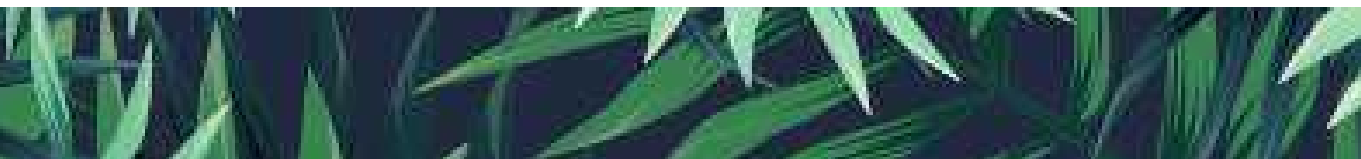




WELLBEING
ON 8



Located on the 8th floor of the hotel, Wellbeing on 8 enables you to fully immerse yourself in a world of self-indulgence. Complete with a 28m swimming pool, gymnasium, yoga room, Kids Corner and Milk & Co café. Our Spa by JW offers a range of luxurious treatments and thermal experiences across nine beautifully appointed therapy rooms, including two rooms for couples and a Vichy room, a room which enables you to feel like you are floating on water and when all is done, you can choose one of our many tranquil spaces to while away the time.



SPA Etiquette

SPA ARRIVAL

Please arrive at least 30 minutes before your treatment reservation to complete registration at the spa reception, select massage oils and enjoy the welcome drink from Rosemary 🌿

In addition, you can use the sauna and Jacuzzi in the men's and women's changing rooms before or after any treatments. Please arrive earlier than your spa reservation if you would like to have full use of the facilities of Wellbeing on 8 before your treatment.

Following your treatment, you can relax in one of our many tranquil spaces on the 8th floor, in The Retreat, in one of our chill out chairs overlooking the lake or in Dragon's View watching the city lights, you choose, please ask our team to show you.

MOBILE PHONES

SPA by JW is a time to escape and retreat from the stresses of daily life and we request that you place your phones on silent for the comfort of our other guests.

SPA RESERVATIONS

To make an appointment for the perfect treatment, please contact +84.24.3833.5588 where we will be delighted to assist you or email to mhrs.hanjw.spa@marriott.com. If you arrive more than 10 minutes late, SPA by JW may cancel your reservation without prior notice.

DRESS CODE

Robes and slippers will be provided on your arrival. You are required to wear suitable clothes in the communal areas of Wellbeing on 8.

MEDICAL CONDITIONS

Should you be suffering from any serious medical conditions, please bring this to our attention at the booking stage. It is advisable to bring a letter from your consultant stating it is safe for you to undergo the treatments.

PREGNANCY

SPA by JW will not be able to offer all spa treatments for women during pregnancy.

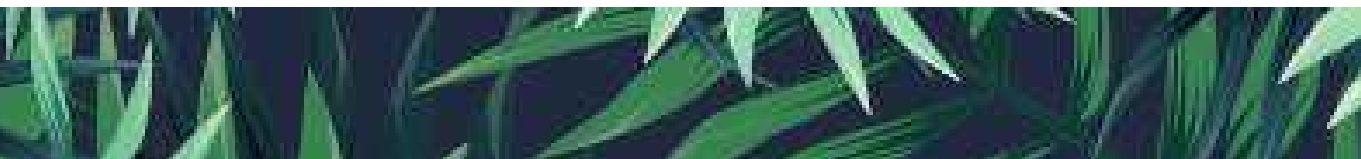
MINIMUM AGE

Minors (of any age) shall NOT receive body treatments or massages

Minors aged 15 and younger shall receive only the following services: hair services, nail service and will need the parent or legal guardian present during the authorized services takes place.

Minors aged 16-17 shall receive the services as noted for minors aged 15 and younger and facials service and will need the parent or legal guardian present during the authorized services takes place.

From 18 years and older, guests can do all services, including body-related services





FULL SPA EXPERIENCE

Packages

SANCTUARY FOR TWO

240 minutes VND 6,000,000++/2 people

Immerse in your own relaxing space for 4 hours with full use of the room's facilities privately for you! Release the tension and unwind with a glass of sparkling wine and enjoy our special spa services.

