

July/August 2025



SpaChina

健康度假 · 美容水疗 · 健身康复 · 环保可持续

WELLNESS, BEAUTY, HEALTH AND LUXURY LIVING

科技革命 精准定制与价值重构 VALUE REIMAGINED

Picture by The PuXuan Hotel and Spa

ISSN 1006-656X



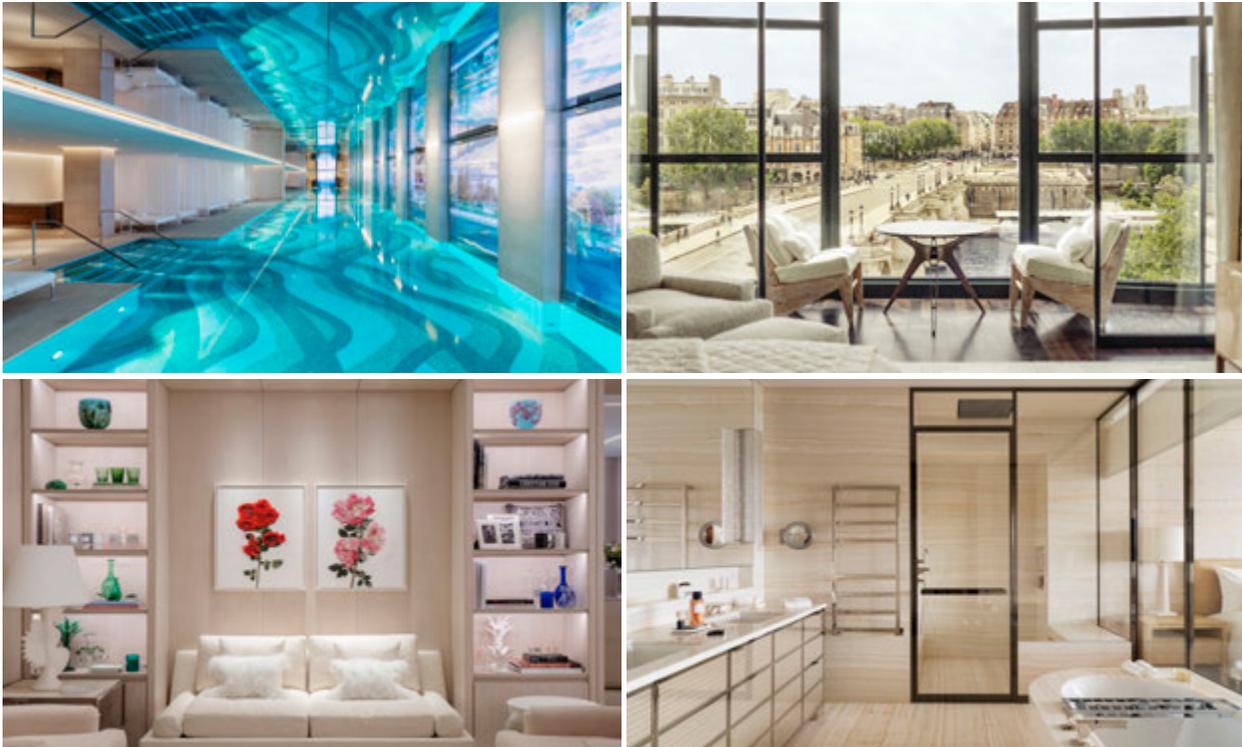
PLUS: LUXURY LIVING | SPA CUISINE | SPACHINA REVIEW | SPACHINA WELLNESS
SPA NEWS | HOTEL NEWS | LIFESTYLE



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、来自全世界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。

LVMH HM:
t. +33 1 44 13 27 63
Anne-Laure Pandolfi:
a.pandolfi@lvmh.com

CHEVAL BLANC PARIS:
t. +33 1 79 35 11 86
Nastasia Morin:
n.morin@chevalblanc.com

MAINLAND CHINA:
t. +86 13581848831
Amos Chen:
beijingmedia@heavensportfolio.com

亲爱的SpaChina读者，您们好，

很快就要在苏州四季酒店见面了！2025年度SpaChina中国养生与水疗峰会和颁奖礼的筹备工作已经进入到最为忙碌的时期。如果您是初次来参加的话，请务必和我们小夏沟通清楚所有的流程和环节。三天峰会内容包含一场晚宴和三场主题各不相同的鸡尾酒会，都有需要认真遵守的着装要求。我们为到会嘉宾们准备了很多伴手礼和酒店夜床礼，只提供给参会和住店客人，入住酒店的时候务必以实名登记，带好大行李箱，以备各种惊喜。

本期杂志已经发布了三天的峰会日程表，有丰富的清晨早锻炼，覆盖面很广的演讲话题，和强大的讲师阵容，为参会嘉宾们提供紧跟前沿趋势的多样化信息，把我们能触及到的所有资源与大家分享，我们的目标是每一次都要做到令行业人士们不虚此行。

盛夏之日，繁忙之余务必要好好照顾自己。坐下来喝一杯凉茶，看看手里这本内容丰富的SpaChina杂志吧。

祝盛夏安康~



高菲 Fifi Kao
执行总监兼主编
Director & Editor in Chief

出版人：晏格文

Publisher: Graham Earnshaw

执行总监兼主编：高菲

Director & Editor in Chief: Fifi Kao

执行主编：匡珮玥

Managing Editor: Karen Kuang

执行编辑：李洁，王健，卞立军

Editors: Luzia Li, Jason Wong, Bian Lijun

高级设计：王悦

Designer: Magic Wang

照片摄影或提供：Mofu, istock, Shutterstock

Photographers: Mofu, istock, Shutterstock

公关及活动经理：匡珮玥

PR & Events Managers: Karen Kuang

发行经理：夏晓初

Distribution Manager: Summer Xia

本刊发行为行业内部赠阅

联系方式 Contact

Tel: +86 21 5187 9633 Ext 816

MP: +86 137 0182 7687

Email: sales@spachina.com

关注SpaChina杂志官方微信，了解行业最新趋势和动态：



扫描二维码

或搜索微信号：SpaChina-Magazine

或查找公众号：SpaChina上善若水

杂志中所标价格为参考价格，实际价格按照实际情况由各个场所自行调整和把握。截稿时所表示的信息也许会有所更新和替代，请读者谅解。所有文章和图片版权归SpaChina杂志所有，未经同意，不得转载或摘录，否则将担负法律责任。再次感谢所有对SpaChina杂志支持和做出贡献的人。

All information including pricing and credits are believed to be correct at the time of printing. While every endeavour is made to report information accurately, certain information contained may be superseded over time. Copyright is reserved throughout. Reproduction of SpaChina Magazine, in whole or in part, without prior permission of the Publisher is strictly prohibited. The views or opinions expressed or implied in SpaChina Magazine are those of the authors or contributors and do not necessarily reflect those of SpaChina Magazine, or its affiliates.

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:** 禅柔、普拉提、瑜伽、气功
- **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:** Zenflow, Pilates, Yoga, Qi Gong
- **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

请联系夏晓初 (Summer Xia) 或
李洁 (Luzia Li) 预定
summer.xia@spachina.com
luzia.li@spachina.com
电话: +86 21 5385 8951 Ext 823/850
手机: +86 137 9544 8718

Please Contact

summer.xia@spachina.com
luzia.li@spachina.com
Tel: +86 21 5385 8951 Ext 823/850
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
------------	-----	----------

*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
-----------------	-----------------	----------

* 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\$5,700)

RMB4,900 (USD680 or HK\$5,300) 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。

日程安排 AGENDA

到达/签到日：2025年9月21日 Arrival: September 21th 2025

时间/Time		
13:00-18:00	研讨会签到(根据酒店指示牌), 并在苏州四季酒店办理入住手续/Summit Registration at Four Seasons Hotel Suzhou	
18:30-21:30	icoone欢迎鸡尾酒会 Welcome Cocktail Party Powered by icoone 地点: 大堂吧 酒吧/户外 Venue: Lobby Bar	主题: 苏丝意彩 江南雅韵与意式艺境交融之夜 Theme: Silk & Fresco A Fusion of Jiangnan Elegance & Italian Artistry 着装要求: 东西相融, 留园青苔绿 × 阿西西教堂蓝, 拙政园蜜柑橙 × 锡耶纳赭石红, 平江路月白 × 拉文纳金 Dress Code: East-West Chromatic Dialogue. Lingering Green × Assisi Blue, Humble Orange × Sienna Red, Moonlit White × Ravenna Gold

第一天, 2025年9月22日: 趋势, 概念与灵感

Day 2, September 22th 2025: Trends, Concepts and Inspiration

7:15-8:00	晨练1: 四季禅柔: 呼吸-开启觉知 (限12人) 地点: 户外玫瑰园	Morning Activity 1: Four Seasons ZenFlow: Breath – Awareness Awaken Venue: The Rose Garden
	晨练2: 垫上普拉提 (限16人) 地点: 水天露台 (从酒店电梯至5楼)	Morning Activity 2: Pilates on Mat by BODYCONCEPT Venue: The Terrace (Hotel 5F)
	晨练3: 爱仁博士的女性气功习练 (限10人) 地点: 秘园 (酒店户外望湖草坪)	Morning Activity 3: Female Qi Gong Practice With Eren Venue: Secret Garden
	晨练4: 陆老师父女清晨瑜伽 (限8人) 地点: 池畔餐吧泳池边 (酒店户外泳池)	Morning Activity 4: Morning Yoga with Master Lu and His Daughter Venue: Dolce Vita Puul Side
时间/Time	演讲内容/Topic	演讲人/Speaker
9:00-9:30	年度中国养生和SPA趋势、变化和发展 SpaChina 2025-2026 Report Current and future trends in China	高菲 Fifi Kao (中国/China) SpaChina杂志与峰会创始人主编兼总监 Founder, Director & Editor-in-Chief, SpaChina
9:30-10:00	健康与养生行业的生物黑客时代 Biohack for Global Wellness and Spa Industry	Lisa Starr (美国/USA) 水疗、沙龙和养生事业顾问, 培训师及教育者 Principal of Wynne Business Consulting & Education, Specializes in Spa, Wellness & Salon businesses
10:00-10:30	健康城市与社区 Wellness Urban Community Trend	莎曼 Samantha Dunn (澳大利亚/Australia) The Wellness Makers创始人兼总监 Founder and Director, The Wellness Makers
10:30-11:00	线粒体健康与解决方案 Mitochondrial Health and Solution	Julie Cichocki (英国/UK) Kloodos Wellness Solutions创始人兼总监 Founder and Director, Kloodos Wellness Solutions
11:00-11:30		茶歇 / Tea Break
11:30-12:00	女性健康、荷尔蒙健康和睡眠 Female Wellness, Hormonal Health and Sleep	Hati S. Malinova (保加利亚/Bulgaria) 六善集团健康项目总监/Wellness Projects Director, Six Senses
12:00-12:30	中国银发族需求与特殊膳食 Aging Population in China and Special Dietary Needs	刘昌树 Tristan Liu (中国台湾/Taiwan) 佳格集团研发中心总经理, 心活力集团乐奔拓公司总经理 General Manager of R&D at STANDARD FOODS Group and General Manager of Le Bonta Wellness Co., Ltd.
12:30-13:50		午餐 / Lunch Break
13:50-14:00	练个脑 / Train Your Brain	纸月 / Paper Moon (中国/China)
14:00-14:40	重组讨论 BIG Panel Discussion 中英文/Bilingual 精神健康要旨以及在SPA与养身度假村的贯彻 Essentials of Mental Wellness: Operationalizing Strategies in Spa and Regenerative Resorts MC: 晏格文 Graham Earnshaw (英国/UK) 福布斯首席战略官 Founder and CEO, China Economic Review Chief Strategy Officer, Forbes China	Prof. Gerard Bodeker (英国/UK) 医学教授, 全球健康研究所心理健康倡议主席 Chair, Mental Wellness Initiative of the Global Wellness Institute 郭健 Guo Jian (中国/China) 生命状态成长培训导师, 瑜伽导师 Life State Growth Training Mentor, Yoga Instructor 刘昌树 Tristan Liu (中国台湾/Taiwan) 佳格集团研发中心总经理, 心活力集团乐奔拓公司总经理 General Manager of R&D at STANDARD FOODS Group and General Manager of Le Bonta Wellness Co., Ltd. 爱仁 Eren Akalın Körösi (土耳其/Turkey) 声之道联合创始人兼总监/Director and Co-founder of Way of Sound Dr. Jason Culp (美国/USA) 自然疗法医生, Chiva-Som健康专家顾问与研发总监 Naturopathic Physician, Research and Development Director, Chiva-Som

时间/Time	演讲内容/Topic	演讲人/Speaker
14:40-15:20	<p>重组讨论 BIG Panel Discussion 中英文/Bilingual</p> <p>情绪与SPA疗程项目的关系 The Relationship Between Emotional Care and SPA Treatments</p> <p>MC: 晏格文 Graham Earnshaw (英国/UK) 福布斯首席战略官 Founder and CEO, China Economic Review Chief Strategy Officer, Forbes China</p>	<p>Hati S. Malinova (保加利亚/Bulgaria) 六善集团健康项目总监/Wellness Projects Director, Six Senses</p> <p>张婧颖 Mikkle Zhang (中国/China) EVELOM品牌大中华区市场总监/EVELOM Greater China Marketing Director</p> <p>程丽 Kelly Cheng (中国/China) 加拿大海斯HIGHS、特丽菲克上海公司创始人CEO Founder and CEO of Canadian Brand HIGHS and Teriffic Shanghai</p> <p>Margueritte Olivia (法国/France) Snow集团亚洲区域总经理/Asia Area Manager, SNOW Group</p> <p>Laura Gamboa (西班牙/Spain) 悦碧施企业教育与水疗发展总监 Director of Corporate Education & Spa Development, Natura Bissé International</p>
15:20-15:50		茶歇 / Tea Break
15:20-17:30	赞助商演示 / Sponsor Demonstrations	各赞助商所属场地分演 / Function Rooms and Open Space
17:30-18:30		自由时间 / Free Time
18:30-21:30	<p>Swissline 欢乐鸡尾酒会 Happy Cocktail Party Boosted by Swissline</p> <p>地点: 酒店西厢5楼, 元和全景套房-西厢 Venue: 5F/West Wing, Penthouse Suite-West Wing</p>	<p>主题: Swissline 仲夏夜之魅 缎光谧境, 美肌绽现星辉 Swissline Midsummer Night Enchantment Realm of Satin Radiance Where Silk Meets Luminous Skin</p> <p>着装要求: 美肌闪耀, 性感丝绸, 缎光熠熠 Dress Code: Sexy and Bright, Sensual Silk & Satin Shimmer</p>

第二天, 2025年9月23日: 业务, 技能和交流

Day 2, September 23th 2025: Business, Skill and Knowledge

7:15-8:00	晨练1: 四季禅柔: 脊柱-结构舒展(限12人) 地点: 户外玫瑰园	Morning Activity 1: Four Seasons ZenFlow: Spine – Body Stretching Venue: The Rose Garden
	晨练2: 垫上普拉提 (限16人) 地点: 水天露台(从酒店电梯至5楼)	Morning Activity 2: Pilates on Mat by BODYCONCEPT Venue: The Terrace (Hotel 5F)
	晨练3: 爱仁博士的女性气功习练(限10人) 地点: 秘园(酒店户外望湖草坪)	Morning Activity 3: Female Qi Gong Practice With Eren Venue: Secret Garden
	晨练4: 陆老师父女清晨瑜伽(限8人) 地点: 池畔餐吧泳池边(酒店户外泳池)	Morning Activity 4: Morning Yoga with Master Lu and His Daughter Venue: Dolce Vita Pool Side
时间/Time	演讲内容/Topic	演讲人/Speaker
9:00-9:30	养生项目设计的未来和趋势 Design in Wellness, Trends and Future	米勤 Emlyn Brown (英国/UK) 雅高酒店集团奢华与高端品牌养生副总裁 Vice President, ACCOR Wellbeing Luxury & Premium Brands
9:30-10:00	突破传统水疗零售: 探索康养度假酒店的创收新路径 Beyond Spa Retail, Imaginative Profitable Options in the Wellness Spa Hotel and Resort	Richard Williams (新西兰/New Zealand) 6 degrees Spa Consulting创始人 Founder of 6 degrees Spa Consulting
10:00-10:30	分子营养学及其应用 Molecular Nutrition and Its Application	金子俊之 Kaneko Toshiyuki (日本/Japan) KYB集团CEO, 日本分子营养学研究所所长 Director of the Institute of Molecular Nutrition, KYB Group CEO
10:30-11:00	益生菌的功效和在SPA的运用 The Efficacy of Probiotics and Spa Business Support	张建军 Zhang Jianjun (中国/China) 北京科拓恒通生物技术股份有限公司健康事业部, 副总经理 Deputy GM, Health Division Scitop Bio-tech Co., Ltd.
11:00-11:30		茶歇 / Tea Break
11:30-12:00	医美“卡脖”困境和生美赋能的时代 Medical Aesthetics' Chokehold and Spa's Empowerment	李凯 Dr. Li Kai (中国/China) 医学博士、皮肤科副主任医师、德医皮肤联合创始人 Doctor of Medicine, Associate Chief Dermatologist, Co-founder of DEYI SKIN
12:00-12:30	足部护理和脊椎健康 Foot Care and Spinal Wellness	Albin Brion (法国/France) 足部与姿态健康管理创始人兼首席执行官 Founder & CEO, Foot and Posture Solutions
12:30-13:50		午餐 / Lunch Break
13:50-14:00	运动一刻 / Movement Moment	戴医生快慢养生操 / Movement with Dr. Dai (中国/China)
14:00-14:40	<p>重组讨论 BIG Panel Discussion 中英文/Bilingual</p> <p>探讨健康板块在酒店和度假村的需求与盈利 Examining the Wellness Vertical in Hotels and Resorts: Demand Dynamics and Revenue Models</p> <p>MC: 晏格文 Graham Earnshaw (英国/UK) 福布斯首席战略官 Founder and CEO, China Economic Review Chief Strategy Officer, Forbes China</p>	<p>米勤 Emlyn Brown (英国/UK) 雅高酒店集团奢华与高端品牌养生副总裁 Vice President, ACCOR Wellbeing Luxury & Premium Brands</p> <p>叶丽敏 Mary Yip (中国澳门/Macao) 美高梅水疗中心行政总监/Executive Director of Spa of MGM</p> <p>Michael Newcombe (美国/USA) 四季酒店集团水疗与健康营运副总裁 Vice President, Spa & Wellness Corporate - Operations, Four Seasons Group</p> <p>郑莹莹 Mona Zheng (中国/China) 雅诗兰黛集团零售运营及特殊渠道副总裁 VP, Retail Excellence & Specialty-Multi Channel, Estee Lauder Group</p> <p>卢嘉敏 Jenny Lo (中国香港/Hong Kong) FINN Partners斐朋传播中国区管理合伙人/Managing Partner, FINN Partners</p>

时间/Time	演讲内容/Topic	演讲人/Speaker
14:40-15:20	<p>重组讨论 BIG Panel Discussion 中英文/Bilingual</p> <p>创新和绿色转型，SPA如何面对经济调整期的挑战 Innovation and Green Transformation: How SPA Industry Navigates Challenges During Cyclical Economic Adjustments</p> <p>MC: 晏格文 Graham Earnshaw (英国/UK) 福布斯首席战略官 Founder and CEO, China Economic Review Chief Strategy Officer, Forbes China</p>	<p>梁发宗 Emil Leung (中国香港/Hong Kong) 上海浦东文华东方酒店总经理及区域运营副总裁 General Manager of Mandarin Oriental Pudong, Shanghai and Area Vice President of Operations</p> <p>王世峰 Alex Wang Shifeng (中国/China) 南京丽思卡尔顿酒店总经理 General Manager of The Ritz-Carlton, Nanjing</p> <p>王芸 Jane Yun Wang (中国/China) 澳门摩珀斯酒店水疗与养生总监 Director of Spa & Wellness, Morpheus Hotel</p> <p>Trent Munday (澳大利亚/Australia) 蔓达梦高级副总裁 Senior Vice President International, Mandara Spa</p> <p>莎曼 Samantha Dunn (澳大利亚/Australia) The Wellness Makers创始人兼总监 Founder and Director, The Wellness Makers</p>
15:20-15:50		茶歇 / Tea Break
15:20-17:00	赞助商演示 Sponsor Demonstrations	各赞助商所属场地分演 Function Rooms and Open Space
17:00-18:30		自由时间 / Free Time
18:30-22:00	<p>中国养生与水疗颁奖礼盛大晚宴 SpaChina Grand Awards Gala Dinner</p> <p>地点: 酒店宴会会场户外玫瑰园 Venue: The Rose Garden</p>	<p>主题: 绿野仙踪 玫瑰园绮梦夜 Theme: Emerald Whispers A Fantasia of White & Green at The Rose Garden</p> <p>着装要求: 薄荷绿、翡翠绿、象牙白、珍珠白, 点缀色建议浅金色、香槟色 Dress Code: Main color suggest Mint Green, Emerald Green, Ivory White, Pearl White, accent colors could be Pale Gold, Champagne</p>
22:00-24:00	<p>科医人晚宴后派对 Gala Dinner After Party Energized by Lumenis</p> <p>地点: 大堂吧花艺廊 Venue: Lobby Bar</p>	<p>主题: 琉光夜园 四季花房睡衣秘境 Theme: Lumen Moonlight Garden Pajama Soirée under Photonic Vines</p> <p>着装要求: 怎么舒服怎么来, 当然也要够动人 Dress Code: Comfy and Charming</p>

第三天, 2025年9月24日: 学习, 探讨和交流

Day 3, September 24th 2025: Sharing, Exploring and Appreciation

时间/Time	经验分享/Case Study	演讲人/Speaker
9:10-9:50	Chiva-Som的健康价值主张创新和趋势引领 Chiva-Som's Wellness Value Proposition Innovation and Industry Trend Leadership	Dr. Jason Culp (美国/USA) 自然疗法医生, Chiva-Som健康专家顾问与研发总监 Naturopathic Physician, Research and Development Director, Chiva-Som
9:50-10:30	从生活美容到医疗抗衰的中国健康产业闭环 China's Integrated Health Industry Ecosystem: From Lifestyle Aesthetics to Medical Anti-Aging	朱一 Jimmy Zhu (中国/China) 启研医疗总经理执行董事 Managing Director and Executive Director, BEAUTECH
10:30-11:10	疗愈养生在SPA和养生度假村的应用 Application of Healing and Wellness Modalities in SPA and Wellness Resorts	爱仁 Eren Akalın Körösi (土耳其/Turkey) 声之道联合创始人兼总监 Director and Co-founder of Way of Sound
11:10-11:40		茶歇 / Tea Break
11:40-12:20	肌肉抗衰的重要性和实例效果分享 The Importance of Muscle Anti-Aging and Sharing Case Study Results	张正波 Zhang Zhengbo (中国/China) 汇美康国际创始人, 梵希医疗美容诊所创始人 VIP Hi-Line中国区肌肉抗衰领域主理人 Founder of HIMIKA, Founder of Yesvenchy Aesthetic Clinic
12:20-13:00	中医大健康与SPA的融合运用 The Integrated Application of Traditional Chinese Medicine Wellness and SPA	戴炯捷 Dai Jiongjie (中国/China) 上海精准功能医学院执行院长 Executive Dean of the Shanghai Precision Functional Medicine Institute
13:00-13:40	支持运动体验的迭代变化与会员互动 Supporting Changes & Members Engagement for fitness and activities	丘威盛 David Chioe (中国香港/Hong Kong) 乔山健康科技有限公司亚太区酒店及大中华区商用业务区域总监 Regional Director of Hospitality Sales, Asia Pacific & Commercial Sales, Greater China, Johnson Health Tech Company Limited
13:40-15:00	放松与畅谈的聚会午餐 / Release and destress lunch	

意大利美学健康大师

MICRO ACTION
MACRO CHANGE



WELCOME TO DISCUSS
COOPERATION
商务合作扫码咨询
联系电话:18675561878



CONTENTS目录

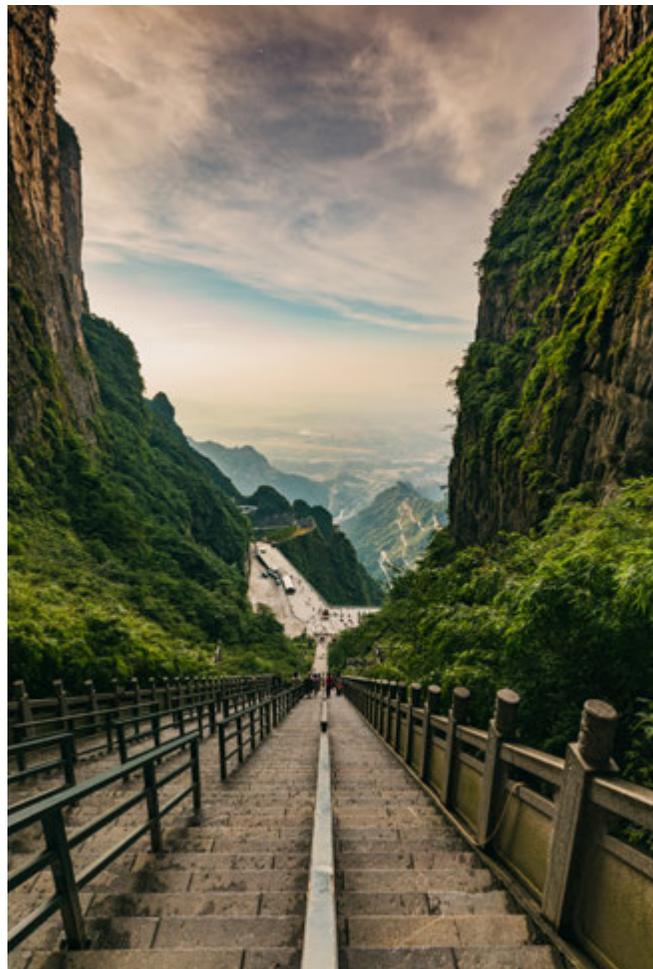
2025 七月/八月

SPA新闻和盛事

- 16 SPA中国新闻
- 18 SPA国际新闻
- 21 SPA器材新闻

特别报道

- 22 科技革命 精准定制与价值重构



22



Cible Skin ^{PARIS}

悉源地 | 法国高端院线护肤品牌

Dr. Raphaël AKKIN
拉斐尔·阿科宁
药剂学博士
品牌联合创始人



CONTENTS目录

2025 七月/八月

人物专访

- 30 协同创新 助力健康
- 36 真诚馈赠 砥砺前行
- 42 创新科技与可持续战略
- 48 科技创新 诚信为本
- 54 植根自然，时飧匠心

专家论坛

- 60 皮肤与大脑
- 66 赋予深度工作的能力
- 70 SPA助力专注力



54

SPA之旅

- 74 摩洛哥 穿越时空的玫瑰色国度
- 82 摩洛哥奢华酒店和水疗精选
- 84 25种玩法开启你的摩洛哥之旅

SPA美食

- 86 信仰和香料间的美味

VAGHEGGI

意大利韻姿



希腊
MEDICAL BEAUTY
AWARDS 2020
2020非侵入式速纤大奖

速纤紧致 体态年轻

90秒快速由火山灰揉制成石 一客一用
无需外力加热 45°C自发热持续20分钟
饱含生命律动的矿物元素与微量元素
一块涌动着火山澎湃能量的黑宝石
一场「以生命服务生命」的尊贵SPA



FUOCO PLUS

火月石黑奢活力身体抗老系列



公众号



咨询微信

〈 国际度假酒店合作品牌 〉

AZULIK

SANDOS

Fiesta Americana

Das Hotel Eden

Saffire

DAS ALPENHAUS

GRAND VELAS

HOTEL DI NARDO GROUP

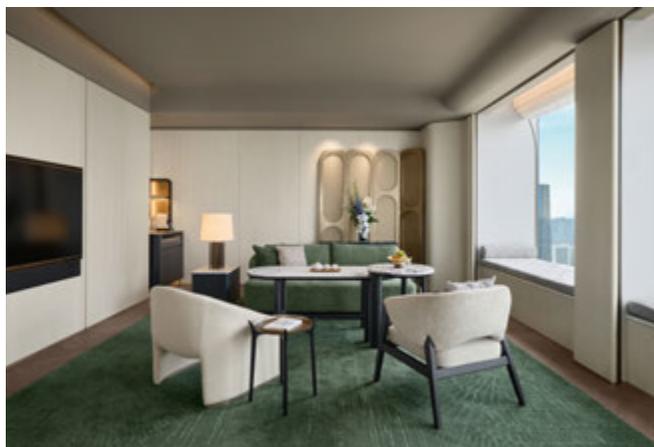
BREANSEEHOF

SCHLOSSPARK MAUERBACH

GRAND HOTEL RIVIERA

CONTENTS 目录

2025 七月/八月



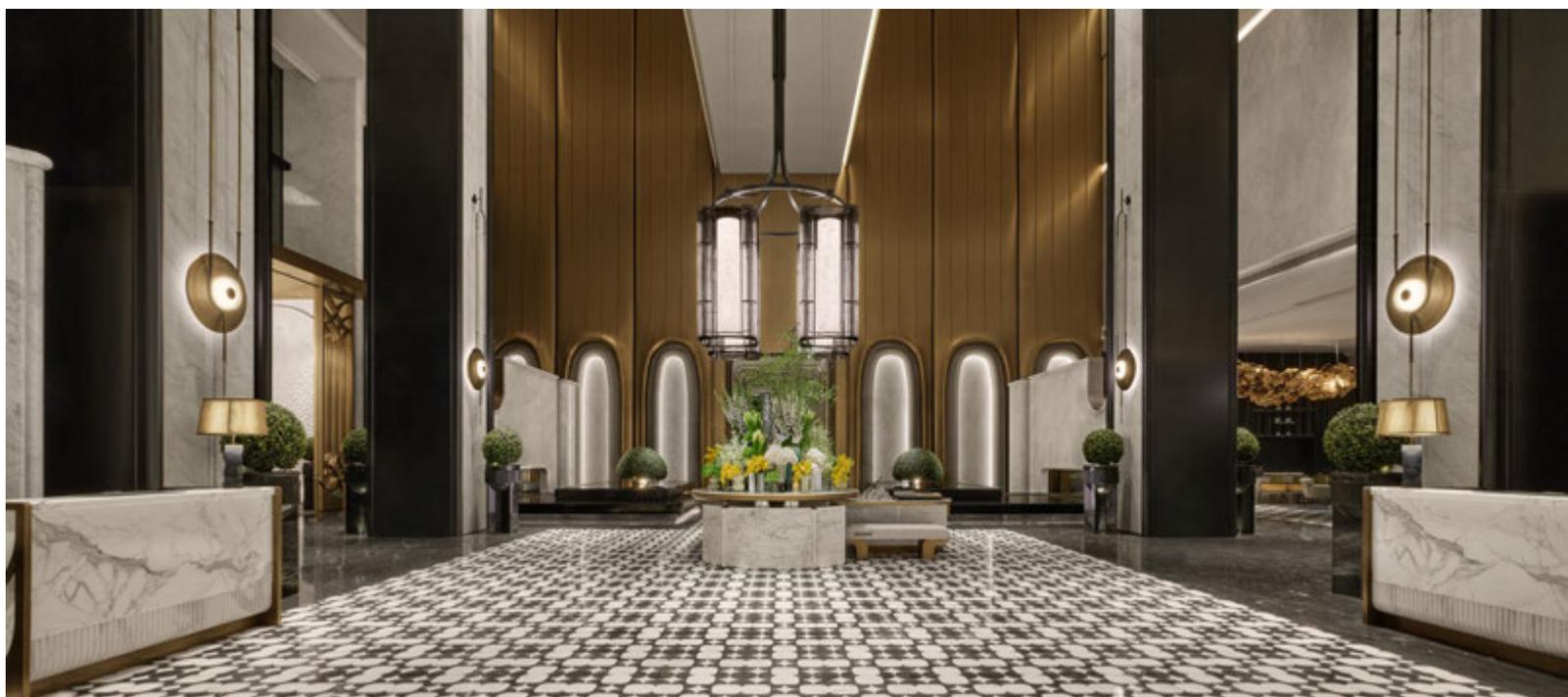
品牌故事

- 90 一场身心灵的奢华觉醒
- 92 三维探索 美高梅健康嘉会圆满举办
- 94 Swissline施维兰全周期管理方案
- 96 夏日肌肤救星
- 98 北外滩的隐世疗愈秘境

88 酒店新闻与盛事

100 精选特惠

104 SPACHINA推荐商户





TRIA 禪潺



奢隐于境 静养于心 WELLNESS BEYOND LUXURY

澳门美高梅的“禅潺”水疗中心以卓越的个性化疗程和顶尖设施，连续多年荣获《福布斯旅游指南》五星殊荣。融合领先科技和中国古代哲学五行元素，设计多种高端奢华疗程，极致演绎“养生”、“魅力”和“活力”三合一的五星级水疗之旅，激发感官，让身心灵进入深层疗愈、焕然一新的状态，为宾客带来至臻至美的奢华呵护。



澳门首个 — “禅潺流的” 疗程
First and only in Macau —
TRIA Aquatic Flow



飘雪屋
Snowflake Room



香港与澳门首创 — 沉浸式体验池
First of its kind in Hong Kong and Macau — The Experience Pool



澳门规模最大 — 特色土耳其浴之旅
The largest of its kind in Macau — TRIA Hammam Journey



活力池
Vitality Pool

全澳首部 — 高压氢氧胶囊舱
The only in Macau —
Hyperbaric Hydrogen Oxygen Capsule

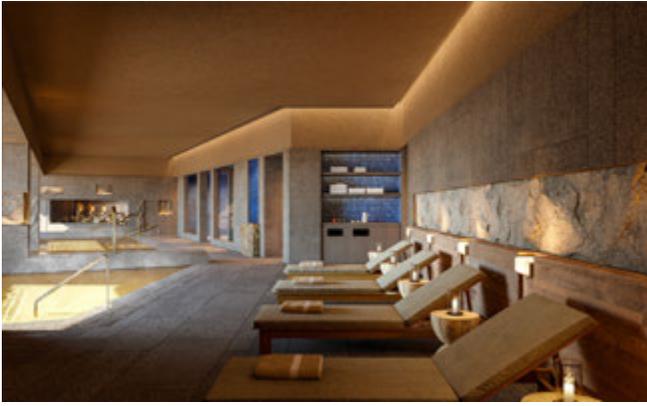
Tria at MGM MACAU has consistently earned Forbes Travel Guide's Five-Star rating. Blending cutting-edge technology with the traditional five elements of ancient Chinese cosmology, offering a variety of luxury treatments that seamlessly combine Wellness, Beauty and Vitality. Embark on a five-star wellness journey awakens your senses, promotes profound restoration and rejuvenation, and delivers ultimate holistic care.

立即预约您的奢华之旅!
Embark your luxury journey now!

澳门美高梅禅潺 Tria at MGM MACAU
(853) 8802 3838

了解更多
Learn more





阿丽拉珠海东澳岛阿丽拉水疗

4月开业的珠海东澳岛阿丽拉酒店，位于东澳岛最南端岛尖，盘踞于悬崖之上。宾客们能在这里近距离感受到海风的触感与海浪的鸣响。全新的阿丽拉水疗中心内配备了4间护理室，桑拿房、暖流房、土耳其浴、喜马拉雅盐疗室及活力池。中心内还有一系列护理项目。特色的月光石舒缓温疗，通过深度放松的按摩，沉浸式海浪的声音，利用月光石温和的力量释放肌肉紧张，刺激关键能量点。面部护理和身体按摩项目采用天然成分产品定制。此外，酒店的亮点是15米长的户外泳池，伸出悬崖融入海岛之中，给人带来强烈的海浪拍崖体验感。

Spa Alila, Alila Dong'ao Island Zhuhai

Perched on the southernmost tip of Dong'ao Island, this April-opened Alila Dong'ao Island Zhuhai immerses guests in the raw poetry of crashing waves and sea breezes. The newly Alila Spa features four treatment rooms, sauna and laconium rooms, a hammam, a Himalayan salt room, and a vitality pool, along with a range of treatments. The signature the Moonlight Stone Soothing and Warm Treatment, an ultra-relaxing massage that harnesses the gentle healing power of the moonstone to release muscle tension and stimulate key energy points. Facial and body treatments are customized using natural ingredients. The 15-meter cantilevered infinity pool extends over the cliff's edge, blending into the island landscape while offering guests an exhilarating experience accompanied by the rhythmic crash sound of waves against the rocks.

上海大虹桥灿辉希尔顿酒店宸光里康养中心

坐落于上海青浦的大虹桥希尔顿宸光里康养中心，将五星级健身、游泳与SPA体验融合于一体。这座充满未来感的流线型酒店，外形像一辆超跑，大厅则巧妙融合了海派风情与现代美学。全景落地窗将城市景观与自然绿意引入室内，配备28℃恒温泳池，专业健身区有资深教练为宾客提供个性化指导。移步至SPA秘境，扑面而来的是精油的芬芳香味。一系列的护理项目精选天然草本配方，在舒缓音乐和柔和灯光中，由专业理疗师为宾客提供个性化护理，渐渐消散压力，重获身心的平衡。

Standards for Health and Wellness Centers Hilton Shanghai Greater Hongqiao

The Standards for Health and Wellness Centers, Hilton Shanghai Greater Hongqiao in Qingpu District merges five-star fitness, swimming, and spa experiences within a futuristic, streamlined hotel resembling a supercar. Its proximity to major commercial centers like Panlong Tiandi. Its lobby artfully blends Shanghai's cultural heritage with contemporary aesthetics, while floor-to-ceiling windows frame urban and natural vistas. Facilities include a 28°C swimming pool and a professional fitness center with personalized coaching. The spa sanctuary greets guests with aromatic essential oils, offering tailored treatments using natural herbal formulations. Amid soothing music and ambient lighting, skilled therapists guide guests to dissolve stress and restore holistic balance.



海南清水湾金普顿酒店 洋水疗中心

地处海南岛陵水的洋水疗中心，融合了古老的东方智慧与现代美容技术，打造身、心、灵全方位的健康避世体验。中心设有5间理疗房及2个头疗室，每间均配有独立的户外休憩区。特色护理项目包括泰式草药球按摩、自然疗愈一沉香颂钵按摩、柔筋热疗按摩、钻石植萃头疗护理等，选用施维兰、悉源地等奢华品牌。此外，还定期举办健康养生主题派对、手作香氛课程的主题活动。宾客还可前往无边泳池、漂流河、儿童乐园、棋观，享受多维休闲时光，开启一段感官与社交的疗愈之旅。

Solis Spa, Kimpton Aqeos Hainan

Nestled in Lingshui on Hainan Island, the Solis Spa harmonizes ancient and contemporary techniques in a natural way to offer a holistic sanctuary for the body, mind, and spirit. The Solis Spa boasts five treatment rooms and two head spas, each featuring a private outdoor relaxation space. Signature experiences range from Thai herbal massage and eaglewood singing bowl therapy to soothing heat therapy and diamond plant extract scalp treatment, all incorporating luxury brands like Swissline and Cible Skin. It also hosts health-themed parties and artisan perfume workshops. Guests can unwind at the infinity pool, lazy river, a kid's club and games chamber, embarking on a sensory and social healing journey.





咏归川·九寨度假酒店 **Volver Resort, Jiuzhai Valley**

美轮美奂的九寨沟迎来了由13户藏寨人家演变而生的咏归川·九寨度假酒店。沿着山脊线而建，有2800米的高度，坐拥雪山、松柏森林及峡谷壮丽的景观。酒店的养生特色是提供只有在藏区才能体验到的原汁原味的藏药浴，在热气氤氲的藏药汤池中，配以梵音古乐与藏香，让身心得到深度放松。山腰处的户外无边泳池直面层层山林，一边享受惬意清凉，一边欣赏落日余晖的照耀，是观赏日出日落的绝佳位置。这里还邀请了当地手工艺人，亲授具有在地特色、民族文化的手作体验项目。

Perched at an elevation of 2,800 meters along a mountain ridge, the newly opened Volver Resort, Jiuzhai Valley emerges from a transformation of 13 traditional Tibetan dwellings, offering breathtaking views of snow mountain, pine and cypress forests, and dramatic valleys. This resort in Jiuzhai Valley provides an authentic balneotherapy experience, which can only be experienced in here. Guests soak in medicinal-infused pools accompanied by chanting mantras and aromatic incense for deep relaxation. The mountainside outdoor swimming infinity pool, surrounded by lush woodlands, provides a nice vantage point to enjoy both sunrise and sunset while basking in refreshing waters. Local artisans are invited to lead hands-on workshops, sharing culturally rich craft traditions unique to the area.

宁波星之韵里仁新天地店

宁波星之韵里仁新天地店，以老钱风设计打造了一场穿越时光的质感之旅。门头采用红砖肌理与拱形窗设计，复刻老上海建筑的摩登韵味，门前咖啡角的藤编椅与黑白条纹伞，营造复古闲适的休憩空间，成为宾客拍照打卡的热门之选。室内设有单人及双人护理间，通过艺术陈列与柔光交织出温润质感，每一次护理与停留都是对美的致敬。特色的砭石肩颈芳疗精油按摩护理，由专业理疗师运用独特手法，有效疏通经络、缓解疲劳。护理结束后，来一份惬意的下午茶，感受充满复古风情的慢奢。

Lucky beloved, Ningbo Xintiandi

The Lucky beloved in Ningbo draws inspiration from old money aesthetics to craft a timeless journey of refined elegance. The facade adopts old Shanghai's modernist charm with textured red bricks and arched windows, while the outdoor café corner – adorned with rattan chairs and black-and-white striped umbrellas – creates a retro oasis for leisurely pauses. It has also become a popular choice for guests to take photos. Inside, single and couple treatment rooms bathe in soft lighting and curated art displays, transforming every session into an artistic homage to beauty. The signature Bian stone aromatherapy massage, performed by skilled therapists, employs specialized techniques to release meridians and melt away tension. After the therapy, have a leisurely afternoon tea and absorb the slow and luxury feel of the vintage style.



上海方壶Spa世博天地店

在浦东黄金地段的世博天地，毗邻黄浦江沿岸的方壶Spa于6月璀璨开业。这家以东方五行哲学为灵感的水疗中心，将中华艺术宫的东方气韵与黄浦江的流动诗意，凝练成一壶温养时光。以“身心灵整体平衡”为核心理念，提供个性化的放松方案，包括独特的命格测试和五行精油选择。东方清竹疗法，采用竹制按摩工具配合新鲜竹叶足浴，空气中弥漫着竹叶清香，带来清新体验。其他项目还包括东方砭石疗法和全身精油按摩，融合中国推拿手法与现代SPA技术，为都市人打造一处寄存疲惫的第三空间。

FangHu Spa, Shanghai EXPO PLACE

FangHu Spa has made its dazzling debut in June at Shanghai's prime Expo Place location along the Huangpu River. Inspired by the Eastern philosophy of the Five Elements, this spa blends the artistic essence of the China Art Museum with the poetic flow of the Huangpu River. Centered on "harmony of body, mind, and spirit," it offers bespoke wellness experiences – from personalized fate of the person to the selection of five Elements essential oils. Signature treatments include the Eastern clear bamboo therapy, where bamboo tools and fresh bamboo leaf foot baths immerse guests in a refreshing, herbaceous ambiance. Other highlights feature Bian stone therapy and full-body essential oil massages, merging traditional Chinese techniques with modern spa therapies to create a space for urbanites to take away their fatigue.



布加勒斯特科林西亚酒店 科林西亚水疗中心

在罗马尼亚首都的胜利大道和伊丽莎白大道的交汇处，矗立着一幢布加勒斯特科林西亚酒店。位于四楼的科林西亚水疗中心，灵感汲取自罗马尼亚连绵起伏的丘陵和野生草地，提供一系列私人化定制护理、前沿护肤及健康体验。其野花精华 (Wildflower Essence) 理念，每项护理都融入了草本疗法，帮助宾客恢复活力。即将推出的科林西亚时间项目，理疗师根据宾客的生物节律量身定制，让每位客人都能获得最佳的恢复效果。水疗中心内配备了两间私人理疗室、桑拿房、冰泉、蒸汽房、休息室与沙龙区域为护理前后的宾客提供舒适的休憩空间。

Corinthia Spa Bucharest, Corinthia Bucharest

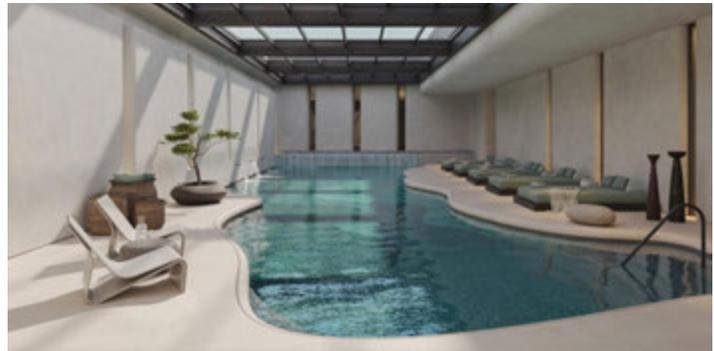
At the iconic crossroads of Calea Victoriei and Elisabeta Boulevard in the Romanian capital stands the Corinthia Bucharest. Nestled on the fourth floor, the Corinthia Spa Bucharest, inspired by Romania's rolling hills and wild meadows of Romania, offers a range of tailored treatments, cutting-edge skincare rituals and wellbeing experiences. Its Wildflower Essence concept, in which each treatment infuses with herbal remedy, is designed to help rejuvenate guests. For the upcoming Corinthia Time treatment, therapists tailor treatments to guests' pace so that guests receive optimal recovery. The spa features two private treatment rooms, sauna, ice fountain, and steam room. The relaxation lounge and salon areas provide a comfortable retreat for guests before and after treatments.

米兰De Montel Terme – di Milano水疗中心

米兰De Montel – Terme di Milano水疗中心于4月盛大启幕，这座意大利的城市综合温泉体在修复后的德蒙泰尔马厩处开放。水疗中心占地16,000平方米，最多容纳700名宾客，设有15间理疗室、10个地热池、一个大型土耳其浴室等。这些地热池分布在室内和室外区域，水源自地下396米深的天然温泉，涵盖活力池、零重力盐池等设施。户外万平米冥想花园处，绿树成荫的环境让宾客得以沉浸自然。宾客还可前往Harmony Room休闲区，享用花草茶或小吃。特色护理受到意大利民族植物疗法的灵感，提供橄榄油按摩、葡萄籽裹敷等体验。

De Montel Terme - di Milano Spa

The newly unveiled De Montel Terme - di Milano, an urban thermal and wellness complex in Italy, has opened within the restored Scuderie De Montel. Spanning 16,000 sqm with a capacity for 700 guests at a time, the spa features 15 treatment rooms, 10 geothermal pools (indoor & outdoor areas), a large hammam, and more. The geothermal pools, extracted from a depth of 396 metres below the city of Milan, include vitality and plunge pools and a zero-gravity salt pool. Outdoors, a 10,000-sqm mindfulness park offers a tree-lined space. Guests can also unwind in the Harmony Lounge, enjoying herbal tea or snack. Signature therapies draw from Italy's rich ethnobotanical traditions, such as olive oil and basil massages, honey and mud scrubs and grape seed wraps.



希腊克里特岛米诺斯宫殿度假村 Nao长寿中心和水疗中心

米诺斯宫殿度假村Nao长寿中心和水疗中心，针对从细胞衰老到线粒体功能障碍等衰老的特征。根据宾客抵达前的评估和健康咨询，中心会针对每位客人的生理和心理特点量身定制生活方式干预措施。科学委员会为水疗中心提供远程支持，日常则由内部专业医生、营养师、生活教练和私人教练提供服务。拥有8间理疗房、1间专注于舒缓意向运动的健脑健身房、冷疗舱、冥想空间、振动声波休息室、以及基于12个抗衰老标志的1,100平方米的数据驱动型设施。其他设施包括红外线桑拿、活力池、冷热水浴池、PBM红光疗法室、零售精品店、室内外休闲区。

Nao longevity spa, Minos Palace Resort, Crete

Nao longevity spa, Minos Palace Resort, Crete adopts the hallmarks of ageing – ranging from cellular senescence to mitochondrial dysfunction. Prior to arrival, guests undergo comprehensive assessments and wellness consultations to receive personalized lifestyle interventions tailored to their physiological and psychological profile. There is a scientific board supporting the spa remotely but on a daily basis it has an in-house doctor, a nutritionist, a life coach and a personal trainer. The eight treatment rooms, a brain gym for gentle intentional movement, a cryotherapy chamber, meditation spaces and vibroacoustic lounge rooms. It has a 1,100sqm of data-driven facilities based on 12 hallmarks of ageing. Additional amenities feature an infrared sauna, a vitality pool, hot and cold plunge baths, a PBM red light therapy room, a retail boutique, indoor and outdoor relaxation areas.



科罗拉多州帕戈萨温泉度假村及水疗中心

科罗拉多州帕戈萨温泉度假村及水疗中心经过一系列扩建工程后，迎接宾客。地球上最深的地热温泉Mother Spring提供水源。51个浸泡池沿圣胡安河梯田式分布，有不同的温度。仅限成人的休闲区和家庭友好空间，确保宾客们都有选择。全新的两层水疗中心，包含12间理疗室。设计上采用手工石雕工艺，可将山景尽收眼底。创新设施Nano-bubble氫水水疗池中，注入了比皮肤毛孔更微小的氢气泡，深层滋养肌肤。还可体验圣胡安精华按摩、孕中晚期的WolfCreek Cub Rub、含镁身体护理。此外，还可前往健康工作室体验水上瑜伽，亲近自然的森林浴。

The Springs Resort and Spa Pagosa Springs, Colorado

The Springs Resort and Spa, Pagosa Springs, Colorado welcomes guests after a series of expansions. Mother Spring, the deepest geothermal hot spring on Earth, provides the water source. The 51 soaking pools are terraced along the San Juan River and have a variety of temperatures. An adults-only relaxation area and a family-friendly wellness zone ensure options for all guests. A new two-level spa containing 12 treatment rooms. Designed with handcrafted stonework and panoramic mountain views. The innovative Nano-bubble Hydrogen Water Spa Pools are infused with microscopic hydrogen bubbles smaller than skin pores for deep nourishment. Guests can experience the San Juan Essence, Wolf Creek Cub Rub for those in the second or third trimester of pregnancy, and Magnesium Muscle Melt body treatments or visit the Wellness Studio to experience aqua yoga, forest hike-Shinrin-Yoku and more.

苏格兰Gleddoch Golf & Spa酒店Imperia Spa

苏格兰占地350英亩的庄园内迎来了翻新后的Imperia水疗中心，距离格拉斯哥仅20分钟的路程。翻新后，理疗室变为了7间，新增了泰诺健设备、餐厅、健康工作室、独立酒吧区、种植稀有棕榈植物的橘园。客人抵达接待处时，被弥漫着的波斯茉莉香味所包围。加热躺椅和阳台上的露天休息室可以放松身心。从室外水疗池到玻璃面草药桑拿房，从这里可以欣赏到连绵起伏的山峦全景。在室内，提供感官淋浴、深度放松室、喜马拉雅盐桑拿、芳香蒸汽室、冰泉、冰浴。室内泳池铺设了金色和黑色的瓷砖，并配有镜面天花板和嵌入式照明灯。

Imperia Spa, Gleddoch Golf & Spa Resort Scotland

The renovated Imperia Spa has opened within a 350-acre estate in Scotland, just 20 minutes from Glasgow. The upgrade includes seven treatment rooms, new Technogym equipment, a restaurant, a wellbeing studio, a separate bar area and an orangery with rare palm plants. Guests are greeted at reception with the scent of Persian jasmine. Heated loungers and an open-air lounge on the veranda offer relaxation. Facilities range from the outdoor hydrotherapy pool to the glass-fronted herbal sauna with panoramic views of rolling hills. Indoors, guests can enjoy a sensory shower, a deep relaxation room, a Pink Himalayan salt sauna, an aromatic steam room, an ice fountain, an ice bath. The indoor pool is retiled in gold and black with a mirrored ceiling and recessed lighting.



阿姆斯特丹瑰丽酒店 Asaya水疗

阿姆斯特丹瑰丽酒店Asaya水疗近期焕新开业。这座坐落于经过再设计的保护性历史建筑上的酒店，俯瞰美丽的王子运河。综合康体概念的Asaya水疗，秉持情绪平衡、身体疗愈、运动锻炼、肌肤健康与社群联结的理念，打造出静谧的都市疗愈之地。Spa占地560平方米，拥有恒温泳池、桑拿、蒸汽浴及五间理疗室，引入了Dr. Barbara Sturm和SubtleEnergies奢华护肤品牌。全方位的阿育吠陀健康疗养，巧妙结合了东方传统疗法与现代疗法，为宾客提供全方位的平衡体验，健身区则设有24小时健身房、普拉提工作室。

Asaya Spa, Rosewood Amsterdam

The Asaya Spa, Rosewood Amsterdam has recently opened. This hotel is located in a redesigned monumental historic building overlooking the beautiful Prinsengracht. The transformative urban wellness retreat of Asaya Spa adheres to the pillars of emotional balance, physical therapies, fitness, skin health, and community, creating a serene urban retreat. Spanning 560 square meters, the spa features a pool, sauna, steam room, and five treatment rooms, incorporating luxury skincare brands Dr. Barbara Sturm and Subtle Energies. The Ayurvedic wellness treatments skillfully blend ancient Eastern healing with innovative Western therapies, offering guests a holistic balance experience. Additionally, the fitness area includes a 24-hour fitness room and a Pilates studio.



卡塔尔多哈安达仕酒店 Alara Spa水疗中心

全新亮相的Alara Spa水疗中心，其名源自阿拉伯语中的“水仙女”，专注于哈曼浴仪式。中心内配备了6间治疗室、草药桑拿、蒸汽浴室和多感官淋浴。土耳其浴，借鉴了古老的东方养生哲学，提供了多种的护理项目，包括传统的净身仪式、按摩、护肤等，为疲惫的身心带来焕新，尽享静谧时光。这里24小时开放的健身中心设备齐全，从心血管设备到重量训练。即将开放的室外游泳池，也是晨间畅游或工作结束后放松的理想场所。边上还设有舒适的躺椅和提供茶点的酒吧。

Alara Spa, Andaz Doha, Qatari

The newly unveiled Alara Spa, its name derived from the “water fairy” in Arabic, is focused on the Hammam bathing ritual. Alara Spa features six treatment rooms with separate male and female areas, a herbal sauna, steam rooms and multi-sensory showers. The Hammam draws on ancient Eastern wellness philosophies with a variety of treatments available, including the traditional cleansing ritual, massages, skincare and more to rejuvenate tired minds and bodies in serene tranquility. The 24-hour fitness center is fully equipped, ranging from cardiovascular equipment to weight training, while the soon-to-open outdoor pool will be an ideal spot for morning swims or post-work relaxation. There are also comfortable pool deck chairs and the bar serving refreshments throughout the day.

