



WELLNESS
IS THE WAY OF LIFE

At Domes Wellness & Spa, our concept has been thoughtfully curated around three foundational pillars of wellness: **Nature, Physical, & Intensive Immersions**. Every detail is designed to nurture, empower, and renew—so that each guest departs not just restored, but equipped with the tools and inner resilience to carry wellness into their daily lives.

A New Spa Language

We invite you to explore a new conversation around self-care, inspired by the ancient wisdom of chakras, energy, and holistic healing. These philosophies offer a fascinating lens for understanding how our bodies and minds function. While you don't need to be fluent in these traditions to feel their benefits, we are passionate about de-mystifying their meaning. If you're curious about the ingredients, rituals, or techniques woven into your treatment, our team is always happy to share more.

Understanding Energy

The flow of vital life force—called “qi” in Traditional Chinese Medicine and “prana” in Ayurveda and yogic philosophy—is a universal foundation of many healing arts. These traditions teach that blockages, whether physical, mental, or emotional, can disrupt our energy and well-being. Releasing these blockages and restoring flow is the heart of our practice at Dome Immersions, where every treatment is crafted to encourage deep balance and holistic vitality.

Signature Tranquil Foot Ritual

Your journey begins with a foot ritual, a moment of relaxing and grounding that prepares both body and spirit for renewal. This humble act of service is a nod to ancient ceremonial traditions—inviting surrender, humility, and a sense of belonging, so you may fully receive the benefits of the healing to come.



Domes Wellness & Spa has been recognized with numerous spa and wellness awards since 2010, celebrating our commitment to excellence and innovation. In 2025, we have been awarded the **Best Luxury Spa and Welless Center in Hong Kong.**





Wellness Journeys

Domes Wellness Journeys bring an ethereal journey of the senses for a state of total restoration while nourishing your body, mind and spirit.

SALA Retreat

SALA Retreat Treatments are the outdoor treatments which may subject to weather condition. Treatment may relocate to indoor without prior notice.

Urban Escape

120 mins \$2,980

As the Award Winning Treatment in 2023, it is an effective ritual to combat effects of stress on sleep and aid immunity. Starting with a full body exfoliation, enjoy our tea experience at Sala, followed by our signature massage, completed with our foot recovery, giving you radiant glow to your body and recharge your rest of your day.



Fit-Well Journey

There are two options for Fit-Well Journey - Body Rejuvenation or Body & Soul Recovery.

Body Rejuvenation
120 mins \$2,380

Awaken your body with our Body Rejuvenation Journey, a revitalizing program designed to release tension and restore vitality. Begin with an easy Stretch Air class, gently opening the body and enhancing circulation. Continue with a deeply soothing body massage or an invigorating aqua experience, tailored to relieve fatigue and refresh your senses. This journey leaves you feeling light, re-energized, and fully renewed.

Body & Soul Recovery
90 mins \$2,380

Discover profound restoration with our Body & Soul Recovery Journey. Centered on balance and renewal, this experience combines our signature healing body therapy with a tailored rescue facial to nourish the skin and calm the mind. Together, they release built-up stress, restore inner harmony, and leave you glowing from within — a true reset for body, mind, and spirit.



“Sound of Silence”

150 mins \$3,980

This divine journey is deeply immersed in sounds and vibrations that have the power to cleanse and heal. The treatment begins with a purifying scrub unites its antioxidant powers and nutritional benefits, to stimulate circulation, boost the lymphatic system and remove toxins. Followed by a 90-minute signature massage and to connect with marma point face ritual, blended in rhythmically with the sound bath conducted using Tibetan singing bowl or crystal bowl.

Time For Retreat

120 mins \$2,880

This treatment is made out of holistic therapeutic techniques leaving skin nourished and the mind relaxed and balanced. Best suits traveller and first-time customer, this heavenly experience begins with a revitalizing foot ritual and a healing back massage. Completed with detox retreat designed to relieve the strains of lifestyle on both body and mind. Addressing muscular stress from device use and the damaging effects of blue light on the skin to clam the nervous system, reduce stress and improve sleep.



A woman is lying on her back with her head tilted back, eyes closed, and a serene expression. Her hands are resting on her forehead, suggesting a massage or a state of relaxation. The lighting is soft and warm, creating a peaceful atmosphere. The background is a plain, light-colored wall.

