

January/February 2025

若水 | 上善

SpaChina

健康度假 · 美容水疗 · 健身康复 · 环保可持续

WELLNESS, BEAUTY, HEALTH AND LUXURY LIVING



Picture by The Ritz-Carlton, Nanjing

健康酒店和度假村增长趋势

Wellness Hotels and Resorts A Growing Trend in Hospitality



PLUS: LUXURY LIVING | SPA CUISINE | SPACHINA REVIEW | SPACHINA WELLNESS
SPA NEWS | HOTEL NEWS | LIFESTYLE



CHEVAL BLANC PARIS

A WORLD OF BEAUTY

巴黎白马庄园



Dior Spa Cheval Blanc Paris – in the heart of the capital, a world of gracious well-being awaits. Designed by the architect Peter Marino, this oasis of 1,000 m² is a place where luxury, calm and pleasure reign supreme. Rare marble, precious woods, handcrafted mosaics, metallic patinas, precisely subdued light combine in soothing labyrinths of intimacy... a world apart, where Cheval Blanc Paris guests, Parisians and visitors can all find their own pace. For a tailor-made moment, between abandoning one's cares and fulfilling one's potential, rounding into top form or completely letting go. Here, a moment of care-free relaxation brings forth genuine pleasure.

巴黎白马庄园迪奥水疗——城市中心的高雅养生目的地，由建筑师彼得·马里诺设计，1000平方米的绿洲里，奢华、安宁、愉悦之感贯穿始终。稀有大理石、珍贵木材、手工马赛克、金属光泽、柔和灯光构筑了一座舒适宜人的隐世迷宫。入住酒店的尊贵宾客、巴黎城市客人、来自世界各地的旅行者都将在这里享受难以忘怀的专属时光，抛下一切烦恼，在幸福的满足感中重拾身心平衡，实现生命之蜕变。

SOURCES OF VITALITY

A place of freshness, relaxation, and why not, a rendezvous beside the impressive 30-metre swimming pool, bordered by spacious relaxation beds, discretely sheltered from view... There, the guests of Cheval Blanc Paris are regularly invited, if they so wish, to a half-hour of muscular rejuvenation. From there, the options abound: the wellness area where you can purify yourself with a sauna, hammam and invigorating snow shower; the expansive fitness room where you can attain your top form thanks to state-of-the-art equipment and avant-garde technology; and the training room for sessions scheduled from morning to night by four expert coaches. The possibilities include Boxing, Pilates, Yoga, CrossFit as well as Hip Hop, Afro, and Jazz dance... And, of course, spacious changing rooms, designed to give you the most privacy. Or, even more discrete, try in-room training, offering the possibility of reserving a bike and a weight bench for a workout in your room.

HAVENS OF BEAUTY

The Dior Spa Cheval Blanc Paris is a living dream, a sensory escape imbued with the elegance of a top designer's apartment. Six singular suites, each with its own unique experience: places to recompose with more than forty original treatments and rituals for a profound metamorphosis. These enchanting rejuvenations are always well-conceived, producing a glow of happiness that is all the more lasting thanks to the boutique where exclusive products - Dior professional solutions, Cheval Blanc Paris perfumes - allow you to prolong the exceptional experience at home. Equally exclusive: the hairdressing salon of the stylist Rossano Ferretti. Or rather, the hairdressing boudoir, as the space is so personal, reserved for each individual. Everything is available, from the famous invisible cut that has from the beginning made his reputation, to his line of natural products which complement an experience that has the feel of a holistic journey.



巴黎白马庄园迪奥水疗宛如一场真实的梦境，由顶级设计师设计的套房内，感官旅程缓缓开启。六间单人水疗套房为客人提供各具特色的体验和超过40种创新疗程与仪式，令爱美女性们从内而外焕发靓丽光泽。迪奥经典护肤美容产品、巴黎白马庄园专属香水都将在精品店内出售，让客人回家后延续肌肤体验。Rossano Ferretti美发沙龙里，每位客人都将拥有自己专属的个人美发空间，从负有盛名的隐剪到一系列天然护发产品，这将是一场全面的美发护发体验，而非简单的修剪。

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ARMANI

Hotel Dubai

入住阿玛尼酒店 与时尚品牌同步



迪拜阿玛尼酒店的每一个元素都完美体现了时装界巨人阿玛尼先生的生活方式和设计理念。作为向全世界进军的首家阿玛尼品牌酒店、度假村和酒店式公寓，迪拜阿玛尼酒店处处彰显着阿玛尼先生的设计美感，以酒店业界的最高标准为宾客提供和谐时尚环境中的家外之家。

酒店位于世界最高建筑迪拜哈利法塔内，坐落于迪拜的心脏地带和繁华的商业与休闲中心。从机场驱车而来，短短15分钟的车程，举步之间，即可到达迪拜购物中心和中东最大的喷泉。

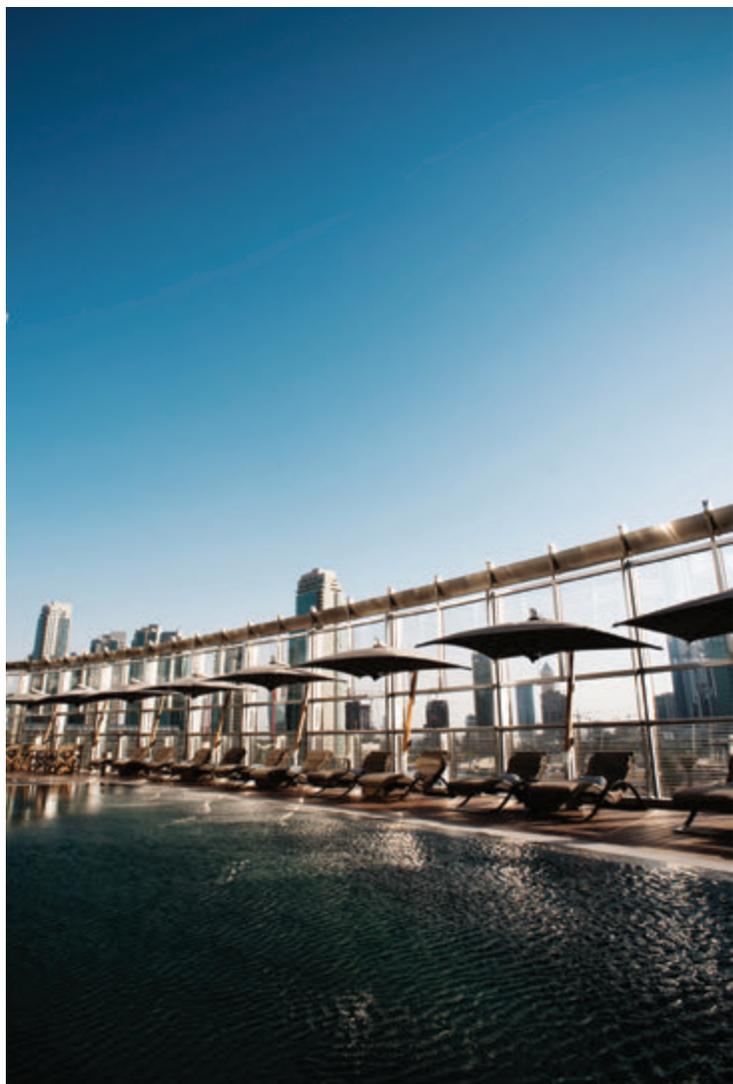
在迪拜阿玛尼酒店，每间客房的每一个角落无不透射出阿玛尼的设计理念。酒店的160间客房和套房，面料、装饰以及家具全部都是量身定制的顶级之作。

阿玛尼水疗反映了阿玛尼的生活方式和设计理念，犹如置身于一望

无际的沙漠中的绿洲，一个个设计独特的水疗空间，配备豪华的水疗设施，服务更是从个人健身、序列热浴，到私人休闲放松，应有尽有。这里的水疗疗法提供个性化的护理——MU满足放松与宁静的愿望；LIBERTA促进身体的自由活动并消解身体疲乏；FLUIDITA增强和平衡身体机能。

迪拜阿玛尼酒店包括7间餐厅，为尝尽人间美味的豪客名流奉上令人叹为观止的世间珍饈美味。这里云集了日本、印度、地中海和正宗的意大利风味，多元化的美食文化完全契合迪拜这个国际大都会的形象和氛围。

阿玛尼酒廊吧位于酒店的中心，俯瞰壮观的中东最大喷泉，是一天中随时进行宴会聚餐、休闲小酌的绝佳之选。米兰专有的阿玛尼贵宾俱乐部也落户于迪拜阿玛尼酒店。每天都举办着迪拜最激动人心的晚会，延续至凌晨时刻。



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亲爱的SpaChina读者，您们好，

2025乙巳，天干“乙”属木，地支“巳”属火，木年象征着生长、发展与繁荣，预示着自然界万物生机勃勃、及个人与企业的发展机遇，随着木气的逐渐旺盛并转向火元素，也意味着变革与新生的到来。

回顾过去的一年，每个人都面对了不同的挑战，有个人生活方面的、有事业和日常业务上的，无论多难，我们的韧性和决心不能缺失。我们要静下心来，把挑战看作是新的成长时刻，是反省和梳理、学习和改进、积累更多经验及加强人际纽带的好时机。

乙巳年来临之际，让我们SpaChina向您表达最衷心的祝愿：愿繁荣、快乐、幸福相伴！愿每一天都是迈向梦想的重要一天！愿努力获得成功！当然，最重要的是身体健康！

本期杂志内容一如既往丰富多彩，有极具价值的市场趋势报告、专家们的专访、历史人文旅游等多方面的知识，非常值得细细阅读。

祝快乐度过每一天~

新年快乐！



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SPA之旅

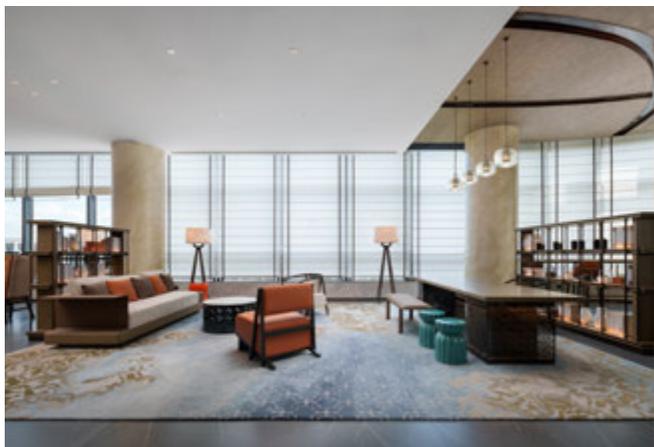
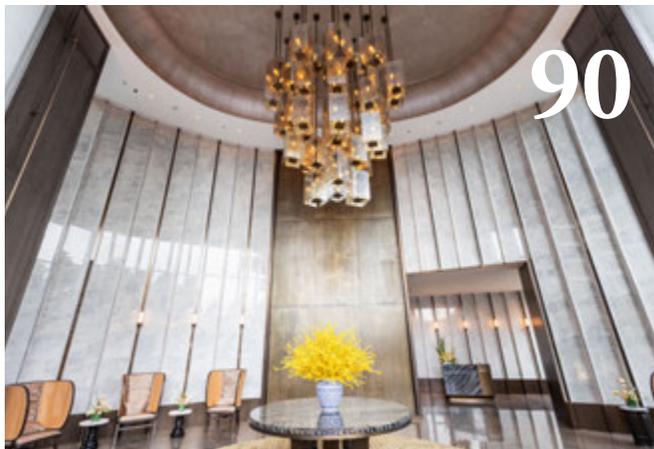
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腾冲玛御谷悦椿Spa

腾冲玛御谷悦椿酒店，依山势而起，临自涌温泉而筑，坐落于温泉小镇的至高点，一副民族风情画卷尽收眼底。悦椿Spa中心，是静谧环境的栖息地，以全面恢复活力为宗旨。超过17,000平方米的中心内设有3层楼高的专用温泉中心和一个郁郁葱葱的室外温泉区，并提供一系列特色水疗护理项目。43个不同主题的招牌户外矿物质温泉池，使宾客沉浸于自然的温暖怀抱中。火山热石躺椅可温柔舒缓肌肉酸痛，促进全身心的放松。温泉水以其治疗功效而闻名，为宾客注入满满的健康活力。

The Angsana Spa, Angsana Tengchong

Angsana Tengchong, surrounded by lush greenery, is situated at the highest point of the hot spring town, with a picture of ethnic flavors in full view. The Angsana Spa is a tranquil environment habitat, created with total rejuvenation in mind. With over 17,000 square metres, the Spa features a three-storey Hot Spring Centre with a lush Outdoor Hot Spring Area, and offers guests a range of signature Spa treatments. Featuring 43 mineral-based outdoor hot spring pools with different themes, guests are immersed in the warm embrace of nature. Volcanic hot stone loungers gently soothe sore muscles and promote total relaxation. Guests are infused with a full dose of health and vitality in the hot spring waters, known for their therapeutic qualities.

阳澄湖悦柳酒店8LEMENTS SPA

阳澄湖悦柳酒店，以江南文化为底蕴，引领宾客悠游苏城，感受江南水乡之文韵雅趣。酒店大堂东侧的悦柳汤愈设有12个共享泡池，暖流环绕，驱散寒意，让身心得到彻底的放松和疗愈。B1层的8LEMENTS SPA巧妙融和当地自然与中式雅趣，以“兰亭叠翠”为主题，打造了8间理疗室，利用水波、水草和天然湖石的自然元素，营造出雅致的环境。在这里，可体验到招牌的清愈按摩和助眠按摩，开启一场身心愉悦的养修之旅。室内恒温泳池的水质晶莹纯净，卸去旅途疲惫，尽享运动乐趣。健身房24小时开放，配备齐全的运动器械和健身设备，带来活力与健康。

8LEMENTS SPA, Garrya Yangcheng Lake

Garrya Yangcheng Lake, guides guests to explore Suzhou and immerse themselves in the elegant charm of the south of the lower reaches of the Yangtze River. There are 12 therapeutic onsens on the east side of the hotel lobby, surrounded by warm waters, dispelling the cold and allowing the body and mind to become completely relaxed and healed. Located on the B1 floor, 8LEMENTS SPA skillfully blends local nature with Chinese elegance, creating eight treatment rooms. It skillfully utilizes natural elements to create an elegant environment. Here, guests can experience the signature Restorative Detox and Sleep Essentials, and begin a journey of body and mental well-being. The indoor heated swimming pool helps you to relieve the fatigue from travel and embrace the joy of exercising. The gym is open to guests 24 hours a day and is fully equipped with facilities to bring vitality and health.

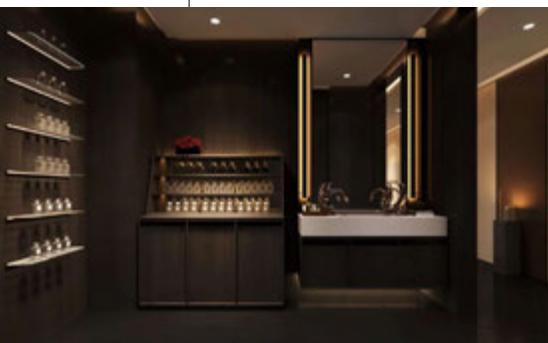


安溪清水岩温泉度假酒店 水疗中心

坐落于福建安溪县，清水岩温泉度假村犹如一处隐匿于世的天然氧吧，占地200余亩，毗邻国家4A级旅游区清水岩，四周被连绵起伏的山峦与翠绿的群山温柔环抱。这里的40余座温泉泡池，依山势呈阶梯式分布，流淌着对人体有益的偏硅酸温泉，促进血液循环的同时，还有美容养颜的功效。酒店内设有4间理疗室，提供一系列水疗设施和全方位水疗服务。独特的山景Spa，于山水间找寻心灵的栖息地。更有巴厘岛同款鸟巢区，提供别样的放松体验；山野造浪池，带来刺激与乐趣。泡汤玩水之余，宾客还可移步半朵云围炉煮茶，品一壶香茗，于茶香袅袅中，享受静谧时光。

The Spa at Qingshuiyan Hot Spring Resort, Anxi

Located in Anxi County, Fujian, Qingshuiyan Hot Spring Resort is like a hidden natural oxygen bar, covering an area of more than 200 acres, adjacent to the national 4A-level tourist area, Qingshuiyan, and surrounded by rolling hills and emerald green mountains. There are more than 40 hot spring pools here, distributed in a stepped manner according to the mountains. The pools are filled with metasilicic acid hot spring which is beneficial to the human body and promotes blood circulation, as well as having the effect of enhancing beauty. There are 4 treatment rooms in the hotel, offering a range of spa facilities and services. Its unique Mountain View Spa is a place where guests can find a place for their soul in the landscape. There is also a bird's nest area providing a unique relaxation experience, and a mountain wild wave pool that brings excitement and fun. Guests can also move to the stove-boiled tea, enjoying the quiet time.

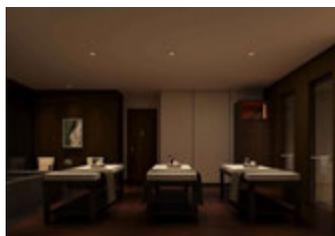


南京德基THE PURI璞悦

于繁华市中心，南京德基广场迎来了全新的THE PURI璞悦。它傲立于29层的高空之上，不仅将南京的繁华与静谧尽收眼底，更将古都的悠久风华诠释得淋漓尽致。Spa店内东方古典与现代雅致交融，构筑出素雅静奢的美学空间，引领宾客踏入一段纯粹的疗愈之旅。从眼、耳、鼻、身、意五感出发，以细腻手法唤醒宾客内在本真。经典项目Margy's胶原紧致护理，采用摩纳哥皇室御用的Margy's产品，重塑肌肤紧致状态。整个疗愈过程中，柔和的光影交织，伴随着原创音疗波段和散发出的芳香分子，带来全身心的放松。其他护理项目有颂钵疗愈、阿育吠陀、冷贝面部焕活护理等。

THE PURI, Nanjing Deji Plaza

In the bustling city center, the Nanjing Deji Plaza welcomes the new THE PURI. Situated on the 29th floor, it not only offers a panoramic view of Nanjing's prosperity and tranquility, but also a perfect interpretation of the ancient capital's long history and splendor. The Spa is a blend of classical Oriental and modern elegance, melded into an elegant and quiet aesthetic space, leading guests into a journey of pure healing. The Spa starts from the five senses of the eye, the ear, the nose, the body, and the mind, and uses subtle techniques to awaken the inner nature of guests. The classic Margy's Collagen Firming Treatment uses Margy's products, which are used by the royal family of Monaco, to rejuvenate skin's firmness. Throughout the treatment, a soft interplay of light and shadow, along with original sound and aromatic molecules, brings total relaxation. Other treatments include Singing Bowl Therapy, Ayurveda, and LavaShelles Glacial Shells facial rejuvenation, etc.

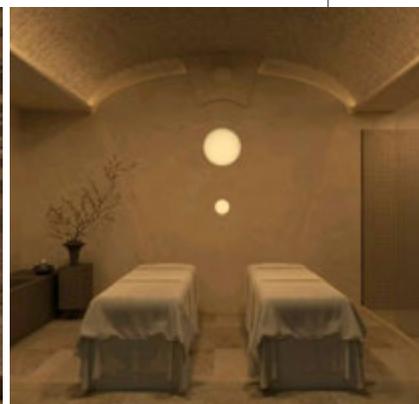


方壶Spa于上海静安区开业

秉持自然与和谐共处的理念，位于上海吉宝静安中心的方壶Spa于12月璀璨开业，开启一场融合芳香植物精油、空间美学和文化背景的中式疗愈之旅。Spa延续了对城市空间中大自然的尊重，融入了五行元素，延续中国传统文化和创新精神。值得一提的是，特色项目“东方砭石”热能疏通，根据每位宾客的五行命格，精心挑选专属精油，随后通过热能技术，深层唤醒身体细胞，促进血液循环。疗程结束后，理疗师会热心建议宾客保持充足的休息和水分的摄入，以最大化促进身体的恢复和排毒。

The FangHu Spa, Shanghai Jingan District

With the concept of coexistence between nature and harmony in mind, The FangHu Spa at PAC, Jingan opened its doors in December with a Chinese healing journey that combines the essential oils of aromatic plants, the aesthetics of the space, and the cultural context. The Spa continues to respect nature in the urban space, incorporating the Wu Xing and continuing the spirit of traditional Chinese culture and innovation. It is worth mentioning that the characteristic therapy "Eastern clear bamboo" thermal energy dredging, according to the Wu Xing of each guest's destiny, carefully selected exclusive essential oils. Then it uses the thermal technology, which deeply awakens the body's cells and improves blood circulation. After a treatment, it is recommended to maintain adequate rest and water intake to maximize the body's recovery and detoxification.



成都愈浅Spa

近期，成都大悦城迎来了占地500平的愈浅Spa新店。大门以现代几何形状来设计，店内则融入了木质元素和绿植，营造出温暖、清新的氛围。理疗房设有单人和双人间，以及项目结束后的专属补妆台。该店秉持有机概念，推行有机餐食和空瓶回收，倡导有机疗愈。从香薰、灯光，到小摆件，每一处都打造沉浸式氛围，仪式感满满。特色项目ME-TIME情绪疗愈Spa，利用多种天然植物成分的精油，结合雨棍的声音，深度放松情绪和缓解压力。其他护理项目包括清迈古法Herbal热疗、Dhyana冥想颂钵音愈Spa、夏威夷海浪式lomilomi按摩等。值得一提的是冥想抄经室，带领宾客探寻内心的宁静与智慧。

Balance Spa, Chengdu

Chengdu Joy City recently welcomed the new 500-square-foot Balance Spa. The entrance is designed in modern geometric shapes, while the interior incorporates wooden elements and greenery to create a warm and fresh atmosphere. The treatment rooms feature single and couple rooms, and an exclusive make-up counter after treatments. The spa upholds organic concepts, such as organic meals and recycling of empty bottles, to promote organic healing. From aromatherapy, lighting, to small ornaments, each place creates an immersive atmosphere with a sense of ritual. The featured treatment, ME-TIME emotional healing Spa, utilizes a variety of essential oils made from natural plant ingredients, combined with the sound of a rainstick, for deep emotional relaxation and stress relief. Other treatments include Chiang Mai Herbal thermal therapy, Dhyana singing bowl therapy, and Hawaiian lomilomi massage, etc. The noteworthy Meditation Shakyo Room leads guests to explore inner peace and wisdom.





巴厘岛乌布安纳塔拉度假酒店水疗中心

环抱在热带雨林间，沐浴在大自然的阳光下，巴厘岛乌布安纳塔拉度假酒店盛大开幕。共设有4间护理室、1间护理套房、休息区和健身房。在这里，宾客们可以享受一系列特色水疗护理项目，从巴厘岛土著的传统疗法Boreh、Mepijet、Taksu Massage到热石按摩、热竹按摩、身体裹敷等身体护理。例如，可以在森林景观的理疗室，体验巴厘岛传统的Balinese Mepijet护理，该护理采用Jamusara草药师使用的当地制造的姜油，找寻深层幸福感和平静感。水疗中心还安排了爪哇皇室的Lulur美容仪式，通过足浴和身体按摩，配以米粉、姜黄和檀香，轻柔地去除身上的角质，美化肌肤，促进血液循环。

The Spa at Anantara Ubud Bali Resort, Bali Island

Surrounded by tropical rainforests and bathed in nature's sunshine, Anantara Ubud Bali Resort has had its grand opening. A total of four treatment rooms, one treatment suite, relaxation lounge and gym are available. Here, guests can enjoy a range of Indigenous Bali Therapy ranging from traditional Balinese Boreh, Mepijet and Taksu Massage, to body massages such as Lava Stone Massage, Bamboo Massage and Body Wraps. Guests can experience the traditional Balinese Mepijet treatment in the jungle-facing spa room, where the treatment utilizes locally made ginger oil provided by the herbalists of Jamusara to seek a profound sense of well-being and deep calm. The spa also introduces the Javanese royal Lulur beauty ritual, which gently exfoliates guests' bodies, beautifies the skin and improves circulation through foot and body massages with a rice flour, turmeric and ground sandalwood.

纽约The Surrey, A Corinthia Hotel酒店 The Surrey Spa

纽约上东区的The Surrey, A Corinthia Hotel酒店经翻修后推出了焕然一新的The Surrey Spa水疗中心。其包含两间护理室、一间蒸汽浴室、桑拿房、盐浴温热放松室、以及由AMP设计的健身中心等设施。The Surrey Spa携手法国知名品牌Sisley，推出一系列结合了最优质的植物成分与尖端科技的焕活护理项目，并提供精选的Sisley按摩和面部护理。其中的植物芳香抗衰老面部护理，采用Sisley独有的按摩技术，辅以其抗衰老护肤精华，使皮肤变得更富光泽和弹性，焕发肌肤活力。在疗程结束后，还可前往其零售店购买护肤品，延续美好护肤体验。

The Surrey Spa, The Surrey, A Corinthia Hotel, New York

The Surrey, A Corinthia Hotel on New York's Upper East Side has launched a revitalized spa. The Surrey Spa features two treatment rooms, a steam room, a sauna, a salt tepidarium relaxation room and a fitness centre designed by AMP, and more. Partnering with French lifestyle brand Sisley, Spa offers rejuvenating treatments that blend the finest plant-based ingredients with cutting-edge science. Its menu features a selection of Sisley massages and facials. It includes the Phyto-Aromatic Supreme Anti-Aging Facial, which uses Sisley's effective massage techniques, combined with its anti-aging skincare serums, to revitalize the skin by making it more radiant and resilient. After treatments, guests can visit the Sisley retail shop to purchase skincare products to continue the skincare experience.



新泽西州Pendry Natirar酒店 及度假村Spa Pendry

Pendry Natirar坐落于风景旖旎的新泽西州萨默塞特县，占地500英亩，是一个如诗如画的田园酒店及度假村。其核心的Spa Pendry水疗中心是一个两层楼的康体设施，可以沉浸于周围的自然美景中——从茂密的森林到蜿蜒的河流，尽享身心的放松与愉悦。度假村内设有光线充足的12间护理室，部分配备私人露台，将迷人的乡村风光尽收眼底。其中包括喜马拉雅盐室、桉树蒸汽浴室、雪松桑拿室等。The Pendry特色按摩提供可定制的全身按摩体验，巧妙融合了大自然中的独特香气，并根据每个季节从大地收获的天然成分不断进行调整，带来独一无二的体验，仿佛置身于四季更迭的奇妙旅程中。

Spa Pendry, Pendry Natirar, New Jersey

Nestled on 500 acres in stunning Somerset County, New Jersey, Pendry Natirar is a picturesque and idyllic hotels and resort. At its heart, Spa Pendry is a two-floor wellness facility designed to immerse guests in the natural beauty of the surrounding landscape, from dense forests to meandering rivers. It features 12 light-filled treatment rooms, some of which include private terraces overlooking the countryside. These include a Himalayan salt room, eucalyptus steamrooms, cedarwood saunas, etc. The Pendry signature massage offers customized full-body massage incorporated bespoke aromas found in nature, this custom treatment will continually alter each season based on what is seasonally harvested from the earth during each season for a unique experience that transports guests on a journey through the wonders of changing seasons.





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迪拜悦榕Spa水疗中心

全新开幕的迪拜悦榕Spa水疗中心坐落于蓝水岛宁静的海岸上，旨在打造一处焕活身、心、灵的感官圣地。7间私人护理套间位于光线柔和的走廊旁，均设有独立套间和淋浴间，且多数配备按摩浴缸。该水疗中心从迪拜的自然沙漠景观中汲取灵感，巧妙运用大地色调和自然纹理，仿佛沙丘柔和起伏的线条。悦榕Spa融合了古老的亚洲传统手法与整体健康实践，理疗师们注重触感、天然草药和香料所带来的疗愈力量，用以舒缓压力、放松身心。特色的热带雨林体验通过一系列水热疗法，带领宾客们踏上一场身临其境的多感官之旅。其他设施还包括桑拿室、活力池、加热躺椅等。

Banyan Tree Spa, Dubai

The newly opened Banyan Tree Spa, Dubai, situated on the tranquil shores of Bluewaters Island, is designed to create a sanctuary for the senses that nourishes the mind, body, and soul. Seven private ensuite treatment rooms are lined along softly lit hallways, each with its own ensuite and shower, and most with offering a jacuzzi. The Spa draws inspiration from Dubai's natural desert landscape, with earthy tones and natural textures, evoking the soft, undulating lines of sand dunes. The Spa blends ancient Asian traditions with holistic wellbeing practices, and its therapists focus on the healing power of touch and the use of natural herbs and spices to relieve guests' stress. The Signature Rainforest Experience takes guests on an immersive multisensory journey through a series of hydrothermal therapies. Other amenities include sauna rooms, vitality pools, heated loungers and more.

佛罗伦萨Collegio alla Querce酒店Aelia Spa

即将于3月亮相的佛罗伦萨Collegio alla Querce酒店，是Auberge Resorts Collection在意大利佛罗伦萨开设的首家酒店。在这里，宾客可以欣赏佛罗伦萨大教堂和托斯卡纳山丘的自然美景。Aelia Spa中心设有私人水疗套房，其中包括一间双人套房。该中心植根于意大利丰富的文化和自然遗产，采用地中海特有的植物，将当地仪式和托斯卡纳精髓芳香疗愈相融合。其特色产品的灵感汲取自葡萄园、花园和橄榄园，引领宾客展现最活力的一面。其他设施还包括室内和室外休闲空间、一个现代化的健身中心和一个被树遮挡的大型室外游泳池。

The Aelia Spa, Collegio alla Querce, Florence

The Collegio alla Querce, Florence, to be debuted in March, is the first Auberge Resorts Collection to open in Italy. Guests can enjoy natural views of Duomo di Firenze and the tranquil hills of Tuscany. Aelia Spa will be home to private spa suites, including one for couples. Rooted in Italy's rich cultural and natural heritage, the spa uses plants unique to the native Mediterranean botanicals, combining local rituals with aromatic healing practices that reflect the essence of Tuscany. Its featured treatments inspired by the hotel's organic gardens and olive groves to guide guests to their most vibrant self. Other facilities include indoor and outdoor relaxation spaces, a modern fitness centre and a large outdoor pool shaded by trees.



纽约Remedy Place Soho养生俱乐部

Remedy Place在纽约开设了第三家社会养生俱乐部Remedy Place Soho。该俱乐部占地7,400平方英尺，主体采用暖色调，打造出温馨的环境。Remedy Place与芳香设计实验室Bio Alchemy合作定制的一款香氛，其香味弥漫在俱乐部四处，并借助陈年烧焦的软木扩散开来，引领宾客步入艺术和养生交织的感官体验中。这里还有各式各样的体验，可满足不同需求。经FDA批准的红光床，采用专利技术，促进血液循环，帮助放松身体；冰浴工作室先引导11分钟的呼吸练习，后在39度的浴缸中浸泡6分钟，于深呼吸中享受内啡肽的刺激；AI Bodywork通过深层按压背部和臀大肌，以舒缓压力和肌肉酸痛。

Remedy Place Soho Wellness Club, New York

Social wellness pioneer, Remedy Place, has opened the doors to its third wellness club in New York City, Remedy Place Soho. The 7,400 square foot club with a warm tone creates a welcoming environment. A bespoke Remedy Place scent has been created with Bio Alchemy. The fragrance fills the club and is diffused via installations of aged burnt cork, merging art and wellness in a sensory experience. There are a variety of experiences to suit the needs of different guests. An FDA-cleared red light bed, which uses patented technology to support circulation, overall relaxation. Ice Bath Studio guides 11 minutes breathwork followed by 6 minutes in 39 degree tubs for a deep-breathing, endorphin-fueled experience. AI Bodywork uses deep compression on the back and glutes to relieve stress and soothe sore muscles.



奥地利福斯尔堡瑰丽酒店Asaya水疗中心

福斯尔湖畔与奥地利阿尔卑斯山脚下的福斯尔堡瑰丽酒店，是在一座15世纪城堡历史的基础上重建而成的瑰宝，宾客们可在此近距离亲身感受欧洲悠久的历史。酒店内，占地1,500平方米的Asaya水疗中心，配备八间精心设计的理疗室、三间桑拿房、一间蒸汽浴室，以及室内和室外的无边泳池。该水疗中心提供多款个性化的健康体验，旨在帮助宾客逐步恢复身心的和谐与平衡。为了庆祝冬季的到来，特别在桑拿体验中加入了当地特有的桑拿精油，以此向当地传统致敬。此外，宾客们还可体验冬日桑拿、Aufguss仪式课程、冰泳、个性化皮肤分析和当地草药专家的研讨会等。

Asaya Spa, The Rosewood Schloss Fuschl, Austria

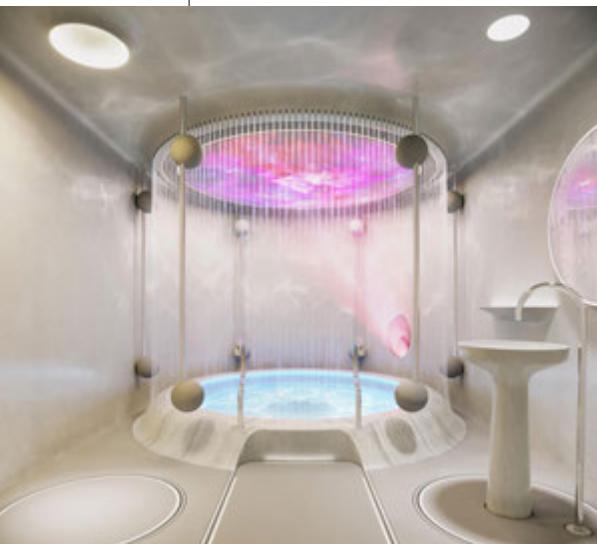
The Rosewood Schloss Fuschl, nestled beside Lake Fuschl at the base of the Austrian Alps, is a reconstructed gem based on the history of a 15th-century castle, where guests can experience Europe's rich culture up close and in person. Inside the hotel, the 1,500-square-meter Asaya Spa features eight thoughtfully designed treatment rooms, three saunas, a steam bath, and indoor and outdoor infinity pools. It offers a wide range of personalized wellness experiences designed to help guests progressively restore harmony and balance between mind and body. In celebration of winter, the sauna experience pays homage to local traditions by incorporating local Sauna infusion Essential oils from the area into sauna experiences. Additionally, guests can experience winter sauna ice sphere infusions, Aufguss sessions, ice swimming, personalized skin analysis, and workshops by local herbal experts.

利物浦WYLD浮动公共桑拿房

梦幻般的水上浮动公共桑拿房，这一创意奇想如今已在利物浦变为现实。位于Prince's Dock的WYLD桑拿房于近期首次亮相。城市的天际线与码头的宁静相互映衬，于自然与城市生活交织处，静心感受城市的静谧。WYLD由两位桑拿爱好者Jon Miller和Tom Berendsen共同创立。它将传统的北欧桑拿体验融入现代城市生活，营造出一个人人都能参与其中的公共环境。这里设有一个可容纳30人的芬兰桑拿浴室，两个冰浴、两个冷水瀑布式淋浴间和四个配备盐浴的室外温水淋浴间。该桑拿房全天候营业，从清晨的第一缕阳光到深夜的静谧时光，随时欢迎宾客光临。

WYLD public floating Sauna, Liverpool

The creative whimsy of a fantastic floating public sauna has now become a reality in Liverpool. The WYLD sauna at Prince's Dock recently made its debut. With the city skyline and the tranquility of the dock, guests can feel the tranquil experience of nature combined with city life. WYLD was founded by long-time friends and sauna enthusiasts Jon Miller and Tom Berendsen. It brings the traditional Nordic sauna experience to modern urban living, creating a communal environment that's accessible to everyone. It features a 30-person Finnish sauna, two ice baths, two cold waterfall showers and four heated outdoor showers equipped with salt rubs. The sauna is open seven days a week and is ready to welcome guests from the first rays of the morning sun to the quiet hours of the evening.



伦敦The Mandrake酒店Damu水疗中心

伦敦 The Mandrake酒店于1月推出全新的Damu水疗中心。该水疗中心由Tala Fustok Studio设计，最多容纳12名宾客，为其提供私密而宁静的享受体验。占地700平方米的水疗中心新推出了Wavess Wellness Pool水池。这是一个圆形的、多感官沉浸式游泳池，利用水触觉技术（waterhaptic technology），让宾客在悠扬的音乐与神圣的振动中悠然漂浮，享受与众不同的体验。其零重力漂浮体验全程伴随着增强的音效、色光疗法和视觉效果，实现全身心的放松与滋养。除了水池外，中心内还设有烛光Mud Rasul、热体验区、湿体验区、理疗室和放松空间等多种设施。

Damu Spa, The Mandrake, London

The Mandrake, London will launch its new Damu Spa in January. The spa, designed by Tala Fustok Studio, offers an intimate, serene experience for up to 12 guests. The 700sqm facility launches with a Wavess Wellness Pool. It is a circular, multi-sensory immersion pool, using waterhaptic technology to make the pool vibrate with sound at low frequencies, which aims to let guests "float in music and sacred vibrations" and offers a unique experience. The zero-gravity flotation experience is accompanied by enhanced soundscapes, chromotherapy and visuals, achieving complete relaxation and nourishment for the body and mind. Besides the pool, other facilities include thermal and wet experience areas, treatment rooms and relaxation spaces.



英国头皮头发护理品牌Hair Laboratory

起源于英国的专业头皮头发护理品牌Hair Laboratory，坚持“像皮肤一样去护发”的理念，由剑桥生物科技实验室负责研发。采用纯素配方，利用新型生物前沿技术，掌握毛发学领域先进的科研成果，主要针对各种问题头皮，研发出高功效型的护发产品。品牌精细化的头皮护理方案包括有控油清洁、舒缓去屑、强韧丰盈等，在调理头皮，改善出油问题的同时，强韧修护发丝，让发丝更蓬松有活力。最新推出的头皮生机系列，专门解决细软易断，稀疏发缝宽等问题，根源养护毛囊健康，重塑头皮活力，为我们的秀发带来蓬松感。

Hair Laboratory

Originating from the UK, Hair Laboratory is a professional scalp and hair care brand developed by the Cambridge Bio-Science Laboratory. Utilizing vegan formulas and new biological cutting-edge technology, Hair Laboratory harnesses advanced research achievements in trichology to create highly effective hair care products tailored to address various scalp issues. The brand's refined scalp care solutions encompass oil rebalancing, sooth anti-dandruff, strengthening and volumizing, etc. These solutions help balance the scalp, reduce oiliness, and repair hair strands, leaving them fuller, and more vibrant. The newly launched Pro-aging Scalp Series specifically solves issues such as fine, fragile hair and wide, sparse partings. By nourishing hair follicles at the root, it revitalizes the scalp and restores vitality, providing enhanced hair volume.

BVLGARI LE GEMME SAHARE 瑰玉宝石香氛华美上市

BVLGARI LE GEMME珠宝世家典藏系列从2014年起开始从神秘的宝石之路汲取灵感，每一款香氛的灵感都源自大自然中最珍贵的宝石，并将他们融入到此系列的珠宝香氛中。最新上市的SAHARE瑰玉宝石香氛，由调香师扬·瓦斯尼尔Yann Vasnier研发，香氛的灵感源于香气馥郁的花瓣、自然光芒、琥珀岩、香脂和树脂。融蕴了大自然永恒的嗅觉瑰宝龙涎香，使特别的玫瑰香调包裹在奢华的木质琥珀芬芳中，新鲜的玫瑰花瓣散发出感性、皮革般温暖气息，为这款香氛增添了馥郁花香，如宝石般绚丽璀璨。

BVLGARI LE GEMME SAHARE

Since 2014, the BVLGARI LE GEMME Collection has drawn inspiration from the mythical Gems Road, with each fragrance in the series being inspired by the rarest gems in nature and infusing them into the jewelry aromas. The newly launched SAHARE has been crafted by perfumer Yann Vasnier. This fragrance is inspired by the aromatic petals, natural radiance, amber rocks, balsams, and resinous. It blends the eternal sensual ambergris, enveloping a precious rose within a luxurious and floral ambery fragrance. Fresh rose petals emanate a leathery, sensuality warmth, adding a rich floral accord to the fragrance, making it as radiant and dazzling as gems.



环保体香剂品牌 Corpus Naturals

Corpus Naturals是一个环保主义的体香剂品牌，由加州护肤专家J.P. Mastey创立，每一款产品都不含任何有害或人工成分，坚持纯素和零残忍，采用可再生能源。品牌带来了一系列天然素食止汗香体产品。每一款香氛都层次丰富，精致细腻，媲美高级香水，时尚简约的包装设计让人爱不释手。玫瑰香型(Third Rose/75g)由玫瑰、意大利蜜柑、紫罗兰、雪松木根组成，带来独特的香气体验。绿色款(N°绿色/75g)的香气清新自然，佛手柑、粉红柠檬、橙花、小豆蔻带来的前中后调非常宜人。

Eco-friendly Deodorant Brand Corpus Naturals

Corpus Naturals is an eco-friendly deodorant brand founded by California-based skincare expert J.P. Mastey. Each product is free from any harmful or artificial ingredients, adhering to vegan and cruelty-free principles, and utilizes renewable energy. The brand offers a range of natural vegan antiperspirant and deodorant products. Each fragrance is rich in levels, exquisite and refined, with a fashionable and minimalist packaging design that is irresistible. The Rose scent (Third Rose/75g) features a unique olfactory experience composed of roses, Italian mandarin, violet, and cedar root. The Green version (N° Green/75g) has a refreshing and natural aroma with pleasant top, middle and base notes of bergamot, pink lemon, orange blossom, and cardamom.





Rezet智能床垫

这是一款有趣的智能睡眠伴侣，致力于通过改变休息质量来优化生活和睡眠品质。作为首个人工智能驱动、互联网优化的恢复系统，它为个人的健康和恢复需求提供不同的睡眠体验。先进的BCG传感器技术，可捕捉夜间运动和关键体征，它还配有主被动智能温度调节系统和按摩模式，来促进血液的循环。通过和Rezet专有的智能环和其他第三方健康设备同步，可提供从睡眠模式到白天活动的全面健康状况视图，确保恢复计划与生活是同步的。便携式的设计能使其成为旅行伙伴，减轻第一夜入睡困难的影响，享受如家般的舒适睡眠。

Rezet Smart Mattress Topper

Rezet is an intelligent sleep companion designed to enhance your life by transforming the quality of your rest. As the first AI-driven, internet-optimized recovery system, it provides a different sleep experience tailored to your personal health and recovery needs. Equipped with advanced BCG sensor technology, it captures nightly movements and critical signs. It also comes with a smart temperature regulation system, and massage modes that promotes blood circulation. By syncing with Rezet's proprietary smart ring and other third-party health devices, it offers a comprehensive view of your wellness, from sleep patterns to daytime activities, ensuring your recovery plan is always in sync with your life. Its portable design ensures that you can enjoy familiar comfort, mitigating the first-night effect wherever you travel.

Oura Ring 4智能戒指

新型Oura Ring 4智能戒指采用智能传感技术，可提供更准确的健康数据。其单次充电即可享有长达8天的续航能力。这款戒指采用轻质耐用的钛材料、全圆形内嵌隐蔽式传感器，并且贴心考虑到易过敏肤质的需求，确保用户全天候无负担佩戴。通过自动锻炼检测功能，可以在40多种不同的活动中查看自己的心率，包括跳舞和园艺等其他消遣活动。此外，推出的首个压力跟踪功能——日间压力，使佩戴者有效调节自身面对的压力，了解自己的习惯和行为所带来的影响，从而实现更健康的生活方式。

The Smart Oura Ring 4

The new Oura Ring 4 includes Smart Sensing technology that gives more accurate health data. Enjoy up to 8 days of battery life on a single charge without infrequent recharging. It uses lightweight and durable titanium, fully round interior with recessed sensors, and non-allergenic to sensitive skin, allowing users to wear it all day without burden. With the automatic activity detection, users can track their heart rate across more than 40 different activities, including pastimes such as dancing and gardening. Oura has also launched its first stress feature, Daytime Stress, to empower ring wearers to learn how to better handle periods of physiological stress. Wearers can see how the physiological impact of their daily activities affects their stress levels and gain a better understanding of the impact of their habits and behaviour.



Refrigerated Beauty Box 美妆冰箱

为了使护肤和美容产品保持最佳状态，充分发挥产品功效，Beautigloo推出了低能耗美妆冰箱，以创新的方式来保存化妆品。这款源自法国的迷你化妆品冰箱，采用多项尖端技术，配备专利热力系统、智能热调节软件和理想温度设定，在保证效率的同时还能做到静音，适合放置于像卧室或浴室这样的安静环境中。环保上，冰箱产品的90%是可以回收利用的，且不含污染环境的制冷剂；外观上小巧美观，上方有精致的封口，盖子能自动且流畅地闭合；操作界面则可通过触摸屏调节温度，有日间和夜间两种模式。

The Refrigerated Beauty Box

In order to keep skincare and beauty products in optimum condition and to fully utilize their efficacy, Beautigloo has launched the low energy Refrigerated Beauty Box, offering an innovative way of preserving cosmetic products. This mini cosmetic refrigerator originates from France and uses eco-responsible. Equipped with a patented thermal system, intelligent thermal regulation software and optimal temperature, it guarantees efficiency while being totally silent, which makes it suitable for placement in quiet environments like bedrooms or bathrooms. Environmentally, 90% of the beauty refrigerator products are recyclable and contain no polluting refrigerants; in terms of appearance, it is compact and beautiful, with a delicate closure on top and the hood closes smoothly and automatically; in terms of the operating interface, the temperature can be adjusted through the touchscreen, with day mode and night mode.

