



# Aqua

Spa & Massage

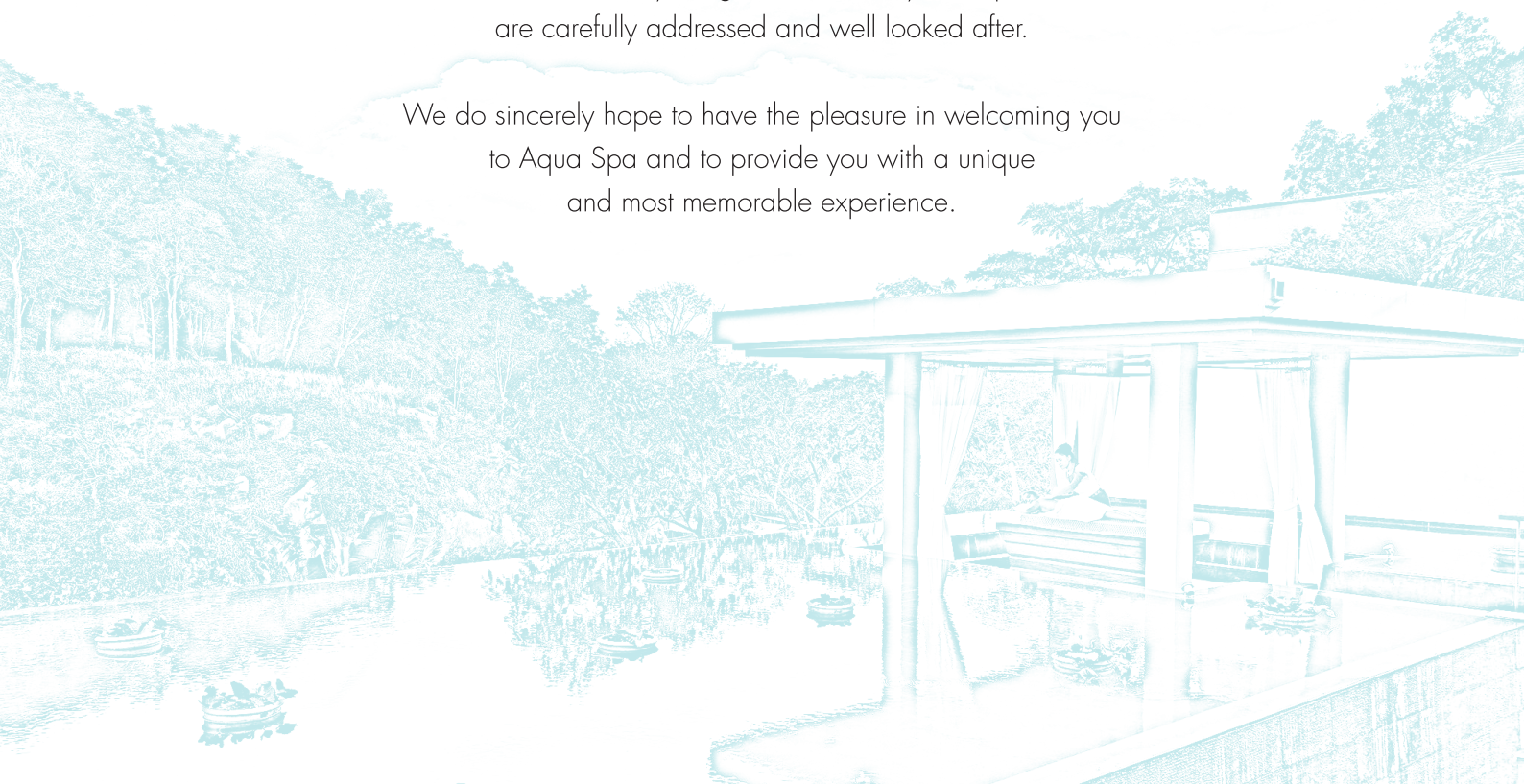
Dear Guest,

A haven of utter tranquility and well-being awaits  
in our award winning Aqua Spa.

Winner of consecutive World Spa Awards,  
our dedicated team of professional massage therapists  
are eager to welcome you and to deliver an utmost fulfilling,  
peaceful and sensory driven experience.

Our Spa menu has been designed to provide  
our guests with a holistic experience at the core,  
detailing our various treatments and therapies available.  
Should you have any questions, our Spa professionals  
will be absolutely delighted to ensure your inquiries  
are carefully addressed and well looked after.

We do sincerely hope to have the pleasure in welcoming you  
to Aqua Spa and to provide you with a unique  
and most memorable experience.



## BODY MASSAGE TREATMENTS 身体按摩理疗

### Aqua Signature Massage 特色按摩

The signature massage from Aqua has been specially crafted using the blend of massage oils, union of massage techniques with a range of pressure from medium to firm. Leave you feeling totally calm and deeply relaxed.