Aligning with Nature

Attune your body to the natural rhythm of the universe, and awaken a mindful, present inner self. True balance is found when we embrace and realign with the universal flow—moving in harmony with the cycles that guide both nature and our own wellbeing.

The Present – Dome Signature Massage

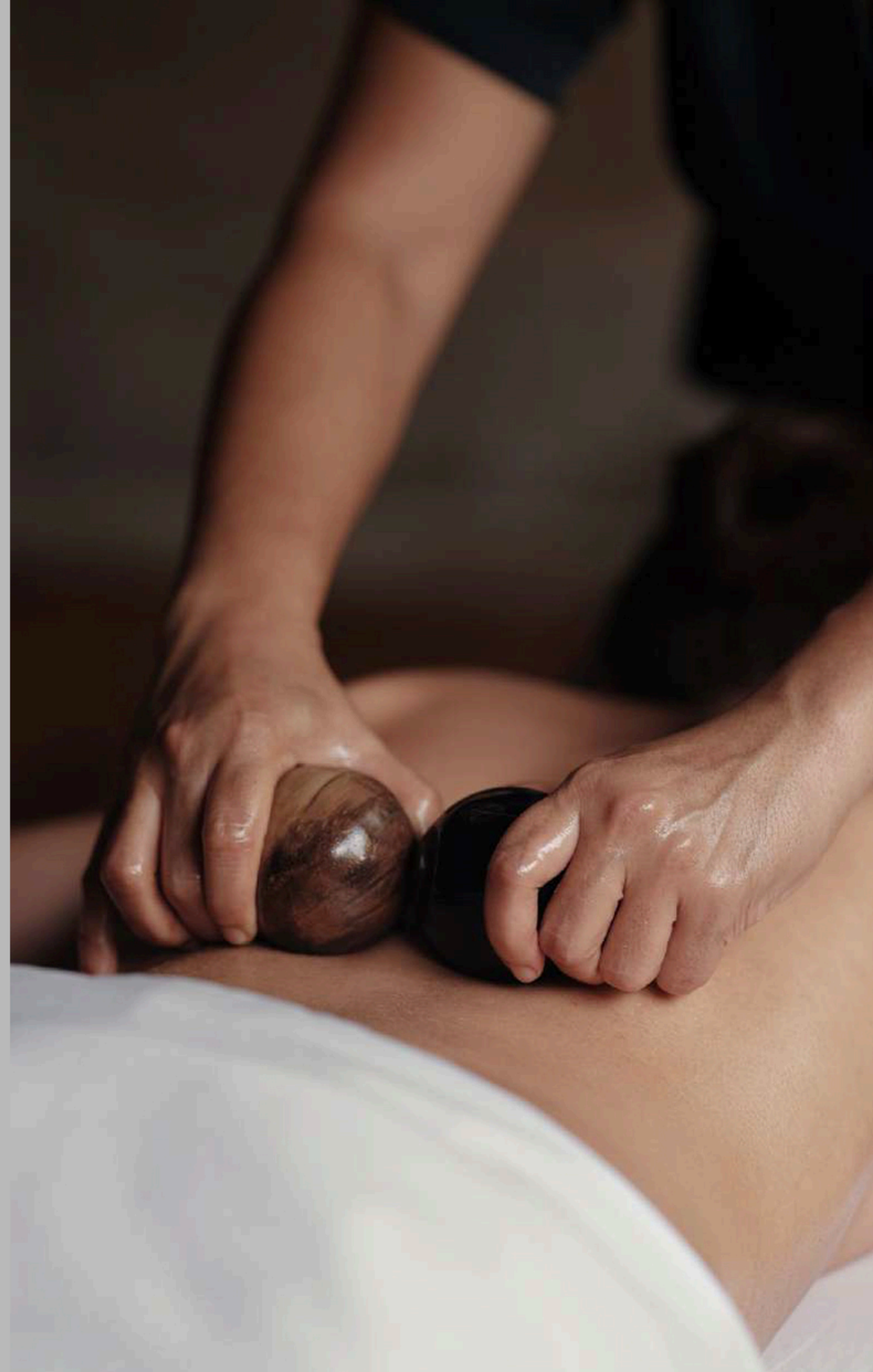
60 / 90 mins \$1,280 / \$1,580

Every individual is unique, and so is every massage. This customized experience allows our skilled therapists to tailor each session to your specific needs in the moment. Using our signature spa aromatherapy massage oils, your therapist will blend a range of techniques—from soothing aromatherapy and gentle Swedish strokes to deep tissue and targeted sports massage—to deliver the perfect balance of relaxation and therapeutic relief.

