

# A LUXURIOUS SPA SANCTUARY IN THE HEART OF BANGKOK 曼谷中心久负盛名的水疗圣地



# ANANTARA SPA A luxurious spa sanctuary in the heart of Bangkok

Rooted in Thailand, the essence of Anantara's philosophy, 'without end', has ancient Sanskrit origins, and our renowned spa encapsulates this ethos by paying tribute to Bangkok's rich heritage and multicultural vibrancy.

In an opulent escape from the capital's hustle and bustle, exotic aromas soothe the senses, exquisite Thai design celebrates tradition, and our exclusive service lavishes you with personal attention.

Hide away in a luxury treatment suite and let expert intuitive hands unwind you with Thailand's exotic wellness traditions, trusted ancient therapies from across Asia and advanced western spa wisdom. Indulge in special packages of carefully crafted treatment journeys for optimal wellbeing, or book one of our heavenly massages to enjoy by the pool or in the privacy of your room.

At Anantara Spa, the most meaningful journeys are felt, not told...

Opening hours: 10.00 am - 10.00 pm

Spa treatments between 10.00 pm and 12.00 midnight are available with advanced reservations.

# 暹罗安纳塔拉水疗中心 曼谷中心久负盛名的水疗圣地

安纳塔拉的"无止永恒"哲理根植于泰国哲学,来源于泰国古典梵文,我们的奢 华水疗服务融合这一哲学, 致敬曼谷丰富的文化遗产和充满活力的多元文化。

远离喧嚣忙碌的都市生活,让别具异国情调的芳香抚慰您的感官,欣赏精致的泰 式设计彰显的传统魅力,感受我们在专属服务中为您提供的体贴入微的关怀。

隐匿于豪华理疗套房中,跟随专业理疗师娴熟的技巧,带您领略泰国异域情调的 养生之道,源自亚洲的传统理疗疗程及现今的西方水疗技术。体验我们为您精心 打造的水疗之旅或在泳池边或者客房内享受舒适放松的按摩服务。

安纳塔拉奢华水疗之旅,万语千言不如亲身体会……

营业时间: 早上 10:00 - 晚上 10:00

若需在晚10点至午夜12点享受按摩服务,您可提前预订。



# SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious unwinding with powerful, long-lasting benefits for body, mind and soul.

# 独家体验

安纳塔拉奢华水疗中心拥有世界一流的专业技术,最佳的 本土养生理念与独特的水疗配方,最佳的本土传统养生之 道与独特的疗程,让您在体验我们为您精心准备的服务同 时,也让您的身心得以长久的呵护。

## SIAM 2482

(90 minutes) THB 5,000

Inspired by ancient Siam's diverse cultural heritage, this unique massage incorporates healing traditions from Thailand, Myanmar, Laos and China.

A bamboo stick massage stimulates the circulation, while stretching and pressure point techniques enhance flexibility and energy flow. A herbal compress in a fabric of healing indigo is followed by a herbal oil massage and foot reflexology.

This signature experience concludes with a mindfulness ritual where gold leaf patches are placed on the wish area of the left arm and the left side of the chest to encourage a quiet mind.

## 暹罗 2482

(90 分钟)5,000 泰铢

灵感源自暹罗古老的多元文化遗产,这个独特的按摩疗法 融合了源自泰国、缅甸、老挝和中国的传统治疗疗法。

竹子按摩可刺激血液循环,舒展身体及穴位按压同时,还 可提高柔韧度和体内能量流动。草本精油按摩和足部按摩 后,草药包热敷让全身达到完全放松的状态。

最后一项独特的步骤是将改善情绪的金箔片敷在左臂及左 胸之间已让心情舒缓及放松下来。

## ANANTARA SIGNATURE MASSAGE (90 minutes)

THB 4,500

With a combination of revered eastern and western techniques applied with purpose-designed movements and our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Meanwhile, reflexology clears blockages of energy and promotes overall wellbeing.

#### 安纳塔拉独家按摩

(90 分钟) 4,500 泰铢

汲取东西方技艺精髓,融合具有特定功效的按摩手法和特色 按摩精油,能有效促进血液循环并达到深度放松的效果。 同时,通过按摩足底清除体内能量堵塞并提升整体健康。

#### BESPOKE SPA EXPERIENCE (90 minutes) THB 4,500

Indulge in an exclusive spa journey, designed specifically for your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive. Let us tailor the perfect 90-minute treatment for you.

