



THE SPA  
AT  
MANDARIN ORIENTAL  
MACAU

## ESSENCE OF MACAU

### 濠鏡精髓

#### PEARL JADE DRAGON

##### 珠光玉龍

3 hours 小時

WEEKDAY 平日 | 3,600

WEEKEND 週末 | 3,900

Held in a private suite, this lavish wellness ritual evokes a unique sense of place. The experience begins with a luxurious pearl body scrub to exfoliate, brighten and rejuvenate the skin, and follows with a relaxing Chinese lymphatic body massage, using 'bao ding' meditation balls to remove toxins and ease muscle tension. The treatment concludes with a cooling jade roller facial to stimulate blood circulation and brighten the complexion.

沉浸在私人的水療套房體驗尊尚護理療程，先以名貴珍珠磨砂膏除去身體角質，讓肌膚煥發光澤，重現活力，再配合「保定球」作中式的全身淋巴按摩，排毒及消除疲勞。最後以冰感翡翠滾輪刺激面部肌膚，促進血液循環，達到提亮效果。

#### VINO OF PORTUGAL

##### 醉人葡情

2 hours 小時

WEEKDAY 平日 | 2,600

WEEKEND 週末 | 2,800

The treatment starts with a uniquely Portuguese antioxidant body scrub made with sandalwood, grape seed extract and decadent flakes of gold leaf, all said to improve skin texture and reduce the signs of aging. A full-body hot stone massage designed to relieve tightness across the entire back area completes the two-hour experience.

先以檀香、葡萄籽精華和金箔配製而成、富葡萄牙特色的抗氧化身體磨砂膏改善膚質細紋，減退歲月痕跡，再以熱石進行全身按摩，讓背部得到完全舒展和放鬆。



# SIGNATURE THERAPIES

## 皇牌水療護理

### ORIENTAL QI

東方元氣

1.5 hours 小時

WEEKDAY 平日 | 1,780

WEEKEND 週末 | 1,980

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians' using the benefits of essential oils.

以東方經絡按摩手法融合具理療功效的精油，讓身體元氣平復，是一款簡單而有效的全身水療護理。

### TIME RITUAL™

特色護理™

2/3 hours 小時

WEEKDAY 平日 | 2,600/3,600

WEEKEND 週末 | 2,800/3,900

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique individual needs.

由專業的理療師根據您所預定的護理時長及需求，再悉心設計出合適的水療護理項目，讓您體驗全方位水療按摩。



## INTELLIGENT MOVEMENT

### 智能運動

1.5 hours 小時

WEEKDAY 平日 | 1,980

WEEKEND 週末 | 2,200

Designed to support guests whose posture and mobility are compromised by our modern lifestyle, this treatment includes trigger point release work, deep muscle manipulation, stretching and elongation of the muscles, all designed to soften, release tensions and aid in increased mobility in the body.

生活習慣會影響我們的姿勢、體態和活動力，這項專門而設的護理透過深層的肌肉推拿及拉伸，能有效舒緩因壓力造成的肌肉緊繃和痠痛，並提升身體的靈活性。

## INNER STRENGTH

### 活力重現

1.5 hours 小時

WEEKDAY 平日 | 1,780

WEEKEND 週末 | 1,980

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

此呵護的療程選用具治療效果的香薰精油，能消除身體疲勞、鎮定情緒及振奮心神。

## DIGITAL WELLNESS ESCAPE

### 數碼排毒

1.5 hours 小時

WEEKDAY 平日 | 1,780

WEEKEND 週末 | 1,980

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

悉心為長時間使用科技產品的客人而設的療程，令您暫時遠離外間的壓力和煩囂。療程重點按摩頭部、眼部、肩頸、雙手及雙腳。

# MASSAGE

## 全身按摩護理

### ORIENTAL ESSENCE

#### 東方精華

1.5 hours 小時

WEEKDAY 平日 | 1,780

WEEKEND 週末 | 1,980

Combining the spa's signature Oriental massage oil with movements drawn from traditional Asian therapies, this intuitive treatment concentrates on areas which hold stress, such as the back, neck and shoulders, while relieving tension across the entire body.

