

莱佛士水疗  
RAFFLES SPA



RAFFLES  
HAINAN  
海南莱佛士酒店

莱佛士水疗  
给您提供一处奢华的心灵绿洲

WE ARE COMMITTED  
TO PROVIDING DEDICATED  
PERSONAL SERVICE IN  
AN OASIS OF REFINED LUXURY



莲花的高贵和美丽历来为世界各地的文化所称颂。莲花给人呈现出优雅精致的第一印象，花蕾形态变化的过程体现自然生态力量之美，赋予人振奋和复苏象征意义。萌芽初期，它在水下积蓄纯粹的活力；当太阳升起时，它伴着新鲜的气息和阳光，在水面亭亭绽放；夜幕低垂，它再一次安静地休憩在水波上。蓓蕾新发，莲花初绽，焕然怒放正是莱佛士水疗想要带给您的全新感受，让您在护理过程中感受新生，感悟大自然的规律和哲学，获得不一样的人生视角。

繁忙和放松之间的平衡就在于获得内心的宁静和重焕活力的力量。莱佛士水疗之旅将传统理疗与地方特色相融合，搭配熟练的理疗手法，确保您享受到的每一个过程，都超乎您的期待。我们体贴熟练的理疗师，将引导您在旅程中找到身体与心灵的契合，感受生命活力的能量转换。

逃逸喧嚣，恣纵自我，身心转化。

这就是莱佛士水疗。

The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalization and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa.

We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquillity and rejuvenation. Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalised to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

Escape. Indulge. Transform.

This is Raffles Spa.



## 莱佛士水疗

海南莱佛士水疗欢迎您来到清水湾这片依偎在海岸线上的奢华绿洲。这片平静的热带栖所，为您提供一个独具地方特色的水疗区域，8个豪华单人理疗别墅，4个双人护理套房，均配有私人更衣区，淋浴蒸汽房和更衣柜；在护理后您可在水疗休息室尽情地放松休憩，享受我们为您提供的草药茶和地方特色小吃。这片占地1400平方米的区域，陈列着海南岛奇特的景观，独特的理疗为您带来身心与灵魂的复苏。

水疗也为您提供极其舒适的按摩浴缸和蒸汽房，在我们的室外泳池和按摩泳池，可以将热带花园和南海尽收眼底。健身中心可以为您提供私人的健身教练，健身设备，桑拿和蒸汽设备。

Raffles Spa Hainan welcomes you to an oasis of luxury nestled along the coastline of Clearwater Bay. This peaceful tropical retreat offers a locally inspired experience consisting of 8 single luxurious villas and 4 double suites which feature private changing area, shower & steam room, and locker area. The Spa features a couples relaxation lounge where you can relax in privacy after your treatment and indulge in our selection of herbal teas and local delicacies. This sensory retreat at a size of 1,400sqm showcases the unique attributes of Hainan Island and features exclusive rejuvenating treatments for the mind, body and soul.

Our Spa also features Jacuzzi and steam rooms, while our outdoor Lagoon pool, Lap pool and Jacuzzi pools offer stunning panoramic views of tropical gardens and the South China Sea. The Fitness Centre offers personal training using Technogym® equipment as well as sauna and steam facilities.

## OUR SPA



## 我们的产品理念

全球每一个莱佛士水疗都会谨慎地选择所使用的护理产品。将奢华理念谨记于心，所选产品以护理体验效果为导向，为每一位旅行者提供量身定制的护理。无论何时何地，我们都关注环境的可持续性，体现出我们品牌的社会责任感，确保给每一位到访的宾客提供最优质的产品和护理体验。

### 雅容玛香薰之家

体验植物精华油的真正力量，以及精油赋予人类身体和心灵上不可思议的功效！这就是雅容玛香薰之家一贯追求的简单理念。自然界独特的植物精华，经过雅容玛香薰之家的精心调配制成的混合精华油，在护肤美容方面有着卓越的创新成果，让您的肌肤重获美丽、光芒和健康，远离化学品和人工合成物。这些美好的体验都来自于雅容玛香薰之家！

