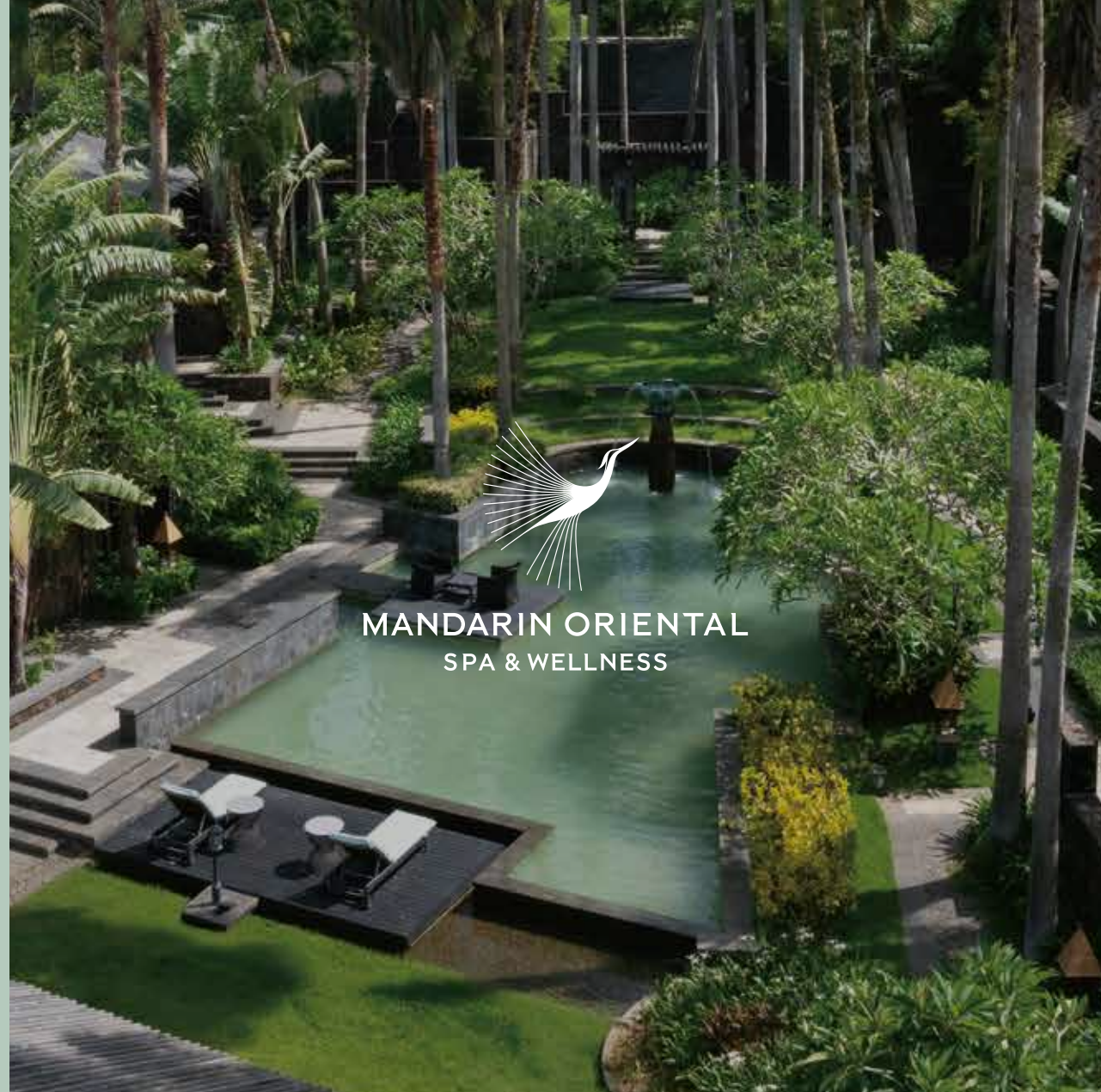




MANDARIN ORIENTAL
SANYA

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MANDARIN ORIENTAL
SPA & WELLNESS

PHILOSOPHY

The Spas at Mandarin Oriental are born out of a sincere understanding and passion for wellness, which we define as a way of life that focuses on physical, emotional, and mental wellbeing. The Group is committed to delivering all aspects of wellness with integrity and honesty, providing inspiration for lifestyle change, in an environment that delights all the senses. The Spas at Mandarin Oriental are havens for contemplation and discovery. Guided by our Oriental heritage but influenced by local cultural diversity, the Group has created distinctive concepts with a unique sense of place in every location.

水疗理念

源自于对健康养生的专业理解和追求，三亚珊瑚湾文华东方酒店水疗谷以着重平衡身，心，灵，引领我们进入和谐的世界。文华东方酒店集团致力提供一个赏心悦目的环境，为您提供全方位的康体水疗服务，带来改变生活方式的灵感。三亚珊瑚湾文华东方酒店水疗谷是休憩和重焕自我的世外桃源。文华东方酒店集团不仅秉承了东方传统，还完美地融合了多元的本地文化特色，创造出别具风格的独特理念。

TREATMENTS

Respect for the uniqueness of everyone is the foundation of our spa experience. Our highly trained therapists are committed to excellence, infused with enthusiasm, and take pride in delivering personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

水疗理疗

三亚珊瑚湾文华东方酒店水疗理疗尊重每一位宾客的独特性。训练有素的理疗师，倾注以饱满的热情，致力于提供卓越，个性化的服务。三亚珊瑚湾文华东方酒店水疗理疗采用自然手法，集古现代技法为一体，保持身，心，灵的和谐舒泰，满足宾客的不同需求。

ESSENCE OF SANYA 三亚精华

ISLAND AGILAWOOD RITUAL

2 hours

海岛沉香之礼

Immerse yourself in the perfect harmony of Hainan’s rare agarwood and tropical charm. The experience begins with a welcoming foot ritual to relax your senses, followed by island coconut scrubs to gently renew your skin. The journey culminates in a deeply soothing agarwood essential oil massage, where the precious fragrance melts away tension and restores balance.

