

WELLNESS

AT THE MURRAY

THE MURRAY
HONG KONG
—
A NICCOLO HOTEL

Welcome to our Spa at The Murray,
where luxury and personalisation come together.

Immerse yourself in a sanctuary of tranquility, where every treatment is designed to elevate your well-being. Our expert therapists take a bespoke approach to relaxation, tailoring each experience to your individual needs. We offer four exquisite treatment rooms, including two luxurious couples' spa suites, each featuring a private steam room or sauna for a serene and exclusive experience.

Our massages are entirely personalized, using a selection of premium essential oils chosen to align with your body's needs and emotional state, creating a truly unique and deeply restorative experience.

To further enhance your experience, we incorporate KNESKO, a cutting-edge brand specializing in anti-aging facial masks infused with precious gemstones and active ingredients. Designed to lift, plump, brighten, and restore, these treatments bring an unparalleled level of luxury and efficacy to your skincare ritual.

All guests are invited to enrich their spa journey with a curated selection of wellness teas and freshly made energy balls, ensuring a complete sensory indulgence.



WELLNESS JOURNEYS

Each of our wellness journey provides a holistic retreat to pamper your mind, body and soul.

SINGLE / COUPLE DAY SPA

Enjoy a private heat experience followed by a two-hour treatment in our private Spa Suite. Complement your spa journey with complimentary access to the gym and swimming pool, and indulge in a nourishing lunch at Garden Lounge.

(120 minutes)

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PRIVATE ESCAPE DAY

Begin your relaxation with a private heat experience, then choose from a 60 or 90-minute massage tailored to your individual needs.

Continue your relaxation with access to our pool and gym facilities.

(60 minutes or 90 minutes)



PACKAGES

SPRING AWAKENING RITUAL (NEW)

Release tension and restore vitality with this seasonal treatment. Begin with a magnesium-rich Dead Sea salt scrub infused with thyme to ease muscle fatigue and promote deep relaxation. Follow with a balancing aromatherapy massage using sandalwood and rosemary to revitalize the body and mind. A perfect reset to transition into spring feeling refreshed and recharged.

(90 minutes)

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THE MURRAY REJUVENATION

Begin with a 30-minute body scrub, followed by a 60-minute power of bespoke massage. Conclude your experience with a 30-minute facial. The treatment will leave you completely revived, with a silky smooth skin, relaxed muscles and a radiant glow.

(120 minutes)



MASSAGES

All our massages begin with a personalised consultation to identify and select the most appropriate blend of oil from our aroma atelier for maximum customised benefits.

THE MURRAY SIGNATURE

A melodic and soothing sounds of a Singing Bowl sets the tone for a deeply relaxing and revitalising experience. This ceremony combines Western and Eastern techniques, including the hot stone therapy to reduce stress and restore energy. Complete with a facial and a scalp massage, leaving you balanced and renewed. *(90 minutes)*

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DEEP TISSUE MASSAGE

This powerful massage targets deep layers of muscle and connective tissue to release tension, increase mobility, and alleviate pain. Enhanced with a refined blend of black pepper, ginger, cypress, and rosemary essential oils, it provides warmth and revitalization for optimal recovery.

(60 or 90 minutes)

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POWER OF BESPOKE

Experience a personalized treatment tailored to your unique needs. Our expert therapists will customize techniques to target specific areas of concern, while you create your own essential oil blend to enhance relaxation and restore balance. *(60 or 90 minutes)*



SPECIALTY MESSAGES

TRADITIONAL ORIENTAL MASSAGE

This massage, inspired by oriental tradition, works the whole body with heated and delicately perfumed argan oil. The expert hands of your practitioner envelope you in slow, deep movements to give you a feeling of pure well-being. *(60 minutes)*

BACK AND HEAD HARMONY MASSAGE

Indulge in the ultimate relaxation experience with our back and head harmony massage. This specialised treatment combines therapeutic benefits of essential oils, hot stones, and a quartz stick to deliver a deeply relieved and soothing session. *(60 minutes)*

FOOT AND LEGS REVITALISATION

This treatment is designed to provide a rejuvenating experience for your lower body. It involves reflexology techniques and pressure points to align the meridian lines of legs and feet. *(60 minutes)*

BODY CONTOUR MASSAGE

This treatment is designed to sculpt and contour the silhouette of your body. Gentle and rhythmic motions are used to stimulate the lymphatic system, promoting detoxification and reducing water retention for a sleeker, more refined appearance. *(90 minutes)*



TREATMENT ENHANCERS

The following specialised services are available to supplement and enhance any facial or body treatment.

