

21 - 27  
JUNE



RENOWNED HOLISTIC PRACTITIONER

*Buathon Thienarrom*

泰國權威客座療癒師 Buathon Thienarrom親臨水療中心，  
帶來全方位的康體項目及工作坊，引領您尋找身心的平靜和諧。

Conducting a series of healing workshops which will lead your body and mind to find peace and harmony, make a date with our visiting practitioner Buathon Thienarrom at The Spa.

預約請聯絡 For reservations, please call us at  
+853 8805 8588 · momac-spa@mohg.com



21 JUNE | 8PM - 9PM  
免費參與 COMPLIMENTARY

## 自癒工作坊 “HEAL” WORKSHOP

透過頌鉢的聲音頻率共振，重新調整自身，  
同時強化自我意識、想像及轉化來提高內在的共鳴，實現身心靈的和諧狀態。

Unwind and realign with our Healing Bowl Vibrations.

Elevate your inner vibration through self-awareness, visualization, and transformation  
for a soulful alignment of body and mind.

22 - 27 JUNE | 11AM - 8PM

### 綜合治療—釋放和恢復

#### Integrative Healing - Release and Restore

90 minutes | M O P 3,330\* per person  
分 鐘 澳門元 起 每位

定制的治療課程可滿足您的需求，掙脫非必要的束縛並恢復對自身的專注，使身體、思想和靈魂更加協調。

A customised healing session which caters to your needs in releasing unnecessary energy while restoring a better self-focus for a greater alignment of body, mind and soul.

### 禪拿泰—釋放身體崩緊和腹部排毒

#### ZenNaTai - Physical Tension Release & Abdominal Detox

75 minutes | M O P 2,820\* per person  
分 鐘 澳門元 起 每位

禪拿泰是一種整體治療按摩，會產生俗稱氣的能量流經全身，釋放胸、顱骨和腹部的壓力、疏通淋巴及排毒，帶來更深層次的放鬆和平靜的心境。

A holistic healing massage that generates energy (Qi) to flow throughout the body. ZenNaTai can release chest, cranial and abdominal tension, including stimulating the lymphatic flow while supporting the release of toxins. ZenNaTai induces a deeper state of relaxation and a peaceful mind.

### 能量療愈和西藏頌鉢聲療

#### Energy Enhancing - Energy Healing & Tibetan Sound Healing

75 minutes | M O P 2,820\* per person  
分 鐘 澳門元 起 每位

Enhanced the body's subtle energy flow with the restorative sound vibration using Tibetan healing bowls that resonate with the body fluid, thus allowing the body's energy to be cleansed and rejuvenated. This treatment helps to slow down the brain wave frequencies, resting the mind on a pre-meditation experience.

以西藏頌鉢之音與體內產生共鳴，通過聲音的頻譜增強體內微小能量流動，恢復自身活力及淨化能量，也有助減慢腦電波頻率，讓大腦能在冥想前休息。

### 心靈轉變—情緒健康與心靈訓練

#### Mind Transformation - Emotional Wellbeing & Mind Training

60 minutes | M O P 2,220\* per person  
分 鐘 澳門元 起 每位

This treatment promotes emotional wellbeing through conscious breathing, unlocking your “unfinished matter,” and transforming your stress and emotions into vitality, leading to mental clarity and self-empowerment.

通過呼吸法調整和管理情緒，釋放內心深處未被處理好的心結，讓壓力和情緒轉化為活力，令頭腦清晰和自我賦權。

\* 價格需另加10%服務費及5%政府旅遊稅 Prices are subject to 10% service charge and 5% government tourism tax

可按要求提供私人團體課程 Private small group sessions available upon request

受條款細則約束 Terms and conditions apply

· 不可與其他優惠及折扣同時使用 Offer cannot be used in conjunction with other discounts or promotions

· 敬請提前24小時預約，並須視乎供應情況而定 24-hour advance reservation is required and bookings are subject to availability