

Reading
between
the leaves
茶叶解读

芳沁而古老的疗法



Reading between the Leaves

Inspired by the healing agents of China's finest tea leaves, Anantara Spa at The PuLi hotel envelops authentic spa therapies with a journey connected with exotic, oriental romance.

Presenting a menu inspired by the renowned properties of artisan tea that is woven into the very fabric of Chinese history and ritual; custom spa therapies have been paired with four tea purities to enhance each benefit of your spa experience, guiding your journey through peace, prosperity and wellness.

Discover treatments that draw on the detoxifying powers of Green Tea, the balancing force of White Tea, the enhancing properties of Chrysanthemum Tea and the beautifying spirit of Rose Tea.

Sip on your personal pot while indulging in the romantic blend of Chinese antiquities and modern day Shanghai.

茶叶解读 — 芳沁而古老的疗法

欢迎来到位于上海璞麗酒店3楼的安纳塔拉水疗，一处结合了东方美感及古老智慧的天堂。她揉合了庄严、娴雅及时尚，却又不失圆融的气氛。从踏入Spa的一刻开始，您的身心对重生及关爱的渴望将被重新激发，从这里出发，您会经历一场由古老中国、泰国及印度共同演绎的21世纪最前卫、最精彩的Spa舞曲。

上世纪20年代属于上海的茶寮，它们隐匿在各处的私家花园中，用一种审视而清冷的目光注视着繁华陆离的世界。茶——作为一种不可或缺元素，代表着那个时代的精神和文化，一杯杯清茶流淌着的不仅仅是金黄色、淡绿色或深褐色的液体，更映衬出了撇去繁华后其独有的冷清与忧郁。如今，停留在璞麗酒店中的安纳塔拉水疗将这种精神升华为另一种格调，将茶作为护理的主体进一步研发，发展出了丰富多样而又独具疗效的茶系列护理。

在中国传统的起居文化里，茶是一种最普遍的日常饮品。茶在中国的历史最早可以追溯至神农氏时期，【神农氏尝百草】当中就有关于茶叶的记载，现代科学更精确的分析出茶叶含有丰富的抗氧化物及多种身体所需维生素及微量元素，可以说喝茶是中国人永葆青春、健康长寿的秘诀。

喝茶除了有益身体健康，更是一种生活态度，品茶让你学会放慢脚步，舍弃浮华。在感受了茶护理为您身体进行的一场彻底净化后，轻轻呷一口茶，脑海里又将重新浮现20年代的上海那翩翩的风月，一起来共同追忆逝去的流金岁月，这就是我们要为您极力重绘的上海印象。



Anantara Signature
Anantara 标志护理

		Weekday	Weekend
Anantara Signature Massage	90 minutes	1,280	1,400
Purpose-designed wringing, kneading, stretching and effleurage combined with our signature blend of oils stimulate the circulation and promote deep relaxation of the muscles. Reflexology is also incorporated to remove blockages of energy, or prana, along the meridian lines, thus relieving tension, improving circulation, and releasing stress from tired muscles.			

Floral Foot Ritual - Anantara Signature Massage - Refreshment

Thai Herbal Compress Massage*	120 minutes	2,280	2,500
Tensions simply drift away in the course of this traditional Thai herbal therapy that begins with the application of a warm herbal poultice containing a variety of therapeutic Thai herbs and spices, followed by a full body massage using natural herbal oils that penetrate the body to work their wonders and performed by two therapists.			

Floral Foot Ritual - Thai Herbal Compress Massage - Refreshment

* Subject to availability

		工作日	周末
Anantara标志按摩	90分钟	1,280	1,400
一种揉合了多种不同风格及技巧的按摩新体验，包括中式经络穴位法、日式指压法、泰式伸展法以及瑞典式敲打法，帮助我们疲惫的身躯得到彻底的放松，肌肉得到最有效的舒缓。反射疗法是贯穿整个按摩的主轴，以达致提升能量、舒缓紧张、加快循环及减压的效果。			

花瓣足浴 - Anantara标志按摩 - 品茗

泰式草药包按摩*	120分钟	2,280	2,500
这是一款传统的泰式草药护理，由两位芳疗师共同演绎。特别适合过度疲劳和积聚压力的身体。护理以全身热敷开始，将加热后的草药包进行全身热敷，这样可有效帮助肌肉放松；随后，我们会使用特别调配的芳香按摩油进行全身按摩。护理结束后您将感觉无与伦比的放松和惬意。			

花瓣足浴 - 泰式草药包按摩 - 品茗

* 视预约情况而定



Detoxifying Green Tea

抗氧排毒 — 绿茶

All the healing teas, with their strong Qi - or life force - calm, stimulate, detoxify and heal, but among them green tea, with its abundance of anti-oxidants, has been the most widely consumed ever since it was discovered that it has ten times the amount found in fruits and vegetables.

