

SPA
THE PENINSULA

THE PENINSULA HONG KONG







The Peninsula Spa's design fuses traditional Chinese elements with contemporary flair, combining warm tones of marble, rustic woods and textured granite. Men's and women's facilities are lavishly appointed and offer hammam-style steam rooms, saunas, aromatherapy experience showers and cooling ice fountains.





Guests will be captivated by the spectacular views of Victoria Harbour from each of The Peninsula Spa's six state-of-the-art treatment rooms. In total, 14 rooms are exquisitely designed for ultimate relaxation and rejuvenation. Guests embarking on selected Peninsula Wellness Journeys also enjoy complimentary use of the hotel swimming pool.



Rejuvenation and restoration are redefined at The Peninsula Spa, where guests can select from a holistic collection of the world's finest spa and beauty experiences.



The Simply Peninsula treatments are specially designed for holistic healing and blissful relaxation.



Margy's Monte Carlo is an anti-ageing programme avidly used by those in the know. Available exclusively in Hong Kong at The Peninsula Spa, each treatment by famed beauty expert Margie Lombard blends rare active ingredients and premium Swiss ingredients to reduce the visible signs of ageing.



As a truly niche brand, VOYA creates genuinely organic, seaweed-based products based on the highest quality botanical ingredients and aromatherapy oils. The award-winning Irish brand's treatments pair ancient traditions with sustainable processes, and are acclaimed for achieving exceptional results.

The Peninsula Spa Signatures

ULTIMATE RADIANCE AESTHETIC FACIAL

1 HOUR 40 MINUTES



A pioneering, one-of-a-kind facial treatment by Margy's Monte Carlo that transforms the skin by stimulating the production of new collagen at the deepest level. It delivers instantly visible results to leave the skin with healthy and youthful glow.

PENINSULA TIME

2 HOURS



Each of us has individual needs and specific desires for our mind and body. Consult one of our fully qualified and highly trained therapists to curate a bespoke experience using luxurious, world-renowned treatments.

QI BALANCING MERIDIAN MASSAGE

1 HOUR 30 MINUTES



A therapeutic Chinese acupressure massage based on the traditional philosophy of balancing Yin and Yang energies within the body. Stretching and deep pressure point stimulation on both the body and head combine to soothe aching muscles and release stagnant Qi.

Wellness

TIME TOGETHER (FOR TWO) 4 HOURS



Enjoy heat experiences and a whirlpool bath with magnificent views of Victoria Harbour, followed by a two-hour body massage in a Private Spa Suite. Guests can also use the swimming pool and enjoy a nourishing poolside meal from our Naturally Peninsula menu.

DE-STRESS 2 HOURS



This treatment includes a holistic massage designed to fully relax the body and calm the mind, followed by a bespoke facial tailored to individual needs. The de-stressing journey is completed with a poolside lunch featuring cuisines from our Naturally Peninsula menu.

SLEEP RETREAT 2 HOURS



Ideal for reducing stress and enhancing sleep, this tailor-made experience includes a soothing, full body aromatherapy massage, followed by a therapeutic face and scalp massage. The relaxation continues with a poolside lunch featuring selections from our delicious Naturally Peninsula menu.

PENINSULA AFTERNOON
TEA & SPA

1 HOUR 30 MINUTES



This luxurious experience begins with a relaxing, 90-minute aromatherapy massage to relieve muscle tensions and restore the body back into balance. Feeling refreshed and revived, guests are invited to indulge at The Lobby with The Peninsula's iconic signature Afternoon Tea.

Available from Monday to Friday (excluding blackout dates).

The experiences cannot be used in conjunction with any other promotions, discounts or gift cards.

MINDFUL DREAMS

1 HOUR 30 MINUTES

VOYA

A sensual massage ritual delivers a heightened sense of relaxation. Using products specially selected for their soothing properties, this incomparable sleep encouraging experience enhances your inner tranquility and serenity.

VOYAGER JOURNEY

1 HOUR 30 MINUTES

VOYA

A complete top-to-toe relaxation journey tailored to each guest's needs. This treatment incorporates a scalp, face and body massage combining both gentle and stimulating motions, together with mellow stretching exercises to ease away all aches and pains.

Radiance

STEM CELL REVITALISING FACIAL

1 HOUR 30 MINUTES



This advanced facial will leave your skin looking refreshed and radiant. Using a concentrated blend of Swiss apple stem cell extracts with powerful anti-ageing properties, the treatment combines three facial massages, two masks, and a scalp, neck and shoulder massage.

SUPER-LIFT HAUTE COUTURE FACIAL

1 HOUR 30 MINUTES



Beginning with an in-depth skin analysis, this facial includes a highly nourishing and moisturising face mask and an extra rich firming mask. Combined with a stress-relieving neck and shoulder massage, the result is visibly reduced fine lines after the first application.

FIRMING COLLAGEN FACIAL

1 HOUR



Exceptionally pure active ingredients are formulated to soften and enhance the complexion. As well as being intensively hydrating, this facial effectively smoothens wrinkles and slows down the appearance of new signs of skin ageing.

