



emerge
brighter



perfecting

your journey

eforea spa at Hilton Phuket is a place like no other where you will reconnect with self and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies. Signature to eforea spa are the Journey Enhancements, powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for eforea and introduce guests to special, commonly unexperienced techniques from the most fabled spa cultures around the world.

使您的旅程更完美

西安高新希尔顿酒店eforea spa, 一个与众不同的静谧之地, 让您重新认识自我, 展现迷人光彩。独特的精华旅程及逸之旅将疗效与极具特色的本地护理手法相结合, 让您感受完美的水疗旅程。另有精心搭配的速效护理也可以满足您已选的旅程之外的个性化需求, 这些精心为eforea设计的独特旅程, 均结合了世界上各个地方不同的水疗文化及技能, 会给您带来超乎想象的愉悦感受。

head & face

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

头部&脸部

神清气爽, 这项按摩护理结合了来自于神秘的古印度按摩手法的灵感以及泰式疗法的功效, 让您全身放松, 神清气爽。

shoulder, neck & scalp

Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

肩颈部&头部

释放压力, 这项体验源自于中医推拿与现代科学的痛点治疗法和传统瑞典式按摩的有效结合, 能深度的放松您的身心, 减轻压力。

feet

Ground yourself. This foot and legs experience combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.

脚部按摩

脚和腿部同时一起放松体验按摩。按摩手法结合和古埃及的反射学和美国治疗师的精神理念。

A la carte

30MIN THB 1,100++

特别加强体验

30MIN THB 1,000++

All prices are in THB and subject to 10% service charge and 7% government taxes.

所有的价格以泰铢为准, 并加收10%的服务费和7%的税

essentials

journey



KERSTIN FLORIAN

This complete collection of high performance products is made with the purest, most modern ingredients, inspired

这是一个完整的集合。我们高性能的产品是用最纯洁，最现代成分。

through research, technical insight, passion and professional expertise. Discover your own true beauty.

通过深入的研究，长期的技术积累，激情和专业知识。最后会让你拥有真正的美丽。

face

面部

Correcting Facial

60/90MIN 2,650++ / 2,950++

A results-driven facial with advanced formulas to even skin tone and refine skin texture. The skin is deep cleansed, nourished and brightened.

面部改善

深层面包保养，让您的面部如丝绸般柔顺。

Hydrating Facial

60MIN 2,650++

Using customized hydration for your skin type, our treatment deep cleanses and boosts skin moisture, leaving you feeling fresh and hydrated.

面部补水

重新让您的面部滋润，水灵。

Sensitive Skin Facial

60MIN 2,650++

Designed especially to calm, heal and protect sensitive skin with gentle and natural botanicals.

面部敏感肌

专门的植物精华，对皮肤起到修复保养的功效。

Anti-Aging Facial

60/90MIN 2,950++ / 3,350++

A vitamin-rich and high antioxidant facial to deeply hydrate, protect, rejuvenate and renew skin.

面部抗衰老

富含维生素和高氧化的精华修复面部，使面部重新恢复活力。

body

身体

Deep Exfoliation

60MIN 2,250++

A double-exfoliation and invigorating body treatment. The body goes through deep cleansing as skin feels and looks clean, smooth and fresh.

深层去角质

这是一项深层清洁去除角质让肌肤更加平滑的同时提亮您疲惫的肌肤并让您觉得清爽提神的身体体验

Hydrating Body

60MIN 2,550++

A hydrating and nourishing wrap treatment using organic lavender and aloe vera to calm and heal skin with excessive sun exposure.

身体补水

您的身体将会获得深度放松，滋养，使您的身体重获柔软与滋润。

Body Slimming

90MIN 3,500++

Based on proven slimming actives and firming ingredients. The body receives a detoxifying dry brushing, spirulina wrap, firming massage with cool mineral compress to effectively tone, nourish, and refine skin.

此项目使用有效的减肥成分，结合特别的按摩手法，达到燃脂，瘦身，改善身体曲线的目的。

massage

按摩

Muscle-Relieving Massage

60/90MIN 2,550++ / 2,950++

Our professional therapist works on muscle tissues with warm stones and deep pressure to ease muscle tensions. Skin is also nourished with pleasant scent from our luxurious four teas body balm.

肌肉解压按摩

我们的专业手法，外加温润的热石，辅以茶香软膏，使得您的肌肉的到充分的放松

Lomi-Mae Massage

60/90MIN 2,550++ / 2,950++

Designed to relax the body and relieve tension using rhythmic forearm movements. Skin is also nourished with pleasant scent from our luxurious four teas body balm.

