

January/February 2024

SpaChina

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WELLNESS · BEAUTY · HEALTH AND LUXURY LIVING

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Balancing Body and Mind  
Enhancing Cognitive Abilities

法国风情的象征  
An Icon of French  
Luxury and Elegance

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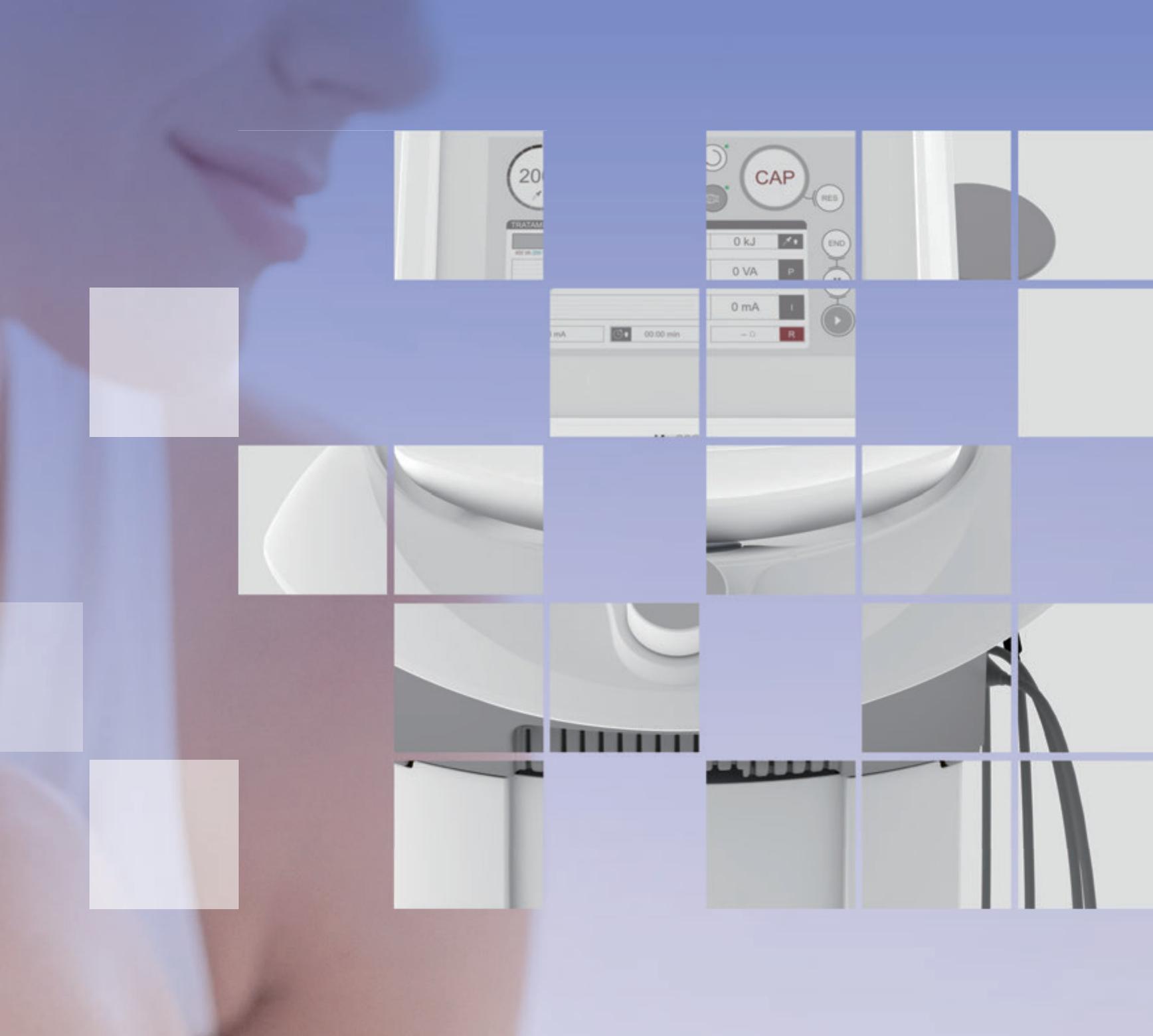
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**SpaChina** | Wellness & Spa Awards  
中国养生与水疗颁奖礼2024

由SpaChina杂志主办的第十五届中国养生与水疗颁奖礼将与第十七届中国养生与水疗人士研讨会同期举办。颁奖礼旨在认可中国水疗行业的杰出领袖和行业先锋，帮助确立水疗行业标准，推动其专业化发展。

**颁奖组委会设定出如下7个大奖类别：**

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

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

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

**我们希望通过这次评选和颁奖活动，能够令您和您的SPA：**

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

**评选方式**

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

**参选和评选日程安排**

- 2024年2月1日至4月30日 — 参选者报名及初选
- 2024年5月1日至7月30日 — 评委选举和微信投票
- 2024年7月1日至8月20日 — 评选
- SpaChina中国养生与水疗颁奖礼2024晚宴

SpaChina Magazine will hold the 15<sup>th</sup> SpaChina Wellness & Spa Awards and 17<sup>th</sup> SpaChina Wellness Summit 2024 together in September. This event will reward industry leaders and innovators, and help to elevate industry standards.

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

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

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

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

**We believe your participation in the SpaChina Wellness & Spa Awards 2024 will:**

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

**Assessment Methods**

- **Pre-Judgment:** All nominees have to submit required information online by April 30<sup>th</sup>. SpaChina team will make a pre-judgment according to the online paperwork.
- **Judges On-the-spot Evaluation:** SpaChina will invite honored guests and spa professionals to be part of the judge team, who will visit each nominee spa for a thorough evaluation.
- **WeChat Voting:** Please visit SpaChina WeChat to vote, start from June 1<sup>st</sup>.

**Agenda for Nomination and Assessment**

- February 1, 2024 – April 30, 2024  
Nominee registration and first round
- May 1, 2024 – July 30, 2024  
Preliminary assessment by judges and public wechat voting
- July 1, 2024 – August 20, 2024 Final assessment
- SpaChina Wellness & Spa Awards 2024 Gala Dinner



请扫描二维码  
参加报名

## REGISTRATION FORM 报名表

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

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

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

**Spa Awards / 水疗奖项** | please check "✓" in  / 请在需要的  内打"✓"

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

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

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

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

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

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

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

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

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

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

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

**Grand Jury / SpaChina Honored Awards / 评审会/殊荣奖项**

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

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

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

注意: 请致电+86 21 53858951或+86 158 2163 8367, 确认传真或者邮件报名已经收到。

亲爱的SpaChina读者，您们好，

在 迎来龙年之际，让我们  
SpaChina向您表达最衷心的  
祝愿，愿龙的力量和智慧  
为您带来勇气和好运，愿您的努力获得成功，愿每一天都是迈向梦想的重要一天。

回顾过去的一年，每个人都面对了不同的挑战，有个人生活方面的、有事业和日常业务上的，无论多难，我们的韧性和决心不能缺失。让我们把挑战看作是新的成长时刻，是积累更多经验及加强人际纽带的好时机。

龙年会是不同寻常的一年，愿繁荣、快乐、幸福与您相伴，最重要的是身体健康！在忙碌之余要把自己照顾好，不要忘了您们才是家里和企业的顶梁柱。

本期杂志内容一如既往丰富，有很有价值的市场调研报告哦。

祝阅读愉快~~



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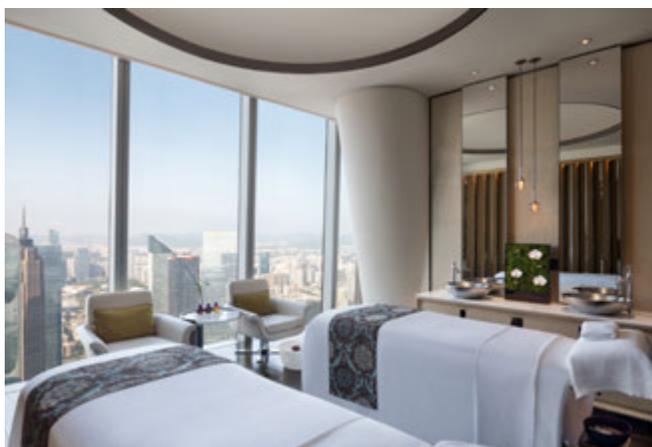
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### 东莞松山湖悦榕Spa

东莞松山湖悦榕庄落址岭南绿洲与湖泊交界地，远衔青峰翠峦，博采古村遗韵，在人与自然的对话中构筑起一隅东方灵感庭园。位于酒店二楼的悦榕Spa依水而建，共设有5间理疗室，以及多功能室、冥想室、漂浮池，与周围自然美景交相辉映，纵享悠然。出自东莞非物质文化遗产——莞香制成的产品与悦榕Spa精湛的按摩手法相结合，同时将品牌传承“心静轩”的哲学贯彻至每一次服务当中，让心灵沉浸在安宁舒悦的岭南芳氛之中，伴随着颂钵的韵律节奏，为每位宾客带来充满本地文化体验及放松身心的愉悦之旅。

### The Banyan Tree Spa Dongguan Songshan Lake

Situated between lush Lingnan greenery and Songshan Lake, Banyan Tree Dongguan Songshan Lake has designs inspired by local traditional style and offers a panoramic mountain view. The Banyan Tree Spa Dongguan Songshan Lake features 5 treatment rooms, as well as a multi-purpose room, a meditation room and a floating pool, to complement the surrounding natural beauty. The Dongguan intangible cultural heritage, GUAN XIANG, an indigenous agarwood, will be combined with Banyan Tree Spa's exquisite massage techniques to implement the brand philosophy "a sanctuary for the senses" into the services, leading the body and mind to immerse in the peace and comfort of Lingnan fragrance, and invigorating guests for the next journey.

### Palazzo Versace澳门水疗中心

位于澳门上葡京综合度假村内、澳门范思哲豪华酒店大楼三楼的Palazzo Versace澳门水疗中心选用色彩绚丽的高尚家具，配以水磨石地板和人手铺设的精致马赛克瓷砖，缔造出别具意式风尚的华丽天地。水疗中心崇尚全面修护的美容理念，活用地中海区的养生哲学，配合意大利高端护肤品牌FRAME Cosmetics的天然水疗产品，为有不同需要的宾客焕发从内到外的动人光采。中心设有奢华的水疗套房以及融入意式元素的土耳其浴室，提供专业的按摩护理疗程。如果想延续惬意的时光，不妨到酒店的室内或户外游泳池畅泳，在充满范思哲风格的雅逸环境中，悠享写意时光。

### The SPA at Palazzo Versace Macau

The SPA at Palazzo Versace Macau offers a holistic, integrated approach to wellness in a setting exquisitely decorated with splendid Versace-designed mosaics and marble. Drawing upon the philosophies of the Mediterranean diet and the cosmeceutical spa products of Italian brand FRAME Cosmetics, the treatments emphasise achieving a balance of inner wellbeing and external beauty at every phase of life. Pamper yourself with a revitalising massage or a special couple's treatment in one of the transcendent treatment suites or the Italian rendition of the classic Turkish hammam. For more active forms of relaxation, enjoy a swim in the hotel's indoor or outdoor pool, accompanied by elegant Italian glass and marble mosaic tiles, or work out with the Fitness Studio's advanced cardiovascular Technogym® equipment.



### 丽妍雅集Rubis SPA 徐家汇ITC - VIP店

丽妍雅集Rubis SPA徐家汇ITC - VIP店开启智慧AI的奢护之旅。白色的主基调，大片灵动的水晶灯，花卉点缀空间，淡淡的香氛流淌，将优雅与简约糅合于纯净之中。店内共配置6间VIP护理房间，均拥有独立的洗护空间、梳妆台、淋浴房。房间内以琥珀色的暖色光线为基调，预设多段护理模式灯光，客人可对智能管家“小妍”进行语音智控，“小妍”将随着护理全程感受客人需求，使空间氛围徐徐变化。客人还可将自己喜爱的音乐带入SPA，打造个性化私有护理空间。此外，空调、新风、地暖，三种状态随时切换，让肌肤始终处于温润舒适的状态。

### Rubis SPA Xujiahui ITC - VIP Branch

Rubis SPA Xujiahui ITC - VIP branch ushered in a luxury AI spa journey. With white tones, large crystal lamps, flowers, and light fragrance, the space combines elegance and simplicity with purity. The spa is equipped with 6 VIP treatment rooms, each with its own washing space, dressing table and shower room. Inside the rooms, in addition to the basic warm amber light, there are several more lighting and ambience modes which will vary according to guests' needs, based on an AI voice control system. Guests can also bring their favorite music into the spa to create a personalized wellness space. Moreover, the new air conditioning and underfloor heating systems can be easily switched on any time so as to keep the body and skin at the most comfortable state.



### Clinique La Prairie台北蘭瑞診所

瑞士顶尖抗衰老诊疗机构Clinique La Prairie日前在台北开设了全球第四家长寿中心(Longevity Hub Taipei)，命名为蘭瑞診所。诊所复刻品牌经典，以长寿科学、预防医学、营养、养生和健康为支柱，同时以优化身心为重点，提供一系列先进项目，包括脑波刺激、冷冻疗法、远红外线疗法、静脉滴注、促进平衡和恢复活力的沉浸式体验以及最新的身体护理等等。每段旅程都会以CLP长寿指数评估开启，另外，长寿、遗传学/表观遗传学、营养学、美容医学等领域的专家将会与客人进行一对一咨询，旨在为每个人量身定制解决方案。

### Taipei Longevity Hub by Clinique La Prairie

Clinique La Prairie, Switzerland's leading anti-aging clinic, has recently opened its fourth global Longevity Hub in Taipei. The Taipei clinic offers a wide range of programmes grounded in longevity science, preventive medicine, nutrition, wellness and health, meanwhile with a focus on optimizing the mind and body. The signature experience includes Neuro Wave Stimulation, cryotherapy, far-infrared ray therapy, IV drips, immersive experiences to promote balance and rejuvenation, and the latest body treatments, to name a few. Each journey starts with a CLP Longevity Index assessment, plus one-on-one consultations led by experts in the fields of longevity, genetics/epigenetics, nutrition, and aesthetic medicine, aiming to customize solutions for each individual.

### 江苏淮安安澜ALAND SPA

安澜ALAND SPA，在运河之上的江苏淮安打造了一片安谧的陆地ALAND。深耕专业SPA五年，品牌在淮安市清江浦区文化商业街区揭幕的新店占地1500平方米，横跨5层楼，拥有11间芳疗室，包括3间提供私人干蒸房的VIP芳疗室。整个疗愈空间以手工木色系搭配自然纹路青砖，还原最质朴的SPA氛围感。水疗中心与法国艾薇丹、西班牙悦碧施、意大利DIBI、法国菲茨、意大利韵姿等全球护肤大牌合作，为宾客提供一系列功效卓越、体验感极佳的面部和身体护理疗程。此外，还有疗愈系列，如空禅木疗，定制沉香颂钵SPA，月光石音疗SPA等，为客人带来身心修复。

### ALAND SPA, Huai'an, Jiangsu

ALAND SPA opened a new branch in the cultural and commercial district of Huai'an, Jiangsu Province. The spa extends over an area of 1,500 square meters across five floors, with 11 aromatherapy rooms, including 3 VIP aromatherapy rooms that offer private dry steam zones. The space is decorated with handmade wood colors and natural textured bricks, creating a pure healing ambience. The spa has partnered with global skincare brands including AD VITAM (France), Natura Bissé (Spain), DIBI (Italy), PHYT'S (France), and VAGHEGGI (Italy) to offer a range of facial and body treatments that are highly effective. In addition, there are mindfulness treatments to improve the body and mental balance such as the Zen Wood Therapy, Eaglewood Singing Bowl Treatment, and Moonstone Sound Therapy.



### FILLMED菲欧曼美学空间 上海兴业太古汇店

FILLMED菲欧曼美学空间上海兴业太古汇新址以全新姿态亮相。安心、舒适的法式优雅环境内，“Less is more”（少即是多）的极简理念充满在每个角落，让人感受到简洁明快的时代感和抽象美。中心划分出独立护肤空间，打造私人密享的美肤环境。同时，对护理房间的温度和湿度也有着严格的要求，让客人获得更高舒适度。从进入中心的一刻起，每个顾客都将由专属的美容顾问安排并陪同，尊享一对一专属礼遇。护理前经由VISIA第七代检测仪进行肌肤检测，根据肌肤问题定制专属护理，将经典护肤护理与科学美容仪器搭配运用。

### FILLMED L'ESPACE ANTI-AGE at HKRI TAIKOO HUI

The new branch of FILLMED L'ESPACE ANTI-AGE is unveiled at Shanghai HKRI TAIKOO HUI. Inside the peaceful and comfortable elegant space, the minimalist concept of “Less is more” flows in every corner, giving people the feeling of simplicity and abstract beauty. In order to create a private and intimate skincare environment for customers, the center is divided into separate skincare spaces. At the same time, the temperature and humidity inside the treatment rooms have met strict requirements, so that guests can obtain a higher level of comfort. From the moment you enter the center, each guest will be accompanied by an exclusive beauty consultant. Before the treatment, the skin is examined by VISIA of 7th edition, and the treatment is customized according to the examination results, combining signature skin care massages with scientific aesthetic devices.



### OWO伦敦莱佛士酒店娇兰SPA

位于OWO伦敦莱佛士酒店的娇兰SPA是伦敦最大的奢华SPA之一，横跨四层楼，汇集了娇兰的专业技艺和护肤传统，以及Pillar Wellbeing团队的个性化健身方案。除了9间设计精美的护理套房外，SPA内还设有泳池、活力池、蒸汽浴室和桑拿浴室、健身房和运动工作室、以及快速护理空间L'Atelier Guerlain。这次是巴黎娇兰SPA在英国的首次亮相，品牌特为这家SPA设计了三款全新护理。一系列针对面部、身体、心灵打造的疗程将现代科技与天然成分完美结合。宾客可预订SPA套房之旅，3小时的体验以一杯香槟和娇兰沐浴仪式开启，接着是量身定制护理，之后，客人可在宁静的房间里放松，享用美食。

### The Guerlain Spa and Pillar Wellbeing Debut at Raffles London at The OWO

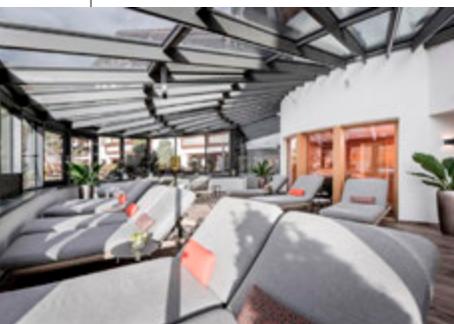
The Guerlain Spa at Raffles London at The OWO, one of the largest luxury hotel spas in the capital, is now open. Set over four floors, the space brings together the expertise and heritage of Guerlain and personalised health programming of the team from Pillar Wellbeing. The spa offers an impressive range of wellness and wellbeing services, including a cutting-edge gym and movement studio, a stunning 20m swimming pool, a vitality pool, steam and sauna, a ground-floor beauty and treatment space - L'Atelier Guerlain, alongside nine exquisitely designed treatment suites. Making its UK debut, Parisian beauty brand Guerlain has exclusively designed three new signature treatments for Raffles London at The OWO. Meticulously crafted for face, body and mind, Guerlain's treatments and rituals combine modern technology with the timelessly beautifying effects of natural ingredients, delivered with an expert touch for transformative results.

### 伦敦梅菲尔文华东方酒店水疗中心

文华东方酒店集团将在明年1月揭幕第二家伦敦酒店，位于梅菲尔街区，届时一同亮相的还有全新的地下水疗中心。水疗设施将包括室内恒温游泳池、桑拿房、活力池、体验淋浴、蒸汽浴室和健身房。水疗中心的内部设计由东京设计工作室 Curiosity 担纲，以打造一个“自然与艺术的中心”为愿景，采用木质、石材等天然材料，以暖青铜为主色调，配合烛光照明，迎接客人的到来。特色体验包括结合双耳声波动态刺激的传统疗程旨在诱发冥想状态和身心放松；具在地特色的梅菲尔静谧时光之四手按摩；以及NAD+维生素滴注疗法等。

### The Spa at Mandarin Oriental, Mayfair

Mandarin Oriental Hotel unveils its second London hotel in the Mayfair neighborhood, with a subterranean spa retreat. The spa facilities include an indoor heated swimming pool, a sauna, vitality pools, experience showers, steam rooms and a gym. The spa's interior design, led by Tokyo-based design studio Curiosity, has been created with the vision of "a hub of nature and art", featuring natural materials such as wood and stone, a warm bronze color palette, and candlelight lighting. Signature experiences include treatments combined with binaural acoustic stimulation designed to synchronize with brain waves to induce a meditative state and relaxation; Tranquillity of Mayfair four hands massage; and NAD+ vitamin-boosting IV infusions.



### 奥地利Das Central酒店屋顶水疗

位于奥地利阿尔卑斯山高处索尔登 (Sölden) 的度假酒店Das Central在大规模翻修工程中对其水疗中心进行了翻新，增设了一个全新的屋顶水疗区Summit Spa，俯瞰壮丽山景。六间全新的理疗室设计灵感来源于大自然，采用天然材料和木质装潢，与高山环境相得益彰。室外无边际泳池是其亮点，仿佛悬浮在半空中，引导客人与自然融为一体。加上这一新增的屋顶水疗，酒店的整个水疗空间扩增至2000平方米。其他设施还包括桑拿房、蒸汽室、土耳其浴室、体验淋浴、休息室和配备泰诺健器械的健身房。

### Das Central Austria Adds a New Rooftop Spa

Das Central, a resort hotel located in Sölden, high in the Austrian Alps, has refurbished its spa as part of an extensive overhaul program, adding a new rooftop spa area, the Summit Spa, overlooking the breathtaking mountain views. The six new treatment rooms are inspired by nature and feature natural materials and wooden décor to complement the alpine setting. The highlight is the outdoor infinity pool, which seems to be suspended in mid-air, guiding guests to become one with nature. With the addition of this rooftop spa, the hotel's entire spa space has been expanded to 2,000 square meters. Other facilities include a sauna, steam room, hammam, experience showers, lounge and gym with Technogym equipment.



  
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## 巴黎雅典娜酒店迪奥水疗中心

多切斯特精选酒店集团旗下的巴黎雅典娜酒店在经过全面翻新改造后，现推出焕然一新的迪奥水疗中心。水疗中心设有5间独立护理室、1间双人护理室、桑拿房以及土耳其浴室，另推出迪奥光波套房带来全新光疗体验——采用不同光照强度精心制作了三种独家定制的疗程，帮助客人重新调整生物钟、舒缓压力、焕发能量。迪奥水疗中心还将提供两种专为雅典娜酒店打造的护理项目——Le Soir Dior Privé On-Demand，以及四类满足身体、面部和心理不同需求的护理项目。水疗中心的休闲区域为客人提供特制果蔬汁、精选草本茶、膳食补充剂和迪奥健康类用品。

## Hôtel Plaza Athénée Launches New Dior Spa

Dorchester Collection's Hôtel Plaza Athénée has unveiled its transformed Dior Spa following a complete redesign. Complete with five individual treatment rooms, a couple's treatment room, sauna and hammam, the new Dior Spa Plaza Athénée also features a new Dior Light Suite, offering light therapy -- Dior has crafted three exclusive, tailor-made rituals using different light intensities, designed to help realign guests' biological clocks, alleviate stress, and revitalise energy. The menu also includes two new treatments, specially created for Hôtel Plaza Athénée: Le Soir Dior Privé On-Demand. Additionally, four three-hour rituals have been created to address specific needs for body, face, and mind. Within the Spa, Dior has designed a relaxation area for guests to unwind pre- and post-treatments, offering bespoke fruit and vegetable juices, a selection of herbal teas, dietary supplements, and Dior Wellness accessories.

## 加州Murrieta温泉度假村

1902年首次开放后于20世纪80年代没落的加州Murrieta温泉度假村迎来新生。Olympus地产集团于2022年10月收购了该度假村并进行了全面翻修。度假村将于2月重新开业，为宾客呈现50多个温泉泡池、设施齐全的水疗中心、健身房和一系列养生活动计划。度假村中使用的是该地区的碱性地热热水，含有硫酸盐、氯化物、硼、钙、锂、钾、钠、二氧化硅和碳酸氢盐的丰富的矿物质。度假村还特地为客人设计了科学泡浴指南，指导客人如何以最佳方式利用温泉水，提升健康。加州的特色泥浴是水疗中心的亮点。

## Murrieta Hot Springs Resort, California

First opened in 1902 and experiencing decline in the 1980s, California's Murrieta Hot Springs Resort was revitalized when Olympus Real Estate Group purchased the resort in October 2022 and completely renovated it. The resort is set to reopen in February, presenting guests with more than 50 hot springs pools, a fully equipped spa, a gym, and an array of wellness activity programs. The resort uses the region's alkaline geothermal water, which is rich in minerals such as sulfates, chlorides, boron, calcium, lithium, potassium, sodium, silica and bicarbonates. The resort has also created a specially designed scientific bathing guide for guests on how to best utilize the hot spring water to enhance their health. California's signature mud baths are a highlight of the spa.



## 巴黎J.K. Place酒店 Noble Panacea水疗中心

位于巴黎第七区的J.K. Place酒店与护肤品牌 Noble Panacea合作，揭幕了全新的水疗中心，融合尖端科学与天然成分，帮助宾客获得整体健康。Noble Panacea的核心技术 OSMV™能封装并保护活性成分，使其直接释放到皮肤细胞中，将配方功效提高10倍，从而达到无与伦比的护肤效果。在这里，宾客可以体验到Noble Panacea的一系列特色护理，如促进肌肤修复和再生的The Absolute Signature Facial，采用Noble Panacea的The Absolute Skincare系列产品，将调理肤色和提拉肌肤的按摩与LED光疗相结合，可根据个人需求量身定制，重塑面部轮廓并舒缓肌肤。水疗设施包括2间理疗室、美容工作室、水疗精品店、桑拿室和蒸汽浴室、室内泳池和J.K.泰诺健身房。

## J.K. Place Paris Announces a New Exclusive Spa Collaboration with Noble Panacea

Located in the heart of the city's 7th arrondissement in Rive Gauche, J.K. Place Paris has unveiled a new exclusive wellness offering in collaboration with pioneering skincare brand, Noble Panacea. Noble Panacea's approach to skincare is rooted in science and backed by years of research carried out by Nobel Laureate and founder, Sir Fraser Stoddart, who discovered and developed the Organic Super Molecular Vessel (OSMV™) Technology. The OSMV™ Technology encapsulates and protects active ingredients to release them directly into skin cells in a programmed sequence, improving formula potency by up to tenfold for unparalleled skin results. The new Spa at J.K. Place Paris will offer guests a wide range of Noble Panacea's signature treatments based on this core technology. The Spa features 2 private treatment rooms, a beauty studio, a spa boutique, sauna and steam rooms, an indoor swimming pool and J.K. Gym by Technogym.



## 墨西哥坎昆SHA养生度假村

西班牙养生品牌SHA Wellness近日在墨西哥坎昆以北的隐秘海滩目的地Costa Mujeres揭幕了其拉丁美洲旗舰店。度假村坐落在蔚蓝大海和郁郁葱葱的红树林之间，拥有7公顷的原生态自然环境和500米的白色沙滩，设有100间理疗室、100间海景套房和35间健康住宅。建筑风格的灵感来自于DNA链结构，采用有机和现代的设计理念，并使用可再生和当地采购的材料。客人可以从四种个性化的健康计划中进行选择：恢复平衡与活力、排毒与体重管理、健康老龄与疾病预防、领导力培养。主要养生设施包括医疗咨询室、身心放松室、水疗中心、健身房、瑜伽和冥想工作室、水疗路径，以及无边际泳池。

## SHA Mexico

Spanish wellness brand SHA Wellness recently unveiled its Latin American flagship resort at Costa Mujeres, a secluded beach destination north of Cancun, Mexico. Nestled between the blue sea and lush mangrove forests, the resort boasts 7 hectares of pristine nature and 500 meters of white sandy beach, featuring 100 treatment rooms, 100 ocean-view suites and 35 wellness residences. The architectural style is inspired by the DNA strand structure, with an organic and contemporary design concept and the use of renewable and locally sourced materials. Guests can choose from four personalized wellness programs: Rebalance & Reenergize, Detox & Optimal Weight, Well-Ageing & Prevention and Leader's Performance. Key wellness amenities include medical consultation rooms, mind and body rooms, a spa, a gym, yoga and meditation studios, a hydrotherapy circuit, and an infinity pool.



## 雅典One&Only Aesthesis度假村娇兰水疗中心

去年底新开业的希腊海滨度假村One&Only Aesthesis坐落在雅典南部丛林环绕的Glyfada海滨。度假村与高端美容品牌娇兰合作，推出了奢华的娇兰水疗中心。作为娇兰品牌在希腊的首家水疗中心，该SPA将从自然环境和当地传统习俗中汲取灵感，打造独具希腊特色的健康体验，包括一系列娇兰标志性护理、健康计划、专为度假村设计的水疗仪式和儿童工作坊，其中健康项目是针对睡眠恢复、免疫力提升和排毒等方面来设计。除了8间单人护理室和2间理疗套房外，水疗中心还设有桑拿浴室、土耳其浴室、室外游泳池、零售区和健身中心。

## 意大利Castelfalfi高尔夫度假村Castelfalfi水疗

位于意大利托斯卡纳的Castelfalfi高尔夫水疗度假村在进行全面翻修后，与泰国综合医疗与健康度假村品牌RAKxa合作，推出了全新的Castelfalfi水疗中心。水疗中心以温暖的大地色调和天然材料为特色，拥有7间理疗室(包括1间情侣套房)、2间桑拿房、1间蒸汽房、休闲区和室内外连通的恒温无边际泳池，畅游其中可以欣赏到连绵起伏的山峦美景。RAKxa为水疗菜单设计了三种独特的水疗护理和三项静修项目，均融合了传统泰医、传统中医、阿育吠陀和能量疗法。此外水疗中心还与ESPA和Maria Galland Paris合作，在护理中使用其功效卓越的产品。

## Guerlain Spa, One&Only Aesthesis, Greece

Newly opened at the end of last year, the Greek beachfront resort One&Only Aesthesis is situated on the forest-fringed Glyfada beachfront, south of Athens. The resort has partnered with high-end beauty brand Guerlain to launch the luxurious Guerlain Spa. As the first Guerlain Spa in Greece, it draws inspiration from the natural environment and local traditions to create a uniquely Greek wellness experience, including a range of signature Guerlain treatments, wellness programs, spa rituals designed exclusively for the resort, and children's workshops. The wellness programs are designed to address sleep improvement, immunity boosting and detoxification. In addition to eight single treatment rooms and two couple's suites, the spa features a sauna, a hammam, an outdoor pool, retail area and a fitness center.

## Castelfalfi Spa, Castelfalfi Golf Resort

Castelfalfi Golf Resort and Spa in Tuscany, Italy, has relaunched the new Castelfalfi Spa in partnership with RAKxa, an integrative medical wellness resort in Thailand, following a complete renovation. Featuring warm earth tones and natural materials, the spa features seven treatment rooms (including a couple's suite), two saunas, a steam room, relaxation area and a heated indoor-outdoor infinity pool with views of the rolling hills. RAKxa has designed three unique spa treatments for the spa menu, as well as three retreats, all of which incorporate a blend of Traditional Thai Medicine, Traditional Chinese Medicine, Ayurveda and energy healing. The spa has also partnered with ESPA and Maria Galland Paris to use their highly effective products in the treatments.





### La Colline科丽妍清泉嫩肌柔肤喷雾

这瓶150毫升的随身装喷雾也被称为行走的“加湿器”，选取采颉自海拔4000米高度的瑞士天然冰川水搭配植物配方CMAge®复合物，以及由透明质酸钠、天然冰川水、海洋微生物、三色堇和高山玫瑰复合而成的水凝嫩肌因子。轻轻一喷，即刻为肌肤补水，长期使用可提升肌肤耐受度和强韧性，增强肌肤的锁水能力。这款具有清新愉悦香氛的细腻喷雾特别适合空调房使用，特别是疲惫困乏、换季敏感和干燥缺水型肌肤，晒后干痒泛红使用尤佳。除此之外，这款喷雾还是补妆小助手，能瞬间解决肌肤脱妆出油及卡粉问题，均匀调节肌肤水油，让底妆透出自然水光感。

### La Colline Swiss Alps Cellular Mist

Known as a walking humidifier, this 150 ml bottle of on-the-go spray is made with natural glacier water from Switzerland at an altitude of 4,000 meters above sea level, together with the botanical formula CMAge® Complex, as well as a hydrating factor made from a combination of sodium hyaluronate, natural glacier water, marine microorganisms, pansies, and alpine roses. A single spray instantly hydrates the skin, while long-term use improves the skin's tolerance and resilience, and enhances the skin's ability to lock in moisture. This delicate mist with a fresh and pleasant fragrance is especially suitable for use in air-conditioned rooms, and a rescue for tired and sleepy, seasonally sensitive and dehydrated skin, particularly the dry, itchy and red skin after sun exposure. In addition, this mist is also a make-up assistant and helps keep your makeup looking perfect at all times. It can evenly regulate the skin water and oil, so that the base makeup will show a natural sense of hydration.

### 欧缇丽推出升级版白藜芦醇提升紧致系列

Caudalie为追求自然衰老，注重自我肌肤健康的群体研发出升级版的白藜芦醇提升紧致系列。新系列在其原有的专利成分中新添加了植物胶原蛋白成分——纯素胶原1，它能更有效的增加胶原蛋白纤维和加强肌肤紧致度。新成分与配方中原有的纯素胶原蛋白萃取物、葡萄白藜芦醇、天然透明质酸共同作用，由内而外激活胶原蛋白再生，从而紧致润泽肌肤。新系列共推出了瞬间紧致精华、紧致面霜、紧致晚霜及眼部啫喱共4款新品。

### Caudalie's Relunched and Reformulated Resveratrol-Lift Range

Caudalie has introduced the next generation of its pro-ageing Resveratrol-lift range which has been updated with plant-based collagen, called Vegan Collagen 1. The new ingredient has been combined with Caudalie's exclusive patent, which according to the brand, makes the range even more effective at boosting collagen fibres and reinforcing skin firmness. The formula also includes Caudalie's exclusive Vine Resveratrol, claimed to stimulate protein activity within the skin; natural hyaluronic acid, to plump and hydrate; and a vegan collagen booster which further firms the skin. The collection features an Instant Firming Serum, Firming Cashmere Cream, Firming Night Cream and Firming Eye Gel Cream.

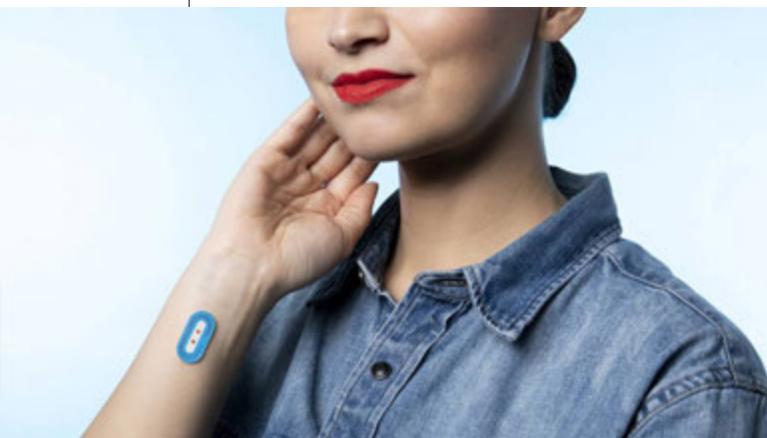


### Subtle Energies 生物活动系列面世

在品牌成立30周年之际，来自澳大利亚的Subtle Energies推出了全新的生物活性系列，挑选质量最好、最纯净的自然成分，即刻带来显而易见的效果。系列除了产品之外，还研发了相应的脸部和按摩疗程。纯素胶原蛋白精华蕴含模仿人体胶原蛋白的蛋白质成分，可充当天然填充剂恢复肌肤弹性和丰盈度。多分子透明质酸精华在大量透明分子、石榴提取物及澳洲特有的卡卡杜李的共同作用下，达到均衡肤色、提升肌肤保湿度的效果。石榴酵素面膜是一款去角质面膜产品，其所含的活性芳香物质和植物成分，能温和去除肌肤老废角质，增加肌肤新陈代谢速度。

### Subtle Energies Unveils New Bioactive Aesthetic Line

In celebration of its 30th anniversary, Australian skincare brand Subtle Energies has unveiled a bioactive aesthetic line which delivers an instant “cosmetic look and feel”, using only the best and purest natural ingredients, which in turn give you transformative results. Biotechnology Skincare includes three products, along with complementary facials and advanced holistic massages. Vegan Collagen Serum has been formulated with proteins that mimic human collagen to act as a natural filler and restore elasticity and plumpness. Designed to help improve skin tone and moisture levels, Multi Molecular Hyaluronic Acid serum offers a broad range of molecular weights combined with pomegranate extract and kakadu plum. Pomegranate Enzyme Mask includes active aromatics and botanicals and is intended as a gentle exfoliator.



### 理肤泉可穿戴皮肤pH检测设备

皮肤的pH值失衡不仅会让肤质变差，还会引发炎症、湿疹、皮炎等疾病。欧莱雅旗下护肤品牌理肤泉与Epicore Biosystems合作开发出全球首款可穿戴皮肤pH检测设备。该设备就像一个十分小巧的贴纸，简单两部即可完成检测。首先将传感器置于自己的手臂内侧，放置5到15分钟——直到贴纸中间的两点变色。然后，打开My Skin Track pH应用程序，对着传感器拍照。App通过高级算法读出pH值以及皮肤表面的出汗率，从而评估皮肤的健康情况，做出定制化的理肤泉产品推荐，帮助用户呵护皮肤，实现酸碱平衡。

### My Skin Track pH by La Roche-Posay

My Skin Track pH by La Roche-Posay is the first wearable sensor and companion app to easily measure personal skin pH levels and create customized product regimens to better care for skin. My Skin Track pH provides an accurate pH, reading via a simple two-step process: The wearer places the sensor on their inner arm, leaving it in place for 5-15 minutes—until the center two dots take on color. Next, the wearer opens the My Skin Track pH app and photographs the sensor. Utilizing an advanced algorithm, the app reads the pH measurement, as well as the wearer's local sweat loss to assess skin health and make customized La Roche-Posay product recommendations to care for skin and balance pH. My Skin Track pH was created by L'Oréal in partnership with Epicore Biosystems, the industry leader in microfluidic platforms and soft wearable sensors.

### Giiro Bot姿势矫正机器人

Giiro Bot是一款小巧可爱的智能个人坐姿/站姿纠正教练。双脚放在Giiro Mat感应垫上，Giiro Bot就开始对你的姿势进行监测。当你的姿势不正确时，Giiro Bot小机器人会立即指出，让你恢复正确的姿势。Giiro Bot还会时不时提醒你做伸展运动，配套的Giiro App上提供各类拉伸运动视频，帮助你放松身心。Giiro Mat感应垫上有600个传感器，每个传感器都有一千多个压力等级。Giiro Mat与Giiro Bot实时同步数据，提供更准确、更即时的指导。Giiro设计了成人和儿童两种版本，亦能鼓励孩子们养成保持正确坐姿的习惯。

### Y-Brush声波牙刷

Y-Brush电动牙刷的外形与传统牙刷大相径庭，刷头部分是一个硅胶牙套，牙套上布满无数根呈45°的尼龙刷毛，使用声波震动技术，并采用美国牙医协会(ADA)所推荐的巴氏刷牙法，可深度清洁牙齿表面及牙龈线周围，有效去除牙菌斑。刷牙时先把牙套上挤上牙膏，然后先后套在上齿和下齿，打开开关，随着刷毛的震动，口腔做咀嚼运动，只需要10秒钟时间就可以达到传统牙刷两分钟的效果。Y-Brush共有四种尺寸设计，可完美适用各种人群，像护齿器一样贴合每颗牙齿的轮廓。

### Y-Brush Sonic Toothbrush

Brushing your teeth and taking care of your gums is important. Doing it all in one go is even better. Designed in collaboration with dentists, Y-Brush sonic toothbrush provides complete and effective brushing in a single gesture. It's thanks to its Y shape which enables brushing all the teeth of one jaw at the same time. It is super flexible and it adapts easily to your jaw. There are thousands of nylon bristles inside the brush head. They effectively remove dental plaque. It's very easy to use. Insert the brush into mouth. Gently nibble. Turn from left to right. That's it! It features 3 months of battery life and is portable wherever you go.



### Giiro Bot Personal Posture Coach



Giiro Bot is a personal posture coach for your standing desk. Simply stand on Giiro Mat, and Giiro Bot will monitor your posture throughout the day. When you slip into bad posture, Giiro Bot will let you know what's wrong so you get back to proper posture again. Giiro Bot even reminds you to stretch from time to time. Giiro App has stretching programs to help you loosen up and refuel your focus. Giiro Mat is extremely accurate. It has 600 sensors, each with over a thousand pressure levels. Giiro Mat syncs its data with Giiro Bot in real time for more accurate and immediate coaching. You can also check your progress on Giiro App. What's more. Giiro Bot has Amazon's Alexa built in, so you can communicate with Giiro and control your smart appliances by voice. Giiro comes in various versions, including Giiro Kids. This encourages kids to develop a habit of keeping good posture.

