



# BODY

#### **DEEP TISSUE MASSAGE** 60/90mins

Focuses on realigning deeper layers of the muscles and connective tissue. Especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness and sore shoulders.

Member 980/1200 - Non-member 1200/1600

#### **AROMA BLISS MASSAGE** 60/90mins

Experience a refined, soothing, and indulgent massage with warm aromatherapy oil. Followed by smooth, elongating movements that ease both physical and mental tension.

Member 880/IIOO – Non-member IIOO/I5OO

#### **RECOVERY MASSAGE** 60/90mins

Tailored to enhance athletic performance by addressing neuromuscular demands. It combines cross-fiber friction and trigger point release techniques to improve performance and accelerate recovery.

Member 980/1200 - Non-member 1200/1600

#### **OFFICE SYNDROME** 30/45mins

Specifically designed to reduce the discomfort caused by prolonged sitting and poor posture common among office workers. Focused on improving circulations, reducing stress and anxiety to improve overall well-being.

Member 400/600 – Non-member 500/700

#### PAIN RELIEF & ENERGY BOOST 60/90mins

To stimulate the release of endorphins, helping to reduce pain and enhance mood. It also improves blood flow to help deliver more oxygen and nutrients to tissues, increasing your energy level.

Member 1200/1400 - Non-member 1500/1700

#### **REGENERATING DETOX MASSAGE** 60/90mins

Experience the calming effects of magnetic therapy, significantly reducing stress and promoting relaxation, flushing out toxins and reducing fluid retention, to help balancing your mental and physical health.

Member 1300/1500 — Non-member 1700/1900

#### ADD ON TREATMENTS

15mins Ginger Stomach Massage – 288 15mins Head Massage – 288 15mins Face Firming Massage – 288 15mins Sugar Polish Scrub for Foot – 288 30mins Express Facial – 388

#### ADD ON FACILITIES

60mins Private Sauna & Cold Plunge – 488 40mins Lymphatic Suit – 688 60mins Hyperbaric Chamber – 988



#### **REVITALIZING FACIAL**

Indulge in a personalised skincare treatment crafted to enhance your complexion. This treatment deeply cleanses and infuses your skin with natural ocean ingredients, providing hydration and rejuvenation for a refreshed and revitalised look.

Members 1200 - Non-Members 1600

#### FOUND/ESSENTIAL 90mins

Each treatment builds upon the last to ensure you are left in a state of total serenity, encourages a renewed sense of self. Begin your journey of restoration with the foot scrub, followed by aroma massage, and finish off with a nourishing express facial, leaving you with a more youthful complexion.

• Foot Sugar Scrub

FACE +

**BODY** 

- 60mins Aroma Balancing Massage
- 30mins Express Facial

#### Member 1300 - Non-member 1600

#### FOUND/GENTLEMEN'S RETREAT 105mins

This tailored package is designed for men's overall well-being, tackling muscle tension and stress with a Recovery Massage. Round off your experience with a haircut, leaving you feeling refreshed and ready to conquer challenges.

- 60mins Recovery Massage
- 45mins Haircut & Shampoo

Member 1500 - Non-member 1800

#### FOUND/RENEWAL 105mins

Begin with 15 minutes in our hyperbaric chamber, where a high-level oxygenated pod will awaken your senses. Next, unwind with a 60-minute Detox Massage that soothes your tensions and destress. Complete the journey with an express sculping facial that leaves your skin refreshed, you will feel completely revived and restored.

- 15mins Hyperbaric Chamber
- 60mins Regenerating Detox Massage
- 30mins Express Sculpting Facial
- Bespoke Dessert

Member 2000 - Non-member 2300

# THE HARDWARE

#### **PRIVATE INFRARED SAUNA** 30mins

Advanced infrared technology to deliver more efficient and effective experience than regular sauna. Including anti-aging, weight loss, reducing muscle recovery and better sleep.

Member free to book Non-member 400 for single / 550 for couple

#### **COLD PLUNGE** 30mins

Suggested to work with Infrared sauna as a contrast therapy to maximize benefits, such as boost mental wellbeing and reduce inflammation.

*Member free to book Non-member 400 for single / 550 for couple* 

#### HYPERBARIC CHAMBER 60mins

An innovative restorative wellness therapy that delivers a combination of oxygen and hydrogen for performance optimization, accelerate recovery, self-care, injury management and disease prevention.

Member 1000 – Non-member 1300

#### LYMPHATIC DRAINAGE SUIT 60mins

The Lymphatic Suit is revolutionary, FDA- Approved lymphatic drainage technology that combines effectiveness, relaxation and wellness in one go. It helps eliminate toxins, reduce fluid retention and improve skin appearance all while you relax.

Member 700 — Non-member 1000

#### HYPERBARIC CHAMBER PACKAGE 60mins

5 Sessions *Member 4800 — Non-member 5800* ( 2 months validity )

IO Sessions Member 8400 — Non-member 10,000 ( 3 months validity )

#### CONTRAST THERAPY PACKAGE 60mins

Alternating between hot and cold enhances circulation of blood, reduces anxiety, improves heart health and accelerate recovery from sports.