迈阿密海滩安达仕酒店Ondara水疗中心

地处于标志性柯林斯大道的迈阿密海滩安达仕酒店，于6月份迎来了新的Ondara水疗中心。中心内独具特色的night-to-day疗程，呼应了迈阿密沙滩的不眠活力。在夜间庆祝活动开启前，重焕能量。再通过精选疗程和以放松为核心的活动，实现身心平衡。大胆突破传统的模式，精选奢华的环保产品，确保每项疗程具有卓越的功效。宾客可在两个泳池俯瞰美丽的大西洋，亦或是在24小时健身中心释放活力。无论是追求身心疗愈，或是向往动静相宜的度假体验，Ondara水疗中心都将带来令人难忘的感官之旅。

Ondara Spa, Andaz Miami Beach

The Andaz Miami Beach on iconic Collins Avenue unveiled its new Ondara Spa in June. Featuring a signature “night-to-day” program that mirrors Miami Beach’s rhythm. Rejuvenate and recharge before nighttime festivities and recover with select treatments and relaxation-centric activities. Breaking from tradition, the spa uses only premium, eco-conscious products for a luxurious to ensure great results. Guests can unwind by two pools overlooking the beautiful Atlantic or recharge at the 24-hour fitness center. Whether seeking deep rejuvenation or a dynamic retreat, Ondara Spa delivers an unforgettable sensory journey.



纳闽巴霍TA'AKTANA豪华精选水疗度假酒店 Di'a Spa水疗中心

印度尼西亚的纳闽巴霍TA'AKTANA豪华精选水疗度假酒店的Di'a Spa水疗中心，是一处萦绕着海浪与大自然的静谧空间。Di'a一词意为“美”与“你”，寓意既有真正的美在于自我，还体现了对弗洛勒斯岛的文化遗产与传统康养理念的致敬。沉浸式水疗中心的设计灵感，源自当地Rangko和Batu Cermin洞穴，巧妙融入自然元素。单人和双人的护理室，伴随柔和灯光与舒缓音乐，提供宁静的环境。水疗中心的TA'AKTANA招牌特色护理，融合了当地原料和传统水仪式。配套设施包括桑拿、冷热水池等，并提供地道的特色茶点。宾客还可前往零售空间，将体验延续至日常生活。

Di'a Spa, TA'AKTANA, a Luxury Collection Resort & Spa, Labuan Bajo

TA'AKTANA Luxury Collection Spa Resort & Spa, Labuan Bajo, Indonesia launches Di'a Spa, a tranquil space where the waves and nature linger, and the word Di'a means “beauty” and “you”. The word Di'a means “beauty” and “you,” signifying that true beauty lies in the self, while also paying homage to the cultural heritage and traditional wellness of the island of Flores. The design of the immersive spa is inspired by the local Rangko and Batu Cermin caves, subtly incorporating natural elements. Single and double treatment rooms offer a tranquil environment with soft lighting and soothing music. The Spa's signature TA'AKTANA specialty treatments incorporate local ingredients and traditional water rituals. Facilities include a sauna, hot and cold pools, and authentic specialty refreshments. Guests can also visit the retail space to continue the experience into everyday life.





BoostPro美容仪

BoostPro美容仪的出现，呈现出家用美容设备向多功能化发展的趋势，一机解决多个护肤问题。六合一全方位护理的智慧多功能美容仪，集光泽、弹力、饱满、毛孔、LED、震动护理于一体。四个主要模式和两个附加功能，可有效促进胶原蛋白生成、提升光泽、改善下垂等功效，助力肌肤恢复弹性。每种模式均设有不同的使用周期和时长设定。连接App可变更LED颜色、声波震动、音量调节和查看记录。有5种彩色的LED可供选择，各个颜色对肌肤会产生不同的刺激深度，在使用过程中，用户也可根据当下肤质灵活调整。

The BoostPro Beauty Device

The BoostPro Beauty Device represents the trend toward multifunctional home skincare appliances that address multiple skin concerns in one device. This 6-in-1 device combines absorption, radiance, elasticity, pore care, and customized LED care. Featuring four main modes and two add-ons, it effectively stimulates collagen production, improves skin luminosity, and reduces sagging to help restore skin's youthful resilience. Each mode operates on different treatment cycles and time. Through the App, users can customize LED colors (with 5 color options available), adjust sonic vibration and volume vibration, and track treatment history. Each LED color can penetrate skin at different depths, and the user also has the flexibility to adjust it to the skin type of the moment during use.

MICRO LED智能美容镜

三星携手爱茉莉太平洋，创新推出全新21英寸MICRO LED智能美容镜。采用铝与铌金属打造的特殊微图案镜面结构，科技感与质感兼具。它不仅可如普通镜子般满足日常梳妆需求，更兼具智能显示屏的功能。显示天气、日程等个性化信息外，还具有三星电视的功能和AI功能。在短短的30秒内，它便能分析出个体用户的皮肤类型，如毛孔、皱纹、黑色素(肤色)和红斑(泛红)等皮肤状况，并据此推荐更适合改善个体用户皮肤状态的化妆与美容护肤品的方案，开启智能美肤新体验。

MICRO LED Beauty Mirror

Samsung and Amorepacific unveil groundbreaking 21-inch MICRO LED Beauty Mirror. Crafted from aluminum and niobium with a precision micro-patterned surface, this innovative mirror blends cutting-edge technology with sophisticated design. It not only fulfills daily grooming needs, functioning just like an ordinary mirror, but also serves as a smart display screen. It shows personalized information including local weather, user's to-do list, today's calendar and more, plus has all the functions of a Samsung smart TV and offers AI optimizations. Within just 30 seconds, this device can analyze the skin conditions of users – pores, wrinkles, melanin (skin tone), and redness, then generate personalized makeup and skincare recommendations for targeted improvement. It takes your schedule into account when providing makeup recommendations.



Sleepisol Lite 便携式智能头带

在快节奏的现代 society 下，许多人患有睡眠障碍，进而影响身体健康。韩国 Leesol 推出了一款 Sleepisol Lite 便携式智能头带，可以实质性的改善用户睡眠质量、心理健康和整体福祉。这款智能头带，符合人体工程学设计，仅重33克，携带方便。采用 AAAA 电池，无需频繁充电。操作上，只需一个按钮就能轻松实现心理健康管理，使用户可以随时随地保持持续的精神健康管理。运用专利技术，突破了传统经颅交流电刺激 (tACS) 的皮肤屏障限制，通过温和的电刺激来优化大脑功能，促进大脑整体稳定。

Sleepisol Lite portable smart wearable headband

In today's fast-paced modern society, many people suffer from sleep disorders that negatively impact their physical health. South Korean's Leesol has launched the Sleepisol Lite portable smart wearable headband, which tangibly improves users' sleep quality, mental health, and overall well-being. Weighing only 33g and featuring a built-in AAAA battery, it eliminates the need for frequent charging, making it highly portable and convenient. With a simple button operation, it enables effortless mental health management, allowing users to maintain consistent wellness routines anytime, anywhere. Utilizing patented technology, the Sleepisol Lite overcomes the effectiveness issue of traditional tACS due to skin barrier interference, employing gentle electrical stimulation to optimize brain function and promote overall neural stability.

科技革命，精准定制与价值重构

中国健康产业的变革本质上是一场以人为中心的价值革命。高菲 文





Guilin



Jiuzhaigou

当

上海中山医院实验室的基因测序仪启动时，0.2毫升血浆中隐藏的肝癌预警信号被精准捕捉——这微量的生物数据，承载着一个生命避开病魔突袭的可能。与此同时，重庆金凤实验室的院士团队正凝视屏幕上新合成的4个双靶点分子结构，它们有望改写某种绝症的治疗史。而在湖南三诺生物的生产线上，一枚枚硬币大小的动态血糖仪正被装入发往187个国家和地区，为了守护全球糖尿病患者的餐桌安宁。

这些看似各不相关的场景，共同勾勒出中国健康产业最真实的变革图景。2024年，这个产业以12万亿元的总体规模和近10%的增速，成为中国经济增长的强劲引擎。在老龄化加速、技术爆发与健康消费升级的三重驱动下，一场从规模扩张到质量跃升的转型正在静水深流地展开。

科技革命 从实验室到产业生态的系统性重构

在重庆金凤实验室，一场“最强大脑风暴”正在改写中国生物医药的创新路径。由卞修武、段树民等院士领衔的20个科研团队，依托时空组学、单细胞多组学等八大平台，仅2024年就成功合成4个基于AI设计的双靶点全新骨架实体分子，并交付下游药企转化。这种“原始创新+产业协同”的模式，是西部科学城打造“生命芯谷”的核心逻辑——投

资55.5亿元的亦度疫苗生产基地和思拓凡生物药高端制造基地相继开工，为科研成果产业化铺就快车道。

精准医疗的临床革命已在顶尖医院落地生根。复旦大学附属中山医院凭借自主研发的7种微小核糖核酸检测试剂盒，实现了仅需0.2毫升血浆即可诊断肝癌的突破，灵敏度达84%，比传统甲胎蛋白检测提高30%，并能提前1-1.5年预警癌症。2024年1月至11月，该院精准医学中心完成8项发明专利转化，其中6项入选国家药监局首批“医疗机构自行研制体外诊断试剂”目录。这种HDT（医疗机构研发诊断试剂）模式，正从上海、北京向全国推广，加速破除“科研-临床”转化的制度壁垒。

数字疗法与智能硬件的融合正在重构健康管理场景。

三诺生物打造的动态血糖仪二代产品，通过“数字连接+数字糖尿病+数字运营”体系服务全球2,500万用户，其轻薄精巧的设计让血糖监测无感融入日常生活。

圣湘生物的双芯片滚动基因测序仪填补国内空白，而爱威科技的“医学显微镜形态学检验自动化”技术达到国际领先水平。

在江苏宿迁，“籼米智慧管理信息平台”将农业数字化技术植入传统稻米产业，从种植源头提升产品优质度和健康度。

在海南，数字疗法已用于阿尔茨海默病早期筛查，通过认知训练游戏延缓病程发展；而在北京焕生汇的AI健康管理云平台上，可穿戴设备实时分析用户心率变异性，



The Great Wall

预警压力超负荷风险。

当长护险政策将康复机器人纳入报销范围，一种“硬件+服务+保险”的创新模式正在改变居家养老生态。数据显示，设备渗透率每提升1个百分点，护理成本可降低超20%。

精准定制 从人群细分到场景化创新

面对中国3.1亿老年人(占总人口22%)的银发浪潮，健康产业正迎来结构性机遇。

特医食品赛道呈现爆发式增长，2024年市场规模达234.2亿元，年复合增长率30%。政策审批提速与医保覆盖扩大，叠加企业在合成生物、AI定制营养等方向的突破，使其从临床辅助走向日常消费。

佳格集团旗下乐奔拓公司耗时8年研发的乳矿物盐氨糖软骨素粉，创新性融入乳清蛋白形成“骨肌双护系统”，直击老年人关节与肌肉同步衰退的痛点，当骨骼肌随年龄衰减，单纯补钙已不足以防跌倒，必须同步强化肌肉保护。这款斩获“世界食品创新奖”的产品背后，是对老龄化社会需求的深刻洞察。

新中式养生的崛起让传统药食同源焕发现代活力。

盒马推出“陈皮四神水”和“暑清元气水”系列，以“配方只有水和食材”的极简理念打造“水替”概念。瑞幸咖啡实施“干净配方工程”，全线饮品实现“0植脂末、0反式脂肪酸、0阿斯巴甜、0氢化植物油”。喜茶的“超级植物茶”系列年销超3,700万杯，将羽衣甘蓝、红菜头等食材融入现代茶饮。



The Great Wall

在焕生汇的健康管理体系中，精准化已成核心标签。其服务聚焦四大健康风险领域：肿瘤25%、心血管47%、代谢12%、脑神经退化4%，通过基因检测、动态监测和AI分析，为一位41岁糖尿病企业家定制“生命绿荫计划”。3个月内，该客户糖化血红蛋白从8.7%降至6.5%，低密度脂蛋白下降27%，体重减少4公斤。这种“数据驱动+多学科干预”的模式，正重新定义健康管理价值标准。

场景化创新正在打破健康产品的使用边界。菌小宝开发的“微胶囊造粒技术”实现益生菌干吃即食、3秒速溶，将健康元素从药盒解放至办公桌、健身房；燕之屋突破传统女性市场局限，邀请万科创始人王石代言“总裁款碗燕”，开创男性滋补新品类，推动燕窝产业向559亿元市场规模进军。

价值重构 从产品到生态的产业升级

广州国际生物岛上，粤港澳大湾区首个生命科学领域国家级大科学装置——人类细胞谱系大科学研究设施正在绘制人体40万亿细胞的动态演化图谱。不远处，云舟生物的基因



递送技术作为mRNA疫苗、CAR-T疗法的底层支撑，服务全球4,500多家科研院所和药企，上榜《2024全球独角兽榜》。这种“基础研究+产业转化”的双螺旋，是广州打造全球细胞与基因治疗新高地的核心逻辑。

绿色制造已成为产业高质量发展的必修课。乐奔拓实施“三位一体”低碳战略：通过ERP系统实现98%业务流程无纸化，年减纸质文件50万份；在叶黄素酯饮研发中创新复配MCT及黑胡椒提取物，提升生物利用率；西洋参口服液生产实现残渣循环利用。广药集团连续22年回收家庭过期药品超1,800吨，而更多企业采用玉米淀粉基塑料、竹纤维包装，将生态价值纳入全生命周期管理。

全球化IP与技术出海开启新篇章。2025年中国在研新药管线数量占全球比重达29.5%，专利申请总量连续11年居全球首位。恒瑞医药GLP-1产品通过“产品授权+股权绑定”的NewCo模式授权美国企业，交易规模超60亿美元，保留19.9%股权实现长期利益共享。圣湘生物在印尼共建化工厂，提供“试剂+仪器+第三方医学检验”全产业链解决方案；九芝堂的7个中成药获得巴西国家卫生监督

局进口许可，推动中医药走向世界。

产业协同正在弥合资源鸿沟。九展农业在福建、安徽油茶产区构建“AI+古法”智慧种植体系，通过“公司+合作社+农户”模式带动超2,000户农户建立标准化基地，每亩林地年增收突破3,000元。其推出的“银发群体健康关爱计划”以成本价供应功能食品，联合社区试点“饮食干预+智能监测”慢性病管理，试点社区高血脂人群通过3个月茶油膳食调节，健康指标改善率达78.9%。

未来图景 生态竞争与健康新范式

站在产业变革的临界点，科技革命、精准定制与价值重构这三大趋势正重塑健康产业的未来边界。

技术融合将穿透产业壁垒。脑机接口在阿尔茨海默病早筛领域已展现产业化潜力，预计2030年全球市场规模达65.2亿美元；生物制造作为“平台型产业”，2030年中国市场规模将突破1.8万亿元，年复合增速21%。清华大学的“医工结合”模式整合医学院与工科院系资源，如程京院士团队开发的目诊仪，通过眼部图像分析判断中医证候，预示

了多学科交叉的无限可能。

预防医学将成为主导范式。AI大模型支持的动态风险预测系统可提前6个月预警并发症；家庭健康管理市场规模2025年将突破8万亿元，“家门口的健康管理”成为全民刚需。焕生汇的实践表明，系统化健康干预可使终身重大疾病风险降低90%以上，这彻底颠覆了“病后治疗”的传统医疗逻辑。

细胞健康产业迎来政策破冰。随着《广州市关于加快生物制造产业高质量发展的工作方案》出台，南沙自贸片区支持细胞和基因治疗企业开展限制类细胞移植治疗技术临床应用，鼓励外商参与基因诊断与治疗技术开发。湘江新区生物医药产业规模2025年预计突破1,200亿元，重点布局中药和医疗器械领域，为产业迭代注入新动能。

未来起步于今天。当14亿人的健康需求与技术创新深度交融，一个既创造经济价值又守护地球环境、既尊重个体差异又促进普惠共享的健康新生态已然崛起。在“健康中国2030”战略指引下，这场由科技赋能、精准定制与价值重构共同谱写的发展交响曲，终将为人类健康事业贡献独特的东方智慧。

VALUE REIMAGINED

The Transformation of China's Health Industry is a Human-Centered Value Revolution, Focused on Technological Upgrading, Precise Customization, and Value Reconstruction.

By Fifi Kao



Zhangjiajie

The gene sequencer at Shanghai Zhongshan Hospital's laboratory whirrs to life and precisely captures the early warning signals of liver cancer hidden in just 0.2 milliliters of plasma – a minuscule amount of biological data that holds the potential to save a life from a sudden strike of cancer. Meanwhile, at Chongqing's Jinfeng Laboratory, a team of scientists scrutinize four newly synthesized dual-target molecular structures on their screens, molecules that may rewrite the treatment history of a once-

incurable disease. Meanwhile, in Hunan, Sinocare's production line is packaging coin-sized glucose monitors bound for 187 countries and territories, safeguarding the dining tables of diabetes patients worldwide.

These seemingly disparate scenes collectively create an authentic portrait of transformation in China's health industry. In 2024, the industry, worth a total of 12 trillion yuan annually and a growth rate of nearly 10% per year, has become a powerful engine for China's economic growth. Driven by an aging population, technological

breakthroughs, and an upgrade in health consumption, a shift from scale expansion to focus on quality is unfolding fast.

Technological Revolution: Systemic Reconstruction from Lab to Industrial Ecosystem

At Chongqing's Jinfeng Laboratory, a "superbrain storm" is rewriting the path of innovation in China's biopharmaceutical industry. In 2024 alone, 20 research teams led by scientists like Bian Xiuwu and Duan Shumin leveraged eight major platforms –

including spatiotemporal omics and single-cell multi-omics – to synthesize four AI-designed dual-target molecular entities with novel frameworks, delivering them to downstream pharmaceutical companies for conversion. This “original innovation + industrial synergy” model is the core logic behind the Western Science City’s “Life Core Valley.” With a 5.55-billion-yuan investment, projects like the Yidu Vaccine Production Base and Cytiva’s high-end biopharmaceutical manufacturing base are creating a fast track for industrializing scientific achievements.

The clinical revolution in precision medicine has also taken root in top-tier hospitals. Shanghai Zhongshan Hospital, with its self-developed seven-microRNA detection kit, achieved a breakthrough in diagnosing liver cancer with just 0.2 milliliters of plasma – boasting 84% sensitivity, a 30% improvement over traditional alpha-fetoprotein tests, and the ability to detect cancer 1-1.5 years earlier. From January to November 2024, the hospital’s precision medicine center converted eight patented inventions, six of which were listed in the National Medical Products Administration’s first “In Vitro Diagnostic Reagents Self-Developed by Medical Institutions” catalog. This HDT (Hospital-Developed Testing) model is now being extended nationwide, breaking down institutional barriers between research and clinical application.

The fusion of digital therapeutics and smart hardware is reshaping health management.

Sinocare’s second-generation continuous glucose monitor already serves 25 million users globally through its “digital connectivity + digital diabetes + digital operations” system, its sleek design seamlessly integrating glucose monitoring into daily life.

Sansure Biotech’s dual-chip rolling gene sequencer fills a domestic gap, while AVT’s “automated medical microscopy morphological testing” technology is a global leader.

In Suqian, Jiangsu, the “Xianmi Smart Management Platform” embeds agricultural digital tech into traditional rice farming, enhancing product quality and health right from the planting stage.

In Hainan, digital therapeutics are used for early Alzheimer’s screening, slowing disease progression through cognitive training games.



Tianmen Mountain

Meanwhile, Beijing Huanshenghui's AI health management cloud platform analyzes users' heart rate variability via wearables to predict stress overload risks.

When long-term care insurance policies began covering rehabilitation robots, an innovative "hardware + service + insurance" model emerged, transforming home-based elderly care. Data shows that every 1% increase in device penetration reduces nursing costs by over 20%.

Precision Customization: Demand Leap from Demographic Segmentation to Scenario-Based Innovation

Faced with China's "silver wave" of 310 million seniors (22% of the population), the health industry is witnessing structural opportunities.

The medical food sector is booming, with a 2024 market size of 23.42 billion yuan and a 30% annual growth rate. Faster regulatory approvals, expanded insurance coverage, and breakthroughs in synthetic biology and AI-customized nutrition are shifting these products from clinical aids to daily consumption.

Legend Group's Leprotech spent eight years developing a milk mineral salt-glucosamine chondroitin powder, innovatively blending whey protein to create a "bone-muscle dual-protection system" addressing seniors' joint and muscle decline. As skeletal muscles weaken with age, calcium alone can't prevent falls – muscle protection is equally critical. This World Food Innovation Award-winning product reflects deep insight into the needs of an aging society.

The rise of "New Chinese Wellness" is revitalizing traditional food-as-medicine.

Hema's "Chenpi Sishen Water" and "Summer Refresh Vitality Water" series is promoting a minimalist "ingredient-only" means of hydration.

Luckin Coffee's "Clean Formula Initiative" has eliminated powdered creamers, trans fats, aspartame, and hydrogenated oils from all drinks.

HeyTea's "Super Plant Tea" series, selling 37 million cups yearly, infuses modern tea with superfoods like kale and beetroot.

At Huanshenghui, personalization is central. Its services target four major health risks: tumors (25%), cardiovascular (47%),



metabolic (12%), and neurodegenerative (4%). For a 41-year-old diabetic entrepreneur, a "Life Canopy Plan" combining genetic testing, dynamic monitoring, and AI analysis reduced HbA1c from 8.7% to 6.5%, LDL by 27%, and weight by 4 kg in three months. This "data-driven + multidisciplinary intervention" model is redefining health management standards.

Scenario-based innovation is erasing product boundaries. Junxiaobao's "microencapsulation" tech enables probiotic snacks that dissolve in 3 seconds, freeing health supplements from pillboxes to desks and gyms. Yan Zhi Wu broke gender norms by inviting Vanke founder Wang Shi to endorse its "Executive Bird's Nest," pioneering men's wellness and propelling the industry toward its current 55.9-billion-yuan market value.

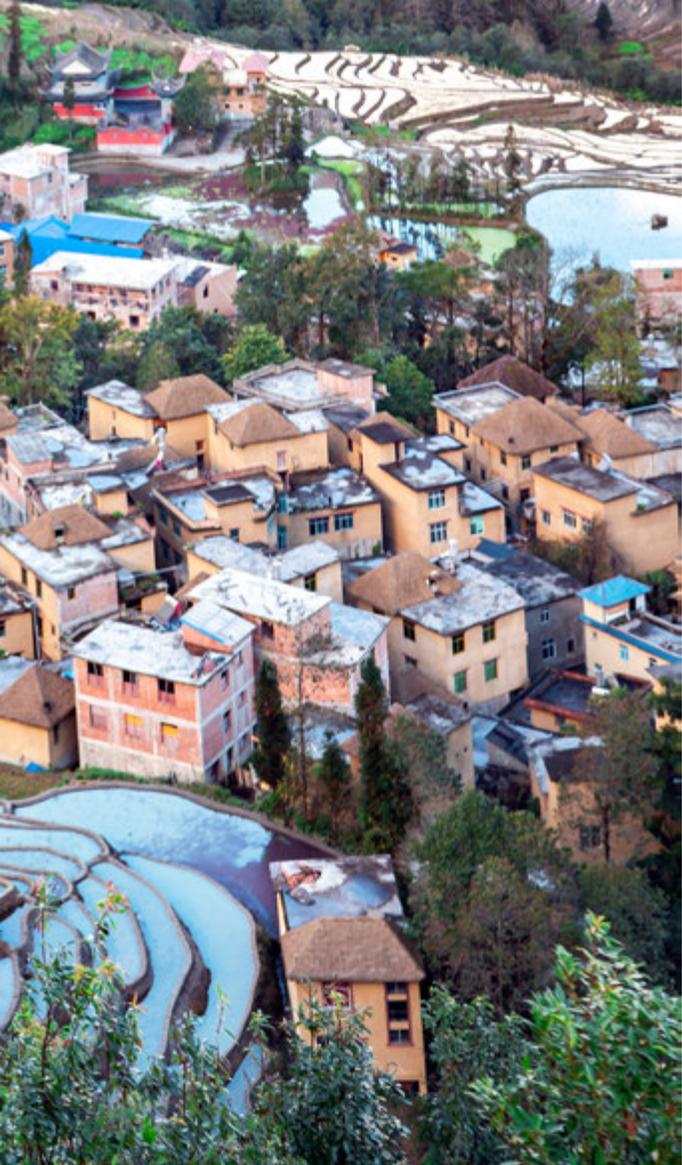
Value Reconstruction: Industrial Ascension from Products to Ecosystems

On Guangzhou's International Bio-Island, the Greater Bay Area's first national megascience facility – the Human Cell Atlas – is mapping 40 trillion cells' dynamic evolution.

Nearby, Yunzhou Bio's gene delivery tech, underpinning mRNA vaccines and CAR-T therapies, is serving 4,500+ global institutions, and had earned a spot on the 2024 Global Unicorn List. This "basic research + industrial conversion" dual helix is fueling the rise of Guangzhou as a cell and gene therapy hub.

Green manufacturing is now imperative. Leprotech's "triple-carbon" strategy achieves 98% paperless operations via ERP, cutting 500,000 documents yearly. Its lutein-MCT-black pepper extract combo boosts bioavailability, while ginseng oral liquid production recycles waste. GPC's 22-year drug take-back program collected 1,800+ tons of expired meds, while cornstarch-based plastics and bamboo fiber packaging embed eco-values into lifecycle management.

Global IP and tech exports are soaring. By 2025, China will account for 29.5% of global drug pipelines, and its patent filings have been leading for 11 straight years. Hengrui's \$6B+ GLP-1 deal with a U.S. firm via "license + equity" NewCo model retains 19.9% long-term stakes. Sansure builds chem plants in Indonesia, offering end-to-end diagnostic



Splendid Red Land, Kunming



Karst Mountains and Li River, Guilin

solutions, while JiuZhiTang’s seven TCMs enter Brazil, globalizing traditional medicine.

Industrial collaboration bridges resource gaps. JiuZhan Agriculture’s “AI + heritage” oil-tea system empowers 2,000+ farmers across Fujian and Anhui, boosting income by 3,000 yuan/acre yearly. Its “Silver Health Initiative” supplies affordable functional foods and pilots “diet + smart monitoring” chronic disease management, improving lipid profiles in 78.9% of participants within three months.

Future Vision: Ecosystem Competition and New Health Paradigms

At this inflection point, three trends – tech revolution, precision customization, and value reconstruction – are redrawing the industry’s boundaries.

Tech convergence will dissolve barriers. Brain-computer interfaces show promise in Alzheimer’s screening, with a projected \$6.52 billion global market by 2030. Bio-manufacturing, a “platform industry,” will hit 1.8 trillion yuan in China by 2030 (21% CAGR). Tsinghua’s “medical-engineering integration”

model, like Cheng Jing’s ocular diagnostic tool analyzing TCM syndromes via eye images, has great interdisciplinary potential.

Preventive medicine will dominate. AI-powered risk prediction can warn of complications six months early. The value of the home health management market will exceed 80 trillion yuan by 2025, making “healthcare at your doorstep” a universal necessity. Huan-shenghui’s data shows systematic interventions can reduce lifelong major disease risks by over 90%, overturning reactive treatment models.

Cell health is benefitting from policy momentum. Guangzhou’s new biomanufacturing policy allows cell/gene therapy firms in

Nansha to conduct restricted clinical applications and welcomes foreign R&D in genetic diagnostics. Xiangjiang New Area’s biomed sector, targeting 120 billion RMB by 2025, focuses on TCM and devices, injecting fresh momentum.

The future begins today. As the health needs of 1.4 billion people merge with innovation, a new ecosystem emerges – one that creates economic value while protecting the planet, honors individuality while promoting equity. Guided by the vision of “Healthy China 2030”, this symphony of technology, precision, and reconstructed values will ultimately contribute unique Eastern wisdom to global health.

协同创新 助力健康

访谈佳格集团研发中心总经理，心活力集团乐奔拓公司总经理刘昌树博士



佳

格集团自1992年通过上海公司进入大陆市场，深耕超30年，从食用油龙头逐步发展为覆盖全品类健康食品的综合企业，兼具产能规模与技术优势，并通过产学研合作，如江南大学联合实验室，不断推动创新。其大陆业务已成为集团全球化战略的核心支柱，持续引领健康消费趋势。

佳格集团研发中心的总经理刘昌树博士 (Tristan Liu)，拥有美国康奈尔大学 (Cornell University) 食品科技与营养生化博士学位及加拿大阿尔伯塔大学 (University of Alberta) 企管硕士学位，深耕食品科技与营养科学领域二十余年。他同时兼任心活力集团乐奔拓公司总经理。

刘博士活跃于学术界与行业组织，此前曾担任台湾海洋大学食品科学系助理教授、美国泰森食品创新中心资深科学家和美国味全食品研发处资深科学家，江南大学食品学院产业特聘教授、博士生导师及生物与医药博士专业学位企业专家，同时也是江南大学-佳格集团“营养科学协同创新实验室”企业负责人，中国营养学会、中国食品科学技术学会、美国食品科学家学会 (IFT) 和美



Tristan Liu

国油脂化学家学会 (AOCS) 的会员。

刘博士的研究范围涵盖食用油、加工肉品、即食饮品、保健食品、调理食品等多个品类，带领团队研发超过20个食品品类，贯通从基础研究到产业化的全链条。在国内外期刊发表论文100余篇，拥有国内外专利40余项，持续推动食品行业技术革新与成果转化。

佳格集团正在推动从基础研究到产业化的全链条创新，能否分享未来3-5年集团在营养健康领域的核心战略方向？是否会聚焦功能性食品、精准营养或特定人群的解决方案？

作为深耕营养健康领域的企业，佳格始终以科技创新为基石，致力于为不同生命周期人群提供科学营养解决方案。我们观察到目前消费市场正呈现三大发展趋势：国民健康意识深化推动的精准营养需求、人口结构变化催生的银发经济机遇、以及健康与美味兼具的产品升级诉求。

基于对行业趋势的洞察，佳格集团将持续深化三大能力建设——首先，强化基础研究与临床验证相结合的技术体系，通过整合全球营养科学资源，构建符合国人膳食结构的健康产品矩阵；其次，重点布局特殊膳食领域，针对现代人高频健康痛点开发具有科研背书的解决方案；与此同时，我们还依托数字化工具提升产品创新效率，通过柔性化生产来满足个性化营养需求。

在实践层面，我们已通过多力食用油创新技术实现厨房健康升级，并通过医学营养领域的突破性产品获得市场验证。未来将持续通过产学研协同创新，推动科研成果向消

费场景的转化，助力全民健康生活方式的构建。

乐奔拓作为心活力集团旗下公司，其核心业务聚焦于哪些细分领域？与佳格集团的产品线如何形成战略互补？

心活力是佳格集团全资控股的子集团。乐奔拓作为集团大健康板块的重要组成，专注于特医食品、保健食品、营养补充剂等研发生产工作，并将业务重心定位于功能营养领域，覆盖了从疾病营养支持到日常健康管理的细分。

在业务协同方面，乐奔拓与集团形成差异化布局：佳格依托大众化粮油食品构建基础营养体系，如食用油、谷物制品、复合调味品等，夯实家庭餐桌健康根基；乐奔拓则聚焦功能营养领域，通过医学级营养补充剂与精准健康管理方案形成战略纵深。

这种布局通过专业医疗渠道与大众消费市场的渠道互补，以及基础科研与应用创新的技术互动，共同完善了大健康产业生态的构建。既实现了从日常膳食到专业营养的全场景覆盖，也形成了研发资源与技术成果的双向流动机制——乐奔拓依托佳格多年的食品研发科技积累，攻克营养补剂适口性技术难关，开发出兼具临床价值与消费体验的创新产品，将营养补剂做到“好口感，吃得下”。同时，乐奔拓在精准营养领域的前沿研究成果持续反哺集团研发体系，推动佳格基础食品向功能化、个性化方向升级。这种“基础研发+应用创新”的共生模式，使我们在原料科学、制剂工艺等关键技术领域及大众市场上形成了独特的竞争优势。

您提到乐奔拓团队已研发超过20个食品品类，能否分享一个代表公司技术实力的明星产品？它在配方设计或生产工艺上有何独特创新？

作为一家深耕营养健康领域的企业，乐奔拓构建了覆盖普通食品、保健食品及特医食品的多元化产品矩阵。我们始终秉持“全维营养、品质护航”的研发理念，所有产品的配方及工艺都经过反复打磨，其中乐奔拓®乳矿物盐氨糖软骨素粉便是践行这一理念的典范之作。

这款历时8年精心研发的注册制保健食品，严格进行毒理学试验、功能验证及稳定性验证三重科学论证，成功获批“改善骨密度”保健功能认证。在剂型设计上，创新采用易溶粉剂形态，突破传统片剂的局限，特别针对老年群体吞咽功能弱的特点进行优化，实现营养摄入便捷化。在产品配方上，除核心成分钙、氨糖和软骨素的黄金配比外，还创造性融入乳清蛋白成分，打造

“骨骼——肌肉”双重保护体系。科学研究表明，随着年龄增加，骨骼肌衰减会加速关节磨损，此配方通过补充优质蛋白源，在改善骨密度的同时助力肌肉健康维护，形成关节问题的系统化解决方案，体现我们在产品研发时的多维健康思维。

该产品的设计理念及创新价值获得了专业人士的赞许及行业的高度认可，先后斩获第10届世界食品创新奖“最佳乳制品”、营养健康食品科技创新评价“营养健康产业创新产品”、第二届中国营养师发展大会“营养师心选健康好物”和“优秀科学配方奖”等诸多奖项，印证了其“科研力+实用性”的双重优势。

从实验室到消费者手中，乐奔拓始终以严谨科学态度打磨每一款产品，用创新配方诠释全维营养理念，为不同群体提供精准化健康解决方案。

在绿色制造与低碳食品趋势下，乐奔拓在原料采购、生产流程或包装设计上是否制定了相关目标？消费者对“天然成分”的需求日益增长，您们在产品研发中如何平衡技术创新与消费者对“天然”及“少添加”的诉求？

佳格集团始终践行环境友好型发展战略，致力于绿色制造及低碳食品开发。而乐奔拓作为集团大健康板块核心载体，也秉持着集团的环保理念，实施“三位一体”低碳发展战略。

一是坚持低碳运营体系，我们全面推行无纸化流程，依托ERP系统实现98%业务流程数字化，每年减少纸质文件逾50万份。

二是精准营养低碳研发，公司聚焦的高全营养不是单纯追求高剂量，而是重点关注功效性成分的生物利用度，比如我们公司的叶黄素酯饮，采用生物利用度靶向增效技术，在叶黄素酯饮研发中创新性复配MCT及黑胡椒提取物，实现吸收率的大幅度提升。

三是绿色制造升级，除了参与集团的节能减排项目外，乐奔拓也根据大健康食品特性，在生产工艺及废弃物资源优化方面做了相应的努力。以我们的西洋参口服液为例，公司精选东北人参原料通过高温水提取工艺生产而得，原料利用率提升的同时，实现残渣的循环利用。

关于天然及少添加的问题，我觉得“技术”与“天然”并不是对立的，而是相辅相成的关系。在食品行业，技术创新从不是为了创新而创新，而是为了更好的满足消费者需求而进行技术创新研究。我们主张构建“双轮驱动”的研发范式，使产品既满足消费者对“清洁标签”的需求，又确保营养生物利用度的提升。

消费者有天然和少添加的需求，我们在

配方设计的时候会尽可能选用天然的原料。比如我们使用天然甜味剂替代合成甜味剂，选择乳来源的乳矿物盐进行钙质补充，在生产的时候都是通过严格控制生产环境卫生及专注研究杀菌工艺控制产品质量，产品不添加防腐剂。

值得强调的是，我们的技术创新始终始终以消费者需求为导向，遵循“需求倒逼研发”原则，进行技术创新与产品开发。通过建立消费者健康大数据平台，精准捕捉市场趋势，将研发资源投向天然功能因子挖掘及绿色制造工艺改进，真正实现科技赋能与自然馈赠的和諧统一。

是否计划推出针对中国市场的长寿健康产品线？

近年来，中国抗衰老市场持续保持稳健增长，2023年市场规模已达739.8亿元，年增长率超10%。随着人口结构变化和消费升级，该领域正加速向科学化、精准化方向发展，特别是在慢病预防、功能食品等细分赛道呈现显著增长潜力。

作为专注营养健康领域的企业，我们始终重视中国市场的消费需求变迁。基于在功能性食品研发和循证营养研究方面的积累，将紧密围绕生命周期不同阶段的健康需求，持续探索符合市场趋势的创新解决方案。目前正积极关注药食同源、精准营养等前沿方向的技术转化，致力于通过科研创新为消费者提供更优质的健康产品选择。

您兼具科学家、管理者与教育者的三重身份，这种跨界背景如何影响您在食品健康产业的决策与管理风格？

作为横跨科研、管理与教育领域的实践者，多重身份赋予我的不仅是多维视角，更形成了独特的决策验证机制。科研思维确保每个决策都有严谨的数据支撑，管理经验教会我在实验室与市场之间寻找平衡点，而教育情怀则时刻提醒我知识传播的价值。这三者如同三棱镜，将创新构想折射出更立体的现实路径。

在技术领域，我们始终坚持以循证科学为根基，建立从基础研究到应用转化的双重验证体系。市场层面则注重将专业成果转化为消费者可感知的价值，比如通过可视化技术解析产品机理，让健康食品不止于功能属性，更成为科学传播的载体。这种跨维度的思考方式，也塑造了团队特有的协作模式——研发人员需要理解市场逻辑，运营团队要掌握基础科学语言，这种知识共享机制有效提升了我们的创新及协同效率。

更重要的是，不同角色的切换让我始终保持对行业的敬畏之心。既不会因科研理想

而忽视商业规律，也不会因市场压力降低技术标准，更能在快节奏的创新中守护知识传承的初心。这种平衡或许也是我们能在健康食品领域持续创造价值的关键。

当前中国食品健康产业面临的**最大痛点**是什么？

中国食品健康产业近年来快速发展，但在满足消费者需求、保障食品安全、推动产业升级等方面仍面临诸多挑战。当前制约产业高质量发展的核心痛点，我认为可归结为“认知断层、信任赤字、监管时差”三大症结。

一是在消费者认知层面，呈现出明显的代际差异与信息不对称。年轻群体追捧“玻尿酸零食”和“抗糖饮品”等概念产品，却鲜少关注成分添加的科学依据；银发群体热衷“养生秘方”，对营养素摄入量缺乏基本认知。中国营养学会2023年调研显示，仅38%的消费者能正确解读食品营养标签，超60%的购买决策受社交媒体营销影响。这种认知鸿沟导致市场出现“科学传播赶不上概念炒作”的倒挂现象。

二来，信任重建也是一堵横亘在国产品牌面前的高墙。以婴幼儿奶粉为例，尽管国产奶粉抽检合格率连续7年保持99.8%以上，但尼尔森数据显示进口奶粉仍占据婴幼儿配方市场55%的份额。这种“质量达标而信任未达标”的悖论，折射出食品安全事件的长尾效应。更值得注意的是，消费信任呈现出明显的“场景级差”——城市中产对新兴植物基食品接受度高达67%，却对传统发酵食品存有安全性质疑。

此外，监管体系在数字化转型中也面临着“双轨挑战”。一方面，传统监管盲区尚未消除，农村食杂店过期食品流通率较城市高23个百分点，网红直播间销售的“减肥咖啡”中有25%检出违禁成分。另一方面，功能食品创新遭遇制度性迟滞，新食品原料审批平均耗时28个月，远高于欧盟的15个月审批周期，导致我国虾青素、NMN等原料应用落后国际市场3-5年。

产业转型升级需要政府、企业、科研机构和消费者形成“创新共同体”。当科普传播追上营销速度，当监管效能匹配创新节奏，当信任重建超越风险记忆，中国食品健康产业必将完成从规模扩张向质量跃升的关键跨越。这不仅是产业发展的必然选择，更是满足人民群众对美好生活向往的时代答卷。

未来十年全球健康产业会有什么样的变革方向？您觉得佳格与乐奔拓将会如何提前布局？

基于行业的经验积累及机遇洞察，我认为未来十年全球健康产业将呈现四大关键趋势：



精准健康管理、数字技术深度融合、场景驱动创新以及预防医学升级。这为所有行业参与者带来了结构性发展机遇。

在精准健康领域，生物传感技术与健康大数据的结合将推动个性化解决方案的演进。通过非侵入式检测和AI分析，建立用户健康画像，实现从千人一面向量体裁衣的服务转型。

数字化进程将重构产业价值链，AI不仅赋能个性化推荐系统，更将深度介入产品研发的分子模拟、功效预测等环节，形成“数据-算法-验证”的闭环创新体系，智能硬件与健康服务的耦合将创造新的用户触点。

场景化创新要求企业建立多维需求洞察体系。工作强度、作息周期、环境压力等变

量正在催生碎片化健康消费场景，这需要企业构建动态需求图谱，开发具备时空适配性的解决方案。

针对预防医学赛道，细胞健康维护和慢性病风险管理将成为技术攻坚重点。生物科技领域的突破性研究正在打开新的应用空间，而临床验证体系与消费健康产品的结合将重塑市场信任机制。

对此，佳格集团与乐奔拓公司也将抓住行业机遇，进行前瞻性布局。不断构建开放型研发平台，整合跨领域技术资源，建立敏捷型产品开发机制应对场景化需求，同时通过数字化基建实现用户价值的深度挖掘。进行渠道创新，以平衡全球化布局与本土化运营，通过生态链协同来提升市场渗透效率。

Symbiotic Innovation

Interview with Dr. Tristan Liu, General Manager of R&D at STANDARD FOODS Group and General Manager of Le Bonta Wellness Co., Ltd. (Shanghai New Vitality Health Technology Group)

STANDARD FOODS Group entered mainland China through its Shanghai subsidiary in 1992. After three decades of deep market commitment, the company has evolved from an edible oil leader into a diversified health food enterprise spanning multiple categories. Leveraging both production scale and technological prowess – exemplified by industry-academia collaborations such as its joint laboratory with Jiangnan University – the Group drives continuous innovation. Its mainland operations now form a strategic cornerstone of global expansion, consistently shaping health consumption trends.

Dr. Tristan Liu, General Manager of the STANDARD FOODS Group R&D Center, holds a Ph.D. in Food Science & Technology and Nutritional Biochemistry from Cornell University and an MBA from the University of Alberta. With over twenty years immersion in food technology and nutritional science, he concurrently serves as General Manager of Le Bonta Wellness Co., Ltd., part of Shanghai New Vitality Health Technology Group.

Dr. Liu maintains an active presence across academia and industry. His prior roles include Assistant Professor in Food Science at National Taiwan Ocean University, Senior Scientist at the Tyson Foods Innovation Center in the US, and Senior Scientist in R&D at Wei-Chuan Foods. Currently, he is an Industry-appointed Professor and Doctoral Supervisor at Jiangnan University's School of Food Science and Technology, and an Enterprise Expert for its Bioengineering and Pharmacy Professional Degree program. He also leads the Jiangnan University-STANDARD FOODS "Nutrition Science Collaborative Innovation Laboratory" and holds memberships in the Chinese Nutrition Society, Chinese Institute of Food Science and Technology, Institute of Food Technologists (IFT), and American Oil Chemists' Society (AOCS).

Dr. Liu's research spans edible oils, processed meats, ready-to-drink beverages, health foods, and prepared meals. He has spearheaded development of over 20 distinct food categories,

managing the full innovation chain from fundamental research to commercial scale-up. With over 100 peer-reviewed publications and more than 40 global patents, he drives continuous technological advancement and commercialization within the food industry.

SpaChina interviewed Dr. Tristan Liu, on STANDARD FOODS, Le Bonta, and the future of precision nutrition in China.

STANDARD FOODS Group champions full-chain innovation from basic research to market. What are the Group's core strategic priorities in nutrition and health for the next 3-5 years? Will the focus be on functional foods, precision nutrition, or solutions for specific demographics?

As an organization deeply rooted in nutrition and health, STANDARD FOODS anchors its strategy in scientific innovation, committed to delivering science-backed nutritional solutions across all life stages. We observe three dominant market trends: rising demand for precision nutrition fueled by heightened health awareness; opportunities within the "silver economy" driven by demographic shifts; and consumer insistence on products that deliver both health benefits and exceptional taste.

Guided by these insights, STANDARD FOODS Group will intensify capabilities in three key areas: First, strengthening our scientific foundation by integrating global nutrition science resources to build a robust technology platform combining foundational research with clinical validation, creating a health product portfolio aligned with Chinese dietary patterns. Second, advancing specialized nutrition through scientifically validated solutions targeting prevalent modern health concerns. Third, leveraging digital tools to accelerate innovation while implementing flexible production systems to meet personalized nutrition demands.

We've demonstrated this approach through innovations like our Mighty cooking oil technology enhancing kitchen health, and breakthroughs in medical nutrition gaining strong

market validation. Moving forward, we will deepen industry-academia-research collaboration to translate scientific discoveries into tangible consumer benefits, actively contributing to nationwide healthy lifestyles.

As a company under Shanghai New Vitality Group, what are Le Bonta's core business segments? How does it strategically complement STANDARD FOODS Group's portfolio?

Shanghai New Vitality is a wholly-owned subsidiary of STANDARD FOODS. Le Bonta, a pivotal player within the Group's health and wellness division, specializes in R&D and production of Foods for Special Medical Purposes, health foods, and nutritional supplements, strategically focused on functional nutrition – spanning disease-specific nutritional support to proactive daily health management.

Le Bonta and STANDARD FOODS Group operate with synergistic differentiation: STANDARD FOODS establishes the bedrock of everyday nutrition through mass-market staples like cooking oils, grain products, and compound seasonings, ensuring foundational health at the family table. Conversely, Le Bonta builds strategic depth in functional nutrition through medical-grade supplements and precision health management solutions.

This dual approach creates a powerful ecosystem through channel synergy – combining professional medical distribution with broad consumer market reach – and technology integration merging fundamental R&D with targeted application development. This achieves seamless coverage from daily nutrition to specialized needs while fostering a bidirectional flow of R&D resources and technological advancements. Le Bonta leverages STANDARD FOODS' extensive food science heritage to overcome palatability challenges in supplements, creating innovative products with proven efficacy and consumer appeal – ensuring they are "great-tasting and easy to take." Simultaneously, Le Bonta's pioneering work in precision nutrition continuously enriches



the Group's overall R&D capabilities, driving functional enhancement and personalization of STANDARD FOODS' core food offerings. This symbiotic "Basic R&D + Applied Innovation" model yields distinct competitive advantages in critical areas like ingredient science and formulation technology, as well as mass-market penetration.

You noted Le Bonta has developed over 20 food categories. Could you highlight a flagship product that exemplifies the company's technical expertise? What makes its formulation or production process uniquely innovative?

True to our commitment to nutrition and health, Le Bonta offers a diverse portfolio encompassing everyday foods, health foods, and FSMPs. Guided by our "Comprehensive Nutrition, Quality Assured" R&D principle, every formula and process undergoes meticulous refinement. The Le Bonta® Milk Calcium, Glucosamine & Chondroitin Powder exemplifies this philosophy.

This registered health food, meticulously developed over 8 years, secured "Improves Bone Mineral Density" certification after rigorous validation including toxicology, functional efficacy, and stability testing. Its dosage form breakthrough utilizes an easily soluble powder format overcoming traditional tablet limitations, specifically engineered for elderly swallowing difficulties. Formula innovation integrates whey protein beyond the optimal calci-

um-glucosamine-chondroitin ratio, creating a unique "Bone-Muscle Dual-Protection System." Science confirms that age-related muscle loss accelerates joint wear; this formula combats this by supplementing high-quality protein to support muscle health while improving bone density – a holistic approach reflecting our multidimensional health perspective.

The product's design earned professional acclaim and significant industry recognition including "Best Dairy Product" at the 10th World Food Innovation Awards, "Nutrition & Health Industry Innovation Product" from the Nutrition & Health Food Sci-Tech Innovation Evaluation, and both "Nutritionists' Choice Healthy Product" and "Outstanding Scientific Formula Award" at the 2nd China Nutritionist Development Conference – affirming its dual strengths in scientific rigor and consumer relevance. From concept to consumer, Le Bonta meticulously crafts products with scientific rigor, translating comprehensive nutrition principles into innovative solutions.

In the context of green manufacturing and low-carbon food trends, what specific goals has Le Bonta set for sourcing, production, or packaging? How do you reconcile technological innovation with growing consumer demand for 'natural ingredients' and 'minimal additives'?

STANDARD FOODS Group prioritizes environmental stewardship through green manufacturing and low-carbon food development.

Le Bonta embraces this ethos via its "Trinity" Low-Carbon Strategy: First, achieving operational efficiency through near-paperless operations via ERP integration (98% digital workflows), eliminating over 500,000 paper documents annually. Second, focusing on efficient nutrition R&D by emphasizing bioavailability over sheer dosage – exemplified by our Lutein Ester beverage employing Bioavailability-Targeted Enhancement Technology combining MCT and black pepper extract to dramatically boost absorption. Third, implementing sustainable production through optimized processes and waste utilization specific to health foods, as demonstrated in our American Ginseng Oral Liquid where premium Northeast ginseng undergoes high-temperature water extraction to maximize yield while enabling residue recycling.

Regarding "natural" and "minimal additives," technology and nature operate synergistically. Innovation serves consumer needs through our "Dual-Wheel Drive" R&D approach ensuring products meet "clean label" expectations while enhancing nutrient bioavailability. We prioritize natural sources like natural sweeteners and milk-derived calcium, and employ stringent hygiene controls with advanced sterilization techniques to eliminate preservatives. Crucially, our innovation is consumer-led: demand drives R&D. Utilizing health data platforms, we identify trends and channel resources into discovering natural functional ingredients and refining green man-

ufacturing – achieving harmony between technological advancement and natural integrity.

Are there plans to introduce longevity-focused health products tailored for the Chinese market?

China’s anti-aging market demonstrates robust growth, reaching RMB 73.98 billion in 2023 with over 10% annual expansion. Demographic evolution and premium health spending are accelerating the sector’s shift toward scientific, precision-oriented solutions, particularly in chronic disease prevention and functional foods.

As nutrition and health specialists, we are acutely attuned to evolving Chinese consumer needs. Building on functional food and evidence-based nutrition expertise, we actively explore innovative solutions aligned with life-stage health requirements. We closely monitor advancements in medicinal food homology and precision nutrition, dedicated to offering superior health choices through ongoing scientific innovation.

You personally blend roles as scientist, manager, and educator. How does this multifaceted perspective shape your leadership and decision-making in the food and health sector?

Navigating research, management, and education provides a robust decision-validation framework. Scientific rigor ensures data-driven choices; management pragmatism finds equilibrium between lab innovation and market realities; educational commitment underscores knowledge sharing’s vital role. These perspectives transform ideas into viable pathways.

Our technology focus grounds everything in evidence-based science using a dual verification system from discovery to application. Market connection translates complex science into tangible consumer value – for instance, visualization techniques demystify product benefits, transforming health foods into science communication vehicles. This integrated think-

ing fosters a unique team culture where R&D understands market dynamics and operations grasp scientific principles, significantly boosting innovation efficiency.

Most crucially, these roles cultivate deep industry respect. They prevent scientific idealism overshadowing commercial viability, guard against compromising technical standards under market pressure, and ensure knowledge dissemination persists amidst rapid innovation. This balance is fundamental to sustained value creation.

What are the most pressing challenges currently facing China's food and health industry?

Despite significant growth, China’s sector grapples with meeting expectations, ensuring safety, and driving sustainable advancement. Core impediments to high-quality development include cognitive divides, trust deficits, and regulatory gaps.

Consumer knowledge gaps reveal stark generational differences: younger consumers embrace trends like “hyaluronic acid snacks” often without scientific scrutiny, while older demographics favor traditional “remedies” with limited nutrient intake understanding. A 2023 survey revealed only 38% accurately read nutrition labels, with over 60% of purchases swayed by social media – allowing marketing hype to outpace science communication.

Persistent trust issues confront domestic brands. Despite domestic infant formula achieving >99.8% inspection pass rates for 7 consecutive years, imports command 55% market share. This “quality without trust” paradox highlights past safety incidents’ enduring impact. Trust varies contextually – urban acceptance of novel foods like plant-based options (67%) contrasts with fermented food skepticism.

Regulatory challenges present a dual burden: traditional oversight gaps persist (e.g., higher expired food circulation in rural areas, banned substances in online “diet” products),

while functional food innovation suffers from slow approvals averaging 28 months versus the EU’s 15, delaying innovations like astaxanthin by 3-5 years.

Industry transformation requires an “innovation community” uniting government, business, academia, and consumers. Success hinges on science communication matching marketing speed, regulatory agility keeping pace with innovation, and trust rebuilding overcoming historical concerns – essential for transitioning from scale to genuine quality to meet public health expectations.

What key transformations do you anticipate for the global health industry over the next decade? How will STANDARD FOODS and Le Bonta position themselves?

Four interconnected trends will reshape global health: First, precision health evolution where biosensors and data analytics enable truly personalized, predictive solutions. Second, deep digital integration revolutionizing the value chain through AI-driven personalized recommendations and accelerated R&D via “Data-Algorithm-Validation” loops, with smart hardware creating new engagement points. Third, hyper-specific, scenario-driven innovation addressing fragmented needs from work stress and sleep patterns through dynamically adapted solutions. Fourth, preventive medicine ascendancy intensifying focus on cellular health and chronic disease mitigation, leveraging biotech breakthroughs and clinical validation integration to build trust.

STANDARD FOODS Group and Le Bonta proactively align by building open innovation platforms integrating cross-disciplinary tech; establishing agile development for context-specific solutions; leveraging digital infrastructure for deeper consumer insights; pioneering channel strategies balancing global reach with local execution; and enhancing market impact through ecosystem partnerships.





