

WELLNESS

AT THE MURRAY

THE MURRAY

HONG KONG

A NICCOLO HOTEL

Welcome to our Spa at The Murray,
where luxury and personalisation come together.

Immerse yourself in a sanctuary of tranquility, where every treatment is designed to elevate your well-being. Our expert therapists take a bespoke approach to relaxation, tailoring each experience to your individual needs. We offer four exquisite treatment rooms, including two luxurious couples' spa suites, each featuring a private steam room or sauna for a serene and exclusive experience.

Our massages are entirely personalised, using a selection of premium essential oils chosen to align with your body's needs and emotional state, creating a truly unique and deeply restorative experience.

To further enhance your experience, we incorporate KNESKO, a cutting-edge brand specializing in anti-aging facial masks infused with precious gemstones and active ingredients. Designed to lift, plump, brighten, and restore, these treatments bring an unparalleled level of luxury and efficacy to your skincare ritual.

All guests are invited to enrich their spa journey with a curated selection of wellness teas and freshly made energy balls, ensuring a complete sensory indulgence.



WELLNESS JOURNEYS

Each of our wellness journey provides a holistic retreat to pamper your mind, body and soul.

SINGLE / COUPLE DAY SPA

Enjoy a private heat experience followed by a two-hour treatment in our private Spa Suite. Complement your spa journey with complimentary access to the gym and swimming pool.

(120 minutes)

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PRIVATE ESCAPE DAY

Begin your relaxation with a private heat experience, then choose from a 60 or 90-minute massage tailored to your individual needs.

Continue your relaxation with access to our pool and gym facilities.

(60 minutes or 90 minutes)



PACKAGES

WINTER GLOW RITUAL

Give your skin and body the ultimate winter pamper with our Winter Glow Ritual. The treatment starts with a 30-minute full-body exfoliation to gently remove dead skin cells and boost circulation, leaving the skin smooth and ready to absorb hydration. It's followed by a 60-minute relaxing massage using a blend of lavender, sweet orange, and peppermint essential oils - chosen for their soothing and uplifting properties. Enhance your experience with a luxurious collagen face mask for added glow and hydration.

(90 minutes)

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THE MURRAY REJUVENATION

Begin with a 30-minute body scrub, followed by a 60-minute power of bespoke massage. Conclude your experience with a 30-minute facial. The treatment will leave you completely revived, with a silky smooth skin, relaxed muscles and a radiant glow.

(120 minutes)



MASSAGES

All our massages begin with a personalised consultation to identify and select the most appropriate blend of oil from our aroma atelier for maximum customised benefits.

THE MURRAY SIGNATURE

A melodic and soothing sounds of a Singing Bowl sets the tone for a deeply relaxing and revitalising experience. This ceremony combines Western and Eastern techniques, including the hot stone therapy to reduce stress and restore energy. Complete with a face and a scalp massage, leaving you balanced and renewed. *(90 minutes)*

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DEEP TISSUE MASSAGE

This powerful massage targets deep layers of muscle and connective tissue to release tension, increase mobility, and alleviate pain. Enhanced with a refined blend of black pepper, ginger, cypress, and rosemary essential oils, it provides warmth and revitalization for optimal recovery.

(60 or 90 minutes)

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POWER OF BESPOKE

Experience a personalized treatment tailored to your unique needs. Our expert therapists will customize techniques to target specific areas of concern, while you create your own essential oil blend to enhance relaxation and restore balance. *(60 or 90 minutes)*



SPECIALTY MESSAGES

TRADITIONAL ORIENTAL MASSAGE

This massage, inspired by oriental tradition, works the whole body with heated and delicately perfumed argan oil. The expert hands of your practitioner envelope you in slow, deep movements to give you a feeling of pure well-being. *(60 minutes)*