Singles Single Session Non-member 600

5 Sessions *Non-member 2800* ( 2 months validity )

IO Sessions *Non-member 5500* ( 3 months validity )

Couples Single Session Non-member 900

5 Sessions *Non-member 4300* ( 2 months validity )

IO Sessions *Non-member 8000* ( 3 months validity )

#### LYMPHATIC DRAINAGE SUIT PACKAGE 60mins

5 Sessions *Member 3100 — Non-member 3900* ( 2 months validity )

IO Sessions Member 5400 — Non-member 7000 ( 3 months validity )

## HARDWARE PACKAGES

#### FOUND/CYCLE PACKAGE I2Omins

You'll begin with a one-hour session in the hyperbaric chamber, after which you'll transit to contrast therapy with infrared sauna and cold plunge, allowing your oxygen-rich blood to flow throughout your body and into your capillaries. Following contrast therapy, you will be in the lymphatic drainage suit, which helps eliminate toxins and supports the detoxification process to promote relaxation and stress relief.

- 60mins Hyperbaric Chamber
- 20mins Sauna & Cold Plunge
- 40mins Lymphatic Drainage Suit

Member 1200 - Non-member 2200

## GENERAL POLICIES, TERMS & CONDITIONS

#### ARRIVAL

For a more comprehensive journey, you are invited to arrive IO-I5 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.

#### SCHEDULING & CANCELLATION

Please contact our spa concierge to reserve your well-being experience or reschedule existing reservations. Two hours advanced reservation is required to ensure availability. We will require credit card information or house credit 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-show or last-minute cancellations will incur a 50% charge.

#### HEALTH CONDITIONS AND ALLERGIES

Kindly consult with your physician before taking any treatment or using our facility. If you have any allergies, health issues or pregnancy, please make sure to inform our spa team.

#### VALUABLES LOSS OR DAMAGE

To ensure peace of mind and comfort while you are enjoying your wellness experience, we provide secure lockers for all of your belongings. 1880 will not be responsible for any lost or damaged items during your visit.

#### AGE RESTRICTION

Children under I6 years old are not permitted to use any wellness facilities. Guests under I6 years old require supervision by a guardian for any wellness treatment or facilities and require signing a waiver. No child under age I2 may use wet and heated facilities at any time.

#### ACCIDENT OR INJURY

1880 shall not be liable for any accident or injury suffered by any members or guests.

#### ETIQUETTE

Kindly be advised that it is good practice to shower before body treatments and to use wet facilities. The use of alcohol, tobacco, and e-cigarettes is straightly prohibited.

#### ATTIRE

Bathrobes, slippers and disposables are available at the spa for your comfort and wellness experience. Swimsuits or shorts are recommended while enjoying the wet and heated facilities.

#### REFUND

Unopened retail items can be exchanged within 7 days of purchase when accompanied by the original receipt. Please note that body treatment and facilities bookings are non-refundable regardless of the form of payment.

#### TERMINATION

The therapist reserves the right to terminate the treatment if he/she feels the guest's behavior is undesirable. The Spa team will not allow the usage of wet and heated facilities if guests' behaviors are unpleasant.





## PERSONAL TRAINING & CONTRAST THERAPY

Contrast therapy after personal training helps to alleviate muscle soreness and improve recovery. Guests who purchase PT lessons can enjoy a special price for contrast therapy.

#### MEMBER

#### PT

Single Session – 1000 10 Sessions – 9000 20 Sessions – 17,000 30 Sessions – 22,500

#### NON-MEMBER

#### PΤ

Single Session — *1200* 10 Sessions — *10,000* 20 Sessions — *19,000* 30 Sessions — *25,500* 

#### PT & 30 MINS CONTRAST THERAPY

Single Session — *1500* 10 Sessions — *13,000* 20 Sessions — *22,000* 30 Sessions — *28,500* 

#### **CUT & SHAMPOO**

A personalised styling experience and a refined grooming service for gentlemen. *Member 480 — Non-member 520* 

**CUT & WET SHAVE** A combination of a haircut and a wet shave for the facial hair using a sharp blade. *Member 780 — Non-member 850* 

#### **CUT & BEARD TRIM**

A haircut combined with a beard trim for a clean and well-groomed look. *Member 680 — Non-member 740* 

#### **CUT & EYEBROW TRIM**

Haircut and eyebrow trimming for a fresh and refined appearance. Member 480 – Non-member 520

#### **BACK & SIDE MAINTENANCE**

A quick touch-up for your back and sides between full haircuts. *Member 250 — Non-member 300* 

#### BEARD TRIM

Personalized Beard trimming and shaping service. Member 250 – Non-member 300

#### WET SHAVE

A classic straight razor shave with hot and cold towels, finished with soothing cream. *Member 550 — Non-member 600* 

#### WOMEN'S WASH & BLOW

Blow dry for women to achieve smooth, sleek, and voluminous hair for your glamorous night out. *Member 380 – Non-member 410* 

\*Junior barber's service is IO% off the retail price

## LIQUID REFRESHMENTS

#### ONE COMPLIMENTARY DRINK WITH ANY BARBER SERVICE

Coffee or Tea 1880 Limonade Verjus, honey, rosemary, hisbiscus, carbonation Beer

#### WHISKY

Glenmoray 28 Year 258 per 50ml

#### BEER

HK Beer Co 852 Pacific Ale (4.4%) HK Beer Co Stout (5.5%) HK Beer Co No Limits Pale Ale (<0.5%) *48 each* 

Other drinks are available upon request.

# ARE YOU LOST/FOUND? YOUR CHOICE.



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