# 奢华专属定制水疗体验(90 分钟)4.500 泰铢

理疗师根据您的需求为您精心设计的独一无二的水疗服务体验,可着重在身体某个部位或者所希望达到的效果。让您在这90分钟内完美体验专属的水疗服务。



# SPA JOURNEYS 奢华水疗之旅

Carefully crafted to bring you a luxurious selection of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

在这趟精心为您设计的水疗旅程中,由本地传统疗法启发的灵感,我们带您远离空间及时间的限制体验一场丰富奢华的疗程。

#### DREAM SERENITY (90 minutes)

THB 4,200

Enjoy a well-deserved deep sleep following this restful treatment journey. Starting with an indulgent warm foot soak, your sojourn continues with a calming and soothing massage, finishing with sleep-enhancing pillow mist.

Warm Foot Soak with Lavender-scented Salt – Sleep Well Massage – Sleeping Pillow Mist

#### 梦归宁静

(90 分钟)4,200 泰铢

在闲适宁静的水疗之旅后,纵享一场深度酣睡。从舒缓身 心的温暖足浴开始,然后享受平静舒缓的按摩,最后为您 喷洒有助睡眠的枕头喷雾。

薰衣草味盐分温暖足浴 - 安眠按摩 - 安眠枕头喷雾

## ROMANTIC GETAWAY – COUPLES

(3.5 hours) THB 17,000

Unwind in harmony with your loved one, enjoying indulgent treatments side by side. Simply select any of our romantic rituals and discover untold intimacy together.

Floral Foot Bath – Aromatic Steam (15 minutes) – Coconut Body Scrub (45 minutes) – Aromatic Floral Bath (30 minutes) – Aromatic Massage (60 minutes) – Bright and White Facial (60 minutes)

#### 浪漫之旅——情侣项目

(3.5 小时) 17,000 泰铢

与亲近的他/她一同享受一趟放松舒缓的水疗之旅。您只需 选择一项浪漫水疗套餐,和您的爱人一起感受不可言喻的 亲密二人世界。

花瓣足浴 - 芳香蒸汽浴 (15 分钟) - 椰果精华身体磨 砂护理(45 分钟) - 芳香花瓣浴(30 分钟) - 芳香按摩 (60 分钟) - 焕白亮采面部护理(60 分钟)

#### THAI HERBAL REVIVAL (120 minutes)

THB 4,700

Experience the natural healing properties of exotic Thai herbs and techniques that have been passed down through the generations, still highly treasured for good reason.

Thai Herbal Steam (30 minutes) – Thai Herbal Compress Massage (90 minutes)

#### 泰式草药提神服务

(120 分钟) 4,700 泰铢

体验泰国草药的天然治愈能力,以及世世代代流传至今、 备受青睐的泰式按摩手法。

泰式草药蒸汽浴(30分钟)- 泰式草药热敷按摩 (90分钟)



# MASSAGES 按摩

#### DEEP TISSUE MASSAGE (90 minutes)

THB 4,200

Unwind with a powerful, customised massage that combines deep rhythmic pressure and a dynamic blend of essential oils to alleviate stress, ease aching muscles and target individual needs.

## 深层组织按摩

(90 分钟)4.200 泰铢

精心为您设计的一趟力量之旅,通过有节奏的按压,辅以 混合精油,舒缓压力,缓解肌肉酸痛,以满足个人需求。

#### STRESS RELEASE MASSAGE

(60 minutes / 90 minutes) THB 3,200 / THB 3,900

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage delivers waves of deep relaxation and pure pleasure.

#### 释压按摩

(60 分钟 / 90 分钟) 3,200 泰铢 / 3,900 泰铢

采用多种按摩和针灸技巧,配合您心仪的芳香精油,这款 舒缓的按摩项目可深度放松身体,为您提供更贴近自然的 享受。

# THAI HERBAL COMPRESS MASSAGE (90 minutes)

THB 3,900

This age-old Thai treatment removes negative energy and sluggishness, soothes muscle tension and eases out stiffness. The healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full body massage with carefully selected herbal oils.

