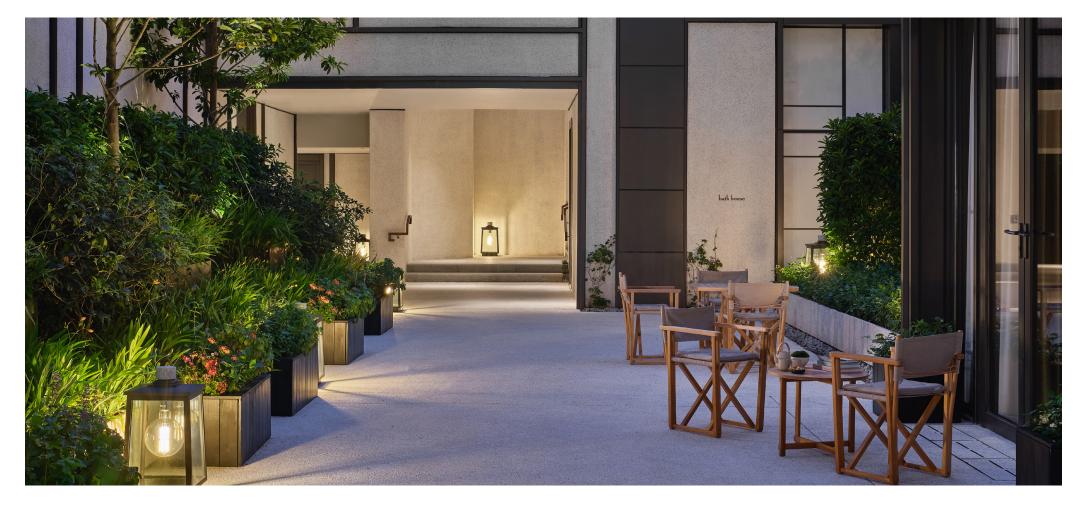


asaya

WELLCATION SERIES



asaya

WELLCATION SERIES

A curated selection of restorative-getaway experiences for individuals, couples, families and friends — with a dedicated focus on personal journeys to self-discovery.

#MyWellcation #AsayaHongKong @AsayaWellness

ASAYA WELLCATIONS WHERE YOUR JOURNEY TO SELF-DISCOVERY BEGINS

No matter where we are in our life's journey, we can all benefit from dedicated time away from our usual routines to gain clarity, develop balance, restore joy, and reconnect with ourselves and loved ones. With the newly introduced Asaya Wellcation series, it's never been easier – or more enjoyable – to do just that in the safe and nurturing environs of Asaya Hong Kong.

From one-day solo programme to an ultimate group retreat, each Asaya Wellcation can be individually tailored to rejuvenate physical and mental well-being through a blend of wellness classes, restorative treatments, expert-led therapy sessions and nourishing meals from Asaya Kitchen. Guests will also enjoy access to world-class facilities, serene verdant spaces for quiet contemplation and a community of like-minded individuals who are passionate about sharing their self-discovery journey.

Incorporating tools and practices to take home, an Asaya Wellcation does much more than provide a restorative escape – it can truly change your life.





A one-day solo programme tailored to rejuvenate physical and mental well-being through a blend of wellness classes, restorative treatments, expert-led therapy sessions and a nourishing meal from Asaya Kitchen.

Select one from the following 60-minute guided session:

Singing Bowl Therapy | Mindfulness Meditation | Expressive Arts Therapy | Functional Insight Training | Active Isolated Stretching | Sports Therapy

Select one from the following 60-minute treatments:

Aroma Atelier by Asaya |
Essential Detox Ritual Facial by EviDenS de Beauté |
Anti-Vice by GOA Men's Facial

Three-course lunch provided by Asaya Kitchen and access to Pool, Fitness Centre and Well-Being classes.





Stay in our Asaya Lodge and benefit from dedicated time away from your usual routines to gain clarity, develop balance, restore joy, and reconnect. Our Discover Asaya One-Night Wellcation is a holistic and results-driven programme designed to create lasting positive change on physical, mental and emotional levels. It provides the space and support to explore your unique path to complete well-being.

Select one from the following 60-minute guided session:

Singing Bowl Therapy | Mindfulness Meditation | Expressive Arts Therapy | Functional Insight Training | Active Isolated Stretching | Sports Therapy

Select one from the following 60-minute treatments:

Aroma Atelier by Asaya |
Essential Detox Ritual Facial by EviDenS de Beauté |
Anti-Vice by GOA Men's Facial.

