



PLATEAU SPA

Grand Hyatt Hong Kong



THE PLATEAU SPA EXPERIENCE

Holistic and result oriented spa treatments,
complemented with sublimely styled pathways
specially designed to promote wellness
in mind, body and spirit.

Begin your journey with your chosen spa pathway:

CALM

Soothe, Comfort & Restore

REVIVE

Purify, Energise & Awaken

BALANCE

Replenish, Detoxify & Reset

Offering privacy, seclusion and an escape
from the vibrant city of Hong Kong,
Plateau Spa is dedicated to
Aesthetics, Relaxation, Fitness and Culinary.

A woman is lying on her back on a massage table, receiving a massage. Her eyes are closed, and she has a peaceful expression. Her hands are being held by the masseuse's hands. The background is a blurred green and blue, suggesting an outdoor or indoor spa environment with plants and light. The text "PLATEAU SPECIALS" is centered in the middle of the image.

PLATEAU SPECIALS

HK\$

SPA AND AFTERNOON TEA TREAT

90min 2,650

Available Monday to Friday (except Public Holiday)

Enjoy your precious moment at Plateau Spa! With a 60-minute Plateau massage, 30-minute radiance facial treatment, afternoon tea set for one and access to our fitness studio and swimming pool with steam and sauna facilities.

All prices are subject to 10% service charge

HK\$

PLATEAU BIRTHDAY DELIGHT

90min

48-hour advance reservation is required

1 person 2,650

2 persons 5,100

Spoil yourself and your loved one with a pampering birthday treat.

- Choice of 90-minute massage
(Plateau / Nourishing Rose Oil / Swedish)
- Choice of a birthday cake (12 cm diameter)
- Glass of red or white wine, or antioxidant juice
- Personalised birthday gift by treatment therapist
- Special birthday setup in private treatment room

All prices are subject to 10% service charge

PLATEAU
WELLNESS JOURNEYS



COUPLE'S JOURNEY	for two	HK\$
Celebrate at Plateau Spa on your special occasion.		
COUPLE RETREAT	2HR	4,200
Raw Sugar Scrub	(30min)	
Plateau Massage	(60min)	
Revitalising Bath	(30min)	
DELUXE DUAL EXPERIENCE	2.5HR	5,650
Plateau Massage	(60min)	
Skin Refining Facial	(60min)	
Revitalising Bath	(30min)	
Glass of Champagne		
GRAND PLATEAU DELIGHT	3HR	6,650
Treatment of Your Choice	(120min)	
Revitalising Bath	(30min)	
Private Steam Bath	(30min)	
Plateau Spa Cuisine		

