

The logo consists of a solid purple circle centered on the page. Inside the circle, the word "miraspa" is written in a white, lowercase, sans-serif font. The background of the entire image is a solid purple color with a pattern of thin, light purple wavy lines that create a textured, water-like effect.

miraspa

A 21st century metropolitan spa combining contemporary, Western design, with stylish, warming touches that delivers a sense of wellbeing and subtle stimulation.

Treatments incorporate innovative technology to yield maximum results, via exclusive product ranges that showcase a unique apothecary concept of blending ingredients to suit your individual needs.

Complete customisation allows you to set the mood for your MiraSpa experience, in terms of style of music, lighting and the selection of treatment combinations. Packages allow you to pick and choose a personalised combination of therapies.

Social elements meld with a lifestyle membership concept with full spa and fitness facility access, the option to book the spa and nail bar for special occasions such as bridal showers, corporate appreciation events and girly pampering days. MiraSpa offers bespoke SPArty packages including indulgent treatments, signature smoothies and cocktails as well as delicious canapés, all in one unique space.





Facilities

All 18,000 square-feet of MiraSpa encapsulates rejuvenating spa, beauty and hair services. Complete with state-of-the-art fitness centre and infinity-edge pool, the MiraSpa features a wet zone with sauna, steam, whirlpool and experience showers for instant rejuvenation, as well as flotation lounges with heated waterbeds to zone out and re-energise pre-and-post your spa indulgence.

Nine sleek spacious treatment rooms include seven single Spa Suites complete with private washroom and shower facilities as well as two VIP Couples Spa Suites with private sunken whirlpool bath, steam shower and vanity area. The oval-shaped Aura Room with soothing coloured light feature induces restful sleep while you enjoy a therapeutic MiraSpa ritual.

Day Pass

At HK\$500 per person, enjoy single entry, whole day, unlimited access to MiraSpa Heat Experience zone, as well as gym and infinity pool. It's a full day wellness experience and a privilege otherwise exclusive to Hotel Guests and MiraSpa Members.

Hair

THE MIRA PRIVATE I SALON

The technical team at The Mira Private i Salon is world renowned for their expertise taming and grooming tresses. Whether it's a quick cut and blow dry, a refreshing tint, conditioning treatment, specialist scalp care or a stunning up-do, leave it to them to take care of your hair style.

Treatments

FACIALS

Facials go beyond the basic beauty routine, redefining customisation with apothecary style concepts that blend ingredients to enhance results and to promote a visible radiance. MiraSpa features specialist in premium grade essential oils, Alqvimia, and uses the latest products and skincare technology by: Aromatherapy Associates, Parisian skincare pioneer Anne Semonin, and Somme Institute from New York, introducing clinically driven, transformative facials.

MASSAGE

MiraSpa treatments are a massage hedonist's delight, with a full spectrum of skillful bodywork techniques that deliver deeply therapeutic relief to aches and pains, rebalancing the emotions to leave you completely restored and calm.

CUSTOMISATION

Every guest is unique and, to celebrate your individuality, we invite you to create a MiraSpa experience tailored to your needs. Allow our therapists to customise the perfect package suited to your preferences.

MANICURE PEDICURE

Essential maintenance comes easy in our colourful, vibrant Nail Lounge, where hands and feet are groomed to perfection. Indulge in a girly group nail therapy with your best friends, complete with Champagne and divine canapés. A complete threading and waxing service uses an Australian lusciously scented strawberry wax, and a soothing azulene hard wax leaving the skin silky smooth.



signature rituals

MiraTouch Journey

A warming Foot Ritual is followed by a specialized massage drawn from the traditions of both East and West, mix of Meridian and Lymphatic drainage techniques. Combining the power of pure essential oils with deep TOUCH it unravels all tension and enhances circulation. Signature Abdomen Massage and warm compress with finest pure essential oils and plant extracts acts to enhance the metabolism while a pressure point scalp and shoulder massage is the finishing TOUCH of this balancing holistic journey.

