



## “源”水疗中心·Vita Spa

上海新世界丽笙大酒店 · Radisson Hotel Shanghai New World

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

到“源”水疗中心, 请根据以下指示:

- 如果您下榻城景楼, 可直接乘电梯至7楼到达“源”水疗中心。
- 如果您下榻园景楼, 请先乘电梯至7楼, 然后通过园景楼和城景楼的连接通道至城景楼的5楼。再转乘城景楼电梯至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·ケア

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抚摩中圆滑, 您在SPA康乐中心也能减轻疲惫与压力。SPA康乐中心专业人员真诚地欢迎您到我们SPA康乐中心, 在这里您不仅能拥有健康体魄, 身心也将感觉到从未有的快乐。

专业体贴的身体护理, 自然清新的SPA套装, 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, 让香熏护肤, 心灵也SPA。

Our professional team at the Vita Spa invites you to indulge in your senses and enjoy the benefits of fitness, health and wellness whilst taking complete care of your body and soul. Here we have created an environment for you to relax, renew, refresh and rejuvenate and attain harmony and a 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。 私たちには都市の多忙な生活のストレスから離れ、心と身体をリラックスできる安らかな場所が必要です。

川の流れが、長い年月をかけ、大小さまざまな石を丸くつややかにするように、SPAフィットネスセンターも、あなたの日ごころの疲労やストレスを取り除くことができます。 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るよう。

身体を思いやった専門のケア、自然で清新なSPAセットで、心と身体をリラックスさせ、美しい容顔、完璧なスタイルをつくり、今まで以上に素晴らしいあなたになれるはずです。

また、ここで心のリラックスのため香り高いアロマを使用しており、時間も忘れてお楽しみいただけます。

## VITA SPA 特别推荐

### VITA SPA Recommendations



#### Vita SPA Exclusive Massage /Vita SPA 特色按摩 (90mins)

Inspired by ancient Asian heritage, this branded treatment begins with a tender body massage. Then, the specially formulated essential oil is applied over your body, in order to fully release your fatigue and anxiety. After the treatment, you will feel revitalized and refreshed. This magical treatment drives the “Qi” circulation in your body, so as to reach the ultimate balance between physical and psychological peace of mind.

受亚洲古老传统的启发, 我们的招牌疗法从身体轻柔按摩开始, 然后将神奇的密制精油涂于人体经络, 从而彻底达到缓解肌肉疲劳和精神紧张的效果, 护理后能使人精神倍增, 容光焕发。该奇疗法将能促进体内“气”的循环流动, 使身心均达到极致的平衡状态--

#### Imperial Traditional Massage /香妃玉揉(60mins)

This traditional massage comes from the imperial era, which is characterized by its very large, broad strokes as well as double-handed strokes that enlist the forearms and elbows. It covers a broad area of the body and works the muscles often simultaneously to encourage the continuous flow of peace and harmony and to wash harmful thoughts, patterns, memories and behaviors out of body cells to make way for more beneficial modes of thought. Once positive energy is permitted to flow unhindered, total body healing is accomplished.

传统宫廷式按摩, 选用名贵香油配合皇室奇技, 起到舒展筋骨, 自然排毒的奇效, 理疗风格好似宫殿百花轻歌曼舞。

#### Four Hands Massage/四手按摩(90mins)

This treatment will definitely give you ultimate indulgence. Warm oil is drizzled over the body whilst a decadent full-body massage is performed with two masseurs tenderly using their skill whilst working in unison to provide the ultimate state of relaxation and pampering.

当四只具有神奇疗效的手以敲打、揉捏疲劳肌肉的方式来消除疲惫和压力时, 能产生一种持续的深层放松作用。四手按摩, 就是指两名按摩师以和谐的手法为顾客敲打每一寸肌肤, 它是用一种理想的方式来提供一个快速、高效的按摩, 神奇的效果会让您享受帝王般被尊崇的感受。

#### Chinese Acupressure Massage/中式按摩(45mins)

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 whilst promoting overall good health. No oil is used unless requested.

传统中式按摩指指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。



#### Thai Massage/泰式按摩(90mins)

This is a traditional massage that stimulates the points with a healing touch, hence the points suffer less stress therefore life energy is allowed to freely circulate. It aims to harmonize the body, loosen blocks and recoup deficiencies along the energy lines. Thai massage will strengthen you physically and harmonize your energy so as to experience a new feeling of life.

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

#### Varicosity Treatment / 静脉曲张(腿部排水肿)护理 (60mins)

Using linfomax, this botanical essential oil penetrates into the depth of the skin, accelerates circulation and metabolism, increases the cellular vitality and eliminates dropsy, thrombus and varicosity, it also facilitates the quick recovery of bruises. It solves body problems in the lymph system, circulation system and varicosities due to excessive standing or wearing high heels and bruises caused by exercise or impacts. It prevents edema, aches and varicosity hazards during pregnancy.

