

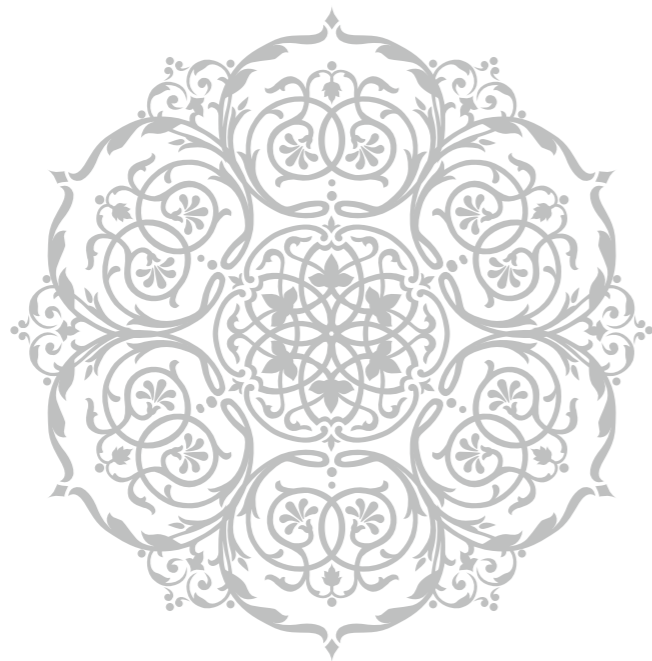
BVLGARI
HOTEL SHANGHAI

SPA

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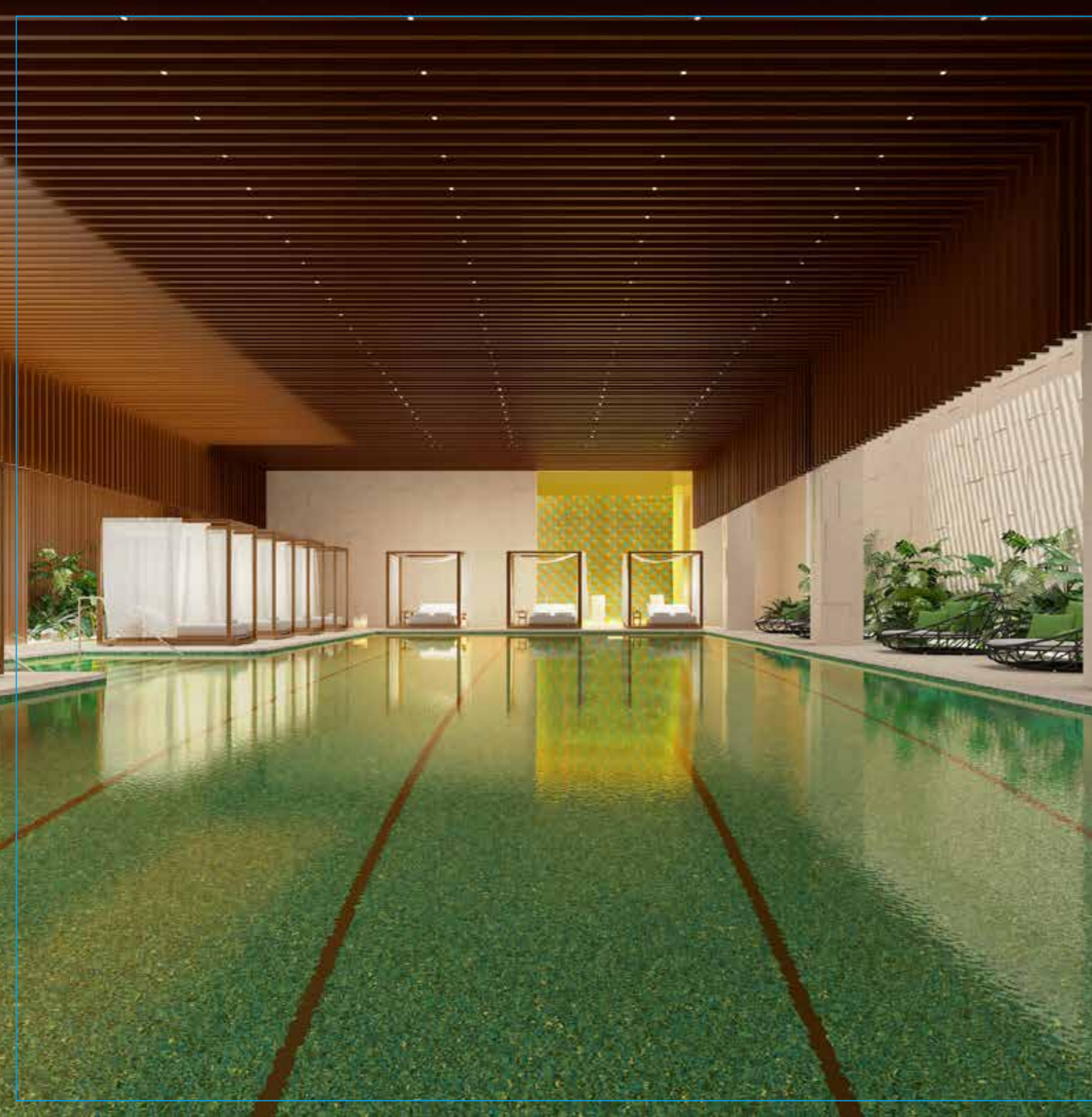
宝格丽水疗中心
The BVLGARI SPA