The Past – Mindfulness & De-Stretch Massage

60 / 90 mins \$1,280 / \$1,580

The mind-body connection is profoundly powerful. While massage therapy naturally soothes both body and mind, combining it with mindfulness can create an even deeper sense of relaxation and well-being. This treatment integrates simple mindfulness practices and gentle stretching movements throughout your massage, helping to quiet the mind and enhance the body's response to touch. The result is a holistic experience that can significantly support relief from anxiety, depression, and physical tension—leaving you feeling more grounded, balanced, and restored.



Lift & Glow (Also for Mama-To-Be)

60 mins \$1,880

This supercharged treatment features a plethora of active nutrients to restore your radiance. Feed your skin and spirit, glow inside and out. Brighten and refresh dull, lethargic complexions with this glow-giving facial. This treatment harnesses the power of Gua Sha, a sweeping massage which stimulates the lymphatic and circulatory systems. In turn, this helps boost the flow of blood and nutrients to the skin.

Vibrant indulgence for the face, neck, scalp, and décolleté... This facial combines luxurious Face Ritual for optimal results. The body, mind, and spirit feel renewed and the skin glows with vitality and luminosity.

Mama Massage (Prenatal Treatment)

60/90 mins \$1,280 / \$1,580

While baby needs care, so does mama. Indulge in a soothing body massage tailored to your unique needs, with focused attention on areas of muscular tension and discomfort. This nurturing treatment is designed to relax, restore, and revitalize your body—helping you feel your best at every stage of motherhood.

We use our signature ESPA Nourishing Body Oil, specially formulated for pregnancy and postpartum. Unscented and free from essential oils, it features a blend of grapeseed, jojoba, sunflower seed oils, and calendula to help improve the appearance of stretch marks and scars. Safe for both you and your little one, it can even be used on baby's delicate skin once they arrive.

Your experience is completed with gentle sound therapy to enhance sleep, reduce stress, and boost your natural energy—so both mama and baby can thrive.



Aqua Ritual

60 mins \$2,380

The Aqua Ritual is a multi-stage facial treatment designed for complete skin rejuvenation. In the first stage, dead skin cells are deeply cleansed to promote hydration and renewal. The second stage boosts circulation and brightens the complexion. The third stage lifts and tightens the skin by stimulating collagen and elastin. Finally, the treatment cools the skin to reduce fine lines and wrinkles, then gently warms it to firm and tone—leaving your skin refreshed, radiant, and visibly renewed.