沉浸于海南珍稀沉香与热带风情的完美融合。仪式以欢迎足浴礼开启，放松身心；海岛椰肉去角质温和焕肤，带来丝滑触感；最后以沉香精油按摩升华体验，稀有沉香精油深入肌理、缓解疲劳、平衡身心。

- Welcome Foot Ritual 欢迎足浴礼遇
- Island Coconut Scrub 海岛椰肉去角质
- Agilawood Oil Massage 海南沉香精油按摩

HAI NAN ZEN HARMONY JOURNEY

2 hours

海南禅悦之旅

Begin your journey with a Shao Lin Zen Tea Ceremony, inspired by the ancient Buddhist tea rituals of shaolin temple. This mindful tea meditation helps calm the mind and prepare the body for deep relaxation. Surrender to a detoxifying Li Herbal bath to melt away tension. An acupressure massage combined with Li ethnic herbal ball, creating a unique healing modality that addresses both energy flow and muscular tension.

以少林禅茶仪式开启您的疗愈之旅，这项体验灵感源自少林古寺千年茶禅传统。通过正念茶道冥想，平静心绪，为深度放松做好身心准备。随后沉浸于黎族草本净浴，助您彻底释放身心紧绷。最后以经络指压按摩结合黎族草本球敲打圆满疗程，打造一种独特的疗愈方式，促进能量流动及缓减肌肉疼痛。

- Welcome Foot Ritual 欢迎足浴礼遇
- Tea Ceremony 禅茶
- Tropical Li Herbal Bath 热带黎族草本泡浴
- Li Acupressure Massage 黎式经络按摩

DEEP SLEEP

深层睡眠

2 hours

A professional treatment specially designed to enhance sleep quality. The experience begins with a relaxing foot bath ritual to soothe both body and mind through warm foot care. Followed by an aromatic essential oil massage incorporating moonstone therapy, where the moonstone's natural energy helps restore balance while releasing tension in the nervous system. The journey concludes with a personalized facial treatment, completing this holistic healing experience in perfect harmony.

一项专为提升睡眠质量设计的专业护理体验。护理从放松舒缓的足浴仪式开始，通过温暖双足呵护身心。随后香薰精油配合月光石按摩，通过天然月光石的特殊能量帮助平衡身心，按摩紧绷的神经系统。最后以个性化的面部护理完美收尾，让整个疗愈体验达到身心和谐统一。

- Welcome Foot Ritual 欢迎足浴礼遇
- Moonstone Sleep Massage 月光石睡眠按摩
- Facial treatment 面部护理



SIGNATURE THERAPIES 特色理疗

TIME RITUALS

2 hours

时光旅程

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilize their individual talents to create and customize treatments to your unique individual needs.

敬请预订时段，以便我们专业的理疗师根据个人需求量身定制您的专属护理疗程，从而让您享受全面的体验。

- Welcome Foot Ritual 欢迎足浴礼遇
- Tailor Made Treatment 个性定制项目

DIGITAL WELLNESS ESCAPE

1 hour 30 minutes

电子排毒

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices. Try this digital wellness quiz to see how well you do.

这一恢复性护理针对头部、眼部、肩颈、手部和足部，旨在缓解因过度使用电子产品所造成的身体不适与肌肉紧绷。

- Welcome Foot Ritual 欢迎足浴礼遇
- Body Scrub 身体去角质
- Stimulating Body Oil Massage 净化放松按摩

INNER STRENGTH SECRETS

1 hour 30 minutes

内在力量

Guided by Eastern healing wisdom, this treatment harnesses the dual power of aromatherapy and singing bowls to awaken your inner resilience. Specially curated therapeutic essential oils work in harmony with the profound vibrational resonance of singing bowls, while expert massage techniques melt away deep-seated tension and anxiety.

在东方疗愈智慧的引领下，我们以颂钵与香薰的双重能量，为您开启一场唤醒内在力量的修复之旅。精选具有疗愈属性的香薰精油，配合颂钵深邃悠远的音振频率，在专业按摩手法的引导下，层层释放身心深处的紧绷与焦虑。

- Welcome Foot Ritual 欢迎足浴礼遇
- Serenity Sound Bath 颂钵疗愈
- Aromatherapy Massage 香薰按摩

INTELLIGENT MOVEMENT

1 hour 30 minutes

智能运动按摩

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body. Intelligent Movement incorporates the Hypervolt Percussion.

运动苏醒通过刺激身体的疲劳点，对肌肉拉伸，从而放松深层肌肉，帮助客人改善体态和活动机能。该护理有助于软化肌肉组织、释放紧张、促进血液循环并改善身体的亚健康状态。

TRADITIONAL CHINESE MEDICINE

中医理疗

Guided by ancient TCM wisdom, we combine comprehensive diagnosis with gentle external therapies to unblock meridians, helping the body restore its natural state of stillness and balance.

