



SPA
THE PENINSULA

TREATMENTS

CONTENTS

About The Peninsula Spa & Wellness

Peninsula Ceremonies

Ayurvedic Influence

Margy's Facial

Biologique Recherche Facial

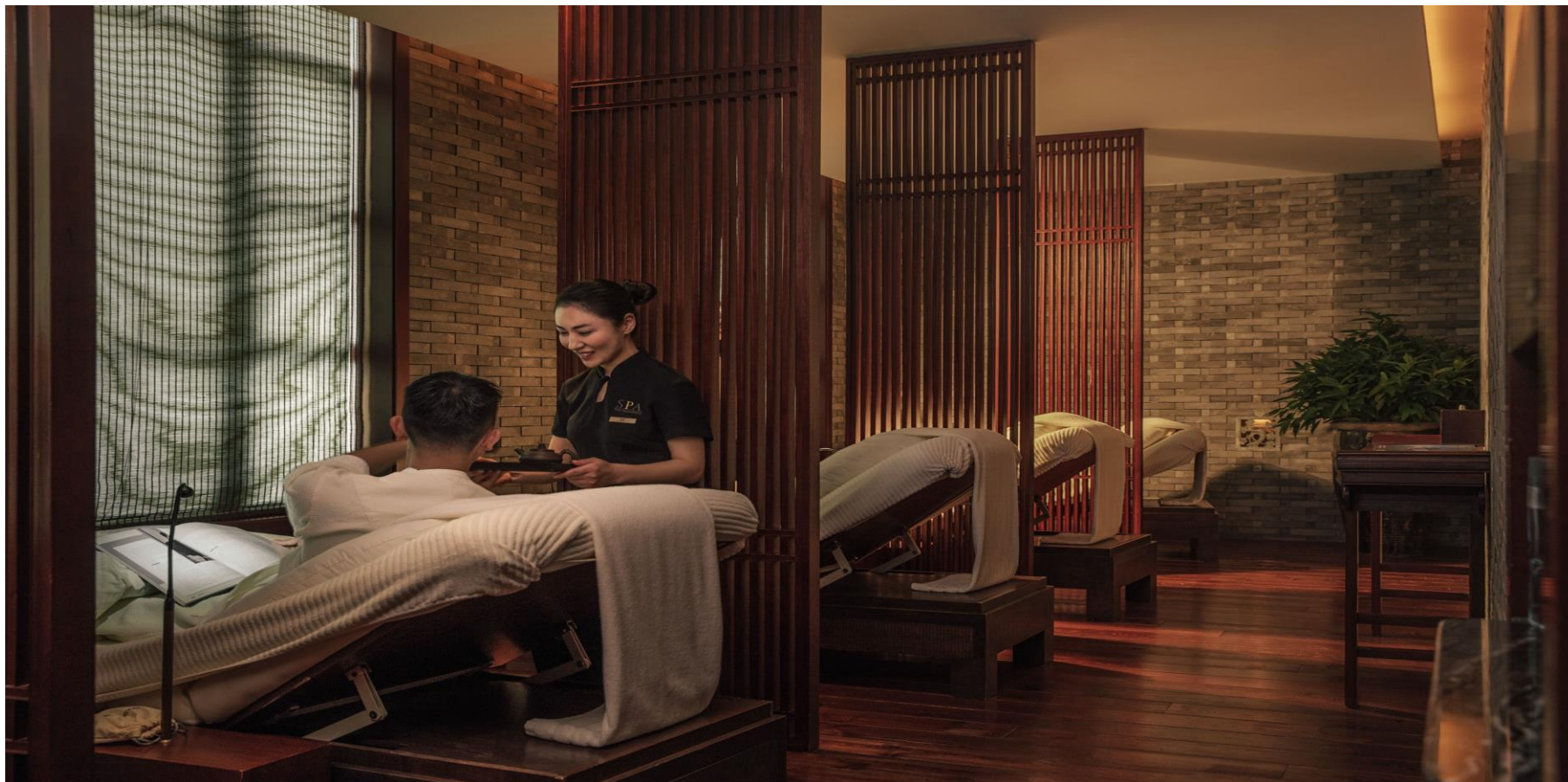
Biologique Recherche Body Treatment

Subtle Energies Body Treatment

Additional Treatment

Peninsula Wellness Journey

How to Spa



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. 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.



