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look for these symbols when selecting your bliss spa services:

- S** not recommended for individuals who are allergic to shellfish / iodine
- P** we cannot perform this treatment on pregnant guests
- H** not recommended for guests who suffer from high blood pressure or heart problems
- A** not recommended for guests who are using Retin-A, Accutane, Avage, Tazorac, Diffein, have had recent laser or plastic surgery, have unhealed cold sores or are sunburned

founded in new york in 1996, bliss ignited a modern spa revolution by combining a clever menu of super – effective services and a fun, “no-attitude” atmosphere. with trademark touches like rhythm and blue tunes, a brownie buffet and the friendliest, most talented staff on the planet, it’s no wonder we’ve gained a gaggle of grooming groupies over the past decade. today, we’re spreading the “rub” with bliss spas worldwide – so you can don your robe across the globe.

operation hours

spa treatments:	fitness center (FIT):	swimming pool (WET):
9:00am - 11:00pm	6:00am - 10:30pm	6:00am - 10:00pm

to book an appointment, call spa concierge at 852 3717 2797

email: bliss.hk@whotels.com

website: w-hongkong.com

use of heat & water experience on 73rd floor is included with all spa services except nail care and poetic waxing. heat&water experience is not recommended for pregnant guests.

* access to the swimming pool and jacuzzi on 76th floor is not included.

Reservation valid credit card information and contact details are required to secure each booking. **Cancellation Policy** any treatment amendment /cancellation must be made 24 hours prior to the booking, otherwise the full treatment fee will be charged. **Service Charge** all prices are subjected to 10% service charge except hotel in-room treatments with 20% service charge. **Gift Cards and Spa Membership** gift cards and privileged spa membership are available at bliss® spa @ w hong kong. information can be obtained by contacting the spa concierge. **Spa Arrival** please understands that late arrivals will not receive an extension of scheduled treatments. ensuring our guests’ safety is crucial. a “guest-check in” form must be completed before each and every treatment begins. **Age Requirement** all spa guests must be 16 years of age or older to schedule or receive a bliss® spa service. guests between the age of 16 and 18 can receive a blissage™ or selected facial. guests under the age of 16 may receive nail care services only when accompanied to bliss® spa by an adult. all guests under the age of 18 must bring a signed guardian consent form to their appointment. **Health Conditions** please advise us of any health conditions, allergies or injuries which could affect your service when making your spa reservation. please consult your doctor before using the spa heat & water facilities or exercise equipments if under medical supervision or if you are taking medication. **Loss or Damage** we regret that we cannot be responsible for any loss or damage of personal articles. please keep all valuables locked in your locker during your visit. **Accidents or Injuries** bliss® spa @ w hong kong shall not be liable for any accident or injury suffered by any guest. **Price Modification** bliss® spa reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. if you have any questions, please ask spa concierge when you book your appointment.



heat and water experience

bliss® spa @ w hong kong offers extensive heat & water experience to complete the spa journey for each guest. merging ancient practices with the latest technology, the facilities are fit to mesmerize and delight. relieve stress and tension, relax your muscles, increase circulation, stimulate your immune system and promote a feeling of wellbeing.

use of heat & water experience on 73rd floor is included with all spa services except nail care and poetic waxing. heat & water experience is not recommended for pregnant guests. please consult your doctor before using the facilities if under medical supervision or if you are taking medication.