Three-course lunch provided by Asaya Kitchen, healthy breakfast and access to Pool, Fitness Centre and Well-Being classes.





THE ULTIMATE WELLCATION

The only thing more meaningful than discovering a new path to well-being is discovering it together with loved ones. The Ultimate Wellcation is an unique way to spend quality time with friends and family. Enjoy the entire seventh floor — including two Asaya Lodges and Social House with its private lounge, garden, two double treatment suites and hydrotherapy facilities.

Designed for up to ten guests, of which four can stay in the Asaya Lodges with the remaining six joining for the day or staying overnight at the Rosewood Hong Kong. You and your loved ones can enjoy a newfound sense of togetherness while cultivating positive habits that will stay with you for a lifetime.

Select three from the followiong 60-minute Well-Being Classes:

Singing Bowl | TRX | Expressive Arts Therapy | Functional Fitness | Restorative Yoga | HIIT

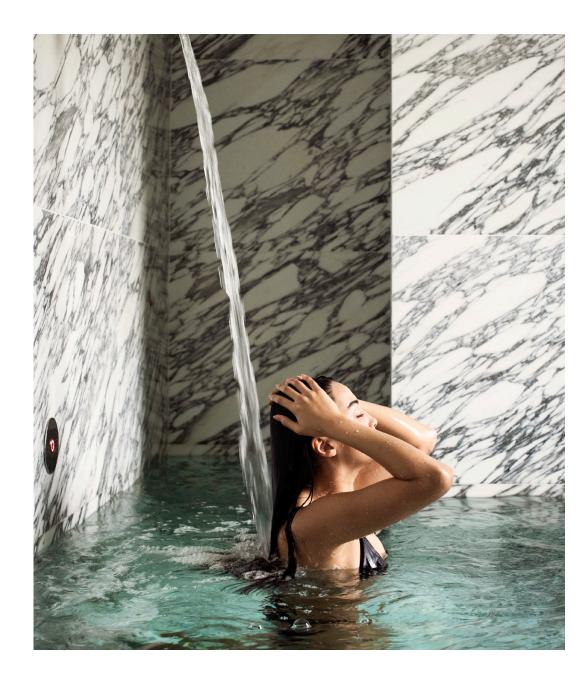
Select one from the following 60-minute treatments:

Aroma Atelier by Asaya |
Essential Detox Ritual Facial by EviDenS de Beauté |
Anti-Vice by GOA Men's Facial

A three-course lunch provided by Asaya Kitchen for all.
A healthy breakfast for Asaya Lodge guests.

Access to Pool, Fitness Centre and Well-Being classes.

20% Savings on additional treatments.





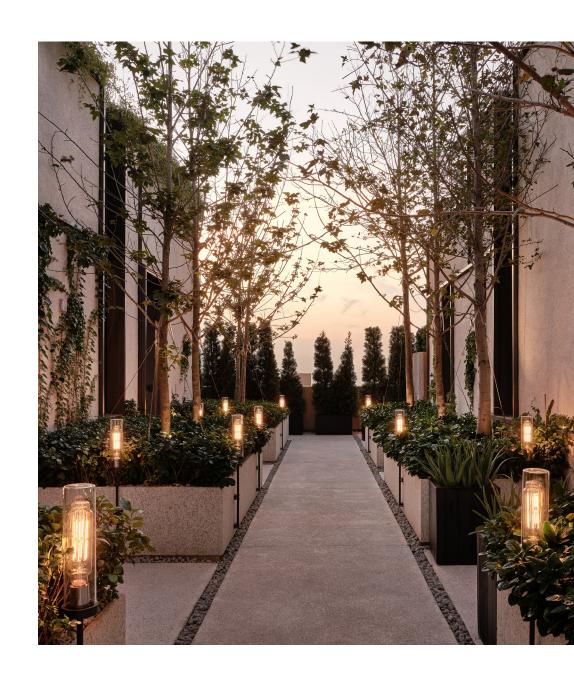
Enhance your one-day or one-night solo programme with an exclusive visiting practitioner workshop. Choose from our line-up of workshops and classes that covers topics across holistic well-being - From Conscious Living with Sonia Samtani to Breathwork with Brian Lai. Each exclusive to Asaya, along with a tailored programme for you to rejuvenate physical and mental well-being through a blend of wellness classes, restorative treatments and a nourishing meal from Asaya Kitchen.