水疗疗程: 早10:00 - 晚11:00
最晚预定时间: 晚11:00
美容沙龙: 早11:00 - 晚9:00
Spa treatment: 10:00am to 11:00pm
Last treatment booking: 11:00pm
Salon: 11:00am to 9:00pm



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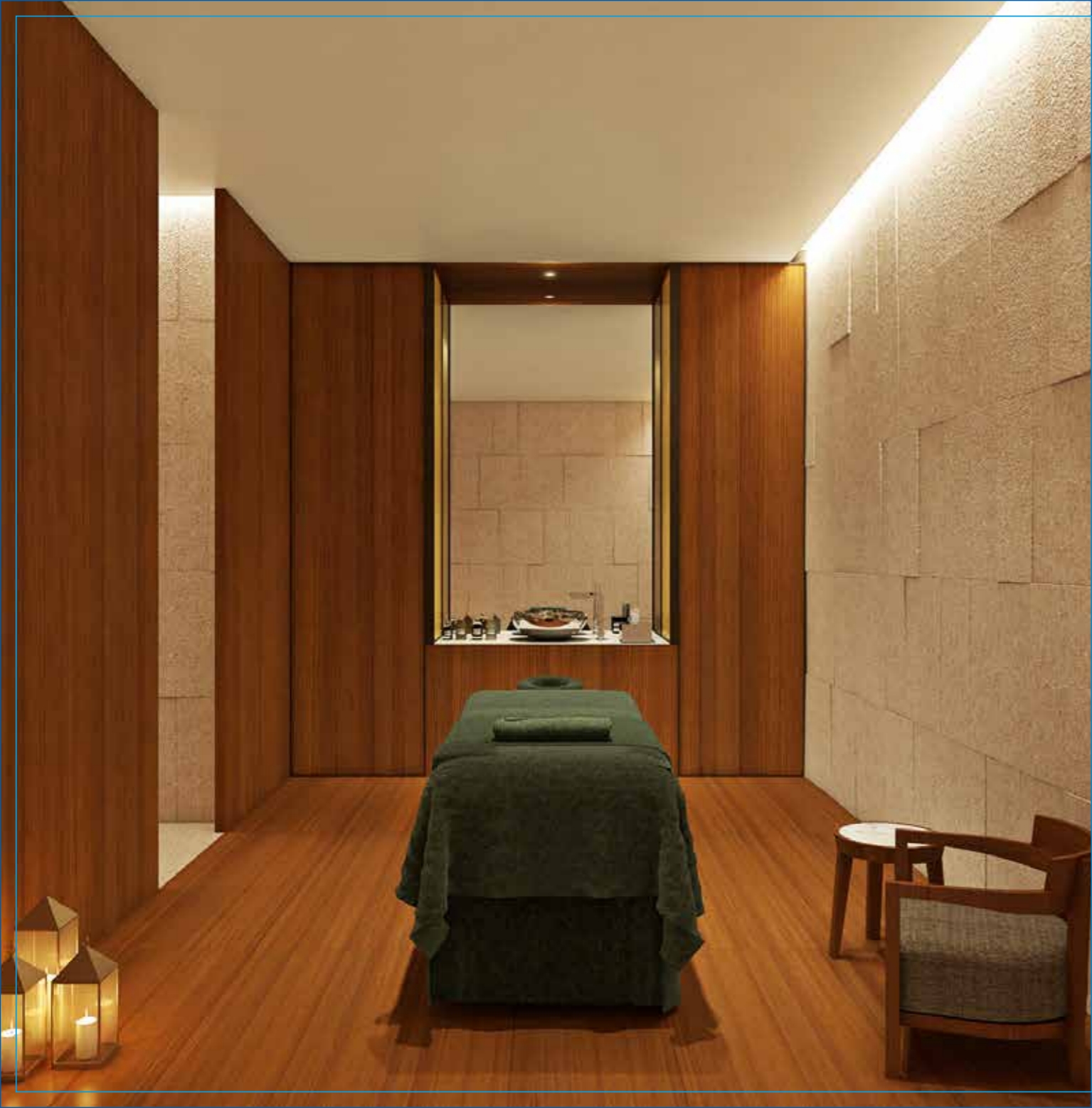


上海宝格丽酒店水疗中心 THE BVLGARI SPA

以宝格丽品牌独有的热浴理念搭配先进豪华的水疗套房，上海宝格丽酒店水疗中心为宾客提供全方位、独特创新的水疗服务。在意式成熟优雅的环境中，为您匠心打造非凡的水疗护理及尊贵的会员服务。

Conveying the exclusivity of the Bvlgari brand with state-of-the-art thermal and bathing experiences and luxurious spa suites. The BVLGARI SPA at The Bvlgari 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.