BACK AND HEAD HARMONY MASSAGE

Indulge in the ultimate relaxation experience with our back and head harmony massage. This specialised treatment combines therapeutic benefits of essential oils, hot stones, and a quartz stick to deliver a deeply relieved and soothing session. *(60 minutes)*

FOOT AND LEGS REVITALISATION

This treatment is designed to provide a rejuvenating experience for your lower body. It involves reflexology techniques and pressure points to align the meridian lines of legs and feet. *(60 minutes)*

BODY CONTOUR MASSAGE

This treatment is designed to sculpt and contour the silhouette of your body. Gentle and rhythmic motions are used to stimulate the lymphatic system, promoting detoxification and reducing water retention for a sleeker, more refined appearance. *(90 minutes)*



TREATMENT ENHANCERS

The following specialised services are available to supplement and enhance any facial or body treatment.

SPICED AROMATIC SCRUB

Treat yourself to a moment of well-being thanks to this ancestral ritual inspired by beauty recipes and treatment from the Island of Java. Let yourself be carried away by the delicate scents of this energizing spice and sea salt treatment for soft and silky skin. (30 minutes)

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FACE, EYE, LIP, HAND, FOOT MASK BY KNESKO

Add a nourishing mask to your treatment to minimise fine lines and wrinkles, leaving your skin bright, plump and aglow.

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ROSE QUARTZ GUA SHA

Enhance your facial with our specialized rose quartz Gua Sha technique to increase blood circulation and lymph flow leading to a more youthful and radiant complexion.



THE MURRAY X SHISEIDO YUTAKA FACIAL TREATMENT

The YUTAKA Facial Treatment delivers ultimate experience with the soothing touch of the artisanal and luxurious Imari-ware, and the relaxing sounds of Japanese mountain streams. A reinvigorated experience for five senses.

SHISEIDO's most prestigious collection, built on the power of Japanese precious Enmei Herb, now lends its power to a unique massage beauty treatment. By massaging with the artisanal Imari-ware, this luxurious treatment reverses the traces of time and infuses an auroral zone of beauty around you, giving your skin unparalleled regenerative power.

FUTURE SOLUTION LX YUTAKA LEGENDARY TREATMENT

(70 minutes)



FACIALS

Combining technical expertise, results and absolute regeneration, Cinq Mondes treatment protocols use an exclusive manual acupuncture technique without needles.

FIVE BALINESE FLOWERS FACIAL MASSAGE

Originating from Bali, the blend of five tropical flowers provide intense moisturization, balancing the skin's microbiota and brightening the complexion. *(50 minutes)*

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KOBIDO REDENSIFICATION TREATMENT

This wrinkle-reducing treatment acts deeply on the face and neck, leaving the skin toned, smoothed, and plumped. *(50 minutes)*

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KOBIDO GLOBAL ANTI-AGING TREATMENT

This treatment combines the effects of ingredients derived from natural remedies around the world with Derma puncture techniques, in order to restore plumpness to the skin and revive its youthful vitality. Acting like a real natural face-lift, 95% of women have found their skin younger with the first treatment! *(80 minutes)*



MANICURE

A complete treatment for radiant hands. This manicure includes nail trimming and shaping, precise cuticle care for a perfectly groomed appearance.

An elegant experience that leaves your hands refined and flawless.

(50 minutes)

Upgrade your treatment with a hand mask or a relaxing hand massage for added comfort.

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PEDICURE

An effective pedicure for refreshed feet, including nail trimming and shaping, thorough cuticle care.

(50 minutes)

Upgrade your treatment with a relaxing foot massage, a foot mask or a callus removal treatment for smooth, rejuvenated feet.

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ADDITIONAL SERVICES

NAIL POLISH APPLICATION (10 minutes)

Finish with a polish application in the colour of your choice for a flawless look.

