

BVLGARI

HOTEL SHANGHAI

SPA



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宝格丽SPA THE BULGARI SPA

以宝格丽热浴理念搭配先进豪华的SPA套房，上海宝格丽SPA为宾客提供独特创新的SPA服务。在意式成熟优雅的环境中，为您匠心打造非凡的SPA护理及尊贵的会员服务。

Conveying the exclusivity of the Bulgari brand with state-of-the-art thermal and bathing experiences and luxurious spa suites, THE BULGARI SPA at BULGARI HOTEL SHANGHAI provides the ultimate spa offerings and innovation in terms of treatments, products and services.

Infused with Italian sophistication and elegance by design, the spa offers market-leading advanced beauty treatments, prestigious memberships and a range of result-driven, yet authentic treatments inspired by regional health and wellbeing rituals.



宝格丽身心之旅 SIGNATURE JOURNEYS

汇集世界各地的传统养身方法与精髓，宾客们将在我们豪华的SPA房内尊享宝格丽与众不同的SPA礼遇，减轻压力与紧张情绪，重焕身心。

Experience Bulgari's exclusive nurturing spa journeys inspired by the ancient wellness traditions of the world. Feel tension and stress melt away as your mind and spirit find peace with restorative treatments in one of our luxurious Spa Suite.



LULUR双人护理

The ROYAL LULUR Treatment for Two
180 分钟/minutes RMB 9,680

沐浴体验 30 分钟
LULU全身去角质 30 分钟
减压护理 60 分钟
朵梵面部护理 60 分钟

Bathing Rituals 30 minutes
Lulur body scrub 30 minutes
Deep Renewal 60 minutes
Intense Hydrating Facial 60 minutes

海蓝之谜密集护理

La Mer Intense Protection Ritual
180 分钟/minutes RMB 5,860

海蓝之谜身体护理 90 分钟
海蓝之谜私人定制面部护理 90分钟

La Mer Body Treatment 90 minutes
La Mer Custom Facial 90 minutes



身体护理 BODY THERAPY

海蓝之谜身体护理

La Mer Body Treatment

90 分钟/minutes RMB 2,680

60 分钟/minutes RMB 2,280

由内而外尽享肌肤修护之旅，通过拉伸、指压及瑞典式护理，平滑肌理。

Luxuriate in a superbly restorative service that treats the skin from top to toe. Skin is polished and refined with pure diamond powder, leaving it soft, smooth and supple. A signature blend of stretching, shiatsu, acupressure and Swedish massage helps enhance circulation, balance energies and encourage an overall sense of wellbeing.

净焕身体体膜

Purifying Body Wrap

60 分钟/minutes RMB 1,680

白陶土与红陶土泥的糅合有助清理老化细胞，在柠檬、天竺葵、依兰精油凝聚的浪漫气息中，休憩身心，滋养肌肤。

This cleansing treatment utilizing white and red clay helps to remove impurities to reveal a brighter, refined skin. An aromatic blend of lemon, geranium and ylang-ylang essential oils enhances this blissful experience. Pure rosewater calms inflamed skin and provides much needed moisture to retain a youthful appearance. Purified, soft and supple skin radiates flawlessly with youthful luminosity.

净肤身体磨砂

Detoxifying Body Scrub

30 分钟/minutes RMB 1,080

新木身体磨砂轻柔去除老化角质与老化细胞，再现肌肤年轻态。

ROSE & MULBERRY Body scrub delivers the delicate yet effective exfoliating to remove impurities and excess dead cells to anti-oxidant benefits.

沐浴体验

Bathing Rituals

30 分钟/minutes RMB 980

甄选数款沐浴方案，令宾客在豪华的沐浴设施内享受热浴体验。可搭配身体护理或面部护理，加强整体效果。

Locally inspired bathing rituals featuring hot experiences can be enjoyed in our stunning facilities before or after massage or facial therapies to enhance the benefits of any spa treatment.

基础护理 MASSAGE THERAPY

我们经验丰富的护理师结合世界各地的古代疗法智慧与现代疗法精髓，为您提供一系列的护理手法，助您恢复内心平静。

Our experienced Spa therapists combine ancient healing wisdom from around the world with modern therapies to provide a range of massage techniques that restore inner calm and rejuvenate the body.

减压护理

Deep Renewal

90 分钟/minutes RMB 2,180

60 分钟/minutes RMB 1,680

减压护理利用手肘和前臂的大力按压，减轻肌肉和颈部僵硬，腰部酸痛。

An invigorating massage, performed to break down muscle adhesion by reaching deeper layers of muscle's connective tissue. Firm pressure from elbows and forearms loosen stiff muscles and joints for improved circulation and better overall flexibility, dispelling neck stiffness, lower back pain and sore, tight shoulders.

