



THE SPA COLLECTION

营业时间 Operation hours: 10:00 - 23:00
地点 Location: 3F
预定电话 Reservation: 0898 - 8828 5688



水疗组合套餐 SPA PACKAGES

日出新生 SUNRISE

RMB 1300

150 分钟 / Minutes

专为水疗拥趸者设计，一款相辅相成的护理组合：绿茶磨砂护理帮助去除灰暗的角质，滋润营养肌肤，运动按摩有助于焕活肌肉放松和恢复活力，最后，芳香面部护理让您的肌肤更加年轻而富有光泽。

绿茶磨砂 - 运动按摩 - 芳香面部护理

For spa enthusiasts, this combination of treatments is designed to complement each other. Green tea body scrub to exfoliate, nourish and hydrate the skin, a sport massage to invigorate and relax, and an aromatherapy facial to help you discover the secret to looking younger and more radiant.

Green Tea Body Scrub - Sport Massage - Aromatherapy Facial

日落静谧 SUNSET

RMB 1350

150 分钟 / Minutes

崇尚自然和古铜色肌肤的您更需晒后的细致呵护，使用有抗炎功效的芦荟体膜缓解您晒后的刺痛感，再辅以抚平身心的香薰按摩让您古铜的肌肤更为光彩照人，在华贵的鱼子精华的面部护理中，完美的结束您的整套疗程。

芦荟体膜 - 香薰按摩 - 鱼子精华面部护理

Worship nature's radiance and pamper your golden tan with an after sun therapy that imbibes your body with the tingling moisture of aloe gel. After cooling down, unwind your body with the calming aromatherapy massage that shows off your bronze afterglow. Finally, the luxury caviar facial brings radiance to your sun-kissed face.

Aloe Gel Wrap - Aromatherapy Massage - Luxury Caviar Facial

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梦幻旅程 DREAM

RMB 1400
180 分钟 / Minutes

RMB 1200
150 分钟 / Minutes

源于泰国的古法护理，采用传统草药，以散发香草芬芳的加热药包轻轻抚触您的身体，放松紧张肌肉，接以深层的运动按摩抚慰您的心灵，最后的鱼子精华面部护理让您在极为放松的状态下进入深甜梦乡。

草药球按摩 - 鱼子精华面部护理

Borrowing the ancient therapies of Thailand, this is a traditional take on the healing properties of age-old herbal remedies. An aromatic mix of herbs filled up in a heated pouch glides across your body to relax your tired muscles, followed by a lymphatic, deep massage to comfort your mind and your spirit. Finally, the luxury of a caviar facial leaves you feeling extremely relaxed and prepared for a deep sleep.

Herbal Ball Massage - Luxury Caviar Facial

活力充沛 ENERGIZING

RMB 1000
120 分钟 / Minutes

RMB 860
90 分钟 / Minutes

香薰身体磨砂护理为您的肌肤褪去灰暗角质，接以充满活力的按摩，让您的皮肤和肌肉注入能量，令您重获生命力，纯粹一新。

身体磨砂 - 身体按摩

Aromatic body polish is used to exfoliate and remove dull surface skin while an invigorating sports massage works on pumping oxygenated blood around the muscles and skin to leave you feeling refreshed and revitalized.

Body Scrub - Body Massage

和谐至境 HARMONY

RMB 1100
120 分钟 / Minutes

RMB 880
90 分钟 / Minutes

这是我们最受欢迎的放松组合项目。选用高品质的纯净精油，配制出清润奇妙的香薰效果，使身心获得平衡滋养，步入至境。

香薰按摩 - 芳香面部护理

Our most popular and relaxing combination treatment using the highest grade essential oils especially blended with you in mind – a tonic to balance your physical, mental and emotional wellbeing with subtle and delicate aromas.

Aromatherapy Massage - Aromatherapy Facial

放松身心 RELAXING

RMB 980
120 分钟 / Minutes

RMB 820
90 分钟 / Minutes

一次完美流畅的按摩护理体验。以温热精油按摩暖身，辅之以足部反射按摩，平衡身心，让您松爽神弛。

温热精油按摩 - 足底按摩

A beautifully flowing body treatment! Start off with a hot oil massage to warm your body, followed by a foot massage focusing on the reflex points of the feet to create a peaceful equilibrium of body and mind, leaving you completely relaxed.

