



京臣~经 SPA

SPA 礼仪

为了让每一位到京臣 SPA 的客人体验到非凡感受，请不要在场所内大声喧哗并请您关闭您的手机。

穿着

在护理过程中，我们将为您提供浴袍以及拖鞋。我们的专业理疗师会为您提供指导并尊重您的隐私。我们同时也提供一次性内衣；或者您也可以选择自带。在中式按摩和泰式按摩过程中，我们将提供舒适的按摩服。

预约

我们建议您提前预约以便我们为您提供专属于您的服务，您需要提供信用卡的详细资料给我们，一个有效的预约将是体验京臣 SPA 之旅的愉快启程。

珠宝及贵重物品

我们建议您将贵重物品留在饭店，以确保安全。同时，我们也在 SPA 接待处为您配备了保险箱。

到达时间

请您准时到达，为了确保您拥有完整的 SPA 体验，请您提前 15 分钟到达，以便您能充分享受您的护理。

禁止吸烟

SPA 内的任何场所都禁止吸烟。

取消服务

如果取消预定请至少提前 4 小时通知，以便我们能够更好的安排工作。

特殊事项

到达后，您将会在服务人员的指导下填写一份健康调查问卷，并由我们的咨询师为您建议最合适的疗法。如果您有过敏、高血压、残疾或已怀孕，请告知接待处。

SPA ETIQUETTE

To enhance your experience at J Spa, we ask you to consider others during your time at the retreat, by keeping noise levels down and switching off your mobile phone enabling you to relax and unwind.

What To Wear

We provide Bath Robe and Slippers during your stay.

Our Therapists are well trained to ensure you are appropriately draped to respect your privacy.

We also provide disposable underwear; alternatively you may prefer to wear your own.

Pyjamas are provided for Chinese and Thai massage.

Reservations

To avoid disappointment, we recommend you book your treatments in advance.

Credit card details will be taken to confirm your booking.

Jewelry and Valuables

We recommend that you leave your valuables in your Hotel room safe.

Alternatively, we can offer you a safety locker at Reception.

Arrival Time

Please arrive on time, preferably 15 minutes prior to your appointment to ensure you experience your full treatment.

No Smoking

Smoking is not permitted anywhere in the Retreat.

Cancellation Policy

We have a 4-hour cancellation policy; if we are unable to rebook your treatment time, a 50% charge will apply.

Special Considerations

Upon arrival, Guests are requested to complete a Health Questionnaire to ensure the most suitable treatment is selected. Please advise the Reception or Manager if you have any allergies, high blood pressure, pregnancy, or disabilities.

Hours of Operation: 10:00am -2:00am

京 臣

完美 SPA 体验

京臣养生与传统中医疗法的天然融合；
优质纯天然产品配合专业理疗师的高超技术；
轻柔的音乐、优雅的环境，一次完美的体验之旅由京臣 SPA 为您创造。

大脑、身体、心灵的完全放松；
得益于我们为您量身定制，精心设计的 SPA 之旅；
中式、泰式，巴厘式及欧式的传统放松疗法；
男士和女士都可以在京臣 SPA 顾问的安排下；
带您进入到舒适，轻松的氛围中，消除压力，崇焕生机。

美妙的旋律中，京臣服务人员亲切的贴身服务；
无论您是与伙伴、朋友一起，
还是独自领略优雅与芬芳带来的宁静；
京臣 SPA 豪华套房都将您的梦想变为现实

感官的轻松体验，内心的完全释放；
让您减轻压力，再现活力；
使您的身心重新回复到最佳状态。
京臣 SPA 提供专业按摩服务、全身护理、面部护理及传统中医疗法。

环境、服务、产品的全方位打造；
轻松、体贴、愉悦的百分百体验；
完美 SPA 体验之旅；
真诚期待与您共分享。

J Spa

The Ultimate Experience

J Spa offers a wonderful combination of Holistic treatments and traditional Chinese Therapies in a relaxing calming environment. Using the best quality natural products that are carefully blended by professional Therapists, to ensure the Guest receives the Ultimate Experience.