健康酒店和度假村 增长趋势

健康酒店的兴起正在深刻地改变酒店业。酒店通过重新构想其服务方式和设施来满足健康意识强的旅行者的需求。高菲文

近

年来，尤其是疫情后，全球的酒店行业迎来了旅行者偏好的重大转变，其中健康酒店和健康度假村成为了重要趋势。这些酒店专注于提升客人的身心健康体验，不仅为休闲游客提供放松身心的空间，也吸引了越来越多的希望能够忙里偷闲的商务旅客。健康酒店的独特之处在于其赋予入住客人的整体的恢复性体验设计，使其不仅仅是一个住宿过夜的场所。这一变化与全球

范围内日益增长的健康自我健康养护、可持续生活和正念趋势密切相关，将成为未来发展的长期趋势。

什么是健康酒店和度假村？

健康酒店和度假村本质上是为了满足注重健康旅行者需求而设计的酒店，可以分为两大类：

医疗型的健康酒店和度假村：为接受医疗治疗的患者及其家人提供舒适的住宿和便利的医疗服务。这一类酒店在中国还没有，

只有医疗机构设置的配套住宿设施，不能称作是医疗型的健康酒店。

休闲型的健康酒店和度假村：在提供住宿和美食之余，还专注于通过各种身心灵兼备的SPA疗程和项目，以及较为丰富的其他健康体验和活动，为游客提供放松和恢复活力的机会。

我们主要讨论的是休闲型的健康酒店和度假村。这些酒店不仅提供健身设施，还包括各种养生项目，含放松减压、抗衰项目、冥想课程、瑜伽活动，甚至是替代医



Entrance, The Ritz-Carlton Spa, Nanjing

学的整全疗法。许多高端的奢华酒店与度假村都在硬件的设计上大量融入了自然元素，如花园、自然采光和水景等，营造出宁静惬意的氛围。

为什么健康酒店越来越受欢迎？

疫情催化了健康旅行的趋势，加强了人们在度假期间对健康和安全的关注。2021年和2022年的数据显示，休闲旅行超过了商务旅行，当然这也是因为疫情期间的企业活跃度不高，限制了很多商务旅行。但毫无疑问，



Relaxation Room, The Ritz-Carlton Spa, Nanjing

关注个人健康的旅行需求在疫情后激增了。旅行者现在寻找的不仅是放松，更是富有意义的，且可持续的，甚至是能够找到人生目标的不一般的旅行体验。

为此，很多国际酒店和度假村集团也开始通过整合健康元素来适应这一需求。许多品牌通过升级现有设施来满足需求，而非建设全新的物业。除了水疗中心、健身房和泳池等，瑜伽冥想空间，以及环保实践等内容，逐渐成为了很多酒店的标配。

人住健康酒店和度假村的益处

对消费者们来说，入住健康酒店和度假村不仅是日常生活中的休憩，还能为个人生活和生活方式带来转变的机会。这些酒店和度假村旨在呵护客人的饮食起居，使其减少压力、促进放松并恢复身心平衡，甚至让客人们在某种程度上对自己在身体和精神方面的真实需求有所觉醒。

与自然的连接：许多健康酒店和度假村在建筑和设计运用了大量的人文与自然元素，营造出禅意、深度的宁静感和松弛感。例如，锦鲤池、屋顶花园和自然步道让客人仿佛置身于大自然之中。音乐与灯光的设计也是重要的环节，有些养生度假村的Watsu池和音疗室充分利用空间来产生水波震频和音频所带来的对人体的影响和功效，获得独一无二的体验感。

全方位体验：客人可以参与各种免费或者付费的太极、瑜伽、冥想、灵气疗愈或声音疗愈等课程，甚至符合自己需求的定制SPA疗程，以及私教体能评估与各种健身项

目，配合酒店提供的特色餐饮服务等，得以在入住期间全方位地享受令自己舒畅的各类体验，提升身心健康。

丰富设施和户外活动：如水疗中心和水设施、红外线桑拿、泳池、健身中心，甚至乒乓室、室外网球场，以及各种和当地自然景观相得益彰的户外运动：如跑步专用道、骑行、爬山、或者是靠近海边的冲浪与桨板等，既适合追求活跃生活方式的人，也适合放松身心的人。

对酒店行业的影响

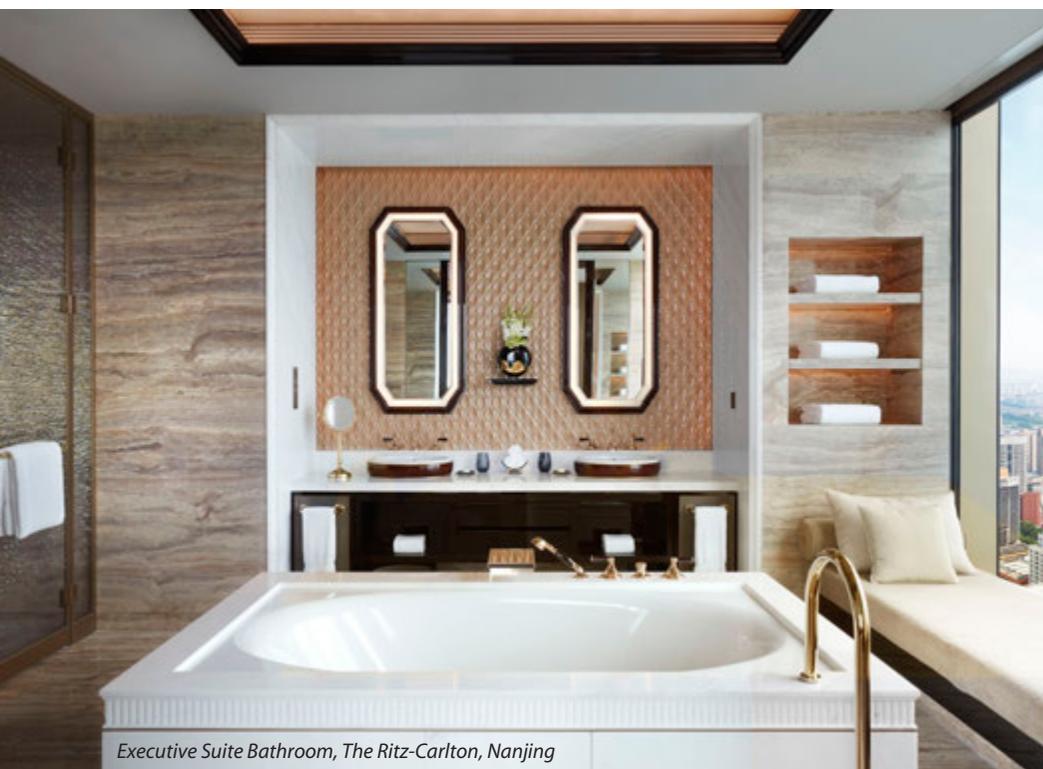
健康酒店的兴起正在深刻地改变酒店行业。酒店通过重新构想其服务方式和设施来满足健康意识强的旅行者的需求。以下是比较明显的行业的一些变化：

正念设计：为了让客人们有更好的与自然链接的体验感，酒店增加了诸如喷泉、绿地和自然采光等元素，营造绿洲般的舒缓的环境。

可持续型的健康项目：服务除了现有的SPA和各种健康活动以外，从农场到餐桌的用餐体验和个性化健康计划也越来越被重视，还包括绿色酒店的建设。

数字化整合：酒店利用技术提供个性化的健康体验，如健康追踪器和虚拟健康计划。并通过储存和分析客人的喜好，来对客人进行持续性的营销与服务跟进等。

根据雅高集团全球健康资深副总裁米勤先生的说法，健康旅行者的消费比普通休闲游客高出56%。此外，参与健康活动的住客往往会给出更满意的评分，从而提升酒店的



Executive Suite Bathroom, The Ritz-Carlton, Nanjing



Defining Moment, The Ritz-Carlton, Nanjing

正面评价和品牌忠诚度。

米勤先生指出了新一代健康旅行者的特点——称其为“HENRY”（高收入但尚未富裕者High Earner Not Rich Yet）。这些人通常是城市居民，重视可持续性、个人健康和黑科技。他们追求自我提升而非单纯去酒店住上几个晚上，而是专注于正念充电和改善健康和活力的活动，并且对在旅途中所发生的社交活动报以积极的态度。

推动行业发展的宏观健康趋势

多个关键的宏观健康趋势正在推动健康旅游的发展：

药食同源：客人优先选择健康的天然食物，植物性饮食和低酒精/无酒精选项成为热门。在中国，中医TCM有着强大的药食同源的理论和实践背景，这几年国家政府也竭力推广中医文化，因此在很多中国的健康酒店和度假村里，都开始与中国传统的中医文化和茶文化进一步结合，这在各种餐饮项目上都有所体现。

健身与运动：运动已被广泛视为身体和心理健康的必需品。酒店提供各种健身选择，从传统健身房到数字化锻炼体验。

心理健康：冥想、正念和户外活动的实践正变得越来越重要，反映了客人们对心理健康重要性的日益关注。

可持续性：环保实践是健康旅游的重要组成部分。酒店正在采用绿色能源、减少浪费并注重可持续设计。

健康旅游中的新兴创新

健康旅游的未来在于创新和个性化。我们可



The Spa at Ritz-Carlton, Xi'an



The Ritz-Carlton, Xi'an

以看到有一些新兴趋势包括：

生物优化：高消费能力的旅行者们正在探索安全可靠的前沿健康解决方案，从非侵入性医疗到先进的营养疗法，他们愿意尝试各种各样的新疗法，并为此感到自豪。

技术驱动的健康：智能健康追踪器和诊断技术实现超个性化健康计划，为每位客人量身打造健康体验。

高效恢复：冷冻疗法，红外线桑拿，高压氧舱，射频类仪器等高效且有严谨的科学依据支持的高效恢复的工具，吸引了希望“像运动员一样快速恢复”的客人。

精神健康：大量的关于精神健康的市场需求，让健康酒店和度假村也开始着眼于这方面的项目设计与建设。最普遍的改善精神状态的做法依旧是解压与放松类的项目，以及与一些精神领袖、心灵导师们合作的正念

疗愈项目。

热疗与温泉：传统的热疗与温泉疗法正在复苏。很多温泉酒店和度假村正在积极利用自己现有的资源进一步以健康项目来吸引游客，对于这类酒店与度假村来说，客人们最关心的是温泉设施的公共卫生。

健康社交：提供社交的可能性，吸引不同的社群群体，例如一些专属属性的俱乐部。

通过健康构建社区

对社会互动的日益关注正在改变健康服务的模式。例如，我们可以看到瑜伽和健身课程、骑行等集体活动，尤其受到年轻旅行者的青睐。酒店正在融合SPA、健身和健康体验，创造充满活力的俱乐部模式。

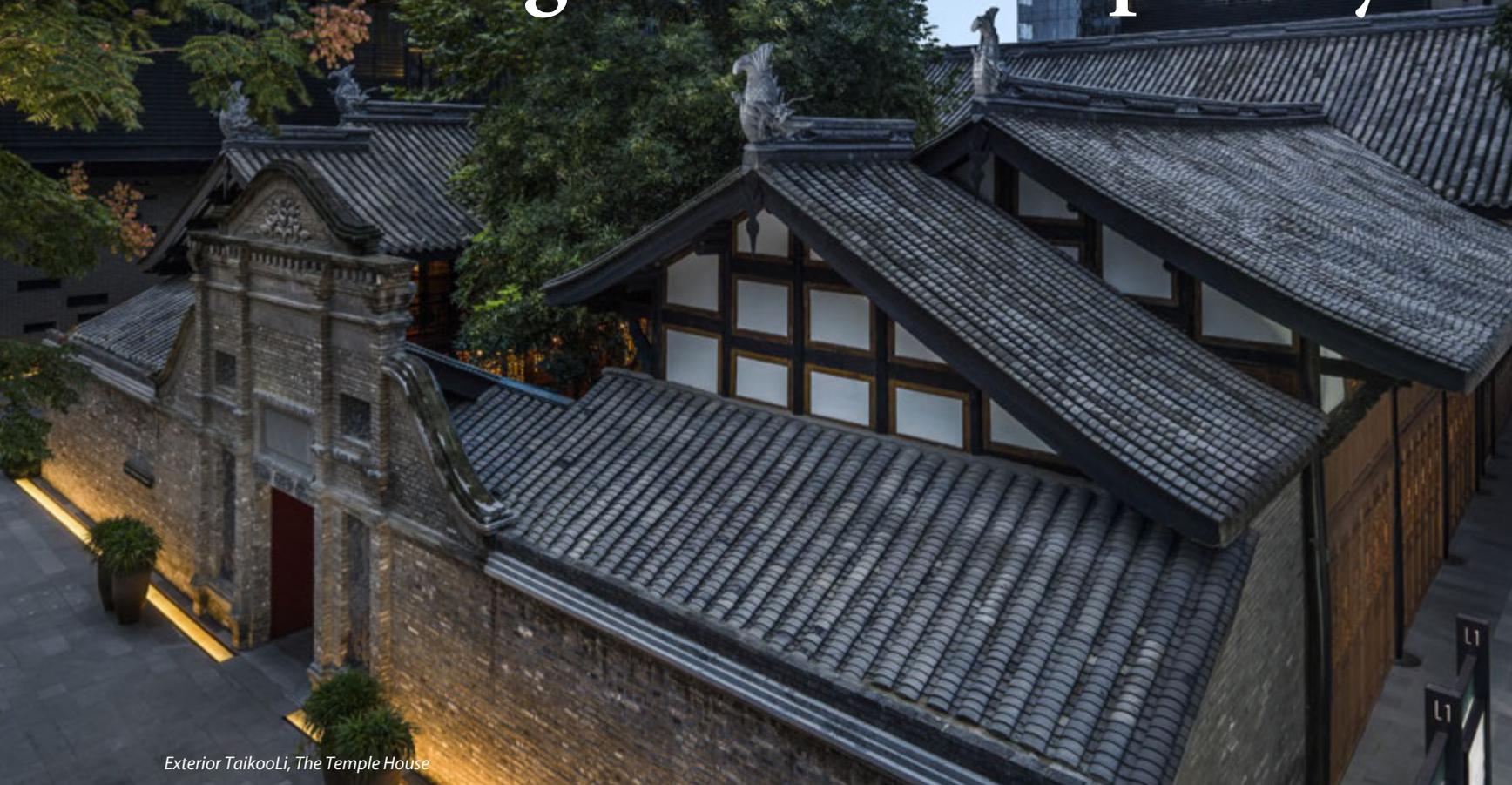
健康酒店和度假村的未来

随着健康旅游的持续增长，这一趋势显然不是昙花一现。酒店和度假村必须通过采用可持续实践、整合前沿技术和迎合健康意识旅行者的不断变化的需求，保持领先地位。

通过这样做，可以提升客人体验，并在快速扩展的市场中占据领先地位。无论是从宁静的瑜伽修养到高科技医疗水疗，还是为身体、心灵和灵魂提供滋养的旅程，健康旅游为每个客人都能提供一个健康好选择。

在一个健康成为优先事项的世界里，健康酒店和度假村成为了恢复、连接和可持续养生的庇护所。无论你是经验丰富的旅行者，还是首次踏上健康旅程，这些酒店和度假村所带来的的是提供远超传统酒店的变革性的健康体验。

Wellness Hotels and Resorts A Growing Trend in Hospitality



Exterior TaikooLi, The Temple House

The rise of wellness hotels is reshaping the hospitality industry in profound ways, and properties are reimagining their offerings to align with the needs of health-conscious travelers. By Fifi Kao

In recent years, the hospitality industry has seen a significant shift in traveler preferences, with wellness hotels emerging as a leading trend. These properties, designed to promote physical, mental, and emotional well-being, are capturing the attention of both leisure and business travelers. What sets wellness hotels apart is their holistic approach to creating restorative experiences, making them much more than just a place to stay. This shift aligns with a broader global movement toward self-care, sustainable living, and mindfulness – a trend poised to stay for the long haul.

What are wellness hotels and resorts?

At their core, wellness hotels cater to health-conscious tourism. They can be broadly categorized into two types:

Medical Wellness Hotels and Resorts:

These hotels provide comfortable accommodations and convenient access to medical services for patients undergoing treatment and their families. This type of hotel is not yet available in China; currently, only supporting accommodation facilities set up by medical institutions exist, which cannot be classified as true medical wellness hotels.

Recreational Wellness Hotels and Resorts:

In addition to offering accommodations and fine dining, these hotels focus on providing relaxation and rejuvenation opportunities for guests through a variety of holistic spa treatments and programs, as well as a wide range of other health and wellness experiences and activities.

Recreational wellness hotels and resorts are our focal point. These establishments not only provide fitness facilities but also offer a variety of wellness programs, including relaxation and

stress relief, anti-aging treatments, meditation sessions, yoga activities, and even holistic treatment, integrative therapies from alternative medicine. Many high-end luxury hotels and resorts incorporate abundant natural elements into their architectural design, such as gardens, natural lighting, and water features, creating a serene and soothing atmosphere.

Why are wellness hotels and resorts trending?

The COVID outbreak catalyzed a trend toward wellness travel, reinforcing concerns about health and safety during vacations. The data for 2021 and 2022 show leisure travel outpacing business travel, and of course because corporate activity was low during the outbreak, much business travel was limited. But there's no doubt that demand for travel focused on personal wellness has spiked in the wake of the



Mi Xun Spa, The Temple House



Mi Xun Spa, The Temple House

outbreak. Travelers are now looking for not just relaxation, but meaningful and sustainable, even extraordinary travel experiences that lead to a life of purpose.

In response, many international hotel and resort groups have begun to adapt to this demand by integrating wellness elements. Many brands are meeting the demand by upgrading existing facilities rather than building entirely new properties. In addition to spas, gyms, and swimming pools, elements such as yoga meditation spaces, and eco-friendly practices are gradually becoming standard in many hotels.

Benefits of staying in a wellness hotel and resort

For consumers, staying at wellness hotels and resorts is not only a break in their daily lives, but also an opportunity to transform their personal lives and lifestyles. These hotels and resorts are designed to pamper guests by reducing stress, promoting relaxation and restoring balance to the mind and body, and even allowing guests to become somewhat awakened to their true needs both physically and mentally.

Connection to Nature: Many wellness hotels and resorts utilize a wide range of human and natural elements in their architecture and design to create a sense of Zen, depth of tranquility and relaxation, such as koi ponds, rooftop gardens and nature trails that

make guests feel as if they are in nature. The design of music and lighting is also an important aspect. Some wellness resorts have Watsu pools and sound therapy rooms that make full use of the space to generate the effects and effects on the human body brought about by the vibrating frequency of the water waves and audio, making the experience unique.

Holistic Experiences: Guests can participate in a variety of complimentary or paid Tai Chi, Yoga, Meditation, Reiki or Sound Healing classes, even customized spa treatments to suit their needs, as well as private fitness assessments and a variety of fitness programs, along with specialty food and beverage services, to enjoy a full range of soothing experiences during their stay to enhance their physical and mental well-being.

Onsite Facilities and Activities: Facilities and outdoor activities such as spas and water facilities, infrared saunas, swimming pools, fitness centers, and even ping pong rooms, outdoor tennis courts, and a variety of outdoor: such as running trails, biking, hiking, or surfing and paddle boarding close to the ocean, are suitable for both those who seek an active lifestyle as well as those who want to relax and unwind.

The impact on the hospitality industry

The rise of wellness hotels is reshaping the hospitality industry in profound ways. Properties

are reimagining their offerings to align with the needs of health-conscious travelers. Here are some ways the industry is evolving:

Mindful Design: In order to provide guests with a better connection to nature, hotels have added elements such as fountains, green spaces and natural lighting to create an oasis-like and soothing environment.

Sustainable Wellness Programs: Services are increasingly focused on farm-to-table dining experiences and personalized wellness programs, in addition to the existing spa and various wellness activities, as well as the construction of green hotels.

Digital Integration: Hotels are using technology to offer personalized wellness experiences such as health trackers and virtual wellness programs. And by storing and analyzing guests' preferences for ongoing marketing and service follow-up.

According to Mr. Emlyn Brown, Accor Group's Global Senior Vice President of Well-being, wellness travelers spend 56% more than traditional leisure guests. Furthermore, guests who participate in wellness activities tend to leave more satisfied, boosting positive reviews and brand loyalty.

Mr. Emlyn highlights the characteristics of the next-generation wellness traveler – dubbed "HENRY" (High Earner Not Rich Yet). These individuals, often urban dwellers, value sustainability, health, and technology. They seek

self-improvement rather than mere escape, focusing on activities that recharge and prevent burnout, and have a positive attitude towards socializing during the trip.

Macro wellness trends shaping the industry

Several key trends are driving the growth of wellness tourism:

Nutrition as Medicine: Guests are prioritizing healthy, natural foods, with plant-based diets and low-alcohol/non-alcohol options becoming hot spots. In China, TCM has a strong theoretical and practical background in medicine and food, and the national government has made every effort to promote TCM culture over the past few years. As a result, in many Chinese wellness hotels and resorts, they have begun to further integrate with traditional Chinese medicine and tea culture, which is reflected in a variety of food and beverage programs.

Fitness and Movement: Exercise is now recognized as essential for mental well-being. Hotels are offering a range of fitness options, from traditional gyms to digital workout experiences.

Mental Health: Practices like meditation, mindfulness, and outdoor activities are gaining prominence, addressing the growing awareness of mental health's importance.

Sustainability: Eco-friendly practices are integral to wellness tourism. Hotels are adopting green energy solutions, reducing waste, and emphasizing sustainable design.

Emerging innovations in wellness tourism

The future of wellness tourism lies in innovation and personalization. Some of the emerging trends include:

Biohacking: High-spending travelers are exploring safe and reliable cutting-edge health solutions, from non-invasive medical treatments to advanced nutritional therapies, and they are willing to try a wide variety of new therapies.

Tech-Driven Wellness: Smart health trackers and diagnostics enable hyper-personalized wellness programs tailored to individual needs.

Recovery-Focused Services: Cryotherapy, infrared saunas, hyperbaric chambers, radiofrequency devices and other highly effective and scientifically backed tools for efficient recovery attract customers who want to “recover as fast

as an athlete”.

Mental Wellness: There is a big demand for mental wellness programs, and wellness hotels and resorts are beginning to design and build programs to address this need. The most common approaches to mental wellness continue to be stress relief and relaxation programs, as well as mindfulness programs with spiritual leaders and teachers.

Thermal and Hot Springs: There is a resurgence of traditional thermal and hot spring therapies. Many hot spring hotels and resorts are actively using their existing resources to further attract visitors with these thermal bathing wellness programs, for which guests are most concerned about the public hygiene of the spa facilities.

Wellness Socialization: Providing socialization possibilities to attract different community groups. For example, some exclusive attributes clubs.



he Sukhothai Shanghai

Building community through wellness

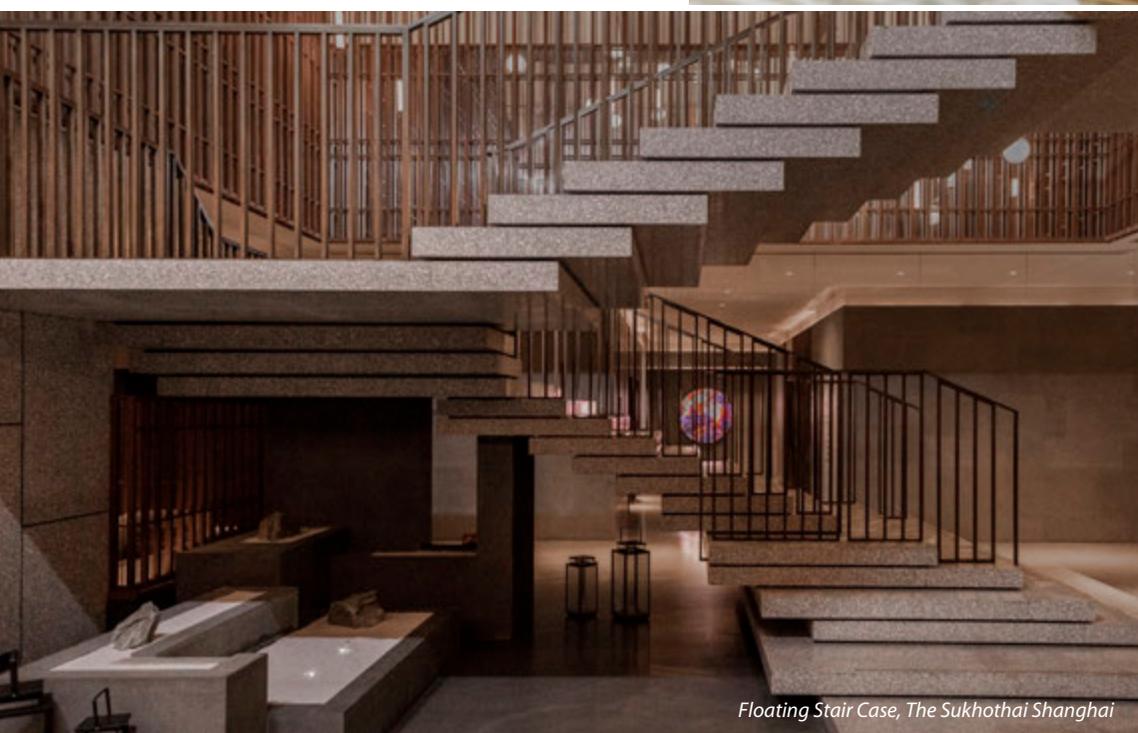
A growing emphasis on social interaction is reshaping wellness offerings. Group activities such as yoga retreats and fitness classes, or cycling clubs, foster a sense of community, particularly among younger travelers. Hotels and resorts are blending spa, fitness, and wellness experiences to create some dynamic club models.

The future of wellness hotels and resorts

As wellness tourism continues to grow, it is clear that this trend is more than a fleeting fad. Hotels and resorts must stay ahead by adopting sustainable practices, integrating cutting-edge technology, and catering to the evolving preferences of health-conscious travelers.

By doing so, they can elevate the guest experience and position themselves as leaders in a rapidly expanding market. Wellness tourism offers something for everyone – from serene yoga retreats to high-tech spas – providing a pathway to nourish the body, mind, and soul.

In a world where well-being is becoming a priority, wellness hotels and resorts stand out as sanctuaries of rejuvenation, connection, and sustainable healthy luxury. Whether you're a seasoned traveler or embarking on your first wellness journey, these properties are able to create a transformative experience that goes far beyond traditional hospitality.



Floating Stair Case, The Sukhothai Shanghai

文化冲击与创新

南京丽思卡尔顿酒店总经理王世峰先生专访



自 筹备阶段起，王世峰先生便已加入南京丽思卡尔顿酒店，之后于2023年5月起被任命为总经理，全面负责酒店运营，带领团队追求卓越的服务品质。在他的职业生涯中，参与了包括阿布扎比、上海、北京、香港、西安等城市在内的九家万豪集团奢华酒店的开业筹备工作，并荣获“专业金管家”和“儿童友好大使”等称号。

他拥有超过15年的丽思卡尔顿品牌工作经验，2008年加入三亚亚龙湾丽思卡尔顿酒店担任别墅管家，并于2012年晋升为别墅总监，随后被任命为成都丽思卡尔顿酒店房务总监。2015年，他升任北京丽思卡尔顿酒店行政助理经理，在奢华酒店管理领域积累了丰富的领导才能，承诺继续践行丽思卡尔顿的金标准，赋能团队成员，不断追求卓越，并激励中国年轻一代酒店人热爱工作与生活。SpaChina专访了王世峰先生。

对于酒店行业日益明显的健康型发展趋势，您认为推动这类趋势的关键因素是什么？

酒店行业正经历着一场深刻的变革，健康型发展已成为其显著的趋势。这一趋势的兴起并非偶然，有诸多因素的影响。

1.市场需要的改变。随着生活水平的提

高和健康观念的普及，消费者对健康、安全和环保的需求日益增强。他们更倾向于选择那些能够提供健康环境、绿色设施和个性化服务的酒店。

2.政策扶持与引导。政府通过制定相关政策、提供税收优惠、加强行业监管等方式，促进了酒店业的健康发展。

3.智能化技术的应用。人工智能、大数据的广泛应用，使酒店行业更加依赖技术来提供更个性化的服务。智能客房、无人前台、自助入住等技术的普及，不仅提升了客户体验，也提高了运营效率。

4.绿色环保理念的普及。环保和可持续性已经成为全球的共识。酒店行业也将更加注重绿色建筑、节能减排、废物回收和可持续供应链管理。未来的酒店不仅要为客人提供舒适的住宿环境，还要承担起对地球的责任，成为绿色和可持续发展的典范。

您觉得健康趋势是否会重塑酒店行业，尤其是奢华酒店这一领域的？酒店在适应这一趋势时可能会面临哪些挑战？

健康趋势无疑会重塑酒店行业，尤其是奢华酒店领域。奢华酒店一直以来都以提供高品质的服务和体验为目标，而健康理念的融入将进一步提升酒店的竞争力。比如，通过智

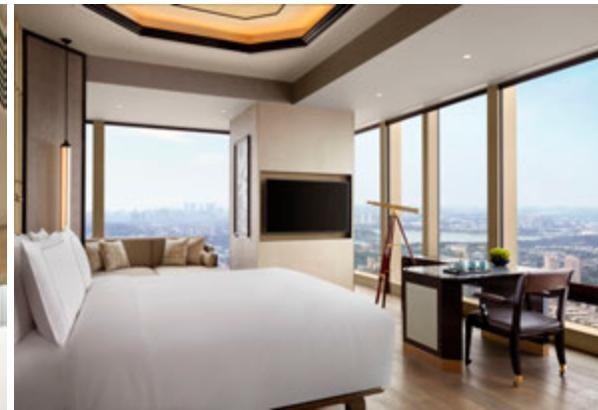
能温度控制、减少一次性塑料使用等措施，奢华酒店不仅降低了运营成本，还提升了品牌形象，吸引了更多注重环保的消费者；奢华酒店通过引入移动应用、数字房间钥匙、非接触式支付等技术手段，提升了服务效率和安全性；通过物联网技术实现智能客房控制，让客人轻松调整房间温度、照明等，提升居住舒适度。

当然，酒店在适应这一趋势时也面临着一些挑战。可持续发展和高科技的运用需要大量的投资，酒店需要在成本和效益之间找到平衡。此外，酒店还需要加强培训员工，以提供更为专业的并顺应健康趋势的服务。

南京丽思卡尔顿酒店是如何融入健康理念，以满足注重健康的旅行者需求？

南京丽思卡尔顿酒店通过精心设计的环境、多样化的健康餐饮、先进的健身中心和室内恒温泳池，供宾客进行日常锻炼和放松以及丰富的文化体验活动，成功地将健康理念融入到宾客的住宿体验中，为注重健康的旅行者提供了一个理想的下榻选择。

客人在此可以身心放松，享受美食的同时，也能维持健康的生活方式。不仅能深入了解南京的历史文化，还能亲身体验传统工艺，增加旅行的文化深度和趣味性。



如何推动服务创新，以满足不断变化的客人需求？

南京丽思卡尔顿酒店通过引入高端水疗品牌与本土文化元素融合、注重可持续发展、提供特色文化体验以及关注家庭与儿童需求等举措，不断推动服务创新，以满足不断变化的客人需求。例如：

1. 定期举办SPA沙龙等活动，邀请宾客体验特色产品，分享护肤知识。融合本土文化元素，酒店的水疗中心专研了多款新颖面部与康体项目，如莲花御净焕肤护理和雨花热石活络护理，这些项目融合了当地的自然元素和文化特色，为宾客提供了独特的放松体验。

2. 推出“金陵霓裳体验之旅”，让宾客在江宁织造博物馆探索云锦的历史起源，并亲手制作云锦手工，这种结合当地传统手工艺的体验活动，不仅丰富了宾客的文化生活，也促进了传统手工艺的传承。

3. “丽思儿童原野探奇之夜”活动，旨在为家庭宾客提供一个与孩子一起探索古都金陵历史人文自然风光的机会，创造难忘的回忆。

4. 随着ESG理念的兴起，南京丽思卡尔顿酒店将可持续发展作为企业战略的重要组成部分。酒店联合专业技术团队进行能耗勘察和调研，并基于节能法规、标准，对各环节的能耗进行科学合理评估。通过实施整体节能解决方案，酒店每年可减少超千吨二氧化碳排放，节约数万元能耗费用。

在全球奢华市场中，中国酒店业的独特性体现在哪里？在中国管理一家奢华酒店有哪些



Alex Wang Shifeng

独特的运营考虑？

中国拥有悠久的历史和丰富的文化，这为中国的奢华酒店打造提供了丰富的灵感和资源，这也正是我们区别于其他市场的独特性。

首先，酒店的设计上，南京丽思卡尔顿酒店其实不止是一家酒店，更是一个艺术馆，收藏了诸多中外著名艺术家的作品。公区陈列的西方艺术品和客房内的传统东方艺术的融合，无不展示了东方美学和西方经典的巧妙结合，为客人呈现雅致和谐的古今魅力。

酒店的餐饮团队匠心独运，打造了洋溢地道普罗旺斯风情的Lavandula自助餐厅，致敬粤式经典的帝粤轩，以及讲述江南故事的品宁府等，让宾客在味觉上体验南京及江南的文化魅力。我们也会定期举办各类文化活动，让目的地文化得以更好的展现在客人面前。

在中国的奢华酒店，宾客对本土文化有

着强烈的渴望，同时对服务质量要求很高，酒店需要很好的将本土文化融入到客人的体验当中，让客人感受到目的地文化的冲击，提供更加个性化和贴心的服务。

未来，奢华酒店在中国会面临哪些挑战？如何有效应对这些挑战？政府政策或市场动态对中国的酒店运营有哪些影响？

未来，奢华酒店在中国将面临市场竞争加剧、消费者需求变化、经济环境波动等挑战。随着越来越多的奢华酒店品牌进入中国市场，竞争将变得更加激烈。现代消费者也更加注重个性化体验和高品质服务。他们希望酒店不仅仅是住宿的地方，更是一个能够提供独特体验和文化氛围的空间。全球经济的不确定性可能影响高端消费市场，进而影响奢华酒店的业绩未来等等这些，都将是我们面临的挑战。

有效应对这些挑战，我们需要通过引入独特的文化元素和创新的服务方式来吸引顾客；利用先进的管理工具和技术提高运营效率，降低成本；持续强化品牌形象，通过高质量的服务和独特的品牌故事建立忠实客户群；根据市场变化及时调整营销和服务策略，以满足不同客户的需求。

政府出台的一系列扶持政策有助于推动旅游业的发展，从而带动酒店业的增长。例如，鼓励文化旅游发展的政策可以增加酒店的客源。除此以外，市场需求、技术的进步、可持续的发展这些都会是不可忽略的影响。

您在激励和赋能团队方面的策略是什么，特别是在传递丽思卡尔顿传奇服务标准方面？

在丽思卡尔顿，信条卡就是我们的指南针，绅士淑女是我们对客服务中最重要的资源。我坚持以人为本，尊重和理解每位员工的个性和价值观。在领导理念上，我更加注重团队合作和创新思维，根据市场的需求及时调整管理策略，不断去适应变化的环境和挑战。当然，及时的认可和奖励也很重要，这可以激发员工的创造力和积极性。

在激励和赋能方面，“授权”是我一直以来都很坚持的方式。来到酒店的每一个客人都是独立的个体，他们需要的体验也并非单一的。给予每位绅士淑女授权，让他们自信地走向客人，了解客人，利用自己得到的授权为客人提供最个性化的服务。

作为万豪集团的开业培训师和经验丰富的酒店管理者，您对年轻的行业人士在奢华酒店业中追求良好的职业发展有什么建议？

首先，要热爱酒店行业，对服务充满热情。没有热情，是很难有成就的。

其次，要不断学习和提升自己的专业技能和知识，积累实践经验，实践经验是酒店管理职业生涯中不可或缺的一部分。可以通过实习、兼职等方式积累实践经验，了解酒店运营的各个环节，为将来的职业发展打下基础。

此外，制定职业生涯规划时，要兼顾短期与长期目标。短期目标可以是提升某项技能、完成某个项目等；长期目标可以是成为酒店业的高级管理者、开创自己的酒店品牌等。通过制定明确的短期与长期目标，为自己的职业发展指明方向。

在平衡职业责任和个人健康方面，您秉持哪些价值观或理念？

平衡职业责任和个人健康，这是一个持续但也不冲突的过程，在追求职业成就的同时，也要注重身心健康，合理平衡自己的工作与生活。

我个人会保持健康的饮食习惯，定期进行体育锻炼，比如高尔夫和足球，这些在帮助我身体充电的同时，也可以提升工作效率。除此以外，通过参加行业的研讨会等，不断督促自己学习和进步，在自我提升的同时也能获得成就感。

最重要的是，家人的支持和理解，可以为我输送源源不断的动力，平衡职业与个人生活。



Culture Impact And CREATIVITY

Interview with Mr. Alex Wang Shifeng,
General Manager of The Ritz-Carlton, Nanjing

Mr. Alex Wang Shifeng was appointed as General Manager of The Ritz-Carlton, Nanjing in May 2023, overseeing hotel operations and leading the team in the pursuit of service excellence. With over 15 years of experience with The Ritz-Carlton brand, Mr. Wang has accumulated extensive expertise in luxury hospitality management. He joined The Ritz-Carlton, Sanya Yalong Bay in 2008 as a Villa Butler and was promoted to Director of Villas in 2012, followed by his appointment as Director of Rooms at The Ritz-Carlton, Chengdu. In 2015, he became the Executive Assistant Manager, Rooms, at The Ritz-Carlton, Beijing.

Throughout his career, Mr. Wang has contributed to the pre-opening of nine luxury Marriott hotels across cities such as Abu Dhabi, Shanghai, Beijing, Hong Kong, and Xi'an. He has also been recognized with accolades such as “Professional Gold Butler” and “Child Friendly Ambassador.”

Since the pre-opening phase of The Ritz-Carlton, Nanjing, Mr. Wang has been deeply involved, starting as the head of the Rooms Division, progressing to Hotel Manager, and ultimately becoming General Manager. He is committed to upholding The Ritz-Carlton Gold Standards, empowering his team, and inspiring the next generation of Chinese hoteliers to find passion in their work and lives. SpaChina interviewed Mr. Alex Wang.

Regarding the growing trend of health-focused development in the hotel industry, what do you think are the key factors driving this trend?

The hospitality industry is undergoing a profound transformation, with health-oriented development becoming a significant trend. The rise of this trend is not accidental and is influenced by many factors. There are changes in market needs. With the improvement of living standards and the popularization of health



concepts, consumers' demand for health, safety, and environmental protection is increasingly strong, and they tend to prefer hotels that can provide a healthy environment, green facilities, and personalized services. There is also greater policy support and guidance. The government promotes the healthy development of the hotel industry by formulating relevant policies, providing tax incentives, and strengthening industry regulation. Also the application of intelligent technology. With the wide application of artificial intelligence and big data, the hotel industry will rely more on technology to provide more personalized services. The popularity of smart rooms, unmanned front desks, and self-check-in technologies not only enhances customer experience but also improves operational efficiency. And finally the popularization of green and eco-friendly concepts. Environmental protection and sustainability have become the global consensus. The hotel industry will also pay more attention to green buildings, energy saving and emission reduction, waste recycling, and sustainable supply chain management. Future hotels should not only provide guests with a comfortable accommodation environment but also take responsibility for the earth, becoming a model of green and sustainable development.

Do you think the health trend will reshape the hotel industry, especially in the luxury hotel sector? What challenges might hotels

face in adapting to this trend?

The health trend will undoubtedly reshape the hotel industry, especially in the luxury hotel sector. Luxury hotels have always aimed to provide high-quality services and experiences, and the integration of health concepts will further enhance their competitiveness. For example, by implementing measures such as smart temperature control and reducing the use of single-use plastics, luxury hotels not only lower operational costs but also improve their brand image, attracting more consumers who prioritize environmental protection. Additionally, by introducing mobile apps, digital room keys, and contactless payment technologies, luxury hotels enhance service efficiency and security. Smart room controls enabled by the Internet of Things allow guests to easily adjust room temperature, lighting, and other elements, improving living comfort.

Of course, hotels face some challenges while adapting to this trend. For instance, sustainable development and the use of high technology require significant investment, and hotels need to find a balance between cost and benefits. Furthermore, hotels must also train their staff to provide professional services.

How does The Ritz-Carlton, Nanjing incorporate health-focused concepts to meet the needs of health-conscious travelers? What unique benefits can guests enjoy?

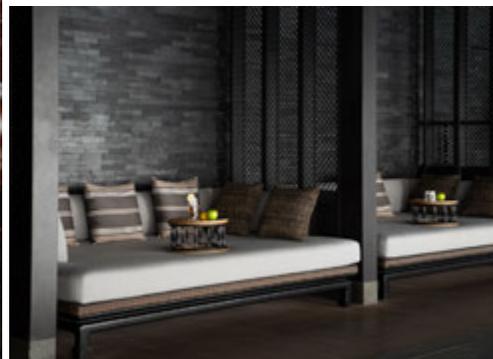
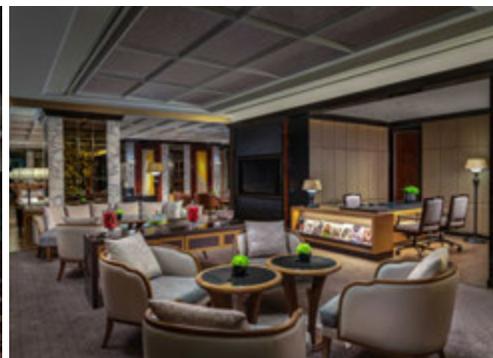
The Ritz-Carlton, Nanjing successfully

integrates the concept of health into guests' accommodation experience by offering a meticulously designed environment, diverse healthy dining options, an advanced fitness center, and an indoor heated pool for daily exercise and relaxation. Additionally, it provides a rich array of cultural activities that make it an ideal choice for health-conscious travelers. Guests can relax both physically and mentally, enjoy delicious food while maintaining a healthy lifestyle. They can also delve deep into Nanjing's history and culture, and even experience traditional crafts firsthand, adding depth and fun to their travel experience.

How do you drive service innovation to meet the ever-changing needs of guests? Could you share examples of innovative initiatives introduced at The Ritz-Carlton, Nanjing?

The Ritz-Carlton, Nanjing, continuously drives service innovation to meet the ever-changing needs of its guests through a variety of initiatives. These include introducing high-end spa brands that blend with local cultural elements, focusing on sustainable development, offering unique cultural experiences, and paying attention to the needs of families and children. Specific examples include:

1. The hotel regularly hosts spa salons and other events where guests can experience special products and share skincare knowledge. By integrating local cultural elements, the hotel's spa center has developed several



innovative facial and wellness treatments, such as the Lotus Purification Facial and the Yuhua Stone Therapy. These treatments incorporate natural elements and cultural characteristics of the region, providing guests with a unique relaxation experience.

2. The hotel offers a “Splendor of Jinling Experience Tour,” which allows guests to explore the historical origins of brocade at the Jiangning Brocade Museum and participate in hands-on brocade crafting activities. This experience, combining local traditional craftsmanship, enriches guests’ cultural lives and promotes the heritage of traditional handicrafts.

3. The “Ritz Kids Wilderness Adventure Night” activity is designed to provide families with an opportunity to explore the historical, cultural, and natural landscapes of the ancient capital, Jinling, together with their children, creating unforgettable memories.

4. With the rise of ESG (Environmental, Social, and Governance) principles, the Ritz-Carlton, Nanjing has incorporated sustainable development into its corporate strategy. The hotel commissioned the Tersus Technology team to conduct energy consumption surveys and research, and based on energy conservation regulations and standards, scientifically and reasonably assessed the energy consumption of various processes. By implementing comprehensive energy-saving solutions, the hotel reduces over a thousand tons of carbon dioxide emissions annually and saves tens of thousands of yuan in energy costs.

What distinguishes the Chinese hotel industry in the global luxury market? What unique operational considerations come with managing a luxury hotel in China?

China boasts a long history and rich culture, which provide abundant inspiration and resources for the development of luxury hotels in the country. This is precisely what sets us apart from other markets.

Firstly, in terms of design, The Ritz-Carlton, Nanjing is not merely a hotel but also an art gallery that houses work by numerous renowned Chinese and international artists. The fusion of Western art displayed in public areas and traditional Eastern art within guest rooms showcases the clever blend of Eastern aesthetics and Western classics, presenting guests with an elegant and harmonious charm of both ancient and modern worlds.

Our culinary team has crafted unique dining experiences, including the Lavandula buffet restaurant brimming with authentic Provencal flair, the Emperor Cantonese Restaurant paying tribute to classic Cantonese cuisine, and Pinning Mansion telling the stories of the Jiangnan region. These offerings allow guests to experience the cultural charm of Nanjing and the Jiangnan area through their taste buds. We also regularly organize various cultural activities to better showcase the local culture to our guests.

In China’s luxury hotels, guests have a strong desire for local culture and high expectations for service quality. Hotels need to seamlessly integrate local culture into the guest

experience, providing a more personalized and thoughtful service that immerses guests in the destination’s cultural impact.

What challenges will luxury hotels face in China in the future? How can these challenges be effectively addressed? How do government policies or market dynamics impact hotel operations in China?

In the future, luxury hotels in China will face challenges such as intensified market competition, changing consumer demands, and economic fluctuations. As more luxury hotel brands enter the Chinese market, competition will become even fiercer. Modern consumers are also paying more attention to personalized experiences and high-quality services. They expect hotels to be not just places to stay but spaces that offer unique experiences and cultural atmospheres. The uncertainty of the global economy may impact the high-end consumer market, thereby affecting the performance of luxury hotels. All these will be challenges we face. To effectively address these challenges, we need to attract customers by introducing unique cultural elements and innovative service methods; use advanced management tools and technologies to improve operational efficiency and reduce costs; continuously strengthen brand image, establish a loyal customer base through high-quality services and unique brand stories; and adjust marketing and service strategies in a timely manner according to market changes to meet the needs of different customers. A



series of supportive policies introduced by the government will help promote the development of the tourism industry, thereby driving growth in the hotel sector. For example, policies encouraging the development of cultural tourism can increase the hotel's customer base. Additionally, market demand, technological advancements, and sustainable development are all factors that cannot be ignored.

What are your strategies for motivating and empowering your team, especially in upholding the legendary service standards of The Ritz-Carlton?

At The Ritz-Carlton, Credo is our compass,

and our Ladies and Gentlemen are the most important resource in our guest service. I adhere to a people-centric approach, respecting and understanding the individuality and values of each employee. In my leadership philosophy, I place greater emphasis on teamwork and innovative thinking, adjusting management strategies according to the needs and circumstances of the team to continuously adapt to changing environments and challenges. Of course, timely recognition and rewards are also crucial, as they can stimulate creativity and enthusiasm among employees.

In terms of motivation and empowerment, “empowerment” has always been a principle

I firmly uphold. Every guest who arrives at the hotel is an independent individual with unique needs. By empowering each lady and gentleman, we enable them to confidently approach guests, understand their needs, and provide the most personalized service.

As a Marriott opening trainer and an experienced hotelier, what advice would you give to young professionals seeking to successfully develop their careers in the luxury hotel industry?

Firstly, one must have a passion for the hotel industry and be enthusiastic about service. Without passion, it is difficult to achieve success. Secondly, continuously learning and improving professional skills and knowledge, as well as accumulating practical experience, are indispensable parts of a career in hotel management. Practical experience can be gained through internships, part-time jobs, etc., understanding various aspects of hotel operations and laying a foundation for future career development. Additionally, when formulating a career plan, it is necessary to balance short-term and long-term goals. Short-term goals could include improving a certain skill or completing a specific project; long-term goals might involve becoming a senior manager in the hotel industry or starting your own hotel brand. By setting clear short-term and long-term goals, you can direct your career development.

What values or principles do you uphold in balancing professional responsibilities and personal health?

Balancing direct responsibilities and personal health is an ongoing but non-conflicting process. While pursuing career achievements, it's also important to focus on physical and mental well-being and manage work and rest time effectively. Personally, I maintain a healthy diet and regularly engage in physical exercises such as golf and soccer. These activities not only help me recharge physically but also enhance my work efficiency. Additionally, constantly urging myself to learn and progress by attending industry seminars allows me to self-improve while gaining a sense of accomplishment. Most importantly, the support and understanding from family members provide me with continuous motivation, helping me balance my career and personal life.



健康实践融入生活

访上海素凯泰酒店The Retreat，水疗与健身中心经理许荔女士

“在SPA和健康行业的发展历程中，从一开始的身体放松到如今一个全面健康观的转变。若干年前SPA服务主要通过按摩身体来缓解肌肉紧张和疲劳。现在随着人们对健康理念的进一步的认知，消费者开始寻求更深层次的健康体验，心理健康和情绪健康管理成了他们关注的重点”。在SPA与养生行业已经有超过20年经验的许荔女士分享道。

在许女士的职业生涯中，曾在多家国际知名酒店管理集团担任关键角色，包括喜达屋、柏悦和安麓，积累了宝贵的行业经验和智慧，以及对行业的敏锐洞察和专业见解。她对SPA疗法、按摩技术、水疗产品知识，前沿健康疗愈都有着深入的研究与独到见解，以及对客户服务有着长期的了解与实践。

SpaChina访谈了上海素凯泰酒店The Retreat，水疗与健身中心经理许荔女士。

您觉得这些年大家对SPA和健康的理解有哪些变化？作为一位SPA专家，您在行业中看到哪些趋势？

现代消费者变得更加重视个性化和定制化的服务，他们期待SPA中心能够提供符合个人需求的全面疗愈方案，不仅仅只是改善身体状

况，更要提升自己的精神状态。疫情的全球爆发进一步加速了这一趋势，人们开始更加重视免疫力的提升和整体的身心健康。SPA行业因此开始融合更多的健康元素，如营养咨询、心理健康支持和生活方式指导，以满足消费者对自身全面健康的追求。

消费者越来越倾向于寻求提升整体健康和精神疗愈的服务。这一趋势反映了人们对健康认知的深化，即健康不仅仅是身体上没有疾病，还应该包括身体、心理上的全面健康。例如，整全疗法和自然疗法的流行，强调了与自然和谐共存和利用自然资源来促进健康。这些疗法通常包括瑜伽、冥想、芳香疗法和使用天然成分的产品，旨在降低生活压力，提升生活质量。在SPA中应用这些趋势，可以通过提供更加个性化的服务，结合科技和传统疗法，以及创造一个促进身心放松的环境。

上海素凯泰酒店The Retreat引入了不少创新的健康疗法，请同我们分享一下标志性疗法“甜梦之旅”和“活肌焕免，红外之旅”，以及其灵感来源？

北上广深一线城市生存竞争压力极大，年轻人群睡眠时间很短，平均不足七个小时。疫情之后更是有高达38%的人存在各种各样的

睡眠问题，因睡眠障碍而导致的不良生活方式相关疾病二者之间有着密切的关联，睡眠不好成了现代都市人的一大问题，疫情后更是有越来越多的人在睡眠上产生重大的困扰。针对当代都市人的睡眠健康问题，我们特别研发了“Sleep Well Therapy甜梦之旅”这个水疗项目。该项目通过一系列特别设计的疗程，旨在改善睡眠质量，从而提高生活质量。

此外，作为“Sleep Well Therapy甜梦之旅”的延伸，“Immunity Boosting Therapy活肌焕免，红外之旅”则是针对疫情康复者设计的，通过改善睡眠和增强免疫力来减少疾病复发的风险。这些疗法的灵感来源于对现代生活方式的理解，以及对健康幸福生活的追求。通过这些创新疗法，The Retreat不只是为了提供身体上的放松，更重要的是提供了心灵上的疗愈。

创建一个能够提供卓越服务并确保客人体验顺畅的水疗中心最重要的因素是什么？

创建一个卓越的水疗中心，需要从多个维度进行考量。首先，必须有一个清晰的健康理念作为指导，这涉及到对健康和疗愈的深刻理解。The Retreat在开业筹备伊始阶段，就确定了从健康理念出发，从疗愈出



发。其次，品质是关键，这包括提供高质量的产品和服务，以及持续的员工培训和服务质量监控。开业至今我们一直秉承这个理念而注重品质。创新也是不可或缺的，水疗中心不断引入新的疗法和技术，以保持竞争力。The Retreat是引入“声音疗法”的先驱(2018年开始至今)，其他项目包括排毒、喜马拉雅盐、颂钵按摩、甜梦之旅、活肌焕免，红外之旅、康复理疗等一系列的产品，获得客人对我们The Retreat的品牌认可，提高客人的忠诚度以及转换率，我们的目标是让客人将健康带回家。此外，对客人体验的关注是至关重要的，这包括个性化服务、客户反馈的收集和处理，以及创造一个舒适的环境。最后，要真正理解并满足客人的健康需求。

能否分享一下“Shirley Has A Booster”精油的创作过程，如何将市场需求与您所理解的健康理念融入这些产品中的？

“Shirley Has A Booster”精油的创作过程是一个典型的结合市场需求和健康理念的例子。在为“活肌焕免，红外之旅”的护理项目寻找合适的精油过程中，我发现市场上的产品无法完全满足国内客人的偏好。国内外客人对香氛的爱好不一样，国人相对喜欢清爽的，喜欢香味柔和的。精油的留香时间则取决于精油的相关比例，介于没有找到满意的，因此我决定自行研发。

于是，这款精油的创作考虑了国人对清爽质地和柔和香味的偏好，同时强调了提升免疫力的功效。研发过程中多次调整了精油的比例和成分，以确保产品既能够提供愉悦的感官体验，又能在功效上具有提升免疫力的作用。对细节的关注以及对产品质量的不懈追求，才诞生了现在大家看到的这款“Shirley Has A Booster”独家精油。

现代人在快节奏的生活中，应该怎样将健康实践融入到日常生活中？

我一直认为健康生活方式是日常实践，而不仅仅是偶尔的奢侈享受。现代消费者更加注重预防和主动健康管理，寻求的是一种全面的健康生活方式，包括健康饮食、定期运动、压力管理和良好的睡眠质量。

这种趋势促使SPA中心提供更加多样化和个性化的服务，如健康咨询、定制化疗程和生活方式指导。此外，心理健康的重视也促使SPA中心引入更多关注情绪管理和压力缓解的服务，如冥想和正念练习。消费者对健康态度的变化要求SPA行业不断创新，以满足他们对全面健康生活方式的追求。

我们定期组织健康开放日活动，诚邀我们的忠实客人以及潜在客人来了解、体验，通过互动来感受我们的健康服务理念。2024年全球十二大疗愈方式，我们已经实践了九个项目。SPA护理中我们都会植入引导式疗愈，客人可以在我们The Retreat学习到相关的各种健康理念然后回家后延续此种健康生活方式，达到轻松减压的目的。

展望未来，您认为水疗行业和健康行业中，创意与创新的最大机会在哪里？如何在保持高标准的服务和创新的同时，适应不同市场的独特需求和偏好？

首先，科技与健康服务相融合：新技术的应用为水疗和健康行业带来了革命性的变化。比如全光谱红外线+红光成为近几年的趋势之一，国外的康复理疗中心都在使用远红外桑拿。我们率先成为中国第一家引进全光谱红外线和红光的SPA，我们的“Immunity Boosting Therapy活肌焕免，红外之旅”从非接触式的功能强大的Clearlight红外桑拿开始，该疗程独特的结合全光谱红

光、盐疗、芳香疗法、声音疗法和色彩疗法一起提高身体的温暖度从而改善睡眠、刺激淋巴排毒和皮肤胶原蛋白的合成，为身体各方面奠定坚实基础，有益于整个免疫系统和呼吸系统，从而促进身心健康，平衡神经系统和体内荷尔蒙。

其次，多元化和个性化的服务：随着消费者需求的多样化，水疗市场将更加注重服务的多元化和个性化发展。针对不同皮肤类型和问题的护理服务、专门的运动康复服务等将不断涌现。个性化和定制化的SPA服务将更好的吸引消费者的眼球。

再有，绿色环保的发展：全球对环境保护和可持续发展的重视不断加深，水疗行业也将朝着绿色发展的方向前进。绿色、有机、环保的SPA产品和服务也越来越受到消费者的青睐。

最后，关于跨界合作，The Retreat一直在实践与尝试和各种品牌进行深度融合和跨界合作，开发前沿的新项目，产品和项目的创新，让客人拥有非凡体验。

您认为SPA行业今天面临哪些挑战，特别是在全球健康和旅游发生变化的背景下？

随着健康产业的迅速增长，我们首先面临的巨大挑战是从哪里找到大量的专业人员来更好的服务我们的客人，这个人员的缺口很大。我们需要大量的有本行业背景的人员，他们要会说英语，具备国际化的视野，拥有和客户沟通的高超技巧。

其次是在当前市场的强烈需求下，我们一年可以开发多少新项目来满足市场需求？新项目定位的人群是哪些人？价格多少？中国人的消费习惯也在发生变化，中国现在既有年轻人Z时代经济，也有退休富裕人群的银发经济，以上都值得大家深思。



Incorporating Health Practices into Daily Life

Interview with Ms. Shirley Xu, Spa & Fitness Center Manager, The Retreat, The Sukhothai Shanghai

In the evolution of the spa and wellness industry, there has been a significant shift from a focus on physical relaxation to a more comprehensive approach to health and well-being,” says Shirley Xu, a seasoned expert with over 20 years of experience in the spa and wellness industry. “Years ago, spa services primarily aimed to relieve muscle tension and fatigue through physical massage. Now, with a deeper understanding of wellness concepts, consumers are seeking more profound health experiences, placing greater emphasis on mental and emotional well-being.”

