

bliss[®] spa menu

bliss hong kong



Bliss Spa Package 2011

Bliss Teaser

New Blissage 49 + Fabulous Facial which include warm foot waxing and targeted body massage, with facial combines cleansing, exfoliation, extractions, facial massage and soothing facial mask.
105 min HK\$1455* (Original price at HK\$1733)

'head over Bliss'

30 min **Hot Salt Scrub** + 90 min **Deep Sea Detox**
+ 30 min **Bliss-press Manicure**
150 min HK\$1555* (Original price at HK\$1955)

Wow Me!

Blissage 75 or Blissage 105 + Lemon&Sage or Vanilla&Bergamont Deluxe Scrub + Triple Oxygen Treatment or Fully Loaded Facial
195 min HK\$2655 (Original price at HK\$3149)

Beyond bliss spa, add these on:

- HK\$450 (original price at HK\$500) to experience the BIP suite
- HK\$350 (original price at HK\$495) for super soak with extra private time of 30 mins

*All prices are subject to 10% service charge.

4-6 skincare/facials

great facials, microdermabrasion, build-ons and combination plates

7 waxing

8-9 body treatments

scrubs, wraps and buffs

10-11 massage

best muscle 'relaxers' and aromassages

12 add-on spa services

treatment upgrades

12-13 nail care

hand and foot fixers

14-15 bliss for men

'guy' maintenance

Look for these symbols when selecting your bliss spa services:

- 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 who are using Retin-A, Accutane, Avage, Tazorac, Differin, 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 spa concierge when you book your appointment.
 - Credit card details are required to secure each booking.
 - Any amendment / cancellation must be made 24 hours prior to the booking, otherwise the full treatment fee will be charged.
 - All spa guests must be 16 years of age or older to schedule or receive a Bliss spa service. Guests between the ages of 16 and 18 can receive a Blissage75 or fabulous facial. Guests under the age of 16 may receive nail services only when accompanied to Bliss by an adult. All guests under the age of 18 must bring a signed guardian consent form to their appointment.
 - All prices are subject to 10% service charge.

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-11pm
to book an appointment, call 852 3717 2797
email: bliss.hk@whotels.com
website: w-hongkong.com
looking for treatments for two? ask about our 'BIP'Suite'

skincare/facials

Experience the stuff that started a spa revolution. And, don't forget, most facial bookings can be customized, should you decide to sink your skin into something more specific.

NEW fabulous facial™ This maintenance facial (with a Bliss Twist) is ideal for upkeep between our more targeted facials, and can be further customized. This facial combines cleansing, exfoliation and extractions in order to achieve complexion 'pore'-fection. 60 min HK\$875

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. **(Not recommended for Accutane users.)** 60 min HK\$ 1395

the triple oxygen treatment™ Our most-popular all-around complexion reviver includes intensive cleansing, exfoliating, a fruit acid wash, a pre-extraction oxygen wrap, the necessary extractions, a calming oxygen and milk mask, hydrating enzyme pack and vitaminized oxygen spray. Fantastic for all skin types. 85 min HK\$ 1295

the fully loaded facial™ This totally over the top treatment includes deep cleansing, a fruit acid wash, an oxygen wrap, extractions, activating massage with essential oil balm, an age-fighting collagen ampoule, skin type specific seaweed mask, head, neck, shoulder, arm and foot massage, a hydrating Hair Dew® treatment and to finish, an O₂ blast. 90 min HK\$ 1550 **S**

oxygen blast™ Includes a quick 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\$ 650 **O**

NEW elemis tri-enzyme resurfacing facial Smooth things over with this anti-aging facial, which uses Elemis' patented micro-encapsulated enzyme therapy to stimulate skin's natural exfoliation to leave skin clean, clear, radiant and porcelain-smooth. Works miracles on aging and acne-scarred skin, and is clinically proven to be très effective: after just one session, it will resurface the skin by up to 75%* and leave it up to 32%* smoother. 60 min HK\$ 1385

*Independent Clinical Trials 2006

NEW the 'bright' stuff facial Don't get mad, get 'even'! Calm down hyperpigmentation, diminish dark spots and get a gorgeous glow with this super-effective facial. The complexion-correcting combination of a no nonsense peel and brightness-boosting mask works wonders for every skin tone, from ebony to ivory. 60 min HK\$ 1375

microdermabrasion

Visit blissworld.com pre-treatment for info on how to get the most from your microdermabrasion.

