founded in New York in 1996, bliss ignited a modern spa revolution by combining a clever menu of super – effective services and a fun, “no-attitude” atmosphere, with trademark touches like rhythm and blue tunes, a brownie buffet and the friendliest, most talented staff on the planet, it’s no wonder we’ve gained a gaggle of grooming groupies over the past decade, today, we’re spreading the “rub” with bliss spas worldwide – so you can don your robe across the globe.

operation hours

- spa treatments: 9:00am - 11:00pm
- fitness center (FIT): 6:00am - 11:00pm
- swimming pool (WET): 6:00am - 10:00pm

to book an appointment, call spa concierge at 852 3717 2797

Reservation valid credit card information and contact details are required to secure each booking. Cancellation Policy any treatment amendment/cancellation must be made 24 hours prior to the booking, otherwise the full treatment fee will be charged. Service Charge all prices are subjected to 10% service charge except hotel in-room treatments with 20% service charge. Gift Cards and Spa Membership gift cards and privileged spa membership are available at bliss® @ W Hong Kong, information can be obtained by contacting the spa concierge. Spa Arrival please understand that late arrivals will not receive an extension of scheduled treatments. Ensuring our guests’ safety is crucial, a “guest-check in” form must be completed before each and every treatment begins. Age Requirement all spa guests must be 16 years of age or older to schedule or receive a bliss® service. Guests between the age of 16 and 18 can receive selected massages or facials, guests under the age of 16 may receive nail care services only when accompanied to bliss® by an adult. all guests under the age of 18 must bring a signed guardian consent form to their appointment. Health Conditions please advise us of any health conditions, allergies or injuries which could affect your service when making your spa reservation, please consult your doctor before using the spa heat & water facilities or exercise equipment if under medical supervision or if you are taking medication. Loss or Damage we regret that we cannot be responsible for any loss or damage of personal articles, please keep all valuables locked in your locker during your visit. Accidents or Injuries bliss® @ W Hong Kong shall not be liable for any accident or injury suffered by any guest. Price Modification bliss® reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask spa concierge when you book your appointment.

- all prices are subject to 10% service charge.
- bliss® reserves the right to modify, discontinue or raise prices on certain treatments without prior notice.

please refer to the insert for treatment price.

© represents treatments with machine therapy.

heat and water experience

signature package

face

great facial........................................................p.9
advanced machine facial therapy........................................p.12
- microdermabrasion
- infusion™ face electro-mesotherapy
- 4D RF and MP face youth therapy
- LPG endermologie® face contour therapy

body

massage............................................................p.15
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- 4D RF and MP body sculpture therapy
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nail care

upgrade ............................................................p.20
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poetic waxing

please refer to the insert for treatment price.

operation hours

spa treatments: 9:00am - 11:00pm
fitness center (FIT): 6:00am - 11:00pm
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please refer to the insert for treatment price.

© represents treatments with machine therapy.
heat and water experience

bliss® W Hong Kong offers extensive heat & water experience to complete the spa journey for each guest. merging ancient practices with the latest technology, the facilities are fit to mesmerize and delight. release stress and tension from your muscles, increase circulation, stimulate your immune system and promote a feeling of wellbeing.

harbor view vitality pool

incorporating a number of features to enable the bather to self-administer massage, the vitality pool is heated to temperatures of up to 38°c. it is equipped with ergonomic loungers designed to provide full body air jet.

experience shower

combined with lights and refreshing scents, these unique showers provide both cold and warm body jets that gently massage the body.

aroma steam room

maintained at a temperature of 42°c - 45°c, moist aromatic heat with heated floors, walls and seats are provided. the main feature is known for its healing properties to ease headaches and migraines, release tension and increase concentration, the body is warmed slowly and continuously, reaching the inner body and organs.

dry sauna

sauna is the only finnish word in the english dictionary, meaning “bath” or “bathhouse”. saunas first started as bathing rooms heated by stones placed in log fires and splattered with water; they were used to relax, improve overall health and promote wellbeing. high heat (average of 80°c) and low humidity (about 25°c) create an environment that encourages the body’s natural cleansing through perspiration. impurities are flushed away and clear and healthy skin is maintained.