90 mins

Weekdays	HK\$1,680
Weekend & Public Holiday	HK\$1,780

Mira-culous

Exotic flowers of fresh tuberose, ylang ylang and vanilla combine with an intensive salt and coffee exfoliation to stimulate the circulation and slough off dead skin cells to revive tired-looking skin. The body is layered in mineralizing marine algae and massaged with a blend of nourishing plant oils smoothed in a buttery lotion to soften. Whilst cocooned a repairing anti-ageing facial of finest essential oils and botanical extracts firms and tones the skin. Beautiful skin is unveiled!

2 hours 30 mins

Weekdays	HK\$2,450
Weekend & Public Holiday	HK\$2,520

Sleepless in Hong Kong

Immerse yourself in a deep state of relaxation for a comforting, peaceful nights sleep. A head to toe massage harnessing rich, earthy essential oils of vetiver, chamomile and sandalwood, renowned for their intense calming and grounding effects balances the nervous system and soothes the mind. Complimented by a bespoke facial using a combination of the finest pure essential oils and plant extracts applied with specific massage techniques to restore and recondition the skin, leaving the complexion pure and luminous.

2 hours 30 mins

Weekdays	HK\$2,280
Weekend & Public Holiday	HK\$2,350

Yin & Yang Massage

This balancing ritual incorporates premium essential oils by Alqvimia, rigorously selected nature's purest botanicals composed into 100% natural products respecting the ancient art of alchemy. An exciting new treatment, rooted in the essentials of traditional Chinese medicine, the massage promotes a sense of inner balance and ultimate relaxation.

60 / 90 mins

Weekdays	HK\$1,120 / HK\$1,520
Weekend & Public Holiday	HK\$1,160 / HK\$1,580

* These offers cannot be combined with other promotional offers or discounts.
All prices are subject to 10% service charge.

couple's pampering

Couple's Spa Suite Massage

Your choice of 90-minute massage for two enjoyed in the privacy of MiraSpa's VIP suite. Treatment includes 30-minute use of the suite facilities including steam shower and Jacuzzi.

2 hours

Weekdays HK\$3,100

Weekend & Public Holiday HK\$3,200

Couple's Spa Suite Indulgence

Your choice of body scrub and 90-minute massage combines in this pampering experience for couples enjoyed in the privacy of MiraSpa's VIP suite. Treatment includes 30-minute use of the suite facilities including steam shower and Jacuzzi.

2 hours 30 mins

Weekdays HK\$3,980

Weekend & Public Holiday HK\$4,080

**Additional 30-minute use of
the Couple's Suite facilities** HK\$680



* These offers cannot be combined with other promotional offers or discounts.

All prices are subject to 10% service charge.

bespoke packages

When it comes to energy and excitement there is nowhere quite like Hong Kong, but on the occasions when we need to escape the frenetic pace of the city, MiraSpa has an abundance of ways to unwind, relax and completely revitalise. Our bespoke packages allow you to combine a selection of therapies that best suit your needs. With an unlimited use of all spa facilities, including sauna, steam, experience showers, whirlpool and our heavenly waterbed lounge, plus access to our fitness centre and indoor heated swimming pool surrounded by circular chill-out day beds. A light lunch and a signature smoothie is included in every bespoke package experience.

4 HOURS

Choose one treatment from each of Relax, De-stress, Uplift and Groom.

Weekdays

HK\$3,680

Weekends

HK\$3,810

3 HOURS

Choose one treatment from each of Relax, Uplift and Groom.

Weekdays

HK\$2,580

Weekends

HK\$2,650

2 HOURS 30 MINS

Choose one treatment from each of De-stress, Uplift and Groom.

Weekdays

HK\$2,250

Weekends

HK\$2,340

Relax

- Choice of 90-minute massage
- Sea Enzyme Purity Wrap
- Cryotherapy Facial
- Aroma Ultimate Cleanse Facial

De-stress

- Choice of 60-minute massage
- Rose Aromatic Facial
- Purifying Orange Flower Facial
- Wrap of Roses

Uplift

- Ginger and Lime Salt Scrub
- Orchid Flower Scrub
- Reflexology
- Scalp Massage

Groom

- Luxury Manicure
- Prestige Pedicure

* These offers cannot be combined with other promotional offers or discounts.
All prices are subject to 10% service charge.





facial therapy

Aromatherapy Associates

ROSE AROMATIC FACIAL

The perfect remedy to restore radiance and give the skin a healthy glow! Luxurious rose essential oils renowned for their rejuvenating properties help to condition and deeply nourish the skin. The result is a smooth radiant complexion and relaxed state of mind.

