

若水 | 上善

SpaChina

May/June 2025

健康度假 · 美容水疗 · 健身康复 · 环保可持续

WELLNESS, BEAUTY, HEALTH AND LUXURY LIVING



中国精神健康 行业报告

China Mental
Wellness Report

快乐变老

How to Age Joyfully

Picture by Chiva-Som-Hua-Hin

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



CHEVAL BLANC PARIS

A WORLD OF BEAUTY

巴黎白马庄园



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

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

SOURCES OF VITALITY

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

HAVENS OF BEAUTY

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



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

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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 16th SpaChina Wellness & Spa Awards and 18th 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 31st. 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 1st.

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

报名表 REGISTRATION FORM

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

Registration is free of charge, multiple applications acceptable (maximum of three sub-categories)

请用正楷仔细填写下列信息, 中英文均可 / Please fill the registration form below

水疗名称 / Spa Name:

公司 / Company:

电话 / Tel:

手机 / Mobile:

电子邮箱 / Email:

网站 / Website:

联系人 / Contact Person:

男 / Male 女 / Female

职务 / Position:

请选择您欲参选的奖项: / Please select the award categories you wish to apply for:

非中国国内参选者只可选标注有♥的奖项类别

Candidates from outside China, please consult the award categories indicated by ♥

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

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

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

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

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

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

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

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

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

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

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

- | | |
|--|--|
| <input type="checkbox"/> 全球瞩目水疗/水疗品牌大奖 / Best Global Spa / Spa Brand of the Year | <input type="checkbox"/> 全球知名养生度假村大奖 / Best Global Wellness Resort of the Year |
|--|--|

杰出奖项 / Prestigious Honor Awards

- | | |
|--|--|
| 年度中国SpaChina评审会大奖 / SpaChina Grand Jury Awards | 年度中国SpaChina殊荣大奖 / SpaChina Honored Awards |
|--|--|

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员会, 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.

此报名表也可于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

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。

The Registration Form can be downloaded via 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. Please call +86 21 53858951, to confirm that the form has been received.

2025年中国养生与水疗行业峰会计划于2025年9月22日、23日、24日(周一、周二、周三)于苏州四季酒店举办, 活动内容包括两大项目: 2025年度中国养生与水疗人士峰会, 2025年度中国养生与水疗颁奖礼。

此届已经是第十八届由SpaChina杂志主办的中国养生与水疗行业峰会。届时, 中国酒店和健康行业人士、SPA专业人士、SPA经营者、投资人、培训师及知名品牌产品、器材供应商等行业嘉宾齐聚一堂, 为期三天的活动将为他们提供独特而有效的交流和互动平台。每天6小时会议, 整个峰会配备中英文同声传译。

第十六届中国养生与水疗颁奖礼, 则旨在认可中国养生与水疗行业的杰出领袖和行业先锋, 帮助确立行业标准, 表彰行业优秀企业与个人, 推动行业专业和进步。

活动详情简介:

- **活动场地:** 苏州四季酒店
- **清晨运动:** TBC
- **早餐:** 入住会议酒店之宾客享用峰会早餐, 其余客人可付费用餐
- **峰会:** 平均每天6小时(演讲、小组讨论、演示、案例分享、专题研讨)
- **午餐:** 健康午餐, 共3天
- **茶歇:** 每天2次茶歇, 共3天
- **鸡尾酒会:** 3场, 由不同品牌加持
- **晚宴:** 1场中国养生与水疗颁奖礼盛大晚宴
- **自由活动的时间:** 与会者参观赞助商展台, 自由沟通交流
- **余兴节目:** 暂时保密, 以备惊喜

研讨会价格: RMB5,200, 含上述活动内容

注意: 参会嘉宾需自行安排交通与酒店住宿

The SpaChina Wellness Summit and the SpaChina Wellness & Spa Awards 2025 will be held from September 22 to 24 (Monday, Tuesday, Wednesday), 2025 at Four Seasons Hotel Suzhou. It will combine two major events: the SpaChina Wellness Summit and SpaChina Wellness & Spa Awards Ceremony.

This 18th annual SpaChina Wellness Summit will feature spa professionals, spa owners and investors, and spa product and equipment brands. The three-day event provides a unique and effective communication platform for top people relevant to or interested in China's wellness and spa industry. The 16th SpaChina Wellness & Spa Awards Ceremony will recognize the leaders and innovators in China's wellness and spa industry, and help to reward and promote industry quality standards.

The three-day event will involve around six hours of meetings per day and will leave plenty of time in the schedule each day for attendees to relax, take time off and enjoy the natural environment of the city.

Event Details

- **Venue:** Four Seasons Hotel Suzhou
- **Morning Activities:** TBC
- **Breakfast:** included in the special room rate for SpaChina summit attendees who stay at the summit destination hotel
- **Summit:** 6 hours / day (speeches, panels, inspiration, demonstration, case study and workshops)
- **Lunch:** healthy lunch x 3 days
- **Tea break:** 2 tea breaks x 3 days
- **Cocktail party:** 3 cocktail parties
- **Gala dinner:** 1 gala dinner for SpaChina Wellness & Spa Awards
- **Free time:** for attendees to check out sponsors booth and network
- **Shows:** provided by SpaChina

Price: RMB5,200

includes all the event details listed above

Guests need to take care of their own transportation and hotel costs



SpaChina杂志

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Mobile: +86 137 9544 8718

研讨会价格: RMB5,200

- 峰会三天
- 颁奖礼庆典晚宴和鸡尾酒会
- 三天会议午餐
- 每天两次的茶歇/三天
- 其他活动

SpaChina会员	会员价	RMB4,900
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*不可同时享受多重优惠

Price: RMB5,200 includes

- The Summit
- 1 gala dinner and 3 cocktail parties
- Lunch on 3 days
- Tea breaks twice per day for 3 days
- Other planned activities

SpaChina Member	Member Discount	RMB4,900
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* Discount cannot be used together

我要现在做预定 / I want to book now

姓名 / Name _____ 电话 / Tel _____ 电子邮件 / Email _____

公司 / Company _____ 职位 / Job title _____

男 / Male 女 / Female 素食 / Vegetarian 是 / Yes 否 / No (or 或者 _____)

请选择支付价格 / Please select the payment option below

RMB5,200 (USD720 or HK\$5,600)

RMB4,900 (USD680 or HK\$5,250) SpaChina 会员价 / SpaChina Member* discount

*SpaChina会员: SpaChina杂志订阅者及公众号关注者

SpaChina Member: SpaChina Magazine Subscriber & SpaChina Wechat Member

此表格复印有效。
如有多人报名，可复印填写
Please make a copy of this form
for extra registrations



扫码线上报名
(只支持中文)

我(我们)要用以下方式付款 / I (We) will pay by

银行转帐 / Bank Transfer

香港账户(只接受港币和美金)

Hong Kong Bank Account (HK\$ & US\$)

Account Name: SinoMedia Enterprises Ltd

Bank Name: Hongkong and Shanghai Banking Corp

Account Number: 741-789986-838

Swift Code: HSBCHKHKKH

Bank Address: No.1, Queen's Road Central, Hong Kong

国内账户(只接受人民币)

户名: 上海恩肖文化传播有限公司

帐号: 1001015909006918325

开户行: 工商银行上海市南滨江支行

支付宝 / Pay by Alipay

账号: wellbridge@sinomedia.net

用户名: 上海恩肖文化传播有限公司

现金 / Cash

(仅限上海地区 / Only available in Shanghai)

中国上海黄浦区淮海东路99号恒积大厦17-J SpaChina杂志社

SpaChina Magazine, 17-J, Hengji Building, 99 East Huaihai Road, Shanghai, China

请注意: 会议开始前20个工作日前提出中止参会, 可无条件退款。会议开始前20个工作日内提出, 则会保留名额到明年, 或只给予50%退款。

If you decide not to attend the Summit, you can get a full refund if you request it 20 working days or more before the Summit begins,

and if you request it within 20 working days before the start of the Summit, your place can be reserved for next year or you can get a 50% refund.

*此表格复印有效, 如有多人报名, 可复印填写 Please make a copy of this form to make extra registrations.

此报名表也可于www.spachina.com网站下载。请填写完毕后传真至 +86 21 5385 8953夏晓初或李洁收

或邮件至: summer.xia@spachina.com, luzia.li@spachina.com

The Registration Form can be downloaded via www.spachina.com. Please fill in the form and fax to Summer Xia, or Luzia Li on +86 21 5385 8953 or Email to: summer.xia@spachina.com, luzia.li@spachina.com. Please call +86 21 53858951, ext. 823/850 to confirm that the form has been received.

注意: 请致电+86 21 53858951分机823/850, 确认传真或者邮件报名已经收到。

亲爱的SpaChina读者，您们好，

2025年度中国养生与水疗颁奖礼报名马上就要截止了，接下来的四个月将要进入到评选阶段，衷心预祝所有的参选单位能够发挥出自己最好的水平。

SpaChina峰会也确定将在今年的9月22-24日三天，于苏州四季酒店举行。订房信息很快就要颁布，各位可以联系我们的峰会报名专属客服小夏总获得订房表，或者发邮件给他到 summer.xia@spachina.com，苏州秋游的旅行攻略大家可以做起来啦。峰会的三天日程表、讲师名单、着装要求等，会在下一期的杂志里发布。

本期杂志里发布了多篇极为有价值的“精神健康报告”，其中包括国内的现状报告，以及全球的未来趋势。访谈专家们也分享了自己的宝贵见解，希望大家喜欢。

去过日本旅行的人都有共同的体会，每一帧风景和每一次呼吸都是疗愈，这源于其独特的地理环境、深厚的文化传统以及对自然的敬畏与融合。日本多样的风土与地貌，对四季的细腻感知和珍视，让自然不仅仅是风景，更成为心灵的栖息地，本期的旅行专栏也不容错过，尤其是那篇对日料的分析，充分地有深度。

祝大家阅读愉快~



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极光盈钻露¹

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1. 极光盈钻露指透亮盈钻精华露的昵称。“极光”寓意着以其流转不息的光芒，引领着肌肤深处的活力与明亮。

2. 祛斑美白特征：国妆特进字20250197

3. 数据来源第三方测试机构，为31名受试者使用产品28天后测试结果，舒缓润肤来自TEWL，实际效果因人而异

4. 数据来源第三方测试机构，为31名受试者使用产品28天后仪器测试结果，实际效果因人而异。

5. 数据来源第三方测试机构，为31名受试者使用产品28天后测试结果，刺痛对应指标为乳酸刺痛试验结果，仅供参考，实际效果因人而异。

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*数据来源: intertek检测机构报告(编号:GZCRS-2022-DW-09), 受试者使用测试样品“瑞铂希肌源焕颜密集修护小安瓶精华液(成熟肌肤)”4周后评估结果, 实际效果因人而异。
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深圳前海华侨城瑞吉酒店瑞吉水疗中心

地处深圳市宝安区，深圳前海华侨城瑞吉酒店享有得天独厚的地理位置和四通八达的交通。焕然一新的瑞吉水疗中心内，精心打造了4间静谧的护理室，邀请宾客开启一场以海湾自然形态为原型的疗愈之旅。接待空间柔美灵动的有机曲线，以鹅蛋形环抱出舒适氛围。波浪起伏的墙面与弯弯的走廊相映成趣，展现出微妙的律动感，仿佛置身于宁静的海湾，放松之感油然而生。这里还包括阿育吠陀疗法、面部护理和身体护理等一系列护理项目。此外，先进的健身中心内，还设有25米长的无边泳池，宾客可在此畅游，同时俯瞰壮丽的海湾景致。

The St. Regis Spa, The St. Regis Shenzhen Bao'an

The St. Regis Shenzhen Bao'an boasts a unique position and well-connected transportation. The newly renovated St. Regis Spa has meticulously crafted four serene treatment rooms, inviting guests to embark on a healing journey inspired by the natural forms of the bay. The reception area, with its soft and dynamic curves, embraces an oval-shaped comfortable environment. The undulating walls and curved corridors complement each other, creating a sense of rhythm, as if one is located in a tranquil bay. The spa offers a range of treatments including Ayurvedic treatment, facials, body scrub, and body wrap. Additionally, the state-of-the-art fitness center features a 25-meter infinity pool where guests can swim while overlooking the magnificent bay scenery.

新疆温泉花间堂·阿日相麓泉温泉中心

温泉县是中国唯一一个以地热资源命名的县城，这里的新疆温泉花间堂·阿日相在中哈边境，宛如一个野奢静谧的桃花源，离赛里木湖仅一小时车程。酒店循山而建，建筑错落有致。麓泉温泉中心，面朝湿地而建，享用三大泉眼之一的“圣泉”的天然资源，为宾客提供冬暖夏凉、幽静舒适的度假养生环境。温泉中心横跨三层楼，功能区域丰富多样，包括了室内泡池、理疗房、休闲区等。共设有26个温泉泡池，温暖的泉水包裹身体，感受自然疗愈的力量，由内而外滋养身心。

Luquan Hot Spring Center, BLOSSOM HOUSE BORTALA, Xinjiang

Wenquan County is the only county in China named after geothermal resources. Here, the BLOSSOM HOUSE BORTALA, Xinjiang, located on the Sino-Kazakh border, resembles a secluded and luxurious Utopia, just an hour's drive from Sayram Lake. It is built along the side of a mountain, with its architecture scattered in an orderly fashion. The Luquan Hot Spring Center, facing the wetlands, has the natural resources of one of the three major springs, providing guests with a warm in winter and cool in summer, tranquil and comfortable environment for wellness. The hot spring center spans three floors, featuring a variety of functional areas including indoor pools, spa rooms, and leisure area. There are 26 hot spring pools, allowing the warm spring water to envelop the body, experiencing the healing power of nature, nourishing the body and mind.



上海伊菲丹张园城堡店

上海伊菲丹张园城堡店，于上海百年地标张园璀璨启幕，一扇通往南法艺术城堡之门缓缓开启。这是该品牌在亚洲的首家城堡SPA。沿铃兰与百叶玫瑰的馥郁花路，穿越弥漫着格拉斯香氛的海派石库门，步入充满艺术生活方式的空间。占地超300平米，融入了蒙福特艺术茶室、南法式壁炉、充满茉莉花香的庭院、数位法国艺术家作品元素的设计，法国非遗LA FOUX泉水石雕，令南法风情随处可见，重现文艺复兴时期。四间以不同艺术主题打造的理疗房，汲取4位南法艺术家的灵感，提供独创的SAHO面部和身体护理，感受身心焕活之旅。

Le Château EviDenS de Beauté, Shanghai

The Le Château EviDenS de Beauté, Shanghai has opened at the century-old Zhangyuan heritage site, unveiling a gateway to the artistic castles of Southern France. It's the brand's first castle SPA in Asia. Along a fragrant path adorned with lilies of the valley and Moss Roses, one traverses the Shanghai-style Shikumen imbued with the scents of Grasse, stepping into a space filled with artistic lifestyle. Occupying over 300 square meters, the space features a tea room, a southern French-style fireplace, artwork by French artists, and a jasmine-filled courtyard. It features the LA FOUX fountain stone sculpture, a French intangible cultural heritage, with the artistic charm of Southern France evident throughout. Four SPA rooms, each themed around different artistic inspirations from four Southern French masters, offer unique SAHO facial and body treatments, inviting guests on a journey to rejuvenate both body and mind.



上海栖愈静安店

栖愈QII Space落址上海繁华的静安区，闹中取静，从嗅觉、视觉、听觉、触觉和味觉的五感中，找到身体与自然的和谐共处。空间内的绿植随处可见，自然木纹与暖色灯光交织，营造出简约又清新的氛围。单人、双人和三人间的Spa理疗室内，提供一系列疗程，如喜马拉雅晶石疗愈、葡萄籽身体精油、古法推拿。自研的植物精油以自然为灵感，散发出淡淡的清香，配合舒缓轻柔的音乐，唤醒宾客心灵的深层共鸣。疗程结束后，佐以精致茶点，让放松的身心重获平衡，焕发自然活力。

QII Space, Jingan District, Shanghai

QII Space is situated in Shanghai's bustling Jingan District, offering an urban oasis where guests can reconnect with nature through the five senses. The space is adorned with green plants, warm wood textures, and soft lighting, creating a minimalist yet refreshing atmosphere. The treatment rooms offer a curated selection of therapies, including Himalayan salt therapy, essential oil massage, and traditional Chinese Tui Na. Using in-house botanical essential oils inspired by nature, each treatment begins with delicate aromas and soothing melodies, awakening deep inner harmony. After the treatment, guests are invited to unwind with refreshments to replenish energy and to restore balance.

龙岩松池有机芳疗SPA

福建龙岩的松池有机芳疗SPA，以植物元素为根本，致力于帮助宾客在快节奏的生活中放下疲惫，享受松弛有度的生活。以“松林波涛，池水如镜”为意象，融合东方美学与自然智慧，找回本真自我。SPA注重身心灵的减压放松，按摩师的手法舒缓专业，令每一滴天然有机精油都能够渗透到肌肤深处。在每一次按摩与呼吸间，穿越香气迷雾，唤醒五感、净化情绪。其中悦我时光情绪疗愈SPA疗程专为疲惫且需要放松的宾客而设计，通过天然植物成分的情绪疗愈按摩精油，配合丁夏的曼妙声，驱散焦虑和压力，带来身心松弛。

Songchill Organic Aromatherapy Spa, Longyan

Songchill Organic Aromatherapy Spa in Longyan, Fujian, is rooted in botanical elements and dedicated to helping guests shed their fatigue in the fast-paced life and enjoy a relax with moderation lifestyle. With the imagery of "pine forest waves and mirror-like pond water," it integrates Eastern aesthetics and natural wisdom to find one's true self. The SPA focuses on relieving stress and relaxing the body, mind, and soul. The therapist's techniques are soothing and professional, ensuring that every drop of natural organic essential oil penetrates deep into the skin. Between each massage and breath, guests traverse a mist of fragrance, awakening five senses and purifying emotions. The ME-TIME Emotional Healing SPA is specially designed for tired guests in need of relaxation. It uses emotional healing massage oils made from natural plant ingredients, accompanied by the sounds of Tingsha, to dispel anxiety and stress, bringing relaxation to both body and mind.



苏州泰合玺吴江万象汇店

南京著名连锁品牌泰合玺，今年3月于苏州吴江万象汇内焕新启幕。步入其间，简约大气的风格映入眼帘，柔和灯光与舒缓音乐交织出温馨氛围，空气中弥漫着精油芬芳。可以在单人间、双人间和多人间理疗室，享受独处的放松时光，或是和朋友小聚共话，亦可在开放大厅处进行休憩和茶歇。新推出的“全新定制精油SPA”项目，在疗程精油的选择上，资深芳疗师会现场新鲜现调四选一，添加专属珍稀精油“眠、舒、润、暖”四款，依次有放松助眠、舒缓酸痛、滋润肌肤、驱寒暖身的不同功效，只为打造出更满足个性需求的“一人一方”精油SPA体验。

OURSEA SPA, Wujiang MIXC ONE, Suzhou

OURSEA SPA, located within the Wujiang MIXC ONE in Suzhou, was unveiled in March. Stepping inside, the minimalist yet elegant design immediately catches the eye. Soft lighting and soothing music intertwine to create a cozy ambiance, while the air is filled with the delicate fragrance of essential oils. Guests may choose among single, couple, or multi-person treatment rooms to enjoy a moment of solitude or a chat with friends. You can also relax and take a tea break in the open lobby area. Building upon its essential oil treatment selection foundation, the newly introduced Essential Oil SPA treatment carefully selects the senior aromatherapist, choosing one out of four specially fresh exclusive, rare essential oils. It includes four types: "MIAN, SHU, RUN, NUAN," each designed to relax and aid sleep, soothe aches, nourish the skin, and drive away cold to warm the body, catering to the personalized needs of different guests.



曼谷奈乐安缇 水疗及康养中心

曼谷奈乐安缇核心地带处，有着占地1,500平方米的安缇水疗及康养中心。整个空间横跨了三层楼。其中一层的中心内，设有与Hertitude Clinic合作的医疗诊所，重塑身心平衡。该康养中心有8间私人诊室、1间检查室、1间静脉输液室和冷冻疗法室。另一层的安缇水疗中心将提供一系列水疗设施和运动空间，拥有6间水疗护理室、1间专门的泰式按摩护理室，以及独特的私人俄式浴室。宾客可畅游于悬浮式无边泳池，仿佛漂浮于奈乐公园的树冠之上。健身房与瑜伽房则将自然景致引入室内，每一次呼吸间都能与绿意共鸣。

Aman Spa & Wellness centre, Aman Nai Lert Bangkok

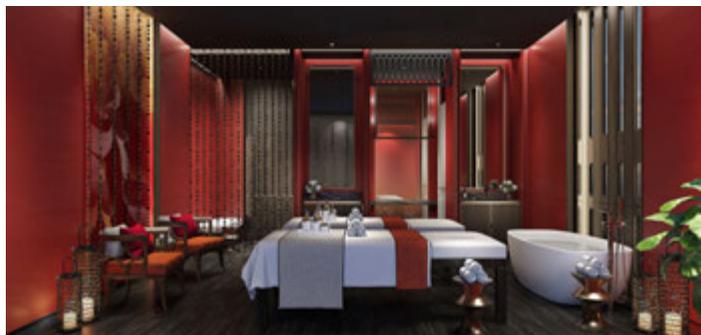
The 1,500-square-metre Aman Spa & Wellness centre lies at the heart of Aman Nai Lert Bangkok. It spans three floors, where houses both a medical clinic, operated by renowned experts Hertitude Clinic, and an Aman Spa. The Medical Wellness by Hertitude Clinic boasts eight private clinic, one examination room, an IV Lounge and cryotherapy chamber. On a separate floor, the Aman Spa offers an extensive range of hydrotherapy facilities and movement spaces, including six spa therapy rooms, a dedicated Thai massage treatment room, and the unique private Banyan Spa House. Guests can indulge in the infinity swimming pool overlooks the green canopy of Nai Lert Park. The gym and yoga room bring the natural scenery indoors, allowing every breath to resonate with the greens.

清迈美平洲际酒店ii水疗中心

清迈美平洲际酒店迎来了全新的ii水疗中心，进一步扩充了该酒店的豪华设施。该水疗中心融入了娇嫩的黄玉兰元素，象征着传统和尊重。接待区令人平静的红色调，让人联想到传统的“火疗”，通过加热草药油涂抹身体来促进活力。共有5间以兰纳具有护理效果的花卉命名的理疗室，每项护理都基于兰纳地道的康养体验。其特色产品，源自以有机成分著称的泰国知名品牌Panpuri，以及从法国引进的护肤品Phytomer。值得一提的兰纳特色按摩，将北方草药敷料、舒缓精油和木槌按摩相融合，促进血液循环。而情侣宾客则可享受芳香福佑按摩，利用芳香精油来平衡身体能量。

The ii Spa, InterContinental Chiang Mai The Mae Ping

InterContinental Chiang Mai The Mae Ping has unveiled The new ii Spa, further expanding its range of luxury amenities. The ii spa incorporates the delicate Magnolia champaca flower, symbolising heritage and respect. Calming red tones in the reception area evoke the traditional Yam Khang healing practice, where herbal oils are applied with heat to promote wellness. There are five treatment rooms named after Lanna healing flowers, each treatment based on Lanna authentic wellness experience. Featuring products from Panpuri, a renowned Thai brand celebrated for its organic ingredients, alongside Phytomer, a world-class skincare brand imported from France. Lanna Signature Massage combines Northern herbal compresses, soothing oils, and Tok Sen hammering therapy to stimulate blood circulation. For couples, the Aroma Bliss Massage offers smooth palm strokes and aromatic oils that balance energy and relieve tension.



大阪柏典酒店柏典康养

大阪柏典酒店以水为载体，流动的韵律将宾客与地球家园深度连接。在柏典康养，可以体验到一系列新颖的健康科技疗法，开启一场全方位身心疗愈的焕之旅。六间理疗室，包括四间单人理疗房和两间双人理疗房，借助水的治愈特性，轻轻消除每一丝紧张的情绪。在冷冻疗法室和红外线桑拿与红光理疗室中，通过刺激神经系统，缓解一天的疲劳。氢氧舱、水护理疗法、LED感官太空舱、美容理疗室、健身房和泳池等养生设施一应俱全。酒店瑜伽工作室开设空中瑜伽与正念冥想课程，恒温泳池内也将定期举办水中冥想及有氧疗愈课程，助力身心舒畅。

Patina Wellness, Patina Osaka

From Osaka's soul as the "City of Water," the flowing water at Patina Osaka connects guests to our home planet. At Patina Wellness, guests can experience a series of innovative HealthTech treatments that take them on a journey of holistic healing. Six hydrotherapy rooms, including four single and two double treatment rooms, utilize the healing properties of water to gently dissipate every trace of tension. Ease away the day's fatigue by stimulating the nervous system and harmonising the mind in the Cryotherapy chamber and infrared sauna and red-light therapy rooms. Wellness facilities such as a hyperbaric oxygen and hydrogen chamber, a hydrotherapy room, LED capsule, beauty treatment room, gym and swimming pool are also available. The studio presents aerial yoga and meditation classes, while the heated indoor pool hosts meditation sessions and water-based exercises designed to enhance physical comfort.



纽约上东区AIRE Ancient Baths

纽约市上东区的一幢有着120年历史、充满历史底蕴与特色韵味的建筑内，AIRE Ancient Baths全新开业，令这座历史悠久的墙壁承载了新的“使命”。占地超过9,600平方英尺的空间内，汇聚了丰富的灵感和传统元素。为了确保私密性，每小时最多接待16位客人。这里配备12间理疗室和两张大理石去角质床，还提供按摩、双人体验和全身护理。特色悬浮式盐浴Flotarium，由半透明的玻璃墙和玻璃地板围成，散发着蓝色的光芒，悬浮于天花板之上，仿佛介于在两层楼之间，十分新颖。其他体验有40°C的高温浴室、36°C的温水浴室、10°C的冰室和芳香蒸汽房等。

AIRE Ancient Baths, New York Upper East Side

Among the high-rise architecture of New York City's Upper East Side, AIRE Ancient Baths has recently opened and is housed in a building steeped with history and character, that is now over 120 years old. Now, these historic walls hold a new purpose. With over 9,600 square feet, AIRE features 12 treatment rooms and two marble exfoliation beds, while offering a curated selection of massages, couples' experiences and body rituals. Notably, the standout feature is its salt bath, called the Flotarium, which is suspended from the ceiling. Enclosed by translucent glass walls and a glass floor, the glowing blue bath serves as the visual centrepiece of the retreat. At the heart of the experience includes a caldarium (104°F), tepidariums (97°F), a frigidarium ice bath (50°F), an aromatherapy steamroom and a balneum (jet bath). To maintain exclusivity, it is welcoming no more than 16 guests per hour.

圣莫尼卡海滩丽晶酒店娇兰养身水疗中心

坐拥洛杉矶的迷人风情与海岸的壮丽景色，圣莫尼卡海滩丽晶酒店带来避世之度假体验。酒店的娇兰养身水疗中心占地3,000平米，拥有12间理疗室、理疗前后的休息室、性别特定和全性别的休息室、桑拿房、蒸汽房等设施，提供个性化体验，精心打造了独家护理。其中最受欢迎的SOLAR SHAPE疗程，能帮助客人们做到晒前和晒后护理，这是一个融合了全身焕肤、蜂蜜产品深层修复与射频技术完美塑形的瘦身疗程，充满了西海岸风格，令宾客在阳光的温暖怀抱中充满自信。疗程后，可移步到娇兰精品店，购买自己喜欢的产品，延续护肤体验。

Guerlain Wellness Spa, Regent Santa Monica Beach

Enjoy an escapist vacation experience at the Regent Santa Monica Beach, nestled between the glamour of Los Angeles and the breathtaking views of the coast. The 3,000-square-meter Guerlain Wellness Spa features 12 treatment rooms, pre and post treatment lounges, gender-specific and all-gender lounges, a plunge pool, sauna, steam room and more. Here, Guerlain Wellness Spa offers a personalized experience, crafting exclusive treatments. The SOLAR SHAPE treatment creates the perfect pre and post-sun treatment and combines body brushing for skin rejuvenation, deep repair and soothing with honey-based products, and radiofrequency for perfect body sculpting, so you can embrace the perfect posture in the warmth of the West Coast sun. After their treatments, guests can move on to the spa boutique to continue their skincare experience.



特克斯和凯科斯群岛Salterra 豪华精选度假村及水疗中心 Salterra水疗中心

特克斯和凯科斯群岛Salterra豪华精选度假村及水疗中心，有着清澈海水、洁白沙滩与崎岖峭壁构成的绝美风光，开启的是一场震撼心灵的感官之旅。于4月初迎来的Salterra水疗中心，为客人提供了一片静谧绿洲。使用了天然有机的产品，提供一系列精心设计过的有焕发活力的护理项目，从舒缓的按摩到焕发活力的面部护理。该水疗中心的亮点是多感官水热循环疗程，借助水的疗愈效果，来舒缓身体、放松心灵。其中还包括盐桑拿房和蒸汽房。还有双人按摩亭，洋溢着宁静的氛围，有效减轻紧张和压力。

The Spa at Salterra, Salterra, a Luxury Collection Resort & Spa, Turks & Caicos

With a stunning landscape of clear, turquoise waters meet white sand beaches, rising into jagged bluffs covered in unique tropical flora and fauna, Salterra, a Luxury Collection Resort & Spa, Turks & Caicos, leads guests on a journey of the senses. The Spa at Salterra, to be arrived in early April, offers guests an oasis of tranquility, where every treatment is thoughtfully designed to restore balance and elevate well-being. Using natural and organic products, the spa offers a range of treatments, from soothing massages to revitalizing facials. The highlight of the spa is the aquathermal therapy, which utilizes the healing power of water to soothe the body and relax the mind. It includes a salt sauna, steam room and an aloe bar. There are also couple massage pavilions that radiate a sense of calm and connection.



布鲁塞尔Corinthia酒店Corinthia Spa

坐落于比利时首都布鲁塞尔的历史中心的布鲁塞尔Corinthia酒店，于近期全新揭幕了旗下水疗中心。占地1,200平方米，巧妙利用酒店地下楼层的新辟空间，精心构筑了一个奢华而隐秘的避风港，诠释健康理念。7间私人理疗室，以优雅而低调的大理石内饰为主，辅以金色装饰。Spa与护肤品牌Sisley共同合作，提供先进的设施和定制护理菜单，焕活身心。护理结束后，宾客们还可前往Sisley零售店，延续美好感官之旅。其他设施包括，1间蒸汽浴室、土耳其浴室、桑拿房、体验式淋浴间、茶室和提供私人训练的健身中心，其教练为前英国陆军体能训练教练Paul Tucker。

Corinthia Spa, Corinthia Brussels

Located in the historic centre of the Belgian capital, Corinthia Brussels has recently unveiled the Corinthia Spa, a subterranean spa covering an area of 1,200 sqm. Wellness is redefined in this first for Brussels, as Corinthia opens with an elegant underground sanctuary created through the addition of a newly excavated floor beneath the hotel. Seven private treatment rooms are defined by elegant yet understated marble interiors complemented with gold accents. It has partnered with premium skincare and spa brand Sisley to offer state-of-the-art facilities and a menu of bespoke treatments that expertly soothe, restore and rejuvenate. After the treatments, guests can continue their sensory journey with a visit to the Sisley Paris retail space. Other facilities include a steam room, hammam, sauna, experience showers, tea room and a fitness centre with personal training by former British Army physical training instructor Paul Tucker.

Soak Alexandria水疗中心亚历山大分店

澳大利亚品牌Soak Bathhouse的第五家分店Soak Alexandria，四月将于汇聚餐饮、文化及办公集中的亚历山大市中心璀璨揭幕。该水疗中心占地700平方米，旨在打造一处静谧而美丽，与大自然深度联结的城市绿洲。宾客可以在这里体验富含镁元素的恒温矿物池(34°C)、热蒸汽水疗池(38°C)和振奋精神的冷水池(12.5°C)。一系列的私人护理项目，如全身按摩、红外线桑拿、LED红光疗法和冥想，带来独特的感官盛宴，更是快节奏的生活中，休憩与充电站的不二选择。其他设施还包括，雪松桑拿房、芳香蒸汽浴室和休闲空间。

The Spa at Soak Alexandria

Modern Australian bathhouse brand Soak Bathhouse will unveil its fifth location - Soak Alexandria. Nestled amidst a lively hub of dining, culture, and modern workplaces, it will open its doors in April. With 700 square metres of state-of-the-art facilities, the Spa aims to create a serene and beautiful urban oasis where guests can connect with nature. It features warm magnesium-rich mineral pools (34°C), steamy hot spas (38°C) and invigorating cold plunge pools (12.5°C). A series of private treatments, such as Massage, Infrared Sauna, LED Red Light Therapy and meditation, provide a truly holistic wellness and offer guests a chance to escape, unwind and recharge. Other amenities include dry cedarwood saunas and aromatic steam rooms.



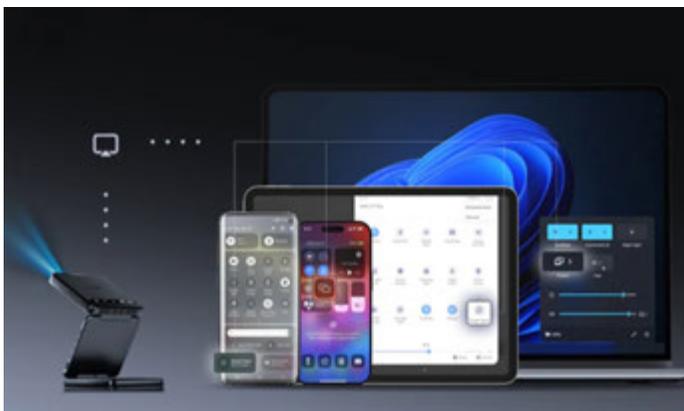
沙特阿拉伯黑格拉 澈笛度假酒店康体中心

黑格拉澈笛度假酒店位于纳巴古城中的黑格拉火车站旧址上，以黑格拉遗址标志性的岩层为背景，巧妙地将悠久历史的文化底蕴与现代豪华享受融为一体。置身于沙特阿拉伯雄伟的沙漠景观中，宾客仿佛进入了埃尔奥拉古老奇观的时光隧道，聆听数千年文明的喃喃低语。一幢配备了水疗设施的专用别墅，提供多种以当地天然原料的护理项目，唤醒感官。此外，还配备一个私人泳池。而占地1,200平方米的水疗康体中心，嵌于一幢砖泥结构的古别墅中，也将陆续开放。其他养生设施，包括桑拿室、蒸汽室、疗后休闲区、健身中心。

The Spa at The Chedi Hegra, Saudi Arabia

Built out of the vestiges of the Hegra Train station and set against the backdrop of Hegra's iconic rock formations, The Chedi Hegra skillfully blends the history, luxury, and cultural immersion. Nestled amidst Saudi Arabia's majestic desert landscape, guests feel as if they have entered the ancient wonders of ALULA, where every moment is an echo of the past and a whisper of the future. A dedicated villa with spa facilities is currently available, offering signature treatments inspired by ALULA's natural ingredients such as dates, rosemary, and moringa. It also boasts a private swimming pool. Additionally, a 1,200-square-meter spa and wellness centre, housed in a historic mud-brick villa, is set to open in the coming months. It features saunas, steam rooms, post-treatment relaxation areas and a fitness centre.





Aurzen ZIP三折叠便携式投影仪

采用Z型结构与磁性配件兼容的设备，无需外部三脚架，可以在任何地方放置的Aurzen ZIP三折叠便携式投影仪，是全球首款三折叠便携式投影仪。厚度相当于一枚硬币的直径，重量与智能手机相当，体积只有其一半，非常小巧，可以轻松放在口袋、钱包，甚至是手掌，真正实现随身携带。一键式屏幕镜像功能，无需Wi-Fi即可完成一键投屏，轻松展现横向和纵向的投影内容。对于喜欢TikTok和Instagram Reels等的短视频爱好者用户而言，投影仪可以带来垂直、无边框、全屏体验的感官体验。无论是最后一刻的露营旅行，惬意的后院电影之夜，甚至是在咖啡馆的快速演示，都非常方便。

Aurzen ZIP Tri-Fold Portable Projector

Aurzen ZIP Tri-Fold Portable Projector is the World's First Tri-Fold portable Projector. With an innovative Z-shaped tri-fold design featuring a built-in HD projector, gimbal stand, stereo speakers, and a fast-charging battery, it can be placed anywhere without the need for an external tripod. ZIP weighs the same as a phone, but it's half the size. This projector is smaller than anything else in the market. It's so compact that it fits in spaces unimaginable for a projector – pocket, wallet, or even the palm of hand. Just tap "Mirror" to instantly enjoy a full-screen experience without a Wi-Fi connection, as easily as pairing AirPods. For enthusiasts of TikTok, Instagram Reels, and similar platforms, ZIP delivers the sensory experience of a vertical, borderless, full-screen experience. It's handy for a last-minute camping trip, a cozy backyard movie night, or even a quick presentation in a café.

Shark CryoGlow LED面罩

Shark新推出的CryoGlow面罩融合了LED光疗、红外线和独特的眼部冷敷护理，只需轻轻一按，就能轻松开启美好护肤体验。该面罩采用创新的iQLED Technology™技术，能够精确地将红光、蓝光和红外线的三芯LED排序，将能量无缝递送至皮肤各层。拥有4种疗法，采用InstaChill冷敷技术的眼部焕活护理，可舒缓、紧致眼部肌肤；抗老化护理，有效改善细纹并紧致提拉肌肤；皮肤清洁护理，减少痤疮和红斑；以及Skin Sustain护理，增强和维持皮肤光泽。CryoGlow面罩是在皮肤科医生的参与下一起开发完成，经过了临床测试并获得FDA认证。

Shark CryoGlow LED Face Mask

Shark's new CryoGlow Face Mask combines high-energy LEDs, deep-penetrating infrared, and under-eye cooling that makes it easy to start a great skincare experience at the touch of a button. The Face Mask utilizes innovative iQLED Technology™, which precisely sequences red, blue, and deep infrared light with interlocking tri-wick LEDs for complete coverage, without gaps or hot spots. Featuring 4 treatments, Under-Eye Revive Treatment to soothe and tighten powered by InstaChill Cold technology; Better Aging Treatment to minimize fine lines and firm sagging skin; Skin Clearing Treatment to reduce acne and breakouts; and Skin Sustain Treatment to enhance skin radiance and preserve optimal skin condition. The CryoGlow Face Mask has been developed with the participation of the dermatologist, is backed by clinical testing, and has been FDA-cleared.



欧莱雅My Aura智能香氛仪 L'Oréal My Aura device

随着无障碍理念日益深入人心，美容行业也在不断以其为中心，将这一理念融入产品中。欧莱雅推出的My Aura智能香氛仪，作为以无障碍设计为核心的首创辅助美容设备，细致入微的考虑到上肢受限或视力有障碍的人的需求，确保在使用时能够轻松享受芬芳的愉悦。使用时，用户只需将手、手腕或身体任何部位悬停在传感器附近，细腻而均匀的喷雾便会即刻释放，弥漫出香味。无论香水最初是如何包装的，My Aura都可以与任何品牌的香水兼容，让用户更便捷的享用到自己喜爱的香水。

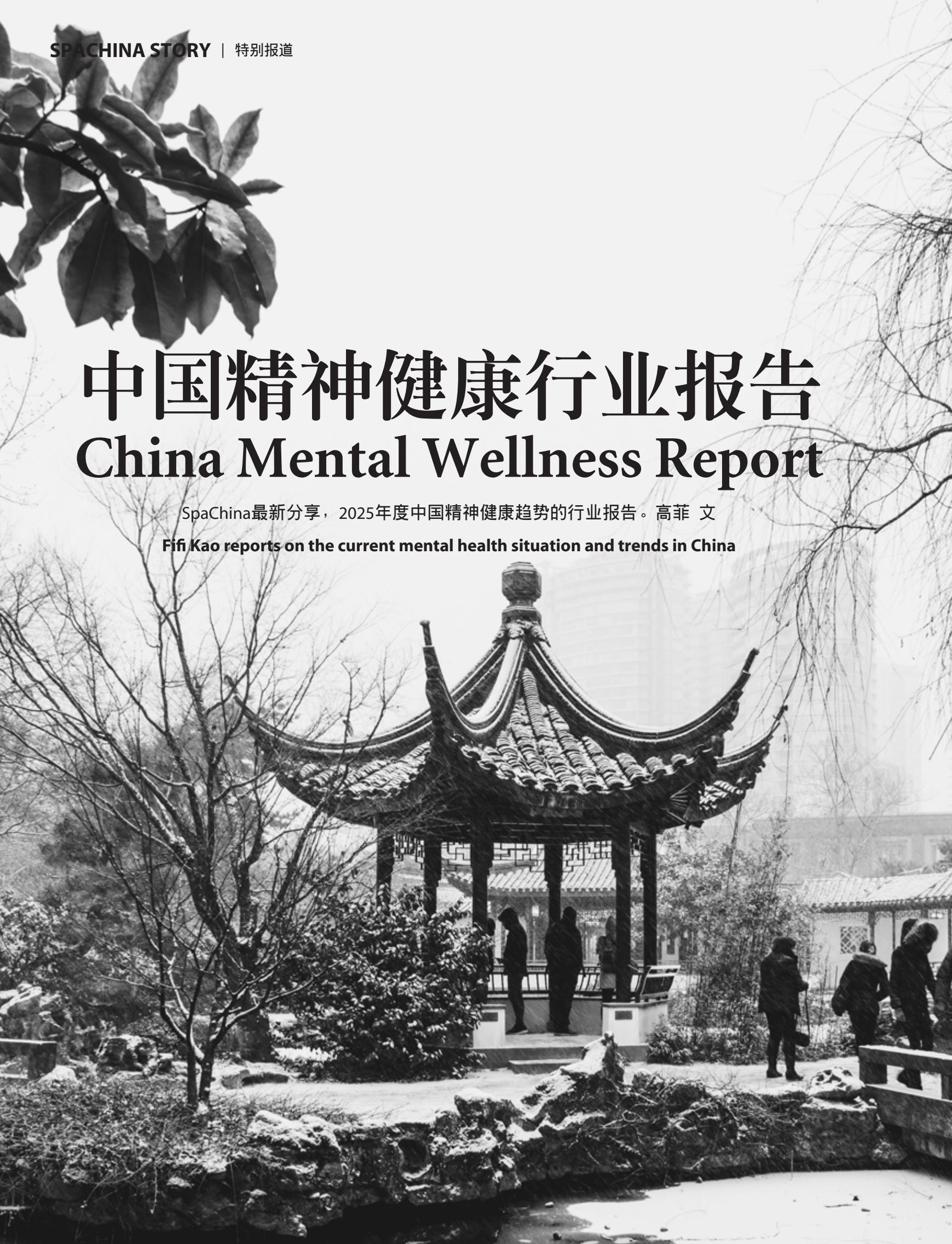
As the concept of accessibility becomes more and more popular, the beauty industry continues to center on it by incorporating this idea into its products. Designed with accessibility at its core, L'Oréal My Aura is a new, first-of-its-kind assistive beauty device. It is meticulously designed to take into account the needs of those with upper limb or visual disabilities to enjoy their favorite scents with ease. To use it, simply hover your hand, wrist, or any preferred body part near the sensor to release a delicate spray without pushing a button. Regardless of how the fragrance was originally packaged, My Aura is compatible with any brand of perfume, making it easier for users to enjoy their favorite scent.