## 泰国草药热敷按摩

(90 分钟)3,900 泰铢

这是一种泰国传统祛除负能量和倦怠感的疗法,让紧张的 肌肉放松不再僵直。先以泰国草药膏热敷,然后再用精选 草本精油按摩。

#### TRADITIONAL THAI MASSAGE

(60 minutes / 90 minutes) THB 2,700 / THB 3,500

Passed down through generations, this unique and exotic technique is known to many as 'passive yoga', as it offers the ultimate body workout, without any effort. Let your expert therapist do all the work while you enjoy the benefits. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

#### 传统泰式按摩

(60 分钟 / 90 分钟) 2,700 泰铢 / 3,500 泰铢

传统泰式按摩相传久远,风格独特,素有"懒人瑜伽"之称,提供极致的健身服务。让专业理疗师替您进行所有身体部位运动,您只需轻轻松松感受其中的放松作用。舒展和穴位技法帮助您缓解紧张,提高柔韧性,让您焕发活力。

## AROMA STONE MASSAGE

(90 minutes) THB 5,000

Experience the deep penetrating heat and healing power of warm volcanic stones in a full body massage using traditional techniques to release muscular tension and balance the spirit. Small stones are placed on key energy points to stimulate and harmonise the chakras.

#### 芳香石按摩

(90 分钟)5,000 泰铢

借助全身按摩的传统手法,感受温热的火山石散发的治愈 能量渗入四肢百骸,舒缓肌肉压力,平衡身心。小巧的火 山石摆放在关键穴位处,刺激脉轮达到平衡状态。

## FOOT MASSAGE

(60 minutes) THB 2,400

Experience holistic balance and deep relaxation. This invigorating treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the upper body.

#### 足部按摩

(60 分钟) 2,400 泰铢

体验全方位平衡与彻底放松。使用特殊手法按压足部反射 区,有效刺激对应的各个身体器官,令全身感到焕然一新。

## REVIVE AND RELIEVE

(60 minutes) THB 2,400

Revive tired feet and relax an aching back with a dual therapy session that extends your day of unwinding bliss.

Shower – Floral Foot Bath – Tension Relief Back Massage – Foot Massage

## 提神放松

(60 分钟) 2,400 泰铢

双重疗程为疲劳足底恢复活力,缓解背部酸痛,纵享极乐时光。

淋浴 - 花瓣足浴 - 背部释压按摩 - 足部按摩



DE-STRESSER (45 minutes) THB 2,200

The perfect reward at the end of a hectic day, this sequence melts away pent-up stress and fatigue by focusing on the back, neck and head for immediate and long-lasting relaxation.

Shower – Floral Foot Bath – Tension Relief Back Massage – Choice of Head and Scalp Massage or Neck and Shoulder Massage

舒压护理 (45 分钟) 2,200 泰铢

犒劳疲乏的自己,消除积压已久的压力和疲劳,专注肩颈和头部按摩,即时带来持久效果。

淋浴 - 花瓣足浴 - 背部释压按摩 - 足部按摩 - 可 选头皮指压按摩或肩颈按摩



# SCRUBS 磨砂护理

## ESSENCE WHITE COCONUT MINT SCRUB

(60 minutes) THB 2,700

Healing, refreshing and richly moisturising, this exotic scrub removes dead cells, strengthens new skin and awakens the senses. Skin is left feeling silky smooth and glowing with vitality.

# 白色椰果薄荷精华角质护理

(60 分钟) 2,700 泰铢

这款异域磨砂富含疗愈、焕活和滋养功效,去除死亡细胞,让娇 嫩新肤更加健康顺滑,唤醒全身感官。肌肤重获新生,柔韧嫩 滑,重绽光采。

## DETOXIFYING GREEN TEA SCRUB

(60 minutes) THB 2,700

Polish, nourish and rejuvenate your body with the therapeutic properties of an exfoliating green tea scrub.

## 绿茶排毒护理

(60 分钟)2,700 泰铢

利用绿茶排毒磨砂膏的疗愈特性,让身体更加光洁、滋润丰盈、焕活新生。

# **BIOLOGIQUE RECHERCHE – 40 YEARS OF PASSION** 原液之谜(BIOLOGIQUE RECHERCHE) - 四十载专业热情



Over more than four decades, Paris-based Biologique Recherche has gained an unrivalled reputation based on a clinical approach to skincare using concentrated and pure ingredients, as well as innovative and meticulous procedures. Moving away from the traditional method of categorising skin into basic skin types such as 'dry' and 'oily', the Biologique Recherche methodology recognises that skin changes year to year, season to season and day to day. Subsequently, treatments are customised to your own individual 'Skin Instant'.

