

The Athletic Club & Spa



ST REGIS
HONG KONG

The Athletic Club & Spa

The St. Regis Athletic Club & Spa offers a uniquely personalised experience with luxury in mind. Each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit your needs for a perfect urban escape.

We offer a range of high performance products and exquisite signature treatments, delivered by a highly-trained team of therapists to help balance and rejuvenate your body, mind and soul.

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Products



OOI SKINCARE LONDON

OOI is a luxury British natural skincare brand created by Royalty Facialist and Beauty Expert Ada Ooi. By combining western technology with eastern principles and a dose of London luxury, OOI is designed to return skin to a natural state of equilibrium. The product line is formulated, tested and produced in London, infusing scientifically proven actives and potent botanicals in luxurious scents and textures. The award-winning range is highly praised and loved by globally respected industry leaders.

3LAB

3LAB is a global leader in high-tech skincare that merges beauty with science to bring you the latest in skincare innovation. The dynamic line of high-end, anti-ageing products produce real results that address multiple skin concerns from combating environmental damage to reducing fine lines and wrinkles.



Iconic Facial Treatments with OOI Skincare London

MERIDIAN SCULPT-BALANCE FACIAL *90 minutes*

Working with the dynastic Oriental Meridian system, this is the ultimate treatment for contour lifting in the pursuit of modern aesthetic “V-Face” concept. The Meridian is a channel network that connects the whole body through a path where our life energy “Qi” flows, the treatment starts with arranging the total anatomical balance by stimulating reflexive points to tighten, lift and define facial contours.

RED CARPET GAZE *30 minutes*

Perfect your renewed skin with this result-driven eye treatment performed with OOI London’s most sought-after product Eyecicle® by Hollywood Make-Up Artists for their star clients. It is delicately made with artisan glass techniques to tackle wrinkles, bags, dark circles and puffiness. The product is used at a low temperature and helps restore tightness and radiance for a razor-sharp gaze to stand out from the crowd.

ICE-RADIANCE FLOW PERFORMANCE *60 minutes*

Designed to awaken the skin’s radiance, this complexion-perfecting facial incorporates a natural peel and a revitalising Gua Sha ritual to slough off dead skin cells and even out your skin tone. It is followed with a CRYOpress™ massage at -2 to 2.5°C to biologically oxygenate the dermal layer, enhancing the absorption of a tailored mask packed with anti-oxidants to help repair environmental damage and aging concerns, reducing visible dullness while promoting brightness and translucence from within.

SIGNATURE FLOW PERFORMANCE FACIALS *75 minutes*

This Facial is tailored to address your specific concerns and includes an invigorating massage based on different techniques stemming from the Oriental Gua Sha principle to initiate skin fascia & internal fluid movements to achieve targeted results.

Upon consultation, we will choose a set of thermal-regulated Gua Sha tools made from handpicked natural materials carved cut into different shapes. By following the meridians, lymphatic system and connective tissue alignment, we directionally apply light pressure with the chosen tools across to move sluggish lymph fluids in problematic areas carrying toxins and excess fluids, while stimulating the Qi, bringing oxygen to the skin’s surface and restart microcirculation.

CRYO-FLASH FACIAL *30 minutes*

Give your skin an extra kick with this vigorous massage performed with the international award winning CRYOpress™ and Alpha-Glow Flash Facial serum. Inspired by clinical cryo-therapy, the CRYOpress™ works at a safe sub-zero temperature from -4 to 2.5°C, giving your skin a “cold shock”, inducing blood which carries nutrients and oxygen to the skin. The facial aims to increase your skin’s microcirculation and metabolism to stimulate new cells growth while flushing toxins and impurities away.

THE EXPRESS FACIAL *30 minutes*

Revive your skin with the tailor-made solution for an instant glow. This express facial includes cleansing, exfoliation and a moisturizing face mask to prepare for an optimal skin condition with a relaxing neck and shoulder massage.

Facial Treatments with 3LAB

ANTI-AGEING FACIAL *90 minutes*

Immerse yourself in the untouched treasure of marine-based skincare for anti-ageing, hydration and protection. The ultimate Anti-Ageing Oil – featuring 24K gold flecks, will hydrate, diminish, and fill in fine lines and wrinkles.

The facial uses a technologically-advanced purifying sheet mask that lifts, firms and brightens skin. Infused with Nano-Claire GY™, the world's first bioengineered growth hormone for younger, firmer skin. It aims to saturate the skin with moisture to relieve dryness, hydrate, and smoothen the skin. The treatment improves skin density and firmness, making lines and wrinkles less visible, and minimises the appearance of skin pigmentation. Ultimately this facial strengthens and hydrates mature skin, promoting skin's radiance and glow, leaving it feeling softer, smoother and more supple.

