



THE
RETREAT



The Retreat offers a calming and peaceful setting for guests to escape from the frantic pace of 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 symbolises purity, fluidity and the rhythms of life.

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

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.

The Retreat 水疗中心的标志灵感来源于佛教“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新生的向往,而水滴则象征着天然纯净,流畅美好以及生命的律动。

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,选用源自天然的亚洲植物护理产品,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。

我们将带领您选择适合您的芳香精油与不同的手法在不同的部位,踏上一次净化心灵的重生之旅。

The Retreat Signature Massage 特色护理

The Retreat detox massage The Retreat 经典按摩

60 minutes 分钟 RMB 人民币 980
90 minutes 分钟 RMB 人民币 1,280

This spectacular treatment draws on three cultures to deliver an intensely relaxing and calming experience. It is specifically designed to expel fatigue from the body as well as to get rid of daily stress and tensions. In order to re-balance energies, movements are precise and sustained, focusing on the tense parts of the body. Back tensions are carefully worked (Chinese massage) before massaging the abdomen (Malay method). The treatment culminates in the elimination of "body heat" achieved by stimulating the reflex areas on the feet (Indian massage with Kansu bowl).

这款特别的护理结合了三种文化的手法，给您一种放松和平静的体验。减少日常的紧张压力，重新平衡能量。背部是精心设计的（中式手法）腹部按摩是（马来手法）这款护理最终通过刺激足底反射区来发散“体热”（印度 kansu 碗）

Discover Lava Shells 探索贝壳

Lava shell relaxing massage 贝壳放松护理

60 minutes 分钟 RMB 人民币 1,080

During the massage, the heated shells are gently rubbed on the back, the neck and the shoulder to create a sense of balance to the entire body and mind.

温热的贝壳将滑动在您的背部，颈部和肩膀，给身心创造平衡感。

Lava shell deep heat relaxation 贝壳深层放松护理

90 minutes 分钟 RMB 人民币 1,580

Combining deep massage techniques with the heat of the shells, this treatment is designed to enhance muscle relaxation allowing the body to re-energise. This treatment will leave you feeling refreshed and relaxed.

深层按摩结合温热贝壳的滑动让肌肉深度放松，让你感到神清气爽、放松、柔软。

Massage Therapy 全身按摩

Thai massage with herbal compress 泰式草药包按摩

90 minutes 分钟 RMB 人民币 1,580

Slow and rhythmic compression along energy lines, work on acupressure points and stretching. This treatment will enhance energy flow, deep relaxation, and relieve fatigue.

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。

Warm stone massage 热石护理

90 minutes 分钟 RMB 人民币 1,580

Shamans have used heated river stones in their healing practices for centuries. The chakras are activated through warm stones placed on the body, specific massage techniques are then performed to promote a deep state of relaxation, relieving stress and minimising muscular tension.

将热石放在轮穴上, 然后按摩整个身体, 深层放松, 纾缓压力和肌肉紧张。

Slimming massage 纤体按摩

60 minutes 分钟 RMB 人民币 980

90 minutes 分钟 RMB 人民币 1,280

This treatment combines relaxation with slimming results. Starting with a lymphatic massage on the legs, combined with tapping and roll movements, the skin is detoxified and toned through the application of suction cups.

从腿部的淋巴开始轻拍和滚动的动作配合吸盘的应用, 使皮肤恢复光泽, 延缓水肿。

Cocoon massage 孕妇按摩

60 minutes 分钟 RMB 人民币 880

90 minutes 分钟 RMB 人民币 1,180

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

这是专门为孕妇设计的特殊按摩, 帮助循环, 放松肌肉、腿部和背部的紧张和不适。

Body Rejuvenators 身体护理

Nepalese style tea exfoliation 尼泊尔茶去角质

45 minutes 分钟 RMB 人民币 580

This is the perfect chance to revitalise the skin's radiance through gentle massage and exfoliation. An aromatic paste of apricot oil, shea butter, bamboo powder and Complexe des 4 Thé (4 Teas Elixir) eliminates your skin's impurities, leaving it feeling fresh and radiant.

通过轻柔的手法去除老废角质体现肌肤光彩。杏仁油, 乳木果油, 竹粉和四茶精华抹去肌肤杂质, 使肌肤清爽焕彩。

Slimming ceremony 纤体体膜

45 minutes 分钟 RMB 人民币 580

A green tea and kelp wrap is applied for 30 minutes to activate the cells metabolism.

用绿茶和海藻结合全身包裹30分钟, 肌肤有活力。

Bourbon tea intense body wrap 四茶香体膜

45 minutes 分钟 RMB 人民币 580

This sumptuous and creamy Bourbon Tea Intense Body Wrap will leave your skin luminously smooth and rehydrated. Combining the beneficial properties of milk, rice and kaolin powder with vanilla and coconut nectar, the treatment envelops the body in sheen of softness and moisture. As your skin revitalises, let your body relax and absorb the unique fragrances and sensations with our scalp and foot massage.

