



For reference only

FOUR SEASONS SPA & WELLNESS EXPERIENCES

Daily Complimentary Wellness Sessions, 11am daily

Enjoy a guided Wellness Stretching or Lomi Lomi temple bodywork session with our instructors. Group sizes are governed by prevailing government restrictions. Please call our spa concierge to register

DAILY WORKSHOPS

Wednesday

7PM Singing Bowl Sound Therapy
with Wellness Craftsman Angela
60 mins HKD 680+10% per person

Thursday

7PM Gong Bath Therapy
with Wellness Craftsman Cheryl Rodriguez
60 mins HKD 980+10% per person

Terms and Conditions apply

-Number of participants are governed by prevailing government restrictions

-Advanced reservation required

-Cancellation must be made at least 8 hours in advance or 100% cancellation fee apply

Friday

6PM Mindful Mala Making
with Wellness Craftsman Angela
60 mins at HKD 650 + 10% per person, or
HKD 880 +10% for a family of 3 persons

Saturday

10AM Gong Bath Therapy
with Wellness Craftsman Cheryl Rodriguez
60 mins HKD 980+10% per person

4PM Singing Bowl Sound Therapy
with Wellness Craftsman Angela
60 mins HKD 680+10% per person

Sunday

11AM Mindful Mala Making (Family Workshop)
with Wellness Craftsman Angela
60 mins HKD 650+10% per person

IN-ROOM EXPERIENCES

Bath Ritual available daily from 9am – 9pm

Indulge in total relaxation with our bath butler who will draw a Himalayan salt and lavender essential oil bath in the comfort of your guest room
HKD 288 + 10% per person. Book your ritual before 5pm

Sleep Consultation including a Yoga Nidra Session with Spa Director Dr. Tania Bardhan

Book your private consultation session for a guided sleep meditation with our Wellness Craftsman
60 mins at HKD 1550 + 10% per person

VIRTUAL IN-ROOM ACTIVITIES

Inner Self

- Sound Therapy

Body Soothing

- Face-lifting Techniques
- Massage on Pressure Points
- Neck and Shoulder Massage

Workouts

- Simple Stretching

Morning Ritual

- Simple Breathing Techniques
- 21 Sun Salutation Moves

BETTERMENT SIMPLIFIED – A CURATED RETAIL SPACE

Discover our spa retail space that offers modern lifestyle products, curated skincare, home décor, loungewear, furniture and jewellery. Featured brands include Four Seasons Hong Kong exclusives, such as Lauren X Khoo, VISO PROJECT, The Grey Men's Skincare, Homeism, Otherware and LARQ.

WELLNESS EXPERIENCES

Private Wellness Sessions

We offer private sessions of Chakra meditation, Gong baths, Singing bowl, Tai Chi and Yoga with Wellness Craftsman
Prices range from HKD 1150 + 10% to HKD 2500 + 10% per person

SPA EXPERIENCES

The Rosy Ritual – Seasonal Special

Indulge in a sensorial journey including a luxurious cream wrap, balancing massage and a complete facial.
2.5 hours at HKD 3500 + 10%

Refuel Your Body, available from Mondays to Thursdays

Experience a two-hour body treatment including a 90-minute rejuvenating massage and 30-minute body exfoliation.
2 hours at HKD 2299 + 10%

WELLNESS FOR KIDS

We offer great tools for your kids* to explore mindfulness practices with our kids activities. Kids can enjoy a Mindful Mala making session or a Mindful Mandala art therapy session with our experts. Available every Saturday and Sunday.
HKD 1200 +10% for up to 2 children, additional child at HKD 400 +10%.

Private singing bowl sound therapy for kids.
30 mins at HKD 880 + 10%

**Kids from 5 to 12 years of age*