60 mins

Weekdays

HK\$1,080

Weekend & Public Holiday

HK\$1,120

PURIFYING ORANGE FLOWER FACIAL

Using lavender, tea tree and orange flower essential oils, this intensive purifying treatment regulates problematic, oily skin leaving the complexion instantly bright, luminous and balanced. Incorporating steam, hot compress with extraction combined with facial massage and a freshwater mud mask. Perfect for those suffering from breakouts caused by hormonal or environmental changes.

60 mins

Weekdays

HK\$1,080

Weekend & Public Holiday

HK\$1,120

ULTIMATE POWER FACIAL

Everything you need for a complete complexion overhaul! Depending on your skins needs we use either a galvanic cleanse or an enzymatic peel to renew and soften the skin and stimulate the circulation. The treatment then combines micro-current to tone and lift and direct high frequency to cleanse and heal. To compliment the treatment a divine nourishing mask is applied while you snooze to a deeply relaxing shoulder and scalp massage.

90 mins

Weekdays

HK\$1,880

Weekend & Public Holiday

HK\$1,910

AROMA RADIANCE LIFT FACIAL

Using a sophisticated micro-current machine, this facial is designed to tone the muscles of the face and neck. An enzymatic peel will brighten the complexion followed by lymphatic drainage to detoxify alleviating puffiness and dark circles from under the eyes and micro-current to tone the skin. Focusing on any areas of concern, lifting the eyes, forehead and lower face the micro-current leaves the skin totally radiant and toned.

1 hour 15 mins

Weekdays

HK\$1,480

Weekend & Public Holiday

HK\$1,520

AROMA ULTIMATE CLEANSER FACIAL

The ultimate pore cleanser for combination, oily and city stressed skin! Using an effective galvanic current and exfoliation we work deeply into the pores to remove impurities that cause skin congestion. Lost moisture is replenished as dehydration lines are plumped out. The treatment is completed with direct high frequency using ozone to cleanse, heal and prevent further breakouts.

1 hours 15 mins

Weekdays

HK\$1,480

Weekend & Public Holiday

HK\$1,520

Anne Semonin

HAUTE COUTURE PLATINUM FACIAL

The ultimate facial treatment using pure revitalising extracts of apricot kernel oil. Lie back enrobed in a warm, bubbling seaweed paste while your therapist blends products to suit your needs. Sheer indulgence is experienced in this powerful facial which incorporates a bespoke eye and décolleté treatment.

1 hour 45 mins

Weekdays HK\$1,980

Weekend & Public Holiday HK\$2,030

CRYOTHERAPY FACIAL

Experience the effects of youth and radiance with the ultimate anti-ageing facial, incorporating a firming eye treatment. Your skin is quenched with the power of Evening Primrose Oil, Red Micro Algae and Wild Indigo. Experience the effects of Anne Semonin's Serum Infused Radiance Ice Cubes' that melt away fine lines resulting in a more plumped, radiant and hydrated skin.

1 hours 25 mins

Weekdays HK\$1,580

Weekend & Public Holiday HK\$1,625

All prices are subject to 10% service charge.



facial therapy

CACI

CACI ULTIMATE

The newly upgraded and most innovative technology from CACI using micro-current to tone, lift and redefine the contours of the face. Increased blood circulation improves the texture and tone of the skin giving a more youthful, radiant appearance. Lymphatic drainage reduces puffiness around the eyes diminishing dark circles. This treatment is perfect prior to a special event.

90 mins

1 session	HK\$1,380
6 sessions	HK\$7,450
12 sessions	HK\$13,250

VITAL EYES AND LIPS

A specialised treatment focusing on the delicate skin around the eyes and lips, often the first areas to show signs of ageing. Targeting lines and loss of elasticity with specialised lifting techniques and reducing puffiness with powerful antioxidants. Skin is left firmed and eyes full of youthful sparkle!

45 mins

Weekdays	HK\$780
Weekend & Public Holiday	HK\$800

men's treatments

The Refinery

THE REFINERY ULTIMATE FACE AND BODY TREATMENT

Achieve a heightened state of relaxation and well-being. Begin your experience with a back cleanse and exfoliation that refreshes the skin. Continue the journey with a stress relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Then enjoy a deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range, whilst rebalancing your skin, leaving it bright, supple and refreshed.

