



THE  
RETREAT







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，带领您选择适合的芳香精油，并在不同部位运用不同手法，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.





## 特色护理

### The Retreat Signature Massage

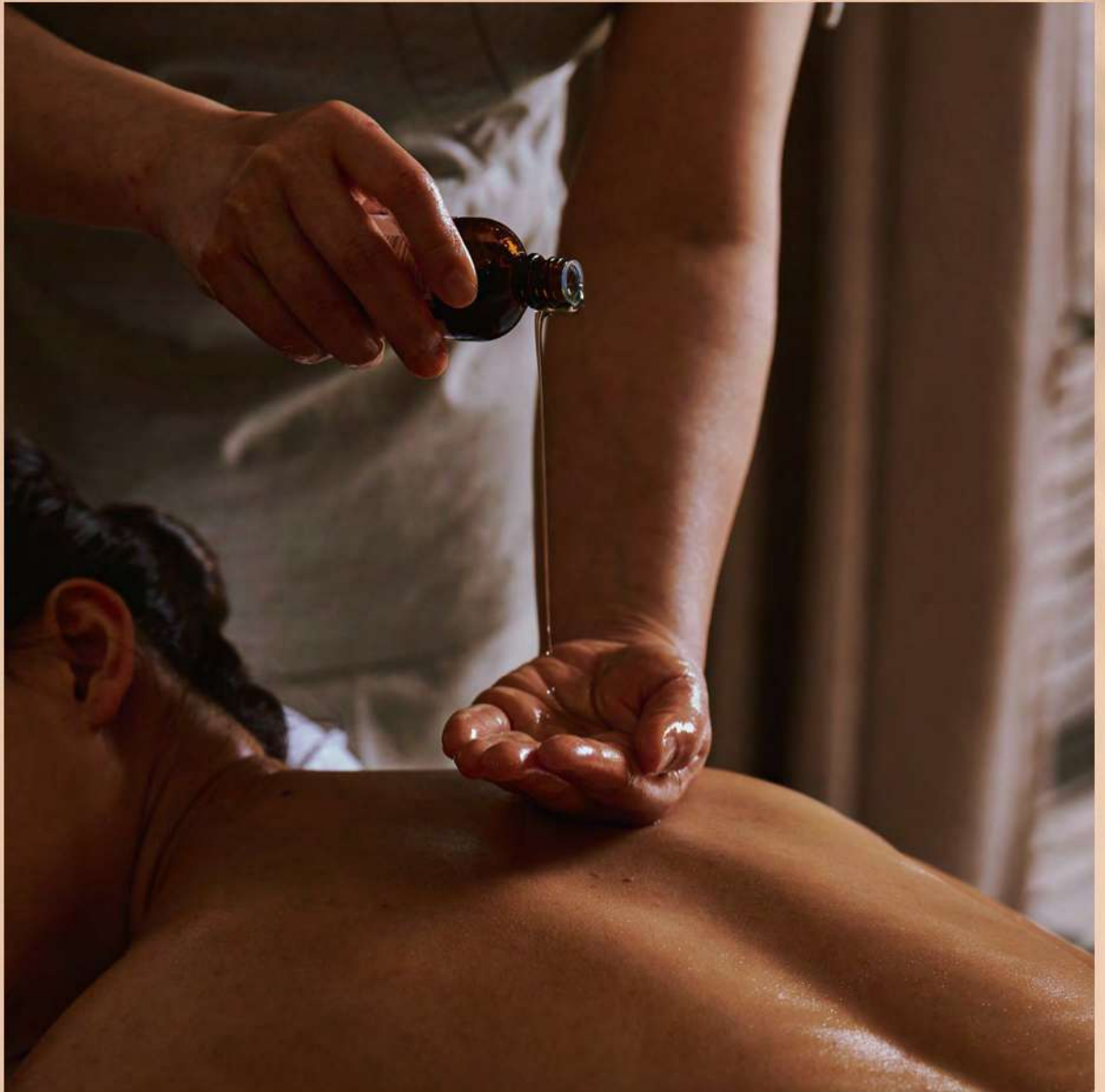
#### 泰式草药包按摩

#### Thai Massage With Herbal Compress

60 分钟/minutes      人民币RMB 1,580

90 分钟/minutes      人民币RMB 1,880

缓慢而有韵律地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 to work on acupressure points. This treatment will enhance energy flow, deep relaxation and combat fatigue.



