

March/April 2025



# SpaChina

健康度假 · 美容水疗 · 健身康复 · 环保可持续

WELLNESS, BEAUTY, HEALTH AND LUXURY LIVING

## 狮城之魅 The Charm of the Lion City

## 健康之旅盛起 The Transformative Power of WELLNESS TOURISM

Picture by Capella Tufu Bay, Hainan

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

亲爱的SpaChina读者，您们好，

旅行，已经成为通过转变身心的体验，带给灵魂滋养的机会。健康旅游将健康、健身、精神和旅行融合成一种整体全方位的体验，重新定义了我们对旅行的认知，建立与自我探索之间更深层次的联系，提供了一系列旨在促进整体健康和福祉的活动和疗程。从精品水疗到亲密的静修，再到超奢华的养生度假村，从古老的疗愈仪式到现代疗法，跨越了广泛的领域。这些体验迎合着全球游客的需求，共同致力于提升健康福祉，令旅行者参与和关注身体的恢复和压力管理等内容，并得以培养出健康的生活习惯，关注自己内心的成长和需求。如今的健康旅行者们，希望在自己有限的假期里获得转变身心的旅程，并令自己的旅途难忘而充满人生意义。

本期杂志，我们专访了嘉佩乐集团旗下五家酒店和度假村的资深总经理们，请他们分享了宝贵的管理经验，以及如何看待健康度假趋势和未来，非常值得大家学习和借鉴。其他内容也都是满满的干货，不容错过，请细细阅读。

3月起，SpaChina2025年度颁奖礼的报名开始了，大家可以从杂志里看到报名表，或从SpaChina官网和微信公众号报名，记得填写完善的详细信息，方便我们的工作人员安排跟进。

祝快乐度过每一天!



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## SpaChina Wellness & Spa Awards 中国养生与水疗颁奖礼2025

由SpaChina主办的第十六届中国养生与水疗颁奖礼，将与第十八届中国养生与水疗人士研讨会同期举办。颁奖礼旨在认可中国水疗行业的杰出领袖和行业先锋企业，帮助确立水疗行业标准，推动其专业化发展。

### 颁奖组委会设定出如下7个大奖类别：

- 水疗奖项 • 理疗奖项 • 概念奖项
- 产品奖项 • 器材奖项
- 全球奖项 • 评审会/殊荣奖项

每个类别，我们又细分了不同的小项目，为了让各水疗不分大小资历、积极参与。各小项目最后将取决于报名的具体情况作适当调整。详情请参见网页和宣传资料。

**注意：**从2024年起，评审会/殊荣大奖将不再单独接受报名，获奖者将从其他奖项的报名者中，由评委和读者代表组成的评审组委会，给予最后的定奖。

### 我们希望通过这次评选和颁奖活动，能够令您和您的SPA与企业：

- 以参加评选为荣，在现有的水准上努力强化提高
- 发扬团队精神，为自己的水疗品牌争取荣誉

### 评选方式

- **组委会初选：** SpaChina组委会通过各参选者提交的资料，审核资料。
- **评委走访：** 资深SPA顾问、经营者或SPA爱好者的体验造访，决定入围者。
- **微信投票：** 通过SpaChina微信平台投票，从6月1日起可开始投票。如发现拉票及刷票行为，则作弃权处理。

### 参选和评选日程安排

- 2025年3月1日至5月31日 — 参选者报名及初选
- 2025年6月1日至7月31日 — 评委选举和微信投票
- 2025年8月1日至8月20日 — 评选
- 2025年9月23日(暂定) — SpaChina中国养生与水疗颁奖礼2025晚宴

SpaChina will hold the 16<sup>th</sup> SpaChina Wellness & Spa Awards and 18<sup>th</sup> SpaChina Wellness Summit 2025 together in September. This event will reward industry leaders and innovators, and help to elevate industry standards.

### After preliminary preparations, the organizing committee has decided upon the following seven general award categories:

- Spa Awards • Treatment Awards • Concept Awards
- Product Awards • Equipment Awards • Grand Jury / SpaChina Honored Awards
- Global Awards

Each category comprises more sub-categories. Applicants are free to enter any category or sub-category, regardless of their scale of business or time of operation. The categories and sub-categories may be further adjusted depending on the actual applications received.

Starting from the year 2024, the Grand Jury/ Honored Awards will no longer accept individual registrations. The winners will be selected from the applicants of other awards by a judging committee composed of judges and reader representatives, and the final awards will also be determined by the committee.

### We believe your participation in the SpaChina Wellness & Spa Awards 2025 will:

- Be an honor for your spa and spa team and further improve and enhance your professional status in the spa industry.
- Act as an incentive to your staff team, encouraging them to work together and to glorify your spa brand.

### Assessment Methods

- **Pre-Judgment:** All nominees have to submit required information online by May 31<sup>st</sup>. SpaChina team will make a pre-judgment according to the online paperwork.
- **Judges On-the-spot Evaluation:** SpaChina will invite honored guests and spa professionals to be part of the judge team, who will visit each nominee spa for a thorough evaluation.
- **WeChat Voting:** Please visit the SpaChina WeChat to vote, start from June 1<sup>st</sup>.

### Agenda for Nomination and Assessment

- March 1, 2025 – May 31, 2025  
Nominee registration and first round
- June 1, 2025 – July 31, 2025  
Preliminary assessment by judges and public wechat voting
- August 1, 2025 – August 20, 2025 Final assessment
- September 23, 2025 (TBC) – SpaChina Wellness & Spa Awards 2025 Gala Dinner



请扫描二维码  
参加报名

## REGISTRATION FORM 报名表

**Registration is free of charge, multiple applications acceptable (maximum of three sub-catagories)**  
**参选过程不需要任何费用, 同一家参选者最多可提交3小项报名**

Register as an individual / 个人报名	Register as a group / 团体报名
Name / 姓名: <input type="checkbox"/> Male / 男 <input type="checkbox"/> Female / 女	Spa Name / 水疗名称:
Tel / 电话: Mobile / 手机:	Company / 公司:
Email / 电子邮箱:	Tel / 电话: Mobile / 手机:
Spa Name / 水疗名称:	Email / 电子邮箱:
Company Name / 公司名称:	Contact Person / 联系人: Position / 职务:
Position / 职务:	Website / 网站:

**Please select the award catagories you wish to apply for: / 请选择您欲参选的奖项:**  
**Candidates from outside China, please consult the award categories indicated by ♥**  
**非中国国内参选者只可选标注有♥的奖项类别**

**Wellness and Spa Awards / 养生和水疗奖项** | please check "✓" in  / 请在需要的  内打"✓"

<input type="checkbox"/> Best Hotel Spa of the Year / 年度中国酒店水疗大奖	<input type="checkbox"/> Best Wellness Spa Resort of the Year / 年度中国养生水疗度假村大奖
<input type="checkbox"/> Best Hot Spring Resort of the Year / 年度中国温泉度假村大奖	<input type="checkbox"/> Best Day Spa of the Year / 年度中国都市水疗大奖
<input type="checkbox"/> Best Wellness & Spa Club of the Year / 年度中国养生与水疗会所大奖	<input type="checkbox"/> Best Chain Spa of the Year / 年度中国连锁水疗大奖
<input type="checkbox"/> Best Urban Wellness Oasis of the Year / 年度都市养生绿洲大奖	<input type="checkbox"/> Best Fitness Center & Spa of the Year / 年度健身与水疗大奖
<input type="checkbox"/> Best Newly-opened Spa of the Year / 年度中国新开业水疗大奖	<input type="checkbox"/> Best Online Star Spa of the Year / 年度网红水疗大奖

**♥ Treatment Awards / 理疗奖项** | please check "✓" in  / 请在需要的  内打"✓"

<input type="checkbox"/> Best Spa Treatment Package of the Year / 年度别具匠心水疗套餐大奖	<input type="checkbox"/> Most Classic Spa Treatment of the Year / 年度经典水疗疗程大奖
<input type="checkbox"/> Most Attractive Spa Treatment of the Year / 年度富吸引力水疗疗程大奖	<input type="checkbox"/> Most Creative Body Treatment of the Year / 年度富创造力身体疗程大奖
<input type="checkbox"/> Most Novel Facial Treatment of the Year / 年度新颖面部疗程大奖	<input type="checkbox"/> Most Effective Treatment of the Year / 年度显著功效疗程大奖
<input type="checkbox"/> Best Men's Treatment of the Year / 年度男士疗程大奖	<input type="checkbox"/> Best Spiritual Treatment of the Year / 年度身心灵疗程大奖
<input type="checkbox"/> Eco & Green Treatment of the Year / 年度环保绿色疗程大奖	<input type="checkbox"/> Best Holistic / TCM Treatment of the Year / 年度整全/中医疗程大奖
<input type="checkbox"/> Best Wellness Journey of the Year / 年度养生之旅大奖	

**♥ Concept Awards / 概念奖项** | please check "✓" in  / 请在需要的  内打"✓"

<input type="checkbox"/> Best Wellness Concept of the Year / 年度特色养生理念大奖	<input type="checkbox"/> Best Wellness / Spa Design of the Year / 年度养生/水疗设计大奖
<input type="checkbox"/> Best Wellness Service of the Year / 年度养生服务大奖	

**Product Awards / 产品奖项** | please check "✓" in  / 请在需要的  内打"✓"

<input type="checkbox"/> Best Spa Product of the Year / 年度水疗产品大奖	<input type="checkbox"/> Best Anti-Aging Product of the Year / 年度抗衰老产品大奖
<input type="checkbox"/> Most Popular Product of the Year / 年度绝佳知名度产品大奖	<input type="checkbox"/> Best Organic Product of the Year / 年度有机产品大奖
<input type="checkbox"/> Most Effective Product of the Year / 年度卓越疗效产品大奖	<input type="checkbox"/> Best Natural Product of the Year / 年度天然产品大奖
<input type="checkbox"/> Most Striking Product of the Year / 年度瞩目产品大奖	<input type="checkbox"/> Best Aroma Product of the Year / 年度香薰产品大奖
<input type="checkbox"/> The Star Product of the Year / 年度新星产品大奖	

**Equipment Awards / 器材奖项** | please check "✓" in  / 请在需要的  内打"✓"

<input type="checkbox"/> Best Spa Equipment of the Year / 年度水疗器材大奖	<input type="checkbox"/> Most Effective Spa Equipment of the Year / 年度卓越疗效器材大奖
<input type="checkbox"/> Best Spa Facility of the Year / 年度水疗设备大奖	<input type="checkbox"/> Best Wellness Equipment of the Year / 年度养生器材大奖

**♥ Global Awards / 全球奖项** | please check "✓" in  / 请在需要的  内打"✓"

<input type="checkbox"/> Best Global Spa / Spa Brand of the Year / 全球瞩目水疗/水疗品牌大奖	<input type="checkbox"/> Best Global Wellness Resort of the Year / 全球知名养生度假村大奖
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**Prestigious Honor Awards / 杰出奖项**

SpaChina Grand Jury Awards / 年度中国SpaChina评审会大奖	SpaChina Honored Awards / 年度中国SpaChina殊荣大奖
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从2024年起, 评审会/殊荣大奖将不再单独接受报名, 获奖者将从其他奖项的报名者中, 由评委和读者代表组成的评审组委会, 给予最后的定奖。  
Starting from the year 2024, the Grand Jury/ Honored Awards will no longer accept individual registrations. The winners will be selected from the applicants of other awards by a judging committee composed of judges and reader representatives, and the final awards will be determined.

The Registration Form can be downloaded via [www.spachina.com](http://www.spachina.com). Please fill in the form and fax to +86 21 5385 8953 to Luzia Li or Email to: [luzia.li@spachina.com](mailto:luzia.li@spachina.com). Please call +86 21 53858951, to confirm that the form has been received.

此报名表也可于[www.spachina.com](http://www.spachina.com)网站下载。请填写完毕后传真至+86 21 5385 8953李洁收。或邮件至: [luzia.li@spachina.com](mailto:luzia.li@spachina.com)

注意: 请致电+86 21 53858951或+86 136 1197 6001, 确认传真或者邮件报名已经收到。

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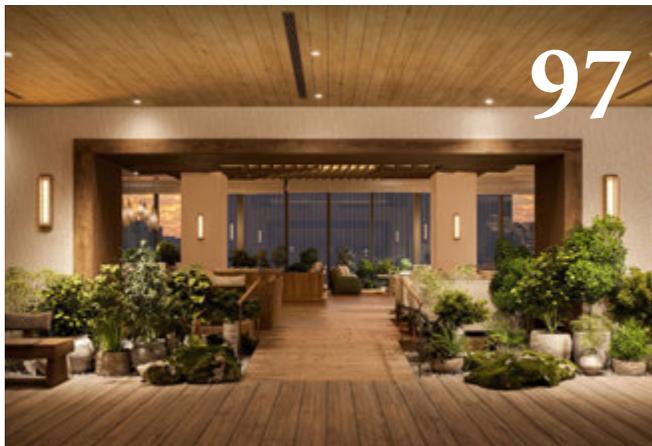
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### 长春北湖鸿居酒店8LEMENTS Spa

长春北湖鸿居酒店，地处4A级景区北湖国家湿地公园内。静谧的湿地自然风光带来的是“家外之家”般的舒适。这也是鸿居首次进驻北国之境。全新揭幕的8LEMENTS Spa，其亮点是具有地域特色，巧妙地将经典的东方护疗与湿地的美景及在地文化相融合，展开一次舒缓而又独特的疗愈之旅。占地超过2,000平方米的室内外温泉区，配备了碳酸氢钠人工温泉和豪华私汤。特色的户外“铁锅炖泡池”，取自当地美食“铁锅炖”之名，充满新奇的同时，又有疗愈的效果。其他设施还包括健身房、瑜伽室、HOMM儿童俱乐部等。

### 8LEMENTS Spa, Homm Changchun Beihu

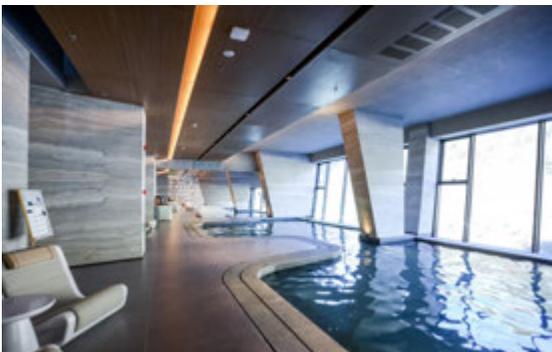
Homm Changchun Beihu is a gem nestled in the AAAA Beihu National Wetland Park in Northeast China, where guests immerse themselves in the serene and natural charm of the wetland. The newly opened 8LEMENTS Spa showcases its distinctive regional character, skillfully blending classic Oriental therapies with the beauty of the wetland and local culture to create a soothing and unique healing journey. The hotel boasts over 2,000 square meters of indoor and outdoor hot spring pools and luxurious private onsen rooms, offering peace and tranquility to guests in a reclusive setting. The unique “Stewed in Iron Pot” outdoor hot spring pool is inspired by a local cuisine’s name and is full of novelty and healing effects. Other facilities include a gym, yoga room, and HOMM Kids’ Club.

### 台北嘉佩乐酒店水疗中心

即将开业的台北嘉佩乐酒店，坐落于台北市核心的敦化北路上，坐拥苍翠盎然的林荫大道，将细腻的人文精髓和现代活力相融合，宛若繁华都市中的一抹静谧绿洲。临近松山机场、台北101大楼和小巨蛋体育馆等地，地理位置优越。水疗中心作为城市中的恬静避世处，以雄伟壮丽的山脉为灵感。水疗疗程会为宾客量身打造，旨在提供独一无二的体验感。台北嘉佩乐的康体之旅体验，涵盖了理疗套房、漂浮舱和配备了泰诺健设备的健身房。宾客们还可前往桑拿与蒸汽房，促进全身心的放松。此外，宾客可以在位于14楼的户外泳池处畅享悠然时光，找寻内心的和谐与平衡。

### Capella Wellness, Capella Taipei

Situated in the dynamic Dunhua North Road, the soon-to-open Capella Taipei, with its verdant boulevards, resembles a tranquil oasis in the midst of the bustling city. It has convenient access to Songshan Airport, Taipei 101 and the Taipei Arena. Capella Wellness is a tranquil escape from the city, inspired by the majestic mountains. Spa treatments are customized for guests and designed to provide a one-of-a-kind experience. The Capella Wellness journey experience encompasses aromatherapy rooms, floatation pods and a gym equipped with Technogym equipment. Guests can go to the sauna and steam room to promote total relaxation. In addition, an outdoor pool located on the 14th floor allows guests to enjoy a relaxing time and find inner harmony and balance.

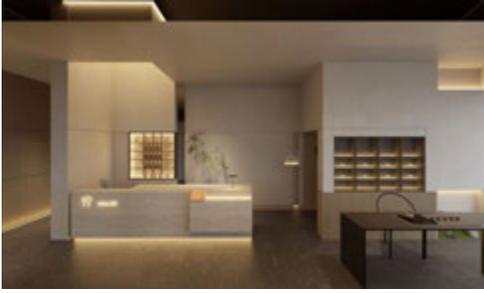


### 北京山谷青普·檀汤馆

今年年初全新揭幕的北京山谷青普·檀汤馆循山而建，是一个形如“洞穴”的山谷温泉泡池酒店。洞穴空间巧妙地将不规则立面落地窗、独立半包式面向悬崖的阳台、顶部的留光相融合，内外边界模糊，带来既穿越时光长廊又沉浸自然森氧的泡汤体验。天然温泉水取自地底2,600米，富含氟偏硼酸偏硅酸，属于医疗级热矿泉，让身心得到疗愈与舒展。该酒店的一层配备了足疗室和2个SPA室，以及1个户外泡池；二层为主要的温泉空间，涵盖了成人池、理疗池、儿童池、汗蒸房，以及2个中医热疗舱。

### Tsingpu · Tan Hotel, Beijing

Newly unveiled in January, the Beijing Tsingpu · Tan Hotel is a cave-like hot spring hotel built along the mountain. The space creates a relaxing and soothing environment with its deep geometric composition and unique light and shadow space. The blurring of internal and external boundaries offers an immersion in natural forest oxygen bar experience. The natural hot spring water, sourced from 2,600 meters below the ground, is medical thermomineral water, allowing both body and mind to be healed. The first floor features a pedicure room, two SPA rooms, and an outdoor soaking pool; the second floor houses the main hot spring space, including an adult pool, a therapy pool, a children’s pool, a steam room, and two TCM thermotherapy cabins.



### 深圳前海泓Spa 至臻会员中心

深圳前海泓Spa(至臻会员中心)已焕新启幕,秉持着“极简、本真、自然”为核心的理念,使宾客在繁忙的都市生活中,重归平衡与宁静。配备的双人理疗房,采用宽敞明亮的落地窗设计,各房间内均设有独立淋浴间或卫生间。其护理项目,可根据宾客的个人需求来量身定制,如:火山热石焕能疗程,配合独特的按摩手法,将油石与热度沿身体脉络徐徐推送,获得深度放松。全身香拓药球热疗项目,将熏蒸后的草本球与皮肤接触,使毛孔舒张,促进药效渗透至肌肤里,增强血液循环和免疫力。



### Kong Spa, Shenzhen, Qianhai

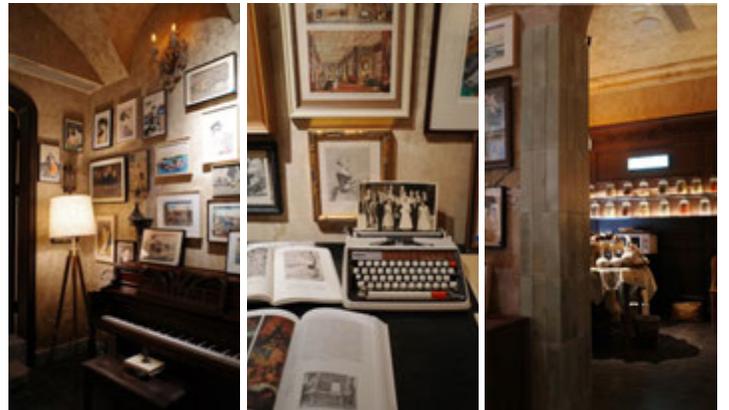
Kong Spa Member Center in Qianhai, Shenzhen has unveiled its renewed space, embracing the core philosophy of “simplicity, true, and nature” to help guests regain balance and tranquility amidst the hustle and bustle of urban life. The spa features spacious couple’s treatment rooms with floor-to-ceiling windows. Each room has a separate shower or toilet. Each treatment is tailored to the individual needs of guests. The hot stone therapy, combined with a unique massage technique, gently channels the warmth of stones along the body’s meridians, offering deep relaxation. The Herbal Ball thermotherapy involves steamed herbal balls applied to the skin, opening pores to enhance the absorption of therapeutic properties and boost immunity.

### 杭州Our Spa情绪疗愈空间

杭州Our Spa是杭州首家情绪疗愈空间。秉持“以人为本,由爱出发”的理念,构筑了一个充满木质温馨氛围的空间,为宾客们带来内心的平静与身心的安宁,选用了天然的植物萃取艾薇丹有机精油产品。针对于女性身心健康的自然康疗,融合了东方养生智慧和西方芳香疗法,守护女性在每个阶段所面临的身心变化,释放美丽和自信。Dhana冥想颂钵音疗深睡之旅,伴随风铃音乐进行疗愈,并辅以瑞典按摩手法,深度疏通全身经络,放松身心。其他疗程包括青少年减压、喜马拉雅盐石、桉木疗程、芳香头疗等。

### Our Spa, Hang Zhou

Our Spa is Hangzhou’s first emotional healing space. Upholding the philosophy of “People-oriented, starting from Love”, it creates a warm ambiance with wooden elements, bringing guests inner peace and tranquility for both body and mind. The Spa uses natural plant-extracted organic essential oil materials from Ivyden. Specifically designed for women’s natural wellness, it integrates Eastern healing with Western aromatherapy, protecting women through the physical and emotional changes they face at every stage of life. The Dhana Singing Bowl Therapy combines with Swedish massage techniques, accompanied by the sound of wind chime to unclog every inch of the meridians. Other treatments include Youth treatment, Himalayan Hot Stone, Hinoki treatment, Aromatherapy scalp treatment, etc.

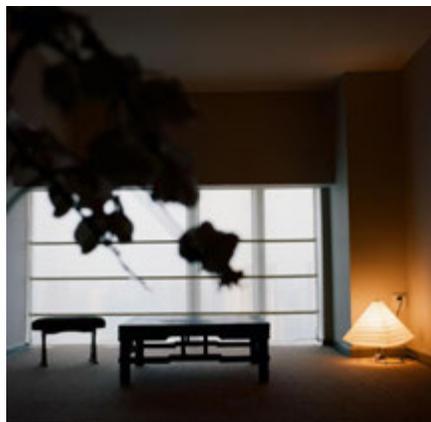


### 成都Baanherb半璞泰式Spa

在成都烟火少城的宽窄巷子处,隐匿着Baanherb半璞泰式Spa。这里集Day Spa、餐厅和酒店为一体,非常新奇。Spa店内好似一家精致的中古商店,空气中弥漫着东南亚香草和精油的味道。草药球热疗项目,采用了来自泰国奶奶的草本配方,将新鲜草本植物做成草药包并现场制作。经过熏蒸的温热草药包,释放出植物精华,有效促进血液循环。沉浸式精油Spa项目,伴随舒缓轻柔的音乐,技师以其专业的泰式手法,将芳香精油渗透进每一寸肌肤,疏通经络、缓解疲劳。宾客还可于WEZO围坐酒店处享受静谧休憩;在Nick&Nicky’s Fmaily餐厅品尝泰式美食;早上在咖啡吧处享用咖啡,夜晚则可小酌微醺。

### Baanherb Spa, Chengdu

Nestled in the Chengdu’s Kuanzhai Alley, Baanherb Spa offers a unique blend of Day Spa, restaurant, and hotel in a very novel way. The spa resembles an exquisite vintage boutique, with the air filled with the scent of Southeast Asian herbs and essential oils. The Hot herbal compress ball therapy utilizes a traditional Thai grandmother’s herbal recipe, where fresh herbal plants are made into a herbal ball on-site. After being steamed, the warm herbal ball releases the essence of the plants, effectively promoting blood circulation. The Immersive essential oil therapy, accompanied by soothing and gentle music, sees therapists employing their professional Thai techniques to infuse aromatic oils deep into every inch of the skin, unblocking meridians and alleviating fatigue. Guests can also find tranquil relaxation at the WEZO Hotel, savor Thai cuisine at Nick&Nicky’s Family Restaurant, and enjoy coffee in the day time at the Coffee Bar and alcohol at night.





### 迪拜卓美亚港湾酒店 Talise水疗

新开业的迪拜卓美亚港湾酒店，如一艘扬帆破浪的豪华游船，静泊于海岸线边的一侧。步入私人花园，穿过私人小屋与亭台楼阁，来到洋溢着阿拉伯风情的沙滩，感受独属于中东的魅力。水疗中心横跨3层楼，其中一层专为女士设计。打造的13间理疗室，均配备独立露台，沐浴在自然光下，海风轻拂，倍感清新。水区域还设有桑拿房、蒸汽房和土耳其浴室。Talise Spa特色的热疗体验，仿佛置身于梦幻般的疗愈世界。其他护理项目将古代与现代疗法相结合，引领宾客踏入一段深度放松的愉悦之旅。宾客可以在20米的室内泳池，或是配备先进设施的健身区，享受运动带来的快乐与活力。

### Talise Spa, Jumeirah Marsa Al Arab, Dubai

The newly opened Jumeirah Marsa Al Arab in Dubai is like a ship anchored on the coastline. Step into the private Arabian-inspired beach and experience the charm of the Middle East. Talise elegantly unfolds over three floors with a dedicated female-only floor. It features 13 treatment suites, each with its private terraces, bathed in natural light and refreshed by the gentle sea breeze. The wet area features a sauna, a steam room and a hammam. The signature thermal sanctuary of Talise Spa offers immersive heat-based experiences. Other treatments combine ancient and modern therapies, leading guests on a journey of deep relaxation. Whether in the 20-meter indoor swimming pool or the state-of-the-art equipment in fitness centre, guests can enjoy the joy and vitality of exercise.



### 冲绳宫古岛瑰丽酒店Asaya Spa

穿过翠绿的甘蔗园，依偎在深蓝色海水和微风的宁静怀抱之中，宫古岛瑰丽酒店，宛如一颗璀璨的明珠，即将揭开其焕然一新的Asaya水疗中心的神秘面纱。该中心打造了隐匿于私密花园的6间理疗室，引领宾客步入一段身心愉悦之旅。一系列特色疗程，汲取自在地传统的Paantu祭典，巧妙结合了富含冲绳草本植物的泥敷疗法，旨在为宾客的身心带来深层舒缓，倍感放松。宾客还可前往瑜伽房、傍海而建的无边泳池和设备齐全的健身中心。对于带有小旅客的家庭，则可移步“瑰丽探险家”俱乐部，创造独特又难忘的假日回忆。

### Asaya Spa, Rosewood Miyakojima, Okinawa

Amidst verdant sugarcane fields, the Rosewood Miyakojima, a jewel nestled within the serene embrace of Miyakojima's deep blue waters and gentle breeze, is about to unveil its revitalized Asaya Spa. With six treatment rooms set amid private gardens, the spa takes guests on a journey of well-being. A series of signature treatments, inspired by the local tradition of Paantu rituals and combined with mud therapy utilizing in Okinawan herbs, are designed to bring deep relief and relaxation to the body and mind. Guests also have access to a yoga room, an infinity pool by the sea and a fully equipped fitness center. For families with younger guests, the standalone Rosewood Explorer's Club inspires creativity and imagination, encouraging adventure, discovery and social responsibility through unique experiences attuned to the destination.



### 柬埔寨金边香格里拉酒店康体俱乐部

遁入海滨出尘地，远离世间喧嚣，于柬埔寨金边香格里拉酒店，感受亚洲式待客之道与高棉艺术风情的和谐相融。云端康体俱乐部位于51层，旨在助宾客重焕活力。焕然一新的水疗中心采用宁静的生物亲和设计，巧妙运用浅色胡桃木肋木与雕刻大理石等奢华天然材料为元素，营造出温馨的环境。瑞典奢华护肤品牌Kerstin Florian，搭配治疗师的专业按摩手法，呈现奢华护理体验，为疲惫的身心带来舒缓与放松。宾客还可在室外无边泳池和配备了泰诺健设备的健身房，挥洒汗水；在户外露台上，沐浴阳光；在桑拿房，促进血液循环，提升整体健康水平。

### The Wellness Club at Shangri-La Phnom Penh, Cambodia

Escape to a waterfront sanctuary where heartfelt Asian hospitality blends harmoniously with Khmer influences at Shangri-La Phnom Penh. On the 51st floor, the sky-high Wellness Club is designed to help guests get back into the flow and regain strength, youth and vitality. The new spa features a calming and biophilic design that makes use of luxurious natural materials such as light walnut ribbed timber panels and carved marble to create a warm and inviting atmosphere. The luxury skincare brand Kerstin Florian from Sweden, together with the skilled therapists' expert hands, provides a treatment experience to soothe and relax body and mind. Guests can work up a sweat in the outdoor infinity pool and gym equipped with state-of-the-art Technogym equipment; bask in the sunshine on outdoor terrace; and in the sauna room to promote blood circulation and enhance overall health.



### 新加坡圣淘沙莱佛士酒店 圣淘沙莱佛士水疗中心

新加坡圣淘沙莱佛士酒店，位于新加坡“城中之岛”，屹立于山丘高处，被繁茂的热带花园温柔环抱，打造出宛如隐世天堂般的自然环境。酒店全新开业的圣淘沙莱佛士水疗中心，是一座整体健康圣地，旨在为前来的顾客提高内心意识、恢复清新头脑。水疗中心坐落于精心改造的历史地标建筑中，宁静与活力在这里交织碰撞。这里配备13间理疗室，包括一间双人套房。融合了传统疗法与现代技术，采用整体疗法，以运动、滋养、恢复健康和建立联系为基础，涵盖了瑜伽、正念冥想、按摩、健身、水疗和科学护肤，引领宾客踏上一场身心灵的深度滋养之旅。

### Raffles Sentosa Spa, Raffles Sentosa Singapore

Located on a hilltop overlooking the South China Sea in Singapore's "island in the city", the new Raffles Sentosa Singapore is gently surrounded by exuberant tropical gardens. The hotel's newly opened Raffles Sentosa Spa is a sanctuary for holistic well-being, designed to immerse guests in a deep state of relaxation, openness, and awareness. The spa stands in a characterful heritage building, where serenity meets vitality in a canvas of experiences. It features 13 treatment rooms including a couples suite. Blending traditional healing with contemporary techniques, the holistic approach is based on movement, nourishment, restorative wellness and connection, encompassing yoga, mindfulness, massage, fitness, hydrotherapy and science-based skincare. It guides guests on a profound journey of body, mind and spirit rejuvenation.

### 新加坡万态雨林悦榕水疗中心

4月开业的新加坡万态雨林悦榕庄，坐落于新加坡动物园和万态野生动物保护区内，为宾客们打造了一处与野生动物奇妙邂逅、与大自然深度联结的避世桃源。度假村的两翼从地面抬高，围绕原有大树而造，以适应本地野生动物的作息活动。水疗中心被郁郁葱葱的绿树和浪漫美景所环抱，带来静谧氛围。水疗菜单上有整体护理和焕发活力的按摩，在护理师的专业手法下，开启一场深度放松之旅。值得一提的是，特色的皇家悦榕护理，融合了东西方的按摩技巧，采用浸泡在芝麻油中的温热草药包，促进血液循环、舒缓身心。

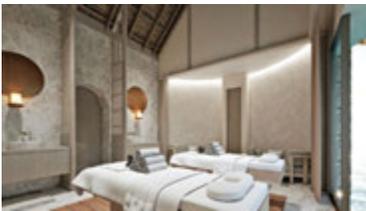
### Banyan Tree Spa, Mandai Rainforest Resort by Banyan Tree, Singapore

Opening in April, Mandai Rainforest Resort by Banyan Tree is nestled within the Mandai Wildlife Reserve, connecting people to the fascinating world of wildlife. The resort is much higher than ground level and is built around primeval trees to accommodate the daily routines of local wildlife. The Banyan Tree Spa is surrounded by lush greenery and serene landscapes, creating an intimate sanctuary that blends romance, serenity, and exotic sensuality. The spa menu features holistic treatments and rejuvenating full-body massages, where professional therapists lead guests on a journey of deep relaxation. Notably, the signature Royal Banyan treatment blends Eastern and Western massage techniques, using a warm herbal pouch dipped in Sesame Oil to improve blood circulation and soothe both body and mind.



### 马尔代夫卡夫环礁岛 JW万豪度假酒店 Spa by JW水上水疗中心

马尔代夫卡夫环礁岛JW万豪度假酒店，坐拥印度洋温暖碧绿的海水，令宾客沉浸于马尔代夫无尽蔚蓝的自然风光中。该酒店地理位置优越，距离维拉纳国际机场仅15分钟车程。焕然一新的Spa by JW水上水疗中心，设有六间护理室、一间蒸汽室、桑拿室和休闲厅。该Spa将BABOR护肤产品首次带入到马尔代夫，带领宾客踏上一段焕活之旅。特色的Ocean Bliss护理，由酒店和BABOR共同携手推出，其核心的抗衰老护肤系列Sea Creation，采取深海的珍稀活性成分，使宾客感受海岛风情的惬意放松，找回内心的平静与纯粹。



### Spa by JW, JW Marriott Maldives Kaafu Atoll Island Resort

Surrounded by the warm, turquoise waters of the Indian Ocean, JW Marriott Maldives Kaafu Atoll Island Resort immerses guests in the nature beauty of the Maldives. The resort can be reached in just 15 minutes by speedboat from Velana International Airport. The revitalized Spa by JW boasts six treatment rooms, a steam room, sauna and a relaxation pavilion. The spa brings BABOR's skincare products to the Maldives for the first time, taking guests on a journey of revitalization. The hotel and BABOR both launched the signature Ocean Bliss treatment. Its core anti-aging skincare series, Sea Creation, which takes rare active ingredients from the deep sea, enabling guests to feel the relaxation of the island, and to find their inner peace and purity in harmony.



### Kora Organics最新亮白精华

Kora Organics是由超模米兰达·可儿(Miranda Kerr)于2009年创立的有机护肤品牌，专注于提供天然、有机认证的护肤产品，强调“由内而外的美”，倡导健康的生活方式与护肤理念。Kora Organics的产品配方中不含防腐剂、硫酸盐、矿物油、合成香料和色素等有害成分，同时通过了多种有机认证，确保产品的高品质和安全性。脸部精油既是品牌销售第一的明星单品，同时也是第一款推出的产品。质地轻盈、吸收迅速，良好的油质有助于提供优异的锁水作用，内含玫瑰果、红石榴和诺丽果等成分还能保护肌肤屏障。最新推出的VC亮白精华富含维生素C和植物提取物，旨在提亮肤色、均匀肤质，并减少细纹和皱纹的出现。

### The New Vitamin C Brightening Serum from Kora Organics

Kora Organics, founded by supermodel Miranda Kerr in 2009, is an organic skincare brand dedicated to providing natural, certified organic skincare products. The brand emphasizes “beauty from the inside out” and advocates for a healthy lifestyle and skincare philosophy. Kora Organics’ product formulations are free from harmful ingredients such as parabens, sulfates, mineral oils, synthetic fragrances, and colorants. Additionally, the products have received multiple organic certifications, ensuring high quality and safety. The Facial Oil is not only the brand’s best-selling star product but also the first product ever launched by Kora Organics. Its lightweight texture and quick absorption are complemented by high-quality oils that provide excellent moisture retention. Ingredients like rosehip, pomegranate, and noni also help protect the skin’s barrier. The newly launched Vitamin C Brightening Serum is rich in vitamin C and botanical extracts, designed to brighten the complexion, even out skin tone, and reduce the appearance of fine lines and wrinkles.

### Omorovicza蓝钻精华全新升级

来自布达佩斯的品牌Omorovicza最近发布了新设计的品牌logo，突显了疗愈品牌古典与现代融合的诗意形象。与此同时，品牌也升级了明星单品蓝钻超级精华，全新的精华添加了酵母菌溶胞产物、酵母菌发酵产物、鞘氨醇单胞菌发酵产物提取物 and 蜀葵花原生细胞，以及多种激发和优化细胞功能的生物活性肽的加入，为疲惫、压力大的肌肤注入新的活力。钻石粉末的加入，让这款精华在奢华与效果之间达到完美平衡。

### Omorovicza Upgrades The Blue Diamond Super Serum

The Budapest-based brand Omorovicza has recently unveiled its newly designed logo, highlighting the poetic image of a healing brand that merges the classical with the contemporary. In tandem with this rebranding, the company has also upgraded its star product, the Blue Diamond Super Serum. The new formulation includes yeast lysate, yeast ferment, sphingomonas ferment extract, and hollyhock stem cells, along with a variety of bioactive peptides that stimulate and optimize cellular functions, infusing new vitality into tired and stressed skin. The addition of diamond powder ensures that this serum achieves a perfect balance between luxury and efficacy.



### Clarins焕颜弹力日霜与夜霜

Clarins最新的日霜和夜霜采用独特的胶原蛋白复合技术 [COLLAGEN]<sup>3</sup> TECHNOLOGY，结合三种强效成分：胶原蛋白多肽，有机胡桃树提取物，有机粗糙帽果提取物，通过增加胶原蛋白数量，保护其完整性及改善其结构，从而增强胶原蛋白的整体质量，帮助提升肌肤紧致度和弹性。这两款面霜适合所有关注抗衰老、提升紧致、减少皱纹和改善肤色的人群使用，干性肌肤效果更佳。

### Clarins launches Extra-Firming Day and Night Creams

Clarins’ latest day and night creams feature the innovative [COLLAGEN]<sup>3</sup> TECHNOLOGY, which combines three potent ingredients: collagen peptides, organic walnut tree extract, and organic mitracarpus extract. This unique technology enhances the overall quality of collagen by increasing its quantity, protecting its integrity, and improving its structure, thereby helping to boost skin firmness and elasticity. These creams are suitable for anyone concerned with anti-aging, lifting and firming, reducing wrinkles, and improving skin tone, with particularly beneficial effects for those with dry skin.



### 正浩EcoFlow DELTA 3 Plus便携式移动储能电源

EcoFlow DELTA 3 Plus便携式储能电源，获得了SGS颁发的全球首张安全快充五星Performance Tested Mark认证证书。搭载了EcoFlow的X-Stream闪电快充技术，能够在短短56分钟内将电池充满，且不损害电池健康，充电效率高。这款储能电源支持包括发电机、车载充电器及交流与太阳能的混合电源等在内的5种充电方式。确保在车载用电、户外休闲用电、户外作业、应急救援、家庭备电、电力中断等场景中，都能提供稳定可靠的电力支持。其超静音运行和高输出功率，不仅不打扰睡眠质量，还能轻松支持家用电器。此外，通过EcoFlow App，用户可随时查看电池状态、远程遥控电源，是家庭电器和户外活动供电的不二选择。

### EcoFlow DELTA 3 Plus Portable Power Station

The EcoFlow DELTA 3 Plus portable energy storage power station has received the Five-Star-Rated Fast and Safe Charging certification by SGS. Equipped with EcoFlow's X-Stream ultra-fast charge technology, it can fully charge the battery in just 56 minutes without harming the battery's health. This equipment supports five fast charging ways, including generators, car chargers, hybrid AC and solar power, etc. It ensures stable and reliable power support in scenarios such as home backup, RV use, professional work and outdoors usage. Its ultra-quiet operation and high output power not only do not disturb sleep, but also easily support household devices. In addition, through the EcoFlow App, users can view battery status live anytime, anywhere and remotely control even from afar, making it an excellent choice for powering household appliances and outdoor activities.

### 光粒Holoswim2s AR智能护目泳镜

这款超级智能泳镜将全息投影设备融入游泳过程中，让实时运动数据近在眼前。在游泳时，泳镜会显示时间、距离和配速的提醒，帮助游泳者更好地把握节奏、维持泳速。根据当下的环境光线条件，其数码显示屏可自行调节亮度，以满足不同用户的喜好和环境的需求，既提供舒适的视觉体验，又不影响观察泳池周围的环境。此外，配套的App提供了自由训练、进阶训练和自定义三种模式，无论是新手或是老手，均可切换与之适配的模式，尽享科学运动。App上还可智能同步各种数据，如总游泳时间、卡路里消耗、平均划水频率等，使用户全面了解自己的游泳表现。

### Holoswim2s AR Smart Swim Goggles

The Holoswim2s AR Smart Swim Goggles incorporate a holographic resin optical waveguide into swimming, bringing real-time swim data right before your eyes. The goggles display time, distance and pace to help swimmers better pace themselves and maintain their speed. Its digital display, according to the light conditions, can adjust its own brightness to meet different user preferences and the needs of the swimming environment, not only to provide a comfortable visual experience, while not affecting the observation of the environment around the pool. Additionally, the App provides three modes of free training, advanced training and customizable display, so that both novices and veterans can switch to the mode that suits them. It can also intelligently synchronize various data, such as the total swimming time, calorie consumption, average stroke frequency and so on, so that the user has a comprehensive understanding of their own swimming performance.



### Lyma推出Laser Pro 近红外激光皮肤仪器

如今，家用护肤仪器已广泛普及，人们足不出户便可实现全身肌肤的焕新。Lyma推出的Laser Pro手持式近红外激光仪器，是一款采用低温、低强度激光治疗的产品，可用于临床或家用，每天3分钟起。由世界领先的医学激光中心与开创性的遗传学家、整形外科医生和长寿科学家共同研发制造，这款仪器适用于所有肤色，且无痛、无伤害，使用户更加放心。具有提亮色素沉着、紧致皮肤、减轻发红和炎症、减少脂肪团堆积、细化皱纹、淡化伤疤等功效，深入作用于皮肤及底层结构，激发肌肤内在活力，令其变得更加光滑与细腻。

### Lyma introduces the Laser Pro Near-Infrared Laser Skin Device

Nowadays, skin devices are commonplace in at-home routines, allowing people to rejuvenate their skin without leaving their homes. Lyma introduces the Laser Pro handheld near-infrared laser device, a product to harness cold Low Level Laser Therapy that can be used in-clinic and at-home for 3 minutes daily. It was engineered in the world's leading medical laser centre in partnership with pioneering geneticists, plastic surgeons and longevity scientists. This device is suitable for all skin tones and is pain free and zero damage for added peace of mind for the user. With the efficiency to brighten pigmentation, tighten skin, reduce the appearance of redness and inflammation, cellulite, wrinkles, transform scars, etc., it works deeply on the skin and its underlying structures to energize the skin, making it smoother and more refined.