所有茶都有其独特的“气”，这种可以用生命能量来理解的“气”能有效达到安抚、振奋、排毒及治疗的功效。在众多的茶之中，绿茶可谓最常用，而其所含的抗氧化物更是水果及蔬菜的十倍之多。

Green tea is a staple of Traditional Chinese Medicine and is used to treat aches, pains, headaches and depression, as is perhaps best known as a detoxifier, an immune enhancer and an energizer. This treatment combines a series of green tea therapies specially selected to revive and cleanse the body and mind.

		Weekday	Weekend
Green Tea Purification Journey	120 minutes	1,550	1,700
<i>Floral Foot Ritual - Green Tea Scrub - Shower - Sport Massage - Refreshment</i>			
Green Tea Scrub	45 minutes	720	790
Indulge all your senses as you are covered and polished with this potent antibacterial and detoxifying treatment, and witness the vibrant, healthy glow that is dramatically apparent as the fine granules deep-cleanse and leave the skin smooth, healthy and soft.			
<i>Floral Foot Ritual - Green Tea Scrub - Shower - Body Moisturiser - Refreshment</i>			

绿茶是中医学里常用的一种材料，多用于治疗各种癌症，同时也能对抗抑郁。绿茶最为人称颂的要数其排毒、增强免疫力及提神的功效。这个专题套餐结合了一系列绿茶护理，将为您的身心进行一场彻底的洗涤。

		工作日	周末
绿茶净化旅程	120分钟	1,550	1,700
<i>花瓣足浴 - 绿茶磨砂 - 沐浴 - 运动按摩 - 品茗</i>			
绿茶磨砂	45分钟	720	790
这项奢华的护理能放松您的每一个感官，绿茶磨砂颗粒将为肌肤提供有效的抗菌及排毒，护理过后肌肤迅速重现明亮、柔滑，充满健康光泽。			
<i>花瓣足浴 - 绿茶磨砂 - 沐浴 - 润肤 - 品茗</i>			



Balancing White Tea

平衡圆融 — 白茶

Made from new buds and very young, gently dried leaves, all the anti-oxidants in white tea are retained. Similar to green tea in its detoxifying properties, clear, slightly golden white tea has even more anti-viral and anti-bacterial qualities and is believed to help slow the aging process as well as balance the Qi.

白茶的制作选用幼芽及嫩叶经过轻微烘干而成，因此其抗氧化的功能得以大量保留。清澈而略带金黄的白茶，排毒功效跟绿茶相若，但其具更强的抗菌及抗病毒功效，并被认为对延缓衰老及平衡体内“气”有独特功效。

White tea is rich in potent anti-oxidants that will purge your body and skin of contaminants and your mind of worldly cares. This treatment combines the natural powers of white tea with the moisturising properties of avocado and the healing power of Swedish Massage, leaving the skin feeling supple, smooth and vibrant.

		Weekday	Weekend
White Tea Moisturiser Journey	120 minutes	1,550	1,700
Floral Foot Ritual - White Tea & Avocado Wrap - Shower - Swedish Massage - Refreshment			
White Tea & Avocado Body Wrap	45 minutes	880	960
This deep-moisturising wrap incorporates all the penetrating power of avocado to convey essential vitamins and nourishment to the glands that lie just beneath the skin. Enriched with Vitamins E and B, the wrap is also a wonderful nutrient booster.			
Floral Foot Ritual - White Tea & Avocado Wrap - Shower - Body Moisturiser - Refreshment			

白茶含丰富的抗氧化成分，可有效净化我们的身体，保护其免受污染物的侵害。这款套餐将牛油果的滋润成分与瑞典按摩的平衡功效相结合，为肌肤带来前所未有的滋润感，焕发青春气息。

		工作日	周末
白茶滋养旅程	120分钟	1,550	1,700
花瓣足浴 - 白茶牛油果体膜 - 沐浴 - 瑞典式按摩 - 品茗			
白茶牛油果体膜	45分钟	880	960
白茶牛油果体膜蕴含丰富的维生素E及B，滋润而丰富的养分通过体膜渗透入肌肤，能够为肌肤提供持久而有效的滋养。			
花瓣足浴 - 白茶牛油果体膜 - 沐浴 - 润肤 - 品茗			



Beautifying Rose Tea

美丽娇妍 — 玫瑰花茶

Roses have long been given to express love because they soothe the heart and make us feel beautiful. So, too, does Rose tea. It also balances our mind and hormones, helps to reduce wrinkle formation, boosts immunity, uplifts the nervous system and relieves insomnia, depression and fatigue.