*access to the swimming pool and jacuzzi on 76th floor is not included.

harbour view vitality pool

incorporating a number of features to enable the bather to self administer massage, the vitality pool is heated to temperatures of up to 38°C. it is equipped with ergonomic loungers designed to provide full body air jet.

experience shower

combined with lights and refreshing scents, these unique showers provide both cold and warm body jets that gently massage the body.

aroma steam room

maintained at a temperature of 42°C-45°C, moist aromatic heat with heated floors, walls and seats are provided. the main feature is known for its healing properties to ease headaches and migraines, release tension and increase concentration. the body is warmed slowly and continuously, reaching the inner body and organs.

dry sauna

sauna is the only finnish word in the english dictionary, meaning "bath" or "bathhouse". saunas first started as bathing rooms heated by stones placed in log fires and splattered with water. they were used to relax, improve overall health and promote wellbeing. high heat (average of 80°C) and low humidity (about 25°C) create an environment that encourages the body's natural cleansing through perspiration. impurities are flushed away and clear and healthy skin is maintained.



harbour view 'BIP' spa suite

hk\$880 / hk\$580

looking for treatment for two? why not upgrade to our harbour view 'BIP' suite at a surcharge of hk\$880 that includes a choice of your favourite soak (honey + vanilla cream, ginger + lemongrass oil or a signature bliss® bubbly blend) and a 30mins private time to unwind your mind and relax the bodies. otherwise, upgrade to our harbour view 'BIP' suite without soak is just a mere hk\$580.

signature package

all spa packages include complimentary access to our extensive heat & water experience as well as hong kong's highest outdoor heated pool and jacuzzi with spectacular harbour view.

perfect couple duo indulgence

🕒 180 mins

- choice of 60 minutes massage
- choice of 60 minutes facial
- complimentary upgrade to harbour view 'BIP' spa suite
- choice of 30 minutes scrub
- choice of 30 minutes buddy blend super soak
- herbal tea + seasonal fruit platter

'spa-ctacular' treat my package, my way

🕒 150 mins

to book time rather than specific treatment, so services can be tailor-made to meet individual needs. 1 glass of seasonal healthy drink will be offered at the end of treatment to restore a natural state of equilibrium.

detox flow jet lag go away

🕒 135 mins

- 105 minutes deep sea detox body therapy
- 30 minutes oxygen blast™ facial
- the "eyes" have it
- 1 glass of seasonal detox drink

shake it off firm, sculpt, tone

🕒 165 mins

- 60 minutes fatgirlslim™ body treatment
- 60 minutes infusion™ firm youth body therapy
- 45 minutes infusion™ collagen booster face therapy
- detox herbal tea

spa party in style

tailor-made some fun, healthy and memorable time with your family/ friends/ team members for birthday/ anniversary/ bridal shower/ team gathering, etc.

- choice of exclusive venue with harbour view
- choice of treatment
- choice of food & beverage amenity (fruits platter/ cupcake/ chartered cheese/ brownie/ choice of drink)
- themed venue decoration and give away gift
- complimentary access to heat & water experience
- complimentary access to hong kong's highest outdoor heated pool and jacuzzi

* please contact spa concierge for more details.

- all prices are subject to 10% service charge
- bliss @ spa reserve the rights to modify, discontinue or raise prices on certain treatments without prior notice





face

hydration / lifting / anti-aging

upgrade*

infusion™ face electro-mesotherapy add on P ⌚ 45 mins
get the foundation right. intensive hydration / collagen booster / lifting & anti-aging add on. please refer to page 12 for the details.

4D RF and MP face contour add on P ⌚ 15 mins
instant anti-aging. please refer to page 12 for the details.

smooth forehead	radiance & firming eye care	charm smile lines
apple cheek bones	“V” contour jawline	“V” contour neck care

microdermabrasion add on A

(2 passes face, neck or hands)

deep clean and acne answer. please refer to page 11 for the details.

leave it to cleavage add on P ⌚ 30 mins

an enhancing décolleté and bust soufflé. this treatment use silky whipped pearlescent cream specifically formulated to enhance and perfect the delicate skin on your décolleté and bust, leave them looking brighter, firmer, smoother and more radiant.

fabulips™ S ⌚ 15 mins

a facial for your lips. this pucker-perfecting treatment includes a smooch-smoothing scrub, a gentle peel, a plumping collagen mask and a quick lip wax to leave you looking-pout-of-this-world.