特色按摩—精心采用各式按摩油搭配一系列从中力到重力的按摩指压技术，让你感觉彻底平静和深度放松。

90 minutes 分钟

2,900 泰铢

### After Sun Massage 晒后按摩

This healing massage is perfect for sun-exposed using a blend of Aloe Vera and massage oils, rich in vitamins and minerals to soothing and cooling the skin.

非常适合治疗晒后肌肤的按摩疗程。混合采用芦荟和按摩油，富含维生素和矿物质，舒缓冷却并滋养肌肤。

60/90 minutes 分钟

2,200/2,900 泰铢

### Aromatherapy Massage 芳香按摩

Slow rhythmic relaxing massage using aromatic oils to improve blood circulation, and release muscle tensions. Leave the world of care behind.

缓慢有节奏的放松按摩，采用芳香精油来改善血液循环，并释放肌肉的张力，静享安宁、滋养身心。

60/90 minutes 分钟

2,200/2,900 泰铢

### Deep Tissue Massage 层组织按摩

This therapeutic massage involves deep pressure strokes focusing on specific areas such as neck area, upper and lower back to relieve body tension and to restore normal movement.

这项保健式按摩疗程聚焦于某些身体特定区域的深度指压，如颈部区域、上背和下背。缓解身体的紧张并恢复正常的运动。

60/90 minutes 分钟

2,200/2,900 泰铢

### Herbal Healer Oil Massage 草本治疗精油按摩

Melt away the body ailments with our healing treatment. The hot compresses are ideal of alleviating pain, stiffness, soreness and backaches. The blend of traditional Thai herbs used in these compresses has a relaxing and invigorating effect on the body and mind while the full body massage soothe muscle tension and stiffness.

化解身体疾病的理疗按摩。热敷是减轻疼痛、僵硬、酸痛和背痛的理想疗法。在热敷中搭配使用传统泰国香草并进行全身按摩能有效缓解肌肉的紧张和僵硬，令身心完全放松。

90 minutes 分钟

3,300 泰铢

### Thai Massage 泰式按摩

An ancient traditional Thai Massage is a fusion of acupressure, energy work and stretching techniques.

古老传统的泰式按摩，融合指压疗法、能量活动和拉伸技术，能有效降低肌肉张力，改善循环，促进免疫系统并保持身心平衡。

60/90 minutes 分钟

1,800/2,400 泰铢

### Junior Massage 儿童按摩

Kids suffer from little problems which are hardly noticed by others. They experience pain and stress in very much the way adults do. Let your child discover the world of wellbeing. This massage provides comfort, relaxation, reduction of stress hormones, and improves quality of sleep and strengthens the immune system.

*\*Children age from 6 to 12 and all treatments must be accompanied by an adult.*

几乎很少有人能注意到孩子遭受的小问题，其实他们也同样会经历成人般的痛苦和压力。让您的孩子尽情体验健康幸福的世界！儿童按摩为孩子提供轻松舒适、减少压力荷尔蒙、提高睡眠质量并加强免疫系统。

*\*适用于6至12岁的儿童，疗程中必须有一位成人陪同。*

60/90 minutes 分钟

1,800/2,400 泰铢

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所有价格均以泰铢报价，包含服务费和政府税

## AYURVEDIC MASSAGE 印度阿育吠陀按摩

### Snehana Abhyanga 印度阿比扬噶涂油按摩

Combination of soothing long strokes that helps in restoring balance and re-establishing calmness and harmony in the body.

结合长时间的舒缓式按摩，帮助恢复体内平衡，重新建立身体的平静与和谐。

60 minutes 分钟

2,700 泰铢

### Shirodhara 度滴油理疗

Therapeutic oils are poured in a continuous stream (to bathe the head) directed to the mid fore-head. This "dhara" helps in calming the mind. It helps in relaxing and revitalizing the central nervous system.

治疗采用的精油倒在一个可连续流出的容器中持续滴在体验者的前额中央，这种印度“dhara（达拉）”有助于放松身体、平静心灵，令中枢神经系统恢复活力。

45 minutes 分钟

3,100 泰铢

### Swasthya Package 印式综合理疗套餐

Combination of Snehana Abhyanga and Shirodhara. It helps to liquefy toxins and induces relaxation, whilst eliminating body impurities.

结合印度阿比扬噶涂油按摩和滴油理疗，有助于溶解体内毒素，消除身体杂质，令身心放松。

90 minutes 分钟

4,500 泰铢

## FOOT AND FACIAL MASSAGE 足部和面部按摩

### Foot Massage 足部按摩

Relaxing foot massage is highly recommended for those with tired legs and feet.

The massage aids in alleviating stress and boosting body circulation.