crystal clearing® This incredibly effective resurfacing treatment uses a spray of micronized crystal particles to break up dead cell surface layers and reduce the appearance of aging on face and neck. Includes a post-abrasion regenerative oxygen spray or targeted task mask. 60 min HK\$ 1675 **A**

steep clean® Combines microdermabrasion, an oxygen wrap, deep pore purging, massage, an arnica-based calming mask, and a targeted task mask to keep breakouts at bay. Recommended twice yearly or more often for 'problem' skin types. 105 min HK\$ 1955 **A**

mini-microdermabrasion Combines a standard cleansing, two passes over the face and neck and application of sunscreen. Can be booked between full-service sessions. 30 min HK\$ 875 **A**

facial 'build-ons'*

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

the 'eyes' have it The essential addition to any facial, this peeper-perfecting treatment includes a wrinkle-renovating Japanese mushroom enzyme peel, a dark-circle-diminishing 'round the eye' hydro-gel massage and a de-puffing task mask. Its instant brightening, smoothing and hydrating effects will leave you wide-eyed. **(Not recommended for Accutane users.)** \$350 🟡

bilberry & vitamin C seaweed task mask	HK\$ 200	all
lighten-up seaweed task mask	HK\$ 200	▲ ● ●
warm wax mask	HK\$ 270	● ▲ ● ●
firming collagen mask	HK\$ 410	all
anti-aging collagen ampoule	HK\$ 150	● ● ●
refining fruit acid wash	HK\$ 200	all
brightening mushroom enzyme peel (not recommended for Accutane users)	HK\$ 510	all
microdermabrasion add-on (face, neck or hands)	HK\$ 510	all

key

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

* A build-on cannot be booked by itself.

All prices are subject to 10% service charge.

waxing

Quick, expert and as painless as possible waxing to remove unwanted hair from (practically) anywhere. For best results, hair should be at least 1/4 inch in length.

lip or chin	✔	HK\$ 120
cheeks	✔	HK\$ 130
brow	✔	HK\$ 170
ear	✔	HK\$ 120
underarm	✔	HK\$ 170
half arm	☹	HK\$ 225
arm	☹	HK\$ 300
chest	☹	HK\$ 400
stomach	✔ ☹	HK\$ 180
half back	☹	HK\$ 250
back	☹	HK\$ 450
basic bikini	✔	HK\$ 250
the betweeny [™] wax	✔	HK\$ 350
brazilian bikini (the full monty)	✔	HK\$ 400
lower leg	☹	HK\$ 200
upper leg	☹	HK\$ 300
upper leg/bikini	✔ ☹	HK\$ 420
upper leg/betweeny [™]	✔ ☹	HK\$ 500
upper leg/brazilian	✔ ☹	HK\$ 550
full leg (no bikini)	☹	HK\$ 430
full leg/bikini	✔ ☹	HK\$ 550
full leg/betweeny [™]	✔ ☹	HK\$ 620
full leg/brazilian	✔ ☹	HK\$ 750
full body wax		HK\$ 1500

key

- ☹ using poetic strip wax
- ✔ using poetic strip-less wax

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.

body treatments*

Our body-and-mind-unwinding selection of scrubs, wraps, rubs and buffs adds another layer to our already addictive massage offerings.

NEW elemis exotic lime and ginger salt glow A tropical treat, this 'skin'-vigorating body polish features a light body brushing, warm Japanese Camellia Oil drizzling, and top-to-bottom buffing with Elemis' lime and ginger-tinged salt scrub. Skin is left soft, smooth and ready for the 'lime'-light. 60 min HK\$1100

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'. Rinse off. 90 min HK\$ 1225 **h p s**

the hot salt scrub™ This right-on rubdown drives away dry skin with our secret self-heating, sinus-clearing, mind-melting rosemary and eucalyptus oil sea salt scrub blend. **Do not shave before or schedule same day waxing services.** 60 min HK\$ 795 **p**

scrubs deluxe™ Fall head over heels in 'scrub' with one of our seriously-softening body smoothing treatments in your fave 'flave': **lemon+sage, blood orange+white pepper or vanilla+bergamot.** 60 min HK\$ 795 **p**

head over 'peels' scrub+rub™ This freshly squeezed treatment starts with an energizing blood orange+white pepper scented body polish and shower rinse off, then gives orange-'aid' to your most knotted spots with a 30-minute massage. 60 min HK\$ 1100 **p**

'BIP' spa suite

Looking for treatments for two? Indulge in our BIP (Bliss Important Person) suite at a surcharge of HK\$500.

While you're at the BIP suite, why not have a **SUPER SOAK** with choice of: **honey+vanilla cream, ginger+lemongrass oil,** or a signature **Bliss bubbly blend** at HK\$495 with extra private time of 30 mins to unwind your mind and to send stress straight down the drain!

