

SPA
THE PENINSULA

THE PENINSULA HONG KONG

At the heart of The Peninsula Hong Kong lies an award-winning urban retreat defined by serene indulgence. Here at The Peninsula Spa, an environment of deep relaxation and cocooning quietude creates the perfect ambiance for wellness, with results-driven treatments for both body and mind.





This exceptional, state-of-the-art urban hideaway is complemented by legendary Peninsula style and service; delivering a collection of well-being and bespoke treatments that are exclusive to The Peninsula Spa.



Enjoy sweeping harbour views from The Spa's treatment rooms and private suites, saunas, steam rooms and relaxation lounges. Use of the hotel swimming pool is included in the selected Peninsula Wellness Journeys.



The Peninsula Spa partners with leading wellness brands to offer a holistic collection of the world's finest spa and beauty experiences.



MARGY'S MONTE CARLO

An instant-results driven anti-ageing programme available exclusively at The Peninsula Spa. Featuring four unique, highly effective and results-driven facial treatments.



ESPA

ESPA

Combining the best of ancient and modern therapies and using only natural ingredients, ESPA's dedication to the highest standards of excellence extends to their highly effective, natural skin and body care range.



SIMPLY PENINSULA ROYAL THAI MASSAGE

A deeply refined massage experience specially created in partnership with the world-renowned Wat Pho Temple Traditional Medical and Massage School. Utilises acupressure and muscle stretching to achieve an uplifted state of relaxation.



SATTVA
by
SimplyPeninsula

SATTVA BY SIMPLY PENINSULA

A collaboration and partnership of The Peninsula with Ayurveda Aromatherapy pioneers, Subtle Energies. Founded on authentic Ayurveda principles, Sattva by Simply Peninsula creates results-driven, aromatherapy-based skincare solutions. The range is designed to address multiple skin and body concerns, whilst delivering high performance results.

Peninsula Signatures

ULTIMATE RADIANCE
AESTHETIC FACIAL
1 HOUR 40 MINUTES



An instant, results-driven and highly effective non-invasive treatment that uses revolutionary ultrasonic waves.

This pioneering treatment by Margy's Monte Carlo transforms the skin by stimulating the production of new collagen at the deepest skin layers that doctors seek to target with surgery, but without disrupting the skin's surface, tightening skin, reducing wrinkles and combatting the signs of ageing, leaving skin looking smoother and more radiant. Exceptional results are visible from your very first treatment.

A customised programme of four treatments within four weeks is recommended and monthly maintenance treatments are recommended.

PENINSULA TIME

2 HOURS



This bespoke treatment is entirely tailor-made for you, as the core concept of Time at The Peninsula Spa. Our therapists will create a treatment programme for you, depending on your specific needs. Experience a selection of treatments from advanced facials that de-stress and calm the overactive mind, to zone-specific massages to relieve tension or an acupressure head massage. Discover a personalised sense of well-being, in true Peninsula style.

QI BALACING MERIDIAN MASSAGE
1 HOUR
1 HOUR 30 MINUTES



Deep Chinese acupressure massage, performed without oil.

A truly therapeutic and stress relieving massage over clothing. This massage is tailored to the needs of the individual and is based upon the traditional Chinese philosophy of balancing the movement of Yin and Yang energy within the body. Kneading, rolling, stretching and deep pressure point work are performed to treat sore muscles, combined with a pressure point head massage to release stagnant 'Qi'.

SATTVA VEDIC AROMATHERAPY AND
FACIAL MARMA THERAPY
1 HOUR 40 MINUTES
(Includes facial marma therapy to help the vital Qi flow)



This rejuvenating and detoxifying treatment combines the finest traditional Ayurveda practices with modern methods. The unique and powerful effects of a traditional bronze Kasa bowl is used with warmed Ayurveda Aromatherapy oil blends to draw toxins and heat from the body. Marma therapy, lymphatic drainage and remedial massage is incorporated to reduce stress and induce better sleep. The Vedic Aromatherapy Full Body treatment includes a heavenly Facial Marma massage.