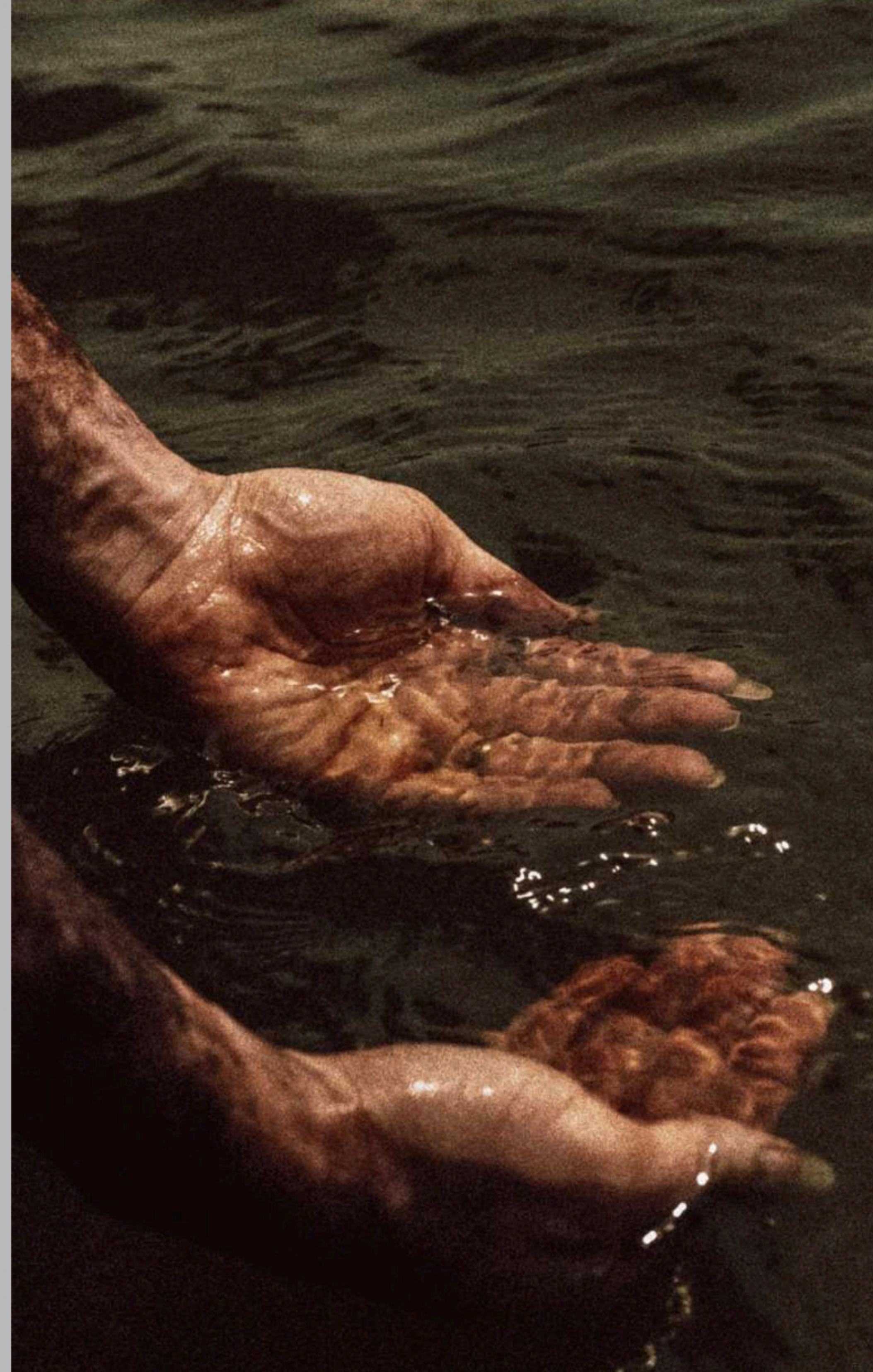
V-Tox Facial

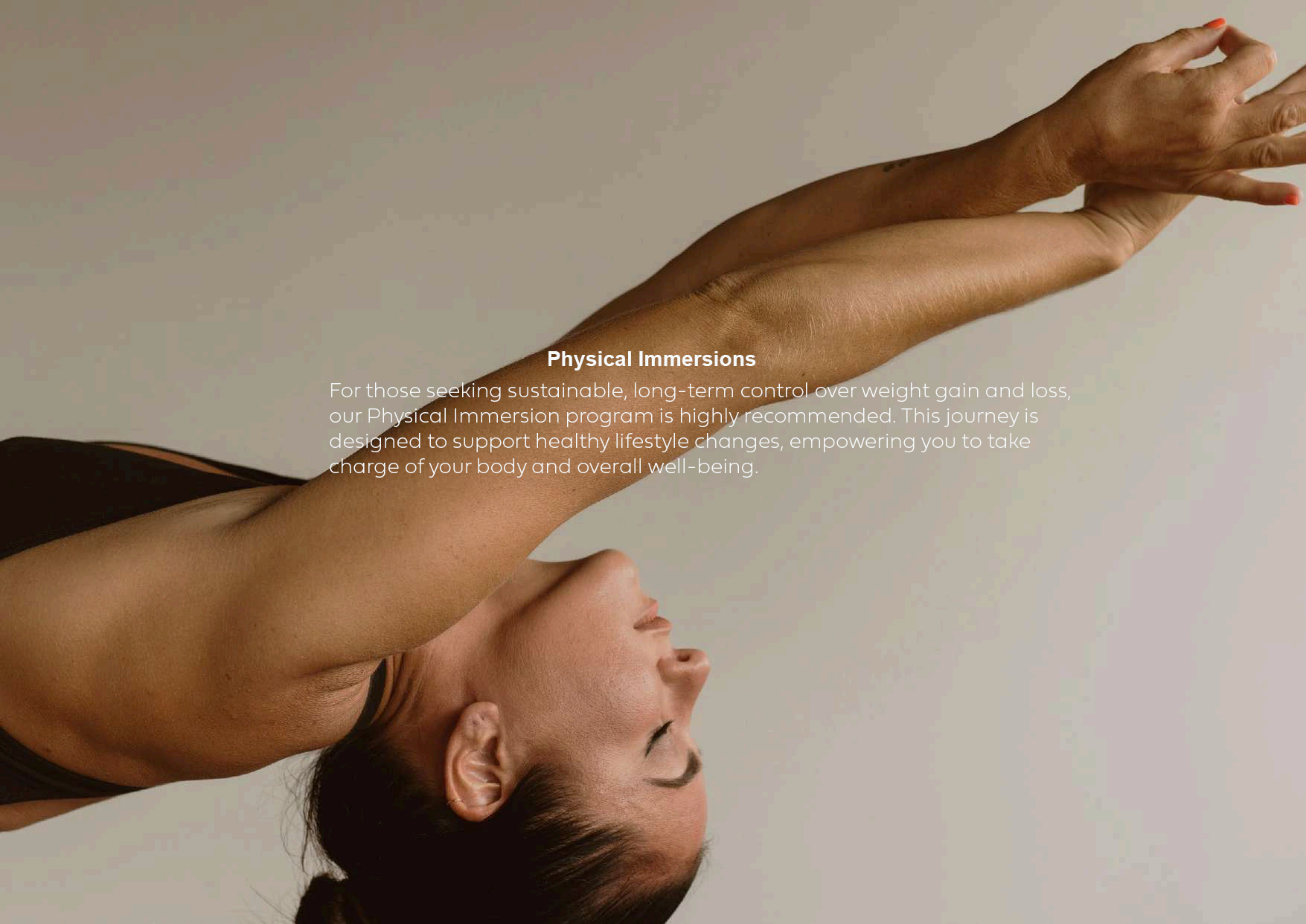
60 mins \$2,380

Experience a breakthrough in age-defying skincare with our V-Tox Oxygen Facial. This advanced treatment harnesses the power of algae derivatives to relax and rejuvenate the skin, offering a safe and effective alternative to invasive Botox procedures. Specially formulated to be pregnancy-safe, it is perfect for mothers-to-be as well as anyone seeking to reduce the appearance of frown lines and achieve smoother, more radiant skin at any age.

For optimal results, a natural alternative to Botox can be added to enhance the effects of this oxygen-rich facial. The 60-minute ritual also gives you the option to include a luxurious collagen or hyaluronic acid mask, further boosting hydration and glow.

Reveal refreshed, supple skin and a luminous complexion—with no needles, no downtime, and complete peace of mind.





Physical Immersions

For those seeking sustainable, long-term control over weight gain and loss, our Physical Immersion program is highly recommended. This journey is designed to support healthy lifestyle changes, empowering you to take charge of your body and overall well-being.

Private Wellness

60 mins

Anti-Gravity Yoga blends traditional poses with aerial silks to improve flexibility, strength, and spinal health while reducing joint pressure. Suspended in a hammock, you can safely deepen stretches, enhance circulation, and align posture.