* all prices are subject to 10% service charge.
* bliss® reserves the right to modify, discontinue or raise prices on certain treatments without prior notice.
signature package

all spa packages include complimentary access to our extensive heat & water experience as well as hong kong’s highest outdoor heated pool and jacuzzi with spectacular harbor view.

harbor view ‘BIP’ spa suite

looking for treatment for two? why not upgrade to our harbor view ‘BIP’ suite at a surcharge of hk$900 that includes a choice of your favorite soak (honey + vanilla cream, ginger + lemongrass oil or a signature bliss® bubbly blend) and a 30 mins private time to unwind your mind and relax the bodies, otherwise, upgrade to our harbor view ‘BIP’ suite without soak is just a mere hk$600.

perfect couple

\[
\text{duo indulgence} \\
\quad \text{choice of 60 mins massage} \\
\quad \text{choice of 30 mins scrub} \\
\quad \text{deluxe spa cuisine} \\
\quad \text{complimentary upgrade to harbor view ‘BIP’ spa suite}
\]

\[
\text{Just you and me} \\
\quad \text{our quality time} \\
\quad \text{choice of 90 mins massage} \\
\quad \text{choice of 30 mins buddy blend super soak} \\
\quad \text{complimentary upgrade to harbor view ‘BIP’ spa suite}
\]

’spa-tacular’ treat

\[
\text{my package, my way} \\
\quad \text{to book time rather than specific treatment, so services can be tailor-made to meet individual needs. 1 glass of seasonal healthy drink will be offered at the end of treatment to restore a natural state of equilibrium, complimentary upgrade to harbor view ‘BIP’ spa suite for two packages to be redeemed at the same time.}
\]

detox flow

\[
\text{jet lag go away} \\
\quad \text{105 mins deep sea detox body therapy} \\
\quad \text{‘the eyes’ have it} \\
\quad \text{1 glass of seasonal detox drink}
\]

hot off the stresses

\[
\text{sleep like a baby} \\
\quad \text{90 mins de-stress therapy} \\
\quad \text{choice of 30 mins buddy blend super soak} \\
\quad \text{element 30 mins buddy blend super soak} \\
\quad \text{de-stress body gift set} \\
\quad \text{1 glass of seasonal detox drink or 1 glass of champagne}
\]

spa party in style
tailor-made some fun, healthy and memorable time with your family / friends / team members for birthday / anniversary / bridal shower / team gathering, etc

\[
\quad \text{choice of exclusive venue with harbor view} \\
\quad \text{choice of treatment} \\
\quad \text{choice of food & beverage amenity} \\
\quad \text{fruits platter/cupcake/chartered cheese/brownie/choice of drink} \\
\quad \text{themed venue decoration and giveaway gift} \\
\quad \text{complimentary access to heat & water experience} \\
\quad \text{complimentary access to hong kong’s highest outdoor heated pool and jacuzzi}
\]

*please contact spa concierge for more details.

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the multi-'face'-eted customized facial

for skin transformational change, the 3D-step, 90 mins multi-layer anti-aging facial includes: a skin-refining microdermabrasion session, infusion™ intensive hydration electro-mesotherapy, a professional-strength peel, pore purging extractions, a layering of our exclusive, professional-grade formulas, this loaded service works to firm, smooth, and reduce the appearance of wrinkles and discoloration, helping skin look years younger in less than two hours.

diamond life infusion experience

the art of youth, unprecedented “youth elixir” that provides unparalleled skin rejuvenating effects focused on the science of skin age biomarkers and specific massage techniques, this intensive treatment ensures brighter, firmer, noticeably younger-looking skin, a global skin rejuvenation that restores the youthful definition of the facial contours, improves skin texture and diminishes fine lines and wrinkles in just one session, the wonderful facial treatment includes a heavenly diamond hand ritual where a luxurious diamond-infused cream gently caresses the skin to restore youth.

