

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



A close-up photograph of teal-colored water with a bokeh effect, where light reflects off the surface, creating numerous soft, out-of-focus white and light teal circles. The water's surface is slightly rippled, and the overall tone is a rich, vibrant teal.

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 hedonists' 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.





A close-up photograph of a vibrant green leaf, showing its intricate vein structure. A single, clear water droplet is perched on the lower edge of the leaf, reflecting light. The background is a soft, out-of-focus green, creating a sense of depth and natural beauty.

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 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\$2,480**

**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.





holistic  
treatments



# holistic treatments

---

## Chakra Harmony Ritual

An ideal treatment for people experiencing physical or emotional stress Chakra Harmony is a new ritual designed to achieve inner harmony by working on the 7 chakras, critical to maintaining good physical and mental health. The treatment begins by evaluating the energetic state of each chakra employing a dowsing diagnosis with a pendulum used to locate the blockages of energy or negative energy accumulation. The most appropriate olfactory and topical treatment is applied to adjust affected chakras, followed by a deeply relaxing massage to harmonise body and mind.

105 mins

Weekdays

HK\$ 2,180

Weekend & Public Holiday

HK\$2,280

## Hindu Essence Massage

Succumb to a therapy that combines Ayurveda, a traditional massage, and purest aromatherapy to regain your balance thanks to the most effective techniques in holistic well-being. This ritual includes the use of pure essential oils of the highest quality obtained by first cold pressing, medicinal plants, and aromatic herbs wrapped in "pindas" (bag cloths) that are heated up and pressed into the body's vital points in a personalized massage that activates cell regeneration and restores vital energy.

90 mins

Weekdays

HK\$ 1,510

Weekend & Public Holiday

HK\$1,610

## Ayurveda Gua Sha Face Treatment

The Ayurveda Gua Sha Face Treatment is a professional rejuvenating protocol for all skin types. Unlike other facial treatments, it utilizes cosmeceuticals (cosmetics with a higher than usual concentration of active ingredients) boosted with Vitamin C and Retinol and a peel-off mask based on Vitamin C and Acerola. It combines the use of Bian Stone, a professional Gua Sha (Gua "rub" and Sha "toxin") composed of more than 40 minerals known for their healing properties and designed to drain, sculpt the skin and provide a lifting effect, improving the overall tone and appearance.

75 mins

Weekdays

HK\$ 1,480

Weekend & Public Holiday

HK\$1,580

## Shirodhara – Ayurvedic Head Treatment

Shirodhara literally meaning "head flow" is one of the most ancient and divine Ayurvedic treatments used to help the body to enter a state of deep relaxation. It begins and ends with a head, scalp, neck and shoulder massage. Using warm, aromatic and medicated Ayurvedic oil, gently and continuously dripping on the forehead between eyebrows believed to be the location of the "third eye", it acts upon the pineal gland and helps to release accumulated stress, as a result increasing the efficiency of the brain. Combined with meticulous massage procedures it makes the body, mind and spirit align. Shirodhara is a blissful therapy beneficial for sleep disorders, depression and anxiety.

60 mins

Weekdays

HK\$ 1,380

Weekend & Public Holiday

HK\$1,480

All prices are subject to 10% service charge.



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





---

### **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 in 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 |

## 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**

## 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







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**

Cuticle Work

**FINGER NAIL**

HK\$ 180

**TOE NAIL**

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 |

for  
him





# signature rituals

---

## Gentleman's Detox & Revive Experience

A comprehensive 90-minute treatment designed specifically for men seeking a refreshing escape from daily stress. This 3 part experience combines a detoxifying deep-cleansing facial, a deep tissue targeted massage focusing on relieving tension in the neck and shoulders, and a reviving foot massage that incorporates reflexology techniques to stimulate pressure points and enhance overall well-being.

90 mins

Weekdays **HK\$1,580**

Weekend & Public Holiday **HK\$1,680**

## Holistic Harmony For Him

Ideal for men looking to unwind and refresh this ritual combines the therapeutic benefits of the Pindas Facial with the soothing experience of an Indian Head Massage. A unique 75-minute facial treatment utilizes warm herbal compresses filled with natural ingredients to gently exfoliate and nourish the skin followed by a hydrating mask and a relaxing head, neck, and shoulder massage. Designed to promote rejuvenation, this package not only restores a healthy glow but also brings stress relief.