the ‘eyes’ have it S

a facial for your eyes. this peeper perk-up includes a wrinkle-renovating peel, a dark-circle-diminishing massage and a de-puffing mask for instant brightening, smoothing and hydrating effects that will leave you wide-eyed.

great facial

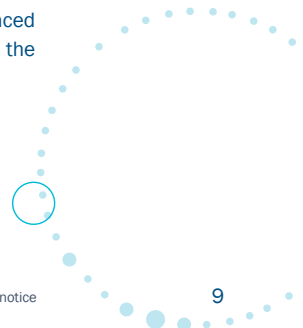
the multi-‘face’-eted customized facial A ⌚ 90 mins
for skin transformational change. the 10-step, 90-minute multi-layer anti-aging facial includes: a skin-refining microdermabrasion session, infusion™ intensive hydration electro-mesotherapy, a professional-strength peel, pore-purging extractions, a layering of our exclusive, professional-grade formulas. this loaded service works to firm, smooth, and reduce the appearance of wrinkles and discoloration, helping skin look years younger in less than two hours.

head-to-toe ‘glow’ treatment P H A ⌚ 90 mins
top to toe pampering. this top-to-toe treatment let you simultaneously soak up our signature skin-rejuvenating triple oxygen facial, a warm full-body wrap of herbal essential oils and a scalp and foot massage. talk about total ‘wrap’-ture.

the fully loaded facial™ S P A ⌚ 90 mins
all-inclusive indulgence. this over-the-top treatment includes the whole ‘skin’-chilada: a deep cleansing, fruit acid wash, oxygen wrap, extractions, age-fighting plumping collagen serum, skin-type-specific rubbering mask, head, neck, shoulder, arm and foot massage, hair dew @ treatment and an o2 blast. (whew!)

pro-collagen quartz lift facial S ⌚ 75 mins
for fine lines and wrinkles. experience the ultimate in scientific skin therapy. an advanced anti-ageing facial, clinically proven to reduce the number of wrinkles by 94% and improve skin firmness by 57% after just 1 treatment. this anti-aging face and eye treatment helps to protect against the signs of aging, reducing the appearance of fine lines and wrinkles on the face and restructuring the eye contour. specialised lifting massage techniques are combined with elemis anti-aging products for maximum treatment efficacy.

visible brilliance facial S ⌚ 75 mins
for aging, stressed and slackened skin. this superior face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. specialised micro-circulatory massage techniques are combined with the powerful proven formulations of cellular recovery and the amino active mask to help smooth, sculpt and restore skin radiance and plumpness. this treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.



skin IQ + facial for men ^S

⌚ 75 mins

for stressed dehydrated, challenged skins. this anti-aging treatment is charged with the clinically proven time defence wrinkle delay and time defence eye reviver for the ultimate skin overhaul with maximum results. ideal to combat the harsh, aging effects of daily shaving, pollution and urban living.

triple oxygen treatment™ ^a

⌚ 75 mins

our 'skin'-vigorator. the facial that made us famous, this classic radiance reviver includes a targeted peel, an energizing enzyme pack and three forms of skin-brightening oxygen, including an oxygen wrap and vitaminized o2 spray. it's like a breath of fresh air for your face-literally.

the youth as we know it™ ^{p a}

⌚ 60 mins

the ultimate age-fighter. this turn-back-time treatment targets tone, elasticity, volume, fine lines and wrinkles – all the way to your décolleté. include a gentle yet effective peel, extractions and a high-tech collagen mask to help you uncover the 'youth'.

white brightening perfector ^S

⌚ 60 mins

customizable complexion perfector. this highly effective white brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. precious, feather-light movements delicately layer proven brightening actives onto the skin to encourage the breakdown and washing-out of melanin, whilst reducing the visible dullness that develops over time.

pro-definition lift and contour ^S

⌚ 60 mins

promote skin firmness. powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. creates a profoundly sculpted youthful effect.

