



Spa and Wellness Menu

5<sup>th</sup> floor, Souphattra Hotel Vientiane

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## MARSILEA SPA

*A sanctuary of luxurious tranquility, offering a harmonious blend of ancient Laotian healing traditions and modern spa therapies. It is a sanctuary for discerning individuals seeking authentic wellness experiences and a reconnection with their inner selves in a setting of refined elegance.*

MARSILEA SPA

— *Body Massage*



\$70 - 90 minutes

## Marsilea Signature Massage

\$85 - 120 minutes

*Immerse yourself in the art of profound relaxation with the Marsilea Signature Massage our exclusive blend of Southeast Asian healing traditions and refined Western techniques. This signature journey combines the graceful touch of traditional Lao massage with soothing herbal compresses to melt away tension, flowing Hawaiian-inspired techniques, and invigorating Swedish movements to stimulate circulation. The treatment is completed with a deeply calming scalp massage to release stress and restore mental clarity.*

\$65 - 90 minutes

## Deep Tissue Massage

\$80 - 120 minutes

*Experience the power of targeted touch with our Deep Tissue Massage – a therapeutic escape designed to release built-up tension and restore total balance. This specialized massage helps release built-up tension, improve circulation, and prevent scar tissue buildup. Beyond physical relief, it promotes mental well-being by lowering heart rate, reducing blood pressure, and alleviating stress – restoring harmony to both body and mind.*

\$45 - 60 minutes

\$60 - 90 minutes

## Swedish Massage

\$75 - 120 minutes

*Reawaken your body with our Swedish Massage – a classic treatment designed to ease muscle tension and restore natural vitality. Designed with the sports enthusiast in mind, this massage effectively loosens tight muscles and relieves aches associated with strenuous activity or exercise. Light or medium pressure is customized to your personal needs.*

\$45 - 60 minutes

\$60 - 90 minutes

## Aromatherapy Oil Massage

\$75 - 120 minutes

*Surrender to tranquility with our Aromatherapy Oil Massage – a sensory journey that blends premium essential oils with expert techniques for pure relaxation. We use premium-grade essential oils combined with expert massage techniques to deliver a deeply soothing yet invigorating experience. The natural aromas harmonize emotions, relieve stress, improve circulation, and nourish the skin for a soft, radiant glow.*

\$35 - 60 minutes

\$45 - 90 minutes

## Marsilea Traditional Lao Massage

\$55 - 120 minutes

*Discover time-honored healing with our Traditional Lao Massage – an ancient practice that blends rhythmic pressure and stretching to renew energy flow. Performed without the use of oils, this rhythmic therapy combines acupressure, stretching, and deep tissue techniques to release tension, enhance circulation, and restore the body's natural energy flow.*

# — Facial Therapy



## | Jurlique Deep Cleansing \_\_\_\_\_ \$50 - 60 minutes

Reveal a fresh, radiant complexion with our Jurlique Deep Cleansing Facial, a botanical treatment that deeply purifies and refreshes. Using natural botanical ingredients, it refreshes and balances the skin, leaving it clear, smooth, and ready to absorb other skincare products more effectively.

## | Jurlique Nutri-Define Luxe Contouring \_\_\_\_\_ \$55 - 60 minutes

Elevate your skincare ritual with our Jurlique Nutri-Define Luxe Contouring Facial – a luxurious treatment that firms, lifts, and redefines. It targets signs of aging, enhances skin firmness and elasticity, and helps contour and define facial features.



# Body Treatments

## Himalayan Salt Detox Body Scrub

*\$40 - 60 minutes*

*Unveil silky, radiant skin with our Himalayan Salt Detox Body Scrub, a mineral-rich ritual that purifies and invigorates from head to toe. Infused with the nourishing benefits of fresh rose petals and milk, this treatment deeply hydrates, leaving your skin soft, radiant, and rejuvenated while promoting a sense of relaxation and balance for both body and mind.*

