

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 Gym and Movement Studio, UR SPA, at its core, is about tangible, genderless and result-driven treatments that work around the guests' schedule. 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, and organic formulations by one of the industry-leading creators of wellness products COMFORT ZONE Italy, offer anything from 30-minute express treatments to whole day rituals.

Gender-neutral beauty treatments complement the intelligently designed therapeutic wellness choice. After any of our treatments, unwind at one of UR SPA's numerous relaxation spaces or pick an exclusive gift from the designated retail area.

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 philosophy, all treatments blend techniques inspired by Traditional Chinese Medicine to re-harmonise energy flows and detoxify the skin with a purely French massage method to plump and tone the muscles of the body and face.

SIGNATURE FACE AND BODY RITUALS - ENERGY RHYTHMS

90 min. | 1,450

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 face massage that combines gentle yet targeted use of Gua Sha with a manual kneading technique and intensive resculpting 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, energy is fully restored and skin glows with vitality.

AN ESCAPE FOR TWO

90 min. | 2,500

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

CHA LING LIAN BU – FACE TREATMENTS

SIGNATURE FACE RITUALS - ENERGY RHYTHMS

60 min. | 950

Intelligently adapting to the skin's chronobiology and designed to smooth and tone the face while harmonising energy flow, our signature face treatments combine the highly effective techniques of Traditional Chinese Medicine with French massage methods to provide an energising 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. | 1,280

The Expert Face treatments offer intense and targeted techniques and products tailored to your needs while re-energising the most vulnerable areas – eye contour, 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 dull skin with this revitalising treatment that tones the skin with an invigorating hot-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 draws out impurities with a detoxifying massage. Skin is clarified and brightened.

CHA LING SHEN TI – BODY TREATMENTS

SIGNATURE BODY RITUALS - ENERGY RHYTHMS

90 min. | 1,280

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 to work the muscles deeply, intelligently combining gentle yet targeted use of Gua Sha to smooth muscle kinks and tangled nerves.

BA GUAN FIRMING BODY TREATMENT

60 min. | 950

The Ba Guan Firming Body Treatment is a draining massage featuring a CHA LING exclusive tool, the Ba Guan. Inspired by traditional Chinese suction cups, and reinterpreted for an application with a French approach to beauty, its suction and movement smooth and firm stubborn areas of your body: the legs, buttocks, waist and abdominal area, redefine the contours of the body and reveal a visibly more toned silhouette.

ANTI JET-LAG

45/90 min. | 800/1,280

Designed for jet-setters and go-getters, this soothing face and body treatment specially tackles the effects of jet-lag to ease tensions. You will feel renewed and grounded after this treatment.

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 honouring our skin and body and promoting beauty as the result of balance, health and vitality.

CORE THERAPIES

UR ACTIVE

90 min. | 1,280

An innovative anti-aging body experience that offers exceptional 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. | 1,380

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 being.

UR - A WARRIOR

90 min. | 1,080

A Himalayan salt full body scrub deeply cleanses and invigorates by stimulating the circulation and reviving a sluggish 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. | 1,580

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.

TOUCH THERAPY

SACRED NATURE

30/60/90 min. | 380/580/880

A detoxifying, nourishing and protective treatment using products that have been formulated according to ecocert® guidelines, offering a natural treatment indicated for all skin types, including even the most sensitive.

URBAN ACTIVE

30/60/90 min. | 480/680/980

An innovative anti-aging body treatment that offers exceptional visible results. The skin appears compact and incredibly toned. The preventive action against the body's natural signs of aging is guaranteed by the particularly active formula, combined with a specific massage modality to activate the skin.

UR HEALING THERAPY

TRADITIONAL CHINESE MASSAGE

60/90 min. | 780/1,080

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. | 780/1,080

The 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. | 680/880

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.

EXFOLIATIONS

ACTIVE ESSENTIAL

30 min. | 380

A high performance anti-aging, revitalising and purifying full body scrub that offers exceptional 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. | 380

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.

ENVELOPMENTS

SKIN REGIMEN LONGEVITY BODY MASK

30 min. | 380

An intensive treatment based on essential oils to fight cellulite imperfections caused by a weakening of the microcirculation and a stagnation of the liquids. An immediate sensation of lightness and the reactivation of the upper leg identify the efficacy of the treatment.

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

35 min. | 500

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. | 500

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. | 500

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

FOOT RITUAL

30/60 min. | 500/880

This feet-specific ritual draws on traditional foot reflexology techniques to boost blood and lymph flow and relax the entire body.

HAND AND FOOT RITUAL

45 min. | 700

Enhance your well-being with this simple but effective ritual targeting the hands and feet using traditional reflexology techniques to put your mind and body at ease.

GENTLEMEN'S TREATMENTS

GENTLEMEN'S TREATMENTS by CHA LING

FACE REVITALISING

60 min. | 880

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

BODY ENERGISING

60 min. | 880

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.

HYDRA-ENERGETIC RITUAL

90 min. | 1,280

Specifically designed to meet men's needs, this relaxing ritual combines a 30-minute moisturising face treatment with a 60-minute muscle and energy-boosting body massage.

GENTLEMEN'S TREATMENT by COMFORT ZONE

URBAN RESCUE

60 min. | 680

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.
- Not all treatments may be suitable for pregnant or nursing guests. 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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