



Sun and Moon Massage

日月

Sun and Moon

按摩 Massage

足浴 Foot Spa

養生 Wellness





關於我們

日月按摩 — 結合自然與專業, 打造全港最全面的療癒體驗

日月, 象徵著陰與陽、內與外、人與大自然的和諧共生。日月按摩不僅是一個按摩品牌, 更是全港首屈一指的身心健康療癒專家, 致力於提供超越傳統按摩的全方位養生體驗。我們專注於優質服務、身心靈平衡, 讓每位顧客在繁忙都市中找到專屬的寧靜角落, 重拾內在能量。

我們的環境設計靈感來自地中海風格, 以溫暖柔和的大地色系打造簡約而純粹的療癒空間。從裝潢佈置到按摩用料, 我們精挑細選每一個細節, 務求讓您從踏入店內的那一刻起, 便能感受到舒適與安心。

頂級專業團隊, 締造極致療癒體驗

日月按摩擁有一支頂尖的專業按摩師團隊, 每位均經過嚴格甄選及專業培訓, 不僅技術精湛, 更具備調理身心的專業知識。我們深信, 按摩不僅是放鬆肌肉, 更是一種平衡內外、提升整體健康的療癒藝術。

我們的泰籍按摩師更精通傳統泰式按摩, 融合伸展動作與呼吸技巧, 透過專業手法舒緩身心壓力, 讓您恢復活力、提升專注力, 達到真正的深層放鬆。

全方位身心健康服務, 超越傳統按摩

日月按摩不只是提供按摩, 更致力於推廣全方位的身心靈健康, 我們的服務涵蓋:

- * 門店專業按摩療程 (旺角、尖沙咀、西營盤、東隅EAST Hong Kong)
- * 企業專屬按摩服務 (提升員工身心健康與工作效率)
- * 身心靈健康活動 (結合冥想、音療與能量療癒, 提升內在平衡)

無論您身處辦公室、活動場合或酒店, 還是尋求專業的養生方案, 日月按摩都能為您度身訂造最適合的療癒體驗。讓我們一起在繁忙都市中尋找平衡, 提升健康與幸福感。

日月按摩 — 全港最全面的身心靈療癒體驗, 讓每一次療程都成為身心重生的旅程!



about us

Sun & Moon Massage –

Where Nature Meets Expertise, Creating Hong Kong's Most Comprehensive Wellness Experience

The sun and the moon symbolize the harmony of yin and yang, the balance between the inner self and the outer world, and the connection between humanity and nature. Sun & Moon Massage is more than just a massage brand – it is Hong Kong's premier expert in holistic wellness, dedicated to providing a transformative wellness experience that goes beyond traditional massage. We focus on exceptional service and mind-body balance, offering every guest a tranquil retreat within the bustling city to restore their inner energy.

Inspired by the serene elegance of the Mediterranean, our spaces are designed with warm, earthy tones, creating a simple yet pure sanctuary for relaxation. From our thoughtfully curated décor to the finest massage ingredients, every detail has been meticulously chosen to ensure you feel comfort and peace the moment you step inside.

Elite Professionals, Crafting the Ultimate Wellness Experience

At Sun & Moon Massage, we take pride in our team of elite therapists, each rigorously selected and professionally trained to master the art of both physical and emotional well-being. We believe that massage is not merely a means to relieve muscle tension—it is a holistic practice that harmonizes the body and mind, restoring vitality and enhancing overall wellness.

Our Thai therapists, renowned for their expertise in traditional Thai massage, integrate stretching movements and breathing techniques to alleviate stress and tension. Through their skilled hands, you will experience deep relaxation, renewed energy, and improved mental clarity.

A Holistic Approach to Wellness – Beyond Traditional Massage

Sun & Moon Massage is committed to promoting a comprehensive approach to mind-body wellness, offering a range of services that include:

- *Professional in-store massage therapies (Locations: Mong Kok, Tsim Sha Tsui, Sai Ying Pun, EAST Hong Kong)
- *Corporate wellness massage services (Enhancing employees' health and productivity)
- *Holistic wellness programs (Incorporating meditation, sound therapy, and energy healing for inner balance)

Whether you are in the office, at an event, or staying at a hotel, Sun & Moon Massage provides tailored wellness solutions designed to meet your specific needs. Let us help you find harmony in the midst of a fast-paced city and elevate your well-being to new heights.

Sun & Moon Massage – Hong Kong's Most Comprehensive Mind-Body Wellness Experience, Where Every Session Becomes a Journey of Rebirth.