从古至今，玫瑰都代表着爱情和美丽，因为玫瑰能有效平衡情绪及荷尔蒙的分泌，帮助消除皱纹，增强免疫力，提升人体的精神状态，并有助于缓解失眠及疲劳。最可贵是，玫瑰还能有效抵抗抑郁，令身心舒坦，心情平和。

There is no better gift on earth for the body, mind and spirit than beautifying rose tea. While clearing toxins and heat from the body and fighting infection, this natural elixir hydrates, relaxes, and soothes the skin back to its naturally beautiful appearance.

		Weekday	Weekend
Rose Tea Beautification Journey	120 minutes	1,550	1,700
Floral Foot Ritual - Aromatic Massage - Signature Facial - Refreshment			
Rose Tea Body Scrub	45 minutes	720	790
By applying light effleurage with delicate cleansing beads, dead skin is removed, circulation on the skin's surface is enhanced and the senses come alive with the fragrance of rose water.			
Floral Foot Ritual - Rose Tea Body Scrub - Shower - Body Moisturiser - Refreshment			

玫瑰，是上天赐予女人的礼物；玫瑰花茶，是来自这世间最好的馈赠，没有任何一件事物堪比她更能帮助平衡你的身、心、灵。此款玫瑰花茶套餐可以在排除毒素的同时有效滋养您的肌肤，并帮助补充及锁住水分，令肌肤焕发青春、美丽的神采。

		工作日	周末
玫瑰娇妍旅程	120分钟	1,550	1,700
花瓣足浴 - 芳香按摩 - 面部护理 - 品茗			
玫瑰花茶磨砂	45分钟	720	790
细微的玫瑰花茶颗粒轻轻地划过肌肤，轻抚的过程中帮助肌肤去除老化死皮细胞，促进肌肤血液循环。护理后，肌肤将重现柔滑光采。			
花瓣足浴 - 玫瑰花茶磨砂 - 沐浴 - 润肤 - 品茗			



Clarifying Chrysanthemum Tea

清雅无瑕 — 菊花茶

In traditional Chinese medicine, chrysanthemum tea is said to clear the liver and the eyes, which are related as the liver is associated with anger and stress and the bright yellow tea relieves the eye pain brought on by tension and Yin deficiency, as well as blurred and diminished vision and dizziness.

在传统中国的医药典籍里，菊花茶具有清肝及明目的功效。肝火旺盛，脾气暴躁，眼睛干涸的人经常饮用菊花茶能改善这些现象。此外，这种淡金色的茶还可以滋阴养肾，舒缓压力，减少头晕现象。

From East to West, chrysanthemum tea is prized for its medicinal properties and has been used as treatment for flu and fever, headache, bloodshot eyes, congestion and even vertigo. This specially formulated treatment combines the traditional Thai massage with oriental foot massage to relaxation and energize the body.

		Weekday	Weekend
Chrysanthemum Tea Cleansing Journey	120 minutes	1,380	1,520
<i>Floral Foot Ritual - Thai Massage - Oriental Foot Massage - Refreshment</i>			
Chrysanthemum Tea & Pearl Body Wrap	45 minutes	880	960
Light effleurage is applied to pressure points on the scalp with this creamy olive extract-enriched exfoliant, allowing it to deep-cleanse, moisturise and relax while stimulating and toning the skin.			
<i>Floral Foot Ritual - Chrysanthemum Tea & Pearl Body Wrap -Shower - Body Moisturiser - Refreshment</i>			

无论东方或西方，菊花经常被作为入药之用，因其对人体有很好的治疗效果，常用于治疗感冒、发烧、头痛、眼疾、头晕等病痛。此款套餐结合了传统泰式按摩和东方足底反射按摩，必定能令您感觉焕然一新，压力全消。

		工作日	周末
菊花明净旅程	120分钟	1,380	1,520
<i>花瓣足浴 - 泰式按摩 - 东方足部反射按摩 - 品茗</i>			
菊花茶珍珠体膜	45分钟	880	960
珍珠粉自古就有养颜靓肤之功效，配合菊花茶与橄榄精华，更是不可多得上等护肤品。			
<i>花瓣足浴 - 菊花茶珍珠体膜 - 沐浴 - 润肤 - 品茗</i>			