Therapies uniquely layer European, Oriental and Ayurvedic philosophies for an entirely luxurious experience. Treatments are enhanced by a range of exceptionally natural, high quality skincare products, anti-stress oils, Brightness Treatments are enhanced by a range of exceptionally natural, high quality skincare products, anti-stress oils, Brightness

MARGY'S

MONTE CARLO



Margy's Monte-Carlo Founder and creator of Margy's Monte Carlo, Margie Lombard is a world-renowned Swiss beauty expert with more than 40 years' experience in skincare. Margy's Monte Carlo products feature revolutionary ingredients made in Margie's exclusive laboratory in the heart of the Swiss mountains. Using unique, biomimetic formulas that contain the components of the skin, her skincare products replenish and strengthen the skin, calm inflammation and visibly reverse the results of aging. The luxurious skincare range combined with her advanced therapy techniques deliver enviable results that truly help slow the process of time.



Subtle Energies is Australia-based results-driven aromatherapy and natural skincare line, which provides wellness solutions founded on authentic Ayurveda principles. Subtle Energies treatments are created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental, and emotional wellbeing. All products are made in Australia, following European standards of natural skincare, to create safe, ethical and effective products. The range has been certified by Cruelty-free made in Australia, following European standards of natural skincare, to create safe, ethical and effective products. The range has been certified by Cruelty-free



Biologique Recherche, a professional skincare brand from France with over 45 years expertise. The combination of a clinical approach to personalized cosmetic treatment, pure, concentrated complex formulas and rigorous treatments is the foundation of the reputation for efficacy of Biologique Recherche's Methodology.

Peninsula Ceremonies

JADE HOT STONE MASSAGE

1 hour 30minutes



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.

- Full Body Massage with Jade Hot Stones
- Scalp Massage

JADE HOT STONE MASSAGE

2 hours



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 skillfully 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.

- Foot Cleansing,
- Full Body Massage with Jade Hot Stones
- Express Face Clean
- Scalp Massage

Peninsula Ceremonies

CHINESE DEEP TISSUE FUSION MASSAGE

2 hours



Rebalance body and mind with this customized 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 personalized aromatherapy body oils realign the spirit.

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

- Foot Cleansing
- Fusion of Chinese and Deep Tissue Massage with Hot Stones,
- Scalp Massage
- Foot Massage

VITAL QI – TRADITIONAL CHINESE THERAPY

2 hours



Sophisticated and harmonious treatment created to restore vitality and vigor 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 Luo', 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.

- Foot Cleansing
- Traditional Chinese Massage
- Traditional Foot Reflexology

Peninsula Ceremonies

SIMPLY PENINSULA WAT PHO ROYAL THAI MASSAGE

1 hour 30minutes



This soothing massage uses traditional techniques handed down through generations of treating Thai royalty. Highly trained therapists apply deep pressure, gently flowing movements and stretching, maintaining a relative distance from the guest's body to demonstrate their care and respect. The thumbs and palms are used on pressure points while the elbow and knee are used to focus on a specific area or to apply strong pressure. In time honored Royal Thai Massage style.

The therapist does not use his or her feet during the treatment.

