

莱佛士水疗之旅是您的身心转换之旅，通过感知的传递您将被带到另一个生机盎然的世界——独一无二的环境和复苏的感受。让您在旅程中保持充沛的活力。

**热带激情**

150分钟.....人民币 2495元

以颇具海南风情的热带椰奶浴开始您的旅途，触动您所有感官，使您的肌肤变得滋润细滑；然后沉浸于异国情调的椰子香草身体油，体验灵感源于海南的夏威夷按摩，通过缓解肌肉紧张，促进循环，使身心达到一个深层的平衡状态。最后，具有提亮肤色、滋润肌肤功效的玫瑰精华面部护理将为您呈现一个全身心放松、重焕活力的完美体验。

**莱佛士之礼**

120分钟.....人民币 2039元

在莱佛士水疗圣地发现美好生活。天然的海盐去除全身角质，光滑肌肤，重焕活力，缔造丝滑柔嫩肌肤。面部香薰护理，融合纯天然精油与植物提取精华配以独特按摩手法，修复肌肤，保持肌肤健康状态，令肤色重现柔嫩光泽。

**莱佛士私人定制**

我们很乐意为您推荐为您量身定制的私人套餐，您可在以下菜单中任选2小时，3小时或5小时的护理项目，亦可选择一份健康小吃或午餐。

### 紧致修复面部护理

90分钟..... 人民币 1595元

该护理是针对成熟性肌肤的紧致护理。天然的护理产品，独特的双重修护紧致面膜搭配面部提升紧致、丰盈保湿的按摩手法，效果极为显著。

### 极致香薰面部护理

60分钟..... 人民币 1069元

一款根据您肤质设计的定制面部护理。极致面部护理忠于雅容玛香薰之家的护肤原理，清洁肌肤后去角质，配以活肤乳霜，面部按摩油和面膜，结合纯天然精油与植物提取精华配以独特按摩手法，修复肌肤，保持肌肤健康状态，令肤色重现柔嫩光泽。

### 深层面部清洁护理

60分钟..... 人民币 909元

一款适合于油性和混合性肤质的面部清洁护理。该深层护理包含面部蒸汽美容、去除污垢和面部热敷，利用最具有巩固效果的面部按摩和淡水泥膜裹敷。其中包含的薰衣草成分有抗菌洁肤的功效，茶树和橙花成分具有显著的深层清洁和焕发活力的功效。这款面部护理同样适合于男士的肌肤。

### 玫瑰精华面部护理

60分钟..... 人民币 995元

如果您正在寻找一种让您的肌肤恢复光泽，容光焕发的护理，那么这个护理就是为您定制的。众所周知，奢华的玫瑰精油有很好的活肤功效以及修复肌肤和深层滋养功效。这款面部护理使您的肌肤更加细滑，提亮肤色的同时放松大脑，同时也适用于晒后修复和敏感肌肤。

### 眼部紧致修复护理

30分钟..... 人民币 535元

专业的按摩手法促进微循环和排毒功能，帮助减轻浮肿，纯天然的植物精华和按摩油使您的双眸绽放明亮魅力。

### 时光旅人清爽护理

60分钟.....人民币 909元

此款护理特别适合品质旅行者在长途旅行后进行，让您精神焕发以便再次扬帆起航。在进行一个清爽的身体磨砂后，再给您的肌肤涂上一层身体乳液。在身体肌肤充分吸收乳液精华的同时，足底反射区按摩让您释放压力，排出身体毒素。倍具清新并排毒功效的植物精华油，让您护理结束后倍感清新舒适，充满活力。

### 草本身体复苏护理

90分钟.....人民币 1595元

草本身体复苏理疗使用天然草本植物提取物如生姜、迷迭香、柠檬、核桃壳颗粒,温和去除全身角质，缓解皮肤干燥乏累。利用敷裹，改善血液循环,促进皮肤柔软。结合舒缓的背部按摩，帮助释放压力，缓解肌肉紧张。

