

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.





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 can also enjoy complimentary use of the hotel's Roman-style pool.





Signature Treatments

ULTIMATE RADIANCE
AESTHETIC FACIAL

1 HOUR 40 MINUTES

MARGY'S
MONTE CARLO

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 SPA TIME
2 HOURS

VOYA

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

VOYA

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

VOYA

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 enjoy complimentary use of the hotel's Roman-style swimming pool and a nourishing poolside culinary experience from our Naturally Peninsula menu.

DE-STRESS
2 HOURS

VOYA

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 from our Naturally Peninsula menu.

SLEEP RETREAT
2 HOURS

VOYA

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 **VOYA**
1 HOUR 30 MINUTES

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

*Available from Monday to Friday (blackout dates apply).
The experience cannot be used in conjunction with any other promotions or discounts.*

LIFE LIVED BEST
SENSORIAL JOURNEY
2 HOURS

Designed exclusively for The Peninsula Hong Kong by VOYA, the sensorial journey commences with an opening ritual by holding the Blue Lace Agate stone in hands, followed by a guided breathing exercise to get into a calm state. Immerse in the sound and vibrations of the singing bowl to cleanse and balance the chakras.

The sensorial journey continues with a personalised and holistic restorative massage combining advanced massage techniques with VOYA's "Relax", "Energise" or "Detox" aromatherapy oil to ease the muscle tensions.

VOYA

Complete the journey with a singing bowl meditation, and a closing ritual – feel the energising and harmonising energies of the Fluorite stones in the hands, and awaken the senses with light stretching exercises.

Fuel the body at the poolside with a nutritious Naturally Peninsula plant-based menu, and stay physically active throughout the day at the hotel's Roman-style indoor pool and Fitness Centre.

ORGANIC TRAVELLER
RECOVERY

VOYA

2 HOURS

The perfect treatment to revive after exploring the city or a long flight. The therapist will perform a back revive ritual including exfoliation, targeted back massage and a warm spiced mud mask. After a soothing lymphatic drainage massage, legs are cocooned in hot seaweed leaves to reduce any aches and water retention. The treatment concludes with a Gua Sha lymphatic drainage facial, soothing scalp massage and finishing stretches to leave the body rejuvenated.

MINDFUL DREAMS

1 HOUR 45 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.

ORGANIC OCEAN
JOURNEY

1 HOUR 45 MINUTES

VOYA

A complete head-to-toe relaxation journey tailored to your 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.

Facial

PLASMA
BOTOLIFT
1 HOUR 40 MINUTES

MARGY'S
MONTE-CARLO

This high performance facial treatment combines advanced cold plasma technology with Margy's Botolift Collagen Mask to firm and nourish skin, boost elasticity, diminish the appearance of wrinkles and fine lines whilst allowing a deeper penetration of active ingredients - a perfect treatment for skins in need of extra hydration.

STEM CELL
REVITALISATION
1 HOUR 30 MINUTES

MARGY'S
MONTE-CARLO

This advanced facial will leave the skin 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
1 HOUR 30 MINUTES

MARGY'S
MONTE-CARLO

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, fine lines are visibly reduced after the first application.

PLASMA
REVITALISATION

1 HOUR



This hydrating facial treatment combines anti-ageing technology, results-driven stimulating massage techniques together with Margy's signature Collagen Mask to effectively plump up the fine lines, reduce pigmentation and scar imperfections to achieve a youthful complexion.

FIRMING COLLAGEN

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.

SKIN BRIGHTENING

1 HOUR



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.

PLASMA REVIVE
EXPRESS

30 MINUTES

MARGY'S
MONTE-CARLO

Experience an elevated sense of balance with a facial treatment using innovative cold plasma technology to stimulate cell regeneration, improve facial lines, wrinkles, skin pigmentation. Achieve luminous skin with Margy's signature Collagen Mask - a perfect addition to any facial or body treatment for maximum impact.

DELUXE
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 the skin feeling fully nourished.

SELF DISCOVERY
RADIANCE

1 HOUR 30 MINUTES

VOYA

This skin type-specific and ocean-inspired organic facial is deeply detoxifying, thoroughly revitalising and helps to smooth the 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.

