

## SOFITEL LEGEND METROPOLE HANOI

### Location:

Le Spa du Metropole occupies a quiet corner of the Sofitel Legend Metropole Hanoi, overlooking the swimming pool and courtyard. The hotel and spa are within walking distance of Hanoi's charming Old Quarter, also known as the "36 Streets," and close to many other historical and cultural landmarks. Le Spa offers a serene and exclusive setting for legendary body treatments.

### Interior Design:

*P49 Design and Associates*

Spanning two stories and 400 square meters, seven styled treatment rooms give guests a variety of aesthetic options, making each return visit to Le Spa a new, unique experience. With a touch of Indochine-inspired architecture, Le Spa's atmosphere is influenced by both the Metropole Wing's classic look and the Opera Wing's contemporary feel.

**Belle de Jour & Reve de Soie Rooms:** In these single rooms, French architecture is paired with Asian interior design. Off-white wooden wall panels with decorative moldings give a distinctive flair.

**Tonkin Suite:** Inspired by romantic memories of Indochina, East meets West in this couple suite. While the pale jade color scheme is distinctly Asian, the wall panel design has western features. Jacuzzi is available.

**Annam Suite:** This couple room's aesthetics evoke French neoclassical style. Exquisite features make this suite memorable, such as the gray striped timber moldings and the glass mosaic behind the hydrotherapy bathtub. Jacuzzi is available.

**Hoang Dao Room:** Red, a propitious color in Vietnam, is thematic in this room, which is imagined as a living space for wealthy Vietnamese fascinated by traditional emblems of elegance and style. This is a single treatment room.

**Sabai Room:** With a graceful blue and white decorative scheme, our single Thai massage room draws inspiration from the Marukhathayawan Summer Palace in Thailand.

**Exquis Room:** With geometric forms throughout, this single retro room uses French methods of simplifying art deco style to yield a pure, minimalist look. Warm colors create a cozy atmosphere.

### Products:

Le Spa du Metropole offers the ultimate union of health and relaxation in the privacy of an intimate setting. Treatments are

provided with international and local high-end products:

- **Clarins**, a world-renowned range of skincare products from France
- **Ytsara**, a luxury spa product brand from Thailand
- Exclusive oil blends and essences formulated for Le Spa du Metropole by Laurent Severac, a renowned perfumer from Grasse, France

**Treatments:**

Le Spa treatments artfully blend ancient beauty secrets and holistic rituals from the East with contemporary therapies from the West.

Essences that reflect the traditional scents of Vietnam and those reminiscent of an Indochina Journey have been blended to provide a signature ambient scent for the spa areas, including the linen, to complement the entire spa experience.

In addition, our music selection allows guests to immerse themselves in a world of relaxation and wellbeing from the moment they enter the spa with different music selection in each area of the spa.

To add a special, customised touch to the treatments, the signature massages and body rituals have been designed exclusively for Le Spa du Metropole by **Madame Galya Ortega**, a renowned international holistic specialist from Paris, France.

**Menu:**

**A LA CARTE**

**Les Entrées - Starters**

**Aromatic Bath (30 min.)**

*Select from an array of essential oils to suit every mood.*

**Hammam Steam (20 min.)**

*Detoxifying thermal session to stimulate blood circulation and soothe the body and mind.*

**Finnish Style Sauna (20 min.)**

*Enjoy soothing warmth infused with aromatic Vietnamese herbs to relax the muscles and relieve tension.*

**Sacred Flower Scrub (45 min.)**

*Indulge in an exhilarating blend of flowers to refine the skin.*

**Les Plats / Main****Dawn on Halong Bay (90 min.)**

*Organic facial with a unique blend of green tea and bamboo shoot extract enhanced with ancient Vietnamese Dien Cham technique*

**Lunar Beauty (60 min.)**

*A brightening and natural Ytsara facial, using the benefits of rosewood, Madurai jasmine and Neroli extracts.*

**Clarins Facial Treatment (60 min.)**

*Organic facial treatments using the best French techniques. After a skin diagnosis we find the most suitable treatment for your complexion to purify and enhance hydration, radiance, youth, and whitening. For men and women.*

**Clarins Body Treatment (60 min.)**

*Organic body treatments using the best French techniques for perfect skin, with smoothing, moisturizing, firming and slimming results.*