### 矿物泥滋润身体裹肤

60分钟.....人民币 995元

这是一款针对干性、脱水性及妊娠纹肌肤的滋润护理。含有丰富营养的淡水黑泥、白色高岭土和甜杏仁油深层滋润肌肤、生成和保护健康细胞创造柔嫩细滑肌肤。裹肤的同时使用精油头部按摩帮助清醒头脑恢复能量。

### 晒后修复裹肤

60分钟.....人民币 995元

一场高尔夫运动或者是日光浴后，此款清凉滋润的身体裹肤最适合被过度日晒过的肌肤。芦荟精华在给身体充分补水的同时能减缓皮肤暴晒后的不适感。

### 海南莱佛士特色按摩

90分钟.....人民币 1595元

受亚洲传统理疗技术启发，此款莱佛士特色按摩运用滋润的椰子油来温暖身体，给肌肤补水。温热的草药球富含各种珍贵的中草药精华，如生姜、肉桂、丁香等，结合特定的按压手法，让身体释放压力、重获能量，并增强血液循环。

### 海南夏威夷按摩

90分钟.....人民币 1435元

以夏威夷传统理疗技术为灵感，此款按摩的技术手法有助于改变固定思维，充分挖掘潜能。结合异域香草及本地椰油，通过长时间富有节奏的按压技术，能充分缓解肌肉酸痛、增强血液循环及疏通堵塞的经络，获得身体深层次的放松。

### 传统热石按摩

90分钟.....人民币 1435元

此款舒适的身体护理能平缓肌肉紧张、增进血液循环。滋润的精华油和温热的火山石能深入缓解疲惫疼痛的肌肉、激活身体各处能量穴位，让您身心焕发。

### 传统中式按摩

60/90分钟.....人民币 995元/1445元

传统中式按摩的历史可追溯到 2000 多年以前，最初是作为一种康复治疗方法。传统中式按摩注重整体性而非局部肌肉。在进行全身身体按摩时，着重于身体能量的流动，即经络的疏通。

### 身心舒畅按摩

60/90分钟.....人民币 909元/1365元

长途跋涉后休息下来和雅容玛香薰之家的晚间舒缓按摩油一起，来一个深度放松的休息。富含岩兰草、洋甘菊及檀香精华的按摩油能平复过度活跃的头脑、平静和安抚您的情绪。您亦可选择其它适合您的精油。

### 舒肌按摩

60/90分钟.....人民币 995元/1445元

结合雅容玛香薰之家的舒肌按摩油，富含迷迭香、黑胡椒和姜汁精华，理疗师运用中等至深层按压力度，根据您的具体情况结合舒缓拉伸技术手法，能有效缓解疲惫肌肉酸痛、减轻精神焦虑。

### 中式足底按摩

60分钟.....人民币 909元

传统中式足底按摩基于中国古代的中医理念，有益于维持身体健康。该疗法会对足部的每个反射点都进行深度按摩，以重焕活力，平衡体内的能量流动。

### 浪漫邂逅

90分钟.....人民币 3185元

这款特色的双人护理是在水疗套房里定制的两人水疗按摩浴和双人按摩。帮您消除日常生活压力，沉浸在烛光浪漫浴和莱佛士特色按摩里。

### 共度时光

60/90分钟.....人民币 1819元/2729元

一起远离喧嚣，在莱佛士水疗套房里放松享受使用特色按摩油的两人按摩。

这里是为您提供的升级体验护理，可以在您已选择的护理基础上增加格外的护理及服务。如果您没有太多充裕的时间享受护理，这里也为您准备了迷你护理，可以根据您的需要选择护理，帮助您放松身心，重焕活力。以下是供选择的30分钟迷你护理项目：

消除疲劳足部护理.....人民币 535元

背、颈、肩按摩.....人民币 535元

水力按摩浴.....人民币 535元

身体去角质护理.....人民币 535元

头部按摩.....人民币 535元

迷你面部护理.....人民币 535元

火罐护理.....人民币 535元

热带时令水果.....人民币 535元

### RAFFLES HAINAN SIGNATURE MASSAGE

90 minutes.....CNY 1,595

Inspired by ancient healing therapies from Asia, this Raffles signature massage begins with a massage using rich coconut oil to hydrate the skin and warm up the body. Heated herbal compresses holding precious Chinese herbs such as, ginger, cinnamon, and clove are then compressed on the body to relieve stress, boost energy and improve blood circulation.

