PLATEAU SPA

Grand Hyatt Hong Kong
THE PLATEAU SPA EXPERIENCE

Holistic and result oriented spa treatments, complemented with sublimely styled pathways specially designed to promote wellness in mind, body and spirit. Begin your journey with your chosen spa pathway:

CALM
Soothe, Comfort & Restore

REVIVE
Purify, Energise & Awaken

BALANCE
Replenish, Detoxify & Reset

Offering privacy, seclusion and an escape from the vibrant city of Hong Kong, Plateau Spa is dedicated to Aesthetics, Relaxation, Fitness and Culinary.
SEASONAL HIGHLIGHTS
SPA AND AFTERNOON TEA TREAT

90min 2,000
available Monday-Friday
original price 2,488

Enjoy a day at Plateau! With a Plateau massage 60 minutes, radiance facial treatment 30 minutes, afternoon tea set for one at Tiffin and Plateau Day Pass.

WINTER SENSORY

90min

1 person 1,580
original price 1,860

2 persons 2,980
original price 3,720

Using ginger massage oil to stimulate your senses, this winter ritual perfectly comforts and energizes your skin, body and mind with the healing properties of ginger. This indulgent treatment includes a hydrating hand and foot mask from Karuna US. Honey ginger tea served post treatment to enhance the tailor made ritual this season.

All prices are subject to 10% service charge.
PLATEAU BIRTHDAY DELIGHT 90min
Available Sunday to Friday
with 48 hours advance reservation

1 person  2,300
original price  2,625

2 persons  4,300
original price  4,950

Spoil yourself and your loved one with a pampering birthday treat.

- Choice of 90 minutes massage
  (Plateau / Nourishing Rose Oil / Swedish )
- Choice of one-pound cake
- Glass of red or white wine, or antioxidant juice
- Personalized birthday gift by treatment therapist
- Special birthday setup in private treatment suite

All prices are subject to 10% service charge.
PLATEAU
WELLNESS JOURNEYS
**COUPLE’S JOURNEY**

Celebrate at Plateau Spa on your special occasion.

<table>
<thead>
<tr>
<th>Package</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COUPLE RETREAT</strong></td>
<td>2HR</td>
<td>HK$3,400</td>
</tr>
<tr>
<td>Raw Sugar Scrub</td>
<td>(30min)</td>
<td></td>
</tr>
<tr>
<td>Plateau Massage</td>
<td>(60min)</td>
<td></td>
</tr>
<tr>
<td>Revitalizing Bath</td>
<td>(30min)</td>
<td></td>
</tr>
</tbody>
</table>

| **DELUXE DUAL EXPERIENCE**     | 2.5HR    | HK$5,200 |
| Plateau Massage                | (60min)  |         |
| Skin Refining Facial           | (60min)  |         |
| Revitalizing Bath              | (30min)  |         |
| Glass of Champagne             |          |         |

| **GRAND PLATEAU DELIGHT**      | 3HR      | HK$6,200 |
| Treatment of Your Choice       | (120min) |         |
| Revitalizing Bath              | (30min)  |         |
| Private Steam Bath             | (30min)  |         |
| Spa Cuisine served in Plateau Courtyard |

_All prices are subject to 10% service charge_
TRAVELLER’S JOURNEY

PREFLIGHT HYDRATING TREATMENT  2HR  2,000
With a relaxing body massage, penetrate hydration facial and foot ritual, this top-to-toe journey is customized to prepare guests for a comforting flight.

JETLAG REMEDY  2HR  2,000
An exceptional skin softening treatment with a combination of raw sugar and green tea for exfoliation, followed by a steam bath and finishing off with a soothing body massage. Perfect for those frequent travelers in preparing for their next journey.