# 身心兼顾 脑力提升



功能性食品  
2024年关键趋势，  
SpaChina年度健康趋势  
调研系列一。  
报告人：主编 高菲

## 根

据美国《新营养商业》最新的消费者研究显示，大约21%的美国人声称他们正在服用一些能改善情绪状态和心理健康的食物。研究报告说，年轻人更偏向去寻求这种对心情和心智有益的功能性食品，其中人数最多的消费年龄段是25-34岁，占据了30%，而其他年龄段的需求则不明显，哪怕是65岁以上需要进一步提升营养状态的人群，也只有12%在选择这类功能性食品。

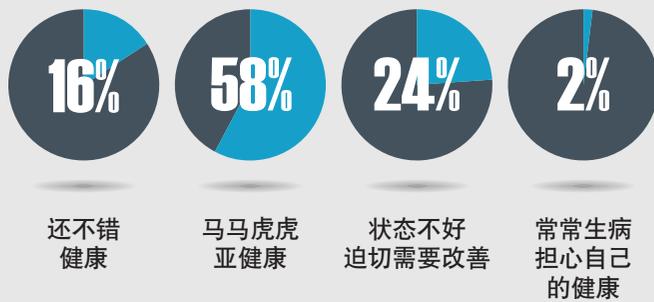
SpaChina在2023年末进行的营养品和功能性食品的调研结果也显示出，25-40岁的年龄段的中国人，正在进一步渴望从功能性食

品中获得健康益处。和过去20年曾经盛行的预防疾病的保健品不同，现在的中国年轻消费者对能帮助他们提升情绪状态、应对压力和焦虑、改善代谢和睡眠问题的食品的兴趣很高，其次是各种日常必需的营养素和抗衰老品类，其中以益生菌、美白丸和胶原蛋白类居首。

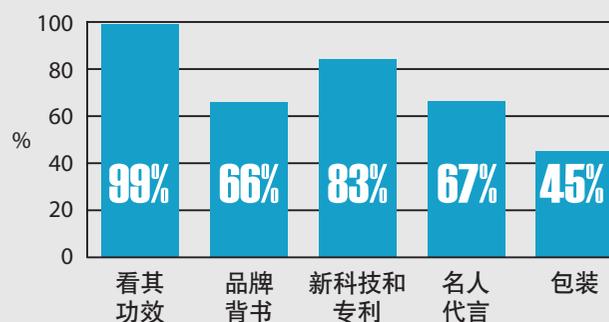
被调研者们认为，这些需求是急不可待的，在他们日常的优先事项清单中排名很靠前。SpaChina同时还了解到，他们其中的66%看中这些功能性食品和营养品的品牌背书；83%认为拥有新科技和专家专利来帮助产品实现有效吸收和功效提升很重要；99%认为功效是最终的目标；42%愿意从体验过的熟人那里获取建议，跟同购买；34%愿意



## 目前自己的健康状态



## 选择功能性食品/营养品时



从自己常常去的健身中心和美容院、SPA商家等线下渠道购买。

更有趣的是，表示愿意直接线上购买功能性食品和营养品的客人比想象中的要少，只有48%。而所有被调研者里，94%的客人表示如果能线下先体验，线上再复购的话，他们愿意在线上持续购买。

## 肠道PLUS：益生菌的潜力

有关益生菌的肠脑连接已经在主流媒体和社交媒体上被讨论，而益生菌现在已经拥有了被广泛接受的健康光环。因此，许多发酵乳品品牌在强调并反复谈论有关益生菌带来的消化健康和免疫力提升等益处，并认为在现有的产品之上，添加能给到心情愉悦和心智益处的产品，将会是未来更多的益生菌品牌用以提升其产品吸引力的方式。

最好的例子是2021年由日本的养乐多本舍推出的Yakult 1000，该饮料每瓶含有100毫升的Lactobacillus casei strain Shirota，这其实是和最早期推出的养乐多益生菌乳饮品第一代中完全相同的菌株，但在Yakult 1000中的浓度是所有养乐多饮品中最高的，据说可以短暂缓解压力，改善睡眠质量，当然，还有益生菌必需拥有的调节肠功能功效。

养乐多是最成功的益生菌乳饮品生产和营销商，在亚洲和南美也是一个十分有名的品牌。1935年成立至今，年销售额超过25亿美元，在美国的销售额超过1.3亿美元，还在不断攀升中。养乐多(中国)集团在中国大陆地区已经有21年，开设了52家分公司和7处生产基地。而推出两年的Yakult 1000，现在看来就是过去20年中最成功的产品之一，全球销售额已经超过85亿美元。

很多人可能将Yakult 1000的成功归因于企业的实力和有力的营销。但这其实低估了养乐多本身对健康热点要素的把握，以及其本土日本消费者们的健康知识。日本在健康产业上素来领先，消费者们自1950年代以来，就非常熟悉益生菌及其益处。

对于产品的主要争议在于其提出的在“心情和心智”方面的功效，这个说实话很难评估，至今尚无从用户手里获得的一手数据。

## 本次被调研者

SpaChina从上海、北京、成都、杭州、深圳五个城市的读者中募集了300名被调研者，分三个年龄段，20-35岁，36-45岁，46-60岁，各100人，参与了这项关于功能性食品的调研。人均家庭年收入25万起。





但从日本社交媒体上显示出的Yakult 1000的惊人增长量和强大的复购率，可以看出消费者还是很看好这些附加功效的。因为唯一能够保证复购的，就是“实际产生的功效”，以及适宜消费者长期饮用的“合理的价格”。<https://www.yakult.co.jp/english/inbound/yakult/>

另一家长期以来以科学为基础的推动健康行业变革的企业，是总部位于瑞典的Probi，该公司最近推出了一款名为Probi®普诺碧®Sensia的产品。据说可以解决心情、睡眠和压力问题，据该公司称，该市场在过去五年里增长了30%。

其母公司Probi®普诺碧®诞生于瑞典隆德大学的一个研究项目，最初的目的是研发和探索对危重病人使用特殊的益生菌是否能够提高治疗效果并改善他们的康复机会。这个从19世纪80年代中期开始的项目获得成功，公司为目前研究最多的菌株——植物乳植杆菌299v (LP299V®)，提交了专利申请。1991年，Probi®普诺碧®正式成立。

1994年，Probi®普诺碧®基于LP299V®菌株研发出一款水果饮料ProViva，正式进入了瑞典商业市场。2005年向市场推出了Probi®普诺碧®的肠道健康概念产品Probi®普诺碧®Digestis。2010年推出了免疫健康概念产品Probi®普诺碧®Defendum。一年后，与美国签署的第一份美国膳食补充剂协议，正式开启了公司在北美市场的快速扩张。2016年，公司对益生菌对铁元素吸收的影响的反复临床研究获得了令人满意的结果，并相应的推出了Probi®普诺碧®Iron Absorption。

在2016年收购美国公司Nutraceutic后，Probi普诺碧®真正地成为了一家全面涉及益生菌研发、发酵、生产、质量、监管、营销和销售等的纵向一体化公司。2018年，Probi普诺碧®再次进入全新的健康领域，研发并推出了有益于骨骼健康，并经过广泛临床验证的益生菌概念产品Probi普诺碧®Osteo。而最新的Probi普诺碧®Sensia则再一次让我们关注到疫情后益生菌市场的火热。<https://www.probi.com/solutions/>

[probiotic-portfolio/probi-sensia/](https://www.probi.com/solutions/probiotic-portfolio/probi-sensia/)

2020年登陆中国A股创业板的中國益生菌第一股，科拓生物的“益生和美”品牌，建立了亚洲最大乳酸菌菌种库，根据中国人的饮食习惯、生活环境，以及代谢水平，研发了应对肠道、睡眠、免疫、口腔和皮肤、慢性病等多样的益生菌产品。如今正积极和SPA与美容行业合作，通过个人检测来提供个性化产品，受到了广泛的好评。

## 神经和免疫强化：菌菇热潮

越来越多的蘑菇品种在建立心情和心智市场中发挥了独特的作用。

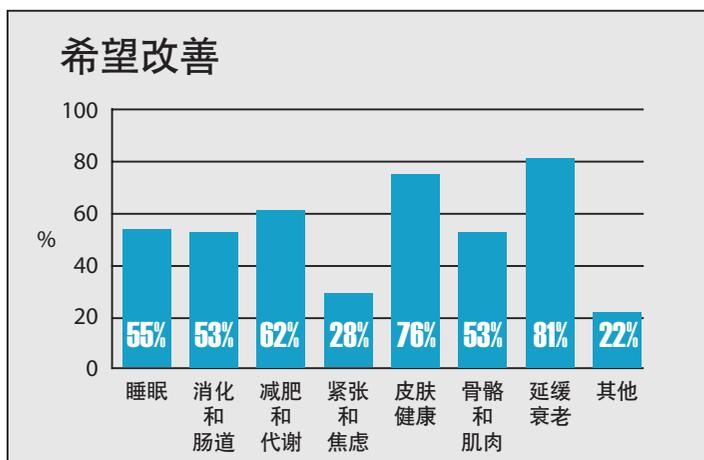
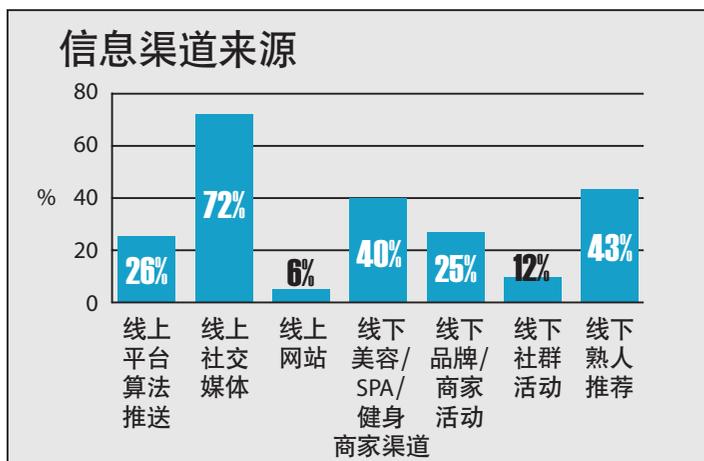
最近最火的要数猴头菇了(Hericium erinaceus)，这种外观独特的真菌，在传统中医中有很长的历史。它是几种颇具保健功效的菌菇之一，最关键的功效之一是促进神经健康。猴头菇被认为对神经系统有益，有助于改善记忆和认知功能，含有神经生长因子(NGF)这种有助于神经细胞生长和维护的蛋白质。此外还包含了多糖类物质，有增强免疫系统功能的潜力，有助于对抗感染和疾病，多酚和酚类化合物则能抗氧化。还有一些研究表明，猴头菇可能对血糖水平有调节作用，对于预防和管理糖尿病可能有一定帮助。

SpaChina调研发现，参与调研的年轻群体25-40岁的消费者们，通常以心情和心智作为消费的动机。他们年轻、信息丰富，积极寻求来自多个来源的功能性健康食品的信息，社交媒体通常是最重要的信息交换平台。这些消费者中的95%在他们产生购买之前，其实就已经决定了他们正在寻找的产品成分和益处。

而由心情和心智所主导的市场，并不是由市场所推动的，而是由消费者们互相自主拉动的。猴头菇燕麦片品牌Forij的创始人，和国内的中医医生一样，都发表过同样的言论：“我们想告知大家猴头菇的功效，但收效甚微，没人关注我们的灌输。但有趣的是，购买者们通常都是反着来的，他们基于希望寻找有助于脑部健康和神经健康的营养补充剂这一目标，然后发现了猴头菇，最后就来购买了添加猴头菇的燕麦片，或者去寻求了猴头菇相关的食品。”

总部位于美国西雅图的Forij是一家创业品牌，创造了一种添加猴头菇的口感更好的健康燕麦片，2020年推出后销量喜人，在美国Sprouts和Albertsons这类商店里都可以购买到。<https://www.forij.co/pages/our-mushrooms>

SpaChina调研显示，中国人最信任的菌菇当属灵芝和虫草。这两种仙草级别的真菌类菌菇在各个年龄层级深得人心。各种保健



品也早已充斥了市场，价格昂贵。但作为功能性食品进入到食物类的不多。调研显示这同中国人的饮食习惯有关，三餐热饭还是中国人的诉求，而不像欧美会有很多麦片、饼干、能量棒类的食品被添加。但20-40岁的人群中有33%表示自己愿意有这样的西式早餐，27%愿意有此类运动能量补充点心例如能量棒，40%希望可以有这样的下午茶点心。

## 睡眠和心情愉悦： 天然功能GABA与花青素

“让自己心情愉悦”这一目标，在调研中显示的排名很高，97%认为希望自己吃得愉悦，吃得解压。这种愉悦需求已经渗透到各种零食类。例如，许多人将巧克力和甜品作为愉悦心情的一种方式。

对于功能性产品来说，巧克力是一种很优质的成分，被调研的消费者中的46%都了解黑巧克力所具备的营养和保健功效，巧克力显然已经是一种使人感觉更好的食品了。

在日本，糖果巨头江崎固力果公司2019年全新推出了心理平衡巧克力GABA品牌，取得了持续增长的成功，号称可减轻压力。巧克力本身就天然含有低水平的GABA，这是一种镇定神经系统以减轻焦虑的神经递质。

江崎固力果公司的宣传技巧是提醒大家了解GABA成分在巧克力中自然存在，是完全天然的功能性成分，其次是公司刚刚在最新的心理平衡巧克力中增加了该成分的比重，以进一步帮助消费者实现这一益处。该品牌曾于2005年首次推出，但当时反响不明显，2019年进行了翻新并扩展了产品系列，之后正逢疫情造成的情绪低迷和抑郁，于是市场一下子打开了。如今，这种巧克力在日本的每个便利店和超市都能找到。<https://www.glico.com/global/>

年轻人对巧克力的喜好正在不断增长。来自于比利时的Pierre Marcolini，在2016年进入中国后就以其完美的口感和唯美的造



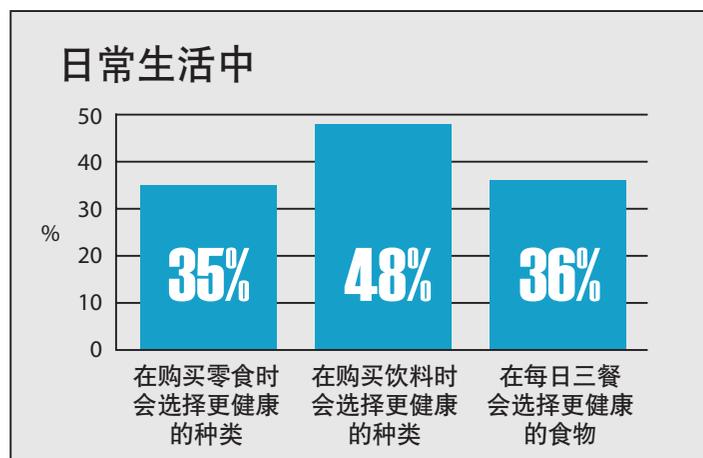
型吸引了消费者，粉丝群体一路攀升，如今在上海、杭州、南京、北京、成都、深圳和三亚成功开设了10家店铺。2023年还特邀成为了SpaChina峰会的甜品巧克力合作伙伴，在活动现场人气超群，被赞誉“P/M带来的愉悦感爆棚”，为峰会带来了令人难忘的亮点。<https://eu.marcolini.com/en/>

另一家利用天然功能成分的品牌是总部位于新西兰的Arepa，他们立足于神经科学，与一些世界顶级的神经科学家和食品技术专家合作，共同研发了Arepa配方，推出了一款饮料，其活性成分包括新西兰黑加仑，这是一种含有非常高花青素含量的特定品种，还有Enzogenol®松树皮提取物，以及绿茶的L-茶氨酸。该公司投资了研究其成分组合对认知健康的益处，把这种功能性饮品称为：头脑饮品The Brain Drink，功效直指“保持大脑清晰思考”和“帮助缓解脑雾、增强注意力、减轻压力和克服心理障碍”。

Arepa是一家商业成功的公司。五年前推出该饮品后，如今它已被陈列在澳大利亚和新西兰的超市、加油站和便利店中，让人唾手可得。它的成功得益于人们在喝这种饮料时可以感受到的差异，但又完全被其全天然的配方所吸引。“全天然”成分、良好的口感、出色的包装和充满科学性的巧妙营销，也使该品牌快速进入了新加坡和日本市场。<https://drinkarepa.com.au>

## 保持年轻： 胶原蛋白，蛋白质和氨基酸

各个年龄段的女性，尤其是Z世代和千禧一代，已经热衷于胶原蛋白，认可其对皮肤、头发和指甲的益处。甚至很多素食的年轻人，也将其描述为植物性的营养补充剂(其实是动物来源)。胶原蛋白已经成





为许多人的常规必备品。现在就连雀巢也加入了胶原蛋白的业务。

胶原蛋白，一种有价值的蛋白质，具有良好的增长前景。全世界的消费者对“对我有效的东西”的渴望，使他们对跟胶原蛋白有关的创新持开放态度。

一些品牌正开始意识到这一潜力。例如，挪威骨汤品牌Freja在英国推出其鸡汤和骨汤的产品系列中，除了介绍胶原蛋白对皮肤、头发、指甲和关节的益处，还在向消费者介绍其更广泛的好处，如减少炎症和改善肠道健康，以及氨基酸所能提供的对潜在情绪和思维状态的改善效果。比如，Freja解释了甘氨酸如何能促进更好的睡眠，以及氨基酸作为蛋白质的构建块在支持肠道健康方面的重要性，因为谷氨酰胺是身体需要支持肠道黏膜的重要氨基酸。有证据表明甘氨酸和脯氨酸有助于改善消化，减少炎症并促进有益肠道细菌的生长。<https://frejafoods.com>

调研结果显示对胶原蛋白的需求不太可能消失。SpaChina通过抖音关键词搜索和抖音的数据了解到，胶原蛋白的搜索次数一直居于榜首，可见人们永远希望获取能让他们自我感觉良好，且变得状态更好的事物，并在看到功效后不断复购。随着胶原蛋白的更多益处被发现，我们预测未来的市场需求应该会进一步增长。

## 生酮饮食：健康的新陈代谢

现在的年轻群体中也开始出现代谢综合症，这是指超重、高脂、血糖高和血压高的组合，也就是我们常说的三高人群。与其说这



是一种慢性病，不如说现在已经是一种流行病了。

在欧美出现了一个新词汇：“代谢健康”。大多数人虽然不清楚到底是指的什么，但都不想体重超标，也不希望被诊断为糖尿病，更不想小小年纪就开始血压高。

在过去的10年里，有关代谢健康与各种精神疾病之间联系的研究也已经越来越多了。被称为代谢精神病学或营养精神病学的领域认为，至少在某种程度上，精神健康状况与身体的代谢状况十分有关。也就是说，代谢综合症会影响到情绪和精神状态，带来深层次的危害，且彼此影响，令情况越来越糟。

改善精神状态固然重要，但在这种情况下，对于代谢综合症的营养干预就更为重要。在近十年来对大众来说较为有效的，可以说还是生酮饮食。生酮饮食是在1920年代



为患有癫痫的人设计的医学饮食，遵循生酮饮食可以将癫痫发作的发生率降低85%，至今仍然被作为医学处方，而现今则更多地被运用到了减脂减糖的饮食配置里。

研究人员正在广泛地研究较低碳水化合物和较高脂肪饮食对改善各种心理健康状况的潜在有益影响。其中一个先进的领域是治疗阿尔茨海默病，随着人口老龄化的加剧，这是个越来越成为流行病威胁的疾病。大脑胰岛素抵抗作为与阿尔茨海默病相关的因素已经有了充分的文献支持，以至于一些研究人员将阿尔茨海默病称为“3型糖尿病”，继而饮食的干预就会越来越重要。

虽然我们似乎把话题专业化和医学化了，但SpaChina了解到，我们的被调研者们中的98%都表示喜欢从医疗的角度和专业的角度来了解更多的营养学知识，更多运用到自己的日常饮食之中，或多或少地有效运用功能性食品来保证自己的健康。他们中的37%表示会从社交媒体平台关注一些类似于“丁香医生”那样的健康科普知识，对照自己的日常生活并注意和自己有关的重点。

## 血糖影响：血糖、情绪、体重相互关联

“更好的情绪及健康的体重”这一话题，展现出了消费者对血糖管理方面的兴趣。如果在社交媒体上搜索，你就会发现这是一个相当热门的话题。法国葡萄糖女神Glucose Goddess，本名Jessie Inchauspé的她拥有280万以上的粉丝，是一位严肃而可信赖的影响者，拥有生物化学和分子细胞生物学的学位。她网站的标语是：“魔法来自于此，而这都始于科学”。Magic starts here. And it's all science. <https://www.glucosegoddess.com>

她开始研究你吃什么与你感觉如何之间的关系，这是因为她自己曾经对情绪不佳进行过斗争。Jessie发表了有关不同食物组合以帮助管理血糖波动的观点，通过管理血糖波动点，从而实现更好的情绪。于是她当之无愧地成为了许多年轻消费者寻求帮助，并获取良好信息的可信赖人选，她的社交媒体平台也火了起来。

在血糖、情绪、体重相互关联与否的方



面，SpaChina发现中国的被调研者中有78%相当在意这三者之间的关系，可以理解被调研的群体，似乎是比上一代人更容易感到容貌与健康焦虑的一代。并且，血糖和血压偏高的年轻化趋势也越来越明显。

许多食品公司都在计划推出更好地进行血糖管理的产品，甚至有的在研发更好的糖尿病人代餐。市场确实还有巨大的空间，可以创造出一些含有脂肪或蛋白质，却不含或含较少糖分的功能性食品配方，以能在不引起血糖波动的情况下享用美味，并衍生出健康附加值，无论是进行体重维持，还是改善精神健康。总体来说，蛋白质，特别是乳制品，由于对血糖的低影响而具有竞争优势。

通用磨坊的Good Measure零食品牌，推出了各种血糖友好的富含营养的零食，被誉为：“血糖友好零食”，十分美味愉悦，且有助于保持血糖稳定。https://allingoodmeasure.com

此外，还有NotCo，这是一家Plant Based植物性企业，使用人工智能(AI Powered)来设计其产品，推出了一款经过精密计算的“有助于调节血糖”的能量棒，同时也展示了其植物蛋白含量。听着有点过分，但不得不说其理念超前，考虑到了很多素食者的需求，而素食主义无论是实际意义还是流行所趋，在欧美还是有日益增长的势头，如今素食在中国也开始火起来了，而这并非关于宗教信仰。https://notco.com

## 接受脂肪： 健康美和身心获益

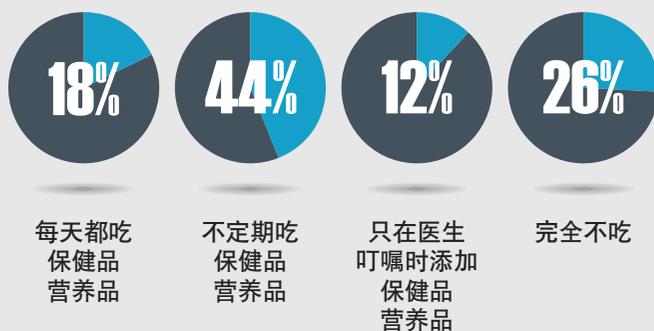
SpaChina调研结果显示94%的被调研者不了解身体和精神之间是相辅相成的。被调研者中的67%在了解到精神层面与心灵和身体的关联后，表现出了浓厚的兴趣，希望能获得同时让身心获益的功能性食品和营养补充剂。

SpaChina在调研中还发现，即便“瘦身、减肥”依然是健康关键词，但明显在20-35的年龄组中显示出越来越不介意脂肪的摄入，这个年龄段的被调研者中有64%认为自己的体形状态很好，也不介意饮食中摄入更多脂肪。同时他们懂得饮食中的蛋白质、脂肪和碳水化合物需要有个很好的平衡，才能更为健康。

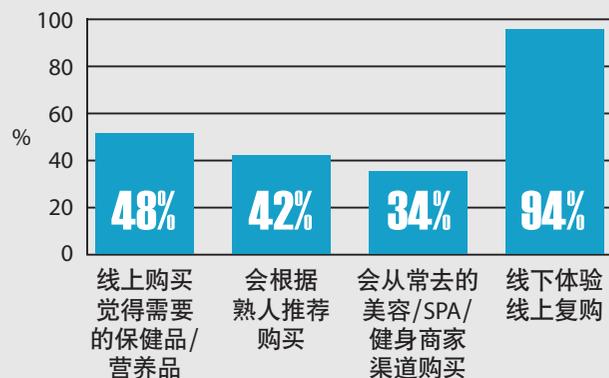
这个年龄组已经在摆脱对脂肪的恐惧方面走在前列，与总部位于美国的消费者洞察公司HealthFocus International发现的调研结果一样。在美国，只有21%的18-29岁的人认为减少脂肪是健康的。而超过65岁的人中有47%这样认为。年轻的消费者正在推动像LoveGoodFats这类品牌的成功，该品牌在5年内从零增长到2亿美元的销售额。而LoveGoodFats巧克力棒每40克份量通常含有13克左右的脂肪。

LoveGoodFats还计划在将来把体重管理和提升情绪的双重好处融合到同一产品中，其市场承诺计划是减少碳水化合物，增加脂肪、蛋白质的组合，提供“更好的血糖”，以带给身体更佳的情绪和心智，

## 目前状况



## 购买渠道和方式



并通过社交媒体与更多年轻消费者的健康信仰建立起良好的连接。但有意思的是，这些产品将不会带有关于体重管理的保证，只是通过科学的配方，将自己的产品做得更健康和有吸引力而已。https://lovegoodfats.com/

SpaChina看到，新兴科学和营养学理论，正以飞快的传播速度通过线上社交媒体和线下口口相传。这一现象反映了消费者对食品和健康信仰的日益多样化，也让我们看到了每个有个性的健康食品和饮品企业，正在进行“属于自己的健康研究”，推动着这类变化的进程。

从未来10年来看，更多的健康方面的信息会通过社交媒体来更迅速与广泛地传播。因为从我们SpaChina的调研报告中可以看到，目前线上获取自己想要的产品的百分比是48%，这个比例虽然不大，但他们中的6成是20-35岁消费者。而美国的数据则是18-34岁群体中的52%通过社交媒体获取食品和健康建议。对于他们来说，社交媒体就是主流媒体，而这一群体在未来10年必定扩大，而线上的品牌营销、健康教育、购买便捷化、售后服务等相关配套业务则必不可少。

## 写在最后

我们可以看到，营养科学是在不断进化的，过去十年曾经被认为是边缘的想法，在如今也可以变得主流，最好的例子是对糖类和饱和脂肪的见解的改变。

在提供给消费者最有价值的健康建议的时候，新点子就出现了，就有可能创造出新的市场。我们在本文中提到的大多数成功品牌和案例，都来自于该品牌的创新思维，并基于市场的需求，通过提供符合年轻一代的便利饮食和生活方式，而带来科学可信的健康益处。很大程度上，这也是一种对原有传统食品和产品的革新和重新创造。

未来，很多现今主流营养的规则还会进一步发生改变，这是因为科学也在不断的进步。这种改变会带给我们对固有思维方式的颠覆。只有愿意保持开放思维的人，才能创造出全新、有趣、适应变化的产品。

# Balancing Body and Mind

# Enhancing Cognitive Abilities

Key Trends in Functional Foods for 2024 - SpaChina  
Annual Health Trends Research Series One,  
Reported by Fifi Kao



According to the latest consumer research from the American publication “New Nutrition Business,” approximately 21% of Americans claim to be taking food that can improve their emotional and mental health. The research report states that young people are more inclined to seek functional foods that are beneficial to their mood and mental well-being. Among them, the age group with the highest number of consumers is 25-34 years old, accounting for 30%, while the demand from other age groups is not significant. In fact, only 12% of people aged 65 and above, who need to further improve their nutritional status, choose such functional foods.

SpaChina’s research on nutritional sup-

plements and functional foods at the end of 2023 also shows that Chinese people in the age range of 25-40 are increasingly eager to obtain health benefits from functional foods. Unlike the health products that were prevalent in the past 20 years designed for preventing disease, today’s Chinese consumers have a high interest in foods that aim to improve emotional states and help cope with stress and anxiety, and improve metabolism and sleep issues. The top preferences include probiotics, whitening products, and collagen.

Survey participants believe that these needs are urgent and are prioritized high in their daily to-do lists. However, SpaChina also learned that 66% of them value the brand endorsement of these functional foods and nutritional supplements. 83% believe that

having new technological advancements and expert patents to aid in the effective absorption and enhancement of product efficacy is crucial. Nevertheless, efficacy remains the ultimate goal, as 99% consider it the final objective. 42% are willing to obtain products from acquaintances with experience, and 34% are willing to purchase from offline channels such as fitness centers and SPA businesses they frequently visit.

Interestingly, the number of customers willing to purchase functional foods and nutritional supplements directly online is less than expected, standing at only 48%. But among all survey participants, 94% express a willingness to continue purchasing online if they first experience the product offline before making a repeat purchase online.



## Gut health plus Unlocking the potential of probiotics

The connection between probiotics and the gut-brain axis has been widely discussed in mainstream and social media, establishing probiotics with a widely accepted health halo. Consequently, many fermented dairy brands are now focusing on probiotics, digestive health, and immunity. We believe that, beyond products with digestive benefits, the addition of products offering mood-enhancing and cognitive benefits will be a future trend for many probiotic brands to enhance their appeal.

A notable example is Yakult 1000, introduced in 2021 by Japan's Yakult Honsha. This beverage contains *Lactobacillus casei* strain Shirota, the same strain used in the original Yakult probiotic dairy drink. However, Yakult 1000 has the highest concentration among all Yakult drinks and is claimed to alleviate temporary stress, improve sleep quality, and, of course, provide the essential gut-regulating effects of probiotics.

Yakult, a globally successful probiotic dairy drink producer and marketer, has been in operation since 1935. With an annual sales revenue exceeding 2.5 billion USD, it is a major brand in Asia and South America, with sales in the United States surpassing 130 million USD and continuously rising. Yakult (China) Group has been present in mainland China for 21 years, with 52 subsidiaries and 7 production

bases. One of their most successful products in the past two years, Yakult 1000, has achieved global sales exceeding 8.5 billion USD.

While some may attribute the success of Yakult 1000 to the company's strength and robust marketing, it underestimates Yakult's understanding of health trends and the health knowledge of its local Japanese consumers. Japan has traditionally been a leader in the health industry, and consumers have been familiar with probiotics and their benefits since the 1950s.

The main controversy surrounding the product is its claimed effects on "mood and mind," which is challenging to evaluate without firsthand data from users. However, the remarkable growth and strong repurchase rates seen on Japanese social media suggest that consumers highly value these additional benefits. The only guarantee for repurchase lies in the "actual effects" produced and a "reasonable price" suitable for long-term consumption by consumers. <https://www.yakult.co.jp/english/inbound/yakult/>

Another company driving health industry transformation based on scientific principles is Probi, headquartered in Sweden. The company recently launched a product called Probi® Sensia, claiming to address mood, sleep, and stress issues. According to the company, this market has grown by 30% in the past five years.

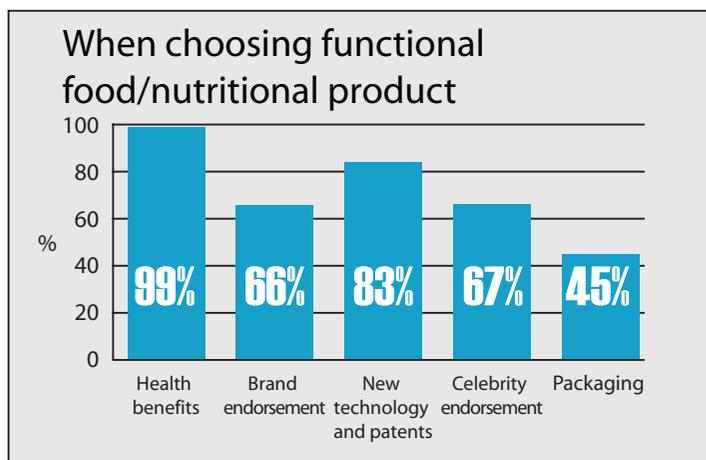
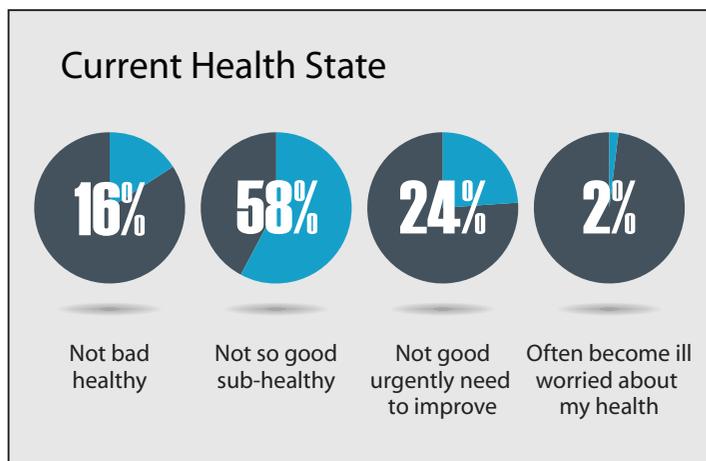
Probi® was born out of a research project at Lund University in Sweden, initially

## Survey targeted participants

SpaChina gathered 300 respondents from readers in five cities: Shanghai, Beijing, Chengdu, Hangzhou, and Shenzhen.

The participants were divided into three age groups: 20-35 years, 36-45 years, and 46-60 years, with 100 individuals in each group. They all participated in the research on functional foods. The average annual household income per person was a minimum of 250,000 RMB.





focused on developing and exploring whether special probiotics could improve treatment outcomes and enhance the recovery chances of critically ill patients. The project, which began in the mid-1980s, was successful, leading to the filing of a patent application for the most researched strain to date—*Lactobacillus plantarum* 299v (LP299V®). In 1991, Probi® was officially established.

In 1994, Probi® developed a fruit drink called ProViva, based on the LP299V® strain, which entered the commercial market in Sweden. In 2005, the company introduced Probi® Digestis, a concept product for gut health. In 2010, they launched Probi® Defendum, an immune health concept product. A year later, they signed the first dietary supplement agreement with the United States, officially commencing rapid expansion in the North American market. In 2016, after repeated clinical studies on the impact of probiotics on iron absorption, the company launched Probi® Iron Absorption.

After the acquisition of the American company Nutraceutix in 2016, Probi® truly became a vertically integrated company involved in probiotic research, fermentation, production, quality control, regulation, marketing, and sales. In 2018, Probi® entered a new health field, developing and launching a clinically validated probiotic concept product, Probi® Osteo, beneficial for bone health. The latest product, Probi® Sensia, once again draws attention to the booming probiotics market post-pandemic.

China's first probiotic company listed on the A-share GEM in 2020, Kanger Biotech's brand "Probiotics and Beauty," has established the largest lactic acid bacteria strain library in Asia. Based on Chinese dietary habits, living environment, and metabolic levels, the company has developed a diverse range of probiotic products addressing gut health, sleep, immunity, oral and skin care, and chronic diseases. Actively collaborat-



ing with the spa and beauty industry, they provide personalized products through individual testing, receiving widespread acclaim. <https://www.probi.com/solutions/probiotic-portfolio/probi-sensia/>

## Neuro-immune boost The mushroom craze

An increasing variety of mushroom species seem poised to play a significant role in the emerging market focused on mood and mental well-being.

One of the recent stars is Lion's Mane mushroom (*Hericium erinaceus*), a fungus with a distinctive appearance deeply rooted in traditional Chinese medicine. Among its highlighted health benefits is its potential to promote neural health. Lion's Mane is believed to be beneficial for the nervous system, aiding in memory improvement and cognitive function. It contains Nerve Growth Factor (NGF), a protein that supports the growth and maintenance of nerve cells. Additionally, its polysaccharides hold the potential to enhance the immune system, helping combat infections and diseases. The presence of polyphenols and phenolic compounds also contributes to its antioxidative properties. Some studies suggest that Lion's Mane may have a regulatory effect on blood sugar levels, potentially aiding in the prevention and management of diabetes.

SpaChina's research indicates that consumers in the 25-40 age group, who actively seek information from various sources on functional health foods, are primarily motivated by mood and mental well-being. Social media is a crucial platform for information exchange among these young and informed consumers. A noteworthy finding is that 95% of these consumers have already decided on the product ingredients and benefits they are seeking before making a purchase.

In a market driven by mood and mental well-being, it is not the market that propels it forward but rather consumers autonomously influencing each other. The founder of Forij, a brand that produces oatmeal with Lion's Mane, shares a sentiment similar to traditional Chinese medicine practitioners: "We want to inform everyone about the benefits of Lion's Mane, but our efforts to educate have seen little attention. However, end buyers usually come in reverse, looking for nutritional supplements that support brain and nerve health, finding Lion's Mane, and ultimately purchasing oatmeal with added Lion's Mane or seeking other foods related to Lion's Mane."

Forij, based in Seattle, is a startup that has created oatmeal with a more palatable texture by incorporating Lion's Mane. Launched in 2020, the product is available in stores like Sprouts and Albertsons in the United States. <https://www.forij.co/pages/our-mushrooms>

SpaChina's research further reveals that the most trusted mushrooms among Chinese consumers are Lingzhi (Reishi) and Cordyceps. These two highly regarded medicinal mushrooms are popular across all age groups. While various health supplements flood the market, with some commanding high prices, functional foods incorporating mushrooms are relatively scarce. Research suggests that this is often linked to Chinese dietary habits, where hot meals remain a primary focus compared to the more snack-oriented preferences in Western cultures. However, 33% of individuals in

the 20-40 age group express a willingness to have such breakfast options, 27% are open to snacks for energy replenishment during physical activities, and 40% hope for afternoon tea snacks with similar health benefits.

## Sleep and joy Natural functional GABA and anthocyanins

Ensuring a joyful mood ranks high in research findings, with 97% expressing a desire to eat in a pleasurable and stress-relieving manner. This quest for pleasure has permeated various snack categories, with chocolate and sweets being popular choices for boosting mood. In the realm of functional products, chocolate stands out as a high-quality ingredient, with 46% of surveyed consumers understanding the nutritional and health benefits of dark chocolate. Chocolate has evidently become a food that makes people feel better.

In Japan, confectionery giant Ezaki Glico revamped and introduced its GABA chocolate brand in 2019, claiming to alleviate stress. GABA (Gamma-Aminobutyric Acid), a neurotransmitter, naturally occurs in low levels in chocolate. The recommended consumption of GABA in the chocolate is 28 mg, known for its calming effect on the nervous system to alleviate anxiety.

Ezaki Glico's promotional strategy emphasizes the natural presence of GABA in chocolate as a completely natural functional ingredient. The company recently increased the

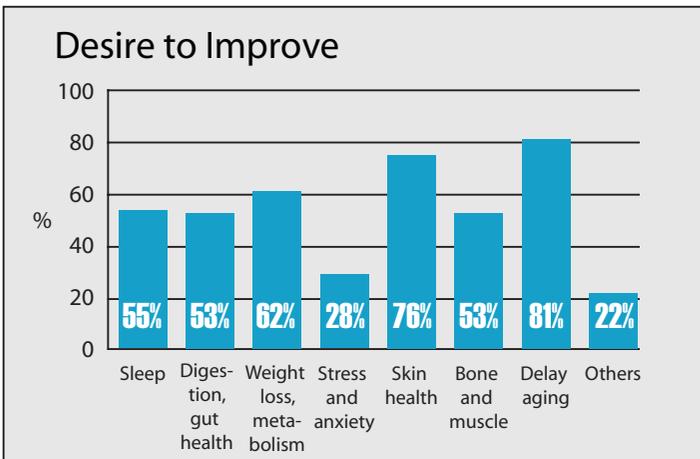
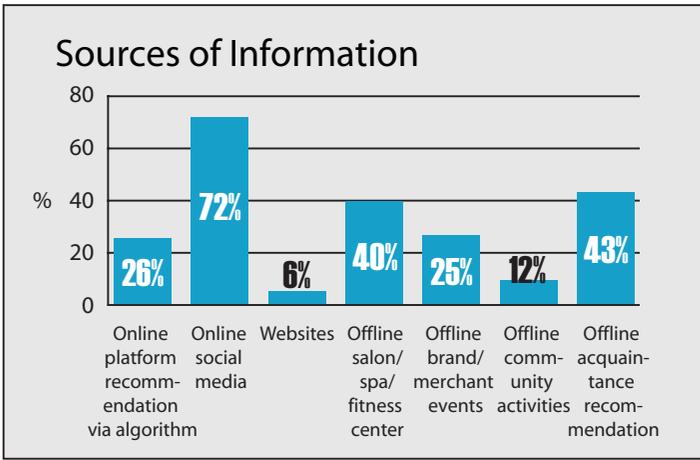


proportion of this ingredient in their latest "Mental Balance" chocolate to further assist consumers in realizing these benefits. While the brand was first introduced in 2005, it saw a significant surge in success after a rebranding and product line expansion in 2019, coinciding with the emotional lows and depression caused by the pandemic. Today, this mood-enhancing chocolate can be found in every convenience store and supermarket in Japan. <https://www.glico.com/global/>

SpaChina's research also indicates a growing preference for chocolate among the younger population due to the sweet and joyful sensations it brings. Pierre Marcolini, hailing from Belgium, entered China in 2016 and rapidly gained a fan base with his perfect textures and artistic designs. Presently, with 10 stores successfully established in Shanghai, Hangzhou, Nanjing, Beijing, Chengdu, Shenzhen, and Sanya, he was invited to be the dessert chocolate partner for the 2023 SpaChina Summit, promising unforgettable highlights. <https://eu.marcolini.com/en/>

Another brand leveraging the advantages of natural functional ingredients is Ārepa, headquartered in New Zealand. Grounded in neuroscience, they collaborated with top neuroscientists and food technology experts to develop the Ārepa formula, introducing a beverage with active ingredients including New Zealand blackcurrant, a specific variety with very high anthocyanin content, Enzogenol® pine bark extract, and L-theanine from green tea. The company invested in researching the cognitive health benefits of its ingredient combination, branding its functional drink as "The Brain Drink," aiming to "maintain clear thinking" and "help alleviate brain





fog, enhance attention, reduce stress, and overcome mental barriers.”

Ārepa stands as a testament to commercial success. Five years after introducing its beverage, it now graces the shelves of supermarkets, gas stations, and convenience stores in Australia and New Zealand. The brand’s triumph is attributed to the noticeable differences’ consumers experience when drinking this beverage, coupled with the alluring appeal of its entirely natural formula.

The brand’s success is rooted in its commitment to “all-natural” ingredients, exceptional taste, outstanding packaging, and a clever marketing approach infused with scientific elements. This winning combination propelled Ārepa into the markets of Singapore and Japan at a rapid pace.

Explore more about Ārepa’s offerings and journey on their official website: <https://drinkarepa.com.au>

### Maintaining youth Collagen, proteins, and amino acids

Women of all age groups, especially Generation Z and the younger Millennials, have shown a keen interest in the benefits of collagen, recognizing its positive effects on skin, hair, and nails. Many young individuals adhering to a vegetarian lifestyle also describe it as a plant-based nutritional supplement. Collagen has become a staple for many in their morning routine, and even Nestlé has joined the collagen business.

Collagen, a valuable protein, also holds promising growth prospects. Consumers worldwide, driven by the desire for “something that works for me,” are open to innovations related to collagen.

Some brands are beginning to realize this potential. For instance, norwegian bone broth brand freja, in its product line of chicken and

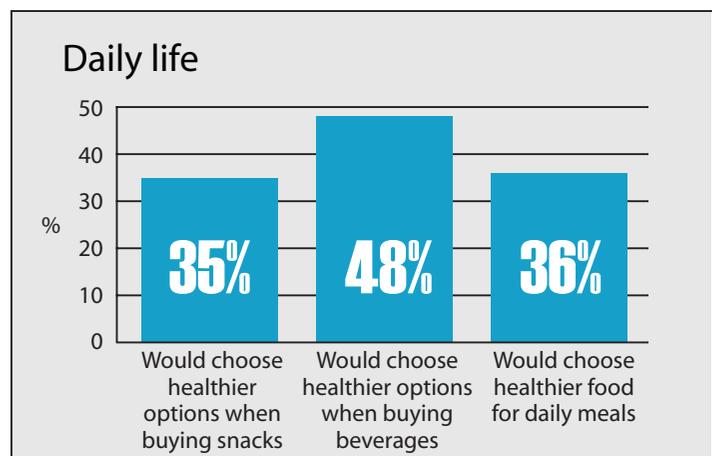


bone broths, not only highlights the benefits of collagen for skin, hair, nails, and joints but also introduces consumers to broader advantages such as reducing inflammation and improving gut health, along with the potential emotional and cognitive benefits provided by amino acids. For example, freja explains how glycine can promote better sleep, and the importance of amino acids as building blocks for proteins in supporting gut health. Glutamine is an essential amino acid the body needs to support intestinal mucosa. Evidence suggests that glycine and proline help improve digestion, reduce inflammation, and promote the growth of beneficial gut bacteria. <https://frejafoods.com>

The demand for collagen is unlikely to diminish. Spachina, through tiktok keyword searches and data, has found that collagen remains at the top in terms of search frequency. This indicates that people constantly seek things that make them feel good about themselves and enhance their well-being, leading to repeated purchases after witnessing the effectiveness. As more benefits of collagen are discovered, it is predicted that future market demand will continue to grow.

### Ketogenic diet A healthy metabolism revolution

Metabolic syndrome, a combination of overweight, high fat levels, high blood sugar, and high blood pressure, is now becoming prevalent, espe-



cially among the younger generation. It can be considered more of an epidemic than a chronic disease.

A new term, “metabolic health,” has emerged in Europe and the United States. While many people may not precisely understand what it refers to, they are aware that they don’t want to be overweight, diagnosed with diabetes, or have high blood pressure at a young age.

Over the past decade, research on the link between metabolic health and various mental disorders has increased. The field known as metabolic psychiatry or nutritional psychiatry suggests that mental health is closely related to the body’s metabolic status, to some extent. Metabolic syndrome can affect emotions and mental well-being, leading to profound harm, with each influencing the other, creating a worsening situation.

Improving mental well-being is crucial, but in such cases, nutritional intervention for metabolic syndrome becomes even more important. One significant and effective dietary approach gaining popularity over the last decade is the ketogenic diet. Originally designed in the 1920s as a medical diet for individuals with epilepsy, the ketogenic diet reduced seizure occurrence by 85%, and it is still prescribed in medical settings. Today, it is widely used in dietary plans for weight and sugar reduction.

Researchers are extensively studying the

potential beneficial effects of a low-carbohydrate, high-fat diet on various mental health conditions. One advanced area is the treatment of Alzheimer’s disease, an increasingly threatening epidemic with the aging population. There is ample literature supporting the role of brain insulin resistance in Alzheimer’s disease, to the extent that some researchers refer to Alzheimer’s disease as “Type 3 diabetes.” Hence, dietary intervention becomes increasingly important.

While the topic may seem specialized and medical, SpaChina found that 98% of the surveyed individuals expressed a preference for understanding more nutritional knowledge from a medical and professional perspective, applying it more or less effectively to their daily diets. Of these individuals, 37% mentioned following health-related platforms on social media, similar to “Dingxiang Doctor,” for health knowledge relevant to their daily lives.

### Blood sugar impact Interconnected relationships among blood sugar, mood, and weight

The trend of “better mood plus healthy weight” in dietary choices has seen rapid growth due to consumer interest in better blood sugar management. This is a hot topic on social media, with influencers like the Glucose Goddess leading the way. With over 2.8

million followers, Glucose Goddess is a serious and trustworthy influencer with degrees in biochemistry and molecular cell biology. Her website’s slogan is “Magic starts here. And it’s all science.”

She began researching the relationship between what you eat and how you feel, driven by her own struggles with poor mood. She shares perspectives on different food combinations to help manage blood sugar fluctuations, ultimately leading to better mood by managing these fluctuations. As a result, she has become a credible source for many young consumers seeking help and reliable information, making her social media platforms highly popular.

