THE
RETREAT



THE
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The Retreat水疗中心的标志灵感来源于“镜花水月”的寓意, 代表平静与安宁。我们旨在营造一个平和静谧的环境, 带您远离城市的喧嚣。该标志由莲花和水滴组合而成, 莲花寓意内心的本真以及对生活的向往, 而水滴则象征着天然纯净, 流畅美好。

The Retreat是滋养灵魂, 舒缓肌体, 充实心灵之所在。我们为您度身定制多项护理体验, 选用源自天然的植物护理产品, 在令您拥有清新脱俗感官享受的同时也帮助肌肤和身体重焕活力。

我们的理疗师会根据个人的不同身体体质,协助您选择适合的芳香精油,并在不同部位运用不同手法,让您踏上一次净化心灵的重生之旅。

The Retreat offers a calming and peaceful setting for our guests to escape from frantic pace of the city life. Our logo incorporates the lotus and water, embodying a sense of serenity and tranquility. The lotus represents inner beauty and rebirth, while water symbolizes purity, fluidity and rhythms of life.

For those seeking to relax and rejuvenate, The Retreat is a place to nourish your mind, body and spirit. Guests can indulge in a range of sensory wellness programmes using natural inspired ingredients that not only smell divine, but also leave the skin and body enlivened and revitalized.

Our therapists will expertly guide you through your treatment. With our selection of aromatherapy oils, we can target specific areas throughout your body using different types of massage therapy techniques.



水疗会员
SPA Membership Program

水疗会员权益: Membership Benefits	绿石卡 Turquoise 人民币RMB10,000 85折(15% off)	紫翠玉 Alexandrite 人民币RMB30,000 75折(25% off)
·会员有效期 Period of validity	12个月 12 months	18个月 18 months
·生日月特色按摩护理60分钟 Complimentary 60-min signature massage in birthday month	单人 one person	双人 two persons
·免费赠送Clearlight Free Clearlight Infrared Sauna sessions	两次 two times	十次 ten times
·护理当天免费使用健身房及泳池 Free gym & pool access on treatment days	✓	✓
·护理可享最长3小时免费停车 Complimentary parking for up to 3 hours with any spa treatment	✓	✓
·酒店餐厅用餐88折(酒水除外) 12% Off at the hotel restaurant (excluding beverages)	✓	✓
·有效期内享会员权益健身课程 Exclusive member fitness classes (需提前预定, 先到先得) (advance booking required, limited spots)	✓	✓

The Retreat 明星产品
The Retreat Signature Products

经典焕活之旅
The Retreat

120 分钟/minutes　　人民币RMB 1,980

·全身磨砂	30分钟	·Body Exfoliation	30minutes
·特色按摩	90分钟	·Signature Massage	90minutes

*特色按摩: 泰式草药包按摩/喜马拉雅粉盐身体按摩二选一
*Signature Massage: Thai Massage With Herbal Compress / Body Massage With Himalayan Pink Salt (1 option)

全身焕肤去角质打开肌肤吸收通道, 褪去暗沉粗糙、疏通毛孔淤堵。接续泰式热草药包祛湿松筋 / 喜马拉雅热石能量疗愈, 让热力与天然养分深层渗透肌理筋膜, 由外净肤、由内释压, 实现通透、轻盈、深层松弛的高阶身心疗愈。
Begin with gentle full-body exfoliation to remove dead skin cells, unclog pores and maximize skin permeability. Followed by warm Thai herbal compress or Himalayan stone therapy, allowing heat and natural essences to deeply penetrate muscles and meridians. Experience detoxification, tension relief, improved circulation and ultimate body-mind relaxation.

浪漫双人之旅
The Precious Time Together

120 分钟/minutes　　人民币RMB 3,880

·泡浴	30分钟	·Aroma Bath	30minutes
·全身磨砂	30分钟	·Body Exfoliation	30minutes
·香薰按摩	60分钟	·Aromatherapy Massage	60minutes
·精选臻酿	2杯	·A Curated Beverage For Two	

褪去城市喧嚣, 留一段专属双人静谧时光。
以四阶疗愈流程, 打造专属于情侣的沉浸式奢享SPA体验。温柔治愈、松弛浪漫, 让身心与爱意同步舒展。

Escape the urban bustle for an intimate quiet retreat for two.
Sink into this luxurious couple spa experience, where tranquility heals, romance blooms, and body, mind and love unwind as one.





