

T R E A T M E N T P R O G R A M M E S

SPA
THE PENINSULA

by
ESPA

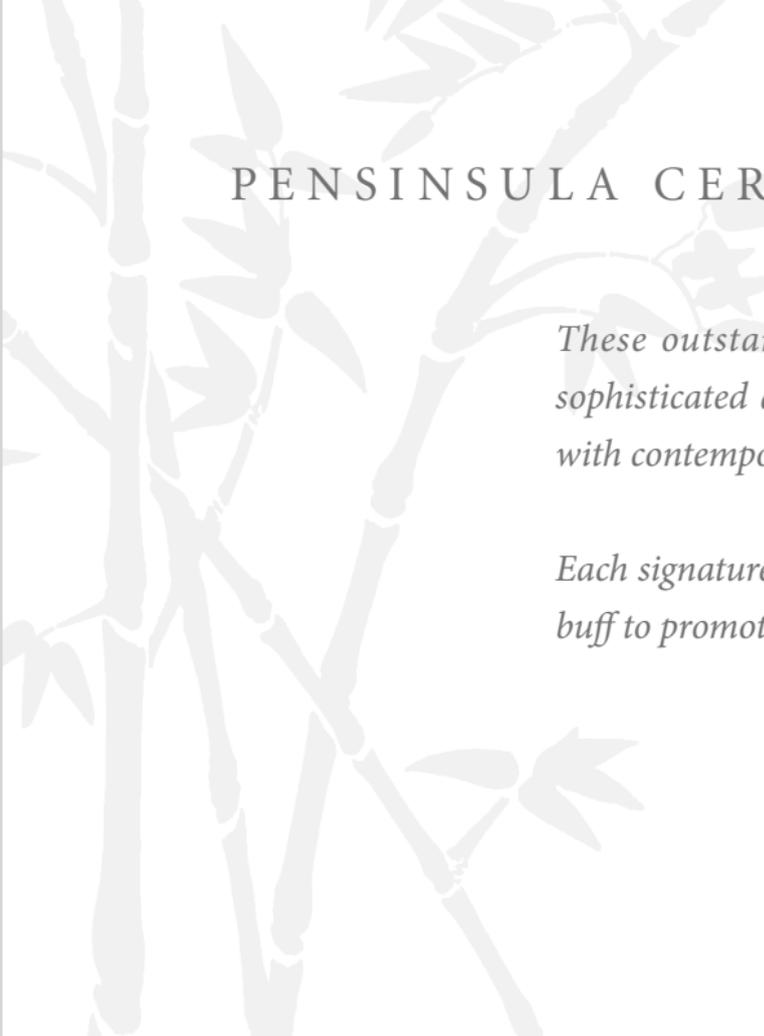
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Nestled in the heart of Beijing, footsteps away from the Forbidden City and the bustling shopping district of Wangfujing, discover the serenity, luxury and refinement of The Peninsula Spa by ESPA.

Indulge the senses and embrace a blend of ancient and modern, connect with exquisite design that captures the essence of the Orient while experiencing sophisticated and timeless spa journeys that are the ideal retreat from the vibrant city.

ESPA has created a personal spa experience encompassing outstanding treatments that reflect a unique fusion of Oriental, Ayurvedic and European therapies. Treatments and therapies are enhanced by the award-winning ESPA range of exceptionally natural, high quality skin care products, anti-stress oils, revitalizing seaweeds and cleansing muds – all ensuring renewed energy, tranquillity and balance.



PENSINSULA CEREMONIES

These outstanding treatment ceremonies specially designed for The Peninsula Spa by ESPA are intricate, sophisticated and holistic. The fusion of European concepts with Oriental and Ayurvedic philosophies, combined with contemporary treatment skills has resulted in the creation of a whole new treatment experience.

Each signature treatment begins with The Peninsula Tea Ceremony, an in-depth consultation and a fresh ginger foot buff to promote energy and grounding.

