



SpaChina

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健康度假 · 美容水疗 · 健身康复 · 环保可持续

WELLNESS, BEAUTY, HEALTH AND LUXURY LIVING

把自然变成健康宝库 Turning Nature into a Treasure Trove of Health

沙漠奇迹 Desert Mirage

2026健康新风向
The New Wellness Vibe

人才升级品味制胜
Talent Transformation

Picture by Jumeirah Marsa Al Arab

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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读者朋友们

时光流转，万象更新。2026丙午年携光与热欣然来临。天干“丙”属阳火，地支“午”亦为火，双火相叠，光明蓬勃、能量丰沛，既代表温暖与照耀，也象征活力与升华。

过去一年，或许我们都曾经历奔忙与沉淀、挑战与突破。值得珍视的是，每一次前行都在积累力量，每一次停驻也在酝酿方向。是大家的热情与信念，让我们这个健康与美的行业始终充满生机。

值此新春之际，SpaChina谨以最真挚的心意，为您送上祝福：在这“火运昌明”之年，愿我们都能被热情照亮前路，以积极之心迎接每一刻的转变与成长。愿每一天都充满健康向上的能量，事业如火焰般跃动有力；在忙碌中保持从容，在变化中拥抱可能；愿喜悦如温柔的光晕，照亮您与所爱之人。

本期杂志内容涵盖了2026年度行业新动向观察与解析，深度对话引领趋势的实践，并伴您云游滋养心灵的远方……期待这些篇章能为大家带来灵感与收获。

恭祝新年快乐，身心康健，万事顺意！

SpaChina敬上

2026年元旦

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AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

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SPA之旅

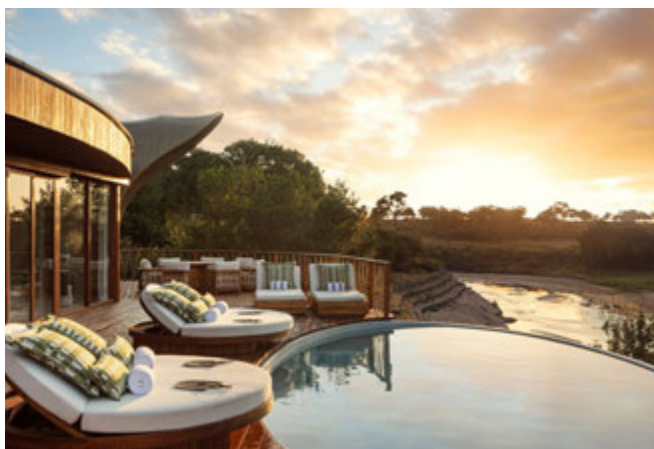
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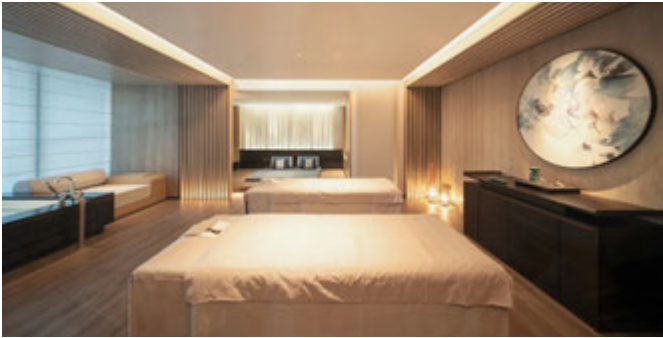
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珠海凤凰湾悦榕庄悦榕Spa

自然山海与岭南人文间，去年10月迎来了全新的珠海凤凰湾悦榕庄悦榕Spa。悦榕Spa设有7间海景理疗室，宛若悬浮于潮声之上，让宾客在浪涛轻抚中开启身心焕活之旅。以自然疗愈与东方哲学为核心，融汇珠海独特的海湾风光，打造沉浸式养修体验。疗程结束后，可移步至树荫环抱的水疗咖啡厅中小憩，延续宁静与平衡。毗邻的温泉中心配备室内外箱根温泉泡池、桑拿与蒸汽室，让客人在氤氲暖意中舒缓身心。崖畔的无边泳池与海天相映成画，海景健身房内配备美国力健身专业器械，并设独立瑜伽室，满足多元化的运动需求。

Banyan Tree Spa, Banyan Tree Zhuhai Phoenix Bay

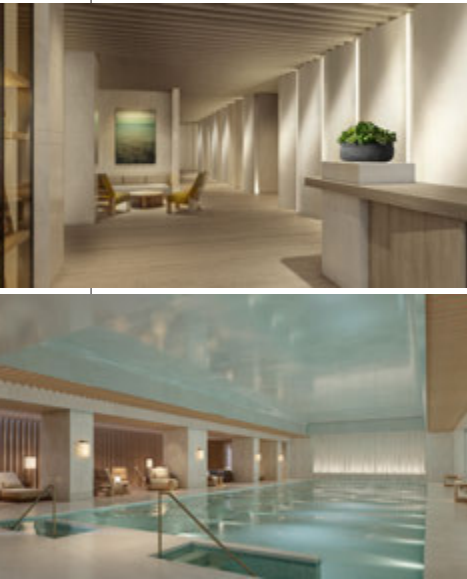
Amid the mountain, sea, and Lingnan charm, the Banyan Tree Spa, Banyan Tree Zhuhai Phoenix Bay opened in October, 2025. Featuring seven ocean-view treatment rooms that appear to float above the sound of the tide, the Banyan Tree Spa invites guests to begin their rejuvenation journey accompanied by the gentle rhythm of the waves. Rooted in natural healing power and the timeless wisdom of Eastern philosophy, it integrates Zhuhai’s unique shimmering bay to create immersive restorative experiences. After treatments, guests can unwind at the shaded Spa Café. The Banyan Tree Spa features Hakone hot spring pools, available both indoors and outdoors, along with a sauna and steam rooms, allowing guests to ease body and mind in the rising warmth. The cliffside infinity pool creates a stunning visual dialogue with the sea and sky, and the ocean-view gym is equipped with Life Fitness equipment and a dedicated yoga room.

珠海东澳岛安麓酒店安麓礼石SPA

于珠海东澳岛的碧海蓝天间，东澳岛安麓酒店隐现其间，是一座融合东方隐世美学与现代奢华的海岛度假新地标。酒店静落于排角湾南侧，悬挑于东澳岛东部崖顶之上，坐拥浑然天成的山海胜景。设有室内恒温泳池，更有室外无边泳池与远天海色相接，于动静呼吸之间，开启一场名为“安心立麓”的身心修行。步入安麓礼石SPA，广东千年竹文化凝练成诗。理疗师指尖游走间，精油草木气息与竹香交织，引宾客坠入“独与天地精神往来”的澄明之境。凭借“以文化为魂”的理念，独创“逍遥游疗愈体系”，将太极晨练、喜马拉雅药盐浴等东方养生智慧与安麓SPA深度结合。

Ahn Luh Spa, Ahn Luh Dong’ao Island Zhuhai

Amid the pristine waters and skies of Zhuhai’s Dong’ao Island, Ahn Luh Dong’ao Island Zhuhai has formally opened, offering a retreat that blends Eastern traditions of seclusion with contemporary luxury. Perched on the cliffside of the island’s eastern coast and nestled along the southern edge of Paijiao Bay, the hotel commands breathtaking, naturally carved landscapes of mountain and sea. It features an indoor pool and an outdoor infinity pool that seamlessly merges with the distant horizon, inviting guests into a meditative journey of body and mind. Upon entering the Ahn Luh Spa, the millennial bamboo culture of Guangdong is distilled into poetry. As therapists’ hands move with grace, the scents of essential oils, herbs, and bamboo intertwine. Inspired by the principle of “culture as its soul,” the hotel introduces the Xiaoyao Wellness Program, which integrates practices such as morning Tai Chi and Himalayan salt baths with signature SPA treatments.



上海新虹桥中心舍丽雅酒店衡悦心舍

舍丽雅是阿纳迪酒店管理有限公司旗下的全新生活方式酒店品牌。上海新虹桥中心舍丽雅酒店的衡悦心舍，位于B1层，是酒店的核心特色。以“个性化疗愈能量场”为理念，融合源自印度千年传承的阿育吠陀背部热油护理等特色疗愈项目，配合身体焕活及面部管理方案，开启深度疗愈之旅。通过热油按摩、草药疗法和能量平衡，缓解压力、改善睡眠，唤醒身心深层活力，强调通过自然疗法平衡身心能量。占地180平方米的恒温泳池配备喜马拉雅盐房、灵芝人参屋、玛瑙玉石屋、冷热水池及湿蒸房。疗愈工坊还定期开设音疗、呼吸与冥想等课程。

Hengyue Xinshe, Surya Hotel Shanghai New Hongqiao Center

SURYA, a new luxury lifestyle hotel brand under Shanghai Anadi Hotel Management Co., Ltd., debuts with The Surya Hotel Shanghai New Hongqiao Center, where its signature Hengyue Xinshe on the B1 floor takes center stage. Guided by the philosophy of a “personalized chemotherapy healing experience,” the SPA blends thousands of years in Indian – such as the Ayurvedic back oil therapy – and uses natural herbal essential oils and professional techniques to deeply harmonize the body’s energy. It aims to relieve stress, improve sleep, and awaken deep-seated vitality, emphasizing holistic harmony through natural healing. It also features a 180-square-metre constant temperature swimming pool, complemented by specialty rooms like the Himalayan Salt Room. Regular workshops include sound healing, breathing, and meditation course.



安屿an·spa阿那亚 向海大道诺岸远酒店

安屿an·spa坐落于阿那亚海边，将山海自然的脉络融入精油SPA与手法按摩之中，以自然之力回应不同客人的身心需求。以“让空间作主、自然为辅”为理念，于大都会繁复中构建一片属于“我”的理想栖息地。在安屿，所有场景从五感六觉出发，将本真、圆融、包裹与私密浸入服务细节，返璞出原本身心与心灵的安宁静谧。携手精油品牌爱铂琪，精选来自多个产地的精油与产品，融合多领域手法技艺。特色项目潮汐精油SPA，融合传统芳香疗法，辅以精油SPA、传统按摩及伊沙兰抚触的理疗方式，并结合阿那亚地处海边的地理特性，与海洋潮汐的起伏规律形成呼应。

ANYU an·spa at NOA RESORT&WELLNESS ARANYA

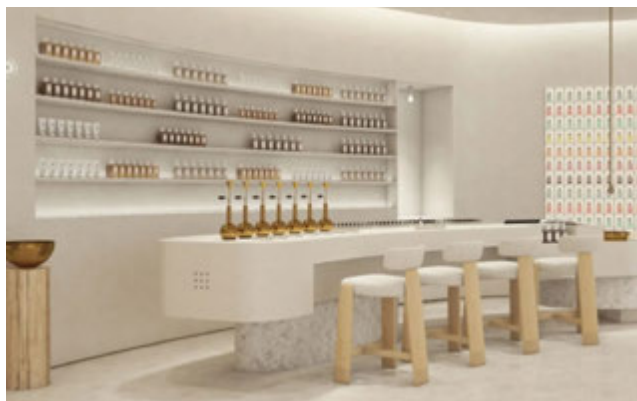
Nestled along the coast of Aranya, ANYU an·spa weaves the essence of mountain and sea into its essential oil therapies and therapeutic massages, harnessing the power of nature to address each guest's unique body and mind needs. "An Ideal Habitat" reflects mission: to build a private sanctuary where guests escape urban complexity and return to bodily and mental tranquility. Here, every experience is designed to engage the five senses and six perceptions, integrating purity, inclusion, harmony and privacy into every detail of service. In partnership with the essential oil brand, I plus Q, the spa carefully selects essential oils and products sourced from multiple regions, blending them with multidisciplinary handcraft techniques. A signature offering, the Tide essential oil SPA, combines aromatherapy with physical therapy methods such as essence oil SPA, and Esalen touch. Inspired by Aranya's coastal setting, the treatment mirrors the ebb and flow of ocean tides.

柳州于是向椿

柳州的于是向椿，位于华润万象城5楼，是广西首家情绪疗愈SPA。空间以原木、暖光与留白为笔触，光影穿过椿叶温柔漫洒，勾勒出城市中的静谧栖息地。SPA专注于用触觉唤醒沉睡感知，修复内在生机，并将东方哲思与当代艺术相结合。自入口步入疗愈区，植物脉络牵引着情绪慢慢松弛。这里有专属情绪精油可供选择，提供眠SPA、缓SPA、通SPA、抒SPA等疗程，分别对应睡眠疗愈、压力疗愈、疼痛疗愈与情绪疗愈。疗程结束后，一席本季定制茶饮与茶点静候，以味觉延续这场温和而深层的疗愈。

Ode to Spa Liuzhou

Gracefully perched on the fifth floor of CR Mixc in Liuzhou, Ode to Spa stands as Guangxi's first emotional healing SPA. The space is painted with natural wood, warm lighting, and thoughtful voids, where light filters through plants, sketching a serene urban retreat. The SPA focuses on awakening dormant senses through therapeutic touch and restoring inner vitality, skillfully blending Oriental philosophy with contemporary artistry. As guests step from the entrance into the healing area, the organic textures guide emotions into gradual relaxation. A selection of exclusive emotion essential oils is offered, alongside signature treatments: Mian SPA (sleep restoration), Huan SPA (stress relief), Tong SPA (pain alleviation), and Shu SPA (emotional ease). Following the treatment, guests are invited to savor a seasonally curated tea and delicate dessert, allowing the healing journey to linger gently through the senses.



上海长宁区兰竹SPA

兰竹SPA坐落于上海长宁区古北，以精选植物原料融合东方养生智慧与现代芳香疗法，打造一处远离都市喧嚣的第三空间。从踏入空间的那一刻起，宾客便置身于五感全开的沉浸式疗愈之旅。这里以传统中式手法结合天然植物精油的双重疗愈力，针对性地缓解身心压力。六款精油可依需选择，从薰衣草雪松精华油到红橘杜松精华油，均取天然之韵。理疗房内柔光氤氲，理疗师手法亦分层次，以适合的力度唤醒肌肤与心灵的能量——初体验或畏痛者可选表层放松、安抚轻按；上班族或低头族适合中层渗透、疏通经络；重度疲劳者则能体验深层发力、松释筋节。

LANZHU SPA, Shanghai Changning

Located in Shanghai's Gubei area of Changning District, LANZHU SPA creates an urban sanctuary by combining curated botanical ingredients with Oriental wellness philosophy and contemporary aromatherapy. Upon entering, guests begin an immersive journey that engages all five senses. The space integrates traditional Chinese manual therapy with the healing properties of natural plant essential oils to alleviate tensions of both body and mind. Six signature essential oils are offered – from Lavender and Cedar essential oil to Red Orange Juniper essential oil. Within the softly illuminated treatment rooms, therapists apply layered techniques with calibrated pressure. Guests can select from three tailored techniques. First-time guests or those sensitive to pressure may opt for surface relaxation, featuring gentle pressure. Office workers or individuals with tech neck will benefit from mid-layer penetration, which focuses on releasing meridians through kneading. Those experiencing severe fatigue can choose deep release, where intense pressure is applied to loosen muscles.



纽约华尔道夫酒店
娇兰健康水疗中心

经过数年的闭店翻修，传奇的纽约华尔道夫酒店于近期盛大开业回归。此次焕新的一大亮点是酒店内揭幕了新的娇兰健康水疗中心。这个位于曼哈顿中心的健康绿洲，占地30,000平方英尺，设有极地洞穴、蒸汽房和桑拿房，以及男女蒸汽房。男性空间以深蓝大理石营造沉稳冷峻质感，女性区域则用柔美粉色调诠释柔美韵味。SPA设施还包含配备先进器材的健身中心与户外露台。水疗和健康休闲中心提供多元服务，涵盖按摩、面部护理与身体护理，并结合全面的长寿和健康计划，致力于帮助宾客恢复活力和提升身心。

The Guerlain Wellness Spa at
Waldorf Astoria New York

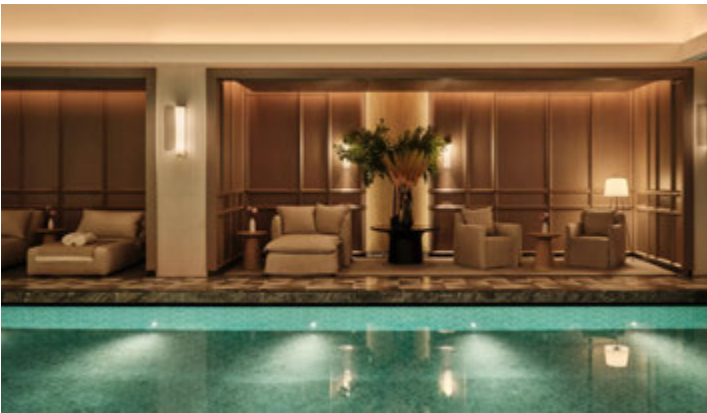
After years of closure for renovation, the legendary Waldorf Astoria New York has recently made a grand reopening. The newly unveiled Guerlain Wellness Spa is a 30,000-square-foot wellness oasis in the heart of Manhattan. It features an arctic cave, a steam room and sauna, along with men’s and women’s steam rooms. The men’s area employs deep blue marble to create a calm atmosphere, while the women’s space uses a graceful and delicate design with soft pink tones. The facilities also include a Fitness Studio equipped with advanced equipment and an outdoor terrace. The spa and wellness retreat offer diverse services ranging from massages to facials and body treatments, integrated with Full Longevity and Wellness Programs to help guests restore vitality and enhance their body and spiritual wellbeing.

肯尼亚马赛马拉丽思卡尔顿
野奢营地低语树水疗中心

低语树水疗中心之名源于金合欢树下世代传承的相聚时光，人们在此讲述故事、举行仪式、静心思索。当地传说中，风拂叶响便是祖先的低语，这一信仰为SPA注入了灵魂。空间以内外通透的树屋结构呈现，选用原生木材、藤编与亚麻织物，通过巨幅开窗将树冠枝叶纳入视野。护理体验均取材于当地植物，如芦荟与马鲁拉果，并由特色的“荒野礼迎”仪式开启。宾客可通过呼吸练习、冥想或瑜伽的定制专属体验，在融合原生植物与古老康养智慧的氛围中，获得深度疗愈。一旁的健身中心、可远眺草原的户外泳池及甄选草本茶饮，共同构筑这片放松身心的静谧天地。

Whispering Tree Spa, The Ritz-Carlton,
Masai Mara Safari Camp, Kenya

The Whispering Tree Spa derives its name from the generations of gatherings held beneath acacia trees, where stories were shared, rituals performed, and quiet contemplation took place. According to local legend, the wind rustling through the leaves carries the whispers of ancestors – a belief that infuses the spa with profound spiritual significance. Designed as an open-plan treehouse structure, the space incorporates native timber, rattan weaving, and linen textiles, with expansive windows framing the canopy branches. All treatments utilize locally sourced botanicals such as aloe and marula fruit, each session commencing with the distinctive “Welcome of the Wild” ritual. Guests may engage in customized experiences including breathing exercises, meditation, or yoga, achieving deep restoration through the integration of native plants and ancient wellness wisdom. An adjacent gym, a pool overlooking the savannah, and a curated selection of herbal teas complete this sanctuary for comprehensive mind-body renewal.



伦敦梅费尔瑰丽酒店Asaya水疗中心

伦敦梅费尔区的文化地标和历史保护建筑——梅费尔瑰丽酒店，带着伦敦的动态生活，面向世界全新开放。占地1,119平方米的Asaya水疗中心，拥有5间理疗室、泳池、桑拿房、蒸汽房、水疗区以及健身中心。这里汇聚了多项创新的康体体验。英国首个落户酒店的医学诊所The Taktouk Clinic，将先进的皮肤医学研究与整体疗养理念相结合，并携手修丽可提供针对性的专业疗程。现代芳疗品牌Moods携其全新科学护理理念MoodsPro首度亮相Asaya水疗中心，其中NeuroFusion深层疗愈按摩，融合肌肉放松手法与高效芳香精油。伊菲丹EviDenS de Beauté带来法式护肤科技与日式传统按摩技艺的特色护理。

Asaya Spa at The Chancery Rosewood, London

Rising above a cherished cultural landmark and protected heritage building in London’s Mayfair district, the city’s second Rosewood – The Chancery Rosewood – has opened its doors, embodying the vibrant spirit of the British capital. Spanning 1,119 square meters, the Asaya Spa features five treatment rooms, a swimming pool, sauna, steam room, hydrozone, and gym, bringing together an array of innovative wellness experiences. Marking its first hotel partnership in the UK, The Taktouk Clinic integrates advanced dermatological expertise with a holistic approach, collaborating with SkinCeuticals to deliver targeted professional treatments. Modern aromatherapy brand Moods introduces its new science-led treatment concept MoodsPro exclusively to Asaya Spa, including the NeuroFusion Treatment Massage that blends muscular techniques with potent aromatic body oils. EviDenS de Beauté further enriches the offerings with its unique fusion of French cosmetic technology and traditional Japanese massage techniques.



博茨瓦纳Wilderness Mombo 野奢营地The Sanctuary

坐落于非洲博茨瓦纳的奥卡万戈三角洲的Wilderness Mombo野奢营地，以占地820平方米的The Sanctuary重新诠释荒野疗愈。4间理疗室，含一间双人理疗室，配备了泳池、桑拿房、冰浴、健身中心等设施，共同营造与野生动物共生的疗愈空间。生物技术护肤品牌Esse专供面部护理，TheraNaka产品则萃取可持续采集的本土植物精华，结合香氛、声音疗法与触疗手法。推出以猴面包树为灵感的Tree of Life Journey疗程、采用马鲁拉草药精油的African Fusion身体按摩、使用手工Swarthout工具的Couples Connect等特色项目。宾客可在轻食坊与疗愈酒吧Remedy Bar品尝健康餐饮，通过叙事仪式了解古老疗愈传统，聆听特制专属水疗中心的自然声景。

The Sanctuary at Wilderness Mombo Safari Camp, Botswana

Nestled in Botswana's Okavango Delta, Wilderness Mombo unveils The Sanctuary, an 820-sq-m spa that redefines wild luxury. The Sanctuary features four treatment rooms including a double, complemented by a lap pool, sauna, ice bath, and gym. Biotechnology skincare company Esse provides facials, while TheraNaka incorporates responsibly-sourced indigenous botanicals in combination with scents, sound therapy and touch. Signature experiences include the Tree of Life Journey inspired by the baobab tree, African Fusion Body Massage with marula-herb oils, and Couples Connect using handcrafted implements called "Swarthout". Guests can eat and drink at the spa's deli and juice bar, alongside a Remedy Bar, where storytelling sessions unveil ancient healing traditions. Guests can also immerse themselves in an original soundscape exclusively commissioned for the spa.

意大利Aman Rosa Alpina 山地度假酒店安缦水疗中心

历史悠久的山居Rosa Alpina，位于意大利多洛米蒂山脉的San Cassiano村，经世界传奇设计大师Jean-Michel Gathy匠心重塑，Aman Rosa Alpina以安缦旗下全新力作焕新归来。安缦水疗中心分布于两层空间，占地1,684平方米，以群山为灵感，打造沉浸式疗愈体验。抵达伊始，便置身于山景环抱的迎宾空间，感官之旅由此展开。中心设有七间理疗套房、20米室外恒温无边泳池、室内泳池、家庭泳池。丰富的水疗与的热疗设施，包括芬兰桑拿、蒸汽浴和冷水池。另配备专属美发与美甲沙龙、两间医美护理室、禅意花园、健身中心与瑜伽馆。特色项目阿尔卑斯肌肉舒缓按摩专为高山旅人设计，满足高山活动后的舒缓需求。

Aman Spa at Aman Rosa Alpina, Italy

The historic mountain residence Rosa Alpina, located in the village of San Cassiano in the Dolomites of Italy, has been reimagined by the renowned architect Jean-Michel Gathy. Aman Rosa Alpina opens its doors. Spanning 1,684 square metres and spread across two levels, the Aman Spa draws inspiration from the surrounding peaks to create an immersive wellness journey. Guests are welcomed into a mountain-view space that sets the tone for the sensory experience. It features seven treatment suites, a 20-meter heated outdoor infinity pool, an indoor swimming pool, and a family pool. Extensive hydrotherapy facilities include a Finnish sauna, steam bath, and cold plunge pool, complemented by a dedicated Hair & Nail Salon, two medical treatment rooms, a Zen Garden, Fitness Centre and Yoga Studio. The signature Alpine Muscle Relief Massage is specifically designed to address fatigue after mountain activities.



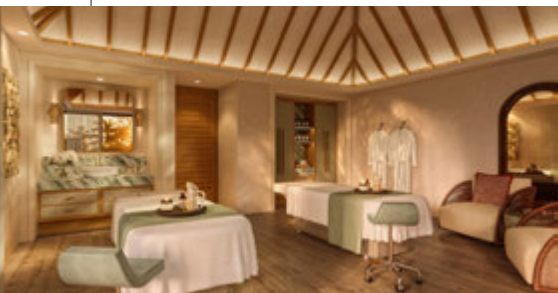
冰岛Laugarás Lagoon 地热日间水疗中心

冰岛黄金圈全新地热日间水疗中心Laugarás Lagoon正式启幕，靠近赫维塔河畔的Laugarás村，离雷克雅未克仅一小时车程。建筑致敬冰岛传统草皮屋，以覆土式屋顶与自然景观相融。这座双层水疗中心以“冰岛首个瀑布温泉”闻名，设有1,000平方米地热温泉水域，适合长途旅行后的恢复。特色设施包括6.6米高瀑布、温泉池、桑拿房、隐蔽洞穴休息区及冷水隧道，宾客可通过天然滑道在双层池区间自在穿梭。两个泳池酒吧提供本地饮料，而280平方米的Ylja餐厅则坚持采用本地直采食材。冬日夜晚，宾客可边泡温泉边仰望星空，静候北极光的降临。

Laugarás Lagoon Geothermal Day Spa, Iceland

The newly opened Laugarás Lagoon, a two-storey geothermal day spa on Iceland's Golden Circle, is located on the banks of the Hvítá River in the village of Laugarás, just an hour's drive from Reykjavík. Inspired by traditional Icelandic turf houses, the structure blends seamlessly into the landscape with its grass-covered, earth-sheltered roof. The bathing area features 1,000 square meters of thermal waters – ideal for post-travel recovery. Unique facilities include a 6.6-meter waterfall, thermal pools, saunas, a Secluded Grotto, and a cold pool. Guests can move freely from an upper pool to a lower pool through a passage under the water's surface, emerging through a waterfall. Two swim-up bars serve locally sourced beverages, while the 280-square-meter Ylja Restaurant emphasizes hyper-local ingredients. On winter evenings, guests can soak under the starry sky and await the shimmering spectacle of the Northern Lights.





毛里求斯四季度假酒店 水上水疗中心Oseyan Spa

经过长达七个月的全面焕新升级，毛里求斯四季度假酒店在东海岸的葱郁绿意与碧蓝泻湖间归来。翻新并扩建的水上水疗中心Oseyan Spa以木柱支撑，立于印度洋之上。全新打造的皇家水疗套间，静卧于波光粼粼的碧绿礁湖之上，配备蒸汽房、手工石质浴缸、开阔休息区，可按小时预订，并搭配定制水疗护理。热疗套间集蒸汽房、桑拿房、冷水池和体验式淋浴间于一体，构筑平衡热疗、水疗与休憩的焕活体验循环。水疗花园内种植着的芦荟与柠檬草，为护理疗程提供新鲜素材。

Oseyan Spa, Four Seasons Resort Mauritius at Anahita

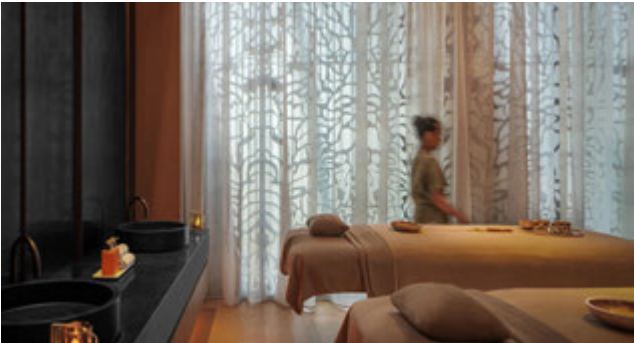
Following an extensive seven-month transformation, Four Seasons Resort Mauritius at Anahita re-emerges on the island’s eastern coast, nestled between lush greenery and the turquoise waters. The newly renovated and expanded Oseyan Spa stands above the Indian Ocean on wooden pillars. The new Royal Spa Suite floats above the turquoise lagoon. It features a cozy steam room, a unique handcrafted stone tub and a relaxation area with sweeping views, available for hourly booking with personalized spa treatments. The thermal suite integrates a steam room, a sauna, a cold plunge and experience showers, creating a restorative cycle of heat, water, and rest. The Spa’s garden cultivates aloe vera and lemongrass, providing fresh ingredients for treatments and connecting guests to the natural healing spirit of Mauritius.

迪拜市中心文华东方酒店水疗中心

新开业的迪拜市中心文华东方酒店水疗中心横跨两层空间，以“身心滋养、客房养生、美容护理及智能运动”四大创新支柱构建全方位康体体验。中心设有九间理疗室、两间双人套房及一间配备土耳其浴的贵宾套房，为宾客提供多元化的疗愈空间。宾客还可在活力池、温浴躺椅、体验式淋浴、桑拿房与蒸汽房等设施中放松身心。延伸至户外的景观泳池露台设有25米标准泳池、休闲泳池及儿童泳池，配合池畔躺椅、凉亭与茶廊，为宾客打造室内外联动的完整休憩空间。运动工作室与定制文华东方泰诺健设备的综合健身中心的加入，进一步丰富了身心焕活的选择。

The Spa at Mandarin Oriental Downtown, Dubai

The newly opened Spa at Mandarin Oriental Downtown, Dubai spans two floors and is structured around four innovative pillars: nourishment, in-room wellness, beauty, and intelligent movement. Featuring nine treatment rooms, two couples’ suites, and a VIP suite with a hammam, the Spa offers diverse spaces for restoration. Guests can unwind in the vitality pools, tepidarium loungers, experience showers, saunas and steam rooms. Extending outdoors, the landscaped pool terrace includes a 25-meter lap pool, a leisure pool, and a kids’ pool, complemented by poolside loungers and cabanas, a tea lounge – creating a seamless indoor-outdoor relaxation environment. The addition of a movement studio and a comprehensive fitness center equipped with custom Mandarin Oriental Technogym equipment further enhances the holistic wellness journey.



柬埔寨颂萨私人岛康养中心

柬埔寨颂萨私人岛推出全面升级的康养中心，并引入全新康养理念 Saraan Sanctuaries by Song Saa。在“Sanctuaries”的健康空间，设有多种特色疗愈场所。宾客可在水上疗愈亭，享受由专业疗愈师提供的按摩与身体裹敷等服务；在新建的树屋静修亭中，沉浸于丛林环绕的独特疗愈仪式，感受生命律动；亦可在创新的丛林健身房体验以石头、竹子、木材等原生材质打造的健身器材，感受与自然深度联结的健身体验。全新康养中心秉持整体健康理念，融合灵性修行与前沿科技，提供BMI检测、水疗护理、声音疗愈及企业静修。此外，宾客还可体验盐雾声音疗法、高棉草本蒸汽与维琪浴等特色项目。

Saraan Sanctuaries by Song Saa, Song Saa Private Island, Cambodia

Song Saa Private Island in Cambodia has unveiled its enhanced Wellbeing Centre, introducing the innovative wellness concept of Saraan Sanctuaries by Song Saa. Within these dedicated “Sanctuary” spaces, guests can indulge in massage and body wrap therapies delivered by expert therapists in the Sushumna Sanctuary; immerse themselves in unique healing rituals surrounded by jungle in the newly built Treehouse Sanctuary; or experience an innovative Jungle Gym equipped with fitness apparatus crafted from primal materials such as stone, bamboo, and wood, fostering a profound connection with nature. Prioritising a holistic wellbeing concept, the new Wellbeing Centre seamlessly integrates spiritual practices with leading-edge science, offering services including BMI checks, hydrotherapy, sound healing, and corporate retreats. Additionally, guests can enjoy signature experiences such as Salt Room Sound Therapy, Khmer Herbal Steam, and Vichy Shower.



欧莱雅情绪美妆镜

欧莱雅Mood Mirror情绪美妆镜开创了以情绪为导向的智能彩妆体验，用户无需接触产品，即可通过智能镜实现沉浸式虚拟试妆。通过融合增强现实技术与情绪识别算法，重新定义了美妆互动方式。能精准捕捉面部微表情，实时分析用户对不同妆容的真实情绪反应，据此来智能推荐最能激发愉悦与自信的妆容方案，做到了将美容体验从生理层面延伸至情感领域。人工智能技术还可在后台无缝运行，通过检测每个面部动作，深入解读表情背后的情绪密码，让用户在探索彩妆可能性的同时，获得真正个性化的情感共鸣。

L'Oréal's Mood Mirror

L'Oréal's Mood Mirror pioneers an emotion-driven smart makeup experience where users can enjoy immersive virtual try-ons without physical contact with products. By integrating L'Oréal's virtual try-on technology with Emotion AI algorithms, it redefines beauty interactions by accurately capturing facial micro-expressions and analyzing users' genuine emotional reactions to different makeup looks in real time. Based on this analysis, it intelligently recommends makeup designs that spark joy and confidence, extending the beauty experience from the physiological to the emotional realm. With AI technology running seamlessly in the background, it detects every facial movement to deeply interpret the emotional cues behind expressions, allowing users to explore cosmetic possibilities while achieving truly personalized emotional resonance.

Withings BPM Pro 2细胞血压监测仪

Withings BPM Pro 2是首款革新远程患者监护的细胞血压监测仪，有小巧便携的设计与直观的数据显示。具备三大核心功能：精准的心血管数据测量、对用户的洞察力以及个性化的健康提醒。可自主完成血压与心电图测量，其独有的患者洞察功能通过整合环境因素，使护理团队能通过该设备向患者发送简明的定制化问题，并同步获得有关健康状况、治疗效果和生活质量的宝贵信息。同时，Withings个性化健康提醒功能支持护理团队在设备屏幕上向患者发送定制的激励信息与用药提醒，实时同步治疗反馈，从而有效提升远程监护的质量与效率。

Withings BPM Pro 2 Cellular Blood Pressure Monitor

The Withings BPM Pro 2 represents a breakthrough in remote patient monitoring as the first-of-its-kind cellular blood pressure monitor, featuring a portable design and intuitive data display. It offers three core functions: unparalleled cardiovascular measurements, Patient Insights, and Personalized Health Nudges. Users can independently complete blood pressure and ECG measurements. Its unique Patient Insights feature contextualizes patient readings by collecting patient-reported outcomes. Care teams can send simple customized questions to patients through the device while simultaneously obtaining valuable information about health status, treatment efficacy, and quality of life. Additionally, Withings Personalized Health Nudges allows care teams to send tailored motivational messages and reminders to patients on the device screen, enabling real-time synchronization of treatment feedback. This significantly enhances the quality and efficiency of remote monitoring.



缓痛Acheless可穿戴设备

在现代社会数字化生活日益普及的背景下，缓痛Acheless作为一款创新可穿戴设备，为缓解日常疼痛提供了全新解决方案。该设备采用SSP穴位刺激技术，精准作用于颞下颌关节区域，缓解肌肉紧张。通过SSP电极、微电流与振动三重机制，刺激颞肌与咬肌，有效促进局部血液循环并激发人体天然镇痛激素释放。人性化设计不仅能为用户带来即时的疼痛缓解，更为颞下颌关节紊乱患者提供便捷的家用护理方案。借助这一创新设备，使用者不仅能避免牙科门诊的漫长预约等待时间，还能减少对可能引发胃肠道副作用止痛药物的依赖。

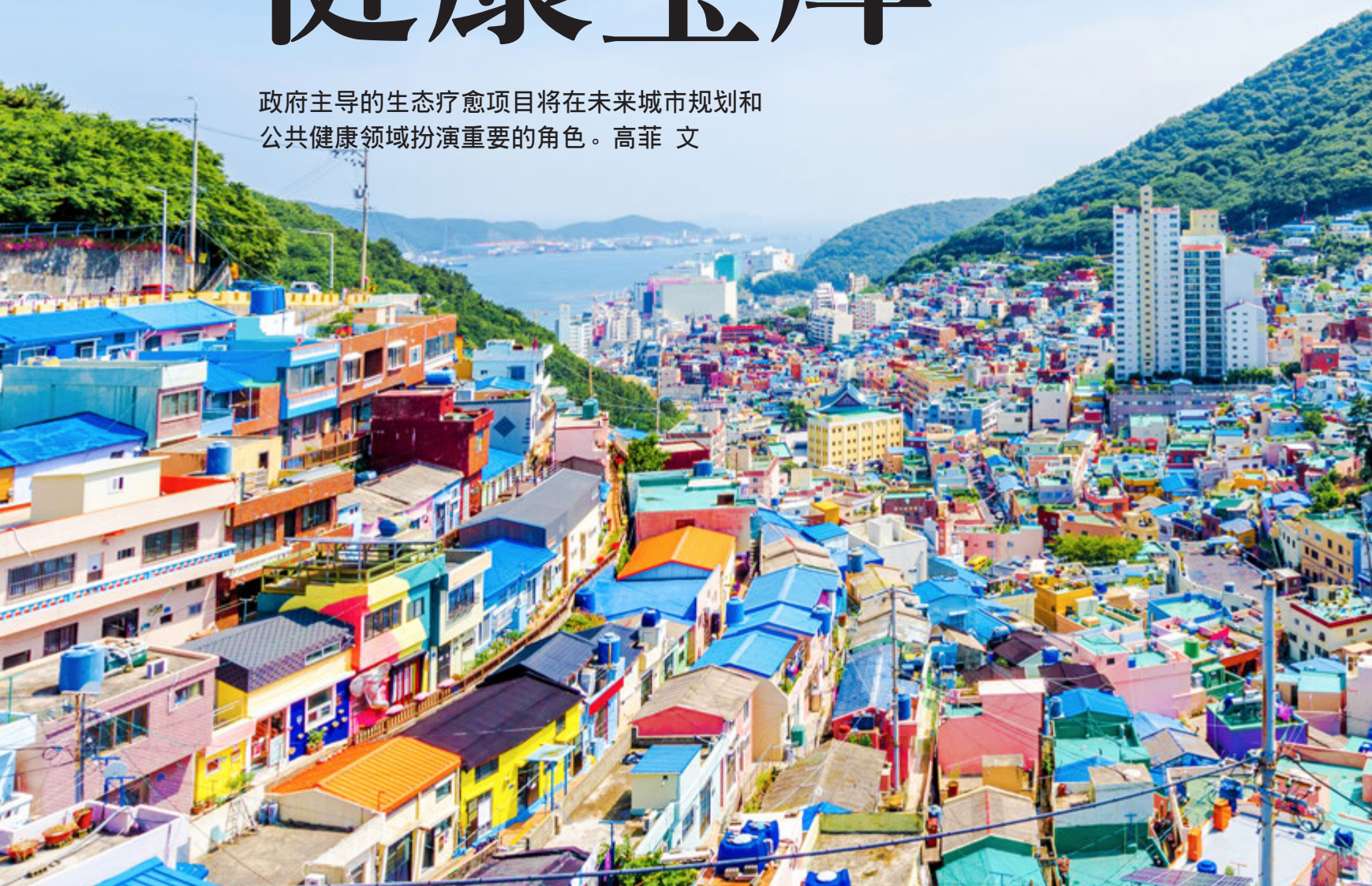
Acheless Wearable Device

Amidst the growing prevalence of digital living in modern society, Acheless stands as an innovative wearable device that presents a novel approach to managing daily discomfort. To alleviate common daily pain, Acheless employs SSP point stimulation to target the muscles near the temporomandibular joint, helping relieve tension. Through its integrated mechanism combining SSP electrodes, microcurrent, and vibrational stimulation, the device effectively engages the temporalis and masseter muscles, enhances blood flow, and activates the body's pain-relieving hormones. The human-centered design not only delivers immediate pain mitigation but also provides a practical at-home healthcare solution for individuals with temporomandibular joint disorders. This groundbreaking device enables users to bypass the long waiting periods for dental appointments while minimizing reliance on analgesic medications that may induce adverse gastrointestinal side effects.



把自然变成健康宝库

政府主导的生态疗愈项目将在未来城市规划和公共健康领域扮演重要的角色。高菲 文



在

韩国釜山的海边公园，夜幕下海浪轻轻拍岸，一群人拿着专业麦克风和耳机，正在进行“声音行走”疗愈体验。而远在欧洲的英国国家公园里，年轻护林员们正在记录生态数据，他们是公园未来的社区大使。

当城市人越来越需要释放压力、恢复身心平衡时，各国政府已经意识到，大自然本身就是最好的疗愈师。从新加坡的疗愈花园到釜山的海洋疗愈，从英国的国家公园到日本的温泉

乡，世界各地都在用自己独特的方式，把健康体验融入城市规划和人们的生活中。

绿色疗愈，森林与公园的力量

新加坡这个土地有限的城市国家，在绿色空间规划上却有着惊人的远见。他们原本计划在2026年前开发130公顷新公园，结果提前完成了目标。

更让人惊叹的是，新加坡计划在未来五年内新增超过25个新公园和50多公里的公园步道，朝着2030年达到500公里公园连道的目标稳步前进。

规划者深知绿色空间对居民心理健康的重要性。在他们最新的总体规划中，“打造幸福健康城市”成为核心主题之一，具体策略包括创造更多让人放松和活动的空间，让自然更贴近市民生活。

最引人注目的是那些专门设计的疗愈花园。目前全岛已经有17个这样的康疗花园，而政府的计划是到2030年增加到30个。这些花园不是普通的绿地，而是经过科学研究专门设计的，为自闭症、老年痴呆、焦虑或多动症人群营造的康复环境。地面平坦、无障碍通行，为人们提供宁静祥和的空间。



Gamcheon Culture Village, Busan

在中国青海的大通县，当地探索出了一条把乡村旅游与健康养生结合的新路子。他们依托独特的生态优势和人文底蕴，整合森林的宁静、田园的风光、药膳的滋养与传统手工艺，打造高原避暑胜地。

大通县推出的六条夏季避暑养生线路：包括中医康养文化体验、森林避暑与生态露营、花海田园休闲等，体现了“医、养、游、食”结合的新思路。

蓝色疗愈，海洋与河流的潜能

海洋与河流作为疗愈资源的潜力，也正在被



Kintai Bridge Sakura festival, Yamaguchi Prefecture

全球各地发掘。韩国釜山已经把海洋疗愈打造成了城市旅游的特色品牌。

釜山的“海洋治愈旅游项目”如今已成为标志性的养生旅游计划，巧妙融合了釜山的海岸风光和当地文化。这个项目在每年夏秋季节的周末举行，提供海滩瑜伽、日落普拉提、海滩健身和海洋跑步等多种海洋休闲活动。2025年夏季的项目非常丰富，在七个海滩以及另外三个海滨公园同时展开各种活动。

釜山海洋疗愈的独特之处在于其创新的专业项目。例如“声音行走”，作为一种正念探索活动，通过专业麦克风和耳机放大自然声音，让人聆听平常听不到的自然细微声响。“游艇静修”则是在游艇上提供声音疗法和颂钵冥想，让参与者在轻柔的海浪摇曳中寻找内心平静。“汗水沙滩”则是高强度的海滩锻炼，结合了多种训练元素，让人在海风中挥洒汗水。

这些精心设计的项目旨在帮助市民通过大海恢复活力、重新发现感官之美。部分热门项目在预约开始后很快就名额爆满，可见其受欢迎程度。

在日本山口县长门市，一种更加宁静的蓝色疗愈正在悄然进行。这片被日本海轻抚的隐世之地，巧妙融合了健康体验与可持续发展理念，成为高端游客的能量补给站。

长门市的“海洋疗愈”核心围绕温泉展开，特别是著名的长门汤本温泉，其pH值高达9.6，属于强碱性“美肌温泉”。这里的温泉历史可以追溯到600年前，其中“恩汤”温泉的泉水直接从岩缝中涌出，温度恒定在62摄氏度，是真正的原汤。

当地所推广的旅游体验不仅契合“长寿疗养”趋势，更体现了“社区为本”的理念。来自世界各地的旅行者通过消费回馈当地社区，而长门的传统产业也依靠游客支持得以延续。

政府推动，民众一起参与

政府主导的生态疗愈项目能否成功，往往取决于其推动模式和社区参与程度。从各国经验来看，多方协作已经成为生态疗愈发展的关键。

英国国家公园的实践展示了一种平衡保护与发展的方法。英国罗蒙德湖与特罗萨克斯国家公园的管理者分享了他们的经验。

英国国家公园有双重使命：保护自然与文化遗产、促进公众参与，同时还要支持社区生计。面对每年1亿人次的游客量，英国国家公园通过志愿者体系凝聚社会力量。每年超过5万个工作日的志愿者贡献，涵盖生态监测、文化遗产保护等专业领域。

特别值得关注的是青少年护林员计划。通过与学校合作，14-18岁的青少年参与徒步向导、考古挖掘等实践活动，在过程中建立与自然的情感联结。其中不少人长大后成为环保工作者或社区大使，形成了从受益者到守护者的良性循环。

在资金方面，英国国家公园突破了单纯依赖政府财政的模式，构建了多元资金网络。除了中央政府拨款，他们还成立专门机构，吸引认同核心价值的企业参与，在实现品牌提升的同时反哺生态保护。

新加坡的政府推动模式则体现在系统化规划和公众参与上。新加坡相关部门发起

的公众参与活动，持续收集市民对土地使用的想法，制定未来10到15年的详细土地使用计划。

这种参与式设计项目，比如“重塑我们的心脏地带”计划，与社区居民、基层组织、利益团体和学校合作，共同设计邻里空间。

生态与文化的融合创新

生态疗愈的更高层次发展，在于与当地文化、艺术的深度融合，这方面全球多地已经有了更多的成功实践。

中国鳌华山的文博半山艺术季开创了“生态文博”的新路径。这个在2025年10月举办的活动，是以“生态文博”为脉络的沉浸式森林艺术节，以鳌华山半山生态为天然舞台，打破传统展览与活动的界限。

活动吸引了音乐爱好者、艺术疗愈人群、户外运动爱好者及度假客群等多元群体参与，实现了在地文化传播、艺术体验与自

然疗愈的深度融合。

艺术季包括“文博半山”与“艺术活动”两条主线：文博半山集中展示在地文化与自然博物精华，汇聚了熊猫珍贵影像与绘画艺术、动植物标本及生态保护电影等内容。艺术活动聚焦社群交流，涵盖音乐、疗愈、研学、市集等多种形式，让参与者在山林间实现人与人、人与自然的深度共鸣。

日本长门市则把疗愈与饮食文化完美结合。那里的怀石料理不再只是一顿饭，而是一场五感体验，所有食材都选用本地原材。厨师用传统陶器盛装清晨捕捞的河豚，以清酒提鲜，最后撒上古法海盐。每一口，都是本州岛西岸的纯正味道，这种“从海洋到餐桌”的体验，也传递了当地居民保护环境的期待。

多元化发展背后的挑战

随着全球养生旅游的快速发展，生态疗愈领域呈现出多元化趋势，同时也面临不少

挑战。

根据相关趋势报告分析，养生旅游正呈现政府主导、融合生态疗愈、关注心理健康及无障碍服务等趋势。

脑健康优化正成为高端养生新风口。国际一线医疗和养生机构纷纷推出预防神经退行性疾病、增强脑功能的深度疗养方案。

心理健康专属养生度假村不断涌现。以泰国、巴厘岛等为代表的亚洲高端度假村，已将心理疗愈、瑜伽、冥想和自然疗养深度融合。

无障碍养生旅游正成为行业标准。随着相关国际标准日益完善，越来越多的旅游地和养生度假村从场地设计、设备配备到服务流程全方位关注特殊人群需求。

与此同时，生态疗愈发展也面临诸多挑战。

如何在保护与开发间找到平衡？像英国国家公园每年接待1亿游客，需要精细化管理，让游客享受自然而不破坏环境。资金如何保障？政府财政拨款有限，需要构建多元资金网络，吸引更多广泛的社会资源。如何平衡社区利益？在发展生态疗愈的同时，确保当地社区的利益和文化得到保护，是各国面临的共同课题。

生态疗愈的未来在于找到保护与开发的平衡点，让自然环境真正成为可持续的公共健康资源。

全球各国政府正在投资于绿色和蓝色养生基础设施，把健康体验融入城市规划和人们日常生活。随着越来越多的人认识到自然环境本身就是强大的疗愈师，政府主导的生态疗愈项目将在未来城市规划和公共健康领域扮演更加重要的角色。这些项目不仅为居民提供了身心恢复的空间，更成为推动可持续发展和社区建设的重要力量。



Japanese Sushi Kaiseki Fine Dining Platter Combo Set



Gardens by the Bay and Marina Bay Sands Hotel in Singapore

An aerial photograph of a stunning mountain landscape. A large, vibrant blue lake is nestled in a valley, surrounded by steep, green mountains. A winding hiking trail is visible on the left side of the image. The sky is a clear, bright blue with scattered white clouds.