Throughout her career, Shirley Xu has held key roles in several renowned international hotel management groups, including Starwood, Park Hyatt, and AHNLUH. Her

extensive industry experience has endowed her with sharp insights, professional expertise, and exceptional management wisdom. She has deep knowledge and unique perspectives on spa therapies, massage techniques, wellness products, and cutting-edge health treatments, along with long-term practice and understanding of customer service.

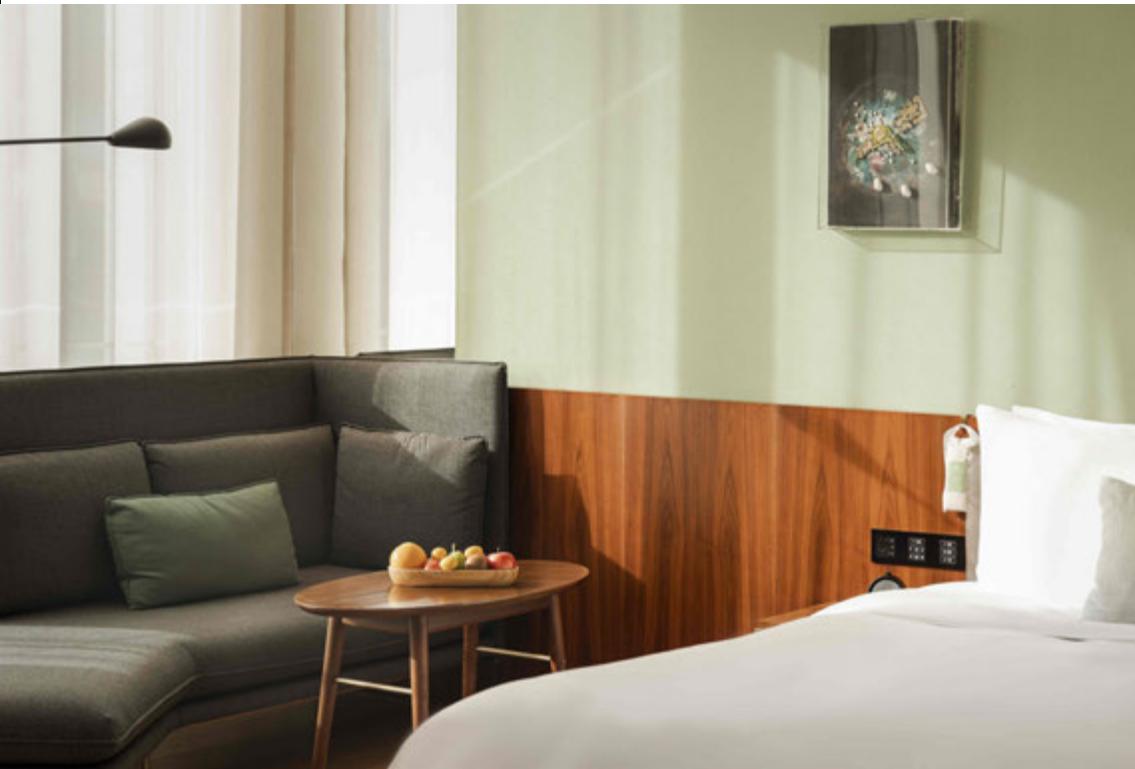
SpaChina recently interviewed Shirley Xu, Spa & Fitness Center Manager of The Retreat, at The Sukhothai Shanghai.

How have people's perceptions of spa and wellness changed over the years? What trends have you observed in the industry as a spa expert?

Modern consumers increasingly value

personalized and customized services. They expect spa centers to provide comprehensive healing solutions tailored to individual needs, not only to improve physical conditions but also to enhance their mental well-being. The global outbreak of the pandemic accelerated this trend, with people paying more attention to boosting immunity and achieving holistic health. As a result, the spa industry has begun to integrate more wellness elements such as nutritional counseling, mental health support, and lifestyle coaching to cater to consumers' pursuit of total well-being.

Consumers are also gravitating toward services that enhance overall health and spiritual healing. This trend reflects a more profound understanding of health – not merely



the absence of illness but the inclusion of physical and mental well-being. For example, the growing popularity of holistic and natural therapies highlights the importance of harmony with nature and the use of natural resources to promote health. These therapies often include yoga, meditation, aromatherapy, and the use of natural products, aiming to reduce stress and improve quality of life.

Applying these trends in the spa industry involves offering more personalized services, integrating technology with traditional therapies, and creating environments that foster relaxation and rejuvenation of both body and mind.

The Retreat at The Sukhothai Shanghai has introduced several innovative health therapies. Could you share with us the signature therapies "Sleep Well Therapy" and "Immunity Boosting Therapy" and their inspirations?

In first-tier cities like Beijing, Shanghai, Guangzhou, and Shenzhen, competition is fierce and young people sleep very little – often less than seven hours on average. After the pandemic, 38% of people reported sleep issues, and there is a close link between sleep disorders and lifestyle-related diseases. Poor sleep has become a major issue for modern city dwellers, and this problem has only worsened post-pandemic. To address sleep health issues faced by contemporary urbanites, we developed

the "Sleep Well Therapy." This therapy uses a series of specially designed treatments aimed at improving sleep quality and, as a result, enhancing overall life quality.

Additionally, as an extension of the "Sleep Well Therapy," "Immunity Boosting Therapy" is specifically designed for those recovering from the pandemic, focusing on improving sleep and boosting immunity to reduce the risk of disease recurrence. The inspiration for these therapies comes from our understanding of modern lifestyles and our pursuit of healthy and happy living. Through these innovative treatments, The Retreat not only offers physical relaxation but, more importantly, mental healing.

What are the most important factors in creating a spa that provides excellent service and ensures a smooth guest experience?

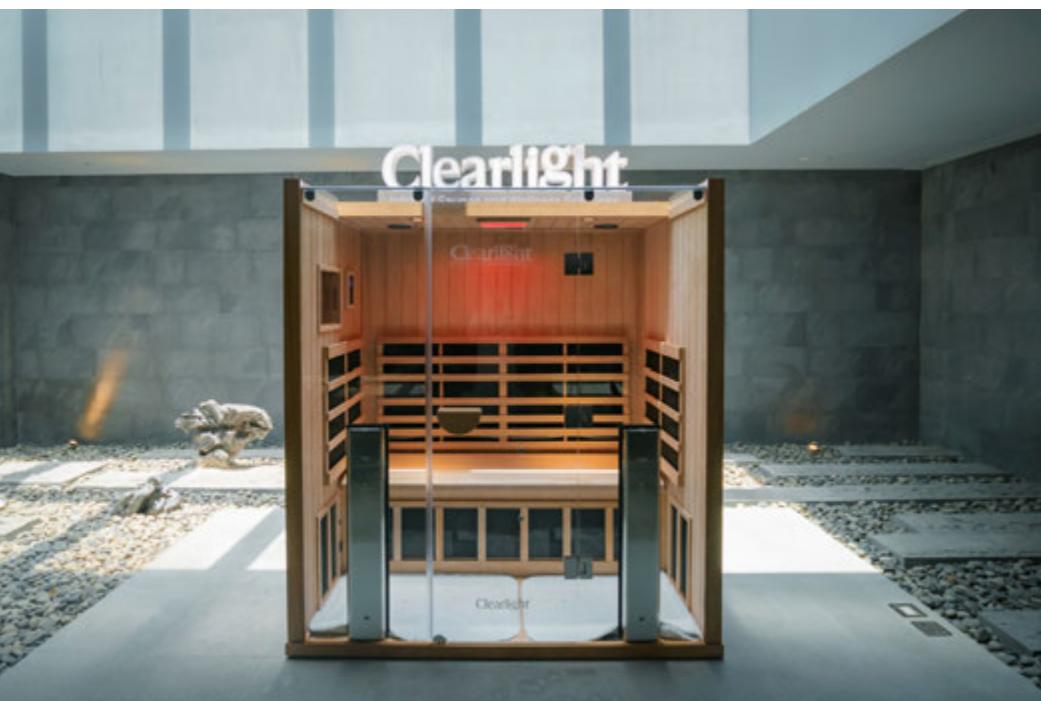
Creating an outstanding spa requires consideration from multiple dimensions. First, a clear health philosophy is essential, as it guides a deep understanding of health and healing. From the very beginning of The Retreat's planning, we made health and healing the core of our concept. Quality is key – this includes providing high-quality products and services, as well as ongoing staff training and service quality monitoring. Since opening, we have consistently focused on quality. Innovation is also indispensable, as spa centers must continuously introduce new therapies and technologies to stay competitive. The Retreat was

a pioneer in introducing "Sound Therapy" in 2018. Other offerings include detox treatments, Himalayan salt therapy, singing bowl massages, Sleep Well Therapy, Immunity Boosting Therapy, and rehabilitation therapies, all of which have earned recognition for The Retreat's brand, increasing guest loyalty and conversion rates. Our goal is to help guests bring health back home. Furthermore, attention to guest experience is crucial, including personalized services, feedback collection and processing, and creating a comfortable environment. Lastly, we must truly understand and meet guests' health needs.

Could you share the creation process of "Shirley Has A Booster" essential oils, and how you integrated market demand with your understanding of wellness in these products?

The creation process of "Shirley Has A Booster" essential oils is a typical example of combining market demand with wellness concepts. When searching for suitable essential oils for the "Immunity Boosting Therapy" treatment, I found that existing products on the market did not fully meet the preferences of domestic guests. There is a difference between domestic and international preferences for scents – domestic guests tend to favor refreshing, mild fragrances. The longevity of the fragrance depends on the essential oil proportions. Since I couldn't find a satisfactory product, I decided to develop one myself.

Thus, this essential oil was created with an emphasis on the refreshing texture and mild scent preferred by Chinese consumers while focusing on boosting immunity. During the development process, I adjusted the proportions and ingredients of the oils several times to ensure that the product not only provided a pleasant sensory experience but also had immunity-boosting effects. This



meticulous attention to detail and unwavering pursuit of quality resulted in the exclusive “Shirley Has A Booster” essential oil.

How should modern people integrate health practices into their daily lives in today’s fast-paced world?

I have always believed that a healthy lifestyle is a daily practice, not just an occasional indulgence. Modern consumers are more focused on prevention and proactive health management, seeking a comprehensive healthy lifestyle that includes healthy eating, regular exercise, stress management, and quality sleep.

This trend is driving spas to offer more diverse and personalized services, such as health consultations, customized treatments, and lifestyle guidance. Additionally, the increasing focus on mental health has encouraged spas to incorporate more services focused on emotional management and stress relief, such as meditation and mindfulness practices. The shift in consumer attitudes toward health demands that the spa industry continues to innovate to meet their aspirations for a comprehensive healthy lifestyle.

We regularly organize health open days, inviting our loyal and potential guests to learn, experience, and interact with our wellness philosophy. In 2024, we will implement nine of the twelve global healing methods, providing guided therapies during spa treatments, allowing guests to learn health concepts at The Retreat and continue these practices at home for stress relief.

Looking ahead, what do you think are the greatest opportunities for creativity and innovation in the spa and wellness industry? How can we adapt to the unique needs and preferences of different markets while maintaining high standards of service and innovation?

First, the integration of technology and health services: The application of new technologies is revolutionizing the spa and wellness industry. For example, one recent trend is the use of full-spectrum infrared and red light therapy, which is widely used in rehabilitation centers abroad. We were the first in China to introduce full-spectrum infrared and red light spa therapy. Our “Immunity Boosting Therapy” uses the powerful Clearlight infrared sauna to improve sleep, stimulate lymphatic detoxification, and enhance collagen production in the skin. This unique combination of therapies – including full-spectrum red light, salt therapy, aromatherapy, sound therapy, and color therapy – improves overall immunity, respiratory health, balances the nervous system, and promotes mental and physical well-being.

Secondly, diversification and personalization of services: As consumer demand diversifies, the spa market will increasingly focus on offering a variety of personalized services. Specialized treatments for different skin types and issues, as well as dedicated sports rehabilitation services, will continue to emerge. Personalized and customized spa services will better attract consumers.

Furthermore, green and sustainable devel-

opment: There is growing global emphasis on environmental protection and sustainability, and the spa industry will move toward greener practices. Eco-friendly, organic, and sustainable products and services are becoming more popular with consumers.

Lastly, cross-industry collaboration: The Retreat has been practicing and exploring deep integrations and cross-industry collaborations with various brands, developing cutting-edge new projects, products, and innovative experiences to provide guests with extraordinary encounters.

What challenges do you think the spa industry is facing today, especially in the context of global changes in health and tourism?

With the rapid growth of the health industry, one of the greatest challenges we face is finding a large number of professionals to better serve our guests. There is a significant shortage of qualified personnel. We need professionals with industry backgrounds who can speak English, possess an international perspective, and have excellent communication skills with clients.

Additionally, under current market demand, how many new projects can we develop each year to meet consumer needs? Who are the target audiences for these new projects, and what is the pricing strategy? Consumers’ habits are changing, with both younger Gen Z consumers and wealthier retirees contributing to shifting market dynamics, which is something we must carefully consider.



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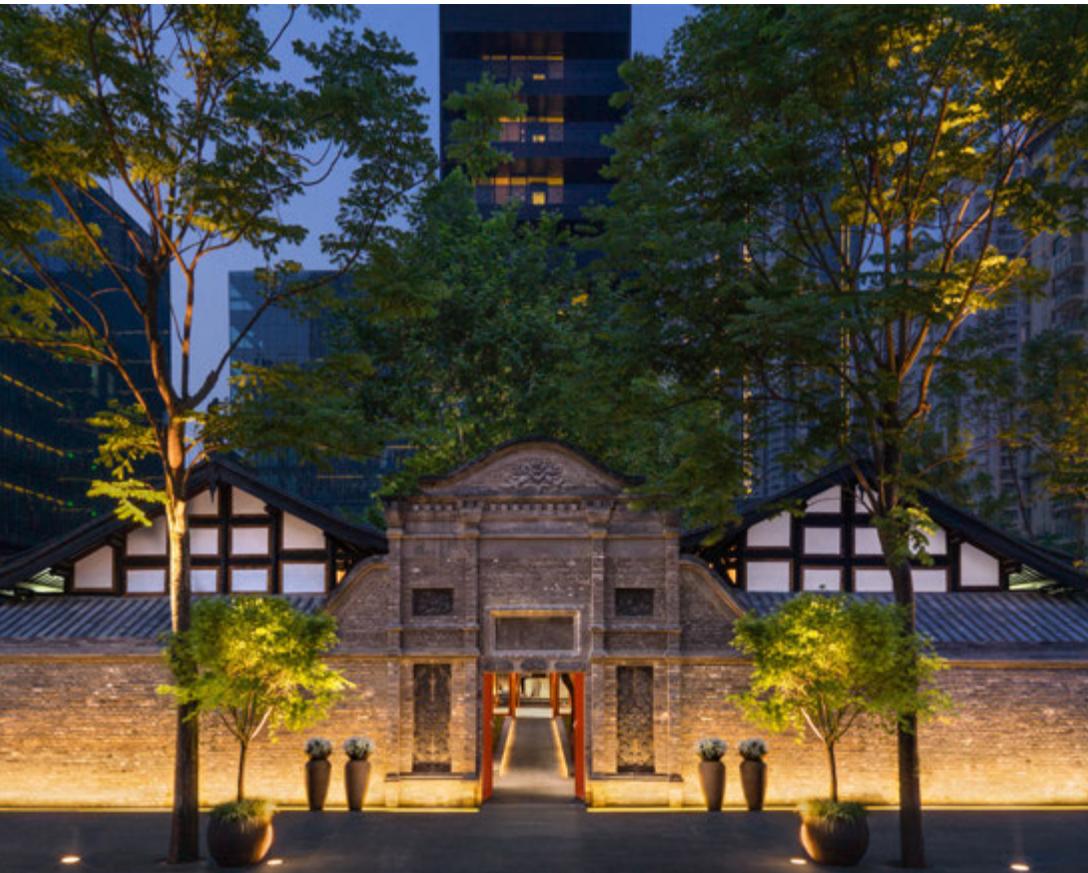
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奢华与文化沉浸

访成都博舍总经理柯纳斯先生

成都博舍属于居舍系列，从去年起，随着新总经理柯纳斯先生的加入，迎来了一个充满活力的新篇章。坐落于繁华的太古里成都区域，博舍毗邻历史悠久的大慈寺，完美融合了成都深厚的文化遗产与现代奢华。作为拥有米其林星级餐厅、屡获殊荣的谧寻水疗以及创新设计的酒店，已经当仁不让地成为了中国西南地区的奢华酒店行业标杆。

柯纳斯先生在全球酒店行业拥有超过二十年的经验，曾在洲际酒店集团担任领导职务，并在阿曼和印度尼西亚成功主持了两家皇冠假日酒店的开业工作。他对健康、可持续实践和文化探索的热情与成都博舍致力于提供真实且难忘的客户体验的理念高度契合。

SpaChina有幸与柯纳斯先生进行对话，深入了解他的职业历程、对博舍的愿景，以及他将如何把成都的传统文化与现代奢华旅行者不断变化的需求进一步完美融合。

能否分享一下是什么最初吸引您来到成都博舍酒店，以及您对这里的最大期待是什么？您在酒店行业有超过二十年的经验，您如何将之前的工作经验带入到博舍中？

成都博舍以其现代设计与传统文化底蕴的融合所吸引我。我为加入并领导这样一家标志性酒店而感到荣幸。我最大的期待是亲身体验成都这座充满活力的城市文化，并与博舍才华横溢的团队紧密合作，共同为宾客创造非凡体验，从而展现出成都这座城市的独特魅力。

在过往酒店行业生涯中，我积累了丰富的经验，特别是在提供个性化服务和创造难忘体验方面。我正在把这些宝贵的经验带入博舍，进一步提升我们的服务品质，确保每位宾客都能感受到我们的专注与关怀。同时，我也希望将我对当地文化的深刻理解和尊重融入服务之中，为宾客打造真正沉浸式的成都体验。

成都以其丰富的文化传统和充满活力的现代场景而著称，而博舍酒店以其文化遗产和现代奢华的融合而闻名，如何将元素融入到客人体验中？

在博舍，我们致力于将成都的文化传统与现代奢华完美融合，让宾客在走入博舍时如同开启一段文化探索之旅。从精心修复的历史建筑到我们的随处可见的艺术品，以展现成

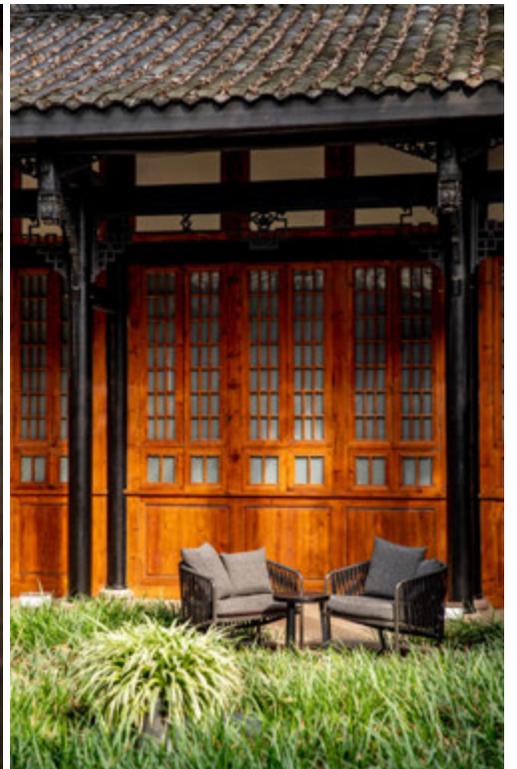
都的历史深度与现代活力。我们为宾客打造与成都紧密相连的个性化体验，确保他们的住宿既奢华又深植于本土文化之中。

您在餐饮运营方面有着丰富的背景，并且曾与米其林星级餐厅合作过。您对博舍的餐饮有什么新的想法和举措？

餐饮是宾客体验不可或缺的一部分，而在博舍，我们致力于提供既创新又能反映成都本地传统美食的餐饮体验。借鉴以往的经验，我将与我们的餐饮团队紧密合作，提升我们的餐饮体验。例如，在谧寻茶室，持续推广我们引以为傲的可持续餐饮体验；在Tivano意大利餐厅，让客人即使身在成都也能感受到地中海的美味意式料理等等，为本地和国际客人提供多样化、充满活力的餐饮选择，享受到难忘的美食之旅。

博舍拥有一个获奖无数的谧寻水疗，作为一位热衷于健康和可持续发展的领导者，您在健康生活方式、可持续实践、SPA疗程项目、其他养生活动等各方面有何见解？

在谧寻，我们把健康与可持续发展的承诺融入到每个方面，尽可能优先使用天然、本地



溯源的产品。例如在谧寻水疗，招牌的竹子按摩中使用竹子——这是一种既反映当地文化又体现可持续的实践。此外，谧寻茶室则提供“从产地，到餐桌”米其林品鉴菜单，使用本地可溯源食材，从而传递可持续餐饮理念。我们将继续探索与本地供应商的合作伙伴关系，进一步将可持续融入服务中，确保对本地社区和环境产生积极影响。

在全球范围内，健康和养生的趋势正在不断进步。您如何确保博舍在这些趋势中保持领先地位？如何在现有的SPA和健康设施基础上进行创新，以满足不同现代客人的需求？我们会密切关注行业新趋势和宾客的个性化

需求，不断推出创新的护理计划。创新是我们的核心，通过不断更新产品和服务，比如提供个性化的面部和身体护理，根据每位客人不同的肌肤状态，定制专属护理方式，来满足宾客的多样化需求。

博舍是居舍系列 (The House Collective) 的一部分，以其独特而亲密的奢华体验而著称。您打算如何在这个受尊敬的集团中保持和提升博舍的独特性？

“居舍，远不止酒店”是居舍系列 (The House Collective) 的独到之处。每所居舍都各具特色和风格，就如富有个性的城市、独一无二的客人，以及生机勃勃的团队。居舍系

列各有独特的设计、艺术品、和美食佳肴，让世界各地的人在这个独一无二的空间教会相遇。

而在成都博舍，设计理念融合了成都当地的自然景观和传统建筑元素，并以现代及独特的美学方式在酒店建筑中呈现出来。展望未来，我们将继续与本地艺术家和设计师进行创造性合作，并带来更多反映成都活力个性的艺术类项目。

您曾在八个不同的国家工作和生活过。这种多样的文化经历是如何塑造出您的酒店业务能力的？

在不同国家的生活和工作经历，让我深刻理解了文化多样性的重要性，以及在服务中尊重不同习俗和传统的价值。我相信，真正的奢华源于对个性化服务的不懈追求，我致力于创造一个让每位宾客都感到宾至如归的环境。我深刻感受到同理心和开放心态在建立真诚客户关系、提供难忘体验中的关键作用。

作为一个热爱旅行和冒险的人，您的个人兴趣将如何影响您对博舍的发展愿景？您觉得全球未来的旅行趋势是怎样的？

对我来说，旅行的意义在于探索与体验，而我认为酒店则是体验开启的起点。在成都博舍，我们为客人开启探索成都的机会，无论是感受城市现代艺术场景的游览，还是通过定制体验让客人沉浸在当地文化中，总能让客人收获与众不同的旅行记忆。我期待全球旅游将继续向体验式旅游转变，宾客将追求更真实、更沉浸式的体验。



Christian Kronast

Luxury and Cultural Immersion

Interview with Mr. Christian Kronast, General Manager of The Temple House

The Temple House, a member of The House Collective, with its current General Manager, Mr. Christian Kronast, is marking a vibrant new chapter in its journey. Nestled in the bustling Taikoo Li area of Chengdu and adjacent to the historic Daci Temple, The Temple House blends Chengdu's rich cultural heritage with modern luxury. Known for its MICHELIN-Starred restaurant Mi Xun Teahouse, award-winning Mi Xun spa, and innovative design, it stands as a beacon of hospitality in Southwest China.

With over two decades of global experience in hospitality, Christian brings an impressive resume, including leadership roles with InterContinental Hotels Group and pre-opening two Crowne Plaza Hotels in Oman and Indonesia. His passion for wellness, sustainable practices, and cultural exploration perfectly aligns with The Temple House's ethos of delivering authentic and memorable guest experiences.

SpaChina had the privilege to speak with Christian about his journey, vision for The Temple House, and how he plans to harmonize Chengdu's traditions with the evolving expectations of modern luxury travelers.

What attracted you to the GM role of The Temple House, and what you are most excited about in working here? With over two decades of experience in hospitality, how are you integrating your past experiences into your role at The Temple House?

The Temple House is inspired by its contemporary design and respect for Chengdu's rich cultural traditions, which has always fascinated me.

I am thrilled to have the opportunity to lead such an iconic hotel renowned for its unique blend of traditional Chinese architecture and modern design. I am most excited about immersing myself in the vibrant culture of Chengdu and working with a talented team to continue delivering exceptional guest experiences that reflect the essence of this extraordinary city.

My extensive background in luxury hospitality has taught me the importance of personalized service and creating memorable experiences for guests. At The Temple House, I plan to draw upon these experiences to enhance our service further, ensuring every guest feels valued and cared for. My previous roles have also instilled a deep respect for local culture, which I intend to uphold by continuing to integrate

Chengdu's elements into our offerings, creating a truly immersive experience for our guests.

Chengdu is famous for its rich culture and vibrant modern scene, and The Temple House is known for its blend of cultural heritage and modern luxury. How do you incorporate these elements into the guest experience?

The Temple House celebrates Chengdu's culture and strives to reflect this in every aspect of the guest experience. From the meticulously restored heritage buildings to our contemporary art collection, each element is thoughtfully curated to showcase the city's rich history alongside its dynamic modernity. We offer guests an authentic connection to Chengdu through tailored experiences, ensuring they experience both luxurious stay and deeply rooted in the local culture.

With your background in Food & Beverage operations and experience with MICHELIN-starred establishments, how is your expertise influencing the culinary offerings at The Temple House?



Food and beverage are integral to the guest experience. At The Temple House, we are committed to offering innovative dining experiences that reflect Chengdu’s culinary heritage. Drawing on my previous experience, I work closely with our culinary team to elevate our dining experience. For example, we will continue to promote a sustainable dining experience at Mi Xun Teahouse while offering guests in Chengdu a taste of Italian cuisine at Tivano. This approach provides local and international guests diverse and vibrant dining options for an unforgettable culinary journey.

The Temple House boasts an award-winning spa, Mi Xun Spa. As someone passionate about wellness and sustainability, how do you plan to promote healthy living, sustainable practices, and your SPA treatments and other wellness activities?

At Mi Xun, we are dedicated to a holistic approach to wellness that incorporates sustainability in every aspect. We prioritise natural, locally sourced products wherever possible, such as our use of bamboo in the signature bamboo massage – a traditional therapy that reflects both local culture and sustainable practices. Additionally, our Mi Xun Teahouse presents the “Farm-to-Table” MICHELIN Tasting Menu featuring locally sourced ingredients, promoting sustainable catering through both wellness and dining experiences. We will continue exploring partnerships with local farms to further embed sustainability in

our offerings, ensuring a positive impact on our community and environment.

Health and wellness trends are constantly evolving globally. How do you ensure that The Temple House stays ahead of these trends? How do you plan to innovate and enhance existing spa and wellness facilities to meet modern guest expectations?

We continuously monitor emerging trends and guest preferences, allowing us to introduce the most appropriate treatments. Innovation is key, and offering customised treatments based on guests’ needs is a winning formula. We will meet our guests’ changing needs by updating our products and techniques from time to time, such as offering personalised face and body treatments, tailoring exclusive treatments to each guest’s different skin conditions.

The Temple House is part of The House Collective, known for its unique luxury experiences. How do you plan to maintain and enhance its distinctiveness?

The “Houses Not Hotels” approach is what makes The House Collective so distinctive. At The House Collective, we celebrate the individuality of the cities, our guests, and our team. Every aspect of the experience, from design to service, is focused on creating a sense of place and connection. At The Temple House, our heritage architecture pays tribute to Chengdu’s history, while the modern artworks and contemporary design celebrate the city’s forward-thinking culture. Moving forward, we will continue cultivat-

ing creative collaborations with local artists and designers, and curating cultural programmes that reflect Chengdu’s dynamic personality.

Having lived in eight different countries, how has this diversity of cultural experiences shaped your approach to hospitality and guest relations?

Living in various countries has given me a profound appreciation for cultural diversity and the importance of understanding and respecting different customs and traditions. True luxury lies in personalisation, and I strive to create an environment where guests feel at home, regardless of where they come from. I value empathy and open-mindedness, which are essential in building genuine connections with guests and creating memorable experiences.

As someone who loves travel and adventure, how do your personal interests influence your vision for The Temple House? How do you see travel trends changing globally in the next five years?

For me, travel is about discovery experiences, and I believe a hotel should be the gateway to these experiences. At The Temple House, we create opportunities for our guests to explore Chengdu in ways that go beyond the ordinary – whether through curated tours of the city’s modern art scene, or bespoke experiences that immerse guests in local culture. As for global travel trends, I foresee a continued shift towards experiential travel, where guests seek authentic and immersive experiences.



温暖备至 关怀有加

访西安丽思卡尔顿酒店代理总经理官宏才先生

官

宏才先生来自新加坡，拥有丰富的奢华酒店工作经验。作为一名资深酒店人，他在新加坡、阿联酋和中国多个国际酒店及度假村品牌拥有24年的服务运营工作经验。曾在文华东方、费尔蒙、香格里拉、希尔顿集团旗下任职，成功参与6家新酒店的开业筹备，并在行业标志性的上海费尔蒙和平饭店担任重要岗位。2022年，官宏才先生作为酒店经理加入西安丽思卡尔顿酒店，目前担任西安丽思卡尔顿酒店代理总经理一职。

官先生热爱户外运动，爬山是他周末最爱的户外运动，每天清晨，他也坚持用晨跑的方式打开新的一天。SpaChina就奢华酒店的健康趋势等主题，采访了官宏才先生。



Francis Kuah

您如何看待健康趋势在全球以及中国奢华酒店未来发展的影响？

首先是酒店提供更多的健康产品选择：消费者越来越注重饮食的健康与营养。全球奢华酒店开始提供更多有机、低糖、低盐、无麸质等特色餐饮选项。例如，我们酒店一直推动与当地的有机农场合作，确保提供新鲜、无污染的食材。这不仅满足了客人对健康饮食的需求，还提升了酒店的品牌形象和竞争力。

其次是打造健身与休闲设施：奢华酒店正在不断加大对健身和休闲设施的投入。除了标准配备的先进健身房，提供各种专业的

健身器材和私人教练服务以外，酒店也在积极与各类健体品牌、瑜伽、颂钵等活动提供给客人体验，以及户外运动体验。

还有，不得不提的是，要十分关注员工健康：酒店员工的健康也是影响酒店服务质量的重要因素。我们提供给员工定期的健康体检、健身课程、心理辅导等关怀与福利。这不仅有助于提高员工的工作效率和满意度，还能为客人提供更好的服务体验。

针对健康相关的服务和体验，您在西安市场上观察到了哪些具体需求？

从酒店运营和发展的角度，我认为西安市场

对健康相关的服务和体验，或者说我们酒店能够向市场提供的健康相关的服务和体验，可以有以下几个方面：

首先是提供更多的健康产品选择，比如饮食健康，包括食材的新鲜有机以及烹饪的过程；其次是多样化的健身体验，专业运动指导，以及注重身心平衡的瑜伽等；最后是注重宣传，有如此多的产品一定要有更全面的宣传推广，从而能在市场上得到更多的声音，引起大家的重视。

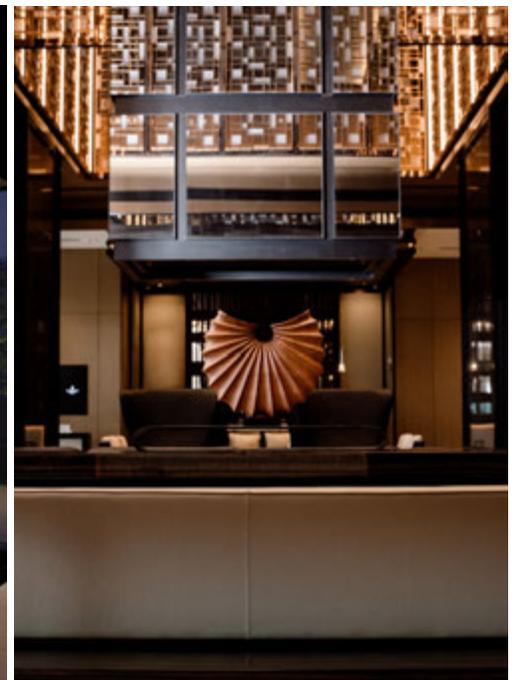
您觉得如今的宾客对入住体验的偏好发生了哪些变化？

房间布置：客人不再满足于标准的房间布置，更倾向于根据自己的喜好和需求来布置房间装饰、床品选择、枕头材质等。各式各样品牌联名主题房也颇受大家欢迎。

行程安排：希望酒店能为其量身定制个性化的行程规划，包括预订当地特色的小众活动、推荐符合个人兴趣的旅游景点、安排私人导览等，以获得独一无二的旅行体验。

数字化服务平台：希望酒店能提供便捷的数字化服务平台，如手机应用程序或在线平台，通过这些平台可以方便地查询酒店信息、预订餐厅和水疗服务、查看账单等，提高入住的便捷性和效率。

当地文化融入：更加关注酒店与当地文化的融合，希望在酒店的建筑风格、装饰设计、餐饮服务、活动安排等方面能够感受到



浓郁的当地文化特色，深入体验当地的风土人情。

艺术氛围营造：对酒店内的艺术氛围有更高的要求，喜欢酒店展示各类艺术作品，如绘画、雕塑、摄影等，或举办艺术展览、音乐会、文化讲座等艺术活动。

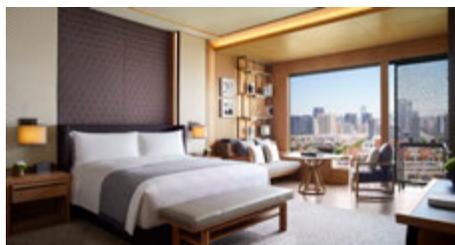
您曾在新加坡、阿联酋和中国工作，这些地区在将健康理念融入奢华酒店方面会有哪些差异？

新加坡因为地理环境的影响，奢华酒店常毗邻自然景观或在酒店内特意打造自然花园等景观，为宾客提供远离城市喧嚣的宁静空间，让客人自然的放松身心。新加坡也非常重视饮食健康和日常运动，酒店会定期更换菜单，也会配备专业的健身器材供客人自由使用。

阿联酋的奢华酒店更倾向于打造高端奢华的康养与Spa等设施，如私人定制服务、私人礼宾、私人管家、上门私厨等。由于其国际化的特点，奢华酒店更注重为宾客提供多元文化的体验，包括在地旅行体验，餐饮及观光购物等。

您觉得应该如何来平衡现代健康实践与中国传统健康理念的融合？

借助现代科技与传统手法相结合，积极推出产品创新。中医养生现在日益受到大家的追捧，现代都市人的生活方式、饮食习惯、作息规律也在促进传统中医更年轻化，更都市化。古法健身、八段锦也很受年轻人喜欢。例如我们的水疗特别推出结合中式养生按摩手法的水疗护理，以及结合颂钵疗愈创新的热能疗法，都深受客人的喜爱和好评。



是否有其他各类健康活动，将健康理念融入各类宾客体验？

我们定期为客人提供健体、颂钵或健康烹饪课程，也向客人推荐西安本地的有机农场参观活动。对亲子家庭我们会在暑期推出亲子游泳课、亲子瑜伽等。

我本人也非常热爱户外运动，尤其喜欢爬山。我经常会向感兴趣的客人，尤其是热爱户外运动探险的客人推荐我的爬山路线，是非常私人的分享。

如何在餐饮服务中融入健康理念？是否有受中国传统健康理念启发的特色菜品，尤其是与西安地域文化底蕴相关的？

重中之重是食材的选择。我们除了和当地有机农场合作之外，也在酒店餐厅种植盆栽蔬菜，把以前的“从农场到餐桌”缩短了距离，做到“现采现做”，是客人完全看得到的新鲜。餐厅的菜品也会根据时令养生而推

陈出新，季节限定的菜单以应季食材为主。

酒店大堂吧根据客人的需求推出了中式茶套餐，满足喜欢中式茶饮的商务客人。而酒店的入住欢迎礼，会为客人提供石榴茶，这是非常具有当地特色的饮品。夏天喝起来酸甜解暑，冬季温补舒畅身心。

西安也被称为美食之都，酒店也提供当地特色的小吃，比如西安人爱吃的羊肉泡馍，就是非常适合冬季吃的食物。

您对奢华酒店在健康领域的未来发展，尤其是在西安丽思卡尔顿酒店的愿景是什么？

这是一个非常好的趋势，也必然是奢华酒店未来发展的确定方向。奢华酒店追求的不再只是给客人提供舒适的下榻场所，西安丽思卡尔顿酒店一直以来想要真正做到成为客人在西安的家外之家，为客人提供归家一般的温暖贴心。

您如何看待新一代的年轻客群，他们对入住酒店有什么与众不同的要求？

据我的观察，我认为新一代的年轻客群更追求个性化的体验，他们对酒店独特的主题客房，品牌联名的餐饮产品，甚至是酒店独特的设计风格、艺术展览都非常感兴趣。同时注重社交互动，酒店的大堂吧，天韵酒吧都是年轻人喜欢的场所。同时收到社交媒体的影响，他们非常喜欢拍照打卡，并将照片分享到社交平台上。因此酒店产品的颜值也非常重要。比如我们今年大堂吧的粉色毛茸茸圣诞树，很受年轻女生的欢迎。但我们发现大堂吧的灯光不够明亮，我专门在大堂吧摆放了补光灯，在他们拍照的时候打开，以便他们拍到满意的照片。社交媒体的发布对我们来说也是极大的宣传。

Hospitality with Warmth and Care

Interview with Mr. Francis Kuah, Acting General Manager of The Ritz-Carlton, Xi'an



Mr. Francis Kuah, a native of Singapore, brings extensive experience in the luxury hospitality industry. As a seasoned hotelier, he has amassed 24 years of expertise in service operations at international hotel and resort brands across Singapore, the UAE, and China. He has held key positions with Mandarin Oriental, Fairmont, Shangri-La, and Hilton, successfully contributing to the opening of six hotels. Notably, he served in prominent roles at the iconic Fairmont Peace Hotel in Shanghai. In 2022, Mr. Kuah joined The Ritz-Carlton, Xi'an, as Hotel Manager and currently serves as the Acting General Manager.

An avid outdoor sports enthusiast, Mr. Kuah enjoys hiking as his favorite weekend activity. Every morning, he starts his day with a refreshing jog, showcasing his dedication to a healthy lifestyle. SpaChina interviewed Mr. Kuah to discuss luxury hotel trends in wellness.

How do you view the impact of wellness trends on the future development of luxury hotels globally and in China?

Nowadays hotels are offering more choices of healthy products and consumers are increasingly conscious on the nutritious level

of their diet. Global luxury hotels are starting to offer more organic, low sugar, low salt, gluten free and other specialty dietary options. For example, our hotel has been promoting collaboration with local organic farms to ensure the provision of fresh and pollution-free ingredients. This not only meets our guests' demand for healthy eating, but also enhances the hotel's brand image and competitiveness.

Luxury hotels are constantly increasing their investment in fitness and leisure facilities. In addition to the regular gym set up, which provides various professional fitness equipment and personal coaching services, hotel is also actively providing guests with various fitness brand collaborations, yoga, bowl chanting and other activities to experience, as well as outdoor sports experiences.

It must be mentioned that the mental and physical health of our hotel ladies and gentlemen are equally important. We have started to pay more attention to the health status of our employees and provide regular health check, fitness classes, psychological counseling, and other benefits. This not only helps improve theirs' work efficiency and satisfaction, but also provides our guests with a better service experience.

What specific demands related to wellness services and experiences have you observed in the Xi'an market?

From the perspective of hotel operation and development, I believe that the Xi'an market can be provided with more health-related services and experiences, or in another words, our hotel can offer the following aspects to our guests:

Firstly, it is necessary to provide more choices of healthy products, such as fresh and organic ingredients with learning the cooking process. Secondly, there is diverse fitness experience and professional exercise guidance, and yoga that emphasizes physical and mental balance. Finally, it is important to focus on marketing campaigns. With so many products, there must be more comprehensive publicity and promotion to gain more awareness in the market and attract everyone's attention.

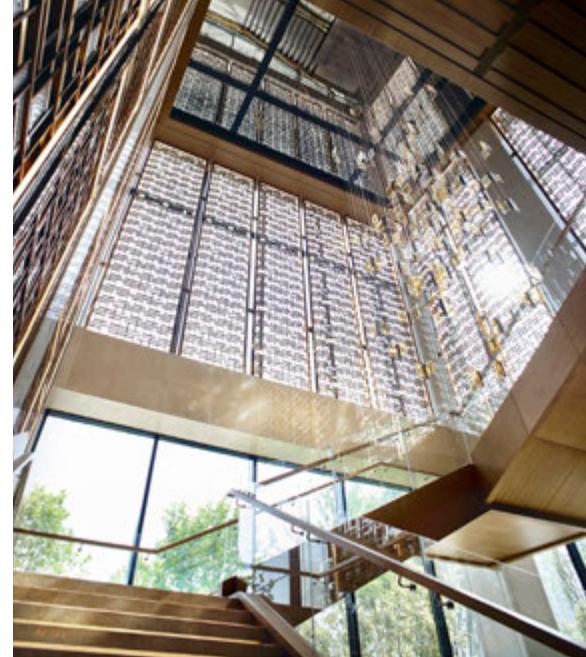
During your career in luxury hospitality, how have guest preferences for their stay experiences changed?

Guests are no longer satisfied with standard room decoration, but tend to prefer a tailor-made setup, customized to meet and exceed their expectations, according to their own preferences and needs. Brand collaborated or themed rooms are also popular.

They hope that a hotel can do personalized itinerary planning for them, including booking local niche activities, recommending tourist attractions that meet their personal interests, arranging private tours, etc., to obtain an unique travel experience.

Hotels can provide convenient digital service platforms as well, such as mobile applications or online platforms, through which hotel information can be easily queried, restaurant and spa services can be booked, bills can be viewed, improving the convenience and efficiency of the guest experience.

We are paying more attention to the integration of the hotel and local culture, hoping to feel the rich local cultural characteristics in the hotel's architectural style, decoration design, catering services, event arrangements, etc., and deeply experience the local customs and traditions.



There are higher requirements for the artistic atmosphere in the hotel, and people also enjoy the displays of various art works such as paintings, sculptures, photography, or organizing art exhibitions, concerts, cultural lectures, and other artistic activities in the hotel.

You have worked in Singapore, the UAE, and China. What differences do you see in how these regions integrate wellness concepts into luxury hotels?

Due to the influence of its geographical environment, luxury hotels in Singapore are often adjacent to natural landscapes or intentionally create natural gardens and other landscapes within the hotel, providing guests with a peaceful space away from the hustle and bustle of the city, allowing them to naturally relax and unwind. Singapore also attaches great importance to healthy eating and daily exercise. Hotels regularly change their menus and provide professional fitness equipment for guests to use.

Luxury hotels in the United Arab Emirates tend to focus on creating high-end and luxurious wellness facilities, such as personalized services, private concierge services, personal butlers, and on-site private kitchens. Due to its international nature, luxury hotels place greater emphasis on providing guests with diverse cultural experiences, including local travel experiences, dining, and sightseeing shopping.

How does the Spa service at The Ritz-Carlton, Xi'an reflect a combination of modern and traditional Chinese health philosophies?

By combining modern technology with traditional methods, we actively promote product innovation. Traditional Chinese Medicine (TCM) health preservation is increasingly sought after by people, and the lifestyle, dietary habits, and daily routines of modern urbanites are also promoting the younger and more urbanized development of TCM. Ancient fitness

techniques and Eight Section Brocade are also popular among young people. For example, our spa has specially launched treatments that combine Chinese health massage techniques, as well as innovative thermal therapy that combines chanting bowl therapy, which have been well received and praised by customers.

Are there other types of wellness activities that integrate the concept of wellness into guest experiences to meet the needs of both local and international guests?

We regularly provide guests with fitness, bowl chanting, or healthy cooking courses, and also recommend local organic farm visits in Xi'an to our guests. For parent-child families, we offer kids swimming classes, parent-child yoga, etc.

I love outdoor sports, especially hiking. I often recommend hiking routes to interested guests, especially guests who love outdoor sports and exploration. It's a very personal sharing.

How can wellness concepts be incorporated into dining services?

Very importantly, the selection of ingredients. In addition to the partnership with local organic farms, we also plant potted vegetables in the hotel restaurant, shortening the distance from the previous "farm to table" and achieving "freshly picked and made" in a way which is completely visible to guests. The restaurant's dishes will also be updated according to the season, and the seasonal limited menu mainly features selective ingredients.

Our lobby lounge has launched a Chinese tea selection according to the needs of our guests, catering to business guests who love Chinese tea. We have specifically handpicked a local-sourced pomegranate tea for our guests upon check-in. Drinking it in summer is sweet and sour to relieve heat, while in winter it warms and nourishes the body and mind.

Xi'an is also known as the City of Gastronomy,

and our hotel provides snacks with local characteristics. For example, Shaanxi Pao Mo (Pita bread soaked in mutton soup), a favorite food of Xi'an people, very suitable for eating in winter.

What is your vision for the future of luxury hotels in the wellness domain, particularly at The Ritz-Carlton, Xi'an?

This is a very good trend and I personally think it will inevitably be the definite direction for the future development of luxury hotels. The pursuit of luxury hotels is no longer just about providing guests with a comfortable place to stay. The Ritz Carlton, Xi'an has always wanted to truly become a home away from home for guests in Xi'an, providing them with the warmth and care of returning home.

How do you view the younger generation of guests? What unique requirements do they have for their hotel stays?

Based on my observation, I believe that the new generation or as we call them "Gen Z", is more interested in pursuing personalized experiences. They are very interested in hotels' unique themed rooms, brand collaborations, and even hotels' unique design and art collections. Simultaneously emphasizing social interaction, our lobby lounge and Flair bar are popular places among young people. At the same time, influenced by social media, they love taking photos and sharing them on social media platforms. Therefore, the appearance and display of hotel products is also very important. For example, the pink furry Christmas tree in our lobby lounge this year is very popular among young girls. But we found that the lighting in the lobby lounge was not bright enough, so I specially placed fill lights in the lobby lounge and turn them on when they take photos, so that they can take satisfactory pictures. Posting them on social media is also a great promotion for us.



