



## THE RITZ - CARLTON

HONG KONG

### 490M Altitude Disconnect to Reconnect

The Ritz-Carlton, Hong Kong has curated an itinerary of your two-night stay to maximize your relaxation and well-being. We welcome you to schedule your stay according to our recommendation or tailor-make your own bespoke agenda.

*Package itinerary for 2 adults.*

#### Day 1 (Check-in)

- 60-minute singing bowl or meditation class
- Cooking class featuring healthy yet delectable dishes or pastries
- Bubble bath ritual prepared by our Ladies and Gentlemen
- Hot milk or ginger longan tea to enjoy before bedtime

#### Day 2

- Nutritious breakfast buffet to be served at The Lounge & Bar
- 50-minute yoga class and 10-minute meditation at the gym terrace
- Access to the swimming pool with a detox drink before lunch
- Wine Experience workshop
- 90-minute Thai or body massage
- In-room detox dinner with international vegetarian dishes
- Bubble bath ritual prepared by our Ladies and Gentlemen
- Hot milk or ginger longan tea to enjoy before bedtime
- Two sets of meditation 7 Chakras cloth and meditation cushion gift

#### Day 3

- Refreshing in-room breakfast
- 60-minute personal training session
- Access to the swimming pool with a detox drink before lunch

*For reservations and enquiries, please call Reservations at (852) 2263 2100 or email [rc.hkgkw.reservations@ritzcarlton.com](mailto:rc.hkgkw.reservations@ritzcarlton.com).*

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