THE SHELLAC FINISH (20 minutes)

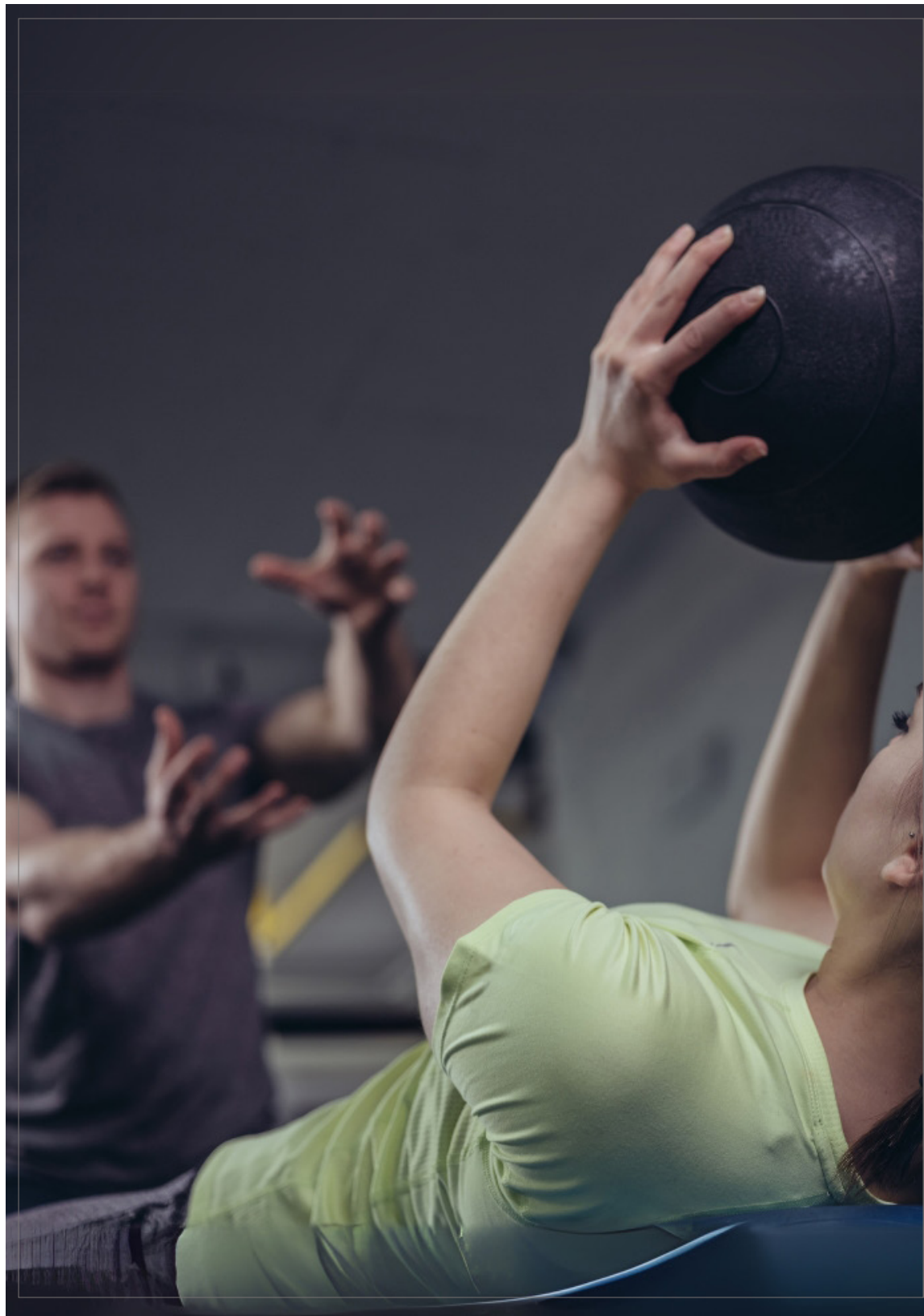
This long lasting manicure offering incredible shine that lasts up to two weeks.