# 甜梦之旅

## Ayurvedic Sleep Well Therapy

### 平静 Calm

60 分钟/minutes	人民币RMB 1,150
90 分钟/minutes	人民币RMB 1,500

### 活力 Energise

60 分钟/minutes	人民币RMB 1,150
90 分钟/minutes	人民币RMB 1,500

### 舒缓 Relax

60 分钟/minutes	人民币RMB 1,150
90 分钟/minutes	人民币RMB 1,500

依据不同的身体状态以及需求, 定制设计的按摩项目。首先使用含有浓缩活性植萃成分的产品进行阿育吠陀马尔玛点的赋能按摩, 接着是一个深度放松全身按摩, 缓解紧张的情绪压力, 进而提升睡眠质量。

A truly innovative and personalized treatment based on each guest's status and needs. It begins with an Ayurvedic Marma point massage by using the products of concentrated active ingredients and followed by a deep relaxing fully body massage to release tension and promote sleep quality.

## 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 1,800

体验我们的“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。治疗结束时,可把在疗程中学到的活肌焕免相关技能和产品带回家或工作地点,以延续健康。

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 followed by body treatment with the revitalizing massage oil. Take home skills and products from our Retreat to continue your wellness journey every day.



# Clearlight

Infrared Saunas and Wellness Solutions

Clearlight

Clearlight





# 唯施葆科技护肤

## Wishpro Speed

脸部清洁, 单个智能胶囊护理

Facial cleansing, one serum infused capsule

人民币RMB 980

脸部清洁, 单个智能胶囊, 面部按摩, 面膜护理

Facial cleansing, one serum infused capsule, facial massage, mask

人民币RMB 1,880

额外单个胶囊增效

Additional one capsule

另加Add 人民币RMB 980

额外12个胶囊增效护理

Additional twelve capsules

另加Add 人民币RMB 8,800

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

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 capsuled skin penetration system, innovated by Israel's top dermatology specialist research team. This Magnetic Infusion Technology (MIT) based device, combined with patented serum infused capsules offers effective penetration into deeper skin layers for needle free, safe and pleasant treatments. Using the handle with four distinctive technology heads and 13 serum infused capsules to enhance the effects.









## 全身按摩 Massage Therapy

### The Retreat 经典按摩

#### The Retreat Detox Massage

60 minutes/分钟      RMB人民币1,150

90 minutes/分钟      RMB人民币1,500

这款经典护理在按摩手法上融合了三个国家的古老文化。精心设计的中式手法,可以很好的缓解背部压力,腹部按摩采用马来手法,最终通过刺激足底反射区来散发“体热”(印度Kansu碗)。在体验放松与平静的同时,缓解日常压力,重塑体内能量,达到身心平衡。

This spectacular treatment draws on three cultures to deliver an intensely relaxing and calming experience. Specifically designed to expel fatigue from the body as well as getting rid of daily stresses and tensions. To re-balance energies, movements are precise and sustained, focusing on the tense parts of the body. Back tensions are carefully massage (Chinese technique) before a massage of the abdomen (Malay technique). The treatment culminates in the elimination of "body heat" achieved by stimulating the foot's reflex zones (Indian technique with the Kansu bowl).

### 高尔夫球按摩

#### Quirogolf

60 分钟/minutes      人民币RMB 1,280

90 分钟/minutes      人民币RMB 1,680

为运动爱好者专属设计的深层肌肉按摩,有效放松运动后的肌肉酸疼。独特运用高尔夫球技术,令按摩达到更深层次的舒缓和放松。

A deep tissue massage that is ideal for sports enthusiasts, relieving and reducing muscle tension, joint pain and stiffness. A unique technique using golf balls to increase the effectiveness and depth of the massage, which focuses on dissolving muscular tension.

## 纤体按摩

### Slimming Massage

60 分钟/minutes 人民币RMB 1,150

90 分钟/minutes 人民币RMB 1,500

从腿部的淋巴开始, 通过轻拍和滚动, 配合吸盘的应用, 使皮肤恢复光泽, 疏解水肿。

This treatment combines relaxation with slimming results. Starting with a lymphatic massage on the legs, combined with tapping and roll movements, the skin is restored and toned through the application of suction cups. This treatment will reduce the appearance of cellulite as well as tackle fluid retention in the stomach and legs.

## 孕妇按摩

### Cocoon Massage

60 分钟/minutes 人民币RMB 1,150

90 分钟/minutes 人民币RMB 1,500

专为孕妇设计的护理按摩, 帮助调节循环系统, 放松肌肉, 缓解由于身体变化而导致的腿部和背部的紧张与不适。

This massage is especially developed for expectant mothers. It is simultaneously gentle, comforting and toning. It also aims to relax the muscles and soothes the legs and back of the mother to be.



# 传统中式疗法

## Traditional Chinese Treatments

### 十四经络按摩

#### Fourteen Meridians Massage

60 分钟/minutes 人民币RMB 1,150

90 分钟/minutes 人民币RMB 1,500

一种针对缓解经络阻塞的手法, 平衡五行元素, 身体自然健康。

The Meridians massage treatment clears any blockage on the access points to promote the balance of five elements and improve the flow of vital energy in the body for overall wellbeing.

