

For immediate release

## **The Retreat Spa at The Sukhothai Shanghai** **“A Place Apart” to rejuvenate the body, mind and soul**



Hidden away in Shanghai’s brand-new lifestyle destination, lies The Retreat spa within The Sukhothai Shanghai. A contemporary masterpiece of design firm Neri&Hu, The Retreat presents a series of Southeast Asian-inspired treatments to deliver a renewing experience to guests.

The Retreat’s logo combines the symbols of lotus and water, each containing its unique meaning. The lotus represents inner beauty and rebirth, and water symbolises purity, fluidity and rhythms of life. The two combined forms a place of peace and serenity, the perfect haven from the hustle and bustle of city life.

Located on the lower ground level, The Retreat comprises five private treatment suites - three single suites and two double suites, one equipped with a bathtub. Each configuration is designed to deliver bespoke wellness experiences to guests with varying needs.

A place of relaxation and rejuvenation, The Retreat offers a variety of treatments in four categories, including The Retreat Signature, Discover Lava Shells, Full Body Massage and Traditional Chinese Medicine. Curated by expert therapists, the menu is highlighted by Southeast Asian therapeutic treatments paired with blended essential oils such as jasmine, lemongrass, patchouli and bergamot, all handpicked by therapists to target different needs. Signature treatments include:

- Lava Shell Deep Heat Relaxation (90 minutes): The shape of the heated shell, combined with a deep massage therapy, relaxes tense muscles and helps effectively manipulate areas of the body that are hard to reach, leaving guests feeling refreshed and rejuvenated.
- The Retreat Detox Massage (90 minutes): This spectacular treatment draws on three cultures to deliver an intensely relaxing and calming experience. Specifically designed to expel fatigue from the body as well as rid it of daily stresses and tensions. In order to re-balance energies, movements are precise and sustained, focusing on the tense parts of the body. Back tensions are carefully worked (Chinese massage) before a massage of the abdomen (Malay method). The treatment culminates in the elimination of “body heat” achieved by stimulating the foot’s reflex zones (Indian massage with the Kansu bowl).
- Thai Massage with Herbal Compress Massage (90 minutes): The warm herbal compress works along the energy lines of the body in slow, rhythmic motions to encourage circulation and relieve stress.
- Himalayan Warm Stone Massage (90 minutes): Shamans have used stones from the rivers in their healing practices for centuries. Warm stones are placed on the chakras, then used to massage the entire body to promote a deep state of relaxation physically and emotionally.
- Nepalese Style Tea Exfoliation (90 minutes): Revitalises the skin through gentle massage and exfoliation using an aromatic paste of apricot oil, shea butter, bamboo powder and Complex de Thés (4 Teas Elixir), removing impurities to leave skin radiant and clear.

The Retreat uses French natural skincare brand THÉMAÉ as the exclusive skincare line. The brand’s name refers to “the various phases in preparing and presenting the tea ceremony,” drawing inspiration from the art and culture of tea. THÉMAÉ combines the natural essences of Japanese green tea, Chinese white tea, Sri Lankan black tea and the caffeine-free rooibos tea. They are then blended with French natural spring water, resulting in products rich in different types of tea polyphenols. Green tea is rich in antioxidant properties, white tea helps regenerate the skin, black tea stimulates the skin, and rooibos tea soothes and improves circulation. Together, all properties play its role in rejuvenating and renewing your skin, and well as your senses.

The hotel is also furnished with a 24-hour fitness studio spanning over a 198-square-metre space with advanced Life Fitness equipment, and a 25-metre indoor heated pool, sauna and steam rooms. Yoga and Pilates classes are available on a regular basis and conducted by professional trainers. Various fitness membership programmes offering unlimited access to the top-notch facilities, plus exclusive benefits including discounts for other hotel services.

The Retreat offers annual spa membership with privileges such as special discount on treatments, complimentary access to the recreational facilities and a THÉMAÉ gift set starting from CNY12,800. Holders of



the highest tier membership, Jadeite, are also entitled to unlimited treatments, food and beverage vouchers and complimentary stay at the Signature Suite.

Located in the shopping and tourist hotspot of West Nanjing Road and Shimen Yi Road, The Sukhothai Shanghai is a contemporary design hotel that forms an integral part of the HKRI Taikoo Hui mixed-use complex, which also includes Grade-A office towers and a premium shopping mall. A member of Small Luxury Hotels of the World, the hotel features 170 well-appointed guest rooms and 31 suites ranging from 44 to 172 square metres, and five inspiring lifestyle dining venues serving authentic modern cuisines and artisanal beverages. Crafted for exquisite social and corporate events, conferences and exhibitions of all scales, the Grand Shanghai Ballroom along with six multi-purpose function rooms occupy a spacious area of 450 square metres, conveniently accessible from the main driveway and grand terrazzo staircase.

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#### **About The Sukhothai Hotels & Resorts**

The Sukhothai hotel logo consists of 22 diamond droplets forming the Chedi design that was inspired by Sukhothai, the first capital of Siam. Each drop of diamond, polished to an identical marquise shape and seemingly finding its own position within the whole represents the individuals of the qualified hotel staff who, guided by intuition yet precise in every detail, anticipate our guests' needs and cater to them exceptionally.

Each property within the brand portfolio remains distinct and uniquely designed while maintaining the essential quality that is the hallmark of the brand.

#### **About HKRI Taikoo Hui**

Located at 789 Nanjing Road (West), HKRI Taikoo Hui is a 50:50 joint venture between two Hong Kong listed companies – HKR International and Swire Properties, with a total investment of RMB17 billion. The development covers an area of about 63,000 square metres, and a gross floor area of about 322,000 square metres which accommodates a lifestyle shopping mall, two premium Grade A office towers, three boutique hotels and serviced apartment, and more than 1,200 parking spaces. It is connected to Metro Line 13, with Line 2 and Line 12 at West Nanjing Road station only a walking distance away. The development is also strategically located next to Yan'an Elevated Highway and N-S Elevated Highway, providing direct access to the Hongqiao Transportation Hub and Pudong International Airport.

#### **About HKR International Limited**

HKR International Limited has diversified interests in real estate development and investment, property management, luxury hotels and serviced apartments, healthcare services and other investments in Hong Kong, mainland China and across Asia.

The Company has been listed on The Stock Exchange of Hong Kong since 1989, under the Stock Code of 00480, and it is also a constituent of the Hang Seng Global Composite Index, Hang Seng Composite Index and Hang Seng Corporate Sustainability Benchmark Index.



Website: [www.hkri.com](http://www.hkri.com).

**About Small Luxury Hotels of the World™**

Small Luxury Hotels of the World™ (SLH) matches independently minded guests with independently spirited hotels. The diverse collection of over 500 hotels in more than 80 countries around the world includes everything from cutting edge design hotels and city centre sanctuaries to historic country mansions and remote private islands – all SLH hotels are consistently different, however, they are all united by the fact that they offer the best locations, highest quality, personalised service and a truly authentic way to discover a destination. Guests can now join INVITED, SLH's refreshed loyalty programme, to experience Small Luxuries across the collection.

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