tri-enzyme resurfacing facial ^S

⌚ 60 mins

age and acne scar eraser. smooth things over with this aromatherapeutic facial, which uses elemis' micro-encapsulated enzyme therapy to stimulate skin's natural exfoliation, leaving your complexion clean, clear, radiant and porcelain-smooth. clinically proven to resurface skin by up to 75% and leave it up to 32% smoother after just one session.

oxygen blast™ ^a

⌚ 30 mins

emergency energizer. this quick complexion pick-me-up includes a fruit acid peel, antioxidant vitamin massage, hydrating enzyme pack and oxygen spray. glowing skin, coming 'bright'up!

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advanced machine facial therapy



microdermabrasion

these resurfacing facials use a gentle spray of micronized crystal particles to exfoliate dead cells on skin's surface layers, revealing a fresher, younger-looking complexion.

steep clean® ^{S a}

⌚ 90 mins

aging + acne answer. perfect for 'problem' skin, this no-holds-barred facial combines a thorough microderm session with pore-purging extractions and an oxygen wrap, plus breakout-busting and calming masks to leave skin looking both clear and younger than its years.

crystal clearing® ^a

⌚ 60 mins

micro + mask mix. after your face is cleansed and polished to perfection, it is pacified with a calming skin-type-specific rubberizing mask chosen to suit your skin's needs, leaving you super smoothed and seriously soothed.

peeling groovy ^{p a}

⌚ 30 mins

all the good stuff facial. this speedy smoother starts with a thorough cleansing, follows with microdermabrasion and a brightening mushroom enzyme peel, and finishes with a facial massage using our triple oxygen + c energizing cream. our most popular anti-aging quick fix.

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infusion™ face electro-mesotherapy

safe, needle-free alternative to traditional mesotherapy. based on ionwave technology, infusion™ use precisely crafted pulse waves to maximize cell permeability and absorption of the enriching solutions (a blend of special serums, proteins and healing agents precisely formulated for the specific application for optimal results), enhancing the overall appearance of the face.

intensive hydration therapy P

🕒 90 mins

replenish the skin with hyaluronic acid and essential nutrients to restore the skin's delicate balance and barrier function, also diminish the signs of premature aging.

collagen booster therapy P

🕒 90 mins

a highly concentrated firming treatment aims at tightening sagging skin and returning the look of youthful elasticity. the key ingredients of vitamin c and unique peptide complex stimulate the healthful production of pro collagen, improve skin tonicity and overall skin structure.

lifting & anti-aging therapy P

🕒 90 mins

improve skin tone and firmness for resilient, youthful-looking skin. the key ingredients of natural walnut seed extract and glycoproteins reinforce the structural framework of the skin and reduces the appearance of wrinkle, fine lines and crow's feet.

4D RF and MP face contour therapy

these treatments use RF (multipolar radio frequency) and MP (magnetic pulse) therapy together with VariPulse™ technology to produce a dense and uniform heat matrix to the face, which causes collagen synthesis and contraction, fibroblast proliferation, neo-vascularity and lypolysis. these treatments address all of your concerns in one program with immediate visible results, including cellulite reduction, wrinkle reduction and skin tightening/toning.

“V” face and neck contour & firming care P

🕒 90 mins

this treatment promotes the synthesis of dermal collagen, instantly improves skin's elasticity & firmness. regain youthful looks where facial contours become more defined and skin feels soft with a smoother jaw line.

“V” face and eye firming & brightening care P

🕒 90 mins

this treatment aims to replenish collagen, repair damaged skin cells, lift sagging skin to promote the skin firmness and brighten the complexion. it is also looking at providing the solutions for: dark circles and puffiness, fine lines and wrinkles and dull and tired eyes.

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upgrade*

infusion™ body electro-mesotherapy add on P 🕒 60 mins

get the foundation right. slim youth / firm youth / contour youth add on. please refer to page 18 for the details.

4D RF and MP body sculpture add on P

🕒 45 mins

instant slimming. please refer to page 19 for the details.

