BVLGARI

HOTEL SHANGHAI

SPA

BVLGARI

HOTEL SHANGHAI



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宝格丽水疗中心
THE BVLGARI SPA

以宝格丽热浴理念搭配先进豪华的SPA套房，上海宝格丽水疗中心为宾客提供独特创新的SPA服务。在意式优雅的环境中，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 Bvlgari brand with state-of-the-art thermal and bathing experiences and luxurious spa suites. THE BVLGARI SPA at 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，宾客们将在豪华舒适的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 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.



LULUR双人护理
The Royal LULUR Treatment for Two
180 分钟/minutes　CNY 9,680

自17世纪以来，印度尼西亚宫殿里一直流传至今的护理，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日常的仪式，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，在足部清洁和浸浴后，使用香料和面粉混合后的LULUR进行全身去角质。同时理疗师也将为您清洁面部，唤醒您的每一寸肌肤。减压护理由理疗师用富有异国情调的精油让您从头到脚彻底放松，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. 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.

沐浴体验 30 分钟	Bathing Rituals 30 minutes
LULUR全身去角质 30 分钟	LULUR Body Scrub 30 minutes
减压按摩 60 分钟	Deep Renewal 60 minutes
保湿面部护理 60 分钟	Intense Hydrating Facial 60 minutes



海蓝之谜密集护理
La Mer Intense Protection Ritual
180 分钟/minutes　CNY 5,860

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，但皮肤的自然防御屏障仍然会由于缺少水分、及污染物颗粒的附着而产生皱纹、泛红、粗糙及老化。海蓝之谜密集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。

While the skin has its own powerful mechanisms to maintain healthy hydration levels and protect against external elements, today's 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 La Mer Intense Protection Ritual will help your skin rebuild its natural barrier and restore hydration levels, providing a solution to pollution.

海蓝之谜身体护理
90 分钟

La Mer Body Treatment
90 minutes

海蓝之谜私人定制面部护理
90 分钟

La Mer Custom Facial
90 minutes



都市悠然之旅
WELLNESS JOURNEY

一个为您的健康而设的疗程，由我们的私人健身教练带领下开展一对一的体能训练，随后在配套齐全的健身中心，坚持您的日常锻炼计划，也可在25米恒温室内泳池畅泳。训练后理疗师将使用奥古斯汀·巴德专利科技TFC8®搭配身体筋膜按摩手法，放松精神及以舒缓您紧张的肌肉。最后，在酒店47楼宝格丽酒吧欣赏恢弘天际美景享用我们特别设计的健康餐点以完成整个养生体验。

A journey for your health, with one-on-one fitness training led by our personal fitness trainer, followed by a fully equipped fitness center to stick to your daily workout plan. Take a dip in the 25-meter heated indoor pool. After your training session, our therapists use Augustinus Bader's exclusive patented technology TFC8® is combined with body fascia massage techniques to enhance the tension of fascia and relax the tightness of fascia, with the support of TFC8®. Before completing your wellness experience with a specially designed healthy meal at The Bvlgari Bar on the 47th floor and set against the exquisite Shanghai skyline.

第一步. 焕醒
30 分钟
私教指导

第二步. 焕能
60 分钟
使用健身房与游泳池

第三步. 焕活
90 分钟
愈颜身肌焕活身体护理

第四步. 都市健康餐
宝格丽酒吧享用健康餐食

CNY 3,220/单人
CNY 6,360/双人
请提前1天预订

STEP 1. REFRESHING
30 minutes
Personal instruction

STEP 2. REVITALIZING
60 minutes
Access to swimming pool and Fitness Center

STEP 3. REJUVENATING
90 minutes
Body treatment by The Method AB

STEP 4. HEALTHY MEAL
Healthy Meal at The Bvlgari Bar

CNY 3,220/Single
CNY 6,360/Double
Please make a reservation one day in advance



奥古斯汀・巴德
AUGUSTINUS BADER

【奥古斯汀・巴德护理手法】为品牌自创的皮肤护理体验。基于奥古斯汀・巴德品牌专属科技专利TFC8®触发因子，本套护理手法旨在通过赋予肌肤能量，解锁身体的自愈智慧。

奥古斯汀・巴德品牌由巴德教授成立，凭借三十多年的科学研究和专利成果，品牌致力于科技护肤未来。

奥古斯汀・巴德的护肤产品，如同为皮肤提供了一个工具箱，使皮肤进入一个健康自然的修护过程。针对不同类型与皮肤相关的问题和需求，这些产品提供了合适解决方案。

The Method Augustinus Bader is a one-of-a-kind, highly-sophisticated skincare treatment, created to boost cell communication in order to support the body's innate biological wisdom to self-heal.

Augustinus Bader Brand was founded by Professor Bader, a global leader in cytology. With more than 30 years of professional scientific research and patent results, the brand is committed to creating a more cutting-edge technology future.

Augustinus Bader Skincare delivers the toolbox to the skin so that it can go into a healthy repair process. These creations resolve all skin-related problems effectively, taking the optimal amount of time to attain the most suitable solution for individual skin needs.

面部护理
FACIAL TREATMENT

靓颜笙肌提亮护理
Rejuvenating Facial by The Method AB
90 分钟/minutes　CNY 3,680

奥古斯汀・巴德专利科技TFC8®搭配按摩手法，重启面部DNA系统，唤醒沉睡细胞来达到面部重塑，再搭配特殊工具，使TFC8®发挥更强功效，达到抗衰功效，添加背部按摩手法来放松与加强身体循环，双重齐下，肌肤体验一场奇妙的舒适旅程。

Augustinus Bader's exclusive patented technology TFC8® is combined with exclusive massage techniques to restart the facial DNA system, wake up sleeping cells, and activate cells to achieve facial remodeling and lymphatic detoxification. It is also paired with special tools to make TFC8® more effective. To achieve antioxidant and anti-aging effects, add back massage techniques to relax and strengthen body circulation. Your skin will experience a wonderful journey of comfort.