SIMPLY PENINSULA ROYAL THAI MASSAGE
1 HOUR 30 MINUTES



A traditional Thai treatment using stimulating techniques to release muscle tension and energise the body. The body finds calming relief from sore muscles and ligaments, back pain, migraines, stress and anxiety.

SIMPLY PENINSULA ROYAL THAI MASSAGE
WITH HERBAL COMPRESS
2 HOURS



A stimulating and relaxing experience, this signature treatment includes a pressure point massage, releasing blocked energy. Gentle stretching of the joints and muscles relieves tension, enhances flexibility and induces a deep state of tranquillity. A warm herbal compress is used to relieve muscle tension in the back, especially the shoulder and neck areas.

Facials

SUPER-LIFT HAUTE COUTURE
FACIAL
1 HOUR 30 MINUTES



Highly active face masks featuring Pure Collagen, Hyaluron Collagen, Vitamin C Collagen or Botolift Collagen. Before applying the mask, the skin is lightly steamed and algae patches are gently massaged into the face. The Extra Rich Firming Mask is then massaged into the skin to visibly reduce fine lines and promote a smooth and radiant appearance from the first application. Finally a neck and shoulder massage is performed, leaving the skin balanced and thoroughly revitalised.

24 CARAT PURE GOLD FACIAL
1 HOUR 30 MINUTES



A brightening pure gold chain mask that instantly illuminates and invigorates the skin. This luxurious mask employs electro-acoustic signals to stimulate cell production and renewal, while simultaneously detoxifying, hydrating and regenerating the complexion.

FIRMING COLLAGEN FACIAL
1 HOUR



Exceptionally pure, active ingredients are used to transform the appearance of the skin. As well as being intensively hydrating, this facial smooths wrinkles and slows the appearance of new signs of skin ageing.

PERSONALISED FACIAL

1 HOUR



ESPA

Deeply cleanse, exfoliate, purify and boost your complexion with this exclusively tailored facial from ESPA. Featuring naturally advanced products and bespoke facial massage, it reveals exceptional results whatever your skincare concern.

REJUVENATION FACIAL

1 HOUR 30 MINUTES



ESPA

Targeted and rejuvenating, perfect to address the most visible signs of ageing for mature skin, and specifically focusing on the eyes, neck, lips and jawline. This luxurious facial using Lifestage products will minimise wrinkles and immediately improve hydration levels, while helping to reduce the appearance of pigmentation, oversized pores and redness.

For Him

PURIFYING FACIAL FOR MEN

1 HOUR



ESPA

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

MUSCLE RELAXER MASSAGE

1 HOUR

1 HOUR 30 MINUTES



ESPA

A traditional Swedish massage with deep pressure and stimulating movements, which is excellent for effectively releasing knots and tension, as well as easing tired and aching muscles.

STRESSBUSTER

1 HOUR 30 MINUTES



ESPA

Restore calm to mind and body with this renowned 'hero' treatment.

Includes: Back massage with or without hot stones, Personalised Facial, and a Scalp massage.

This relaxing and deeply effective ESPA experience delivers triple results by focusing on three key areas – the back, the face and the scalp – making it an ideal treatment for gentlemen.

Body Treatments

AROMATHERAPY MASSAGE

1 HOUR
1 HOUR 30 MINUTES



ESPA

A relaxing massage using a blend of individually chosen ESPA oils to suit your specific needs. Choose from the following: Deep Sleep, Detoxifier, De-Stresser, Muscle Reliever, Jet-Lag Reviver, Immune Booster

DEEP MUSCLE RELIEF

1 HOUR
1 HOUR 30 MINUTES



ESPA

Alleviate deep-seated tension and muscular stress with this powerful massage. Specialist techniques focus on areas of concern to ease common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

REFLEXOLOGY

1 HOUR



An ancient form of massage and an essential element of Chinese culture. A deep pressure point treatment of the feet and massage of the lower legs is performed, leading to improved circulation and an overall sense of well-being.

DETOXIFYING OR HYDRATING BODY WRAP

1 HOUR



ESPA

A tailor-made experience to purify the body or deeply nourish skin. This instantly effective treatment incorporates skin brushing and exfoliation alongside a complete body wrap of detoxifying Algae or nourishing Marine Mud, combined with essential oils to deeply replenish skin, before a soothing scalp massage completely relaxes the mind.

