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东方亦瑛

SPA会馆



## “养”SPA 简介 Introduction to the "Wellness" SPA

中茂海悦酒店的东方亦瑛【养】SPA会馆，让您洗涤身心，尽享从内而外怡神活气的全健康体验，我们的异国风情SPA之旅，以中华五千年的养生文化，融合亚洲传统养生古法的理念，使您的身心达到最完美和谐境界。

“养”SPA在中茂海悦酒店五楼康乐中心，以宽敞、舒适、自然的私人贵宾室，瑰丽古朴的浴缸和各种设施令您回味无穷。在这里，您可静享专属空间，挥别急促的都市节奏，以畅快的感官之旅唤醒生命能量，尽情放松身心。

“养”SPA的多种推荐疗程令人无法抗拒，我们的专业治疗师手法娴熟，触感敏锐，呵护备至。“养”SPA选用泰国系列修护精油和以海洋植物著称的法国爱可登及佩滴妮的特级产品，让你疲惫尽消，焕发健康的神采。

Oriental Gem [Wellness] SPA purifies your body and spirit, and provides you with an overall feeling of well-being. Our exotic SPA treatments combine the Traditional Chinese and the Oriental Health Preservation theory, to bring the ideal balance of mind, body and spirit.

The "Wellness" SPA is located on the fifth floor at Zhongmao Haiyue Hotel. From the spacious and comfortable private rooms, to the classical and fancy bathtubs, each detail is redefining the ultimate SPA experience. With luxurious and peaceful surroundings, the exclusive SPA rooms will delight all your senses and invite you to embark on a trip of rejuvenation.

The "Wellness" SPA offers a wide range of therapies and treatments, our experienced therapists are always there to pamper you with their unique approach and professional therapy skills. The "Wellness" SPA uses a selection of pure and natural aromatic oils from Thailand, as well as products from the French brands Arsene Valere and Algothorm. The ingredients in these fancy products were extracted from ocean plants that effectively help soothing and repairing the skin.

## 怎样享受【养】SPA

How to enjoy the "Wellness" SPA

### 最适合您的【养】SPA养生项目

The individual treatment that best suit your personal needs

当您到达东方亦璞【养】SPA会馆时，具有丰富经验的接待员，将会根据您的身体状况，推荐适合您的项目。如果您已怀孕或有任何健康问题，请直接告诉我们。

When you arrive at the Oriental Gem [Wellness] SPA, our expert therapists will take a 'prescriptive' approach to help you choose individual treatments that suit your physical, emotional and spiritual needs. Please inform us if you are pregnant or having any other healthy problems.

### 请让我们了解您的感受 We appreciate your feedback

东方亦璞【养】SPA会馆会尽力设想您的需求，让您感受【养】SPA的个性化体验。

请让养疗师了解您的需求和感受，以使您的【养】SPA更为舒适。

例如，需要大力或轻力按摩、多加毛巾、音乐大小、光线强弱等，我们感谢您的回应。

The [Wellness] SPA will anticipate your needs,

The [Wellness] SPA will provide a customized service experience.

For an ideal enjoyment, please tell the therapist about any requirements or feelings that you have during the SPA, such as massage strength, extra towel, music or light volume etc. We appreciate all your feedback.

### 接受【养】SPA前的准备 Preparation for your visit

女士无需任何事先准备，男士请在面部护理前剃须。

Female guests do not need to prepare anything in advance. We advice the male guests to shave prior to facial treatments.

### 隐私 Privacy Policy

我们会时时刻刻保障您的隐私。养疗师会让您更换衣服，整个护理过程中，以毛巾覆盖您无需护理的身体部位。

We will protect your privacy during the whole ritual. Our holistic therapist will let you change your clothes and cover the rest of your body with a towel during the therapy.

### 预定 Reservation

为了向您提供满意的【养】SPA服务，我们肯请您提前预约。您可以选择拨打电话或前往东方亦璞【养】SPA会馆前台。

预订个性化的【养】SPA计划。

In order to provide a personalized service and maximize your satisfaction, we advice you make a reservation prior to your visit. The reservation could be made at the SPA on the fifth floor or by calling us.

### 抵达时间 Arrival Time

请在预约时间前10分钟抵达东方亦璞【养】SPA会馆，以尽情享受【养】SPA体验。

We recommend that you arrive 10 minutes before the appointed time, in order to have a better preparation before starting with the treatment.

### 延迟抵达 Late Arrival

如延迟抵达，我们的会尽力替您完成整个疗程。但请谅解，您的预约时限过后，我们将会接待其他客人。

In case of a late arrival, we will do our best to finish the full ritual. However, when your reservation time has ended, we will have to proceed with the next appointment.

### 取消预定 Reservation Cancellation

接到您的预订后，我们会为您准备一些【养】SPA设施，考虑到其他客人的需求，如您无法应约，请您在登

记时间前，最少3小时通知我们，我们会非常乐意为您重新安排时间。

After we receive your reservation, we will proceed to prepare the facilities and therapist for your treatment. If you want to change the time of your visit, please inform us 3 hours before your appointed time, and we will be very glad to re-arrange the service for you.