Anantara Massage
Anantara 按摩护理

		Weekday	Weekend
Swedish Massage	60 / 90 minutes	980 / 1,280	1,080 / 1,400
Since it was developed nearly 200 years ago, Swedish massage has become the foundation of most western massage techniques with its percussive, tapping movements, and five variations of strokes that manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental well-being.			
Floral Foot Ritual - Swedish Massage - Refreshment			
Oriental Foot Massage	60 minutes	680	750
In this age-old therapy, pressure is applied with the thumbs and fingers to specific zones on the feet that link to our internal organs to induce relief from stress and tension. A dynamic blend of stimulation and relaxation, the result fosters overall well-being.			
Floral Foot Ritual - Oriental Foot Massage - Refreshment			
Aromatic Massage	60 / 90 minutes	980 / 1,280	1,080 / 1,400
Blending the best of aromatherapy and Swedish massage, this is the perfect remedy for jetlag. Choose from four specially blended essential oils – Anantara, Harmony, Thailand Spice and Tranquillity – and surrender to our therapist’s touch as your mind eases into a state of utter calm and grace.			
Floral Foot Ritual - Aromatic Massage - Refreshment			
Oriental Head Massage	60 minutes	680	750
Clear your mind of incessant thoughts as tension build up is gradually released by massaging meridian points on the scalp, shoulders and neck-Instant relief for headache sufferers, office executives, or those that expend a lot of mental energy.			
Floral Foot Ritual - Oriental Head Massage - Refreshment			
Sport Massage	60 / 90 minutes	980 / 1,280	1,080 / 1,400
Employing classic Swedish massage strokes, this therapy works deeply into the muscles, stretching and releasing tension in the fascia that could cause restricted movement and pain, and is the essential treatment for those desiring to improve flexibility, prevent injury, and hasten the healing of sore or pulled muscles.			
Floral Foot Ritual - Sport Massage - Refreshment			
Traditional Chinese Massage	60 / 90 minutes	880 / 1,180	960 / 1,300
By applying a combination of the ancient Chinese massage techniques of <i>Tui</i> (pushing), <i>Na</i> (pulling and dragging), <i>An</i> (rapid rhythmic pressure), <i>Pai</i> (tapping), <i>Cha</i> (rubbing), <i>Zhen</i> (vibrating), <i>Bo</i> (vertical pressure), and <i>Dian Xue</i> (acupressure), the flow of energy through the meridians is restored, muscles are relaxed and fatigue dissipates.			
Floral Foot Ritual - Traditional Chinese Massage - Refreshment			
Traditional Thai Massage	60 / 90 minutes	880 / 1,180	960 / 1,300
Anyone searching for optimal health and the restoration of dwindling vitality should experience this ancient therapy. Conducted in a meditative environment, your therapist uses fingers, thumbs, elbows, arms and feet to apply passive stretching techniques and gentle acupressure along the energy lines, allowing your body’s internal energy to flow freely once again.			
Floral Foot Ritual - Traditional Thai Massage - Refreshment			