以文華東方水療的皇牌精油配合亞洲理療特有的按摩技巧，重點按摩肩、頸及背部等容易受壓的部位，有效紓解全身緊張的肌肉。

### TRADITIONAL THAI

#### 泰式按摩

1.5 hours 小時

WEEKDAY 平日 | 1,980

WEEKEND 週末 | 2,200

A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalise body and mind. Increase flexibility, relieves joint and muscle tension and a balance of the body's energy system.

採用細膩的指壓、推捏、伸展法以達至舒筋活絡，對深層肌肉放鬆、增加關節活動及靈活性有顯著療效。

### BAMBOO

#### 青竹按摩

1.5 hours 小時

WEEKDAY 平日 | 1,980

WEEKEND 週末 | 2,200

With a focus on easing back tension, this nurturing treatment blends warm lengths of bamboo with long Swedish massage strokes and deep tissue pressure. Custom-blended Awaken oil, infused with neroli and lavender, helps to alleviate muscle stress, stimulate blood circulation and improve sleep quality.

特別針對背部而設的護理，以加熱的青竹配合瑞典的長推按摩技巧進行深層按壓，採用融合橙花及薰衣草香氣的精油 - 喚醒Awaken，能有效消除肌肉疲勞，增加血液循環及改善睡眠質素。

## BALINESE

### 峇里式按摩

1.5 hours 小時

WEEKDAY 平日 | 1,980

WEEKEND 週末 | 2,200

Performed by highly skilled Balinese therapists, this 90-minute treatment merges acupuncture with volcanic hot stones and a choice of signature Flourish or Reflect oils to stimulate the body's lymphatic system and induce a deep sense of relaxation.

由來自峇里島的專業理療師主理，選用文華東方皇牌精油 - 成長Flourish或思考Reflect，配合火山熱石和穴位按摩刺激全身淋巴系統循環，讓身心完全舒展。

## DEEP SLEEP

### 深睡體驗

2 hours 小時

WEEKDAY 平日 | 2,600

WEEKEND 週末 | 2,800

Ideal for those looking for total relaxation, this two-hour treatment utilizes the fragrant properties of French lavender to induce tranquility and ensure a good night's sleep. The experience begins with a delicate body scrub, followed by a warming body massage, before eliminating any residual stress with a gentle eye massage and a soothing cup of lavender honey tea.

沉浸在法國薰衣草療癒的芳香中徹底放鬆、擁抱寧靜，再進行溫和細膩的全身磨砂，接著以暖和的全身按摩和輕柔的眼部按摩讓身體放鬆，最後以一杯薰衣草蜜糖茶作結，為您消除所有疲勞壓力，一夜好眠。





# HOLISTIC SKIN CARE

## 特色美容護理

### ULTIMATE WELLBEING FACIAL

#### 極致養生面部護理

60/90 minute 分鐘

WEEKDAY 平日 | 1,580/1,780

WEEKEND 週末 | 1,780/1,980

More than just a facial, this pioneering treatment uses targeted pressure to release tension around the ears and jaw, in turn, lowering stress levels. Additionally, specially trained therapists incorporate traditional Chinese acupressure techniques that focus on the gallbladder meridian line to encourage lymphatic drainage, reduce puffiness and release toxins.

革命性的面部護理療程將集中釋放耳朵和下頷周圍的壓力，由專業治療師以傳統中式穴位按摩技術，重點按摩膽經絡，以達到淋巴引流、消腫和排毒的效果。

The 90-minute experience includes an additional eye treatment.

90分鐘療程包含眼部護理一次。

### AN OXYGEN FRESH WAVE

#### 純氧面部護理

75 minute 分鐘

WEEKDAY 平日 | 1,980

WEEKEND 週末 | 2,200

This oxygen-rich treatment is designed to increase cell turnover and bring a smooth radiant glow to dull skin. Hydrating and refreshing, it is the ideal treatment to enjoy after a long flight or late night.

