At the heart of The Peninsula Hong Kong lies a city retreat defined by indulgence and deep relaxation. Here at The Peninsula Spa, immerse yourself in a luxuriously serene environment, 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.
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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.
An anti-ageing programme with a focus on instant results, available exclusively at The Peninsula Spa. Featuring three, unique and highly effective facial treatments.

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.

A deeply refined massage experience specially created in partnership with the world-renowned Wat Pho Temple Traditional Medical and Massage School. Utilising acupressure and muscle stretching to achieve an uplifting state of relaxation.
An instant 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 collagen, tightening the skin, reducing fine lines and wrinkles. The treatment is safe, painless and highly effective, and can be performed without disrupting the skin’s surface. It tightens skin, reduces wrinkles and 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.

A bespoke treatment is entirely available to you at 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 mind to zone-specific massages to relieve tension or an acupressure head massage. Discover a personalised sense of well-being, in true Peninsula style.

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.

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.

**FIRMING COLLAGEN FACIAL**
1 HOUR

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

**PERSONALISED FACIAL**
1 HOUR

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.

**REJUVENATION FACIAL**
1 HOUR 30 MINUTES

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.
The exclusive Body Contour Collection at The Peninsula Spa has been designed to create highly personalised, state-of-the-art slimming solutions to:

• Reduce unwanted weight on the abdomen
• Shrink buttocks, hips, thighs and arms
• Reduce cellulite
• Firm saggy muscle tone
• Reduce stretch marks
• Improve poor circulation
• Relieve muscular pain and tension

You can now actively reshape yourself with this instant, results-driven, non-invasive body contouring programme that delivers painless, lasting slimming results.

Please contact our spa team for details of the introductory treatment trial offer.

<table>
<thead>
<tr>
<th>EXILIS LIFT &amp; FIRM</th>
<th>90 MINUTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Exilis One is the most powerful new generation of non-surgical body sculpting technology. A combination of ultrasound energy and radio-frequency stimulate collagen production, resulting in firmed skin with a unique lifting effect. It reduces fat and improves the texture, tone and firmness of skin all in one treatment. Enjoy the ultimate body toning experience with this tightening, sculpting and shaping programme.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>VANQUISH RESHAPE &amp; CONTOUR</th>
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</thead>
<tbody>
<tr>
<td>Look no further than the Vanquish Reshape &amp; Contour for a comprehensive, painless and effective body shaping treatment that uses the latest technology to destroy fat tissue and tone your body, with lasting results. This innovative technology is clinically proven to target fatty tissue to reduce body mass, diminish cellulite and produce a more contoured shape. This is the ultimate treatment for those who are searching for results to achieve a slimmer silhouette in the shortest possible time.</td>
<td></td>
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</tbody>
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<tr>
<th>X-WAVE ANTI-CELLULITE</th>
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</thead>
<tbody>
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<td>Detox and renew with this slimming treatment designed to reduce the appearance of cellulite. Powerful acoustic waves help to fade away stretch marks and scars, banish bloating and diminish weightlifting. This highly effective non-invasive treatment focuses on lymphatic drainage and stimulates the production of collagen to deliver visible smoothing results after the first treatment.</td>
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For Him

STRESSBUSTER
1 HOUR 30 MINUTES

Restore calm to mind and body with this renowned “hero” treatment. It includes a back massage with or without hot stones, a 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.

PURIFYING FACIAL FOR MEN
1 HOUR

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

AROMATHERAPY MASSAGE
1 HOUR
1 HOUR 30 MINUTES

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, Immunity Booster.

Body Treatments

AROMATHERAPY MASSAGE
1 HOUR
1 HOUR 30 MINUTES

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, Immunity Booster.

DEEP MUSCLE RELIEF
1 HOUR
1 HOUR 30 MINUTES

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, lower back pain and sore, tight shoulders.

SWEDISH MASSAGE
1 HOUR
1 HOUR 30 MINUTES

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

SALT & OIL SCRUB
30 MINUTES
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.