### 享受【养】SPA之旅 Pamper yourself at Oriental Gem [Wellness] SPA

我们期待您的光临！

预约或垂询

敬请致电东方亦璞【养】SPA会馆

+86 (0) 311 85255555 转 6439

+86 (0) 311 13303045895

We are looking forward to serving you!

Please don't hesitate to contact us for inquiry or reservation:

+86 (0) 311 85255555-6439

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## 关于 SPA

### About SPA

SPA一词最早出现在公元1610年，  
是拉丁文Solutio Per Aquam的缩写，意思是“健康经由水而产生”。  
在远古，沐浴被看做是净化身体和灵魂的一项重要仪式。  
SPA则是从沐浴传统和古代哲学思想中获得灵感启发，诞生于回归自然的潮流之中。  
通过SPA，使人的身体、精神、灵魂都可以得到充分放松，  
让人在压力不断的工作中寻回一种自然的归属与内在的和谐。

The word "SPA" first appeared on the year 1610. It is an acronym of the Latin phrase "Solutio Per Aquam", which means health from water. In ancient times, people around the world believed that bathing resulted in physical and spiritual purification. The modern SPA got the inspiration from bathing and philosophy theories, and leading the trend of back to the nature. Spa therapies are for the purpose of rest, relaxation and rejuvenation. Release the body and spirit from the work pressure and rebuild the inner balance of body, spirit and emotion.

## 精选套餐

### About SPA

#### 印尼巴厘岛风情SPA套餐 Indonesia - Bali Island Exotic Spa Package

90分钟  
90 minutes

由印尼当地盛产的各种花和香料调制而成的精油，在充满天籁音韵、鸟语虫鸣、潺潺流水的朦胧烛光、宁静的竹林中，配合巴厘岛按摩手法，让你的身体和心灵愉悦及再生。  
Indonesia is one of the best origins of aromatic essential oils. The essence is extracted from flowers, herbs and plants. Listening to the sound of violins in the forest, the birds singing and the river running, all combined with a traditional Bali Island SPA approach which will bring rejuvenation of the body and spirit.

#### 希腊爱琴海浪花SPA套餐 Greece - Aegean Sea Wave SPA Package

120分钟  
120 minutes

源于古希腊爱琴海中的海洋珍贵高效元素，可释放人体内天然的修护能量，能够促进血液和淋巴排毒系统的循环，配以养疗师海浪式的按摩，在身体及精神得到放松的同时兼得修护身体的美好效果。  
The Mineral Essence used in this treatment comes from the Aegean Sea in Greece, and it can effectively re-energize the body, improve blood circulation and promote lymph circulation. The therapy applies the "Sea Wave" massage technique, which not only relaxes, but also helps to slim and lift the body.



#### 旅行者恢复精力SPA之旅 Traveler's Stress Relieving SPA Experience

80分钟  
80 minutes

有效帮助您减缓舟车劳顿及时差所带来的痛苦。该疗程可促进淋巴系统排除毒素，对消除水肿、放松肌肉、清除因远游引起的紧张和酸痛有明显的功效。  
Immediately releases pressure and alleviates fatigue from traveling. The treatment effectively promotes lymph circulation, eliminates water retention and alleviates muscle pain from long time traveling.

#### 双人同步浪漫SPA之旅 Romantic Synchronized SPA Experience

60分钟  
60 minutes

有两名专属养疗师为您同时服务的此项目，如同双人弹钢琴一般，精油和谐的默契与技法，让身体获得双重的力道与能量，按摩就像行云流水般充满流畅感，细心呵护您的每一寸肌肤，让您享受皇家尊贵。  
Two therapists will perform a synchronized massage. Two full services harmonized, rhythmically coordinated, perfected and performed simultaneously. The distinguished service will delight each of your senses.

#### 肩、颈部护理 Neck and Back Treatment

60分钟  
60 minutes

针对肩颈部肌肉僵硬、酸痛、慢性劳损等症状，在淋浴后用芳香精油按摩，起到舒缓精神压力，消除疲劳、改善睡眠的作用。  
This focused treatment will ease the tension in neck and shoulder area through massage and reflexology. After you take a shower, the therapist will perform the massage ritual using aromatic oils. The treatment instantly alleviates fatigue, releases pressure and improves sleeping quality.

#### 夏威夷热石温肾护理 Hawaii Hot Stone Kidney Warming Treatment

60分钟  
60 minutes

夏威夷热石放在身体的能量源点，热石具有高能量的聚温性及传导性，可将能量与热量深入肌肤深处，调整身心健康。特别适合寒、虚、湿、滞的体质，对肾部的温补作用尤佳。  
A warm blend of essential oils and heated mineral stones make this a truly sensual body experience. Hawaiian Mineral Stones extend the energy deeply through the pressure points of the body. It improves cold and weak body physique, and maintains the health of the kidneys.