通过草本植物精油的作用, 进入皮下层, 加速细胞循环新陈代谢, 增加细胞活性, 排除血肿、水肿、血栓等, 静脉曲张的现象, 并且有助于青紫的快速恢复。此疗程专业为淋巴系统的不足, 循环系统的不畅, 以及静脉和静脉曲张问题, 长期站立、穿高跟鞋、腿部强烈运动, 碰撞产生的青紫等而设计, 并专业性的防止孕妇腿部的浮肿、疼痛, 以及静脉曲张的急发性。

#### Foot Reflexology Massage /足部反射按摩(60mins)

As a kind of “pressure therapy,” the foot reflexology massage concentrates the pressure on some acu-points on the feet and thus creates magical results for disease treatment or prevention. The foot reflexology massage offers numerous benefits. For example, it brings your mind back to peace, improves blood circulation, enriches your energy and vitality and balances your emotions. It efficiently revitalizes your aching feet and provides total foot revitalization.

足部反射按摩是一种“压力疗法”, 其将集中的压力施于足部的某些穴位, 从而达到治疗或预防疾病的神奇效果。足部反射按摩的好处不胜枚举——让心灵回归宁静, 促进血液循环, 增强生机活力, 平衡各种情感等等。足部反射按摩能让疲劳过度, 疼痛难忍的足部充分恢复活力, 给您焕然一新, 无限惬意之感。

#### Aromatic Foot Massage+Mask/精油足底按摩(加面膜) (70mins)

Pamper your feet with a soothing foot bath followed by a relaxing foot massage. It invigorates tired and tense muscles of the feet and calves and restores the harmony of the body and mind and your feet are left feeling feather light. With a mask, it can have a better effect.

纯天然香熏精油泡脚, 让您疲惫的脚得到舒缓。纯天然植物提纯的精油按摩分布在脚底的神经和小肌肉内, 有平衡身体各部分功能和消除疲劳的功效。在足部加上用于面部同样的膜, 使脚部得到深层的放松。



#### Aromatherapy/香薰按摩(60mins)

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 blood circulation.

纯天然植物提纯的精油, 通过轻柔的手法令身体按摩有助于改善人体机能, 增强人体免疫力, 促进血液循环。

#### Balinese Massage/巴厘岛按摩(60mins)

This traditional muscle massage embodies unique Balinese techniques which quickly relieves the body from accumulated tension and pressure whilst improving blood circulation. Combined with magical essential oils, this massage treatment which originated from a country renowned for its mystifying beauty, creates the integrity between body, mind and soul as well as provides the ultimate balance and pleasure.

古老的肌纤维按摩疗法, 运用了特有的巴厘岛按摩手法, 能迅速缓解您长久积压的紧张和压力, 增进血液循环。这种来自遥远国度的按摩法, 配以神奇的混合精油, 能让人身体、精神与灵魂浑然一体, 实现极致的平衡与舒适。

#### LPG Cellu M6 Key Module Treatment

##### LPG M6纤体美疗法(35mins)

LPG Cellu M6 Key Module electronic program massages the deep skin layer thereby helping to improve the blood and lymphoid circulation and accelerate the metabolism in your body.

新一代最新纤体仪, 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。令您瘦身、修改身体线条, 令全身纤瘦紧致, 燃脂及色素细胞, 组织重新护理, 皮肤更富光泽弹性。

#### Sport Massage/运动按摩(60mins)

Sport massage integrates powerful, pleasant and exclusive techniques whilst bringing you back to extraordinary peace of mind. It effectively releases muscle aches, toxins, extra tension and fatigue after long trips whilst improving blood circulation, immunity and vitality.

通过治疗性的按摩, 融合有力舒适独特的手法, 使人回归超常的平静境界。该按摩疗法能有效解除肌肉酸痛、毒素堆积过多、压力过大、旅途疲劳等状况, 同时能很好的促进血液循环, 增加免疫力及活力。

#### Waxing Treatment/脱毛护理

Whole Leg/全腿 Half Leg/半腿 Arm/全臂 Armpit/腋下 Bikini/比基尼

## VITA SPA Classic Packages

### VITA SPA经典理疗套餐

#### Refresh Your Body/至爱一身 (100mins)

Combining two refreshing and moisturizing treatments, this treatment mildly yet effectively exfoliates, whilst the Balinese massage releases your fatigue and pain. **Moisturizing exfoliation + Balinese massage**

融合了两款精神焕发的润体疗法, 轻柔有效的去除身体角质, 同时吸收巴厘岛式按摩疗法, 缓解肌肉疲劳与疼痛。 **润体磨砂+巴厘岛按摩**

#### Escape to an Oasis/远离尘嚣(120mins)

Thanks to a specially formulated essential oil, this treatment helps improve your nerve system, re-energizes and relaxes the tense muscles, reinforces your immune system and vitality and drives cellular metabolism. Your skin will be not only be smoother and softer, but also injected with energy. **Aromatherapie Spa + Vita SPA Exclusive Massage**

通过特别研制的香熏精油, 帮助您改善神经系统, 温暖并放松紧张肌肉组织, 增强免疫力及活力, 促进细胞新陈代谢, 使您的肌肤光滑、柔软的同时, 充满无限的活力。 **香薰水疗+Vita SPA特色按摩**

## VITA SPA Classic Packages

### VITA SPA经典理疗套餐

#### Jet Lag Reviver/恢复精力远离时差 (150mins)

It quickly eliminates fatigue after a long trip. Effective and extraordinary, this traditional Chinese massage will bring you back to normal and make you feel comfortable and relaxed.

