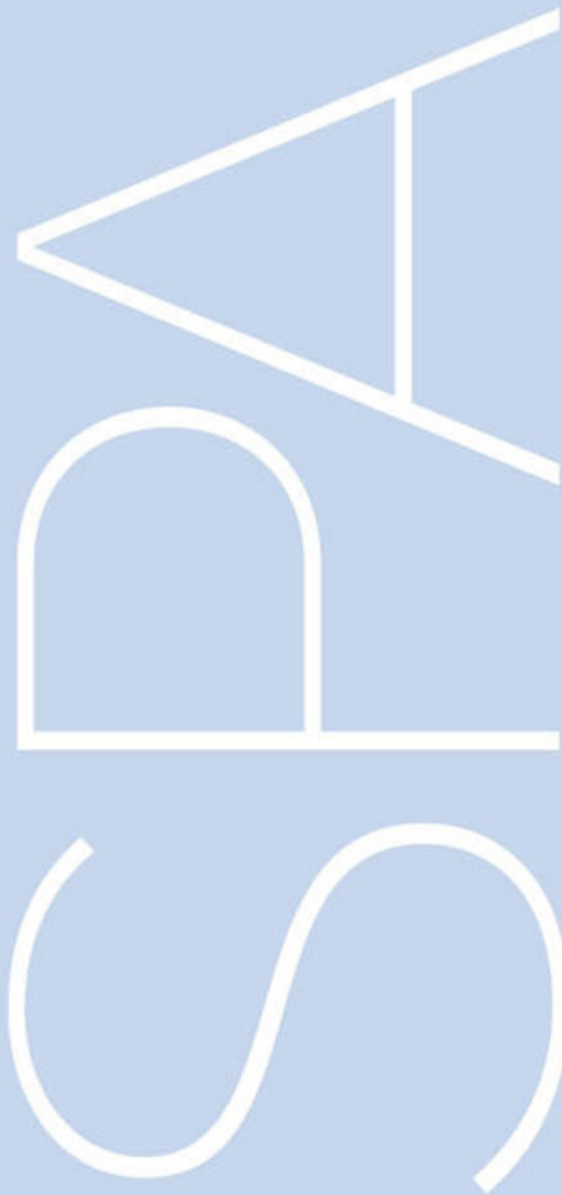




**THE RITZ-CARLTON**  
HONG KONG





*Let us make the world  
revolve around you.*

讓我們將世界圍繞在您身邊

# ESCAPE 全面放鬆

Taking the spa experience to new heights at 465 meters – The Ritz-Carlton Spa, Hong Kong located on 116th floor redefines the urban spa experience. The Spa features nine deluxe treatment rooms and two couples' suites, complete with Relaxation Lounges with floor-to-ceiling windows that offer panoramic views of the city and Victoria Harbour.

位於116層(即465米高)的香港麗思卡爾頓水療中心,俯瞰香港怡人景致,為都市水療體驗重新定位。水療中心設有九間豪華水療護理室和兩間雙人海景貴賓水療套房,及以落地玻璃窗設計的休息室,將香港大都會迷人景色盡收眼底。





Crafted by The Ritz-Carlton Spa, Hong Kong; our collection of Experience treatments is a unique blend of East meets West therapies and indigenous ingredients such as pearl and shell. Relax in our luxurious spa suites with unlimited views of Victoria Harbour and ease into your treatment allowing for any stress and fatigue to vanish at \*the world's highest hotel.

\*The world's highest hotel (multi-function building). Guinness World Records

### HARBOR VIEW SPA SUITE RETREAT

240 MINUTES OR 180 MINUTES

Designed for indulgence, each couple suite boasts a panoramic view and comes with 3 to 4 hour spa treatments as well as spa cuisine.

**INCLUDES** Selected treatment services, one-hour complimentary usage of private harbor view spa couple suite



THE RITZ-CARLTON SPA

# EXPERIENCE

## ME TIME

180 MINUTES OR 120 MINUTES

Your own 3 hour long body-and-soul gratification. Choose from our menu and share with us your objectives. We are thrilled to assist you in planning the spa program that best fits your needs.

**INCLUDES** Customized treatment, spa cuisine

## LAVA SHELL JET LAG SOLUTION

120 MINUTES

An indulgent full body treatment fighting jet lag. Using heated Lava shells as well as integrating warmed aromatic oils and therapeutic strokes, designed to soothe tired feet and revive a fatigued body, followed by a personalized facial leaving you feeling thoroughly relaxed and rejuvenated.

**INCLUDES** Lava Shell, full body massage, personalized facial

## UNWIND BODY AND MIND

120 MINUTES

Give your overworked body some extra love; take time to relax and unwind as we bring body and mind back to harmony. This truly nurturing and grounding treatment infuses powerful pearl antioxidants with deeply reviving and relaxing massage techniques, which helps re-center and harmonize the mind and rebalance the body. You'll be left feeling refreshed and recharged both physically and mentally.

**INCLUDES** Pearl scrub, stretching and deep tissue massage, face and scalp reflexology

## PERFECT HARMONY RITUAL

120 MINUTES

Embrace the journey with the natural and sacred power from a Montecatini clay mask. This special treatment is dedicated to improve circulation and lymphatic flow

while accelerating lipolysis to effectively encourage the elimination of cellulite and toxins.