All prices are subject to 10% service charge

TRAVELLER'S JOURNEY

HK\$

PRE-FLIGHT HYDRATING TREATMENT

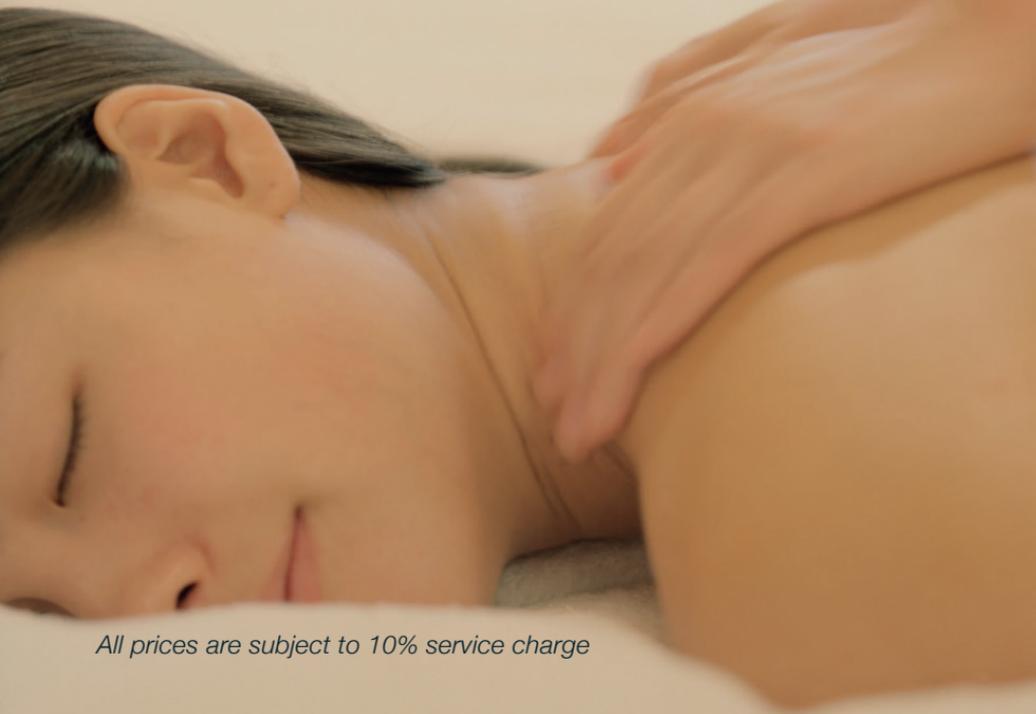
2HR 2,350

With a relaxing body massage, penetrate hydration facial and foot ritual, this top-to-toe journey is customised to prepare guests for a comforting flight.

JETLAG REMEDY

2HR 2,350

An exceptional skin softening treatment with a combination of raw sugar and green tea for exfoliation, followed by a steam bath and finishing off with a soothing body massage. Perfect for those frequent travellers in preparing for their next journey.



All prices are subject to 10% service charge

PLATEAU SIGNATURE JOURNEY

HK\$

PEACEFUL	2HR	2,650
Signature Plateau Massage	(60min)	
Signature Skin Refining Facial	(60min)	
Glass of Champagne		
PURIFYING	2HR	2,200
Hungarian Mud Wrap	(90min)	
Revitalising Bath	(30min)	
An Antioxidant Juice		
ENERGISING	3HR	4,450
Lymphatic Drainage Massage	(90min)	
Luminous Lift Facial	(90min)	
Plateau Spa Cuisine		

All prices are subject to 10% service charge

A woman in a white short-sleeved button-down shirt and white pants is performing a facial treatment on a client. The client is lying on a massage table covered with a white sheet, with her eyes closed and a relaxed expression. The therapist is leaning over the table, with her hands positioned on the client's forehead and cheeks. The setting is a spa or wellness center, with large windows in the background featuring horizontal blinds. A potted plant is visible on a table to the left, and a stack of white towels is on a table behind the therapist. The overall atmosphere is calm and professional.

FACIAL

HIGH PERFORMANCE FACIAL

HK\$

LUMINOUS LIFT - *DIBI*

90min 2,900

Powered by clinically proven Multi Pollar technology from Israel, this unique and non-invasive facial can instantly tightening the skin, reduce wrinkles and stimulate new collagen production, leaving your skin plump and firm!

EXOSOME REVITALIZING

75min 2,800

This four-step revitalizing treatment uses active Cica exosome serum and face mask to awaken, activate and repair cells to effectively regenerate aging skin cells. In conjunction with Korea's Plasonic infinite filling nutrient delivery system, plasma technology is used to inject nutrients into the basal cells without any barriers to achieve optimal results. This treatment helps reduce pigmentation while providing anti-aging, antioxidant and firming benefits to the skin.

All prices are subject to 10% service charge

HIGH PERFORMANCE FACIAL

HK\$

ULTRA REVIVE - *DIBI*

Hydrate

60min 1,580

Lift and firm

90min 2,250

This CACI facial toning treatment incorporates 4 different technologies: microcurrent, ultrasonic peeling, hydratone and LED light therapy to improve skin elasticity, reduce fine lines, soothe and hydrate, using Italian luxury skincare Dibi.

SILICIUM SUPER LIFT - *THALGO*

90min 1,950

Thalgo anti-aging treatment inspired by “face fitness” combining an exclusive massage technique with a professional cryo-firming double mask to firm the skin, smooth wrinkles and freshen the complexion.

All prices are subject to 10% service charge

SIGNATURE FACIAL

HK\$

HYDRATING - *THALGO*

60min 1,420

Skin is cleansed, exfoliated and drenched with serums. Double-mask therapy completes this deeply hydrating and replenishing facial.

SKIN REFINING - *OMOROVICZA*

60min 1,420

Featuring a mineral rich moor mud to deep cleanse and detoxify, and rosemary and pineapple extracts to calm and refine your delicate skin.

90min 1,780

CALM PERFECTION - *DIBI*

75min 1,650

This facial is designed for sensitive and intolerant skin, with active ingredients that sooth the skin, assist to reconstruct the protection barrier as well as attenuate and prevent skin redding.

BRIGHTENING - *OMOROVICZA*

90min 1,820

This deeply relaxing facial revitalises dull and lacklustre skin. Includes a specialty eye treatment and blue diamond resurfacing peel to brighten and firm skin complexion.

