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若水 | 上善

SpaChina

健康度假 · 美容水疗 · 健身康复 · 环保可持续

WELLNESS, BEAUTY, HEALTH AND LUXURY LIVING

2025-2026
 行业动向和趋势报告
 SPA INDUSTRY TRENDS
 & MOVEMENTS REPORT
 马来西亚MALAYSIA
 穿越心灵与雨林的疗愈之地
 Where Rainforests Heal the Soul

Picture by Spa Village Gaya Island

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

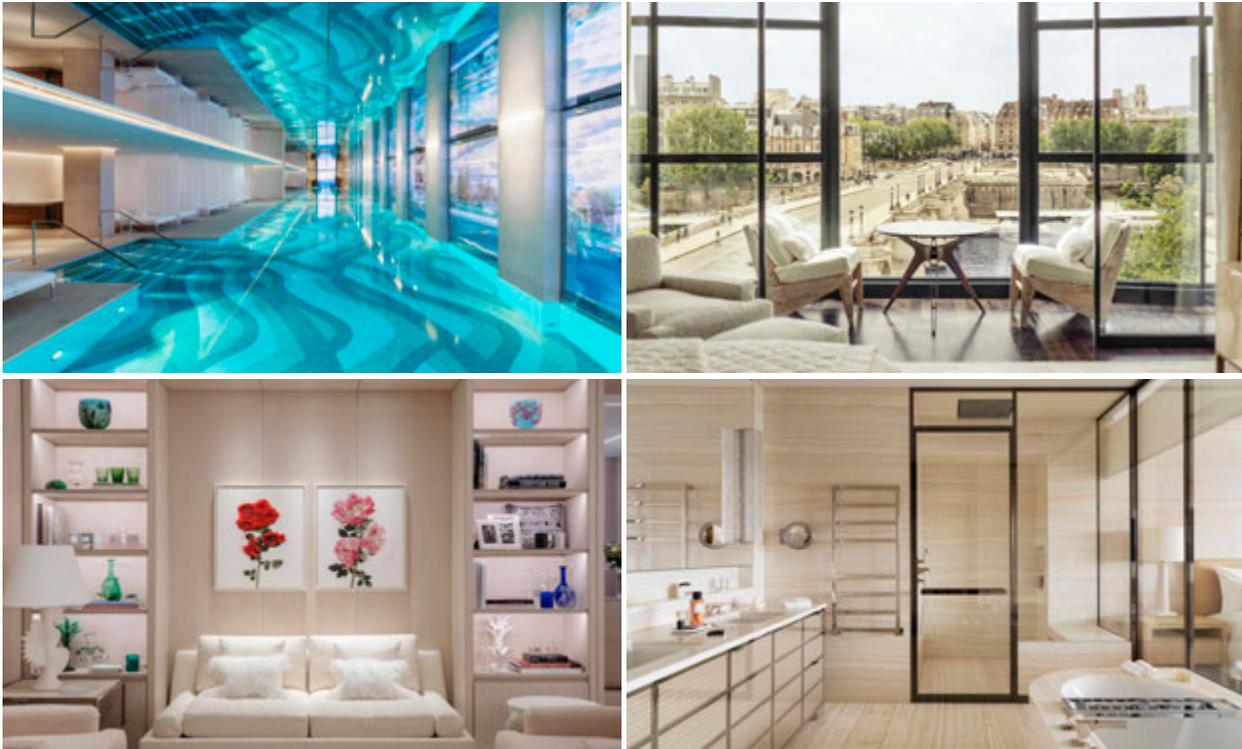




CHEVAL BLANC PARIS

A WORLD OF BEAUTY

巴黎白马庄园



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

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

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亲爱的SpaChina读者，问候如初。

在江南烟雨轻笼的时节，2025年度SpaChina中国养生与水疗峰会在苏州四季酒店温柔落下了帷幕。我们以光影记录下那些相遇与启发的瞬间，您可以在本期杂志中静静回望，或至SpaChina微信公众号，感受更多流动的画面与心声。

每一年，我们都在峰会种下新的期待，采撷新的灵感，触摸行业脉搏里新的起伏。我始终希望，这场峰会不止是一场相聚，更是一座桥梁，让思想在此交融，让温暖在此传递，让我们的行业在互动与分享中，携手前行。

行业正悄然转身，从蓬勃生长走向细腻经营，而消费者的心意，也如流水般不断重塑着河床。我们注意到，在经济气候中，通胀与通缩如影随形，这背后，是中产阶级资产的无声波动，也是社会贫富图景中一道待抚的皱褶。在这样的变局中，SPA的未来，或许正藏于“融合”与“平衡”之间。我们不仅要筑起品牌的护城河，也要悉心经营一片私域的绿洲。而当疗愈成为这个时代的关键词，年轻人通过追寻情绪的价值，在每一次选择中完成自我疗愈；而面向银发岁月，数字疗法也正悄然点亮认知健康的微光……所有这些，都与我们的业务息息相关，紧密相连。

世事纷忙，愿您不忘在奔波间隙，停下来，为自己沏一盏茶，听风看云，等一等自己的灵魂。记得添一件衣衫。愿一切都好，身心皆安。



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

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养生和水疗奖项 / Wellness & Spa Awards



Graham Earnshaw & Lucia Pei

▲ 年度中国酒店水疗大奖
 Best Hotel Spa of the Year

澳门丽思卡尔顿水疗中心
 The Ritz-Carlton Spa, Macau

▼ 年度中国温泉度假村大奖
 Best Hot Spring Resort of the Year

昆明柏联酒店 柏联温泉SPA
 Bolian Hot Spring and Spa, Bolian Hotel, Kunming



Dr. Jason Culp & Billy Chen



Feeling Shao & Alex Wang Shifeng

▲ 年度中国都市水疗大奖
 Best Day Spa of the Year

丽妍雅集
 Rubis Spa

▼ 年度中国都市水疗大奖
 Best Day Spa of the Year

EviDenS de Beauté伊菲丹上海张园城堡店
 Le Château EviDenS de Beauté



Alex Wang Shifeng & Demi Zhang



Carrie Ouyang, Graham Earnshaw & Pan HongShan

◀ 年度中国养生与水疗会所大奖
Best Wellness & Spa Club of the Year

杭州爱情故事
Love Story Hangzhou



Emil Leung, Elsa Lu & Alex Yu

◀ 年度中国连锁水疗大奖
Best Chain Spa of the Year

璞悦
THE PURI

▼ 年度都市养生绿洲大奖
Best Urban Wellness Oasis
of the Year

香港康得思酒店
[川]水疗中心
Chuan Spa, Cordis,
Hong Kong



Christophe Lesueur & Chan Pui Chu

▼ 年度健身与水疗大奖
Best Fitness Center & Spa of the Year

镛舍 谧寻水疗
Mi Xun Spa, The Middle House



David Choie, Olivier Dumonceaux, Beverly Dong & Stella Wang



Kyle Zhou & Christophe Lesueur

▲ 年度都市养生绿洲大奖
Best Urban Wellness Oasis of the Year

成都博舍 谧寻水疗
Mi Xun Spa The Temple House



Spencer Chen & Guo Jian

▲ 年度中国新开业水疗大奖
Best Newly-opened Spa of the Year

北京前门文华东方酒店水疗中心
The Spa at Mandarin Oriental Qianmen, Beijing

▼ 年度网红水疗大奖
Best Online Star Spa of the Year

海南清水湾金普顿酒店洋水疗中心
Solis Spa, Kimpton Aqueos Hainan



Julie Xie & Benjamin Jiang

理疗奖项 / Treatment Awards

年度富吸引力水疗疗程大奖 ▶
Most Attractive Spa Treatment of the Year

上海宝格丽酒店宝格丽水疗中心: 宝格丽专属面部护理
THE BVLGARI SPA BVLGARI HOTEL SHANGHAI
The Bvlgari Signature Facial

年度富吸引力水疗疗程大奖 ▼
Most Attractive Spa Treatment of the Year

大阪四季酒店水疗中心: Osaka Sensory Escape Treatment
The Spa at Four Seasons Hotel Osaka
Osaka Sensory Escape Treatment



Sharon Chan, Jane Shao & Simon Law



Simon Law & Jitima Yotsumoto

▼ 年度新颖面部疗程大奖
Most Novel Facial Treatment of the Year

璞麗酒店 遥水疗: 伊芙珑皇室挚爱奢愈面部护理
UR Spa, The PuLi Hotel and Spa
EVE LOM Royal Indulgence Facial



Roy Wang, Mikkle Zhang, Jennifer Wang & Angel Mao



Daneil Chen, Bettina Zhao & Ronan Henaff

◀ 年度显著功效疗程大奖
Most Effective Treatment of the Year

上海建业里嘉佩乐酒店 Auriga 水疗中心
璨金焕亮新生面部护理
Auriga Spa at Capella Shanghai, Jian Ye Li
OR REJUVENIC REGENERATING FACIAL

年度显著功效疗程大奖 ▶
Most Effective Treatment of the Year

曼谷湄南河四季酒店都市康体中心
竹疗深层组织按摩
Urban Wellness Centre,
Four Seasons Bangkok at
Chao Phraya River
Deep Tissue with Bamboo



Saowapa Thumapun & Dr. Li Kai



▼ 年度经典水疗疗程大奖
Most Classic Spa Treatment
of the Year

北京宝格丽酒店
宝格丽水疗中心
臻境五行能量平衡护理
THE BVLGARI SPA
BVLGARI HOTEL BEIJING
TCM REJUVENATION



Luca Gualdrini, Mary Yip & Johann Calangi

◀ 年度别具匠心水疗套餐大奖
Best Spa Treatment Package
of the Year

美狮美高梅 禅潺
禅潺海陆和鸣
TRIA at MGM Cotai
TRIA Coastal Harmony



Richard Williams, Silvia Liu & Yvonne Cheung



Luca Gualdrini, Mary Yip & Johann Calangi

▲ 年度别具匠心水疗套餐大奖
Best Spa Treatment Package of the Year

澳门美高梅 禅潺
禅潺流韵之旅: 自然之流
TRIA at MGM Macau
TRIA Aquatic Flow Journey: Flow in Nature

Luminous Seasons · Skin Chronicle
The Ritz-Carlton Spa, Nanjing



Richard Williams, Renee Zhao & Yvonne Cheung

◀ 年度经典水疗疗程大奖
Most Classic Spa Treatment of the Year

南京丽思卡尔顿酒店水疗中心：四时韵染 · 焕颜凝华集
The Ritz-Carlton Spa, Nanjing
Luminous Seasons · Skin Chronicle



Freeman Liu & Cherry Lam

▲ 年度富创造力身体疗程大奖
Most Creative Body Treatment of the Year

永利皇宫水疗中心：瞬间舒缓护理
The Spa at Wynn Palace: Tension Relief

▼ 年度男士疗程大奖
Best Men's Treatment of the Year

广州富力丽思卡尔顿酒店水疗中心：氣 · 運
The Ritz-Carlton Spa, Guangzhou: Chi · Yun



Grace Gao & Dwi Susanti

▲ 年度富创造力身体疗程大奖
Most Creative Body Treatment of the Year

巴厘岛山妍四季度假酒店 Sacred River Spa
Tirta Ening Treatment
The Sacred River Spa at Four Seasons Resort Bali at Sayan
Tirta Ening Treatment



Vivienne Tao & Eren Akalin Körösi

◀ 年度男士疗程大奖
Best Men's Treatment of the Year

巴厘岛金巴兰湾四季度假酒店疗愈村水疗中心
Gem of a Gent
The Healing Village Spa,
Four Seasons Resort Bali at Jimbaran Bay
Gem of a Gent



Putu Santi Martadi & Albin Brion



Changel Chen & C. K. Low

◀ 年度身心灵疗程大奖
Best Spiritual Treatment of the Year

养云安缦水疗与康体中心
Hammam摩洛哥浴
Spa & Wellness Centre Amanyangyun
Hammam Treatment



Kim Hwa, Kara Chan & Celia leong

▼ 年度环保绿色疗程大奖
Eco & Green Treatment of the Year

澳门四季酒店水疗中心
Nature's Secret
The Spa at Four Seasons Hotel Macao
Nature's Secret

▲ 年度身心灵疗程大奖
Best Spiritual Treatment of the Year

澳门悦榕Spa: 悦榕·雨露心源养生之旅
Banyan Tree Spa Macau
Banyan Tropical Rainmist Wellness Journey

▼ 年度整全/中医疗程大奖
Best Holistic/TCM Treatment of the Year

上海浦东丽思卡尔顿水疗中心: 绽放360°丰盈疗程
The Ritz-Carlton Spa, Shanghai Pudong
BLOOM 360° ENRICHMENT THERAPY



Jenny Lo & Kit Kong



Sherry Xu & Tony Wu

▲ 年度整全/中医疗程大奖
Best Holistic/TCM Treatment of the Year

上海浦东文华东方酒店水疗中心: 沉香之旅
The Spa at Mandarin Oriental Pudong, Shanghai: Spiritual of Eaglewood



Georgie Yam & Hansen Zhang

"Onsen House" Serenity Journey
Seasons Hotel Hangzhou at West Lake



Zhang Zhengbo, Miya Zhang, Winnie Wei & Kelly Cheng

◀ 年度养生之旅大奖

Best Wellness Journey of the Year

杭州西子湖四季酒店水疗中心
“汤屋”静谧之旅

The Spa at Four Seasons Hotel Hangzhou
at West Lake

“Onsen House” Serenity Journey

马尔代夫库达呼拉岛四季度度假酒店Island水疗
[海洋秘钥]夜晚水疗仪式

The Island Spa, Four Seasons Resort Maldives
at Kuda Huraa

Night Spa Ritual, Secrets of the Sea

产品奖项 / Product Awards



Francis Kuah, Elaine Peng & Christophe Lesueur

年度抗衰老产品大奖 ▶

Best Anti-Aging
Product of the Year

希博密
希博密晶耀臻颜
面霜-升级版
cell premium
cell premium by
Dr. Gerny Re-new
icon cream



Patrick Low, Maggie Chen & Natalie Zhang

▲ 年度水疗产品大奖
Best Spa Product
of the Year

施维兰
智慧御龄修护精华液
Swissline
SWISSLINE CELL SHOCK
AGE INTELLIGENCE
PRO-RECOVERY SERUM



Jason Zeng & Ronan Henaff

◀ 年度卓越疗效水疗产品大奖
Most Effective Spa Product of the Year

悉源地: 悉源地肌源凝时冻干精华液
Cible Skin: PROGRAMME RE-CELLULAR

▼ 年度瞩目水疗产品大奖
Most Striking Spa Product of the Year

瑞铂希: 肌源舒缓密集修护小安瓶精华液
REPACELL: REPACELL® sensitive EXTRA
ANTIAGE LIQUID SERUM



Mikkle Zhang & Ksenia Novikova

◀ 年度绝佳知名度
水疗产品大奖
Most Popular Spa
Product of the Year

伊芙珑
传奇洁颜霜
EVE LOM
EVE LOM CLEANSER



Scott Xu & Jonas
Andreas Schuermann

Best Natural Product of the Year



Jessica Della Vedova, Olivier Dumonceaux & Cindy He



Samantha Dunn & Sky Wang

▲ 年度天然水疗产品大奖 Best Natural Spa Product of the Year

韵姿
热感身体草本精华油
VAGHEGGI
Yang+ Essential Oil



Song Melling & Emlyn Brown

▲ 年度香薰产品大奖 Best Aroma Product of the Year

艾薇丹: 睡眠魔法复方纯精油
AD VITAM
Calm Night Essential Oil Blend

◀ 年度水疗产品新星大奖 The Star Spa Product of the Year

妮尚希: 生物守恒精华
nescens
bio-identical rehydrating serum



Simon Law & Emlyn Brown

◀ 年度水疗产品新星大奖 The Star Spa Product of the Year

菲迪曼: 清新抗皱保湿霜
PHYTOMER
OLIGOPUR YOUTH

理念奖项 / Concept Awards

年度中国特色养生理念大奖 Best Wellness Concept of the Year

普吉岛拉杨安纳塔拉度假酒店
Layan Life by Anantara
Layan Life by Anantara
Anantara Layan Phuket Resort



Dr. Kaneko Toshiyuki & Tomonari Tai

▼ 年度中国特色养生理念大奖 Best Wellness Concept of the Year

松赞目的地疗愈中心
Songsam Destination Healing Center



Sasaki Shigehito & Ringos Leung

年度养生/水疗设计大奖 ▶
Best Wellness / Spa Design of the Year

苏州四季酒店水疗中心
The Spa at Four Seasons Hotel SuZhou



Chris Wingo & Fiona Fu

◀ 年度养生/水疗设计大奖
Best Wellness / Spa Design of the Year

塞舌尔兹帕逊 六善水疗
Six Senses Spa, Zil Pasyon, Seychelles



Lisa Starr & Sam Yu

年度养生服务大奖 ▶
Best Wellness Service of the Year

澳门摩珀斯酒店摩珀斯水疗
Morpheus Spa, Morpheus Hotel



Jane Yun Wang & Dr. Lin Yang

器材奖项 / Equipment Awards



Eric Huang, Graham Earnshaw & Daniel Chen

◀ 年度水疗器材大奖
Best Spa Equipment of the Year

科医人Geneo X
Geneo X by LUMENIS

年度卓越疗效器材大奖 ▶
Most Effective Spa Equipment of the Year

意大利VIP
VIP HiLine



Xiang Changlin, Trent Munday & Zhang Zhengbo



Luca Gualdrini, Thomas Schmitt-Glaeser, Miao Bin & Penny Yeung

◀ 年度养生器材大奖
Best Wellness Equipment of the Year

icoone

杰出奖项 / Prestigious Honor Awards



An Lei & Fifi Kao

◀ 年度中国SpaChina殊荣大奖
SpaChina Honor Awards

安屿an·spa阿那亚店
an·spa, NOA RESORT & WELLNESS ARANYA



Graham Earnshaw, Jenny Dong & Guo Jian

年度中国SpaChina殊荣大奖 ▶
SpaChina Honor Awards

VIVIFACE



Zhang Xirui, Guo Jian & Wang Xingyu

◀ 年度中国SpaChina殊荣大奖
SpaChina Honor Awards

杏花春雨生活美学空间
Xinghua Chunyu SPA



Sophie Hu, Graham Earnshaw & Shirley Xu

年度中国水疗评审会大奖 ▶
Grand Jury Awards

上海素凯泰酒店The Retreat水疗中心
The Retreat at The Sukhothai Shanghai



Larry Jin & Guo Jian

◀ 年度中国水疗评审会大奖
Grand Jury Awards

富春山居高尔夫度假村富春山居SPA
Fuchun Spa, FUCHUN RESORT

▶ 年度中国水疗评审会大奖
Grand Jury Awards

深圳前海华侨城瑞吉酒店 瑞吉水疗中心
The St. Regis Spa
The St. Regis Shenzhen Bao'an



Graham Earnshaw, James Zhang & Guo Jian

全球奖项 / Global Awards



Prof. Gerard Bodeker, Chik Lai Ping & Fifi Kao

◀ 全球瞩目水疗大奖
Best Global Spa of the Year

加雅岛度假村
Spa Village水疗中心
Spa Village Gaya Island



Prof. Gerard Bodeker, Andy Xie & Samantha Arnold

▲ 全球知名养生度假村大奖
Best Global Wellness Resort of the Year

马尔代夫兰达吉拉瓦鲁岛四季度假酒店AyurMa水疗中心
AyurMa, Four Seasons Resort Maldives at Landaa Giraavaru

▼ 全球知名养生度假村大奖
Best Global Wellness Resort of the Year

越南会安南海四季度假酒店“地球之心”水疗中心
The Heart of Earth Spa,
Four Seasons Resort The Nam Hai, Hoi An, Vietnam



Prof. Gerard Bodeker, Ngo Thi Kim Oanh & Samantha Arnold

由 SpaChina 杂志主办的2025年中国养生与水疗颁奖礼于2025年9月23日在苏州四季酒店成功举办。来自于27个省份、行政区和直辖市，以及8个海外国家的共计128家水疗酒店、度假村、水疗中心以及企业参选。获奖SPA被颁予了特制奖状与景德镇烧制的仿清代雍正青花桃蝠纹橄榄瓶，41类奖项代表了中国养生和SPA行业的最高评价。SpaChina杂志出版人晏格文先生与SpaChina杂志主编兼总监高菲女士共同主持了颁奖礼晚宴。晚宴由作为此次峰会合作伙伴的苏州四季酒店总经理麦伯翰先生上台致辞，并与郭健女士一起带领台下的宾客们举杯，进行了“干杯仪式”。中国养生与水疗颁奖礼——颁奖晚宴的成功举办彰显了我国养生与水疗行业的成熟和健康的发展方向，进一步促进行业之间的交流和良性竞争，激励养生与水疗从业者进一步发挥创意，砥砺前行。

The SpaChina Wellness & Spa Awards Ceremony 2025 was successfully held at Four Seasons Hotel Suzhou on September 23, 2025. This year, 128 hotels, resorts, spas and enterprises from 27 Chinese provinces, municipalities and special administrative regions and 8 overseas countries entered for the awards assessment process. After four months of competition, the final winners were presented with a certificate and an award memento – Blue and White Porcelain Olive-shaped Vase with Peaches and Bats Pattern. Mr. Graham Earnshaw, the Publisher of SpaChina Magazine, and Ms. Fifi Kao, the Director & Editor-in-Chief of SpaChina Magazine hosted the Gala Dinner. Mr. Michael Branham, General Manager of Four Seasons Hotel Suzhou gave a welcoming speech, followed by Ms. Guo Jian, Life State Growth Training Mentor and Yoga Instructor. They proposed a toast together to all the guests. The success of the SpaChina Wellness & Spa Awards 2025 Gala Dinner reflects how China's wellness and spa industry is evolving in a professional and healthy manner.



Penny Yeung, Luca Gualdrini, Fifi Kao, Janet Li & Dr. Jason Culp



Liu Kim Hwa & Low Chee Kwong



Zhang Jianjun & Zhang zhengbo



Johnny Chang, Tomonari Tai, Wayne, Karen Kuang, Georgie Yam & Shirley Xu



Kara Chan & Celia leong



Doreen Wu & Hansen Zhang



Samantha Arnold and Four Seasons group



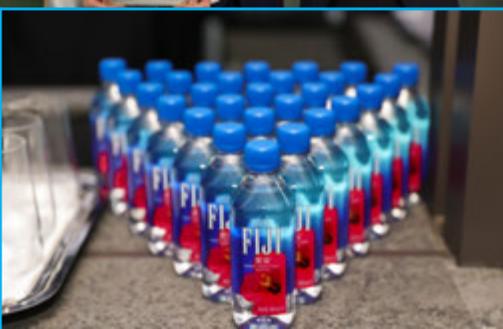
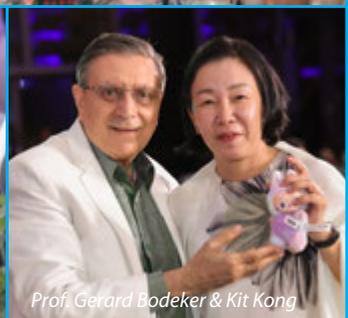
Nocoli Li, Betty Zhao & Ronan Henaff



Guo Jian & Andy Wang



Doreen Wu & Mona Yu





Yu Shumei & Zeng Qinguo



Wang Xingyu & Zhang Xirui



Sam Yu & Veronica Qian



Fifi Kao & Samantha Arnold



Ringos Leung & Guo Jian



Roy Wang, Elaine Peng, Daniel Chen, Dream Sun, Christophe Lesueur & Dr. Li Kai



Thomas Schmitt-Glaeser & Christophe Lesueur



Maggie Liu, Holly Yang, Luca Gualdrini & Penny Yeung



Dr. Jason Culp



Kaneko Toshiyuki & Sasaki Shigehito



Olivier Dunonceaux & Stella Wang



Gemma Marie Summa



Cheers



Samantha Dunn, Trent Munday, David Chioe, Ksenia Novikova & Kevin Cao



Saphira Zhu, Lisa Ding & Neal Hao



Jason Zeng, Edison Cheng, Mary Yip & Johann Calangi



Cocktail Parties

Welcome Cocktail Party Powered by icooone



Veronica Qian, Luca Gualdrini, Fifi Kao, Penny Yeung, Jane Wang & Sam Yu



Holly Yang & Johnny Chang



Luca Gualdrini



Celia leong, Kara Chan & Samantha Arnold



Cheers



Johann Calangi, Mary Yip, Yvonne Cheung, May Chan & Simon Jaw



Lu Yan, Prof. Gerard Bodeker, Hu Ranran & Wu Qi



Sherry Xu, Monic Zhu, Sabriina Hu, Kara Chan, Masha He & Celia leong



Huang Hanlin, Wu Qi, Samantha Dunn, Hu Ranran & Lu Yan



Happy Cocktail Party Boosted by Swissline



Chloe Chen & An lei



Eren Akalin Körösi & Rebecca Huang



Guo Jian & Dr. Li kai



Iris Yan, Jaclyn Yan, Christophe Lesueur, Elaine Peng & Fifi kao



David Chioe, Mary Yip & Johann Calangi



Knirke Fester Schindler & Trent Munday



Prof. Gerard Bodeker and Four Seasons Group



Guo Jian & Andy Wang



Grace Gao, Shirley Xu & Johnny Chang



Fifi kao & Christophe Lesueur



Swissline Team



David Chioe & Emlyn Brown



Gala Dinner After Party Energized by Lumenis



Christophe Lesueur & Daniel Chen



Sasaki Shigehito & Kaneko Toshiyuki



Tomonari Tai & Ronan Henaff



Graham Earnshaw



Johann Calangi, Mary Yip & Celia leong



Christian Zuerstein



Kit Kong & Veronica Qian



Wilson Liu, Rebecca Huang, Guo Jian & Zhang Yuhua



Kara Chan, Georgie Yam & Celia leong



Iris Yan & Shirley Xu

2025年中国养生与水疗峰会于2025年9月22日、23日、24日在苏州四季酒店成功举办，活动包括了两个项目：2025年中国养生与水疗峰会和2025年中国养生与水疗颁奖礼。由SpaChina杂志主办的中国养生与水疗行业峰会，已经是第十九届。参会者348人，包括国内外酒店和康乐行业人士、养生与SPA行业专业人士、水疗经营者、投资商、培训师及知名水疗品牌产品、器材供应商等行业精英们。34位专家讲师和讨论嘉宾们分享了行业不同领域的趋势、知识、技能与讯息。47家品牌展商在活动现场展示了其产品、器械和技术，并提供体验。每天6小时的会议配备中英文同声传译。在为期三天的亲密接触中，峰会提供了独特而有效的交流和互动平台。

The SpaChina Wellness Summit 2025 was successfully held at Four Seasons Hotel Suzhou from September 22 to 24, 2025. It combined two major events – the SpaChina Wellness Summit and SpaChina Wellness & Spa Awards Ceremony. The 19th annual SpaChina Wellness Summit in Suzhou featured 348 spa professionals, spa owners and investors, and spa product and spa equipment suppliers. A total of 34 expert lecturers and professionals gave insightful speeches and panel discussions during the Summit, sharing information and views on industry trends, techniques, operations and management modes. A total of 47 sponsors presented their products, equipment and skills during the Summit, and offered on-the-spot advice and experience to Summit guests. The 6 hours of daily presentations were accompanied by professional simultaneous interpretation between Chinese and English. Overall, the three-day event provided a unique and effective communication platform for top players in China’s wellness and spa industry, as well as others relevant to or interested in the industry.



Li Shuman, Carrie Guyang & Huang Hanlin

Wu Qi & Xie Xiaomei

Lisa Starr, Samantha Arnold & Jonas Schuermann

Richard Williams & Ken Zeng

Graham Earnshaw

Samantha Dunn & Lisa Starr

Albin Brion

Prof. Gerara Bodeker

Dr. Li Kai

Low Chee Kwong & Liu Kim Hwa

Dr. Jason Culp & Janet Li

Chris Wingo

Christophe Lesueur



Fifi Kao



Lisa Starr



Samantha Dunn



Kaneko Toshiyuki



Jimmy Zhu



Panel Discussion



Panel Discussion



Panel Discussion



AD VITAM



EVELOM



Wild Peony



Exercise



Lucky Draw Winners



Repacell



Dai Qinghua & Luca Gualdrini



Swissline



LaVallée SPA



LUMENIS



nescens



Hydrafacial



Jennifer Wang



Lisa Starr & Prof. Gerard Bodeker



VAGHEGGI



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Lemoral



Pureness



VIP Italy



Cible Skin



Graham Earnshaw, Richard Williams, Trent Munday & Samantha Dunn



MAP



Gemma Marie Summa & Prof. Gerard Bodeker



Neocare Elite



Aura-Soma



NIANCE



JPRbody®



BeauTech Healthcare



CELL PREMIUM



Day 2



Emlyn Brown

Richard Williams

Li Kai



Zhang Jianjun

Dai Jiongjie

Albin Brion



Prof. Gerard Bodeker & Richard Williams



Panel Discussion



Panel Discussion



GII



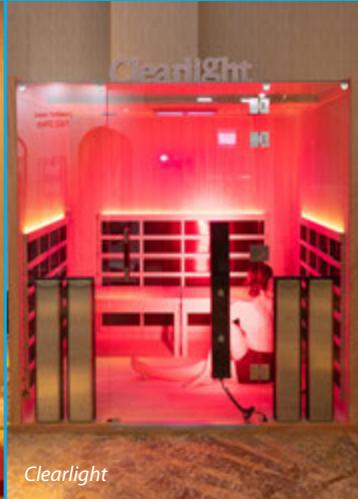
益生和美



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毛丫头



Female Qi Gong Practice With Eren



Practice The TCM Movement Yijin Jing with Dr. Dai



Aquatic Body Sculpting & Intensive Physique Training



UBG Limited



Living Earth Crafts



MATRIX



Turndown



Richard Williams, Ngo Thi Kim Oanh & Dwi Susanti



Yvonne Cheung & Scott Xu



111Skin



EviDenS de Beauté



Sherry Xu & Monica Zhu



Marguerite Olivia & Knirke Fester Schindler



Ksenia Novikova



Jason Culp



Zhang Zhengbo



Eren Akalin Körösi



David Chioe



Ksenia Novikova



Trent Munday & Lisa Starr



Guo Jian & Andy Wang



Julie Xie, Nicole Li & Veronica Qian



Spencer Chen & Sherry Xu



HIGHS CANADA



[comfort zone]



RÖS'S



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●TCR3-PLUS®²续航因子 ●四胜肽 ●SEANACTIV™³

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一抹丝滑、清透好吸收，
触摸到的嫩透，柔柔弹弹。

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-45.25%⁵

轮廓紧致
+53.19%⁴

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意大利美学健康大师

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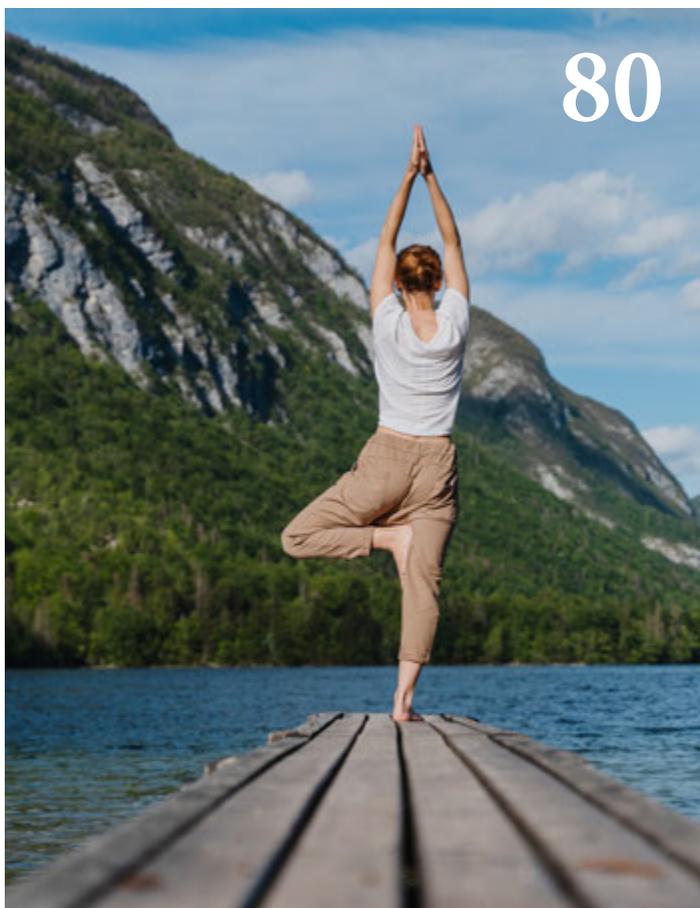
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北京璞瑄酒店·娇兰SPA中心

法国娇兰在中国大陆地区首家精品SPA旗舰店正式落座北京璞瑄酒店，紧邻紫禁城，设有6间SPA室，包含2间VIP双人套房，2间护理室，将法式护理艺术融入东方文化意境。娇兰SPA中心提供一站式感官体验。奢华护理甄选娇兰精致特别的面部与身体护理，更有专为北京璞瑄酒店匠心臻制的奢护仪式。如以兰花的生命力为灵感的精萃兰兰护理，以及结合精密面部分析与按摩手法的尊贵焕颜护理。护理结束后，宾客可步入精品零售区域，这里汇集御廷兰花、帝皇蜂姿护肤系列、艺术沙龙精品香水等商品，更可享受瓶身绳索、印章、镌刻等个性化定制服务。

Guerlain Spa at The Puxuan Hotel and Spa, Beijing

Guerlain has unveiled its first flagship Spa in mainland China at The PuXuan Hotel and Spa in Beijing. Adjacent to the Forbidden City, Guerlain Spa features six treatment rooms – including two VIP double suites and two scrub rooms – seamlessly blending French skincare artistry with Eastern culture. The Guerlain Spa offers a seamless sensory journey, presenting a refined selection of Guerlain’s signature facials and body therapies, along with one exclusive ritual created specially for The PuXuan Hotel and Spa, Beijing. Signature treatments include the Imperial Longevity, inspired by the infinite longevity of the orchid, and the Imperial Face Sculpt which combines advanced skin analysis with expert massage techniques. After their treatments, guests are invited to explore the luxury retail space, which showcases Guerlain’s iconic skincare collections including the Orchidée Impériale and Abeille Royale, refined fragrances from the Perfumery of Art. Personalized bespoke touches include cords, seals, and engraving.

凉山文旅泸沽湖隐奢逸境酒店水疗中心

在四川泸沽湖的群山怀抱间，藏着一处令人惊艳的村落瑰宝。凉山文旅泸沽湖隐奢逸境酒店便坐落于此，与绝美风光相依相生，自然融入明信片般的景致与摩梭古老文化之中。酒店内的水疗中心设有四间私密护理室及一间38平方米的瑜伽室，疗程巧妙融合摩梭传统与现代疗法，提供包括深度放松按摩与香薰护理在内的焕活体验。位于五楼的恒温无边泳池与观景露台浑然一体，宾客在此可饱览泸沽湖的浩渺烟波，并将格姆女神山与后龙男神山的壮丽山影尽收眼底，实现身心与天地自然的深层连接。

The Spa at The ArcadiaPlace, Lugu Lake

Perched on an Alpine lake in Sichuan, and embraced by breathtaking mountains, The ArcadiaPlace, Lugu Lake immerses itself effortlessly into a picture-postcard setting and the ancient culture of the local Mosuo people. The hotel’s spa features four private treatment rooms and a 38-square-meter yoga studio, where therapies thoughtfully integrate Mosuo traditions with modern wellness practices. Guests can choose from a range of revitalizing experiences, including deep relaxation massages and aromatic treatments. On the fifth floor, a heated infinity pool and viewing terrace present panoramic vistas of Lugu Lake and the surrounding mountains. Here, body and mind find a deep connection with sky, land, and water.



安吉乐那盐焗酒店盐焗水疗中心

安吉乐那盐焗酒店位于浙江省安吉县，拥有依山傍水、四面环山的优美环境。这里以竹海与白茶闻名，且交通便利，与高铁站和机场便捷互通。酒店以现代设计语言呼应自然美学，设有被称为“蓝眼睛”的室外游泳池，以不规则流线形水体与琉璃马赛克池底随光变幻，宛若山间碧泉。地下一层的盐焗水疗中心，以洞穴穹顶重构地下空间，光影透过顶部裂隙洒落，涵盖冰泉、水吧、SPA区与泡池区，并以特色竹盐理疗唤醒身体感知，营造出秘境般的疗愈场域。

SALT Equilibrium Spa Centre, SALT of Anji

Nestled in the picturesque mountains of Anji County, Zhejiang Province, SALT of Anji harmoniously blends with its serene surroundings, renowned for its vast bamboo forests and prized white tea. Boasting convenient access to high-speed rail and airports, the hotel interprets natural aesthetics through contemporary design. Its scenic outdoor pool, dubbed the “Blue Eye,” features fluid organic lines and a luminous glass mosaic bottom that shifts with sunlight, evoking a mountain spring. Below ground level, the SALT Equilibrium Spa Centre reimagines subterranean space with cave-inspired vaulted ceilings, where light filters through strategic openings to create a healing space. It offers immersive wellness experiences including an ice bath, a bar, SPA areas, and soaking pools, and revitalizes the senses through its signature bamboo salt therapies, cultivating a healing environment.





璞悦武汉武昌万象城店

近日，隐匿于武昌万象城的璞悦悠然启幕。橙黄光影与天然香薰交织，瞬间将宾客引入舒缓的慢生活节奏。这里既有武汉独有的江湖气息，又融入了东方纯粹的疗愈哲思，既延续万象城的现代风尚，亦尽显璞悦的东方底蕴，共同为江城解锁一处疗愈新境。中心内设十间不同功能的理疗房。古法按摩融合璞悦独创东方体质适配技法，以拉伸等被动瑜伽动作配合泰式草药球热敷，助宾客祛湿驱寒；海洋温贝壳疗愈SPA项目以深海贝壳与颂钵音疗开篇，舒缓关节与肌肉紧张；芳香精油SPA项目则备有六款天然植物油，搭配理疗师温热手法，促进血液循环。

The Puri, Wuchang MixC, Wuhan

Recently, the hidden gem The Puri opened at Wuhan Wuchang MixC. Intertwining warm amber lighting with natural aromatherapy, it instantly ushers guests into a soothing rhythm of leisurely living. Blending Wuhan's distinctive riverside charm with pure Eastern healing philosophies, the spa extends MixC's contemporary elegance while embodying The Puri's Eastern heritage – together unveiling a new urban sanctuary for wellness in the city. The spa features ten treatment rooms with varied functions. Ancient massage is integrated with Puri's original Eastern constitution-adapting methods, incorporating passive yoga stretches and Thai herbal ball compresses to dispel dampness and cold. The Lava Shells SPA begins with deep-sea shells and singing bowl sound healing to ease joint and muscle tension. The Aromatic Warm Oil SPA offers six types of natural plant oils, applied with therapists' warmed techniques to boost circulation.

上海静安区大地边界

毗邻城市中心静安嘉里中心商圈的大地边界，作为上海首家泥土疗愈学SPA，以“自然即良药”为核心理念，独创“双相赋活泥”，融合天然泥土与植物精油的双重疗愈，实现安神助眠、抗氧排浊。疗愈开启前，宾客可依据肤质与状态选择专属敏感肌的白泥，熬夜肌的黑泥，或是轻熟肌的红泥，开启个性化的大地平衡之旅程、大地安神放松舒缓疗程、大地雨林温热竹木疗程、阿育吠陀油疗等丰富项目，由泰国理疗师以专业手法引导能量流动，深度驱散身心倦意。护理结束后，奉上一杯秘制茶饮和芒果糯米饭，以味觉延续这场源自土地的自然馈赠。

Amuri Wellness, Jingan District, Shanghai

Located adjacent to the tranquil Jing An Kerry Centre in Shanghai's urban heart, Amuri Wellness stands as the city's first dedicated clay healing spa. Guided by the philosophy that "nature is the ultimate healer," it has pioneered a unique "Dual-Phase Revitalizing Clay" treatment that blends natural earth with plant essential oils. Before treatment, guests select their personalized clay blend based on skin type and condition: White Clay for sensitive skin, Black Clay for fatigued skin, or Red Clay for early-aging concerns. This begins a tailored journey through signature experiences such as the Earth Balance Journey Spa, Earth Soul-Calming Unwind Retreat Spa, Earth Rainforest Warmth Bamboo Sanctuary Spa, and AyurGlow Golden Elixir Ritual. Skilled Thai therapists guide these treatments with professional techniques that encourage energy flow and relieve physical and mental fatigue. Following the treatment, an artisanal brew is served, allowing the senses to continue savoring nature's gifts from the earth.



广州8SPA高德置地冬广场店

8SPA是广州首家中式愈养SPA，于高德置地冬广场焕新启幕，以外在功效为基石，融合内在觉醒的力量，构建从药愈、香愈、手法到非遗的新中式愈养生活体系。新推出的五行音疗与非遗养生由深谙东方非遗智慧的愈养师主理，循十二经络疏通淤堵，并将音疗、能量调和与静心冥想融入全程。新颖的熔岩可可黑白白疗程以玛雅智慧为灵感，借可可与香草香气愉悦身心、焕亮肌肤；升级的明星爪哇精油全身疗程则将护理与芳香结合，随乐声引导深度放松；七脉轮身体愈养疗程关注身心情绪对话；天山雪莲定气禅推疗程更运用中式非遗一指禅手法，以推、揉、滚、点来调理气血。

8SPA, GT LAND PLAZA, Guangzhou

8SPA, Guangzhou's first new Chinese-style therapeutic SPA, has opened its doors at the GT LAND PLAZA, introducing a holistic system that integrates treatment, aromatherapy, meridian techniques, and intangible cultural heritage practices. Newly launched treatments include Five-Element Sound Healing and Non-Heritage Wellness Rituals, guided by therapists versed in Eastern wisdom. These treatments work along the twelve meridians to release blockages, incorporating sound therapy, energy balancing, and meditation. The innovative Lava Cocoa Spa draws inspiration from Mayan wisdom, using cocoa and vanilla aromas to uplift the senses and brighten the skin. The upgraded signature Javanese Oil Spa combines intensive care with aromatherapy, guiding guests into deep relaxation with rhythmic sound accompaniment. For emotional and energetic harmony, the Seven Chakra Body Healing Spa focuses on dialogue between body and mind, while the Tianshan Snow Lotus Healing Spa employs the non-heritage Chinese One-Finger Zen technique, using pushing, kneading, rolling, and pressing to regulate qi and blood flow.



吉隆坡柏悦酒店 水疗中心

傲踞吉隆坡Merdeka 118摩天大楼之巅的吉隆坡柏悦酒店，将云端生活化为现实。坐落于第99层的水疗中心，拥有六间理疗室，含单人和双人套房、两间美容室、独立的男女水疗区域，以及喜马拉雅盐室、香薰蒸汽房、桑拿房和活力池。作为东南亚少数引入昼夜节律疗法的水疗中心，通过一系列疗程，引导宾客在云端之境调和身心节奏，重获内在平衡。悬浮于天际的无边泳池，将城市天际线尽收眼底，与自然光照耀的瑜伽室、配备Life Fitness设备的健身房共同构筑全方位健康空间。

The Spa at Park Hyatt Kuala Lumpur

Set in the Merdeka 118 skyscraper in Kuala Lumpur, Park Hyatt Kuala Lumpur transforms sky-high living into a reality. On the 99th floor, the spa boasts six treatment rooms with en suite bathrooms for singles and couples, two aesthetic rooms, separate male and female hydrothermal zones with Himalayan salt chambers, aromatherapy steam rooms, saunas, and vitality pools. As one of the few spas in Southeast Asia to incorporate circadian therapies, it offers a series of treatments that help guests harmonize their internal clocks and restore balance amidst the clouds. The Sky Infinity Pool presents breathtaking city views, while a sunlit yoga studio and a Life Fitness-equipped fitness center complete the holistic wellness journey.

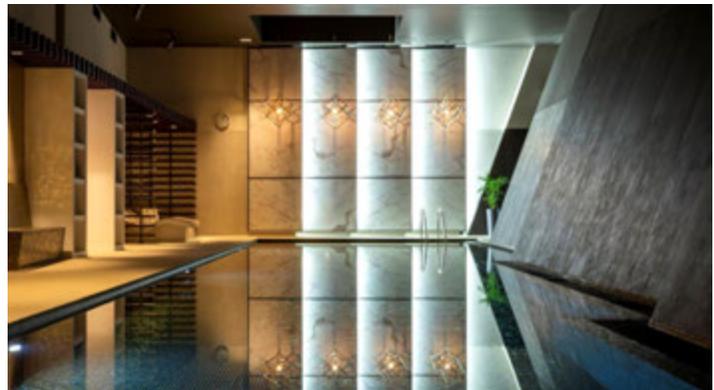


曼达里拿瑰丽酒店Asaya水疗中心

走出墨西哥东部秘林，穿越平原旷野，直至卡纳兰海岸，曼达里拿瑰丽酒店静立于自然的另一种表达中，宾客可于此开启一场对墨西哥的全新发现。Asaya水疗中心以古老的帕罗塔树为中心，从本土自然仪式到“梦境”冥想体验，引导宾客走向内在平和与身心合一。这里的疗程承袭惠乔尔人代代相传的疗愈智慧，将身心灵的焕新与自我探索视为永恒的修行。特别推出以家庭为核心的康养体验，让各年龄段的宾客皆可在疗愈中寻得属于自己的生命节律。健康之旅更延伸至自然之中，精彩纷呈的活动包括活力匹克球运动、冲浪体验、在古老的La Abuela圣树前进行户外瑜伽和徒步。

Asaya Spa, Rosewood Mandarin

Emerging from the eastern jungles of Mexico, traversing open plains, and arriving at the Canalan beachfront, Rosewood Mandarin stands as a unique expression of nature, inviting a new discovery of Mexico. With a pair of ancient parotta trees at its center, Asaya Spa guides guests from local natural rituals to “The Dreamstate” meditation experience toward inner peace and alignment. Honoring the healing wisdom of the Huichol people, the spa views the renewal of body, mind and spirit as an enduring practice. Specialty family-focused wellness experiences allow guests of all ages to find their own life rhythms through healing. The wellness journey extends into nature with activities ranging from pickleball and surfing to outdoor yoga and spiritual hikes to the ancient La Abuela tree.



