

SPA
THE PENINSULA

TREATMENTS

At the heart of The Peninsula Spa
lies a city retreat defined by indulgence and deep relaxation.
Here, immerse yourself in luxurious bespoke treatments for both body and mind.

The Peninsula Spa brings together an eclectic blend of ancient
and modern influences for an utterly new experience.

An exceptional, state-of-the-art, urban hideaway awaits, which complements the legendary Peninsula style and service;
and a collection of tailor-made treatments exclusive to The Peninsula Spa with natural,
high-quality skincare products and anti-stressing oils to restore energy levels, tranquillity and balance.



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 located inside Bangkok's iconic Temple of the Reclining Buddha (est. 1782). Thai massage utilises acupressure and muscle stretching to achieve an uplifted state of relaxation and renewal. Royal Thai Massage is a distinctive style

historically designed for treating the Thai royalty, with the therapist maintaining a relative distance from the guest's body throughout, via a series of flowing movements, stretches and rhythmic massage along the body's energy lines.



ESPA

ESPA

Combining the best of ancient and modern therapies and using only natural ingredients, ESPA encourages both men and women to consider and rediscover natural balance. Based on a philosophy that is committed to creating exceptionally effective products that naturally deliver long-term benefits, ESPA offers over 85 products over six ranges combining the best of essential

oils, plant botanicals and marine ingredients.



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, cruelty-free aromatherapy-based skincare solutions. The range is designed to address multiple skin and body concerns, whilst delivering high performance results with holistic benefits to physical,

mental and emotional wellbeing. Sattva by Simply Peninsula provides treatment programmes that incorporate diverse and skilled techniques, combining the finest traditional Ayurveda practices with modern methods.



Margy's Monte Carlo

An anti-ageing programme featuring four unique highly effective facial treatments that incorporate a range of rare, active ingredients and high-quality, Swiss-made products developed specifically to target the signs of ageing.

Peninsula Signatures

SIMPLY PENINSULA
ROYAL THAI MASSAGE
1 HOUR 30 MINUTES



A traditional Thai treatment using stimulating techniques and therapeutic herbs to release muscle tension and energise the body. Steamed warm compresses filled with therapeutic herbs are applied to specific parts of the body using gentle circular and rolling movements. As the pores open and allow the herbs to take effect, the body finds calming relief from sore muscles and ligaments, back pain, migraines, stress and anxiety.

SIMPLY PENINSULA THAI
ROYAL MASSAGE WITH
HERBAL COMPRESS
2 HOURS



A 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.

SATTVA VEDIC AROMATHERAPY FULL BODY AND FACIAL MARMA TREATMENT

1 HOUR 40 MINUTES



This high-performance rejuvenating and detoxifying treatment combines the finest traditional Ayurveda practices with modern methods, incorporating a rare flora pharmacy of the purest Ayurveda Aromatherapy actives. 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 boost the immune system and strengthen muscles and joints, balancing the prana (chi) and elements.

This treatment works with the energy channels to provide balance, reduce stress and induce better sleep. The Vedic Aromatherapy Full Body treatment includes a heavenly Facial Marma massage with a potent and enriching signature facial blend of tuberose, mogra and Indian rose, enhancing the benefits of the treatment and giving your complexion a fresh and youthful glow.

SATTVA SHIRODHARA WITH FACIAL MARMA THERAPY

1 HOUR



An ancient technique of pouring of oil on the forehead, catered specifically to individual body types, taking you into ripples of deep relaxation and meditation, connecting you with your inner self. A great treatment to calm the nervous system, stress, skin conditions and insomnia. Begin the journey with a Facial Marma massage with a potent yet enriching signature facial blend of Indian rose, tuberose and mogra, enhancing your state of inner harmony and bringing about a total wellbeing for the body, mind and emotions. Come out of this unique journey of rest, relaxation, and repair in a rejuvenated and balanced state.

SATTVA VEDIC
AROMATHERAPY MASSAGE
1 HOUR



This results-driven massage has been expertly created by combining the finest traditional Ayurveda practices and modern methods, incorporating a rare flora pharmacy of the purest Ayurveda Aromatherapy actives. Marma therapy and lymphatic drainage balances the prana (chi) while strengthening muscles and joints and draining toxins. This treatment will induce better sleep patterns, combat fatigue and reduce stress with the enhanced therapeutics of each massage blend.

