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LIVE THE JOY OF BEAUTY

[comfort zone]

SKIN. SCIENCE. SOUL.

注意事项

*请提前致电到水疗中心或直接前往进行预约。

*我们接受ClubMed的记账卡、银联卡、微信支付、支付宝支付以及visa、master卡。

*预定时需要支付费用。

*我们的疗程将准时开始，准时结束。

疗程取消规则：

--- 如果您要取消或者更改疗程时间，请提前6小时通知我们，以避免产生取消费用。

--- 如果您在您预约时间的6小时之内取消或不出现，或者临时更改时间，我们将收取100%的疗程费用。

*请提前15分钟到达水疗中心。

*在您的疗程开始前，我们会要求您填写一份关于您身体状况的咨询表，以便我们的技师根据您的身体状况及要求带给您最优质的按摩服务。

*请不要将任何贵重物品放置在我们按摩的房间。如有任何物品遗失或偷窃与ClubMed SPA 无关。

*对于做面部护理的男士，我们建议您至少提前一个小时刮胡须。

*请前往水疗中心咨询或购买来自意大利高端品牌【舒适地带】的零售产品。

General Information

*Please make a Spa appointment by calling to Spa or upon your visit in Spa.

*Club Med Pass, Union Pay, WeChat pay, Alipay pay, Visa, Master are friendly accepted.

*Treatment must be paid upon the booking .

*The treatment will start on time and finish on time.

*Cancellation policy :

*Need to cancel or change your appointment 6hours before your scheduled appointment to avoid the cancellation fee.

*If cancelled within 6hours or NO Show you will be charged 100% of the appointment value.

*Please arrive for your appointment 15 mins in advance.

*Before each treatment, you will be asked to fill in a confidential questionnaire to assess your suitability for any treatment carrying contraindications .

*The Club Med Spa is not responsible for any loss or stolen items.

Please don't leave any valuable items in the treatment room.

*For facial treatment, we thank men for shaving at least one hour before.

*The exclusive [Comfort Zone] is on sale. Please visit us at the Spa reception.



Club Med Spa

by

[Comfort Zone]

水疗项目 / SPA MENU



Sanya

Club Med 三亚度假村

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Club Med Sanya

No.236 Sanya Bay Hainan Island P.R China 572000

www.clubmed.com.cn

Club Med Signature

Tranquility Relax Spa 90 min

A precious sensorial synergy of delicate textures, aromacological scents and the power of human touch for a unique experience to deeply relax the body and mind. This treatment bestows a pleasant sensation of well-being, relaxation of tight muscles, improved circulation, profound hydration and tone. It is the best remedy for nowadays' people with busy schedule or life under pressure.

Sacred Nature Organic Spa 90 min

Luxurious face & body ritual with rich nourishing textures organic ingredients like orange flower water and extracts from the fragrant Mediterranean. Embracing body massage, restores body-mind balance.

Body Treatment

Skin Regimen Body Scrub 45 min

Deeply nourishes the skin, ensuring its suppleness and elasticity. Improves circulation and helps reduce swelling and fluid retention

Body Wrap Treatment 45 min

A balancing and detoxifying treatment to accelerate the body's metabolism, favoring purification and effective slimming action.

Sacred Nature Body Massage 75/90 min

Nourishing and protective with products formulated according to ecocert® guidelines, offering a natural treatment indicated for all skins, including even the most sensitive. It detoxifies, nourishes and protects the skin in a pleasant and embracing ritual.

Aromasoul Body Massage 75/90 min

A unique massage ritual that takes you on a journey through four distinct worlds: the exotic orient, the warmth of the Mediterranean, the vibrant world of India, and the ancient cultures of desert tribes. A journey of strength, discovery, vitality and ultimately a profound sense of grounding.

Children massage 30/60 min

Facials

Hydrmemory 60 min

A deep hydrating treatment for face, neck and décolleté that results in renewed moisture and silkiness. Restores compactness, tone and luminosity. Helps keep the skin supple and elastic, therefore preventing dryness and premature aging.

Active Pureness 60 min

Treatment for deep-cleansing that gives the skin a luminous, smooth, uniform appearance. Intensive and delicate, it rebalances and normalizes the skin, leaving it fresh and firm. It is particularly effective on impure, wrinkled, oily skin and those prone to acne.

After Sun Repair 60 min

An extraordinary treatment to resurface, revitalize and deeply hydrate the skin, while stimulating collagen production and giving immediate plumpness. Soothes and calms a sensitive or damaged skin. Reduce red and UV damage.

Massage

Hot Stone Massage 120 min

Hot stone is a variation on classic massage and suited to people who tend to feel chilly or who have cold feet. It's also suited for people who have muscle tension. The heat relaxes muscles, allowing the therapist to work the muscles without using deep pressure.

Thai Yoga Massage 90 / 120 min

With ancient traditional techniques, the oil free. Thai massage uses fingers, palms, forearms, elbows, knees and feet to stimulate positive energy flows and expel negative accumulations in the body. Varying degrees of pressure on key acupoints and assisted yoga-style stretching are used to promote healthy blood circulation and relax tense muscles. The body is left feeling rested and renewed.

