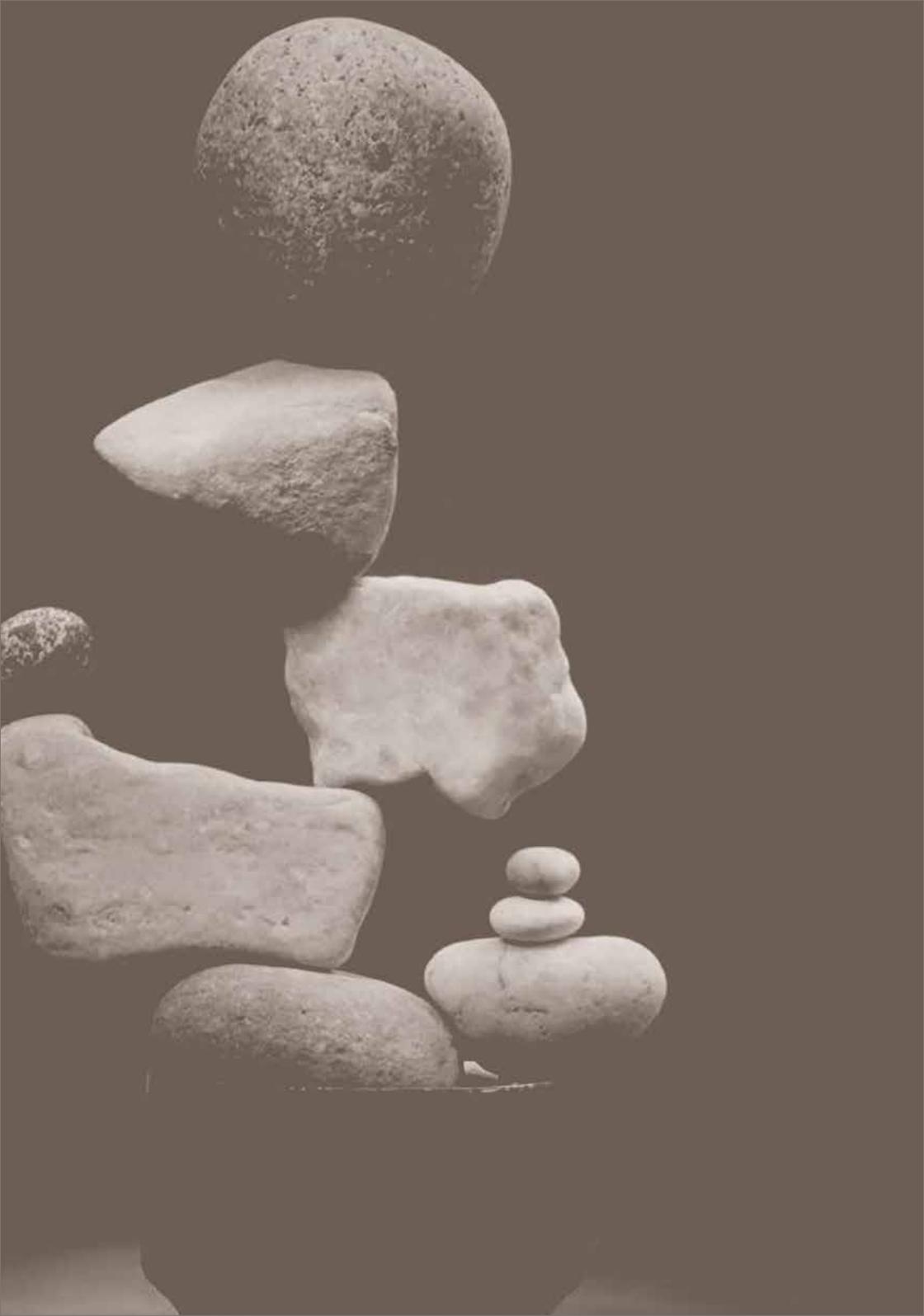


# WELLNESS

AT THE MURRAY



OUR SERVICES  
BESPOKE – WELLNESS – YOU

POWER OF BESPOKE

Select from an extensive range of premium quality essential oils, sourced from around the world, and create your own custom blend for a bespoke therapeutic massage.