以古法医理为引，通过望闻问切与温和外治，疏通经络，协助身体回归宁静、平衡的本初状态

CONSULTATION ON TRADITIONAL CHINESE MEDICINE AND WELLNESS

中医健康咨询

30 minutes

Personalized consultation with a TCM practitioner, offering herbal and therapeutic recommendations for balanced well-being.

与医师静心对话，察辨体质偏颇，提出草药或理疗建议，为后续调理提供自然导向。

TRADITIONAL CHINESE MEDICINE (TCM) SPECIALTY NURSING

中医特色护理

2 hours

Foot cleanse, manual therapy and moxibustion in a tranquil setting to harmonize Qi and blood.

始于足部清沐，依医师处方配合手法与艾灸，于安静空间中引导气血和顺，令机体渐趋平和。

TRADITIONAL CHINESE BONE SETTING

传统中医正骨

30 minutes or 1 hour

Gentle adjustments to realign bones and fascia, improve mobility, and clear meridian pathways.

以轻缓手法整复筋骨，舒缓筋膜，改善关节活动，助经络畅通，使身姿恢复自然之态。

FIVE ELEMENT HUANG MOXIBUSTION THERAPY

1 hour

五行煌灸

Warming moxa heat combined with acupressure to balance internal conditions and restore smooth Qi flow.

依五行之理，以艾热与按压相伴，温通穴位，调和内在，使气血缓缓归于和谐。

FIVE ELEMENTS RESTORATIVE ACUPUNCTURE

1 hour

五行归元针灸

Fine needles stimulate meridians to regulate Qi, address imbalances, and awaken self-healing.

以细针刺激经络，调节气血，纠正失衡，并唤醒身体的自愈能力。

TRADITIONAL ACUPOINT AND MERIDIAN THERAPY

30 minutes or 90 minutes

传统穴位经络疏通

Precise pressure along energy channels to release blockages, soothe organs, and calm the mind.

循经轻按，疏通细微能量通路，深层影响脏腑，帮助释放积累的紧张，重获内在安宁。

TRADITIONAL MONGOLIAN COPPER CUP THERAPY

10 minutes / cup

蒙医铜罐

Negative-pressure cups glided over meridians to relax muscles, boost circulation, and stabilize nerves.

以铜罐负压于体表，沿经滑动，松解肌肉，促进血行，平复神经，带来深层宁静感。

MOXIBUSTION THERAPY

15 minutes

艾灸

Warm moxa sticks on selected acupoints to dispel cold and invigorate Qi; areas determined by the practitioner.

以艾条温煦穴位，驱寒通滞，激发经气，适宜局部虚寒，部位由医师据症而定。

*Mild pain, aching, or warming/burning sensations may occur during these therapies.
Please consult with the practitioner to confirm treatment details before proceeding.

*上述项目理疗中会有阵痛或灼热等现象出现，在确定项目前与医生确认项目治疗细节。

ADVANCED SKINCARE BY SWISS PERFECTION

瑞珀斐高效护理

SWISS PERFECTION RS-28 COLLAGEN LIFTING

瑞珀斐胶原紧致提升

2 hours

This exclusive facial treatment acts on multi-dimensional levels to target signs of ageing. It visibly lifts and improves the firmness of the skin whilst promoting cellular renewal, combining the most innovative, rejuvenating treatments to remodel the face contour and smoothing away wrinkles.

独特的面部护理作用在皮肤多维度层面，针对老化迹象进行靶向改善。能够明显提升和改善肌肤的紧致性，同时促进细胞更新，结合创新的、逆龄的护理能够重塑面部轮廓和平滑皱纹。

SWISS PERFECTION PERSTIGE

瑞珀斐奢宠套餐

3 hours

Gentle for the full body scrub, improve skin smoothness and absorption capacity, Swiss Perfection tightening body oil used for a luxury body massage, nourish and tighten the skin more effectively. Choose a suitable mask according to your skin condition to improve the facial skin condition, make you completely relaxed, joyful and refreshed.

温和的为全身皮肤磨砂，去除老化角质，改善皮肤光滑度及吸收能力，瑞珀斐紧致身体霜的全身奢华按摩，可以更有效地滋养、紧致皮肤。根据您的皮肤状态挑选一款适合的面膜来改善面部皮肤状态，护理后令您完全放松，身心愉悦，宛如新生。

- Welcome Foot Ritual 欢迎足浴礼遇
- Swiss Perfection Body Scrub 瑞珀斐去角质
- Swiss Perfection Lifting Body Massage 瑞珀斐紧致身体按摩
- Swiss Perfection Facial 瑞珀斐面部护理

SWISS PERFECTION MEN'S FACIAL

瑞珀斐男士专属面部护理

1 hour 30 minutes

Designed for men who with dry, stressed and sensitive skin, contains moisturizing and nourishing care for face, shoulders and neck with SWISS PERFECTION Provide moisture, nutrition and oxygen to the skin, balance and repair the skin, and glow the man. Improve the skin's defense function, prevent the skin from aging, and make skin cells more effective against pollution and stress.

针对男士皮肤干燥、压力、敏感问题设计，包含面部和肩颈部的保湿及滋养护理，使用SWISS PERFECTION的修复系列产品，为肌肤提供水分、营养和氧气，平衡修护皮肤，焕发男士神采。提高肌肤防御功能的同时，预防肌肤提前老化，令肌肤细胞能够更有效地抵御污染和压力。

SWISS PERFECTION BODY MASSAGE

瑞珀斐身体按摩

1 hour 30 minutes

This perfect body massage is designed to quickly tighten and perfect your body. Therapists use SWISS PERFECTION firming body oil with Enhancement Cream provides a body massage. This rich body lotion tightens your skin and makes your body look perfect.