ORIENTAL LIFE DANCE

1 hour 50 minutes - RMB 1,100

- Ginger Foot Buff • Full Body Exfoliation
- Free-flowing Massage • Express Face Cleanse
- Scalp Massage

A therapeutic massage, with free-flowing technique to release tension in muscles and joints.

The skin softening body scrub, and facial cleanse are followed by body rocking and rotational movements with warm stones and warmed ESPA body oils to de-stress and calm. A deeply relaxing Oriental head massage leads into body stretching and rebalancing. Experience the release of muscle tension, greater movement and renewed energy levels.

JADE HOT STONE MASSAGE

1 hour 50 minutes - RMB 1,100

- Ginger Foot Buff
- Full Body Massage with Jade Hot Stones
- Express Face Cleanse • Scalp Massage

This exquisite and exclusive Peninsula treatment harnesses the beneficial properties of jade, often referred to as the 'Stone of Heaven' and unites this with the powerful effects of aromatherapy essential oils, ensuring a truly heavenly experience.

A cleansing express facial, energy grounding techniques and an acupressure head massage prepare mind and body for hot jade stones that are skilfully applied with long, deep massage movements to ease areas of tension. The result is a sense of deep physical relaxation, mental clarity and spiritual harmony.

VITAL QI—CHINESE MASSAGE AND REFLEX ZONE TREATMENT

1 hour 50 minutes - RMB 1,100

- Ginger Foot Buff • Traditional Chinese Massage
- Traditional Foot Reflexology

A sophisticated and harmonious treatment created to restore vitality and vigour to the body, mind and spirit.

Traditional Chinese therapies are fused to balance energy flow, known as Qi in Chinese culture. A deep pressure point massage is applied to meridians or channels, commonly known as 'Jing Lao', located all over the body and feet, to assist in the movement of stagnant Qi.

Reflex zone therapy is incorporated to target specific areas and pressure points on the feet and lower legs. This treatment is performed without oil and comfortable clothing will be provided.

DEEP TISSUE FUSION MASSAGE

1 hour 50 minutes - RMB 1,100

- Ginger Foot Buff
- Fusion of Chinese and Deep Tissue Massage with Hot Stones
- Scalp Massage • Foot Massage

Rebalance body and mind with this customised Peninsula Ceremony that artfully combines the effects of hot stones and essential oils with European and Chinese massage philosophies.

The combination of Chinese acupressure massage and European deep tissue massage releases physical stress, and personalised aromatherapy body oils realign the spirit.

A scalp massage releases mental tension, and finally a foot massage provides deep relaxation.

YIN UPLIFTER / YANG SOOTHER

1 hour 50 minutes - RMB 1,100

- Ginger Foot Buff • Full Body Exfoliation
- Gentle Balancing Massage
- Algae or Marine Mud Body Wrap • Scalp Massage

Dominant Yin requires warmth, nourishment and stimulation. Skin brushing and exfoliation softens the body and an energising hot stone massage helps to improve circulation, stimulate the mind and bring the body into balance. The cocooning linen wrap intensifies the nourishing benefits of Marine Mud, blended with an Oolong infusion and warming Mai Chang in ESPA body oils. A therapeutic scalp massage completes this relaxing experience.

Dominant Yang can result in a tendency to overheat, suffer from sensitive skin and difficulty relaxing. The dynamic Yang mind benefits from a skin brush and exfoliation, cool stone massage and a calming linen wrap of Chrysanthemum and Black Lychee combined with ESPA essential oils, Green Tea and Algae. This exquisite treatment ends with a scalp massage to restore balance to a busy mind.



ESPA AYURVEDIC INFLUENCE

A truly personal experience. Each treatment is created to meet the specific needs of the moment. A tri-doshic herbal tea infusion and foot cleansing ritual begin the experience.