Walking in the Cloud 75 / 90 min

Foot reflexology, the pressure is applied to special points of your feet by using thumb, finger and hand techniques. It loosens up the tense from the stress of work and living environment and quality of your sleep. It helps better blood circulation. Afterwards, aim on your neck, shoulder and back massage by the therapist's hands to feel relieved

Chinese Massage 90 / 120 min

Traditional Chinese Massage is an oil-free massage combining principles of Chinese Medicine with Tui Na massage techniques. Slow deep tissue massage in acupoint areas is used to relieve pain, improve blood circulation, stimulate energy channels.

Packages

Tranquility Spa Ritual 2 hours

Scrub / tranquility massage 醇美芳香之旅
任选磨砂/醇美芳香按摩

Aromasoul Spa Ritual 2.5 hours

Scrub / massage / hydrmemory facial 四国风情之旅
任选磨砂/任选四国风情按摩/水忆保湿迷你面护

Renewal Spa Ritual 3 hours

Scrub / body wrap / aromasoul massage & facial 全然焕新之旅
焕然新生磨砂/排毒裹体/东方魅力按摩/净化调理面护

Family Time 4 hours

Choice massage / facial care 合家欢
任选按摩/面护

Ritual for Two 6 hours

Scrub / massage / facial 幸福相伴
任选磨砂/按摩/面护

Personalized Day Rituals 4 hours

Day 1 discovery / Day 2 Peace / Day 3 Vitality 私人定制护理
第一天 探索发现/第二天 宁静沁心/第三天 感悟生命

特色护理

醇美芳香SPA护理 90 min

尊贵独特的香熏精油，质感细腻，滋润肌肤。以适度的按摩流程达到舒适、安全的感官享受境界并提高肌肤血液循环，放松及舒缓压力，同时带给身心、灵净化的体验。

纯天然有机SPA护理 90 min

身体按摩加迷你面部的护理让您在短时间内可以得到全身心的放松。

身体护理

凝时身体磨砂护理 45 min

深层滋养肌肤，令肌肤水润丰盈、弹性十足，抑制改善妊娠纹，改善血液循环、减少肿胀、排除残留体液

身体包裹护理 45 min

平衡和排毒護理，以加快人體的新陳代謝，有利於深刻的淨化，以及作為一種有效的減肥。改善肤色，重塑身体曲线。

纯天然有机身体按摩 75/90 min

通过纯生态植物成分带来深度滋养和保护，令肌肤如丝般润滑

四国风情身体按摩 75/90 min

独特的按摩仪式，带你旅行经历四个截然不同的世界：奇异的东方，温暖的地中海、充满活力的印度，和古代沙漠部落文化。力量的旅程，发现，恢复活力。

儿童按摩 30/60 min

面部护理

水忆保湿面部护理 60 min

针对干性皮肤的自然愈合的能量，深层补水并平衡保持油脂分泌，达至还原肌肤自然保湿功效。海藻糖的植物提取复合元素及月见草油成份共同发挥全面理疗作用，使肌肤完全恢复清新水嫩状态。

净化肌肤面部护理 60 min

深层洁净护理，为肌肤带来明亮、顺滑、均匀肤色。强效而温和，调整油脂平衡，令肌肤紧致清爽。在不洁、皱褶、油性和易长痤疮的肌肤上功效尤其显著。

晒后修护面部护理 60 min

这是一种功效显著的护理，可修复肌肤，为肌肤深层注入活力和水分，激活胶原蛋白生成，让肌肤立即水润饱满。舒缓镇静敏感与受损肌肤，减少发红与紫外线伤害。

其他按摩

能量热石护理 120 min

用于热石疗法的按摩热石，经过特殊加热后，放置在人体的皮肤或经络上，因为热石具有大地的能量，作用于身体局部和整体系统，通过深层的热传导方式把热力源源不断地输入体内，再经由反射穴点的传导，对肌肉组织及关节具有激发调节功能。在进行身体按摩的同时，将按摩精油的主要成分扩散到皮下组织细胞，被身体充分吸收；将精油对身体的功效发挥到极致。

泰式瑜伽按摩 90 / 120 min

泰式按摩是泰国古代医学文化之一，古代泰国皇室利用它作为维持身心健康的方法之一。按摩时，利用手指、手臂、膝部和双腿等按摩人体穴位，又在肌肉和关节上按压和伸展，令身体、精神和心灵回复平衡。泰式按摩更具有明显的消除疲劳、放松肌肉和筋骨伸展的帮助，此按摩过程中，还会对体验者施与被动瑜伽、舒活筋骨，此按摩适合希望活动筋骨、舒缓肌肉、恢复身体柔韧性，又没时间主动运动的人。

漫步云端 75 / 90 min

藉由理疗师的双手针对疲劳的双腿和脚给予点对点的刺激，使足部及双腿达到放松；可以促进血液循环及改善睡眠质量。随后，针对后背部，放松，改善因工作生活压力而引起的僵硬肩部。

中式按摩 90 / 120 min

中式按摩是中华民族独特的医疗、保健方法。按摩已有几千年的历史，早在上古时就有记载，其按摩原理是以中医理论为基础，并以经络穴位按摩为主，其手法渗透力强，可以放松肌肉、解除疲劳、调节人体机能，具有提高人体免疫力、疏通经络、恢复活力、减轻疲劳、增强人体血液循环。此按摩适合生活压力大、工作繁忙、缺乏运动、用脑及用眼过度的人。