60 or 90 minutes

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NECK, BACK, SHOULDER

A restoring back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and alignment of the back and spine.

30 minutes



#### HEAD MASSAGE

A deep relaxing head massage using Craniosacral Massage Technique to ease tension in the muscles and induce a deep sense of calm.

30 minutes

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#### FOOT MASSAGE

A release pressure in the aches and soles with focus on the meridian lines of the legs and feet.

60 minutes

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#### THAI SWEDISH MASSAGE

A nourishing full body oil massage using kneading, stroking and stretching techniques to relieve muscle tension.

60 or 90 minutes

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#### BODY SCRUB

Release toxins, stimulate circulation and reduce tension with this rejuvenating body polish.

30 minutes



## THE MURRAY FACIAL

*by Grown Alchemist*

The Murray Facial is designed to detoxify, balance, refine and restore the appearance of your skin. All products used are from Grown Alchemist which are formulated from organic ingredients and free of harmful chemicals.

30, 60 or 90 minutes



## INSTANT GLOW FACIAL

*by Dr. Barbara Sturm*

Specifically formulated to provide targeted cell regeneration and an intense dose of moisture, this facial employs the potent and ultra-moisturizing Hyaluronic Serum to deliver a natural and refined glow to the skin. The Signature Facial Massage designed by Dr. Sturm stimulates blood circulation and boosts collagen production for the iconic #STURMGLOW. The nutrient-rich finishing product, Glow Drops, utilizes light-reflecting pigments to even out any irregularities in the complexion for a visibly youthful radiance.

60 or 90 minutes



## BRIGHTENING FACIAL

*by Dr. Barbara Sturm*

A revolutionary brightening treatment, created to deliver extraordinary luminosity, evenness, clarity and softness without the use of laser technology. The protocol begins with a preparative deep cleansing and exfoliating facial. The areas of visible pigmentation and unevenness are then targeted and topically treated with our rapid acting yet gentle brightening formulas for immediate results. When completed, skin will demonstrate the brightness and clarity of laser resurfacing treatment, but without any discomfort or downtime.

60 or 90 minutes

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## CLARIFYING FUSION FACIAL

*by Dr. Barbara Sturm*

A pioneering facial designed to rebalance and restore the natural dermal equilibrium. Effectively treating blemish-prone and angry skin, it begins with the non-comedogenic cleansing process; refreshing skin and gently removing excessive oils without destabilising sensitive pH and hydration levels. Dr. Sturm's effective and power packed formulas are expertly applied to pacify angry, red, inflamed skin and calm the risk of dryness, flaking and scarring.

60 or 90 minutes



## SUPER ANTI-AGING FACIAL

*by Dr. Barbara Sturm*

By combining the effects of the antioxidant-infused Super Anti-Aging Serum with Dr. Sturm's exclusively-designed re-sculpting, anti-gravity massage, this facial visibly lifts the skin around the jaw and neck to restore elasticity and tone into a youthful V shape. Clinical actives in the potent serum reduce the appearance of fine lines, evens skin tone, and revives stressed skin.

60 or 90 minutes



PACKAGES

Our escape packages provide an extended experience of Wellness at The Murray.

MURRAY REJUVENATION

Enjoy 60 minutes of Power of Bespoke massage, 30 minutes of body scrub and 30 minutes facial by Grown Alchemist.

120 minutes

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SINGLE/COUPLE PLEASURES

Enjoy 90 minutes bespoke massage plus 60 minutes Grown Alchemist facial

150 minutes

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SELF HEALING DAY

Enjoy 10 minutes stretching + 50 minutes sound healing and 60 minutes your choice treatment (can be massage /facial except super anti-aging facial)

120 minutes

\*\*All packages include 15 minutes use of private heat facilities.



