



# SpaChina

March/April 2024

健康度假 · 美容水疗 · 健身康复 · 环保可持续

WELLNESS, BEAUTY, HEALTH AND LUXURY LIVING

## 头皮头发 全球护理趋势 Global Trends in Scalp and Hair Care



# 塞舌尔

印度洋上的纯净奢华

## SEYCHELLES

Pure Luxury in the Indian Ocean

Grande Soeur Island. Image Credit: Tourism Seychelles

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PLUS: LUXURY LIVING | SPA CUISINE | SPACHINA REVIEW | SPACHINA WELLNESS  
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2024年中国养生与水疗行业峰会计划于2024年9月24日、25日、26日(周二、周三、周四)于南京丽思卡尔顿酒店举办, 活动包括两大项目: 2024年中国养生与水疗人士峰会和2024年中国养生与水疗颁奖礼。

此届已经是第十七届由SpaChina杂志主办的中国养生与水疗行业峰会。届时, 中国酒店和康乐行业人士、SPA专业人士、SPA经营者、投资人、培训师及知名品牌产品、器材供应商等行业精英将齐聚一堂, 为期三天的活动将为他们提供独特而有效的交流和互动平台。每天6小时会议, 整个峰会配备中英文同声传译。

第十五届中国养生与水疗颁奖礼, 则旨在认可中国水疗行业的杰出领袖和行业先锋, 帮助确立行业标准, 表彰行业优秀企业与个人, 推动行业专业和进步。

### 活动详情简介:

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

### 研讨会价格: RMB4,800, 含:

- 颁奖礼庆典晚宴
- 3场鸡尾酒会
- 3天会议午餐
- 每天2次茶歇
- 其他活动

The SpaChina Wellness Summit and the SpaChina Wellness & Spa Awards 2024 will be held from September 24 to 26 (Tuesday, Wednesday, Thursday), 2024 at The Ritz-Carlton, Nanjing. It will combine two major events: the SpaChina Wellness Summit and SpaChina Wellness & Spa Awards Ceremony.

This 17<sup>th</sup> annual SpaChina Wellness Summit will feature spa professionals, spa owners and investors, and spa product and equipment brands. The three-day event provides a unique and effective communication platform for top people relevant to or interested in China's wellness and spa industry. The 15<sup>th</sup> SpaChina Wellness & Spa Awards Ceremony will recognize the leaders and innovators in China's wellness and spa industry, and help to reward and promote industry quality standards.

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

### Event Details

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

### Price: RMB4,800, includes:

- 1 Grand gala dinner
- 3 Cocktail parties
- Lunch on all 3 days
- Tea breaks twice per day
- Other planned activities



## SpaChina杂志

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Wellness Summit  
中国养生与水疗峰会2024

## 研讨会价格: RMB4,800 含:

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

5月31日之前预定	享受5%折扣	RMB4,560
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\*不可同时享受多重优惠

## Price: RMB4,800, includes

- One gala dinner and three cocktail parties
- Lunch on 3 days
- Tea breaks twice per day for 3 days
- Other planned activities

Early Bird (by May 31st)	5% discount	RMB4,560
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\* Discount cannot be used together

## 我要现在做预定 / I want to book now

姓名 / Name \_\_\_\_\_ 电话 / Tel \_\_\_\_\_ 电子邮件 / Email \_\_\_\_\_

公司 / Company \_\_\_\_\_ 职位 / Job title \_\_\_\_\_

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

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

RMB4,800 (USD730 or HK\$5,700) 全额支付 / Full price

RMB4,560 (USD690 or HK\$5,400) 5月31日之前5%折扣 / Early Bird 5% discount

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



扫码线上报名  
(只支持中文)

## 我(我们)要用以下方式付款 / I (We) will pay by

### 银行转账 / Bank Transfer

#### 香港账户(只接受港币和美金)

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

Account Name: SINOMEDIA GROUP LIMITED

Bank Name: Hang Seng Bank Limited

Account Number: 228767125883

Swift Code: HASEHKHH

Bank Address: 83 Des Voeux Road Central, Hong Kong

#### 国内账户(只接受人民币)

户名: 上海恩肖文化传播有限公司

帐号: 1001015909006918325

开户行: 工商银行上海市南滨江支行

### 支付宝 / Pay by Alipay

账号: wellbridge@sinomedia.net

用户名: 上海恩肖文化传播有限公司

### 现金 / Cash

#### (仅限上海地区 / Only available in Shanghai)

中国上海黄浦区淮海东路99号恒积大厦17-J SpaChina杂志社

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

会议10个工作日前提出，可无条件退款。10个工作日内提出，则会保留名额到明年，或给予50%退款

If you decide not to attend the Summit, you can get a full refund if you request it 10 working days or more before the Summit begins, and if you request it within 10 working days before the start of the Summit, your place can be reserved for next year or you can get a 50% refund.

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

此报名表也可于www.spachina.com网站下载。请填写完后传真至 +86 21 5385 8953 夏晓初或徐姗姗收  
或邮件至: summer.xia@spachina.com, rita.xu@spachina.com

The Registration Form can be downloaded via www.spachina.com. Please fill in the form and fax to Summer Xia, or Rita Xu on +86 21 5385 8953 or Email to: summer.xia@spachina.com, rita.xu@spachina.com. Please call +86 21 53858951, ext. 823/805 to confirm that the form has been received.

注意: 请致电+86 21 53858951分机823/805, 确认传真或者邮件报名已经收到。



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

由SpaChina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。SpaChina至今已创刊20周年。

**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 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. SpaChina is now in its 20<sup>th</sup> year of publication.

**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 Wellness & Spa Club of the Year / 年度中国养生与水疗会所大奖	<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 Holistic / TCM Treatment of the Year / 年度整全/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
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**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.

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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，

2024年度中国养生与水疗颁奖礼的报名已经正式开始，线下杂志和线上小程序已承接报名。到报名截止日还有1个月左右，我们希望尽可能让所有SPA有充裕的准备时间和发挥的空间，以获得最佳的参评效果。

2024年SpaChina峰会也确定将在9月24-26日三天，于南京丽思卡尔顿酒店举行。9月的南京风和日丽，除了参会学习以外，秋游的攻略大家可以做起来啦。峰会的三天日程表还在准备中，敬请期待。

SpaChina中国内地SPA调研结果显示，与头皮、头部SPA相关的商业模式和店家迅速增加。比起30年前起风靡全国的足疗，似乎头皮和头部SPA也大有兴起之风，于是我们准备了和头皮头发相关的内容和调研数据，希望大家也能从中获得一些灵感和启发。

祝阅读愉快~~



高菲 Fifi Kao  
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Director & Editor in Chief

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2024 三月/四月

## SPA新闻和盛事

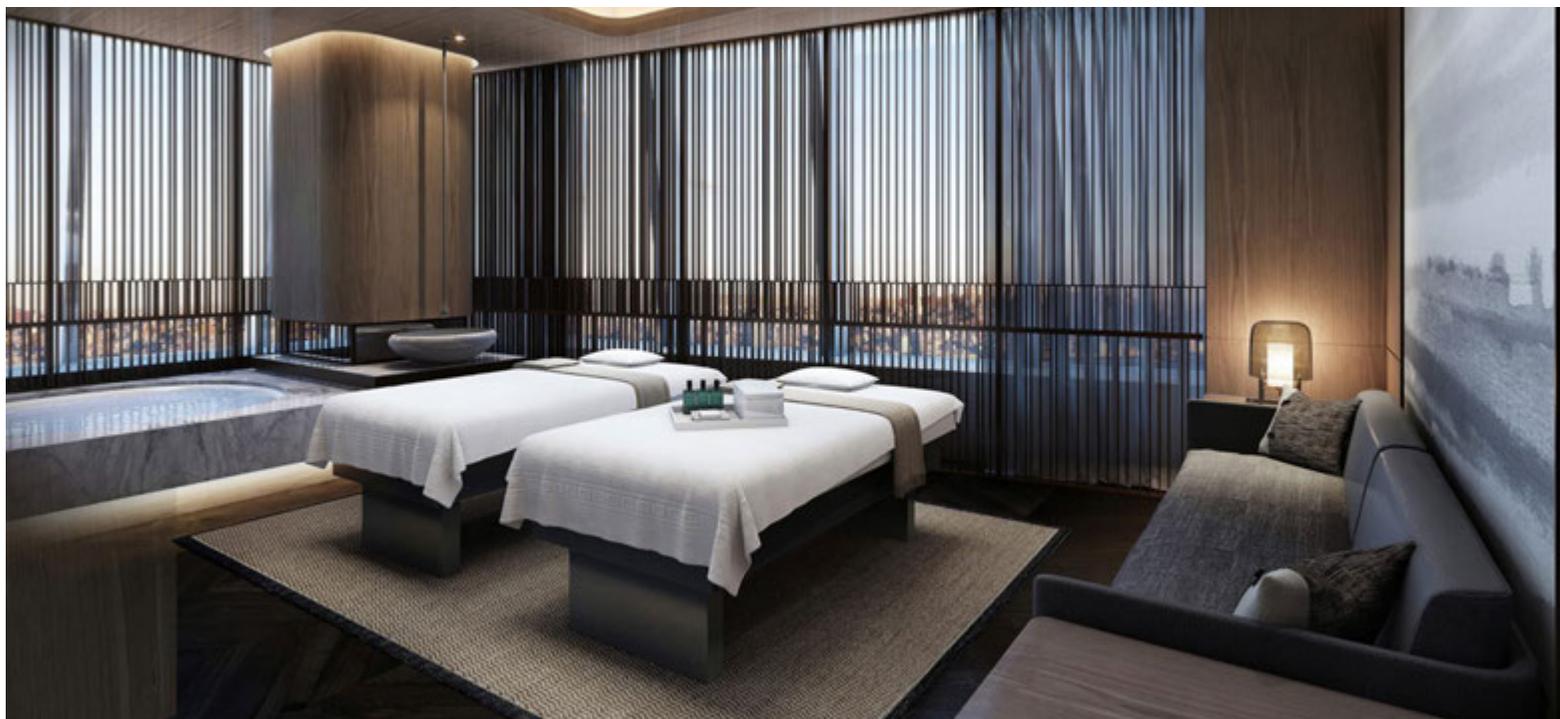
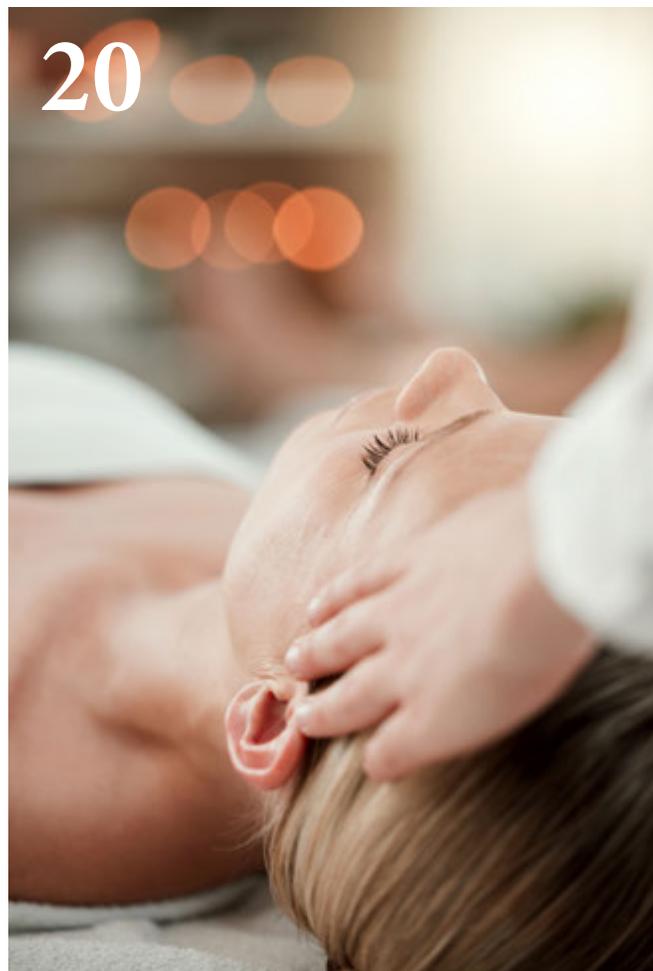
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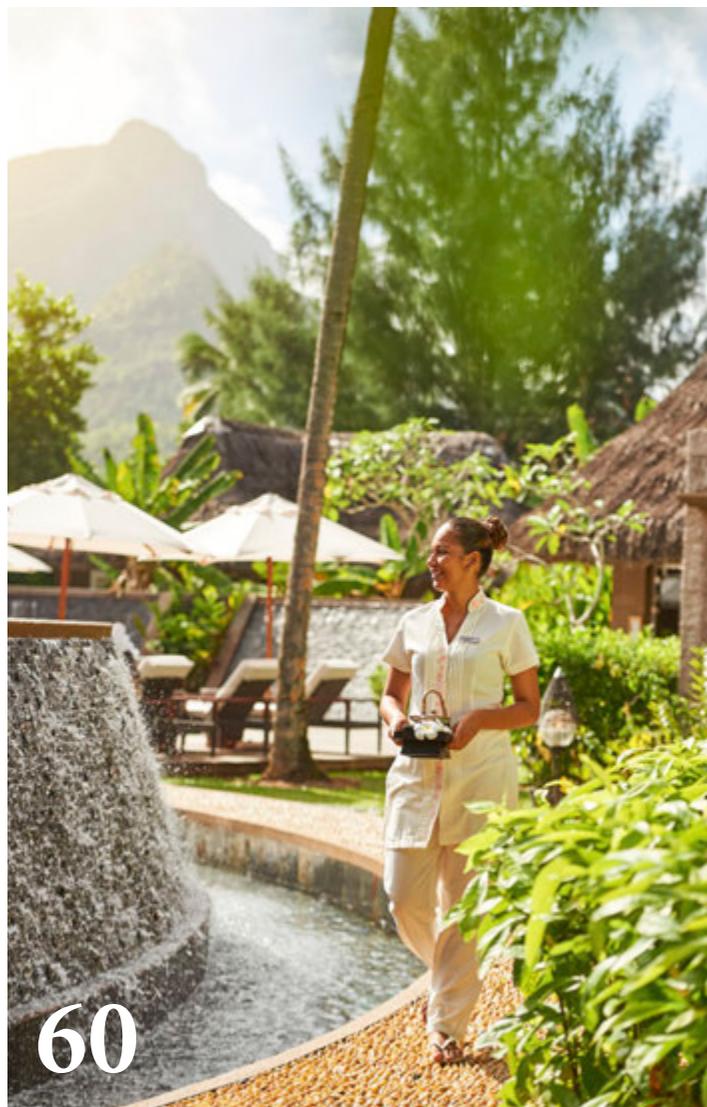
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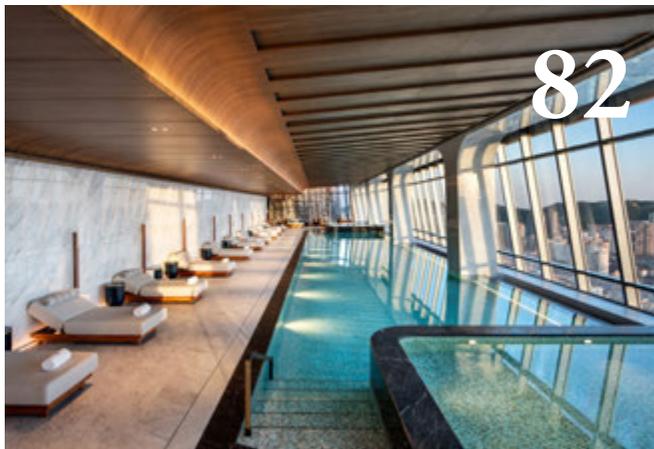
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### 深圳南山香格里拉酒店水疗中心

继酒店2月开业后，深圳南山香格里拉酒店的水疗中心也即将开业喜迎宾客。占地205平方米的水疗中心位于酒店的77层，以自然境界为灵感，缔造舒适雅致的云端避世之境，眺望广阔海景和城市的繁华景致。中心内共设有5间理疗室，室内以典雅的白色、清新绿色和浅木色打造，墙壁上的植物彩绘与室内摆放的绿植盆栽相映成趣，营造出富有自然生命力的怡人空间。一系列芳疗护理是这里的特色，只在帮助客人回归内心的宁静平和，焕活身心。护理之余，还可前往位于同一层楼的全景健身中心强健体魄，或在自然采光设计的室内恒温泳池尽享畅游之快。

### The Spa at Shangri-La Nanshan Shenzhen

Following the hotel's opening in February, The Spa at Shangri-La Nanshan Shenzhen will soon open its doors to welcome guests as well. Located on the 77th floor, The Spa extends 205 sqm with 5 treatment rooms, creating a comfortable and elegant escape with expansive views of the sea and the city. Inspired by nature, the interior features a palette of elegant whites, fresh greens and light woods, with botanical paintings on the walls and potted plants placed at the corners. A wide variety of treatments are available to help guests return to their inner peace and rejuvenate their minds and bodies. Located on the same floor are also a state-of-the-art fitness center with breathtaking panoramic views and an indoor swimming pool immersed in natural light.

### 澳门新濠影汇W酒店AWAY®水疗中心

去年九月揭幕的澳门新濠影汇W酒店属新濠影汇大型综合度假村的一部分，坐落于路氹金光大道。位于酒店3楼的AWAY®水疗中心设有2间提供速效护理服务的房间及5间理疗房。您可于理疗房放松心情，探索感官愉悦，享受独处时光，或享用速效护理服务，放松心情。专业理疗师为客人提供健康咨询服务，水疗菜单囊括一系列身体按摩、磨砂、裹敷、面部护理和眼部护理，以及男士护理。此外，酒店提供一流的健身设施和室内恒温游泳池。WET游泳池营造了温暖又热情的氛围、绚丽多彩的设计打造出轻松又有趣的环境，是酒店内的必到景点。

### AWAY Spa, W Macau – Studio City

W Macau - Studio City is part of an integrated resort of Studio City and is situated on Cotai Strip in Macau. The hotel offers a state-of-the-art FIT gym and a heated indoor swimming pool WET®, alongside with two express treatment rooms and five treatment rooms from AWAY® Spa, where guests can unwind and enjoy a steaming and relaxing moment together. Professional therapists provide wellness counselling services and the spa menu includes a range of body massages, scrubs, wraps, facials, eye treatments, make-up services as well as men's services. Other leisure elements also include an outdoor and a newly built indoor water-park, theatre and more.

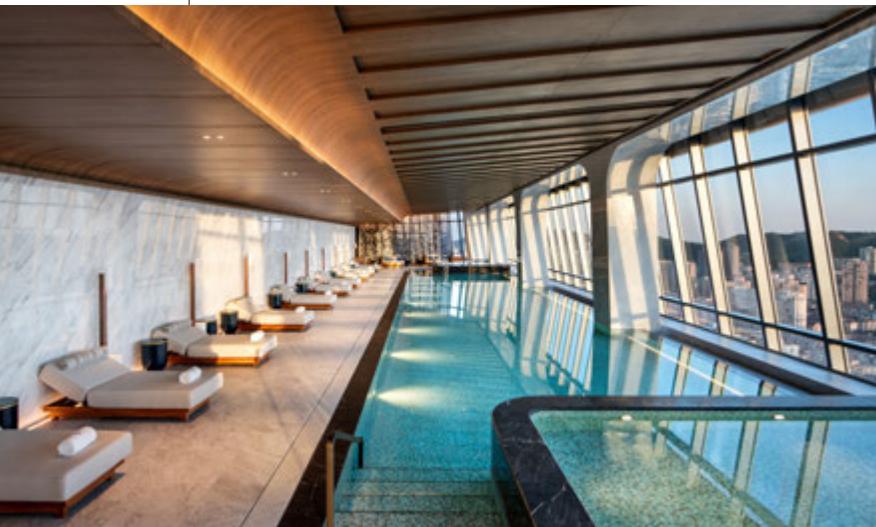


### 澳门新濠影汇映星汇水疗中心

澳门新濠影汇去年新添了一家全新高端酒店——映星汇，呈献奢逸摩登套房式住宿体验。位于酒店三楼的水疗中心运用灵感源自超级游艇的水和流线型两大主要元素，打造了一个极简风格的城市心灵休憩空间。中心内共设有6间水疗室及套房，专业理疗师提供各式奢华养生按摩、身体护理及美颜亮肌服务。特色设施包括热带雨林体验、蒸汽浴室、活力池、以及独特的喜马拉雅盐红外线室。喜马拉雅盐墙能有效净化室内空气和能量磁场，有效调节血压、排毒及强化免疫系统。配合别具特色的护理疗程，由心焕发活力，恢复自我平衡。

### The Spa at Epic Tower, Studio City Macau

A new luxury hotel added to Studio City Macau last year, Epic Tower features 338 sumptuously appointed suites equipped with the MelSuite system, accessed through a fully customized digital tablet. Located on the hotel's 3rd floor, The Spa, infused with soothing energy of water, is an elegant escape in which to relax, pamper yourself, and explore your beauty and health. It features 6 treatment rooms and suites, as well as luxurious spa facilities, including an experience shower, steam bath, vitality pool and Infrared Room with Himalayan Salt. Himalayan salt is a treasure for health, helping to regulate blood pressure, detoxify the body and boost the immune system. It can also purify the air and exude a calming energy. Utilizing these benefits, the featured treatments enable you to achieve rejuvenation and restore your inner balance.



### 大连四季酒店水疗中心

全新大连四季酒店日前正式启幕，占据东港商务区优越地理位置，毗邻绿树成荫的宽敞大道和活力四射的广场，近处海景旖旎，远处群山为幕。位于酒店38楼的水疗中心采用明亮的蓝色内饰、自然的设计元素和温暖的木色调，打造出宁静的休闲空间，在这里，专业水疗师将为宾客提供精致呵护和有效疗养。水疗中心共设有6个护理房间，包括两个双人间和一个豪华水疗套房。先进的健身中心采用落地窗设计，视野开阔，而180度无边泳池则似与天际线融为一体，将城市美景一览无余。

### The Spa at Four Seasons Hotel Dalian

Making its mark as the first international luxury brand to open in the city in the past decade, the all-new Four Seasons Hotel Dalian stands as a beacon of style and sophistication in the Donggang harbour district in the city centre. The Hotel's Spa, with its bright blue interiors, natural design elements and warm wood tones is a tranquil space on the 38th floor. Expert spa therapists provide both pampering and result-driven treatments in six rooms, including two double-sized rooms and a luxurious spa suite. The state-of-the-art fitness centre offers inspiring views through floor-to-ceiling windows, while the infinity-edge pool appears to spill down to the city and across the landscape below.

### 苏州狮山悦榕SPA

全新开业的苏州狮山悦榕庄融汇古典园林艺术，以传统建筑为载体，采取庭院式布局，将建筑与自然山水相融，塑造出具有苏式园林意蕴的现代酒店。悦榕SPA护理在传承经典的基础上，不断追求创新手法。苏州狮山悦榕SPA特有的唤醒项目，是根据日出而作的自然规律定制的一套可循环和持续发展的养修护理，让心灵在人与自然的动态联系中焕发新生。品牌经典的皇家悦榕护理融合东方与西方按摩技艺之精华，使用渗透了按摩精油的温热草药包，促进血液循环，缓解肌肉酸痛。

### Banyan Tree Spa, Suzhou Shishan

Featuring classical Chinese garden style and layout of traditional architecture, the hotel merges seamlessly with the natural surrounds, showcasing a contemporary space with the elegance of Suzhou Garden at every turn, creating a graceful and poetic sanctuary away from the bustling city life. The Banyan Tree Spa focuses on a non-clinical and holistic approach based on traditional Eastern healing therapies. It pioneered the tropical garden spa concept and emphasises on a 'high-touch, low-tech' approach that celebrates the human touch and the use of natural herbs and spices. Banyan Tree Spa Suzhou Shishan offers is a set of cyclic and sustainable wellbeing treatments tailored to the natural rhythm dictated by the sunrise, following the sunrise and sunset of Shishan Mountain from awakening to restoration, allowing the body and mind to be rejuvenated in the dynamic connection between human and nature.



### 海口杏花春雨生活美学SPA

坐落于中国最南端的海口杏花春雨生活美学SPA近期正式对外开放。设计风格从热带雨林的天然沙生植物汲取灵感，并以敦煌莫高窟的青石绿这一中国传统色彩为主色调，绽放岁月之美。空间内的物品陈设多样化，杏花春雨原创独特的手工雕刻家具复刻琵琶花、二十四节气等美好元素，令人仿佛置身于自然之中。SPA共设有7间理疗室，提供从面部到身体的一系列疗程，最新推出的热贝护理，可排除体内湿气，调理身体微循环，疏通淋巴，可有效缓解腰背和关节疼痛。疗程之余，SPA还为客人精心打造了精致茶歇，传递味蕾满足。

### Haikou Xinghua Chunyu SPA

Located in the southernmost tip of China, Haikou Xinghua Chunyu SPA has recently opened its doors to the public. The interior is inspired by the natural sandy plants grown in the tropical rainforest, completed by a sapphire tone of Mogao Caves at Dunhuang. All the furniture are elaborately hand-carved by the brand itself and reproduces beautiful elements such as the loquat flowers and the 24 Solar Terms, leading guests to a natural ambience. With 7 treatment rooms, the spa offers a range of treatments from face to body, including the newly launched Lava Shell treatment, which removes dampness from the body, regulates microcirculation, unblocks lymphatic flow, and relieves lower back and joint pain. After the treatments, guests can enjoy exquisite tea breaks to further fulfill the contentment.



### 迪拜One&Only One Za'abeel度假村 Clinique La Prairie长寿中心

One&Only位于迪拜的全新都市度假村One&Only One Za'abeel正式开业。度假村内设有瑞士医疗度假村品牌Clinique La Prairie在阿联酋的首个长寿中心。占地三层的健康中心以长寿科学、预防医学、营养、养生和健康为基础，同时专门针对城市生活的日常压力而设计了一系列特色项目。中心内共有29间理疗室，以及配备先进健身设施的运动工作室、长寿吧和休息室。客人还可以体验诊断测试、微创美容疗程、神经波刺激疗法、冷冻疗法、远红外线疗法、静脉滴注以及恢复平衡和活力的沉浸式项目。

### Clinique La Prairie Longevity Hub, One&Only One Za'abeel

One & Only One Za'abeel has officially opened in Dubai. The resort houses the first Clinique La Prairie Longevity Hub in the UAE. The three-storey wellness center is based on the science of longevity, preventive medicine, nutrition, health and wellness, while offering a range of special programs designed to address the daily stresses of city life. There are 29 treatment rooms, as well as a fitness studio with state-of-the-art equipment, a longevity bar and a lounge. Guests can also experience diagnostic testing, minimally invasive aesthetic procedures, neural wave stimulation, cryotherapy, far infrared therapy, IV drips, and immersive programs to restore balance and vitality.

### 马尔代夫Soneva Secret 2024养生概念Soneva Soul

Soneva Secret 2024在马尔代夫哈达卢环礁揭幕，一同呈现的还有品牌的独特养生概念Soneva Soul。Soneva Soul将古老疗愈智慧与现代科技创新结合，从阿育吠陀疗法、传统中医、草药疗法到维生素滴注疗法、高压氧疗法、臭氧疗法，提供了丰富多样的疗程项目。从放松、恢复、再生到排毒、运动、健康优化，经验丰富的理疗师和各个领域的专家、医师为客人打造个性化健康体验。健身中心、户外丛林健身房和瑜伽馆提供体验式健身、瑜伽、普拉提和冥想课程。营养师为宾客设计了美味健康的菜单，以植物基美食和支持身体恢复的食物为特色。

### Soneva Soul at Soneva Secret 2024

Located in the sparkling waters of the Maldives' Haa Dhaalu Atoll, Soneva Secret 2024 unveils with Soneva Soul, the brand's integrative wellness concept that unites thousands of years of ancient healing wisdom with the latest in science and innovation. Time-honoured healing therapies including Ayurveda, Traditional Chinese Medicine and herbalism work alongside innovative treatments such as vitamin therapy and integrative medicine solutions like hyperbaric oxygen therapy and ozone therapy. Every healing journey is customised entirely to your needs, from rest, recovery and regeneration to detoxification, movement and health optimisation. Fitness centres, outdoor jungle gyms and yoga champas present experiential fitness, yoga, pilates and meditation sessions to help reinforce the physical-spiritual connection. Delicious, wholesome menus are designed by in-house nutritionists to support your wellness goals, with an emphasis on plant-based cuisine and adaptogenic foods that restore.



### 法国尼斯Le Negresco酒店 N Le Spa

法国里维埃拉拥有110年历史的标志性Le Negresco酒店内，揭幕了充满艺术气息的全新水疗中心。N Le Spa位于尼斯海岸，占地700平方米，设计上以流畅的曲线和线条为特色，奢华设计细节贯穿始终，如意大利卡拉拉和黑马奎纳大理石、瓷器、枫香木、橡木镶木地板和创意织物。中心共设有7间理疗室、放松去、桑拿房、土耳其浴室、漩涡池和体验淋浴室。N Le Spa甄选法国水疗护肤品牌Olivier Claire和Vinésime的产品，进一步凸显水疗中心的法式基因。除了一系列面部、身体疗程，客人还可体验到将声音、动作与数字艺术结合的沉浸式瑜伽项目，以及La Maison Codage定制护肤。

### N Le Spa, Le Negresco, Nice, France

Inside the iconic 110-year-old Le Negresco hotel on the French Riviera, a new art-inspired spa has been unveiled. N Le Spa, located on the coast of Nice, extends 700 square meters and is designed to feature smooth curves and lines, with luxurious design details throughout, such as Italian carrara and marquina marble, porcelain stoneware, liquidambar wood, oak parquet floors, and creative fabrics. The spa features seven treatment rooms, a relaxation area, a sauna, a hammam, a whirlpool and experience showers. N Le Spa has partnered with French spa skincare brands Olivier Claire and Vinésime to further emphasize the spa's French roots. In addition to a range of facial and body treatments, guests can experience an immersive yoga program that combines sound, movement and digital art, as well as La Maison Codage customized skincare.





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## 意大利L'Albereta酒店Chenot Espace水疗

医疗健康养生运营商Chenot位于意大利L'Albereta酒店的旗舰水疗中心Chenot Espace进行了大规模翻修，并推出了新的项目和诊断测试。Chenot养生法综合了各种治疗方法和营养建议，并将中医原理与西医疗法结合，旨在保护身体免受损伤、毒素堆积和过早衰老。Chenot Espace占地2,000平方米。翻新后的水疗中心、医学诊疗室、公共区域和接待处焕然一新，采用了Chenot标志性的象牙色、米色和灰褐色冷色调，辅以低调的天然材料。健身房也进行了扩建，为体能诊断和治疗创造了空间，并配备了泰诺健的最新设备。主要水疗设施包括中央泳池区、桑拿浴室、土耳其浴室、日光浴室、美容中心和按摩池。

## Chenot Espace, L'Albereta Hotel Italy

Medical health and wellness operator Chenot's Italian flagship spa, Chenot Espace, located in L'Albereta Hotel, has undergone an extensive refurbishment and introduced new treatments and diagnostic tests. The Chenot Method integrates a variety of therapies and nutritional recommendations, and combines the principles of Traditional Chinese Medicine with Western medicine to protect the body from damage, toxin buildup and premature aging. Chenot Espace extends 2,000 square meters. The spa, medical consultation rooms, public areas and reception area have been transformed, featuring Chenot's signature cool tones of ivory, beige and taupe, complemented by understated natural materials. The gym has also been expanded to create space for human performance diagnostics and introduced the latest equipment from Technogym. The main spa facilities include a central pool area, a sauna, a hammam, a solarium, a beauty center and a Jacuzzi.

## 墨西哥SHA养生度假村

西班牙养生品牌SHA Wellness Clinic不久前在墨西哥揭幕了其首个海外度假村，位于尤卡坦半岛东部的金塔纳罗奥州。灵感来自人类基因组的建筑群耸立在玛雅丛林之上，由35栋住宅、100间海景客房和套房组成，均设有私人阳台。四大个性化项目通过九个关键领域来满足客人的健康需求和目标：健康营养、疾病预防和健康衰老、整体医学、认知刺激、高级预防诊断、内在平衡、身体表现和健康生活学院。度假村拥有100间治疗室，主要设施包括医疗咨询室、身心放松室、水疗中心、健身室、瑜伽和冥想工作室，以及两间餐厅、无边泳池、海滩俱乐部等。

## SHA Mexico

Spanish wellness brand SHA Wellness Clinic recently unveiled its first overseas resort in Mexico, located in the eastern Yucatan Peninsula in the state of Quintana Roo. The complex, inspired by the human genome, rises above the Mayan jungle and consists of 35 residences and 100 ocean-view rooms and suites, all with private balconies. Four personalized programs address guests' wellness needs and goals through nine key areas: healthy nutrition, preventive & well-ageing, holistic medicine, cognitive stimulation, advanced preventive diagnostics, inner balance, physical performance, and healthy living academy. SHA Mexico boasts 100 treatment rooms and is home to medical consultation rooms, mind and body rooms, a spa, a fitness studio, yoga and meditation rooms, as well as two restaurants, an infinity pool, a beach club and more.



## 赫尔辛基Hotel Maria酒店 The Maria Spa

位于芬兰赫尔辛基的Hotel Maria是一家优雅的全新城市度假酒店。酒店水疗中心The Maria Spa将传统的芬兰桑拿文化与整体养生概念结合。水疗中心的设计灵感来自芬兰的自然美景，以冷色调为主。中心拥有4间理疗室和一个玻璃屋顶的中庭休息区，里面绿树成荫，设有传统芬兰桑拿浴室、洞穴式设计的蒸汽浴室、冷水池和温水池以及一个按摩浴缸。其他设施还包括体验池、冷桶淋浴、水疗吧、壁炉休息区和水疗精品店。水疗菜单囊括Biologique Recherche宝黎研萃提供的一系列护理，以及标志性的北欧风情水疗仪式和高科技体验，如红外线桑拿毯和压力疗法云靴。

## The Maria Spa, Hotel Maria, Helsinki

Hotel Maria has recently opened in Helsinki, Finland with The Maria Spa which combines traditional Finnish sauna culture with a holistic wellness concept. The design of the spa is inspired by the natural beauty of Finland, with a predominantly cool color palette. The spa features four treatment rooms and a glass-roofed Atrium Lounge filled with lush greenery, a traditional Finnish sauna, a cave-designed steam room, cold and warm pools, and a Jacuzzi. Other amenities include an experience pool, cold bucket showers, a spa bar, a fireplace and a spa boutique. The spa menu includes a range of treatments from Biologique Recherche, as well as signature Nordic-inspired spa rituals and high-tech experiences such as infrared sauna blankets and compression therapy cloudboots.