真诚馈赠 砥砺前行

访加拿大海斯HIGHS、特丽菲克上海公司创始人CEO程丽Kelly Cheng女士

程丽Kelly Cheng是一位将国际视野与本土智慧完美融合的商业女性。她早年在圣罗兰、LVMH娇兰等国际化妆品品牌担任要职，积累了丰富的行业经验。2006年创立万翔国际贸易有限公司，2013年移民加拿大温哥华，创立HIGHS品牌。

Kelly创新性地将咖啡文化融入个护领域，打造出兼具功能性与情感价值的产品系列。海斯坚持“高品质+高颜值+高互动”的产品理念，从手足护理起步，逐步发展为覆盖全身护理的多元化品牌。凭借精准的市场定位，产品远销30多个国家和地区，成为中国市场手足护理领域的标杆。

她和海斯的成功源于其独特的商业智慧：既保持全球化视野，又深耕本土实践；既追求产品品质，又注重品牌文化塑造。她的创业历程展现了传统行业通过创新实现突破的可能。本期SpaChina专访，将带您了解这位商业女性如何将生活美学转化为品牌力量。

当时是怎么想到要做海斯这样一个品牌的，是否遇到过意想不到的挑战？

2013年之前，我的事业版图始终聚焦在美容美甲和个人护理小工具的出口代工领域。自2006年起就带领着团队穿梭于全球各大展



Kelly Cheng

会，从线下展览到阿里巴巴国际站的P4P推广，一路探索国际市场的无限可能。这段旅程中，我们既经历过令人振奋的突破，也遭遇过始料未及的挑战，这些宝贵的经历让我深刻认识到，仅靠美甲类产品难以实现更宏大的商业愿景。于是，我开始思考如何突破单一品类的局限，将事业版图拓展至更广阔

的个人护理领域。

海斯HIGHS这个品牌名称的诞生，承载着我多年的商业思考与品牌理想。最初以“HIGH'S”命名，寄托着对品质与体验的不懈追求；而后升级为“HIGHS”，并赋予其更深刻的内涵——H代表High(卓越品质)，I代表Intimate(贴心体验)，G代表Green(环保理念)，H代表Hobby(生活情趣)，S代表Style(独特格调)。2016年，当海斯正式进军中国市场时，市场的热烈反响超出了预期，这促使我顺势推出了面向终端消费者的子品牌HELLO HIGHS，专注于咖啡主题的个人护理产品开发。为了更好地经营这两个不同渠道的品牌，我和先生决定将公司落户上海，并在此定居了一年半。然而，突如其来的疫情打乱了所有计划，最终不得不暂停子品牌的运营。虽然这次尝试付出了相当的代价，但收获的ToC市场运营经验，却为未来的商业决策提供了弥足珍贵的参考。

海斯的品牌标语“Where Ritual Meets Relaxation”非常引人注目，能否分享这一理念背后的灵感来源？

咖啡与茶，早已超越了单纯的饮品范畴，演变为现代人生活中不可或缺的精神符号与生活方式象征。在温哥华定居的那段时光里，

我常常在咖啡馆的晨光中沉思，观察着咖啡文化如何渗透进都市人的日常肌理。我注意到传统美容院使用的大罐装护理产品存在卫生隐患和使用不便的问题。某日，当目光落在那颗精巧的咖啡胶囊上时，灵感的火花骤然闪现——为何不能将咖啡的醇香与便捷的胶囊理念融入护肤领域？

凭借服务全球顶尖美甲品牌积累的专业洞见，我深知MANICURE(手部护理)和PEDICURE(足部护理)在海外市场的盛行趋势。于是，首套采用独立包装的咖啡手足护理系列应运而生，开创性地实现了一客一用的卫生标准。市场对这款创新产品的热烈反响超出了预期，这促使我们在次年乘胜追击，推出同样备受追捧的茶系列护理产品。从咖啡系列到茶系列，我们不仅完成了产品线的拓展，而且是行业里第一个成功将东方茶道美学与西方咖啡融入手足护理中的品牌，为此我还是很骄傲的。

请您跟我们具体举例几个明星产品的特点和研发生产时候的小故事。

海斯的核心产品是将咖啡独有的味道和特殊的性能融入到日常护理当中，除了最明星的咖啡胶囊护理以外，还有法国制造的咖啡皂，做成了一颗大大的咖啡豆，由法国格拉斯实验室调香，里面的可爱渣渣都是真的咖啡豆研磨而出。洗澡并不仅仅是清洁身体的过程，而是疗愈自己，晚间放松的舒适片刻，洗一个咖啡味儿的澡，是咖啡皂最贴切的形容词。

为了这一块小小的咖啡皂，我飞去法国普罗旺斯两次，从普罗旺斯市中心开车到马赛的一个小镇，车程三个小时，往返6小时都是绵延的山路。一块咖啡皂从立项到研发到生产，从咖啡皂模具形状的开发，到味道肤感，泡沫的绵密程度，都是亲自反复测试，到完成后发往世界各地，过程很复杂，好在结果很完美。这仅仅是咖啡身体系列的一个产品而已，每一个产品背后都有创始人无比执着的做品牌的决心呀！

目前公司的核心产品主要是海斯咖啡身体护理、茶萃身体护理等，及海斯多功能专利SPA椅。已经在全球很多国家和地区有代理商：美国纽约、洛杉矶、加拿大、阿联酋、迪拜、科威特、沙特阿拉伯、南非、泰国、中国台湾、中国香港、英国伦敦、立陶宛、波兰，未完待续，敬请期待。

海斯的咖啡香氛手霜、磨砂膏等产品强调“疗愈与再生”，请详细说明护肤功效。

咖啡作为大自然的馈赠，其蕴含的活性成分正逐渐被现代科学所揭示。咖啡因与多酚类物质如绿原酸构成了天然的抗氧化防御



系统，能有效中和自由基，对抗紫外线引发的氧化损伤。研究表明，这些活性成分不仅能抑制光老化现象，阻断胶原蛋白的异常分解，更能促进角质细胞代谢更新，为肌肤筑起多层次的保护屏障。这种由内而外的防护机制，让咖啡成为护肤领域不可多得的天然活性成分。

当我们将视线转向实际应用，咖啡成分展现出令人惊喜的多重护肤价值。在护手产品中，咖啡精油通过其抗氧化特性缓解肌肤干燥，延缓皱纹生成；而经过精细研磨的咖啡渣则成为理想的天然去角质剂，既能温和去除老化角质，又能通过物理刺激促进胶原新生。更值得关注的是，咖啡因与绿原酸的协同作用实现了从表皮护理到真皮保护的全方位功效，这种复合效应正是咖啡护理系列在市场上获得持续认可的科学基础。

在产品设计中如何平衡功能性与感官体验？

我认为，“咖啡的香气比咖啡本身更令人珍惜”。这缕醇香仿佛具有穿越时空的魔力，能瞬间唤醒沉睡的感官记忆。就像清晨路过咖啡馆时，那飘散的香气总让人不由自主地想要驻足品尝，它承载着太多难以言说的情感印记——或许是学生时代熬夜复习时的精神慰藉，又或是异国旅行时某个街角咖啡馆的温暖邂逅。

海斯深谙这种嗅觉记忆的力量，将咖啡烘焙时焦苦与甘甜交织的复杂层次，转化为产品中耐人寻味的情感符号。那支咖啡手霜涂抹时的芬芳，恰似生活的隐喻：苦与甜的交融，疲惫与治愈的共生。当指尖掠过咖啡香气的那五秒，完成的不仅是一次手部护理，更是一场短暂却完整的感官冥想。

海斯的设计包含各种精挑细选的装饰艺术(Art Deco)，手绘插画或复古排版，受到

20世纪初商业艺术如早期广告、包装设计等的启发。以优雅、自然或工艺为特色，其视觉语言如花卉图案、手写字体等，也都被转化为海斯的复古包装或品牌标识，给消费者们在视觉上的感官艺术体验。

上述这些将实用功能与情感共鸣完美平衡的艺术，正是海斯想要传递的深层疗愈哲学，细节满满，可以说是一种触动心灵的真诚馈赠。

您认为现代消费者在健康与美容放松体验中最看重什么？海斯如何回应这些需求？

在这个祛魅的时代，现代消费者早已褪去对浮夸造型与虚幻故事的盲目追捧，他们渴求的是真正触手可及的产品品质与个性化体验。年轻一代的消费选择往往源于某个瞬间的心动——或许只是一抹熟悉的香气，又或是一段引发共鸣的情感记忆。

咖啡与茶爱好者们各自怀抱着独特的情结。咖啡拥趸会爱屋及乌地收集一切咖啡周边元素；而茶饮爱好者则分化出千姿百态的品味取向：从英式红茶的优雅，到日式抹茶的禅意，从台式奶茶的欢愉，到冰茶的清爽。海斯深谙此道，精心搜罗全球优质茶源：既有夏威夷木槿白茶的异域风情，摩洛哥玫瑰花的浪漫馥郁，更不忘中国大地上那令人魂牵梦萦的桂落茶香。

我们凭借“高颜值设计、卓越品质、深度互动”三位一体的核心竞争力，成功打造出极具社交属性的产品矩阵。这不是纸上谈兵的营销理论，而是经过市场淬炼的商业智慧，每一款产品都在诉说着一个可以被触摸、被品味、被分享的动人故事。

目前最火热的市场是哪里？未来五年您们在中国国内有什么计划？

目前最火热的市场是美国和中东，毋庸置疑

疑，美国就是最大的市场，要求价格便宜，数量巨大！中东的特点是只要是他们喜欢的产品，符合法规要求，价格谈妥，翻单很快。

目前的中国市场则经济相对低迷，但我们必须正确面对市场的上升期和下落期，因此，持续的坚持和创新就很重要。好在做品牌的好处就是有自己的壁垒，即使全球有很多人模仿我们，但是的确很难超越，对此我很自信。我们还是会放眼全球，包括认真对待中国本土市场，循序渐进地发展。

未来5年将在中国继续开设HIGHS品牌加盟店及联名店，真正地为客户打造前端浅体验，后端深服务的3.0版本的前瞻性沙龙，给到消费者真正的体验式服务，并帮助所有客户将服务标准提高再提高！

您已经在考虑将管理权逐步传递给下一代，延续品牌的精髓，具体您是怎么做的？

谈及二代接班这一命题，想必令不少70后的企业家们辗转反侧。而我的儿子Frank，自17岁起便随我征战意大利博洛尼亚——这个全球化妆品行业的巅峰盛会。十余年间，他穿梭于世界顶级展会的镁光灯下，与各大品牌掌舵人展开智慧博弈。正是这些商业实战的淬炼，让他在潜移默化中完成了从青涩到成熟的蜕变：既能独当一面地完成商务谈判，又能在市场运作中贡献独到见解。这种在商海中沉淀的智慧与胆识，远比纸上谈兵来得珍贵。

在品牌经营上，我始终给予年轻一代充分的话语权。让Z世代的思维主导产品研发，用新生代的视角规划市场战略。团队建设上，我们构建了老中青三代的人才梯队，既传承海斯积淀多年的品牌精髓，又注入与时俱进的创新活力。这种传承不是简单的交接，而是一场跨越代际的价值对话，让品牌精神在传承中焕发新的生命力。

您的企业是否蕴含某种家族精神或价值观？

在整个创业过程中，我的伴侣给了我最大的支持，连参加意大利展会的第一笔大的资金都是他提供的。无论我的决定是对是错，都默默无语全力支持我，不断鼓励我，他是个情绪特别稳定的家伙！感恩我的先生，生活中照顾我，事业上支持我，家庭里唯我独尊！

我想说：真诚才是最大的砝码，要抱有利他之心，爱出者爱返，予非失乃存也。你所给予别人的，并不是你失去的，它会在某年某月的某一天，用同样的方式给你！这是指引我前行的一句话，也送给各位SpaChina读者，谢谢大家！



Sincere Giving, Forging Ahead

An Interview with Ms. Kelly Cheng, Founder and CEO of Canadian Brand HIGHS and Teriffic Shanghai

Kelly Cheng is a businesswoman who perfectly blends international vision with local wisdom. In her early years, she held key positions at international cosmetics brands such as Yves Saint Laurent and LVMH Guerlain, accumulating extensive industry experience. After moving to Canada in 2006, she first founded Wanxiang International Trading, specializing in beauty OEM, and later co-founded the personal care brand HIGHS with her husband in 2013.

Kelly innovatively integrated coffee culture into the personal care sector, creating a product line that combines functionality with emotional value. HIGHS adheres to the product philosophy of “high quality + high

aesthetics + high engagement,” starting with hand and foot care and gradually expanding into a diversified brand covering full-body care. With precise market positioning, its products are exported to over 30 countries and regions, establishing HIGHS as a benchmark in China’s hand and foot care market.

Her success, and that of HIGHS, stems from her unique business acumen: maintaining a global perspective while deeply rooting herself in local practices, pursuing product quality while emphasizing brand culture. Her entrepreneurial journey demonstrates how traditional industries can achieve breakthroughs through innovation. In this SpaChina interview, we delve into how this

businesswoman transforms life aesthetics into brand power.

What inspired you to create HIGHS, and did you encounter any unexpected challenges?

Before 2013, my career was focused on OEM exports for beauty, nail care, and personal care tools. Since 2006, I had led my team to global exhibitions, from offline trade shows to P4P promotions on Alibaba's international platform, exploring the boundless possibilities of the global market. Along the way, we experienced exhilarating breakthroughs as well as unforeseen challenges. These valuable experiences made me realize that relying solely on nail care products would not fulfill a grander business vision. Thus, I began contemplating how to break free from the limitations of a single product category and expand into the broader personal care market.

The birth of the HIGHS brand name encompasses years of my business reflections and brand ideals. Initially named "HIGH'S," it embodied an unwavering pursuit of quality and experience. Later, it evolved into "HIGHS," with a deeper meaning: H for High (exceptional quality), I for Intimate (thoughtful experience), G for Green (eco-friendly philosophy), H for Hobby (life's pleasures), and S for Style (unique flair).

In 2016, when HIGHS officially entered the Chinese market, the overwhelming response exceeded expectations, prompting me to launch the consumer-facing sub-brand HELLO HIGHS, focused on coffee-themed personal care products. To better manage these two brands targeting different channels, my husband and I decided to establish the company in Shanghai and settled there for a year and a half. However, the sudden outbreak of the pandemic disrupted all plans, ultimately forcing us to suspend the sub-brand. Though this attempt came at a considerable cost, the invaluable B2C market experience gained has since informed our future business decisions.

HIGHS' slogan, "Where Ritual Meets Relaxation," is very striking. Could you share the inspiration behind this concept?

Coffee and tea have long transcended their roles as mere beverages, evolving into indispensable spiritual symbols and lifestyle representations for modern people. During my time living in Vancouver, I often contemplated

in the morning light of cafés, observing how coffee culture permeated urban daily life. But also I noticed that the large jars of care products used in traditional beauty salons posed hygiene risks and inconvenience. One day, as my gaze fell on a delicate coffee capsule, a spark of inspiration flashed – why not blend coffee's rich aroma and the convenience of capsules into skincare?

Leveraging my professional insights from serving top global nail care brands, I recognized the rising trend of MANICURE and PEDICURE in overseas markets. Thus, the first independently packaged coffee hand and foot care series was born, pioneering a one-time-use hygiene standard. The market's enthusiastic response exceeded expectations, prompting us to follow up the next year with an equally popular tea-infused care series. From coffee to tea, we not only expanded our product line but also became the first brand to successfully integrate Eastern tea aesthetics with Western coffee in hand and foot care – a feat I take great pride in.

Could you share the features of some star products and the stories behind their R&D and production?

HIGHS' core products infuse coffee's unique aroma and properties into daily care. Beyond the star coffee capsule care, there's the French-made coffee soap shaped like a large coffee bean, fragranced by the Grasse Laboratory in France, with adorable granules made from real ground coffee beans. Bathing isn't just about cleansing – it's a healing, relaxing evening ritual. Washing with a coffee-scented soap is the perfect descriptor for this product.



For this small coffee soap, I flew to Provence twice. From downtown Provence, I drove three hours to a small village near Marseille – a six-hour round trip on winding mountain roads. From concept to R&D to production, every detail – the soap's mold shape, fragrance, skin feel, and foam texture – was tested repeatedly by me. Once completed, the product was shipped worldwide. The process was complex, but the result was perfect. This is just one product in the coffee body care line – each product reflects the founder's relentless determination to build the brand!

Currently, the company's core products include HIGHS Coffee Body Care, Tea Infused Body Care, and the multifunctional patented HIGHS SPA Chair. We have distributors in many countries and regions: New York, Los Angeles, Canada, UAE, Dubai, Kuwait, Saudi Arabia, South Africa, Thailand, Taiwan, Hong Kong, London, Lithuania, Poland – and the list continues. Stay tuned!

HIGHS' coffee-scented hand creams and scrubs emphasize "Healing and Regeneration." Could you elaborate on their skincare benefits?

Coffee, as a gift of nature, contains active ingredients increasingly recognized by modern science. Caffeine and polyphenols like chlorogenic acid form a natural antioxidant defense system, effectively neutralizing free radicals and combating UV-induced oxidative damage. Research shows these active ingredients not only inhibit photoaging and abnormal collagen breakdown but also promote keratinocyte renewal, building multi-layered protective barriers for the skin. This inside-out defense mechanism makes coffee a rare natural active ingredient in skincare.

In practical applications, coffee components reveal surprising multi-functional skincare value. In hand care products, coffee essential oil alleviates dryness and delays wrinkle formation through its antioxidant properties, while finely ground coffee beans serve as ideal natural exfoliants, gently removing dead skin cells and stimulating collagen production through physical action. Notably, the synergy between caffeine and chlorogenic acid delivers comprehensive benefits from epidermal care to dermal protection – a compound effect underpinning the sustained market recognition of coffee-infused care products.

How do you balance functionality and sensory experience in product design?

I believe “the aroma of coffee is more precious than coffee itself.” This rich fragrance seems to possess a magical ability to traverse time and space, instantly awakening dormant sensory memories. Like the scent wafting from a café in the morning, it compels one to pause and savor – carrying countless indescribable emotional imprints. Perhaps it’s the solace of late-night study sessions in student days or the warmth of a street-corner café encounter during travels abroad.

HIGHS deeply understands the power of olfactory memory, transforming coffee’s complex layers of roasted bitterness and sweetness into evocative emotional symbols in our products. The fragrance of our coffee hand cream is like a metaphor for life: the interplay of bitterness and sweetness, exhaustion and healing. Those five seconds of coffee-scented fingertips complete not just a hand care routine but a brief yet profound sensory meditation.

HIGHS’ designs incorporate carefully curated Art Deco elements, hand-drawn illustrations, or vintage typography, inspired by early 20th-century commercial art like advertising and packaging. Featuring elegance, nature, or craftsmanship, visual languages such as floral patterns and handwritten fonts are translated into HIGHS’ retro packaging or brand identity, offering consumers a visually artistic experience.

This art of perfectly balancing practicality and emotional resonance is the profound healing philosophy HIGHS aims to convey – a detail-rich, heartfelt gift that touches the soul.

What do you think modern consumers value most in health and beauty relaxation experiences? How does HIGHS respond to these needs?

In this disenchanted era, modern consumers have shed their blind admiration for flashy appearances and illusory narratives, craving instead tangible product quality and personalized experiences. The younger generation’s purchasing decisions often stem from moments of emotional resonance – perhaps sparked by a familiar scent or a meaningful memory.

Coffee and tea enthusiasts each harbor unique affinities. Coffee lovers embrace all

things coffee-inspired, while tea drinkers exhibit diverse tastes: the elegance of English tea, the Zen essence of Japanese matcha, the playful joy of Taiwanese milk tea, or the crisp refreshment of iced tea. HIGHS deeply understands these nuances, meticulously sourcing premium teas worldwide – from the exotic allure of Hawaiian hibiscus white tea and the romantic richness of Moroccan roses, to the hauntingly fragrant osmanthus tea native to China.

With our threefold competitive edge – “high aesthetics, exceptional quality, and deep engagement” – we’ve built a socially compelling product matrix. This isn’t theoretical marketing but battle-tested business wisdom. Every product tells a tangible, sensory-rich story meant to be shared.

Which markets are currently the strongest? What are your plans for China in the next five years?

The U.S. and Middle East currently lead demand. The U.S. – our largest market – prioritizes volume and competitive pricing. The Middle East rapidly reorders favored products post-negotiation, provided they meet regulatory standards.

China’s market faces headwinds, but we navigate economic cycles through persistence and innovation. Brand-building inherently creates competitive barriers – imitation exists, but true surpassing remains challenging. We’ll maintain global focus while advancing steadily in China.

Over the next five years, we’ll expand HIGHS franchise and co-branded stores nationwide, creating visionary salons that offer accessible front-end experiences paired with premium back-end services – continuously elevating consumer journeys and industry standards.

You’re gradually passing management to the next generation to sustain the brand’s essence. How are you approaching this?

Generational succession weighs heavily on many entrepreneurs born in the 1970s. My son Frank began joining me at Cosmoprof Bologna – the global cosmetics industry’s premier event – at age 17. Over a decade, he navigated top international exhibitions, engaging in strategic dialogues with industry leaders. These real-world trials forged his maturity: he now



independently leads business negotiations while contributing unique insights to market strategies. Such pragmatically honed expertise surpasses textbook knowledge.

In brand stewardship, I empower younger voices. Gen Z spearheads product R&D, while the new generation shapes market strategies. Our team integrates three generations, preserving HIGHS’ core values while infusing forward-looking innovation. This succession is less a transfer than a cross-generational dialogue – reinvigorating the brand’s spirit.

Does your business embody a family spirit or values?

Throughout my entrepreneurial journey, my partner has been my greatest supporter – even funding my first major Italian exhibition. Whether my decisions were right or wrong, he silently supported and encouraged me. He’s exceptionally emotionally stable! I’m grateful to my husband for caring for me in life, supporting me in work, and putting me first at home.

I believe sincerity is the greatest asset. Approach others with “The Heart to Benefit Others” – “what you give returns to you.” What you give isn’t lost; it returns in some form, someday. This guiding principle has led me forward, and I share it with you, dear SpaChina readers. Thank you!



Kunming

Classic Tradition

传统创造经典
中国最通世的度假天堂

Bolian Hotels & Spa The Truly Heavenly Escape in China

Meet China's most classic culture and wellness leadership resort brand,
and experience the perfect traditional Oriental wellness journey for the body
and spirit, and for the soul.



Chongqing



Jingmai



Heshun



Huangguoshu

- Nature Landscape with Natural Hot Springs
- Award-Winning Spas and TCM Therapy
- Award-Winning Organic Healthy Cuisine
- Tea Ceremony and Holy Tea Mountain Journey
- Traditional Incense Ceremony
- Flower Arrangement
- Tai Chi, Yoga and Zen Meditation
- Historical Sight-Seeing
- Local Tribes and Village Entertainment

Bolian Hotels & Spa

Chongqing · Jingmai · Kunming · Heshun

Booking Hotline: +86 871 67671666 Fax: +86 871 67673666

Email: reservation@brilliant-hotels.cn Web: www.brilliantspa.com

创新科技与可持续战略

访问瑞士SWISS PERFECTION中国公司总监유화식 HWASIC YOO俞华植



HWASIC YOO

长江商学院EMBA，深耕高端零售与品牌管理领域十余年的俞华植先生，自2018年起执掌新世界国际中国 (SHINSEGAE INTERNATIONAL CHINA) 美妆事业部，全面主导多个国际美容护肤、彩妆及香氛品牌在华战略运营。凭借其敏锐的商业嗅觉与品牌战略思维，他成功将瑞士奢美品牌SWISS PERFECTION瑞珀斐引入中国市场，通过精准定位高端SPA渠道，短短数年间便建立起覆盖全国五星级酒店及顶级水疗中心的合作网络。“SWISS PERFECTION的植物活细胞科技是中国女性抗衰老领域的革新力量”，他在接受SpaChina专访时表示，“我们将持续深化本土化战略，推动品牌在中国市场的价值跃升。”

作为韩国新世界集团旗下高端产业平台，新世界国际 (Shinsegae International) 创立于1979年，业务版图横跨时尚美容、跨境电商与生活方式三大领域，运营逾70个国际知名品牌。集团通过战略收购(如Swiss Perfection)、数字化生态布局(S.I Village平台)及可持续产品研发，持续引领全球“新奢生活方式”变革浪潮。

作为拥有十余年高端零售与品牌管理经验的行业专家，您如何看中国高端美容及SPA市场的当前趋势？

中国经济比前几年的发展有所放缓。但总体来看，中国高端美容及SPA市场相对其他行业来说，仍然处于较为快速发展阶段，市场规

模还在不断扩大，尤其在服务品质的提升方面，可以说迅速在提升。

从趋势的角度来看，不可否认的是科技正在驱动抗衰需求。在中国，消费者对护肤的认知已从“成分党”迈向“科技党”新纪元。例如：生物细胞技术与基因护肤，正成为高净值人群的新关注点，引领着高端美容市场的科技潮流。

其次，奢护体验场景正在升级。五星酒店SPA从本来是酒店的“附属服务”，自主或被迫转型为“核心盈利单元”，酒店业主方和管理方都对SPA自身的盈利和运营要求越来越高。从SPA本身的客人和运营角度来看，客户们的定制化需求激增，消费者渴望获得独一无二的个性化护理。因此，面对市场竞争的激烈与消费者需求的多样化，高端美容SPA需精准洞察消费者需求，不断创新服务模式，提高服务质量和效率，才能持续为消费者们带来优质体验。

第三，线上线下融合。线上渠道与线下实体店面的深度融合，正在重塑高端美容SPA的商业模式。通过线上平台进行品牌推广与销售，结合线下实体店面的沉浸式体验，品牌能够为消费者提供更全面的服务体验。这种模式不仅有助于扩大市场份额，更能提升品牌知名度与影响力。

还有就是绿色环保与可持续发展。环保与可持续发展理念在高端美容SPA行业已经愈发深入人心。采用绿色材料、清洁能源，以及减少对环境的影响，已成为行业发展

的必然趋势。这不仅彰显了品牌的社会责任感，也满足了消费者们，尤其是年轻一代消费者们对绿色生活的追求。

SWISS PERFECTION进入中国市场后发展迅速。在将这一瑞士奢美品牌引入中国消费者时，遇到的最大挑战是什么？中国又为这样的高端护肤品牌提供了哪些独特机遇？

我们在将瑞士奢美品牌引入中国消费者时，最大的挑战在于文化差异、和对品牌认知度的提升。瑞士品牌以其严谨的工艺和高端品质著称，但在中国市场，消费者对瑞士品牌的了解相对有限，需要花费大量的时间和精力进行品牌教育和市场推广。此外，中国市场的竞争激烈，高端护肤品牌众多，如何在众多品牌中脱颖而出，也是需要面对的挑战。

然而，在中国也有其独特的机遇。中国为高端护肤品牌提供了广阔的市场空间和巨大的消费潜力。随着中国经济的快速发展和居民收入水平的提高，消费者对高品质、个性化、专业化的护肤产品和服务的需求不断增加。中国高净值人群数量庞大，他们对高端护肤品牌的接受度高，消费能力强，对品质和效果有较高要求，这为SWISS PERFECTION提供了良好的市场基础。

此外，中国政府通过完善化妆品监管政策，规范市场秩序，保障消费者权益。例如，《化妆品监督管理条例》及《化妆品功效宣称评价规范》等政策文件的发布，进一步规范和指导国内化妆品功效宣称评价工

作，从法律层面约束化妆品相关企业的虚假宣传行为。这一政策有助于高端护肤品牌在公平、透明的市场环境中发展，增强消费者对品牌的信任，也为品牌的发展提供了有利的环境。

SWISS PERFECTION如何凭借植物活细胞科技在中国抗衰老市场中脱颖而出？如何向中国消费者科普这一科学性虽强但仍属小众的概念？

SWISS PERFECTION凭借其专研标志性成分：细胞活性鸢尾复合物“Cellular Active IRISA®”，在抗衰老市场中有自己很强的、独特的竞争优势。研发专家们精心挑选生长于维利朗城堡的珍稀德国鸢尾花，从源头确保每一棵鸢尾的纯正，远离污染，并通过特有冻干工艺提取最具代表性的独特经典成分Cellular Active IRISA®，能够有效促进皮肤细胞的再生和修复，延缓衰老。并且品牌专业的抗衰老研发中心，不断优化产品配方和技术，确保产品的高效性和安全性。同时，利用线上线下相结合的营销策略，加强宣传和推广，提高消费者对其功效的认知度。

针对中国消费者对高科技护肤概念相对陌生的情况，SWISS PERFECTION团队通过多种方式进行专业的科普教育。一是举办线下VIP体验活动和讲座，邀请皮肤科专家和品牌研发人员，向消费者讲解植物活细胞科技的原理和功效。二是利用线上平台，如品牌官网、社交媒体等，发布科普文章、视频等内容，以通俗易懂的方式向消费者传递专业知识。三是与专业的美容机构和水疗中心合作，通过专业人员的推荐和使用示范，让消费者更直观地了解产品的效果。

您们现在已与众多五星级酒店及水疗中心达成合作，客户的普遍反馈怎么样？如何针对中国高净值人群（HNWIs）定制品牌传播策略？

目前，SWISS PERFECTION与众多五星级酒店及水疗中心的合作成果斐然，客户反馈很好很积极。消费者对品牌的高品质产品和服务给予了高度评价，认为其确实能够有效改善肌肤问题，整体的美容体验舒适度高。品牌的专业护理手法和个性化服务也受到了客户的认可，许多客户表示愿意长期使用并推荐给他人。

在品牌传播策略方面，针对中国高净值人群（HNWIs），SWISS PERFECTION——是通过高端渠道进行品牌推广，如与五星级酒店、顶级购物中心、高端私人会所等合作，举办品牌活动和体验日，提升品牌在高净值人群中的精准曝光度。二是利用社交媒体和网络平台，精准定位目标客户群体，发布高



质量的 品牌内容和产品信息，吸引高净值人群的关注。三是提供个性化的客户服务，如建立VIP客户档案，定期回访客户，提供专属的护肤建议和定制化服务，增强客户的品牌忠诚度。

如何平衡和协调瑞士高端产品、韩国新世界集团基因、以及中国消费者的消费习惯等？各自带来什么长处和亮点？

在SWISS PERFECTION的营销中，平衡和协调瑞士高端产品、韩国新世界集团基因以及中国消费者的消费习惯是品牌成功的关键。

瑞士高端产品以其卓越的品质和先进的生物科技为核心竞争力，作为瑞士化妆品原产地保护协会SWISSCOS和瑞士化妆品协会SKW的会员，给顾客保证SWISS PERFECTION瑞珀斐产品100%为瑞士制造。这种瑞士基因赋予了品牌高端、专业、高品质的形象，吸引了追求极致护肤效果的中国高净值人群。

韩国新世界集团则为品牌带来了强大的零售运营经验和全球扩张的战略眼光。作为韩国零售巨头，新世界集团能够为SWISS PERFECTION提供先进的销售渠道和营销理念，帮助其快速拓展中国市场，满足中国消费者多样化的需求。

中国消费者的消费习惯也在品牌营销中被充分考虑。我们在前文中提到过，中国高净值人群对个性化、定制化服务的需求日益增长。我们也会持续通过方位的线上线下融合的模式，为中国进一步提升品牌在中国市场的知名度和市场份额。

您们在中国市场的下一步计划是什么？是否有新品发布？

SWISS PERFECTION在中国市场的下一步计划包括进一步拓展销售渠道和深化品牌影响力。此外，还将继续推进与五星级酒店和高端水疗中心的合作，进一步巩固其在中国高端美容市场的地位。在新品发布方面，将继续以品牌的专研核心技术：细胞活性鸢尾复合物“Cellular Active IRISA®”为基础，推出更多针对中国消费者需求的高端护肤产品。

韩国新世界集团战略聚焦高端奢侈品牌收购，数字化生态构建S.I Village平台，以及环保生活用品开发，以创新科技与可持续战略持续引领“新奢生活方式”的全球浪潮。请跟我们详细讲一讲这些的具体内容好吗？

韩国新世界集团的战略聚焦于高端奢侈品牌的收购和全球化扩张。通过收购SWISS PERFECTION等高端品牌，新世界集团进一步巩固了其在奢侈品市场的地位。

集团还致力于构建数字化生态平台S.I Village，以推动品牌的数字化转型和创新。这是一个集品牌管理、数字化营销和消费者互动于一体的综合性平台。通过该平台，新世界集团能够更好地整合旗下品牌的资源，提升品牌的数字化运营能力。例如，SWISS PERFECTION通过S.I Village平台，能够更精准地进行市场推广，利用大数据分析消费者需求，从而提供更个性化的服务。

此外，新世界集团还积极开发环保素材，推动可持续发展战略。品牌通过采用绿色材料和能源，减少对环境的影响，满足消费者对环保和可持续发展的需求。这种创新科技与可持续战略的结合，不仅提升了品牌的竞争力，也引领了“新奢生活方式”的全球浪潮。

新世界国际（Shinsegae International）未来5年在中国有什么样的拓展计划？

新世界国际（Shinsegae International）未来5年在中国的拓展计划包括进一步扩大品牌在中国市场的覆盖范围，深化与高端零售渠道的合作。品牌将继续通过入驻更多一二线城市的五星级酒店和高端购物中心，提升品牌在中国市场的知名度和影响力。

为了持续保持领先地位，新世界国际将利用其在零售运营和数字化营销方面的优势，进一步优化品牌的线上线下融合模式。通过与天猫奢品馆等电商平台的深度合作，让品牌能够更好地触达中国消费者，提供更便捷的购物体验。此外，新世界国际还将通过持续的产品创新和品牌推广活动，巩固其在中国高端美容市场的领先地位。



Innovative Technology & Sustainable Strategy

An Interview with Mr. Hwasic Yoo, Director of SWISS PERFECTION China

Hwasic Yoo, an EMBA graduate of CKGSB (Cheung Kong Graduate School of Business), brings over a decade of expertise in luxury retail and brand management. Since 2018, he has led the beauty division of Shinsegae International China, overseeing the strategic operations of multiple international skincare, makeup, and fragrance brands in the Chinese market.

With sharp business acumen and deep brand strategy expertise, Yoo successfully introduced Swiss luxury skincare brand SWISS PERFECTION to China, positioning it within the premium spa channel. Within just a few years, he established an extensive network of partnerships with five-star hotels and elite wellness centers nationwide. “SWISS PERFECTION’s plant-based cell technology represents a groundbreaking force in China’s anti-aging sector,” Yoo said in an exclusive interview with SpaChina. “We will continue

to deepen our localization strategy, driving the brand’s value to new heights in this market.”

As the premium arm of South Korea’s Shinsegae Group, Shinsegae International was founded in 1979 and operates across three key sectors: fashion & beauty, cross-border e-commerce, and lifestyle. Managing over 70 renowned international brands, the group leads the global wave of “new luxury living” through strategic acquisitions (such as SWISS PERFECTION), digital ecosystem development (S.I Village platform), and sustainable product innovation.

As an industry expert with over a decade of experience in luxury retail and brand management, how do you view the current trends in China’s high-end beauty and SPA market?

While China’s economic growth has moderated compared to previous years, its

premium beauty and SPA sector continues to outpace many other industries, maintaining robust expansion and rapid quality upgrades in service delivery.

From a trend perspective, technology is undeniably driving anti-aging demand. Chinese consumers’ skincare awareness has evolved from an obsession with “ingredient transparency” to a new era of “tech-driven efficacy” – with bio-cell technology and gene-based skincare emerging as key focuses for high-net-worth individuals, setting the benchmark for innovation in luxury beauty.

Secondly, the luxury wellness experience is undergoing a transformation. Five-star hotel SPAs, once considered ancillary amenities, are now pivoting – whether by choice or necessity – into “core revenue generators.” Hotel owners and operators are placing greater emphasis on SPA profitability and operational excellence. From a guest perspective, demand for bespoke

treatments has surged, with consumers seeking truly personalized regimens. To thrive in this competitive landscape, premium beauty SPAs must sharpen their consumer insights, innovate service models, and elevate quality and efficiency to deliver exceptional experiences.

Third, the integration of online and offline channels is reshaping the business model of high-end beauty SPAs. Brands are leveraging digital platforms for marketing and sales while complementing them with immersive in-store experiences, creating a holistic consumer journey. This synergy not only expands market reach but also strengthens brand equity.

Lastly, sustainability has become a non-negotiable priority. Eco-conscious practices – from green materials and clean energy to reduced environmental impact – are now industry imperatives. These initiatives not only reflect a brand's social responsibility but also align with the values of younger consumers who prioritize sustainable living.

SWISS PERFECTION has experienced rapid growth since entering the Chinese market. What were the biggest challenges in introducing this Swiss luxury brand to Chinese consumers? What unique opportunities does China offer for premium skincare brands like this?

When introducing Swiss luxury brands to Chinese consumers, the greatest challenges lie in cultural differences and enhancing brand awareness. Swiss brands are renowned for their meticulous craftsmanship and premium quality, but in the Chinese market, consumers have relatively limited understanding of Swiss brands. This necessitates significant time and effort in brand education and marketing. Additionally, the Chinese market is highly competitive, with numerous high-end skincare brands vying for attention, making it a challenge to stand out.

However, there are also unique opportunities in China. The country offers a vast market space and immense consumption potential for premium skincare brands. With rapid economic growth and rising disposable incomes, Chinese consumers are increasingly demanding high-quality, personalized, and professional skincare products and services. China boasts a large population of high-net-worth individuals who exhibit strong acceptance of luxury



skincare brands, high purchasing power, and stringent expectations for quality and efficacy – providing a solid market foundation for SWISS PERFECTION.

Moreover, the Chinese government has strengthened cosmetics regulations to standardize market practices and protect consumer rights. Policies such as the *Cosmetics Supervision and Administration Regulation* and the *Cosmetics Efficacy Claim Evaluation Guidelines* further regulate and guide efficacy claim assessments, legally curbing false advertising by cosmetics companies. These measures help premium skincare brands thrive in a fair and transparent market environment, bolstering consumer trust and creating a favorable landscape for brand development.

With the rise of high-tech skincare, how does SWISS PERFECTION differentiate itself in China's anti-aging market with its plant-based cell technology? How do you educate Chinese consumers about this scientifically proven yet niche concept?

SWISS PERFECTION has established a strong and unique competitive edge in the anti-aging market with its signature ingredient: the Cellular Active IRISA® complex. The brand's R&D experts meticulously select rare Tall Bearded Iris Germanica cultivated at the Château de Vullierens, ensuring the purity of every iris from the source, free from contamination. Through a proprietary Iyophilization process, the most representative and iconic component, Cellular Active IRISA®, is extracted, effectively promoting skin cell regeneration and repair while delaying the aging process. Additionally,

the brand's dedicated anti-aging research center continuously optimizes product formulations and technologies to guarantee both efficacy and safety. At the same time, SWISS PERFECTION employs an integrated online and offline marketing strategy to enhance promotion and raise consumer awareness of its benefits.

Given that high-tech skincare concepts are relatively unfamiliar to Chinese consumers, the SWISS PERFECTION team conducts professional science education through various approaches. First, it organizes offline VIP experiential events and lectures, inviting dermatologists and brand R&D specialists to explain the principles and benefits of plant-based live-cell technology to consumers. Second, it leverages online platforms such as the brand's official website and social media to publish educational articles, videos, and other content, presenting specialized knowledge in an accessible manner. Third, it collaborates with professional beauty institutions and spa centers, allowing consumers to witness product efficacy firsthand through recommendations and demonstrations by skincare experts.

You have established partnerships with many five-star hotels and spas. What has been the general feedback from clients, and how do you tailor branding strategy to resonate with China's high-net-worth individuals (HNWIs)?

SWISS PERFECTION currently enjoys fruitful collaborations with numerous five-star hotels and spa centers, receiving exceptionally positive feedback from customers. Consumers have spoken highly of the brand's premium products and services, affirming their effectiveness in improving skin conditions while delivering a comfortable and luxurious beauty experience. The brand's professional treatment techniques and personalized services have also earned widespread recognition, with many clients expressing their intention for long-term use and willingness to recommend the products to others.

In its brand communication strategy targeting China's high-net-worth individuals, SWISS PERFECTION adopts a multi-faceted approach. The brand conducts targeted promotions through premium channels such as partnerships with five-star hotels, luxury shopping malls and high-end private clubs, organizing brand events and experience days



to enhance precise exposure among affluent consumers. Simultaneously, the brand leverages social media and digital platforms to precisely target its audience, publishing high-quality brand content and product information to capture the attention of high-net-worth individuals. Furthermore, SWISS PERFECTION provides personalized customer service by establishing VIP client profiles, conducting regular follow-ups, and offering exclusive skincare advice and customized services, all of which serve to strengthen customer loyalty to the brand.

In SWISS PERFECTION's marketing, how do you balance and integrate the brand's Swiss luxury heritage, Shinsegae Group's Korean roots, and Chinese consumers' preferences? What strengths and highlights do each element bring?

In SWISS PERFECTION's marketing strategy, balancing and harmonizing Swiss premium products, the DNA of South Korea's Shinsegae Group, and Chinese consumers' purchasing habits has been crucial to the brand's success.

The Swiss premium product line stands as the core competitive advantage with its exceptional quality and cutting-edge biotechnology. As a member of both SWISSCOS (the Swiss Cosmetics Association for Origin Protection) and SKW (the Swiss Cosmetic and Detergent Association), SWISS PERFECTION guarantees that its products are 100% made in Switzerland. This Swiss heritage reinforces the brand's image of exclusivity, professionalism, and superior quality, appealing to China's high-net-worth individuals who seek ultimate skincare efficacy.

Shinsegae Group, the South Korean retail giant, contributes its extensive retail expertise and global expansion vision to the brand. With its strong retail operations background, Shinsegae provides SWISS PERFECTION

with advanced sales channels and marketing strategies, accelerating its expansion in the Chinese market while catering to the diverse needs of Chinese consumers.

Chinese consumer preferences have also been carefully integrated into the brand's marketing approach. As previously mentioned, China's affluent consumers increasingly demand personalized and customized services. SWISS PERFECTION continues to enhance its brand awareness and market share in China through an omnichannel strategy that seamlessly blends online and offline experiences.

What are your next steps in the Chinese market? Are there any upcoming product launches or channel expansions?

SWISS PERFECTION's next-phase strategy for the Chinese market includes expanding distribution channels and deepening brand influence. The brand will further strengthen collaborations with five-star hotels and premium spa centers to consolidate its position in China's high-end beauty market. Regarding product innovation, SWISS PERFECTION will continue leveraging its proprietary core technology – the Cellular Active IRISA® complex – to develop more premium skincare products tailored specifically to Chinese consumers' needs.

Shinsegae Group's strategy focuses on acquiring luxury brands, building the digital ecosystem (S.I Village platform), and developing eco-friendly lifestyle products – all while driving global trends in "new luxury living" through innovation and sustainability. Could you elaborate on these initiatives, particularly the S.I Village platform?

Shinsegae Group's strategic focus lies in the acquisition of premium luxury brands and global expansion. By acquiring high-end brands like SWISS PERFECTION, the South

Korean conglomerate has further solidified its position in the luxury market.

The group is also committed to building S.I Village, a digital ecosystem platform designed to drive digital transformation and innovation across its brand portfolio. This integrated platform combines brand management, digital marketing, and consumer engagement, enabling Shinsegae to better consolidate resources and enhance digital operational capabilities for its brands. For instance, through the S.I Village platform, SWISS PERFECTION can execute more precise marketing campaigns, leverage big data analytics to understand consumer needs, and ultimately deliver more personalized services.

Furthermore, Shinsegae Group actively develops sustainable materials as part of its environmental strategy. By adopting eco-friendly materials and renewable energy, the group reduces its environmental footprint while meeting growing consumer demand for sustainability. This fusion of innovative technology and sustainable development not only strengthens brand competitiveness but also positions Shinsegae at the forefront of the global "new luxury lifestyle" movement.

What are Shinsegae International's expansion plans for China over the next five years? How will the company maintain its leading position?

Shinsegae International's five-year expansion blueprint for China encompasses broadening the brand's market penetration and strengthening collaborations with premium retail channels. The company plans to enhance its visibility and influence across China by establishing presence in five-star hotels and luxury department stores across more first- and second-tier cities.

To maintain its industry leadership, Shinsegae International will leverage its retail expertise and digital marketing capabilities to refine its omnichannel strategy. Strategic partnerships with premium e-commerce platforms like Tmall Luxury Pavilion will enable the brand to better connect with Chinese consumers while delivering seamless shopping experiences. Furthermore, through continuous product innovation and targeted brand campaigns, Shinsegae International aims to reinforce its dominant position in China's high-end beauty sector.


The Oberoi
BEACH RESORT
BALI

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



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

+62 361 730 361 | reservations.tobi@oberoihotels.com | oberoihotels.com



科技创新 诚信为本

Summarecon Mall
Bekasi, Java

专访SO.WA咨询公司的创始人兼董事总经理Tomoka Nguyen女士

作为SO.WA咨询公司的董事总经理，Tomoka引领公司提供全面且高度定制的水疗与健康解决方案。SO.WA在新加坡和日本设有办公室，为领先酒店品牌开发、设计并执行独特且盈利的概念方案、设施及体验，这些方案紧密契合特定市场趋势与品牌定位。其战略眼光和对卓越的追求确保每个项目均取得卓越成果，并树立行业新标杆。

Tomoka于日本高中毕业后移居英国，毕业于伦敦大学。她于1997年在印度尼西亚巴厘岛开启其水疗与健康事业，后担任Mandara Spa的区域运营经理。随后，她管理了包括半岛酒店Spa及GHM在内的亚洲多家知名健康设施。2014年至2018年间，Tomoka负责管理亚洲最大的健康中心之一，占地1.2万平方米的圣淘沙名胜世界ESPA中心。在其四年任期内，该中心荣获众多国际奖项，并实现利润增长五倍。

Tomoka珍视其日本传统，同时对亚洲疗法及健康传统有着深厚认知。她开发了多种水疗项目及产品，并拥有认证芳疗师及



Tomoka Nguyen

天然护肤品配方师资质。除母语日语外，她精通英语和印度尼西亚语，并掌握基础泰语。SpaChina就SPA顾问业务内容专访了她。

SO.WA强调“全方位健康解决方案”，整合战略、概念与设计。您如何将文化细节与全球最佳实践相融合，从而在亚洲竞争激烈的水疗与健康市场中脱颖而出？

SO.WA的独特之处在于我们不仅文化底蕴深

厚，而且能够提供在亚洲多元市场中运营可行且商业可持续的健康理念。我们的“全方位健康解决方案”意味着我们不将战略、概念和设计视为孤立环节，它们同步发展，并基于对本土价值观、宾客行为和国际标准的深刻理解。

我们的顾问团队遍布亚洲各地生活与工作，对区域性的疗愈哲学、仪式美学具有深切的体察。同时，我们亦精通西方健康科学与标准，从解剖生理学到服务流程及财务模型。这种双重视角使我们能够创造出既能引起本地宾客情感共鸣，又能满足全球奢华旅行者及业主期望的体验。

您的团队涵盖建筑师、水疗区域设计师和运营策略专家等多领域人才。这种合作如何确保项目实现整体性成果？

我们方法的力量在于各专业领域的协同一致：设计决策基于运营实际，而战略则植根于真实的宾客体验。在SO.WA，我们从项目开发的最初阶段便将设计师、水疗运营者、热能工程师和品牌策略师汇聚一堂。这确保

概念上的构想能够在功能上得以实现，无论是护理室的空间流线、为操作便捷而设置的水热设施位置，还是休息区兼具仪式感与社交体验的灵活性。

例如，京都四季酒店是一家深深植根于传统的酒店，我们打造的健康体验既致敬京都深厚的文化底蕴，又契合国际奢华旅行者的期待。宾客体验路径经过精心编排，以反映传统的日本仪式，融入季节元素、感官层次和空间韵律，唤起情感联结。我们与酒店管理層紧密合作，确保这些元素不仅富有深意，更能无缝融入日常运营，这是一种在诗意表达与运营效率及商业可行性之间取得平衡。

SO.WA 的项目包括温泉设施和城市健康目的地等创新概念。您如何平衡传统亚洲健康哲学与现代科技驱动的宾客体验？

我们的团队主要扎根于东南亚，但我们的集体经验覆盖全球市场。核心团队具备难得的组合：科学基础扎实、运营经验深厚且兼具战略创意。凭借在解剖生理学、病理生理学、化妆品配方、酒店财务和数字营销方面的专业训练，我们以技术精度和商业洞见来构建健康方案。我们不仅是顾问，也是教育者和作者，通过项目之外的方式塑造着行业。

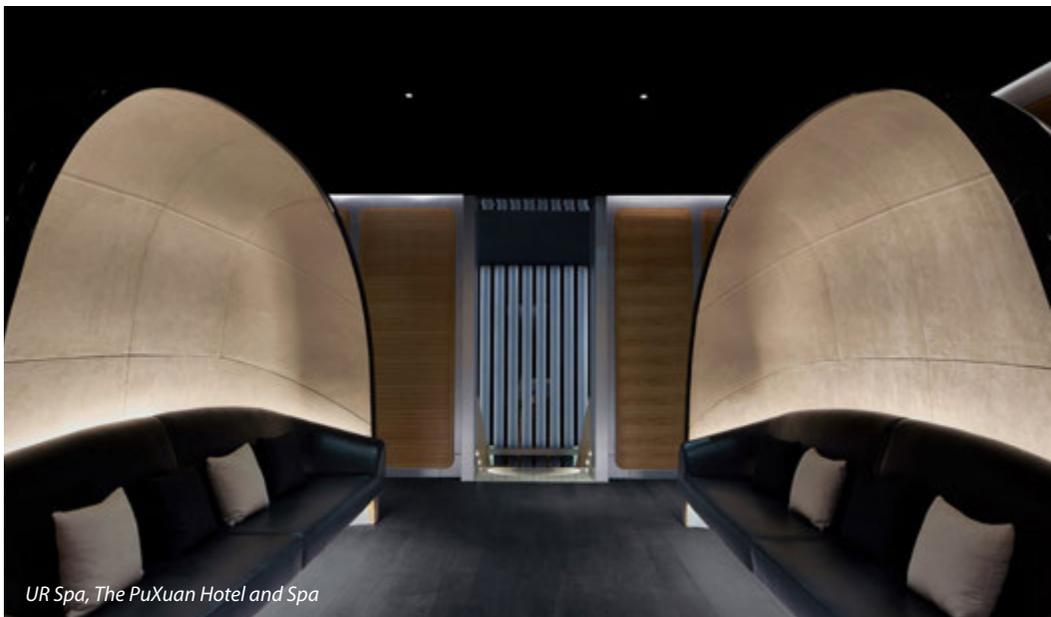
技术无疑正塑造着健康的未来。但对我们而言，关键在于智慧的融合，而非替代。我们拥抱创新，从生物反馈设备到沉浸式声波疗法，但始终坚守人手触感和文化叙事无可替代的价值。例如，虽然可以使用人工智能定制健康旅程，但由技艺娴熟的理疗师双手触发的情感释放，是任何设备都无法复制的。

您认为哪些新兴的水疗与健康趋势正在重塑全球行业？

技术依然是变革的主要驱动力。无论是红光疗法、呼吸训练设备等健康科技的普及化，还是其在创造个性化、数据驱动的宾客旅程中的应用。然而，仅为新奇而采用技术是远远不够的。关键在于我们如何运用它来丰富水疗故事、深化宾客旅程。在SO.WA，我们专注于利用新兴技术支持直觉性、有意义且关注当下的体验，而非取代传统健康模式。趋势正朝着混合体验发展，即数字科技与深度人文体验的交融。

中国健康产业正在快速增长。您认为如今在中国开发高端水疗与健康设施会面临哪些机遇与挑战？

我们始终视中国为健康领域创新的关键市场。然而挑战依然存在，特别是围绕产品进



口的监管复杂性，以及有机成分与生物同源成分标准的差异。尽管如此，我们看到了巨大的机遇。

中国已是全球科技创新的领导者，其本土健康品牌正迅速成熟并获得国际认可。我们看到一批具备全球竞争力的本土供应商和生物科技公司正在崛起。对于国际参与者而言，这开启了真诚合作的大门。对我们来说，关键在于善用中国的优势，深厚的文化底蕴、技术创新与规模效应，同时审慎应对本地化与合规要求。

中国消费者往往重视奢华与文化真实性，SO.WA如何调整服务以契合他们的偏好？

中国宾客深谙叙事艺术、文化关联与卓越服务之道。在SO.WA，我们不提供千篇一律的解决方案。我们花时间深入研究当地情境，无论是哲学思想、传统仪式还是象征符号，并将其转化为能引起高端客群共鸣的现代奢华体验。

在此过程中，我们不仅仅视中国为项目目的地；更将其视为灵感源泉。我们的目标是策划既熟悉又新颖、根植传统又面向未来的体验。这种契合使我们得以打造不仅忠于中国传统，且在全球吸引力上具有抱负的水疗之旅。

能否举例说明您如何将本地文化元素融入中国项目中，以打造独特的宾客体验？

我们融合文化元素的方法植根于对地域、人群和传统的深切尊重。虽然SO.WA咨询公司尚未直接在中国大陆交付项目，但我们的优势在于首席设计师和资深顾问拥有丰富的中国相关经验。在加入SO.WA之前，他们在塑造中国各地健康目的地方面发挥了关键作用。例如北京璞瑄酒店及水疗中心以及珠海瑞吉酒店铂瑞水疗等项目。

例如，在璞瑄酒店，宾客体验路径围绕内省与静谧奢华的主题精心设计，将儒家价值观与中国匠艺融入护理仪式和室内设计中。

这些在中国奢华水疗与健康领域的亲身经历，使SO.WA能为任何面向中国的项目带来贴合市场的洞察、设计敏感度和战略远见。团队对区域健康哲学、消费者偏好及运营标准的熟悉，贯穿于我们主导的每个项目，确保我们的理念文化契合、全球竞争力强且情感动人。

可持续性在酒店业愈发重要。SO.WA如何将环保理念融入水疗设计与运营中，尤其是在中国市场？

在SO.WA，我们的优势不仅在于应用可持续设计原则，更在于将设计、疗程规划与运营无缝连接成一个统一的可持续模型。这种整合正是我们的独特之处。

我们启动每个项目时，必先理解其背景，环境、文化与可用资源。由此出发，我们开发出成为水疗核心的概念，它不仅塑造空间的外观与氛围，更影响疗程的提供方式及空间运营。空间分区规划以运营效率为先，确保宾客流线顺畅及后勤功能实用。

对我们而言，可持续性也意味着长期效率与商业逻辑。在水疗这个往往过度消耗水与能源的领域，我们在每个细节上都深思熟虑。例如，与其在每个护理室增设浴缸以营造奢华感，我们更考虑其运营影响，延长浸泡时间会降低房间周转率并增加用水量。这些正是体现设计巧思与实践可持续性相得益彰的选择。

我们并非将可持续性视为清单项目，而是将其嵌入概念的每一层，从布局选材到疗程设置及日常运营。在中国这样的市场，对创新和环保责任的要求日益提高，我们的方法比以往任何时候都更具现实意义。



Summarecon Mall Bekasi, Java

展望未来，在塑造亚洲，尤其是中国新一代水疗与健康体验中的角色有何愿景？

随着健康日益融入人们的生活、旅行和自我投资方式，我们预见SO.WA将在帮助品牌和开发商从提供单一疗程转向创建整体性、目标驱动的健康生态系统方面发挥关键作用。在亚洲，尤其是中国，对体验的需求不断增长，这些体验不仅要奢华，更需植根于文化认同、情感关联和可衡量的健康成效。

我们的愿景是通过架接传统哲学与面向未来的解决方案，来引领这一变革。随着我们的日本办公室自二零二四年全面运营，以及在东南亚的强大布局，我们凭借深厚的文化理解与设计前瞻性，具备独特优势服务于该区域。在中国，健康领域正日益受到创新、城市化及传统回归的影响，我们看到了做出有意义贡献的机遇，不仅仅是打造美好的概念，更要提供可持续、可扩展且在当地引起共鸣的策略。

作为拥有二十五年以上行业经验的领导者，哪些经验教训至今仍指引着新的创新方向？

我学到的最重要一课是：健康非产品，乃心态。多年来，我目睹潮流起落，但历久弥新的是诚信为本、真实为要，以及挑战现状的勇气。在SO.WA，我们不盲目追随潮流。我们追问更深层的问题：什么能让此体验具有变革性？什么能留下情感印记？

我们对创新的承诺由这些原则指引。我们持续进化，这并非迫于市场要求，而是源于好奇心、深度倾听的意愿以及对所产生影响的热忱。

Innovation With Integrity

Interview with Ms. Tomoka Nguyen, Founder and Managing Director of SO.WA Consultancy

As Managing Director of SO.WA Consultancy, Tomoka guides the company in delivering comprehensive and highly customised spa and wellness solutions. With offices in Singapore and Japan, SO.WA develops, designs, and executes unique, profitable concepts for leading hotel brands, tailored to specific market trends and brand directions. Its strategic vision ensures outstanding results and new industry standards. SO.WA Consultancy was awarded “Consultant of the Year” at the Asia Pacific Spa & Wellness Coalition (APSWC) 2025.

Tomoka moved to the UK after high school in Japan, graduating from the University of London. She began her spa and wellness career in Bali in 1997, later becoming Regional Operations Manager for Mandara Spa. She subsequently managed prestigious facilities for, The Peninsula Hotels, and GHM. From 2014 to 2018, Tomoka oversaw Asia’s largest

wellness centre, the 12,000 sqm ESPA at Resorts World Sentosa. Under her four-year leadership, it earned numerous international awards and profitability was boosted fivefold.

Valuing her Japanese heritage and deep knowledge about Asian therapies, Tomoka has developed various spa programmes and products. She is a certified aromatherapist and natural skincare formulator. Fluent in English and Indonesian with basic Thai, she is also a native Japanese speaker. SpaChina interviewed her on the Spa consultancy business.

