

# ZENSATE WITH MASTER THERAPIST CLAIRE KIPP IN RESIDENCE

An international multi-modality trained yoga and spa therapist with more than 20 years experience. The Mandarin Spa welcomes Zensate expert Claire Kipp, whose passion for the mind-body spirit connection has led her on an in-depth personal journey.

From 22-28 April, her exclusive treatments include a combination with Zensate, a purpose-driven music and vibroacoustic stimulation treatment.



#### **RESTORE: SWEET DREAMS**

Experience the feeling of floating in a deeply relaxing soundscape while acupressure massage and herbal/essential oil support to naturally reset the sleep cycle and prepare for a good night's sleep.

90 minutes – HKD 2,200 per person

#### **RESTORE: BLISS**

A unique and deeply relaxing treatment combining massage and vibrational sound for balancing Yin and Yang energies. Aromatherapy oil and music is selected based on your personal needs to bring balance and relaxation.

60/90 minutes — HKD 1,700/2,200 per person

#### **DETOX: CELLULAR DETOX MASSAGE**

Stress, diet, and exposure to pollution can lead to an accumulation of toxins in our cells. This treatment restores lymphatic flow and cleanses the tissues through a unique combination of Gua Sha, acupressure massage, and sound vibration to detoxify the cells on a deeper level. It is also beneficial for workout recovery or to awaken the body after a long time of inactivity.

90 minutes – HKD 2,200 per person

# **DETOX: ABDOMINAL DETOX AND REJUVENATION**

Often referred to as our second brain, a healthy belly and digestive system is crucial to our wellbeing. Abdominal & organ massage, lymphatic drainage work together to support digestion by releasing emotional tension and stress from the abdomen and the back. You will leave feeling lighter with visible results.

60 minutes – HKD 1,700 per person

# REJUVENATE: MENTAL CLEANSE

For business people, this treatment helps to dissolve mental tensions and stress that block the flow of energy. Warm oil, deep scalp and neck massage, deep tissue shoulder massage, extra attention to hands and arms, and sound vibrations induce quick relaxation and clarity for busy minds and tired bodies.

60 minutes – HKD 1,700 per person

### DETOX AND REJUVENATION PACKAGE

The package treatment includes the 60 minutes Abdominal Detox and Rejuvenation treatment and 60 minutes Bliss treatment.

120 minutes - HKD 3,600 per person

# WORKSHOP GUA SHA SELF-CARE FACIAL HOW TO MASTERCLASS

Enjoy being guided through this luxurious and indulgent ancient beauty self-care ritual. Once reserved for the Royalty of China, but now available to us all as a special way to connect to our mind, body and spirit and age gracefully. In this masterclass we will be combining practices like manual lymphatic drainage, facial massage and Gua Sha, lead by Claire Kipp. All tools and materials will be provided.

Monday, 22 April 6:00pm - 7:00pm

60 minutes - HKD 500 per person