Hot Oil Massage - Foot Massage

清新愉悦 CLEANSING

RMB 860
90 分钟 / Minutes

舒缓清新的护理，细腻温润及清洁肌肤。结合暖身的海泥敷体护理和深层面部清洁护理，让肌肤倍感清爽舒适。特别针对热带环境对皮层带来的影响，让您全然放松，精神焕发。

海泥体膜 - 深层清洁面部护理

A uniquely soothing and cleansing treatment that warms and cleans the skin, this treatment combines a warming mud body treatment and deep-cleansing facial to clean and deliver comfort to the skin. Ideal for combating the effects of the tropical environment, leaving you feeling totally relaxed and refreshed.

Mud Wrap - Deep Cleansing Facial

深层解压 DE-STRESS

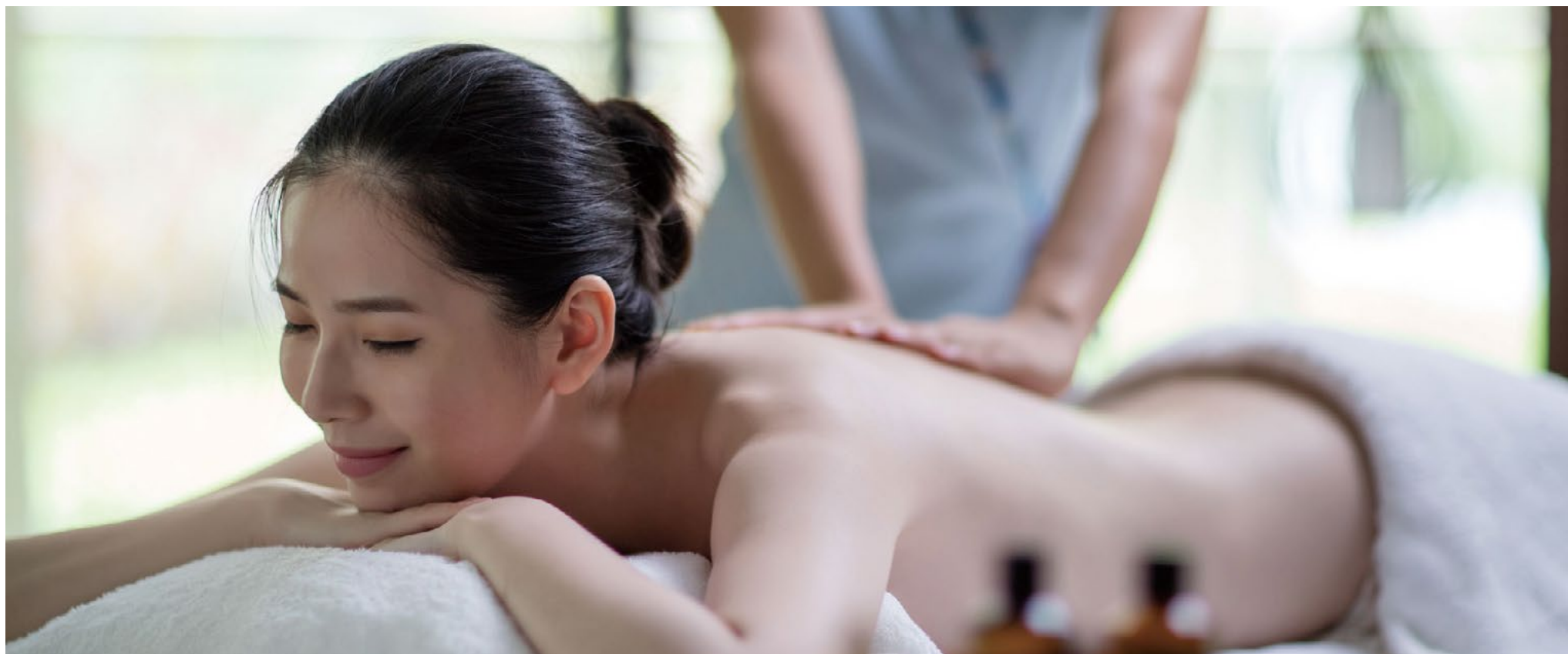
RMB 880
90 分钟 / Minutes
RMB 680
60 分钟 / Minutes

温热的能量石按摩能缓解绷紧的背部肌肉，让身体重获平衡；接以足底反射区按摩，修护疲劳的双足，恢复活力、舒适。

热石背部按摩 - 足底按摩

Relieve back tension with a hot stone massage working on deep seated tension and restoring balance to vital energy points, followed by a reflex foot massage to treat tired feet, leaving you to feel re-energised and relaxed.

