

spa menu
bliss[®]

bliss hong kong



spa menu bliss®

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look for these symbols

- s** not recommended for individuals who are allergic to shellfish/iodine
- p** we cannot perform this treatment on pregnant guests
- h** not recommended for guests who suffer from high blood pressure or heart problems
- a** not recommended for guests using oral or topical keratolytic medications, have had recent laser or plastic surgery or are sunburned

Ensuring our guests' safety is crucial. A 'guest-check' form must be completed before each and every treatment begins.

Bliss reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask your reservationist when you book your appointment.

You must refrain from using waxing as a hair removal method if you are using Retin-A (currently or in the last 3 months), Accutane (currently or in the past 6 months), other keratolytic medications (that increase skin exfoliation) or are sunburned or recovering from a recent laser peel.

Please note: We require at least twenty-four hours notice to cancel any appointment, and a credit card number is needed to hold your reservation.

a brief 'bliss-story'

Founded in New York in 1996, Bliss ignited a modern spa revolution by combining a clever menu of super-effective services and a fun, 'no-attitude' atmosphere. With trademark touches like rhythm and blues tunes, a brownie buffet and the friendliest, most talented staff on the planet, it's no wonder we've gained a gaggle of grooming groupies over the past decade. Today, we're spreading the 'rub' with Bliss spas worldwide—so you can don your robe across the globe.

professionally-powered products

Bliss' lauded line of bath, body and skincare stuff is all inspired by countless hours of tension-nixing and skin-fixing at our spas—so every formula receives the 'esthetician seal of approval'. To score your Bliss fix, shop our in-spa stores, browse our beauty-by mail catalog or visit blissworld.com, where you can sign up for beaut-e-mails to stay in the 'glow'. Bliss products can also be found at select retailers worldwide.

a room with a 'dew'

Just imagine: Carrot and Sesame Body Buff-booking concierges, waxing and wake-up calls, Triple Oxygen Treatments and turndown service—that's just the start of the brilliant Bliss/W Hotel mix. Spa-strength Bliss amenities can also be found sinkside at W Hotels worldwide.

spa hours 9am-10pm
to book an appointment, call 852 3717 2797

email: bliss.hk@whotels.com

looking for treatments for two? ask about our 'BIP'

skincare/facials

the youth as we know it™ Our ultimate anti-aging treatment targets tone, elasticity, volume, fine lines and wrinkles—all the way to your décolleté. Includes a gentle yet effective mushroom enzyme peel, a high-tech cell-regenerating moisturizing cocktail and a soothing collagen mask. 60 min HK\$ 1450 **a**

the triple oxygen treatment™ Our most-popular all-around complexion reviver includes intensive cleansing, exfoliating, a fruit acid wash, a pre-extraction oxygen wrap, necessary extractions, a calming oxygen mask, and vitaminized oxygen spray. Fantastic for all skin types. 85 min HK\$ 1250

'dew' diligence™ Think traditional facial, with a Bliss twist. Combines a skin-type specific cleansing, exfoliation, extractions, an individualized treatment mask with strategic shoulder, neck, arm and foot massaging. Ideal for further customization with a variety of facial build-ons. 60 min HK\$ 940

crystal clearing® This incredibly effective whitening and resurfacing treatment uses a spray of micronized crystal particles to improve the appearance of fine lines, wrinkles and lightens hyperpigmentation for a brighter complexion. 60 min HK\$ 1760 **a p**

oxygen blast™ Includes a fruit acid wash, massage with mycelated vitamins, a hydrating hot towel and enzyme pack, and a five minute oxygen spray. Great pre-date, post-flight, mid-life. 30 min HK\$ 630

facial 'build-ons'*

Tailor-make your treatment by selecting one, two, or a few of the following:

refining fruit acid wash	HK\$ 200	all
bilberry & vitamin C seaweed task mask	HK\$ 200	all
lighten-up seaweed task mask	HK\$ 200	▲●●
warm wax mask	HK\$ 270	●▲●●
the 'eyes' have it s a	HK\$ 350	●●●
firming collagen mask	HK\$ 430	all
anti-aging collagen ampoule	HK\$ 150	●●●
microdermabrasion add-on (face, neck or hands)	HK\$ 510	all
brightening mushroom enzyme peel a	HK\$ 510	all

key

aging	●	clogged	▲	smokers	●
all skin types	all	dry	●	oily/acne	●
blotchy	▲	hyperpigmented	●		

* A build-on cannot be booked by itself.

