

LIFESTYLE
MEMBERSHIP

|S|P|A|
AT FOUR SEASONS

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Thank you for your interest in being a Lifestyle Member at Four Seasons Hotel Hong Kong.

I am pleased to provide you information on this exclusive program, which offers members access to the Hotel's well feeling facilities including the Spa, Nail Bar, Vitality Lounge, Fitness Centre and Swimming Pool, along with exceptional privileges.

Situated on the fifth, sixth and seventh floors of the Hotel, this urban sanctuary spans over 22,000 square feet. The Spa at Four Seasons is the pioneer of cultivating a wellness centric community through its holistic spa program. The Hotel's stunning infinity pools allows swimmers to immerse in the stunning Victoria Harbour views and the city skyline at the same time - an exclusive destination to spend time at.

Dedicated to continuous innovation and the highest standards of hospitality, our expert and caring staff cater to our members' every need. Four Seasons invented luxury, and we are proud to state that our exclusive Lifestyle Membership take rejuvenation and relaxation to new heights.

Enclosed please find detailed information on the Lifestyle Membership Program including privileges and pricing, facility facts and an application form.

Please feel free to contact us at your convenience should you have any questions.

Healthy regards,
Tania Bardhan
Senior Director of Spa

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AT FOUR SEASONS

PRIVILEGES & *PRICING*

THE CLUB AT THE FOUR SEASONS –
A LIFESTYLE MEMBERSHIP PROGRAM

MEMBERSHIP FEES:

Term	Validity	Type	Joining fee	Monthly fee
Annual	12 months	Single	HK$95,000	HK$4,000
		Couple	HK$165,000	HK$8,000
6 months	6 months	Single	HK$55,000	HK$4,000

MEMBERSHIP PRIVILEGES:

- Unlimited access to Hotel's wellness facilities – Spa, Fitness Centre, Swimming Pool and Vitality Lounges
- HK$2,000 credit towards spa treatments or personal training per month per member from the paid monthly dues (non-transferable and non-accumulative)
- 10% discount on additional spa treatments
- 15% discount on retail purchases, except discounted products
- 20% discount at The Pool Terrace (unlimited) and monthly vouchers (transferable) with 20% discount at The Lounge
- 15% discount on haircut in Private I salon
- 10% discount for personal trainings and yoga class
- Complimentary laundering of fitness attire (up to 10 pieces per laundry bundle)
- Complimentary valet parking for six hours per visit
- One complimentary night annually in a Four Seasons Hotel Hong Kong Superior Harbour View Suite (non-transferable and non-accumulative, based on availability, excluding public holidays and blackout dates apply). Please ask spa concierge for available dates.
- One welcome personal training session per person
- Two monthly guest passes with access to swimming pool, gym and spa facilities
- Birthday Gift / Christmas Gift / Chinese New Year Gift
- 6-month membership: Includes 1 Red Light Therapy session per month.
  Annual membership: Includes 2 Red Light Therapy sessions per month per person.



YOUR
WELLNESS
SANCTUARY.

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"MODERN *HYDROTHERAPY* MEETS *ASIAN SPIRITUALITY* TO *CREATE* THE *ULTIMATE CONTEMPORARY SPA* EXPERIENCE"

Spa Lobby

Location & Extension
Podium 6/ Ext. 8900

Opening Hours
08h00 – 23h00 daily

Facilities

Spa Boutique
Spa Reception

Male Vitality Lounge

Location
Podium 6

Opening Hours
06h00 – 23h00 daily

Facilities
Aqua Therapy includes:
Vitality Pool
Ice Fountain
Finnish Sauna (82°C)
Herbal Steam Room
Relaxation Lounge
Lockers/ Vanity Counters
Private Changing Areas

Female Vitality Lounge

Location
Podium 6

Opening Hours
06h00 – 23h00 daily

Facilities
Aqua Therapy includes:
Vitality Pool
Ice Fountain
Soft Sauna (82°C)
Amethyst Crystal Steam Room
Relaxation Lounge
Lockers/ Vanity Counters
Private Changing Areas

Aqua Suite

Location
Podium 6

Opening Hours
10h00 – 23h00 daily

Facilities
Aqua Therapy includes:
Vitality Pool
Steam Room
Day Bed
Private Changing Room

