and natural remedy. Treatment begins with an uplifting Black Sesame, sea salt and honey body scrub that will leave the skin silky smooth with a healthy glow.

DEAD SEA MUD WRAP

50 mins – 1,040,000

The Dead Sea Mud Wrap also contains Vietnamese herbs. This exotic and therapeutic wrap is easily absorbed into the skin, and has both nourishing and detoxifying benefits.

SEAWEED BODY WRAP

50 mins – 1,040,000

A highly concentrated natural seaweed extract, contains rich elements that give the wrap its stimulating, detoxifying and firming effect. It enhances circulation, and helps reduce water retention while hydrating and replenishing the skin.



Opening hours from 09:00 to 21:00

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NAIL CARE

Manicure	45 mins	380,000
Pedicure	70 mins	650,000
Gel Manicure	60 mins	565,000
Gel Pedicure	90 mins	850,000
Heel Scraping	30 mins	250,000
Gel Removal	20 mins	150,000

After a foot soak filled with herbs and essential oils, the treatment includes a hand/ foot exfoliation, cuticle care, nail shaping, a light hand/ foot massage and a choice of polish application.

HAND & FOOT THERAPY

Hand Paraffin	45 mins	575,000
Foot Paraffin	45 mins	575,000
Hand and Foot Paraffin	75 mins	825,000

Commencing with a sea salt scrub then a relaxing massage followed by a paraffin hot wax to soften and soothe the skin. This treatment is excellent for moisturising cracked and dry skin.



FOOT MASSAGE	45 mins	590,000
	60 mins	790,000

A traditional treatment that focuses on the feet to relief the entire body. It is a relaxing pressure-point foot massage that balances the body to re-establish your energy flow and restore your equilibrium.

*Opening hours from 09:00 to 21:00
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and exclusive of 5% Service Charge & 10% VAT*

Spa Etiquette

The spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors speak softly and keep noise to a minimum. Children are not allowed at the spa unless they are accompanied by an adult. Cellular phones and electronic devices are not allowed.

RESERVATION: *Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card is required at the time of booking for a confirmed appointment.*

CANCELLATION POLICY: *A 24-hour cancellation notice is required to help us reschedule your appointment subject to space availability. Any cancellation of less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a no-show.*

BUSINESS HOURS: *Kara Spa is open from 09:00 to 21:00 daily, last booking at 20:30*

CHECK-IN: *Please arrive at least 20 minutes prior to your scheduled treatment to enjoy complimentary steam, sauna and Jacuzzi facilities. Should you arrive late for your appointment, your treatment time may be reduced and will subject to availability.*

SPECIAL AMENITIES: *Shower area and lockers are provided for your convenience. Locker keys will be available on arrival.*

SPECIAL CONSIDERATION: *If you are pregnant, you may wish to avoid booking any treatment that involves the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy. If you have high blood pressure, heart conditions, allergies or other medical complications, we advise that you consult your doctor before signing up for any spa services. Please inform our Spa receptionist of any medical conditions.*

SMOKING AND ALCOHOL: *Smoking and alcohol consumption within the spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to or after any spa treatment.*

VALUABLES: *We recommend that no jewelry to be worn at the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.*

GIFT CERTIFICATES: *Treat a friend or loved one by giving them an experience they will never forget. Gift certificates are available for use involving any spa treatment packages or retail products. Gift certificates which are valid for six months from the date of issue cannot be refundable and must be presented at the time of treatment.*

REFUND POLICY: *Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.*

PAYMENT: *We accept cash, room charge and all major credit cards. All prices are quoted in Vietnamese Dong and are subject to change without prior notice.*