



## SLEEPING BEAUTY

Get your eight hours of beauty sleep with these plush and comfortable bedroom furnishings  
選用以下舒適豪華的寢具用品，好好享受你的睡眠八小時

### 01. VISPRING

Did you know that we spend an average of 25 years of our lives in bed? The bespoke Vispring Luxury Beds range is crafted from premium British materials and includes a lifetime guarantee as a testament to its quality. 你知道我們一生平均有25年時間留在床上嗎？超卓的Vispring Luxury睡床系列利用頂級英國物料精心製造而成，並提供永久保養，質素甚具保證。

### 02. ASTRO

In keeping with John Fearon and James Bassant's clean, contemporary design aesthetic, the Atelier Grande is a plug-in, wall-mounted lamp, ideal for chic bedroom spaces. *Find Astro at Future Lighting Collection* 這款Atelier Grande掛牆燈展現了John Fearon和James Bassant的簡約現代設計美學，最適合安裝於時尚的浴室。於未來照明有售

### 03. JOSEPHINE HOME

The Josephine Home's Classic Silver Duvet Cover is made from 100% Egyptian cotton. With a luxurious 500-thread count, this is a sophisticated alternative to white bedcovers. *Available from colourliving* 來自Josephine Home的Classic Silver Duvet Cover以百分百埃及棉製作，織密度達500針，質感豪華，是代替白色床單的最佳選擇。於colourliving有售



*Pick!*  
ARMANI/CASA



LIE BACK AND FEEL THE COMFORT OF THESE  
STYLISH, TOP-OF-THE-LINE BEDS

#### 04. GIORGETTI

Add some Italian flair to your casa with Giorgetti's Altea Bed. With fully removable leather or fabric upholstery available in one or two shades, it makes for a *molto bello* centerpiece that tastefully complements any colour scheme.

想為睡房加添意國情調，Giorgetti的Altea睡床是理想選擇。可拆除的皮革或布藝襯墊備有一至兩種色調，能配襯各種房間色彩主題，成悅目焦點。

#### 05. DE RUCCI

Pretty up your room with Blumarine's Celeste collection. Its feminine motif is characterised by flowers and fluttering butterflies in pastel hues. Made in Italy, it can also be customised with sparkling Swarovski crystals.

選購Blumarine的Celeste睡房系列，讓空間更顯魅力。產品的嫵媚調子透過淺粉花兒和蝴蝶圖紋彰顯。這款於意大利製造的設計，更可特製配上閃爍的施華洛世奇水晶。

#### 06. MINOTTI

Plush yet elegant, the Minotti Yang Bed's sleek profile was made for long lie-ins, offering optional luxuriously padded headrests that ensure you finish your page-turner in supreme comfort. Available from *Andante*

舒適優雅的Minotti Yang睡床可選配豪華的厚墊床頭板，讓你在最舒服的環境下投進閱讀世界。於Andante有售

#### 07. ARMANI/CASA

Armani/Casa's Dandy Bed comes with its own fully padded headboard for the ultimate in style and comfort; its arched shape conveniently also allows space for bedside tables to be integrated into the bed frame.

來自Armani/Casa的Dandy睡床設有厚墊床頭板，兼備非凡的風格和舒適感；拱形設計提供空間擺放床頭櫃，跟床框融為一體。



ENVISION THE LOOK YOU WANT AND BUILD IT WITH FURNISHINGS THAT MATCH THE THEME

### 08. OVO STUDIO

With classic, clean lines that will complement, rather than compete with, existing decorative themes, OVO Studio's Daily 2 Bed delivers a subtle nod to Nordic style with its hardwearing teak construction.

經典簡約的線條與裝飾主題互相襯托，OVO Studio的Daily 2睡床設計帶有和諧美感，而堅固的柚木床架則能展現點點北歐風格。

### 09. OKOOKO

Cocoon yourself in the customised comfort of Okooko's Bodyfit Sleep System. Flexible slats configure to support you and your partner without disturbance. Plus, the brand uses eco materials such as natural latex, organic bamboo and New Zealand wool.