“butterfly sleeves” arms & hands therapy	bra bulge contour therapy	waist & abdomen slim therapy	firm & relaxing back therapy
peach hips therapy	thigh slim therapy	calves sculpture therapy	

leave it to cleavage add on P

🕒 30 mins

an enhancing décolleté and bust soufflé. this treatment use silky whipped pearlescent cream specifically formulated to enhance and perfect the delicate skin on your décolleté and bust, leave them looking brighter, firmer, smoother and more radiant.

dry brushing

🕒 15 mins

“pink” slimming. add a dash of “pink” in your skin by brushing out dead skin cells to improve and tone skin appearance. It also aids in increasing blood circulation and reduces cellulite too.

parafango

tension fighter. this warm sea mineral mud pack can be applied to any part of your body (within reason) to draw out toxins, increase circulation and relieve some muscles and tension.

‘tight’ on target S P

buldge-battling boost. a seaweed mask that pinpoints your pudgier parts (choose hips and thighs, torso or arms), slimming and firming.

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massage

the ginger rub™ P H

🕒 105 mins

rubdown + wrap-up combo. a massage legend that boasts a brisk rub of freshly grated, circulation-stimulating ginger root and warm detoxifying essential oils, a cozy warming foil wrap and a full body massage to get to the 'root' of your tension.

bliss aroma P

🕒 105 mins / 75 mins

tailor-made experience. you are invited to choose from our five signature essence oils that instinctively appeals to address your issue. the massage performed with your preferred pressure and technique with healing aromatherapy, helping to calm the nervous system, reduce your stress level and result in deep relaxation.

the nerve whacker™

tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint essential oils.

hot off the stresses™

fight stress-induced fatigue and flagging energy with an uplifting blend of lavender, bergamot and sage.

jet out™

jilt jet lag with a time-aligning rub of pine, rosemary and eucalyptus. (it's best to book this at the same time as your tickets.)

deep sea detox

expel any build-up toxins with this miracle oil to tone skin, promote lymph drainage and hydrate the skin. (as a result, you'll feel slimmer too.)

shrink wrap

fight weight with south african grapefruit essential oil to target the hardest cellulite spots to achieve your dream slender bod ooh! can't believe it's so easy.

blissage™ P

🕒 105 mins / 75 mins

signature spoil-me sessions. these medium pressure relaxing full-body massages both begin with a sole-soothing warm wax foot wrap, followed by a ridiculously relaxing rubdown designed to loosen you up and target your most troubled muscles. (we may have to peel you off the table when it's over).

the deep tissue massage P

🕒 105 mins / 75 mins

for arching athletes and gym-goers. offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap). ideal for athletes, weekend warriors or over-rubbed regulars.

thermal healing therapy P

🕒 105 mins / 75 mins

massage + RF + MP. with 4D RF (multipolar radio frequency) and MP (magnetic pulse) technology, uniform heat is applied to the deeper layers of addressed skin part to maximize massage benefits, significantly release muscle pain, promote collagen production and contraction, improve the blood and lymph circulation, eliminate water retention and sculpture the body curve.

hot stone massage P H

🕒 105 mins / 75 mins

magical stones to heal. a massage that really 'rocks'. balinese stones bathed in the frangipani monoi body oil are worked deep into the muscles, getting into areas of tension. the result is sparkling vitality with the added bonus of intensely hydrated skin.

east meets 'press' P

🕒 105 mins / 75 mins

tendon + muscle reliever. gets straight to the 'point' (without needles) of chronic tension and persistent pain with traditional chinesesports massage acupressure techniques.

lymphatic iron touch P

🕒 105 mins / 75 mins

body deep cleaning from the inside out. this massage uses very unique iron tools and specially formulated essence oil to effectively and deeply stimulating the drainage of your lymphatic system, and the ensuing removal of toxins from your body via a boosted circulation. your skin becomes more vibrant and energy levels increase. this massage is recommended for those who face water retention, bloating, swelling and fatigue.

the rubber neck® P

🕒 60 mins

neck + shoulder nirvana. 'shrug' off tension with this targeted rubdown, which includes a pre-massage parafango pack followed by kneading, stretching and acu-pressing to work the boulders out of your neck and shoulders.

