



The Sanctuary Spa
at the LRC

SPA MENU



Stepping into
a
Sensory Journey





TAKE TIME FOR YOURSELF

* *Nourish*

* *Enrich*

* *Renew and feeling good*



Relax and Discover a New You

Packages

SANCTUARY SPA RITUAL

2 hours

Oxygen Glow and Rejuvenation Facial
Rejuvenating Full Body Massage

MOTHER & DAUGHTER RITUAL

1 hour 30 mins

(Kid: Under age 13)

Back, Neck & Shoulder Massage
Express Facial
Manicure or Express Pedicure

GROOMING RITUAL

For Gentlemen 1 hour 45 mins

For Ladies 2 hour 30 mins

Traditional Manicure
Traditional Pedicure
Ladies Wash and Blow-dry or Men's Cut by Idy

PRENATAL RITUAL

1 hour 45 mins

Prenatal Massage
Traditional Pedicure

Face Each Day with a Glowing Smile

THALGO

SOURCE MARINE

1 hour

Best for all skin types, especially for those who concern about dehydration and dry skin. This facial lastingly corrects the hydration level of dehydrated skin, deeply replenishes and restores the skin's velvety-smooth feel and original radiance.

PURETE MARINE

1 hour

Best for oily and combination skin with clogged pores, and problematic skin with blackheads.

Specifically designed for combination or oily skin, this treatment provides marine power to restore the beauty of healthy skin. Visibly reduces imperfections, redefines pores and controls shine.

COLLAGEN RADIANCE FACIAL

1 hour 15 mins

Best for fine lines and wrinkles, age 25 or above, the need for collagen.

To fight against the first signs of ageing, this unique professional treatment drenches the skin in Native Marine Collagen with incomparable bioavailability. Wrinkles and fine lines are blurred. The skin is intensely moisturised and ultra smooth with a radiant complexion.

REJUVENATING BRIGHTENING

1 hour 15 mins

Best for dull skin with uneven skin complexion.

A result driven facial treatment which can bring out natural glow of skin and helps lighten the pigmentation marks.

SILICIUM SUPER LIFT FACIAL

1 hour 15 mins

Best for established wrinkles, age 40 or above, loss of firmness and elasticity.

The THALGO treatment excels in correcting loss of firmness and smoothing deep wrinkles. At the heart of its treatment procedure are a highly effective anti-wrinkle massage and a professional double firming mask that erases wrinkles and restores radiance to the complexion.

EXCEPTION MARINE REDENSIFYING FACIAL

1 hour 15 mins

Best for regaining bouncy and firm skin with this ultra-replenishing lifting facial.

First Marine Lifting Treatment which resculpts the contours, redensifies the skin and fills out wrinkles, thanks to patented Marine Replenishment Complex and an exclusive THALGO technique, Energilift, a real manual facelift.

PRODIGE DES OCEANS

1 hour 15 mins

Best for total youthfulness, plump-up wrinkles and fine lines, lifting. Skin looks clearer, translucent and rosy again. A relaxation of body and mind.

A supreme beauty and letting go experience, this exceptional ritual offers ultimate regeneration for overall youthfulness and deep relaxation. The revitalizing benefits of Intelligence Marine Regenerative, a complete concentrate of 63 marine active ingredients – exclusive THALGO patent – combine with a face massage, inspired by Ko Bi Do, an ancient Japanese manual facelift technique, to visibly smooth wrinkles and restore firmness and elasticity to the skin.

SANCTUARY SIGNATURE FACIAL

1 hour 30 mins

This facial is excellent for plumping and lifting the skin, at the same time filling in wrinkles and fine lines, restoring youthful facial definition. The skin looks clearer, translucent and rosy again. Also for those who are concerned about dehydration and dry skin.

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AROMATHERAPY ASSOCIATES

AGE REPAIR FACIAL

1 hour 15 mins

Best for those concerned with loss of elasticity and tired eyes

An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

WELL SKIN FACIAL

1 hour

Best for skins that require a deep cleanse

A facial massage using traditional aromatherapy massage pressure points eases tension and helps tone the muscles. A scalp massage using an inhalation of frankincense and an arm and hand massage completes this relaxing facial. This is a treatment to tone, refresh and revitalise, leaving the complexion bright and radiant.



LING

'WOW' SIGNATURE TRIPLE PEEL FACIAL

1 hour 30 mins

Best for all skin types, especially blackheads, clogged and large pores, oily skin

Hollywood A-listers and Supermodels prefer this world-renowned WOW facial because it allows the skin to breathe again. The Signature Triple Peel includes a glycolic peel and a papaya enzyme peel to digest dirt and impurities, followed by an acid-free rescue peel. The Herbal Clay Clarifying Mask detoxifies the pores while the Ginseng Herbal Moisturizing Mask instantly soothes and alleviates inflammation. The facial concludes with a customised Rice Therapy Mask to treat your specific skin concerns.

