



Countdown to the Opening of Our New Building

Our New Spa



An interview with our Spa Consultant Sean O'Connor

What is the theme and tone of the LRC Spa?

The Spa is an urban retreat with an environmental palette of colours and textured finishes. Half of the treatment rooms benefit from direct sunlight but all are designed to create the feeling of 'bringing the outdoors inside'. There is no cultural reference – the spa is a clean-lined facility but not specifically 'minimal'.

What makes it a five-star spa?

The range of treatments and supporting facilities in the spa menu make it more than five-star. It is in the full-service, luxury, urban destination category. Most spas in Asia (and around the world) are no more than massage parlours with facial services thrown in. The Spa at the LRC offers a full range of body, facial, scalp, nails, and relaxation options as well as bathing facilities – essential to a true full range spa. To expand a little, the Spa has not only a combination Turkish Hamam (steam bath) and North African/Egyptian Rhassoul (mud body baking chamber with rain shower) but also a European Vichy Shower, Heated scrub table and a Hydrotherapy tub with many therapeutic features.

You have been involved in the design of many spas for five-star hotels and resorts around the world such as the Four Seasons Hotels, the Mandarin Oriental Hotels, Hyatt International, Hilton International and Hong Kong Disneyland Hotel Spa. What would you say about the LRC Spa compared with them?

All of the mentioned clients have their own design approach and design persona. LRC is a private members club and the unique attributes of the user population demographics requires a different approach in the design process and delivery. For example, in a members club, users return time and again. This is an extension of their home. The experience needs a very different ambience than a five-star hotel as users may only return sporadically – if ever.

In the same theme, the spa is designed for friends and couples to enjoy together. In most hotels and resort a couple is split upon arrival and reunited on exit. At the LRC we have treatment rooms designed for couples to bathe, relax and enjoy treatments together, side by side. The central relaxation lounge is co-ed, so those that are split up for separate treatments or for whatever reason (different packages selected) can reunite midway through their visit or at the end of the visit to enjoy companionship and compare notes on their experiences and journey to date - or to agree to extend the visit!

Is the LRC Spa designed to cater for ladies only?

The Spa is for men and women alike – separately and together. By that I mean mother/daughter, dad/son, husband/wife, ladies who work or play sport together and mates who feel they deserve a treat. And any combination around this theme.

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Where is all the equipment from?

The main equipment is from all over the world. The focal pieces, the treatment beds, are from a company in Arizona called Living Earth Crafts. They are the best on the market and have to be experienced to understand the level of quality service and comfort that they allow to be delivered. The bathing experiences were custom built in Germany (by Deckelmann Wellness) and installed by German craftsmen, shipped in for the job. The Hydrotherapy and Vichy facilities were sourced from Australia (HydroCo). Other operating equipment comes from the States, Europe and from throughout Asia.

What is Turkish Hamam Bath?

Themed steam bath with radiant seats and floor.



Hamam Bath

What is African Rhassoul Bath?

This is a place where users smear themselves with special therapeutic muds (one type for the body and limbs and another for the face and neck). Then they sit and bake in the Rhassoul chamber for 20 - 30 minutes. Once the mud has dried and absorbed impurities from the skin layer of the body, a tropical rain shower activates and softens and washes off the caked on muds. In the anti chamber there is a shower and steam shower for in-depth follow on cleansing of the skin.



African Rhassoul

Are treatments to be taken on their own, or may they be combined with other treatments?

Treatments can be as short as a quick massage at lunchtime or a full day package of a range of treatments and experiences. We will offer packages of a few hours, half day and 3/4 or full day menus. Lifestyle counselling sessions will be available for those who have particular issues such as allergies, skin problems, excess water retention, body fat and weight related issues etc. In these sessions, time availability, budget and urgency will be discussed and spa programmes will evolve utilising other facilities in the Club such as the Fitness Centre, sports programmes, swimming and the dining/kitchen outlets. This is the contemporary approach to wellness management and requires an active input from members for our therapists to work with.

What is Hydrotherapy?

Hydrotherapy is the original source of a spa. Spa comes from the term "Sanus Per Aqua" or 'health from taking the waters'. Spa bathing was around before the Romans arrived in Britain – at Baden Baden in Germany, Vichy in France and Bath in the UK. All of these spa bathing towns evolved from the therapeutic qualities of hot springs and

pure water bathing. Modern Hydrotherapy condenses the healing properties of water by concentrating on the benefits that water can achieve in promoting good blood and fluid circulation in the body. Sophisticated bathing equipment can deliver tremendous results in hours instead of days and weeks. That is what the Spa at the LRC can provide to members and their guests.



Hydrotherapy

What is a Vichy Shower? What other treatments do you suggest before having the Vichy Shower and why?

A Vichy Shower is a flat table with a waterproof mattress and an overhead boom that has a line of adjustable shower heads directed at the table. The user lies on the table and can enjoy a range of types of shower bathing. In technical 'speak' we talk about water texture – from pin-prick needle showers that stimulate the circulation to 'misting' showers that mimic humid, tropical rainforest climates.



Vichy Shower

Many of our members play sports. What kinds of treatments are good for our sports members?

Anything that promotes the removal of toxins and waste products from the soft tissues and organs of the body and improves blood circulation. Most body treatments are not just pampering – they actually achieve these effects.

Plans call for a retail shop offering a full range of merchandise. Where will they come from? Can our members purchase them anywhere in Hong Kong?

The retail and merchandising will actually be quite limited as we do not have that much space to display products and merchandise. Our focus is on delivering wellness. But we will build this up over time.

Would you say that the LRC Spa will be unique among the private club spas in Hong Kong? How?

I would say that in the private club sector, the new LRC Spa will rival any other spa in Asia and hold its head up high. In some ways it is a shame that the facility is in a club – it will therefore never make it onto the 'World Spa Map' that so many of our other references have been included on!

Best Spa in Hong Kong? I am not sure it matters in this case – great facility for members to use and entertain special friends and loved ones – absolutely!

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