TURNING NATURE INTO A Treasure Trove of Health

Government-led eco-therapeutic initiatives are set to play a crucial role in future urban planning and public health

A Beautiful Mountain Lake and Hiking Trail

At a seaside park in Busan, South Korea, waves gently lap against the shore under the night sky as a group of people, equipped with professional microphones and headphones, engage in a “sound-walking” healing experience. Meanwhile, in a national park in the United Kingdom, far away in Europe, young rangers are recording ecological data – they are the future community ambassadors of the park.

As city dwellers increasingly seek ways to relieve stress and restore physical and mental balance, governments around the world have come to realize that nature itself is the best healer. From Singapore’s therapeutic gardens to Busan’s ocean healing programs, and from the national parks of the UK to Japan’s hot spring towns, regions across the globe are integrating health experiences into urban planning and daily life in their own unique ways.

Green Therapy, The Power of Forests and Parks

Singapore, a city-state with limited land resources, has demonstrated remarkable

foresight in its planning of green spaces. The country originally aimed to develop 130 hectares of new parks by 2026 but achieved this goal ahead of schedule.

Even more impressively, Singapore plans to add over 25 new parks and more than 50 kilometers of park connectors in the next five years, steadily progressing toward its target of 500 kilometers of park connectors by 2030.

Planners understand the importance of green spaces for residents’ mental well-being. In their latest master plan, “Building a Happy and Healthy City” has become one of the core themes, with specific strategies including creating more spaces for relaxation and activity and bringing nature closer to urban life.

The most notable of these efforts are the specially designed therapeutic gardens. Currently, there are 17 such healing gardens across the island, and the government plans to increase this number to 30 by 2030. These gardens are not ordinary green spaces but scientifically designed environments tailored for individuals with autism, dementia, anxiety, or ADHD. With flat, barrier-free pathways, they provide serene and peaceful spaces for people.

In Datong County, Qinghai, China, locals have pioneered a new approach that combines rural tourism with health and wellness. Leveraging their unique ecological advantages and cultural heritage, they have integrated the tranquility of forests, the beauty of pastoral landscapes, the nourishment of medicinal cuisine, and traditional craftsmanship to create a highland summer retreat.

Datong County has launched six summer wellness routes, including traditional Chinese medicine wellness experiences, forest retreats with eco-camping, and floral field leisure tours. These routes reflect a new vision of integrating “medicine, wellness, tourism, and cuisine.”

Blue Therapy, The Potential of Oceans and Rivers

The potential of oceans and rivers as healing resources is also being tapped into worldwide. Busan, South Korea, has transformed ocean healing into a distinctive feature of its urban tourism.

Busan’s “Marine Healing Tourism Program” has now become a signature wellness initiative, skillfully blending the city’s coastal scenery with local culture. Held on



Busan South Korea at Night

weekends during the summer and autumn seasons, the program offers a variety of marine leisure activities such as beach yoga, sunset Pilates, beach fitness, and ocean running. The summer 2025 program is particularly rich, with activities taking place simultaneously at seven beaches and three additional waterfront parks.

What sets Busan's marine healing apart are its innovative specialized programs. For example, "Sound Walking" is a mindfulness exploration activity that uses professional microphones and headphones to amplify the subtle sounds of nature, allowing participants to hear details often missed in everyday life. "Yacht Retreats" offer sound therapy and singing bowl meditation on yachts, enabling participants to find inner peace while gently swaying with the waves. "Sweat Beach" is a high-intensity beach workout that combines various training elements, allowing participants to exercise vigorously in the sea breeze.

These thoughtfully designed programs aim to help citizens rejuvenate through the ocean and rediscover the beauty of their senses. Some popular programs are fully booked shortly after registration opens, demonstrating their widespread appeal.

In Nagato, Yamaguchi Prefecture, Japan, a quieter form of blue therapy is quietly taking place. This secluded area, gently caressed by

the Sea of Japan, seamlessly blends wellness experiences with sustainable development principles, making it a recharge station for high-end travelers.

The core of Nagato's "Ocean Healing" revolves around hot springs, particularly the famous Nagato Yumoto Onsen, which has a pH of 9.6, classifying it as a strongly alkaline "beauty hot spring." The history of these hot springs dates back 600 years, with the "On-yu" spring water flowing directly from rock crevices at a constant temperature of 62°C, making it a truly authentic hot spring experience.

The tourism experiences promoted here not only align with the "longevity wellness" trend but also embody a "community-first" philosophy. Travelers from around the world contribute to the local community through their spending, while Nagato's traditional industries are sustained with the support of visitors.

Government Initiatives and Engaging the Public

The success of government-led eco-therapeutic projects often depends on their implementation models and the level of community involvement. Experiences from various countries show that multi-stakeholder

collaboration has become key to the development of eco-therapy.

The practices of UK national parks exemplify an effective approach to balancing conservation and development. Managers of Loch Lomond and The Trossachs National Park shared their insights.

UK national parks have a dual mission: to protect natural and cultural heritage while promoting public engagement, all while supporting community livelihoods. Facing an annual influx of 100 million visitors, UK national parks harness social resources through a volunteer system – with over 50,000 volunteer workdays contributed each year, covering areas such as ecological monitoring and cultural heritage preservation.

Particularly noteworthy is the Junior Ranger program. Through partnerships with schools, teenagers aged 14–18 participate in practical activities like guided hikes and archaeological excavations, fostering a deep connection with nature. Many of these young individuals grow up to become environmental workers or community ambassadors, creating a virtuous cycle from beneficiaries to guardians.

Financially, UK national parks have moved beyond relying solely on government funding by building diverse funding networks. In addition to central government grants, they

have established specialized institutions to attract businesses that share their core values, thereby enhancing brand value while contributing to ecological conservation.

Singapore's government-driven model, on the other hand, is reflected in its systematic planning and public engagement. Initiatives led by relevant Singaporean departments continuously gather public input on land use, shaping detailed land-use plans for the next 10 to 15 years.

Participatory design projects, such as the "Remaking Our Heartland" initiative, involve collaborations with residents, grassroots organizations, interest groups, and schools to co-design neighborhood spaces.

Integrating Ecology and Culture

The higher-level development of eco-therapy lies in its deep integration with local culture and art, an area where many regions worldwide have achieved significant success.

The Yinghua Mountain Culture and Art Festival in China has pioneered a new path of "eco-cultural heritage." Held in October 2025, this immersive forest art festival uses the mid-mountain ecology of Yinghua Mountain as a natural stage, breaking the boundaries of traditional exhibitions and events.

The festival attracted diverse participants, including music enthusiasts, art therapy

seekers, outdoor sports lovers, and vacationers, achieving a deep integration of local cultural dissemination, artistic experiences, and natural healing.

The festival featured two main themes: "Cultural Half-Mountain," which showcased local culture and natural history highlights, including precious panda imagery, paintings, animal and plant specimens, and environmental films; and "Art Activities," which focused on community interaction, encompassing music, healing, study tours, and markets, allowing participants to deeply connect with each other and nature in the mountain forest setting.

In Nagato, Japan, wellness is perfectly blended with culinary culture. The local kaiseki cuisine is no longer just a meal but a sensory experience, with all ingredients sourced locally. Chefs use traditional pottery to serve freshly caught pufferfish, enhanced with sake and finished with ancient sea salt. Each bite offers the authentic flavors of the western coast of Honshu, while the "ocean-to-table" experience conveys the local community's commitment to environmental preservation.

Challenges in Diversified Development

As global wellness tourism rapidly expands, the field of eco-therapy is becoming increasingly

diverse, yet it also faces numerous challenges.

According to relevant trend reports, wellness tourism is trending toward government leadership, the integration of eco-therapy, and a focus on mental health and accessibility.

Brain health optimization is emerging as a new frontier in high-end wellness. Leading international medical and wellness institutions are rolling out in-depth wellness programs aimed at preventing neurodegenerative diseases and enhancing cognitive function.

Dedicated mental wellness resorts are also on the rise. High-end resorts in places like Thailand and Bali are deeply integrating psychological therapy, yoga, meditation, and natural healing.

Accessible wellness tourism is becoming an industry standard. As international standards improve, more destinations and wellness resorts are paying comprehensive attention to the needs of special groups, from site design and equipment to service processes.

At the same time, the development of eco-therapy faces several challenges:

How can a balance between conservation and development be achieved? For instance, UK national parks require meticulous management to allow tourists to enjoy nature without harming the environment. How can funding be secured? With limited government financial support, diverse funding networks must be built to attract broader social resources. How can community interests be balanced? Ensuring the protection of local communities' interests and culture while developing eco-therapy is a common challenge faced by all nations.

The future of eco-therapy lies in finding a balance between conservation and development, making natural environments truly sustainable public health resources.

Governments worldwide are investing in green and blue wellness infrastructure, integrating health experiences into urban planning and daily life. As more people recognize nature as a powerful healer, government-led eco-therapeutic projects will play an increasingly vital role in future urban planning and public health. These initiatives not only provide spaces for physical and mental restoration but also serve as important drivers of sustainable development and community building.



Buttermere Lake, England

人才升级 品味制胜

SPA行业在2026年的破局之道

过

去三十年，中国社会的变迁波澜壮阔，我们已然生活在一个高度流动、效率至上的世界。

然而，环顾四周，许多SPA从业者仍固守着十年、二十年前的运营与营销模式，如同在奔流的江河中停泊的旧船。这种与时代的脱节，可以说是源自SPA行业的从业者们，只严守着自己的一亩三分地，而难以看清这片土地上正在发生的巨大而深刻的变革。

2026年并非遥不可及，它将是潮水退去、优劣分明的关键时刻。对于SPA行业而言，沉下心来已是共识，但如何“沉”、向何处“沉”，将决定我们是成为被时代冲刷的泥沙，还是沉淀下来的金石。

拥抱“算法思维” 从经验驱动到数据滋养

我们早已进入数据流动的时代。腾讯的成功，归根结底在于它懂得如何收集、分析并运用海量用户数据，精准洞察需求。SPA行业同样如此。我们不能再凭模糊的感觉判断客人的喜好，而必须拥有像抖音、淘宝一样的“算法思维”。

这意味着，我们需要系统地收集数据：客人造访的时段、所属的人群画像、哪些项目最受欢迎、在哪个服务节点最容易产生附加消费。通过对这些数据的分析，我们能够实现“给对的人推对的疗程”，实现私域流量的高效运营和复购率的显著提升。数字化不是选择题，而是生存题，它将帮助我们 从“广撒网”的粗放营销，升级为“精准滋



养”的深度关系维护。

争夺“注意力” 打造沉浸式的内容与体验

在信息过载的今天，人类的注意力成了最稀缺的资源。金钱跟随注意力流动。抖音之所以能崛起，正是因为它能以极高的效率捕捉并留住用户的注意力。

对于SPA而言，这要求我们超越单纯的身体按摩，成为“注意力”和“情绪价值”的提供者。我们需要思考：我们的SPA动线和空间设计能否在客人踏入的瞬间就让它忘掉外界纷扰？我们的服务流程能否成为一个值得分享的、有故事性的体验？我们的品牌在社交媒体上呈现的内容，是千篇一律的促销广告，还是能引发情感共鸣的“疗愈之



境”蓝图？未来的SPA，必须是一个能主动吸引客人“注意力”的舞台，而非被动等待发现的角落。

跨界“重组式”创新 打破同质化困局

创新，往往不是无中生有的奇迹，而是对旧有元素的重新组合。若想摆脱同质化竞争的泥潭，闭门造车或一味模仿同行远远不够。我们必须走出去，进行跨界的体验与思考。

一家顶级的餐厅如何设计它的服务动线和氛围营造？一个成功的时尚品牌如何讲述它的品牌故事？一款令人上瘾的游戏如何设置它的激励机制？将这些来自不同行业的优秀“组件”拆解、吸收，并用新的方式重组到我们的SPA业务中，这或许是一次疗程与音疗、芳疗与艺术欣赏的融合，也可能是会员体系与共享社群模式的创新结合。唯有跨界，才能成就“破界”的个性。

人才“升维”与领导力“觉醒”

行业的升级，归根结底是人的升级。未来的理疗师，不应仅是技术的执行者，而应升维为“全方位健康指导者”。他们需要具备更全面的健康知识、更共情的沟通能力，能与客人建立更深层的情感链接。

而这一切的前提，是SPA的总监和经理们必须首先“觉醒”。他们要成为学习的先锋、进步的标杆，从管理者转变为有想法、有创造力的领导者。同时，他们需要积极争取业主、总经理及市场部的支持，协同构筑

一个内部认同、外部向往的品牌价值体系。这是一个从“内部驱动”到“外部协同”的系统工程。

终极壁垒：品味，是唯一的答案

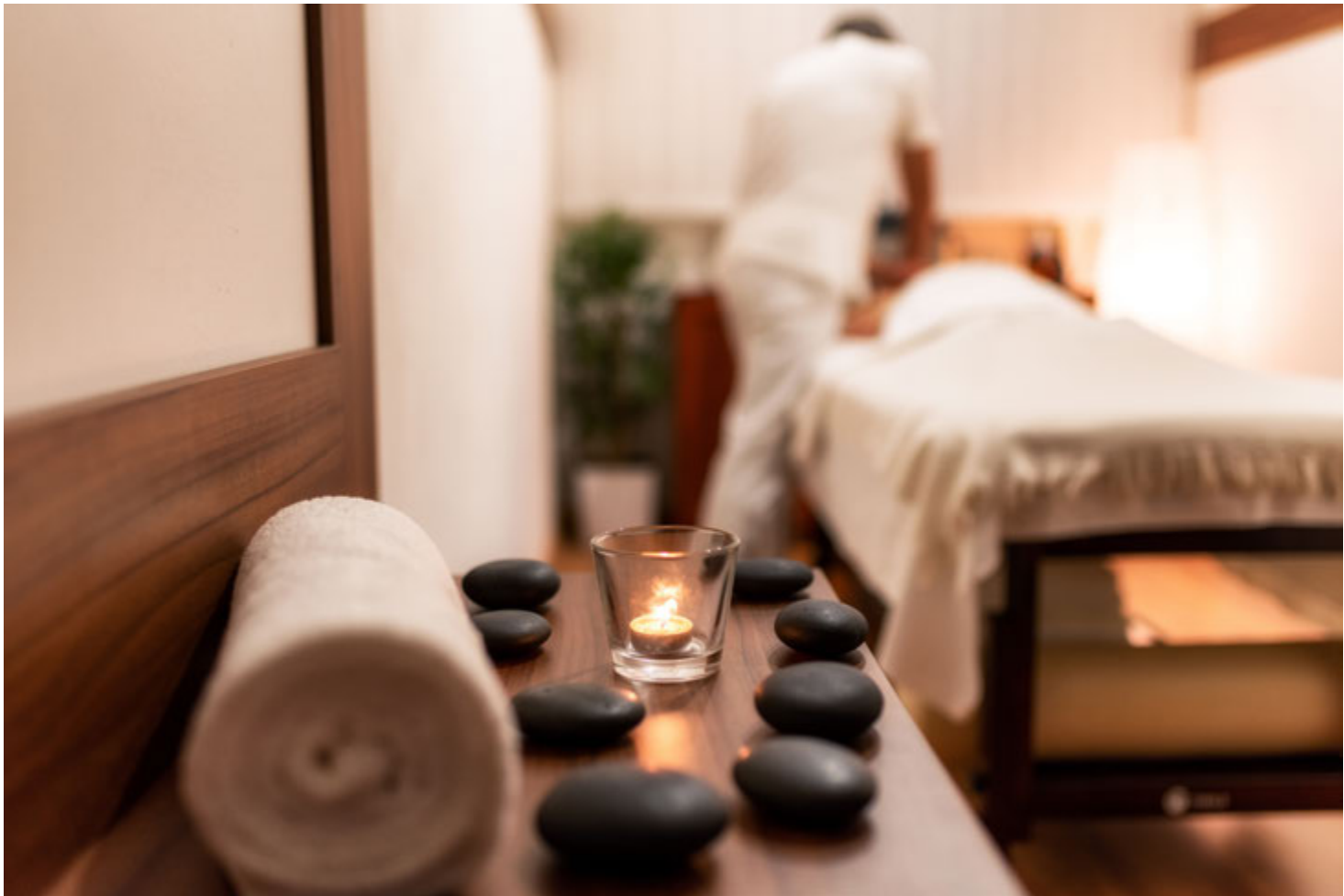
当技术可以追赶，模式可以模仿，数据可以分析，什么才是无法被复制的核心竞争优势？乔布斯给出了答案：“Ultimately, it comes down to taste.” 最终，一切都取决于品味。

品味，绝非虚无。它源于对一切美好事物的持续接触、学习与内化。正如乔布斯将音乐家、诗人、艺术家的视角融入产品，让科技拥有了灵魂与魅力。我们身处创造美与健康的行业，更需主动去汲取自然界的壮美、人文艺术的精髓，并将这份对“美”的感知力，渗透到空间的一器一物、服务的一言一行、品牌传播的一图一文之中。

一个拥有卓越品味的SPA品牌，自然能吸引同频的客人。他们欣赏的不仅是技术，更是一种被理解、被升华的体验。这种共鸣，是最高阶的情感链接，也是最坚固的品牌护城河。

2026年的SPA行业，将是一个合作而非竞争的时代：与AI合作，让数据成为我们的参谋；与跨界合作，让创新源源不断；与客人合作，共同创造健康与美的价值。在这个依旧不断在进化的世界里，唯有那些保持开放心态、勇于学习、善于提问、并能将一切最终凝结为独特品味的品牌，才能穿越周期的迷雾，成为真正有价值、有个性、有品味的疗愈绿洲。

未来已来，它在等你快步跟上。



The Talent Transformation

The path forward for the SPA industry in 2026

Over the past three decades, Chinese society has undergone monumental changes. We now live in a highly fluid and efficiency-driven world. Yet, looking around, many SPA practitioners still cling to operational and marketing models from ten or twenty years ago – like aging vessels moored in a rushing river. This disconnect from the times can be traced to industry professionals who, confined within their own immediate plots of land, struggle to perceive the vast and profound transformations unfolding across the landscape.

2026 is not far off. It will be a defining moment when the tide recedes to reveal what is truly valuable. For the SPA industry, the consensus is clear: we must settle into a

deeper, more focused approach. But how we “settle” and where we direct our efforts will determine whether we become sand washed away by the currents or gold that withstands the test of time.

Embrace Algorithmic Thinking From Experience-Driven to Data-Nourished

We have long entered an era of data fluidity. Tencent’s success, at its core, stems from its ability to collect, analyze, and leverage vast amounts of user data to precisely understand needs. The SPA industry is no exception. We can no longer rely on vague intuition to gauge guest preferences. Instead, we must adopt an “algorithmic thinking” akin to that of Douyin or Taobao.

This means systematically gathering data:

the timing of guest visits, customer profiles, the most popular treatments, and the touchpoints most likely to drive additional spending. By analyzing this data, we can “recommend the right treatment to the right person,” optimize the management of private domain traffic, and significantly increase repeat visits. Digital transformation is not an option – it is a matter of survival. It will elevate us from scattergun marketing to the precision cultivation of deep, lasting relationships.

Capture Attention, Craft Immersive Content and Experiences

In an age of information overload, human attention has become the scarcest resource. Where attention flows, money follows. Douyin’s rise is a testament to its unparalleled



ability to capture and retain user attention.

For SPAs, this means moving beyond mere physical treatments to become providers of “attention” and “emotional value.” We must ask ourselves: Does our spatial design and guest flow allow visitors to forget the outside world the moment they step in? Can our service journey become a shareable, story-rich experience? Is the content we share on social media merely repetitive promotional material, or does it paint a vision of a “sanctuary of healing” that resonates emotionally? The SPA of the future must be a stage that actively attracts attention – not a hidden corner waiting to be discovered.

Cross-Industry Recombinant Innovation, Breaking Free from Homogeneity

Innovation is rarely about creating something from nothing. More often, it is about recombining existing elements in novel ways. To escape the quagmire of homogeneous competition, it is not enough to look inward or merely imitate peers. We must venture beyond our industry and draw inspiration from diverse fields.

How does a top-tier restaurant design its service flow and atmosphere? How does a successful fashion brand tell its story? What makes a game irresistibly engaging? By deconstructing and absorbing these outstanding “components” from other



industries, we can reassemble them into our SPA operations – perhaps by integrating sound healing with traditional therapies, combining aromatherapy with art appreciation, or reinventing membership systems with shared community models. Only through cross-pollination can we break boundaries and cultivate true distinctiveness.

Talent Upskilling and Leadership Awakening

Industry transformation ultimately hinges on human evolution. The therapists of the future should not be mere technicians but evolve into “comprehensive wellness guides.” They will need broader health knowledge, greater empathy, and the ability to build deeper

emotional connections with guests.

None of this is possible, however, without the “awakening” of SPA directors and managers. They must become pioneers of learning and benchmarks of progress – transitioning from administrators to visionary, creative leaders. At the same time, they must proactively engage property owners, general managers, and marketing teams to collaboratively build a brand value system that is respected internally and aspired to externally. This is a systemic shift from being internally driven to externally synergistic.

The Ultimate Mad Vantage: Taste Is the Only Answer

When technology can be replicated, business models copied, and data analyzed – what remains as an irreplicable competitive advantage? Steve Jobs offered the answer: “Ultimately, it comes down to taste.”

Taste is anything but abstract. It stems from continuous exposure to, learning from, and internalization of all things beautiful. Just as Jobs infused Apple’s products with the sensibilities of musicians, poets, and artists – breathing soul and appeal into technology – we, in an industry dedicated to beauty and wellness, must actively draw inspiration from the grandeur of nature and the richness of human culture. This sensibility must permeate every object in our spaces, every gesture in our service, and every image in our branding.

A SPA brand with exceptional taste will naturally attract like-minded guests. What they appreciate is not just technical skill, but an experience that makes them feel understood and elevated. This resonance is the highest form of emotional connection – and the most robust moat a brand can build.

The SPA industry in 2026 will be defined not by competition, but by collaboration: with AI, letting data guide our decisions; across industries, enabling unceasing innovation; and with guests, co-creating value in health and beauty. In this ever-evolving world, only those brands that remain open-minded, courageous in learning, skilled in questioning, and capable of crystallizing it all into singular taste will navigate the fog of uncertainty and emerge as truly valuable, distinctive, and tasteful oases of restoration.

The future is already here, it awaits your swift arrival.



Joali Being Maldives



The Retreat Santosha, Poolside



Kamalaya Thailand

2026健康新风向

从社交桑拿到沙漠静修，健康趋势已超越传统的疗养范畴

2026年，全球健康旅游业将持续增长，在追求长寿与高科技养生的同时，旅行者也开始渴望低技术、重感官、充满趣味的健康体验，但重点将从单一的“优化”转向更具社交性、趣味性和个性化的“度假式养生”。以下16个趋势将定义明年的健康旅行。

健康社交 从孤独疗愈到社群联结

为应对全球性的孤独感，酒店正将公共空间设计为促进真实连接的“社群枢纽”。具体案例包括：哥斯达黎加的老牌水疗酒店The Retreat新设的Santosha健康俱乐部，不仅提供健身设施，更打造了拥有无边泳池、小食吧和米其林厨师餐厅的开放式休闲区，鼓励客人在轻松社交中自然融入健康生活。土耳其的Scorpios Bodrum则彻底模糊日与夜的界限，白天举办团体声音浴，夜晚变身海滨音乐俱乐部，让身心释放形成完整闭环。在

城市中，一种新型的“长寿社交俱乐部”正在兴起，例如纽约的Remedy Place，它将朋友间的夜晚聚会重新定义为一起参与声音疗愈或进行健康输液，让社交活动本身成为滋养身心的仪式。

家庭健康旅行 多代同堂的养生假期

为帮助家庭共同建立健康习惯，度假村推出了涵盖所有年龄段成员的养生项目。马尔代夫的Joali Being设立了独立的“B’Kidadult”儿童青少年专区，通过动物仿生瑜伽、记忆游戏和沙滩训练营等趣味活动，引导下一代关注身心健康。肯尼亚拉奥六善酒店则设计了亲子课程，让父母在锻炼时，孩子可以同步参加适龄的呼吸练习或健脑游戏。墨西哥蓬塔米塔四季度假酒店甚至推出了针对婴幼儿的“四季婴儿计划”，提供婴儿瑜伽和亲子反射疗法，让健康理念从生命最初阶段开始融入。

聚焦女性全周期健康

健康产业正系统性地关注女性生命各阶段的独特需求。位于美国汉普顿的Shou Sugi Ban House提供针对激素平衡、生理期调理及生育支持的专业营养咨询与定制餐单。专为准妈妈设计的“babymoon”静修也开始流行，例如Mom’s Retreats在西班牙和葡萄牙组织的行程，由专业导乐和助产士带领，融合产前运动、冥想和深度护理。美国养生品牌Canyon Ranch即将在德克萨斯州开幕的新度假村，更是宣布将设立专门的“女性社群”中心，为从三十岁到六十岁及以上的女性提供分龄段的综合健康支持，标志着女性健康成为高端养生市场的核心板块。

表演型桑拿 从静坐出汗到沉浸式剧场

桑拿体验正升级为融合戏剧、音乐与集体仪式的多感官艺术。源自欧洲的“Aufguss”蒸汽仪式是典范，在意大利的Priedlhof度假



Basin Glacial Waters, Fairmont Chateau Lake Louise



Basin Glacial Waters, Fairmont Chateau Lake Louise



Venetia Dearden at SHA Wellness



村，专业的“桑拿大师”会随着精心编排的音乐，将浸有精油的冰球置于热石上，并用大型毛巾将香氛蒸汽有节奏地扇向参与者，上演一场约15分钟的热力表演。多伦多和纽约的Othership则将桑拿与集体呼吸练习、现场音乐和舞蹈结合，举办可容纳90人的桑拿派对。这些实践将古老的出汗仪式转化为充满互动与娱乐性的集体体验。

星空浴与沙漠疗愈 极致环境中的心灵复位

“星空浴”作为一种新型冥想方式正在兴起，其核心是毫无目的地在无光污染的浩瀚星空下静躺与凝视，让心灵在宇宙的尺度下获得宁静。加州Cal-a-Vie健康水疗中心建造

了专业天文台，由天文学家引导观星；苏格兰高地的旅行公司则结合本地威士忌品鉴，举办仰望星空派对。与此同时，广袤寂静的沙漠取代蔚蓝海岸，成为寻求心灵重置者的新目的地。旅行公司Black Tomato在智利阿塔卡马沙漠设计的行程，融合了黎明寂静徒步、古老的Temazcal汗蒸仪式和午夜银河观赏，利用极端环境的空旷与寂静来稳定现代人过度活跃的神经系统。

大脑认知健康 高科技与古典训练并举

维护与提升认知能力成为高端养生的前沿。瑞士Clinique La Prairie的“大脑潜力”项目采用综合方案，从脑部MRI、基因筛查到针对

大脑线粒体功能的光生物调节疗法，提供精准干预。与此同时，更易普及的“低科技”脑部训练也备受青睐，例如泰国Kamalaya的“认知之家”提供“神经激活健身”，要求人们在完成复杂身体动作的同时进行认知任务，以强化神经连接。瑞士的Chenot Weggis则复兴了桥牌等经典策略游戏，在社交互动中锻炼记忆力与逻辑思维。

灵性探索与古老智慧的回归

在科技疗愈之外，人们开始寻求更具精神内涵的实践。田纳西州的Blackberry Mountain推出了“水彩灵气”课程，将艺术创作与能量疗愈结合，并定期举办新月与满月仪式，引导客人在自然节律中设定意图。多米尼加共和国的Cayo Levantado Resort以其Yubarata健康中心为核心，每月根据占星日历举办仪式，活动可能包括星空下的颂唱圈或静默日记，帮助客人在集体能量场中获得平静。即将在爱沙尼亚开业的新店则将根植于当地“大地信仰”，依据岛上的五个自然季节来设计静修项目，实现身心与远古智慧及自然周期的深度连接。

培养正念爱好 在深度体验中寻找心流

人们开始通过掌握一门需要全神贯注的手艺或爱好来实现深度放松。南非的Sterrekopje农场提供“土壤到灵魂”园艺静修，客人在园艺专家指导下学习植物知识、亲手参与耕种，并将收获的花草用于后续的沐浴护理，完成从土地到身心的完整滋养循环。此外，麻将这类需要专注与策略的桌面游戏也成为

健康静修的主题，墨西哥的Rancho La Puerta和美国的Lake Austin Spa Resort都开设了麻将课程与锦标赛，让人们在社交与竞技中锻炼大脑，获得愉悦的心流体验。

探索内在“黑暗面”的深度成长

真正的holistic健康包含对生命完整性的探索，这促使人们开始正视并整合所谓的“阴影面”。德国的EvoDark等机构提供“黑暗静修”，参与者完全在无声无光的环境中度过数日，这种极致的感官剥夺旨在促使内心深层的情绪与灵感浮现。同时，关于生命终结的教育与实践，如“死亡导乐”培训和相关工作坊，也在引导人们坦然讨论死亡、规划临终事项，以期消除恐惧，更全然地活在当下。威尔士的The Dreaming静修中心则以古老的凯尔特萨温节为灵感，通过仪式艺术来纪念生命的死亡与重生循环，以更诗意和温和的方式触及这一主题。

人工智能赋能个性化健康

人工智能正从后台工具变为健康旅行的核心组成部分。夏威夷Sensei Lanai度假村的“最佳福祉”项目会在客人抵达前寄送健康手环，通过持续监测生成初步健康洞察，使入住后的每项活动、每餐饮食都建立在个人数据之上。德国的Buff Medical Resort使用AI辅助分析MRI和心电图，提升诊断效率。而迪拜的Eywa等健康住宅社区，则将AI与建筑管理系统深度结合，实时调节室内光线、温度、湿度和香气，为居住者创造一个持续优化的生物学环境。

城市健康目的地崛起

高端养生体验正无缝嵌入都市核心。伦敦的瑰丽酒店将Asaya水疗中心打造为城市绿洲，其中提供的护理不仅限于按摩，还融合了增强神经的声景体验与先进的韩国皮肤科技。即将开业的伦敦六善酒店更计划引入城市中罕见的镁泳池，旨在帮助都市人群缓解压

力、改善睡眠。这些城市酒店通过提供无须远行即可获得的沉浸式疗愈，成为都市居民便捷的“充电站”。

健康民主化与社区疗愈

为了让健康资源惠及更广泛人群，一股“社区疗愈”浪潮正在涌现。英国的“社区桑拿网络”在多个城市利用改造空间设立平价桑拿点，定期举办由志愿者带领的集体桑拿仪式。伦敦的Inhabit酒店则为本地上班族提供免费的正念瑜伽和呼吸课程。欧洲许多历史悠久的公共温泉浴场也始终坚持亲民价格，例如瑞士巴德拉格兹的高级度假村内，公众仍可以低廉费用使用其翻新后的宏伟温泉，体现了健康作为公共福利的理念。

养生住宅社区健康成为生活方式

健康养生地产是全球增长最快的领域之一，标志着健康从“度假选项”变为“日常生活方式”。四季、六善、安缦等顶级度假品牌纷纷推出配套顶级水疗设施、健康餐饮和社群活动的住宅项目。迪拜的Eywa项目堪称未来典范，其建筑以榕树为灵感，中庭设有一座嵌有数千颗水晶的“能量塔”，旨在优化整个社区的生物能量场，并配备从冥想洞穴到冷冻疗法室的完整设施，为居民构建一个从物理环境到社交文化全方位支持永续健康的家园。

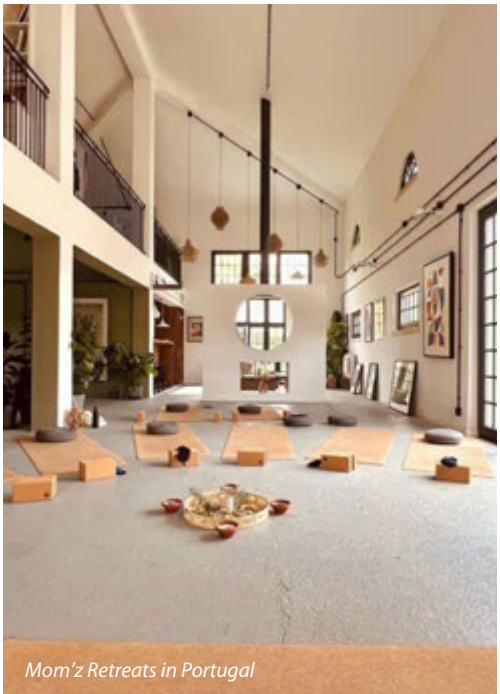
2026年的健康趋势已超越传统的疗养范畴，演变为一场融合科技与灵性、社群与自我、冒险与深度的综合性生活探索。其终极目标不仅是延长生命，更是拓宽生命的体验、连接与意义，让每一次出发都成为对更丰盛人生的回归。



Joali Being Maldives



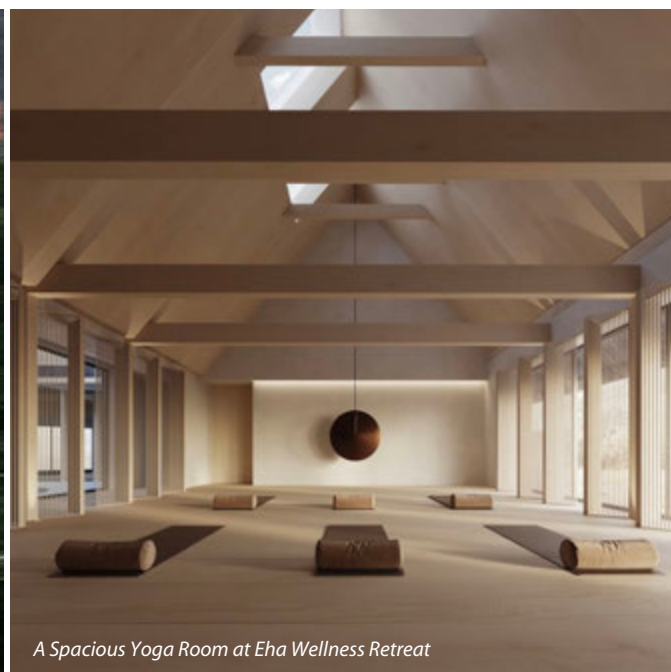
Dubai's Eywa



Mom'z Retreats in Portugal



South Africa's Sterrekopje Farm



A Spacious Yoga Room at Eha Wellness Retreat

The New Wellness Vibe 2026

From social saunas to desert retreats, wellness trends are moving beyond traditional restorative getaways

In 2026, the global wellness tourism industry will continue to grow. While the pursuit of longevity and high-tech health optimization remains strong, travelers are also beginning to crave low-tech, sensory-rich, and fun wellness experiences. The focus is shifting from pure “optimization” toward a more social, enjoyable, and personalized “vacation-style wellness.” The following 16 trends will define wellness travel in the coming year.

Social Wellness From Isolated Healing to Community Connection

In response to a widespread and global sense of loneliness, hotels are designing public spaces as “community hubs” that foster genuine connection. Examples include the veteran spa hotel The Retreat in Costa Rica, which recently launched the Santosha Wellness Club. It offers not only fitness facilities but also an open-plan lounge area with an infinity pool, a tapas bar, and a restaurant helmed by a Michelin-starred chef, encouraging guests to integrate wellness into their lives through relaxed socialization. Scorpions Bodrum in Turkey blurs the line between day and night entirely: group sound baths are held by day, while the space

transforms into a beachfront music club by night, creating a complete cycle of physical and mental release. In cities, a new kind of “longevity social club” is emerging. Venues like Remedy Place in New York are redefining a night out with friends as an opportunity to participate in sound healing sessions or receive wellness infusions together, turning social activity itself into a ritual that nourishes body and mind.

Family Wellness Travel Multi-Generational Wellness Holidays

To help families build healthy habits together, resorts are rolling out wellness programs designed for all age groups. Joali Being in the Maldives has established a dedicated “B’Kidadult” zone for children and teens, using engaging activities like animal-flow yoga, memory games, and beach boot camps to guide the younger generation toward caring for their physical and mental health. Six Senses Kanuhura has designed parent-child classes where kids can participate in age-appropriate breathing exercises or brain-training games while their parents work out. Four Seasons Resort Punta Mita, Mexico has

even introduced a “Babies for All Seasons” program for infants, offering baby yoga and parent-child reflexology, integrating wellness principles from the very beginning of life.

Focus on Women’s Full-Cycle Health

The wellness industry is now systematically addressing the unique needs of women throughout all stages of life. Shou Sugi Ban House in the Hamptons, USA, provides professional nutritional counseling and customized menus targeting hormone balance, menstrual cycle regulation, and fertility support. “Babymoon” retreats designed for expectant mothers are also gaining popularity. For example, Mom’z Retreats organizes itineraries in Spain and Portugal led by professional doulas and midwives, combining prenatal movement, meditation, and intensive care. The wellness brand Canyon Ranch has announced that its new resort opening soon in Texas will feature a dedicated “Women’s Collective” center, offering comprehensive, age-specific health support for women in their thirties, forties, fifties, sixties, and beyond. This signals that women’s health has become a core segment of the high-end wellness market.

Performance Sauna From Silent Sweating to Immersive Theater

The sauna experience is being elevated into a multi-sensory art form that blends theater, music, and collective ritual. The European-originated “Aufguss” steam ceremony is a prime example. At Italy’s Priedlhof resort, a trained “sauna master” places essential-oil-infused ice balls onto hot stones in time with carefully curated music, then uses large towels to rhythmically waft the fragrant steam toward participants, putting on a roughly 15-minute thermal performance. Othership in Toronto and New York combines sauna sessions with group breathwork, live music, and dancing, hosting sauna parties for up to 90 people. These practices transform the ancient sweat ritual into an interactive and entertaining collective experience.

Stargazing Baths & Desert Healing Mental Reset in Extreme Environments

“Stargazing baths” are emerging as a new form of meditation. The core practice involves lying under a vast, light-pollution-free night sky, gazing aimlessly at the stars to find peace on a cosmic scale. California’s Cal-a-Vie Health Spa has built a professional observatory for astronomer-led stargazing, while a tour company in the Scottish Highlands hosts stargazing parties paired with local whisky tastings. Meanwhile, vast, silent deserts are replacing azure coastlines as the new destination for those seeking a mental reset. Travel company Black Tomato has designed an itinerary in Chile’s Atacama Desert that combines silent dawn hikes, ancient Temazcal sweat lodge ceremonies, and midnight Milky

Way viewings, using the emptiness and silence of the extreme environment to calm the overactive nervous systems of modern people.

Brain & Cognitive Health High-Tech Meets Classical Training

Maintaining and enhancing cognitive function has become a frontier in high-end wellness. The “Brain Potential” program at Switzerland’s Clinique La Prairie employs an integrated approach, offering precise interventions ranging from brain MRI and genetic screening to photobiomodulation therapy targeting mitochondrial function in the brain. At the same time, more accessible “low-tech” brain training is also gaining favor. For instance, the “Cognitive House” at Thailand’s Kamalaya provides “neuroactive fitness,” which requires participants to perform cognitive tasks while executing complex physical movements to strengthen neural connections. Switzerland’s Chenot Weggis has revived classic strategy



A sound healing session at Canyon Ranch Tucson

games like bridge, exercising memory and logical thinking through social interaction.

Spiritual Exploration & the Return of Ancient Wisdom

Beyond technological healing, people are beginning to seek practices with deeper spiritual meaning. Blackberry Mountain in Tennessee offers “watercolor reiki” courses that combine art creation with energy healing, and regularly holds new moon and full moon ceremonies to guide guests in setting intentions with natural rhythms. The Dominican Republic’s Cayo Levantado Resort centers its offerings around the Yubarata Wellness Center, hosting monthly ceremonies based on the astrological calendar. These might include singing circles under the stars or silent journaling, helping guests find peace within a collective energy field. A new retreat center set to open in Estonia will be rooted in the local “Earth Faith” belief system, designing its programs around the island’s five natural seasons to achieve a deep connection between mind, body, ancient wisdom, and natural cycles.

Cultivating Mindful Hobbies Finding Flow Through Deep Experience

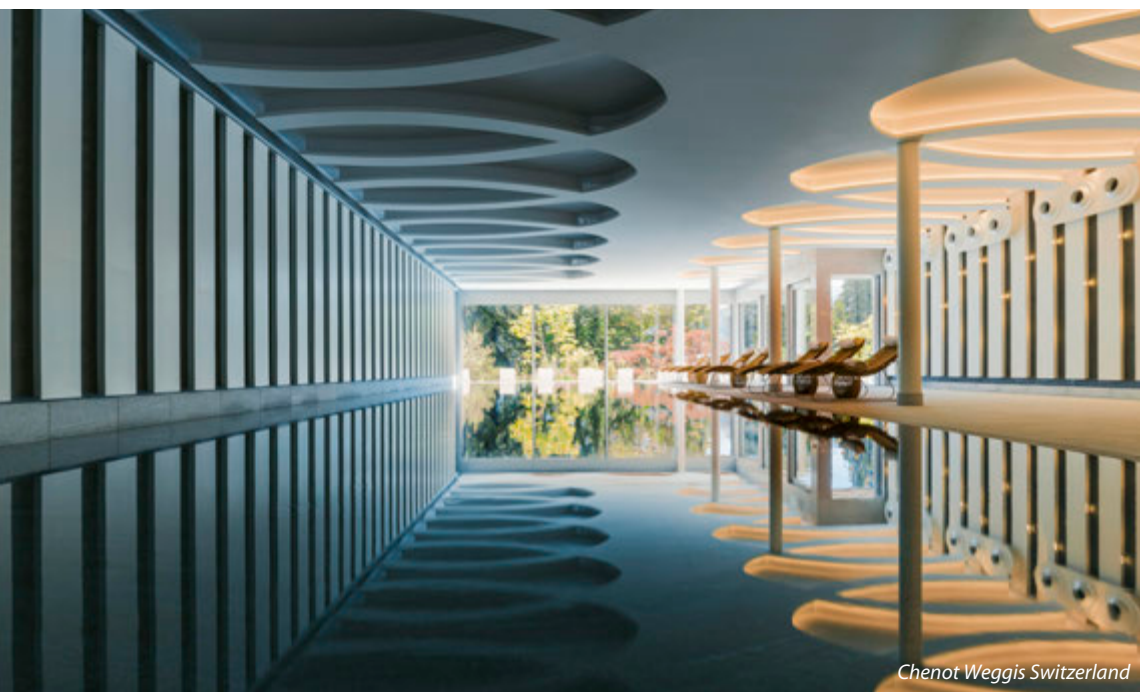
People are turning to mastering a craft or hobby that requires complete focus as a path to deep relaxation. South Africa’s Sterrekopje farm offers “soil-to-soul” gardening retreats where, under the guidance of horticulture experts, guests learn about plants, participate in hands-on cultivation, and later use the harvested flowers and herbs in bathing treatments, completing a full nurturing cycle from land to body. Additionally, table games like mahjong, which demand concentration and strategy, have become a wellness retreat theme. Both Mexico’s Rancho La Puerta and the U.S.’s Lake Austin Spa Resort offer mahjong classes and tournaments, allowing people to exercise their brains through social interaction and friendly competition, achieving a state of enjoyable flow.

Exploring the Inner “Shadow” for Deeper Growth

True holistic wellness involves exploring the completeness of life, which is leading people to confront and integrate their so-called



Lake Austin Spa Resort



“shadow” side. Institutions like Germany’s EvoDark offer “darkness retreats” where participants spend several days in completely silent, lightless environments. This extreme sensory deprivation is designed to bring deep-seated emotions and inspiration to the surface. Concurrently, education and practices concerning life’s end, such as “death doula” training and related workshops, are guiding people to openly discuss death and plan for end-of-life matters, aiming to dispel fear and live more fully in the present. Wales’ The Dreaming retreat center takes inspiration from the ancient Celtic festival of Samhain, using ritual art to honor the cycle of death and rebirth, addressing this theme in a more poetic and gentle way.