THE SHELLAC FRENCH MANICURE-PEDICURE (10 minutes)

THE SHELLAC REMOVAL (20 minutes)

CALLUS REMOVAL (10 minutes)

UPGRADE WITH HAND/FOOT MASSAGE AND MASK BY KNESKO (15 minutes)



FITNESS CLASSES BY JOINT DYNAMICS

Tailormade personal training and swimming classes, as well as physiotherapy and hydrotherapy sessions are available upon advance reservation, for a holistic wellness experience.

PERSONAL TRAINING & SWIMMING CLASS

(60 or 90 minutes or 2-on-1)

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PHYSIOTHERAPY & HYDROTHERAPY SESSION

(45 minutes)

MENU PRICE LIST

WELLNESS JOURNEYS

HKD

Single / Couple Day Spa	3,580
120 minutes	per person
Private Escape Day	
60 minutes	1,760
90 minutes	2,360

PACKAGES

Winter Glow Ritual	
90 minutes	2,380
The Murray Rejuvenation	
120 minutes	2,980

MASSAGES

The Murray Signature	
90 minutes	2,280
Deep Tissue Massage	
60 minutes	1,580
90 minutes	2,180
Power of Bespoke	
60 minutes	1,480
90 minutes	2,080

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

SPECIALTY MASSAGES

HKD

Traditional Oriental Massage	1,580
60 minutes	
Back and Head Harmony Massage	1,480
60 minutes	
Foot and Legs Revitalisation	1,480
60 minutes	
Body Contour Massage	2,280
90 minutes	

TREATMENT ENHANCERS

Spiced Aromatic Scrub	880
30 minutes	
Face Mask by Knesko	200
Lip Mask by Knesko	150
Eye Mask by Knesko	150
Hand Mask by Knesko	200
Foot Mask by Knesko	200
Rose Quartz Gua Sha	200

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

SHISEIDO YUKATA FACIAL TREATMENT

FUTURE SOLUTION LX YUTAKA Legendary Treatment

70 minutes 2,980

FACIALS

Five Balinese Flowers Facial Massage

50 minutes 2,080

Kobido Redensification Treatment

50 minutes 2,180

Kobido Global Anti-aging Treatment

80 minutes 2,980

MANICURE & PEDICURE

Manicure

50 minutes 480

Pedicure

50 minutes 580

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

ADDITIONAL SERVICES

Nail Polish Application

10 minutes 120

The Shellac Finish

20 minutes 200

The Shellac French Manicure-Pedicure

10 minutes 280

The Shellac Removal

20 minutes 120

Callus Removal

10 minutes 120

Upgrade with Hand Massage and Hand Mask by Knesko

20 minutes 280

Upgrade with Foot Massage and Foot Mask by Knesko

20 minutes 280

FITNESS CLASSES

Personal Training & Swimming Class

60 minutes 1,380

90 minutes / 2-on-1 60 minutes 2,070

Physiotherapy & Hydrotherapy Session

45 minutes 2,080

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

INFORMATION

OPENING HOURS

GYMNASIUM (3 / F)

24 hours

SWIMMING POOL (LG / F)

Mon - Sun 7:00 a.m. to 10:00 p.m.

SPA SUITES (3 / F)

Mon - Sun 10:00 a.m. to 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.

SPA ARRIVAL

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

AGE REQUIREMENT

Children under 16 years old are not permitted to use any wellness facilities.
Guests under 18 years old require supervision by a guardian for any wellness treatment.

HEALTH CONDITION

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

WELLNESS AT THE MURRAY ETIQUETTE

Kindly be advise that is a good practice to shower before body and facial treatments. Please consider other guest's space & privacy. Please silence any electronic devices you might have before entering in the spa at The Murray.

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 at home.

ACCIDENTS OR INJURIES

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

RESTRICTIONS ON THE USE OF THE FACILITIES

The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the Fitness Centre.

SERVICE CHARGE

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