DELUXE FACIAL
EXPERIENCE

1 HOUR 45 MINUTES

VOYA

This organic facial begins with a back massage to induce relaxation. A highly purifying treatment then hydrates the skin, along with a dual action facial mask containing Mermaid's Purse and Laminaria seaweed leaves, leaving your skin feeling fully nourished.

SELF DISCOVERY
RADIANCE FACIAL

1 HOUR 30 MINUTES

VOYA

This skin type-specific and ocean-inspired organic facial is deeply detoxifying, thoroughly revitalising and helps to smooth your skin tone and boost radiance. The treatment also incorporates a face massage using seaweed-based products to release toxins and repair any damaged skin cells.

SKIN BRIGHTENING
FACIAL

1 HOUR

MARGY'S
MONTE-CARLO

Ideal for guests who have been over exposed to the sun. The facial treatment by Margy's Monte Carlo uses a blend of algae, essential oils and vitamins to hydrate, balance and brighten the skin, resulting in a healthy glowing appearance.

Performance

SIGNATURE ANTI-CELLULITE MASSAGE

1 HOUR 30 MINUTES



This highly effective massage specifically targets areas of the body in need of firming and toning. It can be combined with a slimming regime to achieve visible and long-lasting results to make you feel fabulous.

COLLAGEN FIRMING BODY TREATMENT

1 HOUR



A results-oriented body treatment that manifests in the skin radiating a youthful glow. The ideal complement to a slimming programme, it firms and tones from the first application as it stimulates your body to yield instantly noticeable results.

DEEPLY THERAPEUTIC MASSAGE

1 HOUR / 1 HOUR 30 MINUTES



Alleviate deep-rooted tensions and muscular stresses with this powerful massage. A combination of specialised techniques focuses on areas of concern with the aim of easing common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.

SWEDISH MASSAGE

1 HOUR /

1 HOUR 30 MINUTES

VOYA

This traditional Swedish massage incorporates deep pressure and stimulating movements to effectively release muscular knots, reduce tension and improve blood circulation. Ideal for stimulating an overall sense of positive well-being.

AROMATHERAPY MASSAGE

1 HOUR / 1 HOUR 30 MINUTES

VOYA

A relaxing and therapeutic massage using a fragrant blend of individually selected organic VOYA oils. Based on individuals needs and preferences, the treatment incorporates lymphatic drainage techniques to assist with the release of unwanted toxins from the body.

Specialised Treatments

BEAUTY SCRUB
RELAXER
1 HOUR

MARGY'S
MONTE-CARLO

Fully cleanse your skin with this detoxifying scrub which eliminates dead skin cells and stimulates blood circulation. Culminating with a stress-releasing massage, this treatment will make you feel fully revitalised and rejuvenated both inside and out.

INTENSE
DEFENCE FOR MEN
1 HOUR 30 MINUTES

VOYA

Using VOYA's finest organic ingredients combined with antioxidant complexes and a blend of aromatherapy oils, this treatment is suitable for all skin types. It assists with the stimulation of collagen production, improves dullness and brightens the complexion.

ORGANIC PRENATAL /
POSTNATAL VOYAGER
1 HOUR 30 MINUTES

VOYA

An organic wellbeing ritual that includes a full body exfoliation to leave you feeling radiant. In addition, a nourishing Mama Oil is used in a holistic massage to ease tensions and melt away any aches and pains associated with pregnancy.

ORGANIC PRECIOUS
MOMENTS

VOYA

1 HOUR / 1 HOUR 30 MINUTES

This treatment is specifically tailored for the mothers-to-be. A special mask helps to support connective tissue and prevent stretch marks, whilst the feet are wrapped in seaweed leaves to boost circulation, improve lymphatic drainage and reduce fluid retention.

ORGANIC HYDRATING
BODY SCRUB

VOYA

30 MINUTES

This dual-action luxurious body buff exfoliates with ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. The gentle yet effective formula removes lifeless skin cells to reveal healthily refined and silky smooth skin.

ORGANIC STIMULATING
SEAWEED BODY BUFF

VOYA

30 MINUTES

VOYA's head-to-be body scrub uses a certified organic bladderwrack body buff to create the ultimate revival for dull skin. The antioxidants from mineral-rich seaweed combine with signature massage oils to embellish your appearance.

SPA
THE PENINSULA



How to Spa

THE PENINSULA SPA

Location: 7/F, The Peninsula Hong Kong

Tel: +852 2696 6682

Email: spaphk@peninsula.com

Online booking: peninsula.com/hongkongspa

OPENING HOURS

10:00 am - 8:00 pm (Monday to Thursday)

9:00 am - 10:00 pm (Friday to Sunday)

ARRIVAL TIME

You are encouraged to arrive 60 minutes prior to each appointment in order to change, relax and enjoy the exclusive facilities at The Peninsula Spa. Please be advised that late arrivals will result in a reduction of treatment time. You are advised to arrive at The Peninsula Spa wearing the robe and

slippers provided in the guest room, and keep all valuables in the in-room safe.

SPA TREATMENTS

A minimum treatment time of 60 minutes is required for non-hotel guests and must be guaranteed with a credit card.