One visiting practitioner workshop.

Select one from the following 60-minute treatments:

Aroma Atelier by Asaya | Essential Detox Ritual Facial by EviDenS de Beauté | Anti-Vice by GOA Men's Facial

Three-course lunch provided by Asaya Kitchen and access to Pool, Fitness Centre and Well-Being classes.



PROGRAMME PRICING

DISCOVER ASAYA & DISCOVER MORE DAYCATION

DISCOVER ASAYA & DISCOVER MORE ONE-NIGHT WELLCATION

THE ULTIMATE WELLCATION

Stay at an Asaya Lodge

Check in Tuesday to Thursday:

HKD 8,000 for one person HKD 11,800 for two persons

Check in Friday to Monday:

HKD 10,900 for one person HKD 15,500 for two persons

Stay at Rosewood Hong Kong

Check in Tuesday to Thursday:

Starting From HKD 6,050 for one person

Check in Friday to Monday:

Starting from HKD 7,360 for one person

HKD 88,000 for 10 persons

Includes an overnight stay in two Asaya Lodges.

Additional accommodation at Rosewood Hong Kong
Starting from HKD 3,600

Starting from July 11, 2021

ENQUIRE NOW

+852 3891 8588 | hongkong.asayawellcation@rosewoodhotels.com

Terms and Conditions

For Discover Asaya Daycation and One-Night Wellcation: Bookings must be made at least 4 days in advance. Cancellations and changes are accepted up to 48 hours prior to appointment time without incurring a charge. For cancellations less than 48 hours, full prices will be charged. For The Ultimate Wellcation: Bookings must be made 14 days in advance. Cancellations and changes are accepted up to 7 days prior to appointment time without incurring a charge. For cancellations less 7 days, full prices will be charged. For Discover Asaya Daycation, One-Night Wellcation and The Ultimate Wellcation: Friday to Monday rates are applicable to Public Holidays. A valid credit card must be provided at the time of booking otherwise any reservations will be cancelled. The inclusion list is a sample and is subject to amendments in the event of in-house resident practitioner's non-availability. Prices are subject to 10% service charge. This offer cannot be combined with any other promotions or special rates. This offer is subject to availability and blackout dates may apply.

Tuesday to Thursday:

HKD 3,750 for one person HKD 7,500 for two persons

Friday to Monday:

HKD 4,500 for one person HKD 9,000 for two persons



asaya

WELLCATION SERIES - FOCUSED

A selection of two-night focused experiences designed for you to Connect, Activate or Rest.

#MyWellcation #AsayaHongKong @AsayaWellness



TWO-NIGHT WELLCATION | CONNECT

Forming, nurturing and maintaining connections – with ourselves, our families, partners or friends – is vital to our overall health and well-being. Incorporating mindfulness, bodywork, nutrition and skin health, the Connect Wellcation is designed to provide the time, space and guidance to nourish the one relationship that influences all others – the one you have with yourself. An experience you can share with a loved one to enhance not only the connection you have with yourself but also with others.

Select one from the following 75-minute guided sessions*:

Singing Bowl Therapy | Mindfulness Meditation | Expressive Arts Therapy |
Functional Insight Training | Active Isolated Stretching | Sports Therapy
*Includes 15-minute consultation

Select one from the following 60-minute private classes:

Yoga | Fitness | Meditation

Select one from the following 60-minute treatments:

Tonic Atelier by Asaya Body Treatment | Super Seed Nutrient Facial by Votary

One 90-minute:

Aroma Atelier by Asaya Body Treatment

Two three-course lunches at Asaya Kitchen and two healthy breakfasts.

Access to Pool, Fitness Centre and Well-Being classes.





TWO-NIGHT WELLCATION | ACTIVATE

Our bodies are a complex system requiring constant care and maintenance if we are to enjoy optimal health and pain-free living. The Activate Wellcation harnesses the expertise of Terry, our Sports Therapy and Rehabilitation Practitioner, who will conduct a full-body evaluation before taking you though a personalised and sustainable functional training session. With the addition of nourishing meals, body and facial treatments, this is the kick-start your body, mind and spirit needs.