The Retreat 特色按摩
The Retreat Signature Massage

泰式草药包按摩
Thai Massage With Herbal Compress

75 分钟/minutes　　人民币RMB 1,580
105 分钟/minutes　　人民币RMB 1,880

缓慢而有韵律的按压在人体能量通道(泰国人所称的"sen"即"能量线")的穴位上, 深度放松, 释放疲劳。
Slow and rhythmic compression along energy lines and stretching techniques work on acupressure points. This treatment enhances energy flow, brings deep relaxation and combats fatigue.

喜马拉雅粉盐身体按摩
Body Massage With Himalayan Pink Salt

75 分钟/minutes　　人民币RMB 1,580
105 分钟/minutes　　人民币RMB 1,880

源于生命起始的海洋, 自然盐的疗法已经流传数百年有余。以天然的盐石滋养身体和皮肤, 让身体机能达到平衡。在喜马拉雅粉盐的作用下, 结合瑞典按摩手法, 感受压力和紧张肌肉的逐渐缓解, 提升整体能量。
From an ancient primal sea, natural salt has been used for hundreds of years to enhance healing on a variety of levels while allowing the body to reassert its natural healthy balance. Feel the stress and tension melt away as the warm healing energies of Himalayan pink salt combin with Swedish massage to penetrate the tissue and muscle for deeper relaxation.



The Retreat 全息疗愈按摩
The Retreat Holistic Body Massage

60 分钟/minutes	人民币RMB 1,180
90 分钟/minutes	人民币RMB 1,480

舒眠之旅
Sleep Well Therapy

天然植物精油搭配流畅舒缓手法, 以芳香疗愈身心, 舒缓肌肉紧绷, 平复焦虑情绪, 在香气环绕中寻得身心平衡。

Botanical essential oils combined with soothing massage techniques. Release muscular tension, calm the mind and restore inner balance through the power of natural scent.

深层组织按摩
Deep Tissue Massage

定向渗透深层筋膜与肌肉, 松解顽固结节, 舒缓慢性劳损与腰背酸痛, 疏通气血, 释放长期积攒的身体紧绷感。

This treatment relieves deep-seated strain and improves mobility. Pressure will be adjusted according to your comfort level. Ideal for guests with muscular stiffness, persistent back pain and active individuals.

传统中式按摩
Traditional Chinese Massage

传统中式按摩又称为中式推拿, 结合按摩及点穴, 来平衡“气”, 以活跃身体内部的流动, 促进精神焕发。

This ancient healing massage technique known as Tuina combines massage and pressure points to work on balancing the flow of 'Qi' for rejuvenation of the body, mind and spirit.

中式足疗
Chinese Foot Reflexology

一个深度放松的护理, 开始于足部的去角质, 然后是通过指压外力作用于足部、小腿和膝盖, 从而促进下肢的血液循环, 缓解小腿笨重感并改善睡眠质量。

A deeply relaxing treatment that starts with exfoliating the feet, followed by applying pressure on the feet, calves, and knees to promote blood circulation in the lower limbs, ease heaviness in the calves, and improve sleep quality.

The Retreat 附加疗程
Body Treatment Add on Essential

拔罐
Cupping Therapy
30 分钟/minutes　　人民币RMB 480

利用热气排除罐内空气，形成负压，使罐具牢牢吸附在施疗部位，通过局部部位的吸拔，增强机体体能的恢复。
During cupping therapy, the therapist places special cups on the skin to create suction that penetrate deep into the body tissues to release blockages and clear the blood vessels. This therapy is known for treating backache, fever and facial acne.

刮痧
Gua Sha
30 分钟/minutes　　人民币RMB 480

有助于释放及排出身体寒气，保持身体的平衡。建议定期护理，维持健康状态。
Guasha (scraping therapy) is a cornerstone of traditional Chinese medicine, aiming to restore and sustain bodily balance by helping dispel wind-cold pathogens from the body.