體驗Okooko的Bodyfit Sleep System量身訂造的舒適吧。靈活面板可調校至適合你和伴侶的需要。產品以環保物料如天然膠乳、有機竹和新西蘭羊毛製作。

### 10. HUGUES CHEVALIER

French furniture-maker Hugues Chevalier is noted for their leather craftsmanship and elegant design. The Hausmann Bed captures a Parisian chic look. Find it at *Farrington Interiors* 法國傢具製造商Hugues Chevalier以皮革工藝和永恆優雅的風格聞名於世，其Hausmann睡床便滿載巴黎時尚格調。於*Farrington Interiors*有售

### 11. JOINEUR

Renowned for their use of traditional craftsmanship and quality hardwoods, the striking Chinese-inspired decoration on JOINEUR's Wood Trompe L'Oeil bed makes it a must for lovers of contemporary design.

以揉合傳統工藝及優質硬木見稱的木作坊，帶來以中國傳統紋飾為靈感的華美睡床Wood Trompe L'Oeil，最適合喜愛當代設計的品味人士。



12



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14

*Pick!*  
B&B ITALIA

AMPLE STORAGE AND DOUBLE-DUTY FURNISHINGS ARE WELL SUITED TO HONG KONG'S TIGHT SPACES

## 12. LALIQUE

Lalique's Art Deco style collection of handmade bedroom furniture is finished in fine ivory ash, silk and leather and accented with subtle yet glamorous crystal.

以裝飾藝術風格為本的Lalique手製寢室傢具系列，設計奪目，象牙色絲綢或皮革配上精緻華麗的水晶，能為你的私人空間注入豪華迷人的格調。

## 13. SERTA

A good night's rest begins with the right support. Serta's Perfect Sleeper Vogue Mattress comes encased in anti-allergy New Zealand wool, maintaining comfortable temperatures year-round while controlling humidity. 優質睡眠建基於良好承托。舒適床褥的 Perfect Sleeper Vogue Mattress採用防敏感的新西蘭羊毛製造，確保全年也能維持舒適的溫度，排走濕氣。

## 14. B&B ITALIA

B&B Italia's Backstage Wardrobe boasts innovative doors that "disappear" into the walls when opened - allowing you easy access to all your outfits.

來自B&B Italia的Backstage衣櫃採用創新的櫃門設計，打開後即「消失」於牆壁中——方便你輕鬆存取心愛的衣飾。

## 15. SIMMONS

If you tend to wake up sore rather than soothed after a night in bed, try Simmons® Beautyrest Black® Lexi Luxury Firm Pillow Top Mattress. It's designed to deliver superior spinal support with improved pressure relief. 如每朝醒來依然渾身痠痛，你便需要席夢思®的Beautyrest Black® Lexi Luxury Firm Pillow Top床褥，為脊骨提供理想承托，有效舒緩壓力，讓你安心入睡。

16



17



18



19



INVESTING IN A GOOD MATTRESS MAKES ALL THE DIFFERENCE IN A RESTFUL NIGHT'S SLEEP

### 16. FINK - THE ART OF LIVING

The Marcel Men's valet stand, made from sleek black chrome, is a slick accessory that ensures unsightly creases are a thing of the past.

Available from Fink - The Art of Living 來自 Marcel Men 的 Valet 站立式衣架由亮麗的黑鎳製造，不會造成礙眼的摺痕，為你節省處理衣服的時間。於 Fink - The Art of Living 有售

### 17. SOFAMARK

The Spanish-made Sofamark Nimes Sofabed comes complete with a high-quality memory foam mattress, ensuring that you can accommodate a visiting guest at a moment's notice.