# 健康之旅盛起

旅行，已经成为通过转变身心的体验，给予灵魂滋养的机会。高菲 文



# 健

康已成为现代旅行的重要组成部分，健康旅游已不再仅仅是列举目的地清单、欣赏自然美景或遇见异域野生动物，许多酒店和度假村提供奢华的水疗中心，让客人可以放松身心、恢复活力。无论你梦想从事酒店业，还是打算开启自己的健康事业，了解这一动态和明晰迅速发展的细分市场都至关重要，因为健康旅行已经发展成为通过改变身心体验和经历，来得以滋养灵魂。

健康旅游将健康、健身、精神和旅行融合成一种整体全方位的体验，重新定义了我们对旅行的认知，建立了健康与探索之间更深层次的联系。它提供了一系列旨在促进整体健康和福祉的活动和疗程，从古老的疗愈仪式到现代疗法，跨越了广泛的领域。从精品水疗到私密的静修，再到超奢华的养生度假村，所有这些都共同致力于提升健康福祉，令旅行者们参与和关注身体的恢复和压力管理等内容，并得以培养出健康的生活习惯。

这种独特的旅行形式提供了远超普通旅

行的体验。如今的健康旅行者们，希望在自己有限的假期里获得转变身心的旅程，并令自己的旅途难忘而充满人生意义。想象一下，在冰岛蓝湖的矿物质丰富的地热水中泡澡，或者在巴厘岛郁郁葱葱的景观中通过瑜伽找到内心的宁静。这些非凡的体验旨在激发持久的变化，帮助旅行者恢复体力，给灵魂充电，带着焕然一新的目标感和活力回到日常生活和家中。

健康旅游可以追溯到几千年前，那时的文明就重视生活中的疗愈和平衡。例如，古



Capella Tufu Bay, Hainan

希腊人建立了最早形式的健康旅游，位于埃及皮达鲁斯的温泉在当时就吸引了来自外地的客人们。同样，古罗马人创造了奢华的度假胜地，建造了大大小小的浴室，供人们享受恢复放松等治疗。这些古代文明为我们今天所称之为健康旅游的概念奠定了基础。

到19世纪末，健康静修和健康服务在欧洲开始流行。这些静修注重鼓励呼吸新鲜空气、安排营养餐和进行户外远足等活动，这些活动至今仍是现代健康度假的核心内容。

20和21世纪，我们对健康的概念逐渐扩



Capella Tufu Bay, Hainan

展，涵盖了心理健康。因此养生度假村和健康中心应运而生，优先考虑减压和放松，同时结合传统的身体疗愈。最近，医学知识和技术的进步促使预防医学和整全疗愈被相当多地纳入到了度假环境之中。

当代旅行提供了各种各样的健康体验，能够根据客人的需求提供健身、健康、和正念体验。这些体验迎合着全球游客的需求，提供从配备有温泉和芳香疗法按摩的健康度假村，到专注于自我发展和内省的冒险之旅等等。今天的选择多样化源于健康旅游市场的飞速与巨大的增长。无论客人是寻求身体、情感还是心理的健康，都能找到适合自己偏好的健康旅行形式。

## SPA度假

SPA度假作为一种健康假期形式，在全球范围内变得非常受欢迎，主要提供全面的舒适解压体验。例如芳香疗法、按摩等一系列疗程，以及温泉、水设施、泥浴、桑拿等设施。水疗度假村通常还有风景如画和宜人的环境，是寻求缓解日常压力的理想度假选择。

## 整全与替代疗法

这种形式的健康旅游结合了有文化传统的传统疗愈与现代疗法。游客可以体验针灸、阿育吠陀疗法、芳香疗法或各种自然疗法等。像中国、印度和泰国等国家均以其丰富的整全疗愈传统而闻名。

## 瑜伽静修

瑜伽静修提供的不仅仅是身体拉伸练习，它

还提供了精神成长的机会，同时可以塑造身体。这些静修包括探索各种瑜伽风格的沉浸式课程，同时进行冥想练习和均衡饮食的指导。你可以选择印度或哥斯达黎加等地，在美丽的环境中提高柔韧性与灵活性，并深入理解瑜伽哲学。

## 冥想静修

冥想静修为寻求平静与清晰的人提供一个专注而宁静的环境。通过在宁静环境中的正念练习，这些静修旨在加深自我意识，促进内心的平静，为繁忙的日常生活提供了理想的逃离之地。

## 正念与心理健康

随着人们对心理健康的认识不断提高，旅行者越来越重视正念和心理健康。许多养生目的地都结合了冥想、呼吸法和声音疗法，以促进头脑清醒和减轻压力。

## 健康饮食假期

健康饮食假期是健康度假中的一个好选择，结合了营养教育和令人愉悦的烹饪体验。从巴厘岛的素食烹饪课程到印度的阿育吠陀饮食实践，这些度假旅行推广正念饮食的同时，也让味蕾享受美味，也是希望增强对食物与健康关系理解的美食爱好者的理想选择。

## 排毒

以排毒为重点的旅游帮助旅行者净化身心。项目可能包括果汁禁食、结肠清洁和以植物为基础的排毒饮食，旨在排除毒素并提高人体能量。像泰国、巴厘岛和瑞士等目的地提



供专门的排毒度假村，通常结合水疗治疗和放松疗法。

## 数字排毒

随着人们希望摆脱铺天盖地的技术，对数字排毒体验的需求也在不断上升。现在，健康旅游目的地都在提供专门设计的项目，帮助游客断开连接、重新充电、鼓励心智、创造力和头脑清醒。

## 健康与探险融合

越来越多的健康旅行者正在寻求将身体健康与冒险和新鲜空气结合起来，将养生与户外如徒步旅行、冲浪或登山等活动相结合的目的地正变得越来越受欢迎，为旅行者提供了挑战自我体能、恢复精神活力的机会。对于大自然爱好者，远足、皮划艇、攀岩和滑雪等活动鼓励旅行者在保持活跃的同时与自然亲密接触。新西兰、瑞士、加拿大和中国等目的地都有令人惊叹的自然风光，非常适合这种体验。

## 生态环境之旅

关注生态环境的旅行者被那些注重可持续性并与自然连接的健康体验所吸引。从生态旅馆到荒野度假村，其活动包括自然散步、野生动物探险和农场到餐桌的餐饮体验。像哥斯达黎加、新西兰和日本因其生态健康旅游而闻名。

## 温泉目的地

温泉目的地正变得越来越受欢迎，因为全球的游客们都在寻求富含矿物质的水域所带来的治疗和放松功效。温泉体验自古以来都大行其道，温泉护理让游客们趋之若鹜。

## 浴场和水设施

浴场和水设施体验的兴起是健康旅游的另一个重要趋势。浴场和温泉正在吸引那些寻求水疗恢复和排毒功效的游客。

## 医疗与预防之旅

医疗健康旅游专注于预防护理和健康优化。它包括健康筛查、排毒计划和专门的健康检查，通常在专业诊所和健康中心进行。像德国、瑞士、韩国、泰国等地提供最先进的设施来支持这种类型的旅游。

## 文化探索之旅

这种类型结合了健康与文化沉浸，提供与当地传统相关的独特体验。例如芬兰的传统桑拿仪式、日本的茶道和南美的土著疗愈方式。这些文化元素通过促进连接与理解，丰富了健康之旅。

## 个性化健康之旅

未来的一个重要趋势是向个性化健康转变。越来越多的健康疗养地根据每位客人的具体健康需求和目标提供定制计划。这些计划通常包括营养计划、健身计划、睡眠和心理健康实践。

## 受欢迎的健康旅游目的地

在健康旅游方面，一些目的地凭借其独特的魅力吸引着旅行者，融合了令人叹为观止的自然风光和量身定制的健康体验。这些亮眼的地点在全球健康产业中产生了深远的影响：

### 冰岛

冰岛的壮丽景观不仅仅带来视觉盛宴，还促

进整体健康。冰岛以地热温泉闻名，其中最具代表性的蓝湖温泉为游客提供宁静的疗养体验，非常适合瑜伽和冥想。

### 泰国

在亚洲，泰国被视为健康旅游的热门地。泰国按摩技艺闻名于世，该国还提供恢复活力的排毒静修和灵性冥想实践。泰国文化注重平衡与和谐，其健康体验完美体现了这一充满活力的哲学。

### 印度

作为瑜伽的发源地，印度提供在瑞诗凯诗和喀拉拉邦等宁静环境中的变革性静修。古老的阿育吠陀疗法和美味的素食菜肴进一步提升了该国作为顶级健康旅游目的地的地位，吸引那些寻求身心灵焕发活力的游客。

### 巴厘岛

巴厘岛是健康旅游的代名词，拥有郁郁葱葱的热带环境、一流的瑜伽静修和整体疗愈中心。乌布作为岛屿的精神中心，提供从冥想到巴厘岛水疗仪式等各种体验，确保身心完美平衡。

### 日本

日本的健康体验强调与自然的和谐。从温泉浴到森林浴，该国提供深度恢复的体验。像箱根和京都等地区将传统、正念和自然美景相结合，为旅行者创造了一个宁静的避世之地。

### 马尔代夫

马尔代夫是宁静的化身，提供奢华的水疗度假村和私人静修场所，四周被碧蓝的海水环

绕。这里的健康旅游专注于与自然的重新连接，游客可以在迷人的岛屿景色中享受水上瑜伽课程和恢复活力的水疗护理。

## 哥斯达黎加

哥斯达黎加将生态旅行与健康旅游相结合。从坐落在郁郁葱葱的热带雨林中的瑜伽静修，到日落时分的海滩冥想，这个目的地提倡可持续性和长寿。尼科亚半岛是世界著名的蓝色区域之一，以其独特魅力激励游客关注健康的生活方式。

## 中国

中国提供丰富多彩的健康体验，这些体验深深植根于其古老的传统中。太极、气功和针灸等传统疗法广泛可见，促进身心的和谐。这些传统方法与中国美丽的自然风光相得益彰。

像桂林这样的目的地，拥有标志性的喀斯特山脉和宁静的漓江，为冥想和太极提供了理想的场所。在云南，游客可以沉浸在宁静的高海拔静修中，体验根植于当地风俗的草药疗法。杭州的西湖则将自然美景和健康水疗结合，通过龙井茶和本地草药成分的SPA治疗来提供独特的体验。海南岛的三亚则拥有各大奢华度假村，将传统疗法与现代水疗体验相结合，并有大量的户外和水上运动。

中国的交通系统便捷，包含高铁、地铁和四通八达的机场，使得跨越城市和乡村的旅行变得非常容易。美食也为其健康魅力加分。游客可以品尝到如草药汤和新鲜季节性蔬菜等健康菜肴，每个地区都有其独特的风味，从清淡的南方菜肴到辛辣的四川菜肴应有尽有。

友好热情的中国人民为游客创造了一个温馨的氛围，无论是向当地大师学习太极、

享受茶道，还是共享美餐，他们的热情互动都令人难以忘怀。

这些目的地无缝融合了自然美景和专业的健康体验，成为寻求身心焕活与和谐的旅行者的理想选择。

## 健康旅游的主要优势

健康旅游作为酒店行业内一个快速发展的细分市场，提供了独特的优势，超越了传统旅行的体验。其关注提升身体健康、心理福祉和精神成长，持续吸引着全球各地的旅行者。

其中一个最深远的好处是身体的焕新。参与瑜伽、远足和按摩治疗等活动，能让人们滋养身体、提升体能水平，并拥抱更健康的生活方式。这些体验不仅促进活力，还激发长期的健康习惯，从而提升整体福祉。心理的复苏也是健康旅游的重要优势。日常生活的压力会对心理健康造成负担，而健康旅游提供了逃离与焕活之地。

文化沉浸是健康旅游的另一大亮点。旅行者有机会探索与不同地区健康相关的独特传统和习俗，深化对世界的理解，并加深对多元文化的欣赏。社交互动常常是健康静修的核心元素。团体活动如锻炼课程、共享餐食和研讨会等，营造了一种社区感，促进了参与者之间有意义的联系，增强了人际关系。

可持续性在健康旅游中也扮演着至关重要的角色。许多健康中心强调环保实践，鼓励旅行者减少碳足迹并支持环保型的度假村。通过参与可持续旅游，参与者不仅有助于提升个人健康，还在支持地球健康方面做出了贡献。

旅行者常常带着宝贵的体验感受回家，甚至能学会一些最新的技能，这些都帮助他们了解了适合自己的健康生活方式。因此健

康旅程的影响远远超出了旅行本身，这种体验使得健康旅游不仅仅是一场假期，而是对自己更为了解，并对自己做出的更健康、更平衡生活的投资。

## 健康旅游的挑战与演变

近年来，健康旅游蓬勃发展，将旅行行业转变为寻求恢复与福祉的旅行者的避风港。然而，这种快速增长也伴随着一些挑战，需要有深思熟虑的解决方案，以维持行业的真实性与可持续性。

其中一个重大挑战是确保一致的质量标准。随着健康旅游市场以前所未有的速度扩张，旅行者常常难以分辨可信的提供商与不那么可靠的选项。行业面临着建立和维持标准的持续任务，需确保安全、专业以及真正的关怀。

另一个紧迫的问题是健康旅游的环境足迹。尽管这些静修承诺为游客带来焕新，但它们可能会不经意间对当地生态系统造成压力。在创造变革性体验与保护自然环境之间找到微妙的平衡，对于行业的长期发展至关重要。

健康旅游的定义本身有时也比较模糊。虽然瑜伽静修和水疗假期比较直接，但像“医疗旅游”这样的术语通常含糊不清，容易引起旅行者的困惑。这种不明确的界定使得有效传达服务内容变得更加困难。此外，衡量健康旅游对旅行者生活的影响仍然是一个难题。没有具体的衡量标准或基准，服务提供者很难展示他们项目的真正价值。

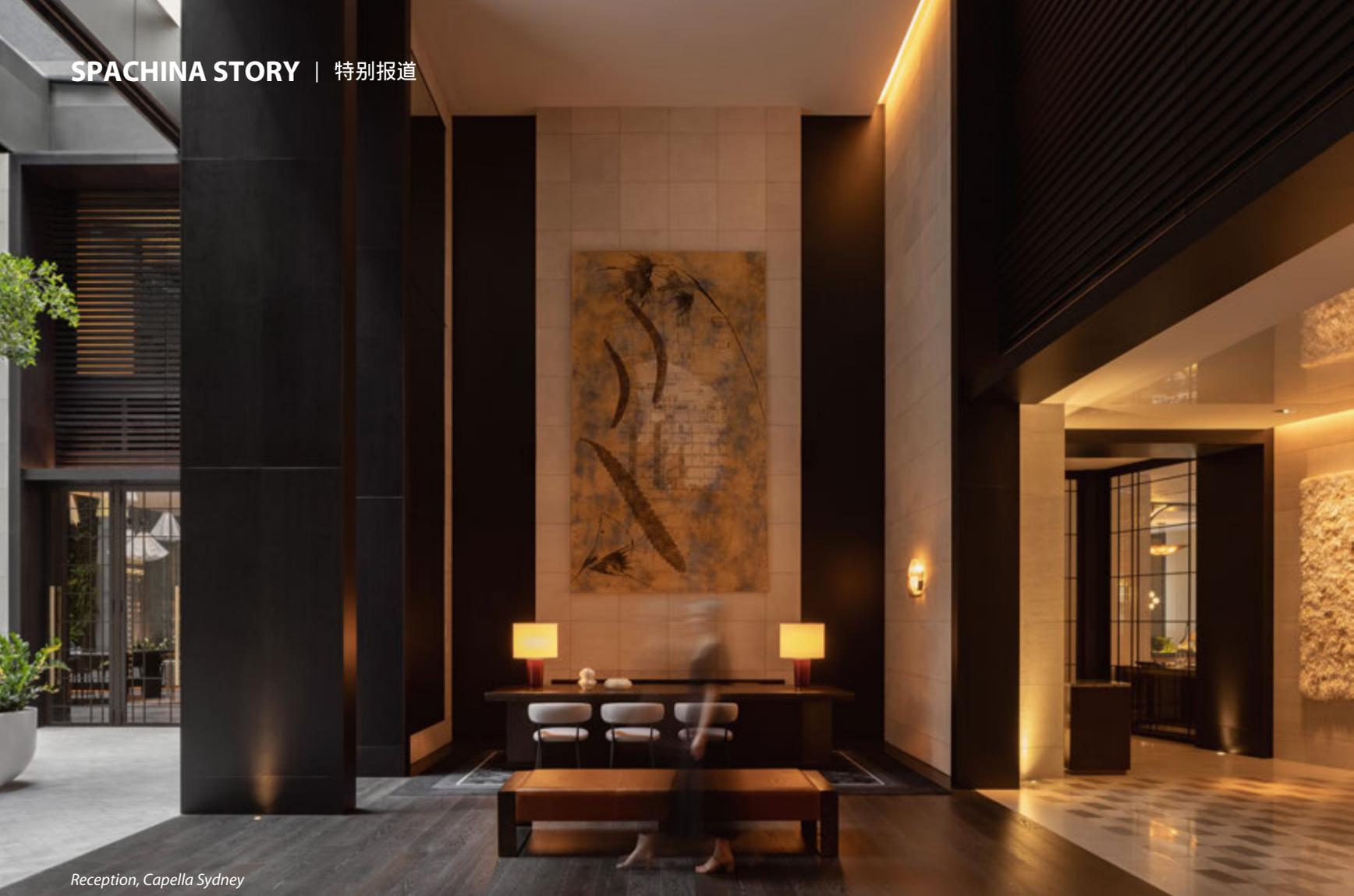
尽管面临这些挑战，健康旅游仍然是在以令人兴奋的方式迅猛发展。其中一个最显著的趋势是个性化的兴起。如今的旅行者无论是在提高心理清晰度、排毒还是精神成长上，需寻求量身定制的体验，满足他们独特的目标。与此同时，远离手机电脑类的数字排毒静修的日益流行，也反映了人们渴望逃离现代科技的干扰，拥抱属于自己的心灵与正念。

文化沉浸也正成为健康旅游的核心。旅行者倾向于选择那些深深植根于当地传统的体验，比如墨西哥的玛雅蒸汽浴或印度的阿育吠陀疗法，这些体验提供了与目的地更深层的联系。同时，可持续性已成为健康旅游的基石。从有机农场到餐桌的饮食到低排放交通和无塑料住宿，环保实践正在重新塑造健康旅游的呈现方式。

健康旅游的未来充满希望与启发。通过优先考虑个性化、文化真实性和环境责任，行业提供的不仅仅是一次度假，而是提供了能够滋养身体、心灵和灵魂的变革性旅程，让旅行者不仅得到了放松，更得到了深刻的自我充实与提升。



Capella Shanghai, Jian Ye Li



Reception, Capella Sydney

# The Transformative Power of WELLNESS TOURISM

**Travelling the world and improving one's health used to be mutually exclusive activities. No more**

**T**ravel is no longer just about ticking destinations off a bucket list, marveling at nature, or encountering exotic wildlife. It has evolved into an opportunity to nourish the soul through transformative experiences that rejuvenate both mind and body.

Wellness has become an integral part of modern travel, with many hotels and resorts offering luxurious spas where guests can unwind and restore their vitality. Whether you dream of working in hospitality or launching your own wellness business, understanding this dynamic and rapidly growing niche is essential.

Wellness tourism blends health, fitness, spirituality and travel into a holistic experience that nurtures the human spirit. It offers

an array of activities and treatments that are designed to promote overall well-being, everything from ancient healing rituals to contemporary therapies. These experiences invite travelers to focus on physical renewal, stress management, and the cultivation of healthier habits like balanced nutrition and meditation.

This unique type of travel offers something far beyond the ordinary. Imagine soaking in the mineral-rich geothermal waters of Iceland's Blue Lagoon or finding serenity through yoga in the lush landscapes of Bali. These journeys can be curated to inspire lasting change, helping travelers return home not just rested but also recharged, with a renewed sense of purpose and vitality.

Wellness tourism redefines the way we

perceive travel, forging a deeper connection between health and exploration. The industry itself spans a wide spectrum, from boutique spas and intimate retreats to ultra-luxury wellness resorts, all united by a commitment to enhancing well-being.

As travelers seek experiences that go beyond relaxation, wellness tourism continues to grow, offering not just vacations but transformative journeys that harmonize mind, body, and spirit, leaving an enduring imprint on those who embrace its healing potential.

You could say that the wellness tourism market dates back thousands of years, to civilizations that valued healing and balance in their lives. The Greeks, for example, built one of the first forms of wellness tourism, with the



Brasserie 1930, Capella Sydney



Capella Sydney

thermal baths at Epidaurus created to promote good health. Likewise, the Romans created luxurious resorts focused on bath houses where people could indulge in restorative treatments. These ancient civilizations laid the foundation for what we now refer to as wellness tourism.

Let's fast forward to the late 19th Century, when health retreats and wellness services started gaining popularity in Europe. These retreats focused on encouraging fresh air, nutritious meals, and activities like hiking, that still remain central to modern wellness getaways.

As we moved into the 20th Century and even the 21st Century, our concept of health evolved to encompass mental wellbeing. In response, resort style wellness centers emerged, prioritizing stress reduction and relaxation alongside conventional physical therapies. Most recently, advancements in medical knowledge and technology encouraged the incorporation of preventative care and a holistic approach into vacation settings.

Contemporary travel offers a wide range of guest experiences that promise fitness, better health or the cultivation of serenity, depending on the guest's desires. Such experiences cater to the needs of today's global tourists, providing everything from destination wellbeing breaks with hot springs and aromatherapy massages to adventures with a focus on self-development and introspection. The variety of options today stems from the huge growth in wellness tourism.

There are different types of wellness tourism

that cater to the unique needs of travelers. Whether you are seeking physical, emotional, or mental wellbeing, there is sure to be a form of holistic travel that suits just you.

### Spa breaks

Spa breaks have become incredibly popular worldwide as a type of wellness holiday. These retreats provide a comprehensive relaxation experience that aims to enhance overall health and relaxation. With a range of treatments such as aromatherapy and massage, as well as opportunities to enjoy thermal waters and mud baths, spa breaks offer the perfect opportunity to rejuvenate both mind and body in often lovely surroundings. They are an excellent choice for individuals seeking an antidote to daily stress.

### Holistic and alternative therapy tourism

This form of wellness tourism integrates traditional healing methods with modern therapies. Visitors may experience acupuncture, Ayurveda, aromatherapy, or naturopathy. Countries like China, India, and Thailand are known for their rich traditions of holistic healing practices.

### Yoga retreats

Yoga retreats offer more than just physical stretching exercises. They provide opportunities for spiritual growth while toning the body.

These retreats include immersive sessions that explore various styles of yoga, along with meditation practices and guidance on balanced nutrition. You can choose from locations like India or Costa Rica to enhance your flexibility and also deepen your understanding of yogic philosophy in stunning locations.

### Meditation retreats

Meditation retreats offer a focused and serene environment for individuals seeking calm and clarity. Through mindfulness practices in tranquil settings, these retreats aim to deepen self awareness and promote inner tranquility. They provide an ideal escape from busy routines and offer an opportunity for enhanced serenity.

### Mindfulness and mental wellness

With increasing awareness of mental health, travellers are prioritising mindfulness and mental wellness during their trips. Many wellness destinations are incorporating meditation, breathwork, and sound healing to promote mental clarity and reduce stress.

### Healthy eating breaks

Then there are healthy eating breaks to choose from in a wellness retreat menu. These breaks offer a combination of nutritional education and delightful culinary experiences. From vegan cooking classes in Bali to ayurvedic diet practices in India, these getaways promote mindful eating while tantalizing the taste buds.



They're an ideal choice for food enthusiasts who want to enhance their understanding of the connection between food and health.

### Wellness and adventure fusion

As the connection between food and wellness becomes more apparent, travellers are seeking out destinations that offer healthy, nutritious, and sustainable dining experiences. Wellness gastronomy focuses on plant-based menus, organic ingredients and farm-to-table dining, and a growing number of wellness travellers are seeking a fusion of physical adventure and relaxation.

### Detox

Detox-focused tourism helps travelers cleanse their bodies and minds. Programs may include juice fasting, colon cleansing, and plant-based detox diets designed to eliminate toxins and improve energy. Destinations like Thailand, Bali and Switzerland offer wellness resorts specializing in detox retreats, often combined with spa treatments and relaxation therapies.

### Digital detox retreats

The demand for digital detox experiences is rising as people look to escape the overwhelming presence of technology. Wellness destinations are now offering programs specifically designed to help guests disconnect and recharge, encouraging mindfulness, creativity and mental clarity.

### Outdoor focus

For nature lovers, outdoor activity wellness tourism combines physical wellness with adventure and fresh air. Activities such as hiking, kayaking, rock climbing, and skiing encourage travelers to connect with nature while staying active. Destinations that combine wellness with outdoor activities like hiking, surfing or mountain trekking are becoming popular, offering travellers the opportunity to challenge themselves physically while rejuvenating mentally. New Zealand, Switzerland, Canada and China are perfect for these experiences, offering stunning natural backdrops.

### Eco-wellness

Eco-conscious travelers are drawn to wellness experiences that focus on sustainability and connecting with nature. From eco-lodges to wilderness retreats, activities include nature walks, wildlife exploration, and farm-to-table dining experiences. Costa Rica, New Zealand, Japan are renowned for their eco-wellness offerings.

### Thermal and hot springs destinations

Thermal and hot springs destinations are becoming increasingly popular in Japan, China, Australia and New Zealand, as travelers seek the healing and relaxing properties of mineral-rich waters. Bathing experiences are making a major comeback as part of the

wellness boom, offering visitors rejuvenation through hydrotherapy and thermal treatments.

### Bathing and hydrotherapy boom

The rise in bathhouses and hydrotherapy experiences is another significant trend in wellness travel. Bathhouses and thermal springs are attracting travellers who seek the restorative and detoxifying benefits of water-based therapies.

### Medical and preventative

Medical wellness tourism focuses on preventative care and health optimization. It includes services such as health screenings, detox programs, and wellness checkups at specialized clinics and wellness centers. Locations like Germany, Switzerland, Thailand and South Korea offer cutting-edge facilities for this type of tourism.

### Longevity-focused retreats

Travellers are now seeking wellness retreats that focus on long-term health and longevity. These destinations offer programs that include medical wellness, nutrition guidance, fitness routines and mindfulness practices aimed at improving overall health and vitality.

### Cultural exploration

This type combines wellness with cultural immersion, offering unique experiences tied to local traditions. Examples include traditional

sauna rituals in Finland, tea ceremonies in Japan, and indigenous healing practices in South America. These cultural elements enrich wellness journeys by fostering connection and understanding.

### Personalized wellness journeys

A major trend in 2024 is the shift towards personalised wellness. Wellness retreats are increasingly offering bespoke programs that are tailored to each guest's specific health needs and goals. These programs often include nutrition plans, fitness regimes, sleep and mental wellness practices.

### Popular destinations for wellness tourism

When it comes to wellness tourism, certain destinations captivate travelers with their unique charm, blending breathtaking natural landscapes and tailored wellness experiences. These standout locations have made a significant impression on the global wellness industry:

#### Iceland

Iceland's breathtaking landscapes offer more than beauty – they promote holistic health. Renowned for its geothermal hot springs, such as the iconic Blue Lagoon, the country provides therapeutic experiences in serene settings perfect for yoga and meditation.

#### Thailand

In Asia, Thailand shines as a wellness hotspot. Globally renowned for its Thai massage techniques, the country offers rejuvenating detox

retreats and spiritual meditation practices. With a culture rooted in balance and harmony, Thailand's wellness experiences embody the vibrant philosophy at the heart of its culture.

#### India

As the birthplace of yoga, India offers transformative retreats in tranquil settings like Rishikesh and Kerala. Ancient Ayurvedic treatments and flavorful vegetarian cuisine further elevate the country's status as a top wellness destination, appealing to those seeking both physical and spiritual rejuvenation.

#### Bali

Bali is synonymous with wellness, boasting lush tropical settings, world class yoga retreats, and holistic healing centers. Ubud, the island's spiritual heart, offers a wide range of experiences ranging from meditation to Balinese spa rituals, ensuring a perfect balance of body and mind.

#### Japan

Japan's wellness offerings emphasize harmony with nature. From hot spring baths (onsen) to forest bathing (shinrin-yoku), the country provides deeply restorative experiences. Areas like Hakone and Kyoto blend tradition, mindfulness, and natural beauty, creating a serene escape for travelers.

#### Maldives

The Maldives embodies tranquility, offering luxury spa resorts and private retreats surrounded by turquoise waters. Wellness here focuses on reconnecting with nature, with

options like overwater yoga sessions and rejuvenating spa treatments set against a stunning island backdrop.

#### Costa Rica

Costa Rica combines eco-conscious travel with wellness. From yoga retreats nestled in lush rainforests to beachside meditations at sunset, this destination champions sustainability and longevity. The Nicoya Peninsula, one of the world's Blue Zones, inspires visitors with its focus on healthy living.

#### China

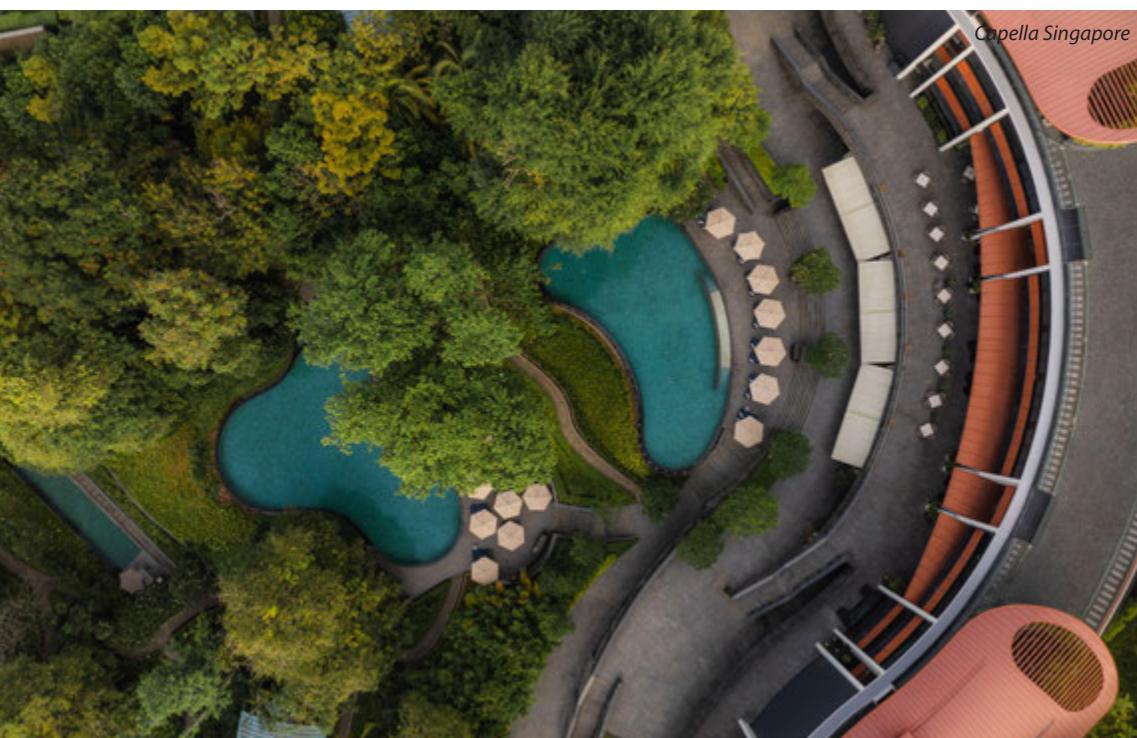
China offers a rich tapestry of wellness experiences steeped in its ancient traditions. Practices such as Tai Chi, Qigong and acupuncture are widely available, promoting harmony of the mind and body. These traditional methods are beautifully complemented by the country's stunning natural landscapes.

Destinations such as Guilin, with its iconic karst mountains and tranquil Li River, provide an ideal setting for meditation and Tai Chi. In Yunnan, visitors can immerse themselves in serene, high-altitude retreats and experience herbal therapies rooted in local customs. Hangzhou, with its picturesque West Lake, blends natural beauty and wellness through spa treatments incorporating local ingredients like Longjing tea. For a tropical escape, Sanya on Hainan Island boasts luxurious resorts that combine traditional therapies with modern spa indulgences, and tons of outdoor activities with water sports.

Traveling across China is remarkably convenient, thanks to its efficient transportation network, including high-speed trains, metros, and well-connected airports. This accessibility makes it easy to explore both bustling cities and tranquil retreats in the countryside.

China's culinary offerings also enhance its wellness appeal. Visitors can savor wholesome dishes like herbal soups and fresh seasonal vegetables, with each region offering its own unique flavors, from light southern cuisine to bold and spicy Sichuan dishes.

The friendly and hospitable Chinese people create a welcoming atmosphere for travelers, whether you're learning Tai Chi from a local master, enjoying a tea ceremony, or sharing a meal. Their warmth and openness make every interaction memorable, enriching the wellness journey in this culturally vibrant country.





Capella Singapore

These destinations seamlessly blend natural beauty and specialized wellness experiences, making them ideal for travelers seeking rejuvenation and harmony.

### **The key benefits of wellness tourism**

The wellness tourism sector, a rapidly growing niche within the hospitality industry, offers unique advantages that extend beyond traditional travel experiences. With its focus on enhancing physical health, mental well-being, and spiritual growth, it continues to captivate travelers worldwide.

One of the most profound benefits of wellness tourism is physical rejuvenation. Engaging in activities such as yoga, hiking, and massage therapy allows individuals to nurture their bodies, improve fitness levels, and embrace a healthier lifestyle. These experiences not only promote vitality but also inspire long-term habits that enhance overall well-being.

Mental renewal is another significant advantage. The stresses of daily life can take a toll on mental health, but wellness travel provides a much-needed escape. Studies by the Medical Wellness Association have shown that wellness retreats reduce stress and encourage relaxation, leaving participants refreshed and recharged.

Cultural immersion is an enriching aspect of wellness tourism. Travelers have the opportunity to explore unique traditions and customs tied to well-being in different regions, deepening their understanding of the world and fostering a greater appreciation for diverse cultures.

Social interaction is often a core element of wellness retreats. Group activities such as exercise classes, communal dining, and workshops create a sense of community among participants, fostering meaningful connections and enhancing interpersonal relationships.

Sustainability also plays a pivotal role in wellness tourism. Many wellness centers prioritize eco-friendly practices, encouraging travelers to reduce their carbon footprint and support environmentally responsible resorts. By engaging in sustainable tourism, participants contribute not only to their personal well-being but also to the health of the planet.

Finally, wellness tourism offers lasting benefits. Travelers often return home equipped with valuable knowledge and tools for maintaining a healthier lifestyle, ensuring the impact of their journey extends far beyond the retreat. This transformative experience makes wellness tourism more than just a vacation – it's an investment in a healthier, more balanced life.

### **The challenges and evolution of wellness tourism**

Wellness tourism has flourished in recent years, transforming the travel industry into a haven for those seeking rejuvenation and well-being. Yet, this rapid growth comes with its own set of challenges that demand thoughtful solutions to maintain the sector's authenticity and sustainability.

A significant hurdle lies in ensuring consistent quality standards. With the wellness market expanding at an unprecedented pace, travelers often find it difficult to discern reputable

providers from less reliable options. The industry faces the ongoing task of establishing and upholding standards that guarantee safety, professionalism, and genuine care.

Another pressing concern is the environmental footprint of wellness tourism. While such retreats promise renewal for visitors, they can also inadvertently strain local ecosystems. Striking a delicate balance between creating transformative experiences and safeguarding the natural environment is essential for the industry's longevity.

The definition of wellness tourism itself can sometimes be ambiguous. While yoga retreats and spa getaways are straightforward, terms like "medical tourism" are often open to interpretation, causing confusion among travelers. This lack of clarity makes it challenging to communicate offerings effectively. Furthermore, measuring the impact of wellness tourism on travelers' lives remains elusive. Without tangible metrics or benchmarks, it becomes difficult for providers to showcase the true value of their programs.

Despite these challenges, wellness tourism is evolving in exciting ways. One of the most prominent trends is the rise of personalization. Today's travelers seek bespoke experiences tailored to their unique goals, whether that involves mental clarity, detoxification, or spiritual growth. Similarly, the increasing popularity of digital detox retreats reflects a desire to escape the distractions of modern technology and embrace mindfulness.

Cultural immersion is also taking center stage. Travelers are drawn to experiences deeply rooted in local traditions, such as Mayan steam baths in Mexico or Ayurvedic therapies in India, which provide a richer connection to the destinations they explore. At the same time, sustainability is becoming a cornerstone of wellness tourism. From organic farm-to-table dining to low-emission transportation and plastic-free accommodations, eco-conscious practices are reshaping how wellness is delivered.

The future of wellness tourism is both promising and inspiring. By prioritizing personalization, cultural authenticity, and environmental stewardship, the industry offers more than just a getaway – it provides transformative journeys that nurture the body, mind and soul, leaving travelers not only refreshed but also profoundly enriched.



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Capella Tufu Bay, Hainan

# 健康旅游倡议

由全球健康产业GWI发起的健康旅游趋势分享

## 全

全球健康旅游产业如今年收入达到6,510亿美元，并预计到2027年将保持16.6%的年均增长率。该行业为地方、区域和城市经济提供可持续的利益，同时提升游客的心理、身体和情感健康。全球健康产业GWI健康旅游倡议团队很高兴与您分享最新的一些趋势，供您参考，以便为您的目的地、健康旅游服务或业务提供启发。

### 趋势1：注重儿童成长，与孩子一起的健康假期

越来越多的家庭重视支持孩子福祉的旅行体验，特别是通过教育、个人发展和拓展视野。这一趋势超越了传统的以娱乐为主的家庭假期，转而聚焦于沉浸式体验，既能带来乐趣，又能为孩子提供学习机会。相关项目包括以当地传统和美食为主题的创意和动手工作坊，了解当地生物多样性和海洋生物保护的活動，以及帮助孩子们面对意想不到的

情境，教会他们适应新环境和克服挑战的个人成长元素。

例如，苏格兰的格伦伊格尔斯酒店提供专为孩子们设计的一系列以自然为主题的户外活动。新兴的Jayasom酒店则将家庭健康作为重点，提供家庭咨询、丰富的活动、虚拟现实体验以及户外健康之旅，此外，还有一个适合全家人共同体验的大型水疗空间。奥地利的Reiters Finest Family度假村则在Bad Tatzmannsdorf举办可持续的家庭健康假期，度假村拥有超过125公顷的户外空间，400多只动物供家庭一起体验农场冒险，还有温泉和健康与长寿中心供家庭共同享受。

### 趋势2：恢复型度假从运动转向关注职业倦怠

“恢复”作为一个重要趋势在忙碌生活方式的个体中崛起，反映了人们在应对现代生活的快节奏和常常带有压力的特性时，会开始优先考虑健康和自我关怀。这一趋势涵盖了一系列旨在帮助人们充电、焕发活力并

从日常生活中的身体和心理压力中恢复的实践、产品和理念。

高科技技术在这一趋势中扮演着重要角色，穿戴设备和应用程序能够监测压力水平、睡眠质量和身体活动，从而帮助优化休息时间。我们还看到越来越多的恢复方法变得更加可及，如光生物调节、高压氧舱和红光疗法，这些方法通过促进血液循环、减轻炎症和增强正常细胞的功能，助力细胞恢复。像加州和纽约市的“Remedy Place”这样的城市健康社交俱乐部提供各种恢复疗法的定期支持。对于健康旅行者来说，能够在像瑞士的Chenot Weggis Palace这样的专业健康度假村度过一整周的恢复时光，利用最新的技术来为未来的健康与福祉奠定基础，显得尤为重要。

### 趋势3：寻找平静

在过去几年里，心理健康作为一种旅行趋势越来越受到重视，这反映了社会对于心理健康和自我关怀的整体重视。这个趋势囊



Capella Tufu Bay, Hainan

括了多种体验和目的地，专门为促进情感、心理和精神健康而设计。该趋势由两种视角推动：一种是现代生活节奏导致的压力和倦怠，另一种是人们渴望更真实的体验，创造与自我更深的连接。

结合瑜伽、呼吸练习、冥想和更深入的疗愈疗程的健康度假村继续引领行业需求。马术疗法是另一种独特的体验，融入马匹来进行情感治疗。澳大利亚的Gwinganna Lifestyle Retreat和印度尼西亚的NIHI Sumba均提供与马匹互动的体验，带领参与者进行治愈、自我发现和治疗的旅程。精心设计的活动让参与者深入了解自己的情感、沟通风格和行为模式，学习建立信任、设立界限并接纳脆弱。在全球范围内，深入自然环境的“重返野性”度假村继续受到欢迎，有助于提升心理健康。像位于威尔士心脏地带的The Dreaming或新西兰的AroHa等地帮助游客与大自然和自我建立新的联系。一个充满玩乐、好奇心、疗愈方式、大自然沉浸和仪式的周末，都能带来精神和情感的健康。

#### 趋势4：男性在健康旅行中的探索日益增加

虽然健康旅行历史上可能更多与女性相关，但近期的数据和趋势表明，越来越多的男性开始认识到整体健康的重要性，并愿意投资于自我关怀。千禧一代和Z世代正站在这一趋势的前沿，倡导更加综合的健康方式，并且消除心理健康问题的污名化。数据显示，男性不仅更倾向于选择以精细健康检查、冒险和健身为主的旅行，还开始探索通过正念、呼吸练习和冥想等度假体验来减压并重

新与自我连接。

例如冰岛Deplar Farm的Eleven Experiences就提供了一个离网的体验，体现了一种冒险精神，融合了与极地荒原、古老火山和山谷之间的深刻联系。这个体验包括维京桑拿和地热池，专为男性设计。这一日益增长的兴趣也得到了健康旅游企业和目的地的支持，这些企业和地方正在开发吸引男性群体的产品，以推广那些能让男性更舒适地去参与健康实践的活动和环境。

#### 趋势5：健康旅游中的诊断热潮

健康旅游中诊断热潮的兴起，反映了旅客越来越偏好量身定制的主动性健康方式。许多健康和养生运营商现在提供全面的诊断评估，与传统健康活动相结合，提升游客的整体体验。例如，在亚利桑那州图森的Canyon Ranch，客人可以接受全面的健康评估，包括基因测试、身体成分分析和新陈代谢评估，以定制个人的健康旅程。同样，米兰Portrait酒店的新“长寿水疗中心”提供前沿诊断服务，如DNA测试和长寿分子分析，辅以综合健康解决方案和营养计划。

另一个值得注意的例子是希腊克里特岛Daios Cove的KEPOS by Goco，提供包括代谢生物标志物和表现遗传学测试在内的诊断服务，结合健康项目和全面的水疗与健康产品。这些服务让个人能够深入了解自己的健康状态，并在享受旅行复兴益处的同时做出明智的生活方式选择。随着旅客越来越重视预防性健康护理和整体健康，健康旅游中的诊断热潮有望继续推动旅游行业的发展，将医疗专业知识与奢华酒店服务无缝结合。

#### 趋势6：艺术与健康的结合

艺术与健康的崭新趋势标志着创造性表达和整体健康的和谐融合，为旅行者提供滋养身心的沉浸式体验。全球各地的目的地和当地社区都在迎接这一趋势，通过将艺术相关的活动和疗法融入其健康项目中，创造出独特的旅行体验。在全球范围内，土耳其裔美国媒体艺术家和设计师Refik Anadol的作品正在将媒体艺术与建筑相结合，利用数据和机器智能进行公共艺术创作、数据雕塑和绘画，创造出抽象、梦幻般的环境。

这些沉浸式艺术体验的主要目标是激活尽可能多的感官，将观众带入一个模拟现实的世界，鼓励他们跳出自己的世界，体验陌生的感受。在不同的领域中，我们看到许多大型健康酒店运营商，如巴厘岛的Como Shambhala Estate和亚利桑那州的Miraval，以及全球许多小型工匠和从业者，都在举办结合瑜伽和冥想的艺术工作坊，让客人探索内在的创造力，将其作为自我发现和放松的途径。通过将艺术融入健康旅游体验，这些目的地为旅行者提供了丰富的机会，让他们重新连接自己与周围的世界，提供灵感和恢复活力的完美平衡。

#### 趋势7：庆祝文化传统与治愈

土著治愈方式在更广泛的整体健康趋势中逐渐崭露头角，成为寻求真实和变革性体验的一部分。这些体验汲取了世界各地土著文化的智慧与实践，提供自古流传的治愈技艺。人们对这些静修的兴趣和推动力与对土著治愈实践的认同、整体健康理念以及与大自然

重新连接密切相关。

例如，在新西兰罗托鲁瓦的Wai Ariki Hot Springs，游客可以发现这些土著文化的古老治愈方法，从文化深厚的mirri mirri或romi romi按摩到富有活力的祝福之石和草药疗法，每个体验都经过精心设计，结合当地的治疗师和健康从业者、草药治疗实践以及荣誉社区和大地的仪式。随着世界变得日益全球化和同质化，土著文化独特、根植于土地的深刻灵性实践为其他竞争激烈的健康旅游体验提供了强大的平衡。

亚洲传统疗法和医学在全球范围内越来越受到健康旅行者的青睐。传统泰国、中医和阿育吠陀医学通过丰富的诊断程序、草药配方和治疗技术，成为客人体验的一部分。

### 趋势8：睡个好觉，健康无忧

根据《临床睡眠医学杂志》的数据，58%的人对自己的睡眠感到不满，这推动了睡眠旅游成为一大趋势，满足人们对高质量睡眠的需求，进而促进整体健康与幸福感的提升。随着压力和睡眠不足的问题变得愈加普遍，越来越多的人正在寻找改善睡眠的方法。

享誉全球的LANS Med Concept，基于“消化健康是整体健康的基础”这一理念，结合了现代Mayr医学、传统自然疗法和最先进的医疗技术。其睡眠疗法项目首先通过最先进的设备对睡眠阶段进行详细诊断，然后由专门的睡眠治疗师制定个性化的睡眠计划，重点关注肠道健康、放松、运动训练和心理辅导。

泰国RAKxa综合健康度假村则提供泰式深度睡眠与肌肤亮泽疗法，并结合传统泰国医学和CBD油，旨在提升睡眠质量。位于曼谷的La Prairie Longevity Hub还提供高压氧疗法，让游客通过这一创新疗法改善睡眠及整体健康。

### 趋势9：更年期革命引领健康旅游新潮流

根据北美更年期学会的预测，到2025年底，全球将有约11亿女性正经历或已经度过更年期。更年期是女性生活中的重要过渡期，伴随有超过40种不同的症状。为了应对这些症状，全球各地的女性纷纷参与更年期度假活动，互相交流经验，寻求健康专家的帮助，缓解如脑雾、情绪波动、疲劳、关节痛和夜间盗汗等症状。

如六善酒店集团就专门为这一群体推出了定制的三日更年期疗养活动，地点位于葡萄牙杜罗河谷。澳大利亚大洋路度假村定期举办“生命变化”疗养活动，为女性提供必要的休息和健康体验，以及关于更年期的实用信息和研讨会。而位于英国巴斯的Combe Grove，则通过代谢健康更年期疗养项目，帮助女性优先关注健康、管理症状并获得全方位的支持。



# Wellness Tourism INITIATIVE

By GWI – Wellness Tourism Initiative

**W**ellness Tourism globally is estimated to now be worth \$651 billion annually and has a forecasted average annual expenditure growth of 16.6% to 2027. The sector provides sustainable benefits to both local, regional and urban economies as well as improving the visitors mental, physical and emotional wellbeing. The GWI Wellness Tourism Initiative team are excited to share some of this year's trends for you to consider for your destination or wellness travel offering or business.

## TREND 1: Wellness holidays with kids – it's all about child enrichment

Families are increasingly valuing travel experiences that support their child's wellbeing via education, personal development, and worldview expansion. This trend goes beyond traditional family vacations aimed solely at entertainment, focusing instead on immersive experiences that offer both fun and learning moments. Programs include creative and hands-on workshops that focus on local traditions and foods, learning about local

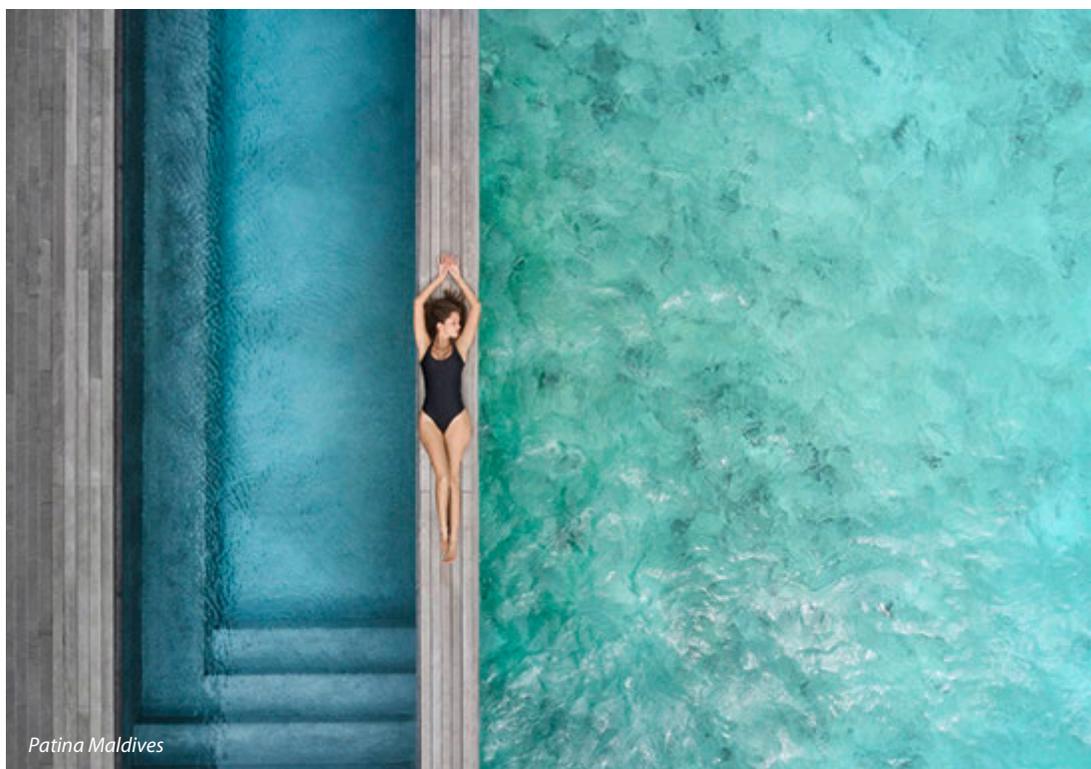


Patina Maldives

biodiversity and marine life conservation as well as personal growth elements that expose children to unexpected situations, teaching them to adapt to new environments and overcome challenges. Gleneagles Hotel in Scotland offers an entire range of outdoor nature-led activities for children while newcomer, Jayasom's Family Wellness focus includes family counselling, enrichment activities, virtual reality and outdoor wellbeing excursions including a large hydrotherapy space that families can enter together. Austria's Reiters Finest Family hosts sustainable family wellness holidays in Bad Tatzmannsdorf. This resort features over 125 hectares of outdoor space plus over 400 animals for farm adventures as well as thermal waters, and a health and longevity centre for families to enjoy together.

### **TREND 2: Recovery retreats shift their focus from Sport to Burnout**

The rise of "recovery" as a trend among



Patina Maldives

individuals with busy lifestyles reflects a broader shift towards prioritizing wellness and self-care in response to the fast-paced, often stressful nature of modern life. This trend encompasses a range of practices, products, and philosophies aimed at helping people recharge, rejuvenate, and heal from the physical and mental stresses of their daily routines. Technology now plays a significant role in this trend, with wearable devices and apps that monitor stress levels, sleep quality, and physical activity to help optimize your downtime. We are also seeing an increased accessibility to methods like photobiomodulation, hyperbaric chambers and red-light therapy which all contribute to improved cell recovery via increased circulation, reduction in inflammation and enhanced performance of normal cells. Urban wellness social clubs like "Remedy Place" in places like California and NYC provide regular support across a variety of recovery modalities. For wellness travellers, the opportunity is there to spend a whole week recharging at dedicated health resorts such as Chenot Weggis Palace in Switzerland with the top technologies on hand to future proof your health and wellbeing.

### **TREND 3: In Search of Calm**

Mental wellness as a travel trend has been gaining significant traction over the past few years, reflecting a broader societal shift towards valuing mental health and self-care. This trend encapsulates a range of experiences and

destinations designed specifically to promote emotional, psychological, and spiritual wellbeing. This trend is driven by two perspectives, the modern-day pace of life leading to stress and burn out, and a desire for more authentic experiences that created a deeper connection to self. Wellness retreats that integrate yoga, breathwork, meditation and more intensive therapy retreats are leading the industry and continue to be in demand. Equine Therapy is another unique experience that incorporates horses for emotional healing. Gwinganna Lifestyle Retreat in Australia and NIHI Sumba in Indonesia both offer experiences and retreats connecting with horses for a transformative journey of healing, self-discovery and therapeutic process. Purpose-crafted activities allow participants to gain profound insights into their emotions, communication styles, and behavioural patterns learning to build trust, assert boundaries, and embrace vulnerability. Rewilding retreats that immerse guests into natural settings continue to be popular across the globe for supporting mental wellbeing. Properties like The Dreaming, in the heart of Wales or AroHa in New Zealand help visitors establish a new connection to nature and to oneself. A weekend of play, curiosity, healing modalities, nature immersion and ceremony all support spiritual and emotional wellbeing.

### **TREND 4: The Growing Exploration of Wellness Travel for Men**

While wellness travel historically may have



Capella Shanghai, Jian Ye Li



Capella Shanghai, Jian Ye Li

been more commonly associated with women, recent data and trends indicate that more men are recognizing the importance of and investing in their holistic well-being. Millennials and Gen Z are at the forefront, advocating for a more integrated approach to wellness and also destigmatizing mental health issues. The trends show that men are gravitating more towards travel focused on executive health checks, adventure and fitness, but are now also exploring mindfulness, breathwork and meditation retreats to reduce stress and reconnect with themselves. Eleven Experiences, at Deplar Farm in Iceland is an example of an off-grid experience that embodies an adventurous spirit fuelled by a deep connection to extraordinary landscapes of wild tundra of ice, ancient volcanoes and valleys. The experience is complete with Viking saunas and geothermal pools – an experience made exclusively for men. This growing interest is also supported by wellness tourism businesses and destinations developing offerings that appeal to a male demographic, promoting activities and environments where men can feel more comfortable engaging in wellness practices.