宝格丽专属身心之旅 SIGNATURE JOURNEYS

汇集世界各地缔造美丽的传统方法与精髓，宾客们将在我们豪华舒适的水疗房内尊享宝格丽与众不同的水疗疗程，有效缓解压力与紧张情绪，重唤身心能量。

Experience Bvlgari'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 Suites.



皇家LULUR双人护理 3小时

The ROYAL LULUR Treatment for Two 3 Hours

自17世纪以来，印度尼西亚宫殿里一直流传着为皇室定制的护理，用奇异的香料混合酸奶对全身进行洗礼。在那里，对美的追求一直是一种神圣的日常仪式，来自爪哇岛的LULUR护理，将为每位宾客带来柔软光亮的肌肤。

此款异国情调的混合疗法，为寻求完美爱情的情侣量身打造。整场奢华旅程将从水疗套房中开始，在足部清洁和草药浸浴后，使用香料和面粉混合后的LULUR进行全身去角质，接下来的海藻体膜将让宾客在包裹中感受万般宠爱。同时理疗师也将为您清洁面部，唤醒您的每一寸肌肤。足部护理将让您从头到脚彻底放松，两位理疗师用富有异国情调的精油同步演绎，让您彻底沉浸在奢华与愉悦中。

A treatment created for royalty, this exotic spice and yogurt exfoliation and body polishing process has been faithfully practiced in the palaces of Central Java since the 17th century. There, the pursuit of beauty has long been a sacred daily ritual, with the Javanese LULUR an integral step, leaving skin soft, supple and shining.

An exotic blend of indulgent therapies for couples seeking a complete retreat, this regal experience for two takes place in our luxurious Spa Suite. Commence with a welcoming foot ritual and herbal bath followed by skin brushing and an exfoliating LULUR scrub of rice powder, spices and exfoliating body polish. A full-body envelopment of cooling marine algae, natural yogurt soothe the skin. Meanwhile, a cleansing facial takes place and feet and limbs benefit from an intensive reflex zone massage. Then bliss resumes with a perfectly synchronized signature four hand body massage rich with exotic oils and herbs to complete this decadent, stress relieving and calming experience.



全面补水护理 3 小时

Intense Protection Ritual 3 hours

虽然皮肤有自身强大的修护机制来维持健康的水份比率并抵御外部侵害，但当今的高度污染和恶劣的气候条件仍会损伤皮肤的自然防御屏障。肌肤由于缺少水分、过敏，及污染物颗粒的附着易产生皱纹、泛红、粗糙及老化。全面补水护理将帮助您的肌肤重建天然屏障，恢复柔嫩光滑，有效抵御外部污染。

全面补水护理由一场全身放松的足浴开始，有效放松僵硬肌肉，增强皮肤对有益矿物质的吸收。随后的身体磨砂结合头部与面部按摩，加强后续精油的护理效果。全身按摩使用含有有机茉莉、鳄梨及石榴籽成分的精油，有助于恢复并保持皮肤深层水分，增强抗氧化功能，使肌肤重焕年轻光彩。

While the skin has its own powerful mechanisms to maintain healthy hydration levels and protect against external elements, today's high levels of pollution as well as harsh climatic conditions can have detrimental impacts on the skin's natural defense. From dehydration and increased sensitivity to wrinkles and redness, pollutant particles trigger free radicals as damaging to skin as UV exposure. Our Hydrating Solution Journey will help your skin rebuild its natural barrier and restore hydration levels, providing a solution to pollution.

Inducing a deeper state of relaxation, a purifying foot ritual marks the beginning of this hydrating treatment. A gentle organic exfoliating scrub then prepares the skin to fully absorb the nourishing ingredients in the following essential oil massage, incorporating a scalp and face massage. The use of organic jasmine and avocado helps to restore and retain moisture in the deeper levels of the skin, while pomegranate seed oil reduces the number of free radicals for younger looking skin and a radiant complexion. The subsequent facial with certified organic products replenishes nutrients and balances the skin.

