



YUN  
WELLNESS

# YUN WELLNESS

At YUN WELLNESS, we believe that wellness is a journey shared.

Derived from Asian inspired philosophy, we empower you to take charge of your health and wellbeing with our personalized treatments, products and a supportive community. Our Wellness team is here to guide you on a transformative journey of self-discovery, helping you cultivate joy and become your best self.



扫描查看  
中文疗程目录

For bookings, please contact YUN WELLNESS Concierge at +852 2820 8583 or email [wellness.isl@shangri-la.com](mailto:wellness.isl@shangri-la.com).









# YUN Rejuvenation Reset

DURATION (hours)	WD	WE & PH
2.5	HKD 3950	HKD 4150

Begins with full body dry brushing to stimulate circulation and buff away dead skin cells, followed by a bespoke massage to promote relaxation. Complete the experience with a hydrating facial, immerse entirely and leave the skin refined and nourished.

Includes: 30 mins Dry Brush, 60 mins bespoke Massage, 60 mins Hydrating Facial



# YUN Total Renewal

DURATION (hours)	WD	WE & PH
5	HKD 4050	HKD 4250

Pamper yourself with a refreshing swim or sunbathing session. Soaking in the warmth and tranquillity. Then, treat yourself to a reviving deep tissue massage with Himalayan stones enhancement that will elevate your spirit and melt away stress. Embrace the perfect combination of relaxation to set a positive tone for your day!

Includes: 3 hours outdoor Pool access, 90 mins Deep Tissue Massage and 30 mins Himalayan salt stones enhancement on the back







# SIGNATURE Massages

## YUN Balance

DURATION (minutes)	WD	WE & PH
75	HKD 2180	HKD 2380
90	HKD 2380	HKD 2680

It is not an ordinary massage, it is designed to honour the flow of Qi via the meridian pathways balancing the yin and yang energy. Featuring gentle repetitive strokes in precise directional flow, it is like having tai chi applied to the body and induces a deep state of relaxation.

## YUN Align

DURATION (minutes)	WD	WE & PH
75	HKD 2180	HKD 2380
90	HKD 2380	HKD 2680

This is a high energy meridian awakening therapy combining techniques of Tui Na and TCM manipulations to restore balance, believing that tiredness and stiffness will subside when Qi obstructions are removed. Meridian brushing is applied on the back to relax the connective soft tissues, followed by the application of our signature aromatherapy balm to boost circulation.

# Massages

## Deep Tissue Massage

DURATION (minutes)	WD	WE & PH
60	HKD 1780	HKD 1980
90	HKD 2380	HKD 2680

This massage offers targeted relief for tight muscle and incorporates pressure points and stretching techniques. Our 90-minute Deep Tissue Massage will also combine the use of Himalayan Salt Stones for a more profound relaxation.

## Detox Massage

DURATION (minutes)	WD	WE & PH
60	HKD 1780	HKD 1980
90	HKD 2380	HKD 2680

Energise your body with this stimulating massage to improve circulation and promote detoxification. Ideal for those looking to feel refreshed and revitalized.

## Tui Na Massage

DURATION (minutes)	WD	WE & PH
60	HKD 1780	HKD 1980
90	HKD 2380	HKD 2680

An oil- free massage that combines acupressure and repetitive movements of skin rolling, kneading and tapping along the energy lines of the body to stimulate the flow of Qi for vitality.



# *FACIALS by Margy's Monte Carlo*



*TRUE TO SKIN Margy's Monte Carlo was founded on the pursuit of excellence and the uncompromising commitment to delivering the key elements that the skin requires to maintain its youthful and luminous appearance through the application of cutting -edge science and bespoke expert care.*

## **Beyond Bright Facial**

<b>DURATION (minutes)</b>	<b>WD</b>	<b>WE &amp; PH</b>
60	HKD 2450	HKD 2750

Restores elasticity and luminosity with a deep cleansing and using specifically the Brightness Revealing Mask. The blend of biotechnology and plant extracts offer powerful deep oxygenation, leaving the skin refreshed and revitalized.

## **Luminance Facial**

<b>DURATION (minutes)</b>	<b>WD</b>	<b>WE &amp; PH</b>
60	HKD 3050	HKD 3350

Discover personalized excellence treatment, designed to revitalize and intensely moisturize your skin. The customized elixir, is applied with the algae mask to stimulate cell regeneration and deeply moisturize, firm and illuminate the skin. The collagen mask firms and smooths the skin.

## Collagen Focused Facial

DURATION (minutes)	WD	WE & PH
90	HKD 3850	HKD 4150

A bespoke rejuvenating skin care ritual for long - lasting hydration with a plump skin, thanks to the combination of 3 massages and an exclusive Collagen Mask. Fine lines are visibly reduced, and your skin regains its balance.

