



The Sanctuary Spa
at the LRC

SPA MENU







TAKE TIME FOR YOURSELF

** Nourish*

** Enrich*

** Renew and feel good*



ESCAPE PACKAGES

SANCTUARY SPA RITUAL

2 hours

Purete Marine Facial

Rejuvenating Full Body Massage

MOTHER & DAUGHTER* RITUAL

1 hour 30 mins

Back, Neck & Shoulder Massage

Express Facial

Traditional Manicure or Express Pedicure

**for kids under the age of 13*

PRENATAL RITUAL

1 hour 45 mins

Prenatal Massage

Traditional Pedicure

FACIALS

By **THALGO**

SOURCE MARINE FACIAL

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 FACIAL

1 hour

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

This treatment provides marine power to restore the beauty of healthy skin. Visibly reduces imperfections, redefines pores and controls shine.

HYALU-PROCOLLAGENE FACIAL

1 hour 15 mins

Best for brightening, moisturising and regenerating the skin.

Introduced by Thalgo, the first "marine filler" fill in all wrinkles, even the established ones. This facial uses three hyaluronic acids and marine procollagen to work on fine lines and wrinkles, leaving a visibly smoothed and plumped skin.

EXCEPTION MARINE REDENSIFYING FACIAL

1 hour 15 mins

Best for regaining bounciness and firm skin.

This "manual facelift" treatment targets and tightens individual facial muscles and visibly lifts the entire face. It features Thalgo's exclusive EnergiLift Massage technique that corrects loss of firmness and volume on the face through deep, rhythmic movements to re-oxygenate the skin.

SANCTUARY SIGNATURE FACIAL

1 hour 15 mins

Excellent for plumping and lifting the skin, at the same time filling in wrinkles and fine lines, restoring youthful facial definition. Also for those who are concerned about dehydration and dry skin.

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

By **AQUAPURE**

AQUAPURE FACIAL

1 hour 15 mins

Best for those who concern with fine lines and wrinkles, oily and sensitive skin.

The AQUAPURE is a non-invasive, multifunctional facial care device that treats a variety of skin conditions in patients with diverse skin profiles. Each AQUAPURE handpiece works to promote skin tightness and rejuvenation with skin-nourishing solutions that deliver immediate results.

The facial includes the use of four handpieces:

Step One: Aqua Peel

The Aqua Peeling handpiece exfoliates and cleanses the skin while nourishing and hydrating it at the same time.

Step Two: Electroporation

The Electroporation handpiece assists in the transfer and delivery of the nutrients into the deeper layers of the skin.

Step Three: Micro-Current

Microcurrent therapy stimulates blood circulation and influences face muscles which lead to lifting and tightening effects.

Step Four: Cooling/Heating

Cooling energy is used to reduce fine lines and wrinkles while helping to enhance the skin to repair. The heating energy firms and tones the skin.



By **COMFORT ZONE**

ACTIVE PURENESS FACIAL

1 hour

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

This deep cleansing facial is characterised by the use of mandelic acid, green and white clays. It purifies and balances the skin, leaving it fresh and toned. It is particularly effective on impure, oily, scarred and acne-prone skins.

HYDRAMEMORY COMPLETE FACIAL

1 hour

Ideal for dehydrated skin, stressed by central heating and air conditioning.

The ultimate treatment for deep hydration and radiance. The HydraBrush Massage transports the precious Moringa Oil and the fragments of Hyaluronic Acid deep into the skin. This facial restores compactness, nourishment and luminosity while countering dehydration and premature aging.

PRO-LIFT FACIAL

1 hour 15 mins

Best for brightening and plumping the skin.

Combining Kobido techniques which restore and redefine the volume of the face, plus an innovative peel-off biphasic mask with a natural filling and lifting effect, your skin will be visibly nourished with reduced wrinkles and fine lines.

DELUXE REPAIR FACIAL

1 hour 15 mins

Best for those who need a natural filler solution on wrinkles and of ageing.

The ultimate facial to counter skin thinning, extreme dryness and loss of density caused by menopause. Combining the exclusive Cell-Support Technology™, the innovative oil-based textures and two special massage techniques, *Dermal Petrissage* and *Kobido*, this facial treatment improves and promotes deep regeneration of skin.



By **GENTLEMEN'S TONIC**

MEN EXPRESS FACIAL

30 mins

Best for all skin types.

This express facial aims to cleanse, hydrate, refresh and reinvigorate the skin. It is like a breath of fresh air for your face literally.

HYDRATION FACIAL

1 hour

Best for dehydrated, dull and premature ageing skin.

Using a proprietary mix of different award-winning Gentlemen's Tonic cosmeceutical products, each individually developed to either cleanse, exfoliate, tone, moisturise or combat signs of ageing, this facial will have your skin glowing, looking more youthful and feeling less dry almost immediately.

ANTI-AGING FACIAL

1 hour 15 mins

Best for mature, dull and ageing skin.

This facial uses Gentlemen's Tonic's patented and award-winning professional cosmeceutical range that consists of incredibly active serums that contain the latest peptide technology and hyaluronic acids that help fight free radicals, promote collagen production and increase hydration to your skin.