喜马拉雅水晶盐护理 2 小时 Himalayan Crystal Healing 2 hours

喜马拉雅水晶盐护理中的主要成分 – 水晶盐是地球上超群品质的盐，有数百万年历史的水晶盐由于当时古代海洋蒸发而未受到现代环境的污染。盐岩具有强大的愈合与解毒能力，其自身独特的结构含有超过 80 种矿物质和人体所需的自然元素，能够有效促进健康。

宾客经过一场水晶盐足浴后，再沉浸在富含矿物质的泡浴中达到身心的平静，随后的水晶盐身体磨砂则有助于清洁角质，恢复柔和、健康的肤色。接下来的全身按摩使用排毒精油与喜马拉雅盐相混合，有效改善血液循环，减少炎症，提高身体的自我恢复能力，达到休憩身心，重现活力的功效。

Referred to as the purest salt on earth, Himalayan crystal salts originate from the Himalayan Mountain Range, which is considered by many as sacred due to being closest to the celestial bodies. These crystals developed millions of years ago when ancient seas evaporated and have remained untouched by modern day pollution. The profound healing and detoxifying powers of the salt rock results from its unique structure, containing more than 80 minerals and natural elements needed by the human body to stay healthy.

Following a grounding salt foot scrub ritual, immerse yourself in a mineral-rich bath to calm your mind and purify your body by drawing toxins out of the skin. A crystal salts body scrub will follow, cleansing and polishing the skin while restoring an even and soft complexion. Using a tailored blend of detoxifying aroma oil and Himalayan salt, your therapist will treat you with a full-body massage using techniques to improve circulation, reduce inflammation and assist the body's own self-healing abilities. An aromatherapy mist spray and the use of a meditation bowl will complete the healing experience.

平衡之旅 2 小时 Qi Balancing 2 hours

拥有两个多世纪历史的中医疗法认为人体的“气”是来自于宇宙中的生命能量，可以使人保持健康状态，提高身心活力，“气”的缺失或不平衡会导致身体功能迟滞。平衡之旅正是通过按摩疗法，让身体内的能量自由流动，有效恢复活力。

平衡之旅疗程由中草药浴开始，独特的草药有助于全面放松肌肉。随后的中国“太极”式的拉伸，伴随精准的全身穴位按摩，有效缓解紧张与疲劳，改善血液循环并增强身体活力。最后以中式足部按摩收尾，令身体得以平衡与舒展。

Dating back more than two centuries, traditional Chinese medicine is an ancient practice based on balancing and enhancing Qi – the universal life energy flowing in our bodies – to bring the body into a state of health and maintain personal vitality and well-being. A weak or unbalanced Qi causes stress and stagnation on the body resulting in sluggishness and fatigue as emotions store in different organs. The Balance Your Qi Journey is about getting through these pressure points, allowing energy to flow freely again and restoring balance, which will leave you feeling fresh and energized.

The holistic experience begins with an indulgent Chinese herbal bath, employing a special blend of herbs designed to loosen the muscles and relax the body. Light stretching movements inspired by Tai Chi techniques followed by full-body acupressure massage to ensure an easing of the mind and emotions. Pressure point stimulation combined with long massage strokes is then used to stimulate the flow of Qi energy, improving blood circulation and increasing vitality. A session of Chinese foot reflexology further helps to clear any channels of blocked energy, supporting the balancing and healing process.



身体护理 BODY THERAPIES

身体护理使用天然维生素与矿物质元素，激发肌肤能量，令皮肤焕然一新，充满活力。

Give your whole body a lavish and indulgent pampering with our carefully developed body therapies. Relax, re-energize and boost your skin with natural vitamins and minerals. Leave your skin refreshed and full of life.

玲珑美体磨砂 30 分钟 Contouring Salt Polish 30 minutes

神秘的桃金娘以其深层净化功能闻名地中海。玲珑美体磨砂护理将桃金娘与丝柏、牛膝草、杜松等地中海植物相结合，进一步促进肌肤重生，令肌肤丝感光滑，宛若新生。

Myrtle has a reputation for deep cleansing and a rich mythological history in the Mediterranean. Greek and Roman legends associated myrtle with Aphrodite and Venus, the goddesses of beauty and love. In this contouring salt polish, organic myrtle and other Mediterranean plants such as organic cypress, hyssop and juniper will refresh, smooth and refine the skin, leaving your skin silky, smooth and rejuvenated.

玲珑美体净爽体膜护理 75 分钟 Contouring Body Wrap 75 minutes

玲珑美体净爽体膜护理包含使用富含矿物质的海盐及橄榄核粉末的身体磨砂，独特的耳部与头部按摩，以及含有机荷荷巴、鳄梨、橄榄油、杜松和桃金娘的美体净爽体膜。有效去除粗糙角质，改善肌肤质量，恢复肌肤弹性，重现柔滑。

Beginning with a gentle, mineral-rich sea salt and crushed olive stone body polish to exfoliate, stimulate and cleanse the skin, this treatment is continued by being wrapped in a refining clay body mask cocoon. Relax and enjoy a harmonizing ear and scalp massage while organic jojoba, avocado, olive oil, organic Mediterranean myrtle and juniper cleanse your skin and body and restore a healthy tone and texture.