这款紧致身体按摩能够快速打造身体紧致美肌，理疗师使用SWISS PERFECTION紧致身体精油配合乳液进行全身按摩，丰富养分的身體乳收紧皮肤的同时令您身体曲线完美。

SWISS PERFECTION CLASSIC PERSONALIZED FACIAL

瑞珀斐经典面部护理

1 hour

Combining highly calming and soothing ingredients with specific techniques, this targeted treatment allows the skin to heal naturally. In the deep repair of skin damage caused by internal or external reasons, at the same time, immediately calm the skin sensitive state, calm the redness.

通过结合特定技术的高度镇静和舒缓成分，这种针对性的护理能够令皮肤自然愈合。在深层修复皮肤因内在或者外在原因导致的损伤同时，立即平息皮肤敏感状态，镇静退红。

ENHANCEMENTS BY SWISS PERFECTION

瑞珀斐附加护理

The following services may be added to any facial or body treatment.
以下项目可以同步配合面部或者身体护理

SWISS PERFECTION COLLAGEN MASK

瑞珀斐骨胶原面膜

30 minutes

Swiss Perfection Collagen Mask, infused with the patented IRISA essence technology and high-purity collagen, this mask helps reshape a plump facial contour. Within 30 minutes of gradual absorption, it revitalizes the skin, brightens complexion, and reveals a radiant renewal. Witness a 3D transformation as your skin regains firmness, fullness, and a luminous glow.

使用富含瑞珀斐专利技术IRISA精华液配合高纯骨胶原，为肌肤重塑饱满轮廓，30分钟逐渐渗透，还原肌肤活力，焕白新生，见证3D立体的改变，重现紧致丰盈润泽。

SWISS PERFECTION BRIGHTENING BODY SCRUB

瑞珀斐焕活身体磨砂

45 minutes

This special formula scrub has the function of whitening the skin with one touch, gently metabolizing the senescent cells, brightening and anti-oxidation, improving the texture of the skin and smoothing the skin.

SWISS PERFECTION特别配方的磨砂产品具有一抹即白的功效，能够温和代谢老化角质，提亮抗氧化，改善身体肌肤质地，细腻皮肤。

SWISS PERFECTION NECK TREATMENT

瑞珀斐颈肩部护理

30 minutes

SWISS PERFECTION provides professional neck treatment that improves neck circulation and improves puffiness, brightens skin tone, reduces neck wrinkles and restores delicate skin by using more than 400 varieties of iris and plant nutrients.

SWISS PERFECTION专业颈部护理，通过促进颈部循环，改善浮肿，400多种鸢尾及植物的滋养成份，能够提亮肤色，淡化颈纹，恢复细嫩肌肤。

SWISS PERFECTION COLLAGEN EYE MASK

瑞珀斐骨胶原眼膜

15 minutes

Focusing on the most vulnerable areas of the face, this amazing eye treatment has the effect of renewing the skin around the eye and elevating the contour of the eye. Smoothes fine lines and wrinkles, removes any signs of fatigue around the eyes and leaves skin bright and firm.

专注于面部最脆弱的区域，这一惊人的眼部护理具有更新眼周皮肤和提升眼睛轮廓的效果。抚平细纹和皱纹，消除眼周所有疲劳的迹象，令皮肤光亮紧致。

SWISS PERFECTION EYE TREATMENT

瑞珀斐眼部护理

15 minutes

The eyes area needs gentle treatment, iris essence from SWISS PERFECTION is an effective antioxidant, repair the sensitive dehydration condition around the eyes, fade fine lines, dark circles and bags.

眼部脆弱的肌肤需要温和呵护，来自SWISS PERFECTION的鸢尾精华可以有效的抗氧化，修复眼周敏感缺水状态，淡化细纹，黑眼圈和眼袋问题。

ADVANCED SKINCARE BY VALMONT

法儿曼高效护理

VALMONT AGE REPAIR *1 hour 30 minutes*
法儿曼深层修复护理

Age Repair facial treatment effectively soothes and repairs sun-damaged and sensitive skin, delivering intensive recovery at the cellular level. This treatment promotes skin regeneration, leaving the complexion deeply nourished and refreshed.

深层修复面部护理有效镇静修复晒后受损和敏感肌肤，并迅速深层修护，促进肌肤细胞再生，使肌肤保持柔软舒适。

VALMONT CUSTOM FACIAL *1 hour*
法儿曼定制面部护理

Individualized Valmont facial treatment incorporating hand chosen treatment sequences and custom massage techniques tailored to the unique needs of your skin.

个性化的法儿曼面部护理结合专业按摩顺序及定制型手法，以满足皮肤特殊需求。

VALMONT DELICATE SKIN CARE *45 minutes*
法儿曼娇柔美肤

This treatment is suitable for any skin and especially as a first-aid care for busy women. This treatment can instantly improve dry skin, restore fine texture, and make skin compact and bright.

适合任何肤质，特别是繁忙女性的急救护理，瞬速改善干燥的肌肤，瞬即回复细腻质感，重拾紧致及亮泽的肌肤。

ENHANCEMENTS BY VALMONT

法儿曼附加护理

The following services may be added to any facial or body treatment.
以下项目可以同步配合面部或者身体护理

VALMONT REGENERATE MASK *30 minutes*
法儿曼紧致胶原面膜

This collagen-rich mask lifts and plumps the skin, restoring vitality, youthfulness and radiance.

