



16-25
October

Multisensory Sound Healing Journey

感官聲頻 療癒之旅

透過聲波振動的療癒觸感，升華您的療程體驗。聲頻如按摩般輕柔滲透全身，引導即時冥想放鬆，深層共振至細胞層面，讓身心煥然一新，重拾內在平衡與活力。

擁有逾20年國際經驗的按摩、美容與瑜伽療癒師
Claire Kipp，現於水療中心獻上其專屬療程。

Enhance your treatment experience with the soothing sensation of sound vibrations that massage your body, promoting immediate meditative relaxation that reaches a cellular level. This leaves you feeling refreshed and rejuvenated to the core of your being.

Claire Kipp, an internationally trained massage, beauty, and yoga therapist with over 20 years of experience, is offering her signature treatments at The Spa.

免費工作坊：實現夢想人生

Complimentary Workshop：
Manifest Your Dream Life

18/10
| 14:30 to 16:00

透過引導式冥想、書寫練習、呼吸法與能量傳導，探索內在渴望，顯化嶄新現實。療程協助釋放恐懼、喚醒神聖本質，讓您活出真正的自己，走入充滿目的與平靜的空間。

Explore your deepest desires and co-create a new reality through guided meditation, journaling, breathwork, and energy transmission. Transcend the ordinary and enter a space of purpose where your divine essence can shine. Release fear, align with your soul's highest calling, and step into the life you're meant to live.

價格需另加10%服務費及5%政府旅遊稅。
敬請提前48小時預約並須視乎供應情況而定。

Price is subject to 10% service charge and 5% government tourism tax.
48-hour advance reservation is required. All bookings are subject to availability.

預約或了解更多請聯絡 +853 8805 8588

For reservation or information, call us at +853 8805 8588.

LIFT

活力刮痧美顏療程 Energetic Gua Sha Facelift

這項經典美顏療程專為臉部煥膚與抗老設計，深層調理下顎緊張與情緒性紋理。療程以手動淋巴引流展開，結合頭皮按摩、臉部雕塑提拉及口腔內按摩。配合光子療法促進循環，並運用聲波振動與刮痧技術，激活細胞再生，讓肌膚由內而外煥然一新。

A quintessential beauty treatment for facial rejuvenation and anti-aging, this therapy aims to relieve jaw tension and address emotional facial patterns. The treatment begins with a manual lymphatic drainage technique, followed by a scalp massage, sculptural face-lifting massage, and buccal massage. Photon light therapy is incorporated to stimulate blood flow and Qi circulation to the face, along with sound vibrations and Gua Sha to support cellular regeneration.

120 minutes priced at MOP 2,800 per person
分鐘價格為澳門元 每位

DETOX

排毒療程 Total Body Rejuvenation

這是一項全方位排毒療程，喚醒身體機能、促進淋巴循環，並深層淨化細胞。結合刮痧、高階淋巴引流與聲波震動，有效釋放阻滯、促進修復、雕塑線條，重拾內在活力。

A full-spectrum detox ritual designed to awaken the body, restore lymphatic flow, and purify the system at a cellular level. This intensely revitalising experience combines Gua Sha, advanced lymphatic drainage, and therapeutic sound vibration to release stagnation, support recovery, sculpt, lift & tone the body, renewing vitality from the inside out.

90 minutes priced at MOP 1,980 per person
分鐘價格為澳門元 每位

GLOW

神經系統重啟療程 Nervous System Reset

療程融合直覺式按摩、面部提升、全身塑形、刮痧與腹部排毒。多重技術協同作用，有效舒緩神經、促進排毒、修飾輪廓。療程後身心輕盈，效果顯著，帶來外在提升與內在清明的深層修復體驗。

Experience a deeply transformative wellness journey designed for complete energetic release and renewal. This personalized ritual blends intuitive massage, sculptural face lifting, full-body contouring, gua sha, and abdominal detox massage. Together, these techniques calm the nervous system, refine your silhouette, and support internal detoxification. Each session leaves you feeling lighter—physically and emotionally—with visible results after just one treatment. Emerge lifted, clear, and deeply restored—a rare experience of true transformation and inner peace.