SO.WA emphasizes a "360° Wellness Solutions" approach, integrating strategy, concept, and design. How does blending the process of cultural nuances with global best practices set your consultancy apart in Asia's competitive spa and wellness market?

What sets SO.WA apart is our ability to deliver wellness concepts that are not only



Summercon Mall Bekasi

culturally authentic but also operationally and commercially viable across diverse markets in Asia. Our “360° Wellness Solutions” approach means we don’t treat strategy, concept and design as isolated phases – they are developed in tandem with a clear understanding of local values, guest behaviour and international benchmarks.

Our consultants have lived and worked across Asia, giving us a deep sensitivity to regional healing philosophies, rituals and aesthetics. At the same time, we are trained in Western wellness sciences and standards – from anatomy and physiology to service protocols and financial modelling. This dual perspective allows us to create experiences that resonate emotionally with local guests while meeting the expectations of global luxury travellers and owners.

Your team includes specialists like architects, wet area designers, and operational strategists. How does this interdisciplinary collaboration ensure holistic outcomes for projects?

What makes our approach powerful is the alignment between disciplines: design decisions are informed by operational realities, and strategy is underpinned by authentic guest experiences. At SO.WA, we bring designers, spa operators, thermal engineers, and brand strategists together from the earliest stages of development. This ensures that what is envisioned conceptually can be delivered functionally – whether it’s the spatial flow of a treatment room, the placement of hydrothermal features for operational ease, or

the flexibility of a lounge area to accommodate both rituals and social experiences.

At Four Seasons Kyoto, a property deeply rooted in heritage, we created a wellness experience that honours Kyoto’s cultural depth while engaging the expectations of international luxury travellers. The guest journey was carefully choreographed to reflect traditional Japanese rituals, incorporating seasonality, sensory layering, and spatial rhythm to evoke a sense of emotional connection. We worked closely with the hotel’s leadership to ensure that these elements were not only meaningful but also seamlessly integrated into daily operations – balancing poetic expression with operational efficiency and commercial viability.

SO.WA’s portfolio includes innovative concepts like thermal facilities and urban wellness destinations. How do you balance traditional Asian wellness philosophies with modern, technology-driven guest experiences?

Our team is predominantly based in Southeast Asia, but our collective experience spans global markets. Our core team brings a rare combination of scientific grounding, operational depth, and strategic creativity. With formal training in anatomy and physiology, pathophysiology, cosmetic formulation, hospitality finance, and digital marketing, we approach wellness with both technical precision and commercial insight. We’re not just consultants – we’re also educators and authors, shaping the industry beyond project work.

Technology is undoubtedly shaping the future of wellness. But for us, it’s about intelligent integration, not replacement. We embrace innovation – from biofeedback tools to immersive sound therapies – but remain grounded in the irreplaceable value of human touch and cultural storytelling. For example, while you may use AI to customise a wellness journey, the emotional release triggered by a skilled therapist’s hands is something no device can replicate.

What emerging trends in spa and wellness do you see reshaping the industry globally?

Technology continues to be a major driver of transformation – whether it’s the democratisation of wellness tech, such as red

light therapy and breath training devices, or its use in creating personalised, data-led guest journeys. However, it’s not enough to merely adopt tech for novelty’s sake. What matters is how we use it to enrich the spa story and deepen the guest journey. At SO.WA, we’re focused on using emerging technologies to support intuitive, meaningful, and mindful experiences rather than replacing traditional wellness modalities. The trend is moving towards hybrid experiences – where digital meets deeply human.

China’s wellness industry is growing rapidly. What opportunities and challenges do you foresee for luxury spa and wellness developments in China?

We’ve always viewed China as a critical market for innovation in wellness. However, challenges persist – particularly with regulatory complexities surrounding product importation and differing standards around organic and bio-identical ingredients. That said, we see enormous opportunity.

China is already a global leader in tech innovation, and its homegrown wellness brands are rapidly gaining sophistication and international credibility. We’re seeing a new wave of local vendors and biotech firms that are capable of competing on the global stage. For international players, this opens the door for authentic collaboration. For us, the key is to leverage China’s strengths – cultural depth, technological innovation, and scale – while carefully navigating localisation and compliance.

How does SO.WA tailor its services to align with the preferences of Chinese consumers, who often value both luxury and cultural authenticity?

Chinese guests have a deep appreciation for storytelling, cultural relevance, and elevated service. At SO.WA, we don’t deliver cookie-cutter solutions. We take time to research the local context – be it philosophy, rituals, or symbolism – and translate that into modern, luxurious experiences that resonate with a discerning clientele.

In doing so, we don’t just look at China as a destination for projects; we view it as a source of inspiration. Our goal is to curate experiences that feel familiar yet fresh, rooted in heritage yet forward-thinking. This alignment has allowed us to create spa journeys that are not

only authentic to Chinese traditions but also aspirational in their global appeal.

Can you share an example of how you've integrated local cultural elements into a China-based project to create a unique guest experience?

Our approach to integrating cultural elements is rooted in a deep respect for place, people, and tradition. While SO.WA Consultancy has not yet delivered a project directly within mainland China, our strength lies in the extensive China-related experience of our lead designers and senior consultant. Prior to joining SO.WA, they played key roles in shaping wellness destinations across China – including projects such as The Puxuan Hotel & Spa in Beijing, and Iridium Spa at St. Regis Zhuhai.

For example, at The Puxuan, the guest journey was meticulously designed around themes of introspection and quiet luxury, with references to Confucian values and Chinese craftsmanship embedded into the treatment rituals and interiors. SO.WA's lead consultants contributed to early-stage concept development for this project while design execution was by another company.

This first-hand experience with China's luxury spa and wellness landscape enables SO.WA to bring market-relevant insight, design sensitivity, and strategic foresight to any China-facing development. Our team's familiarity with regional wellness philosophies, consumer preferences, and operational standards informs

every project we lead – ensuring our concepts are culturally aligned, globally competitive and emotionally compelling.

Sustainability is increasingly critical in hospitality. How does SO.WA incorporate eco-conscious practices into spa design and operations, particularly in a market like China?

At SO.WA, our strength isn't just in applying sustainable design principles – it's in seamlessly connecting design, treatment programming, and operations into a unified, sustainable model. This integration is what sets us apart.

We begin every project by understanding its context – environment, culture, and available resources. From there, we develop a concept that becomes the heart of the spa, shaping not just the look and feel but also how treatments are delivered and how the space operates. Zoning is planned with operational efficiency in mind, ensuring smooth guest flow and practical back-of-house functionality.

For us, sustainability also means long-term efficiency and commercial logic. In wellness, where water and energy use are often excessive, we bring intentionality to every detail. For example, instead of adding bathtubs in every treatment room for a sense of luxury, we consider the operational impact – extended soak times reduce room turnover and increase water usage. These are the kinds of choices where thoughtful design meets practical sustainability.

Rather than treating sustainability as

a checklist, we embed it into every layer of the concept – from layout and materials to treatment offerings and day-to-day operations. In markets like China, where expectations around innovation and environmental responsibility are rising, this approach is more relevant than ever.

Looking ahead, what is your vision for SO.WA's role in shaping the next generation of spa and wellness experiences in Asia, especially in China?

As wellness becomes more integrated into how people live, travel, and invest in themselves, we see SO.WA playing a pivotal role in helping brands and developers shift from offering isolated treatments to creating holistic, purpose-driven wellness ecosystems. In Asia – and China in particular – there's a growing demand for experiences that are not only luxurious but also grounded in cultural identity, emotional relevance, and measurable wellbeing outcomes.

Our vision is to guide this evolution by bridging traditional philosophies with future-facing solutions. With our Japan office fully operational from 2024 and a strong presence across Southeast Asia, we are uniquely positioned to serve the region with deep cultural understanding and design foresight. In China, where wellness is increasingly shaped by innovation, urbanisation, and a return to heritage, we see an opportunity to contribute meaningfully – not just with concepts that are beautiful, but with strategies that are sustainable, scalable, and locally resonant.

As a leader with 25+ years in the industry, what lesson have you learned that continues to guide SO.WA's innovations today?

The most important lesson I've learned is that wellness is not a product – it's a mindset. Over the years, I've seen trends come and go, but what endures is integrity, authenticity, and the courage to challenge the status quo. At SO.WA, we don't follow trends blindly. We ask deeper questions: What will make this experience transformative? What will leave an emotional imprint?

Our commitment to innovation is guided by these principles. We continue to evolve – not because the market demands it, but because we are curious, we listen deeply, and we care about the impact we make.



The Initial Sama, Singapore



AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

#1 on TripAdvisor for Spa
and Wellness in London –
Akasha at Hotel Café Royal

Enjoy an unrivalled setting on Regent Street
where the elegance of Mayfair, energy of Soho
and sophistication of St. James combine.
It's where history, culture, business and the
stage are just steps away.



THE SET
HOTELS

CAFÉ ROYAL
LONDON

CONSERVATORIUM
AMSTERDAM

LVTETIA
PARIS



LEADING
HOTELS

THESETHOTELS.COM



植根自然 时飧匠心

访大阪柏典酒店厨艺总监，米其林主厨Antony Scholtmeyer先生的疗愈美食哲学

来 自澳大利亚的主厨Antony拥有逾三十载烹饪经验，现任大阪柏典酒店的厨艺总监，他曾任曼谷嘉佩乐酒店行政总厨，其领导力使酒店两家餐厅荣膺米其林殊荣，其中一家更摘得两星。

Antony的烹饪之旅始于一次意外的探索：其身为厨师长的父亲邀他加入自己的餐厅，于是他很快发现了自己对烹饪的热爱。这最终指引了他后来在九个国家旅居和工作，每一段经历都丰富了他对多元烹饪传统的理解，并激发了他对食物的创新诠释。

在大阪柏典，他专注于烹制地道的欧式料理，运用传统技艺搭配本地优质食材。日本卓越的物产给他带来无限灵感。他采用简约而精致的烹饪方式，令食材天然风味得以绽放，密切携手本地农户，致力于凸显新鲜

时令食材。同时，作为团队协作与健康理念的坚定实践者，他赋能团队追求卓越，确保每一道菜肴不仅令人愉悦，更能滋养身心。

以日本古历法“七十二候”为灵感，将一年细分为七十二个微季节。大阪柏典的餐厅名为P72，寓意在自然节律中探索饮食与时令的交汇。Antony每天的创意来自于从本地有机农场收到的盲盒蔬菜，他说菜农收成什么就吃什么才是原本应有的样子。近期，SpaChina在P72餐厅静谧怡人的户外露台草本园采访了他。

您的职业生涯跨越三十余年，足迹遍布九国。这段环球旅程如何影响了您在P72餐厅创造平衡美味与健康菜肴的理念？

我的烹饪风格随自己的经历和经验在不断地演变，对P72影响最深的，是我在乡村的

成长经历，那里有满是新鲜香料和蔬菜的花园。我的母亲是素食者，父亲也是厨师，所以我们总是享用健康、新鲜烹制的滋养美味。因此，如果拥有健康可持续的饮食，请遵循季节，在食材最佳状态时享用。

P72餐厅悬挂在半空的、52米长的艺术装置形似“悬浮的树根”，仅观赏此作品便能激发追随自然之道的灵感。它寓意着回归本源，回归往昔人们采买和享用食物的方式。如今去超市购买量产蔬菜固然便捷，但探访农场或乡村集市才是最佳体验。这正回归了农业的本真、季节的流转与纯粹的风味。

P72的半开放式的花园设计和包容性理念的灵感从何而来？

P72室内点缀生机绿植与时令产物，营造与自然共生的疗愈氛围，室外，日式庭院与草



本园浑然一体。这里，更是热情欢迎携带宠物的客人。自种的食材赋予我们独特优势，能为宾客提供唯在大阪柏典酒店方能体验的珍馐。我们尽可能在酒店内种植或制作菜肴原料，从而掌控品质、风味与原创性。我很自豪能告诉宾客，这些食材唯大阪柏典独有——因我们亲手种植、制作，或专为我们的宾客定制。

因此，我们希望客人可以在此体会到身处自然的惬意感受，携带宠物，和朋友一起度过美好的用餐时光。与其说是包容，不如说是打造了一个可以深度放松的用餐环境，心情舒畅地、仿佛置身于大自然一般地幸福用餐。

餐厅的近70%的菜单为植物基。您如何确保这些菜肴既营养又美味，同时恪守餐厅对日本“七十二候”的聚焦？

我们与日本关西地区及淡路岛等邻近县府的农户紧密合作。每周跟进他们能供应的当季物产，会订购一箱蔬菜，但开箱前并不知具体内容，就是个大盲盒，但是每次都很让我感到惊喜。

真正的可持续的有机种植蔬菜就是这样

的，当地人种什么，我们就收什么，然后就做成什么。这种工作方式极为独特，迥异于当今大部分餐厅，也十分考验厨师们的烹饪技巧和创意。这仿佛回归了多年前人们去菜市场，看到什么就买什么回家的样子。其实这才是采买食材和健康饮食的本源，而非让农户按照酒店的要求去种植和采摘。

比如，五月初芦笋季伊始，一位合作农户送来新季芦笋，我们是首批接收者，这感觉感觉太棒了，这可是最新鲜的第一茬芦笋啊！这表明了农户信任并认同我们的理念，为我们提供了如此甜美的蔬菜，无需过多处理，简单焯水或微烤后自然呈现。风味十足，无与伦比！最大程度地使用当季的食材，就是七十二候的最好诠释。

餐厅将橙皮循环利用于柑橘挞等甜点，跟我们分享一下您的可持续目标吧。

我们始终致力于减少浪费，因为垃圾处理是全球面临的重大挑战之一。我曾看过一组数据，显示一家酒店每日或每周产生的厨余垃圾量相当惊人。这不仅需要酒店业重视，越来越多的消费者也需要意识到这个问题的严重性。

在食材利用上，我们贯彻“物尽其用”的原则。比如将茶叶重新加工利用，把芜菁的茎叶腌制后作为美味配菜。谈论可持续很容易，但付诸实践却需要决心和持续的努力。因此我们建立了可量化、可追踪的环保指标体系，以确保酒店能在可持续发展领域产生实质性的影响力。

如今食客追求“功能性且用心”的餐食，如增强免疫、平衡能量、缓解压力等。您在设计菜品时会考虑这些益处吗？

我们运用腌渍、发酵和脱水等技法，增添天然风味层次，同时令食物富含营养和天然酵素。这也有助于减少厨余，将通常丢弃的边角料转化为风味增强剂。味噌是我钟爱的日式原料，日本不同地区出产各种不同的味噌。作为澳大利亚厨师，我的视角有别于日本厨师，因此能以个人风格灵活运用味噌。

作为餐饮目的地，我们力求运用新鲜非加工食材打造均衡菜单，尽力展现蔬菜的自然营养与最佳采收时机，这就是天然健康饮食，旨在让宾客满足且恰到好处，在离开P72时感到健康、平衡，并蓄满活力。

通过食物滋养身体是一种非常美妙的身心感受，这也是大阪柏典品牌理念的一部分。因此，如果将大自然的馈赠融入到宾客的美食之旅，那么食材本身就已是奢华，加之优美的环境，细致周到的服务，这是一场焕然一新的非凡之旅。

能否分享一次改良经典食谱以提升其健康属性而不失传统的具体例子？

健康饮食并非新概念。理解包含蔬菜、香草、香料及多元蛋白质的均衡菜单很重要。我崇尚“新鲜至上”。食材处理越多，新鲜度越低。例如，我常思考为何要削去营养丰富的胡萝卜皮？因此我们力求简约，突显天然本味，少加工以保留健康益处。

还有，谈及“熟食冷盘”，人们常想到肉、火腿、肉酱、香肠等。P72的理念之一是以处理蛋白质的方式对待蔬菜，于是我萌生了“蔬菜熟食冷盘”的想法。这并非革新蔬菜处理法，相关技艺早已存在。通过对腌渍、发酵、制作蔬菜肉酱/冻糕的不同思考，我们创造了P72独有的概念。

自从到了日本，我便惊叹当地食材的品质与风味。以善待食材的方式烹饪，风味自然流露。我在自种自烹、仅用新鲜食材的环境中长大，善用各类调味料、香料、香草乃至蜂蜜作为天然风味增强剂。这种创作性的烹饪方式需要反复实践，但成果必定能愉悦味蕾，幸福满满。

在应对主厨的繁重需求时，您如何保持精力与创造力？日常有何不可妥协的习惯？

对我而言，团队快乐且充满干劲地工作至关重要，这也是我的最佳能量源。我们彼此激发灵感，创意与协作，保持彼此的心流。我希望他们深度参与日常工作，为自己烹制的菜品或菜单服务宾客而深感自豪。这也让我有机会花更多的时间，专注于寻找新的美食创意和灵感。我们常言“One Team One Goal”一个团队一个目标，这至关重要，——我们必须团队协作。

From Global Roots to Nourishing Luxury

Chef Antony Scholtmeyer, Culinary Director of Patina Osaka, on his Seasonality, Sustainability and the Art of Mindful Dining



Antony Scholtmeyer, Culinary Director at Patina Osaka, brings 30+ years of global expertise and Michelin-starred experience from Capella Bangkok to his role. His career reflects a relentless pursuit of culinary excellence and sustainability, collaborating with local farmers to showcase seasonal ingredients.

Beginning his journey in his father's restaurant, Antony's passion led him across nine countries, enriching his European culinary style with diverse traditions. At Patina Osaka, he highlights Japan's exceptional produce like shiitake through refined, simple preparations that honor natural flavors.

Inspired by Japan's "72 Micro-Seasons,"

P72 restaurant embodies nature's rhythms. Chef Antony embraces farm-fresh mystery produce, believing in "eating what the earth provides." His philosophy – combining seasonal simplicity with nourishing, memorable dishes – creates elegant dining experiences.

SpaChina interviewed him on P72's herb garden terrace, reflecting this connection to nature.

Your career has spanned over three decades and across nine countries. How has this global journey influenced your approach to creating dishes that balance indulgence with health and wellness, especially at the restaurant P72?

My style of cooking has evolved over time through life experiences. What has influenced P72 the most is my upbringing in the countryside with a garden full of fresh herbs and vegetables. My mother was vegetarian and my father was a chef as well, so we were always eating healthy, freshly cooked good quality food. If you want to have a healthy sustainable diet, follow the seasons and use the ingredients when they are at their best.

P72 restaurant features a striking 52-meter-long art installation suspended mid-air, resembling "floating tree roots." Simply contemplating this piece evokes inspiration to embrace nature's wisdom. It symbolizes a return to origins – to the traditional ways



people once sourced and savored food.

While supermarkets offer convenient access to mass-produced vegetables, the truest connection comes from visiting farms or rural markets. This philosophy reconnects us with agriculture’s essence, the rhythm of the seasons, and the purity of authentic flavor.

What inspired P72’s nature-blending, pet-inclusive design?

P72’s semi-open space harmoniously connects indoors and outdoors, adorned with living greenery and seasonal produce to create a therapeutic, nature-inspired ambiance. The Japanese-style garden integrates Chef Antony’s herb garden and uniquely welcomes pets – a rare luxury hotel feature.

Growing our own ingredients allows exclusive culinary experiences found only at Patina Osaka. We control quality, flavor, and authenticity, proudly offering unique dishes made with hyper-local or specially crafted components.

Beyond inclusivity, we’ve created a sanctuary where guests – with or without pets – feel embraced by nature. Every meal becomes

a blissful experience infused with natural serenity.

At P72, nearly 70% of the menu is plant-based. How do you ensure these dishes are both nourishing and flavorful, while staying true to the restaurant’s focus on Japan’s “72 micro-seasons”?

We maintain close partnerships with local farmers across Japan’s Kansai region and nearby prefectures like Awaji Island. Each week, we receive a mystery box of seasonal produce – we never know what treasures it holds until opening it. This is the true essence of sustainable organic farming: we embrace whatever the land offers, then transform it into culinary artistry.

This approach is profoundly unique, starkly different from how most restaurants operate today, and it truly challenges our chefs’ skill and creativity. It harks back to the old ways of market shopping – selecting whatever looks freshest that day.

Ultimately, this is the purest form of sourcing and dining: not demanding farmers grow to our specifications, but rather honoring

nature’s rhythm and the wisdom of local cultivation.

So it is very inspirational. For example, when the asparagus season began in early May, one of our farmers sent us his new season asparagus, we were the first to receive it, how great that was! It shows that our collaborating farmers have trust and faith in what we are doing, and provides us with a rich, sweet vegetable that you don’t need to do much with other than blanch or grill it and serve it naturally. Full of flavor, it doesn’t get any better than that! Seasonal ingredients are the essence of the 72 Micro-Seasons!

The restaurant repurposes orange peels for desserts like the citrus tart. How do such creative techniques align with Patina Osaka’s broader sustainability goals?

We try to reduce our waste as landfill is a major issue worldwide. I was given a statistic on how much landfill a hotel can produce in a day or week and it’s a problem that needs to be addressed, not only from a hotel’s perspective but also from that of a consumer.

We also repurpose tea leaves. We use the



stems and leaves of turnips, pickle them and use them as a tasty garnish. It's a topic that is easy to talk about but harder to take action on. It's important to have sustainable metrics that are actionable and trackable so that we, as a hotel, can make a meaningful impact.

Modern diners increasingly seek “functional and mindful” cuisine – dishes that boost immunity, balance energy, or relieve stress. Do you incorporate these benefits when designing your menu?

We employ techniques like pickling, fermentation and dehydration to build nuanced natural flavors while enhancing nutritional value and natural enzymes. This approach also minimizes waste by transforming trimmings into flavor enhancers. Miso remains my cherished Japanese staple – its regional varieties across Japan offer endless possibilities. As an Australian chef, I bring a distinct perspective that allows me to reinterpret this ingredient creatively.

As a culinary destination, we craft balanced menus using fresh, unprocessed ingredients at their seasonal peak. This commitment to nature's timetable creates inherently wholesome dining experiences designed for satisfaction without excess. Guests leave P72 feeling nourished, balanced and revitalized.

At Patina Osaka, we view food as profound nourishment for both body and soul. When nature's bounty meets our serene ambiance and attentive service, every element becomes a luxury – the ingredients' innate purity, the harmonious setting, the thoughtful hospitality. This is dining at its most beneficial and uplifting.

Could you share an example of adapting a classic recipe to enhance its health profile while preserving tradition?

Wellness cuisine isn't revolutionary. The key lies in balanced compositions of vegetables, herbs, spices, and diverse proteins. My mantra is “freshness first” – overprocessing diminishes vitality. Why peel carrots when their skins contain nutrients? We maximize natural flavors through minimal intervention.

Take charcuterie – traditionally meats and pâtés. At P72, we reimagined it as “vegetable charcuterie,” applying protein techniques to produce. Through pickling, fermenting, and creating vegetable terrines, we've developed a signature concept rooted in tradition yet distinctly ours.

Japan's exceptional produce continues to inspire me. When treated respectfully, ingredients reveal their true brilliance. Raised harvesting and cooking fresh ingredients,

I've learned to enhance flavors naturally with spices, herbs, and honey. This creative process demands patience, but the reward – dishes that delight both palate and soul – makes every experiment worthwhile.

How do you maintain energy and creativity amid the demands of being a chef? Any non-negotiables in your daily routine?

It's important for me that my teammates are happy and energized to come to work. This is the best energizer I can have. We all feed off each other's ideas, so we always have a constant flow of creativity and teamwork. I want them to be involved in their daily work to the extent that they feel great pride in serving to our guests a dish or menu that they have contributed to. This then frees me up to be more creative myself. We always talk about “One Team One Goal” so this is the non-negotiable, we have to work together as a team.

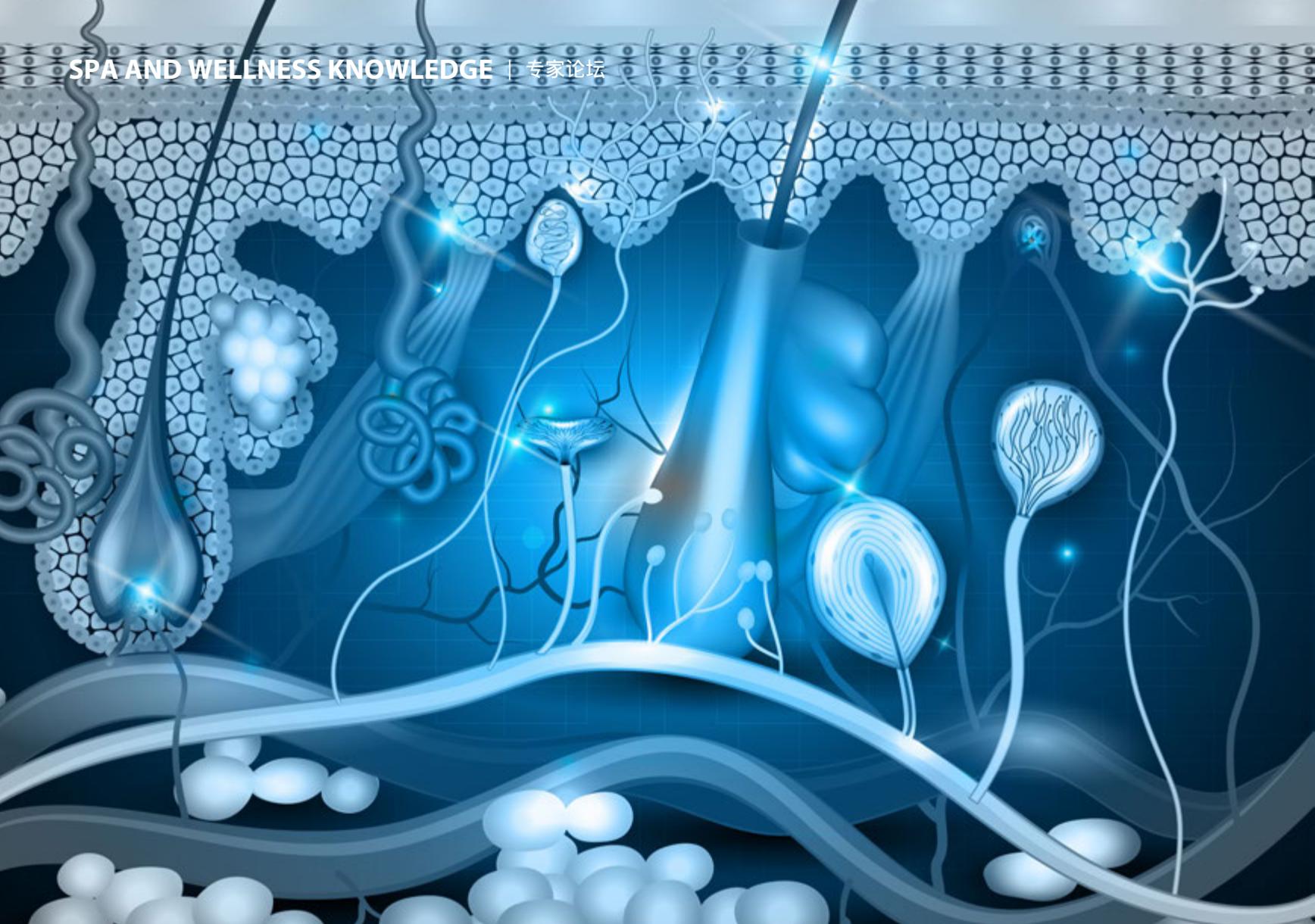
Experience the Exceptional




MYCONIAN
COLLECTION
..... est. 1979

AMBASSADOR 	KYMA 	KORALI 	NAIA 	AVATON 
IMPERIAL 	PANOPTIS ESCAPE 	ROYAL 	UTOPIA 	VILLA COLLECTION 

www.myconiancollection.gr



皮肤与大脑

每一次指尖对皮肤的触碰，都是向大脑发送的基因级摩斯密码。纸月文

人类皮肤上每平方厘米栖息着近千个神经末梢，当指尖轻触丝绒的瞬间，这个庞大的传感网络会将触觉信息以120米/秒的速度传向中枢神经。这个看似平凡的生理现象背后，隐藏着生命进化史上最深邃的智慧——皮肤与大脑，这对跨越时空的双生子，在亿万年的生命长河中始终保持着超越物理距离的深度共鸣。

生命蓝图中的双重奏

在人类胚胎发育的第三周，外胚层细胞开始演绎生命最精妙的双重变奏。其中一部分向上隆起形成神经管，最终演化为精密的中枢神经系统；另一部分则向下延伸，分化为覆盖全身的皮肤组织。这种同源性在分子层面留下深刻印记：两者都富含神经生长因子受体，共享相同的信号传导通路。当科学家在

显微镜下观察角质形成细胞时，竟发现它们能自主分泌乙酰胆碱——这种典型神经递质的存在，揭示了皮肤与大脑在生命起源处的同频共振。

神经网络的跨维度对话

皮肤中的C纤维神经末梢构成了独特的生物通讯网络。这些游离神经末梢不仅是痛觉传感器，更像是大脑派出的微型情报站。例如，当皮肤遭遇紫外线侵袭时，角质细胞会释放出“求救信号”P物质，这种神经肽既能引发局部炎症反应，又能直接作用于中枢神经系统的胶质细胞。最新的研究发现，慢性湿疹患者的脑岛皮层厚度出现异常增厚，这种结构改变与皮肤瘙痒信号的持续刺激存在着显著相关性，印证了皮肤病变与脑重塑的互动关系。皮肤与大脑以强大无比的神经网络无时无刻展开着跨维度的对话与交流。

情感共振的孪生子

而前额叶皮层与皮肤血管丛之间，则存在着神秘的镜像联系。当人感到羞耻时，面部毛细血管会在0.3秒内完成充血反应，这种即时的生理反馈远超意识控制范围。皮肤中的朗格汉斯细胞不仅是免疫哨兵，更是情绪信号的解码器。它们通过树突状突触与感觉神经直接对接，将心理压力转化为组胺释放，这正是焦虑诱发荨麻疹的分子基础。在皮肤科诊所，超过60%的银屑病患者存在显著的情绪障碍，中国民间也有说法：过敏的孩子是缺爱。这些个心身交互的复杂关系正在改写传统医学的诊疗范式。

这种认知革命，似乎正在提醒我们每一次皮肤细胞的震颤，都是大脑发出的远古回响。在这个物质与意识交织的生命场域，令我们开始深度思考：皮肤不仅仅是肉身的边界，更是通往心灵深处的复杂而神秘的地



图。从胚胎期的同源分化到成年期的神经对话，皮肤与大脑的深度互联构建了独特的生命通讯系统。

解码SPA疗愈的双向革命

在杭州某高端SPA，45岁的企业高管李女士在完成12次以深度放松为功效的神经整合SPA疗程后，意外发现伴随多年的顽固湿疹与偏头痛同步消退。

这不是偶然的医学奇迹，而是现代健康科技揭开了皮肤与大脑深层的对话密码。在人工智能重塑人类生存方式的今天，以神经科学为锚点的新型SPA体系，正通过精密的生物反馈机制，在皮肤纹理与脑电波之间架起双向疗愈的桥梁。

如今，都市人群的皮肤正成为压力监测的天然仪表盘。临床数据显示，长期脑部处于高压状态的个体，其表皮水分流失速率较常人加快43%，筋膜层胶原断裂风险增加2.7倍。

这种现象被皮肤科专家称为“压力性皮肉分离”。皮肤活组织检查结果显示，脑部接收到的长期压力对机体的影响主要表现为表皮屏障功能的损害，以及深层筋膜的粘连。当皮质醇分泌节律紊乱时，本该在深夜修复的皮肤屏障，和在夜间降至低谷的压力激素，却在凌晨时分异常升高，如同脱缰野马般破坏皮肤胶原蛋白。

“压力性皮肉分离”在现代人群中的产生原因，还因为电子产品的使用过度，多巴胺刺激过度、睡眠状态差，饮食作息紊乱等，导致皮肤表皮干燥如荒漠，筋膜丧失韧性，而肌肉则僵硬如岩石。简单概括就是脑

部过度兴奋也是一种对脑的压力，令脑无法获得应有的、足够的休息。

然而，2021年诺贝尔奖得主David Julius团队的关于触觉受体的突破性发现，为这场危机带来了转机。科学家发现，皮肤中TRPV1受体不仅能感知热刺激，更是压力信号的分子转换器。这催生了“神经美容学”的崛起，“触感”也成为2025年诺贝尔生理学或医学奖的热门主角，这令人类的抗衰老，从仅仅对抗皮肤表面的皱纹，从此走向了对整个神经、皮肤、人体代谢网络的全面维护与保养之路。

于是，主打神经美容学概念的护肤品开始流行并炙手可热，众多国际大牌也投入其研发，深度挖掘皮肤与大脑的联系。

从皮肤到大脑的神经重塑

在高端SPA实验室，我们通过功能性近红外光谱仪观察到：当微刺激设备以每分钟21,600次的频率作用于结缔组织时，受试者岛叶皮层的血氧饱和度在20分钟内提升23%。这种“触觉-脑激活”现象源于机械感受器与神经胶质细胞的量子级共振，其原理与心理治疗中的Tapping疗法不谋而合。规律性轻叩不仅重组皮肤张力，更重塑大脑默认模式网络的连接强度。

《舞动治疗》研究团队发现的“迷走神经密码”更具启示：当理疗师以1.2Hz节奏按压前臂特定区域，皮肤下的C纤维会编织出独特的生物电脉冲。这些信号沿迷走神经高速公路直达脑干，如同精准投放的神经镇定剂，可使杏仁核代谢活跃度降低41%，有效

缓解创伤后应激障碍(PTSD)相关的过度警觉状态。

从大脑到皮肤的逆向疗愈

现代SPA理疗师掌握的“478呼吸同步术”，实则是构建神经镜像回路的生物工程。吸气4秒：手法力度如退潮般减弱，激活前扣带回的注意力调控中枢；屏息7秒：掌压静止触发星形胶质细胞的钙离子波动；呼气8秒：掌根徐降诱导 γ -氨基丁酸(GABA)分泌，疼痛阈值提升57%。

这种呼吸-触觉双频共振，本质是在建立新的神经可塑性记忆。当理疗师手法节奏与客户呼吸完全同步时，镜像神经系统会产生“共情脑波”，使 β -内啡肽分泌量增加2.3倍，同步改善皮肤微循环与情绪韧性。

躯体化破译皮肤的神经语言学

顶尖SPA疗愈师可以被看作是精通“身体表现”的翻译家。

肩颈石化：斜方肌硬度值超过35kPa时，通常对应着超过认知负荷300%的责任压力；手部寒冰：掌温持续低于32℃往往揭示社交焦虑引发的血管收缩反应；腰骶板结：竖脊肌弹性系数下降20%可能暗示未被言说的创造力压抑。

当疗愈师指出“您的枕下肌群僵硬是代表了未完成的事件所带来焦虑”，“神经躯体化解码”事实存在。这种从皮肤的神经语言学认知重构，不仅能提升服务深度，更通过激活背外侧前额叶皮层，建立新的身心交互范式。在此过程中，皮肤既是压力传感器，又是神经重塑的反馈屏。

当我们用特定频率的触觉波动唤醒岛叶皮层时，皮肤便成为大脑的可编程界面；而当呼吸节奏重塑边缘系统时，大脑又反过来赋予皮肤新的生物节律。

未来SPA的终极竞争力

正如神经生长因子发现者Rita Levi-Montalcini所言：“指尖触碰皮肤的瞬间，实质是在与大脑的原始皮层对话。”未来SPA的终极形态，将是融合量子生物学与存在主义哲学的神经美学实践。

当理疗师的掌纹与客人的皮肤沟壑产生量子纠缠，当定制声波频率与海马体 θ 波精准共振，人类终于懂得：真正的抗衰老，是让皮肤的记忆与大脑的智慧在时空中同步绽放。

在这场静默的神经革命中，38℃的手掌温度始终是无法被AI替代的疗愈核心。它承载着人类百万年来进化出的生命直觉，在皮肤与大脑之间编织出超越算法的治愈网络。因为，那里既有皮质醇曲线的科学理性，也流淌着脑电星空的诗意光芒。



Skin and Brain The Evolutionary Twins

Every Touch of Fingertips to Skin Transmits Genetic-Level Morse Code to the Brain

Every square centimeter of human skin harbors nearly a thousand nerve endings. When fingertips brush against velvet, this vast sensory network transmits tactile signals to the central nervous system at 120 meters per second. Behind this seemingly mundane physiological phenomenon lies the profound wisdom of evolution – skin and brain, these timeless twins, have maintained a deep, resonant connection across billions of years, transcending physical distance through an invisible dialogue.

The Embryonic Duet: A Dance of Skin and Brain

During the third week of embryonic development, ectodermal cells perform life's most exquisite choreography. One group ascends

to form the neural tube, evolving into the intricate central nervous system; the other descends, differentiating into the skin that envelops the body. This shared origin leaves molecular imprints: both systems are rich in nerve growth factor receptors and share identical signaling pathways. Remarkably, scientists have discovered that keratinocytes – skin cells – autonomously secrete acetylcholine, a quintessential neurotransmitter. This revelation uncovers a synchronized resonance between skin and brain at life's very genesis.

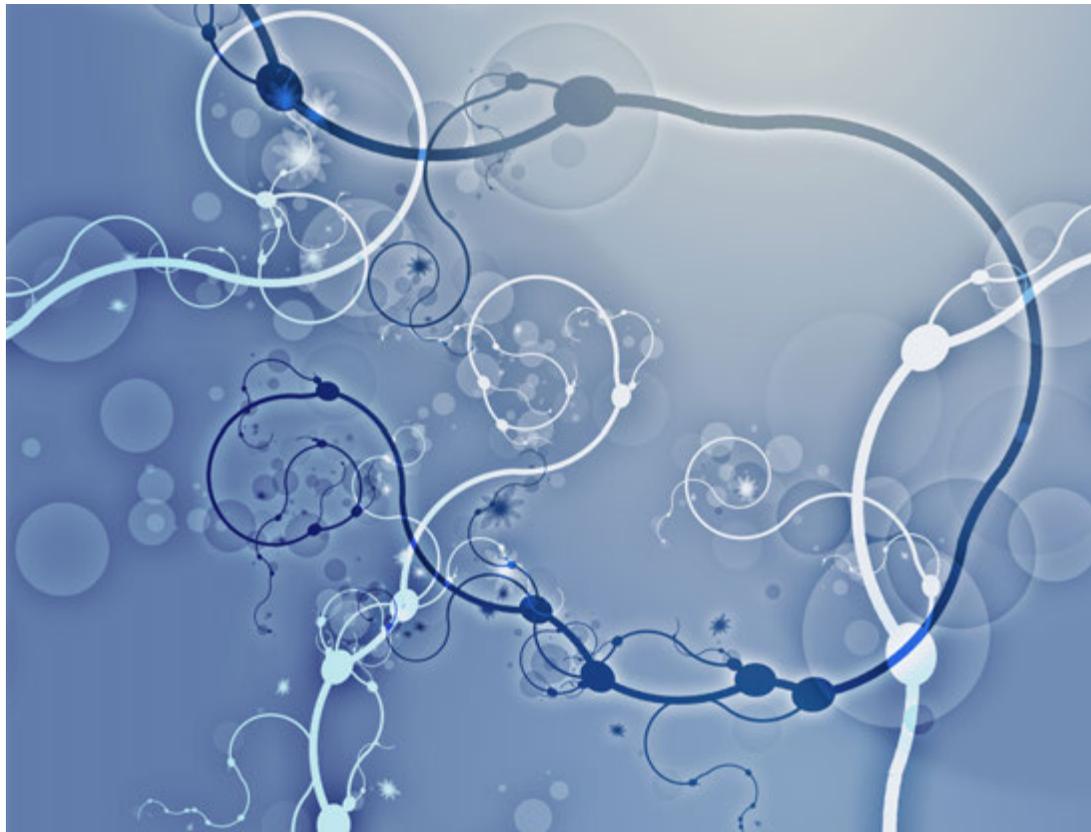
Cross-Dimensional Dialogues of Neural Networks

C-fiber nerve endings in the skin weave a unique biological communication network. Far more than mere pain sensors, these free

nerve terminals act as microscopic intelligence outposts for the brain. For instance, when ultraviolet radiation strikes the skin, keratinocytes release substance P, a neuropeptide that triggers localized inflammation while directly activating glial cells in the central nervous system. Recent breakthroughs reveal that chronic eczema patients exhibit abnormal thickening of the insular cortex – a structural adaptation mirroring persistent itch signals. This discovery confirms the dynamic interplay between skin disorders and brain remodeling, as skin and brain engage in relentless, multidimensional dialogue through their vast neural networks.

The Emotional Resonance of Biological Twins

A mysterious mirroring exists between the



prefrontal cortex and cutaneous vascular networks. When experiencing shame, facial capillaries flood with blood within 0.3 seconds – a physiological response occurring faster than conscious control. Langerhans cells in the skin serve not merely as immune sentinels but as emotional decoders. Through dendritic synapses connecting directly with sensory nerves, they translate psychological stress into histamine release – the molecular basis of anxiety-induced urticaria. Clinically, over 60% of psoriasis patients present significant mood disorders, echoing the Chinese folk wisdom: “Allergic children yearn for love.” These intricate psychosomatic interactions are revolutionizing conventional medical paradigms.

This cognitive revolution reveals that every tremor of a skin cell carries ancient echoes from the brain. In this realm where matter and consciousness intertwine, we come to understand that skin is not just the body’s boundary, but a complex, enigmatic map to the psyche’s depths. From their shared embryonic origin to their ceaseless neural dialogue in adulthood, skin and brain maintain an extraordinary interconnected communication system.

Decoding the Two-Way Healing Revolution

At an exclusive Hangzhou spa, a 45-year-old executive named Ms. Li witnessed her persistent eczema and migraines vanish after completing twelve sessions of neuro-integrated spa therapy. This was no medical fluke, but rather modern wellness technology unlocking the profound dialogue between skin and brain. In our AI-driven era, neuroscience-based spa systems now bridge skin physiology and brainwaves through precise biofeedback mechanisms.

Urbanites’ skin has become nature’s stress dashboard. Clinical data reveals individuals under chronic mental pressure experience 43% faster epidermal water loss and 2.7 times greater risk of fascial collagen damage – a condition dermatologists term “stress-induced dermal dissociation.” Biopsies show that prolonged stress compromises the epidermal barrier and causes deep fascial adhesions. When cortisol rhythms are disrupted, the skin’s natural nighttime repair cycle falters; instead of dipping at night, stress hormones surge unpredictably like runaway horses, ravaging collagen networks.

Modern contributors to this “mind-skin dissociation” include digital overstimulation, dopamine dysregulation, poor sleep hygiene, and erratic eating patterns – leaving skin

parched like desert terrain, fascial layers brittle, and muscles rigid as stone. Simply put, neural hyperexcitation itself becomes a form of cerebral stress, depriving the brain of essential restoration.

The 2021 Nobel Prize-winning discovery of TRPV1 receptors by David Julius’s team brought transformative insight. These skin receptors don’t merely detect heat – they are molecular translators of stress signals. This breakthrough birthed “neurocosmetics,” and tactile perception is emerging as a frontrunner for the 2025 Nobel in Physiology or Medicine. Consequently, anti-aging is evolving beyond wrinkle reduction into holistic maintenance of our neural-cutaneous-metabolic network.

The beauty industry has responded fervently. Neurocosmetic products now dominate luxury skincare lines, with global brands investing heavily to decode the skin-brain connection. From stress-sensing moisturizers to neural-calming serums, these innovations don’t just beautify – they facilitate cross-organ communication, proving true wellness requires harmonizing our largest organ with our most complex one.

Herein lies the future: therapies that don’t simply treat skin or soothe the mind, but orchestrate their eternal dialogue – where every therapeutic touch transmits wisdom written in our evolutionary biology.

Neuroplasticity: From Skin to Brain

At our high-end spa laboratory, we have observed through functional near-infrared spectroscopy (fNIRS) that when microstimulation devices apply stimuli to connective tissue at a frequency of 21,600 times per minute, the blood oxygen saturation in the insular cortex increases by 23% within 20 minutes. This “tactile-brain activation” phenomenon arises from quantum-level resonance between mechanoreceptors and glial cells – a principle closely aligned with tapping therapy used in psychotherapy. Rhythmic tapping not only restructures skin tension but also enhances the connectivity strength of the brain’s default mode network.

Further insights come from the Dance Therapy research team’s discovery of the “vagus nerve code.” When a therapist applies rhythmic pressure at 1.2 Hz to specific areas of the forearm, C-fibers beneath the skin generate distinctive bioelectrical pulses. These signals travel rapidly along the vagus nerve “highway” to the brainstem, functioning like precisely delivered neuro-sedatives. The result: a 41% decrease in amygdala activity, effectively reducing hyperarousal symptoms associated with PTSD.

Reverse Healing: From Brain to Skin

The “4-7-8 Breath Synchronization Technique” practiced by modern spa therapists is, in essence, a form of neuroimaging bioengineering.

Inhale for 4 seconds: the therapist’s touch lightens like an ebbing tide, activating the anterior cingulate cortex, which governs attention

regulation.

Hold for 7 seconds: static palm pressure triggers calcium waves in astrocytes.

Exhale for 8 seconds: the gradual release of palm pressure induces GABA (gamma-aminobutyric acid) secretion, raising pain thresholds by 57%.

This dual-frequency resonance between breath and touch establishes new neuroplastic memory. When a therapist’s technique is fully synchronized with the client’s breathing, mirror neurons generate “empathetic brainwaves,” increasing β -endorphin secretion by 2.3 times – simultaneously enhancing both microcirculation in the skin and emotional resilience.

Somatic Decoding: The Neuro-Linguistics of Skin

Elite spa therapists can be seen as translators fluent in the expressive language of the body.

Neck and shoulder rigidity: a trapezius muscle stiffness above 35 kPa often corresponds to responsibility stress exceeding cognitive load by 300%.

Cold hands: persistent palm temperatures below 32°C may reveal vasoconstriction driven by social anxiety.

Lower back stiffness: a 20% drop in erector spinae elasticity could indicate suppressed creative expression that remains unspoken.

When a therapist notes, “Your suboccipital muscle tension reflects anxiety from unresolved events,” they are engaging in what we call neuro-somatic decoding. This process of reconstructing cognitive awareness through the skin’s neuro-linguistics not only deepens the therapeutic experience but also activates the dorsolateral prefrontal cortex – establishing new paradigms

for mind-body interaction. In this process, the skin serves both as a stress sensor and a feedback screen for neural remodeling.

When we use specific tactile frequencies to stimulate the insular cortex, the skin becomes a programmable interface for the brain. And when breath patterns reshape the limbic system, the brain in turn imbues the skin with a new biological rhythm.

The Ultimate Competitive Edge in Future Spa Therapy

As Nobel laureate Rita Levi-Montalcini once said, “The moment the fingertip touches the skin, it is in dialogue with the primal cortex of the brain.” The ultimate form of future spa therapy will be a neuro-aesthetic practice – one that fuses quantum biology with existential philosophy.

When a therapist’s palm lines become quantum-entangled with the fine textures of a client’s skin, when personalized sound frequencies resonate precisely with hippocampal theta waves, we begin to understand: true anti-aging is the synchronized blossoming of skin memory and brain wisdom across time and space.

In this quiet neural revolution, the therapist’s 38°C palm can never be replaced by AI. It carries within it the intuitive essence of life, evolved over millions of years, weaving a healing network between skin and brain that transcends algorithms. For in that space lies both the rational science of cortisol curves and the poetic shimmer of neural constellations.

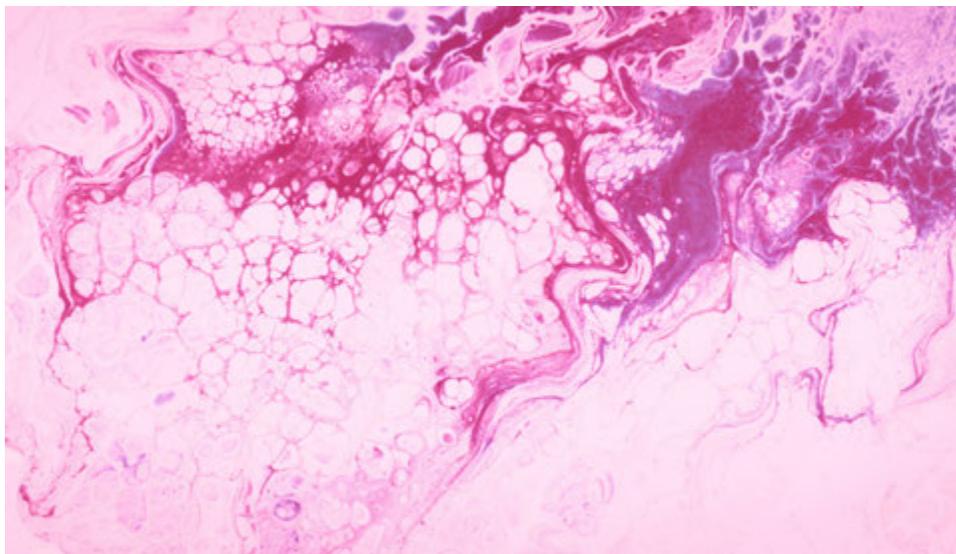


纸月

美国乔治华盛顿大学脑科心理学与公共卫生双专业毕业，如今积极投身于专注女性、高龄及高压职业人群身心健康研究，倡导结合脑科心理学、中医、运动整合理念，与正念健康服务。

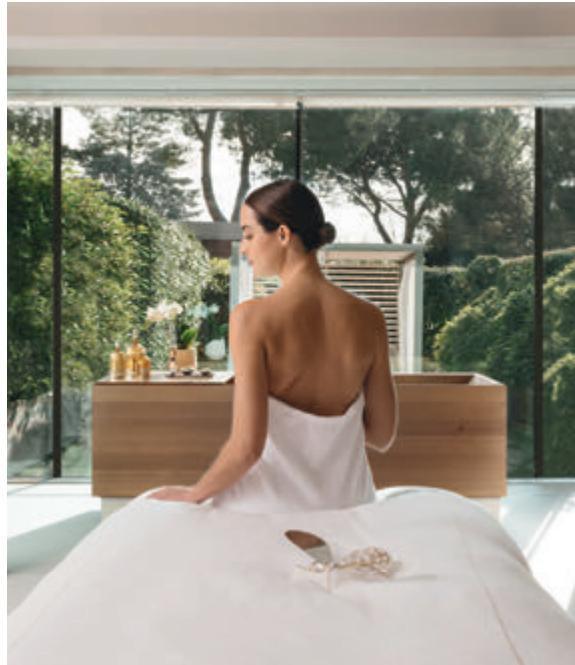
Paper Moon

She graduated from George Washington University with a double major in neuropsychology and public health. She is now actively engaged in research on the physical health of women, the elderly and high school working people. She combines neuropsychology, traditional Chinese medicine, sports integration concepts, and mindfulness health services.





BEAU-RIVAGE PALACE
LAUSANNE SWITZERLAND



GUERLAIN
SPA

洛桑美岸皇宫大酒店娇兰水疗中心
美即艺术



THE LEADING HOTELS
OF THE WORLD



SWISS DELUXE HOTELS



赋予深度工作的能力

神经科学家安德鲁·胡伯曼和专注力专家卡尔·纽波特所分享的新时代脑部学习技能。高菲文

在 这个信息满天飞、注意力总被打断的时代，我们的大脑其实最怕一件事：不停地切换任务。神经科学家安德鲁·胡伯曼和专注力专家卡尔·纽波特告诉我们，真正能让我们学得深、做得好、产出高质量工作的关键，是一种叫做“深度工作”的能力。这可不是什么花哨的时间管理技巧，而是在今天这个时代想要有所成就的必备生存技能。

为什么深度工作这么重要？

想象一下，你的大脑要真正学会新东西、解决复杂难题，就像锻炼肌肉一样，需要“有挑战、有点费力”的状态。胡伯曼从大脑科学的角度解释：只有当你感觉有点“卡住了”、在努力克服困难时，大脑里那些负责学习和改变的网络才会真正被激活，你才能获得真正的成长。但现在，我们太习惯刷短

视频、看零碎信息、在各种任务间跳来跳去，这些轻松的活动根本没法给大脑足够的“锻炼”，也就学不到真本事。

纽波特补充道，解决一个复杂的难题，比如写一篇重要的报告、学习一个新技能、规划一个项目，往往需要连续几小时不被打断地思考。就像解一道复杂的数学题，思路是一条连续的链子。如果中间忍不住去看一眼手机消息，哪怕就几秒钟，这条思考的链子就断了，你得花很长时间，可能十几二十分钟，才能重新接上，于是效率大大降低。

偷走注意力的真凶是什么？

很多人怪手机让人分心。纽波特自己也用手机，但他指出，真正的“小偷”不是手机本身，而是手机里那些精心设计来吸引你眼球的东西：社交媒体、短视频、不停弹出来的通知。这些东西像诱饵一样，不断引诱你放

下手头重要的事去点开看看。

胡伯曼解释了背后的科学：每次你从一件事切换到另一件事，比如从写报告切换到回微信，你的大脑内部其实在进行一场复杂的“换挡”操作。它需要关闭处理前一件事的路径，再重新开启处理新事的路径。这个过程本身就会消耗能量和时间。研究显示，很多上班族平均每几分钟就要看一次消息！这种高频率的切换，让你的大脑整天都处于“刚启动就要刹车”的混乱状态，根本没法深入思考。

如何训练大脑深度专注？

打造你的“专注空间”：纽波特有个专门用于深度工作的书房，没有网络干扰，没有手机。一走进这个空间，他的身心就自动进入“专注模式”。胡伯曼解释，我们的大脑会把环境和行为联系起来。找一个固定的地



方，哪怕只是书桌的一角，只用来做需要深度思考的事。保持简单、安静、整洁。尽量用纸笔做计划或构思，减少电子干扰。手机？放远点，最好关机或开飞行模式。

学习的关键武器：“主动回忆”。别只是被动地看笔记或读书。纽波特发现最高效的学习方法是：看完一段内容后，合上书或笔记，问问自己“我刚才记住了什么？能用自己的话说出来吗？”然后写下来或讲出来。胡伯曼也强调，你真正能记住的，是你自己努力回想起来过好几次的内容。试着把学到的东西讲给别人，哪怕是想象中的人听，效果会非常好。

别迷信“心流”，拥抱“刻意练习”。很多人以为最好的学习状态是那种轻松忘我的“心流”体验。但纽波特指出，那通常发生在展示你已经掌握的技能时，比如演奏熟悉的曲子。真正的学习过程往往伴随着困难、挫败感，需要你不断尝试、犯错、调整。就像顶尖的音乐家练习时，会故意把速度调到“刚刚好有点吃力”的程度，这样才能突破瓶颈。胡伯曼说，正是这种“有点难”的状态释放的大脑化学物质，在推动你真正的进步。

一次只做一件事，保护你的“思路链”。胡伯曼提出了“神经语义一致性”的概念：

当你专注解决一个复杂问题时，大脑会调动所有相关资源，形成一条高效的“思路链”。这条链很脆弱，一旦被干扰，比如看手机，思路链就断了，重建需要很久。纽波特建议，给自己设定一个“不切换”的时间块，假设是90分钟，在这段时间里，死心塌地只做这一件事。和别人讨论复杂问题时，也要尽量保持全神贯注。

减少干扰，就是节省脑力。纽波特自己每天只安排大约4小时用于最重要的深度工作，如写作、研究，其他时间则用来处理杂务或休息，刻意避开分心。胡伯曼总结道，很多人感觉忙忙碌碌却效率低下，不是因为不够努力，而是大脑的能量都被无数次的“启动-中断-重启”白白消耗掉了。大脑不是电脑，它同时处理多个任务多线程的能力很差，频繁切换就像开车不停地换挡，又慢又费油。高效的大脑更擅长在特定时间段里“单线程”运行。

让我们行动起来

设定“深度时间”：每天雷打不动地留出至少60-90分钟，屏蔽一切干扰。关通知、手机静音放远处，专注处理最重要的那件事。

区分工作空间：别在床上、沙发上处理需要深度思考的工作。建立固定的、简洁的专注角落。

善用纸笔和白板：把思路写出来、画出来，往往比在电脑上打字更能帮助你理清复杂的想法。

关闭干扰源：果断关掉不必要的社交媒体通知、邮件提醒，给大脑连续思考的机会。

接受“困难感”：当学习或工作感到吃力时，别沮丧，这正是你大脑在成长和变得更强壮的关键信号！



The Power of Deep Work

**Brain-Based Learning Skills for the New Era, as Shared by
Neuroscientist Andrew Huberman and Focus Expert Cal Newport**

In an era of overwhelming information and constant interruptions, our brains fear one thing above all else: incessant task-switching. Neuroscientist Andrew Huberman and focus expert Cal Newport reveal that the key to deep learning, high-quality output, and exceptional performance lies in a skill called “deep work.” This is not just another flashy time-management trick – it is an essential survival skill for achieving meaningful success in today’s world.