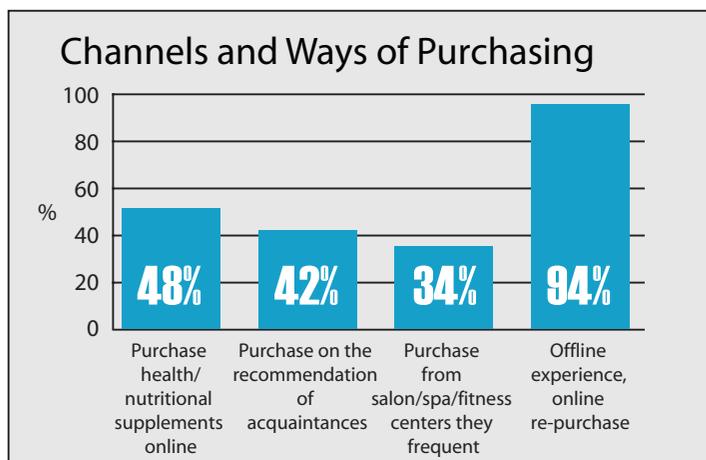
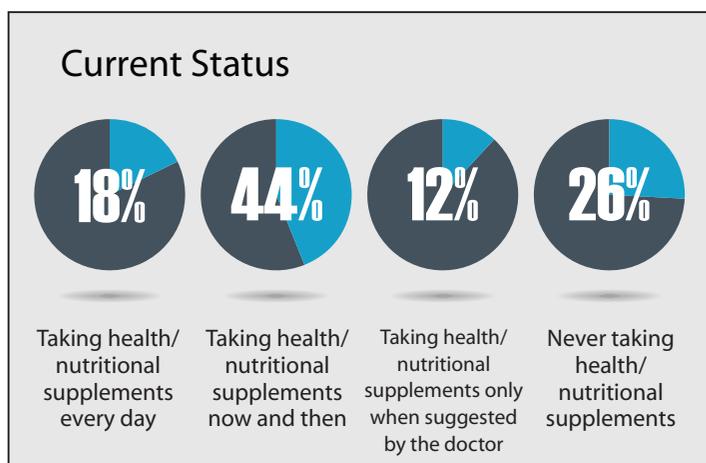
Regarding the interconnected relationships among blood sugar, mood, and weight, SpaChina found that 78% of the surveyed individuals in China are significantly concerned about these three aspects. It seems that the surveyed individuals, compared to the previous generation, are more prone to appearance and health anxiety. Additionally, the trend of younger individuals experiencing high blood sugar and high blood pressure is becoming more evident.

Many food companies are planning to launch products for better blood sugar management, with some even developing improved meal replacements for diabetics. There is indeed a vast market space to create functional food formulations that contain fats or proteins, but minimal or reduced sugar, allowing for delicious consumption without causing blood sugar spikes and deriving health benefits, whether in weight maintenance or mental health. Overall, proteins, especially dairy, have a competitive advantage due to their low impact on blood sugar.

General Mills’ Good Measure snack brand offers a variety of nutrient-rich snacks marketed as “Blood Sugar Friendly Snacks,” which are delicious and contribute to maintaining stable blood sugar. <https://allgoodmeasure.com>

Additionally, there’s NotCo, a plant-based company that uses artificial intelligence (AI) to design its products. They have launched a precisely calculated energy bar marketed as “helpful in regulating blood sugar” while showcasing its plant protein content. Although it might be somewhat ahead of its time, considering the growing trend of vegetarianism in Europe and the United States, NotCo’s concept addresses the needs of many vegetarians. <https://notco.com>





## Embracing fat Holistic beauty and mind-body benefits

SpaChina’s research results reveal that 94% of the surveyed individuals were previously unaware of the interconnectedness between the body and mind. Upon learning about the connection between the mental and physical aspects, 67% of the surveyed individuals expressed a strong interest in understanding functional foods and nutritional supplements that could simultaneously benefit both the body and mind.

SpaChina’s research also discovered that, despite “slimming down and losing weight” remaining key health keywords, the age group of 20-35 is increasingly unconcerned about fat intake. Among 100 individuals in this age group, 64% believe their body shape is good and don’t mind consuming more fat in their diet. They understand the importance of balancing proteins, fats, and carbohydrates in their diet for overall health.

This age group is at the forefront of shedding the fear of fat, as evidenced by research findings from HealthFocus International, a consumer insights company based in the United States. In the U.S., only 21% of those aged 18-29 consider reducing fat as healthy, compared to 47% among those over 65. Young consumers are driving the success of brands like LoveGoodFats, which has grown from zero to \$200 million in sales within five years. LoveGoodFats chocolate bars typically contain 13g of fat per 40g serving.

LoveGoodFats plans to integrate weight management and better mood into the same product in the future. Their market commitment involves reducing carbohydrates, increasing the combination of fats and proteins, and providing “better blood sugar” to enhance both physical and mental well-being. Through social media, LoveGoodFats aims to establish strong connections with the health beliefs of many young consumers.



sumers. Interestingly, these products will not come with weight management guarantees but will focus on making products healthier and more appealing through scientific formulations. <https://lovegoodfats.com/>

SpaChina observes that emerging scientific and nutritional theories are spreading rapidly through online social media and word of mouth. This phenomenon reflects consumers’ increasingly diverse beliefs about food and health, showcasing how every unique health food and beverage company is driving the process of “conducting its own health research.”

Looking ahead to the next decade, more health-related information will likely be disseminated through social media. According to SpaChina’s research report, the current percentage of obtaining desired products online is 48%, with 60% being consumers aged 20-35. In the United States, 52% of individuals aged 18-34 acquire food and health advice through social media. For them, social media is the mainstream media. This demographic is set to expand in the next 10 years, making online brand marketing, health education, convenient purchasing, and after-sales service indispensable.

## Conclusion

Nutritional science is continually evolving, and what were once considered marginal ideas a decade ago are becoming mainstream today. The best examples are the changing perspectives on sugar and saturated fats. When offering consumers the most valuable health advice, new ideas emerge, potentially creating new markets. Most of the successful brands and cases mentioned in this article come from innovative thinking, responding to market demands, and providing scientifically credible health benefits that align with the convenience, diet, and lifestyle preferences of the younger generation. To a large extent, this is also a reinvention and recreation of traditional foods and products.

In the future, many mainstream nutritional rules will likely undergo further changes as science progresses. This change will also bring about a shift in our inherent ways of thinking. Only those willing to maintain an open mind can create businesses that are entirely new, interesting, and adaptable to change.



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# 永恒美丽之旅

就Formetta X Swissline胶原蛋白营养补充剂，专访Swissline品牌总监Custodio D'Avo先生

**在**不断变化的美容与健康领域，瑞士品牌Swissline宣布与Formetta合作推出一项具有突破性意义的项目，后者是由富有远见卓识的生物医学研究员Vanessa Craig创立的精品瑞士营养保健品。他们的合作最终呈现了卓越的Formetta X Swissline胶原蛋白营养补充剂。

“这是一种革命性的胶原修复科技，超越了传统范畴。” Swissline品牌总监Custodio D'Avo先生强调了品牌在胶原专业领域的360度范围的承诺，体现了Swissline对科学卓越的执着。

**您能分享Formetta X Swissline胶原蛋白营养补充剂的关键成分与核心科技吗？**

Formetta X Swissline胶原蛋白的功效在于其科学严谨和经过深思熟虑的配方。该产品在瑞士制造，不仅仅是经临床测试和认证的有效胶原蛋白，同时确保了无任何重金属和毒



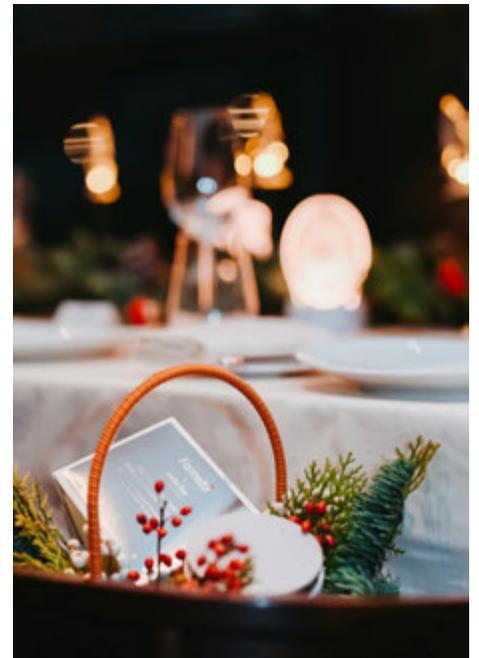
素污染，精心制作，不含糖、人工甜味剂和防腐剂。

配方的核心是天然维生素C的添加，维生素C目前被认为是最终的抗氧化剂和免疫

增强剂。这种关键成分在胶原蛋白的生产和保护中发挥着至关重要的作用。此外，成分还富含甲基磺基甲烷(MSM)、有机芦荟、有机樱桃、有机葡萄籽、天然虾青素、矿物质粉末和辅酶Q10在内的关键成分，都是经过精心选择后根据最好的配比添加的，以确保使用者能获得卓越的胶原增强体验。

**关于Swissline和Formetta的联手，是什么激发了这次合作？**

Swissline和Formetta共同创建的Formetta X Swissline胶原蛋白的合作，是理念合拍的结果。两家公司在苏黎世相遇，并分享了在衰老、护肤和整体健康方面所具备的许多共同信念。两个品牌都认识到现代生活方式可能引发潜在炎症，破坏昼夜节律，导致胶原蛋白过早流失和衰老。在对这些挑战有共同认识的驱动下，我们决定携手，研发过程考虑到了内外部多方面的因素，强调了全面的策



略，旨在从内而外同时解决胶原蛋白缺失的问题。

**请您告诉我们一下这款产品最显著的功效有哪些？**

这款胶原蛋白补充剂的好处多种多样，最显著的功效包含了：

**减少细纹和皱纹：**提供一种显著减少细纹和皱纹外观的解决方案。

**紧致和增添肌肤光泽：**提供一种活力四射的配方，激活肌肤，促进紧致感和年轻的饱满感。

**提高湿润度、弹性和质感：**一种全面的护肤方法，增强湿润度、弹性和整体肌肤质感。

**如何看待消费者在护肤和健康领域不断变化的需求？是什么驱使您决定通过胶原蛋白补充剂来满足这些需求？**

我们认为消费者最终会更多地将护肤和健康纳入自己的掌控范围中，更加关注他们使用的产品，他们的饮食、睡眠方式等。随着这

一演变，对超凡产品与普通甚至质量差的产品进行更好区分的需求也随之而来。归根结底，找到合适的产品也可能成为一种压力因素，因为几乎有数百种胶原蛋白补充剂，它们并未考虑使胶原蛋白具备生物可利用性（即可能代谢或“吸收”），我们也将我们与Formetta的合作视为开始这种对话的一种方式，提高人们对真正有效和无效的认识。

Formetta的创始人Vanessa Craig博士是一位年轻和具有活力的科学家。最早她并非考虑创办一家营养保健公司，而是为了创造一个满足她个人需求的独特营养品。在苏黎世的RIVR医学校区领导个性化和以证据为基础的营养项目，Craig博士通过血液生物标志物分析、DNA分析和深度倾听的方式，通过温和的行为变化实现客户的精准健康目标。她的360°方法考虑了健康的所有支柱，突显了Formetta X Swissline胶原蛋白补充剂的独特性。

在这个创新合作中，Swissline和Formetta在科学和美丽的交汇点相遇。使用者们的反馈都很好，赞扬这款胶原蛋白补充剂为同类

产品中最佳，由卓越的思维基于广泛研究的科学理论而打造，能帮助肌肤保持更长时间的青春。

**如何确保Formetta X Swissline胶原蛋白补充剂能适应中国市场的偏好？**

我们强调品牌致力于胶原专业的彻底的专业性。这款补充剂的设计全面考虑了对密度、饱满度和减少细纹等方面产生临床证实积极效果的科学知识，体现了Swissline对科学卓越的执着。

随着中国消费者们越来越多地寻求超越传统界限的解决方案，我们相信Formetta X Swissline胶原蛋白补充剂能成为创新的象征，引领个体踏上通向永恒美丽的转变之旅。Swissline品牌已经专注于胶原蛋白近35年。与Formetta一样，我们也认为“胶原蛋白”作为成分需要从多个角度来看待，这就是我们所说的360度。

但仅仅将其包含在配方中并不相信胶原蛋白会到达所需部位是不够的。在我们的Cell Shock系列中，包含了两种不同分子量的海洋胶原蛋白，一种是针对胶原蛋白生产的肽的协同作用，另一种是针对胶原蛋白抗糖化的肽，最后还有植物生长因子，可以直接刺激自身胶原蛋白水平的翻新。然而这些技术只有在皮肤的炎症水平保持较低时才能更好地发挥作用。而Formetta配方在这方面非常有帮助，因为它在降低炎症、抗氧化、电解质水调节方面非常有针对性，正是我们在护肤中想要做的事情。

因此，我们为中国的消费者们提供的是一个系统和全方位的护理计划，用护肤品和补充剂共同努力，朝着同一个方向发展。再加上我们在专业SPA里提供的面部护理和技术，我们有信心令中国市场的消费者们满意。



# Embarking on a Journey of Timeless Beauty

**Formetta X Swissline Collagen Supplement, an interview with Mr. Custodio D’Avo, the Swissline Brand Director**

In the ever-evolving landscape of beauty and wellness, Swissline proudly unveils a collaboration with Formetta, a boutique Swiss nutraceutical company founded by biomedical researcher, Dr. Vanessa Craig. Their joint venture introduces the Formetta X Swissline Collagen Supplement, with an approach to collagen refurbishment that transcends traditional norms.

**Can you provide insights into the collaboration between Swissline and Formetta for the creation of the Formetta X Swissline Collagen Supplement? What inspired this collaboration?**

The collaboration between Swissline and Formetta for the creation of the Formetta X Swissline Collagen Supplement was the result of a personal journey. The two companies met in Zurich, where both are based, and discovered that they shared many beliefs regarding

aging, skincare, and overall health. Both brands recognized that modern lifestyle can contribute to silent inflammation, disrupt the circadian rhythm, and lead to a premature loss of collagen, causing individuals to appear older.

Driven by a common understanding of these challenges, Swissline and Formetta decided to join forces. Their collaboration aims to address collagen concerns both from the inside-out and the outside-in, presenting a 360° approach to collagen. This approach emphasizes a comprehensive strategy to promote collagen health, considering factors that impact it internally and externally. The collaboration reflects a shared commitment to holistic well-being and a belief in the interconnected nature of skincare, health, and the aging process.

**What is the main benefit that Formetta could provide?**

The benefits of this collagen supplement are

manifold, promising to:

**Reduce Fine Lines and Wrinkles:** Unveiling a solution that visibly diminishes the appearance of fine lines and wrinkles.

**Firm and Plump the Skin:** Offering a unique blend that revitalizes the skin, promoting firmness and a youthful plumpness.

**Improve Moisture, Elasticity, and Texture:** A comprehensive approach to skincare that enhances moisture retention, elasticity, and overall skin texture.

**Could you elaborate on the innovative aspects and the key ingredients and Technology that set this supplement apart?**

The efficacy of the Formetta X Swissline Collagen Supplement lies in its scientific rigor and thoughtfully curated formula. Going beyond the standard, the collagen peptides are clinically tested and certified high-welfare, ensuring a product free from heavy metals and tox-



ins. Moreover, the supplement is meticulously crafted to be free from sugar, artificial sweeteners, and preservatives.

Central to the formulation is the inclusion of natural vitamin C, recognized as the ultimate antioxidant and immune booster. This essential component plays a pivotal role in collagen production and protection, adding a layer of holistic well-being to the product.

Crafted in Switzerland under the strictest quality control measures, the collagen supplement incorporates advanced formulations with key ingredients, including Methylsulfonylmethane (MSM), organic aloe vera, organic Acerola cherry, organic grape seed, natural astaxanthin, mineral powders, and Coenzyme Q10. Each component has been meticulously chosen for its proven quality and results, contributing to an unparalleled collagen-enhancing experience.

At the heart of this innovative collaboration is Dr. Vanessa Craig, the Founder and Scientist behind Formetta. Her journey began not as a pursuit to establish a nutraceutical company, but as a quest to create a product that fulfilled her own unmet needs. Leading a personalized and evidence-based nutrition program at RIVR medical campus in Zurich, Dr. Craig employs blood biomarker profiling, DNA analysis, and deep listening to achieve precise health goals through gentle behavioral changes. Her 360° approach considers all pillars of health, underscoring the uniqueness of the Formetta X Swissline Collagen Supplement.

In essence, Swissline and Formetta converge at the intersection of science and beauty with



their collaborative creation. Reviews echo this sentiment, praising the collagen supplement as the best in its class, backed by science and crafted by a brilliant mind. Users attest to its effectiveness as the only treatment that truly works to delay the signs of aging, promoting collagen production rooted in extensively researched scientific theories.

***How does Swissline perceive the evolving needs of consumers, particularly in the realm of skincare and wellness? What drove the decision to address these needs through a collagen supplement?***

We believe consumers are finally taking skincare and wellness more into their own hands; paying more attention to what products they use, the way they eat, sleep... with this evolution also comes the need to better differentiate extraordinary products, from those simply ordinary or even offering a poor quality. In the end of the day, finding the right product can also become a stress factor as there are virtually

hundreds of collagen supplements which do not take into consideration the need to make collagen bio-available (meaning, possible to metabolize, or “absorb”), we also see our collaboration with Formetta as a way to initiate this dialogue, grow the awareness of what really works and what doesn’t.

***How has Swissline ensured that the Formetta X Swissline Collagen Supplement is culturally sensitive and adaptable to the preferences of the market?***

I do emphasize the brand’s commitment to a 360° approach to collagen expertise. The supplement has been designed with a comprehensive understanding of the positive effects on density, plumpness, and the reduction of lines, reflecting Swissline’s dedication to scientific excellence.

As beauty enthusiasts seek solutions that transcend conventional boundaries, the Formetta X Swissline Collagen Supplement emerges as a beacon of innovation, inviting individuals on a transformative journey towards timeless beauty and holistic well-being.

Swissline has been focusing on collagen for almost 35 years. Like Formetta, we also believe that “collagen” as an ingredient needs to be approached from several angles – this is what we call 360° - it is not enough to simply include it in a formula and trust collagen will go where it needs to go. In our collection called Cell Shock we include two different molecular weights of marine collagen, a synergy of peptides targeting both collagen production but also collagen protection against glycation, and finally also plant-based growth factors - to directly stimulate the refurbishing of our own collagen levels. These technologies work do their job well only if skin’s levels of inflammation are kept low – and here is as well where the Frometta formula can be of such help because it is very targeted in lowering inflammation, counteracting oxidation, benefiting water regulation with electrolytes – the very same things we want to do with our skincare. Therefore, we are offering consumers a system, a regimen where skincare and supplements are joining forces, working in one same direction. Add to this the facial treatments, the signature face sculpting massage techniques we include in our SPA offer, and you will certainly see an improvement in building better skin.

# 专业与品质

安吉拉SPA会所创始人孙佳音女士谈益生和美与健康管理



## 至

今25年的美容行业经验，孙佳音女士在长春地区的五家高端安吉拉SPA会所，获得消费者的高度认同，早已成为长春生活美容SPA品类的优质品牌代表，集美容、SPA、美发、美甲、美睫、餐饮于一体。为客户提供最便捷的一站式服务。2018年，在科拓生物集团的邀请下，她成为了益生和美品牌战略合作伙伴，负责品牌在国内的推广。

“集选菌、储存、研发、生产为一体的全闭环企业，二十年的专注研发，60+三甲医院临床验证研究确保产品有效性、600道质检工序保障产品安全性。我希望这样好的产品能够帮助到更多人，被更多人看见和了解。”孙佳音女士应邀采访，告诉SpaChina。

是什么让您去关注到益生菌产品的？

2018年，我的家人三位至亲先后得了结直肠癌，于是我和我的两个儿子也都成了高风险人群。为了解决肠道健康的问题，并全方位预防自己和家人的健康隐患，我于是又进入了健康管理赛道。凡事要做就做到最好，各种契机让我成为了中国唯一一家益生菌领域的上市公司品牌(益生和美)的战略合作伙伴。我觉得我和我的家人受益了，这么好的产品要让更多有需求的人知道，于是誓言帮助中国百万家庭收获健康。

为什么会选择和益生和美合作，什么促使您看好这个品牌？

市场上的益生菌品牌琳琅满目，怎么能安



全、有效的解决问题，成为我最重要的衡量标准，也在这个时候我遇到了益生和美品牌，这是中国益生菌领域唯一的一个上市公司(科拓生物)的自有品牌。

随着对科拓生物集团的深入了解，我被中国益生菌领域的拓荒人，创始人张和平教授的专业精神和情怀深深打动，了解了 he 克服所有困难坚持二十年寻菌之路、深挖加工工艺，为中国创造第一株原创菌株，最终改变中国在益生菌领域被国外牵制的被动局面的故事。

这也让我能信心十足地向市场传播益生和美品牌，因为科拓生物的背景和专业度为品质保证和未来的发展可能性奠定了坚实的基础。不管当下益生菌市场如何混乱，高稳定性、高安全性、高功效性的产品永远是稀缺的，这也成为我最坚定的底气。

优质的益生菌被认为会对免疫系统/肌肤/肠胃/抗氧化/抗炎症等多方面有积极影响。这在SPA的日常业务中应该如何纳入服务？

益生菌主要对人体的消化系统、代谢系统、免疫系统、神经系统发挥重要作用，它也是人体健康最基础的保障，人体90%以上成份是由菌群构成，菌群也是细胞的环境，决定着细胞活力。在皮肤菌群破坏的情况下，敏感、色素、衰老都会不断发生，服用益生菌可以改善和预防皮肤的这些现象。

在后疫情时代，人们的免疫系统遭到严重破坏，免疫系统变得极为脆弱，同时带来各种健康影响和隐患，所以我们除了店内的SPA护理项目以外，还为高端客户提供全年家庭健康管理服务，既可以满足客户健康需求，又可以带动店面零售业绩的占比，提高门店经营利润和人次。

通过结合益生菌的概念，能否吸引更多的顾客与目标群体？是否对业绩有积极的影响？

大家现在对益生菌产品的认知非常浅薄，就停留在看包装，比价格的层面。而真正益生菌领域比拼的是菌株的有效性、菌株配方的功能性、加工工艺的稳定性及安全

性，各种专业的临床实验可以验证其功效的真实性。

我们发现高端客户在健康方面，非常关注高效，要求能迅速和精准地解决问题，所以针对个体差异化的配菌，即私人菌群定制，成为了当下最受SPA高端客户喜爱的项目。这既能给店家带来单个客户几万乃至几十万高额的业绩表现，同时又能规避与线上各种各样杂牌益生菌销售的直面竞争，上市公司的背书及其雄厚的科研成果能让理性的高端客户无忧消费，客户复购率高达70%以上。这类健康管理品项的植入，既合法合规，又能带动门店零售业绩大幅增长，成为高端SPA的热门品项。

在员工培训方面，如何做好益生菌产品的培训？如何激励员工积极参与到该产品的销售？

对于益生菌方面的培训是非常受员工欢迎的，因为它不只关乎销售表现和业绩，同时还是关乎每一个员工及其家人健康的知识，是大家热忠于了解的内容。因此门店里的每一个销售、每一个员工的家庭也都是益生菌的爱用者和受益者，大家都是在先利己、再利他的前提下去学习到相关健康知识并对其传播的。

益生和美团队的培训老师是由医生、营养师组成的专业人员，在培训过程中，会通过一次又一次耐心的、不断的专业培训，来加深大家对益生菌的认识，并真正了解其对健康的重要意义。当店里每一个服务人员都可以自信又发自内心地分享给客户关于益生菌的知识的时候，这种影响力大于任何高技巧的销售，就会真的看到销售业绩与成效。

消费者们对于内外兼养的要求日益剧烈，您认为通过引入益生菌项目，是否可以提高顾客的满意度和忠诚度？是否有进一步的拓客和纳客的优势？

消费者需要的不只是产品，更重要的是健康跟进式管理的服务，我们SPA行业的线下服务门店与线上销售的不同之处，也就是在于服务的专业性及贴心性。

益生和美通过精准检测，以科学的数据形式为客户提供周期性效果对比，客人就更为清晰和一目了然自己当下的健康管理的结果。之后，再通过让客户在不同阶段了解到自己多种疾病风险、营养吸收情况及饮食调整方向，达成客户满意，于是复购率也自然呈现。

每个客户的背后都是一个家庭，那就就意味着家庭从老到小至少3-5个成员的裂变可能，这也就是业绩最好的提升保障。



# Professionalism and Quality

Interview with Ms. Sun Jiayin, Founder of Angela SPA, Discusses Probiotics and Beauty

With 25 years of experience in the beauty industry, Ms. Sun Jiayin has gained high recognition from consumers for her five high-end Angela SPA establishments in the Changchun area. She has become a prominent representative of quality beauty and spa brands in Changchun, offering a comprehensive range of services including beauty treatments, spa, hairdressing, manicure, eyelash services, and dining. In 2018, invited by the Ketao Biotechnology Group, she became a strategic partner for the promotion of the probiotics and beauty brand in China.

“An integrated enterprise combining selection of strains, storage, research, and production, with 20 years of dedicated research, and clinical validation studies in over 60 top-tier hospitals to ensure product effectiveness, along with 600 quality control processes to guarantee product safety. I hope that such excellent products can help more people and be seen and understood by more people,” Ms. Sun Jiayin said in an interview with SpaChina.

## What led you to focus on probiotic products?

In 2018, three of my close family members were diagnosed with colorectal cancer one after another, putting both my sons and me in the high-risk category. To address the issue of gut health and comprehensively preventing potential health risks for myself and my family, I entered the

health management arena. Determined to excel in everything, various opportunities led me to become the only strategic partner of a publicly-listed company in the probiotics field in China, the brand “Probiotics and Beauty.”

## Why did you choose to collaborate with Probiotics and Beauty, and what made you optimistic about this brand?

The market is saturated with probiotic brands, and the key factor for me was how to safely and effectively solve health problems. It was during this time that I came across the Probiotics and Beauty brand, the only proprietary brand of a publicly-listed company (Ketao Biotechnology) in the probiotics field in China.

As I delved deeper into understanding the Ketao Biotechnology Group, I was deeply moved by the professional spirit and dedication of Professor Zhang Heping, the pioneer and founder in the field of probiotics in China. I learned about his 20-year journey in searching for strains, extensive exploration of processing techniques, creation of China’s first original strain, and the ultimate transformation of the passive situation where China was constrained by foreign influences in the probiotics field.

This gave me the confidence to promote the Probiotics and Beauty brand in the market because Ketao Biotechnology’s background and professionalism laid a solid foundation for



quality assurance and future development possibilities. Regardless of the current chaos in the probiotics market, products with high stability, safety, and efficacy will always be scarce, providing me with unwavering confidence.

**High-quality probiotics are believed to have positive effects on various aspects such as the immune system, skin, digestive system, antioxidant capabilities, and anti-inflammatory properties. How should this be incorporated into daily spa business?**

Probiotics play a crucial role in the human digestive, metabolic, immune, and nervous systems, serving as the foundation for human health. With over 90% of the human body composed of microbial communities, which also create the environment for cells, they determine cell vitality. In cases where skin microbiota is disrupted, issues like sensitivity, pigmentation, and aging continue to occur. Taking probiotics can improve and prevent these skin issues.

In the post-pandemic era, people's immune systems have been severely compromised, leading to various health impacts and risks. Therefore, in addition to in-store spa treatments, we also provide year-round home health management services for high-end clients. This not only meets the health needs of customers but also boosts the percentage of retail sales in the store, increasing store profitability and efficiency.

**By incorporating the concept of probiotics, can you attract more customers and target groups? Does it have a positive impact on performance?**

People's understanding of probiotic products is currently very superficial, often limited to packaging and pricing considerations. However,

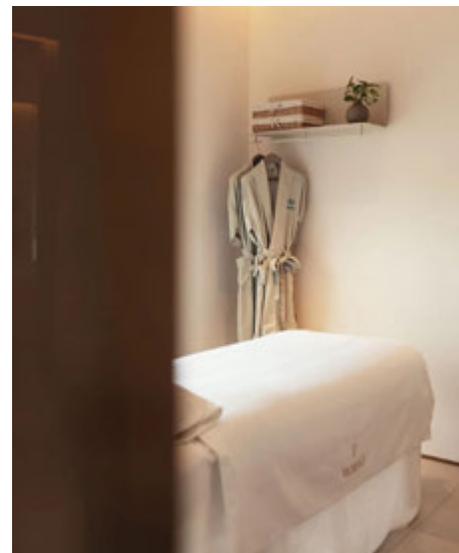


er, the real competition in the probiotics field revolves around the effectiveness of strains, the functionality of strain formulas, and the stability and safety of processing techniques. Various professional clinical trials can verify the authenticity of their efficacy.

We found that high-end customers are highly concerned about efficiency in the health aspect, requiring quick and precise solutions. Therefore, personalized microbiome customization, addressing individual differences, has become the most popular project among high-end spa clients. This not only brings substantial performance results for the store, ranging from tens of thousands to hundreds of thousands from a single customer, but also avoids direct competition with various miscellaneous probiotic sales online. The endorsement of a publicly-listed company and its robust research results make rational high-end customers worry-free, leading to a customer repurchase rate of over 70%. The integration of such health management items is both legal and compliant, significantly increasing retail performance and becoming a popular item for high-end spas.

**In terms of employee training, how do you conduct effective training on probiotic products? How do you motivate employees to actively engage in the sale of these products?**

Training on probiotics is highly welcomed by employees because it is not just about sales performance and achievements; it is also about knowledge concerning the health of each employee and their families. Therefore, every salesperson and employee in the store is also a user and beneficiary of probiotics. Everyone is motivated to learn related health knowledge with the premise of benefiting themselves



before benefiting others.

The Probiotics and Beauty team's training instructors consist of professionals such as doctors and nutritionists. During the training process, through patient and continuous professional training, they deepen everyone's understanding of probiotics and truly understand their vital importance to health. When every service staff in the store can confidently and sincerely share knowledge about probiotics with customers, this influence is more powerful than any high-skilled sales technique, and the sales performance and effectiveness can truly be seen.

**As consumer demands for holistic care both internally and externally intensify, do you believe that introducing probiotic projects can increase customer satisfaction and loyalty? Are there further advantages in attracting and retaining customers?**

Consumers need more than just products; they require health follow-up management services. The key difference between our offline spa service stores and online sales lies in the professionalism and thoughtfulness of the service.

Probiotics and Beauty provides customers with periodic effect comparisons in scientific data format through precise testing, making the results of their current health management clear and understandable. Subsequently, by allowing customers to understand various disease risks, nutritional absorption situations, and guiding them towards dietary adjustments at different stages, customer satisfaction is achieved, naturally leading to repeat purchases.

Behind every customer is a family, implying the possibility of fission involving at least 3-5 members from old to young. This is the best guarantee for the most significant improvement in performance.

# 中国益生菌之路

## The Journey of Probiotics in China

近年来，全球益生菌市场继续稳步发展，根据Markets and Markets机构的数据，2021年全球益生菌市场规模预计达611亿美元。预计从2021到2026年，全球益生菌市场将以8.3%的年复合增长率继续保持增长，至2026年达到911亿美元。

益生菌的竞争区域主要集中在亚洲、北美和欧洲三大区域。中国食品科学技术学会益生菌分会数据显示，亚太地区的益生菌消费规模全球最高，占比约44.4%，远高于欧洲(23.5%)、北美(17.8%)，凸显出亚太地区益生菌行业蓬勃发展的良好势头。

根据中国保健协会的数据，2020年，国内益生菌产品的整体市场规模约为879.8亿元。欧睿国际的数据表明，当前中国益生菌消费市场规模已经超过意大利，位居全球第二，并且仍在以每年11-12%的速度快速增长，在政策支持和行业规范的背景下显现出巨大的市场潜力。

科拓生物成立于2003年，起初，公司主营业务为食品添加剂贸易业务，2010年，内蒙古农业大学食品科学与工程学院博士研究生导师、教授孙天松相中并收购。作为长期从事食品行业科研工作的孙天松对于复配食品添加剂市场十分看好，同时他也拥有常人没有的资源——孙天松的配偶，业界称为“中国益生菌拓荒人”的张和平。

在益生菌菌种资源库的建立上，科拓生物以极快的速度建立起亚洲最大的乳酸菌菌种资源库。目前，公司拥有与益生菌相关的发明专利56项，包含20,000余株乳酸菌(含益生菌)菌株，其中已产业化的益生菌有68株。

此前科拓生物接受外部采访时表示，“优质的菌株非常珍贵，这是我们科拓生物最大的资产，凝聚了科学家的心血。目前科拓生物拥有五株明星菌株，这也是我们主打的‘中国菌’。”

随着我国益生菌行业进入快速发展期，科拓生物食用益生菌制品的营收近年来保持了较高的增速水平，企业的研发投入2021年达到了2715万元，占营收比例为7.45%。2017至2020年的年复合增长率为119.85%，2021年上半年同比增长123.01%。公司2021年实现营业收入约3.65亿元。科拓生物的大客户，就是蒙牛乳业。2020年与蒙牛乳业的业务占营收的73.43%。

也许，科拓生物目前的业务构成与产品布局还不能让其真正打破由外资主导益生菌上游市场的局面，但我们终究希望，科拓生物能够撑起“中国菌”的门面，让中国人用上更适合自己的益生菌。



In recent years, the global probiotics market has steadily grown, with the market size in 2021 estimated at \$61.1 billion, according to data from Markets and Markets. The global probiotics market is projected to continue growing at a compound annual growth rate (CAGR) of 8.3% from 2021 to 2026, reaching \$91.1 billion by 2026.

Competition in the probiotics sector is primarily concentrated in the three major regions of Asia, North America, and Europe. Data from the Probiotics Branch of the China Food Science and Technology Society shows that the Asia-Pacific region has the highest probiotics consumption globally, accounting for approximately 44.4%, surpassing Europe (23.5%) and North America (17.8%). This highlights the thriving development of the probiotics industry in the Asia-Pacific region.

According to data from the China Health Care Association, the overall market size of probiotic products in China was approximately ¥87.98 billion in 2020. International data from Euromonitor indicates that the current consumption market size of probiotics in China has surpassed Italy, ranking second globally. Moreover, it continues to grow rapidly at an annual rate of 11-12%, revealing significant market potential against the backdrop of policy support and industry regulation.

Founded in 2003, Ketao Biotechnology initially focused on the trade of food additives. In 2010, they acquired the company, and Dr. Sun Tiansong, a Ph.D. supervisor and professor at Inner Mongolia Agricultural University's School of Food Science and Engineering. Dr. Sun, known as the "Pioneer of Chinese Probiotics," had a strong belief in the market for compounded food additives and possessed unique resources, including his spouse, Zhang Heping.

In establishing the probiotic strain resource library, Ketao Biotechnology rapidly built the largest lactic acid bacteria strain resource library in Asia. Currently, the company holds 56 invention patents related to probiotics, including over 20,000 strains of lactic acid bacteria (including probiotics), with 68 strains already industrialized.

In a previous interview, Ketao Biotechnology stated, "High-quality strains are very precious and constitute our most significant asset, embodying the efforts of scientists. Currently, Ketao Biotechnology has five star strains, which are our flagship 'Chinese strains'."

As China's probiotics industry enters a rapid development phase, Ketao Biotechnology's revenue from edible probiotic products has maintained a high growth rate in recent years. The company's research and development investment reached ¥27.15 million in 2021, accounting for 7.45% of its revenue. The compound annual growth rate from 2017 to 2020 was 119.85%, with a year-on-year growth of 123.01% in the first half of 2021. The company achieved an operating income of approximately ¥3.65 billion in 2021. Notably, Ketao Biotechnology's major customer is Inner Mongolia Yili Industrial Group Co., Ltd. In 2020, business with Yili accounted for 73.43% of the company's revenue.

Perhaps, Ketao Biotechnology's current business composition and product layout have not yet allowed it to truly break the dominance of foreign capital in the upstream probiotics market. Nevertheless, we hope that Ketao Biotechnology can uphold the facade of "Chinese strains", enabling more Chinese people to use probiotics that are better suited for their needs.



# 胃与灵魂

记得从15年前起，水疗中心就开始提供健康食物和饮品来让做完疗程的客人享受一些美味，这么多年来，这一需求更是有所升级。高菲文

**美**食一直是如此地令人愉悦和欣喜，好友们的聚餐能增进友谊，加强羁绊，并共同感叹生活的喜怒哀乐。一顿饭的营养和社交所带来的益处可以同时滋养到胃和灵魂。传统意义上的纵情美食，已经越来越倾向于健康的选择。

SpaChina的调研显示出，67%的中国消费者们正在“大力”追求更有营养的饮食，寻求在体重管理、心脏健康、抗衰老、皮肤和头发健康、免疫和消化健康等方面获得功能性食品和饮品的帮助。

如果你常常和水疗中心客人聊天的话，就不难发现他们比其他群体更注重营养带给自己的益处。水疗中心也都想以自己的风格来做得与众不同，都不想错过“营养”这个元素。

无论是休息室的小点心、还是营养餐或

营养食谱，食物和Spa项目的结合确实可以扩展客户体验的维度，而如今，一些功能性食品和饮品的风靡，更是能方便地提升健康体验感。

## 持续能量提升

食物和饮品都是用来补充能量的，这和Spa疗程项目为身体赋能的功效一样，如果能将这一切联系在一起就更为完美了。

在水疗中心里提供好水，就是最好的东西。如果想要有新鲜爽口的感觉，那么柑橘、薄荷或黄瓜配上大量的冰块会很合适。试试青葡萄泡冰水的清香，或传统的热柠檬姜茶，甚至在龙井茶里加几根姜丝，以及稀释的日本酵素等等……要点是冰饮可以提前几小时做好，但热饮则不能一次性准备太多，因为放置过久就不再美味，这其实和鲜切的水果一样，所以无论如何现做的一定会

更好吃。

健康的混合坚果和新鲜水果都非常合适，这两类已经是水疗中心比较常用的小食了。如果再地道些，水疗中心可以尝试提供和Spa菜单里的许多疗程相匹配的丰富的茶单，例如瘦身和代谢相关的疗程可以是普洱茶，温热疗程可以是滇红茶，而放松舒缓疗程可以是玫瑰花茶或茉莉花茶等。现在也有很多现成的药材配方的养生茶可以参考。说起跟茶叶有关的疗程，有些SPA尝试用绿茶或者普洱茶的茶渣沐足，去死皮、平衡、净化、嫩肤，客户在疗程的过程中可以品味同类茶，使他们得益于其中。

由于一系列因素，包括身体补充水分和排毒问题，酒精类饮品通常不被推荐。但最近有些SPA已经在提供令人愉悦的无酒精的水果鸡尾酒，以及小杯的热榛果巧克力或者枸杞咖啡。年轻的客人们很喜欢这种华丽而



Yoga Class, SHA Residences

美妙的感觉，积极为此打卡和发朋友圈。想象一下你在疗程结束时闻到的热巧克力香味，那是多么的解压呀，而我们也不要忘了，可可是一种天然的抗氧化剂，富含B族维生素，而咖啡因有较强的排毒和刺激作用，能在疗程后让人清醒去做接下来该做的事情。

东南亚的一些度假村SPA往往会使用由新鲜水果和植物制成的护肤品的有机菜单项目，可以与各种美食搭配使用。笔者甚至见过疗程中用了南瓜产品，在水疗休息室则提供了南瓜汤的案例。

当然，还有更简单的方式就是从功效考虑来添加功能性食品或营养补充剂，最常见的是维生素C和B群，以及胶原蛋白，益生菌等。

## 带人生活方式

如果是在养生度假村，客人们通常可以有更多的健康餐饮选择，而且健康食物不再局限于Spa。无论是在泳池边享用健康午餐，还是在度假村餐厅的菜单上选择健康的食物，水疗理念都可以贯穿客人们的整个度假体验，全凭自愿，全程无压力。

国外的一些知名老牌养生度假村如泰国的Chiva-Som，西班牙的SHA和最近很火的JOALIBEING等，都可以找到标注了卡路里数，脂肪、蛋白质和碳水化合物含量的菜单，而且相当美味。从龙虾沙拉到厨师当日水果冰沙，从纯蛋白Omelet到无过敏源材质，从海藻提取物到发酵类食品，可以说相当努力去尽可能地做到了应有尽有。



优秀的SPA在获得客人们的信任后，可以要求客人允许SPA为他们量身定制做出选择，以便帮助他们重新达到身心各方面的平衡，无论是通过身体护理、面部护理、健身还是营养等。

当今SPA行业的新兴趋势之一，就是提供能够改善日常生活习惯的附加值服务。有些SPA的做法是在健身设施和私教课程上下功夫，而有些则把关注的要点放在调整和改变客人的日常饮食方式，要么设定一个固定的饮食计划，要么根据客户的特定需求来进行定制。

在SPA中积极让饮食和营养参与的最大目标需求是体重管理。这时候，通常客人都需要遵循非常具体的卡路里摄入量，以帮

助他们实现减重目标，而同时又不能造成血糖水平过低，影响到日常生活状态和工作，这就需要很专业的营养师或者有经验的厨师来配合。

SpaChina从各个有营养支持的SPA和健身中心了解到，大多数遵循计划的客人都能在满意的期限范围内看到很不错的效果。有些健身私人教练，还会每天查看客人的饮食状况，或分享一些营养讲座和食物演示，以便自己的客人能够持续坚持。因为只有在经过了一段时间后，客人们才能培养出新的饮食习惯，才能真正持续有效。

但同时，我们依旧希望客人们享用的是尽可能健康和令人愉悦的食物。因此这个时候，有经验的厨师就比营养师更胜一筹了，好厨师能接受的挑战是在健康饮食的指导方针内获得最好的味觉和视觉效果。在这方面，养生度假村和酒店SPA就资源比较丰富了，在养生度假村里常常能体验到的Cooking Class烹饪体验，就能够很好地帮到客人们去亲身体验，并将一些健康而简单的烹饪配方带回家。

将营养方面的创新项目和理念整合到较小的DAY SPA里通常就难度比较大了，但不要紧，我们可以从小处做起，融入客户服务中，以此提升客户体验感。从小处着手可能是最好的方法，比如考虑提供有多种益处的有机茶和草药茶，再将季节性的时令健康绿色食材与季节性的促销相结合，客人都会很喜欢。

但Day Spa也并非是无计可施，随着外卖越来越多和越来越快，找对几个附近合适的餐厅，为需要饮食调整的客人在运动或者SPA后提前订餐，既能给到客人足够的关心，又能监督他们吃得健康，一举两得。甚至可以专门请一家小型餐饮企业提供一些健康选择，冷食也很好吃的，或者易于加热的食品或饮品等，例如找一个有相似健康理念的当地餐厅或咖啡店，一起来定一个专门为你的DAY SPA设计的健康菜单，有外卖或自取服务。如果成功的话，会对双方都有好处，因为可以跨平台互相促销和引流。

DAY SPA们也要思考能否和一些注册营养师建立联系，请他们定期提供咨询服务，因为可以从仅提供营养指导开始，看看自己的客人们是否真的对营养有所需求，了解客户正在寻找什么，并找出新的提升业绩的切入点，但要小心不要一下子合并太多事物，SPA业主应该始终保持自己的业务主线是SPA服务，而营养只是增值业务。

总之，出色的创意和深入的研究结合在一起，就可以为SPA带来一个美味的商机，而对客人来讲，更是个健康、便捷和美味的体验。



# Nourishing the Stomach and Soul

**In the past 15 years, wellness and Spa centers have evolved, offering not just treatments but also a delightful culinary experience. The demand for healthy and functional foods has grown significantly, blending the pleasure with the pursuit of well-being**

The joy derived from good food has always been a source of connection and celebration, fostering friendships and shared moments of life's highs and lows. The dual benefits of a nutritious meal and its social aspects provide nourishment not only to the stomach but also to the soul. The traditional indulgence in culinary delights has shifted towards healthier choices.

SpaChina's research reveals a surge in Chinese consumers (67%) actively seeking more nutritious diets. They are exploring functional foods and beverages to aid in weight management, heart health, anti-aging, and overall well-being.

Engaging in conversations with spa guests reveals their heightened focus on the benefits of nutrition. Spa centers are keen to distinguish themselves with a unique style, emphasizing

the pivotal role of “nutrition.”

Whether it's the treats in the spa lounge, wholesome meals, or specialized dietary recipes, the fusion of food and spa experiences enhances the customer journey. The current popularity of functional foods and beverages further elevates the overall wellness experience.

## Sustained energy uplift

Just as spa treatments empower the body, the choice of the right food and drinks plays a vital role in replenishing energy. Providing quality water in a spa is paramount. Fresh and invigorating combinations, such as citrus, mint, or cucumber with plenty of ice, offer a refreshing touch. From green grape-infused iced water to traditional hot lemon ginger tea, the key lies in the preparation – iced drinks in advance and freshly made hot drinks for

immediate enjoyment.

A healthy blend of nuts and fresh fruits is a common choice, while an extensive tea menu complements various spa treatments. Clients can indulge in Pu'er tea for weight loss, Dianhong black tea for warmth, and rose or jasmine tea for relaxation. Some spas even experiment with tea leaves, using them for foot soaks during treatments, providing additional benefits.

While alcoholic beverages are often discouraged due to hydration and detoxification considerations, some spas offer delightful non-alcoholic fruit cocktails and hot hazelnut chocolate or goji berry coffee. The enticing aroma of hot chocolate after a treatment provides relaxation, and the natural antioxidants in cocoa and the stimulating effects of caffeine contribute to post-treatment alertness.

