



THE UPPER HOUSE
HONG KONG

IN-ROOM TREATMENT MENU 2019

IN-ROOM TREATMENTS

A sense of arrival awaits guests at The Upper House. Our Asian influenced and timeless design reveals an understated calmness throughout.

The contemporary monochromatic design features natural timber, shoji glass, limestone and lacquered paper panels with splashes of lilac and celadon, conjuring a sense of tranquility.

The room layouts offer abundant space including 300 sq. ft bathrooms with walk-in rain showers, dressing areas and free-standing bathtubs with breathtaking panoramic harbour or island views. The perfect spa-like environment to relax and unwind with our in-room treatment offering.

If you would like to book a treatment or speak to a member of the Guest Experience team, please dial '0' or email guestexperience@upperhouse.com.



MASSAGE + STYLING

THE UPPER HOUSE AROMATHERAPY MASSAGE (60/90 MINS) \$1,200 / \$1,500

Using natural oils, this massage combines light to medium pressure and long gliding strokes to reduce tension, soothe sore muscles and increase circulation.

Get ready for any occasion with a variety of styling services in the privacy of your room.

Blow-Dry & Finish (Female) \$2,000

Blow-Dry & Finish (Male) \$1,400

Updo Hair Style (Short) \$2,400

Updo Hair Style (Long) \$3,000

Makeup Day Look \$2,200

Makeup Night Look \$2,800

Makeup Red-Carpet \$3,600



bamford

BAMFORD IS A WAY OF LIFE

bamford creates beautiful, English made, body and skincare products using the highest quality natural and organic ingredients. Their carefully blended fragrances, scented candles and room sprays all take their inspiration from nature. Since 2006 this philosophy has created beautiful body and skincare.

BAMFORD BODY TREATMENTS

Using their award-winning organic and natural products specially created for use in the haybarn spa, their body treatments combine a number of holistic therapies. Each treatment is specifically focused to relax, restore or rejuvenate.

BAMFORD FACIALS

Bamford skincare is made using the finest natural and organic ingredients. Their active properties work alongside our carefully designed facials to achieve targeted visible results. We offer three different styles of facial according to the result you wish to focus on. Choose to smooth and resurface, plump and rejuvenate or clear and purify your skin.



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b SILENT SLEEP BODY TREATMENT (60 MINS) \$2,200

A treatment devoted to relaxing your body and preparing it for sound, restful sleep using the products from the b silent range, developed to aid and improve sleep quality. A stress-reducing footbath using the b silent night-time concentrate opens the body's meridians and begins the process of deep relaxation. This moves on to a full back massage with the b silent body oil, a blend of roman chamomile, cannabis sativa and lavender flower oils. A series of assisted stretches and japanese shiatsu rocking release stress, loosen tight hips, unlock the lower back and gently rotate the spine. A massage on the neck and chest pressure points aims to release chronic stress, which is one of the main causes of depleted serotonin and can affect our ability to sleep well. Finally, the silent organic b temple balm is applied to the forehead and temples to complete the treatment and prepare the body and mind for deep, peaceful sleep.



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SIGNATURE BODY TREATMENT (90 MINS) \$2,600

Their signature treatment combines carefully targeted ancient healing techniques to offer you a fully immersive body experience. A footbath made with dead sea salts and epsom salts begins the cleansing and relaxation process, drawing toxins from the body and allowing it to absorb magnesium to reduce inflammation and aid sleep. Japanese shiatsu massage is then used to open the body's meridians, penetrate the muscles and start to unblock the energy channels to restore balance and flow. Using gently warmed massage oil, swedish massage on the back and legs targets areas of concern and releases specific points of tension, before a heated chakra stone is placed on the abdomen for a gentle abdominal massage. Abdominal massage has been shown to have wide-ranging benefits including stress and pain relief through to improving gut health. Finally, you will be given an indian head massage. As well as relieving headaches, pain and calming the mind, the technique has been shown to increase circulation to the brain as well as improve scalp and hair condition. The treatment finishes with assisted yogic breathing to refresh the lungs and oxygenate and invigorate the body.