### TREND 5: Diagnostic Boom in Wellness Travel

The rising trend of Diagnostic booms in wellness travel reflects a growing preference for tailored and proactive health approaches



Capella Shanghai, Jian Ye Li

among travellers. Many Health and Wellness operators now offer comprehensive diagnostic assessments alongside traditional wellness activities, enhancing the overall visitor experience. At Canyon Ranch in Tucson, Arizona, for example, guests can undergo thorough health evaluations encompassing genetic testing, body composition analysis, and metabolic assessments for a customized wellness journey. Similarly, the new Longevity Spa at Hotel Portrait Milano, provides cutting-edge diagnostics such as DNA testing and Longevity Molecular Profile, complemented by Integrative Wellness solutions and nutrition plans. Another notable example, KEPOS by Goco at Daios Cove

in Crete, Greece, features diagnostic services such as Metabolic Biometrics and Epigenetics testing alongside wellness programs and comprehensive spa & wellness offerings. These offerings empower individuals to gain profound insights into their health status and make informed lifestyle choices while indulging in the rejuvenating benefits of travel. As travellers increasingly prioritize preventive healthcare and holistic well-being, the diagnostic booms in wellness travel are set to continue to reshape the tourism industry by seamlessly blending medical expertise with luxury hospitality.

### TREND 6: Art and Wellness – The Perfect Pairing

The emerging trend of Art and Wellness involves a harmonious fusion of creative expression and holistic well-being, offering travellers immersive experiences that nourish both the body and the soul. Destinations and local communities around the world are embracing this trend by integrating art-centric activities and therapies into their wellness offerings. On a global scale, the work of Refik Anadol, a Turkish-American media artist and designer is embedding media arts into architecture worldwide with data and machine intelligence for public art, data sculpture and paintings to create abstract, dream-like environments. The main goal behind these immersive art experiences is to activate as many senses as possible and transport the audience to

a simulated reality that would encourage them to step out of their worlds and familiar sensations. In a different realm we see both large Wellness hospitality operators like Como Shambhala Estate in Bali and Miraval in Arizona plus many small artisans and practitioners globally hosting wellness retreats that blend yoga and meditation with artistic workshops encouraging guests to explore their inner creativity as a pathway to self-discovery and relaxation. By integrating art into wellness travel experiences, these destinations provide travellers with enriching opportunities to reconnect with themselves and the world around them, offering a perfect balance of inspiration and rejuvenation.

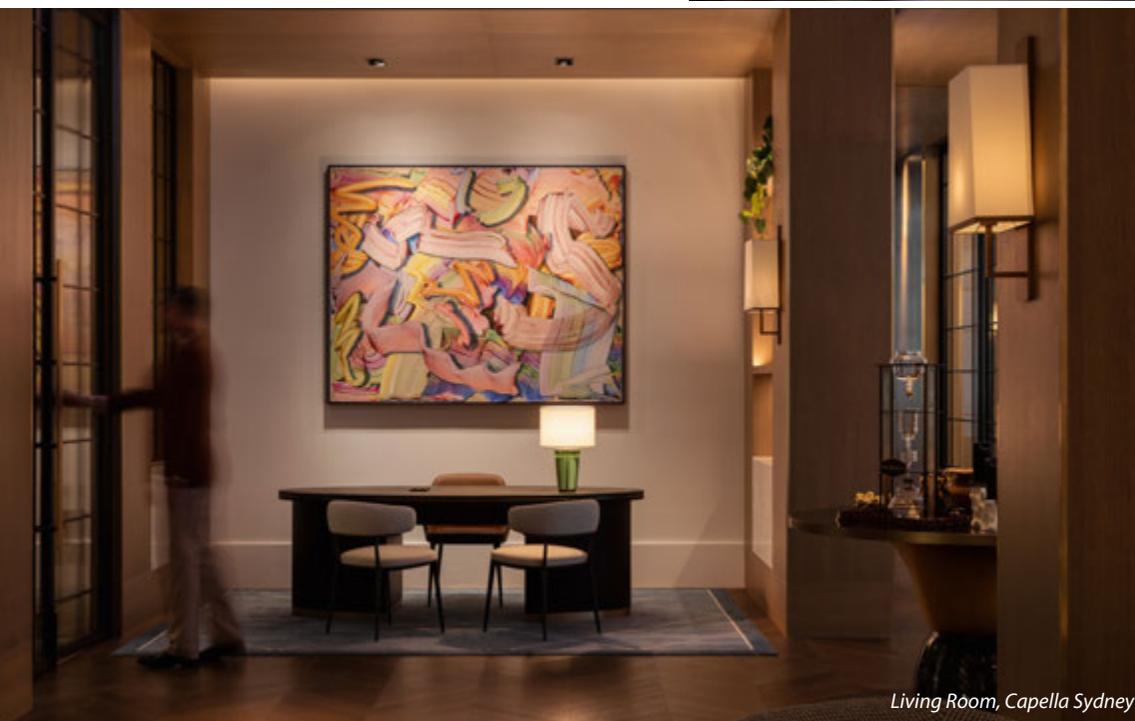
### **TREND 7: Celebrating Cultural Traditions and Healing**

Indigenous healing offerings have gained prominence as part of the broader trend towards holistic wellness and the search for authentic, transformative experiences. These experiences draw on the wisdom and practices of indigenous cultures around the world, offering healing techniques that have been developed and passed down through generations. The interest in and drive behind these retreats are linked to an acknowledgement of indigenous healing practices, the holistic approach, and reconnection with the land. Inspirational destinations include Wai Ariki Hot Springs, in Rotorua New Zealand where you can discover the ancient healing methods of the indigenous culture, from

the deeply cultural touch of mirri mirri or romi romi massage to the revitalizing power of blessed stones and herbal remedies. Each experience is thoughtfully crafted, incorporating local healers and wellness practitioners, herbal medicine practice and ceremonies that honour the community and the land. As the world becomes increasingly globalized and homogenized, the unique, rooted, and deeply spiritual practices of indigenous cultures offer a powerful counterbalance to other competitive wellness travel offerings. Asian traditional therapies and medicine are growing in popularity for the wellness traveller across the globe. Traditional Thai, Chinese & Ayurvedic Medicinal offerings encompass rich diagnostic protocols, herbal formulas, and treatment techniques as part of the guest experience.



*Fitness Centre, Capella Sydney*



*Living Room, Capella Sydney*

### **TREND 8: It's All About a Good Night's Sleep**

Did you know that 58% of people feel unsatisfied with their sleep based on the Journal of Clinical Sleep Medicine? This has led to sleep tourism now emerging as a trend catering to the growing demand for quality sleep for overall health and well-being. As stress and sleep deprivation become more prevalent, people are seeking ways to improve their sleep. The world-renowned LANS Med Concept combines modern Mayr medicine, traditional naturopathy, the most advanced medical techniques, and is based on the idea that digestive health is critical for wellbeing. The Sleep therapy program begins with a precise diagnosis done with state-of-the-art equipment and a detailed examination of your sleep phases. A dedicated sleep therapist then creates a bespoke sleep program, heavily focused on the gut, relaxation, exercise training, and mental coaching. The RAKxa Integrative wellness retreat in Thailand offers a Thai Deep Sleep & Skin Radiant Therapy, which focuses on enhancing sleep quality and integrating traditional Thai Medicine and CBD oils. At the Longevity Hub By Clinique La Prairie in Bangkok visitors are offered time in the Hyperbaric Oxygen Therapy.

### **TREND 9: The Menopause Revolution Hits Wellness Travel**

By the end of 2025, according to the North American Menopause society, it's estimated that approximately 1.1 billion women worldwide will either be experiencing or have already been through menopause. This hormonal transition involves more than 40 different symptoms experienced by women. Women across the globe are now actively engaging in menopause retreats to share and learn from each other and gain support from health and wellbeing experts for their symptoms including brain fog, mood changes, fatigue, joint pain and night sweats, to name just a few.

Large hospitality groups like Six Senses are catering to this segment running a three-day bespoke menopause retreat in Portugal's Douro Valley. In Australia, the Great Ocean Road Resort has regular Change of Life Retreats providing much-needed time out and wellbeing experiences plus practical information and workshops. At Combe Grove, Bath UK, metabolic health menopause retreats focus on prioritising health, managing symptoms and feeling supported.

# 挑战和机遇

访上海建业里嘉佩乐酒店总经理何南风先生



**何**南风先生于五年前加入上海建业里嘉佩乐酒店，直接监管酒店各部门日常运营，确保酒店各职能领域严格执行品牌标准。他积极促进员工培养和发展、提升宾客满意度，并将致力于嘉佩乐品牌的战略制定与认知推广。在他的领导下，酒店非凡的业绩和出色的表现赢得了高度认可，并在中国市场建立了卓越的品牌声誉。

何南风先生出生于法国，1994年在美国开始其职业生涯，如丽思卡尔顿酒店集团、瑰丽酒店集团、Cipriani餐厅集团、Setai酒店集团，外滩三号及上海艾迪逊酒店等，拥有近30年国际品牌酒店及餐厅的丰富从业经验，擅长以人才激励机制推动酒店业务

增长，整合团队力量、实现酒店愿景，以及培养优秀员工。

作为嘉佩乐品牌在中国的首家酒店，上海建业里嘉佩乐酒店坐落于衡复历史文化风貌区，地理位置得天独厚。您认为这种独特的选址和建筑风格为客人带来了怎样的入住体验？

上海建业里嘉佩乐酒店通过将历史悠久的石库门建筑与现代奢华相结合，为客人提供了文化沉浸感、独特性和归属感，从而提升了入住体验。酒店位于衡复历史文化风貌区，为客人提供了一个远离城市喧嚣的宁静居所，在现代与传统之间找到平衡，创造了一段难忘且富有意义的入住体验。在这里，我

们邀请客人开启一段由酒店团队精心策划的时光之旅。

上海是一个奢华酒店竞争异常激烈的市场。在这样的环境中，上海建业里嘉佩乐酒店如何保持品牌独特性，吸引并留住高端客人？

嘉佩乐品牌哲学的核心是极具远见卓识的文化呈现与体验。上海建业里嘉佩乐酒店所在的街区完美融合了传统魅力和现代活力。我们通过富有远见的体验策划，为高端客群提供沉浸式、个性化的旅程。客人可在嘉佩乐文旅官引领下，参与定制化的文旅嘉选体验项目，探索城市文化精髓。还可参与以老上海为灵感打造的“启晨仪式”与“入夜仪



式”体验，沉浸时光嘉旅。我们还通过与本地工匠的合作以及社区导览等活动，建立了亲密的社区联系，营造出一种归属感。

能否分享一下上海建业里嘉佩乐酒店的主要客群特点？这些客人在入住期间最期待的经验是什么？他们对于周边环境和文化活动有什么特别的兴趣点？

我们的酒店主要吸引情侣、家庭、商务人士和文化爱好者。休闲客人追求奢华、放松和个性化服务，而商务旅客则注重便利和效率。本地文化探索爱好者则被独特的本地景点和沉浸式体验所吸引。作为城市中的一片宁静绿洲，私密性对我们的客人非常重要。客人们对我们的中高端住宿、卓越的餐



Ronan Henaff

饮、健康设施以及定制化的体验给予了高度评价。

**嘉佩乐一直强调个性化服务。酒店如何通过嘉佩乐文旅官和定制化体验，为客人打造真正独一无二的入住感受？**

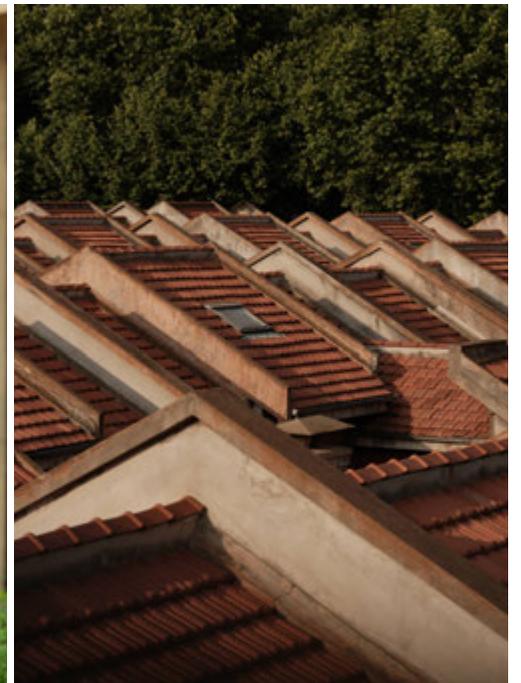
在嘉佩乐，我们的文旅官是个性化服务的核心，他们作为直觉敏锐的向导，为每位客人量身定制独特的体验。从预订的那一刻起，他们就开始深入了解每位客人的兴趣，策划私人文化导览、专属餐饮体验或艺术项目等活动。从现代化的客房设施到定制化的餐饮菜单，每一个细节都经过精心设计，以符合客人的品味，确保入住体验既个性化又难忘。

真正让我们与众不同的是我们能够预见客人的需求并建立情感联系。我们的文旅官不仅满足客人的期望，还会通过安排庆祝仪式或为客人定制小礼品等贴心举动，给客人带来惊喜。这种致力于打造独特、有意义时刻的承诺，确保了每一位客人在嘉佩乐的入住体验不仅是奢华的，更是无与伦比的。

**酒店的SPA和健康活动是宾客关注的重点之一。能否介绍一下嘉佩乐的Auriga Spa，它与其他奢华酒店的SPA相比有何不同？此外，酒店是否提供其他健康体验？**

我很高兴介绍Auriga Spa，这是一个以月相为灵感的整体健康疗愈空间，位于城市中心的奢适康养秘境。Auriga Spa的独特之处在于其以月相为指导的护理理念，确保每位客人都能获得深度个性化的焕活体验。

我们的传统中医养生体验也是一大亮点。在Auriga，我们与技艺精湛的理疗师合作，设计了一系列保留中医传统精髓的



服务，并通过SPA的疗愈环境进一步增强效果。每次疗程都以健康和生活方式的咨询开始，作为客人迈向疗愈焕活旅程的第一步。

除了SPA护理，我们还提供一系列健康体验，包括瑜伽和冥想课程、健身计划，以及在喜马拉雅盐室中进行的颂钵体验。去年，我们还推出了嘉佩乐精品廊，以匠心为宾客甄选系列定制专属礼品，从细微处雕琢时光，呈献标新领异的「嘉」日生活美学。

**作为一座地标性奢华酒店，上海建业里嘉佩乐与哪些奢侈品牌展开过合作？能否分享一些精彩的品牌联名活动或合作计划？**

我们与法国著名护肤品牌Carita合作。Auriga Spa是上海首家引入Carita护肤品牌的水疗中心，由我们的理疗师提供专属护体体验。Carita的卓越护肤产品结合尖端的生物新技术，将珍贵的黄金、巴西碧玺以及来自海底5,000米的天然精华注入护肤品中。在Auriga，客人可以感受到Carita为身体每一寸肌肤带来的呵护，让肌肤焕亮光泽。

**法式餐饮文化在嘉佩乐酒店占据重要地位。您如何评价酒店法餐厅Le Comptoir de Pierre Gagnaire的独特魅力？特色菜单、下午茶以及法国著名主厨合作的盛宴又有哪些亮点值得期待？**

Le Comptoir de Pierre Gagnaire位于历史石库门建筑群中的法式精致餐厅，传奇星厨Pierre Gagnaire和行政总厨Ramses Navarro共同打造了融合法式传统与当代风味的优雅菜肴。我们精心策划的服务体验确保客人在奢适放松的氛围中体验法式魅力与上海风情的完美结合。

其他亮点体验包括精致的下午茶，搭配精



美的糕点和咸味小食，以及与著名法国主厨联袂呈献的各类餐饮体验，为客人提供独特的美食体验。餐厅的优雅氛围和对细节的极致关注进一步提升了其作为美食目的地的地位。

厨艺顾问Pierre Gagnaire每年两次到访上海，他将在今年四月与上海食客见面，并与行政总厨合作推出全新的季节性菜单。

**您如何看待未来奢华酒店的发展趋势？特别是在中国市场，您认为高端旅行者对奢华酒店的需求和偏好正在发生哪些变化？随着中国消费者越来越关注个性化和深度体验，应该如何不断创新，以满足中国客人对于高端定制服务的期待？**

在我看来，奢华酒店的未来，尤其是在中国，将受到几大趋势的影响，这些趋势由高端旅行者不断变化的需求和期望所驱动。高质量的产品和持续创新变得比以往任何时候都更加重要。以下是我对奢华酒店如何创新

以满足这些需求的看法：

**超个性化与专属体验：**中国的高端旅行者越来越追求量身定制的体验，从舒适的客房布置、精心策划的餐饮体验到反映客人兴趣的定制行程，亦或是文化探索及健康疗愈，创造独特特性将是吸引客人的关键。

**文化沉浸：**中国旅行者越来越重视真实的文化沉浸体验。奢华酒店应将本地文化融入客人旅程的每一个环节，从建筑和室内设计到餐饮和活动。与本地工匠和文化专家的合作可以创造独特且难忘的体验，与客人产生更深层次的共鸣。

**多代同堂旅行：**随着中国多代同堂旅行的兴起，奢华酒店必须适应家庭和团体旅客的需求。这包括提供连通房、适合家庭的活动以及满足不同年龄段客人需求的空间。为同一家庭中的不同年龄层量身定制体验将成为一个重要的差异化因素。

**健康与疗愈：**提供全面的健康计划，

包括SPA护理、健身课程和心理健康支持，这些将是满足日益增长的整体健康需求的关键。疗愈超越了身体层面，涵盖了心灵、身体和灵魂。它是被最多人分享和珍视的力量。

除了上述几点，品牌故事和情感连接也变得越来越重要。通过密切关注高端旅行者不断变化的需求并持续创新，奢华酒店不仅可以满足，甚至可以超越客人的期望，确保在这个充满活力的市场中取得长期成功。作为总经理，我的重点将放在创造出结合传统与现代的难忘体验，营造持久的归属感，确保我们的酒店始终是旅行者的首选。

**您在全球多家知名奢华酒店工作过，如今在中国管理上海建业里嘉佩乐，您认为在中国市场运营奢华酒店最大的挑战是什么？同时，您认为中国市场有哪些独特的机遇？**

首先，大多数嘉佩乐的客人都是经验丰富且见多识广的旅行者，他们对卓越的服务、个性化体验和文化真实性有着极高的要求和期望。其次是来自国际奢华品牌和崛起的本土品牌的激烈竞争，以及如何如何在竞争激烈的劳动力市场中吸引和留住有能力的员工。

但同时不可否认的是，中国市场确实也是充满机遇的。中国市场充满活力且不断增长，比以往任何时候都更加开放地拥抱全球市场，具备了独一无二的多样性。而随着国内旅行者对奢华旅游住宿的需求上升，他们越来越追求富有远见的、有意义的探索体验。我们可以把握这些机遇，利用上海丰富而独特的历史和文化，为客人创造独特的旅行体验。

我们在平衡这些挑战和机遇的时候，需要对本地偏好有深刻的理解，并保持全球领先的奢华标准。



# Challenges And Opportunities

Interview with Mr. Ronan Henaff, General Manager of Capella Shanghai, Jian Ye Li

**W**ith nearly 30 years of hospitality experience, including leadership roles at some of the world's most prestigious hotels and restaurants, Mr. Henaff excels in driving business growth through talent management and motivation. His leadership style combines teamwork, a strong commitment to the hotel's vision, and a dedication to mentoring emerging talents.

Mr. Henaff joined Capella Shanghai, Jian Ye Li five years ago as General Manager, overseeing the hotel's daily operations and ensuring that all departments strictly adhered to brand standards. Under his leadership, the hotel has achieved outstanding business performance and earned widespread recognition, successfully establishing a strong brand presence in the China market.

A French citizen, Mr. Henaff began his hospitality career in the United States in 1994. Over the years, he has held key positions with renowned global brands such as The Ritz-Carlton, Rosewood Hotels & Resorts, Cipriani

Restaurant Group, Setai Hotels, Three on the Bund, and The Shanghai EDITION.

***The first Capella property in China, Capella Shanghai, Jian Ye Li, is uniquely situated in the Hengfu Historic and Cultural Area. How do you think this distinctive location and architectural style contribute to the guest experience?***

Capella Shanghai, enhances the guest experience by blending historic Shikumen architecture with modern luxury, offering cultural immersion, exclusivity, and a unique sense of place. Its location in the Hengfu Historic and Cultural Area provides a tranquil, authentic retreat amidst Shanghai's modernity, creating a memorable and meaningful stay. Here, we invite guests to embark on a timeless journey curated by hotel team.

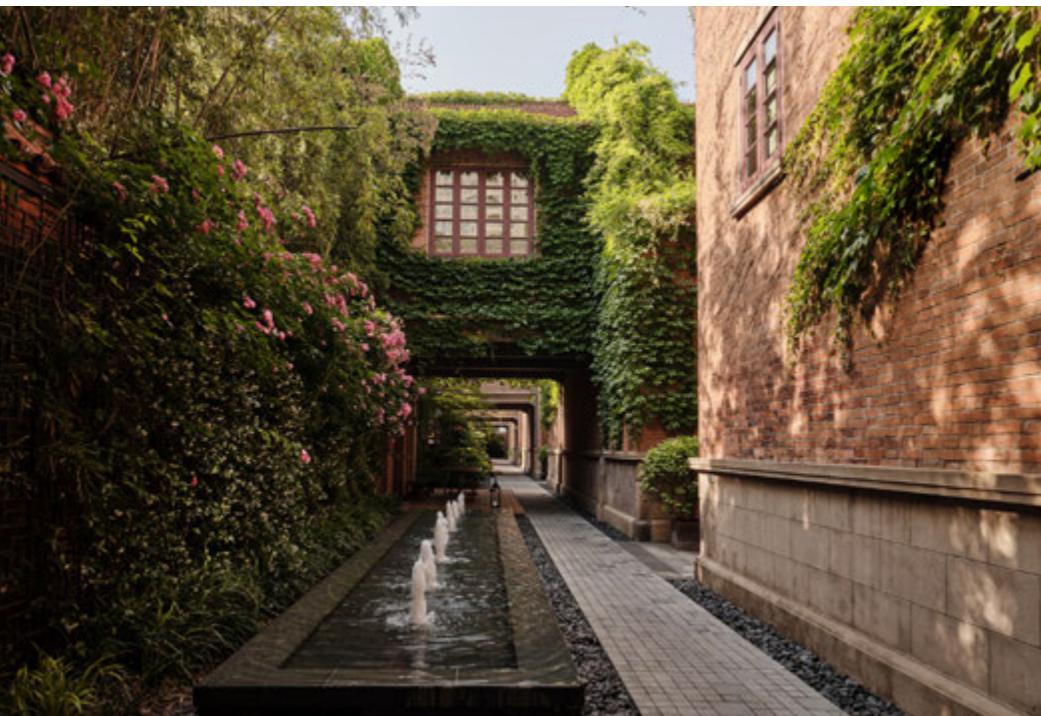
***Shanghai is home to a highly competitive luxury hospitality market. In such an environment, how does Capella Shanghai, Jian***

***Ye Li, maintain its brand uniqueness, attract high-end guests, and ensure their continued loyalty?***

We distinguish ourselves through visionary experience curation, offering high-end guests immersive, personalized journeys that reflect Shanghai's rich heritage and modern luxury. Our Capella Culturists design bespoke itineraries, from private tours to exclusive access to local cultural heritages. We also foster unique community connections by various experiences, such as neighborhood tours and partnerships with local artisans, creating a sense of place.

***Could you share insights into the hotel's primary guest demographics? What kind of experiences do these guests most look forward to during their stay? Are there any particular aspects of the surrounding environment or cultural activities that interest them?***

Our hotel primarily attracts couples, families, business professionals, and cultural enthusiasts.



Leisure guests seek luxury, relaxation, and personalized service, while business travelers prioritize convenience and efficiency. Cultural and adventure seekers are drawn to the unique local attractions and immersive experiences. As an urban sanctuary, privacy is very important to our guests. Guests highly value our premium accommodations, exceptional dining, wellness offerings, and the ability to tailor their experiences.

**Personalized service is a cornerstone of the Capella. How does the hotel's signature Capella Culturists and bespoke experiences create a truly one-of-a-kind stay for guests?**

At Capella, our Capella Culturists are the cornerstone of our personalized service, acting as intuitive guides who craft bespoke experiences tailored to each guest's preferences. From the moment of booking, they delve into understanding individual interests, curating unique activities such as private cultural tours, exclusive dining experiences, or hands-on workshops. Every detail, from personalized room amenities to tailored dining menus, is thoughtfully designed to reflect the guest's tastes, ensuring a stay that feels deeply personal and memorable.

What truly sets us apart is our ability to anticipate needs and create emotional connections. Our Culturists go beyond expectations, surprising guests with thoughtful gestures like arranging a private celebration or sourcing rare items that resonate with their passions. This dedication to crafting unique, meaningful



moments ensures that every stay at Capella is not just luxurious, but truly one-of-a-kind.

**The hotel's spa and wellness offerings are key areas of interest for guests. Could you introduce Auriga Spa and explain what sets it apart from other luxury hotel spas? Additionally, does the hotel offer other wellness experiences beyond spa treatments?**

I'm delighted to introduce Auriga Spa, a sanctuary of holistic wellness inspired by the lunar cycle, a luxury cocoon in city centre. What sets Auriga apart is its unique focus on lunar phases to guide treatments, ensuring a deeply personalized and rejuvenating experience.

Our signature Traditional Chinese Wellness experiences are also a highlight. Self-care is a holistic practice, traditional Chinese Wellness

embraces the body holistically and treats the roots cause rather than the symptoms. At Auriga we collaborate with the best practitioners to create a menu of services that retain the authenticity of traditional Chinese medicine, enhanced by the healing environment of the spa. Every session commences with a health and lifestyle consultation as the first step towards your commitment to healing and feel better.

Beyond spa treatments, we offer a range of wellness experiences, including yoga and meditation sessions, fitness programme, Singing Bowl experiences at unique Salt Room. We also launched Capella Boutique last year, embodies luxury and the art of living, offering a curated shopping experience that honours craftsmanship and culture. As a landmark luxury hotel, Capella Shanghai, Jian Ye Li has collaborated with prestigious luxury brands.

**As a landmark luxury hotel, Capella Shanghai, Jian Ye Li has collaborated with prestigious luxury brands. Could you share some highlights from past brand partnerships or any upcoming collaborations?**

One of the luxury (skincare) brands we've collaborated is Carita, an iconic French beauty house.

Our Auriga Spa is the first Spa to introduce CARITA skin care brand in Shanghai. As their flagship location we offers exclusive treatments delivered by our team of estheticians. The impressive 75 year history of the CARITA's professional range uses cutting-edge biological new technology, revitalized precious gold, Brazilian tourmaline, and the natural essence contained 5,000 meters under the sea, that helps to unrivaled and immediate repair properties for the skin barrier and plump, so the skin is strengthened to conserve its youthfulness.

**French culinary excellence plays a significant role at Capella Shanghai. What makes the hotel's French restaurant, Le Comptoir de Pierre Gagnaire, particularly special? What are the highlights of its menu offerings, afternoon tea, and exclusive dining events curated in collaboration with renowned French chefs?**

Le Comptoir de Pierre Gagnaire is positioned as FRENCH FINE DINING and is nestled within the historical Shikumen area, Michelin-starred Chef Pierre Gagnaire and Ramses Navarro curate a harmonious and elegant blend of French authenticity and contemporary flair.

Our ingeniously crafted service ensures an unforgettable experience that exudes a sense of French charm and Shanghai glamour from the 1930's in a truly intimate ambience.

Other experience highlights include an exquisite afternoon tea with delicate pastries and savory treats, as well as exclusive dining events curated in collaboration with renowned French chefs, offering guests unique gastronomic experiences. The restaurant's elegant ambience and meticulous attention to detail further elevate its status as a culinary destination.

Chef Pierre Gagnaire visits Shanghai twice a year and he will be here to meet Shanghai diners in the coming April, he will also work with Chef Ramses to craft brand new menus of seasonal creations.

***What are your views on the future trends in luxury hospitality? Particularly in China, how do you see the preferences and expectations of high-end travelers evolving? As Chinese consumers increasingly seek personalized and immersive experiences, how should luxury hotels continue to innovate to meet these growing demands?***

From my perspective, I believe the future of luxury hospitality, particularly in China, will be shaped by several key trends driven by the evolving preferences and expectations of high-end travelers. High-quality products

and keeping innovation will become more significant than ever. Here's my perspective on how luxury hotels can innovate to meet these demands:

**Hyper-Personalization & Exclusive Experiences:** Chinese high-end travelers are increasingly seeking bespoke experiences tailored to their individual preference, exclusivity and privacy, from customized room settings, curated dining experiences, to tailored itineraries that reflect the guest's interests, from cultural exploration to wellness retreats. Creating a sense of exclusivity will be key to attracting discerning guests.

**Cultural Immersion:** Chinese travelers are placing greater value on authentic, culturally immersive experiences. Luxury hotels should integrate local culture into every aspect of the guest journey, from architecture and interior design to culinary offerings and activities. Collaborations with local artisans and cultural experts can create unique, memorable experiences that resonate with guests on a deeper level.

**Multi-Generational Travel:** With the rise of multi-generational travel in China, luxury hotels must adapt to accommodate families and groups. This includes offering interconnected rooms, family-friendly activities, and spaces that cater to both younger and older guests. Tailoring experiences to suit different

age groups within the same family will be a significant differentiator.

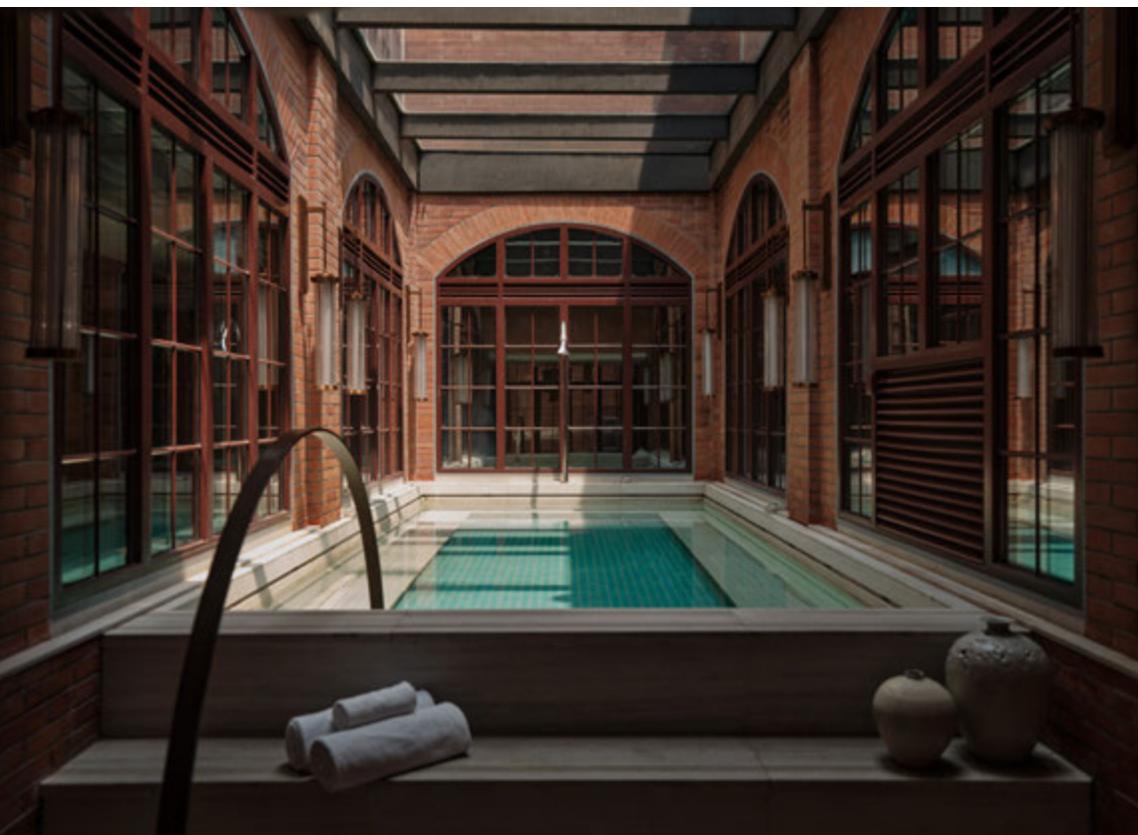
**Wellness and Healing:** Additionally, offering comprehensive wellness programs – including spa treatments, fitness classes, and mental health support – will be essential to cater to the growing demand for holistic well-being – it brings senses of healing. Besides above, brand storytelling and emotional connection are also become more and more significant. By staying attuned to the evolving preferences of high-end travelers and continuously innovating, luxury hotels can not only meet but exceed the expectations of their guests, ensuring long-term success in this dynamic market. As a General Manager, my focus will be on creating unforgettable experiences that combine tradition with modernity, a sense of belonging that lasting for long, ensuring our property remains a preferred choice for discerning travelers.

***Having worked with some of the world's most prestigious luxury hotels, you now oversee the Capella Shanghai in China. What do you see as the biggest challenges in operating a luxury hotel in this market? At the same time, what unique opportunities does the Chinese market present?***

The majority of Capella's guests are experienced and well-traveled individuals who have exceptionally high expectations for exceptional service, personalized experiences, and cultural authenticity. Additionally, the intense competition from both international luxury brands and emerging local players presents a significant challenge. Perhaps the most difficult aspect is attracting and retaining skilled talent in a highly competitive labor market.

However, it is undeniable that the Chinese market is also full of opportunities. The market here is vibrant and continuously growing, embracing the global market more than ever before, and boasts unparalleled diversity. Furthermore, we can leverage Shanghai's rich and unique history and culture to create distinctive guest experiences. I also believe that as domestic travelers' demand for luxury accommodations rises, they are increasingly seeking visionary and meaningful exploratory experiences.

In balancing these challenges and opportunities, it is essential to have a deep understanding of local preferences while maintaining globally leading luxury standards.



# 自然即奢华

## 访海南土福湾嘉佩乐度假酒店总经理欧阳希先生

**来** 自法国卡昂的欧阳希先生拥有三十年的奢华酒店行业工作经验，曾先后于美国、菲律宾以及国内上海等国家及地区，成功负责多家奢华酒店的运营管理及筹备开业，擅长将品牌宏观战略落实为具体的优质服务标准。担任海南土福湾嘉佩乐度假酒店总经理一职后，他凭借对奢华度假的独到见解以及对高端旅游市场的敏锐洞察，致力于把这座福湾谧境打造成备受欢迎的滨海度假之选。

欧阳希先生曾任安缇集团中国区域总监及上海养云安缇酒店的总经理职位。他是一位拥有领先的开拓探索精神、敏锐直觉和丰

富经验的奢华酒店管理者，对中国文化和旅游市场有自己的深刻见解，热爱中国茶文化，还热衷于探索中国人文风情。

**您在中国工作了多少年了？您眼里的中国是什么样的？在这里的工作和生活经历给您带来了哪些深刻的感受？**

我在中国工作已经有8年，这段经历对我来说无疑是具有变革意义的。在我眼中，中国是一个充满多元文化、悠久历史和发展机遇的国度。在这里，古老的传统与现代创新无缝融合，编织出一幅独特而充满活力的文化画卷。

在中国的工作和生活深刻塑造了我个人和职业上的视角。在中华文化的熏陶下，我对中国茶文化、饮食文化、传统建筑充满了热爱，对人文探索也饱含激情，这令我对这个国家的历史底蕴和风土人情有了更深刻的理解与欣赏。我喜欢中国人乐观向上的生活态度，以及骨子里的积极刻苦和灵活应变的性格特点，这让我觉得中国是个充满活力的国家。

在职业领域，管理和领导中国的奢华酒店让我认识到，在保持全球卓越标准的同时，理解并尊重本地习俗的重要性。而无论对国内还是国际客人来说，达到这种平衡就



是为宾客创造难忘体验的关键。

中国的快速发展和高端旅行者不断变化的需求也激励着我不断创新、积极应变。我在这里感受到的能量和雄心也推动着我在所做的每一件事中追求卓越。而对我个人来说，我在中国的时光也是一段自我发现、成长和展望未来的旅程。

**您认为中国的度假旅游市场目前处于什么阶段？相比于欧美市场，中国客人在度假习惯和需求上有哪些独特之处？**

中国的度假旅游市场正处于从规模化增长向品质化、个性化转型的阶段。疫情后行业经历了波动，但2024年国内旅游人次逐渐恢复，反映出游客对“深度体验”和“高附加



Christophe Olivro

值服务”的需求显著提升。中国客人在度假习惯和需求上的独特之处主要有：

**短途度假：**受法定假期集中和“调休”制度影响，中国游客更偏好3-4天的短途度假，且对交通便利性敏感。

**文化体验：**中国游客对文化体验有浓厚兴趣，喜欢探索目的地的历史、非遗文化和风土人情。

**多代同游：**中国家庭度假常涵盖“三代同游”，需兼顾儿童娱乐、长者康养与中青年社交需求。

**社交媒体的影响：**度假决策受社交媒体影响越发显著。中国游客倾向于通过抖音、小红书等平台获取旅行灵感，且更倾向于选择“网红景点”或“高讨论度的热门体验”。欧美游客则更依赖传统口碑和长期品牌认知，注重私密性和独立性。

**可持续旅行：**中国消费者对可持续旅行的认知快速提升，有极大的提升空间。

**海南土福湾嘉佩乐度假酒店与上海建业里嘉佩乐酒店相比，都是嘉佩乐品牌，有何不同？土福湾嘉佩乐的魅力是什么？**

海南土福湾嘉佩乐度假酒店与上海建业里嘉

佩乐酒店虽然同属嘉佩乐品牌，但两者在定位、风格和体验上有着显著的不同。

上海建业里嘉佩乐酒店坐落于上海市中心的历史文化风貌区，由石库门建筑改造而成，展现了浓厚的上海文化底蕴，适合追求奢华与文化体验的城市旅行者。

而海南土福湾嘉佩乐度假酒店的魅力在于它不仅仅是一个度假胜地，更是一个让宾客重新连接自然、文化和自我的地方。无论是追求放松、探索还是浪漫体验，这里都能满足宾客对奢华度假的所有想象。

酒店位于海南岛的静谧海湾，设计灵感源自古代海上丝绸之路，建筑风格与自然景观完美融合，采用开放式布局，令宾客们能够随时随地感受碧海蓝天、沙滩阳光、椰林海风，以及郁郁葱葱的热带植被，这里可以说是一个远离喧嚣的避世天堂，充满了大自然带来的宁静与治愈。

酒店从预定、入住到离店，每一位客人都能感受到无微不至的关怀。我们专注于为客人打造一种沉浸式的度假体验，从私人泳池别墅到定制化的海滩活动，从海边瑜伽到定制晚宴，每一个细节都旨在让客人感受到愉悦和放松。

**健康与养生已成为高端度假体验的重要趋势，您观察到客人在健康养生方面的主要诉求是什么？除此之外，中国客人还特别关注哪些方面？**

健康与养生成为高端度假体验的重要趋势，宾客在健康养生方面的主要诉求包括：寻求专业的健康与养生指导，如瑜伽、冥想课程，以及由专业教练或理疗师提供的私教健身、定制水疗之旅等服务。酒店内避世隐秘的Auriga水疗中心拥有先进的设施设备，例如遵循自然疗愈之法的摩洛哥蒸汽浴与雪屋宁静舒适的惬意氛围相辅相成，能够深度消除疲惫，打造平衡身心的健康养身之旅。

我们最大的优势和亮点就是美丽的自然风光，我们鼓励客人们多拥抱自然，在白色细腻的沙滩上呼吸澄净的空气，享受舒适温

暖的阳光，这也是一种深层次的解压、放松和健体方式。此外，我留意到越来越多的客人，尤其是年轻的客人们，会希望有更多的户外活动，因此我们正在积极筹备更多适合不同客户群体的户外运动和活动。

我不得不提，中国客人最关注的是“美食”，每一个客人都在“美食”上有诉求，我特别骄傲的是，三亚土福湾嘉佩乐度假酒店有着高品质餐厅与令人难以忘怀的美食，酒店的中餐、泰餐、西餐等各式美酒佳肴都容错过。

**您在上海、菲律宾等地都有丰富的酒店管理经验，这些经验如何帮助到您在海南土福湾嘉佩乐度假酒店持续打造独特的奢华度假体验？**

在上海、菲律宾等地的丰富酒店管理经验，对于我在海南土福湾嘉佩乐度假酒店持续打造独特的奢华度假体验积攒了宝贵的经验。在菲律宾所管理和运营的也是海岛型的奢华度假村，在上海打造的则是城市中的奢华度假体验。在不同地区的工作经历，让我深刻理解将本地文化融入宾客体验的重要性。在土福湾嘉佩乐，我们从海南丰富的文化遗产和自然美景中汲取灵感，打造一个既真实又奢华的度假胜地。这种方式确保宾客不仅能享受世界一流的设施，还能与当地的环境和文化建立深刻的联系。

其次，我所擅长的奢华酒店和度假村管理经验非常明确地指向了个性化服务的重要性。在土福湾嘉佩乐，我们预见宾客需求，并提供量身定制的体验。无论是安排私人海滩晚餐还是策划独特的文化之旅，我们的目标是让每一次入住都令人难忘。在竞争激烈的市场中，奢华酒店的管理必须从服务细节出发，保持非常高标准的运营水平，确保

宾客从入住、餐饮到休闲活动的每一个环节都卓越非凡。在土福湾嘉佩乐，我们不断推出新的服务项目，密切关注市场需求的变化和消费者动向，无论是入住、餐饮、独家活动，还是前沿的健康养生项目，我们必须以全球视野为基准，同时深刻关注本地特色，从而在海南土福湾嘉佩乐度假酒店持续打造出真正领先的、独特且奢华的度假体验。

**目前入住土福湾嘉佩乐的客人主要是什么样的客人？他们通常会选择入住多少天？春节期间最长入住的客人是什么客人，他们获得了什么样的入住体验？**

目前入住海南土福湾嘉佩乐度假酒店的客人还是以高端休闲度假客人为主，家庭、情侣居多，我也看到更多的闺蜜们、女性客人开始“享受宠爱自己的假期”。我们的客人中有越来越多的健康、自然、人文的爱好者，关注健康与养生，喜欢与大自然深度接触，



关注当地传统与人文，寻求能够充实自己的正念体验。大多数中国客人会选择入住2-4晚，海外游客则会选择入住4-7晚，这段时间足以让他们充分享受酒店的设施和服务，同时也能在美好的自然环境中放松身心。

春节期间，土福湾嘉佩乐迎来了许多三代同堂的家庭客人，他们在这里度过了一个温馨而奢华的春节假期，时间为一周至一个月不等，享受彻底舒畅而放松的一个春节假期。我很高兴他们能够信任和选择土福湾嘉佩乐酒店。我们为春节期间入住的客人特别策划了丰富的节日活动，如春节晚宴、传统手工艺体验、烟花表演等，让客人感受到浓厚的节日氛围。

**在海岛运营奢华酒店有哪些挑战？您和您的团队是如何克服这些难题的？展望未来，您对海南土福湾嘉佩乐的愿景是什么？**

在海岛运营奢华酒店确实面临一些独特的挑战。例如，地理位置可能导致有些特殊食材物流成本高、供应链复杂，尤其是进口食品和饮品。我们已经与供应商建立了紧密的合作关系，尽可能优化物流流程，确保物资的及时供应，设立高效的库存管理系统，以减少浪费并确保资源的合理利用。

海岛的地理位置会限制人才的流动性，招聘和保留高素质员工永远是一个挑战。我们除了提供有竞争力的员工福利以外，也非常注重员工的职业发展和培训。我们还为员工创造良好的工作环境和生活条件，增强他们的归属感和满意度。

此外，海岛的旅游市场通常有明显的季节性波动，淡季时客流量可能大幅减少。我们希望能通过推出一些特别策划的专属活动来吸引客人，其中不乏一些与跨界品牌合作的活动。

展望未来，我对海南土福湾嘉佩乐的愿景是将其打造成为全球顶级的奢华度假目的地，不仅以其自然美景和奢华设施闻名，更以其独特的文化体验和健康养生项目吸引全球宾客。

**如何能引导中国客人理解真正的奢华健康生活方式？**

我对中国客人信心十足。例如，十多岁的年轻小宾客们已经能用流利的英语和我交谈，告诉我自己未来也想要在五星级酒店工作；四十多岁的妈妈在自助早餐时让自己十七八岁的儿子不要浪费，吃完了再拿；我也用Deep Seek这一个优秀的软件来给我的工作助力。我看到中国依旧在不断进步。如我在前面所提到的，中国人是不断地在学习和进步的。我为自己能够为中国奢华酒店行业的发展和进步出一份力而感到十分的荣幸。



# Connecting Luxury with Nature

Interview with Mr. Christophe Olivro, General Manager of Capella Tufu Bay, Hainan



**W**ith 30 years of experience in the luxury hotel industry, Mr. Christophe Olivro, from Caen, France, has been responsible for the operation and management of a number of luxury hotels in the United States, the Philippines, as well as Shanghai, China and other countries and regions, and is adept at translating the brand's macro-strategy into concrete standards of quality service. As General Manager of the exclusive Capella Tufu Bay, Hainan, Mr. Olivro is committed to making The Tranquility at Capella Tufu Bay, Hainan a highly sought-after ocean-front resort with his unique understanding of luxury vacations and insight into the high-end travel market.

Christophe was previously the Regional Director of Aman China, and the General Manager of Amanyangyun in Shanghai. He is a pioneering, intuitive and experienced luxury hotelier with a deep understanding of China's culture and travel market, a passion for Chinese tea culture, and a passion for exploring China's local life and people.

***How many years have you been working in China? How would you describe China from your perspective? What profound experiences have your work and life here brought you?***

I have been working in China for eight years now, and this experience has undoubtedly been transformative for me. In my eyes, China is a country of incredible diversity, rich history, and dynamic growth. Here, ancient traditions seamlessly blend with modern innovation, weaving a unique and vibrant cultural tapestry.

My work and life in China have profoundly shaped my personal and professional perspectives. Immersing myself in the local culture, particularly through my love for Chinese tea culture, culinary traditions, and traditional Chinese architecture, as well as my exploration of its cultural nuances, has deepened my understanding and appreciation of the country's historical heritage and its people. I admire the optimistic and upward-looking attitude of the Chinese people, as well as their inherent diligence and adaptability, which make China a

country full of vitality.

On a professional level, managing and leading luxury hotels in China has taught me the importance of understanding and respecting local customs while maintaining global standards of excellence. This balance is key to creating unforgettable experiences for both domestic and international guests.

China's rapid development and the evolving preferences of its high-end travelers have also inspired me to continuously innovate and adapt. The energy and ambition I have witnessed here are truly unparalleled, driving me to strive for excellence in everything I do. On a personal level, my time in China has been a journey of self-discovery, growth, and profound connection to the future.

***What stage do you think the Chinese vacation tourism market is currently at? What unique characteristics do Chinese guests have in terms of vacation habits and preferences?***

China's travel market is transitioning toward



a focus on quality and personalization. While the industry experienced fluctuations post-pandemic, domestic travel demand rebounded in 2024, reflecting a rising preference for immersive experiences and high-value services.

Key distinctions in Chinese travelers' vacation habits and preferences include:

**Short getaways:** Due to public holidays and the “adjusted working days”, Chinese travelers favor 3-4-day trips and are highly sensitive to transportation convenience.

**Cultural experiences:** There is strong interest in exploring local history, intangible cultural heritage, and unique traditions.

**Multi-generational travel:** Family vacations often include three generations, requiring a balance of children's entertainment, wellness options for seniors, and social experiences for adults.

**Social media impact:** Travel decisions are increasingly influenced by platforms like TikTok and Little Red Book (Xiao Hong Shu), with Chinese travelers favoring viral destinations and trending experiences. In contrast, Western travelers rely more on word-of-mouth and long-term brand trust, prioritizing privacy and independence.

**Sustainable travel:** Awareness of sustainable travel is growing rapidly, but relatively few Chinese travelers are willing to pay a premium for eco-friendly options.

**Both Capella Tufu Bay, Hainan, and Capella Shanghai, Jian Ye Li, belong to the Capella brand. How do they differ? What makes Capella Tufu Bay unique?**

Capella Shanghai, Jian Ye Li is located in the historic and cultural district of downtown Shanghai, transformed from traditional Shikumen architecture. It showcases the rich cultural heritage of Shanghai and is ideal for urban travelers seeking luxury and cultural immersion.

The charm of Capella Tufu Bay, meanwhile, lies in the fact that it is not just a resort, but a place where guests can reconnect with nature, culture, and themselves. Whether seeking relaxation, exploration, or romance, it fulfills every imagination of a luxurious getaway.

Nestled in a serene bay on Hainan Island, the resort's design is inspired by the ancient Maritime Silk Road. Its architectural style seamlessly blends with the natural landscape, featuring open layouts that allow guests to

immerse themselves in the azure sea, blue skies, sandy beaches, sunshine, coconut groves, sea breezes, and lush tropical vegetation. It is truly a secluded paradise, offering a sense of tranquility and healing brought by nature.

The most remarkable part is that our service is meticulous, ensuring that every guest feels cared for from check-in to check-out. We are dedicated to creating an immersive resort experience for our guests, from private pool villas to customized beach activities, and from sunrise yoga to starlit dinners. Every detail is designed to bring joy and relaxation to our guests.