		工作日	周末
瑞典式按摩	60/90分钟	980/1,280	1,080/1,400
瑞典式按摩是一套拥有近200年历史的身体按摩疗法，西式按摩中很多敲击、拍打及其他五种著名按摩手法就是源自于瑞典式按摩。这套历史悠远的按摩手法能有效刺激神经系统、并帮助加快血液循环，令身体的组织及肌肉更柔软放松，达到身心平衡的境界。			
花瓣足浴 - 瑞典式按摩 - 品茗			
东方足部反射按摩	60分钟	680	750
这是一种非常古老的疗法，人体的脚掌可以反射体内各个器官，理疗师用拇指和手指在脚掌不同的反射区进行适当按压，仿佛同时在刺激我们的内部器官，帮助身体正常运作，强化免疫力。			
花瓣足浴 - 东方足部反射按摩 - 品茗			
芳香按摩	60/90分钟	980/1,280	1,080/1,400
此款按摩将芳香疗法与瑞典式按摩相结合，是对付时差的最佳选择。我们精选了四种芳香按摩精油—Anantara、和谐平安、激情泰国及宁静愉悦供您挑选，专业理疗师将通过其精湛的按摩技艺让您体会到终极放松与平衡的意义。			
花瓣足浴 - 芳香按摩 - 品茗			
东方头部按摩	60分钟	680	750
这是一款作用于头部和肩部经络及穴位的按摩，它能帮助您消除紧张感，让大脑得以休息，并可帮助缓解头痛，适合于用脑过度和工作紧张的人群。			
花瓣足浴 - 东方头部按摩 - 品茗			
运动按摩	60/90分钟	980/1,280	1,080/1,400
运用瑞典式按摩5种手法里的3种，深层而有力地在肌肉上进行按压，帮助肌肉舒展、放松，恢复灵敏度。运动按摩还可增加血液循环的速度，把导致酸痛感觉的乳酸带走，同时增加肌肉的柔软度，防止受伤，亦可使受伤的肌肉加快恢复。			
花瓣足浴 - 运动按摩 - 品茗			
传统中式按摩	60/90分钟	880/1,180	960/1,300
通过传统中式按摩手法，如推、拿、按、拍、擦、震、拨及点穴，达到消除疲劳、缓解肌肉紧张及恢复能量的效果，是千百年来中国人保健养生的传统方法。			
花瓣足浴 - 传统中式按摩 - 品茗			
传统泰式按摩	60/90分钟	880/1,180	960/1,300
泰式按摩结合了穴位按压和伸展的技术，在按摩过程中理疗师用手指、拇指、肘关节和手臂帮助体内的能量更流畅的运作，且能有效减轻肌肉疼痛、头痛和神经紧张等问题。			
花瓣足浴 - 传统泰式按摩 - 品茗			



Anantara Facial Anantara 面部护理

Amala 面部产品介绍

		Weekday	Weekend
Men’s Own Facial	90 minutes	1,080	1,200
From Egypt to India to ancient Greece, the Blue Lotus has come to symbolize purity. Our gentlemen’s deeply cleansing and hydrating facial employs wild-crafted Blue Lotus, Algae Extract, Rice Germ, Bamboo, Ginger, Lemon and Tiger Grass to exfoliate and purify the skin and decongest pores. Perfect for a man’s skin, this facial provides the full spectrum of skin benefits as nature intended.			
<i>Stress Relief Back Massage - Men’s Own Facial - Refreshment</i>			

		工作日	周末
绅士面部护理	90分钟	1,080	1,200
从埃及到印度再到古希腊，蓝莲花都被视为纯净的象征。此款针对绅士的深层清洁和补水面部护理选用了野生蓝莲花、海藻提取物、米胚芽、竹、姜，柠檬和棕叶芦，可促进肌肤老化角质的代谢，净化肌肤的同时令毛孔呼吸顺畅。为男士肌肤定制的疗程，为肌肤提供全方位的天然保护和改善。			
减压背部按摩 - 绅士面部护理 - 品茗			



Purifying Clay Mask

Dissolves excess oil and pore-clogging impurities for a clarified, rebalanced complexion.

纯净陶土面膜

分解多余油脂，深层净化毛孔，肌肤清透水润，重塑均匀肤色

		Weekday	Weekend
Purifying Oil Control Facial	90 minutes	1,080	1,200
Combination Skin			
Restore balance, clarity and radiance to skin with treatments inspired by the healing plants and flowers of Eastern Asia. Fair-Trade Rice Germ, Blue Lotus, Bamboo, Algae Extract and green and white clays help control excessive oil production and remove clogging impurities from the skin. Wild-crafted Tiger Grass, Tonka, and organic Aloe, Ginger and Lemon help heal blemishes and promote clear skin; organic green and white teas provide anti-oxidant protection, soothe skin and even skin tone for a pure, clear and healthy complexion.			
<i>Stress Relief Back Massage - Purifying Oil Control Facial - Refreshment</i>			

		工作日	周末
印度蓝莲花净化控油护理	90分钟	1,080	1,200
混合性肌肤			
恢复平衡，净化且提升自然光泽的皮肤护理，含有来自东方的具有治疗功效的植物及花卉。米胚芽，蓝莲花，竹子，海藻精华，及绿陶土和高岭土，帮助控制过多的油份并去除皮肤中的杂质。野生的棕叶芦，零陵香豆，有机芦荟，姜和柠檬，帮助治疗色素沉淀，并促进皮肤清洁，有机绿茶及白茶提供抗氧化保护，安抚皮肤，甚至令肤色净白，清透健康。			
减压背部按摩 - 印度蓝莲花净化控油护理 - 品茗			

Purifying Blemish Treatment

Helps effectively fight and heal blemishes by neutralizing pore-clogging oils and breakoutcausing bacteria for clearer, smoother, more even-toned skin.