KHUSHALI HIMALAYAN
CRYSTAL SALT SCRUB
1 HOUR 10 MINUTES



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

SATTVA DETOX
BODY POLISH
1 HOUR 10 MINUTES



A light-to-medium anti-cellulite exfoliation which incorporates cinnamon and walnut shells to eliminate dead skin cells, drain toxins and leave your skin with a renewed radiance. This multi-tasking scrub will detoxify, as well as stimulate the adrenals, providing clarity and grounding.

CHINESE FOOT MASSAGE

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.

CHINESE MERIDIAN MASSAGE

60 MINUTES

1 HOUR 30 MINUTES



Deep 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 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 deep pressure point work are performed to treat sore muscles, which combined with a pressure point head massage helps to release stagnant 'Qi'.

VITAL QI – CHINESE MERIDIAN MASSAGE AND CHINESE FOOT MASSAGE

2 HOURS



A sophisticated and harmonious treatment created to restore vitality and vigour 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 Lao', located all over the body and feet, to assist in the movement of stagnant 'Qi' and help increase the health of body and mind.

Chinese foot massage is incorporated to target specific pressure points on the feet and lower legs. This treatment is performed without oil and comfortable clothing will be provided.

PENINSULA SLEEP CEREMONY

2 HOURS



ESPA

The definitive path to a blissful night's sleep, this restful retreat will relax and reset your mind and body, lulling you peacefully into a serene slumber. Performed in tranquil, candlelit surroundings, this tailor-made experience starts with a luxurious aromatic bath infused with ESPA's Soothing Bath Oil, a pure blend of sandalwood, rose geranium, frankincense and myrrh essential oils that gently calms the mind and eases tired, aching limbs. Next, your therapist quietly guides you through tailored breathing and meditation techniques to release physical and emotional anxiety, as well as

restore energy. A hot stone massage focussing on the vital energy points of your body releases deep muscular tension while detoxifying and rebalancing the body. To complete this indulgent experience, a facial and scalp massage alleviates tension around the jawline and forehead and relieves any final signs of stress.

PENINSULA TIME

2 HOURS



ESPA

Time is a precious gift. Discover the sensation of a world where all the decisions are tailored-made for you. This is the concept of Time at The Peninsula Spa. Our fully qualified and trained therapists will create a treatment programme specifically for you depending on how you wish to feel. Experience a selection of treatments from advanced facials that de-stress and calm the overactive mind, to massages to relieve tension or an acupuncture head massage. Reserve your time with us and discover a personalised sense of well-being, in true Peninsula style.

Facials

COLLAGEN ANTI-AGEING FACIAL 1 HOUR

MARGY'S
MONTE-CARLO

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.

SUPER LIFT VITAMIN C FACIAL FOR MEN 1 HOUR

MARGY'S
MONTE-CARLO

Designed to reinvigorate tired and congested skin to prevent premature ageing, this treatment begins with a skin analysis consultation, followed by a 15-minute facial massage using the Extra Rich Firming Mask. The skin is then lightly steamed before being given a further massage using Margy's signature 'lift up' techniques. Hot towels are used to soften the bristles and open pores before a Collagen Vitamin C mask is applied to leave skin feeling lifted, radiant and balanced. A shoulder, neck and scalp massage completes this highly effective treatment.

HAUTE COUTURE À LA CARTE COLLAGEN FACIAL

1 HOUR 30 MINUTES

MARGY'S
MONTE-CARLO

A skin analysis and skincare consultation determines the optimum treatment combination. According to the results of the consultation, the therapist then selects one of the 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, creating an exceptional base layer of moisture while visibly reducing fine lines and promoting a smooth and radiant appearance from the first application. Finally, a neck and shoulder massage is performed, leaving the skin balanced and thoroughly revitalised.

ULTIMATE AESTHETIC FACIAL TREATMENT

1 HOUR 40 MINUTES

MARGY'S
MONTE-CARLO

A highly effective treatment that uses revolutionary technology to administer ultrasonic waves and controlled warmth to the skin's deeper tissues. This pioneering treatment transforms the skin from the inside out by stimulating the growth of fresh new collagen and new elastin with collagen refill technology, tightening skin, reducing wrinkles and combatting the signs of ageing, leaving skin looking and feeling smoother, visibly firmer and younger, whereby optimal results will be seen within three months. A customised programme of four treatments within four weeks is recommended and monthly maintenance treatments are recommended.