AI-Powered Personalized Wellness

Artificial intelligence is transitioning from a backend tool to a core component of wellness travel. The “Optimal Wellbeing” program at Hawaii’s Sensei Lanai, a Four Seasons Resort, sends health-tracking wristbands to guests before arrival. Continuous monitoring generates preliminary health insights, ensuring that every activity and meal during the stay is based on personal data. Germany’s Buff Medical Resort uses AI to assist in analyzing MRI and ECG results, improving diagnostic efficiency. Wellness residential communities like Dubai’s Eywa deeply integrate AI with building management systems to dynamically adjust indoor lighting, temperature, humidity,

and scent in real-time, creating a continuously optimized biological environment for residents.

The Rise of Urban Wellness Destinations

High-end wellness experiences are being seamlessly integrated into city centers. In London, The Rosewood’s Asaya Spa has been crafted into an urban oasis where treatments go beyond massage to include neuro-enhancing soundscapes and advanced Korean skincare technology. The soon-to-open Six Senses London plans to introduce a magnesium pool – a rarity in the city – aimed at helping urban dwellers relieve stress and improve sleep. By offering immersive healing that requires no long journey, these city hotels are becoming convenient “recharge stations” for urban residents.

Wellness Democratization & Community Healing

To make wellness resources accessible to a broader population, a wave of “community healing” is emerging. The UK’s “Community Sauna Network” has established affordable sauna spots in multiple cities using repurposed spaces, regularly hosting collective sauna ceremonies led by volunteers. London’s Inhabit hotel offers free lunchtime mindfulness yoga and breathwork classes for local office workers. Many of Europe’s historic public thermal baths have long maintained affordable access. For example,

at the upscale Grand Resort Bad Ragaz in Switzerland, the public can still use the resort’s magnificent, recently renovated thermal baths for a modest fee, embodying the idea of health as a public good.

Wellness Residential Communities Wellness as a Lifestyle

Wellness real estate is one of the world’s fastest-growing sectors, signaling a shift where wellness moves from being a “vacation option” to an “everyday lifestyle.” Top resort brands like Four Seasons, Six Senses, and Aman are all launching residential projects complete with premium spa facilities, wellness cuisine, and community activities. Dubai’s Eywa project is a futuristic example. Inspired by the banyan tree, its atrium features an “energy tower” embedded with thousands of crystals, designed to optimize the community’s bio-energy field. Equipped with everything from meditation caves to cryotherapy chambers, it aims to build a home for residents that supports sustainable health through every aspect – from the physical environment to social culture.

The wellness trends of 2026 have moved beyond the scope of traditional restorative getaways, evolving into a comprehensive life exploration that blends technology and spirituality, community and self, adventure and depth. The ultimate goal is not merely to extend life but to broaden life’s experiences, connections, and meaning – making every journey a return to a more abundant existence.

奢华康养新进程

专访张郁安女士，在文化间搭建桥梁，塑造奢华酒店康养的未来

Octave Sangha Retreat

在奢华酒店与水疗康养领域深耕二十余年的张郁安 (Yvonne Cheung)，是一位兼具心理学、市场营销与管理背景的资深顾问。她擅于协助酒店与开发商，打造既深植文化底蕴又具备运营可行性的康养概念，从整体定位、设施规划到服务流程，构建以客为本的体验。同时，她创立羽心堂，也为康养产品提供策略支持，始终致力于推动行业的专业化与稳健前行。SpaChina与张郁安女士展开对话，探讨中国奢华酒店康养的未来图景。

回顾您二十多年的行业历程，最具挑战性的项目是什么？

挑战并非由某个单一项目定义，而是随着行业的进化而演变。早期，挑战在于从无到有地建立基础系统：科学的护理逻辑、高效的运营流程、专业的团队培训，并教育市场理解身心健康的价值。这如同为大厦打下看不见的地基，需要耐心与实践。

近年的挑战则更为多元。随着消费者认知成熟，规划必须在文化内涵、市场趋势、客群结构与运营现实间取得精妙平衡。不同城市与人群的节奏差异巨大，这意味着每个方案都需量身定制，无法简单复制。在我看来，真正的挑战往往并非技术难题，而是在复杂环境中保持初心，持续洞察目标人群的深层状态与期待，最终凝练成可行且可持续



的方案。只要对人群与市场有足够深刻的理解，无论是营养食疗、专业SPA、传统医药还是科技调节，设计的路径自会清晰显现。

为酒店规划康养概念时，如何平衡文化特色与运营可行性？能否分享成功融合当地文化与现代服务的案例？

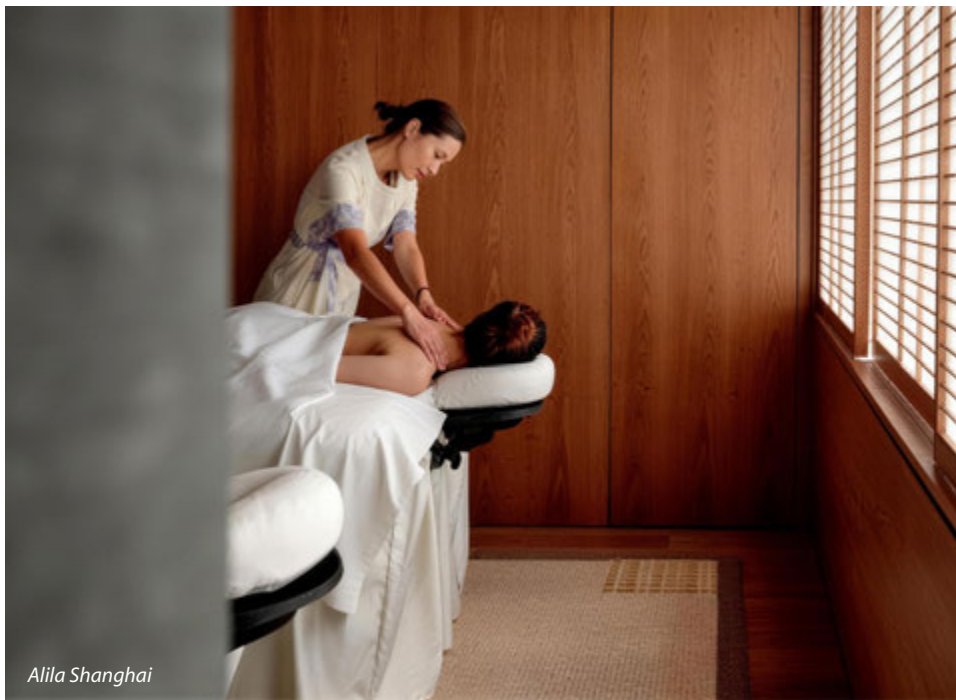
文化在康养中的作用绝非浮于表面的装饰，而是塑造体验逻辑的底层密码。不同地域对身体感受、隐私边界、仪式节奏乃至温度触感的偏好都迥然不同，这些细微差异直接决定了康养空间能否真正令人沉浸。

因此，关键在于如何将文化“翻译”成现代人能够理解且乐于接受的体验，使其既真实又具可操作性。例如，传统草本智慧、沐浴仪式或SPA疗法的古老原型，经过恰当的现代表达，一定能够自然而有效地融入当代旅客的习惯。

在跨文化项目中，西方康养的结构化、循证逻辑，常能与东方对细腻节奏的敏感形成巧妙互补。重点不在于简单混合，而在于找到一种让两种逻辑和谐共生的表达方式。例如，我们团队曾在中国打造以传统浴场为灵感的现代化浴疗项目，通过缩小规模、增强私密性与仪式感，并以更高标准的SPA和草本疗愈来重新演绎，让传统文化在当代语境中焕发新生。我们也曾在国际项目中，将穆斯林沐浴仪式与欧洲的冷热交替疗法结合，创造出既有文化深度又便于运营的疗程项目和SPA空间。当文化被体验化，体验被运营化，SPA和康养空间的独特性才真正得以彰显。

Wellness康养正从奢华附加服务转向核心体验，您认为酒店康养的未来关键赛道是什么？高端消费者的需求发生了哪些本质变化？

Wellness康养正在经历一场本质变革：过去的奢华关乎物质与空间，如今的奢华关乎消费者本身“被理解”与“被修复”，如果能



在短时间内帮助人们重拾节奏、恢复清晰与能量，这种能力本身就是全新的价值标杆。

这反映了高净值客群需求的深层演变。他们更了解自身的身体、情绪与能量状态，并愿意为提升“恢复力”投资。因此，康养从可选的附加项，变为酒店不可或缺的核心竞争力。

未来的关键并非押注某一种孤立疗法，而在于多种体系能否协同增效，SPA水疗、冷热交替、草本芳疗、生理调节科技、睡眠支持、正念呼吸……它们路径各异，但终极目标一致：助人快速回归稳定、清晰、有能量的状态。当酒店能围绕“恢复力”构建系统化体验，康养便不再是配套，而是客人选择酒店的决定性理由。核心永远不是追逐趋势，而是理解人群。理解越深，体验越准；体验越准，康养的价值就越清晰。

亚洲酒店引入西方康养模式时，常忽略本地习惯，如何避免水土不服，打造真正适配市场的空间与疗程？

跨文化引入的最大误区，是将康养视为“技术移植”，实则应作“文化翻译”。翻译得当，体验浑然天成；翻译失准，文化与人群间的节奏错位便会凸显。

西方体系的优势在于结构化、标准化与科学验证；东方的精髓则在于体感、温度、细腻节奏与仪式感。生硬照搬任何一方，都可能导致身心感受上的不协调。

专业的判断会回归体验本身，例如空间是否让人放松停留？环境能否让身体快速进入状态？服务方式是否文化亲近？仪式是否真实不造作？科技是创造了价值还是仅为噱头？
疗程创新的关键，不在于元素堆砌，而在于

用正确的方式诠释两种文化的逻辑。例如，用结构化的流程来呈现东方的SPA疗法，或在东方文化框架中融入前卫科学的恢复方式等等。最成功的创新，是让两种文化都能看到自己的根，但整体体验却是全新的、融合的。一个真正适配的Wellness康养空间，需要在当地客人感到自然、外地客人感到独特、运营团队感到可持续这三者间取得平衡。

作为行业的多重推动者，您认为康养产业稳健发展的核心基础是什么？目前最需改进之处？若给开发商或品牌创始人一个关键建议，会是什么？

我观察到，大中华区的康养市场正呈现“双轨需求”：一部分客群追求可测量、可验证的功能性成效；另一部分则更看重情绪稳定、心灵秩序与生活节奏的重建。两者都在快速增长，共同推高行业的专业门槛。

产业的稳健发展，不能仅依赖硬件投入或追逐风口，而应建立在对人群演变的深度理解与对未来需求的预判之上。功能性与情绪性需求看似两条线，但对高净值与年轻客群而言，实为同一健康逻辑的一体两面：例如SPA水疗、科技项目的调节提供的是对身体的支持；正念、草本疗法则守护情绪与生命节奏。行业唯有同时回应这两端，专业性才算完整。

目前，行业最亟需提升的是专业标准的精细化。长期以来，五星级酒店被视为专业象征，但市场在变：新兴机构专业能力快速崛起，部分传统体系却显滞后，导致消费者常处于信息不对称中。大中华区仍缺乏分层、多维的专业认证体系，涵盖设施环境、科技设备功效与安全、服务操作规范、运营可持续性等。我认为此类认证并非束缚，而是行业向上发



展、保护专业从业者的必要基石。

我觉得，我们不能只解决当下显性需求，更要为未来的隐性需求“预留白”。高净值客群的认知步伐快于行业，当一个项目具备前瞻性，其定位与资源投放才会更清晰，发展也才能更稳健。

展望未来五年，您最想探索的Wellness康养新方向或市场空白是什么？

我认为，若以高净值及准高净值年轻世代为核心，未来的机会不在于某个新技术或项目类型，而在于他们的整个生活轨迹中，健康需求将会如何发生演变。

这一人群的生活日益多元：跨城工作、长期旅居、多角色切换、对代际健康的关注，都使得康养需求从度假场景延伸至日常方方面面。他们对健康的定义，也从身体层面拓展到情绪、关系、节奏与长期韧性。

因此可以说，我希望探索的方向集中于几个趋势：一是纵向的“家庭与代际康养”，构建跨年龄、跨状态的长期支持体系；二是横向的“场景延伸”，将康养能力从酒店场馆，扩展至服务式公寓、旅居、商务出行等多元场景，发展轻量化、可迁移的解决方案；三是在不确定性中，发展专注于情绪稳定、认知效率与韧性管理的“可调整康养体系”，这需要跨学科合作推进；四是持续推动建立更细分、更权威的行业专业认证体系，保障行业在快速发展中的质量与可信度。

未来的核心，不在于追逐下一个热点，而在于如何将康养从一项目的地服务，升级为一种可伴随的“能力”，真正融入中国人不断进化的生活方式与文化肌理。当康养能在不同生活场景中保持连贯性，其价值便会从一次体验，延伸为一种生活方式本身。

Octave Sangha Retreat

The Evolution of Luxury Wellness

Ms. Yvonne Cheung on bridging cultures and shaping the future of luxury hotel wellness

With over two decades of experience in the luxury hotel and SPA wellness sector, Yvonne Cheung is a seasoned consultant whose expertise is rooted in psychology, marketing, and management. She specializes in assisting hotels and developers in creating guest-centric wellness concepts that are deeply culturally grounded yet operationally viable, covering everything from overall positioning and facility planning to service design. Simultaneously, she found YUSUMTONG and provided strategic counsel to wellbeing products, consistently advocating for the industry's professionalization and steady growth. SpaChina spoke with Ms. Cheung to explore the future landscape of wellness in China's luxury hotels and resorts.

Looking back on your more than 20-year career, what has been the most challenging project?

The challenge isn't defined by any single

project but evolves with the industry itself. In the early days, the difficulty lay in building foundational systems from scratch: establishing scientific treatment rationales, efficient operational processes, professional team training, and educating the market on the value of holistic well-being. This was like laying the unseen foundation for a skyscraper, requiring patience and practice.

In recent years, the challenges have become more multifaceted. As consumer awareness has matured, planning must achieve a delicate balance between cultural essence, market trends, guest demographics, and operational realities. The rhythms differ vastly across cities and consumer groups, meaning every solution must be tailor-made; copying existing templates is not an option. In my view, the true challenge often isn't technical complexity but maintaining one's core vision within complex environments, continuously gaining insight into the deeper states and expectations of the target

audience, and ultimately distilling that into a feasible and sustainable plan. With a profound enough understanding of the people and the market, whether it involves nutritional therapy, professional SPA treatments, traditional medicine, or Bio-hacking technologies, the design path will become clear.

When conceptualizing wellness for a hotel, how do you balance cultural distinctiveness with operational feasibility? Could you share a case where local culture was successfully integrated with modern wellness services?

Culture's role in wellness is never merely superficial decoration; it is the underlying code that shapes the experience logic. Preferences for bodily sensation, privacy boundaries, ritual pacing, and even sensitivity to temperature and touch vary greatly across regions. These subtle differences directly determine whether a wellness space can



Mandarin Oriental Guangzhou



Four Seasons Hotel Suzhou

achieve true immersion.

Therefore, the key lies in how to “translate” culture into an experience that modern audiences can understand and embrace – making it both authentic and operable. For instance, traditional herbal wisdom, bathing rituals, or ancient archetypes of spa therapies, when given appropriate contemporary expression, can integrate naturally and effectively into the habits of modern travelers.

In cross-cultural projects, the structured, evidence-based methodology of Western wellness can often form a clever complement to the Eastern sensitivity toward nuanced rhythm. The focus isn't on simple blending but on finding a mode of expression where both logics can coexist harmoniously. For example, our team once created a modern bath project in China inspired by traditional bathhouses. By scaling down the size, enhancing privacy and ritualistic elements, and reinterpreting the concept through higher-standard SPA and herbal therapies, we allowed traditional culture to find new life in a contemporary context. We've also worked on international projects that combined Muslim bathing rituals with European contrast therapy, creating treatment programs and spa spaces with cultural depth and operational ease. When culture is experientialized and the experience is operationalized, the true uniqueness of SPA and wellness spaces can shine.

Wellness is shifting from a luxury add-on to a core experience. What do you believe will be the key future avenues for hotel wellness, and what fundamental changes are occurring in the demands of high-end consumers?

Wellness is undergoing an essential transformation: where luxury was once about material objects and space, today it is about the guest feeling “understood” and “restored.” The ability to help people quickly regain their rhythm, clarity, and energy is itself becoming a new benchmark of value.

This reflects a deep evolution in the needs of high-net-worth individuals. They possess a greater understanding of their own physical, emotional, and energetic states and are willing to invest in enhancing their “resilience.” Consequently, wellness has transitioned from an optional extra to an indispensable core competency for hotels.

The future key doesn't lie in betting on any single, isolated therapy but in whether multiple systems can work together synergistically – SPA and hydrotherapy, contrast therapy, herbal and aromatherapy, bio-hacking technology, sleep support, mindfulness and breathwork... Their paths may differ, but the ultimate goal is the same: to help people quickly return to a stable, clear, and energized state. When a hotel can build a systematic experience around “resilience,” wellness ceases to be a

mere amenity and becomes a decisive reason for guests to choose that hotel. The core is never about chasing trends but understanding people. The deeper the understanding, the more accurate the experience; the more accurate the experience, the clearer the value of wellness becomes.

When Asian hotels introduce Western wellness models, they often overlook local habits. How can we avoid this cultural mismatch and create spaces and treatments that are truly suited to the market?

The biggest pitfall in cross-cultural introduction is viewing wellness as a “technology transfer”; it should instead be approached as “cultural translation.” When translated well, the experience feels seamless; when translated poorly, the rhythmic disconnect between the culture and the people becomes apparent.

The strengths of Western systems lie in structure, standardization, and scientific validation; the essence of Eastern approaches lies in somatic awareness, temperature, nuanced rhythm, and ritual. Rigidly importing either side can lead to a sense of physical and mental dissonance.

Professional judgment returns to the experience itself: Does the space invite relaxed lingering? Can the environment help the body quickly enter a receptive



state? Is the service style culturally resonant? Are the rituals authentic, not contrived? Does the technology create genuine value or is it just a gimmick?

The key to treatment innovation isn't about piling on elements but about interpreting the logic of both cultures in the right way. For instance, using a structured process to present Eastern SPA therapies, or integrating cutting-edge scientific recovery methods within an Eastern cultural framework. The most successful innovation allows both cultures to recognize their roots, yet the overall experience feels entirely new and integrated. A truly well-adapted wellness space requires a balance between three aspects: feeling natural to local guests, feeling distinctive to visiting guests, and feeling sustainable to the operational team.

As a multifaceted contributor to the industry, what do you believe is the core foundation for the steady development of the wellness sector? What most needs improvement currently? And if you could offer one key piece of advice to hotel developers or wellness brand founders to foster healthier industry growth, what would it be?

I observe that the Greater China wellness market is exhibiting clear “dual-track demand”: one segment of clients pursues measurable, verifiable functional results; another segment places greater importance on emotional stability, mental order, and the reconstruction of life's rhythm. Both are

growing rapidly, jointly raising the professional bar for the industry.

The steady development of the industry cannot rely solely on hardware investment or chasing fads. It should be built upon a deep understanding of demographic evolution and the foresight to anticipate future needs. Functional and emotional demands may seem like separate tracks, but for high-net-worth and younger affluent clients, they are two dimensions of the same health logic. For example, spa therapies and technological projects provide support for the body; mindfulness and herbal therapies safeguard emotions and life rhythms. The industry's professionalism is only complete when it can respond to both ends simultaneously.

Currently, what the industry most urgently needs is the refinement of professional standards. For a long time, five-star hotels were seen as symbols of professionalism, but the market is changing. The professional capabilities of some emerging wellness entities are rising quickly, while some traditional systems appear to lag, often leaving consumers in a state of information asymmetry. The Greater China region still lacks a tiered, multi-dimensional professional certification system covering areas such as facility environment, efficacy and safety of technological equipment, service operation protocols, and operational sustainability standards. In my view, such certification is not a constraint but a necessary foundation for the industry's upward development and for protecting truly

professional practitioners.

My advice is that we must not only address current explicit needs but also “create room” for future latent demands. The awareness of high-net-worth clientele moves faster than the industry. When a project possesses foresight, its positioning and resource allocation become clearer, and its development becomes more stable.

Looking ahead five years, what new direction or market gap in wellness are you most interested in exploring?

I believe that if we focus on high-net-worth individuals and the younger generation rapidly approaching that status, the future opportunity lies not in any single new technology or project type, but in how their wellness needs will evolve across their entire life trajectory.

The lives of this demographic are becoming increasingly diverse: cross-city work, long-term sojourns, multi-role switching, and concern for intergenerational health are all extending wellness demands from vacation scenarios into daily life. Their definition of health is also expanding from the physical level to include emotions, relationships, rhythm, and long-term resilience.

Therefore, the directions I hope to explore concentrate on several trends: First, vertical “Family and Intergenerational Wellness,” building long-term support systems across ages and life stages. Second, horizontal “Scenario Extension,” expanding wellness capabilities from hotel venues to diverse settings like serviced apartments, extended stays, and business travel, developing lightweight, portable solutions. Third, developing “Adaptable Wellness Systems” focused on emotional stability, cognitive efficiency, and resilience management amidst uncertainty, which requires cross-disciplinary collaboration. Fourth, continuously promoting the establishment of more segmented and authoritative industry professional certification systems to ensure quality and credibility during rapid growth.

The future core is not about chasing the next hot trend but about how to upgrade wellness from a destination service to a portable “capability,” truly integrating it into the evolving lifestyle and cultural fabric of the Chinese people. When wellness can maintain continuity across different life scenarios, its value extends from a single experience to a lifestyle itself.



光为桥 智为舵

专访TheraLight赛诺莱特联合创始人杨林博士，探寻整合医学的未来之路

在科技与健康交汇的前沿，光，正被赋予全新的使命。一位深耕激光领域二十余年的科学家与创业者——杨林博士，正引领着这场静默的革命。作为TheraLight赛诺莱特联合创始人，柏林工业大学固态超快激光专业博士，他穿梭于中美两国，将高功率激光、近红外光疗与光生物调节(PBM)技术，从实验室带入医疗诊所、运动康复中心乃至寻常生活。他不仅是湖北省“百人计划”与江苏省“双创人才计划”的入选者，更是ASPEN LASER、洛美科技等多家中美企业的联合创始人。近年来，他创立家用激光医美品牌DERMRAYS，并主导研发了引入AI技术的秀域小通机器人系统，以其深厚的产业积累与创新视野，不断拓宽着光的疗愈疆界。SpaChina访谈了杨林博士。

光生物调节技术现已拓展了到运动康复、功能医学等场景，如何看待“光疗”在整合医学中的角色？专业医疗设备与SPA、度假村的消费级康养产品，在技术标准与市场策略上有何异同？

在我看来，光生物调节技术在整合医学中



扮演着“细胞能量加油站”与“自愈力唤醒者”的核心角色。它本质上是将传统康复医学中“激发人体自身修复能力”的理念，通过物理能量医学的方式在细胞层面实现。特定波长的光能够刺激线粒体产生更多ATP，从根源上加速代谢与修复，这使得它天然成为连接传统康复与新兴健康科技的理想桥梁。

谈及专业设备与消费级产品的区别，其关键在于能量密度、治疗深度与安全性控制的维度。专业医疗设备，如我们研发

的MATELASER高能激光理疗仪，追求的是“治疗级”效果，拥有高功率和能穿透至深层组织的波长组合，旨在实现即时镇痛与深层组织修复，通常需在专业指导下使用。而应用于SPA或康养场景的产品，如TheraLight360红光抗衰老舱，虽同样借鉴医疗级技术并获得了相关认证，但更侧重于全身调理与预防医学，强调在舒适体验中改善睡眠、提升免疫力及皮肤抗衰等整体健康功效。

市场策略也因此会有所不同。医疗市场遵循“精准治疗”，依赖严谨的临床数据解决具体病症；而康养和SPA市场则更注重“体验感”与“整体健康”，致力于为客户提供无创、高效且愉悦的解决方案，在放松中完成细胞层面的修复与提升。

您在高功率激光、近红外光疗与光生物调节领域有深厚积累，能否从生物机制角度解释，这些技术如何针对疼痛管理、组织修复与抗衰老产生差异化作用？

这些技术虽同属光生物调节范畴，但通过精准的波长与功率配比，能够靶向不同的生物学路径。对于组织修复，关键在于810nm附近的近红外光波段，它处于细胞色素C氧



化酶的吸收峰值，能最有效地刺激线粒体，显著增加ATP合成，为细胞修复提供充沛能量，从而加速伤口愈合与肌肉恢复。

在疼痛管理方面，则常结合980nm等更长波长。高能激光产生的光热与光化学效应，一方面可通过神经“门控机制”阻断疼痛信号传导，另一方面能促进一氧化氮释放，扩张血管，加速清除引发疼痛的炎症因子，从而实现快速镇痛。

至于抗衰老，这是一个浅层与深层协同作用的过程。635nm/660nm的红光主要作用于皮肤浅层，刺激胶原蛋白生成以改善皱纹；而近红外光则可深入皮下组织与肌肉，通过改善线粒体功能、减少氧化应激，从系统层面延缓机体衰老，实现由内而外的年轻化。

从中国的政策与全球产业生态和市场的角度看，中国目前在康养科技领域的优势与短板分别是什么？

中国的优势首先体现在强大的产业链整合能力与AI技术的快速落地应用上。完备的硬件供应链使得产品从概念到实物的转化极为高效。同时，中国在AI应用层面的积极探索，如将其应用于机器人理疗，能迅速推动服务的标准化与智能化。庞大的人口基数与老龄

化趋势，带来了巨大的市场需求与丰富的临床数据，为技术迭代提供了肥沃土壤。

短板亦不容忽视。在基础材料与核心器件层面，例如高端激光芯片，与欧美顶尖水平仍存在差距。此外，中国企业在品牌全球化与行业标准制定上的话语权有待加强。国际市场竞争，尤其是医疗领域，高度认可如美国FDA等严格监管认证。中国企业需要更多像TheraLight赛诺莱特一样，勇于挑战最高标准，通过过硬品质建立全球性的高端品牌形象，而非仅仅停留在产品输出阶段。

您在中美两国都有创业与研发经验，两国市场在康养技术接受度、监管路径与创新文化上有何关键差异？这些国际经验对中国康养科技全球化有何启示？

关键差异显著。在接受度上，美国市场对“预防医学”和“非药物疗法”已有成熟的认知与付费习惯。中国市场过去更偏重医院治疗，但当下对“治未病”和运动康复的消费需求正呈爆发式增长。监管路径上，美国FDA门槛高，流程清晰，极度看重临床实证；中国监管体系则在快速进化，对创新医疗器械的支持力度日益增强。

这些国际经验带来重要启示。全球化不

能依赖价格战，必须“高举高打，合规先行”。率先攻克如美国FDA认证这样的高标准壁垒，不仅能打开特定市场，更是赢得全球信任的通行证。同时，深入本地化专业生态至关重要，例如我们的设备进入美国职业体育联盟，就是通过专业临床效果建立口碑，而非仅作为消费电子产品进行销售。

智能激光康复治疗机器人首次引入中国生活美容行业，AI与激光技术结合在个性化康养方案中能够实现哪些传统手段无法达到的效果？

传统理疗高度依赖技师经验与体力，效果参差。AI与激光技术的融合，通过如MateRobot高能激光机器人这样的系统，实现了多维突破。首先，它实现了毫秒级的实时精准温控，通过医疗级热成像全程监控，AI能根据皮下组织温度瞬时调节激光功率，在确保疗效的同时杜绝烫伤风险，这是人手无法企及的精度与安全性。

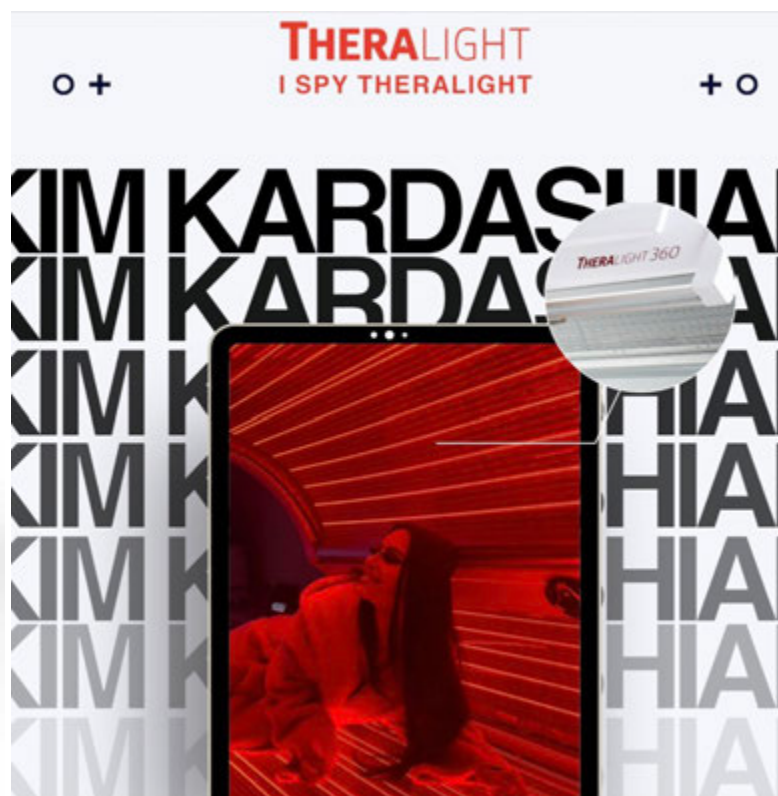
其次，机器人通过视觉导航与机械臂，能复现最优治疗路径与距离，将“大师级”手法标准化，确保任何地方的患者都能获得稳定、高水准的治疗。最后，系统能根据患者的具体状况与实时反馈，智能调配不同波长的能量配比，实现真正的个性化方案，并能通过深度学习持续优化疗程，走向“千人千方”的精准化治疗新时代。

未来五年，这种AI、激光、机器人带来的“科技三角”将催生出哪些新的服务模式或商业模式？下一代康养科技的关键突破会出现在哪个方面？

未来五年，“科技三角”将催生无人化或少人化的高端康养诊所模式。“智能康养舱”或“无人康复治疗站”可能兴起，医生专注于诊断与方案制定，治疗执行则由机器人完成，这能大幅降低运营成本，缓解专业理疗师短缺问题，让高品质康养服务得以普及和下沉。

关于下一代的突破，可能会出现“数字化生命体征与治疗的闭环”系统。未来的趋势是可穿戴监测设备与治疗设备的实时互联。治疗不再是设定好参数的“开环”过程，而是能根据连续的生理数据(如炎症水平、肌肉状态)，在治疗中动态调整参数。这将使康养科技从“辅助工具”演进为“智能健康管家”，实现从个性化到动态精准化的飞跃。

光，是唤醒生命自愈力的语言；而AI与机器人，则是精准传递这种语言的智慧之手。站在科技与健康的交叉点，我们正在走向一个更具主动性、精准性与普适性的健康未来。



Light Up the Future

An interview with Dr. Yang Lin,
Co-Founder of TheraLight, exploring the future of integrative medicine

At the frontier where technology and health converge, light is being entrusted with a new mission. Dr. Yang Lin, a scientist and entrepreneur with over two decades of deep expertise in laser technology, is leading this quiet revolution. As the Co-Founder of TheraLight and a Ph.D. in Solid-State Ultrafast Lasers from Technische Universität Berlin, he bridges China and the United States, translating high-power laser, near-infrared therapy, and photobiomodulation (PBM) technologies from the laboratory into medical clinics, sports rehabilitation centers, and everyday life. An honoree of Hubei Province's "100 Talents Program" and Jiangsu Province's "Entrepreneurship & Innovation Talent Program," he is also a co-founder of several Sino-American laser companies, including ASPEN LASER and Lotuxs Technology. In recent years, he founded the home-use aesthetic laser brand DERMWAYS and spearheaded the development of the AI-powered Showyu Xiaotong (MateRobot)

Robotic System. With profound industry experience and an innovative vision, he continuously expands the healing frontiers of light. SpaChina interviewed Dr. Yang Lin.

Photobiomodulation technology has now expanded into areas like sports rehabilitation and functional medicine. What role do you see for "light therapy" in integrative medicine? What are the similarities and differences in technical standards and market strategies between professional medical devices and consumer-grade wellness products used in SPAs and resorts?

In my view, photobiomodulation technology plays a central role in integrative medicine as a "cellular energy booster" and a "awakener of self-healing power." It essentially realizes the traditional rehabilitation medicine concept of "stimulating the body's own repair capabilities" at the cellular level through physical energy medicine. Light of specific wavelengths can stimulate mitochondria to

produce more ATP, accelerating metabolism and repair from the root. This makes it a natural ideal bridge connecting traditional rehabilitation with emerging health technologies.

Regarding the difference between professional and consumer-grade products, the key lies in the dimensions of energy density, treatment depth, and safety control. Professional medical devices, such as our MATELASER high-power laser therapy system, pursue "therapeutic-grade" effects. They feature high power and wavelength combinations that penetrate deep tissues, aiming to achieve immediate pain relief and deep tissue repair, typically requiring professional guidance for use. Products designed for SPA or wellness settings, like the TheraLight 360 Red Light Anti-Aging Pod, while also incorporating medical-grade technology and possessing relevant certifications, focus more on holistic conditioning and preventive medicine. They emphasize overall health benefits such as



improving sleep, boosting immunity, and skin anti-aging within a comfortable experience.

Market strategies consequently differ. The medical market follows “precision treatment,” relying on rigorous clinical data to address specific pathologies. The wellness and SPA market, however, places greater emphasis on “user experience” and “holistic health,” striving to provide clients with non-invasive, effective, and enjoyable solutions that facilitate cellular repair and enhancement during relaxation.

With your deep expertise in high-power lasers, near-infrared therapy, and photobiomodulation, could you explain from a biological mechanism perspective how these technologies have a different impact on pain management, tissue repair, and anti-aging?

Although these technologies all fall under the umbrella of photobiomodulation, they can target different biological pathways through precise wavelength and power combinations. For tissue repair, the key lies in the near-infrared light band around 810nm. This band is at the absorption peak

of cytochrome c oxidase, enabling it to most effectively stimulate mitochondria and significantly increase ATP synthesis, providing ample energy for cellular repair and thereby accelerating wound healing and muscle recovery.

Regarding pain management, longer wavelengths like 980nm are often utilized. The photothermal and photochemical effects generated by high-power lasers can, on one hand, block pain signal transmission through the neural “gate control mechanism,” and on the other hand, promote nitric oxide release, dilate blood vessels, and accelerate the clearance of pain-inducing inflammatory factors, thus achieving rapid analgesia.

As for anti-aging, it’s a process involving synergistic action between superficial and deep layers. Red light at 635nm/660nm primarily acts on the superficial skin layers, stimulating collagen production to improve wrinkles. Near-infrared light can penetrate into subcutaneous tissues and muscles, improving mitochondrial function and reducing oxidative stress, thereby delaying systemic aging from within and achieving youthfulness from the inside out.

From the perspectives of Chinese policy, the global industrial ecosystem, and the market, what are China's current strengths and weaknesses in the wellness technology field?

China’s strengths are first manifested in its powerful industrial chain integration capabilities and the rapid application of AI technology. A complete hardware supply chain makes the transition from concept to product extremely efficient. Simultaneously, China’s proactive exploration in AI application, such as its use in robotic therapy, can rapidly promote the standardization and intellectualization of services. The vast population base and aging trend bring enormous market demand and rich clinical data, providing fertile ground for technological iteration.

Weaknesses cannot be ignored. At the level of foundational materials and core components, such as high-end laser chips, a gap still exists compared to top-tier levels in Europe and America. Furthermore, Chinese enterprises need to strengthen their voice in brand globalization and industry standard setting. International market competition, especially in the medical field, highly recognizes strict regulatory certifications like the US FDA. Chinese companies need to follow examples like TheraLight, daring to challenge the highest standards, building a global high-end brand image through superior quality, rather than remaining merely at the product export stage.

Having entrepreneurial and R&D experience in both China and the US, what are the key differences between the two markets in terms of acceptance of wellness technologies, regulatory pathways, and innovation culture? What insights do these international experiences offer for the globalization of Chinese wellness technology?

The key differences are significant. In terms of acceptance, the US market has mature awareness and payment habits for “preventive medicine” and “non-pharmacological therapies.” The Chinese market traditionally placed more emphasis on hospital treatment, but current consumer demand for “preventing disease before it occurs” and sports rehabilitation is experiencing explosive growth. Regarding regulatory pathways, the



US FDA has high barriers, clear processes, and places extreme importance on clinical evidence; China's regulatory system is evolving rapidly, with increasing support for innovative medical devices.

These international experiences offer important insights. Globalization cannot rely on price wars; it must "aim high and prioritize compliance." Pioneering the overcoming of high-standard barriers like US FDA certification not only opens specific markets but also serves as a passport to win global trust. Meanwhile, deep integration into local professional ecosystems is crucial. For instance, the entry of our devices into US professional sports leagues was achieved by building reputation through professional clinical efficacy, not merely by selling them as consumer electronics.

The "MateRobot" introduced AI into China's lifestyle aesthetics industry. What effects can the combination of AI and laser technology achieve in personalized treatment plans that traditional methods cannot?

Traditional therapy heavily relies on the therapist's experience and physical stamina, leading to inconsistent results. The integration of AI and laser technology, through systems like the MateRobot high-power laser robot,

achieves multi-dimensional breakthroughs. First, it enables millisecond-level real-time precise temperature control. With medical-grade thermal imaging the whole process monitoring, the AI can instantaneously adjust laser power based on subcutaneous tissue temperature, ensuring efficacy while eliminating burn risks – a level of precision and safety unattainable by human hands.

Second, the robot, through visual navigation and robotic arms, can replicate the optimal treatment path and distance, standardizing "master-level" techniques and ensuring patients anywhere receive stable, high-standard treatment. Finally, the system can intelligently adjust the energy ratio of different wavelengths based on the patient's specific condition and real-time feedback, achieving truly personalized plans. It can also continuously optimize treatment protocols through deep learning, ushering in a new era of "precise, individualized treatment for everyone."

In the next five years, what new service or business models will this "tech triangle" of AI, lasers, and robots catalyze? Where might the key breakthrough for next-generation wellness technology occur?

In the next five years, the "tech triangle" will catalyze unmanned or minimally staffed high-end wellness clinic models. "Intelligent

wellness pods" or "unmanned rehabilitation therapy stations" may emerge, where doctors focus on diagnosis and protocol design, while treatment execution is handled by robots. This can significantly reduce operational costs, alleviate the shortage of professional therapists, and make high-quality wellness services more accessible, allowing them to reach and penetrate a broader range of communities.

Regarding the key breakthrough for next-generation technology, it may lie in a "closed-loop system of digital vital signs and treatment." The future trend is the real-time interconnection of wearable monitoring devices and treatment devices. Treatment will no longer be an "open-loop" process with preset parameters but will dynamically adjust parameters during treatment based on continuous physiological data (such as inflammation levels, muscle state). This will evolve wellness technology from an "assistive tool" into an "intelligent health steward," achieving a leap from personalization to dynamic precision.

Light is the language that awakens the body's self-healing power; AI and robots are the intelligent hands that deliver this language with precision. Standing at the intersection of technology and health, we are moving towards a healthier future that is more proactive, precise, and inclusive.



从避世到优化

Lisa Starr女士论生物黑客如何重塑SPA行业核心

当消费者开始利用科技追踪睡眠、心率与代谢，SPA不再只是放松身心的休憩之地。拥有超过35年行业经验的权威顾问Lisa Starr指出，行业价值正经历根本性转向。Lisa女士在过去的20多年来作为顾问和教育家，帮助SPA沙龙和养生中心的业主和经营者在运营中实现最佳表现。她特别关注运营、财务与员工薪酬、营销、库存管理、零售、人力资源与领导力发展以及业务流程改进。她也是全球健康研究所咨询计划的主席、SPA相关杂志的特约编辑，全球贸易刊物的定期撰稿人，SPA行业大会上备受好评的演讲者、播客(StarrCast)，并在全球范围内提供现场SPA管理课程，或在线学习平台进行教学。她认为，成功的未来SPA将是高科技与人性化服务的完美结合体，并在此次SpaChina专访中，为传统运营者指明了清晰的进化路径。

您在SpaChina峰会演讲中提到，生物黑客正在将SPA和健康养生中心从“放松场所”转变为“健康优化中心”。这是否意味着行业的核心价值主张正在发生根本性改变？传统SPA应如何重新定位自己？

首先，让我们重新审视“生物黑客”这个



词本身。它的定义是“为改善生物体的质量或能力而进行的生物实验，尤其由个体进行。”这听起来可能像在实验室里做的事，但它实际上只是指人们采取措施来改善健康和表现，甚至仅仅是开始节食或锻炼计划。

随着科技和健康追踪设备的日益普及，采取行动改变自身生物学的概念已经演变为包括消费者对睡眠长度和质量、运动类型和持续时间、心率、水分摄入等其他健康方面的关注。既然我们的客人对自己个人的表现数据有了更高的认识，他们便希望水疗中心

能提供更多指导，推荐那些能在他们已建立的基础上更进一步的治疗和产品。

不过，他们仍然对面部护理和身体项目是非常感兴趣的，但他们希望用科技和家庭护理方案来增强这些服务，以巩固其基础。水疗中心需要确保其服务菜单和零售产品选择支持这些目标，并随着客户的需求而不断演进。

生物黑客涉及许多高科技和个性化服务(如基因检测、神经反馈)。对于中小型或更偏向“自然疗愈”品牌的健康养生中心，如何平衡高科技创新与自身品牌核心价值，避免客户感到疏离？

这是一个非常好的问题，也非常重要。因为有时业主和主管经理可能会过于倾向技术，而忽视了人性化的、个人的接触。客户肯定希望获得最新的技术和帮助健康长寿工具，但这并不意味着他们想拜访一个同样需要自己办理入住和退房、且没有太多人际互动的水疗中心。

在我们的业务运营中，在提供最新技术进步和确保积极的人际互动之间取得平衡至关重要。水疗中心仍然应该是关于人际连接的，只是现在有了更多的技术工具在访问期间可以被有效使用。



引入高科技健康服务对团队技能提出了全新要求。您建议如何对现有团队进行再培训和升级？在招聘新员工时，应关注哪些新的素质或技能？

随着水疗和健康养生中心更加注重技术，拥有一支训练有素的团队对于加强与客人的联系变得越来越重要。想想看，如果只是一栋装满技术设备的大楼，那这些客人他们在家只要有钱配置了这些硬件，他们就也可以轻松拥有！因此，客户来到健康中心，既是为了使用技术，也是为了从那里的团队获取智慧，学习怎么变得更健康。我们的员工比以往任何时候都需要更加友好和以人中心。

很显然，他们需要接受关于客人可用技术设备所有复杂性的培训，同时也要掌握菜单上的传统服务。这些新的混合模式中最成功的，是那些提供一系列技术选项，但同时确保客户在每一个环节，都由一位友好、乐于助人、充当向导的人员迎接和陪同，直到结账。客户乐于看到一致性，尤其是在支持团队中，因此确保申请者理解企业的使命，并为他们提供成功所需的必要培训和支持工具至关重要。

引入高科技健康服务项目(如冷疗、IV疗法、高压氧舱)通常需要可观的前期投资和专业培训。从财务和运营角度看，您建议业主如何评估投资回报率？应该分阶段如何实施以降低风险？

确实，其中一些新技术价格不菲，尤其是冷疗、全身LED和高压氧舱。虽然通常有更便宜的设备版本，但效果也较差，因此在做预算时要记住这一点；如果客户看不到效果，他们是不会回来的！如果您经营一家拥有传统治疗菜单和4-6个治疗室的水疗中心，您可以考虑将其中一间改造为生物黑客资源室，

配备零重力躺椅以及诸如PEMF垫、带引导冥想功能的耳机、视觉冥想、振动疗法、声音疗愈、LED面罩、压缩或冲击疗法等选项。这是一种成本较低、风险较小的方式，无需大量财务支出即可开始更新您的服务项目。一旦您看到客户对您的选项感兴趣并渴望更多，您就会有更多信心投资更重要的资源。

数据驱动是核心。SPA与健康养生中心应如何设计客户旅程，才能将可穿戴设备数据、生物特征评估等无缝且合乎伦理地融入体验，并最终促进更高价值的套餐或零售产品销售？

我会把这个问题分成两部分：客户自带可穿戴设备数据的情况，以及我们自己的内部生物特征评估设备。查看客户数据可能有所帮助，但我们必须确保尊重我们所持认证或执照的执业范围，例如，不要提供可能被视为诊断的建议，那属于健康专业人士的范畴。另一方面，我们拥有和操作的设备(例如显示皮肤水合度的设备)可能非常有效，特别是在治疗前后使用一段时间，向客户展示他们取得的进展时。当然，这得益于我们的技术和专业指导。

就个人而言，我最近参观了奥地利的Mount Med医疗水疗中心，那里的入住流程包括一次全身扫描和测量。五天后我离开时，测量数据得到了改善；这个结果很难忽视，并且帮助我保留了在访问期间学到的一些非常良好饮食习惯。

您主持的播客StarrCast和全球课程覆盖了众多行业从业者。目前SPA与健康养生业的业主们最大的普遍焦虑是什么？您如何帮助他们建立面向未来的信心？

我常说，我们从COVID-19中学到的是，我

们无法预测未来。我们从来都不能，但2020年向我们表明，我们真的不知道前方有什么，不确定性在多个层面上都是挑战。不确定性使得规划、预算和执行商业战略变得困难。

我认为，如今我们的视野范围必须更短，比以往任何时候都更重要的是，要跟上我们所在地区以及我们行业内发生的事情。通过社交媒体等方式不断监测我们领域的新闻和动态，有助于行业人员及时了解情况，并准备好更快地对市场变化做出反应。

业主必须更愿意在其业务中尝试新技术、治疗、产品或流程，并快速评估客户反应。这得益于我们的行业已基本转向数字菜单，因此可以快速进行调整。

基于您在全球健康研究所的工作和全球视野，您认为不同地区(如北美、亚洲、欧洲)在接纳和实践高科技SPA方面有哪些文化或市场差异？

与许多消费趋势一样，北美和西欧往往接受更快，东欧和非洲则需要更多时间。但即使在国家内部，也可以预期中心城市会更愿意接受被认为是新的或前沿的事物。

这也取决于当地消费者的年龄范围；正如我们所知，无论哪个国家，千禧一代和Z世代都能迅速抓住新趋势。文化因素必须被强调，在一些地区，尤其是旅游区，当地习俗和仪式对该地区的身份非常重要，不应被忽视或搁置一旁。

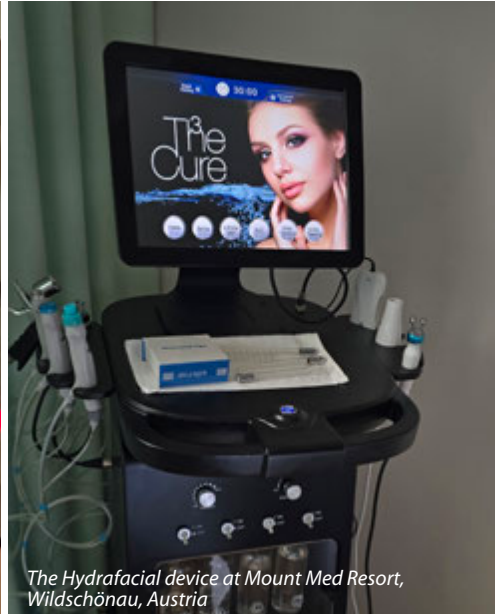
在全球范围内，访问水疗和健康设施的消费者希望知道该水疗中心或者健康机构：1)是否卫生和干净，2)必须由训练有素的员工专业运营，3)所提供的服务是真实可信的。如果我们的SPA能满足这3点，那我们就已经能轻松满足80%的客人了。

From Retreat to Optimization

Ms. Lisa Starr on how biohacking is reshaping the core of the SPA industry



Lisa at Kadoon Academy in Riyadh, Saudi Arabia, on the Energy Lounger



The HydraFacial device at Mount Med Resort, Wildschönau, Austria

As consumers leverage technology to track sleep, heart rate, and metabolism, SPAs are no longer merely sanctuaries for relaxation. Lisa Starr, an authoritative consultant with over 35 years of industry experience, points out that the industry's value proposition is undergoing a fundamental shift. For the past 20+ years, she has served as a consultant and educator, helping owners and operators of SPAs, salons, and wellness centers achieve peak performance in their operations. Her expertise spans operations, finance & staff compensation, marketing, inventory management, retail, human resources & leadership development, and business process improvement. As the Task Force Chair for the Global Wellness Institute's Consulting Initiative, a Contributing Editor at SPA Business Magazine, a regular contributor to global trade publications, a highly-rated speaker at industry conferences, the host of the wellness business podcast StarrCast, and a global educator offering live and online spa management courses, she believes the successful SPA of the future will be a perfect blend of high-tech and human-centric service. In this SpaChina

interview, she charts a clear evolutionary path for traditional operators.