All prices are subject to 10% service charge.

slimming treatments

These targeted bod-bettering treatments will help you look your svelte-est especially when booked in a series of sessions.

fatgirlslim™ A savior before slipping into anything curve hugging, this detoxifying, circulation-stimulating, body-toning treatment includes dry brushing, application of firming grapefruit essential oil, a trouble-spot-targeting seaweed task mask, a heated wrap, and a rubdown with waist-whittling Love Handler followed by our famed FatGirlSlim or FatGirlSleep (depending on the time of day). 75 min HK\$ 1150 **h p s**

fatgirlscrub™ This dimple-dashing, skin-smoothing scrubdown starts with a stimulating sloughing using FatGirlScrub (boosted with lump-leveling Himalayan Pink Salt and seaweed extract), a laying of Love Handler, and a finishing coat of FatGirlSlim or FatGirlSleep (depending on the time of day). 60 min HK\$ 975 **p s**

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, lazy lymphs and sluggish cells on a not-so hard 'core' area. We recommend a six (session) pack. 60 min HK\$ 1020 6 pack HK\$ 5500 **p s**

quadruple thighpass™ This 4-step anti-cellulite treatment combines our microcirculation-stimulating essential oil blend with vacuum-assisted thigh-smoothing, toxin-purging massage and lymph clearing. After 6 sessions, you'll look 'fabu-legs'. 60 min HK\$ 930 6 x session HK\$ 5200 **p**

the deep sea detox™ This super wrap includes a firming oil massage with heated seashells, a French marine seaweed hot pack and a stimulating shower to simultaneously slim, promote lymph drainage, remineralize, relax and hydrate. Works wonders when booked weekly. 90 min HK\$ 1225 **h p s**

massage

Our 'aah-inducing' massages run the gamut from half-hour knot-nixing quickies to 'just try and peel me off the table' 135-minute muscle-melting marathons. (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\$ 1150 **P**

blissage™105 The Blissage75, but extended by 30 more mind-bogglingly massaged minutes. Includes warm wax foot wrap. 105 min HK\$ 1495 **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**

the ginger rub™ A massage legend in its own time. 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\$ 1890 **h P**

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.) Ideal for athletes, weekend warriors or over-rubbed regulars. 75 min HK\$ 1250 or 105 min HK\$ 1675 **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. (second to third trimester only.) 75 min HK\$ 1200

the rubber neck® Kneading, stretching and acu-pressing follows a parafango pack warm-up to get the boulders out of your shoulders and make you into mush 'from the neck up'. (Note: This is not a full body massage.) 60 min HK\$ 975 **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**

the rapid rub® Thirty minutes of intensive massage work on whatever muscles are mistreating you most. 30 min HK\$ 755 **P**

NEW shopper's delight leg massage Attention, tired shoppers! Spoil sore stems with this lower leg massage, which includes a rubdown with the smoothing, stimulating scrub of your choice, application of our cooling, bloat-battling Fatgirlslim and some tension-taming 'leg work' from your knees to your toes. You'll strut out feeling ready to hit the next sale (or 'shin'-dig). 30 min HK\$ 550

more massage Can't seem to peel yourself off the table? If you 'knead' to prolong your rubdown, ask about adding 15 more minutes of 'aah' to the end of your massage. Based on technician availability and cannot be booked by itself. HK\$ 300 **P**

aromassages™

Add some aroma to your therapy with one of these essential oil blends.

the nerve whacker™ Tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint essential oils. HK\$ 180 **P**

hot off the stresses™ Fight fatigue and flagging energy with essential lavender, bergamot and sage oils. HK\$ 180 **P**

jet out™ Ziplock your jet lag with a time-aligning rub of pine, rosemary and eucalyptus. (It's best to book this at the same time as your tickets.) HK\$ 180 **P**

add-on spa services*

Spoil yourself! To add these to any 'by the book' facial, body treatment or massage, simply request the upgrade when booking or checking in.