***World's Best*****French Silhouette (90 mins)**

*A gentle massage that uses draining and bamboo to detoxify and define the silhouette.*

**Jet-Lag Recovery Massage (90 mins)**

*A mineralising and stimulating massage using a Kansu bowl to loosen muscles and improve sleep quality.*

**Ethnic Fusion (90 min.)**

*An authentic massage drawing from several traditions to yield a sensory experience for the whole body.*

**Deep Relaxation (60 min.)**

*An enveloping massage that relieves tension and reconnects you to your body.*

**Shiatsu (60 mins)**

*A massage to relieve stress and revitalise, designed to help find balance in the body and spirit.*

**Les Desserts - Desserts****Leg Reviver (60 min.)**

*After a day of shopping revitalise your legs with a gentle foot scrub followed by a relaxing foot reflexology treatment that uses a traditional Thai wooden stick.*

**Oriental Wrap Soufflé (45 min.)**

*A regenerating body wrap using white clay, rice bran and bamboo shoot extract to nourish the skin.*

**Menu suggestions:****Spa Time (60 min., 90 min. or more)**

*Prepare your own spa journey from our selection of treatments. Our suggestion is to create your own spa menu. Have three courses of spa treatments: starter, main treatment, and the divine conclusion--the “dessert” of your choice.*

**Aromatic Dinner (120 min.)**

*Experience an aromatic massage “à deux” followed by a romantic dinner.*

**Scrunch (90 min.)**

*The ultimate combination: an aromatic body scrub and a healthy lunch or weekend brunch.*

***Rituels / Blissful Rituals*****“Just the Two of Us” (180 mins)**

*Relax in one of our couple’s suites and enjoy the therapeutic benefits of a private aromatic steam bath followed by a soothing floral bath, full body massage and a Clarins facial for two. A four-course menu: steam bath, floral bath, body massage and facial.*

**Body & Soul (150 min.)**

*A complete ritual for a silky smooth body: a steam shower, a detoxifying body wrap, and a tranquil meditation massage. A three-course menu: steam bath, body wrap and body massage.*

**Imperial Experience (150 min.)**

*A private steam shower, detoxifying body wrap and massage.*

*Finish off with a brightening natural facial.*

*A four-course menu: steam bath, body wrap, body massage and facial.*

**Highlands in the Mist (150 min.)**

*Begin with a private steam shower followed by an invigorating bath, a full body exfoliation, and a body massage.*

*A four-course menu: steam bath, bath, body polish and body massage.*

**VIP Touches**

*In order to make your spa experience even more unforgettable, we offer a range of extra services to indulge in before, after or during your treatments. Try a bottle of Champagne served during your bath, a special bouquet of flowers for your beloved or a box of chocolates just to indulge...*

**Prices:**

Prices vary according to the length of the treatment starting from USD \$55 or 1,056,000 VND for 1 hour treatment.

Prices are inclusive of 5% service charges and 10% government tax and 30% special tax on massage.

**Opening hours:**

Le Spa is open from 10 am to 10 pm daily.

The last treatment reservation is at 9 pm.

Le Spa is open to guests of the hotel and to non-residents.

**Address:**

Sofitel Legend Metropole Hanoi  
15 Ngo Quyen Street  
Hanoi, Vietnam 10000

**Reservations:**

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**Spa Manager:**

*Aurore Brahami*

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**Sofitel Legend: legendary hotels, ultimate service**

*Created by Sofitel Luxury Hotels, Sofitel Legend is a label, a seal, a private club of centennial establishments, in buildings that are often listed, on sites with a mythical heritage that are landmark attractions in their city or country. Each Sofitel is a unique gem, the promise of a voyage steeped in history and luxury, to a place where legend and reality merge into one.*

*The hallmark of the Legend label, service is at the heart of this experience. Precise and elegant gestures, considerate and devoted attention, discreet and efficient care – everything is done to anticipate the needs of each guest and ease his or her daily life.*

*The Metropole Hanoi is the first hotel in this collection. As soon as their refurbishment is completed, other hotels will become part of Sofitel Legend: the Grand Amsterdam (The Netherlands), the Old Cataract Assouan (Egypt), the Santa Clara (Colombia), the Winter Palace Luxor (Egypt), the Palais Jamaï (Morocco), the Cecil Alexandria (Egypt)...and more.*

**[www.sofitel-legend.com](http://www.sofitel-legend.com)**

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