

ASAYA ROSEWOOD

asaya

## ASAYA ATTIRE

BATHROBES, SLIPPERS AND DISPOSABLES ARE AVAILABLE AT ASAYA FOR YOUR COMFORT AND WELLNESS EXPERIENCE. SWIMSUITS OR SHORTS ARE RECOMMENDED WHILE ENJOYING THE HEAT AND WET FACILITIES.

## HEALTH CONDITIONS AND ALLERGIES

KINDLY CONSULT WITH YOUR PHYSICIAN BEFORE TAKING ANY TREATMENT OR USING OUR FACILITY. IF YOU HAVE ANY ALLERGIES, PLEASE MAKE SURE TO INFORM OUR WELLNESS TEAM.

## LOSS OR DAMAGE OF VALUABLES

TO ENSURE PEACE OF MIND AND COMFORT WHILE YOU ARE ENJOYING YOUR WELLNESS EXPERIENCE, WE PROVIDE SECURE LOCKERS FOR ALL OF YOUR BELONGINGS. ASAYA WILL NOT BE RESPONSIBLE FOR ANY LOST OR DAMAGED ITEMS DURING YOUR VISIT.

## ASAYA ETIQUETTE

KINDLY BE ADVISED THAT IT IS A GOOD PRACTICE TO SHOWER BEFORE BODY AND FACIAL TREATMENTS. SILENCE, PEACE & RESPECT ARE PART OF OUR PHILOSOPHY. PLEASE CONSIDER OTHER GUESTS' SPACE & PRIVACY. PLEASE SILENCE ANY ELECTRONIC DEVICES YOU MIGHT HAVE BEFORE ENTERING THE ASAYA SANCTUARY.

## ASAYA ARRIVAL

FOR A MORE COMPREHENSIVE JOURNEY, YOU ARE INVITED TO ARRIVE 30-45 MINUTES PRIOR TO YOUR SCHEDULED APPOINTMENT TIME TO COMPLETE THE WELLNESS CONSULTATION AND TO START YOUR WELLNESS EXPERIENCE WITH US. LATE ARRIVALS WILL BE SUBJECT TO A TIME REDUCTION FROM THE SCHEDULED TREATMENT

## AGE RESTRICTIONS

CHILDREN UNDER 16 YEARS OLD ARE NOT PERMITTED TO USE ANY WELLNESS FACILITIES. GUESTS UNDER 18 YEARS OLD REQUIRE SUPERVISION BY A GUARDIAN FOR ANY WELLNESS TREATMENT.

## SCHEDULING & CANCELLATION

TREATMENTS ON PUBLIC HOLIDAYS WILL BE CHARGED AT THE FRIDAY-SUNDAY RATE. PLEASE CONTACT OUR WELLNESS CONCIERGE TO RESERVE YOUR WELL-BEING EXPERIENCE OR RESCHEDULE EXISTING RESERVATIONS. WE RECOMMEND ADVANCED RESERVATION TO ENSURE AVAILABILITY. WE WILL REQUIRE A CREDIT CARD INFORMATION TO CONFIRM ANY RESERVATIONS. IF YOU WISH TO RESCHEDULE OR CANCEL YOUR RESERVATION, PLEASE BE ADVISED THAT 24 HOURS IS REQUIRED IN ORDER FOR US TO ACCOMMODATE YOUR REQUEST. NO-SHOWS OR LAST-MINUTE CANCELLATIONS WILL INCUR A 100% CHARGE.



# ASSESSMENT





## PEAR-3D FACIAL SKIN ANALYSIS

EXPERIENCE VIRTUAL IMAGING OF YOUR PORES, COLLAGEN LEVELS, UV DAMAGE AND OIL AND BACTERIA IN THE SKIN TO GUIDE OUR EXPERTS TO UNDERSTAND YOUR SKIN'S CURRENT CONDITION AND THE BEST TREATMENT FOR IT.

30 MINUTES / HKD 500



## BODY COMPOSITION TESTING

INBODY 270 PROVIDES AN IN-DEPTH ANALYSIS OF YOUR CURRENT BODY COMPOSITION WITH THE LATEST BIO-ELECTRICAL IMPEDANCE TO LEARN WHERE THE BODY CAN IMPROVE.

**45 MINUTES / HKD 600**

## FUNCTIONAL FITNESS ANALYSIS

OUR FITNESS EXPERTS GO THROUGH A PERSONALISED SELECTION OF FORMAL TESTS TO ASSESS YOUR FUNCTIONAL FITNESS, FOCUSING ON FLEXIBILITY, COORDINATION, STRENGTH, AND MUSCULAR AND CARDIOVASCULAR HEALTH.

**45 MINUTES / HKD 650**





# EMOTIONAL





## MEDITATION

DEVELOP A STRONGER SENSE OF BEING IN THE PRESENT AND WORKING TOWARD YOUR LIFE GOALS. GUIDED MEDITATION WILL HELP TEACH YOU SIMPLE STAGES TO START YOUR VERY OWN MEDITATION PRACTICE OR DEEPEN YOUR ALREADY ESTABLISHED ONE.

**MINDFULNESS MEDITATION |  
CHAKRA MEDITATION**

**60 MINUTES**

**MON-THU: HKD 1,880**

**FRI-SUN: HKD 2,180**

## PSYCHOLOGY CONSULTATION

THIS HELPS YOU TO UNDERSTAND THOUGHTS AND FEELINGS THAT INFLUENCE BEHAVIORS. YOU CAN INCREASE THE FREQUENCY OF POSITIVE EMOTIONS AND IDENTIFY AND DEVELOP YOUR INDIVIDUAL STRENGTHS AND UNIQUE TALENTS. ENHANCE YOUR ABILITY TO ACHIEVE GOALS, BUILD A SENSE OF HOPE AND HAPPINESS, AND LEARN TO DEEPEN YOUR GRATITUDE IN THESE POSITIVE PSYCHOLOGY SESSIONS.

**60 MINUTES**

**MON-THU: HKD 1,880**

**FRI-SUN: HKD 2,180**

## EXPRESSIVE ARTS THERAPY

EXPRESSIVE ARTS THERAPY USES ELEMENTS OF IMAGERY, STORYTELLING, MOVEMENT, MUSIC, DRAMA AND VISUAL ARTS IN AN INTEGRATED WAY, TO FOSTER GROWTH, DEVELOPMENT, INSIGHT AND HEALING. WE ADAPT THIS SESSION TO APPEAL TO YOUR INTERESTS AND PERSONAL COMFORT LEVELS.