150 minutes priced at MOP 3,600 per person
分鐘價格為澳門元 每位

清晰心境之旅 (男士)

The Executive Escape: A Journey to Clarity (For Men)

專為忙碌的上班族設計，療程包括溫熱精油塗抹、深層頭皮與頸部按摩及肩部深層組織放鬆，特別加強手部與手臂的舒緩，有助釋放壓力與緊繃，讓停滯的能量重新流動。療程亦透過聲波震動引導身心快速進入放鬆狀態，幫助思緒沉澱、身體回歸平衡，讓您在短時間內重拾清晰與安定。

Designed for busy professionals, this treatment helps alleviate mental tension and stress that obstruct the flow of energy. It includes warm oil application, deep scalp and neck massage, as well as intensive deep tissue massage for the shoulders.

Extra focus is given to the hands and arms, while sound vibrations promote quick relaxation and mental clarity for both busy minds and tired bodies.

60 minutes priced at MOP 1,680 per person
分鐘價格為澳門元 每位

團體瑜伽與冥想課程 Group Yoga & Meditation Sessions

實現夢想人生 Manifest Your Dream Life

透過引導式冥想、書寫練習、呼吸法與能量傳導，探索內在渴望，顯化嶄新現實。療程協助釋放恐懼、喚醒神聖本質，讓您活出真正的自己，走入充滿目的與平靜的空間。

Explore your deepest desires and co-create a new reality through guided meditation, journaling, breathwork, and energy transmission. Transcend the ordinary and enter a space of purpose where your divine essence can shine. Release fear, align with your soul's highest calling, and step into the life you're meant to live.

90 minutes priced at MOP 680 per person
分鐘價格為澳門元 每位

淋巴陰瑜伽 Lymphatic Yin Yoga

淋巴陰瑜伽適合所有人士。透過長時間停留的動作、意識呼吸與手動淋巴引流，促進頭部、頸部與大腦的流動性，幫助排毒、釋放緊張與情緒。

Suitable for all levels, including beginners. In this practice, poses are held for more extended periods, incorporating both conscious and manual lymphatic drainage techniques to enhance elimination and promote flow from the head, neck, and brain. This approach is an excellent way to relieve tension in different layers of the body and release trapped emotions from the tissues.

60 minutes priced at MOP 580 per person
分鐘價格為澳門元 每位

刮痧美體塑形 Gua Sha Body Sculpting Spa Ritual

常被稱為「心靈睡眠」，Sonic Yoga Nidra 是一種深層修復的引導式冥想，搭配舒緩的音樂進行。這項練習有助於全身放鬆，對於失眠或睡眠不安的人尤其有益。在睡前進行此練習能提升睡眠品質，讓人感到煥然一新、精神充沛。好處包括：深層放鬆與壓力釋放、改善睡眠品質、情緒療癒與釋放、增強自我覺察與正念、提升創造力與直覺及減少肌肉緊張與降低血壓。

Often called "psychic sleep," Sonic Yoga Nidra is a deeply restorative guided meditation accompanied by soothing music. This practice promotes full-body relaxation and is especially beneficial for those experiencing insomnia or restless sleep. Practicing before bedtime can enhance sleep quality and leave you feeling refreshed and rejuvenated.

Benefits include Deep relaxation and stress relief, Improved sleep quality, Emotional healing and release, Enhanced self-awareness and mindfulness, Boosted creativity and intuition and Reduced muscle tension and lower blood pressure

60 minutes priced at MOP 580 per person
分鐘價格為澳門元 每位

刮痧美容 – 臉部護理 Gua Sha Ritual – Facial

本課程將帶您深入體驗手動淋巴引流、臉部塑型按摩與刮痧煥膚三大技法，喚醒肌膚活力，釋放壓力，重拾內在平衡。

Immerse yourself in a luxurious and indulgent self-care experience with Claire. This guided masterclass blends techniques including manual lymphatic drainage, sculptural facial massage and gua sha to rejuvenate both skin and spirit.

60 minutes priced at MOP 580 per person
分鐘價格為澳門元 每位