THE FACIAL *60 minutes*

This luxurious facial incorporates Korean Wild Mountain Ginseng Stem Cell Extracts, which are traditionally used to promote longevity and good health as well as effectively combating the appearance of fine lines and uneven skin tone. Ginseng also helps lock in moisture for a healthy and more youthful-looking appearance. It delivers advanced ingredients to prevent the signs of ageing and improve skin tone and texture by eliminating dullness and sealing in hydration.

PERFECT NECK TREATMENT

30 minutes

Visibly lifts and brightens the delicate skin around the neck area. This luxurious, high-tech neck cream is formulated with 3LAB's Bio-Engineered Renewal Complex to combat the early signs of ageing and help minimise the appearance of sagging skin in the neck and chin area.



Advanced Facial Treatments



SYNERGY NON-SURGICAL FACIAL TONING *90 minutes*

This facial combines non-surgical facial toning, firming and rejuvenating. The CACI's breakthrough S.P.E.D™ microcurrent LED technology uses light therapy to enhance results, providing the very best in CACI Non-Surgical Facial Toning. Ultrasonic peeling and orbital microdermabrasion are used to exfoliate, leaving a brighter, smoother complexion. Microcurrent impulses combined with LED light therapy will then lift and tone the face and neck, followed by CACI's unique Wrinkle Comb to target fine lines and wrinkles. After a course of treatments you can expect to see a more youthful and toned appearance with glowing, healthy skin.

ULTIMATE HYDRATION BOOSTER *60 minutes*

The Ultimate Hydration Booster treatment combines microcurrent rollers to help the penetration of nutrients and restore muscle with the Hydro Mask. The Hydro Mask is infused with collagen, hyaluronic acid and rose water to intensively hydrates and nourishes the skin. It soothes and clam any skin redness and irritation the skin, leaving a brighter, smoother complexion.

SYNERGY PURIFYING FACIAL *60 minutes*

The Synergy Purifying facial targets blemishes, age spots and pigmentation. It combines anti-bacterial and anti-inflammatory red and blue LED light therapy to help heal the skin and trigger tissue repair. The treatment uses our new S.P.E.D™ microcurrent LED technology to enhance results by combining CACI microcurrent with high brilliance LED light therapy and ultrasonic peeling, or controlled orbital microdermabrasion, to exfoliate the skin and reveal a brighter, smoother complexion.

EYE REVIVAL *30 minutes*

This treatment combines active microcurrent eye rollers which are infused with the Eye Revive Serum that has powerful anti-ageing properties and CACI's Hydro Eye Mask. The Hydro Eye Mask is packed full of hyaluronic acid and collagen to help soften fine lines and wrinkles along with red tea and cucumber extract to detoxify, soothe and re-energise eyes, leaving them bright and dewy.

Body Massage & Treatments

WORLD DYNASTIC MASSAGE

60 / 90 minutes

A powerful tailor-made full body massage combines techniques from all corners of the world to address your complete or targeted well-being concerns. Upon consultation, our therapists will create a bespoke precious oil fusion and design a massage routine incorporating various techniques based on their profound performance and benefits to suit your exact needs to either relax and soothe muscle tensions or boost your mood. The list does not stop there, we welcome you to communicate with our therapist to achieve a deep, healing treatment to stimulate circulation, enhance lymphatic drainage and awaken your senses.

BAMBOO ENERGISER MASSAGE

60 / 90 minutes

Bamboo has been considered as a powerful healing tool since ancient times. We incorporate bamboos stalks to various lengths combined with deep tissue massage techniques such as gliding, rolling and kneading movements to release built-up muscle tension, knots and trigger points. Rhythmic, penetrating and stimulating, this massage alleviates stress deep down and soothes muscle aches that contribute to restlessness across the body and mind. A pure therapy for body and soul.

MATERNITY MASSAGE

60 / 90 minutes

This specialised maternity massage performed on a pregnancy comfort cushion aims to soothe all of your aches and pains. The technique is designed to improve lymphatic drainage, and help reduce swelling and discomfort. This massage only incorporates all-natural ingredients to balance out the hormones and to rejuvenate the skin.

AROMA HEAVEN MASSAGE

60 / 90 minutes

Imagine sinking yourself into a bed full of blossoming flowers, freshly-cut grass, tantalising fruits or simply getting lost worry-free in a forest. This massage is the most blissful way to unwind and soothe the body and mind. Upon consultation, we will create your bespoke elixir blended with essential oils sourced from all around the world and perform this heavenly massage while you let your mind wander off or fall into a deep sleep. You will leave the room feeling tension-free, emotions balanced and senses revitalised.

THE QUEEN'S EXFOLIATING RITUAL

60 minutes

Dry brushing for beauty and health has been used by almost all historical civilisations. We start with a full body dry brush exfoliation ritual to polish and perfect your skin to reach its prime condition, followed with a relaxing massage with a bespoke blend of aromatherapy oils to ease any tension, revitalise energy levels while your skin absorbs all the goodness from the omega fatty acids and anti-oxidant rich aromatherapy oils for deep moisturisation and rejuvenation. Leave your skin feeling fresh, smooth and soft.