- Full body stretching and massage

SIMPLY PENINSULA WAT PHO ROYAL THAI MASSAGE WITH HERBAL COMPRESS

2 hours



Stimulating and relaxing experience, this signature treatment includes a pressure point massage along the body's 10 major energy channels, releasing blocked energy and increasing awareness and vitality. Gentle stretching of the joints and muscles relieves tension, enhances flexibility and induces a deep state of tranquility. A warm herbal compress as well as an aromatic infusion of Thai herbs, including lemongrass and ginger, is used to relieve muscle tension in the back, especially the shoulder and neck areas. Following the treatment, you will feel completely revived and restored.

- Full body stretching and massage
- Hot Herbal to warm body

TIME TOGETHER (FOR TWO PEOPLE)

2 hours



Our Luxurious Private Spa Suites for two offer a couple's sanctuary. Together you can indulge in oil full-body exfoliation and your choice of holistic body massage using Essential oils.

- Private Spa Suites for two people
- Salt and oil Full-Body Exfoliation,
- Aroma Body Massage, scalp Massage

Ayurvedic Influence

CHAKRA BALANCING WITH VOLCANIC STONES

2 hours



A perfect treatment to relieve deep-seated tension and muscular stress. 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 for mind and body.

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

CHAKRA BALANCING WITH SING BOWL HEALING

1 hour 30minutes



Sing Bowl is an ancient audio healing method in the East, which can regulate, purify, stimulate the energy flow of the body, open tangled and blocked chakras, integrate and balance the chakra energy, eliminate negative energy, activate and awaken cell memory, supplement life energy, and improve sub-health.

- Sing Bowl
- Body massage
- Scalp Massage

Margy's Facial

PRESTIGE AGE REVERSAL FACIAL

2 hours

MARGY'S
M O N T E C A R L O

A powerful blend of biotechnology and plant extracts for intensive skin cell regeneration via vitamins and minerals. Highly active Collagen Face Masks helps restore elasticity and leaves the skin truly radiant. Exceptional results are visible from the first treatment.

SUPER LIFT HAUTE COUTURE FACIAL

1 hours 30minutes

MARGY'S
M O N T E C A R L O

Facial visible reduces fine lines to promote a smooth and radiant appearance from the first treatment. Highly active face masks featuring Pure Collagen or Botolift Collagen helps restore elasticity and leaves the skin plumped and luminous.

Margy's Facial

COLLAGEN FIRING FACIAL

1 hour



Exceptionally pure, active ingredients are used to transform the appearance of your skin. As well as being intensively hydrating, this facial will smooth fine lines and slows the appearance of ageing.

SKIN BRIGHTENING FACIAL

1 hour



Exclusively tailored skincare treatment designed to brighten and boost your complexion. Deep cleansing and highly concentrated active ingredients hydrate and restore your skin, leaving it refreshed and revitalized.

Margy's Treatment

REJUVENATING FACIAL

30minutes



A simple facial care process not only helps us maintain the health of our skin but also enhances the overall radiance of our skin in a short period of time.

HAND TREATMENT

30minutes



Sun Moon Radiance Hand Care is an efficient and comprehensive hand care that uses cleaning, massage, and hand mask nourishment procedures to improve skin dullness, roughness, dryness, and restore a delicate, smooth, and radiant state.

Biologique Recherche Facial

REJUVENATING TREATMENT

2hours



Use the active essence of Bao Li Research to achieve full moisturizing and moisturizing effect on the face, so that the facial skin can achieve the effect of moisture and luster. At the same time, it is combined with body relaxation and nourishing care to help you get rid of tension and ease your heart.

SECOND SKIN NEW FACIAL TREATMENT

1hours30minutes



A world first in professional beauty products, this regenerating and lifting treatment is created using an electro spun mask with 80% pharmaceutical grade hyaluronic acid and is designed for mature Skin Instants© damaged by the signs of aging Suitable for mature Skin Instants© damaged by the signs of aging.

Biologique Recherche Facial

COLLAGENE ORIGINAL ANTI-WRINKLE

1 hours30minutes



Biologique Recherche's new Collagen Original is designed to generate skin's Collagen using highly-innovative "Collagen Type-0". With this treatment, you can feel your skin smooth and tight.