精泥体膜护理 75 分钟
Clay Body Wrap 75 minutes

精泥体膜护理由天然白泥辅以有机桃金娘身体精华乳对皮肤进行深层清洁，有效提精聚神、缓解压力。此护理包括温和去角质的泥膜裹体和耳部与头部按摩。黏土因其具有康复、冷却、抗发炎的功能已被土著文化沿用了千年，辅以有机桃金娘、丝柏、杜松和迷迭香等来自地中海的草本植物，有效均匀净化肤色，达到强效保湿、激活皮肤能量的功效。

Unrefined, sun-dried white clay blended with wild-crafted, organic myrtle body butter define this deeply cleansing, purifying and toning experience, which also helps balance, clears the mind and reduces stress. Clay has been used by indigenous cultures throughout the ages for its healing, cooling, anti-inflammatory and regenerative properties. This treatment includes a gentle exfoliation, comforting clay body wrap and harmonizing ear and scalp massage. Mediterranean botanicals of organic myrtle, cypress, juniper and rosemary cleanse, tone, moisturize and deeply stimulate your skin.

海蓝之谜身体护理 60/90 分钟
La Mer Body Treatment 60/90 minutes

由内而外尽享肌肤修护之旅，肌肤在纯精制钻石粉打磨下重焕弹性光滑。通过拉伸、指压、穴位按压及瑞典式按摩，有效促进血液循环，平滑肌理，重现肌肤年轻光泽。

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.

沐浴体验 30 分钟
Bathing Rituals 30 minutes

甄选数款沐浴方案，令宾客在舒适豪华的沐浴设施内享受全新冷浴或热浴体验。可搭配按摩或面部疗程，加强整体效果。

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

基础按摩系列
MASSAGE THERAPIES

我们的经验丰富的水疗师结合世界各地的古代治疗智慧与现代疗法精髓，为您提供一系列的按摩疗法，助您恢复内心平静，重塑活力。

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.

深层肌肉按摩 60/90 分钟
Deep Renewal 60/90 minutes

深层肌肉按摩利用手肘和前臂的大力按压，有效缓解肌肉僵硬，改善循环，提升身体活力，是消除颈部肩部僵硬、腰痛与背部酸痛的有效疗法。

An invigorating massage, performed to break down muscle adhesion by reaching deeper layers of the muscles' 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.

舒缓减压按摩 60/90 分钟
Transforming Relaxation 60/90 minutes

舒缓减压按摩采用舒缓手法，搭配精油对全身、面部及头部进行按摩，达到减缓压力、平衡身心的功效。

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.

四手同步按摩 60 分钟
Synchronizing Rhythms 60 minutes

四手同步按摩可以促进身体的深度放松并激发身体能量。两位理疗师采用古老的阿育吠陀技术，搭配温热精油，有效消除身体毒素、增强免疫力，释放精神及身体压力。

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. Removing toxins and enhancing immunity, the treatment is completed with a scalp and foot massage, inspiring mental and physical bliss.

传统中医按摩 90 分钟
Ancient Traditions 90 minutes

传统中医按摩结合中医经络穴位理念，采用舒缓有力的按摩手法，搭配精准的拇指穴位按压，有效激活身体能量，刺激肌肉和神经通路，促进气血循环并缓解肌肉僵硬。

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

能量石疗 90 分钟
Healing Stones 90 minutes

能量石疗将温热的火山石与芳香精油搭配，有助于缓解紧张肌肉。热按摩石能够有效增强经典按摩动作的效果，促进血液循环，达到舒缓肌肉、深度释放精神压力的效果。

A holistic experience combining the benefits of warm volcanic stones with therapeutic oils to deliver ultimate relaxation for tight and tired muscles. Heated massage stones enhance the effectiveness of classical massage moves to stimulate blood flow and induce a profound muscular relaxation.

东方足部护理 60 分钟
Oriental Foot Massage 60 minutes

这款足部理疗护理能够缓解足部疲劳，让宾客体验深度放松。刺激腿部循环系统和淋巴系统，释放腿部压力。该护理非足底反射疗法，此护理适合久站后腿部肌肉酸痛宾客。

Revive weary feet and experience deep relaxation and revitalization in this pampering treatment. Taking inspiration from the eastern art of reflexology, this delightful foot and lower leg massage will stimulate circulatory and lymphatic systems to leave hard working feet walking on air. The perfect retreat after a long day of sightseeing or shopping.

*Note this is not a reflexology treatment.