### 马德里瑰丽Magna别墅酒店 Hair Wellth Spa秀发抗衰中心

马德里的中心地带，瑰丽Magna别墅酒店的Sense水疗中心推出了全新的秀发护理中心Hair Wellth Spa，由Claudia di Paolo创立，致力于秀发健康和秀发抗衰护理。水疗菜单上的三项秀发抗衰护理——Reset内在平衡疗愈、Reveal活力恢复疗愈、Rediscover经典唤醒疗愈，将现代秀发美容技术与头皮按摩、冥想和颅骨按摩结合，可激活人体的自然修复和再生机制，同时有助于防止压力和早衰现象。Hair Wellth水疗中心的所有护理项目和包括理疗床在内的理疗室内设施都是由Claudia Di Paolo美容团队与建筑师兼室内设计师Emmanuelle Simon共同设计的。

### Hair Wellth Spa, Rosewood Villa Magna, Madrid

In the heart of Madrid, a new hair spa dedicated to hair wellness and hair longevity treatments has launched at Sense, A Rosewood Spa at Rosewood Villa Magna. Called the Hair Wellth Spa, it is founded by Claudia di Paolo. The three anti-aging hair treatments on the spa menu – Reset: Inner Balance Cure, Reveal: Beyond Vitality Cure and Rediscover: Signature Awareness Cure – combine modern hair beauty techniques with scalp massage, meditation and craniosacral massage to activate the body’s natural healing and regenerative mechanisms, as well as help prevent stress and premature aging. All treatments at Hair Wellth Spa and the in-room amenities, including the treatment beds, were designed by the Claudia Di Paolo beauty team in collaboration with architect and interior designer Emmanuelle Simon.



### 迪拜拉纳酒店迪奥水疗中心

多切斯特精选酒店集团的最新品牌——拉纳酒店(The Lana)近期在迪拜揭幕，并带来阿联酋首家迪奥水疗中心。迪奥水疗中心位于拉纳酒店29层，大面积的落地窗令空间沐浴着自然之光，也将哈利法塔等地标性建筑巧妙地镶嵌其中。中心拥有五间理疗室和一间双人套房，将尖端技术融入护理之中，带来icoone、Hydrafacial、迪奥Micro-Abrasion和以促进细胞强力再生而闻名的迪奥LED光疗面膜。可度身定制的桑拿疗程引入了Iyashi Dôme技术，令宾客在放松身心的同时更有瘦身效果。此外，中心也为男士精心策划了一系列面部护理、个性化手足护理选择。Escale、Dior Stone Therapy和D-Sculpt等三项招牌护理项目仅在拉纳酒店呈现。

### Dior Spa at The Lana, Dubai

The Lana, a new hotel brand from Dorchester Collection, recently opened in Dubai, bringing with it the UAE’s first Dior Spa. Located on the 29th floor of The Lana, the Dior Spa features large floor-to-ceiling windows that bathe the space in natural light, while subtly framing landmarks such as the Burj Khalifa. With five treatment rooms and a double suite, the spa incorporates cutting-edge technology into its treatments, including icoone, Hydrafacial, Dior Micro-Abrasion and Dior Skin Light Led Mask, known for its powerful cellular regeneration. Customizable sauna treatments introduce Iyashi Dôme technology, which allows guests to relax and slim down at the same time. In addition, a range of facials, personalized manicures and pedicures are curated for men. The three signature treatments – Escale, Dior Stone Therapy and D-Sculpt – are only available at The Lana.

### 墨西哥Esperanza, Auberge Resorts Collection水疗中心

墨西哥海滨度假酒店Esperanza对其水疗中心进行了翻新改造，现已再次揭幕，呈现全新护理与设施。水疗中心设有一间瑜伽工作室、蒸汽室、按摩浴缸、户外淋浴、草药吧、户外休息区，以及四个泳池、美容沙龙、美甲吧、冷热池，如今又新增了一间设备齐全的健身中心。新护理的灵感来自古老的墨西哥原住民卡阿兹特克人的药轮理念，围绕土、水、火、气四大自然元素，开发出身体、心理、精神和情感四个方面的护理体验。此外，疗程中使用了如有机芦荟和可可等本地天然成分，以加强目的地特色体验。水疗中心还推出由科学美容品牌Augustinus Bader和Geneo提供的护理服务。

### The Spa at Esperanza, Auberge Resorts Collection

Esperanza, a Mexican beachfront resort, has renovated its spa and has now unveiled it again, presenting new treatments and amenities. The spa features a yoga studio, a steam room, soaking tubs, outdoor showers, an Apothecary Blending Bar, an outdoor lounge area, as well as four pools, a beauty salon, a nail bar, hot and cold pools, and now a new fully equipped fitness center. The new treatments are inspired by the ancient Mexican indigenous Aztec philosophy of the Medicine Wheel which is centered around the four natural elements of earth, water, fire, and air. The spa has thus developed a four-pronged experience of physical, mental, spiritual, and emotional care. Additionally, treatments use local, natural ingredients such as organic aloe vera and cacao to enhance the destination’s signature experience. The spa also offers treatments by scientific beauty brands Augustinus Bader and Geneo.





### Bellefontaine 24小时亮泽修复面膜

瑞士水疗护肤品牌Bellefontaine近日推出了24小时亮泽修复面膜，光滑紧致肌肤，散发健康光泽。作为预防衰老系列Cellstemine的新成员，这款乳霜质地的面膜通过雪绒花、阿甘、高山玫瑰三种植物干细胞以及益生菌浓缩物lactobiotyl的护肤能量，可迅速滋润肌肤，帮助消除疲劳迹象，并刺激细胞修复活动，同时恢复肌肤的柔软度和舒适感。它适用于所有肌肤类型，只需15分钟，就能即刻为肌肤迅速充电。若是作为过夜面膜使用，也有很好的效果。Cellstemine系列还拥有24小时修复面霜，眼部完美修复霜，强效焕肤精华以及夜间精华在内的4款产品。

### Bellefontaine Bolsters Cellstemine line with new 24h Glow Repair Mask

Swiss spa and skincare brand Bellefontaine has launched the 24h Glow Repair Mask to help consumers achieve a smoother, firmer and more glowy complexion. The latest addition to the brand's pro-ageing Cellstemine collection, the mask is powered by plant stem cells derived from edelweiss, argan and alpine rose, as well as the probiotic concentrate lactobiotyl. The mask's creamy formula is designed to hydrate the skin, help erase signs of fatigue and stimulate cellular repair activity while restoring suppleness and comfort. Suitable for all skin types, Bellefontaine says the mask can be used overnight for long-lasting effects or can be applied for 15 minutes for a quick glow. The line already features the 24HR Repair Cream, Eye Contour Perfection Cream, Intense Renewal Serum and Night Renaissance Elixir.

### 头皮和头发养护品牌Monpure新品

来自英国的Monpure，是一个头皮和头发双向养护的专业品牌。它由美妆专家、皮肤专家和科学家共同开发，旨在疗愈头皮的不适应性，舒缓头皮的刺激和敏感，为脱发和稀疏问题找到真正的解决方案，固发养发。Monpure采用安全的纯素植物成分，每款产品均含有高浓度的视黄醇和蚕丝蛋白胜肽、纯素角蛋白胜肽、AHAs和维生素C等高效活性物质，且不含硅酮、硫酸盐和对羟基苯甲酸酯等有害化学物质，通过重新平衡头皮，清除阻塞的毛囊，加强和重建发根，为头发生长创造优渥环境。目前品牌已推出的产品包括强韧丝蛋白肽洗发水、护发素，保湿舒缓头皮精华、净化头皮磨砂膏、滋养蓬松头皮面膜等产品。

### Monpure Launches Products to Treat Scalp and Hair Health

Monpure London is the dedicated scalp and hair health brand, developed by beauty experts, skin specialists and scientists, and designed to treat scalp discomfort and irritation, prevent hair thinning and promote strong, healthy hair. Monpure is the first brand to bridge the gap between skincare and haircare, using skincare quality ingredients such as Retinol, Vegan Silk Peptides, AHAs, and Vitamin C to create an optimal environment for hair to grow by renewing and rebalancing the scalp, clearing blocked follicles, and strengthening and rebuilding strands at the root. All of the brand's products are safe to use during pregnancy and breastfeeding, and are vegan and cruelty-free. Strengthening Silk Protein Shampoo and Conditioner, Clarifying Scalp Scrub, Nourish and Stimulate Scalp Mask, Hydrate and Soothe Scalp Serum are worth to try.



### Caudalie新一代白藜芦醇紧致提升系列

此系列采用最新的植物基胶原蛋白——纯素胶原蛋白1，研发人员将其与品牌专利技术相融合，在增强胶原蛋白纤维，加强肌肤紧致度上有很好的表现。新系列的配方还包括其他高效成分，例如Caudalie独有的葡萄皮黄酮，这是一种可以刺激肌肤的蛋白质活性物，天然透明质酸可丰盈润泽肌肤，而素食胶原蛋白增强剂的加入，对增强肌肤的紧致度有一定的帮助。系列包含有瞬间紧致精华、紧致面霜，晚霜以及眼霜。同时，品牌也推出了这个系列相对应的水疗护理——白藜芦醇抗皱提升护理。



### Caudalie Launches New 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. Caudalie also launched the collection's corresponding spa treatment called Resveratrol Lift- Anti Wrinkle Sculpting.



### Lipcure Beam唇部诊断美护设备

爱茉莉太平洋研发的“Lipcure Beam”是一款集唇部诊断、护理、彩妆为一体的美容技术设备，具备了可诊断个人唇部状况的集成传感器，检测出唇部的水分状态，并根据实时传感结果提供量身定制的唇部护理。专有的光响应材料混合物经过精确设计，可对特殊光谱做出反应。接触唇部后，产品会强化嘴唇内的胶原纤维，并在唇部表面形成一层保湿膜，具有改善使用者唇部老化的效果。产品大小与现有唇部产品类似，易于单手拿取、携带和使用。采用了适合所有肤色和年龄的通用色彩系统，全球顾客均可使用。

### Lipcure Beam

Lipcure Beam is the world's first beauty tech that simultaneously offers personalized lip makeup and care. This provides immediate diagnosis and treatment within one product. Featuring an integrated sensor that diagnoses individual lip conditions, this device affords tailored lip care based on real-time sensing results. The product's proprietary blend of light-responsive materials has been precisely engineered to react to specialized light spectrum. Upon exposure, the product fortifies the collagen fibers within the lips and establishes moisture barriers on the surface. Customers can enjoy unique experiences of care and makeup through this advanced system, each meticulously customized to their needs.

### Anura MagicMirror健康魔镜

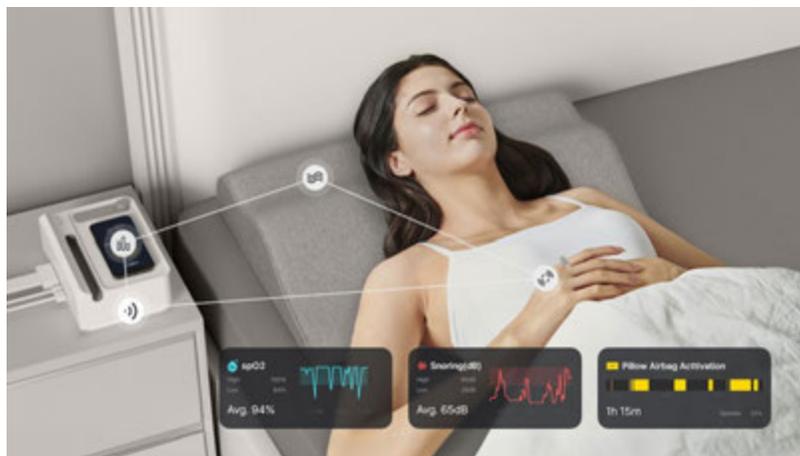
健康科技人工智能公司NuraLogix推出了最新产品Anura MagicMirror。这款产品结合了传感器和人工智能技术，能够检测出用户的健康数据并评估疾病风险。这是一块21.5英寸的“魔镜”，旨在帮助用户随时随地进行快速准确的身心健康评估。当用户坐在镜子前，设备会开启30秒的扫描，通过透皮光学成像(TOI™)技术，自动检测面部，识别关键区域并提取血流信息，利用先进的信号处理和AI算法来计算出100多个健康参数。值得一提的是，Anura MagicMirror除了可以测量用户的基础生命体征外，还能分析测量用户的精神压力、抑郁症健康风险和焦虑健康风险等。

### Motionsleep智能睡枕

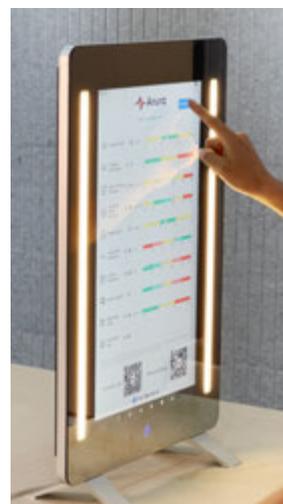
韩国健康公司10minds推出Motionsleep智能枕概念，将运动枕头与智能指环相结合，为打鼾或呼吸不适的人带来更好的睡眠体验。该睡枕运用人工智能算法，分析使用者的打鼾模式和强度，从而提供个性化的有效解决方案。通过7个气囊的运动，动态调整使用者头部和背部的位置，创造出舒适的呼吸环境，减少打鼾。使用者亦可在手机APP上查看自己的打鼾数据。此外，智能指环还能精确测量使用者的血氧饱和度水平。昼夜节律照明和节省空间的充电系统，进一步有助于提高产品实用性。

### Motionsleep Smart Pillow

South Korean healthcare specialist 10minds introduces Motionsleep, a smart pillow that has been combined with the vital ring to enhance the sleep experience for individuals who snore or face breathing discomfort. It not only intelligently detects snoring sounds but also accurately measures oxygen saturation levels. Through the movement of 7 airbags, it dynamically adjusts the positions of the head and back, creating a comfortable breathing environment and reducing snoring. The product has been further enhanced with an increased number of airbags, the vital ring for oxygen saturation measurement, circadian rhythm lighting, and a space-saving charging system, all contributing to improved performance, usability, and adding a touch of sophistication.



### Anura MagicMirror



NuraLogix, a health tech AI company, has unveiled its latest product, the Anura MagicMirror, which combines sensors and AI technology to detect user health data and assess disease risk. The 21.5-inch MagicMirror is designed to help users conduct quick and accurate physical and mental health assessments anytime, anywhere. When the user sits in front of the mirror, the device opens for a 30-second scan, automatically detects the face through Transdermal Optical Imaging (TOI™) technology, identifies key areas and extracts blood flow information, and utilizes advanced signal processing and AI algorithms to calculate over 100 health parameters. It is worth noting that the Anura MagicMirror can analyze and measure the user's mental stress, depression risk and anxiety risk, in addition to measuring the basic physical health data.

# 头皮头发 全球护理 2024趋势

从健康头皮到个性护发，以及保持头发的自然状态，2024年的对头发的打理是由繁到简，但对头皮和头发质地的护理却精益求精。高菲文



## 从

2024年起，会涌现哪些新的头皮与头发护理趋势呢，而哪些趋势有可能已经到了尾声，不再流行了呢？让我们分享从全球著名美发界专家和高管们、从护发产品、美发沙龙、以及SPA从业者中了解到的最新资讯。

### 丰盈感、运动感和多发量

2024年标志着体积的回归。我们将庆祝头发的天然质地，鼓励增强自己原生个性，而不是之前流行的光滑直发或无懈可击的高雅卷发。无论是松散的波浪、凌乱的卷发还是蓬

松的吹发效果，更加丰盈和自然的原生态头发、甚至可以说是野生发，正在夺人眼球。

这个趋势就会带来两个突出的需求，一是轻松吹干造型，二是丰盈头发，只要仔细观察，就能看到这一趋势相关的产品已经大卖，如可以蓬松头发的吹风机和卷发器，让头发不再紧贴头皮的头发蓬松喷雾等，目的是让头发看上去更多，有柔软的运动感。

这一趋势势必会让行业专家和产品商们深入研究自然发型，尽可能展现头发的真实的质地，并减少对热工具的过度使用。越来越多的人都已经接受了柔软、自然吹发和自然干燥，因为随着护发知识的普及，人们都知道这种做法有助于保持头发更健康。

### 自然的健康色

在2024年里，全球都会奉行极简主义，我们将看到“少即是多”、越自然越好的“无妆发型”，消费者们更多地追求自然的颜色和天然质感的头发，努力通过以更健康和更简单的方式来达到更好的效果。从业界的角度来看，会放弃一些在2023年看到的大胆色彩和漂白的发色，而转向更自然、柔和的色调，如奶油色、古铜色、焦糖色以及浓郁、充满活力的深褐色。

我们将看到消费者会在能够使头发达到最佳状态的护发产品和疗程上做更多投资，并开始越来越懂行，会拒绝那些会对头发纤维造成更多损害的产品。

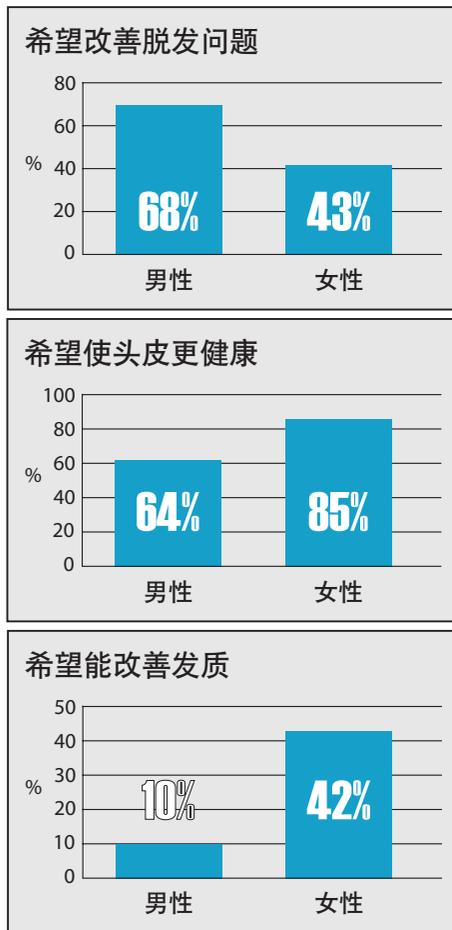


## 头皮健康和头部SPA

在头皮健康和护理领域，许多令人振奋的趋势正在发生。自从2023年，头皮护理就开始成为焦点，而在2024年，这将变得更加突出，消费者会更加变本加厉地希望养护自己的头皮，从根部解决头发的发质和发量问题，注重从内而外进行头发和头皮的预防性护理。

2024年还将继续奉行要把头皮当作面孔来护理这一理念，真正关注头发的美丽健康要从头皮源头和发根开始，包括头皮清洁、精华养护和滋润，以及针对特定头皮、发质和类型进行的脱发预防。头皮健康将成为拥有一头好发的主要驱动力。

一个引人注目的趋势是深度的头发和头



皮分析服务的兴起，以及专门设计用于解决特定头皮问题的专业头部和头皮SPA中心。这种检测并非只是简单了解头皮毛孔的健康状态，而是深入研究头皮微生物组，以及其对头发健康的影响。详细的头发和头皮分析这种诊断工具能提供个性化的护理建议，私人订制为更有效和个性化的头皮和头发护理解决方案铺平道路。

未来的头发护理，必定和日益解码不断更新升级的生物技术支持密不可分。我们看到的趋势是，在为不同类型的头发寻找最佳成分的过程中，消费者们明显地转向信任和体验功效卓越的生物技术，以确保更天然和更高效。

疫情结束后，进入到龙年的今天，因为各种因素的影响，SPA和美容产业正在经历着很多变化。这种由年轻一代推动的转变不仅仅涉及审美，还影响了对美的更广泛的看法，包括对整体健康的关注。今年业界所传达出的信息是“您的头皮是您的面部皮肤的延伸”。

预计接下来，SPA和美容院将会强调美丽头发和发型的内在健康，沉浸式头皮护理和“超豪华”头皮体验将崭露头角。卖点将集中在增强头皮免疫力和改善屏障能力，专注消炎、修复、滋养和健发。

我们的消费者们，会需要更好地理解他们的头皮健康，因此头皮类别将以类似于护肤的方式发展，其中将有适用于不同头皮类

## 消费者意愿调查小报告

SpaChina 2024年2月所做的中国内地SPA调研结果显示，与头皮、头部SPA相关的商业模式和店家迅速增加。但大多并非是传统SPA和美容院现有的头皮、头部项目的延展或升级，而是小店居多的加盟店和新店，项目主打头皮和头部，仅江浙沪范围内，在调研期间就找到374家，而通常江浙沪的新店数量占全国新店的40%左右。这些头皮和头部SPA店的占地面积最小的是60平方米，最大的约250平方米，老板年龄为25-40岁的自主创业者居多，本身也在店里担任管理或理疗师的占8成，开店原因是：开店门槛低，但看到得市场刚需越来越明显，且市场上有一些成熟品牌加盟，提供产品和培训，项目操作较为简单。比起30年前起风靡全国的足疗，似乎头皮和头部SPA也大有兴起之风。

在开店目的和想呈现的功效方面，一种是头皮健康状态改善，生发养发，运用中药材传统配方；另一种则不多提头发，主打放松和改善头部血液循环，或以整全治疗法通过保养头部来提升整体健康，这类大约占了7成。

这些头皮和头部SPA的疗程项目基本以手工按摩为主，包含头皮深度清洁、洗发和吹干。按摩技巧除了在头部，还覆盖了部分额头、颈部、肩部、胸上部，产品大多使用国产精油和草药。疗程项目价格在250-400元左右，其他收入来自于疗程中所用到的产品，包括洗发水、头皮精华、护发精油等。

关于消费者在头皮和头部SPA上的消费意愿，SpaChina在邀请江浙沪地区2036位年龄在25-50岁的消费者听取意见后，归纳出下列调研结果，其中男性814位。

调研显示出，脱发问题依旧是最希望能改善、解决和预防的。在男女比例上，男性有68%关心自己的头发是否会更稀疏，女性则占43%，总体比例约占半数。

在价格上，性价比是80%消费者表示想要获得的，其中包含了服务流程和细节，以及疗程的功效。在疗程产品的选用上，98%的被调研者要求产品是天然和安全的。33%会选择传统中医中药类产品，因为中医有很多生发养发验方，不排斥传统配方，只要有效。有46%想要有高科技含量的生物科技类产品，还有21%表示无所谓。在国货和进口产品的选择上，是4:6左右的比例，选择国货的消费者，在价格方面也更为敏感，均选择了600元以下的单次消费价格。

型和问题的特定头皮产品，如头皮清洁、磨砂、爽肤水、保湿、精华等产品。

## 发延，接发的减少

因为头发和头皮健康开始被不断强调，人们更加重视头发本身的发质健康，因此在欧美，已经能看到消费者们逐渐开始放弃发延，因为可能导致头发损伤。

在欧美，过去十年流行的一直是光滑笔直的发丝和满头的发延(接发)。发延，曾经是迅速增加长度和体积的不二选择，但这在2023年底已经呈下降趋势，在2024年预计会继续减少，而转向崇尚自然美和个性化。

许多人开始将健康放在首位，选择增强头发天然质地的产品。对于一直依赖发延来增加头发发量和饱满度的人来说，决定放弃就像不再接睫毛那样，是一个超级艰难的决定，但从长远来看，这是对头发健康最有利的选择。我们正在进入自然和修复头发的时代!

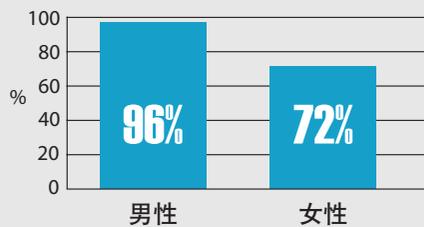
## 个性化需求凸显，注重产品科技和功效

2024年是没有一刀切的一年，而最重要的问题将是：“这个产品有效吗？”我们会看到消费者表达对特定发型问题的需求，如头皮屑、损伤修复、质地、头皮问题、发量、热防护等。

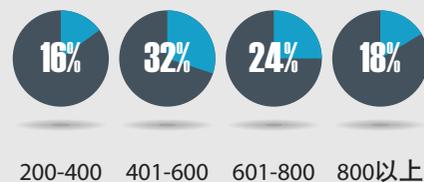
我们将远离那些没有有效性表现的“营销成分”，而真正关心产品所带来的功效。还有一个趋势正在发展，那就是发型护理品牌会更多地涉足专业领域。发型师就会变得像头发保健医生一样，客户会更信任从发型师这里听他们告诉自己要购买什么。



### 希望放松精神，疏解压力



### 可接受的单次消费金额(人民币)



未来会看到更多对头皮和头发都有益处的发型产品的崛起。此外，顾客非常精明，他们想了解使用的成分背后的科学，或者了解有哪些数据支持该产品的实际功效？消费者们现在期望品牌在使用天然衍生的成分的同时能解决特定问题。因此，更多头发和头皮类产品的研发公司正在倚重科学和创新。

前几年我们看到一些单一精油，如迷迭香油在抖音上很火，但其实这是一种非常“一刀切”的状况，纯精油实际上很可能会阻塞毛孔或刺激头皮，并不适用于很大一部分客群，但不得不提的是，这种抖音的疯狂营销会一直继续下去。这不代表SPA和美容院就会败下阵来。我们将看到SPA和美容院将会青睐更科学和复杂的配方，包括洗发水护发素在内的专业头发和头皮产品，并认识到单一成分无法解决复杂的脱发问题。

在仪器类小家电产品的创新方面，聚焦柔软发质的无热卷发技术将崛起，以实现头发自然流动的效果，同时最小限度地使用热能。消费者们会更注重头发的健康，因此可能减少对直发器、卷发器和吹风机的依赖。这将推动起无热造型工具和技术的发展，以满足消费者对更温和、更有利于头发和头皮健康的发型护理方法的需求。

## 包装创新和环保需求

另一个不断发展的趋势是产品包装创新。2024年预期在发型护理以及整个美容产品领域都将涌现先进、可持续的包装解决方案，所有这些都旨在减少对环境的不良影响，也为了迎合现在年轻人追求社会贡献，希望自己成为环保人士的需求。

作为消费者，他们对产品的包装和可持续性有比以往更为强烈的关注，也更要求了解每种成分的来源和功效，他们希望确切地了解放在自己头皮和头发上的东西。

所有想在未来获得消费者青睐的品牌，必须将进一步致力于推出更环保、可回收和可持续的包装解决方案，也进一步考量产品成分的天然性和有效性。

## 发饰的复苏

另一个正在大胆宣示的趋势是发饰的复苏，这些配饰正在时尚秀场和红地毯上卷土重来。发饰趋势包括各种材料和风格，以适应每个口味和场合。豪华的缎带蝴蝶结为晚间发型增添了一丝魅力，而天鹅绒蝴蝶结则赋予柔软而浪漫的氛围。

发饰不再局限于休闲或特殊场合，它们正在成为日常造型的多才多艺而别致的补充。无论是选择时尚而光滑的造型，还是迎合更为随性和随意的风格，一个巧妙放置的发饰都能瞬间将头发变成时尚宣言。



# Global Trends in Scalp and Hair Care

**From healthy scalps to personalized hair care, and maintaining the natural state of hair, the hair care trends in 2024 range from elaborate to simple, with a focus on meticulous care for the scalp and hair texture**

**W**hat new trends in scalp and hair care will emerge from 2024, and which trends may already be fading out of popularity? Let's share the latest insights gathered from renowned experts and executives in the global hairdressing industry, as well as insights from hair care product professionals, hair salons, and SPA practitioners.

## **Fullness, movement, and volume**

2024 marks the return of volume. We celebrate the natural texture of hair, encouraging the enhancement of one's innate personality, moving away from the previous trends of smooth straight hair or flawlessly elegant curls. Wheth-

er it's loose waves, messy curls, or voluminous blowouts, fuller and more natural native hair, even described as wild, is captivating attention.

This trend brings about two prominent demands: easy styling for voluminous hair. With careful observation, one can see the products related to this trend flying off the shelves, such as blow dryers and curlers that add volume to the hair, as well as volumizing sprays to keep the hair from clinging to the scalp. The goal is to make the hair appear more abundant with a soft, flowing movement.

This trend will inevitably lead industry experts and product developers to delve into natural hairstyles, aiming to showcase the authentic texture of hair and reduce the excessive use of heat tools. More people are accept-

ing soft, natural blowouts and air-drying as the widespread knowledge of hair care promotes practices that contribute to healthier hair.

## **Natural healthy colors**

In 2024, the global trend is towards minimalism, emphasizing "less is more" and the preference for "no-makeup hairstyles." Consumers are more inclined towards natural colors and textures, striving to achieve better results through healthier and simpler means. From the industry's perspective, bold and bleached hair colors seen in 2023 will be abandoned in favor of more natural, softer tones such as buttery blonde, bronze, caramel, and rich, vibrant deep brown.

Consumers will invest more in hair care products and treatments that bring their hair

to its optimal state, becoming more discerning and rejecting products that can cause more damage to hair fibers.

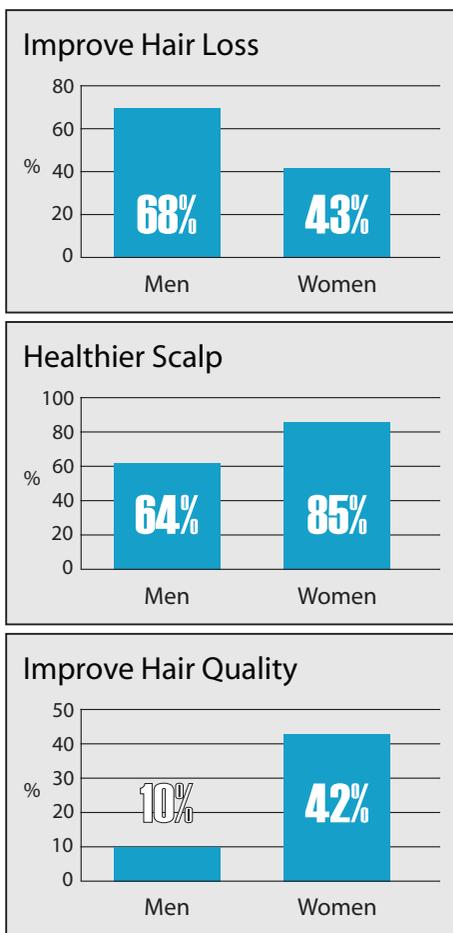
### Scalp health and scalp spa

In the field of scalp health and care, many exciting trends are emerging. Since 2023, scalp care has become a focal point, and in 2024, it will become even more prominent. Consumers will intensify their efforts to nurture their scalps, addressing hair texture and volume issues at the roots, focusing on preventive care for hair and scalp from the inside out.

2024 will continue to advocate treating the scalp as an extension of the face, emphasizing education that starts from the scalp and roots for the beauty and health of the hair. This includes scalp cleansing, essential nourishment, hydration, and targeted prevention of hair loss based on specific scalp and hair types. Scalp health will become a primary driver for having healthy hair.

A noteworthy trend is the rise of in-depth hair and scalp analysis services, along with specialized head and scalp SPA centers designed to address specific scalp issues. This analysis goes beyond understanding the health status of scalp pores and delves into the study of scalp microbiomes and their impact on hair health. Detailed hair and scalp analysis tools provide personalized care recommendations, paving the way for more effective and personalized scalp and hair care solutions.

The future of hair care will undoubtedly



be closely tied to the ever-evolving support of biotechnology. The trend is apparent as consumers increasingly turn to trust and experience the exceptional efficacy of biotechnology in finding the best ingredients for different hair types, ensuring a more natural and efficient approach.

After the end of the pandemic, entering the

Year of the Dragon today, the SPA and beauty industry is undergoing significant changes due to various factors. This shift, driven by the younger generation, not only involves aesthetics but also influences a broader perspective on beauty, including a focus on overall health. The message conveyed by the industry this year is, “Your scalp is an extension of your facial skin.”

It is anticipated that in the SPA and beauty salons, there will be an emphasis on the inner health of beautiful hair and hairstyles. Immersive scalp care and “ultra-luxurious” scalp experiences will become prominent. The focus will be on enhancing scalp immunity and improving barrier capabilities, with an emphasis on anti-inflammatory, repair, nourishment, and hair health.

Consumers will need to better understand their scalp health, and the scalp category will evolve in a way similar to skincare, with specific scalp products suitable for different scalp types and issues. This includes products for scalp cleansing, exfoliation, toning, moisturizing, and serums.

### Decrease in hair extensions

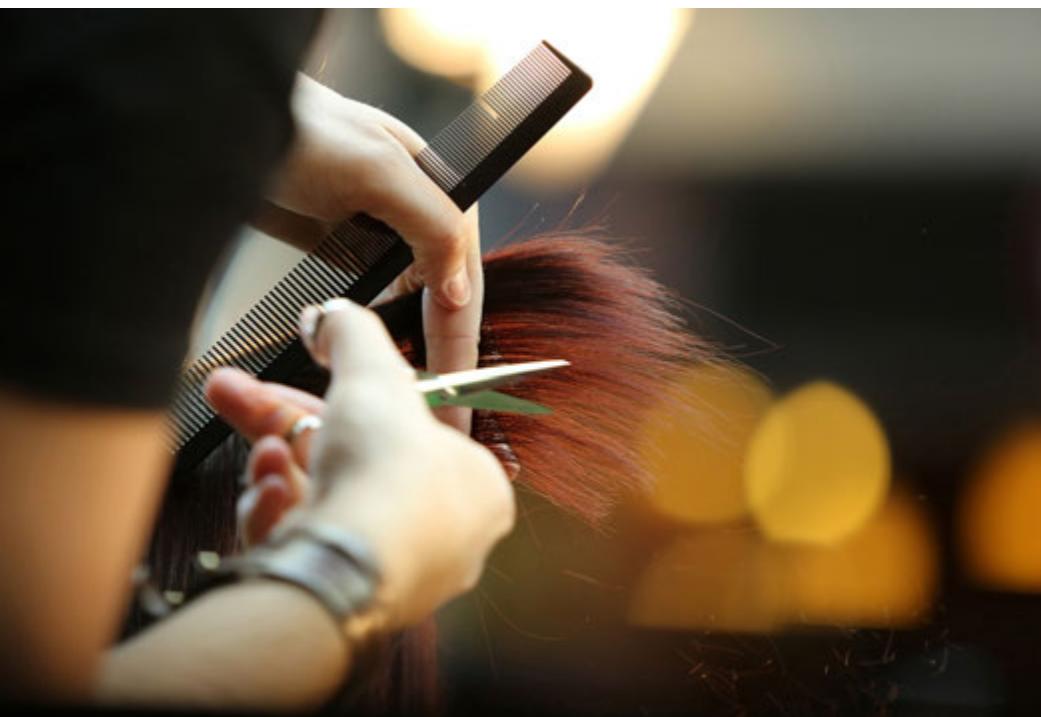
As the emphasis on hair and scalp health continues to grow, people are paying more attention to the health of their natural hair. In Europe and America, consumers are gradually giving up on hair extensions as they can potentially damage the hair.