**Health and wellness have become key trends in high-end vacation experiences. What are the main wellness-related demands you have observed from guests? Besides that, what other aspects do Chinese guests particularly focus on?**

Health and wellness have become a significant



trend in high-end resort experiences. Guests' primary demands in this area include seeking professional health and wellness guidance, such as yoga and meditation classes, as well as personalized fitness training and customized spa treatments provided by professional coaches or therapists. The secluded Auriga Spa at the hotel is equipped with first-class facilities, including a Moroccan steam bath that follows natural healing principles and a snow room that creates a serene and comfortable atmosphere, deeply alleviating fatigue and crafting a health and wellness journey that balances the body and mind. Our location is a great advantage and highlight, and we encourage guests to connect with nature, breathing in the pure air on the fine white sandy beaches and enjoying the warm, comforting sunshine, to relieve stress, relax, and enhance overall well-being. Additionally, I have noticed that more and more guests,



especially younger ones, are seeking outdoor activities and we offer. A variety of interesting outdoor sports and activities suitable for different guest groups, such as Local Life on Wheels, Sailing adventures, yoga by the beach, etc..

***You have extensive hotel management experience in Shanghai, the Philippines, and other locations. How is this experience helping you continuously craft a unique luxury vacation experience at Capella Tufu Bay, Hainan?***

My extensive hotel management experience in Shanghai, the Philippines, and other locations has played a crucial role in continuously crafting a unique luxury vacation experience at Capella Tufu Bay, Hainan.

In the Philippines, I was in charge of a luxury island style resort, while in Shanghai, I focused on delivering urban luxury vacation experiences. Working in these diverse regions has given me a deep understanding of the importance of integrating local culture into the guest experience. At Capella Tufu Bay, we draw inspiration from Hainan's rich cultural heritage and natural beauty to create a resort that is both authentic and luxurious. This approach ensures that guests not only enjoy world-class facilities but also form a profound connection with the local environment and culture.

Additionally, my expertise in managing

luxury hotels and resorts has clearly highlighted the value of personalized service. At Capella Tufu Bay, we anticipate guest needs and provide tailor-made experiences. Whether it's arranging a private beach dinner or curating a unique cultural tour, our goal is to make every stay unforgettable. Managing luxury hotels in highly competitive markets requires meticulous attention to service details and maintaining exceptionally high operational standards.

We ensure that every aspect of the guest experience - from 360 degrees - is nothing short of exceptional. At Capella Tufu Bay, we continuously innovate our services, closely monitoring market trends and demands. Whether it's accommodations, dining, exclusive activities, or cutting-edge wellness programs, we aim to combine a global perspective with a deep focus on local characteristics. This enables us to consistently deliver a truly leading, unique, and luxurious vacation experience at Capella Tufu Bay, Hainan.

***What type of guests typically stay at Capella Tufu Bay? How many days do they usually choose to stay? During the Chinese New Year holiday, what type of guests stay for the longest period, and what kind of experience do they have during their stay?***

Currently, the guests staying at the Capella Tufu Bay are predominantly high-end leisure vacationers, with a majority being families and



couples. I have also noticed an increasing number of female guests and groups of close friends who are beginning to “indulge in vacations that pamper themselves.”

Among our guests, there is a growing number of enthusiasts for health, nature, and culture, who focus on wellness and health preservation, deeply engage with nature, pay attention to local traditions and humanities, and seek mindful experiences that enrich themselves. Most Chinese guests opt to stay for 2-4 nights, while overseas visitors tend to stay for 4-7 nights, which is sufficient time for them to fully enjoy the hotel’s facilities and services, as well as relax in the beautiful natural surroundings.

During the Spring Festival, we welcomed many families spanning three generations, who spent an entire warm and luxurious Spring Festival holiday here, ranging from a week to a month, enjoying a thoroughly comfortable and relaxing Spring Festival. I am very pleased that they trusted and chose Capella Tufu Bay. We specially planned a variety of festive activities for guests staying during the Spring Festival, such as Spring Festival culinary journeys, traditional handicraft and joyful experiences, allowing guests to feel the strong festive atmosphere.

**What are the challenges of operating a top luxury resort on an island?**

**How have you and your team overcome these challenges? Looking ahead, what is your vision for Capella Tufu Bay, Hainan?**

Operating a luxury property on an island indeed presents some unique challenges. For example, the geographical location can lead to high logistics costs and complex supply chains for some very unique ingredients, especially imported foods and beverages. We have established close cooperative relationships with suppliers to optimize the logistics process as much as possible, ensuring timely supply of goods, and setting up efficient inventory management systems to reduce waste and ensure rational use of resources.

The geographical location of the island can also limit the mobility of talent, making the recruitment and retention of high-quality staff a perpetual challenge. In addition to offering competitive employee benefits, we also place great emphasis on the career development and training of our staff. We create a good working environment and living conditions for our employees, enhancing their sense of belonging and satisfaction.

Moreover, the tourism market on the island typically experiences significant seasonal fluctuations, with a substantial decrease in visitor numbers during the off-season. We

hope to attract guests by launching some specially curated unique activities, including active collaborations with crossover brands.

Looking to the future, my vision for Capella Tufu Bay, Hainan is to establish it as a top global luxury resort destination, renowned not only for its natural beauty and luxurious facilities but also for its unique cultural experiences and health and wellness programs that attract guests from around the world.

**How can we guide Chinese guests to understand a truly luxurious and healthy lifestyle?**

I have confidence in Chinese guests. For example, young guests in their teens can already converse fluently in English, sharing with me that they want to work in five-star hotels in the future; mothers in their forties tell their eighteen-year-old sons not to waste food at the buffet breakfast, to finish what they have taken before getting more. I also use DeepSeek, an excellent software, to assist in my work... China and Chinese are excellent!

I see that China is continuously progressing. As I mentioned earlier, the Chinese are constantly learning and improving. I feel much honored to be able to contribute to the development and progress of China’s luxury hospitality industry.



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# 地道的非凡体验

访悉尼嘉佩乐酒店总经理Marc von Arnim先生

**自** 开业以来，悉尼嘉佩乐酒店已荣获多项国际殊荣，包括在HICAP峰会上斩获“2023年度Reggie Shiu开发大奖”，并在AHEAD Asia设计大奖中屡获殊荣。近期，就更是荣获2024年度澳大利亚HM卓越奖年度最佳酒店及最佳奢华酒店；澳大利亚酒店协会卓越奖澳大利亚最佳奢华酒店；奢华旅行金榜澳大利亚、新西兰及南太平洋地区最佳奢华酒店以及ULTRAS大奖亚太地区最佳酒店等殊荣。巩固了其作为高端旅行者首选奢华目的地的领先地位。

Marc von Arnim先生是澳大利亚奢华酒店业的杰出人物，现任悉尼嘉佩乐酒店总经理，享有卓越声誉。他擅长打造沉浸式的宾客体验，将当地文化与故事娓娓道来。在Marc的引领下，悉尼历史悠久的教育部大楼焕然一新，成为备受赞誉的悉尼嘉佩乐酒店。酒店以个性化服务和匠心定制的体验闻名，其灵感深植于这座海港城市充满活力的艺术与文化氛围。Marc的领导力充分展现

了嘉佩乐品牌对于卓越体验的极致追求，通过对细节的精雕细琢，不断超越宾客期待，为全球旅行者留下深刻印象。SpaChina采访了他。

**作为悉尼奢华酒店的翘楚，您认为嘉佩乐品牌最吸引宾客的独特亮点是什么？**

在悉尼嘉佩乐酒店，我们提供一种超越传统奢华住宿的精致体验，强调定制化和个性化服务，确保每位客人都感受到真正的重视。我们的独特之处在于通过“嘉佩乐时刻”、“仪式”和“文旅嘉选”项目，致力于打造难忘且有意义的体验。我们不仅注重舒适，还为客人提供独特的机会，让他们沉浸在悉尼充满活力的文化中，并探索酒店背后的故事。从设计到服务的每一个细节都经过精心策划，以出乎意料的方式让客人感到惊喜和愉悦。

**悉尼嘉佩乐酒店坐落于历史悠久的教育部大楼，这座建筑背后有哪些鲜为人知的故事？**

这座建筑在悉尼的教育和政府历史中占有重要地位，见证了城市发展的关键时刻。在改造过程中，我们的目标是保留其历史遗产，同时将其转变为现代豪华酒店。我们与遗产专家和Make Architects密切合作，确保尊重原始建筑，并在不损害其特色的前提下融入现代豪华设施。最大的变化之一是将建筑扩展至11层，增加了带有凹槽鳍片和弧形玻璃角落的定制设计延伸部分，与砂岩立面相得益彰。我们在内部打造了192间宽敞的客房、一个位于传统屋顶灯笼下的康养区，以及向公众开放的新活动空间。我们希望酒店成为悉尼过去与未来的桥梁，在提供无与伦比的奢华体验的同时，保留建筑的永恒遗产。

**在打造宾客体验方面，您如何确保每一位客人都能感受到悉尼独特的文化氛围？**

悉尼是一个文化丰富的城市，在嘉佩乐，我们确保每位客人都能体验到其充满活力的氛围。通过我们独家的月度酒店项目，包括“嘉佩乐时刻”、“仪式”和“文旅嘉选”，



我们将悉尼文化的精华呈现给客人。客人可以参加导览，了解原住民历史，或探索当地热门景点，如Carriageworks农贸市场，旨在让他们与这座美丽城市建立更深层的联系。我们项目中的亮点之一是“扬帆远航”之旅，客人可以登上20世纪50年代的优雅游艇Southwinds，手持香槟，品尝新鲜生蚝，畅游悉尼港，探索Middle Harbour和Castle Rock等隐秘景点，最后在鲨鱼岛上享用难忘的晚餐，度过真正难忘的一天。

**您如何带领团队突破传统豪华酒店服务的界限，为客人创造意想不到的惊喜？哪些服务或体验最受客人欢迎？**

我通过培养创造力和同理心的文化来领导团队，始终鼓励他们站在客人的角度思考。在嘉佩乐，我们的目标不仅是满足期望，更是超越期望，通过打造个性化的体验让客人感到惊喜和愉悦。我们方法中的一个突出特点是嘉佩乐文旅官，由首席文旅官Jonathan Fambart引领，该计划是我们为客人策划难忘且有影响力的文化体验的关键。最受欢迎的体验之一是我们的晚间仪式“永恒的回响”，由文旅官团队在嘉佩乐会客厅主持，客人可以享用本地调制的鸡尾酒，同时沉浸在悉尼丰富的历史中，如民间英雄Arthur Stace的迷人故事。在悉尼嘉佩乐酒店，我们通过提供历史、艺术和有意义的体验，重新定义奢华，让客人深入悉尼的核心。

**悉尼嘉佩乐酒店如何在全球快速的变化中保持其竞争力并引领新趋势？**

我们通过不断提升以满足奢华酒店行业不断



Marc von Arnim

变化的需求来保持竞争力。我们引领新趋势的能力来自于理解客人真正追求的核心——地道的体验、个性化服务和健康疗愈。

**近年来，“健康旅行”已成为全球趋势。您如何看待这一趋势对豪华酒店行业的影响？**

**悉尼嘉佩乐酒店提供哪些独特的健康体验？**

随着现代奢华客人越来越寻求滋养身心的体验，健康旅行已成为关键趋势。在悉尼嘉佩乐酒店，我们通过和澳大利亚知名普拉提品牌Fluidform的独家合作，重新定义了奢华健康体验。这一合作为客人提供按需定制的普拉提课程，以及一对一的咨询。我们还推出了以健康为重点的客房用餐菜单，提供富含营养的餐食，支持客人的健康目标。作为澳大利亚首家在城市环境中提供如此综合健康体验的酒店，悉尼嘉佩乐酒店正在为豪华酒店树立新标杆，将健康与奢华融为一体。

**Auriga Spa是一个屡获殊荣的水疗中心。您能分享一些对中国水疗爱好者有吸引力的特色护理或理念吗？**

在悉尼嘉佩乐酒店，Auriga Spa提供独特的健康体验，灵感来自月相和自然元素。我们的水疗之旅结合了古代治疗传统和现代奢华，旨在恢复身心的活力。对于中国游客，我们推荐适合他们的、量身定制的健康服务，从应对时差开始，一直到身心放松与恢复精力。客人可以从桑拿、蒸汽房和冰泉开启他们的体验，然后体验这里的招牌“本地精选”健康之旅。这一90分钟的体验结合了从澳大利亚西部Mookaite到昆士兰Azoria金的治疗石，以及澳大利亚植物香气，深度放松、重新调整并恢复活力，为客人带来深层次的健康体验。

**回顾悉尼嘉佩乐酒店开业以来的历程，您最自豪的时刻是什么时候？是否有特别难忘的故事？**

当你花费大量时间规划酒店的运营和形象时，最终开门迎客并看到客人首次体验时的反应是非常有成就感的。我最自豪的时刻之一是听到客人分享他们有多么享受他们的住宿体验，知道我们超出了他们的期望总是会令他们惊喜而满足。另一个真正难忘的经历是当客人告诉我，他们是因为朋友在悉尼嘉佩乐酒店有过美妙的住宿体验，而来兴奋地推荐他们预订的。这提醒我们，我们的卓越声誉正在建立，我们正在创造持久的印象，激励客人再次光临。

**您如何看待人工智能和数字体验与高端酒店的融合？这些技术如何提升客人体验？**

人工智能和数字技术正迅速成为塑造未来客人体验的关键，我们正在密切关注其发展。在悉尼嘉佩乐酒店，我们利用数字营销渠道和内容创作来展示酒店的独特体验，并在社交媒体上讲述我们的故事。在旅游行业，内容为王。尤其是在激发当前和未来客人在旅程的“梦想”阶段。

**对于渴望进入豪华酒店行业的年轻专业人士，您有什么职业建议？您认为未来豪华酒店管理的领导者和专业人士应具备哪些关键素质？**

豪华酒店行业充满活力，我的建议是始终保持好奇心并乐于学习。卓越的服务、对细节的关注和适应能力是优秀酒店专业人士的关键素质。我还建议在多个岗位上工作，以了解业务的各个方面，从前台到幕后运营都要有所涉猎。最重要的是，我认为未来的领导者应培养同理心，因为真正理解他人的需求是卓越服务的核心。



# The Authentic Experience

## Interview with Mr. Marc von Arnim, General Manager, Capella Sydney

Since its inception, Capella Sydney has garnered prestigious accolades, including the “2023 Reggie Shiu Development of the Year” at HICAP and multiple honours at the AHEAD Asia Awards. Recently, in 2024, Capella Sydney received widespread acclaim, earning prestigious titles including Australian Hotel of the Year and Best Luxury Hotel and at the HM Awards for Hotel and Accommodation Excellence (HM). The hotel was also named Best Deluxe Accommodation in Australia at the Australian Hotels Association (AHA) Awards for Excellence, recognised as Best Luxury Hotel or Resort – Australia, New Zealand & South Pacific at the Luxury Travel Gold List Awards,

and awarded Best Hotel in Asia/Pacific at the ULTRAS, solidifying its position as a premier destination for discerning travellers seeking an exceptional hospitality experience.

Mr. Marc von Arnim stands as a preeminent figure in Australian luxury hospitality, renowned for his leadership as General Manager at Capella Sydney. His expertise lies in crafting immersive guest experiences that seamlessly integrate with local culture and storytelling, aligning seamlessly with Forbes’ standards of excellence. SpaChina interviewed him.

Under Marc’s guidance, Sydney’s historic Department of Education building has been transformed into the acclaimed Capella Sydney,

renowned for its personalised service and bespoke experiences rooted in the harbour city’s vibrant arts and cultural scene. Marc’s leadership epitomizes Capella’s dedication to delivering unparalleled guest experiences through meticulous attention to detail and surpassing expectations, forging lasting impressions for travellers worldwide.

***As a leading luxury hotel in Sydney, what do you think is the most distinctive highlight of the Capella that attracts guests?***

At Capella Sydney, we provide a curated experience that transcends the traditional luxury stay, emphasizing bespoke, personalized service to ensure each guest feels truly valued.



What sets us apart is our dedication to crafting unforgettable and meaningful cultural experiences through our Capella Moments, Rituals, and Curates programs.

While we prioritize comfort, we also provide unique opportunities for our guests to immerse themselves in the vibrant culture of Sydney and discover the stories behind our hotel. Every detail, from our design to our service, is carefully curated to delight and surprise our guests in ways they never anticipated.

**Capella Sydney is housed in the historic Department of Education building. Could you share some lesser-known stories behind this iconic landmark?**

Our building holds a significant place in Syd-



ney's educational and government history. The building itself has witnessed key moments in the city's development, and when we embarked on the renovation, our goal was to preserve its heritage while transforming it into a modern luxury hotel.

We worked closely with heritage experts and Make Architects to ensure we honoured the original architecture, integrating contemporary luxury amenities without compromising the building's character.

One of the major changes was expanding the building to 11 storeys, adding custom-designed extensions with fluted fins and curved glass corners that beautifully complement the sandstone façade. Inside, we've created 192 spacious rooms, a wellness area beneath stunning heritage roof lanterns, and new event spaces open to the public. At the heart of it all, we wanted the hotel to serve as a bridge between Sydney's past and future – offering unparalleled luxury while preserving the building's timeless legacy.

**When it comes to crafting guest experiences, how do you ensure that every guest is immersed in Sydney's unique culture?**

Sydney is such a culturally rich city, and at Capella, we make sure every guest gets to experience its vibrant energy. Through our exclusive monthly hotel program, including Capella Moments, Rituals, and Curates, we bring the best of Sydney's culture to life. Guests can head out on a tour to learn more about our

First Nations history or check out local Sydney favourites like the Carriageworks Farmers Market – it's all about giving them a deeper connection to our beautiful city.

One of the highlights in our programme is our Capella Curates "Sail Away" tour. Guests get to board the beautiful, historic Southwinds, a 1950s yacht that perfectly blends elegance and adventure. With champagne in hand and fresh oysters served, they cruise the sparkling waters of Sydney Harbour, discovering hidden gems like Middle Harbour and Castle Rock. The tour ends with a memorable dining experience on Shark Island, making for a truly unforgettable day.

**How do you lead your team in pushing the boundaries of traditional luxury hospitality, creating unexpected delights for guests? Which services or experiences are the most popular among your guests?**

I lead my team by nurturing a culture of creativity and empathy, always encouraging them to step into the guests' shoes. At Capella, we don't just aim to meet expectations – we aim to exceed them by crafting personalised experiences that surprise and delight our guests.

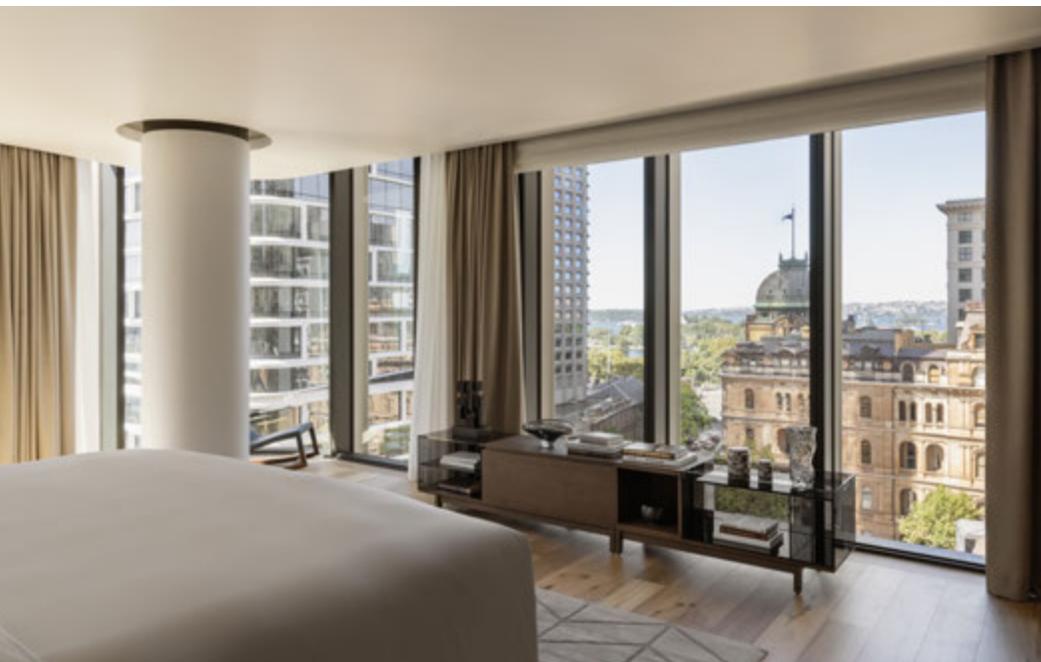
One of the standout aspects of our approach is our Culturist Program, led by our Chief Culturist, Jonathan Fambart. This program is key to our dedication to curating memorable and impactful cultural experiences for our guests.

One of our most popular experiences is our evening ritual, "Echoes of Eternity" hosted by our Culturist team in The Living Room. This special moment invites guests to enjoy a locally crafted cocktail while immersing themselves in Sydney's rich history, such as the fascinating story of folk hero Arthur Stace.

At Capella Sydney, we're redefining luxury by offering more than just lavish amenities. We provide an immersive cultural journey that connects our guests to the heart of Sydney through history, art, and meaningful experiences.

**How does Capella Sydney stay competitive in this evolving landscape and even set new trends?**

We stay competitive by continually evolving to meet the changing demands of luxury hospitality. Our ability to set new trends comes from understanding the core of what our guests truly seek – authentic experiences, personalized service, and wellbeing.



***In recent years, “wellness travel” has become a worldwide trend. How do you see this movement influencing the luxury hotel industry? What unique wellness and well-being experiences does Capella Sydney offer?***

Wellness travel is becoming more popular as modern luxury guests increasingly seek experiences that nurture both body and soul, and seek opportunities to enhance sense of wellbeing or support a healthy lifestyle. At Capella Sydney, we’ve redefined luxury wellness through personalisation and partnerships and an integrated approach to wellness, recently launching an exclusive partnership with Fluidform, Australian Pilates brand, for on-demand sessions. Additionally, we’ve introduced a wellness-focused in-room dining menu featuring nutrient-rich meals that support guests’ wellbeing goals.

Capella Sydney is Australia’s first hotel to offer such an integrated wellness experience in a city setting, blending health and pleasure like never before.

***Auriga Spa is an award-winning spa. Could you share some signature treatments or philosophies that would appeal to spa enthusiasts in China?***

At Capella Sydney, our award-winning Auriga Spa offers a unique wellness experience, drawing inspiration from lunar cycles and natural elements for our signature rituals. Our treatments blend ancient healing traditions with modern luxury, designed to rejuvenate both body and mind. For Chinese visitors, we recommend our tailored wellness offerings to



combat jet lag and begin their rejuvenation. Guests can start with a session in our sauna, steam room, and ice fountain to refresh and invigorate, before experiencing our signature “Connect to Country” wellness journey, which incorporates healing stones gathered with permission from Indigenous Elders. The are crafted from 100% plant-based certified organic Australian native bioactive and clinically proven nutraceuticals to nurture and heal on a deep, cellular level. A perfect welcome to Australia

***Looking back at Capella Sydney’s journey since its opening, what has been your proudest moment? Are there any particularly memorable guest feedback or unfor-***

***gettable stories that stand out?***

When you spend so much time planning how you want the hotel to be run and perceived, it’s incredibly rewarding to finally open the doors and see guests experience it for the first time through their eyes. One of my proudest moments has been hearing guests share how much they’ve enjoyed their stay with us – it’s always so fulfilling to know we’ve exceeded their expectations.

Another truly memorable experience is when guests tell me they booked their stay because a friend recommended Capella Sydney after having a wonderful stay themselves. It’s a reminder that our reputation for excellence is building, and we’re creating lasting impressions that inspire guests to return.

***As the hospitality industry continues to evolve rapidly, how do you see artificial intelligence and digital experiences integrating with high-end hotels? In what ways can these technologies enhance the guest experience?***

Artificial intelligence and digital technologies are rapidly becoming essential in shaping the future of the luxury guest experience, and we are closely monitoring their evolution. At Capella Sydney, we leverage our digital marketing channels and content creation to showcase our unique experiences at the hotel and tell our story across social media. In the travel industry, content is king – especially in inspiring both current and future guests during the “dreaming” phase of their journey.

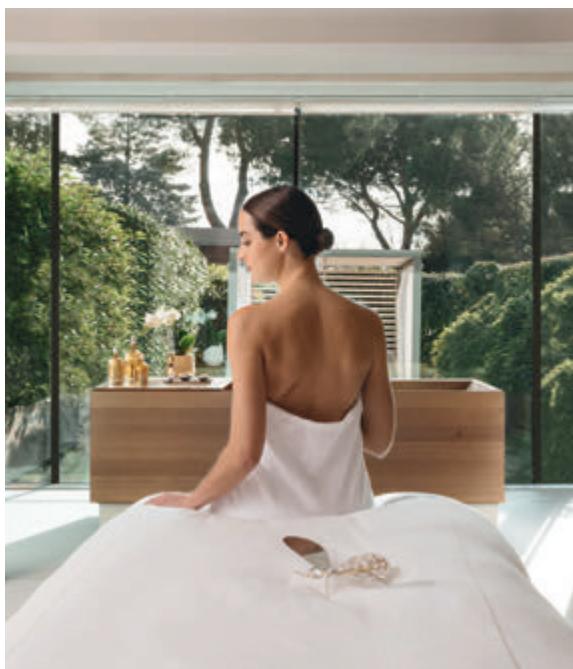
***For young professionals aspiring to enter the luxury hospitality industry, what career advice would you offer? In your opinion, what key qualities should the future leaders and professionals in luxury hotel management possess?***

The luxury hospitality industry is dynamic, and my advice would be to always stay curious and be open to learning. Excellence in service, attention to detail, and the ability to adapt are key qualities of a great hospitality professional. I would also recommend working in a variety of roles to understand all aspects of the business, from front-of-house to behind-the-scenes operations. Most importantly, I believe future leaders should cultivate empathy, as truly understanding the needs of others is at the heart of exceptional service.



# BEAU-RIVAGE PALACE

LAUSANNE SWITZERLAND



## GUERLAIN SPA

洛桑美岸皇宫大酒店娇兰水疗中心  
美即艺术



THE LEADING HOTELS  
OF THE WORLD



SWISS DELUXE HOTELS

# 奢华的意义

访马尔代夫翡叶群岛柏典酒店总经理  
Anthony Gill先生

**拥**有超过20年资深奢华酒店管理经验的Anthony Gill先生被任命为马尔代夫翡叶群岛柏典酒店总经理。他曾成功重塑并推出多家奢华品牌酒店，包括越南会安的四季酒店，并负责运营和管理位于中国和泰国的多家四季酒店。凭借其卓越的领导力，并充分展现他在餐饮上的非凡才华，Anthony将带领马尔代夫翡叶群岛柏典酒店迈入全新的时代，在融合迷人美景和自然谧境的世外桃源，打造超前革新的奢华旅行新理念，为宾客缔造绮丽铭心的非凡之旅。SpaChina访谈了这位健康和奢华酒店运营专家。

**全球旅游行业中，健康体验逐渐成为旅行者的重要需求。您认为应如何将健康体验融入传统的旅游服务中？马尔代夫翡叶群岛柏典酒店在这方面有哪些具体的计划或已经实施的项目？**

我认为Wellness不仅仅是便利的健康设施，而是一种贯穿整个宾客旅程的养身哲学。于是我们围绕整体健康理念设计了各种体验，将运动、正念、营养和可持续性融为一体。我们的健康圣地——Flow水疗中心，提供量身定制的项目，融合了创新的Watsu水中按摩、冷热交替浴、传统疗愈技术以及各类前

沿的健康疗法。

宾客可以体验一系列变革性的、或者是可以称为“焕然一新”的健康项目，如声音疗法、呼吸训练和能量疗愈等，这些疗法旨在让身心与自然的节奏和谐共鸣。除了水疗中心，健康理念还融入在度假村的每一个角落。我们提供“正念饮食”体验，主打可持续采购、植物基和营养丰富的菜单，旨在滋养身心。此外，以运动为核心的项目包括日出瑜伽、个性化健身训练，以及充分利用岛屿自然景观和资源的各类水上活动。

此外，我们的特色项目“FOOTPRINTS”还能够对亲子家庭和年轻旅行者们以寓教于乐的方式来体验健康之旅，从中学到令他们一生获益的健康知识。

**随着旅行者对个性化体验的需求增加，柏典酒店未来会提供哪些创新的服务来满足这些需求？**

我们以高度个性化，来重新定义奢华，确保每位宾客的入住体验都根据其独特喜好量身定制。如：个性化别墅配备自适应照明、人工智能驱动睡眠方案，以及别墅内水疗休憩空间。餐饮则包括了零浪费、植物基美食、主厨的餐桌活动以及定制营养计划。身心灵体验方面，则有沉浸式声音疗愈课程、

由知名健康从业者引导的冥想，以及阿育吠陀生活方式评估。此外，还有精彩的定制海洋探险、以可持续发展为核心的潜水体验，以及受自然风光启发的艺术家主导的创意工作坊。

**哪些因素会影响客人的忠诚度？如何通过服务和体验设计来增加回头客？**

宾客的忠诚建立在个性化服务、沉浸式体验以及深厚的情感连接之上。我们会从一些细节来进一步提升这种忠诚度，例如，为每次入住量身定制专属行程，并提供独家回程住宿特权。提供无缝衔接、热忱主动的服务，营造归属感。

其次，当然是要从个性化的角度来打造令客人十分难忘的、适合他们的、富有意义的健康与文化体验。从声音疗愈、引导冥想，到艺术家主导的工作坊，和以可持续发展为核心的探险活动等，很多体验是只有在我们这里才能体验到的。

**马尔代夫作为一个生态环境目的地，柏典酒店在可持续发展方面有哪些举措？您如何平衡奢华体验与环境保护之间的关系？**

对我们而言，奢华并非意味着过度，而是关乎有意识的选择和有意义体验，这些体验既



尊重宾客，也尊重环境。因此，可持续发展并非事后考虑，而是我们品牌身份的根本支柱。我们的再生理念聚焦于以下五个方面：

**可持续建筑。**我们的度假村设计旨在与自然和谐共存，采用自然通风、回收材料和节能系统。

**100%太阳能供电的宾客别墅。**通过可再生能源解决方案减少碳排放。

**零浪费倡议。**我们的厨房秉持零浪费理念，强调植物基菜单、从nose-to-tail(从头到尾)的餐饮方式以及超本地化采购。

**海洋保护与再生。**与专家合作保护珊瑚礁、救助海龟以及开展海洋清洁活动。

**无塑料承诺。**杜绝一次性塑料制品，推广可重复使用的替代品。

### 在您看来，奢华的意义是什么？

奢华的意义已经超越了传统的物质享受。它不再仅仅关乎金碧辉煌的装饰或昂贵的设施，而是关于有意识的选择和深度的体验。真正的奢华在于为宾客创造有意义且独特的时刻，同时尊重环境和文化。它是一种平衡——既满足宾客的个性化需求，又对社会和自然产生积极影响。

**如何引导和教育中国的住客，让他们更好地理解 and 享受度假村提供的健康体验和可持续发展理念？您认为住客的参与度对提升整体体验有多重要？**

我们配备了会普通话的员工，能用微信来进行沟通的礼宾服务，以及以中文来传授的生态教育项目，确保中国客人能感到和我们紧密连接，交流通畅。

我们的Flow水疗中心有精心设计的、旨在调和身心平衡的、融合中医理念的护理项



Anthony Gill

目，包括经络疗法和气功课程等。通常中国客人都会觉得有熟悉和亲近感，他们都很喜欢。还有各种多维度的健康体验，将创新疗法与可持续实践相结合，确保客人能够深度参与并从中受益，毕竟他们是非常追求功效和项目性价比的客群。

此外，中国客人对新事物是兴致勃勃的，尤其是各种沉浸式体验，如海洋保护浮潜、珊瑚修复工作坊，以及整体自然疗愈之旅等，中国客人常常为自己和家人可以直接为环境可持续发展贡献一分力量而感到骄傲。

以五行哲学为灵感的植物基菜单，采用本地采购的有机食材，既美味又充满创新。对中国客人们来说，这里给他们带来的是一场焕然一新的疗愈之旅，既提升了他们的身体健康，也增强了他们的健康和环保意识。

**在数字化时代，马尔代夫柏典酒店如何提升品牌知名度和针对中国客户预订量？**

对于中国市场，旅行社和在线旅游平台



(OTA) 仍然是我们线上和线下推广战略的重要组成部分。我们积极利用微信、微博和小红书等平台，提升品牌在中国的知名度。同时，与高端旅行社紧密合作，为富裕的中国旅行者量身定制专属套餐。通过与OTA的战略合作优化我们的在线展示，确保我们提供超越价格的独特价值。我们专注于沉浸式数字内容和与意见领袖的合作，以激发自然兴趣并推动直接预订。

展望未来，预订将更加以体验为导向，这要求我们在各个平台上提供更深入的个性化和精心策划的数字体验。

**在提供全方位的高端体验时，员工的素质和服务意识至关重要。您有哪些独特的员工激励和教育方法？**

奢华服务的核心在于真诚的待客之道和直觉式的贴心关怀。在马尔代夫柏典酒店，我们将通过持续的文化教育、健康待客之道以及奢华服务细节的培训来确保这一点。我们为团队成员提供健康计划，确保他们践行与宾客相同的健康理念。同时，我们鼓励团队成员为宾客打造个性化的体验，从而建立更深层次的联系并提供卓越的服务。

**您认为当前全球旅游行业面临的最大的挑战是什么？对于马尔代夫翡叶群岛柏典酒店来说，未来最大的机遇又在哪里？**

当今奢华酒店行业面临的最大的挑战是在瞬息万变的世界中不断进步和保持相关性。消费者的偏好在不断演变，这要求品牌具备敏捷性、责任感，并与宾客的期望深度契合。我认为在未来，马尔代夫翡叶群岛柏典酒店的最大优势和机遇在于：酒店是整体健康领域的领先目的地。随着环保意识强的旅行者寻求更负责任的奢华体验，我们将持续在这一领域创新。我们通过不断适应这些变化，旨在以有意义且目标驱动的方式重新定义奢华酒店体验。



# The Meaning of Luxury

Interview with Mr. Anthony Gill, General Manager of Patina Maldives, Fari Islands

**W**ith over 20 years of luxury hospitality experience, Anthony Gill is taking on the role of General Manager at Patina Maldives, Fari Islands. Anthony has successfully rebranded a number of luxury properties, including the Four Seasons Resort Nam Hai in Hoi An, Vietnam, and brings with him rich expertise from managing Four Seasons properties in China and Thailand. His dynamic leadership and rich background in international food & beverage management positions him well to guide Patina Maldives into a new era as a transformative luxury destination, creating meaningful experiences in harmony with the island as a marine sanctuary. SpaChina interviewed this wellness and luxury hospitality expert.

**Wellness experiences are becoming increasingly important to travelers in the global travel industry. How do you think island resorts should integrate wellness experi-**

**ences into their traditional tourism services? What are the specific plans or projects that Patina Maldives, Fari Islands has implemented in this regard?**

Wellness is not merely an amenity; it is a philosophy that permeates the entire guest journey. We have designed our experiences around a holistic approach to well being, integrating movement, mindfulness, nutrition, and sustainability. Flow spa, our wellness sanctuary, offers tailored programmes that incorporate pioneering Watsu therapy, contrast bathing, flotation therapy, traditional healing techniques, and cutting-edge wellness modalities.

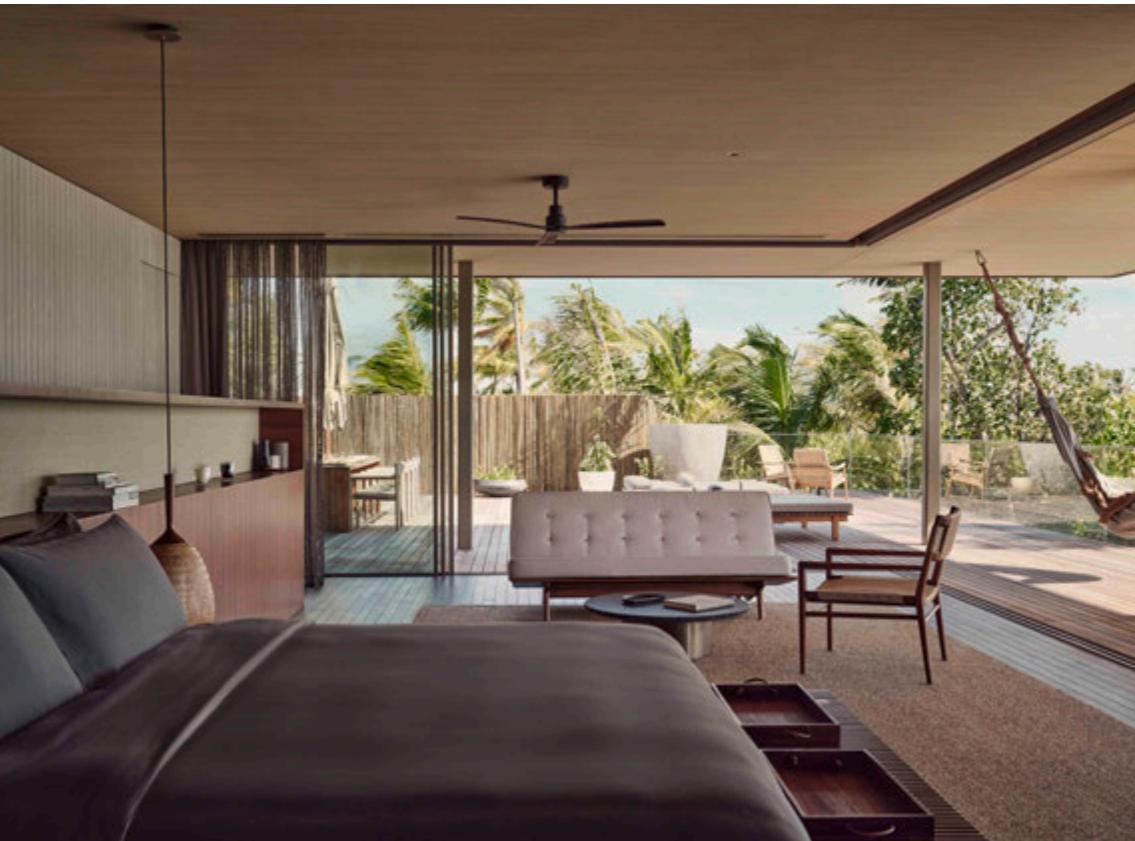
Guests can experience transformative treatments such as sound therapy, breathwork sessions, and energy healing, designed to align the body and mind with nature's rhythms. Beyond the spa, wellness is embedded into every aspect of the resort. We offer conscious dining experiences that feature sustainably sourced, plant-based, and nutrient-dense

menus crafted to nourish both body and soul. Our movement-focused initiatives include guided sunrise yoga, personalised fitness training, and water-based activities that embrace the island's natural beauty.

Our signature "Footprints" programme also ensures that families and young travelers can experience well-being in an engaging and educational manner.

**As travelers' demand for personalized experiences increases, what innovative services will Patina Maldives, Fari Islands offer in the future to meet these needs?**

We redefine luxury through hyper-personalisation, ensuring each guest's stay is tailored to their unique preferences: Personalised villas with adaptive-lighting, AI driven sleep programmes, and in-villa spa retreats. Zero-waste, plant-based gastronomy, chef's table events, and bespoke nutrition plans. Immersive sound healing sessions, guided meditations with



renowned wellness practitioners, and Ayurvedic lifestyle assessments. Bespoke ocean adventures, sustainability-focused diving experiences, and artist-led creative workshops inspired by the natural surroundings.

***What factors influence guest loyalty? How can we increase repeat guests through service and experience design?***

Guest loyalty is built on personalized service, immersive experiences, and deep emotional connections. We enhance this loyalty by paying attention to details, such as tailoring exclusive itineraries for each stay and offering exclusive return-stay privileges. We provide seamless, intuitive service to foster a sense of belonging.

Secondly, it is essential to create highly memorable, personalized, and meaningful wellness and cultural experiences that resonate with guests. From sound healing and guided meditation to artist-led workshops and sustainability-focused adventures, many of these experiences are unique and can only be enjoyed with us.

***With the Maldives being an eco-friendly destination, what are some of the sustainability initiatives of Patina Maldives, Fari Islands?***

***How do you balance the luxury experience with environmental protection?***

For us, luxury is not about excess, it is about

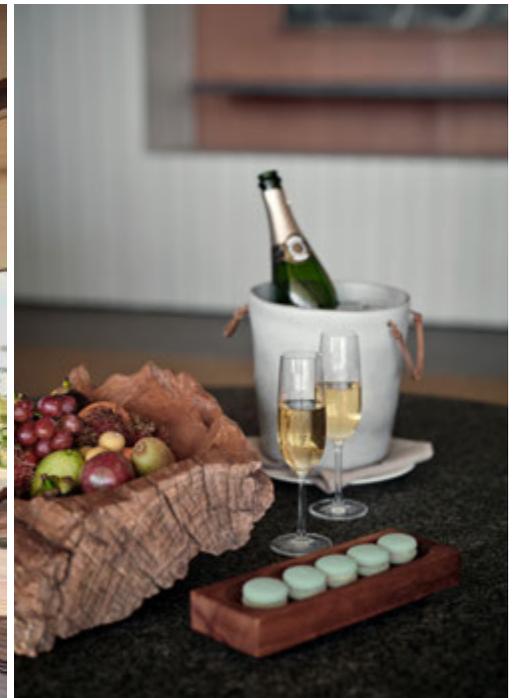


conscious choices and meaningful experiences that honour both our guests and the environment. So, sustainability is not an afterthought, it is a fundamental pillar of our identity. Our regenerative approach focuses on:

**Sustainable Architecture** – Designed to exist in harmony with nature, our resort utilises natural ventilation, reclaimed materials, and energy-efficient systems.

**100% Solar Energy Powered Guest Villas** – to reduce carbon emissions through renewable energy solutions.

**Zero-Waste Initiatives** – Our kitchens operate on a zero-waste philosophy, emphasising plant-based menus, nose-to-tail dining,



and hyper-local sourcing.

**Marine Conservation & Regeneration** – Partnering with experts to protect coral reefs, rehabilitate turtles, and conduct ocean clean-ups.

**Plastic-Free Commitment** – Eliminating single-use plastics and promoting refillable alternatives.

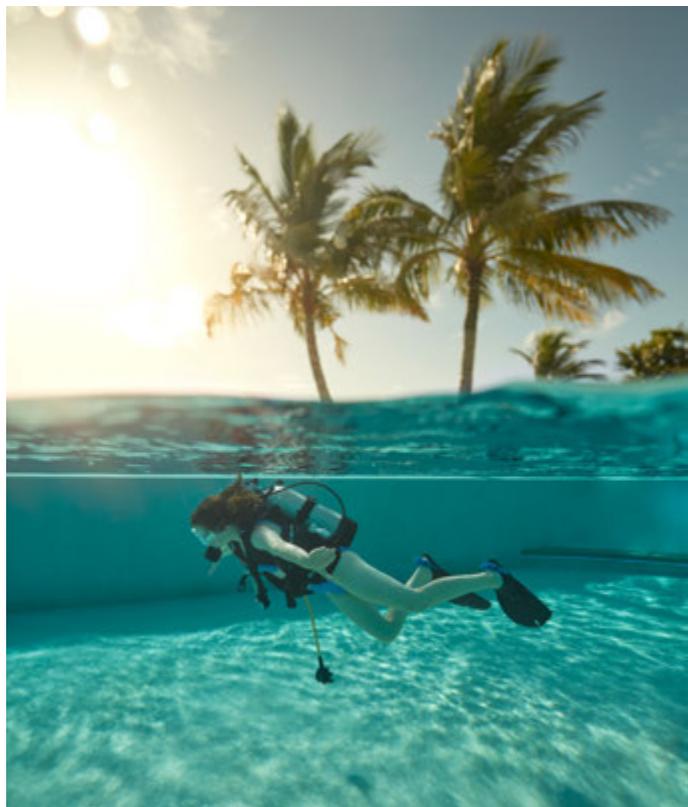
***In your opinion, what is the meaning of luxury?***

The meaning of luxury has transcended traditional material indulgence. It is no longer just about opulent decor or expensive amenities, but about conscious choices and profound experiences. True luxury lies in creating meaningful and unique moments for guests while respecting the environment and culture. It is a balance – meeting the personalized needs of guests while making a positive impact on society and nature.

***How do you guide and educate Chinese guests to better understand and enjoy the wellness experiences and sustainability concepts offered by your resort? How important do you think resident engagement is in enhancing the overall experience?***

We have staff fluent in Mandarin, concierge services accessible via WeChat, and eco-educational programs conducted in Chinese, ensuring that our Chinese guests feel seamlessly connected and enjoy smooth communication with us.

At our Flow Spa, we offer meticulously designed wellness programs that integrate traditional Chinese medicine principles,



such as meridian therapy and Qi Gong sessions, aimed at harmonizing the body and mind. These programs often evoke a sense of familiarity and closeness among Chinese guests, who find them highly appealing. Additionally, our multi-dimensional wellness experiences combine innovative therapies with sustainable practices, ensuring guests can deeply engage and derive significant benefits – especially important for a guest group that values efficacy and costeffectiveness.

Moreover, Chinese guests are enthusiastic about exploring new experiences, particularly immersive activities like marine conservation snorkeling, coral restoration workshops, and holistic nature retreats. They often take pride in contributing directly to environmental sustainability, both for themselves and their families.

Our plant-forward menus, inspired by the Five Elements philosophy and crafted with locally sourced organic ingredients, are both delicious and innovative. For our Chinese guests, this journey offers a transformative retreat that not only enhances their physical well-being but also deepens their awareness of health and environmental sustainability.

**In the digital age, how can Patina Maldives utilize platforms to increase brand awareness and bookings for Chinese customers?**

To China market, the travel agents and OTAs remain integral to our digital strategy offline



and online. We actively Leverage WeChat, Weibo, and Xiaohongshu (Little Red Book) to increase brand visibility in China. Then, work closely with key luxury travel agencies to create exclusive packages tailored to affluent Chinese travellers. Optimise our presence on OTAs through strategic partnerships, ensuring we offer unique value propositions beyond price. Focus on immersive digital content and influencer collaborations to drive organic interest and direct bookings.

Looking ahead, we foresee a shift towards more experience-driven bookings, requiring deeper personalisation and curated digital experiences across platforms.

**The quality of the staff and their awareness of service is critical when delivering a holistic high-end experience. What are your unique approaches to staff motivation and education?**

Luxury service is defined by genuine hospi-

tality and intuitive care. At Patina Maldives, we ensure this by continuous education on cultural intelligence, wellness hospitality, and luxury service refinement. We also providing well-being programmes for our team, ensuring they embody the same wellness principles we offer to guests. Encouraging our team members to personalise guest experiences, fostering deeper connections and exceptional service.

**What do you see as the biggest challenge facing the global travel industry today? And what are the biggest opportunities ahead for Patina Maldives, Fari Islands?**

The biggest challenge facing the luxury hospitality industry today is the need to continuously evolve and maintain relevance in a rapidly changing world. Consumer preferences are constantly shifting, requiring brands to be agile, responsible, and deeply aligned with guest expectations.

I believe that in the future, the greatest strengths and opportunities for Patina Maldives, Fari Islands lie in its position as a leading destination in the holistic wellness space. As eco-conscious travelers seek more responsible luxury experiences, we continue to innovate in this area. By consistently adapting to these changes, we aim to redefine the luxury hospitality experience in a meaningful and purpose-driven way.

