

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

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 increasingly 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.