Our five-phase journey is the recalibration:

- Invert to Interrupt – release spinal tension and shift perspective;
- Rock to Regulate – calm the nervous system;
- Cocoon to Calm – relax deeply in the silk;
- Flip to Rewire – reset body and mind;
- Breathe to Expand – boost breath and awareness.

These mindful stages restore balance, clarity, and vitality, leaving you refreshed inside and out.



LPG Body Workout

30 mins / part (Min. 2 parts) \$980/part

Target stubborn fat deposits, smooth out cellulite, lift sagging skin, and reduce puffiness with this advanced, patented technology. Endermologie® by LPG utilizes mechanical stimulation to activate your body's own biological reserves, jumpstarting metabolic processes and enhancing natural rejuvenation.

Even a single treatment delivers visible, transformative results—revealing a firmer, more contoured, and radiant you.
Benefits:



FaceGym (Totally Natural)

60 mins \$2,380

Endermologie® is a 100% natural, non-invasive, and gentle mechanical skin stimulation technique that reactivates your skin's cellular metabolism. Even after just one session, you'll notice a clarified complexion as micro-circulation improves, tissues are re-oxygenated, and your skin regains its natural freshness and radiant glow.





SPA
Monday (CLOSED)

Tuesday to Friday (10:30 AM – 8:00 PM)
Saturday (10:00 AM – 8:00 PM)
Sunday and Public Holiday (10:00 AM – 7:00 PM)

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