强烈推荐给需要消除腿脚疲惫的体验者，足部放松按摩有助于缓解压力，促进身体循环。

30 minutes 分钟

1,300 泰铢

### Tension Relief Massage (energizing) 缓解紧张按摩

An experience recommended for knotted and painful areas, especially over upper back, neck and shoulders.

Our therapist will work to release tension and restriction on those areas.

推荐给试图缓解身体酸痛的体验者，此疗程对上背部、颈部和肩膀效果显著。治疗师将协助您释放在这些身体区域的紧张和限制

30 minutes 分钟

1,300 泰铢

### Indian Head Massage 印式头部按摩

Clear your mind with this massage to relax and remove fatigue caused by mental stress.

此按摩可令体验者头脑清晰，放松和消除疲劳所造成的精神压力。

30 minutes 分钟

1,300 泰铢

### Aqua Facial 面部护理

Refine the skin using natural cleansing and gentle exfoliation followed by face massage using finest honey and mask of fresh cucumber. Leave your skin feeling soft and smooth.

首先采用最好的蜂蜜和新鲜黄瓜做面膜并进行面部按摩，接着进行自然净化和温和去角质，令您的面部肌肤感觉柔软光滑，恢复自然光彩。

60 minutes 分钟

3,000 泰铢

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## FOOT AND FACIAL MASSAGE 足部和面部按摩

### Moisturizing Facial 面部保湿护理

Suitable for dry skin, increase hydration, clears unflattering breakout, stimulate skin irritation.  
适合干性肌肤，增加水合作用，有助于清除面部未长成的痘痘，消除皮肤过敏问题。

60 minutes 分钟

3,000 泰铢

### Firming Facial 面部紧肤护理

Bring back the healthy skin. Blend of highly effective antioxidants increases the firmness and elasticity while promoting the skin with long lasting hydration.

恢复健康的皮肤。混合高效抗氧化剂增加面部肌肤的紧实度和弹性，促进皮肤的水化和抗衰老作用。

60 minutes 分钟

3,000 泰铢

### Balancing Facial 面部平衡护理

Ideal for combination and oily skin types, to combat bacterial infections and to reduce the skin inflammation and irritations. They help in keeping skin clean and tightening up the pores.

适用于综合性和油性肌肤，对抗细菌感染，减少皮肤炎症和过敏问题，清洁肌肤并收紧毛孔。

60 minutes 分钟

3,000 泰铢

### Soothing Facial 面部舒缓护理

Suitable for sensitive skin providing the greatest nutrition having the ingredients of chamomile extracts, corn, oak and roots. They reduce the skin irritation and protect the skin from pollution. Makes your skin vibrant and radiant.

适合敏感性肌肤。为肌肤提供包括洋甘菊提取物、玉米、橡木和植物根部的最大营养成分。减少皮肤刺激，保护肌肤免受污染，令您的皮肤充满活力，散发光彩。

60 minutes 分钟

3,000 泰铢

## BODY SCRUB 身体磨砂去角质护理

### Coconut Ginger Scrub 椰子生姜磨砂护理

Coconut is a natural moisturizer while ginger is a gentle body exfoliating herb rich in vitamins, minerals and enzymes, leaving you a smooth and healthy skin.

椰子是一种天然的保湿剂，生姜富含维生素、矿物质和酵素，是一种温和的身体去角质草本植物，令您的肌肤健康顺滑。

45 minutes 分钟

1,800 泰铢

### Coffee Scrub 咖啡磨砂护理

Rich in anti-oxidant and the aromatic scent of the coffee helps to relax your body and mind while honey moisture your skin, soften and radiance the skin.

咖啡富含抗氧化剂，加之其芳香气味，有助于放松身心，而蜂蜜利于保湿，可充分软化皮肤。令肌肤焕发光彩。

45 minutes 分钟

1,800 泰铢

### Kaffir Lime and Yogurt Scrub 青柠和酸奶磨砂护理

Let the refreshing scent of the natural ingredients relax your body during the treatment and look forward to youthful and radiant skin.

气味清新，富含天然成分，令身体放松，恢复肌肤年轻光彩。

45 minutes 分钟

1,800 泰铢

## BODY SCRUB 身体磨砂去角质护理

### Oatmeal Honey Scrub 燕麦片蜂蜜磨砂护理

Highly recommend for dry and mature skin as the oatmeal rich in vitamins and honey help to moisture your skin. 强烈推荐给肌肤干燥和成熟的体验者，燕麦片富含维生素，而蜂蜜有助于皮肤保湿。

45 minutes 分钟

1,800 泰铢

## BODY WRAP 身体裹敷护理

### White Mud Wrap 白泥裹敷护理

Allow the clay's natural properties to eliminate the body toxins. The White mud is rich in minerals and nutrients, helping the skin to detoxify and stimulating the body to nourish the skin.

