

Massage

The Mira Massage

Based on Chinese elemental philosophies, this balancing and restorative massage melds biodynamic aromatherapy with skillful therapeutic techniques. Following a bespoke consultation a tailored infusion of either: Wood for Rejuvenation, Fire for Zest, Earth for Balance, Metal to Detox or Water to Soothe is incorporated with Eastern and Western massage and advanced sports therapy techniques to make this a truly holistic experience.

60 / 90 mins HK\$800 / 1,100

Swedish

A traditional medium pressure massage that incorporates rhythmic kneading techniques to target tension zones, increase blood circulation and soothe away stresses.

60 / 90 mins HK\$780 / 1,050

Tui Na

An ancient Chinese technique using acupressure and kneading to open the 'chi' or energy flow in the body's meridians and joints. Perfect for addressing muscular conditions and internal imbalances.

60 / 90 mins HK\$780 / 1,050

Muscle Melt

We combine a warming oil of Rosemary and Grapefruit with deep manipulation of your muscles to unravel tension and enhance circulation. Incorporating thermal compresses, this treatment is perfect for anyone suffering from chronic stress, pain or tension.

60 / 90 mins HK\$800 / 1,100

Jet Set Relief

This harmonising massage is tailored to either revive you or deliver you to a deep slumber with a mix of oils selected to adjust your body clock to the pace of Hong Kong. Refreshing cold stones are used to drain excess fluid and toxins from the lower legs to put an instant spring back into your step.

60 / 90 mins HK\$800 / 1,100

Pea in a Pod

A massage developed especially to address the body's needs during pregnancy, making it the perfect remedy for easing back pain, shifting fluid retention, alleviating stretch marks and promoting a state of calm and optimal wellbeing. Using a biodynamic infusion of mandarin, rose and lavender this pre-natal massage is a must for any mother-to-be.

60 / 90 mins HK\$800 / 1,100

Reflexology

A centuries old favorite where pressure points are applied to zones on the feet connecting to inner organs making this a totally holistic, therapeutic experience. Perfect after a hard day's shopping!

60 / 90 mins HK\$600 / 850