### HAINANESE LOMI LOMI MASSAGE

90 minutes.....CNY 1,435

Inspired by Hainan using techniques from the ancient Hawaiian healing tradition this Lomi Lomi massage symbolizes transformation to help remove old patterns and unlock our potential. Using exotic vanilla and coconut oil this massage disperses muscle tension through long, rhythmic strokes, enhancing circulation and releases blockages, creating a deep sense of balance.

### ANCIENT HOT STONE MASSAGE

90minutes.....CNY 1,435

This indulgent body treatment soothes muscle tension and encourages blood circulation. Using nourishing essential oils and warm volcanic stones to penetrate tired aching muscles, activates various energy points allowing you to unwind into a restful state of mind.

### TRADITIONAL CHINESE MASSAGE

60/90 minutes.....CNY 995/1,445

Traditional Chinese massage grew as a healing art over 2000 years ago. With its holistic approach, Chinese massage focuses on the entire being, rather than on specific muscles. Special attention is paid to the flow of energy throughout the entire body.

### ABSOLUTE RELAXATION MASSAGE

60/90 minutes.....CNY 909/1,365

Calm yourself after a long journey and rest easy with Aromatherapy Associates Deep Relax Massage Oil. Aromas of vetiver, chamomile and sandalwood assist in calming your overactive mind and help bring you to a more restful state. Other oils are also available for you choose for this treatment.

### MUSCLE DE-STRESS MASSAGE

60/90 minutes.....CNY 995/1,445

Using the Aromatherapy Associates De-Stress Muscle Oil, this massage uses rosemary, black pepper and ginger which is absorbed deep into the muscle. The therapist will apply medium to deep pressure, combined with gentle stretching techniques, according to your specific needs. Soothe achy tired muscles and decompress your nerves as we release all your worries. the flow of energy throughout your body.

Note: This treatment may create some muscle soreness up to 24 hours afterwards.

### ORIENTAL FOOT REVITALIZER

60 minutes.....CNY 909

Traditional Chinese reflexology is a therapeutic style of reflexology, based on the principles of Chinese medicine. A deep and invigorating massage of the reflex points on your feet, Traditional Chinese reflexology helps to balance the flow of energy throughout your body.

Raffles Spa Journeys assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well-rested and on your journey to living well.

**TROPICAL INDULGENCE**

150 minutes.....CNY 2,495

Begin your Hainanese Ritual touching all your senses in a warm tropical coconut milk bath that will leave your skin hydrated and smooth. Next indulge in a Hainan inspired Hawaiian Lomi Lomi massage using an exotic coconut and vanilla body oil. Your massage will alleviate muscle tension through long, rhythmic strokes, enhance circulation and releases blockages, creating a deep sense of balance. Finish with an Essential Rose facial for a radiant complexion and an overall feeling of wellbeing and rejuvenation.

**RAFFLES WELLBEING**

120 minutes.....CNY 2,039

Discover living well in the perfect Raffles Spa sanctuary. Soothe dry skin with a full body exfoliation using sea mineral salt and seal in the moisture with a hydrating natural moisturizing factor. Complete the sensory experience with the Ultimate Aromatherapy Facial combining the finest pure essential oils and plant extracts, applied with specific massage techniques to restore and condition the skin, leaving the complexion smooth and luminous

**Raffles Spa Day Packages**

Our knowledgeable spa team would be happy to recommend any 2, 3, or 5 hour spa packages suited to your specific needs. These can include anything from our menu and a healthy snack or lunch.