C' THE DIFFERENCE ANTI-OXIDANT FACIAL

1 hour 15 mins

Best for sun damage, sun spots, ageing, uneven skin tone

This facial uses non-invasive wave technology to help exfoliate the skin and make the infusion of LING solutions a thousand times more effective. This is a concentrated vitamin C solution facial specially designed to even skin tone, provide anti-oxidant protection against free radical damage, promote collagen production and lighten pigmentation caused by overexposure to the sun.

DNA DONOTAGE FACIAL

1 hour 15 mins

Best for chronological ageing, premature ageing, all signs of ageing, tired skin, fine lines.

A state-of-the-art anti-ageing facial that uses Nobel Prize winning, youth breakthrough ingredient Teprenone to reverse cellular DNA degeneration and Rare Swiss Apple Stem Cells to promote the rejuvenation of youthful skin cells. A cotton mask infused with collagen and hyaluronic acid is applied to tone and firm the skin.

CHARCOAL DETOX FACIAL

1 hour

Best for detoxifying, clogged pores and blackheads, hot and humid climate

The LING Charcoal Facial will detoxify and clear your pores of impurities and blackheads. This facial includes a signature triple peel, thorough extractions, and a charcoal rice therapy mask.

OXYGEN GLOW REJUVENATING FACIAL

1 hour

Best for environmentally damaged skin, tired skin, dull skin, smoker's skin, acne & breakout prone, cystic acne, blemish scars

This facial utilises highly effective customised peels and masks. This is an anti-bacterial solution facial designed to detoxify and clear acne prone skin, which will rid the skin of trapped impurities, black heads, white heads and clogged pores. Our renowned Oxygen Plasma will deliver high concentrated amounts of oxygen to help eliminate acne bacteria.

Soothe and Feel Alive

SWEDISH MASSAGE

30 mins / 1 hour / 1 hour 30mins

A traditional blend of massage techniques that attends to your specific needs, leaving your body in a state of total relaxation. The pressure can be altered according to your needs.

DEEP TISSUE MASSAGE

30 mins / 1 hour / 1 hour 30mins

A firm pressure is used to warm up the muscle so that the therapist is able to concentrate on alleviating muscle tension in deeper lying muscles.

DETOXIFYING MASSAGE

30 mins / 1 hour / 1 hour 30mins

Unlike the traditional massage, manual lymphatic drainage is a light drainage technique worked along your lymphatic system to help drain toxins and improve your overall well-being.

THAI MASSAGE

30 mins / 1 hour / 1 hour 30mins

A meditation in motion in which the therapist uses their palms, thumbs, elbows and feet to work the lines of energy. The muscles are kneaded and stretched as the therapist gently works the recipient's body into a series of Yoga postures, to the precise depth appropriate for each individual.

FOOT MASSAGE

45 mins

A reflex action in another part of the body is stimulated by the manipulation of each specific area. Foot massage can be used as a pain relief, to help alleviate stress and even speed up injury recovery.

Detox and Restore

3 ALGAE BODY WRAP

1 hour

The "Thalassotherapy" body wrap par excellence, this 100% pure and natural, patented algae cream, rich in minerals, vitamins and trace elements, helps achieve a fit body and general revitalising. The body is prepared for a slimming treatment or ready to face everyday stress.

PRODIGE DES OCEANS BODY TREATMENT

1 hour 15 mins

A supreme beauty and letting go experience, this exceptional ritual offers ultimate regeneration for overall youthfulness and deep relaxation.

THALGO BODY SCRUB

30 mins

Stopover in the Mediterranean, a prelude with citrus notes. Dive into a garden of delicious Mediterranean scents to reveal softness and original beauty. Sea salt, brown sugar and essential oils are gently rubbed all over the body to enable new skin to emerge.



Gentlemen's Tonic

MEN EXPRESS FACIAL

30 mins

Best for all skin types

This is a gentle express facial which is suitable for all skin types. It aims to cleanse, hydrate, refresh and reinvigorate the skin.

HYDRATION FACIAL

1 hour

Best for dehydrated, dull and premature ageing skin

Gentlemen's Tonic Hydration Facial is the most effective way to combat premature ageing. It is a blend of serums and boosters enriched with nourishing anti-oxidants, vitamins and soothing botanicals extracts that hydrate and purify the skin allowing for a hydrated, soothed, refreshed and glowing complexion.

ANTI-AGING FACIAL

1 hour 15mins

Best for mature, dull and ageing skin

Gentlemen's Tonic Anti-Aging Facial accelerates cell renewal and promotes the production of collagen. Using active antioxidants and concentrated vitamin serums, the skin is left looking significantly brighter and refreshed. With the aim to target fine lines and wrinkles, a more youthful complexion is achieved.