**INCLUDES** Back exfoliations, massage, facial

## SWEET DREAM

120 MINUTES

Escape the city pace and allow yourself a moment to breathe with this soul soothing treat. Harnessing the restorative benefits of warm water, meditative breathing and sleep inducing massage techniques which helps dissolve stress, soothe tired muscles, and restore the body's natural sleep patterns.

**INCLUDES** Bathing ritual, meditative breathing and stretching session, personalized massage

**ALL EXPERIENCES INCLUDE SWIMMING POOL ACCESS**



# 經典護理體驗

## 寵我療程

180 分鐘或 120 分鐘

我們的專業理療師會為您作出深入的護理諮詢，務求度身訂製出切合您需要的三小時護理體驗，令身心舒暢和諧。

包括 自選護理組合以及水療健康餐一份

## 熱貝殼抗時差護理

120 分鐘

對抗時差而設計的護理。使用熱貝殼配合溫熱芳香的按摩精油以及深層力度的水療手法，舒緩賓客足部疲勞及帶走肌肉疲憊，配合自選面部按摩，令身心全面放鬆、重拾活力。

包括 足浴、足部按摩、熱貝殼全身按摩以及自選面部護理

## 放鬆身心體驗

120 分鐘

針對過度疲累的你而設計的護理療程，令身心達致最佳平衡。此舒緩護理內含珍珠抗氧化元素，配合深層放鬆按摩，趕走日常積累在身體中的疲憊和壓力，令身體全面放鬆、重拾活力。

包括 珍珠粉末磨砂、伸展肌肉及深層放鬆按摩

## 尊貴面部及身體緊膚護理

120 分鐘

體驗溫泉聖地蒙特卡蒂尼(Montecatini)礦物泥的全面療程，讓您的肌膚回歸自然美之旅。此療程有效促進血液循環和改善淋巴系統排毒，塑造肌膚原本的美。

包括 背部磨砂、按摩以及面部護理

## 甜睡美夢之旅

120 分鐘

遠離節奏急遽的都市生活模式，讓您的身體回復狀態。療程包括暖水浴、呼吸運動及提升睡眠質素按摩，幫助舒緩緊張神經，更能驅走埋藏其中的壓力，舒緩肌肉疲勞，以重整睡眠習慣。

包括 浸浴、伸展及呼吸運動以及自選助眠全身按摩

所有經典護理體驗可免費使用游泳池

香港麗思卡爾頓水療中心以「體驗」為主題的一系列水療療程，揉合東、西方傳統身心護理哲學，選用稀有而珍貴的珍珠、深具療效的熱貝殼以及傳統技術手法，讓客人的身、心、靈得到適當的平衡和更新，令肌膚重拾亮麗光澤。置身於\*全球最高酒店的豪華水療護理室盡覽維港迷人景致同時，享受個人化舒緩身心的水療旅程，讓您的壓力和疲勞一掃而空，在煩囂的鬧市中獲得一刻的恬靜。

\*全球最高酒店(多功能大廈)，健力士世界紀錄

## 麗思卡爾頓海景水療套房體驗

240 分鐘或 180 分鐘

讓賓客完全放鬆身心的體驗，享受寧靜空間，盡覽維港迷人景致。客人可自由選擇三小時或四小時的水療體驗，並可享用水療美膳。

包括 自選護理組合、水療美膳以及一小時免費使用豪華雙人套房設施



THE RITZ-CARLTON SPA

香港



# MASSAGE

## CRYOTHERAPY MASSAGE

90 MINUTES OR 60 MINUTES

Full-body cryotherapy is commonly used for athletes' physical rehabilitation. The treatment, featuring ultra-low temperature cryotherapy, combines deep tissue massage and sports massage to relieve tension, improve vitality as well as soothe the mind and calm the body. It can also be used to treat tired and fatigued muscles - perfect for sports and gym enthusiasts.

## TRADITIONAL ORIENTAL MASSAGE

90 MINUTES OR 60 MINUTES

A traditional eastern massage using Chinese techniques and deep pressure to release blocked pressure points and return the flow of energy to a balanced state.

## LAVA SHELL BODY MASSAGE

90 MINUTES OR 60 MINUTES

An indulgent full body treatment using heated Lava shells as well as integrating warmed aromatic oils and therapeutic strokes, designed to soothe tired feet and revive a fatigued body leaving you feeling thoroughly relaxed and rejuvenated.

**INCLUDES** Foot ritual, foot reflexology, full body massage

## HOT STONE MASSAGE

90 MINUTES OR 60 MINUTES

A therapeutic and rejuvenating massage using warm volcanic stones and applying moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

## RELAXATION MASSAGE

90 MINUTES OR 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## DEEP MUSCLE MASSAGE

90 MINUTES OR 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

## LYMPHATIC MASSAGE

90 MINUTES OR 60 MINUTES

Purify your body, boost circulation, and reduce the appearance of cellulite in

this deeply smoothing and contouring full body massage. Using a combination of feather light lymphatic drainage and fast-paced deep massage techniques to increase circulation and reduce water retention to leave the body contoured, toned and refined.

## STRESS RELIEF MASSAGE

90 MINUTES OR 60 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

## FOOT REFLEXOLOGY

60 MINUTES

Reflexology works on various points on the feet that correspond to the body's various systems. It uses finger pressure and massage techniques on the feet and legs that will concurrently promote health and well-being.