中国精神健康行业报告

China Mental Wellness Report

SpaChina最新分享，2025年度中国精神健康趋势的行业报告。高菲 文

Fifi Kao reports on the current mental health situation and trends in China





要

提到中国的精神健康的趋势，我们就需要先看看中国目前的三代人和他们从小的成长轨迹，因为过去的40年来中国发展得太快，以至于三代人所处的政治、经济、教育等社会背景和状态是完全不同的。这令我我觉得我不能简单来归纳属于中国的“精神健康趋势”。我把他们分成18+，40+，60+人群。

并且，我留意到中国各个省份和城市之间的经济上的明显差异，也令精神健康方面的需求有明显的差异。

中国的一线城市人口规模庞大，人口在2,000万以上。如上海、北京、广州、深圳。人口密度高，外来人口占比大，城市化水平高，高薪岗位多，金融、科技、互联网等行业发达。GDP高，产业多元化，国际化。基础设施如交通、通信发达，公共服务完善，拥有顶尖学校和医疗机构，房价和生活费用高。

二线城市常住人口在1,000万至2,000万之间。如成都、重庆、杭州、武汉。人口增长和经济发展较快，吸引大量省内及周边人口，但高薪岗位和行业集中度不如一线城市。生活成本大约比一线城市低30-50%。

三线及以下城市人口规模较小，人口通常在100万至500万之间。人口增长缓慢，面临人口外流问题。经济结构单一，收入水平较低，生活成本大约是一线城市的10-20%左右。

以下各部分内容，是以一二线城市为代表来阐述的趋势报告。

To discuss the mental health trends in China, we first need to consider the three basic generation groups in China today and their upbringing trajectories. Over the past 40 years, China has developed so rapidly that the social contexts - political, economic, educational, and more - for these three groups are entirely different. This makes it difficult for me to simply generalize a “mental health trend” for China as a whole. I have categorized them into the 18+, 40+, and 60+ age groups.

Additionally, I have noticed significant economic disparities among China’s provinces and cities, which also lead to distinct differences in mental health needs.

China’s first-tier cities such as Shanghai, Beijing, Guangzhou, and Shenzhen have large populations, each exceeding 20 million people. These cities feature high population density, a large proportion of migrant populations, high urbanization levels, numerous high-paying jobs, and developed industries like finance, technology, and the internet. They boast high GDP, diversified industries, and internationalization. Their infrastructure, including transportation and communication, is advanced, with well-established public services, top-tier schools, and medical institutions. However, housing prices and living costs are high.

Second-tier cities have permanent populations ranging from 10 to 20 million, such as Chengdu, Chongqing, Hangzhou, and Wuhan. These cities experience rapid population growth and economic development, attracting large numbers of people from within the province and surrounding areas. However, the concentration of high-paying jobs and industries is not as strong as in first-tier cities. The cost of living is approximately 30-50% lower than in first-tier cities.

Third-tier and below cities have smaller populations, typically between 1 and 5 million. Population growth is slow, and these cities face issues of population outflow. Their economic structures are less diversified, income levels are lower, and the cost of living is about 10-20% of that in first-tier cities.

For the purposes of this discussion, I will focus on first- and second-tier cities as representatives.



60+人群 关注孤独、认知衰退和晚年适应



中国的一二线城市的60+的中国人，生于1945-1960年代，当时的中国还处于贫困落后的时代，他们的幼年时代是物质缺乏的，因此也养成了他们勤劳、坚强、努力和善于面对竞争的性格，重视集体和集体生活。

他们中的大部分都是在典型的中国式家庭架构——四世同堂的大家庭里成长起来的，有2个或2个以上的兄弟姐妹，多的甚至有4-6个，喜欢常常聚会，不太看重个人隐私，愿意分享所有的家庭与工作琐事。

作为中国改革开放后最受益的一代人，大部分一线二线城市的60+人群在经济上有较好的退休金的保障，并且在20年前当时房价只有现在的十分之一的时候，都购置了属于自己的房产，没有任何银行负债和贷款，大部分都拥有1-2个子女(独生子女政策在80年代开始实行)，社区食堂提供健康的一日三餐，社区医院提供基本的健康支持和社交援助。

因此，他们并不像西方社会的同龄老人那样会容易产生社交隔离问题，正相反，只

要是在身体较为健康的状态下，这些60+人群都是比较开朗和乐观的，可以说他们是目前中国精神健康状态最好的人群。小时候物质上的艰辛让他们很珍惜现在良好的物质生活，并愿意以积极的态度来面对自己的老年生活。

60+人群面对的主要问题：

- 退休后身份转变和身体机能下降可能带来心理压力。
- 亲友得病、伴侣离世、独生子女离家因素导致孤独感加剧。
- 对慢性病，认知衰退和痴呆症的担忧普遍存在。

60+精神健康趋势：增强社会连接

- 通过社区活动、线上社交平台、志愿服务，增强和社会连接。
- 以运动、户外活动、认知训练、健康生活方式，来早期干预慢性病和认知衰退等。
- 退休规划、结伴旅行、寺庙佛教正念练习。



40+人群 承上启下的一代人， 应对职业倦怠、家庭压力和健康焦虑

1978年中国改革开放后，中国经济开始快速发展，40+人群（即1980年代初期出生的一代）在成长过程中见证了国家从计划经济向市场经济的转型。生活水平显著提高，物质条件改善，教育机会增加，也有更多的职业选择和创业机会。

由于40+人群在10-15岁之前还不富裕，他们目睹了自己的父辈努力工作，努力存款，精打细算的生活状况，因此绝大部分的40+依旧保持着上一辈的价值观，主要体现在：重视家庭，珍惜自己的工作，对收入和支出有计划，希望培养出优秀的下一代。

40+人群的家庭规模缩小，资源集中，但家庭成员之间的联系减弱。40+人群中大部分是独生子女，没有了兄弟姐妹，一个人要承担更多的家庭责任，既要赡养父母，又要抚养子女，来自家庭的压力比上一代更大。

40+的独生子女缺乏兄弟姐妹的情感支持，从小养成了习惯孤独的个性，在意自己的隐私，不习惯和其他人分享自己身上发生的事，传统的中国教育强调成年人需要有成熟和忍耐的品质，这又令他们不善于袒露和分享自己的心情。

中国的改革开放后，西方文化涌入，社

会价值观从单一走向多元化。40+的人群在成长过程中受到中外文化的双重影响，更加开放和国际化，许多人有机会出国留学或工作。但也面临着文化认同的困惑，尤其是在传统与现代、东方与西方之间。

消费主义兴起，物质生活丰富，但也面临更大的经济压力，房价上涨和贷款购房购车，成为他们生活中的重要压力来源之一。自2022年后，中国经济的下滑，令40+人群中的一部分人失业或者公司倒闭。

40+人群是中国第一批接触互联网的群体，信息获取方式发生巨大变化，开阔了视野，但同时也开始面临信息过载和网络成瘾等问题。

因为教育水平的提高，40+人群比起自己父母这辈，健康意识是更为觉醒的，会更加关注自己的健康问题。

40+人群面对的主要问题：

- 职场竞争激烈，工作缺乏新鲜感和成就感，工作与生活失衡，长期处于高压状态。
- 唯恐在快速发展的时代里被淘汰的精神压力。
- 经济压力。

- 子女教育、父母健康、夫妻关系等精神压力。
- 健康焦虑，意识到自己的身体机能下降，慢性病（如脂肪肝、高血压、糖尿病）开始出现。

40+精神健康趋势：多元化、个性化和数字化，目标主要是解压

- 独处，制造更多属于自己的时间。从小习惯孤独的40+在一个人的时候可以彻底解压。如一个人的旅游，摄影，运动，追剧，刷短视频，打游戏。
- 培养属于自己的兴趣爱好，进一步放松解压。如SPA，美食，日常运动，具有挑战性的新运动，日晒和林间散步，音乐与艺术疗愈，正念冥想，快乐社交，养宠物，公益贡献，等等。
- 设定界限，对亲人和同事说“不”。避免被传统道德责任绑架而过度承担家庭和公司的责任，而忽视了自己真正的内心需求。
- 接受自己的不完美，放低要求，接受加龄和迈向年老的现实。
- 养成健康生活习惯，以令精神状态更健康：均衡饮食、适量运动、充足睡眠，戒烟限酒，学习管理慢性病。

18+人群

生活在了中国物质最充盈的时代， 却是精神上最迷惘的一代



中

国18+人群(2000年代出生的一代)成长于中国经济高速发展的时期。物质生活水平显著提高,但也面临更大的竞争压力。

中国的教育体制,从小学到大学,竞争激烈,尤其是高考带来的巨大压力。高校毕业生数量增加,就业市场竞争激烈,许多人面临“毕业即失业”的困境。职场竞争激烈,职业发展瓶颈和不确定性增加。

18+群体中大多没有兄弟姐妹,承担了更多的家庭期望。然而如今的中国的一二线城市房价和生活成本都已经很高,工资也基本上不再增长。

18+人群在成长过程中过于依赖上两代人,因此独立生活能力差,理财意识模糊,缺乏人生目标和未来规划。在人际关系上,大家庭体系崩溃后的小家庭结构第二代独生子女,从小社交技能不足,人际关系处理能力较弱,成人后易在职场产生冲突,在受挫后的压力往往会令他们迅速离职。

不婚率和离婚率上升。不愿社交和选择宅家的人群数量增加,每天看电子产品的时

间超过6小时以上、久坐不动、饮食不规律的人群增多,造成更多的慢性病年轻化(如肥胖、高血压)。

他们是互联网的原住民,从小就接触网络和社交媒体,习惯了数字生活。线上学习、远程办公和虚拟社交成为常态。但社交媒体上的“完美生活”展示导致攀比心理和自卑感,信息过载和虚假信息带来的困惑和焦虑,网络成瘾。

18+的群体更愿意为体验买单,追求个性化和独一无二的体验,而非单纯追求物质拥有。参与沉浸式娱乐活动(如剧本杀、密室逃脱、VR体验)。旅行时选择深度游、文化体验或冒险活动。参加音乐节、艺术展览、市集等文化活动。追求和上一代不同的小众文化体验(如小众音乐、独立电影、地下文化),选择定制产品或服务(如定制服装、首饰、旅行路线),通过小众品牌或手工制品表达个人风格。

受到中外文化的双重影响,全球化,文化多元化,思想更加开放。然而,和上两代崇洋的特质不同,对中国文化的认同感增强,支持国货,关注传统文化(如汉服、茶

道、书法、中医),参与国潮文化活动(如国风音乐节、传统文化展览)等。

18+人群面对的主要问题:

- 孤独感、焦虑、自尊心下降,抑郁、自我怀疑。
- 社交恐惧、情感压抑,难以建立深层次的人际关系。
- 注意力分散,难以专注。
- 职业倦怠,对未来感到迷茫。
- 经济焦虑,对未来缺乏安全感。
- 情绪低落,健康焦虑,身体不适进一步影响心理状态。

18+精神健康趋势:我是谁,我在这个世界的意义是什么

- “宅文化”与居家生活,打造属于自己的舒适的居家环境,注重家居设计和智能设备。享受独处或小范围的社交。在家追剧、打游戏、看直播,不出门通过外卖和网购满足生活需求。
- 选择“躺平”或“反内卷”来对抗社会压力。极简主义,降低物质欲望,减少不必要的消费。拒绝过度竞争,以低压力生活方式寻找内心的平静。支持环保可持续发展,参与二手交易或共享经济。
- 兴趣驱动的生活。参与各种兴趣小组或社群(如摄影、骑行、剧本杀、电竞)。学习新技能(如编程、绘画、音乐、烹饪)通过旅行、露营、徒步等方式探索世界。
- 追求多元化的职业发展。同时从事多份工作或兼职(如自由职业、副业)。通过自媒体打造个人品牌,追求职业自由和成就感。
- 健康和健身热潮。定期去健身房、参加瑜伽或普拉提课程。关注健康饮食,尝试素食、轻食或定制化营养餐。使用健康类APP记录运动、睡眠和饮食数据。通过SPA、精油香薰、冥想、正念练习等方式缓解压力。
- 通过社交媒体展示生活、获取灵感和建立人脉。参与线上挑战、话题讨论和虚拟社群活动。
- 宠物成为生活中重要的陪伴和精神寄托。养宠物并为其消费(宠物食品、医疗、美容)。参与宠物社群活动,分享养宠经验。



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60+ Population

Addressing Loneliness, Cognitive Decline, and Late-Life Adaptation

In China's first- and second-tier cities, individuals aged 60 and above were born between the 1940s and 1960s, a time when China was still impoverished and underdeveloped. Their childhoods were marked by material scarcity, which shaped them into hardworking, resilient, and competitive individuals who value collectivism and communal living.

Most of them grew up in traditional Chinese family structures – extended families with four generations under one roof. They typically have two or more siblings, sometimes even four to six, and enjoy frequent family gatherings. They place less emphasis on personal privacy and are willing to share all aspects of family and work life.

As the generation that benefited the most from China's reform and opening-up policies, the majority of 60+ individuals in first- and second-tier cities enjoy relatively secure retirement pensions. Many purchased their own homes two decades ago when property prices

were only a tenth of what they are today, leaving them free of bank debt or loans. Most have one or two children (the one-child policy was implemented from the early 1980s). Community canteens provide healthy daily meals, and community hospitals offer basic health support and social assistance.

As a result, they are less likely to experience social isolation compared to their Western counterparts. On the contrary, as long as they are in relatively good health, they tend to be cheerful and optimistic. In fact, they are arguably the demographic with the best mental health in China today. The material hardships of their childhoods have made them deeply appreciative of their current comfortable lifestyles, and they are willing to approach their later years with a positive attitude.

Key Issues Faced by the 60+ Population:

- Psychological stress due to identity shifts

after retirement and declining physical functions.

- Increased loneliness caused by friends or relatives falling ill, the loss of a spouse, or children leaving home (especially in single-child families).
- Widespread concerns about chronic illnesses, cognitive decline, and dementia.

Mental Health Trends for the 60+ Population: Strengthening Social Connections

- Enhancing social connections through community activities, online social platforms, and volunteer work.
- Early intervention for chronic diseases and cognitive decline through exercise, outdoor activities, cognitive training, and healthy lifestyles.
- Retirement planning, group travel, and mindfulness practices such as Buddhist meditation at temples.



40+ Population

The Sandwich Generation Navigating Career Burnout, with Family Pressure and Health Anxiety

After China's reform and opening-up in 1978, the economy began to grow rapidly. The 40+ population (those born in the late 1960s to early 1980s) witnessed the country's transition from a planned economy to a market-influenced economy during their formative years. Their living standards improved significantly, material conditions became better, educational opportunities increased, and they had more career choices and entrepreneurial opportunities.

Since the 40+ generation was not well-off before their age of 10-15, they observed their parents working hard, saving diligently, and

living frugally. As a result, most 40+ individuals still hold the values of the previous generation, which are reflected in their emphasis on family, appreciation for their jobs, careful financial planning, and a strong desire to raise successful children.

Family sizes have shrunk for the 40+ generation, and while resources are more concentrated, the connections between family members have weakened. Most 40+ individuals are only children, meaning they lack siblings and must shoulder greater family responsibilities alone – caring for aging parents while raising their own children. This has led to increased

family pressure compared to the previous generation.

As only children, the 40+ generation lacks the emotional support of siblings. They grew up accustomed to solitude, value their privacy, and are less inclined to share personal matters with others. Traditional Chinese education emphasizes maturity and endurance, which further discourages them from openly expressing or sharing their emotions.

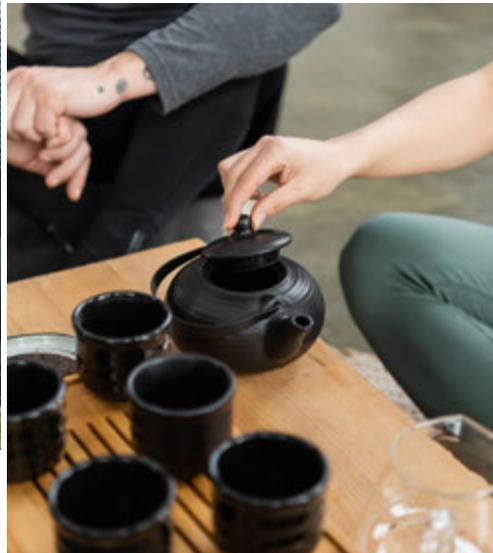
Following China's reform and opening-up, Western cultural influences flooded in, and societal values shifted from uniformity to diversity. The 40+ generation grew up under



the dual influence of Chinese and foreign cultures, becoming more open-minded and international. Many had the opportunity to study or work abroad. However, they also face cultural identity conflicts, particularly between traditional and modern values, as well as Eastern and Western ideologies.

The rise of consumerism has brought material abundance, but it has also introduced greater economic pressures. Rising housing prices and the burden of mortgages and car loans have become significant sources of stress in their lives. Since 2022, China's economic downturn has led to job losses or business closures for some in the 40+ demographic.

As the first generation in China to experience the internet, the 40+ population has seen a dramatic shift in how they access information, broadening their horizons. However, they also face challenges such as information overload and internet addiction.



With higher levels of education compared to their parents' generation, the 40+ population has a more awakened health consciousness and pays closer attention to their health issues.

Key Issues Faced by the 40+ Population:

- Intense workplace competition, lack of novelty and fulfillment in work, imbalance between work and life, and prolonged high-pressure states.
- Fear of being left behind in a rapidly evolving era, leading to mental stress.
- Economic pressures, including rising living costs and financial responsibilities.
- Mental stress from children's education, parents' health, and marital relationships.
- Health anxiety, as they become aware of declining physical functions and the onset of

chronic illnesses (e.g., fatty liver, hypertension, diabetes).

Mental Health Trends for the 40+ Population: Diversification, Personalization, and Digitalization, Primarily Aimed at Stress Relief

- Embracing solitude to create more personal time. Having grown accustomed to being alone, the 40+ generation finds relaxation in solo activities such as traveling, photography, exercising, binge-watching shows, scrolling through short videos, and gaming.
- Cultivating personal hobbies for further relaxation and stress relief. Examples include spa treatments, gourmet food, daily exercise, challenging new sports, sunbathing and forest walks, music and art therapy, mindfulness meditation, joyful socializing, pet ownership, and contributing to public welfare.
- Setting boundaries by saying “no” to family and colleagues. Avoiding being overwhelmed by traditional moral responsibilities and overcommitting to family or work duties, while neglecting their own inner needs.
- Accepting imperfections and lowering expectations, embracing the reality of aging and the transition into later life.
- Adopting healthy lifestyle habits to improve mental well-being: maintaining a balanced diet, engaging in moderate exercise, ensuring adequate sleep, quitting smoking and limiting alcohol, and learning to manage chronic illnesses.

18+ Population

Living in China's Most Materially Abundant Era, Yet Maybe the Most Spiritually Lost Generation



China's 18+ population (those born in the late 1980s and early 2000s) grew up during a period of rapid economic growth. While material living standards have significantly improved, they also face greater competitive pressures.

China's education system, from elementary school to university, is highly competitive, with the college entrance exam (Gao Kao) being a particularly intense source of stress. The increasing number of university graduates has led to fierce competition in the job market, with many facing the dilemma of "graduating into unemployment." Workplace competition is intense, and career development bottlenecks and uncertainties are on the rise.

Most of the 18+ generation are the only one child in their family, bearing higher family expectations. Having grown up overly reliant

on the previous two generations, the 18+ population often lacks independent living skills, financial awareness, and clear life goals or future plans. In terms of interpersonal relationships, as the second generation of only children in a collapsed extended family system, they have poor social skills and struggle with handling relationships. As adults, they are prone to workplace conflicts and often resign quickly under pressure after setbacks.

However, housing prices and living costs in first- and second-tier cities have skyrocketed, while wages have largely stagnated.

Rates of non-marriage and divorce are rising. The number of people unwilling to socialize and opting to stay at home is increasing. Many spend over six hours a day on electronic devices, lead sedentary lifestyles, and have irregular eating habits, leading to a rise in

chronic illnesses among the young (e.g., obesity, hypertension).

As digital natives, they have been exposed to the internet and social media from a young age, making digital life the norm. Online learning, remote work, and virtual socializing have become commonplace. However, the "perfect life" showcased on social media fosters comparison and feelings of inadequacy, while information overload and fake news create confusion and anxiety. Internet addiction is also a growing issue.

The 18+ generation is more willing to pay for experiences, seeking personalized and unique experiences rather than merely material possessions. They participate in immersive entertainment activities (e.g., script murder games, escape rooms, VR experiences), opt for in-depth travel, cultural experiences, or



adventure activities, and attend music festivals, art exhibitions, and cultural markets. They pursue niche cultural experiences (e.g., indie music, independent films, underground culture) that differ from those of previous generations, choose customized products or services (e.g., tailored clothing, jewelry, travel itineraries), and express their personal style through niche brands or handmade goods.

Influenced by both Chinese and foreign cultures, globalization, and cultural diversity, their thinking is more open-minded. However, unlike the previous two generations' admiration for Western culture, the 18+ generation has a stronger sense of cultural identity with China. They support domestic brands, engage with traditional culture (e.g., Chinese traditional dress, Tea Ceremonies, Calligraphy, Traditional Chinese Medicine), and participate



in cultural activities celebrating Chinese trends (e.g., Chinese traditional music festivals, traditional culture exhibitions etc).

Key Issues Faced by the 18+ Population:

- Loneliness, anxiety, declining self-esteem, depression, and self-doubt.
- Social anxiety, emotional suppression, and difficulty building deep interpersonal relationships.
- Difficulty focusing and maintaining attention.
- Career burnout and uncertainty about the future.
- Economic anxiety and a lack of security about the future.
- Low mood, health anxiety, and physical discomfort further affecting mental state.

Mental Health Trends for the 18+ Population: “Who Am I, and What Is My Purpose in This World?”

- Embracing “homebody culture” and home-centered living: Creating a comfortable home environment with a focus on interior design and smart devices. Enjoying solitude or small-scale social interactions. Staying indoors to binge-watch shows, play games, or watch live streams, while relying on food delivery and online shopping to meet daily needs.
- Choosing to “lie flat” or “resist involution” to counter societal pressures: Adopting minimalism, reducing material desires, and cutting

unnecessary consumption. Rejecting excessive competition and seeking inner peace through low-stress lifestyles. Supporting environmental sustainability and participating in second-hand trading or the sharing economy.

- Interest-driven lifestyles: Joining various interest groups or communities (e.g., photography, cycling, script murder games, esports). Learning new skills (e.g., programming, painting, music, cooking) and exploring the world through travel, camping, or hiking.
- Pursuing diversified career development: Taking on multiple jobs or side hustles (e.g., freelancing, part-time work). Building personal brands through social media and seeking career freedom and a sense of achievement.
- Health and fitness craze: Regularly going to the gym or attending yoga and Pilates classes. Focusing on healthy diets, trying vegetarian, light meals, or customized nutrition plans. Using health apps to track exercise, sleep, and dietary data. Relieving stress through spa treatments, aromatherapy, meditation, and mindfulness practices.
- Using social media to showcase life, gain inspiration, and build networks: Participating in online challenges, topic discussions, and virtual community activities.
- Pets as important companions and emotional support: Owning pets and spending on their needs (e.g., food, medical care, grooming). Engaging in pet community activities and sharing pet care experiences.

中国心理健康报告总结



中

国人迫切地希望学会与压力共处，希望能追求一种更平衡、更健康、更幸福的生活态度。

我们面对的是一个多巴胺上瘾的世界

与40年前相比，中国最年轻的一代比他们的祖辈更加抑郁、焦虑、成瘾，自杀率也更高。主要原因之一在于，他们是比上一代更追求享乐的一代，追求那些快速、短暂的快感，且这种追求永无止境。

然而，整个中国，乃至全球的导向，都是在鼓励人们追求享乐和迅速的成功，不再鼓励适度承受压力或忍耐，也没有耐心去追求长期的付出和缓慢的回报。我们如今生活在一个充斥着多巴胺的世界里，然而，这些享乐本质上更具成瘾性，追求多巴胺的最终结果往往是在多巴胺刺激过后感觉更糟，而每个人的个人差异则决定了他们能承受多少更糟的感觉。

短视频上瘾，阅读时间减少，戴降噪耳机，这些日常小习惯的改变正在重塑大脑。我们的大脑变得更加习惯于快速、碎片化的信息，却难以进行深度思考和专注。我们变得更加自我封闭，却失去了与他人沟通交流的能力。我们变得更加依赖即时满足，却难以享受延迟满足带来的成就感。

资本、技术创新和快速运转的世界创造了无限的数量、惊人的强度、无尽的新鲜感和各种各样的变化，成瘾现象几乎可以在生

活的每个领域、每个层面发生，不再仅限于毒品、酒精，几乎无法逃脱。于是，18+人群和40+人群在心理健康方面越来越多的问题，很可能来自于过度的多巴胺成瘾。

从“大家庭”到“新家庭”，在现代社会的情感连接

中国的“大家庭主义”正在逐渐消失，这是社会发展的必然趋势。城市化、人口流动、核心家庭化等因素，使得传统的大家庭模式难以维系。家庭情感也是影响心理健康的关键。因此，在现代社会应该如何探索新方式，建立起家庭般的感情，或增加家人之间的连接就尤为重要。现在已经有一些50+的单身人群在结伴一起居住养老，因此下一代单身人群会很快跟上这个趋势。

也许在18+这一代开始，中国会出现一些“新家庭”的模式。也许这种“新家庭”不再局限于血缘关系，而是可以包括朋友、同事、邻居等任何与我们建立起深厚情感连接的人。“新家庭”可以更加注重情感的深度和质量，而非成员的数量和形式。

“新家庭”成员之间拥有共同的价值观和人生目标，彼此理解、支持和鼓励。定期组织家庭聚会，共同参与家庭活动，关注家人的兴趣爱好，互相感受到关心、爱和重视，互相帮助应对生活中的挑战和压力，提供情感支持，归属感，提升幸福感。

虽然传统的大家庭模式正在消失，但中国人对家庭情感的需求永远不会改变。

中国的心理健康趋势指向：“了解你的极限”

“阴阳相生，物极必反”是中国古代哲学的重要思想，它揭示了宇宙万物相互依存、相互转化的规律。这一理论不仅适用于自然界，也为我们理解人生和追求精神健康提供了深刻的启示。

“阴阳相生”意味着任何事物都包含着对立统一的两个方面，例如白天与黑夜、快乐与悲伤、成功与失败。这些对立面并非绝对，而是相互依存、相互转化的。没有绝对的快乐，也没有绝对痛苦，两者相互交织，构成了完整的人生体验。

而“物极必反”则提醒我们，任何事物发展到极端，都会走向反面。过度追求快乐，反而会陷入空虚；过度执着于成功，反而会招致失败；过度压抑情绪，反而会引发更大的心理问题。

流行了多年的“你能行”(You Can Do It!)口号，在这个快速发展的中国社会中，最终对很多人来讲成为了巨大的压力。因此，我们可以看到无论是60+、40+，还是18+的精神健康的新趋势都指向了“了解你的极限”。这一改变显示了中国人迫切地希望学会与压力共处，希望能追求一种更平衡、更健康、更幸福的生活的态度。也可以说是在了解到自己极限后，重新给自己设定的一种生存模式。

因此，归纳三代人在心理健康方面的共同诉求，大致可以分为下列几个方面：

China Mental Wellness Report Summing Up

Chinese people's urgent desire to learn to coexist with stress and pursue a more balanced, healthier, and happier life. It can also be seen as a redefined mode of living after understanding one's own limits.

We are Facing a World of Addiction

Compared to 40 years ago, China's younger generation today is more depressed, anxious and addicted, and has a higher suicide rate than their grandparents' generation. One of the main reasons is that they are a generation that pursues pleasure, chasing quick, short-lived gratification in an endless cycle.

And the prevailing trend in China, and indeed globally, is to encourage this pursuit of pleasure and quick success, rather than advocating for patience and the benefits of long-term effort and rewards. We now live in a world saturated with the pursuit of dopamine, the "feel-good" chemical in the brain. Yet the pleasures generated are short-lived and addictive, and the ultimate result of the dopamine rush is often feeling worse than before.

People are glued to screens, passively experiencing the instant but shallow gratification of short videos. The joy of reading, creating the images in our brains ourselves, is growing rarer. People cut off the rest of the world with the screens and noise-canceling headphones and retreat into a mental hole. They grow more isolated and lose the ability to communicate and connect with others. These shifts in behavior are quietly reshaping our brains. Our minds are becoming more accustomed to fast-paced, fragmented information, and increasingly struggle with deep thinking and sustained focus. Increasingly reliant on the "now" experience, we find it harder to savor the sense of fulfillment that comes from delayed rewards, sustained effort and long-term achievements.

Our world today, shaped by capital, technological innovation and rapid development, has created infinite amounts of stimulation of astonishing intensity, spelling-binding novelties and never-ending change. Addiction can now occur in almost every field and aspect of

life, and is no longer limited to drugs and alcohol, making it nearly impossible for people to escape. The result is increasing mental health issues among the 18+ and 40+ age groups, which ultimately stem from addiction to that chemical in our brains – dopamine.

From "Extended Family" to "New Family", Family Connections in Modern Society

The "extended family ethos" in China is gradually fading, a trend inevitable with societal development and the impact of the now-terminated one-child policy. Factors such as urbanization, population mobility, and the rise of nuclear families have made it difficult to sustain the traditional extended family model. Family emotions also play a crucial role in mental health. Therefore, exploring new ways to build family-like bonds or strengthen connections among family members is particularly important in modern society.

Nowadays, some single individuals aged in their 50s or older are choosing to live together to create a "New Family" in companionship for their retirement years. And the next generation of single individuals will likely follow this trend as time goes by.

Perhaps, starting with the 18+ generation, China may witness the emergence of some "new family" models. These "new families" may no longer be confined to blood relations but could include friends, colleagues, neighbors, or anyone with whom we establish deep emotional connections. These "new families" may place greater emphasis on the depth and quality of emotions rather than the number or form of members. Members of such "new families" may share common values and life goals, understanding, supporting, and encouraging one another. Regularly organizing family gatherings, participating in family activities together, paying attention to each other's interests and hobbies, and mutually expressing care, love, and appreciation can help everyone feel valued. They can support each other in facing life's challenges and pressures, providing emotional support, a sense of belonging, and



缓解来自四面八方的压力

- 在生活的方方面面都放弃从众，转为个性化。
- 多元化职业发展，把职场压力减低到最小。
- 独处，制造更多属于自己的时间。
- 极简主义，降低物质欲望，减少不必要的消费。
- 拒绝过度竞争，接受自己的不完美，以低压力生活方式寻找内心的平静。
- 单身主义的兴起，是对婚姻与育儿压力的对抗。
- 通过SPA、精油香薰、冥想、正念练习等方式缓解压力。
- 宠物成为生活中重要的陪伴和精神寄托。

适合自己的社交方式与连接

- 无论是线上还是线下，拥有和自己有共同兴趣的朋友圈。
- 和家人与孩子连接。
- 以“新家庭”方式和同事和朋友进行家庭般的连接。

关心自己的身心健康

- 健康和健身热潮，各种室内运动、户外活动和极限活动的流行。
- 尝试素食、轻食和定制化营养餐。
- 关心睡眠质量，使用健康APP记录运动、睡眠和饮食数据。



enhancing overall happiness.

Although the traditional extended family model is disappearing, the Chinese people's need for family emotions will never change.

The Mental Wellness Trend in China is Moving Towards: "KNOWING YOUR LIMITS"

China's mental health trend points towards: "Knowing Your Limits."

"The interplay of yin and yang, and the reversal at extremes" is a significant concept in ancient Chinese philosophy, revealing the interdependent and transformative nature of all things in the universe. This theory not only applies to the natural world but also provides profound insights for understanding life and pursuing mental health.

"The interplay of yin and yang" means that everything contains two opposing yet unified aspects, such as day and night, joy and sorrow, success and failure. These opposites are not absolute but interdependent and mutually transformative. There is no absolute joy, nor absolute pain; the two are intertwined, forming a complete life experience.

Meanwhile, "the reversal at extremes" reminds us that anything pushed to its limit will reverse its course. Excessive pursuit of hap-

piness can lead to emptiness; excessive obsession with success can result in failure; excessive suppression of emotions can trigger greater psychological issues.

The long-popular slogan "You Can Do It!" has, in China's rapidly developing society, ultimately become a source of immense pressure for many. As a result, we can see that the new mental health trend, whether among the 60+, 40+, or even the 18+, is pointing towards "Knowing Your Limits." This shift reflects the Chinese people's urgent desire to learn to coexist with stress and pursue a more balanced, healthier, and happier life. It can also be seen as a redefined mode of living after understanding one's own limits.

Therefore, summarizing the common demands of three generations in terms of mental health, they can roughly be divided into the following aspects:

Alleviating Pressure and Distress from All Directions

- Abandon conformity in all aspects of life and embrace individuality.
- Pursue diversified career development to minimize workplace stress.
- Seek solitude and create more personal time.
- Embrace minimalism, reduce material

desires, and cut unnecessary consumption.

- Reject excessive competition, accept imperfections, and seek inner peace through a low-stress lifestyle.
- The rise of singlehood as a response to the pressures of marriage and parenting.
- Relieve stress through spa, aromatherapy, meditation, mindfulness practices, and more.
- Pets becoming important companions and emotional support in life.

Social Connections That Suit Individual Needs

- Build circles of friends with shared interests, whether online or offline.
- Strengthen connections with family and children.
- Foster family-like bonds with colleagues and friends through "new family" models.

Caring for Physical and Mental Health

- Join the health and fitness craze, embracing indoor exercises, outdoor activities, and extreme sports.
- Experiment with vegetarianism, light meals, and customized nutrition plans.
- Prioritize sleep quality and use health apps to track exercise, sleep, and dietary data.

中国三线及以下城市心理健康趋势

In China's Third-Tier and Below Cities

中国的三线及以下城市的心理健康问题虽然不如一线城市突出，但依然普遍存在。

由于整体教育水平比较低，在心理健康方面的宣传力度不够，公众对心理健康的认知水平普遍低下，社区心理健康服务也十分缺失，导致针对性的支持和干预几乎是缺失的。

由于传统中国文化观念的影响，心理健康问题常被污名化，许多人认为心理问题是“矫情”或“软弱”，不可以也不愿意寻求帮助，强调“忍”和“扛”，导致心理问题被忽视或拖延。

虽然生活成本较低，但收入水平也很低，低收入群体面临较大的经济压力。就业机会有限，职业发展空间较小，导致职业倦怠和对人生的迷茫。

年轻人群体向一线二线城市的外流，造成人口结构中的大部分为空巢老人和留守儿童。

三线以下城市的心理健康主要靠政府推动

目前中国政府正在增加资源投入，以建立更多的心理咨询中心和精神卫生机构，聚集心理健康方面的医疗资源和人才。

提高公众认知，通过社区活动、媒体宣传等方式普及心理健康知识，减少病耻感。在社区、学校和工作场所开展心理健康筛查，早发现、早干预。

建立社区心理健康支持网络，提供心理咨询、团体辅导等服务。推广线上心理咨询平台，弥补线下资源的不足，鼓励使用心理健康类APP，帮助人们记录情绪、学习减压技巧。

通过政策支持吸引企业投资，提供职业培训和再教育机会，增加就业。鼓励年轻人从压力大的一线、二线城市回到自己的家乡，参与家乡建设。

针对空巢老人、留守儿童开展专项心理健康服务。为低收入群体提供免费或低价的心理健康服务。



Although mental health issues in China's third-tier and lower-tier cities are not as prominent as in first-tier cities, they remain widespread. Due to generally lower education levels, insufficient public awareness campaigns about mental health, and a lack of community-based mental health services, there is almost no targeted support or intervention available.

Influenced by traditional Chinese cultural attitudes, mental health issues are often stigmatized. Many people view psychological problems as “overly sensitive” or a sign of “weakness,” leading them to avoid seeking help. The emphasis on “enduring” and “persevering” results in mental health issues being ignored or delayed.

While the cost of living is lower, income levels are also significantly lower, placing substantial economic pressure on low-income groups. Limited job opportunities and narrow career development prospects contribute to job burnout and a sense of aimlessness in life.

The outflow of young people to first- and second-tier cities has led to a demographic structure dominated by left-behind elderly and children in these regions.

Government-Driven Mental Health Initiatives in Third-Tier and Below Cities

The Chinese government is currently increas-

ing resource allocation to establish more psychological counseling centers and mental health institutions, aiming to gather medical resources and professionals in the field of mental health.

Efforts to raise public awareness include promoting mental health knowledge through community activities and media campaigns to reduce stigma. Mental health education is being conducted in communities, schools, and workplaces to enable early detection and intervention.

Community-based mental health support networks are being developed to provide services such as psychological counseling and group therapy. Online psychological counseling platforms are being promoted to compensate for the lack of offline resources, and the use of mental health apps is encouraged to help people track their emotions and learn stress-relief techniques.

Policy support is being used to attract corporate investment, offer vocational training, and provide re-education opportunities to increase employment. Young people are being encouraged to return from high-pressure first- and second-tier cities to their hometowns to participate in local development.

Specialized mental health services are being introduced for left-behind elderly and children. Free or low-cost mental health services are being made available to low-income groups.



2025年全球精神健康倡议趋势

本 报告揭示出全球精神健康领域正持续向主动预防型模式转变。2025年趋势呈现对既往研究的深化发展，突破笼统概念，转向更精准地把握心理健康干预路径。随着科研成果与实践经验的累积，这些方法论正在持续演进。

趋势一：

长寿精神健康：构建促进积极人类暴露组的环境设计。

多元健康场景中身心健康的协同效应，为全生命周期积极生活方式的行为转变提供了

自然诱导线索，凸显出精神健康整体观的价值。当前模型正整合抗阻训练、拉伸运动、正念练习与有氧活动，以支持全人健康与优雅老化。这意味着从健身产业到酒店业都存在无缝整合这些活动的机遇。近三年大量研究证实运动对心理健康的积极影响：瑜伽改善精神分裂症状、提升睡眠质量、缓解酒精依赖(通过降低渴求感)。还有持续的证据表明体育锻炼能有效缓解抑郁焦虑症状。将这些科学证据转化为临床实践、健身及健康场景的应用，对产生长期积极影响至关重要。

必须提高对忽视脑健康所导致经济损失

的认知。2025年达沃斯论坛将“脑健康/脑财富”列为核心议题，指出脑健康已不仅是医疗问题，更是经济危机。麦肯锡健康研究院估算，脑健康障碍每年造成全球经济损失达5万亿美元。“战略性投资脑健康就是夯实未来繁荣基石，否则我们将面临经济衰退与人类潜能浪费”。

趋势二：

抗阻训练被证实对脑健康具有关键作用。

精准研究表明(特别是中老年阶段)此类训练



能增强认知功能、改善记忆，甚至降低与年龄相关的脑退化风险。其促进脑部血液流动的机制，对输送营养与氧气至脑细胞至关重要。抗阻训练还能刺激脑源性神经营养因子(BDNF)释放，这种蛋白质对脑细胞生长、学习记忆起决定性作用，同时对缓解焦虑抑郁、改善睡眠具有积极影响。预计抗阻训练将在脑健康促进方案中占据核心地位。

趋势三： 肠脑轴研究进入微观层面：特定菌群与精神症状的精准关联。

针对暴力犯罪囚犯与非冲动囚犯的对照研究发现：冲动者肠道内拟杆菌属(Bacteroides)和巴恩斯氏菌(Barnesiella)水平更高，而非冲动群体富含链型菌(Catenisphaera)。研究者认为拟杆菌可能通过调节血清素(影响冲动与攻击性的神经递质)发挥作用。这为针对特定精神健康问题定制营养方案、益生菌及



肠道菌群疗法开辟了新途径。

趋势四： 对抗脑部微塑料污染。

20年研究积累的7000余篇论文证实，微塑料已突破人体屏障侵入大脑与心脏。痴呆症患者脑组织微塑料浓度高达常人6倍。健康生活建议：

1. 选择无塑料饮食与厨具
2. 避免塑料外卖包装
3. 禁用塑料容器加热食物
4. 拒绝塑料水瓶(研究显示瓶装水微塑料含量可达自来水22倍)
5. 沸水可去除90%微塑料
6. 使用反渗透/活性炭高端滤芯
7. 高纤维饮食促进微塑料排泄
8. 优选新鲜有机食品替代加工包装品
9. 定期桑拿排毒
10. 穿着天然纤维衣物减少化纤脱落

特定益生菌(2025年1月最新研究发现副干酪乳杆菌DT66和植物乳杆菌DT88)可吸附并排出微塑料。预计营养疗法与自然疗法将成为清除肠脑轴微塑料的前沿手段。微塑料清除服务或将成为医疗健康领域新热点。

趋势五： 社交心智进化论：对抗孤独与觉知生活。

延续去年“通过酒店业创新设计对抗孤独”主题，今年聚焦增强社会联结的心理健康活动。牛津学界指出：“社交认知是我们编码、分析、存储及运用人际信息的核心能力。”2025年世界幸福报告显示：“共餐行为对主观幸福感的预测强度与收入、就业相当——频繁共餐者生活满意度显著更高，负面情绪更低。”从日本温泉、俄罗斯桑拿到芬兰浴场，千年沐浴传统演变为连接人心的社交健康实践，日本森林浴则提供了促进精神健康的自然社交场景。

趋势六： 自我关怀的进化：觉知、责任与照护。

当可穿戴设备持续监测各类生物指标时，我们却与自我感知渐行渐远，甚至因数据产生焦虑。比依赖设备更重要的是培养身体觉知能力。对心理健康自我负责的时代，身体信号一旦被觉察就难以忽视，必将触发自我照护行动。未来的自我关怀将更具探索性，整合社交、情绪、身体与智性的多重感官体验，形成立体支持系统。

2025 Trends Mental Wellness Initiative



The Mental Wellness Initiative 2025 Trends reflect a continuous shift towards proactive mental wellness and health approaches. The 2025 trends reflect a more granular view of previous trends and move away from generalities toward more precision and greater understanding of Mental Wellness pathways. These continue to evolve as greater knowledge and advancement in modalities arrive from both research and real-world applications.

TREND 1:

Longevity Mental Wellness – the intentional curation of environment for positive human exposome.

The convergence of Physical and Mental Fitness in different Wellness environments are providing clues to the organic nudging of behavioral shifts for positive lifestyle choices across the lifespan and highlight a holistic approach to mental health and wellness.

Resistance training, stretching, mindfulness practices together with cardiovascular activity are being programmed into models to sup-

port holistic mental health and wellness and healthy ageing. This means an opportunity to integrate these activities in everything from Fitness to Hospitality – seamlessly. There has been a plethora of published research in the last 3 years reviewing the positive effects of exercise on mental health. Everything from the effects of Yoga on people with schizophrenia, the improvement of sleep quality to alleviating alcohol dependence because of its tendency to decrease cravings. There also is persistent evidence to suggest that physical exercise relieves depression and anxiety symptoms.

Translating all the evidence of the benefits of physical exercise on mental health into clinical practice, fitness, and wellness environments is of paramount importance for long-term positive impact.

There is also a need for greater recognition of the financial cost of NOT addressing brain health. At DAVOS 2025, brain health/ brain wealth was a key theme, where it was noted that brain health is no longer just a health issue, it's an economic emergency. The McKinsey Health Institute estimates that brain health

disorders cost the global economy \$5 trillion annually. “By investing strategically in brain health, we can build the foundations for future prosperity, without this we risk economic decline and wasted human potential”.

TREND 2:

Resistance training found to be crucial for brain health, a focused approach informs us that this form of training (particularly in later life) enhances cognitive function, improving memory, and even reducing the risk of age-related brain degeneration. Resistance training promotes blood flow to the brain, which is essential for delivering nutrients and oxygen to brain cells.