原液之谜源自巴黎,经历了四十多年的发展,利用浓缩和纯净成分,研发出临床护肤方法,以及细致创新的护理程序,因而享有 煊赫声望。原液之谜一反传统的肌肤分类方式,不再根据"干性"和"油性"等标签划分基本肌肤类型, 转而认识到肌肤的状态 会在年月、季节和时日的流逝中不断改变。因此提出为每个人的"实时肌肤状态"而定制的护理方案。

# FACIALS 面部护理

SOIN OXYGÉNANT VIP O2 (90 minutes)

THB 5,500

A regenerating and revitalizing treatment for the epidermis that works on all Skin Instants©, especially for those living in polluted cities. It restores the natural balance of your skin, oxygenizes and detoxifies your skin tissue leaving your face, neck and chest smooth, brightened and glowing.

## 氧化护理 VIP 02

(90 分钟) 5.500 泰铢

这套护理流程能帮助表皮细胞实现焕活再生,适合各种实 时肌肤状态□,特别适合那些生活在污染城市中的人。恢 复肌肤自然平衡,对肌肤进行氧化和排毒护理,让您的面 部、颈部和胸部肌肤幼嫩细滑、焕发光彩。

## DETOXIFYING AND PURIFYING FACIAL

(60 minutes) Skin Instants: Problematic, congested and dull skin THB 4.000

This soothing treatment rectifies congestion and imperfections caused by circulation imbalances. In addition to purifying and rebalancing the skin, the Detoxifying and Purifying Facial assists in the regulation of oil secretion to prevent breakouts, tighten pores and brighten a dull complexion.

## 面部排毒净化护理

(60 分钟) 实时肌肤状态:问题肌肤、毛孔堵塞、肤色暗沉 4.000 泰铢

这套舒缓身心的护理可以修复血液循环失衡造成的毛孔堵 寒和肌肤缺陷。面部排毒净化护理不仅能净化、调和肌 肤,还能协助调整面部油脂分泌,防止爆痘,收缩毛孔, 焕活暗沉肌肤。

#### **OXYGENATING FACIAL**

(60 minutes) Skin Instants: Devitalised and stressed skin THB 4,000

Recommended for devitalised, sluggish skin which can be caused by city pollution, stress and travelling. A perfect combination of micro-exfoliation and bio-energy massages will oxygenate the epidermis, relax your facial muscles and leave your skin glowing.

## 有氧面部护理

(60 分钟) 实时肌肤状态:肌肤紧绷、失去活力 4.000 泰铢

适用于城市污染、压力和旅行导致的肌肤失去活力、松弛 等问题。极微磨砂搭配生物能量按摩,为肌肤供氧,舒缓 面部肌肉,让肌肤焕发光采。

#### COOL AND CALM FACIAL

(60 minutes) Skin Instants: Sensitive, reactive skin THB 4.000

Specifically designed for sensitive, reactive skin which may be prone to rosacea, this SOS treatment helps repair, stabilise and protect the skin's surface. The skin's structure will be soothed and nourished, resulting in reduced sensitivity and a stronger epidermis, providing immediate relief and rebalance. Excellent for calming inflammation after sun exposure or laser treatments.

#### 面部镇静护理

(60 分钟) 实时肌肤状态:肌肤敏感、耐受力低 4.000 泰铢

敏感、耐受力低的肌肤易产生玫瑰痤疮,这款急救护理专 为此类肌肤设计,帮助修复、镇静和保护表层肌肤。安抚 滋养肌肤结构,降低肌肤敏感度,增强表层肌肤耐受力, 即时舒缓, 重塑肌肤平衡。适合用于日光暴晒或激光治疗 后的消炎镇定。



#### SOIN LISSANT - IMMEDIATE RECONDITIONING TREATMENT

(90 minutes) Skin Instants: Sensitive, reactive, stressed and traumatised skin THB 5,500

This unique treatment specifically targets all signs of ageing, including fine lines, wrinkles, as well as loss of elasticity and firmness. Soin Lissant helps to stimulate the skin's natural defence system by working in harmony with the lymphatic and circulatory system. In order to reconstruct and rebalance the skin, the technique utilises sculpting movements and pulsing strokes. An excellent anti-stress treatment that will leave your skin feeling calm, reconditioned and rejuvenated.