Why is deep work so important?

Imagine your brain learning something new or solving a complex problem like a muscle

being trained – it requires a state of “challenge and slight struggle.” Huberman explains from a neuroscientific perspective: Only when you feel “stuck” and push through difficulty do the brain networks responsible for learning and adaptation truly activate, leading to real growth. Yet today, we are too accustomed to scrolling through short videos, consuming fragmented information, and jumping between tasks. These effortless activities fail to give the brain the necessary “workout,” leaving us without true mastery.

Newport adds that solving complex challenges – whether drafting an important report, acquiring a new skill, or planning a project

– often demands hours of uninterrupted thinking. It’s like solving a complicated math problem: the thought process is a continuous chain. If you pause to glance at a phone notification, even for just a few seconds, that chain snaps. It can take 10 to 20 minutes to reconnect, drastically reducing efficiency.

What’s the real thief of attention?

Many blame smartphones for distraction. Newport himself uses a phone but points out that the real culprit isn’t the device – it’s the meticulously designed traps inside: social media, short videos, and relentless notifications. These act like bait, constantly luring you

away from important tasks.

Huberman explains the science behind this: Every time you switch tasks – say, from writing a report to replying to a message – your brain undergoes a complex “gear-shifting” operation. It must deactivate the pathways handling the first task and reactivate new ones for the next. This process consumes energy and time. Studies show the average office worker checks messages every few minutes! Such frequent switching leaves the brain in a chaotic state of “constant starts and stops,” making deep thought nearly impossible.

How to train your brain for deep focus?

Create a “focus zone.” Newport has a dedicated study for deep work – no internet, no phone. Just entering this space triggers his mind into “focus mode.” Huberman notes that our brains associate environments with behaviors. Designate a fixed spot, even just a corner of your desk, exclusively for deep thinking. Keep it simple, quiet, and clutter-free. Use pen and paper for planning or brainstorming to minimize digital distractions. Keep your phone far away – better yet, turn it off or enable airplane mode.

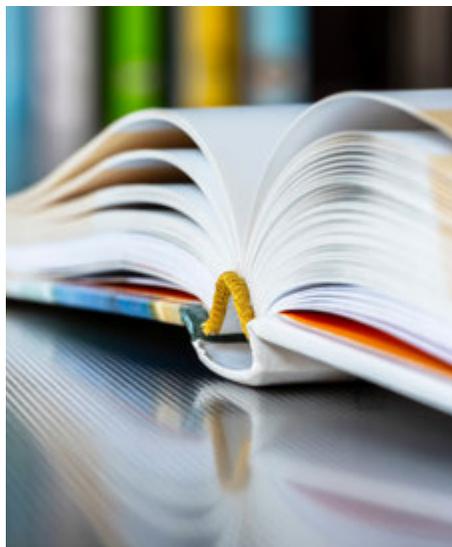
The key learning weapon: “Active recall.” Don’t just passively review notes or books. Newport’s research shows the most effective learning method is this: After reading a section, close the book/notes and ask, “What did I just learn? Can I explain it in my own words?” Then write or verbalize it. Huberman emphasizes that what you truly retain is what you’ve actively recalled multiple times. Try teaching what you’ve learned to someone else – even an imaginary audience – for remarkable results.

Don’t chase “flow” – embrace “deliberate practice.” Many assume the ideal learning state is the effortless “flow” experience. But Newport clarifies that flow typically occurs when performing already-mastered skills, like playing a familiar piece. Real learning involves struggle, frustration, and constant trial-and-error. Elite musicians, for instance, deliberately practice at a “just slightly challenging” tempo to break plateaus. Huberman adds that the brain chemicals released during this “productive struggle” drive genuine progress.

Single-tasking: Protect your “thought chain.” Huberman introduces “neural

semantic coherence”: When deeply focused on a complex problem, your brain marshals all relevant resources into an efficient “thought chain.” This chain is fragile – interruptions (like checking your phone) snap it, requiring significant time to rebuild. Newport advises setting “unbroken time blocks” (e.g., 90 minutes) to commit fully to one task. The same applies to deep discussions – maintain undivided attention.

Reduce distractions to conserve mental energy. Newport himself allocates just four daily hours to deep work (e.g., writing, research), reserving the rest for chores or rest. Huberman concludes that many feel busy yet



unproductive not due to lack of effort, but because their brainpower is drained by endless “start-stop-restart” cycles. Unlike computers, our brains handle multitasking poorly. Constant switching is like driving while repeatedly shifting gears – slow and wasteful. Peak mental performance thrives in dedicated “single-threaded” sessions.

Take action now

Set “deep time.” Carve out 60–90 distraction-free minutes daily. Silence notifications, keep your phone away, and focus on your most critical task.

Demarcate workspaces. Avoid beds or couches for deep thinking. Establish a clean, dedicated focus zone.

Leverage pen/paper and whiteboards. Writing or sketching ideas often clarifies complex thinking better than typing.

Eliminate interruptions. Ruthlessly disable non-essential social media alerts and email notifications to grant your brain uninterrupted thinking time.

Embrace the “struggle.” When work feels difficult, don’t despair – it’s a sign your brain is growing stronger.



SPA助力专注力

在汹涌的信息洪流中，建造属于自己的“认知方舟”。高菲文

在这个充满诱惑和干扰的世界里，能够掌控自己的注意力，进行深度工作，已经成了一种极其珍贵的能力。我们要做的，不是更努力更拼命，而是要更聪明地保护自己的专注力，让自己的大脑有机会发挥出真正的潜力。

那么，SPA可以怎么帮助客人提高深度工作能力，保护自己的专注力呢？SPA的核心价值远不止于放松身体，它通过精心设计的环境、流程和体验，能有效成为现代人训练和恢复深度专注能力的“神经修复实验室”，为客人提供宝贵的实践场域和可迁移的技能。

要构建出一个强大的“认知脱机”物理结界

踏入SPA，客人便进入了一个与现实世界数字干扰主动隔离的环境。幽暗柔和的灯光、

精心调配的天然香氛，以及白噪音（如流水声、颂钵声）共同作用，有效屏蔽了过度的视觉和听觉刺激，显著降低了大脑处理外部信息的负荷，为大脑建立“神经语义一致性”——即集中所有认知资源处理单一复杂任务所需的状态——奠定了基础。

强制性的设备隔离规则如在更衣室存放手机、休息区禁用电子设备，则从源头上切断了最具破坏性的数字干扰源，避免了多巴胺被不断闪烁的通知所劫持。有案例表明，巴厘岛某SPA推出的“无电冥想套餐”，让客人在3小时体验中，标志放松与专注的脑电波 α 波活动显著提升了40%。

疗法和体验本身就是专注力的体感训练

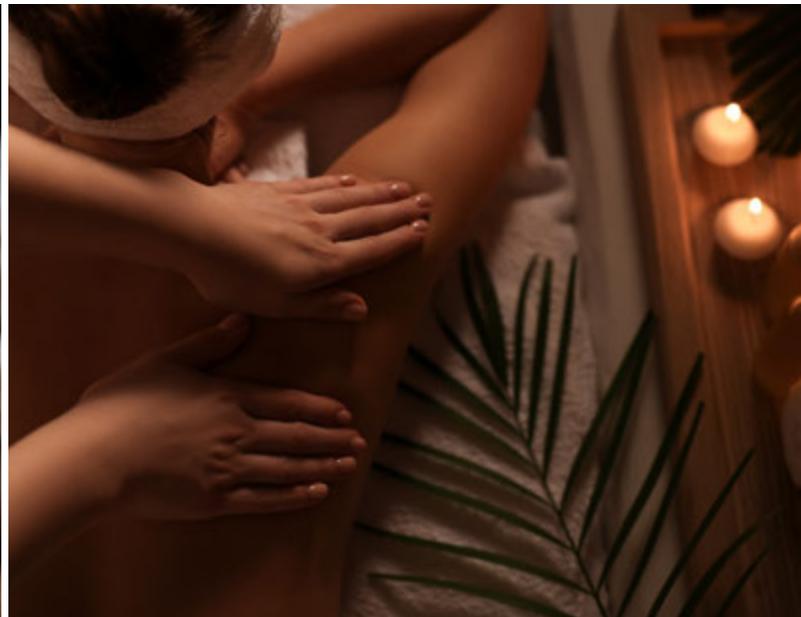
例如，在热石按摩过程中，理疗师引导客人持续专注地感受温度在脊柱上的流动轨迹。这种对单一感官信号“触觉”的深度追踪和

锚定，本质上等同于给大脑进行“注意力抗阻训练”，强化了维持注意力的神经回路。同时，配合精油进行的深度腹式呼吸练习，能直接刺激迷走神经，有效降低压力激素皮质醇的水平。

当身体从“战斗或逃跑”的应激模式中退出，掌管高级认知和深度思考的前额叶皮层才能被充分激活。哈佛大学的研究为此提供了科学依据：专注呼吸仅12分钟，就能使与分心和神游相关的大脑“默认模式”活动降低30%。

项目流程设计就是“深度工作”模式的预演和仪式构建

从净手礼、饮用定制花草茶到选择个人精油，层层递进的仪式感行为向身心发出强烈的心理暗示：“接下来的时间属于专注与沉浸”。这与Cal Newport进入其精心设计的书房便能自动进入深度工作状态的心理机制如



出一辙。更重要的是，SPA护理提供的60-90分钟不被打断的连续时段，让客人亲身体验到长时间专注带来的深度放松与思维清晰感。

这种成功的沉浸式体验可以作为一种认知模板，迁移到工作场景中，增强客人的信心：“既然在SPA中我能专注90分钟，那么在处理重要工作时我也能做到”。硅谷某公司为高管定制的SPA专注训练项目就收到反馈，参与者的平均深度工作时间从35分钟延长到了82分钟。

教会客人“SPA微环境构建”法

此外，SPA的价值还在于它能提供一套客人可以带走的、实用的“带回家的工具包”。例如，赠送含有雪松和佛手柑成分定制香薰石，并指导他们在办公桌上使用，通过熟悉的嗅觉锚点，在短短几秒钟内触发专注状态，实现一个在办公空间的“SPA微环境构建”。

还可以教客人实用的“3分钟呼吸重启术”——当在工作中遭遇干扰或思绪涣散时，立即运用在SPA中学习的同款4-7-8呼吸法（吸气4秒、屏息7秒、呼气8秒）来快速重置神经链路，恢复平静与专注。企业客户反馈显示，员工掌握并应用这种呼吸法后，工作中的任务切换频率显著降低了65%。

从神经科学角度看，SPA的干预措施精准地针对了阻碍深度工作的核心障碍。当客人因决策过多而陷入前额叶过载，产生决策疲劳的时候，温热敷肩颈配合迷迭香精油能提升该脑区的血氧供应约15%，增强执行功能。

面对焦虑分心导致的杏仁核过度激活，漂浮疗法结合富含镁盐的浸泡则能有效降低应激激素皮质醇水平达28%。而对于思维涣散（与大脑“默认模式网络”过度活跃相关），引导式的身体扫描冥想则能有效抑制这个“杂念中心”的活动。

有一个具体的成功案例，是某咨询公司

为其高强度项目团队定制的“深度冲刺SPA日”方案：团队成员在项目关键期，晨间进行90分钟森林浴，调节生物钟褪黑素以同步差旅造成的时差；午间安排手部反射区按摩结合工作头脑风暴，利用触觉刺激激活相关脑区提升思维关联性；在完成高强度工作冲刺后，进行冷热交替浴，以促进脑源性神经营养因子（BDNF）的分泌，巩固学习与思考成果。该团队报告方案设计效率惊人地提升了170%，客户更是赞誉获得了“十年未有的清晰思考体验”。

因此，SPA的价值绝不仅限于表面的放松。它实质上是一个重建人类深度认知能力的“生物基地”。当客人成功地在弥漫着精油蒸汽的宁静空间中驯服了平日涣散的思绪，他们便掌握了一项至关重要的生存技能——在汹涌的信息洪流中，建造属于自己的“认知方舟”。这或许正是未来精英不可或缺的必修课：通过身体的深度宁静，来兑换和保持思维的极致锐度与创造力。



SPA, A Sanctuary for Focus

Building Your Own “Cognitive Ark” in the Torrent of Information. By Fifi Kao

In a world brimming with temptations and distractions, the ability to harness one’s attention and engage in deep work has become a rare and invaluable skill. The challenge is not to work harder, but to protect our focus more intelligently, allowing our brains to unlock their true potential.

So, how can SPA help guests enhance their capacity for deep work and safeguard their concentration? The core value of SPA extends far beyond physical relaxation. Through meticulously designed environments, rituals, and experiences, it serves as a “neural recovery lab” for modern individuals to train and restore deep focus, offering both a sanctuary for practice and transferable skills.

SPA Creates a Powerful “Cognitive Offline” Sanctuary

Upon entering a SPA, guests step into an environment deliberately insulated from the digital distractions of the real world. Soft, dim lighting, carefully curated natural aromas, and white noise (such as flowing water or singing bowls) work in harmony to minimize excessive visual and auditory stimuli. This significantly reduces the brain’s cognitive load, laying the foundation for “neural semantic coherence” – the state required to channel all mental resources toward a single complex task.

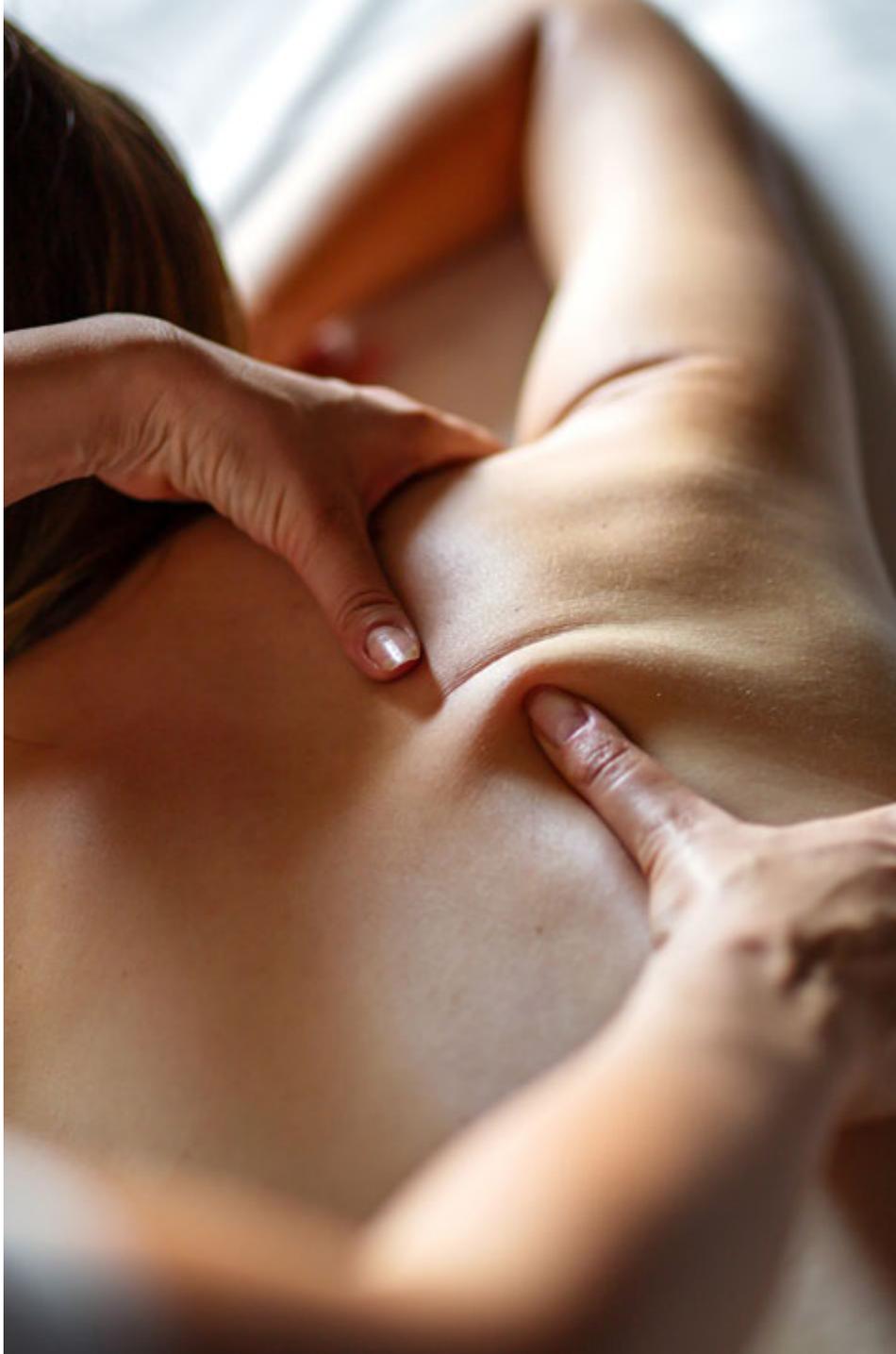
Enforced device isolation rules – such as storing phones in lockers and prohibiting electronics in relaxation areas – eliminate the most disruptive digital distractions at the source, preventing dopamine from being hijacked by incessant notifications. Case studies show that a “Digital Detox Meditation Package” at a Bali SPA led to a 40% increase

in alpha wave activity, a brainwave marker of relaxation and focus, during a three-hour session.

SPA Therapies as Sensory Focus Training

Take hot stone massage, for example. Therapists guide guests to maintain sustained attention on the trajectory of warmth along their spine. This deep tracking and anchoring of a single sensory signal – touch – functions as “attentional resistance training” for the brain, strengthening neural circuits that sustain focus. Meanwhile, diaphragmatic breathing exercises paired with essential oils directly stimulate the vagus nerve, effectively lowering cortisol levels.

Only when the body exits the “fight-or-flight” stress mode can the prefrontal cortex – responsible for higher cognition and deep



thinking – fully activate. Harvard research supports this: just 12 minutes of focused breathing reduces activity in the brain’s “default mode network” (associated with distraction and mind-wandering) by 30%.

SPA Rituals as Rehearsals for Deep Work

From hand-cleansing ceremonies to sipping custom herbal teas and selecting personal aromatherapy oils, each ritualistic step sends a powerful psychological signal: “The next hours belong to immersion and focus.” This mirrors the mental mechanism Cal Newport describes – entering a carefully designed workspace instantly triggers deep work mode. More importantly, SPA treatments provide uninterrupted 60-90 minute sessions, allowing guests to experience firsthand the profound

relaxation and mental clarity that comes with prolonged focus.

This successful immersion serves as a cognitive blueprint, transferable to work settings. Guests gain confidence: “If I can focus for 90 minutes in a SPA, I can do the same for critical tasks.” A Silicon Valley executive SPA program reported that participants’ average deep work sessions extended from 35 to 82 minutes.

Teaching Guests to Build “SPA Micro-Environments”

Beyond the spa, guests take home practical tools to recreate focus. For instance, they might receive a custom aromatherapy stone infused with cedar and bergamot, with instructions to place it on their desk. A single inhalation of this familiar scent can trigger a focused state

within seconds – effectively building a “SPA micro-environment” in their workspace.

Another tool is the “3-Minute Breath Reset.” When distractions arise, guests apply the 4-7-8 breathing technique (inhale for 4 seconds, hold for 7, exhale for 8) learned during their SPA session to rapidly recalibrate neural pathways. Corporate clients noted a 65% reduction in task-switching after employees adopted this practice.

Neuroscience Behind SPA’s Impact on Deep Work

SPA interventions precisely target barriers to deep focus:

Decision fatigue. Warm neck compresses with rosemary oil boost prefrontal cortex oxygenation by ~15%, enhancing executive function.

Anxiety-driven distraction. Float therapy in magnesium-rich baths lowers cortisol by 28%, quieting an overactive amygdala.

Mental clutter. Guided body-scan meditation suppresses the “default mode network,” the brain’s “wandering thought” center.

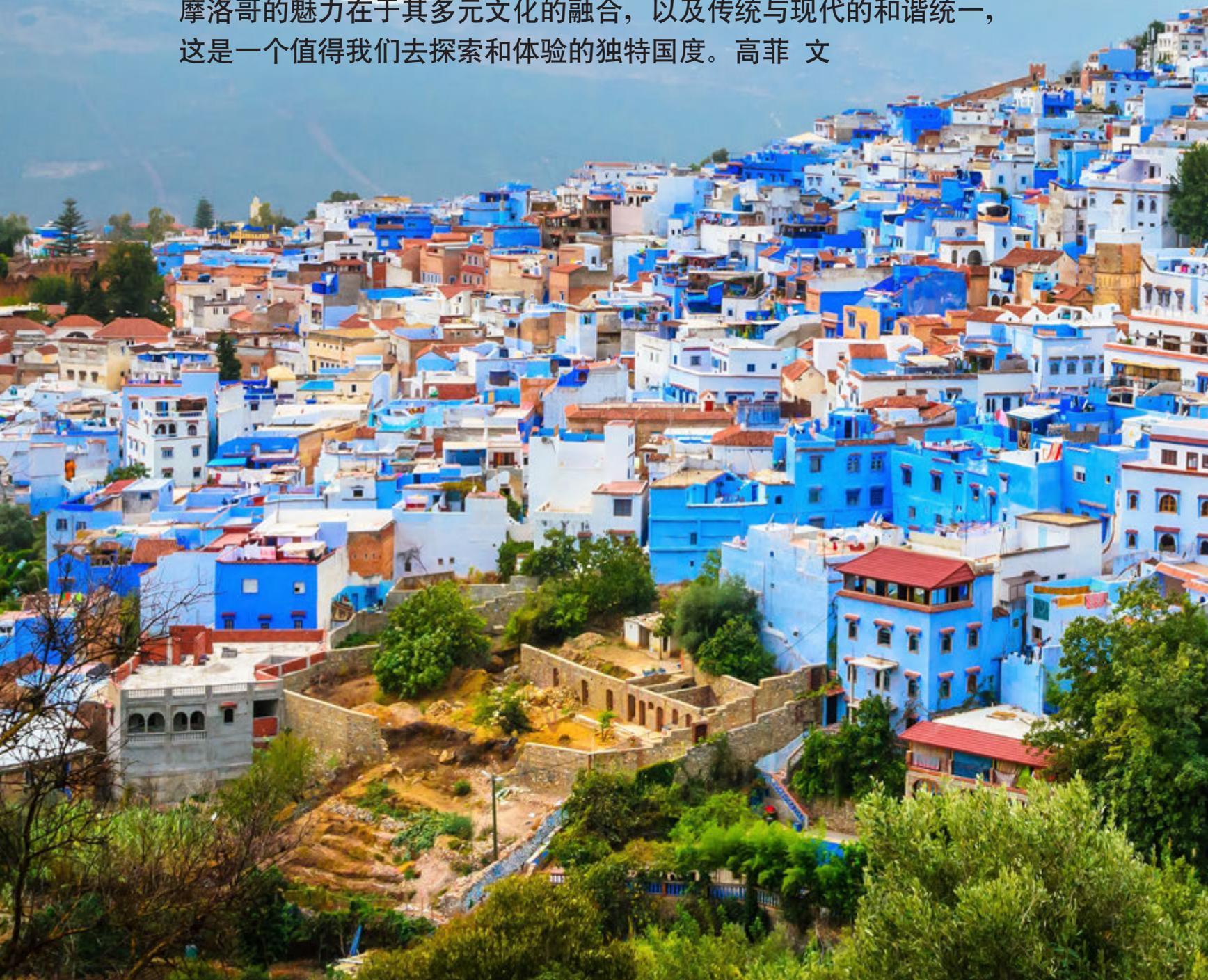
A standout case: A consulting firm’s “Deep Sprint SPA Day” for high-intensity project teams. Morning forest bathing synced melatonin levels for jet-lagged travelers; midday hand reflexology paired with brainstorming activated tactile-stimulated creativity; post-work cold-hot hydrotherapy boosted BDNF (brain-derived neurotrophic factor) to consolidate learning. The team reported a 170% efficiency surge, with clients praising “the clearest thinking in a decade.”

Thus, SPA’s value transcends superficial relaxation. It is a “biologic outpost” for rebuilding deep cognitive capacity. When guests tame their scattered thoughts in a serene, essential oil-infused space, they master a vital survival skill: constructing a “cognitive ark” in the deluge of information. Perhaps this is the future elite’s indispensable lesson – exchanging bodily tranquility for razor-sharp, creative thought.

摩洛哥

穿越时空的玫瑰色国度

摩洛哥的魅力在于其多元文化的融合，以及传统与现代的和谐统一，这是一个值得我们去探索和体验的独特国度。高菲 文





Blue Medina of City Chefchaouen, Morocco

摩

洛哥，地处非洲西北角，三面环海，地理位置的特殊性使其成为东西方文明交汇的千年枢纽。从腓尼基人、罗马人，到柏柏尔人、阿拉伯人，再到后来的安达卢西亚难民以及法国和西班牙殖民者，不同文明在此交融碰撞，共同塑造了摩洛哥独特而复杂的人文底蕴。

早在公元前，柏柏尔人便已在这片土地上繁衍生息，他们创造了独特的文化和生活方式。柏柏尔语至今仍是摩洛哥许多地区的主要语言，他们的传统手工艺、音乐和舞蹈也深刻地影响着摩洛哥的文化面貌。考古发现证明，柏柏尔人拥有高度发达的农业技术和社会组织结构，他们建造的防御工事和灌溉系统至今仍令人叹为观止。他们的生活方式与自然环境紧密相连，对自然有着深刻的理解和敬畏，这种精神也体现在摩洛哥传统的养生理念中。柏柏尔人的部落文化至今仍保留在摩洛哥的许多乡村地区，他们的传统节日和仪式展现了他们独特的文化魅力。研究柏柏尔人的历史，有助于我们更好地理解摩洛哥多元文化的根源。

7世纪，阿拉伯人的到来带来了伊斯兰教，这彻底改变了摩洛哥的历史进程。伊斯兰教不仅成为摩洛哥的主要宗教，也深刻地影响了摩洛哥的政治、社会、文化和艺术。清真寺、麦地那(老城)以及伊斯兰教义都成为摩洛哥城市景观和社会生活的重要组成部分。伊斯兰教的伦理道德规范和社会组织结构对摩洛哥社会秩序的建立和维护起到了重要作用。伊斯兰艺术的精湛技艺在摩洛哥



的建筑、陶瓷、地毯等方面都有着生动的体现，其精美的图案和色彩至今仍令人赞叹。伊斯兰教的哲学思想也对摩洛哥的文化和艺术产生了深远的影响，苏菲主义(神秘主义)的思想尤其值得关注。

在伊斯兰文化的影响下，摩洛哥经历了摩拉维德王朝、阿尔摩哈德王朝和马林王朝等多个王朝的更迭。每个王朝都留下了独特的建筑、艺术和文化遗产。摩拉维德王朝时期，摩洛哥的艺术和建筑达到了一个新的高度，许多宏伟的清真寺和宫殿至今仍保存完好。阿尔摩哈德王朝则以其精湛的建筑技术和对伊斯兰教义的虔诚信仰而闻名，他们建造的清真寺和城墙至今仍是摩洛哥的标志性建筑。马林王朝时期，摩洛哥的文化和艺术呈现出多元化的发展趋势，吸收了来自不同文化的影响。这些王朝的兴衰更替，也反映

了摩洛哥历史的复杂性和多变性，为今天的摩洛哥留下了丰富的文化遗产。

菲斯(Fez)、马拉喀什(Marrakech)和梅克内斯(Meknes)等古城被誉为“活着的博物馆”，其迷宫般的街巷、精美的建筑和浓郁的文化氛围吸引着无数游客。菲斯老城保留着中世纪的城市格局，其古老的大学和手工艺作坊至今仍在运作。马拉喀什的杰马广场热闹非凡，是摩洛哥文化和商业的中心。梅克内斯则以其宏伟的城墙和宫殿而闻名。这些古城不仅是历史的见证，也是摩洛哥文化和生活方式的生动体现。漫步在这些古城的街巷中，仿佛穿越时空，感受着历史的脉搏。

感官盛宴的魔法世界

摩洛哥的自然风光极其多样，从浩瀚无垠的

撒哈拉沙漠到雄伟壮丽的阿特拉斯山脉，再到碧波荡漾的地中海和浩瀚无垠的大西洋，构成了一幅幅令人叹为观止的画卷。

撒哈拉沙漠(Sahara Desert)是摩洛哥最具代表性的自然景观之一，其广袤无垠的沙海、奇特的沙丘形态以及独特的沙漠生态系统令人震撼。在沙漠中体验日出日落，感受沙海的壮丽和宁静，是许多游客梦寐以求的经历。沙漠中的贝都因人文化也极具特色，他们的生活方式与沙漠环境紧密相连，独特的生存智慧和传统文化值得我们学习和尊重。在沙漠中露营，欣赏满天繁星，感受宇宙的浩瀚和人类的渺小，也是一次难忘的精神洗礼。

阿特拉斯山脉(Atlas Mountains)是摩洛哥的脊梁，其雄伟的山峰、险峻的山谷以及丰富的动植物资源令人叹为观止。山脉横跨摩洛哥中部，提供徒步旅行、骑马和探索山区村庄的机会。在山区徒步旅行，可以欣赏到壮丽的山景和独特的自然风光，托德拉峡谷(Todra Gorge)和达德斯峡谷(Dades Gorge)是著名的峡谷景观。阿特拉斯山脉也是许多珍稀动植物的栖息地，保护这里的生态环境至关重要，山区居民的传统生活方式也值得我们关注，他们与自然和谐相处，保留着独特的文化和传统。

舍夫沙万(Chefchaouen)，以其蓝色的房屋而闻名于世，宛如童话世界一般，是摄影爱好者的天堂。漫步在舍夫沙万的街巷中，感受蓝色的宁静和梦幻，是一种独特的视觉享受。舍夫沙万的居民热情好客，他们的传统文化和生活方式也值得我们去了解和体验。舍夫沙万的地理位置也十分优越，可以欣赏到美丽的山景和自然风光。

顺应自然的传统养生智慧

摩洛哥的传统养生理念深受柏柏尔人草药智慧和伊斯兰“预防为先”哲学的影响，强调人与自然的和谐统一。

被誉为“摩洛哥的黄金”的阿甘油，富含维生素E和不饱和脂肪酸，具有极高的护肤和抗老化价值。摩洛哥女性自古以来就使用阿甘油护理头发和皮肤，是天然美容的代表。阿甘油的提取传统方法在古代主要依靠手工操作，生产效率低，但可以保证阿甘油的纯度和品质，因此，依然有一些执着的摩洛哥匠人秉承传统工艺萃取，对自然虔诚尊重，将传统工艺尽力传承。

摩洛哥人很早就意识到了香料在日常生活中的价值。他们注重通过饮食调节身体，常用孜然、姜黄、黑籽等香料入菜，不仅增香，也起到杀菌消炎的作用。这些香料不仅可以提升菜肴的口感，也具有丰富的药用价值，是摩洛哥人在食疗养生方面的传统智慧。

此外，被誉为是斋月里的滋养的“哈里

拉汤”在今天看来，是一种很好的轻断食。摩洛哥的斋月(Ramadan)是伊斯兰教历的第九个月，如同其他穆斯林国家一样，斋月从日出到日落，穆斯林必须禁食，这包括不吃不喝，不吸烟。白天，人们减少户外活动，专注于祈祷和反思。傍晚日落后，人们会打破斋戒，享用丰盛的晚餐，通常会与家人和朋友一起庆祝，分享美食和喜悦。于是，“哈里拉汤”必不可少。它融合了番茄、豆类、香草和肉类，既滋养又易于吸收，是斋月期间重要的营养来源。哈里拉汤的制作方法也因地区和家庭而异，各不相同。

摩洛哥传统浴室土耳其浴，是一种融合清洁、放松和社交的SPA形式，其根源可追溯到古罗马和奥斯曼帝国时期。土耳其浴体验通常包括几个步骤：首先在蒸汽室中出汗打开毛孔；然后使用黑肥皂涂抹全身，深层清洁肌肤；接着用去角质手套全身磨砂，去除死皮和毒素；最后涂抹阿甘油或橙花水进行滋养。这一过程不仅是物理层面的清洁，

更是一种身心放松的体验。

摩洛哥黑肥皂Traditional Black Soap，是哈曼中最重要的一个组成部分。它是由100%的纯黑橄榄油和摩洛哥南部一种极其昂贵的维生素E组成的。起到软化剂和去角质的作用。通常还有第二种身体泥Ghassoul body mask，来自摩洛哥东部的Atlas山脉，是深藏在山脉下面的泥浆矿。它从12世纪开始就被摩洛哥人使用，富含镁、二氧化硅、钾和钙，作用是调节皮脂的不平衡状态。还有一种身体油Eucalyptus body oil，则是由新鲜的桉树叶和橄榄油制成的，作用是帮忙清除会导致皮肤病的毒素和微生物。

摩洛哥人通常每周去一次土耳其浴，清洁和放松自己，在此获得片刻的静谧和疗愈。土耳其浴也是摩洛哥女性社交的重要场所，她们常常三五结伴去土耳其浴待上大半天，在那里分享生活经验，增进彼此之间的感情。

融合灵性的哲思文化生活观

摩洛哥的哲学思想深受伊斯兰神秘主义(苏菲主义)的影响，这种强调内在觉知和爱的宗教哲学，为摩洛哥的文化和艺术注入了诗意和灵魂。

苏菲主义核心理念在于“通过爱与自省亲近真主”，这种精神使摩洛哥人对生活保持谦逊和虔诚。他们认为，生活中的每一个细节，都是修行的一部分。

摩洛哥诗人伊本·阿拉比被誉为苏菲哲学的代表人物，他提出的“统一存在论”，主张宇宙万物皆是神性的体现，这一思想深刻地影响了摩洛哥的文化和艺术，其作品至今仍被人们传诵。

古今并行的优雅平衡

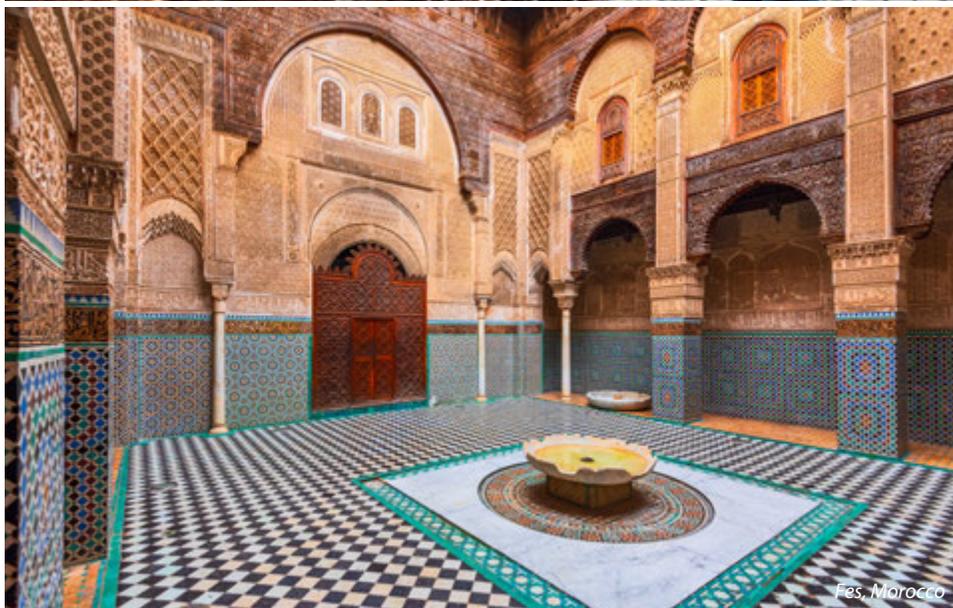
现代摩洛哥，正处于传统与现代交汇的转型期。大城市如卡萨布兰卡和拉巴特，高楼林立，年轻人穿梭于咖啡馆和联合办公空间；但在老城的拱廊和巴扎里，人们仍保留着手工艺、家族经营和日落祷告的节奏。

摩洛哥人既拥抱现代科技和生活方式，也保留着传统的文化和价值观。年轻一代越来越重视身心合一的生活方式，他们在工作之余去哈曼放松，使用天然护肤品，注重饮食的健康和平衡，也开始接受瑜伽、冥想等东西方融合的养生方式。而摩洛哥的传统香料、阿甘油等，亦进入到了国际市场和全球SPA，推动着充满着迷人异国风情的“摩洛哥美学”走向世界。

如同沙漠中盛开的玫瑰，摩洛哥在岁月的风沙中散发出独特的芬芳，它以古老的智慧滋养现代人身心，以热情的文化迎接每一位旅人。



Copper Souvenir Handicraft Shop in Morocco



Fes, Morocco



A Rose-Colored Kingdom Across Time and Space

Morocco's allure lies in its fusion of diverse cultures and the harmonious blend of tradition and modernity, creating a unique realm worthy of exploration and experience

Nestled in the northwest corner of Africa, Morocco is bordered by the sea on three sides. This unique geographical location has made it a crossroads of Eastern and Western civilizations for millennia. From Phoenicians and Romans to Berbers and Arabs, and later Andalusian refugees, French, and Spanish colonizers, diverse civilizations have converged and clashed here, shaping Morocco's unique and

complex cultural heritage.

As early as ancient times, Berbers thrived on this land, creating a distinctive culture and way of life. The Berber language remains dominant in many regions of Morocco, and their traditional crafts, music, and dance profoundly influence the country's cultural landscape. Archaeological discoveries reveal highly developed agricultural techniques and social structures. Their defensive fortifications and irrigation systems remain awe-inspiring. Their lifestyle



Sahara, Morocco

was intimately connected to the natural environment, reflecting a deep understanding and reverence for nature, a spirit also reflected in traditional Moroccan wellness practices. Berber tribal culture persists in many rural areas, with traditional festivals and ceremonies showcasing their unique cultural charm. Studying Berber history helps us better understand the roots of Morocco's multiculturalism.

The arrival of Arabs in the 7th century brought Islam, fundamentally altering the



Arabic Middle Eastern Traditional Cuisine

course of Moroccan history. Islam became the dominant religion, profoundly impacting Moroccan politics, society, culture, and art. Mosques, medinas (old cities), and Islamic doctrines became integral parts of the urban landscape and social life. Islamic ethical norms and social structures played a vital role in establishing and maintaining social order. The exquisite artistry of Islamic art is vividly displayed in Moroccan architecture, ceramics, and carpets, their intricate patterns and vibrant colors still captivating today. Islamic philosophy also had a profound influence on Moroccan culture and art, with the mystical thought of Sufism particularly noteworthy.

Under the influence of Islamic culture, Morocco witnessed the rise and fall of numerous dynasties, including the Almoravid, Almohad, and Marinid empires. Each left behind a unique architectural, artistic, and cultural legacy. The Almoravid period saw new heights in art and architecture, with many magnificent mosques and palaces still standing. The Almohad dynasty was renowned for its sophisticated architectural techniques and devout adherence to Islamic principles; their mosques and city walls remain iconic Moroccan landmarks. During the Marinid dynasty, Moroccan culture and art diversified, absorbing influences from various cultures. The rise and fall of these dynasties reflect the complexity and dynamism of Moroccan history, leaving a rich cultural heritage for modern Morocco.

Ancient cities like Fez, Marrakech, and Meknes are hailed as "living museums," their labyrinthine streets, exquisite architecture, and

rich cultural atmosphere attracting countless visitors. Fez's old city retains its medieval urban layout, with ancient universities and craft workshops still operating. Marrakech's Djemaa el-Fna square is a vibrant hub of Moroccan culture and commerce. Meknes is known for its majestic walls and palaces. These ancient cities are not only testaments to history but also vivid expressions of Moroccan culture and lifestyle. Walking through their streets is like traveling through time, feeling the pulse of history.

A Magical World of Sensory Delights

Morocco's natural landscapes are incredibly diverse, from the vast Sahara Desert and the majestic Atlas Mountains to the shimmering Mediterranean and the boundless Atlantic Ocean, creating breathtaking vistas.

The Sahara Desert is one of Morocco's most iconic natural features, its boundless sand seas, unique dune formations, and distinctive desert ecosystem awe-inspiring. Experiencing sunrise and sunset in the desert, feeling the grandeur and tranquility of the sand sea, is a dream for many visitors. The culture of the desert Bedouin people is also unique, their lifestyle intimately linked to the desert environment, their unique survival wisdom and cultural traditions worthy of learning and respect. Camping in the desert, admiring the starry sky, and feeling the vastness of the universe and the smallness of humanity, is an unforgettable spiritual experience.

The Atlas Mountains form Morocco's backbone, their towering peaks, rugged valleys, and rich flora and fauna breathtaking. Spanning

central Morocco, they offer opportunities for hiking, horseback riding, and exploring mountain villages. Hiking in the mountains allows you to appreciate the magnificent scenery and unique natural beauty; Todra Gorge and Dades Gorge are famous canyon landscapes. The Atlas Mountains are also home to many rare plants and animals, making the protection of the environment crucial. The traditional lifestyles of the mountain people, living in harmony with nature and preserving their unique culture and traditions, are also worthy of our attention.

Chefchaouen, famous for its blue-washed houses, resembles a fairytale world and is a photographer's paradise. Strolling through Chefchaouen's streets, experiencing the tranquility and dreamlike quality of the blue, is a unique visual treat. The inhabitants of Chefchaouen are welcoming, and their traditional culture and lifestyle are worth understanding and experiencing. Chefchaouen's location also offers stunning mountain and natural views.

Traditional Wellness Wisdom in Harmony with Nature

Morocco's traditional wellness philosophy is deeply influenced by Berber herbal wisdom and the Islamic philosophy of "prevention is better than cure," emphasizing the harmonious unity of humans and nature.

Argan oil, known as the "Moroccan gold," is rich in vitamin E and unsaturated fatty acids, possessing high skincare and anti-aging value. Moroccan women have long used argan oil to care for their hair and skin, representing natural beauty. The traditional method of argan oil extraction relied mainly on manual labor, resulting in low production efficiency but ensuring purity and quality. Therefore, some dedicated Moroccan artisans continue to uphold traditional methods, showing reverence for nature and preserving this craft.

Moroccans have long recognized the value of spices in daily life. They emphasize dietary regulation, frequently using spices like cumin, turmeric, and black seed in cooking, not only for flavor but also for their antiseptic and anti-inflammatory properties. These spices enhance the taste of dishes and have rich medicinal value, reflecting Moroccan wisdom in dietary wellness.

Furthermore, Harira soup, considered a nourishing dish during Ramadan, is now viewed as a form of gentle intermittent fast-



The Tannery Fez, Morocco

ing. Ramadan, the ninth month of the Islamic calendar, is a period of fasting from sunrise to sunset for Muslims, including abstaining from food, drink, and smoking. During the day, people reduce outdoor activities, focusing on prayer and reflection. After sunset, they break their fast with a hearty dinner, often celebrating with family and friends, sharing food and joy. Harira soup, a blend of tomatoes, beans, herbs, and meat, is a vital source of nutrition during Ramadan, as it is both nourishing and easily digestible. The preparation of Harira soup varies by region and family.

The traditional Moroccan hammam is a spa experience combining cleansing, relaxation, and socializing, its roots tracing back to the Roman and Ottoman empires. The hammam experience typically involves several steps: sweating in a steam room to open pores; applying black soap for deep cleansing; exfoliating with a kessa glove to remove dead skin and toxins; and finally, applying argan oil or orange blossom water for nourishment. This process is not only physically cleansing but also a relaxing experience for the mind and body.

Traditional black soap is a crucial component of the hammam. Made from 100% pure black olive oil and a very expensive vitamin E from southern Morocco, it acts as a softener and exfoliant. Another common element is Ghasoul body mask, a mud from the Atlas Mountains in eastern Morocco, used since the 12th century. Rich in magnesium, silica, potassium, and calcium, it regulates sebum imbalance. Eucalyptus body oil, made from fresh eucalyptus

leaves and olive oil, helps eliminate toxins and microorganisms that cause skin problems.

Moroccans typically visit the hammam once a week for cleansing and relaxation, finding moments of peace and healing. The hammam is also an important social space for Moroccan women, who often gather in groups to spend half a day there, sharing life experiences and strengthening bonds.

Philosophy of Life: Integrating Spirituality

Moroccan philosophy is deeply influenced by Islamic mysticism (Sufism), a religious philosophy emphasizing inner awareness and love, infusing Moroccan culture and art with poetry and soul.

The core tenet of Sufism is "drawing closer to God through love and self-reflection," fostering humility and piety in Moroccans. They believe every detail of life is part of spiritual practice.

The Moroccan poet Ibn Arabi is considered a leading figure in Sufi philosophy. His "doctrine of the unity of being," asserting that all things in the universe are manifestations of the divine, profoundly influenced Moroccan culture and art, and his works are still recited today.

Elegant Balance of Past and Present

Modern Morocco is in a transitional phase, blending tradition and modernity. In large cities like Casablanca and Rabat, skyscrapers rise, and young people frequent cafes and co-working spaces; yet, in the arcades and souks of the old cities, people maintain the rhythm of traditional crafts, family businesses, and sunset prayers.

Moroccans embrace modern technology and lifestyles while preserving traditional culture and values. Younger generations increasingly value holistic lifestyles, relaxing in hammams after work, using natural skincare products, focusing on healthy and balanced diets, and adopting Eastern and Western wellness practices like yoga and meditation. Traditional Moroccan spices and argan oil have also entered the international market and global spas, promoting the captivating "Moroccan aesthetic" worldwide.

Like a rose blooming in the desert, Morocco exudes a unique fragrance amidst the sands of time, nourishing the minds and bodies of modern people with ancient wisdom and welcoming every traveler with its warm culture.



THE DATAI

LANGKAWI

THE LUXURY TO BE YOUR NATURAL SELF

THE MYSTICAL THE DATAI LANGKAWI

Nestled in the heart of a 10-million-year-old tropical rainforest with breathtaking views of tranquil Datai Bay, The Datai Langkawi is an enchanting hideaway. Visionary architecture is combined with mesmerising natural beauty.

Embrace alluring and captivating crafted experiences. Connect with nature through bespoke Malaysian hospitality. Indulge in the luxury to be your natural self at one of the world's most iconic destinations.

T +60 4 9500 500, E reservations@dataihotels.com, www.thedatai.com

摩洛哥奢华酒店和水疗精选

A Selection of Morocco's Luxury Hotels and Spas

在“红色之城”马拉喀什、摩尔安达卢西亚风情的拉巴特，大西洋畔的卡萨布兰卡，体验传统摩洛哥土耳其浴仪式，享受充满异国风情、纯净美好的疗愈时光。以这6家奢华酒店，来开启一场身心灵的焕活之旅吧。

From the “Red City” of Marrakech to the Moorish-Andalusian charm of Rabat and the Atlantic shores of Casablanca, these six luxury hotel spas invite guests on a revitalizing journey of body, mind and soul through traditional Moroccan hammam rituals and enjoy pure healing time.



拉巴特拉图尔哈桑宫酒店Le Spa

拉巴特市中心，典型的摩尔安达卢西亚风格的建筑内，坐落着始建于1912年的拉图尔哈桑宫酒店。Le Spa，从建筑细节到香氛、灯光、质地，每一处都经过精心设计，营造舒适环境。中心内设有两间传统的摩洛哥土耳其浴室，一间专供女士使用，另一间专供男士使用，均配备了桑拿房，帮助宾客缓解紧张情绪。两间单人理疗房、一间双人理疗房，提供深层组织按摩和热石按摩疗程，选用珍稀精油，香味弥漫。此外，先进的健身房、沙龙、花园中宁静一隅的室外泳池，让宾客在湛蓝天空下尽享宁静时光。独具特色的草药茶室，邀宾客放慢脚步，享受慢生活。

Le Spa at La Tour Hassan Palace, Rabat

La Tour Hassan Palace, a 1912-built gem in downtown Rabat, embodies classic Moorish-Andalusian architecture. Le Spa is meticulously designed – from architectural details to fragrances, lighting, and textures – to create a soothing ambiance. The spa features two traditional Moroccan hammams (gender-segregated). Private changing rooms have a sauna to ease tension. The two individual cabins and one duo treatment cabin offer deep-tissue massages and hot stone therapies using precious oils and delicate scents. Guests can also enjoy a state-of-the-art fitness room, a salon, and a serene outdoor swimming pool, under azure skies. The signature herbal tea lounge invites leisurely pauses to enjoy slow living.



马拉喀什马穆尼亚酒店La Mamounia Spa

马拉喀什马穆尼亚酒店，地处马拉喀什魅力四射的宫城中心，延续了摩洛哥贵族的奢华风范，结合伊斯兰风格的设计。209间客房以象征摩洛哥热情好客的元素装点，尽显奢华田园风情。清晨，鸟鸣自酒店花园传来，漫步其间，又能听到潺潺的喷泉声，带来令人舒缓的声音盛宴。占地2,500平方米的La Mamounia Spa，是沉浸式体验东方幸福世界的秘境。配备两间传统土耳其浴室和一间私人土耳其浴室、十间护理和按摩室(包括三间双人护理室)、一个恒温泳池、按摩浴缸和私人水疗中心。特色的皇家土耳其浴疗程，以传统的摩洛哥土耳其浴仪式开始，辅以定制的按摩，放松身心。

La Mamounia Spa, La Mamounia Marrakech

La Mamounia Marrakech, nestled in the heart of the city's enchanting palace district, embodies Moroccan aristocratic luxury with Islamic-inspired design. Its 209 rooms are adorned with elements symbolizing Moroccan hospitality, exuding magnificent pastoral style. From the birdsong that drifts up from the hotel gardens in the morning to the gentle babbling of fountains as you stroll from one area to the next. The 2,500 sqm La Mamounia Spa offers an immersive journey into a realm of Oriental bliss, featuring two traditional hammams as well as one private hammam, ten treatment and massage rooms - including three double treatment rooms - a heated pool, jacuzzi and private spa. The signature Hammam “Royal” treatment begins with a traditional La Mamounia hammam ritual, followed by a customized massage for relaxation.



皇家曼苏尔马拉喀什酒店水疗中心

皇家曼苏尔马拉喀什酒店坐落于皇城历史保护区，拥有53间私人庭院和4家风格迥异的餐厅。占地2,500平方米的皇家曼苏尔马拉喀什水疗中心，带领宾客踏上奢华的私享之旅。水疗中心设有单独的入口和专属车道，与酒店其余部分隔离。横跨3层的中心设有10间理疗室及3间套房、土耳其浴室、饰有玻璃穹顶的室内泳池、健身中心。底层的美发沙龙提供护发服务。通过自然调养、健康美食、理疗恢复、健身运动和生活方式规划咨询，来全方位关爱宾客。设计细节中散发的异域风情是水疗中心的一大亮点。置身于西班牙著名园林师Luis Vallejo设计的“国王的御花园”中，橙花与茉莉的芬芳萦绕，远眺阿特拉斯山脉的壮丽景色。

The Spa Royal Mansour Marrakech

Royal Mansour Marrakech, nestled within the protected walls of the imperial city, boasts 53 private riads and four distinct restaurants. Its 2,500-square-meter Spa Royal Mansour Marrakech offers a secret and luxury journey, accessible via a private entrance and driveway separate from the rest of hotel. Spanning three floors, the facility features 10 treatment rooms, 3 spa suites, a hammam, a glass-domed indoor pool, and a fitness center. The ground-floor hair salon provides specialized care. The spa delivers holistic wellness through natural therapies, healthy cuisine, restorative treatments, fitness programs, and lifestyle coaching. A standout feature is the exotic charm. The “Gardens”, designed by renowned Spanish landscaper Luis Vallejo, where the fragrance of orange blossoms and jasmine mingles with breathtaking views of the Atlas Mountains.





Le Spa, Four Seasons Hotel Casablanca

Four Seasons Hotel Casablanca cascades down a hillside toward the Atlantic, offering a breathtaking seaside hotel. Each of its 186 guestrooms boasts sweeping ocean views, ensuring an immersive coastal experience. Tucked away in Quartier Habous, the famous Patisserie Bennis – renowned for its crescent-shaped cornes de gazelle and almond macarons crafted using four generations – is a must-visit for guests seeking authentic Moroccan flavors. At Le Spa, guests are greeted by a golden, Argan-oil-inspired interior. Facilities include sensorial experience showers, an ice fountain, jetted tubs, and a steam room, offering bespoke treatments that pay tribute to ancestral beauty techniques and ancient Moroccan traditions. It also features two side-by-side treatment tables and a private hammam.

卡萨布兰卡四季酒店Le Spa水疗中心

卡萨布兰卡四季酒店，位于摩洛哥热闹的城市卡萨布兰卡，沿坡而建，直通大西洋海岸，是海滨度假胜地，让186间客房均能随时尽享大西洋的壮阔景致。著名的Patisserie Bennis隐匿于Quartier Habous，新月形羚羊角酥 (cornes de gazelle) 和杏仁马卡龙，运用沿袭四代的制作方法，是宾客不容错过的美食。Le Spa水疗中心以摩洛哥坚果油为灵感打造金色空间，古典镂空灯饰投下柔和光影。Spa内设有感官淋浴室、冰泉、按摩浴池和蒸汽浴室，提供一系列基于祖传美容技巧和古老摩洛哥传统的定制护理。双人理疗室内，可以享受疗程的同时，还配备了两张并排的护理床和一间私人土耳其浴室。



马拉喀什文华东方酒店文华SPA

依偎在20公顷的橄榄树和花园中，马拉喀什文华东方酒店背靠阿特拉斯山脉，内有十万株玫瑰，距离麦地那仅10分钟路程。水疗中心占地1,800平方米，拥有6间护理室，其中两间为双人房，旨在营造宁静和沉浸式感官的空间。灵感源自安达卢西亚教堂，带着与众不同的神性和静谧感，水疗疗程则融入了摩洛哥文化。定制的疗程和全面的健康体验，唤醒宾客的五感。一系列特色护理，涵盖摩洛哥玫瑰护理、带有橙花、薰衣草或茉莉精油的Caracal护理、适合调时差的东方和谐护理、焕发活力的土耳其浴。此外，中心还设有室内恒温泳池、休闲区、健身中心。

马拉喀什安缇珍纳综合水疗中心

传说中“红色之城”马拉喀什的近郊处，安缇珍纳这座被棕榈与橄榄树环抱的度假胜地，以传统摩洛哥庭院与潺潺喷泉演绎着北非风情。综合水疗中心内，设4间私密理疗室，2间摩洛哥风格的土耳其浴室，2个红土网球场，健身中心。安缇高级面部护理将富含强效米糠和靛蓝提取物的Essentials Skin系列产品，与去角质和手动提拉技术相结合，实现肌肤亮白紧致。传统的摩洛哥土耳其浴室之旅，从清洁仪式、黑桉树sabon beldi香皂、kiis磨砂手套去角质、阿特拉斯山脉粘土全身面膜、到冷桉树淋浴。另有按摩、面部磨砂和裹敷，以及指甲和趾甲护理。

The Spa at Mandarin Oriental Marrakech

Mandarin Oriental Marrakech is nestled within 20 hectares of olive groves and gardens, backed by the Atlas Mountains and home to 100,000 roses, just 10 minutes from the Medina. The 1,800-square-meter spa, inspired by the rich traditions of Oriental heritage and the beauty of Moroccan surroundings, features six treatment rooms, two of which are for couples, designed for serenity and sensory immersion. Bespoke treatments and holistic rituals awaken the guests' five senses, with signature treatments such as the Moroccan Rose treatment, Caracal treatment with orange blossom, lavender or jasmine essential oils, Oriental Harmony treatment for Jet Lag, and revitalizing hammam rituals. The spa also includes a heated indoor pool, a relaxation area, and a fitness center.

