

A modern courtyard featuring a large living wall with the word 'asaya' in white lowercase letters. The courtyard includes a dark pool, a concrete deck with outdoor seating (chairs and a table), and several glowing lanterns. The architecture is contemporary with light-colored walls and dark accents.

asaya

Journey to Resilience



Journey to Resilience

The Journey to Resilience at Asaya Hong Kong was created in recognition that challenging times are often powerful catalysts for growth.

A Buddhist proverb emphasises this point: “The lotus flower blooms from the deepest and thickest mud.” The ability to deeply embrace difficulties as opportunities for positive transformation requires inner strength, mental clarity and physical rigour.

The Journey to Resilience provides a truly holistic programme to empower you to first let go of past lifestyle habits, thoughts and behaviours which no longer serve you, and then clear the mind, body and spirit. We begin by identifying biochemical imbalances, nutritional deficiencies and emotional blockages, then guide you to build resilience through nurturing physical, emotional and spiritual awareness.

Embarking on this Journey to Resilience allows us to establish a deep inner equilibrium and supports us to face life’s challenges with confidence and adaptability.

three-day retreat

Two-night accommodation at Rosewood Hong Kong or in an Asaya Lodge

Two dinners and one lunch at Asaya Kitchen

Access to the pool and fitness studio

Asaya Programme:

- Body Composition Testing
- Wellness Lifestyle Assessment
- Oil Blending at Oil Atelier
- Aroma Atelier Body Massage
- Meditation Class
- Naturopath Consultation
- Restorative Muscle Therapy
- Singing Bowl Sounds Therapy
- Spiritual Warrior Class
- Cognitive Behavioural Therapy

Starting from HKD15,286 for one person and HKD25,113 for two persons plus

10% service charge.

four-day retreat

Three-night accommodation at Rosewood Hong Kong or in an Asaya Lodge

Three dinners and two lunches at Asaya Kitchen

Access to the pool and fitness studio

Asaya Programme:

- Body Composition Testing
- Wellness Lifestyle Assessment
- Oil Blending at Oil Atelier
- Aroma Atelier Body Massage
- Meditation Class
- Naturopath Consultation
- Restorative Muscle Therapy
- Singing Bowl Sounds Therapy
- Spiritual Warrior Class
- Cognitive Behavioural Therapy
- Stress and Sleep Management
- Active Isolated Stretching
- Antidote Sleep Therapy Body Treatment
- Mat Pilates Class

Starting from HKD22,144 for one person and HKD36,098 for two persons plus

10% service charge.

four day retreat schedule sample

DAY 1

2:00pm

Check in & Welcome Elixir
Welcome Gift

3:00pm

Body Composition Testing

5:00pm

Wellness Lifestyle Assessment

6:00pm

Dinner at Asaya Kitchen

8:15pm

Oil Blending at Aroma Atelier

8:30pm

Aroma Atelier Body Massage

DAY 2

8:30am

Meditation Class

9:30am

Resilience Smoothie

11:00am

Naturopathic Consultation

12:00pm

Asaya Kitchen | Cleansing Menu

3:00pm

Restorative Muscle Therapy

6:00pm

Dinner Asaya Kitchen

8:30pm

Sing Bowl Sound Therapy

DAY 3

8:30am

Spiritual Warrior Class

9:30am

Resilience Smoothie

11:00am

Stress and Sleep Management

1:00pm

Asaya Kitchen | Cleansing Menu

3:00pm

Active Isolated Stretching

6:00pm

Dinner Asaya Kitchen

8:00pm

Antidote Sleep Body Treatment

DAY 4

8:30am

Mat Pilates Class

9:30am

Resilience Smoothie

11:00am

Cognitive Behavioural Therapy

1:00pm

Check out

asaya programme description

RESILIENCE INSIGHTS

Wellness Lifestyle Assessment

We adopt traditional methods of assessment including face, pulse and tongue diagnosis to help you understand your current health status. Recommendations are given by our resident naturopath to help you attain your wellness goals.

Body Composition Test

An in-depth analysis of your current body composition using the latest bio-electrical impedance shows where the body can improve.

NATUROPATHIC SUPPORT

Naturopath Consultation

Combining modern science-based knowledge with traditional and natural forms of healing, our resident naturopath takes an in-depth look at your unique state of health and creates a personalised health management plan so you are able to reach your wellness potential.

Stress & Sleep Management

In today's fast-paced and demanding world chronic stress is common, however if our bodies exist in a heightened state of stress on a consistent basis, it can lead to serious health problems including disturbed sleep. At Asaya, we provide you with comprehensive management techniques so you are empowered to manage stress and enjoy quality sleep.

STRUCTURAL REVIVAL

Restorative Muscle Therapy

Widely known as "deep tissue massage," at Asaya we refer to this service as "restorative muscle therapy," whereby the therapist uses targeted pressure and kneading of the muscles to improve your overall body function. This treatment helps to slow your breathing, lower your blood pressure and turn down the intensity of the sensations of pain and tension. Your muscles will be relaxed and you will leave feeling enlivened.

Mat Pilates Class

Pilates combines modern principles of exercise science, fascial fitness and spinal rehabilitation, making it one of the safest and most effective exercise methods available. It helps both men and women of all ages develop optimal strength, flexibility, endurance and posture, without building bulk or stressing joints. It is the perfect complement to cardiovascular exercise, athletic training or rehabilitation, helping to tone your body, revitalise your energy and facilitate moving with ease.

Active Isolated Stretching

Experience this unique stretching treatment which incorporates isolated repetitive movements focusing on lengthening your muscles and gently releasing the fascia that surrounds them. A beneficial way of increasing flexibility and your functional range of motion.

EMOTIONAL BALANCE

Cognitive Behavioural Therapy

This type of psychotherapeutic session helps people understand the thoughts and feelings that influence behaviours.

Meditation

Meditation is a technique in which distracting thoughts and feelings are not ignored but are acknowledged and observed nonjudgmentally as they arise, in order to create detachment from them and gain insight and awareness. We conduct a body scan, lead body awareness exercises and guide sitting, walking and five senses meditation.

Singing Bowl Sound Therapy

An ancient sound healing technique that uses metal bowls to create different harmonics and resonance corresponding to different energy centres in the body.

Spiritual Warrior

This energetic class is designed to find the warrior within you! A combination of dynamic breathing, yoga asanas and martial arts, the aim of this class is to activate the energy centres in the body and improve inner strength and resilience.

PHYSICAL THERAPIES

Aroma Atelier Body Massage

A one-to-one consultation to set the intention and purpose of your treatment is key to identifying and selecting the most appropriate blend of oils from the Aroma Atelier for maximum customised benefits.

Antidote Sleep Body Treatment

Votary's totally immersive and nurturing sleep therapy is the antidote for those suffering from insomnia, frequent night waking and restlessness or for those just seeking a cocooning experiential journey that is conducive to profound relaxation and a blissful night's sleep.



Terms and conditions

Room rates, food and beverage and Asaya programmes are subject to 10% service charge.

Bookings must be made at least 96 hours in advance.

Packages are applicable for one or two persons per room (triple occupancy is not available)

Cancellations must be made at least 48 hours in advance

This offer is not applicable for group bookings.

No refund for unused treatments.

This offer is subject to availability and blackout dates may apply.

This offer cannot be combined with any other promotions or special rates.

The complimentary KLUB 11 Gold Card Membership is only applicable to KLUB 11 members who are not yet a Gold Card or higher category member.

The K11 Musea Gift Voucher can only be redeemed once per person.

KLUB 11 Programme terms and conditions apply

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