PURVA KARMA FOUR HAND SYNCHRONISED MASSAGE

1 hour 50 minutes - RMB 1,700

- Foot Ritual • Full Body Exfoliation
- Four-Hand Synchronised Massage with Hot Stones
- Express Facial Cleanse • Scalp Massage

An ideal experience for those who find it difficult to unwind.

To begin, one therapist will carry out the welcome foot ritual, body exfoliation and facial cleanse. Two therapists then connect to commence the four handed, tension releasing body massage. Using advanced combinations of stretching, rolling movements and long deep strokes, this treatment features the pouring of warm oil and use of hot stones, finishing with a therapeutic head massage to achieve total relaxation.

CHAKRA BALANCING WITH VOLCANIC STONES

1 hour 50 minutes - RMB 1,100

- Foot Ritual • Full Body Exfoliation
- Massage with Hot Stones
- Express Facial Cleanse • Scalp Massage

A perfect treatment to relieve deep-seated tension and muscular stress. Skin brushing, exfoliation and an ESPA facial cleanse begin the treatment. The body is massaged with blended Aromatherapy oils and Ayurvedic infusions, combined with the use of warm stones to release tension, working on the vital energy points and chakras around the body. This treatment ends with a deeply soothing head massage to relieve stress from mind and body.

AMA RELEASING ABHYANGA

1 hour 50 minutes - RMB 1,100

- Foot Ritual • Full Body Exfoliation
- Express Face Cleanse
- Slow, Gentle Ayurvedic Marma Point Massage
- Scalp Massage

This treatment is ideal for those experiencing high levels of stress or poor sleep patterns. The body is exfoliated with a salt and oil body scrub before a gentle facial cleanse. After a shower, the Ayurvedic marma point massage uses a warm infusion of oils and herbs. Pressure is applied to the vital energy centres of face and body to gently release tensions and restore vitality. This ritual concludes with a deeply relaxing Shirobyhanga head massage.

ESPA FACIAL FOCUS

Stress, anxiety, pressure of daily life, seasonal changes and pollution are visibly reflected in the condition of the skin. These specialised advanced treatments take facials beyond cleansing, toning and moisturising and bring in progressive manual facial massage and holistic de-stressing. Totally tension relieving, the result is clear, natural healthy skin, rejuvenated, refreshed and renewed.

BACK, FACE AND SCALP WITH VOLCANIC STONES

1 hour 50 minutes – RMB 1,100

- Back Exfoliation • Back Massage with Hot Stones
- Intensive Facial • Scalp Massage

This treatment targets the classic areas of stress, from headaches, neck pain and shoulder tension to the effect these have on the skin.

A stimulating and deep cleansing back exfoliation is followed by an intensive back massage using volcanic hot stones and aromatic oils to melt away tension.

The personalised ESPA Facial then follows which concludes with a stress relieving scalp massage. The result is re-hydrated, revitalised skin, a cleansed and powerfully massaged back and a sense of deep relaxation.

**SKIN BRIGHTENER AGE DEFYER FACIAL
WITH REGENERATING AND FIRMING EYE TREATMENT**
1 hour 20 minutes – RMB 900

Suitable for mature, stressed and distressed skin types

City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. Face, neck and décolleté benefit from multiple skin cleansing, exfoliating, the ESPA Regenerating Eye Treatment and a stress defying, Shiatsu pressure point facial massage. A deeply hydrating face mask is combined with ESPA Skin Brightener, rich in Hawaiian algae, to smoothen and brighten which works on addressing irregular pigmentation.

This exquisite treatment uses the most sophisticated techniques and antioxidants, to help minimise fine lines, and leave the skin visibly bright and illuminated, hydrated and vibrant.

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment using products rich in Ginkgo Biloba and Evening Primrose, helping to reduce the appearance of fine lines and protect against the impact of the environment. This regenerating and firming eye treatment also helps relieve tension from eye-strain and computer headaches.