Hot Stone Back Massage - Foot Massage



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身体按摩 MASSAGE THERAPY

草药球按摩 HERBAL BALL MASSAGE

RMB 880
90 分钟 / Minutes

RMB 720
60 分钟 / Minutes

这款传统的泰式草药球护理，特别适合疲劳过度和压力积聚的身体。护理以加热草药球热敷全身开启，有效帮助肌肉放松，辅之以精油按摩，令身心放松无比，惬意通泰。

Tension drifts away in the course of this traditional Thai therapy, which begins with the application of a warm poultice containing a variety of therapeutic Thai herbs and spices, followed by a full body massage using herbal oils that penetrate the skin to work their natural wonders.

热石按摩 HOT STONE MASSAGE

RMB 1080
120 分钟 / Minutes

RMB 980
90 分钟 / Minutes

此款奢华按摩充分采用火山石的深层热疗作用，结合纯净的香精油和温润的热量，渗透紧张的肌肉，带来松弛。将古老的热石置于肌体数个主要的能量中心，缓解压力，使精神振作，完全放松。

Harnessing the deep heat therapy generated from smooth, volcanic stones, this luxurious massage combines pure essential oils and penetrates warmth to release stored tension inside muscular tissues. Placing these ancient stones on key energy centers balances the spirit and nurtures you to complete and total relaxation.

温热精油按摩 HOT OIL MASSAGE

RMB 860
90 分钟 / minute

RMB 700
60 分钟 / Minutes

将温热的芳香精油倾泻全身，配合大幅度、缓和的按摩，让身体得到深度的放松。这款按摩促进身体能量的流动，增强身体的舒适感，专为恢复元气和增强能量而设计。

Warm aromatherapy oils are poured onto the body and massaged into the skin using long, sweeping movements for deep relaxation. This massage stimulates the energy around the body creating a sense of wellness. This sophisticated, soothing and indulgent treatment is designed to revitalize and re-energize.

香薰按摩 AROMATHERAPY MASSAGE

RMB 800
90 分钟 / Minutes

RMB 680
60 分钟 / Minutes

这款按摩采用敲击和指压按摩的技巧，让天然精油的独特疗效渗入肌肤，让您感觉放松和舒适。

This treatment uses a combination of stroke and acupressure techniques to soothe with a gentle massage, allowing the healing properties of these natural oils to penetrate into the skin, leaving you relaxed with a sense of well-being.

运动按摩

SPORTS MASSAGE

RMB 780
90 分钟 / Minutes

RMB 680
60 分钟 / Minutes

采用瑞典传统按摩手法，既有力又令人放松，直接作用于深层肌肉组织，拉伸肌肉纤维，缓解由运动导致的肌肉紧张和不适，促进身体循环，增强肌肉韧性及减轻酸痛。

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deep into the muscles to stretch the fibres and release tension that may otherwise cause restricted movement and pain. This treatment encourages body circulation, improves flexibility and relieves sore or pulled muscles.

中式按摩

CHINESE MASSAGE

RMB 720
90 分钟 / Minutes

RMB 600
60 分钟 / Minutes

采用古老的指压按摩技术，以轻拍和拉伸身体来刺激经络和穴位。以扶正之法疏经活气，令身心归于平静放松，调节人体阴阳平衡。

Using finger pressure, tapping and stretching to stimulate the channels and acupressure points, this ancient massage art combines both invigorating techniques to expel stagnant qi and activate flow, with sedative techniques to calm and relax, restoring a proper balance of yin and yang to the body.

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热石背部按摩

HOT STONE BACK MASSAGE

RMB 660
60 分钟 / Minutes

RMB 450
30 分钟 / Minutes

使用温热的能量石着力按摩背部，缓解紧绷的肌肉，让身体恢复平衡，辅之以足底反射按摩，舒缓疲劳，让您恢复体力。

The focus is on relieving back tension with a hot stone to work on deep-seated tension and restore balance to vital energy points.

草药球背部按摩

HERBAL POUCH BACK MASSAGE

RMB 650
60 分钟 / Minutes

RMB 400
30 分钟 / Minutes

草药包热敷能舒展您的背部肌肉，搭配独特的草本香氛精油按摩，为身体带来双重感官享受，得以完全放松。

A heated compress herbal pouch invites you to ease your back muscles before you select your preferred essential oil. Relaxation comes from the harmonious balance of both scent and touch.