Essentials for Everyday



WAXING

Full leg
Thigh / Half leg
Bikini
Inner Bikini
Brazilian / Hollywood
Half Leg & Bikini
Full Leg & Bikini
Half leg & Bikini
Full Leg & Bikini
Brazilian/ Hollywood
Full Arm
Half Arm
Underarms
Full Face
Upper Lip
Chin
Eyebrow

THREADING

Full Face
Upper lip
Chin
Eyebrow

TINTING

Eye Lash Tinting
Eyebrow Tinting
Eye Lash &
Eyebrow Tinting

SPRAY TANNING

Spray Tan
Scrub/Spray
Face/Arms
Full Leg Tan

HANDS & FEET

Shellac Manicure 60 mins
Spa Manicure (with paraffin wax) 60 mins
Traditional Manicure 45 mins
Express Manicure 30 mins
File & Polish 20 mins
Princess Manicure Ages 12-15
Mini Miss Manicure Ages 5-11
Shellac Removal
Add-on French
Add-on Shellac French

iPedicure (including OPI nail polish)

Shellac Pedicure 60 mins
Spa Pedicure (with paraffin wax) 60 mins
Traditional Pedicure 60 mins
Express Pedicure 30 mins
File & Polish 20 mins
Princess Pedicure Ages 12-15
Mini Miss Twinkle Toes Ages 5 -11
Shellac Removal
Add-on French
Add-on Shellac French

Hair Salon

Privacy. Refinement. Refresh.

Hair Salon is a modern sanctuary where you unwind in the comfort of your own home.

Ready to finally find your ideal haircut?

Hair Salon has the latest on how to get the haircut, hair colour, and hairstyles you want for the season.





Sanctuary Loyalty Programme

Restore and rejuvenate. Steps into a sensory experience with our Sanctuary Spa Collections.

Body & Mind Spa

HK\$20,000

Enjoy a 20% discount on all Facial, Massage, Body, Nails and Waxing treatments for 18 months at The Sanctuary Spa.

This Spa collection is valid for 18 months upon purchase and can be shared with family members.

Wellness Spa

HK\$15,000

Enjoy a 15% discount on all Facial, Massage, Body, Nails and Waxing treatments for 12 months at The Sanctuary Spa.

This Spa collection is valid for 12 months upon purchase and can be shared with family members.

Pure Spa

HK\$10,000

Enjoy a 10% discount on all Facial, Massage, Body, Nails and Waxing treatments for 12 months at The Sanctuary Spa.

This Spa collection is valid for 12 months upon purchase and can be shared with family members.

Getaway Spa

HK\$5,000

Enjoy a 5% discount on all Facial, Massage, Body, Nails and Waxing treatments for 6 months at The Sanctuary Spa.

This Spa collection is valid for 6 months upon purchase and can be shared with family members.

Tips for Feeling Great All the Time

Having a massage once every week or two is ideal for keeping your muscle tissue pliable and in good shape.

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Seeing your massage therapist a little more frequently in times of extra stress.

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Giving your face a boost every 30 days is what skin needs to look its best.

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People with sensitive skin might want to have facial treatment less often—every two months.

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Eat well. Sleep tight.
Exercise regularly.



Spa Party Packages

Let's throw a Spa Party for your loved ones or celebrating special moments in life... bridal shower, birthday, kids party, girls night out, anniversary...

Kids Spa Party

2 hours

Ages 7-11

\$2,500 (Monday to Thursday)

\$3,500 (Friday to Sunday)

\$210 per additional kid

- Mini Miss Mani & Mini Miss Pedi
- Tattoo
- A group of 6 to 8 kids

Teens Spa Party

2 hours

Ages 12-16

\$4,500 (Monday to Thursday)

\$5,500 (Friday to Sunday)

\$700 per additional teen

- Princess Mani & Princess Pedi
- Mini Facial
- A group of 4 to 6 teens

Pampering Spa Party

2 hours

Ages 17 or above

\$6,500 (Monday to Thursday)

\$7,500 (Friday to Sunday)

\$700 per additional adults

Pampering yourself with a selection of 3 Mini Treatments (20 mins each) below.

- Facial
 - Manicure
 - Pedicure
 - Legs and Foot Massage
 - Back Massage
 - A group of 6 to 8 adults
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All spa packages do not include food and beverage.
Please contact our F&B department for arrangement.





CANCELLATION POLICY

1. For cancellations and/or reschedule of your appointment, a six hour advanced notice is required.
2. It is subject to the availability for rescheduling any appointments.
3. For cancellations less than 6 hours before arrival, full value of the treatment will be charged.

VALUABLES

Please be reminded to store all your valuables in your lockers.

PUNCTUALITY

Arrive 15 minutes prior to your first service. This enables you to completely relax before the commencement of your treatment, aiding the therapeutic benefits of our treatments and services. Treatment time includes consultation and changing time. Arriving late will limit the time of your treatment. Your treatment will end on time in order that the next guest is not delayed.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your selection of treatment when making your spa reservation.

GIFT VOUCHERS

Spa gift vouchers can be purchased. Please enquire at The Sanctuary Spa Reception.

PROMOTIONS

Please refer to our website for all the latest promotions.

RESERVATIONS

For reservations, please call The Sanctuary Spa at 3199 3688 or email to sanctuary@lrc.com.hk.

OPERATING HOURS

Monday to Sunday & Public Holiday
10am - 8pm

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HAIR SALON OPERATING HOURS

Mondays to Sundays
10:30am to 7pm





The Sanctuary Spa
at the LRC

Ladies' Recreation Club, 10 Old Peak Road, Hong Kong

• tel: 3199 3688 • email: sanctuary@lrc.com.hk • www.lrc.com.hk