WITH ADDITIONAL NOURISHING HAND MASK
1 hour 50 minutes – RMB 1,100

Whilst the mask is taking effect, nourishing extracts of wild yam are applied to the hands to smooth and soothe dehydration and uneven skin tone, then a warm paraffin mask is applied.



INTENSIVE FACIALS

Designed to naturally improve the condition of the skin and enhance its appearance. Each intensive facial includes triple cleansing techniques with gentle exfoliation and a de-stressing facial massage with acupressure points and lymphatic drainage. An intensive face mask is then applied, with a simultaneous relaxing scalp massage.

Skin analysis will be given by experienced therapists to determine the ideal facial for each skin type.

INSTANT BRIGHTENER

50 minutes - RMB 600

Suitable for dull, sallow and lifeless skin types

Exposure to pollution, lack of sleep and stress can result in dull skin, lacking vitality and luminosity. This facial includes a special application of brightening Meadowsweet, rich in natural AHAs and BHAs to smooth and brighten the skin and Organic Red Mandarin oil to restore radiance. Suitable for all skin types, repeat regularly for maximum effect.

OIL CONTROLLER

50 minutes - RMB 600

Suitable for oily, combination and congested skin types

Ideal for oily, congested, problematic skin or those dealing with hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions while refining open pores. Essential oils of Tea Tree and White Thyme - naturally decongesting and anti-inflammatory - are used to clear and calm the skin.

SKIN RESCUE

50 minutes - RMB 600

Suitable for dry and dehydrated skin types

A regenerating boost for dry, dehydrated skin requiring moisture and hydration. Gentle cleansing, soft exfoliation and specialised facial oils and creams with Botanical Rescue are specifically used for their deeply re-hydrating and soothing properties.

DESENSITISER

50 minutes - RMB 600

Suitable for sensitive and delicate skin types

A gentle facial for sensitive, fragile skins prone to redness and irritation. Soothing, de-sensitising, natural plant extracts and aromatherapy oils are used to gently cleanse, nourish and hydrate fragile skins, helping to reduce sensitivity and to minimise redness.



HOLISTIC BODY MASSAGE

Choose from our luxurious selection of holistic massages. Therapist analysis will ensure that you receive a personalised treatment to suit your individual and specific needs.

AROMATHERAPY

1 hour 20 minutes - RMB 900

50 minutes - RMB 600

A deeply therapeutic massage, using blends of essential oils personally selected to suit each individual's needs.

- **DE-STRESSER**
Specially blended soothing aromatherapy oils have relaxing and sleep-enhancing properties to de-stress.
- **JET-LAG ELIMINATOR**
Rebalance your energy levels with Energising Body Oil or slip into untroubled sleep with Soothing Body Oil.
- **IMMUNE BOOSTER**
A powerful blend of Tea Tree and Eucalyptus to help support the immune system.
- **MUSCLE RELAXER**
Essential oils of West Indian Bay and Clove bring warmth to ease tension and soothe aches.
- **DETOXIFIER**
Detoxifying Body Oil is a cleansing blend of Citrus oil, which has natural diuretic properties.

DEEP TISSUE

1 hour 20 minutes - RMB 900
50 minutes - RMB 600

This sophisticated massage incorporates the use of advanced massage techniques, using elbows and forearms, to achieve a truly effective deep tissue massage. Ideal for experienced massage clients who suffer from deep-seated tension.

SWEDISH

1 hour 20 minutes - RMB 900
50 minutes - RMB 600

A truly traditional massage with regulated pressure; excellent for releasing knots and tensions in the body. Stimulating, strong movements effectively ease a tired aching back and limbs.

ESPA BALINESE

1 hour 20 minutes - RMB 900
50 minutes - RMB 600

Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation.