Designed to relax and restore the mind, body and soul, the Retreat offers a tranquil, serene ambiance where you can de-stress and re-energize, by offering a wide range of traditional and pampering treatments, Chinese, Thai, Balinese and European for both ladies and gentlemen.

J Spa is the perfect place to experience exquisite aromas, peaceful music and caring staff, in luxurious Therapy Suites, with your partner, friends or tranquil solitude.

An excellent variety of massages, body treatments, luxury facials and traditional Chinese Therapies are on offer, designed to rejuvenate, de-stress, rebalance and thus complete your sensory experience.

Our Staff look forward to welcoming you to J Spa - The Ultimate Experience.

SPA 疗法

按摩

京臣特色按摩

75 分钟

作为按摩的终极体验，我们的标志性疗法由两位理疗师操作，创造完美平衡以及身体和谐。为了让您舒缓、放松、减轻压力，我们采用温和芳香疗法精油，通过同步按摩运动，促使从头到脚的深层放松。

芳香足部护理程序，J 按摩，轻度舒爽

香薰油压按摩

60/90 分钟

采用从植物以及鲜花提取出的特殊配制的精油，这一柔和而富含营养的疗法颇具疗效，帮助增强人体免疫系统，改善血液循环，缓解压力。香薰按摩可根据个人喜好选择轻重，采用指压按摩法以及运用敲打技巧。

对精油的良好选择，可以让您的身体和大脑进入深层的放松和和谐状态。

芳香足部护理程序，香薰按摩，轻度舒爽

深层组织按摩

60/90 分钟

这种按摩结合了瑞典和泰式技术，采用我们特殊配制的香薰精油，对深层组织进行按摩，能够舒缓肌肉疲劳及疼痛，帮助促进血液循环。

对于希望放松以及减轻压力的商务主管人员以及运动爱好者来说，这是种完美的按摩体验。

芳香足部护理程序，深层组织按摩，轻度舒爽

火山石按摩

90 分钟

这种放松性的热石疗法结合了瑞典全身按摩以及炽热的火山岩石的作用。给疲劳疼痛的肌肉以及关节加热，其中的热量增强了按摩带来的益处，提供了更深层次的放松，使您处于一种健康状态。

芳香足部护理程序，热石按摩，轻度舒爽

传统泰式按摩

90 分钟

世代沿袭的泰式按摩方法运用指压按摩、柔和的摆动以及瑜伽式伸展运动，使身体放松，增强您的活力。泰式按摩不采用精油，是一种干燥按摩，通过对身体静脉长时间的挤压，增强柔韧性以及能量流动。

芳香足部护理程序，泰式按摩，轻度舒爽

亚洲放松组合

60/90 分钟

这是为那些喜欢泰式按摩，而且喜欢结合特殊配制的香薰精油的客人准备的。能够带来双重放松好处，帮助增强人体免疫系统。

芳香足部护理程序，亚洲混合按摩，轻度舒爽

淋巴排毒按摩

90 分钟

淋巴排毒按摩是运用芳香精油结合专业淋巴排毒手法使血液循环加快，增加局部的血流量，有助于营养物质的运送和代谢产物的排除，加强了淋巴排毒系统的排毒能力及平衡内分泌系统，有效分解乳酸，加强身体自身的防御功能。

轻松保健按摩

60 分钟

对于繁忙的主管人员以及忙碌的人们来说，这种放松性的颈部、肩部以及头部按摩，是一个理想的选择。我们采用独特的香薰精油，舒缓您的压力以及肌肉紧张，促使身体健康。

芳香足部护理程序，健康按摩，轻度舒爽

养神醒脑疗法

45 分钟

亚洲头部按摩帮助舒缓压力，对颈部以及肩部采用暖和的芬芳精油，使您整体上得到放松。

芳香足部护理程序，亚洲头部按摩，轻度舒爽

TREATMENTS MASSAGE

JingChen Signature Massage

75mins

The ultimate Massage experience, our signature treatment is performed by two therapists creating perfect balance and physical harmony. To soothe, de-stress and pamper, warm Aromatherapy oil is applied using synchronizing massage movements to promote deep relaxation from head to toe.