阿伯丁TECA希尔顿酒店Devona水疗中心

阿伯丁TECA希尔顿酒店翻新了Devona水疗中心，携手西班牙护肤品牌Germaine de Capuccini展开全新合作。空间全面升级，现有的四间护理室依循品牌美学焕新呈现，并将于明年第一季度前配备Gharieni专业护理床。由原美甲区改造而成的养生休息室，配备Déesse Pro LED光疗美容仪，另设有Welnamis非触控科技技术，其中MLW Amphibia理疗床融合声音疗法与振动技术，提供深度放松疗程。该空间位于理疗区，便于宾客在护理前后延续舒缓体验。此外，泳池畔增置了四张恒温躺椅，休息室也增置了四张新的躺椅，进一步拓展宾客的舒适休憩选择。

Devona Spa at Hilton Aberdeen TECA

The Devona Spa at Hilton Aberdeen TECA has undergone a renovation and entered into a new partnership with Germaine de Capuccini. As part of the transformation, its four existing treatment rooms have been refurbished in line with the brand's design aesthetic and will be outfitted with new treatment beds by Gharieni by Q1 of next year. The newly converted Wellness Lounge, which replaced the former nail bar area, is now equipped with a Déesse Pro LED facial mask and features touchless technology from Welnamis, including the MLW Amphibia bed that integrates sound therapy and vibration for deep relaxation. Situated within the treatment room area, this lounge allows guests to seamlessly extend their relaxation before and after treatments. Furthermore, the Devona Spa has enhanced its comfort offerings with four heated poolside loungers and four additional loungers in the relaxation room, providing guests with expanded options for rest and wellness.



加拿大坎莫尔Everwild酒店Everwild水疗中心

坐落于加拿大阿尔伯塔省坎莫尔的Everwild Canmore酒店，于今年11月全新揭幕。北欧风格的水疗中心根植于落基山脉的自然环境，围绕“地、风、水、火”的恢复力，构建出一条与弓谷节奏共鸣的疗愈动线。空间融合可持续科技，将桑拿房余热回收用于地暖与供水预热，并设有六间以周边山川命名的护理室，提供融入盐石与冰川按摩的在地化护理。引导式健康仪式由桑拿导师带领，从晨间炉边开启新的一天，夜间以火仪式结束。宾客可于晚间步入水疗中心，参与植物品鉴，亦可在元素热疗与自然声景中，重拾身心与荒野的联结。

Everwild Spa, Everwild Canmore Hotel, Canada

Situated in Canmore in Alberta, Canada, the newly unveiled Everwild Canmore hotel opened its doors in November. Deeply inspired by the resilience of earth, air, water, and fire, the Everwild Spa offers a restorative journey synchronized with the rhythms of the Bow Valley. Designed with sustainability at its core, the facility recovers excess heat from saunas to warm floors and pre-heat water. Its six treatment rooms – named after features in the nearby landscape – deliver locally inspired therapies incorporating salt stone and glacier flow massages. Guided wellness rituals, led by experienced sauna masters, begin each morning with fireside gatherings and conclude each evening with flames. After dark, guests are invited to immersive botanical tastings or elemental thermotherapy experiences, accompanied by soundscapes drawn from the wild.

费尔蒙露易丝湖城堡酒店冰川之源水疗中心

位于费尔蒙露易丝湖城堡酒店的冰川之源日前开业，占地1,719平方米，因路易斯湖冰川盆地的环境而得名。以水疗的治愈力量为基石，用现代手法诠释了北欧源远流长的桑拿文化。一条以石与水为特色的沉浸式廊道，引领宾客步入这片避世净土。室内设计感十足的拱形窗，让自然光线倾泻而入，温柔包裹空间。宾客在此可饱览湖光山色，视线所及，无远弗届。室内外体验丰富多样，多种温泉池、桑拿房、休息室、圆形反射疗法池与蒸汽房错落有致。在弥漫治愈芳香的蒸汽房中，热石抚过酸胀肌理，有效缓解肌肉酸痛，冷水池和冷水桶则唤醒身体自愈之力。

BASIN Glacial Waters, Fairmont Chateau Lake Louise

BASIN Glacial Waters at Fairmont Chateau Lake Louise has officially opened its doors, spanning 1,719 square metres. Named after the glacial basin environment of Lake Louise, the spa is rooted in the healing powers of hydrotherapy, offering a contemporary interpretation of the long-standing Nordic sauna culture. An atmospheric passageway featuring stones and water welcomes guests to the sanctuary. Inside, elegantly arched windows flood the space with natural light, while offering uninterrupted views of the lake and mountains. The experience seamlessly blends indoor and outdoor facilities, including varying-temperature pools, saunas, and resting spaces, a circular reflexology pool, and steamrooms. In the steamroom, heated stones are gently applied to soothe tense muscles and ease physical discomfort. A cold plunge and cold bucket drop awaken the body's natural healing abilities.



英国布莱顿大酒店 L. Raphael美学康养中心

英国布莱顿大酒店临海而建，携手奢华护肤品牌L.RAPHAEL，于宁静度假胜地中焕新升级L. Raphael美学康养中心。水疗中心位于地下一层，经扩建后精简为6间理疗室，含1间双人理疗室，并新增配备水疗池、桑拿房、蒸汽房及淋浴设施的温泉套间。此外，同步增设美甲修脚站、休闲室与扩展接待区，进一步优化宾客体验。特色护理菜单，从“日内瓦湖的秘密”定制面部护理、氧疗与钻石去角质相结合的Oxy Revive Fusion Facial焕氧面部护理、到“日内瓦湖的秘密”芳香疗法按摩。疗程结束后，宾客可在水疗休息室享用精致茶点，让味蕾与身心同步苏醒。

L. Raphael Beauty Spa & Wellness at The Grand Brighton, UK

Perched along the Brighton seafront, The Grand Brighton has unveiled its newly transformed L.Raphael Beauty Spa & Wellness in partnership with the luxury skincare brand L.RAPHAEL. Located on the lower-ground floor, the spa features six treatment rooms, including a couple's room. A new thermal suite is equipped with a hydrotherapy pool, jacuzzi, sauna, steam room, and invigorating showers. Additional facilities include manicure and pedicure stations, a lounge, and an expanded reception area. The signature treatment menu showcases “Secret of Lake Geneva” Customised Facial, the Oxy Revive Fusion Facial – which combines oxygen and diamond exfoliation – and “Secret of Lake Geneva” Customised Aromatherapy Massage. Following the treatments, guests can unwind in the spa lounge with a selection of dishes and drinks, engaging the senses as the body and mind restore their natural balance.





墨西哥Pueblo Bonito Vantage酒店Aromátika康养中心

Pueblo Bonito Vantage酒店在墨西哥的圣米格尔·德·阿连德首次亮相，推出了Aromátika康养中心，灵感汲取自当地葡萄酒文化。从室内色调、家具、纺织品、装饰到空气中弥漫的薰衣草、迷迭香与橄榄芬芳，皆呼应着酒乡风情。中心设有两间单人理疗室，一间双人理疗室，一间带木制葡萄酒浴缸和私人浴室的贵宾套房。由Natural Benefits开发的独家招牌护肤系列提供以葡萄酒成分为核心的护理，依托瓜纳华托产区红葡萄的抗氧化特性，使用富含白藜芦醇产品，有助于提升肌肤健康、促进胶原蛋白生成。宾客还可体验生物黑客技术，在Sana健康吧享用含胶原蛋白与适应原的特调饮品。

The Aromátika Spa & Wellness, Pueblo Bonito Vantage, Mexico

Pueblo Bonito Vantage's newly opened Aromátika Spa & Wellness in San Miguel de Allende draws inspiration from Mexico's rich wine culture. From its interior color palette and furniture to textiles, accent walls, and the local aromas of lavender, rosemary, and olive, every detail reflects the essence of the local wine country. The spa includes two single treatment rooms, one couple's room, and a VIP suite with a wooden wine bathtub and private bathroom. Natural Benefits developed an exclusive skincare line centered on wine-derived ingredients, harnessing the antioxidant power of red grapes from the Guanajuato region. These resveratrol-rich products are designed to enhance skin health and boost collagen production. Guests can also explore the latest in biohacking technology and enjoy collagen, vegan protein, and cutting-edge adaptogens at the Sana Bar.

纽约Dior水疗中心

Dior美国首家水疗中心在纽约麦迪逊大道与第57街交汇处“迪奥之家”旗舰店的第四层，由建筑师Peter Marino操刀设计，历经多年改造后焕新启幕。水疗中心设有四间以Dior历史重要地点与时刻命名的理疗室和一间化妆室。高定面部护理利用冷激光、超声波、微电流、LED、冷冻疗法等技术，实现深层皮肤转变。Prêt-à-Porter护理融合淋巴引流、干刷、刮痧等传统手法与尖端技术，配以Myndstream定制音景，打造多维疗愈体验。Dior Light Suite空间，模拟太阳光的益处，提供四种光疗护理：纽约独有的可刺激多巴胺的愉悦光波，改善时差的充能光波，调节昼夜节律的修复光波，有助于睡眠管理的助眠光波。

Dior Spa, New York

Dior has opened its first spa in the U.S., on the fourth floor of its renovated "House of Dior" flagship shop at the intersection of Madison Avenue and 57th Street in New York. Designed by architect Peter Marino, the Dior Spa features four treatment rooms named after significant locations and moments in Dior's history, along with a makeup parlour. The Haute Couture Facial employs technologies such as Cold Laser, Ultrasound, Microcurrent, LED, and Cryotherapy to achieve deep skin transformation. Meanwhile, the Prêt-à-Porter treatments blend traditional techniques like lymphatic drainage, dry brushing, and gua sha therapy with cutting-edge technologies, all accompanied by curated soundscapes from Myndstream for a multi-sensory wellness experience. The Dior Light Suite offers four types of light therapy designed to mimic the benefits produced by the sun: the exclusive Happiness stimulates dopamine release; the Recharge combats jet lag; the Recovery helps synchronise circadian cycles; and the Rest aids sleep management.



澳大利亚昆士兰州漂浮澡堂Sol Elements

在澳大利亚昆士兰州坦伯林山的林地间，一座圆形建筑静立于湖畔——Sol Elements漂浮澡堂，由Russell与Shae Raven夫妇打造，占地两英亩。以“土、气、火、水”四大元素为灵感，内部运用日式烧杉工艺与神圣几何结构，呈现与自然共生的疗愈空间。中心设有两间可直观湖景的理疗室，提供六种定制的仪式和专属护理。理疗室外，两间私人矿泉浴区套房，配备红外线桑拿浴室和冰浴。走入公共浴区，有2个含死海盐与泻盐的漂浮洞穴、3个38℃镁离子温泉池、2个12℃冷疗池、还有喜马拉雅盐红外线桑拿浴室、植物蒸汽房，及可自制磨砂膏与面膜的“大地实验室”等，可同时容纳30人。

Floating Bathhouse Sol Elements, Queensland, Australia

Nestled within the Tamborine Mountain Glades in Queensland, Australia, the circular building of Sol Elements rises serenely above the lake – a bathhouse created by husband and wife duo Russell and Shae Raven. Inspired by earth, air, fire and water, the space embodies harmony with nature through its use of traditional Japanese burnt wood Yakisugi craftsmanship and sacred geometric design. The spa boasts two treatment rooms, where guests can experience six bespoke rituals and treatments. Beyond these, two secluded mineral bathing suites, each equipped with an infrared sauna and ice bath. The communal bathing area accommodates up to 30 guests and features two Float Caves enriched with Epsom salt and salt imported from the Dead Sea, three magnesium thermal pools, two cold plunges, a botanical steamroom, and an Earth Lab where guests can craft their own scrubs and masks.



混合现实0分钟试妆系统

日本美妆公司高丝携手日本东京电子设备Tokyo Electron Device，共同合作研发了“混合现实0分钟试妆系统”。这一混合现实化妆系统突破传统，采用高速投影映射技术，能将妆容效果瞬间精准投射至用户面部，而非仅在屏幕上模拟显示。借助面部识别与1,000fps高速投影仪的结合，妆容能随面部表情和动作实时变化，自然流畅。该系统设计充分考虑到用户眼睛的安全，确保在使用过程中不会感觉到眩光。在真实3D空间里，用户可自由尝试自己喜欢的妆容，让试妆过程更快速、自信且充满乐趣。

Mixed Reality Makeup – 0 min try-on studio

Japanese beauty company KOSÉ Corporation has partnered with the Tokyo Electron Device to co-develop the “Mixed Reality Makeup - 0 min try-on studio.” This mixed reality makeup system breaks from tradition by utilizing high-speed projection mapping technology to instantly and accurately project makeup effects directly onto the user’s face, rather than simply simulating them on a screen. By combining facial recognition with a 1,000fps high-speed projector, the makeup adapts in real-time to facial expressions and movements with natural fluidity. The system is designed with user eye safety in mind, ensuring no glare is perceived during use. Within a realistic 3D space, users can freely experiment with their preferred makeup styles, making the try-on process faster, more confident, and more enjoyable.

资生堂皮肤可视检测仪

资生堂皮肤可视检测仪是一款非接触式设备，使用起来便捷，无需卸妆即可测量并可视化皮肤状态，能检测皮肤表面的光泽度、平滑度和弹性。资生堂开发的新技术，利用OCTA光学相干断层扫描血管成像的测量数据，结合“SHISEIDO资生堂皮肤可视检测仪”的检测结果，了解“可见”的皮肤表面和“不可见”的皮下毛细血管状况，将毛细血管的均匀度和密度可视化。该设备适用于各类人群，无论性别、肤色或肤质，都能根据检测结果，科学预测肌肤变化趋势，为用户量身定制个性化美妆建议，展现精准护肤新维度。

SHISEIDO Skin Visualizer

SHISEIDO Skin Visualizer is a non-contact device designed for convenient operation, requiring no makeup removal to measure and visualize skin conditions. It accurately assesses surface-level parameters such as radiance, smoothness and resilience. Through cutting-edge technology, SHISEIDO integrates OCTA (Optical Coherence Tomography Angiography) data with the device’s measurements to reveal both “visible” skin condition and “invisible” state inside the skin. This approach visualizes capillary uniformity and density with precision. Suitable for all individuals regardless of gender, skin color or skin type, the device scientifically predicts skin evolution trends based on research findings. It delivers personalized skincare recommendations, establishing a new dimension in precision skincare through a multidimensional analysis.



Nimble Beauty推出智能家用美甲机器

Nimble作为革命性智能家用美甲机器，为用户带来真正无需动手的美甲新体验。由精密工程打造，采用独特的甲油胶囊运用专利包装设计与密封技术。甲油使用纯素环保配方，零残忍实验，有33种鲜明色彩可供选择。该美甲机器利用人工智能驱动，搭载270°指甲扫描技术，依托超20种算法实时计算甲油用量，以此确定指甲的形状、大小、曲率。随后，高精度机械臂模拟人类手的动作均匀涂抹甲油，内置气流系统则在每层涂覆后迅速烘干，实现均匀上色与持久效果，尽享便捷美甲乐趣。

Nimble Beauty, the AI-powered Manicure Device for Home Use

Nimble is a revolutionary smart at-home manicure device that delivers a truly hands-free nail experience. Engineered with precision, it features unique polish capsules utilizing patented packaging design and sealing techniques. The polish employs a vegan, cruelty-free formula with 33 vibrant hues to choose from. Powered by artificial intelligence, the device incorporates 270° nail scanning technology and relies on over 20 algorithms to calculate polish dosage in real time, accurately determining nail shape, size, and curvature. A fine-motor robotic arm then mimics human hand movements to apply polish evenly, while an airflow system instantly dries each coat, ensuring uniform color application and long-lasting effect for effortless manicure enjoyment.

2025-2026 SPA行业动向和趋势报告

SPA行业继续从粗放式增长转向高质量或精细化的发展，消费者意愿也在继续发生各种变化。根据SpaChina峰会高菲演讲稿整理



艾

媒咨询(iiMedia Research)的2025年健康产业规模预测数据显示，中国健康行业的总规模为9.3万亿元。同期中国国家卫生健康委卫生发展研究中心的“健康服务业”总规模数据是12.4万亿元。

这2个数字虽然有差异，但都毫无疑问显示了其巨大的增长潜力和市场空间，可以清晰看出健康产业是中国未来经济发展的重要引擎之一。虽然其中有些产业隶属医疗，并

非我们SPA和养生行业，但只要看到这个数字，我们就没有必要悲观的，我们要做的是看清市场走向，看清我们的客户需求，重新梳理和调整业务重心。

从去年起，挣钱这件事的门槛变高了。接下来让我们看一下我们的客人的钱袋子。看看今年的财富排行榜。

富裕及高净值家庭数量已连续两年下滑，这主要与宏观经济环境、房地产市场调整及资本市场波动等因素有关。

招商银行的数据显示，高净值客户的风

险调查中，选择“保障本金安全”和“获得财富稳健增长”的，已经成为了高净值家庭投资理财的主要关注点。财富管理的逻辑从“追求增长”转向了“守住根基”和“穿越周期”。

为应对单一市场风险，内地的高净值人群进行全球资产配置的需求日益强烈，香港和新加坡等地成了受青睐的选择。他们中的很多在依附着一带一路的政策，往南亚，中亚，西亚，中东，东欧地区进行资产迁徙和投资。所以我们在做的很多高端SPA从去年



Aerial View of Shanghai Skyline at Sunset

到今年的明显感受是：“很多有钱人不在国内了”。

招商银行的调研数据还显示出，“健康与家庭”这2个要素，已经成为富裕家庭的核心关注点：高净值人群对“健康”的重视度持续提升，消费支出更多地向“为自己的健康，和为家人的开销”倾斜，然而在奢侈品消费或纯商务开销上则更为谨慎。

高端SPA核心消费人群为40+

SpaChina 2025年的调研结果依旧显示出：目



前最核心的SPA消费人群，还是来自于40岁以上的主力人群(40-60岁)。这个年龄的人群就是中国财富分配中的那群拥有最多高净值和富裕层人群，他们是和我们SPA店价和产品商的消费价值观一致的人群，是目前中国对自己的人生最有追求，和目标最明确的人群，是和我们在过去20年同步发展起来的忠实客户。

从这个年龄起，解压、保持健康良好的外形和精神状态、抗衰、预防各种疾病，就逐渐成为了刚需。而且，很多40+人群还是在想方设法努力经营公司、经营家庭、经营自己，保持目前的财富和健康状态，他们的消费能力也确实还是最高的。

因此，在全社会经济表现不佳的时候，抓紧自己的核心客户，不流失，思考出新的项目来让他们有消费增长，是非常重要的。

SPA向高质量化或精细化发展

过去5-10年里，SPA们，尤其是Day Spa和美容行业从粗放式增长转向精细化、高质量的发展阶段。

然而，形式的两极分化在加剧。第一种是高端化与奢华化。高端SPA和高端连锁品牌的单店模式持续扩张，主打高科技仪器、定制化服务、奢华环境、进口护肤品，专业团队，客单价高昂。第二种是精细化、轻量化、标准化、流程化的快消式美容在蓬勃发展。例如现在有“洗脸吧”这种主打基础清洁护理的连锁小店，以满足年轻人“日常护肤”而非“奢侈享受”的需求。

科技驱动正在取代手工经验。与酒店SPA不同，Day Spa和美容院的传统手工护

理价值被重新评估，科技美肤在过去5年是主流。光电仪器如皮秒、热玛吉、超声炮等、AI皮肤检测、以及大数据管理已成为中高端门店的标配。行业从“手艺人的经验主义”转向“可量化的结果导向”，项目效果变得更直观、更具说服力。

融合与跨界越来越多。与轻医美、大健康如中医、脊柱调理、睡眠管理之类的、以及咖啡茶饮、艺术展览音乐会等跨界融合，打造复合式体验空间，增加客户停留时间和消费场景。

医美与生美的边界模糊。生活美容院普遍引入无需手术的“轻医美”项目，成为重要的营收增长点。

品牌化与连锁化。单打独斗的传统小店生存空间被压缩，拥有强大供应链、标准化服务流程、中央客户管理系统和品牌影响力的连锁品牌占据市场主导地位。

营销阵地从传统的线下地推和团购，全面转向小红书、抖音、大众点评等线上平台。内容种草、短视频直播、达人探店等方式获客已成为行业标配。这种数字化全域营销也造成了严重的垄断和价格战。

SPA消费者也在升级

消费者的消费意愿也在过去5-10年有比较大的变化，从“懵懂体验”到“专业挑剔”。

信息透明化，SPA消费者通过社交媒体变得极度专业。他们会深入研究成分、仪器原理和项目功效，对顾问的专业知识和真诚度要求极高，反感过度推销和“信息差”套路。

除了项目效果，SPA消费者极度看重

全程的服务体验。包括环境的设计感、隐私性、服务的细致度、无压力的沟通氛围等。“疗愈身心”、“情绪放松”成为关键决策因素之一。他们会用高端酒店SPA的标准来要求Day Spa和养生中心，任何一环的缺失都会导致客户流失，或线上差评。然而这种挑剔，真的令很多Day Spa为此进步很大，软件和硬件水准也已经和酒店SPA不相上下，有的甚至更好。

现代人时间宝贵，更倾向于选择时间短、见效快、创伤小的护理项目。因此，科技仪器项目和轻医美项目备受青睐。

因为选择更多，就更容易被新产品、新体验所吸引。SpaChina调研显示出，中国SPA消费者们普遍喜欢的是持续创新的项目、有稳定的效果和卓越的服务的SPA体验。

人才缺口成为最大瓶颈

市场和服务升级，最终要靠“人”来落地。而目前行业最核心的矛盾就是市场的高要求与从业人员专业度不足之间的矛盾。

目前中国水疗行业的理疗师们，绝大多数仍被视为“技术工”，其工作是根据固定流程完成操作。可能只精通一两种手法，无法为客户提供综合性的解决方案。

而市场需要的是“资深理疗师”或“健康顾问”：他们不仅要会操作，更要懂原理，如解剖学、中医理论、会沟通，如问诊、了解客户真实需求、能设计，如为客户定制个性化方案等等。这种复合型人才极度稀缺，培养成本高，且一旦培养出来，其人力成本和个人期望也更高，进一步压缩了利润空间。

其次是职业社会认同度不高，工作强度大，职业发展路径不清晰，导致难以吸引和留住高素质的年轻人才。也造成了很多酒店SPA经理和总监在内的不作为，不进步，混日子，靠反复跳槽来涨薪。

所以说，SPA行业生意难做，挣钱门槛变高，是供给侧的竞争激烈和同质化，和需求侧的客户变专业、要求变高等因素共同作用的结果，而专业人才的短缺则是制约行业升级的最大瓶颈。



2025-2026 SPA INDUSTRY TRENDS & MOVEMENTS REPORT

The SPA Industry Continues to Shift from Extensive Growth Toward High-Quality, Refined Development, while Consumer Preferences are also Undergoing Significant Changes. Compiled from the Speech Delivered by Editor-in-Chief Fifi Kao at the SpaChina Summit

According to 2025 projections from iiMedia Research, China's health industry is this year expected to reach a total value of 9.3 trillion yuan. Meanwhile, data from the National Health Commission's Health Development Research Center puts the broader "health services sector" at 12.4 trillion yuan.

The figures differ, but both underline the same point – this is a massive and fast-growing market, one that's becoming a key driver of China's economic future. While some parts of the sector fall under medical services rather than the spa and wellness business, the takeaway is clear: there's no reason for pessimism. What matters now is understanding where the market is headed, what clients really need, and how to refocus our business accordingly.

Since last year, making money has become tougher – the bar has been raised. So let's take a closer look at our clients' wallets and this year's wealth rankings.

The number of affluent and high-net-worth households in China has fallen for two consecutive years, a decline linked to the broader economic climate, real-estate adjustments, and volatility in the capital markets.

Data from China Merchants Bank shows that among high-net-worth clients, the top investment priorities are now capital preservation and steady wealth growth. The logic of wealth management has shifted – from chasing rapid gains to protecting core assets and riding out market cycles.

To hedge against domestic market risks, more wealthy mainland Chinese are pursuing global asset diversification, with Hong Kong and Singapore among the top destinations.



View of the Forbidden City at Sunset in Beijing

Many are also following Belt and Road Initiative opportunities, moving or investing assets in South Asia, Central Asia, West Asia, the Middle East, and Eastern Europe. As many premium spa operators have noticed over the past year, “a lot of wealthy clients simply aren’t in China anymore.”

The same survey found that health and family have become the main priorities for affluent households. High-net-worth individuals are spending more on personal and family well-being, while showing increasing restraint in luxury purchases and purely business-related expenses.

Core SPA Consumers Are Aged 40+

SpaChina’s 2025 survey confirms that the core spa consumers remain those aged 40 to 60 – the group that holds the largest share of China’s wealth and represents the country’s high-net-worth and affluent class. Their values align closely with those of spa operators and product brands: they are driven, purposeful, and have been loyal clients as the industry has grown over the past two decades.

For this age group, stress relief, maintaining good health and appearance, anti-aging, and disease prevention have become essential needs. Many are still actively managing businesses, families, and themselves – working hard to preserve both their wealth and vitality. Their spending power remains unmatched.

In times of economic slowdown, retaining these core clients and developing new programs that encourage continued spending is more important than ever.

SPA Industry Shifts Toward High-Quality and Refined Development

Over the past five to ten years, China’s spa and beauty industry – especially day spas – has shifted from helter-skelter expansion to a phase of refined, high-quality growth.

Polarization is intensifying. At one end, luxury and high-end spas are expanding through premium single-store and chain models, built around advanced technology, personalized service, lavish interiors, imported products, and expert teams – all commanding high price points. At the other, a new wave

of light, standardized, fast-beauty formats is flourishing. Chains like “face-wash bars,” focused on basic cleansing and skincare, are catering to younger consumers seeking everyday care rather than indulgence.

Technology is replacing manual expertise. Unlike hotel spas, day spas and beauty salons have moved beyond traditional hands-on treatments. Over the past five years, tech-driven skincare has become mainstream: devices like pico lasers, Thermage, and ultrasound therapy, along with AI skin analysis and data-driven management, are now standard in mid- to high-end outlets. The industry is shifting from artisan intuition to measurable, results-oriented performance, making outcomes clearer and more persuasive.

Cross-sector integration is rising. Many spas now blend with light medical aesthetics, wellness services (TCM, spine alignment, sleep programs), and even coffee, art, or music events, creating hybrid spaces that boost engagement and spending.

Lines between medical and beauty treatments are blurring. Non-surgical “light



The Beijing Central Business District

medical aesthetic” services have become a major revenue driver for lifestyle beauty salons.

Branding and chain operation dominate. Independent shops are losing ground to brands with strong supply chains, standardized service systems, centralized customer data, and name recognition.

Finally, marketing has gone fully digital. Offline promotions and group deals have given way to platforms like Xiaohongshu, Douyin, and Dianping, where content marketing, influencer visits, and livestreaming now drive customer acquisition – but also fuel price wars and market monopolization.

SPA Consumers Are Evolving

Over the past decade, spa consumers have evolved from curious beginners to highly informed professionals.

With information now fully transparent, today’s clients come armed with knowledge – they research ingredients, device technology, and treatment efficacy, and demand genuine expertise and honesty from consultants. They have little patience for hard selling or manipulative information gaps.

Beyond visible results, customers value the entire service journey: aesthetic design, privacy, attention to detail, and a relaxed, pressure-

free atmosphere. Emotional relief and mental restoration have become central reasons for choosing a spa. Many now judge day spas and wellness centers by five-star hotel standards – and any weakness in the chain can lead to lost clients or negative online reviews. Yet this high bar has pushed the industry forward, with many day spas now matching, or even surpassing, hotel-level quality in both service and environment.

Pressed for time, modern consumers favor shorter, faster, and minimally invasive treatments, driving demand for tech-based and light medical aesthetic programs.

With so many options available, they are drawn to novel experiences and consistent results. SpaChina’s research shows that Chinese spa-goers prefer brands offering continuous innovation, proven outcomes, and exceptional service.

Talent Shortage Emerges as the Biggest Bottleneck

Ultimately, market and service upgrades come down to people – and the biggest challenge facing the spa industry today is the gap between rising market expectations and insufficient professional standards among practitioners.

Most spa therapists in China are still seen as

technicians, trained to follow fixed procedures. Many master only one or two techniques and cannot offer comprehensive, client-centered solutions.

What the market now demands are senior therapists or health consultants – professionals who not only know how to perform treatments but also understand anatomy, traditional Chinese medicine theory, and who have good communication skills, from consultation and diagnosis to personalized program design. Such multidisciplinary talent is extremely rare and expensive to train, and once developed, their higher expectations and salaries further squeeze profit margins.

Compounding the issue is the low social recognition of spa work, heavy workloads, and a lack of clear career paths, which make it difficult to attract or retain high-caliber young professionals. This has led to stagnation even among hotel spa managers and directors, some of whom coast in their roles or change jobs frequently just to raise their pay.

In short, the rising difficulty of doing business and shrinking profit margins in the spa industry stem from fierce supply-side competition and client sophistication – but the shortage of skilled professionals remains the industry’s single biggest bottleneck.



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中国经济现状 通胀和通缩同时并存

通胀和通缩是说明了一个关键的现象：中产阶级的资产在缩水，中国人的贫富差距在进一步拉大

2024年起，中国市场已经从“增量竞争”进入“存量竞争”阶段，增长停滞或下滑，是所有品牌和渠道方共同面临的挑战。

消费数据结果显示，中国目前是通胀和通缩同时并存，这是一种比较复杂的经济现象。

2025年1-7月全国居民消费价格平均下降了0.1%。食品价格下降1.6%，蛋类价格下降11.2%，畜肉类价格下降4.6%。这些都是通缩的表现。传统产业如房地产投资下降了15%，工业生产者的产品出厂价格指数同比下降3.3%，通缩压力最明显，这主要是由于出口受阻，产能过剩导致的。

对于外资对中国经济的看法，各方面数据都显示了外资机构对中国经济存在普遍的悲观情绪，高盛、摩根斯坦利、瑞银等外资机构都对2025年中国经济增速持悲观态度，预测GDP增速继续下滑，房地产市场也会继续下滑。

然而与此同时，让我们看看通胀。服务行业的服务价格大幅上涨8%，服装价格上涨2%。高新制造业的投资增长很快，民用无人机增长18.9%，工业机器人制造增长24%，智能车载设备制造暴涨80.8%。我们都知道，奢侈品最近一年都在关店，是因为经济下滑。消费降级的中产阶级关掉店，放弃资产缩水，但针对富豪们，以LVMH集团为代表的奢侈品品牌却将产品单价提高了30%-80%不等，这也算是通胀吧，富豪阶层们明显是对通胀不敏感，也是不在乎的。

这种结构性通胀和通缩并存的局面，很有中国特色的，被认为是中国经济转型期的特点。我们在下文再提到的时候，会以“局部通胀”和“局部通缩”来表述。

2025年是Day Spa的寒冬

从SpaChina的数据分析来看，显示出的结果很残酷。如果酒店、度假村和SPA经营者有幸和2019年的业绩持平，可以说在2025年

已经算是打了一个胜仗的。很多Day Spa已经回到了10年前2015年的水平。

今年，深圳大湾区的酒店、度假村和SPA们，因为受益于大湾区大量香港访客，大家的业绩是很不错的。其次是上海和北京地区的酒店SPA，因为到中国免签的外国游客的数量增加，不少业绩来自于游客。

今年Day Spa新开业的很少，关店率在二线城市达到了50%，大多数是中低端对象的店家。SpaChina所接触到的二线和三线城市Day Spa店家都表示业务在明显下滑，业绩减少30-50%都是有的，更有甚者，减少70%，在这种状况下，有些店主就直接把三家店合并为了一家店，然后这家店重装升级。

有15%左右的Day Spa经营者在2025年里减少了店铺数量。新开1个就关掉2个，或者5个店缩成3个，8个店成为5个，缩小规模、保住品牌高度和品质，是大部分优质Day Spa店主在2025年的果断决策。



Aerial View of Landscape in Shenzhen



SpaChina调研还显示出，Day Spa和美容院在2024-2025年间失去的最多的客人人群，是过去20年很活跃的中产阶级，他们明显减少了消费频次和发生消费降级。最明显下滑的是美甲和美睫，很多女生因为减少了聚餐和社交，美甲美睫就从每月1次，变成了3-6个月一次，同样的情况也发生在我们美容院和Day Spa。

我们经验丰富的经营者们，今年起都感受到了最明显的变化，也都重新开始审视自己的日常业务和各项成本。2025年对很多人家来说，是寒冬，是充满挑战和变革的一年。

高端市场保持韧性的局部通胀

通胀和通缩指向了一个关键的现象：中产阶级的资产在缩水，中国人的贫富差距在进一步拉大。

目标客群依旧是高净值人群的高端SPA，受经济波动影响相对比较小，平均业绩下滑控制在15-30%之间。单次项目的价格能基本保持，然而一次性购买大额疗程卡的客人不多了，会员卡从以前的5-20万，转为1-5万，客人花钱更谨慎了。

很多酒店SPA在这个时候获得了不少Day Spa的客人，因为一些客人会担心Day Spa关门，转而投向不会关门的酒店SPA。这一现象更明显的是酒店的健身中心，很多中产阶级放弃了这2年里连续不断在关门的健身中

心，而选择在酒店健身房成为会员，酒店健身房客人也多少会有SPA转换，这其实对Day Spa的业务是有冲击的。

我搜索了大众点评和小红书等平台，一线城市上海、北京、深圳核心商圈的高端SPA中心价格常年还是比较稳定的。在客户的各种评论里，差评中几乎没有人提及“价格太贵”，而更多是服务细节问题。这说明高端SPA其实没有被大众市场“局部通缩”的“价格战”所动摇。尤其是酒店SPA，应该保持住自己的价位，打磨服务内容、品质和细节，而不要去被外面很卷的局面影响。

2025年，因为原材料涨价的缘故，进口高端SPA产品都有涨价的状况。但去年起SPA店家就生意不够好，之前的屯货都还没有销完，所以今年SPA专业产品的销量都在下滑，尤其是2025年开年第一第二季度，业绩十分低落。

“情绪疗愈”消费崛起。消费者们越来越注重心理健康和情绪价值。能够提供真正的沉浸式放松体验、结合香氛、音疗、正念等元素的高端SPA，其价值不再仅仅是“外表美丽”，而是“健康投资”和“精神疗愈”，因此具备了提价的空间。

运动，包括户外活动，2025年起，从“可选消费”转变为了“刚性需求”。消费者愿意并持续为运动健身、户外露营、网球、滑雪等项目投入资金。在今年的618大促中，京东运动品牌产品同比增长超25%，其

中运动户外、鞋服成为最强增长品类之一。

在民众的健康消费上，局部通胀体现在对个性化、高品质的医疗需求依然旺盛。私立医院、特需门诊、高端体检、医美等消费医疗领域价格保持坚挺甚至上涨，原因是因为高收入人群消费其实并未降级，而是希望在医疗的刚需上，获得和原来一样的高水准。

对于普通居民来讲，对健康的重视程度也是不降反升的，愿意将储蓄和支出投入到“刚性”的健康消费上，使营养保健品成为消费板块中的稳定支出，2025年度各类营养品和保健品零售额同比增长7.4%。

追求性价比中端市场在局部通缩

中端消费者们的消费选择都在转向更具性价比、可靠的品牌或渠道。到店频次和客单价也在降低，消费更为谨慎，对于单次价格敏感度提升。

在大众点评、美团等平台上，基础护理、小气泡清洁、单次身体按摩等项目价格持续内卷，团购与促销常态化。几十元至一百多元的单次体验价已成为引流标配，利润率被压缩，在赔本卖吆喝。

而中端消费客户们正在减少享受型、频繁的护理，但会将预算集中在问题解决型项目上：如祛痘、抗衰、敏感肌修复，塑形等，消费行为从日常保养向精准改善转变。

CHINA'S CURRENT REALITY

The Coexistence of Inflation and Deflation

Inflation and Deflation Together Highlight a Critical Phenomenon: the Erosion of Middle-Class Wealth and the Widening Wealth Gap in China



The Great Wall of China at Sunset

Since 2024, China's market has shifted from expansion-based growth to competition for market share – a stage where most sectors face stagnation or decline. This is now a shared challenge for both brands and distributors.

Recent data show a rare mix of inflation and deflation in the Chinese economy – a complex and uniquely Chinese phenomenon. From January to July 2025, the consumer price index fell 0.1% year-on-year. Food prices dropped 1.6%, eggs 11.2%, and meat 4.6% – all clear signs of deflation. Traditional sectors are struggling: real estate investment dropped 15%, and factory-gate prices were down 3.3%, pressured by weak exports and industrial overcapacity.

At the same time, foreign investors are cautious. Global institutions like Goldman Sachs, Morgan Stanley, and UBS have all downgraded their forecasts for China's 2025 GDP growth, predicting continued weakness in both the property market and the broader economy.

Yet on the inflation side, prices in the service sector jumped 8%, and apparel rose

2%. Investment in high-tech manufacturing is booming: civilian drones up 18.9%, industrial robots 24%, and smart vehicle systems up an extraordinary 80.8%.

Luxury brands tell a similar story. While many have closed stores amid the downturn – a reflection of the shrinking number of middle-class consumers – groups like LVMH have raised prices by 30–80% for the wealthy, who remain largely indifferent to inflation.

This coexistence of structural inflation and deflation – what we might call “partial inflation” and “partial deflation” – has become a defining feature of China's economic transition.

2025: A Winter for Day Spas

SpaChina's data tell a tough story. By 2025, matching 2019 performance is already considered a victory for most hotels, resorts, and spas. Many day spas have fallen back to 2015 levels.

The Shenzhen–Greater Bay Area has been a rare bright spot, boosted by large numbers of visitors from Hong Kong, Shanghai and Beijing hotel spas have also benefited from the surge in visa-free foreign tourism.

In contrast, new day spa openings are scarce, and the closure rate in first- and second-tier cities has reached 50%, mainly among mid- and lower-end operators. Many spas in smaller cities report business down 30–50%, and some as much as 70%. Owners are consolidating – merging three stores into one, upgrading and relaunching under a tighter model.

Around 15% of day spa owners have cut store numbers this year, often following a one-in, two-out pattern: one new shop opens, two close. Many have chosen to scale down while preserving brand quality and service standards – a pragmatic move in today's climate.

SpaChina's research also shows that between 2024 and 2025, day spas and beauty salons have lost their most active clients of the past two decades – the middle class. This group has reduced visit frequency and traded down, with sharp drops in services like nail and lash treatments, now done every three to six months instead of monthly.

Veteran operators across the country recognize this as a turning point. 2025 feels like a long winter – a year of pressure, reassessment, and transformation for the entire industry.

Localized Inflation in the Resilient High-End Market

The twin forces of inflation and deflation point to a central reality: China's middle class is shrinking in wealth, and the gap between rich and poor is widening.

For high-end spas targeting high-net-worth clients, the impact has been limited. Average revenue has fallen 15–30%, but per-session pricing remains steady. What has changed is spending behaviour – clients are buying fewer large-value treatment packages, with membership cards dropping from the ¥50,000–200,000 range to ¥10,000–50,000. Spending has become more cautious.

Many hotel spas have actually gained business from day spas, as clients seek stability and trust brands unlikely to close down. The same trend is visible in hotel fitness centers, which have absorbed members leaving struggling independent gyms – creating spillover traffic for hotel spas.

Data from Xiaohongshu and Dianping show that prices for premium urban spas in cities like Shanghai, Beijing, and Shenzhen have remained remarkably stable. Negative reviews rarely complain about cost; they focus on service details. This suggests that high-end spas remain insulated from the “price wars” and localized deflation affecting the mass market. For hotel spas especially, the strategy should be to hold prices firm and refine service quality, not join the race to the bottom.

Meanwhile, imported spa product prices have risen in 2025 due to higher raw material costs, though sales are down as many spas are still clearing last year's inventory. The first two quarters of 2025 were notably weak for professional product sales.

At the same time, “emotional healing” consumption is surging. Clients increasingly value mental wellness and emotional balance. Spas offering immersive relaxation experiences that combine aromatherapy, sound therapy, and mindfulness are being redefined as spaces for health investment and psychological renewal, not just beauty – giving them pricing power.

Sports and outdoor activities have shifted from optional to essential spending. Consumers continue to invest in fitness, camping, tennis, skiing, and outdoor gear. During this year's 618 shopping festival, JD.com reported 25% year-on-year growth in sports and outdoor product sales, with footwear and apparel among the

strongest categories.

In the broader health consumption space, “partial inflation” is evident. Demand for personalized, high-quality medical care remains strong, with private hospitals, VIP clinics, premium check-ups, and aesthetic medicine holding or raising prices. Wealthy consumers are not trading down – they still expect top-tier medical standards.

Even among ordinary citizens, health has become non-negotiable. Spending on nutrition and supplements has become a stable household expense, with retail sales of health and nutrition products up 7.4% year-on-year in 2025.

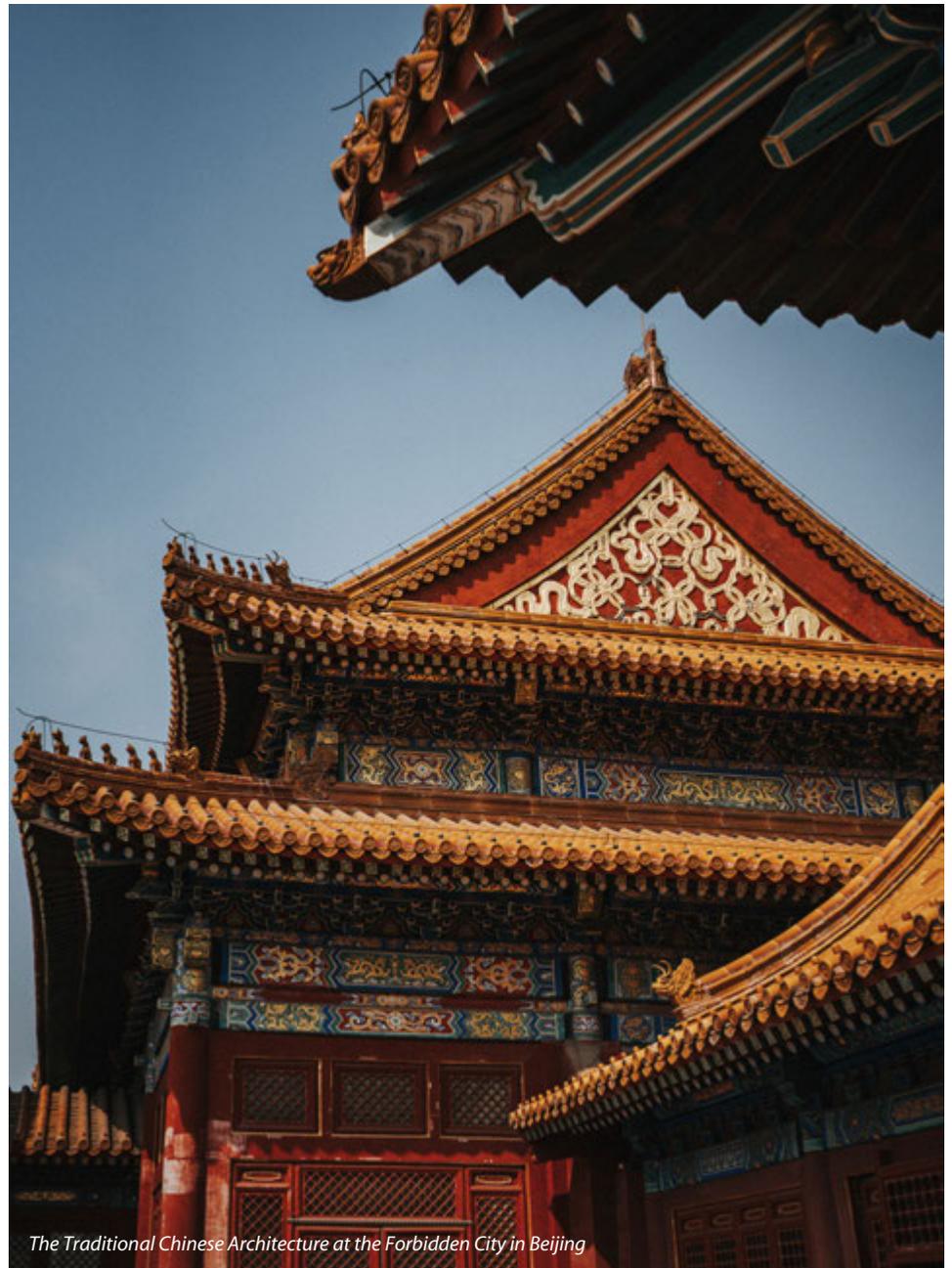
The Mid-Tier Market: Pursuing Value Amid Localized Deflation

Mid-tier consumers are shifting toward value-

driven, trustworthy brands and channels. Visit frequency and average spending per session are declining, and price sensitivity is rising.

On platforms like Dianping and Meituan, competition in basic treatments – facials, cleansing, and body massages – has become relentless. Discounts and group-buy deals are now the norm, with single-session offers priced as low as ¥50–150 just to attract traffic. Profit margins are being squeezed to the breaking point.