净颜深肌清洁护理
Refreshing Facial by The Method AB
60 分钟/minutes　CNY 2,980

奥古斯汀・巴德专利科技TFC8®搭配筋膜按摩手法，为抗衰护理奠定下良好基础，重启面部DNA系统，唤醒与启动细胞，达到紧致护肤功效，奥古斯汀・巴德带您体验神奇的科技护肤旅程。

Augustinus Bader's exclusive patented technology TFC8® combined with fascia massage techniques lays a good foundation for anti-aging care, restarts the facial DNA system, awakens and activates cells, makes cell metabolism more perfect, and achieves firming and skin care effects. Augustine Bader takes you on a magical technological skin care journey.

身体护理
BODY TREATMENT

愈颜身肌焕活身体护理
Renewing Body Treatment by The Method AB
90 分钟/minutes　CNY 2,820

奥古斯汀・巴德专利科技TFC8®搭配身体筋膜按摩手法，主要为增强筋膜的张力和放松筋膜的紧绷感，同时在TFC8®的支持下可持续性的为身体加强新陈代谢来减少橘皮组织，延长按摩时间来加速血液循环与产品吸收力，给予身体从内到外的焕新活力。

Augustinus Bader's exclusive patented technology TFC8® is combined with body fascia massage techniques to enhance the tension of fascia and relax the tightness of fascia, with the support of TFC8®. Continuously strengthen the body's metabolism and detoxification to reduce cellulite, extend the massage time to accelerate blood circulation and product absorption, and rejuvenate the body from the inside out.

舒颜伸肌焕能身体护理
Revitalizing Body Treatment by The Method AB
60 分钟/minutes　CNY 2,280

奥古斯汀・巴德独家专利科技TFC8®搭配身体筋膜按摩手法，主要为增强筋膜的张力和放松筋膜的紧绷感，在TFC8®的支持下，可以持续增强身体新陈代谢，减少橘皮组织的形成，同时促进身体健康和活力恢复。

Augustinus Bader's exclusive patented technology TFC8® is combined with body fascia massage techniques to enhance the tension of fascia and relax the tightness of fascia, with the support of TFC8®. Sustainably strengthens metabolism and detoxifies the body to reduce cellulite while restoring health and vitality.



身体护理
BODY THERAPIES

海蓝之谜身体护理
La Mer Body Treatment
90 分钟/minutes　CNY 2,680
60 分钟/minutes　CNY 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 refine, 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　CNY 1,680

玫瑰茄与莲花提取物细致润泽、焕亮肌肤。小花茉莉、檀香与沉香精油的沉静香气，令肌肤宁怡芬芳。

Gold leaf and Lotus extract helps to refine skin. An aromatic blend of jasmine sambac and agarwood essential oils enhances this blissful experience. Purified, soft and supple skin radiates flawlessly with youthful luminosity.

净肤身体磨砂
Detoxifying Body Scrub
30 分钟/minutes　CNY 1,080

薰衣草与洋甘菊身体磨砂轻柔去除老化角质与老化细胞，再现肌肤年轻态。

Lavender and Chamomile 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　CNY 980

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 THERAPIES

我们经验丰富的护理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　CNY 2,180
60 分钟/minutes　CNY 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　CNY 2,180
60 分钟/minutes　CNY 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 relieved, bringing the body and mind back into equilibrium.

四手同步护理
Synchronizing Rhythms
60 分钟/minutes　CNY 3,680

四手同步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. Removing toxins and enhancing immunity, the treatment is completed with a scalp and foot massage, inspiring mental and physical bliss.

中式护理
Ancient Traditions
90 分钟/minutes　CNY 2,180

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，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.

热贝护理
Lava Shell Healing Treatment
90 分钟/minutes　CNY 2,580

一次愉悦的放松体验，结合了热贝的温暖和放松手法，创造了一种影响到整个身心的平衡感。

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 Bvlgari Signature Facial
90 分钟/minutes　CNY 4, 680

宝格丽专属面部护理将宝格丽具有代表性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　CNY 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　CNY 3,680
60 分钟/minutes　CNY 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专属按摩手法。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，帮助改善面部轮廓与精致感。

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，改善肌肤光泽，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. 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　CNY 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 the potent healing properties of Miracle Broth™. A calming application soothes, hydrates and renews the delicate eye area, delivering and expression of youth.

宝格丽水疗中心礼仪
SPA ETIQUETTE

到达
SPA Arrival

为了您的护理体验，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，宝格丽水疗中心不承担任何责任。

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。在护理过程中请勿使用手机和照相机。宝格丽水疗中心属于无烟区，禁止吸烟。宝格丽水疗中心为您提供浴袍、毛巾、拖鞋和一次性用品。请在享受宝格丽水疗中心内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 Beverage

请勿携带任何食物及饮料进入宝格丽水疗中心。醉酒客人将被禁止进入宝格丽水疗中心。

Guests are prohibited from bringing any outside Food and Beverage 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水疗中心会员信息，请咨询宝格丽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.

宝格丽水疗中心
THE BVLGARI SPA

SPA：早10:00 - 晚10:00
美发沙龙：早10:00 - 晚8:00

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

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