105 mins

Weekdays **HK\$1,960**

Weekend & Public Holiday **HK\$2,060**

## Gentleman's Neck & Sole Serenity

This specialized massage is designed to relieve tension in the neck, shoulders, scalp, and feet. Tailored specifically for men, this treatment combines therapeutic techniques to provide deep relaxation and rejuvenation, addressing common areas of stress and discomfort by improving circulation and promoting a sense of calm.

60 mins

Weekdays **HK\$1,000**

Weekend & Public Holiday **HK\$1,100**

# facial

---

## Ayurveda Gua Sha Face Treatment

The Ayurveda Gua Sha Face Treatment is a professional rejuvenating protocol for all skin types. Unlike other facial treatments, it utilizes cosmeceuticals (cosmetics with a higher than usual concentration of active ingredients) boosted with Vitamin C and Retinol and a peel-off mask based on Vitamin C and Acerola. It combines the use of Bian Stone, a professional Gua Sha (Gua "rub" and Sha "toxin") composed of more than 40 minerals known for their healing properties and designed to drain, sculpt the skin and provide a lifting effect, improving the overall tone and appearance.

75 mins

**Weekdays** HK\$1,480

**Weekend & Public Holiday** HK\$1,580

## 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\$1,180

**Weekend & Public Holiday** HK\$1,280

## The Refinery Power Lift Facial

A thorough and results-driven facial utilizing galvanic and micro-currents 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\$1,580

**Weekend & Public Holiday** HK\$1,680

# massage

---

## Shirodhara Head Treatment

One of the most ancient and divine Ayurvedic treatments used to help the body to enter a state of deep relaxation, Shirodhara means "head flow". It begins and ends with a head, scalp, neck and shoulder massage. Using warm, aromatic and medicated Ayurvedic oil, gently and continuously dripping on the forehead between eyebrows believed to be the location of the "third eye", it acts upon the pineal gland and helps to release accumulated stress, as a result increasing the efficiency of the brain. Helping the body, mind and spirit align, Shirodhara is a blissful therapy beneficial for sleep disorders, depression and anxiety.

60 mins

Weekdays HK\$1,380

Weekend & Public Holiday HK\$1,480

## Foot Reflexology

A centuries old favourite 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 of shopping, back-to-back meetings, or a long journey!

60 / 90 mins

Weekdays HK\$830 / HK\$1,180

Weekend & Public Holiday HK\$930 / HK\$1,280

## Men's Neck, Shoulder, Arm & Hand Massage

This massage focuses on the key areas where we hold tension the most: within the neck, shoulder and arm of our bodies, using a spa body oil matched to your specific needs.

30 / 60 mins

Weekdays HK\$580 / HK\$930

Weekend & Public Holiday HK\$650 / HK\$990

# nail grooming

---

## Men's Express Manicure

A quick, no-fuss manicure that focuses on nail trimming, shaping, and a light moisturizing massage, perfect for men on the go.

30 mins

Weekdays HK\$330

Weekend & Public Holiday HK\$350

## Men's Express Pedicure

A fast and effective pedicure service that includes nail care and a brief foot massage, ideal for those with busy schedules.

30 mins

Weekdays HK\$430

Weekend & Public Holiday HK\$450

## Men's Well-groomed Manicure

A classic manicure that includes nail trimming, shaping, cuticle care, and buffing, followed by a relaxing hand massage and application of a nourishing hand cream.

60 mins

Weekdays HK\$470

Weekend & Public Holiday HK\$490

## Men's Well-groomed Pedicure

A thorough pedicure that includes soaking, nail trimming, cuticle grooming, exfoliation, and a foot massage. Finished with a hydrating foot cream for soft, smooth feet.

60 mins

Weekdays HK\$570

Weekend & Public Holiday HK\$590



# treatment upgrades

---

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

## Men's Express Facial

A quick, revitalizing facial that's perfect for men on the go, focusing on cleansing and hydrating in just 30 minutes.

**30 mins**

**Weekdays** **HK\$630**

**Weekend & Public Holiday** **HK\$700**

## Men's Eye Revive

This gentle treatment is a targeted eye care session designed specifically for men visibly reducing dark circles, puffiness, and signs of fatigue, leaving the eye area refreshed and revitalized.

**30 mins**

**Weekdays** **HK\$630**

**Weekend & Public Holiday** **HK\$700**

## Men's 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**

## 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

---

## **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.



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