At the same time, mid-range clients are cutting back on indulgent, routine treatments and instead focusing their budgets on targeted, results-oriented programs such as acne removal, anti-aging, sensitive-skin repair, and body contouring. Spending behaviour is moving from maintenance to problem-solving.



The Traditional Chinese Architecture at the Forbidden City in Beijing

建起生存壁垒



未来的出路在于融合与平衡，必须要建立起自己坚固的“品牌护城河”和“私域蓄水池”

SpaChina调研显示，过去的市场竞争大多是品牌、店铺数量和SPA所在的地理位置的竞争，而现在则是品牌、经营模式、资本和效率的全方位竞争。

供给过剩与同质化严重是“价格战”的根源。SPA和美容院们大多数提供的服务项目高度相似，缺乏独特卖点。当产品和服务无法区分时，最直接的竞争方式就是价格战。团购平台上的“99元体验价”、“198元全身SPA”屡见不鲜，这极大地压低了行业整体利润，拉高了获客成本，让新老玩家都难以盈利。

其次是竞争者的分流。高端酒店自带客房客源，其SPA中心环境、服务标准极高，抢占了高端Day Spa市场。医美以“科技感”和“即时效果”吸引走了大量追求功效性的中高端客户，尤其是年轻客群，相比之下，SPA的“慢调理”在“快效果”下显得乏力。其次是健身中心和瑜伽馆，他们提倡“主动健康”，与SPA的“被动放松”形成新的替代竞争，并常常跨界推出自己的恢复性与康复性的理疗服务。还有科技家居品牌，如高端按摩椅、家用美容仪等产品让消

费者“足不出户”也能获得部分放松体验，分流了部分低频次低客单价的消费客户。

平台的垄断和线上流量成本高昂。过去依赖自然客流和口碑传播，现在则严重依赖大众点评、小红书、抖音等平台进行推广。但现在要想在这些平台上获得曝光，需要投入巨额的推广费、团单佣金和KOL合作费用。平台的规则算法也在不断变化，运营难度和成本水涨船高，这对于中小型SPA是巨大的负担。

线上流量如同一股强大的洪流，重塑了SPA行业的河道。这是一种结构性、颠覆性的冲击，它彻底改变了行业的游戏规则、成本结构、盈利模式和竞争格局。传统SPA行业被迫适应，否则就会被边缘化。

对客源渠道的垄断与“掐喉”效应

传统模式的SPA店主要依靠自然客流、老客带新、本地广告等方式获客。客户关系直接掌握在店家手中，成本相对固定。

线上的大型生活服务平台，如中国的美团、大众点评，北美的Yelp、Google Business等，通过聚合海量用户，已经完全成为了消

费者寻找本地服务的首要、甚至唯一入口。

这就是流量垄断。绝大多数新客户不再通过逛街或朋友介绍找到SPA店，而是打开APP，根据排名、评分、自己看到的价格和评论做决定。这意味着，SPA店的生死命脉从“手艺和服务”部分转移到了“在平台上的曝光度”。

高昂的获客成本。平台通过竞价排名、广告位、佣金抽成等方式将流量变现。店家为了获得靠前的排名和曝光，必须持续投入高昂的营销费用。而每获得一个新客户，都需要向平台支付一笔可观的“流量佣金”，极大挤压了原本的利润空间。一旦平台调整算法、提高佣金，或者店铺因差评导致排名下降，客源会立刻锐减。于是店家对自身业务的掌控力大幅削弱，命运很大程度上被平台掌控。

价格体系的摧毁与“内卷”战争

传统模式的价格基于服务成本，根据理疗师工资、租金、物料、市场定位、和品牌价值而定，价格相对稳定，不同店家之间有差异化和各自的客户群。

而线上平台通过“团购”和“优惠券”



等模式，将消费决策高度标准化和价格透明化。用户可以在1分钟内比较周围10家SPA店相同项目的价格。这迫使店家陷入惨烈的价格战。为了吸引用户、冲销量、换好评，新店或弱势店铺被迫推出远低于合理利润的“体验价”、“首单优惠”。这虽然带来了短期客流，但进入了低价引流的陷阱。

例如吸引来的是价格敏感型客户，而非忠诚客户，拉低了客户对服务价值的心理预期，认为SPA就该这么便宜，以后恢复原价就很难被接受。同时，成本压力转移至了理疗师，理疗师减少了提成，导致优秀人才流失，服务品质下降，形成恶性循环。

评价体系的“暴政”与数据异化

传统模式的口碑是线性的、缓慢的，基于人与人之间信任传递。一两个客户不满意，影响范围有限。

而线上流量破坏力在于平台的公开评分和评论系统成为了“数字审判官”，拥有生杀大权。一个差评，尤其是详细描述

差评，可能需要几十个好评来抵消其负面影响。这给店家带来了巨大的心理和运营压力。

为了追求五星好评，服务不再聚焦于专业本身，而是异化为“讨好用户”。理疗师可能被迫使提供超出服务范围的额外讨好，店家可能会对无理取闹的客户过度让步，只因害怕一个差评。而SpaChina的调研显示出，很多酒店和SPA都经历过被无赖的差评讹诈和威胁。扭曲的评价体系催生了“刷好评”、“删差评”的灰色产业，进一步增加了运营成本，破坏了公平竞争环境，让评价体系本身的可信度下降。

品牌价值的稀释与“商品化”困境

传统模式里，优秀的SPA可以通过长期积累，建立独特的品牌形象和专业声誉，形成品牌溢价。客户认的是“这家店”。

然而平台模式将服务商品化，平台品牌大于了店家品牌。用户更多是“相信这个平

台推荐给我的店”，而非真正认同某家SPA店本身。店铺在平台上更像一个可替换的“商品SKU”，而非一个有灵魂的品牌。

客户是通过平台来的，其联系方式和消费数据首先属于平台。店家想要建立自己的私域流量池：如企业微信社群等，变得异常困难，需要额外设计和投入，难以快速建立深度客户关系。

然后就是同质化竞争。当大家都在用同样的方式，也就是低价、好评的竞争时，独特的品牌调性和专业价值很难在有限的手机屏幕页面上充分展现，导致每家SPA辛苦策划的特色和差异化优势被无情抹平。

对传统经营思维与人才的颠覆

传统模式的成功要素是：好位置、好技术、好服务。经营者多是行业老理疗师或老师，核心是“做得好”。而线上的成功要素变为线上运营能力、数据分析和流量采买能力，要求经营者必须兼具互联网思维。

于是产生了人才结构变革。比起招聘最好的按摩师，店家可能更需要一个优秀的“平台运营官”，懂得如何优化页面、设计团购套餐、回复评论、投放广告。传统从业者面临巨大的知识和技能挑战。然后就发生了经营重心转移。老板需要花费大量时间研究平台规则、查看后台数据、策划线上活动，而非专注于提升服务质量和员工培训。

线上流量的破坏力，本质上是互联网平台经济对传统线下服务业的一次降维打击。它用效率、规模和标准化，摧毁了传统行业依赖地理位置、信息不透明和缓慢口碑积累的旧秩序。

未来的出路

然而，破坏的结果，就是必须重塑与思考未来出路。未来的出路在于融合与平衡。必须要建立起自己坚固的“品牌护城河”和“私域蓄水池”。

对于SPA行业而言，线上的强大，这既是危机也是机遇。不适应新规则的店家会迅速被淘汰。善于利用线上流量的店家可以突破地理限制，触达海量新客户，实现快速成长。

积极利用平台引流，但同时要通过优质服务将客户导入自己的私域流量池，如微信、会员系统，建立直接而忠诚的客户关系，降低对平台的依赖。

避免陷入纯价格战，通过打造特色项目、提供情绪共鸣、营造独特品牌文化，来吸引真正认同自己的客户，吸引回头客。

数据化运营也是有必要的。利用平台提供的工具，了解客户偏好，优化服务项目和营销策略，实现精细化运营。



Building Survival Barriers

The Future Lies in Integration and Balance – It is Essential to Build a Solid “Brand Moat” and “Private Domain Reservoir”

SpaChina’s research shows that competition in the spa industry has shifted fundamentally. It is no longer about brand count, store numbers, or location – it is now about business models, capital strength, and operational efficiency.

Oversupply and homogenization are the roots of the ongoing price war. Most spas and beauty salons offer nearly identical services, with little to set them apart. When differentiation disappears, price becomes the only weapon. Group-buy platforms are flooded with ¥99 trial sessions and ¥198 full-body treatments, driving down margins, pushing up customer acquisition costs, and leaving both newcomers and veterans struggling to stay profitable.

Competition has also become fragmented across sectors.

Luxury hotels, with built-in guest traffic and superior service standards, have seized much of the high-end spa market.

Medical aesthetics clinics attract mid- to high-end clients – especially younger ones – with their “tech-forward” image and instant results, making traditional spa therapies seem slow by comparison.

Gyms and yoga studios promote “active wellness” and are adding rehabilitation and recovery services, creating new overlap with spas.

Home wellness tech brands – such as those selling massage chairs and beauty devices – now offer consumers at-home alternatives, diverting lower-frequency, lower-spend customers.

Meanwhile, platform monopolies and digital marketing costs have become a heavy burden. Where spas once relied on walk-ins and word of mouth, they now depend

on Dianping, Xiaohongshu, and Douyin, where exposure requires high ad spending, commissions, and influencer fees. Constant algorithm changes have raised both complexity and cost, squeezing smaller players hardest.

Online traffic has become a force reshaping the entire spa landscape – a structural, disruptive wave that has rewritten the industry’s rules, cost base, profit model, and competitive order. Traditional spas must adapt quickly or risk being left behind.

Monopolization of Customer Channels and the “Stranglehold” Effect

Traditional spas once relied on walk-in traffic, loyal clients referring friends, and local advertising. Customer relationships were managed directly by the business, and acquisition costs were relatively stable.



Now, large online lifestyle platforms – Meituan and Dianping in China, Yelp and Google Business in North America – have become the dominant gateways for local service discovery. This is traffic monopoly in action. Most new clients no longer find spas by strolling the streets or through word of mouth. They open an app, check rankings, prices, and reviews – and decide instantly. As a result, a spa’s survival now depends less on craft and service and more on visibility within the platform ecosystem.

The cost of acquiring customers has soared. Platforms monetize traffic through paid rankings, ad placements, and commission fees. To stay visible, spas must invest heavily in marketing, often paying substantial per-customer commissions that erode profits. If a platform changes its algorithm, raises fees, or a store’s ranking drops due to negative reviews,



customer flow can collapse overnight.

In this new system, control has shifted: spas have lost ownership of their customer base, and their fate increasingly lies in the hands of the platforms that mediate their visibility.

Erosion of Pricing Systems and the “Race to the Bottom”

In the traditional model, spa pricing was based on service costs – factoring in therapist wages, rent, materials, market positioning, and brand value. Prices were stable and differentiated, with each spa serving its own client segment.

Online platforms have upended that logic. Through group deals, coupons, and flash discounts, they’ve made pricing transparent and standardized. In under a minute, users can compare prices for the same treatment across ten nearby spas. The result is a brutal price war. To attract traffic, boost sales, and gain positive reviews, new or weaker spas are forced to offer deeply discounted “trial prices” or first-visit deals, often below cost. While these tactics bring short-term traffic, they trap businesses in a low-price cycle.

The clients attracted are usually price-sensitive, not loyal, lowering the perceived value of services and making it difficult to restore original pricing later. The squeeze on margins shifts pressure to therapists, whose commissions shrink – leading to talent loss, declining service quality, and a downward spiral for the entire business.

The “Tyranny” of Rating Systems and Data Distortion

In the traditional model, word of mouth spread slowly and organically, built on personal trust. A few unhappy clients had only limited impact.

Online, the dynamic is entirely different. Public ratings and review systems have become digital judges with the power to make or break a business. A single detailed negative review can outweigh dozens of positive ones, creating immense psychological and operational pressure for spa owners.

In the chase for five-star ratings, the focus has shifted from professional excellence to customer appeasement. Therapists may feel compelled to go beyond scope just to please clients, while managers over-accommodate unreasonable demands – all to avoid a damaging review.

SpaChina’s research notes that many spas and hotels have faced extortion or threats via fake or malicious reviews. This distorted system has spawned a grey market for “review manipulation” – buying fake positives or paying to remove negatives – further raising costs, undermining fair competition, and eroding trust in the entire rating ecosystem.

Dilution of Brand Value and the “Commoditization” Dilemma

In the traditional model, a strong spa could build its own brand identity and professional



reputation over time, earning genuine loyalty and price premiums. Clients trusted the spa itself.

Under the platform model, that dynamic has flipped. Services are commoditized, and the platform’s brand outweighs the spa’s. Consumers now trust “the platform’s recommendation,” not the individual spa. Each listing becomes just another interchangeable SKU in a vast catalog – stripped of personality and story.

Customer data compounds the problem. Since clients come through the platform, their contact and transaction data belong to the platform, not the spa. Building a private customer network – through channels like WeChat groups or CRM systems – requires extra planning, investment, and time. Deep, long-term relationships are hard to establish.

Finally, homogenized competition makes differentiation nearly impossible. When every spa competes on the same axes – low prices and five-star reviews – individual brand character and professional value are flattened on a mobile screen that shows only price, rating, and location. The result: even the most carefully crafted identities get lost in the algorithmic crowd.

Disruption of Traditional Business Mindsets and Talent Needs

In the traditional model, success depended on location, skill, and service. Most owners were seasoned therapists or teachers, and the core principle was simple: do the work well.



Online, the success formula has changed. What now matters is digital operations, data analytics, and traffic acquisition – requiring a new kind of internet-savvy mindset.

This shift has led to a talent restructuring. Instead of hiring the best massage therapist, many spas now prioritize a skilled platform operations manager who knows how to optimize listings, design group-buy offers, manage reviews, and run ads. Traditional practitioners face a steep learning curve.

As a result, management focus has drifted. Owners spend more time studying platform algorithms, tracking backend metrics, and planning online promotions than improving service quality or staff training.

The disruptive power of online traffic represents a downward-level blow from the internet economy to offline service industries. Through efficiency, scale, and standardization, digital platforms have dismantled the old order – one built on location advantage, information asymmetry, and slow-earned reputation.

The Path Forward

Yet destruction demands reinvention. The future lies in integration and balance – building a strong “brand moat” and a private client base that protects long-term value.

For the spa industry, the dominance of online platforms is both a crisis and an opportunity. Those who fail to adapt will disappear quickly, but those who master online traffic can break geographic limits, reach vast new audiences, and grow rapidly.

The key is to use platforms strategically – attract clients online, then convert them into direct, loyal customers through WeChat, membership systems, and other private channels to reduce platform dependence.

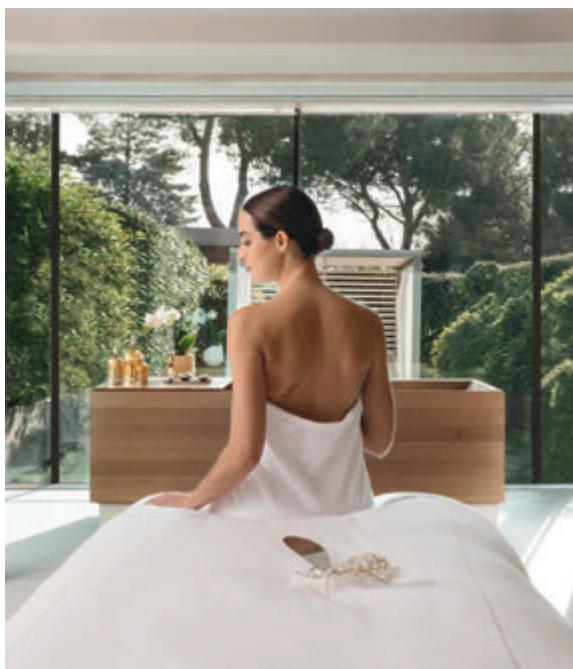
Avoid competing purely on price. Instead, create distinctive offerings, build emotional connection, and cultivate a unique brand culture that resonates with clients and keeps them coming back.

Finally, embrace data-driven management. Use platform analytics to understand client behavior, refine service design, and sharpen marketing strategy – achieving true operational precision.



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



疗愈经济的兴起

中国消费者们从追求物质的功能性满足，转向为情感体验和心理慰藉付费

谈

一谈今年最热门话题“情绪价值”与“疗愈经济”。

解释一下“情绪价值”，指的是一件物品，或一项服务触动到我们内心、带来积极感受的能力。而“疗愈经济”正是这种需求的产业化回应，它是一个为缓解都市生活中的焦虑、压力和孤独感而生的庞大市场。

这反映了现代人消费观念的核心转变：从追求物质的功能性满足，转向为情感体验和心理慰藉付费。

无论是购买一个解压玩具、参加一场音疗课程，还是为一段舒缓的短视频付费，其本质都是人们通过消费来寻求情绪上的安抚与疗愈，为自己在快节奏生活中找到一个喘息的空间。也就是我们现在一直挂在嘴上的：我们所购买的商品，是否能为我们提供情绪价值。

其实，这种追求情绪价值的消费，就是在自己的生活中寻求着“情绪链接”。例

如，SPA服务与其说提供的是情绪价值，不如说做对了和客人之间的情感链接，让客人产生了信任感，从而提升了消费忠诚度和消费频次。

那么，为什么未来的消费者们会极度重视情绪链接？这是技术、社会和经济多重力量驱动的必然结果，主要原因如下。

数字倦怠

我们生活在一个高度数字化、算法驱动的世界里。生活越来越高效，但也越来越“非人化”（impersonal）。屏幕交互取代了面对面交流，算法推荐蚕食了日常之中的意外惊喜。其实消费者自己都没有意识到，开始产生强烈的“数字倦怠”，他们渴望真实、温暖、有温度的人性化连接，以对抗科技的冰冷感。情绪链接成为了数字世界的“解药”。

物质过剩时代的价值转向

在功能型需求被极大满足的当下，产品之间的功能差异越来越小。下一个竞争的战场必

然是情感和精神层面。消费者购买的将不再是“产品本身”，而是产品所带来的感觉、体验和自我身份的认同。一个产品品牌，或一个SPA是否能带来“归属感”、“愉悦感”还是“治愈力”，将直接决定了它的价值。

孤独经济与意义危机

现代社会，年轻人可能线上朋友无数，线下却缺乏深度链接。如今的消费者，是在通过消费寻找“同道中人”和“精神家园”，要点是真诚，有趣，能学到东西，和一些有同样兴趣的人一起相处和交流，要感觉所做的事情有意义。其实SPA是可以提供出一些很简单，但是很有满足感的“社群”活动的，可以是“电影赏析”、“钩针编织俱乐部”、“陶艺”、“宠物友好日”、“画玻璃杯”。

如今的消费者更加聪明、敏锐。他们看透了传统广告的路径，对夸大其辞和情感绑架式营销充满警惕。他们渴望的是真诚（Authenticity）和共鸣（Resonance）。他们希望品牌“像一个真实的人”，有价值观、有故



事、有瑕疵，而不是一个完美炫富但高傲冰冷的商业实体。

然而，疫情后的中国健康市场，也充斥了各种“疗愈乱象”。

一些非专业机构或个人打着“疗愈”旗号，推出缺乏科学依据的项目。进入门槛低，缺乏规范。

例如，现在针对大众市场的瑜伽团课老师都在敲颂钵做音疗，结果没有一个钵的音准是对的。要知道，音也是有标准的呀，为什么童声合唱团的和声这么动人，那是因为音与音之间在物理上是频率的整数比关系，具备音程的协和性。同时，音量的平衡，以及情感的流动，以及场地的回声音效，都会影响到音频和震频。真正的音疗，绝不是敲打几个颂钵就能做到的。

很多“疗愈”被过度包装而忽视了本质，如果缺乏了真实的情感链接和服务温度，就会变成彻底空洞的话术和忽悠手段，

误导消费者的认知，当每个SPA都在敲钵的时候，可以说最受益的不是客人，而是卖低廉颂钵的商家。

我们的一些SPA从业者误以为“疗愈”是某种特殊的仪式或者外来的介质，甚至是外来的文化，反而忽略了SPA本身就是一个融合了空间、技术、人文关怀的，已经非常成熟的疗愈体系。结果一味追求“玄学”或“神秘能量”营销，反而落得十分肤浅，忽略了其实SPA本身已经拥有的“疗愈”的最核心的要素：专业的疗程和服务、舒适的环境、技术熟练且素质修养高的员工。

SpaChina调研显示：中国消费者们这种对内心状态的越来越高的关注，也体现在社交方式的变化上。

“微信朋友圈WeChat Moment的淡去”便是一个显著信号。调研显示，80%以上的微信朋友圈用户，在2025年里减少了对朋友圈的关注。朋友圈曾是我们分享生活、维系

社交的核心场域，但如今许多人的分享欲却在减退，观摩欲也在消逝。但这不是只在中国，微信朋友圈和Instagram以及其他主流社交平台的活跃度下降，或用户参与感降低，是一个全球性的趋势。其原因在于：

社交压力与表演疲劳

微信朋友圈的社交环境日趋复杂，好友列表里同事、长辈、客户并存，使得简单的分享变成需要精心修饰的“个人表演”，带来了巨大的心理压力。这种持续的“自我审查”和“形象管理”带来了巨大的心理负担。当分享不再是乐趣而成为任务时，人们选择沉默。

比较心理带来的焦虑

社交媒体是“比较主义”的温床。人们不断看到别人光鲜的旅行、完美的身材、成功的项目、甜蜜的爱情，会不自觉地对比自己的生活，从而产生焦虑、嫉妒和自我价值感降低等负面情绪。为了保护自己的心理健康，许多人选择减少使用或彻底离开。

关系维度的退化

初衷是连接朋友，但现在好友列表里充斥着同事、客户、微商、只有一面之缘的人。这种“强关系”与“弱关系”的混杂，使得用户无法再做真实的自我表达。

真正的朋友间的亲密分享，被海量的、无关的“噪音”所淹没。我们失去了分享的语境和安全感。同时，内容同质化和审美疲劳也让互动变得乏味。于是，人们转而投向算法推荐的内容平台如抖音、小红书获取更轻松的信息，或潜入更私密的群聊进行深度交流。

微信朋友圈的淡去，标志着社交行为从“公开化的自我展示”向“圈层化的兴趣联结”和“私有化的情感沟通”迁移。

提到朋友圈的营销和微商，SpaChina调研还显示出，从去年2024年4月起，线上带货的销售也开始明显下滑，然后就一路下滑。以美妆为例，尽管线上仍是主要销售阵地，占比超过60%，但其增速已大幅回落。2020年-2023年的年均增长20%-30%的时代已经过去。目前线上美妆增速已降至个位数甚至负数。

看线上大盘的数据，对外报告永远都是在增长，只是增长速度放缓。那是因为天猫抖音不会允许自己的平台数据下跌，投流、降价、提高分成的，一个手段都不少地去拉动数据。而事实上，线上零售带货也已经回归理性化，消费者不再囤货，而是只买自己需要的，这难道不是更加正常的消费习惯吗？



The Rise of the Healing Economy

Chinese Consumers are Shifting from Pursuing Functional Satisfaction in Material Goods to Paying for Emotional Experiences and Psychological Comfort

Let's talk about this year's hottest topics: "emotional value" and the "healing economy."

To explain, "emotional value" refers to the ability of an item or service to touch our hearts and evoke positive feelings. The "healing economy" is the industrialized response to this demand – a vast market born to alleviate the anxiety, stress, and loneliness of urban life.

This reflects a fundamental shift in modern consumer attitudes: from seeking functional satisfaction in material goods to paying for emotional experiences and psychological comfort.

Whether it's buying a stress-relief toy, attending a sound healing session, or paying for a soothing short video, the essence remains the same: people are using consumption to seek emotional comfort and healing, carving out a breathing space for themselves in a fast-paced world. In other words, we now constantly ask: Can the goods we purchase provide us with emotional value?

In fact, this pursuit of emotional value through consumption is essentially a search for "emotional connection" in one's own life. For

example, rather than just providing emotional value, spa services that successfully establish an emotional connection with guests foster trust, thereby increasing loyalty and frequency of visits.

So why will future consumers place extreme importance on emotional connection? This is an inevitable outcome driven by multiple forces – technological, social, and economic. The main reasons are as follows:

Digital Fatigue

We live in a highly digital, algorithm-driven world. Life has become more efficient, but also increasingly impersonal. Screen interaction has replaced face-to-face communication; algorithmic recommendations have eroded daily serendipity. Often without even realizing it, consumers are developing strong "digital fatigue." They crave authentic, warm, human connection to counter the coldness of technology. Emotional connection has become an "antidote" to the digital world.

Value Shift in an Era of Material Abundance

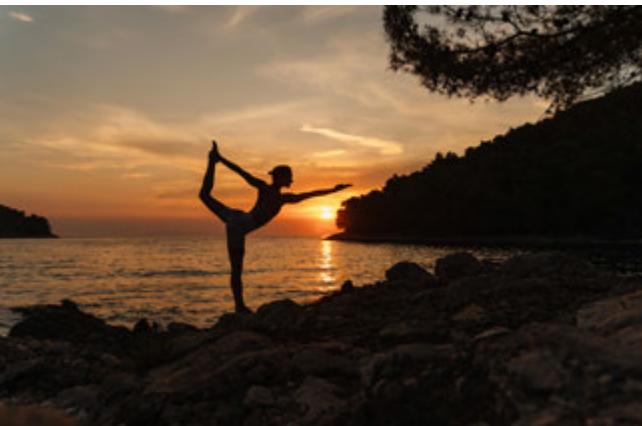
With functional needs largely satisfied,

functional differences between products are diminishing. The next battleground for competition will inevitably be on emotional and spiritual grounds. Consumers will no longer be buying the "product itself," but the feeling, experience, and self-identity the product confers. Whether a product brand or a spa can provide a sense of "belonging," "joy," or "healing power" will directly determine its value.

The Loneliness Economy and the Meaning Crisis

In modern society, young people may have countless online friends but lack deep, offline connections. Today's consumers are using consumption to find "like-minded people" and a "spiritual home." The key elements are sincerity, fun, opportunities to learn, and spending time and interacting with people who share similar interests – all while feeling that what they are doing is meaningful. In fact, spas can offer very simple yet deeply satisfying "community" activities, such as "film appreciation," "crochet clubs," "pottery sessions," "pet-friendly events," or "glass painting classes."

Today's consumers are smarter and more



discerning. They see through traditional advertising tactics and are wary of exaggerated claims and emotional manipulation in marketing. They crave Authenticity and Resonance. They want brands to “be like a real person” – with values, stories, and flaws – rather than a perfect, affluent, yet aloof and cold commercial entity.

However, the post-pandemic wellness market in China is also rife with various “healing chaos.”

Some non-professional institutions or individuals, under the banner of “healing,” offer programs lacking scientific basis. Barriers to entry are low, and standards are lacking.

For example, yoga teachers in mass-market group classes are now using singing bowls for sound healing, yet very often not a single bowl is tuned correctly. It’s important to understand that sound has standards. Why is the harmony of a children’s choir so moving? It’s because the relationship between the notes is based on integer frequency ratios in physics, creating

satisfying harmonic intervals. Furthermore, volume balance, the flow of emotion, and venue acoustics all affect the audio frequency and vibration. Genuine sound therapy is absolutely not achieved by merely striking a few singing bowls.

Many “healing” offerings are over-packaged, losing sight of their essence. Without genuine emotional connection and warm service, they become utterly empty rhetoric and deceptive tactics, misleading consumers. When every spa is using singing bowls, one could say the biggest beneficiaries aren’t the guests, but the sellers of cheap bowls.

Some spa practitioners mistakenly believe that “healing” is some special ritual, an exotic medium, or even a foreign culture. In doing so, they overlook the fact that spa itself is already a mature healing system integrating space, technique, and humanistic care. By excessively pursuing “metaphysical” or “mystical energy” marketing, they end up being superficial, neglecting the core elements of “healing” that spas already possess: professional treatments and services, a comfortable environment, and skilled, well-trained staff with high personal cultivation.

SpaChina research shows that Chinese consumers’ increasing focus on their inner state is also reflected in changing social habits.

“The fading of WeChat Moments” is a notable signal. Research indicates that over 80% of WeChat Moments users reduced their engagement with the feature in 2025. Moments was once the core arena for sharing life and maintaining social connections, but now the desire to share is declining for many, as is the desire to observe others’ posts. This isn’t unique to China; declining activity or user engagement on WeChat Moments, Instagram, and other major social platforms is a global trend. The reasons are:

Social Pressure and Performance Exhaustion

The social environment on WeChat Moments has become increasingly complex. With colleagues, elders, and clients all on the friends list, simple sharing turns into a carefully curated “personal performance,” creating significant psychological pressure. This constant “self-censorship” and “image management” impose a heavy mental burden. When sharing ceases to be a joy and becomes a task, people choose silence.

Comparison Anxiety

Social media is a breeding ground for “comparison-ism.” Constantly seeing others’ glamorous travels, perfect bodies, successful projects, and sweet relationships leads to unconscious comparison with one’s own life, generating anxiety, envy, and reduced self-worth. To protect their mental health, many choose to reduce usage or leave entirely.

The Degradation of Connection

The original intent was to connect with friends, but now friends lists are filled with coworkers, clients, multi-level marketers, and people met only once. This mixing of “strong ties” and “weak ties” makes it impossible for users to express their true selves. Intimate sharing among real friends is drowned in a flood of irrelevant “noise.” We’ve lost the context and sense of security for sharing. Simultaneously, content homogenization and aesthetic fatigue make interactions tedious. Thus, people turn to algorithm-driven content platforms like Douyin (TikTok) and Little Red Book for lighter information, or retreat to more private group chats for deeper conversation.

The fading of WeChat Moments signals a shift in social behavior from “public self-display” to “interest-based circle formation” and “private emotional communication.”

Regarding marketing and multi-level selling on Moments, SpaChina research also shows that since April 2024, online influencer-driven sales have also begun to decline significantly and have continued to fall ever since. Taking beauty products as an example, although online channels remain the primary sales base (over 60%), their growth rate has sharply declined. The era of 20%-30% average annual growth from 2020-2023 is over. The current online growth rate for beauty products has dropped to single digits or even turned negative.

Looking at the overall online market data, external reports always show growth, albeit at a slowing pace. This is because platforms like Tmall and Douyin cannot allow their platform data to decline; they employ every tactic – increased ad traffic, price cuts, raised commission shares – to boost the numbers. In reality, online retail and influencer-driven sales have also returned to rationality. Consumers are no longer hoarding goods but only buying what they need. Isn’t this, after all, a more normal consumption approach?



读懂中国年轻人的消费观

年轻人消费时情绪价值是刚需，购买过程就是在疗愈

中

国目前20岁至30岁的人口数量约为2.5亿人，这一年龄段的群体占总人口的14.5%。

SpaChina调研结果显示，Z时代的中国年轻消费群体不再是“被动的消费者”，而是“主动的价值共创者”。很多针对年轻人的品牌所构建的终极目标，是从“理解年轻人”到“与年轻人一起创造”。

怎么解释这个一起创造呢？就是成为其文化与情绪的“同频者”；成为其场景与意义的“共创者”；成为其效率与生活的“共生者”。品牌越能融入年轻人的“价值体系、体验场景、日常习惯”，就越能占据未来消费市场的核心位置。

年轻群体正在将情绪调节视为生活的刚需。其中约56%的受访者愿意为“情感支持”买单，26-30岁的受访者占比达62%。情绪支出从去年的19.06%提升至26.72%，消费

者正从“偶尔慰藉”向“定期投入”转变，把情绪消费作为稳定的结构性支出。

比起把所有情绪和生活塞进几个“固定好友”里，他们更倾向于“按需交心”模块化组队。社交关系被拆解成不同的功能场景，边找搭子边交心，灵活组局、各取所需。这种社交趋势的本质，是年轻人对高效情绪支持与个性边界的双重追求。

AI工具已逐步渗透年轻人的生活与工作节奏里。50%的18-25岁人群为AI工具付费，高频使用人群为38%。其中创意内容类AI工具为57.56%，提升产出效率的工具为55%。

他们对虚假精致说再见，要的是真实的意义和价值。从“丢掉不用的东西”到“让我别动手”，他们不再执着于亲力亲为，而是优雅地站在效率之上，把琐碎生活彻底外包，真的是从家务中解放出来的一代，舍得花钱获得便捷，把生活过成“极简但不简陋”的模样。

他们已经集体按下了“去滤镜”键，消

费不再被“洋气”吸引，而是精准锁定实用度、情绪共鸣与在地文化。物尽其用，消费务实。70.5%的年轻人认为产品实际功能比包装和营销更重要。

以奢侈品首饰为例，目前中国的黄金首饰的销量在年轻群体里一路攀升，吸引了LVMH的CEO伯纳德·阿诺特(Bernard Arnault)去亲自参观金店，他没想通为什么中国年轻人开始像他们奶奶爷爷这辈一样喜欢购买本土黄金首饰了。

小红书上，和“黄金”相关的笔记和播放量累计百万级，黄金购买年龄则集中于25-34岁，占比总人数的59%，远超35+群体。当然这里面也有个重要因素，是因为近年来国风cosplay盛行，金店的黄金首饰也做得越来越复古而精致，充满了穿越感，打动了这批年轻人，这也可以解释为什么最近3年以来国货更受年轻人欢迎。

换言之，他们也喜欢财富，但对“务实”和“匠心工艺”的喜爱，超过了其他奢



侈品品牌所宣传和宣称的效果，不再像他们上一代那样迷恋舶来品的奢侈品了，于是他们选择了保值而有中国传统文化沉淀的“奢侈品”黄金。

SPA如果未来想要年轻客人，肯定要用年轻员工，以共创的心态来思考符合年轻人需求的业务模式。从我的角度来看，目前的他们更适合单价较低的，项目简单，功效清晰的疗程。对于资本来说，他们喜欢投资的多店连锁SPA，必然是针对有未来潜力的年轻人，年轻人的阵营是资本的兵家必争之地。而且要线上线下双管齐下。

20+富裕群体年轻人在度假旅行和SPA上的健康消费习惯，可以说是清晰地折射出了他们的核心诉求：

从“炫耀性消费”转向“投资性消费”和“意义性消费”

他们完全不是被动接受服务的消费者，而是主动的“探索者”和“共创者”。他们用消费来选择那些能为其身心健康、个人成长、社交资本和生活品质带来长期价值的体验。摒弃走马观花的打卡式体验，喜欢深度与文化沉浸。希望在每一次体验中挑战与自我突破，同时他们的SPA体验也是自己的社交资本与圈层认同。他们买的不是服务本身，而是服务背后所代表的生活方式、圈层身份和生命故事。

为“稀缺性”和“便捷性”付费

愿意支付高昂费用给顶级旅行定制师，以获得普通人无法预订的体验。如私人的博物馆之夜、拜访不对外开放的私人庄园、与专家共进晚餐等。一切繁琐的行程安排、签证、交通都由他人搞定，他们只为最终的体验买单。



“慢旅行”与“长行程”和“长项目”

不介意一次旅行只去一两个国家，但会待上两三周，进行深度体验。在SPA也是一样，完全不介意体验一个4-8小时的半天，全天疗程，甚至可以说是钟爱4-8天的wellness养身套餐，希望从中获益，并体验到更多，学习到更多的健康知识。

主题性消费

围绕一个核心兴趣展开体验，如“葡萄酒之旅”，走访全球小众酒庄、“建筑设计之旅”，打卡大师作品、“可持续时尚之旅”，探访各地伦理时尚品牌，“绿色健康之旅”，深度介入地球环保项目等等。也是希望从中获得自我认同和体现个人价值。

注重可持续和社会责任

在选择目的地、酒店、SPA和活动时，会考虑其对环境和社会的影响，倾向于支持生态友好、保护当地文化、回馈社区的旅行项目。

在健康养生和SPA项目的消费上，与其父辈相比，20+也呈现出截然不同的价值观念和消费方式。

他们不再仅仅追求“奢侈”，而是追求高品质、高体验、高价值感和高社交属性的复合型消费。对他们而言，SPA早已不是简单的按摩放松，而是一套完整的、科学的身心健康管理系统。这就更需要我们SPA的从业人员有足够的专业能力来说服他们并且指导他们。

理性而务实

他们要求专业性至上，不像自己的父母那代那样品牌盲目，而是更看重理疗师的资质、使用的技术流派，例如是泰式古法、瑞典按摩、还是中医经络理论，产品成分是否有机、天然、还是小众高端？他们会认真研究哪个SPA的哪个理疗师最擅长解决“办公室肩颈”或“运动损伤”等直接而实用的问题。

精准化、个性化解决方案

排斥千篇一律的套餐，追求“为我量身定制”的服务，喜欢在做SPA前先进行体态评估或经络检测，要求根据结果推荐最适合的项目，或者是针对焦虑情绪的“按摩和阿尔法音乐疗愈”、还是针对肌肉僵硬的“深层组织修复”，要精准，要个性。

“疗愈”与“结果”并重

既要享受过程中的氛围感，要求仪式感环境、香氛、音乐都到位，更看重做完后的实际效果：是否真的缓解了疼痛、改善了睡眠质量、让皮肤状态改善了。他们所做的，是一种以效果为导向的消费。

隐私性与独家性

偏爱小范围会员制、预约制的私人疗愈中心，而非人流量大的公共水疗馆。享受服务的过程本身也是一种远离大众的、圈层身份的体现。

为“时间”和“专业”付费

愿意为一位难得的好技师或一个非常独特的完整疗程支付高昂费用，认为这比买一个奢侈品包包更“值”。

追随“大师”和“名店”

他们会像追逐明星一样，追随某个领域内的知名理疗师，并愿意为此专程前往另一个城市甚至国家。

组合式消费

SPA不再是孤立项目，而是与普拉提课程、健康餐饮，如做完SPA后一杯特调的抗氧化果昔、和心理咨询等其他健康服务共同构成“健康日”的一部分。



UNDERSTANDING THE CONSUMPTION Outlook of Chinese Young People

For Young Consumers, Emotional Value is a Necessity, and the Act of Purchasing is Itself a Form of Therapy

Currently, China's population aged between 20 and 30 stands at approximately 250 million, accounting for 14.5% of the total population.

According to SpaChina research, China's Gen Z young consumers are no longer "passive consumers" but "active co-creators of value." The ultimate goal for many brands targeting young people is to evolve from "understanding young people" to "creating together with young people."

How to explain this co-creation? It means becoming a "resonator" of their culture and emotions; a "co-creator" of their scenarios and meanings; and a "co-exister" in terms of their efficiency and daily lives. The more a brand can integrate into young people's "value systems, experiential scenarios, and daily habits," the more it can secure a core position in the future consumer market.

Young people are increasingly viewing emotional regulation as a necessity in life. About 56% of respondents are willing to pay for "emotional support," with this figure rising to 62% among those aged 26–30. Emotional spending has increased from

19.06% last year to 26.72%, indicating a shift from "occasional comfort" to "regular investment," making emotional consumption a stable structural expense.

Rather than confining all emotions and social interactions to a few "fixed close friends," they prefer a modular approach to forming connections "based on specific needs." Social relationships are broken down into different functional scenarios, where they seek companions while sharing heartfelt conversations, flexibly forming groups to meet particular needs. The essence of this social trend is young people's dual pursuit of efficient emotional support and personal boundaries.

AI tools are gradually permeating both the personal and professional lives of young people. 50% of those aged 18–25 pay for AI tools, with 38% being high-frequency users. Among these, creative content AI tools account for 57.56%, while tools enhancing productivity make up 55%.

They are saying goodbye to artificial refinement and seeking genuine meaning and value. From "discarding unused items" to "don't make me lift a finger," they are no longer obsessed with doing everything

themselves. Instead, they elegantly prioritize efficiency, outsourcing trivial tasks completely. This is truly a generation liberated from household chores, willing to spend money for convenience and striving for a life that is "minimalist but not shabby."

They have collectively pressed the "de-glamorize" button. Consumption is no longer driven by "foreign appeal" but is precisely targeted at practicality, emotional resonance, and local culture. Making the most of things and pragmatic consumption are paramount. 70.5% of young people believe that a product's actual functionality is more important than its packaging and marketing.

Taking luxury jewelry as an example, the sales of gold jewelry in China are steadily rising among young people, attracting the attention of Bernard Arnault, CEO of LVMH, who personally visited a gold store. He couldn't understand why Chinese youth are starting to prefer domestic gold jewelry, much like their grandparents' generation.

On the Little Red Book, notes and videos related to "gold" have accumulated millions of views and engagements. The primary age group for gold purchases is 25–34, accounting

for 59% of total buyers, far surpassing the 35+ demographic. An important factor here is the recent popularity of traditional Chinese style (Guofeng) cosplay. Gold jewelry has also become increasingly vintage and exquisite, evoking a sense of timelessness that resonates with these young consumers. This also explains why domestic products have become more popular among young people over the past three years.

In other words, they also appreciate wealth, but their preference for “pragmatism” and “artisan craftsmanship” surpasses the appeal of other luxury brands’ marketed claims. Unlike the previous generation’s fascination with imported luxury goods, they now choose “luxury” gold – a value-retaining asset steeped in traditional Chinese culture.

If spas wish to attract young customers in the future, they must employ young staff and adopt a co-creation mindset to develop business models that meet the needs of the youth. From my perspective, they are currently more suited to treatments that are lower in price, simple in procedure, and clear in efficacy. For investors, multi-location chain spas that target promising young consumers are inevitably favored. The youth demographic is a battleground for capital, and a combined online and offline strategy is essential.

The health consumption habits of affluent 20-somethings regarding vacation travel and spas clearly reflect their core demands:

A Shift from “Conspicuous Consumption” to “Investment Consumption” and “Meaningful Consumption”.

They are far from passive service recipients; instead, they are active “explorers” and “co-creators.” They use consumption to select experiences that bring long-term value to their physical and mental health, personal growth, social capital, and quality of life. They reject superficial check-in experiences, preferring depth and cultural immersion. They seek challenges and self-breakthroughs in every experience, and their spa experiences also serve as social capital and group identity. They are not just buying a service but the lifestyle, social status, and the life story it represents.

Paying for “Exclusivity” and “Convenience”

They are willing to pay high fees to top travel planners for experiences inaccessible to the

average person, such as private museum nights, visits to off-limits private estates, or dinners with experts. All tedious arrangements – itineraries, visas, transportation – are handled by others; they only pay for the final experience.

“Slow Travel” and “Long Journeys/Programs”

They don’t mind visiting only one or two countries per trip but will stay for two to three weeks for an in-depth experience. Similarly, for spas, they have no issue with half-day (4–8 hours), full-day treatments, or even 4–8-day wellness packages. They hope to benefit more, experience more, and learn more about health.

Thematic Consumption

Experiences revolve around a core interest, such as “wine tours” visiting global niche vineyards, “architectural design tours” checking in masterpieces, “sustainable fashion tours” exploring ethical brands worldwide, or “green wellness tours” deeply engaging in environmental projects. These also help them gain self-identity and express personal values.

Emphasis on Sustainability and Social Responsibility

When choosing destinations, hotels, spas, and activities, they consider environmental and social impacts, preferring options that are eco-friendly, preserve local culture, and give back to the community.

In health, wellness, and spa consumption, the 20-something generation also exhibits distinctly different values and spending habits compared to their parents’ generation.

They no longer merely pursue “luxury” but seek high-quality, high-experience, high-value, and high-social-attribute composite consumption. For them, spas are no longer just about simple massage relaxation but should be a complete, scientific system for physical and mental health management. This demands even greater professional competence from spa practitioners to convince and guide them.

Rational and Pragmatic

They prioritize professionalism above all. Unlike their parents’ generation, which often blindly followed brands, they pay more attention to therapists’ qualifications and the techniques used – whether it’s traditional Thai massage, Swedish massage, or TCM meridian

theory. They scrutinize whether product ingredients are organic, natural, or niche high-end. They diligently research which spa therapist is best at addressing specific, practical issues like “office shoulder-neck pain” or “sports injuries.”

Precise, Personalized Solutions

They reject one-size-fits-all packages and pursue services “tailored for me.” They prefer postural assessments or meridian tests before treatments and expect recommendations based on the results. Whether it’s “massage and alpha music therapy” for anxiety or “deep tissue repair” for muscle stiffness, they demand precision and personalization.

Emphasis on Both “Therapy” and “Results”

They want to enjoy the ambiance, ceremonial elements, aromas, and music during the process but place greater importance on tangible outcomes: Did it really alleviate pain? Improve sleep quality? Enhance skin condition? Their consumption is results-oriented.

Privacy and Exclusivity

They prefer small-scale, membership-based, appointment-only private wellness centers over high-traffic public spas. The service experience itself is also an expression of an exclusive, circle-specific identity.

Paying for “Time” and “Expertise”

They are willing to pay a premium for an exceptional therapist or a highly unique, comprehensive treatment, considering it more “worth it” than buying a luxury handbag.

Following “Masters” and “Renowned Spas”

They will pursue renowned therapists in specific fields like fans chasing celebrities, traveling to other cities or countries specifically for their services.

Composite Consumption

Spas and spa treatments are no longer isolated activities but part of a “wellness day” that integrates Pilates classes, healthy dining, e.g., a specially prepared antioxidant smoothie post-spa, psychological counseling, and other health services.