服 務
Our Services



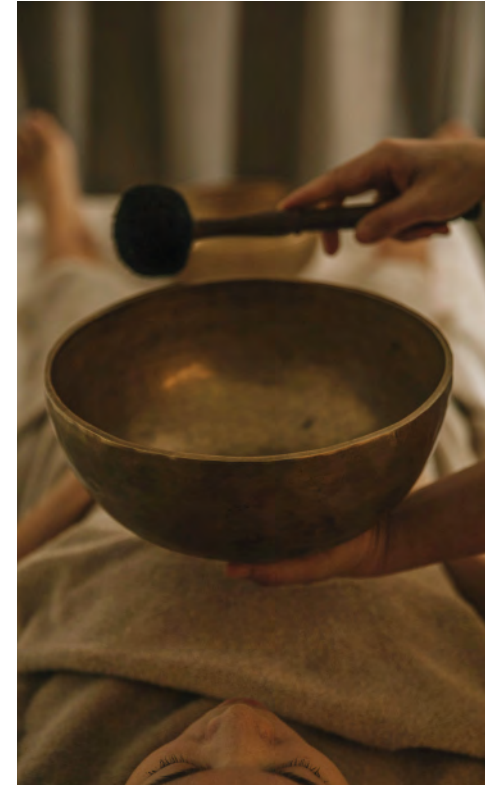
按摩 Massage



水療 Spa



養生 Wellness



心靈治療 Mindfulness



旺角店
Mongkok Branch



尖沙咀店
Tsim Sha Tsui Branch



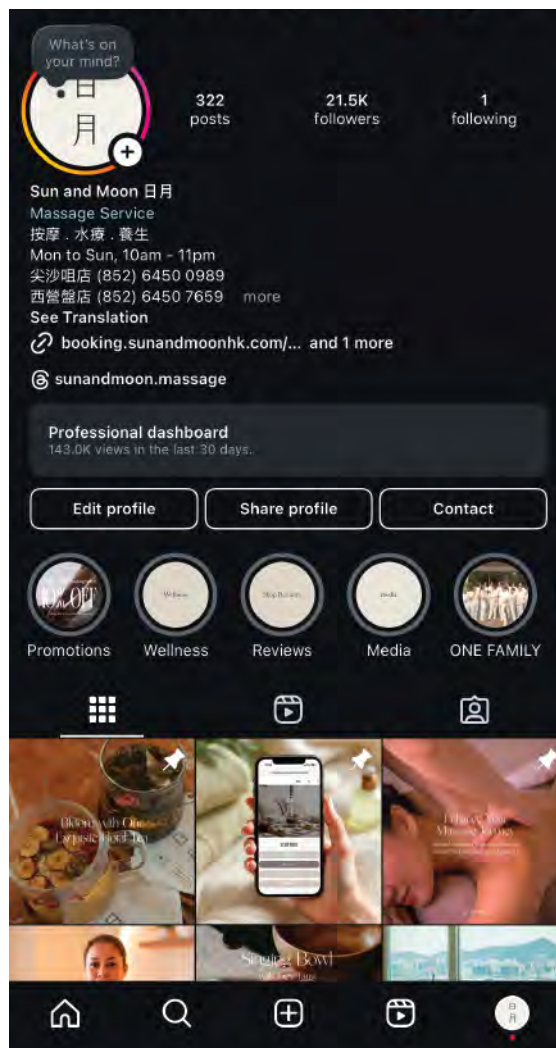
銅鑼灣店
Causeway Bay Branch

Our Members

Our Client

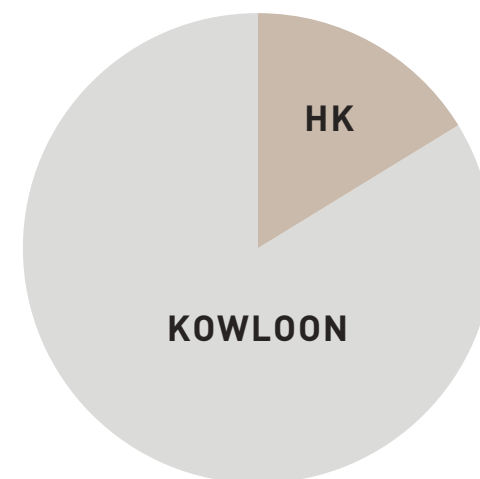
Since its inception in 2021, Sun and Moon Massage has experienced remarkable growth, expanding our membership base from zero to an impressive 35,600 members. This surge can be attributed to our unwavering commitment to quality and exceptional service, which have positioned us as the most sought-after wellness brand in town. Our dedicated team consistently delivers personalized experiences that foster relaxation and rejuvenation, making Sun and Moon a trusted destination for holistic well-being. As we continue to grow, we remain focused on elevating our standards and enhancing the overall experience for our valued members.