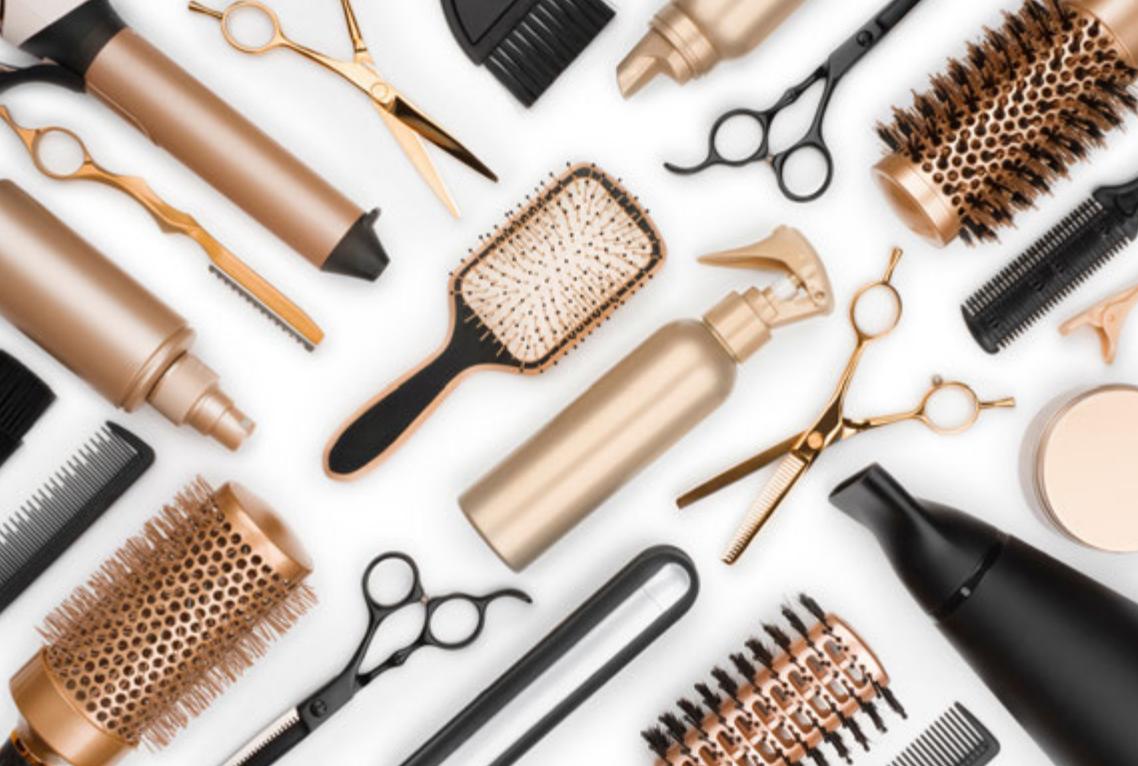
In the West, the past decade has seen the popularity of sleek straight strands and full hair extensions. However, hair extensions, once a quick choice for increasing length and volume, started declining towards the end of 2023, and it is expected to continue decreasing in 2024, shifting towards embracing natural beauty and personalization.

Many are beginning to prioritize health, choosing products that emphasize and enhance their natural texture. For those who have relied on extensions to increase hair volume and fullness, deciding to give them up is as challenging as no longer getting eyelash extensions. However, in the long run, this is the most beneficial choice for hair health. We are entering the era of natural and restorative hair care!

### Personalized demands highlighted, emphasis on product technology and efficacy

2024 is a year without a one-size-fits-all





approach, and the most important question will be, “Is this product effective?” Consumers will express specific demands for hairstyling issues such as dandruff, damage repair, texture, definition, scalp problems, volume, and heat protection.

We will move away from “marketing ingredients” that lack effectiveness and genuinely care about the efficacy of the products. Another emerging trend is that hair care brands will delve more into the professional field. Hairstylists will become like hair care doctors, and customers will trust hairstylists to guide them on what to purchase.

The future will see the rise of more hair products beneficial to both the scalp and hair. Additionally, customers are becoming more savvy, wanting to understand the science behind the ingredients or know what data supports the actual effectiveness of the product. Consumers now expect brands to use naturally derived ingredients while addressing specific issues. Therefore, more companies specializing in hair and scalp products are relying on science and innovation.

In recent years, we have seen the frenzy of single essential oils, such as rosemary oil, on platforms like TikTok. However, this is a very “one-size-fits-all” situation, as pure essential oils may potentially clog pores or irritate the scalp, making them unsuitable for a large portion of the audience. Nevertheless, the crazy marketing on TikTok will likely continue. This doesn’t mean that SPAs and beauty salons will succumb. We will see SPAs and beauty salons favoring more scientific and complex formulations, including professional hair and scalp

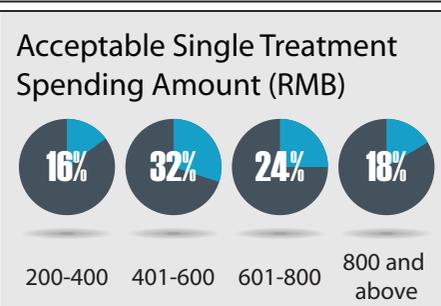


products like shampoos and conditioners, realizing that single ingredients cannot solve complex hair loss issues.

In terms of innovation in small household appliances, focus on heat-free curling technology for soft hair texture will rise to achieve a natural flow of hair while minimizing heat usage. Consumers will pay more attention to hair health, potentially reducing reliance on straighteners, curlers, and blow dryers. This will drive the development of heat-free styling tools and technologies to meet consumers’ demands for gentler and more hair and scalp-friendly hairstyling methods.

### Packaging innovation and environmental demands

Another evolving trend is product packaging



innovation. In 2024, advanced and sustainable packaging solutions are expected to emerge in the field of hair care and the entire beauty product industry. All of these innovations aim to reduce adverse environmental impacts and cater to the demands of young people pursuing social contributions and aspiring to be environmentally conscious individuals.

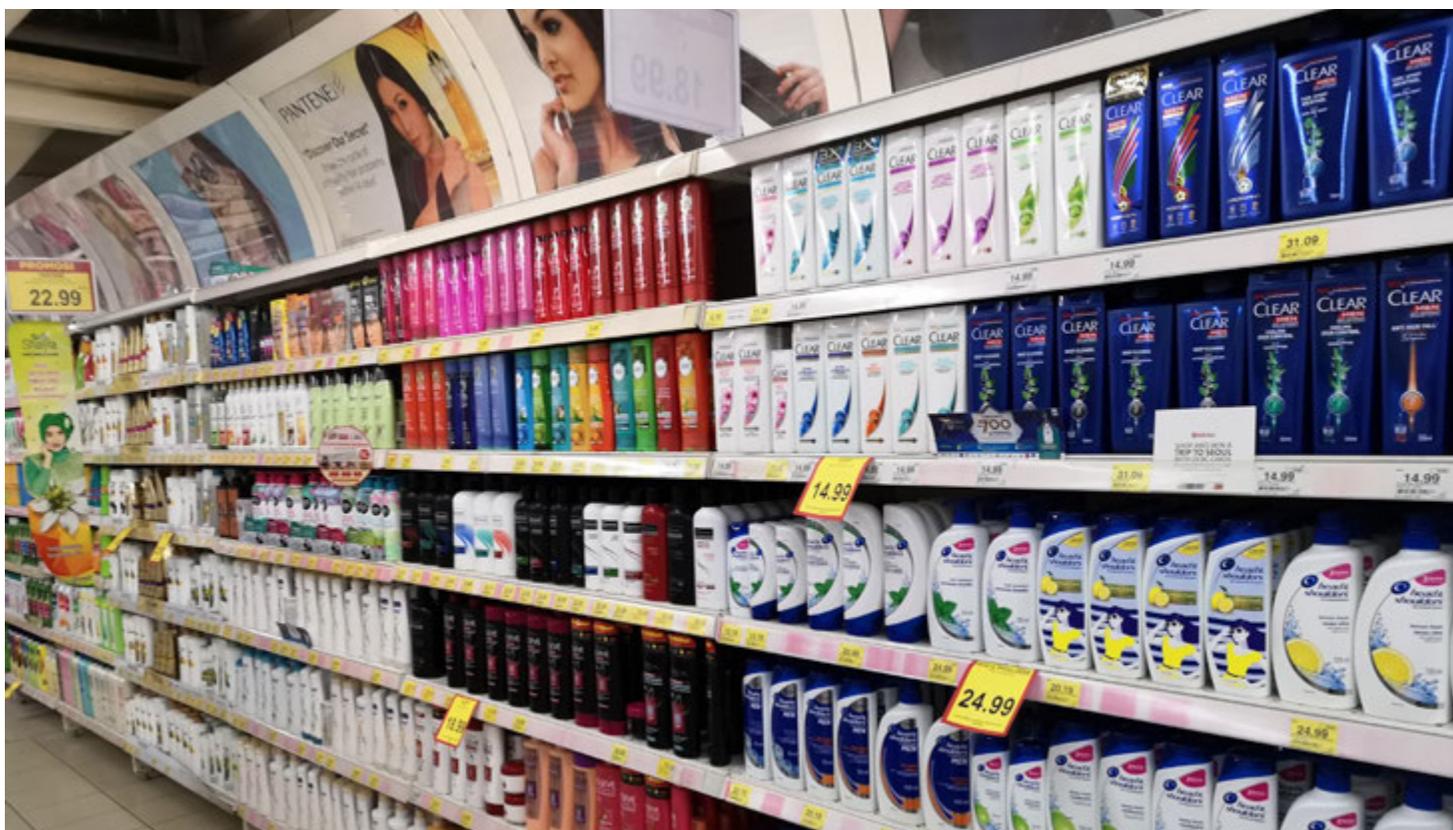
As consumers, they have a stronger focus on product packaging and sustainability than ever before. They demand to know the source and efficacy of each ingredient, wanting to be precise about what they put on their scalp and hair.

Any brand seeking consumer favor in the future must further commit to introducing more environmentally friendly, recyclable, and sustainable packaging solutions. This involves considering the naturalness and effectiveness of product ingredients.

### Revival of hair accessories

Another bold trend making a statement is the revival of hair accessories, with these adornments making a comeback on fashion runways and red carpets. Hair accessory trends include various materials and styles to cater to every taste and occasion. Luxurious satin bows add charm to evening hairstyles, while velvet bows create a soft and romantic atmosphere.

Hair accessories are no longer limited to casual or special occasions; they are becoming versatile and stylish complements to everyday styling. Whether opting for a fashionable and sleek look or catering to a more casual and effortless style, a skillfully placed hair accessory can instantly turn hair into a fashion statement.



## Consumer Willingness Survey Brief Report

SpaChina's February 2024 survey on mainland China's SPA industry reveals a rapid increase in business models and establishments related to scalp and head SPA. However, these are mostly not extensions or upgrades of existing scalp and head projects in traditional SPAs and beauty salons. Instead, they are mostly small franchise stores and new establishments, with a focus on scalp and head treatments. In the Jiangsu, Zhejiang, and Shanghai areas alone, 374 such establishments were found during the survey period, with new stores in this region accounting for around 40% of national new stores. These scalp and head SPA stores range in size from a minimum of 60 square meters to a maximum of approximately 250 square meters. The majority of owners are self-starting entrepreneurs aged 25-40, with about 80% actively involved in management or as therapists within their own establishments. The reasons for opening these stores include low entry barriers, increasing demand for scalp and head treatments in the market, and the availability of mature brands offering franchising opportunities, complete with products and training, making the project operation relatively simple. Compared to the

foot massage trend that swept the country 30 years ago, there seems to be a rising trend in scalp and head SPA.

Regarding the goals of opening stores and the desired effects, one category focuses on improving scalp health and hair growth using traditional Chinese medicine formulas. The other category minimizes mention of hair and emphasizes relaxation, improving blood circulation in the head, or using holistic treatment principles to enhance overall health. This latter category constitutes about 70%.

The treatment programs at these scalp and head SPA establishments mainly revolve around manual massages, including deep scalp cleansing, washing, and blow-drying. Massage techniques cover not only the head but also parts of the forehead, neck, shoulders, and upper chest. Products mostly use domestically produced essential oils and herbal ingredients. Treatment prices range from approximately 250 to 400 yuan, with additional revenue generated from products used during the treatments, including shampoos, scalp essences, and hair care oils.

Concerning consumer willingness to spend on scalp and head SPA treatments, SpaChina collected opinions from 2,036

consumers aged 25-50 in the Jiangsu, Zhejiang, and Shanghai regions, including 814 males. The research results are summarized below.

Research indicates that hair loss remains the most sought-after issue for improvement, resolution, and prevention. In terms of the male-female ratio, 68% of men are concerned about whether their hair will become thinner, while women account for 43%, with an overall ratio of about half.

Regarding prices, 80% of consumers express a desire for value for money, including service processes, details, and treatment efficacy. In the selection of treatment products, 98% of respondents require natural and safe products. 33% opt for traditional Chinese medicine products, as TCM has many formulas for hair growth and care, and they do not reject traditional formulations as long as they are effective. 46% want biotechnology products with high-tech content, and 21% express indifference. In terms of choosing domestic or imported products, the ratio is approximately 4:6. Consumers choosing domestic products are more price-sensitive, with all opting for single-session consumption prices below 600 yuan.



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# 关于头皮和头发SPA

通过简单而全面的指南，了解其益处和护理范围

**目**前我们所接触到的头皮和头发SPA，大多数还是在美发沙龙里。然而，对于积极参与头皮与头发护理的解决方案，常常是和SPA做美容一样，在于定期接受专业的护理，正确使用产品，才能让头皮更强壮，头发更茂盛健康，人也就看上去更为年轻和神采熠熠。

疫情后的客人们，更倾向于一站式的服务，希望能在自己常去且信任的SPA里接受头皮护理。我认为发生这种变化的原因主要有2个，第一是疫情后的经济形势不乐观，让绝大部分人的消费更为谨慎，因此与其在多个SPA有美容和头皮护理等健康项目的会籍和消费，不如归零为整，在有信任度且品质和服务都有保障的一个店里集中消费。第二个原因当然是图方便，图快捷，这对SPA来讲是好事，这类头皮和头发项目的叠加能很好地提高营业额，在消费普遍降级的现状中尽可能地获得更多收益。

从销售层面来看，头皮和头发SPA的市场需求是普遍存在的，这类项目的刚需性也越来越高，男女客人都对这种头皮焕活的项目非常感兴趣，绝对值得特别推荐，尤其是

对于那些正在与脱发和其他常见头发问题作斗争的客人。

在项目的设计上，只要有洗头设施，就可以考虑全套从头皮到头发的护理项目，时长90分钟左右，配合功效型的产品，项目收费可以和面部项目差不多。如果还不具备活水装置的洗头床，则可考虑单独的头皮SPA项目，也应配合有效产品，时长30-45分钟左右，叠加在其他护理项目中，或提供单项多次的周期性疗程，例如6次，8次，12次等，且在选择产品的时候，要着重考虑肉眼可见的疗程功效。

在头皮SPA的疗程过程中，能提供明显的舒压感和放松感，改善头皮的血液循环，从而增强头皮头发的整体健康，提升头皮免疫力来对抗污染、污垢和紫外线等各类侵害。疗程得当的话，可解决一系列头皮和头发问题。

以下是一些容易辨析的头发和头皮问题，以及需要针对的解决方案。

- **发丝断裂**：强化发丝
- **头发变薄**：促进厚度和密度
- **脱发**：解决过度掉发问题

- **干燥和无光泽的头发**：恢复水分和生机
- **粗糙的头发**：平滑质地
- **干燥和痒的头皮**：提供舒缓和滋润
- **头发生长缓慢**：刺激毛囊
- **头皮屑**：针对鳞屑和不适的特殊治疗
- **油性头皮**：平衡油脂分泌

对于那些刚刚接受了染发、烫发或者直发等化学处理的人，一场滋养性的头皮和头发SPA能起到减轻潜在损伤的重要作用。

如果能做得更专业一些的话，SPA就应该在疗程前对客人的头皮状态、头发类型，和已有问题进行全面评估，来制定个性化的疗程计划，这样就真的可以跟美容面部护理相媲美了，也应当充满信心地去定价和进行收费。

值得注意的头皮和头发SPA疗程，针对不同问题的个性化治疗，可参考下述内容。

- **发量少和毛囊萎缩**：富含omega-3脂肪酸的治疗刺激毛囊，促进有效的头发生长。
- **油性头发和头皮**：恢复油性头皮的水油平衡，确保头发清爽顺滑而不失蓬松感。
- **头皮屑护理**：专注于改善头皮干燥，消除头皮屑，使头发光泽且平滑，一些专用的

专业产品，或者精油如薰衣草等常被用于提高效果，但要留意不能使用过多堵塞头皮毛孔。

- **止痒护理：**舒缓头皮，一定程度上考虑是否有过敏状况，主要是缓解头皮瘙痒，带来舒适宁静的放松体验。
- **染发护理：**颜色保护类产品的使用可让染发免受紫外线污染，同时保持鲜艳。
- **平顺护理：**适用于各种发质，使用富含油分和抗氧化剂的产品，主要目的是让头发更光泽平顺。

头皮和头发SPA一旦被客人接受，其舒适度是很容易让人上瘾的，有些客人在做头皮按摩的时候就能飞快入睡，有些则能在疗程后深度解压，精神焕发。我在这里就不啰嗦关于中医理论如何认为头部和头皮养护的重要性了，但下面列举了可以在SPA告诉客人的项目功效。

- **改善血液循环：**增进血液流动，刺激头发生长。
- **放松身心：**按摩技巧缓解紧张，带来平静的感觉。
- **油脂分泌正常化：**为干燥和油性头皮都提供平衡的油脂分泌。
- **深层滋润：**为头发提供养分，使其变得光滑而有光泽。
- **修复受损的头发：**解决由染发、造型工具、污染、压力、不良饮食等引起的头发损伤。
- **减少头发和头皮问题：**针对各种问题提供定制化治疗。

除了头皮和头发SPA治疗之外，保持均衡的饮食和健康的生活方式对整体头皮和头发健康也至关重要。减少热造型和染发频率，坚持定期的头皮护理，会实实在在令头皮更健康，头发更强壮、更美丽。



# Exploring the Scalp and Hair Spa

Unlocking the Benefits of Comprehensive Hair Care –  
A Simple Guide, by Fifi Kao

In recent times, when we think of Scalp and Hair Spa, our minds often gravitate towards the serene ambiance of a hair salon. However, for those actively seeking solutions for scalp and hair care, the answer lies not only in occasional salon visits but in regular, professional care and the proper use of products. This routine can fortify the scalp, promote lush and healthy hair, and contribute to a more youthful and vibrant appearance.

In the post-pandemic era, customers are inclined towards one-stop services, preferring to receive scalp treatments in a familiar and trusted spa. Two key reasons drive this shift: economic uncertainties post-pandemic, leading consumers to be more cautious in their spending, and the convenience factor. This trend proves beneficial for spas, as bundled scalp and hair treatments can enhance revenue, especially in a climate where overall spending has decreased.

From a sales perspective, there is a universal demand for Scalp and Hair Spa treatments,

with increasing essentiality for such projects. Both men and women express a keen interest in revitalizing their scalp, making these treatments highly recommendable, especially for those struggling with common hair problems like hair fall.

When designing these treatments, a full-scale care regimen covering both the scalp and hair can be considered if wash facilities are available, with a duration of around 90 minutes. Utilizing effective products, the pricing for these treatments can be on par with facial treatments. In the absence of dedicated wash beds, a standalone Scalp Spa treatment, lasting approximately 30-45 minutes, can be introduced. This can be offered as an add-on to other care treatments or provided as a standalone, recurring service, such as a package of 6, 8, or 12 sessions. When selecting products, visible therapeutic effects should be a primary consideration.

An effective Scalp Spa treatment should offer tangible stress relief, relaxation, and



improved scalp blood circulation, ultimately enhancing overall scalp and hair health and boosting the scalp's immune system against pollutants, dirt, and UV damage. When executed correctly, these treatments can address a range of scalp and hair concerns.

Here are some common hair and scalp problems and the corresponding solutions:

- **Hair breakage:** Strengthen hair shafts.
- **Thinning hair:** Promote thickness and density.
- **Hair fall:** Address excessive shedding.
- **Dry and dull hair:** Restore moisture and vitality.
- **Rough hair:** Smooth out texture.
- **Dry and itchy scalp:** Provide soothing and moisturizing effects.
- **Slow hair growth:** Stimulate follicles.
- **Dandruff:** Specialized treatment for flakes and discomfort.
- **Oily scalp:** Balance oil secretion.

For those who have undergone chemical treatments like coloring, perming, or straightening, a nourishing Scalp and Hair Spa can play a crucial role in mitigating potential damage.

For a more professional approach, spas should conduct a comprehensive assessment of the client's scalp condition, hair type, and existing issues before proposing a personalized treatment plan. This approach not only matches the standards set by facial care but also allows confidence in pricing and charges.

Noteworthy Scalp and Hair Spa treatments,



customized for different concerns, can be considered:

- **Low hair volume and follicle shrinkage:** Treatment enriched with omega-3 fatty acids to stimulate follicles and promote effective hair growth.
- **Oily hair and scalp:** Restoration of oil balance, ensuring refreshed and smooth hair without compromising volume.
- **Dandruff care:** Focused on improving scalp dryness, eliminating flakes, and providing shine and smoothness. Specialized products or essential oils like lavender can be used to enhance the effect, but caution should be taken not to clog pores excessively.



- **Itch relief:** Soothing the scalp, considering potential allergies to bring a comfortable and relaxing experience.
- **Color-treated hair care:** Use of color-protecting products to shield hair from UV pollution while maintaining vibrancy.
- **Smoothing care:** Suitable for all hair types, using products rich in oils and antioxidants to bring shine and smoothness to the hair.

Once embraced by customers, Scalp and Hair Spa treatments offer addictive comfort. Some clients find themselves dozing off during the soothing scalp massage, while others experience deep relaxation and rejuvenation post-treatment. While delving into the significance of scalp care from a traditional Chinese medicine perspective is beyond the scope here, the listed benefits serve as a guide to educate clients about the positive outcomes of such treatments.

- **Improved blood circulation:** Enhances blood flow, stimulating hair growth.
- **Mental relaxation:** Massage techniques relieve tension, providing a sense of calm.
- **Normalization of oil secretion:** Balances oil production for both dry and oily scalps.
- **Deep conditioning:** Nourishes the hair, leaving it smooth and shiny.
- **Damage repair:** Addresses damage from coloring, styling tools, pollution, stress, and poor diet.
- **Reduction of hair and scalp issues:** Tailored treatments for a range of concerns.

In addition to Scalp and Hair Spa treatments, maintaining a balanced diet and a healthy lifestyle is crucial for overall scalp and hair health. Reducing heat styling and dyeing frequency, along with adhering to regular scalp care, can genuinely contribute to a healthier scalp and stronger, more beautiful hair.



# 中医谈头皮健康

以中医治未病的理论来看，头皮和头发的养护和改善可以是一个非常好的SPA项目。戴炯捷文

**最**近有人说现在中国的脱发年龄越来越年轻，问我怎么看。其实呀，中国发量减少的年轻化趋势，在我看来可以用八个字形容：“意料之外，情理之中”。

“意料之外”是因为亚洲汉族人种，无论是基因遗传还是饮食营养结构，发质和发量上都远远优于其他种族。在20到39岁年龄组，只有5%的亚洲人群患有脱发，而欧洲人群的比例是26%。在40到59岁年龄组里，21%的亚洲人群患有脱发，欧洲人群比例是50%。而在60岁以上年龄组，只有43%的亚洲人群脱发，而欧洲人群的比例则高达了68%。

“情理之中”呢，是我们都能看到中国年轻人的生活习惯和饮食在发生着很大的改变。例如熬夜，喝酒，染发，服药以及工作过劳，长时间手机等外界因素的干扰等。因此，我们能找到的国家卫健委2019年的调查数据显示：中国脱发人数超2.5亿，平均每6人中就有1人脱发，其中男性约1.63亿，女性约0.88亿。据中国医师协会数据

显示，在25岁前开始脱发的比例近60%，而在30岁前开始脱发的比例近84%，越来越呈现年轻化趋势。进入2024年，状况肯定还在继续恶化。

以现代医学理论来阐述的话，脱发与基因遗传表达、饮食结构偏好、还有荷尔蒙环境改变有着不可忽视的关联。从中医的两大核心思维之一的“整体观”来看，中医认为头皮和头发的健康就映射出了人体整体的健康发生了一些问题。

黄帝内经曰：“发为血之余，肾其华在发”，也就是说头发的营养来源于血，头发为血之余，而头部为“诸阳之会”。现代很多年轻人白天从事压力较大的工作，晚上还要通过夜宵和酒精来释放压力，饮食又是以外卖为主，重油重盐还含有很多人工添加剂，导致我们的脾胃失和，脾失运化水液，痰湿内蕴，脾不统血，头发失去血液滋养，而枯槁变脆无光泽，头皮则水油不平衡，导致毛囊堵塞。

另外我们的烫染头发过度 and 洗发水不当，导致化学致癌物质侵入头皮；看电子产

品过长，电子芬太尼上瘾，电离辐射过量，会令下丘脑垂体分泌荷尔蒙出现障碍。脑为中医奇衡之府，髓之海，这些外界的局部侵害，都会让原本“诸阳之会”的头部，阳气生发不足，髓精和头皮的滋养减少，引起发量稀疏，生长无力和易脱落，甚至过敏瘙痒。

那么，我们中医是如何诊断和治疗常见的头皮和头发问题的呢？

我们都听中医们念叨着“肝肾为先天之本，脾胃为后天之本”。首先，中医认为脾胃为气血生化之源。脾胃功能的好坏，除影响五脏六腑的正常功能之外，还会影响到头发的光泽、荣枯、生长与脱落。其次，头发的生机根源于肾，肾生髓、通脑、主骨，其华在发。倘若肾气充沛，肾精盈满，则头发光泽，肾阴亏损，则头发枯落。第三，肝主藏血生发，还能舒畅情志，头发的生长是由肝气决定的。

所以说，头发的荣枯跟肝、肾、脾、胃最为密切。头发的生长情况能够反映这四个脏腑功能的强弱。因此中医通过看一



个人的头发，就可以大概了解这个人的健康状况。

中医的另一个核心思维就是“辨证论治”。因此关于脱发或头皮问题，不能割裂成人体一个局部疾患来看待，辨证不辨症，要有整体思维，也就是说这肯定是我们的五脏六腑失衡的一个外化表现。因此，运用辨证论治的方法，通过头部脱发或者变白的位置，运用中医灵枢经的六经辨证来发现证之所在，才能对症下药。

这里有个小窍门教给大家，前额部对应的是阳明胃大肠；头部两侧对应太阴心脾，头枕部对应太阳膀胱；头颠顶部是厥阴肝；全头部则是少阴肾；我们通过头部的归经来看发生问题的身体脏器和部位，就能方便我们了解到底是身体内部哪里开始变弱。

SPA和养生中心在做头皮和头发保养的时候，就能运用上述理论来提出相应的理疗方案，推荐用一些能解决这些问题的特定草药来放入茶水和食物里作为辅助食疗，下面这些常用草药是可以考虑的。

- **当归**：性甘温、质润，具有补血、活血的作用，有较高的药用价值，中医临床中常使用当归来辅助治疗血虚导致的头晕、须发早白、脱发等；
- **熟地**：有滋阴补血的作用，能够改善肝肾阴虚所引起的腰膝酸软，因此可以用于辅助治疗肾阴虚所引起的脱发，还能够辅助改善须发早白，效果较好；

- **何首乌**：有补益精血、改善精血亏虚的作用，所以通常可以辅助治疗精血亏虚所引起的脱发，但需要坚持使用才能够有效；
- **枸杞子**：具有补肾益精，且养肝明目的作用，因此可以用于辅助治疗肾虚所引起的脱发。用枸杞泡水喝或者是炖汤的时候加入均可；
- **紫河车**：具有补精、养血、益气的功效，所以对于改善肾虚或气血不足所引起的脱发，均能够起到一定辅助缓解作用。

现代医学的制备技术使中药的分子越来越小，提纯工艺是中药更具有靶向性，效果也更为显著。例如运用中医的一些外用补肾生发的经验方剂，运用西医药工艺做成的参归生发酊：这种中成药通常是由人参、当归、冬虫夏草、骨碎补、丹参、红花、侧柏叶、丁香、何首乌等制作而成，有助于生发、缓解脱发，如果患者存在脂溢性秃发、斑秃、普秃等情况，也可以按医嘱外用参归生发酊。

另外，中医的脾胃为生发的后天之本，与西方功能医学中的慢性食物不耐受则不谋而合，有部分的非遗传性的头皮头发障碍的患者，仅仅通过食物不耐受的血液检查，对不耐受的食物进行半年的控制，就能解决发量问题。

有经验的中医医师在对于头皮状态和脱发的治疗上肯定是千人千面，一人一方，望闻问切的。要了解每一个人的身体特质以及脱发或者头皮问题的内在脏腑表现，内服外

用结合，外用上甚至运用西医中的超声波物化，使中药配方分子化，能让头皮和发质更好的吸收。

更为主动和积极的方法，是运用中医治未病的概念，了解患者以及患者的外在环境尤为重要，能更好的切断环境荷尔蒙对人体的损害。减少人工合成物在人体的摄入，及时纠正饮食结构和生活习惯。

治未病的做法其实非常适合SPA和养生中心，可以对头皮与头发相对应的经络和穴位来制定一些理疗方案。头为诸阳之会，阳经都在头面部穿行，例如常用牛角木梳梳头，另外按摩四神聪，百会穴，风池穴等。下述内容可供参考。

- **三阴交穴**：三阴交穴位于小腿内侧，内踝尖上三寸，胫骨内缘侧后际。三阴交穴具有补益肝肾、调补阴阳的作用，临床上主要适用于治疗遗精、阳痿、早泄、月经不调等病症，还可以改善脱发的症状。
- **风池穴**：风池穴位于颈后区，枕骨下，胸锁乳突肌上端与斜方肌上端之间的凹陷处。风池穴具有疏风清热、醒脑安神、平肝熄风的作用，主要适用于治疗头痛、目眩、耳鸣、耳聋、咽喉肿痛等病症，还可以改善脱发的症状。
- **百会穴**：百会穴位于头部，前发际正中直上5寸，或两耳尖连线的中点处。百会穴具有升阳举陷、醒脑开窍、宁心安神的作用，主要适用于治疗头痛、眩晕、失眠等病症，还可以改善脱发的症状。
- **神庭穴**：神庭穴位于头部前发际正中直上0.5寸，或两耳尖连线的中点处。神庭穴具有醒神开窍、宁心安神的作用，主要适用于治疗失眠、健忘、眩晕等病症，还可以改善脱发的症状。
- **足三里穴**：足三里穴位于小腿外侧，犊鼻穴下3寸，胫骨前嵴外1横指处。足三里穴具有补中益气、健脾和胃、调理气血的作用，主要适用于治疗脾胃虚弱、消化不良、腹胀、腹泻等病症，还可以改善脱发的症状。

当然头皮和发量的问题并不是一朝一夕，在改善的过程中也会有周期性。头皮相关的养护项目，可以是一个非常好的SPA项目，专业的头皮按摩手法，纯植物无副作用的草本护理产品，以及能宁心安神的舒缓的环境，是专业SPA或者健康管理中心的先天固定优势。

但不要忘记，专业化的问诊和对头皮毛发问题的判断选择，才是核心竞争力，而中医药的下沉式介入，将助力于健康周边产业的腾飞。相信未来会有更多的中医专业医师将不再居庙堂之高坐诊行医，而响应市场需求处江湖之远普惠大众需求。



# Traditional Chinese Medicine Discusses Scalp Health

**From the perspective of traditional Chinese medicine's theory of preventive care, the maintenance and improvement of the scalp and hair can be an excellent spa project. By TCM Doctor Dai Jiongjie explains**

Recently, there has been talk about the increasing trend of hair loss at a younger age in China, and people have asked me for my opinion. In fact, the trend of hair loss becoming more prevalent at a younger age in China can be summarized in just a few words: “unexpected yet within reason.”

“Unexpected” because, genetically and nutritionally, the hair quality and quantity of the Han Chinese, an Asian ethnic group, are far superior to other ethnicities. In the age group of 20 to 39, only 5% of Asians experience hair loss, while the proportion for Europeans is 26%. In the 40 to 59 age group, 21% of Asians experience hair loss, compared to 50% for Europeans. In the age group of 60 and above, only 43% of Asians experience hair loss, while the proportion for Europeans rises to 68%.

“Within reason” refers to the noticeable changes in the lifestyle and diet of Chinese youth. Factors such as staying up late, alco-

hol consumption, hair dyeing, medication, and overwork, as well as external factors like spending too much time on smartphones, contribute to this trend. According to the 2019 survey by the National Health Commission of China, over 250 million people in China suffer from hair loss, with an average of one in six individuals experiencing hair loss, including approximately 163 million men and 88 million women. Data from the Chinese Medical Association shows that nearly 60% of people start experiencing hair loss before the age of 25, and nearly 84% before the age of 30, indicating an increasing trend toward a younger age of onset. As we enter 2024, the situation is likely to continue deteriorating.

From the perspective of modern medical theory, hair loss is closely related to genetics, dietary preferences, and changes in hormonal environments. Applying one of the core principles of traditional Chinese medicine,

the “holistic view,” the health of the scalp and hair reflects issues with the overall health of the body.

*The Yellow Emperor's Inner Canon* states, “Hair is the surplus of blood, and the essence of the kidneys resides in the hair.” In modern times, many young people engage in high-stress work during the day and relieve stress at night through late-night snacks and alcohol consumption. Their diet mainly consists of takeout, often rich in oils, salts, and artificial additives. This disrupts the balance of the spleen and stomach, leading to dampness and phlegm accumulation, affecting the spleen's ability to regulate blood. Consequently, hair loses its nourishment, becoming dry and brittle, and the scalp experiences an imbalance of oil and water, leading to clogged hair follicles.

Excessive hair styling, improper use of hair products, chemical carcinogens penetrating the scalp, prolonged use of electronic devices



leading to addiction and excessive ionizing radiation, all contribute to disruptions in the hormonal environment regulated by the hypothalamus and pituitary gland. According to traditional Chinese medicine, the head, being the meeting point of all yang channels, suffers from insufficient yang qi, leading to decreased nourishment of the essence and the scalp. This results in sparse hair growth, weak hair, and increased susceptibility to shedding, even causing allergic itching.

So, how does traditional Chinese medicine diagnose and treat common scalp and hair problems?

Traditional Chinese medicine emphasizes the importance of the liver, kidneys, spleen, and stomach in maintaining hair health. The spleen and stomach are considered the source of Qi and blood production, influencing the luster, growth, and shedding of hair. The kidneys are the root of vitality, responsible for nourishing the brain and bones. The liver governs blood storage and hair growth.

In summary, the condition of the hair is closely related to the functions of the liver, kidneys, spleen, and stomach. The state of hair growth reflects the strength or weakness of these four organs. Therefore, by observing a person's hair, traditional Chinese medicine can provide insights into their overall health.