Hamam and Vitality Pool

新变化和新趋势

位于美国加州的TLEE Spas + Wellness分享2025年康养产业趋势预测，
探讨2025年影响豪华康养产业设计的主要趋势

“自 我关爱正日益成为客户日常生活中的一项优先事项。我们注意到，不论是在日常生活中，还是旅行途中，又或是家庭与工作场所中，人们整合和享受健康体验的方式正在发生重大变化，” TLEE Spas + Wellness的创始人及总裁Tracy Lee说道。“传统的SPA机构业务模式正在演变，越来越需要一种具有适应性的环境，既能优化技术创新，又能促进人际交往，而这正在改变我们对SPA和康养机构整体环境的评判标准。”

该公司日前公布了一些重要见解，这些趋势有三个重点：从重视隐私的理疗室向公共空间的转变，高科技定制模式的兴起，以及对全方位沉浸式护理体验的日益重视。

从理疗室转向公共环境

商业SPA机构正在逐渐从此前盛行的具备隐私的护理体验模式转向公共护理体验模式，以适应不同的用户群体和需求，比如社交活动、团队建设和亲子体验等。

要打造社交性的康养体验，在规划和设计建筑时，应注重打造多用途的空间，以便适应SPA和康养体验不断扩大的范畴。标准营业时间也不再局限于朝九晚七。相

反，SPA机构正在成为派对、特别活动和企业聚会的场所。

一种适合社交的环境，搭配多样化的产品和服务，还有利于发展会籍制项目。这不仅能够扩大客户群，还能为运营商创造额外的高利润收入流。人们渴望能有地方让他们与志同道合的人交流和互动。这一趋势催生了具有鲜明社交色彩的健康俱乐部。例如，卡普蒂瓦岛南海岛度假村的理疗中心专门打造了两个供正念运动和高强度间歇训练使用的团体健身房，而且与一个室外露台相连，后者可以用来举办社交聚会和社区活动。

茂宜岛的威雷亚大酒店也把握这一趋势，首次举办了一场“健康婚礼”，希尔顿集团北美地区SPA与康养产业总监Rachael McCrory也亲自参与。婚礼的各个环节在由TLEE设计的Kilolani理疗中心的不同空间举行。这预示着一种或许将日益兴盛的趋势：越来越多的新婚夫妇想要举办正念康养主题的婚礼，同时希望婚礼场地有利于人际交往。

在多拉多海滩丽思卡尔顿隐世酒店，私人团体可以在下班后占据整个Botánico理疗中心，举行健康主题聚会、浪漫体验和社交

庆祝活动。

这种演变延伸到了豪华住宅领域，因为富裕的业主日益渴望拥有能与先进商业机构相媲美的私人康养环境。这方面的规模和范畴已经超出了蒸汽淋浴和专用理疗室之类相对简单的需求，开始向打造贴合生活方式的全方位康养空间发展。

亲子旅行也是康养产业的一个上升趋势，因为人们越来越希望能拥有意义非凡的沉浸式健康体验，让全家人及朋友一起享受。这种社会变革有利于“去孤岛化”的体验，使之更亲民，更具包容性，创造出家庭两代人甚至三代人可以一起享受的空间，同时也保留了有利于独自思考的安静空间。正如Tracy Lee所说：“我总是鼓励客户放宽对客人的年龄限制。我有一个15岁和一个17岁的孩子。我想带他们一起享受健康体验——不一定是昂贵的护理，而是和他们一起锻炼身体，练习瑜伽，让他们接触到健康活动的美妙之处。”

将个性化高科技融入SPA环境

高科技的应用已经彻底改变了传统的SPA体验。2025年我们将看到更多这方面的进步，以创新解决方案为特色，不但能够让人更好



地进行自我关爱，同时也加强了传统护理方法的效果。

越来越多的客户开始接受以高科技为基础的生物调和模式，可以满足顾客的广泛需求，根据个人的具体情况打造专属的体验。这一趋势恰好解决了技术娴熟的理疗师日益稀缺的问题，尤其是在北美市场。根据世界经济论坛的《2023年未来就业报告》，在需要大量劳动力再培训和提高技能的五大行业中，康养与个人服务领域位列首位。具体而言，42%的受访公司表示，技能差距是健康相关领域业务转型的重大障碍。

高科技解决方案还能满足消费者日益增长的需求，优化身心健康状态，缓解压力，加快训练与活动后的恢复速度，以及让身心重新和谐统一。

“人工智能按摩椅和红外光疗法等创新高科技，满足了不同受众的需求，以行之有效的前瞻性策略，最大限度提高顾客的健康和活力，” TLEE Spas + Wellness 副总裁兼首席运营官 Michael Lahm 解释道。“例如，AMMORTAL 护理室一类的设施结合了红光疗法、分子氢、PEMF 和声音疗法，可针对特定目标提供定制的护理。与理疗师主导的护理相比，此类产品通常更快、更容易获得，对希望按照自己的方式获得健康解决方案的受众也具备吸引力——无论是否需要理疗师来操作。”

SPA 机构越来越多地采用这些技术，不仅是为了满足消费者的需求，也是为了适应劳动力资源有限和存在各种运营难题的现实。AMMORTAL 护理室、AESCAPE 和机器人设备（比如 Massage Betty 和 Fit Betty）等模式，可以稳定、可靠地提供服务，减少对劳动力的需求。这些创新产品通常通过专业运动员推向市场，对“公路勇士”和健康体验



爱好者具有很强的吸引力，尤其可以在会议酒店和机场内进行有针对性的恢复护理。在这些地方，人们对快速、高效的护理服务有很大需求。

TLEE Spas 的客户 Austin Proper 就是创新整合的一个典型例子。该公司最近推出了一套可叠加的高科技模式，为其健康服务拓展出新的维度，既可作为独立的体验，也可与处方式身体按摩等人际接触服务搭配使用。

虽然我们在许多项目中都倾向于采用高科技模式，但具体地点、目标受众和更广泛

的品牌背景都是关键的考虑因素。在我们看来，这些类型的产品最适合城市地区或拥有大量当地受众的度假酒店，高频利用率可以带来可观的投资回报。

沉浸式疗愈之旅

在康养领域逐渐向更亲民、更随性的方向转变的同时，我们也在加倍注重 SPA 体验的仪式感，打造满足多重感官的体验。从我们的角度来看，要产生深刻而积极的转变，全面的健康体验一定离不开人的因素（包括情感和精神层面）。

许多人在日常生活中感到孤独和疏离，因此完全沉浸式的焕新体验对某些客人而言非常重要。

这些个性化的康养体验能够带来深层次的疗愈作用，让客人在安全宁静的空间中展开个人层面的探索，实现蜕变，发现自我。只有结合精心的设计、优雅的款待和融入直觉智慧的真挚关怀，才能真正实现全方位的护理效果。

不忽视细节，也至关重要，因为正是这些细节让人感到特别，觉得有意义。热情周到的接待方式也很重要，能确保客人在每一次互动中都感到关怀和滋养。这种趋势的延伸还体现在功能性音乐的兴起上，在塑造空间的情感和精神氛围方面发挥了作用。

在设计阿斯彭小内尔酒店的新水疗中心时，我们首先考虑到了这一方法。该水疗中心环境独特，由独立的豪华套房组成，配有私人红外线光疗桑拿浴室和 SPA 蒸汽浴室，为客人享受深度精心策划的多维健康体验创造了具有适应性的卓越环境。

我们的灵感来自于“阿斯彭理念”。那是一种全方位生活方式哲学，核心是通过富有活力的活动追求快乐，享受大自然的复原滋养力量，以及和谐融合身心与精神。

他们围绕三种护理途径，提供综合的健康体验：恢复+修复、补充+还原、重置+平衡，针对高海拔环境，为参加活跃探险活动及拥有高效能生活方式的客人提供对应的护理。

这些可以叠加的尖端项目结合了大量的高科技，利用运动医学和生物协调领域的最新进展，结合经典的康养模式，以及技术娴熟的专家精心设计的高人际接触护理，带来超越传统 SPA 服务的体验。

这种向沉浸式体验的转变，更加突显出空间设计的重要性——不仅应促进身体的活力健康，而且要有利于情感和精神的健康。随着越来越多的客人开始寻求此类让人感觉焕然一新的体验，康养机构必须深思熟虑，在打造尖端多感官环境的同时，平衡好客人对舒适、关怀和经典待客体验的需求。



CREATING A New Wellness Industry

Big changes are coming to the world of spa and wellness, TLEE Spas + Wellness has some insights into the future of wellness in 2025

Major changes are taking place in how people experience and integrate wellness into their lifestyles and travel plans, and this is not only being seen in China – it is a global trend that is changing the very nature of our industry.

“The traditional spa business model is evolving, and the demand for adaptable environments that both optimize technology innovations and human connection is transforming how we think about spa and wellness settings,” says Tracy Lee, founder and president of TLEE Spas + Wellness.

TLEE Spas + Wellness is a leading American spa development firm with a design forward, hospitality-driven approach and a new report from the company unveils key insights on major

trends shaping luxury wellness design in 2025. These trends highlight three main focuses: the shift from treatment rooms to communal spaces; the rise of high-tech, customizable modalities; and the growing emphasis on holistic and immersive healing journeys.

A focus shift from treatment rooms to communal environments

Commercial spas are shifting focus from the prevailing model of private treatment experiences to communal healing spaces that accommodate diverse user groups and experiences such as social events, team building activities and multigenerational travel.

To engineer a social wellness journey,



planning and design should embrace multi-use spaces that seamlessly adapt to the expanding boundaries of spa and wellness. Evolving beyond the traditional 9-to-7 business model, wellness is no longer limited to standard operating hours. Instead, spas are becoming venues for parties, special events and corporate offsites.

Establishing a social environment with multi-faceted offerings also creates the ideal foundation for membership programs, which not only foster community building but also create additional high margin revenue streams for operators. People are craving places where they can connect with like-minded people and practices which has given rise to a proliferation of wellness clubs with a distinctly social dimension. For example, the Spa at The



South Seas Island Resort on Captiva Island will include two group fitness studios, geared to mindful movement modalities and high-intensity interval training (HIIT) that connect to an outdoor terrace that will shift gears for social events and communal activations.

The Grand Wailea on Maui harnesses this trend with its first “wellness wedding,” featuring Rachael McCrory, Hilton’s Regional Director of Spa and Wellness, North America. The wedding took place in different venues within Kilolani Spa, TLEE’s latest launch. It heralds a trend that will likely gain momentum, as couples seek out alternative wedding venues that highlight mindfulness and human connection.

At Spa Botánico at Dorado Beach, A Ritz-Carlton Reserve, private groups can take over the entire spa after hours for wellness-focused gatherings, romantic experiences and social celebrations.

This evolution extends into the luxury residential realm, as affluent homeowners increasingly request private wellness environments that rival leading-edge commercial settings. Their size and scale have expanded beyond a steam shower and/or dedicated treatment room into full-scale lifestyle retreats.

Multi-generational travel is also a rising trend in the wellness industry, driven by the increasing desire for immersive and meaningful wellness experiences that extended family and friends can enjoy together. This societal shift provides the opportunity to “de-silo” wellness by making it more accessible and inclusive to the guest proposition, creating spaces guests can enjoy with their children and grandchildren, while still preserving quiet, reflective spaces. As Tracy Lee puts it, “I always encourage clients to loosen up their age restrictions. I have a 15 and 17-year-old, and I want to bring them

along to experience wellness –not necessarily for expensive treatments, but to work out, do yoga with them, and expose them to all the beautiful things wellness has to offer.”

Integrating personalized technology into the spa setting

The integration of technology has revolutionized the traditional spa experience, and 2025 will usher in further advances which feature innovative solutions that enhance self-care while amplifying traditional healing practices.

Clients are increasingly embracing technology-based bio harmonization modalities that cater to a wide range of needs, allowing guests to construct their own experience that is attuned to their individual specificity. This trend dovetails with the growing scarcity of skilled therapists, especially within the North American market. According to the *World Economic Forum’s Future of Jobs 2023 Report*, the wellness and personal services sector ranks in the top five industries requiring significant workforce reskilling and upskilling. Specifically, 42 percent of companies surveyed indicated a skills gap as a critical barrier to business transformation in wellness-related fields.

Technology solutions also respond to the growing consumer demand to optimize their mental and physical performance, alleviate stress, speed recovery from training and active pursuits, and reboot the mind/body connection.

“Technology-driven innovations like AI massage chairs and infrared light therapy meet the needs of a diverse audience who seek proven and proactive strategies to maximize their health and well-being” explains Michael Lahm, vice president and COO of TLEE Spas + Wellness. “For instance, devices like the AMMORTAL chamber, which combines red light therapy,



Willowbrook Spa

molecular hydrogen, PEMF, and sound therapy, deliver customizable treatments that target specific goals. Typically quicker and easier to access than therapist-driven treatments, these offerings also appeal to an audience that want wellness solutions on their own terms, with or without the human element.”

Spas are increasingly adopting these technologies not only to meet consumer demand, but also to adapt to the realities of a limited labor pool and operational challenges. Modalities such as the AMMORTAL chamber, AES-CAPE, and robotic devices like “Massage Betty” and “Fit Betty” offer consistent, reliable services minus the heavy labor factor. Often introduced to the market through professional athletes, these innovations lure road warriors and wellness enthusiasts for targeted recovery treatments within conference hotels and airports, where quick, efficient fixes are in high demand.

A prime example of this integration is Austin Proper, a TLEE Spas client, that recently introduced a private suite of stackable tech-driven modalities to add a new dimension to their wellness offering, utilized as a stand-alone experience or paired with high-touch services like prescriptive bodywork.

While we are leaning into tech modalities on numerous projects, location, target audience and broader brand context are key considerations. From our perspective these types of offerings are best suited to urban locations, or resort properties with a large local audience where robust utilization validates ROI.

Immersive healing journeys

While we celebrate the shift towards more accessible and spontaneous wellness environments, we are also doubling down on the ritualistic aspect of the spa experience that highlights multisensorial journeys with a strong sense of ritual. From our perspective, it is the human factor that helps us tap into the full expression of wellness (including emotional and spiritual dimensions) that create profound shifts and positive change.

Fully immersive and transformative experiences are now pivotal to the needs of certain guests, given the sense of isolation and alienation that many people feel in their everyday.

These personalized retreats offer profound healing journeys, allowing guests to explore personal transformation in a safe and serene space that provide guests with a unique opportunity for self-discovery. Holistic healing comes to fruition through intentional design, gracious hospitality, and authentic personal care incorporating intuitive wisdom.

It's critical not to lose sight of the details that make these experiences feel special and meaningful. Timeless hospitality is essential, ensuring that guests feel nurtured and cared for in every interaction. This trend also extends into the rise of functional music, which plays a role in shaping the emotional and spiritual atmosphere of these transformative spaces.

This approach was front of mind when architecting the vision for the new spa at The Little Nell Aspen, a unique setting consisting

of luxurious self-contained suites, with private infrared halotherapy saunas and hydrotherapy steam rooms that create an inspired and adaptable setting for highly curated and multidimensional wellness experiences.

Our inspiration came from the “Aspen Idea” – a holistic lifestyle philosophy embodying the joy of active pursuits, the rejuvenating effects of nature, and the integration of mind, body, and spirit.

The menu provides an integrated approach to wellness that revolves around three therapeutic pathways: Recover + Repair, Replenish + Restore, and Reset + Rebalance, with targeted remedies for the high-altitude environment, active adventure, and high-performance living.

Incorporating a vast array of technology that leverages the latest advancements in sports medicine and bio-harmonization, in conjunction with timeless wellness modalities and high-touch therapies that are crafted by skilled healing artist – these cutting-edge rituals embody stacked experiences that transcend traditional spa services.

This shift towards immersive journeys reinforces the importance of designing spaces that support not only physical wellness but also emotional and spiritual well-being. As more guests seek out these transformative experiences, wellness facilities must thoughtfully balance the need for cutting-edge, multi-sensory environments with the core principles of comfort, care and timeless hospitality.

关于TLEE水疗康体

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穿越 水利时光之旅

古代水系统如何启发现代水技术。高菲 文

哪里有水，哪里就有生命。文明的历史也是水技术的发展史。为了繁荣，社会必须创造技术来利用水这种至关重要的资源。文明的生命力在于世界不断探索如何储存、运输、净化饮用水，并智能化地处理或回收废水。水是文化与创新的源泉。

文明面临两大水问题：水的过剩与分配不均。在水资源过多的地方，生存法则是保持在水面之上。但同样，如何在水源匮乏的地方生存呢？

就像古代美索不达米亚的肥沃新月地带一样，今天的中东地区同样依赖土耳其山区和北伊拉克的降水。在美索不达米亚这个“两河之间的土地”——底格里斯河和幼发拉底河之间，早期文明利用引水系统进行灌溉。这是灌溉的最初形式，它促进了粮食生产，尤其是谷物，而谷物的发酵成就了苏美尔人的伟大创新——啤酒由此诞生。

作为古代啤酒的爱好者，埃及人也优先考虑了安全的饮用水。在古埃及，人民使用重力过滤器将尼罗河的浑水净化，加入明矾（铝硫酸盐 $Al_2(SO_4)_3$ ）。铝硫酸盐的凝结作用使悬浮颗粒聚集，从而加速过滤，使更多的

水得以净化应用。这是已知的最早的化学水处理技术。

另一种饮用水系统是在古代印度和中国开发的。如古代印度教经文所示，他们利用热量、阳光和铜来净化水。使用布料、沙子和木炭进行过滤，也用于捕捉其他污染物。净化后的水储存在陶土容器中，这使水富含矿物质并增加其碱性，从而提高其生物可利用性。

储水是文明的“储蓄账户”。纳巴泰人通过使用陶罐来限制蒸发，保存水源以灌溉农作物。在土耳其伊斯坦布尔，能够度过干旱时期主要得益于巴西利卡蓄水池这一地



Qingcheng Mount and the Dujiangyan Irrigation System

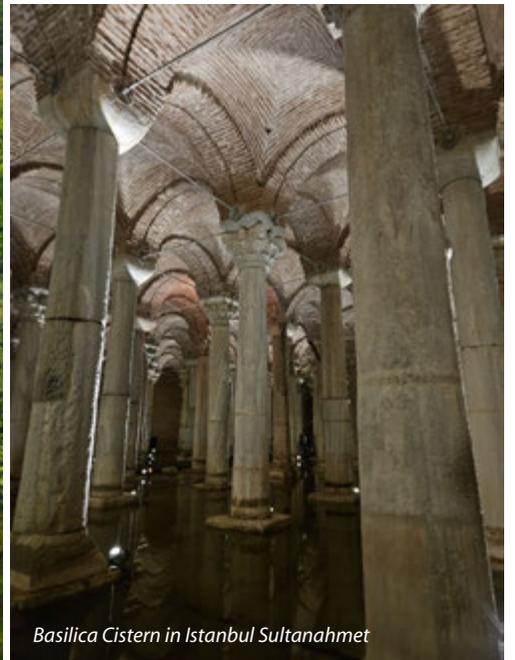
下水道，这是数百个古代蓄水池中最大的一座。在印度北部的拉贾斯坦邦，昌德巴欧里则提供了全年水源。

在干旱的地貌中，水源储存和防洪是密不可分的。约旦现代的贾瓦地区建造的水坝和分流结构证明了这一点。这座由萨巴人建造的马里布水坝，依靠自然排水模式创造了一个人工湖，灌溉了他们的土地。

古代文明通过应用两个基本的水力学原理来建造供水系统：就是“水往低处流”和“水自寻平”。早期的罗马工程师通过庞大的水道系统提供水源。他们使用倒置虹吸管，这是一种通过管道创造压力流的水力结

构，可以克服重力，跨越山谷运输水源。一个高效的供水系统意味着一个文明可以减少在运输水源上的时间和精力，从而让文明得以发展和变得更为复杂。

更高效的供水系统意味着一个文明可以获得更多的能量。在山区地貌中，这意味着可以减缓水流，减少其侵蚀力量，并将其收集用于灌溉。梯田创造了长而复杂的地下水流路径，让作物的根系有机会在干旱的山区吸收水分。大约3000年前，黎巴嫩的原住民为了灌溉著名的雪松森林，将梯田划分为小而浅的水池。古代中国人和南美的印加人也以类似的方式开垦山地农田。今天，突尼斯



Basilica Cistern in Istanbul Sultanahmet

的“Djessure”灌溉技术仍然广泛应用，橄榄和其他树种能在年降水量低于250毫米的地区生长。

世界上也有许多大城市面临的是相反的问题：水太多。当有过多水源时，主要有两种选择：绕开水源或让水源绕过你。玻利维亚上亚马逊盆地的贝尼沼泽地区的古代居民，通过建造土堆和堤道来避开洪水灾害。由陶器碎片和木炭堆砌的堤岸，创造了在洪泛区中保持生命的绿洲。贝尼的人民们就像是生态工程师，是他们的智慧和努力促进了今天在该地区生长的森林。

一旦一个文明拥有足够的水源，它就必须学会如何排水。罗马工程的另一个见证就是克洛阿卡·马克西马(Cloaca Maxima)。这座始建于2600年前的水道是世界上最古老且最可靠的排污系统之一，至今仍在在使用。这个半人工的排水系统通过封闭、开渠和扩大自然水流的方式建造，后来在伦敦、美国纽约布法罗等城市得到了发展。排水系统保护了人们免受疾病侵害，保持文明的健康。

19世纪中叶的英格兰就是一个典型的例子。在1854年伦敦的霍乱流行期间，英国科学家约翰·斯诺确定了引发霍乱疫情的源头是污染的水泵，这为水消毒奠定了基础，随后氯气在19世纪末首次被用于对抗伤寒、霍乱和其他水源传播的病原体。

而今天，距斯诺博士在空间流行病学领域的开创性工作已150年，废水监测正在帮助预测并预防冠状病毒的爆发。Idrica的GoAigua废水监测平台利用GIS和人工智能/机器学习跟踪欧洲和美国的COVID-19病例。巴黎的Eau de Paris通过检测污水中的SARS-CoV-2浓度变化，成功与首都地区的COVID-19传播曲线相匹配。类似的研究还有，亚利桑那大学通过对宿舍的污水样本进



行分析，发现了SARS-CoV-2 RNA。由于冠状病毒在该宿舍污水中被早起检测到，学校随即对所有311名学生进行了检测，迅速发现了两名无症状感染者并将其隔离，避免了对其他人进行不必要的严格封锁和实施其他措施。

避免不必要的干扰是维持文明运转的关键。许多古代水技术今天仍然可以成为解决世界水资源问题的催化剂。它们可以帮助为像秘鲁利马这样的日益扩张的特大城市提供水。利马是世界上第二大位于沙漠中的城市，仅次于埃及的开罗。利马大都市区人口超过1000万，但只有十分之一的人口能够获得饮用水。到2030年，水资源的需求预计将超过供水量，导致大多数利马市民面临饮水困难。因此，Aquafondo正在恢复数公里的

阿穆纳 (amunas) 系统，这是一种古代印加的水收集与输送系统。与印度拉贾斯坦邦的Chand Baori阶梯井及水收集系统类似，阿穆纳系统在干旱季节为当地提供水源，同时保护山地土壤。因此，秘鲁政府正在投资2400万美元用于自然基础设施建设。

尽管位于安第斯山脉的古代水系统具有历史意义，但它们无法为像利马这样的现代大都市提供足够的饮用水。这就是为什么将现代工程技术与古代智慧及基于自然的解决方案相结合的混合方法越来越受到青睐的原因。在美国，美国陆军工程兵团的“与自然共建工程”倡议就研究了红树林和由疏浚沉积物建成的岛屿，如何保护海岸线免受飓风和台风的侵袭。纽约市的供水系统基于古老的原则建造是与自然共建工程的典范。

这个供水系统为九百万人提供水，通过水道和隧道将水从最多200公里外的地方输送到城市。更为令人印象深刻的是，这些水如此纯净，以至于只有10%的水需要经过过滤。围绕纽约市水库的天然森林生态系统能自然地过滤水源，保持水质纯净。结合智能水技术，如监控水质的机器人浮标和计算模型，纽约市的供水系统能够稳定地为九百万市民提供水源。为了确保纽约的水源安全饮用，需要通过全球最大的紫外线杀菌照射厂来处理水源，这个设施每天能够消毒超过80亿升水。紫外线照射，当然也是太阳自然提供的服务。太阳能消毒(SODIS)也是一种可靠的水消毒方法，数千年前的古印度经典和世界卫生组织都推荐使用这种方法。

这些古代的阿育吠陀经典还建议将水存储在铜和陶器容器中。铜仍然是一种实用的饮用水净化方法，对于许多发展中国家的人们来说，它依然是非常重要的工具。天然的铜(I)氧化物(Cu_2O)通过从细菌细胞壁和膜中夺取电子，抑制负责能量生产和DNA复制的细胞内过程。最近的研究甚至表明，铜和 Cu_2O 可以去除水中的病毒和噬菌体，这种青铜时代的技术解决了现代水源中的问题。

许多现代水技术的功能与古代技术非常相似。例如，粘土制成的陶器天然地与储存其中的水发生离子交换。离子交换是一种通过电荷吸附正离子(阳离子)和负离子(阴离子)到粘土颗粒表面的过程。这种吸附，即与物质表面结合的特性，也体现在碳和现代离子交换树脂中。如今，活性炭和离子交换树脂取代了古代的炭过滤功能，用于净化水源。更重要的是，离子交换树脂可以有选择性地吸附特定污染物，包括新型和不断出现



Oval Fountain in Villa Este of Tivoli



Exteriors of Villa d'Este in Tivoli

的污染物，使其成为一种灵活且可扩展的水净化工具。

与复杂的离子交换树脂相比，粘土陶罐还有减少蒸发和将灌溉用水精准输送到需要之处的优点。类似于纳巴泰人的陶罐灌溉，朴素的洒水袋和现代滴灌系统是节约用水的低技术方式。尽管人工智能可以优化这些系统，但正如“车轮”这项发明一样，有时原始创新难以超越。

保持文明的持续运行需要避免水资源中断。古代水技术可以成为解决当今全球水问题的催化剂。

即使在古代文明也会通过数据收集来管理其水资源系统。河流流量数据的收集和时间测量是最早的智能水技术形式。古代人民的歌谣、舞蹈和仪式艺术和一些祭祀行为可能是水资源记录的第一种形式。在澳大利亚，“歌线”（Songlines）被当地土著居民用于记录至关重要的地理空间水资源数据，这些数据对他们的生存至关重要。通过将仪式作为记忆辅助工具，并使用星图作为地标导航，原住民能够在数千公里范围内可靠地找到水源。

通过这种已有4万年历史的技术，他们甚至能够记录澳大利亚约1.3万年前的海平面上升。这些故事在没有书写工具的情况下，仅靠人类大脑和自然景观保持了超过400代的高保真数据记录。

瓦尔达曼人的口述传统包含一年周期的“梦境故事”（Dreaming Stories），这些故事围绕着一年中南十字星的位置展开。这个年度循环为预测不同时间的天气模式和水资源可用性奠定了基础。在文明社会中，制定日历是管理水资源以满足农业需求和支持专

业劳动力分工的必要条件。从巴比伦文献中我们得知，苏美尔天文学家通过观察天空制定了日历，用于预测水资源的可用性。通过这一日历，他们大致能够推算底格里斯河和幼发拉底河何时会发生洪水。这一信息帮助农民为洪水做准备并种植庄稼，稳定了苏美尔文明，使其延续了数千年。在澳大利亚原住民的“歌线”（Songlines）之后，苏美尔日历结合对底格里斯河和幼发拉底河水位的观察，或许是第二早的基于预测分析的水资源可用性建模实例。

测量河流水位的仪器可能是智能水技术领域的下一项重大创新。各种形式的尼罗水计（Nilometer）不仅仅是描述尼罗河水位状况的工具，还成为预测这一伟大河流水位经济影响的工具。如果尼罗河的年度洪水量低于理想水平，饥荒可能随之而来；如果洪水过大，基础设施则可能被冲毁。在任何一种情况下，这种测量都是预测和应对灾害的早期尝试之一。隐藏在古埃及神职人员神秘面纱下的，是那句古老的格言：未雨绸缪（Be Prepared）。

后来欧洲对河流水位的测量也毫不例外地讲述了类似的“丰年与饥年”故事。中欧的“饥饿石”（Hunger Stones）被放置在干涸的河床中，以提醒人们注意饥荒的风险，一旦水位降低露出饥饿石，则是如同敲响了警钟一般，要引起高度注意。在捷克共和国易北河发现的一块饥饿石上刻着“Wenn du mich siehst, dann weine.”意为“当你看到我时，请哭泣”。这些石头标志着欧洲河流显著的低水位，预示着庄稼歉收、饥荒和灾难。真实的数据和准确的解读无论在过去还是现在都关乎生存。这是我们

现在全球的所有领导者，尤其是当今时代，应该听取的一个重要信息。

自尼罗水计、饥饿石、日历和歌线（songlines）以来，我们在准确预测水资源可用性方面取得了巨大进步。美国地质调查局（USGS）在过去长达125年多里收集了美国河流的相关数据，从26,000个流量测量点记录了近2.5亿条观测数据。这种高分辨率的数据收集能力覆盖了数千公里，帮助美国人预测、应对和缓解水资源压力。如今的数字水技术代表着这一系统的进一步优化，以超本地化和超高分辨率的形式呈现。令人惊叹的是，我们现在可以将一座建筑视为集水区，这得益于我们的祖先讲述的那些关于如何通过星辰找到沙漠中水源的神圣故事。

今天，帮助我们在“沙漠中找到水”的关键在于我们对水的叙述——这是人类最早也是最具影响力的“技术”之一。追溯到文明的开端，一切始于我们讲述的关于水的故事：我们如何与水共存共生，如何使用和分享水资源。

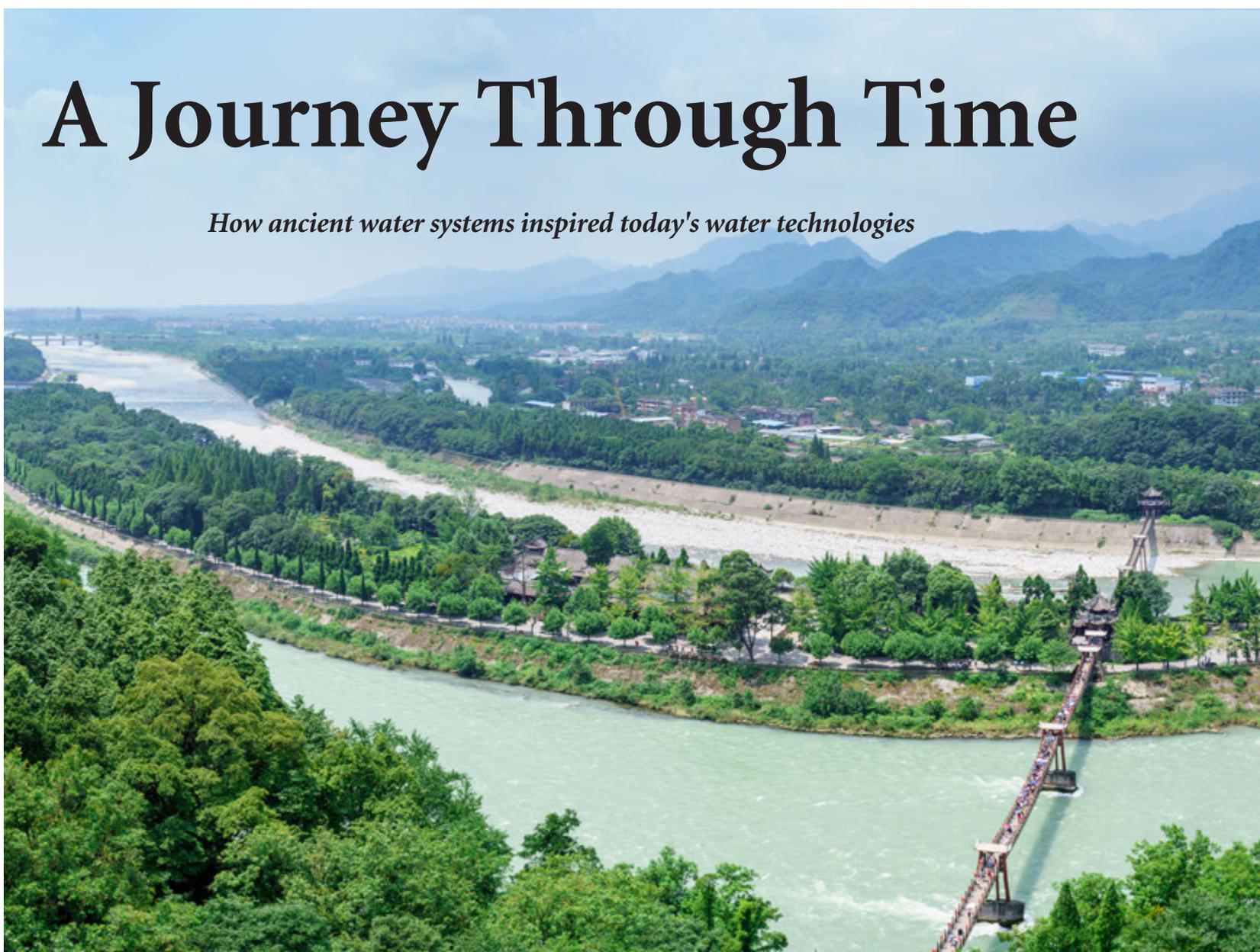
循环经济的核心就在于整合外部性，尤其是对水资源的再利用，实现闭环管理。蓝色经济则通过循环管理水资源创造价值，节省时间、精力和资源。而经济本质上是一种我们关于如何共享、如何生活和如何协作的叙述。

就像澳大利亚的原住民一样，我们的故事描绘了我们的世界，并告诉我们如何生存下去。最早的水技术正是这些叙述的体现，为现代和未来可持续水资源管理提供了社会、经济和生态的基础。

那么，我们是否倾听了这些古老故事中传递的智慧呢？

A Journey Through Time

How ancient water systems inspired today's water technologies



Where there is water, there is life. The history of civilization is the history of water technologies. To thrive, society must engineer technologies to harness the essential resource: water. The life of civilization flows as the world explores ways to store, transport, and purify drinking water and smartly eliminate or recycle wastewater. Water is the fountainhead of culture and innovation.

Civilizations face two main water problems: abundance and distribution. Where there is too much water, the rule of survival is to stay above. But also, how do you survive when and where there is too little water?

Like in the ancient Fertile Crescent, the Middle East is watered by rain falling in Turkey's mountains and northern Iraq. In Mesopotamia, the "land between two rivers," the Tigris and

the Euphrates, early civilizations capitalized on a gravity-fed system of irrigation canals. That was the first form of irrigation. It boosted food production, especially grain, which fermented a Sumerian innovation – beer.

As ancient fans of beer, the Egyptians also prioritized safe drinking water. In Khem, people used a gravity filter to purify muddy water drawn from the Nile with alum. The coagulating effect of aluminum sulfate, $Al_2(SO_4)_3$, causes suspended particles to clump. This speeds up filtration, making more water available. It is the first known chemical water treatment.

Another drinking water system was developed in ancient India and China. As ancient Hindu texts indicate, they used heat, sunlight, and copper to purify water. Filtration using cloth, sand, and charcoal was also used to capture other contaminants. Purified water was then stored in earthen vessels. This enriched

it with minerals and increases its alkalinity, improving its bioavailability.

Storing water is the "savings account" for civilization. The Nabateans saved water by using clay pots to limit evaporation when watering crops. Surviving dry times was possible in Istanbul, Turkey, mainly because of the Cisterna Basilica, the largest of several hundred ancient cisterns. In Rajasthan, Northern India, Chand Baori provided water throughout the year.

In arid landscapes, water storage and flood protection go together. Dams and diversion structures built nearly 6,000 years ago at Jawa, in modern Jordan, prove this. The Ma'rib Dam, built by the Sabaean in Yemen, relied on natural drainage patterns to create an artificial lake, watering crops in their domain.

Ancient civilizations constructed water supply systems by applying two basic hydraulic principles – "water flows downhill" and "water



finds its own level.” Early Roman engineers supplied water through extensive hydraulic aqueduct systems. They used the inverted siphon, a hydraulic structure that creates a pressurized flow in a pipe, to overcome gravity and transport water across valleys. An efficient delivery system means that a civilization spends less time and energy transporting water, letting it grow and become more complex.

A more-effective water system means more free energy for a civilization. In mountainous landscapes, this means slowing water down, reducing its erosive power, and capturing it for irrigation. Terracing creates long, complex groundwater flow paths, giving crops’ root systems a chance to absorb water in dry mountain landscapes. In Lebanon nearly 3000 years ago, the people divided the terraced fields into small, shallow basins to irrigate the famous cedar forests for this reason. The

ancient Chinese and Inca, in South America, similarly terraced their mountain fields. Today, the “Djessure” irrigation technique in Tunisia is still widely used, allowing olive and other tree species to grow in areas where it rains less than 250 mm per year.

Many of the great cities of the world suffer from the opposite problem: too much water. When and where there is too much water, there are two main choices: work around the water or make the water work around you. The ancient inhabitants of the Beni savannah in the Upper Amazon basin in Bolivia built mounds and causeways to avert disaster by working around floods. Banks composed of earthenware fragments and charcoal were created as fertile green islands sustaining pockets of life in the floodplain matrix. As ecological engineers, the people of the Beni fostered the growth of the forest found there today.

Once a civilization has enough water, it has to learn how to get rid of it. Another testament to the genius of Roman engineering is the Cloaca Maxima. Began 2,600 years ago, it is one of the world’s most ancient and reliable sewage systems, operating to this day. This semi-artificial sewer, created by enclosing, canalizing, and augmenting natural streams, was later emulated in London, Buffalo, New York, and other cities in the 19th century. Sewer systems protect a population from disease, keeping a civilization healthy. A prime example comes from mid-19th century England. During a cholera epidemic in London, in 1854, British scientist John Snow determined that a water pump contaminated by raw, cholera-bearing sewage was the source of the epidemic. This paved the way for water disinfection when chlorine was first used in the late 19th century to combat typhus, cholera, and other water-borne pathogens.



The Dujiang Dam landscape



Dujiangyan

Today, 150 years after Dr Snow's work in spatial epidemiology, wastewater surveillance helps predict and forestall coronavirus outbreaks. Idrica's GoAigua, a waste water surveillance platform, uses GIS and AI/machine learning to track COVID-19 in Europe and the U.S.

Sampling sewage allowed Eau de Paris to detect a change in the concentration of SARS-CoV-2 corresponding to the COVID-19 curve in the capital region. Using a similar approach, the University of Arizona was able to detect SARS-CoV-2 RNA in waste water from a dorm. Early detection of coronavirus in sewage flowing from that dorm led the university to test all 311 students living there. Two asymptomatic individuals were quickly identified and quarantined, preventing unnecessarily harsh and disruptive measures, like lockdowns.

Avoiding unnecessary disruptions keeps civilization humming. Many ancient water technologies could be catalysts for solving the world's water problems today. They could help deliver water to growing megacities, like Lima, Peru. With over 10 million people in its metro region, Lima is the second-largest city in a desert, exceeded only by Cairo, Egypt. Only 1 in 10 people living in Lima have access to potable water. By 2030, water demand is likely to outstrip supply there, leaving most people in Lima thirsty. That is why Aquafondo is restoring kilometres of amunas, a type of ancient, pre-Incan water collection and delivery system.

Like Rajasthan's Chand Baori stepwell and water collection system, amunas provide water during the dry season and protect mountain soils. That's why the Peruvian government is investing \$24 million in natural infrastructure.

But ancient water systems high in the Andes cannot deliver enough drinking water for a modern megacity like Lima. That's why hybrid approaches combining modern engineering with ancient wisdom and nature-based solutions are increasingly popular. In the United States, the U.S. Army Corps of Engineers' Engineering with Nature initiative has investigated how mangroves and islands built from dredged sediment can protect coastlines from hurricanes and typhoons. Built using ancient principles, New York City's water supply system is a prime example of engineering with nature. Serving nine million people, the city's water is delivered by aqueducts and tunnels from up to 200 km away. Even more impressive, this water is so pure that only 10% requires filtration. Natural forest ecosystems surrounding NYC's reservoirs filter water naturally, keeping it pristine. Combined with smart water technologies, like robotic buoys monitoring water quality and computational models, NYC's system reliably delivers water to nine million people. All it takes to make New York's water safe to drink is treating it in the world's largest ultraviolet germicidal irradiation plant, capable of disinfecting over eight billion litres of water each day. Ultraviolet irradiation is, of course,

also a service naturally provided by the sun. Solar water disinfection, or SODIS, is also a reliable way to disinfect water, as recommended by ancient Hindu texts and the World Health Organization, thousands of years apart.

These Ayurvedic texts also recommended storing water in copper and earthen vessels. Copper is still a practical point-of-use method for purifying drinking water. It remains an especially important tool for many people in the developing world. Natural copper (I) oxide (Cu₂O) steals electrons from bacterial cell walls and membranes and inhibits intracellular processes responsible for energy production and DNA replication. Recent research has even shown that copper and Cu₂O can remove viruses and bacteriophages from drinking water, solving a modern problem with a bronze age technology.

Other modern water technologies also function much like ancient ones. Earthen vessels made of clay naturally exchange ions with the water stored in them. Ion exchange is a process by which minerals and nutrients with an electric charge, positive cations, and negative anions bind to clay particles. This absorption, binding to the surface of a substance, is also a characteristic of carbon and modern ion-exchange resins. Today activated carbon and ion exchange resins perform the water purifying function of earthenware, replacing ancient charcoal filtration. Even more importantly, ion-exchange resins can selectively bind specific

contaminants, including novel and emerging contaminants. This makes them a flexible and scalable tool for water purification.

Far less complicated than ion-exchange resins, clay pots also have the advantage of limiting evaporation and delivering irrigation water where it is needed. Like the Nabataeans' water pot irrigation, the humble watering bag and modern drip irrigation systems are a low-tech way of saving water. AI could optimize this but, just like the wheel, sometimes the original innovation is hard to improve on.

Avoiding disruptions keeps civilization humming. Ancient water technologies can be catalysts for solving the world's water problems today.

Even ancient civilizations collected data to manage their water systems. Flow data collection and time measurement is the earliest form of smart water technology. Song, dance, and ritual art was likely the first form of record-keeping for water. Songlines in Australia were used by the locals to record geospatial water data essential to their survival. With ritual acting as a mnemonic device and by using star maps as a guide to the landscape, the aborigines navigated reliably across thousands of kilometres. Using this 40,000-year-old technique, they could reliably find water in the desert. There are even stories that accurately record the sea level rise observed in Australia approximately 13,000 years ago, preserving high-fidelity data using only the human mind and natural features for over 400 generations.

The Wardaman people's oral tradition

incorporates an annual cycle of "dreaming stories" oriented to the Southern Cross throughout the year. The yearly cycle is the basis for predicting weather patterns and water availability at different times. Having a calendar is necessary for managing water in civilization to provide for agriculture and specialized labour. What we know from Babylonian sources is that Sumerian astronomers observed the sky to develop a calendar to predict water availability. Using this calendar, they could determine approximately when the Tigris and Euphrates could be expected to flood. This information allowed farmers to prepare for flooding and plant crops, stabilizing Sumerian civilization and allowing it to persist for millennia. After the Australian aborigines' songlines, the Sumerian calendar coupled with observations of the Tigris and Euphrates' flow stage may be the second earliest example of predictive analytics for modelling water availability.

Instruments measuring a river's flow stage were likely among the next significant innovations in smart water technology. In its various forms, the Nilometer was not just an instrument for describing the state of the Nile; it became a tool for predicting the economic implications of the great river's level. If the annual flood of the Nile was less than ideal, famine would likely ensue. If it were excessive, infrastructure would be washed away. In either case, this measurement was an early example of an attempt to predict and prepare for disaster. Hidden behind the mystique of the ancient Egyptian priesthood was the age-old adage: Be Prepared.

Later measurements of a river's stage in Europe told a similar story of feast-or-famine. The Hunger Stones of central Europe were set in dry riverbeds as reminders of famine. One found in the Elbe river in the Czech Republic is inscribed "Wenn du mich siehst, dann weine." meaning "When you see me, weep." These stones marked significantly lower water levels in European rivers, portending failed crops, starvation, and disaster. True data and accurate interpretation mean survival now, as in the past. A message that all leaders should hear, especially in times like today.

Some modern water technologies function like ancient ones. Clay earthen vessels naturally exchange ions with the water stored in them.

Since Nilometers, hunger stones, calendars, and songlines, we have made tremendous progress towards accurately predicting water availability. For over 125 years, the United States Geological Survey (USGS) has collected data on rivers in the US, collecting almost 250 million observations from 26,000 stream gauges. This high-resolution data collection capacity deployed across thousands of kilometres allows Americans to anticipate, predict, and sustain water stress. Digital water technologies today represent a refinement of this system scaled to ultra-local, ultra-high resolutions. It is truly amazing to think that we can now see a building as a watershed because our ancestors told sacred stories about how the stars would help us find water in the desert.

What will help us find "water in the desert" today? One of the earliest and most-influential technologies that we developed was the story. Going back to the beginnings of civilization, it starts with the stories we tell about water. How we live and work with it. How we share it. The circular economy is really about integrating externalities and closing the loop, especially for water. In the blue economy, value is created by managing water cyclically to save time, effort, and energy. And the economy is fundamentally a story we tell ourselves about how to share, live, and work together. Like the Australian aborigines, it is our stories that map our world and tell us how to survive. Our first water technologies are reflections of these stories. They provide the social, economic, and ecological foundation for sustainable water management now and in the future.

The question is, do we hear what those stories are telling us today?



意大利蒂沃利 TIVOLI

罗马附近的水景天堂

A Water Lover's Paradise Just Outside Rome



Fountain in the Park of Villa d'Este in Tivoli



Tivoli Waterfall



Water Gushing From A Stone Fountain's Mouth Surrounded By Ferns In Villa D'Este In Tivoli



Hadrian's Villa at the Canopus

蒂

沃利位于罗马东部，是两处联合国教科文组织世界遗产地的所在地：哈德良别墅和埃斯特别墅，这两个地方以其壮观的水景而闻名。这个风景如画的小镇为喜欢独特水景和工程奇迹的游客提供了一次难忘的短途旅行。

罗马皇帝哈德良将他的别墅建在蒂沃利，作为远离皇宫的度假胜地。别墅占地7平方英里，拥有精心设计的水景，包括泳池、浴池和喷泉，所有这些都由重力和流动水源驱动。哈德良从他旅行过的地方汲取灵感，将别墅设计融合了希腊和埃及的建筑元素，创造了一座至今仍令人印象深刻的工程和设计杰作。

时光快进到16世纪，伊波利托·埃斯特枢机将一座古老的修道院改造成了宏伟的宫殿和花园。这座庄园的瑰宝就是它的12英亩文艺复兴风格的花园，因其60个瀑布和500座喷泉而闻名。值得一提的是，这些喷泉都没有现代泵浦，而是仅靠重力和来自附近阿尼耶内河的水流驱动。花园以其令人叹为观止的水景，被认为是世界上最美丽的花园之一。

蒂沃利独特的地理位置位于阿尼耶内河沿岸，使其长期以来成为水景爱好者的理想之地。这个古老的小镇提供了许多机会来探索其历史建筑和自然美景。蒂沃利的美丽景色、凉爽气候和丰富水源，使其成为水景爱好者的理想目的地。

对于任何在罗马逗留的人来说，蒂沃利一日游是不可错过的，尤其是对于那些欣赏水景工程艺术和美丽瀑布、喷泉的游客。

Tivoli, located just east of Rome, is home to two UNESCO World Heritage sites: Hadrian's Villa and Villa d'Este, both renowned for their stunning water features. This picturesque town offers an unforgettable day trip, especially for those passionate about unique water landscapes and engineering marvels.

Emperor Hadrian built his expansive villa in Tivoli as a retreat from the Roman palace. The villa spanned 7 square miles and featured elaborate water features, including pools, baths, and fountains, all powered by gravity and running water. Inspired by his travels, Hadrian designed the villa with architectural elements reflecting Greece and Egypt, creating a masterpiece of engineering and design that still impresses visitors today.

Fast forward to the 16th century, when Cardinal Ippolito d'Este transformed an old

convent into a grand palace and gardens. The crown jewel of this estate is its 12-acre Renaissance-style garden, renowned for its 60 waterfalls and 500 fountains. What's remarkable is that all the fountains operate without modern pumps – powered solely by gravity and the flow of water from the nearby Aniene River. The gardens, with their stunning water displays, are considered some of the most beautiful in the world.

Tivoli's unique location along the Aniene River has long made it a favorite for water features. The ancient town offers plenty of opportunities to explore its historic architecture and natural beauty. The town's stunning views, cool temperatures, and proximity to water make it an ideal destination for water enthusiasts.

For anyone staying in Rome, a day trip to Tivoli is a must for those who appreciate the art of water engineering and the beauty of cascading fountains and serene water features.