中国银发经济 代际差异与健康新方向

未来，数字疗法对于银发群体而言，在认知障碍预防与干预方面具有特殊价值



近

年来，随着中国社会老龄化进程加快，“银发经济”逐渐成为市场关注的热点。然而，中国的银发族并非一个同质化的群体，他们因成长时代与背景的差异，呈现出截然不同的消费观念与生活方式。理解这种代际特殊性，并前瞻性地把握健康领域的新趋势，对相关行业的发展至关重要。

中国的银发族主要可分为两类人群：一类是出生于上世纪50年代，目前年龄在65岁以上的老年人；另一类则是成长于改革开放初期的60后、70后，现年约50至60余岁的“年轻银发族”。这两代人所处的社会经济环境迥异，其晚年生活理念与消费行为也因此大相径庭。

以上海为例，工作日的白天，65岁以上

的老年人多出现在菜场、医院或学校门口，因为他们承担着家庭采买、就医与照顾孙辈的责任。这一代人成长于物资相对匮乏的50-70年代，养成了根深蒂固的节俭习惯。即使经济条件宽裕，他们也倾向于将财富储蓄或留给子女，而非用于个人享受。正如某位知名企业家日常穿布鞋的形象，并非作秀，而是那一代人朴素价值观的真实体现。

反观50至60多岁的“年轻银发族”，他们正以全新的姿态迎接晚年生活：健身、瑜伽、游泳、美甲、旅行……他们拒绝被传统角色束缚，更注重个人生活品质与身心健康。这一群体经历了改革开放带来的经济起飞，拥有更为开放的消费观念与更强烈的自我实现意愿。

值得注意的是，代际差异仍在延续。即将步入老年的70后、80后，将进一步改变社会对“老年”的认知。因此，对企业和服

提供者而言，必须敏锐洞察不同代际的需求变化，提前布局未来市场。

在关注代际差异的同时，银发健康领域也出现了令人振奋的新方向——数字疗法（Digital Therapeutics）。这一创新领域正为银发族的健康管理，特别是脑健康维护，提供全新的解决方案。

数字疗法是一种基于软件程序的干预手段，用于预防、管理或治疗疾病。自2017年美国FDA批准了首款数字疗法产品RESET，这款用于治疗物质成瘾导致的脑部损伤的游戏立刻成为了爆款，开始推动该领域的迅速发展。之后，Endeavor RX通过游戏化设计改善多动症患者的注意力，展现了数字干预在神经认知领域的潜力。

对于银发群体而言，数字疗法在认知障碍预防与干预方面具有特殊价值。据统计，到2025年，中国认知障碍患者预计将达到3.58亿，平均每四人中就有一人受影响。面对这一严峻挑战，传统药物研发难度大、周期长，而数字疗法提供了可行的新路径。

全球领先的药企与科技公司已纷纷布局这一领域。辉瑞、礼来等药企投资并购了众多数字疗法初创企业；微软、谷歌、苹果、腾讯等科技巨头也跨界进入。腾讯推出的“脑力锻炼”应用程序，针对大脑六大认知功能区设计系统化训练方案，并通过游戏化机制提升用户参与度与依从性。

需要强调的是，数字疗法不同于普通的健康管理应用。前者具有明确的医学理论基础和临床证据支持，部分产品甚至需要药监局批准和医生处方，其功效可与药物相媲美。其作用机制在于通过特定的数字信号，如视觉、听觉刺激等，来激活人体的自我调节系统，从而实现对特定状态的干预与改善。

当前，面向65岁以上传统银发族的市场应以大众化、实用型产品与服务为主；而针对50岁以上、更具消费意愿的“年轻银发族”，则可开发更多元化、个性化的中高端健康与生活服务。而数字疗法等创新技术的引入，将为银发健康产业带来全新机遇。未来，这些技术有望与线下健康服务场景，如SPA、健康管理中心等深度融合，形成线上线下联动的健康管理新模式。

Generational Divides and New Health Frontiers in CHINA'S SILVER ECONOMY

Digital Therapeutics Hold Particular Value for the Silver-Haired Population in Preventing and Intervening in Cognitive Impairment



In recent years, as China's population ages at an accelerating pace, the "silver economy" has gradually become a focus of market attention. However, the elderly in China are not a homogeneous group. Differences in the eras and environments in which they grew up have led to distinctly different consumption attitudes and lifestyles. Understanding these generational particularities and proactively identifying new trends in the health sector are crucial for the development of related industries.

China's silver-haired population can largely be divided into two groups: one consists of those born in the 1950s, now aged 65 and above; the other includes the "young seniors" – those in their 50s and early 60s who grew up during the early years of China's reform and opening-up. These two generations experienced vastly different socioeconomic environments, resulting in markedly different approaches to lifestyle and consumption in their later years.

Take Shanghai as an example. On weekdays, it is common to see seniors aged 65 and above at grocery stores, hospitals, or school gates – shouldering responsibilities such as grocery shopping, medical visits, and picking up grandchildren. This generation came of age during the relatively resource-scarce decades of the 1950s to 1970s, developing deeply ingrained frugal habits. Even when financially comfortable, they tend to save their wealth or pass it on to their children rather than spending it on personal enjoyment.

The image of a well-known entrepreneur consistently wearing cloth shoes is not for show – it is a genuine reflection of the modest values emblematic of his generation.

In contrast, the "young seniors" in their 50s and 60s are embracing their later years with a completely new attitude: fitness, yoga, swimming, manicures, traveling... They resist being confined to traditional roles and place greater emphasis on personal quality of life and physical and mental well-being. Having lived through the economic ascent driven by reform and opening-up, this group possesses more open consumption attitudes and a stronger desire for self-fulfillment.

It is worth noting that these generational distinctions are ongoing. The post-70s and post-80s generations, who are soon to enter their senior years, will further reshape society's perception of "aging." As such, it is essential for businesses and service providers to keenly observe the evolving needs across generations and strategically plan ahead for future markets.

Amid these generational differences, an exciting new direction is emerging in senior health – digital therapeutics. This innovative field is offering fresh solutions for health management among the elderly, particularly in maintaining brain health.

Digital therapeutics refer to software-based interventions designed to prevent, manage, or treat medical conditions. Since the U.S. FDA approved the first digital therapeutic, RESET, in 2017 – a game aimed at treating brain damage caused by substance addiction – the product quickly gained popularity, accelerating development in this field. Later, Endeavor RX demonstrated the potential of digital interventions in neurocognition by using game-based design to improve attention in patients with ADHD.

For the silver-haired demographic, digital therapeutics hold special value in preventing and addressing cognitive impairment. Statistics show that by 2025, an estimated 358

million people in China will be affected by cognitive disorders – roughly one in every four individuals. Confronted with this serious challenge, traditional drug development – often difficult and time-consuming – offers limited solutions, while digital therapeutics present a feasible new pathway.

Global pharmaceutical and technology leaders have already begun investing in this area. Companies like Pfizer and Lilly have invested in or acquired numerous digital therapeutic startups, while tech giants such as Microsoft, Google, Apple, and Tencent have also entered the arena. Tencent, for example, has launched a "brain training" app that offers systematic training targeting six major cognitive domains, using gamification to enhance user engagement and adherence.

It is important to emphasize that digital therapeutics differ from ordinary health management apps. The former are grounded in medical theory and clinical evidence, with some products even requiring regulatory approval and prescriptions. Their efficacy can be comparable to that of pharmaceutical drugs. The mechanism involves using specific digital stimuli – such as visual and auditory cues – to activate the body's self-regulatory systems, thereby achieving intervention and improvement in targeted conditions.

Currently, products and services targeting traditional seniors aged 65 and above should focus on accessibility and practicality. For the more consumption-willing "young seniors" aged 50 and above, there is room to develop diversified, personalized mid-to high-end health and lifestyle services. The introduction of innovative technologies like digital therapeutics will bring new opportunities to the silver health industry. In the future, these technologies are expected to integrate deeply with offline health service settings – such as spas and wellness centers – forming a new, interconnected model of online and offline health management.

科技融汇文化

瑞铂希Repacell与广州富力丽思卡尔顿酒店水疗中心共同定制奢享SPA体验
访广州丽思卡尔顿酒店水疗中心总监陶元女士



CELLCODE SERIES & AMBLIGHT ANTI-TIME SERIES



在 广州富力丽思卡尔顿酒店水疗中心，宾客可远离尘嚣，步入一片静谧之境，使身心重获宁静与平衡。这里提供一系列专业按摩与特色定制理疗，并携手德国知名护肤品牌瑞REPACELL，融合其德式院线级SPA护肤手法，共同打造凝时奢美的沉浸式护理体验。

REPACELL作为德国KLAPP集团旗下的高端专业护肤品牌，创立于2010年，承袭45年SPA美容精髓。品牌融合珍稀植物萃取精华与科技创新，致力于从源头改善肌肤状态，焕活年轻光彩，持续将前沿科技融入护肤领域，为每一位追求美的人带来优质产品。

在此次合作中，广州富力丽思卡尔顿酒店水疗中心总监陶元(Vivienne Tao)女士展现出卓越的行业洞察与战略远见。凭借深厚的行业经验，她擅长从品牌战略视角重塑酒店康养体验，主导构建了“奢华品牌与个性化康养”双轨并行的服务体系，并针对不同客群打造高定服务流程。她所推动的水疗服务升级，不仅成为酒店差异化竞争的关键，更引领高端酒店康养服务从“特色配套”向



Vivienne Tao

“核心竞争力”转型，为行业提供了品牌与康养深度融合的成功范例。

此次与德国高端护肤品牌REPACELL合作推出的“氣·運”独家明星疗程，成为高端酒店与专业护肤品牌在康养领域深度共创的典范。在接受SpaChina专访时，陶元女士

进一步分享了双方合作的细节与理念。

为什么会选择瑞铂希作为水疗中心的合作伙伴？有何益处？

广州富力丽思卡尔顿酒店水疗中心秉承着为尊贵客人提供卓越定制体验的理念，始终追求与世界优质品牌的合作。而德国高端护肤品牌瑞铂希凭借温和配合的产品优势、护理全程“功效协同”的体验感优势和个性化疗程定制及技师团队支持优势，成为理想之选。瑞铂希独家成分及专利技术、专业研发实力和科学护理逻辑、共享合作方研发供应链与市场资源，可有效打造差异化壁垒，增强专业与信任感、降低成本与风险。

双方如何共同设计护理套餐？请分享一个具体案例？

以明星“氣·運”疗程为例，这款150分钟的疗程围绕“气脉疏导”展开，是广府文化与德式护理的匠心碰撞，结合瑞铂希三段式核心成分TCR3-Plus精华与疗愈手法，并融入木棉花及岭南武术元素。在测试与细节优化后，由瑞铂希完成理疗师的专业培训，这

一明星套餐“氣·運”疗程最终成型。

在此次合作中，广州富力丽思卡尔顿酒店水疗中心精准定义目标客群与本地文化特色，品牌方则提供核心成分和品牌理念的支持。同时，融合了产品特性、水疗技法与本地文化，设计出一个三维疗程框架，确保疗程既符合高端客户需求，又融入独特的地方元素。最后，我们会根据初步反馈优化细节，制定出项目的标准操作流程，以确保疗程的高效实施。

瑞铂希的核心科技与成分是如何与广州富力丽思卡尔顿SPA的服务体验相结合的？与其它护理或竞品套餐相比，这一合作套餐的独特吸引力何在？

瑞铂希的核心抗衰成分TCR3-Plus源自诺贝尔端粒酶研究，这一科学背景与我们崇尚的奢华护理理念高度契合，为客人带来兼具科技感与功效性的抗衰体验。

我们的合作套餐在多个维度上实现差异化。首先，护理流程始于瑞铂希的分肤质成分系统辅助的SPA诊断，向注重抗衰的客人阐释“保护细胞端粒”的科学理念。在核心护理环节，我们运用独创的“螺旋渗透手法”深入导入含TCR3-Plus的精华，并在面膜护理时同步进行肩颈放松。全程可根据客人肤质灵活定制，例如为敏感肌提供低敏配方，凸显真正个性化的深度定制，而非竞品常见的单一流程。

其次，整个体验贯穿专业关怀与仪式感：从护理前的成分讲解、专属茶歇，到疗愈手法与高端成分的协同作用，再到护理后使用同款面霜锁住效果，并附赠成分卡片作为伴手礼。这种贯穿始终的精致流程，不仅强化了护理成效，更契合高端客群对“专业度”与“格调体验”的双重追求，从而在众多套餐中独树一帜。

从空间场景到服务体验角度，疗程是否融入了本地的文化元素或是个性化定制？

套餐特色深度融合岭南本地文化与广州富力丽思卡尔顿酒店水疗中心的专属服务理念，以品牌服务标准为基础，让岭南文化成为体验升级的核心亮点。

在场景上，SPA房间用广绣纹样软饰点缀床品，香氛调和木棉花、九里香等地方特色的花草植物，护理饮品采用岭南时令食材，与瑞铂希疗程的舒缓功效相得益彰。

在服务上，“定制化奢享”贯穿岭南元素，诊断时结合湿热气候推荐瑞铂希套餐，按摩融入岭南中医经络梳理技法并讲解成分适配性，护理后提供陈皮、凤凰单丛茶定制茶歇，打造“奢享服务+在地文化+科学护肤”的独特体验。



Repacell Cellcode® Revitalizing Boost Serum

Blending Technology with Culture

REPACELL x The Ritz-Carlton Guangzhou Collaborate on a Customized Luxury SPA Journey. An Interview with Ms. Vivienne Tao, Director of The Ritz-Carlton Spa, Guangzhou

At The Ritz-Carlton Spa, Guangzhou, guests are invited to step into a tranquil sanctuary away from the hustle and the bustle, where both mind and body can rediscover calm and balance. Offering a range of professional massages and bespoke treatments, the Spa has joined hands with REPACELL, a prestigious German skincare brand, integrating its clinical-grade German SPA techniques to create an immersive, age-defying luxury experience.

Founded in 2010, REPACELL is a high-end professional skincare brand under the German KLAPP Group, building upon 45 years of SPA and skincare expertise. By blending rare botanical extracts with cutting-edge technology, the brand is committed to improving skin quality at its source, revitalizing its youthful glow, and consistently incorporating scientific innovation into skincare – delivering exceptional products for every beauty enthusiast.

In this collaboration, Ms. Vivienne Tao, Director of SPA at The Ritz-Carlton Spa, Guangzhou, has demonstrated outstanding industry insight and strategic foresight.

With deep experience in the field, she excels at reshaping the wellness experience from a brand-strategy perspective. Under her leadership, a dual-path service system combining “luxury branding and personalized wellness” has been established, complete with tailored service flows for different guest profiles. Her efforts in upgrading the SPA offerings have not only become a key differentiator for the hotel but have also elevated high-end hotel wellness services from a “premium amenity” to a “core competitive strength,” setting an industry benchmark for the seamless integration of brand and wellness.

The jointly launched signature treatment “Chi · Yun” with REPACELL stands as a model of deep co-creation between a luxury hotel and a professional skincare brand in the wellness arena. In an exclusive interview with SpaChina, Ms. Tao shared further details and insights behind the partnership.

Why was REPACELL chosen as the Spa's partner? What are the benefits?

The Ritz-Carlton Spa, Guangzhou is



Repacell Cellcode® Recovery Boost Serum for Delicate Skin
Repacell Cellcode® Ultimate Rich Cream



dedicated to offering distinguished guests exceptional, personalized experiences and consistently seeks collaborations with world-class brands. REPACELL, a premium German skincare brand, stood out as the ideal partner due to its gentle yet effective products, seamless “efficacy-driven” treatment experiences, and strong support in customized protocols and therapist training. With its exclusive ingredients, patented technologies, professional R&D strength, and scientifically grounded approach, REPACELL helps build a distinct competitive edge, enhances credibility and trust, and reduces operational costs and risks through shared supply chain and marketing resources.

How did both parties design the treatment program together? Can you share a specific case?

Take the signature “Chi · Yun” treatment as an example – a 150-minute journey centered on “meridian activation.” It represents a creative fusion of Cantonese culture and German skincare science, combining REPACELL’s three-stage core ingredient, TCR3-Plus Essence, with therapeutic techniques, while also integrating local elements such as kapok blossoms and Lingnan martial arts influences. After rounds of testing and refinement, REPACELL provided professional training for the therapists, finalizing what is now the celebrated “Chi ·

Yun” treatment.

In this partnership, The Ritz-Carlton Spa, Guangzhou precisely defined the target audience and local cultural characteristics, while REPACELL contributed its core ingredients and brand philosophy. Together, they developed a three-dimensional treatment framework that integrates product efficacy, SPA techniques, and local culture – ensuring the program meets the expectations of high-end clients while incorporating distinctive regional touches. Finally, based on initial feedback, the team refined the details and established a standardized operating procedure to ensure consistent and efficient delivery.

How are REPACELL’s core technology and ingredients integrated into The Ritz-Carlton Spa, Guangzhou experience? What makes this treatment unique and competitive?

REPACELL’s key anti-aging ingredient, TCR3-Plus, is inspired by Nobel Prize-winning telomerase research. This scientific foundation aligns perfectly with our luxury wellness philosophy, offering guests an anti-aging experience that is both technologically advanced and highly effective.

Our co-created treatment stands out in several ways. It begins with a skin-type diagnosis supported by REPACELL’s ingredient system, explaining the science of “protecting cellular telomeres” to guests focused on anti-aging.

During the core treatment stage, we apply our unique “Spiral Penetration Technique” to enhance the absorption of the TCR3-Plus serum, while a shoulder and neck relaxation is performed during the mask application. The process is fully customizable – for example, using hypoallergenic formulas for sensitive skin – offering a truly personalized experience unlike the one-size-fits-all approaches often found elsewhere.

Moreover, the entire journey is infused with professional care and a sense of ritual: from the pre-treatment ingredient introduction and exclusive tea break, to the synergy between therapeutic techniques and active ingredients, and finally, the post-treatment use of matching cream to lock in results, complemented by an ingredient card as a takeaway gift. This meticulously designed, start-to-finish experience not only enhances treatment efficacy but also meets the dual demands of high-end guests for “professionalism” and “sophisticated experience,” making it truly one of a kind.

From the spa environment to the service experience, are there local cultural elements or personalized touches incorporated into the treatment?

The treatment program deeply integrates Lingnan cultural elements with The Ritz-Carlton Spa, Guangzhou’s exclusive service philosophy. Building on the brand’s high service standards, Lingnan culture becomes a central highlight that elevates the overall experience.

In terms of ambiance, the spa rooms feature bedding adorned with Cantonese embroidery patterns, aromas infused with local notes of kapok and *Murraya paniculata*, and wellness beverages made from seasonal Lingnan ingredients – all complementing the rejuvenating effects of the REPACELL treatment.

On the service side, “personalized luxury” runs through every Lingnan-inspired touch. During consultation, guests are recommended REPACELL programs based on Guangzhou’s humid climate. The massage incorporates meridian techniques from Lingnan traditional medicine, accompanied by explanations of how ingredients align with individual needs. After the treatment, a custom tea break featuring aged tangerine peel or Phoenix Dancong tea is offered. Together, these elements create a unique experience that blends “luxury service, local culture, and scientific skincare.”



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轻奢美学与匠心精神

访“树一派”创始人林晓茹女士

始

于厦门的美妆小铺“树一派”，二十六年来在美容行业努力深耕，发展成为了集生活美容连锁、医疗美容与大健康管理于一体的综合性品牌，并在全国多个城市已开设近百家门店。从最初的生活美容，到创立慢姿健康医疗，秉持“轻奢、健康、有机”的理念，以自然美学重塑轻奢生活方式，通过美甲美睫、面部护理、身体养护及抗衰等多元服务，逐步完成了从时尚美容到健康生活方式倡导者的转型。坚持以专业、艺术与自然精华，呵护并引领每一位客人探寻更美、更健康的生命状态。

品牌创始人林晓茹女士始终深耕于美业领域。她以沉静而坚定的态度，深入一线运营，亲身挑选和体验每一款产品与项目，倡导以“专业的心、艺术家的眼、雕刻家的手和大自然的精华呵护每一位顾客”为理念，逐步建立起涵盖生活美容、医疗美容、大健康管理等业务的综合服务体系，吸引了超过三十万会员的信任与加入。她的成功，既源于对品质的坚持，也来自于对品牌文化与生活美学的深刻理解。SpaChina专访了林晓茹女士，探讨行业的坚守、创新与发展。

在当代女性在追求“美”的过程中，最核心的需求是什么？

从1999年厦门第一家美妆小铺起步，我们陪



伴30万+女性走过26年，最深的感受是：当代女性对“美”的需求早已超越“外在修饰”，而是走向“身心同频的完整美”。她们既要肌肤的年轻态、形体的精致感，更渴望在忙碌生活中找到一处能安放情绪、滋养心灵的空间：例如做美甲时的片刻专注、SPA疗愈时的深度放松，或是和同频会员交流时的共鸣。“树一派”一直践行“轻奢、健康、有机”的理念，就是想让“美”不止于表面：做美甲用严选的环保材质，做抗衰结合科技与自然精华，连门店服务都讲究“五感六觉”的体验，本质上是在回应女性“既要好

看，更要舒适、安心、有价值感”的核心需求。

品牌在支持女性内在成长与心灵滋养方面，具体开展了哪些活动或服务？

我始终认为，“外在美是表，心灵美是根”。所以从品牌升级开始，就把“心灵滋养”融入服务与活动的每一处。比如我们的“七星服务”里，会定期举办主题沙龙、健康讲座：有时是邀请疗愈师带大家做芳香冥想，有时是组织会员分享职场与生活的平衡心得，甚至像这次11月开启的VIC疗愈营私享会，就是专门为核心会员打造的“自然疗愈之旅”，大家在山林间做颂钵疗愈、林间行禅，暂时脱离忙碌，找回身心节奏。另外，我们的门店也在营造“心灵栖息地”的氛围：逸SPA的空间设计结合了美学及绿植运用，护理时会搭配自然音乐，连茶水都是根据节气准备的养生茶饮，就是想让女性在变美的同时，能真正“慢下来”，感受到被尊重、被呵护的愉悦感。

在与国际品牌合作的过程中，您认为能为“树一派”的本土化运营和品牌升级带来了哪些关键价值？您在挑选合作品牌时最看重哪些特质？

“树一派the trees life”从区域品牌走向全国，国际合作是重要的“赋能者”。比如我



们合作的LPG、HIGHS等国际品牌，不仅带来了先进的技术产品。像LPG的塑形抗衰老技术、HIGHS的纯天然配方，更让我们学到了国际化的服务标准与美学理念，这能帮助我们打破“本土局限”，让会员在国内就能享受到与国际同步的美业服务。

但“国际化”不代表“照搬”，我们会结合本土女性的需求做调整：比如HIGHS身体SPA产品，我们会根据消费者的肤质与季节特点，搭配出更适合的SPA疗程，这就是“国际品质+本土适配”的价值。

至于挑选合作品牌，我最看重三点：一是“理念契合”，必须认同“轻奢、健康、有机”，拒绝急功近利的功效宣传；二是“品质过硬”，无论是成分、技术还是安全性，都要经过严格测试；三是“长期主义”，不追求短期流量合作，而是希望能共同成长，为会员带来持续的价值。

“树一派”与加拿大品牌HIGHS建立了长期合作关系。您最初是如何接触到HIGHS的？其中哪些特质促使您决定与其深度合作？

最早接触到HIGHS，便是被它极具创意的咖啡系列身体SPA产品所吸引。十几年前看到它将咖啡做成胶囊形态，我当时就觉得特别有记忆点。而能和HIGHS深度携手12年，核心在于双方理念与调性的高度契合。

HIGHS的品牌理念与“树一派”一直传递的“轻奢、有机、健康”生活方式，以及“精致女人要精致到每一寸肌肤”的理念完全同频。更关键的是，从最初的咖啡系列，到后来延伸出的茶萃系列，花神系列，HIGHS始终保持着出色的品牌输出与产品品质，还能不断推陈出新，其传递的“用一杯咖啡的时间，为肌肤注入无限活力”的护肤理念，更是精准击中中高端女性消费者对身心放松的需求。

您具体引进了HIGHS的什么产品？为“树一派”带来了哪些独特价值？

我们引进的HIGHS产品体系很完整，核心覆盖了三大系列——以创意胶囊形态为代表的咖啡系列、主打摩洛哥玫瑰抗皱的花神系列，以及契合闽南茶文化的花茶系列（包含绿茶、红茶、抹茶等），此外还有纯素配方咖啡唇膏，我个人也很喜欢。

在疗程与服务设计上，我们围绕这三大系列，针对性地设置了私人定制卡、年卡、季卡、次卡等多元疗程，同时始终遵循“咖啡胶囊理肤，专属一客一用”的原则，让客户能清清楚楚看到每一步护理中产品的使用，核心聚焦身体SPA场景。

市场反馈远超预期：HIGHS的身体SPA系列是客户中最受欢迎的品项，尤其是咖啡系列，其护肤理念获得客人的追捧与热爱，而花茶系列也因贴合本土文化，上市后收获大量青睐，现在HIGHS产品在我们店里的普及率已达到70%-80%。

至于它带来的独特价值，不仅是为消费者提供了真正优质的产品，更助力我们实现了从“指尖色彩”到“身体疗愈SPA”的进阶——让身体SPA成为精致品味的延伸，完成从“美丽”到“健康”的价值升维，这也进一步强化了我们在高端女性消费群体中的品牌竞争力，更好地传递了“轻奢、有机、健康”的生活方式。

您如何看待2025年的业务态势？品牌能够持续保持活力的关键是什么？

2025年，我认为是“挑战与机遇并存”的一年。消费者会更理性，不再为“噱头”买单，但对“真正有品质、有价值”的服务需求会持续增长，这对树一派来说是机遇。我们2025年的业务态势会围绕“稳扎稳打”展开：一方面继续深耕现有城市的

门店，提升服务口碑；另一方面稳步推进全国新城市的布局，不追求“数量”而追求“质量”。

至于品牌能持续保持活力的关键，我认为是“三个不变”：一是“以会员为核心”不变，始终从会员需求出发设计服务与产品；二是“品质坚守”不变，无论是产品体验还是服务细节，都不妥协；三是“创新精神”不变，比如从生活美容拓展到医疗美容、从线下服务延伸到“线上+线下”的会员运营，甚至接下来的国际化资源合作与发展，都是为了让品牌能适应时代变化，为会员带来更多价值。26年的稳健发展证明，只要“初心不变，脚步不停”，就能在行业中保持活力。

展望未来五年，您对美容与健康市场的趋势有怎样的预判？

未来五年，我个人认为美业市场会呈现三个明显的趋势：一是“‘全周期健康美’成为主流”，消费者不再只关注“皮肤好不好”“身材美不美”，而是会关注“从内在健康到外在美丽”的全链条管理，比如从“肠道健康”到“肌肤状态”的关联、从“情绪调节”到“抗衰效果”的影响，这也是“树一派”从“美容”拓展到“大健康”的原因。

二是“‘体验式消费’升级”，单纯的“做护理”会逐渐被“场景化、沉浸式体验”取代，比如我们的疗愈营、主题SPA，就是让会员在“体验中变美，在变美中疗愈”。

三是“‘数字化+人性化’融合”，数字化能提升服务效率，比如会员预约、疗程记录，但“人性化”永远是核心，美容和SPA行业本质是“与人打交道”，会员需要的不仅是便捷，更是“被理解、被关怀”的温度，所以未来的品牌，既要懂技术，更要懂人心。

Aesthetics and Artisan Spirit

An Interview with Ms. Lin Xiaoru, Founder of “the trees life”



Beginning as a small cosmetics shop in Xiamen, “the trees life” has dedicated 26 years to the beauty industry, evolving into a comprehensive brand integrating lifestyle beauty chains, medical aesthetics, and holistic health management. With nearly 100 stores across many cities in China, the brand has transitioned from its origins in lifestyle beauty to establishing Kingzee Medical. Guided by the philosophy of “light luxury, health, and organic living,” it reshapes a light luxury lifestyle through natural aesthetics. Offering diverse services such as manicures, eyelash extensions, facial treatments, body care, and anti-aging solutions, the brand has progressively transformed from a fashion beauty provider into an advocate for healthy living. By combining professionalism, artistry, and the essence of nature, it nurtures and guides every guest in their pursuit of a more beautiful and healthier state of being.

Ms. Lin Xiaoru, the founder, has remained deeply rooted in the beauty industry. With a calm and determined attitude, she immerses herself in frontline operations, personally selecting and experiencing every product and treatment. Advocating the principle of “a professional heart, an artist’s eye, a sculptor’s hands, and



the essence of nature,” she has gradually built a comprehensive service system covering lifestyle beauty, medical aesthetics, and holistic health management, earning the trust and membership of over 300,000 clients. Her success stems not only from a commitment to quality but also from a profound understanding of brand culture and lifestyle aesthetics. SpaChina sat down with Ms. Lin to discuss perseverance, innovation, and development in the industry.

What do you believe is the core need of contemporary women in their pursuit of “beauty”?

Starting from our first small cosmetics shop in Xiamen in 1999, we have accompanied over 300,000 women over 26 years. Our deepest insight is that contemporary women’s demand for “beauty” has long transcended “external adornment” and moved toward “holistic beauty that harmonizes body and mind.” They seek not only youthful skin and refined physiques but also a space to settle their emotions and nourish their souls amidst their busy lives – whether through the focused moments during a manicure, the deep relaxation of a SPA treatment, or the resonance found in conversations with like-minded members. “the trees life” has always practiced the concept of “light luxury, health, and organic” to ensure that “beauty” goes beyond the surface: manicures use carefully selected eco-friendly materials, anti-aging treatments combine technology with natural essences. Essentially, we are responding to women’s core need to “not only look good but also feel comfortable, secure, and valued.”

What specific activities or services has the brand implemented to support women’s inner growth and spiritual nourishment?

I have always believed that “external beauty is the surface, while inner beauty is the root.” Therefore, since our brand upgrade, we have integrated “spiritual nourishment” into every aspect of our services and activities. For example, our “Seven-Star Service” includes regularly held themed salons and health lectures: sometimes inviting healers to guide aromatic meditation sessions, other times organizing members to share insights on balancing work and life. Even the exclusive VIC Healing Camp launched this November is specifically designed as a “natural healing journey” for core members, featuring activities like singing bowl therapy and forest walking meditation in mountainous settings, allowing them to temporarily escape their busy lives. Additionally, our stores are designed to create an atmosphere

of a “spiritual sanctuary”. We want women to truly “slow down” while beautifying, feeling the joy of being respected and cared for.

In the process of collaborating with international brands, what key value do you believe they have brought to the localization and brand upgrade of “the trees life”? What traits do you prioritize when selecting partner brands?

As “the trees life” expanded from a regional brand to a national one, international cooperation has been a crucial “enabler.” For instance, our partnerships with international brands like LPG and HIGHS have not only introduced advanced technologies and products – such as LPG’s body shaping and anti-aging technology and HIGHS’ purely natural formulas – but also allowed us to learn international service standards and aesthetic concepts. This helps us break through “local limitations” and enables our members to enjoy beauty services synchronized with global trends right here in China.

However, “internationalization” does not mean “copying directly.” We adapt to the needs of local women: for example, with HIGHS hand and foot care products, we customize SPA treatments based on the skin characteristics of Chinese women.

As for selecting partner brands, I prioritize three aspects: first, “philosophical alignment” – they must embrace “light luxury, health, and organic”, second, “superior quality” – ensuring products undergo rigorous testing; and third, “long-termism” – we avoid short-term traffic-driven collaborations and seek partners who can grow with us, delivering sustained value to our members.

“the trees life” has established a long-term partnership with the Canadian brand HIGHS. How did you initially come into contact with HIGHS, and what traits prompted your decision to deepen the collaboration?

My initial encounter with HIGHS was captivated by its highly creative coffee-series hand and foot care products. Over a decade ago, seeing its coffee products in capsule form, I immediately thought they were exceptional. The core reason for our 12-year deep collaboration lies in the high alignment of our philosophies and brand tones.

HIGHS’ brand concept completely resonates with the “light luxury, organic, health”



lifestyle that “the trees life” has always promoted, as well as the idea that “a refined woman should be refined down to every inch of her skin.” More importantly, from the initial coffee series to later extensions like the Flora Goddess series and the Flower Tea series, HIGHS has consistently maintained excellent brand output and product quality while continuously innovating. The skincare concept it promotes precisely meets the demand of high-end female consumers for physical and mental relaxation.

Which specific HIGHS products have you introduced, and what unique value have they brought to “the trees life”?

We have introduced a comprehensive HIGHS product system, primarily covering three core series: the coffee series represented by creative capsule forms, the Flora Goddess series featuring Moroccan rose anti-aging properties, and the Flower Tea series (including green tea, black tea, matcha, etc.) that aligns with Southern Fujian’s tea culture. Additionally, there are vegan-formula coffee lip balms, which I personally adore.

In terms of treatment and service design, we have developed diverse options around these three series, including private custom cards, annual cards, season cards, and session-based cards, all adhering to the principle of “single-use per client and ample product usage.” This allows clients to clearly see the products used at every step, focusing primarily on hand and foot SPA and body care scenarios.

Market feedback has far exceeded expecta-

tions: HIGHS’ body care series is one of our most popular offerings, especially the coffee series, whose skincare philosophy is highly praised by clients. The Flower Tea series, resonating with local culture, has also garnered significant favor since its launch. Currently, HIGHS products have achieved a penetration rate of 70%-80% in our stores. This further strengthens our brand competitiveness among high-end female consumers and better communicates the “light luxury, organic, health” lifestyle.

How do you view the business landscape in 2025? What is the key to the brand’s sustained vitality?

I believe 2025 will be a year of “both challenges and opportunities.” Consumers will become more rational, no longer swayed by “gimmicks,” but the demand for “truly quality and valuable” services will continue to grow, which presents an opportunity for “the trees life.” Our business strategy will revolve around “steady and solid progress”: we will deepen our presence in existing cities and enhance service reputation, and we will steadily advance into new cities nationwide, prioritizing “quality” over “quantity.”

As for the key to sustaining the brand’s vitality, I believe it lies in “three constants”: first, “remaining member-centric”; second, “unwavering commitment to quality”; and third, “maintaining an innovative spirit,” such as expanding from lifestyle beauty to medical aesthetics, extending from offline services to “online + offline” member operations, and even pursuing international resource cooperation and development. All these efforts ensure the brand adapts to changing times and delivers more value to members.

Looking ahead to the next five years, what are your predictions for the trends in the beauty and wellness market?

In the next five years, I personally foresee three distinct trends in the beauty market: first, “holistic cycle health beauty will become mainstream.” Consumers will no longer focus solely on “skin condition” or “body shape” but care about the entire chain of management “from internal health to external beauty,” such as the connection between “gut health” and “skin condition,” or the impact of “emotional regulation” on “anti-aging effects.” This is also why “the trees life” has expanded from “beauty” to “holistic health.”



养生哲学唤醒肌体智慧

icoone独家专利Roboderm®多微刺激超频技术，将肌肤视为一个智慧的生命网络

在 追求高效与即刻美丽的今天，我们是否忽略了健康的真正的意义？肌肤如何才能获得安全、有效、平衡且可持续的养生之美？icoone的Microfacial，凭借其非侵入、无痛、无恢复期的养生科技理念，获得SpaChina 2025年中国养生与水疗“年度养生仪器”大奖，是肌肤美容理念重要转变的里程碑。

微刺激的养生科技

传统美容仪器往往建立在先破后立的逻辑上，通过激光、射频或注射等方式实现焕肤，实则是对损伤为代价的被动更新。这种方式虽见效快，却伴随着恢复期、疼痛感与累积性损伤风险。

icoone带来的，是一种全新的肌肤养生科技新路径。世界著名整形外科医生兼科学家Guimberteau教授发现皮下组织存在大量的微组织网络结构，该结构由一个功能性、连贯性的微组织网络构成，这也是结缔组织的核心。icoone独家专利Roboderm®多微刺激超频技术，正是基于这一发现，将肌肤视为一个智慧的生命网络。

与传统负压技术相比，微刺激技术能够更有效地作用于皮肤，组织传导面积更广，刺激更为温和。当皮肤中的张力和压力通过数十亿个微组织网络，向各个方向传导时，icoone通过精准刺激由胶原蛋白、弹性蛋白和脂质构成的微组织网络，唤醒肌肤的自愈能力。这种刺激并非造成损伤，而是以符合肌肤生理的方式，改善肤

色、提升肌肤紧致度和弹性，还能有效促进排毒。长期使用细纹减少、肤质细腻度提升、敏感泛红缓解，实现肉眼可见的焕亮与紧致。

融入日常的美肤生活方式

当市场将高效常常误认为快速与强力时，icoone认为真正的高效，不是一次性的激进改造，而是融入日常的持续养护。Microfacial正是这样一个可持续的、可高频使用的美肤伴侣，让护理成为生活的一部分。

长周期养护。仪器采用100%物理方式运作，无痛无创，护理后无需恢复，即可回归日常生活。作为一种可长周期操作的仪器，使用起来无负担，随着使用频次的增加，养生效果稳步提升，肌肤状态日益改善。

全方位护理。作为独家首创的面部护理，覆盖面部、颈部、胸颈区等大范围区域，配备6种不同尺寸的吸头，精准作用于眼周、唇周、鼻翼等细致致区域。融合多微刺激超频技术、LED导入与肌肤护理三大核心技术，适合各类肤质，可每日操作。

全维年轻态。肌肤的年轻，并非一道标准化的流水线。它是一种多维的、动态的健康状态。因此，每个人的肌肤状态各不相同，水油平衡、紧致、或除皱情况也因人而异。而Microfacial的智慧，在于通过唤醒肌肤自身的生命力，提供从清洁到紧致，贯穿淡纹、丰盈的全链路养护。它围绕“代谢、淡纹、丰润、提升”四大需求，精准应对多元且具个性化的肌肤年轻态目标。通过改善

淋巴血液循环，消除水肿、收细毛孔、去除面部老旧角质，加强代谢。同时刺激皮肤弹性蛋白和胶原蛋白的生成，淡化局部细纹，针对凹陷，提高面部饱满度、改善肤色暗沉。最后以促进皮肤微运动，重塑面部轮廓、提升紧致。

这一年轻态诉求能在Microfacial的22种程序的8大功效中找到专属方案。可根据当下肤质状态灵活选择，为客人量身定制最合适的Microfacial独家疗程。如“黄金/铂金紧致提拉疗程”与“铂金焕亮疗程”，有效改善下颌线与颈部纹路；“眼部强化疗程”与“焕亮眼部疗程”的叠加，对眼袋、黑眼圈、眼部皱纹效果明显；“强化额部疗程”则可改善抬头纹、川字纹。

可持续的SPA生态

在SPA的经营上，仪器无耗材，可衔接门店现有90%以上的面部疗程。配合SPA现有的产品，灵活融入门店现有项目，自由组合胸颈护理、天鹅颈等高附加值套餐，提升客户复购与忠诚度，实现养生效果与经营效益的双重提升。

例如，与法国高奢护肤品牌CARITA的湖萃、碧玺、璨金三大系列的成功融合，以面部的微刺激，做到了肌肤养生科技赋能，实现商业生态的良性循环与成长。

icoone以其开创性的养生科技，让美容不再是短暂的修缮，而是一种健康的护肤生活，是与自我的和谐相处、持久而温柔的养生旅程。

WELLNESS PHILOSOPHY

Awakening Skin's Innate Wisdom

The Non-Invasive, Pain-Free, and Zero-Downtime Wellness Technology Concept by Microfacial



In today's pursuit of efficiency and instant beauty, have we overlooked what skin truly needs – health, balance, and sustainable beauty? At the SpaChina Wellness & Spa Awards 2025, icoone's Microfacial device was honored with the "Best Wellness Equipment of the Year" award for its non-invasive, pain-free, and zero-downtime wellness technology concept. This recognition reflects not only a technological achievement but also a significant shift in beauty concepts.

The Concept of Wellness Technology

Traditional beauty devices often follow a "break-then-rebuild" logic, using lasers, radiofrequency, or injections to force passive renewal through controlled damage. While results may be quick, these methods come with downtime, discomfort, and the risk of cumulative damage.

icoone's wellness technology has pioneered a completely new path for skincare. World-renowned plastic surgeon and scientist Prof. Guimberteau discovered that subcutaneous tis-

sue contains a vast network of Microvacuoles – a functional, coherent structure that forms the core of connective tissue and represents the skin's true functional unit. icoone's exclusive patented Roboderm® Microstimulation technology is based on this discovery. The technology treats the skin as an intelligent living network.

Compared to traditional negative pressure technology, Microstimulation technology acts on the skin more effectively, with broader tissue conduction and gentler stimulation. As tension and pressure within the skin propagate through billions of micro-tissue networks in all directions, icoone precisely stimulates the micro-network composed of collagen, elastin, and lipids to awaken the skin's innate self-renewing capacity. This stimulation doesn't cause damage but works in harmony with the skin's physiology to improve complexion, enhance firmness and elasticity, and effectively promote detoxification.

A Sustainable Skincare Lifestyle

While the market often mistakes efficiency for speed and intensity, icoone believes true efficiency shouldn't involve downtime, pain, or aggressive one-time transformations. Instead, it should integrate into daily life as a sustainable routine that improves the skin's intrinsic health. Microfacial becomes a sustainable, frequently-used skincare companion integrated into clients' long-term routines.

Long-Term Usability. The device operates 100% physically with non-invasive technology that's pain-free and requires no downtime, allowing immediate return to daily life after treatment. From a wellness perspective, as a device suitable for long-term use, results accumulate gradually with increased frequency – much like consistent exercise shaping the body or daily supplements enhancing physical function. It's essentially not a one-time service but a long-term skincare program.

Comprehensive Facial Care. As an exclusive pioneering facial treatment, it covers large areas including the face, neck, and décolleté. Equipped with six different-sized suction heads, it precisely targets delicate areas around the eyes, lips, and nose. Combining three core technolo-

gies – Microstimulation, LED light, and skincare – it suits all skin types for daily use.

Holistic Youthfulness. Each person's skin condition is unique – oil-water balance, firmness, and wrinkle reduction vary from individual to individual. The wisdom of Microfacial lies in awakening the skin's own vitality, providing end-to-end care from cleansing to firming, addressing wrinkle reduction and volume restoration to target diverse goals for skin youthfulness. You can find tailored solutions within the eight major benefits of Microfacial's 22 programs. From exfoliation to contouring, wrinkle reduction and firming to drainage and brightening, clients can flexibly choose based on their current skin condition, achieving truly personalized precision care.

Sustainable SPA Ecosystem

This wellness technology philosophy also empowers SPA businesses. With no mandatory consumables design, it integrates with over 90% of existing facial SPA treatments. The Microfacial device isn't tied to any specific product brand; simply combining brand techniques with Microfacial enhances the client experience and treatment effectiveness.

The successful integration with premium brand Carita demonstrates how wellness technology can empower tradition. Carita upgraded its classic Lagon Hypertonic, Cristal Morphologic, and OR Rejuvenic collections by combining them with Microfacial, creating more competitive premium treatment packages.

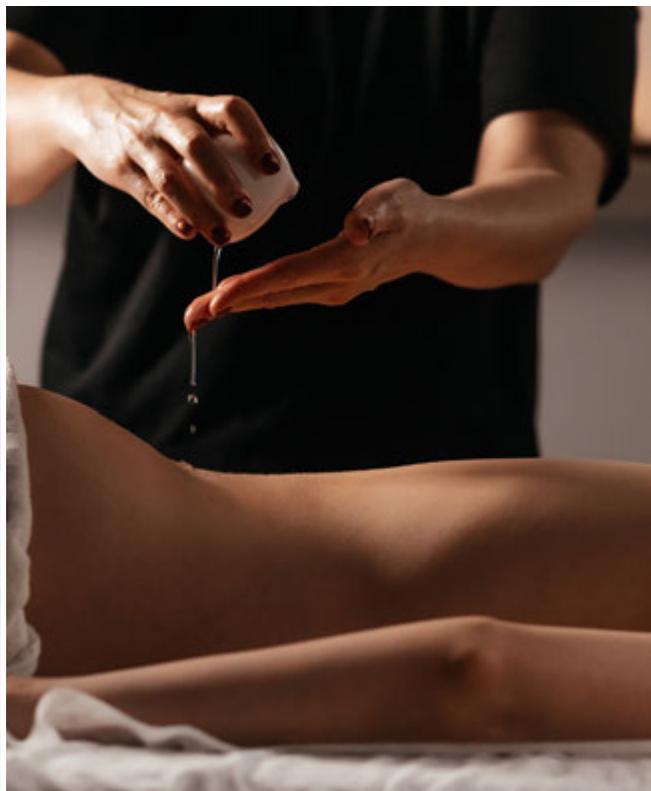
For SPAs, this means:

Sustainable operations: Optimize and upgrade without repeated consumable purchases

High-value potential: Freely combine high-value-added packages like décolleté care and swan neck treatments

Strong client loyalty: Significant improvement in repeat rates and loyalty due to comfortable treatments, no downtime, and lasting results

With its wellness technology, icoone's Microfacial transforms beauty from temporary repair into a healthy lifestyle – a harmonious relationship with oneself, a lasting, gentle, and nourishing journey.