Maternity Massage
1 Hour
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 recommended during the first three months of pregnancy.

Speciality Treatments

Maternity Massage
1 Hour
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Massage is not recommended during the first three months of pregnancy.
Peninsula Wellness Journeys

DE-STRESS 2 HOURS
This treatment includes a De-Stresser massage with oils of ylang-ylang and frankincense and a skin-specific personalized facial. Includes use of the Spa Thermal Suites and a poolside lunch featuring Naturally Peninsula light and healthy cuisine.

TIME TOGETHER (FOR TWO) 2 HOURS
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. Includes the Spa Thermal Suites and a poolside lunch featuring Naturally Peninsula light and healthy cuisine.

PE N I NSU L A A F T E R NO ON TEA & SPA 1 HOUR 30 MINUTES
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. Top this off with The Peninsula’s 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.

SLEEP RETREAT 2 HOURS
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 facial and scalp massage to relieve tension around the jawline and forehead and relieve any residual signs of stress. Includes use of the Spa Thermal Suites and a nourishing poolside meal. Includes use of the Spa Thermal Suites and a poolside lunch featuring Naturally Peninsula light and healthy cuisine.
Finishing Touches

THE PENINSULA SPA
Location: 7/F
Tel: +852 2696 6682
Email: spaphk@peninsula.com
Online booking: peninsula.com/hongkongspa

OPENING HOURS
Daily from 8:00 am to 11:00 pm

ARRIVAL TIME
You are encouraged to arrive 60 minutes prior to your appointment to change, relax and enjoy the facilities at The Peninsula Spa. Please be advised that late arrivals will result in a reduction of treatment time. We recommend that hotel guests arrive at the spa wearing the robe and slippers provided in the room, and would advise that valuables are left in the safe in the room.

SPA TREATMENTS
A minimum treatment time of 40 minutes is required for non-hotel guests, guaranteed with a credit card.

THERMAL SUITE
Prior to your treatment we encourage you to enjoy the spa facilities, including separate female and male areas featuring the following:

- Crystal Steam Rooms
- Sauna
- Lifestyle Experience Shower
- Changing Room
- Infra-red Ice Fountains
- Relaxation Area

How to Spa

SCHEDULING AN APPOINTMENT
Our Spa Concierge Team will guide you to the most suitable treatment course. Hotel guests can press the Spa button on their in-room telephone. From outside the hotel please call +852 2696 6682. Treatments may also be booked via email spaphk@peninsula.com or online at peninsula.com/hongkongspa. We recommend advanced booking to ensure your preferred time and service is available.

SPA ETIQUETTE
Our spa environment is one of relaxation and tranquility. Please respect all spa guests’ rights to privacy, serenity and comfort. The spa is a smoke-free zone, please turn off your mobile phones and other personal electronic devices. Our Thermal Waxing Eye Lash and Eyebrow Tinting

WA X I NG EYE LASH AND EYEBROW TINTING
• Full-leg and Bikini 1 Hour 30 Minutes
• Full-arm 30 Minutes
• Full-leg 1 Hour
• Underarm 30 Minutes
• Full-leg 30 Minutes
• Half-arm 30 Minutes
• Bikini 20 Minutes
• Back 30 Minutes
• Lip 15 Minutes
• Chin 15 Minutes
• Lip and Chin 30 Minutes

A 24-hour patch test is required.

Finishing Touches

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• Lip 15 Minutes
• Chin 15 Minutes
• Lip and Chin 30 Minutes

A 24-hour patch test is required.
Experience facilities are separate for male and female clients. Therefore, the use of swimwear is optional and according to personal preference. We invite hotel guests to arrive at the spa wearing the robe and slippers provided in the guest room. However, proper footwear is required in the Fitness Centre. The spa provides towels, slippers, shower caps and all amenities required for use during your visit. The minimum age is 16 for access to – and treatments at – The Peninsula Spa.

HEALTH CONDITIONS
When making your spa reservation, kindly advise us of any health conditions, food or medical allergies, injuries or if you are pregnant, as this may affect the selection of spa treatment.