按摩

让您的身体能有全身心的放松体验，缓解肌肉的紧张，结合着香膏为您按摩，滋润您的肌肤。

Sport Massage

60/90MIN 2,550++ / 2,950++

Restore agility and relieve muscle pain with the application of elbow, long strokes and skin rolling methods. Appropriate for people who enjoy strong pressured massage.

指压

强力缓解肌肉的紧张与疲劳，适合喜欢重度按摩的人群。

escape

journey

THÉMAÉ

Cosmetic preparations are an exclusive blend of spring water and tea that celebrate the active properties of four different varieties of tea (white tea, black tea, red tea and green tea) This rich, creamy balm, enhanced with the rejuvenating properties of black tea, immediately

pampers and soothes your body. Its warm and enrobing fragrance and its exquisitely silky texture delights. The skin is nourished by natural macadamia and hemp oils that make this balm especially delicate and pleasing to the touch

我们的化妆品是独家混合了泉水和茶叶精华的四个属性。不同品种的茶叶（白茶，红茶，红色茶和绿茶）带来不同的功效。丰富的奶油香膏，加强与恢复了活力。

天然的红茶精华，具有护肤和舒缓你的身体的功能。非常温暖，并具有独到的香气。其中的澳洲坚果成分能让肌肤最终获得丝质般的柔化。



combination 综合

Intimate Moment (Couple)

120MIN 6,800++

Rediscover romance with skin pampering treatment, followed by a full body massage to relax your mind as you indulge in the ultimate herbal bath. Sharing quality time with a loved one.

情侣按摩

在浪漫的环境中，浪漫的享受着全套按摩手法，让您和您的爱侣重温浪漫时光。

Oriental Detoxifying Herbal Remedy

150MIN 4,500++

Natural Asian extract combined with traditional acupressure are used to stimulate internal energy. Your journey, includes scrub and wrap using organic green tea extract ending with a full body massage.

排毒药草按摩

此项按摩灵感来自日常生活中常在烹饪中用到的亚洲植物药和传统草药，将精油的药效，与传统指压结合起来，以刺激身体排毒释放有害物质，同时将心灵从身体和情绪紧张中解脱出来，全程辅以有机绿茶提取物中的有机活性成分以及各种纯天然亚麻草药提取物。

face 面部

Truly Asian Facial

30/60MIN 1,250++ / 1,950++

Enliven your skin with this facial treatment by incorporating deep cleansing, exfoliating, and pressure point facial massage. Your journey completes with a face mask treatment using all natural elements.

纯正亚式按摩

正宗亚洲按摩使用传统的天然香草。

Exhilarating Ritual

150MIN 4,500++

Experience a divine body treatment by revitalizing your senses, nourishing your body and uplifting your mood. Celebrate with a full body scrub, massage and complete this journey with a rejuvenating facial.

活力按摩

这是一个又全身磨砂，去角质，组成的按摩，旨在恢复您的活力。

body 身体

Customized Body Scrub

45MIN 1,550++

Treatment offers choices of all-natural scrubs suitable to your skin type to reveal brighter and healthier skin. Skin nourishments include coconut scrub and brightening Thai tamarind.

特别定制身体磨砂

温和有效的个性化选择去除角质，为您带来更加柔亮光洁的皮肤。滋养皮肤的成分包括：椰子精华磨砂，暹罗芝麻净化磨砂，红藻海洋胶原蛋白紧肤磨砂，泰国罗望子亮肤磨砂。

Full Body Replenishing

90MIN 3,050++

Start your journey with an invigorating purifying salt scrub followed with a total body relaxing massage to rebalance your mind and soul.

全身滋养

上好的盐粒结合独到的按摩手法，让您的压力的到释放，精神得以舒缓，最后达到全身放松的目的，然后是您重新恢复精神与活力。

Blissful Breeze

150MIN 4,500++

A gentle body exfoliation with a nourishing organic body mask will leave your skin soft and radiant. Unwind with a luxuriant milk bath and completes this journey with sensational relaxing massage.

春天按摩

在薰衣草，香柠檬和洋甘菊的芳香三重沐浴中放松身心，开始私人旅程。超凡的保湿身体护理，让杏仁种子和高度滋养的有机睡莲油面膜温柔的从身上滑过，柔软的触感和光芒四射的美丽水到渠成，然后享受宽松的60分钟全身按摩，让您平滑柔软的肌肤。

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massage 按摩

Back Massage

30/60MIN 1,350++ / 2,050++

A wonderful back massage helps relieve tension for those who encounter immense stress. The massage techniques release tightness in the back, neck and shoulders.