CHINESE MERIDIAN MASSAGE

1 hour 20 minutes - RMB 900

50 minutes - RMB 600

A truly therapeutic and stress relieving massage over clothing. The massage is tailored to the needs of the individual and is based upon the traditional Chinese belief of balancing the movement of Yin and Yang energy. The use of deep 'Shou Fa' or hand and arm massage principles including kneading, rolling, stretching and pressure point work are combined with a dry head massage to release stagnant Qi and leave the body re-energized.

REFLEX ZONE FOOT MASSAGE

50 minutes - RMB 600

Foot Reflexology is an essential element of Chinese culture and tradition and is an ancient form of therapy.

The foot mirrors the body's systems, and by massaging specific reflex points balance is achieved, creating an overall sense of well-being. Concentrating solely on the feet and lower legs, this treatment helps to relax the entire body and mind.



ESPA ESSENTIALS

ESPA Essentials have been designed to complement and enhance your spa experience. These 30-minute additions may be combined with another spa treatment from this menu, to create your own customised spa experience.

SALT AND OIL BODY SCRUB

30 minutes – RMB 300

This is a perfect pre-treatment accompaniment to any spa experience. A choice of sea salt and essential oil blends is available to soothe, exfoliate and moisturise the body to leave the skin hydrated and glowing.

EXPRESS FACIAL

30 minutes – RMB 300

A simple and effective express facial that helps to rebalance the skin. Products will be selected for your skin type, and the treatment includes cleansing, exfoliation, toning, moisturising and facial massage.

ACUPRESSURE SCALP MASSAGE

30 minutes – RMB 300

A therapeutic scalp massage that alleviates tension and helps to calm the mind. Performed with or without the use of Pink Hair and Scalp Mud, this is the perfect way to end your spa experience.

FOOT MASSAGE

30 minutes – RMB 300

This express foot massage is the perfect way to revitalise tired feet and calves. Massage techniques targeting the reflex points of the feet will leave you feeling physically and mentally re-energised.

Please note that ESPA Essentials are only available in conjunction with another 50-minute spa treatment and are not available individually.

WEEKDAY SPA ESCAPE

The Peninsula Spa's introductory Mid-Week Spa Taster is available Monday through Thursday. Guests are encouraged to arrive at the spa 60 minutes prior to their treatment time to make use of the swimming pool and spa facilities including thermal suite with crystal steam room and sauna, relaxation areas and Asian tea lounge.

MID-WEEK SPA TASTER

1 hour 50 minutes – RMB 1,100

- Salt and Oil Full-Body Exfoliation
- Holistic Body Massage
- Scalp Massage

TIME TOGETHER

2 hours 50 minutes – RMB 2,600

- One Hour of private relaxation time
- Salt and Oil Full-Body Exfoliation
- Holistic Body Massage
- Scalp Massage

Our luxurious Private Spa Suites for two offer a couples' sanctuary. Together you can indulge in a Salt and Oil full-body exfoliation and your choice of Holistic Body Massage using ESPA essential oils.

As an optional addition to complete your journey, Naturally Peninsula light and healthy cuisine is served in Jing restaurant until 6:00 pm daily, at RMB 200 per person.

PENINSULA HALF-DAY SPA JOURNEYS

1 hour 50 minutes of treatment time

Each Half-Day Spa Journey begins with full use of The Peninsula Spa. Guests are encouraged to arrive at the spa 30 to 60 minutes prior to their treatment time in order to make full use of the spa facilities, including thermal suites with crystal steam rooms and saunas, relaxation areas and Asian tea lounge.

As an optional addition to complete your journey, Naturally Peninsula light and healthy cuisine is served in Jing restaurant until 6:00 pm daily, at RMB 200 per person.

Private Spa Suites

You may enhance your Half-Day Spa Journey by reserving time in one of our private spa suites. These opulent facilities include a whirlpool bath for two, steam shower and private relaxation areas. One hour of relaxation time to enjoy these surroundings prior to your treatments may be reserved at an additional charge of RMB 400 for up to two people.