舒缓护理

Transforming Relaxation

90 分钟/minutes RMB 2,180

60 分钟/minutes RMB 1,680

舒缓护理采用舒缓手法，搭配精油对全身及头部进行护理，减缓压力、平衡身心。

A soothing and deeply relaxing experience, this treatment utilizes the potent properties of essential oils applied with long, slow and gentle strokes to the body, face and scalp. Tensions are released and body and mind brought back into equilibrium.

中式护理

Ancient Traditions

90 分钟/minutes RMB 2,180

传统中医护理结合中医经络理念，采用舒缓有力的护理手法，搭配拇指按压，打开肌肉和神经通路，放松疲劳肌肉。

Informed by ancient Chinese healing traditions, this tranquil healing experience blends long and firm strokes with targeted thumb pressure that activate the body's vital energy points. Stimulating muscles and nerve pathways encourages oxygen circulation and relieves muscular tensions. physical bliss.

四手同步护理

Synchronizing Rhythms

60 分钟/minutes RMB 3,680

四手同步护理有两位护理师采用古老的阿育吠陀技术，搭配温热精油，释放身体压力。

Intensely indulgent and energizing, the Synchronizing Rhythms massage employs ancient Ayurvedic massage techniques with a pair of therapists working together in a rhythmic synchronicity to apply warm oil. The treatment is completed with a scalp and foot massage, inspiring mental and physical bliss.

热贝护理

Lava Shell Healing Treatment

90 分钟/minutes RMB 2,580

一次愉悦的放松体验，结合了热贝的温暖和放松的手法，创造了一种影响到整个身体和心灵的平衡感。

This indulgent and truly pampering massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind.



海蓝之谜面部护理 LA MER FACIAL TREATMENTS

海蓝之谜焕颜面部护理 The Bulgari Signature Facial 90 分钟/minutes RMB 4,680

宝格丽专属面部护理将宝格丽的宝石力量转化至面部与颈部。Miracle Broth™ 的更新能力与海蓝之谜的贴身定制手法相结合，淡化因皮肤老化而出现的缺水和衰老迹象。

A luxurious facial treatment utilizing the power of gemstones transforms the face and décolletage. The renewing power of the Miracle Broth™, in tandem with bespoke techniques created by La Mer, helps restore skin's energy, address dehydration that can occur as skin ages and reduces visible signs of aging. Skin emerges softened, strengthened and renewed. Mind and body are harmonized, encouraging a sense of well-being.

海蓝之谜鎏金面部

The Genaissance de La Mer Facial

90 分钟/minutes RMB 4,680

海蓝之谜鎏金面部护理蕴含Miracle Broth™，鎏金焕颜酵素，酸橙茶树精华，让肌肤细胞自我修护大大加强，有助延缓老化迹象。

Born from the time-transcending Genaissance Serum, this divine treatment is enriched with phenomenal renewing qualities and life-generating energies. Rejuvenation and vitality are accelerated with a signature stimulating technique. A genesis begins, revealing a lustrous, crystal-clear complexion that eclipses the signs of aging.

海蓝之谜私人定制面部护理

La Mer Custom Facial

90 分钟/minutes RMB 3,680

60 分钟/minutes RMB 2,980

海蓝之谜私人定制面部护理是根据您肌肤需求而特别定制的一系列护理手法。将搭配Miracle Broth™，有助于肌肤水油平衡，拥有健康光泽。

Individualized treatment incorporating hand-chosen treatment sequences and custom massage techniques tailored to the unique needs of your skin. A pure infusion of our coveted Miracle Broth™ gives skin the energy it needs to focus on rejuvenation and renewal.

赋活润泽面部护理

The Revitalizing Hydrating Facial

私人定制护理与平滑弹力技术相结合，为肌肤补水，平衡肌肤水油，润泽并柔软肌肤。

Personalized Massage Sequence floods skin with hydration reversing early signs of visible aging. The customized massage with innovative Smoothing and Flicking Techniques revitalizes and delivers deep hydration plumping skin from within leaving skin healthy, balanced and youthful.

提升塑颜面部护理

The Lifting Facial

通过提升手法加热面部肌肉来加强微循环，随后进行肌肤护理，帮助提升面部轮廓与精致感。

Personalized Massage Sequence helps to re-sculpt, reshape and define facial contour: the sequence begins by warming up facial muscles to stimulate micro-circulation, followed by a deep tissue massage to enhance more contoured-looking features for greater visible density, dimension and definition.

璀璨焕亮面部护理

The Radiance Facial

帮助含氧化物的细胞与Blanc de La Mer™中的酵素渗入肌底，焕亮肌肤。

Personalized Massage Sequence stimulates capillaries to increase blood flow, which oxygenates cells and helps ferments of Blanc de La Mer™ to skin into skin enhancing their benefits. The sequence also gives an uplifting sensation, tightening skin.

