



THE  
RETREAT







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 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。

我们的理疗师娴熟的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 1,150

90 minutes 分钟 RMB 人民币 1,500

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).

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。精心设计的中式手法缓解背部压力，随之是腹部按摩（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）。

# Sleep Wellness Therapy

## 甜梦之旅

This therapeutic massage is designed and personalised according to your overall well-being. It begins with an Ayurvedic Marma point massage by using the products of concentrated active ingredients and followed by a deeply relaxing body massage to release tension and promote better sleep quality.

一个按照客人个性化身体状态及需求而设计的按摩。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及提高睡眠质量。

### Calm

平静

60 minutes 分钟 RMB 人民币 1,150

90 minutes 分钟 RMB 人民币 1,500

### Energise

活力

60 minutes 分钟 RMB 人民币 1,150

90 minutes 分钟 RMB 人民币 1,500

### Relax

舒缓

60 minutes 分钟 RMB 人民币 1,150

90 minutes 分钟 RMB 人民币 1,500

# Wishpro Speed 唯施葆科技护肤

Explore the new era of intelligence technology skin treatment with Wishpro

探索唯施葆带来的智能护肤新时代

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.

Wishpro唯施葆，源自以色列皮肤学实验团队，潜心钻研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，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。

**Facial cleansing, one serum infused capsule**

脸部清洁，单个智能胶囊护理

RMB 人民币 980

**One additional capsule**

额外单个胶囊增效

RMB 人民币 980

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

脸部清洁，单个智能胶囊，面部按摩，面膜护理

RMB 人民币 1,680

**12 additional capsule**

额外12个胶囊增效护理

RMB 人民币 8,800

# Discover Lava Shells

## 探索贝壳

The shape of the shell plays an instrumental role in the treatment process to effectively manipulate the hard to reach areas. This treatment is effective in releasing physical body tension to nurture a sense of balance to the body and soul.

贝壳独特的外形可以触及到一些理疗师的手难以到达的身体部位，是有效缓解身体紧张状态的水疗法，让您的身心均得到平衡舒展。

### Lava Shell Relaxing Massage

#### 贝壳放松护理

45 *minutes* 分钟 RMB 人民币 1,280

Applying smooth and long gliding strokes, the lava shell is used to rub on the back, neck and shoulder for a calming effect and to promote clarity of mind.

温热的贝壳将滑动在您的背部，颈部和肩膀，给身心都创造一个平衡感。

### Lava Shell Deep Heat Relaxation

#### 贝壳深层放松护理

90 *minutes* 分钟 RMB 人民币 1,980

Combining deep massage moves with the heat of the shells, this treatment is designed to encourage deeper muscles relaxation allowing the body to re-energise. This 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，让您感到神清气爽和放松。

# Himalayan Pink Salt Treatment

## 喜马拉雅粉盐护理

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 combining with Swedish massage penetrate the tissue and muscle for deeper relaxation. Enriched with 84 minerals, this wellness programme nourishes and restores skin pH balance to enhance the overall sense of well-being.

源于生命起始的海洋，自然盐的疗法已经流传百年，有着让身体机能达到平衡的功效。随着喜马拉雅粉盐结合瑞典手法按摩，您将感受到压力和肌肉紧张感的随之缓解。以天然的盐石滋养身体和皮肤。

<i>Body Massage</i> 身体按摩	<i>90 minutes</i> 90 分钟	RMB 人民币 1,880	<i>Body Wrap</i> 身体体膜	<i>45 minutes</i> 45 分钟	RMB 人民币 580
<i>Body Scrub</i> 身体磨砂	<i>45 minutes</i> 45 分钟	RMB 人民币 580	<i>Salt Bath</i> 盐浴	<i>20 minutes</i> 20 分钟	RMB 人民币 580

# 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 1,880

Slow and rhythmic compression along energy lines and stretching techniques to work on acupuncture points. This treatment will enhance energy flow, deep relaxation and combat 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。

## Quirogolf 高尔夫球按摩

60 minutes 分钟 RMB 人民币 1,280

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.

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。

## Slimming Massage 纤体按摩

60 minutes 分钟 RMB 人民币 1,150

90 minutes 分钟 RMB 人民币 1,500

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.

从腿部的淋巴开始轻拍和滚动的动作配合吸盘的应用，这款疗程使皮肤回复光泽，延缓水肿。

## Cocoon Massage 孕妇按摩

60 minutes 分钟 RMB 人民币 1,150

90 minutes 分钟 RMB 人民币 1,500

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.