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芳香颈、肩、背部按摩

AROMA NECK SHOULDER BACK MASSAGE

RMB 620
60 分钟 / Minutes

RMB 380
30 分钟 / Minutes

这款护理以颈部、肩部和背部为重心，专为缓解肌肉酸痛而设计，集中呵护这些每日承受重压的紧张部位。深层的按摩有助活动关节和放松肌肉，增强灵活性，改善体形，深度舒缓疲劳和疼痛，特别适合长期伏案或生活繁忙的人士。

Zoning in on the neck, shoulders and back area, this treatment concentrates on those overworked areas of the body that store the most stress related tension. Deep pressure massage works to release all the knots and muscle spasms to facilitate better mobility, improve posture and provide immense relief from pain and fatigue. A must for the busy executive or those who are time challenged.

足部按摩

FOOT MASSAGE

RMB 580
60 分钟 / Minutes

RMB 350
30 分钟 / Minutes

反射疗法是注重于足部反射点与连接身体各个部位的穴位按摩疗法。这款专业的足部按摩可以缓解紧张和压力，增强身体各个部位的循环，使人体达到自然平衡的状态。

Reflexology focuses on the pressure points on the feet that are connected to other parts of your body. This specialized foot massage facilitates the relief of stress and tension, helping to improve circulation and foster a restoration of the body's natural state of equilibrium.

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头颈肩按摩

HEAD NECK SHOULDER MASSAGE

RMB 320
30 分钟 / Minutes

这款聚焦于头部、肩部、颈部经络和穴位的按摩，能舒缓神经，让思绪得以作片刻之憩。可以缓解头痛，适合用脑过度和工作紧张人士。

Clear your mind of incessant thoughts as tension build up is gradually released by massaging meridian points on the scalp, shoulders and neck. An instant relief for headache sufferers, office executives, or those that expend a lot of mental energy.



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面部护理 FACIAL THERAPY

芳香面部护理 AROMATHERAPY FACIAL

RMB 660
60 分钟 / Minutes

我们特别为您精心调配具有恢复肌肤平衡的强效精油组合，并辅以舒适的面部按摩。无论您属何种肤质，这款特殊护理都能促进肌肤释放自身能量，达至深层放松。

A personalized facial where pure essential oils are chosen and blended for their unparalleled ability to restore healthy balanced skin, whatever your skin type or problem. A specialized signature massage promotes deep relaxation. This is a facial that delivers true wellbeing.

深层清洁面部护理 DEEP CLEANSING FACIAL

RMB 660
60 分钟 / Minutes

此款面部护理在深层清洁的同时令肌肤更加清新自然、紧致无痕。

This deep cleansing facial freshens and compacts with masks designed to target delicate complexions, as well as oily, depleted and impure skin.

奢华紧致面部护理 LUXURY FIRMLING FACIAL

RMB 680
60 分钟 / Minutes

忙于旅行、工作和社交之余，别忽略对肌肤的照顾。这款特效面部护理富含天然抗氧化剂，能镇静、舒缓和滋润您的肌肤，让您容光焕发，明丽动人。

Give your skin a present to combat your hectic travel, work & social life. This intensive facial is rich in natural antioxidants to help calm, soothe and nourish the skin, restoring vitality and leaving your skin radiant.

水凝胶原面部护理 HYDROGEL FACIAL

RMB 680
60 分钟 / Minutes

此款面部护理特别为成熟肌肤所设计，可以有效防止和减缓细纹的产生。产品富含高强度的胶原蛋白及透明质酸，帮助去除皱纹，滋润肌肤及延缓皮肤老化。

Especially designed for mature skin, this facial helps prevent and reduce wrinkles. The high concentration of collagen and hyaluronic acid can remove wrinkles and nourish the skin, slowing the aging process.

鱼子精华面部护理

LUXURY CAVIAR FACIAL

RMB 780
90 分钟 / Minutes

这款面部护理结合了顶尖的抗衰老成份，效果显著。萃取鱼子精华、珍珠和纯天然植物成分，能够促进肌肤有氧呼吸，增强弹性，抚平细纹，抵御紫外线所造成的伤害，使肌肤更见饱满紧致，光泽动人。

Our most results-driven facial that unites anti-ageing performance with absolute luxury. Unique ingredients of caviar, pearl and a natural plant derivative to botox help improve elasticity, increase oxygenation, counteract sun damage and deliver intense hydration to provide smoother and radiant skin.