(note: this is not a full body massage.)

shopper's delight leg massage P

🕒 30 mins

attention, tired shoppers! Spoil sore stems with this lower leg massage, which includes a rubdown with the smoothing, stimulating scrub of your choice, application of our cooling, bloat-battling fatgirlslim and some tension-taming 'leg work' from your knees to our toes, you'll strut out feeling ready to hit the next sale (or 'shin'-dig)

(note: this is not foot reflexology treatment.)

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scrub / wrap

the deep sea detox™ P H ⌚ 120 mins

Tone up and tackle toxins. this treatment starts with the all over exfoliation using fatgirlscrub (packed with himalayan pink salt to step up circulation), then a firming oil massage, a marine seaweed body mask and a stimulating shower to simultaneously slim, promote lymph drainage, replenish minerals, relax, hydrate and leave you looking totally 'see' worthy.

the carrot and sesame body buff™ P H ⌚ 90 mins

super-hydrating smoother. this trademark treatment serves up a veritable 'buff'-et of skin-softening treats: a carrot mulch and hot oil rubdown, a warm milk and honey drizzle, a skin-softening wrap, a supple-pping wrap and a sesame seed and sea salt scrub.

exotic lime and ginger salt glow P ⌚ 60 mins

a tropical treat. this invigorating polish features a light body brushing, warm japanese camellia oil drizzling, and top-to-bottom buffing with lime and ginger-tinged salt scrub. skin is left soft, smooth and ready for the 'lime'-light.

head over 'peels' scrub+rub™ P ⌚ 60 mins

polish up and wind down. this freshly squeezed treatment starts with an energizing blood orange + white pepper scented body buffing and a vichy shower rinse off, then gives orange-'aid' to your most knotted spots with a 30-minute massage.

24 - 'heaven' body treatment P ⌚ 60 mins

offering sweet 'salve'-ation to those with problem skin. this healing treatment features a soothing oatmeal mask and a heated wrap before winding down with a rubdown with our high intensity 24-'heaven' healing body balm. perfect for anyone seeking delivery from eczema, psoriasis, and dry or sun-damaged exteriors.

body nectar nourishing wrap P ⌚ 60 mins

sweet orchid or frangipani wrap. the velvety texture of the monoi oil offers super-hydration, quenching a thirsty skin. you are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.



scrubs deluxe™ P ⌚ 60 mins

select your scent. call your 'buff' with this full-body roughness-ridding rubdown and rinse-off, performing using a scrub infused with your choice of lemon + sage, blood orange + white pepper or eucalyptus.

detox scrub™ P ⌚ 30 mins

slough + silt combo. this dimple-dashing, skin - smoothing service starts with all over exfoliation using fatgirlscrub (packed with himalayan pink salt to step up circulation), rinse off and finish with coats of additional 'fatgirl' formulas, perfect for anyone 'sleeking' softness and slenderizing.

pregnancy care

*please note that we do not perform any massage treatments on women in their first 12 weeks and the last 8 weeks of pregnancy.