THE RITZ-CARLTON SPA

HONG KONG



# 按摩

## 冷凍治療按摩

90 分鐘 或 60 分鐘

這專為運動愛好者而設的全身護理療程採用超低温冷凍療法，配以深層肌肉與運動按摩，不但有效舒緩繃緊的肌肉，更能安撫緊張的神經，讓客人身心尋回平衡的狀態。

## 傳統中式按摩

90 分鐘 或 60 分鐘

以傳統中式按摩手法平衡體內能量，運用指壓手法，促進血液循環，緩解肌肉緊張，令身心和諧舒暢。

## 熱貝殼全身護理

90 分鐘 或 60 分鐘

此全身護理使用熱貝殼，再配合溫熱芳香的按摩精油以及深層力度的水療手法，舒緩賓客足部疲勞及帶走肌肉疲憊，令身心全面放鬆、重拾活力。

包括 足浴、足部按摩以及全身按摩

## 熱石按摩

90 分鐘 或 60 分鐘

利用溫熱的火山石進行中度至深度力量按摩，針對身體酸痛部位，減輕疲勞，帶來煥然一新的療效。

## 舒緩按摩

90 分鐘 或 60 分鐘

深具療效的香蕉精油護理有效釋放深層壓力。透過輕柔至中度力度量的按壓手法，配合獨特的芳香精油，舒緩緊張情緒。

## 深層肌肉放鬆按摩

90 分鐘 或 60 分鐘

此護理能舒緩各種肌肉酸痛及釋放壓力。結合深層組織按摩手法和提拉、按揉等動作，針對身體特別需要注意的部位，舒緩不適症狀及運動帶來的肌肉疲勞。

## 淋巴按摩

90 分鐘 或 60 分鐘

淨化身體內積聚的毒素及促進血液循環的身體護理。使用輕柔淋巴引流手法及快速深層按壓，刺激淋巴系統循環，去除水腫及美化曲線，重拾肌膚彈性和活力。

## 減壓按摩

90 分鐘 或 60 分鐘

此護理透過按摩手法，以循序漸進的力度，幫助舒緩肌肉緊張，放鬆身體。

## 足部按摩

60 分鐘

通過手拍壓力和按摩手法，針對足部及腿部多個穴位，為相關身體系統進行調理，從而增強身體的健康與活力。



THE RITZ-CARLTON SPA

香港



# BODY

## ULTIMATE BODY BOOSTER

120 MINUTES

Restore serenity to body, mind, and skin with this richly indulgent and deeply effective bespoke treatment.

**INCLUDES** Back exfoliation and massage, custom facial, scalp massage

## RELIEF BODY FIRING AND SLIMMING

120 MINUTES

This progressive treatment uses the rich properties of Chrome Clay and Olive oil, focusing on the abdomen and calf for a deep detox and stimulated massage. It helps firm and tone muscles and can be adapted to treat cellulite as well. Perfect for reduction of subcutaneous fat.

**INCLUDES** Warm MDNA chrome clay mask, tailor made stimulated massage

**PERFORMED WITH MDNA PRODUCTS**

## NOURISHED GLOW

60 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation treatment finishing with a deeply nourishing oil application.

**INCLUDES** Full body salt and oil exfoliation, oil application

## DETOXIFYING WRAP

60 MINUTES

Eliminate toxins and smoothen the skin, increase circulation and freshen complexion, leaving you revitalised with a renewed sense of well being.

**INCLUDES** Marine algae or mineral mud wrap, scalp massage, shower, aromatherapy oil application

## REVIVAL BODY BALANCING

90 MINUTES

Re-establishing balance in the body, this transformative treatment provides a sense of calm and renewal from head to fingertips. A warm MDNA Chrome Clay Body Mask will be applied to abdomen and calves for a thorough detox and destress. A deep tissue massage will be performed for the head, abdomen, legs, hips, back, clavicles and arms, accompanied with stretching to release body tension and tightness.

**INCLUDES** Warm MDNA chrome clay mask, body massage accompanied by stretching

**PERFORMED WITH MDNA PRODUCTS**

## POST BABY PAMPERING

120 MINUTES

A nurturing and firming full body experience designed to target areas prone to stretch marks, loss of elasticity, and muscular tension after pregnancy. Leaving the body and skin feeling smoothed, nurtured and refreshed.

**INCLUDES** Body firming massage, sculpting massage, stretch mark treatment

## NATURALLY NURTURED MASSAGE

90 MINUTES

Nurture and nourish body and skin when you need it most with this gentle, restorative, and entirely tailored massage. Ideal for expectant mothers after the first trimester.



THE RITZ-CARLTON SPA

HONG KONG



# 身體護理

## 活力釋能護理

120 分鐘

讓您的背部、頸部及頭部達致深度舒緩，令身心和肌膚回復活力。

包括 背部磨砂及按摩、專屬面部護理及頭皮按摩

## 「舒心系列」美體修身護理

120 分鐘

這種漸進式治療使用具豐富特性的礦物泥及橄欖油，於腹部和小腿進行深層排毒按摩，有助緊緻肌膚及對抗橘皮組織，有效打擊皮下脂肪。

包括 溫暖MDNA礦物泥膜以及加強針對性按摩

使用MDNA產品

## 滋養磨砂護理

60 分鐘

此護理潔淨身體肌膚，以及磨砂去除角質後塗抹深層滋潤按摩精油，讓肌膚重拾光滑柔潤。

包括 海鹽與香茅精油全身體磨砂、身體精油

## 香薰體膜護理

60 分鐘

此護理可排除身體毒素，使肌膚光滑，加速血液循環及平衡膚色，讓您身心舒暢。

包括 可選擇海藻凝膠或礦物泥體膜、頭部按摩、淋浴以及香茅身體精油

## 「煥采系列」身體平衡護理

90 分鐘

重塑身體平衡，這變革性治療讓您從頭到腳煥然一新。溫暖的MDNA礦物體膜覆蓋於腹部和小腿作排毒減壓。深層組織按摩針對頸部、腹部、大腿、臀部、背部、鎖骨及手臂，配合伸展動作，釋放身體緊張和緊繃。

