miraspa

MiraSpa is an award-winning, 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 Nail Lounge for special occasions such as intimate bridal or baby showers, and girly pampering days. MiraSpa offers bespoke packages including indulgent treatments and light yet reviving refreshments, all in one unique space

the miraspa experience

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 therapy rooms complete with private washroom and shower facilities as well as two VIP 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. Juice Bar is a pit stop for your post workout smoothie or a fresh juice after a morning swim.

Membership

For serious spa goers and those committed to their wellness or fitness routines, MiraSpa Membership offers a flexible plan with substantial savings on spa treatments and enticing benefits including rewarding discounts on dining and hotel stays, birthday treats, and more on top of unlimited access to wellness facilities.

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 and uses the latest products and skincare technology by Aromatherapy Associates, introducing a range of clinically driven, transformative facials by BIODROGA combining most noble ingredients with high-tech components, and organic products by Five Senses from Australia.

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.

GLAM & PAMPERING
Essential maintenance comes easy in our colourful, vibrant Nail Lounge, where hands and feet are groomed to perfection. Stop by for a quick mani makeover or indulge in a girly group nail therapy with your best friends, complete with Champagne and divine canapés.

Waxing service uses an Australian lusciously scented strawberry wax, and a soothing azulene hard wax leaving the skin silky smooth.

bespoke, treatment & rituals

signature rituals

Jade Caressing

A ritual which merges traditional Asian massage technique rooted in the Traditional Chinese Medicine, with state-of-the-art ingredients, blending both to maximum benefits to the skin and mind. Succumb to a 60-minute relaxing and detoxifying jade stone body massage followed by a 90-minute Gua Sha collagen facial utilizing a combination of the Luxurious Grape Energy Concentrate with the potent anti-age power of Perfect Age Formula to lift the facial contours, leaving the complexion rosy and glowing.

2 hours 30mins

Weekdays	HK$2,680
Weekend & Public Holiday	HK$2,780

Sound & Soul Soother

This holistic journey, perfect for those in need of total relaxation, combines a full body massage with therapeutic cleansing of your aura of negative energy with Chakra stones. Let the sound vibrations of healing Tibetan singing bowls flow through the body to ease the muscles and bring relief to the mind while precious gemstones are applied on the most important vortexes of energy of your body to restore the spiritual balance and create little islands of peace.

2 hours

Weekdays	HK$2,280
Weekend & Public Holiday	HK$2,380

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

Mira Prana Journey

Inspired with the ancient yogic wisdom, in which Prana is a life-giving force, this journey begins with a stone ritual correcting the energy flow to supply body with oxygen. Followed by a revitalizing salt scrub which softens the skin and a body wrap utilizing Shimmering & Rich Anti-Age Body Cream with avocado & silk extracts for a velvety soft feel and golden glow the ritual ends with a relaxing full body massage awakening the senses with invigorating lemon and green tea essential oils.

2 hours 30 mins

Weekdays	HK$2,480
Weekend & Public Holiday	HK$2,580

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 vetivert, 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$2,480
Weekend & Public Holiday	HK$2,580

* 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$3,980

Weekends
HK$4,080

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

Weekdays
HK$2,920

Weekends
HK$3,020

2 HOURS 30 MINS
Choose one treatment from each of De-stress, Uplift and Groom.

Weekdays
HK$2,580

Weekends
HK$2,680

Relax

- Choice of 90-minute massage
- Wrap of Roses
- Turn the Clock
  Anti-Aging Advanced Facial
- Aroma Ultimate Cleanse Facial

De-stress

- Choice of 60-minute massage
- Rose Aromatic Facial
- Purifying Orange Flower Facial
- The Ultimate Detox Reviver

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.

mc spa

facial
therapy

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$ 1,180
Weekend & Public Holiday	HK$1,280

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$ 1,180
Weekend & Public Holiday	HK$1,280

THE ULTIMATE WELLBEING FACIAL

More than a facial, this pioneering treatment helps to release tension, repair your skin, and reset your mind with aid of mood-boosting aromatic essential oils for results you can see and feel! This treatment helps to improve blood flow and activate pressure points to encourage lymphatic drainage.

90 mins

Weekdays	HK$ 1,880
Weekend	HK$ 1,980

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$ 1,980
Weekend & Public Holiday	HK$2,080

All prices are subject to 10% service charge.

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.

75 mins

Weekdays	HK$1,580
Weekend & Public Holiday	HK$1,680

AROMA ULTIMATE CLEANSE 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.

75 mins

Weekdays	HK$1,580
Weekend & Public Holiday	HK$1,680

All prices are subject to 10% service charge.

facial therapy

BIODROGA

SIGNATURE GOLD REINVENT FACE THERAPY

Since ancient times, gold was attributed healing properties and was used medicinally. Cleopatra famously used pure gold as a face mask to keep her skin youthful. Gold Reinvent is a luxurious pampering treatment with a patented technology which combines a set of premium caviar products and 24 carat pure gold along with therapeutic use of crystal wands for superb results. The skin radiates with a delicate shimmery freshness and is intensively nourished while lines and wrinkles are reduced.

90 mins

Weekdays	HK$1,880
Weekend & Public Holiday	HK$1,980

TURN THE CLOCK ANTI-AGING ADVANCED FACIAL

Whether you struggle with visible lines, dull skin, and loss of firmness or simply wish to avoid the signs of aging, Turn The Clock facial will restore the youthful skin that you love. This treatment restructures mature skin harnessing regenerative powers of a natural chaste tree extract which exerts a beta-endorphin that acts like a happy hormone leading to an improvement of skin elasticity and density leaving the face contour tightened, and the skin firm yet plump

75mins

Weekdays	HK$1,480
Weekend & Public Holiday	HK$1,580

INTENSIVE MOISTURE FACE TREATMENT

Turn the signs of exhaustion into rosy and padded skin! Designed to alleviate thirsty skin symptoms such as fine lines, wrinkles and lack of luster this facial therapy is an intense boost of moisture. The high-performance Bioactive Moisture Complex applied ensures the lipid levels in the skin are balanced while hyaluronic acid, which acts like a magnet for water, binds moisture within the skin over the long term for a visibly lasting effect.

