

# 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 personalised, using Sodashi massage oils crafted from pure botanical extracts. Designed to work in harmony with the body, they help release tension, calm the mind and restore balance, while deeply nourishing the skin.

To further enhance your journey, KNESKO collagen masks can be incorporated as an add-on to both massage and facial treatments, delivering visible lifting, hydration and radiance.

Our facial treatments also feature Cinq Mondes and Shiseido, two expert skincare brands offering dedicated rituals and advanced techniques for targeted and results-driven skin care.



#### 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.

(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 GLOW RITUAL

Begin your experience with a 30-minute full body exfoliation that gently smooths your skin and boosts circulation. This is followed by a 60-minute relaxing massage, tailored to how you feel, using a seasonal blend of Clary Sage French Lavender, Ylang-Ylang and Neroli, chosen to uplift your mood, soothe your senses, and bring a light, floral-citrus freshness perfect for spring. The ritual concludes with a luxurious Knesko collagen face mask, leaving your skin radiant, and ready to embrace the new season.

(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

### 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 face 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. Focused techniques are applied to areas of tension to restore flexibility, reduce discomfort and support muscle recovery.

(60 or 90 minutes)

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### POWER OF BESPOKE

Experience a personalised treatment tailored to your unique needs. Our expert therapists will customise techniques to target specific areas of concern, helping to relieve tension, restore balance and promote overall well-being. (60 or 90 minutes)



## SPECIALTY MESSAGES

### PRE – POST NATAL MASSAGE

Embrace the journey of motherhood with a gentle and nurturing experience designed to support the body during pregnancy and beyond, enhanced with Sodashi's luxurious botanical massage oil. Gentle techniques help relieve tension, improve circulation and promote deep relaxation, while the silky blend of botanical oil deeply hydrates the skin, enhances elasticity and helps minimise the appearance of stretch marks. (60 or 90 minutes)

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### 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)

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### 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)

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### BODY CONTOUR MASSAGE

This treatment is designed to sculpt and refine the body silhouette. Gentle, rhythmic techniques stimulate the lymphatic system to help reduce water retention, promote detoxification and support a lighter, more toned feeling. Enhanced with Sodashi Toxiclense Body Oil, a purifying blend that supports detoxification and refines the silhouette. (90 minutes)



#### TREATMENT ENHANCERS

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

#### PAPAYA PUREE RADIANCE SCRUB

Treat yourself to a moment of well-being with this ancestral ritual inspired by Balinese beauty traditions. Let yourself be enveloped by the delicate scents of this refreshing papaya purée treatment, gently exfoliating the skin to reveal a softer, smoother and more radiant complexion. (30 minutes)

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#### AROMATIC SPICES SCRUB

A warming and energising body exfoliation inspired by ancient Ayurvedic traditions. Infused with aromatic spices and sea salts, this stimulating scrub helps to exfoliate, boost circulation and awaken the senses. (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 glowing.

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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.



#### THE MURRAY X SHISEIDO YUTAKA FACIAL TREATMENT

The YUTAKA Facial Treatment delivers ultimate experience with the soothing touch of the artisanal and luxurious Imari-ware, and the relaxing sounds of Japanese mountain streams. A reinvigorated experience for five senses.

SHISEIDO's most prestigious collection, built on the power of Japanese precious Enmei Herb, now lends its power to a unique massage beauty treatment. By massaging with the artisanal Imari-ware, this luxurious treatment reverses the traces of time and infuses an auroral zone of beauty around you, giving your skin unparalleled regenerative power.

#### FUTURE SOLUTION LX YUTAKA LEGENDARY TREATMENT

(70 minutes)



#### CINQ MONDES 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 benefits of natural ingredients sourced from around the world with advanced dermapuncture techniques to restore plumpness, boost vitality and revive a youthful complexion, acting as a natural face-lift. (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.

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, shaping, cuticle care and callus removal.