### INTENSIVE ANTI-AGING FACIAL

90 minutes.....CNY 1,595

An intensive treatment for those concerned with the signs of ageing. Award-winning natural products are used in conjunction with a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

### ULTIMATE AROMATHERAPY FACIAL

60 minutes.....CNY 1,069

A bespoke facial, specially designed to suit your individual skin needs. This ultimate facial remains true to Aromatherapy Associates' skincare philosophy, preparing your skin by cleansing and exfoliating, followed by a layering of active serum, face oil and treatment mask. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous.

### DEEP CLEANSING FACIAL

60 minutes.....CNY 909

An intensive purifying treatment for oily and combination skin that incorporates steaming, extraction and hot towel compresses, alongside facial massage and a freshwater mud mask. The anti-bacterial and purifying properties of lavender, tea tree and orange flower will deeply cleanse for super clean and fresh skin. This facial is perfect for male skin types.

### ROSE ESSENTIALS FACIAL

60 minutes.....CNY 995

If you are looking for a treatment that restores radiance and a glowing skin, this is the treatment for you. Luxurious rose essential oils, long known for their rejuvenating properties, help condition and deeply nourish the skin. The result is a smooth, radiant complexion and a relaxed state of mind. This facial is ideal after a long day in the sun or for sensitive skin types.

### INTENSE EYE REPAIR

30 minutes.....CNY 535

Specialized massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

**TIME TRAVELER REFRESHING BODY SCRUB**

60 minutes.....CNY 909

This treatment is perfect for the well-travelled guests to recharge after a long journey. Refresh yourself with an invigorating body exfoliation, followed by a layering of lotion, which will be left to absorb deep into the skin, while a stimulating foot massage encourages the release and elimination of toxins. Our stimulating Revive blend of essential oils, renowned for their freshening and detoxifying properties, will leave you feeling fresh, alive and full of energy.

**HERBAL BODY REJUVENATION**

90 minutes.....CNY 1,595

This body rejuvenations uses the healing nature ingredients beginning with a full body exfoliation using natural herbal plant extracts such as ginger, rosemary, lemon, walnut shell grain to gently remove dull tired skin. Next a stimulating wrap is applied to the body to improve circulation and promote softer skin. A soothing back massage helps to release stress and muscle tension.

**MINERAL MUD NOURISHING BODY WRAP**

60 minutes.....CNY 995

A nourishing treatment to improve dry, dehydrated, stretch marked skin. Nutrient rich fresh water black mud, white kaolin clay and sweet almond oil are used to actively moisturize the skin to build and maintain healthy cells and give it a smoother feel. During the wrap a relaxing head and scalp massage using essential oils will help to clear the mind and restore energy.

**AFTER SUN COOLING WRAP**

60 minutes.....CNY 995

Refreshing and soothing body wrap to cool overheated skin after playing a round of golf, or relaxing in the sun. The Aloe nature cools and refreshes whilst soothes and heals. Instant relief for sun exposed skin.

**ROMANTIC RETREAT**

90 minutes.....CNY 3,185

Our signature couples retreat is offered in our Spa Suite featuring a Jacuzzi for two and side-by-side massages. Let the pressure of everyday life melt away as you submerge in a romantic candlelight bath with special Raffles touches

**TOGETHERNESS**

60/90 minutes.....CNY 1,819/2,729

Take time away to be together. Relax and enjoy side by-side massages in the Raffles Spa Suite using our signature oils.

For those of you who wish to upgrade any of our present treatment list with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

- REVIVING FOOT TREATMENT.....CNY 535
- BACK, NECK AND SHOULDER MASSAGE.....CNY 535
- BATH TIME.....CNY 535
- EXPRESS BODY SCRUB.....CNY 535
- HEAD AND SCALP MASSAGE.....CNY 535
- EXPRESS FACIAL.....CNY 535
- CUPPING.....CNY 535
- TROPICAL FRUITS.....CNY 535