**90 MINUTES**

**MON-THU: HKD 2,280**

**FRI-SUN: HKD 2,580**

## SINGING BOWL THERAPY

THE BODY IS AN INSTRUMENT AND EACH ENERGY CENTER IN THE BODY REPRESENTS A NOTE OR VIBRATION IN THE MUSIC SCALE. USING TIBETAN SINGING BOWLS, THE THERAPIST WILL HARMONISE AND RE-CALIBRATE YOUR ENERGY FIELDS TO RAISE YOUR CONSCIOUSNESS, PROMOTE EMOTIONAL BALANCE, AND RELAX BODY AND MIND.

**60 MINUTES**

MON-THU: **HKD 1,880**

FRI-SUN: **HKD 2,180**

## HYPNOSIS

HYPNOTHERAPY USES GUIDED RELAXATION, INTENSE CONCENTRATION, AND FOCUSED ATTENTION ON SPECIFIC THOUGHTS OR TASKS. A HYPNOSIS SESSION CAN HELP EXPLORE FEELINGS AND MEMORIES THAT MIGHT BE HIDDEN FROM OUR CONSCIOUS MINDS AS WELL AS TREAT PAIN AND CHANGE PERCEPTIONS AND SENSATIONS.

**90 MINUTES**

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,580**

## FOCUSED-ORIENTED THERAPY

BY TRANSCENDING WHAT IS KNOWN ON THE LEVELS OF BEHAVIOUR, COGNITION AND EMOTION, THIS SELF-REFLECTIVE THERAPY PROVIDES A DIFFERENT PERSPECTIVE TO RESOLVING PROBLEMS AND REACHING SOLUTIONS.

**60 MINUTES**

MON-THU: **HKD 1,880**

FRI-SUN: **HKD 2,180**

## FAMILY THERAPY

THIS THERAPEUTIC APPROACH IS DESIGNED TO HELP REVEAL THE HIDDEN DYNAMICS IN A FAMILY OR RELATIONSHIP IN ORDER TO VIEW ANY CONCERNS FROM A DIFFERENT PERSPECTIVE AND IDENTIFY AND ADDRESS ANY STRESSORS THAT MAY BE IMPACTING COMPLEX INTERCONNECTIONS.

**60 MINUTES**

MON-THU: **HKD 1,880**

FRI-SUN: **HKD 2,180**

## ASTROLOGY

THE POSITION OF THE PLANETS WHEN YOU WERE BORN CAN AFFECT YOUR PERSONALITY AND LIFE PATH AS WELL AS YOUR SOUL'S MAJOR OBJECTIVE AND ANY CHALLENGES YOU MAY FACE IN ACHIEVE IT. USING THE DATE AND TIME OF YOUR BIRTH, A PERSONAL BIRTH CHART WILL BE PREPARED AND EXPLAINED SO THAT YOU CAN BETTER UNDERSTAND YOUR UNIQUE JOURNEY.

**60 MINUTES**

MON-THU: **HKD 1,880**

FRI-SUN: **HKD 2,180**

## COGNITIVE BEHAVIORAL THERAPY

COGNITIVE BEHAVIOURAL THERAPY (CBT) IS A TYPE OF PSYCHOTHERAPEUTIC TREATMENT THAT WILL ASSIST YOU IN UNCOVERING THE THOUGHTS AND FEELINGS THAT INFLUENCE BEHAVIOURS. CBT IS COMMONLY USED TO TREAT A WIDE RANGE OF DISORDERS, INCLUDING PHOBIAS, ADDICTIONS, DEPRESSION AND ANXIETY.

**90 MINUTES**

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,580**

## POSITIVE PSYCHOLOGY

POSITIVE PSYCHOLOGY IS A DISCIPLINE FOCUSED ON THE CHARACTER STRENGTHS AND BEHAVIOURS THAT ALLOW YOU TO BUILD A LIFE OF MEANING AND PURPOSE — TO MOVE BEYOND SURVIVING TO FLOURISHING. IN THIS SESSION, YOU WILL BE GIVEN METHODS FOR IMPROVING LIFE SATISFACTION AND WELL-BEING.

**60 MINUTES**

MON-THU: **HKD 1,880**

FRI-SUN: **HKD 2,180**

## PROJECTIVE DRAWING ANALYSIS

PROJECTIVE DRAWING IS A PSYCHOTHERAPY TOOL THAT HELPS TO UNCOVER EMOTIONS AND UNPACK FEELINGS, CONCERNS, AND THOUGHT PROCESSES. INTERPERSONAL AND PSYCHOLOGICAL FUNCTIONING CAN BE ASSESSED AND MANAGED THROUGH THIS STYLE OF INTERACTIVE ANALYSIS.

**60 MINUTES**

MON-THU: **HKD 1,880**

FRI-SUN: **HKD 2,180**



# MASSAGE & BODY TREATMENT



## MASSAGE

### AROMA ATELIER MASSAGE

A ONE-TO-ONE CONSULTATION TO SET THE INTENTION AND PURPOSE OF YOUR TREATMENT WILL BE KEY TO IDENTIFYING AND SELECTING THE MOST APPROPRIATE BLEND OF OILS FROM THE AROMA ATELIER FOR MAXIMUM CUSTOMISED BENEFITS.

#### 60 MINUTES

MON-THU: **HKD 1,680**

FRI-SUN: **HKD 1,980**

#### 90 MINUTES

MON-THU: **HKD 2,180**

FRI-SUN: **HKD 2,480**

### DEEP TISSUE MASSAGE

DEEP TISSUE MASSAGE FOCUSES ON REALIGNING DEEPER LAYERS OF MUSCLES AND CONNECTIVE TISSUE. IT IS ESPECIALLY HELPFUL FOR CHRONICALLY TENSE AND CONTRACTED AREAS SUCH AS STIFF NECKS, LOW BACK TIGHTNESS AND SORE SHOULDERS.