此含氧量高的療程有效增加細胞更新並刺激膠原再生，讓暗啞肌膚變得更柔滑，重煥自然亮澤。能為長途飛行和熬夜後的肌膚加強保濕，再添活力。

### VITAMIN C FOR A VITALITY BOOST

#### 維他命C煥膚面部護理

75 minute 分鐘

WEEKDAY 平日 | 1,980

WEEKEND 週末 | 2,200

A high-performance facial from the Natura Bissé's C+C Vitamin line which has been formulated to brighten dull, sun-damage or prematurely aged skin. A cocktail of amino acids and antioxidants restores the skin's elasticity and luminosity, while the pampering citrus scent invigorates the senses.

此高效面部護理療程採用悅碧施Natura Bissé C+C維他命系列產品，專為改善暗啞、曬傷或過早老化的皮膚而設。以胺基酸混合抗氧化劑讓肌膚重拾彈性和光彩，讓您在柑橘的清新氣息中煥發精神。

# ADVANCED SKIN CARE

## 高效美容護理

DIAMOND BRIGHTENING  
金鑽提亮面部護理  
90 minute 分鐘

WEEKDAY 平日 | 2,680  
WEEKEND 週末 | 2,980

Restores and revitalizes while helping diminish the appearance of dark spots and hyper-pigmentation. An instant boost to the complexion, skin is left visibly brighter, smoother and more radiant following this luxurious treatment.

這項高級療程能有效改善肌膚狀態，為皮膚注入新動力，減少黑斑和色素增生，讓面部即時變得柔滑，倍現亮彩光澤。

SWISS PERFECTION CELLULAR HIGH-TECH FIRMING  
鉑金瑞士 Swiss Perfection 活細胞高科技緊緻護理  
90 minute 分鐘

WEEKDAY 平日 | 3,900  
WEEKEND 週末 | 4,200

A non-surgical facelift which uses the latest anti-aging medical techniques, combined with highly concentrated skincare formulas, to immediately lift the face. Wrinkles become less visible, pores are minimised, and firmness is restored – with immediate effect. Regular treatments offer long-term anti-aging benefits.

使用最新抗衰老醫學技術的面部提拉護理療程，結合高濃度護膚成份的產品帶來立竿見影的抗衰老效果，能減淡皺紋，收細毛孔，讓肌膚變得更緊緻。定期護理能令抗衰老效果更長久。

SWISS PERFECTION EXCLUSIVE LIFTING CONCEPT  
鉑金瑞士 Swiss Perfection 獨家提拉面部護理  
120 minute 分鐘

WEEKDAY 平日 | 5,280  
WEEKEND 週末 | 5,880

Boost collagen, banish wrinkles and elevate the jawline with a potent formula of highly concentrated biotechnological ingredients from leading skincare specialist Swiss Perfection. An intense – and intensely relaxing – treatment, this two-hour facial features a unique deep-lifting mask, as well as a series of movements designed to firm the delicate skin around the eye area.

國際知名護膚專家鉑金瑞士 Swiss Perfection 的高濃度生物科技成份提煉而成的產品，能有效促進膠原蛋白生長，消除皺紋並提升下頷輪廓。兩小時的舒適護理高效地修護肌膚，特別使用獨有的深層提拉面膜，配合專業的按摩技巧，讓柔嫩的眼部肌膚變得更緊緻。









# PREGNANCY BEAUTIFUL

## 呵護母親

### GLOW AS YOU GROW

#### 成長亮彩

60/90 minute 分鐘

WEEKDAY 平日 | 1,580/1,780

WEEKEND 週末 | 1,780/1,980

Women often experience changes to their skin during pregnancy. This pampering facial, featuring a range of pregnancy-friendly products, is designed to regulate any fluctuations by softening and hydrating skin to leave mums-to-be with a perfect glow.