diamond multisensorial lifting experience

a genuine multisensory cosmetic lift, a first in the world of beauty developed to regenerate and energize the skin. a combination of sophisticated active ingredients with extraordinary rejuvenating properties that penetrate into the deepest layers of the skin, providing it with the firmness necessary to stimulate unprecedented regeneration, it reinforces the skin’s natural defense system, maintains a long-lasting hydration level and improves elasticity, its spectacular lifting effect acts from within the deeper layers of the skin.

radiance perfector

complexion savior for tired skin, this facial draws on the power of pure collagen, pure hyperbaric oxygen to address skin concerns such as blemishes, redness, uneven pigmentation and skin lacking moisture, this treatment detoxifies, brightens and refines skin texture leaving the face with a radiant and youthful glow.

3D collagen shock facial

triple firmness, a cutting edge intensive lifting and face contouring treatment which provides you triple effectiveness and triple firmness, the synergic combination of three types of collagen extracted from marine origin and of different molecular weight (macro, medium and micro), whose amino acid composition is very similar to the skin’s collagen composition, they are specifically selected to act on the different layers of the skin to triple the effectiveness of the active ingredient and strengthen its structure from within, resulting in stronger and more supple skin.

24 carat gold and collagen facial

red carpet treatment, the ultimate skin brightening treatment using the powerful properties of 24 carat gold and pure collagen, the facial begins with a plumping pure collagen mask combined with a lifting and toning massage, 24 carat gold leaf is applied and massaged into the skin using gentle, circular movements, the treatment ends with a spritz of pure collagen spray to give a youthful glow.

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The veil provides a long-lasting sense of well-being to the skin, revealing an extremely radiant complexion.

3D wrinkle smoothing density treatment

A 3-step inspired by botox and hyaluronic acid injections to smooth wrinkles and a lift effect to redefine facial contours, complete and effective against wrinkles, result in effectively reduced expression lines and smoothed deep wrinkles after treatment.

Mesoforce revitalizing plumping treatment

A customizable treatment directly inspired by a session of mesotherapy in an esthetic doctor’s office for complete revitalization of the skin; it boosts hydration and revives the radiance of marked, dehydrated and saturated skin, result in completely moisturized and strengthened skin after treatment.

Precious caviar

Silky touch. This massage-based facial is deeply hydrating, lifting and detoxifying, its youth promoting properties rejuvenate and instantly brighten even the dullest complexions, thanks to regenerating, clinically-proven refined golden millet oil, pure anti-aging and hydrating precious caviar algae melts into the skin with a unique blend of myofascial and face, neck and shoulder massage to define and lift facial contours, and assist with lymphatic drainage. During application of the glow-inducing lifting mask, you can opt for a soothing acupressure scalp massage, leg and foot massage, hand and arm massage or a digestion-calming stomach massage.

I-therapy photo youth treatment

Kol’s secrets. An innovative youth treatment that echoes led light therapy and laser techniques. It offers maximum efficacy on skin firmness and on the radiance and evenness of the complexion. Result in visible firming and radiant skin after treatment.

Renewing resurfacing treatment

Oily skin have an answer. A high concentration acid exfoliation for complete skin resurfacing, the complexion is visibly more even and bright and skin texture is refined. Result in fully plumped and luxuriously youthful skin after treatment.

Diamond brightening system

Our #1 professional depigmentation treatment. A treatment that effectively evens skin tone with high concentrations of revolutionary active ingredients, preventing the skin from aging due to pigmentation disorders, based on a powerful anti-spots concentrate stimulating the elimination of hyperpigmentation, effectively reducing dark spots of different sizes, depth and intensity. It prevents the formation of new pigment accumulation and, therefore, new areas with uneven pigmentation. Finally, a moisturizing veil provides a long-lasting sense of well-being to the skin, revealing an extremely radiant complexion.

Intense age defying facial

Sagging skin, dull skin tone and wrinkles are all telltale signs of aging as the excessive exposure to environmental aggressors. This is a restorative treatment that slows down the effects of time from the most basic level, the cellular one, natural collagen amino acids, isoflavones and antioxidant vitamins (a+c+e) act from within the deeper layers of the skin to thoroughly rejuvenate and nurture it. As a result, we obtain firmer and more radiant skin.