#### 60 MINUTES

MON-THU: **HKD 1,780**

FRI-SUN: **HKD 2,080**

#### 90 MINUTES

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,580**



## STIMULATING LYMPHATIC

AN IDEAL TREATMENT TO STIMULATE CIRCULATION, ELIMINATE TOXINS AND REDUCE FLUID RETENTION THROUGHOUT YOUR BODY. THIS TREATMENT IS INCREDIBLY SOFT TO THE TOUCH AND USES GENTLE MOVEMENTS ALONG THE NATURAL ELIMINATION PATHWAYS OF YOUR BODY'S LYMPHATIC SYSTEM.

### 60 MINUTES

MON-THU: **HKD 1,680**

FRI-SUN: **HKD 1,980**

### 90 MINUTES

MON-THU: **HKD 2,180**

FRI-SUN: **HKD 2,480**

## BACK MASSAGE

A MASSAGE SPECIFICALLY TARGETED ON THE UPPER BODY (BACK, NECK, SHOULDERS AND ARMS), THIS TREATMENT USES ASAYA'S SIGNATURE MASSAGE OIL TO RELAX THE MUSCLES WHILE INCREASING YOUR ENERGY.

### 30 MINUTES

MON-THU: **HKD 980**

FRI-SUN: **HKD 1,280**

### 60 MINUTES

MON-THU: **HKD 1,680**

FRI-SUN: **HKD 1,980**



## FOOT MASSAGE

USING TIME-HONOURED FOOT MASSAGE TECHNIQUES FROM THE REGION, WE PROVIDE YOU A MUCH-NEEDED FOCUS ON YOUR FEET AND LEGS TO OPEN THE CHI ENERGY FLOW IN YOUR BODY. THIS TREATMENT IS HIGHLY EFFECTIVE IN HELPING THE ENTIRE BODY TO RELAX AND RELEASE EXCESSIVE TENSION.

### 30 MINUTES

MON-THU: **HKD 880**

FRI-SUN: **HKD 1,180**

### 60 MINUTES

MON-THU: **HKD 1,580**

FRI-SUN: **HKD 1,880**

## \*ADD-ON TREATMENT

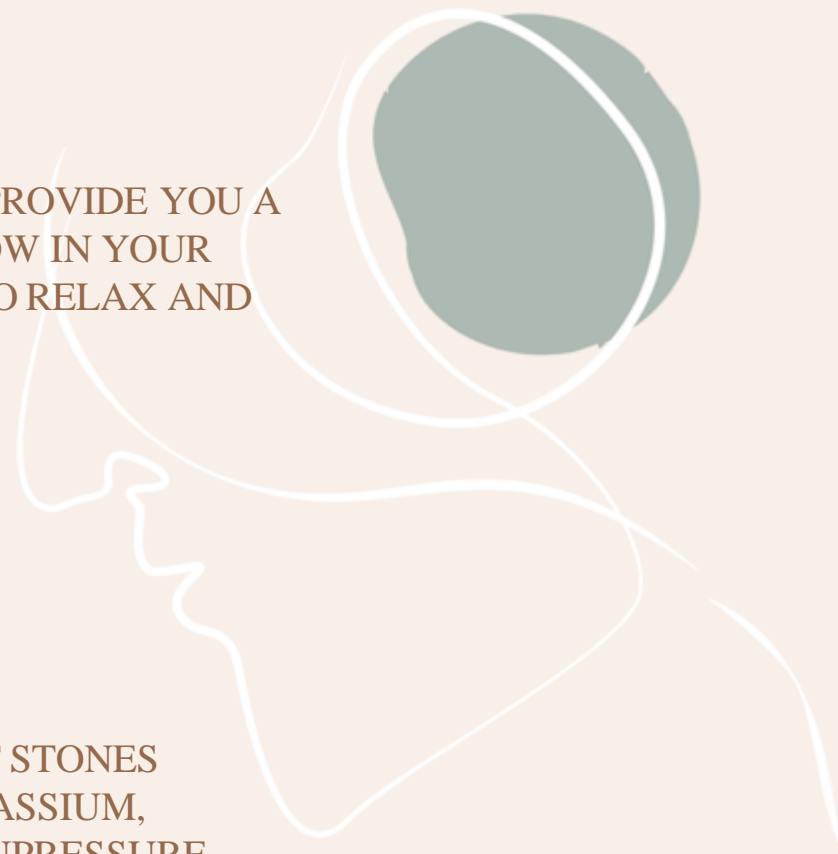
### HIMALAYAN SALT STONE

YOUR BODY'S NATURAL MINERALS ARE REPLENISHED WITH SPECIALISED SALT STONES CONTAINING 84 MINERALS, INCLUDING IRON, MAGNESIUM, CALCIUM AND POTASSIUM, APPLIED DIRECTLY TO THE SKIN. THE STONES ARE PLACED AND MOVED ON ACUPRESSURE POINTS ALONG YOUR BODY, GENTLY KNEADING MUSCLES INTO A HEALING RELAXATION.

### 30 MINUTES

MON-THU: **HKD 680**

FRI-SUN: **HKD 980**





## PRENATAL MASSAGE

MOTHERS-TO-BE CAN DEVOTE TIME TO LUXURIOUS RELAXATION, WHILE SOOTHING AWAY THE DISCOMFORTS OF PREGNANCY. THE GENTLE ESSENTIAL OILS IN THIS MASSAGE INCLUDE ROSE, YLANG YLANG AND SANDALWOOD WITH A BASE OF TSUBAKI AND CENTELLA OILS TO DEEPLY NOURISH THE SKIN. BY EASING LOWER BACKACHE, NECK, HIP AND JOINT PAIN AND MUSCULAR TENSION, MOTHER AND BABY ARE SUPPORTED BY INCREASED BLOOD CIRCULATION TO THE UTERUS. THIS NURTURING MASSAGE STIMULATES THE LYMPHATIC SYSTEM FOR IMPROVED IMMUNITY AND THE REMOVAL OF TOXINS TO ALLEVIATE WATER RETENTION. DEEP RELAXATION RELEASES ENDORPHINS TO IMPROVE SLEEP AND ENHANCE OVERALL WELL-BEING.