In your speech at the SpaChina Summit, you mentioned that biohacking is transforming SPAs and wellness centers from "places of relaxation" into "optimization hubs." Does this mean the industry's core value proposition is undergoing a fundamental shift? How should traditional spas reposition themselves?

First, let's revisit the word "biohacking" itself. The definition is "biological experimentation done to improve the qualities or capabilities of living organisms especially by individuals." While this may sound like something done in a lab, it really just refers to people taking steps to improve their health and performance, even just going on a diet or starting an exercise program. With the increased use of technology and health trackers, the concept of taking action to change your biology has evolved to include consumer attention on other health aspects such as the length and quality of sleep, types and duration of exercise, pulse rate, and water intake. So now that our guests have

higher awareness of their personal performance data, they are looking to spas for more guidance on treatments and products that can build on the foundation they're already created. While they are still interested in facials and body treatments, they want to augment those services with technology and home care options to build on their foundation. Spas need to ensure that their service menus and retail selection support these goals, and continue to evolve along with our customers.

Biohacking involves many high-tech and personalized services (such as genetic testing and neurofeedback). For small-to-medium-sized wellness centers or those with a stronger "natural healing" brand identity, how can they balance high-tech innovation with their core brand values to avoid alienating clients?

This is an excellent question, and a very important one. Because sometimes business owners and managers can swing too much in the direction of technology, and away from the human, and personal, touch. Clients definitely want access to technology and longevity tools, but that doesn't mean they want to visit a spa where they also check themselves in and out and don't have many human interactions. It is crucial that we achieve a balance in our business operations between delivering the latest tech advancements and ensuring positive human interactions along the way. The spa should still be about human connection, just that now we have more technology tools to utilize during the visit.

Introducing high-tech wellness services places new demands on team skills. How do you recommend retraining and upskilling the existing team? When hiring new staff, what new qualities or skills should be prioritized?

Having a well-trained staff becomes

increasingly important as spas and wellness centers develop a stronger technology focus, in order to strengthen connections with our guests. Think about it – if it's just a building full of technology options, they can have that at home! Clients will visit the wellness center to both utilize the technology and gain wisdom from the team working there. More than ever, our staff will need to be friendly and people-focused. Obviously they will need to be trained on all of the intricacies of the technological equipment available for guests, as well as mastering the traditional services on the menu. The most successful of these new hybrid models are those that provide an array of technology options, but ensure that the client is greeted and escorted through each element, and then the checkout, by a friendly, helpful person who acts as a guide. Clients appreciate seeing consistency, especially among the support team, so it is crucial to make sure applicants understand the mission of the business and are provided the necessary training and support tools to be successful.

Introducing high-tech wellness services (such as cryotherapy, IV therapy, and hyperbaric oxygen chambers) typically requires significant upfront investment and specialized training. From financial and operational perspectives, how do you advise owners to evaluate the return on investment? How should implementation be phased in to mitigate risks?

It's true that some of these new technologies are on the expensive side, especially cryotherapy, full body LED and HBOT. While there are often less expensive versions of this equipment, those are also less effective, so keep that in mind when budgeting; clients won't return if they don't see results! If you are operating a SPA with a traditional treatment menu and 4-6 treatment rooms, you could consider turning one of your rooms into a biohacking resource using a zero-gravity lounge and options such as a PEMF mat, headset with guided meditation, visual meditation, vibration, sound healing, LED masks, and compression or percussive therapies, for example. This is a less expensive and risky way to begin updating your offering without significant financial outlay. Once you see that clients are engaged in your options and interested in more, you will have more confidence investing in more significant resources.



Being data-driven is central to this approach. How should SPAs and wellness centers design the client journey to seamlessly and ethically integrate wearable device data and biometric assessments into the experience, ultimately encouraging the purchase of higher-value packages or retail products?

I would divide this question into two components; clients coming in with wearable data and our own internal biometric assessment devices. It can be helpful to look at client data, but we must make sure to respect the scope of practice of whatever certification or license we are operating under, and not to offer what could be considered a diagnosis, for instance, which would be the purview of health professionals. On the other hand, the devices that we own and operate, that may show skin hydration, as an example, can be very powerful, especially when used for a period of time before and after treatments, to show the client the progress they are making. Helped, of course, by our technology and professional guidance. I recently visited the Mount Med medical spa in Austria, where the check-in process included a full body scan, with measurements. When I departed five days later, the measurements had improved; that result was hard to overlook, and helped me to retain some of the eating habits I was taught during my visit.

Your podcast, StarrCast, and global courses reach many industry professionals.

Currently, what are the most common anxieties among SPA and wellness business owners? How do you help them build confidence for the future?

I often say that what we learned from COVID-19 was that we cannot predict the future. We really never could, but 2020 showed us that we really have no idea what lies ahead of us, and uncertainty is a challenge on so many levels. Uncertainty makes it difficult to plan, budget and execute on a business strategy. I believe that today our vision horizon has to be much shorter, and it's more important than ever to keep up with what is going on around us regionally, and in our industry silo. Constant monitoring of news and happenings in our sector, most often through social media, helps you to keep your ear to the ground and be ready to react to market changes more quickly. Owners must be more willing to give a new technology, treatment, product or process a try in their business and evaluate client response quickly. This is helped by the fact that our industry has largely transitioned to digital menus, so changes can be quickly incorporated.

Based on your work with the Global Wellness Institute and your global perspective, what cultural or market differences do you see in how regions like North America, Asia, and Europe are adopting and implementing high-tech SPA practices?

As with many consumer trends, North America and Western Europe tend to be quicker adopters, with Eastern Europe and Africa taking more time. But even within countries, you can expect that the urban centers will be more accepting of what is considered new or cutting-edge. It is also dependent on the age range of the local consumers; as we know, millennials and Gen Z are quick to latch onto new trends, no matter the country. The cultural point must be emphasized, and in some regions, especially those with tourists, the local customs and rituals are very important to the identity of the region and should not be overlooked or brushed aside. Globally, consumers visiting SPA and wellness facilities want to know the business is 1) clean, 2) professionally operated with trained staff, and 3) authentic in what is offered. If you can satisfy those 3 points, you'll be able to easily satisfy 80% of your guests.



从放松到进阶

生物黑客技术重塑高端健康养生与SPA体验。高菲文

在传统认知中，温泉与SPA是远离都市喧嚣、寻求身心放松的庇护所。然而，随着健康科技的飞速发展与消费者对“高效健康”需求的提升，一场静默的变革正在发生。生物黑客(Biohacking)正将这些休闲空间转化为以科学为驱动、以数据为指引的个性化健康优化中心。

什么是生物黑客？为何它与健康养生会有关联？

简而言之，生物黑客是运用科学、技术、营养和生活方式干预等手段，主动“破解”自身的生物学系统，以优化身体与认知表现、促进健康长寿的实践。它超越了单纯的疾病治疗或压力缓解，旨在实现人类性能的“升级”。

对于现代健康养生行业而言，生物黑客

的融入意味着从提供“舒适体验”到交付“可量化结果”的战略转变。它回应了一群日益壮大的高净值客户群体的需求：他们不仅是寻求放松的客人，更是自身健康的“首席运营官”，渴望利用尖端科技实现精准的健康优化。让我们来看看具体是怎么做到的。

认知与表现提升

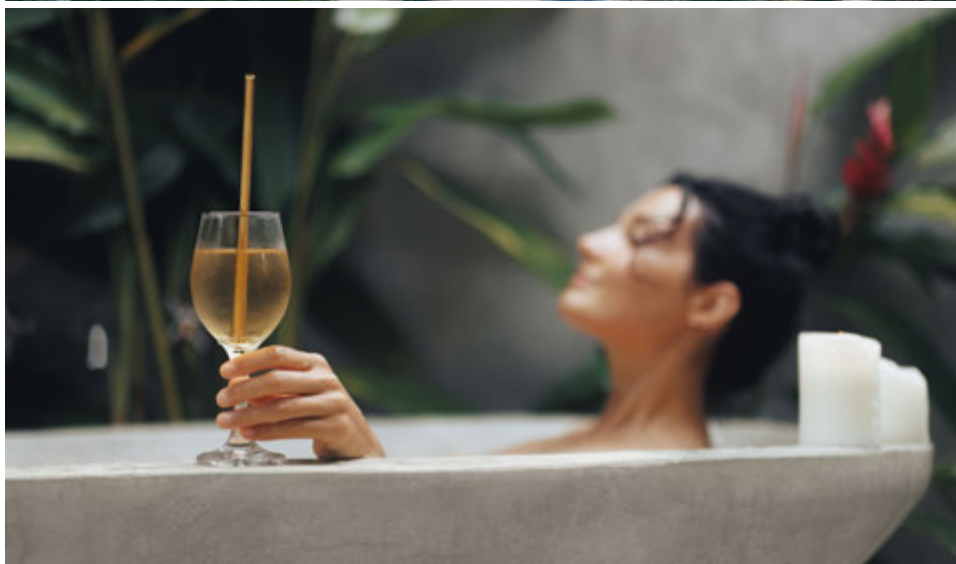
通过高精度神经反馈训练，实时监测并优化脑电波模式(如提升低β波以增强专注、调节θ波以促进深层记忆)。在训练中，客人将通过视觉或听觉反馈，学习自主调整大脑状态，逐步提升注意力持续时间与信息处理效率。许多使用者反馈，在持续训练后，工作与学习时的“心流”状态更易进入，记忆回想速度也明显加快。

例如，结合冥想舱与引导式呼吸工作坊，帮助使用者系统掌握压力调节工具。冥想舱内集成了环场声景与温和光韵，能引导快速进入冥想状态；呼吸工作坊则教授多种呼吸法(如4-7-8呼吸、丹田呼吸)，有效平衡自主神经系统。而效果则显示在入睡更快、夜间醒来次数减少，日间情绪稳定性显著提高等方面。

此外，认知提升可以融入到整个项目的体验过程中去。如在休息区提供适配的草本饮品，辅助缓解脑疲劳；并在疗程前后穿插短时引导呼吸，帮助大脑在放松与专注之间自然过渡，让认知强化成为舒缓而持续的过程。

个性化健康

通过医疗级可穿戴设备连续监测您的心率变



异性(HRV)、睡眠结构与日常活动，数据同步至健康平台，生成每个不同客人的“恢复指数”日报。当数据显示恢复不足时，系统会智能推荐调整方案，例如增加哪项运动或疗程、调整晚间光照或补充特定营养素等。

更深层的个性化来自微生物组分析与基因检测。例如通过肠道菌群测序，可以识别出消化、免疫及情绪相关的菌群状态，并给出精准的益生元/益生菌建议与饮食调整。而基因检测则揭示了不同个体对营养、运动、皮肤老化的内在遗传因素，据此设计“一人一方”的营养计划、护肤配方与整体健康路线图。

其他尖端疗法

以下罗列出的一系列以实证为基础的尖端疗法，可以说是最容易被SPA与一些健康医疗中心所运用的，旨在从细胞层面优化机能、加速恢复并提升整体表现。

NAD+静脉输注

NAD+是细胞能量代谢与DNA修复的关键辅

酶，其水平随年龄增长而下降。通过静脉输注直接提升体内NAD+浓度，可高效支持细胞能量产生、增强神经功能，并激活长寿相关蛋白。使用者常反馈思维清晰度提升、深层疲劳感减轻，长期干预有助于维持代谢活力与认知健康。

高压氧舱疗法

在高于大气压的环境下呼吸纯氧，使血液携带的溶解氧量显著增加，从而穿透至血液循环不佳的区域。这一过程强力促进组织修复、缓解炎症，并支持干细胞动员。适用于运动后恢复、创伤修复及提升整体细胞氧合水平，使用者常感到精力焕发，脑雾感明显减轻。

脉冲电磁场垫

躺在PEMF垫上，低频电磁脉冲可无创穿透组织，促进细胞离子交换与ATP细胞能量的生成。它可有效加速组织修复、减轻炎症与水肿，并缓解肌肉骨骼疼痛。众多客人在运动恢复或管理慢性不适后，表示疼痛缓解、身体柔软度与局部循环得到改善。



全身冷冻舱

在-110°C至-140°C的极低温环境中进行短时间暴露(通常2-3分钟)，引发全身性的生理应激反应。此疗法能显著减轻全身性炎症、刺激内啡肽释放以提升情绪，并激活新陈代谢。对于追求快速恢复、抗炎及提升心理韧性的使用者来说，这是高效的选择。

冷热交替水疗

通过冷水池与热疗的交替刺激，驱动血管进行强有力的收缩与扩张，从而显著改善血液循环与淋巴回流。此过程不仅能加速代谢废物清除，还能增强免疫应答、平衡神经系统。常规使用者反馈运动后恢复更快，日常精力与情绪状态更为昂扬。

富氢水或气体

饮用或吸入富含分子氢的水或气体。氢分子具有选择性抗氧化特性，能精准中和体内有害的自由基，减轻氧化应激与炎症反应，且因其分子量极小，可轻易到达细胞内部，包括穿越血脑屏障。日常饮用有助于从内部支持细胞健康、抗疲劳及提升恢复质量。

红外线疗法

利用特定波长的红外光波深入穿透组织，产生温和的热效应，从而促进局部血液循环、缓解肌肉关节僵硬与疼痛，并支持排毒。与传统的桑拿(加热空气)不同，红外线直接温暖身体组织，体验更为舒适，是实现深层放松与组织修复的物理疗法良选。



功能性饮品

现在非常流行注入经科学配比益智药的功能性饮品，例如含茶氨酸、胞磷胆碱等成分，能在需要时便捷、快速地支持专注力、记忆力与思维流畅度，成为日常认知维护与即时提升的有效工具。

长寿与再生

此外，生物科技还着眼于从内在机制延缓衰老进程。例如激素优化疗法，在全面检测后，通过生物同质性激素等方式平衡关键荷尔蒙，如甲状腺素、雌激素、睾酮、皮质醇，帮助改善能量、情绪、体成分与睡眠，使身体重回年轻状态。

线粒体功能提升方案也很流行，包括特定营养素补充，如PQQ、辅酶Q10、运动建议与生活方式调整，旨在增强细胞能量工厂的效率，从根源对抗疲劳与代谢下降。

长寿不仅在于疗法，更是一种系统生活方式。为此全球的一流养生机构会设计综合的长寿方案，融合定期疗程、抗炎饮食指南、个性化补剂体系以及私人定制的教练指导，帮助客人们构建可持续的健康习惯，致力于延长有质量的“健康寿命”，让活力伴

随年龄增长。

数据驱动体验

如今，健康数据通过可穿戴设备、HRV评估、代谢扫描与血液标记物检测等多维采集，整合为动态更新的“健康画像”。平台算法会识别模式与趋势，例如压力负荷的积累期或代谢效率的变化。

基于这些洞察，AI驱动虚拟健康教练会提供实时建议：可能是在繁忙周期前调整睡眠计划，或根据代谢数据微调膳食时间。所有干预措施皆可追踪效果，形成“监测-分析-调整”的闭环，确保方案始终贴合客人不断变化的状态，最大化健康投资回报。

身心互联干预

我们SPA行业始终认为身心健康是密不可分的，事实也是如此。因此融合物理手段与神经科技，进行双向调节。

物理层面可以采用红/蓝光疗法管理皮肤健康与炎症；红外桑拿促进深层排毒与放松；冷疗则用于降低炎症、提升心理韧性。

心理与神经层面则可以通过脑波反馈训

练大脑自我调节；双耳节拍与声频疗法引导特定脑波状态(如δ波助眠、α波助放松)，深层安抚神经系统。

两类干预协同作用的整合式疗程则更为有效。例如在冷疗后配合声频放松，可强化身体恢复的同时稳定心态；或在红外桑拿中结合呼吸引导，加深排毒与释压效果。这种整合式干预帮助客户从身体与心理双重层面实现平衡，达到更深层的身心复原与潜能激发。

将生物黑客引入到SPA

引入生物黑客并非一蹴而就的，对于绝大部分SPA从业者来说，明智的策略在于分层级、渐进式整合，逐渐让SPA：

入门层级：将低门槛、高感知的技术，如红光疗法面部护理、引导式呼吸法，功能性饮品和营养素等，与经典按摩或面部护理结合，吸引健康科技好奇者。

进阶层级：针对追求表现优化的人群，提供高压氧疗、氢机、低温冷疗与红外桑拿组合等、个性化IV营养疗法等，满足其对恢复与能量提升的明确需求。

顶级层级：面向高净值客户与资深生物黑客爱好者，打造如“长寿实验室体验”般的旗舰项目，囊括全面生物特征评估、神经反馈训练及私人健康顾问服务。

在营销层面，关键在于化繁为简与建立信任，用专业且直观的视频和信息图解释复杂科技带来的好处。通过“传统服务+生物黑客附加项”的组合，帮助SPA客户平稳过渡。利用体验活动、会员制模式及多平台内容，持续教育市场，展示可量化的“前后对比”效果，构建专业信任度与科学权威性。

当然，转型之路也需审慎应对挑战：包括客户教育成本、特定疗法(如冷冻疗法、IV输注)的安全监管要求、高科技服务与原有自然养生品牌调性的融合、高昂的前期投入与投资回报周期，以及员工持续的技能培训需求等。

应对之道在于，以清晰易懂的语言沟通益处；从低投资干预措施开始，逐步扩展；与持照医疗专业人员合作确保安全；在设计上将科技与自然元素巧妙融合；并为团队提供持续的教育与实操培训。

生物黑客技术正将健康养生中心从单纯的放松港湾，重塑为以证据为基础、以目标为导向的性能优化枢纽。这不仅是服务的升级，更是整个行业价值主张的根本性演进，从帮助人们“感觉良好”，到赋能人们“发挥最佳状态，活得更久、更健康”。对于前瞻性的健康养生与SPA品牌而言，拥抱这一融合科学与奢华的未来趋势，无疑是占领下一个市场高地的关键。



From Relaxation to Advancement

Biohacking protocols are redefining premium wellness & SPA experiences. By Fifi Kao

Traditionally, hot springs and SPAs have been seen as sanctuaries for escaping urban bustle and seeking physical and mental relaxation. However, with the rapid advancement of health technology and growing consumer demand for “efficient wellness,” a quiet revolution is underway. Biohacking is transforming these leisure spaces into science-driven, data-guided centers for personalized health optimization.

What is biohacking, and why is it relevant to wellness?

In short, biohacking is the practice of proactively “hacking” one’s own biological systems using science, technology, nutrition, and lifestyle interventions to optimize physical and cognitive performance and promote healthy longevity. It goes beyond mere disease treatment or stress relief, aiming instead for a true “upgrade” of human potential.

For the modern wellness industry, integrating biohacking represents a strategic shift from offering a “comfortable experience” to delivering quantifiable results. It responds to the needs of a growing segment of high-net-worth clients: they are not just guests seeking

relaxation but Chief Operating Officers of their own health, eager to leverage cutting-edge technology for precise wellness optimization. Let’s explore how this is being put into practice.

Cognitive & Performance Enhancement

Through high-precision neurofeedback training, brainwave patterns are monitored and optimized in real time – for example, enhancing low-beta waves to improve focus or modulating theta waves to support deep memory. During sessions, guests learn to self-regulate their brain states using visual or auditory feedback, gradually extending attention spans and improving information processing efficiency. Many report that with consistent training, entering a “flow state” during work or study becomes easier, and memory recall speeds up noticeably.

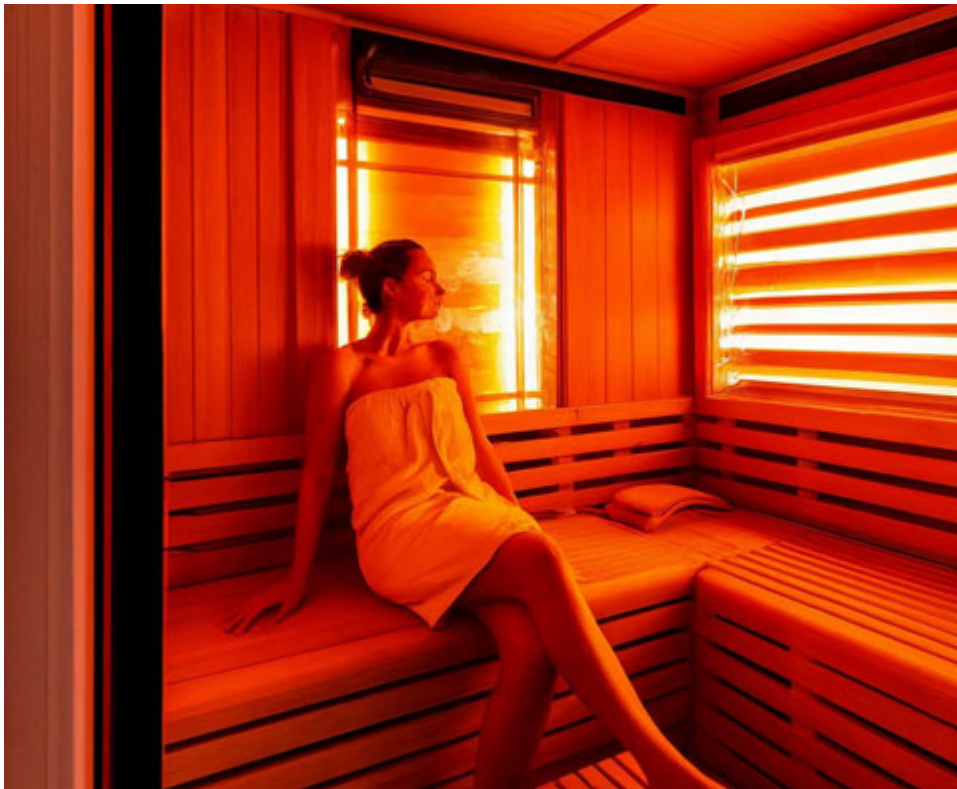
For instance, combining meditation pods with guided breathwork workshops helps users systematically master stress-regulation tools. The meditation pod integrates immersive soundscapes and soft light gradients to facilitate quick entry into a meditative state,

while breathwork sessions teach techniques such as 4-7-8 breathing and diaphragmatic breathing to effectively balance the autonomic nervous system. The results speak for themselves: faster sleep onset, fewer nighttime awakenings, and significantly improved daytime emotional stability.

Furthermore, cognitive enhancement can be woven into the entire guest journey. Adaptogenic herbal drinks offered in lounge areas help alleviate mental fatigue, while short guided breathing sessions before or after treatments help the brain transition smoothly between relaxation and focus – turning cognitive fortification into a soothing and continuous process.

Personalized Wellness

Medical-grade wearable devices continuously monitor heart rate variability (HRV), sleep architecture, and daily activity. Data syncs to a health platform, generating a personalized Daily Recovery Index for each guest. When the data indicates insufficient recovery, the system intelligently recommends adjustments – such as suggesting specific exercises or



treatments, modifying evening light exposure, or supplementing with particular nutrients.

Deeper personalization comes from microbiome analysis and genetic testing. Gut microbiota sequencing, for example, identifies the status of bacteria linked to digestion, immunity, and mood, enabling precise prebiotic/probiotic recommendations and dietary tweaks. Genetic testing reveals individual predispositions related to nutrition, exercise, and skin aging, forming the basis for a truly bespoke “one-person-one-protocol” nutrition plan, skincare formulation, and overall wellness roadmap.

Other Cutting-Edge Therapies

The following evidence-based advanced therapies are among the most readily adoptable by SPAs and integrative health centers, aiming to optimize function, accelerate recovery, and enhance overall performance at the cellular level.

NAD+ IV Infusion

NAD⁺ is a key coenzyme for cellular energy metabolism and DNA repair, levels of which decline with age. Intravenous infusion directly elevates NAD⁺ concentration, efficiently supporting cellular energy production, enhancing neurological function, and activating longevity-associated proteins (sirtuins). Users often report heightened mental clarity and reduced deep fatigue, with

long-term use supporting metabolic vitality and cognitive health.

Hyperbaric Oxygen Therapy (HBOT)

Breathing pure oxygen in a pressurized environment above atmospheric pressure significantly increases oxygen dissolved in the blood, allowing it to reach areas with poor circulation. This powerfully promotes tissue repair, reduces inflammation, and supports stem cell mobilization. Ideal for post-exercise recovery, injury healing, and improving overall cellular oxygenation, users often feel rejuvenated with noticeably reduced brain fog.

Pulsed Electromagnetic Field (PEMF) Mat

Lying on a PEMF mat allows low-frequency electromagnetic pulses to penetrate tissue non-invasively, promoting cellular ion exchange and ATP (cellular energy currency) production. It effectively accelerates tissue repair, reduces inflammation and swelling, and alleviates musculoskeletal pain. Many guests report pain relief, improved flexibility, and better local circulation after use for sports recovery or chronic discomfort management.

Whole-Body Cryotherapy Chamber

Brief exposure (typically 2–3 minutes) to extremely cold temperatures (–110°C to

–140°C) triggers a systemic physiological stress response. This therapy significantly reduces whole-body inflammation, stimulates endorphin release to elevate mood, and activates metabolism. It is an efficient choice for those seeking rapid recovery, anti-inflammatory benefits, and enhanced mental resilience.

Contrast Hydrotherapy

Alternating between cold plunges and heat therapy drives powerful vasoconstriction and vasodilation, markedly improving blood circulation and lymphatic drainage. This process not only speeds up metabolic waste removal but also enhances immune response and balances the nervous system. Regular users report faster post-exercise recovery and improved daily energy and mood.

Hydrogen-Rich Water/Gas

Drinking or inhaling water or gas rich in molecular hydrogen. Hydrogen molecules possess selective antioxidant properties, precisely neutralizing harmful free radicals in the body to reduce oxidative stress and inflammation. Due to their tiny molecular size, they easily penetrate cells, including crossing the blood-brain barrier. Daily consumption helps support cellular health from within, fighting fatigue and improving recovery quality.

Infrared Therapy

Using specific wavelengths of infrared light to penetrate deep into tissues, producing a gentle thermal effect that boosts local blood circulation, relieves muscle and joint stiffness and pain, and supports detoxification. Unlike traditional saunas (which heat the air), infrared directly warms body tissues, offering a more comfortable experience and serving as an excellent physical therapy for deep relaxation and tissue repair.

Functional Beverages

Scientifically formulated nootropic-infused functional beverages – containing ingredients like L-theanine and citicoline – are now highly popular. They offer a convenient and rapid way to support focus, memory, and mental fluidity when needed, acting as effective tools for daily cognitive maintenance and on-demand enhancement.

Longevity & Regeneration

Furthermore, biotechnology focuses on slowing the aging process from within. Hormone optimization therapy, for example, after comprehensive testing, uses bioidentical hormones to balance key hormones like thyroid, estrogen, testosterone, and cortisol, helping improve energy, mood, body composition, and sleep – effectively restoring a more youthful state.

Mitochondrial function enhancement programs are also gaining traction, involving specific nutrient supplementation (e.g., PQQ, CoQ10), exercise recommendations, and lifestyle adjustments designed to boost the efficiency of the cellular “powerhouses,” combating fatigue and metabolic decline at their root.

Longevity is not just about therapies but a systematic lifestyle. Leading global wellness institutions design comprehensive longevity programs that integrate regular treatments, anti-inflammatory dietary guidance, personalized supplement regimens, and one-on-one coaching. These help guests build sustainable healthy habits, aiming to extend the “healthspan” – ensuring vitality accompanies advancing age.

Data-Driven Experience

Today, health data collected from multiple dimensions – wearables, HRV assessments, metabolic scans, and blood biomarker tests – is integrated into a dynamically updated Health Portrait. Platform algorithms identify patterns and trends, such as periods of accumulating stress load or shifts in metabolic efficiency.

Based on these insights, an AI-driven virtual health coach provides real-time recommendations: perhaps adjusting sleep schedules before a busy period or fine-tuning meal timing based on metabolic data. All interventions are trackable, forming a closed loop of Monitor – Analyze – Adjust to ensure the plan continuously adapts to the client’s evolving state, maximizing return on health investment.

Mind-Body Integration Interventions

The SPA industry has always recognized the inseparability of physical and mental health – and rightly so. Therefore, we integrate physical modalities with neurotechnology for



bidirectional regulation:

On the physical level: Using red/blue light therapy to manage skin health and inflammation; infrared saunas to promote deep detox and relaxation; cold therapy to reduce inflammation and boost mental resilience.

On the mental and neurological level: Employing brainwave feedback to train self-regulation; binaural beats and sound frequency therapy to guide specific brainwave states (e.g., delta waves for sleep, alpha waves for relaxation), deeply calming the nervous system.

Combining these two types of interventions in integrated protocols yields even greater efficacy. For example, following cold therapy with sound relaxation can enhance physical recovery while stabilizing mood; or combining breath guidance within an infrared sauna deepens detox and stress release. Such integrated interventions help clients achieve balance on both physical and psychological levels, leading to deeper holistic restoration and potential unlocking.

Introducing Biohacking into the SPA

Integrating biohacking is not an overnight process. For most spa operators, a wise strategy involves layered, gradual integration, progressively evolving the SPA offering:

Entry Level: Combine low-barrier, high-perception technologies – such as red light therapy facials, guided breathing techniques, functional beverages, and targeted nutraceuticals – with classic massages or facials to attract wellness-tech curious clients.

Intermediate Level: Cater to performance-oriented guests by offering hyperbaric oxygen sessions, hydrogen therapy, combined cryo and infrared sauna experiences, personalized IV nutrient therapies, and more – meeting clear demands for recovery and energy enhancement.

Elite Level: For high-net-worth clients and seasoned biohacking enthusiasts, create flagship programs akin to a “Longevity Lab Experience,” encompassing comprehensive biomarker assessments, neurofeedback training, and private health concierge services.

On the marketing front, the key lies in simplifying complexity and building trust. Use professional yet intuitive videos and infographics to explain the benefits of sophisticated technologies. Offer “traditional service + biohacking add-on” packages to help SPA clients transition smoothly. Through experiential events, membership models, and multi-platform content, continuously educate the market, showcase quantifiable “before-and-after” outcomes, and establish professional credibility and scientific authority.

Of course, the transformation journey must also navigate challenges thoughtfully: client education costs, safety and regulatory requirements for certain therapies (e.g., cryotherapy, IV infusions), aligning high-tech services with an existing natural wellness brand identity, substantial upfront investment and ROI timelines, and the need for ongoing staff training.

The way forward includes communicating benefits in clear, accessible language; starting with lower-investment interventions and scaling gradually; partnering with licensed medical professionals to ensure safety; thoughtfully blending technology with natural elements in design; and providing the team with continuous education and hands-on training.

Biohacking technology is reshaping wellness centers from mere relaxation havens into evidence-based, goal-oriented performance optimization hubs. This is not just an upgrade in services but a fundamental evolution in the industry’s value proposition – from helping people “feel good” to empowering them to “perform at their best, live longer, and stay healthier.” For forward-thinking wellness and SPA brands, embracing this convergence of science and luxury is undoubtedly key to capturing the next high ground in the market.



全球SPA的永恒经典

无法被科技替代的传统疗愈艺术。高菲文

在追求效率与科技的时代，全球顶级的SPA与养生度假村却始终守护着一系列经典疗愈艺术。这些疗程历经时间考验，其魅力根植于人类感官的本能需求、文化的深厚叙事与理疗师双手所蕴含的无可替代的智慧。它们构成了全球SPA行业中需求最稳定、共鸣最广泛的核心支柱，让我们来看看这些疗程是什么。

芳香精油疗法 嗅觉与触觉的情绪炼金术

在星级SPA里排位第一的芳香疗法，绝非精油的简单使用，它是一门融合了植物能量学、嗅觉心理学与专业手法的精微艺术。其全球性的吸引力在于，它能直接通过嗅觉边缘系统作用于大脑的情绪中枢，瞬间营造氛围、唤起记忆、调整心境。一位专业的芳香疗法师会根据宾客即时的情绪状态进行精油配方的个性化定制，并将精油通过按摩、吸入或敷裹等方式深入运用。这种高度个性化与情感化的互动，使得每次疗程都是一次独

特的感官旅程。它在缓解焦虑、改善睡眠、提升情绪方面拥有无可辩驳的功效，并且因其极强的愉悦感和仪式感，成为复购率极高的经典项目。客人反馈：“那独特的香气仿佛一把钥匙，瞬间打开了紧张的心扉，随之而来的按摩让精油的力量直抵内心，这是最温柔的情绪疗愈。”

热石按摩 能量灌注的温热疗法典范

作为温热疗法的杰出代表，热石按摩以其深层的安抚力和能量感享誉全球。经过精心加热的玄武岩石，被理疗师娴熟地用作手的延伸，时而以流畅的滚动轨迹放松紧绷的筋膜膜，时而静置于能量节点进行深层的渗透。这种疗法的精髓，在于热量与手法之间天衣无缝的协同——温热先行，为深层肌肉与神经系统做好接纳的准备，随后的人手技法便能事半功倍。它所提供的不仅是一种物理性的放松，更是一种被大地能量稳稳承托的心理安全感。宾客们常常如此描述：“当温热的

石头贴合在脊椎两侧，一股暖流仿佛注入了身体的核心，随之而来的深度放松是任何电热设备都无法比拟的能量疗愈。”

阿育吠陀 生命科学的整体哲学

阿育吠陀是一套源自印度、拥有数千年历史的完整生命科学体系。在全球SPA中，它以其深刻的个体化哲学和身心净化的仪式感而独树一帜。疗程始于专业的“脉诊”咨询，以确定宾客独特的体质类型，并据此量身定制从用油、手法到饮食建议的全套方案。标志性的“阿彼央伽”同步精油四手按摩，由两位理疗师运用温暖药油进行和谐律动的操作，象征着能量的平衡与流动。而著名的“希罗达拉”疗法，让温热的精油如丝般持续流淌于额间，能极有效地平静过度活跃的思维。阿育吠陀的不可替代性，在于它将每一次护理都视为一个平衡身心、清除毒素、恢复原初活力的神圣仪式，满足了现代人对系统性重生与深层生命调节的渴望。



巴厘岛式按摩 和谐韵律的全球语言

巴厘岛式按摩早已成为全球SPA中象征深度放松的通用语言。它不只是放松的肌肉按压，而是融合了轻柔的拉伸、精准的指压、温热的精油渗透以及独特的双手法节奏，是一套完整的仪式化身体哲学。其不可替代的核心技巧在于理疗师手法所带来的如海浪般的、充满韵律的安抚节奏。这种生物性的节奏感能温柔地引导宾客的神经系统脱离压力状态，进入深度的放松与和谐。对于初次体验者和资深爱好者而言，它都是安全而有效的选择，以其卓越的全身心平衡功效，持续成为吸引客源和建立忠诚度的基石。宾客们常常感慨：“这种有生命的、充满韵律的触摸，能将人带入一种冥想般的宁静，这是任何机器振动都无法复制的体验。”

泰式古法按摩 动态中的身心舒展

起源于古老寺庙医学的传统泰式按摩，以其独特的互动性和深度舒展效果风靡全球。宾客与理疗师均衣着舒适，在地垫上进行。理疗师灵活运用自己的全身作为疗愈工具，通过精准的按压、拉伸和被动瑜伽体式，带领宾客经历一场身体的“舞蹈”。它的不可替代性在于其即时的、对话式的身体智慧，要求理疗师具备极高的直觉与技巧，根据宾客的呼吸与身体反馈进行动态调整。在全球范围内，它尤其吸引了那些追求改善体态、缓解深层僵硬并增加灵活性的都市人群。其释放筋膜张力、提升关节活动度的效果极为显著，常被宾客描述为不仅仅是一次按摩，更



像是由专业大师引导的一次彻底的身体重组与能量更新。

中式经络疗法 古老中医智慧的系统性平衡

以中医理论为基石的中式经络疗法，包括推拿、拔罐、艾灸等，正以其整体观和深邃的哲学智慧赢得全球追求者的青睐。它超越了局部症状的处理，着眼于全身经络气血的畅通与阴阳平衡。其不可替代性在于理疗师通过“望闻问切”进行的个性化辨证，以及运用手法或工具对特定穴位与经络施加的、具有恢复系统平衡功效的有效干预。对于受慢性疼痛、疲劳或亚健康困扰的现代人而言，这种源自中国的、从根本上调理体质的疗法提供了独特的价值。它不仅是身体的调理，更是一种文化哲学的体验，满足了全球宾客

对整体健康与预防性养生的深层渴望。理疗师经验丰富，和能准确说出被忽视的身体信号，而客人在疗程结束后感受到的是一种由内而外的通透与能量流动，因而被誉为是极其智慧的疗愈系统。

日式指压 精准按压的能量艺术

日式指压以其纯净、精准与深邃的哲学内涵，在全球SPA中占据独特地位。它不借助精油，理疗师仅凭双手、手肘和膝盖，通过持续、沉稳的压力施于全身的经络与穴位之上，以疏通能量通道，恢复身体的自愈能力，说实话有一点类似中医按摩。其与众不同之处在于对“压力”的精妙掌控，那是一种深厚、持久、垂直向下的渗透力，唤醒身体深层的觉知与循环。它结合了静态按压与柔和的拉伸，带来一种清醒的放松状态，既能深度缓解肌肉酸痛与僵硬，又能提振精神、改善整体能量流动。追求内在平衡的客人们享受指压力度的直接而诚实，结束后感受到的是一种通透的轻盈与沉静的活力。”

维其浴与海藻裹敷 感官沉浸的净化仪式

源自欧洲温泉疗养传统的维其浴结合海藻裹敷，以其强烈的感官冲击和可见的功效，成为全球高端SPA中标志性的身体护理仪式。其核心魅力在于那无可替代的“水”的触感：宾客在特制维其淋浴床上，感受温暖雨幕般的水流对全身进行无死角的包裹与按摩，这能引发最深层的心理放松和对脑部的绝对放空感。随后，富含矿物质的海藻裹敷则进一步促进毒素排出与肌肤滋养。整个流程如同一场华丽的净化戏剧，兼具显著的淋巴引流、肌肤光滑和对抗水肿的功效。它因其卓越的体验仪式感和即时焕肤效果，在社交媒体时代历久弥新，常被选为特殊场合前的首选护理。

双手的温度与传承 智慧永不过时

尽管科技不断为健康养生领域带来令人惊叹的工具，但这些全球最受欢迎的传统SPA疗程证明了，人类对真实的触觉连接、充满尊重的个性化关怀以及文化仪式感的渴望是永恒的。从阿育吠陀的整体哲学到热石的温暖能量，从精油的嗅觉炼金术到经络的智慧图谱，它们之所以不可替代，是因为它们满足了超越物理层面的情感与精神需求。

在理疗师专注的双手与引导中，宾客感受到的是被全然接纳、被深刻理解的疗愈体验。这，正是SPA行业在任何时代都熠熠生辉的灵魂所在。

Timeless Classics of Global SPA Treatment

The traditional healing arts that technology cannot replace. By Fifi Kao



In an era obsessed with efficiency and technology, the world's top SPAs and wellness retreats are steadfastly guarding a series of classic healing arts. These treatments have stood the test of time because their appeal is rooted in the instinctive needs of human senses, the profound narratives of culture, and the irreplaceable wisdom held within the therapist's hands. They form the most stable and widely resonant cornerstones of the global SPA industry. Let us explore what these treatments are.

Aromatherapy: The Alchemy of Scent and Touch for the Emotions

Ranking first among star-rated SPA offerings, aromatherapy is far from a simple application of essential oils. It is a subtle art that blends plant energetics, olfactory psychology, and professional technique. Its global appeal lies in its direct action on the brain's emotional center via the limbic system, instantly setting a mood, evoking memories, and adjusting one's state of mind. A professional aromatherapist customizes the essential oil blend based on the guest's current emotional state, delivering the oils through massage, inhalation, or wraps. This highly personalized and emotional

interaction makes each session a unique sensory journey. Its efficacy in alleviating anxiety, improving sleep, and elevating mood is undeniable. Coupled with its profound sense of pleasure and ritual, it remains a classic with exceptionally high repeat patronage. Guest feedback: "The unique aroma is like a key, instantly unlocking a tense heart. The subsequent massage allows the power of the oils to reach deep within. It is the gentlest form of emotional healing."

Hot Stone Massage: The Exemplar of Energy-Infused Thermotherapy

As a leading representative of thermotherapy, the Hot Stone Massage is renowned worldwide for its deeply soothing and energizing qualities. Carefully heated basalt stones are skillfully used by the therapist as an extension of their hands – sometimes gliding smoothly to release tight myofascia, other times resting statically on energy points for deep penetration. The essence of this therapy lies in the seamless synergy between heat and technique: the warmth first prepares the deep muscles and nervous system to receive, making the subsequent manual work remarkably effective. It offers not only physical relaxation but also

a psychological sense of security, as if being steadily supported by the energy of the earth itself. Guests often describe it thus: "When the warm stones conform to the sides of my spine, a warm current seems to flow into the core of my being. The deep relaxation that follows is an energetic healing no electrical heating device can match."

Ayurveda: The Holistic Philosophy of Life Science

Ayurveda is a complete life science system originating from India, with a history spanning thousands of years. In the global SPA context, it stands apart for its profound philosophy of individualization and its ritualistic approach to purifying body and mind. A session begins with a professional pulse diagnosis consultation to determine the guest's unique dosha (constitution), based on which a fully tailored plan is created – encompassing oils, techniques, and even dietary advice. The signature Abhyanga synchronized massage, performed by two therapists using warm medicinal oils in a harmoniously rhythmic motion, symbolizes the balance and flow of energy. The famed Shirodhara treatment, where a steady, thin stream of warm oil flows continuously onto the forehead, is exceptionally effective in calming an overactive mind. The irreplaceability of Ayurveda lies in its view of each treatment as a sacred ritual to balance the self, cleanse toxins, and restore primordial vitality, satisfying the modern desire for systemic rebirth and profound life regulation.

Balinese Massage: The Global Language of Harmonious Rhythm

The Balinese Massage has long become a universal language for deep relaxation in SPAs worldwide. It is not merely relaxing muscle compression; it is a complete ritualistic philosophy of the body, integrating gentle

stretching, precise acupressure, warm oil infusion, and unique two-handed rhythmic techniques. Its irreplaceable core technique lies in the wave-like, soothing rhythm created by the therapist's movements. This biological rhythm gently guides the guest's nervous system out of a state of stress and into deep relaxation and harmony. For both first-time guests and seasoned enthusiasts, it is a safe and effective choice. With its exceptional efficacy in achieving holistic balance, it consistently serves as a cornerstone for attracting clientele and building loyalty. Guests often reflect: "This living, rhythmic touch transports one into a meditative tranquility – an experience no mechanical vibration can replicate."

Traditional Thai Massage: Physical and Mental Unfolding in Motion

Originating from ancient temple medicine, Traditional Thai Massage has gained global popularity for its unique interactivity and profound stretching effects. Both guest and therapist remain comfortably clothed on a floor mat. The therapist skillfully uses their entire body as a healing tool, guiding the guest through a "dance" of the body via precise compressions, stretches, and passive yoga postures. Its irreplaceability lies in its immediate, conversational body wisdom, requiring the therapist to possess high intuition and skill to dynamically adjust based on the guest's breath and physical feedback. Globally, it particularly attracts urban populations seeking to improve posture, relieve deep-seated stiffness, and increase flexibility. Its effects in releasing fascial tension and enhancing joint mobility are remarkable. It is often described by guests as being not just a massage, but rather a complete physical restructuring and energy renewal guided by a professional master.

