

U R S P A

UR SPA

MODERN SCIENCE. ANCIENT HEALING.

These are the core principles of UR SPA. Amidst the stress of an occasionally overwhelming city, we have created a signature story of integrated, result-driven wellness within an urban and chic sanctuary of revitalisation.

Located across floors 5 and 7 of the hotel along with a 24-hour state of the art Gymnasium and Movement Studio, UR SPA, at its core, is about tangible, genderless and result-driven treatments that work around our guests' schedules. Tailor-made treatments using CHA LING L'Esprit du Thé, a brand developed by LVMH Research in France that harvests the power of Traditional Chinese Medicine with the art of French beauty, organic formulations by one of the industry-leading creators of wellness products – COMFORT ZONE Italy, and the innovative products of NATURA BISSÉ Spain, offer anything from 30-minute express treatments to whole day rituals.

Gender-neutral therapies and exquisite design are the core ingredients of our therapeutic wellness center. After any of our treatments, unwind at one of UR SPA's numerous relaxation spaces or browse for an exclusive gift from our luxury retail space.

NATURA BISSÉ TREATMENTS

THE 3D COLLAGEN SHOCK

60/90 min. | 1,680/1,880

SCULPTS • FIRMS • TIGHTENS

Feel the power of this remodeling and firming treatment with three varieties of collagen that sculpts and defines your facial contour, improves skin density and preserves moisture. This innovative facial treatment provides an outstanding lifting and re-densifying effect while revealing incredibly supple and plump skin.

DIAMOND ULTIMATE RADIANCE

60 min. | 1,680

REPAIRS • LIFTS • RADIATES

A masterful combination of intensive repairing treatments, which soothes and regenerates the skin. A lifting and rejuvenating mask with pearl and gold extracts, will reveal a youthful looking and powerfully hydrated complexion, improving elasticity, increasing luminosity and reducing fine lines and wrinkles.

DIAMOND EYE BRIGHTENER

30 min. | 680

BRIGHTENS • STIMULATES • SOFTENS

Soothing, repairing treatment that includes a powerful lifting and rejuvenating eye mask with pearl and gold extracts to revive even the most tired eyes.

V-LINE NECK BOOSTERS

30 min. | 680

DEFINES • LIFTS • TIGHTENS

Adds extra definition or lifting to help sculpt the jawline, chin and décolleté. Depending on your skin's needs, your therapist will consult and recommend a treatment that will remodel or tighten.

LOMI JUMA

60/90 min. | 1,180/1,580

ENERGIZES • BALANCES • SOOTHES

Restore your inner balance with a fusion of massages inspired by different techniques. This treatment improves microcirculation, releases joint tension and relaxes your muscles for enhanced physical and mental well-being. Just the gift your body and mind deserves.

QUIROGOLF

60/90 min. | 1,180/1,580

RELAXES • RELIEVES • RELEASES

Relieve and reduce joint pain, stiffness and muscle tension with this perfect deep massage performed with golf balls. These golf balls are used to increase the effectiveness and depth of the massage, which focuses on relaxing fatigued muscles.

SIGNATURE CHA LING EXPERIENCES

Our signature experiences have been designed with CHA LING skincare to follow the body's biological rhythms and are adapted to the different times of day. Influenced by Chinese medical traditions, all treatments blend techniques inspired by Traditional Chinese Medicine to re-harmonize energy flows or *Qi*, and detoxify the skin with a purely French massage technique to plump and tone the muscles of the body and face.

SIGNATURE FACE AND BODY RITUALS - ENERGY RHYTHMS

90 min. | 1,680

Designed to completely revitalise and restore, the signature face and body rituals comprise of three movements: The **Chen Jian Awakening** stimulates *Yang* energy in the morning and **Wu Jian Vitality** balances *Yin and Yang* in the afternoon, while **Wan Jian Harmony** boosts *Yin* energy in the evening. Beginning with a 30-minute facial massage that combines gentle yet targeted use of *Gua Sha* with a manual kneading technique and intensive re-sculpting that detoxifies while reversing the effects of aging, the treatment continues with a 60-minute muscle and energy-boosting body massage. A most profound experience where body and mind are reconciled, the energy is fully restored and skin glows with vitality.