粘土的自然属性可用来消除体内毒素。白泥富含矿物质和营养物质，可帮助肌肤排毒并刺激身体来滋养皮肤。

45 minutes 分钟

2,000 泰铢

### Aloe Cucumber Wrap 芦荟黄瓜裹敷护理

Excellent for sun burn or sensitive skin, combination of Aloe Vera and Cucumber will reduce redness and irritation to calm the skin.

对晒伤或敏感皮肤有显著功效。芦荟和黄瓜的搭配使用可减少红肿和刺激，冷却并恢复肌肤活力。

45 minutes 分钟

2,000 泰铢

### Oatmeal Honey Wrap 燕麦片蜂蜜裹敷护理

The combination of Oatmeal and honey are perfect remedy for all the skin types. Soften the skin and nourishes after the treatment.

燕麦和蜂蜜的搭配使用是所有皮肤类型的完美补救之法。护理之后令肌肤柔软滋养，恢复新生。

45 minutes 分钟

2,000 泰铢

## INDULGING SPA PACKAGES 水疗套餐

### Aqua Package Aqua套餐

Enjoy our wholesome spa experience. Starts with Steam bath to open the skin pores and makes it ready for oatmeal honey scrub. It's later followed by signature Aqua massage and Aqua facial to complete the session by Milk bath. Leave your body and mind enriched, relaxed and stress-free.

欢迎享受我们健全有益身心的水疗套餐体验。首先用蒸气浴打开皮肤毛孔，为燕麦片蜂蜜身体裹敷护理做准备，接着享受Aqua特色按摩和Aqua面部护理，最后以牛奶浴来结束整个疗程。令身心滋养健康，轻松无忧。

180 minutes 分钟

5,900 泰铢

Steam 蒸气浴

15 minutes 分钟

Oatmeal Honey Body Scrub 燕麦片蜂蜜身体裹敷护理

30 minutes 分钟

Aqua Massage 特色按摩

60 minutes 分钟

Aqua Facial 面部护理

60 minutes 分钟

Milk Bath 牛奶浴

15 minutes 分钟

## INDULGING SPA PACKAGES 水疗套餐

### Royal Siam Package 皇家暹罗套餐

Recover Thai ancient remedies with an exquisite treatment. Pamper your skin with fresh coconut scrub, white mud wrap and then complete your experience with Thai massage with herbal bath  
泰国传统精湛的理疗套餐体验。首先用新鲜椰子擦洗您的肌肤，接着进行白泥裹敷护理和泰式按摩，再以草药浴结束疗程。

180 minutes 分钟	5,900 泰铢
Coconut Ginger Scrub 椰子生姜磨砂护理	30 minutes 分钟
White Mud Wrap 白泥裹敷	45 minutes 分钟
Herbal Heat Treatment 草药热护理	30 minutes 分钟
Thai Massage 泰式按摩	60 minutes 分钟
Herbal Bath 草药浴	15 minutes 分钟

### Peace Package 舒缓平和套餐

Start with a natural body scrub to exfoliate dead skin cells and is a preparation for soothing wrap which moisturize your skin leaving the skin glowing and radiant.  
首先自然身体磨砂膏去除死皮细胞，接着进行身体裹敷保湿滋养，令肌肤柔嫩，焕发自然光彩。

120 minutes 分钟	3,700 泰铢
Body Scrub 身体磨砂去角质护理	45 minutes 分钟
Body Wrap 身体裹敷护理	45 minutes 分钟
Milk bath 牛奶浴	30 minutes 分钟

### Rejuvenation Package 青春再现套餐

This treatment can be tailored to suit your individual requirements. Begins with body scrub and followed by the body massage. Enjoy a luxurious treatment, leaving your skin soft smooth and relaxed.  
此套餐疗程可按个人需求进行定制，包括身体磨砂去角质护理和按摩疗程，奢华享受，令肌肤柔软光滑，身心放松，恢复青春神采。

90 minutes 分钟	3,300 泰铢
Choices of Body Scrub 自选身体磨砂去角质护理	45 minutes 分钟
Choices of Body Massage 自选身体按摩	45 minutes 分钟

### Spirit Package 净化身心套餐

A wonderful total relaxation package begins with full body massage of your choice and followed by foot or head massage. Feel totally relaxed and unwind.  
美好的彻底放松套餐体验。包括自选身体按摩以及足部或头部按摩。令您完全放松无忧，净化身心。

90 minutes 分钟	2,800 泰铢
Body Massage 身体按摩	60 minutes 分钟
Foot massage 足部按摩或印度头部按摩 or Indian Head massage	30 minutes 分钟

Add-ons:

Steam 蒸气浴	30 minutes 分钟	600
Milk Bath 牛奶浴	30 minutes 分钟	800
Herbal Bath 草药浴	30 minutes 分钟	800

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