SALT & OIL SCRUB
30 MINUTES



ESPA

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a standalone treatment, or in preparation for an ESPA Massage. For a lighter application, Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

KHUSHALI HIMALAYAN
CRYSTAL SALT SCRUB
1 HOUR 10 MINUTES



SATVA
Living with Purpose

This treatment is delivered using a mineral-rich Himalayan crystal salt scrub blended with the uplifting and energising Ayurveda oils of Fragonia™, limbu and tulasi, combined with the fortifying, rejuvenating and vitamin-rich oils of ashwagandha with a black seed sesame base oil. The exfoliation cleanses and purifies your skin while stimulating circulation and energising the body, helping to reduce the appearance of cellulite and draining toxins.

Speciality Treatments

MATERNITY MASSAGE
1 HOUR



ESPA

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

Massage is not recommend during the first 3 months of pregnancy.

Peninsula Wellness Journeys

TIME TOGETHER (FOR TWO)
2 HOURS



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Encourage 'You Two' time with this bespoke two-hour body massage in the exclusive Private Spa Suite for two, overlooking sweeping views of Victoria Harbour for the heat experiences and a whirlpool bath for two. Includes unlimited use of the swimming pool, and a nourishing poolside meal from the Naturally Peninsula light and healthy menu.

DE-STRESS
2 HOURS



ESPA

This treatment includes a De-Stresser massage with oils of ylang-ylang and frankincense and a skin specific Personalised Facial. Includes use of the Spa Thermal Suites and a poolside lunch featuring Naturally Peninsula light and healthy cuisine.

SLEEP RETREAT
2 HOURS



ESPA

This restful retreat is perfect for stressed individuals and will completely relax and clear the mind. A tailor-made experience that includes a soothing full body aromatherapy massage, with a scalp and facial massage to alleviate tension around the jawline and forehead and relieve any residual signs of stress.

Includes use of the Spa Thermal Suites and a poolside lunch featuring Naturally Peninsula light and healthy cuisine.

PENINSULA AFTERNOON TEA & SPA
1 HOUR 30 MINUTES



ESPA

This luxurious experience begins with a relaxing 90-minute Aromatherapy Body Massage. Completely unwind as muscle tension is relieved and your worries are soothed as you cocoon yourself from the chaos of the city.

End with The Peninsula's signature iconic Afternoon Tea, the epitome of elegant, refined indulgence.

*Available from Monday to Friday (excluding black-out dates)
Cannot be used in conjunction with any other promotions,
discounts or gift cards*

Finishing Touches

WAXING



- Full-leg and Bikini *1 Hour 30 Minutes*
- Full-arm *30 Minutes*
- Full-leg *1 Hour*
- Underarm *30 Minutes*
- Half-leg *30 Minutes*
- Half-arm *30 Minutes*
- Bikini *30 Minutes*
- Back *30 Minutes*
- Lip *15 Minutes*
- Chin *15 Minutes*
- Lip and Chin *30 Minutes*

EYE LASH AND EYEBROW TINTING



A 24-hour patch test is required.

How to Spa

OPENING HOURS

Daily from 8:00 am to 11:00 pm

SCHEDULING APPOINTMENT

To ensure your preferred time and service is available we recommend advance booking.

To schedule an appointment, hotel guests can press the Spa button on your in-room telephone. From outside the hotel please call +852 2696 6682. Treatments may also be booked via e-mail spaphk@peninsula.com or online at peninsula.com/hongkongspa.

ARRIVAL TIME

You are encouraged to arrive 60 minutes prior to your appointment to enjoy the exclusive facilities at The Spa. Please understand that late arrivals may result in reduced treatment time.

THERMAL EXPERIENCES

Enjoy a luxurious range of heating and cooling experiences that cleanse the body and skin, relax and soothe aching muscles and prepare your body and mind for the treatments to follow.

Facilities include separate male and female:

- Crystal Steam Rooms
- Harbour View Saunas
- Lifestyle Experience Showers
- Changing Rooms
- Infra-red Ice Fountains
- Relaxation Areas

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy, serenity and comfort. In light of this, The Spa is a smoke-free zone, and please turn off your mobile phones, and other personal electronic devices.