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。

# Traditional Chinese Treatments

## 传统中式疗法

### Fourteen Meridians Massage

#### 十四经络按摩

60 minutes 分钟 RMB 人民币 1,150

90 minutes 分钟 RMB 人民币 1,500

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.

一种针对解经络阻塞的手法，平衡五行元素，身体自然健康。

### Traditional Chinese Massage

#### 传统中式按摩

60 minutes 分钟 RMB 人民币 900

90 minutes 分钟 RMB 人民币 1,150

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.

传统的手法称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 798

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.

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 450

During cupping therapy, the therapist places special cups on the skin to create suctions that penetrate deep into the body tissues to extract toxins and 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 450

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.

身体寒气的释放有助于维持健康的平衡，建议定期护理，维持状态。

# Natura Bissé Exclusive Facial Rituals

## 悦碧施奢宠美容护理

### Empress Original Beauty

#### 女皇科技面部护理

120 minutes 分钟 RMB 人民币 2,880

This anti-ageing treatment provides a total skincare regime that infuses you with vitality, leaving you sparkling, youthful and glowing skin. Gold, diamonds and pearls will dramatically reverse premature ageing while increasing firmness and skin elasticity. LED technology that simultaneously emits three different wavelength lights illuminate the skin, minimise expression lines and wrinkles for complete skin rejuvenation.

For The Retreat members, additional RMB500 will be charged for this treatment.

为红毯奢宠定制的全球性特色护理，改善肌龄和改善肌肤弹性，打造紧致的美肤。高科技LED色彩修护面膜，发出三种不同波长光波。尊贵的护理流程将有效的护肤方法转化成舒适体验，让肌肤绽放光彩。

会员需额外支付人民币500元方可享受此疗程。

## Diamond Radiance Facial 亮采雪肌面部护理

90 minutes 分钟 RMB 人民币 1,580

Let your beauty bloom by infusing your skin with the power of brightening and antioxidant pomegranate. Indulge in a luxurious and delicate facial ritual to help diminish the appearance of hyperpigmentation. Recover the clarity and radiance that your skin deserves to restore the natural glow.

石榴精粹给肌肤注入莹润亮泽，绽放璀璨雪肌。这款奢华精致的面部护理，蕴含保湿营养成分，回复肌肤清爽质地和透亮光彩，打造自然光泽。

## S.O.S Sensitivity Facial 舒敏修护面部护理

60 minutes 分钟 RMB 人民币 1,080

This delicate treatment specifically designed to instantly reinforce the skin texture, this facial is the answer for those suffering from skin discomfort. Moisture and comfort your skin with an exclusive combination of botanical ingredients to soothe sensitised or altered skin.

专属为饱受肌肤不适困扰的人群，有效修护。含多种植物精萃，肌肤得到充足水润舒缓，重建健康肌底。这款温和且有效的护理，即使针对脆弱肌肤也能得到呵护。

## Facial For Men 男士面部护理

*60 minutes* 分钟 RMB 人民币 1,080

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.

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。

## Instant Glow Facial 迷你面部护理

*30 minutes* 分钟 RMB 人民币 680

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.

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。

# The Retreat Exclusive Journeys

## The Retreat 奢华之旅

### Royal Elixir 奢华之旅

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 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 facial massage is performed using traditional Japanese and Thai techniques and tools such as Ridokis and Nouat-Naa to stimulate circulation and firm the skin.

泡浴，身体去角质，女皇面部护理

通过轻柔的按摩和去角质回复肌肤光彩。去除肌肤杂质，使肌肤清爽，焕彩，随后结合泰国和越南传统工具的一系列脸部奢华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 rids your skin of impurities. Green tea and kelp wrap is applied for 30 minutes to activate the metabolism of the cells and to reduce the appearance of cellulite.

身体去角质，纤体体膜，纤体按摩

通过轻柔的按摩去除肌肤杂质，结合体膜全身包裹30分钟，让您的身体深度放松。

# SPA ETIQUETTE

## 水疗礼仪

### *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 比较繁忙，敬请提前与我们预约您的理疗时间。

### *Arrival time* 到达时间

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. 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。

### *Advisory medical information* 资讯信息

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, 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.

水疗中心仅对成人开放。我们为16岁以上的成年人提供理疗服务。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。

### *Spa tranquillity* 水疗环境

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.

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 a cancellation or date change is necessary, we request a minimum of 6-hour notice.

如需取消或重新安排理疗预约，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。

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.

我们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，但我们不对您贵重物品的遗失或损坏承担赔偿责任。