使用纯骨胶原的面膜让肌肤紧致丰盈恢复活力。

VALMONT LIFT COLLAGEN EYE MASK *45 minutes*
法儿曼紧致胶原眼膜

Re-ignite your eyes with this incredibly hydrating collagen mask. Delivering instant brightening and firming results in leaving your eyes fresh and youthful.

使用纯骨胶原眼膜，明显改善肌肤结构组织，塑造禁止轮廓，增加眼部周围皮肤弹性，让双眸展露清晰。

BODY MESSAGES 身体按摩

THE SINGING BOWL TREATMENT

1 hour 30 minutes

颂钵沉香按摩

Immerse in the ethereal resonance of singing bowls, embarking on a transcendent journey that blends sound healing with the ancient wisdom of Oriental Heritage. Warm singing bowls glide along meridian lines in a soothing pressure massage, followed by sandalwood oil massage to release muscular tension, restore energy flow, and promote inner balance. From the pure vibrations of singing bowls to the subtle nourishment of sandalwood, each step offers profound healing for body, mind and spirit.

沉浸于颂钵空灵的音律中，开启一场融合声波疗愈与东方植物智慧的极致体验。温热颂钵沿经络舒缓按压，随后使用沉香精油按摩缓解肌肉紧张、修复能量、促进内在和谐。从颂钵的纯净共振到沉香的精微滋养，每一步皆是对身、心、灵的深度抚慰。

HOT LAVA SHELL MESSAGE

1 hour 30 minutes

火山岩海贝按摩

A therapeutic and rejuvenating massage using self-heated lava shells together with local coconut oil. This treatment is designed to ease tired muscles, nurture the body and leave you with firmer and healthier looking skin.

采用加热老虎条纹贝壳与当定椰子油相结合的深层舒缓按摩，有助于缓解肌肉疲劳，滋养身体使肌肤更将紧致和健康。

ORIENTAL ESSENCE

1 hour 30 minutes

东方精华

Using custom-blended oriental oils and techniques inspired by traditional oriental therapies, this tension-busting massage treats the whole body, whilst focusing on the traditional stress-holding areas of the back, neck and shoulders.

传统的东方理疗使用文华东方水疗专属研制的精油并结合东方特有的按摩动作，有助于舒缓全身紧张的肌肉，特别针对颈、肩、背等疲劳部位。

THERAPEUTIC MASSAGE

1 hour 30 minutes

深层组织按摩

The truly effective therapeutic massage helps dissolve aches and strains. Oil is applied to the body using the therapist's elbows and forearms in this simulating and deeply energizing massage.

这是最为有效减缓肌肉疲劳，舒缓压力的有效按摩。理疗师运用肘部和前臂按压，使精油被身体完全吸收，以消除肌肉疲劳，为身体注入新的动力和能量。

AROMATHERAPY MASSAGE

1 hour 30 minutes

香薰舒缓按摩

A soothing treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

选用调制的精华油，融合东西方的按摩技巧，有助于舒缓压力，放松身心，焕发身体内在的活力。

COCONUT OIL MASSAGE

1 hour

椰子油按摩

Using locally sourced pure coconut oil combined with Oriental acupressure techniques, this treatment utilizes the silky texture of coconut oil to ease muscle tension, enhance blood circulation, and deliver deep nourishment and relaxation. Ideal for relieving travel fatigue and sedentary stress.

使用本岛纯椰子油配合东方指压手法，通过椰子油的柔滑触感，舒缓紧绷肌肉、促进血液循环，带来深层滋养与放松。特别适合缓解旅行疲劳与久坐压力。

THAI MASSAGE

1 hour

泰式按摩

Performed wearing loose style clothing, this traditional ai massage is conducted on a futon. A combination of rhythmic acupressure and assisted stretching helps to deeply relax and revitalise body and mind. Increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