One 75-minute private session with Terry

Includes 15-minute consultation and 60-minute treatment

Select one from the following 60-minute treatments:

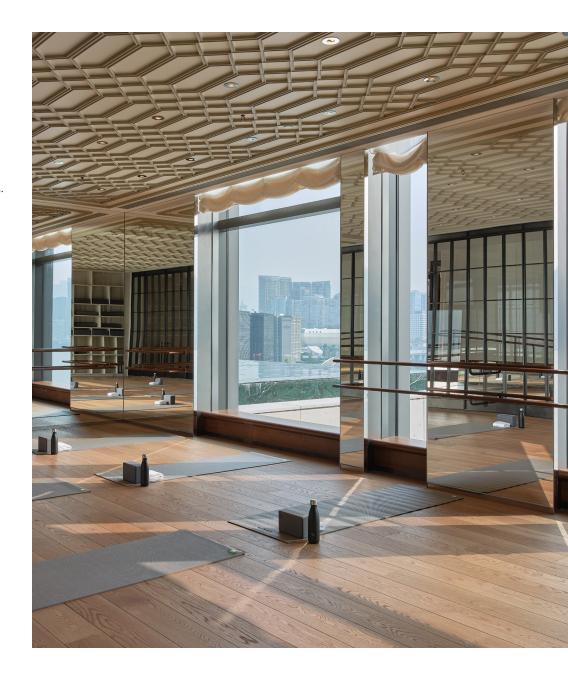
Essential Detox Ritual Facial by EviDenS de Beauté | Anti-Vice by GOA Men's Facial.

One 60-minute:

Functional Insights Training | Rejuvenating Body Treatment by Votary

Two three-course lunches at Asaya Kitchen and two healthy breakfasts.

Access to Pool, Fitness Centre and Well-Being classes.





Something we all need. Rest rejuvenates the body and mind, regulates mood, and enhances learning and memory function. It's fundamental to our health, happiness and success in everything from personal relationships to professional careers. The Rest Wellcation provides much-needed respite from the demands and distractions of everyday life through a combination of meditation, massage, healthful eating and a one-on-one session with Resident Practitioner Kit. No matter what your to-do list looks like, it's time well spent for your long-term health.

Select one from the following 75-minute guided sessions*:

Expressive Arts Therapy | Singing Bowl Sound Therapy |
Cognitive Behavioural Therapy | Positive Psychology | Projective Drawing Analysis
*Includes 15-minute consultation

Select one from the following 60-minute private classes:

Yoga | Meditation

Select one from the following 60-minute treatments:

Tonic Atelier by Asaya Body Treatment | Super Seed Nutrient Facial by Votary

One 120-minute treatment:

Antidote Sleep Massage by Votary

Two three-course lunches at Asaya Kitchen and two healthy breakfasts.

Access to Pool, Fitness Centre and Well-Being classes.



PROGRAMME PRICING | CONNECT, REST & ACTIVATE

Stay at Rosewood Hong Kong

Stay at an Asaya Lodge

Check in Monday to Wednesday:

Starting From HKD 11,340 for one person HKD 18,200 for two persons

Check in Thursday to Sunday:

Starting From HKD 13,910 for one person HKD 21,350 for two persons

Check in Monday to Wednesday:

HKD 18,060 for one person HKD 24,920 for two persons

Check in Thursday to Sunday:

HKD 20,910 for one person HKD 28,350 for two persons

Starting from July 11, 2021

ENQUIRE NOW

+852 3891 8588 | hongkong.asayawellcation@rosewoodhotels.com

Terms and Conditions

Bookings must be made at least 7 days in advance. Cancellations and changes are accepted up to 72 hours prior to appointment time without incurring a charge. For cancellations less than 72 hours, full prices will be charged. Thursday to Sunday rates are applicable to Public Holidays. A valid credit card must be provided at the time of booking otherwise any reservations will be cancelled. The inclusion list is a sample and is subject to amendments in the event of in-house resident practitioner's non-availability. Prices are subject to 10% service charge. This offer cannot be combined with any other promotions or special rates. This offer is subject to availability and blackout dates may apply.

asaya

6/F rosewood hong kong. victoria dockside. 18 salisbury road. tsim sha tsui. kowloon. hong kong

t. +852 3891 8588

e. hongkong.asaya@rosewoodhotels.com