**Flower petals/essential oil foot bath + body massage (Balinese or Swedish) followed by a nourishing facial treatment.** 让您迅速解除长途旅行之后疲乏不堪的状态, 独特功效的传统中式按摩能让您在享受水疗的同时, 将旅途的疲劳一扫而光。

**花瓣/精油足浴+身体按摩(巴厘岛或瑞典按摩)+面部滋养护理**

#### Triple Body Care / 神秘东方三椎保养护理 (颈椎/背椎/腰椎)(90mins)

With exclusive and natural formulas, this treatment offers professional care and alignment of the pains in your neck, back and waist. In general, the result is visible even after the first application whilst ongoing treatment greatly improves the health of the three body sections. This treatment is particularly preferred by the sub-healthy group, the exhausted and those with long-term neck, waist or back problems. **Seaweed exfoliating balm + Seaweed body repairing lotion + Pain relieving essential oil + Pain relieving balm**

此疗程结合独特有效的纯天然秘方护理产品, 专业对颈椎、背椎、腰椎的疼痛问题进行护理和调整, 通常在使用的首次就会有明显舒缓感受。长期保养对三椎的健康有极大帮助。特别适合: 亚健康人群、体力透支者、颈椎、腰椎等长期困扰问题。 **海藻植物角质膏+海藻美体修复液+疼痛舒缓秘方精油+疼痛舒缓膏**

## Facials/美容

### Fundamental Cleansing and Moisturizing Treatment/清洁保湿基础护理 (60mins)

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

基础护理包括皮肤清洁、柔和的去角质和滋润美容霜, 加上美容师的按摩, 能使皮肤恢复洁净亮泽。

### In-depth Revitalizing Treatment /深层滋养面部护理(60mins)

It offers in-depth cleansing, accelerates blood and lymph circulation, improves nutrient absorption, minimizes pores, increases skin elasticity and hydrates your skin. After the treatment, your skin will look radiant and supple, this is optimal before social events.

深层清洁、加速血流、淋巴循环, 促进营养吸收、紧致毛孔、增强皮肤弹性、保湿补水。护理后肌肤光泽亮丽有弹性。(特别适合于出席活动前护理)

### Anti-Aging Collagen Treatment/抗衰老胶原面部护理(70mins)

It supplements the collagen in your skin, improves its firmness and elasticity and instantly solves dryness, dehydration and fine lines. Your skin will look fairer, soft and smooth, thus presenting its natural beauty.

补充皮肤胶原, 增强皮肤弹性, 瞬间改善皮肤干燥、缺水、干纹的现象。令皮肤白嫩、柔软、光滑呈现肌肤自然美。

### Eye Firming Treatment/紧致眼部护理(30mins)

It effectively solves puffiness, black circles, bags under the eyes and other skin problems around your eyes whilst it refines and firms your eye contour.

有效治疗眼部问题。改善眼袋、黑眼圈、眼部水肿等问题。同时亦可舒缓肿胀的眼睑及平滑眼部的轮廓。

### In-depth Revitalizing & Eye Firming Treatment/ 深层滋养+紧致眼部护理(90mins)

These exclusive SPA treatments detoxify and purify your body, thoroughly relieves pressure and negative energy and deeply improves your physical system.

通过特有的水疗护理, 排除净化体内毒素、彻底释放压力和负能量, 深度改善体内环境。

**Aromatherapy Bath + 香熏浴 30mins Rose and Milk Bath /玫瑰牛奶浴 30mins**

**Hand and Foot Treatment/手足护理** Manicure or Pedicure (without cutex)/美甲 Manicure or Pedicure (with cutex)/美甲 Cuticle Removal/指甲

## 美发中心

### Hairdressing Salon

- 单洗头/Shampoo
- 单吹/Blow Dry
- 洗吹/Shampoo & Blow Dry
- 单剪/Hair Cut Only
- 洗、剪、吹/Shampoo, Cut & Blow Dry
- 单吹发烫/Curling
- 洗、吹发烫/Shampoo & Curling
- 各式造型烫发(不包括剪、吹) / Hair Waving (excluding cut & styling)
- 创意漂染(不包括剪、吹) / Removal of Color (excluding cut & styling)
- 各式接染(不包括剪、吹) / Highlights, Tinting—Whole Head (excluding cut & styling)
- 柔、离子烫 / Japanese Style Soft Iron
- 高级发膜护理 / Hair Repair Treatment
- 儿童剪发/Children's Hair Cut & Blow Dry
- 修胡须 /Men's Shave