Your package includes:

- 60 minutes ultimate aroma therapy
- 60 minutes facial care
- 30 minutes body scrub • 30 minutes private Jacuzzi
- 60 minutes manicure and pedicure

Body therapy

ULTIMATE AROMA THERAPY

60 minutes VND 800,000++
90 minutes VND 1,000,000++

Experience the healing benefits of aromatherapy oils with traditional massage techniques. Your therapist creates a custom blend of organic essential oils to enhance your aromatherapy experience.

INTENSE MUSCLE RELEASE

60 minutes VND 935,000++
90 minutes VND 1,135,000++

This intensely powerful massage reaches your body deeper and renews sore muscles.

VIETNAMESE HERBAL POULTICE

90 minutes VND 1,450,000++

Using stemmed dry ginger, galangal, citronella and cinnamon muslin bags, this specialized treatment improves lymphatic drainage, warm oil is applied to the skin and poultice balls are used in a series of strokes to leave you feeling complete.

Facial care

DETOX FACIAL

60 minutes VND 1,350,000++

Detox your skin with the combination of purifying essence and skin smoothing emollients to form and heal lost collagen.

Body care

DETOX & REVITALIZE

60 minutes VND 970,000++

After detoxifying your body with coffee ground and sugar free fresh milk, revitalized your skin with a mud wrap, then moisturize with a soothing body cream.

Complimentary use of the Swimming Pool, Fitness Center, Sauna Room and Jacuzzi within 1 hour before any treatments exclude Express & Essential services

All prices (exclude Thai Massage) are subject to 10% VAT and 5% service charge

FULL SPA EXPERIENCE



CALM

Package

LADIES TIRED FEET 60 minutes VND 785,000++/ person
(applied from 2 people & more) VND 725,000++/person

Indulge, Relax and Soothe those tired feet with a foot reflexology treatment, Jacuzzi and steam with your complimentary welcome drink and afternoon tea at Milk & Co.

VICHY SPA TREATMENT 90 minutes VND 1,210,000++/person

Enjoy the experience of a Vichy treatment, it combines a scrubbing salt to exfoliate the skin and a mud mask applied to your skin to replenish those lost essential oils and release stress.

Body therapy

SYNCHRONIZED 4 60 minutes VND 1,210,000++ (15 mins with 2 therapists)
90 minutes VND 1,570,000++ (30 mins with 2 therapists)

Blending two therapists' techniques in rhythmic harmony, concentrating on the muscles of your back releasing tightness and leaving you feeling energized and ready for the rest of the day.

Facial care

SENSITIVE FACIAL 60 minutes VND 1,650,000++

Moderate your skin's redness by a perfectly purifying blend of specialized ingredients that refreshes your skin.

CAPILLARY FACIAL 60 minutes VND 1,650,000++

Gently take care of your capillary skin to be more protected from external elements.

Body care

**VIETNAMESE SIGNATURE
HERBAL JOURNEY** 60 minutes VND 970,000++

This full body exfoliating treatment applies Vietnamese herbal powder to rejuvenate the skin with a mixture of sugar-free fresh milk, self-heating mud and moisturize with body balm to soften your skin.

Express

ACHING FEET 30 Minutes VND 485,000++

Refresh those tired feet with an energizing and restorative massage that revives your aching feet.

Complimentary use of the Swimming Pool, Fitness Center, Sauna Room and Jacuzzi within 1 hour before any treatments exclude Express & Essential services

All prices (exclude Thai Massage) are subject to 10% VAT and 5% service charge



INVIGORATE

Package

JW BRIDAL SPA JOURNEY

180 minutes

VND 2,350,000++/person

Combining a 60 minute deep tissue body massage, a 75 minute renewal facial care and a 45 minute manicure or pedicure service to revitalize you for your perfect day to shine.

Body therapy

THAI MASSAGE

75 minutes

VND 1,030,000++

A gentle treatment of being kneaded gently focusing on the body's pressure points with slow stretching movements leaving you relaxed and re-energized.

Facial care

PURIFYING FACIAL

60 minutes

VND 1,650,000++

Bring your skin back to natural balance with an intensive cleanse that infuses aromatherapy benefits of iris leaving your skin deeply cleaned.

HYDRATING FACIAL

60 minutes

VND 1,350,000++

Stimulate cell renewal by re-hydrating your skin with nourishing ingredients that result in radiant skin.

Body care

POLISH WITH VICHY

90 minutes

VND 1,150,000++

Experience a treatment that permeates all five senses including our tranquil Vichy Shower Treatment.

