

## “源”水疗中心 · Vita Spa

上海新世界丽笙大酒店 · Radisson Hotel Shanghai New World  
中国上海市南京西路88号7楼 邮政编码: 200003  
7<sup>th</sup> Floor City Tower, 88 Nanjing Road (W) Shanghai, 200003 China  
电话 Telephone: 021-6359 9999 - 4246/4247  
www.helenhuangspa.com



## “源”水疗中心 Vita Spa

营业时间: 上午10:00 - 凌晨3:00 如需预约请致电分机4246或4247  
Open daily from 10:00 am to 3:00 am  
Call extension 4246 or 4247 to make an appointment

到“源”水疗中心, 请根据以下指示:

- 如果您下榻城堡楼, 可直接乘电梯至7楼到达“源”水疗中心。
- 如果您下榻回景楼, 请先乘电梯至7楼, 然后通过回景楼和城堡楼之间的连接通道至城堡楼的5楼。再转乘城堡楼电梯至7楼到达“源”水疗中心。

To access the Vita Spa, please follow these directions:

- If you are a guest staying in the City Tower, take your floor elevator to the 7th floor.
- If you are a guest staying in the Park Tower, you will first take your floor elevator to the 7th floor and cross over to the City Tower. You will find yourself on the 5th floor City Tower. Take the City Tower elevator and proceed to the 7th floor.

## “源”水疗中心 · VITA SPA · クア

在时光的流逝中, 生灵万物有了属于自己的独特空间, 人类也同样如此。我们也需要一个宁静的地方, 远离都市繁忙生活的压力, 让身心得到彻底放松。参差不齐的石头在流水漫长岁月的冲刷中圆滑, 您在Vita Spa也能感受到这份压力。Vita Spa专业人员真诚地欢迎您到我们的Vita Spa, 在这里您不仅能拥有健康体魄, 身心也将感受到从未有的快乐。专业体贴的身体护理, 自然清新的Vita Spa套餐, 打造绝对出色的您, 使您容颜美丽, 身心放松, 体态完美。用心对待无悔的青春, 让岁月无痕。这里, 让香薰护肤, 心灵也SPA。

Just as the sands of time etch a unique place for every creation, each of us deserves a special place in the world, a place to escape the busy pressures of daily life. Just as the wind and water smooth the jagged edges of a stone, we will soothe away the harmful effects of stress and fatigue. Our professional team at the Vita Spa invites you to indulge the senses and enjoy the benefits of fitness, health, and wellness and take complete care of your body and soul. Here we have created an environment for you to relax, renew, refresh, rejuvenate and attain harmony and balance in every thing you do... Because you deserve it!

月日の流れの中で、万物の生命はそれぞれ独自の空間の中で生きており、人類もまた同じです。私たちにこそは都市の多忙な生活のストレスから離れ、心と身体をリフレッシュできる安らかな場所が必要です。

川の流れるが、長い年月をかけた、大小さまざまな石を丸くつややかにするよう、Vita Spaフィットネスセンターも、あなたの日々の疲労やストレスを取り除くことができます。Vita Spaフィットネスセンターでは、専門のスタッフが心よりあなたをお待ちしております。ここでは健康な身体と共に、心も今まで味わったことのない満足感を得ることができましょう。

身体を思いやった専門のケア、自然で清新的Vita Spaセットで、心と身体をリフレッシュさせ、美しい容顔、完璧なスタイルをづくり、今まで以上に素晴らしいあなたになれるはずです。

また、ここでは心のリフレッシュのため香り高いアロマを使用しており、時間を忘れてお楽しみいただけます。

## VITA SPA 特别推荐 VITA SPA Recommendations



### 第三元素能量香包/Magnetic Massage Stone Treatment (60 mins)

含丰富特定的十二种稀有元素的香包, 通过加热产生热能。然后通过波里尼西亚的点、揉、推、敷手法, 经由十四经脉及穴位, 对人体进行温灸, 有调理气血、疏通经络、排除脸部、身体毒素, 增强人体免疫力, 净化人体毒素之功效。

A treatment using heated magnetic massage stones that includes 12 special elements such as K2O, Na2O, CaO providing magnetic energy to the energy points of the body. Application by using Polynesian style massage which involves press, knead, push, spread and knock to vital energy points. This treatment is a highly effective way of improving the blood circulation, detoxifying and providing body immunity.

### 经络排毒理疗/Magnetic Detoxifying Treatment (60 mins)

用带有能量的磁、刮痧、通过经络、疏通经络, 松解活血促进身体循环, 有效改善亚健康状态, 平衡体内能量, 导入人体所需要的负离子。其主要功效是针对现代人出现的亚健康状态, 如: 肌肉劳损、颈椎疼痛、腰酸腿冷、头晕目眩、脂肪肥胖、失眠心烦、内分泌失调。

Using magnetic pot and massage pot methods to improve blood circulation and health by passing the energy points of the body. This treatment is a highly effective way of relaxing muscle pain, curing lumbar pain, waist problems, insomnia and balance of the entire body.