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# 升华与演变之旅

访大阪柏典酒店总经理Ellen Franke女士

**大**阪柏典酒店是嘉佩乐酒店集团旗下现代奢华生活方式品牌柏典酒店及度假村的首家城市酒店。这家拥有221套客房的酒店位于大阪城对面，毗邻著名的难波宫遗迹公园。这座现代化的20层建筑由两位获奖的日本建筑师和设计师合力完成：Jun Mitsui & Associates Inc. Architects负责外观设计，Strickland则负责室内设计。

Ellen Franke女士在加入嘉佩乐酒店集团之前，自2006年起在丽思卡尔顿等全球多个酒店就职，2018年担任兰卡威酒店总经理。现在，Ellen将这种活力带到了她作为即将开业的大阪柏典酒店总经理的新岗位之上。

“作为柏典酒店及度假村在日本的首家酒店，也是其在城市中的首家酒店，我很荣幸能将我职业生涯的下一阶段献给柏典品牌的现代奢华生活方式。大阪柏典酒店是在向这座城市的美丽与活力致敬。”Ellen说。

**您如何看待后疫情时代的全球旅行趋势？这些趋势对大阪柏典酒店的定位和运营策略有何影响？**

在后疫情时代，旅游业正在强劲复苏，而日元的汇率下调使日本对国际游客更具吸引力。随着今年大阪世博会的举办，大阪正成为游客体验最新科技和日本丰富历史的首选



目的地。

位于大阪市中心的柏典酒店在这一激动人心的时期适时开业迎接宾客，为游客提供了享受世博会现代魅力的机会，同时也让他们沉浸在这座城市的历史文化中。

作为著名的嘉佩乐酒店集团倡导超前革新的奢华旅行品牌，大阪柏典酒店体现了一段不断演变的旅程，为酒店业提供了全新的视角，同时将瞬间转化为永恒的印记。这是一场变革性的奢华体验。我们精心策划、目标明确且以使命为导向的活动，是我们服务的核心。通过有意义的体验，我们为宾客铺就了与社群和志同道合之人建立联系的路径。

日本一直是全球游客的热门目的地，您认为日本吸引国际游客的核心魅力是什么？大阪柏典将会在这其中扮演怎样的角色？

日本的吸引力在于其丰富的历史、充满活力的文化、美味的食物和热情好客的当地人。历史是其中重要的一部分，像大阪城类似的标志性建筑让游客得以一窥日本迷人的过去和历史遗产。文化是另一大吸引力，游客们被大阪著名的天神祭等传统体验以及人文(传统木偶戏)等独特的文化活动所吸引，这些活动凸显了日本深厚的文化根基。美食也是体验的核心。大阪被称为“日本的厨房”，是美食爱好者的天堂，比如章鱼烧、御好烧和串炸等美食，确保每位游客都能留下难忘的美食记忆。最后，日本人民以善良、好客和尊重他人而闻名，让游客在整个旅程中感到安全和受欢迎。

大阪柏典酒店地理位置优越，正位于标志性的大阪城前，完美体现了日本的精髓，融合了历史、文化和卓越的待客之道。在酒店的设计中，水、石、木和铜等每一种材料都被重新诠释，创造出与周围环境和谐共生的空间，一个存在于这个历史交汇处的独特空间。

酒店设有五间各具特色的餐厅和酒廊，宾客可以享受多样化的餐饮体验，从我们招牌餐厅P72的72个灵感菜单，到Inaki餐厅的



巴斯克风味，再到Barin餐厅的精致铁板烧体验，个性化服务脱颖而出，菜肴均采用当地食材精心烹制。我们还与当地的陶艺家和农场合作，将正宗的手工艺和新鲜的时令食材直接带给我们的宾客。凭借热情好客的服务和大阪城的壮丽景色，大阪柏典酒店是体验日本精神并享受现代舒适的理想目的地。

**日本作为最长寿人群的国家，日式生活的智慧和健康理念在全球享有盛誉。大阪柏典酒店如何将元素融入客人的入住体验中？**

饮食在日本的长寿中扮演着重要角色，植物性食物、味噌和纳豆等发酵食品以及海鲜都有助于健康的生活方式。在大阪柏典酒店，我们与日本注重积极和平衡的生活方式以促进长寿的理念保持一致，鼓励宾客通过附近的公园跑步活动保持活力，同时提供瑜伽、日出日落时的声音疗愈以及先进的健康科技设备等健康项目，帮助快速恢复和改善健康，提供一种整体性的健康体验，体现了日本传统中对活力和健康的重视。

**请跟我们谈谈大阪柏典的设计，设计如何体现了什么样的城市精神，以及传递了什么样的柏典品牌的理念？**

大阪柏典酒店体现了柏典品牌的核心价值观，创造了一个与当地环境无缝连接、颂扬该地区丰富历史并为宾客提供全新视角的空间。设计灵感深深植根于这片土地的文化遗产，从入口处唤起难波宫遗址古老记忆的天然石墙，到我们招牌餐厅“P72”中的可持续艺术品：使用回收木材和树根制作，象征着与这片地区历史的深厚联系。酒店内的每一个元素都经过精心策划，以反映日本工艺的永恒之美。大胆的夯土墙、由压实土壤

打造的宏伟楼梯以及木梁和木柱，共同营造出一个既扎根于传统又充满现代感的沉浸式环境。

酒店的设计旨在尊重当地文化，客房通过融合木材、石材和精致的和纸等材料，进一步体现了这一愿景，致敬了自大阪城建造以来传承至今的工艺。床头板重新诠释了大阪城的石墙，既是对该地区悠久遗产的鲜明提醒，也为宾客提供了一个放松、反思并与这片有历史丰富的土地建立联系的空间。酒店的每一个细节都邀请宾客体验的是一种深刻的归属感、传统感，以及对过去与现在和谐共存的崭新视角。

**在全球旅游业越来越注重可持续发展的背景下，大阪柏典酒店如何在提供奢华体验的同时践行可持续理念？**

我们将可持续发展理念融入核心，提供一种深深植根于负责任实践的奢华体验。我们对可持续发展的承诺远不止于减少一次性塑料的使用。例如，我们在酒店花园中种植自己的香料，确保食材新鲜、本地化且环保。我们还优先从当地农民那里采购食材，支持社区并减少碳足迹。

在餐厅，我们通过创造性地将食物废料融入菜单，进一步推进可持续发展。比如我们的美味蔬菜挞，其原料通常是被浪费的食材：如餐厅中剩余的茶叶、咖啡冲泡后的咖啡粉和榨汁后的橙皮，这些被重新利用作为甜点挞皮的一部分。这不仅减少了浪费，还创造出了一道令人愉悦的甜点，展示了可持续发展与美味的完美结合。

我们还提供鼓励宾客参与可持续的学习，例如学习如何利用食物废料进行发酵。通过这些实践体验，帮助他们更深入地认识

到看似微小却深思熟虑的行动如何产生巨大的影响。

在大阪柏典酒店，我们相信今天的奢华不仅仅是“宠溺”，更是提供一种有意义、可持续的体验。通过将可持续发展与世界级的待客之道相结合，让宾客既享受最舒适的体验，又感受到了社会责任。

**大阪柏典酒店的主要目标市场是哪些国家或地区？您希望有什么样的营销策略来吸引这些市场的游客？**

目前我们主要针对来自美国、亚洲和欧洲的游客，因为这些地区的游客通过知名出版物和奢华媒体对我们的品牌较为熟悉。为了触达这些市场，我们与嘉佩乐酒店集团及新加坡总部的团队密切合作，充分利用我们的全球网络，其中包括了与奢华旅行社合作并争取媒体报道。

我们还专注于数字营销，如在线活动、社交媒体以及与意见领袖的合作，以吸引这些地区的潜在宾客。通过结合媒体合作和数字化营销，我们的目标是将大阪柏典酒店定位为美国、亚洲和欧洲游客的首选奢华目的地。

**中国游客是日本旅游市场的重要客源之一，您如何看待中国游客对旅行的需求？大阪柏典酒店如何满足这些需求？**

中国游客以追求独特的文化体验、高品质餐饮和数字化便利而闻名。酒店通过提供正宗的日式待客之道、多样化的餐饮选择和丰富的活动项目来满足中国游客的各种需求。此外，我们还提供中国客人们熟悉的数字支付方式，包括支付宝和微信都能使用。

**您认为运营一家成功酒店最重要的要素是什么？**

最重要的是人。在柏典，我们将员工称为“队友”。我们的队友是我们一切工作的核心。柏典文化深深植根于我们的个性化服务中。一支训练有素、积极进取且和谐合作的团队对于保持高服务和质量标准至关重要。

**您对未来发展有怎样的愿景？**

大阪柏典酒店的愿景不仅仅是成为一家奢华酒店，它更是一个让本地居民和游客连接、启发和转变的地方。这是一个分享想法、获得新视角并通过独特体验和服务创造持久记忆的空间，这些体验和服务在其他地方无法找到。

大阪柏典酒店旨在成为一个目的地中的目的地，一个受到本地社区珍爱，且成为游客必访之地的场所。我们致力于传播柏典精神，将奢华、文化和可持续发展融为一体，为每位宾客提供真正特别的体验。



# The Evolving Journey

Interview with Ms. Ellen Franke, General Manager of Patina Osaka

Patina Osaka, the first urban property of Patina Hotels & Resorts, the modern luxury lifestyle brand by Capella Hotel Group. The 221-key hotel is located opposite Osaka Castle and next to the noteworthy Naniwanomiya-Ato Park. The modern 20-storey building is a collaboration between two award-winning Japanese architects and designers: Jun Mitsui & Associates Inc. Architects for the exterior and Strickland for the interiors.

Ellen Franke joins Capella Hotel Group from The Ritz-Carlton, having worked for the group since 2006 across several global locations, before assuming the General Manager role at their Langkawi property in 2018. Ellen now brings this vibrancy to her new role as General Manager of Patina Osaka, leveraging her dynamic leadership and dedication to exceptional service. Aligning her innate talents with the needs of

today's conscious modern traveller, she seamlessly balances the nuances defining the brand pillars of Patina to the forefront, with the aim of inspiring positive connections.

"Patina Osaka represents a homage to the city's effortless beauty and vibrancy, and I am excited and proud to be commencing my new role now as General Manager of this urban sanctuary," says Ellen. "As Patina Hotels & Resort's first Japanese property, as well as its first within a city location, it's my great privilege to dedicate the next phase of my career to the brand's modern luxury lifestyle approach, pioneering a fresh perspective in transforming moments into marks." SpaChina interviewed her.

**How do you see global travel trends in the post pandemic era? How do these trends affect the positioning and operational**

## **strategy of Patina Osaka?**

In the post-pandemic era, travel is making a strong comeback, and the weak yen is making Japan even more appealing for international visitors. With EXPO taking place in Osaka this year, the city is becoming a top destination for travelers looking to experience both the latest technology and the rich history of Japan.

Patina Osaka is perfectly timed to welcome guests during this exciting period. Located in the heart of Osaka, the hotel offers visitors a chance to enjoy the modern attractions of the EXPO while also immersing themselves in the city's historic culture.

As part of the renowned Capella Hotel Group, Patina Osaka embodies an evolving journey, offering a fresh perspective in hospitality, while transforming moments into marks. This is transformative luxury. Our highly curat-



ed, intentional and purpose-driven programming is at the heart of our offerings. Meaningful experiences are laying the path to connect with the community and likeminded people.

***What do you think is the core attraction of Japan for international travelers? What role will Patina Osaka play in this?***

Japan's appeal lies in its rich history, vibrant culture, amazing food, and warm people. History plays a big part, with iconic landmarks like Osaka Castle offering a glimpse into the country's fascinating past and feudal heritage. Culture is another major attraction, with visitors captivated by traditional experiences such as Osaka's famous Tenjin Matsuri festival and unique cultural activities like Bunraku (traditional puppet theater), which highlight Japan's deep cultural roots. Food is also central to the experience. Osaka, known as

the "Kitchen of Japan," is a food lover's paradise, offering dishes like takoyaki, okonomiyaki, and kushikatsu, ensuring every visitor leaves with unforgettable culinary memories. Finally, Japan's people are renowned for their kindness, hospitality, and respect, making travelers feel safe and welcome throughout their visit.

Patina Osaka, ideally located right in front of the iconic Osaka Castle, perfectly embodies the essence of Japan, blending history, culture, and exceptional hospitality.

Each material – water, stone, wood, and copper – was reimagined in the design of Patina Osaka, creating an environment in harmony with its surroundings, a space that could only exist here, at this convergence of history.

With five diverse restaurants and lounges, guests can enjoy a variety of dining experiences, from 72 micro season inspired menu at our Signature Restaurant P72 to Basque flavors at our Inaki restaurant all the way to Barin, our fine dining Teppanyaki experience, where personalized service stands out and dishes crafted from locally sourced ingredients. We also collaborate with local potters and farmers, bringing authentic, handcrafted artistry and fresh, seasonal ingredients directly to our guests. With its warm, welcoming service and stunning views of Osaka Castle, Patina Osaka is the ideal destination for experiencing the spirit of Japan while enjoying modern comforts.

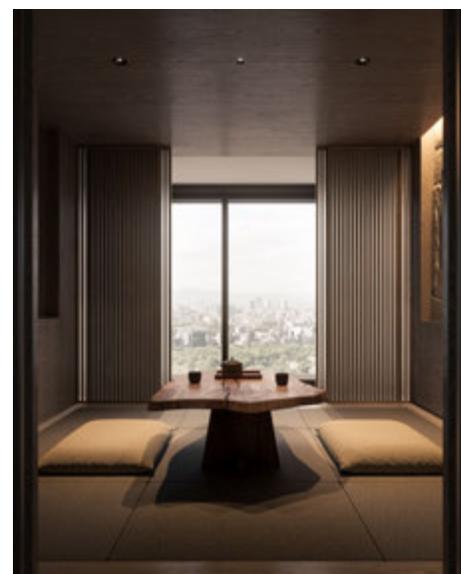
***Japan is known globally as the country with the longest-living population, and for the wisdom of Japanese-style living and the concept of wellness. How does Patina Osaka incorporate these elements into the guest experience?***

Diet plays a significant role in Japan's longevity, with plant-based foods, fermented items like miso and natto, and seafood contributing to a healthy lifestyle. At Patina Osaka, aligned with Japan's focus on an active and balanced lifestyle for longevity, we encourage guests to stay active by offering running activities in the nearby park, our extensive gym and studio, along with wellness activities such as sunrise and sunset yoga and sound healing and advanced health-tech machines for hyperbaric and oxygen therapy, cryotherapy and red light therapy to support quick recovery and improved health, providing a holistic approach to well-being that mirrors the traditional Japanese emphasis on vitality and well-being.

***Please share with us the design considerations for Patina Osaka, and how it reflects the spirit of the city and what that conveys about the Patina brand.***

Patina Osaka embodies the core values of the Patina brand, creating a space that seamlessly connects with the local environment, celebrates the rich history of the area, and offers guests a new perspective. The design is deeply inspired by the land's heritage, from the natural stone walls at the entrance that evoke the ancient memory of the Naniwa-No-Miya Palace Ruins, to the sustainable artwork in our signature restaurant "P72," where reclaimed wood and roots symbolize the deep connection to the region's past. Inside the hotel, every element has been thoughtfully curated to reflect the timeless beauty of Japanese craftsmanship. The bold rammed earth walls, the grand staircase crafted from compacted soil, and the wooden beams and columns all create an immersive environment that feels both rooted in tradition and refreshing in its modernity.

Patina Osaka is designed to honor local culture while offering a unique, transformative experience. The guest rooms further this vision by blending materials like wood, stone, and delicate washi paper, paying homage to the craftsmanship that has been passed down since the construction of Osaka Castle. The headboard, reimagining the stone walls of the castle, serves as a striking reminder of the region's enduring legacy, while offering guests a space to relax, reflect, and connect with the land's rich history. Every detail within Patina Osaka invites guests to experience not just luxury, but a deep sense of belonging, tradition, and a fresh perspective on the harmony between the past and the present.





***With the global tourism industry becoming more and more focused on sustainability, how does Patina Osaka provide a luxury experience while at the same time practicing sustainability?***

Patina Osaka takes sustainability to heart, providing a luxury experience that is deeply rooted in responsible practices. Our commitment to sustainability goes far beyond eliminating single-use plastics. For example, we grow our own herbs in the hotel garden, ensuring that our ingredients are fresh, local, and environmentally conscious. We also prioritize sourcing food from local farmers, supporting the community and reducing our carbon footprint.

In our restaurants, we take sustainability a step further by creatively incorporating food waste into our menu. One example is our delicious tart, made from ingredients that would typically be discarded – like tea leaves from our restaurant’s tea, coffee grounds, and orange peels from juicing – reused as part of the tart dough. This not only reduces waste but also results in a delightful dessert, showcasing the perfect harmony between sustainability and taste.

We also offer activities that encourage guests to adopt sustainable practices, such as learning how to reuse food waste for fermentation. By engaging guests in these hands-on experiences, we help them develop a deeper awareness of how small, thoughtful actions can make a big impact.

At Patina Osaka, we believe that luxury

today is not just about indulgence, but about offering a meaningful, sustainable experience. By blending sustainability with world-class hospitality, we aim to provide a fresh perspective on what it means to travel responsibly while still enjoying the finest comforts.

***Which countries or regions are the main target markets for Patina Osaka? What kind of marketing strategies do you plan to attract travelers from these markets?***

Patina Osaka primarily targets travelers from the US, Asia, and Europe, as these regions are familiar with our brand through prestigious publications and luxury media. To reach these markets, we work closely with Capella Hotel Group and our team in Singapore to fully leverage our global network. This includes partnering with luxury travel agencies and securing media coverage.

We also focus on digital marketing efforts, such as online campaigns, social media, and collaborations with influencers, to engage potential guests in these regions. By combining media partnerships and digital strategies, we aim to position Patina Osaka as a top luxury destination for travelers from the US, Asia, and Europe.

***What trends do you see in the travel needs of Chinese tourists? How does Patina Osaka fulfill these needs?***

Chinese tourists are known for seeking unique cultural experiences, high-quality dining, and

digital convenience. Patina Osaka meets these needs by offering authentic Japanese hospitality, a wide variety of dining options, and diverse programming. Additionally, we provide digital payment methods to ensure convenience for our guests.

***What do you think are the most important elements in running a successful hotel?***

The people. At Patina, we call our employees – Teammates. Our teammates are the core in everything we do. Patina culture is deeply embedded in our personalized services. A well-trained, motivated team that works together harmoniously is crucial for maintaining high service and quality standards.

***What is your vision for the future of this hotel? How will you stand out from the competition in Osaka?***

Patina Osaka’s vision is to be more than just a luxury hotel – it’s a place where both locals and travelers connect, inspire, and transform. It’s a space for sharing ideas, gaining new perspectives, and creating lasting memories through unique experiences and services that can’t be found anywhere else.

Patina Osaka aims to be a destination within a destination – a place cherished by the local community and a must-visit for travelers. We are committed to spreading the Patina spirit, where luxury, culture, and sustainability come together to offer something truly special for every guest.



# THE DATAI

LANGKAWI

## THE LUXURY TO BE YOUR NATURAL SELF

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### THE MYSTICAL THE DATAI LANGKAWI

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# 超越时间的 智慧

古老的疗愈实践始终都会是现代健康的伟大遗产



**想**象一下，我们如果能走进一个古老智慧与现代科学交织的世界，创造出一种全面的健康与养生方法，那会是多么地令人惊叹啊！在千百年间，全世界的各个文明据其文化信仰、精神洞察力和对大自然的经验观察，发展出了无比深刻的疗愈实践。这些历史悠久的传统代代相传教导着我们如何滋养身体、情感和精神的健康。而如今，古老疗愈智慧的复兴，证明了它们具有跨越时空的、持久的有效性和相关性。让我们踏上探索丰富多彩的古老疗愈的旅程，揭示永恒的生存智慧，并探索它们与现代生活的有效结合。

## 什么是古老疗愈？

古老疗愈包括了在现代之前的社会中形成的全面医学实践和疗法。其核心是通过自然疗法、冥想和其他整合方法，达到身心灵的和谐与平衡。这些实践与文化习俗和精神信仰密切交织，都旨在能全方位地解决健康问题。

古老疗愈体系是人类从对大自然和人体生理的细致观察中发展起来的，与现代生物

医学通常针对特定的症状或疾病不同，古老的方法旨在培养整体的健康。下文中列举的就是一些经受住时间考验的古老疗愈体系，其实大部分都已经是我们相当熟悉的了。

## 中医

中医起源于2000多年前，强调气，也可以被认为是生命能量的流动和阴阳之间的平衡。它将身体视为一个与环境不断互动的动态系统。通过针灸、草药疗法、艾灸和太极等方法相辅相成，共同恢复平衡并增强活力。例如，针灸能通过特定经络穴位插入细针来刺激能量流动，科学研究已证明它在缓解慢性疼痛、减轻压力和改善睡眠质量方面的有效性。

## 阿育吠陀

起源于印度，也是世界上最古老的全面疗愈体系之一。它通过量身定制的方法，调和身体、心灵和精神，以适应个人的体质需求。阿育吠陀的核心实践包括饮食指导、草药治疗、冥想、瑜伽和调息(呼吸练习)。每个元素都旨在维持平衡并预防疾病。现代研究强

调，阿育吠陀通过促进平衡的生活方式，有助于管理压力、消化障碍和慢性病。

## 瑜伽

瑜伽起源于古印度，并与阿育吠陀有着密切的联系，既是一种身体练习，也是一种精神修炼，融合了体式(阿萨纳)、呼吸控制(调息)和冥想(禅那)，以促进全面的健康。传统瑜伽的目的是使身心合一，培养平衡和自我意识。今天，科学研究证实瑜伽有助于减轻焦虑、改善灵活性、促进心血管健康并培养正念。瑜伽的多样分支，包括哈他瑜伽、流瑜伽和昆达里尼瑜伽，提供了适应个体需求的练习方式，使瑜伽成为古老和现代健康的基石。

## 太极与武术

太极是一种古老的中国武术，强调缓慢、深思熟虑的动作、深呼吸和冥想状态，以培养平衡、柔韧性和内心的平静。它专注于气的和谐流动，与中医理论相一致。武术则更广泛，包含了以自卫、增强力量和心理训练为基础的动态实践。这些动作促进了敏捷性、专注力和身



体耐力。太极和武术通过提升身体意识、减轻压力和改善整体活力，促进全面健康。

## 古埃及医学

可以追溯到公元前1600年的《埃伯斯纸草书》，它是物理治疗、精神实践和先进外科技术的精妙结合。使用乳香和没药等药草、具有抗菌特性的蜂蜜以及有放松作用的芳香精油，反映了对自然疗法的深刻理解。从这一时期同时发现的外科器械显示出他们对解剖学和外科精度的先进认识。

## 美洲土著疗愈

美洲土著疗愈源于部落传统，是一种全面的实践，涵盖了草药疗法、净化仪式和由萨满或医生提供的精神指导。例如桑拿小屋结合了高温和精神反思，旨在净化身心。为了追寻神谕的仪式，则通过独自禁食和冥想，寻求清醒思绪带来的精神指导。这些实践强调自然世界与人类健康的相互联系。

## 萨满教

萨满教在从西伯利亚到南美洲的不同文化

中都有实践，涉及治疗者进入改变意识的状态，以与精神世界互动。仪式、鼓声、颂唱和植物药物被用来恢复平衡并治疗疾病。通过接触精神能量，萨满治疗师促成一种将身体、情感和精神层面整合的疗愈。现代人对萨满传统的日益关注反映了他们希望重新与大自然连接并探索替代疗愈途径的愿望。

## 寺庙拜访与宗教实践

寺庙和神圣空间在各文化中数千年来一直是身心灵疗愈的中心。祈祷、沉思和仪式献祭等实践培养了与神圣能量的深刻联系，促进内心的平静和韧性。在佛教、印度教和道教传统中，寺庙拜访提供了冥想、引导仪式和社区疗愈的机会。同样，教堂和清真寺也一直作为反思和恢复的庇护所。宗教和精神实践培养正念、感恩和人生目标感，增强整体健康并与古老的疗愈智慧相契合。

## 古代疗愈中常见方式与技巧

从现代的角度来看，古老疗愈中的技术和方法和我们现在的操作相差无几，采用了多种与现代健康原则相契合的技术。这些经得起

时间考验的方法为维持健康和活力提供了洞察，大致可以归纳为下列这些类型。

**呼吸练习：**呼吸控制是许多古老实践的核心，反映了呼吸、心智和身体之间的密切联系。瑜伽中的调息教授多种呼吸技巧，旨在安抚神经系统、增加活力和集中注意力。在中国气功中，呼吸模式与身体动作同步，培养能量流动。深呼吸有助于调节自主神经系统，减轻压力并改善心血管健康。将呼吸练习融入日常生活，可以增强情绪调节、集中注意力和韧性。

**按摩：**它是许多古老文化中的治疗基石。埃及人将芳香精油与手法结合，用来缓解疼痛和紧张，而中国推拿则强调通过经络的按摩来调节能量。古希腊医生如希波克拉底提倡按摩用于身体恢复和伤病康复。今天的水疗疗法，源自这些传统，促进血液循环、放松肌肉并平静心灵。

**冥想：**它是跨越文化边界，是实现心理清晰、情感平衡和精神洞察力的实践。佛教正念关注当下意识，而印度教的诵念冥想通过反复念诵短语来集中注意力。道教的可视化技巧通过想象能量流动在身体内，培养内在的和谐。规律的冥想能够减轻焦虑、提高专注力并提升整体健康。即使每天仅有五到十分钟的练习，也能带来深远的心理健康益处。

**能量疗愈：**古代文化认识到身体周围存在微妙能量场。针灸(中医)和灵气疗法(阿育吠陀)等技术旨在平衡这些能量。日本流派的灵气则通过双手传递生命能量，以促进身心疗愈。这些方法与现代的生物磁场疗法理念不谋而合，后者因其在全面健康护理中的潜力而逐渐受到科学关注。

**频率疗愈：**声音疗法的根源可以追溯到古代，特定的频率被认为与身体的自然节律共振。古希腊人使用里拉琴来舒缓情绪困扰，而藏传佛教的颂钵产生的振动有助于放松。频率如432Hz和528Hz与和谐及细胞再生相关。现代对声音疗愈的研究突出显示其镇静效果和潜在的疼痛管理作用。

**仪式与典礼：**仪式一直是情感和精神疗

愈的核心。追寻神谕和植物药物仪式通过结合神圣的意图、象征性的行为来促进转变。这些仪式都在鼓励自我反思、释放情感阻滞，并促进与更大宇宙的连接。

## 复兴中的古老疗愈智慧

古老的疗愈实践在健康中心、全面健康诊所和个人日常中正经历复兴。SPA行业和健康从业者都能将这些传统融入到服务之中，提供量身定制的服务，满足现代宾客的各项需求。

按摩疗法在SPA中是被应用得最多的。受到世界各地按摩技术手法的启发，现代按摩能够缓解肌肉紧张、改善血液循环和减轻压力。

针灸和艾灸则作为中医的基石，和中医草药疗法、饮食管理在一起，在管理慢性病、偏头痛、焦虑和生育问题方面得到了相当大的认可，并且能起到很好的预防作用。

冥想课程则根植于古老佛教和吠陀传统，通过引导冥想提升心理健康和认知表现。而现代瑜伽课程则汲取于古老传统，提供体式、调息和冥想，改善整体健康和心理福祉。将太极等武术融入现代健身方案，借鉴古老的平衡与和谐原理，提升敏捷性、专注力和身心协调。

近年来很有人气的精神静修和寺庙拜访，则提供正念研讨、引导祈祷和社区疗愈体验，使个体重新连接到永恒的精神实践。

传统智慧与先进技术在健康中心和水疗中的融合，展示了将古老与现代相结合的更广泛趋势，以提供更个性化、有效且整体的体验。这种方法满足了现代消费者对真实性和创新性的需求，带来了变革性的健康和养生体验。它还反映了健康产业从单纯关注身体的领域，向更具全球化的，整合了古老疗愈的、并经得起科学验证的方向发展着。



# WISDOM That Transcends Time

## Ancient healing practices are always the legacy for modern wellness

Imagine stepping into a world where ancient wisdom intertwines with modern science to create a holistic approach to health and wellness. Across millennia, civilizations developed profound healing practices rooted in their cultural beliefs, spiritual insights, and empirical observations of nature. These age-old traditions continue to shape how we nurture our physical, emotional, and spiritual well-being. Their resurgence today is a testament to their enduring relevance. Let us embark on a journey through the rich tapestry of ancient healing, uncovering timeless techniques and exploring their seamless integration into contemporary living.

### What is ancient healing?

Ancient healing encompasses holistic medical practices and therapies that emerged in

pre-modern societies. Central to these traditions is the harmonious balance of mind, body, and spirit, achieved through natural remedies, meditation, and other integrative methods. Deeply intertwined with cultural customs and spiritual beliefs, these practices address health in a comprehensive manner.

Ancient healing systems were developed from careful observations of nature and human physiology. Unlike modern biomedicine, which often targets specific symptoms or diseases, ancient approaches aimed at cultivating overall wellness. Here are some prominent ancient healing systems that have stood the test of time:

### Traditional Chinese Medicine (TCM)

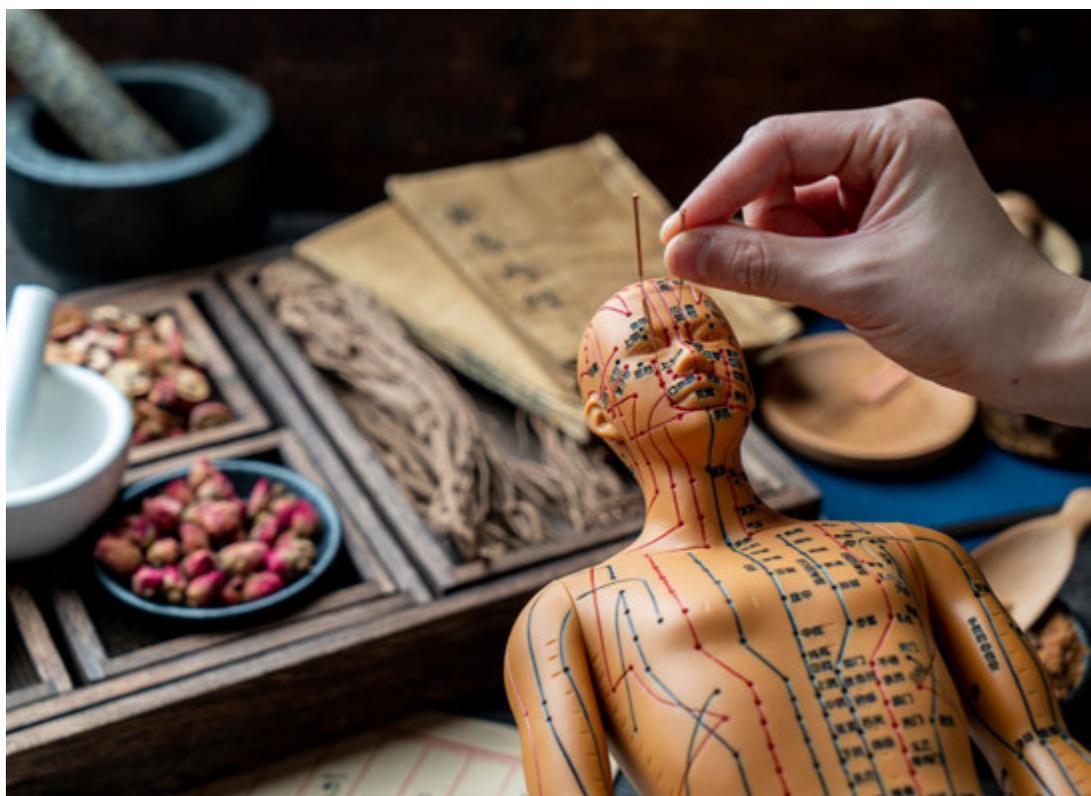
Originating over 2,000 years ago, TCM



emphasizes the flow of Qi (vital energy) and the balance between yin and yang. It views the body as a dynamic system in constant interaction with the environment. Methods such as acupuncture, herbal remedies, moxibustion, and tai chi work together to restore balance and enhance vitality. Acupuncture, for instance, involves inserting thin needles at specific meridian points to stimulate energy flow. Scientific studies have shown its effectiveness in alleviating chronic pain, reducing stress, and improving sleep quality.

### Ayurveda

Developed in India more than 3,000 years ago, Ayurveda remains one of the world's oldest holistic healing systems. It seeks to harmonize body, mind, and spirit through personalized approaches tailored to an individual's dosha, or body constitution. Core Ayurvedic practices include dietary guidance, herbal treatments, meditation, yoga, and pranayama (breathing exercises). Each element is designed to maintain equilibrium and prevent illness. Modern research highlights Ayurveda's efficacy in managing stress, digestive disorders, and chronic conditions by fostering a balanced lifestyle.



### Yoga

Rooted in ancient India and closely connected to Ayurveda, Yoga is both a physical and spiritual practice that integrates postures (asanas), breath control (pranayama), and meditation (dhyana) to promote holistic well-being. Traditional Yoga aims to unite mind, body, and spirit, fostering balance and self-awareness. Today, scientific studies validate its benefits in reducing anxiety, improving flexibility, enhancing cardiovascular health, and cultivating mindfulness. The diverse branches of Yoga, including Hatha, Vinyasa, and Kundalini, offer pathways tailored to individual needs, making Yoga a cornerstone of ancient and modern wellness.

### Tai chi and martial arts

Tai Chi, an ancient Chinese martial art, emphasizes slow, deliberate movements, deep breathing, and a meditative state to cultivate balance, flexibility, and inner peace. Its focus on the harmonious flow of Qi aligns with Traditional Chinese Medicine principles. Martial arts, broader in scope, incorporate dynamic practices rooted in self-defense, strength-building, and mental discipline. These include movements promoting agility, concentration, and physical endurance. Tai Chi and martial arts contribute to holistic health by enhancing body awareness, reducing stress, and improving overall vitality.

### Ancient Egyptian medicine

With documentation dating back to the Ebers Papyrus of 1600 BCE, Egyptian medicine was a sophisticated blend of physical treatments, spiritual practices, and advanced surgical techniques. The use of medicinal herbs like frankincense and myrrh, honey for its antibacterial properties, and aromatic oils for relaxation reflect a deep understanding of natural remedies. Surgical instruments discovered from this era demonstrate their advanced knowledge of anatomy and surgical precision.

### Native American healing

Rooted in tribal traditions, Native American healing is a holistic practice encompassing herbal remedies, purification ceremonies, and spiritual guidance from shamans or medicine men and women. Sweat lodges, which combine intense heat with spiritual reflection, aim to cleanse the body and mind. Vision quests, involving solitary fasting and meditation, are designed to seek spiritual guidance. These practices emphasize the interconnectedness of the natural world and human health.

### Shamanism

Practiced across diverse cultures from Siberia to South America, shamanism involves healers who enter altered states of consciousness to interact with the spiritual realm. Rituals, drumming, chanting, and plant-based medicines are used to restore



balance and address ailments. By accessing spiritual energies, shamans facilitate healing that integrates physical, emotional, and spiritual dimensions. The growing interest in shamanic traditions reflects a modern desire to reconnect with nature and explore alternative avenues for healing.

### Temple visiting and religious practices

Temples and sacred spaces have been centers for physical, emotional, and spiritual healing across cultures for millennia. Practices like prayer, contemplation, and ritual offerings foster a deep sense of connection to divine energy, promoting inner peace and resilience. In Buddhist, Hindu, and Taoist traditions, temple visits offer opportunities for meditation, guided rituals, and community healing. Similarly, cathedrals and mosques have long served as sanctuaries for reflection and rejuvenation. Religious and spiritual practices cultivate mindfulness, gratitude, and a sense of purpose, enhancing overall well-being and aligning with ancient healing wisdom.

### Techniques and methods in ancient healing

Throughout history, healing traditions have

employed diverse techniques that resonate with modern wellness principles. These time-tested methods offer insights into maintaining health and vitality:

#### Breathwork

Breath control is central to many ancient practices, reflecting an understanding of the intimate connection between breath, mind, and body. Pranayama in yoga teaches various breathing techniques to calm the nervous system, increase vitality, and focus the mind. In Chinese qigong, breath patterns synchronize with body movements to cultivate energy flow. Deep, rhythmic breathing helps regulate the autonomic nervous system, reducing stress and improving cardiovascular health. Incorporating breathwork into daily life can enhance emotional regulation, concentration, and resilience.

#### Massage

Massage has been a therapeutic cornerstone in many ancient cultures. The Egyptians combined aromatic oils with manual techniques to relieve pain and tension, while Chinese tui na massage emphasized the manipulation of energy meridians. Greek physicians like Hippocrates advocated massage for physical rejuvena-

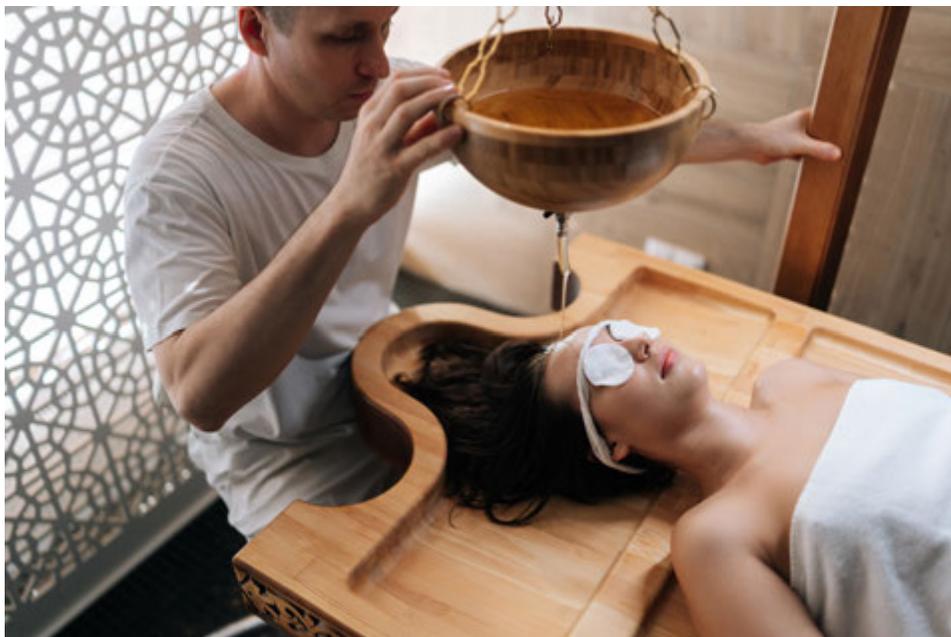
tion and injury recovery. Today's spa therapies, rooted in these traditions, promote circulation, muscle relaxation, and mental tranquility.

#### Meditation

Meditation transcends cultural boundaries as a practice for achieving mental clarity, emotional balance, and spiritual insight. Buddhist mindfulness focuses on present-moment awareness, while Hindu mantra meditation uses repeated phrases to deepen concentration. Taoist visualization techniques cultivate internal harmony by imagining energy flowing through the body. Regular meditation reduces anxiety, improves focus, and enhances overall well-being. Even a simple daily practice of five to ten minutes can yield profound mental health benefits.

#### Energy healing

Ancient cultures recognized the existence of subtle energy fields surrounding the body. Techniques like acupuncture (TCM) and pranic healing (Ayurveda) aim to balance these energies. Japanese Reiki involves channeling life force energy through the hands to promote physical and emotional healing. These approaches align with modern concepts of biofield therapies, which are gaining scientific



interest for their potential in holistic health care.

### Frequency healing

Sound therapy has roots in antiquity, with specific frequencies believed to resonate with the body's natural rhythms. Ancient Greeks used lyres to soothe emotional distress, while Tibetan singing bowls generate vibrations that promote relaxation. Frequencies like 432Hz and 528Hz are associated with harmony and cellular regeneration. Contemporary studies on sound healing highlight its calming effects and potential for pain management.

### Rituals and ceremonies

Rituals have been central to emotional and

spiritual healing. Sweat lodges, vision quests, and plant medicine ceremonies facilitate transformation by combining sacred intent, symbolic acts, and community support. Such experiences encourage self-reflection, release emotional blockages, and foster a sense of connection to the larger universe.

### Reviving ancient healing wisdom

Today, ancient healing practices are experiencing a revival in health centers, wellness clinics, and personal daily routines. The spa industry and health practitioners can integrate these traditions into their services to offer customized solutions that meet the diverse needs of modern guests.

Massage therapy is the most widely applied in spas, inspired by massage techniques from around the world. Modern massage targets muscle tension, improves blood circulation, and relieves stress.

Acupuncture and moxibustion, as cornerstones of traditional Chinese medicine, are gaining significant recognition for managing chronic conditions, migraines, anxiety, and fertility issues, alongside herbal therapies and dietary management. They also play an effective role in prevention.

Meditation courses, rooted in ancient Buddhist and Vedic traditions, use guided meditation to enhance mental health and cognitive performance. Modern yoga classes, drawing from these ancient traditions, offer asanas, breathwork, and meditation to improve overall health and psychological well-being. Integrating martial arts like Tai Chi into modern fitness programs enhances agility, focus, and mind-body coordination, drawing from ancient principles of balance and harmony.

Popular spiritual retreats and temple visits in recent years offer mindfulness seminars, guided prayers, and community healing experiences, helping individuals reconnect with timeless spiritual practices.

Nowadays, the fusion of traditional wisdom and advanced technology in wellness centers and spas demonstrates a broader trend of blending the old and the new to offer more personalized, effective, and holistic experiences. This approach caters to the modern consumer's need for both authenticity and innovation, leading to transformative health and wellness experiences. It also reflects the wellness industry's evolution from a purely physical focus to a more integrated, scientifically validated, and global approach to health.

# 将古老疗愈融入日常生活

## Integrating Ancient Healing into Daily Life

**将**古老的疗愈实践融入现代生活可以通过促进身心灵的和谐，显著提升整体健康。古老的传统通过其整体健康的方式，提供了永恒的技巧，这些技巧既容易获取又具有变革性。以下是将这些千年之久的方法融入日常生活的方式。

呼吸控制和冥想是许多古老疗愈体系的基础。从有意识的呼吸开始你的一天，花五分钟练习腹式呼吸或交替鼻孔呼吸，以促进清晰度和放松感。

建立冥想习惯。每天花10分钟进行引导冥想、正念或颂唱要领。应用程序和在线资源可以为初学者提供可及的选择。

参与古老形式的运动促进身心健康。每天进行简短的瑜伽练习，专注于拉伸、体位姿势和呼吸调息，以提升柔韧性与冷静。探索太极或武术，这些形式有助于提升平衡、专注和活力。即使只是几分钟缓慢而有意识的太极动作，也能培养气流与内在的平和。

许多古老的体系依赖植物的力量来保持健康。例如：喝草本茶，其洋甘菊有助于放松，而姜茶有助于消化。当然富含氨基酸和茶多酚的绿茶也是非常好的。

在饮食里添加一些姜黄和肉桂等香料，因为它们都具有抗炎属性，有益于整体健康。大量运用香料在中国和东南亚各国都很常见。

通过古老的实践来意识到体内的微妙能量。尝试体验非常舒缓的指压或灵气疗法，可以缓解压力，而灵气疗法则可平衡能量场。此外，藏式颂钵或疗愈音乐可以产生身心的平静感。

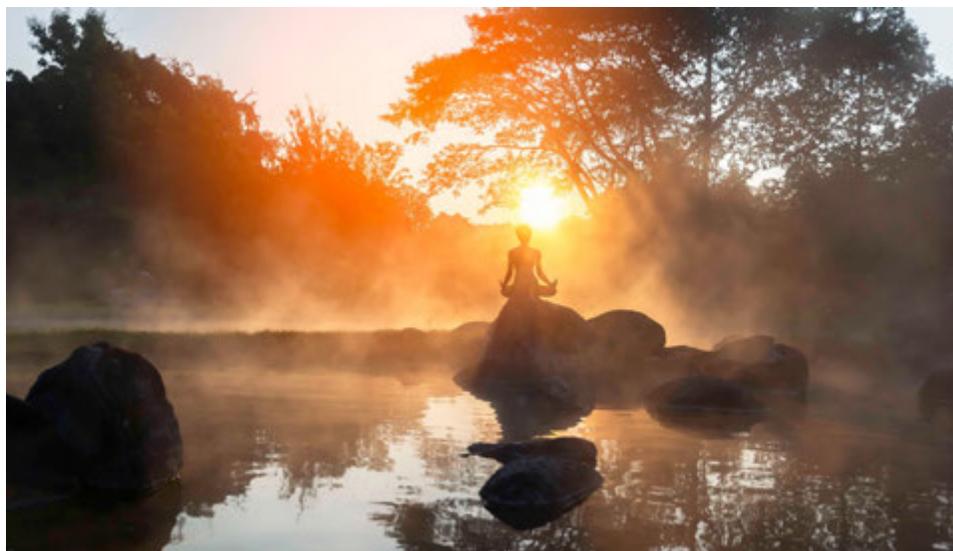
大自然是每个古老传统中的疗愈力量。多花点时间在户外晒太阳，赤脚走在草地上接个地气，或在水边冥想，吸收接地和恢复的能量。

一些神圣的仪式能为反思和情感释放提供帮助。游客们可以在酒店体验晨间日出仪式或夜间月光仪式，点燃蜡烛、设定意图或写下肯定语句，进行自我激励和暗示。拜访神圣的空间，参加寺庙静修或参与宗教活动，有助于培养正念和精神成长。

平衡是古老智慧核心理念。根据阿育吠陀或传统中医饮食指南进餐，或是依据你身体的体质或季节需求调整饮食。

保持工作与生活的平衡。在繁忙的日程中加入正念休息和恢复性练习。

将古老疗愈融入日常生活的轨迹在于小而而有意义的变化。正念呼吸、滋养性食物、运动和仪式均可以转变整体健康，恢复内在和谐。通过尊重这些经久不衰的实践，我们重新连接古老的智慧，丰富了现代通向整体健康的旅程。



**I**ncorporating ancient healing practices into modern life can profoundly enhance overall health by promoting harmony between mind, body, and spirit. Ancient traditions offer timeless techniques that are both easily accessible and transformative through their holistic approach to health. Here are ways to integrate these age-old methods into daily life.

Breath control and meditation are fundamental in many ancient healing systems. Start your day with mindful breathing – spend five minutes practicing diaphragmatic or alternate nostril breathing to promote clarity and relaxation.

Create a meditation routine. Dedicate 10 minutes each day to guided meditation, mindfulness, or mantra chanting. Apps and online resources can provide accessible options for beginners.

Engaging in ancient forms of exercise promotes both physical and mental health. Practice yoga with short daily sessions focusing on stretching, posture, and breathwork to enhance flexibility and calm. Explore Tai Chi or martial arts, which help with balance, focus, and vitality. Even a few minutes of slow, mindful Tai Chi movements can cultivate energy flow and inner peace.

Many ancient systems rely on the power of plants for health. For example, drinking herbal teas – chamomile promotes relaxation, while ginger tea aids digestion. Green tea, rich in amino acids and polyphenols, is also excellent.

Add spices like turmeric and cinnamon to your diet, as they have anti-inflammatory properties that are beneficial for overall health. The extensive use of spices is common in

China and Southeast Asian countries.

Ancient practices recognize subtle energies in the body. Try soothing practices like acupressure or Reiki, which can relieve stress, while Reiki balances energy fields. Additionally, Tibetan singing bowls or healing music can induce a sense of calm in both body and mind.

Nature has been a healing force in every ancient tradition. Spend more time outdoors, bask in the sun, walk barefoot on the grass for grounding, or meditate near water to absorb grounding and restorative energy.

Sacred rituals can assist in reflection and emotional release. Experience morning sunrise rituals or evening moonlight rituals at a hotel, light candles, set intentions, or write affirmations for self-motivation and suggestion. Visit sacred spaces, attend temple retreats, or engage in religious activities to cultivate mindfulness and spiritual growth.

Balance is a core concept in ancient wisdom. Follow Ayurvedic or traditional Chinese dietary guidelines, adjusting meals according to your body's constitution or seasonal needs.

Maintain work-life balance by incorporating mindfulness breaks and restorative practices into your busy schedule.

The path to integrating ancient healing into daily life lies in small yet meaningful changes. Mindful breathing, nourishing foods, movement, and rituals can transform overall health and restore inner harmony. By honoring time-tested practices, we reconnect with ancient wisdom, enriching the modern journey to holistic health.