REJUVENATE ANTI-AGEING TREATMENT

1 HOUR

1 HOUR 30 MINUTES

intraceuticals
IT'S IN THE SKIN

A unique, reviving experience providing visible instant results, the skin is analysed using an ultraviolet Skin Vision™ lamp to view areas in need of attention due to dehydration, pigmentation and congested pores. The application of medical grade oxygen under pressure mimics a hyperbaric chamber where pure oxygen is delivered to the skin, whereby the healing process is accelerated to enable the delivery of vitamins A, C and E and to negate free radicals. This treatment greatly improves skin hydration and volume and instantly reduces the appearance of fine lines and wrinkles, so skin looks visibly lifted, younger and luminously radiant.

Skin types: all

OPULENCE WHITENING TREATMENT

1 HOUR 30 MINUTES

intraceuticals
IT'S IN THE SKIN

Formulated to tackle pigmentation and age spots, as pressurised oxygen on the skin increases absorption of the Opulence serum, a combination of lightweight hyaluronic acid and super anti-oxidant vitamins A, C, E, helps to control melanin formation, while yellow dock root extract brightens the appearance of melanin deposits to reveal a brighter and more even skin tone. Skin emerges visibly brightened, toned, lifted and glowing with health and vitality. Results are not only instant but will continue to improve following the treatment.

Skin types: uneven and dull skin, pigmentation and sun damage; deeply hydrates, balances uneven skin tones and increases luminosity.

BOOSTER SERIES

1 HOUR

1 HOUR 30 MINUTES

intraceuticals
IT'S IN THE SKIN

A potent combination of skin specific boosters. A power house of vitamins, collagen and vitamin C to brighten congested skin, improving the appearance of sun damage, age spots and pigmentation. Boosters instantly strengthen the skin and dramatically reduce the appearance of fine lines and wrinkles, leaving a visibly glowing visage.

INTENSIVE FACIALS

1 HOUR



ESPA

Designed to naturally improve the condition of the skin and enhance its appearance. Choose from:

- **OIL CONTROLLER**
Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance.
- **INSTANT BRIGHTENER**
Pollution damaged skin, lack of sleep and stress can leave you with dull, lifeless, sallow skin.
- **DESENSITISER**
A gentle facial for sensitive, fragile skin prone to redness and irritation.

TONING, LIFTING, FIRMING FACIAL

1 HOUR 30 MINUTES



ESPA

A highly effective and intensive treatment which helps improve tonicity and firmness, and combats the early signs of ageing. The powerful concentration of Super Active ingredients-combined with the most advanced facial techniques produces instant, visible results, renewing collagen production and enhancing cellular communication.

ENZYME PEEL FACIAL

1 HOUR



ESPA

This powerful facial dramatically smoothes, softens and evens skin tone. After a thorough skin analysis, the facial incorporates steam and a deep sonic brush cleanse, preparing the skin for an application of the highly active Professional Enzyme Peel. Containing optimum concentrations of AHAs, pumpkin enzymes and naturally-sourced fruit acids, this facial dramatically aids the removal of dead skin cells, boosts cell regeneration and helps reduce fine lines and wrinkles.

ANTI-AGEING ENZYME PEEL FACIAL

1 HOUR 30 MINUTES



ESPA

An effective facial that delivers immediate results by reducing pigmentation, fine lines and wrinkles. The treatment incorporates steam and a deep sonic brush cleanse, followed by an application of the highly active Professional Enzyme Peel. Containing the maximum levels of completely natural fruit acids and AHAs, the peel dramatically aids the removal of dead skin cells and boosts cell regeneration, revealing a more youthful looking complexion. A deep facial massage is followed by an application of the Professional Lifting and Firming Mask to leave skin smooth, toned and luminous.

LIFESTAGE

1 HOUR



ESPA

A thorough skin analysis using the Skin Vision Lamp™ is followed by a deep cleanse, exfoliation, steam and extraction. ESPA's advanced age-defying facial massage using timed-release serum follows. A skin radiance mask is applied to intensively brighten and enliven the skin. The Lifestage release products are applied in their most concentrated form for optimal skin benefits.