非常棒的背部按摩，特殊的手法，让您舒缓压力，肩颈部得到放松

Thai Massage

60/90MIN 2,050++ / 2,450++

Experience Thai traditional massage through authentic acupressure and stretching techniques to enhance body flexibility.

泰式按摩

享誉全球的按摩治疗，穴位按摩和拉伸技巧以增强身体的柔韧性。

Relaxing Aromatherapy

60/90MIN 2,150++ / 2,650++

Ease your body and soul with a tranquil and calming massage whilst slowly drifting into a relaxed state of mind.

舒缓芳香精油按摩

柔和放松的舒缓按摩以及五种可供您选择的香薰精油以满足您个性化的需求。

Aromatic Herbal Compress

60/90MIN 2,250++ / 2,850++

Warm oil is massaged into pressure points, followed by a Hot Compress Massage. Authentic traditional herbs are used to relax your muscles and improve circulation.

泰式草药包按摩

带您踏上一个平衡，轻松且享受的旅程。温暖的热油点滴的淋到肌肤上在配合以熟练的压力按摩手法为您舒缓压力并放松身心，随后用传统的泰式草药包为您进行按摩。草药包中的成分包括：泰国姜参，生姜，姜黄和柠檬香茅融合而成。这个独特的体验将非常有助于帮助您得以完全的放松。

kid's menu 儿童按摩

For children between the age
of 4-10 years

4-10岁儿童

Body Exfoliation

30MIN 950++

Well-being includes relaxing coconut
Cream Body Scrub

椰奶身体磨砂去角质

Body Massage

45MIN 1,100++

Well-being begins with relaxing
massage using a blend of natural
massage oil with long strokes and soft
pressure.

天然精油放松按摩

Kids Harmony Ritual

60MIN 1,500++

Well-being begins with *Coconut Body
Scrub (20) *Relaxing Massage (40).

椰奶身体磨砂去角质(20)*放松按摩(40)*.

Kids Pampering Ritual

90MIN 1,800++

Well-being begins with *Coconut
Cream Scrub (30) *Relaxing Oil
Massage (45) *Natural Kids Facial (15).

*椰奶身体磨砂去角质(30) *精油放松按摩
(45) *天然面部护理 (15).

Beauty Salon 沙龙

Our salon is located within The Spa and offers a full array of hair and
nail services. Enjoy your beauty touches in the scenic and comforting
surrounding of the lagoon.

Hair Care 美发

Shampoo & Blow Dry 洗&吹干

Short Hair 短发

650++

Long Hair 长发

850++

Shampoo, Cut and Blow Dry

1,250++

1,550++

洗, 剪, 吹干

Hair Cut Style 剪发

800++

900++

Shampoo & Hair Up Style 洗&盘发

1,250++

1,500++

Hair Style 美发

850++

1,200++

Hair Steam Treatment 蒸汽保养

1,250++

1,850++

Hair Spa Serum 发质护养

1,500++

2,000++

Hair Braiding with Color Beads

1,500++

3,000++

彩色珠子编发辫

Nail Care 美甲

Spa Manicure 手部美甲

850++

Spa Pedicure 足部美甲

950++

French Manicure or Pedicure 法式美甲, 手部或足部

1,000++

Spa Manicure & Paraffin 手部美甲和护理

1,350++

Spa Pedicure & Paraffin 足部护理和美甲

1,500++

Manicure Gel Polish 手部胶甲

1,250++

Pedicure Gel Polish 足部胶甲

1,500++

Change Nail Polish Soft Gel (Hands or Feet)

800++

换胶甲油(手部或足部)

File and Paint (Hands or Feet) 涂指甲油(手部或足部)

500++

Nail Gel Remover (Hands or Feet) 洗甲(手部或足部)

500++

Men's Time Out

Haircut 剪发

850++

Haircut & Wash 剪&洗

950++

Wet Shave 湿刮

500++

Spa Manicure 手部护理

750++

Spa Pedicure 足部护理

850++

Hair Coloring 染发

Hair Coloring for Lady*女士染发

Short Hair 短发

2,800++

Long Hair 长发

4,000++

Hair Coloring for Men*男士染发

2,000++

Hair Highlight*挑染

3,500++

Hair Highlight per Line*挑染以每条计算

400++

Professional Make - Up 化妆

Make - Up*化妆

3,000++

Hair Up Style & Make - Up*盘发&化妆

6,000++

(* Hair Coloring & Make - up require consultation in advance)

(染发&化妆, 需提前咨询, 预约)

HOW TO SPA

At eforea spa, we value our reputation as a spa that both excels in technical services and creates an atmosphere of genuine caring and consideration for your well being. Please don't hesitate to approach one of our spa representatives if you need any assistance or have any question. We are here to help.