孕婦經常面對膚質轉變的問題，此溫和舒適的面部護理療程採用專為孕婦而設的產品，可平衡皮膚問題及滋養肌膚，使之變得柔軟，令準媽媽容光煥發。

### MUM TO BE

#### 孕期呵護

60/90 minute 分鐘

WEEKDAY 平日 | 1,380/1,780

WEEKEND 週末 | 1,580/1,980

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy-safe oils, the massage eases away tension in the upper back and shoulders, nourishes skin and relaxes the body.

以專為孕婦保養而調配的香薰精油配合輕柔的手法進行按摩，為懷孕媽媽滋養肌膚，舒緩背部的壓力、緊繃的肩膀並釋放身心。

### PAMPERING MUM

#### 滋養身心

105 minute 分鐘

WEEKDAY 平日 | 2,380

WEEKEND 週末 | 2,600

New mothers can enjoy this luxurious head to toe treatment, which begins with a rose-scented massage made to deeply nourish the mind and body, while helping to prevent stretch marks.

The massage follows with a purifying facial and a foot treatment to help reduce water retention.

讓新任媽媽滋養身心的護理療程，使用玫瑰精油進行按摩，深層潤澤肌膚和心靈，精油也有效預防妊娠紋，再進行淨膚面部護理並按摩腿部以消除水腫。

## PROGRAMMES

### 水療組合

#### MANDARIN SPA SUITE EXPERIENCE

文華東方水療套房體驗

3 hours 小時

WEEKDAY 平日 | 6,200

WEEKEND 週末 | 6,600

Prior to a highly personalized two-hour massage, couples can enjoy an opulent suite with private heat facilities. Make use of a stress-busting steam shower and a relaxing jacuzzi filled with aromatic essential oils to balance your body and mind. This holistic experience concludes with a light spa meal served in your suite.

此水療護理為雙人體驗，先在私密性高的水療套房內享受獨立的熱能設施，蒸氣浴及香薰按摩池，再進行按摩護理，令壓力一掃而空，平衡身心。最後在套房內享用輕盈健康的餐點，讓體驗更添喜悅。

#### HALF DAY SPA JOURNEY

半天水療之旅

4 hours 小時 (Double 雙人 / Individual 個人)

WEEKDAY 平日 | 7,980/4,380

WEEKEND 週末 | 8,680/4,880

This half day journey offers the ultimate in relaxation. A signature Oriental body scrub, tailor-made massage, and pampering facial form a top to toe journey that will relieve tension, increase flexibility and induce deep relaxation. Complete the holistic experience with a classic afternoon tea at the Lobby Lounge.

體驗半天極致放鬆的療程。由度身設計的按摩療程，細緻呵護的面部護理到文華東方皇牌身體磨砂，整個體驗舒緩肌肉疲勞並增添靈活性，令全身達到深層放鬆的境界。最後在大堂酒廊享用經典下午茶，圓滿結束這趟滋潤身心的旅程。









## TREATMENT ENHANCERS

### 護理療程加強項目

#### ORIENTAL BODY SCRUB

##### 文華東方皇牌身體磨砂

30 minute 分鐘

WEEKDAY 平日 | 780  
WEEKEND 週末 | 880

This luxurious and invigorating scrub blends Mandarin Oriental's signature body oil - infused with essences of tropical ginger, frankincense and mandarin - with organic, mineral-rich sea salt to leave the skin smooth, replenished and exotically fragrant.

採用由五種原料研製而成的文華東方皇牌精油 - 混合暖和的生薑、振奮精神的甜柑與純淨的乳香，能調整思緒，再加入有機海鹽和甜杏仁油，可去除死皮，亦可修護乾燥的肌膚，令其恢復光滑柔嫩。

#### TRIPLE ROSE EXFOLIATION

##### 三重玫瑰去角質護理

30 minute 分鐘

WEEKDAY 平日 | 780  
WEEKEND 週末 | 880

Enhance your massage with this transformative microdermabrasion treatment. Blending the scent of warm rose, geranium and palmarosa, with the botanical microspheres of bamboo, corn cob granules and jojoba this decadent exfoliation uplifts the senses as well as softening skin.