宾客需穿着泰国传统的宽身衣。泰式按摩主要采用细腻的指压、推捏、伸展法来达至舒筋活络的作用，对深层肌肉放松，以利于增加关节活动及提高灵活性有明显的功效。

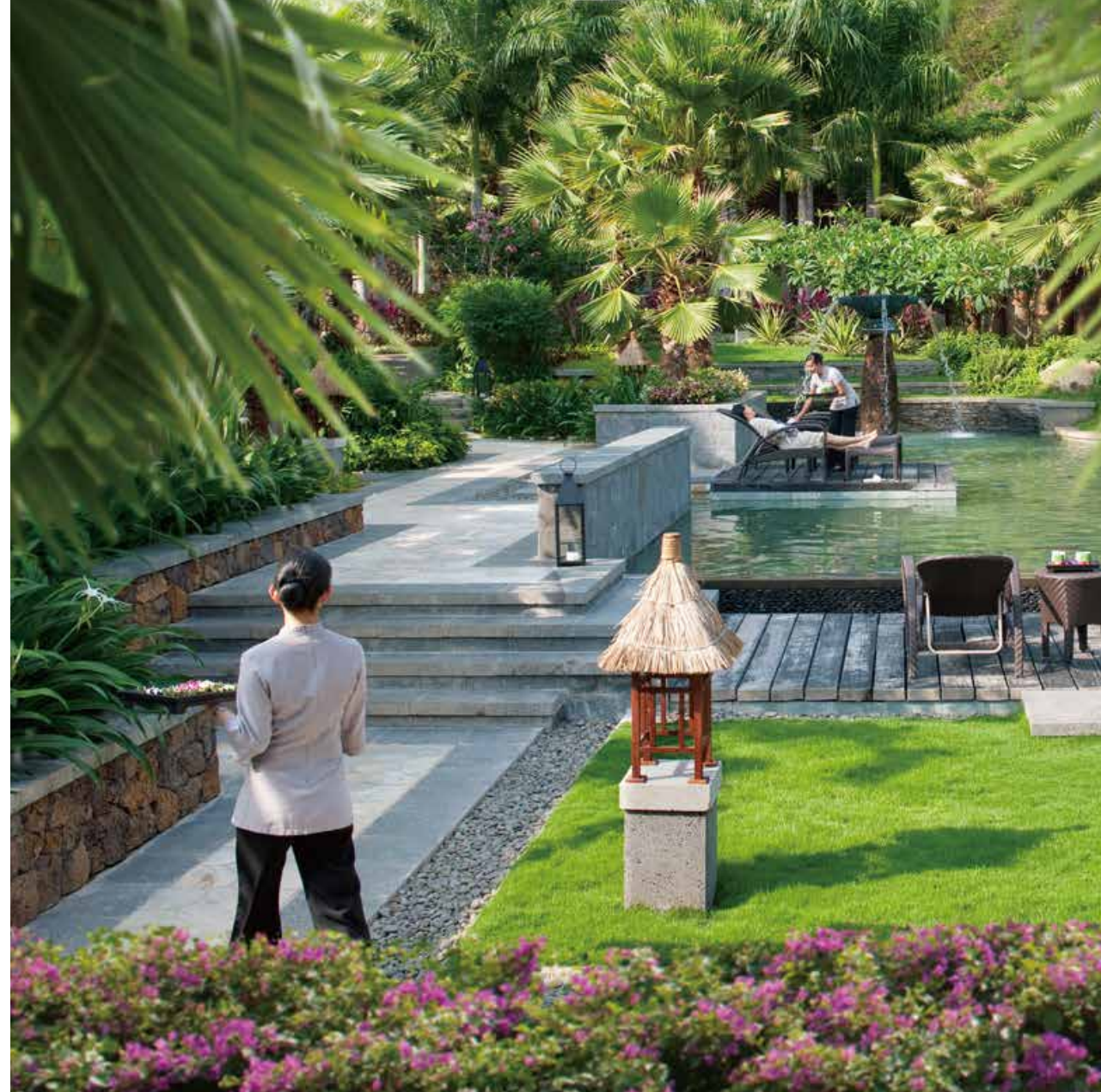
CHINESE MASSAGE

1 hour

中式按摩

Focusing on acupressure point and direction flow of the subtle channels in the body, traditional Chinese massage is a system of relaxation and tension release. Attention is on the subtle energy channels which influence the organs a deeper level and treats complex complaints.

中式按摩通过对穴位和经络的按压刺激疲劳和紧张肌肉，促进血液循环和平衡能量，有助于放松和缓减压力。



MOTHER TO BE

孕妇护理

1 hour

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy-safe oils, the massage eases away tension in the upper back and shoulders, nourishes skin and relaxes the body.

这项护理通过使用传统的香薰手法，为正处于孕期的您提供细心的呵护，有效滋养肌肤、缓减背部及肩颈的疲劳、放松身体。

FOOT THERAPY

东方足部护理

1 hour

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment which begins with a fragrant foot bath followed by exfoliation and massage to smooth the feet and lower legs. Finally a relaxing massage along the energy points of the feet and ankles helps to raise natural energy encouraging the release of tension.

根据东方传统，足部乃人体整个功能系统参考的一面镜子。这种传统放松的理疗始于香薰足浴，去除足底及小腿的角质并加以按摩。最后足底及脚踝能量穴位按摩，有助于提高人体机能，释放压力。

BODY MASSAGE FOR KIDS (BELOW 12 YEARS OLD)

儿童按摩（12岁以下）

1 hour

With safety and gentleness as its core principles, the children's massage offers a unique relaxation experience. Using natural sweet almond oil or pure coconut oil to ensure safe and skin-friendly ingredients, it employs gentle stroking techniques to help relieve fatigue and promote better sleep.

儿童按摩以安全、温和为核心理念，为儿童带来独特的放松体验。采用天然甜杏仁或纯椰子油确保成分安全亲肤，并通过轻柔的抚触手法帮助缓解疲劳，促进睡眠。

PACKAGES 套餐

SECRETS OF THE ORIENT

东方之秘

3 hours

Step into seclusion and let your worries melt away. This nurturing and comforting package will leave you feeling calm, balanced and at ease for the remainder of your day.

踏入隐世，忘却烦忧。滋养、舒适的理疗将让您倍感平静、平衡，以及无限的放松。

- Welcome Foot Ritual 欢迎足浴礼遇
- Oriental Essence 东方精华
- Facial treatment 面部护理
- Tea Rituals 茶道

GENTLEMEN’S JOURNEY

男士之旅

3 hours

Designed specifically for our male guests to relieve muscle tension and to leave you feeling relaxed and renewed once again.

尽情享受此专为男士特别设计的水疗旅程吧。此疗程旨在缓解肌肉紧张，让您倍感轻松，重焕活力。

- Welcome Foot Ritual 欢迎足浴礼遇
- Body Scrub 身体去角质
- Therapeutic 深层组织按摩
- Men’s Facial treatment 男士面部护理

LONG LIFE

青春永葆

3 hours

Make time for yourself and leave feeling relaxed, rejuvenated and refreshed.