Aroma Foot Ritual, JingChen Massage, Light Refreshments

Aromatherapy Massage

60/90mins

This gentle, nurturing treatment is therapeutic due to the properties of our unique blended oils extracted from plants and flowers, which help to boost the body's immune system, improve circulation and reduce stress. Aromatherapy massage can be applied according to personal preference - light or firm, using acupuncture and stroking techniques.

Choose your oil, allowing your body and mind to drift into a deep state of relaxation and harmony.

Aroma Foot Ritual, Aromatherapy Massage, Light Refreshments

Sports Massage

60/90mins

A deep tissue massage that combines Swedish and Thai techniques with our special blended Aromatherapy oil, soothing tired, aching muscles and helping to increase circulation.

This is the perfect massage for busy executives and sports enthusiasts who wish to relax and de-stress.

Aroma Foot Ritual, Sports Massage, Light Refreshments

La Stone Massage**90mins**

A relaxing warm stone therapy treatment, which combines a full body Swedish Massage with the use of heated lava stones. The heat enhances the benefits of the massage by warming tired aching muscles and joints, giving a deeper state of relaxation and well-being.

Aroma Foot Ritual, La Stone Massage, Light Refreshments

Traditional Thai Massage**90mins**

Passed down the line from Ancient Times, this Massage utilises acupressure, gentle rocking and yoga style stretching techniques, that relaxes and revitalizes the body.

The Thai Massage is a dry massage using no oils, incorporating prolonged pressure on the meridians of the body to increase flexibility and energy flows.

Aroma Foot Ritual, Thais Massage, Light Refreshments

Asian Blend**60/90mins**

For those Guests who enjoy a traditional Thai Massage combined with a choice of uniquely blended hydrating Aromatherapy oils to give the dual benefit of relaxation and help to boost the immune system.

Aroma Foot Ritual, Asian Blend Massage, Light Refreshments

Lymphatic massage**90mins**

The lymphoid toxin removal massage therapy, featuring poisonous substance removal from lymph by employing fragrant essence massage, can improve partial flow of blood and thus accelerates blood circulation. The newly introduced massage helps greatly the transportation of nutrient and metabolizes body waste. in the process, the ability of lymphoid toxin removal system is strengthened, the lactic acid dissolved, and the body incretion balanced. In this way, human system as a whole can be significantly enhanced.

Aroma Foot Ritual, Well-Being Massage, Light Refreshments

Well-Being Massage**60mins**

A soothing, relaxing Back, Neck, Shoulder and Head Massage, that is ideal for those busy executives and people on the go. A choice of our unique Aromatherapy oil is applied to relieve stress, muscle tension and improve one's general health and well-being.

Aroma Foot Ritual, Well-Being Massage, Light Refreshments

Asian Head Massage**45mins**

This Asian Head Massage helps to destress and relieve tension, using warm aromatic oil on neck and shoulders to assist total relaxation.