纯净修护精华液

有效对抗并治愈暗疮，解决毛孔阻塞的问题，并消除由细菌引起的暗疮，恢复更加净透，光滑，肤色均匀的肤质



		Weekday	Weekend
Hydrating Deep Moisture Facial	90 minutes	1,080	1,200
Dry Skin			
Quench dry, dehydrated skin with the soothing fruits and flowers of Southeast Asia. Organic, fair-trade cultivated and custom distilled Jasmine, along with organic Papaya, Jojoba and Shea Butter will restore lasting hydration and elasticity while protecting skin from free radical damage. Fine lines and uneven skin texture are smoothed by Clove Bud, Lychee, Rosewood and Tumeric. The healing power of Jasmine and other South Pacific plant ingredients replenish and sustain skin’s moisture level for a smooth texture and healthy, even tone.			
<i>Stress Relief Back Massage - Hydrating Deep Moisture Facial - Refreshment</i>			

		工作日	周末
埃及茉莉深度补水面部护理	90分钟	1,080	1,200
干性肌肤			
以来自亚洲南部多种具有安抚功效的水果及花卉为干燥、缺水的肌肤解渴。萃取自有机耕种的茉莉精华，配合有机木瓜、荷荷巴及乳木果油帮助恢复肌肤的水润及弹性，保护其免受自由基的侵害。具有安抚功效的丁香芽、荔枝、紫檀及姜黄则可以平滑及改善干纹粗糙的肌肤质感。此外，具有治疗功效的茉莉及其他南太平洋的植物补充并维护肌肤的保湿层，平滑纹理的同时令肤质健康，肤色均匀。			
减压背部按摩 - 埃及茉莉深度补水面部护理 - 品茗			



Hydrate Treatment Oil

Corrects dehydration by boosting skin’s ability to retain moisture for instant dewy smoothness and improved elasticity.

保湿润肤油

改善肌肤脱水状态，能有效提高肌肤自身保持水分的能力，令肌肤立即再现水润光滑质感，并提高肌肤弹性

		Weekday	Weekend
Calming Facial	90 minutes	1,080	1,200
Sensitive Skin			
Drench the skin in nature’s purest, most comforting botanicals from Morocco. Organic Desert Fig Seed Oil, from the moisture rich seeds of the Prickly Pear Cactus Fig, is rich in Omega 6 essential fatty acids and provides extraordinary levels of healing hydration to the most sensitive, reactive skins. Organic Nopal Leaf, Argan Seed Oil, Moroccan Chamomile and unfermented Red Tea, along with other soothing organic plants ingredients, will calm, strengthen and protect the skin, while infusing the skin with healing moisture.			
<i>Stress Relief Back Massage - Calming Facial - Refreshment</i>			

		工作日	周末
舒缓护理	90分钟	1,080	1,200
敏感肌肤			
来自摩洛哥最好的安抚功效的草本植物令皮肤沉浸于天然的纯净里。有机沙漠无花果种子油，来自仙人掌，仙人球，无花果的水分充足的种子，含有丰富的欧米伽6中的必需脂肪酸，为特别敏感，正在敏感的皮肤提供卓越的效果及水分补充。有机仙人掌叶子，摩洛哥坚果种子油，摩洛哥洋甘菊以及未发酵的红茶，配合其他有机植物成分，镇静，强化并保护皮肤，同时给肌肤补水。			
减压背部按摩 - 舒缓护理 - 品茗			

Soothing Moisture Cream

Soothes and rehydrates even the most sensitive skin by reducing inflammation and protecting skin from redness and reactions for calm, radiant, even tone.

舒缓保湿面霜

减少炎症并预防肌肤红肿和过敏反应，即使是最敏感的肌肤也能得到舒缓和水分的补充，肤色均匀容光焕发



		Weekday	Weekend
Rejuvenating Anti-Oxidant Facial	90 minutes	1,080	1,200
Mature Skin			
Nourish and revitalize skin with a facial inspired by the restorative fruits and plants of the Amazon. This facial will firm, smooth and renew elasticity. Organic, Fair-Trade Cocoa Bean, known for its unique ability to stimulate cell renewal, helps promote microcirculation and repair skin’s moisture barrier. Natural, organic moisturizers Cocoa Bean, Acai, Buriti, Andiroba, and Muru Muru Butter will smooth fine lines and firm skin tone for healthy, radiant, and youthful skin.			
<i>Stress Relief Back Massage - Rejuvenating Anti-Oxidant Facial - Refreshment</i>			