FOOT MASSAGE

60 minutes

Beginning with a foot scrub, this foot massage involves gentle stimulation and chi energy flow, leading to improved circulation and an overall sense of well-being.





Enhancements

Upgrade your treatment by choosing one or more of our carefully-crafted service enhancements 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.

HOT STONE MELTER

The hot stone provides a healing and effective experience. It encourages blood flow throughout the body. A sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

BACK REVIVER

This exfoliating and refreshing treatment will leave your back smooth, soft and hydrated.

HAND OR FOOT REVIVER

Brighten skin with this exfoliating and nourishing treatment that will leave your hands or feet smooth, soft and bright. Will enhance any massage or facial treatment.

MAGNETIC REVITALISER

The magnetic revitaliser stimulates circulation, eliminates toxins and reduces fluid retention.

HYDRO FACE MASK

Hydro Mask has a soothing and calming effect on the skin that immediately reduces the appearance of skin redness and irritation. Hydro Mask contains intensive moisturising properties that replenish sun-damaged and dehydrated skin. Hydro Mask contains powerful antioxidant ingredients and helps to smooth and soften the appearance of fine lines and wrinkles.

HYDRO EYE TREATMENT

The silicon gel mask has a soothing and calming effect, working wonders on tired and puffy eyes. The uses of hyaluronic acid and cucumber extract deeply nourishes, cools and moisturises. Green tea extract helps to detoxify the skin and reduce puffiness, and collagen helps to plump up the skin and reduce the appearance of fine lines and wrinkles.

Personal Fitness Training

Our Fitness Centre provides hotel guests with 24-hours access. Guests can access the Fitness Centre using their room key and may ask for assistance from the Butler Service Desk.

FITNESS ASSESSMENT

One-on-One session 60 minutes

All guests will be asked to fill in a health history questionnaire as to determine fitness level, medical condition and any past injuries, followed by tests including blood pressure and resting heart rate. Based on the results, a customised training program will be designed for each guest.

PERSONAL TRAINING

One-on-One session 60 minutes

This is a tailor-made program designed according to our guests' needs and provides them with step-by-step motivation and interactive feedback to enable them to make the most of their workout.

FAMILY CIRCUIT TRAINING

Private session 45 minutes

This session offers fun and highly-customized approaches to train with your family, challenge each other and build a balanced lifestyle.

FUNCTIONAL TRAINING

One-on-One session 30 minutes

Functional training incorporates exercises using body weight, free weights, resistance bands, and medicine balls. The aim is to enhance proprioception, the kinetic chain, movement efficiency and body postures. Plyometric techniques are also used to boost the nervous system,





Service Guidelines

Scheduling an Appointment

Our Fitness and Spa Concierge will guide you to the most suitable treatment. Hotel guests can press the Spa button on their in-room telephone. From outside the hotels, please call +852 2138 6998. Treatments may also be booked via email srhk.spa@stregis.com. We recommend booking in advance to ensure your preferred time and service is available.

Spa Treatments

A minimum treatment time of 60 minutes is required.

Health Conditions

When making your spa reservation, kindly advise us of any health conditions, food or medical allergies, injuries, or if you are pregnant, as this may affect the selection of spa treatment.

Pregnancy

We have specially designed treatments for expectant mothers in their 2nd and 3rd trimesters. Please allow our Fitness and Spa Concierge to guide you in selecting which treatments are most suitable during this special time.

Cancellation Policy

Cancellation or rescheduling within 12 hours or 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 is 18 and Fitness Centre is 16.

Arrival Time

We suggest that you arrive to the Spa Concierge 20 minutes prior to your appointment. This allows ample time for check-in, familiarising with our Spa facilities, and changing of clothes if needed.

Please note that if you are late for a treatment, your treatment will end at the original scheduled time to avoid inconveniencing subsequent guests.

Spa Etiquette

Our Spa environment is one of tranquility and relaxation. Please respect all Spa guests' right to privacy and serenity. Please refrain from using digital devices and photography in our spa and wellness facilities.

Prices

All prices are quoted in Hong Kong dollars and are subject to a 10% service charge. Please kindly note that availability and pricing is subject to change or discontinuation at any time without prior notice.

Loss or Damage

We regret that The St. Regis Hong Kong will not be liable to any loss or damage to personal articles, hence guests are recommended to keep all valuables locked in your room or Spa locker during your visit.

Accident or Injuries

The St. Regis Hong Kong shall not be liable for any accident or injury suffered by hotel or external guest.

Spa Boutique

To continue your spa regimen at home, all spa products used in the treatments and services are available for purchase in our Spa Boutique.

Restrictions on the Use of the Facilities

The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the Fitness Centre.

Refund Policy

Products sold are not refundable, returnable or exchangeable.



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