华丽的奶油波本茶体膜-精致提炼萃取方式的四茶香茶体膜结合牛奶, 高岭土, 香草和椰子花蜜, 补充水份和滋润肌肤。当你包裹在毯子里的同时, 会享受轻松的头部按摩和脚部按摩。

Traditional Chinese Treatments 传统中式护理

Traditional Chinese massage

传统中式按摩

60 minutes 分钟 RMB 人民币 780

90 minutes 分钟 RMB 人民币 980

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

古老手法为推拿结合按摩及点穴来平衡“气”以活跃身体的流动，心灵与精神。

Chinese foot reflexology

中式足疗

60 minutes 分钟 RMB 人民币 680

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

人体反射可以直接在脚底体现，维持循环及内部器官的功能，舒缓疲劳，回复睡眠质量。

Cupping therapy

拔罐

RMB 人民币 380

During the cupping therapy, the therapist places special cups on the skin to create suction that penetrates deep into the body tissues to extract the toxins and to clear the blood vessels. This therapy is known for treating backache, fever and facial acne.

拔罐是利用热力排除罐内空气，形成负压，使罐具牢牢吸附在人体施治部位，得以回复精神。

Scraping therapy

刮痧

RMB 人民币 380

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

身体寒气的释放将有助于维持健康的平衡。建议定期护理维持状态。

Fourteen Meridians massage

十四经络按摩

60 minutes 分钟 RMB 人民币 880

90 minutes 分钟 RMB 人民币 1,180

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

一种针对经络阻塞的手法，平衡五行元素，身体自然健康。

Thémaé of Paris Organic Facials 巴黎茶媚有机美容

Empress original beauty 女皇有机面部护理

90 minutes 分钟 RMB 人民币 1,680

This intensive anti-ageing treatment is designed to combat wrinkles, loss of skin elasticity and reduces the appearance of pigmentation. The skin goes through a ritual of deep cleansing, including the application of a peel to encourage cell renewal, an anti-fatigue face massage is also performed using traditional Japanese and Thai methods and tools such as Ridokis and Nouat-Naa to simulate circulation and skin firming. The treatment is completed with a collagen mask, followed by an arms and legs massage.

这是针对缺乏弹性和暗沉的肌肤的护理，采用一系列的 (Ridoki) 面部深层按摩器刺激肌肤，再以泰国的 (Nouat Naa) 面部宝石按摩器，包括深层清洁的绿茶焕彩面膜和放松疲劳的脸部按摩。最后以手臂及腿部放松按摩作结，让您的肌肤容光焕发。

Anti-ageing facial 亮采面部护理

60 minutes 分钟 RMB 人民币 980

This facial treatment is formulated to tackle signs of aging. This lifting and firming treatment uses accentuated movements to promote visibly younger looking skin. Each treatment phase including exfoliation is performed with sophisticated massage techniques using traditional Japanese and Thai tools such as Ridokis and Nouat-Naa to increase skin firmness and resilience.

通过提拉和紧致的手法,采用一系列的 (Ridoki) 面部深层按摩器刺激肌肤，再以泰国的 (Nouat Naa) 面部宝石按摩器，帮助血液循环，紧致肌肤。

Hydra-moisture facial 深层补水面部护理

60 minutes 分钟 RMB 人民币 880

This delicate treatment is the perfect escape for tired and dull skin. A series of Ridokis massage tools are used within the massage which begins with stretching the nape of the neck; cleaning and exfoliating the skin before you enjoy a relaxing mask and shiatsu massage movements, this is the ultimate massage to complete your sensual journey.

针对疲惫，暗沉皮肤所设计。一系列的 (Ridoki) 面部深层按摩器激活肌肤，伸展颈部，指压，清洁和去角质，最终深度放松。皮肤得到水分补充和休息。

Instant glow green tea facial 即瞬绿茶面部护理

30 minutes 分钟 RMB 人民币 580

This 30-minute facial 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 a distress facemask (decongesting green tea compresses) leaving your skin totally refreshed.

快速清洁，让肌肤焕新。通过一系列温和的洁面-卸妆-蒸汽去角质-脸部指压-舒缓压力的绿茶焕彩面膜来放松身心。

Facial for men 男士面部护理

60 minutes 分钟 RMB 人民币 880

Specifically dedicated to men, this treatment helps to soothe irritated skins by daily aggressions such as shaving, while providing radiance and purification. This treatment combines a deep cleaning (soft brushes, intense exfoliation, black head removal) with a very relaxing Shiatsu massage. A purifying and detoxifying mask enriched with the Complexe des 4 Thés (4 Teas Elixir) to complete the wellness journey. Complexion is unified, hydrated and signs of fatigue are no longer apparent.