面部护理 FACIAL TREATMENTS

雅蔓兰 AMALA

让身心邂逅一场缔造美丽的护肤体验。雅蔓兰的每一个强效护肤疗程都使用天然成分产品，为宾客提供卓越的、经过临床检验的功效。雅蔓兰根据您的肌肤量身定制有机营养护肤配方，优化肌肤自身恢复功能。

Discover luxury skincare with a pure conscience. Rooted in advanced botanical chemistry, each powerful Amala skincare treatment is made from natural ingredients, delivering extraordinary, visible, clinically proven results for every complexion. Rich in organic and ethically grown nutrients, the exclusive plant-powered skincare works in total synergy with the body, optimizing the skin's ability to strengthen and repair itself.

纯机紧致面部护理 90 分钟 Nature's Firming Facial 90 minutes

纯机紧致面部护理中的手撕面膜采用具有滋养和活肤作用的晒制海藻成分，有效清除毛孔污垢。来自亚马逊的有机可可豆，安迪拉木以及布里蒂油成分帮助肌肤重现明亮光滑。

Nourish and rejuvenate skin with a facial mask of purifying and firming sun-dried sea algae. Sea algae opens the pores of the skin, traps impurities and removes them with the peel-off mask. The restorative fruits and plants of the Amazon, such as organic cocoa bean, andiroba and buriti will firm, smooth and renew the elasticity of the skin. Held sacred by the Aztecs, cocoa bean will smooth fine lines and firm skin for a brighter, more radiant and youthful skin tone.

秘鲁活肌抗氧化面部护理 60 分钟
Rejuvenating Anti-Oxidant Facial 60 minutes

秘鲁活肌抗氧化面部护理富含来自于亚马逊的多种水果和植物成分，具有滋养与活化皮肤效果，使肌肤平滑紧致，重焕柔嫩。

Nourish and revitalize skin with a facial inspired by the restorative fruits and plants of the Amazon. This facial will firm, smooth and renew elasticity. Organic, fair-trade cocoa bean, known for its unique ability to stimulate cell renewal, helps promote microcirculation and repair the skin's moisture barrier. Natural, organic moisturizers cocoa bean, acai, buriti, andiroba and muru muru butter will smooth fine lines and firm skin tone for healthy, radiant and youthful skin.

茉莉深度补水面部护理 60 分钟
Hydrating Deep Moisture Facial 60 minutes

埃及茉莉深度补水面部护理包含来自亚洲南部的多种水果及花卉成分，有效解决肌肤干燥、脱水问题。其中有机茉莉、木瓜，荷荷巴以及乳木果油成分可以强效恢复皮肤水润弹性。具有安抚功效的丁香芽、荔枝、紫檀以及姜黄则可帮助肌肤平滑润泽，深层补水，令肌肤焕发健康光彩。

Quench dry, dehydrated skin with the soothing fruits and flowers of Southeast Asia. Organic, fair-trade cultivated and custom-distilled jasmine, along with organic papaya, jojoba and shea butter will restore lasting hydration and elasticity while protecting skin from free-radical damage. Fine lines and uneven skin texture are smoothed by clove bud, lychee, rosewood and tumeric. The healing power of jasmine and other South Pacific plant ingredients replenish and sustain the skin's moisture level for a smooth texture and healthy, even tone.

摩洛哥无花果舒缓防敏面部护理 60 分钟
Sensitive Facial Caring 60 minutes

摩洛哥无花果舒缓防敏面部护理采用来自摩洛哥的具有超凡安抚功效的草本植物，使皮肤体验天然纯净。从仙人掌和无花果的种子中提炼出的含有丰富Omega-6脂肪酸的有机沙漠无花果种子油，为敏感肌肤全面补充水分。达到镇静、强化并补充皮肤水分的功效。

Drench the skin in nature's purest, most comforting botanicals from Morocco. Organic desert fig seed oil, from the moisture-rich seeds of the prickly pear cactus fig, is rich in omega 6 essential fatty acids and provides extraordinary levels of healing hydration to the most sensitive, reactive skins. Organic nopal leaf, argan seed oil, Moroccan chamomile and unfermented red tea, along with other soothing organic plant ingredients, will calm, strengthen and protect the skin, while infusing the skin with healing moisture.



面部护理 FACIAL TREATMENTS

海蓝之谜 LA MER

一场令人赞叹的神奇肌肤疗愈旅程。来自海洋的传奇 —— 海蓝之谜蕴含具有丰富滋养功效的神奇活性精粹，能够有效焕新肤色，使肌肤柔嫩紧致，更具年轻光彩。海蓝之谜全线产品的主要配方均采用海藻、抗氧化提取物、宝石等高活性成分，可以有效恢复肌肤健康，重现焕亮年轻状态。

COVETED. MIRACULOUS. HEALING. An ultra-rich icon inspired by the sea. Born from the sea, the legendary La Mer's products are infused with the nutrient-rich Miracle Broth™, which has the power to transform the complexion, leaving skin softer, firmer and visibly younger. Surging with vital energies, all treatments from this iconic brand incorporate its stellar formulas derived from potent, highly active ingredients like nutrient-rich algae, protective antioxidant extracts and semi-precious stones — helping bring skin back to its healthiest state.