Resistance training can stimulate the release of brain-derived neurotrophic factor (BDNF), a protein that plays a crucial role in brain cell growth, learning, and memory. It can also have a positive impact on mental health, helping to reduce anxiety and depression and to improve sleep. Look for resistance training to take a front burner position in programs to enhance brain health and mental wellness.



TREND 3:

Gut-brain research is becoming more granular in linking specific bacterial groups with different mental health conditions. In studying a group of prisoners convicted of violent assaults and a matched group of non-impulsive prisoners from the same facility, researchers found that impulsive offenders had a higher presence of *Bacteroides* and *Barnesiella* bacteria, while non-impulsive individuals had greater levels of *Catenisphaera*. The researchers suggest that *Bacteroides*, in particular, may play a role in regulating serotonin, a neurotransmitter linked to impulse control and aggression. This opens up possibilities of tailored nutritional, probiotic, and gut microbiota-based treatments to manage specific mental health and behavioral conditions.

TREND 4:

Combatting microplastics in the brain. Twenty years of investigation and over 7,000 research papers have examined the effects of microplastics in the environment and on the human body – including smaller particles of microplastics in our lungs, livers, kidneys, blood and reproductive organs. Microplastics have crossed protective barriers into our brains and hearts. The concentration of microplastics has been found to be about six times higher in brain samples from people who had dementia. As part of a wellness lifestyle routine, these steps are being highlighted to prevent or get rid of microplastics in our bodies:

- i. Prioritize a plastic-free diet and plastic free cooking implements.
- ii. Avoid plastic takeout
- iii. Avoid heating food in plastic containers.
- iv. Avoid plastic water bottles – research shows that in some cases bottled water contains

up to 22 times more microplastics than tap water.

- v. Boiling water may help remove up to 90% of microplastics
- vi. Use high-quality filters like reverse osmosis or activated carbon to reduce plastic contamination.
- vii. Eat a fiber-rich diet to support digestion and excretion of microplastics.
- viii. Choose fresh, organic foods over packaged and processed options.
- ix. Regular sauna sessions to eliminate toxins through sweat.
- x. Use natural fiber clothing to minimize synthetic fiber shedding.
- xi. Probiotics. In published January 2025, researchers found that specific probiotics adsorbing and excreting microplastics show potential gut health benefits. They found that the probiotics, *Lactocaseibacillus paracasei* DT66, a major probiotic well known for its anti-inflammatory properties, and *Lactiplantibacillus plantarum* DT88, commonly used in the food industry can effectively adsorb and facilitate microplastic excretion. Nutritional and naturopathic wellness treatments are likely to evolve as therapies for removing around microplastics from the gut and, via the gut-brain axis, from the brain.

Expect procedures such as microplastic removal for brain and body health to become front burner offerings in the medical wellness space.

TREND 5:

The evolution of the Social Mind: Combatting Loneliness while promoting Conscious Living.

Last year, we talked about combating loneli-

ness through new design approaches in Hospitality and this year we continue the theme and focus on Mental Wellness activities that build connectivity and strengthen social cohesion and wellness.

According to Oxford Academic, “Social cognition is how we encode, analyse, store, and use information about the people we meet and the relationships that define us.” Having an interest in society, specifically: actively interested in social welfare or the well-being of society as a whole is also referred to as the Social Mind. The World Happiness report 2025 reports that “Sharing meals proves to be an exceptionally strong indicator of subjective wellbeing – on par with income and unemployment. Those who share more meals with others report significantly higher levels of life satisfaction and positive affect, and lower levels of negative affect.”

Bathing traditions and the Social Mind/ We space are examples of Social Wellness in the continuing evolution of millenary bathing traditions from Onsen, the Russian Banya to Finnish Sauna that bring people together to bond, as well as Japanese forest bathing traditions (*Shinrin-yoku*) and provide fulfilling and engaging ways to come together and build cohesion while nudging people into Mental Wellness.

TREND 6:

The Evolution of Self-Care: Self-Awareness, Self-Responsibility and Self-Care

With a myriad of wearables available, measuring all sorts of different biomarkers, we are becoming increasingly disconnected from ourselves relying on external clues to pay attention to ourselves, while possibly getting increasingly anxious about our results.

Self-Awareness will be more important than ever in order to learn how to listen to our body instead of relying mainly on devices.

As we are responsible for our own mental wellbeing, **Self-Responsibility** will play a crucial role. By being conscious of what our body is crying out about, once we are tuned in, we are unable to stop listening. We will need to act, with Self-Care being a direct result.

Self-Care, as a deliberate decision, will become more exploratory and will include multisensorial elements and experiences – social, emotional, physical and intellectual – to support it.

精神健康之道

访谈医学教授，全球健康研究所心理健康倡议创始人主席，Gerard Bodeker教授

哈佛大学培养的公共卫生学者 Gerry Bodeker教授致力于整合医学与健康领域的学术研究及战略咨询。这位在牛津大学医学院执教二十载的学者，身兼哥伦比亚大学流行病学客座教授与西悉尼大学健康科学客座教授双重身份，并担任该校阿育吠陀咨询委员会主席。他长期为私营机构、政府部门及联合国提供文化主题健康战略咨询，深耕亚洲传统医学及健康生活方式研究领域，尤精于中医与阿育吠陀体系。Bodeker教授代表性的著作包括了：《世界卫生组织传统补充替代医学全球图谱》《全球水疗产业解读》以及《心理健康：路径、证据与视野》。在亚洲开发银行出版的《健康亚洲的福祉之路》中，他

撰写了关于心理健康、老龄健康、健康政策及亚洲健康传统等章节；并与美国Taylor & Francis出版社合作编著《亚洲健康老龄化》专著。其学术影响力延伸至大众传媒领域：曾任《国家地理》学术顾问，亮相BBC纪录片《追寻健康之道》，并担任CNN系列节目《追逐生命》高级顾问。

SpaChina采访了Bodeker教授，请他分享了在亚洲、中国及全球视野下的、关于精神健康的见解。

教授，您融贯东西方健康理念。在中医、阿育吠陀与心理健康领域，您认为最具潜力的交汇点在哪里？

亚洲两大传统健康体系：中国的中医与印

度的阿育吠陀，皆是以“全生命周期健康”为核心理念的。古典典籍中，健康的生活方式的重要性，始终优先于疾病产生后的药物干预。

这些亚洲传统健康体系的核心在于：理解人类的个体存在不同的代谢模式，而把握这些个体的差异，正是制定个性化预防性健康方案的基础。此外，亚洲健康理论尤为强调根据体质特征与文化饮食传统，采取个体化的营养平衡策略。

综合性运动与减压型呼吸冥想练习同样被高度重视。定期接触大自然也被视为调节整体健康的重要方式。

现有大量科学证据表明，亚洲健康传统能有效降低非传染性疾病(NCDs)风险、缓



解压力与心理问题、提升生活质量和延长寿命。亚洲正面临将自身文化传统融入NCDs防控及全民健康促进战略的历史机遇——这不仅能降低疾病负担与医疗支出，还可为健康旅游创造经济价值，并催生创业新机遇。

睡眠与冥想作为两种休憩形式，对机体日常修复至关重要。研究证实冥想能显著改善心血管功能、心理健康及认知表现。对普通人群来说，睡眠就是绝对重要的了。

艺术疗法(音乐、绘画、写作、舞蹈等)对心理健康的益处已获实证。无特定对象的集体欢笑能在生理层面产生可测量的健康功效。显然，亚洲古老传统中所包含的文化和社交活动，亦蕴藏着多条通往终身健康的路径。

亚洲饮食传统则以丰富蔬果和药用植物



Gerard Bodeker

为特色，如东亚的灵芝枸杞、南亚的姜黄苦瓜。发酵等古法工艺蕴含的微生物组理念，如今被证实对消化健康至关重要。随着现代人群的传统饮食方式逐渐消失或弱化，慢性病发病率显著上升。

亚洲饮食智慧将药食同源理念融入日常：日本料理中的松茸、中餐里的枸杞、印度菜肴中的姜黄、马来西亚药草沙拉“Ulam”、印尼以姜黄生姜为基础的“Jamu”草药饮……公元7世纪药王孙思邈提出的“食疗为先”理念，比世卫组织NCDs指南早1500年。植物性饮食的低热量、高抗氧化特性，对预防肥胖、糖尿病、心脑血管疾病等具有显著效果。

印度阿育吠陀的个性化营养医学体系，与21世纪精准医疗趋势高度契合。以姜黄为例，其抗糖尿病、抗癌、护心、抗阿尔茨海默病的多重功效已获现代科研验证。

冥想作为亚洲精神健康传统的核心，堪称“大脑体操”。马萨诸塞州总医院研究发现，8周正念冥想能使海马体灰质密度增加，提升学习记忆能力，同时降低杏仁核灰质密度，缓解焦虑。2025年3月最新研究显示，40年冥想练习者的基因表达、脑电波模式更接近年轻人，炎症相关基因SOCS3表达显著降低。从改善脑结构到延缓端粒缩短，因此冥想堪称促进终身身心健康的基石。

在运动疗法领域，我认为需加强亚洲传统锻炼方式的科研投入：

太极拳已经证实其预防老年人跌倒效果显著，练习频率与效果成正比。波士顿针对创伤后应激障碍退伍军人的研究表明，太极能有效缓解侵入性思维、注意力障碍等症状。

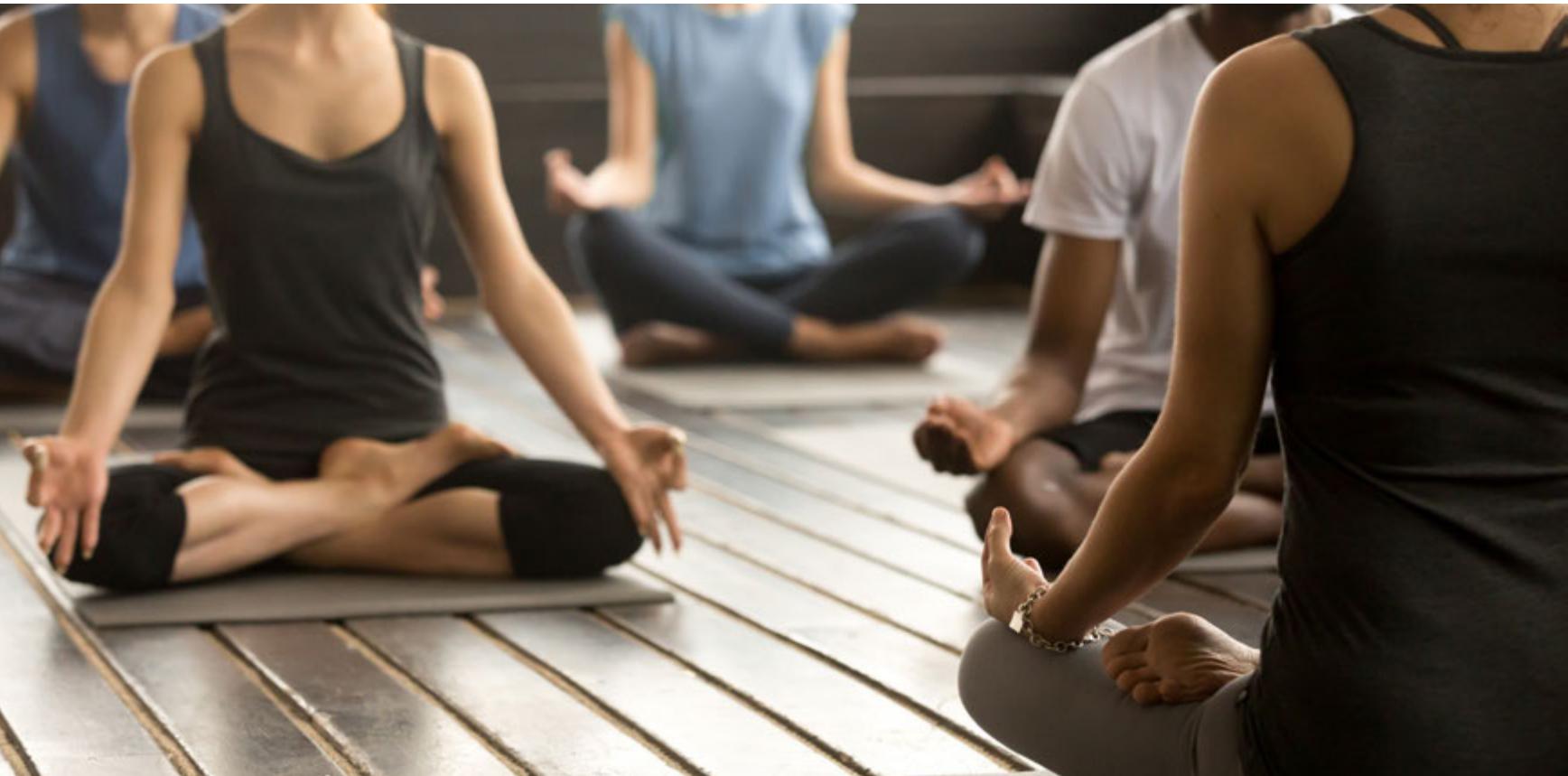
瑜伽研究显示其可缓解焦虑抑郁、改善慢性疼痛、增强脑功能、预防心脏病。全球800亿美元的市场规模已经印证了亚洲健身方式的全球化潜力和受欢迎程度。

按摩、社交支持、音乐舞蹈、欢笑疗法等均是重要心理健康途径，其亚洲版本既有深厚传统根基又获现代科学背书。随着证据不断累积，亚洲各国政府、民间组织及社区领袖应推动这些传统智慧焕发新生，因为这不仅能提升个体与社会福祉，更将在全球范围内创造全新商业机遇。

全球都开始注重“精神健康”中国政府现在已经将“精神健康”与经济增长放在同等优先位置。这足够了吗？还是心理健康服务需要更深层次的改革？

是的，全球医疗体系正经历从“药物主导”向“生活方式干预”的转型，强调个人支持、运动疗法、冥想营养等综合方案。其中，灵性关怀不可或缺。乔治华盛顿大学灵性与健康研究所主任克里斯蒂娜·普哈尔斯基提出极具洞见的定义：“灵性是人类寻求生命意义、体验与当下/自我/他人/自然/神圣联结的方式”。这通常通过冥想、禅修、祈祷等实践达成。

贝勒大学研究发现：无论是哪种信仰，祈求慈爱守护之神的人群，其焦虑症(含社交恐惧、强迫行为等)发病率显著低于“虽祈祷却不期待神佑”的群体。祈祷与焦虑症状呈负相关还是正相关，取决于个体与神灵的联结类型。安全型依恋者获益，而矛盾型依恋者可能适得其反。当祈祷建立起积极的神人关系，如通过赞美或坚信祷告应验，往



往伴随更佳的心理健康；若源于紧张的神人关系或仅作为高压应对机制，则可能加剧心理问题。

数据表明：定期参与宗教活动者相比从未参与者，抑郁风险降低29%、死亡风险降低33%、离婚风险降低50%、自杀风险骤降84%。这些发现明确提示：将灵性维度纳入心理健康政策具有显著效益。

像尤瓦尔·赫拉利这样的哲学家认为人类的下一次危机是“意义缺失”。您是否认同？您觉得目前最大的人类的“缺失和危机”在哪里？

哲学家们自然会围绕“人类是否存在意义感”这类哲学命题构建世界观。这确实直接影响心理健康，而全球年轻人心理健康水平持续下降也是不争事实。

但作为公共卫生研究者，我认为许多全球性公共卫生危机比意义缺失更为紧迫。我要特别指出：微塑料对人体和大脑的渗透已是人类面临的重大危机，这甚至不是“未来危机”，而是正在发生的现实。微塑料已遍布陆地、海洋和大气，渗透整个食物链和人体各部位。根据2025年世界经济论坛的警示，我们正身处塑料健康危机之中，我完全认同这一判断。

微塑料指长度小于5毫米的塑料碎片。有些（如化妆品中的微珠）是人为设计的，有些则是大块塑料降解形成。

目前已在人体血液、肺部、肝脏、生殖

系统甚至下肢关节中检测到微塑料。科学家在大脑组织中发现微塑料证据，阿尔茨海默病逝者脑部微塑料含量是正常人的十倍。

研究表明微塑料可能增加高血压、心脏病、中风及死亡风险。其他研究则发现其与炎症和非传染性疾病相关。最新小鼠实验显示，微塑料能穿透血脑屏障并堵塞脑血管。

这场实时发生的危机将影响人类物种的未来。令人担忧的是，全球健康产业似乎尚未意识到问题严重性及其应对责任。

作为全球健康研究院心理健康倡议的创始主席，我与联合主席艾琳娜·埃尔南德斯已将“微塑料危机”列为2025年重要心理健康趋势主题。

应对措施方面：首先要提高危机意识，其次普及减少微塑料摄入的知识。目前初步探索的解决方案包括：通过蒸汽疗法和桑拿排汗、使用益生菌清除肠道微塑料、尝试血液净化设备等。

海洋、空气、食物链、饮用水均遭微塑料污染，进而侵入人体危害健康——尤其是大脑健康。这既是人类世代面临的重大危机，也是健康产业挺身而出、研究减塑方案的重要机遇。我们需要开辟新途径来降低体内（特别是脑部）的微塑料负荷。

如果您设计一项联合国支持的全球精神健康计划，您的基本原则和内容会是什么？

第一，自我护理

心理健康领域已经发生了范式转变，从单

纯关注大脑转向更全面的整体视角。在新范式中，自我护理的重要性与整体医疗保健并重。这种新范式就是整合型心理健康。它采用全人方法来对待精神健康和心理健康问题，关注思想、身体和精神的统一。虽然涉及多方面，但关键要素包括运动、健康营养、冥想等正念练习以及社会联系。

第二，全生命周期方法

精神健康战略的重点是每个人可以通过自我管理和自我赋能的方式，使用适合他们的循证方法来增强自身的精神健康。这必须适用于生命周期的所有年龄阶段。精神健康的全生命周期方法需要考虑婴儿、儿童、青少年、大学生、在职成年人、女性、男性、老年人（包括健康者和体弱者）的需求。

全生命周期的健康方法将一系列影响生活质量的因素置于首要位置，这些因素对实现充实和健康的衰老过程至关重要。包括：定期锻炼；良好营养；有意义的社会关系；为社会做贡献的能力；通过园艺、自然漫步等方式与自然连接，以及积极心态。

该方法的基石包括：

(i) 关于在生命特定阶段如何健康生活的教育。这种教育可以是面对面、基于社交媒体，甚至由人工智能辅助。知识分享应基于关于哪些方法最能促进精神健康的科学证据。

(ii) 自我护理，因为治疗师和医疗专业人员永远无法满足所有人的需求。基于建立



韧性和自我激励的自我护理，对于个人和社会层面的精神健康和蓬勃发展至关重要。

第三，运动与锻炼

大量文献强调了定期锻炼对创造和维持精神健康的重要性。高强度间歇性锻炼特别有助于减缓衰老影响和增强大脑功能。

美国约翰·W·布里克基金会发布的《运动与心理健康》报告指出：

- 现有科学研究压倒性地表明运动和身体活动有益心理健康
- 总体而言，每周3-5次30-45分钟的中高强度运动似乎能带来最佳心理健康效益
- 高频运动(每周3-5次)比低频运动更能减轻抑郁症状
- 瑜伽和太极等正念活动虽然强度较低，但比步行带来更多心理健康益处
- 团队运动、骑自行车和有氧/健身房锻炼是排名前三的运动形式，每月可以减少20%以上的“心理健康不良”天数。

第四，冥想、正念与休息

《美国医学会杂志》的一项荟萃分析确定了近19,000项关于不同形式冥想的研究。四十年的研究强调了冥想对增强免疫力、减轻抑郁和焦虑、提高学业表现、减少与年龄相关的认知衰退、增加幸福感和生活质量以及管理和减轻创伤的影响。

第五，通往精神健康的营养途径



研究表明，饮食质量与精神疾病相关，饮食干预可能有效治疗或预防某些心理健康问题。饮食可以影响参与精神疾病的生物途径，如炎症、氧化应激、肠道微生物群和神经发生。

关于通过心理、营养和身体方法创造和维持健康的荟萃分析数据显示，其结果往往等同于或优于传统药物或心理治疗干预。

临床研究发现， ω -3脂肪酸对治疗双相抑郁症、创伤后应激障碍和重度抑郁症以及预防精神病有益。较高水平的B族维生素以及维生素C、D和E都与认知测试中较高的分数相关。

ω -3脂肪酸也存在同样的正相关关系，

之前的研究已经将其与更好的大脑健康联系起来。另一方面，反式脂肪水平较高(存在于各种垃圾食品中)的人在思维和记忆测试中表现较差。他们的磁共振成像扫描也显示比反式脂肪水平较低的人有更多脑萎缩。研究发现，总体而言，营养占脑容量变化的37%。

第六，环境

显然，健康议程必须解决亚洲城市化进程中日益严重的空气污染问题。世界卫生组织指出：“随着世界变得更热、更拥挤，我们的发动机继续排放污染物，世界上半数人口无法获得清洁燃料或技术(如炉灶、灯具)，我们呼吸的空气正变得危险地污染：现在十分之九的人呼吸着污染的空气，每年导致700万人死亡。”

对全球数据的系统回顾发现，生活在空气污染中的人抑郁和自杀率更高。来自中国的研究(联合国公布的全球20个污染最严重城市中有16个在中国)发现，糟糕的空气质量会导致精神健康状况不佳和不幸福感。研究人员考察了空气污染对几个关键维度的影响，包括心理健康状况、抑郁症状、即时幸福感和评价性幸福感(即整体生活满意度)。他们发现，空气污染会降低所有形式的幸福感，并随着时间的推移增加抑郁症状的发生率。

相反，当人们能够接触绿地时，寿命往往会更长。社区绿化程度与更好的身心健康密切相关。生活在高绿化地区的人比生活在非高绿化开放区域附近的人更有可能拥有更好的身心健康。家附近的自然对儿童尤为重要，可以提高他们应对压力生活事件的能力、定向注意力和认知功能。新研究报告称，轻柔的林地声音，如鸟鸣和微风吹拂树叶的声音，比冥想录音更让人放松。

英国埃塞克斯大学的一项研究发现，在乡村散步可以减少71%参与者的抑郁。研究人员发现，只要在自然环境中待上五分钟，无论是在公园散步还是在后园艺，都能改善情绪、自尊和动力。

在2010年日本的一项关于“森林浴”(定义为“吸收森林氛围”)的研究中，研究人员发现，环境元素，如木材的气味、溪流的水声和森林的景色，可以提供放松和减轻压力。参与研究的人皮质醇水平降低，脉搏率和血压降低。个人益处包括自尊、信心和韧性的提高，以及普遍的“感觉更好”。社会效益包括“陪伴感”和更强的自主感。

减少污染、建设绿色城市 and 为世界不断增长的人口创造接触自然的机会，将成为21世纪精神健康规划和发展的的重要组成部分。从精神健康的角度来看，很明显，生活在能够接触绿地和自然的环境中会增强我们的精神健康，而暴露在空气污染中会恶化它。

The Art of Healthy Ageing

Interview with Prof. Gerard Bodeker, Founding Chair, Mental Wellness Initiative of the Global Wellness Institute

A Harvard-trained public health academic, Gerry Bodeker researches and advises on integrative medicine and wellness. He has taught in medical sciences at Oxford University for two decades, is adjunct professor of epidemiology at Columbia University, and chairs the Ayurveda Advisory Group at Western Sydney University, where he is an Adjunct Professor in health science. He works with the private sector, governments and the United Nations, advising on culturally-themed wellness strategies. He has long specialised in Asian traditions of medicine and healthy lifestyles, including the study of Chinese Medicine and Ayurveda. Prof. Bodeker has published widely, including the following books: *The World Health Organization Global Atlas on Traditional, Complementary and Alternative Medicine*, *Understanding the Global Spa Industry*, and *Mental Wellness: Pathways, Evidence and Horizons*. He has chapters on Mental Wellness, Ageing, Wellness Policy, and Asian Health Traditions in a book published by the Asian Development Bank on *Wellness for a Healthy Asia*; and he has co-

edited and co-authored a book with Taylor & Francis publishers in the US on *Healthy Ageing in Asia*. He has been an advisor to National Geographic and featured in the BBC's "In Pursuit of Wellness". He served as Senior Consultant to CNN's series "Chasing Life".

SpaChina interviewed Professor Gerry, who shared his insights on mental health approaches in the context of Asia and China, as well as the global landscape.

Professor Bodeker, you've bridged Eastern and Western wellness paradigms. Where do you see the most promising intersections between TCM, Ayurveda, and mental health?

Asia's two major systems of traditional health knowledge — Chinese Medicine and India's Ayurveda — are grounded in principles of living healthy and well throughout the human life span. In the classical texts, lifestyle is given primary emphasis over medicines.

Central to these Asian traditions of wellness is an understanding that people have different metabolic styles, and that understanding these

is the basis for developing personalized preventive health and wellness routines. Also, of primary importance in Asian wellness theories and practices is an individualized and balanced approach to nutrition based on body type and cultural food traditions.

Integrative exercise is given priority also along with stress-reducing and integrative breathing and meditative practice. Regular connection with nature is seen as a balancing influence on overall wellbeing.

A significant amount of scientific evidence now exists in support of Asian wellness traditions in reducing the risk of noncommunicable diseases (NCDs), reducing stress and mental health issues, and enhancing quality of life and longevity. There is now an opportunity for Asia to integrate its own cultural traditions into national and regional guidelines for risk reduction for NCDs and overall health promotion and mental wellness, according to Asia's own cultural heritage. In turn, this has cost-reduction implications for reducing the burden of disease and the associated costs for national health systems, creating economic opportunities



for wellness tourism, and new possibilities for entrepreneurship.

Sleep and meditation are different forms of experiencing the rest that is essential for the bodies to renew itself on a daily basis. Evidence shows that enhanced health, cardiovascular functioning, mental wellbeing, and cognitive performance are associated with meditation.

It turns out that the arts, e.g., music, the visual arts, writing, as well as dance, all have documented benefits on mental health and wellbeing. Laughter or just the experience of laughing not at or about anything, but laughing WITH others, creates health and happiness that are measurable in physiological terms.

Clearly, there are many pathways to wellness that are beneficial across a long lifespan and all have an ancient home in Asia's wellness traditions.

Asia's Dietary Traditions. Among these are reishi mushrooms and goji in East Asia, and turmeric and bitter melon in South Asia and Southeast Asia. Many food preparation methods utilize microorganisms, now understood as critical to healthy digestion and physical function.

A growing body of evidence indicates that, in parallel with losing touch with ancestral food traditions, an increase in chronic disease comes. Asian diets incorporate medicinal ingredients into the food. This is well estab-

lished in Japanese, Chinese, and Indian cuisine, e.g., reishi mushrooms in Japanese cuisine, goji berries in Chinese food, and potent medicinal species in Indian menus, such as turmeric, fenugreek and bitter melon.

The 7th century C.E. physician and medical scholar, Sun Si Miao, favored food as the first line of intervention in preventing and treating disease. Predating the WHO's NCD guidelines by about a millennium and a half, Sun Si Miao prioritized food hygiene, advised against rich or greasy food, promoted thorough cooking and avoiding excessive drinking, and recommended taking a walk after a meal.

Research has shown that the lower amount of calories in plant-rich and the high intake of plant-based nutrients and antioxidants in such traditional diets all contribute to preventing the development of such NCDs as obesity, diabetes, heart disease, cancer, and rheumatism as well as promoting mental wellbeing.

India's Ayurvedic medicine theory of personalized nutritional, lifestyle, and medicinal guidelines is consistent with an emerging 21st century prioritization of personalized medicine and is strengthened by a growing body of research on the related genomics. For example, turmeric, which is widely used throughout South Asia and Southeast Asia, contributes to a dietary approach of preventing and managing type 2 diabetes as well as having well-

documented anti-cancer, cardioprotective, and anti-Alzheimer's properties.

Meditation. Meditation is central to Asia's traditions of mental and spiritual wellbeing. Meditation is like exercise for the brain and has been shown to assist in mental health maintenance, improve memory, empathy, and sense of self. Brain changes associated with the practice of meditation include enhanced neural plasticity and increased grey and white matter development in the brains of meditators.

In research conducted at the Massachusetts General Hospital, magnetic resonance images were taken of the brain structure of 16 study participants 2 weeks before and after they took part in an 8-week mindfulness meditation program. The research team found increased grey-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion, and introspection. Participants' reports of reduced stress were correlated with decreased grey matter density in the amygdala, which is known to play an important role in anxiety and stress.

Studies on the Transcendental Meditation (TM) technique have found reductions in anxiety, improvement in the mental health of caregivers and, in a study on survivors of the Japanese earthquake-tsunami of 2011, improvements in both mental and physical symptoms following instruction in this meditation technique. In a new study published in March 2025, researchers compared meditators with up to 40 years of experience against non-meditators. The analysis revealed meaningful differences in gene expression, brain activity, and the levels of stress hormones. The experts found that TM practitioners exhibit lower expression of specific genes, such as SOCS3, that are tied to inflammation and stress. Cognitive decline with age is a well-known phenomenon. However, EEG scans in the study suggest that older TM practitioners retain brain function that closely resembles that of younger adults.

With benefits ranging from enhanced mental wellbeing through to reduction of deeply traumatic stress, from changes in brain structure and functioning through to changes in gene expression and telomere length, and reduced age-related decline, meditation stands as a primary pathway for lifelong enhancement of physical and mental wellness.



Exercise and Movement. There is a need for research on the many Asian exercise modalities.

Tai Chi. A meta-analysis of studies on the effects of tai chi in preventing falling in the elderly found that tai chi exercise is effective for preventing falls in older adults. The preventive effect seems to increase with the frequency of tai chi practice. In other research, veterans with post-traumatic stress symptoms took part in a four-session introduction to tai chi in Boston. In addition to reporting a high degree of satisfaction with the program, participants reported feeling very engaged during the sessions, and found tai chi to be helpful for managing distressing symptoms such as intrusive thoughts, concentration difficulties, and physiological arousal.

Yoga. According to scientific research, yoga

may reduce stress, relieve anxiety, help manage depression, decrease lower back pain, improve quality of life in those with chronic conditions or acute illnesses, stimulate brain function, and help prevent heart disease. An estimated US\$80 billion is spent on yoga worldwide, illustrating how an Asian exercise program can globalize and become a substantial source of revenue.

Meditation, massage, social support, music, dance, and laughter are all important pathways to mental wellbeing, and Asian cultural dimensions of these have deep grounding in tradition and now also in science. With the mounting body of evidence in support of the health value of Asia's wellness traditions, it is timely for governments, civil society, families, and community leaders to bring these heritage traditions to the fore. Asia's deep traditions of wellness can enhance the wellbeing of individ-

uals and societies and create new commercial opportunities across the board, both domestically and internationally.

China now prioritizes "spiritual wellness" with economic growth. Is this enough, or do mental health services need deeper reform?

Health systems globally are in need of reform, moving from the pharmaceutical and medical treatment of mental health conditions to a greater emphasis on lifestyle, personal support, exercise and movement, meditation and nutrition. Within this, there is an important place for spirituality.

There are many ways of defining spirituality. A particularly insightful view of spirituality has been framed by Christina Pulchaski, Director of the George Washington Institute of Spirituality and Health: "*Spirituality is the aspect*



of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred.”

This may involve meditation, contemplation, prayer, and other forms of spiritual practices.

Researchers from Baylor University in the U.S. have found that people who pray to a loving and protective God are less likely to experience anxiety-related disorders — worry, fear, self-consciousness, social anxiety and obsessive-compulsive behaviour — compared to people who pray but don't really expect to receive any comfort or protection from God. Prayer has also been found to be inversely associated with symptoms of anxiety-related disorders among individuals with a secure attachment to God but positively associated with



these outcomes among those who have a more insecure attachment to God.

Prayer appears to be associated with better mental health if it supports a positive relationship with a perceived divine other (God) through praise or belief that one's prayers are answered.

On the other hand, prayer tends to be associated with worse mental health if it arises out of a troubled relationship with God, or if prayer is used as a resource of coping during periods of high stress.

Compared to those who never attend religious service, studies have found that regular attenders have a 29% reduced risk of depression, 33% reduced risk of death, 50% reduced risk of divorce, and 84% reduced risk of suicide.

So, clearly, there is benefit to a spiritual component for mental wellness policies.

Philosophers like Yuval Noah Harari argue that humanity's next crisis is "meaninglessness." Where do you think the greatest "deficits and crises" facing humanity currently lie?

Philosophers naturally frame their world view around philosophical themes such as whether or not people have a sense of life having meaning. This of course does have direct bearing on mental health, and it is true that mental wellbeing is declining globally among young people.

However, as a public health researcher, I would place many other global public health crises ahead of life being meaningless. I would

highlight microplastics in the human body and brain as one of humanity's major current and critical global crises – not even its next one. Microplastics have been found in the land, sea and air, across the food chain and throughout the human body. According to the World Economic Forum 2025, some experts believe **we are in the midst of a plastic health crisis.** I agree with this assessment.

Microplastics are pieces of plastic debris under five millimetres in length. Some – such as microbeads, typically found in cosmetics and toiletry products – are designed to be small, while other plastic gradually breaks down to this size.

Microplastics have now been detected throughout the human body – including the blood, lungs, liver, reproductive system, and even lower limb joints. Scientists have found evidence of microplastics in our brains. The brains of deceased Alzheimer's patients have been found to have up to ten times the level of microplastics than the brains of people who did not die with Alzheimer's disease.

Studies point to the possibility that they can increase the likelihood of high blood pressure, heart attack, stroke or death. Other research links microplastics with inflammation and noncommunicable diseases. In a recent study on mice, imaging showed microplastics moving through their brains and blocking blood vessels.

This is happening now, in real time and will impact the future of our species. And the global



wellness community seems quite unaware of the scale of the problem and of what it can offer to help.

The Global Wellness Institute’s Mental Wellness Initiative, for which I serve as Founding Chair, along with my Co-Chair, Alina Hernandez, has identified microplastics as the theme of an important mental wellness trend for 2025.

In terms of what can be done, awareness of the crisis has to come first. Education about how to reduce microplastic intake comes next. Pathways for removing microplastics, such as sweating from steam treatments and saunas, probiotics recently shown to remove microplastics from the gut, new attempts to circulate blood through equipment which “cleanses” microplastics from the blood are all among early attempts to address the crisis.

Oceans, the air, the food chain, drinking water, are all affected by microplastics which are in turn entering the human body and impacting human health and especially the human brain. This is a huge crisis for humanity and the generations. It is also a huge opportunity for the wellness sector to rise to the occasion and to study the evidence on what can help in reducing microplastics in the body and to offer new pathways for reducing the microplastic load in our bodies and especially in our brains.

If tasked with designing a UN-backed global mental wellness initiative, what would be your foundational principles?

1. SELF-CARE. There has been a paradigm

shift in the mental health sphere from solely focusing on the brain to a more “whole person” perspective. The importance of self-care is central in the new paradigm, along with holistic health care. This new paradigm is one of Integrative Mental Health. It focuses on a whole person approach to mental health and mental health disorders, addressing mind, body and spirit. It is multifaceted but the key features include exercise, healthful nutrition, mindfulness practices such as meditation, and social connection.

2. A LIFESPAN APPROACH. The Mental Wellness strategy is to focus on what everyone can do in a self-managed and self-empowering way to enhance their own mental wellbeing using evidence-based pathways that work for them. This has to be relevant to all age groups across the lifespan. A lifespan approach to mental wellness considers the needs of infants, children, teenagers, those of college age, working adults, women, men, seniors – both healthy and infirm.

Life span approaches to wellbeing place preeminent importance on a cluster of factors that contribute to quality of life as being central in ensuring a life journey towards fulfilled and healthy ageing. These include regular exercise; good nutrition; meaningful social relationships; ability to contribute to society; connection with nature through gardening, nature walks, and a positive mindset.

Cornerstones of this approach include:

(i) Education about what can be done to live a healthy life at this point in the lifespan. Such education can be person to person,

social-media-based, and even AI mediated. This knowledge sharing should be grounded in scientific evidence about which modalities work best to promote mental wellbeing.

(ii) Self-care, because there will never be enough therapists and healthcare professionals to meet the needs of the population. Self-care, based on building resilience and self-motivation, is necessary for mental wellbeing and thriving to be stabilized within a person and across society.

3. MOVEMENT & EXERCISE

There is a vast body of literature highlighting the importance of regular exercise for creating and maintaining mental wellbeing. Bursts of high intensity exercise are particularly beneficial in reducing the effects of ageing and enhancing brain functioning.

The *Move Your Mental Health* report produced by the John W Brick Foundation in the US reports that:

- Existing scientific research overwhelmingly indicates that exercise and physical activity benefit mental health.
- Overall, three to five 30-45-minute moderate to vigorous exercise sessions per week appear to deliver optimal mental health benefits
- High-frequency exercise (3-5 times per week) is better for reducing depressive symptoms than low-frequency exercise
- Mindfulness-based activities like yoga and tai chi, though they can be lower intensity forms of movement, deliver more mental health benefits than walking.
- Team sports, cycling, and aerobic or gym exercise are the top three forms of exercise associated with over 20% fewer “poor mental health” days per month.

4. MEDITATION, MINDFULNESS & REST

A meta-analysis in the Journal of the American Medical Association identified almost 19,000 studies on different forms of meditation. Four decades of studies highlight the effects of meditation in enhancing immunity, reducing depression and anxiety, improving academic performance, reducing age-related cognitive decline, increasing happiness and Quality of Life, and managing and reducing trauma.

5. NUTRITIONAL PATHWAYS TO MENTAL WELLBEING.

Research suggests that diet quality is associated

with mental illness, and that dietary interventions may be effective in treating or preventing certain mental health conditions. Diet can influence biological pathways involved in mental illness, such as inflammation, oxidative stress, gut microbiota, and neurogenesis.

Data from meta-analyses on mental, nutritional and physical approaches to creating and maintaining well-being show outcomes that are often equal or superior to conventional drug or psychotherapeutic interventions.

Clinical studies have found omega-3 fatty acids to be beneficial in the treatment of bipolar depression, post-traumatic stress disorder, and major depression, as well as the prevention of psychosis. And higher levels of B family vitamins, as well as vitamins C, D, and E, have all been found to be associated with higher scores on cognitive tests.

The same positive relationship was found for omega-3 fatty acids, which have been linked previously to better brain health. On the other hand, people with higher levels of trans fats, which are found in a variety of junk foods, performed more poorly in thinking and memory tests. Their magnetic resonance imaging scans also revealed more brain shrinkage than people who had lower trans fats levels. Research has found that, overall, nutrition accounted for 37% of the variation in brain volume.

6. ENVIRONMENT

Clearly, a wellness agenda must address the growing problem of air pollution as Asia

urbanizes. The WHO has noted: “As the world gets hotter and more crowded, our engines continue to pump out dirty emissions, and half the world has no access to clean fuels or technologies (e.g. stoves, lamps), the very air we breathe is growing dangerously polluted: nine out of ten people now breathe polluted air, which kills 7 million people every year.”

A systematic review of global data has found that people living with air pollution have higher rates of depression and suicide. Research from China, which contains 16 of the cities listed in the United Nations’ top 20 most polluted cities in the world, has found that bad air quality contributes to poor mental health and unhap-



piness. The researchers looked at the impact of air pollution on several key dimensions, including mental health status, depressive symptoms, moment-to-moment happiness, and evaluative happiness (i.e., overall life satisfaction). What they found was that air pollution reduces all forms of happiness and increases the rate of depressive symptoms over time.

Conversely, people tend to live longer when they have access to green space. Neighbourhood greenness is strongly associated with better mental and physical health. People living in highly green areas are much more likely to have better physical and mental health than those living near open areas that are not highly green. Nature near home is particularly important for children, increasing their ability to cope with stressful life events, directed attention, and cognitive function. New research has reported that gentle woodland sounds, such as birdsong and the breeze rustling leaves in the trees, are more relaxing than meditation recordings.

A study from the University of Essex in the U.K. found that a walk in the country reduces depression in 71% of participants. The researchers found that as little as five minutes in a natural setting, whether walking in a park or gardening in the backyard, improved mood, self-esteem, and motivation.

In a 2010 Japanese study of *shinrin-yoku* (defined as “taking in the forest atmosphere, or forest bathing”), researchers found that elements of the environment, such as the odour of wood, the sound of running stream water, and the scenery of the forest can provide relaxation and reduce stress. Those taking part in the study experienced lower levels of cortisol, a lower pulse rate, and lower blood pressure. Personal benefits include increases in self-esteem, confidence and resilience, and a general sense of “feeling better”. Social benefits include a “sense of companionship” and a greater feeling of autonomy.

Reducing pollution, building green cities, and creating access to nature for the world’s burgeoning population will need to be a foundational component of mental wellness planning and development throughout the 21st century. What is clear from the perspective of mental wellness is that living with access to green space and nature enhances our mental wellbeing and that exposure to air pollution worsens it.