## Innovative Power Facial

DURATION (minutes)	WD	WE & PH
120	HKD 4550	HKD 4850

This powerful treatment is a real skin rejuvenation with the concentrated extracts such as Apple Stem Cells, Collagen and Moringa extracts ensuring cell renewal and longevity. Many specific massage techniques are used to regulate the production of collagen. Exceptional results are immediately visible.

# FACIALS by Dr Burgener

## Switzerland



*Experience the ultimate in luxury dermatological skincare with our exclusive brand partnership. Create a series of facial treatments that employ a clinical, tailored approach to skincare for immediate impact. All 90-minute facials use Cavitation Peeling and Ultrasound technologies that enhance collagen production and allow the ingredients to deeply penetrate the skin.*

## Lifting and Firming Collagen Facial

DURATION (minutes)	WD	WE & PH
60	HKD 2750	HKD 3050
90	HKD 3550	HKD 3850

This facial achieves tighter, firmer, smoother complexion through the repairing effect of the collagen mask, made by biotechnology, as well as the firming effect of the acacia collagen cream.

## Repairing Gold and Green Caviar Facial

DURATION (minutes)	WD	WE & PH
60	HKD 2750	HKD 3050
90	HKD 3550	HKD 3850

This intensely healing, anti-ageing treatment combines an intense dose of green caviar and extracted pearls from Okinawa Island. These pearls contain powerful antioxidants and gold trace elements that help to repair cell damage, revitalise the skin and reduce signs of aging.



# FACIALS

## by Tata Harper



*A Hong Kong exclusive, experience bespoke, 100% natural treatments crafted for YUN WELLNESS. Suitable for the most sensitive skin types or women in all phases of life when the skin can present different types of challenges.*

### Sculpting Facial

DURATION (minutes)	WD	WE & PH
60	HKD 2350	HKD 2650
90	HKD 3150	HKD 3450

This facial targets skin aging on a multi-dimensional level, improving the firmness of skin while promoting cellular renewal. A comprehensive regimen paired with manual and cupping massage offers dramatically lifted skin with long-lasting hydration.

### Superkind Facial

DURATION (minutes)	WD	WE & PH
60	HKD 2350	HKD 2650
90	HKD 3150	HKD 3450

Designed for reactive, sensitive or damaged skin, this calming, restorative facial uses super powerful, super gentle formulas to fortify the skin's barrier and enhance glow. A Gua Sha face massage complements to stabilise particularly delicate and fragile skin.



# ADVANCED TREATMENT BY EXILIS ULTRA 360

Our advanced treatments use the EXILIS ULTRA 360 machine that combines radiofrequency (RF) and ultrasound technologies. It can be used to stimulate collagen formation, tighten skin and provide body contouring. A series of sessions is recommended for optimal results.

## Facial Contouring

DURATION (minutes)	WD	WE & PH
45	HKD 2450	HKD 2650

Effectively stimulates the regeneration of collagen and elastin in the skin, it helps smooth lines and wrinkles. Immediate face-lifting after the treatment and instant improves skin laxity.

## Body Contouring

DURATION (minutes)	WD	WE & PH
45 / 1 body area	HKD 2050	HKD 2250

A quick and focused treatment for those particularly troublesome areas. The skin tightening and gentle toning can reduce the look of cellulite and skin dimpling.



# ENHANCEMENTS

Elevate your wellness experiences with our recommended upgrades. The enhancements are available for any of 60-minute treatment.

## Soothing Body Polish

DURATION (minutes)	WD	WE & PH
45	HKD 1280	HKD 1480

Using Epsom salts, which are well-known for their skin-soothing and muscle-relaxant properties, this treatment gently exfoliates your skin and soak up with serum and moisturiser, leaving your skin feeling smooth and supple.

## Anti-puffiness and Dark Circles Eye Mask

DURATION (minutes)	WD	WE & PH
15	HKD 550	HKD 650

The bio-cellulose eye mask delicately deposits the active serum on the eye contour. Excellent treat for anti- puffiness and dark circles.

## Collagen Plumping Face Mask

DURATION (minutes)	WD	WE & PH
15	HKD 550	HKD 650

This stimulating mask, with its main ingredient, Acacia collagen extract, which enhances volume and replenishes moisture in the skin effectively.

# EXPRESS TREATMENTS

Experience quick yet rejuvenating sessions designed for those on the go. Perfect for a lunch break or a brief escape from your busy day!