宝格丽专属面部护理 90 分钟 The Bvlgari Signature Facial 90 minutes

宝格丽专属面部护理将宝格丽最具代表性的宝石力量转化至面部与颈部。利用神奇活性精粹 Miracle Broth™ 的更新能力与海蓝之谜的贴身定制手法相结合，有效恢复肌肤能量，解决因皮肤老化而出现的缺水 and 衰老迹象。令肤重现柔软，宛若新生。

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, addresses 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.

海蓝之谜青春奇迹奢宠面部护理 90 分钟
The Genaissance de La Mer Facial 90 minutes

海蓝之谜青春奇迹奢宠面部护理蕴含丰富的焕生肌肤及生命能量。加速肌肤自我恢复活力，有助于延缓衰老，提亮肤色，肌肤宛若新生。

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 90 分钟
The La Mer Custom Facial 90 minutes

海蓝之谜私人定制面部护理根据您肌肤需求而特别定制一系列专属按摩手法，将精纯的神奇活性精萃 Miracle Broth™ 注入肌底，给肌肤带来能量并恢复活力。

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.

赋活保湿面部护理：专属定制按摩与平滑弹力技术相结合，为肌肤深层补水，达到平衡肌肤、改善肌肤因缺水而导致的提前老化的效果，令肌肤重现柔嫩润泽，光彩照人。

The Revitalizing Hydrating Facial: 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：有助于重塑面部轮廓，通过加热面部肌肉来刺激微循环，随后进行肌肤深层组织按摩，提升面部轮廓感与精致感。

The Lifting Facial: 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：有效刺激毛细血管，促进血液循环，帮助含氧化合物的细胞与Blanc de la Mer™ 中的酵素渗入肌底，从而提升面部轮廓，紧致肌肤并加强护理效果。

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

海蓝之谜净化面部护理 60 分钟
The La Mer Purifying Facial 60 minutes

海蓝之谜净化面部护理是海蓝之谜面部护理系列中的特别推荐。利用蒸汽深层清洁毛孔，使面部净化焕新，随后采用纯净的钻石粉末轻柔去除角质，柔华细致肌肤，提升肌肤光泽，更显亮泽晶莹。最后使用奇迹活性精萃面部护理及定制面部护理，令宾客体验真正的海蓝之谜面部蜕变。

This detoxifying facial is an ideal introduction to the La Mer facial series. Skin is deeply cleansed, pores steamed, 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 30 分钟
Eye Lifting Treatment 30 minutes

眼部娇宠护理通过神奇活性精萃的强大愈合性能，有效减少细纹，改善黑眼圈与眼部浮肿。通过镇静的舒缓功效赋予眼部肌肤活力，让明眸闪动青春光彩。

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



男士护理 MALE GROOMING

瑞凡尼 REFINERY

17年专注于男性皮肤研究，瑞凡尼的系列产品将护肤尖端技术与高纯度精油相结合，是专门根据男性肌肤特性研制的超凡护肤品。

The outcome of 17 years working with male skin, the Refinery's product line offers solution-driven premium grooming products that exude masculinity. Specifically formulated for men, the Refinery's products combine cutting-edge technology with highly concentrated essential oils.

瑞凡尼纯净面部护理 60 分钟 The Refinery Essential Facial 60 minutes

如果您需要在短时间内呈现出自己最好的一面，该项深层清洁和肌肤焕亮面部护理会让您的皮肤看起来干净而有光泽，呈现出透净，明亮，充满健康与活力的质感。

When time is short and you need to look your best, this deep cleansing and brightening facial will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality.

瑞凡尼全效护理 120 分钟 The Refinery Ultimate Face And Body Treatment 120 minutes

此项男士套餐能使客人极致放松并令皮肤焕然一新。通过重力按摩和Ayurvedic背部精准穴位按摩，缓解疲劳和肌肉酸痛。最后的深层面部清洁护理采用天然草本精油和独特的自然植物Refinery，令皮肤平滑透净，焕发新生。

Achieve a heightened state of relaxation and well-being. Begin your experience with a back cleanse and exfoliation that refreshes the skin. Continue the journey with a stress-relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Conclude with an enjoyable deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range – rebalancing your skin, leaving it bright, supple and refreshed.



水疗中心礼仪 SPA ETIQUETTE

到达

Spa Arrival

为了使您最大程度的享受您预定的水疗疗程，我们建议您在预约时间前45分钟来体验上海宝格丽水疗中心独一无二的水疗设施。请注意，迟到会导致您疗程时间的相应减少。出于对下一位客人的尊重，您的疗程会按约定时间结束。我们将为您提供浴袍，毛巾和拖鞋，在水疗过程中，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

我们会为您提供带锁的储物柜，建议您把贵重物品放置在客房保险箱以确保安全。水疗室内设置有存放贵重物品的首饰盒，我们建议您在水疗过程中不要佩戴珠宝。对于任何私人物品的丢失，上海宝格丽酒店水疗中心将不承担任何贵重物品责任。

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

为了最大程度配合您的日程，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。预约时需提供信用卡信息担保。16岁以上宾客均可体验水疗。

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.