净化面部护理

The Purifying Facial

使面部净化焕新，去除面部多余角质，柔化细致肌肤，提升肌肤光泽，肌肤更显通透。

This detoxing facial is an ideal introduction to the La Mer facial series. Skin is deeply cleansed, purified and refined. Pure diamond powder gently exfoliates for a pristine new surface. Skin emerges radiant, soft and smooth-polished to perfection. Follow with the Miracle Broth Facial and the Custom Facial to experience the true La Mer transformation.

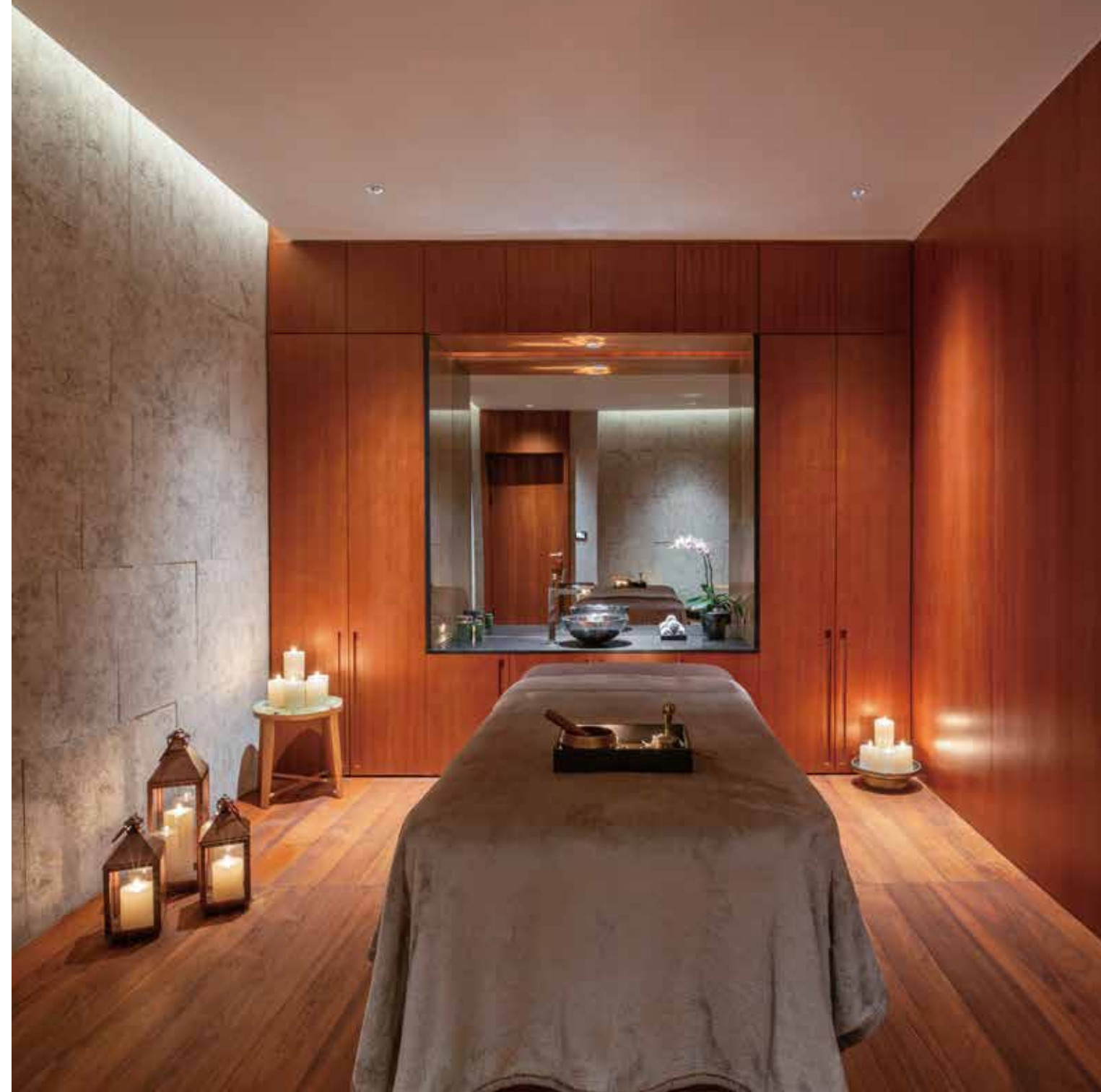
眼部娇宠护理

Eye Lifting Treatment

30 分钟/minutes RMB 1,680

眼部娇宠护理通过Miracle Broth™的强大修护性能，减少干纹、加速眼周循环，让明眸闪动光彩。

An oasis for tired, stressed eyes, this treatment softens the appearance of fine lines, wrinkles and dark circles with potent healing properties of Miracle Broth™. A calming application soothes, hydrates and renews the delicate eye area, delivering and expression of you.