body treatments

the carrot and sesame body buff™ Includes a carrot mulch and hot oil rubdown, warm milk and honey drizzle, a skin-softening wrap, and a sesame seed and sea salt scrub to remove every last patch of rough from your 'buff'. A Vichy shower is the grand finale. 90 min HK\$ 1290 **h p**

the hot salt scrub™ This right-on rubdown drives away dry skin with our legendary rosemary and eucalyptus oil sea salt scrub blend. **Do not shave before or schedule same day waxing services.** 60 min HK\$ 940 **p**

scrubs deluxe™ Fall head over heels in 'scrub' with one of our seriously-softening body smoothing treatments in your fave 'flave': **lemon+sage** or **vanilla+bergamot**. 60 min HK\$ 940 **p**

slimming treatments

the deep sea detox™ This super wrap and stimulating shower combo simultaneously slims, remineralizes, relaxes and hydrates. Once a week is ideal, but once in a while works wonders, as well. 90 min HK\$ 1290 **h p s**

the shrink wrap™ Sweat your way to a slimmer self in sixty minutes. This dry brushing-boosted wrap uses firming and toning South African grapefruit essential oil to start the perfect pre-little black dress water-shed. 60 min HK\$ 900 **h p**

the love handler™ This serious spare-tire-tackling treatment combines vacuum-assisted massage, bloat-busting essential oils, and a firming seaweed task mask wrap to target cellulite, stubborn fat, and sluggish cells on a not-so hard 'core' area. 60 min HK\$ 1020 **p s**

quadruple thighpass™ This 4-step anti-cellulite treatment combines our microcirculation-stimulating essential oil blend with vacuum assisted thigh-smoothing with toxin-purging massage. After 6 sessions, you'll look 'fabu-legs'. 60 min HK\$ 980 **p**

add-on spa services*

Add these to any facial, body treatment or massage.

hair dew* An acupressure application of scalp-sloughing essential oils, a cocoon of conditioning cream and a stimulating massage mix. HK\$ 270 **p**

hot paraffin pack™ Stimulates circulation and relieves stiff necks, sore lower backs, chapped dry hands or feet, or sun-damaged décolletés. HK\$ 270

parafango This warm sea mineral mud pack can be applied to any part of your body (within reason) to draw out toxins, increase circulation and relieve sore muscles and tension. HK\$ 370

upper back buffing™ Gets dead cells 'off your back'. Adds an extra-strength 'clean' to clog-prone backs and shoulders. HK\$ 270

'BIP' spa suite

Book our 'BIP' (Bliss Important Person) spa suite to take your Bliss experience over the top. Book a bath soak or take a little extra time to unwind after your treatment—while taking in views of the Hong Kong Harbour. 30 min HK\$ 500 or 60 min HK\$ 1000

super soaks

Add an 'aah-inspiring' bath soak to any treatment by booking our 'BIP' spa suite. We'll 'tub' you the right way with your choice of: **honey+vanilla cream**, **ginger+lemongrass oil**, or a signature **Bliss bubbly blend** that will unwind your mind and send stress straight down the drain. 30 min HK\$ 495. Bliss bubbly blend 30 min HK\$ 750

* An add-on spa service cannot be booked by itself.

massage

Please note that we do not perform any massage treatments on women in their first 12 weeks of pregnancy.

blissage™75 A virtual countdown to 'butter', this tension taming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. 75 min HK\$ 1110 **P**

blissage™105 The Blissage75, but extended by 30 more mind-bogglingly massaged minutes. Includes warm wax foot wrap. 105 min HK\$ 1560 **P**

the ginger rub™ Boasts a brisk rub of freshly-grated ginger root and warm detoxifying essential oils, a cozy warming foil wrap, a 20-minute soak and a 100-minute body-melting massage. 135 min HK\$ 1950 **H P**

deep tissue treatment Offers 'winning' relief of stubborn knots in areas of chronic tension with traditional Swedish techniques (includes a warm wax foot softening wrap.) 75 min HK\$ 1290 or 105 min HK\$ 1830 **P**

east meets 'press' Gets straight to the 'point' (without needles) of chronic tension and persistent pain with traditional Chinese sports massage acupressure techniques. 75 min HK\$ 1290 **P**

great expectations This bump-friendly version of our Blissage75 helps maxed-out moms-to-be relax and relieve tired muscles, swelling, and sluggish circulation. (After the first trimester only.) 75 min HK\$ 1200

the rubber neck® Starts with a parafango pack warm-up and then gets the boulders out of your shoulders to make you into mush 'from the neck up'. (Note: This is not a full body massage.) 60 min HK\$ 975 **P**

reflexology This ancient Chinese blend of foot massage strokes helps stimulate circulation and detox you down to the tips of your toes. 30 min HK\$ 540 or 60 min HK\$ 1000 **P**

rapid rub® Thirty minutes of intensive massage work on whatever muscles are mistreating you most HK\$ 750 **P**

'thai' the knot An age-old assault on tight, tired muscles when you need a little kneading, stretching, pulling and acupressuring. 60 min HK\$ 900 90 min HK\$ 1350 **P**

hot stone massage A massage that really 'rocks.' Soothes injured muscles and improves relaxation with heated basalt stones (an iron-rich indulgence) placed along trouble spots. 75 min. HK\$ 1250 **P**

aromatherapy add-ons

Add some aroma to your massage.