'tight' on target Give a bulge-battling boost to any facial, massage or body treatment with a seaweed task mask that pinpoints your pudgier parts (choose hips and thighs, torso or arms), plus a slathering of three slimming creams. HK\$ 270 **P S**

hair dew® Destress tresses with an acupressure application of scalp-sloughing essential oils, a cocoon of conditioning cream and a stimulating massage mix. HK\$ 270 **P**

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\$ 350

* An add-on cannot be booked by itself.

nail care

Much more than mainstream manis and pedestrian pedis.

hot cream manicure Our basic manicure, with a hot cream hand soak, cuticle clipping, pushing, perfecting and polishing. 45 min HK\$ 350

the upper hand™ A youth-inducing hand treatment with a brightening mask, warm wax wrap and hot cream manicure. For dry or sun-damaged hands. 75 min \$ 580

NEW the fabulous feet includes soaking, buffing, de-roughing, clipping, trimming, base-and-top coating and very particular painting. 75 min HK\$ 595

head over 'heels' pedicure™ This sole-stimulating, citrus-scented pedi serves up all the 'juicy' details, including a blood orange+white pepper soak and scrub, plus a clipping, buffing and polishing that will leave feet looking seriously a-'peel'-ing. 60 min HK\$ 500

'pedi'-colada book 'toe' tickets to paradise with this tropical treatment, which includes a pineapple and coconut oil infused milk soak, sugar scrub, a hot sea shell massage, and a beach-worthy polish – all while you sip a virgin piña colada. 75 min HK\$ 640

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

foot patrol® (now even more fabulous) 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 preened and polished to perfection. 75 min HK\$ 675

double choc™ A chocolate fete for your feet, this treatment is sweet. Includes a hot chocolate milk skin-smoothing soak, and all the prerequisites of a perfect pedicure—with a supremely creamy chocolate treat served on the side. 60 min HK\$ 550

the callus conqueror Ideal for extra-hardened heels, this pedicure add-on dissolves stubborn calluses with a powerful exfoliating formula, then buffs them away with a thorough foot filing to reveal baby-soft soles. Can be added to any pedicure. HK\$ 150

polish change Hands or feet. 15 min HK\$ 150

french polish Add to any manicure or pedicure. HK\$ 150

paraffin add-on Hands or Feet. HK\$ 220

bliss for men

Here, a sampling of services that'll make any guy feel at 'homme' in our spas. Of course, almost all of our services are designed for equal opportunity indulgence so feel free to explore the other pages, too (it's not called a spa 'men'u for nothing).

super-strength skincare

'homme' improvement® This very virile, absolutely masculine version of our Triple Oxygen Treatment is performed with lots of hot towels, a series of scrubs, a fruit acid wash and an anti-ingrown hair follicle calming mask. A must for any well-groomed guy. 85 min HK\$ 1295

the youth as we know it™ This overachieving anti-aging treatment targets tone, elasticity, volume, fine lines and wrinkles with a gentle yet effective mushroom enzyme peel, a high-tech cell-regenerating moisturizing cocktail and a soothing collagen mask. (Not recommended for Accutane users.) 60 min HK\$ 1395

massage

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. For relaxation, improved circulation and stress and fatigue reduction. 75 min HK\$ 1150

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the rubber neck® Kneading, stretching and acu-pressing follows a parafango pack warm-up to get the boulders out of your shoulders and make you into mush 'from the neck up'. (Note: This is not a full body massage.) 60 min HK\$ 975

All prices are subject to 10% service charge.

body treatments

the hot salt scrub™ This right-on rubdown drives away dry skin with our secret self-heating, sinus-clearing, mind-melting rosemary and eucalyptus oil sea salt scrub blend. **Do not shave before or schedule same day waxing services.** 60 min HK\$ 795 ☺

deep sea detox™ This super wrap includes a firming oil massage with heated seashells, a French marine seaweed hot pack and a stimulating shower to simultaneously slim, promote lymph drainage, remineralize, relax and hydrate. Works wonders when booked weekly. 90 min HK\$ 1225 h s

nail services

the manly-cure™ Our detail driven manicure for men includes a hot cream hand massage, followed by a cuticle curtailing soak, clipping and pushing, nail buffing and perfecting. Manly-cure maketh the man. 45 min HK\$ 350

NEW the fabulous feet includes soaking, de-roughing, clipping, trimming and buffing. 75 min HK\$ 595

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\$ 675

waxing

brow ☺	HK\$ 170
ear ☺	HK\$ 120
chest ☺	HK\$ 400
stomach ☺ ☺	HK\$ 180
half back ☺	HK\$ 250
back ☺	HK\$ 450

key

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



Bliss spa membership...

Even the person who has everything
can't get enough bliss

Available in 3 denominations, bliss spa memberships are redeemable
for bliss spa services at bliss at W Hong Kong!

You can enjoy 'bliss'-clusive offers on dining, valet parking and
many other insider-only discounts at W Hong Kong!

To purchase bliss spa membership or to book an appointment, call 852 3717 2797

Spa hours 9am-11pm



Urban Spa of the Year 2009 *AsiaSpa Magazine*
Spa Hot List 2009 *Conde Nast Traveler*
Best Spa of 2008 *Time Out Hong Kong*