自2021年成立以來,日月按摩的會員數量經歷了顯著增長,從零增至驚人的35,600名會員。這一增長歸功於我們對品質和卓越服務的不懈追求,使我們成為城中最受歡迎的健康品牌。我們專業的團隊始終提供個性化的體驗,促進放鬆和重振身心,使 Sun and Moon成為信賴的全方位健康目的地。在持續增長的同時,我們仍將專注於提高標準,提升我們珍貴會員的整體體驗。

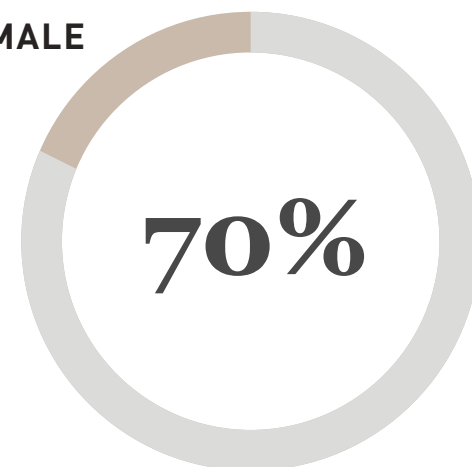


21,500 +

35,600 +



MALE



FEMALE



Sun and Moon Massage

Corporate Presentation



Sun and Moon *Corporate*

日月提供獨有為企業團隊專業按摩服務。

觸動我們的理念和構想-乃現今的領袖和員工, 面對比以往更大的挑戰: 承受更高的壓力水平, 更長的工作日。這些挑戰正在對員工的健康和專注力造成影響, 導致企業業績不佳並影響企業形象。

這正是我們能夠提供幫助的功能! 當擁有最佳的健康和被重視感, 員工才能帶著最好的狀態投入工作: 被賞識、參與、專重和體諒。

Our Service

Sun and Moon offers professional and premium onsite massage.

Our concepts and service was created as we understand today's leaders and employees face greater challenges than ever before: higher levels of stress, longer workdays, constant multi-tasking. These challenges are taking a toll on employees health and productivity which results in poor businesses bottom line and affecting corporate culture.

And this is where we can come in and help! With optimal health and happiness they bring their best self to work: Appreciated, engaged, focused, and committed.

Sun and Moon *Corporate*

企業按摩
Workplace Massage



提高員工動力
Sense of Gratitude
Staff Motivation
Staff Bonding

健康福利和活動
Wellness Benefit & Events



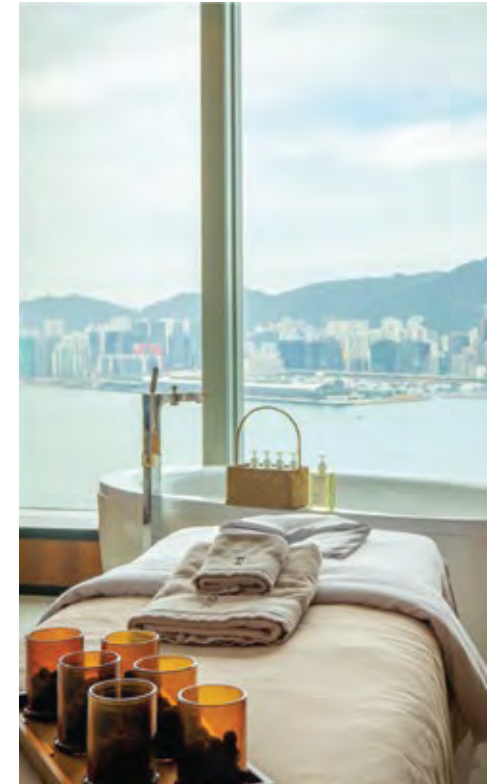
提升對公司的向心力
Employee Wellness
Tailor Made Events
Collaboration

禮券
Tailor Made / Cash Voucher



對員工一點心意
Treatment Vouchers
Cash Vouchers for employees

會所營運
Club House & Wellness Operator



量身定製一站式方案
Tailor Made Menu
Added Value Service
One-Stop Solution

Sun and Moon *Corporate*

Our Client

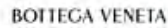
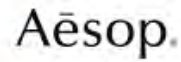




Image Reference from EAST hotel.

Corporate Masseur Profile



VV

45y/o, Thailand

Massage seniority : 9 years

Overseas experience : 4 years in Macau



Aom

50y/o, Hong Kong

Massage seniority : 20 years

Overseas experience: 1 year in Macau



Lita

30y/o, Thailand

Massage seniority : 5 years



Tum

44y/o, Thailand

Massage seniority : 12 years

Overseas experience : 1 year in Koera
6 months in Malaysia



Image Reference from previous corporate events



Pricing and Corporate Services

價格和企業服務

Our corporate services are designed to provide convenience and relaxation to your team, enhancing their well-being and productivity. We offer competitive pricing per head count, which includes all necessary equipment and private transportation. There are no extra costs involved.