肠道健康 通往身心的 隐秘通道

基于“肠脑轴”理论的前沿研究，SPA可以开发一系列以肠道健康为核心的特色疗程、功能性餐食和饮品



现代人常常将焦虑、抑郁、脑雾和情绪波动归咎于心理压力或遗传因素，却忽略了另一个至关重要的影响因素——肠道。近年来，“肠脑轴”（Gut-Brain Axis）理论的兴起彻底改变了我们对身心健康的认知。科学家发现，肠道不仅仅是一个消化器官，更是人体的“第二大脑”，它通过复杂的神经、激素和免疫系统与大脑紧密相连。当肠道功能失调时，不仅会引发腹胀、便秘等消化问题，更可能直接影响大脑功能，导致注意力涣散、情绪低落，甚至加剧焦虑和抑郁症状。

肠道微生物群（即肠道菌群）在这一过程中扮演着核心角色。健康的肠道菌群能合成多种神经递质前体，如约90%由肠道产生的血清素、多巴胺和γ-氨基丁酸（GABA），这些物质直接调控情绪和认知功能。然而，如因抗生素滥用、高糖饮食或慢性压力导致的有害菌过度繁殖造成肠道菌群失衡的时候，炎症因子便会通过迷走神经和血液循环进入大脑，引发神经炎症，进而加重心理问题。例如，临床研究发现，抑郁症患者的肠道菌群多样性往往显著低于健康人群，而补充特定益生菌株（如双歧杆菌和乳酸杆菌）能显著改善情绪福祉。

那么，如何通过调节肠道健康来改善精神状态呢？关键在于将食物视为“神经可塑性”的调节剂。首先，饮食结构必须优先考虑肠道菌群的营养需求。富含膳食纤维的蔬菜、全谷物和豆类能为益生菌提供燃料（益生元），促进其繁殖；发酵食品如酸奶、泡菜、康普茶等则能直接补充活性益生菌。一项发表于《Nature Mental Health》的研究指出，连续12周摄入含长双歧杆菌的发酵乳制品，可以令焦虑水平降低近40%。其次，饮食习惯与方式同样重要。现代人匆忙进食、边工作边吃饭的习惯会抑制副交感神经，而副交感神经是人体负责“休息-消化”的激活模式的，不良的饮食习惯会导致消化效率下降。因此，设立专用的“用餐区”、在日常的自我觉知中努力做到细嚼慢咽等实践，不仅能优化营养吸收，还能通过迷走神经向大脑传递安全信号，降低应激反应。

对于肠道问题较严重的人群，靶向补充益生菌可能是更直接的选择。不同菌株对精神健康的作用各异：鼠李糖乳杆菌GG株（LGG）被证实可减少焦虑行为；罗伊氏乳杆菌能促进催产素释放，增强社交能力；而植物乳杆菌PS128则通过调节多巴胺水平改善抑郁症。值得注意的是，益生菌的效果具有菌株特异性，且需持续补充，通常为8-12周才能稳定定植。

除了微生物干预，肠道屏障修复也不容忽视。慢性压力和高糖高脂饮食会破坏肠黏膜紧密连接，导致“肠漏症”，使内毒素（如LPS）进入血液并触发全身炎症。补充谷氨酰胺这种肠道细胞主要能量来源的营养素、以及锌和维生素D，能有助于修复黏膜；而来自深海鱼或亚麻籽Omega-3脂肪酸则能抑制炎症通路。当肠道屏障功能恢复，大脑接

收到的炎症信号减少，情绪稳定性便会自然提升。

当然，肠道健康与心理健康的良性循环离不开生活方式协同调节。规律的睡眠能让肠道菌群具有昼夜节律性，适度运动能增加肠道菌群多样性，而压力管理如冥想之类的放松疗程，已被证明能增加肠道有益菌的丰富度，共同构成“肠脑保健”。

当我们学会倾听肠道的“语言”，用科学的方式喂养这群微观盟友，它们回报给我们的不仅是顺畅的消化，更是一颗清晰、平静而充满韧性的内心。

以肠道健康为核心的SPA项目构想

在当代追求身心平衡的浪潮中，SPA不再只是放松肌肉的场所，而是逐渐演变为一个融合科学疗愈与感官享受的holistic健康空间。基于“肠脑轴”理论的前沿研究，SPA可以开发一系列以肠道健康为核心的特色疗程、功能性餐食和饮品，帮助客人从内而外恢复活力，改善情绪与认知功能。

肠道有益按摩：疗程设计方面，可以引入肠道内脏按摩，结合腹部轻柔按压与热石疗法，刺激肠道蠕动，缓解因压力导致的消化迟缓。这种按摩特别适合长期久坐、容易腹胀的上班族，能有效促进肠道血液循环，帮助排出毒素。同时，迷走神经激活疗法可以通过颈部与横膈膜的特定手法，调节自主神经系统，增强“肠脑对话”，减少焦虑感。对于肠道菌群失衡较严重的客人，可以

与益生菌供应商配合，同时加强其益生菌的内服。

发酵营养食疗：在营养支持方面，SPA可以精心设计一系列肠道友好型小餐，采用易消化且富含益生元的食材，如燕麦、菊芋、芦笋和香蕉，搭配发酵食品如克菲尔酸奶、味噌汤或酸菜泡菜等，为肠道菌群提供优质燃料。针对不同需求，也可进一步融入抗炎饮食套餐例如富含姜黄、橄榄油和深海鱼的食物，减少肠道炎症反应。为了让客人更好地吸收营养，可以在用餐环境上做文章，比如提供“专用餐区”，鼓励客人专注进食，避免因分心导致的消化不良。

益生菌饮品：SPA可以推出一系列功能性益生菌饮品，比如含有活性益生菌的康普茶、椰子克菲尔或植物基发酵乳，既清爽又富含有益菌。对于需要快速调节肠道环境的客人，可以提供定制的益生菌冲剂，可以通过问卷或快速微生物分析，根据其肠道检测结果，来选择最适合的菌株组合。此外，肠道修复蔬果果昔也是不错的选择，比如将羽衣甘蓝、菠萝(含天然消化酶)、亚麻籽和胶原蛋白肽混合，既能提供膳食纤维，又能帮助修复肠黏膜。如果觉得这类产品的成本偏高，大可在疗程中把成本做进去，而不是免费提供给客人，因为好东西确实值得附加收费。

简单的评估和定制：为了增强整体效果，SPA还可以结合肠道健康评估，通过简单的问卷或生物电阻抗分析，甚至与更专业机构合作的肠道益生菌检测，来了解客人的消化状况、压力水平和饮食习惯，再推荐个性化的疗程与营养方案。例如，对于长期压力大、肠道敏感的人，可以推荐包含迷走神经按摩、轻食和舒缓益生菌饮品的组合；而对于菌群多样性不足、容易疲劳的客人，则更适合益生菌补充、发酵食品套餐和肠道修复蔬果果昔的搭配。

最终，这些疗程与饮食设计的目标不仅是让客人暂时放松，更是帮助他们建立长期的肠道健康习惯。当肠道功能优化，大脑接收到的信号也会随之改善，更清晰的思维、更稳定的情绪和更高的能量水平将成为自然而然的结果。SPA的角色，也因此从单纯的身体护理者，升级为真正的身心健康引导者。



Gut Health, The Hidden Pathway to Mental Wellbeing

Drawing on cutting-edge research of the gut-brain axis theory, spas can develop a range of signature therapies, functional foods and beverages specifically designed to optimize gut health

Modern individuals often attribute anxiety, depression, brain fog, and mood swings to psychological stress or genetic factors, overlooking another critical influence — the gut, that is your stomach and intestines. In recent years, the rise of the “gut-brain axis” theory has revolutionized our understanding of mind-body health. Scientists have discovered that the gut is not merely a digestive organ but also the body’s “second brain,” intricately connected to the brain through complex neural, hormonal, and immune pathways. When gut function is disrupted, it doesn’t just cause bloating or constipation — it can directly impair cognitive function, leading to poor focus, low mood, and even exacerbating anxiety and depressive symptoms.

At the heart of this connection lie the microbiota inhabiting the gut. A healthy microbiome produces key neurotransmitter precursors, including serotonin (90% of which is synthesized in the gut), dopamine, and GABA, which regulate mood and cognition. However, dysbiosis — triggered by antibiotic overuse, high-sugar diets, or chronic stress —

allows harmful bacteria to flourish, releasing inflammatory markers that travel via the vagus nerve and bloodstream to the brain. This neuroinflammation worsens mental health conditions. Clinical studies reveal that depressed individuals often exhibit significantly reduced gut microbiota diversity, while supplementation with specific probiotic strains (e.g., Bifidobacterium and Lactobacillus) can markedly improve emotional well-being.

So, how can we optimize gut health to enhance mental state? The answer lies in treating food as a “neuroplasticity modulator.” First, your diet must prioritize microbiome nourishment. Fiber-rich vegetables, whole grains, and legumes act as prebiotics, fueling beneficial bacteria, while fermented foods like yogurt, kimchi, and kombucha deliver live probiotics. A study in *Nature Mental Health* found that consuming Bifidobacterium longum-fermented dairy for 12 weeks reduced anxiety levels by nearly 40%. Equally crucial is how we eat: rushed meals or multitasking during dining suppresses the parasympathetic nervous system (governing “rest-and-digest” mode), impairing digestion. Designated mindful eating



zones and conscious chewing not only enhance nutrient absorption but also signal safety to the brain via the vagus nerve, lowering stress responses.

For those with pronounced gut imbalances, targeted probiotic supplementation may be optimal. Strains like *Lactobacillus rhamnosus* GG (LGG) reduce anxiety-related behavior; *Lactobacillus reuteri* boosts oxytocin to improve social bonding; and *Lactobacillus plantarum* PS128 modulates dopamine to alleviate depression. Note that effects are strain-specific and require consistent intake (typically 8–12 weeks) for microbial colonization.

Beyond probiotics, gut barrier repair is vital. Chronic stress and processed diets compromise intestinal tight junctions, causing “leaky gut” and allowing endotoxins (e.g., LPS) to trigger systemic inflammation. Supplements like glutamine (the gut’s primary fuel), zinc, and vitamin D aid mucosal healing, while omega-3s (from fatty fish or flaxseeds) quell inflammatory pathways. Restoring gut integrity reduces inflammatory signals to the brain, stabilizing mood.

Ultimately, sustaining the gut-brain loop demands lifestyle synergy. Regular sleep synchronizes microbial circadian rhythms; exercise enhances microbiota diversity; and stress-management practices like meditation increase beneficial bacteria abundance — together they form the triad of “enteric-brain care.”

By learning to listen to the gut’s “language” and nourishing its microbial allies scientifi-

cally, we reap rewards that go well beyond smooth digestion: a sharper, calmer, and more resilient mind.

SPA Innovations for Gut-Brain Harmony

In today’s quest for holistic balance, spas are evolving from havens of muscle-relaxation into sanctuaries of integrative wellness. Grounded in gut-brain axis research, forward-thinking spas can curate gut-centric therapies, functional cuisine, and bioactive elixirs to revitalize guests from within, enhancing both mood and cognition.

Visceral Massage & Vagus Stimulation

A specialized gut-directed massage combining gentle abdominal kneading with therapy stimulates peristalsis, alleviating stress-induced sluggish digestion — ideal for sedentary professionals battling bloating. Paired with vagus nerve activation techniques (targeting neck and diaphragm points), this therapy optimizes autonomic nervous system balance, strengthening “gut-brain dialogue” to ease anxiety. For guests with severe dysbiosis, probiotic-infused aromatherapy (via nebulized *Lactobacillus/Bifidobacterium* blends) offers transdermal and respiratory microbial support.

Fermented Nutrition Therapy

Microbiome-friendly menus could feature prebiotic-packed ingredients (oats, Jerusalem artichokes, asparagus) paired with fermented

superstars like kefir, miso, or sauerkraut. Customizable low-FODMAP or anti-inflammatory options (such as turmeric-infused salmon with EVOO) address individual needs, while “digital-detox dining nooks” encourage mindful eating to maximize nutrient assimilation.

Live-Culture Elixirs

Signature beverages might include probiotic-rich kombucha, coconut kefir, or plant-based yogurts. For rapid gut reset, personalized probiotic sachets (selected via microbiome questionnaires or quick-test kits) deliver strain-specific benefits. A “Gut Glow Smoothie” blending kale, pineapple (digestive enzymes), flaxseed, and collagen peptides offers fiber and mucosal repair support — premium-priced as a value-added service.

Personalized Gut Profiling

On-site assessments (e.g., bioimpedance analysis or partnered lab testing) identify guests’ digestive status, stress markers, and dietary gaps. Tailored protocols might combine vagus massage + low-FODMAP bites for the stress-sensitive gut, or probiotic boosters + fermented feasts for microbial depletion.

Beyond transient relaxation, these interventions empower lasting gut-health habits. As gut function optimizes, so does mental clarity, emotional stability, and vitality — transforming spas from mere pampering providers to true architects of holistic well-being.

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Chiva-Som Hua Hin



Sustainability at Chiva-Som Hua Hin



Personal Yoga Training at ZULAL Wellness Resort by Chiva-Som

Chiva-Som三十周年璀璨庆典 以一系列沉浸式体验庆祝其三十年的健康变革

知名康养品牌四月在泰国华欣奇瓦颂养生度假村举办庆祝晚宴
多感官体验和文化交流活动，礼赞其三十年非凡旅程

自 1995年在泰国开业以来，Chiva-Som一直在整体康养领域享有盛誉。品牌成立30周年之际，Chiva-Som于整个四月呈献了一系列精心策划的康养体验及庆典活动，融合了泰国华欣奇瓦颂养生度假村和其位于卡塔尔的ZULAL健康养生度假村(Zulal Wellness Resort by Chiva-Som)两个目的地的特点，让宾客沉浸式于Chiva-Som三十年来享誉全球的热情待客之道和领先的康养理念。

作为贯穿全年周年庆典的重要篇章，四月的特别活动包含了结合泰国华欣奇瓦颂养生度假村和ZULAL健康养生度假村概念的特别晚宴、知名艺术家Notep引领的多感官课程，以及一系列顾问和文化交流活动，共襄健康生活的璀璨里程碑。

30周年庆典晚宴

作为庆典的亮点，泰国华欣奇瓦颂养生度假村在4月19日星期六，于其宁静的海滨餐厅Taste of Siam举办了30周年庆典晚宴。度假村

的行政主厨Sinchai与ZULAL健康养生度假村的行政主厨Mayssam Abdulkhalek联手呈现了一场美味盛宴。晚宴菜单融合了两大度假村的特色美食，从华欣旗舰度假村的泰式与国际料理，到ZULAL健康养生度假村以传统阿拉伯与伊斯兰医学(TAIM)理念为基础的中东美食。

庆典中的活动还将让宾客体验当地文化及度假村的可持续性和社区公益项目。内容包括了度假村的植树活动、Chiva-Som展览以及由Chiva-Som资助的学员分享的传统泰国文化与经典孔剧(Khon)面具戏剧表演。此外，特别抽奖活动则为宾客提供赢取泰国华欣奇瓦颂养生度假村与ZULAL健康养生度假村独家礼品的机会。

在华欣感受ZULAL健康养生度假村的魅力

ZULAL健康养生度假村，作为Chiva-Som的第二个目的地，也是全球首个提供专注于家庭康养计划和项目的度假村，将在华欣的庆

典中介绍其家庭康养与传统阿拉伯与伊斯兰医学(TAIM)理念。

4月里踏上康养之旅的宾客可通过与ZULAL健康养生度假村的健康与养生顾问进行免费在线咨询，进一步深化家庭健康管理。此类咨询为家庭成员提供量身定制的健康习惯与方法指导，旨在鼓励各年龄段的人们培养健康生活。

4月16日与17日，ZULAL健康养生度假村的行政主厨Mayssam在泰国华欣奇瓦颂养生度假村的餐厅The Emerald Room呈现了以TAIM为灵感的养生美食菜单，包含了野生蘑菇汤、TAIM鹰嘴豆花园、南瓜风味三重奏等特色菜肴，将健康与风味完美结合。

ZULAL健康养生度假村总经理Ammar Samad表示：“我很高兴ZULAL健康养生度假村能够参与Chiva-Som三十周年的庆典。作为Chiva-Som在泰国以外的首个目的地，我们非常期待将度假村的TAIM哲学与专业的家庭健康知识带给华欣的尊贵宾客。”

ZULAL健康养生度假村始终秉承着个



Chef and Gardener at Chiva-Som Hua Hin Organic Garden



Family Experience at Zula Wellness Resort by Chiva-Som

体健康与社区、地球健康并重的理念，并和Chiva-Som一起共同成为灵感之旅的一部分，向宾客们展示健康生活如何改变人生。

呼吸、声音与海洋，与艺术家Notep开启多感官体验

泰国华欣奇瓦颂养生度假村诚邀跨界艺术家、音乐家及环保主义者Notep，带来了一场深度的自我探索与焕新之旅。这一独特的体验将度假村的疗愈空间与呼吸、声音以及海洋的力量互相结合，邀请了宾客感受海洋智慧，并与其韵律一同舒展。

基于Chiva-Som和Notep融合传统与现代实践的共同理念，这一多感官体验融合了声音疗愈、冥想、呼吸训练与创意研讨会，引导宾客加深与自我、自然和周围世界的连接。

特别活动及礼遇

4月13日，泰国华欣奇瓦颂养生度假村为宾客带来了泰国传统新年宋干节的节日魅力，于海滨餐厅Taste of Siam举行了盛大游行和特别烧烤晚宴，让宾客沉浸在节日的欢乐氛围中。

整个四月，特邀健康顾问Jill Banwell和Masa Sugiyama举办了一系列康养课程，进一步提升宾客的健康之旅：Masa Sugiyama是知名的整体康养专家，也是Masa Methode®的创始人，每周主持面部抗衰老、颈部塑形练习以及姿态矫正面部塑形的课程。著名疗愈专家Jill Banwell每周则主持两次脉轮平衡冥想及积极正念引导课程。此外，Chiva-Som的护理专家在每个周日主持神经肌肉锻炼课程，帮助宾客提高身体灵活性、肌肉力量和关节



Zula Wellness Resort by Chiva-Som

稳定性，在解决肌肉失衡问题的同时改善运动质量。

关于此次庆典，泰国华欣奇瓦颂养生度假村总经理Vaipanya Kongkwanyuen表示：“四月是度假村三十周年庆典的璀璨时刻。三十年来，Chiva-Som始终坚持整体康养的核心理念，不断创新，致力于支持个人、社区和地球的健康发展。我们很高兴在这个特别的庆典月里和新老宾客们共聚一堂。”

为庆祝Chiva-Som成立30周年，泰国华欣奇瓦颂养生度假村诚献“泰韵居所”特别礼遇：2025年期间入住Thai Pavilions或Thai Pavilion套房的宾客，可尊享16项精选康养疗愈项目9折礼遇。

度假村的Thai Pavilions及Thai Pavilion套房，其设计灵感源自泰国大城王朝的建筑瑰宝。匠心独运的檐柱结构与奇瓦颂徽标交相辉映，既传承了泰国建筑中备受尊崇的图腾元素，更巧妙诠释了身心平衡的养生哲学——这正是Chiva-Som的精髓所在。

此外，奇瓦颂养生度假村亦推出“悦享康愈”限时礼遇，于2025年6月1日至9月30日期间入住的宾客可享受四付三优惠，并尊享素万那普国际机场VIP快速通关礼遇以及免费豪华轿车往返华欣接送服务。

在过去的三十年里，泰国华欣奇瓦颂养生度假村不断改进其独有的康养项目、计划和护理，以帮助客人达到理想的健康状态，同时帮助改善影响生活的健康问题。在度假村庆祝其30周年庆典之际，度假村将继续展望未来，推出新的康养项目和计划，为宾客持续带来至臻的康养服务。

来奇瓦颂开启健康之旅

如需了解更多奇瓦颂相关的资讯，敬请访问官方网站www.chivasom.com或社交媒体关注奇瓦颂养生度假村Chiva-Som Hua Hin。如需在奇瓦颂养生度假村开启一段康养之旅，预订请致电+66 32536536或电邮至reservations@chivasom.com。



Chiva-Som Hua Hin

Chiva-Som Celebrates Three Decades of Transformative Wellness with an Array of Immersions

Renowned wellness brand hosted celebratory dinners, multi-sensory experiences, and cultural connections throughout April at Chiva-Som Hua Hin

Throughout April, Chiva-Som, the acclaimed wellness brand that had led the field in holistic wellness since opening in Thailand in 1995, marked its 30th anniversary with a curated array of wellbeing immersions and celebrations. Blending the practices found at its flagship in Hua Hin, Thailand, and its latest destination, Zual Wellness Resort by Chiva-Som in Qatar, the activities immersed guests in the warm hospitality and leading wellness offerings Chiva-Som had been renowned for over the past three decades.

As part of the year-long anniversary celebrations, April's complimentary programme for guests included a special dinner combining the approaches of Chiva-Som Hua Hin and Zual Wellness Resort, multi-sensory classes with artist Notep, and an array of visiting consultants and cultural connections.

30th Anniversary Dinner – Saturday 19th April

A highlight of the celebrations, Chiva-Som Hua Hin hosted a special 30th Anniversary Dinner on Saturday, the 19th of April, at its tranquil beachside restaurant, Taste of Siam. Chiva-Som Hua Hin's Executive Chef Sinchai and Executive Chef Mayssam Abdulkhalek of Zual Wellness Resort teamed up to present a delectable array of dishes. The menu combined the cuisine of both resorts, from the Thai and international gastronomy of the Hua Hin flagship to Middle Eastern cuisine rooted in Zual Wellness Resort's Traditional Arabic and Islamic Medicine (TAIM) ethos.

Immersing guests in local culture as well as its sustainability and community outreach initiatives, activities on the 19th of April encompassed tree planting at the resort, the Chiva-

Som exhibition, and classic Khon masked theatre performances during dinner. Students who had been supported by Chiva-Som in their learning journey shared the culture and art of classical Thai and Khon performance, while a special draw offered guests the opportunity to win exclusive Chiva-Som Hua Hin and Zual Wellness Resort prizes.

Zual Wellness Resort by Chiva-Som at Chiva-Som Hua Hin

The celebrations brought the family wellness and Traditional Arabic and Islamic Medicine (TAIM) principles of Zual Wellness Resort, Chiva-Som's second destination and the first resort in the world to offer dedicated family wellness retreats and programmes, to Hua Hin.

Guests who embarked on a retreat during the month of April could further deepen



Chiva-Som Hua Hin

their family wellness through a complimentary online consultation with Zual Wellness Resort's Health & Wellness Advisor. Offering tailored, in-depth insights into healthy habits and approaches for the entire family, the consultations aimed to encourage all ages to embrace a culture of wellbeing and healthy living.

On the 16th and 17th of April, Zual Wellness Resort's Executive Chef Mayssam presented a sumptuous TAIM-inspired wellness cuisine menu, featuring wild mushroom soup, TAIM chickpeas garden, and pumpkin texture at Chiva-Som Hua Hin's revered formal fine dining restaurant, The Emerald Room.

Ammar Samad, General Manager of Zual Wellness Resort by Chiva-Som, commented, "I was delighted that Zual Wellness Resort joined Chiva-Som's celebrations of its exceptional three decades of leading wellness journeys. As Chiva-Som's first destination outside of Thailand, we were thrilled to bring our resort's TAIM philosophy and dedicated family wellness expertise to esteemed guests at the Hua Hin flagship."

He added, "Embracing individual wellness alongside that of the community and planet had always been at the heart of Chiva-Som and at Zual Wellness Resort, and we were honoured to be a part of its inspired journey to showcase how living well could transform lives."

Breath, Sound and The Sea with Esteemed Artist Notep

Chiva-Som Hua Hin welcomed Notep — a multifaceted artist, musician, and environmentalist — for an immersive journey of self-discovery and rejuvenation. This transformative activity wove together the sanctuary of the resort with the power of breath, sound, and a deep connection to the sea, inviting guests to embrace the



Singing Bowl at Chiva-Som Hua Hin

wisdom of the ocean and flow with its rhythms.

Rooted in Chiva-Som's and Notep's shared philosophy of blending traditional and modern practices, this exclusive multi-sensory experience integrated sound healing, meditation, breathwork, and creative workshops — guiding guests toward a deeper connection with themselves, nature, and the world around them.

Immersive Experiences and Offerings

On the 13th of April, Chiva-Som Hua Hin brought the charm of Songkran, Thailand's traditional New Year celebration, to guests with a colourful parade and a special BBQ dinner menu at its Taste of Siam restaurant overlooking the beach.

Throughout April, esteemed visiting consultants Jill Banwell and Masa Sugiyama hosted a selection of complimentary wellness sessions, further elevating guests' wellbeing journeys.

Renowned holistic wellness expert and founder of the pioneering Masa Methode®, Masa Sugiyama, led weekly classes on Anti-Ageing Face & Neck Sculpting Exercises and Facial Shaping with Posture Correction. Acclaimed healing specialist Jill Banwell led a twice-weekly Chakra Balancing Meditation and a weekly class guiding guests on The Power of Positive Affirmations.

Supporting mind-muscle connection while improving movement quality by addressing muscular imbalances, Chiva-Som's physiotherapy experts led complimentary Neuromuscular Exercise Classes each Sunday throughout April, helping guests improve flexibility, muscle strength, and joint stabilisation.

Reflecting on the celebrations, Vaipanya Kongkwan-yuen, General Manager of Chiva-Som Hua Hin, said, "April was a true highlight of the year of anniversary celebrations at Chiva-Som Hua Hin. Throughout our three decades, Chiva-Som had stayed true to our core philosophy of holistic wellbeing while being consistently committed to innovation and evolution to truly support individuals, community, and planet. We were delighted to welcome guests, both returning and new, to join us for this special celebration."

To celebrate its 30th anniversary, Chiva-Som Hua Hin is offering a 10% saving across its 16 wellness retreats when staying in one of the resort's exceptional Thai Pavilions or Thai Pavilion Suites throughout 2025.

Carefully designed with wellness and sustainability in mind while providing guests with a memorable Thai experience, resort's Thai Pavilions and larger Thai Pavilion Suites are inspired by the architectural grandeur of the Ayutthaya Kingdom of Thailand. Creating a cultural touchstone, the Pavilion's pediment, a unique and revered element of traditional Thai architecture, is seamlessly woven into the Chiva-Som logo. The artistic integration also represents the balance of mind, body and spirit, which is central to the Chiva-Som guest's experience.

Wellness Embrace Offer: guests staying between 1st June and 30th September 2025 will benefit from a complimentary night when booking four nights, as well as VIP fast-track service on arrival at Suvarnabhumi Airport and a complimentary roundtrip limousine service to and from Hua Hin.

Over the past three decades, Chiva-Som Hua Hin had continually evolved its specialised retreats, programmes, and treatments to support guests in reaching optimal health while tackling life-disrupting health issues. As the resort celebrated its 30-year anniversary, it continued to look to the future, launching new programmes and retreats, ensuring that the best in wellness was still yet to come.

For further information on Chiva-Som, visitors could explore www.chivasom.com.

奢华与健康未来

访谈Heavens Portfolio创始人及首席执行官，Christine Galle-Luczak女士



Cheval Blanc St-Barth

Christine已在亚洲生活工作了逾28年，这迷人的地域对她的吸引力从未减弱。1999年，Christine在印度尼西亚巴厘岛成功地领导并创建了新加坡某组织的分支机构。2001年到2005年，Christine在位于泰国华欣的奇瓦颂度假村担任销售及市场总监职位，也就是在此期间，她萌生了创办一家独立公司的想法，以融合自己丰富的从业经验与专业才能为独特的酒店及目的地“定制”个性化的市场营销战略。于是，Heavens Portfolio公司便于2005年7月在新加坡应运而生，如今，公司已拥有包括中国在内遍及亚洲各地的驻地办公室及近100位经理级专业人员，为超过80家酒店客户提供营销服务，这些客户包括：白

马庄园、阿玛尼酒店、贝梦德、欧特家酒店系列和奇瓦颂等诸多享誉盛名的酒店品牌。SpaChina采访了她。

自2005年成立以来，Heavens Portfolio已发展成为全球领先的酒店及旅游目的地代理公司。驱动这一增长的核心策略是什么？在竞争激烈的市场中又如何保持领导地位？

自2005年创立之初，Heavens Portfolio便秉持清晰愿景：为全球顶级酒店及旅游目的地提供无与伦比的代理服务。我们着眼于“硬件”之外的细节，深入挖掘令高端旅行者心驰神往的目的地或酒店。从策划创意活动(如快闪式健康体验)，到运用可视化内容与社交媒体传播，始终致力于诠释奢华旅行的本质。

我们的核心策略在于预见市场变化并主动应变。通过精准把握高端旅行者需求的演变，协助客户优化服务产品，确保其持续保持市场吸引力。以中国市场为例，微信、微博、小红书、抖音等平台已成为旅行者分享体验、获取灵感和品牌互动的重要渠道，我们深度运用这些社交媒介进行精准触达。此外，我们的跨区域布局——覆盖亚太、欧洲、澳大利亚及中东市场——既能汲取本土洞察，又能保持全球化视野。

强大的适应能力是我们抵御风险的关键，这在新冠疫情期间尤为凸显。我们迅速转向数字化战略，推出虚拟品牌体验，同时通过健康计划与领导力发展保障员工福祉。对社区公益与可持续发展的投入进一步巩固



Cheval Blanc Randheli



Christine Gale-Luczak

了我们的行业地位：我们资助了亚洲多个女性赋能与儿童教育项目，包括印度的一所学校——分享我们的专业知识并通过社交媒体传播，为当地年轻女孩发声。尽管行业面临严峻挑战，我们仍保留了99%的团队成员，并成功拓展韩国与日本市场，这再次印证了我们的信念：酒店业的生命力源于真诚联结、专业积淀与真实体验。

贵司合作名录含白马庄园 (Cheval Blanc)、阿玛尼酒店 (Armani Hotels&Resorts)、奇瓦颂 (Chiva-Som) 等标志性品牌。Heavens Portfolio 如何筛选合作对象？

我们热衷于为真正非凡的旅行目的地提供个性化营销策略。在甄选合作对象时，始终秉

持严苛标准，寻求与Heavens Portfolio追求卓越、真实与创新的价值相契合的项目。无论是深厚的历史底蕴、独特的设计美学、卓越的服务理念，还是对可持续发展的承诺，合作对象必须具备鲜明的品牌特质。我们不仅关注其在奢华酒店业树立的新标杆，更重视其是否与我们“打造个性化变革性旅行体验”的愿景共鸣。

在Heavens Portfolio，我们的使命是精准诠释每个合作对象的品牌基因、价值主张与品牌形象——通过量身定制的方案确保与其战略目标高度契合。无论是为客户精选一流的预订资源，还是助力品牌在亚洲、欧洲乃至非洲、南极等新兴市场拓展版图，始终专注于以客户独特愿景为核心，缔造无与伦比的奢华体

验，永远在探索提升奢华的新维度。

团队规模近100人且遍布亚洲，您们如何确保品牌呈现的一致性，同时适应不同区域市场？

我们的综合服务体系既能满足精品奢华酒店的个性化需求，也可为寻求在印度、中国、新加坡及海湾合作委员会国家等活跃市场提升曝光度的大型酒店集团提供服务。从欧特家酒店系列、白马庄园等顶级酒店集团，到服务于高端旅行者的定制目的地管理公司，我们多元化的合作名录确保为每个客户提供专属服务方案。

秉持“独特即奢华”的理念，无论是南极探险还是泰国疗愈之旅，我们始终以受众的独特偏好为出发点。拒绝千篇一律的标准化方案，确保每项策略都如我们所服务的物业与旅客般独具个性。

以印度市场为例，我们坚持“质重于量”原则，通过深耕行业伙伴关系，精准呈现合作对象服务中蕴含的细腻艺术感。我们深谙奢华绝非交易——而是建立在超越数字化预订的信任与个性化联结之上。在中国这个奢华旅行市场快速演进的国家，我们的策略呼应着对沉浸式文化体验日益增长的需求，通过现代营销手法与文化本真性的融合，与中国高净值旅客建立深层共鸣。

您们强调KPI追踪、平均房价分析及业绩报告，数据驱动如何塑造奢华酒店与养生目的地的营销策略？

在奢华与养生旅宿行业，仅凭直觉远远不够——数据洞察才是精准营销与效能优化的基石。我们根据客户需求定制关键绩效指标，并对其专属基准进行评估。通过内部



Chiva-Som Hua Hin

指标体系量化成果，通常以各运营国家的间夜产量或收益增长作为核心成功标准。但更需要确保这些成果能触达目标人群，助力客户吸引理想客源。借助数据分析和报告系统，我们得以捕捉市场机遇、优化客群细分、持续提升客户的投资回报率。

与养生旅游先驱奇瓦颂 (Chiva-Som) 合作后，您如何看待后疫情时代养生旅行的演变？

养生旅游已从细分领域发展为奢华旅游的核心支柱。后疫情时代，人们对整体健康体验的需求激增，旅行者不再满足于单纯放松，更追求身心蜕变。当代高端旅客将心理健康、生理机能与情绪平衡置于首位，对定制康养方案、医疗旅游及沉浸式自然疗愈体验的兴趣显著增长。融合尖端健康科技、长寿计划与可持续养生实践的解决方案，正成为行业标志性趋势。

在亚洲，众多养生度假村推出针对减压抗焦虑的特色项目，以提升宾客整体心理状态。随着社会数字化依赖加深，“数字排毒”体验需求攀升，本区域许多康养场所已推出引导宾客远离电子设备、专注正念冥想的专项课程。

而欧洲合作伙伴则延续其悠久的养生传统，德国、瑞士等国的顶级疗愈度假村始终保持全球声誉。随着养生旅游热潮持续，

当代旅行者们都拥有更丰富的选择，能精准匹配个人需求与健康目标。

养生旅游虽蓬勃发展，但旅客日趋挑剔。奢华酒店应关注哪些高端养生体验新趋势？

高端养生体验正朝着精细化与个性化方向演进。根据中国财经媒体调研，疗愈旅游 (Healing Tourism) 作为养生旅游的分支领域，正在中国市场持续增长。值得关注的趋势包括：

长寿科学：高净值人群正投资于基因营养学、再生医学等先进医疗养生项目。

正念疗愈：定制冥想、声波疗法与数字排毒静修渐成风尚。

可持续养生：森林浴、农场直供养生餐饮等自然疗愈方式与酒店深度结合。

全息健身体验：奢华酒店推出AI驱动训练计划、专家领队的探险式养生之旅等沉浸式课程。

亚洲长期占据养生旅游枢纽地位，面对欧洲、中东及美洲日益激烈的竞争，贵司如何定位亚洲目的地？

亚洲深厚的养生传统，从阿育吠陀、中医草药、按摩针灸到禅修，始终被业界视为黄金标准，这种文化原生性构成了我们的核心优势。我们的定位策略聚焦三大维度：彰显亚洲无可复制的文化本真性，呈现古老疗愈智

慧与现代康养创新的融合，以及传递亚洲独有的待客之道。我们更注重打造独特体验，无论是巴厘岛的专属冥想课程，还是泰国定制排毒方案，都精准契合高端旅客需求。关键在于，养生文化已深深植根于亚洲人的日常生活 (如泰国、中国、印度或印尼)，这种全民性的健康哲学是其他区域难以企及的。

反观欧洲，其养生旅游更偏医疗导向，瑞士在该领域保持领先；中东则依托传统阿拉伯伊斯兰医学 (TAIM) 崭露头角，这种源自古代医典的生活方式疗法正带来新的市场机遇。

可持续与养生通常是相辅相成的，您的客户们是如何平衡生态实践与奢华体验的？

我们的客户深知环保责任能升华而非削弱奢华体验。从碳中和运营、在地食材采购到再生旅行计划，他们正以契合高端旅客期待的方式践行可持续发展。

如奇瓦颂、白兰度私岛度假村 (The Brando) 等标杆项目，通过零废弃餐饮系统、智能节水技术及沉浸式生态教育，重新定义了“可持续奢华”的行业标准。当代奢华的本质在于真实性，旅客愈发追求个人健康与环境、社区福祉共生的目的地。

欣喜的是，越来越多客户正积极投身可持续实践——见证行业这种转变令人倍感振奋。

您在奢华酒店营销领域深耕多年后创立Heavens Portfolio，从管理者转型创业者面临的最大挑战是什么？****

这段转型历程可谓痛并快乐着。首要挑战在于思维转换：从服务单一奢华酒店品牌，到同时为多个顶级物业提供代理服务，既要保持同等卓越标准，又要建立全新的商业信誉体系。

更深层的挑战在于：当企业规模扩张时，如何让“个性化服务、长期关系维护、战略品牌定位”这套方法论保持可复制性。为此我们构建了三重保障机制：塑造“敢为人先”的团队文化，投资于深度市场调研，并不断创新以保持领先地位。具体而言，我们鼓励员工探索新思路、勇于承担合理风险并挑战现状。利用团队的集体创造力和专业知识，推动进步并保持领先地位。我们经常集思广益，共享最新的市场实践方案，并不断监测新的系统和软件，通过各类专项培训，以支持新技术和新工具的实施。

最具挑战性的当属疫情后的人力资源管理变革。当“远程办公常态化”与“Z世代职场诉求”叠加，需要真正的灵活性来克服各方面的新问题。但正是这种破茧成蝶的过程，才让创业之旅如此迷人。毕竟，从执行者蜕变为决策者，本质上是一场全方位的自我革命。

您们的“无客户被忽视”理念，如何打造让每个合作品牌都获得最大曝光的企业文化？

在Heavens Portfolio，我们不仅是销售、公关与营销代理机构，更是品牌大使与战略伙伴。这意味着无论客户规模大小，都将获得

精准曝光与目标客群触达。我们通过以下维度塑造团队文化：

定制化战略：拒绝模板化方案，而是为每个品牌量身打造营销、公关、社交媒体及销售组合策略。

数据驱动决策：运用KPI分析、平均房价(ADR)评估及业绩报告，确保客户释放最大市场潜能。

知识共享机制：亚洲团队形成互联网络，实时分享市场洞察与创新策略以扩大品牌声量。

主动价值创造：突破传统代理模式，通过高价值合作、独家活动与内容营销提升关键市场能见度。

深耕亚洲28年的经验，如何使Heavens Portfolio形成区别于全球竞争者的运营优势？

亚洲作为全球最复杂多变的奢华旅游市场，要求从业者深刻理解文化差异、数字生态与消费行为变迁。我们积累的跨区域经验赋予了独特优势：

趋势预判力：精准把握亚洲高端客群需求演变，从出境游模式转变到定制养生与生态疗愈的兴起。

数字生态掌控：深度运营微信、小红书、微博、抖音等本土平台，打造精准传播链路。

在地关系网络：依托与行业关键决策者、媒体及KOL的长期信任，构建品牌影响力杠杆。

文化适配策略：避免直接移植西方方案，确保每项推广活动既符合本土审美又保持全球品牌调性。

这种深耕亚洲的基因，使我们成为国际奢华酒店品牌与亚洲高端旅游市场之间的战略桥梁。

对于Heavens Portfolio下一阶段的发展，您有怎样的愿景？是否有令您期待的新兴市场或酒店细分领域？

Heavens Portfolio始终以三大核心驱动力引领奢华旅游代理行业的发展——持续增长、锐意创新、以及对卓越品质的永恒追求。开拓新市场既是我们的战略重点，更是充满激情的挑战。在稳固亚洲、中东及欧洲市场根基后，我们近期进军澳大利亚市场的举措，标志着全球战略布局取得关键突破。这一扩张不仅丰富了我们的品牌矩阵，更强化了我们为顶级奢华品牌与全球高端旅行者缔造深度联结的能力。

放眼未来，我们洞察到奢华旅游行业正涌现前所未有的发展机遇。市场对私密性、个性化体验及可持续奢华酒店的需求已达到历史峰值。我们将重点布局新兴市场，精准捕捉高净值人群对独特深度旅行的渴求。同时，我们正密切关注科技与奢华酒店的融合趋势——通过数字创新、数据营销及AI个性化服务，重塑品牌互动与宾客体验维度。

中国旅游市场对我们客户而言蕴藏着巨大的发展空间与增长潜力，未来需求将持续攀升。行业将更聚焦于：品质服务升级、创新科技应用、文化环保融合、以及国际化发展。与此同时，这个充满活力的市场也伴随着诸多机遇与挑战，这就要求我们必须持续适应市场变革与需求演变，始终保持前瞻视野与敏捷应变能力。





Brenners Park-Hotel & Spa

The Future of Luxury and Wellness

Interview with Ms. Christine Galle-Luczak, Founder & CEO, Heavens Portfolio

Having spent more than twenty-eight years in Asia, this captivating continent never ceases to amaze Christine. In 1999, having successfully led the establishment of a satellite office for an acclaimed Singapore organization in Bali, Indonesia, Christine was Director of Sales & Marketing at Chiva-Som, Thailand from 2001 to 2005. This enriching environment prompted Christine to conceive of an independent business venture that would fuse all her former experience and expertise. She was keen on providing personal marketing strategies for truly extraordinary travel destinations. As a result, Heavens Portfolio was launched in July 2005 in Singapore and quickly grew to be the leader in hotel and destination representation in Asia with close to 100 team members currently providing their expertise to a portfolio of 80 hotel brands including Cheval Blanc, Armani, Belmond, Oetker Collection, Chiva-Som and many more iconic hotels.

SpaChina interviewed Christine to gain deeper insights into her perspective on luxury and wellness tourism.

Heavens Portfolio has grown into a leading hotel and destination representation firm worldwide. What key strategies have driven this growth, and how do you maintain your leadership position in such a competitive market?

Since its inception in 2005, Heavens Portfolio has been guided by a clear vision: to provide unparalleled representation services to the world's most prestigious hotels and destinations. We look beyond the "hardware" and dive into the details that make a destination or hotel desirable to affluent travelers. From orchestrating creative events — like pop-up wellness experiences — to leveraging visually appealing content and social media, we are committed to showcasing the essence of luxury travel.

A key element of our strategy is our ability to anticipate market shifts and proactively adapt. By staying attuned to the evolving needs of luxury travelers, we help our clients refine their offerings, ensuring they remain relevant and highly desirable. For example, social media has become a powerful tool for travelers to share their experiences, seek inspiration, and connect with brands — particularly in the China market, where platforms like WeChat, Weibo, Rednote, and Douyin play a central role in engaging Chinese travelers. Additionally, our multi-market approach — spanning Asia-Pacific, Europe, Australia, and the Middle East — allows us to leverage regional insights while maintaining a global perspective.

Adaptability has been key to our resilience, particularly during the COVID-19 pandemic. We pivoted swiftly, prioritizing digital strategies such as virtual brand experiences, while also reinforcing employee well-being through wellness programs and leadership



Swimming Pool, Armani Hotel Dubai

development. Our commitment to community-driven initiatives and sustainability further strengthened our position. We supported organizations across Asia focused on empowering women and educating children, including a school in India, where we helped empower young girls by sharing our expertise and amplifying their voices through PR and social media campaigns. Despite industry-wide challenges, we retained 99% of our team and expanded into South Korea and Japan — reinforcing our belief that hospitality thrives on relationships, expertise, and authenticity.

Your portfolio includes iconic brands like Cheval Blanc, Armani Hotels&Resorts, and Chiva-Som. How do you select which properties to represent, and what makes a hotel or destination a good fit for Heavens Portfolio?

I was keen to provide personalized marketing strategies for truly extraordinary travel destinations. We are highly selective in curating our portfolio, seeking properties and destinations that align with Heavens Portfolio's ethos of excellence, authenticity, and innovation. A hotel or destination must possess a distinctive identity — whether through heritage, design, service philosophy, or a commitment to sustainability. We look for properties that not only set new benchmarks in luxury hospitality but also share our vision for personalized, transformative travel experiences.

At Heavens Portfolio, our mission is to meticulously adapt and reflect each client's DNA, value proposition, and brand identity — ensuring a curated approach that aligns precisely with their objectives. Whether it's securing a select number of top-tier bookings or

expanding global reach across diverse markets — from Asia to Europe, and even emerging destinations like Africa and Antarctica — our focus remains on delivering unparalleled luxury experiences tailored to each client's unique vision. While the sky may not be our limit, we are always exploring innovative ways to elevate luxury.

With nearly 100 team members across Asia, how do you ensure consistent brand representation while adapting to different regional markets?

At Heavens Portfolio, our comprehensive services cater not only to boutique luxury properties but also to larger hotel groups seeking visibility in dynamic markets such as India, China, Singapore, and the GCC (Gulf countries). Our bespoke approach allows us to develop strategies tailored to each client's specific needs — whether it's a focused sales initiative or a fully integrated 360-degree marketing plan. From prestigious hotel groups like Oetker Collection and Cheval Blanc to bespoke DMCs (destination management companies) and operators catering to discerning luxury travelers, our diverse portfolio ensures a personalized experience for every client.

With a commitment to uniqueness and luxury at the forefront, we deliver exceptional experiences — whether it's an expedition in Antarctica or a rejuvenating retreat in Thailand — always with the distinct preferences and expectations of each audience in mind. We avoid a one-size-fits-all approach, ensuring every strategy is as distinctive as the properties and travelers we serve.

For example, in the India market, we pri-

oritize quality over quantity, cultivating deep trade relationships that highlight the subtle artistry of our partners' offerings. We understand that luxury isn't transactional — it's built on trust and personalized connections that go beyond digital bookings. In China, where the luxury travel landscape is rapidly evolving, our strategies reflect the growing demand for immersive, culturally rooted experiences. By blending contemporary marketing with cultural authenticity, we foster meaningful engagement with China's discerning travelers.

You emphasize KPI tracking, ADR analysis, and production reports. How does data-driven decision-making shape your marketing strategies for luxury hotels and wellness destinations?

In the luxury and wellness hospitality industry, intuition alone is not enough — data-driven insights are essential for precision marketing and performance optimization. Our key performance indicators are tailored to the specific needs of each client and measured against their individual benchmarks. We use internal metrics to evaluate the results we generate. Often, room night production or revenue growth in each country we cover serves as our primary measure of success. However, we ensure that these results reach the right audience so that our clients attract the desired clientele. By leveraging data and reporting, we can identify market opportunities, refine customer segmentation, and optimize return on investment for our clients.

Having worked with Chiva-Som, one of the pioneers in wellness tourism, how do you see the evolution of wellness travel in the post-pandemic era?