Each Spa Journey will commence with a Peninsula Tea Ceremony and fresh ginger foot buff.

DE-STRESS

1 hour 50 minutes – RMB 1,100

- Ginger Foot Buff • Aromatherapy Massage
- Intensive Facial • Scalp Massage

Unwind with an ESPA Aromatherapy massage followed by a skin specific Intensive Facial.

IMMUNE BOOSTER

1 hour 50 minutes – RMB 1,100

- Ginger Foot Buff • Body Exfoliation • Body Wrap
- Scalp Massage • Aromatherapy Massage

Perfect for busy lifestyles, to boost natural defences, enjoy an Immune Booster massage and body wrap.

DETOX ANTI-CELLULITE

1 hour 50 minutes – RMB 1,100

- Ginger Foot Buff • Anti-Cellulite Hip and Thigh Treatment
- Aromatherapy Massage • Scalp Massage

Kick-start a body detox with an ESPA Anti-Cellulite Hip and Thigh Treatment and detoxifying full-body massage with citrus rich oils.

CONTOUR AND FIRM BODY TREATMENT

1 hour 50 minutes – RMB 1,100

- Ginger Foot Buff
- Detoxifying Body Exfoliation
- Full-body Detoxification Treatment including Lymphatic Drainage, Stimulating Massage and Body Wrap • Scalp Massage

A specialised body treatment that combines a detoxifying wrap and advanced body massage to tone and firm the skin.

First of all, circulation is stimulated through body exfoliation using warm and iced mitts, a body wrap is then applied to address problem areas prone to cellulite, fluid retention and uneven skin texture. Lastly, a lymphatic drainage massage follows to help the body eliminate toxins, tone the skin and revitalise the mind. A course of treatments is recommended to maximise the effects.

MOTHER TO BE

1 hour 50 minutes – RMB 1,100

- Ginger Foot Buff • Pre-Natal Treatment
- Express Face Cleanse • Scalp Massage

Nurturing ESPA Pre-Natal Treatment and express face cleanse, designed specifically for this very special time of life.

BRIDE TO BE

1 hour 50 minutes – RMB 1,100

- Ginger Foot Buff • Body Exfoliation
- Deep Cleansing Back Treatment
- Intensive Facial • Scalp Massage

Prepare for any special occasion with a skin enhancing Salt and Oil full-body exfoliation, Deep Cleansing Back Treatment and skin-specific Intensive Facial to give a radiant appearance.

PENINSULA FULL-DAY SPA JOURNEYS

3 hours 40 minutes of treatment time

All Full-Day Spa Journeys include full use of The Peninsula Spa, fitness centre and swimming pool. Guests are encouraged to arrive at the spa 30 to 60 minutes prior to their treatment time in order to make full use of the spa facilities, including thermal suites with crystal steam rooms and saunas, relaxation areas and Asian tea lounge.

To complete your wellness journey, Naturally Peninsula light and healthy cuisine is included, and served in Jing restaurant until 6:00 pm daily.

Private Spa Suites

You may enhance your Full-Day Spa Journey by reserving time in one of our private spa suites. These opulent facilities include a whirlpool bath for two, steam shower and private relaxation areas. One hour of relaxation time to enjoy these surroundings prior to your treatments may be reserved at an additional charge of RMB 400 for up to two people.

Each Spa Journey will commence with a Peninsula Tea Ceremony and fresh ginger foot buff.

ESCAPE FROM THE CITY

3 hours 40 minutes – RMB 2,400

- Jade Hot Stone Massage
- Age Defyer Facial with Regenerating and Firming Eye Treatment
- Nourishing Hand Mask

This unique Peninsula journey begins with the outstanding Jade Hot Stone Massage using advanced energy balancing techniques and ESPA oils to melt away tension and stress, followed by a sophisticated ESPA facial to hydrate, soothe and restore the skin.