Enzymatic detoxifying cure

Sar + acne answer to sensitive skin. A meticulous cleansing protocol based on thermos-active enzymatic detox; enzymatic heat to open and soften pores and botanical freshness to close and purify them. In addition to extractions performed with an impeccable and innovative technique, the cure includes a nano-stimulant mask with a deliciously foamy texture that expands on the skin, carefully releasing all of its moisturizing, smoothing and restoring properties. Finally, a moisturizing veil with color illuminates the skin.

Citrus essence

For the lover of outdoor activities, a facial ritual created for those looking for global care and well-being, a treatment that provides the perfect combination between the richest products such as Mediterranean citrus and the most exclusive contouring massage techniques. This incredible experience ends with an exquisite citrus aromatherapy, the result is luminous and radiant skin.

Oxygen awakening facial

Inhale every pore with a blast of pure oxygen. A facial for all skin types. It is especially beneficial for those who have dull or dehydrated skin, or skin that is lacking in tone and vitality, so it is ideal for frequent travelers, smokers or those who live in a polluted environment. This treatment releases molecules of pure oxygen into the skin that provide energy to cells and help remove toxins from pores to induce a state of purity and relaxation.

Homme fresh up

Fine tuning for men. A treatment created for men’s skin, since stress and daily shaving detract vitality, the perfect combination of highly effective products that adapt to the needs of each skin type, along with soothing massages on the scalp, neck and shoulders, will induce total relaxation. Inspired and adapted by traditional barbers, which soothed the skin during shaving, this treatment incorporates a ritual of wet towels followed by a stimulating face massage to provide the skin with a youthful, fresh and clean appearance.

Oxygen blast™

This quick complexion pick-me-up includes a fruit acid peel, antioxidant vitamin massage, hydrating enzyme pack and oxygen spray, glowing skin, coming ‘bright’ up!

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advanced machine facial therapy

microdermabrasion

deepest cleansing. these resurfacing facials use a gentle spray of micronized crystal particles to exfoliate dead cells on skin’s surface layers, revealing a fresher, younger-looking complexion.

steeple clean® aging + acne answer. perfect for 'problem' skin, this no-holds-barred facial combines a thorough microderm session with pore-purging extractions and an oxygen wrap, plus breakout-busting and calming masks to leave skin looking both clear and younger than its years.

crystal clearing micro + mask mix. after your face is cleansed and polished to perfection, it is pacified with a calming skin-type-specific rubberizing mask chosen to suit your skin’s needs, leaving you super smooth and seriously soothed.

peeling groovy all the good stuff facial. this speedy smoother starts with a thorough cleansing, follows with microdermabrasion and a brightening mushroom enzyme peel, and finishes with a facial massage using our triple oxygen + c energizing cream, our most popular anti-aging quick fix.

infusion™ face electro-mesotherapy

strengthens the skin from inside. safe, needle-free alternative to traditional mesotherapy, based on ion wave technology, infusion™ use precisely crafted pulse waves to maximize cell permeability and absorption of the enriching solutions (a blend of special serums, proteins and healing agents precisely formulated for the specific application for optimal results), enhancing the overall appearance of the face with instant revitalization/plumping effect and improve the inner strength of the skin.

intensive hydration therapy replenish the skin with hyaluronic acid and essential nutrients to restore the skin’s delicate balance and barrier function, also diminish the signs of premature aging.

collagen booster therapy a highly concentrated firming treatment that aims at tightening sagging skin and returning the look of youthful elasticity, the key ingredients of vitamin c and unique peptide complex stimulate the healthful production of pro collagen, improve skin tonicity and overall skin structure.

lifting & anti-aging therapy improve skin tone and firmness. for resilient, youthful-looking skin, the key ingredients of natural walnut seed extract and glycoproteins reinforce the structural framework of the skin and reduces the appearance of wrinkles, fine lines and crow’s feet.