包括 溫暖MDNA礦物泥膜、身體按摩配合伸展動作

使用MDNA產品

## 新生媽媽護理

120 分鐘

特別為新生媽媽們設計，針對產後妊娠紋形成以及缺乏彈性肌膚的身體護理療程，令肌膚回復緊緻柔潤，重拾懷孕前的身型。

包括 包括身體緊緻磨砂、頭皮按摩和抗紋護理



THE RITZ-CARLTON SPA

香港



# FACIAL

## CRYO REJUVENATION FACIAL

90 MINUTES OR 60 MINUTES

The treatment uses purified air at -30°C with the mini 111CRYO face and body machine providing outstanding revitalizing effects on the skin. This treatment, specifically developed with 111SKIN Regenerative formulas, provides instant results including puffiness reduction, complexion rejuvenation, and energization. Perfect for jetsetters and skin exposed to pollution.

**INCLUDES** Cryotherapy

**PERFORMED WITH 111SKIN PRODUCTS**

## CACI ADVANCED ANTI-AGING SYSTEM

90 MINUTES OR 60 MINUTES

A non-surgical toning treatment perfect for mature skin. Microcurrent impulses will lift and tone facial muscles and neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles.

**INCLUDES** CACI non-surgical solutions

## MICRODERMABRASION ADVANCED FACIAL

90 MINUTES OR 60 MINUTES

A non-surgical deluxe face treatment using advanced facial equipment to rectify skin problems and deliver immediate visible and corrective results.

**INCLUDES** Microdermabrasion, microcurrent, LED technology

## Y LIFT INTENSIVE FACIAL

90 MINUTES

A unique treatment that redefines facial contours while smoothing fine lines. Its deep penetrating formula stimulates collagen levels to renew and reactivate skin tone and texture for immediate and long lasting results. Exclusive for The Ritz-Carlton Spa, Hong Kong.

**INCLUDES** Clinical exfoliator, massage, face & neck mask

**PERFORMED WITH 111SKIN PRODUCTS**

## MESO INFUSION HYDRATION FACIAL

90 MINUTES

A hydration treatment that uses a powerful Hyaluronic Acid-infused formula to plump areas of volume loss and moisturize with the signature Essence. The treatment focuses on reinvigorating dehydrated skin.

**INCLUDES** Double clinical cleanse, massage, double face mask

**PERFORMED WITH 111SKIN PRODUCTS**

## LUNAR28 BRIGHTENING FACIAL

90 MINUTES

The Lunar28 Brightening Facial provides laser-treatment-like results. The Ritz-Carlton Spa, Hong Kong offers this revolutionary treatment showing instant results for a more brightened and even skin tone. The 28-day post-treatment set is recommended and will allow you to bring home a continually professional Clinic/Spa experience.

**INCLUDES** Mandelic & Lactic exfoliation, retinol, brightening booster, rose gold facial mask

**PERFORMED WITH 111SKIN PRODUCTS**



THE RITZ-CARLTON SPA

HONG KONG

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# FACIAL

## REVIVAL FACE CONTOUR

90 MINUTES

With an intense massage focused on the bones, musculature, and connecting tissues of the face, this breakthrough treatment leaves guests with a radiant, expressive complexion and an improved look of firmness.

**INCLUDES** Intense facial, head & shoulder massage, corrective eye mask

**PERFORMED WITH MDNA SKIN PRODUCTS**

## VELVET RED CARPET

90 MINUTES

Using cutting edge Cell Dynamic technology, this unique facial treatment addresses face, neck, and shoulder areas providing visible results on skin lightening and plumping with an exclusive white chocolate mask.

**INCLUDES** Exfoliation, extraction (optional), skin nourishing, scalp massage

**PERFORMED WITH NUBO PRODUCTS**

## JADE RADIANCE & RENEWAL FACIAL

90 MINUTES

Restore your skin's vitality and reveal a bright, smooth and youthful-looking complexion. Incorporating Jade rollers which help to maintain and promote the health of your skin. The must-have treatment for immediate results.

**INCLUDES** Brush cleanse, jade crystal massage, double mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**

## CACI FIRMING & REJUVENATING

75 MINUTES

A special treatment for problematic areas including jawline and eyes.

**INCLUDES** Joint-lifting treatment, eye treatment, nourishing facial and neck treatment, CACI non-surgical solutions

## OXY-INFUSION FACIAL

75 MINUTES

A unique treatment that delivers an infusion of both oxygen and collagen within one treatment. The deep infusion helps to revive and replenish skin cells, leaving the skin instantly hydrated and looking younger.

**INCLUDES** Collagen serum with oxygen machine

## CUSTOM FACIAL

75 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

**INCLUDES** Deep brush cleanse, skin analysis, facial exfoliation, massage and mask, scalp massage.

**PERFORMED WITH ESPA PRODUCTS**

## RELIEF FACE-TONING TREATMENT

60 MINUTES

Designed to moisturize skin and supply nutrients for a plumped appearance, this mild and soothing facial is perfect for sensitive skin.