沐浴

中草药浴
芳香花瓣浴

30 分钟

30 分钟

BATH

Chinese Herbal Bath
Aroma Bath

30mins

30mins

全身护理

芳香海盐角质护理

45 分钟

深层清洁角质护理，采用天然海盐，混合补水香薰精油，帮助去除老化的皮肤细胞，展现光滑柔软肌肤。最后采用保湿护理。

芳香足部护理程序，芳香海盐角质护理，轻度舒爽

清新水果角质护理

45 分钟

新鲜水果制成，混合天然成份——让您的肌肤光滑、清新、富有活力。并使用护肤液改善肌肤，使其再生活力。

芳香足部护理程序，水果角质护理，轻度舒爽

芳香芝麻角质护理

45 分钟

这种柔和的角质护理采用芝麻籽，混合香蕈精油，去除老化细胞，柔化并且滋养肌肤。最后采用保湿护理。

芳香足部护理程序，芳香芝麻角质护理，轻度舒爽

泥浆裹体

60 分钟

混合了欧洲沼泽以及死海泥浆，刺激并且深层清洁身体。可以使您的身体平衡、放松、再现活力，具有滋养并且排毒的功效。最后使用润肤露进行适度按摩。

芳香足部护理程序，泥浆裹体，轻度舒爽

滋养芳香裹体

90 分钟

这是种强力滋养疗法，根据您的需要，特殊配制了温暖香薰精油，有助于建立大脑、身体以及心灵平衡。在全身角质护理及放松性的精油全身按摩后，我们将您的身体裹住，使您的肌肤充分吸收水份，恢复柔嫩、平滑。

芳香足部护理程序，滋养芳香裹体，轻度舒爽

背部清洁护理

60 分钟

放松性的深层清洁背部疗法，敷裹一层体膜，使背部死皮脱落，滋养水分；采用草药抗氧化产品，使肌肤焕发活力。最后做起缓和作用的背部按摩。

芳香足部护理程序，背部清洁护理，轻度舒爽

BODY TREATMENTS

Aroma Sea Salt Scrub

45mins

Deep cleansing scrub, using natural sea salt mixed with hydrating Aromatherapy oils, helping to remove dead skin cells, resulting in smooth soft skin. An application of moisturiser is then applied.

Aroma Foot Ritual, Aroma Sea Salt Scrub, Light Refreshments

Refreshing Fruit Scrub

45mins

Made from fresh fruit blended with natural ingredients – leaving the skin smooth, refreshed and revitalised. An application of lotion is applied to condition and rejuvenate the skin.

Aroma Foot Ritual, Fruit Scrub, Light Refreshments

Aroma Sesame Scrub

45mins

A gentle scrub using sesame seeds mixed with Aromatherapy oil to remove dead skin cells and simultaneously soften and nourish the skin. An application of moisturiser is then applied.

Aroma Foot Ritual, Aroma Sesame Scrub, Light Refreshments

Mud Body Wrap

60mins

A combination of European Moor and Dead Sea Mud works to stimulate and deep cleanse the body. Choose from Balance/Relax, Revitalizing, Pampering or Detoxifying. While wrapped, this treatment is finished with a mini massage of Body Lotion

Aroma Foot Ritual, Mud Body Wrap, Light Refreshments

Pampering Aroma Wrap

90mins

An intensive pampering treatment using warm Aromatherapy oils specially blended to suit your needs, restoring balance to the mind, body and spirit.

After a revitalizing body scrub, a relaxing Aroma body Massage, your body is enveloped in a wrap, leaving your skin soft, smooth and totally hydrated.

Aroma Foot Ritual, Pampering Aroma Wrap, Light Refreshments

Cleansing Back Treatment

60 mins

A relaxing deep cleansing back treatment that incorporate a mask designed to exfoliate and hydrate the back, using herbal anti-oxidants that revitalises the skin followed by a soothing back massage.

Aroma Foot Ritual, Cleansing Back Treatment, Light Refreshments

面部护理

深层清洁面部护理

60 分钟

这种面部护理专为深层清洁和纯净肌肤设计，通过柔和的脱落剂以及净化膜，清洁毛孔，去除死皮细胞，使用植物精油配合舒缓面部按摩，使您瞬间散发光彩。这是个理想选择，适合油性及有问题的皮肤。

