



19 - 28 | September 九月 | 2025

# Lucja Masłowska

與 Lucja Masłowska 探索身心靈健康  
營養師 | 冥想導師 | 身心療癒專家

Holistic Wellbeing with Lucja Masłowska  
Nutritionist | Meditator | Wellness Practitioner

來自波蘭的 Lucja Masłowska，融合醫療按摩、營養諮詢與冥想指導，致力於引導您回歸身心平衡。她的療癒方式不僅著重於身體層面，更深入探索能量流動與情緒釋放，讓療程成為一次深層的自我修復之程。

Polish-born Lucja Masłowska is not your ordinary wellness practitioner. She has the knowledge and experience in medical and sports massage therapy, nutritional counselling, and meditation, including an ability that allows her to connect with her guests intuitively on a deeper level.

Join her on a wellness journey as she conducts numerous sessions in Macau, designed to ease your body and mind.

20 September, 2 pm to 3:30 pm

## 免費工作坊

探索荷爾蒙如何在人生的不同階段塑造能量、情緒和健康。這場互動研討會將揭露與年齡相關的荷爾蒙變化的科學原理，並將其轉化為切實可行的措施。在活動中，也會透過練習呼吸和冥想，幫助您釋放壓力、提升專注力並重新連結身心。

## Complimentary Workshop

Explore how hormones affect your energy, mood, and overall health at various stages of life. This interactive workshop will clarify the science behind hormonal changes related to aging and provide you with practical, actionable insights. You will also participate in breathing and meditation exercises aimed at relieving stress, improving focus, and helping you reconnect with your body and mind.



價格需另加10%服務費及5%政府旅遊稅。  
座位有限，敬請提前48小時預約並須視乎供應情況而定。

Price is subject to 10% service charge and 5% government tourism tax.  
Limited spaces are available. 48-hour advance reservation is required. All bookings are subject to availability.

預約或了解更多請聯絡 +853 8805 8588  
For reservation or information, call us at +853 8805 8588.

專業護理服務 Treatments by Lucja Maslowska

19 - 28 | September 九月 | 12 pm to 8 pm

60 minutes priced at MOP  
分鐘價格為澳門幣

1,780 per person  
每位

90 minutes priced at MOP  
分鐘價格為澳門幣

2,200 per person  
每位

身心平衡按摩 Re-balancing Massage

此療程從身體與能量層面著手，針對肌肉緊張、姿勢失衡及慢性疼痛進行深層放鬆，有助提升柔軟度並降低受傷風險。透過強力按壓與拉伸技術，促進血液循環、提升關節活動範圍，並進行姿勢體能評估，以協助調整身體結構。

A treatment that targets muscular tension both physically and energetically, this massage improves flexibility and reduces the risk of injury. Intense pressure is applied to ease muscles and improve blood flow, with slow strokes working on deep connective tissue. Stretching is used to alleviate joint strain, increase range of motion, and relieve built-up tension. It addresses chronic pain and postural imbalances through a postural body-work assessment.

直覺療癒按摩 Intuitive Massage

促進「氣」的流動，釋放未處理的情緒和能量，引導身心進入深層自我療癒狀態。療程手法輕柔持久，舒緩肌肉緊張，釋放以身體疼痛形式呈現的情緒阻礙。

Designed to encourage the 'Qi' energy to flow throughout the body, these techniques induce a deeper state of self-healing by operating energy pathways and releasing unprocessed emotions. Soft, long, light strokes relieve muscle tension and emotional blocks.

腹部排毒按摩 Abdominal Detox Massage

芳香療法按摩搭配輕至中度的壓力，有助減少體內水腫、舒緩腹脹並改善消化系統的阻塞。腹部按摩搭配溫和的呼吸技巧，有助神經系統平衡，強化身心連結。療程中可選在熱石療法期間進行15分鐘的足部或頭部按摩。

Begins with an aromatherapy massage using light to moderate pressure. Helps decrease water retention, reduce bloating, and clear digestive blockages. Gentle breathing techniques support the nervous system and highlight the mind-body connection. Includes a choice of a 15-minute foot or head massage during hot stone application.

營養指導與諮詢 Nutrition Guidance & Counselling

協助您了解目前的飲食習慣及對健康的影響，針對提升能量與整體健康提出改善方向。考量身心連結，採用科學方法分析營養缺口，助您建立新習慣與可持續的日常行動，提升健康。

Helps identify current eating habits and their impact on health, highlighting concerns for those seeking better energy and well-being. Using a scientific approach and mind-body awareness, we identify dietary gaps and guide you toward sustainable habits and daily actions for lifelong health.

\*冥想 Meditation

透過靜心冥想，培養內在平靜與覺察力，幫助您面對生活挑戰時保持清晰與穩定。您將學習觀察自身感受與情緒流動，減少焦慮與壓力，提升身心整合能力。

The session quiets the mind and promotes inner peace, enabling you to focus on the present moment. At the same time, it improves your energy, teaching you to recognise life's challenges more clearly, responding to them thoughtfully and effectively.

\*60 minutes priced at MOP  
分鐘價格為澳門幣

680 group sessions  
小組課程

\*60 minutes priced at MOP  
分鐘價格為澳門幣

980 one-to-one session  
一對一課程