**INCLUDES** Mild and soothing facial, head & shoulder massage

**PERFORMED WITH MDNA PRODUCTS**

## AGE-DEFYING FACIAL

60 MINUTES

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.

**INCLUDES** Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage.

**PERFORMED WITH ESPA PRODUCTS**



THE RITZ-CARLTON SPA

HONG KONG

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# 面部護理

## CRYO面部凍齡療程

90 分鐘 或 60 分鐘

這療程以攝氏零下30度的冷空氣令皮膚從內至外煥發明亮光采。次療程採用111SKIN的凍齡活顏配方，瞬間減退面部浮腫、均勻膚色，讓肌膚重拾活力，特別適合經常旅遊或皮膚長期受污染的客人。

包括 Cryo凍齡護理

使用111SKIN產品

## CACI 無創性抗衰老療程

90 分鐘 或 60 分鐘

針對成熟的膚質，透過微電流刺激面部與頸部肌肉，使其自行進行提升與重塑，讓肌膚重拾彈性和活力，同時去除細紋和皺紋，予人煥然一新的年輕美肌。

包括 CACI無創美容技術

## 微晶煥膚療程

90 分鐘 或 60 分鐘

此療程運用非手術性的先進面部美容儀器對改善膚質、瓦解黑色素，帶來顯著效果。

包括 微晶煥膚術、微電流療程以及LED光波能量美容儀

## Y LIFT 提升美容護理

90 分鐘

為香港麗思卡爾頓水療中心特別研發的高效面部療程，有效減淡眼部及虎口幼紋，提升面部輪廓。其獨特的滲透配方能激活面部底層的膠原蛋白，改善暗啞肌膚，效果持續顯著，瞬間令您煥發青春神采。此護理只限香港麗思卡爾頓水療中心提供。

包括 面部去角質、面部按摩、面及頸部面膜

使用111SKIN產品

## 面部深層保濕護理

90 分鐘

針對乾燥性臉部肌膚而設的護理。此臉部護理使用高效保濕成份的透明質酸，為肌膚注入水分，讓肌膚煥發出自然飽滿的色澤，而護理所配合的精華更水潤滋養肌膚，促進保濕鎖水功效。

包括 雙重潔面、臉部按摩以及面膜

使用111SKIN產品

## LUNAR28亮白面部護理

90 分鐘

此革命性面部護理瞬間提亮及均勻膚色，建議護理後使用28天修護套裝，以取得更顯著功效。

包括 面部去角質、亮白面部護理以及玫瑰金面膜

使用111SKIN產品



THE RITZ-CARLTON SPA

香港



# 面部護理

## 「煥采系列」面部塑型

90 分鐘

為客人面部的骨骼、肌肉及軟組織進行針對性按摩，讓肌膚瞬間回復緊緻彈性，散發動人神彩。

包括 針對性面部按摩、頸部、頸部按摩以及修護眼膜

使用MDNA SKIN產品

## 星級美容護理

90 分鐘

此項美容護理以嶄新「cutting edge」科技而研發的Cell Dynamic 作賣點。以放鬆頭皮按摩幫助舒緩緊張神經，配合理療師的水療手法進行面部及肩頸部淨化肌膚，最後塗上白朱古力面膜，頓時令膚質提亮透白，帶來健康神采。

包括 面部去角質、導出徹底清潔（自選）、面部按摩以及頭皮按摩

使用NUBO產品

## 玉石亮麗舒緩面部護理

90 分鐘

恢復肌膚活力，讓您煥發自然光彩，重鑄朝氣的清亮肌膚，自然倍覺年輕。護理配合翡翠玉石滾輪小棒，改善面部水腫，提升輪廓，讓肌膚感覺細緻白滑，效果顯著，是參與派對前必備的速效護理。

包括 面刷清潔、亮白面膜、玉石面部按摩、提升緊緻面膜以及頭皮按摩

使用ESPA產品

## CACI美肌緊緻療程

75 分鐘

針對鬆弛的下巴及眼部肌膚問題。

包括 CACI無創美容

## 注氧面部療程

75 分鐘

此療程重點在於享受護理同時並為您的肌膚表皮注入氧氣及膠原蛋白。針對暗啞肌膚，令細胞組織得已修補，而且具有補水滋養及重生肌膚之功效。療程讓膚色變得明亮動人，回復幼滑剔透。

包括 膠原蛋白精華及使用注氧氣美容儀器

## 專屬面部護理

75 分鐘

針對個人膚質和需求的個人化面部護理，達致深層清潔、保濕、提亮膚色及光滑肌膚的效果。

包括 深層清潔、皮膚檢測、面部去角質、面部按摩、面膜以及頭皮按摩。

使用ESPA產品

## 「舒心系列」面部煥彩護理

60 分鐘

為敏感性肌膚而設，此溫和保濕的面部護理為客人面部提供所需養分，讓肌膚回復飽滿。

包括 放鬆面部、頸肩部按摩

使用MDNA SKIN產品

## 抗衰煥膚面部護理

60 分鐘

瞬間改善皮膚鬆弛現象，減淡細紋，使您的肌膚重現光彩活力。

包括 深層清潔、膚質檢測、面部去角質、手法專業的面部按摩、面膜及頭皮按摩。

使用ESPA產品



THE RITZ-CARLTON SPA

香港





# MEN

## THE MEN'S FACIAL

60 MINUTES

Deeply cleanse, hydrate and smoothen the skin, leaving your complexion instantly energized.

