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Lifestyle Membership

Thank you for your interest in the Lifestyle Membership at Four Seasons Hotel Hong Kong.

I am pleased to provide you information on this exclusive program, which offers members access to the hotel's well feeling facilities including the Spa, Vitality Lounge, Fitness Centre and Swimming Pool, along with exceptional privileges.

The Four Seasons Hotel Hong Kong reflects the comfort and luxury for which Four Seasons is known worldwide. Situated on the fifth, sixth and seventh floors of the hotel, the hotel's urban sanctuary lifestyle spans over 22,000 square feet. The Spa, comprising sixteen treatment rooms, a Nail Bar and spa suite, offers an array of impressive traditional and result oriented innovative spa therapies.

To further enhance the spa experience, the Vitality Lounges provide a unique blend of aqua therapies with sauna, crystal steam room, indoor vitality pool and a relaxation lounge. At our Swimming Pool, members are spoiled with a resort experience with a lap-pool, infinity pool, Jacuzzi and plunge pool, set against a breath-taking urban backdrop and what has been called "a million dollar view". The Infinity Pool is heated during winter and both Lap and Infinity Pools feature underwater speakers. Facing the harbour, the Fitness Centre boasts state-of-the-art cardiovascular equipment and circuit training, step machines, treadmills and stationary bicycles are each equipped with built-in, touchscreen LCD televisions.

Dedicated to continuous innovation and the highest standards of hospitality, our expert and caring staff cater to our members' every need. Four Seasons invented luxury, and we're proud to state that our exclusive Lifestyle Membership provides harbour-view holistic experiences that take rejuvenation and relaxation to new heights.

Enclosed please find detailed information on the Lifestyle Membership Program including privileges and pricing, facility facts and an application form. Feel free to contact us at your convenience should you have any questions.

Healthy regards,
Tania Bardhan
Director of Spa



Privileges & Pricing

THE CLUB AT THE FOUR SEASONS A LIFESTYLE MEMBERSHIP PROGRAM

Welcome to the Spa at Four Seasons Hotel Hong Kong, Fitness Centre and Swimming Pool. We are pleased to present an exclusive Membership to our Hotel's extensive wellness facilities.

Membership Privileges

- Unlimited access to Hotel's wellness facilities – Spa, Fitness Centre, Swimming Pool and Vitality Lounges
- \$2,000 credit towards spa treatments per month per member from the paid monthly dues (non-transferable and non-accumulative)
- 10% discount on additional spa treatments
- 15% discount on retail purchases , except discounted products
- 10% discount at Pool Terrace (unlimited) and monthly vouchers (transferable) with 20% discount at The Lounge
- 15% discount on haircut in Private I salon
- Complimentary laundering of fitness attire (up to 10 pieces per laundry bundle)
- Complimentary valet parking for six hours per visit
- One complimentary night annually in a Four Seasons Hong Kong Harbour View Suite (non-transferable and non-accumulative, based on availability, excluding public holidays and blackout dates apply). Please ask spa concierge for available dates.
- 10% discount for personal trainings and yoga class
- Members exclusive preview of all spa launches

Fees

Term	Validity	Type	Joining fee	Monthly fee
Annual	12 months	Single	HK\$92,000	HK\$3,700
		Couple	HK\$157,000	HK\$7,400
6 month	6 months	Single	HK\$52,000	HK\$3,700

*Couple: Exclusively for members who are married

The Spa

'Modern Hydrotherapy meets Asian Spirituality to create the ultimate contemporary Spa experience'

Spa Lobby	Male Vitality Lounge	Female Vitality Lounge	Aqua Suite	Treatment Rooms	Nail Bar
Location & Extension Podium 6/Ext. 8900	Location & Extension Podium 6	Location & Extension Podium 6	Location & Extension Podium 6	Location & Extension Level 7	Location & Extension Podium 6
Opening Hours 09h00 – 21h00 daily	Operating Hours 06h00 – 21h00 daily	Operating Hours 06h00 – 21h00 daily	Operating Hours 10h00 – 21h00 daily	Operating Hours 10h00 – 21h00 daily	Operating Hours 10h00 – 21h00 daily
Facilities Spa Boutique Spa Reception Nail Bar	Facilities <u>Aqua Therapy includes:</u> Vitality Pool Ice Fountain Sauna (90°C) Herbal Steam Room Relaxation Lounge Lockers/Vanity Counters Private Changing Areas	Facilities <u>Aqua Therapy includes:</u> Vitality Pool Ice Fountain Sauna (90°C) Amethyst Crystal Steam Room Relaxation Lounge Lockers/Vanity Counters Private Changing Areas	Facilities <u>Aqua Therapy includes:</u> Vitality Pool Steam room Day Bed Private Changing Room	Facilities 9 x Couples Rooms 5 Individual Rooms 1 VIP Suite 4 with Baths All with Steam/Showers May include Private Bathrooms	Facilities 3 Pedicure Chairs 2 Manicure Tables

The Fitness Centre and Swimming Pool

Cardio & Weights

Pilates

Infinity Pool/Lap Pool/Pool Terrace

Location & Extension

Podium 5/Ext. 8940

Opening Hours

06h00 – 21h00 daily

Facilities

Technogym:

Ellipticals
Treadmills
Recline Bicycle Upright
Bicycles Steppers
Leg Extension
Leg Curl
Leg Press
Crunch Bench
Fixed Barbells (5kg-60kg)
Dumbbells (1kg-32kg)
Concept II Indoor Rower
Smith Machine

Free Motion:

Chest Shoulder Row
Cable Cross Skipping
Rope

ARKE Wall Weight Equipment

Chest Press
Shoulder Press
Lat Machine
Arm Extension
Rotary Torso
Lower Back Bench
Adjustable Benches
Combined Parallel
Spinning Bike
TRX
Dual Adjustable Pulley
Treadmills
Leg Curl

Lift

Squat
Hip/Ad/Abduction

Location & Extension

Podium 5/Ext. 8940

Opening Hours

06h00 – 21h00 daily

Facilities

Balanced Body:

Studio Reformer with Allegro
Tower Combo Chair
Ladder Barrel
Fitball 55cm & 75cm
Yoga Mats
Yoga Blocks
Foam Roller

Special Features

Private sessions and Personal training are available upon request

Location & Extension

Podium 6/Ext. 8949

Operating Hours

08h00 – 21h00 daily

Facilities

Infinity Pool:

12 meters X 24 meters
1.2 meters -1.5 meters (deep)

Lap Pool:

10 meters X 20 meters
1.2 meters (deep)

Water Temperature:

28-30°C

Jacuzzi:

Temperature 38°C

Cold tub:

Temperature 8-10°C

Chaise lounges Cabanas

Special Features

Spectacular Harbour View Food & Beverages available at the Pool Terrace between 07h00-21h30
Breakfast 07h00-11h00
Lunch/Light Beverages 11h00-18h00
Built-in sound system underground & under water Pools heated during winter months
Outdoor Heaters available in winter
Retail Swimwear & Accessories are available for purchase at the Spatique.

Special Features

Spectacular Panoramic Harbour View
Fresh Juice, Coffee & Tea available between 06h00-09h00
All cardio machines built-in LCD touch screen TV
Built-in sound system