### ADS

ADS是一个具备身心健康内涵的国际高端专业SPA产品品牌，从SPA的专业角度创造具备满足各类肌肤诉求的天然健康产品，结合国际高端科技，精心研发而成，皆以可持生的植物为原料基础。

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travellers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

### Aromatherapy Associates

Experience the simple pursuit of sharing the true power of essential oils and the incredible effects they have on the body and mind. These blended essential oils with unique active botanicals have led to remarkable innovations in skincare resulting in beautiful, glowing, healthy skin free from harsh chemicals and unnecessary synthetics. Experience the benefits of Aromatherapy Associates.

### ADS

The experts of ADS SPA Thai Pro Research Inc extract natural herbal essences by means of natural and innovative biochemical technology to develop the top medical beauty care formulas designed for various kinds of skins. Being safe and efficient, the medical beauty care brand offers a scientific method of caring for skin by using herbal essences.

## OUR PRODUCT PHILOSOPHY





众所周知，生命在于运动，对于旅行者来说运动显得尤为重要，因此我们提供设施完善的健身中心。我们宽敞特制的健身区域使用Technogym®健身设备，可以满足您的各种健身需求。专业的教练将结合客人自身的健身程度，能力及年龄帮助客人达到自己的健身及健康目标，帮助客人的每一步提升。

- 私人训练
- 户外泳池
- 男女更衣室及桑拿房和蒸汽房
- 休息区域
- 淋浴间

### 私人训练

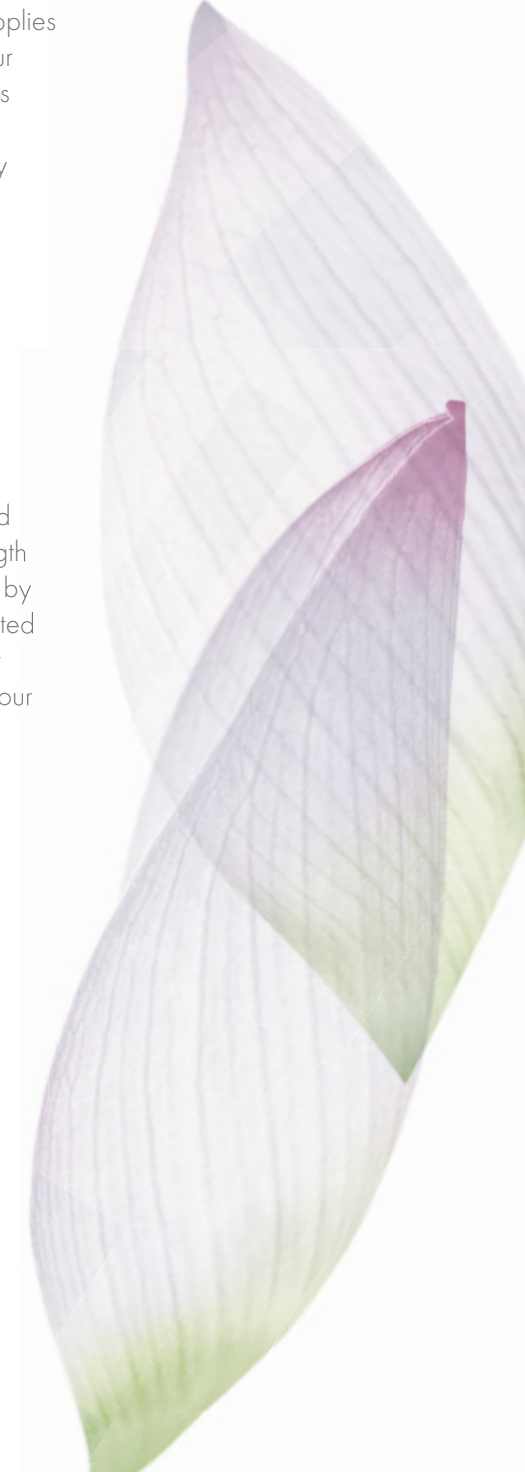
为了达到最佳健身效果，我们结合了一对一的力量训练、专业的健身教练和健康的生活方式。让我们专业的私教针对您的状况制定一个专属的课程，在放松的同时达到机能平衡。您可前往健身中心了解更多详情。