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

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultimate Radiance Aesthetic Facial</td>
<td>1 Hour</td>
<td>HK$ 6,800</td>
</tr>
<tr>
<td>Peninsula Time</td>
<td>2 Hours</td>
<td>HK$ 2,700</td>
</tr>
<tr>
<td>Qi Balancing, Meridian Massage</td>
<td>1 Hour</td>
<td>HK$ 1,550</td>
</tr>
<tr>
<td>Simply Peninsula Royal Thai Massage</td>
<td>1 Hour 30 Minutes</td>
<td>HK$ 1,990</td>
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### FACIALS

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<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Super-lift Haute Couture Facial</td>
<td>1 Hour 30 Minutes</td>
<td>HK$ 3,350</td>
</tr>
<tr>
<td>Firming Collagen Facial</td>
<td>1 Hour</td>
<td>HK$ 2,700</td>
</tr>
<tr>
<td>Personalised Facial</td>
<td>1 Hour</td>
<td>HK$ 1,600</td>
</tr>
<tr>
<td>Rejuvenation Facial</td>
<td>1 Hour 30 Minutes</td>
<td>HK$ 2,100</td>
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### THE BODY CONTOUR COLLECTION

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>X-Wave Anti-cellulite</td>
<td>15 Minutes</td>
<td>HK$ 1,200</td>
</tr>
<tr>
<td>Vanquish Reshape &amp; Contour</td>
<td>45 Minutes</td>
<td>HK$ 5,800</td>
</tr>
<tr>
<td>Exilis Lift &amp; Firm</td>
<td>30 Minutes</td>
<td>HK$ 4,500</td>
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<tbody>
<tr>
<td>Purifying Facial For Men</td>
<td>1 Hour</td>
<td>HK$ 1,600</td>
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<tr>
<td>Stressbuster</td>
<td>1 Hour 30 Minutes</td>
<td>HK$ 2,150</td>
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### BODY TREATMENTS

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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Aromatherapy Massage</td>
<td>1 Hour</td>
<td>HK$ 1,400</td>
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<tr>
<td></td>
<td>1 Hour 30 Minutes</td>
<td>HK$ 1,900</td>
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<tr>
<td>Deep Muscle Massage</td>
<td>1 Hour</td>
<td>HK$ 1,550</td>
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<tr>
<td></td>
<td>1 Hour 30 Minutes</td>
<td>HK$ 1,990</td>
</tr>
<tr>
<td>Swedish Massage</td>
<td>1 Hour</td>
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<td></td>
<td>1 Hour 30 Minutes</td>
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<tr>
<td>Reflexology</td>
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<td>HK$ 1,350</td>
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<tr>
<td>Detoxifying Body Wrap</td>
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<tr>
<td>Salt and Oil Scrub</td>
<td>30 Minutes</td>
<td>HK$ 700</td>
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### SPECIALITY TREATMENTS

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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Maternity Massage</td>
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<td>HK$ 1,550</td>
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### PENINSULA WELLNESS JOURNEYS

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<tbody>
<tr>
<td>Time Together (For Two)</td>
<td>2 Hours</td>
<td>HK$ 7,300</td>
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<tr>
<td>De-Stress</td>
<td>2 Hours</td>
<td>HK$ 2,800</td>
</tr>
<tr>
<td>Sleep Retreat</td>
<td>2 Hours</td>
<td>HK$ 2,700</td>
</tr>
<tr>
<td>Peninsula Afternoon Tea &amp; Spa</td>
<td>1 Hour 30 Minutes</td>
<td>HK$ 2,200</td>
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### FINISHING TOUCHES

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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Waxing</td>
<td>From HK$ 250</td>
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<tr>
<td>Eye Lash And Eyebrow Tinting (A 24-hour patch test is required)</td>
<td>From HK$ 300</td>
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### CANCELLATION POLICY

A 100% cancellation charge will be incurred for any treatment or programme not cancelled at least 24 hours prior to appointment.

### 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.