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

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

##### GEL APPLICATION

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

##### GEL REMOVAL

##### CALLUS REMOVAL

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



## HAIR TREATMENT

(All treatments include a 20-minute personalised consultation)

### HAIR GROWTH TREATMENT

A therapeutic protocol that cleanses, stimulates, nourishes, and revitalizes the scalp ecosystem to combat hair thinning, promote growth, reverse graying, and improve overall scalp health. (70 minutes)

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### HAIR TREATMENT FOR GREASY HAIR

A comprehensive "Scalp Detox & Rebalance" protocol. It goes beyond surface cleaning to professionally purify, soothe, repair, and revitalize the scalp's foundation. (70 minutes)

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### GREY HAIR TRANSFORMATION

Helps to enhance scalp and follicle health by removing impurities, and the EMS dual-penetration technology combined with a tripeptide serum to enhance cell activity and promote gray hair reversal. (90 minutes)

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### HAIR TREATMENT FOR FRIZZ HAIR

A corrective and restorative reset. It is ideal for someone seeking a healthy improvement in hair texture, specifically targeting dryness, damage, and unruly frizz for smoother, more manageable hair. (70 minutes)

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### HAIR TREATMENT FOR DANDRUFF REMOVE / FOLLICLES ISSUE

A corrective and balancing therapy for the scalp. Its key benefits are: restoring a healthy scalp foundation, creating an optimal environment for hair health, providing a therapeutic, soothing experience. (60 minutes)

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### RELAXATION HAIR TREATMENT

A therapeutic protocol designed to target and soothe scalp symptoms like itch, flakes, irritation. It also helps to restore hair scalp moisture and oil balance by using the thermal therapy to boost scalp health from within by enhancing circulation. (90 minutes)



## FITNESS CLASSES & WELLNESS SESSIONS

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

YOGA CLASS

MAT PILATES

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

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SINGING BOWL

OSTHEOPATHY

CHIROPRACTIC

PHYSIOTHERAPY

HYDROTHERAPY

(45 or 75 minutes)

## MENU PRICE LIST - THE MURRAY EXPERIENCE

### WELLNESS JOURNEYS

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

### PACKAGES

Spring Glow Ritual 90 minutes	2,380
The Murray Rejuvenation 120 minutes	2,980

### MASSAGES

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

### SPECIALTY MASSAGES

Pre - post Natal Massage 60 minutes	1,580
90 minutes	2,180
Back and Head Harmony Massage 60 minutes	1,480
Foot and Legs Revitalisation 60 minutes	1,480
Body Contour Massage 90 minutes	2,280

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

### CINQ MONDES FACIALS

	HKD
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

Manicure	620
Pedicure	720

### ADDITIONAL SERVICES

Nail Polish Application	120
Gel Application	200
Gel Removal	120
Callus Removal	120
Upgrade with Hand Massage and Hand Mask by Knesko 15 minutes	280
Upgrade with Foot Massage and Foot Mask by Knesko 15 minutes	280

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

## MENU PRICE LIST - COLLABORATIVE PACKAGES AND ENHANCEMENT

### SHISEIDO YUKATA FACIAL TREATMENT

	HKD
FUTURE SOLUTION LX YUTAKA Legendary Treatment 70 minutes	2,980

### HAIR TREATMENT

Hair Growth Treatment 70 minutes	3,488
Hair Treatment for Greasy Hair 70 minutes	2,288
Grey Hair Transformation 90 minutes	3,288
Hair Treatment for Frizz Hair 70 minutes	1,888
Hair Treatment for Dandruff Remove / Follicles Issue 60 minutes	2,288
Relaxation Hair Treatment 90 minutes	1,800

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

"The Murray Experience" credits and other spa credits are not applicable to the above special treatments, collaborative packages, enhancement, hair treatments and fitness classes.

### TREATMENT ENHANCERS

	HKD
Papaya Puree Radiance Scrub 30 minutes	880
Aromatic Spices Scrub 30 minutes	880
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

### FITNESS CLASSES

Personal Training, Swimming Class, Yoga Class, Mat Pilates 60 minutes	1,380
90 minutes / 2-on-1 60 minutes	2,070
Singing Bowl, Osteopathy, Chiropractic, Physiotherapy, Hydrotherapy 45 minutes	1,800
75 minutes	2,300

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"The Murray Experience" credits and other spa credits are not applicable to the above special treatments, collaborative packages, enhancement, hair treatments and fitness classes.

## INFORMATION

### OPENING HOURS

#### GYMNASIUM (3/F)

24 hours

#### SWIMMING POOL (LG/F)

Mon - Sun 6:15 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 except collaborative packages.