### 60 MINUTES

MON-THU: **HKD 1,780**

FRI-SUN: **HKD 2,080**

### 90 MINUTES

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,580**

## POST-NATAL MASSAGE

FOR ASAYA TREATMENT INCLUDES A JAMU HERBAL MUD MASQUE AND SUMPTUOUS WARMING OIL MASSAGE. IT IS THE IDEAL CHOICE FOR MOTHERS WISHING TO DEEPEN THE RESULTS OF THEIR POST-NATAL TREATMENT PROGRAMME THROUGHOUT THEIR FIRST YEAR AFTER CHILDBIRTH.

### 60 MINUTES

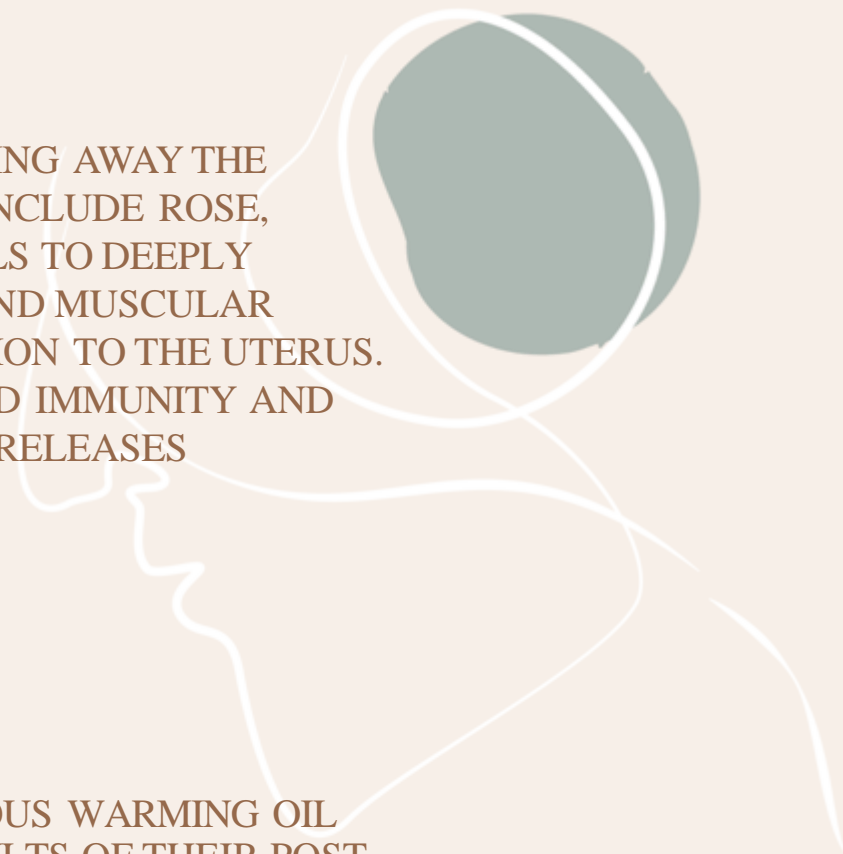
MON-THU: **HKD 1,780**

FRI-SUN: **HKD 2,080**

### 90 MINUTES

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,580**



## BODY TREATMENT

### TONIC ATELIER

THIS APPROACH IS INSPIRED BY OUR PANTRY OF NATURE'S HERBS & SALTS. CHOOSE A SCRUB UPON CONSULTATION, OUR THERAPIST WILL GUIDE YOUR SELECTION OF INGREDIENTS TO MATCH YOUR WELLNESS GOALS.

#### 30 MINUTES

MON-THU: **HKD 880**

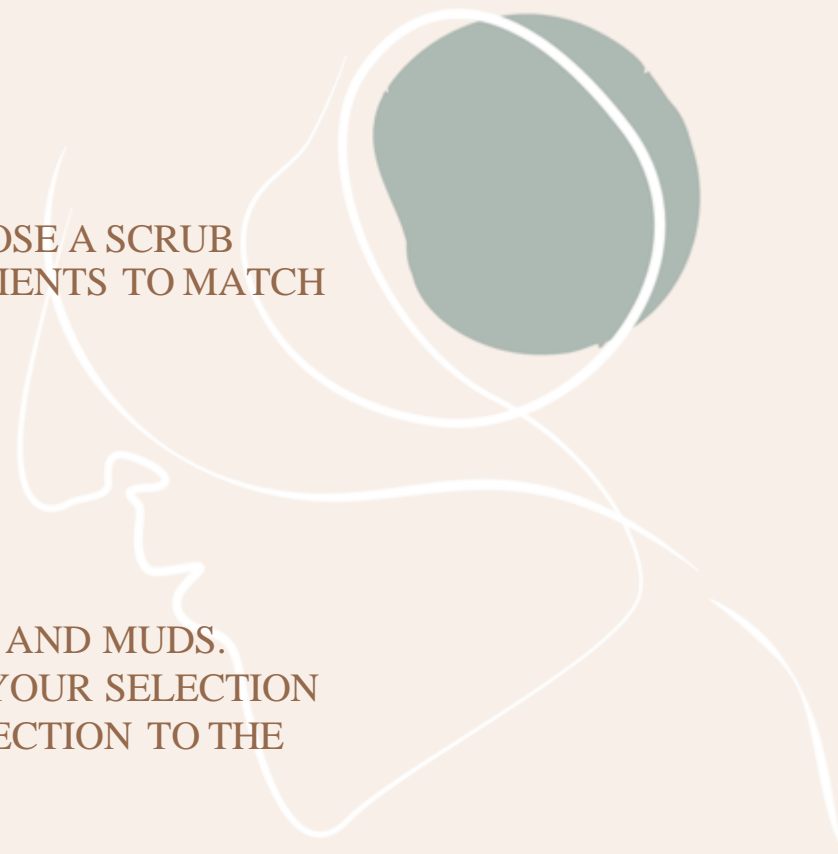
FRI-SUN: **HKD 1,180**

THIS APPROACH IS INSPIRED BY OUR PANTRY OF NATURE'S HERBS, SALTS, CLAYS AND MUDS. CHOOSE A SCRUB & A WRAP UPON CONSULTATION, OUR THERAPIST WILL GUIDE YOUR SELECTION OF INGREDIENTS TO MATCH YOUR WELLNESS GOALS. IT'S AN INCREDIBLE CONNECTION TO THE FOUNDATION OF MODERN MEDICINE.