THERMAL SUITE

Prior to your treatment we encourage you to enjoy The Peninsula Spa facilities, including separate female and male areas which feature:

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

SCHEDULING AN APPOINTMENT

Our Spa Concierge Team will guide you through 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 by emailing spaphk@peninsula.com or online at peninsula.com/hongkongspa. We recommend advance booking to ensure your preferred time and treatment are available.

SPA ETIQUETTE

Our spa environment is designed for ultimate relaxation and rejuvenation of the mind, body and spirit. Please respect all 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 We invite hotel guests to arrive wearing the robe and slippers provided in the guest room. However, proper footwear is required in the Fitness Centre. The spa provides separate Thermal Experience facilities for male and female guests. Therefore, the use swimwear in these areas is optional and based on personal preference.

The Peninsula 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, dietary or medical allergies and injuries, or if you are pregnant, as this

may affect the selection of treatment.

PREGNANCY

We have specially designed treatments for expectant and nursing mothers after the first trimester of pregnancy. Please allow The Peninsula Spa team to guide you in selecting which treatments are most suitable for you during this special time.

PRICES

All prices are in Hong Kong dollars and are subject to a 10% service charge. Prices are subject to change without prior notice.

GIFT CARDS

Gift cards are available in denominations of

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

HOME CARE

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

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T H E P E N I N S U L A S P A P R I C E L I S T

THE PENINSULA SPA SIGNATURES

			Monday to Thursday	Friday to Sunday & Public Holiday
	Ultimate Radiance Aesthetic Facial	1 Hour 40 Minutes	\$ 6,850	\$ 6,950
	Peninsula Time	2 Hours	\$ 2,700	\$ 2,800
	Qi Balancing Meridian Massage	1 Hour 30 Minutes	\$ 1,990	\$ 2,090

WELLNESS

	Time Together (For Two)	4 Hours	\$ 7,300	\$ 7,500
	De-Stress	2 Hours	\$ 2,800	\$ 2,900
	Sleep Retreat	2 Hours	\$ 2,800	\$ 2,900
	Peninsula Afternoon Tea and Spa	1 Hour 30 Minutes	\$ 2,300	\$ 2,400
VOYA	Mindful Dreams	1 Hour 30 Minutes	\$ 1,990	\$ 2,090
	Voyager Journey	1 Hour 30 Minutes	\$ 1,990	\$ 2,090

RADIANCE

	Stem Cell Revitalising Facial	1 Hour 30 Minutes	\$ 3,550	\$ 3,650
	Super-lift Haute Couture Facial	1 Hour 30 Minutes	\$ 3,450	\$ 3,550
	Firming Collagen Facial	1 Hour	\$ 2,750	\$ 2,850
	Skin Brightening Facial	1 Hour	\$ 2,150	\$ 2,250
VOYA	Deluxe Facial Experience	1 Hour 45 Minutes	\$ 2,600	\$ 2,700
	Self Discovery Radiance Facial	1 Hour 30 Minutes	\$ 2,300	\$ 2,400

PERFORMANCE

	Signature Anti-cellulite Massage	1 Hour 30 Minutes	\$ 2,450	\$ 2,550
	Collagen Firming Body Treatment	1 Hour	\$ 2,050	\$ 2,150
VOYA	Deeply Therapeutic Massage	1 Hour 30 Minutes	\$ 1,990	\$ 2,090
		1 Hour	\$ 1,550	\$ 1,650
	Swedish Massage	1 Hour 30 Minutes	\$ 1,990	\$ 2,090
		1 Hour	\$ 1,550	\$ 1,650
	Aromatherapy Massage	1 Hour 30 Minutes	\$ 1,990	\$ 2,090
		1 Hour	\$ 1,550	\$ 1,650

SPECIALISED TREATMENTS

	Beauty Scrub Relaxer	1 Hour	\$ 1,800	\$ 1,900
	VOYA	Intense Defence for Men	1 Hour 30 Minutes	\$ 2,300
	Organic Prenatal / Postnatal Voyager	1 Hour 30 Minutes	\$ 1,990	\$ 2,090
	Organic Precious Moments	1 Hour 30 Minutes	\$ 1,990	\$ 2,090
		1 Hour	\$ 1,550	\$ 1,650
	Organic Hydrating Body Scrub	30 Minutes	\$ 700	\$ 800
	Organic Stimulating Seaweed Body Buff	30 Minutes	\$ 700	\$ 800
	Detoxifying Buff and Seaweed Leaf Wrap	1 Hour 30 Minutes	\$ 2,300	\$ 2,400

CURRENCY

Prices are in Hong Kong dollar.

SERVICE CHARGE

Prices are subject to 10% service charge.

CANCELLATION POLICY

A 100% fee will be charged for any treatment or programme cancelled in less than 24 hours prior to treatment.

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 \$ 1,000. Gift cards for specific treatments are also available.

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HONG KONG

The Peninsula Spa, 7/F, The Peninsula Hong Kong, Salisbury Road, Kowloon, Hong Kong
+852 2696 6682 spaphk@peninsula.com peninsula.com

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