#### 抗纹平滑护理-即时修复护理

(90 分钟) 实时肌肤状态:肌肤敏感、耐受力低、紧绷、受损 5,500 泰铢

这项独特的理疗技术专门针对所有肌肤衰老迹象、包括细 纹、皱纹、肌肤失去紧致弹性等。抗纹平滑护理有助于激 活肌肤的天然防御系统、与淋巴系统和循环系统协调运 作。利用面部塑形和脉冲按压技术重塑肌肤平衡。效果出众 的抗压护理,令你的肌肤倍感镇静,修复损伤,重焕活力。



MC110 BOOSTER (90 minutes) THB 5,500 (120 minutes with remodelling face option) Skin Instants: Undernourished, thin and lifeless skin THB 6,500

This re-plumping, restructuring and renewing treatment has been designed for lifeless, weakened and lacklustre skin with fine lines and wrinkles. Using a revolutionary vibratory massage technique, the MC110 Booster will leave your skin feeling smoother and brighter, with your facial contours plumped and redefined.

#### MC110 强化护理

(90 分钟) 5.500 泰铢 (120 分钟, 含面部轮廓提升选项) 实时肌肤状态:肌肤失去滋养、角质层薄、毫无生机 6.500 泰铢

这项护理专门面向带有细纹和皱纹、角质层薄、失去生机 和滋养的肌肤,令你的肌肤水润丰盈,焕然如新。采用革 新的震动按摩手法, 重塑面部轮廓, 令你的肌肤倍感光滑 饱满,焕发光彩。

# BATH AND STEAM RITUALS 沐浴和蒸汽浴

## ANANTARA MILKY BATH

(30 minutes) THB 1,200

Enjoy a private tea service as the exotic aromas of our signature Romance Milky Bath balance your body, mind and spirit.

## 安纳塔拉牛奶浴

(30 分钟) 1,200 泰铢

沉浸在我们标志性的浪漫牛奶浴的同时,还可以享受静谧、 芳香的品茶时光,平衡身心。

## AROMATHERAPY BATH

(30 minutes) THB 1,200

Treat yourself to a deeply relaxing bath. Perfect for bedtime, this indulgent treat will allow you to switch off an overactive mind and prepare for a tranquil and relaxing night's sleep.

## 芳香疗浴

(30 分钟) 1,200 泰铢

舒心享受一次深度放松的沐浴。舒缓身心的睡前护理, 安 抚过度活跃的思维, 为宁静放松的一夜安眠做好准备。

## THAI HERBAL STEAM

(30 minutes) THB 1,200

Harnessing the healing properties of Thai herbs, this exotic ritual stimulates the circulatory system, nourishes body and soul, and can be enjoyed as a prelude to any of our spa treatments.

芳香疗浴

(30 分钟) 1,200 泰铢

舒心享受一次深度放松的沐浴。舒缓身心的睡前护理, 安 抚过度活跃的思维, 为宁静放松的一夜安眠做好准备。

## AROMA STEAM

(30 minutes) THB 1,200

Feel stress melt away with floral steam that offers a deep sense of relaxation and soothes the mind. We recommend this indulgent treatment before any massage.

#### 芳香蒸汽浴 (30 分钟)

1,200 泰铢

在花瓣蒸汽浴中感受压力的消散,彻底放松,舒缓身心。 建议在按摩服务前体验。



# BEAUTY SALON SERVICES 美容沙龙服务

Feel beautifully pampered with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of cleansing, exfoliating scrub, nourishing mask, cuticle care, massage and perfect paint finish.

体验修甲修脚服务的奢宠呵护。享受一系列清洁、磨砂、滋养手膜、去死皮护理、按摩和精美甲油护理。

## NAIL SPA

Make yourself comfortable in a luxurious pedi-chair, which massages you into deep relaxation while you enjoy refreshments. Feel beautifully pampered from fingertips to toes as you enjoy manicure and pedicure treatments that include a cleansing ritual, exfoliating scrub, nourishing mask, cuticle care, massage and perfect paint finish.