ULTIMATE LIFESTAGE

1 HOUR 30 MINUTES



ESPA

This ultimate treatment targets the most visible areas of ageing by smoothing lines, stimulating skin elasticity and promoting radiance. A thorough analysis using the Skin Vision Lamp™ is followed by a Clarisonic brush cleanse, exfoliation, and steam extraction. ESPA's advanced age-defying facial massage using specialised manual lifting and firming techniques and timed-release serum is performed. An ultimate lifting and smoothing peel-off mask is applied to visibly plump, firm and lift the skin creating a more radiant and younger-looking appearance.

BACK, FACE AND SCALP
TREATMENT WITH VOLCANIC
STONES

2 HOURS



ESPA

Targets the classic signs of stress – headaches, neck pain and shoulder tension. A stimulating and deep-cleansing back exfoliation is followed by an intensive back massage using volcanic stones and aromatic oils. A personalised facial then follows, which concludes with a stress relieving scalp massage. The result is re-hydrated, revitalised skin, a cleansed and powerfully massaged back and a sense of deep relaxation.

PURIFYING FACIAL, WITH
SHOULDER AND SCALP
MASSAGE - FOR MEN

1 HOUR



ESPA

This deeply relaxing facial treatment is specifically designed to suit men's skin-care needs, bringing a sense of peace, while revitalising the skin. A relaxing face massage utilising acupressure points is followed by a shoulder and scalp massage to help release tight muscles and tension.

Body Treatments

AROMATHERAPY

1 HOUR / 1 HOUR 30 MINUTES

2 HOURS



ESPA

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

- **Detoxifier**

Detoxifying Body Oil is a cleansing blend of citrus oil, which has natural diuretic properties.

- **Jet-Lag Eliminator**

Rebalance your energy levels with Energising Oil or relax into untroubled sleep with Soothing Oil.

- **De-Stresser**

Specially blended soothing aromatherapy oils have relaxing and sleep-enhancing properties to distress.

- **Immune Booster**

A powerful blend of tea tree and eucalyptus to help support the immune system.

BALINESE

1 HOUR

1 HOUR 30 MINUTES



ESPA

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

SWEDISH

1 HOUR / 1 HOUR 30 MINUTES

2 HOURS



A truly traditional massage with regulated pressure, excellent for releasing knots and tension in the body. Stimulating, long and strong movements effectively ease tired aching backs and limbs.

DEEP MUSCLE RELIEF

1 HOUR / 1 HOUR 30 MINUTES
2 HOURS



Hot stones are used for areas of stress and tension along with elbows and forearms. Ideal for guests who suffer from deep-seated tension.

FOUR HANDS SYNCHRONISED MASSAGE

1 HOUR
1 HOUR 30 MINUTES



A duo of therapists will work in perfect harmony, blending the best of Eastern and Western practises, focusing on deep pressure to ease tension. An amalgam of long, fluent strokes brings weary tissue back to life, releasing stressed sinews, and refreshing the mind, body and soul.

FIVE ELEMENTS LA'STONE THERAPY

1 HOUR 30 MINUTES
2 HOURS



The Five Elements LaStone therapy uses a variety of coloured stones that represent each of the five elements. The therapist places a layout of hot and chilled stones on the bed, the former to help relieve stress and the latter to reduce toxins, resulting in a profound sense of lightness and well-being. Smoothing warmed oils into the skin, stones of alternating temperatures are used to massage the body. Warming basalt detoxifies, easing tension and stress, balanced by the gentle introduction of cool serpentine stones, to reduce inflammation.

SALT AND OIL SCRUB

30 MINUTES



ESPA

A salt and oil scrub is a perfect pre-treatment accompaniment to any spa experience, the exquisite blend of sundried sea salts and luxurious essential oils soothe, exfoliate and moisturise the body, leaving skin hydrated and glowing.

A choice of salt and oil blends is available.

Speciality Treatments

MATERNITY MASSAGE

1 HOUR 30 MINUTES



ESPA

This special massage is designated for mothers-to-be after their first trimester. Gentle, yet effective techniques relieve tension in areas under stress, such as lower back and hips, while essential oils nourish and protect the skin.