## PRODUCTS

### GROWN ALCHEMIST

Grown Alchemist is a new generation of organic skincare formulations comprising of natural technologies that have revolutionised the traditional approach to anti-aging skincare.

### DR BARBARA STURM

Dr. Sturm offers a new generation of cutting-edge, medically-inspired spa treatments. The results-driven, bespoke treatments, all of which incorporate Dr. Barbara Sturm's Molecular Cosmetics, are specially designed to strengthen, protect, and rejuvenate the skin.

### BESPOKE OIL BLENDS

Sourced from the highest quality essential oils from around the world. With over 3,000 possible combinations, these are blended upon your preferred selection, providing you with the most bespoke and unique massage treatment in the world.



## WELLNESS ACTIVITIES

### MEDITATION

Tune into the present moment by focusing on your breathing, scanning your body and identifying thoughts. Being aware of all your senses is a terrific technique for stress reduction. Like a boot camp for the brain, this practice gets the whole body invested to help cultivate mental discipline. This mental detox will help you feel grounded with calm awareness. You'll get personalised expert guidance, catered to your goals.

60 minutes



#### BREATHE WORK

Great for sports performance optimization and mental clarity, this class teaches various breathing techniques to achieve the optimal state of being. The breath unlocks stored stresses, allowing you to tune into self-healing. Benefits include improving the body's alkalinity, oxygen utilisation, digestion and reducing inflammation. It's a wild ride... just breathe.

60 minutes

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#### MINDFUL ART

Reconnect with your inner creativity through mindfulness-based art. Techniques covered may include drawing, colouring, cutting, collages, writing and sharing. The creative experience will help you connect to your deeper dimensions, finding your inner resources and new insights through observation, reflection and listening. No art skills required to be expressive.

60 minutes



#### MINDFUL CALLIGRAPHY

A unique calligraphy experience that synchronises your breathing with the movement and pressure of the brush. Learn penmanship in your own bubble of present awareness. No experience required, with classes different each time. Be pleasantly surprised how enjoyable and relaxing it is to gift yourself this moment.

60 minutes

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#### PEAK HIKE SUNRISE MEDITATION

Begin your day wonderfully with a sunrise hike and Qi meditation.

Start at the meeting point on the intersection of Hatton and Conduit Road. From there, enjoy a guided mindfulness hike up the peak, followed by a 25 minute guided meditation.

Hong Kong has never looked so beautiful.

120 minutes



## REIKI

In Japanese, Reiki means universal life force. This session begins with a guided awareness meditation that flows to individual Reiki healing to leave you insightful, calm and refreshed. On a scientific level, studies show Reiki increases white blood cell count to boost the immune system. It can also relieve pain, insomnia, anxiety and much more. You only need to keep an open mind and set an intention on healing. Open to all levels.

60 minutes

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## SOUND BATH

Immerse yourself in grounding good vibes. In this class, lie down and unwind to the sounds of Gongs, Crystal, Himalayan or Tibetan Bowls that transport you to a state of calm and inspiration. Feel the tension melts away to a gentle state of lightness. Choose from Alchemy Bowls or Gong Bath.

60 minutes



#### TEA CEREMONY

Cha Dao or 'The Way of Tea', is a path to the meditative mind. Through the tea leaf, we are reminded of our connection to nature, and are called to meditation and reflection. We introduce 'Bowl Tea' and the essence and simplicity of Tea as a plant teacher.

Cultivate self-healing and awakened inner harmony,  
clarity and peace.

60 minutes

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#### YOGIC SLEEP

If the lying down part of yoga is your favorite, then this is the class for you. Known as Yoga Nidra or Sleeping Yoga, this class guarantees deep relaxation. Great for anyone in the mood to chill out in a heavily guided meditation ride.

60 minutes



#### PRANAYAMA

Pranayama is the foundation of your yoga practice. It begins with deepening your breathing, then more specific techniques. Practice the precise regulation of the breath – part of the autonomic nervous system – to benefit from better carbon dioxide expulsion, blood circulation, digestion and blood pressure.