Southeast Asian resort spas take a unique



Sunset, Flow, JOALI BEING



Sunrise, Chiva-Som

approach, incorporating organic skincare products made from fresh fruits and plants into their menus. Some even use pumpkin products in treatments, complemented by a serving of pumpkin soup in the spa lounge.

For a simpler approach, the integration of functional foods or supplements, such as vitamin C, B complex, collagen, and probiotics, aligns with nutritional goals.

### Lifestyle integration

In wellness resorts, guests enjoy a plethora of healthy dining options beyond the spa. Whether it's a nutritious poolside lunch or healthy choices from the resort restaurant, the spa concept seamlessly integrates into the entire guest experience, voluntarily and stress-free.

Internationally renowned wellness resorts, like Chiva-Som in Thailand, SHA in Spain, and the trending JOALI BEING, provide menus with detailed nutritional information. From lobster salads to chef's daily fruit smoothies, these resorts strive to offer a variety of options to meet diverse dietary needs.

Established spas, having gained their clients' trust, can customize choices to help clients achieve balance in all aspects of their lives, be it through body care, facial treatments, fitness routines, or nutrition.

A rising trend in the spa industry involves offering value-added services that improve daily habits. While some focus on fitness facilities and personal training, others concentrate on adjusting clients' daily eating habits, either

by setting a fixed diet plan or customizing based on specific client needs.

Weight management becomes a significant demand for involving nutrition and diet in spas. Clients often follow specific calorie guidelines, requiring the collaboration of professional nutritionists or experienced chefs.

Effective engagement with clients involves continuous monitoring and support. Some personal trainers check clients' daily eating habits, share nutrition lectures, and conduct food demonstrations to ensure sustained adherence. Developing new dietary habits takes time, and long-term effectiveness is achieved through consistent efforts.

Clients are encouraged to enjoy healthy and delightful foods, and skilled chefs play a crucial role in this regard. Chefs can strike a balance between adhering to healthy dietary guidelines and delivering exceptional taste and visual appeal. Wellness resorts and hotel spas, with their abundant resources, often provide cooking classes, allowing clients to experience healthy cooking firsthand.

Integrating innovative nutrition projects and concepts into smaller day spas poses challenges, but starting small by incorporating customer service enhancements can positively impact the client experience. Offering a variety of beneficial organic teas, herbal teas, and seasonal, healthy green ingredients with corresponding promotions resonates well with clients.

Day spas can collaborate with local restaurants, facilitating pre-orders for clients who need dietary adjustments after a spa session, fostering a sense of care and ensuring healthy eating habits. Partnering with local eateries to create a customized healthy menu for the day spa can be a mutually beneficial strategy, allowing cross-platform promotion.

Day spas can also explore connections with registered nutritionists, offering regular consultation services. Caution is advised to avoid overwhelming clients, with the primary focus always on spa services, considering nutrition as an additional service.

In conclusion, the harmonious blend of creativity and in-depth research can unlock delicious business opportunities for spas. Clients benefit from a healthy, convenient, and delightful wellness experience, reinforcing the idea that wellness is not just a treatment but a holistic way of life.



Yun Wellness Sanctuary



Yun Wellness Swimming Pool

# 摄入优质脂肪

所有的脂肪都不好吗？什么才是真正的健康饮食？  
港岛香格里拉酒店养生总监Tal Friedman博士与我们分享了他的观点

近年来，膳食脂肪一直是一个备受争议且令人困惑的话题，因为人们常常听到各种相互矛盾的观点和声音。我就经常听到有人大谈饱和脂肪(牛排、鸡蛋、黄油)如何不好，说它会导致心脏病发作，让人发胖等，特别是当人们要给一些营养建议时，这些都是最普遍的说法。我想在本文中尽可能简单地阐述了这个问题，帮助大家有一个正确的认识。

当然，我不是第一个探讨这个话题的人。如果想要深入了解，推荐Gary Taubes所著的《好卡路里，坏卡路里》(Good Calories, Bad Calories)一书。

## 我们怎么会如此害怕脂肪？

膳食脂肪是最令人困惑、最具争议的营养话题之一，长期以来一直如此。很大一部分原因是，50多年来，媒体对于“摄入脂肪好不好”的问题一直是众说纷纭。

20世纪50年代和60年代，饱和脂肪(如前面提到的红肉、鸡蛋等)开始变得声名狼藉。

那时，研究人员发现，饮食中饱和脂肪摄入量较低的人似乎更健康。由于心血管疾病发病率开始攀升，许多公共卫生人士开始关注饱和脂肪的摄入量。到了20世纪80年代，这一担忧逐渐演变成对所有食用脂肪(任何种类的脂肪)的普遍警惕。

20世纪80年代，世界上许多国家的政府开始制定比以往更为具体的饮食指南。在北美，政府开始建议人们减少脂肪的总摄入量。这一建议刺激了“低脂”饮食的大规模流行。这股风潮持续了近二十年，至今仍充斥在许多人的头脑中。不幸的是，这股饮食风潮造成的危害似乎比所有人预想的都要大得多。

食品公司开始用糖代替产品中的脂肪。他们将这些产品作为健康的低脂食品进行营销，以取代我们一直食用的“不健康”食品。现在我们知道了，这一做法非常错误，因为这些糖和精制碳水化合物对我们的健康同样有害，甚至更糟。此外，食品公司还用人造反式脂肪代替饱和脂肪，比如用人造黄

油代替黄油，这是更大的灾难，反式脂肪已被证明对人的健康极为不利。如今，全世界肥胖症、癌症和心血管疾病的发病率都与糖和反式脂肪摄入量的增加有关。

## 我们的近况如何？

近年来，钟摆似乎又摆了回来，脂肪不再被妖魔化。《时代》杂志2014年6月的封面上就写着“请吃黄油”。该期杂志的封面文章的题目是“结束对脂肪的战争”，文中提到，有研究表明饱和脂肪并不像我们想象的那样有害，并提出我们应该摒弃人造食品，转而食用天然食品(如黄油)。2016年，《时代》杂志再次刊登了一篇题为“吃黄油的理由更充分了”的文章，再次揭露了过去几十年的错误。

了解我们是如何走到今天这一步的很重要。但是，这并不意味着你可以放任自己每天吃炸猪肉和培根芝士汉堡。这些研究真正想告诉我们的是，并非所有的脂肪都是不好的，事实上，脂肪是健康饮食的一部分。

在我看来，当你要摄入脂肪时，以下三个重要的方面值得注意。

1.人造反式脂肪对健康有害。人造反式脂肪由来已久，但几个原因使它快速流行起来。首先，它非常便宜，尤其是与动物脂肪相比。其次，反式脂肪有助于延长食品的保质期，同时味道也不错。而最主要的是，它们被标榜为“有害脂肪”的健康替代品。

反式脂肪与心血管疾病的关系比任何其他类型的脂肪都要密切。反式脂肪还与阿尔茨海默病、糖尿病、肥胖症、癌症等疾病有关。所以要避免反式脂肪的摄入。反式脂肪最常见于包装好的即食食品，如起酥油、糕点、非乳制奶精、人造黄油等。

2.饮食时不要只关注营养成分。大多数食物都含有各种不同类型的脂肪(饱和脂肪和不饱和脂肪)。单一关注营养成分本身会造成对食物不全面或扭曲的解读。有些含有饱和脂肪的食物是健康的，而有些不含饱和脂肪的食物反而是不健康的。

想想你正在吃的食物类型。少吃加工食品，多吃些原材实料的食物。多吃蔬菜，选择优质瘦肉，这会对你的整体健康产生更大的积极影响。纵观世界各地的饮食习惯，健康长寿的人都是吃原材实料、未经加工的食物，而不是去关注和控制脂肪或碳水化合物的摄入量。

3.脂肪并非都不好(除了上文提到的人造反式脂肪)。某些类型的脂肪比其他类型的脂肪更有益健康。无需刻意避免食物中天然存在的脂肪，即使是饱和脂肪。研究并不能证明它像我们曾经认为的那样有害。其中，橄榄油和鱼是首选，它们有一些独特的健康益处。

我并不想说哪种特定的食物或哪种营养素好或者不好，重要的是，在你决定吃某种食物之前，先想想它里面额外添加物的程度。如果你关心自己的健康，就不能只关注饱和脂肪或某种营养素，你需要关注的是提供这些营养成分的食物。除此之外，还要关注你的整体饮食和生活方式，否则就会“只见树木，不见森林”。



# Less Processed, Instead of Low Fat

**Are fats all bad? What is truly healthy diet?  
Director of Wellness, Island Shangri-La, Hong Kong,  
Dr. Tal Friedman, ND shared his perspective with us**

In recent years, dietary fat has been the subject of much controversy and confusion. With conflicting information and opinions circulating, it's not surprising for me to often hear someone go on about how saturated fat (or steak, or eggs, or butter) are bad, cause heart attacks, make you fat and so on. This myth is one of the most pervasive in the world of nutritional advice. I want to tackle it, as simply and concisely as I can here, and set the record straight.

I'm not the first to tackle this topic. I highly recommend the book *Good Calories, Bad Calories* by Gary Taubes for those who want a deep dive into the topic.

## How did we get so scared of fats?

Dietary fat is one of the most confusing and controversial nutrition topics and has been for a long time. A big part of the reason for this is that in the media, there have been mixed messages about whether it's okay to eat fat for more than 50 years.

In the 1950s and '60s, saturated fat (like mentioned earlier in red meat eggs, etc.) began acquiring a bad reputation. During that period researchers were finding that people with diets lower in saturated fat appeared to be healthier. Cardiovascular disease rates started climbing.

Many public health officials grew concerned about saturated fat intake. By the time the 1980s rolled around, this concern grew into a more generalized warning about eating fat, any kind of fat.

In the 1980s many governments around the world started to implement much more specific dietary guidelines than they had done in the past. In North America, guidelines had started recommending people to cut their total fat intake. This recommendation spurred the massive growth of the "low fat" diet trend. The trend lasted nearly two decades and still pervades many people's minds. Unfortunately, it seems that this diet trend did much more harm than anyone would have foreseen.

Food companies began replacing the fat in their products with sugar. They marketed these products as healthy low-fat options to replace the "evil" foods we had been eating. This, we now know, is terrible since those sugars and refined carbohydrates are just as bad if not worse for our health. Furthermore, these companies also replaced saturated fats with artificial trans fats, like margarine instead of butter. This was an even bigger disaster as trans fats are some of the worst food products you can eat and have been proven to be extremely detrimental to one's health. We now have world-





Yun Wellness Lobby

wide obesity, cancer and cardiovascular disease rates that can be linked to the increased intakes of sugar and trans fats.

### So where are we now?

In recent years it seems that the pendulum has swung back and fats are no longer demonized. In fact, the cover of Time Magazine in June 2014 stated, “Eat Butter”. The main article in that issue titled “Ending the War on Fat” touched on research describing saturated fat wasn’t nearly as harmful as we thought and arguing that we should ditch artificial foods in favor of natural foods (like butter). Once again in 2016 Time Magazine ran another article titled “The Case for Eating Butter Just Got Stronger,” once again highlighting research showing the follies of the past decades.

It is important to understand how we got here. However, that doesn’t make it okay to eat deep-fried pork and bacon cheeseburgers daily. What it really means is that not all fat is bad, and in fact, fat is part of a very healthy diet.

From my perspective, there are three important considerations that you need to take into account when thinking about eating fat.

**1. Trans fats are bad.** Man-made trans fats have been around for a long while but rose sharply in popularity for a few reasons. Firstly, they are very inexpensive, especially when compared to animal fats. They can help increase the shelf life of food, they taste good, and most importantly they got billed as healthy alternatives to “bad fats.”

Trans fats are more strongly linked to cardiovascular disease than any other type of fat. They have also been implicated in Alzheimer’s disease, diabetes, obesity, cancer and more. Avoid trans fats. You will most likely find



Yun Wellness VIP Lounge & Treatment Room

them in packaged ready to eat foods. Examples include shortening, packaged pastries, non-dairy creamer, and spreads like margarine.

**2. Eat actual food and don’t focus on nutrients.** Most food contains a combination of different types of fat (saturated, and unsaturated). Focusing solely on the nutrients themselves paints an incomplete or distorted picture. There are foods that have saturated fat in them that are healthy, while there are also foods with no saturated fat that are unhealthy.

Think about the type of food you are eating. Less processed, and closer to the real thing. Eating more plants and choosing lean high-quality meats will have a bigger impact on overall health. Looking at diets across the world, where people live long healthy lives, people eat real, unprocessed food. It has nothing to do with how much fat or carbohydrates they track and eat.

**3. Fats aren’t all bad** (expect for the man-made trans fats as mentioned above), but certain types of fat are better for health than others. No need to go out of your way to avoid fat that comes naturally in your diet, even the saturated kind. The research just does not back up the claims that it is as bad as we once thought. You may want to add some healthier options like olive oil and fish as they have some unique benefits.

I am not here to tell you that any one diet or nutrient is good or bad. What I will say is to think about how much a food was adulterated before you decide to eat it. If you care about your health, you can’t just focus on saturated fat or on any other nutrient. You need to look at the foods that provide it, and beyond that, at your overall diet and lifestyle. Doing otherwise means missing the forest for the trees.

#### Dr. Tal Friedman, ND

港岛香格里拉酒店养生总监

Tal Friedman博士在加拿大多伦多约克大学完成了运动与健康科学专业的本科学习，获得了运动营养学专业的荣誉学位，并在毕业后应邀回校举办短期系列讲座。

在成为一名运动学家后，Tal Friedman博士又在加拿大自然疗法医学院攻读了四年的自然疗法医学(ND)研究生博士学位。在此期间，他在Robert Schad自然疗法诊所进行了为期12个月的临床实习，并在多伦多市的多家诊所轮班工作。

其中一家诊所专注于运动医学，他在那里接待了许多曲棍球运动员、格斗运动员、跑步运动员和健身选手。在其他大众诊所中，他则致力于治疗各种健康问题，包括高血压、糖尿病、关节炎等。

Dr. Tal Friedman, ND completed his undergraduate degree in Kinesiology and Health Science at York University, Toronto, Canada. He received a specialized honours with a special focus in sports nutrition and was invited back to do a short lecture series at the university after graduating.

After working for as a certified Kinesiologist, he furthered his studies through a four-year post-graduate Doctorate of Naturopathic Medicine (ND) course at the Canadian College of Naturopathic Medicine. Whilst there, he completed a 12-month clinical internship at the Robert Schad Naturopathic Clinic, with a number of shifts at the various satellite clinics around the city of Toronto.

He went on to work at several clinics in Toronto. One clinic was focused on sports medicine where he worked closely with hockey players, combat athletes, runners, and fitness competitors. The other clinics were general practice where he treated a variety of health concerns including high blood pressure, diabetes, arthritis and more.

Currently Tal is working as the Director of Wellness, at Island Shangri-La, Hong Kong



# THE DATAI

LANGKAWI

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# 最美设计 通往健康

让·米歇尔·加蒂设计的Aman New York拥有可能是这座城市最美的水疗中心之一(照片: Robert Rieger)

随着健康设计的兴起，这五家豪华水疗中心正在将它们的美学提升到一个全新而极度令人放松的水平，堪称是目前世界上设计最美的水疗中心  
Naomi Chadderton文

**在**过去的几年里，不同的健康趋势逐渐成为焦点，越来越多的人把健康置于前所未有的重要位置。目前，全球最著名的室内设计师和建筑师们已经将他们的技艺转向可提升健康的空间，争相打造出在商业和住宅环境中都别具美感的水疗中心，并将它们转变成不仅仅是放松和宠爱的时尚避风港。

“在过去的几年里，健康一直是所有人的议程上的重要话题，甚至在新冠大流行之前，对个性化医疗、健康和健身的关注就已经在全球范围里迅猛地增长了，”Goddard Littlefair的联合创始人Jo Littlefair说。“设计中的健康理念随即而来，我们现在已经开始对我们生活的空间提

出了一些非常重要的问题，比如：‘在这个空间里我感觉好吗？我在这里能被舒适包围吗？我能真正放松吗？’等等。”

也许终极的通过设计能感受到的放松确实体现在顶级的高端水疗中心里，因为高端客人更是寻求能有益于自己放松和健康的个性化、时尚的设计和 product。即使是浴室和桑拿，都已经充满了专业的设计元素。例如备受瞩目的安缇纽约那令人惊叹的桑拿浴室和土耳其浴室，置于其2.2万平方英尺的水疗中心的正中，而海莉·比伯和贝克汉姆一家们造访的时候，都迫不及待地忙着发布他们的桑拿照片呢。

感到灵感涌现了吗？以下这五家拥有顶级设计的水疗中心将最高端的室内设计装饰



与体验感最优的豪华健康设施相结合，在此与各位分享。

## 伦敦切尔西Barracks

伦敦贵族区贝尔格雷维亚的切尔西Barracks是世界上最壮观的豪华地产开发项目之一。因此，其内部水疗中心同样令人惊叹。由屡获殊荣的豪华室内设计工作室Goddard Littlefair设计，作为The Garrison俱乐部的一部分，它的设计目标是让业主和会员们摆脱日常生活的喧嚣，寻得一处隐秘绿洲。

“通过对灯光的运用，让空间在一天中呈现出逐渐变暖的感觉，从而创造了一种与自然连接的优雅氛围。”Goddard Littlefair的联合创始人Martin Goddard说。



Goddard Littlefair将切尔西Barracks的水疗中心设计为居民的私密绿洲，打造了伦敦最美的水疗中心之一(照片: Gareth Gardener)

为了在标志性环境中打造豪华酒店标准的水疗体验，设计师们使用最优质的材料，如卡拉拉大理石，创造了一个优雅、奢华且永恒的经典空间，摆脱了时代潮流的束缚。“对我们来说，优质的卡拉拉大理石提供了一种具永恒感的装饰。只需回顾一下艺术家和雕塑家们是如何使用它的，就能理解它的吸引力，”Goddard Littlefair的联合创始人Martin Goddard补充说。“伦敦RAC俱乐部游泳池的卡拉拉大理石令人惊叹，我们对其进行了仿效，用该材料设计了切尔西Barracks水疗中心的泳池。”

在色彩方面，水疗中心采用了大量中性色调，帮助营造出一种放松和宁静的感觉。Goddard说：“除了灯光以外，为了在疗程区域内营造出对比感，我们使用了深色调，包括深蓝色仿皮面板，搭配金色装饰，打造出一种奢华、宁静和私密的感觉。”

## 安缇纽约

当设计了一些世界上最具标志性的豪华酒店和度假胜地的传奇建筑师Jean-Michel Gathy被委托设计美国第一家城市安缇度假酒店时，他的任务是为酒店和豪华公寓的客人们创造一个远离快节奏城市生活的放松之地。

这个养生天堂提供了一整套相当强大的健康设施，包括两个宽敞而舒适、充满曲线设计和温暖色调的水疗房，黑色大理石桑拿浴室和土耳其浴室，以及采用浅木和灰色色调营造的公共区域，与所有其他安缇酒店一样，这里的游戏规则是保护隐私和空间自由。

此外，与Gathy其他所有的设计一样，美妙的水元素占据主导地位，包括一座25米的室内标准游泳池，其周围设置了双人躺椅和舒适的取暖设备。



巴比伦斯托伦 (Babylonstoren)，位于南非弗兰斯胡克葡萄酒谷的著名花园和葡萄酒农场，其水疗中心由TV3建筑师设计，特色是一座拱形蓝色马赛克天花板，向传统的阿拉伯文化致敬。



Sensasia Stories Spa的浸泡池、女性庭院和冰瀑布，Pallavi Dean的Roar工作室在设计迪拜的这个宁静空间时从泛亚洲建筑学的原型汲取灵感

## 迪拜SENSASIA Stories Spa

奢侈与迪拜密不可分，因此在整个城市到处都可以找到设计精美的水疗中心并不奇怪。在千挑万选之后，我们决定分享Pallavi Dean的Roar工作室设计的SENSASIA Stories Spa。该空间结合了自然材料、柔和的色调和纹理的层次，一个占地4,000平方英尺的宁静空间，专门为客户带来穿越亚洲的感官之旅。

“SENSASIA Stories的设计过程对我来说是一种克制的练习，”设计师Dean说。“我们故意没有过多地刺激感官。相反，这是一个宁静、休憩和反思的地方。”在设计的主要材料和颜色方案中，水疗中心采用深浅灰色的内部方案，配以温暖的木饰面和坚固的石板。

受到泰国、巴厘岛和越南等国建筑的启

发，拱门在整个设计中是最大的亮点，大堂上方有大型发光装置，接待区的架子周围嵌有类似拱门的装饰元素，形成戏剧性的效果。

至于灯光，Roar团队与专业的照明顾问合作解决了自然光不足的问题，Dean解释说：“除了给空间提供合适类型和数量的照明外，我们还尝试通过照明营造戏剧性效果。例如，在拱门上添加带有LED灯带的灯饰，同时我们还用迷人的铜网结构包覆了天花板。每个房间都有独特的图案，让客人每次造访水疗中心都能获得新的体验。”

## 南非 巴比伦斯托伦

巴比伦斯托伦，是南非弗兰斯胡克葡萄酒谷的著名花园和葡萄酒农场，与TV3建筑师合

作推出的一家全新的温泉，为这个屡获殊荣的目的地带来了一项卓越的健康新设计。

空间的风格和设计元素直接源自业主Karen Roos的审美喜好，旨在为客人提供印象深刻的健康体验。其中最新土耳其浴和Rasul护理室的设计，采用了一座拱形鲜艳蓝色的马赛克天花板，向传统的阿拉伯文化致敬，也为巴比伦斯托伦带来了一个结合了热疗、蒸汽和泥浆的有益健康的古老养生疗法，实现了极致身心与感官的放松。

“设计的突出特点包括红雪松木饰板，以及我们在活力池、Rasul护理室和土耳其浴室中使用的Bisazza马赛克瓷砖，”TV3的建筑师Edwin Swanepoel说：“我们还从意大利找来了专业的瓷砖工人来完成Bisazza马赛克的拼贴。”其他地方的设计亮点则包括蓝色Lias石、卡拉拉大理石、白色Corian饰板和安装在活力池中的Plexi玻璃。

作为一个同时具备室内外体验的温泉水疗中心，当设想室内空间时，水疗中心与自然的连接是另一个必须考虑的重要方面。因此，在建筑的西北侧，大面积的玻璃墙框出了Simonsberg山的美丽景色，并将周围的绿意盎然和外部光线直接引入水疗中心，创造出一种悠闲和宁静的氛围，还有敞亮和广阔玻璃屋顶，使自然光充盈于整个室内泳池区域，和泳池旁边的壁炉一起，打造出独特、舒适的健康空间。

## 希腊Euphoria Retreat

坐落在一片柏树林和联合国教科文组织世界文化遗产地Mystras之间的山脚下，Euphoria Retreat水疗中心由Deca建筑公司与建筑师Natalia Efraimoglou合作设计，不仅因其壮丽的地理环境而脱颖而出，其一流的室内设计也是十分瞩目的。

30,000平方英尺的水疗中心，传递着近靠雄伟壮观的大地和自然所带来的有助于各种疗愈的理念，通过光源、声音、温度、湿度、质感、材料和气味的运用，空间也被精心设计成沉浸式旅程的疗愈之地。

接待处和地下理疗室分布在一系列椭圆形的空间之中，通过一系列类似地下洞穴的空间相连，而一个20米深的白色光井，则如一束圣光通向天空。灰色混凝土螺旋楼梯，拜占庭风格的拱形窗户，让客人可以在此深深地吸一口气，仰望天空。同样令人印象深刻的是，灵感来自于伊斯坦布尔圣索菲亚大教堂的巨大穹顶的球形泳池，而位于中央的深色球形结构，可以通过一系列拱门进入，旨在营造一种“宛如子宫般宁静”的感觉。此外，桑拿房、蒸汽房和冷水浸泡池则旨在刺激皮肤和感官，堪称完美。



*Westen red cedar timber cladding at the spa in Babylonstoren*

# Wellness Through Design

## The World's Most Beautifully Designed Spas

**With the rise of wellness design, these five luxury spas are taking their aesthetics to a whole new and utterly relaxing level. By Naomi Chadderton**

**D**ifferent wellness trends have been taking centre stage over the past few years, with an increasing number of us prioritising our health more than ever before. As with all the best movements, it's no surprise that renowned interior designers and architects have been turning their hands to wellness-oriented spaces, creating beautifully designed spas in both commercial and residential settings, and transforming them into stylish havens that are about much more than just relaxation and pampering.

"Health has been on the agenda for us all over the past few years, but even before the pandemic, the focus on personalised healthcare, wellbeing and fitness was exploding," Jo Littlefair, co-founder of Goddard Littlefair said. "Wellness in design has followed through

on this shift and we're now asking really important questions of our spaces such as: 'Do I feel good in this space? Am I cocooned here?', and 'Can I truly relax?'"

Perhaps the ultimate embodiment of relaxation, high-end spas are most certainly having a moment, as clients search for designs and products that will promote good health and an overall sense of wellbeing. Even bath-houses and saunas have been getting the interior design treatment – the much buzzed-about Aman New York has made banyas and hammams central to its 22,000-square-foot spa, while the likes of Hailey Bieber and the Beckhams have all been busy posting pictures of their suitably stylish saunas.

Feeling inspired? These top five design spas combine high-design décor with luxe amenities

maximised for occupant wellbeing.

### **Chelsea Barracks, London**

Chelsea Barracks in London's prestigious Belgravia district is one of the most spectacular luxury developments in the world. As to be expected, then, its in-house spa is equally as breathtaking. Brainchild of award-winning luxury interior design studio Goddard Littlefair, it was designed as part of The Garrison Club as a private oasis for residents looking to escape the hustle and bustle of daily life.

"The lighting played a huge role in creating an elegant ambiance that connected back to nature by warming the space gradually throughout the day," says Martin Goddard, co-founder of Goddard Littlefair.

Briefed to create a luxury hotel-standard spa



*Euphoria in Mystras, designed by Deca Architecture and Natalia Efraimoglou, has one of the world's most creative and beautifully designed spas in the world.*

experience within the iconic setting, designers used only the best quality materials such as Carrara marble to create an elegant, opulent and timeless space free from trends. “To us, good quality Carrara marble offers a truly timeless finish – you only have to reflect over its use by artists and sculptors to understand its universal attraction,” says Martin Goddard, co-founder of Goddard Littlefair. “As admirers of the swimming pool lined with Carrara marble at the RAC club in London, we wanted to emulate that success and detailed our pool at Chelsea Barracks Spa with the material.”

When it comes to the colour palette, the spa features lots of calming neutrals helping to create a sense of relaxation and tranquillity. “The lighting played a huge role in creating an elegant ambiance that connected back to nature by warming the space gradually throughout the day,” adds Goddard. “To create contrast within the treatment areas we used darker tones,

including deep blue faux leather panels set off by golden accents to create a cocooned feeling of opulence, stillness and privacy.”

### **Aman, New York**

When Jean-Michel Gathy of Denniston Architects, the legend behind some of the world's most iconic luxury hotel and resort designs, was commissioned to design America's first urban Aman Resort in New York City, he was tasked with creating a relaxing escape from fast-paced city life for hotel guests and residents. And when it came to the elevated, three-story Aman spa, he achieved just that.

A holistic haven offering a full spectrum of wellness-enhancing facilities including two vast and nurturing Spa Houses with curves and warmer hues, a banya and hammam rooms in black marble and active spaces that feature light timbers and grey tones, as with all Aman hotels, the name of the game here is privacy

and seclusion.

Elsewhere, as with all of Gathy's designs, dramatic water features take centre-stage, including a 25-metre indoor swimming pool which comes bordered by alcoves of double daybeds and firepits.

### **SENSASIA Stories Spa, Dubai**

Extravagance and Dubai go hand in hand, so it's no surprise that spectacular design spas can be found scattered throughout the city. Our pick of the bunch, Pallavi Dean's Roar studio took cue from pan-Asian architecture typology when creating the serene interior for SENSASIA Stories Spa, which combines natural materials, a muted colour palette and textured tone-on-tone – the result of a 4,000-square-foot tranquil space specially curated to take clients on a journey through the senses of Asia.

“The design process for SENSASIA Stories was an exercise in restraint for me,” says Dean.



“We have purposely not overpowered the senses. Instead, this is a place of quiet, respite and reflection.” Playing with just three main materials and colours, the spa’s interior scheme of dark and light grey hues comes complemented by a warm wood finish and strong stone slabs.

Inspired by the architecture of countries including Thailand, Bali and Vietnam, arches were influential throughout the design, with large, illuminated shapes above the lobbies and incorporated arch-like decorative elements around the reception area’s shelving composing a dramatic, theatrical effect.

As for the lighting, Roar collaborated with a dedicated lighting consultant to tackle the lack of natural light, with Dean explaining that: “As well as giving the space the right amount of type and illumination, we also experimented with lighting to create dramatic effect. Adding the strip LED lights to the arches is a signature moment, for example, while we also clad the



The reception area of the Aman’s 22,000 square feet of spa space (Photo: Robert Rieger)

ceiling with a captivating bronze mesh structure. Each room has a unique pattern creating a new experience for every visit to the spa.”

### Babylonstoren, Franschhoek

Just last year, Babylonstoren – the renowned garden and working wine farm in South Africa’s Franschhoek wine valley – teamed up with TV3 Architects to launch a brand-new Hot Spa and with it, brought an exceptional new design feat to the award-winning destination.

With the style and design elements stemming directly from owner Karen Roos, the space is designed to offer a holistic wellness experience to guests, complete with new hammam and Rasul treatment rooms. Crafted with a vaulted vibrant blue mosaic ceiling that nods to the traditional Arabic practice, it brings a centuries-old wellness experience to Babylonstoren that combines the health-enhancing properties of heat, steam and mud for the ultimate sensory relaxation.

“Stand-out features of the design palette include Western Red cedar timber cladding and Bisazza mosaic tiles which we used in the alcoves, vitality pool, rasul and hammam,” Edwin Swanepoel of TV3 Architects tells Effect. “We also brought in specialist tilers from Italy to complete the Bisazza mosaics.” Elsewhere, other design highlights include Blue Lias stone, Carrara marble, white Corian cladding and Plexi glass installed in the vitality pool.

Designed as an indoor-outdoor experience, the spa’s connection to nature was another essential aspect to consider when imagining the interiors and, as such, large glass walls on the north-western side of the building frame the Simonsberg mountain. Bringing the surrounding greenery and outside light right into the spa,

it creates an atmosphere that is laid-back and restful. And not forgetting the extensive glass roof which allows magnificent natural light to fill the indoor pool area throughout the day, as well as the fireplace next to the pool which creates a distinctive, cosy and inviting space.

### Euphoria Retreat, Mystras

Sitting between a cypress forest and the UNESCO World Heritage Site of Mystras, carved into the base of a mountain, it’s not just the spectacular location of the cavernous Euphoria Retreat spa by Deca Architecture with Natalia Efraimoglou Architects that sets it apart from the crowd – its dramatic interiors are something to behold.

With 30,000 square feet of carefully articulated experiences, the spa itself is sunken to reflect the belief that proximity to the earth promotes healing. Spaces are also carefully choreographed through use of light, sound, temperature, humidity, textures, materials and smells to create immersive journeys for guests.

The reception and underground treatment rooms, for example, are spread across a series of elliptical spaces connected by a network of catacomb-like spaces, while a white 20-metre deep light well, which opens up to the sky, is spiralled by a grey concrete staircase and fitted with Byzantine-style arched windows that allow guests to gaze up to the skies. Equally as impressive, the dramatic Sphere Pool is inspired by the immense dome of the Hagia Sophia in Istanbul, complete with a dark spherical structure at its centre that can be entered through a series of archways, designed to involve a “sense of womb-like calmness.” Elsewhere a sauna (pictured at article head), steam room and cold plunge pool are all designed to engage both the skin and the senses.

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培训您的员工在提供项目服务之前、期间、之后向客户全面建议相关产品，当然不是推销性的，而是主要诠释功效和使用方式。当客户在享受理疗项目时，您的员工应分享他们本人作为理疗师，对正在使用的产品的深刻的信任和绝对的热情。现在有些Spa软件的购物车功能，可以允许理疗师们通过移动设备将自己给客人的推荐发送到前台，以便在结账时和客人进一步讨论。

## 促销和激励

提供特别促销、折扣或忠诚消费计划，以

激励客户进行零售购买。这可以包括项目套餐、附加产品，或为多次数的购买提供合理的折扣和附加产品等等。

## 提升客户体验

一定要专注于提供卓越的客户服务，创造一个温暖、热情的环境，让客户感到受到重视和宠爱。鼓励您的员工与客户互动，积极倾听，深刻洞察客人的需求，随之提供个性化的建议。当您在客人将要体验的疗程之前就能知道他们需要什么的时候，最佳的客户体验就会发生。

## 利用在线平台

通过您的网站和社交媒体渠道建立线上存在感。展示您的产品，分享客户的见证和体验心得，提供关于产品益处的有用信息，准备好简单的在线购买平台，并提供便捷的付款、递送交付或取货选项。

## 收集客户反馈

定期向客户征求反馈，了解他们的偏好、满意度水平，获得改进建议。积极倾听他们的需求，并根据他们的反馈来随时调整您的产品选择和营销策略。

## 与本地企业合作

可以与您业务互补的企业建立合作关系，如发廊、美甲工作室或健身中心，甚至是健康饮品店。提供跨业务推广或联合营销举措，以扩大您的SPA与产品的影响力，吸引到新客户。

# Improve The Retail Sales in Your Spa

Improving retail sales in a spa requires a combination of strategic planning, effective marketing, and exceptional customer service



**C**onsistent effort and a customer-centric approach are key to improving retail sales in your spa. Ensuring that the whole team is aligned and that they are true ambassadors for your product line is also essential. Continuously encourage your team and adapt and refine your strategies based on market trends and customer feedback to maximize your success.

Here are some tips to help you increase your retail sales.

## Identify your target market

Understand your spa's target audience and preferences. This will help you curate a product selection that appeals to their needs and desires. Use your spa software's reports and note-taking function to dive deep into customer behavior and really get to know your guests.

## Offer quality products

Stock your retail area with high-quality spa products that align with your brand and the services you provide. Ensure that they are effective, reputable, and offer value for money.

## Create an enticing retail space

Design an appealing and well-organized retail area within your spa. Use attractive displays, good lighting, and strategic product placement to encourage browsing and impulse purchases. Make sure the area is clean, inviting, and aligned with your spa's ambiance. Dive

into retail science research to learn a few things about the scents, lighting, layout and general ambience that invites people to purchase.

## Keep track of inventory

Properly tracking inventory helps you stay on top of what products are selling and which ones are not – so you don't run out of a popular item and overstock an unpopular one. Some spa management software's inventory tracking will do this for you and eliminate the potential for errors caused by doing it manually. The software's reports can also help you easily determine things like whether a product is more popular at certain times of year and with a certain demographic.

## Train your staff

Educate your employees about the products you offer so they can confidently discuss and recommend them to clients. Provide regular training sessions to keep them updated on new products and their benefits. Encourage staff members to use the products themselves, as personal experiences can make their recommendations more authentic. If your team truly loves your products that will shine through and getting other people excited about them will naturally follow.

## Cross-promote products and services

Train your staff to suggest complementary products to customers during treatments or spa

services. When a client is getting a massage, your staff should be sharing their enthusiasm for the massage oils and aromatherapy products they're using. The spa management software's Shopping Cart allows staff to send the recommendations to the front desk through a mobile device so that they can be discussed at checkout.

## Run promotions and incentives

Offer special promotions, discounts, or loyalty programs to incentivize customers to make retail purchases. This can include package deals, bundling products, or providing discounts for multiple purchases.

## Enhance the customer experience

Focus on delivering exceptional customer service. Create a warm and welcoming environment where clients feel valued and pampered. Encourage your staff to engage with customers and practice active listening to deeply intuit guest needs – the best guest experiences come when you know what the guest needs before they do – and offer personalized recommendations.

## Leverage online platforms

Establish an online presence through your website and social media channels. Showcase your products, share customer testimonials, and provide useful information about their benefits. Utilize e-commerce capabilities to allow online purchases and provide convenient delivery or pickup options.

## Gather customer feedback

Regularly seek feedback from your customers to understand their preferences, satisfaction levels, and suggestions for improvement. Actively listen to their needs and make adjustments to your product selection and marketing strategies based on their feedback.

## Collaborate with local businesses

Establish partnerships with complementary businesses, such as hair salons, nail studios, or fitness centers. Offer cross-promotions or joint marketing initiatives to expand your reach and attract new customers.

# 意大利 无限魅力

时尚之都、艺术之邦、美食天堂、历史珍宝、旖旎美景，每一个标签都将带你领略意大利独特的一面



Varenna on Bank of Como Lake

# 地

处欧洲南部，被地中海所怀抱，意大利的魅力深藏在深厚的历史、文化、艺术之下，流淌于

绮丽的自然风光之中，闪耀在熠熠生辉的时尚风轮之上。艺术殿堂——罗马、佛罗伦萨和威尼斯吸引了世界各地的人们前来欣赏文艺复兴时期的杰作，梵蒂冈博物馆、乌菲兹美术馆、西斯廷教堂的藏品更是令人叹为观止。从米兰时装周到佛罗伦萨的古董市场，意大利的时尚元素引领着全球潮流。意大利面、披萨、意式咖啡和葡萄酒令人流连忘返。从阿尔卑斯山脉到美丽的海滩，从威尼斯的水城风光到那不勒斯的古城墙，每一个角落都有绮丽美景呼之欲出。

## 永恒之城罗马

古罗马帝国的发源地、文艺复兴时期的中心之一，意大利首都罗马历经岁月的洗礼，同时也拥抱着现代繁华。

初次置身罗马，可能会感到有点不知所措，毕竟随处都是景点。

考古罗马，市中心的斗兽场自是当仁不让了。建于公元72年，最初是作为角斗士比赛的场地，后来逐渐发展成为罗马帝国时期的娱乐中心。整个建筑占地2万平方米，可容纳9万观众，外围墙高57米，相当于现代19层楼房的高度。一旁的帝国广场内伫立着五个纪念性广场的遗址。这里曾是古罗马时期的公共城市广场，当时的政治、经济、文化中心。广场上分布着神庙、商铺和市场，是当时人们生活 and 聚会的重要场所。

漫步城市，邂逅美丽的喷泉。罗马最后一件巴洛克式建筑艺术杰作——许愿池，位



Piazza Navona in Rome

于三条街的交叉口，正是其名字Trevi(三岔路)的由来。池中屹立着巨大的海神波塞冬雕像，四周环绕着西方神话中的诸神，每一个雕像的神态都不一样。既然来到这里，闭上眼睛，背对喷泉，抛一枚硬币到水池里，看看传说是否成真。许愿池所在的西班牙广场作为《罗马假日》的拍摄地吸引着游客接踵而至，重温电影中的经典场景，坐在宽广壮丽的西班牙阶梯上打卡拍照。广场周围林立着商店、咖啡馆和餐厅，可以品尝到正宗的意大利美食，买到各种纪念品和艺术品。

纳沃纳广场上的四河喷泉以四条河流为主题，分别代表了人类征服的四条大河：多瑙河、恒河、尼罗河和拉普拉塔河，同时也代表着欧洲、亚洲、非洲和美洲四大洲。喷泉的设计别具一格，四条河流由一只巨大的水池中央的男子雕像中喷出，流入四个不同的水池中。历史上，纳沃纳广场曾经是一个供古罗马贵族观赏表演和比赛的场所，后来逐渐发展成为繁华的市场和商业区。中世纪时期，会定期举办骑士比武、赛马和马上竞赛等活动。到了文艺复兴时期，许多著名的艺术家和思想家都在广场上留下了他们的足迹和创作。如今艺人们在广场上唱歌、跳舞、弹琴、作画，热闹非凡。

艺术爱好者不会错过的博尔盖塞别墅和其中的博尔盖塞美术馆。仅次于多里亚潘菲利别墅公园的罗马第二大公园，绿树成荫，散落着美丽的喷泉和别墅，提供住宿和餐饮服务。博尔盖塞美术馆内收藏着大量贝尼尼的作品。每一件展品都配有精致的装饰背景

和大幅的壁画，特别是一系列雕塑作品，衬托在精致的大理石雕框和壁画中，与室内环境融为一体。

打卡完景点后，到城郊的阿皮亚古道策马而行，沉浸于大自然，探索沿途古迹。或是乘船游览台伯河，观赏两岸恢弘建筑和清新绿地交织。想尽情购物的游客，鲜花广场中间有许多出售水果、蔬菜和肉类的小摊；康多提街和科索街则汇集了世界知名的时尚品牌。

## 人间仙境科莫湖

栖息于阿尔卑斯山之间，由山泉水汇聚而成的Y型水体，周围环绕着优雅的别墅和如画的风光，伦巴第大区的科莫湖犹如一曲宁静与美丽的交响乐。置身河岸，仿佛走进画卷一般。

在苍翠山坡和蓝绿色湖水之间的花岗石岸边，一个个小镇依山傍水而建。科莫湖拥有长达170公里的湖岸线，分布着许多设施齐全的滨水休闲区和湖畔沙滩，有些非常隐蔽，似与世隔绝，在这里沐浴阳光，欣赏湖景，正是打开科莫湖的最佳方式。推荐Rezzonico小镇的白色卵石沙滩，此外，这座小镇以文化古韵闻名，是探索文化历史的活博物馆。Tremezzina小镇的滨水区域有着大片橄榄树掩映下的柔软草坪，还提供各种水上运动。若想另辟蹊径，乘船到湖东岸的Careno小镇，漫步在村庄里的古老街道，在宁静中体会时光静止。

Corenno Plinio镇则以浓厚的中世纪氛围

而独具特色，也较周围的城镇更为僻静。狭窄的街道两旁，坐落着装饰有五颜六色鲜花的石屋，这里还伫立着一座古老的城堡。登上老海港的观景台，将湖岸与小镇风光尽收眼底，随后可到镇上唯一的餐厅里品尝当地美食。

科莫湖西岸中段的Lenno小镇上坐落着巴比安内罗别墅，该别墅建于18世纪，俯瞰整个湖区，作为《007》和《星球大战》的拍摄地，还真有些令人置身好莱坞大片的感受。别墅内部装潢华丽，陈列着大量历史文化和艺术作品。别墅花园内种植着各种花卉、树木，一年四季景色变幻，魅力无穷。

科莫湖畔的诸多酒店度假村带领客人遁入奢华梦境，亦是养生体验的好去处。

饱览科莫湖明珠Bellagio小镇和Grigne山川美景的Tremezzo大酒店是一家拥有一个多世纪历史的家族企业，建于1910年，将昔日繁华和现代奢逸巧妙结合。

这座新艺术风格的宫殿建筑，毗邻Carlotta别墅花园，从100扇窗户望出去，均可俯瞰湛蓝的湖水或花园中繁花似锦的绿地。崭新的湖滨浴场经过重新设计，重现上世纪五六十年代意大利里维埃拉风情，开启惬意甜蜜生活。两艘威尼斯私人汽艇Ruy号和Batt号正等待着带你浸入湖光山色。三座泳池(其中一个漂浮在湖面上)、健身中心、占地两公顷的户外公园和网球场，让你尽情消磨时光。五间不同风格的餐厅和酒吧提供别具一格的意大利美食和经典鸡尾酒。

酒店主体宫殿建筑旁坐落着一幢美丽的



Flowers Pool, Grand Hotel Tremezzo, Lago di Como



Lobby, Grand Hotel Tremezzo, Lago di Como

三层建筑，名为Emilia别墅，正是酒店的水疗中心T Spa。

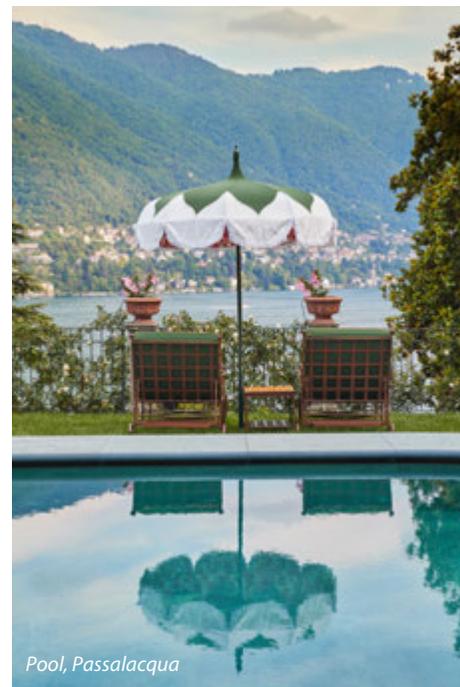
Hammam土耳其浴在豪华宽敞的房间内充满仪式感的进行，拱形天花板上装饰着白色大理石，房间中央是经典的大理石身体磨砂台。意大利护肤品牌Officina Santa Maria Novella Firenze为T Spa独家设计了传统土耳其浴清洁仪式，焕发身心活力；瀑布淋浴、情侣浴、蒸汽浴，令体验更加完美。