TCM Therapy: Systemic Balance from Ancient Wisdom

Rooted in Traditional Chinese Medicine (TCM) theory, therapies such as Tui Na (therapeutic massage), cupping, and moxibustion are gaining global esteem for their holistic view and profound philosophical wisdom. They look beyond treating localized symptoms, focusing instead on the smooth flow of Qi (vital energy) and blood through



the body's meridians and the balance of Yin and Yang. Their irreplaceability lies in the therapist's personalized diagnosis through observation, listening, questioning, and pulse diagnosis, followed by targeted interventions using hands or tools on specific acupoints and meridians to restore systemic equilibrium. For modern individuals plagued by chronic pain, fatigue, or suboptimal health, this fundamentally regulating therapy offers unique value. It is not merely physical conditioning but an experience of cultural philosophy, satisfying a deep-seated global desire for holistic health and preventive wellness. The therapist's experience allows them to accurately identify the body's overlooked signals. Guests, after a session, report feeling a sense of inner-to-outer clarity and energy flow, leading it to be praised as an exceptionally wise healing system.

Japanese Shiatsu: The Energetic Art of Precise Pressure

Japanese Shiatsu holds a unique place in the global SPA landscape with its purity, precision, and deep philosophical underpinnings. It does not employ oils; the therapist uses only their hands, elbows, and knees to apply sustained, steady pressure along the body's meridians and tsubo (acupressure points) to unblock energy pathways and restore the body's self-healing capacity – somewhat akin to Chinese therapeutic massage, to be honest. Its distinction lies in the masterful control of pressure: a deep, sustained, vertically penetrating force intended to awaken the body's deep-seated awareness and circulation. Combining static pressure with gentle stretching, it induces a state of alert relaxation, capable of deeply relieving muscle soreness

and stiffness while simultaneously invigorating the spirit and improving overall energy flow. Guests seeking inner balance appreciate this direct and honest application of pressure, reporting a feeling of transparent lightness and serene vitality upon completion.

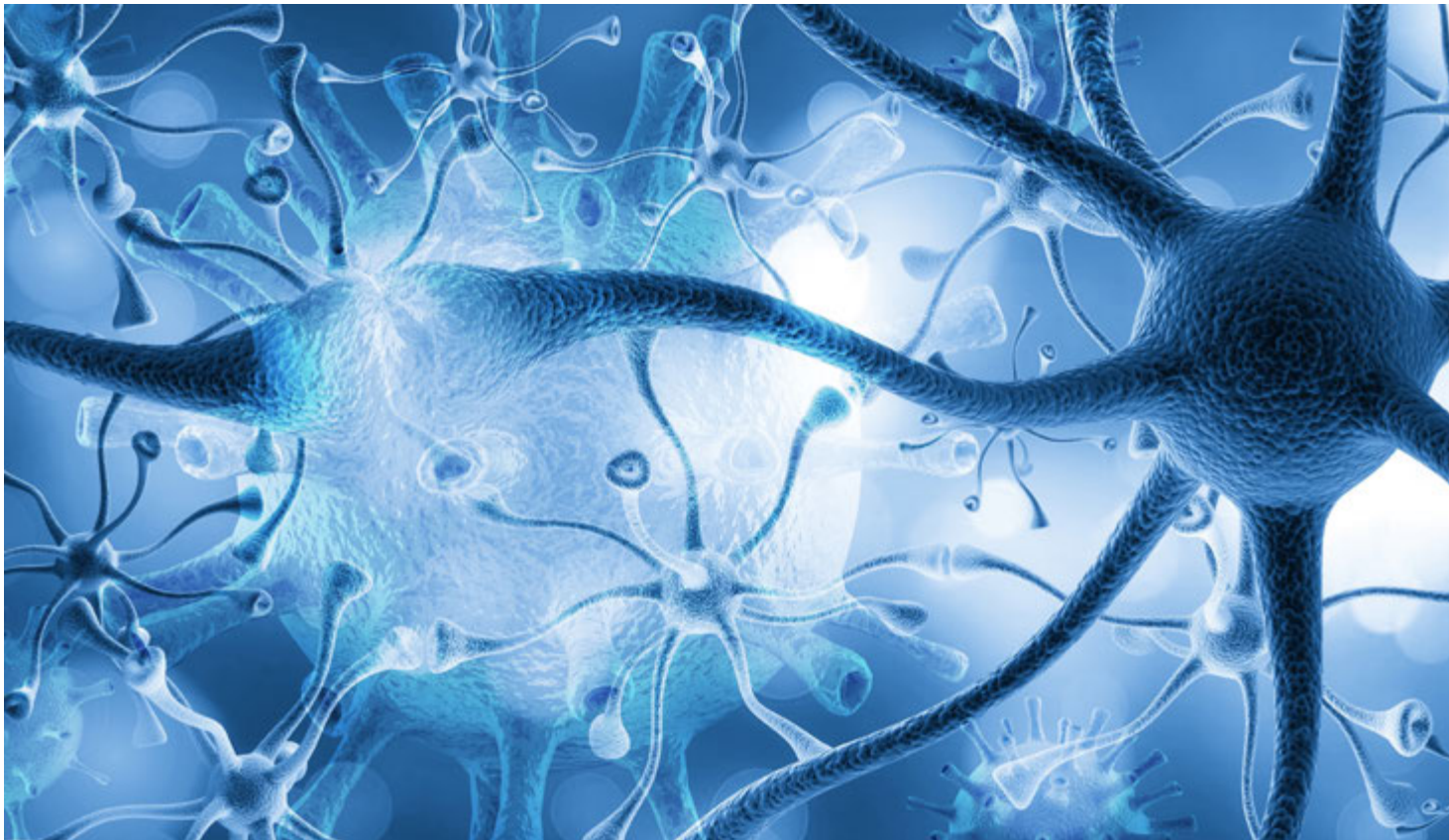
Vichy Shower & Seaweed Wrap: The Purifying Ritual of Sensory Immersion

Originating from the European thermal SPA tradition, the Vichy Shower combined with a Seaweed Wrap has become a signature body treatment ritual in high-end global SPAs, renowned for its powerful sensory impact and visible results. Its core appeal lies in the irreplaceable sensation of water: lying on a specialized Vichy shower table, the guest experiences a warm, rain-like cascade that envelops every inch of the body in a massaging embrace, triggering the deepest psychological relaxation and a sense of absolute mental release. Subsequently, the mineral-rich seaweed wrap further promotes detoxification and skin nourishment. The entire process unfolds like a dramatic purification play, offering significant benefits in lymphatic drainage, skin smoothing, and combating fluid retention. Its exceptional experiential ritual and instant skin-revitalizing effects keep it perennially fresh, even in the age of social media, often chosen as the premier pre-special occasion treatment.

The Timeless Warmth of Hands and the Wisdom of Tradition

Although technology continually brings astonishing tools to the health and wellness field, these globally beloved traditional spa treatments prove that the human longing for genuine tactile connection, respectful personalized care, and cultural ritual is eternal. From the holistic philosophy of Ayurveda to the warm energy of hot stones, from the olfactory alchemy of aromatherapy to the wisdom map of meridians – they remain irreplaceable precisely because they satisfy emotional and spiritual needs that transcend the physical.

In the focused hands and guidance of the therapist, guests experience the healing sensation of being fully accepted and profoundly understood. This is the soul of the SPA industry, which, in any era, shines with an undiminished light.



神经美学

了解情绪与感知的底层代码，及其重塑之道。纸月文

“神经美学”这一概念，被医美界的乔雅登提出，认为真正自然和谐的年轻化，应服务于积极、舒展的情绪表达，而非消除所有表情。因此治疗前的神经状态，会直接关系到客人是在放松中重塑自然灵动的面容，还是在紧张中加固了原有的情绪枷锁。医美界因此而产生了一些相关的讨论。

从我的角度来看，“神经美学”其内涵远不止于医疗美容的范畴，它探讨的是一个更为本质的命题：我们的神经系统状态，如何从根本上塑造我们的外在美感、内在体验以及他人对我们的感知。它不仅仅是关于如何变美，更是关于“美”的感受与创造，如何在神经生物学层面发生和优化。

神经网络的双向滤镜

我们的自主神经系统，如同一个时刻运转的“感知与表达滤镜”。

紧张状态由交感神经主导。这时的身体进入“战或逃”的准备，肌肉紧绷，血流分配改变，面部会固化出焦虑、警惕或疲惫的痕迹，如皱眉、嘴角下垂等。此时，我们对外界的感知也可能更倾向于负面和威胁。

而放松状态则由副交感神经主导。身体进入“休养与修复”，肌肉放松，血流平稳，面部呈现自然、舒展的线条。我们的心态更开放，感知更敏锐，也更容易接收到平和与美好的信号。

“神经美学”的核心，就是有意识地调节自主神经，从紧张的“生存模式”向放松的“创造与连接模式”转换，从而优化内在感受与外在表达。

神经美学的多维运用

于是，这一理念的价值，就能体现在多个层面的“塑造”之上。

例如文章开头提到的乔雅登所属的医美和医疗层面，“神经美学”的实践就能成为医美和医疗疗效的催化剂，因为放松可减少出血、让肌肉更“听话”，实现更自然的表情，这不仅适用于医美，也适用于许多外科手术和有创操作。患者术前焦虑程度高，就常常会与术后疼痛感更强、恢复更慢相关联。于是，通过呼吸引导、正念、环境营造等方式进行术前放松，是一种基于循证的“人文医疗”，能实实在在改善医疗结局，也就是我们在文中提到的“神经美学”的实

践运用。

其次是有关审美表达的层面。一个人的“气场”或“精气神”，本质上是神经系统状态的外显。一个长期紧张的人，即使五官精致，也容易给人压迫感或疏离感，而如今非常流行的“松弛感”一词，就是最好的诠释“神经美学”的表述，而“松弛感”的流行，则精准捕捉了当代社会一种集体性的心理渴求：不是慵懒或放弃，而是在持续高压、不确定性中，拥有一种令人向往的内在从容与外在自洽的状态。

通过训练，如冥想、呼吸练习、形体训练等，来调节神经习惯，能让人在静态时面容更舒展，动态时表情更柔和，从而散发出更易接近、更具亲和力的美感，同时也会充满年轻的活力。

伟大的艺术作品、令人沉浸的空间设计、打动人的音乐，往往能直接作用于观者的神经系统，引发放松、愉悦、敬畏或共鸣的情绪状态。创作者若能理解色彩、线条、光影、节奏如何影响人的神经反应，便能更有效地创作出具有疗愈感或震撼力的作品。从这个角度看，建筑师、设计师、艺术家都是“神经美学”的实践者。

日常生活的品质体验也是练就“神经美学”的关键时刻。从一杯SPA精心冲泡的馥郁茗茶所伴随的仪式感，到一间通过香气、光线和背景音乐所营造出宁静氛围的温暖酒店客房，这些体验的核心价值，往往在于它们能成功地将我们的神经系统从日常喧嚣中剥离，带入一个更放松、更专注的状态。提升生活品质，很多时候就是在精心设计这些能正向调节我们神经系统的“微时刻”。

如何应用神经美学

神经美学，是将“美”从一种静态的评判，还原为一个动态的、由内而外的生命过程。它提醒我们，最根本的美感优化，始于对自身神经系统这座花园的觉察与照料。当我们学会平息内在的风暴，那份从容、舒展与敏锐的感知力，便会自然流露于我们的面容、姿态、创造与关系之中，成为我们赋予自己和世界最深刻的美。

理解原理后，每个人都可以成为自身“神经美学”的规划师。

有意识地呼吸：在压力时刻或重要事件前，进行几分钟深长、缓慢的呼吸，是最直接的“切换开关”。

塑造感官环境：留意光线、声音、气味如何影响你的情绪，有选择地让自己置身于带来平静或愉悦感的环境中。

在重要准备中纳入放松程序：无论是重要会议、公开演讲，还是医疗治疗，将10-15分钟的放松准备（如冥想、静坐、听音乐）视为不可或缺的一环。

观察与调整表情：留意自己在专注或压力下的无意识表情，如那些咬紧牙关、眉头紧锁的容态，并有意识地放松这些肌肉群。面容的舒展会反过来影响情绪。



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 Neuropsychology and Public Health from The George Washington University. Her work focuses on developing evidence-based services and interventions for the well-being of women, older adults, and high-stress professionals through an integrative approach combining neuroscience, TCM, movements, and mindfulness practices.



Neuroaesthetics

Understanding the underlying code of emotions and perception, and how to reshape it. By Paper Moon

The concept of “neuroaesthetics,” introduced by the medical aesthetics brand Juvéderm, takes the view that truly natural and harmonious rejuvenation should serve to express positive, relaxed emotions rather than erase all facial expressions. Thus, the neural state prior to treatment directly influences whether clients achieve a naturally vibrant appearance through relaxation or inadvertently reinforce existing emotional shackles due to tension. This has sparked considerable discussion within the medical aesthetics field.

From my perspective, the implications of “neuroaesthetics” extend far beyond the realm of medical aesthetics. It delves into a more fundamental question: how does the state of our nervous system fundamentally shape our external beauty, internal experiences, and how others perceive us? It is not merely about how to become more beautiful but explores how the feeling and creation of “beauty” occur and are optimized at the level of neurobiology.

The Bidirectional Filter of the Nervous System

Our autonomic nervous system functions like an ever-active “filter of perceptions and

expression.”

A state of tension is controlled by the sympathetic nervous system. In this mode, the body enters a “fight-or-flight” readiness: muscles tense, blood flow distribution shifts, and the face may etch traces of anxiety, vigilance, or fatigue, such as furrowed brows or downturned lips. Our perception of the external world also tends to skew toward negativity and sense of threat.

In contrast, a state of relaxation is led by the parasympathetic nervous system. The body shifts into a “rest-and-digest” mode: muscles loosen, blood flow steadies, and the face assumes natural, relaxed contours. Our mindset becomes more open, perception more acute, and we become more receptive to signals of calm and beauty.

At the heart of “neuroaesthetics” lies the conscious regulation of the autonomic nervous system – transitioning from the tense “survival mode” to a relaxed “mode of creation and connection” – thereby optimizing both internal experience and outward expression.

The Multidimensional Applications of Neuroaesthetics

Thus, the value of this concept can be reflected across multiple dimensions of “shaping.”



For instance, in the medical aesthetics and clinical fields associated with Juvéderm, the practice of “neuroaesthetics” can serve as a catalyst for treatment efficacy. Relaxation reduces bleeding, makes muscles more responsive, and results in more natural expressions – applicable not only in medical aesthetics but also in many surgical and invasive procedures. Higher levels of preoperative anxiety in patients are often correlated with stronger postoperative pain and slower recovery. Therefore, employing preoperative relaxation techniques – such as guided breathing, mindfulness, and environmental design – constitutes an evidence-based form of “humanistic medicine” that tangibly improves clinical outcomes. This is a practical application of “neuroaesthetics”.

Next is the dimension related to aesthetic expression. An individual’s “aura” or “spirit” is essentially an outward manifestation of their nervous system’s state. A person in a prolonged state of tension, even with delicate facial features, may convey a sense of pressure or detachment. The now highly popular term “sense of ease” perfectly illustrates the essence of “neuroaesthetics.” Its popularity accurately captures a collective psychological yearning in contemporary society: not for laziness or resignation, but for an enviable state of inner composure and external harmony amidst sustained high pressure and uncertainty.

Through practices such as meditation, breathing exercises, and physical training, one

can adjust neural habits, leading to a more relaxed appearance when still and softer expressions when in motion. This fosters an approachable and amiable beauty, infused with youthful vitality.

Great works of art, immersive spatial designs, and moving music often directly impact the viewer’s nervous system, evoking states of relaxation, joy, awe, or resonance. If creators understand how color, line, light, shadow, and rhythm influence neural responses, they can more effectively produce works with therapeutic or profound impact. From this perspective, architects, designers, and artists are all practitioners of “neuroaesthetics.”

Quality experiences in daily life also serve as crucial moments for cultivating “neuroaesthetics.” Whether it is the ritualistic enjoyment of a finely brewed cup of aromatic tea or the serene ambiance of a warm hotel room crafted through scent, lighting, and background music, the core value of such experiences often lies in their ability to successfully detach our nervous systems from daily commotion and guide us into a more relaxed and focused state. Enhancing the quality of life frequently involves intentionally designing these “micro-moments” that positively regulate our nervous systems.

How to Apply Neuroaesthetics

Neuroaesthetics reframes “beauty” from a static judgment into a dynamic, inside-

out life process. It reminds us that the most fundamental enhancement of beauty begins with awareness and care for our own nervous system, the garden within. When we learn to calm our inner storms, the resulting composure, ease, and heightened sensitivity naturally emerge in our expressions, posture, creativity, and relationships. This becomes the most profound beauty we can offer to ourselves and the world.

Once we understand the principles, everyone can become the designer of their own “neuroaesthetics.”

Practice conscious breathing. In moments of stress or before important events, take a few minutes to breathe deeply and slowly, this is the most direct way to “flip the switch.”

Shape your sensory environment. Pay attention to how light, sound, and scent affect your mood, and intentionally surround yourself with environments that evoke calm or joy.

Incorporate relaxation into important preparations. Whether before a key meeting, public speaking, or a medical procedure, treat 10–15 minutes of relaxation, such as meditation, quiet sitting, or listening to music, as an essential part of your preparation.

Observe and adjust your expressions. Notice unconscious expressions that arise when you are focused or stressed, such as clenching your jaw or furrowing your brow, and consciously relax those muscle groups. A relaxed expression can, in turn, positively influence your emotions.



神经系统的重建

将神经美学植入SPA与医美，是一场从“对外在症状的处理”到“对内在状态的优化”的升维。纸月文

无论是在SPA还是在医美中植入神经美学，其本质是将服务流程“神经科学化”的每一个环节都需要思考到：“这个服务内容是在刺激客人的交感神经，还是副交感神经？”我们要做的，就是从单纯的标准服务，进化到“神经调节”。可以说，我们正在做的事可能会是SPA与医美中的神经美学革命。

当客户走进一家SPA中心或医美诊所，他们购买的远不止于一次按摩或一剂注射。在表层需求之下，涌动着更深刻、更本质的渴望，渴望从日常的压力与紧绷中解脱，渴望重获对自身状态的控制，渴望一种由内而外的焕然一新。

传统的标准化服务模式往往止步于技术与手法，却忽视了达成这一切的生理基石：人类的神经系统。神经美学的植入，正是对此的深刻回应，是对服务进行一场从理念到实践的彻底重构。

服务流程的神经科学化

每一次服务都应被视作一次精心编排的“神经旅程”。这要求从业者在设计每个环节时，都必须进行一项关键检视：“此刻，我的服务是在刺激客人的交感神经(紧张、防御)，还是在

滋养其副交感神经(放松、修复)？”

SPA中的潺潺水声与柔和光影，并非随意装饰，其功能在于通过温和的感觉输入，抑制杏仁核的警惕活动，向大脑发出“此处安全”的信号。理疗师的手法力度与节奏也需遵循神经节律：深长、缓慢的压力配合客人的呼气阶段施予，最大化激活副交感神经，实现手法与内在生理波动的同频共振。

在医美中，这一原则更为关键。术前沟通，若仅冰冷地罗列风险与价格，会直接激发交感兴奋带来的焦虑；而若引导客人想象治疗后将呈现的“舒展神态”与“柔和气场”，则能激活与积极期待相关的神经回路。注射时，医生的一句“请随着我的引导呼气，让这块肌肉彻底放松”，可以将一个潜在的疼痛应激源，转化为一个客户可主动参与的呼吸放松练习，从而改变整个治疗的神经化学环境。

员工成为神经引导者

每一位前线员工，从咨询顾问、理疗师，医美的护士、医生，其角色都需从单纯的技术执行者，升维为懂得基础神经心理学的“神经引导者”。这要求他们掌握一套超越传统话术的“神经安抚语法”。

这种能力体现在细微之处。例如，治疗师在做热石疗程时，会说“让温暖帮助您们的神经系统沉静下来”；医美顾问在介绍方案时，会问“您希望您的面容和表情传递出怎样的内在状态？”，而非仅仅“您想改善哪个部位？”；护士在进行术前准备时，会以平稳的语速和确定的节奏进行引导，因为语音本身的韵律就能影响听者的心率与压力激素水平。

培训的关键在于，让员工理解其言行、语调甚至呼吸节奏，都是直接作用于客户边缘系统的“工具”。一个自身呼吸平稳、姿态放松的理疗师，能通过镜像神经元机制，无形中引导客户进入相似状态。这种能力，是将标准化服务转化为深度个性化体验的核心。

环境的协同作用

在神经美学的框架内，环境中的光照、声音、香气、温度，会被系统性地整合，如果做得好，就能精确调控客户的神经和内分泌状态。

摒弃明亮均匀的通用照明，采用非直射的、可调节的温暖光源。特定的黄昏色温(约2700K-3000K)能促进褪黑素分泌预备，

向身体发出“进入修复模式”的信号。

背景音乐的选择依据声学神经学原理。优先使用频率稳定、节奏低于每分钟60拍的自然音景(如溪流、雨声)或特定频率音乐(如432Hz)，这些声音被证实能促进脑波向放松的 α 波过渡。

通过香薰扩散如真实薰衣草(镇静)、甜橙(舒缓焦虑)或檀香(促进冥想)的精油，其分子通过嗅觉通路直达管理情绪与记忆的边缘系统，实现快速的生理干预。

维持略高于体表感受的室温(约25-27摄氏度)，避免寒冷引发的肌肉紧绷。温热的热石、毛毯或热毛巾敷于肩颈或腹部，能通过温度感受器直接触发深层的放松反射。

这些元素协同作用构成一个多感官的放松环境，能让人从高警觉的日常状态中拉入到温柔沉浸的舒适放松感之中。

让客人成为主动参与者

这是最深层的范式转移，客人的角色从被动的接受者，转变为共同创造疗效的主动参与者。服务的成功，不再仅由理疗师的手法或医生的技术单方面决定，而取决于能否成功引导客户调动自身的神经调节能力，达到最大程度的配合。

实践体现在赋予客户简单的“神经工具”。在SPA按摩中，引导客户“在每次呼气时，想象将压力释放到我的手中”；在医美注射的刹那，引导其“将注意力集中在呼吸的流动上，而不是针尖的感觉”；在术后恢复时，教导其通过温和的芳香疗法嗅吸来安抚焦虑情绪等等。

这些微小的引导，本质上是授人以渔，教会客户一种可以带离场所的自我调节技能。当客人感受到通过调节呼吸和注意力，自己能够直接影响放松深度甚至疼痛感知时，一种深层的掌控感和成就感便能油然而生，这将会令他们未来都受益匪浅。

将神经美学植入SPA与医美，是一场从“对外在症状的处理”到“对内在状态的优化”的升维。客户最终带走的，远超越一时松弛或容颜改变。他们获得的是一种深层的身体记忆与认知地图：一种关于自己的神经系统如何工作、以及如何通过呼吸、注意力与环境交互来主动调节它的体验性知识。

这种价值是产品无法复制、技术难以模仿的。它源于一场深度共谋的、身心合一的旅程记忆。当客户在其他地方无法复现这种由内而外的协同效应时，他们便成为了品牌最忠诚的拥护者。这，正是在服务同质化竞争中，由神经科学智慧所构建的、最坚固也最深邃的品牌护城河。未来的顶级服务，必将属于那些懂得不仅疗愈身体，更能优雅地调节人类神经风景的品牌。



The Neurological Rebuilding

Integrating neuroaesthetics into SPA and medical aesthetics represents an evolutionary leap, from “addressing external symptoms” to “optimizing internal states.” By Paper Moon

Whether incorporating neuroaesthetics into SPA or medical aesthetics, the essence lies in making the service process “neuroscience-driven.” At every step, we must consider: “Is this service stimulating the client’s sympathetic or parasympathetic nervous system?” What we aim to achieve is a shift from merely standardized services to “neuromodulation.” It could be said that what we are doing may spark a neuroaesthetic revolution in the realms of SPA and medical aesthetics.

When clients step into a SPA or a medical aesthetics clinic, they are buying far more than just a massage or an injection. Beneath the surface-level desires lies a deeper, more fundamental longing, to break free from daily stress and tension, to regain control over their own state of being, and to experience a radiance that emanates from within.

Traditional standardized service models often stop at techniques and methods, overlooking the physiological foundation that makes all this possible: the human nervous system. The integration of neuroaesthetics is a profound response to this oversight, a complete reimagining of services, from philosophy to practice.

The Neuroscience-Driven Service Process

Every service should be envisioned as a meticulously orchestrated “neural journey.” This requires practitioners, when designing each step, to consistently examine one key question: “Right now, is my service stimulating the client’s sympathetic nervous system (triggering tension and defensiveness) or nourishing their parasympathetic nervous system (promoting relaxation and restoration)?”

In SPA settings, elements like the gentle murmur of flowing water and soft lighting are not merely decorative – they serve a functional purpose. Through mild sensory input, they help suppress the alert activity of the amygdala, sending the brain a signal that “this is a safe space.” The pressure and rhythm applied by therapists must also align with neural rhythms: deep, slow pressure delivered in sync with the client’s exhalation maximizes parasympathetic activation, creating resonance between the manual technique and the body’s internal physiological waves.

In medical aesthetics, this principle becomes even more critical. During preoperative consultations, merely listing risks and prices in a cold, detached manner can directly trigger

sympathetic-driven anxiety. Conversely, guiding clients to visualize the “relaxed expression” and “soothing presence” they will embody post-treatment can activate neural circuits associated with positive anticipation. During injections, a physician’s guidance, “Please exhale as I guide you, allowing this muscle to fully relax”, can transform a potential pain stressor into an active breathing and relaxation exercise in which the client participates. This shift alters the entire neurochemical environment of the treatment.

Employees as Neural Guides

Every frontline employee, whether a consultant, therapist, nurse, or physician in medical aesthetics, must evolve from being mere technical executors into “neural guides” with a foundational understanding of neuropsychology. This requires them to master a “neuro-calming syntax” that goes beyond traditional communication techniques.

This capability reveals itself in subtle yet meaningful ways. For example:

During a hot stone therapy session, the therapist might say, “Let the warmth help your nervous system settle into calm.”

When presenting a treatment plan, a medical aesthetics consultant may ask, “What kind of inner state do you wish your facial expression to convey?” rather than simply, “Which area would you like to improve?”

In preoperative preparation, a nurse guides with a steady pace and assured rhythm, as the cadence of speech itself can influence the listener’s heart rate and stress hormone levels.

The key to training lies in helping staff understand that their words, tone, even their breathing rhythm, are all direct “tools” acting upon the client’s limbic system. A therapist who maintains calm breathing and a relaxed posture can, through the mirror neuron mechanism, gently guide the client into a similar state. This ability is at the heart of transforming standardized service into a deeply personalized experience.

The Synergistic Role of Environment

Within the framework of neuroaesthetics, environmental elements such as lighting, sound, scent, and temperature are systematically integrated. When executed effectively, they can precisely regulate a client’s neurological and endocrine states.



Replace bright, uniform lighting with indirect, adjustable warm light sources. Specific twilight color temperatures (approximately 2700K–3000K) help promote melatonin secretion readiness, signaling the body to enter “restoration mode.”

Background music is selected based on principles of acoustic neurology. Priority is given to natural soundscapes (such as flowing streams or rainfall) or music at specific frequencies (e.g., 432 Hz), characterized by stable frequencies and rhythms below 60 beats per minute. These sounds have been shown to facilitate the transition of brain waves into relaxed alpha states.

Essential oils such as true lavender (calming), sweet orange (anxiety-soothing), or sandalwood (meditation-enhancing) are diffused through aromatherapy. Their molecules travel directly via the olfactory pathway to the limbic system, which governs emotion and memory, enabling rapid physiological intervention.

Maintain a room temperature slightly above skin-level perception (approximately 25–27 °C) to avoid muscle tension triggered by cold. Warm elements like heated stones, blankets, or towels placed on the shoulders, neck, or abdomen can directly activate deep relaxation reflexes through thermal receptors.

Together, these elements create a multisensory relaxation environment, gently shifting individuals from a state of high daily alertness into one of immersive, serene comfort.

Empowering Guests as Active Participants

This represents the deepest paradigm

shift: transitioning the guests’ role from a passive recipient to an active co-creator of therapeutic outcomes. Success is no longer determined solely by the therapist’s technique or the physician’s skill, but by the ability to effectively guide clients in mobilizing their own neuro-regulatory capacity, thereby achieving the highest level of collaboration.

In practice, this involves equipping guests with simple “neuro-tools.” For example:

During a SPA massage, guiding the client with suggestions like: “with each exhale, imagine releasing tension into my hands.”

At the moment of a medical aesthetics injection, directing attention to “the flow of your breath, rather than the sensation of the needle.”

During post-treatment recovery, teaching gentle aromatic inhalation to soothe anxiety, and so forth.

These subtle guides are, in essence, teaching clients how to fish – imparting self-regulation skills they can take with them beyond the session. When clients realize that by modulating their breath and focus they can directly influence their depth of relaxation or even their perception of pain, a profound sense of control and accomplishment arises – a benefit that will serve them well into the future.

Integrating neuroaesthetics into SPA and medical aesthetics marks an evolutionary leap from “treating external symptoms” to “optimizing internal states.” What clients ultimately take away extends far beyond momentary relaxation or a changed appearance. They gain a deep bodily memory and cognitive map: experiential knowledge of how their own nervous system works and how to actively regulate it through breath, attention, and environmental interaction.

This value cannot be replicated by products or easily imitated by technique. It springs from the memory of a deeply collaborative, mind-body journey. When clients cannot recreate this inner-outer synergy elsewhere, they become the brand’s most loyal advocates. This is precisely the most robust and profound brand moat built through neuroscientific wisdom in a landscape of homogeneous services.

The future of premium service will belong to those brands that understand not only how to heal the body, but also how to gracefully modulate the inner landscape of the human nervous system.

银丝中的智慧

探寻更年期女性的生命领导力。高菲 文



在印度古老的阿育吠陀传统中，生命被清晰地划分为四个神圣阶段：布拉玛查亚（学生期）、伽哩哈斯亚（家长期）、瓦纳普拉沙（林栖期）和桑雅萨（遁世期）。其中第三个阶段“林栖期”，通常开始于子女成年后，恰与女性更年期的时间轨迹重合。在这个被智慧传统尊崇的阶段，个体被期待从世俗责任中抽身，如同进入心灵的森林，专注于精神探索与智慧沉淀。阿育吠陀认为这不是生命的褪色，而是一次深刻的灵性觉醒。

阿育吠陀哲学中的“林栖期”描绘了一幅动人的生命图景：个体放下家庭重担，迁居至森林边缘，开始将注意力从外在成就转向内在探索。对女性而言，这一时期与更年期的重合绝非偶然。传统智慧认为，当月经周期停止，女性的创造力并未消失，而是发生了转化：从生育肉体生命转向孕育精神智慧。

智慧守护者

这种转化在许多古老文明中都有共鸣。在美洲原住民切罗基族传统中，停经后的女性被称为“智慧守护者”，她们不再参与日常劳作，而是专事梦境解读与部落决策咨询。日本传统文化中，经历了“寿”阶段的女性（约50岁后）会被尊称为“笔婆”，意为拥有

特殊洞察力的长者。这些跨文化共识揭示了一个被现代文明遗忘的真理：更年期不是缺陷，而是人类进化赋予女性的特殊认知升级期。

《红楼梦》中的贾母，正是“林栖期”智慧在文学中的完美具象。她并非处于传统意义上的权力巅峰期，却成为荣国府实际的精神中枢。仔细剖析贾母的智慧形态，会发现其与林栖期理念高度契合。

贾母的智慧是整合性的。当王熙凤管理具体事务时，贾母提供的是方向与边界；她敏锐察觉家族欢聚表面下的暗流，以“团圆”为主题巧妙维系家族凝聚力；当家族面临政治风险时，她凭借数十年的人生阅历做出保全整体的判断。这种智慧超越了线性思维，展现出一种经过时间淬炼的深刻人性洞察。

女性更年期大脑的重构与升级

当代神经科学正在为这一古老智慧提供令人惊叹的实证支持。研究发现，女性绝经后的大脑并非开始衰退，而是启动了独特的“认知重构程序”。

加州大学洛杉矶分校2022年的研究发现，绝经后女性的大脑前额叶皮层与边缘系统的连接模式发生改变，情绪反应更加平稳

而深刻。主导激烈情绪反应的杏仁核活动趋于缓和，而与长远规划、共情理解相关的前额叶区域连接增强。这为“林栖期”的情绪稳定性提供了生物学基础。

而加拿大蒙特利尔大学纵向研究则显示出，雌激素的下降看似是一种“失去”，实则引发了一系列神经适应。大脑不再受月经周期激素波动的影响，认知状态变得更加稳定持续。多伦多大学研究指出，这种稳定性使女性能够发展出更为连贯、整合的世界观和决策框架。

绝经后女性在“冲突决策任务”中表现显著优于年轻女性。她们更少受即时情绪干扰，更能兼顾多方利益，做出平衡长远的判断。这种能力与大脑默认模式网络的整合度提高密切相关，正是这个网络在我们静息时活跃，负责整合记忆、规划未来、理解他人。

传统的失落与现代社会智慧盲区

遗憾的是，工业革命后的现代社会将生命过度“医学化”和“生产化”，林栖期的智慧价值被彻底边缘化，更年期女性被迫在应该专注内在成长的阶段，继续去扮演年轻时期的角色，或对未来失去该有的自信和信心。

好在，迹象显示转变正在发生。

麦肯锡2023年多元化报告指出，拥有较多50岁以上女性高管的公司，在危机时期的股价波动率降低23%。这些女性领导者带来了一种不同的决策智慧——更注重系统性风险、更长远的利益平衡、更强的组织韧性。

剑桥大学“智慧研究项目”发现，许多传统文化中的“智慧仪式”（如北美原住民的愿景探索、佛教的禅修传统）的最佳实践期都在50岁之后，这与大脑神经整合的完成期惊人吻合。

全球著名的模特经纪公司纷纷开设“经典部门”，专门代理40岁以上的模特。伦敦的“银色模特经纪公司”只签约50岁以上的模特，其创始人表示：“我们的模特不是年轻的替代品，她们代表不同的美、不同的故事。”美容业的宣传广告语也从“抗衰老”、“逆龄”逐渐转向“拥抱岁月”、“智慧之美”。

个体与文明的共同进步

重建对“林栖期”价值的认识，需要多维度的努力。

首先是个人层面的觉醒。女性需要意识到，潮热、失眠等症状不是疾病的信号，而是身心转化的入口。可以借鉴传统智慧，为自己创造现代的“林栖期”，定期独处沉思、减少非必要社交、从事创造性而非消耗性活动。

其次是社会结构的创新，让更多更年期和更年期后女性的整合智慧有正式输出渠道。之后是医疗层面的对更年期的“支持转化”。更年期的健康过度，不应仅仅是激素疗法，更应包括身体、认知训练、灵性指导和生命意义重构的支持系统等。

贾母在《红楼梦》第九十四回中说：“我虽老，心里却明白。”这句朴素的话道出了林栖期智慧的本质：不是知识的增加，而是明辨力的深化；不是记忆的强化，而是整合力的飞跃。

当我们重新发现更年期作为“林栖期”的深刻意义时，我们不仅仅是在恢复一个传统概念，而是在修复人类认知生态的完整性。一个健康文明需要青春的热情与冲劲，同样需要秋日的沉淀与明澈。那些银发下的智慧，那些经历过完整生命循环的女性所携带的整合性认知，或许正是我们这个碎片化时代最稀缺的资源。

当女性步入这个阶段，她们带走的只是生育能力，获得的却是更宝贵的东西：一种洞悉生命复杂性的能力，一种超越个体得失的胸怀，一种连接过去与未来的智慧。这份智慧，如同经过漫长季节成熟的果实，滋味深沉而余韵悠长，足以滋养个体生命的后半程，也能照亮文明前行的道路。



Wisdom in Silver Strands

Exploring the life leadership of menopausal women

In the ancient Ayurvedic tradition of India, life is clearly divided into four sacred stages: Brahmacharya (the student phase), Grihastha (the householder phase), Vanaprastha (the forest dweller phase), and Sannyasa (the renunciant phase). The third stage, “Vanaprastha,” typically begins after one’s children have reached adulthood, coinciding precisely with the timeline of menopause in women. In this phase revered by wisdom traditions, the individual is expected to withdraw from worldly responsibilities, as if entering a forest of the mind, to focus on spiritual exploration and the sedimentation of wisdom. Ayurveda teaches that this is not a fading of life, but a profound spiritual awakening.

The “Vanaprastha” phase in Ayurvedic philosophy paints a moving picture of life: the individual sets aside family burdens, moves to the forest’s edge, and begins shifting attention from external achievements to inner exploration. For women, the overlap of this period with menopause is by no means accidental. Traditional wisdom holds that when the menstrual cycle ceases, a woman’s creative force does not disappear; it transforms, shifting from giving birth to physical life to nurturing spiritual wisdom.

Wisdom Keepers

This transformation finds resonance in many

ancient civilizations. In the traditions of the Cherokee Native Americans, women who have stopped menstruating are called “Wisdom Keepers.” They no longer partake in daily labor but specialize in dream interpretation and tribal decision making counsel. In traditional Japanese culture, women who have passed through the “Ju” stage (around age 50 and beyond) are respectfully called “Toshiyori” or “Baba,” meaning elders possessing special insight. These cross cultural consensus reveal a truth forgotten by modern civilization: menopause is not a defect, but a special period of cognitive upgrading granted to women by human evolution.

Grandmother Jia in Dream of the Red Chamber (Hong Lou Meng) is the perfect literary embodiment of “Vanaprastha” wisdom. She is not at the peak of power in the traditional sense, yet she becomes the actual spiritual center of the Rongguo Mansion. A close analysis of Grandmother Jia’s form of wisdom reveals a high degree of alignment with the Vanaprastha ideal.

Grandmother Jia’s wisdom is integrative. While Wang Xifeng manages concrete affairs, Grandmother Jia provides direction and boundaries. She keenly detects the undercurrents beneath the surface of family gatherings, skillfully using the theme of “reunion” to maintain family cohesion. When the family faces political risks, she draws on

decades of life experience to make judgments that preserve the whole. This kind of wisdom transcends linear thinking, exhibiting a profound insight into humanity, tempered by time.

The Reconfiguration and Upgrade of the Female Menopausal Brain

Contemporary neuroscience is providing astonishing empirical support for this ancient wisdom. Research finds that the postmenopausal female brain does not begin to decline but initiates a unique “cognitive reconfiguration program.”

A 2022 study from the University of California, Los Angeles, found that the connectivity patterns between the prefrontal cortex and the limbic system in the brains of postmenopausal women change, leading to more stable and profound emotional responses. Activity in the amygdala, which drives intense emotional reactions, tends to moderate, while connectivity strengthens in prefrontal regions associated with long term planning and empathic understanding. This provides a biological basis for the emotional stability of the “Vanaprastha” phase.

Meanwhile, a longitudinal study from the University of Montreal shows that the decline in estrogen, seemingly a “loss,” actually triggers a series of neural adaptations. The brain is no longer influenced by the hormonal fluctuations of the menstrual cycle, leading to a more stable and sustained cognitive state. Research from the University of Toronto points out that this stability allows women to develop a more coherent and integrated worldview and decision making framework.

Postmenopausal women perform significantly better than younger women in “conflict decision-making tasks.” They are less disturbed by immediate emotions, more capable of considering multiple interests, and make more balanced, long-term judgments. This ability is closely related to the increased integration of the brain’s default mode network. It is this very network, active when we are at rest, that is responsible for integrating memories, planning the future, and understanding others.

The Loss of Tradition and Modern Society’s Wisdom Blind Spot

Regrettably, post-Industrial Revolution modern society has excessively “medicalized” and “productivized” life. The wisdom value of the Vanaprastha phase has been thoroughly



marginalized. Menopausal women are forced to continue playing the roles of their younger years during a stage when they should be focusing on inner growth, or they lose the confidence and assurance they should have about the future.

Fortunately, signs indicate a shift is underway.

The McKinsey 2023 Diversity Report notes that companies with a higher proportion of female executives over 50 years of age experience 23 percent lower stock price volatility during crises. These women leaders bring a different kind of decision making wisdom, one that places greater emphasis on systemic risk, more balanced long term interests, and stronger organizational resilience.

The University of Cambridge’s “Wisdom Research Project” discovered that the optimal period for practicing “wisdom rituals” in many traditional cultures (such as the vision quests of North American indigenous peoples or Buddhist meditation traditions) is after the age of 50. This remarkably coincides with the completion period of neural integration in the brain.

Globally renowned modeling agencies are successively establishing “classic divisions” specifically representing models over 40. London’s “Silver Model Agency” only signs models over 50. Its founder states, “Our models are not replacements for youth. They represent different beauty, different stories.” The advertising language of the beauty industry is also gradually shifting from “anti aging” and “reversing time” to “embracing the years” and “the beauty of wisdom.”

Individual and Civilizational Progress Together

Rebuilding recognition of the value of the “Vanaprastha” phase requires multidimensional efforts.

The first is awakening at the individual level. Women need to realize that symptoms like hot flashes and insomnia are not signals of disease but gateways to physical and mental transformation. One can draw on traditional wisdom to create a modern “Vanaprastha” for oneself, engaging in regular solitary contemplation, reducing unnecessary social engagements, and pursuing creative rather than draining activities.

Next is innovation in social structures, creating formal channels for the integrated wisdom of menopausal and postmenopausal women to be shared and utilized. Following this is a medical paradigm shift towards “supporting transformation” during menopause. Healthy navigation of menopause should not be merely about hormone therapy; it must include holistic support systems encompassing physical and cognitive training, spiritual guidance, and the reconstruction of life’s meaning.

In Chapter 94 of *Dream of the Red Chamber*, Grandmother Jia says, “Though I am old, my mind is clear.” This simple statement captures the essence of Vanaprastha wisdom: it is not an increase in knowledge, but a deepening of discernment; not a strengthening of memory, but a leap in integrative power.

When we rediscover the profound significance of menopause as “Vanaprastha,” we are not merely restoring a traditional concept; we are repairing the integrity of humanity’s cognitive ecology. A healthy civilization needs the passion and drive of youth, just as it needs the sedimentation and clarity of autumn. The wisdom beneath those silver strands, the integrative cognition carried by women who have experienced the full cycle of life, may be the most scarce resource in our fragmented age.

When women enter this stage, what they lose is merely reproductive capacity. What they gain, however, is something far more precious: an ability to perceive life’s complexity, a perspective that transcends individual gain and loss, a wisdom that connects past and future. This wisdom, like fruit ripened over a long season, has a deep flavor and a lingering aftertaste, sufficient to nourish the latter half of an individual’s life and to illuminate the path of civilization forward.



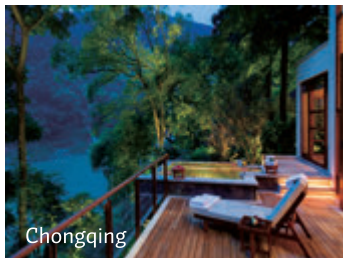
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顺势而为的芳香疗法

以芳香疗法支持荷尔蒙平衡、骨骼养护与身心重整。原文嘉文

女性步入中年阶段(约40-55岁)后,身体与心理会经历一系列显著变化,这些变化主要源于激素水平的根本性改变与生活角色的转换。其中,潮热盗汗、骨质流失与情感上的“空巢”焦虑,是最常见且深刻影响生活质量的三大核心挑战。

值得注意的是,这些问题并非孤立存在,而是相互关联、彼此影响。例如,长期睡眠不足可能加速骨质流失,而活动减少又会加剧情绪波动。因此,采取整体性的调理视角至关重要。通过理解这些变化的本质,女性可以将此阶段转化为重新认识自我、开启新生活的契机。

理解更年期的核心挑战

潮热盗汗。这是更年期最典型的症状之一,主要由于雌激素水平下降,影响大脑下丘脑的体温调节中枢。当雌激素减少,下丘脑可能误判体温过高,从而启动散热机制,导致面部潮红、大量出汗、心跳加快。这种情况每日可能发生数次,夜间尤其明显,严重干扰睡眠。许多女性表示,突如其来的潮热让人在社交或工作场合感到尴尬,长期可能导致社交意愿减退。

骨质流失。这是一个隐性但影响深远的问题。雌激素在维持骨密度方面起着关键作

用,它能抑制破骨细胞的活性。随着更年期到来,雌激素水平骤降,骨骼中的钙质加速流失。初期往往没有明显症状,但当出现腰背酸痛、身高变矮时,通常已发展至骨质疏松阶段。这不仅限制了日常活动能力,也增加了骨折风险,形成因担心骨折而不敢运动、进而骨质更差的恶性循环。

情感与角色的重整。当子女长大离家,许多母亲骤然失去了长期以来的生活重心,这种角色的转变常带来深刻的失落感与“空巢焦虑”。同时,此阶段社交圈可能收窄,孤独感易被放大。一些女性会不自觉地过度关注子女的生活,或陷入对未来的迷茫。这些情绪压力反过来又会加重失眠、食欲改变等生理症状。

对于没有传统“空巢”困扰的单身女性,此阶段的压力可能更多来自职场竞争、长期过劳、对自我成就的焦虑或社会无形的期待。常表现为持续疲劳、肩颈僵硬、睡眠浅易醒,甚至对自我价值产生怀疑。

顺势而为的芳香疗法

步入更年期,并非意味着衰退的开始,而是女性生命能量一次深刻的重新布局。当生育功能逐渐完成其自然使命,身体正悄然将宝贵的生命资源进行战略性再分配:从维系生育系统,转向支持长期的健康养

护与内在成长。

此时,身体的激素变化从周期性波动进入“系统性重组”阶段。芳香疗法虽不直接补充外源性激素,却能通过多层次机制温柔介入:它帮助调节内在平衡,支持激素平稳过渡;缓解潮热、失眠等具体不适,守护日常的身心舒适;更能引导心理转化,陪伴女性更从容、更自信地拥抱生命新章。

在这一过渡期中,各种生理变化实则是身体发出的智慧信号。潮热,或许是内在调节系统在学习新的平衡方式;骨密度变化,提示着骨骼维护机制进入新的模式;而情感的波动,则标志着自我认知正在经历重要的更新与校准。

芳香疗法的独特优势,在于其“顺势而为”的哲学,是提供双向调节与多系统协同的支持,是收获滋养的旅程。气味,直接叩响大脑中情感与记忆的大门:深沉宁神的乳香与岩兰草,适合在内省与冥想中,协助完成对过往角色的感恩与释怀;明亮温暖的甜橙与茉莉,则能唤起内在的活力,帮助重新定义自我价值,开启中年之后充满创造力的新方向。

平衡激素波动:天竺葵精油,其成分能温和调节下丘脑-垂体-卵巢轴,帮助缓解更年期前期激素的剧烈起伏。

支持代偿系统:黑胡椒、雪松精油,能

支持肾上腺功能，协助身体适应激素来源从卵巢到肾上腺等的转换。

促进肝脏代谢：玫瑰天竺葵、柠檬精油，可支持肝脏代谢过剩激素，预防激素失衡。

安抚潮热盗汗：胡椒薄荷精油中的薄荷醇能带来清凉感，帮助即时缓解潮热不适。

镇静神经系统：真正薰衣草、罗马洋甘菊精油能增加GABA活性、调节边缘系统，帮助缓解焦虑、改善睡眠，重建“压力-放松”的节律。

滋养与放松：甜橙、茉莉等能提振情绪、缓解紧绷。

更年期，是一个让女性将多年积累的生命智慧，转化为持久生命力与内在平衡的关键转折点。在这段重新定义自我的旅程中，身心都在学习一种全新的平衡艺术。当我们视角从“对抗症状”转向“理解信号”，便能发现其中蕴含的积极意义。



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The Wisdom of Flowing with AROMATHERAPY

Supporting hormonal balance, bone health, and mind-body renewal with aromatherapy. By Gloria Yuan

As women enter midlife (approximately ages 40-55), their bodies and minds undergo a series of significant transformations, primarily stemming from fundamental shifts in hormonal levels and changes in life roles. Among these, hot flashes/night sweats, bone density loss, and the emotional transition often termed “empty nest” anxiety are the three most common and impactful challenges to quality of life.