## 美发中心

### Hairdressing Salon

- 单洗头 / Shampoo
- 单吹 / Blow Dry
- 洗吹 / Shampoo & Blow Dry
- 单剪 / Hair Cut
- 洗、剪、吹 / Shampoo Cut & Blow Dry
- 单吹波浪 / Curling
- 洗、吹波浪 / Shampoo & Curling
- 各式造型烫发 (不包括剪、吹) / Hair Waving (excluding cut+styling)
- 创意染发 (不包括剪、吹) / Removal of Color (excluding cut+styling)
- 各式挑染 (不包括剪、吹) / Highlights, Tinting-Whole Head
- 柔、离子烫 / Japanese Style Soft Iron
- 高端发膜护理 / Hair Repair Treatment
- 儿童剪发 / Children's Hair Cut+Blow Dry
- 修胡须 / Men's Shave

## VITA 五感香薰理疗豪华套餐 VITA SPA Ritual Packages

- 水晶之恋/Love of Crystal (180 mins)**  
花茶 Flower Tea  
海洋深层滋润护理 Cleansing and Hydration Facial  
忘忧时光 Voyage of Happiness
- 大海之歌/Voyage of Harmony (180 mins)**  
花茶 Flower Tea  
维琪浴 Massor Vichy Shower  
东方神韵护理 Revitalizing Facial  
足底反射神经按摩 Reflexology
- 天籁之旅/Voyage of Serenity (240 mins)**  
花茶 Flower Tea  
纤体美疗法 LPG M6  
东方神韵护理 Revitalizing Facial  
日月双娇 Sun & Moon

## VITA SPA 特别推荐 VITA SPA Recommendations



### LPG M6 纤体美疗法 / LPG Cellu M6 Key Module Treatment (35 mins)

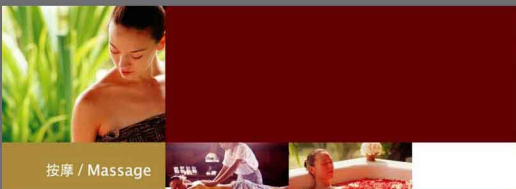
新一代射频纤体仪, 按摩深层皮肤组织, 加快血液循环及活化皮下脂肪, 改善淋巴循环, 加速新陈代谢和排毒。全面塑形、修改身体线条, 令全身舒展放松, 疤痕及色素细胞、组织重新护理, 皮肤更富光泽弹性。

LPG Cellu M6 Key Module program which massages the deep layer skin organization. It helps to improve the blood and lymphoid circulation and accelerate the metabolism in your body.

### Massor 维琪浴/Massor Vichy Shower (20 mins)

维琪浴利用水的温差及热带雨林的水柱冲击方式, 产生轻微冲击按摩的物理效应, 促进血液循环及新陈代谢。结合水疗、热疗及低温按摩, 减轻肌肉紧张, 舒缓压力, 对风湿关节炎、肌肉创伤有相对的治疗作用, 更能强身健体。

The vichy shower will generate physical effects from the slight impact massage, utilizing the water temperature difference and the water column impact mode of the tropical rain forest, to improve the blood circulation and the metabolism. With the combination of the water treatment, heat treatment and the channel massage, it can relieve muscle tension, mitigate the psychological stress and make you feel stronger and has a good physical treatment effect for rheumatoid arthritis and muscle trauma.



按摩 / Massage

### 热带风情 Thai Massage (60 mins)

这是一种传统泰式按摩, 通过对穴位的揉、推等手法有平衡身体, 放松筋骨, 推动身体能量的循环, 消除肌肉紧张, 令全身得到放松。可加强体质, 协调体内能量, 使你拥有一个新的生活体验。

This is a traditional massage which stimulates the points with a healing touch therefore, the points suffer less stress, and life's energy is allowed to freely circulate. It aims to harmonize the body, to loosen blocks, and to recuperate deficiencies along the energy lines. Thai massage will strengthen you physically and harmonize your energy so a new life experience can arise.

### 满庭芳 Aromatherapy (60 mins)

纯天然植物提炼精油全身按摩有助于改善人体机能, 增强人体免疫力, 促进血液循环。

A gentle, nurturing treatment using high quality essential oils extracted from plants and flowers. This treatment is very effective due to the therapeutic properties of the essential oils, which help to fortify the function of internal organs, boost the body's immune system, and improve circulation.