peaceful pregnancy face and body experience ⌚ 135 mins

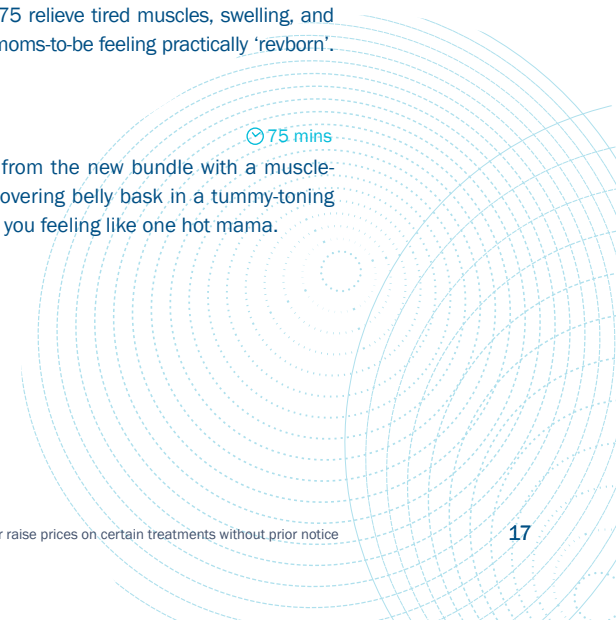
best care for mothers-to-be. an intuitive and specifically designed massage will soothe and relax common areas of tension and nourish skin. a carefully formulated facial have been designed to nurture and support a woman through the rich experience of the trimester with glow. This treatment combination of face and body gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your growing baby.

great expectations ⌚ 75 mins

pregnancy-safe soother. performed with prenatal-approved products, this bump-friendly version of our blissage™ 75 relieve tired muscles, swelling, and sluggish circulation to leave maxed-out moms-to-be feeling practically 'revborn'. (second to third trimester only).

rookie mom rubdown P ⌚ 75 mins

post-baby pampering. take a break from the new bundle with a muscle-melting blissage™ 75, and let your recovering belly bask in a tummy-toning "tight" on target treatment that'll leave you feeling like one hot mama.



slim / contour

fatgirlslim™ S P H

⌚ 75 mins

signature slimming service. this circulation-stimulating, body-toning treatment includes dry brushing, application of firming essential oil, a rubberizing mask on cellulite-prone rear and thigh areas, a heated wrap and a rubdown with formulas from our famed 'fatgirl' collection. it's a 'bod'-send before slipping into something curve-hugging.

super slimulator™ P

⌚ 60 mins

the ultimate dimple dasher. this anti-cellulite treatment provides both targeted and all over lump leaveling with vacuum assisted technology and lymph-clearing massage using our microcirculation-stimulating essential oil blend. for ousting the orange peel look, it's 'dimplly' the best.

the love handler™ S P

⌚ 60 mins

middle-whittler. this serious spare-tire-tackling treatment combines vacuum-assisted massage, bloat-busting essential oils, and a firming rubberizing mask wrap to target a not-so-hard 'core' area.

advanced machine body slim / contour

infusion™ body electro-mesotherapy

safe, needle-free alternative to traditional mesotherapy. based on ionwave technology, infusion™ use precisely crafted pulse waves to maximize cell permeability and absorption of the enriching solutions (a blend of special serums, proteins and healing agents precisely formulated for the specific application for optimal results), enhancing the overall appearance of the body.

slim youth therapy P

⌚ 120 mins / 90 mins

this treatment breaks down fatty tissues, cellulite deposit and prevents future cellulite formation for smoother skin and firmer body contours.

firm youth therapy P

⌚ 120 mins / 90 mins

this treatment improves tone and firms the external layers of the epidermis. the key ingredients for microalgae extracts and essential amino acids reform collagen for immediate skin tightening effect, also help to remove toxins and excess water.



contour youth therapy P

⌚ 120 mins / 90 mins

this treatment is an effective anti-stretch mark treatment repairs damaged skin, fully restores elasticity and regulates the collagen fiber matrix.

