

## MASSAGES 按摩

<b>Deep Tissue Massage   深层肌肉按摩</b>		
	60 mins	\$165++
	90 mins	\$235++

Our most popular therapeutic massage uses deep tissue techniques and light stretching, working on the deeper layers of your body to release muscle tension. Ideal for active individuals.

我们最受欢迎的治疗按摩，深层组织技术和轻柔拉伸，作用于身体的深层组织，舒缓绷紧肌肉。它是爱好运动的理想选择。

<b>Signature Asian Blend Massage   亚洲特色按摩 (New)</b>		
	60 mins	\$165++
	90 mins	\$235++

Experience a journey through Asia with the hands of our skilled therapists. This massage combines traditional Asian Techniques, including Thai pressure point, Balinese and Malaysian strokes, Chinese energy flow and more, restoring and balancing your energy throughout your entire body. Recommended for easing jetlag and insomnia.

让我们的治疗师带您体验一场亚洲之旅。这种按摩结合了多种传统亚洲按摩技术，包括泰国指压，巴厘岛和马来西亚的掌推，中国的经络疏通等，能帮助您体内气息的自然运行，也能够有效帮助调整时差和改善失眠。

<b>Relax Aroma Massage   氣舒缓放松特色按摩</b>		
	60 mins	\$165++
	90 mins	\$235++

This light to medium pressure Swedish massage is designed with all of your needs in mind. Choose from a selection of natural aroma oils to enhance your spa experience.

这项轻到中等力度瑞典式按摩是为你的所需而设，精选天然芳香精油提升您的水疗体验。

<b>Healing Himalayan Hot Salt Stone Massage   喜马拉雅疗愈盐石按摩</b>		
	90 mins	\$235++

Feel your tension melt away with the use of heated natural salt stone crystals. Considered the purest and most beneficial salt on earth, it contains 84 naturally-occurring minerals and salts. Resonating at the Earth’s frequency, the heated salt stones neutralise the ill effects of toxic frequencies we live with. Excellent for treating jetlag and insomnia.

让你的紧张压力随着这些加热的天然盐石晶体而融化。被认为是在地球上最纯净和最有益的盐，它包含84天然矿物质和盐。加热的盐石以地球的频率共振，平衡并消除了我们每天生活中有害频率的不良

<b>Soothing Foot Massage   足部舒缓按摩</b>		
	30 mins	\$85++
	45 mins	\$120++
	60 mins	\$165++

Designed to provide relief to your tired feet and calves, this divine massage will stimulate blood circulation and reduce swelling of the legs. Also available by the poolside.

为您的疲惫的脚和小腿提供缓解和舒适而设，这按摩将刺激血液循环并减少腿部肿胀。也可在池畔进行。

<b>Tension-Relieving Neck and Back Massage   肩背舒压按摩</b>		
	30 mins	\$85++
	45 mins	\$120++
	60 mins	\$165++

After a long day of travel or business meetings, this massage releases tension in your back, neck and shoulders to help you unwind and get a peaceful night’s sleep.

经过漫长的一天的旅行或紧张的商务会议后，这按摩能释放您背部，颈部和肩膀的紧张肌肉，帮助你放松身心、宁神安眠。

All prices are subject to 10% service charge and GST. 所有价格需另加10%服务费和消费税。

## WELLNESS JOURNEYS 氣健康之旅

<b>Singaporean Wellness Escape   新加坡健康逸程</b>		
	2.5hours+meal	\$340++

Enjoy the serenity of Chi, The Spa within the 2 1/2 hours treatment. Includes a delicious light and healthy meal served in our poolside restaurant at the end of the treatment.

轻松幽静的氛围，让您在这2个半小时里得到充分的放松。疗程结束后，还可在我们的池畔餐厅享味清淡和健康的餐点。

<b>Better Sleep   安稳睡眠</b>		
	2hours	\$275++

Renew your mind and body with this treatment specifically designed to combat jet lag and insomnia. After a grounding foot bath ritual, rebalance through our Himalayan Hot Salt Stone Massage. Complete the experience with a relaxing Marma Point Scalp Massage.