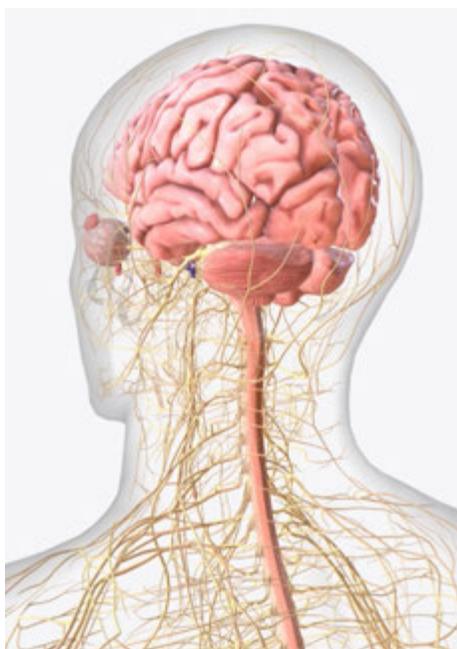
精妙的整体

人体的神经、筋膜、经络，这三者之间存在着不可思议的传导与融合。纸月文

当 中医师的指尖循着无形的经络轨迹，当理疗师的手掌探入致密的筋膜层次，他们其实在以不同的语言述说着同一个真相：我们的身体是一个精妙的整体。大脑与神经，通过绵密的神经网络，向全身发出指令，并接收反馈，构筑了我们感知世界与调控身心的基础。筋膜，贯穿全身的结缔组织网，塑造了我们的形态，传递着力量，同时以其独特的张力，记录下我们每一次的创伤与习惯。经络，作为源自东方智慧的通道，负责输送生命的能量“气”，联通脏腑，维系着机体功能与活力的平衡。

现代神经科学告诉我们，大脑并非孤立存在于颅骨之内，它通过脊髓和周围神经与全身的筋膜网络保持着不间断的对话。筋膜组织中富含各类神经感受器，它们就像遍布全身的传感器，不断向大脑发送机械张力的信号，同时接收来自中枢的调节指令。

这条双向的通路让我们理解：当大脑处于压力状态时，交感神经的过度兴奋会通过神经递质让全身筋膜不自主地收紧；反之，当某处筋膜因长期姿势不良而形成粘连时，这种异常的张力信号也会持续传入中枢，让大脑误以为身体仍处于需要戒备的状态，从而维持着不必要的肌肉紧张与焦虑感。



在这个完整的图谱中，经络系统就像是优化这一通讯网络的古老智慧。那些循行在特定路径上的经络，恰恰是筋膜张力传递和神经信号传导的高效通路。足太阳膀胱经与后表链的重合，不仅是结构的对应，更是信息与能量传输的主干道。

让我们以最常见的肩颈问题为例，看看大脑、筋膜和经络是如何相互影响的。

一位长期伏案的工作者，他的大脑持续处于高度专注和轻微压力中，这种状态通过神经系统让上斜方肌、胸锁乳突肌区域的筋膜持续收缩。日积月累，这些部位的筋膜发生粘连，不仅压迫了穿行其中的臂丛神经，导致手臂麻木，也阻滞了循行于此的足少阳胆经的气血运行。

从中医角度看，胆经循行于身体侧面，“主决断”，其不通会导致烦躁易怒、犹豫不决；从神经科学看，颈部的筋膜紧张持续刺激颈交感神经节，引发交感神经亢进，产生心慌、失眠等症状。而大脑接收着这些异常信号，进一步强化了“威胁”认知，形成恶性循环。

此时的疗愈，需要打破这个循环：若沿着经络走向进行筋膜松解或微刺激，不仅能释放神经压力，缓解疼痛，更能重新启动气的流动，让压抑的情绪随结构的打开而消融。每一次手法可循胆经，从侧腹与肋间的深入，既是在梳理筋膜，也是在为郁结的肝气找到出口。当结构恢复平衡，能量重新流动，大脑接收到的信号也从“威胁”转变为“安全”，整个系统得以重新校准。

当我们了解到大脑的工作方式后，就不难理解到“情绪”会以“筋膜记忆”的形式储存在身体中。中医尤其将情绪与脏腑经络

紧密相连：愤怒郁结于肝，思虑缠绕于脾，恐惧深藏于肾。而这些脏腑对应的经络，恰恰是筋膜紧张与结节的高发区域。

于是，疗愈师的双手不再只是技术的执行者，而每一次简单的经络按摩，都可以因为筋膜与大脑的相连，而升华为一场情绪的疗愈。当缓慢推过侧腹的胆经区域，可以引导客人“感受每一次呼气，都将积压的紧张向外释放”；当安抚紧绷的膀胱经时，一句“让后背被稳稳支撑，允许自己卸下重担”，便能帮助客人在身体的安全感中，唤醒内在的自愈力。温暖稳定的手掌缓慢推过客人紧绷的后背，这仅是松解膀胱经沿线的筋膜粘连，更是通过触觉感受器向大脑边缘系统传递安抚的信息，启动副交感神经，让身体从“战斗或逃跑”模式转向“休息与修复”模式。此时，储存在筋膜中的情绪记忆得以释放，循行于经络中的气机重归流畅。

这种多维度的干预，让疗愈产生了倍增效应：筋膜恢复滑动的物理性改变，通过神经反馈影响大脑的感知；而大脑状态的转变，又通过神经内分泌调节全身筋膜的张力和经络的通畅度。在这个闭环中，身体、心智、能量不再是分割的概念，而是一个相互关联、相互影响的整体。这不再是单纯的手法操作，而是一种融合了神经科学、筋膜学与东方智慧的“情绪养生术”，让每一次触碰，都成为身心回归平衡的仪式。

经络与筋膜的相遇，不仅是东西方哲学的握手，更是对生命认知的一次深化。未来的疗愈，将不再有僵硬的东西方界限，而是在结构与能量、身体与心灵的交汇处，生长出更完整、更人性的关怀。在那片融合之地，我们终将找回最初的自在与通透。



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 holds dual degrees in Neuro-
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being of women, older adults, and high-
stress professionals through an integrative
approach combining neuroscience, TCM,
movements, and mindfulness practices.**



Where Do the Meridians Go?

Understanding Nerves, Fascia, and Meridians in Wellness and Body Treatments, by Paper Moon

When a traditional Chinese medicine (TCM) practitioner traces the invisible pathways of meridians with their fingertips, and when a physical therapist explores the dense layers of fascia with their palms, they are speaking different languages to articulate the same truth: our body is an exquisitely interconnected whole.

The brain and nervous system act as the master conductors, issuing commands and receiving feedback through an intricate neural network, forming the foundation of how we perceive the world and regulate our body and mind. Fascia, the pervasive web of connective tissue, shapes our physical form, transmits force, and uniquely records every trauma and habit through its tension. Meridians, channels rooted in Eastern wisdom, are responsible for transporting the body's vital energy (Qi), interconnecting organs, and maintaining functional and energetic balance.

Modern neuroscience reveals that the brain does not exist in isolation within the skull. Through the spinal cord and peripheral nerves,

it maintains continuous communication with the fascial network throughout the body. Fascial tissues are rich with various neural receptors, acting as sensors that constantly relay mechanical tension signals to the brain while receiving regulatory instructions from the central nervous system.

This bidirectional pathway helps us understand that when the brain is under stress, excessive sympathetic nervous activity can cause the fascia throughout the body to contract involuntarily via neurotransmitters. Conversely, when fascial adhesions form due to long-term poor posture, these abnormal tension signals are continuously transmitted to the brain, tricking it into maintaining a state of alertness, thereby perpetuating unnecessary muscle tension and anxiety.

Within this complete map, the meridian system serves as ancient wisdom that optimizes this communication network. The pathways of specific meridians align precisely with the routes of fascial tension transmission and neural signaling. The convergence of the Bladder Meridian and the posterior fascial line

is not merely a structural correspondence but a main channel for information and energy flow.

Let us take common shoulder and neck issues as an example to examine how these elements interact.

A long-term desk worker's brain remains in a state of high concentration and mild stress. This state, mediated by the nervous system, causes sustained contraction of the fascia in the upper trapezius and sternocleidomastoid regions. Over time, fascial adhesions in these areas develop, compressing the brachial plexus nerves, leading to arm numbness, and obstructing the flow of Qi and blood along the Gallbladder Meridian, which traverses this area.

From a TCM perspective, the Gallbladder Meridian runs along the sides of the body and governs decision-making. Its blockage can result in irritability, indecisiveness, and emotional instability. From a neuroscientific perspective, fascial tension in the neck

continuously stimulates the cervical sympathetic ganglia, triggering sympathetic overactivity and symptoms such as palpitations and insomnia. As the brain receives these abnormal signals, it further reinforces a perception of "threat," creating a vicious cycle.

Healing, in this context, requires breaking this cycle. By performing fascial release or applying micro-stimulation along the meridian pathways, we can not only alleviate nerve pressure and pain but also reactivate the flow of Qi, allowing suppressed emotions to dissipate as structural blockages are released. Each therapeutic movement along the ribs and lateral abdomen works simultaneously to unravel fascial adhesions and release stagnant Liver Qi. When structural balance is restored and energy flows freely, the brain's perception shifts from "threat" to "safety," allowing the entire system to recalibrate.

Recognizing that emotions are stored in the body as "fascial memories" elevates a simple

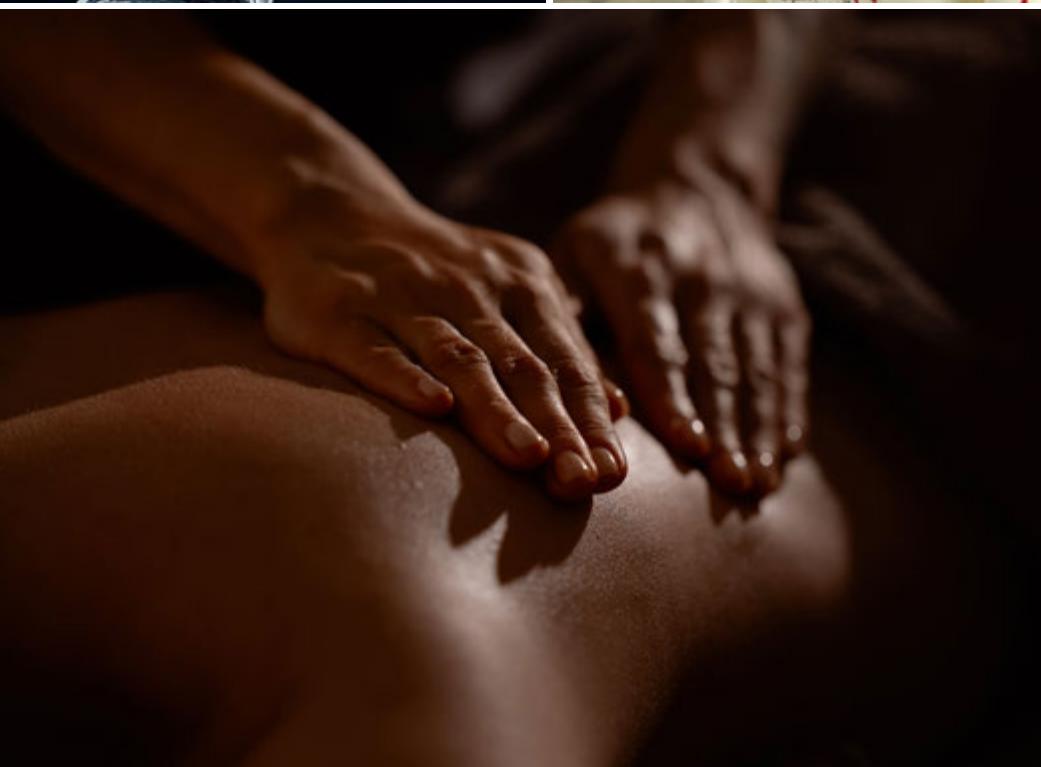
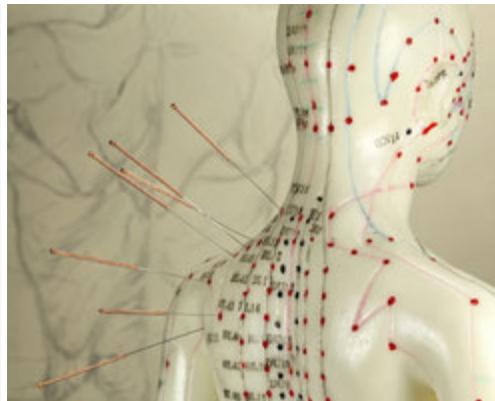
massage into a profound emotional dialogue. TCM theory closely links emotions with organ systems and meridians: anger stagnates in the Liver, overthinking knots the Spleen, and fear lodges in the Kidneys. The meridians associated with these organs often correspond to areas where fascial tension and nodules frequently develop.

Thus, the therapist's hands become more than technical tools – they become mediums of listening and empathy. When gently working along the Gallbladder Meridian on the lateral torso, the therapist might guide the client to "feel each exhalation releasing pent-up tension." When soothing the tense Bladder Meridian along the back, words like "allow your back to be fully supported, and permit yourself to lay down your burdens" can help clients reconnect with a sense of physical safety and awaken their innate healing capacity.

The slow, steady movement of warm hands over a client's tight back does more than release fascial adhesions along the Bladder Meridian – it sends calming signals through tactile receptors to the brain's limbic system, activating the parasympathetic nervous system. This shifts the body from a "fight-or-flight" state to "rest-and-digest" mode. In this state, emotional memories stored in the fascia are released, and the flow of Qi in the meridians is restored.

This multidimensional approach creates a synergistic healing effect: physical changes in fascial mobility influence brain perception through neural feedback, while shifts in brain states, in turn, regulate fascial tension and meridian patency via neuroendocrine pathways. In this feedback loop, body, mind, and energy are no longer separate concepts but are an interconnected, interdependent whole. This transcends mere technique, becoming an "art of emotional wellness" that integrates neuroscience, fascial studies, and Eastern wisdom – transforming each touch into a ritual of holistic restoration.

The meeting of meridians and fascia is more than a handshake between Eastern and Western philosophies – it represents a deeper understanding of life itself. The future of healing will transcend rigid East-West boundaries, fostering more complete and humane care at the intersection of structure and energy, body and mind. In this place of integration, we will ultimately rediscover our innate state of ease and clarity.





中医的二元宇宙

在人工智能元年的今天，中医也倡导着一种契合现代节奏的新时代生活方式。戴炯捷文

中医药曾作为古老而神秘的东方医学体系，在历经两千五百多年的沉淀与变迁之后，正逐渐向世界揭开传统的面纱，以崭新的姿态走向全球。在人工智能元年的今天，中医不仅传递着古老的东方哲学思维，更倡导一种契合现代节奏的新时代生活方式。

这一转变，可从2024年世界奢侈品巨头LVMH收购美国华盛顿一家中医诊所“WTHN”说起。该事件引发了两个值得思考的问题：是什么让奢侈品巨头对中医产生兴趣？又为何收购的是美国的中医诊所，而非中医的发源地中国？带着这些疑问，让我们一起探寻当代中医正在经历着什么。

与现代科技的交汇

随着AI时代的到来，中医也紧跟步伐，推出许多简便、易行、实用且价格亲民的治疗与检测设备。例如，能够替代传统“望、闻、问、切”的中医四诊仪，借助后台芯片算力的持续学习与升级，其诊断准确率已接近普通中医师的水平。中医推拿艾灸机器人则通过力反馈与动作捕捉技术，精准记录每位客人的病灶位置与耐受程度，实现个性化治疗，彻底摆脱了过去单一的按摩模式。

此外，中医可穿戴设备结合AI在线问诊，使普通人能够实时监控自身的体质状况与阴阳平衡。未来，更有望实现中医AI穿戴设备、线上轻问诊、四诊健康方案输出，以及模块化中医诊疗设备的一站式服务整合。

与大健康的融合

身处“内卷”社会的年轻人，正运用中医药的古老智慧，在拼搏与放松之间，主动选择健康与快乐。各地兴起的中医文化小镇、中医集市，让中医药融入日常烟火气。中药奶茶、中药面包、中药酒吧等新业态与概念，也反映出年轻一代对中医药的接受度日益提高，这为全民健康奠定了坚实基础。

与消费医疗共振

中医的现代化进程不断向西医借鉴学习。从早期治病，到“治未病”、抗衰老，再到长寿医学，中医依托现代材料技术的发展，推出如针灸美容所用的微刃针、埋线减肥的高分子聚合线、小针刀采用的医用级钢材等，逐步摆脱了“土气、廉价”的刻板印象，进入高端消费市场。

这也让一批有能力、有技术的中医师获得更高的职业尊严与收入。同时，中医的获客渠道也从民间走向大众。例如，多地公立医院将中医皮肤科调整为中医美容科，增设抗衰老门诊；一些中医专科将“儿童厌学多动门诊”改为“不想上学特色门诊”，“亚健康调理门诊”改为“浑身不得劲特色门诊”。这些接地气而有趣的命名，正吸引越来越多的年轻人走进中医诊所。

这正是中医智慧的体现。通过“辨证论治”，淡化疾病标签，转而描述具体症状，缓解患者对“得病”的焦虑，让就医体验更为轻松。

与疗愈经济并轨

全球新生儿出生率从1990年的3.31降至2024年的2.3，中国在2025年预计位列全球出生率倒数第四。越来越多的年轻人选择享受单身或伴侣生活，宠物陪伴成为新潮流。这也是人工智能时代的典型特征——许多职业被机器人取代，毕业即失业的焦虑与未来的不确定性，促使人们更珍惜当下的快乐。

这种“避世”心态也催生了中兽医的发展。中医治疗无副作用，并能改善功能性衰老问题，使针灸、推拿、艾灸在宠物治疗中日益流行。据统计，2021年中国中兽医市场规模达61.26亿元，预计2026年将增长至136亿元，年均复合增长率超过20%。全国已有约1.2万家宠物医院开设中医科室，每天接受针灸治疗的宠物约3.6万只。

同样，中医在缓解现代人焦虑与睡眠障碍方面也具有天然优势，不仅无药物成瘾性，且能带来即时舒缓效果。更重要的是，中医药的哲学思维正教育现代人如何更清晰地认识并适应当今社会。

如庄子所言：“以马辩马之为马，不如以非马辩马之为马也。”将马喻人，马的焦虑来自伯乐的出现——伯乐以固定标准将马分为千里马与普通马，却忽略了马的天性本是自由奔跑。中医认为，人亦如此，不应“缘木求鱼”。每个人都是独特而有灵魂的存在，不能以单一标准衡量，否则将失去快乐。这或许也是当代年轻人喜爱中医的另一个原因。

积极的改变与跨界

当中医遇上现代制剂工艺，治疗方式也迎来更多可能。例如，藏红花从汤剂经提纯萃取，变为红花注射液；紫河车通过有效物质提取，转化为人胎盘脂多糖，使原本口服的大分子吸收转变为小分子穴位注射。此外，中药离子化透皮吸收技术与冻干长效保存法，也让中医药在抗衰老与长寿医学领域焕发新生。

中医与艺术的结合，则让诊所摆脱了传统的明清风格，融入当代艺术、装置艺术与中药香薰，使就诊成为一场“五感疗愈”。就连刮痧板与火罐，在艺术化设计之后，也让每次治疗变得与众不同。

中医在新时代的“蜕”与“变”，正是开篇两个问题的最佳答案。在秉承传统精髓的同时，与时代同行、不断融合创新，或许才是传承与发展中医最好的方式。



戴炯捷

上海精准功能医学院执行院长。毕业于上海中医药大学，主治医师，师从医学泰斗王曦明老先生。同时也是南派针刀创始人，中医特色专科陆世昌先生的入室弟子，擅长治疗和预防运动系统疾病，以及脊柱关节的亚健康人群康复，曾在荷兰鲁尔蒙德旅居 (Roermond Linburg) 行医，善于结合中西医以及各种自然疗法，对亚健康综合征以及延缓衰老有着独特见解和治疗方法。曾任上海交通大学对外教育学院客座讲师，也是养生栏目的特约撰稿人。

Dai Jiongjie is the Executive Dean of the Shanghai Precision Functional Medicine Institute. A Chief Physician and disciple of medical luminary Wang Ximing, he specializes in treating musculoskeletal diseases and rehabilitating sub-healthy populations with spinal and joint issues. Dai integrates traditional Chinese and Western medicine, practicing in the Netherlands. He provides unique insights and treatments for sub-health syndromes and aging prevention. A former visiting lecturer at Shanghai Jiao Tong University, he is also a contributing writer for health columns.



The Shedding & Transformation of TCM

In the Inaugural Era of Artificial Intelligence, Traditional Chinese Medicine Now Advocates for a New lifestyle that Aligns with the Rhythms of Modernity. By Dr Dai

Once an ancient and mysterious Eastern medical system, Traditional Chinese Medicine (TCM) is gradually unveiling its traditions to the world after more than 2,500 years of evolution and transformation. It is now stepping onto the global stage with a fresh new image. In this dawn of the AI age, TCM is not only conveying ancient Eastern philosophical thinking but also promoting a new way of life that fits the pace of the modern era.

This shift can be traced back to 2024, when global luxury giant LVMH acquired WTHN, a TCM clinic in Washington, D.C. This event raised two thought-provoking questions: What sparked the luxury giant's interest in TCM? And why acquire a TCM clinic in the United States instead of in China, the birthplace of TCM? With these questions in mind, let's explore the process that contemporary TCM is undergoing.

Convergence with Modern Technology

With the arrival of the AI era, TCM is keeping pace by introducing diagnostic and treatment devices that are simple, convenient, practical, and affordable. For example, TCM four-diagnosis devices, which replicate the traditional

methods of observation, listening, questioning, and pulse-taking, have seen their diagnostic accuracy approach that of average TCM practitioners, thanks to continuous learning and upgrades in backend chip processing power. Meanwhile, TCM massage and moxibustion robots use force feedback and motion capture technology to accurately record each patient's affected areas and pain tolerance, enabling personalized treatment and moving beyond one-size-fits-all massage techniques.

Additionally, TCM wearable devices integrated with AI online consultations allow individuals to monitor their physical condition and Yin-Yang balance in real time. In the future, we can expect integrated one-stop services combining TCM AI wearables, lightweight online consultations, health plans based on the four diagnostic methods, and modular TCM medical devices.

Integration with Holistic Wellness

Amid the "involution" of contemporary society, young people are turning to the ancient wisdom of TCM to consciously choose health and happiness, navigating between relentless striving and simply "lying flat." The rise of TCM cultural towns and marketplaces across the country has

integrated Chinese medicine into the fabric of daily life. Emerging concepts and businesses like herbal tea, TCM-infused bread, and TCM-themed bars reflect the younger generation's growing acceptance of TCM, laying a solid foundation for public health.

Resonance with Consumer Healthcare

In its modernization, TCM has continually learned from Western medicine. Evolving from early disease treatment to preventive care, anti-aging, and longevity medicine, TCM has leveraged advances in modern materials science to introduce tools like micro-blade needles for cosmetic acupuncture, polymer threads for embedding slimming treatments, and medical-grade steel for small needle knives. This has helped TCM shed its outdated, “rustic and cheap” stereotype and enter the high-end consumer market.

These developments have also allowed skilled TCM practitioners to gain greater professional respect and higher incomes. At the same time, TCM is expanding its reach from niche circles to the general public. For instance, many public hospitals have rebranded their TCM dermatology departments as TCM cosmetology departments and added anti-aging clinics. Some specialized TCM clinics have renamed “Children’s Academic Aversion and Hyperactivity Clinics” to “Not Wanting to Go to School Specialty Clinics,” and “Subhealth Regulation Clinics” to “General Malaise Specialty Clinics.” These relatable and playful names are attracting more and more young people to TCM clinics.

This reflects the wisdom of TCM: through

“pattern differentiation and treatment,” it downplays disease labels in favor of describing specific symptoms, alleviating patients’ anxiety about “being sick” and making healthcare visits more relaxed.

Alignment with the Wellness Economy

The global newborn birth rate has dropped from 3.31 in 1990 to 2.3 in 2024, with China projected to rank fourth lowest globally in 2025. More young people are opting for single life or partnerships without children, and pet companionship has become a growing trend. This is also a hallmark of the AI era – as many jobs are replaced by robots, anxiety about unemployment after graduation and general uncertainty about the future are leading people to cherish present happiness.

This “escapist” mindset has also spurred the development of Traditional Chinese Veterinary Medicine (TCVM). With no side effects and the ability to address functional aging issues, TCVM treatments like acupuncture, massage, and moxibustion are becoming increasingly popular for pets. According to statistics, China’s TCVM market was valued at RMB 6.126 billion in 2021 and is expected to grow to RMB 13.6 billion by 2026, with a compound annual growth rate of over 20%. Approximately 12,000 veterinary hospitals across the country have established TCVM departments, with about 36,000 pets receiving acupuncture daily.

Similarly, TCM has inherent advantages in alleviating anxiety and sleep disorders for people today. It offers immediate soothing effects without the risk of drug dependency.

More importantly, TCM’s philosophical approach is teaching people how to better understand and adapt to today’s society.

As Zhuangzi said, “To recognize a horse as a horse based on horse standards is not as good as recognizing a horse as a horse beyond horse standards.” Using the horse as a metaphor for humans, a horse’s anxiety arises with the appearance of Bole, the legendary horse judge, who categorizes horses into “thousand-mile steeds” and ordinary horses based on fixed standards, ignoring the horse’s innate nature to run freely across the grasslands – thus depriving it of happiness. TCM believes that people, likewise, should not “climb a tree to catch fish.” Each person is a unique and soulful being who cannot be measured by a single, rigid standard, lest they lose their joy. This may be another reason why TCM resonates with young people today.

Positive Changes and Cross-Disciplinary Integration

When TCM meets modern pharmaceutical technology, new possibilities for treatment emerge. For example, saffron, traditionally decocted in soups, can now be purified and extracted into saffron injection; human placenta, through effective substance extraction, becomes human placental lipopolysaccharide, transforming large-molecule oral absorption into small-molecule acupoint injections. Additionally, ionized transdermal absorption technology and freeze-drying for long-term preservation are revitalizing TCM in the fields of anti-aging and longevity medicine.

The integration of TCM with art has also transformed clinics from traditional Ming-Qing dynasty-style decor to spaces incorporating contemporary art, installation art, and herbal aromatherapy, turning clinic visits into a “five-senses healing experience.” Even tools like gua sha boards and cupping jars, when artistically designed, make each TCM treatment a unique experience.

So, the “Shedding” and “Transformation” of TCM in the new era provide the best answers to the two questions posed at the beginning. By upholding traditional essence while advancing with the times and continuously integrating innovation, we may have found the optimal way to preserve and develop Traditional Chinese Medicine.





畅通与淤堵

我们不仅是血肉之躯；我们是脉动的能量。学习如何抚平连接你身体、心智与灵性的那层筋膜外衣

生

命是一股生物电磁能的脉动。在人体中，它始于骨骼中如咸汤般的骨髓，流经带电的干细胞与器官，进入强大的肌肉群，并穿过由神经与结缔组织构成的、如橡胶般坚韧的基质，也就是经过理想状态下刚刚好的脂肪，然后通达皮肤，进而超越自我。这种生物电磁能在我们周身辐射、流动、搏动，并延伸至自然世界。

当这件电磁“潜水衣”畅通无阻时，我们感到轻盈、精力充沛、连接顺畅、得到休息且充满活力。而当它发生淤堵时，我们会感到沉重、僵硬、压力重重、疼痛且有不畅的隔绝感。

结缔组织形成了一个复杂的网络，称为筋膜。神经系统与这结缔组织，或称筋络系统，交织在一起，就像一套紧身的橡皮筋连体衣，迅速连接并与全身沟通。但有一个前提：随着我们年龄增长以及如果缺乏活动，这个肌肉与结缔组织的网络会变得纤维化并失去其灵活性。于是，这套橡皮筋连体衣会逐渐变得僵硬、疼痛且供血不足。

气滞则血瘀。结缔组织与肌肉于是会紧张并缩短。电磁橡皮筋连体衣发生淤堵后，身体就会感到疼痛，随之是心智感到压力。

每一次按摩的每一次推、压、拉，都有助于将血液导回肌肉与筋络系统。原本感到僵硬和疼痛的部位会随着能量流动而变得轻快。这在系统内创造了微创伤，有助于重置并统一身体、心智和灵性。疏通了这种淤堵，能量便能再次流动。任何一种好的按摩，甚至只是散步去买个菜，都能

为系统带来新鲜血液，让肌肉和筋络再次得到良好滋养。

郑重提醒：请勿捅马蜂窝。如果一个疼痛点被用力按压过久，疼痛可能会加剧，造成超出微创伤的损害。应利用中医经络系统的反射疗法，远离炎症疼痛问题部位来进行操作。经络系统归根结底并非文化概念，而是人类共通的。

让生物电磁能的脉动流动起来

拉伸或瑜伽：你是在主动拉伸身体的橡皮筋。可以在椅子、床上或地板上进行。将呼吸与拉伸相结合。“清洁瑜伽”利用清洁时间作为拉伸、平衡和呼吸的机会。

锻炼：步行和跑步都很棒，但长期冲击身体会带来损耗。游泳对身体温和，并能调动每一组肌肉。

无意识运动：舞蹈有助于摇动你的筋络系统，摆脱阻塞与疼痛。

桑拿：用蒸汽洁净身体，解锁阻塞，散发炎症与内风。

数字排毒：盯着我们的手机（“低头族综合征”）已成为全球流行病。利用远离屏幕的时间去连接真实的人——朋友与家人。释放过度使用手机在体内产生的静电。

狭小空间健身：寻找零碎时间。在桌面上伸展手掌，或用一只手轻轻拉伸另一只手，向后弯曲手指。旋转手腕。利用门框打开胸部和肩膀。弯曲并扭动脚趾。一次一只脚地旋转脚踝。向两个方向做大范围的脚踝旋转，有助于将身体最末端与身体其他部分连接起来。

床边拉伸：仰卧在床边，剪刀式分开双腿，使上方的腿垂在床沿外。利用其自身重量给腕部和背部带来充分拉伸。

关于活动，记住阴先于阳。起床后先静站一会儿。筑固坚实的阴，因为这是你的“存在”状态，才能拥抱真正的阳，阳是你的“行动”状态。先找到平衡，再挑战平衡。站桩和气功就是此法的最佳范例。

珍视真正的休息。当我们的身体处于完全的休息状态时，肌肉与筋络会放松，整个系统得以流畅运行。不要去强迫推着走，要顺势而为。流动，然后放手。

去寻找那些散发美好能量的人、地方和事物。你自己也要散发美好的能量。如果你发现自己身处现代生活的汪洋之中，腹式呼吸可以帮助你抚平那橡皮筋连体衣，无论是在拥挤的火车、飞机还是汽车上，你可以尝试用腹式呼吸调整状态。

你不仅仅是一个皮囊包裹着的、勉强维系在一起的骨架。你是动态的生命，从内而外地辐射着能量。



Ken Rosen拥有中医硕士学位。年少时曾被诊断出癌症，经历手术和放疗后，他毕生致力于帮助疗愈自身及他人。他曾在纽约教授中医、营养学及临床督导。2006年，他移居泰国，在奇瓦颂国际健康养生度假村担任驻店中医专家和培训师。如今，他在国际范围内从事教学、培训、写作和实践已超过25年。

The Flow and The Congestion

We are More Than Flesh and Bone; we are Pulsing Energy. Learn to Smooth the Suit of Sinew that Connects Your Body, Mind, and Spirit. By Ken Rosen



Life is a pulse of bio-electromagnetic energy. In humans, it begins with the salty soup of marrow in our bones, moves through charged stem cells and organs, into powerful muscle groups, and through a sinewy, rubbery matrix of nerves and connective tissue – ideally with limited fat – out to the skin, and beyond the self. This bio-electromagnetic energy radiates, flows, and pulses throughout us, extending into the natural world.

When this electromagnetic “wetsuit” flows freely, we feel light, energetic, connected, rested, and vital.

When it becomes congested, we feel heavy, stiff, stressed, pained, and disconnected.

Connective tissue forms a complex web known as fascia. The nervous system is interwoven with this connective tissue, or sinew system, like a suit of tight rubber bands that quickly connects and communicates with the entire body. But there is a caveat: as we age and if we are inactive, this web of muscle and connective tissue can become fibrotic and lose its flexibility. The rubber band suit stiffens, becomes painful, and blood-deficient.

Stagnant qi leads to stagnant blood.

Connective tissue and muscles tense up and shorten. The electromagnetic rubber band suit gets congested, the body feels pain, and the mind feels stressed.

Every massage – every push, press, and stretch – helps guide blood back into the muscle and sinew system. Places that felt stiff and painful become lighter as energy flows. This creates a micro-trauma in the system, helping to reset and unite the body, mind, and spirit. By venting this stagnation, energy flows once more. A good massage of any kind, or even a walk to buy groceries, can bring fresh blood into the system, making the muscles and sinews well-nourished again.

A WORD OF CAUTION: Please do not put a stick in a bee’s nest. If a point of pain is pressed with too much force for too long, the pain may worsen, creating more than a micro-trauma. Instead, use the meridian system to work away from the problem. The meridian system is not ultimately cultural; it is human.

How to Let It Flow

Stretching or Yoga: You are actively stretching the rubber bands in your body. This can be done in a chair, on a bed, or on the floor. Marry your breath with the stretch. “Cleaning yoga” uses your cleaning time as an opportunity to stretch, balance, and breathe.

Exercise: Walking and running are excellent, but the long-term pounding can take a toll. Swimming is gentle on the body and engages every muscle group.

Unconscious Movement: Dance can help shake your sinew system free of blockages and pain.

Sauna: Steam your body clean, unlocking blockages and venting inflammation and internal wind.

Digital Detox: Staring at our phones (“Down Head Syndrome”) is a global epidemic. Use time away from your screen to connect with real people – friends and family. Vent the static that excessive phone use creates in your body.

Small-Space Fitness: Find little pockets of

time. Stretch your palms on a desk, or use one hand to gently stretch the palm of the other, bending the fingers back. Rotate your wrists. Use a doorway to open your chest and shoulders. Flex and wiggle your toes, and rotate your ankles one foot at a time. Wide ankle rotations in both directions help connect the lowest part of your body to the rest.

Bed Stretch: Lie on your back at the edge of your bed, scissoring your legs so the upper leg hangs over the side. Let its weight give a full stretch to your hips and back.

For activity, remember Yin before Yang. Stand still after getting up. Build a solid Yin (your state of being) so you can embrace a genuine Yang (your state of doing). Find your balance, then challenge it. The practice of Standing Horse Qi Gong is a perfect example of this.

Value authentic rest. When our bodies are at rest, muscles and sinews relax, and the entire system flows. Don’t push the river; go with the flow. Flow, and let it go.

Seek out people, places, and things that radiate good qi, and radiate good qi yourself. If you find yourself adrift in the sea of modern life, Belly breathing can help smooth out the rubber band suit, whether you’re on a crowded train, plane, or in an automobile.

You are not merely a skeleton in a skin bag, holding it all together. You are dynamic life, radiating energy from the inside out.

Ken Rosen has a master’s degree in Traditional Chinese Medicine. At a young age, he was diagnosed with cancer, he was operated on and radiated, and committed his life to helping heal himself as well as others. He taught TCM, nutrition and clinical supervision in NYC. In 2006, he moved to Thailand to work as a resident TCM specialist and trainer at Chiva Som International health resort. He has taught, trained, written and practiced internationally for over 25 years.
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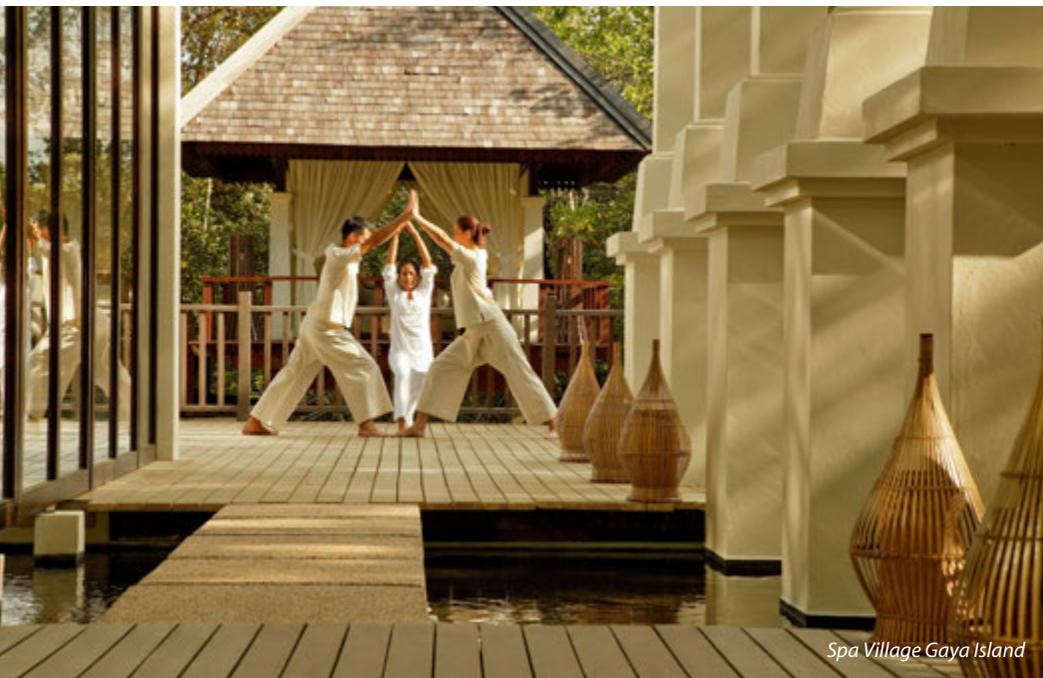
Spa Village Gaya Island

在 东南亚的蔚蓝海洋与翠绿雨林之间，马来西亚宛如一颗镶嵌其中的明珠。这片土地不仅拥有令人屏息的自然奇观，更承载着数个世纪的人文交融。这里没有喧嚣的宣言，却有一种沉静力量——源于古老雨林的呼吸、多元信仰的交织，以及在海浪与山脉间沉淀的宁静。它不像急于展示自我的导师，更像一位宽容的友人，以温热的风、馥郁的香料和无处不在的绿意，将你拥入缓慢而真实的时空。

雨林低语 生命的交响诗篇

马来西亚的热带雨林是地球上最古老的生态系统之一，每一片苔藓都在诉说着百万年的秘密。在沙巴州的丹浓谷保护区，占地438平方公里的原始低地雨林中，每公顷土地上生长着超过200种树木，滋养着270种鸟类和110种哺乳动物。这里，高达六十米的龙脑香科巨木撑起绿色穹顶，板状根如凝固的瀑布扎根大地。空气中混合着泥土的芬芳、腐殖质的醇厚与兰花的幽香，构成了独特的森林气息。

清晨的雾气中，长臂猿的啼鸣如水晶般清澈。若你足够幸运，或许能在树梢瞥见红毛猩猩沉思的身影，或是邂逅罕见的苏门答



Spa Village Gaya Island

腊犀牛与婆罗洲矮象。保护区内27米高的丛林吊桥让人得以行走于树冠之间，以鸟类的视角俯瞰这个生机勃勃的世界。而在山打根的热带雨林探索中心，犀鸟与斑阔嘴鸟在林间穿梭，这里是爱鸟者的天堂，孕育着沙巴最稀有的鸟类之一Borneon Bristlehead。

当夜幕降临，雨林换上了另一副面孔。手电筒的光束会捕捉到闪烁着绿宝石光芒的树蛙，发光的真菌如星辰般点亮小径。京那巴鲁神山巍然屹立，从热带雨林到高山草甸，垂直分布着整个星球的生态缩影。这里的原住民世代传承着与森林对话的智慧，他们懂得从千种植物中寻找药方，读懂动物足迹中的讯息。在这片绿色迷宫中，你会重新记起——我们本就是自然的一部分。

海岛梦境 碧波间的珍珠

马来西亚的海岛如同散落在蔚蓝画布上的珍珠，各具风情。霹雳州西海岸的邦咯岛以其宁静的海滩和清澈的海水闻名，最动人的是夜晚海岸线上闪烁的“蓝眼泪”。当午夜海浪平息，沿岸泛起幽幽蓝光，与星空交相辉映，营造出梦幻般的氛围。岛上的直落尼帕和珊瑚湾是潜水的绝佳场所，游客可以遨游在美丽的海底世界，与海洋生物亲密共舞。

在东部的沙巴州，仙本那的松绿色海水清澈见底。从这里乘快艇前往马达京岛和汀巴汀巴岛，你会遇见渐变的七色海水和迷人的拖尾沙滩。附近的马布岛拥有蔚蓝的海水与洁白的沙滩，是享受日光浴的理想之地。而西巴丹岛更是潜水爱好者的天堂，自2002年获得保护以来，这里的珊瑚生态系统得到了完美恢复，成为海洋生物的乐园。

登嘉楼州的热浪岛是南中国海上最受瞩



Spa Village Cameron Highlands

目的岛屿，这里的珊瑚和动植物受到严格保护。无论你喜欢热闹的海滩活动，还是宁静的日光浴，这里都能满足你的期待。位于热浪岛和停泊岛之间的浪中岛则是一个幽静的天堂，岛上几乎没有道路，交通全靠乘船或浮潜，是逃离喧嚣的绝佳去处。在檳城的巴都丁宜海滩，长达3公里的白色沙滩是进行滑翔伞、帆板等水上运动的理想场所，这里水清沙细，在东南亚久负盛名。

文化交融 千年的和谐共舞

华人在马来西亚的历史可以追溯到明代郑和下西洋时期。1405年至1433年间，郑和七下西洋，多次到访马六甲，开启了中马友好的序幕。正如马来西亚前首相阿都拉·巴达维所言：“郑和带领庞大的舰队到访马六甲，

却未曾如葡萄牙人般侵占，只为经商而来，这为两国人民友好关系奠下基础。”

在马六甲被殖民统治的时期，已有不少华人来此经商。1957年马来西亚独立后，这些早期移民成为第一代华裔。他们秉持着艰苦奋斗、同舟共济的精神，在异乡扎根生长。尽管乡音已不再纯正，宗祠记忆逐渐模糊，他们依然坚持让华人会馆挺立，支持华文教育。正如马六甲东方贸易公司董事长陈展鹏所说：“因为这里是马来西亚，所以更要把根留住。”

华人与当地社会的融合催生了独特的“峇峇娘惹”文化。土生华人男性称“峇峇”，女性称“娘惹”，他们的服饰、饮食和建筑风格融合了中华文化与马来文化的精髓。国际郑和学会会长张露博士指出：“土生华人是中华文化与东南亚本土文明交融的活态见证，也是世界罕见的文明奇迹。”

今日，约占总人口28%的华人通过华文报刊、华文教育和宗亲联谊等活动，与中华文化保持着密切联系。马来西亚现有18家华文报社，是海外拥有华文日报最多的国家。这种文化传承的坚持，使得许多新生代华人在掌握多语言的同时，依然保持着对中华文化的认同。

疗愈智慧 古老传统与现代融合

在马来西亚的疗愈叙事中，自然从来不是背景，而是主体。登上婆罗洲京那巴鲁神山的云端，在黎明等待第一缕阳光，你会理解为何当地卡达山杜顺族视此山为祖先安息的圣灵之地。他们的“博博汗”疗愈师依然依据祖传的“梦的指引”采集植物，践行着与万物深度联结的生命智慧。

马来传统疗法“Jamu”以姜黄、香茅、斑斓叶等本地草本为核心，强调身体的“热”与“冷”平衡。在吉打州的乡村，一场“URUT”传统按摩不仅是肌肉的舒缓，更是能量的疏导，疗愈师低吟的《古兰经》经文，为物理疗法注入了宁静的灵性。

在檳城的早晨，一碗“肉骨茶”升腾的蒸汽里，弥漫着当归、枸杞、川芎的药香——这是华人“药食同源”哲学最温暖的实践。百年宗祠边的中医馆，老医师依然用“望闻问切”守护着社区健康，他们的药柜，是半个世纪前从广东汕头飘洋过海而来的原物，抽屉上斑驳的繁体字，刻录着一部家族与文化的迁徙史。

在小印度的街头，金庙的诵经声与香料市集的浓郁气味交织。阿育吠陀诊所里，医师为你涂抹温热的“奇杜”按摩油，其配方与千年前南印度的经典如出一辙。在晨光中，跟随印度裔瑜伽师在棕榈树下练习，你

会发现身体的扭转与呼吸，与这片土地苏醒的节奏完美同步。

马来西亚的现代疗愈，是一场传统与当代的优雅对话。在吉隆坡都市边缘，由殖民地老宅改建的静修中心里，你可以上午学习马来“辛纳维”冥想，下午体验融合中医经络理论的精油按摩。在霹雳州的务边，年轻人将废弃的锡矿湖改造为“森林疗浴场”，用客家话介绍本地植物的药用价值，带领访客在瀑布下冥想——这是一场根植于本土文化的静修革命。

多元共生 文化熔炉的日常诗意

马来西亚堪称多元文化共存的典范。在这片土地上，马来人、华人和印度人三大民族和谐共处，各自的语言、宗教、习俗和节日，共同编织出丰富多彩的文化图景。行走在马来西亚，你会在同一条街上看到中国飞檐与摩尔穹顶共存，耳边回响着客家话、马来语、英语、粤语交织的韵律。

这种文化的融合在饮食上体现得尤为淋漓尽致。你可以在路边摊依次品尝到马来风味的椰浆饭、中式的肉骨茶和印度煎饼，这种味蕾上的“环球旅行”正是马来西亚最迷人的日常。而峇峇娘惹菜更是文化交融的典范，中式烹饪技法与马来香料完美结合，创造出独一无二的美食体验。

从古老雨林的生命的交响，到海岛碧波的梦幻低语；从郑和下西洋的友好印记，到峇峇娘惹的文化融合；从古老疗愈智慧的传承，到多元文化的和谐共生——马来西亚展现了一幅自然与人文交织的绚丽画卷。这片土地不仅以其自然美景吸引着世界，更以其文化包容性成为多元共存的典范。在这里，每一个到访者都能找到属于自己的疗愈时刻，在雨林的呼吸与海浪的细语中，重新发现生活的本真。



JAMU和URUT 马来西亚古老的疗愈智慧

在马来西亚湿润的空气中，飘散着姜黄与香茅的芬芳，就像是千年疗愈智慧在当下的呼吸。这门被称为马来传统疗法的古老艺术，不仅是一套治疗技艺，更是马来民族与自然对话的结晶，如今正以其独特的生命力，继续为现代人的身心健康提供着温暖的庇护。

漫步在吉兰丹的乡间小路，或是登嘉楼的海边村落，你会发现这门古老智慧依然在日常生活中熠熠生辉。马来传统疗法的核心在于调节人体内“风”的平衡，这一理念源自马来先民对生命本质的深刻理解。在当地，“博博汗”疗愈师们通过观察自然、解读梦境与继承祖辈智慧，建立了一套完整的疗愈体系。随着时代变迁，这套体系先后融入了阿育吠陀的生命哲学与伊斯兰教的卫生传统，形成了今天我们看到的多彩图景。

Jamu草本疗法作为这套体系的重要支柱，在日常生活中扮演着多重角色。在产后护理方面，由姜黄、高良姜和莪术等草本熬制的Jamu药汤，成为产妇恢复体质的必备良方。这些温热的草药能促进子宫恢复，帮助排出恶露，同时提升母乳质量。对于中年女性常见的月经不调、经痛问题，含有豆蔻、香茅的配方能有效调节内分泌，缓解疼痛。老人们则信赖Jamu对风湿关节痛的舒缓作用，特别是在潮湿季节，一杯温热的Jamu茶饮能驱散体内的寒湿之气。

Urut传统按摩则是另一项深入民间的疗愈艺术。在彭亨州的乡村，经常可以看到老人们定期接受Urut按摩以缓解关节僵硬和肌肉疼痛。这种按摩不仅针对表面的

肌肉酸痛，更注重疏通全身的能量通道。对于经常在田间劳作的农人，Urut能有效缓解腰背劳损；对于久坐不动的办公室族群，它又能改善血液循环，消除肩颈僵硬。更特别的是，在马来传统中，婴儿满月时会接受专门的Urut按摩，据说这能促进孩子的骨骼发育，增强免疫力。

这些传统疗法的独特之处在于其整体观。一位来自吉打州的疗愈师解释说：“我们治疗的不是病症本身，而是整个人。当身体内部的‘风’恢复平衡，自然就能战胜疾病。”这种理念使得马来传统疗法特别适合处理现代医学难以解决的慢性疲劳、焦虑失眠等亚健康状态。在吉隆坡的高端SPA里，经过科学改良的Jamu草本裹敷成为都市白领排毒减压的热门选择，而融合现代解剖学的Urut按摩则帮助久坐族摆脱腰颈疼痛的困扰。

如今，这门古老智慧正在以创新的方式延续其生命力。在槟城的文化遗产区，游客可以参与Jamu草药工作坊，学习制作传统的保健药膏；在兰卡威的度假村，专业的疗愈师会将Urut按摩与海洋疗法结合，为客人提供独特的身心体验。马来西亚卫生部也积极推动传统疗法的标准化，确保这些珍贵知识能得到规范传承。

从乡间小屋到都市养生馆，从祖辈的口传心授到现代的健康产业，马来传统疗法如同一条永不干涸的河流，继续滋养着这片土地上的人们。真正的疗愈是身心灵的和谐统一，是人与自然的深度连接，在这急速变化的时代，这份古老的智慧正以其温润而坚定的力量，为每一个寻求健康的人提供着永恒的启示。



MALAYSIA

Where Rainforests Heal the Soul

In Malaysia's Healing Narratives, Nature is Never Merely a Backdrop, But Rather the Core Subject

Nestled between the azure seas and emerald rainforests of Southeast Asia, Malaysia shines like a precious jewel. This land is not only home to breathtaking natural wonders but also carries centuries of cultural fusion. Here, there are no loud proclamations, yet a profound tranquility prevails – born from the breath of ancient rainforests, the intertwining of diverse faiths, and the serenity settled between ocean waves and mountain ranges. Malaysia does not present itself as an eager instructor but rather as a gracious friend, welcoming you into a slower, more authentic dimension with its warm breezes, fragrant spices, and ever-present greenery.