Body Massage

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.

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 the body to yield instantly noticeable results.

AROMATHERAPY MASSAGE

1 HOUR / 1 HOUR 30 MINUTES



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

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.

DEEPLY THERAPEUTIC MASSAGE

1 HOUR / 1 HOUR 30 MINUTES

VOYA

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 as well as sore and tight shoulders.

TARGETED MASSAGE (HEAD / BACK)

30 MINUTES

VOYA

This targeted massage is tailored to address any areas of concern and the innate massage technique helps ease aches and pains.

Specialised Treatments

BEAUTY SCRUB
RELAXER
1 HOUR

MARGY'S
MONTE-CARLO

Fully cleanse the 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.

PRE AND POSTNATAL
VOYAGE

1 HOUR 30 MINUTES

VOYA

Organic prenatal and postnatal well-being ritual promotes relaxation whilst deeply hydrating and nourishing your skin. A full body exfoliation gently buffs away dullness, giving you a radiant glow. Nourishing Mama Oil is applied to ease stress and tension, and all the aches and pains associated with pregnancy will be melted away with a soothing body, face and scalp massage.

STIMULATING
SEAWEED LEAF BUFF

1 HOUR 30 MINUTES

VOYA

VOYA's head-to-toe body scrub uses a certified organic bladderwrack body buff to generate the ultimate rejuvenation for tired and dull skin. The treatment incorporates the antioxidants from mineral-rich seaweed and signature seaweed massage oil, leaving you with healthy and glowing skin.

WARM SPICED
MUD WRAP

1 HOUR

VOYA

This nourishing and warming wrap soothes muscular aches and pains, relieves stress, fatigue and energises the mind and soul. Infused with aromatic spices of ginger and orange to add vital vitamins and minerals to uplift and restore your mind and body.

BUOYANCY SLEEP
COCOON

1 HOUR

VOYA

Rebalance the body, hydrate the skin and calm the mind with this sleep-inducing experience. Begin with VOYA's Lavender Sugar Glow to leave the skin looking radiant. The Lavender and Rosemary body mask is then applied whilst slipping into a deeper state of relaxation with a soothing scalp massage.

ORGANIC HYDRATING
BODY SCRUB

30 MINUTES

VOYA

This dual-action luxurious body buff exfoliates with ground walnut shells and nourishes the 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.

SPA

THE PENINSULA



About The Peninsula Spa

7/F, The Peninsula Hong Kong,
Salisbury Road, Kowloon, Hong Kong
Tel: +852 2696 6682
Email: spahk@peninsula.com
Online booking: peninsula.com/hongkongspa

OPENING HOURS

10:00 am - 10:00 pm (Monday to Thursday)
9:00 am - 10:00 pm (Friday to Sunday and
Public Holidays)

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. For non-hotel guests, lockers are available in the Changing Rooms for use.

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

We encourage you to enjoy The Peninsula Spa facilities prior to your treatments, including separate female and male areas which feature:

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

SCHEDULING AN APPOINTMENT

Our Spa Concierge Team will guide you through the most suitable treatment course. Please call +852 2696 6682, email spahk@peninsula.com or book online at peninsula.com/hongkongspa. Advance booking is recommended.

SPA ETIQUETTE

Our Spa environment is designed for ultimate relaxation and rejuvenation of the mind, body and spirit. Please respect all guests' right to privacy, serenity and comfort. Please switch off your mobile phones and other personal electronic devices, and refrain from taking pictures specially in the Changing Room and Relaxation Areas.

Proper footwear is required in the Fitness Centre and The Pool. The Spa provides separate Thermal Experience facilities for male and female guests. Therefore, the use of 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. Guests must be aged 16 or above in order to enjoy The Peninsula Spa facilities and treatments.

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

The Peninsula Spa offers ocean-inspired organic facial treatments and pre and postnatal body treatments for expectant mothers after the first trimester of the pregnancy. For nursing mothers, we will curate an exclusive selection of treatments for you as you embark on a new journey.

PRICES

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

GIFT CARDS

The Peninsula Spa gift cards are available for purchase in denomination of HK\$ 1,000 or above, and can be redeemed for selected treatments.