# 幸福之道



Luojun Laochuan Mountain

## 从中国哲学中学习美好生活的智慧

**幸**福，或称“美好生活”，自古以来就是不同文化和时代人类思想的核心主题。尽管现代书籍和科学研究常主导了大量的关于幸福的讨论，中国哲学却早已提供了深刻且持久的见解。植根于数千年的思考，儒家、道家和佛教等思想体系对幸福及其实现方式给出了细腻的视角。这些教义强调和谐、美德、平衡以及生命的相互关联性。

### 儒家：通过关系与美德追求和谐

儒家思想由孔子(公元前551-479年)创立，其核心在于培养美德和建立和谐的人际关系。在孔子看来，幸福并非源自个人主义的追求，而是来自履行社会角色和培养有意义的联系。“仁”的概念是儒家思想的核心，通常被翻译为“仁爱”或“仁慈”，代表着善良、同理心以及造福他人的能力。

儒家实践的关键包括：**培养美德**：通过践行诚实、尊重和孝道(孝)等美德实现个人成长。**礼仪与习俗**：遵循社会礼仪(礼)促进归属感和延续感。**教育与自我提升**：孔子提倡终身学习，作为通往智慧和道德发展的

途径。

儒家的幸福观深具社会性，体现在履行职责、营造和谐社区以及追求道德卓越中。通过将个人欲望与集体利益相对齐，得以实现清晰而深刻的目标感与满足感。

### 道家：顺应自然之道

与儒家结构化的方法不同，道家提供了一条更直观的幸福之路。由老子(公元前6世纪)创立，后经庄子等思想家扩展，道家倡导与“道”(即“自然之道”)和谐共存。这种不可言说的力量主宰着自然世界并支撑一切存在。根据道家的观点，幸福来自于顺应道，而非抗拒自然。

道家思想的核心包括：**无为**：常被翻译为“无为而治”或“顺其自然”，提倡随生活之流，而非强求结果。**简朴**：拥抱简单、不受纷扰的生活，使人更容易获得满足与清晰的思维。**亲近自然**：观察并与自然节律保持一致，有助于实现平衡与安宁，其最高境界被认为是“天人合一”。

道家的幸福之路不在于追求，而在于接受现实状况。通过放下执着与期待，个人能

在当下找到喜悦，与周围环境和谐相处。在当今快节奏、目标导向的世界中，这种视角尤为切合实际。

### 佛教：从苦难中解脱

佛教于公元1世纪传入中国，为理解幸福提供了另一套丰富的架构。基于释迦牟尼佛(佛陀)的教义，佛教认为“苦”是生命固有的一部分，但通过四圣谛与八正道可以实现解脱。

与幸福相关的佛教原则包括：**正念**：完全活在当下，有助于减少因执着于过去或恐惧未来而引发的痛苦。**慈悲**：以善待众生的态度行事，促进彼此的福祉。**舍离**：放下对物质、关系以及自我欲望的执念，减少痛苦，获得内心的平静。

佛教重新定义了幸福，认为它并非仅仅是追求愉悦，而是结束痛苦。通过冥想、伦理生活和智慧等实践，个人能够达到开悟(涅槃)，并获得终极满足感。

尽管儒家、道家与佛教各不相同，但它们有一些共同点，这些共同点在当今仍然具有现实意义：



Emei Mount

**和谐：**三大传统都强调平衡的重要性。无论是人与人的关系(儒)、人与自然的关系(道)，还是和自己内心内在之间的平衡(佛)。

**自我修养：**无论通过美德、正念还是与道的契合，个人成长和自我修养都是实现幸福的核心。

**相互关联性：**幸福并非孤立的状态，而是与他人及世界紧密相连的。

中国哲学告诉我们，幸福不仅仅是追逐短暂的快感或外在的成功，而是培养内在美德、顺应自然、并建立有意义的联系。无论是通过儒家的仁爱之道、道家的顺应生活之流，还是佛教的脱离痛苦，这些古老教义都提供了关于美好生活的永恒智慧。通过将些哲学融入日常生活，我们可以找到更深层次、更持久的幸福形式。这不仅是对中国思想遗产的致敬，更是对人类状况的深刻洞察。

在一个日益充满分离感、压力和环境恶化的世界里，这些原则提供了宝贵的指导。诸如正念冥想、伦理生活和社区参与等实践，深植于中国古代思想中，正逐渐成为全球范围内促进幸福的工具。

# The Path to Happiness

## What Chinese Philosophy Teaches Us About the Good Life

**H**appiness, or the “good life,” has been a central theme in human thought across all cultures and eras. While modern self-help books and scientific studies often dominate discussions on well-being, ancient Chinese philosophy offers profound and enduring insights. Rooted in thousands of years of contemplation, systems like Confucianism, Daoism, and Buddhism provide nuanced perspectives on happiness and how to achieve it. These teachings emphasize harmony, virtue, balance, and the interconnectedness of life.

### Confucianism: harmony through relationships and virtue

Confucianism, based on the wisdom of Confucius (551–479 BCE), centers on the cultivation of virtue and harmonious relationships. For Con-

fucius, happiness arises not from individualistic pursuits but from fulfilling one’s role in society and nurturing meaningful connections. The concept of ren (仁), often translated as “humane-ness” or “benevolence,” is central to this philosophy. Ren represents kindness, empathy, and the ability to act in ways that benefit others. The key practices in Confucianism include:

**Cultivating Virtue:** Personal growth is achieved by practicing virtues such as honesty, respect, and filial piety (xiao, 孝).

**Rituals and Customs:** Observing societal rituals (li, 礼) fosters a sense of belonging and continuity.

**Education and Self-Improvement:** Confucius emphasized lifelong learning as a pathway to wisdom and moral development.

Confucian happiness is deeply social. It is found in the fulfillment of duties, the creation



Qingcheng Mount

of harmonious communities, and the pursuit of moral excellence. By aligning personal desires with the collective good, individuals achieve a profound sense of purpose and satisfaction.

### Daoism: embracing the flow of nature

In contrast to Confucianism’s structured approach, Daoism offers a more intuitive path to happiness. Based on the teachings of Laozi (6th century BCE) and later expanded by thinkers like Zhuangzi, Daoism encourages harmony with the Dao (“The Way”). This ineffable force governs the natural world and underpins all existence. Happiness, according to Daoism, comes from living in accordance with the Dao rather than resisting it. The central tenets of Daoism include:

**Wu Wei (无为):** Often translated as “non-action” or “effortless action,” wu wei advocates for flowing with life’s currents rather than forcing outcomes.

**Simplicity:** Embracing a simple, uncluttered life allows for greater contentment and clarity.

**Connection with Nature:** Observing and aligning with natural rhythms fosters balance

and peace.

The Daoist path to happiness is less about striving and more about acceptance. By releasing attachments and expectations, individuals can find joy in the present moment and harmony in their surroundings. This perspective is particularly resonant in today’s fast-paced, achievement-oriented world.

### Buddhism: liberation from suffering

Buddhism, introduced to China in the 1st century CE, provides another rich framework for understanding happiness. Rooted in the teachings of Siddhartha Gautama (the Buddha), Buddhism identifies suffering (“dukkha”) as an inherent part of existence but offers a pathway to liberation through the Four Noble Truths and the Eightfold Path. Buddhist principles related to happiness include:

**Mindfulness:** Being fully present in the moment helps to reduce suffering caused by clinging to the past or fearing the future.

**Compassion:** Acting with kindness towards all beings fosters interconnected well-being.

**Detachment:** Letting go of attachments to material possessions, relationships, and ego-driven desires reduces suffering and leads to inner peace.

The Buddhist perspective reframes happiness as not merely the pursuit of pleasure but the cessation of suffering. Through practices such as meditation, ethical living, and wisdom, individuals can attain a state of enlightenment (“nirvana”) and ultimate contentment.

### Common threads and modern relevance

Despite their differences, Confucianism, Daoism, and Buddhism share several commonalities that remain relevant today:

**Harmony:** All three traditions emphasize the importance of balance – whether in relationships, with nature, or within oneself.



Emei Mount

**Self-cultivation:** Personal growth is central to achieving happiness, whether through virtue, mindfulness, or alignment with the Dao.

**Interconnectedness:** Happiness is not seen as an isolated state but as deeply intertwined with others and the world.

In a world increasingly marked by disconnection, stress, and environmental degradation, these principles offer valuable guidance. Practices like mindfulness meditation, ethical living, and community engagement – rooted in ancient Chinese thought – are gaining global popularity as tools for well-being.

Chinese philosophy teaches that happiness is not merely about chasing fleeting pleasures or achieving external success. Instead, it is about cultivating inner virtues, aligning with the natural world, and fostering meaningful connections. Whether through Confucian devotion to relationships, Daoist acceptance of life’s flow, or Buddhist liberation from suffering, these ancient teachings provide timeless wisdom on living a good life.

By integrating these philosophies into our daily lives, we can find deeper, more sustainable forms of happiness. In doing so, we honor the enduring legacy of ancient Chinese thought and its profound insights into the human condition.



# 数据驱动的革命

在讨论完古代传统疗愈智慧后，让我们再关注一下基于科学支持的健康未来

近年来，健康产业经历了重大变革。从最初专注于水疗、健身和自然疗法的利基市场，它已经发展成一个涵盖营养、心理健康、睡眠科学和生物黑客等多方面的数万亿美元的全球市场。但随着行业的持续增长，消费者变得更加挑剔。如今，单单宣称产品“天然”或“健康”已经不再足够。健康正被科学和数据驱动的解决方案重新定义，承诺让健康既可衡量又可触及。

## 循证健康的崛起

消费者对健康产品和方法的有效性要求越来越高。从可以测量每一步、每次心跳和燃烧的卡路里的健身追踪器，到有临床研究支持其宣称的补充品，显然我们正在向科学支持的解决方案转变。循证健康反映了一个更广泛的社会趋势，即人们更重视事实、数据和可衡量的结果。

例如，个性化健康设备正在成为主流，像连续血糖监测仪或睡眠追踪器等设备通过复杂的算法分析收集到的数据，为用户提供健康状况的深入见解，并提出个性化建议。这些工具去除了健康的猜测成分，让个人基于真实数据做出明智决策，而不是依赖道听途说的建议。

科技进步是健康转向科学支持的核心推动力。可穿戴技术，特别是健身追踪器、智

能手表，甚至测量心率变异性、睡眠模式和压力水平的专用戒指，已经彻底改变了消费者监控健康的方式。这些设备为用户提供了可操作的见解，使他们能够以前所未有的精确度优化从睡眠到运动的日常生活。

在健康科技中最令人兴奋的发展之一是人工智能驱动的健康平台的崛起。这些平台利用大数据分析个人行为中的模式，并预测未来的健康结果。例如，一些应用程序现在根据DNA测试提供个性化的营养建议，帮助用户识别对自己独特基因构成最有益或有害的食物。

此外，远程医疗和虚拟健康咨询正变得越来越流行。能够在家中舒适地咨询医疗专业人员正在重塑健康护理的获取方式和健康管理。虚拟健身教练、个性化护肤方案和心理健康应用程序都已成为健康生态系统的一部分，无论他们身在何处都可以向消费者提供保持健康所需的资源。

## 个性化健康：健康新前沿

科学支持的健康未来的关键驱动力之一是个性化健康的不断发展。在一个“一刀切”解决方案逐渐过时的世界里，个性化健康正在成为焦点。基因测试、肠道微生物分析和血液检查使消费者能够比以往任何时候都更深入地了解自己的身体。有了这些信息，个人可以定制从饮食和健身计划到护肤和压力管

理实践的所有方面。

例如，DNA测试服务可以揭示某些疾病或敏感性倾向，使人们能够主动管理自己的健康。很多公司已经开始提供关于基因如何影响营养、运动甚至睡眠的见解，帮助个人优化他们的健康计划。

此外，个性化营养补充品越来越受欢迎。消费者不再依赖于千篇一律的配方，而是能够根据个人需求收到定制的营养补充包。无论是增强能量、改善皮肤健康还是管理压力，个性化健康产品承诺提供更有效和高效的结果。

## 心理健康：情感健康的科学

心理健康也已成为健康产业的核心焦点。曾经被视为禁忌的情感健康议题，如今被认作整体健康的重要组成部分。科学支持的心理干预措施，如认知行为疗法(CBT)、正念练习和神经反馈，正被融入到健康管理方案中。

正念和冥想，这些已有数百年历史的练习，现在正被研究并应用于临床，以改善心理健康。大量研究支持这些方法在减轻压力、焦虑和抑郁方面的有效性。作为回应，许多健康品牌正在将引导冥想和正念练习纳入其产品中，像Headspace和Calm等应用程序正是其中的代表。

此外，人工智能和机器学习在心理健康

中的日益应用提高了治疗的精准性。人工智能算法可以分析用户行为并提供个性化的心理健康程序，无论是通过减压技巧、情绪追踪还是心理健康评估。这些创新为心理健康提供了更多个性化和有效的护理，促进了全球范围内的情感健康。

## 生物黑客与长寿的追求

生物黑客这种通过科学和技术优化身体的实践，是健康领域的另一个令人兴奋的前沿。它涵盖了从优化营养和健身计划到更为激进的干预，如基因编辑、干细胞疗法和智能药物（认知增强补充剂）。尽管生物黑客仍然带有一定的风险和争议，但它无疑正在重塑健康对话，特别是在长寿领域。

许多生物黑客的焦点是延缓衰老过程和增强认知功能。间歇性禁食、冷冻疗法和使用特定补充剂等干预措施正成为增加寿命和提高生活质量的方法。关于端粒、线粒体和衰老细胞的科学研究，揭示了这些过程是如何运作的，以及如何通过技术手段加以调整，从而延长健康寿命的宝贵见解。

尽管某些生物黑客技术仍处于实验阶段，但这些实践背后的科学正在快速发展。我们对衰老过程的不断理解，加上尖端技术，不久后将开启延长健康寿命的新途径。

## 健康的未来：平衡的方式

随着健康产业的持续发展，未来很可能以更加集成、全面的方式为特征。科学、技术和个性化护理的交汇将使消费者能够以前所未有的方式掌控自己的健康。然而，尽管科技将发挥核心作用，我们仍然需要在创新与健康基本要素之间保持平衡——即体育活动、营养饮食和情感平衡。

科学支持的健康未来是一个数据与个性化交织的世界，个人将拥有做出明智选择的工具。这个未来不仅仅是为了外观的好看，更是为了内在的健康。随着行业的不断发展，它无疑将为我们提供新的、令人兴奋的方式来提高我们的健康福祉，而这一切都将以科学为后盾。



# A Data-Driven Wellness Revolution

Having discussed traditional wellness wisdom, let's also now look at the science-backed future of wellness

In recent years, the wellness industry has undergone a significant transformation. What was once considered a niche sector focused primarily on spas, fitness, and natural remedies has evolved into a multi-trillion-dollar global market encompassing everything from nutrition and mental health to sleep science and biohacking. But as the industry continues to grow, consumers are becoming more discerning. No longer is it enough to simply promote a product as “natural” or “healthy.” Today, wellness is being redefined by science and data-driven solutions that promise to make well-being both measurable and accessible.

## The rise of evidence-based wellness

Consumers are increasingly demanding proof that wellness products and practices are effective. From fitness trackers that measure every step, heartbeat, and calorie burned, to supplements with clinical studies backing their claims, there is a clear shift toward science-backed solutions. The rise of evidence-based wellness reflects a broader societal trend where people are placing a premium on facts, data, and measurable results.

For example, personalized health devices that offer real-time biometrics, such as continuous

glucose monitors or sleep trackers, are becoming mainstream. These devices are powered by sophisticated algorithms that analyze the data collected, providing users with insights into their health status and offering personalized recommendations. These tools take the guesswork out of wellness, allowing individuals to make informed decisions based on actual data, rather than relying on anecdotal advice.

Advancements in technology are at the heart of this shift towards science-backed wellness. Wearable technology, in particular, has revolutionized the way consumers monitor their health. Fitness trackers, smartwatches, and even specialized rings that measure heart rate variability, sleep patterns, and stress levels are becoming indispensable in daily life. These devices provide users with actionable insights that empower them to optimize their routines, from sleep to exercise, with unprecedented precision.

One of the most exciting developments in wellness technology is the rise of AI-powered health platforms. These platforms leverage big data to analyze patterns in an individual's behavior and predict future health outcomes. For example, some apps now offer personalized nutrition advice based on DNA testing, helping users identify foods that are most





beneficial or harmful to their unique genetic makeup.

Additionally, telemedicine and virtual health consultations are growing in popularity. The ability to consult with medical professionals from the comfort of home is reshaping healthcare access and wellness. Virtual fitness coaching, personalized skincare regimens, and mental health apps are all part of the wellness ecosystem, providing consumers with the resources they need to stay healthy – no matter where they are.

### Personalized wellness: the new frontier

One of the key drivers of the science-backed future of wellness is the growing focus on personalization. In a world where one-size-fits-all solutions are becoming obsolete, personalized wellness is taking center stage. Genetic testing, microbiome analysis, and bloodwork are enabling consumers to understand their bodies on a deeper level than ever before. With this information, individuals can customize everything from their diet and fitness routines to skincare and stress management practices.

For instance, DNA testing services can reveal predispositions to certain conditions or sensitivities, allowing people to proactively manage their health. Companies like DNAtest and 23andMe are already offering insights into how genetic factors influence nutrition, exercise, and even sleep, helping individuals optimize their wellness plans.

Moreover, personalized supplements are gaining popularity. Instead of relying on gen-

eralized formulas, consumers are now able to receive custom-tailored supplement packs based on their unique needs. Whether it's boosting energy, improving skin health, or managing stress, personalized wellness products promise more effective and efficient results.

### Mental health: the science of emotional wellness

Mental health has also become a central focus in the wellness industry. Once considered a taboo subject, emotional well-being is now recognized as an integral part of overall health. Science-backed interventions for mental health, such as Cognitive Behavioral Therapy (CBT), mindfulness practices, and neurofeedback, are being integrated into wellness programs.

Mindfulness and meditation, which have been practiced for centuries, are now being studied and applied in clinical settings to improve mental health. A growing body of research supports the efficacy of these practices in reducing stress, anxiety, and depression. In response, many wellness brands are incorporating guided meditation and mindfulness exercises into their offerings, with the help of apps like Headspace and Calm.

Moreover, the increasing use of AI and machine learning in mental health apps is enhancing the precision of treatments. AI algorithms can analyze users' behavior and provide personalized mental wellness programs, whether through stress reduction techniques, mood tracking, or mental health assessments. These innovations allow for more individualized and

effective care, promoting emotional well-being on a global scale.

### Biohacking and the quest for longevity

Biohacking – the practice of using science and technology to optimize the body – is another exciting frontier in wellness. It encompasses everything from optimizing nutrition and fitness routines to more radical interventions such as gene editing, stem cell therapy, and nootropics (cognitive-enhancing supplements). While biohacking still carries an element of risk and controversy, it is undoubtedly reshaping the wellness conversation, particularly in the realm of longevity.

Many biohackers are focused on slowing the aging process and enhancing cognitive function. Interventions such as intermittent fasting, cryotherapy, and the use of specific supplements are being explored as ways to increase lifespan and improve the quality of life. Scientific studies on telomeres, mitochondria, and aging cells are providing valuable insights into how these processes work and how they can be manipulated to extend healthspan.

While some biohacking techniques remain experimental, the science behind these practices is advancing rapidly. The growing understanding of how our bodies age, coupled with cutting-edge technologies, promises to unlock new ways to live longer, healthier lives.

### The future of wellness: a balanced approach

As the wellness industry continues to evolve, the future will likely be characterized by a more integrated, holistic approach. The intersection of science, technology, and individualized care will empower consumers to take control of their health like never before. However, while technology will play a central role, it is essential that we balance innovation with the fundamentals of wellness – physical activity, nutritious food, and emotional balance.

The science-backed future of wellness is one where data and personalization intersect, providing individuals with the tools they need to make informed choices. It is a future where wellness is not just about looking good, but feeling good, inside and out. And as the industry continues to grow and evolve, it will undoubtedly provide us with new and exciting ways to improve our well-being, backed by science.



# 消费者健康五大趋势

**随**着消费者在健康管理方面的控制权不断增强，他们越来越倾向于寻找便捷且具有科学依据的解决方案。通过专注于数据支持、个性化和有效的产品与服务的企业将在快速发展的全球养生市场中占据有利位置。

## 居家健康

全球居家健康解决方案的兴起最初由疫情推动，现如今仍在不断增长。全球消费者越来越倾向于使用居家诊断工具，涵盖从检测维生素和矿物质水平到监测胆固醇或流感症状的各类需求。这些工具不仅提供便捷、快速的结果，还能进行频繁检测。在中国等国家，许多消费者已经将面对面的医疗访问替换为居家检测。

尽管居家检测的兴趣不断上升，但采用过程中仍存在一些障碍，包括成本问题和测试准确性问题。为了成功，企业必须找到合适的性价比，考虑消费者的反馈，并结合AI或远程医疗等技术来解读检测结果。

## 生物监测和可穿戴设备的新纪元

可穿戴设备如健身追踪器和生物识别戒指

正在获得越来越多的关注。这些设备能为消费者提供详细的睡眠、活动水平甚至血糖数据。全球可穿戴设备市场正在扩展，超过75%的消费者愿意在未来使用可穿戴设备。

然而，现有可穿戴设备大多聚焦于健康方面的数据，如运动与睡眠，仍缺乏满足营养、体重管理和冥想等其他养生领域的产品。企业可以通过建立合作关系，帮助用户将数据转化为可执行的健康解决方案，从而填补这一空白。

## 个性化的AI助力

个性化养生产品的需求正在增长，AI和生物数据的技术进步为定制化提供了新的机遇。在许多地区，消费者寻求使用数据提供定制推荐的个性化产品或服务。特别是生成式AI (Gen AI) 正在发挥作用，它基于个人数据来设计量身定制的锻炼和营养计划。

能够利用AI打造高度个性化养生体验的企业，在健身、冥想和睡眠等领域尤其具有竞争优势。

## 临床效果优先于自然纯净

消费者的关注点已从“自然”或“纯净”的

养生产品转向临床证明有效的产品。在包括英国和中国在内的多个市场中，消费者更倾向于选择具有临床疗效的产品，尤其是在药物、补充剂和外用治疗等类别。这一转变在养生产品类别中非常显著，品牌需要注重临床可信度，这可以通过第三方研究、专家背书以及临床测试的成分来实现。

## 医生推荐的兴起

随着健康领域的影响者增多，消费者对于健康信息的选择变得更加挑剔。医疗保健提供者的推荐正在重新获得重要地位，特别是在冥想、睡眠和整体健康领域。医生的推荐已在多个市场成为消费者决策中的重要因素。

企业应注意哪些类型的推荐能引起目标受众的共鸣。例如，冥想相关产品可能会从医生的推荐中受益，而健身产品则可能更依赖于个人教练和社交媒体影响者的背书。

基于以往的研究，随着技术创新和消费者兴趣的增加，养生市场中的几个增长领域正在崭露头角。

例如，历来被忽视的女性健康正在成为一个快速增长的细分市场。经期护理、性健康和更年期相关产品的购买量不断上升。尽

管如此，特别是在更年期护理领域，仍然缺乏针对特定需求的产品，这为品牌创新并填补这一空缺提供了巨大的机会。

随着全球人口老龄化，支持健康老龄化的产品和服务需求持续增长。消费者越来越关注预防性健康和长寿，寻求能够支持身体和心理健康的產品。能够满足老龄化人群需求的企业——通过提供解决方案来支持健康，而不是仅仅关注衰老本身——将在市场中占据重要份额。

全球对体重管理的关注也在持续增加，许多消费者寻求新的解决方案，包括处方药和数字工具。随着市场的变化，企业需要保持对GLP-1类药物等趋势的关注，并洞察这些趋势对消费者行为的影响。

健身越来越被视为个人身份的核心方面，尤其是在年轻一代中。随着多种健身选项的竞争加剧，该行业的企业需要专注于提供独特的体验，如个性化的锻炼计划、社区建设和综合的养生解决方案。

全球对肠道健康的兴趣持续增长，在多个地区超过80%的消费者认为肠道健康非常重要。尽管市场对相关产品的需求很高，许多消费者仍然觉得缺乏足够的选择。益生菌、微生物组检测和个性化营养是这一领域的重要增长点。

性健康产品的需求也在不断增加，这一趋势受到更广泛的文化讨论和对女性性健康问题认识提升的推动。这一市场正在全球范围内扩展，企业有机会通过线上和线下零售渠道接触到新的消费者。

睡眠仍然是消费者关注的最大重点，许多人希望找到既能改善睡眠质量又能增加睡眠时间的解决方案。而能够根据数据和消费者需求开发个性化睡眠解决方案的公司，将在这一领域占据有利位置。



## Five Trends Shaping the Consumer Health and Wellness Space

As consumers gain more control over their health, they are increasingly looking for solutions that are not only accessible but also grounded in science. By focusing on data-backed, personalized, and effective products and services, companies will be well-positioned to thrive in the rapidly evolving global wellness market.

### Health at home

The global rise in at-home health solutions, initially spurred by the pandemic, continues to grow. Consumers worldwide are increasingly interested in at-home diagnostic kits for various purposes – ranging from testing vitamin and mineral levels to monitoring cholesterol or flu symptoms. These kits offer convenience, faster

results, and the ability to conduct frequent tests. In countries such as China, a significant number of consumers have replaced in-person healthcare visits with at-home tests.

While interest in at-home testing is rising, some barriers to adoption remain, including cost concerns and the accuracy of the tests. To succeed, companies must find the right price-value equation, consider consumer feedback loops, and integrate technologies like AI or telehealth to interpret results.

### A new era for biomonitoring and wearables

Wearable devices, such as fitness trackers and biometric rings, are gaining momentum. These devices provide detailed insights into



consumers' sleep, activity levels, and even blood glucose. The global wearables market is expanding, with over 75 percent of consumers open to using wearables in the future.

However, there is a gap in wearables catering to other wellness aspects such as nutrition, weight management, and mindfulness. Companies can fill this void by forming partnerships that help users translate data into actionable wellness solutions.

### Personalization's Gen AI boost

The demand for personalized wellness products is growing, with technological advancements in AI and biometric data creating new opportunities for customization. In many regions, consumers seek personalized products or services that use data to offer tailored recommendations. Gen AI, in particular, is making its mark by helping design customized workouts and nutrition plans based on individual data.

Businesses that leverage AI to create highly personalized wellness experiences are positioned for success, especially in areas like fitness, mindfulness, and sleep.

### Clinical over clean

There has been a noticeable shift from natural or "clean" wellness products to those with clinically proven effectiveness. Consumers in many markets, including the UK and China, are prioritizing products with clinical efficacy, particularly in categories such as medications, supplements, and topical treatments. This shift is significant in wellness categories and calls for brands to focus on clinical credibility, which can be achieved through third-party studies, expert endorsements, and clinically tested ingredients.

### The rise of doctor recommendations

As wellness influencers proliferate, consumers are becoming more discerning about health information. Healthcare provider recommendations are regaining importance, particularly in areas like mindfulness, sleep, and general health. Doctor endorsements are one of the most influential factors in consumer decisions across multiple markets.

Companies should be mindful of which types of endorsements resonate with their target audience. For example, products related to mindfulness might benefit from doctor recommendations, while fitness products could thrive on endorsements from personal trainers and social media influencers.

Building upon previous research, several areas of growth within the wellness market are emerging, driven by technological innovation and increasing consumer interest.

Historically underserved, women's health is now a rapidly growing segment. Purchases of menstrual-care, sexual-health, and menopause-related products are on the rise. Despite this growth, there remains a lack of offerings for specific needs, particularly in menopause care, presenting a significant opportunity for brands to innovate and fill this gap.

As populations globally age, the demand for products and services supporting healthy aging continues to increase. Consumers are increasingly focusing on preventive health and longevity, seeking products that support both physical and mental well-being. Companies that can cater to the needs of aging populations – by offering solutions that address wellness without focusing on aging itself – stand to capture a significant market share.

Global attention to weight management



continues to grow, with many consumers seeking new solutions, including prescription medications and digital tools. As the landscape evolves, companies need to remain informed about trends like GLP-1 medications and their impact on consumer behavior.

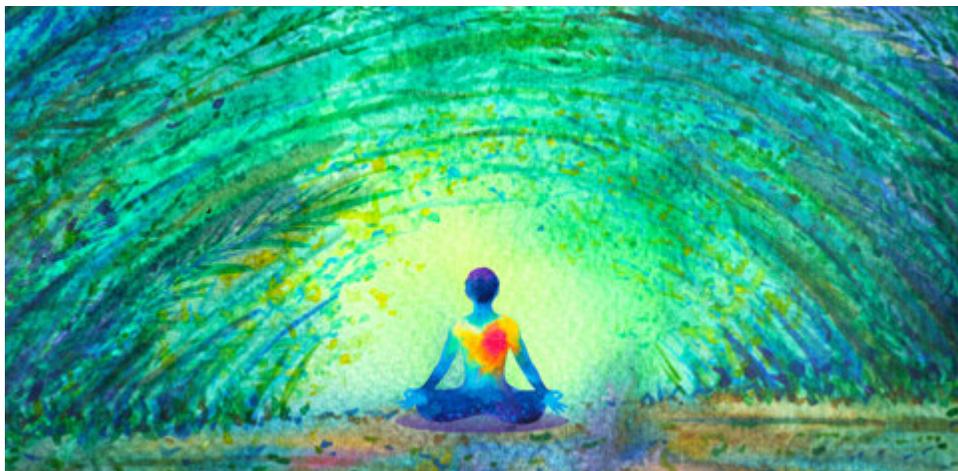
Fitness is increasingly viewed as a central aspect of personal identity, particularly among younger generations. With growing competition from a wide variety of fitness options, businesses in this sector need to focus on offering unique experiences, such as personalized workout plans, community-building, and integrated wellness solutions.

Interest in gut health is rising worldwide, with over 80 percent of consumers in multiple regions considering it important. Despite high demand for products, many consumers feel there is a lack of options. Probiotics, microbiome testing, and personalized nutrition are key areas for growth.

Sexual-health products are also seeing increased demand, driven by broader cultural conversations and more awareness of female sexual-health issues. This market is expanding globally, with businesses having the opportunity to reach new consumers through online and offline retail channels.

Sleep continues to be a high priority for consumers, with a growing desire for solutions to improve both sleep quality and quantity. Companies that can develop personalized sleep solutions based on data and consumer needs will be best positioned for success in this area.

# 汲取生命之泉



**我**们现代人一天获取的信息，比我们的祖先一生中获取的信息还要多。

“低头综合症”——对手机的持续、无意义的依赖，是现代生活中刺激泛滥和信息过剩的结果。

从中医的角度来看，这种信息超载会导致阴虚内风动的病理表现。这意味着我们会变得过度刺激、过于活跃，失去了静心与休息的能力。虽然阳(行动)看似强大，但实际上阴(存在)却很虚弱。我们的集体“电池”无法真正蓄满能量，而现实的拥塞则抑制了我们最宝贵的部分——注意力。

正如尼尔·波兹曼在他的著作《娱乐至死：娱乐时代的公共话语》中预言的那样，毁灭我们的不会是信息的匮乏，而是信息的过剩。

放下手机，让我们放慢，深呼吸。

感受身体的自然节奏、生物钟以及与世界生命联结。

遵循这三个简单的呼吸原则：缓慢、深长、持久。呼吸象征着清气的进入和浊气的释放，是一种充满舒适感的解放。

## 最直接的联结

呼吸是与周围世界最自然、最直接的联结，缓慢、深长、持久。

肺是身体中居于机体与环境之间的重要器官，因此也被认为是最为娇弱、最容易受疾病侵袭的器官。如果我们的“数字饮食”和实际饮食都被信息过载或饮食湿气所困扰，就会加重我们的消化系统负担。三焦变得堵塞、壅滞，无法将清新的气息送达肺部和头部。是时候清理饮食中的“淤泥”、为大脑“洗个澡”，让我们的呼吸再次变得清晰了。

## 污染的解决之道是稀释

少一点末日般的刷屏。现在是冬季，属于水的季节；一切关乎静止与储藏；阴中之阴。

你的注意力会投向哪里？你的目光会注视何处？你如何珍惜时间？我教你一个方法，就是从呼吸开始。

“既然人是由宇宙生成的，那么所教授的便是人与宇宙的关系。每个人的生命与活力依赖于天之气(呼吸)；其生存、体质和形体维护则依赖于地之气(营养)。”——节选自《天之道·内经素问》，由克劳德·拉雷神父翻译，Monkey Press，第19页。

**Ken Rosen拥有中医硕士学位。在年轻时，他被诊断患有癌症，经过手术和放疗后，他决心将自己的生命奉献于自我疗愈以及帮助他人疗愈的事业中。他曾在纽约市教授中医、营养学，并负责临床指导。2006年，他搬到泰国，在Chiva-Som国际健康度假村担任常驻中医专家和培训师。他在国际上拥有超过20年的经验，致力于教学、培训、写作和实践。www.spatcm.com**

**Ken Rosen holds a master's degree in Traditional Chinese Medicine (TCM). Diagnosed with cancer at a young age, he underwent surgery and radiation, eventually dedicating his life to healing himself and helping others. Ken has taught TCM, nutrition, and clinical supervision in New York City. In 2006, he moved to Thailand to serve as a resident TCM specialist and trainer at Chiva-Som International Health Resort. With over 20 years of international experience, he has taught, trained, written, and practiced across the globe. www.spatcm.com**

## 中医呼吸疗愈的原则

**在**中医中，呼吸是整体健康的基石，象征着生命的流动。通过培养对呼吸的觉察并练习特定的技巧，个人可以提升身心健康，与自然节奏和谐共处，激发身体的自愈能力。这份古老的智慧为我们提供了永恒的提醒：每一次呼吸，都是重生与平衡的机会。

### 自然与深长的呼吸

中医强调自然腹式呼吸的重要性。这种方法要求深深吸气至下腹部，调动横膈膜，让肺部充分扩展。深长的呼吸不仅能优化氧气交换，还能按摩内脏器官，促进血液循环，加强气的流通。

### 与自然元素的同步

中医将呼吸模式与自然元素及其对应的季节相结合。例如：

- 春季：呼吸练习关注焕新和肝脏，有助于排毒与情绪释放。
- 夏季：呼吸技巧注重清凉与平静，帮助调和心与小肠。
- 秋季：专注于肺部的呼吸，有助于增强免疫系统，应对季节变化。
- 冬季：缓慢而有节奏的呼吸滋养肾脏，有利于深度休息与能量储备。

### 专注的呼吸

带着意图进行呼吸能够增强疗愈效果。像气功和太极等实践，结合特定的呼吸技巧，使身体的气与宇宙能量相互协调，促进平衡与恢复。

### 中医呼吸的现代意义

在充满压力的现代社会，浅表性呼吸已成为常态，这常常导致疲劳、焦虑和慢性性疾病。中医呼吸技巧可以作为一种平衡的工具，提供：

- 减压：调节呼吸能安定心神，降低压力激素水平。
- 增强免疫力：呼吸练习能强健肺部，刺激免疫反应。
- 改善消化：深长的呼吸有助于脾胃功能，促进营养吸收与肠道健康。

### 将中医呼吸融入日常生活

要从中医呼吸中受益，无需成为中医专家。每天花几分钟进行深长而专注的呼吸，就能带来显著的效果。通过参加气功课程或咨询中医医师，可以进一步掌握和应用这些技巧。

# Drawing From the Well of Life

**W**e modern humans get more information in one day than our ancestors got in a life time.

Down head syndrome – the persistent, purposelessness of reliance on your phone, is the result of the relentless flood of stimulation and the glut of information in the modern age. In Traditional Chinese Medicine (TCM) terms, this information overload causes a yin deficient pattern with internal wind stirring.

Which means that we become overstimulated and over-active. We lose the ability to be still and restful. Yang (doing) looks strong, but in reality the yin (being) is weak. Our collective batteries cannot hold an authentic charge. Clogging reality inhibits the most valuable part of ourselves, our attention. As Neil Postman so prophetically wrote in his book *Amusing ourselves to Death*, Public discourse in the age of show business. It will not be the lack of information but too much information that will be our downfall.

Put the phone down. Turn the clock around and breathe.

Feel your body's natural rhythm, its natural clock and your vital connection to the whole wide world. Tune into your breath with these simple rules: Long, slow and deep.

Breath represents liberation of steam.

## The most immediate connection

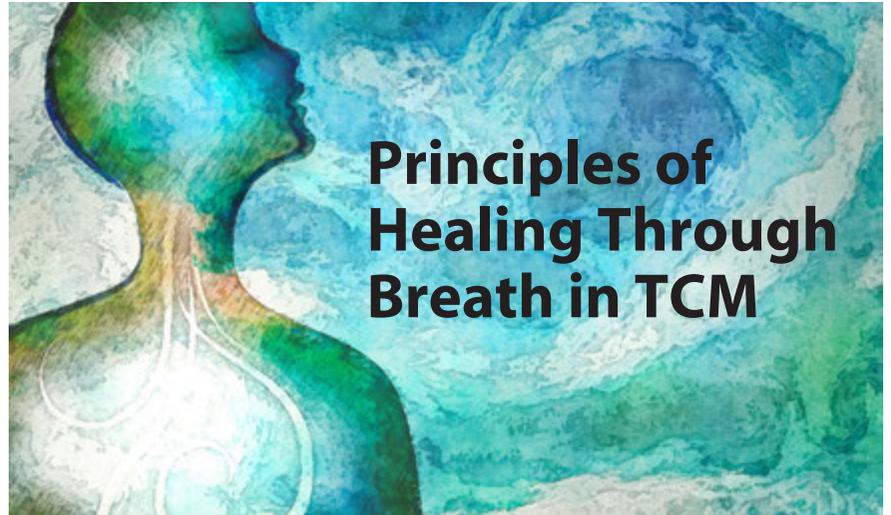
Breathing is the most natural and immediate connection to the world around us. Long, slow and deep.

Because the lungs are the most intermediary organ between organism and environment, they are considered delicate and more susceptible to diseases than other organs. If our digital diets and our actual diets get overloaded with too much information and dietary dampness, it creates a burdening of the digestive system. The Triple Warmer or San Jiao becomes clogged and congested; failing to send a clear steam up to the lungs and head. Time to clean out the mud in our diet, take a mental shower and steam our breath clearly once again.

## The solution to pollution is dilution

Less doom scrolling. It's winter time. Water element; All about stillness and storage; Yin within yin. Where will you cast your attention? Where will you fix your gaze? How will you value your time? Start with your breath.

"Since man is produced by the Universe. It is that relationship with Universe that is taught. Everyone depends on the qi (breaths) of Heaven for their life and animation; and the qi (nutrition) of earth for their sustenance, constitution and maintenance of their bodily form." – Extract from *The Way of Heaven*: Neijing Suwen translated by Father Claude Larre. Monkey Press. Page 19.



## Principles of Healing Through Breath in TCM

**I**n TCM, breathing is a cornerstone of holistic health, embodying the flow of life itself. By cultivating awareness and practicing specific breathing techniques, individuals can enhance their well-being, align with nature's rhythms, and unlock the body's innate healing power. This ancient wisdom offers a timeless reminder: every breath is an opportunity for renewal and balance.

### Natural and Deep Breathing

TCM emphasizes the importance of natural, abdominal breathing. This method involves breathing deeply into the lower abdomen, engaging the diaphragm, and allowing the lungs to expand fully. Deep breathing not only optimizes oxygen exchange but also massages internal organs, promotes blood circulation, and strengthens the flow of Qi.

### Synchronizing with the Elements

TCM associates breathing patterns with the natural elements and their corresponding seasons. For instance:

**Spring:** Breathing exercises focus on renewal and the liver, supporting detoxification and emotional release.

**Summer:** Breathing techniques emphasize cooling and calming, aiding the heart and small intestine.

**Autumn:** Lung-focused breathing helps to fortify the immune system and adapt to changes.

**Winter:** Slow, deliberate breaths nurture the kidneys, supporting deep

rest and energy storage.

### Mindful Breathing

Breathing with intention enhances the healing process. Practices like Qigong and Tai Chi incorporate specific breathing techniques to align the body's Qi with universal energy, promoting balance and resilience.

### The Modern Relevance of TCM Breathing

In a world filled with stress, shallow breathing is common, often leading to fatigue, anxiety, and chronic illnesses. TCM breathing techniques serve as a counterbalance, offering:

**Stress Relief:** Regulating the breath calms the mind and reduces stress hormones.

**Enhanced Immunity:** Breathing practices fortify the lungs and stimulate the immune response.

**Improved Digestion:** Deep breathing supports the spleen and stomach, aiding nutrient absorption and gut health.

### Integrating TCM Breathing into Daily Life

To reap the benefits, one doesn't need to be a TCM expert. Simple practices like taking a few minutes each day to breathe deeply and mindfully can have profound effects. Guided Qigong classes or consultations with a TCM practitioner can further enhance one's understanding and application of these techniques.

# 新加坡 狮城之魅

郁郁葱葱的热带花园、充满活力的度假岛屿、  
异域风情的文化街区、惊艳味蕾的各国美食，  
新加坡是一处多元文化的碰撞之地。徐姗姗 文





Marina Bay

# 在

东南亚的心脏地带，新加坡吸引着全球的目光。摩天大楼与历史建筑并肩而立，繁华的商业中心与宁静的自然保护区相得益彰，这般传统与现代的完美融合，展现出独特的城市风貌。

花园城市的旅程从新加坡樟宜机场便开始了。花卉绿植随处可见，40米高的瀑布磅礴而下，水雾弥漫，周围设有舒适的休息区。沿着森林谷步道前行，一排排树木将喧嚣的城市隔绝在外。美食广场则汇聚了世界各地风味，从香气四溢的海南鸡饭、浓郁的印度咖喱，到精致的法式甜点，你的味蕾会得到极大满足。

离开机场，向市区出发。穿过繁华的街道，城市天际线逐渐清晰。

## 璀璨都市风光——滨海湾畔

位于城市中心的滨海湾，汇聚了现代化建筑和大片绿色空间，无疑是新加坡最具代表性的区域之一。漫步于滨海湾的海岸线，微风拂面，每一处角落都散发着独特韵味。

### 滨海湾金沙

滨海湾金沙不仅是一个酒店，更是一座综合度假胜地，如空中楼阁般矗立在滨海湾边。三座高耸入云的塔楼并肩而立，顶部由巨大的空中花园相连。空中花园位于酒店57层，距离地面200多米，这里还设有无边际泳



Supertree Grove

池、慢跑小径和观景台，可360度俯瞰新加坡的壮丽景色。

踏入酒店大堂，挑高空间、水晶吊灯、大理石地面，再加上精致的艺术品，整个氛围透着奢华优雅。走进客房，从落地窗望出去，船只在湛蓝的水面上穿梭，对岸的城市风光尽收眼底。除了分布在三座酒店大楼中的近1,850间奢华客房和套房，及众多知名餐厅外，滨海湾金沙还设有购物中心、艺术科学博物馆、赌场和剧院。

夜幕降临，整个建筑群被璀璨的灯光照亮，如同一座流光溢彩的水晶宫殿。滨海湾金沙还定期举办各类活动，如灯光水舞秀等，带来视觉和听觉的双重震撼。

### 滨海湾花园

这座将自然与科技结合的花园，打造出了令人惊叹的植物奇观。首先映入眼帘的便是那18棵超级树。这些巨大的树形结构不仅形成了一个垂直花园，还具备收集雨水、太阳能发电以及作为温室通风管道的功能，可谓兼具美观与环保。超级树之间由空中走廊相连，步行其上可以慢慢欣赏花园的美景，其中最高的超级树上还设有观景台。

花园内的花穹是世界上最大的玻璃温室之一，在这里你可以看到来自全球干旱地区的各种珍奇植物。步入其中，温湿度恰到好处。各类仙人掌错落有致，鲜艳的多肉植物簇拥成片，玫瑰、郁金香、兰花随季节绽放。

云雾林则像是一座高山秘境。从35米高的人造山上，一条瀑布倾泻而下，四周云雾

缭绕。行走空中步道上，脚下是茂密的热带植物，岩石上覆盖着厚厚的苔藓，偶尔还能看到一些小花从角落中悄然绽放。

来到户外，广阔的大草坪是野餐放松的理想场所，造型独特的雕塑为花园增添了几分艺术气息。沿着滨海湾散步，一侧是开阔的海景，另一侧是葱郁的花园，令人心旷神怡。

夜幕降临后，超级树的灯光秀拉开帷幕，五彩斑斓的灯光在树形结构上跳跃，与音乐交织，好一幅令人难忘的画面。

### 鱼尾狮公园

鱼尾狮公园虽然面积不大，但作为新加坡的城市地标，不容错过。最引人注目的当属那尊8.6米高的鱼尾狮雕像。狮头威风凛凛，鱼身线条流畅，鱼尾微微翘起，仿佛正在海浪中轻盈游动。从鱼尾狮口中喷出的水柱源源不断落入下方的水池，溅起的水花在阳光下闪闪发光。站在雕像前，眼前是湛蓝的海水，对岸的高楼大厦错落有致地排列着。海风轻轻吹过，带来一丝凉意。旁边还有一尊小鱼尾狮雕像，一大一小，相映成趣。

公园里的绿地修剪整齐，棕榈树随风摇曳，无论是拍照打卡，还是静静地欣赏美景，都无比惬意。

### 梦幻度假胜地——圣淘沙岛

从精彩纷呈的主题公园，到静谧迷人的海滩风光，再到充满历史韵味的人文景点，新加坡南部海域的圣淘沙岛，既是孩子们的游乐天堂，也是大人們的休闲胜地。

### 环球影城

新加坡环球影城是亚洲第二座环球影城，分为七大主题区：好莱坞、纽约、科幻城市、古埃及、失落的世界、遥远王国和马达加斯加。每个主题区都充满了电影元素，让人仿佛置身于电影场景之中。你可以穿梭在好莱坞复古建筑之间，与梦露、卓别林等经典角色共舞、合影。亦或是被带回遥远的古埃及，探秘金字塔、方尖碑和木乃伊大军。寻找刺激的游客不要错过招牌项目太空堡垒过山车，以及结合了电影特效和过山车双重刺激的变形金刚3D对决。侏罗纪公园的粉丝们，大可乘坐皮筏艇，展开一场侏罗纪河流探险。万圣节、圣诞节等活动期间，园区更是换上盛装，鬼魅游行、圣诞狂欢，为游客带来别样惊喜。

环球影城的门票可以在网上提前购买，建议购买快速通行证，以节省排队时间。

### S.E.A.海洋馆

S.E.A.海洋馆是全球最大的海洋馆之一，拥有超过10万种海洋生物。踏入馆内，凉爽湿润的气息扑面而来。馆内最引人注目的是一块长36米、高8.3米的水族观景窗，站在巨大的玻璃窗前，仿佛置身于海底世界，可以近距离观赏到各种珍稀鱼类和海洋生物。海洋馆分为10个不同的展区和49个生态区，每个展区都有独特的海洋生物和生态环境。在这里，你可以看到鲨鱼、海龟、珊瑚礁鱼类等，甚至是轻轻抚摸海星、海参，还可以参加互动体验，了解更多海洋知识。



Living Room, Capella Singapore



Capella Singapore

## 巴拉湾海滩

岛上三大海滩之一的巴拉湾海滩，静卧于小岛南岸，尤以细腻的砂质、澄澈的海水和独特的风情著称。

你可以躺在遮阳伞下舒适的躺椅上，伴着海风，欣赏美景或是读上一本好书；也可沿着海岸线漫步，来到连接亚洲大陆与巴拉湾岛的空中吊桥游玩。横跨海面的吊桥全长约70米，以绳索与木板搭建而成。走在桥上，微微晃动，不乏刺激与乐趣。桥下海水波光闪烁，鱼儿在其中穿梭游弋；桥的另一端，是亚洲大陆的最南端，一座小巧的阁楼静静矗立，登阁远眺，将南中国海的壮阔景色尽收眼底。

海滩周边设有多个小吃店、精品商店与酒吧。玩累了，点一份正宗的娘惹糕点，浓郁的椰香在舌尖散开；或是来一份清爽的椰青，甘甜的椰汁瞬间驱散暑气。夜幕降临，点上一杯鸡尾酒，坐在露天座位上，听着海浪声、音乐声交织，看着星空与灯火辉映，感受热带海滨夜的独特魅力。

另外两处海滩——西乐索海滩和丹戎海滩也十分值得一去。西乐索海滩拥有户外冲浪池、皮划艇、沙滩自行车等丰富的水上活动，很是受到年轻人的青睐。此外，这里的日落景色也非常迷人。

## 风情万种的人文画卷： 多元文化街区

新加坡这座现代化城市，以惊人的包容力，将东西方文明交织在一起。然而，它不是一

个简单的文化熔炉，而是一杯精心调制的文化鸡尾酒，每一种文化都保持着其独特的韵味。

## 牛车水——中华古韵

自19世纪初，华人先辈们远渡重洋，在此落地生根，逐渐形成了这一充满中华风情的聚居区。早期新加坡尚未有自来水系统，居民生活用水全靠牛车从市郊运至市中心，而唐人街作为华人主要聚集地，牛车运水的场景随处可见，“牛车水”之名便由此而来。

步入牛车水，传统中式建筑鳞次栉比，尽显古韵，中式招牌琳琅满目。这里既有香烟袅袅的传统庙宇，又有时尚活力的艺术画廊、创意工作室，彰显着多元中华魅力。

热闹的集市上，传统手工艺品店内的木雕、刺绣、陶瓷，皆为匠心之作。中药铺里，老药师们熟练地抓药、称重，各类草药散发着清香。美食更是一绝，热气腾腾的海南鸡饭、爽滑劲道的炒粿条、甜而不腻的豆沙月饼、酥脆可口的蛋卷让游客们尽享中式美味。华灯初上，大红灯笼高高挂起，整个街区更添温馨祥和。

## 小印度——印度风情

小印度街道两旁的建筑色彩斑斓，门窗上雕刻着印度教的神像、花卉和几何图案；空气中弥漫着浓郁的香料气息，混合着咖喱、孜然和丁香的馥郁芬芳。

印度教寺庙是小印度的灵魂所在。维拉玛卡里雅曼兴都庙是新加坡最古老的印度教

寺庙之一，高耸的庙塔上雕刻着无数神像。信徒们身着鲜艳的传统服饰，手捧鲜花和香烛，虔诚地祈祷，口中低声诵读。每逢屠妖节等重要节日，寺庙更是被装点得金碧辉煌，灯火通明。

沿着街道漫步，店铺里陈列着华丽的纱丽、舒适的库尔塔，以及手工打造的银器和铜器。精致的茉莉花环散发着清新香气，常用于供奉神明或点缀发髻。在美食方面，地道的印度咖喱堪称一绝，红咖喱、绿咖喱、黄咖喱各具风味，搭配印度飞饼、炸三角饺，或是浇在热气腾腾的印度香米饭上，每一口都层次丰富，令人回味。醇厚的拉茶也不容错过，茶艺师将牛奶与红茶反复拉制，碰撞出细腻的泡沫，带来独特的味觉体验。