Whispers of the Rainforest as a Symphony of Life

The tropical rainforests of Malaysia are among the oldest ecosystems on Earth, where every patch of moss whispers secrets millions of years old. In the Danum Valley Conservation Area of Sabah, spanning 438 square kilometers of pristine lowland rainforest, over 200 species of trees thrive per hectare, nurturing 270 species of birds and 110 species of mammals. Here, towering dipterocarp trees rise sixty meters high, forming a green canopy, while buttress roots anchor themselves like frozen waterfalls into the earth. The air carries a distinct forest fragrance – a blend of rich soil, decaying humus, and the subtle scent of orchids.

In the morning mist, the calls of gibbons

ring out like crystal chimes. If you are fortunate, you might glimpse a contemplative orangutan perched among the treetops or encounter rare Sumatran rhinos and Bornean pygmy elephants. A 27-meter-high canopy walkway within the reserve allows visitors to stroll among the treetops, observing this vibrant world from a bird's-eye view. At the Rainforest Discovery Centre in Sandakan, hornbills and broadbills flit through the trees, making it a paradise for bird lovers and home to one of Sabah's rarest avian species – the Bornean Bristlehead.

As dusk falls, the rainforest offers a different face. Flashlights catch tree frogs shimmering like emeralds, while bioluminescent fungi illuminate the paths like scattered stars. Mount



Pangkor Laut Resort

Kinabalu stands majestically in the distance, its slopes showcasing the planet’s ecological diversity – from tropical rainforests to alpine meadows. Indigenous communities here have passed down the wisdom of communicating with the forest for generations, knowing how to find remedies among thousands of plants and read messages in animal tracks. In this green labyrinth, you will remember – we are, and always have been, part of nature.

Island Dreams are the Pearls Upon Turquoise Waters

Malaysia’s islands resemble pearls scattered across a canvas of blue, each with its own unique charm. Pangkor Island, off the west coast of Perak, is renowned for its tranquil beaches and crystal-clear waters. Its most enchanting feature is the “blue tears” – bioluminescent plankton that glows along the shoreline at midnight, creating a dreamlike atmosphere under the starlit sky. Teluk Nipah and Coral Bay on the island are ideal spots for diving, where visitors can explore vibrant marine worlds and dance among sea creatures.

In eastern Sabah, the waters of Semporna shimmer in translucent turquoise. A speedboat ride to nearby Matakang Island and Timba-Timba Island reveals gradients of seven-colored seas and captivating sandbars. Mabul Island, with its sapphire-blue waters and powdery white beaches, is perfect for sunbathing. Sipadan Island, a diver’s paradise, has seen its coral ecosystems flourish since being protected in 2002, now serving as a sanctuary for marine life.

Redang Island in Terengganu is one of the South China Sea’s most cherished gems, where corals and wildlife are strictly preserved. Whether you seek lively beach activities or peaceful sunbathing, this island caters to all tastes. Lang Tengah Island, nestled between Redang and Perhentian, is a secluded haven with almost no roads – access is solely by boat or snorkeling, making it an ideal escape from the bustle of modern life. At Batu Ferringhi Beach in Penang, a three-kilometer stretch of white sand offers the perfect setting for parasailing, windsurfing, and other water sports, long celebrated across Southeast Asia for its pristine beauty.

The Cultural Harmony is A Millennia-Long Dance

The history of the Chinese in Malaysia traces back to the voyages of Admiral Zheng He during the Ming Dynasty. Between 1405 and 1433, Zheng He’s fleet visited Malacca multiple times, laying the foundation for Sino-Malaysian friendship. As former Prime Minister Abdullah Ahmad Badawi noted, “Zheng He led a massive fleet to Malacca but never colonized it like the Portuguese. He came for trade, setting a strong foundation for friendly relations between our peoples.”

During the colonial era, many Chinese merchants settled in Malacca. After Malaysia’s independence in 1957, these early immigrants became the nation’s first generation of Chinese entrepreneurs. Upholding values of resilience and mutual support, they took root in a foreign land. Though their ancestral dialects faded and clan memories grew distant, they persisted in maintaining Chinese guild halls and supporting Mandarin education. As Tan Cheng Peng, Chairman of Malacca Oriental Trading, expressed, “Precisely because this is Malaysia, we must hold onto our roots.”

The integration of the Chinese with local society gave rise to the distinctive “Baba Nyonya” culture. Male descendants are called “Baba,” and females “Nyonya.” Their attire, cuisine, and architecture blend Chinese and Malay traditions seamlessly. Dr. Zhang Lu, President of the International Zheng He Society, remarked, “The Peranakan people are a living testament to the fusion of Chinese and Southeast Asian civilizations – a rare cultural marvel in the world.”

Today, the Chinese, who comprise about 28% of the population, maintain close ties to their heritage through Chinese newspapers, education, and clan associations. Malaysia is home to 18 Chinese-language dailies – the most of any overseas Chinese community. This dedication to cultural preservation enables younger generations, fluent in multiple languages, to retain their Chinese identity.

Healing Wisdom Bridging Tradition and Modernity

In Malaysia’s narrative of healing, nature is never a backdrop but the protagonist. Ascend Mount Kinabalu at dawn, and you will understand why the Kadazan-Dusun people regard it as a sacred resting place for ancestors.



Mandi Bunga, Spa Village Tanjong Jara

Their “Bomoh” healers still gather plants guided by ancestral dreams, practicing a deep, intuitive connection with all living things.

Malay traditional medicine, “Jamu,” centers on local herbs like turmeric, lemongrass, and pandan, emphasizing the balance of “heat” and “cold” within the body. In the villages of Kedah, a session of “Urut” traditional massage is not merely muscle relief but an energy-channeling ritual. The healer’s soft recitation of Quranic verses infuses the physical therapy with spiritual serenity.

In the mornings of Penang, the steam rising from a bowl of “Bak Kut Teh” carries the medicinal aroma of angelica sinensis, goji berries, and ligusticum – a warm embodiment of the Chinese philosophy “food as medicine.” In century-old clan halls, traditional Chinese physicians still diagnose using “inspection, listening, questioning, and pulse-taking.” Their medicine cabinets, transported from Shantou, Guangdong half a century ago, bear faded traditional characters that chronicle a history of family and cultural migration.

On the streets of Little India, hymns from the Golden Temple blend with the rich scents of the spice market. In Ayurvedic

clinics, warm “Kidu” massage oil is applied – its formula unchanged from ancient South Indian texts. At dawn, practicing yoga under palm trees with Indian Malaysian instructors, you will find the body’s twists and breaths synchronizing perfectly with the land’s awakening rhythm.

Modern healing in Malaysia is an elegant dialogue between tradition and innovation. On the outskirts of Kuala Lumpur, colonial-era mansions converted into retreat centers offer Malay “Sennawi” meditation in the morning and TCM-meridian-based aromatherapy in the afternoon. In Ipoh, young entrepreneurs have transformed abandoned tin-mining lakes into “forest therapy baths,” guiding visitors through rainforests and leading meditation under waterfalls – a grassroots revival rooted in local culture.

Unity in Diversity is the Poetry of a Cultural Melting Pot

Malaysia stands as a model of multicultural coexistence. Malays, Chinese, and Indians – the three major ethnic groups – live in harmony, their languages, religions, customs, and festivals weaving a vibrant cultural tapestry.

Walking through Malaysia, you may see Chinese eaves and Moorish domes sharing the same street, while the air resonates with Hokkien, Malay, English, and Cantonese.

This cultural fusion is most vividly expressed in its cuisine. At a single street stall, you can savor Malay nasi lemak, Chinese Bak Kut Teh, and Indian roti canai – a “global journey” for the palate that embodies Malaysia’s enchanting daily life. Peranakan cuisine, in particular, exemplifies this blend, marrying Chinese cooking techniques with Malay spices to create a uniquely flavorful experience.

From the symphony of ancient rainforests to the murmuring shores of tropical islands; from Zheng He’s legacy of friendship to the cultural fusion of the Baba Nyonya; from the preservation of ancient healing wisdom to the harmony of diverse cultures – Malaysia unfolds as a breathtaking canvas where nature and humanity intertwine. This land captivates the world not only with its natural beauty but also with its cultural inclusiveness. Here, every traveler can find a moment of healing, rediscovering life’s essence in the breath of the rainforest and the whispers of the sea.

JAMU AND URUT

The Ancient Healing Wisdom of Malaysia



In Malaysia's moist tropical air, the subtle scents of turmeric and lemongrass linger like the quiet breath of ancient healing wisdom. This profound tradition, known as Malay traditional medicine, transcends mere therapeutic technique – it represents a deep, enduring dialogue between the Malay people and the natural world. Today, this living heritage continues to offer solace and restoration to both body and spirit in our modern era.

Wander through the countryside of Kelantan or the coastal settlements of Terengganu, and you'll discover this ancestral knowledge still vibrant in daily life. At its heart lies the concept of "wind" – an elemental force whose balance is essential to wellbeing. This understanding emerged from generations of Malay healers known as Bomoh, who cultivated their art

through close observation of nature, dream interpretation, and inherited wisdom. Over centuries, this indigenous practice gracefully absorbed elements of Ayurvedic philosophy and Islamic hygiene traditions, creating the rich tapestry we witness today.

Jamu herbal therapy stands as a cornerstone of this tradition, serving multiple roles in community health. For new mothers, warm Jamu tonics – brewed from turmeric, galangal, and zedoary – become essential companions in postnatal recovery, aiding uterine healing while enhancing breast milk quality. Women experiencing menstrual discomfort find relief in formulations featuring cardamom and lemongrass, which help regulate cycles and ease cramping. Elderly members of the community rely on Jamu's warming properties

to comfort arthritic joints, particularly during humid seasons when a steaming cup of Jamu tea drives dampness from the body.

The art of Urut massage represents another deeply rooted pillar of Malay healing. In Pahang's villages, elders regularly seek Urut treatments to maintain joint mobility and relieve muscular aches. This practice addresses not only physical discomfort but also works to restore the body's subtle energy pathways. Farmers burdened by fieldwork find relief from chronic back strain, while office workers discover freedom from stiff shoulders and necks. A particularly tender tradition involves special Urut sessions for infants at their one-month milestone, believed to support skeletal development and strengthen natural immunity.

What distinguishes these practices is their holistic perspective. As a healer from Kedah explains, "We treat not the illness, but the whole person. When the internal 'wind' finds its balance, health naturally follows." This approach proves especially valuable for modern stress-related conditions – chronic fatigue, anxiety, and insomnia – that often elude conventional treatment. In Kuala Lumpur's wellness centers, refined Jamu herbal wraps have become sought-after detox treatments for urban professionals, while Urut techniques enhanced by anatomical understanding help sedentary populations find relief from spinal discomfort.

This ancient wisdom continues to evolve through contemporary applications. In Penang's heritage quarter, visitors join Jamu workshops to learn traditional ointment crafting. At Langkawi resorts, therapists blend Urut with sea-based therapies, creating unique restorative experiences. Meanwhile, Malaysia's Health Ministry works to standardize these traditions, ensuring their preservation for future generations.

From humble village homes to sophisticated urban clinics, Malay traditional medicine flows like an eternal river – nourishing, sustaining, and reminding us that true healing emerges from harmony between body, mind, and nature. In our rapidly changing world, this ancient wisdom continues to offer timeless guidance for all who seek wholeness and wellbeing.

马来西亚酒店与度假村水疗精选

A Selection of Malaysian Spa Hotels and Resorts

马来西亚这片多元文化交融的土地，以起伏的山丘与旖旎风光，孕育出Spa Village水疗中心的独特疗愈哲学。在这里，体验融合古老智慧与现代技艺的康养之旅，探索身心灵的和谐之境。

In the culturally rich land of Malaysia, where rolling hills meet breathtaking landscapes, Spa Village has cultivated a distinctive healing philosophy. Here, guests embark on a wellness journey that artfully blends ancient wisdom with modern techniques, inviting them to explore a harmonious balance of body, mind, and spirit.



Spa Village Gaya Island



Spa Village Kuala Lumpur



Spa Village Malacca



Spa Village Cameron Highlands



Spa Village Tanjong Jara

Spa Village

Spa Village的故事始于二十多年前，在马来西亚私人岛屿绿中海度假村的雨林与海浪间悄然生根。品牌的创立，源于一份对当地疗愈文化纯粹的敬意与传承热情。

如今，这一理念已随着水疗品牌走向全球，从东南亚的隐世秘境到都市中心的宁静绿洲。Spa Village深谙每个地域的独特文化，精心打造正宗的理疗、度假村和康养体验，传承着像大地一样古老的疗愈文化。

在这里，灵感的第一缕气息源自令人惊叹的自然景致。每一家Spa Village都不只是一处水疗中心，更以传承当地疗愈传统为理念，将本土天然成分的疗愈特性与地域疗愈实践相融合，奉上独具风韵的纯正体验。

古老智慧与现代康养理念在此和谐交融，最终凝铸成为宾客量身定制独一无二的焕活之旅，使每一次护理成为一场身心的文化沉浸之旅。每个Spa Village始终如一地提供别具一格的升华体验，使宾客不仅感受到身体的舒缓，更在历久弥新的仪式感中，完成一场与土地、传统和内在自我的深度对话，从而获得真正意义上的重生。

Spa Village

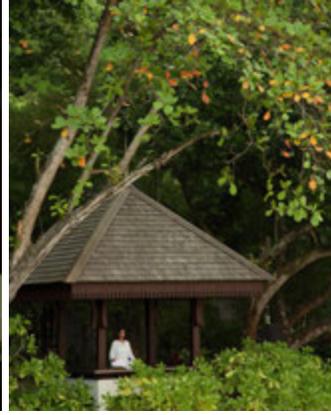
The story of Spa Village began over two decades ago, quietly taking root amidst the rainforests and ocean waves of Pangkor Laut, an exclusive Malaysian island.

The brand is rooted in authentic reverence for local healing traditions. Founded on a profound respect for the region's healing cultures, this commitment continues to guide the brand today.

Today, this philosophy has traveled across the world with the brand – from hidden gems in Southeast Asia to serene urban oases. With the uniqueness of each region in mind, Spa Village crafts authentic treatments, retreats and wellbeing experiences, imparting healing encounters inspired by lore almost as old as the land itself.

Here, the first breath of inspiration is drawn from the stunning scenery. Each Spa Village is more than just a spa – it delivers an individual and authentic encounter combining the therapeutic properties of local ingredients and the healing practices of the area.

This fusion of age-old tradition and modern wellness approaches results in a tailored, one-of-a-kind experience. Every treatment becomes a cultural immersion for the body and soul. Each Spa Village offers a consistently unique and uplifting opportunity, enabling guests not only to relax physically but also to engage in a profound dialogue with the land, its traditions, and their inner selves, ultimately emerging truly reborn.



Spa Village Pangkor Laut

Nestled on a private Malaysian island embraced by rainforest and sandy beaches, Spa Village Pangkor Laut draws from the country's multicultural heritage, weaving together Malay, Chinese, and Indian healing traditions. The Spa Village is built around four concepts: Rejuvenation and Longevity, Relaxation and Stress Reduction, Detoxification, and Romance. Comprising multiple specially built structures, the spa facility includes eight treatment pavilions, a deluxe Belian Treatment Pavilion, three "Healing Huts", which include Chinese Herbal, Ayurvedic and Malay Huts, two Bath Houses, three Spa Huts, three Nap Gazebos and a Spa Boutique. A seamless wellness journey is enhanced by 22 over-the-sea Spa Villas with direct access to Spa Village. Guests are encouraged to begin their stay with a personalized consultation, offered by a Chinese, Ayurvedic or Malay Specialist. Amidst the symphony of rainforest whispers and ocean waves, embark on a revitalizing journey where ancient wisdom converges with nature's inspiration.

绿中海度假村Spa Village水疗中心

绿中海度假村Spa Village水疗中心坐落于马来西亚的私人岛屿，坐拥雨林与沙滩环绕的自然胜境，以马来西亚多元民族文化为根基，融汇马来、中国与印度传统疗愈智慧。Spa Village水疗中心以“回春延寿、舒压静心、排毒净化、浪漫缱绻”为四大核心理念。由多座特色建筑组成，设有八间理疗亭、一间豪华Belian理疗阁、三间分别专注于中华草本、阿育吠陀与马来传统的疗愈木屋、两座浴殿、三间水疗屋、三座休憩亭及一间水疗精品店。二十二间水上水疗别墅直通Spa Village水疗中心，形成完整康养动线。建议宾客在入住之初预约中华养生、阿育吠陀或马来传统专家咨询，获取个性化疗愈方案，在雨林与海浪声中，开启一场融合传统智慧与自然灵感的焕活之旅。



月之影度假村Spa Village水疗中心

在婆娑椰影与碧波荡漾的海岸之间，月之影度假村以其浪漫典雅的气质，将宾客引入古老马来文化的深邃意境。在月之影度假村Spa Village水疗中心，每一次呼吸都是清新的享受，是灵魂的舒弛。这场源自马来古老智慧Sucimurni哲学的焕活之旅，带领宾客追寻心灵的纯净与身体的康健。这座隐于建筑群、花园与泳池构成的美丽园区中的静修圣地，以传承千年的马来养生传统为基础，可追溯至马六甲王朝时期。Spa Village水疗中心设有一座以传统疗愈法为核心的理疗中心，通过专注放松、恢复元气与缓解压力的康养项目，让源远流长的健康与美容传统得以生动重现。在这里，代代相传的理疗技艺与当地草本植物的天然成分相结合，由驻店马来理疗师以专业手法呈现，体验纯正马来疗愈技艺带来的身心蜕变。

Spa Village Tanjong Jara

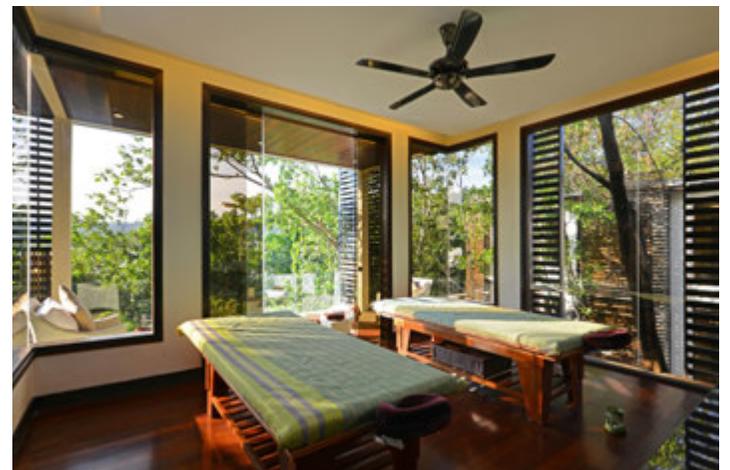
Nestled between swaying coconut palms and the shimmering sea, Tanjong Jara attracts guests with its romantic elegance and deep connection to traditional Malay culture. At its Spa Village, every breath brings pure refreshment and a deep relaxation of the soul. Rooted in the ancient Malay philosophy of Sucimurni, the spa experience guides guests toward purity of spirit, health, and well-being. Tucked within a beautiful compound of structures, gardens, and pools, this serene sanctuary is deeply rooted in Malay wellness traditions that date back to the Malacca Sultanate a thousand years ago. The spa features a therapy centre, offering programs focused on relaxation, rejuvenation, and stress relief. Here, time-honored health and beauty traditions are thoughtfully revived. Indigenous herbs and generations-old healing techniques are skillfully applied by resident Malay healers, delivering an authentic journey of transformation for both body and spirit.

加雅岛度假村Spa Village水疗中心

背依繁茂雨林、四面沙滩环抱的加雅岛度假村，矗立在马来西亚沙巴州的自然秘境中。在加雅岛，山、林与海浑然交融，构成令人屏息的自然画卷。受此自然和谐之境的启迪，加雅岛度假村Spa Village水疗中心隐匿于红树林的静谧深处，是一个被特色岛居动植物环抱的静谧之处，融合了环境、文化与康养精髓，缔造令人心驰神往的焕活体验。水疗中心的理疗仅选用当地最纯净的新鲜原料，从加雅岛温暖海域、低地雨林，到京那巴鲁山高地花卉。这里提供一系列理疗项目，传承着沙巴原著民的文化疗愈传统，从卡达山杜顺族特有的稻米磨砂与面膜，到巴瑶海洋游牧民族的古老仪式，在此都得到生动再现，宾客也能够真正体会到回归自然的魅力。

Spa Village Gaya Island

Gaya Island is backed by lush rainforest and surrounded by sandy beaches, standing in a natural sanctuary in Sabah, Malaysia. On Gaya Island, mountain, forest and sea blend seamlessly to form a breathtaking natural landscape. Inspired by this harmonious natural setting, the Spa Village Gaya Island is hidden deep within the tranquil mangroves, a serene retreat embraced by the island's distinctive island flora and fauna that integrates environment, culture and wellbeing to create an uplifting and unforgettable experience. The spa treatments use only the finest fresh local ingredients, sourced from the warm clear waters of Gaya and its rich lowland forests to the high altitude blossoms of Mount Kinabalu. A range of treatments is offered, inheriting the cultural healing traditions of Sabah's indigenous peoples – from the specialised rice scrubs and masques of the Kadazandusun to the age-old practices of the Bajau sea nomads. These rituals are vividly recreated, allowing guests to truly experience the charm of returning to nature.



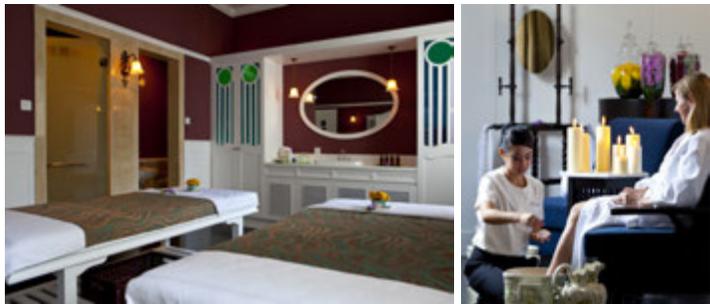


马六甲大华酒店Spa Village水疗中心

马六甲大华酒店地处马六甲中心，是上世纪20年代的殖民时期宅邸。Spa Village水疗中心横跨两层，是全球唯一以峇峇娘惹文化为疗愈根基的水疗中心。放松休息室内，传统娘惹中式卧榻沐浴在柔光中；独立理疗室则饰以瓷墙砖、银器与传统木雕。受娘惹十二日婚庆仪式启发，提供包含护发仪式的特色水疗前奏。此外，基于娘惹文化中“寒热能量”的中医理念，运用本土原料的古老配方，为宾客量身定制理疗方案。

Spa Village Malacca

The Majestic Malacca is a 1920s colonial mansion in the heart of Malacca. Spanning two floors, the Spa Village stands as the world's only spa to base its therapies on the healing heritage of the Baba-Nyonya or Peranakan culture. In the relaxation lounge, traditional Peranakan Chinese day beds are bathed in muted sunlight, while private treatment rooms exude refined elegance through wall tiles, silverware and traditional wood carvings. Inspired by the 12-day Peranakan Wedding Ceremony, treatments begin with a hair-care ritual. Using indigenous ingredients and based on Peranakan interpretation of traditional Chinese medicine's cool or warm energies, the spa offers personalized wellness programs.



吉隆坡大华酒店Spa Village水疗中心

吉隆坡大华酒店Spa Village水疗中心从查尔斯·雷尼·麦金托什的经典作品《柳茶室》中汲取灵感，以Art Deco装饰风格重现二十世纪初英属马来亚的独特风貌。那个变革年代里，苏格兰的柳茶室曾是商贾议政、名流社交的重要场所。为致敬这段历史，水疗中心推出马来亚黄金半岛、英伦下午茶等特色疗程。宾客可在此沉浸于马来西亚黄金岁月的优雅氛围，感受文化交融的独特魅力，体验一场跨越时空的感官之旅。

The Majestic Spa

The Majestic Spa draws inspiration from designer Charles Rennie Macintosh's iconic work, The Willow Tearooms, recreating the distinctive ambiance of early 20th-century British Malaya through Art Deco elegance. During that transformative era, The Willow Tearooms of Scotland served as a vital hub where merchants, politicians, and socialites gathered. In tribute to this rich heritage, the spa has curated signature treatments such as the Malaya Golden Chersonese and English Afternoon Tea. Here, guests can immerse themselves in the refined atmosphere of Malaysia's golden era, experiencing a unique cultural fusion and embarking on a sensory journey that transcends time.

金马伦高原度假村Spa Village水疗中心

金马伦高原度假村Spa Village水疗中心是一处以茶为魂的康养圣地，巧妙融合了雨林丰饶的物产、古老的茶道仪式与原住民族世代传承的深厚的植物、草本及花卉疗愈智慧，构建出独具特色的理疗体系。在高原宁静的翡翠山景环抱中，每一种恢复活力的护理都利用当地蜂蜜、草莓、茶、玫瑰等天然材料，为追求宁静与重生的旅客提供理想的休憩之地。

Spa Village Cameron Highlands

Spa Village Cameron Highlands is a wellness sanctuary where tea serves as the soul of the experience. It skilfully blends the abundant resources of the rainforest, ancient tea ceremonies, and the profound healing wisdom of plants, herbs and flowers passed down through generations by Orang Asli or "original people", establishing truly unique therapies. Surrounded by the tranquil emerald landscape of the highlands, each revitalizing treatment incorporates local natural ingredients such as honey, strawberries, tea, and roses, offering a serene retreat for travellers seeking relaxation and rejuvenation.



吉隆坡丽思卡尔顿酒店Spa Village水疗中心

吉隆坡Spa Village水疗中心坐落于市中心丽思卡尔顿酒店内，是繁华都市中一处静谧的绿洲。这间位于武吉免登的独特按摩水疗中心，结合全球理疗技艺与马来本地疗愈传统，将古老智慧与现代技术相结合，精选天然本地原料，在格调高雅的环境中致敬马来西亚多元文化底蕴与丰富愈疗遗产。中心还提供特色护理包括承袭古法的传统尊尚马来护理、融合多种手法的Campur-Campur，以及沉浸式感官声波浴。

Spa Village Kuala Lumpur

Spa Village Kuala Lumpur is an oasis of regeneration and beauty in the midst of the bustling city of Kuala Lumpur. This distinctive spa in Bukit Bintang skillfully blends global therapies with Malay healing practices, uniting ancient practices with modern ones. Using carefully selected local natural ingredients within an elegantly designed space, it pays tribute to Malaysia's multicultural heritage and rich healing legacy. Signature experiences include the time-honored Traditional Royal Malay Treatment, the fusion-based Campur-Campur treatment, which incorporates multiple techniques, and the immersive Sensory Sound Bath treatment for deep relaxation.



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香料群岛上的美味

在马来西亚，每一道菜肴都是历史沉淀出的故事

在马来西亚的市集里，时间拥有着独特的度量衡，它是咖喱在陶锅里咕嘟冒泡的时长，是香兰叶在石臼里春捣的节奏，是炭火上的沙爹缓缓镀上金边的光阴。这片土地的味道，从来不只是舌尖的欢愉，更是一部用香料写就的历史。

清晨五点的檳城，广东粥摊主正将十几种食材放入陶锅，以文火慢炖六小时。与此同时，吉兰丹乡间的马来妇人踩着露水采摘柠檬香茅和蓝姜，从她的祖辈开始就时代流传着：“每一株植物都住着自然的精灵。”的说法。而在怡保的老街场，福建籍老师傅往肉骨茶里投入当归枸杞时总会念叨：“食材有性，温凉互补。”这些看似迥异的烹饪哲学，在马来西亚的厨房里奇妙地共鸣着，基于他们信奉的美食真理：真正的美味诞生于对自然的敬畏与理解。

马来菜系如同热带雨林般浓郁奔放。

Rendang仁当咖喱的烹饪本身就是一场仪式。选用水牛肉或本地土鸡，加入磨碎的黄姜、高良姜等十余种香料，在椰浆中慢火熬煮直至收干。这道曾经用于节庆宴席的菜肴，其实蕴含着马来人的生存智慧：丰富的香料天然防腐，在热带气候下能延长肉类保存时间。

而遍布街边的椰浆饭，用香兰叶浸染的米饭搭配江鱼仔、花生和参巴辣酱，辛辣中透着椰香的温润，恰如马来文化中蕴含的刚柔并济的东南亚处世哲学。

华人的味觉乡愁在炖煮中可以找到归宿。肉骨茶最初是苦力的养生汤，当年在锡矿场劳作的先辈们，将当归、枸杞等药材与猪骨同炖，用以驱散湿热带带来的痹痛。如今，这份药膳早已登上大雅之堂，但依然遵循“春升补、夏清补、秋平补、冬温补”的中医时序。

在马六甲的娘惹厨房里，年过七旬的陈妈妈正在制作叻沙。她用石臼春打香料：“我的曾祖母从中国海南来，学会了用马来人的香茅和峇拉煎，但保留了华人的慢火细炖。”这锅浓汤里，香茅的柠檬清香与南姜的炽热在椰浆中交融，宛若一部家族迁徙的味觉自传。

印度裔厨师用香料绘制味觉星图。在吉隆坡小印度的早餐店里，老师傅将面团反复甩打，制成的煎饼外脆内软，搭配扁豆汤和椰奶鱼咖喱。他的香料盒里，小茴香、芥末籽、豆蔻各安其位，遵循着阿育吠陀养生学中“五味平衡”的古老训诫。最令人惊叹的是，他们的祖辈从几百年前带来的芒果酸辣酱和印度烤饼，早已融入当地人的日常餐桌，成为了马来西亚味道不可分割的部分。

真正的味觉革命发生在娘惹菜的厨房。这些15世纪华商与马来贵族通婚后的后代，创造了世界上最早的融合料理。黑果焖鸡要用来自雨林的黑果，先暴晒、水煮、敲裂，再与鸡肉和香料慢炖三小时，工序繁复得如同破解一道自然密码。而娘惹糕点更是将色彩美学发挥到极致：用蝶豆花染蓝、香兰叶染绿、红木染粉，在椰糖的焦香与椰丝的清甜间，构建出一个可食用的幸运彩虹。

这些菜肴的灵魂，都来自于马来西亚的那片神秘的热带雨林和物产丰富的南海。例如马来人称作“杜古”的虾酱，实则是用小虾发酵制成的鲜味精华；峇拉煎用发酵虾膏与辣椒混合，在石臼里春打千次方得真味；而班兰叶不仅赋予食物翡翠般的色泽，更带来雨后丛林般的清新气息。这些天然调味料的使用，体现着马来西亚人“取之自然，还之本味”的烹饪智慧。

在吉打州的稻田边，农妇用竹编饭盒装着用香蕉叶包裹的椰浆饭；在檳城的茶室里，三代人共享着用炭火烘焙的咖喱吐司；在沙巴的海岸线，渔民将刚捕获的鬼头刀鱼用香茅和酸橙简单腌制，架在椰壳炭上炙烤。这些日常画面揭示着马来西亚美食最动人的真相：食物不仅是生存所需，更是连接人与自然、传统与现代的文化要素。

Flavors of the Spice Islands

In Malaysia, Every Dish Tells a Story Steeped in History

In Malaysian markets, time follows its own unique rhythm – it is measured by the simmering of curry in clay pots, the pounding of pandan leaves in stone mortars, and the gradual gliding of golden hues over satay grilling on charcoal flames. The flavors of this land are not merely a delight to the palate; they are a history written in spices.

In Penang at five in the morning, a Cantonese porridge vendor gently places over a dozen ingredients into a clay pot to simmer over low heat for six hours. At the same time, in the rural villages of Kelantan, a Malay woman gathers lemongrass and blue ginger at dawn, her footsteps tracing the dew. For generations, her family has believed that “every plant houses a spirit of nature.” Meanwhile, in the old town of Ipoh, a Fujianese master chef adds angelica root and goji berries to his bak kut teh, murmuring, “Ingredients have temperaments – warm and cool must complement one another.” These seemingly disparate culinary philosophies harmonize miraculously in Malaysian kitchens, united by a shared belief: true flavor is born from reverence and understanding of nature.

Malay cuisine is as rich and vibrant as a tropical rainforest. The preparation of Rendang curry is a ritual in itself. Water buffalo or local free-range chicken is simmered with over a

dozen ground spices, including turmeric and galangal, in coconut milk until the liquid evaporates. This dish, once reserved for festive occasions, embodies the survival wisdom of the Malay people: the abundance of spices acts as a natural preservative, extending the shelf life of meat in the tropical climate.

The ubiquitous nasi lemak, with its pandan-infused rice, pairs anchovies, peanuts, and sambal chili paste – a balance of spicy heat and the gentle richness of coconut, reflecting the harmonious duality of Southeast Asian philosophy.

For the Chinese community, the taste of home is found in slow-simmered broths. Bak kut teh, originally a tonic for laborers, was brewed by early Chinese immigrants working in tin mines. They simmered pork ribs with herbs like angelica root and goji berries to ward off the aches brought by the humid climate. Today, this medicinal dish has found its place in fine dining, yet it still adheres to the principles of traditional Chinese medicine: “tonify in spring, clear in summer, balance in autumn, and warm in winter.”

In a Malaccan Nyonya kitchen, 70-year-old Mama Chan prepares laksa while grinding spices in a stone mortar. “My great-grandmother came from Hainan, China,” she says. “She learned to use Malay ingredients like lemongrass and

belacan but held onto the Chinese tradition of slow simmering.” In her pot, the citrusy fragrance of lemongrass and the fiery warmth of galangal meld with coconut milk, creating a taste autobiography of familial migration.

Indian chefs paint a constellation of flavors with spices. In a Kuala Lumpur Little India breakfast shop, a master chef repeatedly slaps and stretches dough to create flaky, soft roti, served with lentil soup and fish curry in coconut milk. In his spice box, cumin, mustard seeds, and cardamom each have their place, following the ancient Ayurvedic principle of “balancing the five tastes.”

The true culinary revolution took place in Nyonya kitchens. Descendants of 15th-century Chinese merchants and Malay nobility created one of the world’s earliest fusion cuisines. Dislike ayam buah keluak, a dish made with black nuts from the rainforest, requires sun-drying, boiling, cracking, and simmering with chicken and spices for three hours – a process as intricate as decoding nature’s secrets.

The soul of these dishes lies in Malaysia’s mysterious rainforests and the bountiful South China Sea. For instance, belacan, a fermented shrimp paste, is the essence of umami; sambal belacan, a blend of fermented shrimp paste and chilies, is pounded a thousand times in a stone mortar to achieve its authentic flavor. Pandan leaves not only impart an emerald hue to food but also evoke the fresh aroma of a rainforest after rain. The use of these natural seasonings reflects the Malaysian culinary wisdom of “drawing from nature to reveal its true essence.”

By the paddy fields of Kedah, a farmer’s wife packs nasi lemak wrapped in banana leaves into a bamboo lunchbox. In a Penang coffeeshop, three generations share charcoal-grilled kaya toast. Along the shores of Sabah, fishermen marinate freshly caught mahi-mahi with lemongrass and lime before grilling it over coconut husk embers. These everyday scenes reveal the most touching truth about Malaysian cuisine: food is not just sustenance but a cultural thread connecting people to nature, tradition, and modernity.





巴厘岛疗愈记

我在Oneworld Ayurveda的“排毒大作战”

作为东南亚阿育吠陀界的“扛把子”，Oneworld Ayurveda最近让我体验了七天“五脏庙大扫除”。朋友圈早就被这地方刷屏了，再不来打卡我都怕被开除养生籍！

这家藏在德格拉朗梯田半山腰的精品疗愈所，简直就是现实版《阿凡达》秘境！联合国认证的水稻梯田当背景板，棕榈树扭着热带风情舞，小溪叮咚唱着安神曲。刚深吸第一口气，身体里的每个细胞就开始欢呼：“这波稳了！”

这里的潘查卡玛疗法堪称“六边形战士”：排毒回血、体重管理、肠胃SPA、情绪调理、代谢助攻，连女士们的特殊关怀都安排得明明白白。虽然本人在SPA圈也算老司机，对“瓦塔皮塔卡法”三体理论也能扯几句，但亲眼见识到现场医师们的“组合拳”疗法时，好家伙，原来我以前做的都是“幼稚版本”的阿育吠陀！

疗程从7天到28天任选，狠人还能续杯，就算组团来人数众多也会秒变个人定制秀。从清晨第一杯药茶到睡前精油按摩，你的体质密码(prakruti)、当前状态(vikruti)、恢复

进度就是VIP通关秘籍。别问，问就是现场版的“变形记”！

抵达和第一印象

行前准备还是有的，预订确认快得像外卖接单，贴心大礼包随即奉上——体质测试问卷会测测你是暴躁皮塔还是懒癌卡法、行李清单、饮食指南，连“排毒前戏”注意事项都安排得明明白白。

车子在魔幻梯田画卷中蛇形前进，迎接仪式低调又温暖。经理兼瑜伽导师Desy亲自接驾，带我们巡游这个疗愈王国：头顶草药香的天台花园、面朝稻田的冥想亭、看得见风景的瑜伽殿……温馨提示：排毒期间禁止下水，保持身体热能，于是泳池不幸地沦为了装饰品，但树荫下的发呆区管够！

客房里的古董家具搭配巨型纱帐床，阳光透过芭蕉叶在阳台上作画。衣柜里藏着惊喜三件套：仪式感纱笼、治疗专用遮羞布，第一次绑可能像在解九连环、还有让强迫症舒适的纯白亚麻套装。铜壶过滤的活性水，严禁冰饮！据说能喝出正能量。

桌上藤盒里的念珠串是个“勿扰模式”

的暗号，戴上它就等于挂上“闭关修炼中”的牌子。不过要让我全程禁言？谢天谢地，入住期间没人这么干！毕竟人类本质是社交动物嘛。顺便说，这里是连手机都要“排毒”的，餐厅玩手机？小心被眼神杀。

破晓鸡鸣是天然的闹钟，好在不在枕边，蓝宝石般的翠鸟、拖着美丽尾巴的雉鸡，还有永远在演默剧的可爱的壁虎邻居们都和我近距离接触。当风吹过稻浪的声音盖过微信提示音，恭喜你，正式进入巴厘岛慢生活频道！

私人定制阿育吠陀篇

来自阿育吠陀发源地喀拉拉邦的Ninnu博士带着他的得意门生Joshna博士坐镇，把脉问诊的架势堪比老中医会诊。45分钟的灵魂拷问从“最近放屁通畅吗”聊到“生活中的点点滴滴、睡眠和情绪波动”等等，最后给我下了判决书：45%懒癌卡法体质+35%易燃易爆皮塔体质。难怪我喝凉水都长胖还动不动就上头！

这里的医生比你的健身教练还敬业，天天追着你调整方案。当我的糖尿病遇上巧克



力慕斯禁令时，博士居然同意把藜麦粥换成蔬菜沙拉，让我感动到想亲吻他的白大褂。每天被这么宠着，一边健康地被疗愈，一边还是能弱弱地提出自己的各种小要求，这让我很喜欢。

清晨的铜锣声比闹钟温柔100倍，我必须认真跟着工作人员体验正宗阿育吠陀晨课：刮舌像在给嘴巴做抛光，油漱口仿佛含了液体黄金，鼻腔冲洗爽过洗鼻器。整套操作下来，虽然有难度，但真的感觉能把昨晚的噩梦都排出去。

瑜伽修行篇

哈哈流瑜伽让我这个前体操运动员现了原形！下犬式做得像中风复健，但背后合十的祈祷式倒是稳如老狗。老师说：“微笑能化解僵硬”，我龇牙咧嘴的样子估计能吓跑隔壁的壁虎。不过练完通体舒畅，连困扰多年的颈椎病都暂时下线了。果然应了那句“只要熬过瑜伽课，整天都能笑着活”。

Wayan导师的晚间课简直是社畜福音，慢动作拉伸配上梵唱BGM，他调整体式的手法温柔得像在摆弄古董。当月光透过棕榈叶洒在瑜伽垫上时，我四肢舒畅精神通透地突然悟了：原来“躺平”才是最高级的修行啊！

文化体验篇

文化体验的选择可以参照每日选修课表：厨艺秀见识了印度空运来的神秘草药，本地现摘的香草闻着就像绿色香水，茶园漫步让我学到原来皮塔体质喝菊花，卡法体质啃姜黄，不仅仅是玄学，而真的和中医有异曲同工之处。稻作文化课有Desy小姐姐一边带着体验，一边声情并茂地讲述农家乐故事，我忍不住想要他们去拍一套舌尖上的巴厘岛。

Oneworld Ayurveda 秘制椰子酸辣酱配方 大公开

这份让我魂牵梦萦的神仙蘸酱，终于获得官方授权可以分享给大家了！更多独家养生食谱可以在他们的官网食谱书中找到：<https://oneworldayurveda.com/ayurvedic-recipe-book/>

- 椰子酸辣酱(2人份)
- 新鲜青柠汁1汤匙(约15ml)
- 现磨椰蓉150克(一定要用新鲜椰子!)
- 红葱头片10克(约2个小葱头)
- 生姜片5克(去皮切片)
- 海盐和黑胡椒 适量

制作步骤：

- 小汤锅烧开水，将红葱头片煮至透明软化(约3分钟)
- 将煮软的葱头与椰蓉、青柠汁、姜片一起放入搅拌机
- 加入适量海盐和现磨黑胡椒调味
- 搅拌至完全顺滑无颗粒(可根据喜好调整浓稠度)
- 装入密封罐冷藏可保存3天

回家后的持续疗愈：离店后医生团队依然提供贴心的在线问诊服务，确保疗效能够持续巩固。我惊讶地发现自己竟然如此轻松就适应了这种规律生活——没有电视的夜晚，反而在稻田散步和阅读中找到了久违的平静。最珍贵的领悟是：我们往往对自己太过严苛，其实偶尔放慢脚步、善待自己，生活反而会给予更多馈赠。

然而，最让我上头的是稻田里的“职场女性”必修课，既要操持二十种祭祀仪式，又要搞定全村红白喜事和各类祭祀活动的所有吃喝。听完只想给当地女性们再鞠三个躬！

颂唱工作坊篇

Kirtan狂欢夜让憋了三年没唱歌的我，终于等到这场神圣版“卡拉OK”！Wayan老师扛着低音号登场，配着邦戈鼓的节奏，我们摇着铃铛沙锤，给象头神伽内什来了一段freestyle。这位骑老鼠、抡斧头的大象神明简直是我的职场偶像，在斩妖除魔时还不忘卖萌。当唱到“唵伽姆伽内什纳玛哈”时，我感觉每个毛孔都在发射正能量光波！后来查账单才发现：原来这就是价值200美元的“精神氮泵”啊！

疗愈核心篇

作为混迹水疗界多年的老江湖，我向来毒舌，但这次必须给Oneworld Ayurveda献上膝盖！这里的治疗师个个都是“人体工程师”——手法精准得像瑞士钟表，对阿育吠陀神圣性的敬畏之心更是刻在DNA里。

每场治疗前都有“沐足礼”：青柠+海盐去晦气，再向传说中把阿育吠陀赐给人类的那位医神檀梵陀念段祷词。短短三分钟，就让你的每个毛孔都进入到“朝圣模式”。

王牌项目体验包含了：

药油醍醐灌顶(Takra Dhara)：当药油像金色瀑布般冲刷眉心轮时，我终于明白为什么普通SPA的“山寨版”会翻车，那些连三脉七轮都说不清的技师每次把滴油疗程做得跟洗头一样。而在这里，我直接睡出了婴儿般的“昏迷式睡眠”。

四手联弹按摩(Abhyanga)：两位治疗师



键。这简直太舒服了啊啊啊啊!