都江堰 DUJIANGYAN

中国古代水利工程的旷世杰作

A Timeless Masterpiece of Ancient Chinese Water Engineering



Landscape of winter in Dujiangyan Irrigation System

都江堰，位于四川省成都平原，这一具有超过2000年历史的水利工程，是中国古代最伟大的工程之一，也是中国古代文明辉煌的象征。

都江堰建于秦朝（大约公元前256年），由政治家和工程师李冰领导修建，旨在调控岷江水流、预防洪水，并为成都平原的灌溉提供水源。与现代大坝通常阻挡或改变河流的方向的建筑目的不同，都江堰是一个高度精密的水利系统，它通过先进的工程技术使河流保持自然流向，同时实现对水流的有效控制。

都江堰系统由三个主要部分组成：鱼嘴（引导水流的分水口）、飞沙堰（分离水流与泥沙的拦水坝）和宝瓶口（根据季节性需要可以自由调节水流的渠道）。这些创新确保了这片土地不仅肥沃，而且免受长期困扰于该地区的洪水灾害。

在中国古代历史中，水利控制不仅仅是农业的需求，它更是统治者合法性的重要象征，是维系帝国生存与发展的关键。古代的“天命”思想认为，天命赋予了皇帝治理天下的权力。然而，如果一个朝代未能有效管理自然资源，尤其是水源，发生洪水等灾难时，人们就会视为天命已撤回，统治者失去了天命，这可能导致权力丧失、民众反叛甚至朝代覆灭。

因此，水利工程不仅仅是技术成就，更是一个朝代强大与否的象征，水利控制在中国历朝历代中的重要性都是无以伦比的。都江堰和其他类似水利工程的成功，证明了王朝能够与自然和谐相处，确保人民的生存和繁荣，因为它使得成都平原成为中国最富饶的农业区之一。数千年来，它不仅是一个关键的水利工具，也是可持续资源管理的重要象征，对维持国家的稳定至关重要。

都江堰的影响远不止于工程，它还启发了无数代的工程师、学者和政治领袖。都江堰的成功提醒我们：在一个自然力量可以创造或摧毁的世界里，如何与自然和谐共存。



Dujiangyan

Dujiangyan, located in the Chengdu Plain of Sichuan Province, is one of the greatest engineering marvels of ancient China, with a history spanning over 2,000 years. It is not only a symbol of ancient Chinese civilization's brilliance but also one of China's most significant engineering achievements.

Built during the Qin Dynasty (around 256 BCE) under the leadership of the politician and engineer Li Bing, Dujiangyan was designed to control the flow of the Min River, prevent flooding, and provide water for irrigation in the Chengdu Plain. Unlike modern dams that typically block or alter the direction of rivers, Dujiangyan is a highly sophisticated water management system that uses advanced engineering techniques to maintain the river's natural flow while effectively controlling the water.

The Dujiangyan system consists of three main components: the Fish Mouth (a water-diverting structure), the Flying Sand Weir (a dam that separates water from silt), and the Bottle-Neck Channel (a channel that can freely regulate water flow depending on seasonal needs). These innovations ensured that the land remained fertile and free from the frequent floods that once plagued the region.

In ancient Chinese history, water control was not only a necessity for agriculture but also

a key symbol of a ruler's legitimacy and the survival of an empire. The ancient belief of "the Mandate of Heaven" held that the emperor was granted the right to govern all under heaven. However, if a dynasty failed to manage natural resources effectively, especially water, and disasters like floods occurred, it was seen as the loss of the Mandate of Heaven, leading to the fall of the dynasty and rebellion by the people.

Therefore, water management was not only a technical achievement but also a symbol of a dynasty's strength. The importance of water control throughout Chinese dynasties is unparalleled. The success of Dujiangyan and similar water engineering projects proved that people could coexist harmoniously with nature and helped transform the Chengdu Plain into one of the most fertile agricultural regions in China. Ever since, it has been a crucial water management tool and a vital symbol of sustainable resource management, playing an essential role in maintaining the nation's stability.

The influence of Dujiangyan extends beyond its engineering. It has inspired countless generations of engineers, scholars, and political leaders. The success of Dujiangyan reminds us how to live in harmony with nature in a world where natural forces can either create or destroy.



古老的梯田

人与自然和谐共生的象征

Mountain Hills Valley in Vietnam

梯田，作为亚洲许多地区的标志性景观，在中国分布尤为广泛。这些景象如画的梯田不仅视觉上令人叹为观止，而且是古代中国农业智慧的杰出代表，展示了古代中国在高效利用水资源种植稻米方面的非凡智慧。

中国的水稻种植历史超过6000年，梯田在唐宋时期(618-1279年)成为农业景观的重要组成部分，特别是在那些平地稀缺的山区。由于水稻需要大量水分，农民面临的挑战是如何在这些丘陵和有时干旱的环境中保证充足且可持续的水源。最终，解决方案是建设梯田，使水源可以在这些斜坡上得以合理调配。

在中国古代梯田的建设中，第一步是寻找水源，这一步至关重要。农民通常会选择靠近山脉的溪流、河流、泉水或降水量丰富的地区作为水源。在这些地方，自然的水流和水源条件较好，便于引流和蓄水。找到一个稳定且可持续的水源是确保梯田长期运作的关键。

一旦确定了水源，下一步就是开始开凿梯田。古代农民依靠着简单的工具，如铲

子、锄头和镐等，手工一点点地将山坡改造成为可以耕种的平地。他们通常会选择山坡较陡的地方，因为这些地方通过梯田的设计能够有效地控制水流，并利用重力分配水源。

开凿梯田的过程可以说是对土地的精雕细琢。为了让土地平整并适应水的流动，农民会根据山坡的形态逐步“削”去部分坡度，形成一个个台阶状的地面，每个台阶上都设有一道小型的石坝或土堤，用以隔开水流，防止水流过快流失。

在开凿的过程中，首先要确定每一层梯田的宽度和深度，确保它们能够容纳足够的水源和泥土。在每个梯田的前沿，会修建一道小型的水坝，这些水坝通常由石块、土堤或木材等材料构成。水流从上方的梯田流入下方的梯田，而每一道水坝则控制水的流量，确保每一块梯田都能得到适量的水。

随着梯田逐层开凿，整个过程也就逐步进入了细致的水利调控阶段。梯田的设计不仅要考虑水的流动，还要考虑土地的排水性和土壤的肥力。由于每一层梯田都处于不同的高度，水从上至下流动时，农民巧妙地利用重力来管理水流，确保水的分配得当，避

免水流过快或过慢而影响农田的灌溉。

整个开凿的过程充满智慧与技巧，尤其是在没有现代机械工具的情况下，农民能够依靠经验、耐心和对自然的观察，逐步将原本荒凉的山坡变成一片生机勃勃的农田。这不仅是对土地的开发，也是一种对自然的尊重和适应。通过合理的水源管理和精准的梯田规划，农民为稻米的生长创造了最理想的条件，也为后代留下了宝贵的水利工程遗产。这种水利智慧的成功体现了中国古代农民如何利用有限的自然资源，创造性地解决生产需求。

梯田成功的关键在于水的巧妙利用。水从最上层的梯田流向下面的梯田，形成自然的灌溉系统。古代农民还懂得水质管理。当水在不同梯田之间流动时，它会清洁水源，从而减少有害物质的积累，也为农作物提供了养分。这些梯田中的水利管理不仅仅是为了储水与分配水源，它还包括如何利用自然规律保持系统的平衡。

农民还善于利用重力从高处的梯田将水引流至低处的梯田，这意味着他们不需要水泵或机械系统，一切由自然力量驱动。系统

的巧妙之处在于它的简单和可持续性，通过水流的自然规律和地形来形成一个自给自足的循环。

除了灌溉，农民还将鱼类引入田间。在这些灌溉的水田里养鱼，有助于控制害虫和杂草，它们的排泄物也为稻米提供了额外的养分。这种综合农业方法不仅环保，而且通过减少化学肥料的使用，增加了产量。

梯田之美不仅在于其令人叹为观止的景观，更在于它们展示了古代农民与自然之间的和谐。中国古代农民以对土地、水源和环境的深刻理解，建造了这些梯田，创造了一个可持续的系统，使稻米能够在最具挑战性的地形中生长。通过利用水流的自然力量，他们最大限度地减少了浪费，并确保了作物的丰收，从而保障了粮食安全。

此外，梯田还承载着社会和谐的象征意义。修建和维护梯田需要社区成员们集体的共同努力，这促进了合作和共同责任的精神。梯田成为了韧性、适应性和可持续生活的象征，这些价值观千百年来一直延续至今。

今天，中国的梯田依然是文化和农业的珍宝。在广西的龙脊梯田、云南的元阳梯田等地，这些梯田继续发挥着重要作用。但由于梯田农作物的收割都要靠人工来进行，现代社会已经很少有手工作业了，因此梯田的利用也大大被减少，由此荒芜的梯田也不在少数。

虽然现代技术带来了新的耕作方式，但古代水利管理方法在梯田中的应用依然是中国农业传统的重要组成部分。梯田水利的成功证明了古代中国是如何适应自然环境，并利用自然力量取得生存和繁荣的。通过巧妙的水资源管理，创造了一个可持续的系统，至今仍在影响着农业实践。



ANCIENT TERRACED FIELDS

A Symbol of Harmony Between Humans and Nature

Terraced fields, an iconic feature of the landscape in many regions of Asia, are ubiquitous in China. These picturesque terraces are not only visually breathtaking but also serve as an outstanding representation of ancient Chinese agricultural wisdom, showcasing China's extraordinary expertise in efficiently utilizing water resources for rice cultivation.

Rice farming in China has a history of over 6,000 years, and terraced fields became an important part of agricultural landscapes during the Tang and Song dynasties (618-1279), particularly in mountainous areas where flat land was scarce. Since rice requires abundant water, farmers faced the challenge of ensuring a sufficient and sustainable water supply in these hilly, sometimes arid environments. Ultimately, the solution was to build terraced fields where water could be efficiently distributed across the slopes.

The first step in constructing ancient Chinese terraced fields was finding a water source, which was crucial to the success of the system. Farmers typically chose areas near mountains with streams, rivers, springs, or regions with plentiful

rainfall. In these areas, the natural flow and conditions of the water were ideal for channeling and storage. Identifying a stable and sustainable water source was key to ensuring the long-term operation of the terraced fields.

Once the water source was identified, the next step was to begin carving the terraces. Ancient farmers relied on simple tools such as shovels, hoes, and picks, gradually transforming the slopes into arable land. They often selected steeper slopes because, with the design of the terraces, these areas could effectively control water flow and use gravity to distribute the water.

The process of carving the terraces can be described as the meticulous sculpting of the land. To make the land level and suitable for water flow, farmers would gradually "cut away" parts of the slope to create step-like surfaces. On each step, small stone dams or earthen embankments were built to divide the water flow and prevent it from running off too quickly.

During the carving process, the width and depth of each terrace needed to be carefully determined to ensure they could hold enough water and soil. At the edge of each terrace, a



Terraced Rice Fields of Hamanoura



Rice Terraces, Sapa

small water dam would be constructed, typically made of stones, earth embankments, or wood. Water would flow from the upper terraces to the lower ones, with each dam regulating the flow to ensure each terrace received the proper amount of water.

As the terraces were carved layer by layer, the process gradually entered a stage of detailed water management. The design of the terraces had to account not only for water flow but also for the drainage of the land and soil fertility. Since each terrace was at a different height, the water would flow downward, and farmers cleverly used gravity to manage the water, ensuring proper distribution and preventing either too fast or too slow a flow, which could affect irrigation.

The entire process of carving the terraces was filled with wisdom and skill. Particularly without modern mechanical tools, farmers relied on experience, patience, and keen observation of nature to gradually transform the barren slopes into vibrant fields. This was not just land development but also a form of respect and adaptation to nature. Through careful water management and precise planning of the terraces, farmers created the ideal conditions for rice cultivation and left behind a valuable legacy of water engineering. The success of this water management reflects how ancient Chinese farmers creatively solved production challenges using limited natural resources.

The key to the success of the terraced fields lay in the smart use of water. Water flows from the top terraces to the lower ones, forming a natural irrigation system. Ancient farmers



Rice Terrace Field, Ubud

also understood water quality management. As water flowed between different terraces, it would clean the water sources, reducing harmful substances and providing nutrients for the crops. The water management in these terraces was not only for storing and distributing water but also for maintaining balance within the system using natural laws.

Farmers also introduced fish into the fields. The fish helped control pests and weeds, and their waste provided additional nutrients for the rice. This integrated farming method was environmentally friendly, and by reducing the need for chemical fertilizers, it increased yields.

The beauty of terraced fields lies not only in their stunning landscape but also in the harmony they demonstrate between ancient farmers and nature. Chinese farmers, with their profound understanding of land, water, and the environment, built these terraces and cre-

ated a sustainable system that allowed rice to grow in the most challenging terrains. By harnessing the natural forces of water flow, they minimized waste and ensured crop abundance, thus securing food stability.

In addition, the terraced fields carry symbolic significance for social harmony. Building and maintaining the terraces required collective effort from community members, fostering a spirit of cooperation and shared responsibility. The terraces became a symbol of resilience, adaptability, and sustainable living, values that have been passed down through generations.

Today, China's terraced fields remain cultural and agricultural treasures. In areas like the Longji Terraces in Guangxi and the Yuanyang Terraces in Yunnan, these fields continue to play an important role. However, as the harvesting of terraced crops relies on manual labor, and modern society uses fewer traditional methods, the use of terraced fields has significantly decreased, with many of them becoming abandoned.

While modern technology has introduced new farming methods, the application of ancient water management practices in terraced fields remains an essential part of China's agricultural tradition. The success of the terraced fields proves how ancient China adapted to the natural environment and used natural forces to achieve survival and prosperity. Through ingenious water resource management, a sustainable system was created that continues to influence agricultural practices to this day.

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P & A工程公司创始人，水设施领域专家张冠敏先生，
分享事业轨迹与故事



我在行业里快50年了，在我漫长的职业生涯中，始终致力于推动水景设计、建设以及水疗设施的发展，尤其在香港及东南亚市场。

我们在香港的P & A创立之初，很快意识到了香港及东南亚地区的水池设计与建设领域技术储备相对薄弱。因此，我们将欧洲和美国的先进设计理念、施工技术以及设备标准引入了本地市场。40年前，得益于香港房地产行业的迅速发展，我们推广了高端泳池的概念，并逐渐渗透至亚洲更广泛的区域。同时，我们专注于培养本地的专业工程团队，推动这些技术的本土化和普及。

随着业务的扩展，我们不再仅局限于泳池领域，还开始关注水景及水疗设施设计的更广泛的范畴中。从零到一，引领起香港与东南亚市场的水池设计革新。例如，我们将水景设计与建筑、景观设计相结合，使水景成为活跃空间、为公共区域注入勃勃生机的关键元素。我们与来自欧洲，特别是德

国和奥地利的SPA设计专家紧密合作，将他们的先进理念与技术带到亚洲市场。通过SpaChina等行业平台，我们不仅促进了亚洲水疗行业的发展，也不断巩固了我们的行业领导地位。

在P & A，我们始终认为，真正成功的设计源于对项目所在地文化背景、气候条件和客户需求的深刻理解。因此，在每一个项目的设计和服务过程中，我们都采用“因地制宜”的策略，将长期积累的行业经验与全球视野相结合，打造定制化的解决方案。

在实际实施过程中，我们会进行全面的现场勘察，了解当地气候、水资源条件以及传统文化偏好。例如，在中东市场，由于气候炎热干燥，我们在设计时尤为注重降温功能和遮阳措施；而在中国大陆的项目中，我们将传统文化元素融入设计，打造具有区域特色的水景和水疗设计，既满足客户的情感需求，又展现项目的独特性。同时，我们还特别关注当地的法规和技术标准，确保项目

的合法性和可持续性。

在服务过程中，我们与客户和设计团队保持紧密合作，深入沟通投资方的愿景与需求，帮助他们将想法转化为可执行的设计方案。我们的目标是确保每个项目不仅符合投资方的商业目标，还能为目标客户提供卓越的体验，实现商业价值与客户满意度的双赢。

我有幸参观了世界上一些著名的水景和水疗设施，这不仅让我欣赏到不同文化的设计智慧，也为P & A的项目提供了宝贵的启发。

意大利著名的蒂沃利花园，这里拥有超过500座喷泉和瀑布，每一项设计都完美展现了水的动感与艺术。我深受启发，并将这些洞察力融入到我们的一些地标性项目中。

此外，北京圆明园内的白色大理石十二生肖喷泉的独特魅力吸引了我。受此启发，在北京饭店贵宾大楼的设计中，我们收集了典故资料，重现了圆明园废墟和壮丽的十二



生肖喷泉，令北京饭店具有了标志性的历史使命感。该经典元素得以巧妙复制，将传统文化与现代技术相结合，为项目增添了独特的文化深度。

然而，令我印象最深刻的，依旧是与客户互动。一位客户带着他在世界各地拍摄的照片或视频，满怀期待地问：“你们能做得比这个更好吗？”这种交流不仅挑战了我们的专业能力，也开启了“集体创作”的模式。例如，当一位业主提出将东南亚传统文化与现代设计相结合的要求时，我们甚至亲自前往灵感的发源地进行研究，最终呈现了一个超出客户预期的作品。这些深刻地教会了我，真正优秀的设计是文化积淀与现代创新的完美融合。

这些地标性项目背后，正是我们团队几十年积累的技术实力、卓越的创新能力和客户的高度信任。例如，迪拜哈利法塔湖喷泉项目，规模庞大且技术复杂，涵盖了数百米的水管安装、精确的设备控制以及超高喷泉



性能。由于项目效果只能在全完成后一次性展现效果，这对我们的设计和执行能力提出了极高的要求。最终，这一作品不仅成为了迪拜的标志性景观，也进一步巩固了我们在国际市场的地位。

此外，在新加坡的财富喷泉将“财富”和“水”这两个亚洲文化符号独特地呈现出来，吸引了全球游客。同样，在桂林漓江大瀑布酒店项目中利用当地丰富的自然资源与文化背景，创造了一个打破吉尼斯世界纪录的人造瀑布。这些项目的成功，都源于技术创新、艺术灵感与团队合作的完美结合。

我们的独特优势不仅体现在技术层面，还体现在对客户需求的深刻理解。每一个地标项目都承载着客户巨大的期望，因此必须始终坚持最高标准，力求在每个设计和实施环节中做到完美。

于是，我们需要切切实实地关注客户的体验，设计一个既能放松身心，又能提供高隐私性的环境。这不仅涉及空间布局，还包括光线、温度、声音以及触感的细腻，这些细节共同决定了客户体验的质量。其次，设施的多样性也至关重要。例如，湿区体验、干蒸房、治疗池和休息室等元素必须满足不同客户的功能需求与偏好，从而提升场地的吸引力与适用性。

此外，技术的先进性与操作简便性也是成功的关键。硬件设施不仅需要具备美观性与高效性，还需确保长期稳定运行并降低维护成本，这直接关系到运营的可持续性与服务质量的稳定性。最后，我们还强调设计与品牌定位的统一性，通过细节传递品牌文化与个性特征，从而创造出令人难忘的品牌体验。

每个酒店和SPA品牌都有其独特的定位

与核心理念，因此我们始终秉持“为品牌量身定制”的原则。在设计过程中，我们首先会深入研究品牌的历史与愿景，明确其目标客户群体的偏好与需求。例如，某些品牌希望通过设施传达浓厚的传统文化，我们会将当地特色与历史元素融入设计中；而有些品牌则偏好科技感与现代风格，我们会运用最新的技术与简约的设计语言来表达这一理念。

同时，我们强调整体环境的和谐性。从功能层面来看，SPA设施需要与酒店整体空间布局无缝衔接，成为服务体验的一部分，并延续品牌形象；从细节角度来看，我们还会充分考虑客户使用的便利性与流畅性，如更衣区的流线、设施之间的连接、灯光与香氛的配合，确保每一处都让客户感到舒适和惊喜。

我们还注重创造具有品牌特色的体验故事与标志性体验。例如，香格里拉的Chi SPA，我们将自然元素与东方哲学相结合，为身心创造一种放松的氛围；在苏州的音昱水中天，我们融合了传统水乡的氛围，用现代手法再现了与自然共生的宁静体验。这种定制化的创新设计不仅为品牌注入了独特的魅力，也为客户提供了不可替代的记忆，显著提升了品牌的市场竞争力和客户忠诚度。

技术创新始终是P&A发展的核心驱动力。我们致力于通过创意与技术来解决行业痛点，同时推动行业标准的提升。例如，最近的国家消防安全法规禁止在桑拿设计中使用传统木材。此项法规对行业产生了重大影响，因为木材不仅是桑拿设计的核心材料，也是传统桑拿体验的关键。

面对这一挑战，我们的设计、采购、生

产和安装团队迅速行动，在全球范围内寻找合适的替代材料，并根据市场需求开展研发。在我们的工厂里，团队进行了多次实验，改进生产工艺，最终开发出一种完全符合安全标准且具备出色耐用性的材料。我们组装了各种样板间并进行了功能测试，确保其不仅满足消防安全要求，还保留了传统桑拿的美学与体验特质。经过反复打磨，这一创新解决方案成功应用于十多个项目，为未来的项目提供了更高效的技术支持。

另一个值得注意的案例是桂林的一项重大城市更新项目，市长邀请我们协助提升城市旅游质量，打造一座地标性设施。我们将桂林漓江大酒店翻新成一座五星级地标建筑，设计了一座72米长、45米高的人工瀑布，其灵感来自桂林的自然景观。这个项目不仅赢得了酒店的好评，还成为了桂林的文化与旅游亮点。

在每个项目的初期设计阶段，我们就开始充分考虑项目的长期运营需求，包括环保、节能、操作便利、维护便捷性以及系统的可扩展性等。设计团队在设备选型和材料采购上非常严谨，确保所有组件符合最新的技术标准，且注重其耐用性、可靠性与环保性。

在系统调试后，将会立即为终端用户的管理和工程团队提供全面、详细的培训课程，涵盖日常操作、维护技巧和应急问题处理，确保他们能够熟练管理系统。在项目正式投入使用后，技术支持团队会进行定期跟进，与运营团队保持密切联系。通过现场检查与数据分析，能够快速发现并解决潜在问题，并提出优化建议，帮助设施在实际运营中不断提升性能。

此外，还必须关注行业中最新的节能技术和可持续发展趋势，并逐步将其融入到维

护和升级服务中。例如为特定项目制定了量身定制的长期节能计划，优化水循环系统并采用智能监控与管理设备，从根本上减少能源消耗和运营成本等。这种全生命周期的技术支持和持续优化的解决方案，不仅确保了设施的稳定高效运行，也为客户的可持续发展目标提供了有力支持。

自古以来，人类对水有着独特的亲和力。水不仅是生命的源泉，更是深深植根于记忆和文化中的元素。从自然溪流到温暖的温泉，水为身心带来了治愈与舒适。在现代健康酒店和度假村的设计中，水景与水疗设施成为了空间设计的核心，不仅提升了整体的视觉美感，还通过动态的形式为环境注入活力与平衡。

在设计过程中，我们从对客户需求的深刻理解出发，将传统水文化与现代科技相结合，为客人创造独特、沉浸式的体验。例如，多感官SPA项目，客人可以在宁静的氛围中放松心情，缓解心理压力，恢复内在的平衡。水景设计模仿自然元素，让客人瞬间便感受到水的宁静与能量。

我们通过行业研究、客户互动和专家合作，紧跟市场需求变化。在与高端客户的互动中，我们发现他们不仅重视功能性，更追求情感的共鸣。因此，我们的设计不仅仅停留在外观创新层面，而是深入到每一个细节的SPA体验中，如引入定制化SPA流程、将动态水景与声光互动结合，甚至根据不同季节调整水温和香氛，为客人提供更个性化的服务。这种对细节的追求，使我们的水景与水疗设施在高端客户中留下了深刻印象，为酒店与度假村带来了长期的品牌忠诚度。

SPA养生酒店与度假村作为现代旅游产业的重要领域，将日益体现技术进步与以人

为本的设计理念。我认为，“个性化与智能化”将成为发展的主流方向。未来的水疗酒店将利用智能系统提供定制化的客人体验，例如根据健康数据调整房间环境、智能化SPA设备以及高效的能源管理系统。

与此同时，硬件设施将更加注重可持续发展的理念，突显自然资源的合理利用。例如，在水景设施中，可能会出现更多闭环系统的解决方案，以显著减少水资源浪费。此外，利用太阳能或地热等可再生能源为酒店运营提供更环保的能源支持。

然而，尽管新趋势的引入至关重要，但我们始终保持谨慎，避免为了追求新颖而牺牲实用性。因此，在创新硬件的开发和使用上，必须始终优先考虑客户体验。基于功能性、经济性和可持续性做出决策。在此基础上，还需要努力提升设计的文化价值，将当地文化元素与现代科技相结合，确保每个水疗酒店或度假村都拥有独特的吸引力与身份。

例如，在度假村的户外空间中，硬件趋势可能会延伸到“自然疗愈”的主题。通过创建与自然环境中相得益彰的设施，如户外森林水疗、沉浸式冥想舱和感官花园，客人可以真正感受到“与自然合一”的概念。这些新趋势不仅为项目注入创新元素，也为水疗酒店与度假村的长期发展提供了无限潜力。



张冠敏

张冠敏先生在国内发展高级康乐场所及健身项目超过40年，他把欧洲及美国的最新科技及产品引入中国，是行业翘楚。在他的

领导下，保安集团以及其附属公司保安水疗顾问有限公司已经成为顶级酒店、度假村和最新项目最为认可的技术顾问公司。主要客户包括：香格里拉酒店、丽思卡尔顿酒店、四季酒店、文华东方酒店、半岛酒店等。

Tony Cheung

A Hong Kong Chinese, Mr. Cheung has been a pioneer in developing high-quality health club facilities in China for more than 40 years. He has been endeavoring to bring to China the latest technologies and products from Europe and America. Under his leadership, PA Group and its subsidiary PA Wellness now form the most recognized technical spa consulting company for facilities in luxury hotels, resorts and other leading properties. e.g., Shangri-la hotels, Ritz-Carlton hotels, Four Seasons hotels, Mandarin Oriental hotels, and Peninsula hotels.





A Vision for Wellness and Luxury

Innovative Water Features and SPA Design. By Tony Cheung, Founder of P & A Engineering

As the founder of P & A Engineering, I have had the privilege of witnessing and contributing to the transformation of the water feature and SPA facility design industry over the past five decades. What began as a modest endeavor to bring advanced pool and water technology to Hong Kong has since evolved into a pioneering force in Asia and beyond. Today, we stand as industry leaders, shaping the future of luxury water features and SPA facilities that blend cutting-edge technology with cultural and emotional resonance.

When I first started my company, we realized that the understanding of pool design and construction in Hong Kong and Southeast Asia was still in its early stages. With limited local expertise, we sought to introduce the best of European and American technologies to the region. Our timing was fortuitous, coinciding with the rapid expansion of Hong Kong's real estate industry, which allowed us to promote the concept of high-end pools and water features. This initiative laid the foundation for our entry into a broader market across Asia.

Our expansion was not limited to pools; we began delving into SPA and water feature

designs. By collaborating with European experts, particularly from Germany and Austria, we were able to integrate the latest design philosophies and technologies into the Asian market. Platforms such as SpaChina helped us elevate the SPA industry in the region and consolidate our position as a thought leader in this space.

We believe that successful designs stem from a deep understanding of the cultural, climatic, and economic context of each project. For instance, in the Middle East, where the climate is hot and dry, we focus on cooling functions and shading elements in our designs. Meanwhile, in mainland China, we incorporate traditional cultural elements to create water features that resonate emotionally with the local community, ensuring that our designs are not only functional but also culturally meaningful.

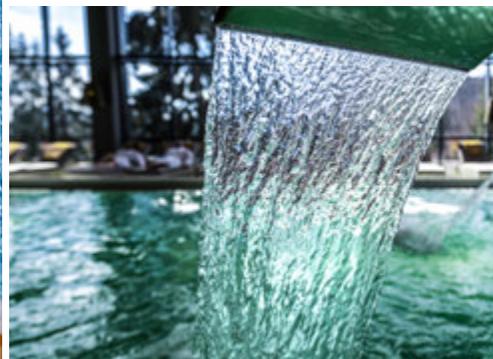
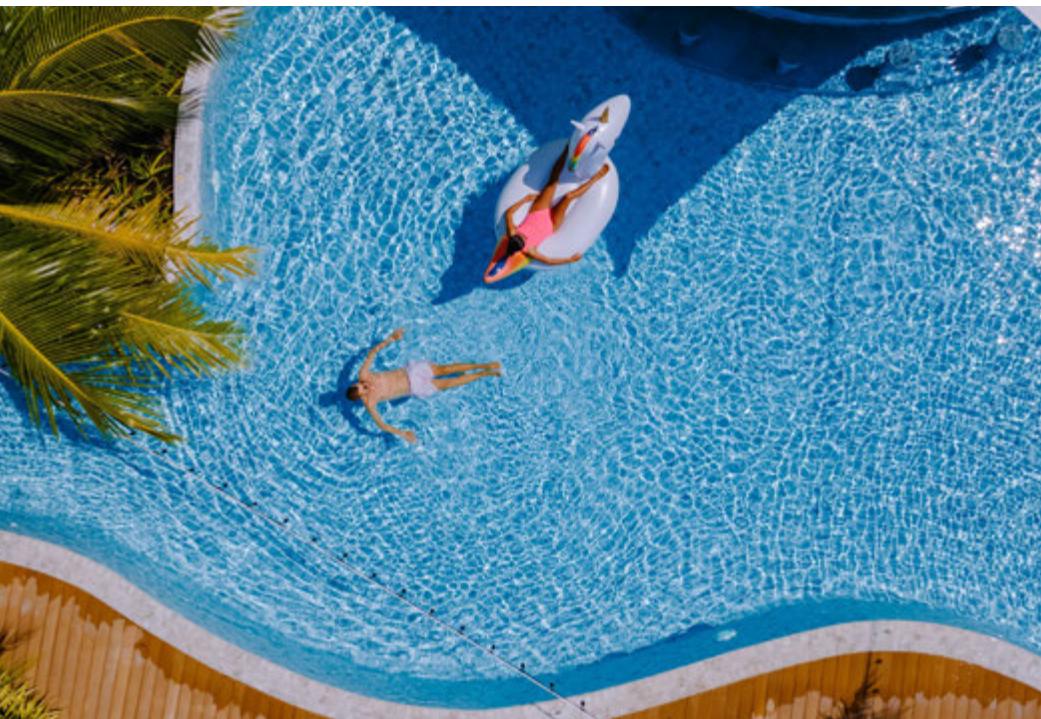
We take great pride in our "tailored to local conditions" approach. This method involves thorough on-site surveys to understand water resources, climate, and cultural preferences, allowing us to craft solutions that are not just technically sound but also harmonious with the surrounding environ-

ment. Each project is a unique challenge that demands a balance between innovation and tradition, form and function.

Throughout my career, I've had the privilege of visiting some of the world's most renowned water features, from the fountains of Tivoli Gardens in Italy. These experiences have profoundly influenced our work at P & A, helping us push the boundaries of design and execution.

Take, for example, the Dubai Burj Khalifa Lake Fountain, where we integrated hundreds of meters of water pipes and equipment for a fountain that would become one of the most iconic in the world. Similarly, our work on the Singapore Fountain of Wealth blended cultural symbols of prosperity with innovative water displays, attracting global attention. These landmark projects are testament to our technical prowess and ability to execute designs that exceed client expectations.

In every project, we aim to exceed the client's vision. A memorable experience for us occurred when a client brought us photos of stunning water features from around the world and asked, "Can you do better than



this?” The challenge spurred us to think creatively and, in some cases, travel to the sources of inspiration to ensure that the final design exceeded expectations. This process of “collective creation” is what makes each project unique and fulfilling.

The core of any successful SPA facility is its ability to offer a holistic experience that caters to the body, mind, and spirit. At P & A, we focus on every aspect of customer experience, from the layout of the space to the temperature, lighting, sound, and tactile qualities. Every detail must work in harmony to create an environment of relaxation and rejuvenation.

We also recognize that different customers have different needs. That’s why we design spaces that accommodate a variety of preferences, from wet areas and dry steam rooms to therapy pools and relaxation zones. The goal is to ensure that each visitor finds something that suits their needs, enhancing the overall appeal of the facility.

Moreover, technological advancements have played a significant role in revolutionizing the SPA experience. We strive to design hardware that is not only aesthetically pleasing but also efficient and low-maintenance. By integrating the latest technology into our designs, we ensure that our water facilities operate smoothly and sustainably, providing long-term value for clients.

We understand that every hotel brand has its own identity and philosophy. Our design process starts with in-depth research into the

brand’s history, values, and target audience. For example, if a hotel brand wishes to emphasize traditional culture, we incorporate local elements into the design of water features. Conversely, for brands that favor modernity, we create sleek, minimalist designs that showcase the latest technology.

The seamless integration of water features into the hotel’s overall design is crucial to ensuring that they complement the brand’s narrative and create a cohesive guest experience. Whether it’s the luxurious water features of a Shangri-La or the serene ambiance of the Sangha Retreat in Suzhou, our work enhances the hotel’s unique identity and creates memorable experiences for guests.

Innovation is at the heart of everything we do. We are constantly exploring new technologies to address industry challenges and enhance the functionality of our designs. For instance, we recently faced a challenge with the fire safety regulations banning the use of traditional wood in sauna design. Our team responded swiftly by developing a new material that met the safety standards while preserving the aesthetic qualities of wood. This kind of adaptability and innovation is key to staying ahead in a rapidly evolving industry.

We also emphasize sustainability in all our designs. By integrating energy-saving technologies and using renewable resources, we ensure that our projects are not only environmentally friendly but also economically viable in the long term. This focus on sustainability is cru-

cial as the industry continues to move toward more eco-conscious solutions.

The future of wellness hotels and resorts will be shaped by two major trends: personalization and sustainability. We anticipate that intelligent systems will play a significant role in providing customized guest experiences, from adjusting room environments based on health data to offering personalized SPA treatments.

At the same time, we must continue to prioritize environmental responsibility. Closed-loop water systems, energy-efficient equipment, and renewable energy sources will become increasingly important in the design of sustainable wellness facilities. However, we must always remember that technology must serve the guest experience, and not the other way around. Our designs will continue to focus on blending technological innovation with cultural resonance, ensuring that every project offers a unique, memorable experience.

As I reflect on the past 50 years of P & A Engineering, I am proud of the legacy we have created and the impact we’ve made on the water feature and SPA industry. Our journey has been one of constant innovation, collaboration, and dedication to excellence. Looking ahead, I am excited for the future and the opportunities to continue pushing the boundaries of design, technology, and customer experience in wellness and luxury resorts.

In the end, it is the art of design and the beauty of water that truly define our work – a legacy that will endure for generations to come.



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冰岛

冰与火的交响曲

火山、冰川、熔岩地、黑沙滩，在冰岛这片神奇的土地上，隐藏着无数令人惊叹的自然奇观。徐姗姗 文



Northern Light and Icebergs at Vatnajökull National Park

世 界尽头的极北之地，位于北大西洋中部的冰岛展现了极为丰富且独特的自然景观。这里有浩瀚无垠的冰川，也有壮观活跃的火山，寒冷与炙热交织，还有瀑布、湖泊、峡湾、山脉、温泉与北极光，构成了一幅幅壮丽的画卷，令每一次旅程都充满惊喜。

城市漫步与近郊探险

首都雷克雅未克是一个融合了北欧风情、现代艺术和自然美景的独特城市，也是游客抵达冰岛的主要门户。

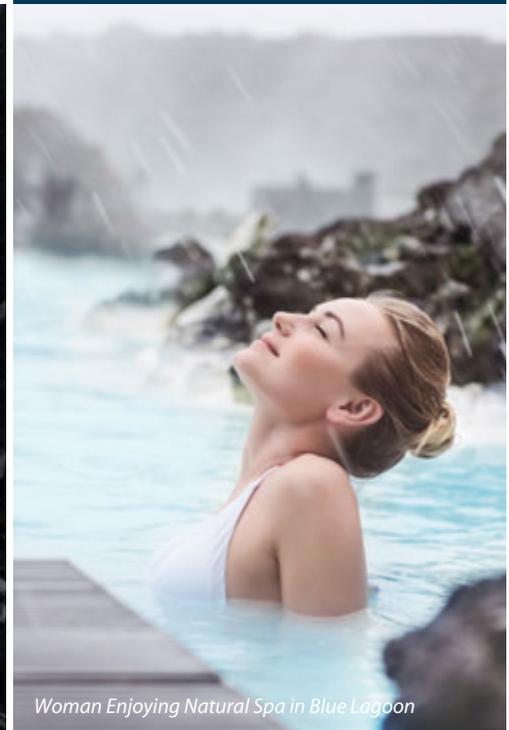
标志性建筑哈尔格林姆教堂以冰岛著名文学家的名字命名，如一座巨大的管风琴屹立于城市中心的山丘上，设计灵感来源于火山岩柱，惟妙惟肖地再现冰岛火山地形。教堂免费参观，内部设计简约庄重，光线透过窗户洒在地面上，营造出宁静而神圣的氛围。乘坐电梯到达顶楼，可俯瞰整座城市的壮丽景色。

不远处的彩虹街上排列着许多彩色的房子和颇具个性的涂鸦墙，街道地面用多种明快颜色铺设，仿佛一条彩虹铺展在脚下，众多纪念品店和小众设计师店林立路旁。有时，彩虹街或其周边地区会举办艺术展，为游客提供更多深入了解冰岛艺术文化的机会。中午或傍晚，在彩虹街附近选一家餐厅享受美食，Íslenski Barinn和Fjallkonan餐厅主打冰岛特色佳肴，羊肉汤、鲸鱼肉一定要试一试，当然还有地道的冰岛热狗——网红店铺Bæjarins Beztu Pylsur曾受到前美国总统克林顿的青睐，售卖各种风味的热狗。

惬意的午后，散步到托宁湖，这片位于市中心的宁静水域，常有天鹅和野鸭栖息，也被叫做鸭子湖，波平如镜的湖面将四周建筑的倒影映在水面上。在湖边喂食水禽、草坪上野餐晒太阳、沿着湖畔漫步或骑行都是不错的选择，冬季还可在湖面滑冰。湖旁的冰岛国家美术馆收藏了冰岛及北欧的许多重要艺术作品。之后，步行到冰岛标志性景观太阳航海者雕塑，打卡留念。雕塑位于雷克雅未克北海岸旁的滨海步道上，靠近Sæbraut滨海路。由不锈钢制成的雕塑以抽象元素拼接出维京海盜船骨架的神秘形态，昂扬向上



Katla Ice Cave. Credit: Premium Tours Iceland



Woman Enjoying Natural Spa in Blue Lagoon

的姿态，给人以驶向远方的视觉感受。

来到船舶交织的旧港口，感受海港的宁静与美丽，和浓厚的历史氛围。这片区域有许多独特的概念商店、画廊和艺术工作室，是体验冰岛文化和创意产业的好地方，还有众多餐厅、咖啡馆。从旧港向海望去，对面银装素裹的群山和美丽的海岸线风光尽收眼底。观鲸轮船每天从这里起航。每年4月到10月之间，天气晴朗，有很大的可能性看到各种种类的鲸鱼和海豚——小须鲸、座头鲸、鲸喙海豚、鼠海豚等等，可以选择快艇或大型游船出航。

距离雷克雅未克市中心开车大约15分钟，你会找到冰岛新开的网红温泉SPA——Sky Lagoon。北欧传统的草顶房建筑风格与自然环境完美融合。SPA内拥有一座长达70多米的无边泳池，直面大西洋和火山，景色十分壮观。这家温泉SPA的特色是其宣传的“冷热交替七步曲”——包括泡温泉、冷水池、汗蒸、冷水浴、海盐磨砂膏、蒸汽浴和淋浴，每一步都让人感受到冰岛独特的沐浴文化。Sky Lagoon亦设有酒吧和餐厅，价格略高。

离开市区，向东南出发，约40分钟车程便可到达斯瑞努卡基古火山。这是全世界唯一一个可以进入的火山岩浆库，已有4000年历史，且完全没有活跃的迹象，因此非常安全。每年夏天(5月到10月)开放。火山外表并不惊艳，仅高约35米，但其内部却隐藏着令人惊叹的岩浆洞。抵达蓝山国家公园后，需要徒步约3.2公里才能到达火山口，沿途风景如画，山峦起伏，绿意盎然。乘坐特制的升降电梯，缓缓下降，直抵地心深处。六分钟的下降时间里，你会被洞壁上色彩斑斓的

岩浆岩所吸引——红色含铁，绿色含铜，黄色含硫，黑色含沥青。洞底面积有三个篮球场那么大。阳光从头顶的洞口倾泻而下，照亮了整个洞底，使得这里的岩石纹理更加清晰可见。你可以近距离观察岩浆冷却后形成的各种奇特形状，甚至触摸那些历经千年的岩石。

蓝湖温泉与酒店SPA

在冰岛的广袤大地上，有一处令人心驰神往的所在——蓝湖温泉，坐落在冰岛西南部的熔岩原野中，从首都雷克雅未克市向东南方向驱车约1小时即可到达。从雷克雅未克机场到蓝湖的车程仅需约20分钟。

踏入蓝湖，首先映入眼帘的是一片独特的奶蓝色温泉水，与周围的黑色火山岩形成鲜明对比。温泉区设有分发面膜的小亭子和mini bar，可以免费领取面膜和一杯饮品。每个泡池的水温和矿物质含量都有所不同，可以根据自己的喜好选择。温泉水温平均在40℃左右，即使在寒冷的冬季，湖面依旧热气弥漫，如梦似幻。

蓝湖温泉水中富含硅、硫等矿物质，对皮肤健康有着显著的益处。由于蓝湖位于一座死火山，地层中有益的矿物质沉积在湖底，形成了具有美颜健体功效的温泉泥。你可以在水中或岸边挖到这种白色的泥，涂抹在身上，进行DIY天然泥疗。蓝湖还提供各种美容护理和按摩服务，以及蒸汽浴室，让你的身心得到全面的放松，硅泥面膜不容错过。

想要体验更全面的奢华温泉SPA和餐饮住宿，蓝湖The Retreat湖畔酒店(The Retreat at Blue Lagoon)会是不错的选择。以黑色为主的建筑外观与目的地的礁石和岩块相得益

彰，部分建筑甚至藏在地表之下，与蓝湖地貌完美融合。每间客房都设有超大落地窗，饱览蓝湖或苔藓覆盖的火山熔岩的景色。酒店SPA的设计以自然为主题，结合了冰岛的火山熔岩、苔原和温泉等自然元素，营造出宁静神秘的氛围。SPA设有桑拿房、温泉浴池、理疗室。多种特色疗法，如蓝湖面膜护理、海藻火山泥膜+尤加利精油抗衰舒缓疗程等，带来深层滋养和舒缓享受。其自主研发的蓝湖洗发水，被《Vogue》杂志评为世界最佳之一。

蓝湖温泉旁的另一家奢华酒店——Silica酒店，步行至蓝湖仅需5分钟。酒店采用北欧简约风格打造，提供熔岩景观、山景和湖景三种房型选择。酒店内有一个小型蓝湖，入住宾客可享受私汤温泉，并获得免费蓝湖温泉门票，还能无限量领取白火山泥面膜。

除了泡温泉，蓝湖周边还有许多值得一游的景点。前往格林达维克渔村，感受当地的渔民文化；或者参观维京世界博物馆，了解冰岛丰富的历史。

周游黄金圈

冰岛南部，有一条绝美的旅游路线，被称为黄金圈，汇聚了冰岛最具代表性的奇观。

辛格维利尔国家公园位于欧亚板块和美洲板块的交界处。置身于此，你可以清晰看到两大板块之间的裂缝，作为地球地壳运动的见证。裂缝中，湖水潺潺流淌；裂谷仍在以每年约2厘米的速度分离，是地质学的奇迹，也是时间的见证者。沿着裂谷边缘的步道徒步，感受大自然的鬼斧神工。步道两旁的地貌截然不同，一边是高耸的山脉，岩石嶙峋，另一边则是低洼的湖泊与平原，湖水

如镜，倒映着蓝天白云和远处雪山。公园内的辛格瓦德拉湖是冰岛最大的天然湖，蓝色的湖水清澈见底。湖边建有木制步道，步道两旁耸立着古老的火山岩石。你还可以漫步在古老的议会遗址上，想象着当年冰岛人民在这里举行集会的场景。

离开公园，来到Haukadalur山谷中的盖歇尔间歇泉。盖歇尔间歇泉是人类历史记载的第一个间歇性喷涌的温泉，以致于英语单词“Geyser(间歇泉)”也由此而来。盖歇尔间歇泉曾是所有间歇泉中喷发强度最大的，但近年来喷发频率较低。即便如此，其历史地位仍吸引着大量游客。如今，盖歇尔间歇泉以南50米处的史托克间歇泉则十分活跃，每隔几分钟就会喷发一次，水柱高达20至40米。Haukadalur地热区散落着大大小小几十个间歇泉，热气腾腾的喷泉和五颜六色的矿物质沉积物组成了十分奇幻的画面。

继续向北行驶，途中会经过一些乡村道路和风景如画的山谷，20多分钟后便可抵达黄金瀑布——冰岛最大的断层瀑布，分为上、下两道，水流从高处奔腾而下，注入峡谷，发出震耳欲聋的轰鸣。阳光照射下，瀑布溅出的水珠形成道道彩虹，仿佛整个瀑布是用金子锻造而成，瑰丽无比，因此得名“黄金瀑布”。瀑布旁山崖上的观景台是最佳观赏位置。

黄金圈沿线散落着众多安静隐秘的温泉等待你去发现，这些温泉虽然不如蓝湖温泉那般有名，却别有一番小众风情。

秀丽的乡间小镇Fludir上有一处“秘湖温泉”Secret Lagoon，周围环绕着淳朴恬静的乡村风光。温泉选址于活跃的地热区，蒸汽孔与地热喷泉环绕着泡池，散发出迷离升腾的热气。温泉旁还有一座小型间歇泉，每隔5分钟便喷发一次。这里设施简单但保留了原始和纯净的感觉，温泉水温适中，冬季泡

温泉时还有可能幸运地看到极光。14岁以下儿童在成人陪同下可免费进入。

南海岸风光

维克黑沙滩如一幅巨大的水墨画，静静地铺展在海边，黑色的沙粒与白色的海浪形成了鲜明的对比。沙滩一侧是拔地而起的柱状节理石壁，错落有致，高耸入云。石壁与沙滩之间，形成了一道天然的屏障，将海水与陆地分隔开来，却又在某处留出了一个缺口，让海水得以自由地进出。沙滩上漫步，感受前所未有的宁静与放松。日出时分，当第一缕阳光洒在沙滩上时，整个海滩都会闪耀着金色的光芒。

沿着一号公路向南行驶，约1个小时车程，来到塞里雅兰瀑布——冰岛最美的水帘洞瀑布之一。瀑布高约60米，水流从悬崖上飞奔而下，水幕后有一条步行小径，可以走到瀑布后方，近距离感受瀑布的震撼。若是意犹未尽，还可来到车程半小时外的斯科加



Solfar, Sun Voyager Sculpture, Reykjavik

瀑布——名字在冰岛语中意为“森林瀑布”。这座瀑布同样高60米，但宽度更宽，因此水力更为磅礴。瀑布下的陆地十分平坦，因此可以直接行走至瀑布的宽阔水幕边，感受水花击面的快感。在瀑布右侧有一条小径，爬到顶端的观景平台，不仅可以俯瞰瀑布，还能回望整个冰岛南部海岸线的全景，令人心旷神怡。

说到冰与火之地，则不得不提坐落于冰岛南部的瓦特纳冰川国家公园(Vatnajökulsþjóðgarður)了。瓦特纳冰川是世界最大的冰川之一，海拔约1500米，冰盖最厚处可达1千米。除这座巍峨冰川外，公园内还分布着10座火山，以及峡谷、森林、瀑布。在这里，可以尝试到冰岛最具特色的项目——冰川徒步与冰洞探险。

斯卡夫塔山大本营(Skaftafell Base Camp)集合，换上专业的登山装备，沿着蜿蜒小径前行，逐渐深入冰川腹地，冰面在阳光下闪烁着耀眼的光芒。远处的黑色山体覆盖着厚厚的冰川，冰川水在木板桥下缓缓淌向远方，你甚至可以趴下来用嘴接水喝，享受冰川水的纯净与甘甜。徒步过程中，近距离欣赏到冰川的裂缝、冰塔，数小时后，会来到开阔的冰原，在这里，可以俯瞰整座冰川的壮丽风光。

紧接着前往蓝冰洞探险。蓝冰洞是由冰川融化和冰冻形成的天然洞穴，洞穴内的光线通过冰层折射时呈现出神秘的蓝色光彩。乘坐越野巴士穿越崎岖的地形，到达隐秘的蓝冰洞入口。进入冰洞后，仿佛置身于蓝色的水晶宫殿，冰壁如同海浪一般起伏，洞穴内的光线变幻莫测，时而明亮时而暗淡。

冰川融化还形成了瓦特纳冰川南端的冰河湖，也被称为杰古沙龙冰河湖，湛蓝色的湖水很是清澈。乘坐水陆两栖船或皮艇游览，近距离观察湖上的千年浮冰，纹理和层次清晰可见。这些冰块形状各异，颜色多样，并且会随时间变化形状和颜色。冰河湖全年开放，但最佳的游览时间是5月至10月。这段时间内，天气较为温暖，冰川融水量适中。游览完冰河湖，来到一旁的钻石沙滩。冰河湖内的碎冰被暗涌冲刷上岸，透明冰块遍布在黑色的沙滩上，在阳光照射下犹如钻石般闪耀，因而得名。

从自然奇观到奢华住宿，如果不想自己规划，冰岛当地也有一些不错的旅行社。其中Premium Tours Iceland(<https://premiumtoursiceland.is/>)拥有一支非常专业的本土团队，致力于为旅行者打造个性化的冰岛旅程。

冰与火的交响乐章，在冰岛演绎得淋漓尽致，大自然继续在此续写其无穷魅力。



Rainbow Street, Reykjavik

The Symphony of ICE AND FIRE



Volcanoes, glaciers, lava fields and black sand beaches – the magical nation of Iceland is home to myriad breathtaking natural wonders

The far north at the end of the world, in the middle of the North Atlantic Ocean, Iceland offers a rich and unique natural landscape. The vast glaciers, the spectacular volcanoes, as well as the waterfalls, the lakes, the fjords, the mountains, the hot springs and the Northern Lights make for a magnificent picture that will surprise you every time you visit.