It's important to recognize that these issues are not isolated; they are interconnected and mutually influential. For instance, chronic sleep deprivation can accelerate bone loss, while reduced physical activity can intensify emotional volatility. Therefore, adopting a holistic perspective on well-being is crucial. By understanding the nature of these changes, women can transform this phase into an opportunity for rediscovering themselves and embarking on a new chapter in life.

Understanding the Core Challenges of Menopause

Hot Flashes and Night Sweats. This is one of the most classic symptoms of menopause, primarily caused by declining estrogen levels affecting the hypothalamus, the body's temperature-regulating center in the brain. As estrogen decreases, the hypothalamus may misinterpret the body's temperature as too high, triggering a cooling mechanism. This results in sudden facial flushing, profuse sweating, and rapid heartbeat. These episodes can occur multiple times a day and are particularly pronounced at night, severely disrupting sleep. Many women report that the sudden onset of hot flashes causes embarrassment in social or professional settings, potentially leading to social withdrawal over time.

Bone Density Loss. This is a silent yet profoundly consequential issue. Estrogen



plays a key role in maintaining bone density by inhibiting the activity of osteoclasts (bone-resorbing cells). As menopause arrives and estrogen levels drop sharply, calcium loss from bones accelerates. Initial stages often show no obvious symptoms, but by the time back pain or loss of height occurs, osteoporosis may already be present. This not only limits daily mobility but also increases fracture risk, creating a vicious cycle where fear of fractures discourages exercise, thereby further worsening bone health.

Emotional and Role Recalibration. When children grow up and leave home, many mothers suddenly lose a long-held central focus of their lives. This role shift often brings a deep sense of loss and “empty nest” anxiety. Simultaneously, social circles may narrow during this phase, amplifying feelings of loneliness. Some women may unconsciously over-focus on their children’s lives or become mired in uncertainty about the future. These emotional pressures, in turn, exacerbate physical symptoms like insomnia and appetite changes.

For single women without the traditional “empty nest” dynamic, stress during this phase may stem more from workplace competition, chronic overwork, anxiety about personal achievement, or unspoken societal expectations. This often manifests as persistent fatigue, stiff neck and shoulders, light and easily disrupted sleep, and even doubts about self-worth.

Aromatherapy: The Art of Flowing with Change

Entering menopause does not signify the beginning of decline, but rather a profound reallocation of a woman’s vital energy. As the reproductive function gradually completes its natural purpose, the body quietly begins a strategic redistribution of precious resources – shifting from sustaining the reproductive system towards supporting long-term health maintenance and inner growth.

During this time, the body’s hormonal changes move from cyclical fluctuations into a phase of “systemic realignment.” While aromatherapy does not directly supplement external hormones, it can gently intervene through multi-layered mechanisms: it helps regulate internal balance, supporting a smoother hormonal transition; it alleviates specific discomforts like hot flashes and insomnia, safeguarding daily physical and mental comfort; and it can guide psychological transformation, accompanying women as they embrace this new life chapter with greater poise and confidence.

In this transitional period, various physical changes are actually the body’s wise signals. Hot flashes may be the internal regulation system learning a new way to find balance; changes in bone density signal the skeletal maintenance mechanism entering a new mode; and emotional fluctuations mark a significant updating and recalibration of self-perception.

The unique advantage of aromatherapy

lies in its philosophy of “working with the body’s natural wisdom.” It does not force change but offers supportive, bidirectional regulation and multi-system synergy. Like a guide who understands the body’s language, it can transform this inevitable transition into a journey that is felt gently and can even become a source of nourishment. Scent directly opens the door to the brain’s centers of emotion and memory: grounding and calming frankincense and vetiver are suited for introspection and meditation, assisting in the process of gratitude and release regarding past roles; while bright, warm sweet orange and jasmine can stir inner vitality, helping to redefine self-worth and open new, creative directions for life beyond midlife.

Balancing Hormonal Fluctuations: Geranium essential oil, whose components gently regulate the Hypothalamic-Pituitary-Ovarian (HPO) axis, helps ease the dramatic hormonal swings of perimenopause.

Supporting the Compensatory System: Black Pepper and Cedarwood essential oils support adrenal function, helping the body adapt as hormone production shifts from the ovaries to other sources like the adrenals.

Promoting Liver Metabolism: Rose Geranium and Lemon essential oils can support the liver in metabolizing excess hormones, helping prevent hormonal imbalance.

Soothing Hot Flashes: The menthol in Peppermint essential oil provides a cooling sensation, offering immediate relief from hot flash discomfort.

Calming the Nervous System: Lavandula angustifolia and Anthemis nobilis essential oils increase GABA activity and modulate the limbic system, helping to ease anxiety, improve sleep, and rebuild the “stress-relaxation” rhythm.

Nourishing and Relaxing: Oils like Sweet Orange and Jasmine uplift the mood and ease tension.

Menopause is a pivotal turning point where a woman can transform her accumulated life wisdom into enduring vitality and inner equilibrium. On this journey of redefining oneself, both body and mind are learning a new art of balance. When we shift our perspective from “fighting symptoms” to “understanding the signals,” we can uncover the positive meaning inherent within this transition.



中医眼中的更年期

许多中医师将更年期称为“女子的第二青春期”，是另一种成熟的开始。戴炯捷文

当 45岁的陈女士第一次感到那股无名热潮从胸口升起时，她以为自己得了什么怪病。直到她来看中医，被一位70多岁的老中医告知：“你这是生命要换季了，像树到秋天要落叶一样自然”，她才恍然大悟自己是进入了更年期。

中医没有“更年期综合征”这个冰冷的医学术语，而是温柔地称之为“天癸竭”。这个词出自《黄帝内经》，描绘的是女性肾中精气从盛转衰的自然过程，如同月亮有圆缺，四季有轮回。

想象一下：我们的身体像一座精心打理的花园，肾精就是土壤中的精华物质。经过几十年的孕育生命、操持家庭、投入工作，这些精华物质被善加利用。到了四五十岁，不是精华枯竭了，而是身体智慧地将它们重新分配，从繁衍转向滋养自身，从向外付出转向向内充实。

中医们更喜欢这样解释：“这就好比你的身体以前是个养育孩子的大家庭，现在孩子们长大了搬出去了，房子突然空出来好多房间。你不是生病了，而是获得了重新装修、按自己心意布置的空间。”

阴阳二气的重新平衡

中医理论中，更年期的种种不通常被归结为“阴阳失衡”。但这里的“失衡”不是错

误，而是一次重新校准的机会。

“阴虚火旺”是更年期最常见的体质状态。可以想象身体里的“阴液”（滋养物质）如同夜晚的露水，而“阳气”如同白天的阳光。经过几十年，露水渐渐减少，阳光就显得相对强烈，这就是为什么会有潮热、盗汗、失眠这些“虚火”症状。

有趣的是，中医看到的不只是“火”，更是精神和情绪。张仲景在《金匮要略》中早就记载：“妇人脏躁，喜悲伤欲哭，象如

神灵所作。”这描述的好像是病态，也可以理解是一种能量走向改变的过程：当生殖之精转化为精神之智时，情绪的海洋会暂时波涛汹涌。

中医从不把情绪症状视为需要消灭的敌人。相反，它教导我们如何与这些变化共处。

“七情内伤”理论认为，每种情绪都对应一个脏腑：怒伤肝、喜伤心、思伤脾、忧伤肺、恐伤肾。更年期情绪波动，其实是脏腑在重新寻找平衡点时发出的信号。

中医会对来看诊的患者说：“你的烦躁不是性格缺陷，是肝血在重新分布；你的悲伤不是软弱，是肺气在释放过往；你的焦虑不是神经质，是肾精在告诉你慢慢下来听听它的声音。”

中医推荐的“情志相胜法”简单有趣：烦躁时练书法（金克木），悲伤时看喜剧（火克金），思虑过度时去多做运动（木克土），因为每一种情绪都能找到转化的出口。

顺时而养的时间医学

《黄帝内经》提出“女七男八”的生命周期律：女性每七年经历一次重大变化。七七四十九岁左右，“任脉虚，太冲脉衰少，天癸竭”，进入更年期，这是写在生命密码里的时间表。

但中医的时间智慧不止于此。

更年期健康日常疗愈

许多更年期中医调理的解决方案就藏在菜市场 and 自家厨房里。

黑豆、黑芝麻、黑木耳被称作“肾之谷”，中医认为黑色入肾，能填补肾精，改善更年期的腰酸和关节疼痛。

甘麦大枣汤这个出自《金匮要略》的经典方子只有三味药：甘草、小麦、大枣。喝起来像淡淡的谷物茶，却能缓解心烦、失眠、情绪波动。

太溪穴（内踝后方凹陷处）被称为“肾经的原穴”，每天按摩5分钟，如同给肾精充电；三阴交（小腿内侧）是肝脾肾三经交汇处，睡前按摩能平息虚火，引火归元。

子午流注养生法：晚上11点到凌晨1点是胆经当令，这时入睡最能养阴；下午5点到7点是肾经当令，此时散步最能强肾。顺应经络值班表生活，身体的自愈力会被自然唤醒。

四季调养法：春天多吃绿色蔬菜疏肝，夏天适当出汗清心，秋天用白色食物润肺，冬天用根茎类食物补肾。更年期的调理也应随季节起舞。

最鼓舞人心的中医智慧在于，它始终指向生长而非衰退。许多中医师将更年期称为“女子的第二青春期”，中医古籍中早有“老妇血盛”的说法，认为停经后气血不再下行，反而能上荣于面、充养大脑。这解释了为什么很多女性在更年期后思维更清晰、创造力迸发。



戴炯捷

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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.



Menopause Through the Prism of CHINESE MEDICINE

Many practitioners of Chinese medicine refer to menopause as a “second spring” for women, the beginning of a new kind of maturity.
By Dr. Dai Jiongjie

When Ms. Chen, aged 45, first felt that wave of nameless heat rise from her chest, she thought she had caught some strange illness. It was not until she visited a practitioner of Chinese medicine and was told by an elder physician in his seventies, “Your life is simply changing seasons, as naturally as a tree sheds its leaves in autumn,” that she realized she was entering menopause.

Chinese medicine does not use the clinical expression “menopausal syndrome.” Instead, it gently calls this transition Tian Gui Jie, or “the exhaustion of the heavenly water.” This phrase originates from The Yellow Emperor’s Classic of Internal Medicine and describes the natural process of the essential qi in a woman’s kidneys transitioning from abundance to decline, much like the waxing and waning of the moon or the turning of the seasons.

Imagine the body as a carefully tended garden, with kidney essence being the vital substance within the soil. After decades of nurturing life, managing a household, and dedicating oneself to work, these essential substances have been wisely utilized. Reaching one’s forties or fifties does not mean these

essences are depleted. Rather, the body intelligently reallocates them, shifting their purpose from procreation to nourishing the self, from outward giving to inward enrichment.

Practitioners often prefer this explanation: “It is as if your body was once a large family home raising children. Now the children have grown and moved out, and the house suddenly has many empty rooms. You are not ill. You have gained space to renovate and decorate according to your own heart’s desire.”

A Rebalancing of Yin and Yang
In Chinese medical theory, the various discomforts of menopause are often attributed to an “imbalance of yin and yang.” Yet this “imbalance” is not a mistake but an opportunity for recalibration.

“Yin deficiency with effulgent fire” is the most common constitutional state during menopause. One can imagine the body’s “yin fluids,” the nourishing substances, as the dew of night, and the “yang qi” as the sunlight of day. After several decades, the dew gradually diminishes, making the sunlight seem relatively stronger. This is why symptoms of “deficient fire” such as hot flashes, night sweats, and

insomnia appear.

Interestingly, Chinese medicine sees not just the “fire” but the spirit and emotions involved. Zhang Zhongjing documented in *Essentials from the Golden Cabinet*: “When women experience organ irritability, they are prone to sadness and a desire to weep, as if acted upon by spirits.” This describes what may seem like a pathological state, but it can also be understood as a process of changing energy flow. When the essence once dedicated to reproduction transforms into spiritual wisdom, the ocean of emotions may temporarily become turbulent.

Chinese medicine never views emotional symptoms as enemies to be eliminated. Instead, it teaches us how to coexist with these changes.

The theory of “internal injury by the seven emotions” posits that each emotion corresponds to an organ system: anger harms the liver, joy harms the heart, pensiveness harms the spleen, grief harms the lungs, and fear harms the kidneys. The emotional fluctuations of menopause are, in fact, signals from the organ systems as they seek a new equilibrium.

A practitioner might say to a patient: “Your irritability is not a character flaw; it is your liver blood redistributing itself. Your sadness is not weakness; it is your lung qi releasing the past. Your anxiety is not neurosis; it is your kidney essence telling you to slow down and listen to

Bringing Menopausal Wellness into Daily Life

Many solutions for menopausal regulation in Chinese medicine are hidden in the grocery market and one’s own kitchen.

Black beans, black sesame seeds, and black fungus are known as “the grains of the kidney.” Chinese medicine believes black foods enter the kidney channel and can replenish kidney essence, alleviating menopausal lower back soreness and joint pain.

The classic formula *Gan Mai Da Zao Tang*, from *Essentials from the Golden Cabinet*, contains only three ingredients: licorice root, wheat, and jujube dates. It tastes like a mild grain tea but can soothe heart vexation, insomnia, and emotional fluctuations.

The Taixi point, located in the depression behind the inner ankle, is known as the “source point of the kidney meridian.” Massaging it for five minutes daily is like recharging kidney essence. The Sanyinjiao point, on the inner side of the lower leg, is where the liver, spleen, and kidney meridians converge. Massaging it before bed can pacify deficient fire and guide it back to its source.

its voice.”

The “method of overcoming emotions with emotions” recommended in Chinese medicine is simple and intriguing: when irritable, practice calligraphy (metal overcomes wood); when sad, watch a comedy (fire overcomes metal); when overthinking, engage in more physical activity (wood overcomes earth). Every emotion can find an outlet for transformation.

Chronological Nourishment, The Medicine of Time

The *Yellow Emperor’s Classic of Internal Medicine* proposes the life cycle law of “seven for women, eight for men”: women experience a major change every seven years. Around the age of forty nine, “the Conception Vessel becomes deficient, the Thoroughfare Vessel declines, and the heavenly water is exhausted,” marking the entry into menopause. This timetable is written into the code of life.

But the temporal wisdom of Chinese medicine extends beyond this.

The nourishment method of the *Zi Wu Liu Zhu*, or midnight noon ebb flow, aligns with the body’s meridian clock: the period from 11 PM to 1 AM is governed by the gallbladder meridian, and sleeping during this time best nourishes yin; from 5 PM to 7 PM is governed by the kidney meridian, and taking a walk then best strengthens the kidneys. Living in harmony with this meridian schedule naturally awakens the body’s self healing capacity.

The seasonal nourishment method advises eating more green vegetables in spring to soothe the liver, sweating appropriately in summer to clear the heart, using white foods in autumn to moisten the lungs, and consuming root vegetables in winter to tonify the kidneys. Menopausal care should also dance to the rhythm of the seasons.

The most inspiring wisdom of Chinese medicine is that it always points toward growth, not decline. That is why many practitioners call menopause a “second spring” for women. Ancient texts already spoke of “elder women having abundant blood,” suggesting that after menstruation ceases, qi and blood no longer flow downward but instead rise to nourish the face and enrich the brain. This explains why many women experience clearer thinking and a surge in creativity after menopause.



沙漠奇迹

这里一个不断在“传统”与“变革”之间寻找动态平衡的新世界。高菲 文





Dubai Cityscape

在

波斯湾畔的金色沙漠上，一座城市以惊人的速度重塑着天际线，也重塑着世界对中东的想象。迪拜，这个曾经依靠珍珠采集和贸易的小港口，如今已成为全球化的闪亮象征。迪拜的转型故事不仅是关于财富积累，更是关于在快速变化的世界中重新定位自我的战略智慧。

二十多年前的迪拜，从市区开车到阿布扎比，高速公路两边是无尽的、单调的沙漠，偶尔能看到几匹骆驼在沙丘上投下瘦长的影子。但迪拜河仍是城市的命脉，木质的单桅帆船“阿布拉”载着货物和当地人晃悠悠地渡河，香料市场里飘出的浓郁气味，混杂着老城区巷道中潮湿的石头味道，构成了这座城市最原始的呼吸。

变化几乎是悄无声息又雷霆万钧地开始的。起初，是海边那片巨大的工地，起重机的轰鸣声，像是金属的丛林。然后，一个不可思议的“世界岛”计划出现了，广告语上说，你可以在迪拜买下“法国”或“澳大利亚”。那时，空气中弥漫着一种近乎亢奋的乐观，金钱和梦想以混凝土和钢铁的形式，日夜不息地拔地而起。

而真正的转折点，是哈利法塔的建设。它不再是“盖楼”，而是“生长”。你每



隔几周抬头看，它都似乎刺穿了更高的云层。2008年全球金融危机风暴袭来时，这座塔的工地曾一度沉寂，成为这场全球狂热与恐慌最沉默的证人。许多人以为迪拜的梦想碎了，但这座城市展现出了它沙漠祖先般的韧性。当哈利法塔最终在2010年的烟花中点亮，它不再只是一座世界最高建筑，而是宣布了迪拜不会倒下。

随后的十年，变化渗透到了每条脉络。谢赫·扎耶德路，那条曾经略显空旷的主干道，两旁被玻璃幕墙的摩天大楼填满，夜晚的灯光秀让整条路成了一条流淌的光河。地铁在2009年开通，红色无人驾驶车厢，安静地穿过城市上空，把曾经依赖汽车的居民们带向各个新兴的社区。那些记忆中的沙漠公路旁，如今是迪拜购物中心、迪拜歌剧院和那座巨大的音乐喷泉，背景是直抵星空的高塔，这一幕超现实的感觉像极了动画《疯狂动物城》中的现代乌托邦。

城市的“心脏”也在迁移和复制。迪拜码头和朱美拉海滩住宅区，用一片片现代化的公寓楼和蜿蜒的运河，在沙漠边缘复制出了一个“新地中海”生活。而迪拜市中心的Downtown Dubai区，以哈利法塔为中心，彻底成为了全球化的繁华模板。老城区并没有消失，反而被精心“唤醒”。阿法迪历史区那些风塔老屋被修复，改造成了精品酒店和咖啡馆。你可以坐在传统庭院里，用平板电

脑处理跨国业务，一墙之隔便是古老的迪拜河，阿布拉船依然在摆渡，只是乘客多了许多举着相机的好奇游客。

人，是这场变迁中最生动的部分。二十年前，你听到的多是阿拉伯语、印地语、乌尔都语。现在，走进任何一家商场或办公室，英语是通用语，而周围环绕着法语、俄语、中文、韩语……它成了一个真正意义上的“世界公民试验场”。斋月期间，五星酒店里依然有精美的开斋盛宴，但旁边的餐厅也为非穆斯林顾客正常服务。这种微妙而持续的平衡，是迪拜独有的社会艺术。

然而，有些最根本的东西，似乎在流动的沙层之下保持着恒定。沙漠依然在那里，只是被精心修剪的高尔夫球场和绿意盎然的公园推远了些。冬季的夜晚，仍然可以驱车半小时，在寂静的沙丘上看繁星如瀑，那一刻，会恍惚觉得二十年的时间只是一阵吹过沙丘的风。而城市里，尽管摩天大楼冰冷华丽，但人与人之间那种源自游牧传统的、社群间的慷慨互助，仍会在不经意间流露。这或许就是迪拜最核心的秘密：它用最前沿的科技和最大胆的构想包装自己，但内里，始终留存着一份属于贝都因人的实用主义和对客人的热情。

超越石油的经济转型战略

迪拜的经济发展轨迹堪称现代经济史上的

奇迹。与普遍认知不同，石油收入仅占迪拜GDP的不到5%，但这座城市早已实现了令人瞩目的经济多元化。2020年迪拜宣布的“3,000亿迪拉姆工业战略”旨在2030年前将工业部门对GDP的贡献从目前的1,330亿迪拉姆提高到3,000亿迪拉姆，重点发展未来产业如航空航天、海事、制药与医疗设备、氢能及电动汽车等领域。

旅游业成为迪拜经济的重要支柱，即使在疫情期间也展现出惊人韧性。2023年，迪拜接待国际游客达1,715万人次，超过疫情前水平，成为全球第一。迪拜的贸易与物流地位也在不断增强，杰贝阿里港连续多年位居全球集装箱港口前十，迪拜国际机场则是全球最繁忙的国际航空枢纽之一。

金融科技和数字经济是迪拜最新的增长引擎。2022年，迪拜国际金融中心(DIFC)注册的金融科技数量增长28%，管理资产规模达2.5万亿美元。迪拜元宇宙战略则计划到2030年创造4万个虚拟工作岗位，为城市经济再增加40亿美元，展示了这座城市对未来的雄心。

古今交汇的国际熔炉

如今，迪拜的国际化程度体现在其人口构成上，外来人口占比超过85%，来自200多个国家和地区。这种多元性使迪拜成为真正的全球文化交汇点，也令迪拜的文化景观呈现出



Jumeirah Al Qasr

独特的二元性：一方面坚定维护阿拉伯和伊斯兰传统，另一方面拥抱全球现代性。这种平衡在日常生活中有生动体现：身穿白袍的阿拉伯商人在世界最高楼中经营跨国业务；传统阿联酋早餐“巴勒斯塔”与纽约风格早餐午餐同在；周五的清真寺祷告声与周末爵士酒吧的乐声共存于城市空间。

英语作为商业通用语言，降低了国际交流门槛，而政府服务的多语言支持，也包括中文，进一步促进了国际化环境。每年举办的迪拜国际电影节、艺术博览会、设计周和阿拉伯时装周等活动，将全球创意人才汇聚于此，形成了独特的文化生态系统。

迪拜的战略地理位置使其成为连接东西方的天然桥梁。向东可达亚洲新兴市场，向西连接欧洲与非洲，向北触及独联体国家。时区上位于欧洲与亚洲之间，便于与全球主要市场同步工作。这种地理与文化的桥梁地位，使迪拜成为很多跨国公司区域总部的理想选择。

有意思的是，迪拜在文化开放与本土价值观之间保持了谨慎平衡。虽然允许不同文化表达，但仍坚守伊斯兰核心价值，如对宗教场所的尊重、斋月期间公共场合的饮食限制等。这种“有界限的开放”形成了迪拜独特的社会形态。

而这里的文化政策注重“软实力”建设，通过迪拜歌剧院、阿法迪历史街区、未来博物馆等文化设施，既展示传统遗产，又探索前沿艺术。每年斋月期间的传统庆祝与现代商场特别活动并行不悖，体现了文化传承与创新的巧妙结合。

机遇与挑战并存的商业环境

在迪拜经商的优势显而易见：免税区提供100%外资所有权、零个人所得税、资本和利



Arboretum, Jumeirah Al Qasr

润全额汇回的自由；世界一流的基础设施包括中东最繁忙的机场和港口；政治稳定和清晰的监管框架；战略性地理位置和成熟的物流网络；以及相对安全的生活环境。

然而，挑战同样存在：市场竞争激烈，特别是在零售、房地产和酒店业；生活成本居高不下，尤其是住房和教育；夏季极端高温可达50°C，大大影响了户外工作和活动；文化差异对于外国人来说需要很长时间适应；虽然犯罪率低，但网络犯罪风险随数字化进程而增加得飞快，安全隐患其实不少。

对于不同企业，迪拜的价值各异。对寻求中东和非洲市场准入的公司而言，它是理想跳板；对科技初创企业，迪拜提供的测试环境和融资机会具有吸引力；但对高度依赖本地消费的小型企业，可能需要面对饱和市场的挑战。

传统养生和医疗未来

迪拜的健康养生文化，其精髓恰在于一种看似矛盾却又和谐统一。它将根植于沙漠与绿洲的古老生命智慧，与最前沿的现代科学认知，编织成一张细腻而高效的健康之网，让健康不是单一维度的治疗，而成为一种贯穿日常、融合时空的生活方式艺术。

传统的阿拉伯医学(Tibb)并非停留在古老的典籍中，它活生生地流淌在当代迪拜人的饮食与生活节奏里。这种哲学强调整体平衡与生命力的“调谐”，认为健康是身体、心灵与环境的和谐状态。藏红花不再仅仅是昂贵的香料，现代研究证实其抗氧化与抗抑郁的特性，使它成为高档水疗中精油按摩的核心成分，也在冬日里被融入热饮，用以舒缓神经、温暖身心。黑籽油被誉为“万能之物”，从先知时代沿用至今，如今它被装进设计精美的玻璃滴管瓶，出现在健康食品店的货架上，人们相信它能够增强免疫力，其功效也正被越来越多的国际研究关注。乳香，这种来自阿曼佐法尔地区的树脂，其袅袅香烟曾是神殿的供奉，如今则在高端瑜伽冥想课程的焚香仪式中，帮助人们沉淀思绪，而其抗炎特性也使其成为天然护肤品的珍贵原料。

饮食是这种古老智慧最日常的体现。椰枣，被誉为“沙漠面包”，其丰富的纤维与矿物质，是快速补充能量的天然来源。在斋月的开斋仪式上，它首先被食用以温和唤醒肠胃，这一传统背后是精准的生理学智慧。骆驼奶，则从贝都因人的营火旁走进了都市的有机超市。它比牛奶更低脂、乳糖更少，且富含活性蛋白与胰岛素样物质，不仅被制成新鲜的饮品、冰淇淋，更被开发成高端的护肤乳液和肥皂，成为从内到外滋养的象征。这些古老的食材，正通过现代营养学的分析与食品科技的加工，焕发出符合全球健康潮流的新生命。

正是这种深厚的文化土壤，催生了迪拜独一无二的高端健康旅游产品。游客无需在传统与现代间做选择，而是可以沉浸于二者交融的深度体验。在阿玛哈沙漠保护区的豪华贝都因式帐篷里，人们可以在星空下进行“沙漠星疗”，聆听关于古老星座与身心平衡的讲述，次日清晨则跟随专业导师在纯净的沙丘上进行日出瑜伽。在朱美拉棕榈岛或蓝色海岸线的顶级度假村中，海滨瑜伽与颂钵疗愈是日常课程，而SPA水疗中心则提供融合了阿拉伯草药学与瑞士精密仪器的面部护理。更有特色的是“骆驼奶疗法”项目，客人既可品尝特调的奶制品，也可享受用骆驼奶进行的全身裹敷护理，让古老的滋养方式触及每一寸肌肤。

与此同时，迪拜以前瞻性的战略，将

“养生”的外延扩展至尖端的“医疗”，使其成为全球医疗旅游的重要目的地。这不仅仅是“高品质”与“有竞争力价格”的结合，更是一种以患者为中心、高效无缝的系统性体验。迪拜医疗城(DHCC)及其周边区域，已汇聚了如克利夫兰诊所阿布扎比分院、美国医院等国际顶尖品牌，其心脏中心进行着世界上最复杂的心脏搭桥与微创瓣膜手术，术后康复病房的窗外可能就是阿拉伯湾的蔚蓝海景。在整形与美容领域，来自欧美、韩国的顶尖专家团队，利用最先进的机器人辅助手术设备和3D成像技术，进行着精准的颌面重建或个性化美容项目，而整个流程的等待时间可能仅为欧美国家的几分之一。

更有意思的是，迪拜将医疗旅游打造成了一套“无压力”的高端整合服务。从多语种医疗协调员的贴心对接、快速的专家预约与签证便利化，到为国际患者家属提供的舒适住宿和康复期休闲方案，它解决的是医疗旅程中所有的焦虑与不便。在这里，一次复杂膝关节置换手术的恢复期内，可以紧接着在沙漠温泉中进行物理水疗；一场预防性的尖端基因组学癌症筛查后，客户可以立即投身于红树林皮划艇的自然疗愈之中。

这便是迪拜健康养生文化的全貌，它让古老的智慧在摩天楼的玻璃幕墙上反射出新的光泽，也让最冷酷的医疗科技，包裹在沙漠热情与海洋宁静交织的人性化关怀之中。

现在，迪拜的医疗体系正迅速向高科技转型。阿联酋人工智能战略将医疗保健列为核心领域，迪拜医疗城(DHCC)作为世界上最大的医疗自由区，汇集了来自90多个国家

的医疗专业人员和尖端技术。

机器人手术系统如达芬奇手术机器人已在多家医院常规使用；3D打印技术应用于定制假体、牙科修复甚至器官模型；远程医疗和可穿戴设备监测使慢性病管理更加精准；基因组学研究和个性化医疗正处于快速发展阶段；在应对糖尿病等地区高发疾病方面，迪拜政府也启动了多项创新计划，包括智能胰岛素输送系统和数字健康管理平台。

可持续的智慧城市愿景

迪拜的未来，已不再满足于仅在地平线上描绘惊叹的曲线，而是转向一场更为深刻、静默却也更为宏大的自我重塑。它将目光从征



服物理高度的激情，投向了构建可持续生命系统的智慧，以及编织无形数字脉络的雄心。这座城市正试图在灼热的沙漠与蔚蓝的海湾之间，谱写一首关于平衡、韧性与永续的未来的长诗。

其蓝图的核心，《迪拜2040城市总体规划》，是一份充满人文温度的宣言。它承诺将超过60%的城市土地留给公共开放空间与绿色走廊，致力于将“城市中的公园”转变为“公园中的城市”。未来的社区将围绕“20分钟生活圈”的理念构建，居民可在步行或骑行的惬意距离内，满足生活、工作与休闲的所有需求。曾经以高速公路为血脉的城市肌理，将被更密集的步行街巷、荫蔽的自行车道和高效衔接的公共交通网络重新编织。

而雄心勃勃的清洁能源目标，是2050年实现75%的能源来自可再生能源，其基石正是如穆罕默德·本·拉希德太阳能公园这般举世瞩目的项目。那片位于沙漠深处的巨大光伏矩阵，如同汲取太阳能量的现代绿洲，它不仅发电，更在测试最新的太阳能光热发电与储能技术，甚至探索绿色氢能的潜力，为整个海湾地区的能源转型提供着迪拜样本。

与此同时，“智慧迪拜”的倡议正将这座城市转化为一个庞大而精密的数字生命体。人工智能将成为这座城市隐形的“城市大脑”，实时分析从成千上万个传感器传来的交通流量数据，动态调整信号灯，让车流像具有意识般顺畅涌动；它辅助医生在医疗影像中识别最细微的病变迹象，将诊断推向新的精度；甚至能预测公共设施的使用峰值，优化水资源和电力的分配。

迪拜深刻的洞察在于，其最大的可持续资源，并非石油，而是那种在严酷环境中锤炼出的、近乎本能的适应力与创新力。它懂得如何将挑战本身转化为创新的孵化器，例如水资源短缺催生了全球最高效的海水淡化与水循环管理技术；炎热气候迫使建筑科技向超低能耗与被动式冷却方向飞跃。它不断在“传统”与“变革”之间寻找动态平衡，确保在疾驰向前的航程中不迷失文化身份的坐标。

这座城市，这个曾经依靠星星和驼铃辨认方向的沙漠聚落，如今正试图为自己、也为世界绘制一幅新的导航图：一幅如何在—一个资源有限、气候变迁的地球上，构建一座不仅高效繁荣，更具韧性、智慧与生命力的未来都市的蓝图。

因此，迪拜的故事远未抵达终章，它正在开启一个更复杂、也更引人入胜的续篇。唯一可以确定的是：变化，将会是这里不变的旋律。





DESERT MIRAGE

*A new world constantly seeking dynamic balance
between “tradition” and “transformation”. By Fifi Kao*

Dubai Skyline

On the golden desert shores of the Persian Gulf, a city is reshaping its skyline at a breathtaking pace – and along with it, the world’s imagination of the Middle East. Dubai, once a modest port reliant on pearl diving and trade, has now become a gleaming symbol of globalization. Its story of transformation is not merely about wealth accumulation, but about the strategic wisdom of reinventing itself in a rapidly changing world.

Just over two decades ago, driving from Dubai to Abu Dhabi meant passing through endless, monotonous desert on both sides of the highway, occasionally broken by the slender shadows of camels moving across the dunes. The Dubai Creek was the city’s lifeline, where wooden abras – traditional ferries – gently carried goods and locals across the water. The rich scent of spices wafting from the markets, mingled with the damp stone odor of the old quarter’s alleyways, formed the city’s most primal breath.

Change began almost imperceptibly, yet

with thunderous force. At first, it was as a colossal construction site by the sea, dense with cranes like a forest of metal. Then came the unbelievable “World Islands” project, whose advertisements proclaimed you could buy “France” or “Australia” in Dubai. In those days, the air was charged with an almost frenzied optimism, money and dreams rising ceaselessly, day and night, in the form of concrete and steel.

The real turning point, however, was the construction of the Burj Khalifa. It was no longer just a building being “built,” but one that seemed to “grow.” Every few weeks, looking up, you felt it pierced ever higher into the clouds. When the global financial crisis struck in 2008, the tower’s site fell silent – a mute witness to worldwide panic. Many believed Dubai’s dream had shattered, but the city displayed a resilience inherited from its desert ancestors. And when the Burj Khalifa was finally illuminated amidst fireworks in 2010, it was no longer just the world’s tallest building – it was a declaration that Dubai would not fall.

In the decade that followed, change

permeated every vein of the city. Sheikh Zayed Road, once a somewhat empty main artery, became flanked by skyscrapers clad in glass, their nightly light shows transforming the road into a flowing river of radiance. The metro, launched in 2009 with its driverless red carriages, glided quietly above the city, carrying residents, once dependent on cars, to emerging neighborhoods. Where desert highways once stretched, now stand the Dubai Mall, the Dubai Opera, and the vast musical fountain, all set against the backdrop of towers that seem to touch the stars – a surreal scene reminiscent of the modern utopia in Zootopia.

The city’s “heart” has also shifted and multiplied. Dubai Marina and Jumeirah Beach Residence, with their modern apartment towers and winding canals, have recreated a “new Mediterranean” lifestyle on the edge of the desert. Meanwhile, Downtown Dubai, centered around the Burj Khalifa, has become the ultimate template of globalized prosperity. The old city has not disappeared; rather, it has been carefully “awakened.” The wind-tower houses of the Al Fahidi Historical District has



been restored and transformed into boutique hotels and cafés. Here, you can sit in a traditional courtyard working on transnational business via tablet, while just beyond the wall, the ancient Dubai Creek flows, where abras still ferry passengers – now joined by many curious tourists wielding cameras.

People are the most vivid part of this transformation. Twenty years ago, Arabic, Hindi, and Urdu dominated the soundscape. Today, walking into any mall or office, English is the lingua franca, surrounded by a tapestry of French, Russian, Chinese, Korean... Dubai has truly become a “testing ground for global citizens.” During Ramadan, lavish iftar feasts are held in five-star hotels, while neighboring restaurants operate normally for non-Muslim patrons. This delicate, sustained balance is Dubai’s unique social art.

Yet some things remain constant, buried like bedrock beneath the shifting sands. The desert is still there – only pushed farther back by manicured golf courses and lush parks. On a winter’s night, you can still drive half an hour to stand on silent dunes beneath a waterfall of stars, feeling as though two decades have passed like a gust of wind over the sand. And within the city, despite the cool grandeur of skyscrapers, there persists an instinctive generosity – a communal kindness rooted in nomadic tradition – that surfaces in unexpected moments. This may be Dubai’s deepest secret: it wraps itself in cutting-edge technology and bold vision, yet within, it

still preserves the pragmatic spirit and warm hospitality of its Bedouin heart.

An Economic Transformation Strategy Beyond Oil

Dubai’s economic development trajectory is nothing short of a miracle in modern economic history. Contrary to widespread perception, oil revenues contribute to less than 5% of Dubai’s GDP, as the city has long achieved remarkable economic diversification. The “Dh300 Billion Industrial Strategy” announced in 2020 aims to increase the industrial sector’s contribution to GDP from the current Dh133 billion to Dh300 billion by 2030. It focuses on future industries such as aerospace, maritime, pharmaceuticals and medical equipment, hydrogen energy, and electric vehicles.

Tourism has become a vital pillar of Dubai’s economy, demonstrating incredible resilience even during the pandemic. In 2023, Dubai welcomed 17.15 million international visitors, surpassing pre-pandemic levels and ranking first globally. Dubai’s trade and logistics stature continues to strengthen; Jebel Ali Port has consistently ranked among the world’s top ten container ports for years, while Dubai International Airport is one of the busiest international aviation hubs globally.

Fintech and the digital economy represent Dubai’s latest growth engines. In 2022, the number of fintech companies registered in the Dubai International Financial Centre (DIFC)

grew by 28%, with assets under management reaching \$2.5 trillion. The Dubai Metaverse Strategy, meanwhile, plans to create 40,000 virtual jobs and add \$4 billion to the city’s economy by 2030, showcasing its ambition for the future.

An International Melting Pot of Tradition and Modernity

Today, Dubai’s international character is reflected in its demographic makeup, where expatriates constitute over 85% of the population, hailing from more than 200 countries and regions. This diversity makes Dubai a genuine global cultural crossroads, resulting in a cultural landscape marked by a unique duality. It steadfastly preserves Arab and Islamic traditions while fully embracing global modernity. This balance is vividly embodied in daily life: Arab businessmen in traditional white kanduras manage transnational operations from the world’s tallest building; the traditional Emirati breakfast Balaleet coexists with New York style brunches; the call to prayer from mosques on Fridays shares the city’s soundscape with live jazz from weekend bars.

English serves as the common language of business, lowering barriers to international communication, while multilingual government services, including support for Chinese, further foster an international environment. Annual events such as the Dubai International Film Festival, Art Dubai, Dubai Design Week, and Arab Fashion Week gather global creative talent, forming a unique cultural ecosystem.

Dubai’s strategic geographic location makes it a natural bridge connecting East and West. It provides access eastward to emerging Asian markets, connects westward to Europe and Africa, and reaches northward to the Commonwealth of Independent States. Positioned in a time zone between Europe and Asia, it facilitates synchronized work with major global markets. This dual role as a geographic and cultural bridge makes Dubai an ideal choice for the regional headquarters of many multinational corporations.

Notably, Dubai maintains a careful equilibrium between cultural openness and local values. While allowing diverse cultural expressions, it steadfastly upholds core Islamic values, such as respect for religious sites and dining restrictions in public during Ramadan. This “bounded openness” shapes Dubai’s

distinct social fabric.

The city's cultural policy emphasizes "soft power" development. Through cultural institutions like the Dubai Opera, the Al Fahidi Historical District, and the Museum of the Future, it showcases traditional heritage while exploring cutting edge art. The parallel observance of traditional celebrations during Ramadan alongside special events in modern malls exemplifies a skillful blend of cultural preservation and innovation.

A Business Environment of Opportunities and Challenges

The advantages of doing business in Dubai are evident. Free zones offer 100% foreign ownership, zero personal income tax, and full repatriation of capital and profits. World-class infrastructure includes the busiest airport and port in the Middle East. A politically stable environment with clear regulatory frameworks, a strategic location supported by mature logistics networks, and a relatively safe living environment further add to its appeal.

However, challenges coexist. The market is highly competitive, particularly in retail, real estate, and hospitality. The cost of living remains high, especially for housing and education. Extreme summer temperatures, which can reach 50°C, significantly impact outdoor work and activities. Cultural differences require a considerable period of adaptation for foreigners. Although the crime rate is low, the risk of cybercrime is increasing rapidly alongside digitalization, presenting substantial

security concerns.

Dubai's value proposition varies for different enterprises. For companies seeking access to Middle Eastern and African markets, it serves as an ideal springboard. For tech startups, the testing environment and financing opportunities Dubai provides are attractive. However, small businesses heavily reliant on local consumption may face the challenge of a saturated market.

Traditional Wellness and the Future of Medicine

The essence of Dubai's health and wellness culture lies in a seemingly contradictory yet harmonious unity. It weaves the ancient life wisdom rooted in its deserts and oases with the most cutting-edge modern scientific understanding into a delicate yet highly effective web of well-being. Here, health is not a one-dimensional treatment but an art of living that permeates daily life, blending time and space.

Traditional Arabic medicine, or Tibb, is not confined to ancient texts; it flows vibrantly through the dietary habits and life rhythms of contemporary Dubai. This philosophy emphasizes the "attunement" of holistic balance and vital energy, viewing health as a harmonious state of body, mind, and environment. Saffron is no longer just a costly spice. Modern research confirming its antioxidant and antidepressant properties has made it a core component in essential oil massages at high-end spas, and it is infused into warm winter beverages to soothe nerves and warm the body and soul. Black seed

oil, hailed as a "cure for all diseases" and used since the time of the Prophet, now comes in exquisitely designed glass dropper bottles on the shelves of health food stores. Believed to boost immunity, its efficacy is garnering increasing attention in international studies. Frankincense, a resin from Oman's Dhofar region whose smoke once rose as temple incense, now aids in focusing the mind during incense ceremonies in premium yoga and meditation classes, while its anti-inflammatory properties make it a prized ingredient in natural skincare products.

Diet is the most everyday manifestation of this ancient wisdom. Dates, revered as "desert bread," are a natural source of quick energy, rich in fiber and minerals. Consumed first to gently awaken the digestive system during Iftar in Ramadan, this tradition is underpinned by precise physiological insight. Camel milk has journeyed from Bedouin campfires to urban organic supermarkets. Lower in fat and lactose than cow's milk and rich in active proteins and insulin-like compounds, it is not only made into fresh drinks and ice cream but also developed into premium skincare lotions and soaps, becoming a symbol of nourishment from within and without. These ancient ingredients are being revitalized, through modern nutritional analysis and food technology, with a new life that aligns with global health trends.

It is this rich cultural soil that has given rise to Dubai's unique high-end wellness tourism products. Visitors are not forced to choose between tradition and modernity but can immerse themselves in a deep experience where both converge. In the luxurious Bedouin-style tents of the Al Maha Desert Reserve, guests can partake in "desert star therapy" under the Milky Way, listening to tales of ancient constellations and holistic balance, followed the next morning by sunrise yoga on pristine dunes with a professional guide. At top-tier resorts on the Palm Jumeirah or along the Azure Coast, beachfront yoga and sound healing with singing bowls are daily offerings, while spa centers provide facial treatments that blend Arabic herbal knowledge with Swiss precision instruments. The distinctive "camel milk therapy" program allows guests to savor specially crafted dairy products and indulge in full-body wraps using camel milk, letting this age-old nourishment touch every inch of their skin.

Simultaneously, Dubai has strategically expanded the concept of "wellness" to encompass cutting-edge "medicine," establishing itself as



Jebel Ali

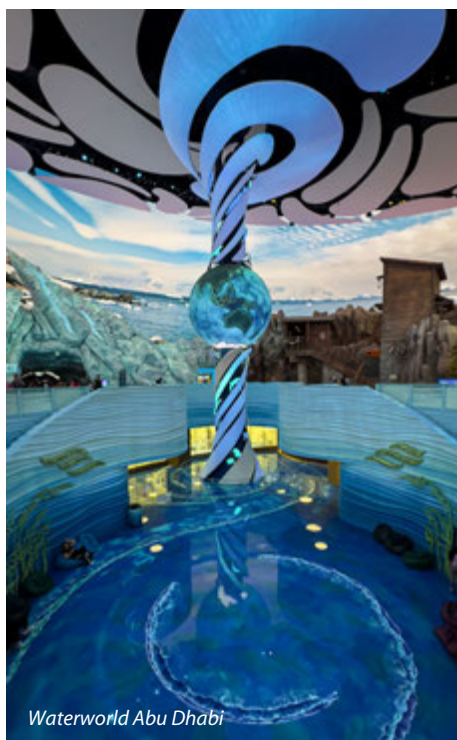
a key global destination for medical tourism. This goes beyond a simple combination of “high quality” and “competitive pricing.” It represents a patient-centered, efficient, and seamless systemic experience. The Dubai Healthcare City (DHCC) and its surrounding areas have attracted world-renowned institutions like the Cleveland Clinic Abu Dhabi and the American Hospital. Their heart centers perform some of the world's most complex bypass and minimally invasive valve surgeries, with post-operative recovery rooms often overlooking the turquoise waters of the Arabian Gulf. In plastic and cosmetic surgery, top-tier expert teams from Europe, America, and South Korea utilize state-of-the-art robotic-assisted surgical equipment and 3D imaging technology for precise jaw reconstruction or personalized aesthetic procedures, with waiting times potentially just a fraction of those in Western countries.

More remarkably, Dubai has crafted medical tourism into a “stress-free,” high-end integrated service. From the attentive coordination of multilingual patient care managers and expedited specialist appointments and visa facilitation, to providing comfortable accommodation for international patients' families and leisure options for the recovery period, it addresses every anxiety and inconvenience in the medical journey. Here, the recovery phase from a complex knee replacement surgery can seamlessly transition to physiotherapy in a desert hot spring. Following a preventive, advanced genomic cancer screening, a client can immediately embark on the natural healing of a mangrove kayaking adventure.