身体磨砂
Body Scrub
30 分钟/minutes　　人民币RMB 580

泡浴（水果/草药/玫瑰）三选一
Aroma Bath（Fruit、Floral、Herbal）Choose of one
30 分钟/minutes　　人民币RMB 580

身体体膜
Body Wrap
30 分钟/minutes　　人民币RMB 580

面部护理
Express Facial
30 分钟/minutes　　人民币RMB 980

The Retreat 面部护肤
The Retreat Facial Treatment

唯施葆科技护肤
Wishpro Speed

补水润泽脸部护理
Hydration And Repair Facial
60 分钟/minutes　　人民币RMB 1,580

额外单个胶囊增效（修复/滋润/紧致提升/胶原再生）
Additional One Capsule（repair/moisturise/uplifting/firm）
20 分钟/minutes　　人民币RMB 680

探索唯施葆带来的智能护肤新时代
Explore the new era of intelligence technology skin treatment with Wishpro

焕颜悦已臻享
Rejuvenation Ritual
120 分钟/minutes　　人民币RMB 2,380

面部焕亮护理搭配全身舒缓按摩由面及身双重养护。抚平肌肤倦怠，释放身体紧绷，实现容颜于身心同步焕活。
Revitalising facial treatment paired with full body massage, Dual care from face to body, refresh your skin and release muscular tension for complete rejuvenation.

Wishpro唯施葆，源自以色列皮肤学实验团队，潜心钻研首创智能海绵胶囊传导系统，利用专利磁脉冲促渗技术，配合智能胶囊，在安全和舒适的情况下，运用科技手柄搭配四款磁性脉冲头，利用不同技术，对应个体肌肤类型，十三种不同功能的胶囊可供选择，打造加乘感受。
Wishpro is the world's first and only encapsulated skin-penetration system, innovated by Israel's top dermatology specialist research team. This device, built upon Magnetic Infusion Technology (MIT), is paired with 13 serum-infused capsules to enhance treatment effects.


Clearlight
Clearlight
Clearlight

活肌焕免·红外之旅
Immunity Boosting Therapy

全光谱红外光旅程
Clearlight Full Spectrum Infrared Therapy

20 分钟/minutes　　人民币RMB 280

活肌焕免·红外之旅
Immunity Boosting Therapy

90 分钟/minutes　　人民币RMB 1,380

“五步曲”分步免疫增强疗程。首先,在Clearlight全光谱红外线桑拿中,开始您的健康提升之旅。此环节利用热能激发体内自我修复力。随后,您将享受一系列辅助疗法,包括盐疗、芳香疗法、声音疗法和色彩疗法,这些疗法共同作用,促进您的身心健康,接着引入到气功和淋巴引流,特选可增强免疫的精油。

Elevate your wellbeing with our five-step Immunity Boosting Therapy, starting in the transformative Clearlight Infrared Sauna to enhance your body's natural defenses. Experience a blend of Halotherapy Aromatherapy, Sound Therapy, and Chromotherapy for holistic health. This journey includes guided Qi Gong, lymphatic drainage and is followed by body treatment with the revitalizing massage oil.

光愈焕活套餐
Clearlight Wellness Journey

110 分钟/minutes　　人民币RMB 1,680

·全光谱红外光旅程	20分钟	·Clearlight Full Spectrum Infrared Journey	20minutes
·全息疗愈按摩	90分钟	·Holistic Body Massage	90minutes
·健康简餐&复合果汁	1份	·Healthy Light Meal & Mixed Juice	1 set

先体验Clearlight远红外光波桑拿, 温和深层升温, 促进循环、舒缓紧绷、代谢身体淤积;随后进行全身疗愈按摩, 松解肌肉劳损, 释放日积月累的疲惫。护理结束搭配一份均衡健康简餐, 由内而外完成「排浊—放松—滋养」完整闭环。

Begin your ritual with Clearlight far-infrared sauna to gently warm your body deep down, boost circulation and release built-up tension. Followed by a holistic body massage to ease stiff muscles and melt away fatigue. Conclude the experience with a balanced wholesome meal.

健身中心会员
Fitness Membership Program

健身会员单次体验卡
Fitness Day Pass
人民币RMB600

健身会员权益: Fitness Member Benefits	**月卡** **Monthly** 人民币 RMB4,000	**三十次卡** (有效期半年) **30 Times**(Valid for 6 Months) 人民币 RMB11,400	**半年卡** **Six Months** 人民币 RMB16,000	**年卡** **Annual** 人民币 RMB28,000
·免费赠送Clearlight Free Clearlight Infrared Sauna sessions	✕	两次 two times	五次 five times	十二次 twelve times
·会员有效期内享水疗护理9折优惠 10% off all spa treatments for membership duration	✕	✓	✓	✓
·生日月蛋糕一份 Complimentary birthday cake in birthday month	✕	✓	✓	✓
·全息疗愈按摩护理60分钟 Complimentary 60-min holistic body massage	✕	✕	两次 two times	五次 five times
·酒店餐厅用餐88折(酒水除外) 12% Off at the hotel restaurant (excluding beverages)	✓	✓	✓	✓
·有效期内享会员权益健身课程 Exclusive member fitness classes (需提前预定, 先到先得) (advance booking required, limited spots)	✓	✓	✓	✓