4D RF and MP face youth therapy

ultimate solution to youth. these treatments use RF (multipolar radio frequency) and MP (magnetic pulse) therapy together with varicure™ technology to produce a dense and uniform heat matrix to the face, which causes collagen synthesis and contraction, fibroblast proliferation, neo-vascularity and lypolysis, these treatments address all of your concerns in one program with immediate visible results, including cellulite reduction, wrinkle reduction and skin tightening/toning.

“v” face and neck contour & firming care this treatment promotes the synthesis of dermal collagen, instantly improves skin’s elasticity & firmness, regain youthful looks where facial contours become more defined and skin feels soft with a smoother jaw line.

“v” face and eye firming & brightening care this treatment aims to replenish collagen, repair damaged skin cells, lift sagging skin to promote the skin firmness and brighten the complexion, it is also looking at providing the solutions for: dark circles and puffiness, fine lines and wrinkles and dull and tired eyes.

LPG endermologie® face contour therapy

awakening therapy activate skin cells, improve circulation, improve the activity of the base, and other cosmetic treatment to enhance the effect and enhance skin absorption.

detoxification therapy improve skin tone and firmness. the key ingredients of natural walnut seed extract and glycoproteins reinforce the structural framework of the skin and reduces the appearance of wrinkles, fine lines and crow’s feet.

replumping therapy plump cheeks, remodeling apple muscle, enhance the nose profile, abundance, lip enrichment and reduce wrinkles, facial contouring and enhance facial shine.

resculpting therapy face slimming, reduce double chin, compact face shape, improve lymphatic circulation, drainage desculptation, slenderness, improve skin quality, improve neckline.

toning therapy for gentlemen enhance facial contours, v-face lift and firm skin, reduce wrinkles and activate the underlying cells of the skin.

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**massage**

**the ginger rub™**
rubdown+wrap-up combo, a massage legend that boasts a brisk rub of freshly grated, circulation stimulating ginger root and warm detoxifying essential oils, a cozy warming foil wrap and a full body massage to get to the ‘root’ of your tension.

**bespoke aroma**
tailor-made experience, you are invited to choose from our five signature essence oils that instinctively appeals to address your issue, the massage performed with your preferred pressure and technique with healing aromatherapy, helping to calm the nervous system, reduce your stress level and result in deep relaxation.

- **the nerve whacker™**
tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint essential oils.
- **hot off the stresses™**
fight stress-induced fatigue and flagging energy with an uplifting blend of lavender, bergamot and sage.
- **jet out™**
jilt jet lag with a time-aligning rub of pine, rosemary and eucalyptus.
- **deep sea detox**
expel any build-up toxins with this miracle oil to tone skin, promote lymph drainage and hydrate the skin. (as a result, you’ll feel slimmer too.)
- **shrink wrap**
fight weight with South African grapefruit essential oil to target the hardest cellulite spots to achieve your dream slender bod! oh! can’t believe it’s so easy.

**citrus ritual**
signature spoil-me sessions. this full-body massage begins with a sole-soothing warm wax foot wrap, followed by a ridiculously relaxing rubdown performed with your preferred pressure and technique with natura’s tisal most popular and unique citrus vitamin warm balm, to loosen you up and target your most troubled muscles. (we may have to peel you off the table when it’s over).

**deep tissue**
for arcing athletes and gym-goers, offers ‘winning’ relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap), ideal for athletes, weekend warriors or over-rubbed regulars.

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lymphatic iron touch
body deep cleaning from the inside out, this massage uses very unique iron tools and specially formulated essence oil to effectively and deeply stimulate the drainage of your lymphatic system, and the ensuing removal of toxins from your body via a boosted circulation, your skin becomes more vibrant and energy levels increase, this massage is recommended for those who face water retention, bloating, swelling and fatigue.

himalayan salt stone massage
magical stones to heal, caring for your body with every warm massage stroke, the himalayan salt stone massage delivers 84 essential minerals and elements to your skin. deep relaxation, deep restoration, improve your sleep significantly and find calm at a new level.

east meets ‘press’
tendon + muscle reliever, gets straight to the ‘point’ (without needles) of chronic tension and persistent pain with traditional chinese sports massage acupressure techniques.