活力再生面部护理

60 分钟

放松性的抗衰老面部护理，采用我们特殊配制的香薰精油以及保湿面霜，温和清洁肌肤，补充水分，使您感到肌肤柔软并且散发光彩。干燥、脱水以及成熟肤质完美选择。

新鲜活力海洋面部护理

60 分钟

适合所有肤质的个性化面部护理，特别混合了螺旋草药及海藻，为疲劳、脱水的皮肤提供有益的基本维他命。这种选择给您美妙的新鲜活力并且舒爽提神，适合缓解压力以及应对各种环境条件。

完美玫瑰标志面部护理

90 分钟

美妙的玫瑰滋养面部护理疗法，混合了纯净玫瑰香精油，为容光焕发的健康肌肤提供所必需的所有物质。我们的玫瑰标志面部护理包括豪华的手部、足部及腿部按摩，使您得到滋养、放松、使肌肤饱含水分。
芳香足部护理程序，玫瑰面部护理，轻度舒爽

平静面部护理

60 分钟

柔和豪华的面部护理，呵护敏感而且细致的肌肤，加强肌肤营养。整个纵情体验使您的肌肤平静并且富含水分，让您的肌肤在兴奋中感受到纯洁而天然的关怀。

美白面部护理

60 分钟

独特混合了富含抗色素的专业产品，专为保护肌肤以及修复被阳光和污染伤害的肌肤活力而设计。

FACIALS

Deep Cleansing Facial

60mins

This facial is designed to deep cleanse and clarify the skin, by using a gentle exfoliator and a purifying mask to unclog the pores and eliminate dead skin cells. A facial massage with essential oils to help soothe and protect the skin, leaving you with a radiant glow. An ideal treatment for oily and problem skins

Rejuvenating Facial

60mins

A relaxing anti-aging Facial that gently cleanses and rehydrates the skin by using our unique combination of essential oils and powerful anti-oxidants, leaving your skin feeling soft, supple and glowing. Ideal for dry, dehydrated and mature skin types.

Revitalising Marine Facial

60mins

A personalized facial that is suitable for all skin types, specially blended with spiraling, herbs and seaweed to provide essential vitamins to benefit tired, dehydrated skin. An excellent revitalising and refreshing pick-me-up, to combat stress and environmental conditions.

Ultimate Rose Signature Facial

90mins

A wonderful Rose indulgent facial treatment, which incorporates pure Rose essential oil that provides holistic benefits essential for radiant healthy skin. Our Signature Rose Facial includes a luxurious hand, foot and leg Massage. Leaving you pampered, relaxed and totally rehydrated.

Aroma Foot Ritual, Rose Facial, Light Refreshments

Calming Facial

60mins

A gentle and luxurious facial designed to soothe and nurture sensitive and delicate skin. This total pampering experience leaves your skin calm and moisturised, while you enjoy the uplifting sensory experience of pure, natural skin care.

Whitening Facial

60mins

With a unique combination of specialised products enriched with anti-oxidants, this treatment is designed to protect and revitalise skin damaged by sun and pollution.

套餐

京臣特色套餐 中草药浴或芳香花瓣浴 芳香海盐角质护理 京臣特色按摩 活力再生面部护理 传统足部按摩 足部护理程序&轻度舒爽 双人服务		3.5 小时
排毒体验 淋巴排毒按摩 活力再生面部护理 传统足部按摩 足部护理程序&轻度舒爽	} } 双人服务	2.5 小时
商旅活力再生 亚洲放松组合 90 分钟 男士健康面部护理 足部按摩 足部护理程序&轻度舒爽	} } 双人服务	2.5 小时
天堂静休 芳香花瓣浴或中草药浴 全身角质护理 火山石热疗 足部护理程序&轻度舒爽		2.5 小时
健康套餐 蒸汽浴或泡浴 海盐角质护理 深层组织按摩 90 分钟 足部护理程序&轻度舒爽		2.5 小时
亚洲神韵 中草药浴或花瓣浴 泰式按摩 90 分钟 足部护理程序&轻度舒爽		2 小时