#### 90 MINUTES

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,580**



## ANTIDOTE SLEEP

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 CONDUCTIVE TO PROFOUND RELAXATION AND A BLISSFUL NIGHT'S SLEEP.

**90 MINUTES**

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,580**

## REVITALISING BODY

A GOURMET SUGAR SCRUB EXFOLIATES THE ENTIRE BODY TO PROMOTE CIRCULATION AND CELLULAR RENEWAL, BUILD UP ENERGY AND WARMTH, AND ENHANCE YOUR MOOD. NEXT, A WARM OIL SOFTENS THE SKIN AND AN ENERGETIC MASSAGE STIMULATES THE ENTIRE BODY.

**90 MINUTES**

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,480**



## ANTI-AGING BODY TREATMENT

A REJUVENATING AND RELAXING WELL-BEING TREATMENT FOR THE BODY, THIS EXPERIENCE INCLUDES A GENTLE, ALL-OVER BODY EXFOLIATION TO REMOVE DRY SKIN, BOOST CIRCULATION AND LEAVE THE SKIN READY TO ABSORB THE ACTIVE INGREDIENTS IN DR. STURM'S UNIQUE, SCIENCE-BASED SKINCARE PRODUCTS. IT ALSO INCLUDES THE APPLICATION OF A MASK ON THE BACK AREA TO HELP DETOX, DRAW OUT IMPURITIES AND HYDRATE THE SKIN, PLUS A LIGHT, ALL-OVER BODY MASSAGE. A DRY SCALP MASSAGE CONCLUDES THE TREATMENT AND LEAVES YOUR BODY AND MIND FEELING RELAXED AND REFRESHED.

**60 MINUTES**

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,580**

## \*ADD-ON TREATMENT

### BODY CONTOUR

ENHANCE YOUR BODY TREATMENT WITH A WAIST AND TUMMY OR HIP AND THIGH CONTOURING BY VENUS.

**30 MINUTES**

MON-SUN: **HKD 3,850**





# FITNESS



## PERSONAL TRAINING / PRIVATE COACHING

ACHIEVE ALL YOUR FITNESS GOALS WITH THE HELP OF ONE-ON-ONE TRAINING. BURN FAT, GAIN MUSCLE, IMPROVE IN YOUR CHOSEN SPORT OR CHALLENGE YOURSELF WITH SOMETHING NEW. WE OFFER VARIOUS FORMS OF TRAINING AT ALL LEVELS TO ENSURE YOU ARE ENGAGED AND EXCITED TO GET MOVING.

**60 MINUTES | HKD 1,380**

**METABOLIC TRAINING | MAT  
PILATES | RUNNING | STRENGTH  
AND CONDITIONING**

## FUNCTIONAL INSIGHT TRAINING

DISCOVER A UNIQUE STYLE OF TRAINING THAT INCORPORATES MEDITATION AND PHYSICAL WELLBEING. THE MIND IS CLEARED AND THE BODY ENERGISED WITH CHALLENGING FUNCTIONAL MOVEMENTS.

**90 MINUTES**

**MON-THU: HKD 2,280**

**FRI-SUN: HKD 2,580**

## PRIVATE YOGA

AT ASAYA, YOGA IS OFFERED IN ITS VARIOUS FORMS FROM PHYSICAL POSES (ASANA) TO MINDBODY AWARENESS, BREATHING (PRANAYAMA) AND RESTING (NIDRA). CLASSES ARE AVAILABLE AND INDIVIDUAL SESSIONS CAN BE SCHEDULED.

**60 MINUTES | HKD 1,380**

**HATHA YOGA | VINYASA YOGA |  
PRANAYAMA | YIN YOGA | AERIAL  
YOGA**

# FACIAL



## HIGH-TECH FACIAL

### TRIBELLA FACIAL | HIGH TECH

TRIBELLA™ SKIN PROGRAMME OF FOUR MONTHLY SESSIONS  
NEW AND EXCLUSIVELY FROM VENUS VERSA™, TRIBELLA™ IS THE MOST COMPLETE FACIAL THERAPY FROM ONE VERSATILE DEVICE. USING THREE APPLICATORS WITH DISTINCT MODES OF ACTION, TRIBELLA™ IS THE ULTIMATE SKIN REJUVENATION TREATMENT COMBINING RF, IPL AND SKIN RESURFACING IN ONE TREATMENT.

**90 MINUTES**

MON-THU: **HKD 4,380**

FRI-SUN: **HKD 4,680**

### ROSEWOOD EXTREME 360 | HIGH TECH

THIS TREATMENT IS SPECIFICALLY DEVELOPED TO MAXIMISE SKIN BEAUTY AND SMOOTH THE SIGNS OF AGING BY ACTING ON THE MOST SENSITIVE AREAS OF THE FACE. IT IS DESIGNED FOR MATURE, DEHYDRATED, TIRED AND DULL SKIN USING AN EIGHT-STEP PROCESS FOR SKIN RECOVERY. A COMPREHENSIVE AND INTOXICATING TREATMENT EXPERIENCE THAT IS UNPARALLELED, YOUR SKIN FINDS RADIANCE, VITALITY AND FIRMNESS. ALSO INCLUDES A RESULTS-DRIVEN COMBINATION OF ASAYA'S PHOTOFACIAL THERAPY, USING INTENSE PULSED LIGHT THERAPY TO TARGET HYPERPIGMENTATION AND FINE LINES AND HELP IMPROVE COLLAGEN PRODUCTION.

**120 MINUTES**

MON-THU: **HKD 3,780**

FRI-SUN: **HKD 4,080**





## **ABSOLUTE RADIANCE RITUAL | HIGH TECH**

A “GLOW ACTIVATOR INTENSIVE PROGRAM” CREATED FOR SKIN WITH OVER-EXPOSURE TO UV AND INCREASED PIGMENTATION CONCERNS, WHICH WORKS TO RESTORE THE ORIGINAL SKIN RADIANCE OF THE FACE, NECK AND DÉCOLLETÉ. ALSO INCLUDES A RESULTS-DRIVEN COMBINATION OF ASAYA’S PHOTOFACIAL THERAPY, USING INTENSE PULSED LIGHT THERAPY TO TARGET HYPERPIGMENTATION AND FINE LINES AND HELP IMPROVE COLLAGEN PRODUCTION.