Wellness travel has evolved from a niche segment into a fundamental pillar of luxury tourism. In the post-pandemic era, the demand for holistic well-being experiences has surged, with travelers seeking destinations that offer not only relaxation but also personal transformation. Today's luxury traveler prioritizes mental, physical, and emotional wellness, with growing interest in bespoke wellness programs, medical tourism, and immersive, nature-based retreats. The integration of advanced health technologies, longevity programs, and sustainable wellness practices has also become a defining trend.

In Asia, many wellness retreats and hotels



Cheval Blanc Randheli

offer specialized programs aimed at reducing stress and anxiety, while enhancing overall mental well-being. As society becomes increasingly dependent on digital technology, the demand for digital detox experiences is rising. Numerous wellness properties across the region now provide programs that encourage guests to disconnect from their devices and focus on mindfulness and relaxation.

Meanwhile, many of our European clients have long-standing expertise in wellness. Countries such as Germany and Switzerland are renowned for their world-class wellness resorts. With the growing popularity of wellness travel, today's travelers have a wider range of options, allowing them to choose experiences that best align with their personal needs and well-being goals.

Wellness tourism is booming, but travelers are becoming more discerning. What are the emerging trends in high-end wellness experiences that luxury hotels should focus on?

Luxury wellness experiences are becoming more sophisticated and personalized. A niche branch under wellness tourism is called healing tourism. A market that is experiencing sustained growth in China according to a survey conducted by the Chinese financial media. Emerging trends include:

Longevity: High-net-worth individuals are investing in advanced medical wellness treatments, from DNA-based nutrition to regenerative medicine.

Mindfulness and emotional well-being: Bespoke meditation, sound therapy, and digital

detox retreats are gaining traction.

Sustainable wellness: Properties are integrating nature-led healing, from forest bathing to farm-to-table wellness cuisine.

Holistic fitness experiences: Luxury hotels are offering more immersive, curated fitness journeys, including AI-driven training programs and adventure-based wellness retreats led by highly qualified experts.

Asia has long been a hub for wellness retreats. How do you position Asian destinations against growing competition from Europe, the Middle East, and the Americas?

Asia's deep-rooted wellness traditions, from Ayurveda and Traditional Chinese Medicine to Zen meditation or traditional massages, give it a distinctive edge and are still perceived as best-in-class in the wellness world. Our approach to position it is really to highlight Asia's unparalleled authenticity, the integration of ancient healing wisdom with modern wellness innovations, and the exceptional hospitality that defines the region. We also emphasize exclusive experiences — whether it's private meditation in Bali or personalized detox programs in Thailand — tailored to the needs of high-end travelers and also the fact that wellness is at the heart of many cultures in Asia and very much used on daily basis by Asian people (Thailand, China, India or Indonesia).

Europe on the other end can be perceived as a bit more medically driven kind of wellness especially with Switzerland leading the market in that segment. The Middle East does have a lot of opportunity to grow with their

own Traditional Arabic and Islamic Medicine or TAIM, based on the traditional principles derived from ancient physicians and focusing mainly on lifestyle wellness practices.

Sustainability and wellness often go hand in hand. How do you guide your clients to integrate eco-conscious practices without compromising luxury?

Our clients recognize that environmental responsibility enhances rather than diminishes the luxury experience. From carbon-neutral operations and locally sourced ingredients to regenerative travel initiatives, they are integrating eco-conscious practices in ways that align with the expectations of discerning travelers.

For example, properties like Chiva-Som and The Brando set industry benchmarks by seamlessly blending sustainability with exclusivity — whether through zero-waste culinary programs, advanced water conservation technologies, or immersive eco-education experiences for guests. Luxury today is about authenticity, and travelers seek destinations where wellness extends beyond the individual to the environment and the communities they visit.

We do see more and more of our clients adopting new practices and clearly engaging in sustainability activities — it is heartwarming to see the changes in our industry in that sense.

You founded Heavens Portfolio after years of experience in sales and marketing for luxury hospitality. What was the biggest challenge in transitioning from an executive role to entrepreneurship?

Moving from an executive role to building Heavens Portfolio was both exhilarating and challenging. One of the challenges was shifting from working within established luxury hotel brands to creating a business that represented multiple prestigious properties while maintaining the same level of excellence and credibility.

Another challenge was ensuring that our approach — one that values personalization, long-term relationships, and strategic brand positioning — remained scalable as the company expanded. We had to establish a strong team culture, invest in deep market research, and continuously innovate to stay ahead. Hence, we empower our employees to explore new ideas, take calculated risks, and challenge the status quo. In doing so, we harness the collective creativity and expertise of our team

to drive technological advancements and stay ahead of the curve. We brainstorm frequently and share the best practices observed on the market. We are constantly monitoring new systems and software and have often conducted training to support new technologies and the implementation of new tools.

The biggest challenge was probably in HR where we have clearly seen a shift post COVID — it does require real agility to overcome that aspect. But to be honest, the journey of entrepreneurship is a phenomenal one that needs to be embraced fully. Clearly you must have this in you when pivoting from employee to employer!

Your team operates with a “no business left aside” approach. How do you foster a company culture that ensures every client gets maximum exposure?

At Heavens Portfolio, we view ourselves as more than a sales, PR and marketing representative firm — we are brand ambassadors and strategic partners. This means ensuring every client, regardless of size or prominence, receives tailored exposure and access to the right audience. We emphasize and reward our team based on:

Bespoke Strategies: Every client has unique positioning, and we craft tailored marketing, public relations, social media and sales approaches rather than a one-size-fits-all model.

Data-Driven Decision Making: We leverage KPIs, ADR analysis, and performance

reports to ensure each client is maximizing their potential within the market.

Collaboration & Knowledge Sharing: Our team operates as an interconnected network across Asia, constantly sharing insights, trends, and strategies to amplify each brand’s reach.

Proactive Engagement: We go beyond traditional representation by securing high-value partnerships, exclusive events, and content-driven initiatives that enhance visibility in key markets.

Having spent over 28 years in Asia, how has your deep regional expertise influenced the way Heavens Portfolio operates compared to global competitors?

Asia is one of the most dynamic and complex luxury travel markets in the world, requiring a deep understanding of cultural nuances, digital ecosystems, and evolving consumer behaviors. Having spent over two decades in the region, our expertise allows us to:

Anticipate Market Trends: We understand how Asian luxury travelers’ preferences shift — from outbound travel patterns to the rising demand for bespoke wellness experiences and eco-conscious retreats.

Leverage Digital Dominance: China’s digital landscape is unique, and our in-depth knowledge of platforms like WeChat, Rednote, Weibo and Douyin enables us to drive targeted engagement.

Build Strong Local Networks: Relationships are the cornerstone of business in Asia. Our long-standing partnerships with key

industry players, media, and influencers allow us to create impactful brand exposure.

Deliver Culturally Attuned Strategies: What works in Europe may not necessarily translate to Asia. We ensure that every campaign resonates with the local audience while maintaining global brand integrity.

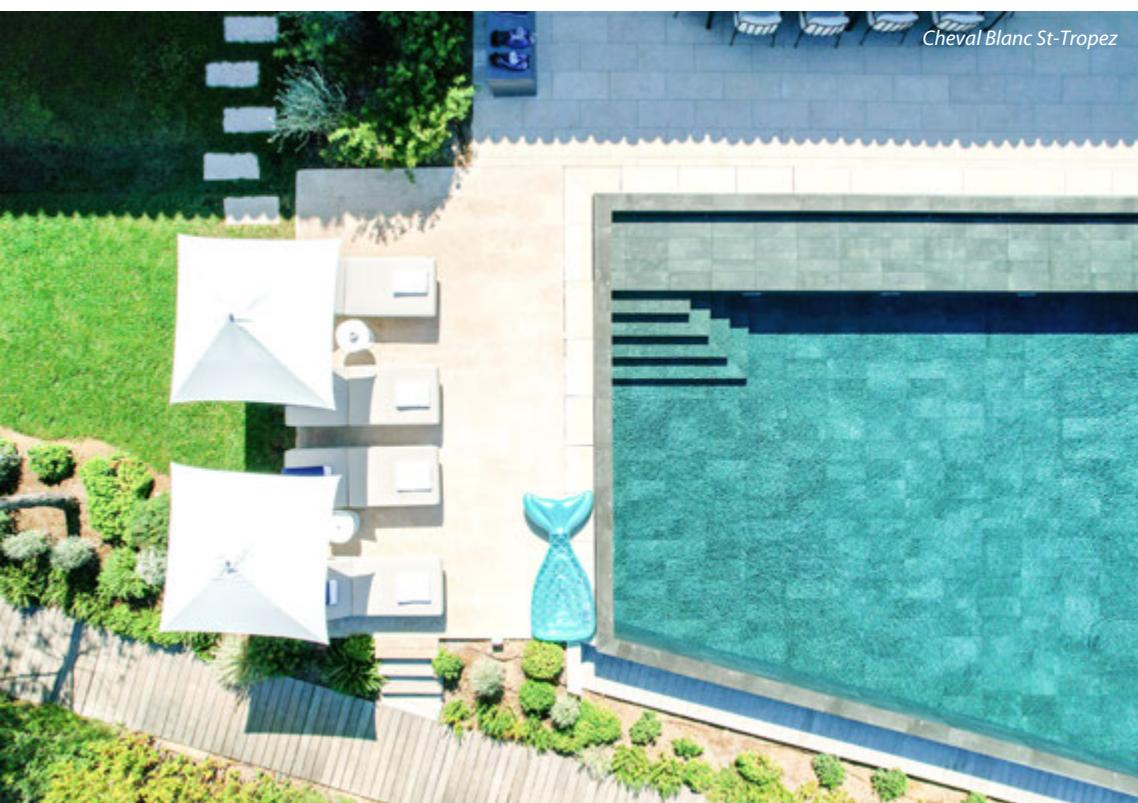
Our regional expertise positions Heavens Portfolio as the bridge between the world’s most prestigious hospitality brands and Asia’s rapidly evolving luxury travel market.

Looking ahead, what is your vision for the next phase of Heavens Portfolio? Are there new markets or hospitality segments you’re excited to explore?

Heavens Portfolio has always been driven by a vision of growth, innovation, and an unwavering commitment to excellence in luxury travel representation. Our expansion into new markets has been both a strategic priority and an exciting challenge. With a well-established presence across Asia, the Middle East, and Europe, our recent launch in Australia marks a significant step in strengthening our foothold in key markets. This expansion allows us to further diversify our portfolio while enhancing our ability to connect luxury brands with the most discerning travellers worldwide.

Looking ahead, we see immense potential in the evolving landscape of luxury travel. The demand for exclusivity, personalized experiences, and sustainability-driven hospitality is at an all-time high. We are particularly focused on expanding into emerging markets where high-net-worth travellers are seeking unique and meaningful journeys. Additionally, we are closely monitoring the intersection of technology and luxury hospitality — leveraging digital innovations, data-driven marketing, and AI-driven personalization to elevate brand engagement and customer experiences.

China’s tourism industry has huge market potential and development space for our customers, and the market demand will continue to grow in the future. More emphasis will be placed on quality and service, innovation and technology application, culture and environmental protection, internationalization and globalization. At the same time, China’s tourism industry will face many opportunities and challenges, which require us to continuously adapt to the changes in this market and the changes in demand.



快乐变老

忘掉优雅地老去，这里教你如何快乐地变老。

作者：英格丽德·费特尔·李



小时候，我们觉得长大是一种成就。每过一年，就离成年更近一步，对我而言，成年意味着独立和自由。记得和爸爸一起去城里看戏或去大都会博物馆，看到一群女士在咖啡馆里吃午餐。成年人的生活看起来既迷人又令人兴奋，令我迫不及待地想要长大。

当时，我的祖父母虽然不听我的音乐，也不和我一起任天堂游戏，但他们和自己的朋友们都有自己的酷，有自己的圈子，并不像那些讽刺画中描绘的那样古板、落伍。那些印在马克杯和T恤上的关于老头的笑话和“谎报年龄”的俏皮话，似乎来自另一个世界，一个我无法理解的世界。

在我二三十岁的时候，朋友们会随口说“我们好老啊！”我总是翻个白眼。我们那时那么年轻，健康又快乐，但每个少年人

都似乎或多或少地在浪费青春，为赋新词强说愁说的就是我们！但是那一刻，确实是我们余生中最年轻，最健康的时候。我的二十岁比十几岁好得多，眼界更开阔，更接受各种事物的存在，而三十岁又比二十岁更好。三十岁时，我变得更加自信，开始接受心理治疗，处理一些童年的创伤，学会表达自己的需求，也更关注他人的需求。在我看来，我的成长经历是非常值得纪念和保留的，我不会用过去几十年的成长来换取脸上少几条皱纹或头上少几根白发。

如今，四十多岁的我，衰老不再是未来的概念。活着就意味着变老，所以，是的，我们从出生起就在变老。但在某个时刻，几十年后的生活开始变得更加真实。于是，我开始更多地反思当前的选择对未来意味着什么。我回顾过去，想知道年轻时拼命工作、拼命玩乐的二十

十岁对现在的我意味着什么。如果年轻时对身体更好一点，今天的我是否会拥有更健康的身体？而现在更温和的生活方式，是否能为未来的我带来更多快乐和自由？

优雅地老去？

关于衰老的主流讨论，尤其是对女性而言，围绕着“优雅地老去”。这通常意味着看起来比实际年龄年轻三到五岁，同时不显得刻意为之。它还意味着“做符合年龄的事”，穿适合年龄的衣服或者适合自己的风格的衣服，留适合年龄的发型或者让自己更好看的发型，做适合年龄的活动和社交，但也许可以做一两件出人意料地年轻的事情，比如冲浪或踢踏舞，既不过于刻意，又能让人知道你依然活跃。

正如作家希瑟·哈夫里莱斯基在她关于



这个话题的尖锐文章中写道：“我在想，优雅地变老到底意味着消失，还是留下来，但总是对人们隐瞒你真实的情感和欲望。”

“优雅地老去”意味着在痴迷年轻的社会中走钢丝，这个社会告诉我们，随着年龄增长，我们的价值在下降。而另一种文化则说，没有什么比绝望更不酷了，那种对我们无法重新拥有的青春的强烈的渴望。看吧，各行各业的营销人员煽动起了我们对青春的渴望，将青春和他们售卖的商品保持相关性，然后在我们为保持青春所做的努力出错时变本加厉，甚至报以羞辱。因此，那些不在乎外表的人被视为“放弃了”，而那些通过手术刀让脸永远停留在35岁的人则被视为笑话。唯一被认为可以接受的方式是拥有幸运的基因，或者用熟练的微笑掩盖你与时间的斗争。



如何拥抱衰老？

与其继续走这条令人疲惫的钢丝，不如超越这种对女性带有性别歧视的心态，真正享受并庆祝变老。

与其将衰老视为需要战胜的东西，不如拥抱那些随着年龄增长而变得更好的事物，并努力放大这些快乐，同时减轻青春逝去的损失。我并不是建议我们忽视伴随衰老而带来的身心健康挑战，不去正面应对可能发生的身体疾患，但我们能否不带评判或羞耻地看待这些挑战，并寻找快乐的方式来应对它们呢？

我当然认为快乐的方式是存在的，一些研究也支持这一点。下面，让我们深入探讨一下衰老的科学，揭示一些寻找快乐的技巧，研究表明这些技巧能帮助我们在变老时感觉更快乐。

寻找敬畏

在一项针对老年人的研究中，研究人员发现，进行“敬畏散步”：这是一种专门关注环境中广阔或令人振奋的事物的散步，比单纯在大自然中散步更能增加快乐和亲社会情感；例如在散步过程中和努力工作的快递小哥们打个招呼，给予情绪上的慷慨和善良，或者关照门口的花店老板的生意，给自己买束花花；或者把路边的小狗粪便随手清理一下。有趣的是，研究人员还发现，衡量参与者微笑程度的指标在研究进行的八周内有所提升。这些散步每周只需15分钟，强度很低，只要在生活的社区附近做就可以，这可以说是随着年龄增长在日常生活中创造更多快乐的最简单的方法。

经验丰富的“快乐发现者”深知关注环境中令人愉悦的刺激对提升情绪的力量。这项研究表明，特别关注那些引发惊奇和敬畏的事物，可以带来可衡量的好处，尤其是对老年人而言。

文化滋养

1996年，一项对瑞典12,000多人的研究发现，参加文化活动与生存率提高相关，而很少参加文化活动的人死亡风险更高。自那时起，大量研究证实，参与社交活动，如去教堂、看电影、打牌、看画展、听音乐会，去餐馆或体育赛事等文化活动，与老年人死亡率降低很有关系。一个原因可能是这些活动增加了社交联系，加深了关系，并增强了归属感，这些都与幸福感相关。是的，文化绝对可以滋养并保持头脑敏锐，它也是随着年龄增长保持充实和快乐生活的关键。

刺激感官

在我TED演讲中最受讨论的部分之一，是我描述在色彩斑斓的“转运阁”度过一晚的经历。这座公寓由艺术家荒川和诗人玛德琳·金斯设计，他们认为它可以逆转衰老。

公寓能逆转衰老的想法听起来有些牵强，但当我们看到背后的理论时，它就开始变得有根据了。荒川和金斯认为，就像肌肉不锻炼会萎缩一样，如果我们不刺激感官，认知能力也会下降。他们这两位艺术家看着我们单调、乏味的室内环境和颜色的时候，会感觉到这些空间会让人们的思维枯萎。事实证明，一些早期的动物研究也表明，这可能有一定道理。当老鼠被放置在充满感官刺



激和身体运动机会的“丰富环境”中时，它能减轻与阿尔茨海默病和痴呆相关的神经变化。尽管有一些证据表明这可能也适用于人类，但这种现象背后的机制还不能明确被验证。

从其他角度来看，我们确实知道感官的敏锐度会随着年龄增长而下降。眼睛的晶状体变厚并变黄，进入眼睛的光线减少。我们的嗅觉、味觉和听觉也变得不那么敏锐。因此，虽然你不必重现荒川和金斯古怪公寓，但在环境中增加色彩、艺术刺激、植物和其他如嗅觉与味觉的感官刺激元素，可能是一项非常值得的投资，这不仅是为了保护你的头脑，也是为了保护你的快乐。

装饰你的巢穴

一旦你开始关注围绕衰老的负面刻板印象，你也许就能从各个方面感受到这种“不快乐”的因素。以我们常说的“空巢”这个词为例，“空”字带有强烈的失落和剥夺感，我们是不是应该将“空巢”重新定义为更快乐的东西呢？

我的读者之一，李-安妮·拉根，提出了“重新装饰你的巢穴”的想法，作为孩子们开始独立生活后的一个快乐过程。她指出，“空巢”的概念暗示着什么都没有了，

而“重新装饰”则采用了更生态的视角，想象着随着家庭和家人的转变，一种再生的过程。重新装饰的巢穴是一个充满可能性、创造力和喜悦的地方。

给自己买花

好像每次收到鲜花的你都会需要一个借口，但以防万一，这里有一个十分好的借口。一项针对老年人的研究发现，当人们收到鲜花礼物时，记忆和情绪会改善。而收到其他礼物时则没有这种效果。

为什么鲜花会有这种效果？一个原因可能与注意力恢复效应的研究有关，研究表明，观察绿色植物的被动刺激有助于恢复我们的注意力。也许注意力的提高也导致了记忆的改善。另一种可能性，目前纯属推测，与我们对花朵兴趣的进化理由有关。因为花朵最终会变成果实，我们的祖先对它们感兴趣并记住它们的位置是有意义的。监测花朵的位置可以让它们在以后寻找结果植物时节省时间和精力，并可能在其他饥饿动物之前到达果实所在地。我必须强调，目前没有证据支持这种解释，但这是一种有趣的很有创意的推测。

更进一步的研究还表明，园艺对老年人的身心健康有益。所以，无论你是买花还是

种花，要知道你正在为晚年更大的幸福迈出快乐的一步。

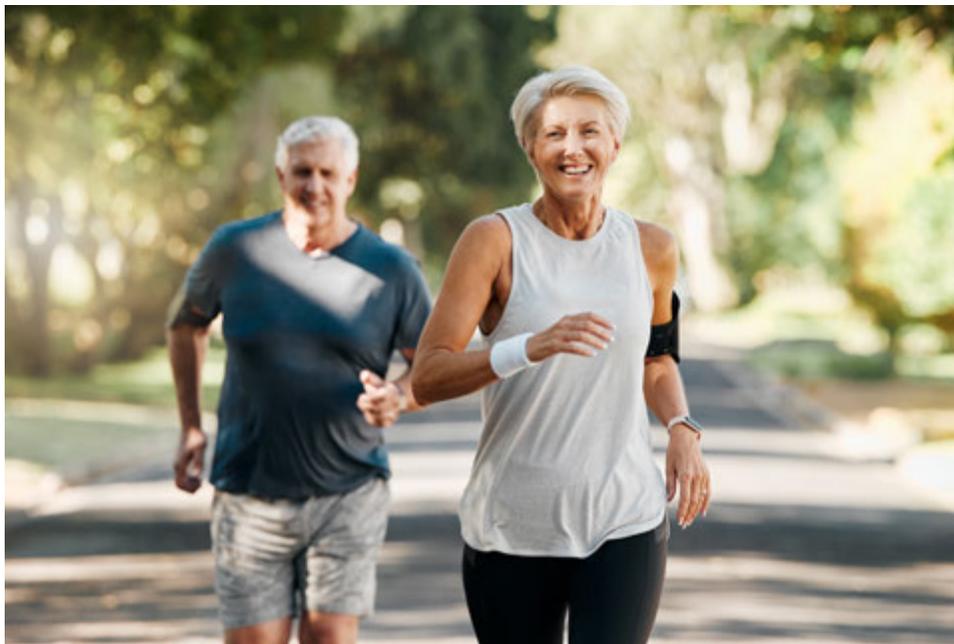
尝试时间扭曲

1981年，哈佛心理学家埃伦·兰格与一群70多岁的男性进行了一项实验，后来被称为“逆时针研究”。在五天的时间里，他们住在一个设计得像1959年的修道院里。那里有老式收音机和黑白电视，而不是卡带播放器和录像机。书架上摆满了当时流行的书籍。杂志、电视节目、衣服和音乐都暂时回到了那个时代。

但这些男人不仅仅是生活在时间扭曲中。他们还必须参与其中。他们被当作50岁的人对待，而不是70多岁。他们必须自己提行李。他们用现在时讨论22年前的新闻和体育。为了保持这种错觉，除了他们年轻时的照片外，没有镜子和照片。

独立评委表示，他们在回家的时候明显看起来更年轻了。然而，兰格对发表她的发现犹豫不决，担心这种不寻常的方法和小样本量可能难以被学术界接受。但在2010年，BBC的一档节目重新进行了这项实验，对象是年长的名人，效果相似。兰格的后续研究使她得出结论，我们可以让大脑感觉更年轻，从而让身体也随之变年轻。

虽然在我们自己的生活中重现兰格的研



究可能很困难，但我认为小规模的时间扭曲是件快乐的事。也许是重访你曾经喜欢的度假胜地，沉浸在早年的回忆中。也许是和朋友一起度假，不谈论当下的烦恼。或者也许是找到一本当时的书或一堆旧杂志，一边听怀旧音乐一边阅读。

值得注意的是，这些“小时间扭曲”可能更多是为了乐趣，而不是为了实际的好处。但即使你没有逆转时间，回顾年轻的自己也可以重新发现你可能已经失去联系的部分，并在变老时带着它们。

最大化行动力

锻炼经常被吹捧为在任何年龄保持健康和活力的方式，但一个特别相关的发现是，研究表明，运动可以增加海马体的大小，海马体

在大脑学习和记忆中起着至关重要的作用。这很重要，因为海马体随着年龄增长而缩小，这可能导致记忆缺陷和痴呆风险增加。在一项针对老年人的研究中，运动使海马体大小增加了2%，相当于逆转了一到两年的年龄相关衰退。

除了认知效果外，运动本身也可以是快乐的源泉。游泳、徒步、跳舞和玩耍的能力可以成为我们进入黄金岁月时通往更快、更充实生活的途径。当我激励自己锻炼时，我经常想到未来的自己，以及现在投资于行动力如何能帮助自己在未来保持运动能力，并最大限度地减少未来的重复性压力损伤。简单地说：你只有一个身体，它必须伴随你一生。你现在越关心它，晚年就越有自由去做你喜欢的事情。

努力跟上科技

虽然科技经常被指责为孤独感的来源，但一些研究表明，对老年人来说，熟练掌握科技可以提升幸福感。一个原因是，互联网使用可能更广泛地预示着社交联系，而社交联系是贯穿一生的，尤其是在老年时候的心理健康和幸福感上的贡献。其他研究表明，当老年人缺乏有效使用科技的技能时，会导致更大的脱节和无力感，而为老年人提供科技培训可以促进认知功能、人际联系以及控制和独立感。

当一种全新的应用程序或设备出现时，我们常常会忍不住说“那是给年轻人的”，然后忽略它。由于空闲时间如此稀缺，探索新科技感觉不如翻阅床头堆积的书籍有吸引力。而且，拔掉插头据说对我们有好处，对吧？但科技塑造了我们生活的世界，那些当时看起来新奇和边缘的技术最终往往会成为主流，影响我们沟通、工作和获取基本服务的方式。

如果你是一个从不想打扰任何人的的人的话，我认为一些简单的微信聊天，和电子邮件的往来通信也是很有必要的。可以不用打电话，只需发个信息，随便别人什么时候回信，没有打扰任何人。但如果你早早就停止关心科技的话，似乎不接触新科技的小选择在当下并不重要，但一旦你在脱节的道路上走了几步，试图重新连接就会让人感到畏惧，那还真不如随时跟科技保持连接来的好呢。

保持对新科技的参与不一定是负担。它可能只是意味着当侄女或侄子邀请你玩《我的世界》时答应他们，让他们也感到欣喜。或者开一个抖音账户只是为了看看。你不必掌握每一个新的应用程序或工具。但对新发展的适应能力可以帮助你每天依赖的科技发生变化时，你不会感到无助或措手不及。

我经常想起几年前采访心理学家艾莉森·高普尼克时她说的话。她说，每一代新人都会理所当然地打破范式，推翻旧的做事方式。这不是无端的。这是我们作为一个社会前进的方式。每一代孩子都会重塑世界，从中我们将获得各种新的发现。因此，随着年龄增长，我们有一个选择：要么坚持我们塑造的世界，拒绝参与我们孩子和孙子一代创造的新世界，要么适应他们的世界，保持好奇，积极参与其中。

我们的目标不应该是随着年龄增长而紧紧抓住青春，而是通过在我们的一生中照顾我们内心的小孩，来保持我们的快乐，同时培养我们与不断变化的世界的联系。在这样做时，我们可以在智慧与惊奇、自信与好奇、深度与喜悦之间取得平衡。

How to Age Joyfully

Forget aging gracefully, here is how to age joyfully. By Ingrid Fetell Lee



When I was a kid, growing older felt like an achievement. Each year that passed marked one step closer to adulthood, which for me meant independence and freedom. I remember going to the city with my dad to see a movie or sitting with him in a café and watching a group of women near us having lunch. It seemed glamorous and exciting to be an adult. I couldn't wait.

Likewise, I never quite understood the popular antipathy toward old age. I mean, my grandparents didn't listen to my music or play Nintendo with me. But they were cool in their own way – not crusty and out of touch like the caricatures suggested. The jokes and “lying about your age” punchlines seemed to come from another world, one that didn't make sense to me.

In my 20s and 30s, friends would casually

toss around the phrase “we're so old!” And I rolled my eyes.

We were so young – so healthy and happy – why should we waste our youth focused on what was already behind us? After all, right at that moment we were the youngest we would ever be. My 20s were miles better than my teens – more expansive, less cloistered – and my 30s better than my 20s. I became more confident in my 30s, and I learned to communicate my needs and be more mindful of the needs of others. I wouldn't trade the growth of these past decades for fewer lines on my face or grey hairs on my head.

Now that I'm in my 40s, though, aging isn't some future concept. Just being alive means growing older, so yes, we've all been aging since we were born. But at a certain point, the notion of what life will be like in a couple of

decades starts to feel more real. And then I start to reflect more on what my current choices mean for that future me. I look back and wonder what my work-hard-play-hard 20s mean for me now. Could I have had a healthier body today if I had been kinder to it when I was younger? And could being gentler now give me more joy and freedom in the future?

What does it mean to age gracefully?

The dominant discourse on aging, especially when it comes to women, revolves around “aging gracefully.” This generally involves looking at least three to five years younger than you actually are, while not appearing to do anything to get that way. It also means “acting your age,” by wearing age-appropriate clothes (mini skirts have an expiration date,



apparently), having age-appropriate hair, and doing age-appropriate activities – but maybe doing one or two surprisingly youthful things (surfing, maybe, or tap dancing) that don't seem too try-hard yet let people know you're still in the game.

As author Heather Havrilesky writes in her biting essay on the topic, "Growing old gracefully really means either disappearing or sticking around but always lying straight to people's faces about the strength of your feelings and desires."

"Aging gracefully" entails walking a tightrope between a youth-obsessed society, which tells us that our value declines as we age. And a culture that says nothing is as uncool as desperation, the fervent desire for something we can't have. Marketers stoke our desire for youthfulness as the ticket to remaining rel-

evant, then shame us when our efforts to preserve that youth go awry. So the person who ages without thought to their appearance is written off as "having given up," and the one whose face remains 35 forever thanks to the surgeon's knife is considered a joke. And the only way to be deemed acceptable is to have lucky genes or to conceal your battles against time underneath a practiced smile.

How to embrace aging?

Rather than continue to walk this exhausting tightrope, we can move beyond this damaging mindset to actually enjoy and celebrate getting older.

What if instead of seeing aging as something to defeat and conquer, we were to embrace what gets better with age, and work to amplify these joys while mitigating the losses of youth?

I'm not suggesting we paper over the very real challenges to our physical and mental health that come with aging. But can we view these challenges without judgment or shame, and instead look for joyful ways to navigate them?

I certainly think so, and several studies agree. Below I've delved into the science of aging to uncover tips for finding joy that research shows will help us feel better as we grow older.

Seek out awe

In a study of older adults, researchers found that taking an "awe walk," a walk specifically focused on attending to vast or inspiring things in the environment, increased joy and prosocial emotions (feelings like generosity and kindness) more than simply taking a stroll in nature. Interestingly, they also found that "smile intensity," a measure of how much the participants smiled, increased over the eight-week duration of the study. These walks were only 15 minutes long, once a week, and are low impact. So this is an easy way to create more joy in daily life as we age.

Practiced joyspotters well know the power of attending to joyful stimuli in the environment to boost mood. This study suggests that tuning our attention specifically to things that invoke wonder and awe can have measurable benefits, especially for older adults.

Get a culture fix

A 1996 study of more than 12,000 people Sweden found that attending cultural events correlated with increased survival, while people who rarely attended cultural events had a higher risk of mortality. Since then, a raft of studies has affirmed that social activities such as attending church, going to the movies, playing cards or bingo, or going to restaurants or sporting events is linked with decreased mortality among older adults. One reason may be that these activities increase social connection, deepen relationships, and reinforce feelings of belonging, which are positively associated with well-being. Yes, getting a culture fix can keep your mind sharp. But it's also key in maintaining a full and happy life as you grow older.

Stimulate your senses

One of the most talked-about parts of my TED talk is when I describe my experience spending a night at the wildly colorful Reversible Destiny



Lofts, an apartment building designed by the artist Arakawa and the poet Madeline Gins, who believed it could reverse aging.

The idea that an apartment could reverse aging sounds farfetched, but it becomes more grounded when we look at the theory behind it. Arakawa and Gins believed that just as our muscles atrophy if we don't exercise them, our cognitive capacity diminishes if we don't stimulate our senses. They looked at our beige, dull interiors and imagined that these spaces would make our minds wither. And as it turns out, some early research in animals (see also) suggests there might be something to this. When mice are placed in "enriched environments" with lots of sensorial stimuli and opportunities for physical movement, it mitigates neurological changes associated with Alzheimer's and dementia. While there is some evidence to suggest that this might apply to humans as well, the mechanisms behind this phenomenon are hard to understand.

That said, we do know that the acuity of our senses declines with age. The lenses of our eyes thicken and tinge more yellow, allowing less light into the eye. Our sense of smell, taste, and hearing also become less sharp. So, while you don't have to recreate Arakawa and Gins's quirky apartments, enriching your environment with color, art, plants, and other sensorially stimulating elements may be a worthwhile investment not just for protecting your mind as you age, but also your joy.

Refeather your nest

Once you start looking at negative tropes around aging, you start seeing more and more of them. Take the phrase "empty nest," which carries strong connotations of loss and deprivation. Though I'm currently at a stage where my nest feels quite full, I love the idea of reframing the "empty nest" into something more joyful.

One of my readers, Lee-Anne Ragan, offers up the idea of "refeathering your nest" as a joyful process in the wake of children going off to start their own independent lives. She points out that the idea of an empty nest suggests that there's nothing left, while refeathering takes a more ecological lens, imagining a kind of regeneration that happens as the home, and the family, transforms into something new. A refeathered nest is a place of possibility, creativity, and delight.

Buy yourself flowers

As if you needed an excuse for this one, but just in case, here you go. A study of older adults finds that memory and mood improve when people receive a gift of flowers. Which wasn't the case when they were given another kind of gift.

Why would flowers have this effect? One reason may link to research on the attention restoration effect, which shows that the passive stimulation we find in looking at greenery helps to restore our ability to concentrate.

Perhaps improved attention also results in improved memory. Another possibility, which is pure speculation at this point, relates to the evolutionary rationale for our interest in flowers. Because flowers often relate to fruit, it would have made sense for our ancestors to take an interest in them and remember their location. Monitoring the locations of flowers would allow them to save time and energy when it came to finding fruiting plants later, and potentially reach the fruit before other hungry animals. There's no evidence I'm aware of to support this explanation, but it's an intriguing possibility.

Taking it a step further, research has also shown that gardening can have mental and physical health benefits for older adults. So whether you buy your flowers or grow them, know that you're taking a joyful step toward greater well-being in later life.

Try a time warp

In 1981, Harvard psychologist Ellen Langer ran an experiment with a group of men in their 70s that has come to be known as "the counterclockwise study." For five days, they lived inside a monastery with a design to look just like it was 1959. There were vintage radios and black-and-white TVs. The books that lined the shelves were ones that were popular at the time. The magazines, TV shows, clothes, and music were all throwbacks to that exact period.

But these men weren't just living in a time warp. They also had to participate. They were treated like they were in their 50s, rather than their 70s. And they had to carry their own bags. They discussed the news and sports of 22 years earlier in the present tense. And to preserve the illusion, there were no mirrors and no photos, except of their younger selves.

Independent judges said the result was they looked younger. A touch football game broke out among the group (some of whom had previously walked with a cane) as they waited for the bus home. Langer was hesitant to publish her findings, concerned that the unusual method and small sample size might be hard for the academic community to accept. But in 2010, a BBC show recreated the experiment with aging celebrities to similar effect. Langer's subsequent research has led her to conclude that we can prime our minds to feel younger, which in turn can make our bodies follow suit.

While it might be difficult to recreate

Langer's study in our own lives, I think there's something joyful about a mini time warp. Maybe it's revisiting a vacation spot you once loved, and steeping yourself in memories from an earlier time. Maybe it's a getaway with friends where you banish all talk of present-day concerns. Or maybe it's finding a book or a stack of old magazines from back then and reading them while listening to throwback tunes.

It's worth noting, that a control group from the counterclockwise study who simply reminisced about their youth, without using the present tense, did not experience the same dramatic results — so these “mini time warps” may be more for fun than for tangible benefit. But even if you don't turn back the clock, checking back in with your younger self can be a way to rediscover parts of yourself you may have lost touch with, and bring them with you as you age.

Maximize mobility

Exercise is often touted as a way to stay healthy and vibrant at any age, but one finding that makes it particularly relevant as we get older is that movement has been shown in studies to increase the size of the hippocampus, a part of the brain that plays a vital role in learning and memory. This is important because the hippocampus shrinks as we age, which can lead to memory deficits and increased risk of dementia. In one study of older adults, exercise increased hippocampus size by 2%, which is equivalent to reversing one to two years of age-

related decline.

In addition to its cognitive effects, movement itself can be a source of joy. The ability to swim, hike, dance, and play can be conduits to a happier, fuller life as we enter our golden years. When I struggle to get motivated to exercise, I often think about my future self, and how investing in my mobility now can help preserve range of motion and minimize repetitive stress injuries later. Simply put: you have one body, and it has to last your whole life. The more you do now to care for it, the more freedom you'll have to do the things you love late in life.

Stay up on tech

While technology is often blamed for feelings of isolation, some studies show that for older adults, being technologically savvy can offer a boost to well-being. One reason is that internet use is in many ways a predictor of social connection more broadly, and social connection is one of the most important contributors toward mental health and well-being throughout life, but especially in old age. Other studies suggest that when older adults lack the skills to be able to use technology effectively, it leads to a greater sense of disconnection and disempowerment, and that offering training to older adults on technology can promote cognitive function, interpersonal connection, and a sense of control and independence.

It's often tempting, when a radically new app or device comes out, to say “That's for the

kids,” and ignore it. With free time so scarce, exploring new tech feels less appealing than digging into one of the books piled up on my nightstand. And anyway, unplugging is supposedly good for us, right? But technology shapes the world we live in, and those technologies that seem new and fringy in the moment often end up in the mainstream, influencing the ways we communicate, work, and access even basic services.

She was someone who never wanted to bother anyone, and I thought that email's asynchronous communication would be good for her. Instead of calling, she could just send a note and know that she wasn't interrupting anyone. She tried, but she struggled to learn it. She had stopped caring about technology long before that, and the leap to figure out how to use a computer was too great. Small choices not to engage with a new technology don't matter much in the moment, but once you get a few steps down the road to disconnection, it can feel intimidating to try to plug back in.

Staying engaged with new technologies doesn't have to be a burden. It might simply mean saying yes when a niece or nephew invites you play Minecraft. Or opening a TikTok account just to check it out. You don't have to master every new app or tool. But being comfortable with new developments can help you ensure you don't end up feeling helpless or blindsided when the tech you rely on every day changes.

I think a lot about something psychologist Alison Gopnik said when I interviewed her a couple of years ago. She said that each new generation breaks paradigms and overturns old ways of doing things as a matter of course. This isn't gratuitous. It's how we move forward as a society. Each generation of kids will remake the world, and from this we'll gain all kinds of new discoveries. So as we age, we have a choice: we can either cling to the world as we shaped it and refuse to engage in the new world our kids' and grandkids' generations are creating, or we can adapt to their world and remain curious, active participants in it.

Our goal shouldn't be to cling to youth as we get older, but to keep our joy alive by tending our inner child throughout our days, while also nurturing our connection to the changing world. In doing so, we balance wisdom with wonder, confidence with curiosity, and depth with delight.





疗愈美学与科学抗衰的融合之道

专访德国REPACELL创始人Dr. Gerhard Klapp

Gerhard Klapp博士一直被业界称为是承诺美丽的传奇的创始人。他是全科医生出身，也是国际公认的美容和保健专家，有远见的整体理疗师，专著作家。他研究和发​​展医学美容已有45年经验，曾为社会各界名流、政要注射干细胞而名声大噪。为了协助身为专业美容师的夫人完成美丽梦想，毅然投身美容行业，创立了KLAPP集团，并将REPACELL（瑞铂希）打造成旗下殿堂级专业抗衰品牌。自2010年REPACELL成立以来，一直专注抗老领域，传承45年医学美容抗衰精髓，糅合臻稀植物粹取精华研制抗衰成分，从细胞源头找寻能量，激发肌肤自我修护本能。之后，KLAPP博士也于2019荣获美容终生成就奖。SpaChina就探索德式SPA的肌肤抗衰科技，感受疗愈美学与科学抗衰的融合之道为主题，专访了德国REPACELL创始人Gerhard Klapp博士。

作为深耕抗衰领域45年的专家，您创立的REPACELL品牌在德国SPA专业院线是著名的抗衰品牌，请给我们谈谈德国SPA文化的特点，以及REPACELL的与众不同之处吧。德国SPA文化的核心是“严谨的科技与自然的平衡”。我们不仅追求身心灵的放松，



更注重通过科学验证的护理手段实现长效健康。例如，德国SPA常将温泉疗愈与生物科技结合，利用天然矿物质与先进仪器，从肌底激活细胞再生能力。

这种理念也体现在了REPACELL的各类产品之中。比如我们的密集修护小安瓶，融合了端粒科技与植物精粹，分了多种肤质，既能修护肌肤，又能适合不同肌肤的消费者需求，从

根源为消费者带来有效且适合的产品，这就是我们在科技层面上做出的严谨的努力。

提到抗衰，REPACELL的“端粒酶技术”曾引发行业轰动，这一技术在SPA疗程中具体是如何功效化的？

端粒酶被称为“青春之酶”，其发现曾获诺贝尔奖，它能够延缓细胞的衰老，从细胞层

面起到真正的抗衰作用。在SPA场景中，我们通过定制化疗程将这一技术落地：例如，先以传统的德式手法打开肌肤通道，再导入含TCR3-PLUS®成分的精华，直达真皮层刺激肌肤细胞。这种“科技+自然”的模式，能显著改善细纹和松弛。

事实上，REPACELL的德式SPA的独特之处，在于其“严谨”的“精准护理”。根据不同消费者的当下的肌肤状态与需求，来设计个性化方案。因为抗衰不仅是表层修复，更需从细胞层面重建健康肌底。

全球和中国消费者们，对SPA和Wellness的需求都在日益增长，且非常关注“内外兼修”。您如何看待这一趋势？

这正是全球健康与SPA行业的未来方向！在德国，我们倡导“内服外养”的整合疗法。例如，REPACELL的疗程会搭配口服营养剂，从内部调节抗氧化能力；同时，SPA护理中融入疗愈与呼吸训练，以降低压力激素对肌肤的负面影响。

此外，健康可持续性也是德国SPA的重要标签。这种对“长效健康”的追求，与中国市场“颜值与健康并存”的需求高度是非常契合的，瑞铂希的产品配方成分除了添加核心科技成分，也会添加天然植物提取的绿色成分，以现代科技注入天然植物的健康疗愈配方，不添加有害化学成分，更加注重的是肌肤的持续健康的改善。功效上做到“内外兼修”也是我做品牌的初心与愿望。

REPACELL在未来会有哪些创新？您怎么看品牌在中国的未来发展和竞争？

我们将持续深化“科学抗衰”的概念。科学抗衰包括了“科技抗衰”与“自然科学”。例如，我们结合AI肌肤检测设备，实时分析客户自身当下的皮肤自然状态，动态地、科学地去调整护理方案；同时，我们在持续研发适合中国市场的疗程与产品，让中国消费者们能在中国各地的SPA中，体验到更加纯粹的德式专业级护理。

我们是持续看好中国市场的，中国的消费者对品质的高要求，对功效的敏感度，以及对高科技的追随度，对身心双重的健康要求，可以说在全球都是很突出的，这就要求我们必须拿出最好的产品来反馈中国市场。

中国市场的竞争是很激烈的，然而我们对REPACELL在中国市场的发展十分有信心。例如，我们选择在SPA行业的专业风向标平台，例如SpaChina，以及积极努力、与时俱进的SPA店家们合作，一起推动REPACELL整体品牌在中国SPA市场的发展，让品牌被更多消费者熟知，也进一步为中国SPA行业的强劲发展赋能助力。



The Fusion of Healing Aesthetics and Scientific Anti-Aging

An Exclusive Interview with Dr. Gerhard Klapp,
Founder of REPACELL Germany

Dr. Gerhard Klapp has long been hailed by the industry as a legendary founder committed to beauty. With a background as a general practitioner, he is an internationally recognized expert in beauty and wellness, a visionary holistic therapist, and an acclaimed author. With 45 years of experience in researching and advancing medical aesthetics, Dr. Klapp gained fame for administering stem cell treatments to celebrities and dignitaries across various fields. To support his wife, a professional aesthetician, in realizing her beauty dreams, he dedicated himself to the beauty industry, founding the KLAPP Group and establishing REPACELL as its premier professional anti-aging brand.