60 mins

Weekdays	HK$1,180
Weekend & Public Holiday	HK$1,280

All prices are subject to 10% service charge.

massage

massage

Himalayan Salt Stone Massage

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 is a profound sense of well-being.

90 mins

Weekdays	HK$1,510
Weekend & Public Holiday	HK$1,610

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$ 1,120 / HK$1,470
Weekend & Public Holiday	HK$1,220 / HK$1,570

All prices are subject to 10% service charge.

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$ 1,160 / HK$1,510
Weekend & Public Holiday	HK$1,260 / HK$1,610

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$ 1,120 / HK$1,470
Weekend & Public Holiday	HK$1,220 / HK$1,570

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$ 1,120 / HK$1,470
Weekend & Public Holiday	HK$1,220 / HK$1,570

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$1,000 / HK$1,350
Weekend & Public Holiday	HK$1,100 / HK$1,450

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$ 1,120 / HK$1,470
Weekend & Public Holiday	HK$1,220 / HK$1,570

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 / 90 mins

Weekdays	HK$ 1,120 / HK$1,470
Weekend & Public Holiday	HK$1,220 / HK$1,570

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

Weekdays	HK$ 830 / HK$1,180
Weekend & Public Holiday	HK$930 / HK$1,280

body
therapy

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$560
Weekend	HK$640

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$560
Weekend	HK$640

Himalayan Salt Body Polish

This invigorating ritual begins with a deep exfoliating body polish using mineral rich and Himalayan crystal salts to release toxins, stimulate circulation, and reduce tension. Stress will be soothed away with the active effects of aromatherapy oils blended into the scrub.

30 mins

Weekdays	HK$560
Weekend	HK$640

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$1,230
Weekend	HK$1,330

All prices are subject to 10% service charge.

The Ultimate Detox Reviver

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy is based upon the ultimate trilogy of body brushing, exfoliation and mud mask to stimulate lymph and remove dead skins cells while remineralising the skin. This allows for much more efficient action of essential oils, resulting in a deeply recharged mind and reenergised body. The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and diuretic juniper will leave you feeling truly revitalised and your skin will appear bright, smooth and silky!

60 mins

Weekdays	HK$1,180
Weekend	HK$1,280

Journey To Inner Strength

Uplift your mood and reduce anxiety with deeply nurturing ritual starting with a full body massage which uses Inner Strength Body Oil and techniques designed to soothe muscular tension and improve circulation. This comforting treatment harnessing the botanical powers of clary sage, cardamom and frankincense which aid with elevating confidence by drawing upon your inner strength also includes a nourishing and hydrating body mask to soothe your skin. Followed by a scalp massage to help clear your mind, hands and feet massage, this ritual truly comforts the entire body and supports wellbeing!

90 mins

Weekdays	HK$1,980
Weekend	HK$2,080

All prices are subject to 10% service charge.

finishing touches

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
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

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

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

treatment upgrades

Book a treatment of minimum 60 minutes, and add on any of the following treatment upgrade options.

Refresher Facial

Perfect introductory experience to cleanse, detoxify, remineralise and energizes the complexion. The facial includes cleanse, exfoliation, personalized facial mask and finishes with an application of a serum and moisturizer to suit your skin.

30 mins

Weekdays	HK$630
Weekend & Public Holiday	HK$700

Essential Eye Rescue

Relieve tension from eye-strain or headaches with this regenerating eye treatment, resulting in restored moisture and elasticity with visible reduction of fine lines and wrinkles.

30 mins

Weekdays	HK$630
Weekend & Public Holiday	HK$700

Head & Scalp Massage

This treatment boosts energy levels with the calming scalp massage to promote blood circulation, relieve stress and headaches, and even improve sleeplessness. Using pressure point on the head, face and eye area this massage helps to ease away the tension and helps to clear mind.

30 mins

Weekdays	HK$580
Weekend & Public Holiday	HK$650

Back, Neck & Shoulder Massage

This massage focuses on the key areas where we hold tension within the back of our bodies, using a spa body oil matched to your specific needs.

30 mins

Weekdays	HK$580
Weekend & Public Holiday	HK$650

All prices are subject to 10% service charge.

wellness one on one

Now you may take care of your well-being with a range of sessions with our personal trainers and expert coaches.

Advance booking is required for each of the below.

Singing Bowl Meditation

Perfect introductory experience to cleanse, A crystal sound bath harnesses the reverberating sounds and vibrations of crystal bowls of all shapes and sizes, to lull you into a peaceful and mindful state of being.

60 mins **HK$1,000 net**

Personal Training

Take your fitness to the next level with a personalized strength or cardio-based training session with one of our certified personal trainers.

60 mins **HK$800 net**

Private Yoga

Master your asanas or address your body»s blockages at a focused, private yoga session with one of our certified instructors.

60 mins **HK$800 net**

Private Mat Pilates

Work out under a watchful eye of one of our certified instructors to create a customized Pilates training session and elevate your practice.

60 mins **HK$800 net**

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

how to spa

EXCLUSIVE TO FEMALE GUESTS ONLY
For your peace of mind and personal comfort, all facial and body rituals designed for female guests are performed exclusively by our professional female therapists.

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.

In case of any dispute, MiraSpa reserves the right of final decision.

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