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AWAKEN: RESURFACING ORGANIC FACIAL (60 MINS) \$2,200

A radiance boost designed to leave skin smoother, refined and glowing. Particularly recommended for sun damage, uneven texture or between seasons.

The treatment begins with a complete skincare consultation and skin analysis. After the opening cleanse, skin is gently resurfaced with ultra-fine volcanic exfoliants and fruit enzymes. Facial reflexology stimulates and drains the Lymphatic system to resurface, then a facial massage using hot and cold jade stones stimulates circulation. Our stones are carved into heart shapes for applying targeted, gentle pressure on the face and are stored in an ice bath for contrast with the hot stones. Your therapist works with a skin-balancing tonic containing prebiotics and micro algae to balance the skin's ph and microbiome, then a relaxing neck and shoulder massage is performed while a resurfacing mask is absorbed. Rich moisturiser and a refining serum complete the treatment leaving you with radiant, glowing skin.



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RESTORE: REJUVENATING ORGANIC FACIAL (60 MINS) \$2,200

A deeply hydrating treatment designed to lift and plump the skin and reduce the appearance of fine lines and wrinkles. Particularly recommended for dry or mature skin.

The treatment begins with a complete skincare consultation and skin analysis. After the opening cleanse, facial reflexology stimulates and drains the lymphatic system to plump and tone the skin, then a facial massage using hot and cold jade stones stimulates circulation. The stones are stored in an ice bath for contrast with the hot stones. Your therapist works with a skin balancing tonic containing prebiotics and micro algae. A deeply relaxing neck and shoulder massage is performed while a hydrating, plumping mask is left to absorb. Made with soy stem cells and hyaluronic acid, a naturally-occurring substance in the skin that retains water and maintains elasticity, the mask helps to reverse and prevent the signs of ageing. Eye cream containing cacay nut oil – one of the world's richest sources of vitamin a, which boosts the production of collagen and elastin and reduces the appearance of fine lines and wrinkles, is then applied using soothing cold moonlight stones. Skin is left firmer, rejuvenated and more youthful-looking.



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PURITY: DETOXIFYING ORGANIC FACIAL (60 MINS) \$2,200

A purifying treatment to brighten and clear the skin, target blemishes and pigmentation. Recommended for oily, blemished or menopausal skin or anyone affected by city pollution. The treatment begins with a complete skincare consultation and skin analysis. Our signature double cleanse and steam works deeply to extract impurities, while the lilac flower extract in the purifying cleansing mousse reduces sebum production, pigmentation and inflammation. Facial reflexology stimulates and drains the lymphatic system to detoxify the skin, while a facial massage using hot and cold jade stones stimulates circulation. Our stones are carved into heart shapes for applying targeted, gentle pressure on the face and are stored in an ice bath for contrast with the hot stones. A skin-balancing tonic containing prebiotic and micro algae balances the skin's ph and microbiome. A deeply relaxing neck and shoulder massage is performed while a mineral-rich detoxifying clay mask is applied then left to dry, drawing out toxins, heavy metals and pollutants. Moisturiser and serum are applied to finish, leaving skin soothed, pure and beautifully clear.



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GROOMING DEPARTMENT BESPOKE FACIAL (60 MINS) \$2,200

The treatment begins with a complete skincare consultation and skin analysis. After the opening cleanse, facial reflexology stimulates and drains the lymphatic system to refine and brighten the skin, then a facial massage using hot and cold jade stones stimulates circulation. The stones are stored in an ice bath for contrast with the hot stones. Your therapist works with a skin balancing tonic containing prebiotics and micro algae. A de-stress neck and shoulder massage is performed while a hydrating, mask is left to absorb. Eye cream is applied using moonlight stones to tighten and reduce the appearance of dark circles around the eyes. Skin is left looking hydrated and youthful.