SPICED AROMATIC SCRUB

Treat yourself to a moment of well-being thanks to this ancestral ritual inspired by beauty recipes and treatment from the Island of Java. Let yourself be carried away by the delicate scents of this energizing spice and sea salt treatment for soft and silky skin. (30 minutes)

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FACE, EYE, LIP, HAND, FOOT MASK BY KNESKO

Add a nourishing mask to your treatment to minimise fine lines and wrinkles, leaving your skin bright, plump and aglow.

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ROSE QUARTZ GUA SHA

Enhance your facial with our specialized rose quartz Gua Sha technique to increase blood circulation and lymph flow leading to a more youthful and radiant complexion.



FACIALS

Combining technical expertise, results and absolute regeneration, Cinq Mondes treatment protocols use an exclusive manual acupuncture technique without needles.

FIVE BALINESE FLOWERS FACIAL MASSAGE

Originating from Bali, the blend of five tropical flowers provide intense moisturization, balancing the skin's microbiota and brightening the complexion. *(50 minutes)*

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KOBIDO REDENSIFICATION TREATMENT

This wrinkle-reducing treatment acts deeply on the face and neck, leaving the skin toned, smoothed, and plumped. *(50 minutes)*

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KOBIDO GLOBAL ANTI-AGING TREATMENT

This treatment combines the effects of ingredients derived from natural remedies around the world with Derma puncture techniques, in order to restore plumpness to the skin and revive its youthful vitality. Acting like a real natural face-lift, 95% of women have found their skin younger with the first treatment! *(80 minutes)*



MANICURE

A complete treatment for radiant hands. This manicure includes nail trimming and shaping, precise cuticle care for a perfectly groomed appearance.

An elegant experience that leaves your hands refined and flawless.

(50 minutes)

Upgrade your treatment with a hand mask or a relaxing hand massage for added comfort.

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PEDICURE

An effective pedicure for refreshed feet, including nail trimming and shaping, thorough cuticle care.

(50 minutes)

Upgrade your treatment with a relaxing foot massage, a foot mask or a callus removal treatment for smooth, rejuvenated feet.

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ADDITIONAL SERVICES

NAIL POLISH APPLICATION (10 minutes)

Finish with a polish application in the colour of your choice for a flawless look.

THE SHELLAC FINISH (20 minutes)