Treatment Rooms

Location
Level 7

Opening Hours
10h00 – 23h00 daily

Facilities

9 Couples Rooms
5 Individual Rooms
1 VIP Suite
4 rooms include Bathtubs
All with Steam/Showers

Nail Bar

Location
Podium 6

Opening Hours
10h00 – 20h00 daily

Facilities

3 Pedicure Chairs
2 Manicure Tables



THE *FITNESS CENTRE* AND *SWIMMING POOL*

Cardio & Weights

Location & Extension
Podium 5/Ext. 8940

Opening Hours
06h00 – 22h00 daily

Facilities

Technogym:
Treadmills
Recline Bike
Upright Bikes
Spinning Bike
Steppers
Leg Extension
Leg Curl
Leg Press
Crunch Bench
Fixed Barbells (5kg-60kg)
Dumbbells (1kg-32kg)
Smith Machine
Arke Wall Weight Equipment
Chest Press
Shoulder Press
Lat Machine
Rotary Torso
Lower Back Bench
Adjustable Benches
Combined Parallel
Dual Adjustable Pulley

Freemotion:
Chest
Shoulder
Row
Cable Cross
Hip Ab/ Adduction
Squat
Lift

Precor:
Ellipticals

Concept 2:
Indoor Rower

Power Plate:
Certified Medical Vibrating Device

Special Features
Spectacular Panoramic Harbour View

Detox water, Coffee & Tea available between 06am-12pm

All cardio machines come with a built-in LCD touch screen TV and a Built-in sound system

Pilates

Location & Extension
Podium 5/Ext. 8940

Opening Hours
06h00 – 22h00 daily

Facilities

Balanced Body:
Studio Reformer with Allegro Tower
Ladder Barrel
Combo Chair

Fitness Training Accessories:
TRX
Skipping Ropes
Fitball 55cm & 75cm
Yoga Mats
Yoga Blocks
Foam Rollers

Special Features
Private sessions and Personal training are available upon request

Infinity Pool/Lap Pool/Pool Terrace

Location & Extension
Podium 6/Ext. 8949
Pool Terrace Ext. 8840

Opening Hours
0600-2100

Facilities

Infinity Pool:
12 meters X 24 meters
1.2 meters -1.5 meters (deep)

Lap Pool:
10 meters X 20 meters
1.2 meters (deep)

Water Temperature:
28-30°C (Infinity Pool)
Room Temperature (Lap Pool)

Jacuzzi:
Temperature 38°C

Cold tub:
Temperature 16°C

Chaise lounges & Cabanas

Special Features
Spectacular Harbour View
Food & Beverages available at the Pool Terrace 11h00-21h00

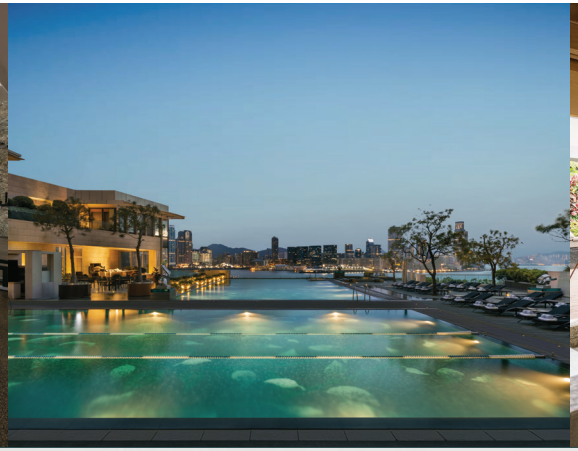
Last order for food 19h30

Last order for Beverage 20h30

Built-in sound system for both pools

Heaters available in winter

Retail swimwear & Accessories are available for purchase at the Spatique.





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THE *CLUB* AT THE *FOUR SEASONS* ... LIFESTYLE MEMBERSHIP *RULES & REGULATIONS*

Member will accept and be bound by the conditions relating to the "lifestyle" membership and the rules of conduct for the spa, fitness centre and swimming pool (herein referred to as Facilities). The purpose of these conditions and rules is to ensure the wellbeing and enjoyment of all members.

1) MEMBERSHIP – Membership applications will be accepted at the sole discretion of Management of the Facilities (herein referred to as Management). Membership is annual and will run for a period of twelve months from the time of acceptance of application. In the event an application is rejected, no reason must be provided. Applicants must be over the age of 16 years. A successful applicant will become a member of the Facilities by completing and signing the membership application and this rules & regulations document, and by paying the appropriate joining fees and related dues. Membership is non-refundable and cannot be 'frozen' by the members for any reasons. The operation and administration of the Facilities is at the sole discretion of Management and shall not be subject to approval by members. Eligibility is based and limited to each type of membership indicated in the fee structure. Members have the right to use and enjoy the Facilities in accordance with its rules & regulations which will be binding upon the Members as a part of these conditions and rules. Separate fees shall be charged for other services or facilities not covered in the membership. Member agrees to pay or sign for all extra charges upon completion of services used and in any event prior to leaving the premises. Members wishing to cancel their membership may do so by giving one month's prior notice in writing to Management.