City walks and suburban adventures

The capital city of Reykjavík is a unique blend of Nordic charm, modern art and natural beauty, and is the main gateway for visitors to Iceland.

The iconic Hallgrímskirkja, named after a famous Icelandic writer, stands on a hill in the center of the city like a giant pipe organ, inspired by volcanic columns. Admission to the church is free, and the interior design is simple



and dignified, with light pouring through the windows and onto the floor, creating a serene atmosphere. Take the elevator to the top floor for a breathtaking view of the entire city.

Not far away, Rainbow Street is lined with colorful houses and graffiti walls, and is paved in a variety of bright colors as if it were a rainbow, with numerous souvenir stores and niche designer stores lining the roadside. Occasionally, art exhibitions are held on Rainbow Street

or in the surrounding area, offering visitors the chance to learn more about Icelandic art and culture. For lunch or dinner, Íslenski Barinn and Fjallkonan provides Icelandic specialties such as lamb soup, whale meat, and of course, authentic Icelandic hotdog. Bæjarins Beztu, the famous hotdog store, was once favored by former U.S. President Bill Clinton and sells a range of different hot dogs.

On a pleasant afternoon, take a stroll to Lake

Tjörnin, a tranquil body of water in the center of the city that is often inhabited by swans and ducks, and is also known as the Duck Lake, with its mirror-like water reflecting the surrounding buildings. It's a great place to feed the waterfowl, picnic on the lawn, walk or ride along the lake's shores, and in winter you can go ice skating on the lake. Next to the lake is the National Gallery of Iceland, which houses many important works of Icelandic and Nordic art. Afterward, walk to the iconic Sólfar. The sculpture is located on the northern coastal path along Reykjavík. Made of stainless steel, the sculpture features abstract elements that create the mysterious form of a Viking ship's skeleton, with an upward-looking stance that gives the impression of sailing off into the distance.

Come to Old Harbour, where the ships are intertwined, and experience the tranquility and beauty of the area and its rich historical atmosphere. There are many concept stores, galleries and art studios, making it a great place to feel Icelandic culture and creative industries, as well as numerous restaurants and cafes. Looking out to sea from the Old Harbor, you can see the silvery mountains and the beautiful coastline across the way. Whale-watching boats set sail from here every day. Between April and October each year, the weather is clear and there is a good chance of seeing various species of whales and dolphins - minke whales, humpback whales, beaked dolphins, porpoises, etc.

About a 15-minute drive from the center of Reykjavík, you'll find Sky Lagoon, a popular thermal spa opened recently. It features traditional Nordic grass-roofed architecture blending seamlessly with the natural surroundings, and an infinity-edge swimming pool measuring more than 70 meters in length, with spectacular views directly over the Atlantic Ocean and the volcano. The spa's specialty is its "Seven Steps of Hot and Cold" - hot tub, cold pool, steaming, cold bath, sea salt scrub, hot steam, and shower - offering a unique taste of Iceland's bathing culture. There is also a bar and a restaurant at slightly higher prices.

Leaving the city and heading southeast, it's about a 40-minute drive to Thrihnukagigur. This is the only accessible volcanic lava reservoir in the world, 4,000 years old and showing no signs of activity at all, making it very safe. It is open every summer (May through October). The volcano is not stunning on the outside, only about 35 meters high, but its interior



Horse Riding. Credit: Premium Tours Iceland



Northern Lights. Credit: Premium Tours Iceland



Vatnajökull Glacier Iceland

hides amazing magma caves. Upon arrival at the Blue Mountains National Park, you will need to hike about 3.2 kilometers to reach the crater, with rolling hills and lush greenery along the way. Take a special elevator ride that gently descends to the depths of the earth's core. During the six-minute descent, you will be fascinated by the colorful lava rocks on the cave walls - red with iron, green with copper, yellow with sulphur and black with asphalt. The bottom of the cave is the size of three basketball courts. Sunlight pours down from the opening overhead, illuminating the entire bottom of the cave and making the texture of the rocks even more visible. You can get a close-up look at the strange shapes formed when the magma cooled, and even touch the rocks that have lasted for thousands of years.

Blue Lagoon hot springs & spa

The Blue Lagoon is located in the lava fields of southwestern Iceland, about an hour's drive southeast of Reykjavík. From Reykjavík Airport, the Blue Lagoon is only about a 20-minute drive away.

Stepping into the Blue Lagoon, the first thing that strikes you is the unique milky blue hot spring water, which contrasts with the black volcanic rock surrounding it. The hot spring area features a kiosk that dispenses face masks and a mini bar where you can get a free drink. The water temperature and mineral content of each soaking pool varies, so you can choose according to your preference. The water temperature of the hot springs averages around 40 degrees Celsius, and even in the cold winter months, the lake is still hot and dreamy.

The water here is rich in minerals such as silicon and sulfur, which have significant benefits for skin health. Since the Blue Lagoon is located on an extinct volcano, beneficial minerals from the strata are deposited at the bottom of the lake, forming hot spring mud with beauty and health benefits. You can get the white mud in the water or on the shore and apply it to your body for a DIY mud treatment. The Blue Lagoon also offers a variety of beauty treatments and massages, as well as a steam room for total relaxation, and the silicon mud mask is not to be missed.

For a more comprehensive spa journey and luxury stay, The Retreat at Blue Lagoon would be a good choice. The predominantly black exterior of the building complements the destination's reefs and rock formations, and some of the buildings are even tucked beneath the surface, blending seamlessly into the Blue Lagoon landscape. Each room features oversized floor-to-ceiling windows with views of the Blue Lagoon or moss-covered lava. The hotel's spa is designed with nature in mind, incorporating the natural elements of lava, tundra and hot springs to create a serene and mysterious atmosphere. The spa features a sauna, hot spring baths, and treatment rooms. A variety of special treatments, such as Seaweed & Volcanic Mud Mask and Eucalyptus Aromatic Rejuvenation, bring deep nourishment and soothing enjoyment. The spa's self-developed Blue Lagoon Shampoo was named one of the world's best by Vogue magazine.



Blue Lagoon

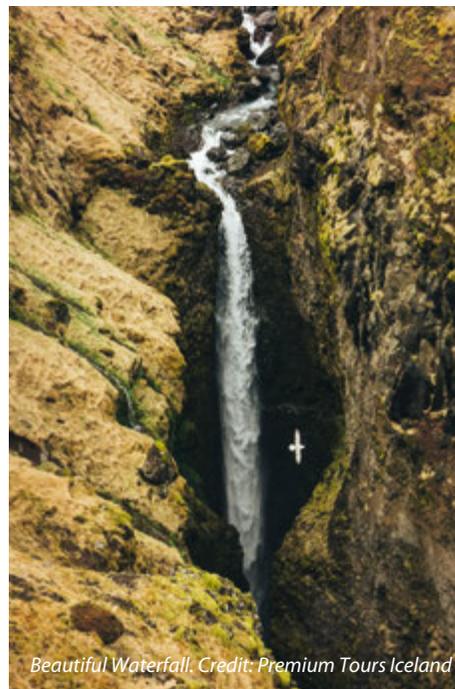
Hotel Silica, another luxury hotel in the area, is only a 5-minute walk to the Blue Lagoon. The hotel is built in a Scandinavian minimalist style and offers a choice of room types: lava view, mountain view and lake view. There is a mini Blue Lagoon within the hotel, and guests can enjoy a private hot spring here and receive complimentary Blue Lagoon tickets and unlimited white volcanic mud masks.

In addition to soaking in the hot springs, there are many other attractions around the Blue Lagoon that are worth visiting. Head to Grindavik fishing village for a taste of the local fishermen's culture, or visit the Viking World Museum to learn about Iceland's rich history.

Traveling around the Golden Circle

In the south of Iceland, the Golden Circle brings together some of Iceland's most iconic wonders.

Thingvellir National Park is located at the junction of the Eurasian and American tectonic plates. Being here, you can clearly see the rift between the two plates as a witness to the earth's crustal movement. Hike along the trail at the edge of the rift valley to experience nature's ingenious work. The landscape on either side of the trail is very different, with towering mountains and rocky outcrops on one side, and low-lying lakes and plains on the other, with mirrored lakes reflecting the blue sky, white clouds and distant snow-capped mountains. Lake Thingvadra in the park is the largest natural lake in Iceland, lined with wooden walkways against volcanic rocks.



Beautiful Waterfall. Credit: Premium Tours Iceland

You can also stroll around the ruins of the old parliament and imagine the Icelandic people meeting here back in the day.

Leave the park and come to the Geyser in the Haukadalur Valley. This Geyser was the first hot spring in recorded human history that erupts intermittently, giving rise to the same English word. This Geyser once had the most intense eruptions, but less frequently in recent years. Even so, its historic status still attracts a lot of tourists. Today, the Strokkur geyser, 50 meters south, is very active, erupting every few minutes with water columns of 20 to 40 meters. In fact, the geothermal area of Haukadalur is dotted with dozens of geysers of all sizes, with steaming fountains and colorful mineral deposits.

Continuing north through country roads and picturesque valleys, it takes 20 minutes or so to reach the Golden Waterfall, divided into upper and lower courses, where the water rushes down from the heights into the canyon with a deafening roar. Under the sunlight, the water droplets from the waterfall form a rainbow, as if the entire waterfall was forged from gold, magnificent and incomparable, hence the name "Golden Waterfall". The viewing platform on the cliff next to the waterfall is the best place to watch.

Scattered along the Golden Circle are a number of quiet, hidden hot springs waiting to be discovered.

In the beautiful countryside town of Fludir, there is Secret Lagoon, surrounded by quiet countryside. Located in an active geothermal area, steam vents and geothermal geysers surround the hot spring pools. The facilities are simple but pristine, the water temperature is moderate, and in winter you may be lucky enough to see the Northern Lights. Children under 14 are admitted free of charge when accompanied by an adult.

South Coast scenery

Reynisfjara Black Sand Beach is like a huge ink painting, quietly spread out, with the black sand grains contrasting with the white waves. On one side of the beach is a columnar stone wall rising up from the ground, staggered and towering into the clouds. Between the stone wall and the beach, a natural barrier is formed, separating the



Kirkjufell Volcano Mountain and Polar Lights in Iceland

sea from the land, yet leaving a gap somewhere to allow the sea to enter and exit freely. Stroll on the beach and feel the peace and relaxation like never before. At sunrise, when the first rays of the sun hit the sand, the entire beach glows with a golden light.

Drive south on Route 1 for about an hour to Seljalandsfoss - one of the most beautiful waterfalls in Iceland. The waterfall is about 60 meters high, with water cascading down the cliffs, and there is a walking trail behind the water curtain that allows you to walk to the back and experience the shock of the waterfall up close. There's also Skógafoss - the name means "forest waterfall" in Icelandic - half an hour's drive away. This waterfall is also 60 meters high, but wider and therefore more powerful. The land below is very flat, so you can walk right up to the wide curtain of water and feel the splash on your face. To the right of the waterfall there is a path that climbs to a viewing platform at the top, which offers a breathtaking panoramic view of the entire southern coastline of Iceland.

In the south of Iceland, the Vatnajökull glacier is one of the largest glaciers in the world, with an altitude of about 1,500 meters and an ice cap up to 1,000 meters thick at its thickest point. In addition to this majestic glacier, the park is also dotted with 10 volcanoes, as well as canyons, forests and waterfalls. Here to try to



Looking Out at The Snow-Covered Landscape

Iceland's most characteristic programs - glacier hiking and ice cave exploration.

Meet at Skaftafell Base Camp, change into professional hiking gear, and follow the winding trail that gradually goes deeper and deeper into the glacier hinterland, where the ice surface glitters brightly in the sunlight. The glacier water slowly drips into the distance under the plank bridge, and you can even bend down and catch the water with your mouth to enjoy the purity and sweetness of the glacier water. During the hike, you can see the crevasses and ice towers up close, and after a few hours, you will come to the open ice field, where the whole glacier's magnificent scenery is unfolded.

Move on to explore the Blue Ice Cave. The Blue Ice Cave is a natural cave formed by melting and freezing glaciers, and the light inside the cave takes on a mysterious blue glow when refracted through the ice. Take an off-road bus through the rugged terrain to the hidden entrance of the Cave. When you enter the cave,

you will feel like you are in a blue crystal palace, where the walls of the ice rise and fall like waves, and the light inside the cave is unpredictable, sometimes bright and sometimes dim.

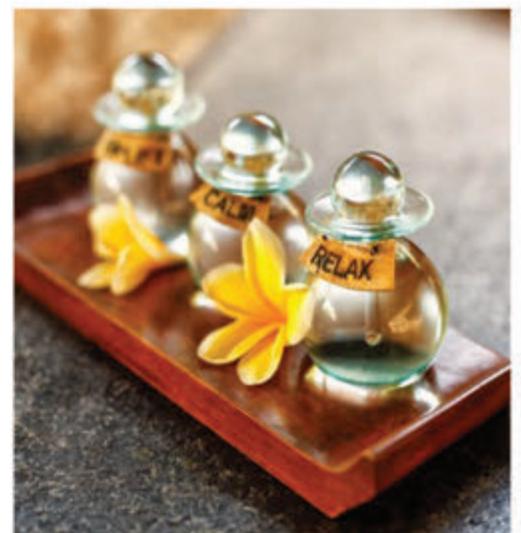
The melting glacier also formed the glacier lake at the southern end of the Vatnajökull glacier. Take an amphibious boat or kayak tour to get a closer look at the lake's thousand-year-old ice floes, whose textures and layers are clearly visible. These ice blocks come in a variety of shapes and colors being changed over time. Glacier Lake is open year-round, but the best time to visit is from May through October when the weather is warmer and there is a moderate amount of glacial meltwater. After visiting Glacier Lake, you will come to Diamond Beach. The ice from the glacier lake is washed ashore by the undercurrents, and the transparent ice cubes are spread on the black sandy beach, shining like diamonds under the sunlight, thus the name of the beach.

From majestic landscapes, exclusive activities to luxury accommodation, if you don't bother to plan on your own, it's a good idea to consult with a local travel agency. Premium Tours Iceland (<https://premiumtoursiceland.is/>) is renowned for its expertise in curating bespoke, high-end travel experiences.

The symphony of ice and fire is played to perfection in Iceland, where nature continues its infinite charm.


The Oberoi
BEACH RESORT
BALI

Truly Bali. Experience authentic and warm Balinese hospitality in a traditional setting. Private therapy rooms housed in traditional pavilions, with views across tropical gardens and beautiful lily ponds flecked with shimmering goldfish keep you on intimate terms with nature. Enjoy personalized genuine experiences and let us take care of your every need. **Heart. Felt.**



22 Hotels and Resorts in 6 Countries where the Guest is Everything

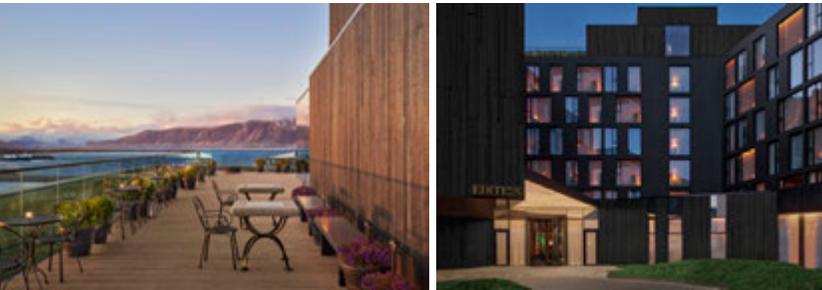
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冰岛奢华养生酒店精选

A Selection of Wellness Hotels in Iceland

浸泡在天然温泉水中，抬头细数星辰，邂逅美妙的北极光；来到奢华SPA空间，在壮丽山景的环绕中放松身心；或是在荒野高地的遁世之所，体验一场别开生面的“维京仪式”。SpaChina为您推荐六家不容错过的冰岛奢华酒店与度假村。

Soak in natural hot spring water, count the stars and meet the wonderful Northern Lights; visit the luxury spa and relax surrounded by magnificent mountain scenery; or experience a unique "Viking Ritual" in the highland wilderness... SpaChina recommends six luxury hotels and resorts in Iceland that are not to be missed.



雷克雅未克艾迪逊酒店

作为冰岛首都的首家奢华五星级酒店，雷克雅未克艾迪逊酒店坐落在市区优美的旧港中心，距购物区Laugavegur和哈尔帕音乐厅仅几步之遥。酒店253间客房和套房均采用了悠闲奢华的设计风格，白蜡木和浅灰色橡木的温暖色调点缀着定制家具以及当地工匠的艺术品和饰品。面向床榻的落地窗将海港、山脉、冰川的壮观景色一览无遗。The ROOF屋顶露台，既可用于举办私人活动，也是观赏极光的绝佳地点，惬意的氛围与休闲美食菜单相得益彰。EDITION水疗中心主打社交养生，休息室内设有一间酒吧，白天供应健康冰沙，到了晚上就变成了社交派对的举办场所。水疗菜单提供具有冰岛特色的理疗服务，以及包括土耳其浴室、蒸汽浴室和桑拿浴室在内的各种设施。

The Reykjavik EDITION

The Reykjavik EDITION brings the first 5-star modern luxury experience to one of the world's most sustainable capitals. Located in the historical, scenic heart of downtown Reykjavik by Old Harbor port, the hotel is just steps away from the Laugavegur Street, the city's vibrant shopping district, and the Harpa Concert and Conference Center. The hotel boasts a variety of distinctive food, beverage and entertainment outlets including alfresco dining to enjoy the panoramic views of the waterfront and the city. The sophisticated bedrooms and suites offer spectacular views of the harbor, Mt. Esja and the legendary Snæfellsjökull glacier. A place to recharge, rebalance and revitalise, the EDITION spa features a lounge with a bar that by day serves a selection of healthy post-workout smoothies, come evening, it transforms into the ultimate social pre-party pamper spot. A full menu of treatments is inspired by the Icelandic landscape and facilities including a hammam, steam room and sauna.

冰岛议会酒店——希尔顿格芮精选酒店

冰岛议会酒店——希尔顿格芮精选酒店是冰岛首都雷克雅未克市中心的另一家奢华SPA酒店，被雷克雅未克大教堂、哈尔帕音乐厅、市政厅和时尚的港口区所环绕。酒店的室内设计完美融合了现代与复古元素，采用了Natural Genius设计师系列的Slide七巧板拼花地板。Hja Joni餐厅将本地食材与国际美味创意结合，并在Telebar供应一系列红酒与鸡尾酒。在酒店水疗中心，除了享受按摩与面部护理，不要错过灵感来自于古老养生仪式的排毒泡浴。疗程之余，可到室内泳池、冰雾室或休息室放松。作为雷克雅未克领先的会议和活动场所，酒店提供近800平方米的活动空间。

Iceland Parliament Hotel, Curio Collection by Hilton

Another luxury hotel located in the city center by Austurvöllur town square is the sophisticated Parliament Hotel. Reykjavik Cathedral, Harpa concert hall, and city hall are within a five-minute walk. The elegantly styled Hja Joni restaurant offers a delicious and exciting journey where quality produce meets international culinary currents, along with a special selection of wine and the diverse cocktails shaken at the lively Telebar. The spa offers a variety of services. In addition to diverse full body massages and facials, you are also invited to relax the body and quiet the mind in a detoxifying bath inspired by ancient rituals. After your treatment, take a dip in the indoor pool, or chill out in the cold mist room. The post-treatment lounge is the ultimate space to unwind.



Hotel Ranga酒店

Hotel Ranga酒店位于冰岛西南部一号公路沿线，田园诗般的Hvolsvöllur小镇上。在这里，每年9月至次年4月，入住宾客都会有很大几率邂逅极光。当极光出现时，酒店会提供叫醒服务，并关闭所有灯具，为客人提供最佳的观赏体验。酒店还拥有冰岛装备最好的天文台、三个河畔地热浴池，伴你度过静谧的夜晚。此外，理疗师可以到房间内按照客人要求，为其定制个性化按摩疗程。酒店餐厅提供以北欧美食为基础的菜单，精选优质新鲜的当地食材，酒吧内则可品尝各类精选饮品和调酒。得益于优越的地理位置，观鸟、钓鱼、骑马也都是这里的特色项目，酒店会安排专人进行指导。

Hotel Ranga

Hotel Ranga is located in the idyllic town of Hvolsvöllur in southwest Iceland. Here, guests staying from September to April have a good chance of meeting the Aurora Borealis. When the Northern Lights appear, the hotel provides a wake-up call and turns off all the lights to provide guests with the best viewing experience. The hotel also boasts Iceland's best-equipped observatory, and three riverside geothermal baths to accompany you on your quiet evenings. In addition, a therapist can come to the room to customize a personalized massage treatment as per the guest's request. The hotel's restaurant offers a menu based on Nordic cuisine with a selection of high quality fresh local ingredients, while the bar offers a wide range of selected drinks and cocktails. Bird watching, fishing and horseback riding are also specialties of the hotel thanks to its privileged location.





ION Adventure酒店

ION Adventure酒店位于冰岛西南部重镇Selfoss，靠近Hengill火山口和辛格维利尔国家公园。室内设计巧妙地将冰岛的自然元素与现代设计理念相结合，使用回收浮木、火山岩等天然材料，以及有机亚麻制品和木质地板，营造出置身于大自然中的感觉。Silfra餐厅提供“农场到餐桌”的新鲜美食，而Northern Lights Bar则是观赏北极光的绝佳地点。Lava Spa周围被温泉、湖泊、火山熔岩与苔藓环绕，拥有一个延伸至户外的半露天温水泳池，在泳池中畅游的同时可以欣赏到冰岛壮观的自然美景。在冬季，甚至可以坐在池中直接欣赏极光。酒店为客人提供定制化的冒险活动经历，如冰川行走、冰河飞钓等。

ION Adventure Hotel

ION Adventure Hotel is located in Selfoss, a major town in southwestern Iceland, close to Hengill and Thingvellir National Park. The interior design skillfully combines Icelandic nature with modern design concepts, using natural materials such as reclaimed driftwood and volcanic rock, as well as organic linens and wooden floors, to create a feeling of being in nature. Silfra Restaurant & Bar serves farm-to-table fresh food and the Northern Lights Bar is the perfect place to watch the Northern Lights. Surrounded by hot springs, lakes, lava and moss, the Lava Spa has a heated semi-open-air pool that extends outdoors and offers spectacular views of Iceland's natural beauty. In the winter months, it is even possible to sit on the pool and enjoy the Aurora Borealis directly. The hotel offers guests customized adventurous activity experiences such as glacier walking and glacier fly fishing.



Deplar Farm酒店

由18世纪的羊舍改造而成的Deplar Farm酒店，隐藏在冰岛北部的巨魔半岛山谷中，周围环绕着冰川、瀑布、黑沙和熔岩。酒店仅有13间客房，每一间都配备了漩涡按摩池、盐水漂浮池和室外恒温泳池，落地窗让周围的雪山一览无余。午夜阳光下，在露天热水池中漂浮，如果运气好还能看到极光。厨师团队采用附近农场、河流和海洋中的新鲜食材，烹制美味佳肴。如果想挑战自我，不妨前往水疗中心体验“维京仪式”——在理疗师的带领下，于桑拿房和冰水池之间三进三出，放松身心。酒店还为宾客提供一系列丰富多彩的户外活动，如徒步、直升机高山滑雪、单板滑雪、骑马、观鲸及钓鱼等。

Deplar Farm Hotel

Converted from an 18th-century sheep barn, Deplar Farm hotel is tucked away in the Troll Peninsula valley in northern Iceland, surrounded by glaciers, waterfalls, black sand and lava rock. The hotel has just 13 rooms, each equipped with whirlpools, saltwater floatation pools and heated outdoor pools, and floor-to-ceiling windows that offer sweeping views of the surrounding snow-capped mountains. Float in the open-air hot tub under the midnight sun and, if you're lucky, see the Northern Lights. The chef's team prepares delicious meals using fresh ingredients from nearby farms, rivers and oceans. For a challenge, head to the spa to enjoy the "Viking Ritual" – alternating between the sauna and the ice pool three times and experience an ultimate relaxation afterwards. Deplar Farm also provides a barrage of outdoor activities for its guests, including hiking, heli-skiing, snowboarding, horseback riding, whale watching, and fishing.

Highland Base Kerlingarfjöll高地度假村

度假村位于冰岛中部Kerlingarfjöll火山自然保护区附近，栖息高地荒野，这里有着世界上最奇特的流纹岩山脉与地热区，大片落地窗将冰雪覆盖的绝美山景尽收眼底。酒店采用可持续的材料建造，以小村庄式的结构布局，从河边帐篷露营地到宽敞的套房，打造个性化的居住空间。酒店内设有餐厅和休息室，提供从素食、当地海鲜到传统冰岛菜肴等多种美食选择。Ásgarður山谷中心，沿着河岸坐落着度假村的温泉浴场，除了矿物温泉泡池，还设有蒸汽池、冷水池、桑拿浴室和一间酒吧。酒店通过地下通道将餐厅与高地温泉相连，使宾客可以轻松穿梭于各区域之间，尽享冰岛高地的宁静与美丽。

Highland Base Kerlingarfjöll

Located near the Kerlingarfjöll volcanic nature reserve in central Iceland, Highland Base Kerlingarfjöll is tucked away in the highland wilderness, with large floor-to-ceiling windows offering stunning views of the ice-covered mountains. Built with sturdy, sustainable materials, the guestrooms of the hotel are laid out in a hamlet-style structure, from riverside tented campsites to spacious suites, creating personalized living options for guests. There is an on-site restaurant and lounge offering a wide selection of cuisine from vegetarian and local seafood to traditional Icelandic dishes. In the center of the Ásgarður valley, nestled along the riverbank, is the resort's thermal Highland Baths. In addition to the mineral hot spring pools, it also features a steaming pool, a cold plunge, a stunning sauna, and a bar. Underground passageways connect the hotel with the restaurant and the Highland Baths, enabling guests to traverse the grounds without battling the elements.





三维探索 美高梅健康嘉会成功举办

TRiAXplore Empowered by MGM Held Successfully at MGM Cotai

—— 维探索美高梅健康嘉会于2024年11月11-13日
—— 期间在澳门美狮美高梅成功举办。这场独特
—— 且独有的健康盛会与活动，专注于健康行业的
知识与趋势，展示在综合健康、养生和美容领域的发展
潜力。此次活动由美高梅和其品牌旗下屡获殊荣的水疗中
心“禅瀑”主办。

为期两天半的活动日程安排中，嘉会以多样化的教育
活动为特色，邀请了来自于美国、英国、意大利、日本、
泰国、中国澳门与香港、以及中国大陆的知名品牌与专家
主讲会议，并带领了认证体验与培训课，为健康行业的从
业者、院校学生、社会人群等不同参会者们提供了丰富而
轻松的、直接的面对面的学习与交流机会，并与各种尖端
护肤和设备品牌互动。所有参与者们都从这些围绕健康、
养生、美容活动为中心的丰富课程和体验中受益匪浅。

一场特殊的阿尔法脑电波音乐会“音与影”鸡尾酒
会，也让参会者们接触到了著名艺术家们带来的神奇的音乐
与色彩影像疗愈，音乐会分为四场，每一场均为即兴的
现场艺术表演，音乐与影像的呈现各自不同，沉浸式的体
验让参会者印象尤为深刻。

两天半的嘉会日程中包含了每日上午下午两场精致茶
歇，以及超级美味和健康的自助午餐，美狮美高梅尽显其
好客无比的地主之谊。

三维探索美高梅健康嘉会体现了美高梅对于推动亚太
地区健康和美容行业的承诺，尤其是美狮美高梅和“禅
瀑”在促进健康发展方面的决心，增强了澳门在全球健康
行业的日益上升的标志地位，令其成为新兴的健康聚集地。

The TRiAXplore Empowered by MGM event was successfully held from
November 11-13, 2024, at MGM Cotai in Macau. This exclusive and unique
health-focused event centered on knowledge and trends in the wellness
industry, showcasing the potential for growth in integrated health, wellness, and
beauty. The event was hosted by MGM and its award-winning spa brand, Tria Spa.

Over two and a half days, this wellness event featured a diverse program of educa-
tional activities. Renowned brands and experts from US, UK, Italy, Japan, Thailand,
China Hong Kong, Macau, and Mainland China delivered talks, led certification
workshops, and facilitated training sessions. These activities provided industry pro-
fessionals, students, and members of the general public with enriching, relaxed, and
direct face-to-face learning and networking opportunities while interacting with
cutting-edge skincare and equipment brands. All participants greatly benefited from
the comprehensive curriculum and hands-on experiences centered on health, well-
ness, and beauty.

A special highlight was the Alpha Brainwave Music Concert & Cocktail Party,
titled Sound & Vision. This immersive experience introduced attendees to the magi-
cal music and color therapy performances of renowned artists. The concert featured
four sessions, each presenting unique live improvised art performances with distinct
music and visuals, leaving attendees deeply impressed by the immersive experience.

The event's two-and-a-half-day agenda also included elegant morning and
afternoon tea breaks, along with delectable and healthy buffet lunches. MGM Cotai
extended its signature hospitality, ensuring a memorable experience for all guests.

The TRiAXplore Empowered by MGM exemplified MGM's commitment to
advancing the health and beauty industry in the Asia-Pacific region. It highlighted
MGM Cotai and Tria Spa's dedication to fostering wellness while strengthening
Macau's rising status as a global hub for health and wellness, positioning it as an
emerging destination in this field.



Buathon Thienarom



Wayne



Paul Rochon



Iwan R. Dietschi



Mary Yip



Luca Gualdrini



Ken Rosen



Graham Earnshaw



Minako



Simon Law



Tristan Lagarde





法国布列塔尼探索之旅

澳门美狮美高梅三维探索健康嘉会之PHYTOMER菲迪曼体验

PHYTOMER, 菲迪曼这个名字本身就像一个承诺, 向我们揭示了海洋护肤的神奇力量。在澳门美狮美高梅举行的“三维探索健康嘉会”上, PHYTOMER菲迪曼以“法国布列塔尼探索之旅”为主题, 踏上一段奇妙的海洋护肤之旅。这不仅仅是一场技术展示的盛会, 也是一次深入海洋生态智慧的探索。

随着海浪鼓的节奏, 体验者们被引领进入深邃的海洋世界, 聆听海洋与菲迪曼共同成长的故事。在了解品牌成长历程后, 可以步入模拟实验室环境, 近距离感受菲迪曼实验室的严谨科学态度和产品多样性。菲迪曼的科研团队如同现代的海洋探险家, 不断深入研究, 将海洋奇迹转化为高效的护肤成分, 为肌肤带来滋养与呵护。

令人惊喜的是, 客户将有机会亲手参与菲迪曼DIY手霜的制作。将源自深海的精华成分混合, 变成细腻滋润的乳霜。当这些乳霜在掌心融化时, 感觉仿佛触摸到了大海的脉搏。这不仅是一次手霜制作, 更是一次与海洋生命力的亲密接触, 这份美好的记忆还可以作为这次探索之旅的纪念带走。

早在1899年法国布列塔尼罗斯科夫的巴戈特博士就提出了“海洋疗法”的概念。而菲迪曼, 作为这一领域的传承者与开拓者, 持续探索人与自然的平衡智慧, 带来令人身心自如的自在感。



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An Exploratory Voyage to Brittany, France

Experience PHYTOMER at TRIaXplore Empowered by MGM Cotai, Macau



PHYTOMER, a name that sounds like a promise, unveils the magical power of marine skincare for us all. At the “TRIaXplore Empowered by MGM” held at MGM Cotai in Macau, PHYTOMER embarked on a fantastic journey of marine skincare with the theme of “An Exploratory Voyage to Brittany, France.” This was not merely an event showcasing technology; it was also an exploration delving into the wisdom of marine ecology.

With the rhythm of the Wave Drum, attendees were led into the depths of the oceanic world, listening to the story of how PHYTOMER has grown alongside the sea. After learning about the brand’s growth journey, they could also step into a simulated laboratory environment to experience up close the rigorous scientific attitude and product diversity of PHYTOMER’s laboratories. The research team of PHYTOMER, akin to modern marine explorers, continuously delves into research, transforming the wonders of the sea into highly effective skincare ingredients that nourish the skin.

Surprisingly, guests had the opportunity to personally participate in the creation of DIY hand creams. By mixing the essence ingredients sourced from the deep sea, they transformed them into delicate and nourishing creams. As these melted in their palms, it felt like touching the pulse of the sea. This was not just a product-making experience; it was also a close encounter with the vitality of the sea, and this beautiful memory could be taken away as a souvenir of the exploratory journey.

Looking back on this fantastic journey, it reminds us that as early as 1899, Dr. Bagot of Roscoff in Brittany, France, proposed the concept of “thalassotherapy.” And as both an inheritor and pioneer in this field, PHYTOMER continues to explore the wisdom of balance between humans and nature, bringing a sense of relaxation that allows both body and mind to be at ease.





创新引领未来

NATURA BISSE悦碧施荣获福布斯“可持续创新”大奖，于可持续发展战略中寻找平衡

西班牙奢华护肤品牌Natura Bissé悦碧施在2024福布斯——瑞银可持续发展奖中荣膺“可持续创新”大奖，该活动旨在表彰家族企业和大型公司在业务中实施可持续政策方面的成就与努力。

Natura Bissé悦碧施企业传播高级副总裁Ricardo Fisas于11月19日在马德里文华东方酒店举行的颁奖典礼上接受了这一奖项。此次活动汇聚了商业和可持续发展领域的众多重要代表。

Ricardo表示：“这个奖项证明了我们走在正确的道路上。它激励着我们不断成长和进步，成为一个更加优秀、更加负责任的企业。”

公司始终致力于满足当下需求的同时，不以牺牲未来为代价，确保在社会福祉、环境保护和经济增长之间实现平衡。其可持续发展战略围绕以下三个核心支柱来展开：

环境保护

Natura Bissé悦碧施专注于运营、产品开发和服 务，努力减少消耗和废弃物的产生，重

用资源，并积极推动包装的回收利用。这些工作主要集中在位于巴塞罗那的总部Casa-Fábrica悦碧施之家。这座创意中心，凭借其先进的建筑管理系统，不仅推动了可持续生产，还确保了高能源效率和最小化的环境影响。

你知道吗？

Casa-Fábrica悦碧施之家采用了最先进的建筑管理系统。这些控制系统，加上大部分电力供应都来自多联产发电厂，使得建筑具有高度的能源效率，成功节约了主要能源的消耗，并减少了超过35%的二氧化碳排放量。此外，新生产厂实施的措施基于绿色化学原则，即将所有生产过程中对环境和健康的影响都降至最低。

社会责任

Natura Bissé悦碧施秉持整体性方法，旨在创造积极的社会影响。其中一个突出例子是成立于2008年的Ricardo Fisas Natura Bissé基金会，其使命是回馈社会。这一愿景促成了以下两项举措：

肿瘤患者SPA项目：为美容专业人士提供专业培训，并为接受癌症治疗的患者提供免费护理。

差异项目：教育团队为有学习认知障碍的儿童提供支持和帮助。

此外，公司还致力于促进多样性、公平性和平等性。其全球团队已经超过400名员工，其中女性占主导地位，包括工厂、实验室和办公室的各种职位。女性员工占总人数的80%，其中近70%的领导职位由女性担任。

公司管理

Natura Bissé悦碧施始终秉持诚实、卓越和团队合作的核心价值观，这些价值观也构成了公司的基石。公司加强管理结构，并采取措 施确保所有运营的伦理性和安全性。此外，Natura Bissé悦碧施还与国家和国际上的关键协会及组织合作，共同推动创新、可持续发展和负责任的化妆品消费。其中一个典型例子是品牌参与了由欧洲化妆品及个人护理贸易协会Cosmetics Europe发起的“自愿可持续承诺”计划。

Leading the Way to the Future

Natura Bissé's honor "Sustainable Innovation" Awards, Finding Balance in Its Sustainability



Natura Bissé, the luxury cosmetics brand, has been honored in the "Sustainable Innovation" category at the Forbes-UBS Sustainability Awards 2024, an event that celebrates the achievements and efforts of family owned SMEs and large companies committed to implementing sustainable policies in their businesses.

Ricardo Fisas, SVP and Director of Corporate Communications at Natura Bissé, accepted the award at the ceremony held Tuesday, November 19th, at the Mandarin Oriental Ritz Hotel in Madrid. The event brought together prominent representatives from the business and sustainability sectors.

In Fisas' words, "This award reaffirms that we are on the right path. It inspires and motivates us to continue growing and evolving into an even better and more responsible Natura Bissé."

The company's unwavering commitment is to meet the needs of the present without compromising the future, ensuring a balance between social well-being, environmental care,

and economic growth. This vision is structured around three fundamental pillars that guide its sustainability strategy:

Environmental

Focusing on operations, product development, and services, Natura Bissé strives to reduce consumption and waste generation, reuse resources, and promote the recycling of packaging. These efforts are centered at the company's headquarters in Barcelona, known as the Casa-Fábrica. This creative hub was built using advanced building management systems, not only fosters sustainable production, but also ensures high energy efficiency and minimal environmental impact.

Do You Know?

Casa-Fábrica have been built using the most advanced systems in building management. These control systems, along with the fact that the majority of the power supply comes from a polygeneration power plant, means that the

building is highly energy efficient, achieving savings in primary energy consumption and a reduction of more than 35% in CO2 emissions. Moreover, the measures implemented in the new production plant are based on the principles of green chemistry; in other words, aiming for all the production processes to have the minimal possible impact on the environment and on health.

Social

Natura Bissé embraces a holistic approach aimed at creating a positive societal impact. A standout example is the Ricardo Fisas Natura Bissé Foundation, established in 2008 with the mission to give back. This vision gave rise to two initiatives:

Oncology Aesthetics Program: Offering specialized training for aesthetic professionals and free treatments for individuals undergoing cancer treatment.

Project Difference: Supporting educational teams to assist children with learning differences.

The company is also dedicated to promoting diversity, equity, and equality. Its global team of over 400 employees comprises a majority of women in roles across the company, in the factory, laboratories and offices. Women make up 80% of the workforce, with nearly 70% of leadership positions held by women.

Governance

Natura Bissé remains true to its core values of honesty, excellence, and teamwork, which serve as organizational pillars. It reinforces governance structures and implements measures to ensure ethics and safety in all operations. Furthermore, the company collaborates with key national and international associations and organizations to promote innovation, sustainability, and the responsible consumption of cosmetics. One notable example is Natura Bissé's adherence to the Cosmetics Europe's Voluntary Sustainable Commitments initiative, spearheaded by Cosmetics Europe, the European trade association for cosmetics and personal care.



东隅酒店大胆新视野

香

港的东隅酒店推出全新服务愿景“The Alternative”，以此汇聚一众拥有奇思妙想的异想家，包括创意先锋、文化探索者和冒险家特质的旅客。位于前太古糖厂历史遗址的香港东隅酒店与年轻新兴艺术家合作，举办了震撼人心的派对，带领宾客体验该区域历代的演变，踏上一趟非一般的“方糖”感官之旅。派对以一系列由身心而发的表演展现出东隅的创新精神，鼓励异想家们挑战常规的同时，对思考、玩乐、休息、工作和生活的选择持开放态度，积极寻找那份属于自己的一隅。

东隅酒店秉承包容和负责任的生活态度，满足现今全球旅客不断变化的需求。坐落于太古城社区中，酒店变成了都市旅客的聚集地，也为他们创造了与周边环境密不可分的空间。全新愿景推动了宾客自主探索、思考，鼓励他们做出对环境友善的选择，并与周遭的环境连接，建立别具意义的关系。其团队更欢迎异想家们一同分享各自对这座城市独有的奇思妙想，令他们感受到热情真挚的款待。

香港东隅酒店总经理张碧茵表示：“我们不断突破新界限，希望激发创意且凝聚宾客。我们明白新一代旅客正寻觅既可舒适做

自己，又可遇上志同道合的伙伴的空间。他们希望拥有轻松自在的住宿体验，探索经精心策划的当地体验，跟随本地人的视角一探城市的真实面貌。”

身临别样之隅，开启全新篇章

香港东隅酒店于2024年11月13日举行了品牌重塑派对，为品牌的全新篇章揭开序幕。当晚派对的表演由电影导演郑晋轩和画廊主理人笔华棋策划，由EDITECTURE操刀设计，以全新面貌示人的车道闪亮登场，为派对拉开序幕。

创意表演，糖之盛宴

整场表演以“糖”为主题，以创意方式展现糖的不同面貌。以大自然色调为设计灵感的车道，营造出舒适的气氛，也为i is one的地球音乐表演提供完美的演出舞台。随后有NEEDLESS重新演绎的舞狮表演，并携手芭蕾舞者Forrest Rain，为传统“大头佛”增添意想不到的惊喜。舞者从舞狮“采糖”环节中接过象征糖原料的甘蔗，带领宾客上楼到精致餐厅FEAST，欣赏爵士钢琴家朱峻乐与“嘻哈诗人”Novel Fergus的破格演出，恍如炼糖般将爵士乐与广东嘻哈风格融合，并带出广东情歌的甜美和韵味。受邀宾客随后

移步套房，在两届世界冠军口琴演奏家何卓彦的迷人旋律伴奏中，欣赏以糖的结晶过程为灵感的神秘魔术表演，尽享派对魅力。

甜蜜之旅，延续体验

酒店电梯可延续体验旅程，一踏入便迎来勾起童年回忆的糖果香味，为屋顶露台酒吧Sugar的甜蜜体验作铺垫。这些令人回味的香气，与香港东隅酒店的国际知名调酒师Alvin Ching以经典糖果为灵感精心调制的鸡尾酒相得益彰。当晚更有DJ BEAT FRIDAY重新混音八十年代、九十年代和千禧年代深受喜爱的热门歌曲，为整个派对注入活力，为宾客打造舞蹈与派对的沉醉体验，将气氛推至高峰。

总经理张碧茵女士表示：“这次派对标志着‘身临 别样之隅’的开始。我们希望透过启发宾客参与由拥抱创新可能并勇于探索的创作者所打造的长远项目，从此处踏上酒店探索之旅。”

东隅酒店及其姊妹品牌居舍系列的母公司太古酒店集团常务董事Dean Winter表示：“我们的旅程才刚刚开始，除了现有的三间东隅酒店，未来即将有五间酒店于2027年至2030年间开幕。我们非常高兴能够将东隅扩展至充满潜力的国际市场，以此与全球各地的异想家建立联系。”

EAST Hotels Introduces “The Alternative” A Bold New Vision for Modern Travellers

On 15 November, 2024, EAST Hotels in Hong Kong welcomed a new vision of hospitality with The Alternative, a fresh concept designed to bring together creative pioneers and today’s culture-curious and adventurous travellers – collectively known as Alternative Thinkers. It collaborated with youthful and emerging artists for a party that whisked guests away on a multisensory adventure reflecting the transformation of “sugar”, referencing the neighbourhood’s historic site of the former Taikoo Sugar Refinery. With physical and emotional performances, the event vividly brought to life the innovative spirit of EAST, challenging conventions and fostering open-mindedness towards fresh alternatives for thinking, playing, resting, working, and living.

EAST Hotels embraces inclusivity and responsible living, responding to the evolving needs of today’s global travellers. The brand is grounded in the neighbourhoods that it is part of and seeks to be a gathering place for travellers. With its new concept, EAST empowers guests to make independent choices while prioritising eco-conscious environments and cultivating meaningful connections. The dedicated staff engage with these thinkers by sharing personalised insights into the city and ensuring they feel genuinely welcomed.

“We are constantly pushing the boundaries to inspire creativity and foster a sense of community among our guests. We understand that the new generation of travellers is looking for a welcoming environment where they can truly be themselves and connect with like-minded individuals,” said Jennifer Cheung, General Manager of EAST Hong Kong. “They want to feel at ease throughout the stay and look for thoughtfully curated, authentic experiences that offer an insider’s view of the city.”

Arrive at a Different Place, open a New Chapter

EAST marked the next step in its rebranding journey with a lively celebration at its Hong Kong property on 13 November. Curated by the film director Cobra Cheng and gallerist



Matt Chung, the evening kicked off at newly renovated driveway by EDITECTURE.

Creative Performances, A Feast of Sugar

With a nature-inspired colour palette, the space evokes a sense of comfort, setting the backdrop for a mesmerising Earth performance from *i is one*. Then NEEDLESS embraced new beginnings for the new EAST through a reimagined lion dance, featuring ballet dancer Forrest Rain who added an unexpected twist to the traditional “big-headed Buddha”. The dancer took a sugar cane – representing the raw material of sugar – from the lion and led guests upstairs to the bustling eatery FEAST to enjoy a musical collaboration between pianist Jerold Chu and “Hip Hop Poet” Novel Fergus, blending jazz and Cantonese hip hop. Invited guests moved on to an en-suite secret magic show inspired by the crystallisation of sugar, accompanied by the captivating melodies of two-time World Champion harmonicist CY Leo.

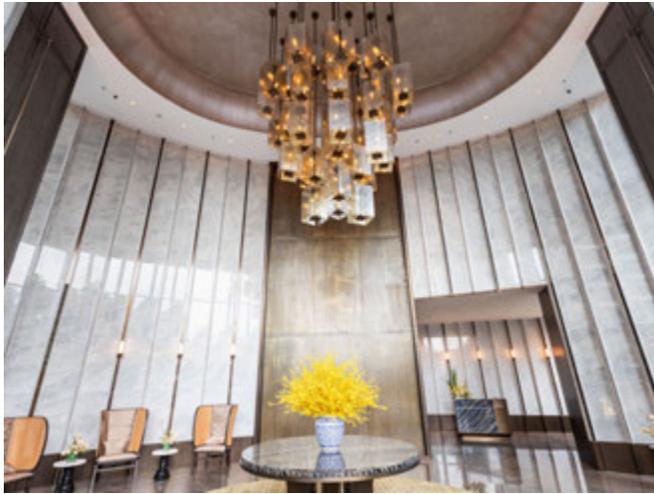
A Sweet Journey, Continuation of Experience

The adventure continued in the elevator, where each cabin was infused with the nos-

talig scent of childhood candies, setting the stage for a sweet experience as they arrived at Sugar, the rooftop and terrace bar. This familiar aroma was complemented by local classic sweet-inspired cocktails crafted by EAST Hong Kong’s internationally acclaimed mixologist, Alvin Ching. DJ BEAT FRIDAY energised night with fresh remixes of beloved hits from the 80s, 90s, and Y2K, leaving guests riding a “sugar high” as they danced and celebrated the night away.

“This party is just the beginning of what it means to Arrive at a Different Place,” said Cheung. “We hope to inspire our guests to embark on a path of discovery within the hotel and encourage them to take part in ongoing programmes at EAST curated by innovative creators who embrace new possibilities and explore alternative ways of doing things.”

“With three EAST hotels currently in operation and five more set to open between 2027 and 2030, our journey is just beginning,” said Dean Winter, Managing Director of Swire Hotels, the company behind EAST and its sister brand The House Collective. “We are excited to expand the EAST brand into new international markets and connect with Alternative Thinkers around the world.”



常州嘉宏美爵酒店

常州嘉宏美爵酒店坐落于历史悠久、文化璀璨的江南古城常州罗溪。毗邻当地一站式购物、休闲、娱乐、社交地标嘉宏空港国际星光城，尽享便捷与繁华。182间客房整体设计采用香槟金，点缀中国红色调，接待大堂的大理石地面与金色吊灯交相辉映，墙面的设计则运用了现代的几何线条和材质，配以传统的装饰元素，每一处都诉说着这座古城故事，为宾客开启一场沉浸式的本地文化体验之旅。其他设施还包括2500平方米的无柱宴会厅、全日餐厅、健身房，以及惬意的大堂吧等。

Grand Mercure Changzhou Luoxi

Grand Mercure Changzhou Luoxi is located in Luoxi, Changzhou, an ancient city in the south of the Yangtze River with a long history and sparkling culture. Adjacent to the hotel is the MOOC Star Shopping Mall, a popular landmark that integrates shopping, leisure, entertainment, and social spaces. With 182 guestrooms, the hotel's champagne gold and Chinese red design delivers a discerning, cultured, and authentic local experience, offering guests an immersive journey into the local culture. Its lobby features marble floors and gold chandeliers, while the walls are designed with modern geometric lines and materials, along with traditional decorative elements, each telling the story of this ancient city. Other facilities include a 2,500 square meter pillarless ballroom, an all-day dining restaurant, a fitness room, and a cozy lobby bar.

珠海望海楼酒店

经过长达4年的升级改造，珠海望海楼酒店璀璨重启。该酒店背靠石景山、面朝香炉湾，观山揽海，拥有绝佳地理位置。263间客房和套房，均配备了宽敞的露台或阳台，宾客可欣赏晨露或夕阳晚霞，静享惬意时光。设计上，该酒店由莫伯治建筑师事务所操刀建筑设计，其灵感源于在地环境，巧妙融合现代美学与地域特色。餐饮上，餐饮团队由国际米其林星级餐厅的主厨以及粤菜大师主理，呈现色香味俱佳的美食佳肴。此外，还配备了丰富的设施，如户外660平方米开阔海景的无边恒温泳池、临海超1000平方米的观海花园，以及近500平方米的健身中心、儿童俱乐部等。

Grand Ocean View Hotel Zhuhai

After 4 years of upgrading and remodeling, Grand Ocean View Hotel Zhuhai has been reopened. With its backdrop of Mount Shijing and face of Xianglu Bay, the hotel enjoys an excellent location with a view of the mountains and the sea. Each of the 263 guest rooms and suites is equipped with a spacious terrace or balcony, where guests can enjoy the morning dew or sunset. For design, it boasts architecture crafted by Mobozhi Architecture Design Inc., drawing inspiration from the local environment and skillfully blending modern aesthetics with regional characteristics. In terms of food and beverage, the restaurant team is composed of chefs from international Michelin-starred restaurants and Cantonese master chefs, presenting the best of both worlds in terms of color and flavor. Additionally, it is equipped with a wealth of facilities, such as an outdoor 660-square-meter infinity heated swimming pool with an open sea view, an over 1,000-square-meter garden with a view of the sea, as well as a nearly 500-square-meter fitness center, a children's club, etc.