全息健康计划
The Wellness Retreat

于The Retreat开启康养旅程, 丰富健身课程随心选择, 专属私人方案量身定制。释放内在潜能, 由身及心, 助力达成您的健康目标。

Begin your wellness journey at The Retreat.
With diverse fitness sessions and customised private plans, unlock your potential and achieve your wellness goals for body and mind.

瑜伽/泰拳/冥想/颂钵/健身(60分钟)
Yoga/ Muay Thai/ Meditation/ Singing Bowl/ Fitness Training (60 minutes)

单人/ Per person	2至3人/ 2 to 3 persons	4人及以上/ above 4 persons
人民币RMB 600/位	人民币RMB 480/位	人民币RMB 380/位

海岛疗愈舞动/普拉提(60分钟)
Hula dance/ Pilates(60 minutes)

单人/ Per person	2至3人/ 2 to 3 persons	4人及以上/ above 4 persons
人民币RMB 800/位	人民币RMB 480/位	人民币RMB 380/位

游泳(60分钟)
Swimming(60 minutes)

单人/Per lessons	10节课/10 lessons	10节课(一对二)/10 lessons(one to two)
人民币RMB 600	人民币RMB 4,000	人民币RMB 6,000
	*有效期两个月 Valid for 2 months	*有效期两个月 Valid for 2 months

水疗礼仪
SPA Etiquette

预约安排
Appointments

为了您的更好体验, 请提前与我们预约您的理疗时间。
For a better experience,we recommend booking in advance when scheduling your spa days or treatments with us.

到达时间
Arrival Time

为了确保您能够充分的享受护理, 我们建议您在预约时间之前提前30分钟到达。如果您未能在预约时间到达, 我们将只能提供剩余的理疗时间, 并收取全部的费用。

To ensure you receive the full benefits of your treatment, we encourage you to arrive at The Retreat reception at least 30 minutes prior to your appointment for check-in. If you arrive late, only the remaining treatment duration will be provided, and full treatment charges will still apply.

资讯信息
Advisory Medical Information

为向您提供更有效的服务, 请在预订护理之前告知您的健康状况是否有服用处方药会影响护理。
For us to advise you on the appropriate treatments, please inform us if you have any pre-existing medical conditions and/or prescription medications that may affect your treatment options at the time of booking.

儿童
Children

水疗中心理疗服务仅限16周岁及以上宾客使用。如有需要，请将儿童留置水疗中心大堂，且须有成人陪同看管。敬请共同维护私密静谧的疗愈环境，保障宾客获得良好的放松体验。

The Retreat offers spa treatments only for guests aged 16 and above. Should circumstances require, please leave your children in The Retreat Lobby under adult supervision. We aim to provide all guests with a private and tranquil environment for complete relaxation.

水疗环境
Spa Tranquillity

为了确保宾客可以在水疗尽享平和的舒心时刻，请务必关闭手机和其他电子设备，或将其调为静音模式。

We politely request that you respect other guests and the ethos of The Retreat, by switching all mobile phones to silent when entering The Retreat lobby and treatment facilities. If you must take the call, please speak softly and keep the call to a minimum.

取消政策
Cancellation policy

请知晓水疗中心24小时预约取消机制：
· 24小时以内的预约，取消将会产生50%的取消费用
· 12小时以内的预约，取消将会产生100%的取消费用
预约如需更改时间，视当日的预约情况而定，迟到会导致缩短您的护理时间，The Retreat 水疗中心有权拒绝您的要求，并收取相应的取消费用。不可抗因素如航班延迟，生病就医等原因可免费取消。
感谢您的理解。

Please provide 24 hours' advance notice for any cancellation or rescheduling.
50% cancellation fee applies for cancellations made within 24 hours
100% cancellation fee applies for cancellations made within 12 hours

Rescheduling depends on same day booking availability. Late arrivals will receive shortened treatment time. The Retreat reserves the right to reject your request and charge relevant cancellation fees. Complimentary cancellation applies for force majeure events including flight delays and medical related illness. Thank you for your understanding.