MATRICIEL VISAGE LIFTING

1 hours30minutes



With more than 10 active triple actions, Serum Matricide Visage intensifies volumes, hollow face filled and Surface tensor; a complete skincare treatment, Improving of the epidermis / dermis / hypodermis communication; It delivers immediate and lasting results on the cheeks, jowls, neck and facial contours.

RESTRUCTURING AND SMOOTHING

1 hours30minutes



Suitable for the skin with sensitive and thin skin conditions. The fortified amino acid essence can help stimulate the defense system of natural epidermis, thus helping the skin to achieve the effect of frozen age, soothing skin, making the skin soft, moisturizing and repairing, and rebuilding the healthy luster of the skin

Biologique Recherche Facial

MC 110 TREATMENT

1 hour 30 minutes



This treatment can effectively purify the skin and remove aging horniness, optimize the epidermal function at the same time, can regulate and moisturize the skin, effectively remove dry lines and fine lines, especially suitable for the immediate state of the skin with anti-wrinkle needs.

TOLESKIN TREATMENT

1 hour



Targeted solution to the immediate skin condition of extremely sensitive, fragile, itchy, red and swollen skin and extremely damaged barrier.

SIGNATURE TREATMENT

1 hour



- VIP O2 Treatment: Enable skin cells to breathe better and achieve a more even and radiant complexion.
Dark Spots Treatment: Rich in whitening and antioxidant active ingredients, making the skin more even and radiant.
- Sebum-Regulating treatment: Deeply removes the underlying toxins and inflammation of the skin.

Biologique Recherche Facial

BIOLOGIQUE RECHERCHE SKIN LAB

40minutes



Our skin's condition changes several times a day as well as during our lifetime. The artificial categorization of skin as normal, dry or oily provides a poor physiological definition of a skin's condition and only gives a stationary image of the epidermal cosmetic imbalances. The Peninsula Spa provides Biologique Recherche Skin Lab to assess the current state of your skin and inform the appropriate treatment and skincare products.

Biologique Recherche Body Treatment

BESPOKE TREATMENT

2hours



Use Biologique Recherche's soothing and relaxing essential oil and plant extract relaxing essential oil to create an extremely relaxing massage experience, help the body get rid of tension and relieve the heart. While improving the microcirculation in the body and helping the body discharge toxins, it can effectively tighten the skin, help you regulate the skin and repair the skin protective layer. The physiotherapist uses exquisite techniques to help you gradually enter a deep relaxation state and promote sleep.

BODY RELAXING AND NOURISHING TREATMENT

1 hour / 1 hour30minutes



This supremely relaxing massage treatment helps the body release tension and find inner peace. In addition, the treatment improves microcirculation, helps eliminate toxins, tones and unifies the epidermis and helps repair the epidermal shield. As you are lulled into a deep state of relaxation.

Biologique Recherche Body Treatment

BODY SOOTHING & DETOXING TREATMENT

1 hour / 1 hour30minutes



Rich in mint, thyme and lemon essential oils, it helps to tighten the skin and make the skin plump and elastic. By blending the plant honeycomb tissue essential oil and slimming light cream, combined with specific massage techniques, it helps to improve microcirculation and eliminate edema.

PRENATAL AND POSTPARTUM TREATMENT

1 hour30minutes



Use the soothing, relaxing and moisturizing essential oil to comprehensively alleviate the nutrient loss of face and body skin during pregnancy and breast milk. Pure plant pregnant women's exclusive moisturizing and relaxing oil combined with powerful nourishing skin care cream protects dry skin during pregnancy and is suitable for the immediate state of skin lacking nutrition.