This is the complete picture of Dubai's health and wellness culture. It allows ancient wisdom to reflect a new sheen on the glass facades of skyscrapers and envelops the most austere medical technology in a humanized embrace woven from desert warmth and oceanic serenity.

Today, Dubai's healthcare system is rapidly transforming towards high technology. The UAE's AI Strategy places healthcare as a core domain. The Dubai Healthcare City (DHCC), the world's largest healthcare free zone, brings together medical professionals and cutting-edge technology from over 90 countries.

Robotic surgical systems like the da Vinci Surgical Robot are routinely used in multiple hospitals. 3D printing technology is applied to create custom prosthetics, dental restorations, and even organ models. Telemedicine and



wearable device monitoring enable more precise chronic disease management. Genomic research and personalized medicine are in a phase of rapid advancement. In addressing regionally prevalent diseases like diabetes, the Dubai government has launched several innovative programs, including smart insulin delivery systems and digital health management platforms.

A Vision for a Sustainable Smart City

Dubai's future is no longer content with merely sketching breathtaking silhouettes on the horizon. It is pivoting towards a more profound, quiet, yet grander act of self-reinvention. Shifting its gaze from the passion for conquering physical heights to the wisdom of building sustainable life systems and the ambition of weaving intangible digital networks, the city is attempting to compose a long poem about a future of balance, resilience, and perpetuity between the scorching desert and the azure gulf.

At the heart of this blueprint lies the Dubai 2040 Urban Master Plan, a declaration imbued with humanistic warmth. It pledges to dedicate over 60% of the city's land to public open spaces and green corridors, striving to transform a “city of parks” into a “park city.” Future communities will be built around the concept of the “20-minute city,” where residents can meet all their living, working, and leisure needs within a comfortable walking or cycling distance. The city's fabric, once structured around highways as its arteries, will be rewoven with denser networks

of pedestrian-friendly streets, shaded bicycle lanes, and seamlessly integrated public transport.

Supporting this vision is the ambitious clean energy target of sourcing 75% of its power from renewable sources by 2050. The cornerstone of this goal is landmark projects like the Mohammed bin Rashid Al Maktoum Solar Park. This vast photovoltaic array in the heart of the desert functions as a modern oasis, harvesting solar energy. It not only generates electricity but also serves as a testing ground for the latest concentrated solar power and energy storage technologies, even exploring the potential of green hydrogen, providing a Dubai model for the energy transition across the Gulf region.

Simultaneously, the “Smart Dubai” initiative is transforming the city into a vast, intricate digital organism. Artificial Intelligence is becoming its invisible “digital cortex,” analyzing real-time traffic data from thousands of sensors to dynamically adjust traffic signals, allowing vehicles to flow with conscious-like smoothness. It assists doctors in identifying the subtlest signs of pathology in medical imagery, pushing diagnostic precision to new frontiers. It can even predict peak usage of public utilities to optimize the distribution of water and electricity.

Dubai's profound insight lies in recognizing that its greatest sustainable resource is not oil, but the adaptability and innovative spirit forged in its harsh environment. It understands how to turn challenges themselves into incubators for innovation. Water scarcity, for instance, has spurred the development of some of the world's most efficient desalination and water recycling technologies. The intense heat has driven architectural technology toward ultra-low energy consumption and passive cooling solutions. The city continuously seeks a dynamic equilibrium between “tradition” and “transformation,” ensuring it does not lose its cultural coordinates on its swift voyage forward.

This city, this former desert settlement that once navigated by stars and camel bells, is now charting a new course, not just for itself, but for the world. It is drawing a blueprint for how to build a future metropolis that is not only efficient and prosperous but also resilient, intelligent, and full of vitality on a planet of finite resources and changing climate.

Therefore, Dubai's story is far from its final chapter. It is instead opening a more complex and captivating sequel. The only certainty is that change will remain its constant melody.

迪拜度假酒店水疗精选

A Selection of Dubai Spa Hotels and Resorts

从迪拜的蔚蓝海岸到金色沙漠，奢华酒店如珍珠般散落其间。它们或为宫殿，或似帆船，或是现代雅居、都市绿洲，但都承载着纯正的阿拉伯待客之道，呈现独属于阿拉伯风情的一系列水疗体验。在这里，沉入宁静，寻回内在深层的平衡。

From the azure shores of Dubai to its golden deserts, luxury hotels are scattered like pearls across the landscape. They stand as palaces, sail-shaped icons, modern retreats, or urban oases, yet each embodies the essence of authentic Arab hospitality, offering a collection of SPA experiences infused with Arabian tradition. Here, guests are invited to sink into tranquility and rediscover a profound sense of inner balance.



迪拜宝格丽度假酒店

屹立于迪拜朱美拉湾的海马形岛屿上，迪拜宝格丽度假酒店将地中海的风情融入中东。坐拥环绕式海景与首家宝格丽游艇码头和游艇俱乐部，航海精神始终贯穿设计：以海浪为丝、金沙为线，织就一场钻石般的梦境。酒店共设101间客房与套房，以及20栋俯瞰花园与海景的宝格丽泳池别墅，为宾客提供从客房入住到24小时个性化管家在内的高标准服务。位于一楼的宝格丽SPA中心配备8间SPA服务室、土耳其浴室、25米室内游泳池及仿古罗马卡拉卡拉浴场的活力池。除先进温泉和沐浴体验外，更提供专为男女宾客设计的休闲减压与美容项目新体验。

Bulgari Resort Dubai

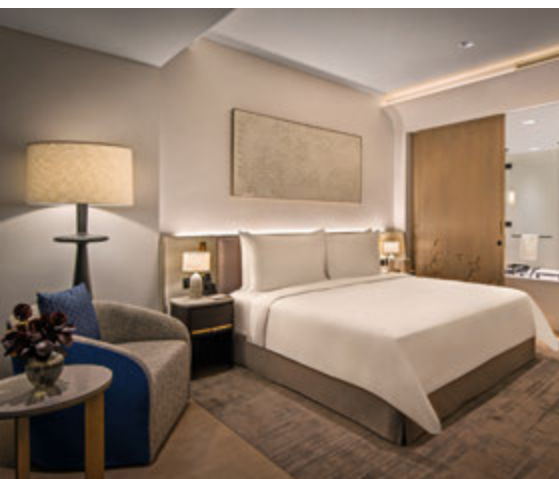
Perched on a seahorse-shaped island in Jumeirah Bay, the Bulgari Resort Dubai masterfully blends Mediterranean elegance with the spirit of the Middle East. Embracing panoramic sea views, it features Bulgari's first Marina and Yacht Club, with nautical inspiration woven throughout its design – where silken waves and golden sands intertwine to create a diamond-like dreamscape. It offers 101 rooms and suites, along with 20 Bulgari Villas overlooking gardens and the sea. Each accommodation is complemented by a high standard of bespoke services, from in-room check-in to 24-hour personalized butler. On the ground floor, the Bulgari Spa includes 7 treatment rooms and a couple suite, a hammam, a large 25m indoor pool and an iconic vitality pool inspired by the ancient Caracalla Roman baths. Additionally, it also introduces newly curated therapies and grooming for both men and women.

迪拜阿玛尼酒店

迪拜阿玛尼酒店，位于迪拜著名地标哈利法塔内，是全球第一家由乔治·阿玛尼先生亲自设计的酒店。160间客房与套房均采用定制家具与精选面料的顶级之作，处处体现阿玛尼的美学哲学。占地12,000平方英尺的Armani/SPA水疗中心，反映了阿玛尼的生活方式和设计理念，配备豪华的水疗设施，服务更从个人健身、顺序温泉浴，到私人休闲放松，应有尽有。这里的水疗疗法提供个性化的护理，MU满足放松与宁静的愿望；LIBERTA消解身体疲惫；FLUIDITA增强和平衡身体机能。餐厅则云集了日本、印度、地中海及正宗意大利风味美饌，或在阿玛尼酒廊吧俯瞰中东最大音乐喷泉。

Armani Hotel Dubai

With its landmark location inside the iconic Burj Khalifa, the Armani Hotel Dubai stands as the first hotel designed by Giorgio Armani. Each of its 160 rooms and suites embodies the Armani aesthetic philosophy, furnished with custom-made pieces and meticulously selected textiles. The 12,000-square-foot Armani/SPA embodies the Armani lifestyle and design philosophy, offering luxurious wellness facilities including personal fitness training, sequential thermal bathing, a swimming pool and relaxation lounge experiences. Its signature treatments, such as MU for deep relaxing sensation, LIBERTA for free mind and body from deep physical stress, and FLUIDITA to restore balance and vitality, are tailored to individual needs. Guests can choose from distinct restaurants showcasing Japanese, Indian, Mediterranean, and authentic Italian cuisines, or enjoy panoramic views of the Middle East's largest musical fountain from the Armani / Lounge.



迪拜云溪港皇宫酒店

迪拜云溪港皇宫酒店坐拥迪拜河畔，是一个超现代化海滨区域，为迪拜天际线增添一抹优雅格调。通过与一座主桥梁相连，巧妙融合城市便利与海滨酒店的宁静。在这片世外桃源中，汇集了无边泳池、全天候健身中心、客房、餐饮空间、4至12岁的Qix儿童俱乐部等设施。水疗中心更是一处静谧治愈之所，配备独立理疗室与磨砂护理空间。专业理疗师运用100%天然活性成分研制的专属产品，提供深度舒缓按摩与先进的生物提拉护理等定制体验，助宾客透过正念与身心调和的力量，重获身心平衡与活力。

Palace Dubai Creek Harbour Hotel

Nestled within Dubai Creek Harbour, the Palace Dubai Creek Harbour Hotel brings a touch of refined elegance to the city's skyline within a refreshing, avant-garde waterfront district. Connected to a major bridge, it blends convenience with serenity. This sanctuary features an infinity pool, a 24/7 fitness centre, guest rooms, dining spaces, and a vibrant Qix Club for kids aged 4 to 12. The spa offers a haven of restoration, complete with dedicated treatment spaces and a scrub room. Using exclusive products formulated with 100% natural active ingredients, therapists deliver personalized experiences, from augmented massage to advanced bio-lifting treatments, guiding guests toward renewed balance and vitality through mindfulness and holistic harmony.



Four Seasons Resort Dubai at Jumeirah Beach

Four Seasons Resort Dubai at Jumeirah Beach is a traveller's playground, with the waters of the Arabian Gulf on one side and Dubai's iconic cityscape on the other. Guests can savor Far Eastern flavors at Sea Fu as the sun sets, unwind in the soothing ambiance of Hendricks Bar after dark, or embark on an adventure of a lifetime in the desert. The Pearl Spa features 10 treatment rooms, a Spa minibar, fully equipped changing rooms, and relaxation facilities. Inspired by the desert, the tailored treatments include a signature Pearl Spa experience that can be personalized to individual preferences. After a treatment, guests may retreat to the exclusive lounge or lush greenery for quiet rejuvenation. Families with children can enjoy the active pool or opt for the quiet pool zone, both offering a variety of water activities.

迪拜四季度假酒店

迪拜四季度假酒店堪称旅行者的乐园，一侧是阿拉伯湾的蔚蓝海水，一侧是迪拜的标志性城市景观。宾客可在日落时分于Sea Fu餐厅品尝远东风味，或于夜幕降临时在Hendricks酒吧享受悠闲氛围，或是踏上沙漠探险之旅，体验令人难忘的阿拉伯风情。Pearl水疗中心拥有10间护理室、水疗迷你吧、设施完善的更衣室及休闲设施。量身定制的水疗护理以沙漠为灵感，提供标志性的珍珠定制按摩项目，可根据喜好来调节。疗程结束后，可前往专属休息室和花园里静静放松。携带小孩的家庭宾客也可选择活力泳池或静谧泳池区，参与水上项目。



One&Only棕榈岛度假酒店

One&Only棕榈岛度假酒店坐落于迪拜的朱美拉棕榈岛。步入大堂，仿佛进入了一个由白色、象牙色、奶油色和金色漆成的时尚天堂。酒店正前方850平方米的主泳池绿树环绕，可远眺阿拉伯湾的波光。随处可见的棕榈与绿植为淡雅空间注入自然生机，营造出和谐而富有呼吸感的INS氛围，餐厅则每周举办主题晚宴。宁静的庭院中央设有潺潺流水的喷泉，通往阿联酋首家娇兰水疗中心。这里环境静谧典雅，散发雪松、乌木和乳香味的舒缓气息。内设九间理疗套房，包括情侣套房、休闲室、私人蒸汽房和成人专用泳池，提供个性化护理。

One&Only The Palm

Located on Dubai's glamorous Palm Jumeirah, One&Only The Palm welcomes guests into a lobby that feels like a designer paradise painted in shades of white, ivory, cream, and gold. Facing the resort is an 850-square-meter main pool, shaded by lush greenery and overlooking the shimmering waters of the Arabian Gulf. Throughout the property, palms and verdant foliage breathe natural life into the serene, neutral spaces, creating an Ins style that is both harmonious and refreshing. The restaurant hosts weekly themed dinners. A tranquil retreat set amidst gardens and fountains leads to the UAE's only Guerlain Spa. This haven of calm is subtly scented with notes of cedar, ebony, and frankincense. Inside, nine treatment suites – including couples' suites – are complemented by a relaxation room, a private steam room, and an adults-only pool, all offering personalized wellness experiences.

阿玛哈豪华精选沙漠水疗度假酒店

在迪拜沙漠深处，隐匿着阿玛哈豪华精选沙漠水疗度假酒店。42顶贝都因帐篷为顶的独栋套房点散落沙丘，均配备私人泳池。Al Maha水疗中心掩映于棕榈树中，坐拥沙丘景观，提供融合天然植物、草药和精油的特色护理，如缓解肌肉紧张的Sodashi Oud焕活疗法及深度放松的Al Maha身体之旅。配备单人和双人护理室、桑拿房、蒸汽房，环境静谧自然。此外，餐饮精彩纷呈，从传统的阿拉伯美食到国际菜式，并组织骆驼骑行、射箭、起码的沙漠探险体验。宾客可于沙丘间用餐、凝望星空、邂逅阿拉伯羚羊，或参与日落沙漠仪式，在浩瀚星空下结束宁静一日。

Al Maha, a Luxury Collection Desert Resort & Spa, Dubai

Tucked away in the heart of the Dubai desert, Al Maha, a Luxury Collection Desert Resort & Spa, offers a secluded sanctuary. The 42 villas crowned with Bedouin-inspired tents are scattered across the dunes, each featuring a private pool. Nestled amidst palm trees with sweeping views of the desert dunes, the Al Maha Spa provides signature treatments that blend natural botanicals, herbs, and essential oils – such as the muscle-easing Sodashi Oud renewal therapy and the deeply relaxing Al Maha Body Journey. The tranquil, nature-immersed space includes both single and couple treatment rooms, a sauna, and a steam room. Dining here is equally exceptional, ranging from traditional Arabic cuisine to international dishes. Guests can also partake in desert experiences like camel trekking, archery, and horse riding.



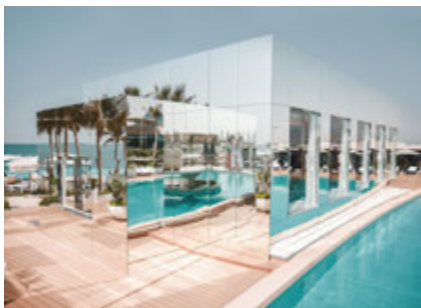


迪拜卓美亚港湾酒店

在 迪拜卓美亚海岸的隐秘弧线之上，迪拜卓美亚港湾酒店背靠金色沙丘，面朝阿拉伯湾，其流畅的米色曲面建筑低调而永恒。作为“航海三部曲”收官之作，拥有386间客房与套房，客房设计灵感源自意大利传奇的Riva丽娃游艇，室内饰以有机木材和手工丝绸地毯。大堂悬挂着1500多颗手工吹制的贝壳形水晶吊灯。11种精心打造的用餐体验和4个目的地酒吧日夜氛围迥异。Talise水疗中心横跨三层，设有13间带私人露台的理疗套房、室内泳池及专属女性楼层。疗愈套房内配备冷冻治疗仪、ChromoSpace光疗仪等四种高科技设备，并与EviDenS de Beauté、Swissline和GROUND Wellbeing合作，带来量身定制的健康体验。

Jumeirah Marsa Al Arab

On a secluded curve of Dubai's Jumeirah Coast, Jumeirah Marsa Al Arab rises between golden dunes and the Arabian Gulf, its flowing beige curves embodying a timeless, understated elegance. The hotel offers 386 rooms and suites, adorned with noble woods and hand-knotted silk rugs. The lobby is graced by breathtaking crystal chandeliers composed of over 1,500 hand-blown, shell-shaped crystal pieces. The eleven curated dining experiences and four destination bars, each transforming from day to night with distinct atmospheres. Spanning three floors, the Talise Spa features 13 treatment suites with private terraces, an indoor pool, and a dedicated female-only floor. Therapies in the Remedy Suite are supported by four innovative technologies, such as Cryotherapy and the Chromo Space Bed. Through partnerships with EviDenS de Beauté, Swissline, and GROUND Wellbeing, the Talise Spa delivers bespoke experiences tailored to every guest.



迪拜卓美亚帆船酒店

坐 落于迪拜海岸人工岛上的卓美亚帆船酒店，高达321米，外形酷似神秘阿拉伯海域行驶的帆船。酒店拥有202间复式套房，可饱览迪拜黄金海岸线，并设有9间餐厅及酒吧，包括高空餐厅Al Muntaha，为宾客带来云端之上的餐饮体验。位于18层的Talise水疗中心，采用细致入微和整体主义的方法，涵盖桑拿房、草药蒸汽房、HWH瑜伽工作室以及无边泳池。中心亦专设Talise儿童水疗，让亲子共享健康时光。对于喜欢在户外放松的宾客，可在SAL的两个控温泳池尽情玩耍，周围配有32间泳池凉亭，延伸至阿拉伯湾百米之处，构成一片海滨绿洲。



迪拜卓美亚古堡酒店-皇宫

沿 着棕榈树环绕的水路蜿蜒而行，便可抵达以《一千零一夜》为灵感的迪拜卓美亚古堡酒店-皇宫。土黄色外观基调与周围的沙漠交融，内饰恢弘如阿拉伯皇室酋长行宫。踏入其中，镀金吊灯、大理石楼梯、墙面的铜质浮雕，营造出浓郁的宫廷氛围。丰富的餐饮可供选择，包括位于海中央的意大利餐厅Pierchic与爵士俱乐部风格的牛排馆The Hide。客房宽敞开阔，细节处处彰显皇家的尊贵与气派。Talise水疗中心隐匿于热带花园与水道中，拥有26间室内和室外理疗室与桑拿，推出红光疗法系列，涵盖迪拜首个红光瑜伽、红光舱、LED面部光疗及红光修复。

Madinat Jumeirah – Jumeirah Al Qasr

Winding along a waterway lined with palms, guests arrive at Jumeirah Al Qasr, a palace-inspired hotel in Dubai that draws inspiration from the tales of One Thousand and One Nights. Its sand-hued façade blends seamlessly with the surrounding desert, while the interiors evoke the grandeur of an Arabian royal residence. Inside, gilded chandeliers, marble staircases, and intricate copper wall reliefs create an atmosphere of opulent sophistication. Dining options are plentiful, from the celebrated Italian Pierchic, perched over the sea, to the jazz club-style steakhouse, The Hide. The rooms are spacious and richly appointed, with details that reflect regal elegance and luxury. Set within tropical gardens and azure waterways, the Talise Spa offers 26 indoor and outdoor treatment rooms and saunas. It introduces a pioneering series of Red-Light Therapies, featuring Dubai's first Red Light Yoga sessions, Red Light Therapy Bed, LED Light Therapy Face Mask, and Red Light Repair Therapy.



Jumeirah Burj Al Arab

Rising 321 meters from a manmade island off the coast of Dubai, the Jumeirah Burj Al Arab resembles a majestic sail gliding across the Arabian Gulf. The hotel features 202 duplex suites, each offering panoramic views of Dubai's golden coastline, along with nine restaurants and bars. Among them is Al Muntaha, which provides an unparalleled dining experience in the clouds. Located on the 18th floor, the Talise Spa adopts a thoughtful and holistic approach to wellness, housing a sauna, herbal steam room, the HWH Yoga Studio, and infinity pools. It also features the Talise Spa juniors. Those who prefer to unwind outdoors can enjoy two pools at SAL, surrounded by 32 cabanas that stretch 100 meters into the Arabian Gulf, forming a coastal oasis.



Palm Jumeira Island

跨越沙海的文化共融

对于很多中国的健康与SPA企业而言，迪拜这篇热土散发着巨大的吸引力

在波斯湾畔，迪拜以其璀璨的天际线与沙漠的广袤无垠，构筑了一座连接东西方的现代奇迹。这里不仅是全球资本与梦想的交汇点，更正在成为健康、养生与医疗旅游的新兴世界级枢纽。对于中国健康与SPA企业而言，这片热土散发着巨大的吸引力，却也布满由文化差异、激烈竞争与严苛标准构成的复杂迷宫。成功进入此地，绝非简单的商业移植，而是一场需要深刻文化洞察、精密战略规划与长期主义坚守的系统性远征。

读懂文化密码

理解迪拜市场，首先必须读懂其独特的社会文化密码。这座城市展现出一种“有界限的开放”的独特魅力。它热情拥抱全球人才与潮流，英语是通用语言，世界各国的面孔与生活方式在此和谐共存；但同时，阿拉伯与伊斯兰文化的核心传统被坚定地守护着。这种二元性深刻影响着商业生态。对于旨在引入中医养生理念的中国企业，这既是机遇也是挑战。迪拜的高端消费群体由见多识广的全球公民构成，他们对源自东方的“整体平衡”、“天人合一”的哲学抱有浓厚兴趣，

这与阿拉伯传统医学中强调身心环境和谐的理念产生深层共鸣。然而，他们的兴趣绝非对“古老秘方”的猎奇，而是追求一种能被现代科学语言诠释、具备奢侈品质感与高度私密性的整合健康体验。因此，简单地将国内服务项目翻译过去是行不通的，必须完成一场从“传统疗法”到“现代预防科学与生命哲学”的升维。

定位清晰，落地准确

在上述认知基础上，战略定位就能变得清晰。最具潜力的方向在于提供差异化的高端整合解决方案。例如，将针灸、气功、草本调理与现代功能医学检测相结合，包装成针对企业高管的“全球抗衰与能量管理计划”；或是利用中国在智能穿戴与健康大数据领域的优势，为富裕家庭提供个性化的数字化健康监测与干预方案。专业细分市场也充满机会，如针对产后恢复、运动康复或深度排毒静修的专项疗愈项目，这些都能与市面上常见的奢华SPA体验形成鲜明区隔。在行动之前，深入研究已在迪拜站稳脚跟的国际品牌如悦榕庄、齐诺特，以及本土高端水疗中心，并积极寻找潜在合作伙伴——从五星级

酒店集团、高端地产开发商到私人诊所和金融家族办公室——是至关重要的前置功课。

当战略蓝图绘就，企业便面临着在迪拜落地的现实挑战，其中法律合规与文化融入是两道必须同步跨越的门槛。在法律层面，首选之地是迪拜健康城。它远不止是一个提供免税和外资全资拥有的自由区，其颁发的执照在高端客户心中象征着国际级的质量与专业认证，是品牌信誉的基石。然而，申请过程复杂，涉及服务范围界定、医疗人员资质认证(尤其对中医师而言)和设施标准审核，必须依靠熟悉当地健康产业法规的顶尖律所全程引导。

与文化合规同等重要的是服务的文化融合设计。隐私与性别隔离是必须严格遵守的铁律，治疗空间的设计需确保绝对私密，许多情况下需要规划独立的男女服务区域与入口。运营需充分尊重当地的宗教节奏，例如在斋月期间巧妙调整服务时间与内容。更进一步的智慧在于创造文化的“第三空间”：服务项目可以成为东西方智慧对话的载体。例如，设计一款“丝绸之路热石疗法”，将阿拉伯热沙传统与中医经络理论相融合；或是策划一场“沙漠星空冥想”，将贝都因人



Jumeirah Al Qasr

对星空的古老传说与东方正念禅修相结合。在原料上，可以优雅地融入藏红花、乳香等本地珍稀物产，讲述一个共鸣于当地文化记忆的新故事。团队配置上，前台与客户关系经理需精通英语并深谙跨文化礼仪，而来自中国的理疗师则必须是技术精湛的“文化大使”，能用国际化的语言清晰传递深奥的养生哲学。

品牌建设与管理

品牌建设是一场关于叙事的艺术。在迪拜，故事的核心不应仅是地理来源，而应升华为一种普世的价值观。有效的叙事是：“我们融汇东方数千年生命智慧与当代尖端科技，为塑造未来的全球精英，定制专属的健康提

升与生命优化哲学。”营销渠道必须精准而高雅，避免大众媒体喧嚣。与顶级酒店、私人银行和高端住宅社区建立推荐合作；邀请在中东地区具有影响力的全球性健康生活方式博主进行深度体验与内容共创；在高端艺术沙龙或慈善晚宴中举办小规模东方养生文化讲座，直接浸润目标圈层。

真正的考验始于开业之后，长期的成功植根于持续的本地化运营与迭代。培养兼具中国文化底蕴与中东市场洞察的本地化管理团队，是稳定发展的根基。建立远超行业平均标准的服务流程与客户关怀体系，因为迪拜的客户极度挑剔，但一旦获得其信任，忠诚度也将无比坚实。在严格遵守数据隐私法规的前提下，系统性地收集与分析客户反馈，使服务方案日

益个性化。更重要的是，需将自身的发展节奏与迪拜的城市愿景同步，积极关注其“智慧城市”与“元宇宙”战略，探索将虚拟健康咨询、数字疗法与实体深度疗愈相结合的可能性，始终保持在创新前沿。

坚实后盾与严峻挑战

源远流长的中医理论体系、快速迭代的科技应用能力以及完整的供应链，应该成为中国SPA出海迪拜的坚实后盾。然而，挑战同样真切：在迪拜健康城设立机构所需的高昂初始投资、长达两到三年才能实现稳定盈利的品牌培育期、与欧美成熟奢华健康品牌的直接竞争。对当地以深厚人际关系网络为基础商业文化的深刻理解与融入，也会是最具挑战却也至关重要的。

迪拜市场相当国际化，拒绝任何形式的“捷径主义”与“降维打击”，它要求中国健康与SPA企业以一种“长期主义、深度共融”的姿态入场。成功的路径在于：以融合东西方智慧的差异化专业服务为坚实内核，以迪拜健康城的权威认证为信誉支点，以极致文化敏感的品牌叙事与圈层营销为展开的双翼。若能成功在此扎根，迪拜将不止是一个利润丰厚的市场，更将成为一座辐射整个中东、北非、东欧乃至更广阔区域的战略灯塔，其作为品牌高地与区域枢纽的长期价值，将远远超越单一市场的商业回报。

出海迪拜，会是一场耐心、智慧与真诚的较量，也是东方养生哲学与世界对话的一个崭新而华丽的机遇。



Cultural Convergence Across the Sands

Burj Al Arab Jumeirah

**For many Chinese health and wellness enterprises,
Dubai offers immense appeal as a land of opportunity**

On the shores of the Persian Gulf, Dubai has constructed a modern marvel connecting East and West, framed by its dazzling skyline and boundless desert. It is not only a convergence point for global capital and dreams but is also emerging as a world-class hub for health, wellness, and medical tourism. For Chinese health and SPA companies, this vibrant land exerts a powerful allure, yet it is also a complex labyrinth woven from cultural differences, intense competition, and stringent standards. Successful entry here is far from a simple business transplant; it is a systematic expedition requiring profound cultural insight, meticulous strategic planning, and a steadfast commitment to long-termism.

Deciphering the Cultural Code

Understanding the Dubai market begins with deciphering its unique socio-cultural DNA. The city exhibits a distinctive charm characterized by “bounded openness.” It warmly embraces global talent and trends, with English as the

lingua franca, where faces and lifestyles from around the world coexist harmoniously. Simultaneously, the core traditions of Arab and Islamic culture are steadfastly guarded. This duality profoundly shapes the commercial ecosystem. For Chinese enterprises aiming to introduce Traditional Chinese Medicine (TCM) wellness concepts, this presents both opportunity and challenge. Dubai's high-end consumer base comprises well-traveled global citizens. They possess a keen interest in Eastern philosophies such as “holistic balance” and “harmony between man and nature,” which resonates deeply with the Arab traditional medical emphasis on the harmony of mind, body, and environment. However, their interest is not a curiosity for “ancient remedies” but a pursuit of an integrated health experience that can be articulated in modern scientific language, embodies a sense of luxury, and offers high privacy. Therefore, simply translating domestic service offerings is ineffective. A necessary evolution must occur, elevating the proposition

from “traditional therapy” to “modern preventive science and life philosophy.”

Clear Positioning, Precise Execution

Building on this understanding, strategic positioning becomes clear. The most promising direction lies in offering differentiated, high-end integrated solutions. For instance, combining acupuncture, qigong, herbal regimens with modern functional medicine testing, packaged as a “Global Anti-Aging and Energy Management Plan” for corporate executives. Alternatively, leveraging China's advantages in wearable technology and health big data to provide personalized digital health monitoring and intervention programs for affluent families. Professional niche markets also abound with opportunities, such as specialized healing programs targeting postnatal recovery, sports rehabilitation, or deep detox retreats, all of which can distinctly differentiate from common luxury SPA experiences. Before taking action, in-depth

research on international brands firmly established in Dubai, such as Banyan Tree and Chenot, as well as local high-end spas, is crucial. Actively seeking potential partners – from five-star hotel groups and premium real estate developers to private clinics and financial family offices – constitutes essential preliminary groundwork.

Once the strategic blueprint is drawn, companies face the practical challenges of establishing a presence in Dubai, where legal compliance and cultural integration are two hurdles that must be cleared simultaneously. Legally, the prime location is Dubai Healthcare City (DHCC). It is much more than a free zone offering tax exemptions and 100% foreign ownership; the license it grants symbolizes international-grade quality and professional certification in the minds of high-end clients, serving as a cornerstone of brand credibility. However, the application process is complex, involving service scope definition, medical personnel qualification accreditation (especially for TCM practitioners), and facility standard reviews. It necessitates guidance from top-tier law firms with expertise in local healthcare industry regulations.

Equally important as regulatory compliance is the design of culturally fused services. Privacy and gender segregation are inviolable rules. Treatment space design must ensure absolute privacy, often requiring planning for separate male and female service areas and entrances. Operations must fully respect local religious rhythms, such as skillfully adjusting service hours and content during Ramadan. A more advanced approach involves creating a cultural “third space” where service offerings become a medium for dialogue between Eastern and Western wisdom. For example, designing a “Silk Road Hot Stone Therapy” that blends the Arab tradition of heated sand with TCM meridian theory, or curating a “Desert Starlight Meditation” that combines Bedouin lore of the stars with Eastern mindfulness practice. In terms of ingredients, one can elegantly incorporate local treasures like saffron and frankincense, telling a new story that resonates with local cultural memory. Regarding team composition, front desk and client relations managers must be proficient in English and deeply versed in cross-cultural etiquette, while therapists from China must be technically masterful



“cultural ambassadors,” capable of clearly conveying profound wellness philosophy in an international language.

Brand Building and Sustained Operations

Brand building is an art of narrative. In Dubai, the core of the story should not merely be geographical origin but should be elevated to a universal value proposition. An effective narrative could be: “We integrate millennia of Eastern life wisdom with contemporary cutting-edge technology to customize a philosophy of health enhancement and life optimization for the global elite shaping the future.” Marketing channels must be precise and refined, avoiding mass-media clamor. Establish referral partnerships with top-tier hotels, private banks, and high-end residential communities. Invite globally influential health and lifestyle bloggers with a strong Middle East presence for deep immersion experiences and content co-creation. Host intimate lectures on Eastern wellness culture at high-end art salons or charity galas to directly engage the target circle.

The true test begins after opening. Long-term success is rooted in continuous localization and iteration. Cultivating a local management team with both Chinese cultural depth and Middle Eastern market insight is fundamental for stable growth. Establish service protocols and client care systems that far exceed industry averages, as Dubai’s clients are exceedingly discerning, but their loyalty, once earned, is profound. Systematically

collect and analyze client feedback in strict compliance with data privacy regulations to personalize service offerings increasingly. More importantly, align the company’s development tempo with Dubai’s urban vision. Actively follow its “Smart City” and “Metaverse” strategies, exploring possibilities to combine virtual health consultations, digital therapeutics, and in-depth physical healing, thereby maintaining a position at the innovation frontier.

The Solid Foundation and The Formidable Challenge

The profound theoretical system of TCM, rapid iterative technological application capabilities, and a complete supply chain should serve as the solid backing for Chinese SPA ventures expanding to Dubai. However, the challenges are equally real: the high initial investment required to establish an entity in DHCC, a brand cultivation period lasting two to three years before achieving stable profitability, and direct competition with mature European and American luxury wellness brands. Perhaps the most subtle yet critical challenge is the deep understanding and integration into the local commercial culture, fundamentally based on rich interpersonal networks.

The Dubai market, being highly internationalized, rejects any form of “shortcut-ism” or simplistic approaches. It demands that Chinese health and SPA enterprises adopt a posture of “long-termism and deep integration.” The path to success lies in taking differentiated professional services that fuse Eastern and Western wisdom as the solid core, using the authoritative certification of Dubai Healthcare City as the credibility fulcrum, and deploying exquisitely culturally sensitive brand narratives and circle marketing as the unfurled wings. If successful in taking root here, Dubai will be more than a lucrative market; it will become a strategic beacon radiating across the entire Middle East, North Africa, Eastern Europe, and beyond. Its long-term value as a brand high ground and regional hub will far surpass the commercial returns of a single market.

Venturing into Dubai will be a test of patience, wisdom, and sincerity. It is also a splendid new opportunity for the philosophy of Eastern wellness to engage in a global dialogue.

迪拜的餐桌

香料之城的传统与创新



在迪拜迷宫似的香料市场里，空气里弥漫着丁香、小豆蔻和藏红花的香气。装满香料的麻袋整整齐齐堆叠在店铺门口，敞开着袋子口让过往的客人自由挑选着，阳光透过木制百叶窗的缝隙，为这古老场景镀上一层温暖的光。这片沙漠与海洋交汇的土地上，美食不仅滋养身体，更讲述着贝都因人的坚韧、海上贸易的传奇和全球文化的交融。

迪拜的传统美食是一部写在盘子里的生存史诗。在空调发明之前，这里的夏季气温常超过45摄氏度，资源稀缺的环境中，贝都因游牧民族发展出了既实用又美味的饮食文化。

“我们曾在星空下用沙坑慢烤一整只山羊，”60岁的阿联酋厨师艾哈迈德回忆道，“那需要在地下挖洞，用热石和香料包裹肉类，慢慢烤上整整一天。”这种被称为“Madfoon”的烹饪方法不仅保存了珍贵的水分，还让肉质变得异常鲜嫩。

迪拜靠海的位置同样塑造了它的饮食特色。“Machboos”是一种用藏红花、黑柠檬和混合香料调味的鱼或肉配米饭，也是每个当地家庭的必备菜肴。迪拜美食作家莱拉·阿里说：“我们的香料不只是调味品，在冷藏技术出现前，它们帮助保存食物，掩盖因高温而加速变质的食材气味。”

迪拜的香料之路可以追溯到数千年前。当阿联酋珍珠商人乘着单桅帆船远航至印度、东非和波斯湾各地时，他们带回了肉

桂、姜黄和小豆蔻。这些香料不仅用于贸易，也逐渐融入本地烹饪，形成了独特的阿联酋风味。

然而，今天走在迪拜街头，你会发现传统阿拉伯餐厅几步之遥，就可能是一家秘鲁日本融合料理店、四川火锅店，或是一家将印度街头小吃重新解构的高级餐厅。

在迪拜设计区的一家餐厅里，厨师萨米尔正在创作他的招牌菜，用骆驼奶酪制成的意大利饺子，配以本地蜂蜜和可食用金箔。“我的祖母一辈子都在做传统的Balaleet，一种甜味面条早餐，”他笑着说，“而我尝试用同样的食材，创造连接传统与现代的桥梁。”

这种融合最有趣的表现之一是“骆驼汉堡”。迪拜厨师将骆驼肉与少量羊肉混合，加入枣泥和阿拉伯香料，创造出一种既熟悉又新奇的味道。高级餐厅“3FILS”则推出了“藏红花龙虾卷”，将阿联酋最珍贵的香料与龙虾结合，装在传统的“Khubz”阿拉伯面包中。

这种美食创新不仅仅是厨师的异想天开，它反映了迪拜这座城市的本质。作为超过200个民族的家園，迪拜的餐桌已成为跨文化对话的场所。

“食物是我们理解彼此的最直接方式，”社会学家纳迪亚·哈立德博士说，“当一位印度移民品尝改良版的‘Harees’传统小麦肉粥，或是一位欧洲游客尝试用椰枣糖浆调制的鸡尾酒时，发生的不仅仅是味

觉体验，更是文化间的微妙交流。”

位于阿尔塞夫历史街区的“Arabian Tea House”完美体现了这种对话。在传统风塔建筑的阴凉下，游客和当地人共享着“Chebab”藏红花薄煎饼，和用豆蔻调味的卡拉克茶。不远处，一对年轻情侣正在Instagram上分享他们带有金箔的骆驼奶巧克力。

迪拜的美食革命远未结束。随着气候变化和可持续性成为全球议题，当地厨师开始重新审视传统智慧。沙漠植物如怪柳籽和骆驼奶正在被重新发现，成为现代菜单上的明星。

“我们的祖先知道如何在最严酷的环境中寻找营养，”可持续美食倡导者玛丽亚姆·阿尔·马兹鲁伊说，“如今，我们正将这些古老智慧与新技术结合，创造既尊重过去又面向未来的美食。”

在朱美拉棕榈岛一家餐厅的露台上，夕阳将天际线染成金色。桌上摆着一道创新甜点：用液态氮瞬间冷冻的椰枣冰淇淋，撒上碾碎的干玫瑰花瓣和开心果。旁边是一杯用传统方式冲泡、却盛在精致玻璃器皿中的阿拉伯咖啡。

迪拜的美食故事就像这座城市本身，深深扎根于沙漠传统，又大胆地向未来伸展。在这里，每一餐都是一次穿越时间的旅行，每一口都同时品尝着历史与创新。正如一位当地美食家所说：“在迪拜，我们不在传统与现代之间选择，我们在盘子里同时拥有两者。”

Dubai's Table

Tradition and innovation in the city of spices

In the maze-like spice markets of Dubai, the air is infused with the scent of cloves, cardamom, and saffron. Burlap sacks filled with spices are stacked neatly in front of shops, their tops open for customers to browse freely, while sunlight filters through wooden shutters, casting a warm glow over this ancient scene. In this land where desert meets sea, food does more than just nourish the body; it tells stories of Bedouin resilience, maritime trade legends, and the blending of global cultures.

Dubai's traditional cuisine is a survival epic written on plates. Before air conditioning was invented, summer temperatures often exceeding 45 degrees Celsius were what residents had to put up with. In this resource-scarce environment, the Bedouin nomads developed a culinary culture that was both practical and delicious.

"We used to slow-roast an entire goat in a sand pit under the stars," recalls Ahmed, a 60-year-old Emirati chef. "It required digging a hole in the ground, wrapping the meat with hot stones and spices, and cooking it slowly for an entire day." This cooking method, known as "Madfoon," not only preserved precious moisture but also made the meat exceptionally tender.

Dubai's coastal location has also shaped its culinary identity. "Machboos," a dish of fish or meat seasoned with saffron, black lime, and mixed spices served with rice, is a staple in every local household. Dubai food writer Layla Ali explains, "Our spices were not just seasonings. Before refrigeration, they helped preserve food and mask the smell of ingredients spoiling rapidly in the heat."

Dubai's spice journey can be traced back thousands of years. When Emirati pearl merchants sailed on dhows to India, East Africa, and across the Persian Gulf, they brought back cinnamon, turmeric, and cardamom. These spices were not only used for trade but were also gradually integrated into local cooking, forming the unique flavors of the Emirates.

Yet walking through Dubai's streets today, you will also find a Peruvian-Japanese fusion



restaurant, a Sichuan hotpot eatery, or a fine-dining establishment reimagining Indian street food, all just steps away from a traditional Arabic restaurant.

At a restaurant in Dubai's Design District, chef Samir is crafting his signature dish: ravioli made from camel cheese, drizzled with local honey and edible gold leaf. "My grandmother made traditional 'Balaleet,' a sweet noodle breakfast, her whole life," he says with a smile. "I'm trying to use the same ingredients to build a bridge between tradition and modernity."

One of the most interesting expressions of this fusion is the "camel burger." Dubai chefs blend camel meat with a small amount of lamb, add date paste and Arabic spices, creating a taste that is both familiar and novel. The upscale restaurant "3FILS" has introduced a "saffron lobster roll," combining the Emirates' most precious spice with lobster, served in traditional "Khubz" Arabic bread.

This culinary innovation is more than just a chefs' whim; it reflects the very essence of Dubai as a city. Home to more than 200 nationalities, Dubai's dining table has become a place for cross-cultural dialogue.

"Food is the most direct way we understand each other," says Dr. Nadia Khalid, a sociologist. "When an Indian immigrant tastes a modern twist on 'Harees,' a traditional wheat and meat porridge, or a European tourist tries a cocktail made with date syrup, what happens is not just a taste experience but a subtle exchange between cultures."

The "Arabian Tea House" in the Al Seef historic district perfectly embodies this dialogue. In the shade of a traditional wind-tower building, visitors and locals share "Chebab," saffron pancakes, and cardamom-spiced karak tea. Not far away, a young couple is posting photos on Instagram of their camel milk chocolate adorned with gold leaf.

Dubai's food revolution is far from over. As climate change and sustainability become global topics, local chefs are revisiting traditional wisdom. Desert plants such as samphire seeds and camel milk are being rediscovered, becoming stars on modern menus.

"Our ancestors knew how to find nutrition in the harshest environments," says Maryam Al Mazroui, a sustainable food advocate. "Today, we are combining that ancient wisdom with new technology to create cuisine that respects the past while looking toward the future."

On the terrace of a restaurant at the Palm Jumeirah, the sunset tinges the skyline gold. On the table sits an innovative dessert: date ice cream flash-frozen with liquid nitrogen, sprinkled with crushed dried rose petals and pistachios. Beside it is a cup of traditionally brewed Arabic coffee, served in an elegant glass vessel.

Dubai's food story is like the city itself, deeply rooted in desert traditions yet boldly stretching toward the future. Here, every meal is a journey through time, every bite a simultaneous taste of history and innovation. As a local food critic puts it, "In Dubai, we don't choose between tradition and modernity; we have both on the same plate."



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



珠海香山迎宾馆 美高梅华府酒店

背依苍翠凤凰山，面揽清幽香山湖，珠海香山迎宾馆美高梅华府酒店日前开业。作为首家美高梅华府酒店，整体设计依托岭南文化，将广府园林精髓、现代建筑语汇与中国府邸大宅理念相融合，打造出大隐于市的岭南雅境。酒店设有147间客房与别墅，包含15间庭院别墅和42间配备私人泳池的别墅。别墅房型均采用独栋设计和前庭后院的布局。三家各具韵味的餐厅远眺葱茏茶山，近赏嶙峋叠瀑，聆听潺潺流水。御苑中餐厅主打融合广府菜、地方风味菜的各菜系之长，品聚·珠海供应地道风味的美食，芳菲苑提供西式佳肴与特色美食。



MGM Reserve Zhuhai

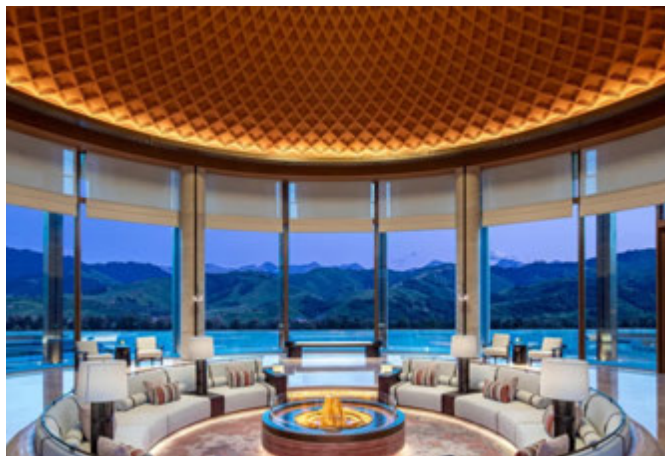
Nestled against the verdant Phoenix Mountain and overlooking the serene Xiangshan Lake, MGM Reserve Zhuhai marks the debut of the MGM Reserve collection. The architecture here draws inspiration from Lingnan traditions, seamlessly blending Cantonese garden aesthetics, and contemporary interpretations of the Chinese traditional mansion to create an urban oasis of refined southern Chinese elegance. The hotel features 147 rooms and villas, including 15 courtyard villas and 42 private pool villas, all designed as standalone structures with classic “front yard and backyard” layouts. Three distinctive restaurants offer views of tea-covered hills, cascading waterfalls, and murmuring streams. Royal Court Chinese Restaurant blends Cantonese cuisine with regional specialties; Pinju Zhuhai serves authentic local delicacies; while Fangfei Lounge offers Western dishes and local specialties.

新疆华美胜地那拉提英迪格酒店

坐落于新疆伊犁哈萨克自治州新源县那拉提镇核心区域的那拉提英迪格酒店，融入了草原四季的壮美画卷。酒店以那拉提四季变化为灵感，运用了花、冰雪、草原毡房、篝火等元素，将哈萨克游牧文化与现代美学相结合。151间景观客房让宾客足不出户即可欣赏雪山和草原的风光，每处细节都彰显匠心。大堂里哈萨克刺绣图案与马鞍造型的艺术装置，诉说着浓郁的地域风情。“邻里餐厅”全日制餐厅及酒吧为宾客呈现地道新疆风味，英迪格宴会厅和多功能厅则为各类商务会议与社交活动提供理想场所。

Hotel Indigo Nalati, Xinjiang

Perched in the heart of Nalati Town, Xinyuan County, Yili Kazak Autonomous Prefecture, Xinjiang, Hotel Indigo Nalati blends into the four seasons of the grassland. Drawing inspiration from Nalati's ever-changing scenes, the hotel incorporates flower, snow and ice, yurt of the grassland and bonfire elements, creating a contemporary interpretation of Kazakh nomadic culture across its design. All 151 thoughtfully appointed rooms frame breathtaking views of snow-capped mountains and grasslands through windows, with each design detail celebrating local craftsmanship. The lobby showcases Kazakh embroidery patterns and artistic saddle installations that whisper tales of regional heritage. The “Neighborhood Restaurant” all-day dining restaurant and bar serves authentic Xinjiang flavors, while the Indigo Ballroom and Multi-Function Hall provide versatile settings for business meetings and social parties.