专门用于对抗时差和失眠的治疗方法来可以更新您的身心。先体验舒心的泡脚仪式，再通过我们的喜马拉雅热盐石按摩重新您的平衡。最后再享受轻松的头部按摩，体验完美体验。

*Includes: Foot Bath Ritual, 90 minutes Himalayan Hot Salt Stone Massage, 25 minutes of Marma Point Scalp Massage*  
含：足浴，90分钟热盐石按摩，25分钟阿育吠陀头皮按摩

<b>Spa-Tea   水疗下午茶</b>		
	90 mins	\$260++

Enjoy a decadent spa day with your besties at Shangri-La Hotel, Singapore! Our SPA-Tea package includes 90 minutes of pampering under the skilled hands of our trained therapist, followed by an indulgent 3-tier local afternoon tea experience at Lobby Lounge.

知己相伴，在新加坡香格里拉大酒店悠享水疗时光。水疗下午茶套餐包括90分钟水疗及大堂酒廊的地方风味三层下午茶，为您带去从身心到味蕾的沉醉享受。

<b>Orchid Bliss   御品兰花</b>		
	90 mins	\$199++

Pamper your skin with the Orchid Bliss treatment and experience the soothing effects of the orchid extract combined with a toning body wrap, scalp massage, and back massage. *Orchis mascula* (early-purple orchid) flower extract is a soothing, skin conditioning compound that also brightens and lightens skin and freckles via modulation of melanin production.

御品兰花护理以兰花精粹为材料，为您的肌肤带去极致呵护。护理内容包括调理身体裹敷、头皮按摩，以及背部按摩。早春紫兰萃取物具有平滑及调理肌肤的作用，通过抑制黑色素生成，最终实现亮颜祛斑功效。

## MASSAGES 按摩

<b>Mom-To-Be Massage   孕妇按摩</b>		
	60 mins	\$185++
	90 mins	\$255++

For women in their second or third trimester, this gentle relief massage enhances comfort, reduces swelling and improves circulation. This massage is performed on your side using pillows for support. You will receive an unzented concreta balm to ease your body into the glorious journey of motherhood.

对于第二或第三妊娠期的女仕，这项温柔的按摩舒缓不适，减少肿胀和改善循环。此按摩是侧身进行并使用枕头做支撑。我们将另外赠送适合孕妇使用的无香味的润肤膏。

<b>Massages for Two   双人行</b>		
	60 mins	\$165++ per person
	90 mins	\$235++ per person

Make time to reconnect with a loved one, best friend or family member with massages, set within one of our exquisite suites for two. Two therapists work in unison to provide an unforgettable experience. Both massages must be identical in duration.

在我们精致的水疗双人套间与亲人，最好的朋友或家庭成员共享美好休闲时光。

In-room massages are also available at an additional \$80 per massage. Please enquire with the reception at Chi, The Spa. 我们也提供客房内按摩服务，每项按摩服务需多付\$80。敬请向我们的柜台人员咨询

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## Treatment Enhancements 面部护理加项

No extra time is required. Results are immediate. 不需要额外的时间，但效果显著。

<b>Organic Probiotic Lotion</b>		
Incorporate with your massage oil for flawless skin with this peptide rich lotion		

**有机益生元乳液**  
这款乳液富含肽成分，与按摩油搭配使用可恢复肌肤光彩。 \$20++

<b>Instant Anti-Puffy Eye Mask</b>		
Get that twinkle back with a quick fix. This mask can be added on to any treatment of your choice		

**抗浮肿眼膜**  
快速修复，重新焕发眼神神采。该款眼罩可以与您选择的任何保养方式搭配使用。 \$21++

<b>Collagen-Enhancing Face Mask</b>		
Add on this power packed Collagen Enhancing Face Mask to a treatment of your choice for that instant glow		

**胶原面膜**  
将该款强力胶原蛋白增强面膜加入保养方案，让您的光彩瞬间再现。 \$21++

<b>Hot Oil Scalp &amp; Hair Treatment</b>		
A potent dose of luxuriously warm coconut oil drizzled onto your scalp and gently massaged in; hair is left shiny, silky and hydrated for that instant glow		

**椰子油头皮和头发护理**  
将一剂强力温热椰子油洒在头皮上轻轻按摩；头发将充满光泽，丝滑水润。 \$21++

## BODY TREATMENTS

### Body Scrubs 身体磨砂

<b>Organic Salt &amp; Sugar Scrub   有机益生元身体磨砂</b>		
	60mins	\$165++

This organic salt & sugar full body scrub provides the perfect polish. Sugar and salt work together to gently buff the skin, and nourishing shea butter and coconut oil impart softness, for satiny smooth skin.