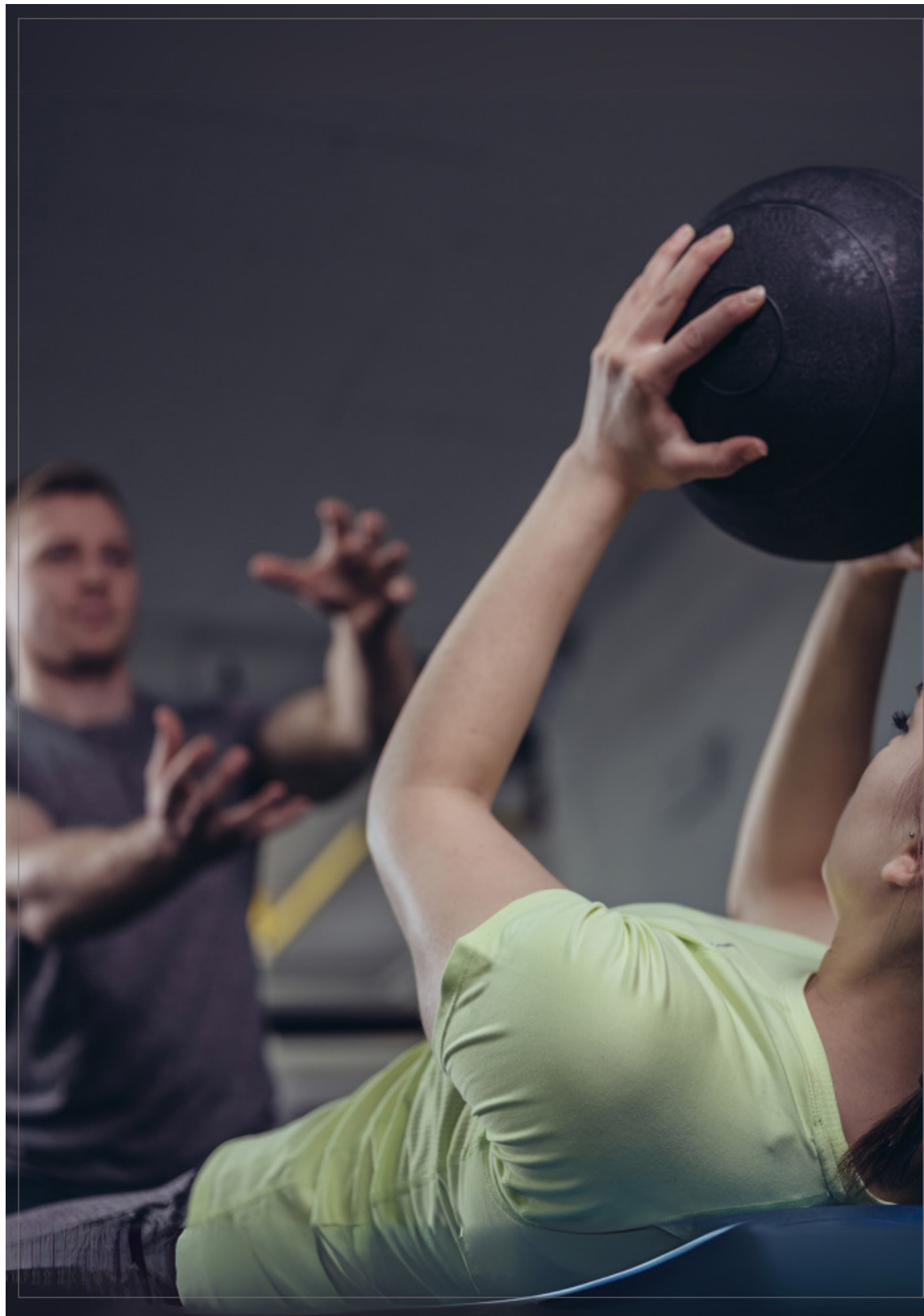
This long lasting manicure offering incredible shine that lasts up to two weeks.

THE SHELLAC FRENCH MANICURE-PEDICURE (10 minutes)

THE SHELLAC REMOVAL (20 minutes)

CALLUS REMOVAL (10 minutes)

UPGRADE WITH HAND/FOOT MASSAGE AND MASK BY KNESKO (15 minutes)



FITNESS CLASSES BY JOINT DYNAMICS

Tailormade personal training and swimming classes, as well as physiotherapy and hydrotherapy sessions are available upon advance reservation, for a holistic wellness experience.

PERSONAL TRAINING & SWIMMING CLASS

(60 or 90 minutes or 2-on-1)

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PHYSIOTHERAPY & HYDROTHERAPY SESSION

(45 minutes)

MENU PRICE LIST

WELLNESS JOURNEYS

HKD

| | |
|-------------------------|------------|
| Single / Couple Day Spa | 3,580 |
| 120 minutes | per person |
| Private Escape Day | |
| 60 minutes | 1,760 |
| 90 minutes | 2,360 |

PACKAGES

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|-------------------------------|-------|
| Spring Awakening Ritual (new) | |
| 90 minutes | 2,380 |
| The Murray Rejuvenation | |
| 120 minutes | 2,980 |

MASSAGES

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|----------------------|-------|
| The Murray Signature | |
| 90 minutes | 2,280 |
| Deep Tissue Massage | |
| 60 minutes | 1,580 |
| 90 minutes | 2,180 |
| Power of Bespoke | |
| 60 minutes | 1,480 |
| 90 minutes | 2,080 |

All prices are in Hong Kong Dollars (HKD) and subject to 10% service charge.