Comprehensive Spa, Amanjena, Marrakech

Amanjena, close to the fabled Red City, is a palm and olive tree-fringed retreat where traditional Moroccan courtyards and fountains evoke North African charm. The comprehensive spa features four private treatment rooms, two Moroccan-style hammams, two clay tennis courts and a fitness center. The signature Aman Advanced Facial combines powerful rice bran and indigo extracts from the Essentials Skin line with exfoliation and manual lifting technique for radiant, firm skin. The traditional Moroccan hammam journey includes a line with exfoliation and manual lifting technique, a black eucalyptus sabon beldi soap, kiis scrub mitts, Atlas Mountain clay full-body masks, and a cold eucalyptus shower. Treatments include massages, facials scrubs and wraps, as well as manicures and pedicures.



25种玩法开启你的摩洛哥之旅

从沙漠奇境，百年老城，到海滨奢享，摩洛哥满足多种旅行期待



马车环游马拉喀什



瓦尔扎特阿伊特·本·哈杜



卡萨布兰卡哈桑二世清真寺



乘马车环游马拉喀什

摩洛哥以斑斓的文化底蕴、壮丽的自然画卷与多元的体验场景，为全球旅行者编织无限可能。无论是追寻历史痕迹、探索自然野趣，还是沉浸奢华享受、开启身心疗愈，这片土地都能满足你的期待。

五大城市，解锁多元风情

马拉喀什，探索红色之城。穿行于被列为世界文化遗产的马拉喀什老城区，红色城墙与橙黄色夕阳在杰马夫纳广场共舞。乘着马车漫游棕榈大道，让马约尔花园的钴蓝色调与YSL博物馆的摩登艺术，讲述摩洛哥乃至非洲艺术的光辉，以马拉喀什独有的热烈与浪漫为您敞开怀抱。

卡萨布兰卡，邂逅白色传奇。站在世界第三大清真寺哈桑二世清真寺的纯白穹顶下，大西洋海风拂过面庞，坐落在伊斯兰世界最西端的海上清真寺，诉说着历史与文明的璀璨。漫步18世纪麦地那，在摩洛哥购物中心尽享奢华，或出海体验刺激水上运动，卡萨布兰卡的优雅在于传统与现代的交织。

舍夫沙万，遇见蓝色秘境。在靛青门框与群青拱廊间漫步，每一步都仿佛踏在蓝色

秘境之中，徒步至西班牙清真寺遗址，俯瞰蓝白小镇与层叠山谷构成的天然画卷，遇见漫天浪漫。驱车来到安库尔小瀑布，徒步溯溪，亦能探索无限绿意。

丹吉尔，触摸海峡心跳。站在斯帕特尔角灯塔下，左手大西洋、右手地中海的浪涛在脚下碰撞，卡斯巴博物馆中珍藏的百年历史，在非洲洞的涛声中低语。沿着大西洋海岸线疾驰，一边是《谍影重重》取景地，转身即见百年皇家高尔夫球场。

拉巴特，对话千年文明。在摩洛哥首都拉巴特，现代都市与历史古城的韵味交相辉映，尽显世界文化遗产名录之城的魅力。大西洋的海风将乌达雅堡的庄严与穆罕默德五世陵墓的光辉，编织成一首地中海叙事诗，历史与未来在此共振。

壮美天地，尽享自然野趣

探秘沙漠，追寻星光之旅。在梅尔祖卡沙漠骑骆驼追落日，穿越金色沙丘，夜宿沙漠营地，柏柏尔鼓声伴星河入眠。驱车探访《权力的游戏》拍摄地瓦尔扎特，或达赫拉的沙海交汇奇观，解锁沙漠的千面魅力。

徒步山野，丈量天地辽阔。翻过阿特拉斯山脉，跨越托德拉峡谷，在达德斯河谷的

树林中露营，在岩石与溪流间穿梭，重寻与自然对话的纯粹。

逐浪海滨，邂逅蔚蓝诗意。在阿加迪尔的沙滩享受惬意，在塔哈佐特的世界级冲浪点尽情穿梭，从索维拉的灵动海岸到丹吉尔的静谧沙滩，摩洛哥的海岸线为您献上自由的狂想。

运动激情，享受酣畅淋漓。领略摩洛哥足球圣殿的热血，海边策马奔腾的潇洒，水上项目的刺激，运动爱好者在此找到专属舞台。

极限冒险，一览山河壮阔。从撒哈拉热气球之旅，阿加迪尔自由潜水，驾驶越野摩托驰骋荒漠，到洞穴探险，摩洛哥用各种地形满足您对冒险的幻想。

文化深潜，触摸灵魂温度

漫步世界遗产，对话千年时光。从沃吕比利斯罗马遗址到麦地那老城，9处世界遗产串联起摩洛哥的文明密码。杰马夫纳广场的杂技艺人、手工匠人、鼓点与菲斯皮革染坊的雾气，让文化呼吸可触可感。

慢享老城民居，品味文化哲学。菲斯麦地那的迷宫巷道，马拉喀什里亚德的传统庭院，阿伊特·本·哈杜的世纪堡垒卡斯巴，



卡萨布兰卡经典摩洛哥建筑风格



摩洛哥匠人手工打造的金饰



皇家曼苏尔马拉喀什酒店尊享奢华



高尔夫球场上畅快挥杆的同时饱览美景



撒哈拉沙漠腹地冥想



摩洛哥传统水疗洗净都市疲惫

历史悠久的建筑折射出的摩洛哥式美学，让旅人瞬间融入摩洛哥的生活韵律，对话百年文明。

欣赏建筑之美，解码匠心艺术。哈桑二世清真寺的海洋蓝马赛克图案，拉巴特哈桑塔的翡翠色琉璃，马拉喀什巴希亚宫的镂空雕花，每座建筑都是一部时间的史诗。摩洛哥工艺品的繁复花纹，手工珠宝的精美镶嵌，以艺术匠心谱写文化赞歌。

身着传统服饰，品味舌尖美味。塔吉锅的醇厚、薄荷茶的甘甜、库斯库斯的麦香，摩洛哥美食以香料为笔，融合地中海及欧洲美食的精髓，书写着柏柏尔人的味觉记忆。穿上传统卡夫坦长袍，精美的刺绣携手传统及时尚元素，让每寸布料都成为可穿行的艺术。

沉醉艺术盛宴，邂逅灵感火花。格纳瓦音乐节上的鼓点与吟唱，非斯陶器匠人的指尖魔法，穆罕默德六世当代艺术博物馆的前沿作品，摩洛哥的创意从不设限。

奢华之旅，定义非凡体验

下榻传奇酒店，奢享皇家礼遇。从皇家曼苏尔酒店的宫殿式套房到拉玛穆尼亚酒店的典雅奢华，摩洛哥的奢华酒店以匠心复刻皇家风范，每一扇雕花门后都是一段百年传奇。

扬帆海岸，开启邮轮慢旅。沿大西洋或地中海航行，在甲板上看日出染红丹吉尔海

岸线，看直布罗陀海峡的浪涛涌上沙滩，让邮轮成为探索摩洛哥的移动宫殿。

寻味米其林，探索味觉新高地。拉玛穆尼亚酒店的La Marocaine餐厅，以法式优雅重塑摩洛哥传统美味。灵感源自地中海的烹饪手法，融合摩洛哥风味香料，经典食材在这里碰撞出惊艳的火花。

追随设计师足迹，解锁时尚秘境。伊芙·圣罗兰的灵感之源马拉喀什，也为迪奥、路易威登等国际顶尖品牌所钟爱。YSL博物馆的陶土色穹顶与沙漠绿洲马约尔花园，让时尚灵感与自然之美碰撞出火花。

挥杆海边绿洲，挑战传奇球场。从丹吉尔皇家高尔夫俱乐部的百年球场，到阿加迪尔海边高尔夫球场上大西洋全景，摩洛哥用风格迥异的球场，让每一次挥杆都成为赞叹。

养生秘境，重焕身心能量

沙漠冥想，聆听星辰低语。在撒哈拉腹地的沙丘顶端，伴着晨曦呼吸冥想，让阳光冲刷身心的疲惫，在治愈的驼铃声响与传统音律里，开启联结自然的深度对话。

山海疗愈，唤醒自然感知。在索维拉的海滩边享受瑜伽的疗愈力量，让呼吸与涛声同频，在阿特拉斯山脉间徒步冥想，用松针与溪水的气息洗净都市疲惫。

沐浴传统哈曼，净化身心尘埃。摩洛哥

的哈曼浴以蒸汽、黑皂与玫瑰水，演绎传承千年的清洁仪式，当高温蒸汽浸透每个毛孔，柏柏尔古法的按摩手法唤醒沉睡的能量，让肌肤与灵魂同步焕新。

探寻疗愈之源，润泽生命能量。从阿特拉斯山的温泉到索维拉的海洋疗法，从马拉喀什的皇家曼苏尔酒店水疗中心，到海边海藻疗法SPA，摩洛哥的水元素温柔而又治愈。

嗅闻大地芬芳，邂逅芳香魅力。阿特拉斯山脉中玫瑰谷的晨露精油、雪松木的古老能量、蓝艾菊的舒缓香氛，摩洛哥的植物智慧凝聚成疗愈赞礼。

摩洛哥的25种旅程，是25扇通往未知的门扉。无论你是文化追光者、自然探险家，还是奢华享受者或养生修行客，这片土地总能以它的万千可能，回应你对旅途的想象。即刻启程，让摩洛哥的绚烂，成为记忆里美好的篇章。

摩洛哥国家旅游局

摩洛哥国家旅游局是一家拥有百年历史的公共机构(成立于1918年)，是摩洛哥国家旅游业的关键。它负责将摩洛哥作为旅游目的地进行营销，拥有在海内外推广(营销和传播)和商业化(分销)摩洛哥旅游的双重使命。该机构目前在全球拥有19个代表处和14个分支机构，覆盖81个以上的市场。



信仰和香料间的美味

摩洛哥菜肴如同其古老而神秘的文化一样，充满了令人着迷的魅力。它巧妙地融合了柏柏尔人、阿拉伯人和地中海的烹饪传统，以其独特的香料和烹饪技法而闻名于世。

传统饮食结构以植物性食物为主，新鲜蔬菜、水果、豆类和谷物占据着重要的地位，肉类和鱼类则适量摄入。伊斯兰教的教义提倡节制和健康的生活方式，这种平衡的饮食结构，已然满足了人体对各种营养素的需求，完全没有那种放纵的大快朵颐和奢靡浪费。

而摩洛哥菜肴的灵魂，无疑是那些琳琅满目的香料。姜黄、孜然、肉桂、芫荽、小茴香……这些天然的香料不仅赋予了菜肴独特的风味和口感，更被赋予了象征意义。香料被认为具有净化身心、驱除邪恶的力量，烹饪的过程也成为了一种祈祷和感恩的仪式。

库斯库斯 (Couscous)：库斯库斯是一种蒸粗麦粉，是摩洛哥的主食之一。它通常与肉类、蔬菜和酱汁一起食用，是一道营养丰富且美味可口的菜肴。库斯库斯的口感松软，能够很好地吸收汤汁的香味，使其成为搭配各种口味的理想选择。

塔吉锅 (Tagine)：这是摩洛哥最具代表性的菜肴，用传统的塔吉锅慢炖而成。塔吉锅是一种独特的陶土锅，其锥形盖可以将蒸汽回流到食物中，更加鲜嫩多汁。食材丰富多



样，包括各种肉类(羊肉、鸡肉、牛肉)、蔬菜(胡萝卜、土豆、洋葱)、水果(杏干、李干、无花果)和香料(姜黄、肉桂、芫荽)。不同地区的塔吉锅口味各异，但都以其浓郁的香气和丰富的口感而著称。

哈里拉汤 (Harira)：一种浓郁的汤，通常在斋月期间食用。它通常包含番茄、豆类、面条和香料，味道鲜美，营养丰富，是一道适合在寒冷天气享用的暖胃佳肴。

巴斯提亚 (Pastilla)：巴斯提亚是一种甜

咸口味的派，其馅料通常包括鸽子肉、杏仁、肉桂和糖，是一种精致的菜肴，通常在特殊场合享用。酥脆的外皮包裹着鲜美的馅料，甜咸交融，口感层次丰富。

蜜饼 (Sellou)：通常在特殊场合享用，例如节日或婚礼。它由烤芝麻、杏仁、小麦和蜂蜜制成，口感香甜，富有嚼劲。

摩洛哥薄荷茶：是摩洛哥的文化象征，其独特的冲泡方式和浓郁的香气，被认为是寄托了摩洛哥人待客之道和精神的澄明。

The Sacred Flavors Where Faith Meets Spice



Moroccan cuisine, much like its ancient and mystical culture, possesses a captivating charm. It masterfully weaves together the culinary traditions of the Berber, Arab, and Mediterranean peoples, renowned worldwide for its distinctive spices and cooking techniques. This is not merely a feast for the palate, but a journey where faith and culture intertwine.

Morocco's traditional diet centers around plant-based foods, with fresh vegetables, fruits, legumes, and grains playing a starring role, while meat and fish are enjoyed in moderation. Islamic teachings advocate balance and healthy living – a philosophy deeply reflected in Morocco's culinary heritage. This harmonious approach natu-

rally fulfills the body's nutritional needs, embracing nourishment without excess or extravagance.

At the heart of Moroccan cooking lies its dazzling array of spices. Turmeric, cumin, cinnamon, coriander, fennel... These natural treasures do more than impart unique flavors and textures – they carry profound symbolism. Spices are believed to purify body and soul, ward off negative energy, transforming cooking into an act of prayer and gratitude.

Couscous: A steamed semolina staple, couscous is typically served with meat, vegetables, and savory broth. Nutritious and delightful, its light, fluffy texture beautifully absorbs aromatic sauces, making it the perfect canvas for diverse flavors.

Tagine: Morocco's iconic dish, slow-cooked in a traditional earthenware pot with a cone-shaped lid that circulates steam, yielding tender, succulent results. Tagines brim with variety – lamb, chicken, or beef; carrots, potatoes, onions; dried apricots, plums, or figs; and spices like turmeric, cinnamon, and coriander. Regional variations abound, but all share rich aromas and deeply layered tastes.

Harira: A hearty soup traditionally enjoyed during Ramadan. Bursting with tomatoes, lentils, chickpeas, fine noodles, and fragrant spices, this nourishing, savory broth is the ultimate comfort food for chilly evenings.

Pastilla: An exquisite sweet-savory pie, often reserved for celebrations. Layers of crisp, paper-thin pastry envelop a filling of pigeon (or chicken), ground almonds, cinnamon, and sugar – a delicate dance of flavors and textures.

Sellou: A celebratory dessert served at festivals and weddings. Roasted sesame, almonds, toasted flour, and honey blend into a uniquely sweet, fragrant, and delightfully chewy treat.

Moroccan Mint Tea: More than a drink – it's a cultural emblem. The ritualistic preparation and intense aroma embody Moroccan hospitality and spiritual clarity, turning each pouring into a ceremonial act of welcome.



杭州之江新城万枫酒店

作为杭州市活力新城的之江新城，于4月迎来了全新的杭州之江新城万枫酒店。该酒店地处西湖区枫桦西路，毗邻西投银泰城，可轻松前往当地著名景点。大堂处呈现便捷高效的入住体验。133间简约、惬意的客房，均配备了舒适的设施，满足不同宾客的需求。部分江景客房，还可领略壮阔的钱塘江江景，为旅途增添一抹难忘的自然风光。万枫餐厅位于20层，宾客们在享用丰盛早餐的同时，还能欣赏钱塘江及周围群山的风景，让美食与美景共同开启美好的一天。这里还设有全天候营业的万枫小铺和24小时的健身中心。

Fairfield by Marriott Hangzhou Zhijiang New Town

Fairfield by Marriott Hangzhou Zhijiang New Town is situated in the heart of the Zhijiang New City of Hangzhou from April. It is situated on Fenghua West Road in Xihu District, adjacent to Xitou Intime Commercial City and within easy reach of local attractions. Guests can enjoy a convenient and efficient check-in experience in the lobby. The 133 simple yet comfortable guest rooms are equipped with quality amenities to meet various needs. Some river-view rooms provide stunning views of the Qiantang River. On the 20th floor, the Fairfield Restaurant serves diverse breakfast while offering views of the Qiantang River and surrounding mountains — a perfect way to start the day amidst food and natural beauty. Additional facilities include a 24-hour Fairfield shop and fitness center.

苏州尼盛AC欧轩酒店

融合江南古韵与现代活力的苏州尼盛AC欧轩酒店，坐落于苏州古城区与工业园区交界地带。宾客可漫步于平江路，亦可前往金鸡湖畔感受现代城市活力。酒店的室内设计上，呈现出富有质感与西班牙浪漫气息的艺术空间。以柔和的原木色调为主的458间舒适现代的客房，均配备了落地窗，城市美景尽收眼底。细节之处更有芬芳怡人的薰衣草香囊服务助宾客安然好眠。设施上，酒店配备了多功能厅、会议空间和健身中心。餐饮上，AC餐厅提供特色苏氏美食、西班牙风格的切片火腿；SOJU以小酒馆风格呈现，带来苏州与韩国风味的创意料理；AC酒廊白天供应西班牙咖啡，晚上则化身活力酒吧。

AC Hotel Suzhou Industrial Park

The AC Hotel Suzhou Industrial Park blends Jiangnan heritage with contemporary energy, located between the ancient city and industrial park— steps from Pingjiang Road and Jinji Lake. Its interiors fuse textured artistry with a Spanish atmosphere. The 458 modern rooms feature warm wood tones, floor-to-ceiling city views, and lavender sachets' service for restful sleep. Facilities include event spaces and a fitness center. In terms of dining, AC Kitchen serves Suzhou delicacies and Spanish jamón, SOJU is presented in a Bistro style, bringing creative cuisine with Suzhou and Korean flavors, and AC Lounge® transitions from Spanish coffee by day to bar at night.



厦门航空费尔蒙酒店

全新开业的厦门航空费尔蒙酒店，以33层“山形”建筑巍峨屹立于城市之心，饱览繁华都市与壮阔海峡。配备的420间客房及套房，以时尚方式演绎20世纪二三十年代老好莱坞装饰艺术的复古元素，配以宁静海岸系色调与南洋文化元素。5处餐饮的全球精选菜单，主打新鲜海鲜、手工技艺以及平衡风味。天厦壹捌肆肆中餐厅融入了3,600多年中华历史及隽美的泉州南青瓷元素，将传统闽菜与新派创意结合，精心雕琢了新颖且多元的佳肴。全方位的会议活动空间提供会议便捷，水疗与健身中心提供满满健康多巴胺。

Fairmont Xiamen

The newly opened Fairmont Xiamen is designed as a 33-story tower with a gleaming peak, standing amid the majestic rocky peaks of the Wuyi Mountains that tower over the city's landscape. The 420 guestrooms and suites are designed with glamorous elements of Old Hollywood Art Deco and infused with the serene colors of the coast and the charm of Nanyang features. Five dining spaces offer global curated menus that feature fresh seafood, artisanal techniques, and a balance of bold and delicate flavors. Among them, the innovative "TIANXIA 1984 Chinese Restaurant" blending Fujian cuisine with 3,600-year-old Chinese history and the beauty of Quanzhou South Celadon. Comprehensive meeting and event spaces, the Fairmont Spa and Fairmont Fit enhance guests' wellbeing.





阿丽拉珠海东澳岛

阿丽拉珠海东澳岛全新亮相，成为中国首家阿丽拉海岛度假酒店。酒店与海岛壮丽风光浑然一体，坐拥270度的壮阔海景。室内设计既融入了岭南本土文化与工艺精髓，又通过与自然景观的呼应，彰显对岛屿自然力量的敬畏之心。103间套房借助通透的落地窗打造出海天辽阔与私密绿意的双重意境。其中两间顶层无边际海景套房，更有一系列高科技的设施。宾客可在两间餐厅和一间酒吧品尝地道粤式风味。餐厅秉持可持续供应理念，提供从酒店自有香料园采摘的植物香料，以及严选符合生态捕捞标准的海获。

Alila Dong'ao Island Zhuhai

Alila Dong'ao Island Zhuhai, a newly unveiled resort, has become the First Alila Island Resort in Greater China. In harmony with the island's breathtaking natural beauty, the resort has a 270-degree ocean view. The interior design is inspired by local Lingnan culture and craftsmanship alongside a reverence for the surrounding landscape through the island's elemental forces of nature. The 103 spacious and comfortable suites boast floor-to-ceiling windows. Among them, the two exclusive rooftop suites are equipped with a range of high-tech facilities. Guests can savor authentic Cantonese flavors at the two restaurants and bar. The restaurants use fresh, seasonal ingredients, including produce from the resort's own organic vegetable garden and delicious seafood.

海南清水湾金普顿酒店

在陵水的椰风海韵间，海南清水湾金普顿酒店璀璨亮相，隐匿于碧海、白沙、椰林交织的热带画卷中。以家居客厅概念的“Living Room”，来重塑传统的大堂，既有设计感又有生活温度。从大堂到宴会厅，12件由新锐艺术家创作的艺术品散落其间，每一件都独具匠心。这里共有4家各具风情的餐厅和酒吧，是美食天堂，亦是一个活力四射的聚会场所。此外，还配备了多元休闲的娱乐设施。289间的客房整体风格汲取“海岸极简主义”灵感。除了常规的房型外，还有为电竞爱好者准备的电竞主题房。宠物友好客房还为“毛孩子”打造专属入住体验和各项活动。

Kimpton Aqeos Hainan

The newly opened Kimpton Aqeos Hainan shines amidst the coconut palms and ocean breezes of Lingshui, nestled within a tropical paradise of azure waters, white sands, and swaying coconut groves. It reimagines the traditional lobby with a “Living Room” concept that blends design with homely warmth. From the lobby to the banquet halls, 12 bespoke artworks by artists add curated creativity throughout the space. Four distinctive restaurants and bars offer both temples of gastronomy and vibrant social hubs. It also features diverse and leisure facilities. Its 289 guest rooms draw inspiration from “coastal minimalism,” while unique offerings include esports-themed rooms for gaming enthusiasts and pet-friendly accommodations with tailored amenities and activities for pets.



海南清水湾英迪格酒店

海南清水湾英迪格酒店作为海南首家以邻间文化为灵感的生活方式精品酒店，位于天光水影净土港湾的清水湾，设计灵感围绕独特的“疍家双栖文化”。设计风格运用了珍珠和扇贝等海洋元素，在转海遛湾处，打开奇幻海洋珠宝铺。酒店以山兰酒、编织蒲扇等富有当地特色工艺品作为欢迎礼遇。174间客房以珍珠色拱门、渔网编织纹理等细节，诠释海洋元素与匠心工艺的对话。观海餐厅延续海岛邻间之味，带领宾客深入体验疍家文化精髓。还涵盖了博宴大宴会厅、星瀚多功能厅、会议室等设施。

Hotel Indigo Hainan Clear Water Bay

Hotel Indigo Hainan Clear Water Bay, Hainan's first lifestyle boutique hotel inspired by neighborhood culture, is nestled in the serene Clear Water Bay. Its design centered around the unique “Tanka Culture.” The style incorporates marine elements like pearls and scallops, creating a fantastical oceanic jewel at the bay's curve. The hotel welcomes guests with local specialties such as Shanlan wine and rattan fans. The 174 rooms interpret oceanic themes through details like pearl-colored arches and fishing net textures, showcasing a dialogue between marine elements and artisanal craftsmanship. The Intrigue restaurant extends the island's neighborhood flavors, offering an immersive experience into Tanka culture. Facilities like the Amber Ball Room, Aurora, and other meeting spaces cater to diverse needs.

一场身心灵的奢华觉醒

A Hidden World of Calm and Luxury

当城市的节奏逐渐隐退，身体与心灵需要一个静谧的空间，回归内在的平衡与安宁。坐落于澳门银河™综合度假城中的澳门丽思卡尔顿水疗中心，就是这样一处让感官沉静、重启能量的疗愈圣所，为都市人提供了一方远离喧嚣的净土。

步入这片宁静的世界，时间仿佛也随之放缓，暂时放下外界的纷扰。空间设计上，澳门丽思卡尔顿水疗中心的高雅装潢巧妙融合了中国传统韵味与葡萄牙建筑美学。石材、木质与缟玛瑙细节交织出温润典雅的氛围。玉石元素贯穿整个空间，无不传递着健康、好运与疗愈的美好寓意，每一处细节都在唤醒感官，抚慰宾客疲惫的身心。

每间理疗室都如私人秘境般静谧独立，柔和灯光与天然材质相得益彰，提供一系列护理疗程，包括舒缓的按摩疗程、焕活肌肤的面部护理等。有着专业手法与丰富经验的芳疗师，精准按压穴位，为疲惫的身心带来焕新与舒缓，引导宾客探索最契合自身状态的放松节奏与疗愈方式。

为了更好的延续疗愈时光，水疗中心还设有男女宾专属区域，配备活力水池、蒸气房、桑拿室、冰水喷泉及体验式淋浴等完善设施，满足不同宾客的需求。在天然石材环绕之中，中央悬吊式圆形座椅仿佛以轻盈的姿态漂浮，置身其中，尽享轻盈与安宁。

在澳门丽思卡尔顿水疗中心，水疗不止于护理，更是一场感官与心灵的奢华旅程。从细腻触感到芳香氛围，从空间美学到贴心服务，每一个细节都精心呈现，只为让宾客从容地回到最真实的自己。

无论是一场短暂的身心出走，或是一段静享自我的优雅时刻，这里都是宾客不容错过的亲自体验之处。现在，就让自己沉浸于这座城市中静谧奢华的疗愈绿洲，开启一段前所未有的身心重启之旅。



As the city's relentless rhythm fades, the body and mind instinctively turn inward – seeking stillness, balance, and quiet renewal. Nestled within Galaxy Macau™ Integrated Resort, The Ritz-Carlton Spa, Macau offers more than an escape; it provides a return to oneself and a sanctuary from the clamor of everyday life.

Upon stepping into this serene haven, time appears to slow, allowing guests to shed worldly distractions. The spa's design embodies a refined harmony of Eastern tradition and European elegance, shaping every intimate corner. Smooth stone, warm wood, and polished onyx create an ambiance of profound tranquility, while delicate jade accents – symbols of healing and harmony – exude calm throughout the space.

Each treatment room is a secluded sanctuary, thoughtfully crafted for restoration. Here, guests discover a curated selection of therapies, from deeply restorative massages to radiance-enhancing facials. Every treatment is delivered with intuitive care by master therapists, personalized to individual needs and honoring the art of stillness – renewing both body and spirit.

Beyond the treatment rooms, the journey continues. Separate thermal facilities for

men and women feature vitality pools, steam rooms, saunas, experiential showers, and refreshing ice fountains, designed to meet every guest's desire for rejuvenation. At the heart of this space, a floating circular lounge – suspended in silent grace – invites guests to surrender to weightless tranquility.

At The Ritz-Carlton Spa, Macau, wellness transcends ritual. It is a sensorial experience: from textures embracing the skin to subtle fragrances perfuming the air, and the understated elegance of the surroundings. Each detail is meticulously designed to guide guests gently back to equilibrium.

Here, whether seeking a momentary respite or embarking on a profound journey of self-care, transformation effortlessly unfolds – not through exertion, but through ease.

如需了解更多信息或预订
请访问澳门丽思卡尔顿官网

www.ritzcarlton.com/zh-cn/hotels/mfmmr-the-ritz-carlton-macau/experiences/
或致电+853 8886 6868

For inquiries or reservations, exclusively visit
www.ritzcarlton.com/zh-cn/hotels/mfmmr-the-ritz-carlton-macau/experiences/ or call
+853 8886 6868.



卡塔尔多哈安达仕酒店

安达仕这一生活方式品牌首次登陆卡塔尔，位于充满活力的西湾地区，距离哈马德国际机场的车程不到20分钟。酒店拥有256间客房，包括32间套房和4间皇家套房，和56间为长期住宿客人设计的住宅。在这里，现代设计的房间结合了当地独有风情，还融入了卡塔尔传统编织技术“Al Sadu”的设计元素，可以将多哈滨海大道美景一览无余。餐饮场所拥有不同的主题灵感，“盐”、“新加坡小吃中心”和“热带雨林”。设有4个书法、编织、建筑和航海为主题的工作室空间，呈现出多哈丰富的文化遗产。此外，也是宠物友好型酒店。

Andaz Doha, Qatari

Andaz Doha makes its debut in Qatar at the vibrant West Bay, just under 20 minutes drive from Hamad International Airport. It features 256 guestrooms, which includes 32 suites and 4 Royal suites, as well as 56 residences for guests seeking long-term stays. Here, the modern design blends local Qatari traditions and heritage and traditional “Al Sadu” weaving techniques, offering sweeping views of Doha’s Corniche. Dining venues draw inspiration from diverse themes like “Salt,” “the concept of a Singaporean Hawker Center,” and “Rainforest,” while four studio spaces themed around calligrapher, weaving, architecture, and navigator showcase different aspects of Doha’s rich cultural heritage. Additionally, pets are welcome in the hotel.

迈阿密海滩安达仕酒店

迈阿密海滩安达仕酒店是海边和沙滩上的度假胜地，有着壮丽的蔚蓝美景。酒店入口处有一对颇具仪式感的双廊楼梯，阶梯、墙面均散发着迈阿密海滩纯净的沙砾质感，瓶中绿植则氤氲着温暖的热带气息。也可乘坐电梯前往二层。共设有3家独具特色的餐厅和酒吧，提供地中海风味、各式软饮和小食等。这里还有Ondara水疗中心、两个泳池、24小时营业的健身中心。287间客房，包括64间套房，均融合了经典柯林斯大道美学理念，以柔和的现代环境点缀着色彩，在当地特色文化的海洋风格中，打造舒适的居住空间。

Andaz Miami Beach

Andaz Miami Beach is a coastal retreat set alongside the sea and sand, offering breathtaking ocean views. The hotel’s entrance features a striking pair of dual staircases, the steps and walls textured like the pristine sands of Miami Beach, while greenery adds a touch of tropical warmth. Guests may also take the elevator to the second floor. It houses three distinctive restaurants and bars, serving Mediterranean-inspired cuisine, refreshing beverages, and light bites. Additional amenities include the Ondara Spa, two pools, and a 24-hour fitness center. Its 287 rooms, including 64 suites, blend the classic Collins Avenue aesthetic with contemporary design. Soft, modern interiors accented with color, creating a serene and inviting atmosphere.



巴黎卢泰西亚文华东方酒店

文华东方酒店集团接管巴黎传奇宫殿酒店卢泰西亚，并更名为巴黎卢泰西亚文华东方酒店，由此在巴黎实现了“双宫殿”的布局。这座宫殿酒店在艺术氛围浓厚的左岸核心区，将历史底蕴与活力灵动的法式魅力相融合。打造集文化、餐饮与身心疗愈三位一体的体验，是一处灵感目的地。从充满巴黎风情的卢泰西亚餐厅，到活力四射的约瑟芬酒吧；从宁静的Akasha健康空间，到具有魅力与格调的多款套房，为宾客带来全方位的身心疗愈体验，每一处空间都彰显着传统与现代的优雅对话。

Mandarin Oriental Lutetia, Paris

Mandarin Oriental has assumed management of the legendary Hôtel Lutetia, unveiling its new identity as Mandarin Oriental Lutetia, Paris, thus realizing the “dual presence” layout in the city. Nestled in the Left Bank’s artistic heart, the hotel blends historic grandeur with vibrant French charm. It remains a vibrant destination for both travelers and Parisians and is an inspirational destination that creates an experience that offers a trinity of culture, gastronomy, and wellbeing converge. From the iconic Parisian Brasserie Lutetia to the lively Bar Josephine, from the serene Akasha Wellness space, to the many amazing suites, every element reflects a seamless blend of tradition and contemporary luxury.





三维探索 美高梅健康嘉会圆满举办

TRiAXplore Empowered by MGM 2025 Successfully Held at MGM Cotai

三维探索美高梅健康嘉会于2025年4月28-30日期间在澳门美狮美高梅圆满举办。这场独特且独家的健康盛会与活动，专注于健康行业的知识与趋势，展示在综合健康、养生和美容领域的发展潜力。此次活动由美高梅和其品牌旗下屡获殊荣的水疗中心“禅瀑”共同主办。

在为期两天半的活动日程安排中，嘉会以多样化和教育性的活动为特色，邀请到来自法国、意大利、新西兰、日本、印尼、中国澳门与香港、以及中国大陆的知名品牌与知名专家。通过各类精彩的主讲会议、认证体验和研讨会的多元形式，为健康行业的从业者、院校学生、社会人群等不同参会者们，提供了丰富的面对面学习与交流平台。参会者不仅可以获取健康美容领域的前沿知识，还能亲身体会健康生活方式，并与各种尖端护肤和设备品牌互动。在这些围绕健康、养生、美容活动的丰富的课程和体验中获益良多。

一场特殊的现场疗愈艺术体验“水墨东方，画卷雅音”鸡尾酒会上，参会者们接触到了著名艺术家们带来的沉浸式国画艺术体验。悠扬的器乐合奏声，引领参会者共同体验传统水墨艺术的魅力。艺术体验共分为三场，每一场绘画均为不同的国画主题。参会者们携手共绘，笔墨挥洒间，这种共同合作的互动式艺术体验给参与者们留下了深刻印象。

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

三维探索嘉会体现了美高梅对于推动亚太地区健康和美容行业的承诺，尤其是美狮美高梅和“禅瀑”的先进的养生设施一同，与三维探索嘉会两天半的创新议程协同互助，突显了美高梅集团在促进健康发展方面的决心，增强了澳门在全球健康行业的日益上升的标志地位，令其成为新兴的健康聚集地。

The TRiAXplore Empowered by MGM 2025 event was successfully held at MGM Cotai from April 28 to 30, 2025. This unique and exclusive health-focused forum highlighted knowledge and trends in the wellness industry, showcasing the growth potential in integrated health, wellness, and beauty. The event was hosted by MGM and its award-winning spa brand, Tria Spa.

Over two and a half days, the wellness event featured diverse and educational activities, gathering renowned brands and experts from France, Italy, New Zealand, Japan, Indonesia, China Macau, China Hong Kong, and Mainland China. Through facilitated training sessions, led certification workshops, and many talks, it provided a dynamic platform for wellness professionals, students, and members of the general public to engage in face-to-face learning. Attendees gained access to the latest industry insights while experiencing hands-on wellness demonstrations centered on health, wellness and beauty and networking with cutting-edge skincare and equipment brands.

A highlight was the healing art experience Cocktail Party themed “Ink Painting & Elegant Tunes.” Guests enjoyed live traditional Chinese painting experience demonstrated by renowned artists, accompanied by classical Chinese music. This event featured three sessions, each showcasing a distinct genre of traditional Chinese painting. Guests collaboratively created art through Chinese ink painting, leaving an unforgettable impression with this interactive experience.

Throughout the event, MGM Cotai showcased its signature hospitality with two-and-a-half-day agenda morning and afternoon tea breaks and nutritious buffet lunches, ensuring a memorable and enriching experience for all guests.

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



Sasaki Shigehito

Mu Hualun

Christine Galle-Luczak

Iwan R. Dietschi

Mary Yip

Luca Gualdrini

Nino Zhao



Richard Williams

Albin Brion

Alice Wong

Panel



PHYTOMER



Swissline施维兰全周期管理方案

以瑞士的温柔力量，叩响中国品质医美之门

中国医美市场正悄然蜕变。随着NMPA加速发证，曾经的产品稀缺时代已成过往，取而代之的是琳琅满目的更多选择，客人也更为挑剔。合规资质是否过硬？技术有没有真功夫？服务够不够贴心？营销和品牌能否打动人心？这些都成了新的考题。

今年，Swissline施维兰携36年专业抗衰老基因，温柔而坚定地踏入了中国品质医美这片热土。“一个品牌能走多远飞多高，说到底，就看它的‘两条腿’走得稳不稳：一条是产品力，那是品牌的根；另一条是市场力，那是让它枝繁叶茂的阳光雨露。”Swissline中国区掌舵人严静琳女士说。

产品力：与肌肤对话的瑞士匠心

Swissline的故事始于1989年瑞士湖畔的灵感涌动。它的技术血脉，可以追溯到瑞士雷曼纳疗养诊所那个名为“Cellvital细胞之源”的疗愈秘密。1930年代，保罗·尼汉斯与阿弗雷德·珀菲斯特博士用“活细胞疗法”掀开了自然医学的篇章。严静琳女士分享道：“Swissline从诞生起就相信肌肤是会‘说话’的。我们该做的不是对抗它，而是倾听、尊重并温柔呵护它的健康状态。”这份对肌肤的敬畏，化作了持续精进的动力。

1990年Swissline将雷曼纳诊所的活细胞奥秘，首次凝练进护肤品中。2002年全面拥抱植物精萃(CELLACTEL 2 Complex)，向纯



净环保迈进。2007年问世的“CELLSHOCK AGE INTELLIGENCE雪肌奥妙智慧修护系列”及其标志性的“针管精华”，更像是一座桥梁，悄然连接了生活美容与医学美容的世界。“很多人以为我们今年才‘入场’医美，”严静琳女士微笑着澄清，“其实，这座桥，我们16年前就开始悄悄搭建了。”

Swissline能听懂肌肤的语言。当羟基积雪草苷、依克多因这些如今备受追捧的成分还未被广泛认知时，已是Swissline配方里的“老朋友”。专业线更像是一位贴心的“医美好搭档”，独创的“屏障盾牌+隐形炎症管理”组合拳，能稳稳接住光电、注射等项目后的肌肤呵护，让顾客满意度、回头率迅速攀升，功效评测已然是Swissline的必修课。

“瑞士制造”四个字，本就是安心承诺，但Swissline追求的远不止于此。它不仅符合瑞士联邦严苛的标准(60%制造成本、80%研发生产成本在瑞士本土)，更赢得了行业权威Swisscos的认证——这意味着100%纯正的瑞士血统。“全球化妆品里，能戴上这枚‘瑞士勋章’的，只有21个。这是对我们‘真瑞士’身份和极致品质最无声却最有力的背书。”严静琳女士说。

市场力：温情陪伴与品牌底蕴

Swissline带着在中国SPA与生活美容市场十余年沉淀的专业团队和温暖经验而来，为医美伙伴量身定制了“贴心陪伴四部曲”。从“防

护期”的“银河修护弹与淋巴按摩球”，到“术前”的“水光盾舒压护理”，再到“术后”的“冰宝贴修护管理”，最后到“桥护期”的全线产品支持。Swissline以全周期的温柔呵护，重塑医美旅程。

品质=品牌温度+产品重量。35年光阴的Swissline，这份“温度”早已被全球顶级的疗愈圣地和奢华之所珍藏。从捧得欧洲医美科技大奖的Clinique Lémanic，到见证过奥黛丽·赫本幸福的Bürgenstock Resort，再到迪拜的七星帆船和上海闹中取静的璞丽酒店，Swissline的身影，诉说着低调的奢华与信赖。在中国，它携手知性优雅的品牌好友李小冉再分享故事，更与全球医美设备巨头Lumenis科医人并肩同行，将这份品质信念传递给机构，再温暖到每一位消费者。

联结美好，共筑品质未来

当中国经济迈入高质量发展的新阶段，中国SPA与美容行业的品质升级也正翻开崭新的篇章。Swissline施维兰带着对产品力的极致追求和对市场力的温暖实践，不仅为机构量身定制融合瑞士精研科技与专业落地服务的解决方案，更是以“双核动力”在中国生活美容与医学美容之间，架起了一座理解与融合的新桥梁，对于追求品质的中国医美消费者而言，是一份值得信赖的温柔新选择。它的每一步，都在为这个“品质当道”的时代写下温暖的注释。



The Swissline Full-Cycle Management Solution

Swissline: Knocking on the Door of China's Quality Medical Aesthetics with Swiss Gentle Power

China's medical aesthetics market is undergoing a quiet transformation. With accelerated certifications by the NMPA, the era of product scarcity is now a memory, replaced by an abundance of choices and increasingly discerning clients. New questions arise: Is compliance truly robust? Does the technology deliver? Is the service thoughtful enough? Can branding resonate emotionally?

This year, Swissline – armed with 36 years of specialized anti-aging heritage – steps gently yet resolutely into China's quality-driven medical aesthetics landscape.

“How far and how high a brand can fly depends on its core strengths, it's ‘two legs’,” says Ms. Jaclyn Yan, Chief Executive of Swissline China. “They are Product Power, the root of the brand, and Market Power, the sunlight and rain that help it flourish like a thriving tree.”

Product Power: Swiss Craftsmanship in Dialogue with Skin

Swissline's story began in 1989 by the Swiss lakeside. Its technological lineage traces back to the healing secret of “Cellvital Cellular Source” from Clinique Lémana. In the 1930s, Dr. Paul Niehans and Dr. Alfred Pfister pioneered “Live Cell Therapy,” opening a new chapter in natural medicine.

“From day one,” Ms. Jaclyn Yan shares, “Swissline believed that skin ‘speaks.’ Our role isn't to fight it, but to listen, respect, and tenderly nurture its health.”

This reverence fuels relentless innovation: In 1990, Swissline infused Clinique Lémana's live-cell science into skincare. By 2002, it embraced plant-based purity with CELLACTEL 2 Complex. The 2007 landmark launch of CELL SHOCK AGE INTELLIGENCE and its iconic “Needle Essence” quietly bridged beauty care and medical aesthetics.

“Many think we just entered medical aesthetics this year,” Ms. Yan clarifies with a



smile. “Truth is, we quietly built this bridge 16 years ago.”

Swissline understands the language of our skin. Ingredients like Madecassoside and Ectoin were its “old friends” long before they started trending. Its professional line acts as a “medical-aesthetics partner,” combining Barrier Shield + Invisible Inflammation Management to soothe post-laser or injection skin, boosting satisfaction and loyalty. Efficacy validation remains Swissline's unwavering discipline.

“Swiss Made” promises trust, yet Swissline reaches further. It not only meets Switzerland's strict standards (60% manufacturing costs, 80% R&D/production costs local) but also earned the Swisscos certification – requiring 100% Swiss origin.

“Globally, only 21 cosmetics brands wear this ‘Swiss Badge,’” Ms. Yan notes. “It's the quietest yet strongest endorsement of our authenticity and excellence.”

Market Power: Empathic Partnerships and Brand Warmth

Medical aesthetics clinics are workshops, not counters. Drawing on over a decade of expertise in China's spa and beauty markets, Swissline crafted a “Four-Step Companion Protocol” for clinics: From the Shield Phase (“Pro-Recovery Serum + The Lymphatic-Spheres”) and Pre-Treatment (“Swiss Heal & Repair”) to Post-



Treatment (“Pro-recovery Treatment”) and Bridge Care Phase (full product range support).

“Through gentle, cycle-long care,” Ms. Yan explains, “we reshape the medical aesthetics journey, making skincare a healer of skin and spirit.”

Quality = Brand Warmth + Product Substance. Swissline's 35-year legacy is treasured at award-winning Clinique Lémanic, Audrey Hepburn's wedding venue Bürgenstock Resort, Dubai's Burj Al Arab, and Shanghai's oasis The Puli Hotel. In China, it collaborates with ambassador Li Xiaoran and medical-tech giant Lumenis, passing the torch of quality to every consumer.

“To endure cycles,” reflects Ms. Yan, “a brand needs clear vision, agility to embrace change, and steadfast operations. That's Swissline's timeless practice.”

Epilogue: Connecting Beauty, Co-Creating Quality

As China strides into high-quality economic growth, Swissline Cellcosmet delivers tailor-made solutions blending Swiss innovation and professional care. It builds a bridge of understanding between lifestyle beauty and medical aesthetics, offering Chinese consumers a gentle, trusted choice. Every step Swissline takes writes a tender footnote to this era where quality reigns supreme.



夏日肌肤救星

瑞铂希奢养三部曲，焕现柔润光泽肌



炎 炎夏日，高温、日晒让肌肤频频“闹脾气”，泛红敏感、水油失衡、粗糙暗沉接踵而至。如何快速修护，重现健康光泽？德国高端护肤品牌瑞铂希带来夏日焕颜修护组合，为肌肤注入能量，轻松应对夏季护肤难题。

瑞铂希肌源焕颜密集修护小安瓶
德系高倍浓缩安瓶精华，堪称“肌肤救急宝藏”。其核心成分TCR3-PLUS浓度高达5.6%，复合多重植物精粹，快速舒缓泛红敏感，强化肌肤屏障，深层补水保湿，提升肌肤光泽度。水状质地清爽莹润，秒吸收不粘腻，0负担，特别适合夏季。独家的5种肤质细分调理，精准解决不同肌肤问题，让肌肤迅速恢复妈生好气色。

瑞铂希肌源嫩肤修护面膜
熬夜、日晒、换季后的肌肤状态不佳？瑞铂希修护面膜让你在家也能享受德式院线级护理。浓稠奶油质地，绵密丝滑，上脸轻盈无厚重

感，即使是炎热的夏季也可以使用。敷15分钟即可改善粗糙、抗皱紧致，提升肌肤光泽。清水洗净后，肌肤如剥了壳的鸡蛋般嫩滑透亮，有效改善黯沉、毛孔粗大问题。亦可与其他精华液或保湿霜搭配，增强效果。

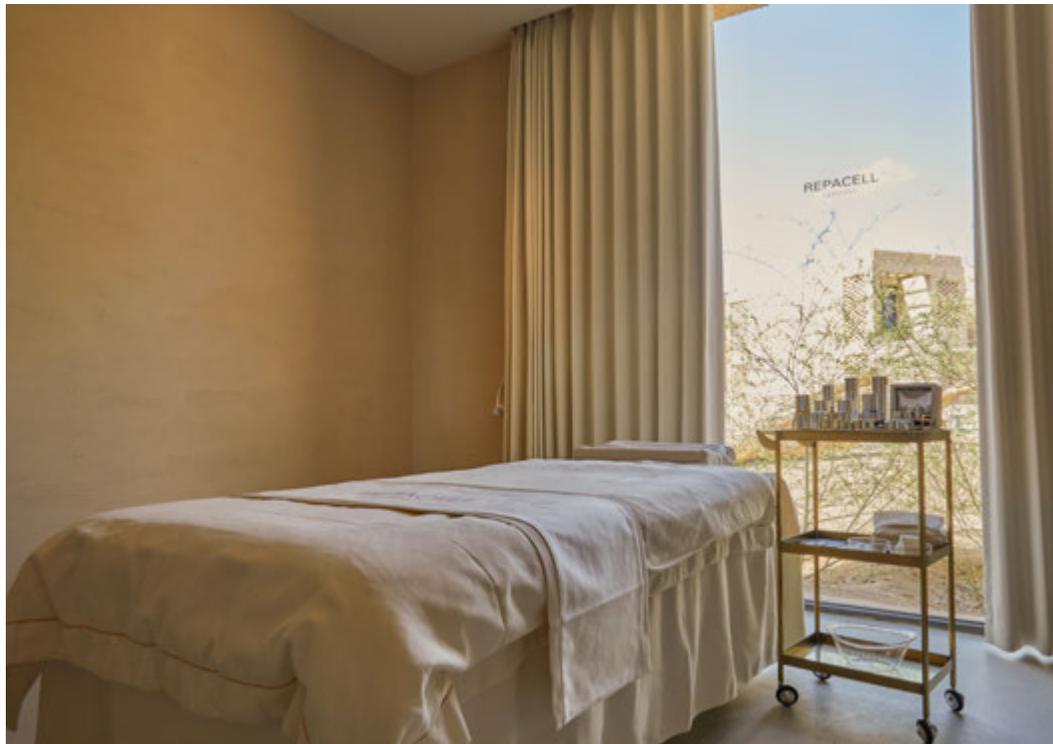
瑞铂希源臻致轻盈面霜
瑞铂希全新系列黑金轻盈面霜，专为油敏肌设计。添加三重科技成分，融汇多重植物精粹，控油同时焕现水润光泽，抗皱紧致，让肌肤弹嫩饱满。纯天然大马士革玫瑰精油替代香精成分，散发大自然的奢华芬芳。天鹅绒般轻盈质地的面霜，一抹沁润。日常洁面后，可取适量面霜，涂抹于脸部颈部，轻轻按压至吸收。

推荐用法：夏日焕颜修护组合

1. 一泵小安瓶精华打底。
2. 修护面膜均匀涂抹全脸至不透明状态，敷15-20分钟清水洗净。
3. 叠加轻盈面霜封层。

Summer Skin Savior

Repacell's Luxury Three-Step Ritual



The scorching summer heat, high temperature and UV exposure trigger redness, dehydration, and dullness—leaving skin stressed and unbalanced. How to quickly repair skin and restore a healthy glow? The German luxury skincare brand Repacell introduces its Summer Brightening Rescue Duo, delivering an energy boost to effortlessly tackle seasonal skincare challenges.

Extra Antiage Liquid Serum

This German ultra-concentrated ampoule is a “skincare savior.” Infused with the brand’s core ingredient TCR3-PLUS and a blend of botanical extracts, it effectively soothes redness and sensitivity, repairs the skin barrier, delivers deep hydration, and enhances radiance. The watery texture absorbs quickly without stickiness for zero discomfort — perfect for summer skincare. Tailored to 5 skin types,

it precisely targets concerns to rapidly revive natural radiance.

Relief Correction Mask

Struggling with post-sun exposure, late nights, or seasonal stress? This mask delivers German clinic-level care. Its rich, creamy texture feels weightless as a cloud, even in summer heat. For daily use, just 15 minutes improves skin texture, reduces wrinkles, and restores luminosity. Rinse off to emerge as soft and smooth as a peeled egg, visibly fading

dullness and minimizing pores. It also pairs perfectly with other serums or moisturizers for enhanced results.

Cellcode Ultimate Soft Cream

Designed for oily-sensitive skin, this formula is infused with triple active technologies and a blend of botanical extracts to balance oil while plumping and firming skin. Crafted with pure Damascus rose essential oil instead of synthetic fragrance, it envelops you in nature’s luxurious aroma. With a velvety, an airy-soft texture, it melts into skin effortlessly. After cleansing and toning, scoop a pearl-sized amount and smooth over face and neck. Gently press until fully absorbed.

Recommended Routine: Summer Brightening Rescue Duo

1. Apply one pump of the Extra Antiage Liquid Serum.
2. Smooth a generous layer of the Relief Correction Mask over your face until evenly opaque. Leave on for 15–20 minutes, then rinse off with water.
3. Apply the Cellcode Ultimate Soft Cream.

北外滩的隐世疗愈秘境



国潮文化沉浸体验。我们并非简单复刻传统文化，而是将《诗经》的典雅审美与现代汤泉理念结合。比如，我们复原了宋代文人雅士的“曲水流觞”活动，设置有演员驻场的沉浸式剧，和围绕古代文人书画主题的情景画展区，让传统文化活起来。

跨界艺术与疗愈。会所内设有画展区、穿越书屋、茶室等。汤泉区藏着的一处独特的画展区，会展出陈逸飞等艺术家的作品，巨幅海报悬空而挂，客人在汤泉之余，也能沉浸在艺术氛围中。

管家式至臻服务。通过一键式APP预约，线上动态了解会所的娱乐时间表，线下每个区域则有专人贴身服务，确保客人“躺赢式”体验。

淇奥沐舍强调“城市疗愈微度假”，这一理念是如何体现的？

现代人最缺的不是时间，而是“高质量的身心放松”。淇奥沐舍的“疗愈”不仅限于泡汤，还有其他的小巧思在里面。空间设计上，我们运用光影、水雾、自然材质，打造出梦幻飘渺的氛围，开启沪上特色汤泉会所。比如，大厅顶部镜面的反射与雾气升腾，让人一进门就仿佛踏入另一个世界。活动设置上，有古琴演奏、投壶等传统文化互动体验，让客人在玩乐中放松。

此外，这里以温热汤泉为基底，融合传统养生智慧与现代疗愈技术，开启身心焕新之旅。专业茶熏冥想课程，在茶钵氤氲之气中，缓解呼吸道及舒缓压力，并取代传统汗蒸，由内而外的驱除寒邪，达到“在茶香中焕活身心”的独特感受；颂钵冥想以空灵声波唤醒内在的平静；更有“阿尔法脑电波&陈逸飞画展”音疗，让艺术光影与疗愈声波交织。在泡汤之余，从视觉、听觉、嗅觉多维度深度疗愈。

淇奥沐舍，不止是汤泉，更是一场融合文化潮玩、疗愈身心的沉浸式生活美学体验。

在快节奏的上海北外滩，一座融合汤泉疗愈、国潮文化与现代美学的“隐世之所”悄然诞生——淇奥沐舍，为快节奏的生活按下暂停键。创始人陈帆女士以“城市疗愈微度假”为核心理念，打造了一座既能让人逃离喧嚣，又能沉浸于文化与艺术的身心灵栖息地。淇奥沐舍创始人陈帆女士，分享了她“城市疗愈微度假”理念。



Daisy Chen

淇奥沐舍的名字充满诗意，请介绍一下灵感从何而来？

淇奥的名字源于《诗经·卫风》中的“瞻彼淇奥，绿竹猗猗”。这句诗描绘了两千年前淇水之畔水竹交映的幽静美景，承载着我都市疗愈空间的独特理解。我希望淇奥沐舍不仅是汤泉会所，更是一个能让都市人回归本真的“隐世之所”。全场以水境贯穿，象征流动的生命力与纯净，而“沐舍”则代表汤泉疗愈之所。在这里，客人可以在水的滋养中，感受身心的放松与升华。

在空间设计上，我们注意到多种美学碰撞，可以谈谈是如何实现的吗？

这正是淇奥沐舍的独特之处。我们大胆尝试了四种美学风格：暗黑系·光影设计美学、溶洞汤泉、结构主义未来感、宋式美学。

侘寂风格的茶室，屋顶线条随着光影流

转，在空间中投射出明暗交错的光影，增添灵动的层次韵律；汤泉区域以人工溶洞打造，光影与水雾交织，营造出朦胧而神秘的氛围；整个休息区以结构主义建筑美学，打造出一个极具未来感的放松空间，流线几何结构自然延伸；走过休息区，映入眼帘的是一幅巨大的《清明上河图》灯箱，中央一株仿古榕树巍然矗立，曲水流觞重现文人雅趣。这些风格的碰撞不是简单的拼接，而是经过精心设计的空间叙事。

与传统汤泉会所相比，淇奥沐舍的独特之处在哪里？

传统汤泉更注重单一的泡汤体验，而淇奥沐舍希望打造的是身、心、灵全维度的疗愈空间。以汤泉为基，融合餐饮、文化沉浸、画展赏鉴与融创文创，一站式满足身心美学体验，构筑跨界汤泉新地标。我们融合了以下特色：

The Hidden Urban Oasis of North Bund

Amid the fast-paced rhythm of Shanghai's North Bund, a sanctuary blending hot spring therapy, China Chic, and contemporary Chinese aesthetics has quietly emerged—Charmoo House, an urban retreat designed to pause the hustle of urban life. Founded by Ms Daisy Chen under the vision of an “urban healing micro-vacation,” this space offers an escape from chaos while immersing guests in culture and art. SpaChina interviewed her. Ms Daisy Chen, Founder of Charmoo House, shared her thoughts and the concept of Charmoo House.