五间理疗室内，客人将体验到一系列具有针对性的舒压、抗衰和恢复平衡的护理。

要想获得亲密体验的情侣们可以选择花园环绕的独家套房。套房内设有情侣理疗室、按摩浴缸、桑拿房、蒸汽浴室，以及瀑布淋浴设施。

无边际泳池将湖景悉数纳入，可伸缩窗户营造出一个露天日光浴室。泳池内的不同位置，可享受到由数百个气泡、水柱和泡沫环绕的漩涡体验。宽敞的休息区内则装饰有壁画天花板、经修复的瓷砖地板和古典风格的壁炉。

Passalacqua是科莫湖畔另一家值得造访



Pool, Passalacqua

的酒店。坐落于风景如画的Moltrasio村庄之上，始建于18世纪，曾作为一处心灵栖息地，是朋友、伴侣、同道中人共聚的场所，接待过一众在音乐、文学、艺术领域颇有造诣的大师和著名政治家，如贝利尼、拿破仑、丘吉尔等。

现被De Santis家族改造成一家独一无二的酒店，拥有七英亩的园林景观，一直延伸到湖畔。24间套房分布在三座宏伟建筑中。房间内饰的每一个细节，壁画、玻璃吊灯、镜面迷你吧，均经过精心设计，没有一间房间是相同的。

历史悠久的主别墅(Villa)拥有12间华丽套房，展现了巴洛克式的宏伟风格和原始壁画，其中包括一间音乐室，贝利尼曾在此弹钢琴。The Palazz别墅则由8间套房组成，拥有数百年历史的横梁、光亮的锦缎墙壁和引人注目的螺旋楼梯。酒店的水疗中心正是位于该别墅内，设有两间理疗室、带有廊柱和拱形天花板的休闲区，以及桑拿和蒸汽浴室。坐落湖边的Casa Al Lago别墅则是静谧独享的选择，别墅内的四间套房均配有私人花园。

Passalacqua没有考究的大餐，却是让客人们“宾至如归”，行政总厨Alessandro Rinaldi是名副其实的“家庭厨师”，选用新鲜食材烹制正宗而简单的意大利家常菜。你大可进到厨房，与厨师们讨论自己心仪的菜单，还可以带着自己从酒店花园里采摘的原料，为餐点做些贡献，或是临时起意和厨师们一起制作面点。你可以自行选择用餐地点，湖畔、露台、花园，工作人员随时为你摆放餐桌。

春季来临，北部阿尔卑斯的白色山顶与近处的绿色山坡形成鲜明对比，到科莫湖边

## SPA JOURNEY | SPA之旅

的花园里百花齐放。科莫湖的小气候让这片区域繁花似锦，Passalacqua也不例外。酒店共有三处花园。梯田花园里，处处是百年古树和迷人喷泉。意大利花园栖息最高点，俯瞰湖景。冬季花园里建有游泳池、遮阳伞、日光浴躺椅、露天健身房。

温暖的季节里，没有比乘船游湖更惬意的事了。Passalacqua为客人准备了两种类型的游船。传统木船Giumello II适合温和的探索之旅、日落巡游。配有日光浴甲板和泳池的Didi号则更适合长途旅行。从酒店出发，游览湖边历史悠久的小镇和花园，瞥一眼好莱坞皇室在科莫湖的寓所，亦或是享受一次浪漫的香槟巡游，都让人难以忘怀。

抵达科莫湖，火车是最经济实惠的选择，还能观赏沿途美景，从米兰有直达科莫湖的车次。另外还可以选择湖上航行，Bellagio、Varenna、Menaggio等科莫湖的主要城镇可以作为出发点。

### 托斯卡纳温泉养生

意大利中部的托斯卡纳是一片充满自然奇观、艺术珍宝和美味佳肴的土地，并因天然温泉水闻名，随处可见的温泉中心自古以来就吸引着人们前来疗愈身心。

卢卡和皮斯托亚之间，离佛罗伦萨不远，蒙特卡蒂尼见证了现代栖居与温泉小镇的完美结合。小镇中心林立着典雅的新艺术风格建筑，坐落着许多公园、餐厅和商店，同时散布着大大小小的温泉中心，是休闲度假的首选地。

蒙特卡蒂尼温泉早在古罗马时代就已闻名遐迩，从土壤深处涌出的泉水对于治疗消化系统、神经系统和皮肤等疾病有很好的疗效，尤其能改善肝脏功能、体高肝脏的净化能力、治疗便秘、利尿排毒等。

Tettuccio、Excelsior、Tamerici、Regina、Redi等具有代表性的温泉疗养中心各自坐落在一片绿色景观中，周围环绕着花园和小径，与小镇公园“La Pineta”交织在一起。这些温泉中心提供全面的疗程体系，由医疗专业人员负责监督。除了传统的温泉水和泥浆相关疗法外，还引进了新颖的养生和美容疗程，包括一系列按摩，身体和面部护理，以及瘦身、放松、抗衰等项目。护理会随着季节的变化而更新。值得一提的是，Tamerici水疗中心还会定期举办各种音乐活动、展览和演讲。

漫步于La Pineta公园内，五彩陶瓷装饰的门廊下有温泉水直饮装置。沿着松树林前行，来到历史悠久的缆车站，乘缆车向上，一路抵达中世纪村庄Montecatini Alto，俯瞰下方山谷全景。踏过狭窄的石板路，到达Giusti广场，享用美食，记得尝一尝冰淇淋和经典的蒙特卡蒂尼威化饼。艺术爱好者别错过了Viale Verdi大街上的蒙特卡蒂尼当代艺术博物馆，或是前往威尔第剧院欣赏一场音乐歌剧或演出。

蒙特卡蒂尼小镇周围环绕着托斯卡纳风光秀丽的葡萄园和橄榄园，非常适合徒步、骑行，或进行葡萄酒和美食之旅。

托斯卡纳南部的萨图尔尼亚小镇位于马雷玛区的中心地带，矗立山顶上。三千年来，萨图尔尼亚的温泉水一直从Amiata山的天然火山口中源源不断地喷涌而出，水温高达37°C，以独具一格的硫磺气味闻名。富含硫磺的温泉水能促进基础代谢，消水肿，重新激活毛细血管循环，增强肝细胞活性。空腹小剂量饮用还能促消化，改善肠胃问题；还具有天然的去角质、肌肤清洁和杀菌作用。水中的热浮游生物在泉水中形成，富含氨基酸、硫、钾和镁，具有非凡的抗炎、抗

氧化和再生特性。

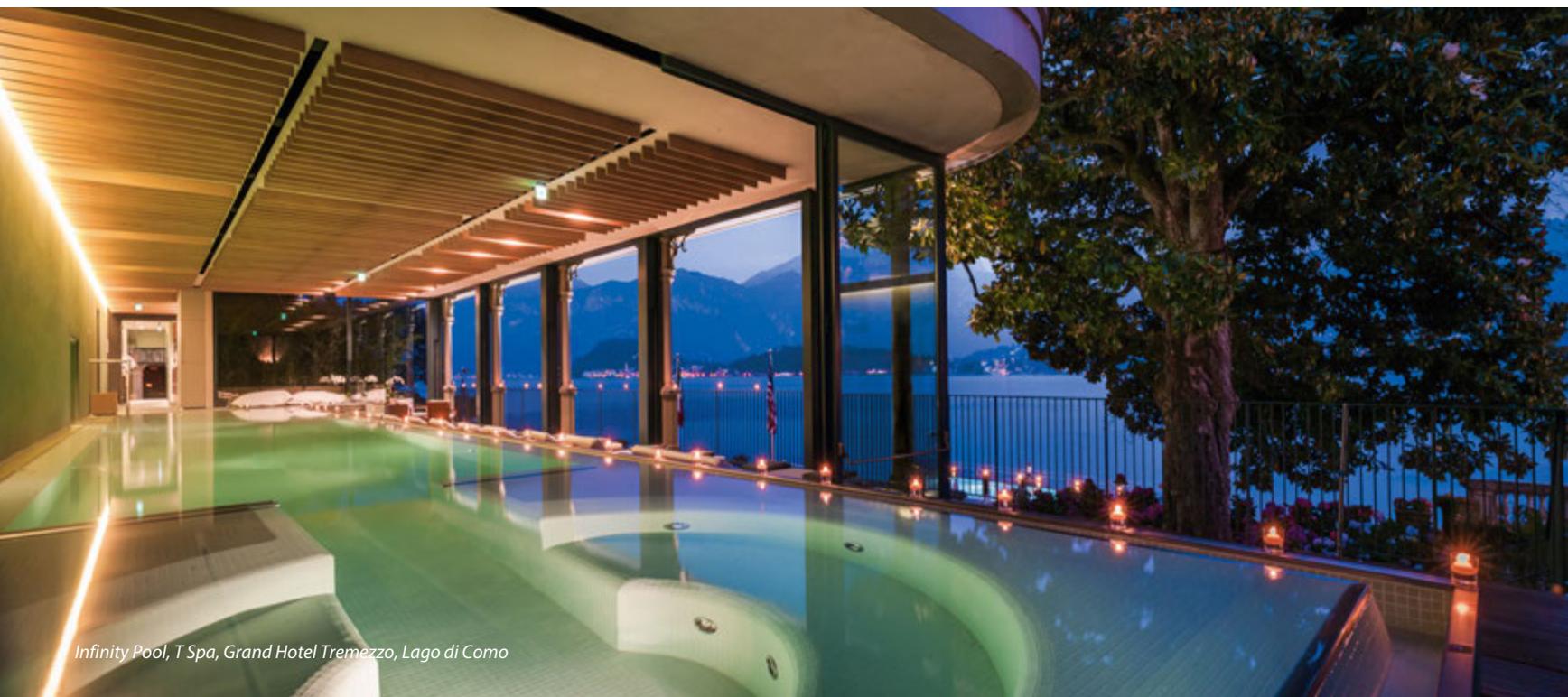
从萨图尔尼亚到曼奇亚诺的公路上，距离萨图尔尼亚小镇中心仅几公里的地方，硫磺泉水喷涌而出，形成一个个阶梯式的温泉池和小瀑布，你可以直接跃入其中，在周围美丽的田园风光中度过怡人时光。这处免费开放的露天温泉浴场叫磨坊瀑布(Cascade del Mulino)，因旁边坐落着一座古老的磨坊而得名。

Terme di Saturnia水疗和高尔夫度假村位于萨图尔尼亚小镇山脚下，由一座古老的洞石建筑雕刻而成，覆盖着石灰华石，设计成传统古罗马浴池的模样，与一旁的千年泉水交相辉映，四周环绕着美丽的托斯卡纳丘陵。

个性化健康旅程是其核心，酒店通过一系列温泉疗法、护理和按摩、罗马浴池，帮助客人重拾身心平衡。露天温泉池、漩涡浴池和冷热水疗愈小径是特色。酒店拥有124间客房，2间餐厅和18洞高尔夫球场。

Fonte Pura温泉酒店则建在山顶上。巨大的硫磺温泉池周围环绕着花园和橄榄树林。Fonte Pura的温泉水被卫生部认定为适用于浴疗和治疗风湿病、妇科病和皮肤病(如牛皮癣)。酒店SPA提供传统按摩、整体疗法和火山岩热石按摩。

托斯卡纳的更对温泉SPA选项——蒙蒂尼奥索的Versilia温泉度假村提供海滨俱乐部体验。马尔米堡附近的Beauty Farm温泉水疗中心将创新技艺与传统按摩结合。游览完比萨斜塔后，前往Bagni di Pisa温泉中心体验塑形、瘦身、排毒净化护理，这里的温泉水对风湿病和血管疾病尤其有效。蒙苏马诺的Grotta Giusti提供独特的温泉水身心疗愈，位于青山绿水的自然环境中，距离托斯卡纳的主要艺术胜地仅咫尺之遥。



Infinity Pool, T Spa, Grand Hotel Tremezzo, Lago di Como

# ITALY

## Land of Infinite Charm



Colosseum Rome

*Fashion capital, art palace, food paradise, historical treasures, stunning beauty...  
Each label will take you to a different façade of Italy*

**L**ocated in the south of Europe and embraced by the Mediterranean Sea, the charm of Italy is hidden under the depth of history, culture and art, flowing in the beautiful natural scenery and shining in the glittering wheel of fashion. The homes of art - Rome, Florence and Venice – attract people from all over the world to appreciate the masterpieces of the Renaissance, and the collections of the Vatican Museums, the Uffizi Gallery and the Sistine Chapel. From Milan Fashion Week to the antique markets of Florence, Italian fashion elements set global trends. Pasta, pizza, espresso and wine make for a memorable experience. From the Alps to the beautiful beaches, from the watery cityscapes of Venice to the ancient walls of Naples, there's beauty around every corner.

### **Rome: the irresistible allure of the eternal city**

The birthplace of the ancient Roman Empire

and one of the centers of the Renaissance, Italy's capital city, Rome, has weathered the ages while embracing modern prosperity. Being in Rome for the first time can be a bit overwhelming - after all, there are attractions everywhere you look.

One of the capital's symbols is the Colosseum. Built in 72 A.D., it was initially used as a venue for gladiator competitions, and then gradually developed into an entertainment center during the Roman Empire. The entire construction covers an area of 20,000 square meters and can accommodate 90,000 spectators. The outer wall is 57 meters high, equivalent to the height of a modern 19-story building. Next to it stands the Fori Imperiali which accommodates the ruins of five monumental squares. This was once the public town square during the ancient Roman era and was the political, economic and cultural center of the time.

Stroll through the city and encounter beautiful fountains. The famous Fontana di Trevi is located at the intersection of three streets, and

that's why it gets the name Trevi. One of the last masterpieces of Baroque architecture in Rome, the fountain features a huge statue of Poseidon, surrounded by gods and goddesses from Western mythology, each with a different demeanor. Since you are here, close your eyes, turn your back to the fountain and flip a coin into the pool. The Piazza di Spagna, where Fontana di Trevi stands, as one of the filming locations of Roman Holiday, attracts tourists one after another to relive the classic scenes in the movie and sit on the magnificent Spanish Steps to take pictures. Surrounding the piazza are many stores, cafes and restaurants where you can taste authentic Italian food and buy a variety of souvenirs and artwork.

The Four Rivers Fountain in Piazza Navona features four rivers that represent the four great rivers conquered by humankind: the Danube, the Ganges, the Nile and the Rio de la Plata, as well as the four continents of Europe, Asia, Africa and the Americas. The fountain has a unique



Varenna at Lake Como

design, with the four rivers emanating from a statue in the center of a huge pool and flowing into four different pools. Historically, Piazza Navona was once a place for ancient Roman aristocrats to watch performances and tournaments, and later evolved into a bustling market and commercial area. During the Middle Ages, jousting, horse racing and horse competitions were regularly held here. When it came to the Renaissance, many famous artists and thinkers left their footprints and creations in the square. Today, many artists perform singing, dancing, playing the piano and painting here to create a lively atmosphere.

Immerse yourself in art. Art lovers should not miss Villa Borghese and the Borghese Gallery within it. The second largest park after the Villa Doria Pamphili Park, the tree-lined garden boasts beautiful fountains and villas offering lodging and dining. The Borghese Gallery houses a large collection of works by Bernini. Each

exhibit is accompanied by exquisitely decorated backgrounds and large frescoes.

Horseback riding on the outskirts of Rome is a special experience. Immerse yourself in nature and explore the monuments along the Appia Antica on a horse. Or take a boat ride on the Tiber River, where you can see the magnificent architecture and fresh greenery on both sides. For those who want to shop to their heart's content, the traditional Campo dei Fiori market is filled with stalls selling fruits, vegetables and meats, while Via dei Condotti and Via del Corso are filled with world-renowned fashion brands. The former is also the place where Audrey Hepburn ate ice cream in *Roman Holiday*. The latter hosts an annual Christmas market.

### Luxury holiday in Lake Como

Nestled between the Alps, a Y-shaped body of water formed by mountain springs, surrounded by elegant villas and picturesque landscapes,

Lake Como in Lombardy is a symphony of serenity and beauty.

Between the verdant hillsides and the blue-green waters of the lake, a collection of stunning small towns and villages dwell. With 170 kilometers of shoreline, Lake Como has many well-equipped waterfront recreation areas and lakeside beaches, some of which are secluded and isolated. Soaking up the sun and enjoying the beautiful lake views is the best way to experience Lake Como. The white pebble beach of Rezzonico is recommended, and the town is known for its cultural heritage. Tremezzina's waterfront area features large olive groves with soft lawns and offers a variety of water sports. For an alternative, take a boat trip to the small town of Careno on the eastern shore of the lake and stroll through the old streets of the village, where time stands still in tranquility.

The town Corenno Plinio stands out for its medieval atmosphere and is more secluded than



the surrounding towns. The narrow streets are lined with stone houses decorated with colorful flowers, and there is also an old castle. Climb up to the observation deck of the old harbor for a panoramic view of the lakeshore and the town, and then sample the local cuisine at the town's only restaurant.

On the western shore of Lake Como, in the town of Lenno, lies Villa Del Balbianello, built in the 18th century, overlooking the entire lake area, surrounded by beautiful gardens and woods. It is the filming location for James Bond 007 and Star Wars. Walk down the steps into the interior of the villa, which is richly decorated with historical, cultural and artistic pieces. Then take a stroll through the villa's gardens and appreciate the colorful flowers and impressive sculptures.

The many hotels and resorts on the shores of Lake Como lead guests into a dream of luxury and wellness experiences.



*Le Cascate del Mulino, Tuscany*

Boasting unparalleled views over Bellagio and the rose-tinted Grigne mountains, the Grand Hotel Tremezzo, a family-run business for over a century of history, is a symbol of the warmest Italian hospitality. Built in 1910, it combines fabulous period décor characterized by vibrant colors and reflecting the exuberance of times past with contemporary luxuries.

An Art Nouveau Palace sitting adjacent to Villa Carlotta's famed gardens with its 100 windows overlooking either the lake blue waters or the flowering greenery of the garden, the Hotel features 67 rooms and 17 suites and multifarious array of world-class facilities. The brand-new lakefront sandy lido, fully restyled to immerse you in the glamor of the Italian riviera during the 1950s and 1960s, is a place to live the real dolce vita. Two private Venetian motor launches, Ruy and Batt, await to show you the lake and its borgos. The three breathtaking pools – one of them floating on the lake – along with the fitness center and two-hectare secular park with floodlit clay tennis court allow unlimited ways to while away the hours. The hotel boasts five bars and restaurants: La Terrazza Gualtiero Marchesi, featuring the Maestro of modern Italian cuisine's dishes, L'Escale Trattoria & Wine Bar, offering Italian cuisine with a twist in a casual atmosphere, T Pizza, the pizzeria immersed in the greenery of the park, Da Giacomo al Lago, the perfect bond between the breathtaking location of the Palace's beach and

the fish recipes by Giacomo Milano, and the T Bar, for signature cocktails from aperitif to after-dinner.

Following a restyling project under the guidance of world-renowned Italian architect Ruggero Venelli, the Grand Hotel Tremezzo presents Villa Emilia, an 18th-century building of three levels adjacent to the hotel's historic Palace. Also known as T Spa, the villa offers a wellness space, five elegant treatment rooms, a Hammam suite and a wet area, which includes a Mediterranean steam bath, a Turkish bath and a sauna, with stunning views of Lake Como. The T Spa also offers guests an ice fountain, experience showers and a precious relaxation area decorated with a pre-existing frescoed ceiling, preserved and restored tiled floors and a classic-style fireplace. This is complemented by an exclusive mosaic nail studio, a breathtaking infinity pool, a three-storey gym and a private access suite within the villa, called Suite Emilia. All with panoramic views of Lake Como.

T Spa has partnered with Italian skin care line, Officina Santa Maria Novella Firenze, who has custom-designed a range of anti-stress, anti-ageing and rebalancing treatments for T Spa guests.

The rituals of the unique Hammam of Lake Como take place in a luxurious and spacious room with a vaulted ceiling, decorated with precious white Lasa marble and with the typical marble body scrub slab in the centre. The traditional cleansing ritual of the Hammam, ex-



Sala Ovale, Passalacqua

clusively designed and customised by Officina Santa Maria Novella Firenze, is the perfect way to revitalise both mind and body; a waterfall shower, a couple's bath and a steam bath complete this unique experience.

The T Spa also houses a scenic infinity pool with spectacular views of the lake. The relaxation area, located at the front of the pool, includes tall retractable windows that create an open-air solarium. For an even more intense wellness experience — at five different spots in the infinity pool — guests can enjoy whirlpool experiences, surrounded by hundreds of air bubbles, water jets and effervescence.

For a more intimate experience, couples can indulge in the elegance and privacy of the exclusive T Spa Suite, surrounded by the hotel gardens. Featuring a couple's treatment room, private relaxation area, Jacuzzi, sauna and steam room with contrasting showers and waterfall jets, the T Spa Suite offers a perfect escape for two.

The other hotel worth a visit is Passalacqua. Created in the 18th century as a place of the heart on Lake Como for friends, for love and leisure, for the pleasures of the table and the Italian art of dolce far niente, Passalacqua is that same place of wonder today.

Stepped in history, this 18th Century villa once played host to some of the world's most brilliant minds in music, literature, art and politics from Napoleon Bonaparte to Bellini to Winston Churchill.

Standing above the picturesque village of Moltrasio, Passalacqua has now been transformed by the De Santis family into a unique hotel with 24 characterful guest accommodations spread across three magnificently restored edifices. Passalacqua features seven acres of landscaped gardens that descend to a private

jetty. Every single aspect of the property's interiors including the meticulous restoration of the frescoes, handblown glass chandeliers to mirrored secret mini bars, has been personally overseen and curated, with not one suite being the same.

The main historic residence, the Villa, features 12 sumptuous suites, which celebrate the grand Italian baroque style and original frescoes, including a double height balustraded music room, where Bellini played the piano. The Palazzo or 'ancient stables', comprises 8 suites with centuries-old, exposed beam work, glossy damask walls and a striking spiral staircase. A Spa will be located in what was the cow's manager, with two treatment cabins offering Barbara Sturm treatments, a relaxation area with columns and vaulted ceilings. A hidden humid area with sauna and steam bath is situated within the secret tunnels of the villa. Down by the lake, the intimate Casa Al Lago is ideal for exclusive use, with four suites, each appointed with a private garden — all sharing a beautiful dining area and fireplace.

Passalacqua will eschew formal dining areas for a relaxed 'home away from home' approach. Guests will be treated to authentic and simple Italian home cooking, using fresh 'garden to table' ingredients. House Executive Chef Alessandro Rinaldi is truly a 'chef di casa'. Guests are encouraged to visit the kitchens and speak to the team to discuss their menu for the day, bearing freshly foraged vegetables to contribute to the meal or partake in an ad hoc pasta making session. All are invited to choose their own location to dine within the property, whether that might be on one of the terraces, in the Rose Garden or down by the lake — staff will be on hand to set up tables accordingly, the idea is to have

an extremely personalised dining experience.

During springtime, Lake Como's microclimate sees its historic gardens begin to blossom with a blaze of exuberant azaleas, rhododendrons, and camellias, and Passalacqua is no exception. The villa's majestic, terraced gardens feature private hideaways, more than 15 enchanting water fountains and centuries-old trees, considered to be some of the most well-maintained in all of Italy. The views of Como are arguably at their most impressive during the changing of the season, as alpine peaks frame the view to the north — their white accents contrasting with the green slopes in the middle distance — while the blossoming gardens along the lake paint the waterfront villas in a riot of colour. Passalacqua's Italian Gardens are located at the highest point of the estate and have the vantage point of spectacular lake views, while the ancient Winter Garden looks out onto a 20-metre swimming pool, surrounded by vibrant parasols and sun loungers, furnished in a vibrant patterned fabric custom made especially for Passalacqua by fashion designer, JJ Martin. A second Winter Garden features a state-of-the-art al fresco gym, which in turn looks out onto the estate's ancient olive grove, where the oil has been pressed for generations.

There is nothing quite like exploring Lake Como by boat and as the temperature begins to rise, visitors are encouraged to spend time on the water with Boatman, Beppe, setting sail from the hotel's private dock aboard either Giumello II or Didi. Giumello II is a traditional wooden boat, the perfect choice for gentle voyages of discovery, sunset cruises, and Lake Como's particular brand of 'dolce far niente'; whereas Didi is better suited to longer jaunts as she comes complete with a sundeck and swimming platform. Whether touring the lake's historic towns and gardens, catching glimpses of Hollywood royalty's Como boltholes, or enjoying a romantic Champagne cruise, a trip aboard either boat will be sure to create lasting memories for guests of Passalacqua.

## Thermal Springs in Tuscany

Tuscany, in central Italy, is a land of natural wonders, artistic treasures and culinary delights, and after all, natural thermal waters, with spa centers everywhere that have been attracting people to heal their bodies and minds since ancient times.

Between Lucca and Pistoia, not far from

Florence, Montecatini Terme bears witness to the perfect combination of a modern habitat and a spa town. The center of the town is lined with elegant Art Nouveau buildings and is home to many parks, restaurants and stores, while large and small spa centers are scattered throughout, making it a prime location for a relaxing vacation.

The Montecatini hot springs has been known since Roman times, and the water that gushes out from the depths of the soil is very effective in treating diseases of the digestive system, the nervous system, and the skin, and in particular, it improves the functioning of the liver, increases the liver's purification capacity, treats constipation, and is a diuretic and detoxifying agent.

The representative spa complexes of Tettuccio, Excelsior, Tamerici, Regina and Redi are each situated in a green landscape surrounded by gardens and paths, intertwined with the town park "La Pineta". These spa centers offer a comprehensive system of treatments supervised by medical professionals. In addition to the traditional therapies associated with thermal waters and mud, innovative health and beauty treatments have been introduced, including a range of massages, body and facial treatments, as well as slimming, relaxation and anti-aging programs. Treatments are updated with the seasons. It is also worth noting that Tamerici Spa regularly hosts a variety of musical events, exhibitions and lectures.

As you are wandering around La Pineta Park, take a sip of the thermal water under the colorful ceramic-decorated porticos. Walk along the

pine forest to the historic funicular which takes you upwards all the way to the medieval village of Montecatini Alto. There you will have a panoramic view of the valley below. Step over the narrow stone paths to reach the central Piazza Giusti for a gourmet meal. Don't forget to try the gelato and the typical Montecatini wafers. Art lovers can't miss the Mo.C.A. (Montecatini Contemporary Art) museum on Via Viale Verdi, or head to the Verdi Theatre for a musical opera or performance.

Surrounded by scenic Tuscan vineyards and olive groves, the small town of Montecatini Terme is perfect for hiking, biking, or taking a wine and food tour.

In southern Tuscany, Saturnia stands on a hilltop in the heart of the Maremma district. For over 3,000 years, Saturnia's hot springs have been gushing forth from the natural crater of Mount Amiata at temperatures of up to 37°C, attracting visitors from all over the world with their distinctive sulphurous smells.

The sulfur-rich hot spring water boosts basal metabolism, reduces water retention, reactivates capillary circulation, and enhances liver cell activity. It promotes digestion and improves gastrointestinal problems when consumed in small doses on an empty stomach. Also, it has a natural exfoliating, skin-cleansing and antiseptic effect.

The thermal plankton formed in the spring water is rich in amino acids, sulfur, potassium and magnesium and has extraordinary anti-inflammatory, antioxidant and regenerative properties.

On the road from Scansano to Manciano,

just a few kilometers from the center of the town of Saturnia, sulphur springs gush forth to form a stepped thermal pools and small waterfalls, into which you can leap right into for a pleasant relaxation in the beautiful idyllic surroundings. This free open-air hot spring bath is called Cascate del Mulino, named after the very old mill that sits next to it.

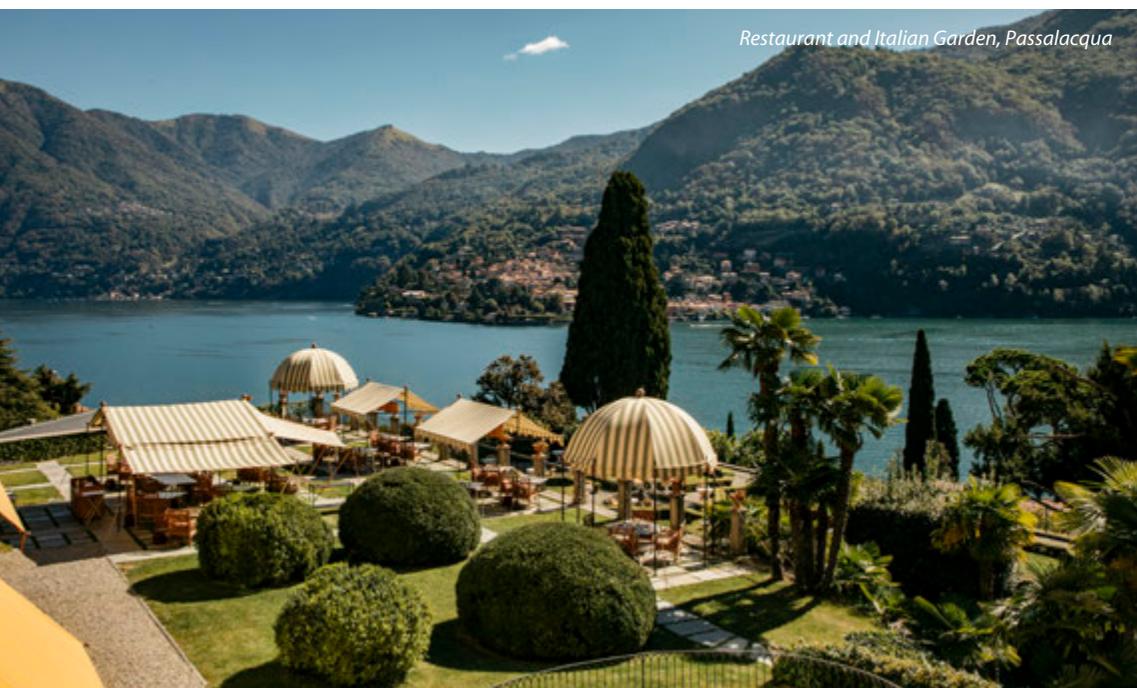
In addition, two luxurious spa resorts take the spa healing experience in Saturnia to new heights.

The Terme di Saturnia Spa and Golf Resort is situated at the foot of the village and has been created with the theme of natural regeneration in mind. Carved from an ancient travertine building and designed to look like a traditional Roman bath, the resort is set against a thousand-year-old spring and surrounded by beautiful Tuscan hills.

Personalized wellness journeys are at its core, and the hotel helps guests rebalance their minds and bodies through a range of spa therapies, treatments and massages, and Roman baths. Open-air thermal pools, whirlpools and hot and cold hydrotherapy healing trails are specialties. The hotel also has 124 rooms, 2 restaurants and an 18-hole golf course.

Hotel Saturno Fonte Pura, on the other hand, is built on a hilltop overlooking the valley, with a huge sulphurous thermal pool surrounded by gardens and olive groves. The thermal waters of Fonte Pura have been recognized by the Ministry of Health as being suitable for balneotherapy and for the treatment of rheumatism, gynecological disorders, and skin diseases (such as psoriasis). The hotel spa offers traditional massages, holistic therapies and hot stone massages.

In addition to these two main namesake spa towns, there are many more amazing thermal experiences in Tuscany. The Versilia Thermal Baths in Montignoso offers a beachside club experience. The Beauty Farm near Forte dei Marmi combines innovative techniques with traditional massages. After visiting the Leaning Tower of Pisa, head to the Bagni di Pisa spa center to experience shaping, slimming, and detoxifying treatments, where the thermal waters are particularly effective for rheumatism and vascular disease. Grotta Giusti in Montsumarno offers a unique experience of mind-body healing, set in a natural environment of green hills and just a stone's throw from Tuscany's main artistic attractions.

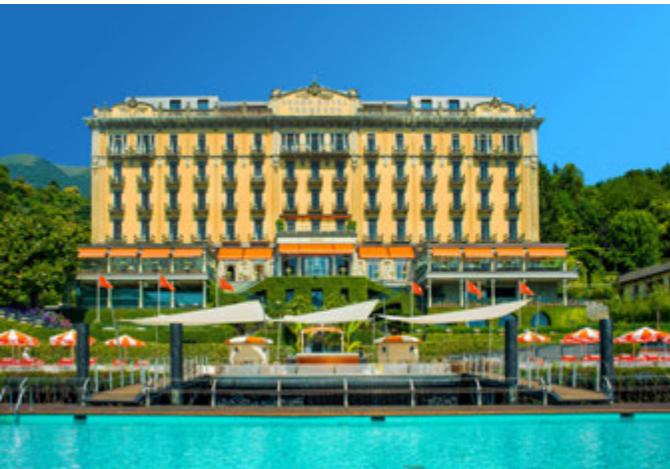


# 意大利奢华水疗度假村精选

## A Selection of Italian Spa Resorts

从风光宜人的科莫湖畔、度假胜地撒丁岛，到古老的温泉疗养小镇菲乌吉，这四家奢华的水疗度假村引领客人沉浸自然之境，体验身心蜕变。

*From the scenic shores of Lake Como to the glammers island of Sardinia, to the ancient hot spring town of Fiuggi, these four luxury spa resorts take guests on a journey of natural immersion and a transformation of the body and mind.*



### Grand Hotel Tremezzo, Lago di Como

Boasting unparalleled views over Bellagio and Grigne mountains, the Grand Hotel Tremezzo, a family-run business for over a century of history, is a symbol of the warmest Italian hospitality. An Art Nouveau Palace sitting adjacent to Villa Carlotta's famed gardens with its 100 windows overlooking either the lake blue waters or the flowering greenery of the garden, the Hotel features 67 rooms and 17 suites. The brand-new lakefront sandy lido, the three pools, along with the fitness center and two-hectare secular park with floodlit clay tennis court allow unlimited ways to while away the hours. Five bars and restaurants offer Italian cuisine, pizza, fish recipes, signature cocktails and more.

Villa Emilia, an 18th-century building adjacent to the hotel's historic Palace, also known as T Spa, offers five elegant treatment rooms, a Hammam suite and a wet area, which includes a Mediterranean steam bath, a Turkish bath and a sauna, with stunning views of Lake Como. The T Spa also offers guests an ice fountain, experience showers, a relaxation area, an exclusive mosaic nail studio, an infinity pool, a three-storey gym and a private access suite within the villa, called Suite Emilia. T Spa has partnered with Italian skin care line, Officina Santa Maria Novella Firenze who has custom-designed a range of anti-stress, anti-ageing and rebalancing treatments for T Spa guests.

### 科莫湖Tremezzo大酒店

拥有一个多世纪历史的Tremezzo大酒店，以新艺术风格的宫殿之姿饱览Bellagio小镇和Grigne山的美丽风光。毗邻卡洛塔庄园，酒店拥有67间客房和17间套房，从酒店的100扇窗户可以俯瞰湛蓝的湖水或繁花似锦的花园绿地。崭新的湖滨沙滩浴场经过重新设计，再现上世纪五六十年代的意大利里维埃拉的独特魅力。三座游泳池（其中一个漂浮在湖面上）、健身中心、网球场、占地两公顷的公园，让客人尽情消磨时光。五家餐厅和酒吧提供意大利美食、丰盛披萨、海鲜大餐、招牌鸡尾酒等。

紧邻酒店宫殿的Emilia别墅最初建于18世纪，坐拥科莫湖的迷人景色，修缮一新后作为T水疗中心为客人提供养生服务。中心内设有5间理疗室、Hammam浴室、水设施区。水设施区内可体验地中海蒸汽浴、土耳其浴、桑拿浴、冰泉、体验淋浴。宽敞的休息区装饰有壁画天花板、经修复的古老奢华瓷砖地板和古典风格的笔架。其他设施还包括美甲工作室、无边泳池、健身房和Emilia私人套房。客人可体验到来自意大利护肤品牌Officina Santa Maria Novella Firenze的天然产品，以及一系列减压、抗衰、平衡护理。

### 科莫湖Passalacqua酒店

科莫湖畔，美丽的Moltrasio村庄之上，18世纪的非凡建筑经过De Santis家族历时三年的修复，重新焕发生机。Passalacqua酒店去年开业，七英亩的梯田花园一路延伸到湖畔，24间各具特色的客房分布在三幢古典建筑中。公园露台、汩汩喷泉和百年古树之间，坐落着全景游泳池、露天健身房、湖畔网球场、星空下的电影剧场。Passalacqua的餐饮概念打破传统，从菜园里采集新鲜食材，为客人烹制正宗的意大利家常菜。客人大可带着自己采摘的材料，进到厨房，与厨师团队讨论当天的菜单。

通过一扇隐蔽的大门，经过一段楼梯，进入隐蔽的水疗中心。底层大厅有高耸的拱顶、宏伟的圆柱，进入理疗室，科莫湖的乡野风格呼之欲出。SPA的核心系列基于德国皮肤科医生Barbara Sturm博士的科研创新，其创立的同名护肤品牌在消炎抗衰、天然护肤方面成效显著。一系列身体按摩与面部护理旨在放松身心、重焕活力，恢复红润光泽的健康美肌。宾客还可以体验蒸汽和桑拿浴，练习瑜伽和冥想，在健身房中一边锻炼身体一边欣赏美景。

### Passalacqua

Passalacqua, the 18th century property standing above the village of Moltrasio on the shores of Lake Como, was brought back to life by De Santis family and opened its doors just over a year ago. With 7 acres of terraced gardens, sweeping down to the lake's shore, the hotel features 24 characterful guest accommodations spread across three magnificently restored edifices. Amidst the bubbling fountains and centuries-old trees, guests can enjoy a panoramic swimming pool, an open-air gym, a lakeside tennis court, movie nights under the stars and much more. An abundance of fresh produce is gathered each morning from the kitchen gardens, to be transformed into authentic Italian home cooking dishes that distil all the season's goodness.

A ground floor hall with soaring vaults and romantic columns, a lounge and treatment rooms melding Como country style with a touch of decadent mystique, the Spa is a perfect location to nurture the body and make the spirit soar. Passalacqua turned to wellness innovator Dr. Barbara Sturm, a German doctor of aesthetics with a firm grounding in anti-inflammatory medicine and a non-toxic, natural approach to skincare. Massages and facials are at the heart of a Spa menu that takes its cue from Lake Como's timeless ability to relax, revitalise and bring back that rosy glow of health.





### 撒丁岛Forte Village度假村

撒丁岛南部海岸，116英亩的迷人花园中坐落着屡获殊荣的Forte Village度假村，拥有着纯净的海滩，各式各样的住宿、餐饮和养生选项，这里还是有名的家庭度假村，为儿童和青少年提供一系列设施和活动项目。度假村内共有8家酒店，从经典的奢华客房到独栋家庭小屋，再到海滨套房一应俱全，饱览迷人海景或葱郁宁静的热带花园。13栋奢华别墅则坐落在私密位置，拥有私人花园和泳池。无论是意大利地方美食还是寰宇佳肴，可在21家餐厅中细细品尝。

度假村内的疗养圣地Acquaforthe Thalasso & Spa灵感源自历史悠久的古罗马传统海滨浴场。25年前，由Angelo Cerina医生引导的Forte Village医疗团队对海水浴疗法进行了革新。海水浴场栖息在美丽的花园中，由六个纯净的海水池组成，前三个泡池温度和盐度高，用于排毒。后三个泡池盐浓和温度较低，用于恢复身体活力。在这里，宾客还可以享受到各种具有不同功效的护理。花园的宁静一隅坐落着阿育吠陀疗愈园，提供瑜伽、普拉提课程和按摩服务。芳香疗法、四手按摩、蜂蜜&海盐按摩、指压按摩，释放身体、皮肤、精神和每一寸疲惫的肌肉。

### Forte Village Sardinia

Nestled in 116 acres of stunning gardens on Sardinia's Southern coast, Forte Village is an award-winning resort that features 8 hotels, 13 luxury villas, and 40 exclusive suites. Each hotel offers something special—whether it's the mesmerizing sea views or the tranquility of lush tropical gardens. A range of accommodations range from spacious classic rooms to family bungalows and beachside suites. The 13 luxury villas each boasts a secluded private location, a spacious private garden, and its very own private pool. Choose from 21 restaurants and enjoy regional Italian cuisine and the gourmet delicacies of celebrity chefs such as Heinz Beck, winner of 3 Michelin stars.

Acquaforthe Thalasso & Spa, the resort's wellness sanctuary is rooted in the traditional thermal baths by the sea in ancient Rome. And twenty-five years ago, the medical team at Forte Village, led by Dr. Angelo Cerina, revolutionized the world of thalassotherapy, creating a totally original and effective method for detoxing, rejuvenating and improving the body. Set in a wonderful garden, the thalassotherapy course consists of six pure Sardinian seawater pools varying in temperature and saline concentration for different health benefits and programs. In the most secluded corner of the garden lies Ayurvedic Park where yoga lessons, pilates and massages are offered. A collection of physiotherapeutic massages including aromatherapy, four hands massage, honey and slat massage and Shiatsu are inspired by the principles of philosophy and holistic therapy in order to free the mind, the skin and every muscle from aggressive fatigue, and to restore harmony and serenity.

### Palazzo Fiuggi养生医疗度假村

栖息于海拔700米的古老山丘上，拥有8.5公顷的私人花园，Palazzo Fiuggi养生医疗度假村引入Fiuggi当地的温泉水，配合各项疗程项目，疗愈身心。酒店没有标准化预设项目，而是根据每位客人的需求和目标，结合医疗服务、养生疗程、健身课程、膳食计划为其定制项目方案，包括抗衰与长寿、排毒与减重、恢复与平衡、医疗与诊断等不同主题。

医学水疗中心占地6000多平方米，采用石材和大理石等天然材料装潢，透过偌大的全景玻璃窗俯瞰花园美景。三座海水疗法浴池采用Fiuggi疗愈泉水，净化排毒、消炎、镇痛。客人在海洋气息的环绕中，可体验一系列以沙粒、海藻、海洋矿物和海泥等海洋元素为基础的疗程。水疗套房内，设有漩涡池、桑拿房、蒸汽浴室、土耳其浴室和色彩疗法淋浴间。在这里，宾客可享受由专业理疗师进行的双人专属疗程，疗程后前往宽敞的休息区放松。度假村的特色食疗方案由米其林三星大厨Heinz Beck与遗传学和衰老研究专家David Della Morte Canosci博士共同设计，通过关键营养素和微量营养素的力量，炮制有助减重和增强抵抗力的美味佳肴。

### Palazzo Fiuggi Wellness Medical Retreat

Located on an ancient hilltop 700m above sea level in its own private 8-hectare park, Palazzo Fiuggi offers unrivalled views over an exquisite landscape, made verdant by the rich mineral waters that flow through it. This therapeutic water is at the heart of Palazzo Fiuggi's many wellness programs. There are no standard or predetermined programs at the resort. Each guest's personalized pathway will be tailored to their individual needs and objectives. Programs integrating medical treatments, spa treatments, fitness courses, nutrition plans and more are tailored around the goals of Longevity, Detox & Weight, Restore & Balance, Medical & Diagnostic.

Spread across 6,000 sqm, the medical spa is finished with precious elemental materials such as stone and marble. At the heart of the wellness center are the thalassotherapy baths with sea minerals and a spa suite that includes whirlpool, sauna and Turkish baths. The Palazzo's three thalassotherapy pools incorporate healing Fiuggi water, delivering detoxifying, anti-inflammatory and analgesic effects. The salt-rich waters create additional buoyancy which promotes natural joint and muscle relaxation. The sea oil is particularly suitable for the treatment of psoriasis and dermatitis. Developed by senescence and genetics specialist Prof. David Della Morte Canosci, in collaboration with the resort's resident three-star Michelin chef Heinz Beck, the Palazzo Fiuggi Food Line offers guests a supportive regimen, combining a balanced calorie intake and a personalized combination of nutrients to activate the molecular pathways that stimulate cellular rejuvenation.





