



YUN
WELLNESS

YUN WELLNESS

“Wellness is a journey most rewarding when shared.”

At YUN WELLNESS, we believe in co-created wellbeing—empowering you to take charge of your health while connecting with a community that uplifts and inspires.

Drawing from Asian philosophies of harmony and balance, YUN WELLNESS curates personalised treatments, thoughtfully crafted products, and exclusive guest practitioner programmes designed to nurture both body and mind.

Through our collective of experts, holistic methods, and pioneering brand partners, we invite you to embark on a transformative journey, one that brings out 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.







YUN Journeys

YUN Glow

DURATION	WD	WE & PH
1 hour 45 minutes	HKD 3180	HKD 3380

Our Glow experience is to rejuvenate the face while soothing tension throughout the body. Enjoy a revitalizing facial treatment paired with a focused massage for the neck, arms, and legs.

Includes: 15 mins self-led sauna session, 60 mins Sculpting Facial, 30 mins targeted massage for the neck, arms, and legs

YUN Rejuvenation

DURATION	WD	WE & PH
2 hours 15 minutes	HKD 3580	HKD 3780

Your ritual embarks with the gentle heat of a self-led sauna, allowing the body to loosen and the breath to settle. A personalised treatment follows—choose from a Body Polish, Mini Facial, Salt Stone Back Massage, or Reflexology—before surrendering to a grounding Balancing Massage that brings the entire experience into harmony.

15 mins self-led sauna session, 30 mins choice of Body Polish / Express Facial / Back Massage / Reflexology, 90 mins choice of your Massage

YUN Harmony

DURATION	WD	WE & PH
4 hours 15 minutes	HKD 4580	HKD 4780

Surrender to a moment of calm as you begin with a gentle swim or a quiet sun soaked pause, allowing the warmth and stillness to ease you into a state of serenity. Your journey continues with a YUN signature massage and follow by a radiance facial. A harmonious blend of relaxation and renewal, this tranquil ritual restores balance and sets a peaceful tone for the rest of your day.

Includes: 2 hours outdoor pool access, 15 mins self-led sauna session, 75 mins choice of YUN Signature Massage, 45 mins Radiance Facial





SIGNATURE Massages

DURATION (minutes)	WD	WE & PH
75	HKD 2280	HKD 2480
90	HKD 2480	HKD 2680

YUN Balance

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

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. A full body 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

DURATION (minutes)	WD	WE & PH
60	HKD 1880	HKD 2080
90	HKD 2480	HKD 2680

Deep Tissue Massage

Designed to unravel deep tension, this massage blends intentional pressure, restorative stretches, and focused point work to release tightness from within. In our 90-minute experience, Himalayan Salt Stones add a grounding, mineral-rich warmth that invites the body into relaxation.

Chakra Restoring Massage

Experience a bespoke journey through the body's seven energy centres as our therapist works with flowing, rhythmic strokes using a signature blend of aroma oils. This massage aligns energy and restores a deep sense of harmony and wellbeing.

Detox Massage

Awaken your inner vitality with a rejuvenating massage crafted to boost circulation and gently encourage detoxification. Flowing, stimulating strokes leave the body feeling lighter, brighter, and deeply renewed—perfect for anyone longing to feel refreshed and re-energized.

Tui Na Massage

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

DURATION (minutes)	WD	WE & PH
60	HKD 2680	HKD 2880

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

DURATION (minutes)	WD	WE & PH
60	HKD 3280	HKD 3480

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 3980	HKD 4180

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 4780	HKD 4980

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.

DURATION (minutes)	WD	WE & PH
60	HKD 2880	HKD 3080
90	HKD 3680	HKD 3880

Lifting and Firming Collagen Facial

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

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.

DURATION (minutes)	WD	WE & PH
60	HKD 2480	HKD 2680
90	HKD 3280	HKD 3480

Sculpting Facial

A facial that works on every level of skin aging, firming the complexion and awakening cellular renewal. Gentle hands and cupping massage sculpt and lift, leaving the skin radiant with lasting hydration.

Superkind Facial

Created for skin that needs extra care, this soothing facial blends ultragentle, restorative formulas to rebuild the barrier and revive luminosity. A graceful Gua Sha massage further nurtures and stabilizes delicate, fragile skin.

FACIALS by Cellcosmet

cellcosmet
SWITZERLAND

Swiss expert in cellular cosmetics and recognized internationally for its effective skincare products, which improve skin's appearance and reduce the visible signs of ageing.

Cellcosmet Cellular Tailor-Made Ritual

DURATION (minutes)	WD	WE & PH
60	HKD 2480	HKD 2680

Cellular skincare ritual designed to reveal skin's exceptional radiance. Skin is purified, plumped and complexion is fresh and revitalized.



BODY TREATMENTS by Cellcosmet

cellcosmet
SWITZERLAND

DURATION (minutes)	WD	WE & PH
90	HKD 2580	HKD 2780

Cellcosmet Toning and Draining

Combining a gentle exfoliation and a toning body massage, which detoxifies the body, reduces water retention and helps you regain your vitality.

Cellcosmet Anti-Cellulite Treatment

Focusing on thighs, buttocks or tummy, begins with body gommage, then apply a specific mask to reduce the uneven appearance of cellulite, visibly refines the silhouette, finish the treatment with a sculpting massage using wooden tools to treat concerned areas, reshaping of the legs and tummy.

ADVANCED TREATMENT BY EXILIS ULTRA 360

Eye Contour Care

DURATION (minutes)	WD	WE & PH
30	HKD 1980	HKD 2180

This treatment uses gentle RF heating to deliver energy deep into the skin layers, improving circulation around the eyes. It helps reduce puffiness, diminish fine lines, and restore a refreshed, youthful appearance.

Facial Contouring

DURATION (minutes)	WD	WE & PH
45	HKD 2580	HKD 2780

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 2180	HKD 2380

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

Soothing Body Polish

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

A gentle exfoliation using Epsom salts to soften the skin and relax the muscles. Finished with serum and moisturiser for a smooth, supple glow.

Head and Shoulder Rescue

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

A deeply relaxing massage for the head, neck, and shoulders, combining gentle strokes and firm kneading to ease tension and calm the mind.

Leg and Foot Rescue

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

A grounding treatment using targeted massage on the legs and reflex zones of the feet to release tension, support natural healing, and reduce stress.

Anti-puffiness and Dark Circles Eye Mask

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

A biocellulose eye mask that delivers active serum to the eye contour—an excellent treatment for reducing puffiness and dark circles.

Collagen Plumping Face Mask

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

A hydrating mask enriched with Acacia collagen extract to boost volume and replenish moisture for a plumper, smoother complexion.

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 1950	HKD 2150

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 1950	HKD 2150

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 1880	HKD 2080
90	HKD 2480	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 1880	HKD 2080
90	HKD 2480	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.

PHYSIOTHERAPY



YUN WELLNESS partners with a trusted physiotherapy and healthcare service to provide customised treatments that ease pain, improve mobility, and enhance overall wellness. Sessions may be eligible for insurance claims, offering convenient access to care with minimal financial impact.

****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.

WELLNESS CONSULTATIONS

YUN WELLNESS collaborates with a certified nutritionist to help guests enhance their health through personalised nutrition. Tailored plans are created based on your lifestyle and health background, along with recommendations for supportive supplements. Lab tests may also be suggested to uncover long-term solutions and guide you toward lasting wellness.

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

Nutrition Consultation

DURATION (minutes)	PRICING
60	HKD 1800

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:

10:00 – 20:00

RESERVATIONS

Email: 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](#)

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