Another core concept in traditional Chinese medicine is "pattern differentiation and treatment." Therefore, issues such as hair loss or scalp problems cannot be viewed as localized ailments but should be approached with a holistic mindset. Analyzing the location of

hair loss or graying on the scalp, using the six-channel differentiation in traditional Chinese medicine, helps identify the root cause and guides treatment.

Here's a small tip for everyone: the forehead corresponds to the Yangming stomach and large intestine; the sides of the head correspond to the Taiyin heart and spleen; the occipital region corresponds to the Taiyang bladder; the crown of the head is associated with the Jueyin liver, and the entire head corresponds to the Shaoyin kidney. By examining the channels associated with different parts of the head, we can easily understand which internal organs are weakening.

When spas and wellness centers take care of the scalp and hair, they can apply the above theory to propose corresponding therapeutic plans. It is recommended to use specific herbs in tea and food as complementary dietary therapy. The following commonly used herbs can be considered:

- **Danggui (Chinese Angelica):** Sweet and warm in nature, nourishes blood and promotes blood circulation. It is often used in traditional Chinese medicine to assist in treating dizziness, premature graying, and hair loss caused by blood deficiency.
- **Shudi (Prepared Rehmannia):** Has the function of nourishing Yin and blood. It can improve lumbago and knee weakness caused by liver and kidney Yin deficiency, making it effective in assisting the treatment of hair loss and premature graying.
- **Heshouwu (Polygonum Multiflorum):** Benefits essence and blood, improves blood

deficiency, and is commonly used to assist in treating hair loss caused by deficiency of essence and blood. It needs consistent use for effectiveness.

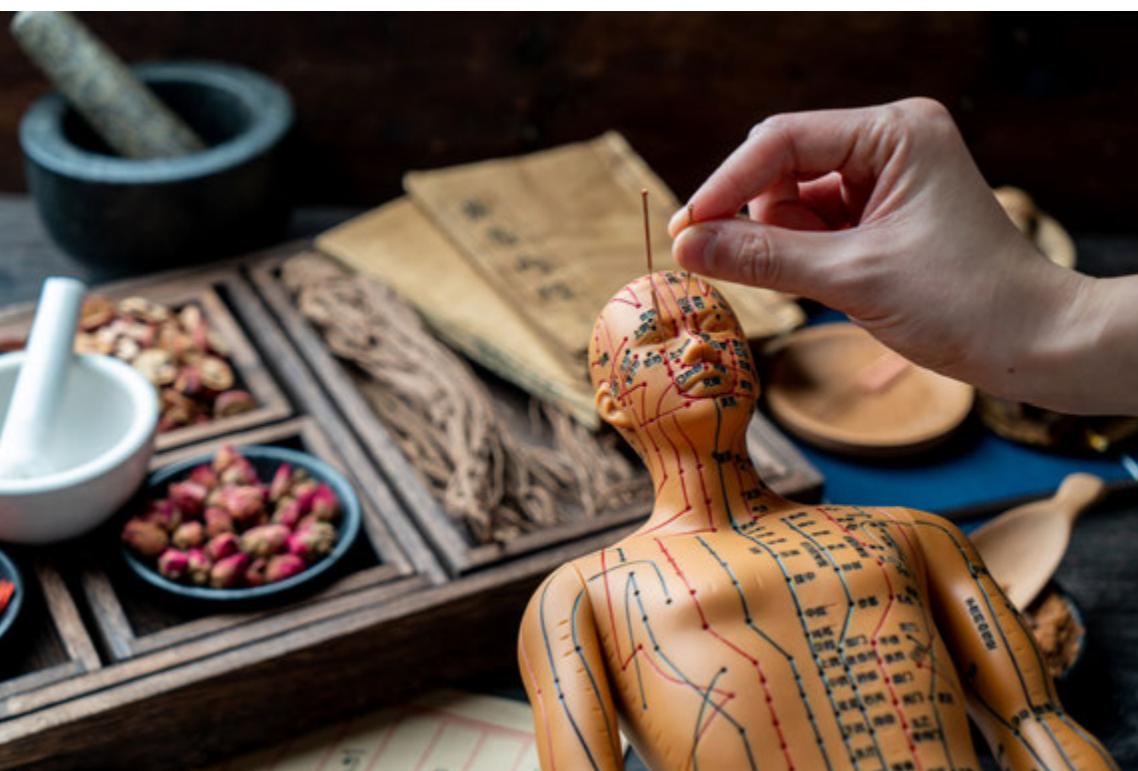
- **Gouqizi (Goji Berry):** Tonifies the kidney and nourishes essence, and also benefits the liver and improves vision. Therefore, it can be used to assist in treating hair loss caused by kidney deficiency. It can be consumed as a tea or added to soups.
- **Ziheche (Purple River Car):** Has the effects of tonifying essence, nourishing blood, and benefiting Qi. It is helpful in improving hair loss caused by kidney deficiency or insufficient Qi and blood.

Modern medical techniques have made traditional Chinese medicine more and more targeted, enhancing their effectiveness. For example, applying the experience of external kidney-nourishing hair growth formulas in traditional Chinese medicine, a hair growth tincture can be prepared using Western pharmaceutical techniques. This type of medicine typically includes ingredients like ginseng, Chinese Angelica, Cordyceps, Eucommia bark, Salvia, safflower, Chinese Cypress leaves, cloves, and Polygonum Multiflorum. It aids in hair growth and alleviates hair loss. In cases of conditions like seborrheic alopecia, alopecia areata, and common baldness, external application of the tincture can be recommended under medical advice.

Furthermore, the emphasis in traditional Chinese medicine on the spleen and stomach as the foundation of hair growth aligns with the concept of chronic food intolerance in Western functional medicine. For some non-genetic scalp and hair disorders, controlling and adjusting the diet based on blood tests for food intolerance for six months can resolve issues related to hair volume.

Experienced traditional Chinese medicine practitioners adopt a personalized approach for treating scalp conditions and hair loss, considering each individual's body characteristics and the internal organ manifestations of hair or scalp issues. Combining internal and external treatments, and even using ultrasound materialization from Western medicine, allows for better absorption of traditional Chinese medicine formulas by the scalp and hair.

A more proactive and positive approach involves applying the concept of preventive care in traditional Chinese medicine. Under-



standing the patient and their external environment is crucial to better cut off the harm of environmental hormones to the body. Reducing the intake of synthetic substances in the body and timely correcting dietary structure and lifestyle habits are essential.

The practice of preventive care is well-suited for spas and wellness centers. They can develop therapeutic plans based on the meridians and acupoints corresponding to the scalp and hair. As the head is the meeting point of all yang channels, practices such as using a horn comb for hair, along with massaging acupoints like Sishencong, Baihui, and Fengchi, can be considered. The following content can serve as a reference.

**Sanyinjiao Acupoint:** Located on the inner side of the lower leg, three inches above the tip of the inner ankle, behind the inner border of the shinbone. Sanyinjiao acupoint has the function of nourishing the liver and kidneys, regulating Yin and Yang. It is mainly used in clinical practice to treat conditions such as nocturnal emission, impotence, premature ejaculation, irregular menstruation, and can also improve symptoms of hair loss.

**Fengchi Acupoint:** Located in the back of the neck, below the occipital bone, in the depression between the upper end of the sternocleidomastoid muscle and the upper end of the trapezius muscle. Fengchi acupoint has the functions of dispelling wind, clearing heat, awakening the mind, calming the liver, and

extinguishing wind. It is primarily used to treat conditions such as headaches, dizziness, tinnitus, deafness, and throat swelling, and can also improve symptoms of hair loss.

**Baihui Acupoint:** Located on the head, directly above the center of the front hairline, 5 inches straight up, or at the midpoint of the line connecting both ear tips. Baihui acupoint has the functions of raising Yang, lifting sunken conditions, awakening the mind, and calming the spirit. It is mainly used to treat conditions such as headaches, dizziness, and insomnia, and can also improve symptoms of hair loss.

**Shenting Acupoint:** Located on the head, directly above the center of the front hairline, 0.5 inches straight up, or at the midpoint of the line connecting both ear tips. Shenting acupoint has the functions of awakening the mind, opening the orifices, calming the mind, and calming the spirit. It is mainly used to treat conditions such as insomnia, forgetfulness, dizziness, and can also improve symptoms of hair loss.

**Zusanli Acupoint:** Located on the outer side of the lower leg, 3 inches below the Duiyin acupoint, and one horizontal finger's breadth from the anterior crest of the shinbone. Zusanli acupoint has the functions of tonifying the middle, benefiting Qi, invigorating the spleen and stomach, and regulating Qi and blood. It is mainly used to treat conditions such as spleen and stomach weakness, indigestion, abdominal distension, diarrhea, and can also improve symptoms of hair loss.

Of course, scalp and hair problems are not resolved overnight, and improvement may involve periodic cycles. Scalp-related care can be an excellent spa project, utilizing professional scalp massage techniques, herbal care products with no side effects, and a soothing environment that calms the mind. These are inherent advantages for professional spas or health management centers.

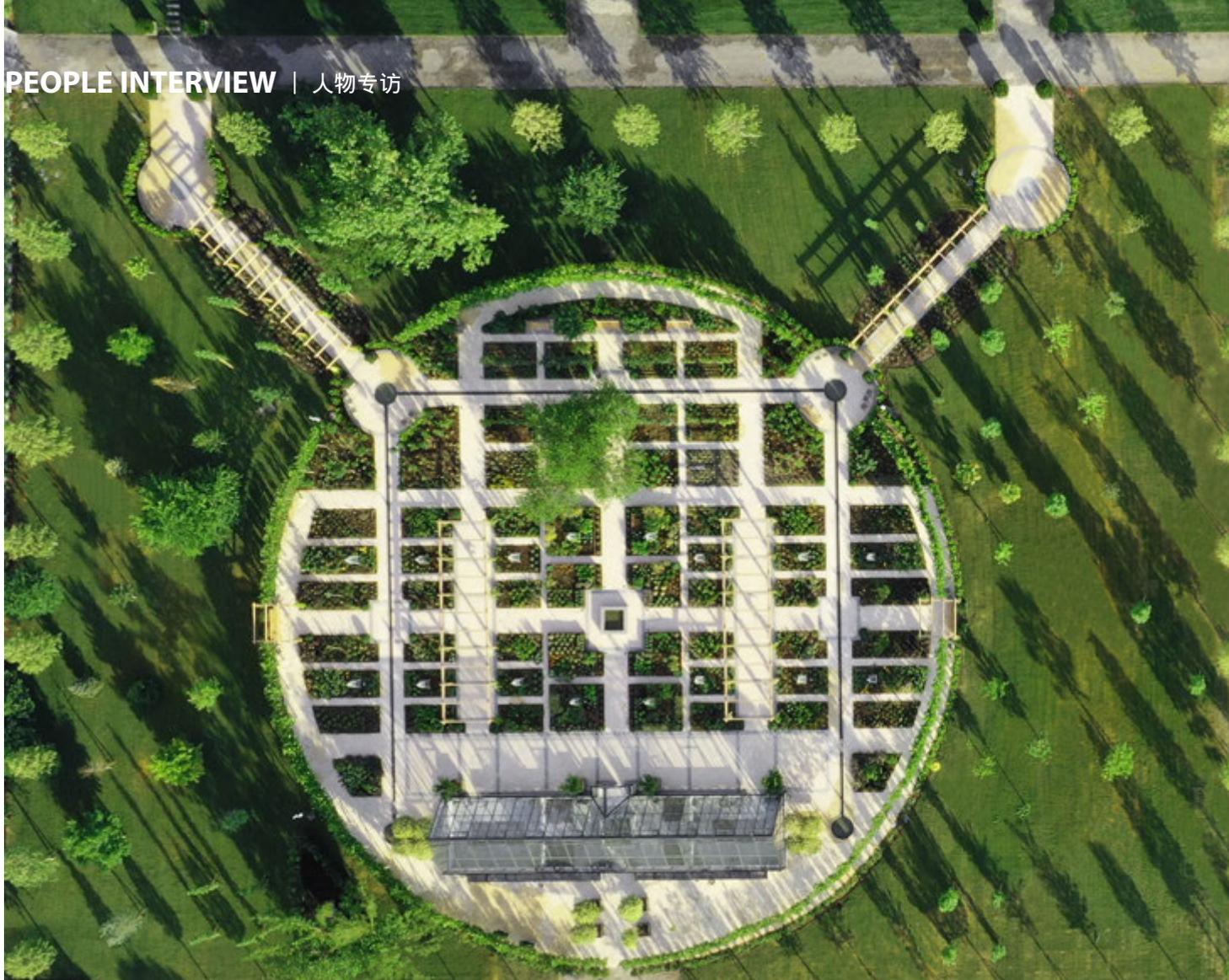
However, it's important not to forget that professional diagnosis and judgment of scalp and hair problems are the core competencies. The intervention of traditional Chinese medicine will contribute to the growth of the health-related industries. It's believed that in the future, more traditional Chinese medicine professionals will not only practice in high temples but will respond to market demand, making their expertise more accessible to the general public.



**戴炯捷 Dai Jiongjie**

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

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



# 可持续持久美丽

意大利Davines大卫尼斯集团董事长Davide Bollati先生认为，可持续性是一个长久和成功业务的关键，尊重地球和其居民将会是公司的永久课题和目标

“我们如何能立即着手开始塑造一个不同的未来呢？而不是只是纸上谈兵。于是，我们致力于深度整合美丽和再生有机农业，改善地球土壤，提供可持续的环保的美发护发和护肤产品，” Davines大卫尼斯集团董事长Davide Bollati先生说。

Davines大卫尼斯集团由Bollati家族于1983年在意大利帕尔马成立，至今50年，最初起步的时候是一个研究实验室，为世界知名化妆品公司生产高端的头发和皮肤护理产品。

“在经过十年的专业技能磨练后，我们开始为专业美发沙龙专门生产我们自己品牌的Davines大卫尼斯护发产品，1996年成立了为高端专业SPA提供护肤服务的【舒适地带】护肤品牌，在2012年进一步扩展，推出了专注于有效改善肌肤和抗衰老等系列，” Davide说，“如今我们在90多个国家拥有国际业务，拥有一个多元的、超



过1000名员工的全球化团队，在纽约、伦敦、巴黎、墨西哥城、德文特（荷兰）、香港、上海，以及杜塞尔多夫都开设了分公司。”2023年，集团年度销售额超过2.63亿欧元，比2022年增长了14%。其中纽约销量居首，其次是母国意大利。

Davide Bollati先生在美国法利格·迪金森大学获得药学硕士学位，在美容科学方面有深入的研究。1992年，他在国际化妆品公

司积累了经验后，作为第二代接班人，加入了家族集团。他素来以强烈的社会责任心和商业道德，强调并坚持对可持续性承诺、要求团队不断对产品创新，并以全球视野，领导着品牌的国际化与全球业务增长。

带着“可持续美丽”的愿景，将先进的化学技术与对环境和社会的尊重相结合，令企业在全美可持续测评标准B Corps认证中屡次成功，并于2023年12月取得了123.5的高分，而该年度全球范围内的平均分数为94.7，其中美容行业的平均分为93.8分。

Davines大卫尼斯集团50年来成功的关键和其独特的强项，是对产品质量的细致关注，对美和卓越的追求，典型的“意大利制造”品味和文化、全球影响力，最重要的是公司的激励核心价值观，将人、地球和社区置于一切工作的核心位置。“没有可持续性，就没有美丽；这是我们每一个项目的两个核心指导理念——从配方到设计、伦理



大卫尼斯集团村  
Davines Group Village



【舒适地带】面部SPA护理空间  
[comfort zone] FACE SPACe



大卫尼斯Heart of Glass洗发水和  
Circle Chronicles发膜  
Heart of Glass Shampoo and  
The Circle Chronicles hair masks from Davines



大卫尼斯集团村  
Davines Group Village

和客户。” Davide解释说。SpaChina采访了他，了解更多关于“Davines大卫尼斯集团的世界”。

2018年，大卫尼斯集团村开业，揭开了“Carta Etica”的“新绽放”。您能告诉我们更多关于Carta Etica的信息吗？

Carta Etica初期是一份由集团员工与一位哲学家一同在2005年起草的员工手册，它包含了有关工作道德行为的建议，以保障所有人的生活质量更好。这份文件是分享我们价值观的起点，至今仍然启发着我们日常的选择。到2018年，我们的集团变得更大，许多人加入了我们，带来了他们自己的价值观、愿景和文化。因此，我们决定起草我们的Carta Etica的新版本“新绽放”，作为一个展现企业文化、规范道德准则的现代员工手册，这是对我们集团的演变和对企业DNA的具体表达。

在集团总部里，你能看到我们的员工在工作的时候能同时享用米其林品质食堂提供的美食和饮品，能自由选择集团的各个空间区域，室内室外任意一处工作，并常常参加由集团组织的各项运动与活动，得以保持良好的精神状态，拥有良好的创造力和工作热情，把工作看作是日常良好的生活方式中的有意义的一部分来生活。我自己是个喜欢

美食的人，我希望我的员工们也能每天吃到好吃的东西，充满幸福感地生活。

您能否介绍一下大卫尼斯集团村及其建筑理念吗？

Davines大卫尼斯集团村于2018年开业，位于帕尔马郊外，是我们的总部。这个建筑项目由MTLC的Matteo Thun和Luca Colombo设计，展示了我们公司的价值观：美丽、可持续性和幸福。

在77,000平方米的区域，建筑群占地约11,000平方米，包括办公、培训、研究与创新实验室、生产车间和仓库空间。结构以“家”为出发点，以当代方式重新诠释了传统意大利房屋的原型，强调了我们的家族根源。

公司生活的核心是一个位于复合体中心的大型玻璃建筑结构：一个明亮的“温室”，现代轻盈的建筑风格，这是一个生活与工作的共同空间，也是公司餐厅和酒吧的所在地。

Davines大卫尼斯集团的灵魂，则通过其深层次的价值组成得以表达和传递：这个建筑项目是它的象征，它关注的是那些在这里工作的人的幸福，并代表着伦理和美学共存。

集团村的绿色区域由del Buono Gazerwitz景观建筑设计。其中最重要的部分是科学花园，是我们的露天实验室，也是个多样化的

植物园，展示了来自世界各地的植物，代表了我们是国际品牌和社区，展示出文化的丰富性和多样性。大自然不仅激发了我们的科学研究，也促进了内在的探索，提供了给员工在每天的工作日常中与大自然深度接触的可能性和一种幸福感。

我们还会欢迎来自各地的参观访问者，让他们通过了解我们的“可持续美丽”愿景来产生对社会责任共鸣，哪怕只是对他们有一点一滴的影响，对地球和人类来说都是有所贡献的。

您提到科学花园是一个露天实验室，它是用来做什么的，如何融入您们集团的SPA院线产品【舒适地带】研发和创新中的？

科学花园是一个面积为3,000平方米的绿色空间，由不同的植物类别组成：医学花园、香味花园、色彩花园和香水花园。它就在我们的研究与创新实验室前方，以启发我们的研究人员开发新的有效和可持续的配方。同时还有一个温室，以便种植不适合意大利气候但对实验室研究有用的植物。

在我们的科学家中，植物研究主管Simon Jackson博士利用他30年的经验选择植物，同时支持内部由Eve Merinville管理的研发、由EROC研究总监Dario Fornara指导的根



美丽成长项目提升了人们对再生农业的认知  
Grow Beautiful Campaign creating awareness around regenerative agriculture



WE STAND/ for regeneration再生固体洗发沐浴露，  
含再生农业萃取的葎草精华  
WE STAND/ for regeneration solid Hair & Body wash  
with yarrow extract from regenerative agriculture



大卫尼斯More Inside造型系列  
Some product from More Inside styling range of Davines

据再生有机农业原则进行的种植。

以产品举例就是【舒适地带】的Sublime Skin Serum天然胶原解决方案，是我们在全球市场的畅销产品之一，其中包含再生有机农业的Achillea Millefolium提取物，临床证明可使胶原蛋白产生+35%，这个百分比是通过对外48小时后对成纤维细胞的测试结果所显示的数字。这种植物成分的效力也体现在Sublime Skin面部护理中，因其提拉和紧致效果而极受欢迎。

**Davines大卫尼斯护发产品的最新项目是什么，能与我们的读者分享一下吗？**

我们认为可持续性、功效性、以及对身体和头发的关爱是一种责任。因此致力于在研究和创新中尽最大努力，从天然成分中创造出有效的配方和优质产品，找到最佳的解决方案。

去年，我们决定更加关注头皮及其微生物群的健康，这源于对头皮微生物群与整体头发健康之间复杂而深刻关系的不断了解。我们的护发品牌Davines大卫尼斯一直走在这一运动的前沿，引入了2021年的创新解决方案，如作为我们专门针对头皮的产品系列Elevating的一部分的活性成分的微生物增强剂——自然科技线。此外，我们将先进的策略整合到我们的微生物增强剂中，例如包

含后生物。后生物源自细菌发酵，增强了皮肤屏障的完整性，为常见的头皮问题提供缓解，同时加强对外部侵害因素的保护。

2021年，我们与罗代尔研究所合作，在集团村前成立了EROO(欧洲再生有机中心)，这是欧洲第一个关于再生有机农业的研究和培训中心。这一举措反映了我们致力于投资研究新的根据再生有机农业原则栽培的成分的承诺。我们现在在做的，和未来要继续致力于的，是维护生物多样性，并研究我们产品供应链中的新成分。目标是在未来10年内将100种再生有机农业成分纳入我们产品、护肤品和护发品的配方中去。

**集团还参与了其他可持续性贡献吗？**

我们已经日益全面和综合地参与可持续性工作16年，进一步证明了我们自2016年起成为B Corps的认证是名至实归的。我们已经连续两年实现了与塑料银行的合作，为推向市场的每种塑料包装产品去除了等量的塑料。

关于未来项目，我们将在EROO建立一套农业光伏系统，将再生农业生产与光伏发电结合在同一块土地上。于此同时，我们将能够量化太阳能电池板对土壤质量和植物质量的影响，以及它们对农业生态系统微气候的影响。

**您如何看待行业中获得“B Corps”认证的公司未来？**

我们希望在未来几年看到B Corps认证不仅在美容行业，而且在其他业务领域的增长。我们意识到，追求可持续性完全不是个容易的选择，这可能会使许多企业感到沮丧。但是如今，在一个日益充满挑战的全球和社会环境中，这是确保下一代拥有美好未来的唯一选择。

我们坚持这一目标带来的益处也显而易见，我们的生态设计是有意识选择和偏好的关键元素之一。这一切对我们的专业合作伙伴来讲非常具有吸引力，我们也看到了消费者的积极配合和支持。当然，所有人追求的都是效果，因此，产品功效也是最重要的环节。

作为B Corps认证美容联盟的创始成员之一，我们坚信合作胜过竞争。该联盟现在包括近90家国际公司，目标是通过在美容行业内分享专业知识和最佳实践，来推广和改进可持续标准。

我们别无选择，将尽力确保过渡到一个再生经济模式。然而，只有当越来越多的公共和私营实体以及个人公民合作达到一个共同的目标时，长久的、可持续的积极变革才能发生。



# There Can be No Beauty without Sustainability

**Interview with Mr. Davide Bollati, Chairman and Owner of Davines Group, who considers sustainability to be the key for a long-lasting and successful business, respectful of the planet and of its inhabitants**

“How do we begin to grow a different future now? We are committed to taking climate action by deeply integrating beauty and regenerative organic agriculture to heal our planet’s soil,” says Mr. Davide Bollati, Chairman of Davines Group.

Founded in Parma, Italy in 1983 by the Bollati Family, Davines Group started as a research laboratory, producing high-end hair and skin care products for renowned cosmetics companies worldwide.

“After a decade of honing our expertise, we began creating our own brand of Davines hair care products exclusively for salons, and in 1996 founded [ comfort zone ] skin care for premier day and destination Spas. Our skin care offer was further expanded in 2012 when we launched the / skin regimen / focused on skin longevity,” Davide said.

“In 2016 we became a certified B Corp and today we have an international presence in more than 90 countries with a multicultural staff. In addition to our headquarters – the Davines Group Village in Parma – we have offices in New York, London, Paris, Mexico

City, Deventer (Netherlands), Hong Kong, Shanghai and we recently inaugurated our Davines office in Düsseldorf”. In 2023 the Davines Group closed the year with a consolidated turnover of more than 263 million euros, up 14% compared to 2022.”

Mr. Davide Bollati graduated in Pharmacy with a Master’s degree in Cosmetic Sciences at Farleigh Dickinson University in the United States. In 1992, after gaining experience with international companies in the cosmetics sector, he joined the Davines Group. Today he leads the company with a strong commitment to ethics and sustainability, product innovation and international business growth.

His vision of Sustainable Beauty – a combination of cutting-edge chemistry and respect for the environment and society, successfully led the Group to become a B Corporation in 2016. The Group recently obtained its second B Corp recertification, in December 2023, with a remarkable score of 123.5. This score is higher than the average scores recorded in last year’s certifications, which globally stand at 94.7 and do not exceed 93.8 points in the beauty sector.

Key and distinctive traits of the Davines Group approach are meticulous attention to quality, the search for beauty and excellence, a typical ‘made in Italy’ taste and culture, global reach, and most of all the company’s inspiring core values, which put people, planet, and community at the heart of everything.

Davide explained that “There cannot be Beauty without Sustainability; these are the two guiding concepts for each of our projects – from formulation to design, to ethics and customers.”

SpaChina interviewed him, to learn more about “Davines Group World”.

***In 2018, the Davines Group Village opened, and the “New blooming” of the “Carta Etica” was unveiled. Could you tell us more about Carta Etica?***

Our first Carta Etica was drafted in 2005 by Davines Group’s employees with the contribution of a philosopher and it contained proposals for ethical behavior at work to guarantee a better quality of life for all. This document was the starting point to share our value system,



Naturaltech 净化磨砂洗发水  
Naturaltech - Detoxifying Scrub Shampoo



Naturaltech 养生护发素，适用于所有发质  
Naturaltech - Well-being Conditioner for all hair types



【舒适地带】紧致抗皱微雕精华  
[comfort zone] SUBLIME SKIN Intensive Serum



Essential 护发洗发水  
Essential Haircare shampoos



Naturaltech 活力系列，针对脆弱和稀疏秀发  
Naturaltech - Energizing line for fragile and thinning hair

which inspired – and still inspires – our daily choices. By 2018 our Group had become bigger and many people had joined us, bringing their own values, vision and culture. We thus decided to draft a “New Blooming” of our Carta Etica, which we consider an evolution of the previous one and a concrete expression of the DNA of our company.

In the headquarters of our company, you can see our employees enjoying gourmet food and beverages provided by the Michelin-quality cafeteria while they work. They have the freedom to choose any space within the company’s premises, indoors or outdoors, to work, and they often participate in various sports and activities organized by the company, maintaining a good mental state. This enables them to possess a strong sense of creativity and enthusiasm for work, viewing work as a meaningful part of their daily lives. Personally, I am someone who enjoys good food, and I hope my employees can also eat well every day and live a fulfilling life.

**Could you tell us more about Davines Group Village and its architectural concept?**

The Davines Group Village, inaugurated in 2018, is our headquarters, just outside of Parma. The architectural project was designed by Matteo Thun and Luca Colombo at MTL. It demonstrates our company values: beauty, sustainability and well-being.

Over an area of 77,000 square meters, the building complex covers about 11,000 square meters and includes spaces dedicated to offices,

training, the Research and Innovation laboratory, production plant and warehouse. Developed with the starting point of the concept of “home,” the structure of the Village reinterprets the archetypes of traditional Italian houses in a contemporary way, emphasizing our family roots.

The beating heart of corporate life is a large glass structure located in the center of the complex: a luminous “greenhouse” distinguished by modern and light architecture. This is a co-working space, home to the company bistro and restaurant.

The soul of Davines Group is expressed through its profound value component. The virtuous architectural project that has materialized is its emblem; focuses on the well-being of those who work here and wants to represent a place where ethics and aesthetics coexist in harmonious balance.

The green areas of the Davines Group Village were designed by del Buono Gazerwitz landscape architecture. Among them, the most important is the Scientific Garden, our open-air lab, surrounded by an Arboretum, a selection of plants from all over the world representing our international community so that the cultural richness and diversity of Davines Group can be symbolically displayed in the Village. Nature inspires our scientific research as well as facilitates the inner research as well, offering the possibility of deep contact with nature and a feeling of well-being.

We also welcome visitors from all over, allowing them to resonate with our vision of

“Sustainable Beauty” by understanding our commitment to social responsibility. Even if it’s just a small impact on them, it contributes to the well-being of the planet and humanity.

**You mentioned that the Scientific Garden is an open-air lab. What is it for and how is it integrated into your [comfort zone] R&I activities?**

The Scientific Garden is an area of 3,000 m<sup>2</sup> and a diameter of about 60 meters with different botanical categories: the Medical Garden, the Garden of Aromas, the Garden of Colors and the Garden of Perfumes. It is right in front of our R&I laboratory to inspire our researchers in developing new effective and sustainable formulas and also includes a Greenhouse, designed and built in England in order to grow species unsuitable for the Emilian climate but functional for laboratory research.

Among our scientists, Dr. Simon Jackson, Head of Botanical Research, leverages his 30 years of experience to select the plants which can be more beneficial for our innovations and supports therefore both the internal R&D managed by Eve Merinville and the cultivation according to the regenerative organic agriculture principles guided by Dario Fornara, the EROC Research Director.

The most important incarnation of this approach is our Sublime Skin Serum, the natural-filler solution proposed by [comfort zone] and a best seller in all our markets, which includes the extract of Achillea Millefolium from regen-



erative organic agriculture, clinically proven to boost collagen production by +35%\* (\*In vitro test after 48 hours on Fibroblasts). The potency of this botanical ingredient is also in the Sublime Skin facial, extremely popular for its lift and firm effect.

**What is the latest project for Davines hair care, and could you share the most recommended products to our readers?**

We feel sustainability, performance and care of the body and the hair is a responsibility. We are committed to do our best, in research and innovation, to find solutions to create effective formulations and quality products from natural ingredients.

Last year we decided upon an increasing focus on scalp and on its microbiome health, which stems from a growing understanding of the intricate and profound relationship between the scalp's microbiota and overall hair health. With our haircare brand Davines we've been at the forefront of this movement, introducing innovative solutions like the Microbiotic booster in 2021 as an active ingredient part of our Elevating – family of products dedicated to scalp – inside the Naturaltech line. Furthermore, we have integrated advanced strategies into our Microbiotic Booster, such as the inclusion of postbiotics. Derived from bacterial fermentation, postbiotics enhance the skin barrier's integrity, providing relief from common scalp issues and fortifying protection against external aggressors.

In 2021 we founded, in partnership with Rodale Institute, the EROC (European Regenerative Organic Center) in front of the Davines Group Village in Parma, which is the first European Hub for research and training on regenerative organic agriculture.

This initiative reflects our commitment to investing in the study of new ingredients cultivated according to practices that positively impact soil health.

Moreover, we will continue to work on safeguarding biodiversity and researching new ingredients for our supply chain. Our goal is to incorporate 100 ingredients from regenerative organic agriculture into the formulas of our products, skincare and haircare, within the next 10 years.

**Are there any other sustainable contributions in which Davines Group has been involved?**

We have been committed to sustainability for over 16 years with growing, increasingly holistic and integrated engagement, further evidenced by the certification as a B Corp company in 2016. We recently obtained our second B Corp recertification with a score of 123.5, significantly higher than the average in our industry in 2023, which did not exceed 93.8 points.

Our approach to sustainability derives from our purpose: to do our best for the world, creating good life for all, through beauty, ethics and sustainability. This commitment is carried out through three main areas of interest:

environment, society, and governance. With specific regard to the environment, our strategy is based on four key pillars which guide our choices: decarbonization, circularity, biodiversity and we recently added water.

For instance, in 2022, we signed our commitment with the Science Based Targets initiative, with the goal of achieving Net Zero emissions no later than 2050. And in 2023, for the second consecutive year, thanks to our collaboration with Plastic Bank, we removed an equivalent amount of plastic from the environment for every plastic-packaged product we introduce to the market.

As per the incoming projects, we will build an agrivoltaic system in EROC to combine regenerative agriculture production and power generation by photovoltaics on the same land. At the same time, we'll be able to quantify how soil quality and plant quality will be affected by the presence of solar panels and their effects on the agroecosystem microclimate.

**How do you see the future of B Corps in the industry?**

Our hope is that we'll see, in the next years, a growth of B Corps not only in the beauty industry but also in other business sectors.

We are aware that pursuing sustainability is often not the easiest choice and that this may discourage many companies. However, today it is the only possible choice to ensure a future for the next generations in an increasingly challenging global and social context.

Our business approach with a purpose is extremely appealing for our professional partners and we see a positive trend also from consumers. The search is of course for efficacy, but we consider our eco-design a key element in the conscious selections and preferences.

As a B Corp, we strongly believe in cooperation over competition, and for this reason, in January 2022, we were among the founders of the B Corp Beauty Coalition, which now includes almost 90 companies internationally. The aim of this coalition is to promote and improve sustainable standards through the sharing of know-how and best practices within the beauty industry.

We have no other choice but to do our best to ensure the transition to a regenerative economic model. However, long-lasting, and sustainable positive change can only occur when an ever-increasing number of public and private entities, as well as individual citizens, collaborate towards a common goal. In my opinion, this willingness and desire to collaborate are essential for anyone looking to be a part of this change.