这款有机盐和糖全身磨砂提供完美的提亮效果。先用糖和盐轻柔地修护肌肤，再用滋养乳木果油和椰子油，使肌肤变得光滑柔嫩。

<b>Detoxifying Marine Scrub   排毒海洋磨砂</b>		
	60mins	\$165++

Restore silky, smooth skin after a full body exfoliation rich in natural Dead Sea salt crystals and papaya extract which aid in the elimination of dead cells and removal of excess fluids.

丰富的天然死海盐和木瓜提取物磨砂使肌肤丝柔光滑，有助去角质和去水。

### Body Wraps 身体裹敷

<b>Age-defying Organic Shea Butter Wrap   逆龄有机乳木果油身体裹敷</b>		
	60mins	\$165++

Using our exclusive organic shea butter infused with paracress (nature’s answer to botox), this wrap will plump, firm and hydrate the skin in the most natural way. Can be performed without scent or with a bespoke aroma of your choice.

独家有机乳木果油注入天神草（天然的肉毒杆菌），这身体裹敷将以最自然的方式让肌肤啧啧水润和紧致。可使用没有香味或您选择的专属香味的裹敷。

<b>Thalasso Slimming Detox Wrap   海水减肥排毒裹敷</b>		
	60mins	\$165++

Naturally eliminate excess fluids and toxins from the body with extracts of seaweed and sea salts. The body is detoxified and skin becomes smoother and more elastic, leaving you a sense of well-being and lightness.

用海藻和海盐提取物轻松排出身体多余的水液和毒素。身体解毒，皮肤变得更光滑，更有弹性。给你健康轻松的感觉。

### Combos 专属定制组合

	105mins	\$259++
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Choose any scrub and wrap of your choice to leave your skin wonderfully soft and hydrated.

“一加一大于二”，选择任何磨砂与喜欢的身体裹敷量身定制您的组合，让您的皮肤光滑细腻、柔软水润，光彩照人。

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## FACIALS 面部护理

Please note that no extractions are performed in any of our facials. For best result, please arrive without makeup.

请注意，我们的面部护理中都不做针清黑头。请在没有化妆的情况下抵达，以达到最佳效果。

### Imperial Jade Facial | 帝王玉面部护理

60mins \$190++

The Imperial Jade Facial is an ancient scraping massage technique developed by Traditional Chinese Medicine. Using precious crystals in combination with ancient techniques, it employs gentle, sweeping and gliding motions to tone, lift, and smooth the skin to reveal a youthful complexion.

使用珍贵的水晶工具进行专业按摩，以改善血液循环，刺激淋巴引流和释放毒素，增强皮肤的天然保湿。释放脸中的筋膜，减轻浮肿，使皮肤更光滑，紧致与容光焕发。

### Classic Deep Cleansing Facial | 经典深层洁淨面部护理

60mins \$160++

Experience a deep cleansing facial using skincare rich in naturally-occurring vitamins, mineral salts and oxygenating elements of selected fruits, plants, and flowers. All of these ingredients work together to rebalance the skin. Ideal for all skin types.

体验富含天然维生素、矿物质和含氧的精选水果、植物和花卉元素的护肤品，深层洁肤面护。精选成分，重新平衡皮肤。适用于所有皮肤类型。

### Vitamin C Facial | 维C面部护理

60mins \$160++

This revitalizing facial combines the most advanced forms of vitamin C, offering protection against the damaging effects of free radicals while acting as a shield to bring flawless skin.

活力满满的面部护理以最先进的维生素C成分，让肌肤免受自由基的破坏性影响，令您的肌肤回复光彩亮丽。

### Personalised Rejuvenating Facial | 原液之谜个人专属逆龄面部护理

60mins \$240++

After a thorough skin analysis to determine your skin's needs, your aesthetician will use Biologique Recherche, formulated with high concentrations of active ingredients, for immediate results.