APPOINTMENTS

Being on time for your appointment is greatly appreciated, both in consideration of our other guests and in order for you to receive your full service. Please arrive 15-30 minutes in advance of your appointment to allow time to change into a robe, complete our Guest Pre-Treatment Form and relax before your service. Thirty minutes is suggested if you are having facial or body treatments.

CANCELLATIONS

If you need to make a cancellation or date change, we request a minimum of 24-hours notice for any single service. A 24-hours notice is required for any multiple service or spa package cancellation. The full service will be charged on any late cancellations or no-show appointments.

PRICING

eforea spa reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask your spa representative when you book your appointment.

METHODS OF PAYMENT

We accept all major credit cards, room charge and cash.

GUEST PRE-TREATMENT FORM

Before your service, you may be required to complete a Guest Pre-Treatment Form to safeguard your well being and comfort, and to allow us to safely deliver our services by minimizing any risk of injury. Please read our Explanatory Information Sheet to obtain further details on the conditions and questions included on the Pre-Treatment Form are relevant to the services we provide. eforea assures and maintains confidentiality of the strictest standards.

AGE REQUIREMENT

The Spa is an adult-oriented atmosphere; therefore we are not able to accept appointments for children under the age of 16 years, unless accompanied by a parent. Children under the age of 18 are not allowed in the spa unless they are receiving services. Children under the age of 18 may need a signed waiver and/or accompaniment by a parent or adult guardian for services. Please contact the spa for further information.

GIFT CERTIFICATES

An eforea spa gift certificate makes a wonderful gift for any special occasion or holiday. Gift certificates are not refundable, not transferable or redeemable for cash or credit. Please review all terms and conditions.

怎样享受SPA

在eforea spa我们非常重视我们的声誉以及每一位客人的理疗体验，无论是在理疗技术或是对客人健康关怀方面我们都非常的专业。您可以随时向我们的工作人员进行咨询或寻求帮助，我们都将会竭诚的为您提供服务。

预约

如果您能在预约时间内及时赴约我们将非常的感激因为这样可以保证您享受到完整的服务并且在您之后的其他客人也能够预约时间准时的进行理疗。请您在预约时间前15-30分钟提前到达以便您更换浴袍，填写我们的理疗前客户问卷放松身心并准备开始享受您的理疗项目。如果您预订的是面部或者身体理疗项目请您务必提前半小时到达。

取消条款

如果您的任意Spa理疗项目需要取消或者更改预订日期必须在预订日期前24小时联系我们，否则我们将会对逾期取消或者不告知且未到店的客人收取其理疗预订项目的全部费用。

价格

eforea spa 将持有在不用事先通知的情况下更改，终止和提升部分理疗项目的收费的权利以确保最大化的保证我们的服务和质量得到满意。如您有任何疑问您可以在预订时向我们的工作人员进行咨询。

付款方式

我们接受所有的信用卡，房间挂账或者现金方式进行支付。

理疗前的顾客问卷

在您接受服务之前您需要填写相关的客户理疗调查表以确保我们了解您的需求，以便为您的健康和舒适提供保障，也可以使我们的安全和伤害最小化。请您仔细阅读我们的说明资料单以便您更进一步的了解我们将为您提供的理疗细节和方式同时我们将会确保您的资料保密性。

年龄限制

Spa理疗是一种比较成人化的氛围。未满18岁的儿童需要在成年人陪伴的情况下使用我们的服务项目。如果您对此有其他的任何疑问可以象我们的工作人员进行咨询。

礼品券

您可以用一张精美的eforea spa礼券作为礼物赠送给朋友或者您特别的那个他/她，也可以作为给您自己在假日的一份精致款待。礼券将不接受任何形式的退款不能转售，兑换成现金或者是返还到信用卡。请您务必在购买之前详细的阅读相关条款。

eforea spa at HILTON PHUKET ARCADIA RESORT & SPA

333 Patak Road, Karon Beach, Muang,
Phuket, 83100, Thailand

phone +66 (0) 76 396 433.41 email phuket.reservation@hilton.com

Location: Opposite the game room
Opening daily from 10am to 10pm
For wellness related questions and booking,
please dial #2818

For more information and booking enquiries,
please dial 0
Follow us on Facebook, Instagram & Twitter:
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