Express

CEREMONY BATH

60 minutes

VND 1,210,000++/ 2 people

Soothe your aches and pains away with our Ceremony Bath using bath salts, essential oils and face masks.

Complimentary use of the Swimming Pool, Fitness Center, Sauna Room and Jacuzzi within 1 hour before any treatments exclude Express & Essential services

All prices (exclude Thai Massage) are subject to 10% VAT and 5% service charge

INVIGORATE



INDULGE

Package

JW GENTLEMAN'S JOURNEY 150 minutes VND 2,000,000++/person

Sore aching muscles? Enjoy this 60 minute aromatherapy massage with a 60 minute detox facial care and round off your day with shampoo and blow dry!

Body therapy

WARM STONE 90 minutes VND 1,450,000++

Using Basalt stones that absorb and retain heat with essential oils and tension releasing techniques to sooth your nerves and induce total wellbeing.

FOOT REFLEXOLOGY 60 minutes VND 545,000++

A warm foot bath with herbal salts to aid your moment leading to a massage on your pressure points help ease circulation for a balanced and renewed body.

Facial care

ANTI-AGING FACIAL 60 minutes VND 1,450,000++

Recapture a youthful complexion through a precise combination of exceptional skincare and plant stem cells to regenerate the skin.

Express

BEAUTY FLASH TREATMENT 30 minutes VND 660,000++

The simple combination of scrubbing salt and oil to result a smooth and soft skin.

Complimentary use of the Swimming Pool, Fitness Center, Sauna Room and Jacuzzi within 1 hour before any treatments exclude Express & Essential services

All prices (exclude Thai Massage) are subject to 10% VAT and 5% service charge

INDULGE



RENEW

Package

RENEW YOURSELF JOURNEY 180 minutes VND 2,500,000++/person

Enjoy total relaxation with 60 minute body care, a 60 minute anti aging facial treatment followed by a manicure and pedicure service.

Body therapy

SIGNATURE 8 BY JW 60 minutes VND 970,000++
90 minutes VND 2,180,000++

Using strokes in a figure of 8 and the letter S, this harmony stimulates blood circulation and loosen up muscle tension. 60 minutes - one therapist | 90 minutes - two therapists

Facial care

**SIGNATURE STONE
RENEWAL FACIAL** 75 minutes VND 1,450,000++

A deep exfoliation followed by a massage with cold marble stones that optimize cell generation, stimulate the skin, and offer deep relaxation.

Body care

**REFRESHING BODY
TREATMENT** 60 minutes VND 970,000++

After exfoliating your body with scrubbing salt and aroma oil, immerse yourself in natural mud to supply essential minerals for the skin.

Express

TENSION RELEASE 30 minutes VND 485,000++

Release tension from your body and mind will follow.

Complimentary use of the Swimming Pool, Fitness Center, Sauna Room and Jacuzzi within 1 hour before any treatments exclude Express & Essential services

All prices (exclude Thai Massage) are subject to 10% VAT and 5% service charge

RENEW



ESSENTIALS



NAIL & HAIR SERVICES

Nail services

Manicure	VND 305,000++
Luxury Manicure (with polish)	VND 425,000++
Pedicure	VND 305,000++
Luxury Pedicure (with polish)	VND 425,000++
Gel Color	VND 120,000++
Gel Remove	VND 220,000++

Hair services

Hair Cut For Men	VND 240,000++
Hair Cut For Women	VND 365,000++
Hair Shampoo & Blow Dry For Men	VND 145,000++
Hair Shampoo & Blow Dry For Women	VND 240,000++
Hair Styling For Men	VND 240,000++
Hair Styling For Women	VND 365,000++

Complimentary use of the Swimming Pool, Fitness Center, Sauna Room and Jacuzzi within 1 hour before any treatments exclude Express & Essential services

All prices (exclude Thai Massage) are subject to 10% VAT and 5% service charge

NAIL & HAIR SERVICES

Operating Hours

Wellbeing on 8 daily 6:00 a.m. - 10:00 p.m.

• SPA by JW: 10:00 a.m. – 10:00 p.m.

• The Salon (Wednesday – Sunday): 10:00 a.m. – 7:30 p.m.

• Gymnasium: *In-house guests:* 24 hours
Members: 6:00 a.m. – 10:00 p.m.

• Swimming Pool: 6:00 a.m. – 10:00 p.m.

• Milk & Co.: 10:00 a.m. – 7:00 p.m.



JW MARRIOTT

HANOI