广州四季酒店焕新升级

广州四季酒店近日完成了部分客房的焕新升级，将广州充满活力的文化、深厚的历史底蕴与现代奢华温暖相融合。以“云山珠水”为灵感，设计汲取岭南镬耳屋传统元素，并以当代手法重新诠释，呈现于迷你吧、屏风、梳妆台及浴室等细节之中，细腻传递文化共鸣与在地体验。全新升级后的客房以和谐的色彩语言、周到的空间布局，于云端之境营造出宾至如归的舒适氛围。更引入多项智能设施，包括丹麦无线音响、电控窗帘及智能温控系统，旨在奢华居停中创造出科技与人文的平衡。

Four Seasons Hotel Guangzhou

Four Seasons Hotel Guangzhou has recently completed a renovation of select guestrooms, seamlessly blending Guangzhou's vibrant culture, rich history, and modern luxury into a warm, cohesive experience. Inspired by the city's iconic “Baiyun Mountain & Pearl River” landscape, the design incorporates traditional Lingnan architectural elements (such as wok yi uk) reinterpreted through a contemporary lens. These nuances are reflected in details like the minibar, room dividers, dressing tables, and bathrooms, evoking a subtle cultural resonance and local immersion. The revitalized rooms feature a harmonious color palette and thoughtful spatial planning, creating a home-like comfort high above the city. State-of-the-art amenities, including Danish wireless audio systems, electric curtains, and smart climate control, further enhance the stay.



珠海凤凰湾悦榕庄

位于浪漫海滨城市的珠海凤凰湾悦榕庄正式启幕，依托天然山势与海湾，远眺港珠澳大桥与日月贝。酒店以“融入自然”为理念，将陶土灰瓦、葵花窗、琉璃砖与蚝壳墙等在地元素巧妙点缀于各个空间。大堂以“花廊”与“水巷”为主题，以曲水繁花营造出诗意的抵达体验。83间客房与套房，坐拥群山海景，汲取水乡灵感的室内设计配以私人泳池与豪华浸泡浴缸。宾客可体验悦榕Spa，参与咏春拳、颂钵疗愈与海滩冥想等多元活动，或前往环绕水景的镜-酒廊，乘舟品茗，领略岭南水乡的悠然。

Banyan Tree Zhuhai Phoenix Bay

The Banyan Tree Zhuhai Phoenix Bay has officially opened in the romantic coastal city of Zhuhai, enjoying a private coastline, with a distant view of the Hong Kong-Zhuhai-Macao Bridge and the Sun Moon Bay. Embracing a design philosophy of “Infused with Nature,” the resort incorporates local elements like terracotta roof tiles, sunflower lattice windows, glazed bricks, and oyster shell walls throughout its spaces. The lobby features “Flower Corridor” and “Water Alley” themes, creating a poetic arrival experience through meandering streams and blooming flora. Its 83 guestrooms and suites enjoy mountain and ocean views, with interiors drawing inspiration from the waterways of Lingnan. Guests can experience the Banyan Tree Spa, participate in activities including Wing Chun martial arts, singing bowl sound therapy, and beach meditation, or visit the water-surrounded MIRROR, the lobby lounge, for unique boat tea-tasting sessions that drift into the tranquil rhythm of a Lingnan water town.

上海前滩华尔道夫酒店

于一方都市江畔谧境，俯瞰黄浦江与前滩的上海前滩华尔道夫酒店近日开业。设计灵感源自品牌百年基因与上海独特的装饰艺术 Art Deco 传统，室内以柔和的珍珠白为基调，点缀祖母绿、陶土棕与琥珀金，大理石纹理与金属细节相映成趣。204间客房与套房以开阔空间与布局，延续了这一设计语言。餐饮体验更亮点纷呈，ARAME 筵岸西餐厅主打欧陆海鲜料理；顶层的福承中餐厅以现代手法演绎闽菜山海之味；仅接受预订的星宴主厨餐厅坐拥私人江景露台；而品牌标志性的 Peacock Alley 羿庭则是欢聚、庆典与奢享的理想空间。其他设施包括恒温室内泳池、健身中心及水疗中心。

Waldorf Astoria Shanghai Qiantan

Nestled in an urban riverside retreat, the newly opened Waldorf Astoria Shanghai Qiantan offers panoramic views of the tranquil Huangpu River and Qiantan area. Drawing inspiration from the brand’s century-old heritage and Shanghai’s classic Art Deco tradition, the interiors feature a soft pearl-white palette accented with emerald, terracotta, and amber gold, where marble textures interplay with metallic details. The 204 rooms and suites continue this design narrative through thoughtful layouts. Culinary experiences shine particularly bright: ARAME presents Modern European seafood-focused specialties; the top-floor Fu Cheng elevates Fujian cuisine with contemporary aesthetics; the reservation-only The Starlight Room features a spacious private terrace for chef’s table-style experiences; while the iconic Peacock Alley serves as an ideal setting for celebrations. Additional facilities include an indoor pool, a fitness center, and a SPA.



上海世博桐森酒店

上海世博桐森酒店在黄浦江畔的世博板块揭开风尚灵感新篇。这也是桐森品牌在亚太地区的首次亮相。建筑以大胆而纯粹的姿态呈现，以流线型塔楼与灵动玻璃幕墙构筑，捕捉江面光影的瞬息万变。室内设计从上海世界博览会展馆中汲取灵感，打造“馆中馆”的空间叙事。254间客房与套房，延续品牌标志性的现代工业风格与居家风尚，人字纹实木地板与手工簇绒地毯相得益彰，琥珀色家具点缀其间，更配有特色“音乐入眠时刻”晚安礼遇。汇聚三大餐饮和社交空间、8个多功能场地，并联合本地创意社群打造创新艺术项目、世博岸线滨江跑及“一碰即合”社交游戏。

Thompson Shanghai Expo

Thompson Shanghai Expo debuts along the Huangpu River in the World Expo area, marking the brand’s first appearance in the Asia Pacific region. The architecture presents a bold and elemental aesthetic. Its distinctive curved tower is wrapped in a dynamic glass façade that captures the shimmer of the Huangpu River. Interior design draws inspiration from the pavilions of the Expo 2010 Shanghai, creating a spatial narrative of “pavilion within a pavilion.” The 254 guestrooms and suites continue the brand’s signature modern industrial edge with classic design, where hardwood floors complement hand-tufted rugs. Guests can enjoy the signature turndown service. The property brings together three dining and nightlife venues, eight versatile event venues, and collaborates with local creative community to offer innovative arts programs, Expo riverside run, and the “Clink & Connect” social experience.



阿尔巴尼亚ZigZag度假村

在阿尔巴尼亚希玛尔海岸，JA Jouquet Architecture与UNS Architects建筑事务所共同打造了独特的ZigZag度假村。建筑以“之”字形布局精准呼应原始地貌，恰似一条沿海岸蜿蜒的灵动丝带。这种独特的布局，不仅让每一个建筑单元最大限度保留全景视野，彼此呼应却又互不干扰，更有效减少对自然景观的破坏，使建筑不再是独立的存在，而成为自然景观的一部分。每个建筑单元均采用当地培拉特石建造，既延续地方建筑传统，又确保耐久性。无边际泳池与海岸线融为一体，室内空间则向外延伸至花园和露台，三者借集成步道与缆车系统达成垂直过渡，形成连贯的空间体验。

ZigZag Resort, Albania

The Zigzag Resort, located in Albania along the coastline of Himare, was designed by JA Joubert Architecture in collaboration with UNS Architects. The architecture adopts a Zig-zag configuration that precisely responds to the original topography, resembling an elegant ribbon winding along the coast. This unique layout not only ensures each building unit has panoramic views while maintaining visual connectivity without interference, but also minimizes disruption to the natural landscape, allowing the structures to become integrated components of the environment rather than standalone elements. Each building unit is constructed using locally sourced Berat stone, preserving regional architectural traditions while ensuring durability. The infinity pool merges seamlessly with the coastline, while the interior spaces extend outward to gardens and terraces. Integrated pathways that provide accessibility vertically for all levels facilitate vertical transitions between these zones, weaving them into one continuous spatial experience.

迪拜市中心文华东方酒店

屹立于谢赫扎耶德路303米高的地标建筑瓦斯尔塔内，迪拜迎来了第二家文华东方酒店——迪拜市中心文华东方酒店。室内设计融入文华东方的亚洲底蕴与迪拜市中心的现代活力。酒店拥有259间可俯瞰阿拉伯湾和迪拜天际线的客房及套房、224套酒店管理式住宅及10处餐饮场所，顶层设有直升机停机坪。餐饮体验尤为瞩目，Yü & Mi现代中式餐吧呈现创意鸡尾酒与粤川风味，Chitarra餐厅则主打手工意面与意式佳肴。未来还将陆续揭幕屋顶希腊餐厅、街头风尚食肆及文华东方饼店，持续丰富迪拜美食版图。居于顶部的品牌首个住宅项目——迪拜市中心文华东方酒店管理式住宅也将于今年亮相。

Mandarin Oriental Downtown, Dubai

Rising 303 meters atop the iconic Wasl Tower on Sheikh Zayed Road, Dubai welcomes its second Mandarin Oriental property – Mandarin Oriental Downtown, Dubai. The hotel's interior design blends the Group's Asian heritage with the dynamic character of Downtown Dubai. It offers 259 guestrooms and suites overlooking the Arabian Gulf and the Dubai skyline, along with 224 private residences and 10 distinct dining venues, complemented by a rooftop helipad. The culinary experience stands out with Yü & Mi, a modern Chinese bar and restaurant serving creative cocktails and Cantonese and Sichuan specialties, while Chitarra showcases handmade pasta and regional Italian fare. The hotel will further expand with the upcoming openings of a rooftop Greek restaurant, a street-style urban eatery, and a Mandarin Oriental Cake Shop. Sitting atop the hotel, the brand's first-ever residential offering in Dubai – The Residences at Mandarin Oriental Downtown, Dubai – is set to debut in 2026.



肯尼亚马赛马拉丽思卡尔顿野奢营地

马赛马拉丽思卡尔顿野奢营地，作为品牌旗下首间野奢营地，坐落于马赛马拉国家公园中心地带，四周林木丰茂。营地遵循亲自然设计原则，依托地势建于金合欢树林间，帆布墙体、轻盈帷幔与室内外相连的休憩空间，模糊了室内与自然的接线，20间套房配备Encholiek私人管家。初抵营地，马赛族以勒勒舒瓦树叶清香迎宾。日间时分还可随向导深入野外观赏野生动物。餐饮涵盖非洲在地风味、星空定制晚宴、篝火晚宴与私人酒窖。宾客还可享受低语树水疗中心、手工作坊、热气球之旅、摄影指导和儿童专属活动，为每位家庭成员创造难忘回忆。

The Ritz-Carlton, Masai Mara Safari Camp, Kenya

The Ritz-Carlton, Masai Mara Safari Camp, as the brand's first wilderness luxury camp, is nestled in the heart of Maasai Mara National Reserve, elevated among lush trees. Sustainably designed in harmony with nature, this safari camp is built along the natural terrain among acacia trees, blurring the lines between wilderness and comfort. The 20 suites are each equipped with an Encholiek personal butler. Upon arrival, guests are welcomed by the Maasai community. During the day, guests can follow expert local guides deep into the wilderness for wildlife viewing. Dining experiences encompass authentic African flavors, customized starlit dinners, bonfire feasts, and private wine cellars. Guests can also enjoy the Whispering Tree Spa, artisan workshops, hot air balloon safaris, photography safaris, and children's exclusive activities, creating unforgettable memories for every family member.



Aman Le Mélezin, France



Aman Rosa Alpina, Italy



Aman Rosa Alpina, Italy

安缦滑雪圣地迎冬启幕

随着北半球夏季渐渐落幕，安缦旗下的冬季度假胜地焕然新启，迎接冬日之约。坐落于多洛米蒂山脉的Aman Rosa Alpina迎来了首个冰雪季，邀请宾客前往全球最负盛名的滑雪胜地之一感受非凡体验；位于高雪维尔1850高地的安缦嵯林栈Aman Le Mélezin紧随其后，再度启幕，于“三山谷”Bellecôte雪道之畔，为宾客提供“滑雪进出”居停体验。

Aman Rosa Alpina

Aman Rosa Alpina坐落于意大利多洛米蒂山脉中心的圣卡夏诺村的中心地带。这一雪山圣所，经精心改建后于2025年7月以安缦度假酒店身份重新启幕，如今正以全新的姿态拥抱冬季。

这里不仅是滑雪爱好者的天堂，更是美食家的朝圣地，从The Grill的家庭式意式盛宴，到Di Vino Room私密酒窖的品酿时光。全新亮相的Enju日式涮涮锅餐厅将亚洲风情带入阿尔卑斯山麓。在静谧极简的空间里，宾客围坐于热气氤氲的火锅旁，品尝优选肉品与新鲜时蔬，佐以精致刺身、上乘清酒与稀有茗茶，成就一场跨越文化的美食对话。

多洛米蒂超级滑雪场拥有超过1,200公里的滑雪道。宾客可通过专属滑雪管家服务、舒适滑雪休息区，或便捷接驳服务前往Piz

Sorega缆车站。而令人难忘的时刻，莫过于那些独特的山地体验——沿着百年前士兵足迹的“第一次世界大战滑雪征途”，从拉加措伊山顶启程，在80公里的壮阔景观中感受历史的回响；或是挑战环绕海拔3,000米塞拉山脉高原的Sella Ronda全天滑雪路线，在近30公里不重复的环形雪道上体验极致畅快。

历经整日的雪地探险，度假村的水疗中心成为回归温暖与重获能量的庇护所。三座泳池、以阿尔卑斯山自然气息为灵感的深层疗愈护理，以及标志性的多洛米蒂水疗之旅——这个历时四个半小时的深度体验融合私教训练、干刷护理、定制按摩与面部护理。

安缦嵯林栈

与高雪维尔1850咫尺之遥的安缦嵯林栈，尽显法式城堡风范，直通绵延600公里的三山谷雪道，为宾客提供滑进滑出体验。

本季，酒店在美食体验上再度突破——户外露台全新推出的日式烤肉餐厅，将日本传统与韩国烧烤文化巧妙融合。宾客可将精选肉品置于炽热炭火上亲自炙烤，在俯瞰Bellecôte雪道的绝佳位置，享受雪坡之巅的独特用餐氛围。新增的“十字牧场”特色餐饮体验更是将浪漫进行到底，宾客于暮色中乘雪地摩托抵达山间木屋，在炉火旁享用当地风味，最终在繁星密布的夜晚下乘雪橇返

回酒店。

雪地体验活动同样精彩纷呈。追求探险的宾客可在专业向导陪同下，沿着穿越松林的雪鞋徒步小径探索秘境，或开启冬日徒步抵达高雪维尔之上的全景观景点。家庭宾客则可体验狗拉雪橇之旅，穿越原始山谷，或在阿尔卑斯天穹下感受雪地摩托的驰骋快感。

对于追求非凡体验的滑雪者，度假村备受瞩目的“首滑体验”将在2025至2026雪季延续，独家开放清晨时段抵达海拔2,740米的谷地最高峰。在专业教练引导下，宾客可于破晓时分，在无人触及的传奇Combe de la Saulire雪道上飞驰而下，享受极致的自由之感，随后返回酒店露台在暖意中享用营养丰富的早餐。

此外，本季全新推出的“山野遁世”全包礼遇，邀请宾客可于2026年3月14日至4月5日期间，下榻五晚，礼遇包含每日滑雪通行证、免费晨间康体课程，丰盛的营养早餐以及于六间餐厅中任选午餐或晚餐。

每日探索之后，安缦嵯林栈静谧的地下水疗中心静候宾客光临。横跨两层的空间设有游泳池、水疗设施及一系列旨在重焕身心平衡的奢宠护理。酒店招牌的“嵯林栈水疗之旅”项目，特为舒缓运动后疲惫肢体制定，让宾客在阿尔卑斯山风中度过充实的下午时光后，重获身心舒适。

芭堤雅美利亚酒店推出全新儿童欢乐活动 Melia Pattaya Unveils Fun-Filled Kids' Program



芭堤雅美利亚酒店通过一系列专为儿童打造的趣味活动、全新餐饮体验及全龄化设施，进一步夯实这座泰国活力海滨城市作为家庭友好目的地的定位。随着从曼谷国际机场便捷直达、世界级景点日益丰富以及亲子友好住宿选择持续增加，芭堤雅正迅速成为东南亚的家庭旅游胜地之一。去年2月14日开业的芭堤雅美利亚酒店，正是这一趋势的引领者。

酒店核心儿童项目乐童天地 The Kidsdom，为4至12岁儿童打造创意天地，不仅提供了娱乐体验，更通过创意活动与文化连接丰富孩子们的旅程，让每位家庭成员感受到归属感。活动包括石膏娃娃彩绘、鲸鱼头饰手工、气球艺术、纸片拼贴与贝壳钥匙扣制作等，充分激发孩子们的创造力与活力。更有叠叠乐、手链设计等集体游戏，有效促进孩子们的社交与想象力的发展。在这片充满奇幻色彩的乐园中，孩子们将沉浸于一系列兼具趣味性与教育意义的活动中，在欢乐中学习，在探索中成长。

家庭客人可专享紧邻主泳池的儿童泳池，让孩子在阳光下尽情嬉水，父母得以安心放松。餐饮方面，Saneh Sarae全日制餐厅与泳池酒吧LAY Beach Club均贴心提供儿童菜单。坐拥海景的泳池酒吧LAY Beach Club，仿佛像在地中海度假，清凉饮品入口，湛蓝的泳池与葱郁的草坪相映成趣，晒着暖洋洋的阳光，感受多巴胺释放的愉悦；一同中餐厅则以“团圆”为名，在温馨环境中奉上地道中式佳肴。

芭堤雅美利亚酒店响应现代家庭旅行者需求：父母可体验养生项目或享受悠闲餐饮，孩子们则在专业看护下参与安全有趣的互动。如今，芭堤雅美利亚酒店的全方位家庭服务，为家庭旅行者提供了驻留此地的全新理由。

如需预订或咨询，请访问melial.com，发送电子邮件至info.pattaya@melial.com或致电+66 33 168 555。



Melia Pattaya Hotel is helping to enhance the family-friendly credentials of Thailand's most vibrant beach city, courtesy of an array of kid-focused draws, new dining experiences, and facilities tailored for all ages. With convenient access from Bangkok International Airport, a growing number of world-class attractions, and an increasing array of kid-friendly properties, Pattaya is rapidly establishing itself as one of Southeast Asia's best destinations for families. Since its opening on February 14, 2025, Melia Pattaya Hotel is emerging as a leading light in this evolution.

At the heart of Melia Pattaya's offering for younger guests is The Kidsdom, a creative space for kids aged 4 to 12. It goes beyond mere entertainment by enriching young guests' stays through imaginative activities and cultural engagement, ensuring every family member feels a sense of belonging. Activities such as plaster doll painting, whale headband craft, balloon art, paper mosaics, and even shell keychain workshops are designed to stimulate creativity and energy. Interactive group activities like Jenga games and bracelet fancy-making further encourage social interaction and imaginative play. In this vibrant and whimsical setting, children immerse

themselves in a range of fun yet educational experiences – learning through joy and growing through exploration.

Families can enjoy a dedicated kids' pool located beside the main pool, allowing children to splash around safely under the sun while parents relax nearby. On the dining front, both the Saneh Sarae and the LAY Beach Club offer specially curated children's menus. At LAY Beach Club, families can dine on Mediterranean and Thai dishes by the sea, while the hydro bar and beachfront vibe create the perfect setting to spend the day together. Meanwhile, Yitong Chinese Restaurant, whose name signifies "togetherness," serves authentic Chinese cuisine in an inviting setting.

Melia Pattaya responds to the needs of a new generation of travellers: parents can indulge in wellness treatments or leisurely meals while their children participate in safe, supervised, and stimulating activities. Today, the hotel's comprehensive family-friendly services give travellers one more compelling reason to choose Pattaya.

For reservations or inquiries, please visit melial.com, email info.pattaya@melial.com, or call +66 33 168 555.

日本日光丽思卡尔顿酒店推出“静修时光”体验

日光丽思卡尔顿酒店位于日本风景秀丽的中禅寺湖日光国家公园，近日推出“静修时光”两晚住宿体验，邀请宾客在奥日光的静谧山水间尽享放松与舒适。酒店同时推出虚拟健身计划Fitness On Demand，宾客不仅在入住期间可使用酒店健身设施，返家后仍能通过专属应用持续健康生活方式的探索。

“静修时光”体验概览

该套餐以奥日光宁静壮美的自然景致及日本传统养生智慧为灵感，通过精心设计的全方位康养体验，为寻求内心平静的旅人提供全方位的休憩体验。此次体验关注身心的全面放松与焕新，宾客可自由规划专属体验。以全方位的健康理念为核心，呈献身心平衡的健康之旅。套餐包含：

- 入住日光丽思卡尔顿酒店并尊享每日早餐
- 可从“静修之旅”系列中任选一项标志性护理，于丽思卡尔顿水疗中心体验
- 入住期间可免费享30分钟私享温泉体验

- 可免费参与多项康养体验，例如晨间冥想和舒缓瑜伽

以“静修之旅”开启专属的护理体验

作为“静修时光”的一部分，“静修之旅”通过丰富的体验和习惯的引导，帮助增强身心与肌肤的韧性和活力。入住期间，宾客可从三项均120分钟的标志性护理中任选其一：

身心悦享护理：独特的全方位护理让身心获得全面舒缓与放松，带来纯粹的愉悦感受。

竹韵舒筋按摩：充满活力的全身按摩有助于提升柔韧性与关节灵活性。

自然焕采面部护理：专属面部护理可全面调理肌肤，使肌肤紧致提拉，焕发自然光彩。

体验有效时间：即日起至2026年1月31日

如需了解更多信息或预定，请访问<https://www.marriott.com/offers/meaningful-wellness-retreat-off-180610/tyonz-the-ritz-carlton-nikko?propertycode=tyonz>。



EXPLORA JOURNEYS意铂奢华邮轮推出意铂三号独家预览之旅
一次沉浸式幕后体验



MSC地中海航运集团旗下高奢海洋旅行品牌Explora Journeys意铂奢华邮轮，宣布将邀请部分尊贵宾客，在意铂三号(EXPLORA III)正式启航及首航之前，率先登船体验这艘全新杰作。

此次独家意铂三号的预览之旅——“地中海序章(A Mediterranean Prelude)”，将于2026年7月24日至29日启航，仅此一期。在意铂三号正式首航(2026年8月3日至10日，从巴塞罗那前往里斯本)前，本次预览之旅将以私密、沉浸式体验，呈现其优雅格调与创新理念。

意铂三号是Explora Journeys意铂奢华邮轮舰队中首艘采用液化天然气(LNG)动力的邮轮，标志着MSC地中海航运集团在可持续海上旅行领域的又一个里程碑。全船共设有463间海景露台套房、海中阁套房与海景别墅，每间皆配备私人露台，延续品牌标志性的欧洲设计美学，并融入全新餐饮与酒廊理念。还设有七间特色餐厅与十三个室内外酒

吧与休闲空间，并拥有开阔户外甲板，以及焕新升级的海洋养修空间。

航程将从热那亚启航，终抵奇维塔韦基亚(罗马)，沿途将探访马赛、圣特罗佩、维尔弗朗什与利沃诺。宾客将在马赛旧港感受浪漫脉动、在圣特罗佩享受阳光沙滩、在维尔弗朗什港口探索尼斯棕榈大道与“美好年代”建筑、在利沃诺领略托斯卡风情，最终以永恒之城罗马为航程画上完美句点。届时，还将有机会与Explora Journeys的管理团队、设计师及船上官员近距离交流，深入了解塑造邮轮每一处细节的愿景与匠心。

如需预订，可通过官方小程序“Explora邮轮官方预订”，发送邮件至contact@explorajourneys.com，或联系携程邮轮以及旅行社代理。欢迎搜索“Explora邮轮”，关注Explora Journeys意铂奢华邮轮官方微信公众号、视频号及小红书账号，获取更多品牌动态、航线信息及专属礼遇。

SPACHINA MOVIE



疯狂动物城2 ZOOTOPIA 2

神秘爬行动物蛇盖瑞的突然闯入，让动物城再度陷入混乱。为了应对这场前所未有的城市危机，警官兔朱迪与狐尼克将再度联手，踏上全新的冒险征程。在关键时刻，他们选择帮助蛇盖瑞逃脱，却也因此沦为逃犯。在追捕过程中，他们不仅要揭开这位新角色的神秘面纱，更将深入被迷雾笼罩的新领域，探索未知的地下黑市。这对默契搭档不得不前往未曾去过的动物城偏远区域卧底。随着调查推进，朱迪和尼克逐渐发现事件背后另有隐情，一场疯狂动物城的全新冒险即将展开。

The sudden intrusion of Gary, a mysterious reptile, turns the Zootopia metropolis upside down. To tackle this unprecedented urban crisis, Judy and Nick reunite to embark on a thrilling new adventure. In a critical turn, they choose to help Gary escape, only to become “fugitives” themselves. Their pursuit not only leads them to uncover the secrets of this enigmatic newcomer but also takes them into uncharted territories shrouded in mystery – including the shadowy underground black market. Forced to go undercover in the remote, they must unexplored corners of Zootopia, where their growing partnership is tested like never before. As the investigation deepens, Judy and Nick realize there is more to the case than meets the eye. Now, a brand-new chapter of adventure in Zootopia is unfolding.

SPACHINA BOOK REVIEW

生命韵律 艾薇丹的女性健康平衡艺术

ESSENCE OF WELL-BEING

THE AD VITAM WOMAN'S GUIDE TO AROMATHERAPY

本书是一本专注于女性全周期健康的芳香疗法指南。以女性一生的五个关键阶段：少女、青年、孕产、中年与老年期为脉络，系统呈现了艾薇丹AD VITAM精准有效的芳疗身心支持方案。从调节内分泌的玫瑰，到缓解压力的柑橘复方；从孕产期情绪管理，到更年期症状调理，本书基于实证芳疗，详尽解析了核心精油的疗愈机制与应用方法。它不仅是工具书，更是一场以香气为媒介的自我深度对话。精妙的水彩插图与卓越的装帧设计，将阅读本身升华成为一种疗愈体验。我们诚邀您开启这段身心和谐的芳香旅程。我们深信，美是疗愈的起点。

This book is a dedicated aromatherapy guide for a woman's complete life journey. It is framed in terms of the five pivotal stages of her life: Maiden, Youth, Pregnancy & Childbirth, Mature, and Golden Years. It systematically presents AD VITAM's precise and effective aromatherapy support for both body and mind. From rose essential oil for hormonal balance to citrus blends for stress relief, from emotional wellness during pregnancy to managing menopausal transitions, this book delves into the

Price: HK\$580



science and application of core essential oils, grounded in empirical aromatherapy. It is more than a reference, it is a profound dialogue with the self, guided by the eloquence of scent. Enhanced by exquisite watercolor illustrations and masterful craftsmanship, the very act of reading is transformed into a therapeutic experience. We invite you to begin this journey toward harmony and well-being. Here, beauty is where healing begins.



SPACHINA CD REVIEWS

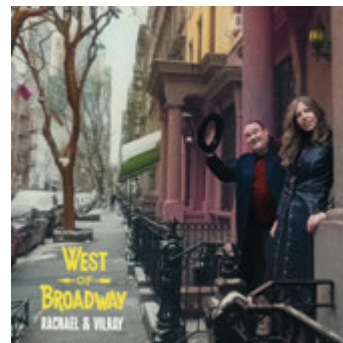


JACOB COLLIER

THE LIGHT FOR DAYS

Jacob正在重塑流行音乐的本质，为其注入积极能量、即兴火花与天马行空的创造力。他的新专辑标志着一大突破——摒弃了多轨录音技巧，仅以一把吉他伴奏，甚至暂别了标志性的和声魔法，回归纯粹的音乐本质。整张专辑仅用四天完成，足见其深厚的音乐技法与录音技术。这些歌曲，无论是原创还是改编，皆编排精妙、演绎真挚，令人对这位才华横溢的音乐家叹服！

Jacob is changing the nature of popular music, injecting positivity, spontaneity and creativity into it, and his latest album is a major step forward in that he puts to one side all of his usual multi-tracking tricks and offers us an album that is basically just him and his guitar, with his harmony magic largely put to one side for now. He said he created the album in just 4 days, and given his mastery of musical technique and technology, it's entirely possible. Lovely songs, beautifully arranged and performed, some his own plus some that are not his. What a wonderful musician he is!



RACHAEL & VILRAY

WEST OF BROADWAY

这是一对出色的爵士二重奏组合。主唱Rachael嗓音迷人，Vilkray则负责吉他演奏，并与Rachael默契交织和声。他们的音乐慵懒随性又充满趣味，浪漫丝滑且格调不凡。曲目中既有原创作品，也不乏经典标准曲，其风格奇妙地兼具现代气息与永恒质感。恍若源自1940年代的黄金岁月，却又完全属于当下这个时代，这种特质实在令人赞叹。值得细细品味！

This is a wonderful jazz duo, Rachael is a singer, and Vilkray plays guitar and also harmonies with his buddy Rachael. The songs are laid back and fun, romantic and smooth, and very high class all round. Some odd the ones are originals and some standards, but the style is amazingly both modern and totally timeless. They could from the 1940s, but they are also very much today, and that's great. Check them out!



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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6层(近营口道口)
T: 022 2389 0189
www.ispa.cn

L'OCEAN SPA at Four Seasons Hotel Tianjin

天津四季酒店冻水疗
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
广州花园饭店 悦椿Spa
4/F, 368 East Huanshi Road, Guangzhou, Guangdong, China
广东省广州市环市东路368号4楼
T: +86 20 8333 8989
www.angsana.com

AEVUM SPA
AEVUM奥斯特欧系贵族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水度假酒店 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楼威

斯汀天梦水疗
T: 0755 8634 8860
www.westin.com/shenzhen

Hua SPA/花水疗
69 Floor, Four Seasons Hotel
Guangzhou, 5 Zhujiang West
Road, Pearl River New City,
Tianhe District, Guangzhou
广州市天河区珠江新城珠江西
路5号广州四季酒店69层
T: 020 8883 3000

**Iridium Spa at
The St. Regis Shenzhen
深圳瑞吉酒店铭瑞水疗**
The St. Regis Shenzhen,
5016 Shennan Road East,
Luohu, Shenzhen
深圳市罗湖区深南东路5016号
T: 0755 2223 9407
www.stregis.com

**Let's Relax
泰放松**
2/F, Hongfa Building,
No.19, Tianhenaner Road,
Guangzhou
广州天河南二路19号宏发大
厦2层
T: 020 8362 9234

**O Spa at Grand Hyatt
Guangzhou
广州富力君悦大酒店
[清]水疗中心**
24/F Grand Hyatt Guangzhou,
12 Zhujiang West Road,
Pearl River New City, Tianhe,
Guangzhou, Guangdong, China
广东省广州市天河区珠江新城
珠江西路12号广州富力君悦大
酒店24层
T: +86 20 8396 1234 ext.3520
www.guangzhou.grand.hyatt.com

**Royal Spa
熙SPA**
No.221 Xingmin Road,
Zhujiang New Town, Tianhe,
Guangzhou
广州市天河区珠江新城兴民
路221号
T: 020 3889 4742

**Raffles Spa Shenzhen
深圳鹏瑞莱佛士酒店水疗中心**
No. 1, Shenzhen Bay, No.
3008, Zhongxin Road,
Shenzhen
深圳市中心路3008号深圳
湾1号
T: 0755 8121 9366

**Siyanli
思妍丽**
1) 万科店
2nd Floor, Bldg. Vanke
Jinsejiyuan, No.2018,
Lianhua Road, Futian District,
Shenzhen
深圳市福田区莲花路2018号
万科金色家园二期二楼
T: 0755 8319 3072
2) 太古城店 All City
L302 North All City Shopping
Center, Nanshan, Shenzhen
深圳市南山区中心路工业八
路宝能太古城花园购物中心
北区L302

T: 0755 3688 0998
3) 上海宾馆 Shanghai Hotel
2/F Shanghai Hotel
Shennanzhong Road, Futian,
Shenzhen
深圳市福田区深南中路上海
宾馆二楼
T: 0755 2390 7922
www.siyarli.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

**VEELES PA
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
珠海横琴悦椿酒店悦椿SPA**
No 288 Chonglou Road,
Guangdong Macao in Depth,
Cooperation Zone in Henggin,
Zhuhai
珠海横琴粤澳深度合作区重楼
路288号
T: 0756 288 9889

**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
深圳市罗湖区笋岗宝岗路5号
T: 18924590372

2) Zhuoyue Centre Branch
深圳卓悦中心店
No. 107, B Level, West Zone,
Zhuoyue 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
Shenzhen
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
三亚海棠湾镇海棠北路68号
T: 0898 8881 1234
www.hyatt.com

**Iridium Spa at The St. Regis
Sanya Yalong Bay Resort
三亚亚龙湾瑞吉度假酒店
铭瑞水疗**
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
Shenzhen Peninsula Resort
神州半岛喜来登度假酒店
炫逸水疗**
Shenzhen 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 Aqeos
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
余Di 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, Wanjingyuan,
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
泰合堡·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
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
足连得
4F POLY MALL, ZHengwu
District, Hefei, Anhui
安徽省合肥市政务区保利
MALL四层
T: 0551 6286 6799

Ori SPA (MixC Branch)
Ori SPA (万象城店)
4/F, MixC, No.111 Qianshan
Road, Hefei
合肥潜山路111号万象城4楼
T: 0551 6555 3035

Spa 水疗 · 云南
四季青禾 · SPA
Building 14-10, Jinwan
Junlin Yuan, Rain Forest,
Qingquan Road, Jinghong,
Xishuangbanna
云南省西双版纳州景洪市清泉
路雨林金湾俊林苑14-10栋
T: 189 8812 8765

Bolian Hot Spring and Spa,
Bolian Hotel, Kunming
昆明柏联酒店 柏联温泉SPA
Yangzonghai, Kunming
中国云南省昆明市阳宗海
T: 0871 6888 4999

Banyan Tree Spa Lijiang
丽江悦榕Spa
Yuerong Road, Shuhe Village,
Yulong, Lijiang, China
云南省丽江玉龙纳西族自治县
束河悦榕路
T: +86 888 533 1111
www.banyantreespa.com

Banyan Tree Spa Ringha
仁安悦榕Spa
Hong Po Village, Jian Tang
Town Shangri-la, Diqing,

Yunnan, China
云南省香格里拉建塘镇红坡村
T: +86 887 828 8822
www.banyantreespa.com

The Spa at Amandayan
大研安缦水疗
29 Shishan Road, Gucheng,
Lijiang, Yunnan
云南省丽江市古城区狮山
路29号
T: 0888 533 9999
www.aman.com

Tai Yi · SPA
泰一 · SPA 云南畅泰健康管理
咨询有限公司
2nd floor, Saina Block,
Qingcheng Phase II, China
Railway Shuian, Qiancheng
Road, Kunming
昆明市前程路中铁水岸青城二
期塞纳街区2楼
T: 0871 6727 2968

Yi Spa at Intercontinental
Kunming
昆明洲际酒店怡Spa
5 Yijing Road, Dianchi
National Resort, Kunming,
Yunnan
云南省昆明市滇池国家旅游度
假区怡景路5号
T: 0871 6318 8888

Mintsthai
沁泰
1) Shuncheng Plaza Branch
昆明顺城购物中心店
Next to the IMAX theater at
Shuncheng Plaza, Kunming,
Yunnan
云南昆明顺城购物中心IMAX
影厅旁
T: 0871 6360 3550
2) Joy-City Branch
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市
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域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 Zhuyu Street, Zhongshan
District, Dalian, Liaoning
中国辽宁省大连中山区珠玉
街45号
T: +86 411 3994 8888

Lea Spa
沈阳Lea Spa维景会所
Shenyang Lea Spa Weijing
Club
沈阳市和平区同泽北街35
号8层
8F, 35 Tongze North Street,
Heping District, Shenyang
Tel: 024 2341 1222

FAngbeauty
FAngbeauty高定美肤中心
Phase three, MixC, Heping
district, Shenyang
沈阳市和平区万象城三期
T: 18604056191

Carven City Spa
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
大连凯宾斯基饭店欧意希斯
水疗中心
6F, Kempinski Hotel Dalian 92
Jiefang Road, Zhongshan
大连市中山区解放路92号, 凯
宾斯基饭店6楼
T: 0411 8259 8888*8616 /8610
www.kempinski.com/dalian

Rubis Spa
丽妍雅集
Capita Land Branch
凯德和平店
L2-54-55, Capita Land, 691
Gaoerji Road, Shahekou,

Dalian
大连沙河口区高尔基路691号
凯德和平广场2层54-55单元
T: 0411 8434 5600

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 Dockside, 18
Salisbury Road, Tsim Sha
Tsui, Kowloon, Hong Kong
香港九龙尖沙咀梳士巴利道
18号
T: +852 3891 8888

Bliss Spa at W Hong Kong
香港W酒店 Bliss Spa
1 Austin Road West, Kowloon
Station, Kowloon, Hong Kong
香港九龙柯士甸道西1号
T: 852 3717 2222
w-hongkong.com

SPA by MTM
1) Shop A, G/F, 3 Yun Ping
Road, Causeway Bay
铜锣湾惠平道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

Tria Spa at MGM Macau
澳门美高梅禅源水疗
Avenida Dr. Sun Yat Sen,
NAPE, Macau
澳门外港填海区孙逸仙
大马路
T: 853 8802 8888

Tria Spa at MGM Cotai
美狮美高梅禅源水疗
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
澳门凼仔广东大马路, 澳门新
濠锋15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
澳门新濠影汇映星汇水疗中心
Level 3, Epic Tower - Studio
City, Estrada do Istmo, Cotai,
Macau
澳门路氹连贯公路新濠影汇映
星汇3楼
T: +853 8865 8888

The SPA at Palazzo Versace
Macau
Palazzo Versace澳门水疗中心
Level 3, Palazzo Versace
Macau, Grand Lisboa Palace
Resort, Rua do Tiro, Cotai,
Macau
澳门路氹射击路上葡京综合度
假村范思哲豪华酒店大楼3楼
T: +853 8881 8000

Spa 水疗 · 湖北

慕丽莎健康美容会所
1) 香港路店
湖北省武汉市汉口解放大道
香港15号
15 Hong Kong Street Jiefang
Road HanKou, Wuhan, Hubei
Tel: 027 8556 1855
2) 融科天城店
湖北省武汉市球场街融科天城
一期T4大堂二楼
2/F, T4 Raycom Skyline,
Qiluchang 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
Ningkang Road, Eco. Tech.
Dev. Zone, Wuhan, Hube
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
深白维缇抗衰老中心
1) Wanda Branch
二七万达店
Room 12a809-810, Erqi
Wanda Center, Intersection
of Daxue Road and Hanghai
Road, Erqi, Zhengzhou
郑州市二七区大学路与航海路
交叉口二七万达中心12A809-
810室
T: 0371 8658 1160
2) Jinshui Zhenghongcheng
Branch
金水正弘城店
Room 1111, Zhenghongcheng
Residence, Huayuan Road
and Dongfeng Road, Jinshui,
Zhengzhou
郑州市金水区花园路与东风路
正弘城丽汀公寓1111室
T: 0371 6531 8996
3) Lvdi Xinduhui Branch
绿地新都舍店
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气水疗
9 Binjiang Dong Road,
Chengdu
四川省成都市锦江区滨江东
路9号
T: 028 8888 9999

Iridium Spa at The St. Regis
Chengdu
成都瑞吉酒店依瑞水疗中心
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
成都棕榈泉费尔蒙酒店蔚柳溪
水疗中心
269 Tianfu Middle Avenue,
Hi-Tech Zone, Chengdu
成都市高新区天府大道中段
269号
T: 028 8800 3333

Rissai Spa, Rissai Valley, a
Ritz-Carlton Reserve
日赛谷水疗

Zhangzha Town, Jiuzhaigou
County, aba Tibetan Andqiang
Autonomous Prefecture,
Sichuan
中国四川省阿坝藏族羌族自治
州九寨沟漳扎镇
T: 0837 8199 999

Spa 水疗 · 浙江

Banyan Tree Spa Hangzhou
杭州悦榕Spa
2 Westbrook Resort, Zijiangang
Road, Hangzhou, China
浙江省杭州市紫云港路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
悠庭保健会所
1) 西溪店
No 141, Xixi Road, Xihu
西湖区西溪路141号
T: 0571 8502 3288
2) Raffles City 来福士店
L6-04 Raffles City, No.228
Xinye Road, Jiangnan
江干区新业路228号来福士广
场L6-04商铺
T: 0571 8889 9191

Fuchun Spa at Fuchun Resort
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No.339, Jiangbin East Road,
Dongzhou Street, Fuyang,
Hangzhou
杭州市富阳区东洲街道江滨东
大道339号
T: 0571 6341 9500

Hangzhou TEA SPA
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1) Hangzhou TEA SPA (Jiqing
Branch)
杭州TEA SPA (吉庆店)
Building C, 214 North Meilin
Road, West Lake, Hangzhou
杭州市西湖区梅林北路上茅家
埠214号C栋
Tel: 19558191877
2) Hangzhou TEA SPA (Muli
Branch)
杭州TEA SPA (目里店)
501-503, Building 8, OOELI,
West Lake, Hangzhou
杭州市西湖区天目里商业中心8
号楼5楼501、502、503
Tel: 1590671536

Kempinski The Spa, Hangzhou
杭州远洋凯宾斯基酒店水疗
66 Lishui Road, Gongshu,
Hangzhou
杭州拱墅区丽水路66号
T: +86 571 8809 3333

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1) Love Story Hangzhou

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1F, Hangzhou Xinqiao
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Shangcheng, Hangzhou
杭州市上城区解放路226号新
侨饭店1F
T: 0571 8888 6968
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Xiacheng, Hangzhou
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1-6楼
T: 0571 8785 8677
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Road, Xiacheng, Hangzhou
杭州市下城区钱潮路2号
天元大厦
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T: 0572 804 6668

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www.roonspavillage.com

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www.aman.com

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Hangzhou
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T: 0571 8646 9999
www.marriott.com

The Spa at Midtown
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杭州城中香格里拉大酒店水
疗中心
Hangzhou Kerry Center,
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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

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www.banyantreespa.com

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www.brilliantspa.com

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Chongqing
重庆市九龙坡区万象城中区
LG215
T: 19112075758

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1/F No. 2 Seaview Resort,
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Xiamen, Fujian, China
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www.angsana.com

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Fujian, China
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T: +86 592 602 9999 ext.8779
www.langhamhotels.com

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Kempinski Hotel Fuzhou
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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

Meschône
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.
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710075, China
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www.shangri-la.com

W Hotel Xi'an
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No.333 Qujiangchi East Road
Yanta District Xi'an
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T: 029 8966 9999
www.marriott.com.cn

Xi'an Huaqing Royal Spa
Hotel/西安华清御汤酒店
Huaqing Palace No. 38
Huaqing Road, Lintong
District, Xi'an
陕西省西安市临潼区华清
路38号
T: 029 8399 9888
http://hualq.coolbo.cc/Home/
Hotel/index

SPA by JW, JW Marriott Hotel
Xi'an
西安海荣JW万豪酒店JW水
疗中心
No.168 Feng Cheng 8th Road,
Xi'an, Shaanxi
陕西西安凤城八路168号
T: 029 6855 5555

Spa 水疗 · 山东

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济南万达凯悦酒店
芳泉水疗中心
187 Jingsi Road, Shizhong,
Jinan, Shandong, China
山东省济南市市中区经四路
187号
T: +86 531 8828 1234
www.jinan.regency.hyatt.com

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8 Hong Kong Road Central,
Shinan, Qingdao, Shandong,
China
青岛市市南区香港中路8号
T: +86 532 6777 1888
www.westin.com

Qin SPA
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T: 0531 8162 9969

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L3-47, The MIXC, 11111
Jingshi Road, Lixia, Jinan
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1) Lvdi Branch
绿地店
2nd Floor, Building 2,
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楼2楼
T: 0531 8609 3989
2) Henglogn Branch
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4th Floor, Henglong Plaza,
Jinan, Shandong
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青岛市山东路9号万象城L1层
T: 185 6190 5062
2) Qingdao Jiaodong
International Airport
青岛市胶东国际机场
T: 136 7889 3140

TRIA SPA
TRIA禅源水疗
Tower T1, SIIC Center, No.
195 East Hong Kong Road,
Laoshan District, Qingdao
青岛市崂山区香港东路195号
上实中心T1塔楼
T: 0532 8887 9999
https://www.dytmgm.com/cn/
mgmqingdao

Spa 水疗 · 宁夏

The spa at Kempinski Hotel
Yinchuan
银川凯宾斯基饭店水疗中心
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750002 Yinchuan, China
宁夏回族自治区银川市金凤区
北京中路160号
T: +86 951 516 5888
www.kempinski.com

Spa 水疗 · 贵州

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Anshun
贵州省安顺市黄果树风景
名胜区
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贵州省贵阳市南明区箭道街2号
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North Huizhan Road,
Guanshanhu District, Guiyang
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2) MixC Branch
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City, Guizhou
贵州省贵阳市观山湖区万象汇对面
T: 0851 8221 0118
3) Weilai Fangzhou Branch
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T: 0851 8561 8496
4) Xiaoshizi Branch
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Guiyang City, Guizhou
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6 Kending Road, Hengchun
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2, SongShou Road, Taipei,
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Gaia Aroma SPA
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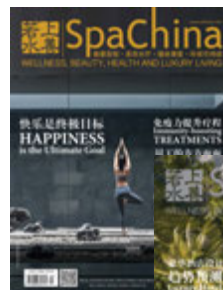
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