All prices are subject to 10% service charge
PLATEAU SIGNATURE JOURNEY

PEACEFUL
Signature Plateau Massage (60min)
Signature Skin Refining Facial (60min)
Glass of Champagne

2HR 2,200 HK$

PURIFYING
Hungarian Mud Wrap (90min)
Revitalizing Bath (30min)
An Antioxidant Juice

2HR 1,750 HK$

ENERGIZING
Lymphatic Drainage Massage (90min)
Luminous Lift Facial (90min)
Spa Cuisine served in Plateau Courtyard

3HR 4,000 HK$

All prices are subject to 10% service charge
HIGH PERFORMANCE FACIAL

LUMINOUS LIFT - DIBI  
90min  2,800
Powered by clinically proven Multi Pollar technology from Israel, this unique and non-invasive facial can instantly tightening the skin, reduce wrinkles and stimulate new collagen production, leaving your skin plump and firm!

SERIES OF 6 TREATMENTS  
14,000
A course of 6 treatments is recommended for lasting result

ULTRA REVIVE - DIBI  
Hydrate  
60min  1,400
Lift and firm  
90min  1,950
This CACI facial toning treatment incorporates 4 different technologies: Microcurrent, ultrasonic peeling, Hydratone and LED Light therapy to improve skin elasticity, reduce fine lines, soothe and hydrate, using Italian luxurious skincare Dibi.

SILICIUM SUPER LIFT - THALGO  
90min  1,800
Dare to defy time with this facial designed to lift, contour and deeply hydrate. Featuring an expert anti-ageing massage and a super-lifting mask to plump, lift and contour the face and neck. After just one treatment skin is noticeably firmer with a radiant glow.

All prices are subject to 10% service charge
## SIGNATURE FACIAL

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BRIGHTENING - OMOROVICZA</strong></td>
<td>90min</td>
<td>1,650</td>
</tr>
<tr>
<td>This deeply relaxing facial revitalizes dull and lacklustre skin. Includes a specialty eye treatment and blue diamond resurfacing peel to brighten and firm skin complexion.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SKIN REFINING - OMOROVICZA</strong></td>
<td>60min</td>
<td>1,280</td>
</tr>
<tr>
<td>Featuring a mineral rich moor mud to deep cleanse and detoxify, and rosemary and pineapple extracts to calm and refine your delicate skin.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>COLLAGEN - DIBI</strong></td>
<td>60min</td>
<td>1,800</td>
</tr>
<tr>
<td>A powerful treatment that combines collagen and Hyaluronic Acid to hydrate the skin, diminish fine lines and fatigue, and restore a youthful appearance.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HYDRATING - THALGO</strong></td>
<td>60min</td>
<td>1,280</td>
</tr>
<tr>
<td>Skin is cleansed, exfoliated and drenched with serums. Double-mask therapy completes this deeply hydrating and replenishing facial.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>RADIANCE - THALGO</strong></td>
<td>30min</td>
<td>620</td>
</tr>
<tr>
<td>An illuminating mask and energizing massage to rebalance the skin and relax the mind. Skin will feel instantly refreshed and radiant.</td>
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<td></td>
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FACIAL ENHANCEMENT

EYE REVIVE - DIBI
Using CACI microcurrent system, this treatment targeted to improve fine lines and wrinkles, puffiness and dark circles. This treatment will instantly lift and firm the eye contour.

EYE RITUAL - THALGO
This soothing and hydrating eye treatment will relieve tension, treat dark circles and reduce puffiness.

COLLAGEN MASK ADD ON
A perfect add on mask to any treatment. Deeply hydrates, firms and provides skin with a plump and smooth appearance.

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<tr>
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<td>700</td>
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<td></td>
<td>60min</td>
<td>1,280</td>
</tr>
<tr>
<td>EYE RITUAL</td>
<td>30min</td>
<td>570</td>
</tr>
<tr>
<td></td>
<td>60min</td>
<td>980</td>
</tr>
<tr>
<td>COLLAGEN MASK ADD ON</td>
<td>30min</td>
<td>420</td>
</tr>
</tbody>
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MASSAGE

PLATEAU MASSAGE
Our must try signature massage has been specially designed to calm and rebalance. Warm stones will introduce a series of long flowing strokes and soothing techniques to induce deep state relaxation and alleviate tension.