PENINSULA HAVEN

3 hours 40 minutes – RMB 2,400

- Yin Uplifter or Yang Soother
- ESPA Intensive Facial
- Traditional Foot Reflexology

This Asian-inspired treatment combines ESPA oils and herbal blends with sophisticated volcanic hot stone massage and linen wrap techniques to restore equilibrium to body and mind. The treatment concludes with the ESPA Intensive Facial to address specific skin needs and deeply relaxing pressure point foot reflexology.



ESPA FOR MEN

Our treatments are individual and specific and we encourage our male guests to enjoy any of our treatment experiences. This selection may help you make a choice to address main areas of focus and tension.

Designed especially for our male guests, this range of treatments is aimed at reducing tension and relieving stress, purifying and hydrating the skin and renewing the mind and body. Each treatment is a truly personal and individual experience, tailored to the needs of men.

MANKIND

1 hour 20 minutes - RMB 900

- Deep Tissue Back Massage
- Foot Massage

A de-stressing massage for the back and feet. Essential oils and aromatherapy massage techniques alleviate tension and tiredness stored in the neck, shoulders and back. A reflex zone foot massage using pressure point techniques completes this treatment and leaves you with a deep sense of relaxation.

CHINESE MERIDIAN MASSAGE

1 hour 20 minutes – RMB 900

50 minutes – RMB 600

Deep acupressure massage performed without oil

A truly therapeutic and stress relieving massage over clothing. The massage is tailored to the needs of the individual and is based upon the traditional Chinese belief of balancing the movement of Yin and Yang energy. The use of deep ‘Shou Fa’ or hand and arm massage principles including kneading, rolling, stretching and pressure point work are combined with a dry head massage to release stagnant Qi and leave the body re-energised.

MEN’S PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE

50 minutes – RMB 600

Suitable for all skin types

This facial works at a deep level to cleanse and hydrate the skin whilst easing any muscular tension. A triple cleanse with hot towels soothes and softens the skin and facial hair to aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows to release tight muscles and tension, leaving you feeling totally de-stressed.



ESPA SPECIALITY TREATMENTS

These speciality treatments have been designed with specific targets in mind. Pre and Post Natal Treatment and Maternity Massage are luxury indulgences to aid relaxation during this special time. Addressing other areas of concern are the Anti-Cellulite Hip and Thigh Treatment and the Deep Cleansing Back Treatment.

PRE AND POST NATAL TREATMENT

1 hour 20 minutes – RMB 900

- Body Exfoliation • Gentle Body Massage
- Body Wrap • Scalp Massage

This nurturing body treatment has been carefully designed for pregnant and nursing mothers to aid in relaxation and to improve tonicity of the skin during this very special time. Natural Calendula infused oil and advanced massage techniques are used on safe areas. The body is gently exfoliated and receives a tension relieving massage, followed by a warm application of Deeply Nourishing Body Mask, including the bust and tummy. The body is gently covered in warm linens while a relaxing scalp massage takes place.

MATERNITY MASSAGE

50 minutes – RMB 600

Specialised Body Massage for Expectant Mothers

This nurturing massage has been carefully designed for pregnant and nursing mothers, performed by experienced therapists using advanced techniques that are safe and effective for pregnant women. The soothing essence of massage allows pregnant mums to unwind and feel comforted during this special time and alleviates backaches, headaches, shoulder and neck tension caused by muscle tightness and shifts in posture. Ultimately this treatment reduces fatigue and improves skin elasticity.

Both pre natal treatments are designed for expectant mothers and are available from the fourth month of pregnancy through to until delivery.

ANTI-CELLULITE HIP AND THIGH

50 minutes – RMB 600

- Hip and Thigh Exfoliation
- Stimulating Massage
- Lymphatic Drainage

A specialised treatment to stimulate the circulation and lymphatic systems, an exfoliation with a special blend of seaweed, salt and oil is followed by the toning effects of iced mitts. A brisk and powerful detoxifying massage stimulates the circulation and lymphatic system. Relevant reflex zones and pressure points on the feet are activated to leave you feeling revitalised. A course of treatments is recommended to maximise the effects.