彩蛋环节：药草蒸汽浴让我变成嫩嫩滋润的灌汤包，铜器药浴更是绝绝子，泡完感觉每个细胞都在唱歌，建议给发明者颁个“诺贝尔养生奖”!

舌尖上的阿育吠陀食疗篇

在Oneworld Ayurveda，每一餐都是流动的冥想。由医师团队和阿育吠陀大厨联手打造的“食疗剧本”：当季食材是主角，体质需求是基础，无咖啡因无糖无添加是铁律。开饭前先来杯苦到怀疑人生的药引子，这排面，米其林看了都沉默!

用餐模式任君选择。社牛可以在公共凉亭开启“交流会”，社恐可以在房间阳台独享“禅食时刻”。

我的定制菜单大公开：早餐：姜黄酥油炒时蔬，隔壁桌的藜麦粥香得我疯狂暗示医生改菜单。午餐：主咖是绿豆汤和咖喱的“解腻二重奏”，配菜丰富到像在吃阿育吠陀版满汉全席。晚餐：清淡得让人想唱《心经》，但神奇的是居然不会饿到偷吃夜宵!

最后的晚餐彩蛋：当服务员小姐姐在餐桌上摆出红酒杯时，我激动得像个等待圣诞礼物的孩子。“今晚是霞多丽哦~”她

仿佛在演奏我的经络钢琴，虽然某些穴位痛得让我想咬毛巾，但结束后通体舒畅得像被重启。温馨提示：市面上90%号称“阿育吠陀按摩”的，顶多算精油疗程的魔改版。

药粉桑拿 (Choorna Pinda Sveda)：先科普一下，这就是加强版中药热敷包! 看着治疗师在草药药房现磨葫芦巴、姜黄、高良姜，再拿从热油里滚过的药包拍打在我的脊柱时，我的糖尿病神经痛居然像被按了暂停

我的六大生命蜕变

- 购物时自动开启“成分侦探”模式：每次拿起食品都会下意识查看配料表
- 量身定制的茶饮选择：告别咖啡因，拥抱适合自己体质的草药茶
- 养成晨型人作息：虽然6点起床时还是困得像只树懒
- 学会真正爱自己：不是泡泡浴和香薰蜡烛那种表面功夫，而是做出真正有益身心的选择
- 优雅拥抱60岁：没错，下个月就要步入花甲之年了(这可是个不能说的秘密!)
- 断舍离2.0版：不仅清理衣橱，更要清理那些不再服务自己的人际关系和执念

七日奇迹成果清单

- 轻松减重5公斤(没有挨饿!)
- 获得稳定充沛的精力(告别下午3点的困倦魔咒)
- 多年后首次血糖值回归正常范围(II型糖尿病患者的福音)
- 获得婴儿般的深度睡眠(再也不需要数羊了)
- 情绪和思维变得异常轻盈通透
- 重新与身体建立深层连接(能敏锐感知它的每个信号)

Oneworld Ayurveda机构档案

行业地位：东南亚地区正统潘查卡玛疗法的领导者

旗舰店：2016年成立于巴厘岛德格拉朗梯田区

新店：2022年开幕于乌布雨林区

客房配置：12间带阳台的精品套房

推荐疗程时长：7-28天(德格拉朗店)/7-21天(乌布店)

客户画像：性别比例79%女性，21%男性，核心年龄段35-54岁，不推荐80岁以上长者及行动不便者入住，目前已服务超过3500名完成潘查卡玛疗程的客人

作为一名体验过全球众多顶级疗养院的资深人士，我必须说Oneworld Ayurveda带给我的远不止一次度假——这是一次由内而外的深度系统重装。在自然精心雕琢的圣殿中，由真正的阿育吠陀大师引导你完成身心灵的全面升级。对于那些寻求真正转变的人，我的建议是：这不是一次简单的休憩，而是一次生命重启。特别是他们的乌布新店，既隐匿于雨林秘境之中，又能便捷抵达乌布的艺术文化中心，完美平衡了避世与便利。

眨眨眼端出一杯“红酒”。一杯孜然味温水?! 这波“咖喱味红酒”的幽默，把我烂到家的巴厘语冷笑话都瞬间秒成渣! 我滴那个天哪!

疗友们终于齐聚长桌，开启“疗友茶话会”。有人炫耀自己分到的水果干，令我这个糖尿病患者投去死亡凝视，有人吐槽《白莲花度假村》里的土豪疗养院，还有人跟我们这简直像《九个完美陌生人》拍摄现场，只不过把迷幻蘑菇换成了苦药汤子。果然天下养生人，都是一家人啊!



Richard Williams

来自新西兰的Richard拥有40多年的酒店业从业经验，曾在全球各地的五星级酒店、养生度假村和高级餐厅工作，包括澳大利

亚大堡礁的Hayma度假村、伦敦肯辛顿的The Roof Gardens、泰国华欣的奇瓦颂健康度假村、曼谷和上海的半岛酒店等，并在巴厘岛的乌布管理一家健康度假村。Richard毕业于墨尔本The Southern自然疗法学院和南非The Cranio-sacral颅骶学院。他拥有美国康奈尔大学酒店业文凭，是加州The Chopra中心的认证冥想导师，并学习了其他各种整体和能量疗法。Richard在亚洲工作超过24年，目前常驻巴厘岛，并定期在荷兰斯坦顿大学巴厘岛校区讲授SPA开业项目和SPA概念开发等课程。

Richard is a New Zealander by nationality with over 40 years in the hospitality industry working around the globe in 5-star hotels, wellness resorts and fine dining restaurants. From Hayman Island Resort in the Great Barrier Reef, Australia, The Roof Gardens, Kensington, London, Chivasom International Health Resort, Hua Hin, Thailand, Peninsula Hotels Bangkok & Shanghai, managed a Wellness Resort in Ubud, Bali, Indonesia. He has graduated from The Southern School of Natural Therapies, Melbourne, The Cranio-sacral Academy, S.A. He holds hotel industry diplomas from Cornell University, U.S.A and is a qualified meditation instructor from The Chopra Center, La Jolla, CA as well as studying other various holistic and energetic modalities. Richard has spent over 24 years in Asia, is based in Bali, Indonesia and regularly lectures at Stenden University Netherlands, Bali campus on Spa Pre-Opening Projects and Spa Concept Development.



Healing in Bali

My Panchakarma Experience at Oneworld Ayurveda. By Richard Williams

Oneworld Ayurveda is the leader in Panchakarma retreats regionally in Southeast Asia. I recently spent 7 days on the Panchakarma retreat. I have had several friends experience this holistic and immersive retreat and I thought it high time to find out what all the fuss is about! The boutique wellness property is nestled on the slopes of Tegallang, where there are UNESCO World Heritage rice fields and stunning tropical scenes of swaying palm trees, babbling brooks and calming birdsong. It's a lush garden, and oh so relaxing! You simply exhale and there's a certain confidence that whispers..." This week will be fine, you will love it"! Nature plays an active role in your healing here. There's a quietness in how the space is designed – it holds, softens, and opens you.

Oneworld Ayurveda Panchakarma espouses detox and rejuvenation, sustainable weight management, digestive restoration, mental balance and emotional wellbeing, metabolic health support and women's health.

Although I have been familiar with Ayurvedic spa treatments and the Dosha's – the three physical and emotional elements, one of which will be more dominant in your disposition – I was completely unaware of the depth of the therapeutic methodologies used by the Ayurvedic onsite physicians.

Guests come for programs lasting from 7 to 28 nights, (some stay even longer), and while you might arrive with a partner or friend, the experience soon becomes profoundly personal. Each part of your day, treatments, meals, herbs, movement, and rhythm, is tailored to

your constitution (prakruti), your current state (vikruti), and how you're progressing. This is where the transformation begins.

Arrival & First Impressions

Pre-arrival, bookings are swiftly replied to and confirmed. Information is sent regarding the program including a Dosha Quiz to ascertain your predominant Dosha, arrival guidelines, what to pack, and dietary suggestions in the days leading up to the stay.

Armed with all the information for my stay, the car meanders through enchanting views of rice terraces, and the arrival is discrete, a warm welcome and a seamless check in. I am personally guided by Komang Desiani or Desy, the manager and one of the two yoga instructors. An orientation of the property included



treatment rooms, the yoga shala, the herbal rooftop gardens, dining spaces, and silent communal lounges overlooking rice paddies and palm trees, terrace and pool. Quick note, you are requested not to swim, as the body during detox requires warmth to facilitate elimination and detoxification, thus no dips in the pool. There is a great garden space, however, to rest, read or meditate in the shade.

The room is large with antique Balinese furniture, including the prerequisite vast netted bed, lots of natural light, and a balcony. There are various clothing items for you to wear during your stay. Most guests will either wear the white kurta or tunic and trouser, a sarong for ceremonies, and a set of items for treatments which includes a kind of loincloth you may grapple with the first few times to tie up, a sarong and bathrobe. There is a copper jug for filtered water, which energizes the water, keeps it fresh longer, and destroys bacteria. (No refrigerator, nothing cold!)

On the desk is a small rattan box that contains a set of mala beads. These are offered to indicate if you want to spend your days in silence. This will show others that you are in silence, and is encouraged for you to wear on your day of detox. Some people need that internalized space and chance to quell any “fire” that may arise given the opportunity to speak smile. Some people, choose to experience their whole retreat in silence. Thankfully not while I was there – I would find that very chal-

lenging, and I am sure other people would too. We are after all fundamentally social animals. By the way, you are unsurprisingly encouraged to “self” digital detox. Devices are not encouraged during meals and frankly it’s preferred not to use them publicly, and especially since other guests just want to be left alone and not disturbed by unwelcome sounds.

Be prepared to experience village life and wildlife. Yes, you can hear the roosters crow, but they’re not that close. I love to watch the different birds appear, from blue Balinese kingfishers, to a larger kind of bush chicken that flies, with a rusty color coat, and long fanned tail. There are dragonflies and small harmless lizards. There is beautiful birdsong and the palpable energy of the natural surroundings should you choose to bring that into your awareness.

Personalized Ayurveda

Upon arrival, every guest is given a private consultation with Dr. Ninnu Sudarshan, a seasoned Ayurvedic doctor from Kerala, the birthplace of Ayurveda. He is joined by Dr. Joshna, also from Kerala, and together they guide the medical aspect of the retreat with great compassion and skill.

The initial consultation, lasting around 45 minutes, is a thorough diagnostic using pulse reading, observation, and in-depth conversation. I don’t feel rushed and am asked about digestion, sleep, emotional health, stress, ener-

gy, and relationships. The doctor identifies your dosha constitution and imbalance and outlines a personalized Panchakarma plan. I always feel I am predominantly Kapha – Pitta, this is confirmed upon consultation as he digs deeper with my health, thus he can deduce a more comprehensive and accurate result, 45% Kapha and 35% Pitta.

Most importantly, you don’t just see the doctor just once, you meet with them daily, and your protocol is adjusted continually. Treatments evolve, herbal formulas are fine-tuned, your meals are modified. There’s no scarcity here, guests are given sufficient food based on each person’s Dosha and any medical issues. In my case with Type 2 Diabetes, my diet was slightly less fun without the cacao mousse or coconut custards. I asked the doctor if I could change my breakfasts from the quinoa / millet bowl to vegetables, which he happily adjusted. I found this constant clinical support one of the most reassuring parts of the journey.

Dinacharya: Sacred Morning Rituals

Every morning begins with a soft gong at dawn, gently calling guests into awareness before sunrise. Its sound echoes across the property, inviting guests into the sacred rhythm of the day.

Before anything else, you’re guided through Dinacharya, a traditional Ayurvedic morning

routine. Staff will explain the purpose behind each step. You start with aura cleansing, tongue scraping, oil pulling, and nasal cleansing, then sip warm herbal teas. It's a silent, self-led ritual that initiates a day of mindful living.

Morning Yoga

Hatha Vinyasa, Pranayama & Meditation – it's quite hard as I am unfit, but the body unfolds as you allow it, and although some asanas I struggle with, I feel great after the session. Thoughts pass through my head, like: "I need to release attachment to when I was young physically, and to embrace my age, and the aging process."

When I was young, I was a competitive gymnast and a ballet dancer. I played all sports at school and thus in my youth was very active. As we get older, of course, there are changes for men and women alike. I was proud of myself attending the yoga classes, in all honesty it's a journey. When there are challenging poses which I am unable to do, I feel disappointed, which I guess reflects my competitive streak. However, in yoga practice there are postures you can be really good at, and others... not so much. In my case I can do a perfect prayer pose behind my back. In yogic practice, they encourage you to smile and this really does help to dispel the frowns, to own your movements and proceed with grace and gratitude. To walk away after yoga and feel strong and happy is a great

achievement already, regardless of some of the aches and pains which result. And I wasn't conscious of my sore neck once.

Evening Yoga

I found the evening sessions deeply restorative – gentle stretches, slower postures, calming breathwork, meditation, and soft chanting. Our gifted teacher, Wayan Parthawan, patiently offers thoughtful adjustments and encouragement from the heart, helping us to move with more awareness and ease. Wayan serves not only as a yoga instructor but also as a spiritual guide during your stay.

Activities & Cultural Workshops

Each day offered optional enrichment: cooking demonstrations, herbal walks, Dosha tea workshops, (some herbs I had never heard of before and had come from India dried, the others were sourced locally and used either fresh or dried.) Talks on Balinese rice culture and life. Desy shared her own personal experiences growing up as a farmer's daughter, and the very detailed process of growth and harvest for the rice which includes several seasonal rituals and Balinese ceremonies during the rice process, which was fascinating and gave deeper context to the landscape in which I became increasingly immersed. She gave us an insight into a Balinese woman's role, to prepare ritual ceremonies, cook, and to respond to marital and village responsibilities, of

which there are many.

I was looking forward to the Kirtan as it had been years since I last joined one, and I really enjoy it as I love to sing. But with Kirtan it's not traditional singing, but involves chants, mantras and sacred celebratory song. You don't have to be a great singer to enjoy or participate. Pak Wayan was the Kirtan leader with euphonium and there was a man with a bongo. We were all given various instruments like bells and "seed shakers". We sang one round to Lord Ganesha – remover of obstacles, and an embodiment of wisdom and prosperity. Ganesh is my favorite of the Hindu Gods. He is the playful and yet powerful elephant, who rides on a rat, so that he may move swiftly, and carries in his hands two great axes to remove any obstacles that are in his way. A great archetype to summon into one's consciousness when you have plans you want to act on swiftly and seamlessly, I seek Ganesha's assistance and energy. Om Gam Gamepatyeh Namahe – Ganesha sharanam...

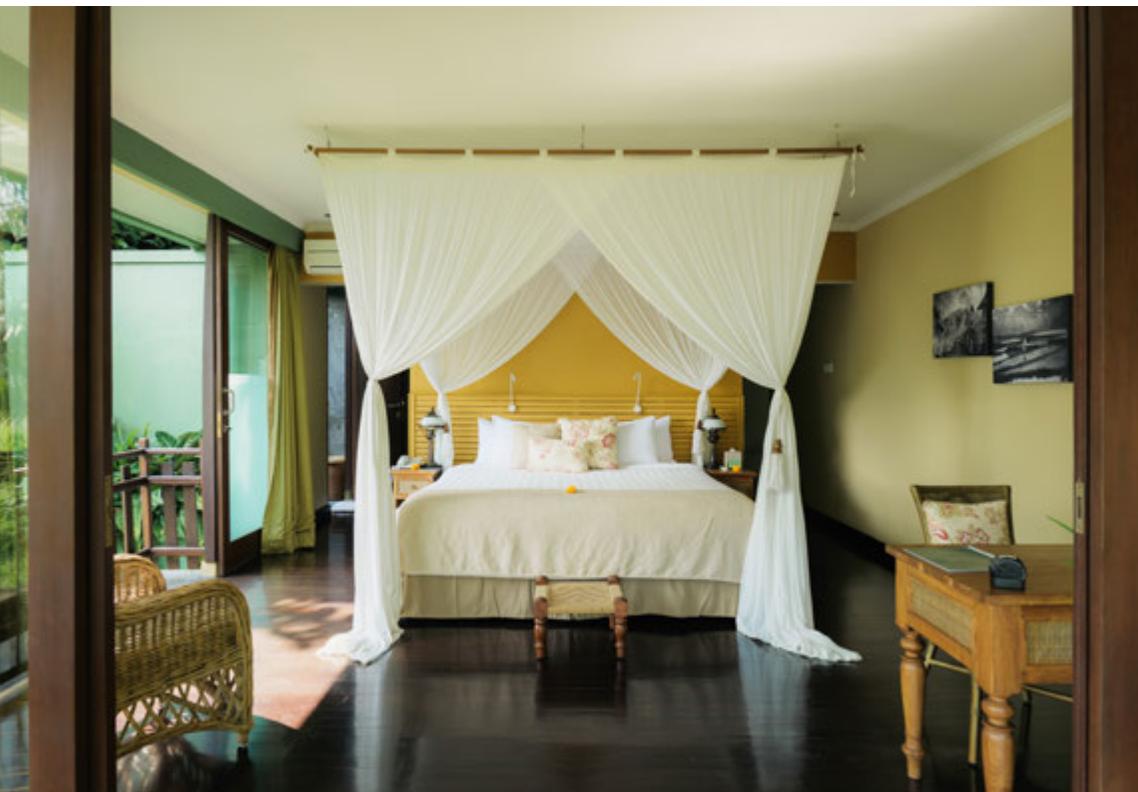
Treatments: The Heart of the Healing

Having long worked in spa training and wellness design, I can be a hard judge. But the treatments at Oneworld Ayurveda rank among the world's best. Every therapist is thoroughly trained, clinically precise, and deeply respectful of the sacredness of their work. Treatments are slow, methodical, and given with immense purpose.

Each session begins with a ceremonial foot cleanse, using lime and salt, followed by a prayer to Dhanvantari, the deity of Ayurveda. Dhanvantari, an incarnation of Vishnu, is said to have given Ayurveda to humanity. It's a short ritual, yet it sets a reverent tone for both the guest and the therapist.

Treatment Highlights Include:

Takra Dhara – Takra is buttermilk and Dhara means continuous stream. Medicated buttermilk is gently poured over the forehead, especially the third eye inviting a meditative stillness. Of course, I think of a Shirodhara treatment often offered in spa's but seldom authentic. (I mean that I find often the therapists are not trained fully in Ayurveda and Doshas, nor do they understand the nuance and energetic potency of this treatment. Ill prepared when they find their guest bursting





into tears or having an emotional response to the treatment.) Deeply relaxed post treatment I enjoyed a deep, restful sleep.

Abhyanga – is a medicated, four-handed, rhythmic oil massage, that induces deep relaxation and sleep, helps in detoxification, pacifies the Doshas imbalanced bio-energies and rejuvenates mind and body. Treatments follow a therapeutic arc, each day building on the last. In this case much firmer than I expected which I really enjoyed, even though parts of me were feeling the pain. Again, you may see this treatment on spa menu's, but I believe that in many cases the delivery is not an authentic Ayurvedic experience. You don't just feel pampered, you feel detoxed, balanced, and re-aligned.

Choorna Pinda Sveda, a powder bolus with fomentation. (I had to Google "fomentation" which I learned simply means "poultice".) Preparation begins in the herbal kitchen where therapists grind various Ayurvedic herbs such as fenugreek, turmeric, galangal, dried citrus peel, dipped in warm medicated herbal oil. During the treatment the two therapists dispense the warm poultices in rhythmic, synchronized strokes along my spine and limbs. The effect is both stimulating and deeply calming. As someone with diabetic neuropathy, the heat and herbal infusion provided great relief from tension I didn't know I was holding.

I also loved the herbal steam treatments and the copper bath soak with medicinal oils and leaves...deeply relaxing and restorative!

Meals: Food as Medicine

Meals at Oneworld Ayurveda are meditations in themselves. Curated by doctors and prepared by Ayurvedic chefs, the food is seasonal, local, and attuned to your Doshic profile. There is no caffeine, no sugar, and no processed ingredients. The dishes change daily, offering diverse textures, temperatures, and flavours to promote healing. All guests are given a small dose of herbal bitters before meals and whichever medicinal supplements have been prescribed by the doctors.

Guests can choose to dine in the communal pavilion or enjoy private meals in-room. This flexibility, balancing solitude and social space, reflects the care in every aspect of the experience.

My breakfasts included a delicious variety of fresh local vegetables cooked with turmeric and a little ghee. Yours may include warmed millet, or quinoa porridge with cardamom, stewed fruits, eggless Benedict or tofu glass noodles.

Lunches are the main meal and include nutritious vegetable broths and soups, lentil dishes such as dahl, quinoa, curries, chutneys and condiments.

Dinners are light and calming. Oddly, I never felt hungry after meals, or the need to snack between them.

The Last Supper

With wine glasses set on the table for dinner I joked with one of the lovely ladies who serves us, that I was looking forward to a glass of

wine...oh how exciting! She replied "yes it's chardonnay tonight...cumin chardonnay." It turns out to be the Indian curry herb cumin infused in warm water. So hilarious, I often find that my own jokes in Balinese are lost in translation, so I was so impressed by her humor and warmth!

It was lovely to reconnect with the guests tonight for dinner, as we all have our private time and opportunity to take meals in-room, especially during detox, so it's nice to return and catch up, compare notes and see how we are all doing. The shared dining tables provide a certain family energy and we can check what each other is given to eat... or not. In my case, no desserts or dried fruits. Conversation is a warm banter and it's not the first time we talk about a couple of television shows that almost feel slightly like a parallel line to what we are experiencing at Oneworld, in a small way, or at least we like to have a laugh over the idea...Nine Perfect Strangers, set in a wellness retreat, where guests are encouraged to micro dose on psilocybin led by Nicole Kidman as the Russian retreat leader, and The White Lotus, in its third series of luxury stays in exotic destinations, (Four Seasons Hotels were the film sites in Hawaii, Sicily, and Koh Samui, Thailand). As it is not a large group of guests, it's quite easy to get to know each other, sharing our experiences of wellness destinations, spa's, cooking, and beyond.

Recipe from Oneworld Ayurveda: Coconut Chutney

This condiment was so tasty, Oneworld Ayurveda allowed me to share the recipe... enjoy!

More recipes are in their cookbook, available online:

<https://oneworldayurveda.com/ayurvedic-recipe-book/>

COCONUT CHUTNEY (serves 2)

- 1 tbsp fresh lime juice
- 150g fresh grated coconut
- 10g sliced shallot
- 5g sliced ginger
- Salt and pepper to taste

Method

Boil a small pot of water and cook shallots until soft. Blend shallots with coconut, lime juice, ginger, and seasoning until smooth.

Community & Integration

Guests are encouraged to stay in contact with the doctors after departure. Full online consultations are available, ensuring support continues after you return home.

I found the transition from my usual routines to the structured Panchakarma schedule surprisingly easy. I did not once feel bored or especially needful of anything I would usually be accustomed to. I guess one thing is not watching TV shows or movies in the evening, which could be construed as a bad habit. But I am grateful for my book. The retreat has a very active daily schedule so that you are already quite occupied daily with treatments, yoga practice, meals, and other activities like walking in the rice fields and Ayurvedic lectures and workshops, however, you are allowed space and sufficient time for yourself.

An unexpected reward for me was simply to realize that I'm actually doing okay and to be reminded not to be too hard on oneself, and see the future positively. After all, we are our harshest critics are we not?

I can see that Panchakarma adds great value to those who take this retreat, especially those people in highly stressful, demanding professions, those who have serious health concerns, and also those like myself, who find themselves in a life transition. I have never felt comfortable with the term “antiaging”, but I am a great fan of “healthy aging.”

Key takeaways from my Panchakarma:

- Be more conscious of what foods I choose to buy and consume, and why
- Choose teas, herbs, and supplements that support my dosha
- Strive to become more motivated to wake up earlier and exercise regularly
- Be authentically kind to myself. This is not about lighting candles and taking a bath, but by making healthful, nurturing, nutritious decisions
- Embrace my age, (I turn 60 in December... shhhh! It's a secret!)
- Release things from my past that no longer serve me. This could be people, places, perceptions.

I am now back home and in my second week, Oneworld Ayurveda encourages each guest to continue with the regimen, as long as your retreat was, for example 7days + 7 more etc. I have lost 5kg. I am getting up at 6am in the morning and have returned to a daily beach



walk I am very lucky to be able to enjoy, living in Sanur, Bali.

I was advised not to eat pork, beef only once per month, no shellfish, no dairy, no white flour, no rice, no soda drinks, no alcohol, nothing cold, no fried foods, hardly any fruits, (carbs and fruits because of the sugar content,) and a recommended list of vegetables. I know this sounds extreme, but when you return home 5kg lighter and then I checked my blood glucose and it was normal, you can understand why one would take all this seriously. I have been medicated for Type 2 Diabetes for several years and even with the medications my blood glucose readings had been fairly high. Okay, I admit I had to negotiate with Dr. Ninnu a bit on this, and I am allowed to occasionally have a cheat day but must not overdo it. I've ditched my nightly negroni (an Italian cocktail), and am embracing all the tea selections I have at home and drinking them hot, as before I always had a jug in the refrigerator.

Reflecting on these wins, I wholeheartedly recommend Oneworld Ayurveda Panchakarma and I hope to have the strength and the motivation to keep this momentum going with this new found healthier lifestyle.

What Stayed With Me

By Day Seven, I had:

- Lost 5 kg without hunger
- Gained steady energy
- Slept deeply and without interruption
- Seen normal blood sugar for the first time in years
- Felt emotionally and mentally lighter
- Reconnected with my body, and its intuition

At a Glance...

- Founded in 2016 (Tegallalang), 2022 (Ubud)
 - Authentic Panchakarma is their specialty
 - Durations: 7–28 nights (Tegallalang), 7–21 nights (Ubud)
 - Located in Tegallalang and Ubud, Bali
 - 12 guest suites, all with balconies
 - 3,500+ guests have completed Panchakarma
 - Guest demographic: 79% Female, 21% Male (Mostly couples during my stay)
 - Core age group: 35–54
 - Adults only; guests over 80 not typically recommended
 - Property has stairs and is not ideal for those with mobility challenges
- For accessibility, I suggest the Ubud location – some rooms are close to the treatment centre.*

Final Reflections

I've visited many retreats and had extraordinary spa treatments, inspiring yoga and movement sessions, including memorable meals. But what Oneworld Ayurveda provides is a deep healing education, a profound reset of body and soul, that's led by true experts in a sanctuary crafted by nature.

For wellness professionals or anyone seeking sincere transformation, I can't recommend it highly enough. It's not just a retreat. It's a return.

There is a second retreat location, Oneworld Ayurveda Ubud, maintaining the same excellence as its sister centre in Tegallalang. Built in the jungle behind a Balinese palace, it offers guests an intimate sanctuary just minutes from Ubud's vibrant energy.



大阪华尔道夫酒店

全新启幕的大阪华尔道夫酒店居于城市核心区位，毗邻JR大阪站与繁华商圈。31层以上是酒店客房，巧妙融合古典装饰艺术与传统日式美学，可眺望城市灯光和大阪湾美景。这里的餐饮体验独具匠心，白天可一边享用下午茶，一边沉醉在历史悠久的Peacock Alley酒廊，或在充满活力的法式小酒馆Jolie Brasserie品尝重新设计的传统小酒馆美食。夜幕降临后，Tsukimi餐厅呈现日式寿司和铁板烧，或在爵士时代的声乐酒吧Canes & Tales，感受别样夜生活。酒店更配备室内花园、水疗中心、宴会厅、图书室等完善设施。

Waldorf Astoria Osaka

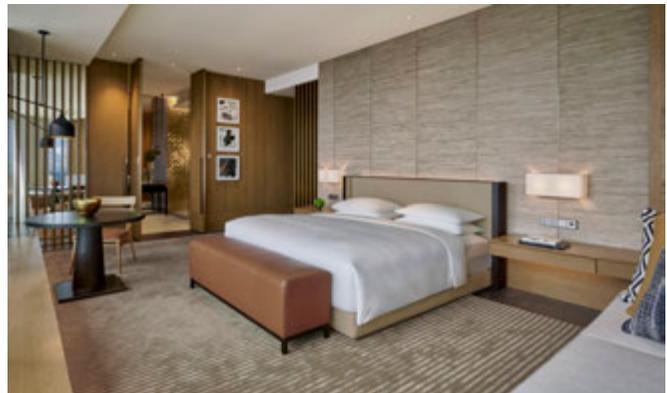
The newly unveiled Waldorf Astoria Osaka commands a prime urban location adjacent to JR Osaka Station and vibrant shopping districts. Situated on the 31st floor and above, its Art Deco-inspired guest rooms harmonize traditional Japanese aesthetics with panoramic views of the city lights and Osaka Bay. The dining experience here is unique and ingenious. By day, guests savor afternoon tea in the historic Peacock Alley elegant day-to-night lounge, or indulge in reimagined bistro dishes at the lively French brasserie, Jolie Brasserie; as night falls, Tsukimi presents masterful sushi and teppanyaki, while the Jazz Age speakeasy-inspired bar Canes & Tales offers a different nightlife. Completing the experience are interior gardens, The Waldorf Astoria Spa, a ballroom, and a library room.

吉隆坡柏悦酒店

位于亚太最高的摩天楼默迪卡118大楼的第75至114层，吉隆坡柏悦酒店室内设计的灵感取自马来传统甘榜的质朴之美。由手工艺师的细腻风格、国际艺术家创作的作品、沉浸式文化的导览行程，共同串联起一场从当代表达到经典传承的文化交汇。位于第99层的高空静养中心，设施完善，邀宾客在云中静享疗愈时刻。丰富多样的饮食文化餐饮，无论是喜爱顶级肉食、永续捕捞的海鲜、马来西亚传统风味的本地古早味，还是小点心、巧克力主题的酒吧，选择丰富。252间客房和套房的落地窗，将城市天际线的壮丽景致一览无余。

Park Hyatt Kuala Lumpur

Occupying floors 75 to 114 of Merdeka 118, the tallest skyscraper in Asia Pacific, Park Hyatt Kuala Lumpur has recently opened. The hotel's interior design draws inspiration from the vernacular beauty of the traditional Malay Kampung house, weaving together modern perspectives and timeless traditions through artisanal craftsmanship, works by international artists, and an immersive guided experience. The wellness at new heights on the 99th floor offers comprehensive facilities, inviting guests to indulge in rejuvenating moments above the clouds. Diverse culinary experiences are available, from premium meats, sustainable seafood, and Malaysia's lost recipes and a specialty bar dedicated to pastries and chocolate. All 252 guest rooms and suites feature floor-to-ceiling windows framing breathtaking views of the city skyline, offering lavish comfort.

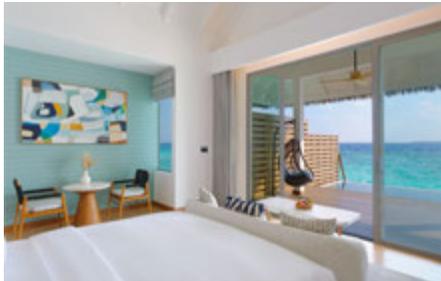


马尔代夫都喜D2度假酒店

马尔代夫都喜D2度假酒店与马累维拉纳国际机场仅快艇数分钟之遥，以大胆的现代风韵与高端生活格调，重新定义一价全包式海岛生活。酒店专为轻松享受而设计，将设计大胆、活力十足与温馨的泰式殷勤好客相融合。七种不同房型的宽敞别墅均采用室内外连通设计，并配有私人露台和沉浸式泳池。宾客可沉浸于“无界臻选·全包礼遇”，体验五大特色餐厅的零点美食、无限量供应的精选饮品，以及丰厚的每日酒店内消费额度。从日出到日落，精彩不间断——无论是在Namm水疗中心享受舒缓护理、参与海滨瑜伽、体验漂浮早餐、欣赏DJ现场表演、品味屋顶鸡尾酒，还是加入露天影院之夜。

DusitD2 Feydhoo Maldives

Just minutes by speedboat from Velana International Airport, DusitD2 Feydhoo Maldives redefines all-inclusive island living with a bold, modern spirit and a premium lifestyle twist. Designed for effortless enjoyment, the resort blends striking contemporary design with playful energy and warm Thai-inspired hospitality. Spacious villas across seven categories feature seamless indoor-outdoor living, private decks, and plunge pools. Guests can indulge in a Limitless Premium All-Inclusive experience that combines à la carte dining across five specialty restaurants, unlimited premium beverages, and generous daily resort credits for personalised indulgence. From sunrise to sunset, every moment celebrates connection and choice – whether it's a soothing treatment at Namm Spa, beachfront yoga, floating breakfasts, live DJs, rooftop cocktails, or open-air cinema nights.





新加坡滨海湾康莱德酒店

新加坡滨海湾康莱德酒店，植根于活力四射的滨海湾腹地、新加坡文化区心脏地带。酒店拥有512间奢华客房，以简单线条搭配现代娘惹风格图案的定制地毯，尽显含蓄东方美学与独特本地文化碰撞之美。大堂设计融入风水智慧，内部流动艺术空间内，公共区域、餐厅及客房内分布着3,400余件的原创艺术精品。金牡丹中餐厅诠释粤菜的传统与创新，奥斯卡则兼顾国际风味与本地特色。24K金箔天花板的大堂酒廊，日供手工糕点与茗茶，入夜后成为手工调酒与臻选葡萄酒的展示舞台。此外，1,285平方米活动空间可满足多样活动需求。

Conrad Singapore Marina Bay

Conrad Singapore Marina Bay is rooted in the dynamic heart of Marina Bay and Singapore's cultural district. The hotel boasts 512 luxurious guestrooms where clean lines meet custom carpets patterned with modern Peranakan motifs, quietly showcasing the fusion of Eastern aesthetics and distinctive local culture. Inside, a flowing art space displays more than 3,400 pieces of Asian contemporary art across public areas, restaurants and guestrooms. The lobby design incorporates feng shui principles. Golden Peony masterfully bridges tradition and innovation in Cantonese delicacies. Oscar's provides international cuisine and local specialties. The lobby lounge with a 24-carat gold leaf ceiling serves handcrafted pastries and teas by day, then transforms into a stage for craft cocktails and a curated selection of fine wines. Additionally, 1,285 square metres of event space can accommodate a wide variety of occasions.

芭提雅The Standard, Pattaya Na Jomtien度假酒店

曼谷向南一个多小时车程，在松林与碧海相接的纳中天海岸线，The Standard, Pattaya Na Jomtien度假酒店打造出泰国海岸线上的游乐天地。以雕塑般的建筑曲线、沉浸式绿意景观和161间充满设计巧思的客房与套房，重新定义泰式滨海旅居美学。The Standard品牌的首个海滩俱乐部Esmé，将墨西哥韵味与泰式风情巧妙交融，Sereia餐厅则提供源自春武里海鲜饮食传统的泰式海滨烧烤。宾客可在专属的屋顶社交水疗空间Mmhhmm俯瞰海景、在泳池畔啜饮鸡尾酒、在冲浪小屋感受充满加利福尼亚风情的自由气息、或循着宁静海岸线探索暹罗湾隐世离岛。

The Standard, Pattaya Na Jomtien

The Standard, Pattaya Na Jomtien is a paradise nestled along Na Jomtien's coastline where pine groves meet blue sea, just over an hour's drive south of Bangkok. With sculptural architectural curves, immersive greenery, and 161 thoughtfully designed rooms and suites, the hotel redefines Thai coastal living. Esmé, the Standard's very first beach club, artfully blends Mexican flavors with Thai-inspired ingredients, while Sereia serves seaside Thai seared meats inspired by Chonburi town's seafood traditions. Guests can unwind at the grown-ups' rooftop spa and social space, Mmhhmm, with panoramic sea views, sip cocktails poolside, embrace California-inspired freedom at the surf shack, or set out to explore the hidden islands of the Gulf of Siam along the serene shoreline.



敦煌敢曼万达文华酒店

敦煌敢曼万达文华酒店于6月正式开业，依偎在月牙泉畔，毗邻众多敦煌文化地标，为宾客开启丝路文化探索之旅。酒店69间客房以敦煌壁画的绚丽色彩与经典元素为灵感，将驼铃、飞天等丝路元素融入空间，营造出兼具艺术气息与大漠风情的静谧空间。房内悬挂的画作艺术品也皆取材自敦煌莫高窟的壁画，推窗即可尽览敦煌水色。四间餐厅及酒吧，呈现敦煌地道美饌与西北风味，从手工面食到特色驼峰肉。此外，酒店还设有冥想室与户外泳池，为宾客提供身心放松的休憩之所。

Wanda Vista Ganman Dunhuang

The Wanda Vista Ganman Dunhuang, which opened in June, is set beside the Crescent Spring, adjacent to iconic cultural landmarks, offering guests a gateway to Silk Road exploration. Its 69 guest rooms draw inspiration from Dunhuang frescoes' vibrant hues and motifs, incorporating caravan bells and flying apsaras into the design to create serene spaces blending artistic refinement with desert charm. The paintings and artistic works hanging in the room are all inspired by the murals of the Mogao Caves in Dunhuang. Guests can enjoy a full view of Dunhuang's waterscape simply through the window. Four restaurants and the bar showcase authentic local cuisine, from hand-pulled noodles to camel hump specialties. In addition, the hotel also features a meditation room and outdoor pool, providing guests with a place to relax both physically and mentally.

太古酒店推出 “居舍”品牌

太古酒店近日正式推出全球品牌“居舍”，将旗下备受赞誉的居舍系列酒店项目整合于同一品牌标识之下。这一重要举措标志着集团全球化拓展进入新阶段，同时宣布将于2030年在曼谷推出首个品牌住宅项目“居舍·府邸”，开启品牌发展新篇章。

此次品牌整合将现有位于香港、成都和上海的三家酒店，统一更名为“居舍”，而即将在深圳、西安、东京和曼谷开幕的新项目也将采用“居舍”名称，为品牌的国际化布局奠定坚实基础。

“居舍，远不止酒店”的品牌理念贯穿于每一个项目的设计与服务之中。从独具匠心的建筑与室内设计，到精心策划的餐饮及健康体验，每一家居舍都深刻融入当地文化精髓，为宾客提供真挚、随性且个性化的款待服务。品牌整合后的“居舍”名称，精准体现了其独树一帜的风格与对卓越品质的不懈追求。

此外，品牌版图的拓展不止于酒店领域。居舍宣布将于2030年在曼谷推出“居舍·府邸”住宅项目，这不仅是品牌首次进军东南亚市场，更标志着其正式拓展至住宅领域。这一战略举措响应了全球市场对奢华品牌住宅日益增长的需求，“居舍·府邸”将延续品牌卓越的服务理念，为追求高品质生活的业主提供非凡的设施、贴心的住客服务及专业的物业管理。

未来项目规划彰显了品牌的全球视野：深圳居舍(2027)由奥雷·舍事务所设计，坐落于深圳湾核心地带；西安居舍(2028)由坂茂和LAYAN联合设计，位于小雁塔历史文化片区；东京居舍(2029)由斯诺赫塔建筑事务所操刀，位于时尚的涩谷区域；而曼谷“居舍·府邸”(2030)将由Foster + Partners设计，选址于曼谷最尊贵的地段之一。这些项目的陆续亮相，将进一步完善居舍品牌的全球布局。



疗愈之境，愈见长生

2025年9月20-21日，上海居舍倾情呈现以“长寿与身心健康”为主题的“疗愈之境”为期两日沉浸式体验。继今年三月香港居舍“疗愈之境”活动圆满落幕后，居舍再度启程，聚焦延年益寿与身心平衡，精心构筑一系列康养项目与特色体验，引领宾客开启一场专注内在蜕变的宁静探索。

活动期间，宾客亲身体验了多元康体项目、大师课程与整体疗法，探寻身心和谐、延年之道及深度联结。除了上海居舍谧寻水疗现有合作品牌英特波INDIBA、茶灵CHALING、蒂伊伊DIBI、宝黎研萃BIOLOGIQUE RECHERCHE、Family Form、EMS及笙鸿Sheng Hong之外，本次活动居舍更邀请了三家首度亮相中国内地的康养伙伴：UP!health、Stone & Star与May Nogoy，共同拓展疗愈的边界。

May Nogoy以正念运动、古老传统与疗

愈共鸣为三大核心，助力参与者培养内在和谐与深度专注；UP!health凭借在正脊护理领域的专业积淀，聚焦骨骼健康，通过脊柱与骨盆的精准调理，改善体态、提升活跃度并缓解疼痛；Stone & Star则引领宾客步入水晶与宇宙的灵性世界，开启自我疗愈与内在赋能的宁静旅程。

居舍还特别设置了“Wellness on the Road”的专题对谈。该环节由FINN Partners斐朋传播中国区管理合伙人卢嘉敏女士主持，并邀请到上海精准功能医学研究院执行院长戴炯捷博士作为嘉宾，联袂呈现一场关于“情绪健康”的深度探讨与分享，为宾客提供宝贵的专业见解与实践指导。

通过这两日丰富而深入的沉浸式疗愈项目，宾客在专业引导下经历一场由内而外的身心焕活与平衡之旅，感受到整体疗愈的深层魅力。



House of Healing Where Wellness Meets Longevity

Upper House Shanghai presented “House of Healing,” a curated full-day retreat designed to rejuvenate and inspire. Following the successful launch of this immersive experience at Upper House Hong Kong in March, the Shanghai edition on September 20 and 21, 2025, showcased their most distinguished wellness residencies and programming, offering guests a transformative journey dedicated to renewal and vitality.

Throughout the event, guests engaged in an exclusive lineup of expert-led sessions, holistic therapies, and personalised wellness experiences – each designed to foster mind-body harmony, longevity, and profound self-connection. In addition to Mi Xun Spa’s current collabora-

tors including INDIBA, CHA LING, DIBI, BIOLOGIQUE RECHERCHE, FAMILY FORM, EMS, and SHENG HONG, this event introduced three exceptional wellness practitioners and partners making their mainland China debut: UP!health, Stone & Star and May Nogoy!

May Nogoy offers holistic pillars of mindful movement, ancient tradition, and healing resonance to cultivate inner harmony and presence. UP!health brings its expertise in chiropractic care, focusing on skeletal health, in particular that of the spine and pelvis, to improve posture, increase mobility, alleviate pain, correct misalignments, and support optimal body function. Stone & Star shares the beauty and wonders of crystals and the cosmos and how they

can become allies in our own journey of healing, self-empowerment, and living our lives full of joy and peace.

A highlight of the program was the “Wellness on the Road” panel talk, moderated by Ms. Jenny Lo, Managing Partner at FINN Partners, and featuring Dr. Dai Jiongjie, Executive Director of Shanghai Precision Functional Medicine Institute. Together, they led an insightful discussion on the topic of “Emotional Wellness”, offering expert perspectives and practical guidance.

Through two days of immersive wellness programmes, guests embarked on a deeply restorative journey, rebalancing the body, calming the mind, and feeling a sense of revitalisation and balance from within.

甲米悦榕庄“侏罗纪探险家”家庭套餐

Banyan Tree Krabi Introduces “Jurassic Explorer” Family Package



甲米壮丽的石灰岩峭壁与葱郁景致再度登上银幕，成为2025年7月2日全球上映的《侏罗纪世界：重生》的主要取景地。这片原始环境的形成可追溯至九千万年前，历经大陆碰撞与石灰岩峭壁，造就了今日雄伟的喀斯特石塔与悬崖。

为庆祝这部热门电影的上映，甲米悦榕庄推出全新的“侏罗纪探险家”家庭友好套餐，带客人追寻电影制作中的“恐龙尺寸”足迹，探访那些拍摄了震撼场景的取景地。套餐内容精心设计，包含：

- 一杯《侏罗纪世界：重生》主题欢迎饮品与小食
- 乘长尾船探访宏岛及周边岛屿的半日航海之旅
- 探索3小时克隆鲁特，即清水运河的自然奇观
- 一本编撰的取景地探索指南
- 甲米悦榕Spa的60分钟特色按摩
- 曼谷河滨码头夜市“侏罗纪世界体验展”特惠门票

克隆鲁特游览将带客人探索电影高潮场景中的河流与水道与紧张逃亡，而独立探索的客人可根据悦榕庄的指南前往距度假村30分钟车程的克隆鲁特、40分钟船程的帕南海滩，以及60分钟车程的怀图瀑布等取景地。

为呼应主演斯嘉丽·约翰逊对泰国文化的热爱，度假村推出“侏罗纪辣味沙拉——明星同款的狂野一口”，复刻她最爱的鸡肉沙拉。厨房还创新孵化出“化石蛋”——香肠肉包裹水煮蛋油炸而成的新菜品。

此外，海滨Kredkaew酒吧同步推出两款特调：“迅猛龙森林”融合蜜瓜利口酒、查隆湾朗姆酒与热带果汁的酸甜混合饮品；“暴走霸王龙”则以金巴利为基酒打造。在辛苦追踪恐龙一天后，宾客可以享受“静谧重生”护理，包括一小时的全身按摩和30分钟的奢华活力焕浴，缓解追踪恐龙的疲惫。

“侏罗纪探险家”套餐有效期：即日起至2025年12月21日，需至少连续入住甲米悦榕庄三晚。

垂询与预订请访问：<https://www.banyantree.com/thailand/krabi/offers/jurassic-explorer>。



Krabi's majestic limestone cliffs and lush landscapes have returned to the silver screen, serving as the primary film location for Jurassic World Rebirth, released globally on July 2, 2025. These pristine environments date back 90 million years. They were shaped by continental collisions, which uplifted the limestone to form the dramatic karst towers and cliffs we see today.