SPA中心礼仪 SPA ETIQUETTE

到达 SPA Arrival

为了您的SPA护理体验，我们建议您在预约时间前45分钟来体验宝格丽SPA特色的设施设备。请准时到达，迟到会导致您护理时间的相应减少。我们将为您提供浴袍、毛巾和拖鞋。在SPA过程中，我们会妥善保护您的隐私。

To make the most of your Spa experience we recommend you arrive at least 45 minutes prior to your appointment to enjoy the exclusive Spa Facilities. Please be informed that a late arrival will result in reduced treatment time. As a courtesy to the next guest, your appointment will end as originally scheduled. For your convenience, a robe, towels and slippers will be provided. During all treatments, you will be properly draped for ensured privacy.

个人私物 Personal Belongings

建议您把贵重物品放置在客房保险箱内，SPA室内设置有存放贵重物品的首饰盒，我们建议您在SPA过程中不要佩戴珠宝。对于任何私人物品的丢失，宝格丽SPA将不承担任何责任。

While the Spa provides lockers, it is recommended that you leave valuables in your guest room safe. A jewelry tray for safekeeping of valuables is provided in the treatment room but we recommend that no jewelry be worn at the Spa. The Spa does not assume liability for any valuables.

预定和取消 Reservations and Cancellations

为了配合您的日程，我们建议您提前预约，如需取消，请至少提前六小时告知我们，未能提前六小时取消的预约将被收取全款。16岁以上宾客均可体验SPA。

In order to secure the most suitable schedule for you, we recommend that you anticipate your treatments by making an appointment. We kindly request that all cancellation requests be made six hours prior to your booking. For cancellations, less than six hours before the booking, full payment will be processed. A credit card will be required to secure all bookings. Guests above the age of 16 are welcome to visit the Spa.

SPA卡礼遇 Gift Certificates

我们的SPA卡礼遇是适用于所有场合。请在预约或到达宝格丽SPA时出示SPA卡，SPA卡不可退换。

Our Spa gift certificates are the gift for every occasion. Gift certificates are non-refundable and must be presented at time of treatment or purchase

SPA礼仪 SPA Etiquette

为了给所有客人创造一个安静与放松的环境，请您不要在宝格丽SPA大声喧哗。请在泳池、桑拿池和蒸汽房等公共场合穿着合适的游泳衣。在护理过程中请勿使用手机和照相机。宝格丽SPA属于无烟区，禁止吸烟。宝格丽SPA为您提供浴袍、毛巾、拖鞋和一次性用品。请在享受宝格丽SPA任何设施时始终穿着得体。

The Spa environment is one of tranquility and relaxation. Please respect other guests' privacy by maintaining a low tone of voice. Guests are required to wear swimwear in common areas, including the relaxation pool, sauna and steam bath. We kindly request that you refrain from using your mobile phone and camera while enjoying the Spa. The Spa is a smoke-free environment. The Spa will provide robes, towels, slippers and disposable underwear where applicable for your use. Undergarments should be worn to ensure your complete privacy and modesty throughout your time with us.

健康问题

Health Concerns

为了避免影响您的SPA体验，请提前告知我们您的身体问题。我们有专门为准妈妈和哺乳期的妈妈们定制的SPA护理，宝格丽SPA的前台工作人员会帮助您选择适合您的产前或产后护理。有高血压、心脏问题或任何药物并发症的客人请在预约SPA护理前咨询您的医生。如果您有任何药物史，也请您告知我们的护理师。

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the Spa facilities. We have specially designed treatments for both expectant and nursing mothers. The Spa Concierge will be at your complete disposal to assist you in selecting the most suitable pre- or post-natal treatments. Guests who have high blood pressure, heart conditions or any other medical complications are advised to consult their doctors before signing up for any spa services. Kindly inform your Spa therapist of any existing medical conditions.

食物与饮料

Food and Beverages

请勿携带任何食物及饮料进入宝格丽SPA。醉酒客人将被禁止进入宝格丽SPA。

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

专属会员礼遇

Exclusive Membership

如果您有意了解更多关于宝格丽SPA会员信息，请咨询宝格丽SPA前台工作人员。

Please ask our Spa Concierge if you are interested in finding out more about becoming a member.

宝格丽SPA THE BULGARI SPA

SPA: 早10:00 - 晚10:00
美容沙龙: 早10:00 - 晚8:00

Spa treatment: 10:00am to 10:00pm
Salon: 10:00am to 8:00pm

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