Biologique Recherche Body Treatment

DETOXING & WRAP TREATMENT

1 hour



After thoroughly removing impurities and dead skin cells, the epidermis is thoroughly cleansed, the skin tissue is rebalanced, and the skin is restored to its natural radiance and softness to the touch. Enriched with seaweed extract, it promotes body purification and turbidity, promotes the metabolism of excess water and fat, deeply rejuvenates the skin, and reduces the feeling of heaviness and fatigue.

SCALP CARE TREATMENT

1 hour



- Dermo soothing treatment: that restores the hydrolipidic film, reduces dryness and reduces the urge.
- Seboregulating treatment: gently cleansing seborrhea-prone scalp.
- Nutri-k treatment : repairs and strenghtens dry and nutritionnaly-starved Scalp Instant.

Subtle Energies Body Treatment

FOUR – HAND HARMONY

1 hour 30 minutes



Two therapists work together in perfect synchronicity to deliver one of the most indulgent massage experiences. A combination of restorative massage techniques are performed in seamless coordination, effectively relieving muscular tensions.

DEEP MUSCLES MASSAGE

1 hour / 1 hour 30 minutes



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.

Subtle Energies Body Treatment

AROMATHERAPY MASSAGE

1 hour / 1 hour30minutes



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

- De-Stressed
Specially blended soothing aromatherapy oils have relaxing and sleep-enhancing properties to de-stress
- Muscle Relaxer
Essential oils of Cinnamon and Clove bring warmth to ease tension and soothe aches
- Detoxifier
Detoxifying Body Oil is a cleansing blend of Tulasi oil, which has natural diuretic properties

SWEDISH MASSAGE

1 hour / 1 hour30minutes



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.

Subtle Energies Body Treatment

BALINESE MASSAGE

1 hour / 1 hour30minutes



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

TRADITIONAL CHINESE MASSAGE

1 hour / 1 hour30minutes



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 reenergized.

CHINESE FOOT REFLEXOLOGY

1 hour



Foot massage is an ancient treatment, which is regarded as an important part of traditional Chinese culture. The feet reflect the state of various organs of the human body. Through the foot acupoints and meridian massage, the human body functions can be balanced, making people feel happy. The foot and lower leg care helps to relax the body and mind, promote the circulation of the body, and have the effect of promoting qi and activating collaterals.

Subtle Energies Body Treatment

TAKE CARE KIDS

45minutes

Subtle Energies®
AYURVEDA AROMATHERAPY



Introduce your child to the healing benefits of spa therapies with our range of Mimi treatment.

With our deluxe double treatment rooms, parents and children can enjoy the experience of sharing a spa therapy, side by side.

SPA ESSENTIALS

OPTIONAL PRIVATE SPA SUITE ESCAPE

1 hour

Subtle Energies®
AYURVEDA AROMATHERAPY



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 500 for up to two people.

Each Spa Journey will commence with a Peninsula Tea Ceremony.

BASIC TREATMENT

30 minutes

Subtle Energies®
AYURVEDA AROMATHERAPY



- Back relaxation care: For the injured muscles in the back, the therapist can customize personalized back massages according to the customer's preferences.
- Foot Reflex Massage: Rapid foot massage is the perfect treatment for relieving foot and lower limb fatigue.
- Finger pressure head massage: Head finger pressure massage can relieve tension in the head and help to calm the mind.
- Vacuum cupping/scraping therapy: Cupping therapy is a therapeutic activity that uses a vacuum can as a tool to eliminate air inside the can through squeezing and other methods, creating negative pressure and allowing the can to adhere deeply to specific parts of the body surface. Scraping therapy stimulates the production of local erythema. This care has the effect of promoting body circulation.
- Hand/Foot Nail Trim: This treatment only for nails cut, Nail care, dead skin removal.