PACKAGES

JingChen Signature Package Herbal or Aroma Bath Aroma Sea Salt Scrub JingChen Signature Massage Rejuvenating Facial. Chinese Foot Massage <i>Foot Ritual & Light Refreshments</i>	Two Therapists	3.5hours
JingChen Detoxifying Experience Lymphatic Massage- helps to remove toxins Revitalising Facial Chinese Foot Massage	Two Therapists	2.5hours
Business Travel Reviver Asian Blend 90mins Gentlemen's Fitness Facial Chinese Foot Massage <i>Foot Ritual & Light Refreshments</i>	Two Therapists	2.5hours
Heavenly Retreat Herbal or Aroma Bath Body Scrub La Stone Massage <i>Foot Ritual & Light Refreshments</i>		2.5hours
JingChen Fitness Package Herbal Steam or Bath Aroma Sea Salt Scrub Sports Massage -90mins <i>Foot Ritual & Light Refreshments</i>		2.5hours
Asian Experience Chinese Herbal Bath or Aroma Bath Thai Massage -90mins <i>Foot Ritual & Light Refreshments</i>		2hours

传统中医保健

传统中式按摩

60 分钟

传统的中式按摩采用深度指压以及拉伸技术，刺激人体能量通道。这种干燥按摩不采用精油，能够令人放松，并且帮助调节人体阴阳平衡。

传统足部按摩

60 分钟

传统的中式足部按摩作用于足部反射点，能够反映身体好坏。这种疗法可以增加人体能量，改善血液循环，缓解压力，从而达到整个身体的完全放松。
中药泡脚，反射区按摩，轻度舒爽

中医传统正骨

60 分钟

独特的京臣整脊手法，安全可靠的牵引设备，经验丰富的京臣正骨医师将会从根本上抑制您颈椎、腰椎、肩周、骨骼关节等部位的退行性病变和劳损不适，逐渐达到整体康复的目的。

TRADITIONAL CHINESE THERAPY

Chinese Massage

60mins

A traditional Chinese Massage that uses deep pressure and stretching movements to stimulate one's energy channels. A dry massage that uses no oils, it is relaxing and helps to restore and balance your yin and yang.

Chinese Foot Massage

60mins

The Traditional Chinese Foot Massage works on the reflex points of the feet that reflect the parts of the body. A therapeutic technique that increases energy flows, improves circulation, and releases stress, resulting in total relaxation of the entire body.

Traditional Chinese Chiropractic Massage

60mins

The Traditional Chinese Chiropractic Massage helps to control the degeneration and strain to the neck, lumbar vertebra also the bone joints and shoulders.

This treatment is carried out by JingChen experienced doctors using unique spine restituting techniques and reliable traction equipment.

A course of treatments may be recommended to achieve a good recovery.

手 & 足护理

美甲 指甲修剪、表皮护理、脱皮护理、手部按摩以及指甲油上色	60 分钟
豪华手部美甲 指甲修剪、表皮护理、脱皮护理、手部按摩补水护理以及指甲油上色	75 分钟
足部美甲 指甲修剪、表皮护理、脱皮护理、足部按摩以及指甲油上色	60 分钟
豪华足部美甲 (对小腿及足部进行的表皮护理) 指甲修剪、表皮护理、脱皮护理、放松性足部按摩、高度增湿膜以及指甲油上色	75 分钟
豪华手部&足部美甲	2 小时

HANDS & FEET

Manicure Nail Shape, Cuticle care, Hand Massage & Nail Colour	60mins
Deluxe Manicure Nail Shape, Cuticle care, Exfoliation, Hand Massage Hydrating Mask & Nail Colour	75mins
Pedicure Nail Shape, Cuticle care, Exfoliation, Foot Massage & Nail Colour	60mins
Deluxe Pedicure (A facial for your lower legs and feet) Nail Shape, Cuticle care, Exfoliation, Relaxing Foot Massage, Intensive Moisturizing Mask & Nail Colour	75mins
Deluxe Manicure & Pedicure	120mins