STIMULATING HIP AND THIGH

1 HOUR



ESPA

A specialised treatment to stimulate the circulation and lymphatic systems, an exfoliation with a special blend of seaweed, salt and oil is followed by the toning effects of iced mitts. A brisk and powerful detoxifying massage stimulates the circulation and lymphatic system. Relevant reflex zones and pressure points on the feet are activated to leave you feeling revitalised. A course of treatments is recommended to maximise the effects.

DEEP CLEANSING BACK TREATMENT

1 HOUR



ESPA

Suitable for muscular tension and problematic skin on the back, neck or shoulders. The back is deep cleansed, brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with an aromatherapy massage and marine mud mask. Lower legs and feet receive a deeply relaxing massage while the mask takes effect.

The Peninsula *Wellness Journey*

KHUSHALI REVIVING
SIGNATURE JOURNEY
2 HOURS 30 MINUTES



The Sattva Signature Foot Ritual, a mineral aromatic soak, provides a sensory-rich start to your journey. This is followed by a mineral-rich Himalayan Crystal Salt Scrub, blended with the uplifting, energising oils of Fragonia™, limbu and tulasi, combined with the fortifying, rejuvenating and vitamin-rich oils of ashwagandha and black seed sesame. The exfoliation cleanses and purifies your skin whilst stimulating circulation and energising the body, helping to reduce the appearance of cellulite.

Complete your journey with a Vedic Aromatherapy massage, specifically designed with a rare flora pharmacy of the purest Ayurveda Aromatherapy actives. This results-driven massage combines the

finest traditional Ayurveda practices and modern methods to induce better sleep whilst strengthening the muscles and joints. Marma therapy and lymphatic drainage balances the prana (chi) and doshas. The treatment includes a Facial Marma massage with an enriching signature facial blend of tuberose, mogra and Indian rose, enhancing the benefits of the treatment and giving your complexion a fresh and youthful glow.

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

SATTVA DETOX SIGNATURE JOURNEY

2 HOURS 30 MINUTES



The Sattva Signature Foot Ritual, a mineral-rich aromatic soak, creates a sensory-rich start to your journey, followed by the Sattva Detox Body Polish, a light-to-medium exfoliation incorporating cinnamon and walnut shells to eliminate dead skin cells, drain toxins, detoxify and leave your skin with a renewed radiance whilst stimulating the adrenals, providing clarity and grounding.

Complete your journey with a signature Vedic Aromatherapy massage, specifically designed with a rare flora pharmacy of the purest Ayurveda Aromatherapy actives.

This results-driven massage combines the finest traditional Ayurveda practices and modern methods, including marma therapy and lymphatic drainage, balancing the prana (chi) and doshas. The treatment includes a Facial Marma massage with a potent yet enriching signature facial blend of tuberose, mogra and Indian rose, enhancing the benefits of the treatment, inducing good sleep and giving your complexion a fresh and youthful glow.

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

SATTVA PODI SIGNATURE JOURNEY

2 HOURS



This signature journey starts with Podikhizhi, a remarkable therapy performed with dried herb powders wrapped in muslin bolus bags, dipped in warm oil and fomented over the entire body, focusing on any specific areas of pain and inflammation. This therapy is effective for water retention, sports injuries, muscular and nerve pain, all types of soft tissue inflammation and joint problems.

Conclude your wellness journey with an aromatic Ayurveda Aromatherapy blend, specifically designed with a rare flora pharmacy of the purest Ayurveda Aromatherapy actives. This results-driven

experience combines the podis with a soothing massage of Ayurveda and Aromatherapy strokes and lymphatic drainage, balancing on an elemental level the prana (chi) or life force of the individual.

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

TIME TOGETHER (for two)
2 HOURS



ESPA

Includes a bespoke two-hour body massage in the exclusive Private Spa Suite for two, offering sweeping views of Victoria Harbour, heat experiences and a whirlpool bath for two.

Includes a poolside meal featuring *Naturally Peninsula* light and healthy cuisine.

DE-STRESS
2 HOURS



ESPA

Includes a De-Stresser massage with oils of ylang-ylang and frankincense and a skin specific Intensive Facial.

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

IMMUNE BOOSTER
2 HOURS



ESPA

Includes an Immune Booster Wrap and Immune Booster Massage.

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

DETOX ANTI-CELLULITE
2 HOURS

intraceuticals
it's in the skin

Includes Anti-Cellulite Hip and Thigh treatment and Detoxifier Massage with citrus-rich oils.