为自己安排一段休闲时间，放松身心，恢复青春，重焕活力。

- Welcome Foot Ritual 欢迎足浴礼遇
- Body Scrub 身体去角质
- Lava Shell Massage 火山岩热贝按摩
- Facial treatment 面部护理

ENHANCEMENT 升级体验

The following services may be added to any facial or body treatment
以下项目可以同步配合面部或者身体护理。

PERSONALIZED BODY WRAP 45 minutes 个性定制身体裹肤

Our all natural wrap offers a soothing experience for you while getting the full benefits of Aloe Vera extracts or organic Chinese herbs. During the application, the wrap will open your pores to allow specially selected herbal oils or Aloe Vera to penetrate your skin. This promotes detoxification, skin toning and hydration.

独特的植物裹肤舒缓体验，充分运用了极具特别功效的芦荟提取物或本地有机草本。在疗程过程中的裹肤，充分打开肌肤毛孔，有助于精心挑选的草本油或芦荟渗透至肌肤，促进身体排毒，深层滋养肌肤。

BATH 30 minutes 泡浴

Indulge yourself with complete decadence. Soak in a luxurious bath infused with blended essential bubbles.

尽情宠爱自己吧。依据特定需求，配合文华东方精选的精油沐浴泡泡享受一次惬意的泡浴体验。

ORIENTAL BODY SCRUB 30 minutes 东方身体去角质护理

This invigorating treatment is full of antioxidants and cleanses the body of environmental stress.

激活和清洁您的身体，消除环境给身体造成的压力。

VA CURATED SELECTION OF TREATMENTENRICHMENTS DESIGNED TO ELEVATE YOUR SPATREATMENT.

臻选焕活礼遇，匠心打造，只为呵护您的水疗体验。

HANDS REVIVER

手部滋养

Reveal Brighter skin with this Valmont exfoliating and nourishing hands mask treatment that will leave hand sooth, soft and bright.

以法儿曼去角质护理结合滋润手膜，深层呵护双手，令肌肤柔嫩细腻、光采透亮，尽显优雅质感。

TROPICAL FOOT WARMTH

足部温疗

Indulge in the ultimate tropical foot care experience with our Warm Coconut Powder Foot Mask designed to deeply hydrate, soften, and soothe your feet. This unique enhancement is perfect for restoring tired feet after a day of sun and sand.

温暖的椰子足膜为双足注入热带能量，专为阳光与海滩后的疲惫双足而设，深度补水、柔软角质，舒缓身心倦意。

EYE RECOVERY

眼部舒缓

Ultra-restorative treatment that targets the signs of fatigue on your eyes, regenerating eye cream that soothes and prevents skin discomfort combined with vibration massage therapy that relaxes muscle, helps blood circulation educes puffiness and tightens the skin.

专注缓解眼部疲劳，选用舒缓修护眼霜结合舒缓手法，有效放松眼部肌肉，促进循环，减少浮肿，紧致眼周，焕亮神采。

CONDITIONAL HAIR TREATMENT

头皮滋养

Using the strengthening properties of local nourishing coconut oil and Hainan agarwood essential oil with deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

甄选本地椰子油与海南沉香精油，融合深层放松的头皮按摩，舒缓紧张、调理头皮，助力秀发健康强韧、自然亮泽。

SERENITY SOUND BATH

声音疗愈

Singing bowl sound healing is an ancient technique that uses soothing tones and vibrations to relax the body and mind. In just 10 minutes, it helps release tension, balance energy, and restore inner calm and focus.

源自古老智慧的颂钵音疗，通过10分钟的音频共振引导身心深度放松，平衡能量、释放压力，在悠扬和谐的音波中，重归宁静与专注。

HOT PACK THERAPY

热敷理疗包

Use warm herbal compress to increase circulation, enhance immunity and soothe aching muscles.

使用温热的草本敷包加强血液循环和免疫力，舒缓肌肉疼痛。



SPA ETIQUETTE

水疗礼仪

Our Spa environment is one of tranquility and relaxation. Please respect all Spa guest's right to privacy and serenity. don't make a loud noise at the Spa area, we recommend you put your mobile phone on silent to enjoy the Spa treatment.

水疗谷是一个宁静和放松的世外桃源，请尊重其他水疗贵宾享受私密及安静的权益，在水疗谷内，请勿大声喧哗，护理进行时，我们建议您将手机调为静音，以便完全享受水疗服务。

RESERVATIONS

预定

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

我们建议您提前预约疗程，以确保您能享受首选的时间和服务。

SPA ARRIVAL

抵达

We recommend that you check in at the Spa Reception at least 15 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the spa gardens.

首次预定时，我们建议您于疗程至少提前15分钟在水疗前台登记，让我们可以与您简单讨论您对疗程的期望，并让您有充分的时间参观水疗花园。

HEALTH CONDITIONS

健康状况

Please advise us of any health conditions, allergies or injuries which could affect your service when making your spa reservation. Heat& water facilities are not recommended for pregnant ladies.

预定水疗时， 敬请告知我们您的健康状况， 过敏和其它损伤等。 不建议孕妇使用桑拿，蒸汽和水力按摩等设备设施。

PREGNANCY

孕妇

We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatments are most suitable for you during this special time.

