

## WELLNESS JOURNEYS 氣健康之旅

**Singaporean Wellness Escape | 新加坡健康逸程** 2.5 hours+meal \$355++

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。

**Better Sleep | 安稳睡眠** 2 hours \$290++

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。最后再享受一个轻松的头部按摩，为您的体验画上完美的句点。

*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

**Spa-Tea | 水疗下午茶** 90 mins inclusive of high tea \$275++

Enjoy a decadent spa day at Shangri-La Singapore. Begin with 90 minutes of personalized pampering treatments, designed to soothe, and rejuvenate, followed by an indulgent 3-tier local afternoon tea experience at The Lobby Lounge. Discover the perfect harmony of spa luxury and tea tradition with our Spa-Tea package, a perfect escape from the hustle of a busy life.

在新加坡香格里拉大酒店享受奢华的水疗日。首先享受90分钟的个性化呵护理疗，旨在舒缓身心、重焕活力，然后前往大堂酒廊享受奢华的三层式当地下午茶体验。我们的水疗下午茶套餐让您体验水疗奢华与茶艺传统的完美融合，让您远离繁忙生活的喧嚣。

## 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。

**Instant Anti-Puffy Eye Mask | 抗浮肿眼膜** \$25++  
Get that twinkle back with a quick fix. This mask can be added on to any treatment of your choice.

快速修复，该款眼罩可以与您选择的任何保养方式搭配使用。

**Age-Defying Face Mask | 抗老面膜** \$25++  
Don't have time for a facial? Add on this power packed mask filled with Hyaluronic acid and peptides to a treatment of your choice, and your skin will thank you for it.

没时间做面部护理？将这款充满透明质酸和肽的强力面膜添加到您选择的疗程中，您的皮肤会为此感谢您。

**Hot Oil Scalp & Hair Treatment | 椰子油头皮和头发护理** \$25++  
A potent dose of luxuriously warm coconut oil is drizzled onto your scalp and gently massaged in. This nourishing treat is both calming and relaxing. (to enjoy the full efficacy of this treatment, oil is best left in for a minimum of 1 hour)

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。

**Brightening Face Mask | 亮肤面膜** \$25++  
Get your glow on with our Brightening Face Mask which is an excellent add-on to promote brighter skin tone while gently exfoliating dead skin cells.

使用我们的亮肤面膜，让肌肤焕发光彩。它是提升肤色亮度的绝佳选择，同时温和去除老化角质细胞。

**Monoï Hot Oil Hair Treatment | Monoï 热油护发护理** \$25++  
Unique to Tahiti, Monoï Oil is an indigenous Polynesian beauty ritual used for centuries. Monoï Oil is rich in fatty acids, adding lustre and strength to your tresses.

源自塔希提岛，Monoï 油是一种具有悠久历史的波利尼西亚美容仪式用油，增添光泽并增强韧性。

**Sole Quencher | 足部深层滋养护理** \$25++  
The ultimate remedy for feet needing hydration. Let your feet be wrapped in Shea Butter balm that melts on contact, providing a protective film and intense nourishing care.

为需要补水的双足提供终极护理。让您的双脚被乳木果油膏包裹，触肤即融，形成保护膜并提供深层滋养护理。

## MASSAGES 按摩

**Deep Tissue Massage | 深层肌肉按摩** 60 mins \$180++  
90 mins \$250++

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。

**Signature Asian Blend Massage | 亚洲特色按摩** 60 mins \$180++  
90 mins \$250++

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。

**Relax Aroma Massage | 氣舒缓放松特色按摩** 60 mins \$180++  
90 mins \$250++

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。

**Healing Himalayan Hot Salt Stone Massage | 喜马拉雅疗愈盐石按摩** 90 mins \$250++

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

**Soothing Foot Massage | 足部舒缓按摩** 30 mins \$100++  
45 mins \$135++  
60 mins \$180++

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。

**Tension-Relieving Neck and Back Massage | 肩背舒压按摩** 30 mins \$100++  
45 mins \$135++  
60 mins \$180++

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。

**Mom-To-Be Massage | 孕妇按摩** 60 mins \$200++  
90 mins \$270++

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 a shea butter 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乳木果油的润肤膏。

**In-Room Massage**  
Indulge in our massage treatments in the comfort of your room at an additional \$155 per session. To arrange, please enquire with the reception at Chi, The Spa.

**客房按摩服务**  
我们也提供客房内按摩服务。每项按摩服务需多付\$155.请向我们的柜台人员咨询。谢谢。

## BODY TREATMENTS

### Body Scrubs 身体磨砂

**Turkish Body Scrub | 土耳其磨砂** 60 mins \$180++

Eucalyptus and stimulating aromatherapy essences are blended with mineral-rich sea salts to exfoliate, invigorate and demineralize the skin. Leaves the skin feeling luxuriously soft, smooth and energized. Rich in nourishing minerals and oils, this treatment leaves the skin feeling luxuriously soft, smooth and energized.

### Detoxifying Marine Scrub | 排毒海洋磨砂

60 mins \$180++  
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本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

**Age Defying Shea Butter Wrap | 逆龄乳木果油身体裹敷** 60 mins \$180++

Shea Butter is great to help firm and hydrate the skin in the most natural way. An excellent product to help smooth, sooth and condition your skin.

独家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。

**Thalasso Slimming Detox Wrap | 海水减肥排毒裹敷** 60 mins \$180++

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.

**Combos 专属定制组合** 105 mins \$275++

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。

All prices are subject to 10% service charge and prevailing government taxes.  
所有价格需另加10％服务费和现行政府税费。

All prices are subject to 10% service charge and prevailing government taxes.  
所有价格需另加10％服务费和现行政府税费。

All prices are subject to 10% service charge and prevailing government taxes.  
所有价格需另加10％服务费和现行政府税费。

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。

Classic Deep Cleansing Facial | 經典深层洁淨面部护理 60 mins \$175++

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 60 mins \$175++

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。

HOMMAGE™ Gentlemen’s Facial | HOMMAGE™ 男士面部护理 60 mins \$175++

Our bespoke Gentlemen’s Facial uses Hommage™ products that address the special skincare needs of gentlemen. This facial focuses on skin maintenance, and is designed to diminish fine lines and brighten tired complexions.

我们定制的男士面部护理使用 Hommage™ 产品，专攻男士的特殊护肤需求。这款面部护理专注于皮肤保养，减少细纹并提亮疲惫的肤色。

Personalised Rejuvenating Facial | 原液之谜个人专属逆龄面部护理 60 mins \$260++

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 90 mins \$370++

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。

\*Please inform the reception if this is your first time using Biologique Recherche.

\*如果这是您第一次使用 Biologique Recherche 产品，请告知前台。

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 8pm  
每日上午10点至晚上8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 30 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30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.

为了尊重其他水疗客人，我们要求至少提前 4 小时通知取消预约，否则将收取 50% 的取消费用，该费用将计入您的信用卡或有效房账。未出现的客人将被收取全额费用。

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 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。



THE SPA AT SHANGRI-LA

*Singapore*