

# WELLNESS

AT THE MURRAY

THE MURRAY  
HONG KONG  
—  
A NICCOLO HOTEL

**Welcome to our Spa at The Murray,**

where luxury and personalisation intertwine.

Our highly trained therapists perform treatments using Grown Alchemist, a pioneering brand in organic skincare. These advanced formulations to leverage natural technologies to revolutionise the traditional approach to anti-aging skincare.

We offer four exquisite treatment rooms including two luxurious couples' spa suite. The couple suites are equipped with steam room or sauna, ensuring a serene and exclusive experience.

All spa guests are invited to personalise their visit by choosing from our curated selection of teas and energy balls, enhancing relaxation and well-being.

Our massages are tailored to individual needs, allowing guests to create the most unique and personalised massage treatment in the world.



## 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.

*(150 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.

*(90 minutes or 120 minutes)*

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### ACTIVE ESCAPE / POWER AND PAMPER

Start with a one-hour wellness class to invigorate your senses.

Followed by a private heat experience and a 60 or 90-minute massage designed to relieve stress and tension.

Unwind and rejuvenate with access to our pool and gym facilities.

*(120 minutes or 150 minutes)*



## PACKAGES

### SUMMER RENEWAL (NEW)

Immerse yourself in a revitalising experience with our detoxifying wrap, designed to flush out toxins and boost metabolism. Then indulge in a body contour massage to sculpt your silhouette. Complete your treatment in our steam room, which promotes circulation and further detoxification. Replenish your body with a nourishing green juice, and leave feeling refreshed, revitalised, and ready to embrace the summer season.

*(150 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 Grown Alchemist 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 increase mobility and alleviate pain.

*(60 or 90 minutes)*

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### **POWER OF BESPOKE**

A personalised experience designed to cater to your unique needs and preferences. Our skilled therapists will tailor each technique to address any specific areas of concern.

*(60 or 90 minutes)*





## SPECIALTY MESSAGES

### 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 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.

### BODY SCRUB

This invigorating scrub leave the skin smooth and replenished.

*(30 minutes)*

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### WRAP

Designed to detoxify and hydrate your body.

*(30 minutes)*

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### SCALP MASSAGE

This specialised technique focuses on areas of tension, amplifying relaxation.

*(30 minutes)*

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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.*

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### FACE MASK

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



## FACIALS

Exclusively created for Wellness at The Murray  
by Grown Alchemist.

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### THE MURRAY FACIAL

Designed to detoxify, balance, refine and restore the appearance of  
your skin. All products used are formulated from organic ingredients and  
free of harmful chemicals.

*(60 or 90 minutes)*



## MENU PRICE LIST

### WELLNESS JOURNEYS

	HKD
<b>Single / Couple Day Spa</b>	3,580
150 minutes	per person
<b>Private Escape Day</b>	
90 minutes	1,980
120 minutes	2,580
<b>Active Escape / Power and Pamper</b>	
120 minutes	2,880
150 minutes	3,480

### PACKAGES

<b>Summer Renewal (new)</b>	
150 minutes	2,280
<b>The Murray Rejuvenation</b>	
120 minutes	2,580

### MASSAGES

<b>The Murray Signature</b>	
90 minutes	2,180
<b>Deep Tissue Massage</b>	
60 minutes	1,480
90 minutes	2,080
<b>Power of Bespoke</b>	
60 minutes	1,380
90 minutes	1,980

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

### SPECIALTY MASSAGES

	HKD
<b>Back and Head Harmony Massage</b>	1,380
60 minutes	
<b>Foot and Legs Revitalisation</b>	1,380
60 minutes	
<b>Body Contour Massage</b>	2,080
90 minutes	

### TREATMENT ENHANCERS

<b>Body Scrub</b>	700
30 minutes	
<b>Wrap</b>	700
30 minutes	
<b>Scalp Massage</b>	700
30 minutes	
<b>Rose Quartz Gua Sha</b>	200
<b>Face Mask</b>	200

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



## FACIALS

### The Murray Facial

60 minutes	1,880
90 minutes	2,280

## HEAT FACILITIES

### Private Sauna or Steam Room

30 minutes	380
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## 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.