### 传统中式按摩

#### Traditional Chinese Massage

60 分钟/minutes 人民币RMB 900

90 分钟/minutes 人民币RMB 1,150

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 point to work on balancing the flow of 'chi' for rejuvenation of the body, mind and spirit.

### 中式足疗

#### Chinese Foot Reflexology

60 分钟/minutes 人民币RMB 798

通过脚底按摩, 可反射和体现人体各机能的状态, 促进循环, 改善并加强内部器官的功能及运转, 促进舒缓疲劳, 提高睡眠质量。

Firm pressure is applied to stimulate the specific reflex points on the feet to improve blood circulation, support function of the internal organs, eliminate fatigue and improve the quality of sleep.







## 拔罐

### Cupping Therapy

人民币RMB 450

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 penetrates deep into the body tissues to extract toxins and clear the blood vessels. This therapy is known for treating backache, fever and facial acne.

## 刮痧

### Scraping Therapy

人民币RMB 450

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 or scraping therapy is one of the cornerstones of traditional Chinese medicine; aim to regain and maintain the balance of health by facilitating the release of wind and cold from the body. Regular treatments can assist in detoxification, relieve fatigue and improve the immunity system.



## 奢宠美容护理

### Exclusive Facial Rituals

#### 男士面部护理 Facial For Men

60 分钟/minutes 人民币RMB 1,080

给男士的注氧护理, 有助于缓和受刺激的皮肤(如剃须等)。护理中释放纯氧分子, 深度放松, 焕活肌能量, 改善暗沉肤色。结合深层清洁和按摩, 最后用舒缓面膜重现健康肌肤。

Specifically dedicated to men, this treatment helps to soothe irritated skins by daily aggressions such as shaving, while providing radiance and purification. The revitalising power of pure oxygen will relieve fatigue, decongest and brighten dull complexions. This treatment combines deep cleansing and detoxifying massage for a complete wellness journey.

#### 迷你面部护理 Instant Glow Facial

30 分钟/minutes 人民币RMB 680

快速清洁, 让肌肤焕新。通过一系列温和的洁面-去角质-面部塑形按摩或者水润滋养面膜来放松身心。

This 30-minutes revitalising beauty booster is ideal for those who are in a hurry. You are led through a series of gentle phases: such as cleansing (make-up removal, gentle steam exfoliation) and deep nourishing care (sculpting massage or hydrating mask) leaving your skin refreshed.

## 奢华之旅 The Retreat

### The Retreat Exclusive Journeys

#### 奢华之旅 Royal Elixir

2.5 小时/hours 人民币RMB 2,280

2.5小时的护理在菜单上任选

Select any treatment from the menu.





# 水疗礼仪

## SPA ETIQUETTE

### 预约安排

#### Appointments

鉴于The Retreat 会比较繁忙, 敬请提前与我们预约您的理疗时间。

The Retreat can get very busy, 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20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 that you receive your full treatment benefits, we encourage you to arrive at The Retreat reception at least 20 minutes early for registration before your appointment. If you may turn up late for your treatment, we will only be able to offer the remaining treatment time, and the full price of the treatment shall be imposed.

### 资讯信息

#### Advisory Medical Information

为了确保更有效的为您服务, 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

水疗中心仅对16岁及以上的成年人提供了理疗服务。为了确保其他客人拥有安全舒适的环境,我们建议您不要偕孩童前来。如果必要,请将您的孩子留在水疗中心大堂并由一名成人看管。我们希望前来的客人拥有私密安宁的环境以确保他们得到充分的放松。

The Retreat is an adult facility. We offer spa treatment to anyone above the age of 16. For safety and the comfort of other guests, we ask that children not accompany you on your visit. If it is necessary, we ask that children remain in The Retreat Lobby accompanied by an adult. Our guests expect and deserve a peaceful and relaxing atmosphere while they receive their treatment.

## 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

如需取消或重新安排理疗预约,请务必在预订护理时间之前6小时告知。  
Should a cancellation or date change is necessary, we request a minimum of 6-hour notice.





温馨提示

Tips for your Visit

请带好您的随身物品

What to bring. What to wear.

建议您在前来理疗时尽可能不佩戴如珠宝等贵重物品, 我们为您提供更衣柜寄存您的物品, 如有贵重物品的遗失或损坏, 水疗中心将不承担赔偿责任。

We recommend that you bring as few jewelry and valuables as possible, The Retreat is not liable for any loss or damage to your valuable items. Lockers are provided to store your belongings at your own risk.



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