为男士设计，有助于缓和受刺激的皮肤 (如剃须等) 同时也提供洁净和焕彩。结合深层清洁 (软刷，去角质，去黑头) 加上一个非常放松的按摩和净化滋养 (4茶香) 面膜,释放疲劳。

The Retreat Exclusive Journeys The Retreat 专属之旅

Royal elixir 奢华新生

2.5 hours 小时 RMB 人民币 2,280

Whirl bath, Nepalese style tea exfoliation, empress original beauty

An aromatic paste of apricot oil, shea butter, bamboo powder and Complexe des 4 Thés® (4 Teas Elixir) rids your skin of impurities, leaving it feeling fresh and radiant. The skin goes through a ritual of deep cleansing, including the application of a peel to encourage cell renewal, an anti-fatigue face massage is performed using traditional Japanese and Thai methods and tools such as Ridokis and Nouat-Naa to simulate circulation and to firm the skin.

泡浴，尼泊尔茶去角质，女皇有机面护

通过轻柔的按摩和去角质，回复肌肤光彩。杏仁油、乳木果油，竹粉和四茶精华去除肌肤杂质，使肌肤清爽，焕彩，随后结合采用一系列的 (Ridoki) 面部深层按摩器刺激肌肤，再以泰国的 (Nouat Naa) 面部宝石按摩器，泰国和越南的传统工具的一系列脸部护理让您感受如同女皇。

Refine to shine 焕彩闪耀

2.5 hours 小时 RMB 人民币 1,980

Nepalese style tea exfoliation, slimming ceremony, slimming massage

An aromatic paste of apricot oil, shea butter, bamboo powder and Complexe des 4 Thés® (4 Teas Elixir) rids your skin of impurities, a green tea and kelp wrap is applied for 30 minutes to activate the cells metabolism and to reduce the appearance of cellulite.

尼泊尔茶去角质，纤体体膜，纤体按摩

杏仁油，乳木果油，竹粉和四茶精华去除肌肤杂质，用绿茶和海藻结合全身包裹30分钟，让您的身体充分放松。

Beauty Treatment Enhancements 美容专项

Manicure 手部美甲

RMB 人民币 280

Beauty treatment that includes nail shaping and buffing, cuticle treatment followed by base or colour application and top coating for the nails.

手部护理包括指甲修形，抛光及指甲护理，并涂抹偏好颜色的指甲油。

Pedicure 足部美甲

RMB 人民币 380

Beauty treatment that includes a soothing and pampering foot soak, nails filing and buffing, cuticle treatment, exfoliation followed by base or colour application and top coat for the nails.

足部护理包括足浴和去角质，配合指甲修形及指甲护理，并涂抹偏好颜色的指甲油。

Waxing 蜜蜡脱毛

Full leg
全腿

RMB
人民币 680

Half leg
小腿

RMB
人民币 380

Bikini
比基尼

RMB
人民币 480

Under arm
腋下

RMB
人民币 380

Chest
胸部

RMB
人民币 480

Back
背部

RMB
人民币 480

Spa Etiquette & Tips 水疗礼仪及提醒

Appointments 预约安排

The Retreat can get very busy, we recommend booking in advance when scheduling your spa days or treatments with us. 鉴于*The Retreat* 会比较繁忙， 敬请提前与我们预约您的护理时间。

Arrival time 到达时间

To ensure that you receive full treatment benefits, we encourage you to arrive at The Retreat reception at least 20 minutes earlier for registration prior to your appointment. In the event that 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. 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护理时间， 并收取全部的费用。

Advisory medical information 资讯信息

In order 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. 为了确保更有效的为您服务， 请在预定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。

Children 儿童

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, please do not have your child accompany you during your visit. If it is necessary, we kindly ask that your child remains in *The Retreat* lobby accompanied by an adult. Our guests expect and deserve a peaceful and relaxing atmosphere while they receive their treatment. 本中心仅对成人开放。我们为16岁以上的成年人提供护理服务。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。

Spa tranquility 水疗环境

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

Cancellation 取消政策

Should you wish to make a cancellation or appointment change, we request a minimum of 6-hour notice. 如需取消或重新安排护理预约， 请务必在预定护理时间之前6小时告知。

Tips for your Visit 温馨提示

What to bring. What to wear. 请带好您的随身物品

If you are getting a pedicure, bring a pair of sandals. Toes take longer to dry than fingers. 如果您想做足部美甲， 建议您带一双凉鞋。足部美甲需比手部美甲预留更多的时间。

We recommend that you bring as few jewelry and valuables as possible. *The Retreat* is not liable for any loss or damage to your valuables. Lockers are provided to store your belongings at your own risk. 我们建议您在前来护理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， 但我们不对您贵重物品的遗失或损坏承担赔偿责任。



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