**INCLUDES** Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage

## THE MEN'S MASSAGE

90 MINUTES

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

## POWER HOUR

90 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens both your body and your mind.

**INCLUDES** Full body salt & oil exfoliation, body massage

## MEN'S MANICURE OR PEDICURE

45 MINUTE MANICURE OR  
60 MINUTE PEDICURE

Maintain amazing results and keep nails in good condition with this conditioning treatment.

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, application of body cream, buff



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HONG KONG

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# 男士

## 男士面部護理

60 分鐘

深層清潔、保濕、光滑皮膚，讓您的肌膚重現活力。

包括 雙重清潔、面部去角質、蒸汽治療及深層清潔、面部按摩、面膜以及頭皮按摩。

## 男士按摩

90 分鐘

至尊男士舒壓護理，包含以溫熱原石進行的全身按摩，面部以及頭皮舒緩按摩，讓身心調和，消除肌肉緊張。

## 魔力時刻

90 分鐘

深層清潔、平滑肌膚、喚醒活力，使您神清氣爽、煥然一新。

包括 海鹽與香薰精油全身磨砂以及全身精油按摩。

## 男士手/足部護理

45 分鐘 手部 或

60 分鐘 足部

基本修甲護理，保持指/趾甲潔淨，光澤再現。

包括 浸泡、美化甲型、磨砂去角質、去除死皮以及塗抹乳霜

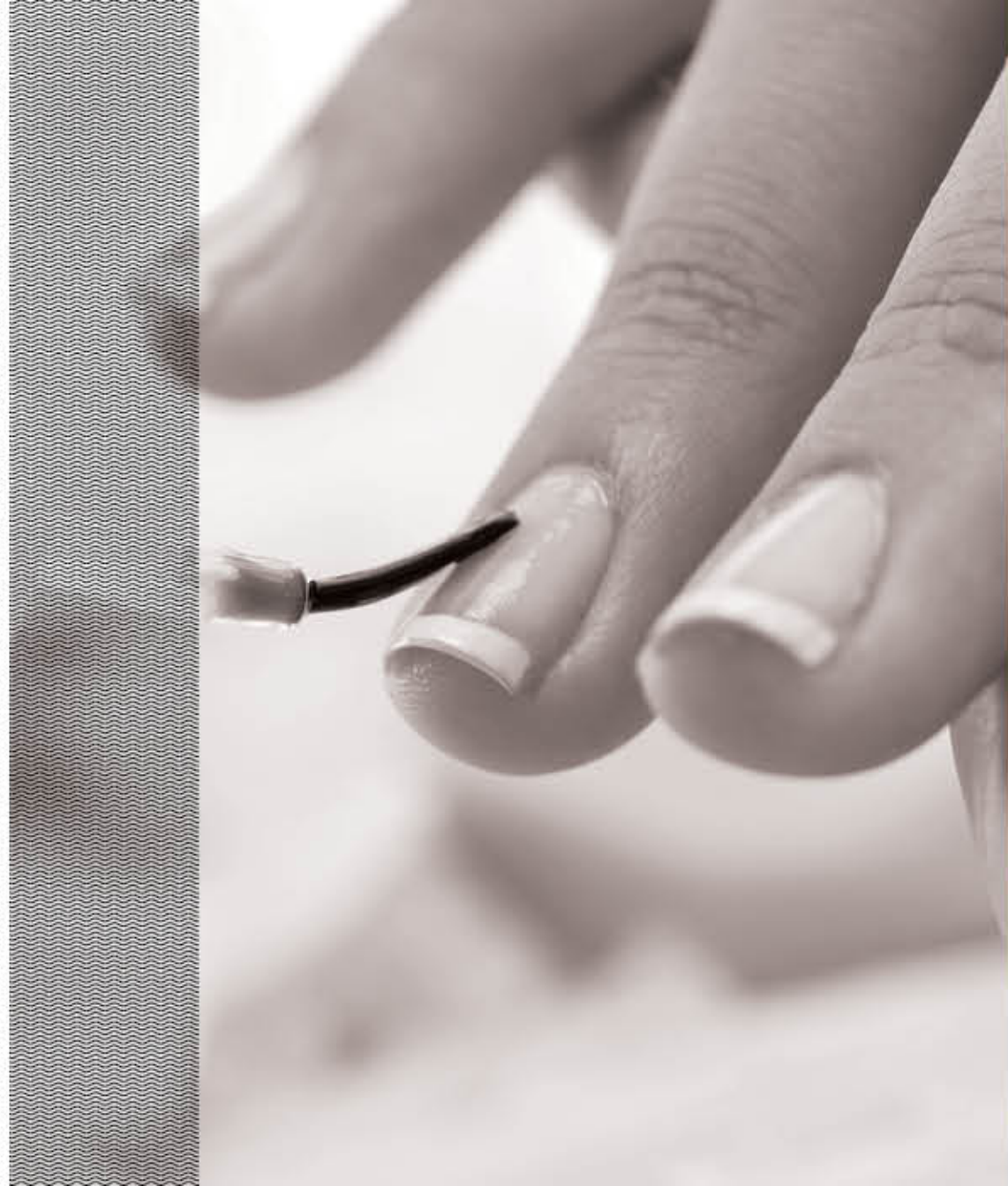


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# BEAUTY

## ULTIMATE PEDICURE

90 MINUTES

An intensive treatment using deeply nourishing products to repair, replenish, and condition your nails depending on your individual needs.