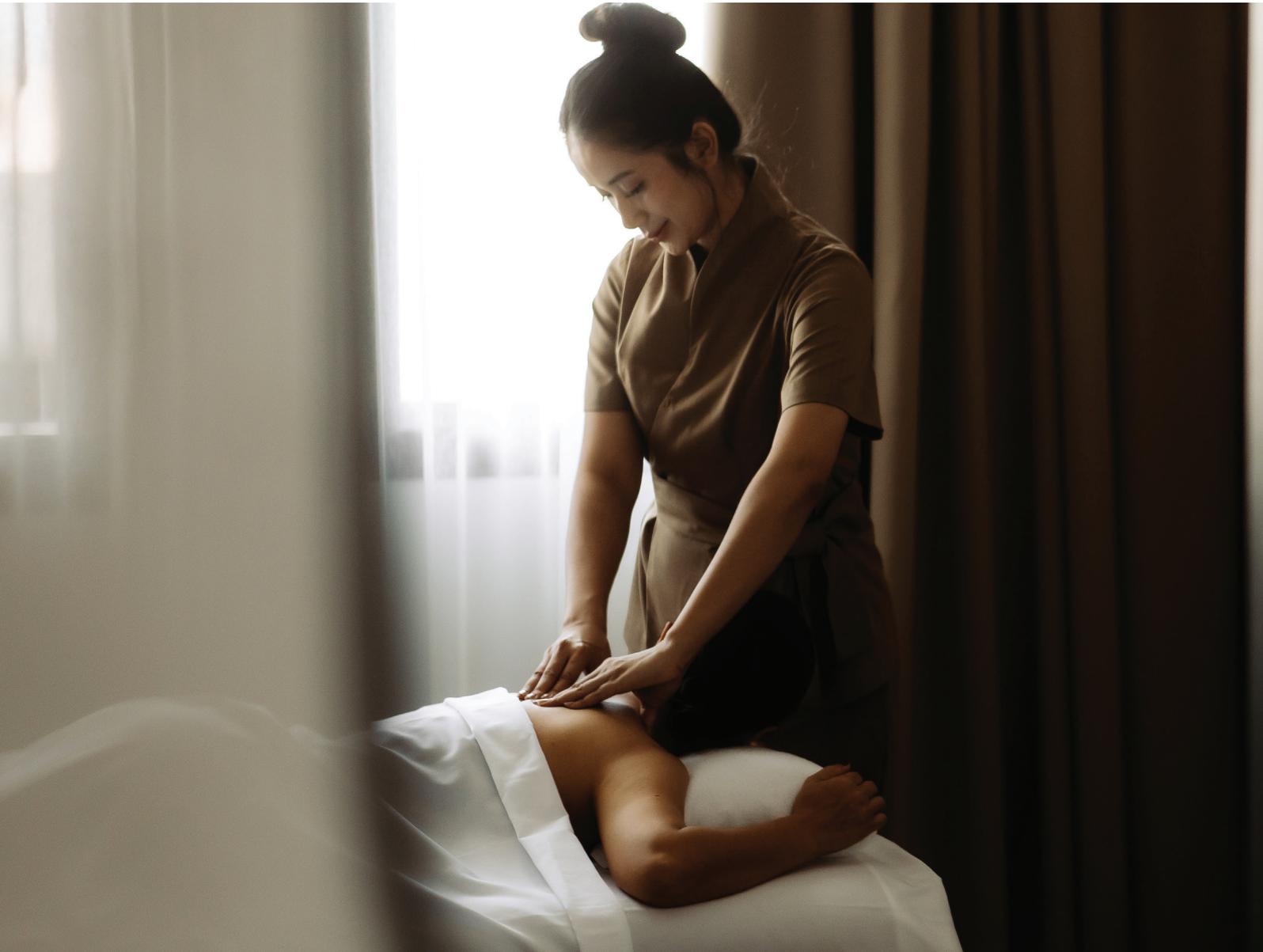
## Cream Body Scrub

*\$40 - 60 minutes*

*Indulge your senses with our Cream Body Scrub – a rich, aromatic exfoliation customized with your choice of calming or energizing botanicals. Choose your preferred scent and benefit:*

- *Ylang Ylang – Calming & Balancing*
- *Jasmine – Uplifting & Sensual*
- *Sandalwood – Grounding & Nourishing*
- *Orange – Refreshing & Energizing*

# — Blissful Moments



## | Ayurvedic Head Massage \_\_\_\_\_ \$30 - 45 minutes

*Revitalize your senses with our Ayurvedic Head Massage – a holistic therapy that restores balance to the head, neck, and shoulders. This treatment relieves tension, enhances blood circulation, and harmonizes energy flow by stimulating key Marma points. Infused with a special Ayurvedic oil blend, it also nourishes the scalp and hair, leaving you in a state of deep relaxation.*