2) FACILITIES – The Facilities of the Four Seasons Hotel Hong Kong are restricted to and include: fitness centre, 16 spa treatment rooms, VIP Suite & Nail Bar Spa boutique, male & female vitality lounges (locker rooms), outdoor heated swimming pools & jacuzzi, outdoor Pool Terrace restaurant. The availability of such Facilities and the usage of Facilities thereof are subject to the rules & regulations herein as may time to time be amended by Management. Advance bookings are recommended for the spa treatments. Members are requested to notify the spa at least 12 hours before the scheduled appointment in case of cancellation or rescheduling, otherwise a 100% cancellation fee will apply and such fee will be posted on the member's account. 24 hour notice is required prior to cancellation of any booked fitness service.

3) HOURS OF OPERATION – The fitness centre opens daily from 06:00am to 10:00pm, while the swimming pool from 06:00am to 9:00pm; the spa is open daily from 06:00am to 11:00pm.

Usage of these Facilities by the member is not permitted outside of these hours. Opening and closing times are subject to change without notice, although Management will endeavor to give prior notification. Management may at any time and for any length of period vary the opening times in accordance with the general operations of Four Seasons Hotel Hong Kong, or for repairs, changes or maintenance or in accordance with government guidelines. There shall be no refund of the membership fee for any variation in the Facilities available or the times which may be used.

4) SPA ACCESS – Access to the spa facilities is restricted to persons under 14 years of age. Persons under the influence of drugs or alcohol are not permitted to use any of the above Facilities. Consumption of alcohol is only permitted at The Pool Terrace. For the health and comfort of others, smoking is not permitted in the Facilities. Management refuses admission to domestic helpers, nannies, drivers, maids, and/or outside visitors to the spa. Outside food and beverages are not permitted in the Facilities. Animals are not allowed.

5) DRESS CODE – Persons using the Facilities must dress in a manner appropriate to the activity being engaged in. Sports shoes with non-marking soles must be worn in the fitness centre. Swimwear, wet or otherwise, is not permitted in the fitness centre. Failure to dress appropriately may result in refusal of admission or a request to leave.

6) TELEPHONES AND PORTABLE MUSIC DEVICES – In consideration of others, members and guests are requested to limit the usage of mobile phones in the spa, fitness centre and swimming pool. Music devices whose only source of sound is through earplugs or a headset may be played at the Facilities.

7) LAUNDRY – Exercise attire that is used by members during a workout at the fitness centre will be laundered free of charge. Any unrelated items sent to the laundry will be charged to the member's account accordingly. Management will not be held responsible for the loss or damage of any outfits sent for laundering.

8) APPAREL AND AMENITIES – Robes, slippers, towels and grooming amenities are available for use only at the spa and may not be removed from the Facilities.

9) LOCKERS – Management reserves the right to charge the member for damage to lock or locker. Management will not be held liable for any personal possessions and/or clothing that has been left, lost or damaged while using the lockers and/or Facilities. Clothing, shoes and other personal belongings are not to be left in the changing area other than in the lockers.

Personal belongings left overnight will be removed and disposed of following the hotel's 'Lost and Found' policy. Shoe bags for the member's fitness footwear are available free of charge from spa reception and can be stored free of charge until the member's next session. Valuables should be kept in the hotel's safe deposit boxes. At the end of the membership expiration date, the Spa reserves the right to empty the contents of the lockers.

10) GUESTS – Members may invite a maximum of two guests to join them in using the facilities for an additional payment of HK$950 (age 12 & above) per person per day and subject to the following conditions: a) Guests must be accompanied by member at all times. b) Guests must be at least 14 years of age to access spa facilities. c) Guests must be at least 12 years of age to access fitness centre. d) Guests must adhere to the rules & regulations of membership. e) Guests may use this privilege for a maximum of 12 times per year. f) Guests will be admitted to the Facilities on condition that they observe all applicable rules. Member must be present at either the spa or fitness centre reception to sign guest in. Member is responsible for paying the guest fee and other charges incurred by his or her guest and indemnifying Management against all defaults and claims the guest may make on Management. Member shall be responsible for the actions, conduct and safety of all guests while on premises. Management shall be entitled to remove from the premises or refuse entry to any guest without assigning reason. g) Members are entitled to complimentary access for a maximum of two of their children under 12 years old at one time. From the third child onward (age under 12) will require an additional payment of HK$475 per child. The facilities will be limited to the swimming pools and outdoor changing rooms.