HOME CARE

Continue your wellness ritual at home with our signature skincare products used in our treatments, which are also available for purchase at The Peninsula Spa reception.

THE PENINSULA

H O N G K O N G

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

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LONDON • PARIS • ISTANBUL • BANGKOK • MANILA

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SIGNATURE TREATMENTS

			Monday to Thursday	Friday to Sunday & Public Holidays
MARGY'S	Ultimate Radiance Aesthetic Facial	1 Hour 40 Minutes	\$ 6,850	\$ 6,950
VOYA	Peninsula Spa Time	2 Hours	\$ 2,880	\$ 2,980
	Qi Balancing Meridian Massage	1 Hour 30 Minutes	\$ 2,180	\$ 2,280

WELLNESS

VOYA	<i>TP</i> Time Together (For Two)	4 Hours	\$ 7,580	\$ 7,780
	<i>TP</i> De-stress	2 Hours	\$ 2,980	\$ 3,080
	<i>TP</i> Sleep Retreat	2 Hours	\$ 2,980	\$ 3,080
	Peninsula Afternoon Tea and Spa	1 Hour 30 Minutes	\$ 2,480	\$ 2,580
	Life Lived Best Sensorial Journey	2 Hours	\$ 2,980	\$ 3,080
	Organic Traveller Recovery	2 Hours	\$ 2,580	\$ 2,680
	Mindful Dreams	1 Hour 45 Minutes	\$ 2,380	\$ 2,480
	Organic Ocean Journey	1 Hour 45 Minutes	\$ 2,380	\$ 2,480

FACIAL

MARGY'S	Plasma Botolift	1 Hour 40 Minutes	\$ 4,800	\$ 4,900
	Stem Cell Revitalisation	1 Hour 30 Minutes	\$ 3,680	\$ 3,780
	Super-lift Haute Couture	1 Hour 30 Minutes	\$ 3,580	\$ 3,680
	Plasma Revitalisation	1 Hour	\$ 3,500	\$ 3,600
	Firming Collagen	1 Hour	\$ 2,880	\$ 2,980
	Skin Brightening	1 Hour	\$ 2,280	\$ 2,380
	Plasma Revive Express	30 Minutes	\$ 1,980	\$ 2,080
VOYA	Deluxe Experience	1 Hour 45 Minutes	\$ 2,880	\$ 2,980
	Self Discovery Radiance	1 Hour 30 Minutes	\$ 2,580	\$ 2,680

BODY MASSAGE

MARGY'S	Signature Anti-cellulite Massage	1 Hour 30 Minutes	\$ 2,580	\$ 2,680
	Collagen Firming Body Treatment	1 Hour	\$ 2,180	\$ 2,280
VOYA	Aromatherapy Massage	1 Hour 30 Minutes	\$ 2,180	\$ 2,280
		1 Hour	\$ 1,680	\$ 1,780
	Swedish Massage	1 Hour 30 Minutes	\$ 2,180	\$ 2,280
		1 Hour	\$ 1,680	\$ 1,780
	Deeply Therapeutic Massage	1 Hour 30 Minutes	\$ 2,180	\$ 2,280
		1 Hour	\$ 1,680	\$ 1,780
	Targeted Massage (Head / Back)	30 Minutes	\$ 880	\$ 980

SPECIALISED TREATMENTS

MARGY'S	Beauty Scrub Relaxer	1 Hour	\$ 1,800	\$ 1,900
VOYA	Intense Defence for Men	1 Hour 30 Minutes	\$ 2,300	\$ 2,400
	Pre and Postnatal Voyage	1 Hour 30 Minutes	\$ 2,300	\$ 2,400
	Stimulating Seaweed Body Buff	1 Hour 30 Minutes	\$ 2,300	\$ 2,400
	Warm Spiced Mud Wrap	1 Hour	\$ 1,700	\$ 1,800
	Buoyancy Sleep Cocoon	1 Hour	\$ 1,700	\$ 1,800
	Organic Hydrating Body Scrub	30 Minutes	\$ 880	\$ 980

TP inclusive of selections from our Naturally Peninsula Menu.

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

HOME CARE

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

GIFT CARDS

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