## 香薰套餐

### SPA Packages

- 悠然套餐/Natural Package (90 mins)**  
花茶 Flower Tea  
基础护理 Basic Facial  
梦江南 Aromatic Massage
- 活力套餐/Energy Package (90 mins)**  
花茶 Flower Tea  
亚洲风情 Chinese Acupressure Massage  
足底反射神经按摩 Reflexology
- 和谐之歌/Balance Package (150 mins)**  
花茶 Flower Tea  
海洋深层滋润护理 Cleansing and Hydration Facial  
热带风情 Thai Massage  
足底反射神经按摩 Reflexology
- 奇妙之旅/Miracle Morning (180 mins)**  
花茶 Flower Tea  
东方神韵护理 Revitalizing Facial  
热带风情 Thai Massage  
精油按摩 Aromatic Massage



美容 / Facials

### 海洋深层滋润护理 Cleansing and Hydration Facial (60 mins)

深层清洁净化护理包括皮肤清洁、柔和的去角质、保湿滋润、面膜, 再加上美疗师的按摩, 能彻底清除毛孔污垢及过多的油脂, 使肌肤恢复光滑, 柔软嫩滑。

This facial is designed to cleanse, hydrate and revive the skin with the aid of exfoliation, relaxing and soothing massage and face mask thus leaving your skin beautiful, radiant and well treated.

### 梦江南 Aromatic Massage (45mins)

专业按摩师有节奏地在您紧张而疲软的肌肉群上按摩, 促进血液循环, 消除肌肉的紧张、酸痛, 身心得到舒缓。

This massage is a body massage involving long strokes, kneading strokes and small strokes to help stimulate the blood circulation, reduce muscular aches and pains and soothe away stress and tensions. Strong and deep pressure is applied leaving you feeling both invigorated and relaxed.



### 东方神韵 Revitalizing Facial (90 mins)

对放松和提升精神有极大的疗效, 包括皮肤清洁、柔和的去角质、增强面膜、加上按摩, 能有效增加细胞活力, 润泽饱满, 令肌肤细腻动人。

This treatment has a powerful relaxing and uplifting effect. Using natural products which can adjust according to the customer's skin needs. It has been designed to cleanse, hydrate and revive the skin with the aid of exfoliation, relaxing soothing massage and mask. The dermis can be effectively revitalized and reinforced, and the skin texture would be greatly improved.

### 亚洲风情 Chinese Acupressure Massage (45mins)

传统中式按摩指压按摩分布在身体的穴位, 反射至神经, 刺激身体的各部分, 有促进健康与消除疲劳的功效。

This traditional massage involves fingertip pressure (the palms and elbows are sometimes used) applied to the vital energy points on the body. Acupressure is a highly effective way of relieving discomforts, such as insomnia, back pain, muscle pain and poor digestion and promoting overall good health. No oil is used unless requested.



美容 / Facials



按摩 / Massage



按摩 / Massage

### 足部反射神经按摩 Reflexology (45 mins)

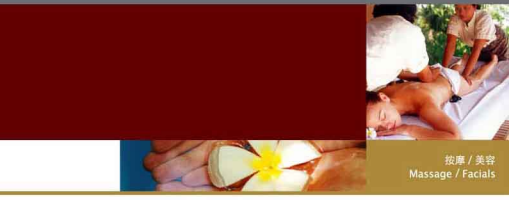
中国传统的足底反射神经按摩, 经按摩分布在脚底的神经, 反射至脑部以刺激身体的各部分, 有平衡身体各部与消除疲劳功效。

This ancient art of foot massage advocates that reflex areas of the feet relate to other areas and organs of the body, therefore the stimulation of the reflex points located on the soles of the feet balance the entire body, stimulate the internal organs and lymph health and vitality, promoting a sense of well-being and restoring good health and vitality.

### 忘忧时光 Voyage of Happiness (90 mins)

深层SPA背部护理有促进细胞的新陈代谢, 令背部肌肤如丝绸般柔滑之功效。独特清香的精油配方通过全身轻柔按摩渗入肌肤, 可缓解压力, 增强活力, 再配以精心调制的花草茶, 令心灵得到真正的愉悦。

This treatment will calm the mind, leaving you feeling rejuvenated and refreshed in both body and mind. An exfoliating back scrub of sea salt to activate the cell metabolism, leaving the skin smooth and refreshed. Followed by a gentle flowing and nurturing body massage, it will help improve your lymph and blood circulation, relax sore muscles, improve skin texture. Continue with flower tea to cleanse and detoxify.



按摩 / 美容  
Massage / Facials

### 日月双娇 Sun & Moon (90 mins)

融日之璀璨、月之皎洁, 汇阴阳协调于您尊贵之身。让您在这个真正美妙的护理中, 借两位资深理疗师互补技巧的全身按摩手法, 使身心舒畅无比, 血液循环, 体内阴阳平衡, 肌肤重新焕发光彩。

Double your pleasure and indulge your senses in this truly exquisite treatment. Performed by two therapists working together in rhythmic harmony, you can enjoy a relaxing oil foot and body massage while having a head and shoulder massage. Pressing the energy point of the body allows the healing properties of these natural oils to penetrate into the skin leaving you relaxed, good blood circulation, and restore a proper balance of life's daily pressures and relaxation to the body.

### 基础护理 Basic Facial (45 mins)

基础护理包括皮肤清洁、柔和的去角质和洁肤美容霜, 加上美疗师的按摩, 能使皮肤恢复洁净透亮。

This facial has been designed to cleanse and refresh the skin with the aid of gentle exfoliation and mask leaving the skin looking fresh and glowing.