Central Wellness

MASSAGE MENU

RELAX • RESTORE • RENEW

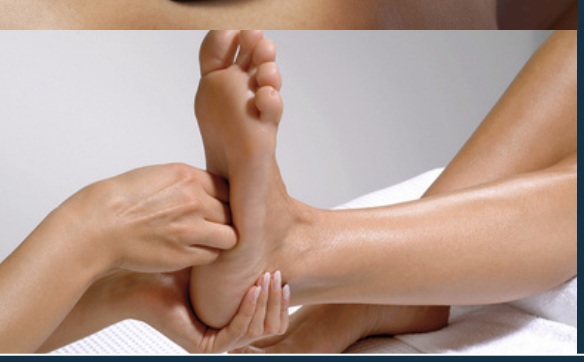


Muscle Tension & Recovery	60 min	90 min
Deep Tissue Massage *Rita · Jeff*	$1,280	$1,780
Sports Massage *Rita · Jeff*	$1,280	$1,780

Pregnancy Massage	60 min	90 min
Pregnancy & Relaxing Massage With a supportive full-body pregnancy cushion. Also ideal for post-partum. *Rita · Jeff*	$1,280	$1,780







Relaxation & Wellbeing	60 min	90 min
Balinese & Hot Stone Massage *Rita*	$1,280	$1,780
Relaxing Massage *Rita · Jeff*	$1,280	$1,780
Swedish Massage *Jeff*	$1,280	$1,780
Foot Reflexology *Rita*	$1,280	$1,780
Detoxifying Massage *Rita*	$1,280	$1,780

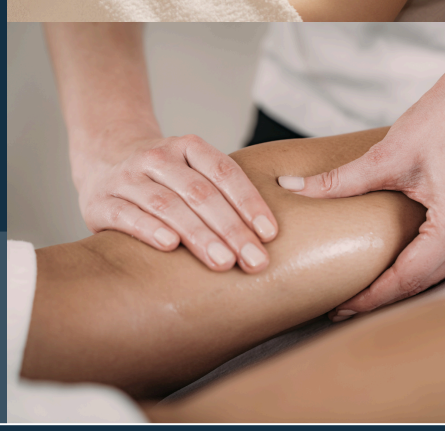
Renata França Method treatments

Discover this unique Brazilian method, exclusively in Hong Kong at Central Wellness

*With **Ludivine Bonamy**, Renata França-certified therapist, as well as Naturopath and Kinesiologist*





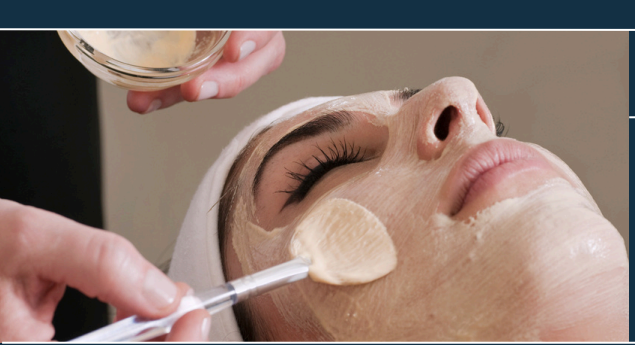


	30 min	60 min
Miracle Touch Full-body treatment combining lymphatic drainage and sculpting for a feeling of lightness and enhanced body definition.		$1,980
Miracle Face Signature facial combining drainage, lifting and sculpting for a refreshed, glowing complexion.	$990	
Lymphatic Drainage Rhythmic massage to help reduce water retention, puffiness & bloating.		$1,980
Sculpting Massage Dynamic body-contouring massage for a firmer, smoother-looking appearance.		$1,980
Relaxing Massage Deeply soothing massage to release tension and restore calm.		$1,980

Also suitable and beneficial during pregnancy.

Enjoy 10% off when booking two treatments together.

Package savings also available—ask our team for details.



Other Facial Treatments	60 min
Holistic Facial Includes soothing facial massage, jade gua sha and a calming Himalayan singing bowl ritual. *Rita*	$1,680

MAKE TIME FOR YOURSELF

5- and 10-session packages available.

Ask our team for package prices.

External appointments: +$250

BOOK YOUR TREATMENT

in Central or Stanley

6801 7513

6/F, 15 On Lan St, Central

G/F, 120 Stanley Main St, Stanley