the nerve whacker™ A mellowing mixture of sweet orange, chamomile and spearmint essential oils. HK\$ 180 **P**

hot off the stresses™ Fatigue fighting mix of lavender, bergamot and sage essential oils. HK\$ 180 **P**

Jet out™ A time-aligning rub of pine, rosemary and eucalyptus essential oils. 75 min HK\$ 180 **P**

nail care

hot cream manicure Our basic manicure, with a hot cream hand soak, cuticle clipping, pushing, perfecting and polishing. 30 min HK\$ 275

the upper hand™ A youth-inducing hand treatment with a brightening and whitening mask, warm wax wrap and Hot Cream Manicure. Perfect for dry or sundamaged hands. 60 min HK\$ 470

the bliss basic pedicure Includes soaking, de-roughing, trimming, and very particular painting. Pick your 'flavor': **lemon+sage**, **vanilla+bergamot** or **rosemary+eucalyptus**. 60 min HK\$ 430

the hot milk and almond pedicure™ Feet are softened in steamed whole milk and almond oil, scrubbed into softness and taken to the pinnacle of 'pedicuring'. 60 min HK\$ 510

foot patrol® The ultimate power-pedi that gives scary 'Franken-feet' a major overhaul. With added attention to callus buffing, softening and smoothing, feet will be pruned to perfection. 75 min HK\$ 700

french polish Add to any manicure or pedicure. HK\$ 120

paraffin add-on Hands or feet. HK\$ 270

hair removal

waxing

lip or chin ☑	HK\$ 120
cheeks ☑	HK\$ 130
brow ☑	HK\$ 190
ear ☑	HK\$ 120
face ☑	HK\$ 410
underarm ☑	HK\$ 190
half arm ☑	HK\$ 250
arm ☑	HK\$ 330
chest ☑	HK\$ 430
stomach ☑ ☑	HK\$ 200
half back ☑	HK\$ 270
back ☑	HK\$ 470
basic bikini ☑	HK\$ 270
the betweeny™ wax ☑	HK\$ 390
brazilian bikini (the full monty) ☑	HK\$ 450
lower leg ☑	HK\$ 210
upper leg ☑	HK\$ 320
upper leg/bikini ☑ ☑	HK\$ 455
upper leg/betweeny™ ☑ ☑	HK\$ 550
upper leg/brazilian ☑ ☑	HK\$ 610
full leg (no bikini) ☑	HK\$ 460
full leg/bikini ☑ ☑	HK\$ 590
full leg/betweeny™ ☑ ☑	HK\$ 675
full leg/brazilian ☑ ☑	HK\$ 830
full body wax ☑ ☑	HK\$ 1480

threading

lip	HK\$ 130
cheeks	HK\$ 140
brow	HK\$ 240
face	HK\$ 410

Please see page 2 for important information before booking a wax.

key

- ☑ using poetic strip wax
- ☑ using poetic strip-less wax

bliss for men

A sampling of services that'll make any guy feel at 'homme', but feel free to explore the other pages too.

'homme' improvement* This very virile, absolutely masculine version of our Triple Oxygen Treatment is a must have facial for any well-groomed guy. 85 min HK\$ 1250

blissage™ 75 A virtual countdown to 'butter', this tension taming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. 75 min HK\$ 1110

the deep tissue treatment (a.k.a. sports massage) Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) 75 min HK\$ 1290 or 105 min HK\$ 1830

the hot salt scrub™ This right-on rubdown drives away dry skin with our legendary rosemary and eucalyptus oil sea salt scrub blend. **Do not shave before or schedule same day waxing services.** 60 min HK\$ 940

the deep sea detox™ This super wrap and stimulating shower combo simultaneously slims, remineralizes, relaxes and hydrates. 90 min HK\$ 1290 **h e**

the manly-cure™ Our manicure for the most masculine. Includes a hot cream soak and hand massage, cuticle clipping and pushing, and nail buffing. 30 min HK\$ 275

the bliss basic pedicure Includes soaking, de-roughing, trimming, and buffing. 60 min HK\$ 430

foot patrol® The ultimate power-pedi that gives scary 'Franken-feet' a major overhaul. With added attention to callus buffing, sloughing, softening and smoothing, feet will be pruned to perfection. 75 min HK\$ 700

waxing for men

brow ☑	HK\$ 190
ear ☑	HK\$ 120
chest ☑	HK\$ 430
stomach ☑ ☑	HK\$ 200
half back ☑	HK\$ 270
full back ☑	HK\$ 470

key

- ☑ using poetic strip wax
- ☑ using poetic strip-less wax

spa hours 9am-10pm
to book an appointment, call 852 3717 2797



blisspa@2008 01.06.08