Our Thermal Experience facilities are separate for male and female clients. Therefore, the use of swim wear is optional and of personal preference.

We invite hotel guests to arrive at The Spa wearing the robe and slippers provided in their guest room. The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

Guests must be 16 years of age or older to use The Spa.

PREGNANCY

We have specially designed treatments for expecting and nursing mothers after their first trimester. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

HEALTH CONDITIONS

Kindly advise us of any health conditions, food or medical allergies or injuries which could affect your service when making your Spa reservation.

CANCELLATION POLICY

A 100% cancellation charge will be incurred for any treatment cancelled within 24 hours prior to the appointment.

PRICES

All prices are quoted in Hong Kong dollars and are subject to a 10% service charge. Prices are subject to change.

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S P A T R E A T M E N T T A R I F F

PENINSULA SIGNATURES

	Ultimate Radiance Aesthetic Facial	1 Hour 40 Minutes	HK\$ 5,800
	Peninsula Time	2 Hours	HK\$ 2,400
	Qi Balancing Meridian Massage	1 Hour	HK\$ 1,400
	Sattva Vedic Aromatherapy Massage and Facial Marma Therapy	1 Hour 30 Minutes	HK\$ 1,800
	Simply Peninsula Royal Thai Massage	1 Hour 40 Minutes	HK\$ 1,800
	Simply Peninsula Royal Thai Massage with Herbal Compress	1 Hour 30 Minutes	HK\$ 1,800
		2 Hours	HK\$ 2,400

FACIALS

	Super-lift Haute Couture Facial	1 Hour 30 Minutes	HK\$ 2,870
	24 Carat Pure Gold Facial	1 Hour 30 Minutes	HK\$ 3,900
	Firming Collagen Facial	1 Hour	HK\$ 2,300
	Personalised Facial	1 Hour	HK\$ 1,400
	Rejuvenation Facial	1 Hour 30 Minutes	HK\$ 1,980

FOR HIM

	Purifying Facial For Men	1 Hour	HK\$ 1,400
	Muscle Relaxer Massage	1 Hour	HK\$ 1,400
		1 Hour 30 Minutes	HK\$ 1,800
	Stressbuster	1 Hour 30 Minutes	HK\$ 1,900

BODY TREATMENTS

	Aromatherapy Massage	1 Hour	HK\$ 1,200
		1 Hour 30 Minutes	HK\$ 1,700
	Deep Muscle Relief	1 Hour	HK\$ 1,400
		1 Hour 30 Minutes	HK\$ 1,800
	Reflexology	1 Hour	HK\$ 1,200
	Detoxifying or Hydrating Body Wrap	1 Hour	HK\$ 1,400
	Salt and Oil Scrub	30 Minutes	HK\$ 600
	Khushali Himalayan Crystal Salt Scrub	1 Hour 10 Minutes	HK\$ 1,380

SPECIALITY TREATMENTS

	Maternity Massage	1 Hour	HK\$ 1,400
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THE PENINSULA WELLNESS JOURNEY

	Time Together (For Two)	2 Hours	HK\$ 6,600
	De-stress	2 Hours	HK\$ 2,500
	Sleep Retreat	2 Hours	HK\$ 2,400
	Peninsula Afternoon Tea & Spa	1 Hour 30 Minutes	HK\$ 1,900

FINISHING TOUCHES

	Waxing	From	HK\$ 190
	Eye Lash And Eyebrow Tinting (A 24 hours patch test is required)	From	HK\$ 200

All the treatments listed on the treatment menu are suitable for both male and female guests
Treatments may be booked via e-mail spahk@peninsula.com or online at peninsula.com/hongkongspa

HOME CARE

To continue your Spa regime at home, the products used in our treatments are available for purchase at the Spa Reception.

GIFT CARDS

Gift cards are available in denominations of HK\$ 500, HK\$ 1,000 or HK\$ 2,000. Gift cards for specific treatments are also available.

THE PENINSULA

H O N G K O N G

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