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

WEEKDAY SPA ESCAPE
2 HOURS



ESPA

This Spa Escape is the perfect combination for stressed individuals, a relaxing salt and oil full-body exfoliation to remove dead skin cells, followed by a soothing full body aromatherapy massage.

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

JET-LAG REVIVER
4 HOURS



ESPA

This massage and wrap combination can be tailored to soothe body and mind to induce sleep, or to be uplifting, energising and mind-clearing. Both options target areas of stress and tension to restore balance to mind and body. The advanced facial helps to combat the adverse effects of environmental stress caused by flying and lack of sleep and leaves the skin visibly bright and illuminated.

Use of the hotel Gym, Swimming Pool, Spa Thermal Suites and a poolside lunch featuring *Naturally Peninsula* light and healthy cuisine.

BRIDE TO BE
2 HOURS

intraceuticals
IT'S IN THE SKIN

Prepare for your special day with a Salt and Oil Scrub and a Deep Cleansing Back Treatment to ease away pre-wedding tension. Follow this with a Lifting and Firming Intraceuticals Facial Treatment.

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

DETOX AND RENEW
4 HOURS



ESPA

intraceuticals
IT'S IN THE SKIN

Specific deep tissue and lymphatic drainage massage techniques concentrating on the hip and thigh area combined with Detoxifying Body Oil and the purifying properties of marine algae, to stimulate circulation and flush away toxins from the body. Including Detoxifying Body Wrap, Body Scrub and Detoxifying Body Massage and Intraceuticals Anti-Ageing Facial with an Anti-Oxidant Booster; this Journey is an outstanding experience for body and face.

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

Finishing Touches

WAXING



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- 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

THE PENINSULA SPA

Location: 7/F
Tel: +852 2696 6682
E-mail: spaphk@peninsula.com

Opening Hours
Daily from 8:00 am to 11:00 pm

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 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 60 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:

- 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 to the most suitable treatment course. Hotel guests can press the Spa button on your in-room telephone. From outside the hotel please call +852 2696 6682. To ensure your preferred time and service is available, we recommend advanced booking.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy, serenity and comfort. The Spa is a smoke-free zone, and the use of mobile phones, personal digital assistants and other personal electronic devices is not permitted. 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

Kindly advise us when making your Spa reservation of any health conditions, allergies or injuries that may affect your services.

PREGNANCY

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

CANCELLATION POLICY

Kindly note that a 100% cancellation charge will be incurred for any spa treatment cancelled within 24 hours prior to the appointment.

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 and experience at home, products used in our treatments are available for purchase from Spa Reception.

PRICES

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

PENINSULA SIGNATURES



SIMPLY PENINSULA Royal Thai Massage
SIMPLY PENINSULA Thai Royal Massage with Herbal Compress

1 Hour 30 Minutes HK\$ 1,800
2 Hours HK\$ 2,200



SATTVA
Simply Peninsula

SATTVA Vedic Aromatherapy Full Body And Facial Marma Therapy
SATTVA Shirodhara With Facial Marma Therapy
SATTVA Vedic Aromatherapy Massage
KHUSHALI Himalayan Crystal Salt Scrub
SATTVA Detox Body Polish

1 Hour 40 Minutes HK\$ 1,800
1 Hour HK\$ 1,500
1 Hour HK\$ 1,500
1 Hour 10 Minutes HK\$ 1,380
1 Hour 10 Minutes HK\$ 1,380



Chinese Foot Massage
Chinese Meridian Massage

Vital Qi - Chinese Meridian Massage And Chinese Foot Massage

1 Hour HK\$ 1,080
1 Hour HK\$ 1,490
1 Hour 30 Minutes HK\$ 1,900
2 Hours HK\$ 2,200



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PENINSULA SLEEP CEREMONY
PENINSULA TIME