於西班牙製造的梳化倉 Nimes 梳化床採用優質的記憶棉床褥，即使客人突然到訪，也能即時提供舒適的休息環境。

### 18. DPM

Get the best night's sleep of your life by customising your own mattress and pillow with DPM. Their Point-to-Point Sensors highlight exactly where your body needs relief and support to deliver the utmost in bedtime comfort. 想於晚上享受一覺安眠，你需要 DPM 的訂製床褥和枕頭。品牌的點對點感應系統能量製出最適合你的床褥，提供理想的減壓承托和優質的睡眠體驗。

### 19. SINOMAX

You may share a bed with your partner, but have different needs from your mattress. The Sinomax Magic S Mattress adapts ergonomically to individual body types.

你或會跟伴侶共享一床，但大家對床褥的需求其實不盡相同。Sinomax 的 Magic S 床褥能因應不同的體形，提供承托和支持，度身訂造理想的睡眠體驗。

01



## SUITE DREAMS

We speak to Four Seasons' senior director of spa Asia Pacific, Shoshana Weinberg, on ways to switch off – both ourselves and our gadgets – and get a good night's sleep | 我們向香港四季酒店亞太區水療資深總監Shoshana Weinberg請教關掉電子器材好好享受一晚睡眠的妙道

Deep, uninterrupted sleep is necessary to maintain good health. But it's becoming increasingly more challenging given our demanding work and lifestyle schedules. The Four Seasons Hong Kong is taking the matter to heart by making their hotel mattresses available for purchase and introducing a host of spa treatments aimed at improving sleep, so you can indulge in all the comforts of the five-star hotel at home as well as on the go. 不受干擾的深層睡眠是內在平衡和日常優秀表現的必需，但我們的工作和生活時間表愈見忙碌，要做到這點實在不易。香港四季酒店為此打造酒店床褥，並可供選購，另外還提供一系列水療服務，致力為你改善睡眠質素，好像剛在五星級酒店睡了一覺好眠般。

**If you wake up in the middle of the night** and check your phone to see what time it is, the blast of blue light makes your mind wake up and think it's day. 如你半夜醒來查看手機時間，那種刺目藍光會讓你的大腦以為日間已臨。

**To fall asleep, try savasana** ["corpse pose" in yoga] by laying on your back in bed, and taking the mind and breath down through each part of the body. Start by telling each toe to relax and then move all the way up to the top of the head. When everything is relaxed, concentrate on your breath. 試試瑜伽的「攤屍式」姿勢幫助入睡，平睡於床上，放緩腦袋、呼吸和身體各處。告訴每根腳趾頭要快快休息，然後一鼓作氣的湧上頭頂，那時你便會感完全放鬆，集中呼吸。

**Whenever you get a body massage** with warm oils, you can't help but fall asleep. The spa helps you relax your body and nervous system to get better sleep. 有人用暖油替你按摩全身時，難免即時呼呼入睡。水療便能幫助你放鬆身體和神經系統，改善睡眠。

**The Shirodhara spa treatment** is an Ayurvedic treatment that dates back 5,000 years. We pour a constant stream of warm, nourishing oil on the third eye, which relaxes the whole head, followed by a head massage. The Shirodhara is said to give you six hours of sleep in 20 minutes. 這種Shirodhara水療屬阿育吠陀療法，能追溯自5,000年前。我們做的就是穩定地往第三隻眼倒下溫暖的蒸潤油，讓你放鬆頭部，再來個頭部按摩。Shirodhara據說能讓你在20分鐘內入睡，安眠6小時。

02



Images courtesy of Four Seasons

03



**01**  
Four Seasons' senior director of spa Asia Pacific, Shoshana Weinberg

**02**  
Start with a good mattress, such as the customisable Simmons mattress used in all Four Seasons hotels worldwide

**03**  
Relax and recharge with a spa treatment, such as the half-day Be Present package which includes the Shirodhara treatment

**04**  
Set your bedroom in soothing tones to inspire relaxation

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