PENINSULA WELLNESS JOURNEY

PENINSULA SLEEP CEREMONY

2 hours

Subtle Energies®
AYURVEDA AROMATHERAPY 

Peaceful and tranquil treatments bring quality sleep to soothe and relax your body and mind. Opened in a tranquil candlelit setting, this tailor-made treatment features a luxurious aromatic bath infused with soothing oils, a pure blend of ylang-ylang-ylang, lavender and drug-free essential oils to relieve sore and gently sore limbs. Your therapist will use breathing and meditation to help you release your anxiety. The Hot Stone Massage interprets the body's vital energy points to help release deep muscle tension and stress and balance the body. Facial and scalp massage relieves tension and stress in the chin and forehead for a relaxing treatment

- Aromatherapy bath
- Hot Stone Massage
- Facial cleansing and head massage

SING BOWL

1 hour

Subtle Energies®
AYURVEDA AROMATHERAPY 

We deeply massage our body and mind with the sound produced by tapping the copper bowl to relieve the tension and discomfort caused by the fast Lifestyle.

- Sing Bowl
- Relaxing Massage

ENERGY AWAKENING TREATMENT

1 hour

Subtle Energies®
AYURVEDA AROMATHERAPY 

Sing Bowl Healing uses resonance to transform the low-frequency energy state in the human body's magnetic field, to adjust and improve our energy, and through various use methods of the bowl body, to remove the bad negative energy of the body and give more energy awakening.

- Sing Bowl
- Energy Awakening

PENINSULA WELLNESS JOURNEY

NATURALLY PENINSULA SET MENU

In the fast-paced modern life, people are increasingly aware of the importance of a healthy diet. As a scientific and balanced way of eating, nutritious meals not only meet the body's nutritional and energy needs, but also enhance overall health, helping us maintain vitality and good physical condition. This set meal is carefully designed by a professional chef team from Peninsula.

How to Spa

OPENING HOURS

10:00 am – 11:00pm

ARRIVAL TIME

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

THERMAL SUITE

Prior to your treatment, we encourage you to enjoy the luxurious spa facilities to prepare your mind and body for the treatment experience to follow. These include separate facilities for female and male guests:

- Thermal suite
 - Steam room
 - Lifestyle experience showers
 - Ice fountain
 - Sauna
- Relaxation area
- Changing room

SCHEDULING AND APPOINTMENTS

To schedule an appointment for the perfect treatment, please speak with our Spa Reception team, who will guide you to the right choice. Hotel guests can dial 6871 from their room. From outside the hotel, please call +86 (10) 6510 6871 (10:00 am- 11:00 pm) or book online. To ensure that your preferred time and service is available, we recommend booking in advance

SPA ETIQUETTE

- Our spa environment is one of relaxation and tranquility. Please respect the right of all spa guests to privacy and serenity. In light of this, the spa is a mobile phone- and smoke-free zone. - Thermal suites are separate for men and women, so wearing swimsuits is optional for customers. - The spa will provide towels, slippers, shower caps and all amenities required for use during your visit. - For your comfort and privacy, we kindly ask that you wear the disposable shorts provided in the locker room, or alternatively, you may keep your own underwear or shorts on during your spa treatment. Please note that if these guidelines are not followed, we will be unable to proceed with your treatment. Thank you for your understanding. - The minimum age of 16 is required for access to and treatments at The Peninsula Spa & Wellness Center

How to Spa

HEALTH CONDITIONS

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

PREGNANCY

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

CANCELLATION POLICY

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

GIFT CARDS

Gift cards for spa treatments are available for purchase at the Spa Reception Desk.

HOMECARE

To continue your spa regime and experience at home, all products used in the treatments are available from the Spa Reception.

PRICES

Prices are subject to change without prior notice

THE PENINSULA

BEIJING

王府半岛酒店

The Peninsula Spa, 3/F., 8 Goldfish Lane, Wangfujing, Beijing 100006, The People's Republic of China

Tel: +86 (10) 6510 6871 Fax: +86 (10) 6510 6321 spapbj@peninsula.com peninsula.com

HONG KONG · SHANGHAI · BEIJING · TOKYO · NEW YORK · CHICAGO · BEVERLY HILLS