90 mins

Weekdays HK\$1,580

Weekend & Public Holiday HK\$1,680

THE REFINERY ESSENTIAL FACIAL

When time is short and you need to look your best, this deep cleansing and brightening facial, will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality.

60 mins

Weekdays HK\$1,080

Weekend & Public Holiday HK\$1,120

THE REFINERY POWER LIFT FACIAL

A thorough and results-driven facial utilising, galvanic and micro-current' to increase the power of the active products and stimulate the skin at the deepest level. Facial muscles are lifted and toned and skin is boosted and hydrated, smoothing fine lines and wrinkles. A pressure point massage is carried out on the neck and shoulder area to aid relaxation.

90 mins

Weekdays HK\$1,480

Weekend & Public Holiday HK\$1,580



massage

Himalayan Salt Stone Massage (NEW)

Soothing and relaxing, this full body muscle massage using medium to deep pressure employs the warmth of the Himalayan salt crystal stones to help achieve a greater sense of relaxation, stimulate immune support, and calm the nervous system by using a slow, deliberate technique that follows the energy meridian lines of the body. During the treatment, 84 essential minerals locked up for millions of years within the stones are absorbed through the skin resulting in a profound sense of well-being.

90 mins

Weekdays HK\$1,470

Weekend & Public Holiday HK\$1,530

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

Weekdays HK\$1,080 / HK\$1,430

Weekend & Public Holiday HK\$1,110 / HK\$1,460

The Real Aromatherapy Experience

Using the most precious essential oils on earth selected with your therapist to meet your physical and emotional needs. Swedish and neuromuscular techniques relieve muscular tensions, while lymphatic drainage massage helps to detoxify the body and stimulate the circulation. You will float out of the treatment fully relaxed and recharged!

60 / 90 mins

Weekdays HK\$1,120 / HK\$1,470

Weekend & Public Holiday HK\$1,160 / HK\$1,530

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

Weekdays HK\$1,080 / HK\$1,430

Weekend & Public Holiday HK\$1,110 / HK\$1,460

Jet Set Relief

This harmonizing massage is tailored to either revive you or deliver you to slumber land 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

Weekdays HK\$1,080 / HK\$1,430

Weekend & Public Holiday HK\$1,110 / HK\$1,460

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

Weekdays HK\$960 / HK\$1,310

Weekend & Public Holiday HK\$990 / HK\$1,350

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

Weekdays HK\$1,080 / HK\$1,430

Weekend & Public Holiday HK\$1,110 / HK\$1,460

Pea in a Pod

A massage developed especially to address the 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 well being. Using a biodynamic infusion of mandarin, rose and lavender this pre-natal massage is a must for any mother-to-be.

60 mins

Weekdays HK\$1,080

Weekend & Public Holiday HK\$1,110

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 mins

Weekdays HK\$780

Weekend & Public Holiday HK\$800



body therapy

Ginger Lime Scrub

An invigorating scrub which deeply cleanses and smoothes the skin with the purifying properties of salt and the instantly refreshing, zesty sensation of lime and warming ginger. The perfect skin prep for a big event or pre-holiday smoother.

30 mins

Weekdays HK\$520

Weekend HK\$540

Orchid Flower Scrub

A nourishing combination of floral notes and orchid petals are blended in this luxurious body scrub. Effectively restores moisture and evens out the skin texture,

30 mins

Weekdays HK\$520

Weekend HK\$540

Wrap of Roses

Replenish thirsty skin with this intensely nourishing ritual for the body. Your ritual will begin with a gentle exfoliation to bring dull skin to life. The Damascus Rose, a symbol of beauty and love enriches the oils and creams that are layered on the skin under a warming wrap. During the treatment you will be treated to an Ayurvedic scalp massage to brighten your spirits.

1 hour 15 mins

Weekdays HK\$1,180

Weekend HK\$1,220

Sea Enzyme Purity Wrap

Harnessing the powerful detoxifying, re-mineralising benefits of the ocean, this envelopment begins with gentle exfoliation combined with seaweed extracts to boost circulation. The natural seaweed in the wrap boosts the metabolism to kick start the elimination of toxins. The perfect compliment to any weight loss programme.