# 持续创新 引领未来

访i-Tech Industries首席执行官兼研发总监Gianfranco Tudicò博士  
和总经理兼国际业务开发总监Luca Gualdrini先生

i-Tech Industries公司是皮肤护理和身体塑形领域的先锋，始终追求尖端技术和有效的解决方案，帮助提升人们的生活质量。公司致力于满足个人在健康、养生和美容方面的需求。在其辉煌的历史中，一支由工程师和医学专家组成的团队孜孜不倦地对各种皮肤治疗方法进行广泛研究和知识传播，为卓越的icoone®技术奠定了坚实的科学基础。

i-Tech Industries的首席执行官兼研发总监Gianfranco Tudicò博士是一位杰出的护肤专家，在美容和医疗仪器领域拥有长达四十年的职业经验。他曾担任法国LPG公司总经理和研发总监25年的时间。

Luca Gualdrini先生则是一位充满激情的专业人士，无论是作为个人顾问，还是在企业中担任职务，他在各地从事销售和营销管理工作20多年，积累了丰富的经验。自2014年起，Luca开始担任i-Tech Industries公司总经

理，成功领导了icoone®品牌的国际化发展。Gianfranco Tudicò博士和Luca Gualdrini先生高瞻远瞩的领导力将公司推向了行业前沿，在护肤和美容领域掀起了一场革命。

通过全球专利创新，i-Tech Industries向市场推出了开创性的医美仪器：icoone®。

“icoone®的核心是被称为Roboderm®的突破性专利技术，每分钟可向皮肤和皮下微孔提供21,600次微刺激，这一精确而独

特的技术可作用于每平方毫米的皮肤上。加之icoone®激光和LED技术的结合，使疗程能够以强大的效率和温和的触感渗透进更深的组织层。这无疑带来了一场非凡的变革性体验和始终如一的卓越效果。” Gianfranco Tudicò博士评价到。

“每项疗程方案都是精心定制，以满足每位体验者的独特需求，包括40种不同的项目和可定制的参数，精准而有效地作用于皮肤组织，减少脂肪沉积，促进血液和淋巴循环，重启脂肪分解过程。此外，icoone®还能刺激胶原蛋白和弹性蛋白的生成，使皮肤整体更加光滑紧致。” Luca Gualdrini先生告诉我们，“疗程中穿着的紧身衣是专为提高icoone®疗程的效果而设计的，它能增强微刺激并提升激光技术的吸收。同时，还可以保证最高的卫生标准，确保私密舒适。”

该仪器和紧身衣的设计消除了理疗师与体验者之间直接进行身体接触的必要性，体现了品牌对消费者健康和安全的高度重视。

“多年来，i-Tech Industries凭借在美容和医疗领域的科学探索和持续临床评估中积累的丰富经验，稳步跻身皮肤治疗和塑身技术领域的前沿。” Gianfranco Tudicò博士说。

“目前，i-Tech Industries通过开发尖端技术，提供有效的解决方案来提高人们的整体生活质量，在推广‘皮肤护理文化’方面

独树一帜。在其悠久的历史中，公司一直不断地开展研究，分享与皮肤及其治疗相关的宝贵科学发现，并竭力在其目标市场中扩大人们对人体这一重要器官的了解。公司的使命是研发和提供具有重大科技价值的技术和服

务，目标是满足与美容、幸福和健康有关的个人需求。” Luca Gualdrini先生说。

SpaChina采访了Gianfranco Tudicò博士和Luca Gualdrini先生。

**Tudicò博士，您在美容和医学仪器行业拥有丰富的经验，能否分享一下您近年来在该领域观察到的主要趋势和发展情况？**

主要发展情况如下：

- 客户越来越强烈地要求使用经过验证的有效技术，以实现真正的快速效果。
- 行业加大对“自然”和非侵入性治疗方法的研究
- 行业里有了更加完善的法律法规，要求生产商投入市场的产品必须拥有经过科学验证的技术和规程

近年来，美丽与健康越来越密不可分。美容界一直在寻找不仅能带来美容效果，还能改善健康的技术和治疗方案，icoone®就是其中之一。icoone®的疗程不仅能改善皮肤健康，还能增强身体的新陈代谢，且全部都是非侵入性的。



Gianfranco Tudicò



Luca Gualdrini



**i-Tech Industries在护肤技术研发方面取得了重大突破。是什么激发了您将icoone®等创新医疗和美容仪器推向市场的愿景？**

市场上的现有技术都是基于人们在过去对人体生物力学的研究，越来越难以满足当下客户的需求。

多亏了Guimberteau博士的革命性研究，他证明了人体的结缔组织实际上与解剖书上的图解是截然不同的。Guimberteau博士是一名外科医生，毕生致力于对结缔组织的研究和相关医学工作。我的好奇心和经验使我能够理解结缔组织结构的微妙之处，并开发出应用于皮肤的最佳技术，无论是应用于医疗还是美容领域。

首先，我希望推动现有技术的发展，并利用自己在这领域的经验，有效地满足客户的需求。这一愿景源自对真正的市场需求的洞察，人们希望获得可以有效治疗各种类型的皮肤状况并且效果持久的治疗方案，包括极娇嫩、敏感的皮肤。在我的职业生涯中，我曾采用过一些在应用上有“局限性”的技术，虽然它们很高效，但却无法适应需

要治疗的各种皮肤类型。

此外，近年来，虽然专注于身体特定部位的技术层出不穷，但令人遗憾的是，这些技术忽视了对身体的整体护理。而icoone®的目标则是为每种皮肤类型提供个性化和适应性强的疗程方案。icoone®的微刺激技术使它“唤醒”细胞的自然新陈代谢，调节治疗部位的新陈代谢过程。

**能否向我们介绍一下Roboderm®专利技术，以及该技术如何促进了i-Tech Industries的成功？**

研发Roboderm®技术时，我的目标是通过采用更先进的技术，减少对操作人员的依赖，方便操作人员使用治疗头，使操作过程可高度复制化，从而让客户更易获得理想的治疗效果。

客人们对Roboderm®技术所实现的卓越效果感到非常满意，这极大促进了我们整个icoone®系列的知名度。

微刺激技术是我们的核心技术，也是我们的DNA，每天都在为人们带来显著的治

疗效果，这使得i-Tech迅速占领了很大的市场。可以说，全球终端客人对疗效的满意度是促进我们发展的最大动力。

**Gualdrini先生，中国的美容和养生行业正在快速发展，您如何看待i-Tech Industries在推动中国美容养生市场发展中的作用？**

中国是i-Tech发展潜力最大的国家之一。与此同时，我们不能忽视中国与我们之间的文化差异，因此我们在中国的合作伙伴金豪漾对i-Tech非常重要，因为只有通过这种合作，我们才能充分了解、调整和应用icoone®在中国市场的所有优势。

中国市场的潜力非常大，但近年来中国消费者的要求和期望也变得越来越高。这一需求固然注重最终效果，但也注重整体健康和体验感的提升，以及仪器的功能性。icoone®正是在这一“价值”上为美容和养生市场的发展做出了贡献。

**在技术创新方面，您认为与中国合作伙伴或机构合作，进一步研发皮肤治疗和塑身技术的潜力有多大？**

无论是从工业还是从技术角度来看，中国都在高速发展，目前在技术和数字化方面是无可争议的引领者。因此，我相信，得益于我们与金豪漾的合作，icoone®将在未来几年经历重大的技术和数字化发展。我们会将这些融入治疗过程中，为消费者开发新的解决方案，提供更加科技化/数字化的治疗方法。特别是，如果我们观察当下年轻消费者的需求，就会知道这一点尤为重要。

**作为皮肤护理和塑形领域的领导者，您认为美容和医疗仪器行业的未来发展趋势是怎样的？**

一切都发展得很快，新技术层出不穷，科学研究每天都给我们带来新的灵感。我常说，一个社会不会基于它在5年、10年或15年前发明的什么东西而具有创新性，你必须不断发展，并在必要时质疑自己。

i-Tech Industries所采取的路径是分析、开发、实践。我们储备了各种创意与项目，使我们能够通过不断创新的方式走向未来，持续满足客人的需求。

我们观察到，在世界各地，人们对高效、非侵入性疗程的需求不断增加。越来越多的人选择通过“手术”来提升美丽，因为其“负面影响”有时会超过正面影响。此外，我们的愿景不仅仅是提供高效的疗程，而是提供“贯穿一生的旅程”，它不会随着疗程周期的结束而结束。相反，它会伴随人们走上一条长期改善生活方式的道路，确保整体健康和持久美丽。



# Innovative Vision and Trailblazing Leadership

**Exclusive Interview with Dr. Gianfranco Tucidò, CEO and Head of R&D at i-Tech Industries and Luca Gualdrini, General Manager and Director in charge of International Business Development**

i-Tech Industries stands as a pioneering force in the field of skin treatments and body shaping, marked by its consistent pursuit of cutting-edge technologies and effective solutions to enrich the quality of life. The company is dedicated to addressing individual needs in the domains of health, wellness, and beauty. Throughout its illustrious history, a team of accomplished engineers and medical experts has tirelessly focused on extensive research and the dissemination of knowledge relating to skin and its various treatments, laying the robust scientific foundation for the remarkable i-coone® technology.

Dr. Gianfranco Tucidò, CEO and Head of R&D at i-Tech Industries, is a distinguished

skincare expert with a four-decade career in the beauty and medical equipment sector. His remarkable journey includes a notable 25-year tenure as General Manager of LPG System in France, and as Director of R&D.

Naturally passionate and enthusiastic, Mr. Luca Gualdrini has cultivated extensive experience with more of 20 years in sales and marketing management within various settings, including as an independent professional and in corporate roles. Since 2014, he has been successfully leading the international development and expansion of the highly esteemed brand, i-coone®, as General Manager of i-Tech Industries company.

Both Dr. Gianfranco Tucidò and Mr. Luca

Gualdrini's visionary leadership has propelled the company to the forefront of the industry, instigating a revolution in the field of skincare and aesthetic treatments.

This globally patented innovation has paved the way for i-Tech Industries to introduce the most pioneering medical and aesthetic device to the market: i-coone®.

“At the core of i-coone® lies the groundbreaking patented technology known as Robo-derm®, which has the remarkable capability of delivering an impressive 21,600 microstimulations per minute to the skin and the subcutaneous microvacuoles. This precise and unique action, which works every mm<sup>2</sup> of the skin, combined with the integration of i-coone®

LASER and LED technologies, empowers the treatment to penetrate deeper tissue layers with exceptional efficiency and a gentle touch. The result is an exceptional and transformative experience that consistently delivers outstanding results,” Dr. Gianfranco Tudicò said.

“Each treatment protocol is meticulously customized to cater to the unique needs of every patient, harnessing a versatile range of 40 distinct protocols and customizable parameters. This comprehensive approach delicately yet effectively targets the skin tissue, reducing fat deposits, enhancing blood and lymphatic circulation, and rekindling the process of lipolysis. Moreover, it stimulates the production of collagen and elastin, ultimately contributing to a smoother and firmer overall appearance” Mr. Luca Gualdrini said.

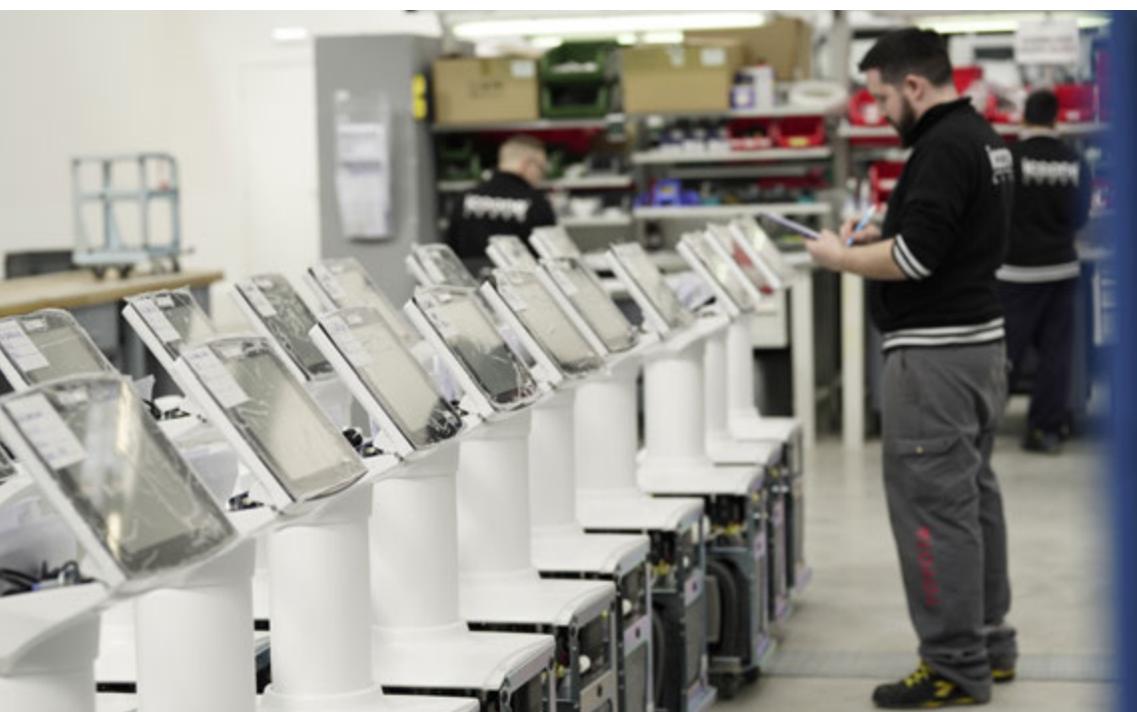
The renowned sheer bodysuit, purposefully designed to augment the performance and efficacy of *icoone*® treatments, amplifies microstimulation and enhances the action of laser technology. Simultaneously, it upholds the highest standards of hygiene and ensures discreet comfort.

Significantly, the inherent design of the device and bodysuit negates the necessity for direct physical contact between the therapist and the client, aligning seamlessly with local government guidelines and maintaining a strong focus on health and safety during these challenging times.

“Over the years, i-Tech Industries® has steadily risen to the forefront of skin treatment

and body shaping technologies, empowered by a wealth of experience derived from a scientific approach and continuous clinical evaluation within the aesthetic and medical domains,” Dr. Gianfranco Tudicò said.

“Presently, i-Tech Industries distinguishes itself as a pioneer in nurturing a ‘culture of skin care’ through the development of leading-edge technologies, providing effective solutions to enhance the overall quality of life. Throughout its storied history, the company has diligently conducted research, shared invaluable scientific discoveries related to skin and its treatments, and aspired to expand knowledge about this vital organ within its target markets. Its mission



revolves around the design of technologies and services of significant scientific and technological value, with the primary objective of addressing individual needs related to beauty, well-being, and health,” Mr. Luca Gualdrini said.

SpaChina interviewed both Dr. Gianfranco Tudicò and Mr. Luca Gualdrini.

***Dr. Tudicò, with your extensive experience in the beauty and medical equipment industry, could you share some insights into the key trends and developments you’ve observed in the field in recent years?***

The main developments are as below:

- Increasingly strong demands from customers to use proven effective technologies that can achieve real and rapid results.
- Research for technologies with “natural” and non-invasive reactions.
- Legal and normative obligations which require manufacturers to place scientifically proven technologies and protocols on the market.

In recent years, it has become increasingly important to have beauty that is also synonymous with health. This has led the aesthetic world to be constantly in search of technologies and treatments that can provide not only an aesthetic result but also ensure an improvement in health, which in the case of *icoone*® involves the health of the skin and an enhancement of metabolic activities. All of this while maintaining a non-invasive treatment approach.

***i-Tech Industries has made significant advancements in the development of skin-care technologies. What inspired your vision to bring innovative medical and aesthetic devices like *icoone*® to the market?***

The limits of existing technologies which were based on observations of human biomechanics from yesterday or the day before yesterday and which were finding it increasingly difficult to meet customer needs.

Thanks to the important revolutionary work of Dr. Guimberteau who demonstrated that connective tissue was very different from the diagrams that can be seen in anatomy books (a surgeon, he devoted his professional life to working and understanding tissue connective). My curiosity and my experience allowed me to understand these subtleties of the architecture of connective tissue and to develop the best technology to apply to the skin, whether for medical



or aesthetic applications.

First of all, the desire to advance existing technologies and use my experience in this field to provide effective responses to the needs and requirements of our customers.

The inspiration arises from a genuine market need, which is the possibility of efficiently treating all types of skin, including the most delicate and sensitive ones, and ensuring long-lasting results.

In my professional journey, I have worked with technologies that had “limitations” in their application, and although they were valid and efficient, they couldn’t adapt to the various skin types they needed to treat.

Furthermore, in recent years, there has been a proliferation of technologies focused on specific areas of the body, which unfortunately overlooked a holistic approach to the body.

icoone®, on the other hand, aims to provide a personalized and adaptable treatment for every skin type. Thanks to its microstimulation technology, it can “awaken” the natural metabolism of our cells, leading to a metabolic reorganization of the treated areas.

**Can you tell us more about the patented Roboderm® technology and how it has contributed to the success of i-Tech Industries?**

My objective when I invented Roboderm® technology was to implement a more advanced technology that was less operator dependent, that is to say, to reduce the part of the methodology, to facilitate the applications of treatment heads for operator and therefore obtain easily

reproducible results for customers.

The satisfaction of our customers thanks to the quality of the results obtained by Roboderm® technology has contributed enormously to making the entire range of our icoone® devices known.

The microstimulation technology is at the core of our technologies and our DNA. This has allowed i-Tech to quickly capture a significant portion of the market due to the results it provides to people who benefit from this treatment every day. We could thus claim that the biggest contribution to our growth comes from the satisfaction of the results achieved by our final customers worldwide.

**Mr. Gualdrini, China is known for its rapidly growing beauty and wellness industry. How do you envision the role of i-Tech Industries in contributing to the evolution of this market in China?**

China is one of the countries with the highest potential for i-Tech. However, at the same time, we must not forget that it has a different culture from ours. This is why collaboration with our partner Hoyar International is very important for i-Tech, as it is only through the strength of this collaboration that we can fully understand, adapt, and apply all the benefits of our treatment.

As mentioned, the country’s potential is very high, but at the same time, the expectations of the Chinese consumers have become even more demanding in recent years. This demand is certainly focused on the final result

but also on overall well-being and functionality. It is precisely on this “value” that icoone® can contribute to the evolution of the beauty and wellness market.

**In terms of technological innovation, what potential do you see in collaborating with Chinese partners or institutions for further research and development of skin treatments and body shaping technologies?**

China is moving at a very high speed, both from an industrial and technological perspective, and it is currently an undisputed leader in technology and digitization. Therefore, I believe that thanks to the collaboration with our partner Hoyar International, icoone® will experience significant technological and digital development in the coming years. This will be incorporated into the treatment process to intercept and develop solutions for consumers, offering a more technological/digital approach to the treatment. This is particularly important given the increasing demand from an ever-younger audience.

**As a leader in skin treatments and body shaping, what trends and advancements do you anticipate in the future of the beauty and medical equipment industry?**

It is true that everything goes very quickly, new technologies become available, scientific research brings us new lessons every day. I often say that a society is not innovative because it invented something 5, 10, 15 years ago, you must constantly know how to evolve and question yourself if necessary.

i-Tech Industries is part of an approach of analysis, evolution and performance, we have ideas and projects in our drawers which allow us to envisage a future with new innovations to continue to satisfy our customers.

What we see happening all over the world is a continuous increase in the demand for efficient yet non-invasive treatments. Fewer and fewer people are willing to opt for “surgery” to redefine their beauty because the “negative aspects” sometimes outweigh the positives. Furthermore, the vision is to provide not just an efficient treatment but a “life-long journey” that doesn’t end with the completion of the treatment cycle. Instead, it can accompany people on a path of improving their lifestyle over time, ensuring healthy and long-lasting beauty.

# Experience the Exceptional



  
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COLLECTION  
..... est. 1979 .....

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IMPERIAL	PANOPTIS ESCAPE	ROYAL	UTOPIA	VILLA COLLECTION
				

[www.myconiancollection.gr](http://www.myconiancollection.gr)



# 至简美味

**连** 空气中都充满着咖啡香气的意大利，从不缺美食，即便是最简单的意大利面、披萨、提拉米苏亦或者冰淇淋，都能让你爱不释手。

## 意大利面

意大利面是种类达上百种之多，有长有短，有圆有扁，有直有弯，有空心有实心，还有各种不同的形状和颜色，例如我们熟知的传统意大利面、千层面、通心粉、螺旋面、管状面等。

意大利人爱用各式各样的面条搭配丰富的酱料，Spaghetti(细长形面)和Linguine(扁平形面)适合多汁的番茄酱和海鲜酱。而由牛肉、番茄和红葡萄酒制成的意大利肉酱多与Tagliatelle(宽面)搭配，Capellini(天使发丝面)类细长的面条多见与蒜香橄榄油酱一起尤为出色。传说中历史最悠久的千层面Lasagne则由四到五层新鲜的面皮组成，每层填入盐、奶油调味汁、番茄肉酱和帕尔玛干酪等材料进行焗烤，通常会做成方形。当然意大利面条与酱料的搭配并非固定，每个人都会根据口味和个人喜好进行创意组合，带来出其不意的美味。



## 披萨

风靡全球的披萨起源于那不勒斯，早在古罗马时期，当地街头已经有一种常见的民间小吃：用面粉和水做成圆形面饼，然后在烧热的石头上烙熟，最后撒上香料、橄榄油和蜂蜜来食用，Q弹的薄底搭配上简单新鲜的食材，每一口都回味无穷。

那不勒斯的传统披萨只有两种选择，一种是涂了一层番茄酱的红底披萨，另一种是放上马苏里拉奶酪的白底披萨。经典的马格瑞特披萨就是红底披萨的代表，以新鲜的西红柿、新鲜的莫扎雷拉奶酪和新鲜的罗勒叶为特色，呈现出简单而美味的风味。现在各种不同口味的披萨大多都是在玛格丽特的基础上衍生出来的。

## 提拉米苏

这款在意大利寓意着“带我走”的经典甜品，起源于二战时期，当时有位意大利士兵要出征，妻子就用家里仅有的手指饼干、奶酪和丈夫最喜欢的咖啡一起，做成了蛋糕，起名“提拉米苏”，也就是意大利文里的“带我走”。每当这个士兵在战场上吃到提拉米苏就会想起爱人。

喜欢提拉米苏的人，都着迷于它独特的口感，意式咖啡的苦，手指饼干的绵密，巧克力的馥郁、奶酪的浓香以及咖啡酒的甜醇在这里相互微妙的平衡着，交织出丰富的口感，例如探宝一样，每一口都有着意想不到的精彩。

## 手工冰淇淋

意大利冰淇淋一般都是手工新鲜制作，由天然食材制成，口感轻盈、口味浓郁。所以有人曾经说过，世界上不存在两个一模一样的Gelato。而且意大利冰淇淋更多用牛奶而非奶油制作，因此卡路里含量不高，脂肪含量一般在4%-8%之间，即便贪嘴多吃就口也毫无负担。

# Simple is the Best



Italy is never short of good food. Even the simple pasta, pizza, tiramisu or ice cream can give you a pleasant journey on the taste buds.

## Pasta

There are hundreds of different types of pasta, long and short, round and flat, straight and curved, hollow and solid, and in a variety of different shapes and colors, such as the familiar traditional spaghetti, lasagna, macaroni, spirals, tubular pasta, and so on.

Italians love to serve a wide variety of pasta dishes with rich sauces. Spaghetti and Linguine are suited to juicy tomato and seafood sauces. The sauce made from beef, tomatoes and red wine is often paired with Tagliatelle, and Capellini is especially good with a garlicky olive oil sauce. Lasagne, said to have the longest history, consists of four to five layers of fresh pasta, each filled with salt, cream sauce, tomato meat sauce and Parmesan cheese. It is baked and served usually in a square shape. Of course, the combination of pasta and sauce is not set in stone, and everyone can be creative with combinations to suit their tastes and personal preferences.



## Pizza

Pizza, one of the world's most popular foods, was originated in Naples, where it was a common snack in the streets as early as the Roman era. Flour and water are used to make a round cake, which is then cooked on a hot stone and served with a sprinkling of spices, olive oil, and honey. The thin, springy base is paired with simple, fresh ingredients, making every bite a flavorful experience.

There are only two traditional Neapolitan



pizza options, a red-bottomed pizza with a layer of tomato sauce and a white-bottomed pizza topped with mozzarella cheese. The classic Margherita is the red-bottom pizza, featuring fresh tomatoes, fresh mozzarella cheese and fresh basil leaves for a simple yet delicious flavor. Most of the different flavors of pizza nowadays are derived from the Margherita.

## Tiramisu

This classic dessert, which means “take me away” in Italian, originated during World War II, when an Italian soldier was going to war, and his wife used the only finger cookies, cheese, and her husband's favorite coffee to make a cake, named “Tiramisu”. Whenever the soldier ate tiramisu on the battlefield, he would think of his lover.

People who like Tiramisu are fascinated by its unique taste, the bitterness of espresso, the denseness of finger cookies, the richness of chocolate, the strong aroma of cheese, and the sweetness of coffee wine are delicately balanced with each other, intertwined with a rich flavor, such as a treasure hunt, each mouthful has an unexpected splendor.

## Gelato

Gelato is generally handmade from natural ingredients, and has a light, rich flavor. That's why someone once said that there are no two identical Gelatos in the world. Gelato is made more with milk than cream, so the calorie content is not high, and the fat content is usually between 4% and 8%. So even if you eat a lot of it, you won't have to worry about getting fat.



Le Bristol Paris

# 法国风情的象征

访Le Spa Le Bristol by La Prairie经理Aurélie Cochet女士

**当**谈到体验法国风情和生活艺术的极致时，巴黎勒布里斯托酒店便脱颖而出。这家巴黎的标志性酒店坐落在光之城的中心，为客人带来经典奢华和现代舒适的卓越融合。

巴黎勒布里斯托酒店的一大亮点是其卓越的餐饮传统。酒店自豪地拥有4颗米其林星，其中3颗星归功于其美食餐厅Epicure，另外一颗星则归于豪华的餐厅114 Faubourg。无论是寻求美食之旅还是难忘的用餐体验，在这里应有尽有。主厨Eric Frechon技艺超群，个性鲜明，让人难忘。

在忙碌城市的喧嚣中，客人们可以在占地13,000平方英尺的庭院花园中寻找宁静。堪称巴黎绿洲的庭院花园中的Café Antonia，在郁郁葱葱的绿植和盛开的花朵中享用咖啡或下午茶，正是一场能感受到时光放缓、迷人而浪漫的法式体验。

对于寻求放松和恢复活力的人，Le Spa Le Bristol by La Prairie是极其完美的选择。四间身体和面部理疗房，其中有的带有私人露

台，尽显奢华触感。私人情侣套房配有按摩浴缸和蒸汽浴室，以及专用的美甲和美容护理室，确保客人们能得到尽善尽美的照顾。设备齐全的健身中心以及享有壮丽景色的屋顶游泳池，可以欣赏到圣心大教堂、埃菲尔铁塔和巴黎标志性屋顶的壮丽景色，健康和放松身心的同时随时能感受到深处巴黎中心的傲娇。

巴黎勒布里斯托酒店不仅是旅行者的目的地，还是举办活动的卓越场地。五个宴会厅提供了私人活动、商务会议、精致的用餐体验甚至婚礼的完美场地。拥有充足自然光线和花园景观的经典法式多功能厅营造出迷人的氛围。此外，酒店的套房可以按需求用于私人活动，让客人以各种时尚的方式来举办难忘的盛会与纪念活动。

190间刚刚翻新完毕的独特的客房，包括了100间套房。其中一些套房拥有饱览巴黎或酒店占地1,200平方米花园壮观景色的私人露台或阳台。客房装饰有路易十五和路易十六式家具，软装和床品等则选择了极为

精致的欧洲面料，旨在提供奢华和舒适的住宿体验。酒店最引以为豪的是能够提供巴黎最大的客房，以及有众多连通房和最多可容纳四间卧室的套房，无论是独自出行的旅行者，还是人员众多的家庭客人，都是非常理想的选择。

在巴黎勒布里斯托酒店，无可挑剔的服务是酒店的杰出标志。从24小时客房服务到礼宾、门童和代客泊车服务，致力于确保您的住宿体验完美无瑕。此外，酒店还提供快速顺畅而愉快的入住和退房服务。

为了获得更多关于SPA和健康体验方面的信息，SpaChina采访了Le Spa Le Bristol by La Prairie经理Aurélie Cochet女士。

**巴黎勒布里斯托酒店和Le Spa Le Bristol by La Prairie以其卓越的健康设施而闻名，尤其是令人惊叹的泳池，您能告诉我们更多关于泳池的细节么？**

位于第六层的巴黎勒布里斯托酒店泳池，于上世纪80年代初落成。1979年，由装饰斯塔



夫罗斯·尼亚科斯和亚里士多德·奥纳西斯的游艇而闻名的Pineau教授操刀设计，使其看起来像20世纪20年代的巨大帆船。Pierre-Marie Rudelle创作的两幅立体画从船首一直延伸到船尾，仿佛在引导着这艘船驶向Oetker Collection传奇的Hotel du Cap-Eden-Roc。

向两侧开放的大窗，可以欣赏到壮丽的景色。从右到左，越过巴黎的蓝天，越过石板屋顶，再是埃菲尔铁塔，再越过圣心大教堂的圆顶。

可以自豪地说，这是巴黎可以为客人提供的最美丽的游泳池，沐浴在自然光线下，仿佛悬浮在大地和天空之间，令人惊叹。非常适合放松和充满浪漫与梦幻感的小憩。为了保护客人的隐私，游泳池仅供住店客人使用。

#### 请介绍一下Le Spa Le Bristol by La Prairie及其合作品牌

我们的SPA会给人以瞬间远离巴黎喧嚣的宁静感，硬件设计一流，并与专业伙伴们紧密合作：

- La Prairie为客人提供独特的护肤方案，令人置身于奢华、轻松和绝对愉悦的世界。
- Tata Harper坚持100%的自然理念，重新定义了有机健康，并在巴黎勒布里斯托酒店打造出了独特的环境与氛围。
- Bonpoint则是一家专门为儿童设计的奢侈品牌，并构思了一系列关注最敏感肌肤的护理产品，当然也适用于成人敏感肌。于是大人和孩子们就可以一起享受SPA了。
- 巴黎勒布里斯托酒店是巴黎第一家



在SPA内设有儿童俱乐部(Kid's Club Le Bristol Paris x Bonpoint)的酒店，使其成为了家庭游客的必游之地。这是一个让孩子可以脱离日常生活，通过一系列特别的玩具和游戏，探索新视野的空间，为孩子们提供了畅快玩耍的机会。当大人在体验SPA的时候，完全不需要担心孩子在做什么。

#### Le Spa Le Bristol by La Prairie如何满足客人不同的健康需求和偏好？

我们了解到每位客人都有独特的健康需求和偏好。培训有素的员工们致力于提供个性化的体验，以确保最大程度给予客人放松和恢复活力的完美体验。无论是舒缓的按摩、效果显著的面部护理、还是其他专业项目，无论是选择La Prairie、Tata Harper还是Bonpoint，Le Spa可以根据客人自定义的需求，去为他们组合与打造最适合其当天当时状态的疗程。

此外，我们相信全面的健康至关重要，不仅包括身体健康，还包括心理和情感的健康。为了满足这些方面的需求，Le Spa提供一系列全面的健康体验和疗法。

我们的Spa菜单包括正念和冥想课程，旨在帮助客人实现心智清晰和情感平衡，还提供与身心相关的疗愈项目，如芳香疗法和声音疗法，以促进放松和减轻压力。我们的Spa还定期提供健康仪式，如冥想、灵气或瑜伽课程，以促进心智和身体的全方位改善。与此同时，蒸汽浴和桑拿等配套设施，以及舒适的房间与氛围，则创造出了一个宁静的环境，让客人们彻底放松身心，尽情享受。

健身爱好者通常会喜欢设备齐全的健身房。您能描述一下巴黎勒布里斯托酒店的健身中心以及提供给客人的设备和活动吗？

我们有专业的教练可为客户提供日常指导，包括教练、普拉提、瑜伽、伸展等，可以随时提供服务。健身中心还配备了专业的运动设备：

- 两台Run Personal Visioweb跑步机(带有国际电视频道)
- 一台Recline自行车(带有国际电视频道)
- 两台Cross Trainers(椭圆自行车，带有国际电视频道)
- 一台非常完整的重量机
- 一个哑铃凳
- 12个哑铃，重量从4千克到12千克不等

如今的旅行者越来越注重可持续性和环保做法。您们有正在采取的与健康和社会责任相关的可持续性举措吗？

酒店的承诺基于Oetker Collection Group的承诺，它们主要包括四个主要主题：人权、责任消费、环保意识和可持续社区。巴黎勒布里斯托酒店在过去的5年中努力响应着这四个主题，提出了与酒店希望传递的价值一致的倡议。主要的举措包括：

- 责任消费：与当地生产商合作，尽可能缩短供应链，如果可能的话，从头到尾生产自己的产品，以控制和确保产品的质量。我们有自己的磨坊，酒店屋顶上有蜂房以生产蜂蜜，还有巧克力工厂等。
- 能源消耗减少计划：酒店已全面使用LED灯，建筑物符合环保建议。
- 与La Ressourcerie Créative, La Cravate Solidaire, Clean The World等协会合作，以避免产生不必要的垃圾。
- 提高员工、合作伙伴和客人们的意识，使他们成为可持续转型的主导者与参与者。例如客人们可选择是否更换床单以减少水消耗/洗涤产品，我们同时在提高员工们的废物分选意识等等。

#### 您如何看待奢侈酒店业中健康板块的未来，以及巴黎勒布里斯托酒店会怎么做？

我看到日益不断涌现出新的尖端技术和新的健康疗法与体验，比如我们最新引进的Hydrafacial，结合我们La Prairie或Tata Harper打造的标志性疗法之一，现在已经可在Le Spa Le Bristol by La Prairie享受。

为了提高并保持我们的服务品质，我们认真倾听客人的需求、期望和愿望。我们给客人承诺的是一个难以忘怀的体验，在这里的每一刻都充满了典型的法国风情与生活乐趣。



Le Bristol Paris

# An Icon of French Luxury and Elegance

**An interview with Aurélie Cochet, Manager of Le Spa Le Bristol by La Prairie**

When it comes to experiencing the epitome of French elegance and art de vivre, there is no place quite like Le Bristol Paris. Nestled in the heart of the City of Light, it offers guests an exceptional blend of classic luxury and modern comfort.

One of the highlights of Le Bristol Paris is its outstanding dining tradition. The hotel proudly holds a total of 4 Michelin stars, with 3 stars attributed to Epicure, its gastronomic restaurant, and an additional star for 114 Faubourg, the luxurious brasserie. Whether you're seeking the culinary journey of a lifetime or a casual yet exquisite dining experience, Le Bristol Paris has it all. The sumptuous meals created by Chef Eric Frechon will tantalize your taste buds and leave you craving for more.

Escape the hustle and bustle of the city within the 13,000-square-foot courtyard garden, an oasis of tranquility amidst the vibrant Parisian streets. Café Antonia, nestled within

this garden, offers a serene setting for dining, with non-stop service and delightful tea time moments. Sip your coffee surrounded by lush greenery and blooming flowers – a truly enchanting experience.

For those seeking relaxation and rejuvenation, Spa Le Bristol by La Prairie awaits. This dedicated beauty haven features four treatment rooms for body and facial massages, some with private terraces for an added touch of luxury. Private couple suites with jacuzzi and hammam, dedicated manicure and pedicure treatment rooms ensure you are pampered to perfection. A fully equipped fitness center and a unique rooftop swimming pool with stunning views of Sacré Coeur, the Eiffel Tower, and Paris' iconic rooftops provide ample opportunities to stay fit and unwind.

Here is also a remarkable venue for events. Five salons offer the perfect backdrop for private events, business meetings, fine din-

ing experiences, and even weddings. Classic French-style function rooms with ample natural light and garden views create a charming ambiance. Moreover, the hotel's suites are available for private functions upon request, allowing you to host memorable events in style.

In terms of accommodation, Le Bristol Paris offers 190 unique guestrooms, including 100 suites. Some of these suites boast private terraces or balconies with stunning views over Paris or the hotel's sprawling 1,200-square-meter garden. The rooms are adorned with Louis XV and Louis XVI furniture and feature fine European fabrics, ensuring that every guest enjoys an indulgent and comfortable stay. Le Bristol Paris takes pride in offering the largest rooms in Paris, with numerous connecting possibilities and suites with up to four bedrooms, making it an ideal choice for both solo travelers and families.

At Le Bristol Paris, impeccable service is a



hallmark. From 24-hour room service to concierge, bell, and valet parking services, the dedicated staff is committed to ensuring that your stay is nothing short of exceptional. Express check-in and check-out services are also available to make your visit as smooth and enjoyable as possible.

For finding more information according to the wellness elements, SpaChina interviewed Ms. Aurélie Cochet, Manager of Le Spa Le Bristol by La Prairie.

**Le Bristol Paris is known for its exceptional wellness facilities, especially the stunning swimming pool. Can you tell us more about it?**

Built on the sixth floor, Le Bristol Paris' swimming pool, inaugurated at the beginning of the 1980s, is suspended between the earth and the sky.

In 1979, Professor Pineau, famous for having decorated the yachts of Stavros Niarchos and Aristotle Onassis, designed it to look like a giant caravel from the 1920's. Two trompe-l'oeil frescoes by Pierre-Marie Rudelle stretch from bow to stern, as if guiding the boat toward Oetker Collection's legendary Hotel du Cap-Eden-Roc.

The large windows open to stunning views on either side. One extends onto the teakwood solarium, where chaise lounges idle. From starboard to port, the eye drifts from the Parisian blue sky, passes over the slate roofs, getting caught in the Eiffel Tower's net and hopping over the Sacré Coeur dome.

It is one of the most beautiful views that a Parisian hotel can offer its guests, and certainly

the most surprising. The area is bathed in natural daylight. Le Bristol Paris' pool is ideal for a relaxing pause and dreamy escape. To preserve hosts' privacy, the swimming pool is exclusively for in-house guests.

**Please tell us more of Le Spa Le Bristol by La Prairie, and its partners.**

The wellness space offers customers a calm interlude, away from the Parisian tumult with exclusive skincare partnerships:

- La Prairie for a unique skincare regime provided in a world of luxury, relaxation, and absolute pleasure.
- Tata Harper's 100% natural philosophy, who has reinvented organic well-being and designed a unique environment at Le Bristol Paris.
- Bonpoint, for exclusive treatments specially designed for the well-being of young and old.
- Le Bristol Paris was the first Parisian Palace to welcome children to a Kid's Club in a Spa, making it a must-visit address for families.

The Spa collaborates with Bonpoint, the luxury brand dedicated to children, and imagined a range of care for the most sensitive skin, inspired by the hypoallergenic and protective products of the Bonpoint line. An enchanting interlude of soothing and sweetness to share with your child.

In addition, Kid's Club Le Bristol Paris x Bonpoint offers a chance for children to play. It is a space where children can disconnect from their daily routine and discover new horizons

through a special selection of toys and games.

**Many travelers seek relaxation and rejuvenation during their stay. How does Spa Le Bristol cater to the different wellness needs and preferences of your guests?**

At Le Spa Le Bristol by La Prairie, we understand that each guest has unique wellness needs and preferences. Our highly trained staff is dedicated to providing personalized experiences to ensure maximum relaxation and rejuvenation. Whether you prefer a soothing massage, a revitalizing facial or a specialized body treatment (either with La Prairie, Tata Harper or Bonpoint), Le Spa offers a wide range of services tailored to meet each guest's specific requirements.

Additionally, the Spa facilities include state-of-the-art amenities such as steam rooms and saunas, allowing guests to customize their wellness journey. We strive to create a serene and tranquil environment where guests can unwind and indulge in a truly rejuvenating experience.

We believe in the importance of holistic wellness, which encompasses not only physical health but also mental and emotional well-being. To address these aspects, our Spa offers a range of holistic wellness experiences and treatments.

The Spa's menu includes mindfulness and meditation sessions, designed to help guests to achieve mental clarity and emotional balance. We also provide specialized therapies such as aromatherapy and sound healing, which promote relaxation and reduce stress. Addi-



Suite Penthouse, Le Bristol Paris



Epicure Restaurant, Le Bristol Paris

tionally, our Spa offers wellness rituals such as sophrology, reiki or yoga sessions to facilitate mental and muscular relaxation.

**Could you introduce the fitness center at Le Bristol Paris and the range of equipment or activities to our readers?**

We have a personal trainer available to maintain clients' routine with coaching, pilates, yoga, stretching... The fitness center is also equipped with the following sports machines:

- Two Run Personal Visioweb Treadmills (with international TV channels)
- One Recline bike (with international TV channels)
- Two Cross Trainers (elliptical bikes – with international TV channels)
- A very complete weight machine

- A weight bench
- 12 dumbbells from 4 to 12 kg

**Travelers today are increasingly conscious of sustainability and eco-friendly practices. Can you discuss any sustainability initiatives or practices in place at Le Bristol Paris that align with wellness and environmental responsibility?**

The hotel's commitments, that we have assimilated, are based on those of Oetker Collection Group, which are defined on 4 main themes: Human Rights, Responsible Consumption, Environmental Awareness and Sustainable Communities. For more than 5 years, Le Bristol Paris has endeavoured to respond to these 4 main themes by proposing initiatives in line with the values that the hotel wishes to trans-



Le Bristol Paris x Bonpoint

mit. The main initiatives are:

- Responsible consumption: Le Bristol Paris works with local producers in the shortest possible circuit and if possible, produce its own products from A to Z to control and ensure the quality of the products. We have our own mill, we have beehives on the hotel roof to produce our honey, a Chocolate factory...
- Reduction plan for energy consumption: The hotel is in full LED and our buildings are in accordance with environmental recommendations.
- One of the hotel's strategies is to develop partnerships with associations to avoid the creation of unnecessary waste, such as work close with La Ressourcerie Créative, La Cravate Solidaire, Clean The World, etc.
- Raising awareness among employees, partners & customers: The hotel tries to make them actors in its sustainable transformation, such as customers have the choice to change or not their sheets to reduce water consumption/washing products, awareness of selective sorting for employees... Such initiatives ensure that guests feel involved in the sustainable transformation of the hotel by trying to make them actors of it through the actions mentioned above.

**How do you envision the future of wellness in the luxury hospitality industry, and what role will Le Bristol Paris play in meeting the evolving wellness needs of its guests?**

New cutting-edge technologies and new well-being experiences are constantly emerging, such as the latest Hydrafacial treatment, combined with one of our Signature treatments by La Prairie or Tata Harper, which is now available at Le Spa Le Bristol by La Prairie.

In order to improve our services, we listen carefully our guests' needs, expectations and wishes.

Come and immerse yourself in the rich history and timeless elegance of this legendary hotel in the heart of Paris.



# AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

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

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# 科技缔造健康

璞麗酒店与INDIBA英特波合作，呈现科技高效水疗体验。访璞麗酒店市场传媒经理刘鑫鑫女士

**都**会桃源，低调奢华，璞麗酒店结合多方专业之最，为旅客提供独享“雕琢奢华”的服务。酒店遥水疗于喧嚣市中心，打造了一处修养身心的避世之所，开启回归本真的平衡之旅。

去年国庆期间，璞麗酒店官宣与全球Proionic电热效应技术的领导者INDIBA英特波展开合作，在遥水疗推出一系列INDIBA英特波疗程。

INDIBA英特波独有的Proionic电热效应技术可在细胞层面促进生物刺激，快速恢复细胞功能，一次护理便可使皮肤组织开始恢复弹性、胶原蛋白和弹性蛋白增多、脂肪减小、血液循环提高。

为了进一步了解这次合作，SpaChina采访了璞麗酒店市场传媒经理刘鑫鑫女士。英国谢菲尔德大学领导力与管理专业硕士、英国谢菲尔德哈勒姆大学酒店商务管理专业学士，曾就职于上海静安香格里拉大酒店和上海新天地朗廷酒店，于2022年3月加入了璞麗酒店，刘女士凭借其其对酒旅以及高端生活方式的热诚和长远眼光，致力于为客人打造别出心裁的旅居体验，拥有丰富的品牌跨界联名推广经验。

能否与我们分享一下璞麗酒店遥水疗的客群画像，其中城市客人与住店客人的比例大概是多少，有哪些养生诉求，什么样的疗程最能吸引他们？

在璞麗酒店遥水疗，我们的客群特征是比较鲜明的。璞麗酒店作为率先将“都会桃源”概念引入上海的奢华酒店之一，我们的客人

是注重高端健康的生活方式以及艺术美感品味的人群。遥水疗也同样具备这个特点，水疗的主要客群以本地会员客人和住店客人为主，占比约六成和二成左右，还有一些其他的非会员客人。在养生诉求上，他们追求疗程的舒适安全及有效性。除了在护理中客人感受到的舒适体验外，当下的即刻效果，护理后无负担的疗程更能吸引他们。

璞麗酒店在之前就已经与仪器品牌有过合作，这次为什么会选择INDIBA英特波？INDIBA英特波有哪些独特的优势？

遥水疗一直以来，坚持以现代科技结合古法护理的理念，为宾客带来身心舒适的水疗体验。随着时代科技的进步，以及现代都市人群生活节奏的加快，人们对科技以及即刻效率的要求越来越高。璞麗酒店于去年引进的INDIBA英特波仪器，其独特的Proionic细胞平衡疗法，在肌肤细胞修复上具有明显疗效，兼具无痛紧致功能，温热感带来的舒适度很高，这些都是我们的客人更加亲睐的疗程特点。

引入INDIBA英特波仪器疗程后，在对客人的推广宣传、理疗师培训等方面，你们是如何做的？合作方INDIBA英特波在其间提供了哪些支持？

对于INDIBA英特波仪器的引进，我们做了很多前期推广准备。在确认合作后，我们第一时间将下半年最热门假期档之一国庆假期作为官宣的首发时间。除了酒店全媒体平台的推广与发布外，我们还邀请了一系列行业内外媒体以及达人的体验和宣发，以及品牌双

方的社交媒体互动等推广方式。

INDIBA英特波品牌方也给了酒店很大的支持，无论是理疗师培训，还是委派达人探店等。为了确保仪器的培训效果，INDIBA英特波在进行完常规周期培训后，还额外增加了培训回访以及资深理疗师一对一检查的环节，确保遥水疗的每一位理疗师都能为客人提供专业安全有效的INDIBA英特波疗程体验。

璞麗酒店遥水疗推出了哪些INDIBA英特波疗程，客人的体验反馈如何？

去年十月金秋假期期间，璞麗酒店遥水疗推出了INDIBA英特波“花容月貌”系列面部颈部护理，及身体和背部舒缓护理。这两款护理均收到客人不错的反馈，其中最受欢迎的疗程是面部和颈部的紧致护理。

您个人体验过INDIBA英特波的疗程吗？令您印象最深刻的是什么？体验INDIBA英特波疗程有哪些需要注意的地方吗？

我在初次体验INDIBA英特波疗程时，被它的即刻效果触动到，通常深层筋膜紧致的仪器疗程会伴有轻微痛感，而INDIBA英特波的电热效应可以在完全无痛的肤感体验中具备高效提拉修复的功能，这是让我印象深刻的地方。在整个疗程中，我们的理疗师以自然的触抚，和仪器无缝衔接，舒适度极高。

我们也建议客人在体验INDIBA英特波疗程的前后给肌肤补充充足的水分，可以帮助肌肤更好的维系每一次疗程的功效。因个人肤质的不同，建议您在体验前先咨询专业的理疗师再开始护理体验。

# High Technology and Natural Therapy

**The PuLi Hotel and Spa is partnering with INDIBA to present a high-effective spa experience. SpaChina interviewed Ms. Zina Liu, the Marketing Communications Manager of The PuLi Hotel and Spa**

An urban resort, where luxury is hand-crafted, The PuLi Hotel and Spa, Shanghai offers guests an oasis within a metropolis ambiance. Its UR SPA has combined modern science and ancient healing to create a signature story of integrated, result-driven wellness. During last year's National Day, The PuLi Hotel and Spa officially announced its partnership with INDIBA, a global leader in the field of Proionic System and has introduced a series of INDIBA treatments at its UR SPA. INDIBA's unique Proionic System has been proven to promote biostimulation at the cellular level and rapid restoration of cellular functions, able to recover lost elasticity, increase the production of collagen and elastin, decrease fat and improve blood flow after just one session. To know more about this cooperation, SpaChina interviewed Ms. Zina Liu, the Marketing Communications Manager of The PuLi Hotel and Spa.