4D RF and MP body sculpture therapy

these treatments use RF (multipolar radio frequency) and MP (magnetic pulse) therapy together with VariPulse™ technology to produce a dense and uniform heat matrix to the body, which causes collagen synthesis and contraction, fibroblast proliferation, neo-vascularity and lypolysis. these treatments address all of your concerns in one program with immediate visible results, including cellulite reduction, wrinkle reduction and skin tightening/toning.

upper body sculpture and wrap P (hips + abdomen OR arms + abdomen)

⌚ 90 mins

this treatment starts with RF and MP Sculpture on addressed area, uniform heat is applied to the deeper layers of upper body skin to promote the production and contraction of collagen, improve blood and lymph circulation, break down stubborn fat into small particles and drained out of the body to eventually improve the contour of the addressed part. it then follows up with a super-hydrating sweet orchid wrap to keep you skin firming, glowing with a beautiful upper body curve.

lower body sculpture and wrap P (full leg + abdomen OR hips+ thigh)

⌚ 90 mins

this treatment starts with RF and MP sculpture on addressed area, uniform heat is applied to the deeper layers of lower body skin to promote the production and contraction of collagen, improve blood and lymph circulation, eliminate water retention and finally to the subcutaneous fat layer, where stubborn fat can be broken down into small particles and drained out of the body. it then follows up with a super-hydrating frangipani wrap to keep you skin firming, glowing with a beautiful lower body curve.

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nail care

nail party in style

please refer to page 7 'spa party in style' for details.

upgrade*

paraffin upgrades
hand or feet

upgrade to shellac™ manicure
from normal manicure

⌚ 15mins

upgrade to shellac™ pedicure
from normal pedicure

⌚ 15mins

shellac™ - removal
manicure or pedicure

⌚ 15mins

upgrade to french manicure / pedicure

⌚ 15mins

polish change

⌚ 15mins

the callus conqueror upgrade

hardened heel helper. dissolves stubborn calluses with a powerful exfoliating formula, then buffs them away with a thorough foot filing to reveal baby-soft soles.

manicure

the upper hand™

⌚ 60 mins

turn back the 'hands' of time. a youth-inducing hand treatment for dry or sun-damaged hands featuring a brightening mask, warm paraffin treatment and hot cream manicure.

hot cream manicure

⌚ 45 mins

signature finger fixer-upper. this must-have mani includes a hot cream hand massage, cuticle clipping, pushing, perfecting and polishing.

the manly-cure™

⌚ 45 mins

essential mani for him. this 'macho man'-icure starts with a hot cream hand massage, follows with a cuticle-sprucing session, and finished by buffing and shaping nails to perfection.

pedicure

foot patrol®

⌚ 75 mins

the ultimate power pedi. gives scary 'franken-feet' a major overhaul with softening paraffin and added attention to callus buffing, sloughing and smoothing.

'pedi'-colada

⌚ 75 mins

hot and cold feet. book 'toe' tickets to paradise with this tropical treatment, which includes a pineapple and coconut oil infused milk soak, sugar scrub, a hot stone massage, and a beach-worthy polish – all while you sip a virgin pina colada.

the hot milk and almond pedicure™

⌚ 60 mins

signature foot fixer-upper. this perennially popular service includes a steamed whole milk and almond oil soak, a softening scrub and a perfect pedicure.

double choc™

⌚ 60 mins

'toe'-tal indulgence. enjoy your feet in 'sweet' with a hot chocolate milk skin-smoothing soak, and polish off a tasty chocolate treat while you get polished.

head over 'heels' pedicure™

⌚ 60 mins

citrus treat for feet. this sole-stimulating, citrus-scented pedicure features a blood orange + white pepper soak and scrub that will leave feet looking seriously a – 'peel'-ing.

* all prices are subject to 10% service charge

• bliss @ spa reserve the rights to modify, discontinue or raise prices on certain treatments without prior notice

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poetic waxing

our world-famous quick, expert and painless as possible waxing removes unwanted hair from (practically) anywhere. for best results, hair should be at least 1/4 inch in length.

bikini ingrown eliminator™

🕒 15 mins

aggravate by ingrown? this treatment includes microdermabrasion on the bikini line to help lift dead skin cells and brighten dark spots, followed by gentle safe removal of any stray ingrown hairs that are trapped at the surface.

* please refer to the insert for poetic waxing details.