曼谷都喜天丽酒店

历史悠久的曼谷都喜天丽酒店经过改造后于9月27日重新开业，融合了古典华丽和现代设施的风格。高达39层的酒店将仑披尼公园和曼谷城市天际线一览无余。257间客房内采用设计师Andrue Fu居家风格，加以原木色调的元素，令宾客仿佛置身于家的怀抱。空中大堂提供个性化服务，如无缝登记入住和泰式欢迎仪式。宾客可以在Pavilion餐厅享用泰式和亚洲美食；而11月亮相的Cannubi餐厅，由知名主厨Umberto Bombana亲自主理，将为宾客带来纯正的意大利美食和葡萄酒。其他设施还包括水疗中心、宴会厅、董事会会议室等。

Dusit Thani Bangkok

The historic Dusit Thani Bangkok reopened on September 27th after a renovation that blends classic grandeur with modern amenities. The 39-storey hotel offers stunning views of Lumpini Park and the Bangkok city skyline. The 257 guest rooms are decorated in designer Andrue Fu's homey style, with elements in original wood tones to make guests feel at home. The Sky Lobby offers personalised services such as a seamless check-in complete with a Thai welcome ritual. Guests can enjoy Thai and Asian cuisine at the Pavilion Restaurant, while the Cannubi Restaurant, featuring renowned Chef Umberto Bombana, offers authentic Italian cuisine and wines. Other amenities include a spa, ballroom, boardroom and more.





澳门银河莱佛士

全新开业的澳门银河莱佛士坐落于澳门银河时尚汇东侧，俯瞰活力四射的度假城及璀璨的路氹城区。酒店采用双塔设计，每层均有玻璃空中廊桥连接塔楼两翼。二层大堂处，自然光线悠然洒落，模糊了室内外的界限，呈现亚洲自然之美。450间套房融合了经典设计与现代舒适，部分套房采用明亮开阔的复式设计，或配备私人泳池和专属花园。此外，24小时传奇管家服务能满足不同宾客的需求。首次亮相于日本以外的“鮭吉祥·宫川”餐厅带来地道的Omakase体验；秘密酒吧风格的长廊酒吧引领宾客踏入一个神秘与冒险氛围的世界。

Raffles at Galaxy Macau

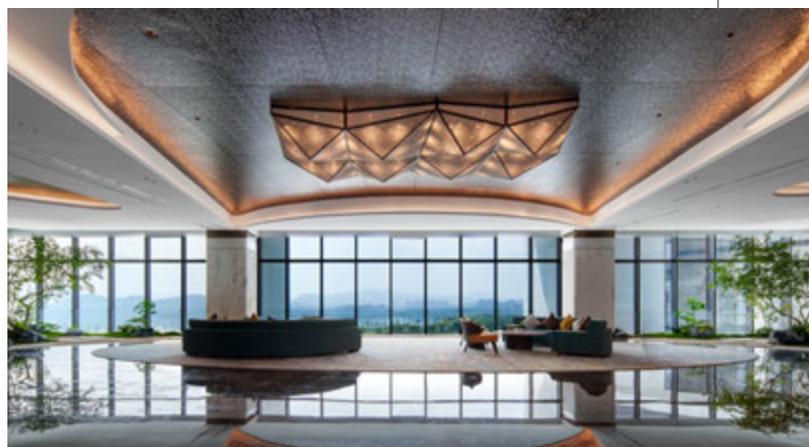
The newly opened Raffles at Galaxy Macau is located on the east promenade of Galaxy Macau, adjacent to the historic and cultural district of Old Taipa Village, the hotel offers stunning vistas of Macau's skyline and the Galaxy Macau resort's captivating scenery. The hotel's design features two glittering gold towers connected by a 15-metre glass airbridge. Natural light floods in the level two lobby, revealing the natural beauty of Asia. 450 suites embrace classic design and modern comfort. Many suites feature private pools and gardens, while others are designed as bright, airy lofts with double-storey windows. In addition, 24-hour Legendary Service is available to meet the needs of a wide range of guests. For the first time outside of Japan, the "Sushi Kissho By Miyakawa" restaurant offers an authentic Omakase experience, while the Long Bar leads guests into a world of intrigue and adventure.

阿丽拉上海

坐落于繁华热闹的上海市静安区，阿丽拉上海酒店坐拥得天独厚的地理位置，四周环绕着各式各样的高端特色店铺及历史悠久的百年张园建筑群。186间客房，其中包括94间宽敞的套房，分别分布在12至17层以及27至39层。内饰主打大地色系，融合天然材质与中式元素，巧妙结合上海海派风情与现代潮流。为了满足不同宾客的味蕾需求，酒店内还设有不同风味的餐厅。威海500以海鲜为特色，呈现现代的海派菜系；映庭提供日式烧烤和炉端烧；酒吧Secret Roof白天是咖啡茶吧，夜晚则化身鸡尾酒吧。

Alila Shanghai

Located in the bustling Jing'an District of Shanghai, Alila Shanghai enjoys a unique location surrounded by a wide range of high-end specialty stores and the century-old Zhangyuan heritage site. The hotel features 186 guest rooms, including 94 spacious suites, spread across floors 12 to 17 and 27 to 39. The interior is dominated by earth tones, blending natural materials with Chinese elements, and skillfully integrating Shanghai culture with modern trends. In order to satisfy the taste buds of different guests, there are a variety of restaurants in the hotel. 500 Weihai Road Restaurant features modern Shanghaiese cuisine with a focus on seafood; Garden Pavilion serves Japanese barbecue and robata-yaki; and Secret Roof is a coffee and tea bar by day and a cocktail bar by night.



杭州青山湖美爵酒店

毗邻宁静的青山湖，坐拥优美生态资源的杭州青山湖美爵酒店已于10月盛大启幕。酒店177间宽敞典雅的各式客房，均采用落地大玻璃，山湖美景尽收眼底。每间客房都融入了杭州的独特韵味与文化精髓。位于17楼的行政酒廊提供下午茶及欢乐时光的同时，还配备了行政贵宾专属会议室。酒店共拥有合计4000平方米的会议空间，包括1间1200平方米的无柱式宴会厅、1间可容纳近千人的阶梯式报告厅，以及14间多功能厅、会议室、贵宾接待室等。此外，全日餐厅和中餐厅，带领宾客踏上美食探索之旅，获得一场全方位的感官盛宴。

Grand Mercure Hangzhou Qingshan Lake

Adjacent to the tranquil and picturesque Qingshan Lake, the Grand Mercure Hangzhou Qingshan Lake, which is surrounded by beautiful ecological resources, had its grand opening in October. The hotel's 177 spacious and elegant guest rooms feature floor-to-ceiling windows, offering a breathtaking view of the lake and the mountains. Each room is infused with the unique flavor and cultural essence of Hangzhou. The Executive Lounge on the 17th floor offers afternoon tea and an exclusive meeting room for executive guests. The hotel has a total of 4,000 square meters of meeting space, including a 1,200-square-meter pillarless ballroom, a multistep lecture room that can accommodate nearly 1,000 people, 14 multi-functional halls, conference rooms and VIP reception rooms. Additionally, a variety of restaurants allow guests to savor Hangzhou cuisine and Chinese and Western delicacies.



甲米悦榕庄迎来知名瑜伽导师Gabrielle Mendoza Banyan Tree Krabi Welcomes Acclaimed Yoga Mentor Gabrielle Mendoza



Gabrielle Mendoza, 她是修复瑜伽的著名培训师，也是“发现内心绿洲”(Uncovering the Oasis Within)理念的创立者，她受特别邀请已在泰国南部甲米悦榕庄度假村开设完课程。

在为期10天的驻场访问期间，Gabrielle进行了大量的正念和整体练习，包括流瑜伽、冥想和声音疗愈，以及她招牌的修复瑜伽课程。在修复瑜伽课程中，学员们要保持深呼吸，长时间维持体式，这一技巧可以缓解压力、改善睡眠、灵活性和整体健康状况。

Gabrielle定居于新加坡，她说：“自己曾在企业的压力下感到崩溃”，后来通过瑜伽找回了迷失的自我。她现在遵循自己的信念，通过正念、冥想和瑜伽修炼来帮助他人管理压力。

她在甲米悦榕庄的亮相，是酒店于2021年启动的“*Wellbeing Sanctuary*”计划的又一进展，客人可以选择将休闲度假与量身定制的每日行程相结合，以丰富宾客的身、心、灵——从冥想和水疗护理到泰拳和自然步道——并辅以营养饮食和个人咨询。

甲米悦榕庄位于甲米镇以西约25公里处宁静的Tubkaek海滩上。度假村背靠郁郁葱葱的国家公园，每间客房均朝西，面向安达曼海无人居住的岛屿。该度假村拥有72间泳池套房和别墅，其中包括七间两居室、一间三居室别墅和一间豪华的七居室总统级海滨泳池别墅。其他设施还包括两家餐厅、一个海滩酒吧、一个海滩俱乐部、一个儿童俱乐部、一个健身中心、会议室和屡获殊荣的甲米悦榕庄水疗中心。

如需了解有关课程的更多信息，请访问<https://www.banyantree.com/thailand/krabi/gabrielle-mendoza>。

如需了解酒店更多信息或预订，请发送电子邮件至reservations-krabi@banyantree.com，或致电+66 075 811 888。



Gabrielle Mendoza, a renowned trainer in restorative yoga and the creator of the *Uncovering the Oasis Within* concept, has been specially invited to hold classes at Banyan Tree Krabi resort in southern Thailand.

During her 10-day residency as visiting practitioner, Gabrielle has offered a plethora of mindful and holistic practices, including Vinyasa Yoga, meditation and sound healing, as well as her signature classes of restorative yoga, where one maintains deep breaths and maintains asanas (yoga poses) for longer – a technique accredited with alleviating stress, and helping with sleep, flexibility, and overall wellbeing.

Based in Singapore, Gabrielle says that she

“crumbled under the stress of the corporate world” and later only reclaimed her lost self through yoga. She says she now follows her dharma to help others manage stress through the means of mindfulness, meditation, and the discipline of yoga.

Her appearance at Banyan Tree Krabi is another step forward in the hotel’s “*Wellbeing Sanctuary*” programme, which was initiated in 2021 and allows guests an option to combine a leisure vacation with a tailor-made daily itinerary designed to enrich mind, body and soul – from meditation and spa treatments to Thai boxing and nature trails – complemented with a nutritious diet and personal consultations.

Located on tranquil Tubkaek Beach, some 25 km west of the town of Krabi, Banyan Tree Krabi. The resort backs into a lush forested national park, and each of rooms faces westward towards uninhabited islands in the Andaman Sea. It has 72 pool suites and villas, among them seven two-bedroom options, one three-bedroom villa, and a majestic seven-bedroom Presidential Beachfront Pool Villa. Other facilities include two restaurants, a beach bar, a beach club, a kids’ club, a fitness centre, meeting rooms, and the award-winning Banyan Tree Spa Krabi.

For more about courses, please visit <https://www.banyantree.com/thailand/krabi/gabrielle-mendoza>

For more information or bookings, please email reservations-krabi@banyantree.com, or tel +66 075 811 888.

清迈、苏梅岛、金三角，全方位奢享假日时光 三家泰国四季度假酒店呈现丰富多彩的春节活动



苏梅岛四季度假酒店



金三角四季帐篷酒店



金三角四季帐篷酒店

伴随节日脚步的临近，金三角、清迈与苏梅岛三家泰国四季度假酒店诚邀宾客一同庆祝春节，见证新年的第一轮圆月。

从奢华的滨海泳池别墅到宽敞的私人寓所，苏梅岛如诗如画的海岸魅力，在绵延山坡间尽情绽放。今年农历新春，苏梅岛四季度假酒店推出含早套餐礼遇，提供招牌早餐及更多专属体验。

清迈四季度假酒店于今年荣膺米其林三星钥，隐匿于清迈的湄林山谷中心，打造难忘的家庭之旅。特别推出的含早套餐，每间客房的两位宾客可享每日早餐，细致入微的酒店服务也为居停时光增添一抹优雅从容。

清迈和苏梅岛的私人寓所均配备 Mae Baans 专属管家，悉心满足宾客需求。私人餐饮服务 and 住宅内的水疗体验，更让家庭宾客在泰国共度农历新年感受家外之家般的温暖与舒适。

泰国金三角四季帐篷酒店隐于茂密竹林之中，与自然深度连接，邀请宾客踏上非凡的丛林沉浸体验。推出的两晚或三晚探险套餐，是庆祝农历新年的理想避世之选。

精致餐饮，臻享新春年味

苏梅岛四季度假酒店的行政总厨 Ruslan Shipunov 策划了一系列美食体验，如海滩火锅之夜、渔人之夜的海鲜大餐、Pla Pla 餐厅的东西融合下午茶、Koh Thai Kitchen 餐厅的川粤风味佳肴。清迈四季度假酒店行政总厨 Alvin De La Cruz 精心策划的农历新年晚宴囊括中、泰、韩、日四国佳肴；而除夕当晚的国际自助餐还有舞狮在内的等精彩表演。金三角帐篷营地提供吸纳中式灵感的早餐选



清迈四季度假酒店



清迈四季度假酒店

择，而丛林中配备竹篷的私人露台让清晨变得更加曼妙与迷人。

举杯团聚，私享新春家宴

三家泰国度假酒店皆提供别墅内用餐服务和融合传统年味与各酒店独特风格的定制菜单。在苏梅岛四季度假酒店滨海泳池别墅，用自己喜欢的方式烹饪新鲜捕获的海鲜；在清迈四季度假酒店私人寓所中面朝群山，品味多道式亚洲风味美食；在金三角四季帐篷酒店，于竹林环抱中，享用蕴含中国传统风味的新年早餐。

焕活身心，以最佳状态迎接新年

以定制疗愈，为新的一年注入活力。苏梅岛

四季度假酒店的秘密花园水疗中心借助与新月和自然能量，特别打造“新月音浴焕活体验”和“农历新年水疗护理”沉浸式疗愈仪式，焕活身心。清迈四季度假酒店 Wara Cheewa 水疗中心以“新月冥想音浴”为亮点，帮助宾客深层次舒缓身心。

Wara Cheewa 水疗中心推出 111SKIN 玫瑰金焕亮面部疗程，带来肌肤的深层修复与焕彩体验；金三角四季帐篷酒店丛林水疗中心的专业理疗师提供玫瑰晶体淋巴排毒护理在内的精致护理仪式，以全新面貌迎接新的一年。

多代同堂，镌刻温馨团圆时光

泰国四季酒店提供不一而足的文化体验，如在清迈的泰式凉亭可参与插秧、制蜡、陶艺和给水牛沐浴等活动。对泰式烹饪感兴趣的宾客，还可参加 Rim Tai Kitche 的私人烹饪课程，学习地道的泰式烹饪技巧，度过充实有趣的时光。

此外，苏梅岛四季度假酒店会举办丰富多彩的水上活动。喜欢冒险的宾客还可预订私人游艇服务。金三角四季帐篷酒店特别推出金三角探险之旅，包括游览湄公河、参观庙宇和集市等活动。对于寻求深度文化体验的宾客，提供学习古老织布技艺的机会，领略当地悠久传承的手工艺。

这个春节，携挚爱与亲朋共同沉醉于泰国的多彩文化与热情款待中，一起在三家泰国四季度假酒店缔造不同以往的珍贵回忆。

更多信息或预订，请拨打 +66 2 207 8900 发送电子邮件至 reservations.thailand@fourseasons.com，或访问四季酒店 App。

卓美亚登陆非洲 打造私享度假岛和私人野生动物保护区

卓美亚Jumeirah与专注于高端私属度假体验的桑达集团Thanda, 共同推出两大全新标志性旅行目的地: 坦桑尼亚的卓美亚桑达度假岛Jumeirah Thanda Island和南非的卓美亚桑达游猎度假村Jumeirah Thanda Safari。这标志着卓美亚正式进军非洲市场, 打造与众不同且意义非凡的体验, 以卓美亚的独特方式将人与文化紧密联系在一起。

卓美亚桑达度假岛

卓美亚桑达度假岛位于Shungimbili岛海洋保护区内的私人度假村, 占地5公顷。

宾客每天在专职船夫的陪同下四处游览, 收获独特的探险体验, 沉浸于岛上自然节奏的生活中: 与鲸鲨一起游泳, 和海龟一起潜水, 乘坐传统的阿拉伯独桅帆船前往附近的乔莱岛, 沿着岛上的白沙小径漫步。

该度假岛还落实海洋治理举措, 包括恢复珊瑚礁和保护濒危海龟; 推行桑

达的“生命之星”(Star for Life)非营利社区项目, 旨在创造条件并提供资源, 提高南非和坦桑尼亚马菲亚岛上年轻人的技能和教育水平。

卓美亚桑达游猎度假村

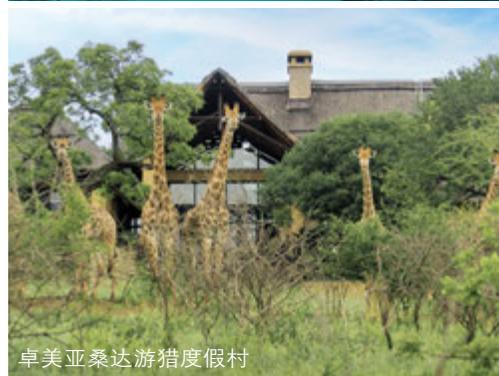
卓美亚桑达游猎度假村, 坐落于南非夸祖鲁——纳塔尔省KZN北部野生动物资源丰富的地区, 在非洲首屈一指的高端奢华“非洲五霸”自然保护区中, 为游客提供充实的体验, 并配套卓美亚住宅和皇家桑达俱乐部。

专门的野外向导团队带领宾客探索私人保护区内16,500公顷的平原、山谷和山峦, 全身心感受非洲荒野的奇妙。可选择的活动包括驱车观鸟、丛林漫步、星空晚餐、落日晚饮, 以及为青少年宾客开设的巡查员课程等。此外, 定制的文化项目, 使宾客深入探索祖鲁文化。

即日起, 卓美亚桑达度假岛和卓美亚桑达游猎度假村, 可开始接受预订。更多信息, 请浏览www.jumeirah.com。

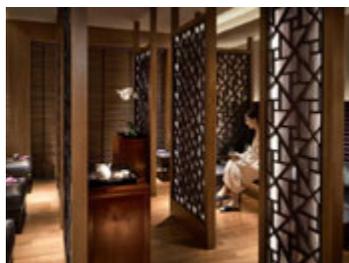


卓美亚桑达度假岛



卓美亚桑达游猎度假村

香港文华水疗中心与OSKIA合作推出全新深度睡眠疗程系列



香港文华东方酒店与英国领先生物营养护肤品牌OSKIA合作推出全新深度睡眠疗程系列, 含该品牌全新推出的Midnight Elixir再生多肽夜间精华和H₂Glow亮泽肌肤精华。

OSKIA的特别针对性面部护理疗程, 能即时巩固肌肤健康, 改善肤色和肤质。Midnight Elixir精华包含OSKIA独特的MSM Regen Complex, 可支持肌肤细胞的自然新陈代谢过程, 强化整体肌肤健康。

H₂Glow是一款富含维他命的水状精华, 旨在改善肌肤的透明度和亮度, 确保肌肤均衡亮丽, 适合所有肤质和肤色。

这两款全新精华于文华水疗中心有售。此外, 文华水疗中心亦推出一系列OSKIA生物养分及药妆产品, 包括获奖无数的超级C (Super-C)智慧营养美容胶囊、以及最新推出的Violet Water系列。

OSKIA身体按摩及美容疗程, 将根据客人的皮肤类型量身定制:

OSKIA深度睡眠身体按摩疗程
90分钟/120分钟,
可添加快速面部护理

这项深度睡眠身体按摩疗程, 可优化夜间睡眠质量。伴随心身放松, 呼吸则愈加深沉, 每次吸气都能被花卉植物所散发的香气滋润和舒缓。

平日90分钟疗程定价为港币2,300元, 周末为港币2,500元。宾客可延长疗程至120分钟, 额外使用Midnight Elixir快速面部护理, 额外加收港币1,200元。

OSKIA个性化温油身体按摩
60分钟/90分钟, 可添加快速面部护理

此疗程使用OSKIA按摩蜡烛或限量版Temperley Love按摩蜡烛, 缓慢释放深层压力。以东方养生为灵感的穴位按摩和温热精油, 可减轻肌肉酸痛, 让身体深度放松、焕活身心。

平日60分钟疗程定价为港币1,800元, 90分钟疗程定价为港币2,300元。宾客可加30分钟的快速面部护理, 额外加收港币1,200元。

宾客可额外500元港币购买Temperley浪漫香氛精油按摩蜡烛或OSKIA精致按摩蜡烛。

如需了解更多信息或预订
请发送电子邮件至mohkg-spa@mohg.com
或致电+852 2825 4888

SPACHINA MOVIE



好东西

HER STORY

爱逞强的单亲妈妈王铁梅(宋佳饰)带小孩王茉莉(曾慕梅饰)搬到新家,结识了所谓清醒恋爱脑的邻居小叶(钟楚曦饰)。两位性格迥异的女性,一个坚强,一个柔软;一个擅长给人当妈,一个擅长随时撒谎。面对旧创伤和新挑战,她们彼此温暖互相慰藉……该片描绘了沪漂的生活状态,通过新老上海人,共同构成了上海故事。它也是电影《爱情神话》的平行篇,且海外档已定于多地上映。澎湃新闻网评《好东西》:敏锐独特的女性视角,区别于传统的叙事风格,新鲜年轻的话题,大胆前卫的多样态爱情观,突破常规的表达,将当下都市男女的生活群像呈现在大家面前。

A single mother, Wang Tiemei, moves into a new home with her child, Wang Moli, and befriends her neighbor, Xiaoye, who is supposedly sober and lovestruck. The two women have very different personalities, one strong, the other soft, one good at playing the motherly role, the other good at lying all the time. In the face of old traumas and new challenges, they warm to and comfort each other The movie depicts the living conditions of Shanghai drifters, and through the interplay of old and new Shanghainese, together they form a Shanghai story. It is also a parallel to the movie "B for Busy" and is set for overseas release in multiple locations. The Paper network commented on "Her Story" saying that it shows a keen and unique female perspective, different from the traditional narrative style, introducing fresh and young topics, bold and avant-garde concepts about the state of love, as well as breakthrough expressions, presenting the lives of urban men and women today.

SPACHINA BOOK REVIEW

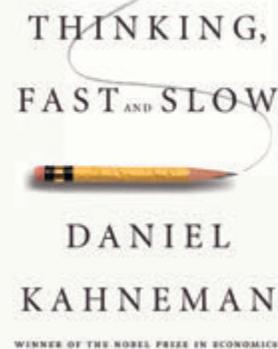
思考,快与慢

THINKING, FAST AND SLOW

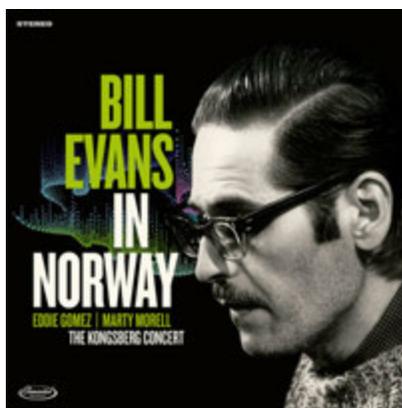
Kahneman的《思考,快与慢》将改变你思考问题的方式。这本书展示了思维是如何运作的,并为我们在职场和个人生活中如何做出选择提供了实用而富有启发性的见解,以及如何避免常常使我们陷入麻烦的思维失误。Kahneman提出,有两个系统驱动着思考和做出选择的方式:系统一是快速的、直觉的和感性的;系统二是缓慢的、深思熟虑的和逻辑性更强的。他还让读者参与到一场关于如何思考的生动对话中,展示了在哪些方面可以相信自己的直觉,以及如何发挥慢速思维带来的益处。

Thinking, Fast and Slow will change the way you think about thinking. In this book, Kahneman shows how the mind works, and offers practical and enlightening insights into how choices are made in both our business and personal lives - and how we can guard against the mental glitches that often get us into trouble. Two systems drive the way we think and make choices, Kahneman explains: System One is fast, intuitive, and emotional; System Two is slower, more deliberative, and more logical. Engaging the reader in a lively conversation about how we think, he shows where we can trust our intuitions and how we can tap into the benefits of slow thinking, contrasting the two-system view of the mind with the standard model of the rational economic agent.

Purchase via www.amazon.com Price: US\$13



SPACHINA CD REVIEWS



THE KONGSBERG CONCERT

BY BILL EVANS

Bill Evans是一个有史以来最伟大的爵士钢琴家之一,其开创性的演奏风格奠定了此后爵士钢琴艺术的基石。他成熟的演奏风格是无数钢琴手学习和模仿的对象,深受后世演奏者的欢迎与喜爱。于1970年发行的一张唱片就是一个很好的例子,这张唱片的风格听起来既现代感十足又紧跟时代潮流。他以冷静且自信的姿态,淋漓尽致地演绎了长达80分钟的各类经典曲目,仿佛亲身见证了传奇再现。

Bill Evans is the greatest jazz piano player of all time after creating the style that has become the foundation of jazz piano ever since. He has influenced every single player who followed, and the proof is a new recording from 1970 just released which sounds completely modern and up to date. He plays a whole bunch of standards for a full 80 minutes with cool confidence. The master rediscovered.



SEASON 2

BY ARCANES LEAGUE OF LEGENDS

这是一套令人惊叹的音乐合集,与一款非常受欢迎的视频游戏相关联,它涵盖了这个时代许多顶级流行艺术家的歌曲,这些歌曲的词曲和制作都是为了吸引现在的青少年一代。其中大部分是声音墙和经过大量处理的音乐,这些曲调在拥有大型音响系统的场馆中听起来都很好。这不是水疗音乐,但如果你想了解你的孩子戴着耳机在听什么,这就是答案。

This is an amazing collection of music attached to a very popular video game and it encompasses many of the top pop artists of our era performing songs written and produced to appeal to the current teen generation. Much of it is wall of sound and heavily processed and the tunes would all sound good in an arena with a massive sound system. This is not spa music, but if you want to know what your kids are listening to with their headphones on - this is it.



Spa 水疗 · 上海

Away Spa, W Shanghai - The Bund
 上海外滩W酒店Away水疗中心
 W/F, 66 Lvshun Road, Shanghai
 上海市旅顺路66号
 上海外滩W酒店W层
 T: 021 2286 9999
 www.wtwhotel.com

SHANGHAI THE BUND
 上海外滩W酒店

Auriga Spa at Capella Shanghai, Jian Ye Li
 上海建业里嘉佩乐酒店Auriga水疗
 480 Jianguo Road West, Xuhui, Shanghai
 上海市徐汇区建国西路480号
 T: 021 5466 6688
 www.capellashanghai.cn

auriga

Amanyangyun - AMAN SPA

静安嘉里中心店
 SB1-05B(Shop #25), B1
 South Retail, Jing'an Kerry Centre, 1218 Yan'an Middle Road, Jing'an District, Shanghai
 上海市静安区延安中路1218号静安嘉里地下1楼SB1-05B (25号商辅)
 T: 021 6266 0018
 2) Xinle Retreat 新乐店
 206 Xinle Road, Xuhui District, Shanghai
 上海市徐汇区新乐路206号
 T: 021 5403 9982
 3) IFC Mall Retreat
 国金中心店
 LG2-47-1, Shanghai IFC, 8 Century Avenue, Lujiazui, Pudong District, Shanghai
 上海市浦东新区世纪大道8号国金中心商场LG11-47-1
 T: 021 68785008
 www.dragonfly.net.cn

ELAINE ART SPA 依霖 · 艺术 · Spa
 153-155 Xuanhua Road, Changning District, Shanghai
 上海市长宁区宣化路153-155号
 T: 021 5238 3391

Floatasian Float Spa 漂浮岛
 288 Dagu Road, 2nd Floor, Huangpu District, Shanghai
 上海市黄浦区大沽路288号, 大沽庭, 5号楼, 2层, A室
 T: +86 21 6385 5189

Green Massage
 1) Gubei Branch
 上海古北店
 480, Hongbaoshi Road (Jinzhu Road), Changning District, Shanghai
 上海市长宁区红宝石路480号(金珠路)
 Business Hours: 10:30 am - 00:00 am
 Tel: 021 6288 7608
 2) The Roof Branch
 上海马当路店
 LG2-15, 458 Madang Road, Huangpu District, Shanghai
 上海市黄浦区马当路458弄
 LG2-15
 Business Hours: 10:30 am - 23:30 am
 Tel: 021 5386 8188
 3) Xintiandi Branch
 新天地店
 58 Taicang Road, Huangpu District, Shanghai
 上海太仓路58号
 Business Hours: 10:30 am - 01:00 am
 Tel: 021 5386 0222
 4) Infinitus Branch
 上海无限极荟店
 L3-W01, 168 Hubin Road, Huangpu District, Shanghai
 黄浦区湖滨路168号L3-W01
 Business Hours: 10:00 am - 00:00 am
 Tel: 021 6877 8188
 5) Lujiazui Branch
 上海陆家嘴店
 6F, 66 Huayang Road, Pudong District, Shanghai
 上海市浦东新区花园石桥路66号东亚银行裙楼6楼

养云安缦水疗
 6161 Yuanjiang Road, Minhang, Shanghai
 上海市闵行区元江路6161弄
 T: 021 8011 9999
 www.aman.com

Beauty Farm Henglong Branch 美丽田园 恒隆店
 3rd floor, Phase I, Henglong Plaza Office Building, 1266 West Nanjing Road, Jing'an, Shanghai
 上海市静安区南京西路1266号恒隆广场办公楼一期3楼美丽田园
 T: 021 6288 8908

Chuan Spa, The Langham Xintiandi, Shanghai 上海新天地朗廷酒店「川」水疗中心
 B1/F The Langham Xintiandi, 99 Madang Road, Xintiandi, Shanghai, China
 上海市新天地马当路99号上海新天地朗廷酒店B1层
 T: +86 21 2330 2288
 www.chuanspa.com

CHI, The Spa at Jing An Shangri-La, West Shanghai 上海静安香格里拉大酒店「氣」SPA
 1218 Yan'an Road Central, Shanghai
 上海市延安中路1218号
 T: 021 2203 8888
 www.shangri-la.com

Dragonfly Therapeutic Retreat 悠逸保健会所
 1) Jing'an Kerry Centre Retreat

Business Hour: 10:00 am - 22:30 am
 Tel: 021 6289 7778
 6) Shanghai Centre Branch
 上海商城店
 808, East Residences, Shanghai Centre, 1376 Nanjing Road West, Jingan District, Shanghai
 南京西路1376号上海商城东峰808室
 Business Hours: 10:00 am - 23:00 am
 Tel: 021 6289 7007
 7) Xujiahui Branch
 上海徐家汇店
 88 Xingen Road, Xuhui District, Shanghai
 上海市徐汇区辛耕路88号
 Business Hours: 10:30 am - 23:00 am
 Tel: 021 6468 7076
 www.greenmassage.com.cn

Iridium Spa at The St. Regis Shanghai Jing'an 上海静安瑞吉酒店瑞瑞水疗
 1008 Beijing Road West, Jing'an, Shanghai
 上海市静安区北京西路1008号
 T: 021 6257 9999
 www.stregis.com

L SPA at Sunrise On The Bund 上海外滩浦华大酒店涟水疗
 6F Shanghai Sunrise On The Bund 168 Gaoyang Road, Hongkou District
 虹口区高阳路168号6楼
 上海外滩浦华大酒店
 T: 021 5558 9999*6008
 www.sunrisesha.com

MI XUN SPA, The Middle House 上海铺舍酒店谧寻水疗
 B1, 366, Shimen 1 Road, Jing'an, Shanghai
 上海市静安区石门一路366号
 上海铺舍酒店B1层
 T: 021 3216 8199
 www.the-house-collective.com

Rubis Spa 丽妍雅集
 1) LIPPO Plaza Branch
 力宝店
 B104, LIPPO Plaza, 222 Middle Huaihai Road, Huangpu, Shanghai
 上海市黄浦区淮海中路222号力宝广场B1层04单元
 T: 021 5383 0111
 2) OnePiece Work Branch
 领展企业天地店
 L2-7B, Tower 1 Link Square, 222 Hubin Road, Huangpu, Shanghai
 上海市黄浦区湖滨路222号领展企业天地1栋2层7B单元
 T: 021 6340 6336
 3) LuOne Branch
 凯德LuOne店
 L6-07-10, LuOne Capita Land, 268 Xujiahui Road, Huangpu, Shanghai
 上海市黄浦区徐家汇路268号LuOne凯德晶萃广场6层07-10单元
 T: 021 6447 7705
 4) JiuGuang Branch
 久光店

L5-D535, JiuGuang, 1618 West Nanjing Road, Jingan, Shanghai
 上海市静安区南京西路1618号久光百货5层D535单元
 T: 021 6288 3482

Spa at Bellagio - Bellagio Shanghai 上海苏宁宝丽嘉酒店宝丽嘉水疗中心
 3/F, 188 Beisuzhou Road, Hongkou, Shanghai
 上海市虹口区北苏州路188号
 上海苏宁宝丽嘉酒店3楼
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 www.bellagioshanghai.com

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 1) 太阳广场
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 上海市仙霞路88号太阳广场南一层
 T: 021 6270 4488
 2) 时代广场
 Suite 317, Time Square, No.500, Zhongyuan Road
 上海市浦东张杨路500号时代广场317室
 T: 021 5836 7155

Spa InterContinental & Balance Fitness 洲际水疗馆&健身中心
 4F, InterContinental Shanghai Expo, 1188 Xueye Road, Pudong, Shanghai
 上海市浦东新区雪野路1188号世博洲际酒店4楼
 T: 021 3858 1188
 www.intercontinental.com

Shine Spa for Sheraton, Sheraton Shanghai Waigaoqiao Hotel 上海外高桥喜来登酒店喜来登水疗
 Sheraton Shanghai Waigaoqiao Hotel, 28 Jilong Road, Shanghai Pilot Free Trade Zone, Shanghai, China
 上海自由贸易试验区基隆路28号上海外高桥喜来登酒店
 T: +86 21 3121 9999*6166
 www.sheratongqhotel.com

Spa Intercontinental 上海瑞金洲际酒店水疗中心
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 上海卢湾区瑞金二路118号
 T: +86 21 6472 5222*2016
 www.ruijinihotel.com

Swissline Glamscience Center 瑞士线魅力美学中心
 SL-09-10, Hong Kong Plaza, 283 Middle Huaihai Road, Huangpu, Shanghai
 上海市黄浦区淮海中路283号香港广场商场南座SL-09-10室
 T: 021 5386 1768

Shanghai ChingHo Clinic 上海静和门诊部
 227 North Huangpi Road
 上海市黄陂北路227号
 T: 40002122

The Daisy Spa 戴西养生堂
 1) The Daisy Spa (818 Plaza)
 戴西养生堂(818广场店)
 410-411 Plaza 818, 818 Nanjing Road West, Shanghai
 上海市南京西路818号818广场410-411商辅
 T: 021 5228 2591
 2) The Daisy Spa (Jinmao Fashion Plaza)
 戴西养生堂(金茂时尚广场店)
 3/F, Jinmao Fashion Plaza, Jin Mao Tower, 88 Century Avenue, Shanghai
 上海市世纪大道88号金茂大厦金茂时尚广场3层
 T: 021 5056 0580

The Bvlgari Spa Shanghai 上海宝格丽酒店水疗中心
 B1, 33 Henan North Road, Shanghai
 上海市河南北路33号
 上海宝格丽酒店B1层
 T: 021 3606 7788
 www.bulgarihotels.com

The Retreat at The Sukhothai Shanghai 上海素凯泰酒店 The Retreat水疗中心
 B1, 380, Weihai Road, Jing'an, Shanghai
 上海市静安区威海路380号
 上海素凯泰酒店B1层
 T: 021 5237 8888
 www.sukhothai.com/shanghai/

The SPA at Shanghai EDITION 上海艾迪逊酒店水疗中心
 6/F, 199 Nanjing Road East, Huangpu, Shanghai
 上海市黄浦区南京东路199号
 上海艾迪逊酒店6楼
 T: 021 5368 9999
 www.edition-hotels.cn

The Peninsula Spa, Shanghai 上海半岛酒店水疗中心
 32 Zhongshan Dong Yi Road, Shanghai
 上海市外滩中山东一路32号
 T: 021 2327 2888
 www.peninsula.com

The Spa at The Ritz-Carlton Shanghai, Pudong 上海浦东丽思卡尔顿酒店水疗中心
 Shanghai IFC, 8 Century Avenue, Pudong, Shanghai
 浦东新区世纪大道8号
 上海国金中心
 T: 021 2020 1888
 www.ritzcarlton.com

The Spa at Waldorf Astoria Shanghai on the Bund 上海外滩华尔道夫酒店水疗中心
 3/F, 2 Zhongshandongyi Road, Huangpu, Shanghai
 上海市黄浦区中山东一路2号3楼
 T: 021 6322 9988
 www.waldorfastoriahanghai.com

UR SPA at The PuLi Hotel and Spa

璞麗酒店暹水疗
3/F, 1 Changde Road, Jingan District, Shanghai
上海市静安区常德路1号璞麗酒店3楼
T: 021 3203 9999 ext. 6899
www.thepuli.com

Willow Stream Spa (Fairmont Peace Hotel)
蔚柳溪水疗 (和平饭店)
Fairmont Peace Hotel, 20 Nanjing Road East, Shanghai, China
上海市南京东路20号和平饭店
T: +86 21 6138 6810
www.peaceshotel.com

Water's Edge at Park Hyatt Shanghai
上海柏悦酒店水境水疗中心
100 Century Avenue, Pudong, Shanghai
上海市浦东新区世纪大道100号
T: 021 6888 1234*4251
www.hyatt.com

1855 BEAUTY BRAIN
1) 1855 BEAUTY BRAIN (英格兰SPA馆)
583 Shangbo Road, Pudong, Shanghai
上海市浦东新区尚博路583号(尚博路与东明路交叉口西50米路北)
T: 021 5018 1855
2) 1855 BEAUTY BRAIN (大华艺术SPA馆)
928 Zhenhua Road, Baoshan, Shanghai
上海市宝山区真华路928号(大华第三空间)
T: 021 6364 1855
3) 1855 BEAUTY BRAIN (宜昌路SPA店)
65 Yichang Road, Putuo, Shanghai
上海市普陀区宜昌路65号
T: 021 6682 1855

Spa at Shangri-La Qiantan, Shanghai
香格里拉水疗
1/F, 551 Haiyang West Road, Pudong New District, Shanghai
上海市浦东新区海阳西路551号上海前滩香格里拉1楼
T: 021 2065 9628
www.shangri-la.com/cn/shanghai/qiantanshangrila/

The Lakeville Regency Clubhouse
翠湖天地御苑会所
No.10, Lane168, Shunchang Road, Huangpu District, Shanghai
上海市黄浦区顺昌路168弄10号
T: 021 6386 9955
www.shuonland.com

TRIA SPA at MGM SHANGHAI WEST BUND
上海西岸美高梅酒店禅源水疗中心
58F, 688 Yunjin Road, Xuhui District, Shanghai

上海市徐汇区云锦路688号58楼
T: 021 6058 8888
triaspa@mgmshanghai.cn

Spa 水疗 · 北京

Beauty Farm
Jingrongjie Branch
美丽田园 金融街店
L415-2, Financial Street Shopping Center, 2 Jinchengfang Street, Xicheng, Beijing
北京市西城区金城坊街2号金融街购物中心L415-2
T: 010 6622 0418

Dragonfly Therapeutic Retreat
悠庭保健会所
1) Yansha Retreat 燕莎店
Ground Floor, Grand Summit Plaza, 19 Dongfang Rd. East, Liang Ma Qiao, Chaoyang District, Beijing
北京市朝阳区燕莎桥东方东路19号外交会所一层
T: 010 8532 3122
2) Kerry Centre Beijing Retreat
嘉里中心店
B10, Kerry Centre, No.1, Guanghua Road, Chaoyang District, Beijing
北京市朝阳区光华路1号嘉里中心商场地下一层B10
T: 010 8529 6331

1855 BEAUTY BRAIN
1) 1855 BEAUTY BRAIN (英格伦SPA馆)
583 Shangbo Road, Pudong, Shanghai
上海市浦东新区尚博路583号(尚博路与东明路交叉口西50米路北)
T: 021 5018 1855
2) 1855 BEAUTY BRAIN (大华艺术SPA馆)
928 Zhenhua Road, Baoshan, Shanghai
上海市宝山区真华路928号(大华第三空间)
T: 021 6364 1855
3) 1855 BEAUTY BRAIN (宜昌路SPA店)
65 Yichang Road, Putuo, Shanghai
上海市普陀区宜昌路65号
T: 021 6682 1855

i spa 泰美好
1) Fulou Road · Gehua New Century Hotel Beijing Branch 鼓楼 · 歌华开元店
1st Floor, Gehua New Century Hotel, NO.19 Gulouwai Dajie, Chaoyang, Beijing
北京市朝阳区鼓楼外大街19号, 歌华开元大酒店1层
T: 010 6202 6708
2) Zhichun Road · Flagship Store
知春路 · 旗舰店
B1 Tyfull Hotel Beijing, Xi Tucheng Road, Haidian, Beijing
北京市海淀区西土城路1号院1号楼泰富酒店B1(蓊门桥北)
T: 010 5329 9991

Iridium Spa at The St. Regis Beijing
北京瑞吉酒店钛瑞水疗
21 Jianguomenwai Avenue, Chaoyang, Beijing
北京市朝阳区建国门外大街21号
T: 010 6460 6688*2745
www.marriott.com

露露Spa
北京市朝阳区霄云路甲26号海航大厦万豪酒店6F
6/F Wanhao Hotel Haihang Building, 26A Xiaoyun Road, Chaoyang District, Beijing
T: 010 5927 8060

RuHe skin & health management center
茹荷皮肤 & 健康管理中心

9 / F, Ramada Longcheng Hotel, 319 Changping Road, Huilongguan Street, Changping, Beijing
北京市昌平区回龙观街道昌平路319号龙城华美达酒店9层
T: 010 8077 8151

Siyanyi 思妍丽
1) 百盛美容院 Parkson Salon Suite 9103, Bldg.A, No.101, Fuxingmennei Avenue 复兴门内大街101号
T: 010 6653 5599
2) 中国大饭店 China Hotel B1, No.1, Jianguomenwai Avenue 建国门外大街1号
中国大饭店地下一层
T: 010 6505 0909
3) 丰联 FengLian Branch Suite 408, No 18, Chaowai Avenue, Chaoyang District 朝阳区朝外大街18号丰联广场408
T: 010 6588 3688

SPA by MTM, Beijing
2/F, 7 DongSanHuan Middle Road, Chaoyang, Beijing
北京市朝阳区东三环中路7号北京千禧大酒店二层
T: 010 6533 0751
www.spabymtm.com

Sunrise Kempinski Hotel, Kempinski The Spa, Beijing & Yanqi Island
北京日出东方凯宾斯基酒店 & 雁栖酒店水疗中心
3F, 18A Yanshui Road, Yanqi Lake, Huairou District, Beijing
北京市怀柔区雁栖湖雁水路甲18号三层
B1,13 Yanxiu Road, Yanqi Lake, Huairou District, Beijing
北京市怀柔区雁栖湖雁秀路13号负一层
T: 010 6961 8888 - 3792/82299
www.kempinski.com

Sense, A Rosewood Spa, Rosewood Beijing
北京瑰丽酒店Sense水疗中心
Jingguang Centre, 1 Chaoyangmenwai Avenue, Beijing
北京市朝阳区朝阳门外大街1号京广中心
T: 010 6597 8888
www.rosewoodhotels.com

The Ritz-Carlton Spa
北京丽思卡尔顿酒店水疗中心
The Ritz-Carlton, Beijing 83A Jianguo Road, Chaoyang District, Beijing
北京丽思卡尔顿酒店
T: 010 5908 8888
http://www.ritzcarlton.com/en/Properties/Beijing/Spa/default.htm

The Peninsula Spa Beijing
王府半岛酒店水疗中心
8 Goldfish Lane, Wangfujing, Beijing, China

北京王府井金鱼胡同8号
T: +86 10 6510 6321
www.peninsula.com

The Spa at Aman Summer Palace
颐和安缇水疗
1 Gongmenqian Street, Summer Palace, Haidian, Beijing
北京市海淀区颐和园宫门前街1号
T: 010 5987 9999
www.aman.com

Tian Spa at Park Hyatt Beijing
北京柏悦酒店天池水疗中心
59/F Park Hyatt Beijing, 2 Jianguomenwai Street, Beijing
北京市朝阳区建国门外大街2号北京柏悦酒店59层
T: 010 8567 1157
www.hyatt.com

The Spa at Bulgari Hotel Beijing
北京宝格丽酒店水疗中心
Building 2, Yard 8 Xinyuan South Road, Beijing
北京市朝阳区新源南路8号院2号楼
T: 010 8555 8555
www.bulgarihotels.com

The Spa at Four Seasons Hotel Beijing
北京四季酒店水疗中心
48 Liangmaqiao Road, Chaoyang, Beijing
北京市朝阳区亮马桥路48号
T: 010 5695 8888
www.fourseasons.com

UR SPA at The PuXuan Hotel and Spa
北京璞瑄酒店暹水疗
5/F,7/F, 1 Wangfujing Street, Dongcheng District, Beijing
中国北京市东城区王府井大街1号璞瑄酒店5层和7层
T: 010 5393 6688
www.thepuxuan.com

Willow Stream Spa, Fairmont Beijing
北京华彬费尔蒙酒店蔚柳溪水疗中心
8 Yong An Dong Li, Jian Guo Men Wai Avenue, Beijing, China
北京市朝阳区建国门外大街永安里8号北京华彬费尔蒙酒店
T: +86 10 8507 3737
www.fairmont.cn/beijing

Waldorf Astoria Spa, Beijing
北京华尔道夫酒店水疗中心
5-15 Jinyu Hutong, Dongcheng, Beijing
北京市东城区金鱼胡同5-15
T: 010 8520 8989
www.waldorfastoria.com

MAHA Spa
缙合水疗
MAHA Club & Residences, 8 Xiao Yun Road, Chaoyang District, Beijing
北京市朝阳区霄云路8号, 缙合北京俱乐部及行政公寓
T: 010 52259877

LAINMONT SPA
LAINMONT 莱曼精准抗衰SPA
8B, Block A, Jinyuan Business Center, Haidian District, Beijing
北京市海淀区金源商务中心A座8B
T: 13167383238

DONGTIAN SKINCARE (China World Branch)
东田美肤中心 (国贸店)
3L208, North Zone, China World Center, No.1, Jianguomenwai Avenue, Chaoyang District, Beijing
北京市朝阳区建国门外大街1号院国贸商城北区3L208铺位
T: 010 6505 9163

Spa 水疗 · 天津

i spa 泰美好
The Westin Tianjin · Binjiang Road Branch
威斯汀 · 滨江道店
6F, The Westin Tianjin, 101 Nanjing Road, Heping, Tianjin
天津市和平区南京路101号君隆威斯汀酒店六层(近营口道口)
T: 022 2389 0189
www.ispa.cn

L'OCEAN SPA at Four Seasons Hotel Tianjin
天津四季酒店水疗中心
138 Chifeng Road, Heping District, Tianjin
天津市和平区赤峰道138号
T: 022 2716 6226
www.fourseasons.com

Rubis Spa 丽妍雅集
Riverview Place Branch
嘉里汇店
L2-2026A, Riverview Place, 238 Liuwei Road, Hedong, Tianjin
天津市河东区六纬路238号嘉里汇2层2026A单元
T: 022 2712 7823

SCENT TIME 天津斯年香索香气疗愈中心
Tianxi 24-2-801, Aocheng Commercial Plaza, Lingbin Road, Nankai, Tianjin
天津市南开区凌宾路奥城天玺24-2-801
T: 022 5890 0088

The Spa at The Ritz Carlton, Tianjin
天津丽思卡尔顿酒店 天津丽思卡尔顿水疗中心
167 Dagu Road North, Heping, Tianjin
天津和平区大沽北路167号
T: 022 5857 8888
www.ritzcarlton.com

Spa 水疗 · 广州 & 深圳
AWAY® Spa at W Guangzhou
广州W酒店AWAY®水疗中心
26 Xiancun Road, Zhujiang New Town, Tianhe District, Guangzhou, Guangdong, China

广东省广州市天河区珠江新城洗村路26号
T: +86 20 6628 6628
www.starwoodhotels.com/whotels

Angsana Spa, The Garden Hotel Guangzhou
广州花园饭店 悦椿Spa
4/F, 368 East Huanshi Road, Guangzhou, Guangdong, China
广东省广州市环市东路368号4楼
T: +86 20 8333 8989
www.angsana.com

Athena Spa at Pullman Dongguan Forum
东莞旗峰山铂尔曼酒店云洞水疗
32 Dongcheng Road Central, Dongcheng District, Dongguan, Guangdong, 523129, China
广东省东莞市东城区东城中路32号
T: +86 769 2336 8888*6699
www.pullmanhotels.com.cn

AEVUM SPA
AEVUM 奥斯芬欧系贵族SPA
1) KK MALL Branch
KK MALL店
Shop L211, 2F, KK Mall, Luo Hu, Shenzhen
深圳市罗湖区深南东路5016号京基百纳KKMALL购物中心2F L211号商铺
T: 0755 2290 9188/2290 9133
2) KK ONE Branch
KK ONE店
Shop L304, 3F, KK ONE, KINGKEY TIMEMARK, Fu Tian, Shenzhen
深圳市福田区滨河大道9289号京基滨河时代KK ONE 3F L304号商铺
T: 0755 8863 5177/8863 5187
3) Wanxiangtiandi Branch
万象天地店
Shop SL312, 3F, Hua Run Mixc World, Nanshan, Shenzhen
深圳市南山区华润万象天地3F SL312号商铺
T: 0755 8668 7988
4) Yitianjiari Branch
益田假日店
Shop L2-58, Yitian Holiday Plaza, Nanshan, Shenzhen
深圳市南山区益田假日广场L2-58号
T: 0755 86951995
http://www.aevumspa.cn

Asaya Active, Rosewood Guangzhou
广州瑰丽酒店
Guangzhou Zhoudafu Financial Center, No.6, Zhujiangdong Road, Tianhe, Guangzhou
广州市天河区珠江东路6号广州周大福金融中心
T: 020 8852 8888

CHUAN SPA at The Langham, Shenzhen
深圳朗廷酒店「川」水疗中心
7888 Shennan Boulevard, Futian District, Shenzhen
深圳市福田区深南大道7888号

(农轩路与香林路交叉口)

T: 0755 8828 9888

http://shenzhen.

langhamhotels.com

Chuan Spa at Langham

Place, Guangzhou

广州南丰朗豪酒店「川」水疗

638 Xingqiang Road East,

Haizhu District, Guangzhou,

Guangdong, China

广东省广州市海珠区

新港东路638号

T: +86 20 8916 3388*3538

www.guangzhou.

langhamplacehotels.com.cn

Devarana Spa at Dusit

Devarana Hot Spring Hotel

Conghua

广州从化都喜泰丽温泉度假酒店 泰丽水疗

352 Yuquan Avenue, Liangkou

Town, Conghua, Guangzhou,

Guangdong, China

广东省广州市从化良口镇御泉

大道352号

T: +86 20 3798 8888*6630

www.dusit.com

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深圳市大鹏新区棕榈大道33号

酒店B1层

T: 0755 2839 8888*8401

Heavenly Spa by

Westin Shenzhen

深圳益田威斯汀酒店天梦水疗

4/F, The Westin Shenzhen

Nanshan 9028-2 Shennan

Road, Nanshan District,

Shenzhen

深圳市南山区深南大道9028

号-2深圳益田威斯汀酒店4楼威

斯汀天梦水疗

T: 0755 8634 8860

www.westin.com/shenzhen

Hua SPA/花水疗

69 Floor, Four Seasons Hotel

Guangzhou, 5 Zhujiang West

Road, Pearl River New City,

Tianhe District, Guangzhou

广州市天河区珠江新城珠江西

路5号广州四季酒店69层

T: 020 8883 3000

Iridium Spa at

The St. Regis Shenzhen

深圳瑞吉酒店臻瑞水疗

The St. Regis Shenzhen,

5016 Shennan Road East,

Luohu, Shenzhen

深圳市罗湖区深南东路5016号

T: 0755 2223 9407

www.stregis.com

Let's Relax

泰放松

2/F, Hongfa Building,

No.19, Tianhenaner Road,

Guangzhou

广州天河南二路19号宏发大

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T: 020 8362 9234

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2301 Building 3, 15 Xing'an

Road, Tianhe, Guangzhou

广州市天河区兴安路15号保利

中达广场天空别墅3号楼2301

T: 156 2222 5092

O Spa at Grand Hyatt

Guangzhou

广州富力君悦大酒店

[清]水疗中心

24/F Grand Hyatt Guangzhou,

12 Zhujiang West Road,

Pearl River New City, Tianhe,

Guangzhou, Guangdong, China

广东省广州市天河区珠江新城

珠江西路12号广州富力君悦大

酒店24层

T: +86 20 8396 1234 ext.3520

www.guangzhou.grand.hyatt.com

Royal Spa

熙SPA

No.221 Xingmin Road,

Zhujiang New Town, Tianhe,

Guangzhou

广州市天河区珠江新城兴民

路221号

T: 020 3889 4742

Raffles Spa Shenzhen

深圳鹏瑞莱佛士酒店水疗中心

No. 1, Shenzhen Bay, No.