60min  1,020
90min  1,500

SWEDISH MASSAGE
Smooth flowing techniques using light to moderate pressure will reduce tension, improve blood flow and calm the mind.

60min  1,020
90min  1,500

HONG KONG MASSAGE
Deep pressure techniques are used to target specific areas of tension, alleviate aches and pains and release muscular soreness.

60min  1,050
90min  1,550

LYMPHATIC DRAINAGE MASSAGE
Activates the lymphatic system and improves blood circulation. Using moderate to firm pressure with long flowing techniques this massage is perfect for combatting jet lag and reducing fluid retention.

60min  1,050
90min  1,550

All prices are subject to 10% service charge
# MASSAGE

## TUI NA MASSAGE
A famous oil free Traditional Chinese Medicine (TCM) body treatment, our practitioner uses brushing, kneading, rolling, pressing and rubbing techniques on areas between joints to address disharmony in the body. Open Qi or energy flow, so as to improve and relieve headaches, insomnia and muscle spasms.

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<thead>
<tr>
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<tbody>
<tr>
<td>60min</td>
<td>1,100</td>
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<tr>
<td>90min</td>
<td>1,600</td>
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## SHIATSU MASSAGE
An acupressure treatment using thumbs, fingers and elbows to stimulate and rebalance the energy pathways of the body.

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<tr>
<td>60min</td>
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<tr>
<td>90min</td>
<td>1,500</td>
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## THAI MASSAGE
Focusing on the energy of the body, therapist will use gentle hand compression, rocking and yoga stretches to balance the body, soothe our mind and spirit.

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<th>Price</th>
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<tr>
<td>90min</td>
<td>1,500</td>
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## HOT STONE THERAPY
A combination of warm oil and volcanic stones make this massage truly transporting. Stones become extensions of the therapist’s hands to eases muscular stiffness, boost circulation and metabolism.

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<tbody>
<tr>
<td>90min</td>
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MASSAGE

REFLEXOLOGY 60min 1,020
Using mostly thumb pressure, the therapist concentrates on the specific reflex points of the feet to promote wellness and relaxation.

90min 1,500

TARGETED RELEASE: 30min 570
Neck & Shoulder
Back
Abdomen
Arm Hand
Leg
Scalp

All prices are subject to 10% service charge
BODY SCRUB

HK$  
30min  620  
60min  1,080

RAW SUGAR SCRUB
A nourishing blend of raw sugar and essential oils to gently detoxify and brighten skin tone. This beautifying treatment is perfect on its own or will compliment any treatment on your spa journey.

SEA SALT SCRUB
A thoroughly invigorating treatment using naturally purifying sea salt. This three-step ritual includes full body exfoliation, a cleansing shower and moisturising treatment featuring signature essential oils.

All prices are subject to 10% service charge
BODY ENVELOPMENT

HUNGARIAN MUD WRAP
Beginning with the purifying buffing balm, follow by a rich magnesium carbonate moor mud mask to deep cleanse the body and relieve muscular tension. This body wrap is complete by relaxing scalp and body massage with rich blend of essential oils to smooth and balance.

60min  1,240
90min  1,550

SEAWEED CONTOUR WRAP
A mineral rich body wrap uses a combination of seaweed, essential oils and plant extracts to detoxify and rebalance the body. This treatment is results focused and renowned for slimming effects on body.

60min  1,240
90min  1,550

BODY SHAPING
Powered by clinically-proven MultiPollar technology. This one of a kind body shaping offers a single solution for skin tightening, body sculpting and the reduction of cellulite.

30min  1,100

SERIES OF 6 TREATMENTS
A course of 6 treatments is recommended for lasting result

5,500

All prices are subject to 10% service charge
GENTLEMEN’S MENU
DEEP CLEANSING & REFINING FACIAL - OMOROVICZA
60min  1,280
90min  1,550
Relaxing facial therapy designed specifically for men to recharge. A deep cleansing mud will draw out impurities while rosemary extracts will treat skin sensitivity. Featuring a firming facial massage to instantly reduce signs of fatigue.