我們的企業服務旨在為您的團隊提供便利和放鬆，提升他們的福祉和生產力。我們按人數收取具有競爭力的價格，這包括所有必要的設備和私人交通費用，沒有任何額外費用。

Massage Services 按摩服務

Neck and Shoulder Massage	\$210 / 15 minutes
頸部和肩部按摩	\$280 / 20 minutes
	\$420 / 30 minutes

Foot Massage : Available upon request
足部按摩：按需求提供

Hand Massage : Available upon request
手部按摩：按需求提供

如有任何查詢，歡迎 WhatsApp (852) 9432 7288 或
電郵至 corp@sunandmoonhk.com 與我們企業部同事聯絡。

For more information or ideas please contact us at
WhatsApp (852) 9432 7288 or email to corp@sunandmoonhk.com



Other services 其他企業服務

Wellness 身心靈計劃

Group Singing Bowl (6-8 person)

\$2000 / 45 minutes

團體頌鉢 (6-8人)

*Session perform by Debbia Chan / Joey Tang

Sound Therapist

聲音治療師 Joey Tang

Experience in :

200hr TT

500hr TT with Patrick cleeman

Sound therapy performer



Sound Therapist

聲音治療師 Debbia Chan

Experience in :

Level 1&2, 24 hours Unity Energy Tibetan

Singing Bowl Sound Therapist Course





Other services 其他企業服務

Fitness 健身計劃

HIIT Workout
瘦身運動

\$2000 / 60 minutes (5 person)

\$3000 / 60 minutes (10 person)

Pilates Workout
普拉提訓練核心

\$2000 / 60 minutes (5 person)

\$3000 / 60 minutes (10 person)

Stretching Therapy
手法全身伸展治療

\$2000 / 60 minutes (5 person)

\$3000 / 60 minutes (10 person)

Stick Mobility
提高靈活性，穩定性和肌肉力量

\$2000 / 60 minutes (5 person)

\$3000 / 60 minutes (10 person)

*Session perform by Connie Chow

Star Fitness Trainer 星級健身教練 Connie Chow

Experience in :

Zumba Dance, Zumba Kids & Jr., Strong Nation (Strong By Zumba) Polestar Pilates Mat , TRX Suspension Trainer Certificate, NASM Personal Trainer, TRX Functional Training , Stretching Instructor, Stretching Therapist (Hong Kong Stretching Exercise Association), Stick Mobility,
3rd place in ViuTV beauty contest program





Corporate Partnership

企業合作

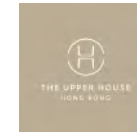
For companies with over 50 employees, we offer the following special staff benefits, which need to be renewed on a yearly basis:
對於員工數量超過50人的公司, 我們提供以下特別的員工福利, 需每年續約:

6 times per year per staff member
每位員工每年六次

10% Discount: On our full menu of services
單品10%折扣

Aēsop.

east
東濶 HONG KONG



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SWIRE PROPERTIES



Pernod Ricard



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Group Voucher Discount Offers

企業合作

Cash Value or Treatment Voucher

- Can be redeemed at TST and MK branches
- Valid for six to nine months

現金或療程優惠券

- 可在旺角或尖沙咀分店使用
- 有效期為6-9個月

\$15,000- 29,500 *5%off

\$30,000 - \$59,500 *8% off

\$60,000 \$99,500 *12% off

\$100,000 or above *15% off

And vice versa, brand and corporate are welcome to offer discount or benefits to over 5000+ members to expend brand exposure as well. For more details about our services and collaboration. Please reach out to our corporate team

同樣地，品牌和企業也歡迎向我們的5000+會員提供折扣或福利，以擴大品牌曝光。欲了解更多有關我們服務和合作的詳情，請聯繫我們的企業團隊。

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Sun and Moon Massage

Shops Location

分店地址

旺角洗衣街203號地舖

太子站B2出口

G/F, Sai Yee Street 203, Mong Kok

Prince Edward Station B2 Exit

尖沙咀柯士甸道134號太極大樓地舖

佐敦站D出口

G/F, Tai Chi Court, 134 Austin Road, Tsim Sha Tsui

Jordan Station Exit D

銅鑼灣新寧道1號利園三期3樓321-322號舖


銅鑼灣站F1出口


Shop 321-322, Lee Garden Three, 1 Sunning Road, Causeway Bay


Causeway Bay MTR Exit F1

(852) 5591 1885

 www.sunandmoonhk.com

 [sunandmoon.massage](https://www.instagram.com/sunandmoon.massage)

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