		工作日	周末
秘鲁活肌抗氧化面部护理	90分钟	1,080	1,200
成熟肌肤			
具有滋养活化皮肤效果的面部护理，含有来自于亚马逊的多种具有活化皮肤的水果和植物。这个面部护理可以达到紧致，平滑以及恢复弹性的作用。成本适中的有机可可豆，具有独特的刺激细胞更新的作用，促进微循环并修复皮肤天然保湿膜。可可豆，巴西莓，布里蒂油，安迪拉木，以及星实桐黄油都是天然的有机保湿剂，可以令肤质细腻紧实，达到健康，光泽，年轻肌肤的功效。			
减压 背部按摩 - 秘鲁活肌抗氧化面部护理 - 品茗			



Rejuvenate Advanced Firming Complex

Proven to restore skin’s density and youthful firmness while minimizing the appearance of lines and wrinkles and optimizing tone and texture.

新生紧致滋养霜

经证实有助于恢复肌肤弹性提升紧致度，减少细纹和皱纹并优化肤色和纹理

		Weekday	Weekend
Intensive Brightening Facial	90 minutes	1,080	1,200
Dull skin			
Experience nature’s most powerful skin-brightening facial, designed to impart even tone and radiant clarity. This ultra-revitalizing facial includes peptide rich masks to boost radiance plus fight the appearance of fine lines followed by a luxurious anti oxidant facial massage. This facial closes with a series of skin brightening serums and moisturizers to leave your complexion beautifully radiant and visibly even–toned.			
<i>Stress Relief Back Massage - Intensive Brightening Facial - Refreshment</i>			

		工作日	周末
纯机奢华亮白护理	90分钟	1,080	1,200
暗沉肌肤			
体验自然的最有效的亮肤面部护理，旨在传递均衡的肤色和焕发容光的透明。这款超级新生面部护理包括富含肽的面膜，能提升皮肤色泽对抗细纹，接着是一个豪华的抗氧化面部按摩。护理以一系列的皮肤亮泽精华和乳霜来结束疗程，让你的肤色美丽光彩，显见均匀的色调。			
减压背部按摩 - 纯机奢华亮白护理 - 品茗			

Brightening Corrective Concentrate

Prevents and corrects photo age damage. Helps diminish the look of dark spots and discolorations for more even skin tone and healthy, youthful radiance.

亮泽淡斑修复精华

预防并修护岁月带给肌肤的伤害。有助于淡化黑斑和色斑的外观，缔造更均匀肤色及健康的肤质，透出青春光彩



		Weekday	Weekend
Anantara Personalized Facial	45 minutes	88o	96o
Nourish and awaken the skin with a customized facial inspired by restorative fruits and plants from global Fair-Trade Farms. Experience the skin benefits of using Organic Seed Oils, which are the source of all new plant life. Whole Plant Ingredients will soften, balance and renew skins elasticity while stimulating cell renewal, providing anti-oxidant protection and repairing skins natural moisture barrier.			
<i>Cleanser - Toner - Exfoliation - Mask - Moisturizers - Refreshment</i>			
Upgrade Treatment (Applied during Face Mask resting time)			
Eye Lifting Treatment	15 minutes	35o	39o
Treat and revive tired or stressed eyes with Amala’s mineral rich eye pack. This Eye Pack will work to restore tone and elasticity and assist in minimizing dark circles, puffiness and fine lines, while regenerating and oxygenating your skin. The delicate eye area will be soothed, remineralized and rehydrated by organic, wild-crafted seed oils, plants and flowers which are vital for the health and repair of our skin.			
Neck & Décolletage Lifting Treatment	15 minutes	45o	5oo
Combining the rich ingredients of unrefined, sun-dried green clay and French Spirulina, and a blend of organic and wild crafted seed oils, plants and flowers, Amala’s Neck & Décolletage pack will lift and firm the neck and chest area while brightening and oxygenating your skin. Mature or sun damaged skin will be remineralized and rehydrated, leaving your skin feeling firm, brighter, and rejuvenated.			
Rhassoul Clay Mask	15 minutes	28o	3oo
Draws and removes impurities from deep within the skin. Protects the acidic level of the skin, reduces dryness. Stimulates blood circulation, improves clarity. Exfoliates, leaving the skin soft and smooth.			
White Clay Mask	15 minutes	28o	3oo
Cleansing, gently exfoliating. Activates metabolism and helps regenerate tissues. Antiseptic, antibacterial, anti-inflammatory. Calming, soothing, healing, regenerative. Suitable for all skin types, even very sensitive.			