11) PERSONAL TRAINERS – In compliance to the safety criteria of insurance requirement, Personal / Private Trainers from outside Hotel are strictly prohibited. However, certified and experienced Physical trainers are available at The Spa at Four Seasons fitness center for an additional payment of HK$1,380 and yoga class for HK$1,000.

12) STAFF INSTRUCTIONS – As well as observing the rules of the Facilities, users of the Facilities and equipment shall comply with the directions given by the staff and instructors of the spa, fitness centre and swimming pool, who are supervising the Facilities. Members are responsible for ensuring that their guests comply with such rules and any directions given, and any failure of a guest to do so shall be deemed to be the member's fault. Instructors are authorized to stop anyone from exercising if they are, in the instructors' sole opinion, judged unfit.

13) VARIATION – Rules may, from time to time, be revoked, altered or added to by Management at its absolute discretion. While Management will endeavor to give prior written notice of any proposed revocation, alteration or addition, members should bear in mind that they would generally take effect upon notification. Management reserves the right to refuse a membership application or terminate a membership without refund if member does not comply with the rules. Management reserves the right to increase prices from time to time as necessary, amend these rules & regulations and refuse entry to any persons entering the Facilities at their absolute discretion. Notwithstanding anything to the contrary in the terms, Management may at any time assign and transfer to any person or entity any or all of its rights, benefits and obligations under this agreement.

14) TERMINATION – Management reserves the right to terminate any membership if member does not pay his/her membership fees or fails to comply with these rules and regulations or breaches any of the terms and conditions. Membership may be revoked at any time without notice at the sole discretion of Management and, in the event of such withdrawal, refund of the fees shall be at its sole discretion. Upon termination, all membership fees or any other fees or charges owed to the hotel shall become immediately due and payable by member to Management. The expiry or termination of any membership shall not affect or terminate the liability of the member with respect of any charges or fees imposed prior to termination or any action, matter or transaction effected or occurring prior to the expiry or termination of the membership. Should a member wish to terminate the membership, he or she needs to notify the Spa 30 days before the intended termination date.

15) CHARGES – A monthly subscription fee will be charged monthly on the first day of the month, and any outstanding amounts for other related charges due from prior month must be paid within 10 days of receipt, failing which, Management reserves the right to suspend member from using any Facilities until the outstanding account is settled. For any outstanding amount from member's account, member shall pay interest on any sum due at the rate of 12% per annum from the date the charge becomes due. Members wishing to have all charges, including monthly fees, directly charged on a monthly basis to their credit card, should contact Management and provide appropriate authorization.

16) NOTICES – Any notices, demands, and requests by Management shall be effective and deemed to have been received by member if sent to the member by either post, facsimile or electronic mail to the postal address, facsimile number or electronic mail address provided by the member to Management at the time of membership application. Member is required to notify Management of any change in member's contact details as submitted in membership application, including and changes to the member's credit card (credit line, expiration, replacement etc.).

17) VALIDITY – The provisions contained in each clause and/or clause of these rules & regulations shall be enforceable independently of each of the others and their validity shall not be affected if any of the others is invalid. If any of these provisions is void but would be valid if some part of the provision were deleted, the provision in question shall apply with such modification as may be necessary to make it valid. These terms shall be governed by and interpreted in accordance with the laws of Hong Kong. Member submits to the non-exclusive jurisdiction of the courts in Hong Kong with respect to any claims or disputes concerning or arising for the terms of their membership.

18) LIABILITY AND INDEMNIFICATION – This agreement waives the liability of IFC Development (Hotel) Limited, Four Seasons Hotel Hong Kong and Four Seasons Hotels Limited (collectively known as the Owner and Manager). Member hereby agrees to indemnify and hold harmless the owner and Manager and its affiliates, officers, proprietors, agents, and employees, from and against any and all losses, actions, costs, claims, alleged claims, demands, liabilities, judgements, expenses, and/or damages, including attorney's fees, that he/she might have now or in the future have, for any personal injuries and/or property damage in any manner resulting from use of the services and Facilities. Member understands that exercise, as well as various equipment and spa activities have varying effects on the individuals based upon their size, age, physical condition, and/or state of health, and may require personal knowledge on their proper use. Member further understands that it is his/her sole responsibility to determine his/her physical fitness for any exercise or spa activity, and the suitability of the exercise or spa activity based on his/her personal condition and personal knowledge on the use of the equipment.