## 甘榜格南——马来瑰宝

甘榜格南，这片充满历史韵味的马来文化街区，其名源于曾经遍布此地的“gelam”树。历经变迁，它始终是新加坡马来族群与穆斯林的精神家园。

苏丹清真寺洁白的建筑外观、金色尖塔尽显庄严肃穆。寺内宽敞的大厅静谧祥和，精美的地毯铺地。寺外回廊环绕，石柱上几何图案与阿拉伯文字交织，讲述着一个个宗教故事。

在甘榜格南，传统马来建筑错落有致。木质结构的房屋搭配独特的马来式屋顶，燕尾脊高高翘起，线条优雅流畅。墙壁多以淡蓝、浅粉、鹅黄等柔和色彩粉刷，与绿植花卉相互映衬，营造出宁静悠然的氛围。

香气四溢的椰浆饭、经典的沙嗲串、各类糕点，街头巷尾，马来美食散发着诱人香气。手工艺品店中，手工藤编篮筐、桌椅造型别致；传统马来服饰上有着独特的蜡染图案；还有各类手工打造的银质餐具、饰品，雕刻着寓意吉祥的图案。

## 养生酒店与SPA

作为国际交通枢纽、融合了东西方文化的新加坡，在近年来逐渐成为养生酒店品牌的重要发源地和聚集地。亦有不少养生酒店



Six Senses Duxton

品牌将其总部设立在了新加坡，将当地文化与现代养生理念结合，带来独特的身心滋养体验。

### 六善养生及酒店集团

总部位于新加坡的六善养生及酒店集团，以独特的养生理念和高端的水疗服务而备受赞誉。六善将传统养生理念与现代科技结合，提供全方位的身心护理。集团在新加坡的达士敦六善酒店和麦士威六善酒店，分别位于唐人街中心和前豆蔻种植园。

丹戎坡路上的达士敦六善酒店，是品牌首个城市度假酒店。酒店的设计灵感来源于新加坡的历史建筑，融合了复古元素与现代设计风格。中医养生理念贯穿着这家六善水疗的始末。SPA提供与中医诊所合作的免费咨询，入住客人可以咨询专业中医师，获得个性化的健康建议。在招牌项目新加坡传统养生疗程中，传统中医和按摩技术被完美结合。疗程包括背部、颈部及肩部按摩，理疗师将使用温暖的紫水晶为你放松身心，舒缓日常压力和紧张。随后进行带兰花香的喜马拉雅盐磨砂护理，配合玫瑰身体面膜及紧致面部按摩。

麦士威六善酒店由著名设计师Garcia设计，保留了历史建筑的外貌，同时呈现其著名的巴洛克设计风格。客房内配备了黄铜、漆器和大理石迷你吧，以及手工制Lafroy Brooks浴室装置。水疗中心位于酒店四楼，在传统养生的基础上，增加了更多创新的体验，如声音振动治疗和结合现代科技的排毒疗程。其中，提升免疫力的Cleansing Retreat，囊括了结合维他命C、茉莉精油、绿咖啡和辣椒成分的身体和面部护理，以及排毒饮料、瑜伽课程和健康午餐。



### 悦榕集团

虽然旗舰店位于普吉岛，但悦榕集团的总部其实是设立在新加坡的，并以提供高品质的养生度假体验而闻名。

今年四月，新加坡即将迎来其首家野奢度假村——位于万态野生动物世界内的万态雨林悦榕庄，毗邻新加坡动物园、夜间野生动物园、河川生态园等景点，独特的自然环境与悦榕养生理念结合，为客人打造了一个宁静的养生胜地。

度假村占地4.6公顷，拥有338间客房，包括24栋悬浮于地面之上的树屋。值得一提的是，万态雨林悦榕庄是新加坡第一家获得绿色建筑标志白金级超低能耗认证的度假村。酒店收集雨水用于冲厕系统，并在客房内设置互动显示屏，提醒宾客能源消耗。

悦榕SPA采用木质的建筑结构和开放式的设计，让自然光线和微风可以自由地穿梭

其中。温暖的色调、天然的木材和石材，以及精心布置的绿植，让人仿佛置身于热带雨林中的养生秘境。SPA秉承亚洲传统，结合芳香精油、草药和香料，开发了一系列舒缓身心的疗程护理。招牌护理皇家悦榕，温热的草药包在芝麻油中浸泡后，被轻柔地按压在肌肤上，促进血液循环，缓解肌肉酸痛。玉石面部按摩则为肌肤带来深度滋养，让面部焕发出自然的光彩。

滨海湾金沙内的悦榕SPA也同样值得体验——位于酒店55层，是新加坡最高的水疗中心。充满东方韵味的空间里，15间护理套房均以新加坡的国花兰花命名，每一间都配备了现代化的设施，同时保留了传统的亚式风格。享受疗程的同时，透过巨大的落地窗，能将新加坡的城市天际线美景尽收眼底。

### 新加坡嘉佩乐酒店和Auriga SPA

坐落于圣淘沙岛郁郁葱葱的热带雨林之中，新加坡嘉佩乐酒店不仅是一处奢华的度假胜地，更是一座融合了历史、文化与自然之美的静谧绿洲。酒店的建筑由世界著名建筑师Norman Foster爵士操刀，巧妙地将19世纪80年代的英国殖民时期建筑与现代美学相结合，呈现出一种独特的时空交错感，堪称都市中的避世之所，是一处身心能得以彻底放松的天堂。

酒店的设计灵感源自新加坡的自然美景与人文风情，细节彰显着对历史的尊重与对未来的展望。古老的丹美那拉建筑与现代的玻璃幕墙交相辉映，仿佛在诉说着新加坡从殖民时期到现代都市的演变历程。酒店内陈列着900余件艺术品，六棵百年古树静静伫立，俨然是一种自然和历史共处的独特氛围。

Auriga SPA则如同一颗璀璨的明珠，在与自然美景相得益彰的静谧空间中弥漫着淡淡的香薰气息。根据能量变化，精心设计的独特的护理项目，如热石按摩、芳香精油护理，每一项体验都旨在让宾客彻底放松与找到内心的平和。

每天清晨可以在专业瑜伽教练的指导下，参与流瑜伽课程，课程在酒店的热带花园中进行，伴随着鸟鸣与微风。酒店还提供了慢跑路线和地图，沿途不仅可以欣赏到错落有致的园林设计，还可能偶遇悠闲漫步的孔雀，享受一场与自然的亲密接触。

层叠式泳池是另一处让人流连忘返的地方，设计灵感源自巴厘岛的梯田景观，层层叠叠的水面与周围的绿植相映成趣，犹如一幅流动的画卷。客人们可以在这里畅游，或在日光浴躺椅上享受宁静的阅读时光，感受时光的缓缓流淌。



Capella Singapore



Capella Singapore

在新加坡嘉佩乐酒店，每一刻都是和自然与历史相融的珍贵体验。

### 远东酒店集团

远东酒店集团旗下拥有多个品牌，包括豪亚、锦禧等，其中豪亚品牌尤以健康养生为特色。

圣淘沙豪亚度假酒店作为新加坡养生酒店的代表之一，是这座度假岛屿上的一片静谧绿洲，距离西乐索海滩仅一步之遥。酒店的设计理念将自然元素融入空间，外墙保留了旧日风貌，内部则采用宁静的大地色调，走廊两旁摆满了植物。

豪亚水疗中心呈现源于亚洲的特色护理，致力于打造健康平衡的养生体验。豪亚特色按摩糅合了泰式、日式指压和刮痧等技法，帮助客人释放全身压力。护理前，理疗师会通过感官测试，为客人挑选合适的特制按摩精油。KOTOSHINA面部护理则采用日本KOTOSHINA品牌的天然有机护肤品，结合芳香疗法，使用竹香磨砂膏和荷荷芭去角质微粒，对肌肤进行轻柔磨砂和深度补水，最后通过按摩让身体放松。

配备MedKlinn Cerafusion™技术的冥想室，效仿日本森林浴疗法，让人在清新的森林氛围中放松身心。还可到茶室品尝特色香茶，以及Remedy Corner享用营养美食，选购健康生活用品。

除了这些总部设立在新加坡的养生酒店品牌，全球奢华酒店都纷纷进驻新加坡，如四季、丽思卡尔顿、瑞吉、莱佛士、文华东方、W等等，以奢华住宿与结合当地特色的养生体验，为客人打造难忘的旅居体验。



Capella Singapore

而在车水马龙与高楼林立间，还隐匿着许多让人迅速舒缓身心、重焕活力的城市SPA和养生馆。

### 圣淘沙岛ESPA

热带植物与湛蓝海景环绕，距离海滩仅几步之遥，地理位置得天独厚。踏入其中，柚木地板搭配柔和灯光，满是东南亚的悠然格调。配备智能温控系统的热石浴室，能精准调节温度；露天雨林花洒区域，模拟雨林淋浴场景，冲走疲惫。从芬兰桑拿房，到俯瞰海景的露天按摩浴缸，每一处细节都打磨精致。招牌“海岛焕新套餐”，融合椰奶磨砂与热带水果精华敷体，去除肌肤角质的同时深层滋养。还有结合了巴厘岛与新加坡传统

手法的按摩套餐，技师精准按压穴位，肌肉紧绷感瞬间消散。

### 纯然阁中医养生馆

隐匿在新加坡的老街区，周边古旧建筑林立，自带一种岁月沉淀的宁静感。店内布局古朴典雅，中式屏风与木质桌椅，透着浓浓的古韵。传统的艾灸床根据人体经络穴位精准打孔，方便施灸；还有配备了各类中药材熬制设备的药浴区，氤氲着浓郁药香。主打项目“气血双调养生套餐”，先是专业中医师的面诊与脉诊，量身定制调理方案。随后开启艾灸之旅，点燃的艾条悬于穴位上方，温热感缓缓渗透，驱散寒湿气。药浴环节更是一绝，泡在满是中药材熬制的浴汤里，浑身毛孔舒张，药力循经而入，有效改善气血循环，让人由内而外焕发健康光彩。

### Healing Touch

Healing Touch是新加坡声誉最好、性价比最高的SPA中心之一，在全国有九个分店，是城中最方便的选择之一。护理中使用的按摩精油均为天然植物提取，如薰衣草、柠檬草等，具有舒缓神经、放松肌肉的功效。这里提供各类按摩服务，如地道的深层组织按摩、推拿，以及独特的博金骨科按摩——按摩师运用专业的骨科知识和独特手法，针对骨骼和肌肉问题进行调理，对于长期伏案工作导致的颈椎、腰椎问题有很好的缓解效果。

新加坡，这座融合了现代繁华与自然宁静、多元文化和谐共生的城市，给旅人们留下了无数美好记忆。

# SINGAPORE

## The Charm of the LION CITY



*With its lush tropical gardens,  
vibrant resort island,  
exotic cultural districts,  
and cuisine from around the  
world that will amaze your  
taste buds, Singapore is  
a place where diverse cultures  
collide and blend*

**I**n the heart of Southeast Asia, Singapore captures the world's attention. Skyscrapers stand shoulder to shoulder with historical buildings, and bustling commercial centers complementing tranquil nature reserves, showcasing a unique urban landscape where tradition and modernity blend seamlessly.

The journey through this garden city begins at Singapore Changi Airport. Flowers and greenery are everywhere, with a 40-meter-high waterfall

cascading down, creating a misty atmosphere. Comfortable rest areas are found around. Following the Forest Valley Trail, rows of trees block out the city's hustle and bustle. The food plaza groups together flavors from around the world. From the fragrant Hainanese chicken rice and Indian curries to delicate French desserts, your taste buds will be extremely satisfied.

Leaving the airport and heading towards the city center, the city skyline gradually comes into view.



*Merlion Statue Fountain at Merlion Park in Marina Bay of Singapore*

## Sparkling urban scenery – Marina Bay

Located in the city center, one of Singapore's most iconic areas, Marina Bay is home to modern architecture and vast green spaces. Strolling along the coastline of Marina Bay, with the breeze on your face, you will find that every corner exudes a unique charm.

### Marina Bay Sands

Like a mirage on the edge of Marina Bay, Ma-

rina Bay Sands is not just a hotel but a comprehensive resort. Three towering buildings stand side by side, connected at the top by the massive SkyPark. Located on the 57th floor of the hotel, 200 meters above the ground, the SkyPark features an infinity pool, jogging trails, and a viewing deck, offering a 360-degree panoramic view of Singapore's stunning scenery.

Stepping into the hotel lobby, the high ceilings, crystal chandeliers, marble floors, and exquisite artworks create an atmosphere of luxury

and elegance. Looking out from the guest rooms through the floor-to-ceiling windows, you can see ships shuttling on the azure waters, with the cityscape across the bay fully visible. In addition to about 1,850 luxurious guest rooms and suites distributed among the three hotel towers and numerous renowned restaurants, Marina Bay Sands also features a shopping mall, the ArtScience Museum, a casino, and a theater.

As night falls, the entire architectural complex is illuminated by dazzling lights. Marina Bay Sands also regularly hosts various events, such as light and water shows, bringing a double feast for the eyes and ears.

### Gardens by the Bay

Integrating nature and technology, Gardens by the Bay has created astonishing plant wonders. The first thing that catches the eye is the 18 Solar Supertrees. These huge tree-like structures not only form a vertical garden but also have the functions of collecting rainwater, generating solar energy, and serving as ventilation ducts for the greenhouses, achieving both aesthetics and environmental protection functions. The Supertrees are connected by skywalks, and walking on them allows you to slowly enjoy the beauty of the garden. The tallest Supertree even has a viewing platform.

The Flower Dome, one of the largest glass greenhouses in the world, houses a variety of rare plants from arid regions around the globe. Stepping inside, the temperature and humidity are just right. Various cacti are arranged in an orderly manner, and clusters of colorful succulents form a sea of flowers. Roses, tulips, and orchids bloom according to the seasons.

The Cloud Forest is like a hidden mountain realm. A waterfall cascades down from a 35-meter-high artificial mountain, with mist swirling around. Walking on the aerial walkway, you can see dense tropical plants below, thick moss covering the rocks, and occasionally some small flowers quietly blooming in the corners.

Outdoors, the vast lawn is an ideal place for picnics and relaxation, and uniquely shaped sculptures add an artistic touch to the lawn. Strolling along Marina Bay, with the open sea view on one side and the lush garden on the other, it is truly refreshing.

As night falls, the light show of the Supertrees begins. Colorful lights dance on the tree-like structures, interwoven with music, creating a memorable scene.



Aerial View of Sentosa, Singapore

### Merlion Park

Although Merlion Park is not large, it is an iconic landmark of Singapore and a must-visit. The most eye-catching feature is the 8.6-meter-tall Merlion statue. The lion head is majestic, the fish body has smooth lines, and the fish tail is slightly raised, as if it is gracefully swimming through the waves. The water spouting from the Merlion's mouth continuously falls into the pool below, with splashing droplets glistening in the sunlight. Standing in front of the statue, you can see the azure sea in front of you and the skyscrapers across the bay. The sea breeze gently blows, bringing a touch of coolness. Next to it is a smaller Merlion statue, complementing each other in an interesting way.

The park's green space is neatly trimmed, with palm trees swaying in the wind. Whether you are taking photos or quietly enjoying the scenery, it is amazingly pleasant.

### Sentosa Island: a dreamy holiday paradise

From the thrilling theme park to tranquil beach scenery, and on to historical and cultural sites, Sentosa Island, located in the southern waters of Singapore, is both a playground for children and a leisure destination for adults.

### Universal Studios Singapore

Universal Studios Singapore is the second Universal Studios in Asia, divided into seven themed

areas: Hollywood, New York, Sci-Fi City, Ancient Egypt, Lost World, Far Far Away, and Madagascar. Each themed area is filled with cinematic elements, making visitors feel as if they are in a movie scene. You can wander through the retro buildings of Hollywood, dance and take photos with classic characters like Marilyn Monroe and Charlie Chaplin. Or be taken back to ancient Egypt to explore pyramids, obelisks, and the army of mummies. Thrill-seekers must not miss the signature attraction, Battlestar Galactica: Human vs. Cylon, as well as the Transformers: The Ride-3D, which combines movie special effects with the thrill of a roller coaster. Jurassic Park fans can embark on a Jurassic River Adventure in a raft. During Halloween, Christmas, and other events, the park is decked out in festive attire, with ghost parades and Christmas celebrations bringing extra surprises.

Tickets for Universal Studios can be purchased online in advance, and it is recommended to buy the Express Pass to save time waiting in line.

### S.E.A. aquarium

S.E.A. aquarium Singapore is one of the largest aquariums in the world, housing over 100,000 marine creatures. Upon entering the aquarium, a cool and humid atmosphere greets you. The most eye-catching feature is a 36-meter-long, 8.3-meter-high aquarium viewing window. Standing in front of the giant

glass window, it feels as if you are in an underwater world, where you can get up close and personal with a variety of rare fish and marine life. The aquarium is divided into 10 different zones and 49 habitats, each with unique marine creatures and ecosystems. Here, you can see sharks, sea turtles, coral reef fish, and even gently touch starfish and sea cucumbers. You can also participate in interactive experiences to learn more about marine life.

### Palawan beach

One of the three main beaches on the island, Palawan Beach lies on the southern coast and is renowned for its fine sand and clear waters.

You can lounge on the comfortable sun loungers under the shade of umbrellas, enjoying the sea breeze, the view, or reading a good book. Alternatively, take a walk along the coastline to the aerial suspension bridge connecting the Asian mainland and Palawan Island. The 70-meter-long bridge, made of ropes and wooden planks, sways slightly as you walk across, adding a touch of thrill and fun. Below the bridge, the sea shimmers, with fish darting through the waters. At the other end of the bridge is the southernmost tip of Asia, where a quaint pavilion stands. Climbing up the pavilion, you can take in the magnificent views of the South China Sea.

The beach is surrounded by several snack shops, boutique stores, and bars. After a day of play, order a plate of authentic Nyonya pastries, with the rich coconut fragrance spreading on your tongue. Or enjoy a refreshing young coconut, whose sweet coconut water instantly dispels the heat. As night falls, enjoy a cocktail, sit in the open-air seating, and listen to the interplay of the sound of the waves and music, watching the stars and lights twinkle.

The other two beaches on the island – Siloso Beach and Tanjong Beach – are also worth a visit. Siloso Beach, with its outdoor wave pools, kayaking, beach bikes, and other water activities, is very popular among the younger crowd. Additionally, the sunset scenery here is quite enchanting.

### Multicultural cultural districts

Singapore, with its astonishing inclusiveness, weaves together Eastern and Western cultures. However, it is not a simple cultural melting pot but a carefully crafted cultural cocktail, where each culture maintains its unique flavor.



## Chinatown

Since the early 19th century, many Chinese crossed the seas and settled here, gradually forming this Chinese-flavored residential area.

Stepping into Chinatown, you see traditional Chinese architecture lined up on all sides, with Chinese signs everywhere. There are both traditional temples and vibrant art galleries, creative studios, showcasing a diverse Chinese charm.

In the bustling market, traditional handicraft stores offer exquisite wood carvings, embroideries, and ceramics. In traditional Chinese medicine shops, experienced TCM practitioners skillfully dispense and weigh medicines, with various herbs emitting a fragrant aroma. The food here is a must-try, with steaming Hainanese chicken rice, smooth and chewy fried kway teow, sweet and non-greasy red bean mooncakes, and crispy egg rolls. As night falls, red lanterns are hung high, adding a warm and harmonious atmosphere to the entire district.

## Little India

The streets of Little India are lined with colorful buildings, with windows and doors carved with Hindu deities, flowers, and geometric patterns. The air is filled with the rich aroma of spices, a mix of curry, cumin, and cloves.

Hindu temples are the soul of Little India. The Sri Veeramakaliamman Temple is one of the oldest Hindu temples in Singapore. Devotees, dressed in bright traditional attire, come with flowers and candles on hand, praying

devoutly. During significant festivals like Diwali, the temple is adorned with lights.

Arranged along the streets, shops display gorgeous sarees, comfortable kurtas, as well as handcrafted silver and copper items. Delicate jasmine garlands emit a fresh fragrance, often used for worship or as hair decorations. When it comes to food, authentic Indian curries are unparalleled. Red, green, and yellow curries each have their unique flavors, paired with Indian flatbread, samosas, or poured over hot Indian fragrant rice, every bite is rich and memorable. The thick and creamy Teh Tarik is also a must-try; tea artists repeatedly pour milk and tea, creating fine foam for a unique taste experience.

## Kampong Glam

Kampong Glam, this Malay cultural district steeped in history, named after the once-abundant “gelam” trees, remains the spiritual home of the Malay community and Muslims in Singapore.

The Sultan Mosque, with its pristine white exterior and golden minarets, exudes solemnity and reverence. Inside, the spacious hall is tranquil and serene, with exquisite carpets covering the floor. Outside, the colonnaded corridors feature geometric patterns and Arabic calligraphy on the stone pillars, narrating religious stories.

Traditional Malay houses are scattered throughout Kampong Glam. The wooden structures, topped with unique Malay roofs,

have gracefully curved eaves. The walls are often painted in soft colors like light blue, pale pink, and goose yellow, complementing the surrounding greenery and flowers, creating a peaceful and leisurely ambience.

The aroma of coconut rice, classic satay, and various pastries fills the air. In handicraft shops, handwoven baskets and furniture are uniquely designed. Traditional Malay clothing features distinctive batik patterns. There are also various handcrafted silver tableware and jewelry, adorned with auspicious patterns.

## Wellness hotels and spas

As an international transportation hub and a city that blends Eastern and Western cultures, Singapore has gradually become an important birthplace and gathering place for wellness hotel brands in recent years. Many wellness hotel brands have set up their headquarters in Singapore, combining local culture with modern wellness concepts to offer unique experiences for body and mind rejuvenation.

## Six Senses Hotels & Resorts

Headquartered in Singapore, Six Senses Hotels & Resorts is renowned for its unique wellness philosophy and high-end spa services. Six Senses integrates traditional wellness concepts with modern technology to provide comprehensive body and mind care. The group's Duxton Six Senses and Maxwell Six Senses in Singapore are located in the heart of Chinatown and the



former nutmeg plantation, respectively.

The Six Senses Duxton on Tanjong Pagar Road is the brand's first urban resort hotel. The hotel's design is inspired by Singapore's historical architecture, blending retro elements with modern design styles. Traditional Chinese medicine wellness concepts run through the entire Six Senses Spa here. The spa joins hands with TCM clinics to offer guests free consultations and give personalized health advice. In the signature Singapore Traditional Wellness Retreat, traditional Chinese medicine and massage techniques are perfectly combined. The treatment includes back, neck, and shoulder massages, where therapists will use warm amethyst to relax your body and mind, alleviating daily stress and tension. This is followed by a Himalayan salt scrub with orchid fragrance, combined with a rose body mask and a firming facial massage.

The Six Senses Maxwell is designed by the famous designer Garcia, preserving the appearance of the historical building while presenting its renowned Baroque design style. The guest rooms are equipped with brass, lacquerware, and marble minibars, as well as handcrafted Lefroy Brooks bathroom fixtures. The spa is located on the fourth floor of the hotel. Apart from traditional wellness, more innovative experiences have been added, such as sound vibration therapy and detox treatments. Among them, the Cleansing Retreat, which boosts immunity, includes body and facial treatments with ingredients like vitamin C, jasmine essential oil, green coffee, and chili peppers, as well as detox drinks, yoga classes, and healthy lunches.

### Banyan Group

Although its flagship is in Phuket, Banyan Tree's headquarters is actually based in Singapore, known for providing high-quality wellness resort experiences.

In April of this year, Singapore will welcome its first glamping resort – Mandai Rainforest Resort by Banyan Tree, located within the Mandai Wildlife Reserve. It is adjacent to popular attractions such as the Singapore Zoo, Night Safari, and River Safari. The unique natural environment combined with Banyan Tree's wellness philosophy creates a tranquil wellness haven for guests.

The resort, covering an area of 4.6 hectares, features 338 rooms, including 24 treehouses that float above the ground. It is worth mentioning that Mandai Rainforest Resort by Banyan Tree is the first resort in Singapore to receive the Platinum Green Mark certification for Super Low Energy. The resort collects rainwater for use in toilet flushing systems and has interactive displays in the guest rooms to remind guests of energy consumption.

The Banyan Tree Spa features wooden structures and an open design, allowing natural light and breezes to flow freely. Warm tones, natural wood and stone, along with carefully arranged greenery, create an atmosphere reminiscent of a tropical rainforest retreat. The signature Royal Banyan treatment uses warm herbal poultices soaked in sesame oil, gently pressed onto the skin to promote blood circulation and relieve muscle soreness. Furthermore, the jade facial massage deeply nourishes the skin, bringing out a natural glow.

The Banyan Tree Spa at Marina Bay Sands is also worth a visit – it is located on the 55th floor of the hotel and is the highest spa in Singapore. The Oriental-themed space features 15 treatment suites, each named after a Singapore's national flower, the orchid. Every suite is equipped with modern facilities while retaining traditional Asian styles. While enjoying the treatment, you can take in the stunning city skyline views through the large floor-to-ceiling windows.

### Capella Singapore and Auriga SPA

Nestled within the lush tropical rainforest of Sentosa Island, Capella Singapore is not merely a luxurious resort but a serene oasis where history, culture, and natural beauty converge. Designed by the world-renowned architect Sir Norman Foster, the hotel masterfully blends 19th-century British colonial architecture with modern aesthetics, creating a unique sense of timelessness. It is a sanctuary in the heart of the city, a haven where the mind and body can find complete relaxation.

The design of the hotel draws inspiration from Singapore's natural landscapes and cultural heritage, with every detail reflecting a deep respect for history and a vision for the future. The historic Tanah Merah structures harmonize with contemporary glass facades, narrating the evolution of Singapore from its colonial past to its modern present. Inside, the hotel showcases over 900 pieces of art, while six ancient trees stand as silent witnesses, creating an atmosphere where nature and history coexist in perfect harmony.

Auriga SPA, like a radiant gem, complements the natural beauty of its surroundings. The tranquil space is infused with subtle aromas, offering a sanctuary of calm. Inspired by the lunar cycle, the spa's unique treatments – whether it's the warm stone massage, aromatic oil therapy, or the moon-inspired signature rituals – are meticulously designed to help guests unwind and find inner peace.

Each morning, guests can partake in guided flow yoga sessions held in the hotel's tropical gardens, accompanied by the gentle melodies of birdsong and the soothing rustle of the breeze. For those who prefer a more active start, the hotel provides jogging routes and maps, allowing guests to explore the meticulously landscaped gardens. Along the way, they may encounter peacocks leisurely strolling by, offering a delightful moment of connection with nature.

The cascading pool is another enchanting feature, inspired by the terraced landscapes of Bali. The layered waters and surrounding greenery create a picturesque scene, like a living painting. Here, guests can swim freely or recline on sun loungers, immersing themselves in the tranquil passage of time.

At Capella Singapore, every moment is a precious experience of harmony with nature and history. It is a place where luxury meets serenity, and where every detail is designed to inspire relaxation, rejuvenation, and a deep connection to the world around us.

### Far East Hospitality Group

Far East Hospitality Group operates multiple brands, including Oasia and Quincy, with the Oasia brand being particularly known for its wellness focus.

Oasia Resort Sentosa is a tranquil oasis on this resort island, just a stone's throw away from Siloso Beach. The design concept of the hotel integrates natural elements into the space. The exterior retains the old appearance, while the interior features calming earth tones and is lined with plants in the corridors.

The Oasia Spa offers Asian-inspired treatments aimed at creating a balanced wellness experience. The Oasia Signature Massage combines Thai, Japanese shiatsu, and gua sha techniques to help guests release full-body tension. Before the treatment, therapists conduct a sensory test to select the appropriate custom massage oil for guests. The KOTOSHINA facial treatment uses natural organic products from the Japanese

brand KOTOSHINA, combining aromatherapy with bamboo fragrance scrubs and jojoba exfoliating granules to gently exfoliate and deeply hydrate the skin, followed by a relaxing massage.

The Meditation Lounge, equipped with MedKlenn Cerafusion™ technology, emulates the Japanese forest bathing experience, allowing guests to relax in a fresh forest atmosphere. You can also visit the Tea Lounge to enjoy specialty teas and the Remedy Corner to savor nutritious food and purchase healthy living products.

In addition to these wellness hotel brands headquartered in Singapore, many luxury hotels around the world have also set up branch in Singapore, offering luxurious accommodations and wellness experiences that combine local characteristics to create unforgettable travel experiences for guests.

Amidst the hustle and bustle of the skyscrapers, there are also many city spas and wellness studios that can quickly soothe the body and mind and rejuvenate vitality.

### ESPA at Sentosa

Surrounded by tropical plants and with a view of the azure sea, ESPA at Sentosa is just a few steps away from the beach, with a prime location. Upon entering, the teakwood floors and soft lighting create a Southeast Asian leisurely style. The thermal stone bathroom, equipped with a smart temperature control system, can accurately regulate the temperature. The open-air rain shower area simulates a rainforest shower scene to wash away fatigue. From the Finnish sauna to the open-air massage bathtub overlooking the sea,

every detail is meticulously crafted. The signature “Island Rejuvenation Package” combines coconut milk scrub with tropical fruit essence body mask, removing skin keratin while deeply nourishing the skin. The massage package, which combines Balinese and Singaporean traditional techniques, allows therapists to accurately press acupoints, and muscle tension dissipates instantly.

### Chun Ran Ge TCM wellness center

Hidden in Singapore's old district, surrounded by ancient buildings, Chun Ran Ge naturally exudes a sense of tranquility that comes with the passage of time. The interior layout is simple and elegant, with Chinese screens and wooden tables and chairs. The traditional moxibustion bed is precisely perforated according to the human meridians and acupoints for convenient moxibustion. There is also a medicinal bath area equipped with various TCM decoction devices, filled with a rich medicinal aroma. The signature program, “Qi and Blood Regulation Wellness Package”, starts with a face diagnosis and pulse diagnosis by a professional TCM practitioner to customize a wellness plan. The moxibustion journey begins next, with the warm sensation of the ignited mugwort stick penetrating the acupoints, dispelling dampness and cold. The medicinal bath is another highlight, soaking in a bath filled with TCM decoctions effectively improving blood and qi circulation, allowing people to radiate health from the inside out.

### Healing Touch

Healing Touch is one of the best-reputed and most cost-effective spas in Singapore, with nine branches across the city, making it one of the most convenient options. The massage oils used in the treatments are all naturally extracted from plants such as lavender and lemongrass, which have the effects of soothing the nerves and relaxing the muscles. The spa offers a variety of massage services, including traditional deep tissue massage, tuina, and the unique Pokin Osteopathy Massage. The latter, utilizing the therapist's professional osteopathic knowledge and unique techniques, targets skeletal and muscle issues. It is particularly effective in relieving cervical and lumbar problems caused by long-term desk work.

Singapore, the city that blends modern prosperity with natural tranquility and harmonious coexistence of diverse cultures, has left countless beautiful memories for travelers.



View of Singapore Flyer from Gardens, Singapore

# 新加坡酒店水疗精选

## A Selection of Hotels and Spas in Singapore

新加坡作为亚洲的繁华都市，不仅以其现代摩登的天际线和多元文化闻名，更隐藏着许多顶级的SPA酒店，为追求奢华与宁静的旅人提供独一无二的养生旅程。

*Singapore, a bustling metropolis in Asia, is not only renowned for its modern skyline and multicultural charm but also for being home to many luxurious spa hotels, offering unique wellness journeys for travelers seeking rejuvenation and tranquility.*



### 新加坡嘉佩乐酒店

新加坡嘉佩乐酒店坐落于圣淘沙岛30英亩的繁茂雨林中，将新加坡丰富的历史底蕴与当代建筑的灵动曲线及设计完美融合。作为艺术的热忱支持者，酒店精心收藏了900多件艺术作品。改造一新的113间房间，包括高级客房、套房、带私人户外泳池的别墅以及富有历史韵味的庄园等各类房型。Cassia餐厅以现代手法演绎正宗粤菜，Fiamma餐厅则是对意大利家庭美食传统的致敬。占地1,114平方米的Auriga Spa以月相为灵感，为宾客带来全新的健康理念。这里设有9间配有私人户外花园的理疗室，以及活力泳池、冰池、草药蒸汽浴室及特色淋浴设施。

### Capella Singapore

Nestled amidst 30 acres of lush rainforest on Sentosa Island, Capella Singapore's tranquil setting on a knoll is a masterpiece that harmoniously blends Singapore's rich colonial heritage with a symphony of contemporary architectural curves and designs. An ardent supporter of the arts, Capella Singapore has curated over 900 art pieces. The resort's refurbished 113 guest rooms include premier rooms, suites, villas featuring private outdoor plunge pools and heritage Colonial Manors. Cassia presents a repertoire of authentic Cantonese delights with a touch of modern flair, while Fiamma is a salute to the heritage and spirit of the Italian family cuisine. Extending over 1,114 square metres, Auriga Spa offers guests a new wellness philosophy based on the phases of the moon. Amenities include 9 experience rooms with private outdoor gardens, vitality pools, an ice fountain, herbal steam baths and experience showers.

### 新加坡瑞吉酒店

新加坡瑞吉酒店地处乌节路的黄金地段，共有299间客房和套房，房间内从水晶吊灯到原创艺术品，细节之处彰显奢华。Brasserie Les Saveurs餐厅提供法国和亚洲风味美食；位于泳池畔的LaBrezza餐厅则主打意大利美食，是享受浪漫晚餐的理想之选。瑞吉水疗中心掩映于葱郁绿植之中，室内装饰以温和的象牙色、奶油色和木色为主调，配以豪华的青铜配件、意大利大理石和标志性壁画，设有柔和的氛围照明系统。主要设施包括5间感官理疗室、1间特色情侣套房、2间美甲美足室、休息区，以及雪松芬兰桑拿房、桉树香薰蒸汽室、室内外按摩浴缸等。Caroline系列护理则是一套选用精致成分精心打造的五种护理体验，是瑞吉水疗中心的专享体验。

### The St. Regis Singapore

The St. Regis Singapore is located in the prime position of Orchard Road. It has 299 rooms and suites, where every detail, from the crystal chandeliers to the original artworks, exudes a sense of luxury. The Brasserie Les Saveurs restaurant offers French and Asian cuisine. The LaBrezza restaurant by the poolside specializes in Italian cuisine and is the perfect place to enjoy a romantic dinner. Featuring lush surrounds, the refreshed interiors of St. Regis Spa in Singapore are swathed in soothing neutral tones of ivory, cream, and wood, decorated in luxurious accents of bronze fixtures, Italian marble, and iconic feature murals paired with soft mood lighting and sound of silence. The Spa features a celebration bar, lounge, five sensorial treatment rooms, one signature couple suite, two manicure and pedicure rooms as well as immersive facilities including Cedarwood Finnish Saunas, Eucalyptus Scented Steam Chambers, indoor and outdoor Jacuzzi Pools and more.



### 新加坡莱佛士酒店

新加坡莱佛士酒店伫立在城市的心脏地带，靠近滨海湾和新加坡河，建筑外观融合了殖民时期的风格与东南亚风情。酒店拥有115间套房，房内铺有精美的东方地毯和柚木地板。艺餐厅提供中国多元区域文化特色美食，拥有开放式厨房设计的Butcher's Block餐厅主打烤肉和海鲜，Tiffin Room餐厅则供应正宗的北印度美食。莱佛士水疗中心隐匿在花园深处，设有7间以宝石命名的理疗套房，包括一间专属的双人套房。每间套房都有独立的淋浴间和更衣室。室内装潢风格以柔和的琥珀色灯光和温暖的色调为主，优雅而宁静。水设施区域设有桑拿房、蒸汽浴室、冰池和恒温泳池。

### Raffles Singapore

Raffles Hotel Singapore stands in the heart of the city, near Marina Bay and the Singapore River. Its architecture blends colonial-style elements with Southeast Asian influences. The hotel boasts 115 suites, each adorned with exquisite Oriental carpets and teak wood flooring. Yi by Jereme Leung offers a diverse range of Chinese regional cuisines, while Butcher's Block, featuring an open kitchen concept, specializes in grilled meats and seafood. Hidden in the gardens of the iconic Grande Dame, Raffles Spa features seven treatment suites named after gemstones including a private and exclusive couple suite, The Gem Suite. The thermal facilities include steam bath, sauna, ice fountain as well as a heated pool, complemented with standalone shower and dressing rooms. Treatment rooms at Raffles Spa showcases an elegant and serene ambience that is accented by harmonious and varying tones of slate and warm, subtle shades of gold. Each treatment room comes with its own en-suite shower and dressing room.





## 新加坡圣淘沙湾W酒店

**新**加坡圣淘沙湾W酒店坐落于圣淘沙岛的西乐索海滩 (Siloso Beach) 附近。穿过酒店大门，迎接兰花、孔雀和茅草地等新加坡特色元素带来的惊喜，酒店各处都陈列着Andy Warhol等知名艺术家的新奇艺术作品。在240间豪华客房及套房内，特色鲜明的室内装饰和妥帖周到的便利设施，为现代精致带来新定义。落座WOOBAR酒吧，在热闹派对氛围中尽情释放；前往FIT健身房畅快锻炼；置身WET露台惬意放松；日出清晨或夜幕时分，跟随专业教练在酒店W草坪上学习户外瑜伽课程。Away水疗中心采用热带雨林风格设计，配备桑拿室、蒸汽室、活力池和舒适淋浴，更有专业护理助你焕活身心。

## W Singapore – Sentosa Cove

**W** Singapore – Sentosa Cove, the luxury lifestyle icon with 240 guest rooms and suites, is located on the tropical island paradise with stunning Marina views and surroundings. Enjoy innovative takes on world cuisine at the kitchen table and the quintessential Champagne brunch, or visit SKIRT, known as one of the best restaurants around the island for steak and sustainable seafood. Lose yourself in the rainforest design and setting of AWAY Spa, where relaxing treatments combine with premier facilities, including a sauna, steam room, vitality pool, and experiential showers. Rejuvenate afterward with a refreshment to prepare you for whatever comes next. Stay cool while basking in the sun or enjoy a dip to end the day in WET Deck – one of Singapore’s largest free-form outdoor Resort pools, surrounded by beautiful landscaping.



## 新加坡四季酒店

**新**加坡四季酒店坐落在乌节林荫道旁，与周围的绿树成荫相得益彰。酒店的大多数客房均从附近的新加坡植物园汲取灵感，大地色调中点缀着清爽的蓝色与石灰绿色。娘惹式瓷砖构成的优美壁画为房间增添了一抹艺术气息。在屡获殊荣的粤菜餐厅江南春，地道的广式点心和用牧豆木烤制的北京烤鸭配鱼子酱定将让你食指大动。四季水疗中心以奢华和宁静著称，内部设计采用现代简约风格。经典项目水浴理疗汲取有效活性成分，促进肌肤修复。其中包括去角质身体净化护理、富含矿物质的Subtle Energies喜马拉雅粉盐水浴、芳香身体沐浴，以及Subtle Energies抗衰老面部护理。

## Four Seasons Hotel Singapore

**M**eeet Four Seasons Hotel Singapore at the 20th floor to take in panoramic views of the entire city. Inspired by the nearby Singapore Botanic Gardens, most of the hotel’s guest rooms feature a natural colour palette livened with cool blue tones and lime green accents, plus a mural wall composed of Peranakan tiles. Delight in refined Cantonese dishes at Jiang-Nan Chun or relish Japanese-Peruvian food at Nobu Singapore, then enjoy a botanical cocktail at One-Ninety Bar. Embark on a sensory voyage with a custom set of treatments tailored to you at the Four Seasons Spa. The signature treatment Immerse and Radiate incorporates a purifying body exfoliation, Subtle Energies’ mineral-rich bath of pink Himalayan salts and a sulphate-free aromatic body wash with nourishing active botanicals. This journey then goes further into releasing tension and stress with Botanical Relaxation massage, followed by a 24K Gold Age-Defying Facial.

## 新加坡文华东方酒店

新加坡文华东方酒店位于滨海湾地区，客房和套房融合细腻的东方风韵和豪华的现代舒适体验，处处散发着低调优雅的风格。embu全天候餐厅供应当地和国际美食；粤菜餐厅樱桃园开启东方魅力之旅。Dolce Vita则提供正宗意大利菜肴。酒店的水疗中心拥有6间理疗室，将历史悠久的亚洲疗愈传统与现代康体技术相结合。精心策划的“非凡新加坡”护理系列，均采用历史悠久的亚洲原料带来当地特色旅程。其中“花园城市精髓”包含了草药磨砂、使用槟榔叶和姜母油热敷的“Urut”马来西亚传统按摩，采用传统束腹带的马来式腹部包裹疗法，让宾客感到活力焕发。

## Mandarin Oriental, Singapore

**M**andarin Oriental, Singapore is a sanctuary of luxury and sophistication overlooking the iconic Marina Bay. Combining subtle Oriental touches with luxurious contemporary comforts, the hotel’s rooms and suites exude a sense of understated style. The embu is an all-day dining experience with local and international flavours. Cantonese restaurant Cherry Garden takes you on a journey into the Orient. Dolce Vita presents Authentic Italian cuisine with a delicious contemporary touch. With six treatment rooms, The Spa at Mandarin Oriental, Singapore is a sanctuary for both inner and outer rejuvenation. Indulge in one of the Exceptionally Singapore curated treatments that uses time-honoured Asian ingredients, or try holistic signature therapies inspired by Traditional Chinese Medicine. Furthermore, a range of facials are tailored to your skin’s needs and requirements, and various massages will help melt your aches and pains. Finally, you can elevate your nail care routine at The Nail Salon featuring the prestigious Margaret Dabbs range.





# 文化交织的美食天堂

**在**新加坡这座花园城市，美食早已超越了单纯的果腹功能，成为连接多元文化的纽带。漫步在新加坡的街头巷尾，从牛车水到小印度，从甘榜格南到克拉码头，空气中弥漫着各种香料交织的诱人香气。在这里，美食的魅力不仅在于其令人垂涎的味道，更在于它完美诠释了多元文化和谐共处的精髓，中式、马来式、印度式以及娘惹美食相互交融，创造出独具特色的新加坡风味，让每一位食客都能在这座美食天堂中找到属于自己的味觉记忆。

## 多元的味觉交响

新加坡的美食地图犹如一幅绚丽多彩的文化拼图，每个族群都为这幅图景增添了独特的色彩。中式美食以其精致的烹饪技艺和丰富的口味层次，在新加坡美食版图中占据重要地位。从香气扑鼻的海南鸡饭到鲜美的肉骨茶，每一道菜品都承载着华人移民的历史记忆。

马来美食则以浓郁的香料运用著称，椰浆饭、沙爹等经典美食展现了马来族群的烹饪智慧。印度美食则以其独特的香料调和和烹饪方法，为新加坡美食增添了浓墨重彩的一笔。印度煎饼、咖喱鱼头等美食，不仅满足了印度族群的味蕾需求，也逐渐成为全民共享的美味。

娘惹美食作为土生华人的文化结晶，融合了中式烹饪技法与马来香料运用，创造



出独具特色的美食风味。叻沙、娘惹糕等美食，见证了不同文化之间的深度交融。

## 街头美食密码

小贩文化作为新加坡独特的美食现象，不仅提供了价廉物美的美食选择，更成为维系社会和谐的重要纽带。在小贩中心里，食客们可以一站式品尝到各种风味美食。不同族群的食客同桌共食，分享美食，交流情感，这种日常化的文化互动，正是新加坡社会和谐的缩影。

海南鸡饭作为新加坡的国民美食，其制作工艺体现了中式烹饪的精致追求。从选米到煮鸡，每一个步骤都凝聚着厨师的匠心。

这道看似简单的美食，却能让食客感受到最纯粹的味觉享受。

叻沙作为娘惹美食的代表，浓郁的椰浆汤底、鲜美的海鲜配料，配上独特的香料调配，每一口都是对味蕾的极致挑逗。

辣椒螃蟹作为新加坡的国菜，展现了新加坡人勇于创新的美食精神。这道将中式烹饪技法与西式酱料完美结合的美食，已经成为新加坡美食文化的象征。

在这个全球化的时代，新加坡美食为我们提供了一个文化共生的典范。新加坡的美食发展史就是一部生动的文化融合史。从早期移民带来的家乡味道，到适应本地食材的创新改良，每一道经典美食都记录着文化交融的轨迹。

美食节庆活动则进一步强化了美食的文化联结功能。从华人新年到开斋节，从屠妖节到圣诞节，每个节庆都有其代表性的美食，这些美食成为连接不同族群的味觉桥梁。

当我们品尝着新加坡美食时，不仅是在享受味觉的盛宴，更是在体验一场跨越文化边界的心灵之旅。这种通过美食实现的文化理解与包容，正是构建和谐社会的關鍵所在。这座美食天堂将在保持传统特色的同时，继续以其独特的魅力，不断创新融合，创造出更多令人惊艳的美食体验，吸引世界各地的美食爱好者，用味觉讲述多元文化的故事。

# A Multicultural Gourmet Paradise



Chili Crab

In the Garden City of Singapore, food has long since transcended its purely gastronomic function to become a link between multiple cultures. Strolling through the streets of Singapore, from Chinatown to Little India, from Kampong Glam to Clarke Quay, the air is filled with the tantalizing aroma of various spices. Here, the charm of food lies not only in its mouth-watering flavors, but also in its perfect interpretation of the essence of multicultural harmony, Chinese, Malay, Indian and Nyonya cuisines intermingle with each other to create a unique Singaporean flavor, so that every diner can find their own taste memories in this food paradise.

## A Symphony of Tastes

The culinary map of Singapore is like a colorful cultural jigsaw puzzle, with each ethnic group adding its own unique color to the picture. Chinese cuisine, with its sophisticated cooking techniques and rich flavor profiles, occupies an important place in Singapore's culinary landscape. From the aromatic Hainanese chicken rice to the savory pork bone tea, each dish carries the historical memories of Chinese immigrants.

Malay cuisine, on the other hand, is known for its rich use of spices, with classics such as coconut milk rice and satay showcasing the



Hainanese Chicken Rice

culinary ingenuity of the Malay community. Indian cuisine adds a colorful touch to Singaporean cuisine with its unique blend of spices and cooking methods. Indian pancakes, fish head curry and other delicacies not only satisfy the taste buds of the Indian community, but have also gradually become a delicacy shared by all.

Nyonya cuisine is a fusion of Chinese cooking techniques using Malay spices, creating a unique culinary flavor. Laksa, Nyonya cakes and other delicacies are perfect examples of the deep fusion of different cultures.

## Street Food Code

As a unique culinary phenomenon in Singapore, hawker culture not only provides inexpensive and quality food choices, but also serves as an important link in maintaining social harmony. At hawker centers, diners can enjoy a wide range of flavors at one stop. Diners from different ethnic groups eat together at

the same table, sharing food and exchanging good vibes, a daily cultural interaction that epitomizes social harmony in Singapore.

As Singapore's national dish, Hainanese Chicken Rice is made with the finesse of Chinese cooking. From the selection of rice to the cooking of the chicken, every step of the process reveals the craftsmanship of the chef. This seemingly simple dish can make diners feel the purest taste enjoyment.

Laksa, as a representative of Nyonya cuisine, has a rich coconut milk soup base, fresh seafood ingredients, with a unique blend of spices, each bite is the ultimate tease for the taste buds.

Chili Crab, the national dish of Singapore, demonstrates the innovative culinary spirit of Singaporeans. This perfect combination of Chinese cooking techniques and Western sauces has become a symbol of Singapore's culinary culture.

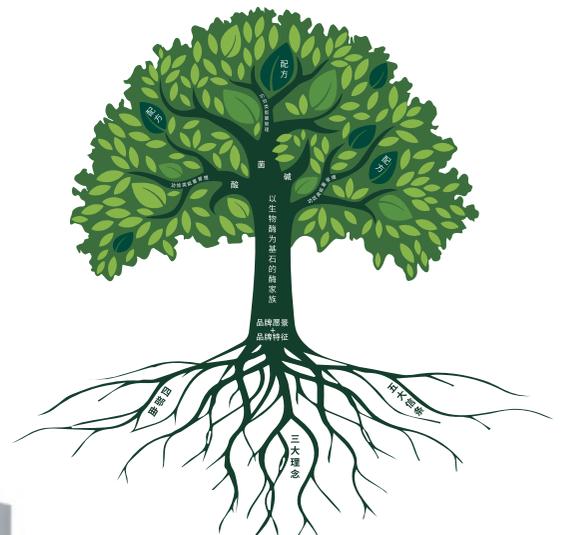
In this era of globalization, Singaporean cuisine provides us with an example of cultural symbiosis. The history of Singapore's culinary development is a vivid history of cultural fusion. From the flavors of home brought by early immigrants, to the innovations and improvements adapted to local ingredients, every classic cuisine has recorded the trajectory of cultural fusion.