## Head and Shoulder Rescue

DURATION (minutes)	WD	WE & PH
45	HKD 1380	HKD 1480

A deeply relaxing massage targeting the head, neck and shoulders using a mix of gentle strokes as well as forceful kneading to ease tension and induce a deep sense of calmness.

## Leg and Foot Rescue

DURATION (minutes)	WD	WE & PH
45	HKD 1380	HKD 1480

Restore the body's sense of grounding while releasing aches and tension with a combination of massage techniques focusing on the leg muscles and reflex zones of the feet, stimulates the body's natural healing processes and alleviates stress.

# WOMEN'S WELLNESS

These innovative treatments nurture the connection between body, mind and spirit, powering women to embrace their inner wisdom, restoring balancing and rejuvenating your entire being.

## Firming Bust Treatment

DURATION (minutes)	WD	WE & PH
30	HKD 850	HKD 950

Begins with a thorough cleanse of the décolletage and bust area, followed by an uplifting bust massage for a firming and plumping effect.

## Womb Wellness Treatment

DURATION (minutes)	WD	WE & PH
60	HKD 1850	HKD 2050

A therapy that aims to promote hormonal balance, alleviate discomfort, and enhance overall womb health using a combination of massage techniques, an abdominal mask with curcuma camosa and warming ginger massage oil.

## Abdominal Detox

DURATION (minutes)	WD	WE & PH
60	HKD 1850	HKD 2050

Utilizes herbal spices mud mask to warm the abdomen, then massage with a blended massage Oil with juniper berry and lemongrass. Designed for women dealing with bloating, constipation, or difficulty losing postpartum weight.

## Pre-natal Massage

DURATION (minutes)	WD	WE & PH
60	HKD 1780	HKD 1980
90	HKD 2380	HKD 2680

A total body massage tailored to the needs of pregnant bodies. Combining several techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

## Post-partum Massage

DURATION (minutes)	WD	WE & PH
60	HKD 1780	HKD 1980
90	HKD 2380	HKD 2680

Crafted to ensure new mums feel better physically and emotionally and recover faster. Combining massage with hot stones, soothes and relaxes the tight muscles, improve circulation and lower stress hormones.







## HAIR BY ZEVA

In collaboration with a world leader of hair and scalp care- ZEVA, offering hair spa services combine cutting-edge knowledge and technology with the latest research from the fields of medicine, trichology, nutrition, pharmacology and health sciences. ZEVA can help you achieve the results you desire.

***\*By Appointment,  
advance booking is required***

# TREATMENTS FOR SCALP HEALTH

## Shangri-La Wellness Boosting Hair Therapy

DURATION (minutes)	PRICING
75	HKD 1800

Our signature holistic treatment harmonises scalp health and hair vitality. A deep-cleansing scalp mask, fascia- releasing scalp massage and nutrient-rich serum infusion work in synergy to nourish and rejuvenate your hair and scalp.

## Hair Regeneration Therapy

DURATION (minutes)	PRICING
90	HKD 1900

Stimulate hair growth, improve scalp health and combat thinning or damaged hair with our advanced therapy. Combining scalp cleansing, massage, microneedle therapy (MYS) and peptide solution, our expert therapist helps reset a healthy vibrant mane.

## Jet Peel Scalp Detoxifying Therapy

DURATION (minutes)	PRICING
90	HKD 1900

Revitalise your scalp with our advanced jet technology, gently removing dead skin cells and impurities to unclog hair follicles. Finishing with a nourishing vitamin serum mist, leaving your scalp feeling light, refreshed and revitalised.

## Professional Styling

DURATION (minutes)	SENIOR STYLIST	DIRECTOR
60	HKD 580	HKD 880

Personalised styling service to achieve your desired look, it begins with a gentle shampoo and conditioning using products with nourishing ingredients.

## Hair Cut

DURATION (minutes)	SENIOR STYLIST	DIRECTOR
60	HKD 780	HKD 1280

Sculpt your hair into the style of your choice, starting with a gentle shampoo and conditioning using formulated care with nourishing ingredients, ending with a blow-dry to ensure you leave the salon feeling and looking refreshed.

## Natural Hair Colour Treatment

DURATION (minutes)	SHORT	MID	LONG
90	HKD 2000	HKD 2800	HKD 3500

This colouring treatment gives your hair long-lasting colour and adds lustre using high-quality products that are low in or free from harmful chemicals such as paraphenylenediamine (PPD), ammonia and parabens.



# PHYSIOTHERAPY



YUN WELLNESS has partnered with progressive physiotherapy and healthcare clinic - PhysioMotion, offering professional and personalized care to alleviate pain, enhance mobility, and improve overall well-being. As a medical service provider, your physiotherapy session may be claimed on insurance, providing convenient access to care without financial burden.