MASSAGES

SWEDISH MASSAGE

30 mins / 1 hour / 1 hour 30 mins

Personalised to your specific needs, the classic massage involves a blend of massage techniques, designed to improve your circulation, soothe your muscles and make you feel more relaxed.

DEEP TISSUE MASSAGE

30 mins / 1 hour / 1 hour 30 mins

This effective treatment involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. It effectively increases circulation and energy flow, leaving you refreshed and back in the game.

DETOXIFYING MASSAGE

30 mins / 1 hour / 1 hour 30 mins

This massage features manual lymphatic drainage – a gentle form of massage that boosts the elimination of toxins, reduces inflammation and promotes regeneration of tissue, leaving you relaxed, flexible and tension free.

THAI MASSAGE

30 mins / 1 hour / 1 hour 30 mins

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 your body into a series of postures, to the precise depth appropriate for each individual.

FOOT MASSAGE

45 mins

A traditional massage applying gentle pressure to the reflex points of the feet. Both deeply relaxing and therapeutic, your body's own healing processes will be stimulated.



SCRUBS / WRAPS

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.

3 ALGAE BODY WRAP

1 hour

The "Thalassotherapy" body wrap by 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.

MONTALCINO THERMAL MUD WRAP

1 hour

This cellulite fighting mud wrap uses a combination of essential oils and thermal waters from Montalcino in Tuscany to create an intensive treatment that not only detoxifies the body, but also restores vitality back into the skin.





WAXING

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

THREADING

Full Face
 Upper Lip
 Chin
 Eyebrows

TINTING

Eyelash Tinting
 Eyebrow Tinting
 Eyelash & Eyebrow Tinting

NAIL CARE

Manicure

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 (aged 12-15)	
Mini Miss Manicure (aged 5-11)	
Shellac Removal	
<i>Add-on French</i>	
<i>Add-on Shellac French</i>	

Pedicure

iPedicure (including OPI nail polish)	60 mins
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 (aged 12-15)	
Mini Miss Pedicure (aged 5-11)	
Shellac Removal	
<i>Add-on French</i>	
<i>Add-on Shellac French</i>	

SALON SERVICES

Get a new look at our full service hair salon.

Featuring our own colourist/stylist, hair services offered include haircuts, blow dry and styling, smoothing treatments and colour/highlight treatments.





SANCTUARY LOYALTY PROGRAMME

For your total relaxation and rejuvenation from head to toe – the ultimate spa experience through the very best treatments The Sanctuary Spa has to offer.

	Facials	Massages	Scrubs / Wraps	Nail Care	Waxing	Validity (months)
Body & Mind Spa HK\$20,000 <i>(15% discount)</i>	●	●	●	●	●	18
Wellness Spa HK\$15,000 <i>(10% discount)</i>	●	●	●	●	●	12
Pure Spa HK\$10,000 <i>(10% discount)</i>	●	●	●	●	●	12
Getaway Spa HK\$5,000 <i>(10% discount)</i>				●	●	6

* The purchased spa programme can be shared among members of the family account.



SPA PARTY PACKAGES

Host your special occasion at a unique venue! The Saunctary Spa has created special packages for all age groups, whether it is a birthday, baby shower, bridal shower, girls' night out or anniversary, our dedicated spa team will make sure it's fun and pampering!

KIDS SPA PARTY

2 hours

A group of 6 to 8 kids aged 7-11

- Mini Miss Mani & Mini Miss Pedi
- Tattoo

\$3,000 (Monday to Thursday)

\$4,000 (Friday to Sunday)

\$300 per additional kid

TEENS SPA PARTY

2 hours

A group of 4 to 6 teens aged 12-16

- Princess Mani & Princess Pedi
- Mini Facial

\$5,000 (Monday to Thursday)

\$6,000 (Friday to Sunday)

\$800 per additional teen

PAMPERING SPA PARTY

2 hours

A group of 4 to 6 adults
aged 17 and above

Choice of three Mini Treatments
(20 mins each):

- Facial
- Manicure
- Pedicure
- Legs and Foot Massage
- Back Massage

\$7,000 (Monday to Thursday)

\$8,000 (Friday to Sunday)

\$900 per additional adult

Food & beverage are not included in spa party packages. For enquiries about customised arrangement, please contact our F&B department.

Tips for Feeling Great All the Time

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

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

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Give your face a boost every 30 days is what the 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.





CANCELLATION POLICY

1. For cancellations and/or rescheduling your appointment, a six-hour advance notice is required.
2. Rescheduling of appointments are subject to availability.
3. Any treatment cancelled without a six-hour notice will incur a charge equal to 100% of the value of the treatment(s).

VALUABLES

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

PUNCTUALITY

You are advised to arrive 15 minutes before your appointment time. 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 to ensure that the appointment of the next guest would not be 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 are available. 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 sanctuary@lrc.com.hk.

**THE SANCTUARY SPA
OPENING HOURS**

Monday to Sunday
10am – 8pm

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**HAIR SALON
OPENING HOURS**

Monday to Saturday (except Public Holidays)
10am – 6pm
By appointment only





The Sanctuary Spa
at the LRC

Ladies' Recreation Club
10 Old Peak Road, Hong Kong

Tel: 3199 3688 • Email: sanctuary@lrc.com.hk • Website: www.lrc.com.hk