With a Bachelor's Degree in Hospitality Business Management from Sheffield Hallam University in the UK and a Master's Degree in Leadership and Management from the University of Sheffield, Zina's experience in the hospitality industry includes Jing An Shangri-La, Shanghai, and The Langham Shanghai Xintiandi, and she joined The PuLi Hotel and Spa in March 2022. With a wealth of cross-border co-branding and promotional experience, Zina brings with her a passion and a long-term perspective on hospitality, travel and the high-end lifestyle to create a unique experience for guests.

**Could you share with us the guest profile of UR SPA, The PuLi Hotel and Spa. What kind of guests are they, what is the approximate ratio of local guests versus hotel guests, and what are their main wellness requirements?**

As one of the first luxury hotels to introduce the concept of "urban resort" to Shanghai, The PuLi Hotel and Spa features a group of guests who seek high-end healthy lifestyles and have high artistic and aesthetic tastes. UR SPA's main clientele is dominated by local member guests and hotel guests, accounting for about 60% and 20% of the total. In terms of wellness



Zina Liu

requirements, they emphasize comfort, safety and effectiveness. In addition to the comfort they feel during the treatment, the immediate effect and the burden-free feeling after the treatment are especially attractive to them.

**The PuLi Hotel and Spa has much experience working with equipment brands previously.**

**Why do you choose INDIBA this time? What are the unique advantages of INDIBA?**

UR SPA, The PuLi Hotel and Spa, has always combined modern technology with ancient treatments to bring guests a pleasant spa experience for both body and mind. With the advancement of technology and as modern people's living pace is getting increasingly faster, our guests demand more on technology treatments as well as instant efficiency. Last year, The PuLi Hotel and Spa introduced INDIBA to its spa guests. INDIBA features a unique Proionic System, which has more obvious efficacy in skin cell repair and body firming, and the experience is completely painless. I believe these advantages will draw the attention of our guests.

**What INDIBA treatments have been introduced at UR SPA, The PuLi Hotel and Spa, and what is the feedback from the guests on their experience?**

Last October, during the National Holiday, UR SPA launched the High Technology Meets Traditional Natural Therapy collection which includes INDIBA Body Firming & Lifting Treatment and Looking Young Forever – Face and Neck Therapy. Both treatments received good feedback from guests.

**After the introduction of INDIBA, what have you done in terms of marketing & promotion, and therapist training, and what support has INDIBA offered?**

We have done a lot of promotional preparations for the introduction of INDIBA. After confirming the cooperation, we decided to officially announce the partnership on the National Day holiday, one of the hottest holidays in the second half of the year. In addition to promoting the cooperation on the hotel's media platforms, we invited many media friends and celebrities from inside and outside the industry to experience INDIBA treatments at UR SPA and promote it. We also actively interact with INDIBA brand on social media. At the same time, INDIBA gave the hotel great support in terms of therapists' training and online celebrities' visits to the spa. In order to ensure the effectiveness of the therapists' training, after the regular cycle of training, INDIBA will further carry out a return visit and one-on-one inspection to ensure that every therapist at UR SPA is able to provide guests with a professional, safe and effective INDIBA treatment experience.

**Have you personally experienced INDIBA treatments? What impressed you most about the experience? Are there any things to be aware of when experiencing INDIBA treatments?**

When I first experienced the INDIBA treatment, I was impressed by the immediate results. While deep fascial tightening treatments are usually accompanied by a slight pain, INDIBA's Proionic System has the ability to lift and repair the skin in a completely painless experience, which is very impressive. Throughout the entire treatment, our therapists seamlessly integrate natural touch with instruments, provided a highly comfortable experience.

We also recommend that guests hydrate their skin before and after the INDIBA treatments to help maintain the benefits. Depending on your skin type, it is recommended that you consult a professional therapist before beginning your treatment.

# La Colline 清泉嫩肌柔肤喷雾 年度水疗之星，轻享随行SPA A Pleasant Spa-on-the-Go

从源源灵感至水漾呈现，La Colline科丽妍清泉嫩肌柔肤喷雾将瑞士的湛蓝湖泊印象以随身迷你SPA的方式，带到世人眼前。

如雾似雨，清冽甘甜……当蕴含天然泉水的精萃之源，倾洒于肌肤之上，疲惫肌肤得以舒缓，娇容复绽清新活力。在精心打造的奢雅静谧体验空间，La Colline科丽妍美容师将喷雾的迷人魅力与来自瑞士的护理手法结合，深入到每一处美肤环节。

随时随地为肌肤补给水分，温柔润泽，醒肤爽肤，提升肌肤自愈力——拥有超凡魅力的La Colline科丽妍清泉嫩肌柔肤喷雾不仅从消费者处获取源源正向反馈，在SpaChina年度中国养生与水疗颁奖典礼中，更是受到业界专家肯定，一举摘得2023年度天然水疗产品大奖桂冠。

带着对纯美瑞士的呈往，进入La Colline护理空间，馥郁香氛幽幽萦绕，菁纯成分层层焕活……在美容师娴熟的轻柔抚触中，瑞士山水风情如画卷般铺陈眼前。随着喷雾飘洒坠落，臻献护理以仪式感、植物香氛沁入心脾，舒缓宁静气息愈盛；轻松游走于护理间隙，一按一喷，清洁后的肌肤不必陷入干燥紧绷。

蕴含96.2%天然植源，带来肌肤想要的自在无忧。随心SPA，精简护肤随时随地，24小时绽现澎、弹、润。根源抑氧，强韧修护——La Colline科丽妍清泉嫩肌柔肤喷雾为身心舒展平衡，焕发平衡之美，活出自在体验。

臻献一场感官逃离，邂逅一泓别漾清新舒润，即刻享悦山色碧潭。奢宠护理量肤定制，身心五感如临其境，在La Colline科丽妍清泉嫩肌柔肤喷雾呵护下，瑞士感官之旅，跃然呈现

广州市盈星贸易有限公司

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Yuehua Road, Yuexiu District, Guangzhou  
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Full of inspiration, La Colline Swiss Alps Cellular Mist brings Switzerland's blue lakes to your side in the form of an on-the-go mini spa journey.

Fresh and sweet, the essence of natural spring water sprays on the skin, restoring its vitality and beauty of each inch. Inside the elegantly designed space, La Colline's therapists combine the product with the unique Swiss massage techniques to lead guests on an extremely pampering and highly effective beauty treatment.

Hydrating, moisturizing, awakening and refreshing the skin anytime, anywhere, and

enhancing the skin's self-healing power -- La Colline Swiss Alps Cellular Mist not only receives positive feedback from consumers, but is also recognized by industry experts in SpaChina annual Wellness & Spa Awards 2023, winning the Best Natural Spa Product of the Year.

With the longing for the pure beauty of Switzerland, you are invited to enter La Colline treatment room where pleasant fragrances linger, and you will experience how the pure natural ingredients revitalize you. As the therapist's hands play magic on your skin, you seem to see Switzerland's landscape spreading in front of your eyes like a scroll. During the treatment, the Mist falls on the skin now and then, and the plant essence soothes, refreshes, and leaves the skin watery and bright.

Containing 96.2% of natural plant sources, La Colline Swiss Alps Cellular Mist is a Spa-on-the-go, helping your skin to restore radiance, elasticity and moisture anytime and anywhere. It suppresses cell oxidation at the root and strengthens and repairs the skin holistically. Not only the skin, it also gives you a balanced beauty from the body to the mind.

With La Colline Swiss Alps Cellular Mist, embark on a journey of five senses to the amazing beauty of Switzerland.



### 苏州四季酒店

全新的苏州四季酒店坐落在金鸡湖风景如画的私密岛屿之上，一座专属桥梁与湖岸相连至城市中心。酒店配备坐拥园景和湖景的199间客房和套房，以及掩映在主楼周围葱郁园林之中的11栋独立别墅。走进室内空间，落地窗将自然景色引入眼帘。中餐厅金璟阁作为酒店招牌餐厅，呈现江浙佳肴的匠心演绎。全日制餐厅云合提供中华地道风味美食；珑廊坐拥波光粼粼的金鸡湖景，宾客可在此享受下午茶或创意十足的鸡尾酒；季节性开放的ISOLA池畔餐吧提供正宗意式料理。酒店水疗中心以苏州历史文化为灵感，推出特色有机护理体验。

#### Four Seasons Hotel Suzhou

Set on a private garden island on Jinji Lake in the heart of one of the country's most dynamic cities, the all-new Four Seasons Hotel Suzhou is now open. Accessible via private bridge, the low-rise, amenity-rich Hotel offers a true urban resort experience with easy access to the city's business districts, numerous leisure pursuits and rich history and culture. Light-filled accommodations with garden and lake views include 199 guest rooms and suites, and 11 freestanding villas dotted amid the gardens. The Hotel's signature restaurant is Jin Jing Ge, a culinary temple of high style offering innovative Jiangzhe cuisine. Additional venues include Yun He, with a pan-Chinese menu served from breakfast through to dinner; The Lounge and Bar framed by sparkling lake views for exquisite afternoon tea sets and creative cocktails; and the seasonal ISOLA poolside bar and grill with rustic Italian cuisine.

### 澳门范思哲豪华酒店大楼

亚洲首家范思哲酒店坐落于澳门上葡京综合度假村内，于2023年11月开启试运营。走进酒店，满目皆是品牌标志性的华丽设计，巴洛克风格和古希腊文化交织出丰富的复古格调。该酒店拥有12层楼，共271间客房和套房，全部采用量身定制的范思哲家居织品及装饰。设计尽展意大利宫殿雅致，并以经典美杜莎标志、希腊几何纹饰和巴洛克图案搭配菊花和巨龙元素，完美结合意式风尚和中式典雅。酒店内开设两家意式餐厅，包括家族经营的米其林星级餐厅Don Alfonso 1890(当奥丰素1890)，及La Scala del Palazzo(嘉乐酒吧)。康养设施包括水疗中心、土耳其浴室、户外及室内游泳池等。

#### Palazzo Versace Macau

Palazzo Versace has opened the first of its luxury hotels in Asia within the Grand Lisboa Palace Resort Macau. To enter Palazzo Versace is to step into the House of Versace's aesthetic and way of life. Palazzo Versace Macau features 271 rooms and suites across 12 floors, each with bespoke Versace linen and upholsteries. The iconic Medusa head that symbolizes the House, the geometric Greca motif, and the opulent Barocco print are each rendered in alternate exquisite craft finishes and interplay with symbols rooted in local Chinese custom—the chrysanthemum flower and an ornate dragon—in a design expression unique to Palazzo Versace Macau. Guests can enjoy delicacies at one of the two Italian restaurants: the MICHELIN-starred, family-owned Don Alfonso 1890, and La Scala del Palazzo. Wellness offerings include spa facilities, a Versace rendition of the Turkish Hammam, and indoor and outdoor swimming pools.



### 伦敦OWO莱佛士酒店

位于伦敦白厅的The OWO(原旧战争办公室)近日揭幕，历经多年修缮，这一传奇建筑集聚伦敦首家莱佛士酒店——伦敦OWO莱佛士酒店、莱佛士OWO公寓以及一系列精品餐厅和酒吧。经典华丽的国事厅和功能空间被改造成了伦敦OWO莱佛士酒店的120间客房和套房。酒店携手名厨Mauro Colagreco打造三大餐饮理念，完美展示了来自英国各地农场、田园和海岸的精选时令食材。康体同样是酒店不可或缺的重要体验，其核心设施是占地2500平米的娇兰水疗中心。由精英运动教练Harry Jameson创立的运动、康复和营养专业机构Pillar Wellbeing于水疗中心帮助会员通过定制训练和营养方案发挥身心潜力。

#### Raffles London at The OWO

The OWO opened recently at one of the most powerful addresses in London. Set in a building of epic proportions, The OWO is home to the first Raffles hotel in London, The OWO Residences by Raffles, and a collection of independent restaurants and bars. The handsome State Rooms and grand spaces have been transformed into 120 guest rooms and suites of Raffles London. Renowned chef Mauro Colagreco has partnered exclusively with the hotel to lead three unique dining experiences at the property, showcasing the beauty of the UK's best seasonal produce, sourced from local farms, fields and shores across the country. Well-being is integral to the hotel, with a state-of-the-art Guerlain Spa spanning 2,500 sqm over four floors. Movement, recovery and nutrition experts, Pillar Wellbeing, founded by elite performance coach Harry Jameson, will enable members to reach their full potential through personalised, innovative training and nutrition.





## 布达佩斯W酒店

今年7月10日，布达佩斯W酒店正式开业迎宾，这是当地首家W酒店。酒店位于城中最奢华的购物街之一的布达佩斯安德拉什大道，由德雷克斯勒宫的历史建筑改造而成。酒店共有106间客房和45间套房，以绿色、珊瑚色和深蓝色为主色调。当地Zsolnay风格的瓷砖、特色玻璃和珠宝风格的灯具装饰室内，传递出优雅精致之感。Nightingale By Beefbar餐厅融合日式、中式、越南菜肴。从小组讨论到音乐表演和午夜DJ，W Lounge是酒店的社交中心。还可到W标志性的Away水疗、Fit健身中心、WET® Area泳池放松身心。

## W Budapest

On July 10th of this year, W Budapest officially opened its doors to guests, the first W Hotel in the region. The hotel is located on Andrásy Avenue in Budapest, one of the most luxurious shopping streets in the city, and was converted from the historic building of the Drexler Palace. The hotel has a total of 106 rooms and 45 suites in green, coral and deep blue colors. Local Zsolnay-style tiles, specialty glass and jewel-inspired lamps adorn the interiors, conveying a sense of elegance and sophistication. Nightingale By Beefbar blends Japanese, Chinese and Vietnamese cuisine. From panel discussions to musical performances and midnight DJ, the W Lounge is the hotel's social hub. Relax and unwind at the signature Away Spa, Fit fitness Center, and WET® Area swimming pool.

## 桑给巴尔马里亚尼丽世度假村

丽世酒店管理集团(The Lux Collective)与桑给巴尔ZK Venture公司签署了东非首家丽世(LUX\*)豪华度假村的管理协议，经过精心筹备，于2023年7月1日以桑给巴尔马里亚尼丽世度假村(LUX\* Marijani, Zanzibar)的名字正式投入运营。该度假村位于桑给巴尔岛东北海岸的普瓦尼·梅查恩加尼(Pwani Mchangani)，俯瞰印度洋，拥有专属天然海滨。度假村的灵感来自于现代阿拉伯建筑和设计，82间客房和套房提供优雅宽敞的入住体验。作为商务、休闲和婚礼的理想目的地，度假村拥有会议设施、呈献国际和当地美食的餐厅、提供量身定制的整全康养体验的水疗中心、游泳池和其他设施。

## LUX\* Marijani Zanzibar

Global hospitality group The Lux Collective and ZK Venture Company in Zanzibar have signed a hotel management agreement for the first LUX\* luxury resort in East Africa. Set on a private pristine beach overlooking the Indian Ocean, the hotel has been meticulously prepared and has commenced its operations as LUX\* Marijani Zanzibar from 1 July 2023. Positioned as a premier destination for sustainable luxury travel, LUX\* Marijani Zanzibar is located at Pwani Mchangani on the North-East coast. With a private pristine beachfront and the Indian Ocean as the backdrop, the luxurious boutique resort is inspired by modern Arabic architecture and design. All 82 rooms and suites will provide elegant spacious comfort along with the warm personalised service that is a hallmark of LUX\*. An ideal destination for business, leisure and wedding, it will feature meeting and conference facilities, restaurants with international and local cuisine, a spa with tailored holistic wellbeing experiences, a pool and other amenities.

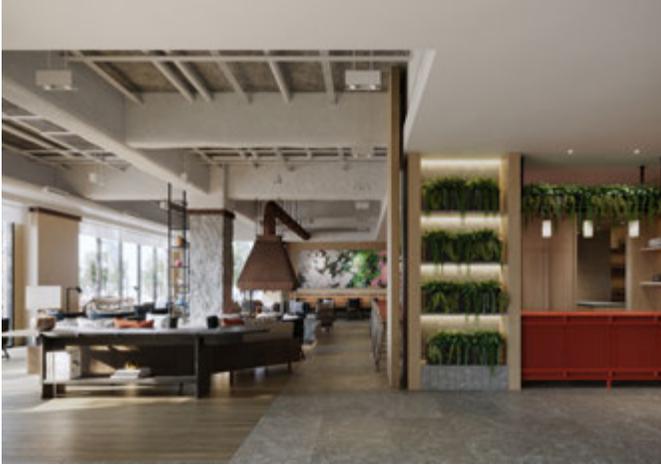


## 迪拜One & Only One Za'abeel

One & Only的首个垂直城市度假酒店将于今年年底在迪拜全新双摩天大楼地标One Za'abeel内开业。酒店室内设计由大师Jean-Michel Gathy担纲，他从Za'abeel(白色砂砾)一词获得灵感，打造了一个个以中性色调为主，融入沙丘元素的空间。两栋高楼之间由一条名为The Link的空中连廊相连接，这个极具未来设计感的空中大道悬空于地面100米以上，提供沉浸式餐饮、康养和生活方式体验，并有一个360度迪拜天际线美景环绕的屋顶无边际泳池。酒店共拥有12间餐厅和酒吧，提供法国、日本、印尼、泰国、土耳其、中东和阿拉伯半岛等各个地方的独具特色的美食。健康养生中心占据三层楼，为宾客重焕活力。

## One & Only One Za'abeel, Dubai

One & Only One Za'abeel, the first vertical urban resort of One & Only, will soon debut inside Za'abeel, a breathtaking work of revolutionary design in the exclusive Za'abeel neighbourhood of Dubai. Artfully poised between One Za'abeel's dual towers is The Link – the world's longest cantilever. A culinary and lifestyle destination in its own right, this boulevard of the future is home to Michelin-rated chefs, a destination bar, exceptional experiences, and a spectacular rooftop infinity pool, enveloped by 360-degree views of Dubai's shimmering skyline. Discover 12 unique culinary concepts, including exquisite dining from six Michelin-lauded chefs spanning French, Japanese, Indonesian, Thai and Andalusian cuisines, as well as a gourmet food hall showcasing the vibrant flavours of Turkey, the Middle East and the Arabian Peninsula. Spread over three storeys, the serene spa clinic and state-of-the-art fitness centre are dedicated to optimising your vitality and longevity, with tailored programmes and rejuvenating treatments.



### 海道富良野诺佐酒店

全新精品酒店品牌诺佐 (Nozo Hotel) 于年底在北海道滑雪胜地富良野开业。酒店不超过五层楼高，设有78间客房，房内设计采用明快、简约的风格，主色调为浅木色，地面采用沉稳的灰色石材；浴室的主色调是蓝色，彰显出北海道的气质。高级和豪华客房可供两名宾客入住，家庭房和套房则适合家庭入住。全日餐厅桦木餐厅、家庭风格的布纳酒吧酒廊、酷酷面包房提供多样化的餐饮选择。水疗中心Sugi Spa设有两个日式浴场，以及冷水浴及桑拿设施，让宾客尽情放松身心。为满足团体活动需求，酒店配有一间可容纳50人的开放式空间。

### Nozo Hotel Furano, Hokkaido

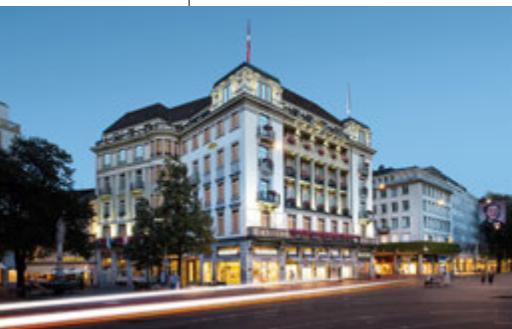
The brand-new international Nozo Hotel officially opened in Hokkaido's powder snow paradise of Furano on 19 December 2023. With less than five floors, the hotel's 78 bright, minimalist guest rooms are styled in light wood tones with calm grey stone flooring and blue-toned bathrooms, representing the spirit of Hokkaido. Superior and Deluxe rooms can accommodate two, with larger Family Rooms and Junior Suites for families. The all-dining Shirakaba Restaurant, homely 'Buna Bar Lounge' and Cou Cou Bakery offers a wide variety of delicacies to the guests. The hotel's Sugi Spa is separated into two areas by gender. Each area boasts both an indoor and outdoor hot bath. For bigger group events, there is an open-plan event room that accommodates up to 50 for small-scale private social gatherings, weddings, corporate events and exhibitions.

### 新加坡乌节泛太平洋酒店

楼高23层的新加坡乌节泛太平洋酒店由UOL开发并邀请WOHA建筑事务所设计，屹立于城市景观之中，拥有达14,000平的绿植及水景，并采用雨水收集系统、屋顶光伏板发电技术和生物消化系统等可持续节能措施。森林、海滩、花园、云端四个露台展现了城市建筑与自然景观的和谐共舞。120米的绿色圆柱耸立于露台之间，承载着茂盛的植被奇观。347间客房和套房均配备400织奢柔床品和法国知名品牌Diptyque浴室备品。在招牌餐厅Mosella俯瞰森林露台并享用秘鲁特色风味地中海美食；或在更高层的花园露台酒吧Florette享用香槟配生蚝。位于酒店18层梦幻的云端露台提供一系列理想的活动场地。

### Pan Pacific Orchard, Singapore

Developed by UOL, the 23-storey Pan Pacific Orchard, Singapore features intricate and imaginative design by WOHA Architects. Designed with the environment in mind, the hotel brims with 14,000sqm of foliage and water features, a high-ceiling open-air lobby and energy-saving features like rainwater collection, solar panel technology and a bio-digester system. Nature is architecturally celebrated with four high-volume terraced environments: Forest, Beach, Garden and Cloud. Dramatic 120m green columns tower through the terraces, creating a spectacle of thriving flora. The hotel's 347 rooms and suites are meticulously designed for comfort and luxury, including cosy 400-thread count cotton bedding and luxurious bath amenities by French house Diptyque. Guests can explore signature restaurant Mosella, overlooking Forest Terrace and offering Mediterranean cuisine with a Peruvian twist. Or head up to the Garden Terrace and soak in Florette, featuring one of the city's best Champagne lists, paired with the season's freshest oysters.



### 苏黎世萨沃伊文华东方酒店

苏黎世萨沃伊文华东方酒店历经全面翻新后，于去年底开业。酒店以精心制作的设计元素和材料装饰客房，如手绘丝绸壁纸，尽显与建筑风格形成鲜明对比的当代美学。44间客房和36间套房中，大部分都设有阳台、露台或私人屋顶，可将城市地标和瑞士阿尔卑斯山的壮丽景色尽收眼底。ORSINI是一家私密而精致的意大利餐厅，采用当地和意大利的优质新鲜食材，以现代国际的方式展示正宗的意大利烹饪传统。充满法式风情的Savoy Brasserie & Bar提供全天候餐饮和招牌鸡尾酒。宾客还可在精致的文华酒廊放松身心，或在1838屋顶酒吧品尝亚洲美食。

### Mandarin Oriental Savoy, Zurich

Mandarin Oriental Savoy, Zurich opened its doors recently following a full multi-million-dollar renovation. Meticulously crafted design elements and materials, such as artisan hand-painted silk wallpapers, adorn the rooms and embody a contemporary style that strikingly contrasts with the building's architecture. Many of the 44 rooms and 36 suites offer balconies, terraces or private rooftops, presenting stunning views of the city's landmarks and the Swiss Alps. Intimate and sophisticated, ORSINI is a fine-dining Italian restaurant showcasing authentic Italian culinary traditions with a contemporary international approach using the best, freshest ingredients sourced locally and from Italy. The glamorous, French-inspired Savoy Brasserie & Bar offers all-day dining and signature cocktails. Guests can also unwind in the refined Mandarin Lounge, or enjoy breathtaking panoramic views from the new 1838 rooftop bar with a choice of mouth-watering Asian delights.



## 沉浸疗愈逸境，舒享四季时光 四季酒店众多屡获殊荣的康养项目为宾客带来沉浸式疗愈体验

从 古雅禅意的会安古城到灯火通明的维港之畔，四季酒店将世界各地的丰厚历史文化精髓注入康养理念之中，为宾客带来名副其实的疗愈功效和身心放松。

### 越南会安南海四季度假酒店

越南会安南海四季度假酒店“地球之心”水疗中心坐落在荷花盛开的曼妙泻湖中，其理念受越南禅宗大师Thich Nhat Hanh所信奉的佛教教义所启发，旨在唤醒身体感官，感知内在与自然的紧密联结。水疗中心的所有护理疗程分为稳定、创造、不妄断三个类别，分别对应滋养身心的基础护理、疏通迭新的活力护理和和平内心的协调护理。宾客可以选择自然触摸按摩、面部花香疗法或是拥抱地球洁净理疗、核心联结仪式和沐浴仪式。

### 巴厘岛金巴兰湾四季度假酒店

巴厘岛金巴兰湾四季度假酒店的疗愈隐修水疗中心以巴厘岛当地的古老智慧为源头，从光与声、水晶与色彩、植物与纯净水中获取力量，采用深度的沉浸式护理联结身体能量中心，促进积极情绪的酿造，帮助宾客形成良好的身心状态并潜移默化地灌输深层次的平静感念。水疗中心推出的三日重塑身心套餐采用古老的巴厘岛护理方法，结合创新热疗，在酒店的Longevity花园内帮助宾客从头到脚净化身体，激发周身活力。套餐还可以依据宾客需求延长至五日，从而提供更深层次的康养体验。

### 曼谷湄南河四季酒店

曼谷湄南河四季酒店作为都市康养中心，从原材料的选取、采购到加工始终秉持可持续发展的环保理念。酒店水疗中心采用来自泰国当地农场的100%纯天然有机作物，且产品均由完整原材料制成，不含任何化学成分，为宾客提供自然环保的焕新水疗体验。曼谷湄南河四季酒店水疗中心将可持续发展理念贯穿奢华服务体验的方方面面，除了水疗产品，磨砂膏、面膜及浴盐等洗护用品的原料均取自有机种植物、天然矿物质等。

### 杭州西子湖四季酒店

杭州西子湖四季酒店坐落于流传着诸多千秋佳话的西子湖畔，宛如一片宁静的世外桃园。中式园林掩映在如画风景之中，芳草池塘，绿荫庭院，垂柳依依，还有薄雾笼罩



的一池碧水。杭州西子湖四季酒店的水疗中心借以中医学的传统精髓四诊法(望、闻、问、切)得以灵感来源，推出崭新的水疗养生概念，为宾客呈现五行问诊、养生按摩、望颜焕肤和闻香浴疗四大综合特色疗程，并融合正念修身养生文化和结合当代前沿科学技术，让宾客感受隐匿于西湖山水之间、飞檐翘角朱砂铜门内、玄殿庙宇的建筑风格下，彰显贵族气质的水疗生活方式。

### 广州四季酒店

广州四季酒店花水疗中心位于酒店69层，共设有9间光线充足的芳疗室，其中三间双人豪华贵宾室设有独立能量浴池及私人淋浴。天竺葵及玫瑰香味萦绕其间，柔和暖色光晕配合淡淡花香，窗外的羊城美景恍如浮云身上，是一处远离喧嚣的世外桃源。花水疗

中心将亚洲式体验融入西方水疗理念，配以国际水疗标准，致力于为宾客展现“以水而愈”的水疗真谛。

### 澳门四季酒店

澳门四季酒店水疗中心座落于城市绿洲，是一座优雅安谧之所，致力为每位宾客定制个性化水疗护理，带来恬静宁神的疗愈体验。沉浸于澳门四季酒店的颂钵声疗中，让身心获得重生，恢复最佳状态。理疗师将以呼吸疗法让能量流入宾客的身体，随后开展舒缓经络按摩，令宾客伴随着疗愈的颂钵声放松每一寸肌肤，让心灵在微妙的声音中获得前所未有的平静。疗程最后会为宾客敷上含有16种丰富精石成分的丝绸面膜，以自然力量带领宾客进入梦乡。

### 香港四季酒店

身处活力之都的香港四季酒店于维港之畔为宾客提供了一座都市活力充电站，在香港四季酒店水疗中心，享受精心设计、呵护备至的护理疗程。2.5小时的“感官之旅”身体与面部护理有效帮助宾客恢复体力，焕发新生。疗程由脉轮平衡开始，着重于平衡代表自身位置的脐轮和代表第三眼的眉心轮，从而实现自我及形成保护机制，然后进行有关这两个脉轮的冥想。疗程以全身夏威夷按摩、暖脉轮水晶石按摩及夏威夷头部和脸部治疗按摩作结，即时改善肌肤状态，令面部轮廓丰盈饱满。

感受地球脉动，滋养内在身心，与四季酒店一同探寻身心和谐之境。



## 养云安缦节日献礼

华灯熠熠，时岁更替，又一年节日季来临，养云安缦诚邀四方宾客欢聚养云，定格温馨暖冬。

当中式风雅遇上西式浪漫，“养云”养蓄云气的中式美学意境悠然显现。邂逅于节日季的养云，在热情洋溢的氛围中，酝酿绚丽序曲。

米其林指南入选餐厅ARVA以热情洋溢的氛围酝酿节庆与团聚的序曲，节日传统Panettone意大利节日面包，增加了餐桌上的仪式感；赏味浪漫圣诞下午茶，在整个12月份感受梦幻甜蜜的冬日童话；意大利主厨Nicola Frizzale另精心准备了平安夜晚餐、跨年晚餐及节日早午餐等多款节日季美馔。华灯初上，盛宴降临，与亲友以爱和节日的名义，相聚Arva意大利餐厅，共享美好时光。

养云安缦水疗中心在此冬日时节呈献安缦俄式浴疗，糅合俄罗斯传统的洗浴理念和东方保健技术，还原传统俄式桑拿房构造，让宾客在完全私密的环境中尽享身、心、灵赋活焕彩的体验。在这方舒适静谧天地，可奢享顶级水疗体验，深度放松身心；也可与亲友聚会畅叙，享受惬意社交时光。

点击链接或扫描二维码开启养云安缦璀璨节日之旅：<https://s.jdzd.cn/61gB6S>

今年尤为值得一提的是节日季携伴同游之时，可跟随“ART养云·大盈若冲”年度艺术展领略不同的艺术构境与养云院落筑成各自独立却又连通的空间，游曳艺术家们隽存画框中的时代景观。或



在国际知名设计大师Kerry Hill营造的品茶美学空间——北茶馆体验中国茶文化，于光影之间，茶艺巡礼。节日季期间下榻养云安缦，与亲友乐享北茶馆限定苹果肉桂红茶。

养云的节日季是寒冬腊月里一个温暖的平行时空。冰雪在融化，盛宴在开启，爱意正在升腾。

预订电话：021-80119999



## 信息更正声明

本杂志于2023年11/12月刊中所发布的：“年度天然水疗产品大奖，科丽妍：紧致魅肌赋活精华液”图文信息中，获奖产品的正确名称应为：“年度天然水疗产品大奖，科丽妍：清泉嫩肌柔肤喷雾”，特此更正并致歉。除上述内容外，其他信息保持不变，敬请知悉。

2024年1月  
SpaChina杂志编辑部

## Correction Notice

In the November/December 2023 issue of SpaChina magazine, an error occurred in the published information under the category “Best Natural Spa Product of the Year,” as it was mistakenly recorded under the wrong product name. The accurate product name is “La Collinea: Swiss Alps Cellular Mist”. We sincerely apologize for any confusion caused and appreciate your understanding.

SpaChina Magazine  
January 2024

## 巴黎勒布里斯托酒店La Prairie水疗中心 融合技术与传统，推出个性化护理

这家位于巴黎市中心、屡获殊荣的水疗中心将通过HydraFacial护理为宾客提供全面且定制化的面部护理。

旨在唤醒健康、容光焕发的肌肤，巴黎勒布里斯托酒店La Prairie水疗中心欣然宣布隆重推出HydraFacial面部护理体验，将全球知名的护理技术引至巴黎这一卓越独特的水疗中心。宾客现在可以充分感受这一享有专利的护理体验，由于其深层滋养及显著的补水效果，宾客从第一次护理开始即可享受一场从肌底细胞到肌肤整体的焕活之旅。该护理仪式可与La Prairie或Tata Harper的任何面部护理相结合，缔造了一种全面且独特的呵护体验。

### 致臻技艺

HydraFacial护理可根据时间长短进行配置，使用温和的设备进行，通过3个非侵入性步骤在皮肤表面进行清洁、去角质以及去除污垢，并使用强效保湿和强效抗氧化产品为肌肤补充水分。护理效果显著，其功效亦可深入皮肤深层，提亮肤色、增强

弹性，让肌肤焕发健康年轻的光彩。

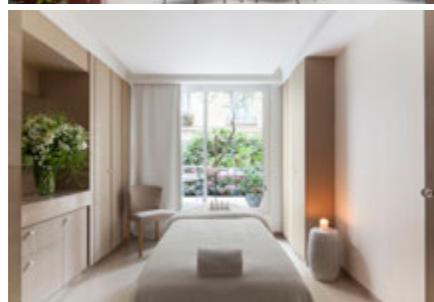
### Spa Le Bristol Paris x HydraFacial

鉴于HydraFacial是对水疗护理师卓越技能的有力补充，巴黎勒布里斯托酒店La Prairie水疗中心将提供HydraFacial的独立体验服务，同时，它还能与水疗菜单中的任何La Prairie或Tata Harper面部护理相结合。专业的水疗团队将协助每位宾客根据各自的肤质和个人需求打造个性化的体验，无论是唤醒暗沉肤色、滋润缺水的皮肤还是抚平细纹，都将引领宾客开启一场焕然轻盈的面部健康之旅。

通过将HydraFacial的强大功能与水疗中心才华横溢的面部护理师的熟练技巧相结合，巴黎勒布里斯托酒店再次将传统经典与创新技艺充分融合，为宾客提供了无与伦比的水疗体验。

该综合水疗护理现仅在巴黎勒布里斯托酒店La Prairie水疗中心通过预约提供服务。

每人220 欧元起(45分钟)



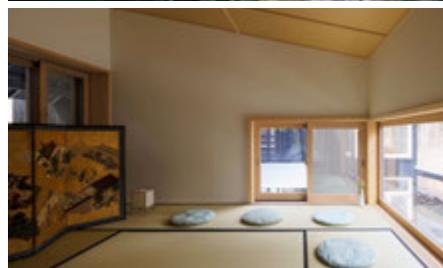
Spa Le Bristol Paris by La Prairie  
每日营业时间：上午九点至晚上九点  
112 rue du Faubourg St Honoré  
75008 Paris - France  
+33 1 53 43 41 67  
spa.lebristolparis@oetkercollection.com

## 轻井泽山区小镇建筑杰作Shishi-Iwa House举办私人烹饪静修 汇聚五位知名大厨于恬静的大自然环境中进行交流并启发创意

环境如何促进创作过程？杰出的建筑能否影响情感和增进身心健康？在恬静之地能否激发出创意火花？

这正是Shishi-Iwa House举办其首个私人烹饪静修的原动力。此次静修邀请了五位大厨放下平日繁琐的生活，在轻井泽山区的自然环境下享受恬静时光。Shishi-Iwa House是由普立兹克建筑奖得主坂茂和西泽立卫所设计的一系列三座建筑杰作，是欲暂时远离现实生活的繁琐、重新焕发活力的创意工作者和美术家所青睐的度假酒店。另外，其餐厅Shola以现代烹调方式将当地独有风味搬到餐桌上，成为该地区备受欢迎的餐厅。

在四天静修期间，五位大厨：Ricardo Chaneton (Mono, 香港)、Jordy Navarra (Toyo Eatery, 马尼拉)、Johanne Siy (Lolla, 新加坡)、Barry Quek (Whey, 香港)及Griffin Coleman (Sower, 日本琵琶湖)在充满秋季气息的大自然中远足旅行、与大家围着火炉进行交流、参观当地农场和与供应商见面，傍晚则与Shola主厨冈本将士即



兴在厨房试着以不同的当地食材进行烹调。

Shishi-Iwa House的年度烹饪静修是一次针对协作及创意力的实验，旨在探索建筑、自然和美饌之间的联系。获邀的每位厨师均凭借其其对时令食材的尊重、与他们所在地的农民的紧密合作和史无前例的烹

调方法而广受赞誉。

Shishi-Iwa House创办人Huy Hoang表示：“现今的厨师承受着意想不到的压力，我们希望这次体验能为他们提供停下来喘息的机会，在探索自然和建筑的转化力量的同时互相学习、启发，突破厨艺界限。”

### 关于Shishi-Iwa House

Shishi-Iwa House是植根日本的国际酒店品牌。它是一处经精心打造的私密静修之所，融合对当代建筑、设计、艺术以及美食的品味，并特别着重与大自然的紧密联系。Shishi-Iwa House大力推动可持续建筑，并为个人情感和环境带来正面影响。Shishi-Iwa House首间度假酒店位于轻井泽的国家公园，蕴藏三座建筑杰作，包括由坂茂设计的SSH No.01和SSH No.02，以及由西泽立卫设计的SSH No.03。由另一位普立兹克建筑奖得主妹岛和世设计的SSH No.04计划于2025年在日本箱根开幕。Shishi-Iwa House目前正在筹划于全球不同地点开展更多项目。

## SPACHINA MOVIE



## 和声 HARMONY

电影《和声》由导演康大奎执导，讲述了一所女子监狱里发生的故事。女主角贞慧为了全力保住腹中的胎儿奋力抵抗丈夫的暴力杀人；知识分子文玉则因无法忍受背叛，杀害了丈夫，被判死刑；宥美将把那个对自己性侵犯的继父杀死，从此封闭内心，不再相信任何人。几乎每个登场人物都有着不为人知的心酸故事，这些各自隐藏着伤痛往事的罪犯们在女子监狱里组成了合唱团，用她们的美妙的歌声给观众带来感动和泪水。影片的初衷除了讲述一个温暖的故事，也从某些方面质疑了社会的变态人性，并试图引发人们对死刑的思考。

Four women are inmates sharing a cell at a women's prison. Yun-jin is guilty of murdering her violent husband to protect her unborn child. Mun-ok, previously a music professor, ran over her husband and his mistress to avenge her misery. Na-young, the guard responsible for these women, forms a choir as a way to tame their wild behaviour, and Mun-ok is assigned the role of conductor. Four years go by and the prison choir performs in the national women's choir contest. Their performance is a success and the women are permitted to spend time with their families afterwards. However, this joy is short-lived when Mun-ok is given her death sentence. "Harmony" provides for a unique human drama set within the world of a female prison.

## SPACHINA BOOK REVIEW

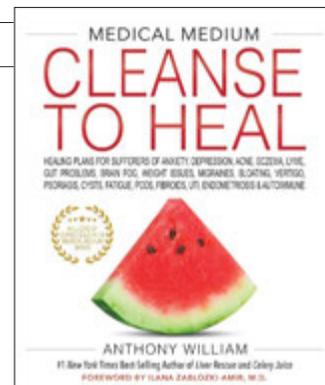
## 排毒疗愈

## CLEANSE TO HEAL

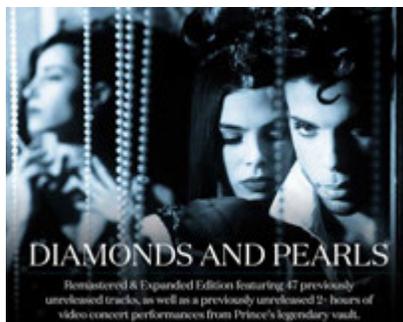
《纽约时报》畅销作者Anthony William在本书中为读者带来了提升整体健康的排毒方法。有些毒素和病原体在我们出生前就已经开始威胁我们的健康，并且在日常生活中持续产生影响。Anthony William从为期九天的3:6:9排毒法开始，扩展到针对特定健康需求的排毒方案，如晨起排毒、重金属排毒等。本书中的内容包括：如何选择适合自己的排毒法，导致健康问题和症状的原因剖析，排毒疗法中的“做与不做”注意事项，关于间歇性断食、微生物群等热门话题背后的真相，如何选择合适的营养补充剂，为什么说排毒是一项情绪体验，75种排毒食谱，以及灵魂疗愈。

In this book, *New York Times* bestselling author Anthony William brings readers various cleansing approaches to enhance overall health. Some toxins and pathogens begin to threaten our health before we are even born and continue to have an impact in our daily lives. Anthony William begins with a nine-day 3:6:9 cleanse method and expands to cleanse programs for specific health needs, such as a morning cleanse, a heavy metal cleanse, and more. Included in this book are: how to choose the right cleanse approach for you, what causes health problems and symptoms, the do's and don'ts of cleanse, the truth behind hot topics such as intermittent fasting and the microbiome, how to choose the right nutritional supplement, why cleanse is an emotional experience, 75 cleanse recipes and more.

Purchase via [www.amazon.com](http://www.amazon.com) Price: US\$36



## SPACHINA CD REVIEWS



## DIAMONDS AND PEARLS (SUPER DELUXE REMASTER)

## BY PRINCE

已故音乐人Prince的这张专辑于1991年首次发行，是他最出色的专辑之一，这次重新发布的专辑还收录了他的许多其他曲目和混音版，让人不禁唏嘘他在2016年因吸毒过量去世前是一位怎样的音乐奇才。专辑里的所有曲目都非常棒，不过真正让人眼前一亮的是Cream。Prince非常多产、才华横溢，当然也非常不同寻常。他留下的音乐遗产对于了解过去四十年的美国流行音乐至关重要。

This album from the late Prince was first issued in 1991 but it is one of his best and this re-issue, includes lots of other tracks and remixes, is a reminder of just what a genius he was before he died in 2016, the victim of a drug overdose. Fentanyl. All the tracks here are fantastic, but the one that really jumps out is Cream. He was so prolific and talented, and of course weird. But his legacy is crucial to understanding American popular music in the past four decades.



## HARMLESS ADDICTION

## BY WALT WEISKOPF

近几十年来，许多优秀的爵士音乐家都因只能与一个乐队合作而感到束手束脚，Walt Weiskopf就是其中之一，他是当代最优秀的爵士萨克斯演奏者之一。这张专辑里收录了与他的欧洲四重奏乐队共同创作的精彩曲目，曲风强劲，令人兴奋。让听者不禁感叹，具有创意的主流爵士乐是多么美妙。Walt正在稳步前进，填补Michel Brecker离开后留下的空白。

Many of the best jazz musicians in recent decades have felt confined by only working with one band, and Walt Weiskopf, one of the best straight-ahead jazz sax players of our age, is one of them. This is a fantastic set of robust and exciting tunes created with his European Quartet. It is a reminder of just how wonderful mainstream creative jazz can be, and Walt is moving steadily to fill the space left by the departure of Michael Brecker.