速效面部护理

EXPRESS FACIAL

RMB 580
45 分钟 / Minutes

时不我予，却仍想保持绝佳气色和最好状态，这款速效面部护理只需 45 分钟，含洁肤、面膜、爽肤和润肤等步骤，让您容光焕发，迎接新一天。

Sometimes we just don't have time, but we want to look our best. This mini facial incorporates skin cleansing, mask, toning up and moisturizing. Beautify yourself in 45 Minutes. Get ready to face the day!

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眼部修复护理

EYE REVITALIZATION

RMB 280
30 分钟 / Minutes

这款护理针对面部最敏感的眼部区域，清新柔和，是消除疲劳的极佳选择，让眼周肌肤恢复弹性，消除细纹。

*** 建议与其它面部护理同时使用**

For the most sensitive area of the face our Eye Revitalization helps to hydrate and nourish the delicate eye contours. Fresh and soothing, this treatment is an excellent anti-fatigue decongestant that rejuvenates your expression and restores its sparkle.

***Our recommendation is to do this together with a facial treatment.**

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身体护理 BODY THERAPY

体膜 BODY WRAPS

RMB 500
45 分钟 / Minutes

皮肤是身体最庞大的排毒组织，在日常生活中，食物、空气、辐射和化学物品所含的有害元素，令身心受到侵害围困，渐失生命活力。这款专为清除毒素而设计的全身裹体护理，通过肌肤毛孔有效地排出毒素，同时刺激循环，放松肌肉。护理还可同时帮助提升和协调肌肤，减少橘皮现象，修复轮廓，更显柔软光滑。

修复体膜 / 排毒体膜 / 滋润体膜 / 营养体膜

Our skin is our largest organ of detoxification. As we are exposed to toxins on a daily basis in our lives, through the food we eat, the air we breathe, free radicals, chemicals and so on, it is vital to rid the body of such harmful elements. Designed to help eliminate circulation and soothe the muscles, body wraps can also help to firm and tone the skin, reduce cellulite, smooth body contours and make the skin feel sumptuously soft and supple.

Repairing Wrap / Detoxifying Wrap / Hydrating Wrap / Nourishing Wrap

身体磨砂 BODY SCRUBS

RMB 460
45 分钟 / Minutes

肌肤细胞的新陈代谢是一种自然的生理过程，不过随着年龄的增长，代谢减慢，肌肤渐失原有光泽及弹性，显得黯哑干燥。角质护理是加速肌肤天然细胞新陈代谢的最佳方案，通过刺激淋巴系统的血液循环，将氧气和营养成分输送到肌肤的表层，同时帮助身体排出各种毒素。有规律地进行角质磨砂护理，可以高效地防止橘皮现象，使肌肤回复光滑柔美，展现莹亮光泽。

绿茶磨砂 / 海盐磨砂 / 珍珠米粉磨砂 / 热带水果磨砂

The process of skin cell renewal is one that occurs naturally, yet this process slows down as we age leading to dull-looking, lifeless and dry skin. Exfoliation is an optimal treatment that accelerates the natural skin cell renewal process, stimulates the blood and its circulation through the lymphatic system, bringing oxygen and nutrition to the surface of the skin while assisting the body to flush away toxins. If performed on a regular basis, exfoliation can be highly effective in the treatment of cellulite ensuring soft, and smooth shiny skin.

Green Tea Scrub / Sea Salt Scrub / Pearl Rice powder Scrub / Tropical Fruit Scrub

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附加项目 ADDITIONAL SERVICES

手部美甲 MANICURE

RMB 220
60 分钟 / Minutes

护理及美化您的双手，包括修剪表皮，以及替指甲修型、抛光，涂抹莹润甲油，令其柔软精致，光彩夺目。

A classic manicure where we will groom cuticles and your hands, shape your nails. A brilliant varnish or a nail buffing completing the session.

足部美甲 PEDICURE

RMB 260
60 分钟 / Minutes

美化双手之余不忘呵护双足，替脚趾去除死皮并修正脚趾甲，最后根据您的需求为脚趾甲抛光或涂抹甲油，让您的双足更显美态。

Treat your hands and feet to some intensive pampering, shape your nails and finish with your choice of a natural buff or polish of your choice. Your feet will look and feel great.