The name Charmoo House is poetic. What inspired it?

The name draws from The Book of Songs: “Look at those recesses in the banks of the Qi, with their green bamboos, so fresh and luxuriant.” This 2,000-year-old verse depicts serene water-side beauty, mirroring my philosophy for urban wellness. Charmoo House isn't just a hot spring venue – it's a hidden sanctuary for reconnecting with oneself. Water motifs flow throughout, symbolizing vitality and purity, while “House” signifies a healing space. Here, guests unwind, immersed in water's restorative embrace.

The design merges multiple aesthetics. How was this achieved?

This defines Charmoo House's uniqueness. We boldly fused four styles: light-shadow interplay, cavernous thermal waters, structural futurism, and Song dynasty aesthetics.

A wabi-sabi tearoom dances with shifting light, casting poetic shadows. The hot spring area crafted like the artificial cave, blends mist and illumination for mysterious atmosphere. Futurism shapes the lounge's fluid geometries, while a glowing “Along the River During Qingming Festival” installation and ancient-style banyan tree revive classical literati charm. These aren't random mixes – they're a curated spatial narrative. The entire relaxation area, designed with structuralist aesthetics, features streamlined geometric structure that extend organically, creating a futuristic ambiance. Beyond the



lounge area, guests encounter a huge “Along the River During the Qingming Festival” light box, centered by an imitation of the ancient banyan tree that embodies Song style in flow elegance – reflecting the refined spirit of ancient literati. The collision of these styles is not a simple patchwork, but a well-designed spatial narrative.

How does Charmoo House differ from traditional hot springs?

Traditional hot springs focus solely on bathing. We elevate it into holistic healing – combining dining, cultural immersion, art exhibitions, and innovation. This one-stop experience fulfills the aesthetic experience of body and mind, constructing a new landmark of cross-border hot spring. We incorporate the following features:

China Chic experiences: Instead of simply reproducing traditional culture, we have combined the elegant aesthetics of the Book of Songs with the concept of a modern hot spring. Like reviving the Song Dynasty “floating wine cup” activity, hosting immersive theater, and curating a scenario painting exhibition area

centered on the theme of calligraphy and painting of ancient literati.

Art-Meets-Wellness: There is a unique painting exhibition area hidden in the hot springs area, where works by Chen Yifei and other artists are displayed, with huge posters hanging in the air, so that guests can immerse themselves in the artistic atmosphere.

Butler Service: Through our one-click app, guests access real-time schedules of the club online, while offline there is personalized service in each area to ensure that the guests have a “win-win” experience

How did the “urban healing micro-vacation” concept materialize?

What modern individuals lack most isn't time, but high-quality physical and mental relaxation. At Charmoo House, “healing” extends far beyond hot springs – thoughtful details are woven in throughout. The spatial design employs light, mist, and natural materials to create a dreamlike ambiance, redefining Shanghai's hot spring experience. For instance, mirrored ceilings in the lobby reflect rising vapor, transporting guests to another realm upon entry. Cultural activities like Guqin performances and ancient pitch-pot games balance recreation with tranquility.

Moreover, the therapeutic journey begins with hot springs as its foundation, blending ancient wellness wisdom with modern healing technologies. Our signature tea-smoked meditation replaces traditional saunas with a unique revitalization through a tea aroma experience. Singing bowl meditation awakens inner tranquility with ethereal sonic vibrations, while our “Alpha Brainwave & Chen Yifei Art Exhibition” sound therapy intertwines healing with artistic visuals. After soaking, this multisensory sanctuary engages sight, sound, and scent in multi-dimensional healing.

Charmoo House transcends the conventional hot spring venue, offering an immersive lifestyle aesthetic that artfully blends cultural trendplay with holistic rejuvenation.

越南TIA养生度假村围绕呼吸、艺术与能量推出创意疗愈静修 TIA Wellness Resort in Vietnam Offers Creative Healing Retreats Around Breath, Art, and Energy

除了瑜伽和按摩，TIA养生度假村还在“创意疗愈静修”中还利用了呼吸、艺术、能量疗愈以及营养丰富的纯素美食。

疗程分为四晚或七晚，专为那些感觉生活与情绪失衡、渴望改善健康、释放负面情绪、重获活力且内心平和的宾客而设计。该私人静修项目全年开放，可根据日程安排预订。

四晚的静修项目聚焦在度假村内以及养生中心的活动，而七晚的行程则融入了对目的地的探索，让宾客在当地具有精神意义的场所实践所学的疗愈方法。例如，为期一周的行程中，包括在五行山中进行私人太极练习，于越南最高的观音像Lady Buddha处进行冥想。

在客人抵达之前，可以通过新推出的TIA app来进行抵达前的咨询、养生指导以及目标设定。抵达后，该项目的核心是每日三大要素：灵气疗法、创意艺术工作坊以及呼吸练习。

第一个核心要素是灵气疗法。这是一种在日本发展起来的能量疗愈方式，已逐渐成为主流。在西方医院中也被用作替代疗法，通过释放能量层面的情绪和思维障碍来发挥作用。

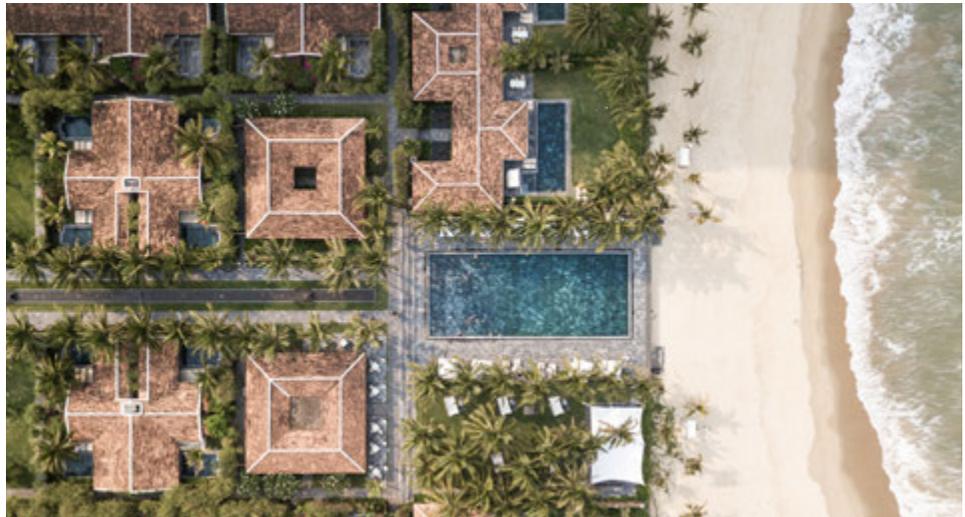
第二个核心要素是创造力。其理念如同人们的学习方式各不相同一样，释放情绪的方式也各有差异。创意工作坊借助艺术练习，帮助宾客释放压力与负面情绪。

第三个核心要素是呼吸的力量。呼吸是最容易获取、随时可用的自我疗愈工具。每天进行有意识的呼吸练习能带来诸多益处，从调节血压、增强免疫系统功能，到营造平和的心境。

这些技巧还与度假村核心区域——拥有22间理疗室的养生中心所提供的每日理疗服务相辅相成，还设有颂钵疗程。瑜伽和太极也是每日可选的额外活动。

纯素膳食计划是静修项目的重要组成部分。宾客通过均衡的营养摄入，从整个项目中充分收益。TIA养生度假村强调提供营养丰富、天然健康的食物。一天中最为丰盛的一餐是早餐，而晚餐的菜品数量则最少。

如需了解更多信息或预订，请发送邮件至wellness@tiawellnessresort.com，或访问<https://tiawellnessresort.com/private-retreats/>。



TIA Wellness Resort elevates the wellness experience with its “Creative Healing Retreat,” moving beyond traditional yoga and massage to integrate breathwork, artistic expression, energy healing, and nourishing plant-based cuisine.

Designed for guests seeking to alleviate stress or anxiety, restore emotional balance, release negativity, and cultivate greater vitality and centeredness, this private retreat is available year-round for flexible four- or seven-night stays. The four-night immersion focuses deeply on transformative practices within the resort and its wellness center. The extended seven-night journey expands the experience, incorporating destination exploration and applying learned techniques in spiritually significant local settings. This includes private Tai Chi amidst the elemental Marble Mountains and meditation at the majestic Lady Buddha statue, Vietnam’s tallest.

Pre- and post-retreat guests can use the YouTube channel WELL with TIA that features the resort’s extensive class offering – from yoga to HIIT. Upon arrival, each day revolves around three core elements: Reiki energy healing, creative art workshops, and mindful breathwork.

Reiki, a Japanese energy healing practice now recognized in mainstream wellness and even Western healthcare, works by releasing deeply held emotional and mental blocks at an energetic level, promoting profound relaxation and balance. The creative art workshops



acknowledge that individuals process and release emotions uniquely; using artistic exercises, these sessions provide powerful channels for reflection, expression, and shedding stress and negativity. Breathwork, the most readily accessible self-healing tool, forms the third pillar. Conscious daily breathing offers myriad benefits, from regulating blood pressure and boosting immune function to fostering deep inner peace.

These core practices are enhanced by daily treatments at the resort’s expansive 22-room wellness center, the heart of the property. Options include sound healing with singing bowls, alongside daily yoga and Tai Chi sessions. Integral to the retreat’s success is a specially curated plant-based meal plan. Emphasizing nutrient-dense whole foods, this balanced nutrition ensures participants derive maximum benefit. The plan features the most substantial meal at breakfast, with lighter fare offered at dinner.

For further details on the Creative Healing Retreat, visit TIA Wellness Resort’s website at <https://tiawellnessresort.com/private-retreats/> or contact them via email at wellness@tiawellnessresort.com.

巴厘岛阿雅娜，林畔丛林探险乐园盛大启幕

印度尼西亚的巴厘岛阿雅娜 (AYANA Bali)，推出了全新的林畔丛林探险乐园，打造一个集冒险、学习与创意游戏于一体的乐园。这标志着酒店首个全新家庭特色服务正式启航，未来还将有更多同类服务陆续推出。包括2025年8月推出全新的海洋主题项目——AYANA海洋探险乐园，带来水上嬉戏与海洋探索的无限乐趣，以及今年晚些开放的Tevana特瓦纳儿童俱乐部。

奇趣探索的魔法世界

林畔丛林探险乐园不仅是一片充满活力的奇趣天地，还是渴望探险、放松与创造难忘回忆的家庭旅客的理想目的地，为巴厘岛亲子度假带来别样体验。各年龄段小宾客们的多个主题游乐区与互动体验区域，提供寓教于乐的丰富体验，让小小探险家们在安全而充满刺激的环境中学习、玩耍，并探索大自然的奇妙。

户外探险体验的核心是Sproutroots为年长儿童量身打造的冒险乐园。配备了惊

险刺激的滑索、攀爬设施以及自然主题游乐元素，在挑战中锻炼身体、树立自信，强化团队合作精神。在这里，孩子们以户外探索为主，沉浸在惊险刺激的冒险世界中，同时还能领略阿雅娜的自然美景。

地下一层的Lumincave则为年幼宝贝们提供一个柔软安全的感官探索乐园，配备了带软垫的游乐设施，有触觉体验和趣味活动，进一步促进感官发育和互动学习能力。一楼的Whisperwood提供结合自然元素的室内游乐区，孩子们可以在此尽情发挥想象力，设有解谜游戏、互动式大自然寻宝活动以及引人入胜的讲故事环节，激发出创造力和探索欲，收获一段寓教于乐的美好时光。

林畔丛林探险乐园为孩子们打造了一个既刺激又有趣的安全探索之地。每次光临，孩子们都能收获各种奇妙的体验，将珍贵的记忆珍藏于心底，让探索欲生根发芽。



梅杰夫四季酒店推出夏季臻选体验



从森林疗愈到勃朗峰野餐，梅杰夫四季酒店于2025年6月13日起推出以康养度假、勃朗峰下的美景野餐及家庭高尔夫体验为特色的全新夏季活动，既是放松身心的避世之所，也是激发活力的灵感之地。

阿尔卑斯疗法，专属养生之旅

酒店健康体验的核心是阿尔卑斯疗法 (Alpinotherapy)。汲取周边群山的焕活能量，可选择单日或多日静修。还提供自然疗法咨询和定制健康菜单。旅程伊始，会有专属向导为宾客量身定制疗愈方案，包括：向导一对一沟通，定制个性化健康计划、多样化康养活动、90分钟奢华SPA护理、由疗愈师精心设计的“沐浴管家”服务，助宾客排毒或恢复平衡

与群峰的节奏共舞，体验心灵冥想

一系列抚慰心灵的体验活动，引领宾客重归内在安宁。在阿尔卑斯群峰全景相伴的冥想中，在几何穹顶下的音乐疗愈里，亦或是泳池畔的满月仪式间，滋养心灵，让宾客在与自我深度对话中，重获身心升华。

沐光入梦，梅杰夫四季酒店的甜美梦境

睡眠是身心焕活的起点，而“沐光入梦”护理疗程则致力于促成一夜深沉、不受干扰的优质睡眠。以一场放松紧张情绪的头皮按摩开始，随后融入了CBD精油的背部

按摩，最后是焕活肌肤的面部护理。宾客在全身放松后，安心入眠。

山野之间，悦享亲子欢夏

从山地自行车越野的动感活力，到花园法式滚球的高贵优雅，展现出如阿尔卑斯四季般丰富多彩的探险体验。“童趣王国”为年轻的宾客构筑了奇幻乐园，有专业导师的悉心指导。户外设萌趣农场，可与小马互动，观察兔群，或追逐鸡雏。

四季平衡，馥养身心的匠心美馔

主厨Armando Acquaviva以精选山间时令风物打造“四季平衡”菜单，如温润清甜的椰香胡萝卜丝绒浓汤、沁爽怡人的薄荷奶油炖意大利节瓜烩饭等。

山野之间，悦启童趣高尔夫之旅

今夏新启，宾客们将在专属儿童高尔夫课堂挥出人生第一杆。专业教练以寓教于乐的方式，让孩子们在阿尔卑斯的清新空气中，轻松掌握握杆要诀，在欢声笑语间，悄然播种下对这项运动的热爱。

了解更多信息与预定详情 res.megeve@fourseasons.com 或致电 +33 04 50 211 211

越南南部Azerai Ke Ga Bay推出海边户外瑜伽课程

Azerai Ke Ga Bay Introduces Outdoor Yoga Overlooking the Sea in Southern Vietnam



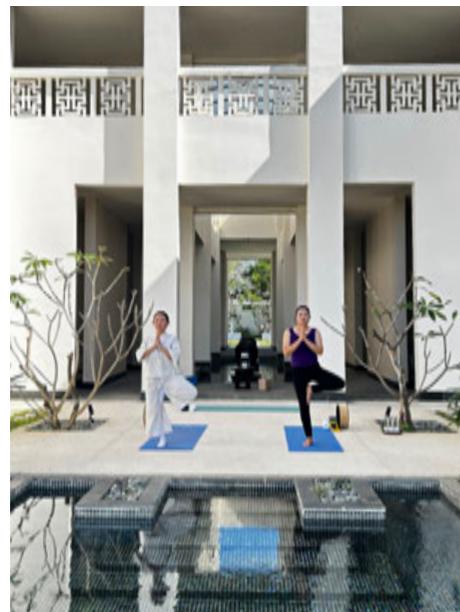
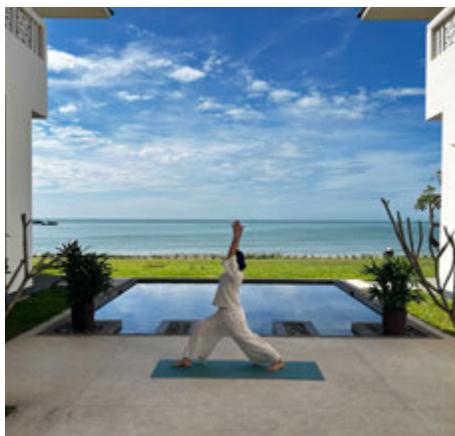
地处越南南部的海滨度假胜地Azerai Ke Ga Bay, 现已在碧海蓝天、海风轻拂的自然美景中推出全新户外瑜伽课程。

宾客在热情专注、经验丰富的瑜伽老师的带领下, 可于周末的清晨免费参与日出瑜伽课程, 与自然连接, 在宁静氛围中迎接新的一天。在Azerai Ke Ga Bay著名的oceanfront水疗中心外的精致露台区域举行。

Trang Tran是古典瑜伽、阴瑜伽、调息法以及正念练习的专家, 能为宾客带来放松身心、缓解压力的体验。此外, 作为一名认证的音疗师, 她还能在私人课程中融入颂钵、铜锣等治愈的声音疗愈技巧, 为个人或团体带来更深入的体验。

对于追求个性化体验的宾客, Azerai Ke Ga Bay还提供私人瑜伽课程和颂钵冥想, 适合个人、双人或团体共同参与。所有瑜伽课程均需视情况而定并提前预订。

如需了解更多信息或预订, 请致电+84 (0) 252 3682 222, 或发送邮件至reservations.kegabay@azerai.com, 或访问azerai.com/azerai-ke-ga-bay/。



Nestled beside Vietnam's southern coast, the exclusive all-suites-and-villas beachfront retreat of Azerai Ke Ga Bay has unveiled a new series of outdoor yoga sessions, inviting guests to practice amidst serene natural surroundings while being caressed by gentle sea breezes.

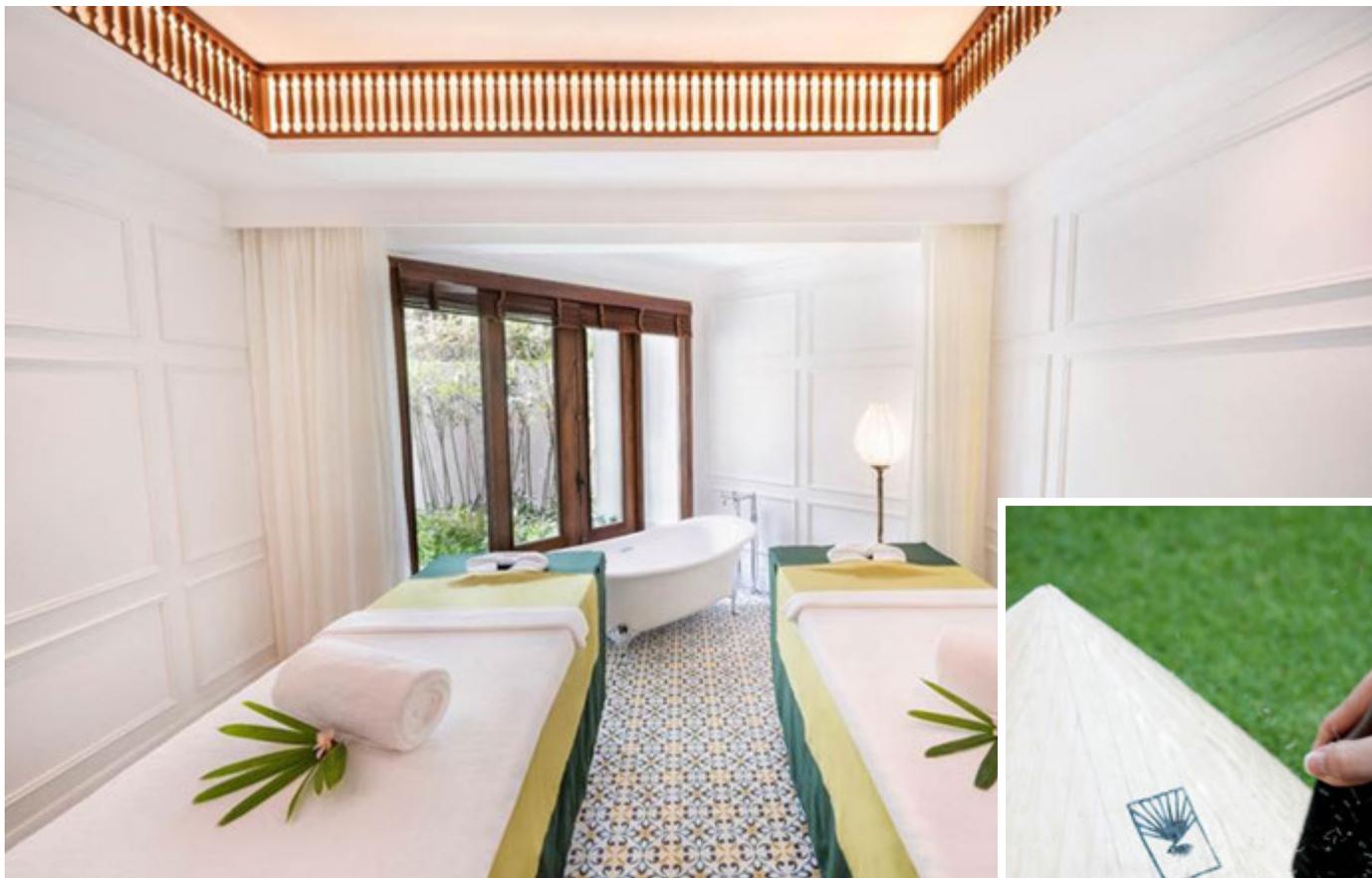
As part of legendary hotelier Adrian Zecha's distinguished Azerai collection, the resort now offers complimentary sunrise yoga sessions on weekends. Guided by passionate and experienced instructor Trang Tran, these morning classes harness the tranquil coastal energy from an elegant patio setting outside the resort's acclaimed oceanfront spa.

Trang Tran specializes in classical yoga, yin yoga, pranayama, and mindfulness practices, crafting experiences focused on relaxation, inner balance, and stress relief. A certified sound healer, she enriches private sessions with therapeutic techniques incorporating singing bowls and gongs, elevating the meditative journey for both individuals and groups.

For those desiring personalized attention, Azerai Ke Ga Bay provides private yoga and singing bowl meditation sessions tailored for solo practitioners, couples, or small group gatherings. All yoga experiences require advance reservations due to limited availability.

To learn more, or secure a booking, please call +84 252 3682 222, email reservations.kegabay@azerai.com, or visit the resort's official website at azerai.com/azerai-ke-ga-bay/.

越南美奈The Anam Mui Ne度假村推出喜马拉雅颂钵疗法 Himalayan Singing Bowl Therapy Comes to The Anam Mui Ne



受法属印度支那时代启发的The Anam Mui Ne度假村，坐落于越南海滨小镇美奈，其The Anam水疗中心新增了一系列喜马拉雅颂钵疗法，对健康益处多多，能刺激血液循环、增强免疫系统、缓解压力和焦虑、改善睡眠质量、平衡能量、疏通阻滞、帮助身体自然排毒、促进情感疗愈。疗程时长从45分钟到60分钟不等，有“放松”、“平衡”、“排毒”、“疗愈之力”和“疗愈音浴”等。

“放松”疗法使用七个不同的颂钵，以放松“脑电波和体内所有细胞”，缓解肌肉和神经系统的紧张。“平衡”疗法针对人体的七个脉轮和大脑的两个半球，旨在平衡能量，缓解抑郁。

“排毒”疗法聚焦于肝脏、脾脏和肾脏，以增强身体的排毒过程。“疗愈之力”疗法则采用温水和喜马拉雅颂钵的振动来作用于肌肉群，改善血液循环。“疗愈音浴”疗法旨在创造内心的平静。

此外，The Anam水疗中心提供免费的一小时团体颂钵体验课，最多五人参与。如需了解更多信息或预订，请访问www.theanam.com，发送电子邮件至info.mn@theanam.com，或致电+(84) 252 628 4868。

Inspired by the Indochine era, The Anam Mui Ne resort graces the shores of Mui Ne, a picturesque beach town in Vietnam. Enhancing its wellness offerings, the resort's Anam Spa has recently introduced a series of therapeutic Himalayan singing bowl sessions. These treatments provide significant health benefits such as stimulating circulation, boosting the immune system, alleviating stress and anxiety, improving sleep quality, balancing energy, releasing blockages, aiding the body's natural detoxification process, and promoting emotional healing.

Sessions range from 45 to 60 minutes and feature distinct treatment options: “Relaxing”, “Balancing”, “Detoxifying”, “Healing Power”, and “Healing Sound Bath”. The “Relaxing” treatment utilizes seven different singing bowls to calm brain waves and all body cells, effectively relieving tension in the muscles and nervous system. “Balancing” focuses on harmonizing the body's seven chakras and the brain's two hemispheres, a practice believed to balance energy and assist with depression.

For internal purification, the “Detoxifying”

treatment specifically targets the liver, spleen, and kidneys to enhance the body's natural detox process. “Healing Power” combines the vibrations of Himalayan bowls with warm water to address muscle tension and improve blood circulation. Finally, the “Healing Sound Bath” aims to cultivate deep inner peace and tranquility.

Complementing these therapies, The Anam Spa also offers complimentary hour-long group singing bowl sessions, accommodating up to five participants. For further details or to make a booking, please visit www.theanam.com, email info.mn@theanam.com, or call +84 252 628 4868.



Spa 水疗 · 上海

Away Spa, W Shanghai - The Bund
上海外滩W酒店Away水疗中心
W/F, 66 Lvshun Road, Shanghai
上海市旅顺路66号
上海外滩W酒店W层
T: 021 2286 9999
www.wtwhotel.com

W
SHANGHAI
THE BUND
上海外滩W酒店

Auriga Spa at Capella Shanghai, Jian Ye Li
上海建业里嘉佩乐酒店Auriga水疗
480 Jianguo Road West, Xuhui, Shanghai
上海市徐汇区建国西路480号
T: 021 5466 6688
www.capellashanghai.cn

auriga

Amanyangyun - AMAN SPA

静安嘉里中心店
SB1-05B(Shop #25), B1
South Retail, Jing'an Kerry Centre, 1218 Yan'an Middle Road, Jing'an District, Shanghai
上海市静安区延安中路1218号静安嘉里地下1楼SB1-05B (25号商辅)
T: 021 6266 0018
2) Xinle Retreat 新乐店
206 Xinle Road, Xuhui District, Shanghai
上海市徐汇区新乐路206号
T: 021 5403 9982
3) IFC Mall Retreat
国金中心店
LG2-47-1, Shanghai IFC, 8 Century Avenue, Lujiazui, Pudong District, Shanghai
上海市浦东新区世纪大道8号国金中心商场LGII-47-1
T: 021 68785008
www.dragonfly.net.cn

ELAINE ART SPA

依霖 · 艺术 · Spa
153-155 Xuanhua Road, Changning, Shanghai
上海市长宁区宣化路153-155号
T: 021 5238 3391

Floatasian Float Spa

漂浮岛
288 Dagu Road, 2nd Floor, Huangpu District, Shanghai
上海市黄浦区大沽路288号, 大沽庭, 5号楼, 2层, A室
T: +86 21 6385 5189

Green Massage

1) Gubei Branch
上海古北店
480, Hongbaoshi Road (Jinzhu Road), Changning
上海市长宁区红宝石路480号(金珠路)
Business Hours: 10:30 am - 00:00 am
Tel: 021 6288 7608
2) The Roof Branch
上海马当路店
LG2-15, 458 Madang Road, Huangpu
上海市黄浦区马当路458弄
LG2-15
Business Hours: 10:30 am - 23:30 am
Tel: 021 5386 8188
3) Xintiandi Branch
新天地店
58 Taicang Road, Huangpu
太仓路58号
Business Hours: 10:30 am - 01:00 am
Tel: 021 5386 0222
4) Infinitus Branch
上海无限极荟店
L3-W01, 168 Hubin Road, Huangpu
黄浦区湖滨路168号L3-W01
Business Hours: 10:00 am - 00:00 am
Tel: 021 6877 8188
5) Lujiazui Branch
上海陆家嘴店
6F, 66 Huayanshiqiao Road, Pudong
上海市浦东新区花园石桥路66号东亚银行裙楼6楼

Chuan Spa, The Langham Xintiandi, Shanghai

上海新天地朗廷酒店「川」水疗中心
B1/F The Langham Xintiandi, 99 Madang Road, Xintiandi, Shanghai, China
上海市新天地马当路99号上海新天地朗廷酒店B1层
T: +86 21 2330 2288
www.chuanspa.com

CHI, The Spa at Jing An Shangri-La, West Shanghai

上海静安香格里拉大酒店「氣」SPA
1218 Yan'an Road Central, Shanghai
上海市延安中路1218号
T: 021 2203 8888
www.shangri-la.com

Dragonfly Therapeutic Retreat

悠逸保健会所
1) Jing'an Kerry Centre Retreat

Business Hour: 10:00 am - 22:30 am
Tel: 021 6289 7778
6) Shanghai Centre Branch
上海商城店
808, East Residences, Shanghai Centre, 1376 Nanjing Road West, Jingan
南京西路1376号上海商城东峰808室
Business Hours: 10:00 am - 23:00 am
Tel: 021 6289 7007
7) Xujiahui Branch
上海徐家汇店
88 Xingen Road, Xuhui
上海市徐汇区辛耕路88号
Business Hours: 10:30 am - 23:00 am
Tel: 021 6468 7076
www.greenmassage.com.cn

Iridium Spa at The St. Regis Shanghai, Jing'an

上海静安瑞吉酒店铂瑞水疗
1008 Beijing Road West, Jing'an, Shanghai
上海市静安区北京西路1008号
T: 021 6257 9999
www.stregis.com

L SPA at Sunrise On The Bund

上海外滩浦华大酒店涟水疗
6F Shanghai Sunrise On The Bund 168 Gaoyang Road, Hongkou District
虹口区高阳路168号6楼
上海外滩浦华大酒店
T: 021 5558 9999*6008
www.sunrisesha.com

MI XUN SPA, The Middle House

上海锦舍酒店谧寻水疗
B1, 366, Shimen 1 Road, Jing'an, Shanghai
上海市静安区石门一路366号
上海锦舍酒店B1层
T: 021 3216 8199
www.the-house-collective.com

Rubis Spa

丽妍雅集
1) LIPPO Plaza Branch
力宝店
B104, LIPPO Plaza, 222 Middle Huaihai Road, Huangpu, Shanghai
上海市黄浦区淮海中路222号力宝广场B1层04单元
T: 021 5383 0111
2) OnePiece Work Branch
领展企业天地店
L2-7B, Tower 1 Link Square, 222 Hubin Road, Huangpu, Shanghai
上海市黄浦区湖滨路222号领展企业天地1栋2层7B单元
T: 021 6340 6336
3) LuOne Branch
凯德LuOne店
L6-07-10, LuOne Capita Land, 268 Xujiahui Road, Huangpu, Shanghai
上海市黄浦区徐家汇路268号LuOne凯德晶萃广场6层07-10单元
T: 021 6447 7705
4) JiuGuang Branch
久光店

Swissline Glamscience Center

Swissline魅力美学中心
SL-09-10, Hong Kong Plaza, 283 Middle Huaihai Road, Huangpu, Shanghai
上海市黄浦区淮海中路283号香港广场商场南座SL-09-10室
T: 021 5386 1768

Shanghai ChingHo Clinic

上海静和门诊部
227 North Huangpi Road
上海市黄陂北路227号
T: 40002122

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.ruijinihotel.com

Swissline Glamscience Center

Swissline魅力美学中心
SL-09-10, Hong Kong Plaza, 283 Middle Huaihai Road, Huangpu, Shanghai
上海市黄浦区淮海中路283号香港广场商场南座SL-09-10室
T: 021 5386 1768

Shanghai ChingHo Clinic

上海静和门诊部
227 North Huangpi Road
上海市黄陂北路227号
T: 40002122

The Daisy Spa

戴西养生堂
1) The Daisy Spa (818 Plaza)
戴西养生堂(818广场店)
410-411 Plaza 818, 818 Nanjing Road West, Shanghai
上海市南京西路818号818广场410-411商辅
T: 021 5228 2591
2) The Daisy Spa (Jinmao Fashion Plaza)
戴西养生堂(金茂时尚广场店)
3/F, Jinmao Fashion Plaza, Jin Mao Tower, 88 Century Avenue, Shanghai
上海市世纪大道88号金茂大厦金茂时尚广场3层
T: 021 5056 0580

The Bvlgari Spa Shanghai

上海宝格丽酒店水疗中心
B1, 33 Henan North Road, Shanghai
上海市河南北路33号
上海宝格丽酒店B1层
T: 021 3606 7788
www.bulgarihotels.com

The Retreat at The Sukhothai Shanghai

上海素凯泰酒店 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.waldorfastorianshanghai.com

UR SPA at The PuLi Hotel and Spa

璞麗酒店暹水疗
3/F, 1 Changde Road, Jingan District, Shanghai
上海市静安区常德路1号璞麗酒店3楼
T: 021 3203 9999 ext. 6899
www.thepuli.com

Willow Stream Spa (Fairmont Peace Hotel)
蔚柳溪水疗 (和平饭店)
Fairmont Peace Hotel, 20 Nanjing Road East, Shanghai, China
上海市南京东路20号和平饭店
T: +86 21 6138 6810
www.peaceshotel.com

Water's Edge at Park Hyatt Shanghai
上海柏悦酒店水境水疗中心
100 Century Avenue, Pudong, Shanghai
上海市浦东新区世纪大道100号
T: 021 6888 1234*4251
www.hyatt.com

1855 BEAUTY BRAIN
1) 1855 BEAUTY BRAIN (英格兰SPA馆)
583 Shangbo Road, Pudong, Shanghai
上海市浦东新区尚博路583号(尚博路与东明路交叉口西50米路北)
T: 021 5018 1855
2) 1855 BEAUTY BRAIN (大华艺术SPA馆)
928 Zhenhua Road, Baoshan, Shanghai
上海市宝山区真华路928号(大华第三空间)
T: 021 6364 1855
3) 1855 BEAUTY BRAIN (宜昌路SPA店)
65 Yichang Road, Putuo, Shanghai
上海市普陀区宜昌路65号
T: 021 6682 1855

Spa at Shangri-La Qiantan, Shanghai
香格里拉水疗
1/F, 551 Haiyang West Road, Pudong New District, Shanghai
上海市浦东新区海阳西路551号上海前滩香格里拉1楼
T: 021 2065 9628
www.shangri-la.com/cn/shanghai/qiantanshangrila/

The Lakeville Regency Clubhouse
翠湖天地御苑会所
No.10, Lane168, Shunchang Road, Huangpu District, Shanghai
上海市黄浦区顺昌路168弄10号
T: 021 6386 9955
www.shuonland.com

TRIA SPA at MGM SHANGHAI WEST BUND
上海西岸美高梅酒店禅源水疗中心
58F, 688 Yunjin Road, Xuhui District, Shanghai

上海市徐汇区云锦路688号58楼
T: 021 6058 8888
triaspa@mgmshanghai.cn

Spa 水疗 · 北京

Beauty Farm
Jingrongjie Branch
美丽田园 金融街店
L415-2, Financial Street Shopping Center, 2 Jinchengfang Street, Xicheng, Beijing
北京市西城区金城坊街2号金融街购物中心L415-2
T: 010 6622 0418

Dragonfly Therapeutic Retreat
悠庭保健会所
1) Yansha Retreat 燕莎店
Ground Floor, Grand Summit Plaza, 19 Dongfang Rd. East, Liang Ma Qiao, Chaoyang District, Beijing
北京市朝阳区燕莎桥东方东路19号外交会所一层
T: 010 8532 3122
2) Kerry Centre Beijing Retreat
嘉里中心店
B10, Kerry Centre, No.1, Guanghua Road, Chaoyang District, Beijing
北京市朝阳区光华路1号嘉里中心商场地下一层B10
T: 010 8529 6331

1855 BEAUTY BRAIN
1) 1855 BEAUTY BRAIN (英格伦SPA馆)
583 Shangbo Road, Pudong, Shanghai
上海市浦东新区尚博路583号(尚博路与东明路交叉口西50米路北)
T: 021 5018 1855
2) 1855 BEAUTY BRAIN (大华艺术SPA馆)
928 Zhenhua Road, Baoshan, Shanghai
上海市宝山区真华路928号(大华第三空间)
T: 021 6364 1855
3) 1855 BEAUTY BRAIN (宜昌路SPA店)
65 Yichang Road, Putuo, Shanghai
上海市普陀区宜昌路65号
T: 021 6682 1855

i spa 泰美好
1) Fulou Road · Gehua New Century Hotel Beijing Branch 鼓楼 · 歌华开元店
1st Floor, Gehua New Century Hotel, NO.19 Gulouwai Dajie, Chaoyang, Beijing
北京市朝阳区鼓楼外大街19号, 歌华开元大酒店1层
T: 010 6202 6708
2) Zhichun Road · Flagship Store
知春路 · 旗舰店
B1 Tyfull Hotel Beijing, Xi Tucheng Road, Haidian, Beijing
北京市海淀区西土城路1号院1号楼泰富酒店B1(蓊门桥北)
T: 010 5329 9991

Iridium Spa at The St. Regis Beijing
北京瑞吉酒店钛瑞水疗
21 Jianguomenwai Avenue, Chaoyang, Beijing
北京市朝阳区建国门外大街21号
T: 010 6460 6688*2745
www.marriott.com

露露Spa
北京市朝阳区霄云路甲26号航大厦万豪酒店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
北京市朝阳区建国路甲83号北京丽思卡尔顿酒店
T: 010 5908 8888
http://www.ritzcarlton.com/en/Properties/Beijing/Spa/Default.htm

The Peninsula Spa Beijing
王府半岛酒店水疗中心
8 Goldfish Lane, Wangfujing, Beijing, China

北京王府井金鱼胡同8号
T: +86 10 6510 6321
www.peninsula.com

The Spa at Aman Summer Palace
颐和安缇水疗
1 Gongmenqian Street, Summer Palace, Haidian, Beijing
北京市海淀区颐和园宫门前街1号
T: 010 5987 9999
www.aman.com

Tian Spa at Park Hyatt Beijing
北京柏悦酒店天池水疗中心
59/F Park Hyatt Beijing, 2 Jianguomenwai Street, Beijing
北京市朝阳区建国门外大街2号北京柏悦酒店59层
T: 010 8567 1157
www.hyatt.com

The Spa at Bulgari Hotel Beijing
北京宝格丽酒店水疗中心
Building 2, Yard 8 Xinyuan South Road, Beijing
北京市朝阳区新源南路8号院2号楼
T: 010 8555 8555
www.bulgarihotels.com

The Spa at Four Seasons Hotel Beijing
北京四季酒店水疗中心
48 Liangmaqiao Road, Chaoyang, Beijing
北京市朝阳区亮马桥路48号
T: 010 5695 8888
www.fourseasons.com

UR SPA at The PuXuan Hotel and Spa
北京璞瑄酒店暹水疗
5/F,7/F, 1 Wangfujing Street, Dongcheng District, Beijing
中国北京市东城区王府井大街1号璞瑄酒店5层和7层
T: 010 5393 6688
www.thepuxuan.com

Willow Stream Spa, Fairmont Beijing
北京华彬费尔蒙酒店蔚柳溪水疗中心
8 Yong An Dong Li, Jian Guo Men Wai Avenue, Beijing, China
北京市朝阳区建国门外大街永安里8号北京华彬费尔蒙酒店
T: +86 10 8507 3737
www.fairmont.cn/beijing

Waldorf Astoria Spa, Beijing
北京华尔道夫酒店水疗中心
5-15 Jinyu Hutong, Dongcheng, Beijing
北京市东城区金鱼胡同5-15
T: 010 8520 8989
www.waldorfastoria.com

MAHA Spa
缙合水疗
MAHA Club & Residences, 8 Xiao Yun Road, Chaoyang District, Beijing
北京市朝阳区霄云路8号, 缙合北京俱乐部及行政公寓
T: 010 52259877

LAINMONT SPA
LAINMONT 莱曼精准抗衰SPA
8B, Block A, Jinyuan Business Center, Haidian District, Beijing
北京市海淀区金源商务中心A座8B
T: 13167383238

DONGTIAN SKINCARE (China World Branch)
东田美肤中心 (国贸店)
3L208, North Zone, China World Center, No.1, Jianguomenwai Avenue, Chaoyang District, Beijing
北京市朝阳区建国门外大街1号院国贸商城北区3L208铺位
T: 010 6505 9163

Spa 水疗 · 天津

i spa 泰美好
The Westin Tianjin · Binjiang Road Branch
威斯汀 · 滨江道店
6F, The Westin Tianjin, 101 Nanjing Road, Heping, Tianjin
天津市和平区南京路101号君隆威斯汀酒店六层(近营口道口)
T: 022 2389 0189
www.ispa.cn

L'OCEAN SPA at Four Seasons Hotel Tianjin
天津四季酒店水疗中心
138 Chifeng Road, Heping District, Tianjin
天津市和平区赤峰道138号
T: 022 2716 6226
www.fourseasons.com

Rubis Spa 丽妍雅集
Riverview Place Branch
嘉里汇店
L2-2026A, Riverview Place, 238 Liuwei Road, Hedong, Tianjin
天津市河东区六纬路238号嘉里汇2层2026A单元
T: 022 2712 7823

SCENT TIME 天津斯年香索香气疗愈中心
Tianxi 24-2-801, Aocheng Commercial Plaza, Lingbin Road, Nankai, Tianjin
天津市南开区凌宾路奥城天玺24-2-801
T: 022 5890 0088

The Spa at The Ritz Carlton, Tianjin
天津丽思卡尔顿酒店 天津丽思卡尔顿水疗中心
167 Dagou Road North, Heping, Tianjin
天津和平区大沽北路167号
T: 022 5857 8888
www.ritzcarlton.com

Spa 水疗 · 广州 & 深圳
AWAY® Spa at W Guangzhou
广州W酒店AWAY®水疗中心
26 Xiancun Road, Zhujiang New Town, Tianhe District, Guangzhou, Guangdong, China

广东省广州市天河区珠江新城洗村路26号
T: +86 20 6628 6628
www.starwoodhotels.com/whotels

Angsana Spa, The Garden Hotel Guangzhou
广州花园饭店 悦椿Spa
4/F, 368 East Huanshi Road, Guangzhou, Guangdong, China
广东省广州市环市东路368号4楼
T: +86 20 8333 8989
www.angsana.com

Athena Spa at Pullman Dongguan Forum
东莞旗峰山铂尔曼酒店云涧水疗
32 Dongcheng Road Central, Dongcheng District, Dongguan, Guangdong, 523129, China
广东省东莞市东城区东城中路32号
T: +86 769 2336 8888*6699
www.pullmanhotels.com.cn

AEVUM SPA
AEVUM 奥斯芬欧系贵族SPA
1) KK MALL Branch
KK MALL店
Shop L211, 2F, KK Mall, Luo Hu, Shenzhen
深圳市罗湖区深南东路5016号京基百纳KKMALL购物中心2F L211号商铺
T: 0755 2290 9188/2290 9133
2) KK ONE Branch
KK ONE店
Shop L304, 3F, KK ONE, KINGKEY TIMEMARK, Fu Tian, Shenzhen
深圳市福田区滨河大道9289号京基滨河时代KK ONE 3F L304号商铺
T: 0755 8863 5177/8863 5187
3) Wanxiangtiandi Branch
万象天地店
Shop SL312, 3F, Hua Run Mixc World, Nanshan, Shenzhen
深圳市南山区华润万象天地3F SL312号商铺
T: 0755 8668 7988
4) Yitianjiari Branch
益田假日店
Shop L2-58, Yitian Holiday Plaza, Nanshan, Shenzhen
深圳市南山区益田假日广场L2-58号
T: 0755 86951995
http://www.aevumspa.cn

Asaya Active, Rosewood Guangzhou
广州瑰丽酒店
Guangzhou Zhoudafu Financial Center, No.6, Zhujiangdong Road, Tianhe, Guangzhou
广州市天河区珠江东路6号广州周大福金融中心
T: 020 8852 8888

CHUAN SPA at The Langham, Shenzhen
深圳朗廷酒店「川」水疗中心
7888 Shennan Boulevard, Futian District, Shenzhen
深圳市福田区深南大道7888号

(农轩路与香林路交叉口)
T: 0755 8828 9888
http://shenzhen.lanhamhotels.com

Chuan Spa at Lanham Place, Guangzhou
广州南丰朗豪酒店「川」水疗
638 Xingqiang Road East, Haizhu District, Guangzhou, Guangdong, China
广东省广州市海珠区新港东路638号
T: +86 20 8916 3388*3538
www.guangzhou.lanhamplacehotels.com.cn

Devarana Spa at Dusit Devarana Hot Spring Hotel Conghua
广州从化都喜泰丽温泉度假酒店 泰丽水疗
352 Yuquan Avenue, Liangkou Town, Conghua, Guangdong, China
广东省广州市从化良口镇御泉大道352号
T: +86 20 3798 8888*6630
www.dusit.com

FINEFULL SPA at Shenzhen Marriott Hotel Golden Bay
深圳兆业万豪酒店臻淼水疗
B1, 33 Zonglv Road, Dapeng New, Shenzhen
深圳市大鹏新区棕榈大道33号酒店B1层
T: 0755 2839 8888*8401

Heavenly Spa by Westin Shenzhen
深圳益田威斯汀酒店天梦水疗
4/F, The Westin Shenzhen Nanshan 9028-2 Shennan Road, Nanshan District, Shenzhen
深圳市南山区深南大道9028号-2深圳益田威斯汀酒店4楼威斯汀天梦水疗
T: 0755 8634 8860
www.westin.com/shenzhen

Hua SPA/花水疗
69 Floor, Four Seasons Hotel Guangzhou, 5 Zhujiang West Road, Pearl River New City, Tianhe District, Guangzhou
广州市天河区珠江新城珠江江西路5号广州四季酒店69层
T: 020 8883 3000

Iridium Spa at The St. Regis Shenzhen
深圳瑞吉酒店依瑞水疗
The St. Regis Shenzhen, 5016 Shennan Road East, Luohu, Shenzhen
深圳市罗湖区深南东路5016号
T: 0755 2223 9407
www.stregis.com

Let's Relax 泰放松
2/F, Hongfa Building, No.19, Tianhenaner Road, Guangzhou
广州天河南二路19号宏发大厦2层
T: 020 8362 9234

L.GRACE小颜日式整骨美肌沙龙(广州)
2301 Building 3, 15 Xing'an Road, Tianhe, Guangzhou
广州市天河区兴安路15号保利中达广场天空别墅3号楼2301
T: 156 2222 5092

O Spa at Grand Hyatt Guangzhou
广州富力君悦大酒店「清」水疗中心
24/F Grand Hyatt Guangzhou, 12 Zhujiang West Road, Pearl River New City, Tianhe, Guangzhou, Guangdong, China
广东省广州市天河区珠江新城珠江江西路12号广州富力君悦大酒店24层
T: +86 20 8396 1234 ext.3520
www.guangzhou.grand.hyatt.com

Royal Spa 熙SPA
No.221 Xingmin Road, Zhujiang New Town, Tianhe, Guangzhou
广州市天河区珠江新城兴民路221号
T: 020 3889 4742

Raffles Spa Shenzhen
深圳鹏瑞莱佛士酒店水疗中心
No. 1, Shenzhen Bay, No. 3008, Zhongxin Road, Shenzhen
深圳市中心路3008号深圳湾1号
T: 0755 8121 9366

Siyani 思妍丽
1) 万科店
2nd Floor, Bldg. Vanke Jinsejiayuan, No.2018, Lianhua Road, Futian District, Shenzhen
深圳市福田区莲花路2018号万科金色家园二期二樓
T: 0755 8319 3072
2) 太古城店 All City L302 North All City Shopping Center, Nanshan, Shenzhen
深圳市南山区中心路工业八路宝能太古城花园购物中心北区L302
T: 0755 3688 0998
3) 上海宾馆 Shanghai Hotel 2/F Shanghai Hotel Shennanzhong Road, Futian, Shenzhen
深圳市福田区深南中路上海宾馆二樓
T: 0755 2390 7922
www.siyani.net.cn

Spa at Futian Shangri-La, Shenzhen
深圳福田香格里拉大酒店水疗中心
Futian Shangri-La, Shenzhen, 4088 Yi Tian Road, Futian District, Shenzhen
深圳市福田区益田路4088号深圳福田香格里拉大酒店
T: 0755 8828 4088 Ext: 6668
www.shangri-la.com

Shui Xiang Spa at Grand Hyatt Shenzhen

深圳君悦酒店 水乡水疗中心
3/F Grand Hyatt Shenzhen, 1881 Baoan Nan Road, Luohu District, Shenzhen, Guangdong, China
广东省深圳市罗湖区宝安南路1881号深圳君悦酒店3楼
T: +86 755 8266 1234
www.shenzhen.grand.hyatt.com

The Spa at Park Hyatt Guangzhou
广州柏悦酒店—柏悦水疗中心
16 Huaxia Road, Zhujiang New Town, Tianhe District, Guangzhou
广州市天河区珠江新城华夏路16号
T: +86 20 3769 1234
guangzhou.park.hyatt.com

THE SPA at Park Hyatt Shenzhen
深圳柏悦水疗中心
5023 Yitian Road, Futian, Shenzhen
深圳市福田区益田路5023号
T: 0755 8829 1234

The Ritz-Carlton Spa, Shenzhen
深圳星河丽思卡尔顿酒店水疗中心
5/F, 116 Fuhua San Road, Futian District, Shenzhen
深圳市福田区福华三路116号深圳星河丽思卡尔顿酒店5楼
T: 0755 2222 2222
www.ritzcarlton.cn/shenzhen

The Ritz-Carlton Spa, Guangzhou
广州富力丽思卡尔顿酒店水疗中心
4/F, 3 Xing An Road, Pearl River New City, Tianhe District, Guangzhou
广州市天河区珠江新城兴安路3号4楼
T: 020 3813 6668
www.ritzcarlton.cn/guangzhou

VELEESPA
深圳薇妮健康服务有限公司
212-213, South Zone, No.1 Shenzhen Bay, Yuehai Street, Nanshan District, Shenzhen
深圳市南山区粤海街道深圳湾1号南区212-213
T: +86 0755 8611 1196

an+spa 安屿an+spa
2F, Building D, Chengyang Plaza, No. 5 Baogang Road, Luohu District, Shenzhen
深圳市罗湖区宝岗路5号汇成洋大厦D栋2楼
T: 18038158781

The Spa at Shangri-La Nanshan Shenzhen
深圳南山香格里拉酒店水疗中心
Block J, Phase 5, Shenwan Huiyun Center, Baishi 3rd Road, Nanshan District, Shenzhen
深圳市南山区白石三道深湾汇云中心五期J座

T: 0755 2933 8888

Angsana Spa, Angsana Zhuhai Henggin
珠海横琴悦禧酒店悦禧SPA
No 288 Chonglou Road, Guangdong Macao in Depth, Cooperation Zone in Henggin, Zhuhai
珠海横琴粤澳深度合作区重楼路288号
T: 0756 288 9889

Spa 水疗 · 海南
ATARAN SPA
1) ATARAN SPA at Hilton Haikou Meilan
海口鲁能希尔顿酒店 ATARAN SPA
2 Qiongsan Avenue, Meilan, Haikou
海口市美兰区琼山大道2号
T: 0898 3639 8888
2) ATARAN SPA at Palace Resort Yalong Bay, Sanya
三亚亚龙湾迎宾馆 ATARAN SPA
2 Haitang North Road, Haitang Bay Resort, Sanya
三亚海棠湾旅游度假区海棠北路2号
T: 0898 8871 8888
3) ATARAN SPA at Huayu Resort & Spa Yalong Bay Sanya
三亚亚龙湾华宇度假酒店 ATARAN SPA
National Tourism Resort, Yalong Bay, Jiyang, Sanya
三亚吉阳区亚龙湾国家旅游度假区
T: 0898 8855 5888

Auriga Spa at Capella Sanya
三亚嘉佩乐度假酒店
Tufu Resort Area, Yingzhou Town, Lingshui County, Hainan
海南省三亚市陵水黎族自治县英州镇土福湾度假区
T: 0898 8309 9999

Atlantis Sanya AHAVA Spa
三亚·亚特兰蒂斯AHAVA水疗
No. 8, Haitangbei Road, Haitangwan Town, Haitang, Sanya
三亚市海棠区海棠湾镇海棠北路8号工地
T: 0898 8898 6666

Beauty Farm Xiaribaihuo Branch
美丽田园 夏日百货店
6 / F, Summer Department Store, 1 Haiyun Road, Sanya
三亚海韵路1号夏日百货6楼
T: 0898 8821 6637

Bamford Wellness Spa at 1 Hotel Haitang Bay, Sanya
三亚海棠湾阳光壹酒店Banford 水疗
No.4, Haitangnan Road, Haitangwan, Sanya
海南省三亚市海棠湾海棠南路4号
T: 0898 88691888

Hilton Sanya Yalong Bay

Resort & Spa 金茂三亚亚龙湾希尔顿大酒店水疗体验中心
Yalong Bay National Resort District, Sanya
三亚市亚龙湾国家旅游度假区
T: 0898 8858 8888
www.hilton.com/worldwideresorts

Huan Spa at Grand Hyatt Sanya Haitang Bay
三亚海棠湾君悦酒店焕水疗
68 Haitang North Road, Haitang Bay, Sanya
三亚海棠湾镇海棠北路68号
T: 0898 8881 1234
www.hyatt.com

Iridium Spa at The St. Regis Sanya Yalong Bay Resort
三亚亚龙湾瑞吉度假酒店 依瑞水疗
The St. Regis Sanya Yalong Bay Resort, National Tourism Resort, Yalong Bay, Sanya, Hainan, China
海南省三亚市亚龙湾国家旅游度假区 三亚亚龙湾瑞吉度假酒店
T: +86 898 8855 5555 ext.3280
www.stregis.com/sanya

Raffles SPA at Raffles Hainan
海南清水湾莱佛士水疗谷
Clearwater Bay Avenue, Yingzhou Town, Lingshui County, Hainan, China
海南省陵水县英州镇清水湾大道
T: +86 898 8338 9888
www.affles.com/hainan

Sense Spa at Rosewood Sanya
三亚保利瑰丽酒店水疗中心
1/F, Rosewood Sanya, No. 6 Haitang North Road, Sanya 572000, Hainan
海南省三亚市海棠区海棠北路6号三亚保利瑰丽酒店1楼
T: +86 898 8871 6666

SPA InterContinental
三亚半山半岛洲际度假酒店水疗会所
InterContinental Sanya Resort, No.1 Zhouji Lu, Sanya, Hainan
海南省三亚市洲际路1号 三亚半山半岛洲际度假酒店
T: 0898 8861 8888
www.intercontinental.com/sanya

Shine Spa for Sheraton Shenzhou Peninsula Resort
神州半岛喜来登度假酒店 炫逸水疗
Shenzhou Peninsula Resort, Wanning, Hainan, China
海南省万宁市神州半岛旅游度假区
T: +86 898 6253 8868
www.sheraton.com