AN ESCAPE FOR TWO

90 min. | 2,880

Our Signature Face and Body Rituals for two provides the perfect detoxifying and relaxing getaway for couples looking to spend quality time together while being able to restore well-being.

CHA LING SHEN TI – BODY TREATMENTS

SIGNATURE BODY RITUALS - ENERGY RHYTHMS

60/90 min. | 1,080/1,480

Our signature body rituals are tailored to the time of day, following the energy rhythms of the body to awaken and tone in the morning, boost energy in the afternoon and as the ultimate anti-stress treatment in the evening. Blending slow movements with firm pressure to stimulate the body's energy points, your therapist will use the palms of the hands to work the muscles deeply, intelligently combining gentle yet targeted use of face and body to smooth muscle kinks and tangled nerves.

BA GUAN FIRING BODY TREATMENT

60 min. | 1,080

The *Ba Guan* Firing Body Treatment is a draining massage featuring a CHA LING exclusive tool, the *Ba Guan*. Inspired by traditional Chinese suction cups, and re-interpreted for an application with a French approach to beauty, its suction and movement smooths and firms stubborn areas of your body. It redefines the contours of the legs, waist and abdominal areas and reveals a visibly more toned silhouette.

CHA LING MIAN BU – FACE TREATMENTS

SIGNATURE FACE RITUALS - ENERGY RHYTHMS

60 min. | 1,080

Intelligently adapting to the skin's chronobiology and designed to smooth and tone the face while harmonizing energy flow, our signature face treatments combine the highly effective techniques of Traditional Chinese Medicine with French massage methods to provide an energy boost in the **morning**, detoxification in the **afternoon** and rejuvenation in the **evening**. Your skin will be at its optimal state, no matter the time of day.

EXPERT FACE TREATMENT

90 min. | 1,480

The Expert Face treatments offer intense and targeted techniques and products tailored to your needs while re-energizing the most vulnerable areas – eye contour, jawline, neck and décolleté – for instantly visible and long-lasting results.

ANTI-AGING TREATMENT

This lifting and firming treatment features an intensive massage that re-sculpts and tones the face. The result is intensively rejuvenated skin that glows with youthfulness.

RADIANCE TREATMENT

Banish dullness with this revitalizing treatment that tones the skin with an invigorating hot and cold massage. Incomparably radiant and luminous skin awaits.

MOISTURISING TREATMENT

Restore your skin's moisture levels with this smoothing and plumping treatment that is designed to bring back the natural elasticity of the skin with an energising massage, leaving the skin deeply revitalised and hydrated.

PURIFYING TREATMENT

Designed to rebalance the skin and restore suppleness, this facial treatment draws out impurities with a detoxifying massage. Skin is clarified and brightened.

RADIANCE ANTI-WRINKLE TREATMENT

90 min. | 1,680

NEW RESTRUCTURING TECHNOLOGY P12 COMPLEX by French cosmetic masters, LVMH, associating the 8 polyphenols of fermented Pu'Er tea from Yunan China with beneficial improvement on skin anti-glycation, 4 polyphenols for synergic age-defying radiance action at every layer of the skin. The product is quickly absorbed into the skin targeting light lines, increasing firmness, and enhancing the skin's natural radiance.

COMFORT ZONE TREATMENTS

Our range of core therapies and treatments are developed with COMFORT ZONE using science-based conscious formulas to offer a comprehensive specific solution for every skin condition. Beyond pampering and self-indulgence; it is about honoring our skin and body and promoting beauty as the result of balance, health and vitality.

CORE THERAPIES

UR ACTIVE

90 min. | 1,480

An innovative anti-aging body experience that offers exceptionally visible results, this treatment combines an active essential full body exfoliation with the Urban Active Massage to invigorate and energise while soothing and releasing muscular tension.