**120 MINUTES**

MON-THU: **HKD 3,080**

FRI-SUN: **HKD 3,380**

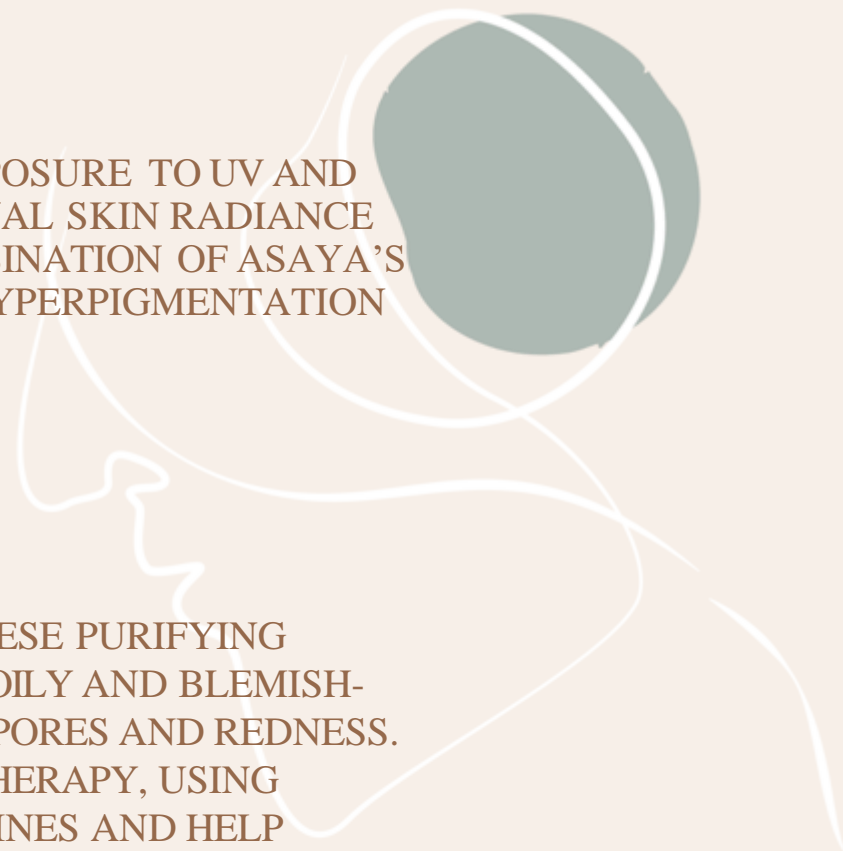
## **ESSENTIAL DETOX RITUAL | HIGH TECH**

THIS DEEP CLEANSING “SKIN PERFECTING” TREATMENT IS INSPIRED BY A JAPANESE PURIFYING TRADITION FOR A FLAWLESS COMPLEXION. IT’S DESIGNED FOR COMBINATION, OILY AND BLEMISH-PRONE SKIN TYPES TO REDUCE EXCESS OIL PRODUCTION, PIMPLES, ENLARGED PORES AND REDNESS. ALSO INCLUDES A RESULTS-DRIVEN COMBINATION OF ASAYA’S PHOTOFACIAL THERAPY, USING INTENSE PULSED LIGHT THERAPY TO TARGET HYPERPIGMENTATION AND FINE LINES AND HELP IMPROVE COLLAGEN PRODUCTION.

**90 MINUTES**

MON-THU: **HKD 2,280**

FRI-SUN: **HKD 2,580**



## THE GLOW | HIGH TECH

THIS EXTENDED “HIGH-TECH” 120-MINUTE VERSION OF “THE GLOW” – A PERSONALISED TREATMENT EXCLUSIVELY DESIGNED FOR ASAYA BY DR. BARBARA STURM – ALSO INCLUDES A RESULTS-DRIVEN COMBINATION OF ASAYA’S COLLAGEN-BOOSTING RADIOFREQUENCY AND LED THERAPY, TO DELIVER POTENT ANTI-AGING EFFECTS, HELP SCULPT FACIAL MUSCLES AND PLUMP AND FIRM YOUR SKIN FOR A SUPREMELY RADIANT NATURAL GLOW.

**120 MINUTES**

MON-THU: **HKD 3,780**

FRI-SUN: **HKD 4,080**

## BRIGHTENING FACIAL | HIGH TECH

THE BRIGHTENING FACIAL DECREASES THE APPEARANCE OF HYPERPIGMENTATION AND GENTLY BRIGHTENS THE SKIN WITH NATURAL INGREDIENTS WHILE COMBATTING THE OXIDATIVE STRESSES THAT CAUSE PREMATURE AGING AND DARK SPOTS. THIS NON-AGGRESSIVE TREATMENT IS DESIGNED TO COMBAT LACKLUSTRE AND UNEVEN COMPLEXIONS, AND PROVIDE A COCKTAIL OF NURTURING AND NUTRITIVE INGREDIENTS. YOUR SKIN IS LEFT SMOOTHER, BRIGHTER AND MORE VIBRANT-LOOKING.

**75 MINUTES**

MON-THU: **HKD 2,580**

FRI-SUN: **HKD 2,880**



## **SUPER ANTI-AGING FACIAL | HIGH TECH**

THE SUPER ANTI-AGING FACIAL REPLENISHES THE SKIN'S MOISTURE RESERVOIRS AND BOOSTS THE SKIN'S NATURAL BARRIER FUNCTION, RESULTING IN A SMOOTHER AND MORE YOUTHFUL COMPLEXION. EXCLUSIVELY DESIGNED WITH DR. STURM'S RE-SCULPTING AND ANTI-GRAVITY MASSAGE, THIS COSMETIC TREATMENT REACHES DEEPER LAYERS OF THE SKIN, REDUCING THE APPEARANCE OF FINE LINES AND WRINKLES, RESULTING IN A YOUNGER AND MORE LUMINOUS APPEARANCE.