19) MEMBERSHIP TRANSFER – Companies may apply for an alternative employee to consume the membership leftover period should a colleague leave. The remaining period may not be less than 3 months. Birthday/ Chinese New Year/ festive gifts or carrying over of any pending credits will not apply.

Member is declaring that he/she is physically capable of utilizing the spa services and Facilities. No person suffering from a contagious disease may enter the spa or Facilities. Member acknowledges that he/she voluntarily releases the above named parties from all liabilities arising out of his/her utilization of any spa or related services or Facilities. To the extent permitted under the laws of Hong Kong, the Owner and Manager shall not be responsible or liable for any loss of or damage to property whatsoever, or any bodily injury, death, mental impairment or illness of any person using the above Facilities, however caused, sustained or incurred arising out of or in any way connected with the use, whether proper or otherwise, known or unknown, of any of the equipment and/or Facilities, whether defective or not, or advice given by staff. Members are advised to undergo a medical examination prior to joining. The Owner and Manager reserve the right to require withdrawal from the Facilities of any person whom it may considers constitutes a risk to himself, the Facilities and others.

By signing below, I acknowledge that I have read and I agree to abide by the rules of the “lifestyle” membership at the Four Seasons Hotel Hong Kong.

Member’s Signature:

_____

Date:

_____



FOUR SEASONS
HOTEL
HONG KONG

SPA
AT FOUR SEASONS

LIFESTYLE *MEMBERSHIP* APPLICATION

Membership Type: ☐ Individual ☐ Couple ☐ Six Months

A. Individual Member Information

Family Name: _____
(Mr/ Mrs/ Ms/ Dr)

First Name: _____

Date of Birth: _____
(dd/mm/yy)

Nationality: _____

HKID No.: _____

Marital Status: _____

Home Address: _____

Occupation/ Position Held: _____

_____

Home Tel.: _____

Home Fax: _____

Mobile: _____

Company Name: _____

Office Address: _____

Office Tel.: _____

_____

Office Fax: _____

_____

Email Address: _____

B. Partner Member Information

Family Name: _____
(Mr/ Mrs/ Ms/ Dr)

First Name: _____

Date of Birth: _____
(dd/mm/yy)

Nationality: _____

HKID No.: _____

Marital Status: _____

Home Address: _____

Occupation/ Position Held: _____

_____

Home Tel.: _____

Home Fax: _____

Mobile: _____

Company Name: _____

Office Address: _____

Office Tel.: _____

_____

Office Fax: _____

_____

Email Address: _____

LIFESTYLE MEMBERSHIP FEES

☐ INDIVIDUAL
HK$95,000 membership fee and HK$4,000 monthly dues

☐ COUPLE
HK$165,000 membership fee and HK$8,000 monthly dues

☐ SIX MONTHS
HK$55,000 membership fee and HK$4,000 monthly dues

PAYMENT METHOD FOR ANNUAL MEMBERSHIP FEES

Credit Card: _____
(Amex/ MasterCard/ Visa/ Diners/ Others)

Credit Card No.: _____

Cardholder Name: _____

Expiry Date: _____

I hereby authorize Four Seasons Hong Kong to deduct the monthly dues of HK$ _____plus any outstanding account charges, from the above credit card on the first day of every month.

ACKNOWLEDGEMENT OF RULES & REGULATIONS

I acknowledge that I have read and understand the attached Rules and Regulations of the Spa at Four Seasons Hotel agree to comply to the terms and conditions outlined.

Signature of Applicant: _____

Date: _____

Payment of Monthly Dues & Account: _____

FOR OFFICIAL USE ONLY

Name of Membership Consultant: _____

Date of full Payment Received: _____

Category of Membership: _____

Membership Number: _____

Commencement of Membership: _____

Approved by: _____

Acknowledgement by Finance Department: _____

Please send the completed membership application form (and two passport-size colour photographs) to:

|S|P|A|
AT FOUR SEASONS

The Spa at Four Seasons Hong Kong
8 Finance Street, Central, Hong Kong
Tel (852) 3196 8900
Fax (852) 3196 8909
lifestylemembers.hkg@fourseasons.com



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The SPA at Four Seasons Hong Kong, 8 Finance Street, Central, Hong Kong