All prices are subject to 10% service charge

SIGNATURE FACIAL

HK\$

COLLAGEN - *REVEEL*

60min 1,950

A powerful treatment by Reveel from Germany, the collagen mask contains 98% native collagen, soluble collagen molecules, active peptides, and skin moisturizing factors. Its efficacy is scientifically proven, leaving the skin deeply hydrated, firm and radiant.

All prices are subject to 10% service charge

FACIAL ENHANCEMENT

HK\$

EYE RITUAL - *THALGO*

30min 680

This soothing and hydrating eye treatment will relieve tension, treat dark circles and reduce puffiness.

60min 1,120

EYE REVIVE - *DIBI*

30min 780

Using CACI microcurrent system, this treatment targeted to improve fine lines and wrinkles, puffiness and dark circles. This treatment will instantly lift and firm the eye contour.

60min 1,420

RADIANCE - *DIBI*

30min 750

An illuminating mask and energising massage to rebalance the skin and relax the mind. Skin will feel instantly refreshed and radiant.

COLLAGEN MASK ADD ON

30min 500

A perfect add on mask to any treatment. Deeply hydrates, firms and provides skin with a plump and smooth appearance.

All prices are subject to 10% service charge



BODY TREATMENT

MASSAGE

HK\$

PLATEAU MASSAGE

60min 1,300

Our must try signature massage has been specially designed to calm and rebalance. Warm stones will introduce a series of long flowing strokes and soothing techniques to induce deep state relaxation and alleviate tension.

90min 1,800

SWEDISH MASSAGE

60min 1,300

Smooth flowing techniques using light to moderate pressure will reduce tension, improve blood flow and calm the mind.

90min 1,800

LYMPHATIC DRAINAGE MASSAGE

60min 1,350

Activates the lymphatic system and improves blood circulation. Using moderate to firm pressure with long flowing techniques, this massage is perfect for combatting jet lag and reducing fluid retention.

90min 1,850

All prices are subject to 10% service charge

MASSAGE

HK\$

HONG KONG MASSAGE

60min 1,500

Deep pressure techniques using elbows, arms and thumbs to effectively relieve muscle fatigue and soreness along with incorporating a magnetic massager to press deep into tense parts of the body to clear the meridians and alleviate aches.

**This treatment is unsuitable for people with heart disease, eczema, metal allergies, metal stents and pacemaker inside the body.*

90min 2,050

THAI MASSAGE

60min 1,350

Focusing on the energy of the body, therapist will use gentle hand compression, rocking and yoga stretches to balance the body, soothe our mind and spirit.

90min 1,900

HOT STONE THERAPY

90min 1,950

A combination of warm oil and volcanic stones makes this massage truly transporting. Stones become extensions of the therapist's hands to ease muscular stiffness, boost circulation and metabolism.

All prices are subject to 10% service charge

MASSAGE

HK\$

TARGETED RELEASE:	30min	660
Neck & Shoulder		
Back		
Abdomen		
Arm & Hand		
Leg		
Scalp		

All prices are subject to 10% service charge

PLATEAU PRE- AND POSTNATAL CARE

HK\$

MOTHER-TO-BE MASSAGE

60min 1,300

Tailor-made massage for all mothers-to-be after the first trimester, our skilled therapist will use soothing massage techniques to ease away all your discomforts such as water retention, muscle tension and stress. Customised to your personal needs, all expectant moms can relax and blissfully enjoy nourishment to both body and soul.

90min 1,800

POSTNATAL MASSAGE

60min 1,300

A nurturing and therapeutic combination of swedish and lymphatic massage drainage techniques, this post-delivery massage gently helps to combat swelling and improve circulation by using Dibi Drainage Anti-Cellulite massage cream. This treatment helps to regulate hormones, focusing on emotional and physical healing. Perfect for tired new moms looking to relax and restore their sleep.

90min 1,800

All prices are subject to 10% service charge

PLATEAU PRE- AND POSTNATAL CARE

HK\$

ABDOMEN CARE TREATMENT

60min 1,350

This exclusive tummy care treatment is designed to reduce cellulite, sagging condition and improve skin elasticity. Starting with a tummy exfoliation, a draining abdomen massage with Dibi Drainage Anti-Cellulite massage cream and ending with a firming heat mask, this three-step abdomen treatment improves circulation with slimming effects to achieve prenatal skin texture. A series of 6-10 sessions is recommended for effective result.

All prices are subject to 10% service charge

PLATEAU PRE- AND POSTNATAL CARE

HK\$

POSTNATAL REMEDY

150min 2,900

Perfectly tailor made for new mothers looking to beat exhaustion, recover from swelling and reduce cellulite, this three-step post-natal journey includes a full body massage, tummy care treatment and a rejuvenating facial with Dibi Youth Cream mask and cream. This combination helps to restore the body to its pre-pregnancy condition and rebalance the skin.