*\$30 - 60 minutes*

## | Relaxing Foot Massage \_\_\_\_\_ \$40 - 90 minutes

*Refresh and revive tired feet with our Relaxing Foot Massage – a nurturing ritual to soothe, exfoliate, and restore balance from the ground up. This revitalizing treatment begins with a nourishing milk and kaffir lime soak, followed by a gentle Himalayan salt scrub to exfoliate and refresh the skin. The experience concludes with a soothing pressure-point foot massage to improve circulation, restore balance, and leave you feeling light, relaxed, and re-energized.*



| **Head, Neck & Shoulder Massage** \_\_\_\_\_ **\$25 - 30 minutes**

*Relieve tension instantly with our Head, Neck & Shoulder Massage – a focused treatment to ease tightness and restore mobility. A targeted massage designed to relieve deep-seated tension in the head, neck, and shoulders through precise pressure techniques and gentle stretching. Ideal for easing discomfort caused by poor posture or accumulated stress.*

| **Traditional Foot Massage** \_\_\_\_\_ **\$20 - 30 minutes**

*Reconnect to your whole body through our Traditional Foot Massage – an age-old technique stimulating vital pressure points on the soles of your feet. This treatment promotes full-body relaxation through targeted pressure points on the soles of the feet.*

# — Radiant Total Care Packages

\$60 - 90 minutes

| Ultimate Glow Package \_\_\_\_\_

\$ 70 - 120 minutes

*Transform your self-care with our Ultimate Glow Package — a seamless blend of exfoliation and massage for radiant skin and deep relaxation. Combining your choice of body scrub to exfoliate and soften the skin, followed by a relaxing massage to relieve tension and restore balance.*





| Rest & Relax Package

\$70 - 120 minutes

*Reclaim your inner calm with our Rest & Relax Package – the perfect combination of soothing massage and nourishing facial therapy. Featuring a soothing facial treatment and massage to rejuvenate your skin and a relaxing body massage to relieve tension.*



| Radiance Renewal Package \_\_\_\_\_ \$90 - 180 minutes

*Surrender to complete rejuvenation with our Radiance Renewal Package – a top-to-toe ritual of exfoliation, massage, and advanced facial care. This includes an exfoliating body scrub, a full-body massage, and a Nutri-Define Luke Contouring Facial – the perfect top-to-toe relaxation.*

# — Health & Wellness

## | Steam and Sauna

*\$10 - 60 minutes*

*Refresh and energize with our Steam & Sauna experience – a dual ritual of soothing steam and dry heat to purify, invigorate, and renew.*

*Immerse yourself in the restorative power of our Steam Room, where warm, aromatic mist softens the skin, clears the senses, and releases tension. Transition to the Sauna's dry, therapeutic heat to stimulate circulation, promote detoxification, and energize the body.*





MARSELBA  
SPA

# — Spa Etiquette

## | Arrival

*We recommend that you check in at the spa reception at least 15 minutes prior to your first scheduled appointment. This allows us to have a discussion with you about your treatment expectations. Please understand that late arrivals will not receive an extension of scheduled treatments.*

## | Advance Booking

*We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. This also applies to group classes.*

## | Age Requirement

*The minimum age requirement for access to the Spa is 15 and Fitness Center is 18. Children under 18 must be accompanied by a responsible adult when in the Spa, Gym, Swimming Pool, Steam & Sauna.*

## | Cancellation

*Please allow 4 hours' notice of cancellation to avoid a 50% charge, and 100% charge for no shows for non-hotel guests, a credit card number is required at the time of booking.*

## | Cellular Telephone

*Noise pollution adds to our everyday stress. In order to ensure tranquility and relaxation, we request you to kindly turn off your cell phone.*

## | Gratuity

*The Price includes only 10% government tax and 10% service charge. Personal gratuities are at your discretion.*

## | Health Conditions

*Please advise us of any health conditions, allergies, or injuries, which could affect your treatment when making your spa reservation.*

## | No Smoking & Alcohol

*To maintain a serene and healthy environment for all our guests, we kindly ask that you refrain from smoking or consuming alcohol within the spa premises.*

## | Pregnancy

*We have specially designed treatments for expectant mothers. Please allow our reception to guide you in selecting which treatments are most suitable for you during this special time.*

### MARSILEA SPA

*5<sup>th</sup> Floor, Souphattra Hotel Vientiane, Phonxay Village, Sikhodtabong District, Vientiane, Lao PDR*

### Opening Hours

*10:00 - 20:00*

### Contact Us

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