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上海外滩W酒店W层  
T: 021 2286 9999  
www.wtwhotel.com



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T: 021 5466 6688  
www.capellashanghai.cn



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上海市闵行区元江路6161弄  
T: 021 8011 9999  
www.aman.com

### Beauty Farm Henglong Branch 美丽田园 恒隆店

3rd floor, Phase I, Henglong Plaza Office Building, 1266 West Nanjing Road, Jing'an, Shanghai  
上海市静安区南京西路1266号恒隆广场办公楼一期3楼美丽田园  
T: 021 6288 8908

### Chuan Spa, The Langham Xintiandi, Shanghai 上海新天地朗廷酒店「川」水疗中心

B1/F The Langham Xintiandi, 99 Madang Road, Xintiandi, Shanghai, China  
上海市新天地马当路99号上海新天地朗廷酒店B1层  
T: +86 21 2330 2288  
www.chuanspa.com

### CHI, The Spa at Jing An Shangri-La, West Shanghai 上海静安香格里拉大酒店「氣」SPA

1218 Yan'an Road Central, Shanghai  
上海市延安中路1218号  
T: 021 2203 8888  
www.shangri-la.com

### Dragonfly Therapeutic Retreat 悠德保健会所

- Jing'an Kerry Centre Retreat**  
静安嘉里中心店  
SB1-05B(Shop #25), B1 South Retail, Jing'an Kerry Centre, 1218 Yan'an Middle Road, Jing'an District, Shanghai  
上海市静安区延安中路1218号静安嘉里地下1楼SB1-05B (25号商铺)  
T: 021 6266 0018
- Xinle Retreat 新乐店**  
206 Xinle Road, Xuhui District, Shanghai  
上海市徐汇区新乐路206号  
T: 021 5403 9982
- IFC Mall Retreat**  
国金中心店  
LG2-47-1, Shanghai IFC, 8 Century Avenue, Lujiazui, Pudong District, Shanghai  
上海市浦东新区世纪大道8号国金中心商场LGII-47-1  
T: 021 68785008  
www.dragonfly.net.cn

### ELAINE ART SPA

依霖 · 艺术 · Spa  
153-155 Xuanhua Road, Changning, Shanghai  
上海市长宁区宣化路153-155号  
T: 021 5238 3391

### Floatasian Float Spa 漂浮岛

288 Dagu Road, 2nd Floor, Huangpu District, Shanghai  
上海市黄浦区大沽路288号, 大沽庭, 5号楼, 2层, A室  
T: +86 21 6385 5189

### Green Massage

1) Gubei Branch 上海古北店  
480, Hongbaoshi Road (Jinzu Road), Changning  
上海市长宁区红宝石路480号(金珠路)  
Business Hours: 10:30 am – 00:00 am  
Tel: 021 6288 7608

2) The Roof Branch 上海马当路店  
LG2-15, 458 Madang Road, Huangpu  
上海市黄浦区马当路458弄LG2-15  
Business Hours: 10:30 am – 23:30 am  
Tel: 021 5386 8188

3) Xintiandi Branch 新天地店  
58 Taicang Road, Huangpu  
太仓路58号  
Business Hours: 10:30 am – 01:00 am  
Tel: 021 5386 0222

4) Infinitus Branch 上海无限极荟店  
L3-W01, 168 Hubin Road, Huangpu  
黄浦区湖滨路168号L3-W01  
Business Hours: 10:00 am – 00:00 am  
Tel: 021 6877 8188

5) Lujiazui Branch 上海陆家嘴店

6F, 66 Huayuanshiqiao Road, Pudong  
上海市浦东新区花园石桥路66号东亚银行裙楼6楼  
Business Hour: 10:00 am – 22:30 am  
Tel: 021 6289 7778

6) Shanghai Centre Branch 上海南城店  
808, East Residences, Shanghai Centre, 1376 Nanjing Road West, Jingan  
南京西路1376号上海商城东峰808室  
Business Hours: 10:00 am – 23:00 am  
Tel: 021 6289 7007

7) Xujiahui Branch 上海徐家汇店  
88 Xingen Road, Xuhui  
上海市徐汇区辛耕路88号  
Business Hours: 10:30 am – 23:00 am  
Tel: 021 6468 7076  
www.greenmassage.com.cn

### Iridium Spa at The St. Regis Shanghai Jing'an

上海静安瑞吉酒店臻瑞水疗  
1008 Beijing Road West, Jing'an, Shanghai  
上海市静安区北京西路1008号  
T: 021 6257 9999  
www.stregis.com

### L SPA at Sunrise

On The Bund 上海外滩浦华大酒店涟水疗  
6F Shanghai Sunrise On The Bund 168 Gaoyang Road, Hongkou District  
虹口区高阳路168号6楼  
上海外滩浦华大酒店  
T: 021 5558 9999\*6008  
www.sunrisesha.com

### MI XUN SPA, The Middle House

上海铺舍酒店谧寻水疗  
B1, 366, Shimen 1 Road, Jing'an, Shanghai  
上海市静安区石门一路366号上海铺舍酒店B1层  
T: 021 3216 8199  
www.the-house-collective.com

### Rubis Spa

丽妍雅集  
1) LIPPO Plaza Branch 力宝店  
B104, LIPPO Plaza, 222 Middle Huaihai Road, Huangpu, Shanghai  
上海市黄浦区淮海中路222号力宝广场B1层04单元  
T: 021 5383 0111

2) OnePiece Work Branch 领展企业天地店  
L2-7B, Tower 1 Link Square, 222 Hubin Road, Huangpu, Shanghai  
上海市黄浦区湖滨路222号领展企业天地1栋2层7B单元  
T: 021 6340 6336

3) LuOne Branch 凯德LuOne店  
L6-07-10, LuOne Capita Land, 268 Xujiahui Road, Huangpu, Shanghai

上海市黄浦区徐家汇路268号LuOne凯德晶萃广场6层  
07-10单元  
T: 021 6447 7705

4) JiuGuang Branch 久光店  
L5-D535, JiuGuang, 1618 West Nanjing Road, Jingan, Shanghai  
上海市静安区南京西路1618号久光百货5层D535单元  
T: 021 6288 3482

### Spa at Bellagio - Bellagio Shanghai

上海苏宁宝丽嘉酒店宝丽嘉水疗中心  
3/F, 188 Beisuzhou Road, Hongkou, Shanghai  
上海市虹口区北苏州路188号上海苏宁宝丽嘉酒店3楼  
T: 021 3680 6666  
www.bellagioshanghai.com

### Siyanli 思妍丽

1) 太阳广场  
1st Floor, South Gate, No.88, Xianxia Road.  
上海市仙霞路88号太阳广场南门一层  
T: 021 6270 4488

2) 时代广场  
Suite 317, Time Square, No.500, Zhongyang Road  
上海市浦东张杨路500号时代广场317室  
T: 021 5836 7155

### Spa InterContinental & Balance Fitness

洲际水疗馆&健身中心  
4F, InterContinental Shanghai Expo, 1188 Xueye Road, Pudong, Shanghai  
上海市浦东新区雪野路1188号世博洲际酒店4楼  
T: 021 3858 1188  
www.intercontinental.com

### Shine Spa for Sheraton, Sheraton Shanghai

Waigaoqiao Hotel  
Waigaoqiao Hotel  
喜来登水疗  
Sheraton Shanghai  
Waigaoqiao Hotel, 28 Jilong Road, Shanghai Pilot Free Trade Zone, Shanghai, China  
上海自由贸易试验区基隆路28号上海外高桥喜来登酒店  
T: +86 21 3121 9999\*6166  
www.sheratonwgqhotel.com

### Spa Intercontinental 上海瑞金洲际酒店水疗中心

118, No.2 Ruijin Road, Luwan District, Shanghai, China  
上海卢湾区瑞金二路118号  
T: +86 21 6472 5222\*2016  
www.rujiinhotel.com

### Swissline Glamscience Center 瑞士魅力美学中心

SL-09-10, Hong Kong Plaza, 283 Middle Huaihai Road, Huangpu, Shanghai  
上海市黄浦区淮海中路283号香港广场商场南座SL-09-10室

T: 021 5386 1768

### Shanghai ChingHo Clinic 上海静和门诊部

227 North Huangpi Road  
上海市黄陂北路227号  
T: 40002122

### The Daisy Spa 戴西养生堂

1) The Daisy Spa (818 Plaza) 戴西养生堂(818广场店)  
410-411 Plaza 818, 818 Nanjing Road West, Shanghai  
上海市南京西路818号818广场410-411商铺  
T: 021 5228 2591

2) The Daisy Spa (Jinmao Fashion Plaza) 戴西养生堂(金茂时尚广场店)  
3/F, Jinmao Fashion Plaza, Jin Mao Tower, 88 Century Avenue, Shanghai  
上海市世纪大道88号金茂大厦金茂时尚广场3层  
T: 021 5056 0580

### The Bvlgari Spa Shanghai 上海宝格丽酒店水疗中心

B1, 33 Henan North Road, Shanghai  
上海市河南北路33号  
上海宝格丽酒店B1层  
T: 021 3606 7788  
www.bulgarihotels.com

### The Retreat at The Sukhothai Shanghai 上海素凯泰酒店

The Retreat水疗中心  
B1, 380, Weihai Road, Jing'an, Shanghai  
上海市静安区威海路380号  
上海素凯泰酒店B1层  
T: 021 5237 8888  
www.sukhothai.com/shanghai/

### The SPA at Shanghai EDITION 上海艾迪逊酒店水疗中心

6/F, 199 Nanjing Road East, Huangpu, Shanghai  
上海市黄浦区南京东路199号  
上海艾迪逊酒店6楼  
T: 021 5368 9999  
www.edition-hotels.cn

### The Peninsula Spa, Shanghai 上海半岛酒店水疗中心

32 Zhongshan Dong Yi Road, Shanghai  
上海市外滩中山东一路32号  
T: 021 2327 2888  
www.peninsula.com

### The Spa at The Ritz-Carlton Shanghai, Pudong 上海浦东丽思卡尔顿酒店水疗中心

Shanghai IFC, 8 Century Avenue, Pudong, Shanghai  
浦东新区世纪大道8号上海国金中心  
T: 021 2020 1888  
www.ritzcarlton.com

### The Spa at Waldorf Astoria Shanghai on the Bund 上海外滩华尔道夫酒店水疗中心

上海市黄浦区淮海中路283号

3/F, 2 Zhongshandongyi Road, Huangpu, Shanghai  
上海市黄浦区  
中山东一路2号3楼  
T: 021 6322 9988  
www.waldorfasteriahanghai.com

**UR SPA at The PuLi Hotel and Spa**  
**璞麗酒店溫水行**  
3/F, 1 Changde Road, Jingan District, Shanghai  
上海市静安区常德路1号璞麗酒店3楼  
T: 021 3203 9999 ext. 6899  
www.thepuli.com

**Willow Stream Spa (Fairmont Peace Hotel)**  
**蔚柳溪水行(和平飯店)**  
Fairmont Peace Hotel, 20 Nanjing Road East, Shanghai, China  
上海市南京东路20号和平飯店  
T: +86 21 6138 6810  
www.peaceshotel.com

**Water's Edge at Park Hyatt Shanghai**  
**上海柏悅酒店水境水行中心**  
100 Century Avenue, Pudong, Shanghai  
上海市浦东新区世纪大道100号  
T: 021 6888 1234\*4251  
www.hyatt.com

**1855 BEAUTY BRAIN**  
1) 1855 BEAUTY BRAIN (英格蘭SPA館)  
583 Shangbo Road, Pudong, Shanghai  
上海市浦东新区尚博路583号(尚博路与东明路交叉口西50米路北)  
T: 021 5018 1855  
2) 1855 BEAUTY BRAIN (大華藝術SPA館)  
928 Zhenhua Road, Baoshan, Shanghai  
上海市宝山区真华路928号(大華第三空间)  
T: 021 6364 1855  
3) 1855 BEAUTY BRAIN (宜昌路SPA店)  
65 Yichang Road, Putuo, Shanghai  
上海市普陀区宜昌路65号  
T: 021 6682 1855

**The Lakeville Regency Clubhouse**  
**翠湖天地御苑会所**  
No.10, Lane168, Shunchang Road, Huangpu District, Shanghai  
上海市黄浦区顺昌路168弄10号  
T: 021 6386 9955  
www.shuonland.com

**Spa 水疗 · 北京**  
**Beauty Farm**  
**Jingrongjie Branch**  
**美丽田园 金融街店**  
L415-2, Financial Street

Shopping Center, 2 Jinchengfang Street, Xicheng, Beijing  
北京市西城区金城坊街2号金融街购物中心L415-2  
T: 010 6622 0418

**Dragonfly Therapeutic Retreat 悠庭保健会所**  
1) Yansha Retreat 燕莎店  
Ground Floor, Grand Summit Plaza, 19 Dongfang Rd. East, Liang Ma Qiao, Chaoyang District, Beijing  
北京市朝阳区燕莎桥东方东路19号外交会所一层  
T: 010 8532 3122  
2) Kerry Centre Beijing Retreat  
嘉里中心店  
B10, Kerry Centre, No.1, Guanghua Road, Chaoyang District, Beijing  
北京市朝阳区光华路1号嘉里中心商场地下一层B10  
T: 010 8529 6331

**i spa 泰美好**  
1) Fulou Road · Gehua New Century Hotel Beijing Branch 鼓楼 · 歌华开元店  
1<sup>st</sup> Floor, Gehua New Century Hotel, NO.19 Gulouwai Dajie, Chaoyang, Beijing  
北京市朝阳区鼓楼外大街19号, 歌华开元大酒店1层  
T: 010 6202 6708  
2) Zhichun Road · Flagship Store  
知春路 · 旗舰店  
B1 Tyftull Hotel Beijing, Xi Tucheng Road, Haidian, Beijing  
北京市海淀区西土城路1号院1号楼泰富酒店B1(蓟门桥北)  
T: 010 5329 9991

**Iridium Spa at The St. Regis Beijing**  
**北京瑞吉酒店铁瑞水行**  
21 Jianguomenwai Avenue, Chaoyang, Beijing  
北京市朝阳区建国门外大街21号  
T: 010 6460 6688\*2745  
www.marriott.com

**露露Spa**  
北京市朝阳区霄云路甲26号海航大厦万豪酒店6F  
6/F Wanhao Hotel Haihang Building, 26A Xiaoyun Road, Chaoyang District, Beijing  
T: 010 5927 8060

**RuHe skin & health management center 茹荷皮肤&健康管理中心**  
9 / F, Ramada Longcheng Hotel, 311 Changping Road, HuiLongguan Street, Changping, Beijing  
北京市昌平区回龙观街道昌平路319号龙城华美达酒店9层  
T: 010 8077 8151

**Siyanti**

**思妍丽**  
1) 百盛美容院Parkson Salon Suite 9103, Bldg.A, No.101, Fuxingmennei Avenue  
复兴门内大街101号  
百盛大厦写字楼9103A  
T: 010 6653 5599  
2) 中国大饭店China Hotel B1, No.1, Jianguomenwai Avenue  
建国门外大街1号  
中国大饭店地下一层  
T: 010 6505 0909  
3) 丰联FengLian Branch Suite 408, No 18, Chaowai Avenue, Chaoyang District  
朝阳区朝外大街18号丰联广场408  
T: 010 6588 3688

**SPA by MTM, Beijing**  
2/F, 7 DongSanHuan Middle Road, Chaoyang, Beijing  
北京市朝阳区东三环中路7号北京千禧大酒店二层  
T: 010 6533 0751  
www.spabytm.com

**Sunrise Kempinski Hotel, Kempinski The Spa, Beijing&Yanqi Island 北京日出东方凯宾斯基酒店&雁栖酒店水行中心**  
3F, 18A Yanshui Road, Yanqi Lake, Huairou District, Beijing  
北京市怀柔区雁栖湖雁水路甲18号三层  
B1,13 Yanxiu Road, Yanqi Lake, Huairou District, Beijing  
北京市怀柔区雁栖湖雁秀路13号负一层  
T: 010 6961 8888 - 3792/82299  
www.kempinski.com

**Sense, A Rosewood Spa, Rosewood Beijing 北京瑰丽酒店Sense水行中心**  
Jingguang Centre, 1 Chaoyangmenwai Avenue, Beijing  
北京市朝阳区朝阳门外大街1号京广中心  
T: 010 6597 8888  
www.rosewoodhotels.com

**The Ritz-Carlton Spa 北京丽思卡尔顿酒店水行中心**  
The Ritz-Carlton, Beijing  
83A Jianguo Road, Chaoyang District, Beijing  
北京朝阳区建国路甲83号北京丽思卡尔顿酒店  
T: 010 5908 8888  
http://www.ritzcarlton.com/en/Properties/Beijing/Spa/Default.htm

**The Peninsula Spa Beijing 王府半岛酒店水行中心**  
8 Goldfish Lane, Wangfujing, Beijing, China  
北京王府井金鱼胡同8号  
T: +86 10 6510 6321  
www.peninsula.com

**The Spa at Aman Summer Palace 颐和安缦水疗**

1 Gongmenqian Street, Summer Palace, Haidian, Beijing  
北京市海淀区颐和园  
宫门街1号  
T: 010 5987 9999  
www.aman.com

**Tian Spa at Park Hyatt Beijing 北京柏悦酒店天池水行中心**  
59/F Park Hyatt Beijing, 2 Jianguomenwai Street, Beijing  
北京市朝阳区建国门外大街2号北京柏悦酒店59层  
T: 010 8567 1157  
www.hyatt.com

**The Spa at Bulgari Hotel Beijing 北京宝格丽酒店水行中心**  
Building 2, Yard 8 Xinyuan South Road, Beijing  
北京市朝阳区新源南路8号院2号楼  
T: 010 8555 8555  
www.bulgarihotels.com

**The Spa at Four Seasons Hotel Beijing 北京四季酒店水行中心**  
48 Liangmaqiao Road, Chaoyang, Beijing  
北京市朝阳区亮马桥路48号  
T: 010 5695 8888  
www.fourseasons.com

**UR SPA at The PuXuan Hotel and Spa 北京璞瑄酒店温水行**  
5/F,7/F, 1 Wangfujing Street, Dongcheng District, Beijing  
中国北京市东城区王府井大街1号璞瑄酒店5层和7层  
T: 010 5393 6688  
www.thepuxuan.com

**Willow Stream Spa, Fairmont Beijing 北京华彬费尔蒙酒店蔚柳溪水行中心**  
8 Yong An Dong Li, Jian Guo Men Wai Avenue, Beijing, China  
北京市朝阳区建国门外大街永安里8号北京华彬费尔蒙酒店  
T: +86 10 8507 3737  
www.fairmont.cn/beijing

**Waldorf Astoria Spa, Beijing 北京华尔道夫酒店水行中心**  
5-15 Jinyu Hutong, Dongcheng, Beijing  
北京市东城区金鱼胡同5-15  
T: 010 8520 8989  
www.waldorfasteria.com

**MAHA Spa 综合水疗**  
MAHA Club & Residences, 8 Xiao Yun Road, Chaoyang District, Beijing  
北京市朝阳区霄云路8号, 综合北京俱乐部及行政公寓  
T: 010 52259877

**LAINMONT SPA LAINMONT莱曼精准抗衰老SPA**  
8B, Block A, Jinyuan Business Center, Haidian District, Beijing

北京海淀金源商务中心A座8B  
T: 13167383238

**DONGTIAN SKINCARE (China World Branch) 东田美肤中心(国贸店)**  
3L208, North Zone, China World Center, No.1, Jianguomenwai Avenue, Chaoyang District, Beijing  
北京市朝阳区建国门外大街1号院国贸商城北区3L208铺位  
T: 010 6505 9163

**Spa 水疗 · 天津**  
**i spa 泰美好**  
The Westin Tianjin · Binjiang Road Branch  
威斯汀 · 滨江道店  
6F, The Westin Tianjin, 101 Nanjing Road, Heping, Tianjin  
天津市和平区 南京路101号君隆威斯汀酒店六层(近营口道口)  
T: 022 2389 0189  
www.ispa.cn

**L'OCEAN SPA at Four Seasons Hotel Tianjin 天津四季酒店水行**  
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 天津斯年香素香气疗愈中心**  
Tianxi 24-2-801, Aocheng Commercial Plaza, Lingbin Road, Nankai, Tianjin  
天津市南开区凌宾路奥体天玺24-2-801  
T: 022 5890 0088

**The Spa at The Ritz Carlton, Tianjin 天津丽思卡尔顿酒店**  
天津丽思卡尔顿水行中心  
167 Dagu Road North, Heping, Tianjin  
天津和平区大沽北路167号  
T: 022 5857 8888  
www.ritzcarlton.com

**Spa 水疗 · 广州&深圳**  
**AWAY® Spa at W Guangzhou 广州W酒店AWAY®水行中心**  
26 Xiancun Road, Zhujiang New Town, Tianhe District, Guangzhou, Guangdong, China  
广东省广州市天河区珠江新城洗村路26号  
T: +86 20 6628 6628

www.starwoodhotels.com/whotels  
**Angsana Spa, The Garden Hotel Guangzhou 广州花园饭店 悦椿Spa**  
4/F, 368 East Huanshi Road, Guangzhou, Guangdong, China  
广东省广州市环市东路368号4楼  
T: +86 20 8333 8989  
www.angsana.com

**Athena Spa at Pullman Dongguan Forum 东莞旗峰山铂尔曼酒店云涧水行**  
32 Dongcheng Road Central, Dongcheng District, Dongguan, Guangdong, 523129, China  
广东省东莞市东城区东城中路32号  
T: +86 769 2336 8888\*6699  
www.pullmanhotels.com.cn

**AEVUM SPA AEVUM奥斯特芬欧系贵族SPA**  
1) KK MALL Branch KK MALL店  
Shop L211, 2F, KK Mall, Luo Hu, Shenzhen  
深圳市罗湖区深南东路5016号京基百纳KKMALL购物中心2F L211号商铺  
T: 0755 2290 9188/2290 9133  
2) KK ONE Branch KK ONE店  
Shop L304, 3F, KK ONE, KINGKEY TIMEMARK, Fu Tian, Shenzhen  
深圳市福田区滨河大道9289号京基滨河时代KK ONE 3F L304号商铺  
T: 0755 8863 5177/8863 5187  
3) Wanxiangtiandi Branch 万象天地店  
Shop SL312, 3F, Hua Run Mixc World, Nanshan, Shenzhens  
深圳市南山区华润万象天地3F SL312号商铺  
T: 0755 8668 7988  
4) Yitianjiari Branch 益田假日店  
Shop L2-58, Yitian Holiday Plaza, Nanshan, Shenzhen  
深圳市南山区益田假日广场L2-58号  
T: 0755 86951995  
http://www.aevumspa.cn

**Asaya Active, Rosewood Guangzhou 广州瑰丽酒店**  
Guangzhou Zhoudafu Financial Center, No.6, Zhujiangdong Road, Tianhe, Guangzhou  
广州市天河区珠江东路6号广州周大福金融中心  
T: 020 8852 8888

**CHUAN SPA at The Langham, Shenzhen 深圳朗廷酒店「川」水行中心**  
7888 Shennan Boulevard, Futian District, Shenzhen  
深圳市福田区深南大道7888号(农轩路与香林路交叉口)

T: 0755 8828 9888

http://shenzhen.

langhamhotels.com

## Chuan Spa at Langham

Place, Guangzhou

广州南丰朗豪酒店 | 川·水疗

638 Xingang Road East,

Haizhu District, Guangzhou,

Guangdong, China

广东省广州市海珠区

新港东路638号

T: +86 20 8916 3388\*3538

www.guangzhou.

langhamplacehotels.com.cn

## Devarana Spa at Dusit

Devarana Hot Spring Hotel

Conghua

广州从化都喜泰丽温泉度假酒店

泰丽水疗

352 Yuquan Avenue, Liangkou

Town, Conghua, Guangzhou,

Guangdong, China

广东省广州市从化良口镇御泉

大道352号

T: +86 20 3798 8888\*6630

www.dusit.com

## FINEFULL SPA at Shenzhen

Marriott Hotel Golden Bay

深圳佳兆业万豪酒店臻森水疗

B1, 33 Zonglv Road, Dapeng

New, Shenzhen

深圳市大鹏新区棕榈大道33号

酒店B1层

T: 0755 2839 8888\*8401

## Heavenly Spa by

Westin Shenzhen

深圳益田威斯汀酒店天梦水疗

4/F, The Westin Shenzhen

Nanshan 9028-2 Shennan

Road, Nanshan District,

Shenzhen

深圳市南山区深南大道9028

号-2深圳益田威斯汀酒店4楼威

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

深圳瑞吉酒店依瑞水疗

The St. Regis Shenzhen,

5016 Shennan Road East,

Luohu, Shenzhen

深圳市罗湖区深南东路5016号

T: 0755 2223 9407

www.stregis.com

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T: 020 8362 9234

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中达广场天空别墅3号楼2301

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[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新兴

路221号

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## 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

## Siyanni

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2nd Floor, Bldg. Vanke

Jinsejiayuan, No.2018,

Lianhua Road, Futian District,

Shenzhen

深圳市中心路3008号深圳

湾1号

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.siyanni.net.cn

## Spa at Futian Shangri-La,

Shenzhen

深圳福田香格里拉大酒店水

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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

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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

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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

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T: 020 3813 6668

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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

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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

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Haikou Meilan

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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

三亚海棠湾海棠湾海棠北

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

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三亚海棠湾阳光壹酒店Banford

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Haitangwan, Sanya

海南省三亚市海棠湾海棠南

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T: 0898 88691888

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Resort & Spa

金茂三亚亚龙湾希尔顿大酒店

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Yalong Bay National Resort

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三亚市亚龙湾国家旅游度假区

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www.banyantreespa.com

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T: +86 888 533 1111  
www.banyantreespa.com

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www.aman.com

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Qingcheng Phase II, China  
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大悦城购物中心店  
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3) Hello-World Branch  
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F8 Zone B, Hello-World  
Branch, Kunming, Yunnan  
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1903, Kunming, Yunnan  
云南昆明公园1903健之佳二楼  
T: 0871 6810 4826  
5) Anning Wanda Branch  
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101, Building 8, Yuefeng  
Street, Anning Wanda,  
Kunming, Yunnan  
云南昆明安宁万达丰街8  
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吉林省长春市湖西路1288号  
南郡水云6栋1号  
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www.yijingspaclub.com

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交汇伟峰东樾H2商业独栋  
T: 0431 8194 3855  
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壹湖国际店  
H3-101, Yi Hu International  
Phase 2, Nangan District,  
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长春南关区壹湖国际2期  
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T: 0431 8563 8288

3) Heyuan Club Branch  
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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 Shuiian Xindu,  
Jingkai District, Changchun  
长春经开区中海水岸馨都  
G10商铺  
T: 0431 8587 4577  
5) Baicui Yuan Branch  
柏翠园店  
Building 65, Nanhu Xincun  
Steet, Chaoyang District,  
Changchun  
长春朝阳区南湖新村中街65栋  
T: 0431 8060 3877

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水疗中心**  
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Road, Daoli District  
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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-  
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**Spa 水疗 · 辽宁**  
**康贝思水疗中心(大连城  
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豪华精选酒店3楼  
T: +86 411 8250 0190  
dalian.grand.hyatt.com

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沈阳市和平区同泽北街35  
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Heping District, Shenyang  
Tel: 024 2341 1222

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沈阳市和平区万象城三期  
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Road, Heping District,  
Shenyang, Liaoning  
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安苑23-3  
T: 024 2388 3599

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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

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凯德和平店  
L2-54-55, Capita Land, 691  
Gaoerji Road, Shahekou,  
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凯德和平广场2层54-55单元  
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T: 853 2886 8886  
www.altiramacau.com/spa-  
health/#/altira-spa

**Asaya Hong Kong (Rosewood  
Hong Kong)**

**香港Asaya (香港瑰丽酒店)**  
Victoria Dockside, 18  
Salisbury Road, Tsim Sha  
Tsui, Kowloon, Hong Kong  
香港九龙尖沙咀梳士巴利道  
18号  
T: +852 3891 8888

**Bliss Spa at W Hong Kong**  
**香港W酒店 Bliss Spa**  
1 Austin Road West, Kowloon  
Station, Kowloon, Hong Kong  
香港九龙柯士甸道西1号  
T: 852 3717 2222  
w-hongkong.com

**SPA by MTM**  
1) Shop A, G/F, 3 Yun Ping  
Road, Causeway Bay  
铜锣湾恩平道3号地下A店  
T: 852 2923 7888  
2) Shop 118, Citygate, Tung  
Chung, Lantau Island  
大屿山东涌东荟城118店  
T: 852 2923 6060  
www.spabytm.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  
澳门外港新填海区孙逸仙  
大马路  
T: 853 8802 8888

**Tria Spa at MGM Macau**  
**澳门美高梅禅源水疗中心**  
Avenida da Nave Desportiva,  
Cotai, Macau  
澳门路氹体育馆大马路  
T: 853 8806 8888

**The Spa at Mandarin Oriental,  
Macau**  
**澳门文华东方酒店水疗中心**  
Avenida Dr Sun Yat Sen,  
NAPE, Macau  
澳门孙逸仙大马路945号  
T: 853 8805 8888  
www.mandarinoriental.com

**The Ritz-Carlton Spa, Hong  
Kong**  
**香港丽思卡尔顿水疗中心**  
71/F International Commerce  
Centre, 1 Austin Road West,  
Kowloon  
九龙柯士甸道西1号  
环球贸易广场71楼  
T: 852 2263 2263  
www.ritzcarlton.com

**Zensa Spa**

**「涟」水疗**  
3/F Star Tower, Studio City  
Hotel, Macau  
澳门新濠影汇酒店巨星汇3楼  
T: +853 8865 1888  
www.studiocity-macau.com

## Spa 水疗 · 湖北

**慕丽莎健康美容会所**  
1) 香港路店  
湖北省武汉市汉口解放大道  
香港15号  
15 Hong Kong Street Jiefang  
Road Hankou, Wuhan, Hubei  
Tel: 027 8556 1855  
2) 融科天城店  
湖北省武汉市球街融科天城  
一期T4大堂二楼  
2/F, T4 Raycom Skyline,  
Qiuchang Street, Wuhan, Hubei  
Tel: 027 8221 3770  
3) 沌口店  
湖北省武汉市经济开发区宁  
康路59号湘隆时代商业中心  
9栋1-2号  
1-2 Building 9 Xianglong  
Times Business Center, 59  
Ningkan Road, Eco. Tech.  
Dev. Zone, Wuhan, Hubei  
Tel: 027 8480 5457  
4) 水果湖店  
湖北省武汉市武昌水果湖  
188-1号  
188-1 Shui Guo Hu Road,  
Wuchang, Wuhan, Hubei  
Tel: 027 8736 0531  
5) 襄阳店  
湖北省襄阳市大庆西路永  
安广场  
Yongan Plaza, Da Qing Xi  
Road, Xiangyang, Hubei  
Tel: 0710 3459 155

**Fairmont Wuhan**  
**武汉泛海费尔蒙酒店**  
249 Huaihai Road, Jiangnan,  
Wuhan  
武汉市江汉区淮海路249号  
T: 027 8369 8888  
www.fairmont.cn/wuhan/

**M-SPA**  
**沐心宸舍**  
Hilton Wuhan Optics Valley, 9  
Chunhe Road, Huashan Eco  
New City, Wuhan, Hubei  
湖北省武汉市洪山区东湖新技  
术开发区花山生态新城春河路9  
号希尔顿酒店水疗中心  
T: 027 5933 8888\*8252

**Siyanni**  
**思妍丽**  
1) 国际广场店  
406, Wuhan International  
Plaza Shopping Center Tower  
B 690 Jiefang Road, Wuhan  
武汉国际购物广场B座406  
Tel: 027 8551 7717  
2) 徐东店  
4F, Xudong Shoppingmall  
No.18 Xudong Street  
Wuchang District, Wuhan  
徐东销品茂四楼南街4160  
Tel: 027 6889 8068  
3) 同成店  
1F, Tongcheng Square No.538

Jianshe Avenue, Wuhan  
建设大道538号同成广场一楼  
Tel: 027 8556 4066  
www.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水水**  
3/F Wanda Vista, 169 Jiefang  
Road, Taiyuan, Shanxi, China  
山西省太原市杏花岭区解放路  
169号楼太原万达文华酒店3楼  
T: +86 351 777 6666\*6760  
www.wandahotels.com

## Spa 水疗 · 湖南

**Cherry Natural Image  
Management**  
**桉奈儿形象管理中心**  
493 Hengdong Avenue,  
Hengyang city, Hunan  
湖南省衡阳市衡东大道493号  
T: 0734 522 4996

**Shui Spa at Wanda Vista  
Changsha**  
**长沙万达文华酒店“水”水水**  
308 Section 1 Xiangjiang  
Middle Road, Kaifu,  
Changsha, Hunan, China  
湖南省长沙市开福区湘江中路  
一段308号  
T: +86 731 8800 8888 ext.6306  
www.wandahotels.com

**Shine Spa for Sheraton at  
Sheraton Changde Wuling Hotel**  
**常德武陵天济喜来登酒店喜  
来登水疗**  
899 Zaoguo Road, Wuling,  
Changde, Hunan, China  
湖南省常德市武陵区皂果路  
899号  
T: +86 736 788 8888  
www.sheraton.com

**Siam SPA**  
**暹罗泰式SPA**  
458 South Desheng Road,  
Yueyanglou, Yueyang, Hunan  
湖南省岳阳市岳阳楼区  
金鹤汇龙府临街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  
绿地新都荟店  
Room 1511, Block B, Building  
2, Jinshui East Road and  
Dongfeng South Road,  
Jinshui, Zhengzhou  
郑州市金水区金水东路与东风  
南路2号楼B座1511室  
T: 0371 5593 3386

## Spa 水疗 · 四川

**CHI, The Spa, Shangri-La  
Hotel, Chengdu**  
**成都香格里拉大酒店气水疗**  
9 Binjiang Dong Road,  
Chengdu  
四川省成都市锦江区滨江东  
路9号  
T: 028 8888 9999

**Iridium Spa at The St. Regis  
Chengdu**  
**成都瑞吉酒店瑞禧水疗中心**  
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 Biteshi Street, Jinjiang,  
Chengdu  
成都市锦江区东大街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  
Duijiangyan, Chengdu,  
Sichuan  
四川省成都市都江堰市青城山  
镇东软大道2号  
T: 028 8712 6666

**The Ritz-Carlton Spa,**

**Chengdu**  
**成都富力丽思卡尔顿酒店水  
疗中心**  
269 Shuncheng Avenue,  
Qingyang, Chengdu, Sichuan  
中国四川省成都市青羊区顺城  
大街269号  
T: 028 8358 8888

**Willow Stream Spa at  
Fairmont Chengdu**  
**成都棕桐泉费尔蒙酒店蔚柳溪  
水疗中心**  
269 Tianfu Middle Avenue,  
Hi-Tech Zone, Chengdu  
成都市高新区天府大道中段  
269号  
T: 028 8800 3333

**Rissai Spa, Rissai Valley, a  
Ritz-Carlton Reserve**  
**日赛谷水疗**  
Zhangzha Town, Jiuzhaigou  
County, aba Tibetan Andqiang  
Autonomous Prefecture,  
Sichuan  
中国四川省阿坝藏族羌族自治  
州九寨沟漳扎镇  
T: 0837 8199 999

## Spa 水疗 · 浙江

**Banyan Tree Spa Hangzhou**  
**杭州悦榕Spa**  
2 Westbrook Resort, Zijingang  
Road, Hangzhou, China  
浙江省杭州市紫金港路21号  
西溪天堂国际旅游综合体  
T: +86 571 8586 0000  
www.banyantreespa.com

**Cordis, Dongqian Lake,  
Ningbo**  
**宁波东钱湖康得思酒店**  
28 Shashan Road, Dongqian  
Lake, Ningbo, China  
宁波市东钱湖旅游度假区沙  
山路28号  
T: 574 5666 8888  
www.chuanspa.com

**Dragonfly Therapeutic Retreat**  
**悠庭保健会所**  
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, Jianggan  
江干区新业路228号来福士广  
场L6-04商铺  
T: 0571 8889 9191

**Fuchun Spa at Fuchun Resort**  
**富春山居度假村富春SPA**  
No.339, Jiangbin East Road,  
Dongzhou Street, Fuyang,  
Hangzhou  
杭州市富阳区东洲街道江滨东  
大道339号  
T: 0571 6341 9500

**Hangzhou TEA SPA**  
**杭州TEA SPA**  
1) Hangzhou TEA SPA (Jiqing  
Branch)  
杭州TEA SPA (吉庆店)

Building C, 214 North Meilin  
Road, West Lake, Hangzhou  
杭州市西湖区梅林北路上茅家  
埠214号C栋  
Tel: 19558191877  
2) Hangzhou TEA SPA (Muli  
Branch)  
杭州TEA SPA (目里店)  
501-503, Building 8, OOEI,  
West Lake, Hangzhou  
杭州市西湖区天目里商业中心8  
号楼5楼501、502、503  
Tel: 1590671536

**Kempinski The Spa, Hangzhou**  
**杭州远洋凯宾斯基酒店水疗**  
66 Lishui Road, Gongshu,  
Hangzhou  
杭州拱墅区丽水路66号  
T: +86 571 8809 3333

**Love Story Hangzhou**  
**杭州爱情故事**  
1) Love Story Hangzhou  
Xinqiao Branch  
杭州爱情故事新侨店  
1F, Hangzhou Xinqiao  
Hotel, 226 Jiefang Road,  
Shangcheng, Hangzhou  
杭州市上城区解放路226号新  
侨饭店1F  
T: 0571 8888 6968  
2) Love Story Hangzhou  
Tiyuchang Road Branch  
杭州爱情故事体育场路店  
1-6 F, 12 Tiyuchang Road,  
Xiacheng, Hangzhou  
杭州市下城区体育场路12号  
1-6楼  
T: 0571 8785 8677  
3) Love Story Hangzhou  
Tianyuan Branch  
杭州爱情故事钱江新城天元店  
Tianyuan Plaza, 2 Qianchao  
Road, Xiacheng, Hangzhou  
杭州市下城区钱潮路2号  
天元大厦  
T: 0571 8888 7068

**naked Leaf Spa, naked Castle**  
**裸心堡裸叶水疗**  
12 Sanjiuwu, Moganshan  
Town, Deqing, Zhejiang  
浙江省德清县莫干山镇劳岭村  
三九坞12号  
T: 0572 888 1111

**naked Leaf Spa,  
naked Stables**  
**裸心谷裸叶水疗**  
37 Shangxiashuang,  
Lanshukeng Village, Paitou  
Town, Deqing, Zhejiang  
浙江省德清县筏头乡兰树坑村  
上下庄37号  
T: 0572 804 6668

**Neige Aesthetics Center**  
**雪奈美学中心**  
109 Renhe Road, Kandun  
street, Cixi City, Ningbo  
浙江省宁波市慈溪市坎墩街道  
人和路109号  
T: 15990546165

**Spa Village**  
**润Spa**  
The Dragon Hotel Tower 5

Level2, 120 Shuguang Road, Hangzhou  
 杭州市曙光路120号  
 黄龙饭店5号楼2楼  
 T: 400 838 5599  
 www.roonspavillage.com

**Shine Spa for Sheraton Hangzhou**  
 杭州西溪喜来登度假酒店  
 炫逸水疗  
 1 Westbrook Resort, Zijiangang Road, Hangzhou, Zhejiang, 310030, China  
 浙江省杭州市紫金港路西溪天堂国际旅游综合体1号  
 T: +86 571 8500 2222\*8281  
 www.starwoodhotels.com/sheraton

**The Art of Water Spa by Run Spa Village**  
**New Century Grand Hotel Hangzhou**  
 杭州开元名都大酒店  
 润Spa Village · 水舞洞  
 45/F New Century Grand Hotel Hangzhou, 818 Shixin Road Central, Xiaoshan, Hangzhou, Zhejiang, China  
 浙江省杭州市萧山区市心中路818号杭州开元名都大酒店45层  
 T: +86 571 8288 8888 ext.8600  
 www.roonspavillage.com

**HUÁN Spa & Fitness Center at Grand Hyatt Hangzhou**  
 杭州君悦酒店  
 焕水疗健身中心  
 28 Hu Bin Road, Hangzhou, Zhejiang 310006, China  
 浙江省杭州市湖滨路28号  
 T: +86 571 8779 1234  
 www.grandhyatthangzhou.com

**The Spa at Amanfayun**  
 法云安缇水疗  
 22 Fayun Nong, Xihujiedao, Xihu, Hangzhou  
 杭州市西湖风景名胜区内西湖街道法云弄22号  
 T: 0571 8732 9999  
 www.aman.com

**The Spa at Hangzhou Marriott Hotel Qianjiang**  
 杭州钱江新城万豪酒店  
 水疗中心  
 399 Juyuan Road, Jianggan, Hangzhou  
 杭州市江干区剧院路399号  
 T: 0571 8646 9999  
 www.marriott.com

**The Spa at Midtown Shangri-La Hangzhou**  
 杭州城中香格里拉大酒店  
 水疗中心  
 Hangzhou Kerry Center, Yan'an Road, 6 Changshou Road, Hangzhou  
 杭州市长寿路6号延安路杭州嘉里中心  
 T: 0571 8733 8888  
 www.shangri-la.com

**The Spa at Four Seasons Hotel Hangzhou at West Lake**  
 杭州四季酒店水疗中心  
 5 Lingyin Road, Xihu, Hangzhou  
 浙江省杭州市西湖区灵隐路5号  
 T: +86 571 8829 8888

**New Era Women's Space**  
 杭州新时代自在空间  
 302, Building 6, Intersection of West Wenyi Road and Chongyi Road, Xihu District, Hangzhou  
 杭州市西湖区文一西路与崇义路交叉口6幢302  
 T: +86 13175114149

**Di SPA 梨SPA**  
 Building 16, Xiaobafang, Middle Xueyuan Road, Lucheng District, Wenzhou City, Zhejiang  
 浙江省温州市鹿城区学院中路小坝坊16栋  
 T: +86 18006872929

**Banyan Tree Spa Yangshuo**  
 阳朔悦榕Spa  
 168 Zhengdong Street, Fuli Town, Yangshuo County, Guilin, Guangxi Zhuang Autonomous Region, China  
 广西壮族自治区桂林市阳朔县福利镇正东街168号  
 T: +86 773 322 888 ext.7500  
 www.banyantreespa.com

**Bolian Hot Spring and Spa, Bolian Hotel**  
 柏联酒店 柏联温泉  
 North Hot Spring Park, Beibei, Chongqing  
 重庆市北碚区北温泉公园内  
 T: 023 6822 6666  
 www.brilliantspa.com

**Beauty Farm Beicheng Branch**  
 美丽田园 北城店  
 3 / f-009, Tianjie new building, Longhu Beicheng, Guanyinqiao, Jiangbei, Chongqing  
 重庆市江北区观音桥龙湖北城天街新馆3楼-009  
 T: 023 6786 8878

**Banyan Tree Spa Chongqing Beibei**  
 重庆北碚悦榕Spa  
 101 Wenquan Road, Chengjiang, Beibei District, Chongqing, China  
 重庆市北碚区澄江镇温泉路101号  
 T: +86 23 6030 8888  
 www.banyantreespa.com

**FINEFULL SPA at Hilton Chongqing**  
 重庆希尔顿酒店臻臻水疗  
 9F, 139 Third Zhongshan

Road, Yuzhong, Chongqing  
 重庆市渝中区中山三路139号酒店9层  
 T: 023 8903 9999\*6975

**TRIPLE SPA (Zonglvquan Branch)**  
 三间愈舍 (棕榈泉店)  
 1F, Building 7, No. 337, Jinkai Avenue, Renhe Street, Liangjiang New District, Chongqing  
 重庆市两江新区人和街道金开大道337号7幢一楼  
 T: 023 6788 5333

**Angsana Spa (Seaview Xiamen)**  
 悦椿Spa(厦门海悦山庄)  
 1/F No. 2 Seaview Resort, 3999 Huandao Road South, Xiamen, Fujian, China  
 福建省厦门市环岛南路3999号海悦山庄二期1楼  
 T: +86 592 502 3333  
 www.angsana.com

**Chuan Body + Soul at Langham Place, Xiamen**  
 厦门朗豪酒店 | 川 | 身+心水疗  
 4668 Xianyue Road, Xiamen, Fujian, China  
 福建省厦门市仙岳路4668号  
 T: +86 592 602 9999 ext.8779  
 www.langhamhotels.com

**Kempinski The Spa at Kempinski Hotel Fuzhou**  
 福州泰禾凯宾斯基酒店  
 1 Hengyu Road, Jin'an, Fuzhou  
 福州晋安区横屿路1号  
 T: 0591 8899 9988

**Lohkah Hotel & Spa**  
 七尚酒店  
 277 Penang Road, Huli District Xiamen 361015 China  
 厦门市湖里区槟城道277号  
 T: 0592 7997 777

**Waldorf Astoria Xiamen**  
 厦门华尔道夫酒店  
 No.1 Lianhua North Road, Xiamen, Fujian  
 中国福建省厦门市思明区莲花北路1号  
 T: 0592 537 3333

**Meschöne 美丽宣言**  
 72 Gaoxin Road, Hi-Tech, Xi'an  
 陕西省西安市高新区高新路72号  
 T: 029 8952 3752  
 www.962297612@qq.com

**The Ritz-Carlton, Xi'an**  
 西安丽思卡尔顿酒店  
 50, Keji 2nd Road, Gaoxin, Xi'an  
 西安市高新区科技二路50号  
 T: 029 8881 8888  
 www.ritzcarlton.com

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