# 流光精粹 钻石美丝

深度了解德国夏瑞丝SHAZAY品牌革命性的钻石精萃滤技术，  
专访创始人兼首席执行官Sabine Babel女士

SHAZAY，来自于德国，旨在革新美发产品行业并重新定义高品质产品的标准。创始人CEO Sabine Babel女士对自己的事业充满热情，多年在化妆品领域的经验和实践，令她发现一个问题：很多产品都存在营销过剩的问题，而产品品质不能够相匹配。

于是，渴望变革的Sabine一开始就充满创意地将SHAZAY构想成一款改变游戏规则的产品，她将焦点从成分转向化妆品必须的基本要素“水”。80%的水构成了产品的基础，成为SHAZAY突破性发丝化妆品的基石，这一重要决定带来了创新和功效的承诺。

“我们关注产品的功效，目标是开发和生产高质量、奢华且值得信赖的产品，并

始终与我们的客户们密切合作。从产品最初的构想到市场准备，产品的研发周期超过了一年，涵盖了产品概念化、测试、生产和产品的获准上市。” Sabine的目标是非常明确的，令SHAZAY执着于完美。

“SHAZAY不仅仅是一个品牌，它代表了一个家庭。” Sabine的激情不仅延伸到产品开发，且贯穿于为品牌注入生命的紧密团队。在企业和个人生活中，员工不仅仅是员

工，而是SHAZAY家族里不可或缺的成员，以透明度、可靠性、诚实和信任为核心的价值观是品牌的基石，同时也定义了与商业合作伙伴和客户的可信赖关系。

SpaChina采访了Sabine Babel女士，以了解更多关于SHAZAY的相关内容。

**钻石精萃过滤技术在护发中带来了哪些具体的好处或创新？**

我们的焦点并不是追逐那些为了营销而添加的短暂“时髦”成分，而是放在主要成分上：水。

通常，护发产品的成分中超过80%是水。认识到这一点，我们感到有必要深入研究这个基础成分。原理很简单：水越纯净，护发产品中有价值的萃取物质和维生素就能



越有效地溶解并被输送到头皮和发丝。

经过详尽的研究，我们偶然发现了著名的Fraunhofer研究所的一项突破性创新，这个研究所已经在研究领域坚守了七十多年。通过与这个著名的研究所的合作，我们成功地开发了一种过滤技术。这一开创性技术产生超纯净水，就是优质护发产品的核心精华。这项德国技术因此成为了SHAZAY的核心——钻石精萃过滤，就是我们对最高品质护发的追求。

在德国，每升自来水中最多允许有10万个细菌，但传统的净化方法，如氯或渗透，会在去除杂质和细菌的同时，也去除了有价值的矿物质，而水的纯度对化妆品产品中活性成分的溶解能力至关重要。因此，诉诸传统解决方案是不可行的，我们的梦想是革新市场，高度纯净的水能增强营养成分的吸收和分布，提高产品功效。

我们的研究所的合作伙伴，则发现了一种镀钻电极技术，能促使水中产生臭氧，起到了水质保护剂的作用，消除杂质、细菌和病毒，而绝不影响有价值的矿物质和微量元素，这确保了获得纯净而富含营养的水用于我们的产品。

此外，使用经过钻石精萃过滤的水使我们只需使用少量产品，就可以达到相当好的效果，这是一种可持续性理念。SHAZAY坚持一种哲学，即“少即是多”。

**SHAZAY产品有何独特之处，这些特点如何能转化为对消费者在头发健康和造型方面的实际好处？**

SHAZAY拥有构成卓越护发体验基石的独特特点，包括：

**钻石精萃过滤水：**不仅增强了更高浓度活性成分的运输，还赋予头发更多的光泽、强度和明显更健康的外观。

**可持续的精华：**SHAZAY产品犹如精华，仅需少量即可使用。这不仅确保经济使用，而且符合环保实践。

**避免有害成分：**承诺不使用对羟基苯甲酸酯、硅油和微塑料的产品。通过避免这些物质，我们保证头发能得到最优质和健康自然的护理，避免硅油可以防止头发随时间变得沉重和扁平，而避免对羟基苯甲酸酯符合注重健康选择，防止潜在的致癌影响和激素紊乱。

**无微塑料配方：**对微塑料的抵制不仅限于个人健康。认识到对环境的影响，我们致力于减少资源浪费，并防止大量微塑料进入环境造成的环境损害。

**SHAZAY标志性香氛：**注入了薰衣草、广藿香和香草等特殊成分，提供一种

带有缓解压力、镇定和净化特性的感官体验。SHAZAY五星美发SPA通过高效的产品、豪华的香氛，合力展现出出色的效果，愉悦而放松。

**灵活的造型产品：**我们所有的造型产品都以其灵活的使用特性为特色，注重自然性并增强头发质感。SHAZAY风格选择确保了没有任何黏性，便于完美造型而不使头发干燥。

**健康关注：**作为第一个强调SPA、头皮和头发健康的美发品牌，SHAZAY在水疗中心、美发沙龙、美容院和酒店SPA中利用德国专利的钻石精萃技术和水。我们独特的五星头发SPA理念旨在将这种独特体验从专业护理到家用，弥合豪华沙龙护理和个人护理例行程序之间的鸿沟。



Sabine Babel

**SHAZAY如何处理其国际分销与市场覆盖和全球消费者的多样化需求与偏好？**

我们的出口业务在开始时采取了一种非传统的途径，最初并未将其国内市场放在首位。然而，很快我们就意识到“德国制造”的标签在国外有很大的价值，因为技术和品质都非常可靠。此外，在豪华发丝化妆品领域，家族企业相对稀缺，这使得SHAZAY在德国于全球竞争对手中脱颖而出。

以这种非传统的方法，SHAZAY开始了它的旅程，在疫情期间当然也经历了艰难的挑战。品牌现在已经将其业务扩展到中国、越南、埃及、希腊、法国、比荷卢、格鲁吉亚等国家。从与埃及最大的豪华美发沙龙连锁店、格鲁吉亚的药店连锁店的合作，到在越南胡志明市开设的品牌旗舰店，业务模式十分多样化。在每个国家都采用了与公司 and 团队独特动态相一致的战略。

满足不同市场需求是SHAZAY的首要任务。在保持核心产品一致性的同时，我们也认识到了提供定制解决方案的必要性。于是，我们为合作伙伴进行个性化产品开发，确保了能满足每个不同国家和市场的特定需求。

对于SHAZAY来说，重点不仅在于特定市场，还在于培养合作关系，兼容性和共享的价值观、规范的理念至关重要。目前，我们品牌在中国找到了一个出色而具高度激励性的合作伙伴，无缝的沟通和热情的合作推动了SHAZAY在该地区的成长。

我们目前已经与三家知名奢华酒店达成了合作伙伴关系，这是一个激动人心的开端。更多的合作伙伴关系正在酝酿中。这些尊贵合作伙伴能接受与我们的合作，充分证明了SHAZAY在全球市场上日益增长的覆盖率和品牌声誉。

**SHAZAY在中国奢华护发市场中预见到了哪些机遇和挑战，打算如何应对这些动态？**

在中国，我们发现专业奢华护发领域处于相对未开发的阶段，这既是机遇也是挑战。在品牌定位方面，需要更多的宣传和专业培训，SHAZAY通过最初瞄准高端酒店SPA市场来制定进入策略。

同时，我们计划与名人、意见领袖以及其他宣传途径合作，以提高品牌的曝光率，并向公众传达明确的品牌定位。在推动这些举措的过程中，我们与中国代理商繁英(香港)贸易有限公司紧密合作，建立了共识，令SHAZAY在中国拥有了独特的市场定位和方针。

最初，我们造访了香港和澳门各个五星级酒店水疗中心。与遵循严格标准的SPA和美发沙龙合作所带来的成就，令我们充满信心。SHAZAY已经准备好了和我们的战略伙伴一起，应对中国奢华护发市场的挑战。

**在与SPA合作将SHAZAY融入其健康和美容服务方面，是否有任何实际案例？**

目前，SHAZAY已经在澳门的文华东方酒店和美高梅酒店等著名的酒店SPA入驻。作为头皮护理解决方案，SHAZAY的产品和疗程，旨在为其提升服务增值和更多客户好评。

随着头皮护理、防脱发和维护意识的提高，针对不断变化的市场需求，SHAZAY已经着手在定制一些产品的配方，以与中国市场流行的独特特点和护发需求一致。

此外，SHAZAY也已经调整了其在国内市场的疗程流程和培训计划。这种战略调整是为了能确保更多客人能够参与并享受到SHAZAY在该地区各个SPA所提供的卓越美发服务。这种对定制和适应性的承诺，突显了SHAZAY在健康和美容行业与合作企业联手共进的态度，一切皆是为了为其客户提供无与伦比的体验，在获得好评的同时，为合作伙伴实现创收。



# Diamonds in the Flow

**Unveiling German SHAZAY's Revolutionary Diamond Filtered Hair Care Technology, Interview with Ms Sabine Babel, Founder and CEO of SHAZAY**

SHAZAY, originating from Germany, aims to revolutionize the hair care product industry and redefine the standards of high-quality products. The founder and CEO, Ms. Sabine Babel, is passionate about her career, with years of experience and practical knowledge in the cosmetics field. This led her to identify a problem: many products suffer from excessive marketing, while their quality fails to match up.

Eager for change, Sabine creatively envisioned SHAZAY as a game-changing product from the start. She shifted the focus from ingredients to the essential element for cosmetics – “water.” With 80% water forming the foundation of the products, it became the cornerstone of SHAZAY’s groundbreaking hair cosmetics, promising innovation and functional efficacy.

“Our focus is on the functionality and performance of our products. Our goal is to develop and manufacture high-quality, luxurious,

and reliable products – always in close consultation with our customers. The product development process from the initial idea of a product to market readiness typically spans at least 12 months. This development period includes product conceptualization, testing, production, and market approval of our products.” Sabine’s goal is crystal clear, making SHAZAY dedicated to perfection.

“SHAZAY is more than just a brand, it represents a family.” Sabine’s passion extends beyond product development to the tight-knit team that breathes life into the brand. In both corporate and private life, employees are integral members of the SHAZAY family. The core values of transparency, reliability, honesty, and trust serve as the foundation of the brand, defining trustworthy relationships with business partners and customers.

SpaChina interviewed Ms. Sabine Babel to learn more about SHAZAY.

***What specific benefits or innovations does the Diamond Filtered technology for SHAZAY bring to hair care, and how does it contribute to the overall effectiveness of your products?***

In the initial phases, our focus wasn’t on chasing after fleeting “trendy” ingredients that often serve more as marketing gimmicks than actual contributors to product efficacy. Instead, we honed in on the primary ingredient: water. Let me briefly elaborate on why we scrutinized this element so meticulously.

Typically, hair care products comprise over 80% water. Recognizing this, we felt compelled to delve deeper into this foundational component. The rationale is simple: the purer the water, the more effectively valuable extracts and vitamins from our hair care products can dissolve and be transported to the scalp and hair.

After exhaustive research, we stumbled



upon a groundbreaking innovation from the esteemed Fraunhofer Institute, a stalwart in research for over seven decades. Through a collaborative effort with this esteemed institute, we successfully developed a mobile diamond filter. This pioneering technology yields ultra-pure water – the core essence for premium hair care products. This German technology, grounded in precision and excellence, lies at the heart of SHAZAY – diamond filtered, our response to the pursuit of the highest quality and perfection in hair care.

In Germany, tap water is allowed to have up to 100,000 bacteria per liter, but traditional purification methods, such as chlorine or osmosis, not only remove impurities and bacteria but also valuable minerals. The purity of water is crucial for the solubility of active ingredients in cosmetic products. Therefore, resorting to traditional solutions is not feasible, and our dream is to revolutionize the market. Highly pure water enhances the absorption and distribution of valuable nutrients, thereby increasing product efficacy.

Thanks to the groundbreaking research by our partners at this esteemed institute, this

dream became a reality. Their discovery, a technology featuring diamond-coated electrodes, facilitates the generation of ozone in water. The ozone produced by our diamond filter acts as a protective agent, eliminating impurities, bacteria, and viruses without compromising the valuable minerals and trace elements. This ensures that we obtain pure and nutrient-rich water for our cosmetics.

Moreover, the use of diamond-filtered water allows us to use only a small amount of product, rendering our brand significantly more sustainable compared to others on the market. Crafted through this unique manufacturing process, our products become potent and effective essences. At SHAZAY, we adhere to the philosophy that less is often more – less product, but an incredible result.

***What sets SHAZAY's products apart to deliver an extraordinary hair care experience, and how do these distinctive features translate into tangible benefits for consumers in terms of both hair health and styling?***

SHAZAY boasts unique features that form the cornerstone of an exceptional hair care experience, including:

**Diamond-filtered water:** use of diamond-filtered water not only enhances the transportation of a significantly higher concentration of active ingredients but also bestows hair with increased shine, strength, and a visibly healthier appearance.

**Avoidance of harmful elements:** Our commitment extends to avoiding parabens, silicones, and microplastics in our products. By steering clear of these substances, we guarantee that your hair receives the finest care, maintaining its freshness in the long run. The avoidance of silicones prevents the hair from becoming heavy and flat over time, while the exclusion of parabens aligns with health-conscious choices, avoiding potential carcinogenic impact and hormonal disruptions.

**Sustainable essences:** SHAZAY products are crafted as sustainable essences, requiring only a minimal amount for application. This not only ensures economical use but also aligns with eco-friendly practices.

**Microplastic-free formulas:** The dedication to avoiding microplastics extends beyond personal well-being. Recognizing the environmental impact, we contribute to reducing resource wastage and preventing environmental damage caused by the large quantities of microplastics entering the environment.

**The SHAZAY signature fragrance:** infused with special ingredients like lavender, patchouli, and vanilla, our products offer a sensory experience with stress-relieving, calming, and purifying properties. Our daily 5-star hair spa by SHAZAY combines reliable products, luxurious scents, and outstanding results, providing relaxation, well-being, and a radiant appearance with each application.

**Flexible styling products:** All our styling products are characterized by their flexible use, focusing on naturalness and enhancing hair texture. The SHAZAY Style Selection ensures uncompromising and customizable hold without any stickiness, facilitating perfect styling without drying out the hair.

**Wellness focus:** As the first hair care brand to emphasize wellness for scalp and hair in spas, hair salons, beauty parlors, and hotels, SHAZAY utilizes German-patented technology. Our unique 5-star hair spa concept aims to bring this exclusive experience directly to your home, bridging the gap between luxury salon treatments and personal care routines.

**How does SHAZAY approach its international distribution and market coverage, considering the diverse needs and preferences of consumers globally? Can you shed light on the strategy behind this expansion and the observed responses so far?**

The inception of SHAZAY's foray into the export business took an unconventional route, initially not prioritizing its home country. However, the realization dawned swiftly that the 'Made in Germany' label carries substantial value abroad. Furthermore, in the luxury hair cosmetics segment, there's a noticeable scarcity of family-owned businesses, setting SHAZAY apart from the global players in Germany.

Embracing this unconventional approach, SHAZAY embarked on its journey, facing challenges during the pandemic period but triumphing over obstacles. The brand has now expanded its presence to countries including China, Vietnam, Egypt, Greece, France, Benelux, Georgia, and Germany. Partnerships are diverse, ranging from collaboration with the largest luxury hair salon chain in Egypt to operating a flagship store in Ho Chi Minh City, Vietnam, and partnering with a pharmacy chain in Georgia. Each country witnesses tailored strategies, aligned with the unique dynamics of the company and team in collaboration.

Addressing the diverse needs of varied markets is a priority for SHAZAY. While maintaining proven core products across different hair types, the brand acknowledges the necessity of offering customized solutions. Individual product development for partners ensures effective alignment with the specific requirements of each market.

For SHAZAY, the emphasis lies not just on specific markets but on fostering collaborative relationships. Compatibility and shared values, norms, and philosophies are crucial, especially when bridging large distances. The brand has been fortunate to find a fantastic and highly motivated partner in China, with seamless communication and enthusiastic collaboration driving the growth of SHAZAY in the region.

While details about the overarching strategy are guarded, we have already secured partnerships with three renowned luxury hotels, signaling the beginning of an exciting journey. More partnerships are in the pipeline, underlining the brand's commitment to growth. The involvement of such esteemed partners speaks



volumes about SHAZAY's burgeoning presence and reputation in the global market.

**What opportunities and challenges do you envision in the Chinese luxury hair care market, and how does SHAZAY intend to navigate these dynamics?**

In the context of China, we've identified that the professional luxury hair care segment is relatively untapped, presenting both exciting opportunities and specific challenges. The prime factor contributing to this scenario is the expansive terrain within the high-end market, necessitating heightened publicity and professional familiarization. In terms of brand positioning, SHAZAY strategizes its entry by initially targeting the high-end hotel SPA market.

Simultaneously, we plan to collaborate with celebrities, influencers, and other avenues for publicity and engagement to enhance brand visibility and communicate a clear brand positioning to the public. Facilitating these initiatives is our collaboration with the Chinese agent, Floral-U Trading Company Ltd. Following over six months of ongoing communication, mutual agreement has been established, aligning our shared understanding of brand impact and the operational capabilities of our agent. This collaboration has steered SHAZAY towards a distinct market positioning.

Our foray into the market involved visits to various five-star hotel spas in Hong Kong and Macau. The satisfaction derived from collaborations with spas and salons adhering to rigorous standards has fortified our confidence in the venture. Moving forward,

SHAZAY is poised to leverage these opportunities and tackle challenges in the Chinese luxury hair care market, underpinned by strategic partnerships and a clear understanding of market dynamics.

**Are there any actual cases of collaborating with spas to integrate SHAZAY products and treatments into their health and beauty services? How does SHAZAY envision collaboration?**

Currently, SHAZAY has established a presence in renowned hotel SPAs such as the Mandarin Oriental and MGM hotels in Macau. Positioned as a scalp care solution, SHAZAY's products and treatments aim to enhance the value of their services and garner more positive reviews.

With the increasing awareness of scalp care, hair loss prevention, and maintenance, SHAZAY has started customizing formulas for some products to align with the unique characteristics and hair care needs prevalent in the Chinese market.

Furthermore, SHAZAY has adjusted its treatment processes and training programs in the domestic market. This strategic adjustment ensures that a broader spectrum of guests can participate and enjoy the exceptional hair care services offered by SHAZAY in various SPAs across the region. This commitment to customization and adaptability highlights SHAZAY's collaborative approach in the health and beauty industry, aiming to provide unparalleled experiences for its customers, garner positive feedback, and generate revenue for its partners.

# Experience the Exceptional



  
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# 创新与演进

采访Laboratoire Sintyl首席执行官Alexandre Vacher先生，谈瑞士专业头皮&发丝养护品牌·菲丝卡佛

**自** 1974年以来，总部位于瑞士日内瓦的Laboratoire Sintyl一直以创新、开拓性研究、测试和生产、以及卓越的质量和安全性而闻名。其明星产品头皮和护发品牌菲丝卡佛十分具有针对性和创新性，它将特定的工作技术与最高质量的产品有效结合。

“对于那些决心从根本上改善头皮和头发状况的人来说，Physiocoiffeur菲丝卡佛能帮到他们许多。”Laboratoire Sintyl首席执行官Alexandre Vacher先生说，“溯源每个头皮问题，总是可以发现一些失衡状况，而菲丝卡佛就能在这种时候发挥作用，其植物成分、精油和按摩相结合的做法，使得头皮的疗愈成为了一种愉悦，让头发的健康和护理成为一种舒适的健康仪式。”SpaChina采访了Alexandre Vacher先生，以进一步了解菲丝卡佛头皮和护发类的产品和概念。

能向我们介绍一下菲丝卡佛的理念以及它的独特之处吗？

菲丝卡佛是以一种高度专业和熟练的方式，帮助头皮养护和护发专业人士来根据每位客户的特殊问题、状况和需求来进行治疗，同

时也有在家中使用的维护产品进行效果的强化和跟进。我们的理念就是：治疗所有的头皮问题，恢复头皮本身的自然平衡。

菲丝卡佛的成功基于以下几个关键点：

**优质：**产品由研究团队设计和测试，只使用植物、精油和天然提取物生产。

**产品与按摩的协同作用：**通过匹配两种或更多产品，可以获得增加精确度的定制混合物。这些产品与按摩技术相结合，能增加治疗的有效性。

**客户分析：**研究客户作为一个独特个体是有益的，也是必不可少的，因为这有助于理解需要我们产品的人。我们可以通过对皮肤问题的分析，也可以说是对客人身心细节的双重分析，制定出“分析表”，有助于从识别个人体征开始，了解特定的障碍、缺陷或瑕疵，并给予解决方案。

能详细解释一下微囊化植物干细胞提取物是如何促进头发的自然生长，和缓解头发衰老的吗？

请先让我解释一下植物干细胞提取物：每个干细胞都含有特定的表观遗传因子，其任务是保持干细胞的多能性和自我更新能

力。Laboratoire Sintyl的研究人员对植物干细胞进行了微囊化处理，这些干细胞来自稀有的瑞士苹果品种和其他植物，选取它们的原因是这些干细胞富含表观遗传因子和代谢产物，可以确保皮肤细胞的长寿，并延迟毛囊的衰老。

这是一种创新的治疗方法，满足头皮和头发的特定需求，对抗脱发迹象，并促进头发的自然生长。这种经过科学验证的配方可以对抗所有的毛发衰老迹象，增强和加强头发。它因其优异的保存性而非常有名，使用正确的方式，它们对皮肤干细胞的活力和其正常功能产生积极影响，以促进头发的自然生长。

菲丝卡佛的产品有什么特别之处？

我们可以从以下四个角度分享其独特之处：

**高效配方：**经过科学验证的配方，含有高浓度的不同种类的植物干细胞，微囊化以增强其效果。

**微囊化技术：**高浓度干细胞的微囊化，以最大限度地发挥干细胞在促进头发自然生长方面的作用。

**显著效果：**与对照组相比，使用14天后，



Alexandre Vacher

体外培养的毛囊中的毛发生长率增加了58%。

**简便愉悦的体验：**这个强化发根的方案包括一个毛发精华素增强剂和7个毛发滋养活化液。混合两种液体，并配合按摩手法，就能给到客户有效、简便易行、愉悦的头部SPA体验。

产品本身的功效有预防脱发，对抗头发所有衰老迹象，增强、刺激头发的自然生长，并具有保护性的抗自由基作用，防止天然头发色素的氧化，保持头发自然光泽。

**您如何看待全球头发和头皮护理的最新趋势？市场上现在有更多的参与者吗？**

确实，对头发和头皮护理的关注已经加强，越来越多的人寻求既有美学效果又有健康改善的解决方案。Physiocoiffeur菲丝卡佛的方法是立足于先进的毛发学、个性化护理和天然成分的协同作用，将我们置于这种转变的前沿。随着市场的发展和演变，我们不断创新，确保我们的产品和治疗满足客户不断变化的需求，加强我们对头发健康和美丽的承诺。我观察到了以下4个趋势：

**整体头皮健康：**这符合全球对头发护理更全面的趋势，其中头皮的健康至关重要。我们的创新产品和治疗方案专门设计用于滋

养头皮，恢复其平衡，解决敏感、干燥和多油等问题。将头皮健康作为头发美丽的基础，是客人们越来越欣赏并寻求的东西。

**强调天然成分：**作为对全球向天然和可持续产品转变的回应，我们一直处于前沿，利用高品质的天然成分，既对头发又对环境友好。我们致力于生产皮肤科测试的、瑞士制造的治疗方案，这表明我们对安全性、有效性和可持续性的承诺，这一承诺与今天注重生态的消费者共鸣。

**定制头发和头皮护理：**我们在毛发学领域的专业知识使我们能够创建定制的方案，解决特定的问题，无论是管理头皮屑、恢复稀疏的头发还是恢复暗淡无光的头发。这种定制化的方法已经成为我们品牌的基石，在越来越重视个性化的市场中使我们脱颖而出。

**家居护理的进步：**随着最近向家居美容日常的转变，Physiocoiffeur菲丝卡佛扩大了产品范围，包括允许消费者在家中舒适享受专业级的头发和头皮护理的产品。从我们的头皮精华到我们的焕发洗发水和护发素，提供了一切必要的产品，可以在家居保持沙龙级的效果。

新品牌的进入以及现有品牌对头发和头皮护理市场的扩张反映了这一领域的日益重要。自1974年以来，拥有丰富历史的Physiocoiffeur菲丝卡佛，以及我们在产品开发和治疗技术上不断创新的传统，使我们在这一扩张过程中始终处于领先地位，并成为值得信赖的名字。对质量、创新和客户满意度的承诺确保我们不仅跟上市场趋势，且经常引领市场趋势，为我们的客户和合作伙伴提供无与伦比的头发和头皮护理解决方案。

**你们的客户档案是什么？主要客户是谁？你们如何定义Physiocoiffeur的用户？**

我们的用户是多样化的，但他们共享一个共同的愿望，那就是安全、有效、并且基于科学研究的头发和头皮护理产品。他们欣赏我们的产品提供的奢华体验，以及瑞士品质和创新的保证。

起初，我们的客户主要是那些头皮状况不佳、深受头皮屑、油性头皮、脱发等困扰的人，他们迫切希望找到一种自然改善状况的解决方案。如今，我们的客户群已经扩大，包括年轻客户和美容爱好者，他们对美容和健康趋势充满热情，并始终寻找高品质、创新的产品。

**中国的SPA通常缺乏头发和头皮护理方面的知识。您认为通过接受Physiocoiffeur的支持，他们能够专注并做好这方面的工作吗？您对他们进入头发和头皮护理有什么建议？**

通过与Physiocoiffeur合作，中国的SPA们可以自信地进入头发和头皮护理领域，为他们的客户提供更多元化的健康护理服务。我们对质量、创新和教育的承诺，确保Spa能够满足对整体头发和头皮健康解决方案日益增长的需求，在健康产业中脱颖而出。

推荐的起始方案：

**头皮分析和治疗方案：**从我们的头皮分析方法开始。正确的诊断是基础。

**头皮去角质：**我们温和、排毒的去角质治疗旨在去除杂质，清洁头皮多余的皮脂和头皮屑，并恢复头皮的生理平衡。

**头皮洗发水：**精心配制，含有天然活性成分，以应对各种头皮问题，提供个性化的清洁解决方案，促进头皮的健康和平衡。

**头皮爽肤水：**维持头皮的pH平衡对于保护皮肤、确保头皮屏障功能完好以及保持头发健康、光泽和强壮至关重要。

**头皮精华素：**针对不同头皮状况的定制精油混合物，提供奢华、感官的治疗体验。

我们的专业团队能够提供先进的培训，帮助SPA成为头皮专家，从而扩展业务内容并增强客户忠诚度。

**你们现在全球的业务覆盖范围是怎么样的？**

除了瑞士以外，Physiocoiffeur菲丝卡佛在全球12个国家的美发店、诊所和SPA中都有销售。我们在选择经销商和销售点合作时非常谨慎，以确保他们认同品牌的价值。

我们也相当看好中国。作为在中国生活过的人，这个美好的国家永远在我的心中占有特殊的地位。我们与中国团队合作的方法是以合作、沟通和文化理解为中心。我个人致力于为品牌在中国的发展做出贡献，因为这是我们的战略的一部分。

# Innovation and Evolution

Interview with Mr. Alexandre Vacher, the CEO of Laboratoire Sintyl



Since 1974, Laboratoire Sintyl, headquartered in Geneva, Switzerland, has been synonymous with innovation, pioneering research, testing and production, and excellent quality and safety. Physiocoiffeur is a targeted and innovative system that combines specific working techniques with a complete range of the highest-quality products. Physiocoiffeur is a critical concept for those determined to improve their scalp and hair conditions and to eradicate not only the symptoms but also their fundamental causes.

At the root of every problem, there is always an imbalance, which is where Physiocoiffeur goes into action. The plant ingredients, essential oils, and massages make the treatments as pleasant and engaging for those who receive

them as they are for those who give them. The health and treatment of one's hair can become a genuine ritual for wellbeing. The Physiocoiffeur concept is rooted in the receiver's awareness and is characterized by the specific nature of each treatment to achieve optimum results.

SpaChina interviewed Mr Alexandre Vacher, the CEO of Laboratoire Sintyl, to learn more about Physiocoiffeur's evolution intensive product and concept.

**Could you please introduce to our SpaChina readers the concept of PHYSIOCOIFFEUR®, and what makes it successful?**

PHYSIOCOIFFEUR® is a highly professional and skilled method that allows haircare professionals to treat every client according to their

own special needs and problems while also allowing clients to “follow up” at home using maintenance products. The aim of this method is as simple as it is pioneering: treat all scalp concerns to restore the scalp's natural balance.

The success of PHYSIOCOIFFEUR® is based on a few key concepts below:

**Optimum-quality:** Our products are designed and tested by our team of researchers and produced using plants, essential oils, and natural extracts.

**Synergy between the products and massages:** By matching two or more products, a customised blend with increased precision can be obtained. The products, when combined with massage techniques, increase the effectiveness of the treatments.

**Client analysis:** Studying the client as a unique individual is rewarding but also essential for understanding the person to be treated. It leads to an analysis not only of the imperfections and problems related to the skin but, more generally, of the physical and psychological imbalances that may be present. Drawing up the “analysis sheet” establishes a personal relationship, which is useful for getting to know the dynamics causing the physiological discomfort. Identifying an individual's mor-



phology generates an awareness, starting with the somatic features, of specific dysfunctions, defects, or blemishes.

**Could you explain more about how the Micro-encapsulated Plant Stem-Cell extracts promote natural hair growth and fight the signs of hair aging?**

Plant Stem-cell extracts: Every stem cell contains specific epigenetic factors whose task is to preserve the stem cells' multi-potency and its ability to self-renew. Laboratoire Sintyl researchers encapsulated the plant stem cells, derived from a rare Swiss apple variety and other plants, selected for their efficacy on hair

growth. These stem cells are rich in epigenetic factors and metabolites, which ensures the longevity of skin cells while also delaying the senescence of hair follicles.

This is an innovative treatment that meets the specific needs of the scalp and hair to fight against hair loss and promote natural hair growth. A scientifically-proven formula that fights all the signs of capillary aging, intensifies and strengthens the hair. It is very famous for its excellent storability without shriveling. Applied in the right way, they have a positive impact on the vitality of skin stem cells and their proper functioning, to promote natural hair growth.

**What makes this product special and unique?**

We can share its uniqueness from these 4 angles:

**Efficient formula:** scientifically proven formula with high concentrations of different kinds of Swiss stem cells, microencapsulated in order to boost their efficacy.

**Technology:** Micro-encapsulation of high concentrated stem-cells to take the best advantage of stem-cells in boosting natural hair growth.

**Visible results:** +58% more growth of hair shafts VS control after 14 days of use, in vitro study on cultured hair follicles.

**Method of use:** This intensive hair boosting program consists of one Capillary serum booster and 7 Capillary revitalizing fortifying fluid. By mixing the 2 liquids using a syringe extractor, clients would have a pleasant DIY experience.

Product benefits including prevention of hair-loss, acts on all sign of hair aging, strengthens the hair, stimulates natural hair growth, and a protective anti-free-radical action to prevent the oxidation of natural hair pigments, with preserves the natural brightness of the hair.

**What are the latest trends you see for hair and scalp care worldwide? Do people care for their hair and scalp more than before? Does the market now have more players?**

Indeed, the attention to hair and scalp care has intensified, with more individuals seeking solutions that offer both aesthetic benefits and health improvements. Physiocoiffeur's approach – grounded in the synergy of advanced trichology, personalized care, and natural ingredients – places us at the forefront of this shift. As the market grows and evolves, we continue to innovate, ensuring that our products and treatments meet the changing needs of our clients, reinforcing our commitment to their hair's health and beauty. Here are the 4 trends I have observed:

**Holistic scalp health:** At Physiocoiffeur, we've always championed the philosophy that beautiful hair starts with a healthy scalp. This aligns with the global trend towards a more holistic approach to hair care, where the scalp's well-being is paramount. Our innovative products and treatments are specifically designed to nurture the scalp, restoring its balance and addressing issues like sensitivity, dry-



ness, and excess oil production. This focus on scalp health as the foundation of hair beauty is something our customers increasingly appreciate and seek out.

**Emphasis on natural ingredients:** In response to the worldwide shift towards natural and sustainable products, Physiocoiffeur has been at the forefront, utilizing high-quality, natural ingredients that are kind to both hair and environment. Our commitment to producing dermatologically tested, Swiss-manufactured treatments underscores our dedication to safety, efficacy, and sustainability—a commitment that resonates with today's eco-conscious consumers.

**Customized hair and scalp care:** Understanding the unique nature of each individual's hair and scalp needs, Physiocoiffeur offers personalized treatments and products. Our expertise in trichology – the study of hair and scalp health – enables us to create customized solutions that address specific concerns, whether it's managing dandruff, restoring thinning hair, or revitalizing dull, lifeless locks. This bespoke approach has become a cornerstone of our brand, distinguishing us in a market that increasingly values personalization.

**Advancements in home care:** With the recent shift towards at-home beauty routines, Physiocoiffeur has expanded our range to include products that allow consumers to enjoy professional-grade hair and scalp care in the comfort of their homes. From our scalp serums to our rejuvenating shampoos and condition-

ers, we provide everything needed to maintain salon-quality results between visits.

The entry of new brands and the expansion of existing ones into the hair and scalp care market reflect the growing importance of this segment. Physiocoiffeur, with our rich history since 1974 and our continuous innovation in product development and treatment techniques, remains a leading and trusted name amid this expansion. Our dedication to quality, innovation, and customer satisfaction ensures that we not only keep pace with market trends but often set them, offering our clients and partners unparalleled hair and scalp care solutions.

**How do you define Physiocoiffeur's users?**

Physiocoiffeur's users are diverse, yet they share a common desire for hair and scalp care products that are safe, effective, and grounded in scientific research. They appreciate the luxurious experience our products provide, backed by the assurance of Swiss quality and innovation.

At the beginning we were the mostly chosen by have clients who were struggling with their scalp condition and were deeply affected by dandruff, oily scalp, hair-loss, etc, desperate to find a solution to naturally improve their condition. Nowadays, our customer base has expanded, with younger customers and beauty enthusiasts, who are passionate about beauty and wellness trends and are always on the lookout for high-quality, innovative products.

**Usually Spas in China (both hotel spas and day spas) lack knowledge of hair and scalp treatment. What is your advice for them to step into the treatment of hair and scalp?**

By partnering with Physiocoiffeur, spas in China can confidently step into the realm of hair and scalp care, offering their clients an expanded portfolio of wellness treatments. Our commitment to quality, innovation, and education ensures that spas are well-equipped to meet the growing demand for holistic hair and scalp wellness solutions, setting them apart in the wellness industry.

**Recommended starter protocol:** Scalp Analysis and Treatment Protocols: Begin with our scalp analysis methodology. A proper diagnostic is fundamental.

**Scalp peeling:** our gentle, detoxifying peeling treatment is designed to remove impurities, cleanse the scalp of excess sebum and dandruff, and restore the physiological balance of the scalp.

**Scalp shampoos:** meticulously formulated with natural active ingredients to address various scalp conditions, they offer personalized cleansing solutions that promote the health and balance of the scalp.

**Scalp lotions:** Maintaining the scalp's pH balance is crucial for protecting the skin, ensuring the scalp's barrier function remains intact, and keeping hair healthy, shiny, and strong.

**Scalp serums:** Tailored essential oil blends for different scalp conditions, perfect for a luxurious, sensory treatment experience.

Our team of professionals are able to provide advanced training and help you become a scalp specialist, allowing you to expand your spa services and reinforce customer loyalty.

**What's your business coverage now worldwide?**

Outside of Switzerland, Physiocoiffeur is present in salons, clinics and spas of 12 countries worldwide. We are extremely selective with distributors and point of sales willing to cooperate, in order to ensure they embrace the brand's value.

We are also looking forward to expanding more in China. Having lived myself in China, this wonderful country will always have a special place in my heart. Our approach to working with our China team is centered on collaboration, communication, and cultural understanding. I am personally committed to contribute to the brand's development in China, as it is part of our strategy.