The Spa at Le Méridien Shimei Bay Beach Resort & Spa
石梅湾艾美度假酒店水疗中心
Shimei Bay, Wanning, Hainan, 571533, China

海南省万宁市石梅湾旅游度假区
T: +86 898 6252 8888*7262
www.starwoodhotels.com/lemeridien

The Spa at Mandarin Oriental, Sanya
三亚文华东方水疗谷
Mandarin Oriental, Sanya, 12 Yuhai Road, Jiyang, Sanya
三亚市吉阳区榆海路12号
T: 0898 8820 9999
www.mandarinoriental.com

Xing Hua Chun Yu Aesthetics of Life Spa
杏花春雨Sana生活美学
West Side of Bauhinia Department Store, Longhua, Haikou
海南省海口市龙华区紫荆百货西侧
T: 0898 6627 8888

Spa 水疗 · 江苏
DI SPA 朵迪 Spa健康管理中心
No.24, area a, canal park, Fuxiu Road, Liangxi, Wuxi
无锡梁溪区扶秀路运河公园A区24号
T: 0510 8241 3885

Dusit Wellness at Dusit Thani Wellness Resort Suzhou
苏州新区都喜天丽养生度假酒店 泰悦雅颂
88 Shushan Road, Tong'an Town, Suzhou National Hi-Tech District, Jiangsu
中国江苏省苏州市高新区通安镇树山路88号
T: 0512 6269 8888

M-SPA 沐心宸舍
1) 8F Hilton Suzhou, 275 East Suzhou Avenue, Suzhou Industrial Park, Jiangsu
江苏省苏州市吴中区工业园区苏州大道东275号苏州希尔顿酒店8楼水疗中心
T: 0512 6292 0068*6330
2) 1F Kempinski Hotel Suzhou, 1 Guobin Road, Suzhou Industrial Park, Jiangsu
江苏省苏州市工业园区国宾路1号苏州金鸡湖凯宾斯基大酒店1楼
T: 0512 6289 7888*6880
3) 6 F Suzhou High-Speed Rail Jinke Grand Hotel, 67 South Tiancheng Road, High-Speed Rail New Town, Suzhou
江苏省苏州市高铁新区南天成路67号苏州高铁金科大酒店6楼水疗中心
T: 0512 6937 8888*6690

naked Leaf at naked Water 裸心泊裸叶水疗
199 North Taihu Avenue, Suzhou
苏州北太湖大道199号
T: 400 9200 518

QUEENS MAKER

江南女王说
1) Xinyuehui Branch
星悦汇店
H208, 2nd Floor, Xingyuehui,
Suxiu Road, Suzhou
苏州苏绣路星悦汇商场2楼
H208
T: 0512 6818 9678
2) Suzhou Central Branch
苏州中心店
B1-46, 1st Floor, North
Suzhou Central, Suxiu Road,
Suzhou
苏州苏绣路苏州中心商场北
区-1楼B1-46
T: 0512 6262 5958
3) Xinguangtiandi Branch
新光天地店
5f0019, 5 / F, Xinguangtiandi,
456 East Suzhou Avenue,
Suzhou
苏州苏州大道东456号新光天
地5楼5F0019
T: 0512 6818 8978

Rubis Spa

丽妍雅集
1) JiuGuang Branch
久光店
L1-C-01, JiuGuang, 268
Wangdun Road, Suzhou
Industrial Park
苏州工业园区旺墩路268号久
光百货1C-01单元
T: 0512 6696 1130
2) MeiLuo Branch
美罗店
L6, East Area Matro, 245
Guanqian Street, Pingjiang,
Suzhou
苏州平江区观前街245号美罗
百货东6层
T: 0512 6916 5931

The SPA Four Seasons Hotel
Suzhou
苏州四季酒店水疗中心
88 Four Seasons Boulevard,
Suzhou
中国江苏省苏州市四季路88号
T: +86 512 6068 3688
https://www.fourseasons.com/
zh/suzhou

SANGHA Retreat by OCTAVE
Institute
音昱水中天
199 Yang Cheng Ring Road,
Suzhou Industrial Park
苏州市工业园区阳澄环路
199号
T: 0512 6788 1888

The Spa at Hyatt Regency
Wuxi
无锡苏宁凯悦酒店水疗中心
109 Renmin Middle Road,
Wuxi, Jiangsu, China
江苏省无锡市人民中路109号
T: +86 510 8989 1234*6083
wuxi.regency.hyatt.com

The SPA at Park Hyatt Suzhou
苏州柏悦温泉酒店
No.69 Xizhou Road, Suzhou
Industrial Park, Suzhou
苏州吴中区西洲路69号
T: 0512 8666 1234

The Ritz-Carlton Spa, Nanjing
南京丽思卡尔顿酒店水疗中心
18, Zhongshan Road, Nanjing
南京市中山路18号
T: 025 6978 8888

Talise Fitness & Spa at
Jumeirah Nanjing
南京卓美亚酒店泰丽丝水疗
No.2 Yecheng Road, Jianye,
Nanjing
南京市建邺区邮城路2号
T: 025 5878 0888

Willow Stream Spa at Fairmont
Nanjing
南京金奥费尔蒙酒店
蔚柳溪水疗
333 Jiangdong Road Central,
Jianye, Nanjing
南京市建邺区江东中路333号
T: 025 8672 8888
www.fairmont.cn

Hong SPA, AOHONG
RESORT (Jinling Jiangbin
Branch)
南京傲泓度假酒店(金陵滨江
店)泓SPA
No. 8, Wanjiangyuan,
Yangzijiang Avenue, Jianye
District, Nanjing
南京市建邺区扬子江大道万
景园8号
T: 025 6959 8888

& SPA (Fuyuan Road Branch)
南京水疗加(福园街店)
137-7 Fuyuan Road, Jianye
District, Nanjing, Jiangsu
江苏省南京市建邺区福园街
137-7号
T: 17384471752

Willow Stream Spa of Fairmont
Yangcheng Lake
阳澄湖费尔蒙酒店蔚柳溪水
疗中心
No.3668 Ma'anshan West
Road, Kunshan, Jiangsu
昆山市马鞍山西路3668号
T: 0512 5878 0888

ALAND SPA
ALAND安澜 SPA
Building 10, 1415 Cultural and
Commercial Street District,
Qingjiangpu District, Huai'an
City, Jiangsu
江苏省淮安市清江浦区1415文
化商业街区10号楼
T: 0517 83989877
15371403533

Dragonfly Therapeutic Retreat
悠庭
No. A05-21, L5, Building
5, Suzhou Center, SIP
苏州中心北区L5层21号
T: 0512 6583 7906

Banyan Tree Spa, Suzhou
Shishan
苏州狮山悦榕SPA
No.208 Fenhu Road, Suzhou
New District, Jiangsu
江苏省苏州市高新区汾湖路
208号
T: 0512 6606 0606

Spa 水疗 · 安徽

Banyan Tree Spa Huangshan
黄山悦榕庄悦榕SPA
No.1 Banyantree Road, Yi
County, Huangshan, Anhui
安徽省黄山市黟县宏村悦榕
路1号
T: 0559 2265 000
www.banyantreespa.com

The Langham Hefei
合肥柏景朗廷酒店
200 Huaining Road, Zhengwu,
Hefei
合肥市政务区怀宁路200号
T: 0551 6568 8888
www.langhamhotels.com

Zuliande
足莲得
4F POLY MALL, ZHengwu
District, Hefei, Anhui
安徽省合肥市政务区保利
MALL四层
T: 0551 6286 6799

Ori SPA (MixC Branch)
Ori SPA (万象城店)
4/F, MixC, No.111 Qianshan
Road, Hefei
合肥潜山路111号万象城4楼
T: 0551 6555 3035

Spa 水疗 · 云南

四季青禾 · SPA
Building 14-10, Jinwan
Junlin Yuan, Rain Forest,
Qingquan Road, Jinghong,
Xishuangbanna
云南省西双版纳州景洪市清泉
路雨林金湾俊林苑14-10栋
T: 189 8812 8765

Bolian Hot Spring and Spa,
Bolian Hotel, Kunming
昆明柏联酒店 柏联温泉SPA
Yangzonghai, Kunming
中国云南省昆明市阳宗海
T: 0871 6888 4999

Banyan Tree Spa Lijiang
丽江悦榕SPA
Yuerong Road, Shuhe Village,
Yulong, Lijiang, China
云南省丽江市玉龙纳西族自治县
束河悦榕路
T: +86 888 533 1111
www.banyantreespa.com

Banyan Tree Spa Ringha
仁安悦榕SPA
Hong Po Village, Jian Tang
Town Shangri-la, Diqing,
Yunnan, China
云南省香格里拉建塘镇红坡村
T: +86 887 828 8822
www.banyantreespa.com

The Spa at Amandayan
大研安缦水疗
29 Shishan Road, Gucheng,
Lijiang, Yunnan
云南省丽江市古城区狮山
路29号
T: 0888 533 9999
www.aman.com

Tai Yi · SPA

泰一 · SPA 云南畅泰健康管理
咨询有限公司
2nd floor, Saina Block,
Qingcheng Phase II, China
Railway Shuian, Qiancheng
Road, Kunming
昆明市前程路中铁水岸青城二
期塞纳街区2楼
T: 0871 6727 2968

Yi Spa at Intercontinental
Kunming
昆明洲际酒店怡Spa
5 Yijing Road, Dianchi
National Resort, Kunming,
Yunnan
云南省昆明市滇池国家旅游度
假区怡景路5号
T: 0871 6318 8888

Mintsthai
沁泰
1) Shuncheng Plaza Branch
昆明顺城购物中心店
Next to the IMAX theater at
Shuncheng Plaza, Kunming,
Yunnan
云南昆明顺城购物中心IMAX
影厅旁
T: 0871 6360 3550
2) Joy-City Branch
大悦城购物中心店
2F Zone C, Joy-City, Kunming,
Yunnan
云南昆明大悦城购物中心C
区2楼
T: 0871 6332 7338
3) Hello-World Branch
海乐世界购物中心店
F8 Zone B, Hello-World
Branch, Kunming, Yunnan
云南昆明海乐世界购物中心
B区8楼
T: 0871 6835 7368
4) Gongyuan 1903 Branch
公园1903店
2F, Jianzhijia, Gongyuan
1903, Kunming, Yunnan
云南昆明公园1903健之佳二楼
T: 0871 6810 4826
5) Anning Wanda Branch
安宁万达店
101, Building 8, Yuefeng
Street, Anning Wanda,
Kunming, Yunnan
云南昆明安宁万达月丰街区8
栋101号
T: 0871 6868 2962
6) Xishuangbanna Gaozhuang
Branch
西双版纳庄店
Building 19, Building 19,
Jingfa Zhai, Gouzhuang,
Xishuangbanna, Kunming,
Yunnan
云南昆明西双版纳庄景法
寨19栋
T: 0691 222 6938

0431 8962 8866
0431 8962 8877
www.yijingspaclub.com

Jing Spa at Purple
Jade Riverside Resort,
ChangBaiShan ChiBei
紫玉度假酒店长白山池北净
宇水疗
No.1 Binhe Road,
Changbaishan Chibei, Jilin
吉林省长白山池北区滨河路1号
T: 0433 593 8888
www.purplejaderesorts.com

Angela SPA
长春安吉拉SPA
1) Dongyue Masion Branch
东樾别馆
H2 Dongyue Mansion,
intersection of Shengtai Street
and Tiangong Road, Jingyue
District, Changchun
长春净月区生态大街与天工路
交汇伟峰东樾H2商业独栋
T: 0431 8194 3855
2) Yi Hu International Branch
壹湖国际店
H3-101, Yi Hu International
Phase 2, Nangan District,
Changchun
长春南关区壹湖国际2期
H3-101
T: 0431 8563 8288
3) Heyuan Club Branch
和园会所
2-106, Heyuan Club, Heyuan
Road, Gaoxin District,
Changchun
长春高新区荷园路和园門市
2-106
T: 0431 8296 8333
4) Zhonghai Branch
中海店
G10, Zhonghai Shuian Xindu,
Jing kai District, Changchun
长春经开区中海水岸馨都
G10南辅
T: 0431 8587 4577
5) Baicui Yuan Branch
柏翠园店
Building 65, Nanhu Xincun
Steet, Chaoyang District,
Changchun
长春朝阳区南湖新村中街65栋
T: 0431 8060 3877

Spa 水疗 · 吉林

Hong Kong Yijing Toga &
Spa Club
香港逸静瑜珈水疗会馆
Unit1, 6th Building, No.1288
NanJunShuiYunTian HuXi
Road, ChangChun, JiLin
吉林省长春市湖西路1288号
南郡水云6栋1号
T: 0431 8962 8855

0431 8962 8866
0431 8962 8877
www.yijingspaclub.com

Jing Spa at Purple
Jade Riverside Resort,
ChangBaiShan ChiBei
紫玉度假酒店长白山池北净
宇水疗
No.1 Binhe Road,
Changbaishan Chibei, Jilin
吉林省长白山池北区滨河路1号
T: 0433 593 8888
www.purplejaderesorts.com

Angela SPA
长春安吉拉SPA
1) Dongyue Masion Branch
东樾别馆
H2 Dongyue Mansion,
intersection of Shengtai Street
and Tiangong Road, Jingyue
District, Changchun
长春净月区生态大街与天工路
交汇伟峰东樾H2商业独栋
T: 0431 8194 3855
2) Yi Hu International Branch
壹湖国际店
H3-101, Yi Hu International
Phase 2, Nangan District,
Changchun
长春南关区壹湖国际2期
H3-101
T: 0431 8563 8288
3) Heyuan Club Branch
和园会所
2-106, Heyuan Club, Heyuan
Road, Gaoxin District,
Changchun
长春高新区荷园路和园門市
2-106
T: 0431 8296 8333
4) Zhonghai Branch
中海店
G10, Zhonghai Shuian Xindu,
Jing kai District, Changchun
长春经开区中海水岸馨都
G10南辅
T: 0431 8587 4577
5) Baicui Yuan Branch
柏翠园店
Building 65, Nanhu Xincun
Steet, Chaoyang District,
Changchun
长春朝阳区南湖新村中街65栋
T: 0431 8060 3877

Oasis Spa at Kempinski Hotel
Dalian
大连凯宾斯基饭店欧意希斯
水疗中心
6F, Kempinski Hotel Dalian 92
Jiefang Road, Zhongshan
大连市中山区解放路92号, 凯
宾斯基饭店6楼
T: 0411 8259 8888*8616 /8610
www.kempinski.com/dalian

Rubis Spa
丽妍雅集
Capita Land Branch
凯德和平店
L2-54-55, Capita Land, 691
Gaoerji Road, Shahekou,
Dalian
大连沙河口区高尔基路691号
凯德和平广场2层54-55单元
T: 0411 8434 5600

The Ritz-Carlton Spa, The
Ritz-Carlton, Harbin
哈尔滨富力丽思卡尔顿
水疗中心
Tower 1, 660 West Youyi
Road, Daoli District
Harbin, Heilongjiang
黑龙江省哈尔滨市道里区友谊
西路660号
T: 0451 8402 8888
https://www.ritzcarlton.com/
zh-cn/hotels/hrbrz-the-ritz-
carlton-harbin/overview/

Spa 水疗 · 辽宁
康贝思水疗中心(大连城
堡店)
辽宁省大连市沙河口区
滨海西路600号大连一方城堡
豪华精选酒店3楼

T: +86 411 8250 0190
dalian.grand.hyatt.com

The Spa at Four Seasons
Dalian
大连四季酒店水疗中心
45 Zhuyue Street, Zhongshan
District, Dalian, Liaoning
中国辽宁省大连中山区珠玉
街45号
T: +86 411 3994 8888

Lea Spa
沈阳Lea Spa维景会所
Shenyang Lea Spa Weijing
Club
沈阳市和平区同泽北街35
号8层
8F, 35 Tongze North Street,
Heping District, Shenyang
Tel: 024 2341 1222

FAngbeauty
FANGbeauty高定美肤中心
Phase three, MixC, Heping
district, Shenyang
沈阳市和平区万象城三期
T: 18604056191

Carven City Spa
蒂姿花境SPA
23-3 Wen'an Yuan, Wen'an
Road, Heping District,
Shenyang, Liaoning
辽宁省沈阳市和平区文安路文
安苑23-3
T: 024 2388 3599

Oasis Spa at Kempinski Hotel
Dalian
大连凯宾斯基饭店欧意希斯
水疗中心
6F, Kempinski Hotel Dalian 92
Jiefang Road, Zhongshan
大连市中山区解放路92号, 凯
宾斯基饭店6楼
T: 0411 8259 8888*8616 /8610
www.kempinski.com/dalian

Rubis Spa
丽妍雅集
Capita Land Branch
凯德和平店
L2-54-55, Capita Land, 691
Gaoerji Road, Shahekou,
Dalian
大连沙河口区高尔基路691号
凯德和平广场2层54-55单元
T: 0411 8434 5600

Spa 水疗 · 香港&澳门

Altira Spa
「澄」水疗
Altira Macau 15/F, Avenida de
Kwong Tung, Taipa, Macau
澳门凼仔广东大马路, 澳门新
濠锋15楼
T: 853 2886 8886
www.altiramacau.com/spa-
health/#/altira-spa

Asaya Hong Kong (Rosewood
Hong Kong)
香港Asaya(香港瑰丽酒店)
Victoria Dockside, 18
Salisbury Road, Tsim Sha
Tsui, Kowloon, Hong Kong
香港九龙尖沙咀梳士巴利道
18号

T: +852 3891 8888

Bliss Spa at W Hong Kong
香港W酒店 Bliss Spa
 1 Austin Road West, Kowloon Station, Kowloon, Hong Kong
 香港九龙柯士甸道西1号
 T: 852 3717 2222
 w-hongkong.com

SPA by MTM
 1) Shop A, G/F, 3 Yun Ping Road, Causeway Bay
 铜锣湾恩平道3号地下A店
 T: 852 2923 7888
 2) Shop 118, Citygate, Tung Chung, Lantau Island
 大屿山东涌东荟城118店
 T: 852 2923 6060
 www.spabymtm.com

The Spa at Encore (Wynn Macau)
永利皇宫水疗中心
 Rua Cidade De Sintra, Nape, Macau
 澳门外港填海区仙德丽街
 T: 853 2888 9966

The Spa at Wynn Palace
永利皇宮酒店 水疗中心
 Avenida Da Nave Desportiva, Cotai, Macau
 澳门路氹体育馆大马路
 T: 853 8889 8889

Tria Spa at MGM Macau
澳门美高梅禅瀑水疗
 Avenida Dr. Sun Yat Sen, NAPE, Macau
 澳门外港新填海区孙逸仙大马路
 T: 853 8802 8888

Tria Spa at MGM Cotai
美高梅高梅禅瀑水疗
 Avenida da Nave Desportiva, Cotai, Macau
 澳门路氹体育馆大马路
 T: 853 8806 8888

The Spa at Mandarin Oriental, Macau
澳门文华东方酒店水疗中心
 Avenida Dr Sun Yat Sen, NAPE, Macau
 澳门孙逸仙大马路945号
 T: 853 8805 8888
 www.mandarinoriental.com

The Ritz-Carlton Spa, Hong Kong
香港丽思卡尔顿水疗中心
 71/F International Commerce Centre, 1 Austin Road West, Kowloon
 九龙柯士甸道西1号
 环球贸易广场71楼
 T: 852 2263 2263
 www.ritzcarlton.com

Zensa Spa
濠洲水疗
 3/F Star Tower, Studio City Hotel, Macau
 澳门新濠影汇酒店巨星汇3楼
 T: +853 8865 1888
 www.studiocity-macau.com

AWAY Spa, W Macau - Studio

City
澳门新濠影汇W酒店
AWAY@水疗中心
 Level 3, W Macau - Studio City, Estrada do Istmo, Cotai, Macau
 澳门路氹连贯公路新濠影汇酒店3楼
 T: +853 8865 1188

The Spa at Epic Tower, Studio City Macau
澳门新濠影汇映星汇水疗中心
 Level 3, Epic Tower - Studio City, Estrada do Istmo, Cotai, Macau
 澳门路氹连贯公路新濠影汇映星汇3楼
 T: +853 8865 8888

The SPA at Palazzo Versace Macau
Palazzo Versace澳门水疗中心
 Level 3, Palazzo Versace Macau, Grand Lisboa Palace Resort, Rua do Tiro, Cotai, Macau
 澳门路氹射击路上葡京综合度假村范思哲豪华酒店大楼3楼
 T: +853 8881 8000

Spa 水疗 · 湖北

慕丽莎健康美容会所
 1) 香港路店
 湖北省武汉市汉口解放大道香港15号
 15 Hong Kong Street Jiefang Road HanKou, Wuhan, Hubei
 Tel: 027 8556 1855
 2) 融科天城店
 湖北省武汉市球塘街融科天城一期T4大堂二楼
 2/F, T4 Raycom Skyline, Qiuchang Street, Wuhan, Hubei
 Tel: 027 8221 3770
 3) 沌口店
 湖北省武汉市经济开发区宁康路59号湘隆时代商业中心9楼1-2号
 1-2 Building 9 Xianglong Times Business Center, 59 Ningkan Road, Eco. Tech. Dev. Zone, Wuhan, Hubei
 Tel: 027 8480 5457
 4) 水果湖店
 湖北省武汉市武昌水果湖188-1号
 188-1 Shui Guo Hu Road, Wuchang, Wuhan, Hubei
 Tel: 027 8736 0531
 5) 襄阳店
 湖北省襄阳市大庆西路永安广场
 Yongan Plaza, Da Qing Xi Road, Xiangyang, Hubei
 Tel: 0710 3459 155

Fairmont Wuhan
武汉泛海费尔蒙酒店
 249 Huaihai Road, Jiangnan, Wuhan
 武汉市江汉区淮海路249号
 T: 027 8369 8888
 www.fairmont.cn/wuhan/

M-SPA
沐心宸舍
 Hilton Wuhan Optics Valley, 9 Chunhe Road, Huashan Eco

New City, Wuhan, Hubei
 湖北省武汉市洪山区东湖新技术开发区花山生态新城春河路9号希尔顿酒店水疗中心
 T: 027 5933 8888*8252

Siyani 思妍丽
 1) 国际广场店
 406, Wuhan International Plaza Shopping Center Tower B 690 Jiefang Road, Wuhan
 武汉国际购物广场B座406
 Tel: 027 8551 7717
 2) 徐东店
 4F, Xudong Shoppingmall No.18 Xudong Street Wuchang District, Wuhan
 徐东销品茂四楼南街4160
 Tel: 027 6889 8068
 3) 同成店
 1F, Tongcheng Square No.538 Jianshe Avenue, Wuhan
 建设大道538号同成广场一楼
 Tel: 027 8556 4066
 www.siyani.net.cn

Spa 水疗 · 山西

Kempinski Spa at Kempinski Hotel Taiyuan
太原凯宾斯基饭店凯宾斯基水疗
 No. 115-1 Changfeng Street, Taiyuan, Shanxi, China
 中国山西省太原市长风街115-1号
 T: 0351 866 0131

Shui Spa, Taiyuan Wanda Vista Hotel
太原万达文华酒店水水水水
 3/F Wanda Vista, 169 Jiefang Road, Taiyuan, Shanxi, China
 山西省太原市杏花岭区解放路169号楼太原万达文华酒店3楼
 T: +86 351 777 6666*6760
 www.wandahotels.com

Spa 水疗 · 湖南

Cherry Natural Image Management
桉奈儿形象管理中心
 493 Hengdong Avenue, Hengyang city, Hunan
 湖南省衡阳市衡东大道493号
 T: 0734 522 4996

Shui Spa at Wanda Vista Changsha
长沙万达文华酒店“水”水水
 308 Section 1 Xiangjiang Middle Road, Kaifu, Changsha, Hunan, China
 湖南省长沙市开福区湘江中路一段308号
 T: +86 731 8800 8888 ext.6306
 www.wandahotels.com

Shine Spa for Sheraton at Sheraton Changde Wuling Hotel
常德武陵天济喜来登酒店喜来登水疗
 899 Zaoguo Road, Wuling, Changde, Hunan, China
 湖南省常德市武陵区皂果路899号
 T: +86 736 788 8888
 www.sheraton.com

Siam SPA
暹罗泰式SPA
 458 South Desheng Road, Yueyanglou, Yueyang, Hunan
 湖南省岳阳市岳阳楼区金鹤汇龙府街201号
 T: 8800900

The Spa at Sheraton Changsha Hotel
长沙运达喜来登酒店水疗中心
 Yunda International Plaza, 478 Fuzong Zhong Lu, Section 1, Changsha, Hunan
 湖南省长沙市芙蓉中路一段478号运达国际广场
 T: 0731 8488 8848
 www.starwoodhotels.com

Spa 水疗 · 河南

VENUS MAX 深白维缇抗衰老中心
 1) Wanda Branch 二七万达店
 Room 12a809-810, Erqi Wanda Center, Intersection of Daxue Road and Hanghai Road, Erqi, Zhengzhou
 郑州市二七区大学路与航海路交叉口二七万达中心12A809-810室
 T: 0371 8658 1160
 2) Jinsui Zhenghongcheng Branch 金水正弘城店
 Room 1111, Zhenghongcheng Residence, Huayuan Road and Dongfeng Road, Jinshui, Zhengzhou
 郑州市金水区花园路与东风路正弘城丽汀公寓1111室
 T: 0371 6531 8996
 3) Lvdi Xinduhui Branch 绿地新都酒店
 Room 1511, Block B, Building 2, Jinsui East Road and Dongfeng South Road, Jinshui, Zhengzhou
 郑州市金水区金水东路与东风南路2号楼B座1511室
 T: 0371 5593 3386

Spa 水疗 · 四川

CHI, The Spa, Shangri-La Hotel, Chengdu
成都香格里拉大酒店水水水
 9 Binjiang Dong Road, Chengdu
 四川省成都市锦江区滨江东路9号
 T: 028 8888 9999

Iridium Spa at The St. Regis Chengdu
成都瑞吉酒店钛瑞水疗中心
 88 Taisheng Road South, Qingyang District, Chengdu, Sichuan
 中国四川省成都市青羊区太升南路88号
 T: 028 6287 6666
 www.stregis.com/chengdu

MI XUN SPA, The Temple House
成都博舍酒店谧寻水疗
 81 Bitieshi Street, Jinjiang, Chengdu

成都市锦江区笔帖式街81号
 T: 028 6636 9999
 www.thetemplehousehotel.com

Six Senses Qing Cheng Mountain
青城山六善水疗中心
 No.2 Dong Ruan Road Qingcheng Mountain Town Dujiangyan, Chengdu, Sichuan
 四川省成都市都江堰市青城山镇东软大道2号
 T: 028 8712 6666

The Ritz-Carlton Spa, Chengdu
成都富力丽思卡尔顿酒店水疗中心
 269 Shuncheng Avenue, Qingyang, Chengdu, Sichuan
 中国四川省成都市青羊区顺城大街269号
 T: 028 8358 8888

Willow Stream Spa at Fairmont Chengdu
成都棕榈泉费尔蒙酒店蔚柳溪水疗中心
 269 Tianfu Middle Avenue, Hi-Tech Zone, Chengdu
 成都市高新区天府大道中段269号
 T: 028 8800 3333

Rissai Spa, Rissai Valley, a Ritz-Carlton Reserve
日赛谷水疗
 Zhangzha Town, Jiuzhaigou County, aba Tibetan Andqiang Autonomous Prefecture, Sichuan
 中国四川省阿坝藏族羌族自治州九寨沟漳扎镇
 T: 0837 8199 9999

Spa 水疗 · 浙江

Banyan Tree Spa Hangzhou
杭州悦榕Spa
 2 Westbrook Resort, Zijiangang Road, Hangzhou, China
 浙江省杭州市紫金港路21号
 西溪天堂国际旅游综合体
 T: +86 571 8586 0000
 www.banyantreespa.com

Cordis, Dongqian Lake, Ningbo
宁波东钱湖康得思酒店
 28 Shashan Road, Dongqian Lake, Ningbo, China
 宁波市东钱湖旅游度假区沙山路28号
 T: 574 5666 8888
 www.chuanspa.com

Dragonfly Therapeutic Retreat 悠度保健会所
 1) 西溪店
 No 141, Xixi Road, Xihu
 西湖区西溪路141号
 T: 0571 8502 3288
 2) Raffles City 来福士店
 L6-04 Raffles City, No.228 Xinye Road, Jiangnan
 江干区新业路228号来福士广场L6-04商铺
 T: 0571 8889 9191

Fuchun Spa at Fuchun Resort
富春山居度假村富春SPA
 No.339, Jiangbin East Road, Dongzhou Street, Fuyang, Hangzhou
 杭州市富阳区东洲街道江滨东大道339号
 T: 0571 6341 9500

Hangzhou TEA SPA
杭州TEA SPA
 1) Hangzhou TEA SPA (Jiqing Branch)
 杭州TEA SPA (吉庆店)
 Building C, 214 North Meilin Road, West Lake, Hangzhou
 杭州市西湖区梅林北路上茅家埠214号C栋
 Tel: 19558191877
 2) Hangzhou TEA SPA (Muli Branch)
 杭州TEA SPA (目里店)
 501-503, Building 8, OOELI, West Lake, Hangzhou
 杭州市西湖区天目里商业中心8号楼5楼501、502、503
 Tel: 1590671536

Kempinski The Spa, Hangzhou
杭州远洋凯宾斯基酒店水疗
 66 Lishui Road, Gongshu, Hangzhou
 杭州拱墅区丽水路66号
 T: +86 571 8809 3333

Love Story Hangzhou
杭州爱情故事
 1) Love Story Hangzhou Xinqiao Branch
 杭州爱情故事新桥店
 1F, Hangzhou Xinqiao Hotel, 226 Jiefang Road, Shangcheng, Hangzhou
 杭州市上城区解放路226号新桥饭店1F
 T: 0571 8888 6968
 2) Love Story Hangzhou Tiyuchang Road Branch
 杭州爱情故事体育场路店
 1-6 F, 12 Tiyuchang Road, Xiacheng, Hangzhou
 杭州市下城区体育场路12号1-6楼
 T: 0571 8785 8677
 3) Love Story Hangzhou Tianyuan Branch
 杭州爱情故事钱江新城天元店
 Tianyuan Plaza, 2 Qianchao Road, Xiacheng, Hangzhou
 杭州市下城区钱潮路2号天元大厦
 T: 0571 8888 7068
 4) Love Story Hangzhou, Xiasha Branch
 杭州爱情故事下沙店
 450, Jinsha Avenue, Qiantang District, Hangzhou
 杭州市钱塘区金沙大道450号晓城天地
 T: 0571 8588 0056

naked Leaf Spa, naked Castle 裸心堡裸叶水疗
 12 Sanjiuwu, Moganshan Town, Deqing, Zhejiang
 浙江省德清县莫干山镇劳岭村三九坞12号
 T: 0572 888 1111

naked Leaf Spa,
naked Stables
裸心谷裸叶水疗
37 Shangziazhuang,
Lanshukeng Village, Paitou
Town, Deqing, Zhejiang
浙江省德清县筏头乡兰树坑村
上下庄37号
T: 0572 804 6668

Neige Aesthetics Center
雪奈美学中心
109 Renhe Road, Kandun
street, Cixi City, Ningbo
浙江省宁波市慈溪市坎墩街道
人和路109号
T: 15990546165

Spa Village
润Spa
The Dragon Hotel Tower 5
Level2, 120 Shuguang Road,
Hangzhou
杭州市曙光路120号
黄龙饭店5号楼2楼
T: 400 838 5599
www.roonspavillage.com

Shine Spa for Sheraton
Hangzhou
杭州西溪喜来登度假酒店
炫逸水疗
1 Westbrook Resort, Zijiangang
Road, Hangzhou, Zhejiang,
310030, China
浙江省杭州市紫金港路西溪天
堂国际旅游综合体1号
T: +86 571 8500 2222*8281
www.starwoodhotels.com/
sheraton

The Art of Water Spa by Run
Spa Village
New Century Grand Hotel
Hangzhou
杭州开元名都大酒店
润Spa Village · 水舞洞
45/F New Century Grand
Hotel Hangzhou, 818 Shixin
Road Central, Xiaoshan,
Hangzhou, Zhejiang, China
浙江省杭州市萧山区市心中
路818号杭州开元名都大酒
店45层
T: +86 571 8288 8888 ext.8600
www.roonspavillage.com

HUAN Spa & Fitness Center
at Grand Hyatt Hangzhou
杭州君悦酒店
焕水疗健身中心
28 Hu Bin Road, Hangzhou,
Zhejiang 310006, China
浙江省杭州市湖滨路28号
T: +86 571 8779 1234
www.grandhyatthangzhou.
com

The Spa at Amanfayun
法云安缇水疗
22 Fayun Nong, Xihujiedao,
Xihu, Hangzhou
杭州市西湖风景名胜区内
西湖街道法云弄22号
T: 0571 8732 9999
www.aman.com

The Spa at Hangzhou Marriott
Hotel Qianjiang
杭州钱江新城万豪酒店

水疗中心
399 Juyuan Road, Jiangnan,
Hangzhou
杭州市江干区剧院路399号
T: 0571 8646 9999
www.marriott.com

The Spa at Midtown
Shangri-La Hangzhou
杭州城中香格里拉大酒店水
疗中心
Hangzhou Kerry Center,
Yan'an Road, 6 Changshou
Road, Hangzhou
杭州市长寿路6号延安路杭州
嘉里中心
T: 0571 8733 8888
www.shangri-la.com

The Spa at Four Seasons
Hotel Hangzhou at West Lake
杭州四季酒店水疗中心
5 Lingyin Road, Xihu,
Hangzhou
浙江省杭州市西湖区灵隐路5号
T: +86 571 8829 8888

New Era Women's Space
杭州新时代自在空间
302, Building 6, Intersection
of West Wenyi Road and
Chongyi Road, Xihu District,
Hangzhou
杭州市西湖区文一西路与崇义
路交叉口6幢302
T: +86 13175114149

DI SPA
莱SPA
Building 16, Xiaobafang,
Middle Xueyuan Road,
Lucheng District, Wenzhou
City, Zhejiang
浙江省温州市鹿城区学院中路
小坝坊16栋
T: +86 18006872929

Banyan Tree Spa Yangshuo
阳朔悦榕Spa
168 Zhengdong Street, Fuli
Town, Yangshuo County,
Guilin, Guangxi Zhuang
Autonomous Region, China
广西壮族自治区桂林市阳朔县
福利镇正东街168号
T: +86 773 322 888 ext.7500
www.banyantreespa.com

Bolian Hot Spring and Spa,
Bolian Hotel
重庆柏联酒店 柏联温泉
North Hot Spring Park, Beibei,
Chongqing
重庆市北碚区北温泉公园内
T: 023 6822 6666
www.brilliantspa.com

Beauty Farm
Beicheng Branch
美丽田园 北城店
3 / f-009, Tianjie new
building, Longhu Beicheng,
Guanyinqiao, Jiangbei,
Chongqing
重庆市江北区观音桥龙湖北城
天街新馆3楼-009

T: 023 6786 8878
Banyan Tree Spa Chongqing
Beibei
重庆北碚悦榕Spa
101 Wenquan Road,
Chengjiang, Beibei District,
Chongqing, China
重庆市北碚区澄江镇温泉路
101号
T: +86 23 6030 8888
www.banyantreespa.com

FINEFULL SPA at Hilton
Chongqing
重庆希尔顿酒店臻森水疗
9F, 139 Third Zhongshan
Road, Yuzhong, Chongqing
重庆市渝中区中山三路139号
酒店9层
T: 023 8903 9999*6975

TRIPLE SPA (Zonglvquan
Branch)
三间愈舍 (棕榈泉店)
1F, Building 7, No. 337,
Jinkai Avenue, Renhe Street,
Liangjiang New District,
Chongqing
重庆市两江新区人和街道金开
大道337号7幢一楼
T: 023 6788 5333

Spa 水疗 · 福建
Angsana Spa (Seaview Xiamen)
悦榕Spa (厦门海悦山庄)
1/F No. 2 Seaview Resort,
3999 Huandao Road South,
Xiamen, Fujian, China
福建省厦门市环岛南路3999号
海悦山庄二期1楼
T: +86 592 502 3333
www.angsana.com

Chuan Body + Soul at
Langham Place, Xiamen
厦门朗豪酒店 | 川 · 身+心水疗
4668 Xianyue Road, Xiamen,
Fujian, China
福建省厦门市仙岳路4668号
T: +86 592 602 9999 ext.8779
www.langhamhotels.com

Kempinski The Spa at
Kempinski Hotel Fuzhou
福州泰禾凯宾斯基酒店
1 Hengyu Road, Jin'an,
Fuzhou
福州晋安区横屿路1号
T: 0591 8899 9988

Lohkah Hotel & Spa
七尚酒店
277 Penang Road, Huli
District Xiamen 361015 China
厦门市湖里区槟城道277号
T: 0592 7997 777

Waldorf Astoria Xiamen
厦门华尔道夫酒店
No.1 Lianhua North Road,
Xiamen, Fujian
中国福建省厦门市思明区莲花
北路1号
T: 0592 537 3333

Spa 水疗 · 陕西
Meschöne

美丽宣言
72 Gaoxin Road, Hi-Tech,
Xi'an
陕西省西安市高新区高新
路72号
T: 029 8952 3752
www.962297612@qq.com

The Ritz-Carlton, Xi'an
西安丽思卡尔顿酒店
50, Keji 2nd Road, Gaoxin,
Xi'an
西安市高新区科技二路50号
T: 029 8881 8888
www.ritzcarlton.com

The CHI SPA At Shangri-La Xi'an
西安香格里拉大酒店 | 氣 · 水疗
38B Keji Road, Hi-Tech.
District, Xi'an, Shaanxi,
710075, China
陕西省西安市高新区科技路
38号乙
T: +86 29 8835 5555
www.shangri-la.com

W Hotel Xi'an
西安W酒店
No.333 Qujiangchi East Road
Yanta District Xi'an
西安雁塔区曲江池东路333号
T: 029 8966 9999
www.marriott.com.cn

Xi'an Huaqing Royal Spa
Hotel/西安华清御汤酒店
Huaqing Palace No. 38
Huaqing Road, Lintong
District, Xi'an
陕西省西安市临潼区华清
路38号
T: 029 8399 9888
http://huaq.coolbo.cc/Home/
Hotel/index

SPA by JW, JW Marriott Hotel
Xi'an
西安海棠JW万豪酒店JW水
疗中心
No.168 Feng Cheng 8th Road,
Xi'an, Shaanxi
陕西西安凤城八路168号
T: 029 6855 5555

Spa 水疗 · 山东
Fang Quan Spa at Hyatt
Regency Jinan
济南万达凯悦酒店
泉芳水疗中心
187 Jingsi Road, Shizhong,
Jinan, Shandong, China
山东省济南市市中区经四路
187号
T: +86 531 8828 1234
www.jinan.regency.hyatt.com

Heavenly Spa by Westin, The
Westin Qingdao
青岛威斯汀酒店威斯汀
天梦水疗
8 Hong Kong Road Central,
Shinan, Qingdao, Shandong,
China
青岛市市南区香港中路8号
T: +86 532 6777 1888
www.westin.com

Qin SPA
沁SPA专业水疗护理中心

8 North Long'ao Road, Jinan
济南历下区龙奥北路8号
T: 0531 8162 9969

Rubis Spa
丽妍雅集
1) Hang Lung Plaza Branch
恒隆店
L4-68, Tower West, Hang
Lung Plaza, 188 Quancheng
Road, Lixia, Jinan
济南历下区泉城路188号恒隆
广场西塔4层468单元
T: 0531 5563 8020
2) The Mixc Branch
万象城店
L3-47, The MIXC, 11111
Jingshi Road, Lixia, Jinan
济南历下区经十路11111号华润
万象城3层L347单元
T: 0531 5585 6281

TYLAN SPA
泰侍 · 舍
1) Lvdi Branch
绿地店
2nd Floor, Building 2,
Greenland Center, Jinan,
Shandong
山东省济南市绿地中心2号
楼2楼
T: 0531 8609 3989
2) Henglong Branch
恒隆店
4th Floor, Henglong Plaza,
Jinan, Shandong
山东省济南市恒隆广场4楼
T: 0531 8608 8877

THE PURI
璞悦SPA
1) L1 The Mixc, 9 Shandong
Road, Qingdao
青岛市山东路9号万象城L1层
T: 185 6190 5062
2) Qingdao Jiaodong
International Airport
青岛市胶东国际机场
T: 136 7889 3140

TRIA SPA
TRIA禅源水疗
Tower T1, SIIC Center, No.
195 East Hong Kong Road,
Laoshan District, Qingdao
青岛市崂山区香港东路195号
上实中心T1塔楼
T: 0532 8887 9999
https://www.dytmgm.com/cn/
mgmqingdao

Spa 水疗 · 宁夏
The spa at Kempinski Hotel
Yinchuan
银川凯宾斯基饭店水疗中心
Beijing Middle Road 160,
750002 Yinchuan, China
宁夏回族自治区银川市金凤区
北京中路160号
T: +86 951 516 5888
www.kempinski.com

Spa 水疗 · 贵州
Bolian Hot Spring and Spa,
Bolian Hotel, Huangguoshu
黄果树柏联酒店 柏联温泉SPA
Huangshuoshu Scenic Spot,
Anshun

贵州省安顺市黄果树风景
名胜区
T: 0851 3818 9666

Regal Queen SPA
贵阳瑞嘉女王SPA
No.2, Jiandao street,
Nanming, Guiyang
贵州省贵阳市南明区箭道街2号
T: 0851 8528 8166

Roseway Spa
瑰途SPA
1) Huizhancheng Branch
会展城店
North Huizhan Road,
Guanshanhu District, Guiyang
City, Guizhou
贵州省贵阳市观山湖区会
展北路
T: 0851 8798 4521
2) MixC Branch
万象汇店
Opposite to MixC,
Guanshanhu District, Guiyang
City, Guizhou
贵州省贵阳市观山湖区万象
汇对面
T: 0851 8221 0118
3) Weilai Fangzhou Branch
未来方舟店
South Shuangli Road, Yunyan
District, Guiyang City, Guizhou
贵州省贵阳市云岩区未来方舟
尚礼南路
T: 0851 8561 8496
4) Xiaoshizi Branch
小十字店
Wenbi Street, Yunyan District,
Guiyang City, Guizhou
贵州省贵阳市云岩区小十字
文笔街
T: 0851 8851 2882

Spa 水疗 · 河北
U SPA
5F The Mixc, Shijiazhuang,
Hebei
2F Beiguo Commercial
Building, Shijiazhuang,
Hebei
3F Xian Tian Xia Plaza
河北石家庄万象城5F
北国商城2F
青岛市崂山区香港东路195号
上实中心T1塔楼
T: 0311 88886555
0311 88886566
0311 88886599

Spa 水疗 · 台湾
Angsana Spa (Caesar Park
Kenting)
悦椿Spa (垦丁凯撒)
6 Kending Road, Hengchun
Town, Pingdong, Taiwan
台湾东屏东县恒春镇垦丁路6号
T: +886 8886 1888
www.angsana.com

Oasis Spa at Grand Hyatt
Taipei
台北君悦酒店
2, SongShou Road, Taipei,
Taiwan
台北信义区松寿路2号
T: +886 2720 1234

Spa 水疗 · 新疆

Gaia Aroma SPA
9F Conrad Urumqi
乌鲁木齐康莱德酒店9楼
T: +86 0991 4800006
www.angsana.com

Spa 水疗 · 西藏

Songsam SPA,
Songsam Basomtso Linka
松赞巴松措林卡 · 松赞SPA
Jieba Village, Cuogao Town,
Gongbu Jiangda County,
Linshi Prefecture, Tibet
Autonomous Region
西藏自治区林芝市工布江达县
错高乡结巴村
T: +86 0894 5717337

Products & Equipment
产品/仪器

Cell Premium
T: +86 13911620742



Danne Montague-King
T: 400-668-7865
www.dmk.com



ChinaShow Limited
龍傲有限公司
龙纺化妆品贸易(深圳)
有限公司
Room 1801-3, 18/F, Fullerton
Centre, No. 19 Hung To Road,
Kwun Tong, Hong Kong
香港观塘鸿图道19号富登中心
18楼1801-3室
Room 206, 2/F., Block G,
Yonghui Industrial
Zone, East of Zhonghuan
Road, Longhua Street,
Shenzhen (Room 206, 2/F.,
Block A6, Commercial
Center Phase II, No. 4219
Renmin Road Longhua)
深圳市龙华街道中环
路东侧永辉工业区G栋第二层
206(龙华人民路4219号商业中
心二期A6栋第二层206)
T: +86 155 4686 9590
www.phytomer.fr



**Earthlite (Qingdao) Massage
& Relaxation Equipment
Manufacturing Co., Ltd.**
艾丝莱特(青岛)按摩休闲设备
有限公司
320-7 Jiushui Road East,
Licang, Qingdao, Shandong
山东青岛李沧区九水东路
320-7号
T: 0532 8760 5905
www.earthlite.com.cn



Shinsegae International China
纪伊珂贸易(上海)有限公司



**Guangdong Hoyar Technology
Holding Co., Ltd**
广东金豪漾科技控股有限公司
1) icoone China Headquarters,
Gaozhi Building, 120 Huangpu
Avenue West, Tianhe District,
Guangzhou City, Guangdong
Province
广东省广州市天河区黄埔大道
西120号高志大厦 icoone中国
区运营总部
2) Dahongqiao International
icoone China Shanghai
Branch, 999 Li'an Road,
Minhang District, Shanghai
上海市闵行区黎安路999号大
虹桥国际icoone中国区上海
运营分部
3) icoone China Beijing
Operations Branch, Ronghua
Xintai Building, Ronghua
South Road, Yizhuang
Development Zone, Daxing
District, Beijing
北京市大兴区亦庄开发区荣华
南路荣华鑫泰大厦icoone中国
区北京运营分部
T: 13602728686



**Orthomolecular Nutrition
Laboratory Co., Ltd**
上海康宇博生命科技有限公司
Ground Floor, No. 599
YangQuan Road, Jing'an
District, Shanghai, China
上海市静安区阳泉路599号
T: 18506181207



**Xizang Damei Pharma Co.,
Ltd.**
西藏大美药业有限公司
No. 15, Lane 88, Wuwei
Road, Putuo District,
Shanghai
上海市普陀区武威路88弄15号
T: 13916042507
www.niance.com



**Shanghai Songfeng Industrial
CO., Ltd**
上海松峰实业有限公司
Room J6855, Building 1,
No. 2222, Huancheng Road,
Jiading Distict, Shanghai
上海市嘉定区菊园新区环城路
2222号1幢J6855室
T: 021 5080 7876
www.lemoral.com



Joy Plus International Group
香港嘉悦国际集团
Natura Bissé悦碧施, Comfort
Zone舒适地带中国区运营商
7/F C, World Galaxy Tower,
1 Yabao Road, Meiban
Avenue, Longgang, Shenzhen
深圳市龙岗区梅坂大道雅宝路1
号星河WORLD C栋大厦7层

Tel: +86 755 8290 4681
+86 755 8290 4682
www.joyplus.hk



Kohler Showroom
科勒展厅
1) 456 West Nanjing Road,
Shanghai
上海市南京西路456号
T: 021 5375 5058
2) Dahongqiao International
Huateng New Horizon, 195
East 4th Ring Road Middle
Section, Beijing
北京市东四环中路195号华腾
新天地底层
T: 010 8795 1684
3) Ouyada Home Furniture, 18
South Road, Tianjin
天津市南马路18号
欧亚达家居
T: 022 5828 1355
4) 282 Northern Park Street,
Ji'nan
济南市北园大街282号
T: 0531 8860 3645
5) 15-20, 195 Middle Huangpu
Street, Guangzhou
广州市黄埔大道中195号15-20
T: 020 8567 7646
6) 1/F New Sun Building,
Fourth Bagua Road, Shenzhen
深圳市八卦四路新阳大厦首层
T: 0755 8245 0491
7) No. 1, Fourth District of
Landscape Skyline, North
Yuechuan Alley, Yingbin Road,
Sanya
三亚市迎宾路月川北巷山水天
域4区1号
T: 0898 8866 2886
8) 18, Ximian Bridge Street,
Chengdu
成都市洗面桥街18号
T: 028 6631 9350
9) 1/F, Tiangong Sun Island,
Xingai Avenue, Chongqing
重庆市新溉大道天工太阳岛1层
T: 023 6768 8235
10) 317 Zhongshan Road,
Wuchang District, Wuhan
武汉市武昌区中山路317号
T: 027 8670 4540
www.KOHLER.com.cn

科勒 KOHLER
Lumenis Enhancing Life
Advancing Technology
科医人医疗激光公司
4/F South Building Kerry
Center, 1 Guanghua Road,
Chaoyang, Beijing
北京市朝阳区光华路1号
嘉里中心南楼4层
T: 010 5737 6677
www.lumenis.com.cn
LUMENIS
科医人
ÉLÉVATIONE
elevatione.com
ÉLÉVATIONE
TIME STOPS



科勒 KOHLER
Lumenis Enhancing Life
Advancing Technology
科医人医疗激光公司
4/F South Building Kerry
Center, 1 Guanghua Road,
Chaoyang, Beijing
北京市朝阳区光华路1号
嘉里中心南楼4层
T: 010 5737 6677
www.lumenis.com.cn
LUMENIS
科医人
ÉLÉVATIONE
elevatione.com
ÉLÉVATIONE
TIME STOPS



LA MER



PHYSIOCOIFFEUR
菲丝卡佛
欣谛尔(北京)化妆品有限公司
1302A Marco Polo Office
Tower, Anli Road, Chaoyang,
Beijing
北京市朝阳区安立路马哥孛罗
大厦1302A
T: 010 5963 6831
159 1111 9123
www.physiodermie.com



Swissline
上海乐美国际贸易有限公司
Room G-H, 7/F, 567 Weihai
Road, Shanghai
上海市威海路567号晶采世纪大
楼7楼G-H室
T: 021 6113 9176
www.swissline.net.com



**Shanghai La Trinite Trading
Co., Ltd.**
上海瑞莉缇商贸有限公司
1D, 1/F, 25 Xianfeng Street,
Minhang, Shanghai
上海市闵行区先锋街25号1楼1D
T: 021 52995697
www.advitam.com.cn/



上海水羊国际贸易有限公司
[comfort zone]
conscious skin science



深圳喜悦美业有限公司
www.naturabisse.com



上海梯恩特美容有限公司



VAGHEGGI
意大利 丽姿
深圳市尚悦国际贸易有限公司

**泉州市奥米科美荟贸易有
限公司**



**深圳市奥米科美荟贸易有
限公司**



上海东边野兽化妆品有限公司

东边野兽®

**广州吉备健康产业管理有
限公司**



**Johnson Health Tech
Company Limited**
乔山健康科技有限公司
MATRIX

**ANJIAKANG
BIOTECHNOLOGY CO.,LTD**
深圳安佳康生物科技有限公司



大连万青集团有限公司
SKEYNDOR
SCIENCE creates BEAUTY™

**悉源地(上海)电子商务有
限公司**



Cible Skin
T: +86 15626680888

**欧华美科(上海)医学科技有
限公司**



www.juvamedical.com

德薇(上海)化妆品有限公司



T: +86 13826076851
https://repacell-germany.com/

广州捍马医疗科技有限公司



北京奥力来健身有限公司



T: 4000-969-888
www.lifefitness.com.cn

**中资国业牡丹产业集团有
限公司**



www.sxzzgydm.com

深圳市汇美康贸易有限公司



**常州市金坛区毛Y头服饰有
限公司**



T: +86 1805536190

上海安住其心家化有限公司



T: +86 13701997274

**无锡市余美健康文化传播有
限公司**



百互润贸易(上海)有限公司



广州远望生物科技有限公司



赛麟商务咨询(上海)有限公司



广州靓雅生物科技有限公司



广东干玥医疗科技游侠公司



上海璞之间品牌管理有限公司



**泰诺健(上海)国际贸易有
限公司**



The Wellness Company

**特丽菲克日用化妆品(上海)
有限公司**



HIGHS

荷奇娜(杭州)科技有限公司



**ERBA MIGNA
MILANO**

**上海深屹实业集团股份有
限公司**



深圳市雅美文化服务有限公司



宁波伊莉美贸易有限公司



萃



**KateSomerville
凯诗薇**



若水善 SpaChina

健康度假·美容水疗·健身康复·环保可持续
WELLNESS, BEAUTY, HEALTH AND LUXURY LIVING

行业内参订阅表 Subscription Form



我要付费订阅印刷版杂志/ Yes, I wish to subscribe to SpaChina Magazine Print Copy

请选择订阅类别/Please tick your geographical area (prices include postage):

一年6期/1 year - 6 issues

- 中国 China: RMB600 / US\$100
 香港 Hong Kong: RMB600 / US\$100 / HKD700
 Rest of Asia: RMB1,400 / US\$200
 Rest of the world: RMB2,800 / US\$400

* 此价格已包含国内运费(除西藏、新疆、青海等偏远地区)

二年12期/2 years - 12 issues **save 10%**

- 中国 China: RMB1200/ US\$200
 香港 Hong Kong: RMB1,200 / US\$200 / HKD1,400
 Rest of Asia: RMB2,800 / US\$400
 Rest of the world: RMB5,600 / US\$800

姓名/Name _____ 性别/Sex _____ 国籍/Nationality _____

公司名/Company Name _____ 职位/Job Title _____

电话/Tel _____ 传真/Fax _____ 电邮/Email Address _____

杂志递送地址/Delivery Address _____

城市/City _____ 国家/Country _____ 邮政编码/Postal Code _____

支付方式/Payment Methods

汇款/Please invoice me/my company (bank transfer)

Name: 上海恩肖文化传播有限公司

Bank: 工商银行上海市南滨江支行

Acct no: 1001015909006918325

Bank Address: 上海市蒙自路763号二楼



敬请关注SpaChina杂志官方微信，
查看更多行业资讯和专家论坛文章

支付宝支付/Alipay

Name: 上海恩肖文化传播有限公司

Acct no: wellbridge@sinomedia.net

提交印刷版订阅表您可获得

This subscription to the printed edition of SpaChina entitles you to:

- 6-12期杂志并送至您手中
6-12 issues of SpaChina Magazine delivered to your doorstep every two months
- SpaChina俱乐部会员卡
SpaChina Club membership card
- 在中国地区消费的会员专用折扣
Discounts offered by SpaChina partner shops in China

如需咨询，请致电夏先生 +86 21 5187 9633x823或手机: +86 137 9544 8718

For more information, please contact **Summer Xia** at +86 21 5187 9633x823 or

+86 137 9544 8718. Email: summer.xia@spachina.com

You can also purchase the magazine securely online at

www.spachina.com/shopping.php

BACK NUMBERS 回顾刊

2021, 2022, 2023, 2024
SpaChina Back Numbers
四年回顾刊共24册
数量有限仅10套



**2400RMB
300USD**

- 我要订
 I want to buy

swiss line

BY DERMALAB 

EXPANDING THE SKINCARE UNIVERSE

"PREP-CARE" BEFORE & IN-BETWEEN PROCEDURES

银河修护弹¹

以修护源力 重建肌肤「次元壁」

360°
Skin Solutions



Skin biology

悦享“优雅乐活”
护肤之道



Visible results

屡获殊荣的配方



Swiss made

瑞士护肤品原产地
保护协会会员



官方微信号



官方小红书



官方抖音号

1. 银河修护弹为智慧御龄修护精华液的昵称，国妆网备进字（沪）2024008016。

2. 数据来自30名参与特殊美容项目后的志愿者在连续使用本产品28天后，经过综合仪器评价及专家评估的结果，实际效果因人而异。