SPECIALTY MASSAGES

HKD

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|-------------------------------|-------|
| Traditional Oriental Massage | 1,580 |
| 60 minutes | |
| Back and Head Harmony Massage | 1,480 |
| 60 minutes | |
| Foot and Legs Revitalisation | 1,480 |
| 60 minutes | |
| Body Contour Massage | 2,280 |
| 90 minutes | |

TREATMENT ENHANCERS

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|-----------------------|-----|
| Spiced Aromatic Scrub | 880 |
| 30 minutes | |
| Face Mask by Knesko | 200 |
| Lip Mask by Knesko | 150 |
| Eye Mask by Knesko | 150 |
| Hand Mask by Knesko | 200 |
| Foot Mask by Knesko | 200 |
| Rose Quartz Gua Sha | 200 |

All prices are in Hong Kong Dollars (HKD) and subject to 10% service charge.

FACIALS

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|---|-------|
| Five Balinese Flowers Facial Massage | |
| 50 minutes | 2,080 |
| Kobido Redensification Treatment | |
| 50 minutes | 2,180 |
| Kobido Global Anti-aging Treatment | |
| 80 minutes | 2,980 |

MANICURE & PEDICURE

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|-----------------|-----|
| Manicure | |
| 50 minutes | 480 |
| Pedicure | |
| 50 minutes | 580 |

All prices are in Hong Kong Dollars (HKD) and subject to 10% service charge.

ADDITIONAL SERVICES

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|--|-----|
| Nail Polish Application | |
| 10 minutes | 120 |
| The Shellac Finish | |
| 20 minutes | 200 |
| The Shellac French Manicure-Pedicure | |
| 10 minutes | 280 |
| The Shellac Removal | |
| 20 minutes | 120 |
| Callus Removal | |
| 10 minutes | 120 |
| Upgrade with Hand Massage and Hand Mask by Knesko | |
| 20 minutes | 280 |
| Upgrade with Foot Massage and Foot Mask by Knesko | |
| 20 minutes | 280 |

FITNESS CLASSES

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|---|-------|
| Personal Training & Swimming Class | |
| 60 minutes | 1,380 |
| 90 minutes / 2-on-1 60 minutes | 2,070 |
| Physiotherapy & Hydrotherapy Session | |
| 45 minutes | 2,080 |

All prices are in Hong Kong Dollars (HKD) and subject to 10% service charge.

INFORMATION

OPENING HOURS

GYMNASIUM (3 / F)

24 hours

SWIMMING POOL (LG / F)

Mon - Sun 7:00 a.m. to 10:00 p.m.

SPA SUITES (3 / F)

Mon - Sun 10:00 a.m. to 10:00 p.m.

ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY

Cancellations or no shows within 24 hours' notice will incur a 100% charge.
A credit card number is required at the time of booking.

SPA ARRIVAL

We recommend that you check-in at Spa Reception at least 15 minutes prior to your scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations. Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT

Children under 16 years old are not permitted to use any wellness facilities.
Guests under 18 years old require supervision by a guardian for any wellness treatment.

HEALTH CONDITION

Please inform our Spa Concierge and your Therapist of any healthy conditions, allergies, injuries or pregnancy that you feel we should be aware of.

WELLNESS AT THE MURRAY ETIQUETTE

Kindly be advise that is a good practice to shower before body and facial treatments. Please consider other guest's space & privacy. Please silence any electronic devices you might have before entering in the spa at The Murray.

LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage to personal belongings. Please keep all valuables secure in your room or at home.

ACCIDENTS OR INJURIES

Wellness at The Murray shall not be liable for any accident or injury suffered by a member or a guest.

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.

SERVICE CHARGE

Service charge at 10% is added to all spa treatments.