

The T Hotel Training Spa

EXCLUSIVE FOR THE HOTEL GUESTS AND TDS MEMBERS

Serenity of Body and Mind (135-minute)

Indulge in a luxurious treatment featuring a 45-minute “Milk and Honey” sea salt scrub, followed by your choice of a 90-minute Lomi Lomi or Tui Na massage. This experience is perfect for rejuvenating both your body and soul.

HK\$900 Monday to Thursday

HK\$990 Friday to Sunday and Public Holidays

Supreme Skin Renewal and Relaxation (120-minute)

Experience a spa journey that begins with your choice of a 90-minute Lomi Lomi or Tui Na massage, followed by a soothing 30-minute hand and foot treatment with “Milk and Honey” sea salt scrub and nourishing butter. You will feel soft, smooth and refreshed.

HK\$750 Monday to Thursday

HK\$840 Friday to Sunday and Public Holidays



Lomi Lomi massage (90-minute)

A Hawaiian style holistic massage, Lomi Lomi is delivered in fluid, rhythmic motion using the forearms and the hands to induce a gentle feeling of waves moving over the body. As a result, stress and tensions are released, where blood and lymph flow is stimulated for elimination of waste.

Tui Na massage (90-minute)

Tui Na is an important part in traditional Chinese treatment as it can reform the flow of energy all through the body. By exerting pressure on Acupressure Points and Chinese Meridian Lines with thumb pressure and kneading techniques, it will improve blood circulation.

HK\$600 Monday to Thursday

HK\$690 Friday to Sunday and Public Holidays

For reservations, please contact Training Spa
at 3717 7361 / Email to spa-thotel@vtc.edu.hk during operational hours

Location : M/F, VTC Pokfulam Complex, 145 Pokfulam Road, Pokfulam, HK
Operational Hours : Monday - Sunday Including public holidays from 11am to 7pm



Member of VTC Group
VTC 機構成員

The T Hotel
Training Professionals

#TheTHotel #SupportTraining #TrainingHotel

Visit The T Hotel website
www.thotel.edu.hk
for more information

