



ST. GREGORY

THERAPY • FITNESS • AESTHETICS • ACTIVE-AGEING

Take a break from the hectic pace of life
and retreat into the tranquil environment of St. Gregory.
For a few precious moments, feel like the world is behind you,
your energy revitalized and restored, and step out filled
with a lightness of being.

Pamper yourself with a wide range of face and body treatments
and traditional healing therapies, and let the healing hands of our
therapists bring you into the state of ultimate relaxation
ideal for your mind and body.



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PARKROYAL Saigon

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FACIAL TREATMENTS

St. Gregory Swift Face Care **30 mins** **VND616,000**

Designed with speed and immediate results in mind, this facial is dedicated to the executive constantly on the move. An instant radiance booster for dull and tired skin, it is an ideal pre-event facial or a supplementary treatment for more comprehensive facials.

New Experience Facial **60 mins** **VND880,000**

This relaxing facial delights your senses and treats skin at its deepest levels without aggression, using Eastern massage techniques that energize the skin.

Anti-Ageing Facial **75 mins** **VND1,144,000**

Specially formulated to combat the visible effects of ageing, this facial has fortifying, regenerating and moisturizing properties to restore skin's elasticity, while enhancing its firmness and youthful radiance.

BODY MASSAGES

Aromatic Body Bliss **60 mins** **VND1,056,000**

Combining the power of essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses and lulls you into a state of ultimate relaxation.

Traditional Thai **60 mins** **VND1,056,000**

A uniquely wonderful form of hands-on healing work that improves muscle flexibility and blood circulation, while accelerating physical healing and stimulating clarity of mind.

Well Being **75 mins** **VND1,320,000**

Beginning with light body brushing to enhance the therapeutic effects of the massage oils, this invigorating treatments combines the ten cultural strokes of massage to strengthen the body's vital energies and refresh the spirit.

Rates are inclusive of VAT and service charge

Elemis Aroma Stone Therapy **75 mins** **VND1,408,000**

Harnessing the healing power and energy of stones, small stones are placed on key energy points of the body. With its deep penetrating heat, the stones are used to massage the body, easing away aches and muscle tension, while relaxing and restoring the balance to the mind and body.

Balinese **90 mins** **VND1,408,000**

An all time favorite deep tissue massage that relieves muscle soreness, improves circulation and eliminates toxins. Tension areas are eased away with firm, deep pressure, percussion movements and pressure circles.

BODY TREATMENTS

Body Exfoliation **30 mins** **VND792,000**

Dead skin cells are gently exfoliated with bamboo powder. An exotic body lotion is then applied, leaving skin silky soft, smooth and glowing.

Body Wrap **90 mins** **VND1,584,000**

A body mask is applied together with a blend of essential oils in a comforting foil wrap. Enjoy a soothing face and scalp massage as this detoxifying wrap deeply cleanses skin with its nourishing marine elements and aromatherapy properties.

Complementary

Anti-Stress **30 mins** **VND616,00**

Relieves stress points on the neck, shoulders and back, while soothing tense and aching muscles, leaving you relaxed and energized.

Tension Release Scalp Massage **15 mins** **VND352,000**

This gentle relaxing scalp massage relieve scalp tension and tension headache, stimulates localised circulation, promote better sleep and wellbeing.

TRADITIONAL CHINESE THERAPY

Tui Na Massage

60 mins VND1,210,000

Tui Na, or 'push' and 'pull' in Mandarin, is an ancient Chinese therapy combining massage and acupressure. Using a range of vigorous and penetrating techniques (squeezing, pushing, pulling and kneading) to stimulate key pressure points, it unblocks and enhances the flow of 'Qi' or vital energy in the body, thus relieving tension and restoring balance.

Gua Sha

15 mins VND352,000

A technique of applying pressure and friction to the skin to stimulate the connective tissue affecting internal organs, thus releasing blocked 'Qi' that promotes blood circulation and eliminating toxins from the body. Also relieves muscular tightness and pain.

Traditional Chinese Foot Reflexology

30 mins VND440,000

60 mins VND792,000

In Traditional Chinese Medicine, every meridian point on the sole of our feet reflex to a particular part of our body. A steady, even pressure is applied to massage and stimulate these points, thus clearing out toxins, removing energy blockages and improving blood circulation and overall wellbeing.

SPA RITUALS

Jet Lag Relief	75 mins	VND1,056,000
<ul style="list-style-type: none">• Anti-Stress Massage• Scalp Massage• Foot Massage		
Body Care	90 mins	VND1,386,000
<ul style="list-style-type: none">• Aromatic Body Bliss or Traditional Thai Massage• Body Exfoliation		
Oriental Therapy	120 mins	VND1,501,000
<ul style="list-style-type: none">• Tui Na Massage• Traditional Chinese Foot Reflexology		
Luxury Retreat	120 mins	VND1,452,000
<ul style="list-style-type: none">• New Experience Facial• Aromatic Body Bliss Massage		
Total Wellness	150 mins	VND1,980,000
<ul style="list-style-type: none">• Aromatic Body Bliss or Traditional Thai Massage• Body Wrap		
Retreat for Two	120 mins	VND1,848,000
<ul style="list-style-type: none">• Swift Face Care• Body Exfoliation• Aromatic Body Massage		

Rates are inclusive of VAT and service charge

Opening Hours

St. Gregory offers facilities and services for the use of both ladies and gentlemen during the following operating hours: **09am to 11pm daily**.

Reservations

Advanced reservations are recommended as appointments are subject to availability. A credit card number is required at the time of booking to secure the appointment.

Health Considerations

When making your spa reservation, kindly highlight any health conditions you may have including pregnancy, high and low blood pressure, heart conditions, skin diseases, allergies or injuries, which may affect your treatment.

Check-in

Please check in at St. Gregory at least 10 minutes prior to your scheduled appointment. Regular amenities and basic toiletries are provided for your use. You may wish to bring along your swimwear if you are using the Day Spa facilities.

Cancellation Policy

Guests who cancel or reschedule their appointments less than 12 hours from their appointment slots will be charged 50% of the requested service fee. A full charge will automatically be imposed in the event of a no-show.

Late Policy

We strongly encourage that you arrive on time for your appointment. In the event that you are late, you may choose to receive:

- the treatment for the remaining time booked, or
- an alternative treatment slot when available

Payment

Payment can be made via cash in Vietnam Dong and other major credit cards.