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, massage, personalized mask, paraffin wax, polish or buff

## PEDICURE

75 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff

## ULTIMATE MANICURE

75 MINUTES

This indulgent treatment provides long lasting results with deeply nourishing products to repair, replenish, and condition your nails.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, massage, personalized mask, paraffin wax, polish or buff

## MANICURE

60 MINUTES

Essential maintenance for hands.

**INCLUDES** Soak, cut and file, cuticle work, application of hand cream, polish or buff

## GEL MANICURE OR PEDICURE

60 MINUTE MANICURE OR  
75 MINUTE PEDICURE

Be pampered and maintain healthy looking hands. Using a revolutionary power polish that is set under UV lighting to leave your nails strong and flexible with a superior shine. Providing instantly dry, incredibly durable, chip free nails that will last up to two weeks.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, massage, gel nail application

## WAXING

A selection of professional and personalized waxing services is available including full leg, half leg, underarm and bikini.



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# 美容護理

## 極緻足部護理

90 分鐘

進級版的足部護理之旅，滋潤腳部肌膚，配合個人需要修護並美化趾甲，締造輕盈雙足。

包括 浸泡、美化甲型、磨沙去角質、去除死皮、足部按摩、巴拿芬蠟護理足膜以及美甲造型轉換

## 足部護理

75 分鐘

基本足部護理，保持趾甲潔淨，光澤再現。

包括 浸泡、美化甲型、磨沙去角質、去除死皮、塗抹乳霜以及美甲造型轉換

## 極緻手部護理

75 分鐘

進級版的手部護理之旅，讓雙手瞬間回復幼嫩，改善肌膚老化的痕跡，效果持久。

包括 浸泡、美化甲型、磨沙去角質、去除死皮、手部按摩、巴拿芬蠟護理手膜以及美甲造型轉換

## 手部護理

60 分鐘

基本修甲護理。

包括 浸泡、美化甲型、磨沙去角質、去除死皮、塗抹乳霜以及美甲造型轉換

## 凝膠手/足部美甲

60 分鐘 手部 或

75 分鐘 足部

為您的雙手注入滋養及保護，時刻保持優雅狀態。採用革命性的凝膠美甲技術利用紫外燈光及無害性無氣味配方，強化指甲表面，讓指甲散發自然光澤。此瞬間即乾效果及不易斷甲的美甲護理，能長達兩星期之久。

包括 浸泡、美化甲型、磨沙去角質、去除死皮、按摩以及凝膠美甲

## 脫毛護理

精選一系列專業熱蠟脫毛護理，包括全腿、大腿或小腿、腋下、及比基尼護理



THE RITZ-CARLTON SPA

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# ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated additions to facial, body and massage services without adding additional time to the treatment. All Enhancements must be booked and received with a treatment.

## LIFESTAGE ANTI-AGING BOOSTERS

Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of aging.

## HAND/FOOT/BACK REVIVER

Reveal brighter skin with this exfoliating and nourishing treatment that will leave hands/foot/back smooth, soft, and bright. Can enhance any massage or facial treatment.

## HOT STONE MELTER

Boost any massage with smooth basalt stones that radiate heat deep inside the muscles to relieve tension and stress.

## CONDITIONING HAIR & SCALP TREATMENT

Using the strengthening properties of Moroccan Oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

## SMOOTH & FIRM BODY TREATMENT

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

## BRIGHT EYE OR NECK LIFT MASK

Using active ingredients, this enhancement provides immediately visible results to the neck and eye area. Reducing the appearance of dark circles, fine lines, and wrinkles to reveal deeply hydrated and bright skin.

## SLIMMING BODY TREATMENT

Begin your slimming routine with this intensive firming enhancement designed to target uneven skin and re-sculpt body shape. Applied with a body wrap for slimming, shaping, and tightening results.

## COLLAGEN FACE MASK

A facial mask enhancement using a natural collagen hydrogel mask which gives extra hydration and plumps the skin. Can enhance any massage or facial treatment.



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HONG KONG





# 增效護理

為您選取的水療療程提供增效護理體驗。一系列護理配合面部、身體護理和按摩服務，無需增加護理時間。所有增效護理必須跟其它護理同時預約或進行。

## LIFESTAGE 高效抗衰老護膚

採用高科技抗衰老的LIFESTAGE精華和保濕面霜，卓越的修護效果能即時改善並持久針對性地改善皮膚老化的各種問題。

## 手/足/背部磨砂護理

任選手部/足部或背部進行去角質及滋潤護理，讓您雙手、雙足或背部恢復光澤，柔軟和白皙。

## 熱石背部護理

主要針對長期緊張及受壓的部位，以光滑的火山石將熱能推送到肌肉深層，以達至緩解壓力的作用。

## 頭部滋養護理

這種獨特的調理治療使用摩洛哥油，能舒緩、光滑、滋養秀髮及頭皮，加強和促進頭髮健康。

## 身體緊緻及柔膚護理

結合緊緻及柔膚身體乳霜，配合按摩油使用能提升肌膚彈性，重現剔透光澤。

## 明亮眼或頸部提升護理

採用創新亮白及撫平細紋精華，針對嬌嫩眼部或頸部脆弱肌膚，有效打擊黑眼圈、眼袋及撫平幼紋，使肌膚回復水潤柔軟，緊緻光滑。

## 修身緊膚護理

美體修身由此展開，這強效護理旨在針對不均勻的脂肪組織及重塑身體曲線。配合具塑身功效的體膜，達到肌膚緊緻效果。

## 膠原修復面膜系列

適用於任何按摩或面部護理，使用膠原蛋白水凝膠面膜提供額外的保濕，為肌膚注滿水份。



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香港

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# GUIDELINES

## RESERVATIONS

To schedule your preferred time and treatment, please speak with a Spa Concierge for availability and provide valid credit card information and contact details to secure your reservation. In house guests may press the Spa button on your room telephone or call (852) 2263 2040.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation. Please consult your doctor prior using the heat and water facilities. Heat and water facilities are not recommended for pregnant ladies.

