



A highly trained Bodywork therapist specialising in Dien Chan Facial Reflexology. He studied a wide range of therapeutic modalities from Tui-Na to Thai Massage, Deep Tissue and to Qigong, helping people achieve optimum health and wellbeing.

Alex's signature Dien Chan treatment creates a profound sense of relaxation. By releasing micro-pressure points of the face, a unique shift occurs in the mind and nervous system releasing the hidden tension and emotional stress that builds up in the background of busy modern lifestyle.

The treatment has many health benefits and can be enjoyed for deep relaxation or also tailored for specific health concerns.

For more information or to reserve, please call +852 2825 4888
or email mohkg-spa@mohg.com



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Dien Chan Facial Reflexology

A Vietnamese system of healing. The face is deeply connected to many aspects of our health, Dien Chan specialises in mapping out these connections and harnessing them for healing. Dien Chan is unique in that it has identified over 300 individual points on the face, all with specific actions on different aspects of the body and mind. The treatment uses advanced massage techniques to release all the micro-tension and stress from the face, head, neck and shoulders creating a positive healing effect throughout the body and mind.

60 minutes – Weekday – HKD 2,000; Weekend – HKD 2,200

90 minutes – Weekday – HKD 2,800; Weekend – HKD 2,950

Five Jewel Body Massage

Five Jewels Massage is a unique treatment for the hands, feet and face. These are the most sensitive areas of the body and can powerfully shift the nervous system and mind into states of deep rest and healing. Combining acupressure, reflexology and bodywork, this treatment both has many health benefits and is highly relaxing.

90 minutes

Weekday – HKD 2,800; Weekend – HKD 2,950

Acupuncture

Treatments are tailored specifically to each individual, and include traditional bodywork to help align and settle the posture. Acupuncture can improve hormonal balance and regulate sleep, digestion, blood pressure and breathing. It can also work on a mental-emotional level and help create positive changes in mood and temperament. When appropriate, the supplementary therapies of moxabustion, gua-sha and tui-na may also be applied.

45 minutes

Weekday – HKD 2,300; Weekend – HKD 2,500

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Deep Healing Massage

Deep Healing Massage is a bespoke treatment that can be tailored to address physical pain and tension or enjoyed for the blissful effect produced. This treatment combines Deep Tissue and Tui-Na massage to release the back and concludes with Alex's signature facial acupressure.

90 minutes

Weekday – HKD 2,800; Weekend – HKD 2,950

120 minutes

Weekday – HKD 3,500; Weekend – HKD 3,650

Private Tai Chi Qigong Class

With 20 years of experience studying and teaching Tai Chi and many styles of Qigong. These exercises combine gentle stretching and breathwork to realign the body, free up our movement, and improve physical and mental-emotional balance. Research has shown there are a myriad of health benefits from Tai Chi and Qigong, but most importantly, practicing will leave you feeling wonderful, relaxed and refreshed.

60 minutes

Weekday – HKD 2,000; Weekend – HKD 2,200

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