



wellness at our house

YOGA & MEDITATION - complimentary for in-house guests

Refresh your body and mind with our complimentary group yoga classes for in-house guests. Offering a rich vinyasa based sequence of the asana (physical) practice with a strong emphasis on creativity and alignment, the class weaves together a blend of other lineages together with pranayama (breath work) and meditation.

When: Saturdays and Sundays 9:00am

Where: The Lawn, Level 6 (The Atrium, Level 38 during summer)

Private sessions can be arranged at HK\$1,000 per hour



GYM – Level 48

If you fancy letting off some steam, our gym is well equipped with cardiovascular and weight training equipment from Technogym. Tone every muscle whilst overlooking the lush island view. Private training is also available by request, to help you achieve your training goals.



RUNNING

Hit the trails of nearby Bowen Road and immerse yourself in the greenery of our jungle city. Maps can be provided by the Guest Experience team.

Join our #TUHRunningClub on the first Monday of every month with Resident Running Coach, Mark Herman. . With over 10 years of experience in running training and marathon competition, Mark will guide you through quick pre-run stretches before leading you along the flat 8km (roundtrip) trail.

When: First Monday of the month, 8am

Where: Meeting point at Level 4, hotel entrance





POOL

Enjoy complimentary access and House car transfers to the heated outdoor pool at Swire Hotels' EAST, Hong Kong, located in Taikoo Shing. Alternatively, access to two pools within Pacific Place can be arranged with a paid pass.



TENNIS

Improve your tennis game with a private coaching session at a nearby court. Rackets and balls are provided. Enjoy complimentary drop-off in our House car.

Subject to availability - HK\$1,000 per hour

REVIV – IN THE PRIVACY OF YOUR GUEST ROOM

REVIV's IV therapies embrace an Eastern philosophy of balance with a Western approach to wellness, delivering 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.



REVITALISING MENU – CAFÉ GRAY DELUXE

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.

JUICE UP

Get detoxed with range of 100% organic cold-pressed juices available at Café Gray Deluxe.



Please call +852 2918 1838 or dial internal extension '0' to contact our Guest Experience team for bookings or further information.