To celebrate the film's release, Banyan Tree Krabi has launched a new family-friendly “Jurassic Explorer” package, inviting guests to follow in the dinosaur-sized footsteps of the film's production and visit the spectacular locations where key scenes were shot. The carefully curated package includes:

- A Jurassic World Rebirth-themed welcome drink and snack
- A half-day marine excursion to Hong Island and neighboring islands by local longtail boat
- A 3-hour tour to discover the natural wonder of Klong Root (Clear Water Canal)

- A guidebook to explore the picturesque locations where Jurassic World Rebirth was filmed
- A 60-minute massage treatment at Banyan Tree Spa Krabi
- Special price on tickets for two persons to the Jurassic World Experience at Asiatique The Riverfront, Bangkok

The Klong Root tour takes guests through the rivers and waterways featured in the film's climactic escape scenes. Those preferring to explore independently can use the resort's guidebook to visit locations like Klong Root (30 minutes by car from the resort), Phra Nang Cave Beach (40 minutes by boat), and Huay To Waterfall (60 minutes by car).

In a nod to lead actress Scarlett Johansson's love for Thai culture, the resort has introduced “Jurassic Laab – A Star's Wild Bite,” recreating her favorite laab gai. The kitchen has also hatched another new dish, a “Fossil Egg” – hard-boiled eggs wrapped in sausage meat, coated in breadcrumbs, and deep-fried.

Additionally, the mixologists at the hotel's beachfront Kredkaew Bar have also shaken up some new concoctions: “The Raptor Forest,” a sweet-and-sour blend of Midori liqueur, Chalong Bay rum, and tropical juices, and “T-Rex Rampage,” crafted with Campari as the base. After a hard day of dinosaur tracking, guests can unwind with a Rebirth in Tranquility treatment, which involves an hour's full body massage followed by a luxurious 30-minute rejuvenating bath to ease fatigue.

The Jurassic Explorer package is available from now until 21 December, 2025, with a minimum three-night stay at Banyan Tree Krabi.

For inquiries and reservations, please visit: <https://www.banyantree.com/thailand/krabi/offers/jurassic-explorer>.

安全，宁静，触动灵魂
不丹精神圣地专为独行女性打造的隐逸之所
Safe, Serene, and Soulful
Bhutan Spirit Sanctuary Welcomes Solo Female Travellers

在不丹这片喜马拉雅山脉环抱的净土上，一个专为独行女性打造的灵性疗愈天堂正悄然绽放。不丹精神疗愈圣地，这座隐于帕罗山谷深处的五星级康养圣殿，以其独特的静谧气质吸引着寻求心灵蜕变的现代女性。这里没有喧嚣的游客，只有被松林与经幡环绕的宁静空间，每一处细节都诉说着对生命本真的尊重。

踏入这片圣地，时间仿佛放缓了脚步。每位宾客都将获得传统不丹医师的私人问诊，以及每日量身定制的疗愈护理。从唤醒身心的晨间冥想，到融合草药精华的热石疗法；从向导引领的徒步到山顶的修道院，到落地窗前与自我对话的书写时光，每一刻都是与内在自我的温柔相遇。最令人心动的是，所有特色疗法——无论是舒缓筋骨的深层按摩，还是排毒养颜的草药热敷，都可随心畅享。

除疗愈体验外，味蕾的觉醒同样是一场修行，且全包含于入住礼遇中。主厨以四季时令为经，以宾客需求为纬，将有机食材化作充满灵性的滋养美馔。在群山环抱的餐厅里，每一口都是大地最纯净的馈赠。这种全包式的体验，让独行女性无需为琐事分心，只需全然沉浸在当下的觉知中。

不丹之所以成为女性独游的理想国度，不仅因其壮丽的自然风光，更因其独特的文化基因。“国民幸福总值”的理念下，慢生活不是选择而是本能。在这里，独行不是特立独行，而是被温柔接纳的生命状态。村庄里孩童纯真的笑容，寺院中僧人慈悲的目光，甚至是山路转角偶遇的当地妇人，都会以最本真的方式与你相遇。

安全，这个女性独游最关心的话题，在这里从来不是负担。不丹人对女性的尊重刻在文化骨子里，从不会让独行女性感到丝毫不安。你可以放心地在晨雾中漫步森林，在夕阳下静坐冥想，或是随心所欲地探索每一条山径。在不丹精神疗愈圣地，那份恰到好处的关怀如同空气般自然存在——既给予充分自由，又随时准备温暖相迎。

这或许就是现代女性最渴望的独行体验：不必解释为何独自前来，不必担心异样眼光，只需专注于内心的声音。在不丹的星空下，在疗愈圣地的晨钟暮鼓中，每位女性都能找到那个最真实、最自由的自己。当旅程结束时，带走的不仅是不丹纯净的空气，更是一颗被温柔唤醒的心。

如欲了解更多信息，详情可访问<https://bhutanspiritsanctuary.com/>。



Nestled in the sacred embrace of the heart of Himalayan kingdom, Bhutan now unveils a sanctuary crafted exclusively for women traveling alone – a haven where spiritual awakening and holistic healing intertwine. Tucked deep within the Neyphu Valley above Paro, Bhutan Spirit Sanctuary, a five-star wellness sanctuary, calls to modern women seeking profound inner transformation. Here, no crowds disturb the peace; only whispering pines and prayer flags adorn the silence, each detail honoring the essence of life itself.

Time seems to soften within these grounds. Each guest receives personalized care – from a private consultation with a traditional Bhutanese medicine doctor to daily tailored wellness therapies. Mornings may begin with meditation to awaken the body and mind, followed by traditional hot stone baths, guided hikes to hilltop monasteries, or quiet journaling by floor-to-ceiling windows – each moment a gentle reunion with one's inner self. Best of all, every signature treatment – whether a deep-tissue massage to ease tension or a herbal compress treatment – is included in an all-inclusive journey of self-care.

In addition to wellness, the culinary experience here is also a finishing touch and fully inclusive in the stay. The chef weaves organic, locally sourced and seasonal ingredients into soul-nourishing dishes, thoughtfully designed around each guest's needs. Dining amid encir-

cling mountains, every bite becomes a meditation on purity and connection. With everything seamlessly arranged, solo travelers are free to immerse fully in the present – mind, body, and spirit.

Bhutan stands as an ideal destination for women traveling alone not only for its majestic landscapes but also for its deeply rooted culture. The country's philosophy of Gross National Happiness makes slow living not a trend, but a way of life. Here, solitude is not peculiar but sacred. A child's smile in a village, a monk's compassionate gaze, or a chance encounter with a local woman on a mountain trail – each moment reflects the country's gentle soul.

Safety, so often a concern for women traveling solo, is naturally woven into the fabric of Bhutanese society. You are simply welcomed – as you are. The local culture emphasises respect, and interactions with locals are warm, yet never invasive. Female travelers can wander forest paths at dawn, meditate by a riverside at dusk, or explore mountain trails with ease and confidence. At the Bhutan Spirit Sanctuary, thoughtful care is as natural as the air – offering freedom without isolation, presence without intrusion.

This is the solo female traveler's longing: a space where she need not explain why she travels alone, nor meet questioning looks – only listen, deeply, to her own heart. Women can explore freely, with peace of mind and a sense of inner freedom. Under Bhutan's starlit skies, amid the sanctuary's rhythmic days, every woman may rediscover her truest, freest self. And when the journey closes, she carries home not only the memory of pristine mountain air but a soul gently reawakened.

For more information, please visit www.bhutanspiritsanctuary.com.

平衡的艺术：暂停不再是奢侈，而是必要之举

在这永动不休的世界中，暂停片刻又能怎样？生活的压力如影随形，渐渐成为生活的常态，悄无声息地潜入我们的意识底层，侵蚀着身心的健康。此时，刻意按下暂停键，让神经系统重新校准，便成了恢复平衡的关键一步。

暂停，并非是消极的逃避，而是积极的自我修复。当外界的喧嚣沉寂，我们的身体会开启自我调节模式。皮质醇水平下降，睡眠逐渐深沉，思绪也变得清晰起来。身体会重归本真状态，那种温柔律动无需刻意追求，只要给予喘息之隙，身体觉知便会自然苏醒。

然而，现实中，我们对暂停的需求愈发迫切。“职业倦怠”已从流行语演变为全球常态，其带来的情感代价和身体透支令人触目惊心。精力枯竭、情感疏离、内驱力流失，睡眠失调、脑雾弥漫、焦虑缠身，乃至疾病丛生，这些都是过载状态下的警示信号。

幸运的是，康养理念正超越潮流桎梏，升维为一种深刻、可持续的生活形态。人们开始觉醒，渴求实现生命全系统重置，不止于身体，更涵盖神经系统、心灵与自我。这种觉醒催生了

对沉思空间与慢哲学生态的追寻，深潜静默、栖身自然、修习呼吸法门、安然独处……人们以各种方式摆脱喧嚣，重新与内心深处的价值观和信仰建立联系。

在马来西亚东海岸的月之影度假村Sucimurni静修中心，便是这样一处避世之所。这里的日子节奏舒缓，重心在于回归本真的存在状态。在教学植根于正念与具身认知的瑜伽导师Sandra Woo的引领下，静修营以传统智慧为根基，通过肢体律动、心灵沉静与自在玩乐，打造深度内观的涵容之境。参与者通过呼吸吐纳、肢体律动与静默沉思，探索自身内在节律，重新邂逅健康的本质真义。

在这场修行中，没有竭力强求，而是关乎柔软。它是一场至简至纯的邀约：暂停，倾听，记住尘嚣下的自我。

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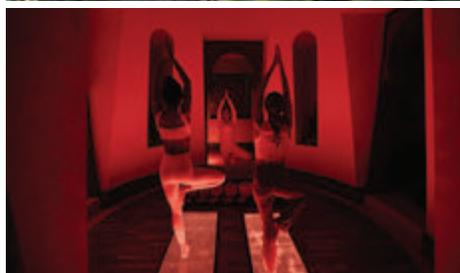
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迪拜卓美亚古堡酒店Talis Spa推出全新红光疗法系列体验



迪拜卓美亚古堡酒店Talis Spa推出一系列红光疗法体验，以科学为依据设计护理项目，通过红光瑜伽、红光舱、LED面部光疗及红光修复四大项目，将尖端科学与宁静环境相结合，重新定义精准康体领域的范畴

红光疗法既能温和修复，又能舒缓镇痛，更带来以科学为基础的护肤效果，适合不同需求的广泛人群。经临床验证，红光与近红外光疗法能深入皮肤组织，刺激细胞再生，具有促进胶原蛋白生成、改善血液循环、减轻炎症等多重功效。Talis Spa将这一科技融入其“卓越表现、意念之力、全效赋能”三大品牌支柱，为宾客提供目标明确、效果可感的康养体验：

红光瑜伽

9月推出的红光瑜伽课程，是迪拜首创，需在医疗级红光垫上练习。通过光线渗透组织，增强身体柔韧性并镇静神经系统。课程提供团体、一对一及双人私教三种模式，适合不同水平的练习者。还将在凉爽季节推出户外日落课程。

红光舱

11月推出的红光舱全身红光疗法，能够刺激细胞再生，有效减轻肌肉疲劳，同时改善皮肤的整体肤色和肌肤弹性，成为运动训练后帮助身体恢复和整体焕活的理想之选。

LED面部光疗

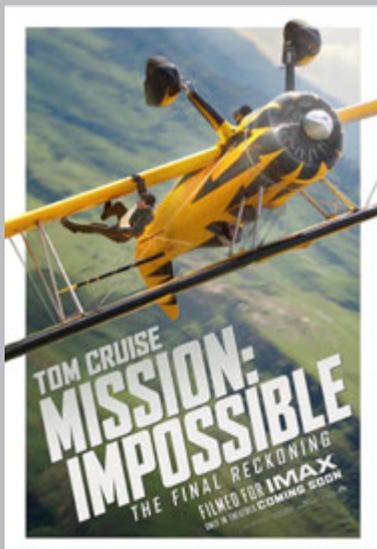
LED面部光疗采用专业光疗面罩，针对细纹、深纹、痤疮和暗沉等肌肤问题，通过促进胶原蛋白生成与血液循环，使肌肤更明亮、更紧致、更有光泽。这项护理可以附加到Talis Spa的任何身体护理中。

红光修复

这是一种多功能的附加护理，采用先进的柔性LED技术。可根据需求应用于身体的任何部位，包括全脸、胸背部、膝盖和其他区域。提供祛痘、淡纹和止痛三种设置，满足客人的个性化护理需求，实现细胞层面的精准修复、恢复、焕活。

如欲了解或预定Talis Spa红光疗法，请致电+971 4 366 6818，或发送电子邮件至 mjtalise@jumeirah.com。

SPACHINA MOVIE



碟中谍8：最终清算
MISSION: IMPOSSIBLE -
THE FINAL RECKONING

碟中谍8：最终清算是《碟中谍》系列的第八部。超级人工智能“智体”即将引爆全球核弹危机，把世界推向毁灭边缘。而伊森·亨特（汤姆·克鲁斯饰）和他的IMF小队在上次行动中遭遇重创，团队濒临解散。虽然伊森已获得关闭“智体”的钥匙，但面对全知全能又无影无形的“智体”，与其手下盖布瑞尔（埃塞·莫拉雷斯饰）的围追堵截，伊森·亨特必须重整IMF小队，一起齐心协力突破困难，最终完成了拯救全人类的终极任务。每个抉择都关乎信念与命运，而一次次紧张的追逐、战斗都展现了永不放弃的精神。

Mission: Impossible - The Final Reckoning marks the eighth installment in the Mission: Impossible franchise. A super AI known as “The Entity” is on the verge of triggering a global nuclear crisis, pushing the world to the brink of destruction. Ethan Hunt (Tom Cruise) and his IMF team, still reeling from heavy losses in their last mission, now face disbandment. Though Ethan has obtained the key to deactivate “The Entity,” he must reassemble the IMF team to overcome the omniscient, invisible AI and its enforcer Gabriel (Esai Morales) in a relentless pursuit. Together, they push through impossible odds to ultimately accomplish humanity’s final salvation. Every choice weighs faith against fate, while each high-stakes chase and battle demonstrates their unyielding resolve.

SPACHINA BOOK REVIEW

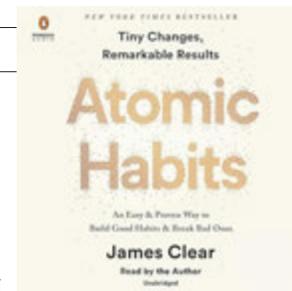
掌控习惯：如何养成好习惯并戒除坏习惯

ATOMIC HABITS: AN EASY & PROVEN WAY TO BUILD
GOOD HABITS & BREAK BAD ONES

无论你的目标是什么，该书都提供了一个每天行之有效的框架。世界习惯养成专家James Clear揭示了实用策略，教你如何养成好习惯、戒除坏习惯，并掌握那些能带来显著成效的微小行为。坏习惯难以改变的关键不在于你，而在于个人的行为系统出了问题。Clear擅长将复杂话题转化为简单易行的行为，适用于日常生活和工作，结合生物学、心理学和神经科学中最可靠的观点，打造了一份易于理解的指南，让好习惯自然养成，坏习惯自动消失。Clear通过奥运金牌得主、获奖艺术家、商界领袖、医生和明星喜剧演员的真实故事，生动展现了不同情境下的应用效果。

No matter your goals, this book provides a proven framework for improving – every day. James Clear, a world-leading expert on habit formation, reveals practical strategies to teach you how to build good habits, break bad ones, and master the small behaviors that yield remarkable results. The key to changing bad habits lies not in you, but in fixing flawed personal systems. Clear excels at distilling complex topics into simple behaviors for daily life and work, synthesizing the most evidence-based insights from biology, psychology, and neuroscience into an accessible guide – making good habits inevitable and bad habits impossible. Through real-world examples featuring Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians, Clear vividly demonstrates these principles across diverse contexts.

Purchase via www.amazon.com Price:US\$13



SPACHINA CD REVIEWS



INDIANA SKIES

BY EMMALINE

Emmaline是近年来涌现的众多优秀女性爵士歌手之一，有着极为旺盛的创作力。虽然没有以传统“专辑”形式发行歌曲，因为这一概念在淡化，但她以更符合当下乐迷收听的习惯发行了歌曲。今年已发布多支单曲及2张EP（含3-4首曲目的合集）。她的音乐兼具流行质感与爵士内核，最新单曲《Quite Like Me》灵动且有趣。

Emmaline is one of many great female jazz singers who have emerged recently, and she is really prolific, putting out lots of good tunes, but not collected into “albums”, a concept which is indeed fading. She has issued several singles and a couple of EPs (collections of 3 or 4 tracks) just this year, so if you’re interested you’ll find plenty to listen to. She has a great poppy feel, although the jazz feel dominates. Her latest song, Quite Like Me, is very good, and funny too.



I FORGIVE YOU

BY CYNTHIA ERIVO

又一位实力派！Cynthia Erivo拥有尼日利亚血统、伦敦出生，和近乎戏剧张力的嗓音。这并不意外，因为她既能举办震撼人心的演唱会，又能在百老汇音乐剧上大放光彩。她的音乐制作华丽精致，丰富的和声编排不难看出Jacob Collier对她的影响。这位实力派创作人最新专辑中的所有曲目，皆由本人创作，有着全能的才华。

And here is another one! Cynthia is Nigerian by background but born in London. She has a big voice, almost theatrical, which is not surprising as she does Broadway shows as well as concerts. Her music is pop in feel, and lush and beautiful in production. There are a lot of harmonies in her recordings, which suggests she has been listening to Jacob Collier. But she is an original and a powerful personality as well as a superb singer, and also composer. All the songs on her latest album were written by her. She’s good.



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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 6688 1234*4251
www.hyatt.com

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号上海外滩香格里拉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.shuoniland.com

TRIA SPA at MGM SHANGHAI WEST BUND
上海西岸美高梅酒店禅瀑水疗中心
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

HAI SHANG JUN LAN
海上君岚
3F Greenland Beifun, NO.99 Jiangbin Road, Huangpu District, Shanghai
上海市黄浦区江滨路99号绿地缤纷城3楼(近打浦路)
T: 400 8065 999

Grand Kempinski Hotel Shanghai The Spa
上海凯宾斯基大酒店水疗中心
1288 Lujiazui Ring Road Pudong, Shanghai
上海浦东陆家嘴环路1288号
T: 021 3867 8014

AYURVEDA SPA
阿育吠陀Spa
No.7 Linhong Road, Changning, Shanghai
The Anandi Hotel & Spa Shanghai
上海市长宁区临虹路7号
上海阿纳迪酒店
T: 021 2227 9876

The SPA by 小室/PetiteHouse
1) 3rd Floor, No. 159 Madang Road, Huangpu District, Shanghai
上海黄浦区马当路159号3楼
T: 191 1640 9810
2) No. 101, Building 1, Lane 105, Taiyuan Road, Xuhui District, Shanghai
上海徐汇区太原路105弄1号101
T: 195 2146 8182

The Spa at Mandarin Oriental Pudong, Shanghai
上海浦东文华东方酒店水疗中心
111 Pudong Road (S) Pudong, Shanghai
上海浦东新区浦东南路111号
T: 021 2082 9868

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

i spa
泰美好
1) Foulou 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
北京市朝阳区西土城路1号院1号楼泰富酒店B1(蓟门桥北)
T: 010 5329 9991

Iridium Spa at The St. Regis Beijing
北京瑞吉酒店臻瑞水疗
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

Siyanni 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
百盛大厦写字楼9103A
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

Sunrise Kempinski Hotel, Kempinski The Spa, Beijing&Yanqi Island
北京日出东方凯宾斯基酒店&雁栖湖酒店水疗中心
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
颐和安缦水疗
1 Gongmenqian Street, Summer Palace, Haidian, Beijing
北京市海淀区颐和园宫门前街1号
T: 010 5987 9999
www.aman.com

Tian Spa at Park Hyatt Beijing
北京柏悦酒店天池水疗中心
59/F Park Hyatt Beijing, 2 Jianguomenwai Street, Beijing
北京市朝阳区建国门外大街2号北京柏悦酒店59层
T: 010 8567 1157
www.hyatt.com

The Spa at Bvlgari Hotel Beijing
北京宝格丽酒店水疗中心
Building 2, Yard 8 Xinyuan South Road, Beijing
北京市朝阳区新源南路8号院2号楼
T: 010 8555 8555
www.bulgarihotels.com

The Spa at Four Seasons Hotel Beijing
北京四季酒店水疗中心
48 Liangmaqiao Road, Chaoyang, Beijing
北京市朝阳区亮马桥路48号
T: 010 5695 8888
www.fourseasons.com

UR SPA at The PuXuan Hotel and Spa
北京璞瑄酒店水疗
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
综合水疗
MAHA Club & Residences, 8 Xiao Yun Road, Chaoyang District, Beijing
北京市朝阳区霄云路8号, 综合北京俱乐部及行政公寓
T: 010 52259877

LAINMONT SPA
LAINMONT莱曼精准抗衰SPA
8B, Block A, Jinyuan Business Center, Haidian District, Beijing
北京海淀金源商务中心A座8B
T: 13167383238

DONGTIAN SKINCARE
(China World Branch)
东田美肤中心(国贸店)
3L208, North Zone, China World Center, No.1, Jianguomenwai Avenue, Chaoyang District, Beijing
北京市朝阳区建国门外大街1号院国贸商城北区3L208辅位
T: 010 6505 9163

The Spa at Mandarin Oriental Wangfujing, Beijing
北京王府井文华东方水疗中心
269 Wangfujing, Dongcheng District, Beijing
北京市东城区王府井大街269号
T: 010 8509 8872

The Spa at Mandarin Oriental Qianmen Beijing
北京前门文华东方水疗中心
No.1 Caochang Alley 10, Dongcheng District, Beijing
中国北京市东城区草厂十条1号
T: 010 8592 8872

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
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冼村路26号
T: +86 20 6628 6628
www.starwoodhotels.com/whotels

Angsana Spa, The Garden Hotel Guangzhou
广州花园酒店 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

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

SL312, The MixC World, Shennan Avenue, Shenzhen, Guangdong
广东省深圳市深南大道万象天地SL312
T: 0755 8668 7988
4) Yitianjiari Branch
益田假日店
Shop L2-58, Yitian Holiday Plaza, Nanshan, Shenzhen
深圳市南山区益田假日广场L2-58号
T: 0755 86951995
http://www.aevumspa.cn

Asaya Active, Rosewood Guangzhou
广州瑰丽酒店
Guangzhou Zhoudafu Financial Center, No.6, Zhujiangdong Road, Tianhe, Guangzhou
广州市天河区珠江东路6号广州周大福金融中心
T: 020 8852 8888

CHUAN SPA at The Langham, Shenzhen
深圳朗廷酒店「川」水疗中心
7888 Shennan Boulevard, Futian District, Shenzhen
深圳市福田区深南大道7888号(农轩路与香林路交叉口)
T: 0755 8828 9888
http://shenzhen.langhamhotels.com

Chuan Spa at Langham Place, Guangzhou
广州南丰朗豪酒店「川」水疗
638 Xingang Road East, Haizhu District, Guangzhou, Guangdong, China
广东省广州市海珠区新港东路638号
T: +86 20 8916 3388*3538
www.guangzhou.langhamplacehotels.com.cn

Devarana Spa at Dusit Devarana Hot Spring Hotel Conghua
广州从化都喜泰丽温泉度假酒店 泰丽水疗
352 Yuquan Avenue, Liangkou Town, Conghua, Guangzhou, Guangdong, China
广东省广州市从化良口镇御泉大道352号
T: +86 20 3798 8888*6630
www.dusit.com

FINEFULL SPA at Shenzhen Marriott Hotel Golden Bay
深圳佳兆业万豪酒店臻森水疗
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

斯汀天梦水疗
T: 0755 8634 8860
www.westin.com/shenzhen

Hua SPA/花水疗
69 Floor, Four Seasons Hotel
Guangzhou, 5 Zhujiang West
Road, Pearl River New City,
Tianhe District, Guangzhou
广州市天河区珠江新城珠江西
路5号广州四季酒店69层
T: 020 8883 3000

**Iridium Spa at
The St. Regis Shenzhen**
深圳瑞吉酒店钛瑞水疗
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
广州天河区二环路19号宏发大
厦2层
T: 020 8362 9234

**O Spa at Grand Hyatt
Guangzhou**
**广州富力君悦大酒店
[清]水疗中心**
24/F Grand Hyatt Guangzhou,
12 Zhujiang West Road,
Pearl River New City, Tianhe,
Guangzhou, Guangdong, China
广东省广州市天河区珠江新城
珠江西路12号广州富力君悦大
酒店24层
T: +86 20 8396 1234 ext.3520
www.guangzhou.grand.hyatt.com

Royal Spa
熙SPA
No.221 Xingmin Road,
Zhujiang New Town, Tianhe,
Guangzhou
广州市天河区珠江新城兴民
路221号
T: 020 3889 4742

Raffles Spa Shenzhen
深圳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

Siyanli
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
万科金色家园一期二楼
T: 0755 8319 3072
2) 太古店 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
宾馆二楼
T: 0755 2390 7922
www.siyanni.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

VELESPA
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 Hengqin**
珠海横琴悦禧酒店悦禧SPA
No 288 Chonglou Road,
Guangdong Macao in Depth,
Cooperation Zone in Hengqin,
Zhuhai
珠海横琴粤澳深度合作区重楼
路288号
T: 0756 288 9889

**The St.Regis Spa, The St.
Regis Shenzhen Bao'an**
**深圳前海华侨城瑞吉酒店瑞吉
水疗中心**
1088 Xingye Road, Bao'an
District, Shenzhen, Guangdong
中国广东省深圳市宝安区兴业
路1088号
T: 0755 2332 2222

an+spa
安屿
1) The Mixc Foodie Gallery
Branch
深圳万象食家店
No. 5 Baogang Road,
Sungang, Luohu District,
Shenzhen
深圳市罗湖区笋岗山岗路5号
T: 18924590372
2) Zhuoyue Centre Branch
深圳卓悦中心店
No. 107, B Level, West Zone,
Zhuyue Centre, Futian
District, Shenzhen
卓悦中心西区B层107号
T: 13715366936
3) Anaya, Qinhuangdao
Branch
秦皇岛阿那亚店
2nd Floor, NOA RESORT,
Area 10, Anaya, Qinhuangdao
秦皇岛阿那亚10区NOA
RESORT酒店2楼
T: 13171728995
4) Shenye Shangcheng
深业上城店
LC428, Loft-C Area, Shenye
Shangcheng, No. 5001
Huanggang Road, Futian
District, Shenzhen
深圳市福田区皇岗路5001号深
业上城Loft-C区LC428号

T: 15012881482
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 Qionshan 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
钛瑞水疗**
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SPA生活美学
26B, Chunjing Villa, Poly
Central Coast, Xiuying District,
Haikou City, Hainan
海南省海口市秀英区保利中央
海岸淳境别墅26B
T: 0898 6627 8888

**SOLIS SPA, Kimpton Aqeous
Hainan**
**海南清水湾金普顿酒店洋
水疗**
3 Haisi Road, Clear Water
Bay Avenue Yingzhou
Town, Lingshui, Hainan
海南陵水黎族自治县英州镇清
水湾大道海丝路3号
T: 0898 3832 0888

Spa 水疗 · 江苏
DI SPA
朵迪 SPA健康管理中心
No.24, area a, canal park,
Fuxiu Road, Liangxi, Wuxi
无锡梁溪区扶秀路运河公园
A区24号
T: 0510 8241 3885

**Dusit Wellness at Dusit Thani
Wellness Resort Suzhou**
**苏州新区都喜天丽养生度假酒
店泰悦雅颂**
88 Shushan Road, Tong'an
Town, Suzhou National
Hi-Tech District, Jiangsu
中国江苏省苏州市高新区通安
镇树山路88号
T: 0512 6269 8888

M-SPA
沐心宸舍
1) 8F Hilton Suzhou, 275
East Suzhou Avenue, Suzhou
Industrial Park, Jiangsu
江苏省苏州市吴中区工业园区
苏州大道东275号苏州希尔顿
酒店8楼水疗中心
T: 0512 6292 0068*6330
2) 1F Kempinski Hotel
Suzhou, 1 Guobin Road,
Suzhou Industrial Park,
Jiangsu
江苏省苏州市工业园区国宾
路1号苏州金鸡湖凯宾斯基大
酒店1楼
T: 0512 6289 7888*6880
3) 6 F Suzhou High-Speed
Rail Jinke Grand Hotel, 67
South Tiancheng Road,
High-Speed Rail New Town,
Suzhou
江苏省苏州市高铁新区南天成
路67号苏州高铁金科大酒店6
楼水疗中心
T: 0512 6937 8888*6690

naked Leaf at naked Water
裸心泊裸叶水疗
199 North Taihu Avenue,
Suzhou
苏州北太湖大道199号
T: 400 9200 518

QUEENS MAKER

江南女王说
1) Xinyuehui Branch
星悦汇店
H208, 2nd Floor, Xingyuehui,
Suxiu Road, Suzhou
苏州苏绣路星悦汇商场2楼
H208
T: 0512 6818 9678
2) Suzhou Central Branch
苏州中心店
B1-46, 1st Floor, North
Suzhou Central, Suxiu Road,
Suzhou
苏州苏绣路苏州中心商场北
区-1楼B1-46
T: 0512 6262 5958
3) Xinguangtiandi Branch
新光天地店
5F0019, 5 / F, Xinguangtiandi,
456 East Suzhou Avenue,
Suzhou
苏州苏州大道东456号新光天
地5楼5F0019
T: 0512 6818 8978

Rubis Spa

丽妍雅集
1) JiuGuang Branch
久光店
L1-C-01, JiuGuang, 268
Wangdun Road, Suzhou
Industrial Park
苏州工业园区旺墩路268号久
光百货1C-01单元
T: 0512 6696 1130
2) MeiLuo Branch
美罗店
L6, East Area Matro, 245
Guanqian Street, Pingjiang,
Suzhou
苏州平江区观前街245号美罗
百货东6层
T: 0512 6916 5931

The SPA Four Seasons Hotel

Suzhou
苏州四季酒店水疗中心
88 Four Seasons Boulevard,
Suzhou
中国江苏省苏州市四季路88号
T: +86 512 6068 3688
https://www.fourseasons.com/
zh/suzhou

SANGHA Retreat by OCTAVE

Institute
音昱水中心
199 Yang Cheng Ring Road,
Suzhou Industrial Park
苏州市工业园区阳澄环路
199号
T: 0512 6788 1888

The Spa at Hyatt Regency

Wuxi
无锡苏宁凯悦酒店水疗中心
109 Renmin Middle Road,
Wuxi, Jiangsu, China
江苏省无锡市人民中路109号
T: +86 510 8989 1234*6083
wuxi.regency.hyatt.com

The SPA at Park Hyatt Suzhou

苏州柏悦温泉酒店
No.69 Xizhou Road, Suzhou
Industrial Park, Suzhou
苏州吴中区西洲路69号
T: 0512 8666 1234

The Ritz-Carlton Spa, Nanjing

南京丽思卡尔顿酒店水疗中心
18, Zhongshan Road, Nanjing
南京市中山路18号
T: 025 6978 8888

Talise Fitness & Spa at

Jumeirah Nanjing
南京卓美亚酒店泰丽丝水疗
No.2 Yecheng Road, Jianye,
Nanjing
南京市建邺区邮城路2号
T: 025 5878 0888

Willow Stream Spa at Fairmont

Nanjing
南京金奥费尔蒙酒店
蔚柳溪水疗
333 Jiangdong Road Central,
Jianye, Nanjing
南京市建邺区江东中路333号
T: 025 8672 8888
www.fairmont.cn

Hong SPA, AOHONG

RESORT (Jinling Jiangbin
Branch)
南京傲泓度假酒店(金陵江滨
店)泓SPA
No. 8, Wanjiangyuan,
Yangzijiang Avenue, Jianye
District, Nanjing
南京市建邺区扬子江大道万
景园8号
T: 025 6959 8888

& SPA (Fuyuan Road Branch)

南京水疗加(福园街店)
137-7 Fuyuan Road, Jianye
District, Nanjing, Jiangsu
江苏省南京市建邺区福园街
137-7号
T: 17384471752

Willow Stream Spa of Fairmont

Yangcheng Lake
阳澄湖费尔蒙酒店蔚柳溪水
疗中心
No.3668 Ma'anshan West
Road, Kunshan, Jiangsu
昆山市马鞍山西路3668号
T: 0512 5878 0888

ALAND SPA

ALAND安澜 SPA
Building 10, 1415 Cultural and
Commercial Street District,
Qingjiangpu District, Huai'an
City, Jiangsu
江苏省淮安市清江浦区1415文
化商业街区10号楼
T: 0517 83989877
15371403533

Dragonfly Therapeutic Retreat

悠庭
No. A05-21, L5, Building
5, Suzhou Center, SIP
苏州中心北区L5层21号
T: 0512 6583 7906

Banyan Tree Spa, Suzhou

Shishan
苏州狮山悦榕SPA
No.208 Fenhu Road, Suzhou
New District, Jiangsu
江苏省苏州市高新区汾湖路
208号
T: 0512 6606 0606

OURSEA SPA

泰舍堡·Spa
1) 3F ZaiDi West, Kingmo
Mall, No.1698 Shuanglong
Avenue, Jiangning, Nanjing
南京市江宁区双龙大道1698号
景枫中心再地西3楼
T: 025 8613 5922
2) B1, South Zone of Suzhou
Center Mall (Suzhou Industrial
Park)
苏州工业园区苏州中心南区
负一楼
T: 0512 6588 5922

Spa 水疗 · 安徽

Banyan Tree Spa Huangshan
黄山悦榕庄悦榕Spa
南京江宁区双龙大道1698号
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

合肥恒景朗廷酒店
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
Yangzhonghai, 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

大研安缇水疗
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 Shuiian, 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
西双版纳告庄店
Building 19, Building 19,
Jingfa Zhai, Gouzhuang,
Xishuangbanna, Kunming,
Yunnan

云南昆明西双版纳告庄景法
寨19栋
T: 0691 222 6938

Spa 水疗 · 吉林

Hong Kong Yijing Toga &
Spa Club
香港逸静瑜伽水疗会馆
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, Nanguan District,
Changchun
长春南关区壹湖国际2期
H3-101
T: 0431 8563 8288
3) Heyuan Club Branch
和园会所
2-106, Heyuan Club, Heyuan
Road, Gaoxin District,
Changchun
长春高新区荷园路和园门子
2-106
T: 0431 8296 8333
4) Zhonghai Branch
中海店
G10, Zhonghai Shuian Xindu,
Jingkai 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

Anhe SPA

安合SPA
Shop F1-05, Weifeng Life Hub
No. S11, Juyuefu
Weifeng Dongyu Phase II
吉林省长春市伟峰东樾II期掬
月府S11号伟峰生活汇F1-05
号商铺

T: 185-8435-8989

Spa 水疗 · 黑龙江

The Ritz-Carlton Spa, The
Ritz-Carlton, Harbin
哈尔滨富力丽思卡尔顿
水疗中心
Tower 1, 660 West Youyi
Road, Daoli District
Harbin, Heilongjiang
黑龙江省哈尔滨市道里区友谊
西路660号
T: 0451 8402 8888
https://www.ritzcarlton.com/
zh-cn/hotels/hrbz-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

FAngebeauty

FAngebeauty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

帝姿花境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
大连凯宾斯基酒店欧意希斯
水疗中心
6F, Kempinski Hotel Dalian 92
Jiefang Road, Zhongshan
大连市中山区解放路92号, 凯
宾斯基酒店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

SHILIHUA BEAUTY SPA
诗莉花美容SPA(七经街店)
20-6 Siwei Road, Zhenxing,
Dandong
辽宁省丹东市振兴区四纬路
20-6号
T: 0415 213 6001

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 Docks, 18
Salisbury Road, Tsim Sha
Tsui, Kowloon, Hong Kong
香港九龙尖沙咀梳士巴利道
18号
T: +852 3891 8888

Bliss Spa at W Hong Kong
香港W酒店 Bliss Spa
1 Austin Road West, Kowloon
Station, Kowloon, Hong Kong
香港九龙柯士甸道西1号
T: 852 3717 2222
w-hongkong.com

SPA by MTM
1) Shop A, G/F, 3 Yun Ping
Road, Causeway Bay
铜锣湾恩平道3号地下A店
T: 852 2923 7888
2) Shop 118, Citygate, Tung
Chung, Lantau Island
大屿山东涌东荟城118店
T: 852 2923 6060
www.spabymtm.com

**The Spa at Encore (Wynn
Macau)**
澳门永利水疗中心
Rua Cidade De Sintra, Nape,
Macau
澳门外港填海区仙德丽街
T: 853 2888 9966

The Spa at Wynn Palace
永利皇宫酒店 水疗中心
Avenida Da Nave Desportiva,
Cotai, Macau
澳门路氹体育馆大马路
T: 853 8889 8889

Triá Spa at MGM Macau
澳门美高梅禅瀑水疗
Avenida Dr. Sun Yat Sen,
NAPE, Macau
澳门外港填海区孙逸仙
大马路
T: 853 8802 8888

Triá Spa at MGM Cotai
美狮美高梅禅瀑水疗
Avenida da Nave Desportiva,

Cotai, Macau
澳门路氹体育馆大马路
T: 853 8806 8888

**The Spa at Mandarin Oriental,
Macau**
澳门文华东方酒店水疗中心
Avenida Dr Sun Yat Sen,
NAPE, Macau
澳门孙逸仙大马路945号
T: 853 8805 8888
www.mandarinoriental.com

**The Ritz-Carlton Spa, Hong
Kong**
香港丽思卡尔顿水疗中心
71/F International Commerce
Centre, 1 Austin Road West,
Kowloon
九龙柯士甸道西1号
环球贸易广场71楼
T: 852 2263 2263
www.ritzcarlton.com

Zensa Spa
「涟」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W
酒店3楼
T: +853 8865 1188

**The Spa at Epic Tower, Studio
City Macau**
澳门新濠影汇映星水疗中心
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
湖北省武汉市球街融科天城
一期T4大堂二楼
2/F, T4 Raycom Skyline,
Qichang 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栋1-2号
1-2 Building 9 Xianglong
Times Business Center, 59
Ninggang 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

Siyanli
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 Distirct, 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.siyanni.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疗
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**
桜奈儿形象管理中心
493 Hengdong Avenue,
Hengyang city, Hunan
湖南省衡阳市衡东大道493号
T: 0734 522 4996

**Shui Spa at Wanda Vista
Changsha**
长沙万达文华酒店“水”水疗
308 Section 1 Xiangjiang
Middle Road, Kaifu,
Changsha, Hunan, China
湖南省长沙市开福区湘江中路
一段308号
T: +86 731 8800 8888 ext.6306
www.wandahotels.com

**Shine Spa for Sheraton at
Sheraton Changde Wuling Hotel**
常德武陵天济喜来登酒店喜
来登水疗
899 Zaoguo Road, Wuling,
Changde, Hunan, China
湖南省常德市武陵区皂果路
899号
T: +86 736 788 8888
www.sheraton.com

Siam SPA
暹罗泰式SPA
458 South Desheng Road,
Yueyanglou, Yueyang, Hunan
湖南省岳阳市岳阳楼区
金鹤汇龙府临街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 Furong 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
深白维德抗衰中心
1) Wanda Branch
二七万达店
Room 12a809-810, Erqi
Wanda Center, Intersection
of Daxue Road and Hanghai
Road, Erqi, Zhengzhou
郑州市二七区大学路与航海路
交叉口二七万达中心12A809-
810室
T: 0371 8658 1160
2) Jinshui Zhenghongcheng
Branch
金水正弘城店
Room 1111, Zhenghongcheng
Residence, Huayuan Road
and Dongfeng Road, Jinshui,
Zhengzhou
郑州市金水区花园路与东风路
正弘城丽汀公寓1111室
T: 0371 6531 8996
3) Lvdi Xinduhui Branch
绿地新都体会店
Room 1511, Block B, Building
2, Jinshui East Road and

Dongfeng South Road,
Jinshui, Zhengzhou
郑州市金水区金水东路与东风
南路2号楼B座1511室
T: 0371 5593 3386

ANNA SPA
阿楠SPA
Langmanzhidu, Jinming Road,
Kaifeng, Henan
河南省开封市金明大道
浪漫之都1号营业房
T: +86 371 2388 5666

Spa 水疗 · 四川

**CHI, The Spa, Shangri-La
Hotel, Chengdu**
成都香格里拉大酒店水疗
9 Binjiang Dong Road,
Chengdu
四川省成都市锦江区滨江东
路9号
T: 028 8888 9999

**Iridium Spa at The St. Regis
Chengdu**
成都瑞吉酒店依瑞水疗中心
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**
成都棕桐泉费尔蒙酒店蔚柳溪
水疗中心
269 Tianfu Middle Avenue,
Hi-Tech Zone, Chengdu
成都市高新区天府大道中段
269号
T: 028 8800 3333

**Rissai Spa, Rissai Valley, a
Ritz-Carlton Reserve**
日赛谷水疗

Zhangzha Town, Jiuzhaigou
County, aba Tibetan Andqiang
Autonomous Prefecture,
Sichuan
中国四川省阿坝藏族羌族自治
州九寨沟漳扎镇
T: 0837 8199 999

Spa 水疗 · 浙江

Banyan Tree Spa Hangzhou
杭州悦榕Spa
2 Westbrook Resort, Zijingang
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
悠逸保健会所
1) 西溪店
No 141, Xixi Road, Xihu
西湖区西溪路141号
T: 0571 8502 3288
2) Raffles City 莱佛士店
L6-04 Raffles City, No.228
Xinye Road, Jiangnan
江干区新业路228号莱福士广
场L6-04南铺
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
杭州市富阳区东湖街道江滨东
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, OOEI,
West Lake, Hangzhou
杭州市西湖区天目里商业中心8
号楼5楼501、502、503
Tel: 1590671536

Kempinski The Spa, Hangzhou
杭州远洋凯宾斯基酒店水疗
66 Lishui Road, Gongshu,
Hangzhou
杭州拱墅区丽水路66号
T: +86 571 8809 3333

Love Story Hangzhou
杭州爱情故事
1) Love Story Hangzhou

Xinqiao Branch
杭州爱情故事新侨店
1F, Hangzhou Xinqiao Hotel, 226 Jiefang Road, Shangcheng, Hangzhou
杭州市上城区解放路226号新侨饭店1F
T: 0571 8888 6968
2) Love Story Hangzhou 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 Shangxiahuang, Lanshukeng Village, Paitou Town, Deqing, Zhejiang
浙江省德清县筏头乡兰树坑村上下庄37号
T: 0572 804 6668

Neige Aesthetics Center
雪奈美学中心
109 Renhe Road, Kandun street, Cixi City, Ningbo
浙江省宁波市慈溪市坎墩街道人和路109号
T: 15990546165

Spa Village
润Spa
The Dragon Hotel Tower 5 Level2, 120 Shuguang Road, Hangzhou
杭州市曙光路120号黄龙饭店5号楼2楼
T: 400 838 5599
www.roonspavillage.com

Shine Spa for Sheraton Hangzhou
杭州西溪喜来登度假酒店
炫逸水疗
1 Westbrook Resort, Zijingang Road, Hangzhou, Zhejiang, 310030, China
浙江省杭州市紫金港路西溪天堂国际旅游综合体1号
T: +86 571 8500 2222*8281
www.starwoodhotels.com/

sheraton
The Art of Water Spa by Run Spa Village
New Century Grand Hotel Hangzhou
杭州开元名都大酒店
润Spa Village · 水舞润
45/F New Century Grand Hotel Hangzhou, 818 Shixian 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.grandhyattshanghai.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
棠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

The Spa at Four Seasons Hotel Hangzhou at Hangzhou Centre
杭州中心四季酒店水疗中心
No. 493 Zhongshan North Road Gongshu District, Hangzhou
浙江省杭州市拱墅区中山北路493号
T: +86 571 8681 8888

OURSEA SPA
泰合玺·Spa
2F, Ping'an Yuefang Mall, 280 Minxin Road, Shangcheng, Hangzhou
杭州市上城区民心路280号平安悦坊2楼
T: +86 571 8672 5922

Spa 水疗 · 广西
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江东街168号
T: +86 773 322 888 ext.7500
www.banyantreespa.com

Spa 水疗 · 重庆
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
重庆希尔顿酒店臻淼水疗
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

Incredible Beauty
1) L215, IFS, Jiangbei District, Chongqing
重庆市江北区IFS L215
T: 19112075758
2) LG215, MixC Middle Zone, MixC Mall, Jiulongpo District, Chongqing
重庆市九龙坡区万象城中区LG215
T: 19112075758

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 Xianyu 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
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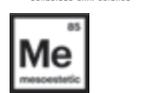
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