**Guests who gave birth naturally is recommended to receive the treatment 3 months after delivery. For those who gave birth with c-section, please obtain doctor's advice before receiving treatment 6 months after delivery*

+Abdomen care is not recommended for guests who are breastfeeding

All prices are subject to 10% service charge

BODY SCRUB

	HK\$
30min	750
60min	1,300

RAW SUGAR SCRUB

A nourishing blend of raw sugar and essential oils to gently detoxify and brighten skin tone. This beautifying treatment is perfect on its own or will complement any treatment on your spa journey.

SEA SALT SCRUB

A thoroughly invigorating treatment using naturally purifying sea salt. This three-step ritual includes full body exfoliation, a cleansing shower and moisturising treatment featuring signature essential oils.

MINERAL SCRUB - OMOROVICZA

Combining orange blossom oil, moor mud and sea salt, this exfoliating black body balm gently removes dead skin cells and refines the texture of the skin.

All prices are subject to 10% service charge

BODY ENVELOPMENT

HK\$

HUNGARIAN MUD WRAP - *OMOROVICZA* 90min 1,850

Beginning with the purifying buffing balm, follow by a rich magnesium carbonate moor mud mask to deep cleanse the body and relieve muscular tension. This body wrap is completed by applying rich blended essential oils to smooth and balance the scalp and body.

SEAWEED CONTOUR WRAP 60min 1,380

A mineral rich body wrap uses a combination of seaweed, essential oils and plant extracts to detoxify and rebalance the body. This treatment is result-focused and renowned for slimming effects on body. 90min 1,850

BODY SHAPING 30min 1,200

Powered by clinically proven MultiPollar technology. This one-of-a-kind body shaping offers a single solution for skin tightening, body sculpting and the reduction of cellulite.

All prices are subject to 10% service charge

AESTHETICS
&
REVITALISING BATH



HK\$

EYE

Eyebrow Wax	260
Eyebrow Shaping	220
Eyelash Tinting	440
Eyebrow Tinting	440

WAXING

Full Leg	720
Half Leg	500
Arms	420
Underarm	250
Brazilian	720
Bikini Line	350
Upper Lip	230
Chin	230
Back	700
Chest	700
Neck	350

All prices are subject to 10% service charge

REVITALISING BATH

HK\$

Complete your Plateau Spa Journey by enjoying a revitalising bath with refined salt crystal.

CALM

Refined salt crystal mixture with Lavender, Tangerine and Petitgrain essential oil.

REVIVE

Refined salt crystal mixture with Lemon, Peppermint and Rosemary essential oil.

BALANCE

Refined salt crystal mixture with Grapefruit, Cypress and Thyme Red essential oil.

Harbour View Room	60min	850
Water Garden View Room	60min	950
Harbour View Suite	60min	1,250

With minimum 60 minutes spa treatment booked

All prices are subject to 10% service charge



HOW TO SPA

RESERVATIONS

Online booking available via plateauspa.com

Phone: +852 2584 7688

Email: plateau.ghhk@hyatt.com

HOURS OF TREATMENT

10:00 AM to 10:00 PM daily

PRE-ARRIVAL

Arrive 15 minutes prior to scheduled appointment. Late arrivals will be subject to time reduction.

CANCELLATION

A minimum of 12 hours notification is required to cancel or reschedule a treatment reservation. Treatments cancelled with less than 12 hours' notice will incur a 100% charge of schedule services.

SPA BOUTIQUE

To continue your spa experience at home, all spa products used in treatments are available for purchase from Plateau Spa.

GIFT CERTIFICATES

Available for purchase and redemption at Plateau Spa, and may be used for spa treatments, retail products and accommodation.

HEALTH CONDITIONS

Please advise any medical conditions that may affect your treatment at time of booking, including allergies, ailments, disabilities or pregnancy. Some services will not be appropriate for you at this time.

SPA ETIQUETTE

We respectfully ask that mobile phones are turned off so that the tranquility of Plateau Spa may be preserved. Please place all valuables in the room safe provided, Plateau Spa cannot be held responsible for the loss of personal items.

INFORMATION PRIVACY

We consider the privacy and confidentiality of guest information to be important; we use your information in accordance with the “Global Privacy Policy for Guests” available at privacy.hyatt.com or by request from Plateau Spa.

AGE REQUIREMENT

The minimum age is 12.