LPG endermopuncture body therapy

deep layer detoxification, endermology® by LPG Cellu M6® generation 10 uses mechanical stimulation of your own biological reserves to activate metabolic processes. the synergy of 2 science-approved technologies allows to activate the body meridian points, improve connective tissue, blood circulation and lymphatic system, drain lactic acid and relieve fatigue to achieve deeper layer detoxification and relaxation.

thermal healing therapy

deep layer anti-fatigue, with 40 RF (multipolar radio frequency) and MP (magnetic pulse) technology, uniform heat is applied to the deeper layers of addressed skin part to maximize massage benefits, significantly release muscle pain, promote collagen production and contraction, improve the blood and lymph circulation, eliminate water retention and sculpture the body curve.

the rubber neck®
neck + shoulder nirvana, ‘shrug’ off tension with this targeted rubdown, which includes a pre-massage paraffin pack followed by kneading, stretching and acupressing to work the boulder out of your neck and shoulders.

shopper’s delight leg massage
attention, tired shoppers! spell sore stems with this lower leg massage, which includes a rubdown with the smoothing, stimulating scrub of your choice, application of our cooling, blood-battling fatigism and some tension taming ‘leg work’ from your knees to our toes, you’ll strut out feeling ready to hit the next sale (or ‘skin’ dig).

Caviar & Algae Detox
hot and cold detox, to cleanse the body and relax the mind, lymphatic drainage techniques, aromatherapy and meridian therapy are combined with precious caviar algae and pink himalayan salt in this full body treatment. the body is detoxified, blood circulation improved and skin texture refined thanks to the mineral rich and revitalizing effects of the caviar algae and pink himalayan salt, leaving the body rejuvenated inside and out and the mind calm.

the carrot and sesame body buff™
super-hydrating smoother, this trademark treatment serves up a veritable ‘buff’-et of skin-softening treats: a tropical treat. this invigorating polish features a light body brushing, warm japanese camellia oil drizzling, exotic lime and ginger salt glow

FabGirlism
signature slimming service, this circulation-stimulating, body-toning treatment includes dry brushing, application of firming essential oil, a rubberizing mask on cellulite-prone rear and thigh areas, a heated wrap and a rubdown with formulas from our famed ‘fatgirl’ collection. it’s a ‘bod’-send before slipping into something curve-hugging.

Exotic Lime & Ginger Salt Glow
a tropical treat: this invigorating polish features a light body brushing, warm japanese camellia oil drizzling, and top-to-bottom buffing with lime and ginger-tinged salt scrub. skin is left soft, smooth and ready for the ‘lime’-light.
**pregnancy care**

- **great expectations**  
- **peaceful pregnancy face and body experience**
- **organic mommy makeover retreat**
- **rookie mom rubdown**