Since its inception in 2010, REPACELL has focused exclusively on anti-aging, inheriting 45 years of medical aesthetics expertise and blending rare botanical extracts to develop anti-aging formulations that harness cellular energy and stimulate the skin's innate self-repair mechanisms. In 2019, Dr. Klapp was

honored with the Lifetime Achievement Award in Beauty. SpaChina sat down with Dr. Gerhard Klapp, founder of REPACELL Germany, to explore the fusion of healing aesthetics and scientific anti-aging through the lens of German SPA technologies.

As an expert with 45 years in the anti-aging field, REPACELL is a renowned brand in Germany's professional SPA industry. Could you share the defining characteristics of German SPA culture and what sets REPACELL apart?

The essence of German SPA culture lies in the “balance between rigorous science and nature.” We prioritize not only physical and mental relaxation but also long-term health through scientifically validated care methods. For instance, German SPA often combines thermal therapy with biotechnology, leveraging natural minerals and advanced equipment to activate cellular regeneration from the deepest layers of the skin.



This philosophy is embodied in REPACELL's product line. Take our Intensive Repair Ampoules, for example. They integrate telomere technology with plant extracts, catering to diverse skin types while repairing skin and addressing specific consumer needs. This reflects our meticulous commitment to scientific innovation at the cellular level.

REPACELL's "Telomerase Technology" has made waves in the industry. How is this technology applied in SPA treatments?

Telomerase, known as the "enzyme of youth" (a Nobel Prize-winning discovery), delays cellular aging, offering genuine anti-aging effects. In SPA settings, we implement this through customized treatments. For example, traditional German techniques are first used to prepare the skin, followed by serums infused with TCR3-PLUS® to penetrate the dermis and stimulate cells. This "science + nature" approach visibly reduces fine lines and sagging.

What truly distinguishes REPACELL's German SPA is its "precision care" ethos. Each personalized plan is tailored to the client's current skin condition and needs, because anti-aging

isn't just surface-level — it requires rebuilding healthy skin from the cellular foundation.

Demand for SPA and wellness is growing globally and in China, with a strong emphasis on "inner-outer harmony." How do you view this trend?

This is the future of the global health and SPA industry! In Germany, we advocate integrated "inside-out" therapies. REPACELL treatments, for instance, pair oral nutraceuticals to boost internal antioxidant levels with SPA rituals that incorporate healing and breathwork to mitigate stress hormones' impact on the skin.

Additionally, sustainable skin wellness is a key hallmark of German SPA culture. This pursuit of "long-term wellness" aligns perfectly with the Chinese market's demand for "both beauty and health". All Repacell products not only incorporate cutting-edge scientific ingredients but also natural plant extracts. By blending modern technology with the healing power of nature, we consciously exclude harmful chemicals to focus on sustainable skin health improvement. Achieving "inner-outer harmony" in efficacy has always been the

founding vision and enduring commitment of our brand.

What innovations can we expect from REPACELL? How do you view the brand's future and competition in China?

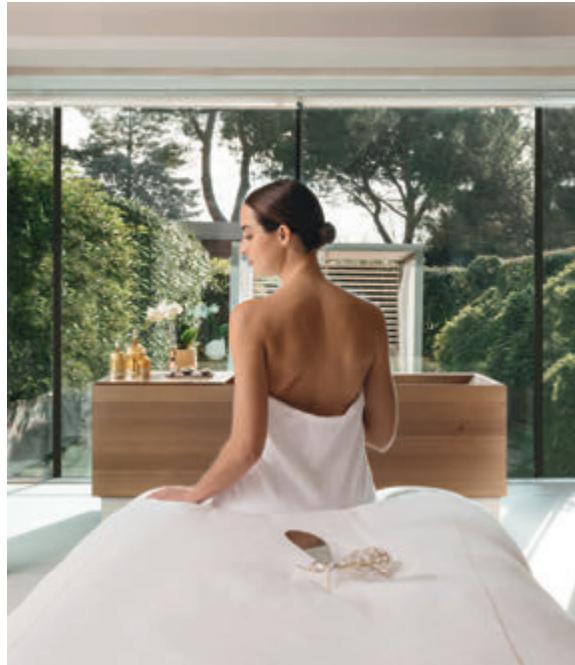
We will deepen our "scientific anti-aging" concept, which merges "technological innovation" and "natural science." For example, AI-powered skin analysis devices will enable real-time assessments, allowing dynamic, science-backed adjustments to treatments. Simultaneously, we're developing China-specific products and protocols to deliver authentic German professional care in local SPAs.

We remain bullish on China. Chinese consumers' high standards for quality, efficacy, and technology, coupled with their dual focus on physical and mental well-being, are unmatched globally. This compels us to deliver our best.

While competition is fierce, we are confident in REPACELL's growth. By partnering with industry leaders like SpaChina and progressive SPA providers, we aim to elevate brand awareness and contribute to the robust evolution of China's SPA industry.



BEAU-RIVAGE PALACE
LAUSANNE SWITZERLAND



GUERLAIN
SPA

洛桑美岸皇宫大酒店娇兰水疗中心
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THE LEADING HOTELS
OF THE WORLD



SWISS DELUXE HOTELS

成熟肌正当红

了解更多关于成熟肌肤的护理与中医抗衰老智慧

衰老是一个自然过程，但常常被人们误解。有些护肤品品牌会使用“成熟”这样的词汇来描述老化皮肤，反之用“年轻”二字来形容无暇和几近完美的肌肤状态。虽然随着年龄增长，我们的皮肤确实会发生变化，但越来越多的看法认为，“成熟肌肤”本身并不是一件坏事。相反，它反映了我们女性作为每一个个体在人生的经历和本身拥有的皮肤的生命力和韧性。那么，成熟肌肤到底意味着什么？女性如何在年龄增长的同时保持肌肤的年轻和健康状态？此外，传统中医智慧如何与现代抗衰老方法相辅相成呢？

成熟肌肤并不与特定的年龄范围或生理状态挂钩。我们常说，“年龄只是一个数字”。对一些人群来说，成熟肌肤代表了一种丰富的生活经历，它经历了多年的环境暴露，比如阳光损伤，却仍然是抵御外界环境的强大屏障。美国整形外科医师学会成员、外科医生Sara Dickie博士将成熟肌肤描述为“有经验的”。当女性进入40岁时，她们的皮肤通常已经达到一种平衡状态，但也可能显示出一些老化迹象，比如细纹、皱纹和色斑。这些变化是自然的，当然有时候会让人

觉得自己看起来更老或更疲惫，不过，这一切都是基于社会审美标准的感受。

另一位外科医生Roy Kim博士则将成熟肌肤与更年期后的变化联系起来。更年期会带来荷尔蒙的变化，尤其是雌激素水平的下降，这会减少胶原蛋白的生成，导致皮肤干燥、毛孔粗大和皱纹加深。无论如何定义，随着年龄增长，皮肤会发生生物学变化，包括细胞更新速度减慢、脂肪流失、胶原蛋白减少、干燥加剧，以及表情纹、细纹和色斑的出现。

如果年龄已经到了拥有成熟肌肤，但希望能在目前基础上既保持其个性，又能改善其状态，使其看起来更清新和年轻有活力的话，那么建立一个坚实的护肤基础至关重要。Kim博士建议使用更多的保湿产品，并避免过度使用肥皂，以保护皮肤的天然油脂。Dickie博士则强调医用级视黄醇的重要性，它可以促进皮肤细胞更快更新，减少细纹，并在几周内改善皮肤质地。坚持每日护肤程序可以为皮肤打下健康的基础，许多人会在一个月内看到皮肤质量的改善。一旦建立了良好的基础，非手术护理可以进一步提升皮肤的质量和光泽。

还有许多非手术方法可以解决成熟皮肤常见的问题，令这些问题不要再恶化，可以考虑激光治疗。它是解决细纹、皱纹、老年斑和阳光损伤的绝佳选择。从温和的激光，如点阵CO2激光或铒激光，到光疗如IPL，找到适合自己皮肤类型的激光治疗取决于自己想要解决的具体问题。温和的激光能量较低，治疗后皮肤反应较小，恢复时间较短，但需要多次治疗才能达到较好的效果。而高能量激光可以在较少的治疗次数内提供更显著的效果，有时甚至只需一次治疗，效果持续时间更长，但需要更多的恢复时间，并且需要细心呵护皮肤，比如持续保湿、长时间地避免阳光直射和坚持使用防晒霜。激光治疗通常应对于一些自己都不愿意再接受的皮肤问题，一旦改善，可以大大增强自信，所以即使是崇尚天然护肤的群体，在真正有需要的时候，也没有必要去刻意回避。

化学换肤是另一种有效的方法，可以让成熟肌肤焕然一新。随着年龄增长，皮肤的含水量减少，变得更加干燥，细胞更新速度减慢。表皮层停留时间更长，就像地板上积累的沙子或灰尘一样，这使得细纹和皱纹更加明显。化学换肤可以帮助去除这些老化的

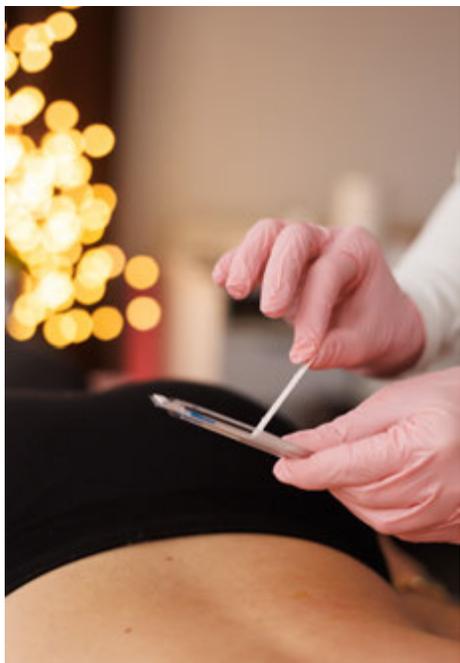
表皮层，随着皮肤的愈合和再生，许多人会看到镜中的自己焕发出更年轻的光彩。这两种方法的共同点是，它们通过不同的方式对皮肤进行“微损伤”，随着皮肤的愈合，新生的皮肤往往更光滑、更亮丽，细纹和皱纹也会减少。如果已经有一个高质量的护肤程序，还可以帮助加速愈合过程并改善效果。

但是，切记成熟肌肤并不是“糟糕”的肌肤，它是有个性、有魅力且值得庆祝的肌肤。通过很多传统的疗愈方式，也是可以得到有效维稳的，在一个和自己年龄风格相匹配的状态下，展现自我特点和魅力，拥有自信，就能焕发出光彩的健康肌肤，减少或者延缓岁月留下的痕迹。

为此，传统中医智慧也为抗衰老提供了宝贵的指导。中医强调阴阳平衡的重要性，认为过度的干燥(阴虚)或炎症(阳亢)都会影响皮肤健康。中医还使用人参、枸杞和珍珠粉等草药来滋养皮肤，促进胶原蛋白生成，改善皮肤弹性。这些草药通常以茶饮或外敷的形式使用。针灸也是另一种古老的方法，通过刺激特定的面部穴位，可以促进胶原蛋白生成，改善血液循环，减少皱纹的出现。

在饮食方面，中医建议食用促进内在平衡的食物，如富含胶原蛋白的骨汤、绿叶蔬菜和富含抗氧化剂的水果。同时，避免过量摄入糖分和加工食品也很重要。此外，气功和太极等温和的运动可以促进血液循环，减轻压力，增强整体活力，从而对皮肤产生积极影响。

成熟肌肤是有故事、有魅力的肌肤。通过结合现代非手术护理和传统中医智慧，女性可以优雅地拥抱衰老，同时保持肌肤的年轻和健康状态。记住，衰老是一段旅程，只要用心呵护，你的肌肤依然可以焕发活力和光彩。



About Mature Women's Skin

Some tips on the best nonsurgical procedures for mature skin as well as some Traditional Chinese Wisdom on anti-aging

Aging is a natural process, yet it's often misunderstood. Beauty companies frequently use terms like “mature” to describe aging skin, but that isn't a medical term and it doesn't completely reflect what's happening. While our skin of course changes as we age, “mature skin” isn't inherently a negative thing – it reflects a lifetime of experiences and resilience. So what does it mean to have mature skin, and how can women maintain a youthful, healthy appearance as they age? Also, how can traditional Chinese wisdom complement modern anti-aging practices?

Mature skin isn't tied to a specific age range or any particular biological milestone. As the saying goes, “age is just a number”. For some people, mature skin represents a life well-lived, having endured years of environmental exposure while continuing to be a strong barrier against the outside world. Dr. Sara Dickie, a well-known plastic surgeon, describes mature

skin as being “experienced”. By the time women reach their 40s, their skin has typically achieved a balance while also possibly showing signs of wear, such as fine lines, wrinkles, and sunspots. These changes are natural and often look fine, but they can sometimes make individuals feel older or tired, often due to the insidious impact of societal beauty standards.

Dr. Roy Kim, another member of the ASPS, the American Society of Plastic Surgeons, associates mature skin with postmenopausal changes. Menopause brings hormonal shifts, including a decline in estrogen, which can reduce collagen production, leading to dryness, enlarged pores, and more pronounced wrinkles. Regardless of how you define it, aging skin is the result of these biological changes which can result in expression lines, fine lines, and hyperpigmentation.

If you have mature skin and want to rejuvenate its appearance, a solid skincare routine



is essential. Dr. Kim recommends using more moisturizer and avoiding excessive soap to preserve the skin's natural oils. Dr. Dickie emphasizes the importance of medical-grade retinol, which promotes faster cell turnover, reduces fine lines, and improves skin texture within weeks. A consistent daily skincare routine can create a healthy foundation, with many people noticing improvements within a month. Once a good base is established, nonsurgical procedures can further enhance the skin's quality and create a glow.

There are numerous nonsurgical options to address skin concerns and boost confidence. Laser treatments are excellent for targeting fine lines, wrinkles, age spots, and sun damage. Options range from gentler lasers, which require more sessions but have less downtime, to high-power lasers that deliver dramatic results with fewer treatments. Post-treatment care includes moisturizing, avoiding sun exposure, and using sunscreen. Chemical peels are another effective option. As skin ages, it retains dead epidermal layers longer, making fine lines and wrinkles more noticeable. Chemical peels exfoliate these layers, revealing fresher, smoother skin as it heals. Both procedures work by creating controlled "damage" to the skin, prompting it to heal with a smoother, brighter appearance. A good skincare routine can enhance the healing process and improve results.



But it's important to remember that mature skin is not "bad" skin – it is skin with character, charm, and is something worth celebrating. You're becoming a better you! Through many traditional healing methods, it is possible to effectively maintain stability and return to a state that matches your age and style, showcasing your unique traits and charm. With confidence, you can achieve healthy, radiant skin that reduces or delays the emergence of the traces of time.

In addition to these modern treatments, traditional Chinese medicine (TCM) offers timeless wisdom for maintaining healthy

skin. At the heart of TCM is an emphasis on the importance of balancing Yin (cooling, moistening energy) and Yang (warming, activating energy) in the body. For skin health, this means avoiding excessive dryness or inflammation. Herbal remedies such as ginseng, goji berries, and pearl powder are used to nourish the skin, boost collagen production, and improve elasticity. These herbs can be consumed as teas or applied topically.

Acupuncture, another ancient practice, can stimulate collagen production, improve blood circulation, and reduce the appearance of wrinkles by targeting specific facial points, and dietary therapy is also a key component of TCM. Eating foods that promote internal balance, such as bone broth, leafy greens, and antioxidant-rich fruits, can support skin health. Avoiding excessive sugar and processed foods is equally important. Gentle exercises like Qi Gong and Tai Chi promote circulation, reduce stress, and enhance overall vitality, which can have a very positive impact on the skin.

Remember, mature skin is a part of your personality and has stories to tell about your life's journey. By combining modern nonsurgical procedures with traditional Chinese wisdom, women can embrace aging gracefully while maintaining a radiant, healthy appearance. Aging is an adventure, and with the right care, your skin can continue to glow with vitality and confidence.

打造魅力成熟肌的SPA疗程建议



成熟肌肤的魅力在于它的独特性和丰富性。通过专业的SPA疗程，结合现代科技与传统智慧，你可以为肌肤提供全方位的护理，帮助它焕发年轻光彩。无论是选择胶原蛋白再生、深层保湿，还是中医草本理疗，关键在于找到适合自己肌肤需求的护理方案。定期进行SPA护理，不仅能改善肌肤状态，还能让你在放松中感受身心的平衡与愉悦。

随着年龄的增长，成熟肌肤需要更加细致和专业的护理。SPA疗程不仅能为肌肤提供深层的滋养和修复，还能帮助放松身心，提升整体魅力。以下是一些专为成熟肌肤设计的SPA疗程建议，结合现代科技与天然成分，帮助肌肤焕发年轻光彩。

深层保湿水疗

随着年龄增长，皮肤的保湿能力下降，容易出现干燥和粗糙。深层保湿水疗使用高浓度的透明质酸、天然植物油和植物精华，通过蒸汽、按摩和面膜等方式，为肌肤注入大量水分和营养。这种疗程不仅能立即改善肌肤的干燥状态，还能增强皮肤的锁水能力，使肌肤长时间保持水润光泽。

胶原蛋白再生护理

成熟肌肤的胶原蛋白流失是导致皱纹和松弛的主要原因之一。胶原蛋白再生护理通过使用富含胶原蛋白的精华液或面膜，结合微电流或射频技术，刺激皮肤深层胶原蛋白的生



成。这种疗程可以帮助提升肌肤弹性，减少细纹和皱纹，让肌肤更加紧致饱满。

抗氧化修复护理

环境压力和自由基是导致肌肤老化的主要外部因素。抗氧化修复护理使用富含维生素C、维生素E和绿茶提取物等抗氧化成分的产品，结合光疗或超声波导入技术，帮助中和自由基，修复受损细胞。这种疗程可以改善肤色不均，减少色斑和暗沉，让肌肤焕发健康光彩。

温和化学换肤

化学换肤是一种通过去除老化角质层来促进肌肤再生的有效方法。对于成熟肌肤，建议

选择温和的果酸或乳酸换肤，避免过度刺激。这种疗程可以帮助去除死皮细胞，减少细纹和皱纹，同时促进胶原蛋白生成，使肌肤更加光滑细腻。

黄金抗衰老护理

黄金以其抗氧化和抗炎特性而闻名，被广泛用于高端抗衰老护理中。黄金抗衰老护理使用含有黄金微粒的精华液或面膜，结合射频或微电流技术，帮助提升肌肤的紧致度和光泽感。这种疗程不仅能减少皱纹，还能改善肌肤的微循环，使肌肤更加明亮且有弹性。

冷疗紧致护理

冷疗是一种通过低温刺激来提升肌肤紧致度和弹性的方法。冷疗紧致护理使用冷却仪器或冷敷面膜，帮助收缩毛孔，减少浮肿，提升肌肤的轮廓感。这种疗程特别适合想要快速改善肌肤松弛问题的人群。

个性化定制护理

每个人的肌肤状况和需求都不同，因此个性化定制护理是一种非常有效的方式。通过专业的皮肤检测和分析，SPA技师可以根据你的肌肤类型、问题和目标，量身定制专属的护理方案。无论是针对皱纹、松弛、色斑还是干燥，个性化护理都能提供最精准的解决方案。

芳香疗法与放松按摩

压力是加速肌肤老化的重要因素之一。芳香疗法结合放松按摩，使用薰衣草、玫瑰、乳香等精油，帮助舒缓身心，减轻压力。这种疗程不仅能改善肌肤状态，还能提升整体幸福感，让肌肤由内而外散发健康魅力。

中医草本理疗

结合传统中医智慧，使用中草药成分进行SPA护理也是一种理想选择。例如，人参、灵芝、当归等中草药具有滋养肌肤、促进血液循环和抗衰老的功效。通过草药蒸汽、草药面膜和经络按摩，这种疗程可以从内而外改善肌肤状态，提升肌肤的天然光泽。

珍珠美白焕肤

珍珠粉自古以来就被用于美容养颜，富含氨基酸和矿物质，具有美白、保湿和抗衰老的功效。珍珠美白焕肤疗程使用珍珠粉精华液或面膜，结合光疗或按摩，帮助提亮肤色，减少色斑，使肌肤更加白皙透亮。

SPA Treatment Recommendations for Creating a Charming and Mature Complexion

The charm of mature skin lies in its uniqueness and richness. Through professional SPA treatments, combining modern technology with traditional wisdom, you can provide comprehensive care for your skin, helping it regain a youthful glow. Whether you choose collagen regeneration, deep hydration, or traditional Chinese herbal therapy, the key is to find a treatment plan that suits your skin's needs. Regular SPA treatments not only improve skin condition but also allow you to experience balance and joy in relaxation.

But it's true that as we age, mature skin requires more meticulous and professional care. SPA treatments not only provide deep nourishment and repair for the skin but also help relax the body and mind, enhancing overall charm. Here are some SPA treatment recommendations specifically designed for mature skin, combining modern technology with natural ingredients to help the skin regain and retain a youthful glow.

Deep hydration hydrotherapy

As we age, the skin's ability to retain moisture decreases, leading to dryness and roughness. Deep hydration hydrotherapy uses high-concentration hyaluronic acid, natural plant oils, and botanical extracts, delivered through steam, massage, and masks, to infuse the skin with ample moisture and nutrients. This treatment not only immediately improves skin dryness but also enhances the skin's ability to retain moisture, keeping it hydrated and radiant for longer.

Collagen regeneration treatment

The loss of collagen in mature skin is one of the main causes of wrinkles and sagging. Collagen regeneration treatments use collagen-rich serums or masks, combined with microcurrent or radiofrequency technology, to stimulate deep collagen production in the skin. This treatment helps improve skin elasticity, reduce fine lines and wrinkles, and make the skin firmer and plumper.

Antioxidant repair treatment

Environmental stress and free radicals are



major external factors that contribute to skin aging. Antioxidant repair treatments use products rich in antioxidants such as vitamin C, vitamin E, and green tea extract, combined with light therapy or ultrasonic infusion technology, to neutralize free radicals and repair damaged cells. This treatment can improve uneven skin tone, reduce spots and dullness, and restore a healthy glow to the skin.

Gentle chemical peels

Chemical peels are an effective method for promoting skin regeneration by removing the aging outer layer of skin. For mature skin, it is recommended to choose gentle peels with fruit acids or lactic acid to avoid excessive irritation. This treatment helps remove dead skin cells, reduce fine lines and wrinkles, and stimulate collagen production, resulting in smoother and more refined skin.

Gold anti-aging treatment

Gold is renowned for its antioxidant and anti-inflammatory properties and is widely used in high-end anti-aging treatments. Gold anti-aging treatments use serums or masks containing gold particles, combined with radiofrequency or microcurrent technology, to enhance skin firmness and radiance. This treatment not only reduces wrinkles but also improves microcirculation, making the skin brighter and more elastic.

Cryotherapy firming treatment

Cryotherapy is a method that uses low temper-

atures to enhance skin firmness and elasticity. Cryotherapy firming treatments use cooling devices or cold masks to help shrink pores, reduce puffiness, and improve skin contour. This treatment is particularly suitable for those looking to quickly address skin laxity.

Personalized customized care

Everyone's skin condition and needs are different, making personalized customized care a highly effective approach. Through professional skin testing and analysis, SPA technicians can tailor a unique treatment plan based on your skin type, concerns, and goals. Whether targeting wrinkles, sagging, spots, or dryness, personalized care offers the most precise solutions.

Aromatherapy and relaxation massage

Stress is a significant factor that accelerates skin aging. Aromatherapy combined with relaxation massage, using essential oils such as lavender, rose, and frankincense, helps soothe the mind and body, reducing stress. This treatment not only improves skin condition but also enhances overall well-being, allowing the skin to radiate health and charm from within.

Traditional chinese herbal therapy

Combining the wisdom of traditional Chinese medicine, using herbal ingredients for SPA care is also an ideal choice. For example, herbs like ginseng, lingzhi, and angelica have properties that nourish the skin, promote blood circulation, and combat aging. Through herbal steam, herbal masks, and meridian massage, this treatment can improve skin condition from within, enhancing the skin's natural radiance.

Pearl brightening and revitalizing treatment

Pearl powder has been used for beauty and skin-care since ancient times, rich in amino acids and minerals, offering whitening, hydrating, and anti-aging benefits. Pearl brightening and revitalizing treatments use pearl powder serums or masks, combined with light therapy or massage, to brighten the skin tone, reduce spots, and make the skin more translucent and radiant.



广州瑞士酒店

广州瑞士酒店位于天河智慧城核心区天河软件园，与综合购物中心广百广场仅一街之隔，坐拥得天独厚的地理位置。酒店内提供364间有现代东方格调的客房及套房。带有小孩的宾客，可以入住以太空和运动等为主题的特色客房，增添更多趣味。每间客房均配有合采用瑞士植物精油制成的Pürovel洗浴用品，展现可持续发展承诺。占地15,000平方米的私人花园，以小桥流水、曲径通幽的设计，为亲子假期或商旅出行带来舒适放松的活动空间。餐饮方面，供应营养丰富、风味十足的多元膳食，提供地域特色的本地食材和健康为先的瑞士佳肴，秉承着活力美食的理念。

Swissôtel Guangzhou

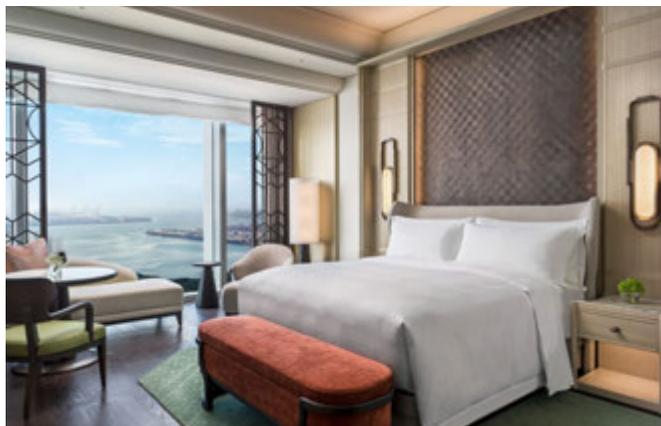
Swissôtel Guangzhou is located in a unique position in the heart of the Tianhe Intelligence Business City (IBD), just a quick walk from the Grandbuy Plaza shopping center. The hotel features 364 modern Oriental-style rooms and suites. Guests with kids can stay in the whimsical Space and Sports-themed rooms for added fun. Each guestroom is equipped with Swissôtel Pürovel amenities, crafted with essential oils from Swiss plants, for a revitalising and sustainable in-room wellness experience. The 15,000-square-meter private Chinese garden offers a peaceful retreat with gentle streams, winding paths, and experiences for leisure and relaxation. In terms of food and beverage, the hotel serves diverse nutritious and flavorful meals, offering regional ingredients and wholesome Swiss specialities, in keeping with the concept of Vitality Cuisine.

深圳前海华侨城瑞吉酒店

全新开业的51层层高的深圳前海华侨城瑞吉酒店，尽览宝安区前海湾壮丽景观，距深圳宝安国际机场仅15公里。酒店由享誉国际的室内设计大师傅厚民打造，以“双城邂逅”为灵感，将纽约的魅力与深圳的活力巧妙融合。内设289间客房及套房，每一处细节都尽显东方美学。木质屏风、雪花石膏灯具及带有精细镶嵌工艺的床头板，这些匠心工艺的设计元素，让空间弥漫着优雅的气息。此外，瑞吉管家服务为宾客提供细致的度身定制体验。这里还有四间各具特色的餐厅与酒吧，放松身心的瑞吉水疗中心，和超过1,000平米的多功能会议空间等。

The St. Regis Shenzhen Bao'an

The newly opened St. Regis Shenzhen Bao'an, with 51 floors, offers breathtaking views of the city skyline or the bay in the Bao'an District. It is only 15 kilometers from Shenzhen Bao'an International Airport. Designed by architect André Fu, the hotel blends the glamour of New York with the energy of Shenzhen. The 289 guest rooms and suites feature Oriental aesthetics in every detail. Oriental-inspired timber screens, bronze and glass wall sconces, and intricate marquetry on the headboard are some of the design elements that have been crafted to give the space an air of elegance. In addition, the St. Regis Butler Service provides guests with a personalized experience. There are also four distinctive restaurants and bars, the relaxing The St. Regis Spa, and over 1,000 square meters of versatile event space.

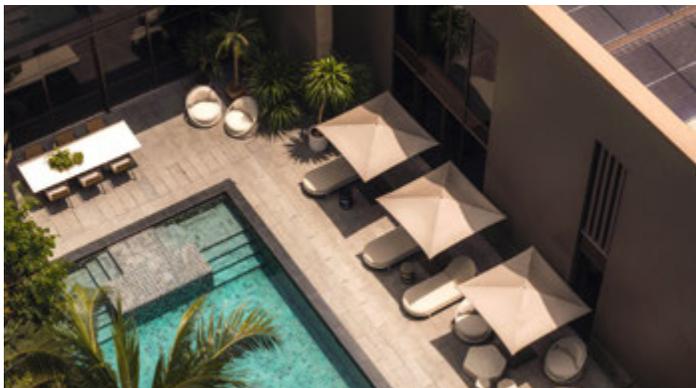


苏州丽思卡尔顿酒店

苏州丽思卡尔顿酒店，成为品牌在苏州市的首家酒店，已于3月18日全新启幕。坐落在核心地段姑苏区的苏州华贸中心之中，毗邻姑苏古城，将古城精粹与现代奢华结合。有190间客房和套房，每间客房灵感均源自苏派建筑的白墙黑瓦，简约典雅，尽显中式美学。姑苏景观客房，可饱览独具韵味的古城景观及苏式园林建筑，城市景观客房则将苏州华贸中心的摩登现代尽收眼底。还设有四间汇聚本地风味和西式美饌的餐厅与酒吧，分别是枫畔庭大堂吧、标霞中餐厅、Alkanna特色餐厅及Alkanna酒吧。五个会议及宴会空间，其中户外场地紫芝园，承袭古典园林文化的匠心之作。

The Ritz-Carlton, Suzhou

The Ritz-Carlton, Suzhou, opened its doors on March 18. It is situated in the heart of Gusu District, within the newly developed China Central Place Suzhou, adjacent to the historic Gusu ancient city, showcasing the elegant charm of Jiangnan water town. There are 190 guest rooms and suites. Inspired by Suzhou's minimalist architecture, each space features crisp black lines on white surfaces, creating a refined yet modern Chinese aesthetic. Gusu View rooms showcase lush greenery and Suzhou's iconic garden architecture, while city view rooms highlight the sleek urban energy of The China Central Place, Suzhou. There are also four restaurants and bars offering both local flavors and Western delicacies. Five event and meeting venues, including the breathtaking outdoor venue Violet Garden, capture the elegance of Suzhou's rich heritage.



新加坡嘉佩乐酒店

坐落于景致迷人的圣淘沙岛，新加坡嘉佩乐酒店以焕然一新的嘉佩乐庄园和特色庄园，匠心呈现现代奢适雅居新风尚。每座庄园别墅作为私密宅邸，配备特别定制的考究家具，精心挑选的艺术品。由澳大利亚室内设计师Simone Haag焕新打造的两层楼的嘉佩乐庄园，融合现代雅致与亚洲风情，还有一对古董家具——20世纪30年代的瑞典雕刻僧侣椅和编织花生椅。而Matthew Shang设计事务所(MSDO)设计翻新的两座特色庄园，灵感汲取自融合旧时新加坡的地图与跨越时空的经典家具，讲述从世界各地收集故事与体验。庄园文旅官还为宾客定制专属体验，从月相水疗之旅到新加坡的文化瑰宝。

Capella Singapore

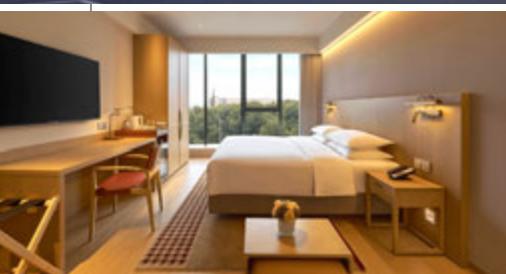
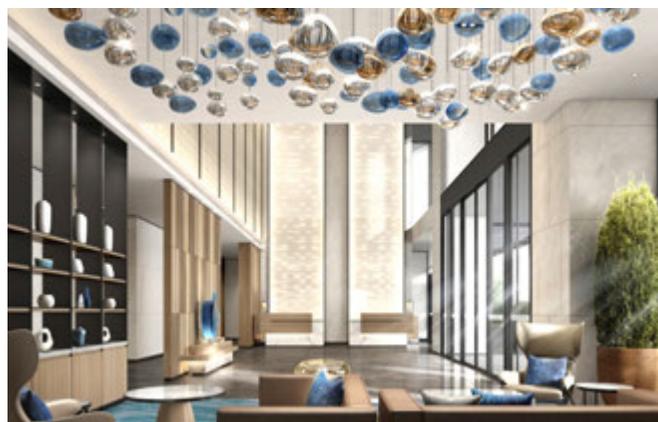
Located on stunning Sentosa Island, Capella Singapore offers refreshed interiors for the Capella Manor and Colonial Manors. Each meticulously styled manor serves as a private retreat, featuring bespoke furnishings, curated artwork, and thoughtfully crafted spaces that inspire both intimacy and grandeur. Australian interior decorator Simone Haag's refreshed two floors of Capella Manor blends contemporary elegance with Asian influences and includes a pair of 1930s Swedish Carved Monk Chairs and woven Peanut chairs. The transformation of the two Colonial Manors by Matthew Shang Design Office (MSDO), drew inspiration from the concept of a globetrotter's transient dwelling, and articulated the narrative by blending maps of old Singapore with timeless furnishings that transcend time and period. Manor Culturists curate host service for guests, from Capella Wellness's signature moon-phase treatments, to exploring Singapore's cultural treasures.

杭州拱墅万枫酒店

近期开业的杭州拱墅万枫酒店，邻近京杭大运河杭州段的核心区域，是游览杭州、探索大运河文化的理想下榻选择。酒店内配备131间客房，分别位于14至19层，巧妙融合温暖色调，彰显简约现代与温馨舒适的居住氛围。人性化的办公设施的装置是酒店客房的亮点。在大堂的万枫小铺全天候营业，里面有丰富的零食饮品作为外带简餐。万枫餐厅位于酒店十九层，以多样化的早餐拉起活力一天的序幕。此外，24小时健身中心，让宾客在旅途中也可保持运动习惯。100平米的多功能会议室，配备先进会议设施，轻松应对各类商务活动需求。

Fairfield by Marriott Hangzhou Gongshu

The recently opened Fairfield by Marriott Hangzhou Gongshu, near the Grand Canal Hangzhou, is an ideal choice for guests to explore Hangzhou. It boasts 131 guest rooms, located on floors 14 to 19, which are skillfully decorated in a warm color palette, creating a simple and modern, warm and comfortable living atmosphere. It features humanely designed office facilities, which is a highlight. The Fairfield shop in the lobby is open 24 hours a day, with a rich selection of snacks and drinks as takeaway light meals. Fairfield Restaurant is located on the 19th floor, offering a diversified breakfast to start a day full of energy. In addition, the 24-hour fitness center allows guests to maintain their exercise habits while on the journey, and a 100-square-meter event room, equipped with advanced conference facilities, which can easily cater to the needs of all kinds of business activities.

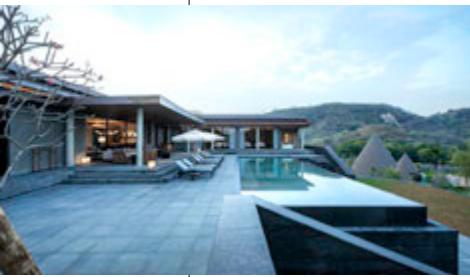


绍兴柯桥凯悦嘉轩酒店

3月开幕迎宾的绍兴柯桥凯悦嘉轩酒店，毗邻以古越文化为核心的千年历史遗迹柯岩景区和柯桥古镇、中国轻纺城、乔波冰雪世界，地理位置优越，可以尽情探索城市历史古韵。167间客房和套房，便捷的现代风格设计，营造出轻松融洽的氛围。早晨，可以用一杯香气四溢的咖啡，和本地新鲜果汁、绍兴特色的手工早味来开启美好的一天。不论是西式美食，还是当地特色美食，都能在嘉味餐厅享用到。酒吧的精品咖啡，特色鸡尾酒、沁水啤酒，打造一个悠闲小酌、放松身心的理想空间。24小时全天运营的便利店，更是贴心备至，提供当日新鲜制作的可供外带美食。

Hyatt Place Shaoxing Keqiao

Hyatt Place Shaoxing Keqiao, which opened on March 5, is located near the Keyan Scenic Area, Keqiao Ancient Town, China Light Textile City and Qiaobo Ice and Snow World, where guests can immerse themselves in the city's rich heritage. The 167 rooms and suites are designed in a convenient, contemporary style to create a relaxed atmosphere. In the morning, start the day with fragrant coffee, local fresh juice, and Western-style freshly baked products mixed with unique Shaoxing local treats. Whether it's authentic Western cuisine or Shaoxing specialties, The Kitchen offers a delightful selection. The bar offers coffee, specialty cocktails, refreshing beers and wine pairings, creating an ideal space for relaxation. The Market is open around the clock, offering a variety of freshly made items.



印尼纳闽巴霍TA'AKTANA 豪华精选水疗度假酒店

繁茂森林与粼粼波光的弗洛勒斯海海岸之间，隐匿着一处将自然之美与奢华体验相融合的世外桃源——印尼纳闽巴霍TA'AKTANA豪华精选水疗度假酒店。占地16公顷，拥有原生“绿地”景观和令人心醉神迷的自然美景。70间的精致客房，包括优雅套房、水上海景别墅和宽敞家庭别墅，每间套房均绘有展现Wae Rebo村特色景观和文化的生动图画，并提供管家服务，每处细节都值得细细品味。特色的三卧室豪华别墅，有精心挑选的芒加莱艺术品和手工艺品，提供私人机场接送和别墅专属入口的专属特权。此外，众多休闲娱乐和冒险包括奥林匹克标准游泳池、儿童俱乐部、健身房和桑拿房。



TA'AKTANA, a Luxury Collection Resort and Spa, Labuan Bajo

Nestled between lush forests and the shimmering shores of the Flores Sea lies a sanctuary where natural beauty meets luxury – TA'AKTANA, a Luxury Collection Resort and Spa, Labuan Bajo. Spread over 16 hectares of lovely natural beauty, the 70 stunning rooms, including 25 Villas and 45 Junior Suites, each suite paints a vivid picture of Wae Rebo Village's unique architecture and cultural richness, and 24-hour Butler service, are worthy of every attention to detail. The featured 3-Bedroom Mansion, with handpicked Manggarai arts and crafts, offers private airport transfers and exclusive privileges at the villa's exclusive entrance. Additionally, whether you prefer lounging by the Olympic-sized swimming pool, treating young ones to new adventures at the Kids Club, or reveling in breathtaking sunsets from the overwater bar, there's something for every guest.

曼谷奈乐安缇

城市酒店曼谷奈乐安缇于4月在泰国首都开业，坐落在曼谷使馆区奈乐庄园的葱茏绿洲之中，犹如都市中的一处静谧避风港湾。由建筑设计大师Jean-Michel Gathy操刀设计，将奈乐庄园保留了百年的建筑细节与当代元素相融合。树形雕塑，象征奈乐庄园内百年雨树的生命力。位于11至18层的52间套房，饱览室外的公园和城市景观，安缇套房则占据了整个18层。从招牌意大利餐厅Arva、技艺精湛的寿司料理店Sesui，到充满互动体验的铁板烧餐厅Hiori，每一间餐厅都丰富了曼谷的多元餐饮文化。安缇俱乐部会员专享露台位于19层，既可俯瞰天际线景观，又可使用完备的康养设施。

Aman Nai Lert Bangkok

Aman Nai Lert Bangkok, a city hotel, opened on April 2 in the Thai capital. Nestled within the green oasis of Nai Lert Park, it is a tranquil escape from the city. Designed by architect Jean-Michel Gathy, the hotel blends the century-old architectural details of the Nai Lert Park Heritage Home with contemporary elements. The 100-year-old Sompong tree in the center of the hotel is a symbol of the genesis of the hotel. The 52 suites are located on floors 11 to 18, and the Aman Suites occupy the entire 18th floor. Floor-to-ceiling windows frame views of leafy scenes and the city skyline, and many feature terraces for taking in the park's atmosphere. Each space enriches Bangkok's diverse dining culture, from Arva, Aman's signature Italian concept, to Sesui, a masterful omakase venue and Hiori, an interactive teppanyaki experience.



大阪柏典酒店

近期灵动启幕的大阪柏典酒店，作为柏典酒店及度假村位于日本的首家城市谧静之所，紧邻难波宫遗迹公园，距离著名的天守阁仅数步之遥。以天守阁的历史和大地艺术为灵感，酒店室内元素将自然元素、当地艺术家和匠人的艺术作品完美融合。共20层的酒店内，拥有221间客房与套房，自然采光充足的同时又不失简约雅致。值得一提的是豪华客房，是一个有着多重功能的融合空间，不仅提供品茶、瑜伽冥想的宁静之地、还设榻榻米休息区兼作沙发，无缝转换休闲与工作模式。6家餐厅和酒吧各具特色，既有在地特色美食，又有传统与创新相结合的绿色菜肴。柏典康养、宴会厅、婚礼堂等丰富设施也包含在内。

Patina Osaka

Recently opened as the first urban hotel under Patina Hotels & Resorts, Patina Osaka is nestled between the iconic Osaka Castle Park and the historic Naniwanomiya Park. Interiors unfold as a carefully choreographed journey where contemporary luxury finds harmony with enduring beauty. The 20-story hotel features 221 rooms and suites that are bathed in the sun's warm embrace and take in serene views of the surrounding nature and Osaka Castle. The guestroom interiors are inspired by the rich history and cultural heritage of the land. The Deluxe Rooms offer a multifunctional space that blends areas for tea and yoga, as well as a tatami seating area doubling as a sofa, allowing for seamless transitions between relaxation and work. The six restaurants and bars feature local specialties. They provide local cuisine, and green cuisine that fuse traditional techniques with modern innovation. The Patina Wellness, ballroom, Patina Chapel and other facilities are also included.

