



Hugely anticipated Fivelements opens in Hong Kong bringing holistic integrative wellness to urban dwellers

Asia's most celebrated wellness retreat brand extends their concept featuring holistic sports wellness, family and executive wellness programmes.

Hong Kong (24 October 2017) — Nestled well away from the crowds in the verdant hillside of Sai Kung, Fivelements, Hong Kong is the wellness lifestyle company's first urban retreat. Expanding from their multi-award-winning resort in Bali, opened in late 2010, the new Hong Kong wellness haven is part of the region's first holistic sports wellness destination, Hong Kong Golf & Tennis Academy (HKGTA) owned by New World Development. The eight-hectare property features professional training by USA-based Jack Nicklaus Golf Academy and Bruguera Tennis Academy from Spain, in addition to holistic integrative wellness by Fivelements.

Just 40 minutes away from bustling Central, the urban retreat offers patrons and guests a chance to decompress from their hectic lives and recharge with the help of carefully curated wellness rituals, half to full day experiences and retreat stays.

Fivelements' integrated wellness concept combines:

- Balinese-inspired wellness rituals for purification, balancing and rejuvenation
- Epicurean plant-based cuisine for health, beauty and longevity
- Sacred Arts practices for inner strength, alignment and dedication
- Sustainable Design intended to engage, inspire and heal
- A Sports Wellness approach for athletic training and high performance

Unique to the Hong Kong retreat, Fivelements curated a wide range of wellness treatments and programmes designed specifically to support intensive athletic training, including deep bodywork and relaxing massage therapies, osteopathy, water healing, mindfulness and yoga *for the game* in addition to their classic rejuvenating therapies *au naturale* for the body and face. Fivelements offers bespoke wellness programmes for individuals, couples, families and executive groups.

In addition, the integrative wellness destination has built up and trained a top team of holistic wellness experts and created over 85 pages of therapies and programmes aimed to support "three generations of family wellness," the profile of HKGTA's patron base, as well as executives toward corporate wellness.

Built across three levels and spanning more than 2,000 square metres, the urban retreat includes 12 spacious luxury wellness ensuites, Hong Kong's first watsu pool for dynamic water healing therapies, a yoga and meditation studio, a wellness lounge for groups, a dedicated suite for holistic wellness lifestyle and nutrition consultations, a floating tea lounge set in an enchanting garden overlooking the property, a signature retail gallery, as well as the Sakti Dining Room™, serving up Fivelements' award-winning plant-powered cuisine aimed to nurture body, mind and soul.



Inspired by traditional Balinese philosophy that encourages harmony among spirit, human and nature, the Fivelements Design Team led by cofounders, Lahra and Chicco, created purpose-built spaces incorporating their trademark eco-well design. The retreat also features 2,000 square metres of landscaped gardens, including medicinal gardens featuring plant species used in their Sakti Dining Room™ and wide array of therapeutic wellness rituals. The Royal Tea Lounge offers select handcrafted teas sourced from China, and a bespoke Fivelements Signature Collection hand blended in Bali.

FACILITIES

Retreat in the serene atmosphere of Fivelements, Hong Kong, and embark upon a new journey into Balinese-inspired wellness, nurturing harmony in our lives.

- **12 Exclusive Wellness Suites** – spacious ensuites with expanding views
- **Water Healing** — Hong Kong's first-ever watsu pool for aquatic bodywork and profound water healing therapies
- **Sacred Arts** — a creative space for yoga, meditation, martial arts, sound, movement and other transformative practices
- **Consultation Suite** – private space for wellness lifestyle and nutrition coaching
- **Wellness Lounge** – for foot massage therapy, mani-pedi care rituals and relaxation; ideal for individuals or small groups
- **Sakti Dining Room™** featuring epicurean, plant-based cuisine, 40 seats
- **Royal Tea Lounge** set in an enchanting garden featuring Fivelements Signature Teas & Blends and other artisanal selections; also used as a multi-function space for wellness workshops and special events; 20 seats
- **2 Luxurious Royal Wellness Suites** – for Wellness Days, Stays or Retreats
- **Signature Gallery** – featuring an array of wellness lifestyle products created by international designers, hand made by Balinese artisans

www.hk.fivelements.org

<https://fivelements.photoshelter.com/gallery/Fivelements-Hong-Kong/G0000Zo07c9cKOi4/>

www.hkgta.com



ABOUT FIVELEMENTS

In 2007, Fivelements was conceived as an integrated wellness lifestyle company whose authentic destinations offer an opportunity for inspiration, awareness and progress in the 21st century. Its focus is on designing high impact wellness strategies aimed at supporting the “change-makers of today and tomorrow.”

What began as a leap of faith, embraced by its founders in unspoken terms, became a reality driven by a strong will and a mission to participate in the emerging *transformation economy*.

The owner/directors, Chicco and Lahra Tatriele, bring over 20 years in creative entrepreneurship in developing and implementing progressive concepts and strategies for new market segments in USA, Europe and Asia. They are committed to expanding the mission of Fivelements into new models and international markets, inspiring wellness lifestyle integration.

Fivelements’ successful foundation would not be possible without the amazing people whom over time have become part of the greater Fivelements family.

Fivelements, Bali opened in late 2010 as *the first of a new genre of wellness destinations* bridging the wisdom of traditional healing cultures with innovative wellness concepts. To date, the eco-wellness retreat has been recognised with over thirty international awards spanning across hotel, wellness, retreat, spa, culinary and sustainable design industries, including World Luxury Hotel, Spa and Restaurant awards and AsiaSpa’s Destination Retreat of the Year, Eco Spa and Spa Cuisine of the Year. Since its opening nearly seven ago, Fivelements has been consistently noted for its sustainable initiatives and has earned its position as an international leader in wellness concepts and design, innovative plant-based cuisine and wellness hospitality worldwide.

In February 2017, Fivelements opened their first urban retreat in Hong Kong serving athlete training support, family and executive wellness. Their 4,000m² wellness centre is an integral part of Hong Kong’s first holistic sports wellness destination alongside world-renowned Jack Nicklaus Golf and Luis Bruguera Tennis Academies.

The cofounders’ intention is to co-create integrated wellness concepts and destinations that share:

- A vision for Love and its power to transform
- An aspiration for bridging the wisdom, philosophies and healing practices of traditional cultures with innovative wellness services
- An eco-consciousness linking our mission to inspiring design

By focusing our efforts toward this, we will collectively make a greater impact on *the wellness of humanity*.

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