We know that exercise is a vital component to daily life, especially for travellers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our Fitness Centre equipped with Technogym® machines provides spacious, customised, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way. Raffles Spa offers:

- Personal Training
- Outdoor swimming pool
- Male and female lockers areas with Sauna, Steam Room
- Relaxation areas
- Showers

### PERSONAL TRAINING

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions, offered by our dedicated personal trainers. We would be delighted to help you create a customised programme, aimed at balancing physical activity with relaxation. Please visit our Fitness Centre for more information and bookings.



莱佛士水疗提供专属的一年制会员政策，您可享受使用专业的Spa和健身设施的权利，作为我们尊贵的会员顾客，您将享有以下权益：

#### 金卡会员

- 8张水疗60分钟护理体验券
- 5张瑜伽课程体验券
- 5张健身房、更衣室、蒸汽桑拿房及泳池使用券
- 4张童趣乐园使用券
- 1张百味中餐厅双人套餐晚宴使用券
- 享有部分餐饮的特殊折扣
- 享有spa护理及零售的特殊折扣

#### 银卡会员

- 5张水疗60分钟护理券
- 3张瑜伽课程体验券
- 3张健身房、更衣室、蒸汽桑拿房及泳池使用券
- 2张童趣乐园使用券
- 1张清水湾大堂吧双人下午茶使用券
- 享有部分餐饮的特殊折扣
- 享有spa护理及零售的特殊折扣

#### 康乐部营业时间

泳池：6:30—22:00

健身房：24小时营业

#### 儿童俱乐部

儿童俱乐部是我们的康乐设施的一部分，当您需个人空间的时候可以把小朋友放在儿童俱乐部照看。儿童俱乐部在酒店的巴厘岛翼，有室内和室外的游戏场所。

#### MEMBERSHIP

Raffles Spa offers exclusive 1 year memberships, giving you access to our comprehensive spa and wellness facilities at our properties around the world. As a valued member, you will enjoy the following benefits:

#### GOLD MEMBERSHIP

- 8 x 60 minute spa vouchers
- 5 x Yoga Class vouchers
- 5 x Vouchers for day use of Fitness Centre, changing area, Lockers, Steam, Sauna and Pool.
- 4 x Vouchers for use of Kids Club.
- 1 x Voucher for Set Menu Dinner for two at Bai Wei restaurant.
- Privileged pricing on some of our food and beverage outlets. (terms and conditions apply).
- Privileged pricing on regular price spa treatments and retail.

#### SILVER MEMBERSHIP

- 5 x 60 minutes spa treatments
- 3 x vouchers for day use of Fitness Centre, changing area, Lockers, Steam, Sauna and Swimming Pool.
- 3 x Vouchers for Yoga Class.
- 2 x Vouchers for Kids Club.
- One set afternoon tea at Clearwater bay lounge for two
- Privileged pricing on some of our food and beverage outlets. (terms and conditions apply).
- Privileged pricing on regular priced spa treatments and retail.

#### FITNESS CENTRE OPENING TIMES

Swimming Pools: Open daily 6.30am - 10.00pm

Fitness Centre: Open daily 24 hours

#### KIDS CLUB

Part of our recreation facilities includes our kids club where you can drop the children whilst you recharge your batteries. The kids club includes both indoor and outdoor play areas and is located in the Bali wing.