UR VITAL

90 min. | 1,480

The treatment begins with a Sacred Nature full body exfoliation which renews and cleanses, with a combination of fruit enzymes such as papaya and kiwifruit along with glycolics and jojoba esters. This is followed by a detoxifying massage that focuses on problem areas such as hips and thighs to stimulate circulation and eliminate excess fluids. A full body wrap helps seal in all the benefits for a complete restoration of your well-being.

UR - A WARRIOR

90 min. | 1,480

A Himalayan salt full-body scrub deeply cleanses and invigorates by stimulating the circulation and reviving a dull complexion, followed by a Back to Basics deep tissue back massage to melt away unwelcome muscular knots and relieve tension in the neck and shoulders. Surrender to a Vital Foot Therapy that will bring your entire being into a complete state of relaxation.

UR - A GODDESS

90 min. | 1,680

This pampering therapy combats the effects of city life, focusing on areas most affected by stress, pollution and a busy lifestyle to restore and balance. Beginning with a Sacred Nature Gommage full body scrub, citrus extracts, jojoba esters and shea butter provide a delicate and deeply nourishing exfoliation. A botanical foot bath will follow, along with an acupoint leg massage using botanical oils to provide a much-needed release of tension. The treatment concludes with an Essential Cleanse express facial to deeply clean the pores, tone and refresh the complexion.

COMFORT ZONE – FACIALS

UR SIGNATURE FACIAL

75 min. | 1,380

This treatment is specifically designed for repairing damaged skin cells at night. Combined with sleep science and lifestyle, it protects and prevents free radical damage. It will soothe and calm sensitive or damaged skin, nourish and replenish moisture, provide vitamins and antioxidants. It is suitable for all skin types, especially those with a lack of nutrition, skin dryness, stress or fatigue.

HYDRAMEMORY COMPLETE

75 min. | 1,380

This therapy is designed to help to restore hydration, elasticity and luminosity. Strengthen the skin with effective antioxidant and anti-aging protection. For extremely dehydrated skin, and ideal for those showing the first signs of aging.

ACTIVE PURENESS COMPLETE

75 min. | 1,380

A deep cleansing treatment that gives an immediate luminous, smoothed and even appearance. Characterized by an innovative mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned.

SOOTHING REMEDY

75 min. | 1,380

INNOVATION: PREBIOTIC DEFENSE

Renewing, strengthening and soothing treatment, fragrance-free, recommended for skins which are sensitive, fragile and prone to redness. Smooths and restores the protective skin barriers through a delicate dermal-affinity action.

SUBLIME SKIN_DELUXE LIFT

90 min. | 1,680

This performing skin care is curated to help with appearance of skin elasticity, tone and firmness whilst promoting cell regeneration. It focuses on rejuvenation the skin with an immediate lifting and revitalizing. Particularly recommended for skins which are mature, thickened, have an uneven skin tone and wrinkles and visible loss of tone and volume.

EYE ENHANCEMENT

30 min. | 580

A dedicate eye care lightens dark circles and reduces puffiness. Fine lines and wrinkles around eye contour area are smoothed. Ideal for all skin types.

UR HEALING THERAPIES

TRADITIONAL CHINESE MASSAGE

60/90 min. | 1,080/1,380

An invigorating dry massage that draws on a combination of traditional Chinese techniques of acupressure, pinching, kneading with friction and gliding movements to relieve muscular aches, pains and patterns of disharmony in the body.

DEEP TISSUE MASSAGE

60/90 min. | 1,080/1,380

This sensation of this strong massage is enhanced by the warming properties of aromatherapy oil, using thumbs and elbows to work deep into the muscle tissue to release tension, relieve aches and accelerate the healing process of sore or pulled muscles.

REFLEXOLOGY

60/90 min. | 880/1,080

Drawing on foot reflexology techniques to apply focused pressure on reflex points located on the feet, this therapy improves blood circulation, increases energy and harmonises the entire body for serenity and well-being.

HUFU

60/90 min. | 1,280/1,580

HuFu therapy uses the professional techniques of traditional Chinese medicine, based on the meridians and acupoints of the body. This sculpting therapy mobilises the movement of *Qi* and the body's circulation. With the help of the copper plate *HuFu* sculpting tool, deep bone sculpting can effectively dredge human energy, stimulating the body's self-healing powers.