REVIV

All of REVIV's wellness therapies embrace an Eastern philosophy of balance with a Western approach to wellness. REVIV IV therapies deliver hydration, vitamins and antioxidants to help optimize vital hydration balance while IM Booster Shots provide a lasting source of natural energy and wellness. REVIV Hong Kong has an appointed locally registered HK doctor with over 20 years experience and is staffed with a team of highly trained medical professionals.

Enjoy REVIV in the privacy of your room at The Upper House.

ROYAL FLUSH | DELUXE IV THERAPY \$3998

REVIV's Deluxe IV therapy is the ultimate IV experience combining the benefits of the full range of REVIV's IVs. The top choice therapy for those suffering from an extreme hangover, food poisoning, colds & flu-like symptoms, allergies or for anyone that is completely worn out and exhausted.



REVIV

MEGABOOST | WELLNESS IV THERAPY \$2588

REVIV's signature Vitamin & Nutrient IV therapy. Formulated for maintaining good health & wellness, minimizing stress and boosting the immune system to help prevent cold and flu-like symptoms. Helps combat jet-lag and helps the body recharge from tiresome trips.

VITAGLOW | ANTI-AGING IV THERAPY \$2588

REVIV's Vitaglow Anti-Aging IV therapy is formulated to aid the body's production of the master antioxidant Glutathione and combined with Vitamin C to help detoxify the body from damaging free radicals and improve the appearance of hair, skin and nails.

Compliment your IV therapy with an IM Booster Shot:

VITAMIN B12 | ENERGY BOOSTER SHOT \$298

Vitamin B12 converts carbohydrates into glucose in the body, thus leading to energy production and a decrease in fatigue and lethargy. Experience natural energy lasting for days.



REMINDERS

OPERATING HOURS

Daily service hours are from 09:00 – 20:00, additional charges may apply outside of these hours.

APPOINTMENTS

Guests are encouraged to book treatments in advance to ensure their preferred time and service are available. Please contact the Guest Experience Team at extension '0' to make a reservation.

SPECIAL CONSIDERATIONS

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the Guest Experience team by dialing extension '0' with any queries and inform staff of any medical or health concerns, allergies, infections or injuries that could affect your experience when making your reservation.



WELLNESS AT OUR HOUSE

YOGA & MEDITATION - complimentary for in-house guests

Revitalise your body and mind with our 60-minute group yoga class and meditation session held in the green surrounds of The Lawn. Alternatively, all guest rooms are equipped with yoga mats for self-practice.

Fridays 8:00am | Saturdays and Sundays 9:00am

Private sessions can be arranged via our Guest Experience team - HK\$1,000 / hour

ENERGY CLASS - complimentary for in-house guests

Challenge yourself with a full-body strength and conditioning training session on The Lawn. Get toned in the fun and dynamic group class with our trainer.

Wednesdays 08:00am

Private sessions can be arranged via our Guest Experience team – HK\$1,000 / hour



EAT + DRINK

REVITALISING MENU

Featuring dishes that are vegan and gluten-free, the Revitalising Menu complements several other products already on the menu that are organic, non-GMO and sustainably sourced.

To keep things interesting, the dishes change each week. Please contact the Café Gray Deluxe team for the latest menu to tantalise your taste buds.

3-course from 395 + 10%

4-course from 475 + 10%

JUICES

Get detoxed with range of 100% organic cold-pressed juices.

Red Energy | Beet, carrot, green apple, ginger

Green Splash | Green apple, lemon grass, celery, cucumber

Veg Fresh | Broccoli, green bell pepper, red apple, cucumber

If you have any dietary requirements or special requests, please contact the Guest Experience or Café Gray Deluxe teams.



#WellnessAtOurHouse #TheUpperHouse #TheHouseCollective #SwireHotels