



克拉克健身中心
上海兴国宾馆三楼
营业时间：
早晨6点 - 晚上11点
垂询电话：3300分机

Clark Hatch Fitness Centre
3F at Radisson Plaza Xing Guo Hotel
Business Hours:
Daily 6:00 -23:00
Extension: 3300

如需按摩服务，
请提前预订
垂询预订请致电 3300分机
按摩服务时间：
上午11点 - 晚上11点

For massage service, booking in
advance is required. For more
information and reservations,
please dial 3300
Daily: 11:00 - 23:00

美容美发中心
营业时间：
早晨9点半 - 晚上10点
垂询电话：3300分机

Beauty Salon
Business Hours:
9:30 -22:00
Extension: 3300

Pleasingly Professional



令人愉悦
专业的克拉克健身中心

興國賓館

Radisson Plaza Xing Guo Hotel Shanghai

中国上海兴国路78号 邮编：200052
78 Xing Guo Road, Shanghai 200052 China
Tel: 86 21 6212 9998 Fax: 86 21 6212 9996
www.radisson.com/shanghaicn_plaza

专业按摩 Massage Service

* 全套中医按摩护理 Chinese Massage Treatment RMB 688/100 min

足浴+足底反射区按摩+全身按摩 Foot Bath + Foot Reflexology + Body Massage

传统中医按摩，随后是深度中医经络按摩帮助全身放松和舒缓，促进身体恢复活力和弹性。

This traditional treatment begins with an aromatic foot bath and a relaxing massage of the feet and legs. Experience the deep pressure point massage therapy on the body that leaves you feeling vital and supple.

* 植物精油全身按摩 Aromatherapy Massage RMB 488/60 min

由自然植物提炼出的循环促进油，经专业的技师进行促进淋巴的引流按摩，具有促进血液循环，舒缓疲劳与不适的功效，给予整体调整与放松。

A relaxing massage treatment using special plant oils designed to relieve tension and stress, leaving you to feel energized and totally rejuvenated.

* 中医经络按摩 Traditional Chinese Massage RMB 388/45 min

利用传统中医指压技术，结合人体经络学原理，疏通滞气，帮助舒缓压力，达到放松，平衡的效果。

An ancient art of Chinese acupressure massage, administered on pressure points at ligaments and muscles to balance the body and soul.

* 足部反射区按摩 Foot Reflexology Massage RMB 288/45 min

先是放松的足浴并结合足部的穴位反射点，进行指压、推揉。以缓解足部的疲劳，消除酸痛，从而达到放松的效果。

This traditional treatment begins with a relaxing foot bath, followed by acupressure massage on the meridian points of your feet to promote a total sense of balance and well-being.

* 肩、背舒缓按摩 Back & Shoulder Massage RMB 288/30 min

独家经络手法，减轻肩部与背部的酸痛，环节肌肉紧张，让人感觉放松，恢复元气。

This treatment eases muscle tension and relieves stress by concentrating on the back and shoulders. Under the gentle hands of our massage therapists, it will leave you feeling totally relaxed.

* 洁肤盐浴按摩 Bath-salt Skin Massage RMB 288/30 min

用中医按摩手法清洁皮肤，结合浴盐护理皮肤并进行摩擦，放松筋骨。

A popular treatment that involves the skin being scrubbed clean using an abrasive bath salt, followed by an immensely rewarding massage that will leave you feeling totally rejuvenated and relaxed.

特别优惠
Special offer

* 住店客人可凭按摩优惠券享受以上按摩服务的一次特别优惠价。

In-house guests receive a special discount off standard rates on presentation of massage voucher.

美黑风向标 - 日晒床 Tanning Bed

风靡欧洲的苏鍊室内日晒床

No More Sun Tan worries!

为都市新贵带来时尚和健康的肤色!

SOLE sun beds are available.



营业时间: 6:00-23:00

垂询预订, 请致电 3300 分机
克拉克健身中心三楼

Open from 6:00-23:00 daily
3F, Clark Hatch Fitness Centre
For details and reservations,
please dial 3300



我们还配备了如下健身项目及服务

Our Centre Features:

- * 温水游泳池 Swimming Pool
- * 增氧健身课程 Aerobic Classes
- * 模拟高尔夫 Golf Simulator
- * 美容中心 Beauty Salon
- * 乒乓球房 Ping-pong Room
- * 蒸汽浴和桑拿浴 Steam Room & Sauna
- * 按摩池 Jacuzzi
- * 壁球馆 Squash Court
- * 健身房 Fully equipped Gymnasium
- * 保龄球馆 6-lane Bowling