2 Hours HK\$ 2,500
2 Hours HK\$ 2,200

FACIALS

MARGY'S
MONTECATALDO

Collagen Anti-Ageing Facial	1 Hour	HK\$ 2,300
Super Lift Vitamin C Facial for Men	1 Hour	HK\$ 2,300
Haute Couture à la Carte Collagen Facial	1 Hour 30 Minutes	HK\$ 2,870
Ultimate Aesthetic Facial Treatment	1 Hour 40 Minutes	HK\$ 7,800

intraceuticals
IT'S IN THE SKIN

Rejuvenate Anti-ageing Treatment	1 Hour	HK\$ 1,800
	1 Hour 30 Minutes	HK\$ 2,145
Opulence Whitening Treatment	1 Hour 30 Minutes	HK\$ 2,200
Booster Series	1 Hour	HK\$ 1,900
	1 Hour 30 Minutes	HK\$ 2,300



ESPA

Intensive Facials	1 Hour	HK\$ 1,300
Toning, Lifting, Firming Facial	1 Hour 30 Minutes	HK\$ 1,800
Enzyme Peel Facial	1 Hour	HK\$ 1,500
Anti-ageing Enzyme Peel Facial	1 Hour 30 Minutes	HK\$ 1,980
Lifestage	1 Hour	HK\$ 1,350
Ultimate Lifestage	1 Hour 30 Minutes	HK\$ 1,980
Back, Face And Scalp Treatment With Volcanic Stones	2 Hours	HK\$ 2,200
Purifying Facial With Shoulder And Scalp Massage – For Men	1 Hour	HK\$ 1,300

BODY TREATMENTS



ESPA

Aromatherapy

1 Hour HK\$ 1,200
1 Hour 30 Minutes HK\$ 1,580
2 Hours HK\$ 2,400

Balinese

1 Hour HK\$ 1,200
1 Hour 30 Minutes HK\$ 1,600



Swedish

1 Hour HK\$ 1,200
1 Hour 30 Minutes HK\$ 1,550
2 Hours HK\$ 2,400

Deep Muscle Relief

1 Hour HK\$ 1,400
1 Hour 30 Minutes HK\$ 1,600
2 Hours HK\$ 2,800

Four Hands Synchronised Massage

1 Hour HK\$ 1,980
1 Hour 30 Minutes HK\$ 2,500

Five Elements LaStone Therapy

1 Hour 30 Minutes HK\$ 1,800
2 Hours HK\$ 2,200



ESPA

Salt and Oil Scrub

30 Minutes HK\$ 600

SPECIALITY TREATMENTS



ESPA

Maternity Massage
Stimulating Hip And Thigh
Deep Cleansing Back Treatment

1 Hour 30 Minutes *HK\$ 1,650*
1 Hour *HK\$ 1,300*
1 Hour *HK\$ 1,400*

THE PENINSULA WELLNESS JOURNEY



KHUSHALI Reviving Signature Journey
SATTVA Detox Signature Journey
SATTVA Podi Signature Journey

2 Hours 30 Minutes *HK\$ 2,800*
2 Hours 30 Minutes *HK\$ 2,800*
2 Hours *HK\$ 2,800*



Time Together – For Two
Half-day Destress
Half-day Immune Booster
Half-day Detox Anti-Cellulite
Half-day Weekday Spa Escape
Full-day Jet-lag Reviver

2 Hours *HK\$ 6,600*
2 Hours *HK\$ 2,400*
2 Hours *HK\$ 2,400*
2 Hours *HK\$ 2,400*
2 Hours *HK\$ 2,050*
4 Hours *HK\$ 4,500*



Half-day Bride To Be
Full-day Detox And Renew

2 Hours *HK\$ 3,000*
4 Hours *HK\$ 4,500*

FINISHING TOUCHES



Waxing
Eye Lash And Eyebrow Tinting (*A 24 hours patch test is required*)

From HK\$ 190
From HK\$ 200

Treatments listed on the treatment menu are suitable for both male and female guests

PRICES

All prices are subject to 10% service charge and applicable government tax.
Prices are subject to change without prior notice.

CANCELLATION POLICY

Kindly note that a 100% cancellation charge will be incurred for any spa treatment cancelled within 24 hours prior to the appointment.

GIFT CARDS

Gift cards are available - an ideal present for someone special. Please contact

The Peninsula Spa for details.

PRIVATE SPA

Enhance your half-day spa journey or any treatment by reserving one of the Private Spa Suites or Harbour View Private Spa Suites for Two (subject to availability). Each suite includes a private changing area, steam and rain shower, hydrotherapy bath and treatment area.

- Private Spa Suite HK\$ 700 (for one)
HK\$ 1,400 (for two)