**infusionTM body electro-mesotherapy**

- **advanced machine body slimming/firming**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>4D RF and MP body sculpture therapy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ultimate slim and tightening solution to targeted parts</td>
<td>90 mins</td>
<td>120 mins/90 mins</td>
</tr>
<tr>
<td>these treatments use RF (multipolar radio frequency) and MP (magnetic pulse) therapy together with VariPulse™ technology to produce a dense and uniform heat matrix to the body, which causes collagen synthesis and contraction, fibroblast proliferation, neo-vascularity and lypolysis. These treatments address all of your concerns in one program with immediate visible results, including cellulite reduction, wrinkle reduction and skin tightening/toning effects.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>lower body sculpture and wrap (full leg + abdomen or hips + thigh)</td>
<td>90 mins</td>
<td></td>
</tr>
<tr>
<td>this treatment starts with RF and MP sculpture on addressed areas, uniform heat is applied to the deeper layers of lower body skin to promote the production and contraction of collagen, improve blood and lymph circulation, break down stubborn fat into small particles and drained out of the body to eventually improve the contour of the addressed areas, it then follows up with a super-hydrating sweet orchid wrap to keep your skin firming, glowing with a beautiful lower body curve.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>lower body sculpture and wrap (hips + abdomen or arms + abdomen)</td>
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<td>this treatment starts with RF and MP sculpture on addressed areas, uniform heat is applied to the deeper layers of lower body skin to promote the production and contraction of collagen, improve blood and lymph circulation, break down stubborn fat into small particles and drained out of the body. It then follows up with a super-hydrating frangipani wrap to keep your skin firming, glowing with a beautiful lower body curve.</td>
<td></td>
<td></td>
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<tr>
<td>firm youth therapy</td>
<td>120 mins/90 mins</td>
<td></td>
</tr>
<tr>
<td>this treatment improves tone and firms the external layers of the epidermis, the key ingredients for microalgae extracts and essential amino acids reform collagen for immediate skin tightening effect, also help to remove toxins and excess water.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>contour youth therapy</td>
<td>120 mins/90 mins</td>
<td></td>
</tr>
<tr>
<td>this treatment is an effective anti-stretch mark treatment that repairs damaged skin, fully restores elasticity and regulates the collagen fiber matrix.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Prices
- All prices are subject to 10% service charge.
- Bliss® reserves the right to modify, discontinue or raise prices on certain treatments without prior notice.
- Please note that we do not perform any massage treatments on women in their first 12 weeks and the last 8 weeks of pregnancy.
- All prices are subject to 10% service charge.
- Bliss® reserves the right to modify, discontinue or raise prices on certain treatments without prior notice.
nail care

nail party in style
please refer to page 7 ‘spa party in style’ for details.

upgrade

paraffin upgrades
hand or feet

shellac™ – removal
manicure or pedicure

upgrade to french manicure / pedicure

polish change

the callus conqueror upgrade
hardened heel helper, dissolves stubborn calluses with a powerful exfoliating formula, then buffs them away with a thorough foot filing to reveal baby-soft soles.

manicure

luxury collagen hand

hands models’ favorite, this specially designed treatment combines a triple-action pure collagen mask with anti-aging myofascial lifting massage techniques, followed by a spritz of pure collagen spray to the backs of the hands and finished with hot cream manicure. leave your hands ready for modelling.

the upper hand™

turn back the ‘hands’ of time, a youth-inducing hand treatment for dry or sun-damaged hands featuring a brightening mask, warm paraffin treatment and hot cream manicure.

hot cream manicure

signature finger fixer-upper, this must-have mani includes a hot cream hand massage, cuticle clipping, pushing, perfecting and polishing.

the manly-cure™

essential mani for him, this ‘macho man’-icure starts with a hot cream hand massage, followed with a cuticle-sprucing session, and finished by buffing and shaping nails to perfection.

pedicure

foot patrol®

the ultimate power pedicure, gives scary ‘franken-feet’ a major overhaul with softening paraffin and added attention to callus buffing, sloughing and smoothing.

‘pedi’-colada

hot and cold feet, book ‘toe’ tickets to paradise with this tropical treatment, which includes a pineapple and coconut oil infused milk soak, sugar scrub, a hot stone massage, and a beach-worthy polish – all while you sip on a virgin pina colada.

double choc™

‘toe’-tal indulgence, enjoy your feet in ‘sweet’ with a hot chocolate milk skin smoothing soak, and polish off a tasty chocolate treat while you get polished.

the hot milk and almond pedicure™

signature foot fixer-upper, this perennially popular service includes a steamed whole milk and almond oil soak, a softening scrub and a perfect pedicure.

head over ‘heels’ pedicure™

citrus treat for feet, this sole-stimulating, citrus-scented pedicure features a blood orange + white pepper soak and scrub that will leave feet looking seriously a-peel-ing.

• all prices are subject to 10% service charge.

• bliss® reserves the right to modify, discontinue or raise prices on certain treatments without prior notice.
poetic waxing

our world-famous quick, expert and painless as possible waxing removes unwanted hair from (practically) anywhere. for best results, hair should be at least 1/4 inch in length.

bikini ingrown eliminator™

aggravated by ingrown? this treatment includes microdermabrasion on the bikini line to help lift dead skin cells and brighten dark spots, followed by gentle safe removal of any stray ingrown hairs that are trapped at the surface.

*please refer to the insert for poetic waxing details.