涂颜色 POLISH CHANGE

RMB 150
30 分钟 / Minutes

根据您的需求涂指甲颜色。
Nail color polish available on request.

拔罐 QI CUPPING

RMB 280
30 分钟 / Minutes

通过负压使罐吸附于体表，驱使体内湿气及寒气透过皮肤组织渗透释放，从而通经活络及排除邪气，让您血气强健，精神百倍。

This treatment uses heat and suction to help improve blood circulation which in return helps to balance your inner chi energy.

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水疗须知 HOW TO SPA?

应该穿什么去 spa ?

以您的着装舒适原则为首，在您的专属水疗套房内，我们将为您提供浴袍、拖鞋和私人更衣间。

What should I wear to the spa?

Wear whatever you feel comfortable in. We will provide you with a robe, slippers and a changing area within your private spa room.

何时抵达最为合宜？

请在护理开始前 10 分钟到达。

When should I arrive for my treatment?

Please arrive 10 minutes prior to your treatment.

是否会有专人协助我确定最佳护理方案？

酒店的水疗经理和前台接待将协助您挑选适合您的护理方案。

Is there someone to help me to decide on the best treatments for me?

Our spa manager and receptionists will be able to assist you in planning a program to suit your needs.

一天之内，护理有数量限制吗？

您可放心选择您喜欢的任何护理，尽情享受。

Is there a limit to the number of spa treatments I should plan in a day?

You can have as many as you like.

如果有特殊健康问题怎么办？

如果您有高血压、过敏、身体病痛，残疾或处于孕期，在预订护理前必须明确告知水疗经理或是水疗接待。

What if I have special health considerations?

Be sure to notify our spa manager or receptionists before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

理疗过程中我会穿什么？

在进行全身按摩护理时多数只着内裤。我们训练有素的理疗师将用毛巾遮盖住任何没有进行护理的部位，时刻尊重您的个人隐私权。如果您有需求，理疗师将给您提供一次性纸内裤。

What do I wear during my treatment?

Most of the body treatments are enjoyed with underwear. Our therapists are trained to drape sheets discreetly over any area of the body not involved in the treatment and to respect your privacy at all times. Spa staff will provide you with paper underwear if you prefer.

可以要求理疗师调整理疗室的舒适程度吗？

在预订的时段内，您完全可以尽情享受所需，无论是房间温度、按摩力度或是乐音音量，凡有任何需要，请随时告知我们。

Can I ask the therapist to adjust the room comfort levels?

Definitely. This is your time and you should enjoy the experience to the fullest. Whether it is the room temperature, massage pressure or the music volume, please do not hesitate to ask.

珠宝首饰或者贵重物品怎么办？

请把私人物品置于您的客房。若佩戴珠宝首饰前来，可置于您的专属水疗套房内。

What about my jewelry and valuables?

Please leave these personal items in your room safe. If you happen to bring your jewelry to the spa you can put in your private spa room.

预订护理后，迟到怎么办？

迟到恐怕会减少您的护理时间。如果之后已有其他客户预订，您的护理时间将无法延迟，需要准时结束；如果没有其他客人预订护理，您的护理时间可以顺延直至完成全套护理。

What if I am late for my appointment?

Unfortunately arriving late will decrease the time of your treatment. Your treatment must end on time so that the next treatment is not delayed. If there are no other guests booked for a treatment, then your treatment will last for full duration.

如果我想取消预订怎么办？

您所选择的护理是专为您保留的。若要取消预订，务请至少提前 2 小时通知，以免支付单价 50% 的费用。

What if I need to cancel my spa treatment?

The treatments you select are especially reserved for you. To avoid a 50% cancellation fee, please cancel your treatment at least two hours prior to its commencement.

如何支付我的水疗费用？

我们接受现金（仅限人民币）和主要信用卡。您也可以将水疗费用记到您的房帐上。

How can I pay for my treatments?

We accept cash (local currency only) and all major credit cards. You also can charge to your room account.

水疗环境平静而放松。为了尊重其他顾客的私人空间，确保宁静舒适的气氛，请不要吸烟且关闭您的手机。

The spa environment is an area of tranquility and relaxation. Please respect the peacefulness and privacy of other spa guests by not smoking and turning off your mobile phone.

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