**90 MINUTES**

MON-THU: **HKD 3,080**

FRI-SUN: **HKD 3,380**

## **MEN'S FACIAL | HIGH TECH**

CUSTOMISED TO THE SPECIFIC NEEDS AND CHALLENGES OF MEN'S SKIN, THIS TREATMENT CLEANSSES, TONES, SOOTHES AND COMFORTS SKIN THAT CAN OFTEN BE IRRITATED FROM SHAVING. EXFOLIATING, CALMING AND NOURISHING FOR THE COMPLEXION, THE MEN'S FACIAL REMOVES ROUGH OR DRY SKIN AND IMPROVES SKIN BARRIER FUNCTION, WHILE ALSO FIGHTING THE SIGNS OF AGING, UNDER-EYE DISCOLORATION AND PUFFINESS. THIS TREATMENT RESTORES AND CALMS THE COMPLEXION TO LEAVE THE SKIN LOOKING REVITALISED, WHILE VISIBLY REDUCING THE APPEARANCE OF DEEPER FACIAL LINES AND WRINKLES TO WHICH MEN ARE MORE PRONE.

**75 MINUTES**

MON-THU: **HKD 2,580**

FRI-SUN: **HKD 2,880**



## RADIO FREQUENCY| LIFTING & FIRMING

SKIN PROGRAMME OF WEEKLY SESSIONS

A SERIES OF NON-ABLATIVE DEEP DERMAL HEATING TO STIMULATE COLLAGEN PRODUCTION AND REBUILD THE STRUCTURE OF THE SKIN.

**45 MINUTES**

INDIVIDUAL SESSION: **HKD 1,800**

SERIES OF 6: **HKD 9,720**



## HIGH-TOUCH FACIAL

### ROSEWOOD EXTREME 360 | HIGH TOUCH

THIS TREATMENT IS SPECIFICALLY DEVELOPED TO MAXIMIZE SKIN BEAUTY AND SMOOTH THE SIGNS OF AGING BY ACTING ON THE MOST SENSITIVE AREAS OF THE FACE. IT IS DESIGNED FOR MATURE, DEHYDRATED, TIRED AND DULL SKIN USING AN EIGHT-STEP PROCESS FOR SKIN RECOVERY. A COMPREHENSIVE AND INTOXICATING TREATMENT EXPERIENCE THAT IS UNPARALLELED, YOUR SKIN FINDS RADIANCE, VITALITY AND FIRMNESS.

**90 MINUTES**

MON-THU: **HKD 3,480**

FRI-SUN: **HKD 3,780**

### ABSOLUTE RADIANCE | HIGH TOUCH

FOUR WEEKLY SESSIONS RECOMMENDED PER MONTH.

A “GLOW ACTIVATOR INTENSIVE PROGRAM” CREATED FOR SKIN WITH OVER-EXPOSURE TO UV AND INCREASED PIGMENTATION CONCERNS, WHICH WORKS TO RESTORE THE ORIGINAL SKIN RADIANCE OF THE FACE, NECK AND DÉCOLLETÉ.

**90 MINUTES**

MON-THU: **HKD 2,780**

FRI-SUN: **HKD 3,080**





## ESSENTIAL DETOX RITUAL | HIGH TOUCH

THIS DEEP CLEANSING “SKIN PERFECTING” TREATMENT IS INSPIRED BY A JAPANESE PURIFYING TRADITION FOR A FLAWLESS COMPLEXION. IT’S DESIGNED FOR COMBINATION, OILY AND BLEMISH-PRONE SKIN TYPES TO REDUCE EXCESS OIL PRODUCTION, PIMPLES, ENLARGED PORES AND REDNESS.

**60 MINUTES**

MON-THU: **HKD 1,980**

FRI-SUN: **HKD 2,280**

## THE GLOW | HIGH TOUCH

DEBUTING AT ASAYA, “THE GLOW” – A PERSONALISED TREATMENT DESIGNED FOR ASAYA EXCLUSIVELY BY DR. BARBARA STURM – IS A 90-MINUTE VERSION OF DR. STURM’S SIGNATURE STURMGLOW™ FACIAL THAT IS ENHANCED BY HER ANTI-AGING MASSAGE AND LYMPHATIC DRAINAGE TECHNIQUES. IDEAL FOR ANTI-AGING, THIS “HIGH-TOUCH” VERSION OF THIS TREATMENT INCLUDES ASAYA’S LED LIGHT THERAPY TO REDUCE INFLAMMATION, PLUMPING AND FIRING YOUR SKIN TO LEAVE YOU WITH A COMPLETELY REJUVENATED COMPLEXION.

**90 MINUTES**

MON-THU: **HKD 3,480**

FRI-SUN: **HKD 3,780**



## BRIGHTENING FACIAL | HIGH TOUCH

THE BRIGHTENING FACIAL DECREASES THE APPEARANCE OF HYPERPIGMENTATION AND GENTLY BRIGHTENS THE SKIN WITH NATURAL INGREDIENTS WHILE COMBATTING THE OXIDATIVE STRESSES THAT CAUSE PREMATURE AGING AND DARK SPOTS. THIS NON-AGGRESSIVE TREATMENT IS DESIGNED TO COMBAT LACKLUSTRE AND UNEVEN COMPLEXIONS, AND PROVIDE A COCKTAIL OF NURTURING AND NUTRITIVE INGREDIENTS. YOUR SKIN IS LEFT SMOOTHER, BRIGHTER AND MORE VIBRANT-LOOKING.

**60 MINUTES**

**MON-THU: HKD 2,380**

**FRI-SUN: HKD 2,680**

## CLARIFYING FACIAL | HIGH TOUCH

FORMULATED FOR BLEMISH-PRONE SKIN, DR. STURM'S CLARIFYING FACIAL DIRECTLY IMPROVES THE SKIN'S PROTECTIVE BARRIER AND HELPS TO RESTORE ITS NATURAL BALANCE. THE ACTIVE INGREDIENT COMPLEX IN DR. STURM'S SKIN-NOURISHING PRODUCTS USED FOR THIS FACIAL REDUCES DISCOMFORT AND ALLEVIATES SKIN SENSITIVITY AND IRRITATION FOR AN INSTANT CALMING EFFECT, WHILE ADDRESSING THE SIGNS OF AGING BY REDUCING THE APPEARANCE OF FINE LINES AND WRINKLES. YOUR SKIN IS LEFT LOOKING CLEAR, HYDRATED AND RADIANTLY SMOOTH.