美容师为您先做详细的皮肤分析以确定您的皮肤需求，再使用著名的高浓度活性成分配制之原液之谜护肤品做高效的面部护理。

### Hydration-Boosting Facial | 原液之谜补水面部护理

90mins \$350++

This Biologique Recherche facial nourishes your skin at the cellular level with a deep cleanse, exfoliation and a customised facial mask, followed with two serums. Bio-active ingredients penetrate and work beneath the epidermis to reveal a bright and glowing complexion in one treatment.

这个原液之谜修复滋养面部护理，为皮肤补水，净化和强化细胞。含深层清洁，去角质和定制面膜，然后注入两个精华。生物活性成分白茶和绿茶提取物渗透至活跃的深皮层。一次见效之护理令你的肤色明显提亮，焕发健康光泽。

## HOW TO SPA AT CHI 怎样享受您的水疗护理

To ensure a relaxing experience at Chi, The Spa, we recommend these simple guidelines.

为了确保您在氣水疗中心能有个放松的体验，我们建议您遵循这些简单的指南。

### Hours of Operation | 营业时间

Daily, 10am to 10pm

每日上午10点至晚上10点

### Reservations | 预订

To make a reservation, please contact Chi, The Spa at +65 6213 4818 or dial 7278 from your hotel room.

如需预约，请致电+65 6213 4818 氣水疗中心或从酒店客房拨打7278。

### Late Arrival | 迟到

Please arrive 15 minutes prior to your scheduled appointment as treatments will not be extended for late arrivals; full amount on the scheduled treatment will be charged accordingly.

请于预定时间前15分钟到达，因为疗程时间段不能因迟到达而延长; 并将收取相应预定疗程的全数金额。

### Attire | 衣着

A robe, slippers, and a locker will be provided during your spa visit. During treatments, towels will be used as appropriate to preserve our guests' modesty.

我们已为您准备好享用护理时的长袍及拖鞋。在疗程中，我们会使用毛巾保护客人的私密。

### For Your Comfort | 为了你的舒适

To ensure you receive the utmost from your Chi, The Spa experience, we encourage you to share your preferences for the room temperature, treatment pressure, and technique with the therapist.

为了确保您能从我们的氣水疗体验中获得最大收益，我们鼓励您与理疗师提出您对室温，按摩力度和技术的偏好。

### Health & Condition | 健康状况

If you are pregnant, have high blood pressure, allergies, heart conditions, or other health considerations that would affect your choice of services, please let us know beforehand and upon arrival to allow us to personalise your spa experience.

如果您怀孕，患有高血压，过敏，心脏病或任何其他会影响您选择水疗服务的健康因素，请事先通知我们，并在到达时让我们根据您的需要设计一项属于您的个性化体验。

### Confirmation | 确认

A credit card number is required at the time of booking to secure the appointment.

我们需要您的信用卡详细信息来确保您的预订。

### Cancellation | 取消预订

In consideration of other spa guests, we request a minimum of 4 hours' cancellation notice failing which, a 50% cancellation fee will be charged to your credit card or to your valid room account. No-shows will be charged as full amount.

考虑到水疗中心其它客人的需要，如果您如无法应约，请在护理项目开始前24个小时通知我们，我们将很乐意为您重新安排时间。若您在4小时的限期内取消预约或没有应约，水疗中心将会收取100%取消费。

### Gratuities | 小费

Additional gratuities for exceptional service may be added to your bill upon check-out.

如你十分满意我们的服务，在结帐时可在您的帐单添加额外的小费。

### Payment | 付款

We accept cash, all major credit cards and gift vouchers authorised by Shangri-La Hotel, Singapore. All prices are quoted in Singapore Dollars and subject to 10% service charge and GST. Hotel guests may opt for the treatments to be billed to their valid room account.

我们接受现金，所有主要信用卡和新加坡香格里拉大酒店核准的礼券。所有价格均以新加坡元报价，需另加10%服务费和消费税。住店的客人可以使用有效的房间帐号签疗程房帐。

### Level 1, Garden Wing

Shangri-La Hotel, Singapore Orange Grove Road, Singapore 258350

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