我们为孕妇提供特别护理服务， 请咨询水疗礼宾司， 我们将为您挑选最合适的护理疗程。

CLEANLINESS

清洁

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

为保持我们对清洁， 安全及卫生的承诺， 我们的设备在每次服务及疗程后均进行杀菌消毒。

CANCELLATION POLICY

取消政策

Please allow 2 hours cancellation notice to avoid 100% charges.

取消预定至少提前2小时通知避免产生100%取消费用。

PRICELIST 价格表

Essence of Sanya 三亚精华	Time(minutes)	Price
Island Agilawood Ritual 海岛沉香之礼	120	CNY 2,888
Hai Nan Zen Harmony Journey 海南禅悦之旅	120	CNY 1,888
Deep Sleep 深层睡眠	120	CNY 1,980

Signature Therapies 特色理疗	Time(minutes)	Price
Time Rituals 时光旅程	120	CNY 1,980
Digital Wellness Escape 电子排毒	90	CNY 1,680
Inner Strength Secrets 内在力量	90	CNY 1,680
Intelligent Movement 智能运动按摩	90	CNY 1,580

Traditional Chinese Medicine 中医理疗	Time(minutes)	Price
Consultation on Traditional Chinese Medicine and Wellness 中医健康咨询	30	CNY 499
Traditional Chinese Medicine (TCM) Specialty Nursing 中医特色护理	120	CNY 1,880
Traditional Chinese Bone Setting 传统中医正骨	30	CNY 880
	60	CNY 1,680

Five Element Huang Moxibustion Therapy 五行煌灸	60	CNY 780
Five Elements Restorative Acupuncture 五行归元针灸	60	CNY 780
Traditional Acupoint and Meridian Therapy 传统穴位经络疏通	30	CNY 580
	90	CNY 1,380

Traditional Mongolian Copper Cup Therapy 蒙医铜罐	10	CNY 108 / 罐cup
		CNY 688 / 全身full body
Moxibustion Therapy 艾灸	15	CNY 298 / 部位 per area

Advanced Skincare By Swiss Perfection 瑞珀斐高效护理	Time(minutes)	Price
Swiss Perfection RS-28 Collagen Lifting 瑞珀斐胶原紧致提升	120	CNY 7,888
Swiss Perfection Perstige 瑞珀斐奢宠套餐	180	CNY 4,888
Swiss Perfection Men's Facial 瑞珀斐男士专属面部护理	90	CNY 2,880
Swiss Perfection Body Massage 瑞珀斐身体按摩	90	CNY 1,980
Swiss Perfection Classic Personalized Facial 瑞珀斐经典面部护理	60	CNY 1,680

Enhancements by Swiss Perfection 瑞珀斐附加护理	Time(minutes)	Price
Swiss Perfection Collagen Mask 瑞珀斐骨胶原面膜	30	CNY 1,680
Swiss Perfection Brightening Body Scrub 瑞珀斐焕活身体磨砂	45	CNY 1,480
Swiss Perfection Neck Treatment 瑞珀斐颈肩部护理	30	CNY 1,180
Swiss Perfection Collagen Eye Mask 瑞珀斐骨胶原眼膜	15	CNY 880
Swiss Perfection Eye Treatment 瑞珀斐眼部护理	15	CNY 680

Advanced Skincare by Valmont 法儿曼高效护理	Time(minutes)	Price
Valmont Age Repair 法儿曼深层修复护理	90	CNY 2,380
Valmont Custom Facial 法儿曼定制面部护理	60	CNY 1,380
Valmont Delicate Skin Care 法儿曼娇柔美肤	45	CNY 980

Enhancements by Valmont 法儿曼附加护理	Time(minutes)	Price
Valmont Regenerate Mask 法儿曼紧致胶原面膜	30	CNY 988
Valmont Lift Collagen Eye Mask 法儿曼紧致胶原眼膜	15	CNY 680

Body Massages 身体按摩	Time(minutes)	Price
The Singing Bowl Treatment 颂钵沉香按摩	90	CNY 2,680
Hot Lava Shell Massage 火山岩海贝按摩	90	CNY 1,680
Oriental Essence 东方精华	90	CNY 1,580
Therapeutic Massage 深层组织按摩	90	CNY 1,480
Aromatherapy Massage 香薰舒缓按摩	90	CNY 1,480
Coconut Oil Massage 椰子油按摩	60	CNY 998
Thai Massage 泰式按摩	60	CNY 998
Chinese Massage 中式按摩	60	CNY 998
Mother to Be 孕妇护理	60	CNY 998
Foot Therapy 东方足部护理	60	CNY 798
Body Massage for Kids 儿童按摩(Below 12 years old 12岁以下)	60	CNY 688

Packages 套餐	Time(minutes)	Price
Secrets of the Orient 东方之秘	180	CNY 2,680
Gentlemen's Journey 男士之旅	180	CNY 3,680
Long Life 青春永葆	180	CNY 3,380

Enhancement 升级体验	Time(minutes)	Price
Personalized Body Wrap 个性定制身体裹肤	45	CNY 790
Oriental Body Scrub 东方身体去角质护理	30	CNY 598
Bath 泡浴	30	CNY 498
Hands Reviver 手部滋养		CNY 298
Tropical Foot Warmth 足部温疗		CNY 198
Eye Recovery 眼部舒缓		CNY 298
Conditional Hair Treatment 头皮滋养		CNY 298
Serenity Sound Bath 声音疗愈		CNY 198
Hot Pack Therapy 热敷理疗包		CNY 100

*All prices are in CNY and subject to 15% service charge 以上价格均以人民币结算，另加收15%服务费