# THE DATAI

LANGKAWI

## THE LUXURY TO BE YOUR NATURAL SELF

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### THE MYSTICAL THE DATAI LANGKAWI

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# 探究奥本源 细胞外囊泡 再生科技

专访广州奥泌科技有限公司 (FICOSOS奥本源),  
联合创始人赵京东先生

**衰**老的产生就是细胞的老化。要说到如何给细胞“减龄”，补充营养，提升活力，达到抗衰老目的，那不得不提近两年开始进入到大家视线的奥本源细胞外囊泡科技，通过补充的500多种蛋白因子来滋养、修复肌肤细胞，让细胞“返老还童”，堪称有“逆生长”的效果。

奥本源细胞外囊泡科技产品名称叫FICOSOS奥本源肌因赋活精华，源自细胞实验室技术而研发的无细胞疗法，其核心技术与在迪拜、欧美明星风靡的再生迭代疗法一样，都属于无细胞疗法，归属于间充质干细胞源细胞外囊泡科技在再生领域的应用范畴。

“奥本源细胞外囊泡科技运用国际顶尖

的3D悬浮式培养技术，优选高活、稳定、安全、有效的细胞外囊泡科技成分，达到优越的细胞新生效果”，FICOSOS奥本源所属的广州奥泌科技有限公司联合创始人赵京东先生说，SpaChina采访了他。

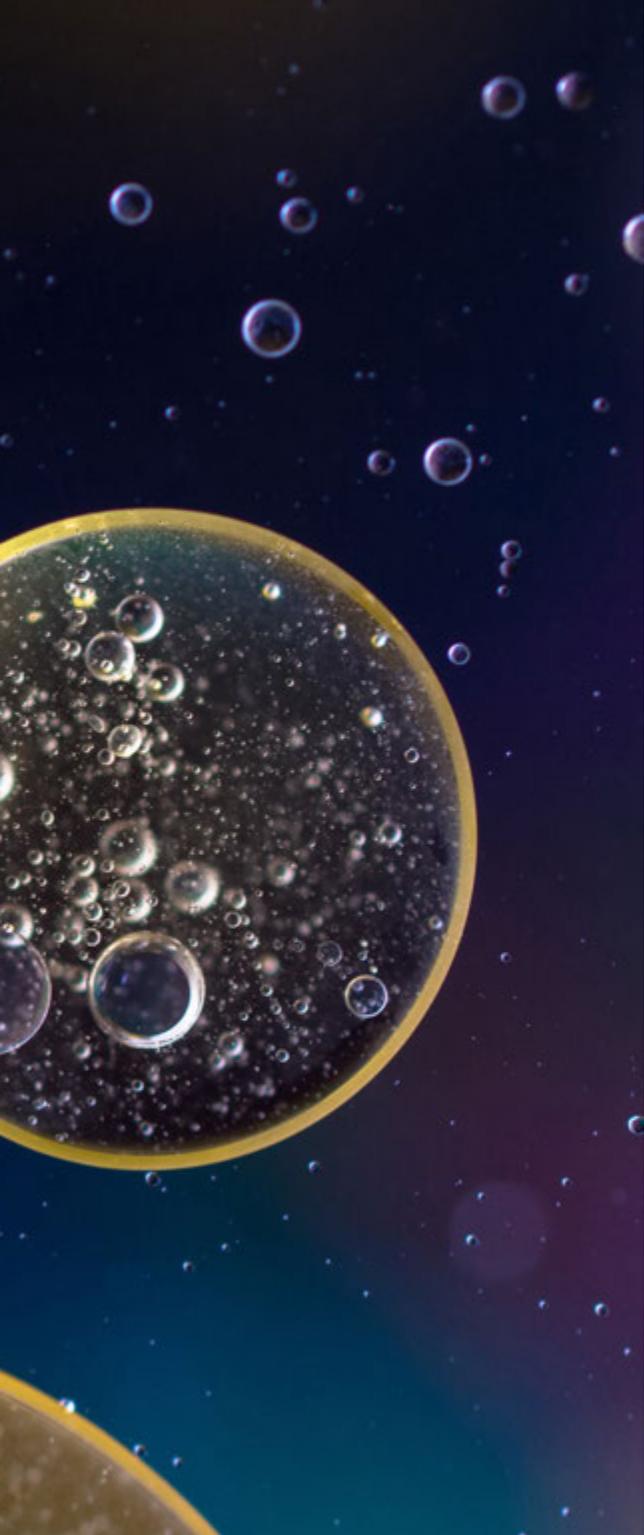
“细胞外囊泡科技”这个词十分陌生，请跟我们具体解释一下。

美国顶级网红、42岁的娱乐圈顶流名媛金·卡戴珊 (Kim Kardashian) 去年年底在她的社交媒体上分享了自己维持青春常驻的美容秘诀“细胞外囊泡科技”。

她在自己的社交媒体上透露，自己喜欢激光治疗与细胞外囊泡科技的面部组合项目。还发布了一段视频，显示自己正在接受比佛利山整形外科医生Ashkan Ghavami博士

的激光治疗。她本人还在视频中解释，激光的主要目的是去除晒伤与晒斑，而重点是此后使用的“细胞外囊泡科技”技术，用以进一步恢复皮肤细胞的正常功能，让皮肤逆转时光的侵袭。视频能看到她在激光术后，全脸和颈部都覆盖了一层细胞外囊泡科技产品物质。

2023年6月，美国坎贝尔大学等研究团队在行业专业期刊Plast Reconstr Surg Glob Open (整形外科学术) 上发表了题为The Potential Role of Exosomes in Aesthetic Plastic Surgery: A Review of Current Literature (外泌体在美容整形手术中的潜在作用) 的综述报告。该研究报告表明，对抗衰老的持续渴望推动了非手术美容方式的需求与快速普及。在过去的十年当中，细胞外囊泡科技作为一



Zhao Jingdong

通过减少肿瘤坏死因子 $\alpha$  (TNF- $\alpha$ )等炎症标志物,同时上调TGF- $\beta$ 与组织抑制剂来保护细胞免受UV-B的损伤。以上这些机制进一步导致成纤维细胞衰老的逆转,胶原蛋白I、弹性蛋白与纤连蛋白的产生上调,且能够减少胶原蛋白III的表达。

此外,评估局部细胞外囊泡与非手术面部治疗结合的研究显示出协同效应,该研究报告表明,跟单独使用微针相比,局部细胞外囊泡与面部微针相结合能够产生更好的皮肤质量、纹理、色调、血管分布、清晰度,且患者的总体满意度更高。因此,细胞外囊泡科技在这几年就开始逐渐进入医疗美容行业,且越来越多的临床成功案例让使用者着迷,让医生们欣喜。

### 请跟我们叙述一下,细胞外囊泡是以什么机制来改善脱发的?

众所周知,毛发的生长跟毛囊的健康脱不开干系,毛囊是一种复杂的微小器官,在毛囊生长周期的不同阶段,位于毛囊基部的真皮乳头(DP)细胞都会发送信号,使毛囊保持休眠或启动生长。然而,对于男性脱发者中比例最高的雄激素性脱发人群来讲,其DP细胞功能异常,这意味着原本休止期的毛囊久久收不到信号。

其实在头皮上出现秃头的地方,毛囊并不会消失,而是会缩小,医学上称这个过程为“毛囊微小化”,如地中海的特征,就是头旋为中心出现毛囊萎缩,头发出现细软塌的表征,并且呈现弥漫性发展。因此,如果能够在这些部位重新恢复DP细胞的活力,那么“休眠”的毛囊就有可能焕发生机、恢复生长。其次,细胞外囊泡科技还具有恢复头皮健康“土壤”环境的重要功能,因此对比其他疗法,效果可维持更长时间。

种局部、可皮下给产品的解决方案,尤其受到了关注,因为证实其具有再生特性以及对伤口愈合、疤痕修饰,以及毛发生长的潜在作用。

在关于美容外科中的应用部分,该研究报告谈到皮肤老化是一种复杂的机制,涉及内在与外在的过程,其临床表现为表皮与真皮的厚度减少、细纹加深、色素沉着、毛孔扩大,以及软组织弹性减弱。即便皮肤衰老是由多因素所造成的,但一个关键因素是至关重要的,那就是细胞的衰老,比如角质形成细胞、成纤维细胞与黑素细胞。

于是,细胞外囊泡科技这种通过刺激纤维细胞的增殖与迁移的工作机制,引起了科研团队的兴趣,UV-B光老化模型的体外与体内研究表明,细胞外囊泡科技技术可以



细胞外囊泡科技是一种细胞外囊泡,其富含多种具有治疗潜力的活性物质,研究证实,细胞外囊泡科技在毛发再生、氧化应激、伤口愈合、特异性皮炎等皮肤病治疗领域均显示出卓越的潜力,且多项研究已进入临床阶段。

来自美国北卡罗来纳州立大学分子生物学科学系与比较医学研究所的研究团队在《Science Advances》发表了一篇标题为“Dermal exosomes containing miR-218-5p promote hair regeneration by regulating  $\beta$ -catenin signaling”的研究论文,表明了头发再生的关键存在于囊泡的miRNA中,可通过调节 $\beta$ -catenin信号激活DP细胞,进而促进毛发再生。

因为细胞外囊泡科技技术项目具有非药物依赖性、生物相容性高、副作用小等众多优点,在可见的未来里,将会成为治疗脱发的一种新型且有效的方式。

### 那么女性也能通过细胞外囊泡来改善头皮细胞状态是吧?

这是当然的。目前全球经济状况不佳,社会竞争压力加剧,无论男女,脱发者只会增无减。因此,以细胞外囊泡科技为主的再生医学的代表——奥本源,其奥本源毛囊细胞/毛发再生综合解决方案,无论男女,都能从细胞层面对细胞进行修复和再生,得以达到头皮抗衰的目标。

我们可以从各项数据看到,全球范围的脱发人群的年轻化趋势已成,甚至连女性也不能幸免,在有脱发困扰的人群当中,女性占比已经高达35%,脱发不再是只有男性操心的事。女性脱发对颜值的危害要比男性脱发更大,因此一定要了解一下脱发严重的原因,提前做好准备。原因在我看来囊括了

列因素，供参考：

**过度减肥：**如果在减肥期间不注意饮食营养的均衡，就有可能导致体内营养元素缺乏，出现脱发的状况。

**进入更年期：**更年期的身体机能的衰退速度会不断加快，同时，身体的代谢能力还会加速下降，内分泌失常，进而出现不少掉发严重的现象。

**频繁烫染头发：**无论是染发剂还是烫发剂，都含有化学成分。这类成分接触到头皮之后，会直接伤害毛囊细胞，导致脱发问题发生。

**压力大：**现代社会的“内卷”特别严重，处处都是竞争，无论男女，如果长期处于精神压力大、情绪紧张的环境，就会出现大量掉头发的状况。

**熬夜：**长期的熬夜会影响身体的生物钟，进而影响激素和内分泌失调，脱发也就随之而来。

**怀孕和产后：**孕期和产后期是女性脱发的高发期，因为体内激素水平会发生剧烈的变化，尤其是雌激素的水平大幅增加，会导致毛发的生长周期变短，休止期变长，增加脱发概率。

过往的防脱生发治疗方法，往往都存在不同的限制性、体验感差、恢复期长、见效慢、副作用大等问题，以致于脱发这个“头顶大事”一直到现代都没有很好的解决方案，无论脱发者，还是防脱生发行业，都急

需一项突破性方案。

而奥本源毛囊细胞/毛发再生综合解决方案从脱发根源入手，在治疗原理上革新了思路，以头皮全细胞“再生”为核心，同步解决脱发再生、固发防脱、稀疏细软加密加粗、头皮环境改善的问题，治标也治本，真正革新了效果、治疗方式、体验感，突破目前所有疗法的局限性，指引了未来防脱生发的主流趋势。

#### FICOSOS奥本源细胞外囊泡科技安全么？

安全。因为奥本源“细胞外囊泡科技”的有效成分是与人体免疫系统同源化的，无排异反应，安全系数极高。只需配合中胚层的临床治疗，利用滚针及纳米微晶等微创和无创导入技术，进行无细胞疗法项目的开展。

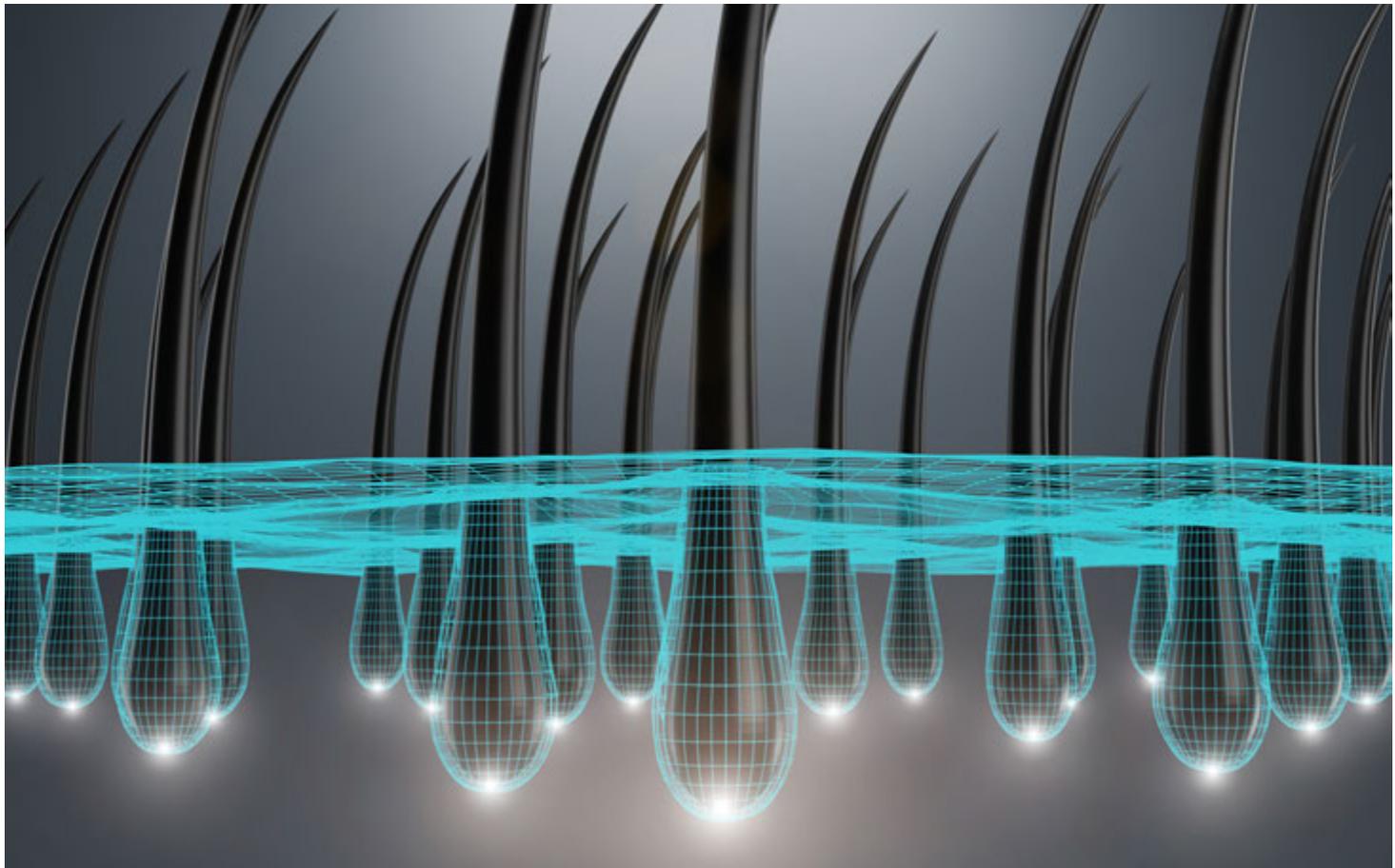
该疗法对于肌肤来说，具有“三抗三长”的关键功效：抗炎、抗糖、抗氧、长细胞、长血管、长胶原；能缓解细纹、斑点、敏感、暗沉、毛孔等症状，让肌肤宛如新生。对于头皮来说，一旦头皮肌肤和毛囊获得再生，则就能同步增发、固发、改善发质和头皮环境了。对于私密来说，能够高效修复黏膜的健康水润，抗炎抗菌。这些道理是一样的。

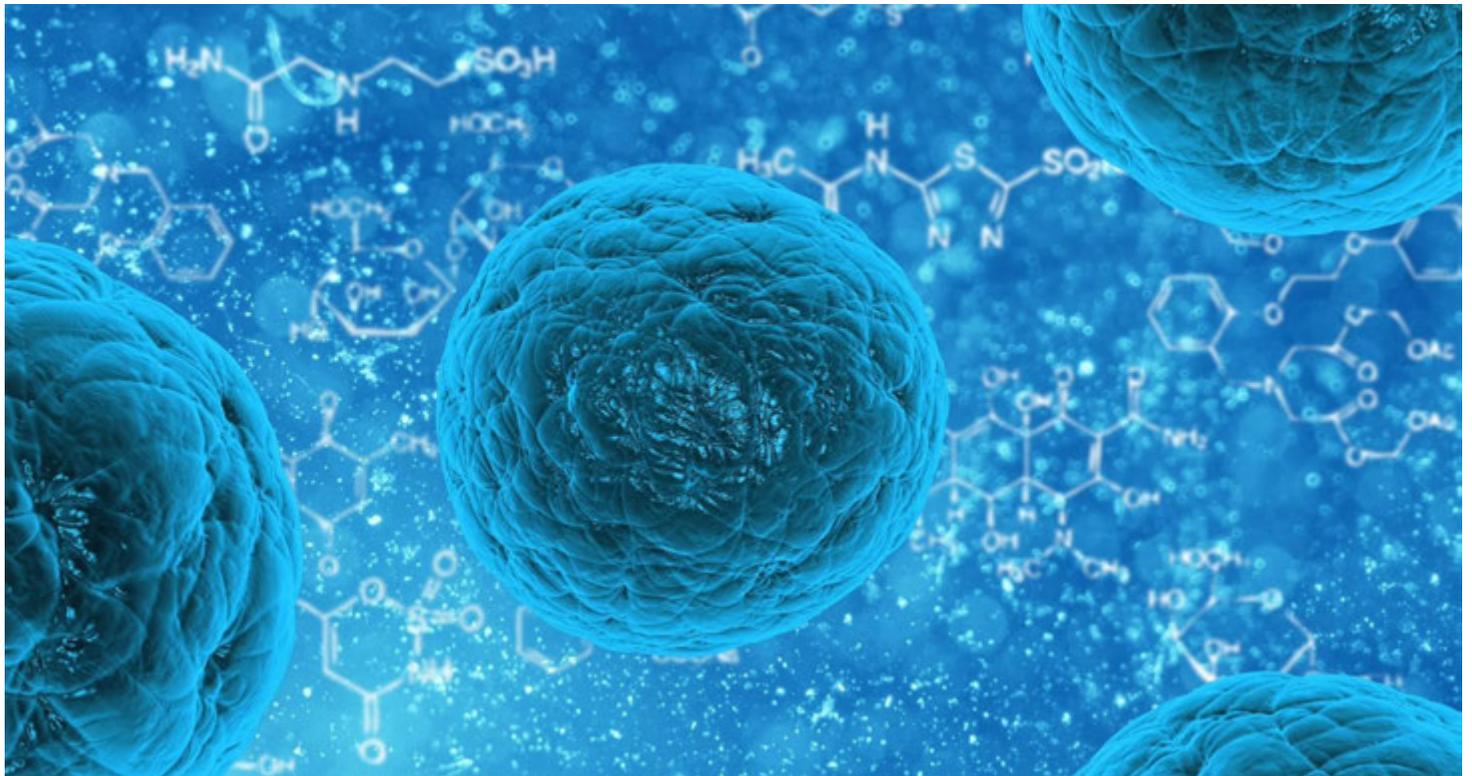
#### 目前FICOSOS奥本源细胞外囊泡科技如何和有医疗资质的医美SPA合作？有什么样的疗程可以推荐？

对医美SPA来说，奥本源的项目具有稳客、升客、高复购率的运营功能同时也是投产比高、利润生命周期长的常青项目。如果这些机构须要开展或升级高端抗衰领域的再生医学类项目，如：皮肤抗衰、私密定制、毛囊再生(脱发)、眼龄管理的，FICOSOS提供提供产品+技术解决方案，并且由专业团队协同定制项目开展计划，开展项目的全周期赋能，包括培训。

除此之外，奥本源更看重和客户的共同成长，就目前客户合作的情况来看，一般经过半年合作之后，机构的团队整体素质能力能够提升2倍。具体可以从这三个关键维度来看：专业宣导力+销售力+客人满意度。

关于项目疗程板块，考虑到蓝海市场、增长率和客单价，建议首推毛囊再生、私密定制；眼龄管理可以做差异化升级。项目的宗旨是“为客户解决问题并提供更高的生命质量”，所以要分为不同的需求和不同的阶段。比如治疗阶段，其目的是解决问题，因此建议3-6次，至少每月1次。之后是持续维养阶段，目的是维持状态，建议3个月到6个月1次，完成客户治疗到跟踪管理。在服务流程和套餐设计上，以毛囊再生为例，建议先做科学检测，可以选用美国毛发检测仪D200，之后是FICOSOS奥本源再生医学，然后跟进店内已有的养护项目，三步骤全套进行设计。结合奥本源的市场运营经验和客户管理经验，通常都会有不同的个性化调整。





# Exploring the Regeneration

**Exclusive Interview with Mr. Zhao Jingdong,  
Co-founder of Guangzhou FICOSOS Technology Co., Ltd. (FICOSOS Origin)**

The onset of aging is essentially the aging of cells. When it comes to "rejuvenating" cells, replenishing nutrients, boosting vitality, and achieving anti-aging goals, a key factor is the FICOSOS Extracellular Vesicles technology that has entered the public eye in recent years. This technology, which supplements more than 500 protein-related factors, nourishes and repairs skin cells, allowing cells to "rejuvenate" and arguably exhibit "reverse aging" effects.

The product based on FICOSOS Extracellular Vesicles technology is called FICOSOS Cell Revitalizing Essence, which originates from cell laboratory technology and has been developed as a cell-free therapy. Its core technology, similar to the regenerative iterative therapy popular among celebrities in Dubai, Europe, and the United States, is a cell-free therapy and falls under the application category of mesenchymal stem cell-derived extracellular vesicle technology in the field of regeneration.

"This technology utilizes top international 3D suspension culture technology, selecting high-activity, stable, safe, and effective extracel-

lular vesicle technology components to achieve superior cell regeneration effects," said Mr. Zhao Jingdong, co-founder of Guangzhou FICOSOS Technology Co., Ltd., in an interview with SpaChina.

***The term "Extracellular Vesicle Technology" may be unfamiliar to our readers. Please explain it to us in detail.***

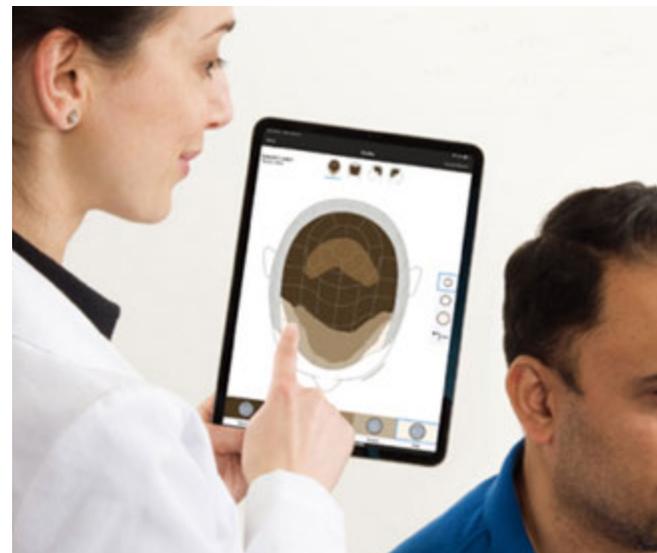
American top influencer and 42-year-old entertainment icon Kim Kardashian shared her beauty secret to maintain eternal youth on her social media last year, mentioning "extracellular vesicle technology."

She revealed on her social media that she prefers a combination of laser therapy and extracellular vesicle technology for facial treatments. She also posted a video showing herself undergoing laser treatment by Dr. Ashkan Ghavami, a plastic surgeon in Beverly Hills. In the video, she explained that the primary purpose of the laser was to remove sun damage and sunspots, with the focus being on the subsequent use of "extracellular vesicle technology" to further restore the normal function

of skin cells, reversing the signs of aging. The video showed her face and neck covered with a layer of extracellular vesicle technology product after the laser procedure.

In June 2023, research teams from Campbell University and others published a review report titled "The Potential Role of Exosomes in Aesthetic Plastic Surgery: A Review of Current Literature" in the professional journal *Plast Reconstr Surg Glob Open* (Plastic Surgery). The study report indicated that the continuous desire to combat aging has driven the demand and rapid popularization of non-surgical cosmetic methods. Over the past decade, extracellular vesicle technology, as a local, subcutaneously deliverable solution, has received particular attention because it has been confirmed to have regenerative properties as well as potential positive effects on wound healing, scar modification, and hair growth.

In the section on the application of cosmetic surgery, the research report stated that skin aging is a complex mechanism involving both internal and external processes, clinically manifested by decreased thickness of the epidermis



and dermis, deepening wrinkles, pigmentation, enlarged pores, and weakened soft tissue elasticity. Although skin aging is caused by multiple factors, a key factor is cellular aging, such as keratinocytes, fibroblasts, and melanocytes.

Therefore, the mechanism of extracellular vesicle technology, which stimulates the proliferation and migration of fibroblasts, has attracted the interest of research teams. In vitro and in vivo studies of UV-B photoaging models have shown that extracellular vesicle technology can protect cells from UV-B damage by reducing inflammatory markers such as tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ) and upregulating transforming growth factor- $\beta$  (TGF- $\beta$ ) and tissue inhibitors of metalloproteinases. These mechanisms further lead to the reversal of fibroblast aging, upregulation of collagen I, elastin, and fibronectin production, and reduction of collagen III expression.

Moreover, studies evaluating the combination of local extracellular vesicles with non-surgical facial treatments have shown synergistic effects. The research report indicated that compared to using microneedles alone, the combination of local extracellular vesicles and facial microneedles can produce better skin quality, texture, tone, vascular distribution, clarity, and overall satisfaction among patients. Therefore, extracellular vesicle technology has gradually entered the medical aesthetics industry in recent years, and an increasing number of clinical success stories have captivated users and delighted doctors.

**Can you describe how extracellular vesicles improve hair loss?**

It is well known that hair growth is closely related to the health of hair follicles. Hair fol-

licles are complex tiny organs, and at different stages of the hair follicle growth cycle, dermal papilla (DP) cells located at the base of the hair follicle send signals to keep the hair follicle dormant or initiate growth. However, for the most common type of hair loss, androgenetic alopecia in men, the function of DP cells is abnormal, meaning that dormant hair follicles do not receive signals for extended periods.

In fact, in areas where baldness occurs on the scalp, hair follicles do not disappear but shrink, a process referred to as “follicular miniaturization,” such as the features seen in male pattern baldness where hair follicles shrink at the crown, resulting in thinning hair and eventual diffuse thinning. Therefore, if the vitality of DP cells in these areas can be restored, dormant hair follicles may regain vitality and resume growth. Furthermore, extracellular vesicle technology also plays an important role in restoring the healthy “soil” environment of the scalp, so compared to other therapies, its effects can be sustained for a longer period.

Extracellular vesicle technology is a type of extracellular vesicle rich in various bioactive substances with therapeutic potential. Research has shown that extracellular vesicle technology has demonstrated remarkable potential in the treatment of skin diseases such as hair regeneration, oxidative stress, wound healing, and specific dermatitis and has entered clinical trials in these areas.

A research team from the Department of Molecular Biomedical Sciences and the Institute of Comparative Medicine at North Carolina State University published a study entitled “Dermal exosomes containing miR-218-5p promote hair regeneration by regulating  $\beta$ -catenin signaling” in Science Advances,

demonstrating that the key to hair regeneration lies in the miRNA of vesicles, which can activate DP cells by regulating the  $\beta$ -catenin signaling pathway, thereby promoting hair regeneration.

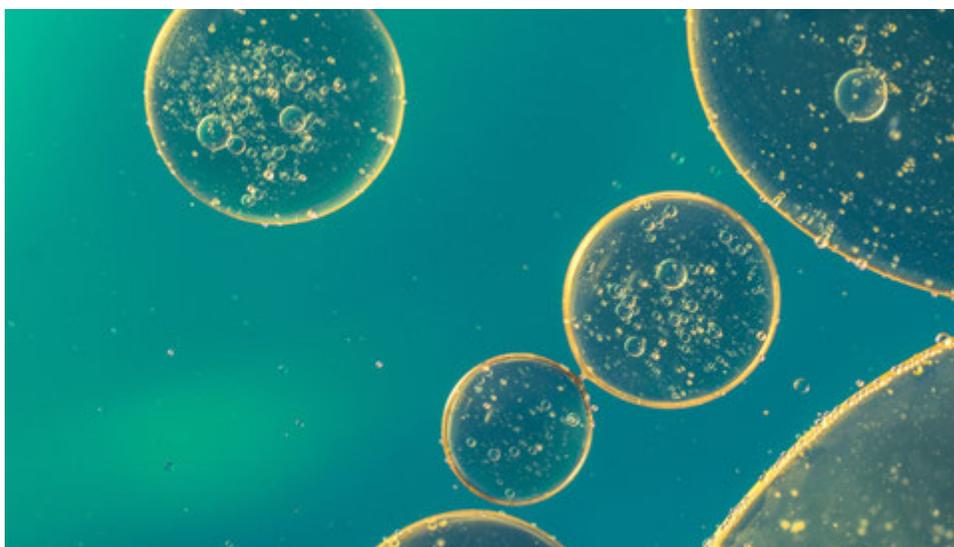
Because extracellular vesicle technology projects have many advantages such as non-drug dependence, high biocompatibility, and minimal side effects, they are expected to become a new and effective treatment for hair loss in the foreseeable future.

**So can women also improve the condition of scalp cells through extracellular vesicles?**

Certainly. Currently, with the global economic downturn and increasing social competition pressure, hair loss is on the rise for both men and women. Therefore, Ocellus, the representative of regenerative medicine with extracellular vesicle technology as the core, offers Ocellus Hair Follicle Cell/Hair Regeneration Comprehensive Solution, which can repair and regenerate cells at the cellular level for both men and women, achieving the goal of scalp anti-aging.

We can see from various data that there is a trend of younger hair loss population globally, and even women are not spared. Among those affected by hair loss, the proportion of women has reached 35%, indicating that hair loss is no longer just a concern for men. Hair loss has a greater impact on women’s appearance, so it is necessary to understand the reasons for severe hair loss and prepare in advance. From my perspective, the reasons include, but are not limited to:

**Excessive dieting:** If dieting is not accompanied by balanced nutrition, it can lead to nutrient deficiencies in the body, resulting in hair loss.



**Menopause:** The decline in physical function during menopause accelerates, and at the same time, metabolic capacity also declines rapidly, resulting in hormonal imbalances and many cases of severe hair loss.

**Frequent hair dyeing and perming:** Both hair dyes and perms contain chemical ingredients. When these ingredients come into contact with the scalp, they directly damage hair follicle cells, leading to hair loss.

**Stress:** The “involution” of modern society is particularly severe, with competition everywhere. Long-term exposure to environments with high mental stress and tension can result in a large amount of hair loss for both men and women.

**Staying up late:** Long-term staying up late affects the body's biological clock, leading to hormone and endocrine disorders, and hair loss follows suit.

**Pregnancy and postpartum:** Pregnancy and postpartum periods are high-risk periods for female hair loss because hormone levels in the body undergo drastic changes, especially a significant increase in estrogen levels, which can shorten the hair growth cycle, lengthen the dormant period, and increase the probability of hair loss.

Past methods for preventing hair loss and promoting hair growth often have various limitations, poor user experience, long recovery periods, slow efficacy, and significant side effects, so the “head-top major event” of hair loss has not been well resolved even in modern times. Both hair loss sufferers and the hair loss prevention and treatment industry urgently need a breakthrough solution.

The Hair Follicle Cell/Hair Regeneration Comprehensive Solution starts from the root cause of hair loss, innovates the treatment

principle, focuses on scalp whole-cell “regeneration” as the core, and simultaneously addresses the problems of hair loss regeneration, hair retention and prevention, sparse softening and thickening, and scalp environment improvement, tackling both the symptoms and the root causes. It truly innovates in terms of efficacy, treatment methods, and user experience, breaking through the limitations of all current therapies and guiding the mainstream trend of future hair loss prevention and treatment.

#### ***Is FICOSOS extracellular vesicle technology safe?***

Yes, it is safe. Because the effective ingredients of Ocellus “extracellular vesicle technology” are humanized, there is no risk of rejection, and the safety factor is extremely high. Only clinical treatments with mid-germ layer techniques are needed, using minimally invasive and non-invasive techniques such as rolling needles and nano-crystals for the implementation of cell-free therapy projects.

For the skin, this therapy has key effects of “three anti and three improvements”: anti-inflammatory, anti-glycation, anti-oxidant, cell improvement, blood vessel improvement, and collagen improvement. It can alleviate symptoms such as fine lines, spots, sensitivity, dullness, and enlarged pores, making the skin appear rejuvenated. For the scalp, once the scalp skin and hair follicles are regenerated, they can simultaneously promote hair growth, retain hair, improve hair quality, and scalp environment. For private areas, it can efficiently repair the health and moisture of mucous membranes and has anti-inflammatory and antibacterial effects. These principles are the same.

#### ***How does FICOSOS Extracellular Vesicle technology cooperate with medical spas with qualifications? What kind of treatment plans can be recommended?***

For medical aesthetic spas, FICOSOS projects have stable customer retention, customer growth, and high repurchase rates, and they are also perennial projects with high investment returns and long profit lifecycles. If these institutions need to develop or upgrade regenerative medical projects in the high-end anti-aging field, such as skin anti-aging, private customization, hair follicle regeneration (hair loss), and eye age management, FICOSOS provides product + technical solutions and collaborates with professional teams to customize project development plans and empower projects throughout the entire cycle, including training.

In addition, we value the mutual growth along with customers. Based on the current cooperation with customers, generally after six months of cooperation, the overall quality and capabilities of the institution's team can be doubled. This can be seen from three key dimensions: professional promotion, sales force, and customer satisfaction.

In terms of project treatment plans, considering the blue ocean market, growth rate, and average customer spending, it is recommended to first promote hair follicle regeneration and private customization; eye age management can be upgraded differentially. The purpose of the project is to “solve problems for customers and provide a higher quality of life,” so it should be divided according to different needs and stages. For example, in the treatment phase, the goal is to solve the problem, so it is recommended to have 3-6 sessions, at least once a month. After that, it is the continuous maintenance phase, with the aim of maintaining the status quo, with a recommended frequency of once every 3 to 6 months, completing the customer's treatment to follow-up management. In terms of service process and package design, taking hair follicle regeneration as an example, it is recommended to start with scientific testing, using the American hair detection instrument D200, followed by FICOSOS regenerative medicine, and then follow-up with existing maintenance projects in the store, designing a full three-step set. In combination with our market operation experience and customer management experience, there are usually different personalized adjustments.