日本 美妙的物语四重奏

风景作谱、温泉为弦、动漫填词、美食点韵。李洁 文





Mt. Fuji and Cherry Tree

位

于欧亚大陆以东、太平洋西部，日本由数千个岛屿组成，众列岛呈弧形，岛国国土完全被海包围，并无与任何国家的陆地相连。这个融合了古老传统与现代风貌的国度，似乎是在为现代人寻觅生命的平衡。

去过日本旅行的人都有共同的体会：在这片土地上，每一帧风景和每一次呼吸都是疗愈，这源于其独特的地理环境、深厚的文化传统以及对自然的敬畏与融合。从北海道的雪原到冲绳的蔚蓝海岸，从富士山的庄严轮廓到屋久岛的幽深森林，日本多样的地貌不仅提供了视觉上的享受，更在精神层面给予人们宁静与慰藉。

日本人对四季的敏感与珍视，使自然的变化成为生活的一部分。春天的樱花短暂而绚烂，人们聚集在树下赏樱，感受生命的绽放与逝去；秋天的红叶如火如荼，漫步山间，仿佛置身于一幅流动的画卷；冬季的雪景静谧纯净，温泉的热气在冷空气中升腾，形成独特的治愈体验。这种对季节的细腻感知，让自然不仅仅是风景，更成为心灵的栖息地。

本土信仰“神道”赋予了自然神圣的意义。在日本传统文化中万物有灵，山川、森林、瀑布都被视为神灵的居所，神社常隐于古木参天森林之中，参拜之路本身就是一场净化心灵的旅程。奈良的春日大社、京都



Shikisai no Oka, Biei Town, Hokkaido

的伏见稻荷大社，无不与自然融为一体，让人在行走间感受到超越世俗的宁静。

温泉文化则是日本自然疗愈的另一个重要体现。火山活动带来的丰富地热资源，使得温泉遍布全国。从北海道的登别温泉到九州の别府地狱温泉，人们浸泡在热汤之中，身体被温暖包围，眼前是山林、大海或雪景，身心在自然的怀抱中得到彻底的放松。这种“汤治”传统，不仅是身体的疗养，更是一种回归自然的仪式。

世界闻名的森林浴的概念源自日本，并广泛被接受。科学研究表明，漫步在森林中，呼吸树木释放的芬多精，能够降低压力、提升免疫力。长野县、青森县等地设有专门的森林疗法基地，引导人们通过五感与自然深度连接。京都的竹林小径、苔寺的幽静庭院，则以极致的自然美学让人忘却尘世烦恼，进入冥想般的平和状态。

此外，日本的庭院艺术将自然浓缩于方寸之间。枯山水以砂石模拟江河，以苔藓象征岛屿，在极简中蕴含深远意境；回游式庭院则通过精心设计的路径，让人在漫步时感受移步换景的禅意。这些庭院不仅是视觉的享受，更是心灵的修行场所。

海啸、火山等自然灾害的频发，让身居岛国的日本人更加珍视自然的治愈力量。面对地震、台风的无常，他们发展出“物哀”美学，欣赏短暂而脆弱的美，如樱花的凋

零、积雪的消融。这种哲学使人们在自然的变化中学会接受与释怀，从而获得内心的平静。

无论是漫步于古老的熊野古道，静坐于龙安寺的石庭前，还是浸泡在面朝大海的温泉中，日本的自然景观总能在不经意间抚慰人心。它不仅是地理的馈赠，更是千百年来文化与自然交融的结晶。在这里，自然不仅是风景，更是一种生活方式，一种治愈心灵的力量。

探索自然风景

日本四季分明，自然景致丰富多元，让我们浅谈古都奈良公园、北海道的四季更迭、动漫现实感城市镰仓，分享一些中国游客最为心仪的美好去处。

奈良公园 万物有灵的朝圣之旅

奈良公园。日本的古都奈良，有着保留完好的奈良传统名胜古迹。在明治21年(1888年)成为了县立公园。大正11年(1922年)被指定为日本的国家名胜。位于奈良市街的东边，若草山山脚下，面积广阔，活泼友好的鹿在公园内随处可见。有着优越的自然环境，寺庙建于未受破坏的树林之中，湖水中有乌龟和鲤鱼自在悠游。相邻的东大寺中供奉着世界上最大的青铜佛像，相比京都那些经过反

复重修的建筑，奈良的寺庙要更为古老，也更加独特。

奈良公园因温驯可亲的鹿而闻名。园内绿意盎然，您可以和小鹿零距离接触，走到鹿的旁边与它们合影留念，或购买路边出售的鹿饼干亲手投喂萌萌的小鹿，但建议您在喂食时还是要多加小心。从大阪前往奈良市中心最为便捷。下车后，从近铁奈良站步行前往奈良公园只需5分钟，建议清晨造访，在薄雾中感受最原真的古都韵味。

北海道 四季流转的自然诗篇

无需滤镜修饰的美景，是这颗星球最纯净的告白。北海道用四季流转谱写自然史诗，每个季节都跃动着原始的生命力。在美瑛町，青池如同被施了魔法的镜面。这座因十胜岳喷发而意外形成的池塘，是因为人们为防止泥石流侵害而筑起堤坝，却意外成为了大自然的杰作。池水来自瀑布，呈现出蓝绿色、翠绿色和钴蓝色等各种色彩。它的模样还会随着四季更迭以及风雨云朵的变幻而改变，你永远不知道下一秒会展现出什么颜色。这一美景还被收录在了苹果MAC电脑的桌面壁纸中。冬季夜间的点灯活动，将冰面照出浪漫色彩，沉醉于梦幻神秘的时刻。

向东北行进至知床半岛。这里有着日本最原始、未被破坏的天然美景。从春季到秋



Kamakura Kokomae Station Railroad Level Crossing



Hokkaido Kamifurano Fukiage Spa



Nara Park

季，可以欣赏平静的“知床五湖”美景，或是在宇登吕乘船开启自然巡游，有机会看到海岸边带着幼崽的棕熊的温馨场景，还有鲸鱼、海豚、海豹等。冬季，在罗臼乘船观赏白尾海雕和虎头海雕，或者参加“流冰漫步之旅”，即穿着干式潜水衣在流冰上行走。

镰仓 海与电车的青春物语

镰仓，是日本神奈川县的滨海古城。七里滨延展出一道优美的海岸线，这里堪称拍摄富士山的黄金机位，蔚蓝的天空、湛蓝的海水，出片率很高。建议尽量选择晴天出行，因为阳光明媚的天气是出片的前提。往前步行10分钟左右到达镰仓高校前，打卡《灌篮高手》取景地的同款路口，当江之电穿梭在

眼前，记忆一瞬间被拉回到以前追动漫的时光。这一刻，现实与二次元的界限悄然模糊，耳畔仿佛响起了那首熟悉的《直到世界尽头》。继续乘电车到江之岛，它是镰仓西面的一个小岛，通过一座长400米的桥与陆地相连。在高耸于海岛中心的海蚀展望灯台，可以全方位俯瞰壮丽的江之岛全景。

温泉疗愈之旅

日本的温泉不仅仅是一池热水，它还承载着历史、文化和自然馈赠。遍布在日本的各个地方，为游客们提供了一种独特的放松方式。泡温泉不仅是一种享受，更是一种融合了自然、疗愈和日本人生活的文化体验，不妨来泡泡温泉，卸下身上疲惫，沉浸于温暖与静谧之中。

温泉的起源可以追溯至上千年以前。早在奈良时代，人们就发现了温泉的疗愈功效，如现在的草津温泉和马温泉，都有着悠久的历史。日本人在泡温泉前，有独特的礼仪文化，他们必须先在淋浴区彻底洗净身体，这是对他人尊重的表现。

此外，日本独特的地质构造——富士火山带与雾岛火山带的碰撞，造就了日本丰富多样的温泉图谱。硫磺温泉，冒着阵阵白烟，常见于火山地区，对皮肤病和关节炎有很好的疗效。碳酸氢盐温泉，水质柔滑，泡完后皮肤细腻光滑。氯化物温泉，适合体寒的人泡，具有保温的效果。铁泉，水呈红褐色，改善贫血。除了这些，还有许多温泉种类，每一种都有着不同的疗愈功效，可以根据自己的需求和喜好来选择自己想要体验的温泉。

还有一些非常著名的温泉胜地。北海道的登别温泉，天然温泉水从地狱谷流淌而下，形成天然浴池和九种泉质，富含天然矿物质元素。乳白色的硫磺泉可以养颜美容，而盐泉和金属泉也十分有益健康。

草津温泉。位于群馬县，空气中弥漫着硫磺味，以汤烟而闻名。泉水温度高，约55℃，酸度也高，据说可以治愈多种疾病，且对皮肤特别有好处。当水涌入绿宝石般的蓄水池时，阵阵热气翻滚而出。地热水直接从源头流到地表，沿着一系列相互连接的木制斜槽流动冷却，同时保留着其中的天然矿物质，再疏通到小镇的温泉酒店。记得一定要去尝尝用温泉水煮的温泉蛋。

如今，当代都市人的身体成为各种亚健康信号的接收器——失眠在深夜亮起红灯，

肩颈化作凝固的水泥，代谢系统像生锈的齿轮，而日本温泉里没有添加剂的化学残留，只有火山带酝酿千年的矿物质汤剂。这座由大地亲手打造的天然诊疗室，正以最原始的方式为我们重写人体与自然的对话密码，在寂静中专注感受矿物质渗透毛孔的细微颤动，完全沉浸在放松的身心中心。

二次元动漫的虚实世界

日本动漫构建了一个令人着迷的世界。故事涉及了各种题材，如热血、冒险、悬疑、治愈系等的动漫。这些题材多元的作品通过细腻精致的画风、丰富饱满的色彩，将观众带入极具沉浸感的艺术世界。

日本动漫的独特魅力在于它能将各种题材都转化为触动人心的故事。漫画不只是画画，精彩的故事才是灵魂。在《夏目友人帐》的治愈系世界里，夏目贵志与妖怪们的故事如同夏日微风，轻轻抚慰着都市人疲惫的心灵；《名侦探柯南》用一个个精巧的密室谜题，让观众在烧脑推理中寻找真相的快感；《蜡笔小新》则以野原新之助这个五岁小孩的视角，用无厘头的幽默展现日常生活中的温暖与欢笑，让观众在捧腹之余感受到家庭的温馨。那些陪伴我们成长的经典角色，像是《美少女战士》中月野兔的华丽变身，至今仍是无数女孩心中的英雄梦想；而皮卡丘可爱的“皮卡皮卡”声，则跨越语言障碍，成为全球通用的快乐密码。这些作品就像一扇扇神奇的任意门，带我们穿梭于不同的情感世界，在欢笑与泪水中找到共鸣。

虽然动漫业如此发达，但很多画家仍旧使用手绘，宫崎骏就是一个很好的例子。颤抖的双手仍执着地握着铅笔，依旧坚持自

己完成手绘画，精心创作出动画的每一个镜头。走进宫崎骏笔下的漫画世界，蓝天、森林、阳光，美好又治愈，仿佛跨越时空，与我们心中的纯真与美好紧密连接在一起。那些跃然纸上的森林精灵、飘浮城堡和龙猫巴士，不仅承载着日本传统美学的精髓，更成为连接现代人纯真本性的精神桥梁。

此外，日本动漫之所以能风靡全球，正因其独特的“三次元”感染力。从富有深度的情节到细腻的情感，从充满细节的绘画到天马行空的想象力，都展现出日本对于美学的追求，以及从这些角色中所反射出的思考，传递出的正能量并引发观众的共鸣与深思，使作品更加吸引世界各地人们的关注，带来了广泛的魅力。

而衍生的动漫文化也渗透在生活的各个角落。漫展不仅是动漫迷的聚集地，更是跨国文化交流的平台。在那里，有着Cosplay和与动漫相关的谷子周边，包括徽章(吧唧)、海报、娃娃等；Coser们用精湛的装扮打破次元壁；“痛包”文化让周边变成移动的展柜；从便利店限定商品到高端品牌联名，动漫元素正在重构现代消费美学。这些现象表明了，在未来都市的霓虹灯海里，动漫早已不是逃避现实的窗口，而是虚拟与现实的相互渗透。

美食的神经按摩术

日本料理，在口味和精致的摆盘上，为食客们带来了一场场味蕾的盛宴。从寿司的鲜美到拉面的浓郁，从怀石料理的高雅到街头的地道小吃，有着多元饮食文化。人们不仅可以品尝到地道的美食，更能感受到日本文化的深厚底蕴。

寿司。一提起寿司，就会想到日本，它是日本最具代表性的料理。寿司是“Su(醋)”和“Meshi(饭)”这两个词的合成词。英文的意思是醋和饭。因此，是指微甜醋饭(有时也称为“Shari(饭)”)加上或生或熟的海鲜、蛋或蔬菜等配料(也称为“Neta(素材)”)制作的美食。这是一种能在各种餐厅以不同价位享用的美味，从路边居酒屋到精致寿司餐厅，均可品尝。

寿司呈现的品类风格也很多样化，代表性的握寿司，由手捏特制饭团，放上配料组合而成。厨师将配料放在铺好的板上，再用竹帘卷紧，形成了独一无二的寿司卷。散寿司的做法不是用海苔卷起来，而是在食器内盛装醋饭，再铺上素材。

在享用美味寿司的同时，还可以搭配饮用各种饮品。传统的搭配饮品是热绿茶，又称玄米茶，这是一种混入烤米的绿茶。当然，清酒也是寿司的绝配。您可向服务生请教最适合配餐的清酒。在炎热的夏季，最适合搭配甜度较高的冰凉清酒。在寒冷的冬季，最适合搭配甜度低的温清酒。

拉面。对于喜欢吃面食的人来说，拉面是绝对不可错过的美食。大致分成四大口味。其中三种以味噌、盐味和酱油味的调味料来区分，第四种则是豚骨味(猪骨高汤)。这里的拉面随处可见，不同地区的拉面，特色也不同。北方的札幌有佐奶油片的味噌拉面，南方的鹿儿岛有鸡骨和沙丁鱼高汤的豚骨猪肉拉面。

这里大多数的拉面店店面不大，所以慢慢吃面是不礼貌的，尽量在吃完后就离开，方便下一位客人落座。如果当你的邻桌在大口吸面，不是不礼貌，而是这是拉面的标准吃法。当然，您也可以尝试一下这样吃面，沉浸式地感受一下当地用餐体验。

怀石料理。它的名字来源寓意深远，与抵制饥饿有关系。怀石来自于禅道；为了在长久听禅中抵制饥饿，肚子抱石一块，称为“怀石”；后来就有了给听禅僧人的茶点，再后来有了最负盛名的怀石料理。

怀石料理是提供多道日式菜肴的传统日式晚餐，象征着高雅与精致。很注重当季食材与摆盘方式。每道菜都是色香味俱全。每个环节都经过仔细思量，包括为每道菜准备的餐具，有陶器、瓷器、漆器。这种对细节的极致追求，让用餐过程升华为一场全方位的艺术体验。怀石料理的基本要素有烤鱼、汤和饭类料理，但并不只限于此。您可能会看到以超乎您想象的方式烹制而成的当地时蔬，而这些时蔬您可能从未听说过。

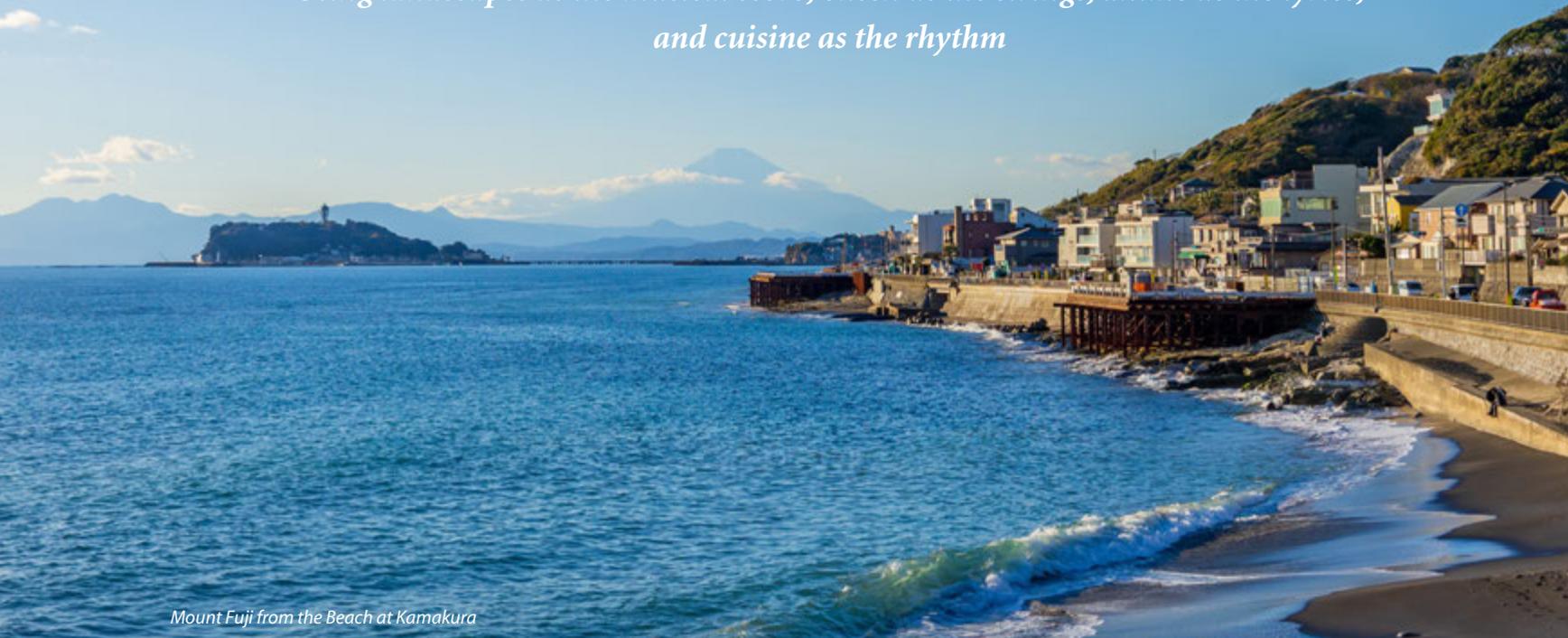
日本这片神奇的土地上，以风景作谱、温泉为弦、动漫填词、美食点韵，演奏着治愈的生命协奏曲。



JAPAN

A Quartet of Life

*Using landscapes as the musical score, onsen as the strings, anime as the lyrics,
and cuisine as the rhythm*



Mount Fuji from the Beach at Kamakura

Japan is a country whose natural landscapes possess a profound healing beauty, rooted in its unique geography, deep cultural traditions, and reverence for nature. From the snowy plains of Hokkaido to the azure coasts of Okinawa, from the majestic silhouette of Mount Fuji to the primeval forests of Yakushima, Japan's diverse terrain offers not only visual splendor but also spiritual tranquility and solace.

The Japanese people's sensitivity and appreciation for the changing seasons make nature an integral part of life. The fleeting yet breathtaking cherry blossoms in spring draw crowds who gather under the trees, contemplating the beauty of life's transience. In autumn, fiery maple leaves set the mountains ablaze, turning every hike into a journey through a living painting. Winter's serene snowscapes, paired with the rising steam of hot springs, create a uniquely therapeutic experience. This delicate awareness of seasonal shifts transforms nature from mere scenery into a sanctuary for the soul.

Shinto beliefs imbue nature with sacred significance. In Japanese tradition, mountains, forests and waterfalls are seen as dwelling places of the gods. Shrines often nestle within ancient groves, and the path to worship itself becomes a journey of spiritual purification. Places like Nara's Kasuga Taisha and Kyoto's Fushimi Inari Taisha seamlessly blend with their natural surroundings, evoking a sense of peace that transcends the mundane.

Hot spring culture is another cornerstone of Japan's natural healing. The country's volcanic activity has blessed it with abundant geothermal resources, resulting in countless onsen (hot springs) across the land. From Noboribetsu in Hokkaido to Beppu's "hell springs" in Kyushu, soaking in the mineral-rich waters while surrounded by forests, ocean views, or snowscapes offers complete relaxation for both body and mind. This tradition of "tōji" (hot spring therapy) is not just physical rejuvenation but a ritual of reconnecting with nature.

The concept of "forest bathing" (shinrin-

yoku) originated in Japan and has since gained global recognition. Scientific studies confirm that walking through forests and breathing in phytoncides — natural compounds released by trees — can reduce stress and boost immunity. Regions like Nagano and Aomori have designated forest therapy bases, guiding visitors to engage deeply with nature through all five senses. The bamboo groves of Kyoto and the moss-covered gardens of temples like Saihō-ji (Kokedera) offer such exquisite natural beauty that can transport visitors into a meditative state of calm.

Japanese garden artistry further distills nature into contemplative spaces. Zen rock gardens (karesansui) use raked gravel to mimic flowing rivers and moss to symbolize islands, conveying profound meaning through minimalism. Stroll gardens (kaiyū-shiki teien) are designed with winding paths that reveal shifting vistas, encouraging mindful walking as a form of meditation. These gardens are not just visual feasts, but also sanctuaries for inner reflection.



Mountain Fuji

Ironically, Japan's frequent natural disasters — earthquakes, typhoons — have deepened its people's reliance on nature's healing power. The philosophy of "mono no aware," an appreciation of impermanence, finds beauty in life's fragility, such as falling cherry petals or melting snow. This worldview teaches acceptance and serenity in the face of change, offering emotional solace.

Whether walking the ancient Kumano Kodo pilgrimage routes, sitting before the stone garden of Ryoan-ji, or soaking in an ocean-view onsen, Japan's landscapes have an uncanny ability to soothe the soul. Its nature is not just a geographical gift but the culmination of centuries of cultural harmony with the environment. Here, nature is more than scenery — it is a way of life, a timeless force that heals the heart and mind.

Discovering Japan's natural wonders

Japan's breathtaking landscapes offer Chinese travelers an unforgettable journey through some of the most stunning natural and cultural sites. From the sacred deer of Nara Park to Hokkaido's ever-changing beauty and Kamakura's cinematic seaside charm, each destination promises unique and awe-inspiring experiences.

Nara Park: where nature meets spirituality

Nestled at the foot of Mount Wakakusa in Japan's ancient capital, Nara Park is a sprawling sanctuary of history and wildlife. Established in 1888 and later designated a National Scenic Spot, this verdant expanse is home to centuries-old temples, tranquil ponds teeming with turtles and carp, and — most famously — over 1,000 freely roaming sika deer.

These gentle creatures, considered sacred messengers of the gods, allow visitors to interact closely, even accepting specially sold "shika senbei" (deer crackers). However, their friendly nature shouldn't be mistaken for complete docility — approach with care! The park's timeless beauty, particularly at dawn when mist softens the landscape, makes it a favorite among photographers. Nearby, the UNESCO-listed Tōdai-ji Temple houses the world's largest bronze Buddha statue, a testament to Nara's deep spiritual heritage.

Access is effortless: just a 5-minute walk from Kintetsu Nara Station, making it an easy day trip from Osaka.

Hokkaido: A masterpiece of the seasons

Hokkaido's untamed wilderness transforms dramatically with the seasons, offering nature's purest spectacle. Near the town of Biei lies the

surreal Blue Pond, its waters shifting between turquoise, emerald, and cobalt due to natural minerals from Shirahige Falls. Initially created to prevent volcanic mudflows, this ethereal pool gained global fame as an Apple Mac wallpaper — yet its true magic lies in person, especially in winter when illuminations dance across its frozen surface.

For a deeper immersion into Hokkaido's wild heart, the Shiretoko Peninsula — a UNESCO World Heritage site — awaits. From spring to autumn, the Shiretoko Five Lakes reflect the rugged landscape like mirrors, while boat cruises reveal brown bears foraging along the shore and whales breaching in the rich seas. Winter brings another wonder: drift ice tours where visitors clad in dry suits walk atop frozen floes, or eagle-watching cruises to spot majestic Steller's sea eagles soaring overhead.

Kamakura: A living anime dream

Just south of Tokyo, Kamakura blends history with the nostalgic charm of classic anime. Shichirigahama Beach offers one of Japan's most iconic views — a golden crescent of sand framing Mount Fuji against endless blue horizons (best photographed on clear mornings). A short stroll leads to Kamakurakōkōmae Station, where the vintage Enoshima Electric Railway rattles past



in a scene straight from Slam Dunk, blurring the line between memory and reality.

Hop on the train to Enoshima Island, linked to the mainland by a scenic 400-meter bridge. At its center, the Enoshima Sea Candle lighthouse rewards climbers with panoramic views of Fuji, the Pacific, and the Izu Peninsula — a perfect finale to this coastal fairytale.

The sacred ritual of Japanese onsen

Japan's onsen are far more than simple hot springs — they are living embodiments of the nation's profound connections to the earth, to history, and to human wellness. These geothermal sanctuaries, scattered across the volcanic archipelago, offer a restorative experience that transcends ordinary relaxation, blending therapeutic benefits with centuries-old cultural traditions.

The practice of onsen bathing traces its origins to the Nara period over a thousand years ago, when the healing properties of mineral-rich waters were first documented. Historic springs like Kusatsu and Arima have welcomed seekers of rejuvenation since ancient times, preserving rituals that continue today. The bathing ceremony begins with purification — a thorough cleansing in shower areas before



Open-air Bath of Japan

entering the waters — demonstrating respect for both tradition and fellow bathers.

Japan's unique geology, shaped by the collision of the Fuji and Kirishima volcanic belts, has created an extraordinary diversity of therapeutic springs. Volcanic zones produce sulfur-rich waters that alleviate skin conditions and arthritis, while bicarbonate springs leave the skin remarkably soft. Chloride springs offer warmth to those suffering from poor circulation, and iron-infused waters — recognizable by their reddish hue — help combat anemia. Each variety possesses distinct mineral compositions that address specific ailments, forming nature's own apothecary.

Among Japan's most revered hot spring destinations is Hokkaido's Noboribetsu Onsen, where waters cascade from the dramatic Jigokudani, or "Hell Valley." These mineral-rich flows create nine distinct types of therapeutic baths, including milky sulfur pools renowned for their skin-softening properties. Further south in Gunma Prefecture lies Kusatsu Onsen, an iconic hot spring town where sulfuric vapors perfume the air. At its heart, the Yubatake — a steaming emerald reservoir — receives 55°C waters so acidic they are believed to cure numerous ailments. The geothermal liquid travels through wooden channels, cooling gradually while retaining its potent minerals before reaching the baths of local ryokan. No visit is complete without sampling onsen tamago, eggs slow-cooked in these mineral-rich waters.

In modern life, where stress manifests itself with sleepless nights, stiffened muscles, and weary bodies, onsen offer a primal antidote.

Unlike artificial remedies, these waters contain no chemical additives — only the earth's own minerals, perfected over millennia. As bathers immerse themselves in these natural clinics, a profound awareness emerges: the subtle penetration of healing elements through skin, the synchronization of breath with the hot springs' rhythm, and the gradual surrender to deep, cellular restoration. Here, in the silent communion between body and geothermal waters, true healing begins — not merely of flesh and bone, but of the spirit itself.

Where anime and reality converge

Japanese works of animation create breathtaking universes that transcend mere entertainment, weaving intricate narratives across genres — from adrenaline-fueled adventures and mind-bending mysteries to soul-soothing slice-of-life tales. Through masterful artistry and vibrant visual poetry, these animated worlds become gateways to profound emotional experiences, blurring the lines between fantasy and our shared human condition.

At its core, anime transforms imaginative concepts into deeply moving stories. Take the gentle melancholy of Natsume's Book of Friends, where a boy's encounters with spirits drift across the screen like dappled sunlight through maple leaves, offering urban viewers rare moments of tranquility. Contrast this with Detective Conan's razor-sharp puzzles that ignite our intellectual curiosity, or Crayon Shin-chan's uproarious yet tender portrayal of childhood that makes audiences worldwide laugh while hugging their own families tighter. Timeless



Nara Park

icons like Sailor Moon continue inspiring generations with her message of courage, while Pikachu's joyful spark has become a universal language of delight. These creations function like Doraemon's magical doors — whisking us across emotional spectrums where every laugh and tear feels intimately personal.

Behind this technological marvel lies an enduring reverence for craftsmanship. Legendary creators like Hayao Miyazaki still guide pencils across paper with trembling yet determined hands, each stroke infusing scenes with breathtaking vitality. His hand-drawn worlds — where forest spirits dance in sunbeams and enchanted castles drift through clouds — don't merely depict beauty; they resurrect our dormant sense of wonder. These animations serve as spiritual bridges, reconnecting modern audiences with the purity we often lose in adulthood, all while preserving Japan's exquisite artistic traditions.

What makes Japanese anime universally irresistible is its multidimensional storytelling power. Complex narratives intertwine with delicate emotional textures, while meticulous artwork frames boundless imagination. This alchemy reflects Japan's profound aesthetic philosophy, where characters become vessels for timeless human truths — their struggles and triumphs radiating positive energy that transcends cultures. From a teenager's coming-of-age to epic battles between cosmic forces, these stories spark introspection while entertaining, creating global fandoms that span continents.

The resulting anime culture has revolutionized modern life itself around the world. Comic conventions have evolved into vibrant crossroads of global exchange, where

cosplayers' breathtaking transformations make fantasy tangible, and "itabags" turn everyday accessories into curated art displays. Limited-edition collaborations between anime franchises and luxury brands redefine consumer aesthetics, while neighborhood convenience stores become treasure troves of collectibles. In today's neon-lit metropolises, anime no longer represents escape — it's the dynamic interplay between imagination and reality, where the stories we love reshape how we live, connect, and see the world around us.

The art of Japanese cuisine

Japanese cuisine offers a profound sensory experience that transcends mere eating, blending exquisite flavors with artistic presentation into a cultural revelation. From the pristine simplicity of sushi to the comforting depth of ramen, from the refined elegance of kaiseki to the joyful spontaneity of street food, each dish represents a chapter in Japan's rich culinary narrative.

Sushi stands as Japan's most iconic gastronomic ambassador, its very name revealing its essence — a harmonious marriage of "su" (vinegar) and "meshi" (rice). This refers to the delicate balance of seasoned rice paired with fresh seafood, vegetables or egg, creating perfect mouthfuls that range from everyday comfort to haute cuisine. The artistry of sushi manifests in various forms: Nigirizushi features hand-pressed rice topped with premium ingredients, Makizushi presents tightly rolled cylinders of flavor, while Chirashizushi offers a vibrant scattering of toppings over rice. Traditionally accompanied by green tea or nutty genmaicha, sushi also finds perfect harmony with sake — crisp and chilled for summer



Variety of Sushi Rolls

evenings, gently warmed for winter nights.

Ramen represents Japan's ultimate comfort food, with four foundational broths forming its culinary compass. The clear salinity of shio, the umami depth of shoyu, the hearty richness of miso, and the creamy indulgence of tonkotsu each tell a different story. Regional variations abound, from Sapporo's butter-enriched miso ramen to Kagoshima's complex pork-and-seafood tonkotsu. Ramen culture comes with its own rituals — the enthusiastic slurping of noodles isn't just permitted but encouraged, as it enhances both flavor and texture while cooling the hot broth.

Kaiseki-ryori embodies the pinnacle of Japanese culinary refinement, tracing its origins to Zen monks who placed warm stones in their robes to stave off hunger. What began as simple sustenance evolved through tea ceremony traditions into an exquisite multi-course meditation on seasonality. Each carefully composed dish balances flavor, texture and visual poetry, served on artisanal tableware that complements the food's aesthetic. While grilled fish, soup and rice form the foundation, unexpected seasonal vegetables and innovative preparations transform the meal into an edible haiku.

In Japan's cultural symphony, cuisine provides the essential rhythm - the steady beat that connects landscape's visual melody, onsen's restorative pauses, and anime's imaginative lyrics. Together they create a harmonious composition where tradition and innovation dance in perfect balance, inviting all who visit to taste, see and feel the soul of Japan through its most delicious expressions. Every bite becomes not just nourishment, but a profound connection to many centuries past of culinary wisdom and aesthetic philosophy.



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从东京麻布台的活力街区，到京都的山林谧境、再到大阪城的繁华璀璨，领略日本传统美学与现代奢华的碰撞，开启一场顶级酒店与度假村水疗之旅。

From the dynamic neighborhood of Tokyo's Azabudai Hills, to the serene mountain retreats of Kyoto, and the bustling splendor of Osaka, enjoy the harmonious clash of Japan's traditions and modern luxury. Embark on a luxurious spa hotel and resort journey.



安缦京都

安缦京都藏身于蓊郁森林深处的一处僻静园林内，旨在让宾客暂离尘嚣，沉浸于世外桃源的怀抱之中。酒店距离大阪国际机场仅有1小时车程。这个由几何线条呈现的客房与庭阁空间，与室外景色和古老蓊郁园林相融相依。围绕度假村附近的富含矿物质的泉水被用作水疗护理。安缦水疗中心的一系列天然美容养生成分，如京都绿茶、丹波黑豆、本地清酒、冷榨山茶油等，带来新奇的放松与疗愈体验。其他理疗项目包括指压按摩、针灸、安缦高级面部护理等，满足不同宾客的需求。

Aman Kyoto

Set in a secret garden at the heart of a forest, Aman Kyoto offers an escape from the hustle and bustle of the world, inviting guests into an embrace of a secluded world apart, just a one-hour drive from Osaka International Airport. Rooms and Pavilions are a contemporary homage to the traditional Japanese Ryokan inn, strikingly minimalist in their geometry, allowing each space to exist and breathe with the landscape and historic forested gardens that surround, instilling a sense of calm. The mineral-rich water that springs near Aman Kyoto is central to the philosophy at the resort's Aman Spa. Its plentiful natural apothecary, including Kyoto green tea, tamba kuromame black beans, local sake and cold-pressed camellia oil, brings a novel experience of relaxation and healing. Other treatments include Shiatsu, acupuncture and moxibustion, Aman Advanced Facial.

京都丽思卡尔顿酒店

京都丽思卡尔顿酒店坐落于风景如画的鸭川河之滨，拥有闻名遐迩的东山美景。陈列的409件现代日本艺术作品，为空间注入浓厚的艺术气息。酒店共有134间客房。丽思卡尔顿水疗中心是一处静谧优雅的避世圣地，宾客可以在这里尽享豪华绿洲，唤起深度放松的舒缓氛围。其打造的7间护理室，提供众多的护理，包括头皮和头发护理、面部护理、身体裹敷、按摩等。还设有恒温泳池和24小时健身中心等设施。4间各具特色的餐厅供应日本料理和西式美食，为四海食客呈现多元化的美食体验。

The Ritz-Carlton, Kyoto

The Ritz-Carlton, Kyoto sits on the banks of the picturesque Kamogawa River, with sweeping views of the famous Higashiyama mountains. The hotel showcases 409 pieces of modern Japanese artwork on display, infusing the space with a rich artistic ambiance. It features 134 guest rooms. The Ritz-Carlton Spa is a serene and elegant sanctuary where guests can immerse themselves in a luxurious oasis, enveloped in a soothing atmosphere. The spa offers seven treatment rooms, providing an extensive menu of treatments, including scalp & hair treatment, facials, body wrap, massages, and more. Additional facilities include a heated swimming pool and a 24 hour fitness center. Four distinctive restaurants serve both Japanese and Western cuisine, offering a diverse culinary experience to diners from all over the world.



迦努东京

麻布台是港区的一处充满活力与创意的街区，而迦努东京正是东京麻布台山的唯一一家酒店。酒店内122间客房和套房将东京迷人天际线一览无余。八个餐饮和社交场所，如受到典型意大利市场的季节性启发的迦努Mercato，选用当地新鲜食材；迦努Patisserie沿袭欧洲糕点手工制作传统；迦努烧烤店彰显“生火做饭”的简单乐趣。康养空间占地4,000平方米，将古老的治疗原理与先进的康养技术相结合。水疗区配有土耳其浴和俄式桑拿，消散旅途的疲惫。宾客还可在运动教室中体验动感单车、拳击课、瑜伽等课程。

Janu Tokyo

Azabudai Hills in the Minato district of Tokyo is a dynamic and creative neighborhood, and Janu Tokyo is the only hotel in Azabudaiyama. The hotel's 122 guest rooms and suites offer sweeping views of Tokyo's stunning skyline. Eight dining and socialising destinations, such as Janu Mercato, inspired by the seasonality of the quintessential Italian market and serving fresh local ingredients; Janu Patisserie, which follows the artisanal tradition of European pastry making; and Janu Grill, which celebrates the simple pleasure of cooking with flame. Stretching across 4,000 sqm, the wellness space combines ancient healing principles with advanced wellness technologies. The spa area is equipped with a traditional hammam or banya to dissipate the fatigue of the journey. Guests can also experience classes such as a spinning, boxing class and yoga.



京都六善酒店

京都六善酒店伫立在宁静的东山区，毗邻妙法院、京都国立博物馆和三十三间堂佛寺，漫步间可领略京都的千年风华。该酒店的设计灵感源自文学巨著《源氏物语》及古代民间传说，体现了那个时代“Miyabi”（雅）的美学理念和高雅情致。共有81间客房和套房，无论是古雅清幽的内部庭院，还是流光溢彩的城市风光，都能营造出温馨与纯正的日式风情。六善水疗中心，内设四间护理套房，巧妙结合了智能科技、传统疗法和日本禅宗文化。宾客可在Watsu（水中身体疗法）水疗池处，穿着泳衣漂浮于水面之上，通过按摩和拉伸手法让肌肉松弛，疏通能量通道，提高活动能力与灵活性。

Six Senses Kyoto

Six Senses Kyoto is located in the tranquil Higashiyama district, close to the Myoho-in Temple, Kyoto National Museum and Sanjusangendo Buddhist Temple, and within walking distance of a thousand years of Kyoto's splendor. Design touches inspired by the literary masterpiece Tales of Genji as well as ancient folklores are woven through the hotel, embodying the aesthetics and elegant sensibility of the notion of Miyabi back in the period. A total of 81 rooms and suites offer the warmth and authenticity of Japanese style, from the internal courtyard to the city. The Six Senses Spa, with four treatment suites, skillfully combines smart science, traditional healing, and Japanese Zen culture. The Watsu (Aquatic Bodywork), where guests float in their swimsuit and use massage and stretching techniques to soften muscles, and open energy pathways to increase mobility and flexibility.



安缦伊沐温泉度假村

安缦伊沐温泉度假村位于英虞湾旁，掩映于伊势志摩森林覆盖的群山之中，属于日式旅馆风格，也是安缦首个温泉度假村。缓步其间，感受日式温度的宁静氛围。24间套房和4间两居室别墅，或有浪漫海湾依偎近旁，或有清丽花园簇拥环绕，每间均配有私人日式温泉，尽享大自然神奇的疗愈力量。占地2,000平方米的安缦伊沐水疗中心，植根于六世纪日式温泉浸浴传统，内设4间护理套房。日式温泉浴池，引自附近一眼富含疗愈功效的天然矿物的温泉，有效促进身心健康。护理采用当地应季疗愈成分，如珍珠粉、海藻及传统汉方草本疗法所用草药和植物。

大阪四季酒店

在大阪繁华的心脏地带，大阪四季酒店以现代视角重新诠释了传统日式旅馆的古典气韵，让宾客真切感受到日本独特魅力。酒店28层的GENSUI玄水层是大阪首个现代日式旅馆体验楼层，共设有21间客房和套房，每间均铺有榻榻米地垫、推拉门和传统日式豪华榻榻米软床铺等元素。位于36层的水疗中心，配备5间护理室，其中包括一间配有私人浴室的双人套间。在这里，宾客可以体验日式传统浴池或桑拿房，在静谧绿洲中感受康养之旅。餐饮体验也同样独具特色，在江南春品尝地道的粤菜风味，或是寿司店里享用精心制作的寿司。

Four Seasons Hotel Osaka

In the bustling heart of Osaka, Four Seasons Hotel Osaka provides a pitch-perfect modern take on the quintessential ryokan (traditional Japanese inn) with a range of unique, immersive experiences that deliver a true sense of Japan. The hotel's 28th-floor GENSUI is Osaka's first modern ryokan experience, featuring 21 guest units, each with elements such as tatami mat flooring, sliding doors and the luxurious soft mattress of a traditional Japanese futon. The Spa at Four Seasons Hotel Osaka, located on the 36th floor, boasts five treatment rooms, including a couples' room with a private bath. Here, guests can experience a Japanese tradition with public and private ofuros or sauna rooms, and can embark on a wellness journey in an oasis of tranquility. The culinary journey is equally unique, with authentic Cantonese cuisine at Jiang Nan Chun or expertly crafted dishes at Sushi L'Abysse Osaka Yannick Alléno.

Amanemu, Ise-shima, Japan

Nestled beside Ago Bay, amid the forested hills of Ise-Shima, the ryokan-inspired Amanemu marks Aman's first onsen resort. Take a walk and immerse guests in Japan's serene ambiance. The 24 suites and 4 two-bedroom villas, each feature a private onsen where guests can experience the healing power of nature. Rooted in Japan's sixth-century tradition of onsen bathing, the Amanemu's 2,000-square-meter Spa features four treatment suites. The onsen pools are fed by a nearby hot spring, which provides water that is naturally rich in healing minerals to promote well-being. Treatments incorporate local and seasonal ingredients, including pearl powder, seaweed, and herbs and plants used in traditional kampo therapies.



和风东渐

日本料理在中国的精致绽放



在中国大城市的街头巷尾，东瀛风情已然融入到人们的日常生活。日本料理，这个曾经只存在于外交场合和高端酒店的异国珍馐，如今已是都市饮食文化中不可或缺的一部分。从最初的好奇尝试到现在的深度接纳，日本料理在中国的这段旅程，不仅是一场味觉的迁徙，更是一次文化的对话。

回溯到上世纪80年代改革开放初期，在北京一家名为“樱”的日料店里，中国食客第一次近距离接触到了寿司、刺身这些陌生的美食。当时的场景或许有些生涩——厨师小心翼翼地处理着来之不易的进口食材，顾客则带着既好奇又犹豫的心情尝试着生食文化。这种小心翼翼的初遇，却开启了一段长达四十年的美食情缘。

之后的二十多年里，中日经贸往来的日益密切，诸多日本企业来到中国投资兴业。为了满足日籍员工的需求，一批批更为地道的日料店首先在沿海城市涌现。2004年，中国取消日本农产品进口限制的决定，为日料行业带来了质的飞跃。新鲜肥美的三文鱼、甘甜饱满的北海道海胆开始出现在中国食客的餐桌上，日料的品质和种类都得到了前所未有的提升。

来到中国后，日本料理展现出了惊人的文化适应力。精明的厨师们发现，完全照搬日本本土的做法并不总能获得中国食客的青睐。于是，一场美味的中日对话在厨房里悄

然展开。四川花椒的麻与日式酱油的鲜在“麻辣三文鱼刺身”中相遇；中国人对热食的偏爱催生了“炙烤芝士寿司卷”的创新；就连传统的味噌汤也根据中国各地的口味进行了微妙的调整。这种改变不能被简单的认为是一种妥协，而是商业智慧与饮食需求的交融与升华。当然，追求正宗日料，也始终是高端中国食客们的目标。

日料一直以“健康”著称，其健康密码首先体现在食材的选择上。新鲜的海鱼富含优质蛋白质和Omega-3脂肪酸，海藻类食物提供丰富的矿物质，发酵食品如味噌、纳豆则富含益生菌。这些食材的搭配，构成了一个营养均衡的饮食体系。

独特的烹饪方式也是日料健康的保证。生食保留了食材最完整的营养，清蒸、炖煮等低温烹饪方式避免了营养流失，而少量的油炸食品也通过沥油处理减少了油脂摄入。就连看似简单的切工技艺，也暗含着便于消化吸收的考量。

日本料理讲究“旬食”，遵循时令选择食材。这种顺应自然规律的饮食方式，不仅确保了食材的最佳营养状态，更暗合了中医“天人相应”的养生智慧。一餐典型的日料包含多种小份食物，这种多样化、适量的进食方式，正是现代营养学所推崇的。

深究日本料理在中国成功的奥秘，我们会发现其中蕴含着深刻的文化共鸣。虽然表现形式各异，但中日饮食文化都强调对自

然的敬畏、对时令的尊重。日本料理中“一期一会”的待客之道，与中国“有朋自远方来”的传统礼仪遥相呼应；怀石料理追求的自然意境，与道家“天人合一”的思想不谋而合。这种精神层面的契合，使得中国消费者在品尝日料时，往往能获得超越味觉的文化认同感。

走进今天中国任何一家大型购物中心，几乎都能找到日本料理的身影。从高端怀石料理到亲民的旋转寿司，从居酒屋到拉面店，日本料理已经构建起完整的价格谱系和消费场景。据统计，中国日料店的年营业额已突破千亿元大关，创造了数以万计的就业机会。更令人惊叹的是，即使在疫情期间，许多日料品牌通过外卖创新和套餐设计，依然保持了强劲的市场活力。

日本料理的繁荣也深刻影响着中国餐饮业的整体生态。它如同一股清流，推动着整个行业对食材品质和服务细节的重视。如今，越来越多的中国餐厅开始借鉴日料的呈现方式和用餐体验，甚至连传统的中华料理也在汲取日本餐饮精益求精的精神。与此同时，日料店对高品质海鲜的需求，带动了中国相关养殖业和进口贸易的发展，形成了一个良性循环的产业链。

真正的美食没有国界，优秀的文化自会找到知音。在这个全球化与本土化并存的年代，饮食文化的交流不再是单向的输出或输入，而是双向的对话与共创。当中国厨师开始用本地食材创新日式料理，当日本师傅学习中国烹饪技法改良传统菜品时，美食已经超越了单纯的味觉享受，成为了连接人心的桥梁。高端omakase餐厅将继续探索极致的美食艺术，而社区日料小店则会成为邻里生活中的温暖存在。外卖和半成品市场的发展，将使日料走进更多中国家庭的日常餐桌。随着环保意识的增强，可持续发展和本地化食材的应用也将成为行业的新趋势。

日本料理在中国的这段旅程，恰如樱花飘落般自然而美丽。它不疾不徐地融入中国的城市肌理，成为多元饮食文化中一道独特的风景。在这个充满不确定性的时代，美食文化交流所带来的理解与尊重，或许正是我们最需要的慰藉与希望。当中国食客用筷子夹起一片寿司，当日本厨师学习使用中国香料时，两种古老文明正在餐桌上进行着最动人的对话。

The Eastward Journey of Washoku

The Exquisite Bloom of Japanese Cuisine in China

In the streets and alleys of China's major cities, the elegance of Japanese culture has in many ways seamlessly woven itself into daily life. Japanese cuisine, once an exotic delicacy confined to luxury hotels, has now become an indispensable part of China's urban culinary culture. From initial curiosity to deep appreciation, the journey of Japanese food in China is not merely a migration of flavors but a profound cultural dialogue.