## 健康生活体验

### 蒸汽项目

在恒温摄氏42-45°C弥漫着芳香的湿润蒸汽房蒸汽时，更加有利于减缓哮喘及支气管炎等病症，室内的排气设备便于疏通体内的淤血及栓塞。我们建议您10-15分钟为一次循环，让您的身体充分保持水润。同时在按摩之前或按摩之后蒸汽会更加有利于您的身体血液循环系统。

### 桑拿项目

在恒温摄氏80-100°C的空间里，可以感受到肌肉紧张缓解的舒适感，同时也让您的关节疼痛感减缓到最小，桑拿对于一些关节炎、偏头疼、头痛的人群更为有效，也可作为预防流行性感冒或者运动之后的一种放松方式。我们建议您10-15分钟为一次循环，让您的身体充分保持水润。

### 户外泳池

温度维持在38°C左右的户外温水池和两个冷水池利用水循环和空气流动性让您在使用过程中更加舒适，就像自动的水疗台、空气浴缸及身体按摩池一样，泡浴在加速您身体循环功能的同时能够减轻关节疼痛感。

### 户外标准游泳池

户外标准游泳池长25米，宽10米，深1.2米。

### 户外异形游泳池

户外异形泳池占地2250平方米，1.2米深。

## HYDROTHERAPY WELLNESS EXPERIENCES

### Steam Room Wellness

Maintained at 42 - 45°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10 - 15 minutes and that you keep your body well hydrated afterwards. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

### Sauna Wellness

Maintained between 80 - 100°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10 - 15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

### Outdoor Jacuzzi Pools

Two Jacuzzi Pools maintained at a temperature of 38°C and the other two cool water Jacuzzi pools are equipped with air and water jet features, such as a hydro back bench, air tubs, and body massage. Jacuzzi helps to increase circulation and alleviate joint pain.

### Outdoor Lap Pool

Our outdoor Lap Pool spans 25 meters in length, 10 meters in width and 1.2 meter in depth.

### Outdoor Lagoon Pool

The outdoor Lagoon Pool covers 2,250 square meters and has a depth of 1.2 meters.

### 水疗体验

莱佛士水疗提供丰富多样的奢华护理体验，选用顶级spa护理产品，带给顾客多样化选择，包括：全身按摩、身体护理、面部护理及spa套餐。

### 水疗景观

莱佛士水疗就像一个恬静和平的感官静修之所，让您远离城市的喧嚣，置身静谧悠然，护理间不允许使用电话及其它电子设备，如果您需要接受信息，请提前告知我们的服务人员。

### 水疗预订

电话：+86 (898) 8338 9888

分机：6702/6703

邮箱：spa.hainan@raffles.com

莱佛士水疗位于海南岛翼一楼，为了更好的安排您的行程，建议您提前预订护理，我们莱佛士水疗的全体员工非常欢迎您的到来，并且在您选择护理的同时会给予您热心的服务与诚恳的意见。

### 护理费用及服务费

所有的价格需加收10%的服务费及6%的增值税。

### 水疗取消政策

如果需要更改或取消spa预订，请至少提前两小时通知spa服务人员，反之我们将全额收取您的费用，此项政策同样适用于未到的预订客人。

### 水疗条款项目

建议您提前30分钟到达水疗中心享用水疗设施，以确保您的护理准时开始，若晚到则会影响或缩短您的护理体验。如果您需要更改预订，请联系水疗前台接待。

电话：+86 (898) 8338 9888

分机：6702/6703

### 个人健康状况

预订时，您会收到一份详细的健康问卷，请提前告知我们您的身体状况，以便理疗师为您制定专属的按摩疗程来满足您的需求。

### 水疗着装

我们在护理房的私人更衣室为您准备了浴袍和拖鞋，您的贵重物品请放置在客房或者保险柜里。

### 水疗礼券

我们提供SPA礼券出售，适用于水疗中心所有的服务及套餐。详情请咨询水疗前台接待。

### SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and Spa day packages.

### SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know.

### MAKING SPA APPOINTMENTS

T+86 (898) 8338 9888, or dial extension 6702/6703 from within the hotel.

E spa.hainan@raffles.com

The Spa is located on the 1st floor of the Hainan Wing at Raffles Hainan. Advanced reservations are recommended to ensure availability. Our Spa Concierge will be delighted to guide you when choosing your spa experience.

### FEES AND SERVICE CHARGE

All treatment prices are subject to service charge (10%) and prevailing taxes.

### SPA CANCELLATION POLICY

If you need to reschedule or cancel any spa appointments or packages, please notify the Spa at least 2 hours in advance. Missed appointments without sufficient notice are subject to a 100% charge for reserved services. The same applies for no shows.

### SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact the Spa reception by telephone on +86 898 8338 9888, or dial extension 6702/6703 from within the hotel.

### PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to meet your needs.

### SPA ATTIRE

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or the safe provided for you.

### GIFT CARDS

Gift cards for all Spa services and packages are available for purchase. Please contact our Spa reception for further information.

---

### 水疗体验

莱佛士水疗提供丰富多样的奢华护理体验，选用顶级spa护理产品，带给顾客多样化选择，包括：全身按摩、身体护理、面部护理及spa套餐。

### 水疗景观

莱佛士水疗就像一个恬静和平的感官静修之所，让您远离城市的喧嚣，置身静谧悠然，护理间不允许使用电话及其它电子设备，如果您需要接受信息，请提前告知我们的服务人员。

### 水疗预订

电话：+86 (898) 8338 9888

分机：6702/6703

邮箱：spa.hainan@raffles.com

莱佛士水疗位于海南岛翼一楼，为了更好的安排您的行程，建议您提前预订护理，我们莱佛士水疗的全体员工非常欢迎您的到来，并且在您选择护理的同时会给予您热心的服务与诚恳的意见。

### 护理费用及服务费

以上金额均为人民币，且包含服务费及增值税。

### 水疗取消政策

如果需要更改或取消spa预订，请至少提前两小时通知spa服务人员，反之我们将全额收取您的费用，此项政策同样适用于未到的预订客人。

### 水疗条款项目

建议您提前30分钟到达水疗中心享用水疗设施，以确保您的护理准时开始，若晚到则会影响或缩短您的护理体验。如果您需要更改预订，请联系水疗前台接待。

电话：+86 (898) 8338 9888

分机：6702/6703

### 个人健康状况

预订时，您会收到一份详细的健康问卷，请提前告知我们您的身体状况，以便理疗师为您制定专属的按摩疗程来满足您的需求。

### 水疗着装

我们在护理房的私人更衣室为您准备了浴袍和拖鞋，您的贵重物品请放置在客房或者保险柜里。

### 水疗礼券

我们提供SPA礼券出售，适用于水疗中心所有的服务及套餐。详情请咨询水疗前台接待。

### SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and Spa day packages.

### SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know.

### MAKING SPA APPOINTMENTS

T+86 (898) 8338 9888, or dial extension 6702/6703 from within the hotel.

E spa.hainan@raffles.com

The Spa is located on the 1st floor of the Hainan Wing at Raffles Hainan. Advanced reservations are recommended to ensure availability. Our Spa Concierge will be delighted to guide you when choosing your spa experience.

### FEES AND SERVICE CHARGE

All prices are listed in CNY and inclusive of service charge and VAT.

### SPA CANCELLATION POLICY

If you need to reschedule or cancel any spa appointments or packages, please notify the Spa at least 2 hours in advance. Missed appointments without sufficient notice are subject to a 100% charge for reserved services. The same applies for no shows.

### SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact the Spa reception by telephone on +86 898 8338 9888, or dial extension 6702/6703 from within the hotel.

### PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to meet your needs.

### SPA ATTIRE

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or the safe provided for you.

### GIFT CARDS

Gift cards for all Spa services and packages are available for purchase. Please contact our Spa reception for further information.

诚邀您开启水疗之旅

请致电+86 898 8338 9888或拨打分机6702/6703

邮箱: [spa.hainan@raffles.com](mailto:spa.hainan@raffles.com)

#### 营业时间

水疗中心: 每天上午10点至晚上11点

泳池: 每天上午6点30分至晚上10点

健身中心: 全天开放

TO BOOK YOUR SPA JOURNEY

T+86 (898) 8338 9888, or dial extension 6702/6703 from  
within the hotel

E [spa.hainan@raffles.com](mailto:spa.hainan@raffles.com)

#### OPENING HOURS

Spa: Open daily 10.00am - 11.00pm

Swimming Pools: Open daily 6.30am - 10.00pm

Fitness Centre: Open daily 24 hours