MINERAL SCRUB - OMOROVICZA
30min  620
60min  1,080
Combining orange blossom oil, moor mud and sea salt, this exfoliating black body balm gently removes dead skin cells and refines the texture of the skin.

TENSION RELIEF MASSAGE
60min  1,050
90min  1,550
Deep pressure techniques are used to target specific areas of tension, alleviate muscular soreness and improve tone.

All prices are subject to 10% service charge
AESTHETICS

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REVITALIZING BATH
<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyebrow Wax</td>
<td>220</td>
</tr>
<tr>
<td>Eyebrow Shaping</td>
<td>170</td>
</tr>
<tr>
<td>Eyelash Tinting</td>
<td>400</td>
</tr>
<tr>
<td>Eyebrow Tinting</td>
<td>400</td>
</tr>
<tr>
<td><strong>WAXING</strong></td>
<td></td>
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<tr>
<td>Full Leg</td>
<td>500</td>
</tr>
<tr>
<td>Half Leg</td>
<td>350</td>
</tr>
<tr>
<td>Arms</td>
<td>380</td>
</tr>
<tr>
<td>Underarm</td>
<td>210</td>
</tr>
<tr>
<td>Brazilian</td>
<td>530</td>
</tr>
<tr>
<td>Bikini Line</td>
<td>290</td>
</tr>
<tr>
<td>Upper Lip</td>
<td>210</td>
</tr>
<tr>
<td>Chin</td>
<td>210</td>
</tr>
<tr>
<td>Back</td>
<td>525</td>
</tr>
<tr>
<td>Chest</td>
<td>525</td>
</tr>
<tr>
<td>Neck</td>
<td>320</td>
</tr>
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REVITALIZING BATH
Having a perfect completion of your Plateau Spa Journey enjoy a revitalizing bath with refined salt crystal.

CALM
Refined salt crystal mixture with Lavender, Tangerine and Petitgrain essential oil.

REVIVE
Refined salt crystal mixture with Lemon, Peppermint and Rosemary essential oil.

BALANCE
Refined salt crystal mixture with Grapefruit, Cypress and Thyme Red essential oil.

Harbour View Room 60min 700
Water Garden View Room 60min 800
Harbour View Suite 60min 1,000

With minimum 60 minutes spa treatment booked

All prices are subject to 10% service charge
HOW TO SPA

RESERVATIONS
Online booking available via plateauspa.com
Phone: +852 2584 7688
Email: plateau.ghhk@hyatt.com

HOURS OF TREATMENT
8:00 am to 11:00 pm daily

PRE ARRIVAL
Arrive 15 minutes prior to scheduled appointment. Late arrivals will be subject to time reduction.

CANCELLATION
A minimum of 12 hours notification is required to cancel or reschedule a treatment reservation. Treatments cancelled with less than 12 hours’ notice will incur a 100% charge of schedule services.

SPA BOUTIQUE
To continue your spa experience at home, all spa products used in treatments are available for purchase from Plateau Spa.

GIFT CERTIFICATES
Available for purchase and redemption at Plateau Spa, and may be used for spa treatments, retail products and accommodation.
HEALTH CONDITIONS
Please advise any medical conditions that may affect your treatment at time of booking, including allergies, ailments, disabilities or pregnancy. Some services will not be appropriate for you at this time.

SPA ETIQUETTE
We respectfully ask that mobile phones are turned off so that the tranquility of Plateau Spa may be preserved. Please place all valuables in the room safe provided, Plateau Spa cannot be held responsible for the loss of personal items.

INFORMATION PRIVACY
We consider the privacy and confidentiality of guest information to be important; we use your information in accordance with the “Global Privacy Policy for Guests” available at privacy.hyatt.com or by request from Plateau Spa.

AGE REQUIREMENT
The minimum age is 12.