## CANCELLATION POLICY

Cancellation or rescheduling within 10 hours or a no show will incur a 100% charge. A credit card number is required at the time of booking.

## AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 18.

## ARRIVAL TIME

We encourage you arrive 30 minutes at the spa reception prior to your scheduled appointment. This will allow us to have a brief discussion with you about your treatment and give you ample time to visit our heat and water facilities. Please understand that late arrivals will not receive an extension of scheduled treatments.

## SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guests' right to privacy and serenity. Mobile phones and cameras are not permitted for use within the spa.

## LOSS OR DAMAGE

The Ritz-Carlton, Hong Kong and The Ritz-Carlton Spa, Hong Kong will not bear any responsibility for any loss or damage of personal articles. Please keep all valuables locked in your room or spa locker during your visit.

## ACCIDENTS OR INJURIES

The Ritz-Carlton, Hong Kong and The Ritz-Carlton Spa, Hong Kong shall not be liable for any accident or injury suffered by any guest or member.

## PRICES

All prices are quoted in Hong Kong Dollars and exclusive of service charge. Please kindly note that availability and pricing is subject to change or discontinuation at any time without prior notice.

## GIFT CERTIFICATES

Gift certificates are available – an ideal present for someone special. Please contact the Spa Concierge for details.

## SPA RETAIL

We provide complete skincare and body products for your spa regime at home.

## REFUND POLICY

Products sold are not refundable or exchangeable.

## OPENING HOURS

Spa Treatments	9:00 a.m. to 11:00 p.m.
Swimming Pool	6:00 a.m. to 10:00 p.m.
Fitness on 118	6:00 a.m. to 10:00 p.m.

The Ritz-Carlton Spa, Hong Kong  
Level 116, The Ritz-Carlton, Hong Kong  
Telephone: +852 2263 2040  
Fax: +852 2263 2260

[ritzcarlton.com/hongkong](http://ritzcarlton.com/hongkong)

# 水療指南

## 預約詳情

為了讓您全然享受護理，請與我們的水療中心團隊聯繫，我們的水療專員非常樂意為您提供建議，幫您挑選合適您的理療服務。預約時請提供有效信用卡及聯絡資料。預約請致電 (852) 2263 2040。入住酒店客人可以直接使用房間電話，按電話上的 SPA 按鈕。

## 健康狀況

當您預約水療護理服務時，請向我們提供健康狀況，如過敏症或其它損傷等，以免影響您的護理服務。在水療中心設施前，請諮詢相關醫生，部分熱能和水療設施不適合孕婦使用。

## 取消預約

取消任何理療服務均需於10小時前提出，否則水療中心將收取全部費用。預約時須提供信用卡號碼。

## 年齡

水療中心與健身中心的最低年齡要求為18歲。

## 到達時間

我們建議客人於預約前30分鐘到達，以便水療中心團隊能和客人進行一次簡短的交流，同時也方便客人有充足的時間更衣和享受水療中心的配套設施，放鬆心情。若客人沒有按照預定的時間到達，水療結束時間並不會因此延後，敬請留意。

## 禮儀

香港麗思卡爾頓水療中心希望每一位客人都能享受到休閒及寧靜的環境。為尊重其它水療賓客的隱私及利益，水療中心內禁止使用手提電話及相機。

## 物品遺失與損壞

建議客人將貴重物品留在客房內或使用水療中心提供的儲物櫃。有鑒任何物品遺失或損壞，香港麗思卡爾頓水療中心恕不作任何賠償。

## 意外或傷害

香港麗思卡爾頓酒店及香港麗思卡爾頓水療中心對任何客人的意外或損傷概不負責。

## 收費

所有水療服務收費均以港幣計算及另須加一服務費。收費如有調整，恕不另行通知。

## 水療禮券

為親朋好友送上水療套餐禮券，共享香港麗思卡爾頓的水療樂趣。詳情請與水療中心團隊查詢。

## 水療產品

水療中心提供完整的護膚產品系列，讓您在家中也可繼續享受水療體驗。

## 退款原則

已售出的產品恕不接受退款及更換。

## 開放時間

水療中心：每天早上9時至晚上11時  
游泳池：每天早上6時至晚上10時  
健身中心：每天早上6時至晚上10時

香港麗思卡爾頓水療中心  
香港麗思卡爾頓酒店116樓  
電話：(852) 2263 2040  
傳真：(852) 2263 2260

[ritzcarlton.com/hongkong](http://ritzcarlton.com/hongkong)



THE RITZ-CARLTON SPA









## THE RITZ-CARLTON SPA

HONG KONG

INTERNATIONAL COMMERCE CENTRE  
ONE AUSTIN ROAD WEST, KOWLOON

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香港九龍柯士甸道西1號  
環球貿易廣場

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