# 塞舌尔

## 印度洋上的纯净奢华

它曾入选“人生必游的50个地方”，  
被赞叹为“一个热爱风景的人，应该在这里老去”



Image Credit: Tourism Seychelles

# 位

于印度洋西部的塞舌尔是一个由115座岛屿组成的群岛国家，拥有着纯净的白沙滩、清澈的绿松石海水、郁郁葱葱的热带森林、各种珍稀动植物、花岗岩石景观，还有众多奢华酒店度假村。

塞舌尔全年都享有宜人的热带气候，温度在24度到33度之间。岛屿位于气旋带之外，因此不会出现极端天气，可以说是非常适合旅游的地方。这里是蜜月旅行者向往的浪漫天堂，潜水爱好者心中的宝藏群岛、探险者寻找各种刺激活动的绝佳目的地。

你可以尽情探索它罕见的生态系统，如海椰子的故乡五月谷、联合国教科文组织世界遗产阿尔达布拉环礁，地球上绝无仅有的各类珍稀动植物物种以塞舌尔为家。你可以在一众跻身全球最美的沙滩上漫步、在奢华度假村里享受曼妙的SPA疗程和各类具有在地特色的养生项目，接着再来一场文化之旅。

受到非洲、欧洲和亚洲等不同民族文化的影响，塞舌尔拥有充满活力的文化遗产，色彩斑斓的克里奥尔建筑，正宗的克里奥尔美食，传统音乐和舞蹈表演，让这个美丽的群岛生机盎然。

从海洋保护、酒店住宿到当地社区支持，塞舌尔在全国范围内全面实践可持续性发展理念，这也使海岛之旅变得更加有意义。

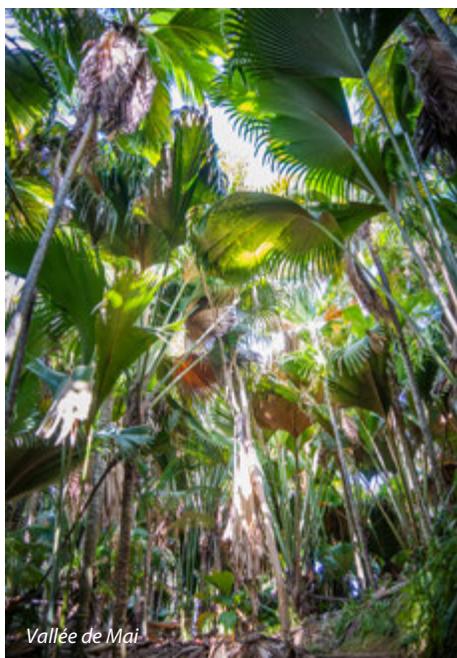


### 三大主岛

在16世纪被欧洲人发现之前，塞舌尔无人居住。之后，英法对其长达两个世纪的争夺后，于18世纪末被英国控制。1976年，塞舌尔从英国独立出来，成为一个独立主权国家。如今，塞舌尔已从一个以农业为主的社会发展成以市场为基础的多元化经济，因其得天独厚的自然资源，旅游服务业尤为发达。它是唯一被世界银行列为高收入经济体的非洲国家。

大大小小的岛屿分布在1,400,000平方公里的海洋范围内，每个都有自己的特色，组合成了塞舌尔大家庭。115个岛屿中，41个花岗岩岛屿被称为内岛，集中了塞舌尔的主要旅游设施，大部分岛屿可以通过一日游或短途游轻松抵达。花岗岩是塞舌尔的典型代表之一。这些巨型岩石是古代超级大陆冈瓦纳大陆的碎片，至今已有7500万年。花岗岩岛屿上不仅有热带森林，也拥有自己独特的物种，例如海椰子和水母树。其余的74个岛屿是珊瑚岛屿，被称为外岛，如星辰般散落在遥远广阔的印度洋上。

马埃岛(大约150平方公里)是塞舌尔群岛中最大的岛屿。首都维多利亚、塞舌尔国际机场，以及众多旅游设施和商铺均位于该岛。原始森林沿着郁郁葱葱的山坡蜿蜒而下，一直延伸到60多个海滩。其中最著名的当属Intendance沙滩，长达800米，涛声震耳欲聋，蔚为壮观，每年都有海龟定期上岸产卵。此外，博瓦隆海滩亦非常惊艳，排名世界最美海滩第三名。马埃岛的北部是主要的商业活动中心，南部风景如画的村庄则提供了另一番安静祥和的生活画面。世界最小首



都维多利亚洋溢着历史的气息，克里奥尔特色元素随处可见。在海边的沙滩漫步，到摩恩国家公园徒步，去首都维多利亚的市集上淘点小玩意。从国际五星级度假酒店、精品酒店、设备齐全的别墅到性价比很高的自助式公寓，马埃岛提供众多住宿选择。

塞舌尔的第二大岛普拉兰岛位于马埃岛东北45公里处，乘坐国内航班(15分钟)或快速双体船渡轮(60分钟)即可到达。岛上坐着国家公园五月谷，这个世界最小的文化遗产是塞舌尔最具人气的景点之一。繁茂的树木浸蕴在雨雾中盘根错节，仿若一座绿色迷宫。公园内生长着闻名于世的海椰子树，多达7000多棵，结满了沉甸甸的果实，需要至少20多年的时间才能成熟。除了海椰子以

外，公园里还有许多珍贵的动植物，包括现存不足100只的塞舌尔黑鹦鹉。普拉兰岛上的拉齐奥海滩被誉为地球上最美的海滩之一，位于小岛东北部，长约1公里，海水清澈通透，游人也不算密集。

拉迪格岛距离普拉兰岛仅7公里，因其质朴的氛围而被称为“时间静止的岛屿”。骑车环岛游，领略岛屿的古色古香；沿着海岸线徒步，穿过森林、岩石、沙滩。德阿让海滩是岛上最著名的海滩之一，鬼斧神工的花岗岩巨石与海滩勾勒出壮美的景致。前往拉迪格保护区，邂逅稀有的黑色天堂鹑和水龟。在Union Estate(联合庄园)，则有机会近距离接触当地传统产业。

### 可持续旅行

在世界众多海岛目的地中，塞舌尔尤以其原始的海洋环境和繁荣的珊瑚礁而闻名。这与该国坚持海洋保护和可持续发展密不可分。

塞舌尔是第一个把环境资源保护写入宪法的国家，大约56%的领土被指定为保护区，岛上禁止使用不可降解的塑料制品。塞舌尔在其酒店行业内推广“塞舌尔可持续旅游认证”，这是一项可持续旅游管理和认证计划，适用于各种规模的酒店住宿设施，旨在表彰和奖励在运营中实施可持续发展最佳实践的企业。

可持续发展不仅是一种理念，更是一种生活方式。这一点在塞舌尔岛被展现得淋漓尽致。从精致的豪华别墅到乡村风格的海滩小屋和热带树屋，塞舌尔74%的酒店都获得了“塞舌尔可持续旅游认证”。这些生态度假村通过可持续发展实践，最大限度地减少

对环境的影响，如回收利用、堆肥、灰水处理和太阳能发电等。此外，它们还致力于支持当地社区，如从当地商贩购买鱼类和农产品，尽可能支持当地手工艺者，并为宾客设计探索当地文化的活动项目。

科斯莫莱多环礁上的科斯莫莱多生态营(Cosmoledo Eco Camp)，将八个海运集装箱进行了改造，成为了面向大海的“生态舱”。这些生态舱被固定在可移动的基座上，不会对柔软细沙造成影响。生态营中的桌子是树干做成，吊灯是用渔网做成的，所有的清洁产品均可生物降解。

位于马埃岛南部的塞舌尔康斯丹艾菲莉亚酒店坐拥两个最美丽的海滩，俯瞰Port Launay海洋国家公园，地理位置独特，占地120公顷，环绕着多样珍稀植被。节能节水、循环利用、堆肥和保护动植物等举措使酒店获得了绿色地球认证(Green Globe)。

与之毗邻的塞舌尔凯宾斯基度假酒店在酒店内部建立了自己的净水厂，并开展了“植树项目”(Plant-a-Tree Programme)，旨在抵消运营中产生的部分碳排放，同时保护当地野生动植物。为了减少塑料制品的使用，酒店用玉米淀粉或纸制作吸管，用纸板和木质材料来制作餐饮包装，用亚麻餐巾取代一次性餐巾。此外，酒店还自主种植菜蔬草本。

海洋国家公园锡卢埃特岛上唯一的酒店——塞舌尔拉布里斯希尔顿度假酒店开展了多个生态友好型项目，使用可再生和可生物降解材料，致力于最大限度地减少产生的废物和消耗的能源。岛上拥有多种多样的本地动植物，宾客大可踏上自然小径，穿梭于热带林木之间，嗅着植物花卉的芳香。

普拉兰岛东北部的拉奇佩尔酒店(Hotel



Seychelles Wetland Conservation



Anse Du Riz, Mahé Island

## 塞舌尔可持续旅行小贴士

丰富的生物多样性的生态系统将世界各地的游客吸引到了塞舌尔，使得旅游业成为塞舌尔的经济支柱。而作为旅行者，尽力保护群岛上的自然环境与文化遗产是我们的责任。塞舌尔可持续旅游基金会(SSTF)提供了一些在塞舌尔进行可持续旅行的建议。

### 拒绝塑料

开始一天的生活时，拿出可重复使用的水瓶。自来水的品质因岛屿和你所处的位置而会有所不同。为了安全起见，请携带一个带有内置过滤器的水瓶，这样就可以在任何地方灌满水瓶。作为一个热带小岛，塞舌尔的垃圾填埋空间非常有限，因此建议随身携带可重复使用的勺子或吸管。

### 使用环保袋

塞舌尔于2017年7月颁布了法令：全国范围内禁止使用塑料袋。所以记得带上你漂亮的环保袋来进行采购。另外，不妨买一个塞舌尔特色环保袋作为纪念品带回家。

### 绿色出行

在塞舌尔，大多数汽车是使用石油燃料，因此是温室气体的主要排放源。所以，请尽量减少租车自驾，选择经济实惠的公共交通工具TATA巴士，这已成为塞舌尔体验的一部分。

### 购买本地产品

购买本地产品通常意味着食物更新鲜、更健康，还可降低运输排放、减少产品的碳足迹、减少食品包装，并有助于支持当地经济，创造了就业机会，塞舌尔人将直接从

中受益。同时，当地购买可以让您认识更多的塞舌尔人，了解克里奥尔人的生活。

### 参观文化遗址

参观重要的文化遗址，通过消费来支持当地人维护、保护这些遗址。

### 选择可持续海产品

鱼类是当地食物的主要来源。选择可持续海产品意味着选择捕捉海产是健康的，捕捞方式对海洋环境影响最小，并在被有效管理的区域内进行捕捞。也许要确定自己吃的海产品是否满足以上标准并不容易，但至少，我们可以记住哪些海产是被过度捕捞或其他各种原因而不建议食用的：黄鳍金枪鱼、某些石斑鱼(黑鞍珊瑚石斑鱼、褐纹珊瑚石斑鱼、游动珊瑚石斑鱼)和小型鹦嘴鱼。此外，SSTF还建议不要食用鲨鱼。

### 做负责任的海洋探险家

珊瑚礁是塞舌尔最重要的旅游资源之一，但也是世界上最脆弱的生态系统之一。要成为负责任的浮潜者和潜水者，切记切勿触碰水下任何东西，以免惊扰水下生物、搅动沉积物，使珊瑚窒息。记得使用环保型防晒霜。

### 留意可持续标签

预订住宿时，请了解一下这些酒店是否获得了可持续标签认证。在塞舌尔，目前有18家酒店获得了塞舌尔可持续旅游标签认证。选择一家认真履行环保责任的酒店，并询问员工是否可以告诉您一些正在实施的可持续计划。

## SPA JOURNEY | SPA之旅

L'Archipel)坐落在白色的Anse Gouvernement 海滩，建于山坡上的热带花园俯瞰着幽静的海湾。酒店在客房内使用能源管理系统，可节省多达30%的空调能耗。此外，酒店还安装了太阳能电池板，并在餐厅和厨房操作中采用生物技术清洁程序，确保为客人和员工提供卫生、安全的环境。同样，整个酒店禁止使用塑料制品。

阿尔方斯岛位于马埃岛西南方400km处，是塞舌尔的72个外岛中，为数不多的提供游客住宿的岛屿之一。这座仅有1.74km<sup>2</sup>的三角形岛屿上建有22间克里奥风格风格的木屋和5间独立套房，住宿条件完全可以媲美奢华酒店。游客每餐都可享用当日的新鲜渔获和本岛出产的蔬果。阿尔方斯岛致力于保护和恢复其境内的原始自然栖息地，保护岛上独特的生物多样性。岛上的大部分电力来自太阳能电池板，并采用了生态友好型基础设施，包括使用可持续建筑材料和节能技术，如LED照明和由两座海水淡化厂提供的低流量水装置。阿尔方斯岛实施了全面的回收计划，确保塑料、玻璃和纸张等材料得到回收利用。

### 克里奥文化与生活方式

塞舌尔人是一个多姿多彩、和谐融洽的民族。各大洲的移民将各自的习俗和文化带到了塞舌尔群岛，随着时间，形成了独特的克里奥文化——为了适应热带气候而设计建造的带陡峭屋顶的特色建筑；融合了印度咖喱、中式烹饪、法国香草、印度洋海鲜的混合美味；星空下篝火旁，塞舌尔传统的Moutya鼓乐中加入小提琴、吉他元素，热情起舞。

马埃岛Au Cap东部街区的Domaine Val de Pres完美再现了克里奥文化，让你沉浸在各传统体验中。这里建有一座经典的种植园房屋、一座手工艺村、一家克里奥餐厅和一间艺术画廊。

在这里，你可以学习当地舞蹈，尝试制作传统的手工艺品，还可以学习烹饪传统菜肴。比如，走进厨房，为烤鱼准备香料、微甜点磨椰子碎、制作木瓜果酱和当地人称为“asar”的开胃菜。

来到古老的Grann Kaz种植园房屋，鲜艳的蓝色墙面下，怀旧之情在空气中萦绕，漫步在殖民时期的老房子里，木雕栏杆展示着精湛的手工艺技术，每一个角落都摆放着曾经居住在这片土地上的人们的照片



Seychellois Creole Culture

和手工艺品。沿着砖砌楼梯下到“Lakwizin Tradisyannel”，每一项器具和食材，都是克里奥尔传统厨房的精准再现，如果是周二到访，你有很大机会看到Gina Havelock阿姨在这里制作asar。

往右走，穿过郁郁葱葱的花园，就是“Lakaz Roza”，这座小木屋是克里奥尔文化的活化石，复刻了曾经克里奥尔居民的生活场景。

两座老房子的周围环绕着十几个五颜六色的小摊位，由当地手工艺人经营，在这里可以淘到美丽的帽子、篮子、包袋、毛巾、毛绒玩具、手工家居装饰品，还有船模、绘画、陶瓷和雕像。

每年十月的克里奥尔节则是一场盛大的沉浸式文化庆典，为期一个月的节庆通过音乐、舞蹈、艺术、手工艺、美食、习俗和生活方式来展现克里奥尔文化，会在马埃岛、普拉兰岛和拉迪格岛举行。

随着当地艺术家 Joe Samy 的名曲《Lasezon Kreol in Refleri》在当地广播频道播出，当地人就知道节日的脚步已经临近。来到小城维多利亚的游客也能从街头装饰中感受到节日的气氛。

Fon Lanmal 时尚单元，塞舌尔有抱负的年轻设计师们齐聚一堂，展示自己最新创作的服饰与配饰，通常是由当地原材料制作。

Selebo则是一场传统与现代相结合的音乐盛会，每个人都载歌载舞，直到凌晨。不同的团体跳舞、唱歌、朗诵诗歌、讲故事和玩传统游戏，展示克里奥尔文化。

Tifin婚礼单元，从新娘、新郎和伴娘的着装、美食佳肴，到歌曲的演唱，将传统婚礼的习俗展现得淋漓尽致。新人们在节日期间以传统方式喜结连理。

Laserenad是整场庆典中最盛大的游行活动，每一年都会有特定的主题，如古建筑、传统舞蹈、海洋与环境等等，人们身着与主题相关的服饰，翩翩起舞，尽情歌唱。

Moman Kreativite学校创意秀单元，参与者通过讲故事、诗歌、戏剧、唱歌和传统舞蹈等不同形式的艺术来展示自己的才能，弘扬克里奥尔文化。

Dimans Kreol Borlanmer则从每天上午十点到下午六点期间在海滩上举行，内容包括克里奥尔音乐、水上运动、传统游戏、爬椰子树比赛等。活动期间，您可以在各个摊位间穿梭，淘一些特色产品，品尝正宗的当地菜肴和饮料。

Lakadans单元里，塞舌尔及其克里奥尔邻国最著名的艺术家们齐聚一堂，通过传统和现代的节奏，为观众带来一场音乐之旅。



Seychellois Creole Culture

\*资料来源：塞舌尔旅游部



# SEYCHELLES

## Pure Luxury in the Indian Ocean

*These islands have been selected as one of the “50 Places You Must Visit in Life”, and National Geographic comments “A man who loves the landscape should grow old here”*

*Aerial View of Beautiful Island in Seychelles*

**L**ocated in the western part of the Indian Ocean, Seychelles is an archipelago of 115 islands with pristine white sandy beaches, clear turquoise waters, lush tropical forests, a wide variety of rare flora and fauna, granite landscapes, and numerous luxury hotel resorts.

Seychelles enjoys a pleasant tropical climate throughout the year with temperatures ranging from 24 degrees to 33 degrees. The islands are located outside the cyclone belt and therefore do not experience extreme weather, making it a perfect place to visit. It is a romantic paradise for honeymooners, a treasure archipelago for scuba divers and a great destination for adventure seekers looking for a variety of exciting activities.

You can explore its rare ecosystems such as the Vallée de Mai, home to the Coco-de-Mer, and the UNESCO World Heritage Site of Aldabra Atoll, where rare species of flora and fauna can be found. Also, you can stroll along some of the world’s most beautiful beaches, indulge in spa treatments and local wellness programs at

luxury resorts, and then take a cultural journey.

With the diverse influences of Africa, Europe and Asia, the Seychelles boasts a vibrant cultural heritage, with colorful Creole architecture, authentic Creole cuisine, traditional music and dance performances bringing this beautiful archipelago to life.

From marine conservation to sustainable hotel operations to local community support, the Seychelles practices a holistic approach to sustainability throughout the country, which makes the journey in the Seychelles all the more rewarding.

### **The three main islands**

The Seychelles was uninhabited until it was discovered by Europeans in the 16th century. It then came under British control at the end of the 18th century after a two-century long struggle between Britain and France. In 1976, Seychelles gained independence from Britain and became an independent and sovereign state. Today, Seychelles has evolved from a

predominantly agrarian society to a diversified market-based economy, with a particularly strong tourism services sector due to its unique natural resources. It is the only African country classified by the World Bank as a high-income economy.

Large and small islands spread over an oceanic extent of 1,400,000 square kilometers, each with its own distinctive character, combine to form the Seychelles family. Of the 115 islands, 41 granite islands known as the inner islands concentrate the main tourist facilities of the Seychelles. Granite is one of the quintessential representatives of the Seychelles. These giant rocks are fragments of the ancient super-continent Gondwana, which is now 75 million years old. The granite islands are not only home to tropical forests but also boast their own unique species such as Coco-de-Mer and Jellyfish tree. The remaining 74 islands are coral islands, known as outer islands, scattered like stars in the distant expanse of the Indian Ocean.

Mahé (approximately 150 square kilome-



Morne Blanc View Point Overlooking Mahe Island

ters) is the largest island in the Seychelles archipelago. The capital, Victoria, and the Seychelles International Airport, as well as numerous tourist facilities and stores are located on this island. Pristine forests wind their way down the lush mountain slopes to more than 60 beaches. The most famous of these is Intendance Beach, a spectacular 800-meter-long stretch with deafening waves, where sea turtles regularly come ashore to lay their eggs every year. In addition, Beau Vallon Beach is also stunning, ranking as the third most beautiful beach in the world. The northern part of Mahé is the main center of commercial activity, while the picturesque villages in the south offer another picture of quiet and peaceful life. Victoria, the world's smallest capital, is steeped in history, with Creole elements everywhere. Take a stroll on the sandy beaches of the sea, go hiking in the Morne Seychelles National Park, and pick up a few trinkets in the markets of Vitoria. From international five-star resorts, boutique hotels and fully-equipped villas to value-for-money self-catering apartments, Mahé offers a wide range of accommodation options.

Seychelles' second largest island, Praslin, is located 45 kilometers northeast of Mahé and can be reached by domestic flight (15 mins) or fast catamaran ferry (60 mins) from Mahé. The island is home to the national park Vallée de Mai, the world's smallest cultural heritage site and one of the most popular attractions in the Seychelles. A green labyrinth of lush trees, the park is home to more than 7,000 of the world-

famous Coco-de-Mer, laden with heavy fruits that take up to at least over 20 years to ripen. The park is also home to many valuable flora and fauna, including the Seychelles black parrot, of which there are fewer than 100 in existence. Anse Lazio on the northeast part of the island is known as one of the most beautiful beaches on earth, about 1 kilometer long, with crystal clear water.

Located just 7 kilometers from Praslin, La Digue is an "island where time stands still" because of its rustic atmosphere. Take a bike tour around the island and discover its quaintness, or hike along the coastline through forests, rocks and sandy beaches; Anse la Source d'Argent is one of the island's most famous beaches, with its dramatic granite boulders. Travel to the Veuve Nature Reserve to encounter the rare Seychelles Paradise Flycatcher and tortoise. At Union Estate, get up close and personal with traditional local industries.

### Sustainable travel

Among the world's many island destinations, Seychelles is particularly known for its pristine marine environment and thriving coral reefs. This is inextricably linked to the country's commitment to marine conservation and sustainable development.

Seychelles was the first country to enshrine the protection of environmental resources in its constitution, with some 56% of its territory designated as protected areas and a ban on non-biodegradable plastics on the island. Seychelles

promotes the Seychelles Sustainable Tourism Label within its hospitality industry. Applicable to hotel accommodation establishments of all sizes, this is a sustainable tourism management and voluntary certification programme that recognises and rewards tourism businesses that are implementing best practices in sustainability within their operations.

The Seychelles believe that sustainability is not just a philosophy - it is a way of life. From exquisite luxury villas to rustic beach bungalows and tropical treehouses, whatever your taste or budget may be, there's a variety of unique sustainable accommodations to pick from in Seychelles. Whether you're travelling with family, planning a romantic retreat, or seeking an adventurous island getaway, there's sure to be an eco-resort committed to minimizing its impact on the environment by implementing sustainable practices. Such initiatives range from recycling and composting to making use of greywater treatment and solar power.

By far the most sustainable stay in Seychelles you could ever have would be at Cosmoledo Eco Camp, a guaranteed magical jungle castaway in the Cosmoledo Atoll where eight shipping containers have been repurposed as sea-facing 'eco pods', designed perched on removable plinths so as not to disturb the powdery-soft sand. The recycled theme continues through to the tables constructed from tree trunks and hanging lamps made from fishing nets and not to mention all cleaning products used are fully biodegradable.

Located in the south of Mahé on two of the

most beautiful beaches, and overlooking the marine national park of Port Launay, Constance Ephelia Resort enjoys a unique location set within 120 hectares of land with luxurious and rare vegetation. Saving energy and water, recycling, composting and protecting fauna and flora are some initiatives that have enabled this Indian Ocean Constance establishment to receive the Green Globe certification.

Kempinski Seychelles Resort located in southern Mahé in Baie Lazare, has adopted some sustainable practices including having its own on-site water-treatment plant to recycle water. The resort has also invested in a number of green technologies for water and energy conservation and its Plant-a-Tree Programme is another initiative introduced to offset some of its operational carbon emissions while aiming to restore natural habitats, protect indigenous wildlife and educate guests about Seychelles' biodiversity. To reduce plastic use within the establishment, the resort has replaced plastic straws with corn starch or paper alternatives and cardboard and wooden dining packaging have taken the place of takeaway and disposable ones.

Hilton Seychelles Labriz Resort & Spa is the only resort on Silhouette Island, a marine national park since 1987 and home to a huge diversity of native fauna and flora. Guests can go on a selection of nature trails where they can marvel at the untouched equatorial mist forest full of botanical treasures such as orchids the pitcher-plant, and the incense tree. The hotel has several eco-friendly projects, making it leading green resorts in the country.

Hotel L'Archipel located in the North-East region of Praslin, has installed energy management systems in refurbished rooms helping to save up to 30 per cent on air-conditioning energy consumption. The hotel has solar panels with an annual production of over 100,000 kilowatts and implemented bio-technology cleaning in the restaurant and kitchen operations ensuring a hygienic and safe environment for guests and staff. In an effort to save the seas of Seychelles, Hotel L'Archipel no longer serves straws with drinks in line with the country's initiative to ban single-use plastic straws.

Located 400km south-west of Mahé, Alphonse is one of the few of the 72 outer islands of the Seychelles to offer accommodation for tourists. With 22 Creole-style chalets and 5 suites, the 1.74km<sup>2</sup> triangular-shaped island offers accommodation comparable to that of a luxury hotel. Visitors can enjoy the day's fresh catch and the island's own fruits and vegetables at every meal.

Alphonse Island is dedicated to protecting and restoring the pristine natural habitats found within its boundaries. Through ongoing conservation efforts, the island actively engages in habitat restoration projects, including the preservation of mangroves, the eradication of invasive species, and the conservation of endangered flora and fauna. These initiatives safeguard the island's unique biodiversity and contribute to Seychelles' larger ecosystem.

The island employs solar panels to generate a significant portion of its electricity, reducing reliance on fossil fuels. Additionally, eco-friendly infrastructure practices are imple-

mented throughout the island, including the use of sustainable building materials and energy-efficient technologies, such as LED lighting and low-flow water fixtures sourced by two desalination plants.

Alphonse Island prioritises responsible waste management practices to minimise its impact on the environment. Comprehensive recycling programs are in place, ensuring that materials like plastic, glass and paper are recycled rather than discarded. The island also promotes a 'reduce, reuse, and recycle' ethos among its guests, encouraging them to participate in waste reduction initiatives and make mindful choices during their stay.

Local community engagement is of high importance to the resort. The resort actively collaborates with nearby villages, providing employment opportunities, skills training and fair wages. Additionally, Alphonse Island supports community development projects, such as education initiatives, healthcare services and infrastructure improvements. By involving local communities, the island fosters a sense of shared responsibility and ensures that the benefits of tourism are distributed equitably.

As part of the Blue Safari experience, Alphonse Island strongly emphasises marine conservation and research. The island actively supports initiatives to protect fragile coral reefs, monitor marine species and promote sustainable fishing practices. Guests could participate in educational programs, snorkelling excursions, and awareness campaigns, raising awareness about the importance of preserving the marine environment.

## Seychellois Creole culture and lifestyle

The Seychellois are a colourful and harmonious blend of different nationalities, all of whom have brought something of their own customs and cultures to the islands. The result is a culture enriched from many continents. From grand old houses with steep roofs designed for comfortable living in the tropic, a mixed cuisine featuring Indian curry, Chinese rice dishes and French aromatic blends of garlic and herbs, to the traditional moutya dance during the long warm starlit evenings with a modernized version incorporating fiddles, guitars and even synthesisers, the Creole Culture is showcasing its heterogeneous charm.

The essence of Creole tradition beams and



## SPA JOURNEY | SPA之旅

gleams in the heart of Au Cap at Domaine de Val des Pres Craft Village. On this vast property which includes a classic Plantation House, an art and craft village, a Creole restaurant, and an art gallery, visitors are welcome to share a taste of the Seychellois island style of living.

The experience is a unique opportunity to learn local dances, assist in the kitchen by preparing spices for grilled fish, grating coconut for fish stew or desserts like la daube or nougat while also learning how to prepare traditional papaya jam and condiments like pickles known as “asar” locally.

The first few steps onto the driveway instantly take you to colonial Seychelles, where the bright blue paint on the old ‘Grann Kaz’ welcomes you to its compound. Whether you are familiar with Seychelles’ heritage or not, a sense of nostalgia lingers in the air.

A walk through the old colonial house is a quick history lesson of that period and the lifestyle that derived from it. Pictures and artefacts of the people who used to occupy the land lay in every little corner. Visitors that require a bit more clarification on the findings from inside the now-standing time capsule are met by some lovely attendants who are well-versed in the story of Domaine de Val des Pres.

The journey continues to the back of ‘Grann Kaz’, down the brick stairs to ‘Lakwizin Tradisyonnel,’ which stores all the necessities of a typical Creole kitchen. On a Tuesday, you will most likely be captivated by the pungent smell of chilli prepped for local ‘Asar’ by Mrs Gina Havelock. ‘Asar’ is a local delicacy that can be served as a salad and comes in different

flavours. That kitchen is the place where the process of preparing traditional Creole food is demonstrated to visitors.

On the far right, across the lush green garden, lies ‘Lakaz Roza’, famous for its traditional exterior and newspaper-covered interiors. Surrounding the two leading houses, are about 13 colourful kiosks, occupied by local artisans. The goods include beautiful hats, purses and baskets out of raw materials; paintings, towels, pareos and vakwa bags made of dry palm materials of different shapes and sizes; as well as the local Seychelles tea, handcrafted home décors, boat maquettes, ceramics, stuffed toys, printed textiles and souvenirs made in Creole fashion.

The Creole Festival, which has been in existence since 1985, takes place every October on Mahe, Praslin and La Digue, with the aim to showcase and celebrate the different aspects of Seychellois culture as experienced through music, dance, arts, crafts, cuisine, customs and the general way of life.

One of several indications for locals that the wheels of the festival have been set in motion is when local artist, Joe Samy’s famous melody, ‘Lasezon Kreol in Refleri’ graces the local radio channels.

There are some key activities which take place during the one-month-long celebration which never fail to appear on the calendar of events.

Fon Lanmal is a great opportunity to let fashion perform a significant role in articulating the culture. This fashion event is one where aspiring young Seychellois designers, especially students, can have the chance to thrive and show off their

latest creations in clothing and accessories often crafted from local raw materials.

Selebo is a traditional and modern musical spectacle where everybody sings and dances until early hours of the morning. Different groups dance, sing, recite poems, story tell and play traditional games to showcase our culture from back in the days.

Tifin brings out customs in regards to how weddings were traditionally held, from the attire of the bride, groom and bridesmaids, delicacies and refreshments served to the ‘romans’ songs sung. A real Tifin wedding ceremony is held during the Creole Festival where a local or foreign couple is chosen to tie the knot the old-fashioned way.

Forever present on the programme of activities is the leading event Laserenad, the biggest parade of the year with a chosen theme to represent and endorse Creole culture. Some of the themes on display have to do with pirates, slavery, old architecture, traditional dances, the ocean and the environment. Both the young and old participate in the dancing and singing of the Laserenad, colourfully dressed in clothes traditionally of a time already far gone.

Moman Kreativite gives Young Seychellois the opportunity to discover, develop and demonstrate their talents through different forms of art namely story-telling, poetry, drama, singing and traditional dancing.

Attracting a large crowd between 10:00m and 6:00 pm, Dimans Kreol Borlanmer is an activity, which takes place by the beach. The lineup consists of Creole music, water sports such as pirogue and raft races, traditional games, coconut tree climbing competitions and much more. During all this happening you can have a wonder between stalls set up to explore, appreciate and buy local products and taste typical and authentic local dishes and drinks.

All of the best-known artists from Seychelles and their Creole-speaking neighbours get together for what is called, Lakadans - an extravaganza that presents a musical journey, through a compilation of rhythms both traditional and modern, before a large, enthusiastic crowd dancing well into the night.

The calendar of events will be published on the Festival Kreol Sesel or Seychelles National Institute for Culture, Heritage and the Arts Facebook pages.

*\*Resources: Tourism Seychelles*



Panorama Pool Villa, Six Senses Zil Pasyon

# Sustainable Travel Tips for Your Journey to Seychelles



Coco Island, The Seychelles

As you step off the plane, you begin a trail of footprints in a hotspot of oceanic biodiversity and geographic uniqueness. It is no mystery that a biodiverse ecosystem of this kind will attract visitors from all over the world and thus makes tourism the economic pillar of Seychelles. This brings us to our vital role as travellers and visitors to help preserve this nation's natural and cultural heritage for generations to come. The Seychelles Sustainable Tourism Foundation (SSTF) presents a few ways and tips how you can make a difference:

## Say no to plastic water bottles and be conscious about plastics

As you are getting yourself ready to start the day, filling up your reusable water bottle should be part of the routine. The quality of tap water varies depending on the island you are visiting and where you are located. To be on the safe side, bring a water bottle with an integrated filter so that you can fill up your bottle with any tap water, where ever you are! Please note that as a small tropical island, Seychelles has very limited landfill space and very few recycling initiatives. Please carry around a reusable spoon for the typical local take-aways and become part of the local campaign, "The Last Straw Seychelles", to reduce the use of plastic straws in the country.

Bring along your own reusable straw or buy one locally through The Ocean Project!

## Show off your beautiful reusable bags

Seychelles announced exciting news in July 2017: a national ban on plastic bags! This is all the more reason to bring your own reusable bag to carry your groceries and souvenir shopping. This can even be part of one of your souvenir gifts to friends and family, as Seychelles has its own reusable bags for sale!

## Tour wisely

Most cars are run on petroleum-based fuels in Seychelles, making them a significant contributor to greenhouse gases. TATA buses are the main mode of public transport and have become part of the Seychelles experience. Make sure to enjoy this affordable, typical ride!

## Buy local, discover locals

There are so many reasons why we should all buy local products, some more obvious than others: Buying locally usually means fresher and healthier food and leads to lower transport emissions, reducing the product's carbon footprint and supporting less food packaging. All imported food needs to be well conserved, which means that most are wrapped in layers

of plastic. Buying locally means supporting the local economy as well. This is money that Seychellois are directly benefiting from. Through this, jobs are also created. Buying locally invites you to meet more Seychellois and discover the Creole life.

## Visit cultural heritage sites

By visiting important cultural sites, money is generated to help maintain and preserve them. The act of visiting gives locals the initiative to preserve these sites.

## Choose sustainable seafood

This is very important, as fish supply is the main source of local food in the country. Choosing sustainable seafood means choosing one that was fished from a healthy population, with minimal impacts on the marine environment and in a zone that is effectively and responsibly managed. It is hard to know whether a type of seafood respects that criteria, but it is good to at least know which are the most vulnerable and overfished. For example, in Seychelles, you should avoid yellowfin tuna, certain groupers (black saddled coral grouper, brown-marbled coral grouper, camouflage grouper, roving coral grouper) and small-sized parrotfish. Also, the SSTF recommends refraining from eating sharks.

## Be responsible sea explorers

Coral reefs are one of Seychelles' most important tourist attractions, but also one of the most vulnerable ecosystems in the world. To become responsible snorkelers and divers, you need to remember never to touch anything underwater so as to not disturb wildlife and stir up sediment that could smother corals. Remember to use eco-friendly sunscreen or cover up with a rash guard!