3008, Zhongxin Road,

Shenzhen

深圳市中心路3008号深圳

湾1号

T: 0755 8121 9366

Siyani

思妍丽

1) 万科店

2nd Floor, Bldg. Vanke

Jinsejiyuan, No.2018,

Lianhua Road, Futian District,

Shenzhen

深圳市福田区莲花路2018号

万科金色家园二期二樓

T: 0755 8319 3072

2) 太古城店 All City

L302 North All City Shopping

Center, Nanshan, Shenzhen

深圳市南山区中心路工业八

路宝能太古城花园购物中心

北区L302

T: 0755 3688 0998

3) 上海宾馆 Shanghai Hotel

2/F Shanghai Hotel

Shennanzhong Road, Futian,

Shenzhen

深圳市福田区深南中路上海

宾馆二樓

T: 0755 2390 7922

www.siyani.net.cn

Spa at Futian Shangri-La,

Shenzhen

深圳福田香格里拉大酒店水

疗中心

Futian Shangri-La, Shenzhen,

4088 Yi Tian Road, Futian

District, Shenzhen

深圳市福田区益田路4088号深

圳福田香格里拉大酒店

T: 0755 8828 4088 Ext: 6668

www.shangri-la.com

Shui Xiang Spa at Grand

Hyatt Shenzhen

深圳君悦酒店 水乡水疗中心

3/F Grand Hyatt Shenzhen,

1881 Baoan Nan Road, Luohu

District, Shenzhen, Guangdong,

China

广东省深圳市罗湖区宝安南路

1881号深圳君悦酒店3楼

T: +86 755 8266 1234

www.shenzhen.grand.hyatt.com

The Spa at Park Hyatt

Guangzhou

广州柏悦酒店—柏悦水疗中心

16 Huaxia Road, Zhujiang

New Town, Tianhe District,

Guangzhou

广州市天河区珠江新城华夏

路16号

T: +86 20 3769 1234

guangzhou.park.hyatt.com

THE SPA at Park Hyatt

Shenzhen

深圳柏悦水疗中心

5023 Yitian Road, Futian,

Shenzhen

深圳市福田区益田路5023号

T: 0755 8829 1234

The Ritz-Carlton Spa,

Shenzhen

深圳星河丽思卡尔顿酒店水

疗中心

5/F, 116 Fuhua San Road,

Futian District, Shenzhen

深圳市福田区福华三路116号深

圳星河丽思卡尔顿酒店5楼

T: 0755 2222 2222

www.ritzcarlton.cn/shenzhen

The Ritz-Carlton Spa,

Guangzhou

广州富力丽思卡尔顿酒店水

疗中心

4/F, 3 Xing An Road, Pearl

River New City, Tianhe

District, Guangzhou

广州市天河区珠江新城兴安

路3号4楼

T: 020 3813 6668

www.ritzcarlton.cn/guangzhou

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深圳薇妮健康服务有限公司

212-213, South Zone, No.1

Shenzhen Bay, Yuehai Street,

Nanshan District, Shenzhen

深圳市南山区粤海街道深圳湾1

号南区212-213

T: +86 0755 8611 1196

an+spa

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2F, Building D, Chengyang

Plaza, No. 5 Baogang Road,

Luohu District, Shenzhen

深圳市罗湖区宝岗路5号汇成洋

大厦D栋2楼

T: 18038158781

The Spa at Shangri-La

Nanshan Shenzhen

深圳南山香格里拉酒店水

疗中心

Block J, Phase 5, Shenwan

Huiyun Center, Baishi 3rd

Road, Nanshan District,

Shenzhen

深圳市南山区白石三道深湾汇

云中心五期J座

T: 0755 2933 8888

Angsana Spa, Angsana

Zhuhai Henggin

珠海横琴悦禧酒店悦禧SPA

No 288 Chonglou Road,

Guangdong Macao in Depth,

Cooperation Zone in Henggin,

Zhuhai

珠海横琴粤澳深度合作区重楼

路288号

T: 0756 288 9889

Spa 水疗 · 海南

ATARAN SPA

1) ATARAN SPA at Hilton

Haikou Meilan

海口鲁能希尔顿酒店

ATARAN SPA

2 Qiongsan Avenue, Meilan,

Haikou

海口市美兰区琼山大道2号

T: 0898 3639 8888

2) ATARAN SPA at Palace

Resort Yalong Bay, Sanya

三亚亚龙湾迎宾馆

ATARAN SPA

2 Haitang North Road,

Haitang Bay Resort, Sanya

三亚海棠湾旅游度假区海棠

北路2号

T: 0898 8871 8888

3) ATARAN SPA at Huayu

Resort & Spa Yalong Bay Sanya

三亚亚龙湾华宇度假酒店

ATARAN SPA

National Tourism Resort,

Yalong Bay, Jiyang, Sanya

三亚吉阳区亚龙湾国家旅游

度假区

T: 0898 8855 5888

Auriga Spa at Capella Sanya

三亚嘉佩乐度假酒店

Tufu Resort Area,

Yingzhou Town, Lingshui

County, Hainan

海南省三亚市陵水黎族自治县

英州镇土福湾度假区

T: 0898 8309 9999

Atlantis Sanya AHAVA Spa

三亚·亚特兰蒂斯AHAVA水疗

No. 8, Haitangbei Road,

Haitangwan Town, Haitang,

Sanya

三亚市海棠区海棠湾镇海棠北

路8号工地

T: 0898 8898 6666

Beauty Farm

Xiaribaihuo Branch

美丽田园 夏日百货店

6 / F, Summer Department

QUEENS MAKER

江南女王说
1) Xinyuehui Branch
星悦汇店
H208, 2nd Floor, Xingyuehui,
Suxiu Road, Suzhou
苏州苏绣路星悦汇商场2楼
H208
T: 0512 6818 9678
2) Suzhou Central Branch
苏州中心店
B1-46, 1st Floor, North
Suzhou Central, Suxiu Road,
Suzhou
苏州苏绣路苏州中心商场北
区-1楼B1-46
T: 0512 6262 5958
3) Xinguangtiandi Branch
新光天地店
5f0019, 5 / F, Xinguangtiandi,
456 East Suzhou Avenue,
Suzhou
苏州苏州大道东456号新光天
地5楼5F0019
T: 0512 6818 8978

Rubis Spa

丽妍雅集
1) JiuGuang Branch
久光店
L1-C-01, JiuGuang, 268
Wangdun Road, Suzhou
Industrial Park
苏州工业园区旺墩路268号久
光百货1C-01单元
T: 0512 6696 1130
2) MeiLuo Branch
美罗店
L6, East Area Matro, 245
Guanqian Street, Pingjiang,
Suzhou
苏州平江区观前街245号美罗
百货东6层
T: 0512 6916 5931

The SPA Four Seasons Hotel

Suzhou
苏州四季酒店水疗中心
88 Four Seasons Boulevard,
Suzhou
中国江苏省苏州市四季路88号
T: +86 512 6068 3688
https://www.fourseasons.com/
zh/suzhou

SANGHA Retreat by OCTAVE

Institute
音昱水中心
199 Yang Cheng Ring Road,
Suzhou Industrial Park
苏州市工业园区阳澄环路
199号
T: 0512 6788 1888

The Spa at Hyatt Regency

Wuxi
无锡苏宁凯悦酒店水疗中心
109 Renmin Middle Road,
Wuxi, Jiangsu, China
江苏省无锡市人民中路109号
T: +86 510 8989 1234*6083
wuxi.regency.hyatt.com

The SPA at Park Hyatt Suzhou

苏州柏悦温泉酒店
No.69 Xizhou Road, Suzhou
Industrial Park, Suzhou
苏州吴中区西洲路69号
T: 0512 8666 1234

The Ritz-Carlton Spa, Nanjing
南京丽思卡尔顿酒店水疗中心
18, Zhongshan Road, Nanjing
南京市中山路18号
T: 025 6978 8888

Talise Fitness & Spa at

Jumeirah Nanjing
南京卓美亚酒店泰丽丝水疗
No.2 Yecheng Road, Jianye,
Nanjing
南京市建邺区邮城路2号
T: 025 5878 0888

Willow Stream Spa at Fairmont

Nanjing
南京金奥费尔蒙酒店
蔚柳溪水疗
333 Jiangdong Road Central,
Jianye, Nanjing
南京市建邺区江东中路333号
T: 025 8672 8888
www.fairmont.cn

Hong SPA, AOHONG

RESORT (Jinling Jiangbin
Branch)
南京傲泓度假酒店(金陵滨江
店)泓SPA
No. 8, Wanjiangyuan,
Yangzijiang Avenue, Jianye
District, Nanjing
南京市建邺区扬子江大道万
景园8号
T: 025 6959 8888

& SPA (Fuyuan Road Branch)

南京水疗加(福园街店)
137-7 Fuyuan Road, Jianye
District, Nanjing, Jiangsu
江苏省南京市建邺区福园街
137-7号
T: 17384471752

Willow Stream Spa of Fairmont

Yangcheng Lake
阳澄湖费尔蒙酒店蔚柳溪水
疗中心
No.3668 Ma'anshan West
Road, Kunshan, Jiangsu
昆山市马鞍山西路3668号
T: 0512 5878 0888

ALAND SPA

ALAND安澜 SPA
Building 10, 1415 Cultural and
Commercial Street District,
Qingjiangpu District, Huai'an
City, Jiangsu
江苏省淮安市清江浦区1415文
化商业街区10号楼
T: 0517 83989877
15371403533

Dragonfly Therapeutic Retreat

悠庭
No. A05-21, L5, Building
5, Suzhou Center, SIP
苏州中心北区L5层21号
T: 0512 6583 7906

Banyan Tree Spa, Suzhou

Shishan
苏州狮山悦榕SPA
No.208 Fenhu Road, Suzhou
New District, Jiangsu
江苏省苏州市高新区汾湖路
208号
T: 0512 6606 0606

Spa 水疗 · 安徽

Banyan Tree Spa Huangshan

黄山悦榕庄悦榕SPA
No.1 Banyantree Road, Yi
County, Huangshan, Anhui
安徽省黄山市黟县宏村悦榕
路1号
T: 0559 2265 000
www.banyantreespa.com

The Langham Hefei

合肥柏景朗廷酒店
200 Huaining Road, Zhengwu,
Hefei
合肥市政务区怀宁路200号
T: 0551 6568 8888
www.langhamhotels.com

Zuliande

足莲得
4F POLY MALL, ZHengwu
District, Hefei, Anhui
安徽省合肥市政务区保利
MALL四层
T: 0551 6286 6799

Ori SPA (MixC Branch)

Ori SPA (万象城店)
4/F, MixC, No.111 Qianshan
Road, Hefei
合肥潜山路111号万象城4楼
T: 0551 6555 3035

Spa 水疗 · 云南

四季青禾 · SPA

Building 14-10, Jinwan
Junlin Yuan, Rain Forest,
Qingquan Road, Jinghong,
Xishuangbanna
云南省西双版纳州景洪市清泉
路雨林金湾俊林苑14-10栋
T: 189 8812 8765

Bolian Hot Spring and Spa,

Bolian Hotel, Kunming
昆明柏联酒店 柏联温泉SPA
Yangzonghai, Kunming
中国云南省昆明市阳宗海
T: 0871 6888 4999

Banyan Tree Spa Lijiang

丽江悦榕SPA
Yuerong Road, Shuhe Village,
Yulong, Lijiang, China
云南省丽江市玉龙纳西族自治县
束河悦榕路
T: +86 888 533 1111
www.banyantreespa.com

Banyan Tree Spa Ringha

仁安悦榕SPA
Hong Po Village, Jian Tang
Town Shangri-la, Diqing,
Yunnan, China
云南省香格里拉建塘镇红坡村
T: +86 887 828 8822
www.banyantreespa.com

The Spa at Amandayan

大研安缦水疗
29 Shishan Road, Gucheng,
Lijiang, Yunnan
云南省丽江市古城区狮山
路29号
T: 0888 533 9999
www.aman.com

Tai Yi · SPA

泰一 · SPA 云南畅泰健康管理
咨询有限公司

2nd floor, Saina Block,
Qingcheng Phase II, China
Railway Shuian, Qiancheng
Road, Kunming
昆明市前城中铁水岸青城二
期塞纳街区2楼
T: 0871 6727 2968

Yi Spa at Intercontinental

Kunming
昆明洲际酒店怡Spa
5 Yijing Road, Dianchi
National Resort, Kunming,
Yunnan
云南省昆明市滇池国家旅游度
假区怡景路5号
T: 0871 6318 8888

Mintsthai

沁泰
1) Shuncheng Plaza Branch
昆明顺城购物中心店
Next to the IMAX theater at
Shuncheng Plaza, Kunming,
Yunnan
云南昆明顺城购物中心IMAX
影厅旁
T: 0871 6360 3550
2) Joy-City Branch
大悦城购物中心店
2F Zone C, Joy-City, Kunming,
Yunnan
云南昆明大悦城购物中心C
区2楼
T: 0871 6332 7338
3) Hello-World Branch
海乐世界购物中心店
F8 Zone B, Hello-World
Branch, Kunming, Yunnan
云南昆明海乐世界购物中心
B区8楼
T: 0871 6835 7368
4) Gongyuan 1903 Branch
公园1903店
2F, Jianzhijia, Gongyuan
1903, Kunming, Yunnan
云南昆明公园1903健之佳2楼
T: 0871 6810 4826
5) Anning Wanda Branch
安宁万达店
101, Building 8, Yuefeng
Street, Anning Wanda,
Kunming, Yunnan
云南昆明安宁万达月丰街区8
栋101号
T: 0871 6868 2962
6) Xishuangbanna Gaozhuang
Branch
西双版纳告庄店
Building 19, Building 19,
Jingfa Zhai, Gouzhuang,
Xishuangbanna, Kunming,
Yunnan
云南昆明西双版纳告庄景法
寨19栋
T: 0691 222 6938

Spa 水疗 · 黑龙江

The Ritz-Carlton Spa, The

Ritz-Carlton, Harbin
哈尔滨富力丽思卡尔顿
水疗中心
Tower 1, 660 West Youyi
Road, Daoli District
Harbin, Heilongjiang
黑龙江省哈尔滨市道里区友谊
西路660号
T: 0451 8402 8888
https://www.ritzcarlton.com/
zh-cn/hotels/hrbrz-the-ritz-
carlton-harbin/overview/

Spa 水疗 · 吉林

Hong Kong Yijing Toga &

Spa Club
香港逸静瑜珈水疗会馆
Unit1, 6th Building, No.1288
NanJunShuiYunTian HuXi
Road, ChangChun, JiLin
吉林省长春市湖西路1288号
南郡水云6栋1号
T: 0431 8962 8855

0431 8962 8866
0431 8962 8877
www.yijingspaclub.com

Jing Spa at Purple

Jade Riverside Resort,
ChangBaiShan ChiBei
紫玉度假酒店长白山池北净
宇水疗
No.1 Binhe Road,
Changbaishan Chibei, Jilin
吉林省长白山池北区滨河路1号
T: 0433 593 8888
www.purplejaderesorts.com

Angela SPA

长春安吉拉SPA
1) Dongyue Masion Branch
东樾别馆
H2 Dongyue Mansion,
intersection of Shengtai Street
and Tiangong Road, Jingyue
District, Changchun
长春净月区生态大街与天工路
交汇伟峰东樾H2商业独栋
T: 0431 8194 3855
2) Yi Hu International Branch
壹湖国际店
H3-101, Yi Hu International
Phase 2, Nangan District,
Changchun
长春南关区壹湖国际2期
H3-101
T: 0431 8563 8288
3) Heyuan Club Branch
和园会所
2-106, Heyuan Club, Heyuan
Road, Gaoxin District,
Changchun
长春高新区荷园路和园门市
2-106
T: 0431 8296 8333
4) Zhonghai Branch
中海店
G10, Zhonghai Shuian Xindu,
Jing kai District, Changchun
长春经开区中海水岸馨都
G10南铺
T: 0431 8587 4577
5) Baicui Yuan Branch
柏翠园店
Building 65, Nanhu Xincun
Steet, Chaoyang District,
Changchun
长春朝阳区南湖新村中街65栋
T: 0431 8060 3877

Oasis Spa at Kempinski Hotel

Dalian
大连凯宾斯基饭店欧意希斯
水疗中心
6F, Kempinski Hotel Dalian 92
Jiefang Road, Zhongshan
大连市中山区解放路92号, 凯
宾斯基饭店6楼
T: 0411 8259 8888*8616 /8610
www.kempinski.com/dalian

Rubis Spa

丽妍雅集
Capita Land Branch
凯德和平店
L2-54-55, Capita Land, 691
Gaoerji Road, Shahekou,
Dalian
大连沙河口区高尔基路691号
凯德和平广场2层54-55单元
T: 0411 8434 5600

Spa 水疗 · 香港&澳门

Altira Spa

「澄」水疗
Altira Macau 15/F, Avenida de
Kwong Tung, Taipa, Macau
澳门凼仔广东大马路, 澳门新
濠锋15楼
T: 853 2886 8886
www.altiramacau.com/spa-
health/#/altira-spa

Asaya Hong Kong (Rosewood

Hong Kong)
香港Asaya (香港瑰丽酒店)
Victoria Dockside, 18
Salisbury Road, Tsim Sha
Tsui, Kowloon, Hong Kong
香港九龙尖沙咀梳士巴利道
18号

T: +86 411 8250 0190
dalian.grand.hyatt.com

The Spa at Four Seasons

Dalian
大连四季酒店水疗中心
45 Zhuyue Street, Zhongshan
District, Dalian, Liaoning
中国辽宁省大连中山区珠玉
街45号
T: +86 411 3994 8888

Lea Spa

沈阳Lea Spa维景会所
Shenyang Lea Spa Weijing
Club
沈阳市和平区同泽北街35
号8层
8F, 35 Tongze North Street,
Heping District, Shenyang
Tel: 024 2341 1222

FAngbeauty

FAngbeauty高定美肤中心
Phase three, MixC, Heping
district, Shenyang
沈阳市和平区万象城三期
T: 18604056191

Carven City Spa

蒂姿花境SPA
23-3 Wen'an Yuan, Wen'an
Road, Heping District,
Shenyang, Liaoning
辽宁省沈阳市和平区文安路文
安苑23-3
T: 024 2388 3599

Oasis Spa at Kempinski Hotel

Dalian
大连凯宾斯基饭店欧意希斯
水疗中心
6F, Kempinski Hotel Dalian 92
Jiefang Road, Zhongshan
大连市中山区解放路92号, 凯
宾斯基饭店6楼
T: 0411 8259 8888*8616 /8610
www.kempinski.com/dalian

Rubis Spa

丽妍雅集
Capita Land Branch
凯德和平店
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Gaoerji Road, Shahekou,
Dalian
大连沙河口区高尔基路691号
凯德和平广场2层54-55单元
T: 0411 8434 5600

Spa 水疗 · 香港&澳门

Altira Spa

「澄」水疗
Altira Macau 15/F, Avenida de
Kwong Tung, Taipa, Macau
澳门凼仔广东大马路, 澳门新
濠锋15楼
T: 853 2886 8886
www.altiramacau.com/spa-
health/#/altira-spa

Asaya Hong Kong (Rosewood

Hong Kong)
香港Asaya (香港瑰丽酒店)
Victoria Dockside, 18
Salisbury Road, Tsim Sha
Tsui, Kowloon, Hong Kong
香港九龙尖沙咀梳士巴利道
18号

T: +852 3891 8888

Bliss Spa at W Hong Kong
香港W酒店 Bliss Spa
 1 Austin Road West, Kowloon Station, Kowloon, Hong Kong
 香港九龙柯士甸道西1号
 T: 852 3717 2222
 w-hongkong.com

SPA by MTM
 1) Shop A, G/F, 3 Yun Ping Road, Causeway Bay
 铜锣湾恩平道3号地下A店
 T: 852 2923 7888
 2) Shop 118, Citygate, Tung Chung, Lantau Island
 大屿山东涌东荟城118店
 T: 852 2923 6060
 www.spabymtm.com

The Spa at Encore (Wynn Macau)
永利皇宫水疗中心
 Rua Cidade De Sintra, Nape, Macau
 澳门外港填海区仙德丽街
 T: 853 2888 9966

The Spa at Wynn Palace
永利皇宮酒店 水疗中心
 Avenida Da Nave Desportiva, Cotai, Macau
 澳门路氹体育馆大马路
 T: 853 8889 8889

Tria Spa at MGM Macau
澳门美高梅禅瀑水疗
 Avenida Dr. Sun Yat Sen, NAPE, Macau
 澳门外港新填海区孙逸仙大马路
 T: 853 8802 8888

Tria Spa at MGM Cotai
美高梅高梅禅瀑水疗
 Avenida da Nave Desportiva, Cotai, Macau
 澳门路氹体育馆大马路
 T: 853 8806 8888

The Spa at Mandarin Oriental, Macau
澳门文华东方酒店水疗中心
 Avenida Dr Sun Yat Sen, NAPE, Macau
 澳门孙逸仙大马路945号
 T: 853 8805 8888
 www.mandarinoriental.com

The Ritz-Carlton Spa, Hong Kong
香港丽思卡尔顿水疗中心
 71/F International Commerce Centre, 1 Austin Road West, Kowloon
 九龙柯士甸道西1号
 环球贸易广场71楼
 T: 852 2263 2263
 www.ritzcarlton.com

Zensa Spa
濠洲水疗
 3/F Star Tower, Studio City Hotel, Macau
 澳门新濠影汇酒店巨星汇3楼
 T: +853 8865 1888
 www.studiocity-macau.com

AWAY Spa, W Macau - Studio

City
澳门新濠影汇W酒店
AWAY@水疗中心
 Level 3, W Macau - Studio City, Estrada do Istmo, Cotai, Macau
 澳门路氹连贯公路新濠影汇酒店3楼
 T: +853 8865 1188

The Spa at Epic Tower, Studio City Macau
澳门新濠影汇映星汇水疗中心
 Level 3, Epic Tower - Studio City, Estrada do Istmo, Cotai, Macau
 澳门路氹连贯公路新濠影汇映星汇3楼
 T: +853 8865 8888

The SPA at Palazzo Versace Macau
Palazzo Versace澳门水疗中心
 Level 3, Palazzo Versace Macau, Grand Lisboa Palace Resort, Rua do Tiro, Cotai, Macau
 澳门路氹射击路上葡京综合度假村范思哲豪华酒店大楼3楼
 T: +853 8881 8000

Spa 水疗 · 湖北

慕丽莎健康美容会所
 1) 香港路店
 湖北省武汉市汉口解放大道香港15号
 15 Hong Kong Street Jiefang Road HanKou, Wuhan, Hubei
 Tel: 027 8556 1855
 2) 融科天城店
 湖北省武汉市球塘街融科天城一期T4大堂二楼
 2/F, T4 Raycom Skyline, Qiuchang Street, Wuhan, Hubei
 Tel: 027 8221 3770
 3) 沌口店
 湖北省武汉市经济开发区宁康路59号湘隆时代商业中心9楼1-2号
 1-2 Building 9 Xianglong Times Business Center, 59 Ningkan Road, Eco. Tech. Dev. Zone, Wuhan, Hubei
 Tel: 027 8480 5457
 4) 水果湖店
 湖北省武汉市武昌水果湖188-1号
 188-1 Shui Guo Hu Road, Wuchang, Wuhan, Hubei
 Tel: 027 8736 0531
 5) 襄阳店
 湖北省襄阳市大庆西路永安广场
 Yongan Plaza, Da Qing Xi Road, Xiangyang, Hubei
 Tel: 0710 3459 155

Fairmont Wuhan
武汉泛海费尔蒙酒店
 249 Huaihai Road, Jiangnan, Wuhan
 武汉市江汉区淮海路249号
 T: 027 8369 8888
 www.fairmont.cn/wuhan/

M-SPA
沐心宸舍
 Hilton Wuhan Optics Valley, 9 Chunhe Road, Huashan Eco

Shui Spa, Taiyuan Wanda Vista Hotel
太原万达文华酒店水水水
 3/F Wanda Vista, 169 Jiefang Road, Taiyuan, Shanxi, China
 山西省太原市杏花岭区解放路169号楼太原万达文华酒店3楼
 T: +86 351 777 6666/6760
 www.wandahotels.com

Shui Spa at Wanda Vista Changsha
长沙万达文华酒店“水”水疗
 308 Section 1 Xiangjiang Middle Road, Kaifu, Changsha, Hunan, China
 湖南省长沙市开福区湘江中路一段308号
 T: +86 731 8800 8888 ext.6306
 www.wandahotels.com

Shine Spa for Sheraton at Sheraton Changde Wuling Hotel
常德武陵天济喜来登酒店喜来登水疗
 899 Zaoguo Road, Wuling, Changde, Hunan, China
 湖南省常德市武陵区皂果路899号
 T: +86 736 788 8888
 www.sheraton.com

New City, Wuhan, Hubei
 湖北省武汉市洪山区东湖新技术开发区花山生态新城春河路9号希尔顿酒店水疗中心
 T: 027 5933 8888*8252

Siyani 思妍丽
 1) 国际广场店
 406, Wuhan International Plaza Shopping Center Tower B 690 Jiefang Road, Wuhan
 武汉国际购物广场B座406
 Tel: 027 8551 7717
 2) 徐东店
 4F, Xudong Shoppingmall No.18 Xudong Street Wuchang District, Wuhan
 徐东销品茂四楼南街4160
 Tel: 027 6889 8068
 3) 同成店
 1F, Tongcheng Square No.538 Jianshe Avenue, Wuhan
 建设大道538号同成广场一楼
 Tel: 027 8556 4066
 www.siyani.net.cn

Spa 水疗 · 山西

Kempinski Spa at Kempinski Hotel Taiyuan
太原凯宾斯基酒店凯宾斯基水疗
 No. 115-1 Changfeng Street, Taiyuan, Shanxi, China
 中国山西省太原市长风街115-1号
 T: 0351 866 0131

Shui Spa, Taiyuan Wanda Vista Hotel
太原万达文华酒店水水水
 3/F Wanda Vista, 169 Jiefang Road, Taiyuan, Shanxi, China
 山西省太原市杏花岭区解放路169号楼太原万达文华酒店3楼
 T: +86 351 777 6666/6760
 www.wandahotels.com

Spa 水疗 · 湖南

Cherry Natural Image Management
桉奈儿形象管理中心
 493 Hengdong Avenue, Hengyang city, Hunan
 湖南省衡阳市衡东大道493号
 T: 0734 522 4996

Shui Spa at Wanda Vista Changsha
长沙万达文华酒店“水”水疗
 308 Section 1 Xiangjiang Middle Road, Kaifu, Changsha, Hunan, China
 湖南省长沙市开福区湘江中路一段308号
 T: +86 731 8800 8888 ext.6306
 www.wandahotels.com

Shine Spa for Sheraton at Sheraton Changde Wuling Hotel
常德武陵天济喜来登酒店喜来登水疗
 899 Zaoguo Road, Wuling, Changde, Hunan, China
 湖南省常德市武陵区皂果路899号
 T: +86 736 788 8888
 www.sheraton.com

Siam SPA
暹罗泰式SPA
 458 South Desheng Road, Yueyanglou, Yueyang, Hunan
 湖南省岳阳市岳阳楼区金鹤汇龙府街201号
 T: 8800900

The Spa at Sheraton Changsha Hotel
长沙运达喜来登酒店水疗中心
 Yunda International Plaza, 478 Fuzong Zhong Lu, Section 1, Changsha, Hunan
 湖南省长沙市芙蓉中路一段478号运达国际广场
 T: 0731 8488 8848
 www.starwoodhotels.com

Spa 水疗 · 河南

VENUS MAX
深白维缇抗衰老中心
 1) Wanda Branch
 二七万达店
 Room 12a809-810, Erqi Wanda Center, Intersection of Daxue Road and Hanghai Road, Erqi, Zhengzhou
 郑州市二七区大学路与航海路交叉口二七万达中心12A809-810室
 T: 0371 8658 1160
 2) Jinsui Zhenghongcheng Branch
 金水正弘城店
 Room 1111, Zhenghongcheng Residence, Huayuan Road and Dongfeng Road, Jinshui, Zhengzhou
 郑州市金水区花园路与东风路正弘城丽汀公寓1111室
 T: 0371 6531 8996
 3) Lvdi Xinduhui Branch
 绿地新都荟店
 Room 1511, Block B, Building 2, Jinsui East Road and Dongfeng South Road, Jinshui, Zhengzhou
 郑州市金水区金水东路与东风南路2号楼B座1511室
 T: 0371 5593 3386

CHI, The Spa, Shangri-La Hotel, Chengdu
成都香格里拉大酒店水疗
 9 Binjiang Dong Road, Chengdu
 四川省成都市锦江区滨江东路9号
 T: 028 8888 9999

Spa 水疗 · 四川

CHI, The Spa, Shangri-La Hotel, Chengdu
成都香格里拉大酒店水疗
 9 Binjiang Dong Road, Chengdu
 四川省成都市锦江区滨江东路9号
 T: 028 8888 9999

Iridium Spa at The St. Regis Chengdu
成都瑞吉酒店钛瑞水疗中心
 88 Taisheng Road South, Qingyang District, Chengdu, Sichuan
 中国四川省成都市青羊区太升南路88号
 T: 028 6287 6666
 www.stregis.com/chengdu

MI XUN SPA, The Temple House
成都博舍酒店谧寻水疗
 81 Bitieshi Street, Jinjiang, Chengdu

成都市锦江区笔帖式街81号
 T: 028 6636 9999
 www.thetemplehousehotel.com

Six Senses Qing Cheng Mountain
青城山六善水疗中心
 No.2 Dong Ruan Road Qingcheng Mountain Town Dujiangyan, Chengdu, Sichuan
 四川省成都市都江堰市青城山镇东软大道2号
 T: 028 8712 6666

The Ritz-Carlton Spa, Chengdu
成都富力丽思卡尔顿酒店水疗中心
 269 Shuncheng Avenue, Qingyang, Chengdu, Sichuan
 中国四川省成都市青羊区顺城大街269号
 T: 028 8358 8888

Willow Stream Spa at Fairmont Chengdu
成都棕榈泉费尔蒙酒店蔚柳溪水疗中心
 269 Tianfu Middle Avenue, Hi-Tech Zone, Chengdu
 成都市高新区天府大道中段269号
 T: 028 8800 3333

Rissai Spa, Rissai Valley, a Ritz-Carlton Reserve
日赛谷水疗
 Zhangzha Town, Jiuzhaigou County, aba Tibetan Anqiang Autonomous Prefecture, Sichuan
 中国四川省阿坝藏族羌族自治州九寨沟漳扎镇
 T: 0837 8199 9999

Spa 水疗 · 浙江

Banyan Tree Spa Hangzhou
杭州悦榕Spa
 2 Westbrook Resort, Zijiangang Road, Hangzhou, China
 浙江省杭州市紫金港路21号
 西溪天堂国际旅游综合体
 T: +86 571 8586 0000
 www.banyantreespa.com

Cordis, Dongqian Lake, Ningbo
宁波东钱湖康得思酒店
 28 Shashan Road, Dongqian Lake, Ningbo, China
 宁波市东钱湖旅游度假区沙山路28号
 T: 574 5666 8888
 www.chuanspa.com

Dragonfly Therapeutic Retreat
悠度保健会所
 1) 西溪店
 No 141, Xixi Road, Xihu
 西湖区西溪路141号
 T: 0571 8502 3288
 2) Raffles City 来福士店
 L6-04 Raffles City, No.228 Xinye Road, Jiangnan
 江干区新业路228号来福士广场L6-04商铺
 T: 0571 8889 9191

Fuchun Spa at Fuchun Resort
富春山居度假村富春SPA
 No.339, Jiangbin East Road, Dongzhou Street, Fuyang, Hangzhou
 杭州市富阳区东洲街道江滨东大道339号
 T: 0571 6341 9500

Hangzhou TEA SPA
杭州TEA SPA
 1) Hangzhou TEA SPA (Jiqing Branch)
 杭州TEA SPA (吉庆店)
 Building C, 214 North Meilin Road, West Lake, Hangzhou
 杭州市西湖区梅林北路上茅家埠214号C栋
 Tel: 19558191877
 2) Hangzhou TEA SPA (Muli Branch)
 杭州TEA SPA (目里店)
 501-503, Building 8, OOELI, West Lake, Hangzhou
 杭州市西湖区天目里商业中心8号楼5楼501、502、503
 Tel: 1590671536

Kempinski The Spa, Hangzhou
杭州远洋凯宾斯基酒店水疗
 66 Lishui Road, Gongshu, Hangzhou
 杭州拱墅区丽水路66号
 T: +86 571 8809 3333

Love Story Hangzhou
杭州爱情故事
 1) Love Story Hangzhou Xinqiao Branch
 杭州爱情故事新桥店
 1F, Hangzhou Xinqiao Hotel, 226 Jiefang Road, Shangcheng, Hangzhou
 杭州市上城区解放路226号新桥饭店1F
 T: 0571 8888 6968
 2) Love Story Hangzhou Tiyuchang Road Branch
 杭州爱情故事体育场路店
 1-6 F, 12 Tiyuchang Road, Xiacheng, Hangzhou
 杭州市下城区体育场路12号1-6楼
 T: 0571 8785 8677
 3) Love Story Hangzhou Tianyuan Branch
 杭州爱情故事钱江新城天元店
 Tianyuan Plaza, 2 Qianchao Road, Xiacheng, Hangzhou
 杭州市下城区钱潮路2号天元大厦
 T: 0571 8888 7068
 4) Love Story Hangzhou, Xiasha Branch
 杭州爱情故事下沙店
 450, Jinsha Avenue, Qiantang District, Hangzhou
 杭州市钱塘区金沙大道450号晓城天地
 T: 0571 8588 0056

naked Leaf Spa, naked Castle
裸心堡裸叶水疗
 12 Sanjiuwu, Moganshan Town, Deqing, Zhejiang
 浙江省德清县莫干山镇劳岭村三九坞12号
 T: 0572 888 1111

naked Leaf Spa,
naked Stables
裸心谷裸叶水疗
37 Shangziazhuang,
Lanshukeng Village, Paitou
Town, Deqing, Zhejiang
浙江省德清县筏头乡兰树坑村
上下庄37号
T: 0572 804 6668

Neige Aesthetics Center
雪奈美学中心
109 Renhe Road, Kandun
street, Cixi City, Ningbo
浙江省宁波市慈溪市坎墩街道
人和路109号
T: 15990546165

Spa Village
润Spa
The Dragon Hotel Tower 5
Level2, 120 Shuguang Road,
Hangzhou
杭州市曙光路120号
黄龙饭店5号楼2楼
T: 400 838 5599
www.roonspavillage.com

Shine Spa for Sheraton
Hangzhou
杭州西溪喜来登度假酒店
炫逸水疗
1 Westbrook Resort, Zijingang
Road, Hangzhou, Zhejiang,
310030, China
浙江省杭州市紫金港路西溪天
堂国际旅游综合体1号
T: +86 571 8500 2222*8281
www.starwoodhotels.com/
sheraton

The Art of Water Spa by Run
Spa Village
New Century Grand Hotel
Hangzhou
杭州开元名都大酒店
润Spa Village · 水舞洞
45/F New Century Grand
Hotel Hangzhou, 818 Shixin
Road Central, Xiaoshan,
Hangzhou, Zhejiang, China
浙江省杭州市萧山区市心中
路818号杭州开元名都大酒
店45层
T: +86 571 8288 8888 ext.8600
www.roonspavillage.com

HUAN Spa & Fitness Center
at Grand Hyatt Hangzhou
杭州君悦酒店
焕水疗健身中心
28 Hu Bin Road, Hangzhou,
Zhejiang 310006, China
浙江省杭州市湖滨路28号
T: +86 571 8779 1234
www.grandhyatthangzhou.
com

The Spa at Amanfayun
法云安缇水疗
22 Fayun Nong, Xihujiedao,
Xihu, Hangzhou
杭州市西湖风景名胜区内
西湖街道法云弄22号
T: 0571 8732 9999
www.aman.com

The Spa at Hangzhou Marriott
Hotel Qianjiang
杭州钱江新城万豪酒店

水疗中心
399 Juyuan Road, Jianggan,
Hangzhou
杭州市江干区剧院路399号
T: 0571 8646 9999
www.marriott.com

The Spa at Midtown
Shangri-La Hangzhou
杭州城中香格里拉大酒店水
疗中心
Hangzhou Kerry Center,
Yan'an Road, 6 Changshou
Road, Hangzhou
杭州市长寿路6号延安路杭州
嘉里中心
T: 0571 8733 8888
www.shangri-la.com

The Spa at Four Seasons
Hotel Hangzhou at West Lake
杭州四季酒店水疗中心
5 Lingyin Road, Xihu,
Hangzhou
浙江省杭州市西湖区灵隐路5号
T: +86 571 8829 8888

New Era Women's Space
杭州新时代自在空间
302, Building 6, Intersection
of West Wenyi Road and
Chongyi Road, Xihu District,
Hangzhou
杭州市西湖区文一西路与崇义
路交叉口6幢302
T: +86 13175114149

DI SPA
莱SPA
Building 16, Xiaobafang,
Middle Xueyuan Road,
Lucheng District, Wenzhou
City, Zhejiang
浙江省温州市鹿城区学院中路
小坝坊16栋
T: +86 18006872929

Banyan Tree Spa Yangshuo
阳朔悦榕Spa
168 Zhengdong Street, Fuli
Town, Yangshuo County,
Guilin, Guangxi Zhuang
Autonomous Region, China
广西壮族自治区桂林市阳朔县
福利镇正东街168号
T: +86 773 322 888 ext.7500
www.banyantreespa.com

Bolian Hot Spring and Spa,
Bolian Hotel
重庆柏联酒店 柏联温泉
North Hot Spring Park, Beibei,
Chongqing
重庆市北碚区北温泉公园内
T: 023 6822 6666
www.brilliantspa.com

Beauty Farm
Beicheng Branch
美丽田园 北城店
3 / f-009, Tianjie new
building, Longhu Beicheng,
Guanyinqiao, Jiangbei,
Chongqing
重庆市江北区观音桥龙湖北城
天街新馆3楼-009

T: 023 6786 8878
Banyan Tree Spa Chongqing
Beibei
重庆北碚悦榕Spa
101 Wenquan Road,
Chengjiang, Beibei District,
Chongqing, China
重庆市北碚区澄江镇温泉路
101号
T: +86 23 6030 8888
www.banyantreespa.com

FINEFULL SPA at Hilton
Chongqing
重庆希尔顿酒店臻森水疗
9F, 139 Third Zhongshan
Road, Yuzhong, Chongqing
重庆市渝中区中山三路139号
酒店9层
T: 023 8903 9999*6975

TRIPLE SPA (Zonglvquan
Branch)
三间愈舍 (棕榈泉店)
1F, Building 7, No. 337,
Jinkai Avenue, Renhe Street,
Liangjiang New District,
Chongqing
重庆市两江新区人和街道金开
大道337号7幢一楼
T: 023 6788 5333

Spa 水疗 · 福建
Angsana Spa (Seaview Xiamen)
悦榕Spa (厦门海悦山庄)
1/F No. 2 Seaview Resort,
3999 Huandao Road South,
Xiamen, Fujian, China
福建省厦门市环岛南路3999号
海悦山庄二期1楼
T: +86 592 502 3333
www.angsana.com

Chuan Body + Soul at
Langham Place, Xiamen
厦门朗豪酒店 | 川 · 身+心水疗
4668 Xianyue Road, Xiamen,
Fujian, China
福建省厦门市仙岳路4668号
T: +86 592 602 9999 ext.8779
www.langhamhotels.com

Kempinski The Spa at
Kempinski Hotel Fuzhou
福州泰禾凯宾斯基酒店
1 Hengyu Road, Jin'an,
Fuzhou
福州晋安区横屿路1号
T: 0591 8899 9988

Lohkah Hotel & Spa
七尚酒店
277 Penang Road, Huli
District Xiamen 361015 China
厦门市湖里区槟城道277号
T: 0592 7997 777

Waldorf Astoria Xiamen
厦门华尔道夫酒店
No.1 Lianhua North Road,
Xiamen, Fujian
中国福建省厦门市思明区莲花
北路1号
T: 0592 537 3333

Spa 水疗 · 陕西
Meschöne

美丽宣言
72 Gaoxin Road, Hi-Tech,
Xi'an
陕西省西安市高新区高新
路72号
T: 029 8952 3752
www.962297612@qq.com

The Ritz-Carlton, Xi'an
西安丽思卡尔顿酒店
50, Keji 2nd Road, Gaoxin,
Xi'an
西安市高新区科技二路50号
T: 029 8881 8888
www.ritzcarlton.com

The CHI SPA At Shangri-La Xi'an
西安香格里拉大酒店 | 氣 · 水疗
38B Keji Road, Hi-Tech.
District, Xi'an, Shaanxi,
710075, China
陕西省西安市高新区科技路
38号乙
T: +86 29 8835 5555
www.shangri-la.com

W Hotel Xi'an
西安W酒店
No.333 Qujiangchi East Road
Yanta District Xi'an
西安雁塔区曲江池东路333号
T: 029 8966 9999
www.marriott.com.cn

Xi'an Huaqing Royal Spa
Hotel/西安华清御汤酒店
Huaqing Palace No. 38
Huaqing Road, Lintong
District, Xi'an
陕西省西安市临潼区华清
路38号
T: 029 8399 9888
http://huaq.coolbo.cc/Home/
Hotel/index

SPA by JW, JW Marriott Hotel
Xi'an
西安海棠JW万豪酒店JW水
疗中心
No.168 Feng Cheng 8th Road,
Xi'an, Shaanxi
陕西西安凤城八路168号
T: 029 6855 5555

Spa 水疗 · 山东
Fang Quan Spa at Hyatt
Regency Jinan
济南万达凯悦酒店
泉芳水疗中心
187 Jingsi Road, Shizhong,
Jinan, Shandong, China
山东省济南市市中区经四路
187号
T: +86 531 8828 1234
www.jinan.regency.hyatt.com

Heavenly Spa by Westin, The
Westin Qingdao
青岛威斯汀酒店威斯汀
天梦水疗
8 Hong Kong Road Central,
Shinan, Qingdao, Shandong,
China
青岛市市南区香港中路8号
T: +86 532 6777 1888
www.westin.com

Qin SPA
沁SPA专业水疗护理中心

8 North Long'ao Road, Jinan
济南历下区龙奥北路8号
T: 0531 8162 9969

Rubis Spa
丽妍雅集
1) Hang Lung Plaza Branch
恒隆店
L4-68, Tower West, Hang
Lung Plaza, 188 Quancheng
Road, Lixia, Jinan
济南历下区泉城路188号恒隆
广场西塔4层468单元
T: 0531 5563 8020
2) The Mixc Branch
万象城店
L3-47, The MIXC, 11111
Jingshi Road, Lixia, Jinan
济南历下区经十路11111号华润
万象城3层L347单元
T: 0531 5585 6281

TYLAN SPA
泰侍 · 合
1) Lvdi Branch
绿地店
2nd Floor, Building 2,
Greenland Center, Jinan,
Shandong
山东省济南市绿地中心2号
楼2楼
T: 0531 8609 3989
2) Henglong Branch
恒隆店
4th Floor, Henglong Plaza,
Jinan, Shandong
山东省济南市恒隆广场4楼
T: 0531 8608 8877

THE PURI
璞悦SPA
1) L1 The Mixc, 9 Shandong
Road, Qingdao
青岛市山东路9号万象城L1层
T: 185 6190 5062
2) Qingdao Jiaodong
International Airport
青岛市胶东国际机场
T: 136 7889 3140

TRIA SPA
TRIA禅源水疗
Tower T1, SIIC Center, No.
195 East Hong Kong Road,
Laoshan District, Qingdao
青岛市崂山区香港东路195号
上实中心T1塔楼
T: 0532 8887 9999
https://www.dytmgm.com/cn/
mgmqingdao

Spa 水疗 · 宁夏
The spa at Kempinski Hotel
Yinchuan
银川凯宾斯基饭店水疗中心
Beijing Middle Road 160,
750002 Yinchuan, China
宁夏回族自治区银川市金凤区
北京中路160号
T: +86 951 516 5888
www.kempinski.com

Spa 水疗 · 贵州
Bolian Hot Spring and Spa,
Bolian Hotel, Huangguoshu
黄果树柏联酒店 柏联温泉SPA
Huangshuoshu Scenic Spot,
Anshun

贵州省安顺市黄果树风景
名胜区
T: 0851 3818 9666

Regal Queen SPA
贵阳瑞嘉女王SPA
No.2, Jiandao street,
Nanming, Guiyang
贵州省贵阳市南明区箭道街2号
T: 0851 8528 8166

Roseway Spa
瑰途SPA
1) Huizhancheng Branch
会展城店
North Huizhan Road,
Guanshanhu District, Guiyang
City, Guizhou
贵州省贵阳市观山湖区会
展北路
T: 0851 8798 4521
2) Mixc Branch
万象汇店
Opposite to MixC,
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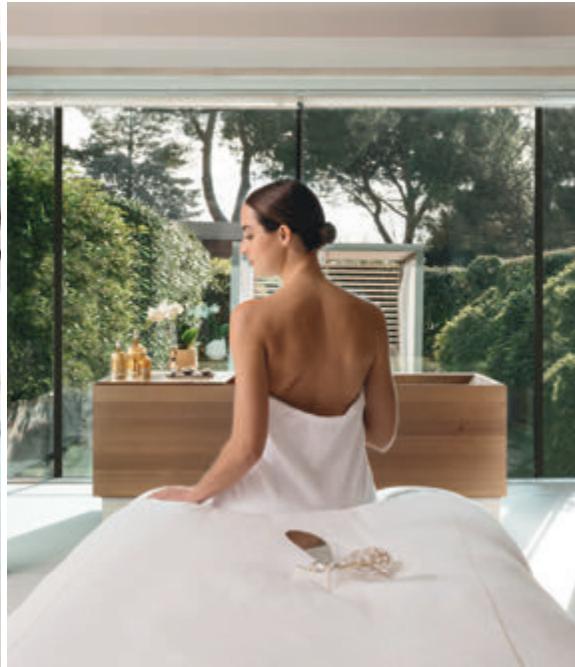


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