UR KIDS

60/90 min. | 880/1,180

The delicate therapy through special massage techniques for children to induce fostering of overall welling being, and enhance the immune function.

HEATING HEALING

60 min. | 880

By applying a combination of our exclusive heating black stone bed with head massage, blood and lymph flow is boosted and fatigue is dissipates. It is developed to provide a complete relaxation of body and mind.

EXFOLIATIONS

ACTIVE ESSENTIAL

30 min. | 480

A high performance anti-aging, revitalising and purifying full body scrub that offers exceptionally visible results after the very first treatment. The preventive action against the body's natural signs of aging is guaranteed by the particularly active formula.

SACRED NATURE GOMMAGE

30 min. | 480

A delicate and nourishing full body scrub with citrus extracts, jojoba esters and shea butter. Detoxifies, nourishes and protects the skin in a pleasant and embracing ritual. Provides a fresh, vibrant and dewy appearance to the skin and nutritional replenishment to depleted complexions.

ENVELOPMENT

RECOVER TOUCH

30 min. | 480

A deeply nourishing, multi-vitamin and antioxidant rich whole body treatment with reparative and protective benefits that absorbs easily for silky skin with a luminous glow.

EXPRESS TREATMENTS by CHA LING

EXPRESS DETOX TREATMENT

30 min. | 580

This ultimate express detoxifying face treatment is designed to eliminate toxins, purify and treat deep inside the skin. The complexion is left unified, luminous and radiating beauty.

EYE TREATMENT

30 min. | 580

This restorative, brightening and refreshing treatment was specifically formulated for the delicate eye contour area, combining tui na techniques to reduce puffiness, smooth wrinkles and lighten dark circles.

SHOULDER AND BACK MASSAGE

30 min. | 680

Focusing on the back, neck and shoulders, this treatment targets the conventional signs of stress for a complete and lasting relief of tension.

GENTLEMEN'S TREATMENTS

GENTLEMEN'S TREATMENTS by CHA LING

FACE REVITALISING

60 min. | 1,580

A purifying and moisturising face treatment specially adapted to men's skin, to refresh, tone and restore radiance.

BODY ENERGISING

60 min. | 1,380

An intensely relaxing muscle and energy-boosting body massage to tone and soothe. Ideal for those suffering from tension caused by stress, jet-lag or a busy lifestyle.

GENTLEMEN'S TREATMENT by COMFORT ZONE

URBAN RESCUE

60 min. | 1,580

A deep cleansing treatment that gives an immediate luminous, smooth and even appearance. Tailored specifically to the needs of gentlemen, this facial is complemented by an innovative, mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned.

UR SPA ETIQUETTE

- Please arrive for your appointment 15 minutes prior to your treatment time.
- Our UR SPA team is on hand to advise you on the treatments most tailored to your needs. In order for us to make the most appropriate recommendations, please complete the spa consultation card and notify us of any existing medical conditions.
- UR SPA is a smoke-free zone and its environment is one of tranquility and relaxation. Please contribute to the serenity by speaking in soft tones and respect the privacy of other guests by refraining from use of devices such as mobile phones or cameras.
- We recommend that you leave your personal belongings in your room safe, but if you do bring or wear them to the spa, a safe box will be provided for you. Kindly note that the hotel does not accept responsibility for any loss or damage to belongings.
- Please understand that your late arrival may be result in a reduction of treatment time as a courtesy to the next guest. We ask that guests provide a minimum of four hours' notice for changes or cancellations, otherwise the full cost of the treatment will be incurred.
- We welcome all guests aged 16 and above. Please note guests who appear intoxicated will be denied access to the spa.
- Gentlemen are advised to shave prior to all facial treatments to ensure that optimum results are achieved.
- Guests with high blood pressure, heart conditions, allergies or other medical conditions are advised to consult a doctor before signing up for any treatments.
- Pregnant or nursing guests may not be suitable for all treatments, our UR SPA team will guide you in selecting the treatments and services most suitable for you during this special time.

UR SPA

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