Culinary festivals have further strengthened the cultural bonding function of food. From Chinese New Year to Eid al-Fitr, from Deepavali to Christmas, each festival has its own representative cuisine, which serves as a bridge between the taste choices of different communities.

When we savor Singaporean food, we are not only enjoying a feast for the palate, but also experiencing a spiritual journey across cultural boundaries. This kind of cultural understanding and tolerance through food is the key to building a harmonious society. This culinary paradise will continue to maintain its unique charm and traditional characteristics while innovating and integrating to create more amazing culinary experiences, attracting food lovers from all over the world, and telling multicultural stories with the sense of taste.

# 拯救好莱坞皮肤

## A Brand That Rescues Hollywood Skin



### 研发理念

DMK所倡导的PARA-MED辅助医学理念，采用符合GMP国际药品生产线的产品，通过医学专业的皮肤诊断，并根据皮肤实时状态进行动态式的皮肤调整，从根本上解决内在与外在的皮肤问题，帮助皮肤恢复健康和平衡状态。其专业护理S16系涵盖了VENUS系、SOLARIS系、EGO系、ALTAIR系。

### 三大理念

- 活细胞识别论
- 结构功能学说
- 生物内稳态

DMK全线产品的均采用人体自身的机体化学相匹配的配方，为皮肤细胞提供能识别的关键成分，激发皮肤自身防御潜能，从而恢复正常结构、强化皮肤功能、改善皮肤状态，真正达到对肌肤有长期价值的辅助医学，实现生物内稳态。

### DMK的酶家族

在DMK的专业线体系中，与酶有关的项目被称为DMK酶家族。它与S16系相辅相成，通过混合与叠加的方式，来匹配不同的皮肤状态，共同维持皮肤系统的健康与动态平衡，从而满足求美者的预期。DMK自创立之日起，便以经典的三大理念、四部曲、五大信条为根本。DMK的产品，如刷酶、刷酸、刷菌、或是Para-Med.S16，甚至是任何一款家居类产品，都依托着这些理念。

### 四部曲

- 净化：以酸碱酶等作为护肤工具去过多或受损的角质层、死细胞、杂质、污垢及无用脂肪等皮肤垃圾。
- 重建：重建皮肤表面的天然保护膜，增加胶原纤维的生成，重建生物内稳态。
- 防御：建立良好的皮肤防御系统，即“肌肤免疫力”。
- 维持：采用纯天然植物提取成分，获得健康剔透的肌肤。

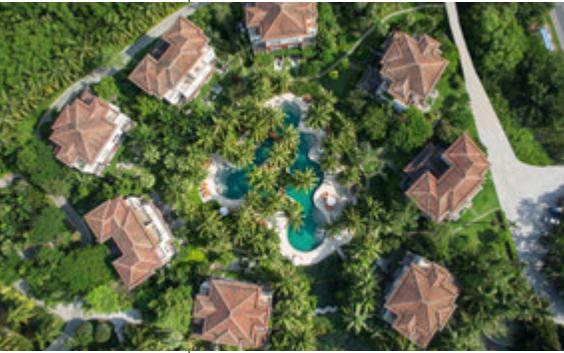
DMK，一个有类医美效果的医学美容品牌，1963年由Dr. Danné Montague King博士创立于美国洛杉矶，被誉为是能“拯救好莱坞皮肤”的品牌，获得美国FDA，GMP，ISO和欧盟CPNP四大认证。



### 五大信条

- 皮肤没有“类型”之分，只有状态之别，许多皮肤状态是可以改善的。
- 没有任何单一的成分、单一的产品或单一的仪器就能够缓解所有的衰老或皮肤问题。
- 健康的皮肤修护需要专业皮肤管理师与客户进行系统性的配合。
- DMK专业长效的美肤效果需要DMK合理的家居护肤品产品来维持与巩固。
- DMK Para-Med辅助医学科学护肤体系遵循其经典四部曲：净化、重建、防御、维持。

使用时遵循上述DMK的5大信条，便可赋予肌肤年轻活力。



### 三亚亚龙湾瑞士酒店与 三亚亚龙湾美爵酒店双双开业

三亚亚龙湾瑞士酒店与三亚亚龙湾美爵酒店双双开门迎客，地处国家旅游度假区核心地带，四周是郁郁葱葱的椰林和静谧的花园。两家酒店由石桥连接。瑞士酒店有458间客房和套房，其特色的池畔及泳池房，可直通宁静美丽的礁湖泳池。此外，还有亚龙湾体量最大、面积达1,300平方米的大宴会厅，以及12间多功能厅。美爵酒店则有124间别具风情的客房和套房，采用简约优雅的设计，配以中国风装饰元素，打造温馨的氛围。入住双品牌度假酒店的宾客均可前往瑞士酒店的4个餐厅、大堂吧和综合休闲设施区，包括中医养生馆、水疗中心和健身中心等。



### Dual Opening of Swissôtel Sanya Yalong Bay and Grand Mercure Sanya Yalong Bay

Swissôtel Sanya Yalong Bay and Grand Mercure Sanya Yalong Bay have both opened their doors. The resort is centrally located in Yalong Bay, surrounded by a lush backdrop of coconut groves and tranquil gardens. They are connected by a stone bridge. The Swissôtel features 458 guestrooms and suites. Poolside rooms invite guests to enjoy the serene lagoon pool and warm sunlight. Additionally, it has the largest event room in Yalong Bay, a grand banquet hall of 1,300 square meters, and 12 multifunctional rooms. The Grand Mercure offers 124 rooms. The minimalist elegant design, combined with Chinese decorative elements, ensures a warm atmosphere. Guests of both Grand Mercure and Swissôtel all have access to Swissôtel's four restaurants, bars and comprehensive leisure facilities, including traditional Chinese physiotherapy, a spa, a fitness center and more.

### 南京明怡美憬阁酒店

坐落于历史悠久的长江路，紧邻繁华的新街口商圈，南京明怡美憬阁酒店以现代笔触描绘出藏于繁华、居于自然的城中桃源谧境。160间客房和套房，如流动画卷般的独特街景和梧桐绿意将江南的婉约糅进现代摩登，带来家外之家般的舒适体验。酒店内设有2间餐厅及酒吧，其中M Bistro餐厅将法式菜单与南京风味相结合，为宾客开启一场美食探索之旅。而在大堂吧，宾客则可品尝下午茶和特调鸡尾酒，享受社交的轻松与愉悦。其他设施还包括室内恒温泳池、全天候开放的健身中心和400平方米的会议及宴会空间等。

### Ming Hotel Nanjing MGallery Collection

Located on the historic Changjiang Road, adjacent to Nanjing's most prosperous downtown areas, Ming Hotel Nanjing MGallery Collection offers a modern interpretation of an idyllic urban oasis amidst the hustle and bustle of the city. The 160 rooms and suites are designed with a quiet luxury aesthetic of natural woods, earth tones and lush textures to create a unique experience that feels like a home away from home. The hotel has two restaurant and bar, including M Bistro, which combines French cuisine with local Nanjing flavors, offering guests a culinary journey of discovery. In the Lobby Bar, guests can enjoy beverages, desserts and afternoon tea, and relish the relaxation and pleasure of socializing. Other facilities include an indoor heated swimming pool, a 24/7 fitness center and 400 square meters of meeting and banquet space.



### 上海外滩茂悦大酒店

上海外滩茂悦大酒店在历经精心修缮后焕新回归。矗立于黄浦江与苏州河之汇，拥有独特的双子塔结构，尽享历史的沉淀与现代的交融，浦江美景尽收眼底。620间客房均设有落地窗，以“云端逸境”为主线，主体以纯色为主，使宾客仿佛感受到云顶的清新与悠然，营造亲和、温馨的氛围。酒店拥有5间不同的餐饮概念。新大陆—中国厨房以上海、江浙地区的传统风味为主，宾客可前往开放式厨房处欣赏烹饪过程。位于楼顶户外露台处的非常时髦酒吧，宾客可一边小酌一边俯瞰外滩夜景，十分惬意。此外，酒店还设有无柱式宴会厅、庭院式琉璃厅、多功能厅和水疗中心。

### Hyatt on the Bund, Shanghai

Hyatt on the Bund, Shanghai has reopened after a restoration. Standing at the confluence of the Huangpu River and Suzhou Creek, the hotel has a unique twin-tower structure, enjoying a blend of historical precipitation and modernity. The 620 guest rooms are equipped with floor-to-ceiling windows that allow guests to experience the breathtaking views of Pudong or the Bund and create a friendly and warm atmosphere. It boasts 5 different dining concepts. The Xindalu – China Kitchen features traditional flavors from Shanghai, the Jiangsu-Zhejiang region, delivering a delightful culinary experience in a relaxed and comfortable setting. The VUE Bar is located on the open-air terrace where guests can enjoy a drink while overlooking the night view of the Bund. Additionally, the hotel also has pillar-less ballrooms, a courtyard glasshouse, function rooms and Spa.

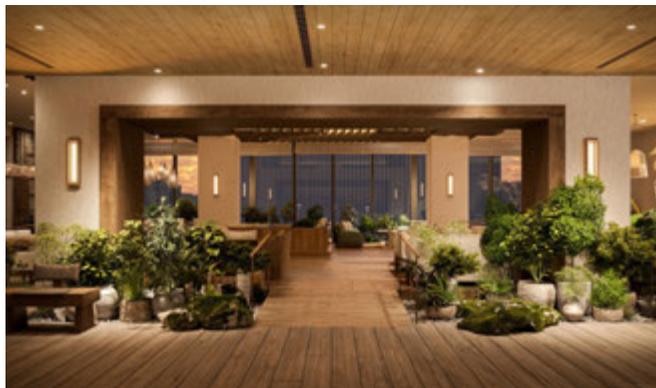


## 东京壹酒店

东京壹酒店坐落于东京繁华的赤坂地区，秉持着可持续发展的理念，采用了亲生物设计，致力于打造一处远离尘嚣的都市绿洲，传递出静谧的氛围。踏入酒店，便被苔藓覆盖的巨石和装饰着植物的墙壁所吸引，仿佛进入了大自然的怀抱。位于38层的主大堂，石雕水景将室外景色引入室内，绿意盎然，天花板模仿枯山水的耙沙图案。211间客房和套房，巧妙地将传统日式设计和现代奢华相结合。穿过日式花园小径，即可抵达丰富多样的餐厅和酒吧，享受味蕾的盛宴。该酒店还提供从禅园汲取灵感的水疗中心，土耳其浴室、健身中心、室内游泳池、室外露台、会议活动空间等设施。

## 1 Hotels, Tokyo

Located in Tokyo's buzzing Akasaka district, 1 Hotel embraces the concept of sustainability and adopts biophilic design to create an urban oasis away from the bustle, conveying a serene atmosphere. Stepping into the hotel, guests are welcomed into a tranquil space that blends moss-covered boulders and plant-lined walls, as if entering the embrace of nature. On the 38th floor, the main lobby is a peaceful retreat with a sculptural stone water feature that brings the outdoors inside, ample greenery, a ceiling that mimics the raked sand patterns of a Zen garden. The 211 guest rooms and suites skillfully combine traditional Japanese design with modern luxury. Enjoy a feast for your taste buds as you walk through a Japanese garden pathway to reach the rich variety of restaurants and bars. The hotel also offers a spa inspired by the Zen gardens, hammams, a fitness center, an indoor pool, an outdoor terrace, meeting and event space, etc.

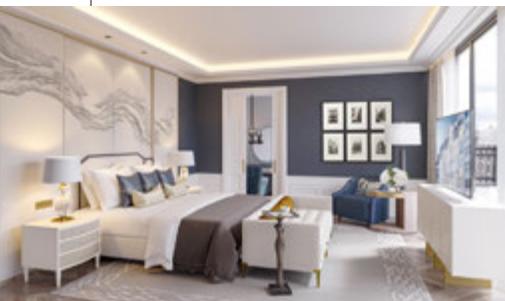


## 柬埔寨金边香格里拉酒店

金边香格里拉酒店于去年12月盛大开业，这是香格里拉在柬埔寨的首次亮相。这座酒店矗立于金边Koh Pich钻石岛一座高228米的大楼顶部，设有303间客房和套房，均采用独特的新古典风格，饰以棱纹木材、柔软的曲线和精致的艺术装饰细节，可欣赏到风景如画的湄公河美景。餐厅供应具有柬埔寨当地特色的佳肴，采用当地新鲜的食材精心烹制。从特色中餐厅、全日餐厅，再到屋顶酒吧，引领宾客穿梭于本地与国际风味的交汇点。宾客还可边吃边观赏日落，沐浴在金色光辉中，绘就一幅绝美的夜幕奇景。此外，酒店配备的泳池、水疗中心以及香宫中餐厅等设施将于3月陆续开放。

## Shangri-La Phnom Penh, Cambodia

Shangri-La Phnom Penh grandly opened last December, marking Shangri-La's debut in Cambodia. The hotel stands on top of a 228-meter tall building on Koh Pich "Diamond" island. It features 303 rooms and suites, all uniquely appointed in a Neoclassical-style, decorated with ribbed timber, soft curves and art déco flair, with picturesque views of the Mekong River. Five distinctive restaurants and bars cater to the diverse tastes of different guests. Delicacies with local Cambodian specialties are prepared with fresh and local ingredients. From signature Chinese restaurant to all-day-dining venue and breathtaking rooftop bar, each dining experience is a gastronomic journey that champions local and international influences. Guests can also dine and watch the sunset, where the hotel's exterior gleams golden. In addition, the hotel's swimming pool, spa and Chinese Shang Palace restaurant will open in March.



## 布鲁塞尔Corinthia酒店

布鲁塞尔Corinthia酒店，傲立于一座精心修复的、拥有百年历史的美好时代时期的地标性建筑上，在彻底焕新后璀璨开业。其核心的棕榈庭院，上方是由比利时建筑师Francis Metzger指导修复的宏伟彩色玻璃天窗，为庭院增添了一抹优雅。穿过庭院，再登上楼梯，便可抵达酒店的126间客房和套房。由GA设计公司匠心打造的房间，灵感汲取自这座建筑的历史底蕴，融合蓝色和铁锈金色调，彰显皇家般的奢华氛围。在这里，丰富多彩的菜肴可满足不同宾客的味蕾需求。值得一提的是，具有小酒馆风格的Le Petit bon bon餐厅，在主厨Christophe Hardiquet的掌舵下，宾客们可享用具有现代风味的传统比利时佳肴。

## Corinthia Brussels

Corinthia Brussels, which houses in a meticulously restored 100-year-old Belle Époque landmark, has opened its doors after a complete transformation. At its heart is the Palm Court, graced by a magnificent stained-glass skylight restored under the direction of Belgian architect Francis Metzger. Guests will pass through this breathtaking space before ascending the grand staircase to reach the hotel's 126 rooms and suites. Designed by GA Design, the rooms evoke regal opulence with palettes of blue and rust gold, inspired by the building's rich history. A wide variety of cuisines are available to satisfy the taste buds of different guests. Notably, the Chef Christophe Hardiquet's brasserie concept Le Petit bon bon offers traditional Belgian favourites with a modern twist.





### 巴厘岛乌布安纳塔拉度假酒店

安纳塔拉在印尼的第二家酒店，巴厘岛乌布安纳塔拉度假酒店已正式揭幕。该酒店坐落于乌布北部山坡村庄Banjar Puhu旁，被无垠的稻田与繁茂的热带雨林温柔拥抱。宾客可以在晨间瑜伽课中迎接巴厘岛的日出，仿佛置身于一个远离尘嚣的绿色仙境。85间套房和泳池别墅，宽大的落地窗使所有房间都沐浴在充足的光线中。别墅内均配备了私人泳池，仿佛沉浸于大自然的怀抱。酒店提供了多样化的美食选择：招牌餐厅Amerta主打巴厘岛特色菜；Kirana提供印尼国际风味的营养早餐；在泳池旁的Sulang Bar，品味鸡尾酒的同时能欣赏到别样的山林景致。

### Anantara Ubud Bali Resort

Anantara's second hotel in Indonesia, Anantara Ubud Bali Resort, has been officially unveiled. Nestled next to the hillside village of Banjar Puhu in northern Ubud, it is gently embraced by lush rice fields and rainforest. Here, guests can greet the sunrise with yoga, as if they were in a green wonderland away from the hustle and bustle of the city. The hotel has 85 suites and pool villas, all of which are bathed in light from expansive floor-to-ceiling windows. The villas are equipped with private pools, allowing guests to immerse themselves in nature. The hotel offers a diverse range of culinary options: the signature restaurant, Amerta, specializes in Balinese specialties; Kirana serves a nutritious breakfast with Indonesian flavors; and at Sulang Bar by the pool, savor cocktails while enjoying a unique view of the mountains.

### 佛罗伦萨Collegio alla Querce酒店

3月首次亮相的佛罗伦萨Collegio alla Querce酒店，位于佛罗伦萨北部连绵起伏的山坡上，坐拥一片郁郁葱葱的花园，远离城市的喧嚣。该酒店分布在三座相互连接的16世纪建筑中，拥有83间客房，其中包括一间210平方米的佛罗伦萨特色套房，巧妙融合了文艺复兴时期的高雅艺术与现代意大利设计。宾客们可移步全天候用餐的玻璃封闭式花园室、位于前招生办公室的酒吧和雪茄休息室、以及坐落在古老橄榄和高耸的橡树之间，并提供午餐和鸡尾酒的室外游泳池酒吧，充分感受意大利的独特风情与魅力。此外，其他设施还包括一座历史悠久的教堂、一座剧院和Aelia水疗中心等。

### Collegio alla Querce, Florence

Debuting in March, the Collegio alla Querce, Florence is nestled amid lush gardens on a rolling hillside in northern Florence, away from the hustle and bustle of the city. Spread across three interconnected 16th-century buildings, the 83-room hotel, including a Florentine chic 210 square meters signature suite, which skillfully combines high Renaissance art with modern Italian design. Guests can move to a destination restaurant, a glass-enclosed garden room for all day dining, a sophisticated bar and cigar lounge set in the former academic admissions office, and an outdoor pool bar offering lunch and cocktails nestled amongst the old growth olives and soaring oak trees, for a taste of Italy's unique charm. Other amenities include a historic chapel, a theatre and the Aelia Spa.



### 奥地利福斯尔堡瑰丽酒店

绿松石般的湖泊、嵌于避世山林之间，矗立着奥地利福斯尔堡瑰丽酒店。这座宛如梦幻般的童话城堡，现已璀璨启幕。98间客房含42间套房与6间木屋，让宾客沉浸于清新怡人的山间气息中。设计灵感汲取自当地的动物群，旨在弘扬奥地利丰富的历史遗迹与文化底蕴。套房内呈现四季的色彩，而公共空间则保留了精心修复的历史元素。6个餐厅和酒吧，带来多元化的餐饮体验。特别是位于湖畔旁的Seeterrasse餐厅，于黄昏时分，宾客可一边观赏绝美日落，一边享用精致晚餐；当夜色渐浓，现场乐队将演绎悠扬的莫扎特乐章等音乐，使整个空间沉醉在悦耳旋律中。

### The Rosewood Schloss Fuschl, Austria

Nestled amidst secluded mountain forests, with a turquoise-like lake adjacent, stands The Rosewood Schloss Fuschl, Austria. This fairytale castle has now opened. The hotel's 98 guestrooms, including 42 suites and 6 chalets, immerse guests in the fresh mountain atmosphere. The hotel's design is inspired by local fauna and celebrates Austria's rich heritage and culture. The suites present the colors of the seasons, while the public spaces retain carefully restored historical elements. It has six restaurants and bars offer a diverse dining experience. Particularly, the Seeterrasse restaurant, located next to the lake, offers guests the opportunity to enjoy a fine dinner at dusk while watching a stunning sunset; and as the night progresses, a live band performs Mozart and other music, mesmerizing the entire space with its melodic sounds.

## 越南顺化Azerai La Residence, Hue酒店推出全新Spa与餐饮菜单 Azerai La Residence, Hue Introduces New Spa and Dining Menus

越南顺化的Azerai La Residence, Hue酒店位于越南中部，俯瞰香江的旖旎风光，是一座历史悠久的瑰宝，共拥有122间客房。近期，酒店已推出全新Spa与餐饮菜单，以“殖民时代生活方式”主题展示量身定制的美食体验。

### Le Spa水疗中心

酒店屡获殊荣的Le Spa水疗中心推出了一系列独特的新疗法，融合西藏颂钵、灵气疗愈和艾灸疗法，构成了60分钟的组合疗法，带来舒缓之旅。

西藏颂钵结合了七种金属元素，产生声波，放松身心，回归纯净之境；灵气疗愈起源于日本，通过触摸将能量传递给接受者，激活自然疗愈过程，恢复身心健康；艾灸是一种传统疗法，在皮肤附近或皮肤上燃烧一种名为“艾绒”的干草，进而刺激针灸穴位，促进血液循环，强化免疫系统。

此外，Le Spa设有六间雅致舒适的理疗室，还推出了全新的传统越南疗法、自然疗法和草药疗法。独特的当地疗法包括拔罐、竹子疗法和传统洗发，后者有效解决头皮问题，令头发柔顺、乌黑发亮。

### Le Parfum餐厅

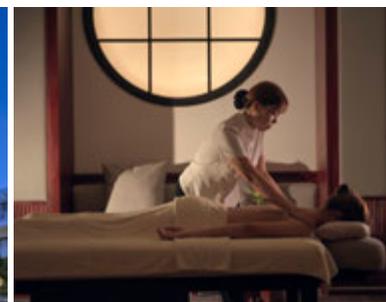
Le Parfum餐厅的菜单新增了30道菜品。包括西式、亚洲、越南和顺化美食的精致菜单。其中越南顺化的地道美食囊括了顺化煎饼、水蕨饼、顺化牛肉面汤，而亚洲美食则包括泰式炒河粉、荞麦面和日本和牛里脊A5。

菜单里的“健康素食区”，由Hai厨师精心挑选菜品，三道菜的套餐热量约为450-500卡路里，旨在促进身体平衡。此外，“会安美食烹饪课”还推出了新菜品以及越南特色菜品。

为宾客量身定制的美食体验——“殖民时期生活”，突显顺化作为世界最具文化意义的旅游目的地之一，以及美食艺术和美食中心的地位。在阮朝(1802-1945年)期间，留下了卓越的烹饪遗产。因此，顺化拥有越南大约3000道国肴中的约2000道美食。

“皇家盛宴”邀请食客共享精彩奇妙的美食之旅，品尝新增和改进菜品在内的皇家美食，仿佛穿越回阮朝，亲身体会皇家晚宴，感受皇家气派。主桌为国王和王后而设，全程伴随着顺化皇家音乐，营造出令人心动的夜晚氛围。

更多信息或预订，请拨打+84 (0) 234 3837 475，发送电子邮件至reservations.laresidence.hue@azerai.com或访问azerai.com/azerai-la-residence-hue/。



Located in central Vietnam, the Azerai La Residence, Hue, overlooks the natural beauty of the fabled Perfume River. The elegant 122-room heritage hotel has introduced new spa and dining menus, along with “The Colonial Life” showcases specially tailored culinary experiences.

### Le Spa

The hotel’s award-winning Le Spa has unveiled a range of distinctive new treatments, blending Tibetan singing bowls, Reiki healing and moxibustion therapy to form a 60-minute treatment package for a soothing journey.

The Tibetan bowls, which combine the seven metal elements, produce sound waves that help to lighten body and mind, and return one’s soul to a more pristine state. Reiki healing originated in Japan and seeks to channel energy to recipients by means of touch, in order to activate natural healing processes and restore physical and emotional well-being. Moxibustion is a traditional therapy that involves burning a dried herb called “moxa” on or near the skin to stimulate acupuncture points, promote blood flow.

Le Spa features six elegant and comfortable treatment rooms and also introduced an updated set of traditional Vietnamese therapies, along with natural and herbal remedies. Unique local treatments include cupping, bamboo leg therapy and a traditional hair wash.

### Le Parfum

At Le Parfum, the restaurant’s menu has been thoroughly updated with 30 new dishes. The menu showcases a fine-dining fusion menu of Western, Asian, Vietnamese and Hue cuisines. Authentic local dishes include Hue Pancake, Banh Beo, Bun Bo Hue, while Asian favorites include Pad Thai, Soba Noodles and Thyme Semi-Smoked Japanese Wagyu Striploin A5.

The “Healthy and Vegetarian Corner” of its menu features carefully selected dishes created by Chef Hai, with a three-course meal providing a balance of around 450-500 calories.

It offers tailored dining experiences of “The Colonial Life” program. During the Nguyen dynasty (1802-1945), it created a legacy of culinary excellence. So, Hue has roughly 2,000 of Vietnam’s national dishes.

The Imperial Feast, part of “The Colonial Life,” invites diners to a night of wonder as they are transported back in time to the Nguyen dynasty to behold firsthand an Imperial Dinner Feast featuring royal cuisine.

For more information or to book, call +84 (0) 234 3837 475, email reservations.laresidence.hue@azerai.com or visit azerai.com/azerai-la-residence-hue/.

## 卓美亚宣布与GROUND Wellbeing开展全球新合作

卓美亚宣布与爱尔兰护肤品牌GROUND Wellbeing携手，开启全球合作新篇章。GROUND以其天然原料的运用和可持续理念的践行而著名。

GROUND Wellbeing将陆续在卓美亚全球酒店推出，先于2月进驻卓美亚伦敦卡尔顿大酒店The Peak健身俱乐部与水疗中心，随后亮相于2025年开业的迪拜卓美亚港湾酒店，再逐步拓展到更多的欧洲、中东和亚洲地区。

卓美亚的宾客可享受GROUND一系列特色的身体和皮肤护理。卓美亚伦敦卡尔顿大酒店将成为全球首家提供生物群面部护理的酒店，专为敏感性皮肤和化疗患者设计。此外，还将提供连续六个月的时差调整护理项目，助您卸下疲惫。

GROUND由Peigín Crowley创立，鼓励人们放慢脚步，向内联结。其护理项目结合百年的深厚植物知识与尖端护肤技术，解决与更年期、肠道健康、睡眠、劳累倦怠有关的及癌症护理中的症状。其产品100%源自植物，无动物虐待，且精油和香



膏等产品的制作都使用天然原料，不含有害化学物质和毒素。

卓美亚伦敦卡尔顿大酒店提供12种GROUND Wellbeing护理，包括：

### 皮肤生物群面部护理(60/90分钟)

通过维护皮肤的自然生态系统及强化微生物群，强化皮肤屏障，延缓皮肤老化。冷却疗法补充皮肤能量，维稳肌肤。90分钟的护理更聚焦压力根深蒂固的区域(通常是导致肠道和皮肤失衡的根本原因)。

### 时差调整护理(90分钟)

无论是在忙碌的一天开始前，还是在疲惫的长途旅行结束后，客人都可以享受时差调整按摩，校准身体节奏，恢复精神。

### 傍晚/夜间：深度沉睡护理

通过深层放松的按摩，缓解长途旅行和身体疲劳。流畅的正念推拿和穴位按摩，结合引导式呼吸练习，可释放紧张情绪，得到充分休息。

### 上午/下午：活力唤醒与平衡恢复护理

每种护理均为宾客度身定制，适用于需要焕发活力，侧重恢复身心平衡的宾客，可滋养消化器官。芳香能去除全身角质，唤醒感官；上身按摩可提升腹背肩颈的能量，带来平稳之感。

如欲了解更多信息或预订，请访问<https://www.jumeirah.com>。

预订卓美亚伦敦卡尔顿大酒店GROUND Wellbeing护理，请访问<https://www.jumeirah.com/en/stay/london/the-carlton-tower-jumeirah/wellbeing/talise-spa-at-the-peak>。

## 静默、自省、连接：在巴厘岛新年“安宁日”尽享静谧

3月29日，是印度尼西亚巴厘岛的涅瑟节(Nyepi)，也是巴厘岛萨卡历新年的开始。这一天也被称为“安宁日”，人们通过平和的自省、祈祷和冥想纪念这个意义非凡的节日。

为庆祝这个特殊的日子，巴厘岛金巴兰湾四季度假酒店和巴厘岛山妍四季度假酒店，将举办一系列文化活动，邀宾客共赴传统民俗之旅。度假酒店推出的“尊享悠长假期”优惠活动，付费连续入住每满三晚，即可尊享第四晚免费住宿。

### 寻求宁静

巴厘岛的新年，不同于热闹非凡、聚会欢庆的节日氛围，更强调修身养息，重焕活力。这是一个“阖家团聚”，庆祝善良、联系与爱的日子。节日当天，整个岛屿都将沉浸在一片静寂之中：机场关闭；24小时禁火禁灯；人们将和家人一起呆在家中。

### 文化熏陶

巴厘岛四季度假酒店，将为宾客提供一系

列精彩纷呈的免费体验。在巴厘岛金巴兰湾四季度假酒店，宾客们可以观看传统的Ogoh-Ogoh游行和燃烧仪式，即焚烧巨型纸偶，祈求来年平安幸福；体验脉轮达善瑜伽，开启能量充沛的“静默日”；参观Sila Giri Kesarah寺庙，聆听涅瑟节的故事；或是学习阿斯卡拉书法，制作巴厘岛Canang供品等。

巴厘岛山妍四季度假酒店的“Klangsah”艺术，通过椰子树叶编织的席子来制作手工艺品，还可以制作祈福水果塔“Gebogan”。其他免费活动，还包括驱魔日或安宁日前夕的“真理”喉轮瑜伽，以最佳状态迎接安宁日。当天早晨，通过“感知”眉心轮瑜伽，平衡眉心轮的能量；而在夜幕下的星空冥想活动中，享受纯粹时光。

### 天伦之乐

涅瑟节之际，与家人一起参加文化活动，缔造美好回忆。两家度假酒店的儿童俱乐部，将为儿童提供源自涅瑟节为灵感精彩体验。

欲了解有关涅瑟节和长住优惠的详情和预订，请访问<https://www.fourseasons.com/landing-pages/regional-hotels-groups/bali/nyepi/>，发送电子邮件至[reservations.bali@fourseasons.com](mailto:reservations.bali@fourseasons.com)或通过(FS Chat) <https://www.fourseasons.com/jimbaranbay/chat/>联系酒店



## 熊猫热潮席卷香港 富丽敦海洋公园酒店推出“亲亲大熊猫住宿体验”

**全**城热盼的新一对赠港大熊猫已经亮相“新家”香港海洋公园，香港南区全城掀起“熊猫热”，与海洋公园邻近的香港富丽敦海洋公园酒店，以别树一帜的尊属住宿、餐饮与生活体验，展开一场满载趣味的精彩旅程。

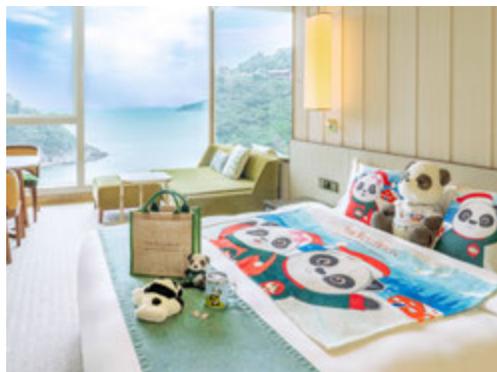
为庆祝属于大熊猫的季节，酒店推出一系列住宿优惠、主题甜点，包括全新“亲亲大熊猫住宿体验”与酒店吉祥物富富熊猫Panda Piñata派对主题甜点，诚邀宾客一同投入庆典，于香港海洋公园“香港赛马会四川奇珍馆”，和大熊猫安安与可可见面，踏上探索自然奥妙之旅！

即日起至2025年3月31日前，宾客可在香港富丽敦海洋公园酒店，尊享限时7折优惠。预订入住奢华海景客房(港币1,800元起)，享受远离喧嚣的悠闲假期及精彩住宿礼遇，包括每日双人早餐和每次入住可享海洋公园双人单日入场门票（仅入住当天有效），一键解锁休闲度假与可爱的国宝大熊猫！

与富富熊猫结伴，预订由酒店糕饼团队匠心打造的酒店吉祥物富富熊猫Panda Piñata派对主题甜点(需提前72小时预订)，为派对甜蜜升华。匠心手作的全新甜点，囊括6寸(售价为港币988元)及7寸(售价为港币1,288元)大小。外层由法国法芙娜白巧克力匠心巧制，内藏精致美点及更多惊喜甜“蜜”，包括Jelly Bean软糖、杏仁巧克力、榛子牛奶巧克力、榛子黑巧克力，成为派对的焦点，给童心满满的大小宾客们带来一次甜蜜回忆。

位于酒店大堂的星耀廊亦隆重推出全新熊猫小食拼盘(港币118元)；熊猫和风便当(港币98元)美点；另有火腿芝士熊猫三明治(港币68元)等。此外，还为偏好无酒精饮品或微醺体验的宾客精心准备了创意特调，以供选择。

如欲了解更多信息，请访问<https://www.fullertonhotels.com/>，发送电子邮件至[fop.reservations@fullertonhotels.com](mailto:fop.reservations@fullertonhotels.com)，或致电+852 2166 7300



## 卓美亚古堡酒店群推出Talise水疗中心睡眠项目

**为**了满足日益增长的睡眠质量的需求，卓美亚推出了Talise水疗中心的睡眠项目。该睡眠康养项目向入住卓美亚逸宫酒店、卓美亚和宫酒店、卓美亚皇宫酒店和卓美亚夏宫酒店一晚、三晚、五晚和七晚的宾客提供，涵盖睡眠和饮食指导、催眠疗法、冥想、瑜伽课程、气功、灵气疗法等，均根据宾客进行个性化的定制。还配备了对应设施设备，结合整体康养与健康技术，提升宾客的睡眠质量、休息品质和整体活力健康水平。

### Talise水疗中心睡眠项目及设施：

**睡前安神茶：**在睡前享用安神茶，使客人在睡前达到放松状态，具有舒展身心、舒缓精神的作用。

**枕头喷雾：**融合薰衣草和洋甘菊的香味，传递静心宁神的氛围，提升夜间睡眠质量。

**清晨活力饮品：**清晨，一杯混合了芹菜、苹果和黄瓜的活力饮品将被送到房间，为新的一年注入活力。

**Hapbee智能睡眠垫和活力项圈：**采



用神经科学家开发的尖端技术，传递温和磁波，激活人体的神经受体，优化睡眠体验。

**GROUND x Talise睡眠礼盒：**爱尔兰品牌GROUND Wellbeing，专注于整体健康领域，推出了这款包含夜用浴盐和夜用身体润肤霜的睡眠用品，焕活身心。

**Satori健康躺椅体验：**内嵌量子谐波技术，利用声频在左右脑之间建立同步，引导宾客进入深度冥想状态，获得更优质的睡眠。

**引导式冥想面膜：**这款面膜可搭配30分钟的冥想放松法课程，带来身心的健康活力。通过配套的冥想应用程序练习，帮助客人在一个月内达到预期的睡眠目标。

### 可供选择的个性化活动：

**心理健康：**催眠疗法、PSYCH-K心理肌动学疗法等。

**正念运动：**阴瑜伽、调息与冥想、音疗等。

**内在康适：**促进睡眠的饮食指导。

**休养生息：**温热蜡烛按摩、灵气疗法、西塔护理等。

**先进护理：**Satori健康躺椅、Detox Dome。

### 可选套餐：

1天：含2项自选活动，每人3,900迪拉姆

3天：含6项自选活动，每人9,800迪拉姆

5天：含10项自选活动，每人14,900迪拉姆

7天：含14项自选活动，每人19,300迪拉姆

预订请拨打+971 4 366 6818或发送电子邮件至[mjtalise@jumeirah.com](mailto:mjtalise@jumeirah.com)

## SPACHINA MOVIE



### 哪吒之魔童闹海 NE ZHA 2

《哪吒之魔童闹海》是一部由饺子编辑并指导的奇幻动画电影。该片是《哪吒》系列的第二部电影，一举成为了中国影视票房的冠军。该片讲述了天劫之后，哪吒、敖丙的灵魂保住了，但肉身很快会魂飞魄散。为挽救二人，太乙真人打算用七色宝莲给二人重塑肉身，但是在重塑肉身的过程中却遇到重重困难。龙王被放出，陈塘关陷入危机，在得知这些是无量仙翁所为后，众人最终携手对抗他，维护了正义的故事。影片的故事背景涵盖了仙界、人间和妖界，创作团队实现了超1900个的特效镜头，呈现了一场震撼人心的视觉盛宴。

Ne Zha 2 is a fantasy animated film directed by Jiao Zi. As the second installment in the Ne Zha series, the film has become a juggernaut at the Chinese box office and is set to be released in multiple regions abroad. The film narrates the tale of Ne Zha and Ao Bing, their souls having been preserved following a "heavenly tribulation". Their souls are in danger until Taiyi Zhenren uses the Seven-color Lotus to rebuild their physical bodies. But during the process, they encounter numerous problems. Supported by various factions, Ne Zha and Ao Bing ultimately save the world once again and uphold justice. The film's storyline spans the realms of the Immortal world, the Mortal world and the Demon world, with the creative team utilizing over 1,900 special effects shots, presenting a breathtaking visual feast that immerses viewers in the fantasy and adventure spirit.

## SPACHINA BOOK REVIEW

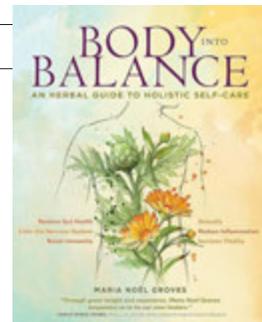
### 身体平衡：自我保健草药指南

#### BODY INTO BALANCE: AN HERBAL GUIDE TO HOLISTIC SELF-CARE

这本自然健康指南，全面涵盖了人体的各大系统及其常见的失衡状况，教你如何读懂身体的信号，并运用草药疗法和其他自然疗法来维护自身健康，而非仅仅依赖抗酸药或阿司匹林等暂时缓解疼痛。身体出现的一些症状往往是身体深层失衡的信号，解读这些信号是保持最佳健康状态的关键一步。从这本书里，能了解人体的各大系统的最佳运作方式，及如何利用自然疗法来滋养和修复问题区域、重焕活力、从整体上促进身体健康并预防未来的健康问题。还涵盖了制作个性化草药疗法的详细指导，包括逐步的照片说明，以及购买和有效使用商业制剂的专家建议。

A natural health guide to all the major body systems and their common imbalances, with in-depth advice on how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of symptoms. Conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. You'll learn how each of your major body systems optimally functions, and discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. The author includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

Purchase via [www.amazon.com](http://www.amazon.com) Price: US\$18



## SPACHINA CD REVIEWS



### IT'S MAGIC

#### BY ANGELINA JORDAN

这张专辑发布于2018年，从小就独具歌唱天赋的Angelina Jordan以独特的爵士声线展现出灵魂歌者的风采，是一个你不容错过的音乐人。如今，年仅19岁的Angelina有一片光明的未来。她唱歌像一个自由不羁、充满力量和感染力的天使，声音和风格不禁让人想起才华横溢但命运多舛的女歌手Amy Whitehouse。但与Amy不同的是，她散发着一种健康的平衡感。

This album dates from 2018, but never mind - she is issuing plenty of singles and she is someone you just have to listen to. Angelina is still only 19 years old, and she has a very bright future ahead of her. She sings like a dissolute and powerful angel, her voice and style are very reminiscent of the talented and doomed songstress Amy Whitehouse. But unlike Amy, she exudes a healthy balance and I guess she will be fine. Her recent songs include Bad Valentine, a cover of Wonderful World, and also a fantastic acoustic take on the Freddie Mercury tune, Bohemian Rhapsody. She is one to follow.



### THE NEW ORLEANS COLLECTION

#### BY JON BATISTE

Batiste是一位拥有音域广阔、深厚创造力以及温柔自信的钢琴家和作曲家。可以说，音乐就是他的生命。这张专辑汇集了各种风格和音乐家，融入了一抹独特的新奥尔良鸡尾酒式混搭风味，是美国流行音乐的精华。他就像乐队指挥家和策划者，将专辑中美妙的钢琴和独特的嗓音自然流露出来。但最突出的，还是他能将各类元素巧妙融合在一起的整体与和谐感，创造出了从头到尾都洋溢着摇滚、蓝调、灵魂乐和流行音乐的歌曲。

Batiste is a pianist and composer with a huge range and deep creative powers and a gentle confidence - music is what he is. This album collects together a variety of styles and musicians, it's the best of American pop music with that special New Orleans cocktail mix. He is like the conductor, the impresario, and mastermind. His piano and voice are there, but what is most prominent is his overall sense of how to piece the bits together, creating a potpourri of blues and soul and pop that rocks and swings from beginning to end.



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http://www.ritzcarlton.com/en/Properties/Beijing/Spa/Default.htm

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www.peninsula.com

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T: 010 8567 1157  
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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)  
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 Dagou 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涧水疗**  
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) Yitianjiarichang 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.lanhamhotels.com

**Chuan Spa at Lanham 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.lanhamplacehotels.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, 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

**FINEFULL SPA at Shenzhen Marriott Hotel Golden Bay**  
深圳兆业万豪酒店臻淼水疗  
B1, 33 Zonglv Road, Dapeng New, Shenzhen  
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**  
深圳瑞吉酒店依瑞水疗  
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  
广州天河南二区19号宏发大厦2层  
T: 020 8362 9234

**L.GRACE小颜日式整骨美肌沙龙(广州)**  
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 Jinsejiayuan, 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

**VELEESPA**  
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 安屿an+spa**  
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 Store, 1 Haiyun Road, Sanya  
三亚海韵路1号夏日百货6楼  
T: 0898 8821 6637

**Bamford Wellness Spa at 1 Hotel Haitang Bay, Sanya**  
三亚海棠湾阳光壹酒店Banford水疗  
No.4, Haitangnan Road, Haitangwan, Sanya  
海南省三亚市海棠湾海棠南路4号  
T: 0898 88691888

**Hilton Sanya Yalong Bay**

**Resort & Spa 金茂三亚亚龙湾希尔顿大酒店水疗体验中心**  
Yalong Bay National Resort District, Sanya  
三亚市亚龙湾国家旅游度假区  
T: 0898 8858 8888  
www.hilton.com/worldwideresorts

**Huan Spa at Grand Hyatt Sanya Haitang Bay**  
三亚海棠湾君悦酒店焕水疗  
68 Haitang North Road, Haitang Bay, Sanya  
三亚海棠湾镇海棠北路68号  
T: 0898 8881 1234  
www.hyatt.com

**Iridium Spa at The St. Regis Sanya Yalong Bay Resort**  
三亚亚龙湾瑞吉度假酒店 依瑞水疗  
The St. Regis Sanya Yalong Bay Resort, National Tourism Resort, Yalong Bay, Sanya, Hainan, China  
海南省三亚市亚龙湾国家旅游度假区 三亚亚龙湾瑞吉度假酒店  
T: +86 898 8855 5555 ext.3280  
www.stregis.com/sanya

**Raffles SPA at Raffles Hainan**  
海南清水湾莱佛士水疗谷  
Clearwater Bay Avenue, Yingzhou Town, Lingshui County, Hainan, China  
海南省陵水县英州镇清水湾大道  
T: +86 898 8338 9888  
www.affles.com/hainan

**Sense Spa at Rosewood Sanya**  
三亚保利瑰丽酒店水疗中心  
1/F, Rosewood Sanya, No. 6 Haitang North Road, Sanya 572000, Hainan  
海南省三亚市海棠区海棠北路6号三亚保利瑰丽酒店1楼  
T: +86 898 8871 6666

**SPA InterContinental**  
三亚半山半岛洲际度假酒店水疗会所  
InterContinental Sanya Resort, No.1 Zhouji Lu, Sanya, Hainan  
海南省三亚市洲际路1号 三亚半山半岛洲际度假酒店  
T: 0898 8861 8888  
www.intercontinental.com/sanya

**Shine Spa for Sheraton Shenzhou Peninsula Resort**  
神州半岛喜来登度假酒店 炫逸水疗  
Shenzhou Peninsula Resort, Wanning, Hainan, China  
海南省万宁市神州半岛旅游度假区  
T: +86 898 6253 8868  
www.sheraton.com

**The Spa at Le Méridien Shimei Bay Beach Resort & Spa**  
石梅湾艾美度假酒店水疗中心  
Shimei Bay, Wanning, Hainan, 571533, China

海南省万宁市石梅湾旅游度假区  
T: +86 898 6252 8888\*7262  
www.starwoodhotels.com/lemeridien

**The Spa at Mandarin Oriental, Sanya**  
三亚文华东方水疗谷  
Mandarin Oriental, Sanya, 12 Yuhai Road, Jiyang, Sanya  
三亚市吉阳区榆海路12号  
T: 0898 8820 9999  
www.mandarinoriental.com

**Xing Hua Chun Yu Aesthetics of Life Spa**  
杏花春雨Sana生活美学  
West Side of Bauhinia Department Store, Longhua, Haikou  
海南省海口市龙华区紫荆百货西侧  
T: 0898 6627 8888

**Spa 水疗 · 江苏**  
**DI SPA 朵迪 Spa健康管理中心**  
No.24, area a, canal park, Fuxiu Road, Liangxi, Wuxi  
无锡梁溪区扶秀路运河公园A区24号  
T: 0510 8241 3885

**Dusit Wellness at Dusit Thani Wellness Resort Suzhou**  
苏州新区都喜天丽养生度假酒店 泰悦雅颂  
88 Shushan Road, Tong'an Town, Suzhou National Hi-Tech District, Jiangsu  
中国江苏省苏州市高新区通安镇树山路88号  
T: 0512 6269 8888

**M-SPA 沐心宸舍**  
1) 8F Hilton Suzhou, 275 East Suzhou Avenue, Suzhou Industrial Park, Jiangsu  
江苏省苏州市吴中区工业园区苏州大道东275号苏州希尔顿酒店8楼水疗中心  
T: 0512 6292 0068\*6330

2) 1F Kempinski Hotel Suzhou, 1 Guobin Road, Suzhou Industrial Park, Jiangsu  
江苏省苏州市工业园区国宾路1号苏州金鸡湖凯宾斯基大酒店1楼  
T: 0512 6289 7888\*6880

3) 6 F Suzhou High-Speed Rail Jinke Grand Hotel, 67 South Tiancheng Road, High-Speed Rail New Town, Suzhou  
江苏省苏州市高铁新区南天成路67号苏州高铁金科大酒店6楼水疗中心  
T: 0512 6937 8888\*6690

**naked Leaf at naked Water 裸心泊裸叶水疗**  
199 North Taihu Avenue, Suzhou  
苏州北太湖大道199号  
T: 400 9200 518

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(金陵江滨  
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  
昆明市前程路中铁水岸青城二  
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  
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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健之佳二楼  
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

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

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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門市  
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

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

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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,  
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吉林省长白山池北区滨河路1号  
T: 0433 593 8888  
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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  
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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門市  
2-106  
T: 0431 8296 8333  
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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

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0431 8962 8877  
www.yijingspaclub.com

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 · 辽宁

康贝思水疗中心(大连城  
堡店)  
辽宁省大连市沙河口区  
滨海西路600号大连一方城堡  
豪华精选酒店3楼

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  
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: +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)**  
**澳门永利水疗中心**  
 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」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

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**  
**太原凯宾斯基饭店凯宾斯基水疗**  
 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) Jinshui 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, Jinshui 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气水疗**  
 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

**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 Andqiang 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 999

**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

## Spa 水疗 · 浙江

**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  
 杭州爱情故事新侨店  
 1F, Hangzhou Xinqiao Hotel, 226 Jiefang Road, Shangcheng, Hangzhou  
 杭州市上城区解放路226号新侨饭店1F  
 T: 0571 8888 6968

2) Love Story Hangzhou Tiychang Road Branch  
 杭州爱情故事体育场路店  
 1-6 F, 12 Tiychang 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**  
Meschine

**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 · 舍  
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禅瀑水疗  
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,  
Guanshanhu District, Guiyang  
City, Guizhou  
贵州省贵阳市观山湖区万象  
汇对面  
T: 0851 8221 0118  
3) Weilai Fangzhou Branch  
未来方舟店  
South Shuangli Road, Yunyan  
District, Guiyang City, Guizhou  
贵州省贵阳市云岩区未来方舟  
尚礼南路  
T: 0851 8561 8496  
4) Xiaoshizi Branch  
小十字店  
Wenbi Street, Yunyan District,  
Guiyang City, Guizhou  
贵州省贵阳市云岩区小十字  
文笔街  
T: 0851 8851 2882

**Spa 水疗 · 河北**  
**U SPA**  
5F The Mixc, Shijiazhuang,  
Hebei  
2F Beiguo Commercial  
Building, Shijiazhuang,  
Hebei  
3F Xian Tian Xia Plaza  
河北石家庄万象城5F  
北国商城2F  
青岛市崂山区香港东路195号  
上实中心T1塔楼  
T: 0311 88886555  
0311 88886566  
0311 88886599

**Spa 水疗 · 台湾**  
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