60 minutes

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#### FAMILY MEDITATION

In meditation and mindfulness for age-appropriate kids, your child will learn effective skills for mindfulness in this engaging class to improve attention, emotional balance, love for self and others.

60 minutes

Above Wellness activities are available for couples and groups. Please enquire at the Wellness reception on 3/F for more details.



#### FITNESS CONSULTATION

Following a personalized consultation, our trainers will design a training program after going you're your specific needs, body-condition exercise history and mental mettle to succeed.

#### 1 ON 1 (INDOOR/ OUTDOOR) SESSION

This session focuses on delivering a personalized fitness program, which can improve general health conditions and sporting performance.

#### FITNESS CLASSES

We offer a wide variety of fitness classes designed by our specialist. Classes can be taken at various location inside or outside of the hotel, and range from Tai Chi, Yoga, Aerobics and body sculpting.



#### BOOT CAMPS

Boot camps can be stimulating, challenging and dynamic, combining both cardio drills and resistance exercises. This is a lively and effective way to get fit, tone up and shed weight. Our Boot Camp sessions feature Circuit Training, Spartan Training, Ninja Boot Camp (for kids) and Family Boot Camp.

#### POSTURE ALIGNMENT

Using gravity and a person's own body weight to improve alignment and balance, this session naturally eliminates underlying causes of pain and physical limitations.

#### FAMILY FUN SESSION

Keep your family active during their holiday by enrolling them in our family fun session, which include Parent and Child Yoga, Dance for F.I.T and Kung Fu Kiddo.

Above Fitness activities are 60 minutes sessions.

## WELLNESS ETIQUETTE

### OPENING HOURS

Wellness Reception, Gymnasium, Spa Suites and Swimming Pool  
Mon – Sun 7:00 a.m. – 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.

### PRIOR TO ARRIVAL

We recommend that you check-in for your treatment at least 15 minutes prior to your scheduled appointment. This allows us to have a brief consultation with you about your treatment expectations. Please understand that late arrivals will not receive an extension of scheduled treatments.

## LATE ARRIVAL

Out of respect for other guest's reservations, please be aware that we are not unable to extend your treatment time in case of late arrivals.

### AGE REQUIREMENT

The minimum age requirement for access is 16 years of age.

### HEALTH CONDITIONS

Please inform our Wellness Concierge and your Therapist of any health conditions, allergies, injuries or pregnancy that you feel we should be aware of.

### 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 do not leave them unattended.

### ACCIDENTS OR INJURIES

Wellness at the Murray shall not be liable for any accident or injury suffered by a member or a guest.

### REFUND POLICY

Unopened retail products can be exchanged within the days of purchase if presented with the original receipt.

### SERVICE CHARGE

Service charge at 10% is added to all spa treatments.

MENU PRICE LIST

Services	Time (Minutes)	Total Price
POWER OF BESPOKE	60/90	1,045/1,595
NECK, BACK, SHOULDERS	30	550
HEAD MASSAGE	30	550
FOOT MASSAGE	60	990
THAI SWEDISH MASSAGE	60/90	1,300/1,650
BODY SCRUB	30	660
THE MURRAY FACIAL	30/60/90	740/1,430/2,110
<i>by Grown Alchemist</i>		
INSTANT GLOW FACIAL	60/90	1,650/2,470
CLARIFYING FUSION FACIAL	60/90	1,650/2,470
BRIGHTENING FACIAL	60/90	1,650/2,470
SUPER ANTI-AGING FACIAL	60/90	1,980/2,970
<i>by Dr. Barbara Sturm</i>		
MURRAY REJUVENATION	120	1980
SINGLE/COUPLE PLEASURES	150	2,800/5,500
SELF HEALING DAY	120	3,100

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

MENU PRICE LIST

Services	Time (Minutes)	Total Price
WELLNESS & FITNESS ACTIVITIES		
ALL FITNESS CLASSES	60	1,045
MEDITATION CLASS	60	1,980
PEAK HIKE SUNRISE MEDITATION	120	2,750

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