此磨砂護理療程能加強按摩效果，讓皮膚瞬間煥然一新。選用熱情玫瑰、天竺葵和玫瑰草混合而成的去角質霜，再加入竹子的植物微粒、玉米芯顆粒和荷荷巴油，能激活感官，讓皮膚變得柔軟。

#ImAfan



# FITNESS AND WELLNESS

## 健身及康體

Our leisure facilities offer guests the chance to work out, relax and retreat in style.

酒店為賓客提供鍛鍊身體、放鬆身心和舒緩解壓的休閒設施。

### FITNESS CENTRE 健身中心

Overlooking the peaceful harbour, our fully equipped fitness centre boasts a full line-up of exercise equipment from TechnoGym, including their Kinesis Personal Wellness System, designed to rediscover strength and flexibility. Experienced fitness instructors are available for personal training on request.

設備齊全的健身中心可俯瞰平靜的海港風光，擁有TechnoGym的運動器材及Kinesis健身訓練牆，能有效增強耐力和柔韌度。中心亦駐有健身教練，可按要求提供個人健體訓練。

### SWIMMING POOL 游泳池

Take a dip in our seasonal outdoor 25-meter lap pool while soaking up magnificent views of the South China Sea. We offer a poolside service with light refreshments.

在25米的戶外恆溫游泳池暢泳，享受南中國海的壯麗景觀。我們提供池畔服務及健怡小食。

### PERSONAL TRAINING 私人健身教練

1 hour 小時

Whether you want to start a new fitness regime or work on your overall wellbeing, personal trainers are on hand to offer a bespoke range of exercises and activities to help you reach your goals.

無論您打算開展全新的健身計劃或提升整體身心健康，我們的專業私人健身教練都能為您度身設計一套運動計劃和指導，讓您取得理想健體效果。

### DAY PASS 一日健身卡

Escape from the hustle and bustle of the city with a day pass that provides access to our fitness and wellness centre and our sensational sea view swimming pool.

逃離喧鬧的都市，沉浸在健身中心和游泳池，享受身心放鬆的一整天。

Please contact The Spa at Mandarin Oriental, Macau for more information about membership packages.

如欲了解健身會籍套餐，請與澳門文華東方酒店水療中心聯繫。

# TERMS & CONDITIONS

## 服務條款及注意事項

### OPENING HOURS 開放時間

Fitness Centre 健身中心

Swimming Pool 游泳池

Spa Treatments 水療中心

Daily

7am – 10pm

7am – 8 pm

1pm – 10pm

每日

上午七時至晚上十時

上午七時至晚上八時

下午一時至晚上十時

### CANCELLATION POLICY 取消政策

Please allow 12 hours' notice of cancellation to avoid charges. Cancellations within 12 hours will incur 100% charge. A credit card number is required at the time of booking.

如欲取消已預約之服務，請於預約時間的12小時前通知，否則須繳付全額費用。預約時需提供信用卡資料。

### DIGITAL DISCONNECTION 關閉電子裝置

Our spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

為確保水療中心的寧靜，請將手機關上，並存放於儲物櫃內，以保障其他客人的私隱。

### SPA ARRIVAL 抵步須知

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the spa's oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

首次預約時，我們建議您於療程45分鐘前到水療中心接待處登記，讓我們了解您對療程的期望，並讓您在有充份時間享用中心的蒸汽和水療設施。如賓客未能於預約時間蒞臨，我們恕不延長療程時間。

### AGE REQUIREMENT 年齡要求

The minimum age requirement for access to the spa and fitness centre is 16 years of age.

年滿16歲及以上人士方可使用水療中心和健身中心的設施。



## HEMOCARE 居家護理

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

讓您在傢也可享受水療的樂趣，本中心於療程中使用的所有產品均有販售，包括時尚生活精品和禮品。

## GIFT CARDS 禮券

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa concierge desk.

本中心的禮券是送禮首選。請到[www.mandarinoriental.com/gift-cards](http://www.mandarinoriental.com/gift-cards)選購，或向水療中心的禮賓司查詢詳情。

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