***\*By appointment, advance booking is required***



# Consultation and Therapy

DURATION (minutes)	PRICING
40	HKD 1550

## Spinal Dysfunction

Acute and chronic cases involving the neck, lower back and pelvic girdle pain, scoliosis, thoracic spine dysfunction and rib pain, as well as migraines.

## Sports Injuries & Rehabilitation

Effective management of sporting injuries, pre- and post-surgical rehabilitation.

## Joint Pain & Injury

Full biomechanical review on joint sprains, chronic tendonitis to muscle injuries.

## Biomechanical Performance Analysis

From amateurs to elite level athletes, we conduct running assessments, golf swing biomechanics and sport-specific technique analysis.

## Women's Health

Specialist physiotherapy for women's health relating to pregnancy, postnatal care, rectus diastasis, lactation-related breast pain, pelvic floor muscle retraining, urinary incontinence, or other pelvic health related issues.

## Men's Health

Specialist physiotherapy for men's pelvic health, including prostate health, rectus diastasis, pelvic floor muscle retraining, overactive bladder, erectile dysfunction, urinary incontinence or other pelvic health related issues.

# NUTRITION

YUN WELLNESS collaborates with certified nutritionist **Selina Kuok** to help guests improve their health through diet. She creates personalised nutrition plans based on your lifestyle and health history and provides recommendations for helpful supplements. Additionally, laboratory tests may also be recommended to find long-term solutions to persistent issues, setting you on the right track for a sustainable wellness journey.

***\*By appointment, advance booking is required***

## Nutrition Consultation

DURATION (minutes)	PRICING
60	HKD 1800

# WELLNESS ASSESSMENT

## Body Composition Analysis

DURATION (minutes)	PRICING
30	HKD 600

The analysis includes detailed information, the percentage of fat, muscle, water and bone; it is the best way to understand your body and identify areas that need improvement for overall health.

# GROUP CLASSES

Maintain a healthy and active lifestyle with us at YUN WELLNESS. We offer an extensive range of invigorating group classes led by our experienced trainers.

Daily class schedule encompasses movement and mindful practices from high-energy HIIT to Resistance Training, Pilates Reformer, Aerial Yoga, Sound Healing and Meditation.

## Regular Group Class

DURATION (minutes)	MEMBER	NON-MEMBER
50	HKD 450	HKD 550

[View Group Class Schedule](#)



# YUN WELLNESS DAY PASS

For guests who would like to experience a glimpse of YUN WELLNESS, a day pass is available. The pass entitles full access to the state-of- art fitness centre, swimming pool and thermal facilities.

## Adult

WD	WE & PH
HKD 1100	HKD 1250

## Child ( Aged from 3-15 )

WD	WE & PH
HKD 550	HKD 700



# OPERATION HOURS

## SPA & WELLNESS TREATMENTS

10:00 - 23:00 (Last booking at 22:00)

## Fitness Centre:

06:00 – 23:00

## Swimming Pool:

06:00 – 22:00

## Kids' Waterplay:

09:00 – 22:00

# RESERVATIONS

Email: [wellness.isl@shangri-la.com](mailto:wellness.isl@shangri-la.com)

Phone: +852 2820 8583

## ATTIRE

Bathrobes, slippers and disposables are available at YUN WELLNESS for your comfort and wellness experience. Swimsuits or shorts are recommended while enjoying the heat facilities. Please keep your voice low & respect others in our facilities while considering other guests' space & privacy.

## 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

Lockers will be provided for all your belongings. Please keep your locker key carefully and return upon departure. YUN WELLNESS will not be responsible for any lost or damage items during your visit.

## PRE- ARRIVAL

You are invited to arrive 30-45mins prior to your scheduled appointment to complete the consultation. It is also recommended to shower before treatments and to enjoy our thermal facilities.

## AGE RESTRICTIONS

Children under 16 years old are not permitted to use any heated wellness facilities or enter to the fitness centre. Guests under 18 years old must be accompanied by a guardian for any treatment.

## SCHEDULING & CANCELLATION

Advanced reservation is recommended to ensure availability. Please contact wellness concierge should you need to reschedule your existing reservations 12 hours in advance. No Show, Cancellation or rescheduling less than 12 hours will result in a 100% charge. In case of late arrival, duration of your scheduled treatment duration shall be shortened accordingly.



[Learn more](#)

*“WD” (Weekday) pricing is in effect Monday to Friday. “WE & PH” (Weekend & Public Holidays) pricing is in effect Saturday, Sunday, and on Public Holidays. Prices and treatments are subject to change without notice.*