90 mins

Weekdays HK\$1,380

Weekend HK\$1,420



finishing touches

WAXING		WEEKDAY	WEEKEND
Half Leg	30 mins	HK\$380	HK\$410
Full Leg	45 mins	HK\$580	HK\$610
Half Arm	30 mins	HK\$290	HK\$320
Full Arm	40 mins	HK\$480	HK\$510
Underarm	15 mins	HK\$280	HK\$310
Bikini	15 mins	HK\$320	HK\$350
Brazilian	40 mins	HK\$520	HK\$550
Back	40 mins	HK\$520	HK\$550
Chest	40 mins	HK\$420	HK\$450
Eye Brow	15 mins	HK\$220	HK\$250
Upper Lip	15 mins	HK\$200	HK\$230
Chin	15 mins	HK\$200	HK\$230
Eye Brow Threading	30 mins	HK\$260	HK\$290
Upper Lip Threading	15 mins	HK\$220	HK\$260
Full Facial Threading	40 mins	HK\$500	HK\$530

TINTING			
Eye Lash Tinting	30 mins	HK\$280	HK\$310
Eye Brow Tinting	15 mins	HK\$240	HK\$270

MANI / PEDI			
Quick Manicure	30 mins	HK\$420	HK\$440
Luxury Manicure	60 mins	HK\$620	HK\$640
Quick Pedicure	45 mins	HK\$520	HK\$540
Prestige Pedicure	75 mins	HK\$820	HK\$840
Men's Manicure	40 mins	HK\$320	HK\$350
Men's Pedicure	45 mins	HK\$420	HK\$450
Minx Manicure	60 mins	HK\$790	HK\$810
Minx Pedicure	75 mins	HK\$890	HK\$910

NAIL SERVICES

FINGER NAIL

TOE NAIL

Cuticle Work	HK\$180	HK\$280
Paraffin Wax Treatment	HK\$280	HK\$380
Buffing On Nails	HK\$180	HK\$280
Nail Re-Vanish (Single Colour)	HK\$180	HK\$280
French Style Nail Re-Vanish	HK\$100	HK\$200

* Provided that the soak-off gel / hard gel nails were done at MiraSpa
All prices are subject to 10% service charge.

how to spa

APPOINTMENTS

Advance appointments are highly recommended, although we do make every effort to accommodate walk-in guests. To make your appointment you may either phone the MiraSpa reception on 2315 5500 or visit us at level B3.

CANCELLATIONS

Please note that a 100% charge will be applied should you cancel your appointment less than 4 hours prior to the scheduled time, the same applies to no-shows.

WHAT SHALL I WEAR?

For hotel guests, you may feel more comfortable to wear the robe and slippers provided in your room. We will provide disposable underwear for your treatment and our therapists are highly trained to drape you properly.

WHEN SHOULD I ARRIVE?

In order to fully enhance your spa experience, we recommend you arrive at least 30 minutes prior to your appointment time to make full use of the heat facilities and Waterbed Flotation Lounge. Please understand that your treatments must start and end on time in order not to inconvenience the next guest.

PRECAUTIONS

In order for us to provide the most appropriate service to suit your needs, be sure to notify your therapist or the spa reception should you have a medical condition which may affect your spa treatment.

CUSTOMISATION

We understand that every guest is unique and invite our guests to personally select your own style of music, temperature and lighting to suit your mood.

SPA BOUTIQUE

Our spa boutique carries an irresistible range of products from our skincare ranges, Anne Semonin, Aromatherapy Associates, Alqvimia and Somme Institute as well as gift accessories, apparel, candles and CDs. MiraSpa Gift Vouchers can be purchased at the spa reception.

AMBIENCE

To preserve the spa's peaceful ambience we respectfully request that pagers and mobile phones be switched to silent mode, or turned off.

feel uplifted

B3, The Mira Hong Kong, Mira Place, 118 – 130 Nathan Road, Tsim Sha Tsui, Kowloon, Hong Kong
T +852 2315 5500 F +852 2315 5899 miraspa@themirahotel.com www.themirahotel.com