**60 MINUTES**

**MON-THU: HKD 2,380**

**FRI-SUN: HKD 2,680**



## **SUPER ANTI-AGING FACIAL | HIGH TOUCH**

THE SUPER ANTI-AGING FACIAL REPLENISHES THE SKIN'S MOISTURE RESERVOIRS AND BOOSTS THE SKIN'S NATURAL BARRIER FUNCTION, RESULTING IN A SMOOTHER AND MORE YOUTHFUL COMPLEXION. EXCLUSIVELY DESIGNED WITH DR. STURM'S RE-SCULPTING AND ANTI-GRAVITY MASSAGE, THIS COSMETIC TREATMENT REACHES DEEPER LAYERS OF THE SKIN, REDUCING THE APPEARANCE OF FINE LINES AND WRINKLES, RESULTING IN A YOUNGER AND MORE LUMINOUS APPEARANCE.

**60 MINUTES**

MON-THU: **HKD 2,780**

FRI-SUN: **HKD 3,080**

## **MEN'S FACIAL | HIGH TOUCH**

CUSTOMISED TO THE SPECIFIC NEEDS AND CHALLENGES OF MEN'S SKIN, THIS TREATMENT CLEANSSES, TONES, SOOTHES AND COMFORTS SKIN THAT CAN OFTEN BE IRRITATED FROM SHAVING. EXFOLIATING, CALMING AND NOURISHING FOR THE COMPLEXION, THE MEN'S FACIAL REMOVES ROUGH OR DRY SKIN AND IMPROVES SKIN BARRIER FUNCTION, WHILE ALSO FIGHTING THE SIGNS OF AGING, UNDER-EYE DISCOLORATION AND PUFFINESS. THIS TREATMENT RESTORES AND CALMS THE COMPLEXION TO LEAVE THE SKIN LOOKING REVITALISED, WHILE VISIBLY REDUCING THE APPEARANCE OF DEEPER FACIAL LINES AND WRINKLES TO WHICH MEN ARE MORE PRONE.

**60 MINUTES**

MON-THU: **HKD 2,380**

FRI-SUN: **HKD 2,680**



# WAXING

## WAXING

### LOWER LEG

MON-THU: HKD 380

FRI-SUN: HKD 580

### UPPER LEG

MON-THU: HKD 480

FRI-SUN: HKD 680

### FULL LEG

MON-THU: HKD 680

FRI-SUN: HKD 880

### UNDERARM

MON-THU: HKD 350

FRI-SUN: HKD 550

### HALF ARM

MON-THU: HKD 380

FRI-SUN: HKD 580

### FULL ARM

MON-THU: HKD 480

FRI-SUN: HKD 680

### BIKINI

MON-THU: HKD 450

FRI-SUN: HKD 650

### BRAZILIAN/ HOLLYWOOD

MON-THU: HKD 680

FRI-SUN: HKD 880

### EYEBROW

MON-THU: HKD 280

FRI-SUN: HKD 480

### LIP

MON-THU: HKD 280

FRI-SUN: HKD 480

### CHIN

MON-THU: HKD 280

FRI-SUN: HKD 480

### CHEST

MON-THU: HKD 580

FRI-SUN: HKD 780

### CHEEK

MON-THU: HKD 380

FRI-SUN: HKD 480

### BACK

MON-THU: HKD 780

FRI-SUN: HKD 980

### FULL FACE

MON-THU: HKD 880

FRI-SUN: HKD 1080



## THREADING

### EYEBROW

MON-THU: **HKD 350**

FRI-SUN: **HKD 450**

### LIP

MON-THU: **HKD 350**

FRI-SUN: **HKD 450**

### CHIN

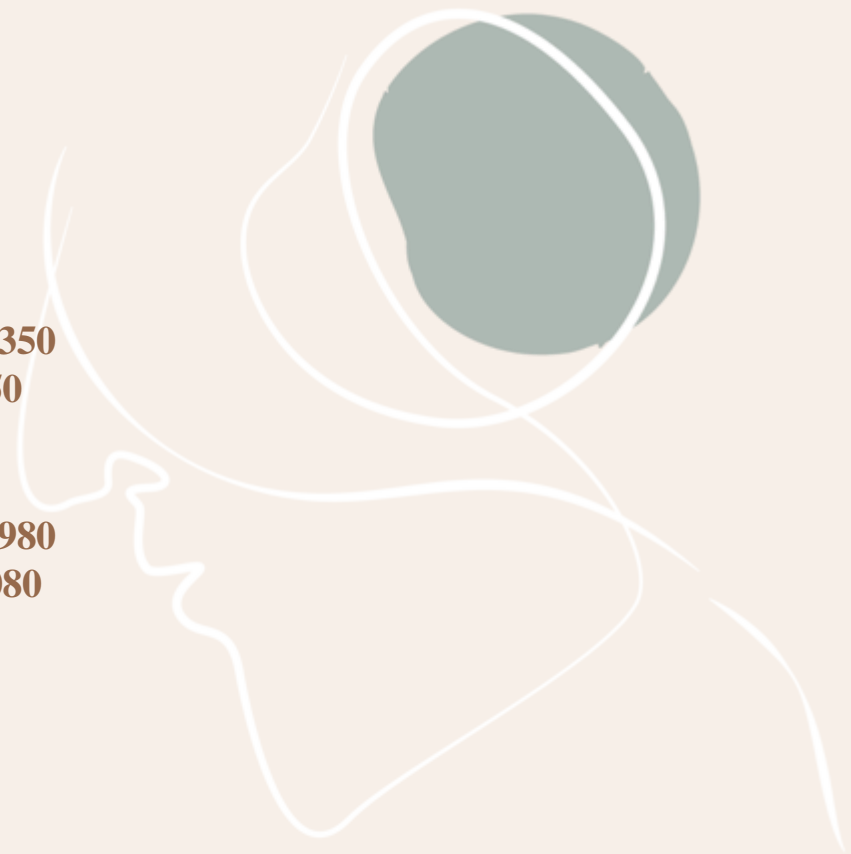
MON-THU: **HKD 350**

FRI-SUN: **HKD 450**

### FULL FACE

MON-THU: **HKD 980**

FRI-SUN: **HKD 1080**





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