DEEP CLEANSING BACK TREATMENT

50 minutes – RMB 600

- Back Exfoliation
- Aromatherapy Back Massage
- Marine Mud Mask

Suitable for muscular tension and problematic skin on the back, neck or shoulders.

The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with an aromatherapy massage and marine mud mask. Lower legs and feet receive a deeply relaxing massage while the mask takes effect.

FINISHING TOUCHES

HAND AND ARM TREATMENT

Approximately 55 minutes depending on nail condition – RMB 600

- Nail Filing • Cuticle Trimming • Exfoliation
- Massage with Hot Stones • Paraffin Wax Application

A holistic arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage incorporating hot stone therapy with appropriate ESPA Body Oil. Hands and nails are treated to a warm envelopment of paraffin wax to nourish and condition.

Nail polish application is not included in this treatment, and is recommended only after a minimum of twelve hours to allow penetration of nourishing products and to maximise longevity of polish.

FOOT AND LEG TREATMENT

Approximately 1 hour 10 minutes depending on nail condition – RMB 600

- Nail Filing • Cuticle Trimming • Exfoliation
- Massage with Hot Stones • Paraffin Wax Application

A holistic foot and leg treatment including gentle skin softening exfoliation and a relaxing hot stone massage with appropriate ESPA Body Oil. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth.

Nail polish application is not included in this treatment and is recommended only after a minimum of twelve hours to allow penetration of nourishing products and to maximise longevity of polish.

H O W T O S P A

OPENING HOURS

Daily from 10:00 am to 11:00 pm

ARRIVAL TIME

You are encouraged to arrive 30 to 60 minutes prior to your appointment to change, relax and enjoy the facilities of the spa. Please understand that late arrivals may result in a reduction of treatment time.

We recommend that hotel guests arrive at the spa wearing the slippers and robe provided in the room, and advise that valuables are left in the guest room safe.

THERMAL SUITES

Prior to your treatment we encourage you to enjoy the range of heat and cooling experiences which cleanse the body and skin, relax and soothe aching muscles and prepare your body and mind for the treatment experience to follow.

These facilities are separate for male and female guests, therefore the use of swimwear is optional and of personal preference. The facilities include:

- Crystal Steam Rooms
- Saunas
- Ice Fountains

- Lifestyle Showers
- Relaxation Areas
- Changing Rooms

SCHEDULING AN APPOINTMENT

Please speak with our specialist spa reception team who will guide you to the right choice. Hotel guests may press the 'Spa' button on your in-room telephone or dial extension 6090. From outside the hotel, please call (86-10) 6510 6090.

To ensure your preferred time and service is available, we recommend advanced bookings.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries that may affect your spa experience when making your reservation.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' rights to privacy, serenity and comfort. The spa is a smoke-free zone and the use of mobile devices is not permitted.

The spa will provide all amenities required for use during your visit.

The minimum age requirement is 16 for spa experiences at The Peninsula Spa.

PREGNANCY

We have specially designed treatments for expectant women and nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable for you during this special time.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any reservation not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

GIFT CERTIFICATES

Gift certificates are available at the spa – an ideal gift for someone special.

HOMECARE

To continue your spa experience at home, ESPA and Simply Peninsula products are available for purchase at the spa reception.

PRICES

All treatment prices are quoted in Chinese RMB and are subject to 15% surcharge.

All prices are subject to change without prior notice.

THE PENINSULA

B E I J I N G

王府半岛酒店

The Peninsula Spa by ESPA, 3/F, 8 Goldfish Lane, Wangfujing, Beijing 100006, The People's Republic of China Tel: (86-10) 6510 6090 Fax: (86-10) 6510 6321 E-mail: spapbj@peninsula.com Website: peninsula.com

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