## 美甲服务

坐在舒适的按摩椅上全身心放松同时,享受来自美甲服务的奢华呵护。享受一系列清洁、磨砂、滋养手膜、全面去 死皮护理和短时手足按摩,最后涂上一层美甲油让指甲焕 发活力。

#### EXPRESS MANICURE OR PEDICURE 快速美甲或足部护理

(45 minutes) (45 分钟) THB 800 800 泰铢

#### DELUXE MANICURE WITH OPI GELCOLOR

豪华美甲(使用 OPI GELCOLOR) (90 minutes) (90 分钟) THB 1,200/1,500 1,200 泰铢 / 1,500 泰铢

#### DELUXE PEDICURE WITH OPI GELCOLOR

足部护理(使用 OPI GELCOLOR) (90 minutes) (90 分钟) THB 1,400/1,700 1,400 泰铢 / 1,700 泰铢

## MANICURE WITH OPI GELCOLOR

深层组织按摩 (60 minutes) (60 分钟) THB 1,100 1,100 泰铢

## PEDICURE WITH OPI GELCOLOR

深层组织按摩 (60 minutes) (60 分钟) THB 1,300 1,300 泰铢

## GELCOLOR OR POLISH CHANGE ONLY

仅替换 GELCOLOR 或指甲油 (45 minutes) (45 分钟) THB 800 800 泰铢

## ADD FRENCH (GELCOLOR OR POLISH) 法式美甲(GELCOLOR 或指甲油) (30 minutes) (30 分钟) THB 300 300 泰铢

## GELCOLOR POLISH REMOVAL ONLY 仅卸除 GELCOLOR 指甲油

(30 minutes) (30 分钟) THB 300 300 泰铢

## WAXING

A full range of waxing treatments using premier brand products are available.

## 蜜蜡脱毛

我们提供全面的脱毛服务,各项均使用高端品牌产品。

## FULL LEG AND BIKINI 大小腿和私处

(60 minutes) (60 分钟) THB 2,500 2,500 泰铢

#### FULL LEG 大小腿

(45 minutes) (45 分钟) THB 2,200 2,200 泰铢

## HALF LEG 小腿

(30 minutes) **(30** 分钟) THB 1,500 **1,500** 泰铢

## BRAZILIAN 巴西式脱毛

(45 minutes) **(45** 分钟) THB 1,500 **1,500** 泰铢

#### BIKINI LINE 私处

(30 minutes) (30 分钟) THB 1,200 1,200 泰铢

## ARMS 手臂

(30 minutes) **(30** 分钟) THB 1,350 **1,350** 泰铢

## UNDERARMS 腋窝

(20 minutes) **(20** 分钟) THB 700 **700** 泰铢

#### LIP 嘴唇

(15 minutes) (15 分钟) THB 500 500 泰铢

## CHIN下巴

(15 minutes) (15 分钟) THB 500 500 泰铢

#### EYEBROWS 眉毛

(15 minutes) **(15** 分钟) THB 500 **500** 泰铢

#### BACK 背部

(30 minutes) (30 分钟) THB 2,200 2,200 泰铢



# SPA ETIQUETTE 水疗中心注意事项及建议

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings.
- We have a wonderful selection of refreshing teas for you to enjoy after your treatment.
- Please note that the spa is unsuitable for small children and babies as we try to ensure that all our guests benefit from the peace and quiet.
- We recommend that you leave all jewellery in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at check-out.
- Please give five hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an aromatherapy or waxing treatment.
- For men, please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease your treatment's duration.
- Guests with high blood pressure, with heart conditions, with allergies, who are pregnant or have any other medical complications, are advised to consult a doctor before undergoing any treatments.
- Please notify the spa receptionists of any existing medical conditions.
- Prices are subject to 10% service charge and 7% applicable government tax.

- 请提前 15 分钟抵达,以填写健康评估表,以有充足的 时间在我们安静的环境中放松。
- 护理结束后,我们可为您提供一系列丰富的提神茶饮。
- 请注意,水疗中心不适合幼童和婴儿,我们也希望尽可 能为所有客人提供安静的环境。
- 建议您来水疗中心之前把所有的首饰放在您的客房内。
- 所有使用的水疗疗程费用将在您退房时显示在账单中。
- 单项水疗服务需提前 5 小时取消,水疗套餐需提前 24
  小时取消,否则将收取 50% 的费用。
- 建议您在芳疗护理或蜜腊护理之后不要晒太阳。
- 男士在面部护理之前请修面,以保证达到最好的效果。
- 水疗馆内禁止吸烟或使用手机。
- 客人如未按时到达, 护理项目的时长也会相应缩短。
- 高血压、心脏病、过敏、怀孕或有其他并发症的客人, 请在接受护理之前咨询您的医师。
- 如在使用服务过程中产生任何身体不适,请联系水疗中 心接待人员。
- 实际价格需缴纳10%的服务费和7%的税





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