Rewinding to the early 1980s during China's reform and opening-up, diners at a Beijing restaurant named "Sakura" encountered sushi and sashimi for the first time. The scene was tentative — chefs meticulously handled hard-to-source imported ingredients while customers sampled raw seafood with a mix of fascination and hesitation. This cautious first encounter marked the beginning of a long-running culinary romance.

Over the next two decades, as Sino-Japanese economic ties strengthened, numerous Japanese businesses invested in China. To cater to expatriate employees, authentic Japanese restaurants began flourishing in many major cities. A pivotal moment came in 2004 when China lifted restrictions on Japanese agricultural imports, elevating the industry to new heights. Plump, fresh salmon and sweet Hokkaido sea urchin graced Chinese tables,

enhancing both the quality and variety of Japanese dining experiences.

In adapting to China, Japanese cuisine demonstrated remarkable cultural flexibility. Astute chefs realized that strict adherence to traditional methods didn't always resonate with local palates. Thus began a delicious Sino-Japanese culinary dialogue: the numbing spice of Sichuan peppercorns met the umami of soy sauce in "spicy salmon sashimi"; Chinese preferences for hot dishes inspired innovations like "seared cheese sushi rolls"; even miso soup underwent subtle regional tweaks. These adaptations were not mere compromises but a fusion of culinary wisdom and market needs — though purists still seek out high-end authentic experiences.

Renowned for its health benefits, Japanese cuisine's nutritional philosophy begins with ingredient selection. Fresh seafood provides lean protein and omega-3s, seaweed offers vital minerals, and fermented foods like miso and natto deliver probiotics, creating a balanced dietary ecosystem.

Its cooking methods further safeguard nutrition. Raw preparations preserve nutrients intact, while steaming and simmering minimize loss. Even minimal frying, with careful oil draining, reduces fat intake. Precision knife skills, meanwhile, aid digestion.

The concept of "shun" (seasonal eating)

mirrors traditional Chinese "harmony between man and nature" philosophy, ensuring peak nutrition. A typical meal's assortment of small, varied portions aligns perfectly with modern dietary science.

The secret to Japanese cuisine's success in China lies in deep cultural synergies. Both culinary traditions revere nature's rhythms — Japan's "ichigo ichie" (treasuring each encounter) echoes China's hospitality ethos, while kaiseki's natural aesthetics resonate with Daoist principles. This spiritual kinship elevates dining beyond taste to cultural connection.

Today, Japanese restaurants thrive in every major Chinese mall, spanning price points from exquisite kaiseki to conveyor-belt sushi, izakayas to ramen shops. The sector generates over 100 billion yuan annually, employing tens of thousands. Remarkably, even during the pandemic, innovative delivery and set menus sustained robust growth.

This boom has uplifted China's entire dining ecosystem, setting new standards for ingredient quality and service. Many local restaurants now emulate Japanese presentation and precision, while Chinese seafood producers benefit from rising demand.

True gastronomy knows no borders. In our globalized era, culinary exchange is no longer one-way but a creative dialogue. As Chinese chefs reinvent washoku with local ingredients and Japanese masters incorporate Chinese techniques, food transcends sustenance to become a bridge between civilizations.

Moving forward, omakase temples will push gourmet boundaries while neighborhood sushi spots nurture community warmth. Meal kits and delivery will bring washoku into homes, and sustainability will drive locavore trends.

Like cherry blossoms adrift, Japanese cuisine has gently rooted itself in China's urban fabric, a serene yet vibrant cultural hybrid. In uncertain times, such gastronomic diplomacy offers solace and connection. When chopsticks lift sushi, or a Japanese chef wields Sichuan peppercorns, two ancient civilizations share their most delicious conversation.



乌布Tanah Gajah度假村采用当地养生智慧推出全新疗愈度假项目 Tanah Gajah in Ubud Embraces Local Wellness Wisdom For New Healing Retreats



Tanah Gajah, a Resort by Hadiprana度假村位于古老的印度教圣地中，传承了深厚的巴厘岛文化，将推出一系列汲取自巴厘岛养生之道的疗养项目。新的多日疗养菜单深入探索了整体健康，这也是巴厘岛长期以来吸引精神追求者和健康爱好者的魅力所在。

宾客可以在Tanah Gajah度假村选择三种套餐，有效期从即日起至2026年3月31日：

五晚“终极疗养之旅”

新推出的特色疗程—90分钟的“洞察、疗愈与和谐平衡”，是该套餐的亮点，旨在给宾客带来平衡和协调感。其他疗养项目包括：在可以俯瞰稻田的The Tempayan餐厅享用每天两道菜的健康午餐或晚餐；90分钟的内在和谐疗程；75分钟的脉轮按摩；60分钟的私人瑜伽课；90分钟的阿育吠陀按摩；120分钟的厨房文化体验；60分钟由私人管家带领的村庄和稻田徒步旅行。

三晚“整全养生度假”

此套餐选取了“终极疗养之旅”中的一部分，不含90分钟的内在和谐疗程与120分钟的厨房文化体验，其余项目均包含在内。

两晚“平衡之旅”

60分钟的新的健康项目“平衡之旅”和“内心平和”疗程，是另外两个套餐没有的。它结合了三种疗愈方式：通过手相发现潜力和命运；巴厘岛文化中常见的水祝福；以及帮助挖掘潜意识的催眠疗法。其他的项目为每天两道菜的健康午餐或晚餐、私人瑜伽课、阿育吠陀按摩和由私人管家带领的村庄和稻田徒步旅行。

此外，所有疗愈套餐都包括每日早餐和俱乐部优惠，以及客人选择的别墅住宿，套餐价格因住宿类别而异。如需了解更多信息，请访问<https://tanahgajahubud.com/en/wellness>。



With a location amid ancient Hindu sacred sites and a legacy that deeply embraces Balinese culture, Tanah Gajah, a Resort by Hadiprana, is launching a menu of retreats that draw from Balinese wellbeing practices. The new multi-day menu of retreats dives deeper into holistic health, a facet of Bali that has long drawn spiritual seekers and wellness enthusiasts to the island.

Guests can curate whether they want to dip a toe in or fully immerse themselves in wellbeing during their time at Tanah Gajah through the choice of three packages, valid from now until March 31st, 2026:

The five-night Ultimate Healing Escape

The highlight of the package and a new offering to the resort is the 90-minute Insight, Healing, and Harmonic Balancing session. Other wellbeing elements include daily healthy two-course lunch or dinner at The Tempayan, the 90-minute Inner Harmony session, the 75-min-

ute chakra massage, the 60-minute private restorative yoga session, the 90-minute Ayurvedic Abhyanga Massage, the 120-minute Balinese Kitchen Culture experience and the 60-minute guided village and rice paddy trek with a private butler.

The three-night Holistic Wellness Retreat

This package is part of the Ultimate Healing Escape offerings and excludes the 90-minute Inner Harmony session and the 120-minute Balinese Kitchen Culture experience, while the rest of the offerings is included.

The two-night Journey to Balance

Only this package includes the new 60-minute Journey to Balance and Inner Peace treatment. It combines three healing modalities: palm reading to offer insight into opportunities and personality through the lines on one's hands; a water blessing, a common practice in Balinese culture; and hypnotherapy, a guided hypnosis practice to help you tap into your subconscious. Other offerings include daily healthy two-course lunch or dinner at The Tempayan, private restorative yoga session, Ayurvedic Abhyanga Massage and guided village and rice paddy trek with a private butler.

Wellness packages also include daily breakfast and club benefits, and accommodation in the guest's villa of choice with package prices varying by accommodation category. For more information, please visit <https://tanahgajahubud.com/en/wellness>.



甲米悦榕庄水疗中心推出漂浮疗法

Banyan Tree Spa Krabi Launches Weightless Therapy

泰国甲米悦榕庄水疗中心为客人推出了一项全新的免费体验——漂浮疗法课程。漂浮疗法，也被称为感觉剥夺疗法，是一种在水中漂浮的整全技术，借助浮力，能减轻疼痛和压力，同时还能获得深度放松。

在甲米悦榕庄水疗中心，健康从业者 Subhash Shanbhag 博士和他的团队，引导客人进行一对一的疗程，在水面上轻轻滑行，享受持续一小时的体验。

客人可以选择 Wave Stretch 疗程，结合水流的韵律和轻柔的压力点按摩。或选择 One Weightless 疗程，完全沉浸在零重力环境中。这里还提供私人课程和免费团体课程。

漂浮疗法体验只是这家屡获殊荣的水疗中心的多项创新之一，这家“感官圣殿”水疗中心还提供按摩和养生疗程，包括传统泰式按摩和精油按摩，如恢复性排毒按摩，旨在促进身体的循环系统；标志性创新的雨林纵享水疗体验，打造出一个宁静、温暖和舒适的避风港。

如需了解更多信息或预订，请拨打 +66 075 811 888 或发送电子邮件至 krabi@banyantree.com。



Banyan Tree Spa Krabi, Thailand, is floating a new idea to guests – complimentary weightless therapy classes. Weightless therapy, also known as flotation therapy, is a holistic technique that involves floating in water, whereby the buoyancy helps alleviate pain and stress and provides deep relaxation.

At Banyan Tree Spa Krabi, Wellbeing Prac-

itioner Dr. Subhash Shanbhag and his team guide and glide their clients gently upon the water in one-on-one sessions lasting one hour.

Guests are offered the choice of a “Wave Stretch” session, which combines a rhythmic flow of water combined with gentle tension-point massage, or a “One Weightless” treatment, a fully immersive experience in a zero-gravity environment. Here, both private and complimentary group classes are available.

The weightless therapy experience is just one of several innovations at the award-winning spa, a “Sanctuary for the Senses” that offers massage and wellbeing treatments, including traditional Thai and oil massages such as the Restorative Detox massage, a deep tissue technique designed to stimulate the body’s circulatory system. Banyan Tree Spa Krabi’s signature experience is the Rainforest, the region’s leading luxury hydrotherapy facility.

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

金兰Alma Resort Cam Ranh度假村瑜伽和冥想体验 Alma Resort Unveils Broad Spectrum of Yoga and Meditation Offerings



位于越南金兰的占地30公顷的金兰Alma Resort Cam Ranh度假村任命了一名全职常驻瑜伽师Umesh Kumar Sharma。他在康养行业拥有20年的经验和有着被誉为印度的“瑜伽之城”瑞诗凯诗的专业瑜伽和冥想知识。作为该度假村的健康和养生的经理，Umesh推出了一系列恢复性的瑜伽体验，无论是小组课程、私人课程，还是引导式冥想，都能满足不同层次的参与者的各种需求。

每周二至周日，小组课程会在Alma瑜伽室进行。“晨间哈他瑜伽”课程于早上6:30-7:30进行，以传统哈他瑜伽为基础，结合了关节运动、拜日式、站姿和坐姿，适合所有水平的学员。在晨曦的沐浴下，学员们可以感受到身心的全面唤醒与舒展。

上午7:45-8:45的“力量瑜伽”课程，源自阿斯汤加传统，注重核心力量、柔韧性和耐力。而下午3:45-4:45的“晚间瑜伽伸展”课程是以哈他瑜伽为基础的伸展课程，主要针对髋关节、腓绳肌、肩部、颈部和背部的拉伸，Umesh称其为“工作后恢复活力的理想选择”。

此外，Umesh还提供一系列私人专业课程，重点解决各种疾病。如“核心力量与体重管理”课程，旨在强化核心肌肉的力量，助力宾客实现健康的体重管理；“膝盖疼痛管理”课程，结合轻柔的动作和姿势来强化和支撑膝关节；私人“孕期瑜伽”课程通过为孕妇提供安全、滋养的练习，帮助她们在孕期保持舒适与健康。

每周二至周六，会举行引导式冥想工作坊，通过“瑜伽睡眠”来鼓励宾客深度放松，有效减轻压力和焦虑，拥有更加平和与宁静的心态。

如需了解更多信息或进行预订，请访问 www.alma-resort.com 或致电 +84 258 399 1666，或发送电子邮件至 info@alma-resort.com。



Alma Resort Cam Ranh, a 30-hectare beachfront resort in CAM RANH, Vietnam, has appointed a full-time resident yogi to bolster its array of wellness offerings that address “ambitions and ailments and everything in-between”.

Equipped with 20 years of experience in the health and wellness industry, with expertise in yoga and meditation from India’s “city of yoga” Rishikesh, Umesh Kumar Sharma joins Alma. As Alma’s health and wellness manager, Umesh offers a variety of restorative group and private yoga experiences as well as guided meditation for participants at all levels on their wellness journey.

Group classes are held at Alma’s Yoga Room from Tuesday to Sunday. Suitable for all levels, the “Morning Hatha Yoga” classes from 6:30-7:30 am is underpinned by Traditional Hatha Yoga that combines joint movements, sun salutations, and standing and sitting positions.

Dynamic, fitness-oriented practice rooted in Ashtanga tradition, “Power Yoga” classes from 7:45-8:45am focus on core strength, flexibility, and endurance. The “Evening Yoga Stretch” class from 3:45-4:45pm is a Hatha-based stretching session targeting the hip joints, ham-

strings, shoulders, neck, and back that Umesh describes as “ideal for post-workday renewal”.

Additionally, Umesh also offers a broad spectrum of private specialised sessions focused on addressing various ailments. The “Core Strength and Weight Management” session, for example, involves targeted postures and breathing techniques to strengthen core muscles and support healthy weight management. The “Knee Pain Management” session comprises specialised yoga therapy combining gentle movements and postures to strengthen and support knee joints. A private “Pregnancy Yoga” session promotes comfort and wellbeing during pregnancy by adapting a safe, nurturing practice for expectant mothers.

Guided meditation workshops, held from Tuesday to Saturday, encourage deep relaxation through Yoga Nidra, a practice that reduces stress and anxiety. Combined with Pranayama breathing techniques, this session is designed to calm the mind, improve focus, and promote overall mental wellbeing.

For further information or to make a booking, visit www.alma-resort.com or call +84 258 399 1666, or email info@alma-resort.com.

SPACHINA MOVIE



还有明天

THERE'S STILL TOMORROW

还有明天这部电影已于全球多地上映。该片讲述了1946年二战后的意大利，当时女性地位依旧低下。底层女性迪莉娅（Paola Cortellesi饰），是三个孩子的母亲，每日在丈夫的暴虐下和生活琐碎中艰难生存，唯有女儿玛塞拉、朋友玛丽莎和每日难得的自由踱步是她痛苦生活中的慰藉。这时，迪莉娅意外收到一封神秘信件，一场出逃即将改变一切。女主角逐渐从充满暴力的琐碎生活中挣脱出来，勇敢地奔向争取权利与自由之路，“敬自由，为自己”的信念成为她前行的力量。在画面呈现上，影片采用黑白形式，以及歌舞形式来表现女主角被家暴的场景。

The film “There’s Still Tomorrow”, now on release worldwide, is set in postwar 1946 Italy, where women still held a low status in society. Delia, a mother of three children from the lower class, struggles to survive daily under her husband’s abuse and the trivialities of life. Only her daughter Marcella, her friend Marisa, and her rare moments of freedom are the solace in her painful existence. Then Delia unexpectedly receives a mysterious letter, and an escape is about to change everything... Delia gradually breaks free from her violent and trivial life, bravely embarking on a journey to fight for her rights and freedom. In terms of visual presentation, the film adopts a black-and-white format and uses a musical and dance form to depict the scenes of the protagonist experiencing domestic violence.

SPACHINA BOOK REVIEW

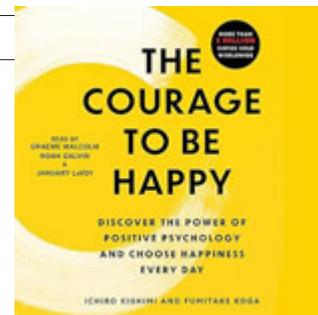
幸福的勇气：探究积极心理学，拥抱每日幸福

THE COURAGE TO BE HAPPY: DISCOVER THE POWER OF POSITIVE PSYCHOLOGY AND CHOOSE HAPPINESS

这本书是Ichiro Kishimi继《被讨厌的勇气》后的又一力作，引领读者重新认识真我，赋予读者去爱的勇气，就是变得幸福的勇气，要活出理想人生。同样以19世纪心理学者阿德勒思想为核心，以“年轻人和哲人的具有启发性的对话”故事形式来展现。在他们第一次谈话的三年之后，年轻人辞去了图书管理员的工作，成为了一名小学老师。他发现自己对当初的理想感到失望：阿德勒的思想只在理论上有意义，在实践中却行不通。于是，哲人和年轻人再度开启了进一步的讨论，深化对阿德勒理念的理解，学习如何在日常生活中运用它们。

This book is Ichiro Kishimi’s follow-up to *The Courage to Be Disliked*, exploring how to reconnect with your true self, experience true happiness, and live the life you want. Also centered around the ideas of Adler, a 19th-century psychologist, the story takes the form of an “illuminating dialogue between the philosopher and the young man.” Three years after their first conversation, the young man quits his job as a librarian and becomes an elementary school teacher. He finds himself disillusioned and disappointed, convinced Adler’s teachings only work in theory, not in practice. However, through further discussions between the philosopher and the young man, they deepen their own understandings of Adler’s powerful teachings, and learn how to apply them in their daily life.

Purchase via www.amazon.com Price: US\$14



SPACHINA CD REVIEWS



MAYHEM

BY LADY GAGA

Lady Gaga是当今流行音乐界最多才多艺的歌手之一。她的新专辑《Mayhem》是其第七张录音室

专辑，不仅是一张21世纪主流的club音乐专辑，还是她感觉最为舒适的领域。Lady Gaga打破了很多规则的同时也带来了许多乐趣。采用了多种电子风格，歌曲都很耐听。Disease，这首歌有着直击人心的旋律和深刻的歌词。不过，她几年前与Tony Bennett在爵士乐领域的合作才是最突出的表现。她的挑战和机遇在于如何以某种方式将这两种风格结合起来，就像她的导师Sting那样，创造出既具有个人特色又不失深度的音乐作品。

Lady Gaga is one of the most versatile and talented players in pop music today and her new album, *Mayhem*, is a mainstream 21st Century club music album. It is clearly the territory in which she feels most comfortable. And while the songs are all listenable and catchy in the variety of electric styles she employs, there is probably little here which is going to endure. Maybe one song, but which is hard to say — my pick would be *Disease*. But her work in the jazz field a few years ago with Tony Bennett is what stands out. Her challenge and opportunity is to link the two styles in some way, as did her mentor, Sting.



COMPLETE EDITION

BY ALAN WALKER

Alan Walker以戴着连帽衫、创作出在流媒体平台上收获数十亿播

放量的歌曲而闻名。他的音乐作品结构简单，和弦简洁，旋律线条引人入胜，充满动感和活力。还经常与网络上其他炙手可热的流行音乐人合作。或许，他的音乐在某种程度上定义了这个时代。作为一位神秘的音乐人，他喜欢戴着口罩，面容从不清晰示人。虽然他的曲调似乎缺乏鲜明个性，但它们就是这个时代的颂歌。也正因如此，所以值得一听，这就是现在的音乐。

Walker is known for wearing a hoodie and producing tunes that grab billions of listeners on the streaming platforms. His music is very much constructed, using simple chord structures and addictive melody lines, and he very often collaborates with other hot names in the online pop space. His music, probably at least as much as any other, defines our current era. He is a distant figure, his face is never clearly shown. His tunes are almost completely bereft of personality, they are just anthems of this strange increasingly digital age. And they are worth listening to for that reason alone. After all, this is now.



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Tel: 021 6288 7608
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LG2-15
Business Hours: 10:30 am - 23:30 am
Tel: 021 5386 8188
3) Xintiandi Branch
新天地店
58 Taicang Road, Huangpu
太仓路58号
Business Hours: 10:30 am - 01:00 am
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Business Hours: 10:00 am - 23:00 am
Tel: 021 6289 7007
7) Xujiahui Branch
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领展企业天地店
L2-7B, Tower 1 Link Square, 222 Hubin Road, Huangpu, Shanghai
上海市黄浦区湖滨路222号领展企业天地1栋2层7B单元
T: 021 6340 6336
3) LuOne Branch
凯德LuOne店
L6-07-10, LuOne Capita Land, 268 Xujiahui Road, Huangpu, Shanghai
上海市黄浦区徐家汇路268号LuOne凯德晶萃广场6层07-10单元
T: 021 6447 7705
4) JiuGuang Branch
久光店

Swissline Glamscience Center 瑞士线魅力美学中心
SL-09-10, Hong Kong Plaza, 283 Middle Huaihai Road, Huangpu, Shanghai
上海市黄浦区淮海中路283号香港广场商场南座SL-09-10室
T: 021 5386 1768

Shanghai ChingHo Clinic 上海静和门诊部
227 North Huangpi Road
上海市黄陵北路227号
T: 40002122

L5-D535, JiuGuang, 1618 West Nanjing Road, Jingan, Shanghai
上海市静安区南京西路1618号久光百货5层D535单元
T: 021 6288 3482

Spa at Bellagio - Bellagio Shanghai 上海苏宁宝丽嘉酒店宝丽嘉水疗中心
3/F, 188 Beisuzhou Road, Hongkou, Shanghai
上海市虹口区北苏州路188号
上海苏宁宝丽嘉酒店3楼
T: 021 3680 6666
www.bellagioshanghai.com

Siyanli 思妍丽
1) 太阳广场
1st Floor, South Gate, No.88, Xianxia Road.
上海市仙霞路88号太阳广场南一层
T: 021 6270 4488
2) 时代广场
Suite 317, Time Square, No.500, Zhongyuan Road
上海市浦东张杨路500号时代广场317室
T: 021 5836 7155

Spa InterContinental & Balance Fitness 洲际水疗馆&健身中心
4F, InterContinental Shanghai Expo, 1188 Xueye Road, Pudong, Shanghai
上海市浦东新区雪野路1188号世博洲际酒店4楼
T: 021 3858 1188
www.intercontinental.com

Shine Spa for Sheraton, Sheraton Shanghai Waigaoqiao Hotel 上海外高桥喜来登酒店喜来登水疗
Sheraton Shanghai Waigaoqiao Hotel, 28 Jilong Road, Shanghai Pilot Free Trade Zone, Shanghai, China
上海自由贸易试验区基隆路28号上海外高桥喜来登酒店
T: +86 21 3121 9999*6166
www.sheratongqhotel.com

Spa Intercontinental 上海瑞金洲际酒店水疗中心
118, No.2 Ruijin Road, Luwan District, Shanghai, China
上海卢湾区瑞金二路118号
T: +86 21 6472 5222*2016
www.ruijinhotel.com

The Spa at Waldorf Astoria Shanghai on the Bund 上海外滩华尔道夫酒店水疗中心
3/F, 2 Zhongshandongyi Road, Huangpu, Shanghai
上海市黄浦区中山东一路2号3楼
T: 021 6322 9988
www.waldorfastoriahanghai.com

UR SPA at The PuLi Hotel and Spa

The Daisy Spa 戴西养生堂
1) The Daisy Spa (818 Plaza)
戴西养生堂(818广场店)
410-411 Plaza 818, 818 Nanjing Road West, Shanghai
上海市南京西路818号818广场410-411商辅
T: 021 5228 2591
2) The Daisy Spa (Jinmao Fashion Plaza)
戴西养生堂(金茂时尚广场店)
3/F, Jinmao Fashion Plaza, Jin Mao Tower, 88 Century Avenue, Shanghai
上海市世纪大道88号金茂大厦金茂时尚广场3层
T: 021 5056 0580

The Bvlgari Spa Shanghai 上海宝格丽酒店水疗中心
B1, 33 Henan North Road, Shanghai
上海市河南北路33号
上海宝格丽酒店B1层
T: 021 3606 7788
www.bulgarihotels.com

The Retreat at The Sukhothai Shanghai 上海素凯泰酒店 The Retreat水疗中心
B1, 380, Weihai Road, Jing'an, Shanghai
上海市静安区威海路380号
上海素凯泰酒店B1层
T: 021 5237 8888
www.sukhothai.com/shanghai

The SPA at Shanghai EDITION 上海艾迪逊酒店水疗中心
6/F, 199 Nanjing Road East, Huangpu, Shanghai
上海市黄浦区南京东路199号
上海艾迪逊酒店6楼
T: 021 5368 9999
www.edition-hotels.cn

The Peninsula Spa, Shanghai 上海半岛酒店水疗中心
32 Zhongshan Dong Yi Road, Shanghai
上海市外滩中山东一路32号
T: 021 2327 2888
www.peninsula.com

The Spa at The Ritz-Carlton Shanghai, Pudong 上海浦东丽思卡尔顿酒店水疗中心
Shanghai IFC, 8 Century Avenue, Pudong, Shanghai
浦东新区世纪大道8号
上海国金中心
T: 021 2020 1888
www.ritzcarlton.com

The Spa at Waldorf Astoria Shanghai on the Bund 上海外滩华尔道夫酒店水疗中心
3/F, 2 Zhongshandongyi Road, Huangpu, Shanghai
上海市黄浦区中山东一路2号3楼
T: 021 6322 9988
www.waldorfastoriahanghai.com

璞麗酒店暹水疗
3/F, 1 Changde Road, Jingan District, Shanghai
上海市静安区常德路1号璞麗酒店3楼
T: 021 3203 9999 ext. 6899
www.thepuli.com

Willow Stream Spa (Fairmont Peace Hotel)
蔚柳溪水疗 (和平饭店)
Fairmont Peace Hotel, 20 Nanjing Road East, Shanghai, China
上海市南京东路20号和平饭店
T: +86 21 6138 6810
www.peaceshotel.com

Water's Edge at Park Hyatt Shanghai
上海柏悦酒店水境水疗中心
100 Century Avenue, Pudong, Shanghai
上海市浦东新区世纪大道100号
T: 021 6888 1234*4251
www.hyatt.com

1855 BEAUTY BRAIN
1) 1855 BEAUTY BRAIN (英格兰SPA馆)
583 Shangbo Road, Pudong, Shanghai
上海市浦东新区尚博路583号(尚博路与东明路交叉口西50米路北)
T: 021 5018 1855
2) 1855 BEAUTY BRAIN (大华艺术SPA馆)
928 Zhenhua Road, Baoshan, Shanghai
上海市宝山区真华路928号(大华第三空间)
T: 021 6364 1855
3) 1855 BEAUTY BRAIN (宜昌路SPA店)
65 Yichang Road, Putuo, Shanghai
上海市普陀区宜昌路65号
T: 021 6682 1855

Spa at Shangri-La Qiantan, Shanghai
香格里拉水疗
1/F, 551 Haiyang West Road, Pudong New District, Shanghai
上海市浦东新区海阳西路551号上海前滩香格里拉1楼
T: 021 2065 9628
www.shangri-la.com/cn/shanghai/qiantanshangrila/

The Lakeville Regency Clubhouse
翠湖天地御苑会所
No.10, Lane168, Shunchang Road, Huangpu District, Shanghai
上海市黄浦区顺昌路168弄10号
T: 021 6386 9955
www.shuonland.com

TRIA SPA at MGM SHANGHAI WEST BUND
上海西岸美高梅酒店禅源水疗中心
58F, 688 Yunjin Road, Xuhui District, Shanghai

上海市徐汇区云锦路688号58楼
T: 021 6058 8888
triaspa@mgmshanghai.cn

Spa 水疗 · 北京

Beauty Farm
Jingrongjie Branch
美丽田园 金融街店
L415-2, Financial Street Shopping Center, 2 Jinchengfang Street, Xicheng, Beijing
北京市西城区金城坊街2号金融街购物中心L415-2
T: 010 6622 0418

Dragonfly Therapeutic Retreat
悠庭保健会所
1) Yansha Retreat 燕莎店
Ground Floor, Grand Summit Plaza, 19 Dongfang Rd. East, Liang Ma Qiao, Chaoyang District, Beijing
北京市朝阳区燕莎桥东方东路19号外交会所一层
T: 010 8532 3122
2) Kerry Centre Beijing Retreat
嘉里中心店
B10, Kerry Centre, No.1, Guanghua Road, Chaoyang District, Beijing
北京市朝阳区光华路1号嘉里中心商场地下一层B10
T: 010 8529 6331

i spa 泰美好
1) Fulou Road · Gehua New Century Hotel Beijing Branch 鼓楼 · 歌华开元店
1st Floor, Gehua New Century Hotel, NO.19 Gulouwai Dajie, Chaoyang, Beijing
北京市朝阳区鼓楼外大街19号, 歌华开元大酒店1层
T: 010 6202 6708
2) Zhichun Road · Flagship Store
知春路 · 旗舰店
B1 Tyfull Hotel Beijing, Xi Tucheng Road, Haidian, Beijing
北京市海淀区西土城路1号院1号楼泰富酒店B1(蓊门桥北)
T: 010 5329 9991

Iridium Spa at The St. Regis Beijing
北京瑞吉酒店钛瑞水疗
21 Jianguomenwai Avenue, Chaoyang, Beijing
北京市朝阳区建国门外大街21号
T: 010 6460 6688*2745
www.marriott.com

露露Spa
北京市朝阳区霄云路甲26号海航大厦万豪酒店6F
6/F Wanhao Hotel Haihang Building, 26A Xiaoyun Road, Chaoyang District, Beijing
T: 010 5927 8060

RuHe skin & health management center
茹荷皮肤 & 健康管理中心

9 / F, Ramada Longcheng Hotel, 319 Changping Road, Huilongguan Street, Changping, Beijing
北京市昌平区回龙观街道昌平路319号龙城华美达酒店9层
T: 010 8077 8151

Siyanyi 思妍丽
1) 百盛美容院Parkson Salon Suite 9103, Bldg.A, No.101, Fuxingmennei Avenue 复兴门内大街101号
T: 010 6653 5599
2) 中国大饭店China Hotel B1, No.1, Jianguomenwai Avenue 建国门外大街1号
中国大饭店地下一层
T: 010 6505 0909
3) 丰联FengLian Branch Suite 408, No 18, Chaowai Avenue, Chaoyang District 朝阳区朝外大街18号丰联广场408
T: 010 6588 3688

SPA by MTM, Beijing
2/F, 7 DongSanHuan Middle Road, Chaoyang, Beijing
北京市朝阳区东三环中路7号北京千禧大酒店二层
T: 010 6533 0751
www.spabymtm.com

Sunrise Kempinski Hotel, Kempinski The Spa, Beijing&Yanqi Island
北京日出东方凯宾斯基酒店 & 雁栖酒店水疗中心
3F, 18A Yanshui Road, Yanqi Lake, Huairou District, Beijing
北京市怀柔区雁栖湖雁水路甲18号三层
B1,13 Yanxiu Road, Yanqi Lake, Huairou District, Beijing
北京市怀柔区雁栖湖雁秀路13号负一层
T: 010 6961 8888 - 3792/82299
www.kempinski.com

Sense, A Rosewood Spa, Rosewood Beijing
北京瑰丽酒店Sense水疗中心
Jingguang Centre, 1 Chaoyangmenwai Avenue, Beijing
北京市朝阳区朝阳门外大街1号京广中心
T: 010 6597 8888
www.rosewoodhotels.com

The Ritz-Carlton Spa
北京丽思卡尔顿酒店水疗中心
The Ritz-Carlton, Beijing 83A Jianguo Road, Chaoyang District, Beijing
北京丽思卡尔顿酒店
T: 010 5908 8888
http://www.ritzcarlton.com/en/Properties/Beijing/Spa/Default.htm

The Peninsula Spa Beijing
王府半岛酒店水疗中心
8 Goldfish Lane, Wangfujing, Beijing, China

北京王府井金鱼胡同8号
T: +86 10 6510 6321
www.peninsula.com

The Spa at Aman Summer Palace
颐和安缇水疗
1 Gongmenqian Street, Summer Palace, Haidian, Beijing
北京市海淀区颐和园
宫门前街1号
T: 010 5987 9999
www.aman.com

Tian Spa at Park Hyatt Beijing
北京柏悦酒店天池水疗中心
59/F Park Hyatt Beijing, 2 Jianguomenwai Street, Beijing
北京市朝阳区建国门外大街2号北京柏悦酒店59层
T: 010 8567 1157
www.hyatt.com

The Spa at Bvlgari Hotel Beijing
北京宝格丽酒店水疗中心
Building 2, Yard 8 Xinyuan South Road, Beijing
北京市朝阳区新源南路8号院2号楼
T: 010 8555 8555
www.bulgarihotels.com

The Spa at Four Seasons Hotel Beijing
北京四季酒店水疗中心
48 Liangmaqiao Road, Chaoyang, Beijing
北京市朝阳区亮马桥路48号
T: 010 5695 8888
www.fourseasons.com

UR SPA at The PuXuan Hotel and Spa
北京璞瑄酒店暹水疗
5/F,7/F, 1 Wangfujing Street, Dongcheng District, Beijing
中国北京市东城区王府井大街1号璞瑄酒店5层和7层
T: 010 5393 6688
www.thepuxuan.com

Willow Stream Spa, Fairmont Beijing
北京华彬费尔蒙酒店蔚柳溪水疗中心
8 Yong An Dong Li, Jian Guo Men Wai Avenue, Beijing, China
北京市朝阳区建国门外大街永安里8号北京华彬费尔蒙酒店
T: +86 10 8507 3737
www.fairmont.cn/beijing

Waldorf Astoria Spa, Beijing
北京华尔道夫酒店水疗中心
5-15 Jinyu Hutong, Dongcheng, Beijing
北京市东城区金鱼胡同5-15
T: 010 8520 8989
www.waldorfastoria.com

MAHA Spa
缙合水疗
MAHA Club & Residences, 8 Xiao Yun Road, Chaoyang District, Beijing
北京市朝阳区霄云路8号, 缙合北京俱乐部及行政公寓
T: 010 52259877

LAINMONT SPA
LAINMONT莱曼精准抗衰SPA
8B, Block A, Jinyuan Business Center, Haidian District, Beijing
北京海淀金源商务中心A座8B
T: 13167383238

DONGTIAN SKINCARE (China World Branch)
东田美肤中心(国贸店)
3L208, North Zone, China World Center, No.1, Jianguomenwai Avenue, Chaoyang District, Beijing
北京市朝阳区建国门外大街1号院国贸商城北区3L208铺位
T: 010 6505 9163

Spa 水疗 · 天津

i spa 泰美好
The Westin Tianjin · Binjiang Road Branch
威斯汀 · 滨江道店
6F, The Westin Tianjin, 101 Nanjing Road, Heping, Tianjin
天津市和平区南京路101号君隆威斯汀酒店六层(近营口道口)
T: 022 2389 0189
www.ispa.cn

L'OCEAN SPA at Four Seasons Hotel Tianjin
天津四季酒店水疗中心
138 Chifeng Road, Heping District, Tianjin
天津市和平区赤峰道138号
T: 022 2716 6226
www.fourseasons.com

Rubis Spa 丽妍雅集
Riverview Place Branch
嘉里汇店
L2-2026A, Riverview Place, 238 Liuwei Road, Hedong, Tianjin
天津市河东区六纬路238号嘉里汇2层2026A单元
T: 022 2712 7823

SCENT TIME 天津斯年香索香气疗愈中心
Tianxi 24-2-801, Aocheng Commercial Plaza, Lingbin Road, Nankai, Tianjin
天津市南开区凌宾路奥城天玺24-2-801
T: 022 5890 0088

The Spa at The Ritz Carlton, Tianjin
天津丽思卡尔顿酒店 天津丽思卡尔顿水疗中心
167 Dagu Road North, Heping, Tianjin
天津和平区大沽北路167号
T: 022 5857 8888
www.ritzcarlton.com

Spa 水疗 · 广州 & 深圳
AWAY® Spa at W Guangzhou
广州W酒店AWAY®水疗中心
26 Xiancun Road, Zhujiang New Town, Tianhe District, Guangzhou, Guangdong, China

广东省广州市天河区珠江新城洗村路26号
T: +86 20 6628 6628
www.starwoodhotels.com/whotels

Angsana Spa, The Garden Hotel Guangzhou
广州花园饭店 悦椿Spa
4/F, 368 East Huanshi Road, Guangzhou, Guangdong, China
广东省广州市环市东路368号4楼
T: +86 20 8333 8989
www.angsana.com

Athena Spa at Pullman Dongguan Forum
东莞旗峰山铂尔曼酒店云洞水疗
32 Dongcheng Road Central, Dongcheng District, Dongguan, Guangdong, 523129, China
广东省东莞市东城区东城中路32号
T: +86 769 2336 8888*6699
www.pullmanhotels.com.cn

AEVUM SPA
AEVUM奥斯芬欧系贵族SPA
1) KK MALL Branch
KK MALL店
Shop L211, 2F, KK Mall, Luo Hu, Shenzhen
深圳市罗湖区深南东路5016号京基百纳KKMALL购物中心2F L211号商铺
T: 0755 2290 9188/2290 9133
2) KK ONE Branch
KK ONE店
Shop L304, 3F, KK ONE, KINGKEY TIMEMARK, Fu Tian, Shenzhen
深圳市福田区滨河大道9289号京基滨河时代KK ONE 3F L304号商铺
T: 0755 8863 5177/8863 5187
3) Wanxiangtiandi Branch
万象天地店
Shop SL312, 3F, Hua Run Mixc World, Nanshan, Shenzhen
深圳市南山区华润万象天地3F SL312号商铺
T: 0755 8668 7988
4) 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.
langhamhotels.com

Chuan Spa at Langham Place, Guangzhou
广州南丰朗豪酒店「川」水疗
638 Xingqiang Road East, Haizhu District, Guangzhou, Guangdong, China
广东省广州市海珠区新港东路638号
T: +86 20 8916 3388*3538
www.guangzhou.langhamplacehotels.com.cn

Devarana Spa at Dusit Devarana Hot Spring Hotel Conghua
广州从化都喜泰丽温泉度假酒店 泰丽水疗
352 Yuquan Avenue, Liangkou Town, Conghua, 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

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
美狮美高梅禅瀑水疗
 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
 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 Fulong 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

Spa 水疗 · 四川

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

Iridium Spa at The St. Regis Chengdu
成都瑞吉酒店钰瑞水疗中心
 88 Taisheng Road South, Qingyang District, Chengdu, Sichuan
 中国四川省成都市青羊区太升南路88号
 T: 028 6287 6666
 www.stregis.com/chengdu

MI XUN SPA, The Temple House
成都博舍酒店谧寻水疗
 81 Bitieshi Street, Jinjiang, Chengdu

成都市锦江区笔帖式街81号
 T: 028 6636 9999
 www.thetemplehousehotel.com

Six Senses Qing Cheng Mountain
青城山六善水疗中心
 No.2 Dong Ruan Road Qingcheng Mountain Town Dujiangyan, Chengdu, Sichuan
 四川省成都市都江堰市青城山镇东软大道2号
 T: 028 8712 6666

The Ritz-Carlton Spa, Chengdu
成都富力丽思卡尔顿酒店水疗中心
 269 Shuncheng Avenue, Qingyang, Chengdu, Sichuan
 中国四川省成都市青羊区顺城大街269号
 T: 028 8358 8888

Willow Stream Spa at Fairmont Chengdu
成都棕榈泉费尔蒙酒店蔚柳溪水疗中心
 269 Tianfu Middle Avenue, Hi-Tech Zone, Chengdu
 成都市高新区天府大道中段269号
 T: 028 8800 3333

Rissai Spa, Rissai Valley, a Ritz-Carlton Reserve
日赛谷水疗
 Zhangzha Town, Jiuzhaigou County, aba Tibetan Anqiang Autonomous Prefecture, Sichuan
 中国四川省阿坝藏族羌族自治州九寨沟漳扎镇
 T: 0837 8199 999

Spa 水疗 · 浙江

Banyan Tree Spa Hangzhou
杭州悦榕Spa
 2 Westbrook Resort, Zijiangang Road, Hangzhou, China
 浙江省杭州市紫金港路21号
 西溪天堂国际旅游综合体
 T: +86 571 8586 0000
 www.banyantreespa.com

Cordis, Dongqian Lake, Ningbo
宁波东钱湖康得思酒店
 28 Shashan Road, Dongqian Lake, Ningbo, China
 宁波市东钱湖旅游度假区沙山路28号
 T: 574 5666 8888
 www.chuanspa.com

Dragonfly Therapeutic Retreat
悠度保健会所
 1) 西溪店
 No 141, Xixi Road, Xihu
 西湖区西溪路141号
 T: 0571 8502 3288
 2) Raffles City 来福士店
 L6-04 Raffles City, No.228 Xinye Road, Jiangnan
 江干区新业路228号来福士广场L6-04商铺
 T: 0571 8889 9191

Fuchun Spa at Fuchun Resort
富春山居度假村富春SPA
 No.339, Jiangbin East Road, Dongzhou Street, Fuyang, Hangzhou
 杭州市富阳区东洲街道江滨东大道339号
 T: 0571 6341 9500

Hangzhou TEA SPA
杭州TEA SPA
 1) Hangzhou TEA SPA (Jiqing Branch)
 杭州TEA SPA (吉庆店)
 Building C, 214 North Meilin Road, West Lake, Hangzhou
 杭州市西湖区梅林北路上茅家埠214号C栋
 Tel: 19558191877
 2) Hangzhou TEA SPA (Muli Branch)
 杭州TEA SPA (目里店)
 501-503, Building 8, OOELI, West Lake, Hangzhou
 杭州市西湖区天目里商业中心8号楼5楼501、502、503
 Tel: 1590671536

Kempinski The Spa, Hangzhou
杭州远洋凯宾斯基酒店水疗
 66 Lishui Road, Gongshu, Hangzhou
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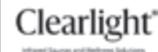
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