水疗疗程卡

Gift Certificates

我们的水疗疗程卡是适用于所有场合的完美礼物。请在预约或到达水疗中心时出示疗程卡，疗程卡不可退换。

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

水疗礼仪

Spa Etiquette

为了给所有客人创造一个安静与放松的环境，请您不要在水疗中心大声喧哗。请在泳池、桑拿池和蒸汽房等公共场合穿着合适的游泳衣。在水疗过程中请勿使用手机和照相机。水疗中心属于无烟区，禁止吸烟。水疗中心为您提供浴袍、毛巾、拖鞋和一次性内衣。请在享受水疗中心内任何设施时始终穿着内衣。

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

为了避免影响您的水疗体验，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水疗疗程，水疗中心的前台工作人员会帮助您选择最适合您的产前或产后疗程。有高血压，心脏问题或任何药物并发症的客人请在预约水疗护理前咨询您的医生。如果您有任何药物史，也请您告知我们的理疗师。

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水疗中心。醉酒客人将被禁止进入水疗中心。

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水疗中心会员信息，请咨询水疗中心前台工作人员。

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

宝格丽专属身心之旅
BVLGARI SIGNATURE JOURNEYS

皇家LULUR双人护理 Royal LULUR For Two 180 minutes	RMB 7,800
全面补湿护理 Intense Protection Ritual 180 minutes	RMB 3,980
喜马拉雅水晶盐护理 Himalayan Crystal Healing 120 minutes	RMB 2,980
平衡之旅 Qi Balancing 120 minutes	RMB 2,480
身体护理系列 BODY THERAPIES	
海蓝之谜身体护理 La Mer Body Treatment 90 minutes	RMB 1,980
60 minutes	RMB 1,680
玲珑美体净爽体膜护理 Contouring Body Wrap 75 minutes	RMB 1,280
精泥体膜护理 Clay Body Wrap 75 minutes	RMB 1,280
玲珑美体磨砂 Contouring Salt Polish 30 minutes	RMB 780
沐浴体验 Bathing Rituals 30 minutes	RMB 780

BVLGARI
HOTEL SHANGHAI

基础按摩系列
MASSAGE THERAPIES

深层肌肉按摩 Deep Renewal 90 minutes	RMB 1,380
60 minutes	RMB 960
舒缓减压按摩 Transforming Relaxation 90 minutes	RMB 1,380
60 minutes	RMB 960
四手同步按摩 Synchronizing Rhythms 60 minutes	RMB 1,680
传统中医按摩 Ancient Traditions 90 minutes	RMB 1,480
能量石疗 Healing Stones 90 minutes	RMB 1,680
东方足部护理 Oriental Foot Massage 60 minutes	RMB 780
孕期护理 Expecting Joy 60 minutes	RMB 1,180

面部护理
FACIAL TREATMENTS

海蓝之谜 LA MER	
宝格丽专属面部护理 The Bvlgari Signature Facial 90 minutes	RMB 3,680
海蓝之谜私人订制面部护理 The La Mer Custom Facial 90 minutes	RMB 2,980
赋活保湿面部护理 The Revitalizing Hydrating Facial	
提升塑颜面部护理 The Lifting Facial	
璀璨焕亮面部护理 The Radiance Facial	
海蓝之谜青春奇迹奢宠面部护理 The Genaissance de La Mer Facial 90 minutes	RMB 2,980
海蓝之谜净化面部护理 The La Mer Purifying Facial 60 minutes	RMB 1,980
眼部娇宠护理 Eye Lifting Treatment 30 minutes	RMB 1,380

面部护理
FACIAL TREATMENTS

雅蔓兰 AMALA	
纯肌紧致面部护理 Nature's Firming Facial 90 minutes	RMB 1,580
秘鲁活肌抗氧化面部护理 Rejuvenating Anti-Oxidant Facial 60 minutes	RMB 1,180
茉莉深度补水面部护理 Hydrating Deep Moisture Facial 60 minutes	RMB 1,180
摩洛哥无花果舒缓防敏面部护理 Sensitive Facial Caring 60 minutes	RMB 1,180
男士护理 MALE GROOMING	
瑞凡尼全效护理 The Refinery Ultimate Face And Body Treatment 120 minutes	RMB 1,980
瑞凡尼纯净面部护理 The Refinery Essential Facial 60 minutes	RMB 1,180

*以上价格需另加收15%服务费。
*The price is subject to 15% service charge.

BVLGARI
HOTEL SHANGHAI