Hand Treatment	30 minutes	45o	5oo
Soften and smooth dehydrated skin with the fruits and flowers of Southeast Asia. Strengthen the skins moisture barrier and help prevent signs of aging, for smooth, healthy hands.			
<i>Hand Scrub - Hand Wrap - Hand Massage - Refreshment</i>			

Amala 独家专享面部护理	45分钟	工作日 88o	周末 96o
用一个个性化的面部护理滋养并唤醒皮肤，含有来自全球农场的具有滋养功效的水果及植物。利用从新植物提炼的有机种子油达到改善皮肤的功效。全植物成分可以软化，平衡，恢复皮肤弹性同时刺激细胞更新，提供抗氧化保护并修复皮肤天然保湿膜。			
面部清洁 - 爽肤水 - 面部磨砂 - 面膜 - 面霜 - 品茗			

升级护理（与面膜同时操作）

眼部提升护理	15分钟	35o	39o
此款舒缓眼膜萃取了有机野生的种子油，具有治疗并改善疲倦或紧张的眼部肌群，提升眼周皮肤弹性，改善黑眼圈，浮肿以及细纹，同时给皮肤更新和补氧。			
颈肩部提升护理	15分钟	45o	5oo
这是一款结合了多种名贵成分的颈肩部紧致护理。未经提炼的晒后绿陶土和法国螺旋藻精华，混合了有机及野生种子油、植物及花卉，为成熟或晒后肌肤补充矿物质和水分，同时美白补氧，让颈部及胸部肌肤紧实、光泽、富有活力。			
哈娑土面膜	15分钟	28o	3oo
吸出并清除皮肤深层杂质，保护皮肤的酸性平衡，减少干涩。促进血液循环，改善皮肤的通透度。同时去角质，令肌肤柔软光滑。			
白陶土面膜	15分钟	28o	3oo
净化，温和去角质，刺激新陈代谢，并有助于组织更新。杀菌、抑菌、抗炎；舒缓、安抚、治愈、更新。			

手部护理	3o分钟	45o	5oo
东南亚的水果和花卉成分能柔软和光滑缺水性肌肤，加强巩固皮肤保湿天然屏障，预防衰老迹象，令双手光滑健康。			
手部磨砂 - 手膜 - 手部按摩 - 品茗			

Spa Basics

- Please arrive for your appointment 15 minutes prior to your treatment time.
- Our Spa Manager and Spa Consultants are available to advise you on which treatments best suit your needs. In order for us to make the most appropriate recommendations, please complete the Spa consultation form.
- We recommend leaving your personal belongings in your room safe, but if you happen to bring or wear them to the Spa, a safe box will be provided for you.
- Should you arrive late for your appointment, the treatment time may have to be reduced depending on availability. Every effort will be made to provide you with the full treatment time. We appreciate your understanding.
- If you would like to cancel your appointment, please do so at least 4 hours prior to the treatment, otherwise a 50% charge will be incurred.
- The Spa environment is one of tranquility and relaxation. Please respect the peacefulness and privacy of other Spa guests. Kindly refrain from smoking or using your mobile phone when you are in or near the Spa. Thank you.

Weekday Pricing (Monday to Friday), Weekend Pricing (Saturday to Sunday and Public Holiday)

All services listed are in CNY and subject to 15% service charge.

Spa 须知

- 请在护理开始前15分钟内到达 Spa。
- 我们的 Spa 经理和前台接待将帮您选择一款最适合的护理。为了可以给您提供最适当的推荐，请您务必详细填写 Spa 咨询表。
- 我们建议您把私人物品放在您房间的保险箱内，如果您带来了 Spa，我们也将提供保险箱供您存放。
- 如果您迟到了，可能会减少您正常的护理时间，但我们将尽力使您得到全部的护理时间。不便之处敬请谅解。
- 如果您要取消预定须至少提前4小时通知 Spa，否则将按照预定护理价格的50%收取费用。
- Spa 的环境安静而放松，为了尊重其他客人的隐私，保持美好、优雅的环境，请不要在 Spa 内吸烟，并请关闭您的手机。谢谢！

工作日价格（周一至周五），周末价格（周六，周日以及节假日）

所有服务项目的价格均为人民币，另需额外加收15%服务费。



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Anantara Spa