## Keep an eye out for sustainable labels

When looking to book accommodation, find out whether they are certified with a sustainable label. In Seychelles, 18 hotels are now certified with the Seychelles Sustainable Tourism Label (SSTL). Pick an establishment that takes environmental responsibilities seriously and ask the staff if they can tell you about some ongoing initiatives!



Four-Bedroom Residence Exterior, Six Senses Zil Pasyon



Two Bedroom Pool Villa, Six Senses Zil Pasyon



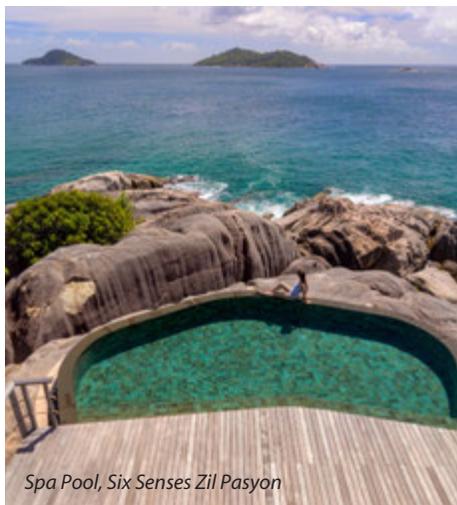
Sunset Cocktail on Top of the Hill, Six Senses Zil Pasyon

## 融于当地 连接自然

宁静的费利西泰岛拥有着未经雕琢的壮丽景致，巨大的花岗岩巨石围绕着海岸线，与洁白的沙滩相映成趣，Zil Pasyon六善度假村便坐落于此。风景如画的原生态美景中栖息着28栋单卧泳池别墅和2栋双卧泳池别墅、3栋多卧私人住宅以及4间餐厅和酒吧。设计师通过石头、木料等当地元素与棉麻的织品、线条简洁的家具以及热带图案装饰品、可移动玻璃门的精妙搭配，将舒适的入住体验与周遭的原始环境和谐统一，浴室里的秋千，更是点睛之笔。每栋别墅都被热带植被环绕，私密性极佳，同时将雄伟的岩层和印度洋尽收眼底。

全日制餐厅Island Cafe完美诠释塞舌尔风味，同时你还可以享用到荟萃欧洲、亚洲、非洲的美食。Chef's Kitchen里，可以在开放式烹饪台与主厨互动。The Wine Cellar里则存放着品种繁多的优质葡萄酒，并会定期举办葡萄酒品鉴活动。Ocean Kitchen和Koko Bar坐落海边，你可以在美妙景致中享用美食佳酿。还有非常受欢迎的Ice-cream Bike，用当地新鲜原料炮制的冰淇淋，收获满满幸福的感觉。

从多日健康计划到恢复活力的疗程和排毒疗法，从免费晨间瑜伽到浮潜、潜水、钓鱼、日落巡航，以及步旅行和观鸟，每个人



Spa Pool, Six Senses Zil Pasyon

都能在这里找到适合自己的项目。

六善水疗栖息在海边的雄伟岩层上，浸润大自然的能源之源中。水疗中心拥有五栋双人护理别墅，提供一系列当地特色护理和六善经典疗法。水疗设施包括瑜伽和冥想亭、桑拿和蒸汽浴室、可欣赏180度海景的健身房，以及不容错过的无边泳池。泳池建于酒店最外侧的岩石层上，海平面上方，从高处俯瞰，就仿佛大海中的一颗蓝色宝石，很是耀眼。泳池采取付费预约制来确保绝对的私密性。

以帮助客人与自己、他人和周围的世界重建连接为愿景，六善养生围绕营养、睡

眠、运动、整体疗法和替代疗法展开，采用先进技术，为宾客量身定制健康方案。并与专业医生和养生专家密切合作，共同开发养生方法，帮助人们解决因日常生活压力而产生的一系列常见问题。

睡眠障碍是饱受压力困扰的现代都市人最明显的问题之一，为此，六善酒店推出了Sleep with Six Senses睡眠改善计划。养生专家通过睡眠追踪设备和智能技术获得客人的内在健康状态和睡眠数据，进而开展健康问询，为其创造个性化方案，将养生疗法、水疗护理、营养建议、瑜伽冥想、低强度训练结合，你会感受到从内而外的身心蜕变，睡眠质量显著提高，并在回到家中后依然可以保持这一状态。

六善也在养生体验中融入了许多本土元素。150分钟漂浮之旅(Floating Journey)疗程是一项在客人中非常受欢迎的项目，它会带你带入醇正的塞舌尔韵律中，包括非洲特色仪式、Smudging熏香仪式、富有热带风情的精油按摩、缓解压力的面部护理，以及由非洲乐器和戴式颂钵带来的音乐疗法。

在Alchemy Bar工作坊，客人则有机会参观有机花园，选择罗勒、柠檬草、芦荟、本地薄荷等草本，自行制作面部、身体和足部磨砂膏，以及面膜，用当地方式与大自然亲密接触。

# Immerse and Reconnect

The untouched splendor of Félicité features massive granite boulders fringing the shoreline to create an air of drama and beauty juxtaposed with white sandy beaches. Six Senses Zil Pasyon occupies one-third of its total land area. Within the picturesque landscape of untouched beauty nestle just 28 one-bedroom pool villas and 2 two-bedroom pool villas plus several private multi-bedroom residences, as well as 2 restaurants and 2 bars. Villa exteriors feature subtle grains of Balau timber with wooden shingle roofs. Every villa is embraced by tropical vegetation to ensure privacy, except for the panoramic views out to majestic rock formations and the Indian Ocean. Exposed wooden beams feature in the living area's vaulted ceiling in each villa, while sliding glass doors immerse guests into nature or, when closed, create a personal climate-controlled environment.

Dining and drinks at Six Senses Zil Pasyon run the gambit of relaxed sophistication and memorable experiences. The Village is the setting for Island Café, an all-day dining locale. The cuisine is a mixture of Eastern and Western fare, with influences from the local spices and produce. This is also the home of the Chef's Kitchen, where guests can learn the secrets of the local cuisine with Creole cooking classes upon booking. The upper floor of Island Café, Lakanbiz, presents a selection of

flavored and aged rums, while The Wine Cellar features an impressive collection of labels from the old and new worlds. Beside the water's edge is the Ocean Kitchen, an ocean-side restaurant offering fresh cuisine from the local waters and a daily special theme night dinner. Located next to the pool is Koko Bar, which serves a variety of freshly made local juices and inspired cocktails.

The resort welcomes a mix of travelers, from honeymooners to families seeking luxury. Guests enjoy various activities, with water sports like snorkeling, diving, fishing, and sailing sunset cruises being particularly popular. Other activities such as hiking and birdwatching are also enjoyed by many.

Six Senses Spa is placed in and atop majestic rock formations close to the ocean, with energy from nature being a significant force. The Spa features five double treatment villas, with a selection of locally inspired specialty treatments together with an extensive menu of signature therapies. Facilities include a yoga and meditation pavilion, sauna and steam, a gymnasium with inspiring 180-degree ocean views and an oceanfront infinity pool. The pool is set at the water's edge with the ocean's waves breaking over the rock wall, like a dazzling blue jewel in the middle of the ocean. The pool is available on a paid reservation basis to ensure absolute privacy.



Swimming Pool, Six Senses Zil Pasyon

Six Senses focuses on reconnecting with yourself, others, and the world around them. The philosophy evolves around nutrition, sleep, movement, holistic and alternative therapies; and advanced technology that allows wellness experts to tailor programs. Six Senses works closely with most respected doctors and wellness professionals on developing an approach to wellness that addresses some of the most common issues people face as a result of their stressed daily lives.

For example, sleep disorder is one of the most obvious problems for modern city dwellers suffering from stress, and for this reason, Six Senses Spa launches Sleep with Six Senses, a program to improve your sleep that combines data from your sleep tracker with a personal consultation, yoga nidra and meditation, relaxing treatments and amenities, wellness therapies, nutrition advice and low intensity training.

Six Senses also incorporates many local elements into the wellness experience. Wellness Journeys by Terres D'Afrique are popular here, especially the 150-minute Floating Journey. It includes African rituals, a Smudging ceremony, a relaxing Tropical Dusk Massage with oils like ylang-ylang, a stress-relieving Facial treatment, and ends with a calming sound journey using African instruments and Tibetan singing bowls.

Additionally, at Alchemy Bar workshop, guests tour the hotel's organic garden, choosing herbs like basil, lemongrass, aloe vera, local mint, and banana to create their own body scrubs, face masks, face scrubs, and foot scrubs. It's an interactive workshop where guests learn to connect with nature the local way.



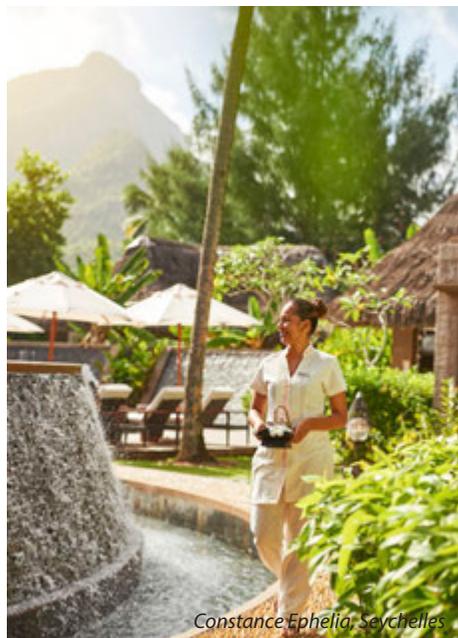
Island Cafe, Six Senses Zil Pasyon

# 以人为本 康养之道

Aerial View, Constance Ephelia, Seychelles



Paddle, Constance Ephelia, Seychelles



Constance Ephelia, Seychelles

**位**于马埃岛美丽的西海岸的康斯丹艾菲莉亚度假村，地处两个绝美海滩之间，紧邻洛奈港 (Port Launay) 的国家海洋公园。整个酒店被120公顷的繁茂植被所围绕，仿若海边的森林公园，漫步其中满眼郁郁葱葱，繁花似锦，树林茂密。喜欢户外的人，还能在此体验丛林索道、红树林徒步、划独木舟穿梭丛林的乐趣。

酒店共有313间房间，除了可俯瞰繁茂花园或海洋美景的园景房和套房外，还有各种不同房型的别墅可选。家庭别墅适合带老人或孩子的客人，以明亮的色彩打造出活泼的氛围，自带私人泳池和花园，玩乐起来很方便。隐秘在林间的半山别墅，享有洛奈港国家海洋公园的海岸风景，将私密性与创造性发挥到极致。5间不同风味的餐厅及6间风格迥异的酒吧，被贴心的设置于酒店不同客房区域附近，可就近满足客人需求。

面积5000平的康斯丹水疗中心，是很多客人的最爱。这间印度洋上最大的水疗中心，旨在呈现以人为本的体验。藏匿于一片茂密的热带花园之中，18间用石木搭建、茅草盖顶的水疗房质朴温馨，提供包含肌肤护理、身体按摩在内的一系列身心疗愈的疗程，疗程中所使用的均是印度洋当地植物为灵感调制的天然芳疗产品，旨在复原客人们的康养之态。此外，客人们还可以体验桑



Swing, Constance Ephelia, Seychelles

拿室、蒸汽浴室、恒温泳池、按摩浴池、冷泡池、水疗步行小径和反射池，以及瑜伽课程与量身定制的健身计划。

用当地有机椰子按摩油结合深层按摩技艺的康斯丹水疗艾菲莉亚特色按摩很受客人欢迎。这是款量身定制的疗愈性按摩不仅能减缓身体紧绷、缓解疼痛，亦能帮助舒缓情绪、重拾身心平衡。

康斯丹艾菲莉亚的特色护理中，无论是设计还是使用的产品，都可以见到许多塞舌尔的本土元素，例如柠檬草做成的精油，草药包，椰子油等。水疗中心的欢迎饮品也是由肉桂叶、生姜和塞舌尔香草茶所制成。

度假村为客人进行户外锻炼特意打造了一条“North to South” (从北部到南) 活动路径，沿路设置了独特的“运动站”，客人们可以沿着这条路径，通过步行或跑步进行探索，提升健身的幸福感。

# Human Centric Experience



Pool, Constance Ephelia, Seychelles



Spa Aerial, Constance Ephelia, Seychelles

Overlooking the Port Launay National Marine Park, Constance Ephelia, Seychelles is located on the beautiful west coast of Mahé, the Seychelles main island. It is built midway between two superb beaches and 120 hectares of tropical surroundings. Outdoor lovers can also experience jungle ziplines, mangrove trekking and canoeing through the jungle.

The hotel features a total of 313 rooms, suites and villas. In addition to Tropical Garden View Rooms and suites overlooking the lush gardens or ocean, there are a choice of villas in a variety of room types. Designed for guests with seniors or children, the Family Villas create a fresh and chic atmosphere with warm colors and come with their own private pools and gardens. Tucked away in the forest, the Hillside Villas enjoy a coastal view of the Port Launay National Marine Park, maximizing privacy and creativity. Five restaurants with different flavors and six bars with different styles are thoughtfully set up near the different room areas of the hotel, so that they can meet the needs of the guests in close proximity.

Constance Ephelia has the largest spa village in the Indian Ocean (5000m<sup>2</sup>) which is dedicated to wellbeing and relaxation. Constance

Spa is a human centric experience. Tucked away in a lush tropical garden, the 18 thatched-roofed spa rooms are rustic and cozy, offering a range of massages, facials and body treatments using aromatic natural products inspired by local plants from the Indian Ocean, which bring your mind and body to a state of perfect relaxation and complete equilibrium. Moreover, guests can continue the wellness journey in the sauna, the steam room, the heated pool, the Jacuzzi, the cold plunge pool, the kneipp foot path or the reflective pool, as well as yoga classes and fitness programs.

Constance Spa Ephelia Signature Massage is a tailored therapeutic massage using pure local organic coconut massage oil that promotes well being, combined with deep tissue massage techniques to reduce tension and relieve pain, combined with relaxing movements to restore and balance the body. Constance Spa also incorporates local elements into its welcome drink that is made from infused Cinamon leaves, ginger and Seychelles Vanilla tea.

The hotel features unique wellness outdoor exercise stations along the route from North to South of the resort, guests can discover as they walk or run along this path and enhance their fitness and well-being.



Corossol Restaurant, Constance Ephelia, Seychelles



Hillside Villa, Constance Ephelia, Seychelles



Constance Ephelia, Seychelles



# 感受生命之安宁

Aerial View, Mango House Seychelles



Drawing Room, Mango House Seychelles



Mango House Seychelles

**马** 埃岛南部的静谧海滨坐落着 Mango House，这里曾是著名摄影师 Gian Paolo Barbieri 的家，酒店将他拍摄的许多照片和使用过的家具完美融入现有的设计中，充分保留了原有的艺术气息与意大利浪漫元素。凹凸不平的石墙、浅木色的家具、米色的麻质沙发、藤制的灯具、黄色灰色的靠垫与各类抽象画在一起相得益彰，既高级大气，同时又传递出如家的舒适温馨感。41间海景别墅与客房，俯瞰 Anse Aux Poules Bleues 的纯净海湾，均设有日光浴露台，室内则以天然材料装饰，与塞舌尔原始的自然美景相得益彰。

Mango House 对待美食是认真的，大手笔地配置了5间餐厅，从当地风味到日本、意大利菜一应俱全。MUSE 是酒店唯一的全日制餐厅，早餐采取半自助形式，走的是意大利菜路线。每天清晨，一边跟热情的塞舌尔服务员闲聊，一边享受美食，愉悦了一天的心情。KOKOYE 的酒吧露台可俯瞰印度洋的海景，黄昏时分不要忘记来这里喝一杯鸡尾酒，欣赏漫天的夕阳余晖。喜欢日本菜的客人，AZIDO 的日本佳肴绝对不会让你失望。来到 MOUTYA 餐厅的宾客将沉浸于醇正的克里奥尔特色美食中。泳池畅游之余，在 SOLEY 池畔吧品尝营养丰富，美味可口的“便当盒”轻食餐，同时欣赏美妙的海

湾景致。

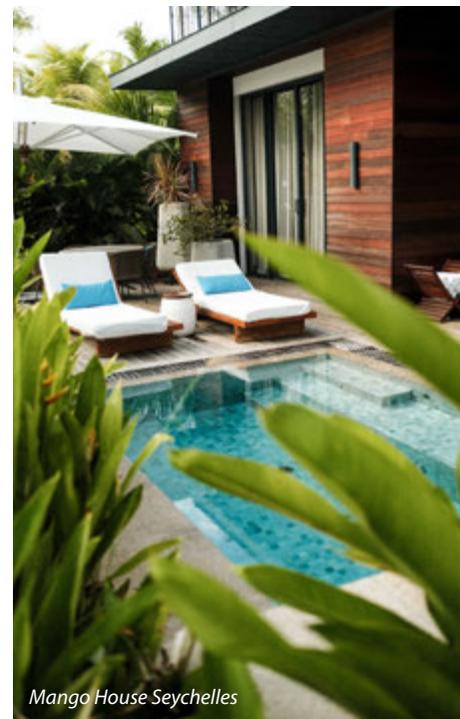
海边玩累了，就可以投入到 Anpe 水疗中心来疏解身心的疲乏。Anpe 源自克里奥尔语，代表一种宁静的状态。名副其实，来到这里，真真能感受到内心的平静安宁。护理中使用的 Belliche 产品都是利用当地成分和本土植物知识来设计和开发的，带你沉浸式享受塞舌尔的纯正馈赠。

Lavi Anpe 特色护理特别为都市人士而设计，将塞舌尔当地香蕉提炼而成的香蕉精油和温热的花岗岩石头进行组合，搭配理疗师娴熟的按摩手法，身体慢慢变得轻柔，疲劳的肌肉得以舒缓，内心无比的轻松，疗程中还包括了面部和头皮按摩。Anpe 水疗中心配备的石英理疗床能促进身心放松、刺激新陈代谢、排毒净化。

下榻期间，还可以参加烹饪大师班，学习如何烹制当地特色菜肴和鸡尾酒，或参加克里奥尔语基础课程。情侣们别错过了双人水疗护理、海滩上的烛光晚餐、日落巡游。来塞舌尔探险的旅行者也是 Mango House 的主要客人群体之一，除了舒适的睡眠环境和恢复型水疗护理，酒店还会为其提供除专业向导、教练和安全设备。最后，别忘了体验一场私人瑜伽课程、引导式冥想练习和正念研讨会，你将感受到内心愈加平和，幸福感油然而生。



Anpe Spa, Mango House Seychelles



Mango House Seychelles

## Peace and Balance in Life

Located in the remoteness of South Mahé, on the bay of Anse Aux Poules Bleues, Mango House Seychelles presents cherished experiences met with an electric concept of belonging. Previously owned by Gian Paolo Barbieri, a renowned photographer, the resort still features many of his original photos and furniture, adding to its unique charm. The uneven stone wall, light wood furniture, beige linen sofa, rattan lamps, yellow-gray cushions and various paintings complement each other, together conveying a sense of high grade and fine taste, as well as comfort and warmth.

The exclusive 41 ocean-view rooms and suites, overlooking the pristine bay of Anse Aux Poules Bleues, each features a sun-kissed balcony or terrace, as well as distinctive natural décor showcasing the rugged natural beauty of the Seychelles.

Sensational flavors and the scenery to match, unique tastes are on the menus across Mango House's five distinct restaurants and bars. MUSE is the hotel's only all-day dining restaurant, an Italian inspired restaurant paying tribute to Gian Paolo Barbieri's heritage and offering a soulful selection of dishes, where contemporary chill meets the quirky nature of Creole culture. KOKOYE's terrace overlooks the Indian Ocean, so don't forget to

stop by at dusk for a cocktail and to enjoy the rays of the sunset. For those who prefer Japanese cuisine, AZIDO's fresh sushi and charcoal-grilled robatayaki will not disappoint. Guests to MOUTYA can choose from a delicious selection of magic Creole flavors. After taking a dip, enjoy the healthy "Bento Box" delights and cocktails, whilst gazing upon the beautiful bay at SOLEY.

Spend breezy afternoons by the sparkling pools, maintain your fitness routine in the gym, or enjoy quiet moments in the tranquil Anpe Spa. Anpe originates from the Creole term representing a state of serenity. Therefore, you can expect a range of wellness programs crafted to foster inner calm and peace.

Lavi Anpe is one of the signature treatments where a unique blend of oil curated by Belliche is used. This unique full body massage will leave you floating in paradise and includes a face and scalp massage as well. Signature banana oil and warmed granite stones are used to soothe muscles in combination with relaxing massage strokes. This signature massage is designed to help guests cultivate present-moment awareness, reduce stress, and enhance overall mental well-being. You will just feel more grounded, centered, and connected after completing the retreat.

Mango House tailors a variety of activi-



Lobby, Mango House Seychelles

ties for the guests aiming at promoting their physical and mental wellness. For example, you are encouraged to participate in culinary masterclasses to learn how to prepare local signature dishes and cocktails, or take part in basic Creole language lessons during your stay at the hotel. If you're honeymooners, the couples' massages, private candlelit dinners on the beach, and sunset cruises will definitely help you enhance your bond and create lasting memories. If you are adventure seekers, you will be surprised at the hotel's considerable offerings such as recovery treatments to alleviate muscle soreness and prevent injuries, comfortable bedding and blackout curtains conducive to restorative sleep, and knowledgeable guides, certified instructors, and safety equipment on site to ensure your well-being during adventurous pursuits.

No matter what's your aim of visit, try a private yoga session, a guided meditation and attend a mindfulness workshop, they help you cultivate inner peace, and enhance your overall sense of well-being.



## 顺应自然生息

**塞**舌尔群岛的中心、普拉兰岛的东北端，全泳池别墅度假村塞舌尔莱佛士酒店被纯净的白沙滩和清澈见底的海水环绕。在岛上，你可以探访塞舌尔独有的海椰子和黑鹦鹉；而距离度假村仅几分钟的路程便是世界闻名的拉齐奥海湾(Anse Lazio)。

度假村的87座别墅错落有致地分布在平缓的山坡上，很好地打造了私密感，现代风格设计，配有私人泳池和户外露台，与印度洋和岛上郁郁葱葱的壮丽景色融为一体。房间内还放置了瑜伽毯和艺术画架，充盈你的小岛生活。走出别墅，从水上活动、自然徒步到艺术和烹饪课程，再到水疗护理，各种各样的活动待你体验。

六间餐厅和酒吧将从当地到全球的美食一一呈现。Curieuse餐厅荟萃来自印度、中国和东南亚各地的亚洲菜肴。提供自助早餐的Losean餐厅，在夜晚时会呈现印度洋风情菜单。喜欢寿司的客人可以前往The Sushi Room，品尝到当日新鲜捕获的鱼类寿司。池畔餐厅酒吧除了提供健康轻食午餐，还别出心裁地开展了调酒课程。当然，如果想要更尽兴地品酒，别错过Danzil酒廊的招牌杜



松子酒和经典鸡尾酒。屋顶酒廊Takamaka则将壮观海景一览无遗。

最初是水面下一朵纯净的生命之芽；日出时，绽放在清新的空气中，光芒四射；夜幕降临，又重回到平静的水面上——莱佛士的养生理念便是基于这美丽的莲花。乍看之下，优雅精致，而它每天的蜕变却是焕发生机和原始自然力量的灵感象征。莱佛士水疗中心的愿景，正是这种顺应自然节奏的起伏再生。

僻静的露天理疗亭将蔚蓝大海、热带花园和花岗岩巨石尽收眼底。在令人心旷神怡的环境中，你可以享受一场莱佛士经典按

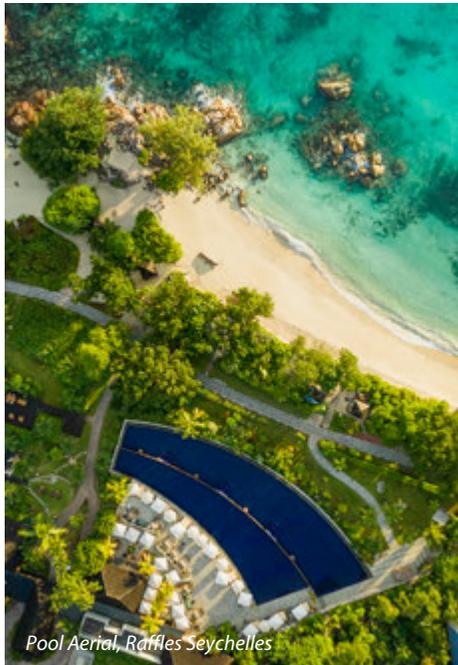
摩，以被动拉伸开启，接着是全身精油按摩，囊括了泰式按摩、巴厘岛式按摩和来自东方养生传统的多种技艺，疗程过后，你将感受到深深的放松，肌肉的酸痛僵硬感一扫而空。

“贝壳按摩”(Seashell Massage)则将目的地特色完美呈现，融合了海洋馈赠、古老的疗愈仪式、能量疗法、冥想和按摩。疗程从塞舌尔群岛的海洋中汲取灵感，将贝壳、温热精油和专业的手法结合，放松身心，恢复活力。通过融入这些当地元素，不仅创造了无与伦比的水疗体验，还让人无形中建立起与塞舌尔丰富的文化和自然的深刻联系。

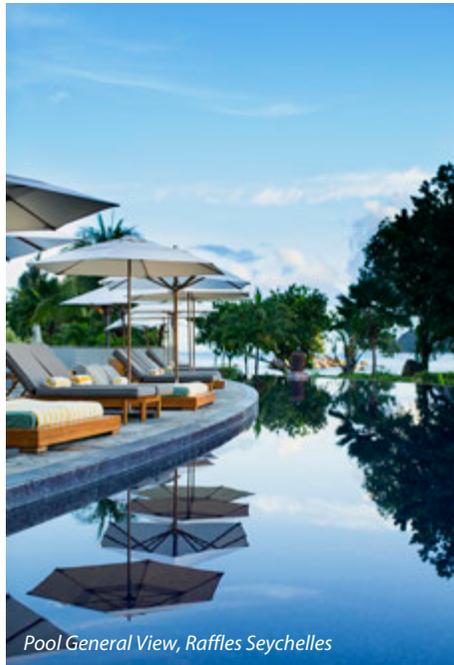
不仅如此，从灵感来源于塞舌尔珍珠的水疗中心设计，到在护理中融入当地蜂蜜、椰子油和柠檬草，每一个环节都旨在打造具当地特色的健康旅程。

无论你身处度假村的哪个角落，自然的气息、壮丽的美景都将如约而至。从海洋轻抚海岸的舒缓声音，到珍稀鸟类与晨风和谐共鸣的动人旋律，每一个细节都令人沉醉其中。在塞舌尔莱佛士酒店，获得的不仅是一次绝妙的度假体验，更是与大自然的深层连接。

# Following the Natural Rhythm



*Pool Aerial, Raffles Seychelles*



*Pool General View, Raffles Seychelles*



*Seashell Massage, Raffles Seychelles*

Surrounded by pristine white sandy beaches and crystal clear waters, Raffles Seychelles is a luxury pool villa resort located in the heart of the Seychelles, on the northeast tip of Praslin island, the home to the Vallée de Mai, where you can spot the Coco de Mer and the black parrot, the world's rarest bird, only to be found in Seychelles. Just a few minutes away from the resort, you can marvel at the world renowned Anse Lazio.

The 87 villas, designed in contemporary style with private plunge pools and open-air terrace, are thoughtfully spread across gentle sloping hills, combining privacy with breathtaking views of the Indian Ocean and the island's lush greenery. From water activities, tortoise feeding and nature walking, to art and cooking classes, the resort offers activities which help you feel at one with the natural beauty of the archipelago.

Combining the best of the local culture and cuisine with dishes from around the world, each restaurant and bar has its own unique atmosphere and setting. Curieuse Restaurant offers Asian cuisine, embracing dishes from India, China and Southeast Asia. You will find buffet breakfast and an Indian Ocean-inspired evening menu at Losean Restaurant. The Sushi Room is obviously for the sushi lovers, showcasing locally caught fish in a traditional assortment of nigiri, maki and sashimi. For a fun



*Panoramic Pool Villa Bedroom View, Raffles Seychelles*

experience, attend the island mixology and cocktail classes at the Pool Restaurant & Bar. For more choices of fine wines, visit Danzil Lounge. Don't miss its signature gin & tonic.

The wellness philosophy of Raffles Seychelles is centered around the magnificence and beauty of the lotus. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalization and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences the vision for Raffles Spa.

The secluded open-air treatment pavilions showcase spectacular views of the blue ocean, tropical gardens and dramatic granite boulders. Why not enjoy a Signature Massage at such a pleasant setting. Encompassing several tech-

niques of Thai, Balinese and Eastern influences, the massage offers passive stretching, followed by a full body deep relaxing oil massage to alleviate muscle stiffness.

Infusing the essence of Seychelles into wellness offerings is at the heart of Raffles Spa. Every aspect, from the spa's design inspired by the creation of pearls in Seychelles to the incorporation of locally sourced honey, coconut oil, and lemongrass in the treatments, aims to provide guests with an authentic well-being journey unique to this enchanting destination.

A standout example of this dedication is reflected in Seashell Massage, a truly distinctive experience that seamlessly blends the benefits of the ocean, ancient healing rituals, energy work, meditation, and hands-on massage. This one-of-a-kind journey takes inspiration from the Seychellois seas, combining seashells, warm oils, and specialized techniques to transport you on a tropical voyage of relaxation and rejuvenation. In embracing these local elements, it not only creates an unparalleled spa experience but also offers you a profound connection to the rich cultural and natural tapestry of Seychelles.

From the soothing sounds of the ocean gently caressing the shores to the vibrant melodies of endemic birds harmonizing with the morning breeze, every detail contributes to an immersive environmental experience.

# 塞舌尔水疗度假村精选

## A Selection of Seychellois Spa Resorts

散落在印度洋的塞舌尔是地球上将原始自然风貌保存得最好的地方之一。众多五星水疗度假村扎根于此，借势纯净的自然风光与当地盛产的天然资源，为旅人们带来沁心入怀的呵护旅程。

*Seychelles is one of the places on this planet that have best kept the original landscapes and natural biodiversity. As a result, it has attracted a number of superb luxury resorts. Empowered by the pure scenery and local healing ingredients, these resorts provide guests with true pampering especially with their top spas.*



### 塞舌尔群岛四季度假酒店

坐落在马埃岛西南海岸，占地170英亩，遗世独立俯瞰比提昂斯湾。别墅、套房从林木葱郁的山坡向下延伸至马蹄形的私人海滩。每间树屋别墅都通过高跷支柱架于树木之上，在椰树、芒果树、菠萝蜜树、肉桂树之间悠然栖居。私人无边际泳池畅游，旖旎景致与安宁氛围让一切纷扰无迹可寻；或在别墅后的户外空间休憩，眼前夕阳余晖中的印度洋更是美轮美奂。

在度假村的最高点坐落着Le Syel水疗中心，将舒怡宁静之感推向极致。水疗中心伸出崖壁，掩映在密布丛林间，每间理疗室都面朝大海，享受着专属而私密的风光。理疗师运用当地天然成分的疗愈功效为客人焕活身心，其中以海椰子为主题的“海椰子之谜”（The Miracle Of Coco De Mer）疗程是许多客人的首选。整个体验分为五个部分：海椰子身体去角质、鱼子酱及棕榈滋养身体裹敷、全身黄油按摩、在肉桂、蜂蜜及椰奶调制的浴池中泡浴、奢华身体乳。

### Four Seasons Resort Seychelles

Covering a secluded area of 170 acres on the southwest coast of Mahé, Four Seasons Resort Seychelles is a remote, hillside retreat that overlooks the idyllic bay of Petite Anse. The resort comprises 67 villas and suites, and 27 Four Seasons Residences that descend down a lushly forested incline to the private, horseshoe beach of Petite Anse with powder-white sand. Each of the tree-house villas and suites is perched on stilts amidst a jungle of coconut, mango, jackfruit and cinnamon trees. Standard features in all villas include infinity-edge plunge pool, open-air shower, glass-walled bathroom and expansive, private outdoor living space with sunset views over the Indian Ocean or the surrounding tropical landscape.

At the uppermost point of the resort, Le Syel Spa epitomises the sense of tranquility and seclusion found throughout the Resort. Shrouded in mystery, legend and tales of love, Seychellois coco de mer is a rare native palm tree with the largest seed in the plant kingdom. Here at Le Syel Spa, a blissful five-step ritual – The Miracle of Coco De Mer celebrates the nourishing benefits of Seychellois coco de mer: an energising body scrub; nourishing body mask; rich body butter massage; bath with beautiful bay views; and application of luxurious body lotion.

### 塞舌尔德罗什岛四季度假酒店

2018年，继马埃岛之后，四季在德罗什岛新开了一家度假酒店，也是402公顷岛屿上唯一的度假酒店。充满当地风情的淳朴别墅、度假屋和套房错落有致地散落在海滩边，五间水疗别墅被丰富的植物花卉簇拥。一系列疗程以德罗什岛为主题展开，“德罗什之韵”体验中，水疗与音乐结合，以蕴含海盐和芦荟的身体磨砂与裹敷开启，耳侧是钟琴、雨林树枝、颂钵演绎的和谐之音；接着，在安宁的海水声响中，浸入到海盐水进行泡浴；最后以“海浪之声按摩”结束体验，理疗师使用包着猴面包树籽的鸡蛋在身上进行模拟海浪的按摩。

疗程体验之余，不妨到酒店的互动式探索中心，了解德罗什岛多种多样的植被和海洋生物。三个专属学习区内可观赏各类展品，以及海鸥巢穴和各种动物骨骼的3D模型。象龟保护中心内，可看到濒临灭绝的珍稀动物亚达伯拉象龟。

### Four Seasons Resort Seychelles at Desroches Island

Four Seasons Resort Seychelles at Desroches Island, the only resort on this 6 kilometre-long coral island, offers modern accommodation, tropical gardens and 14 km of palm-fringed, white sand beaches. The rustic villas and bungalows with decked patios, private pools and beach access are intimate retreats and make you feel like a castaway who has struck gold. Guests are welcomed to dine in a casually chic beachfront setting, catering to every culinary desire through eclectic international menus. 24 hour In-Villa dining is also available.

Five spa treatment suites are surrounded by the island's exotic flora and fauna, creating a natural sense of tranquillity to soothe both body and mind. This tranquil world aims to take guests deeper into the embrace of Desroches and therefore curated a signature range of sensory experiences around the characters of Desroches. For instance, in the Rhythms of Desroches treatment, massage and music meet with a sea-inspired sand, salt and aloe scrub and body mask; a harmonising sound bath of chimes, rain sticks and singing bowls; and a soak in regenerating sea salts accompanied by calming ocean sounds. Your experience ends with a Sound of the Waves Massage, featuring a soothing rolling technique that mimics the sound and motion of waves using eggs filled with heated baobab seeds.





## North Island Seychelles

Luminous white sands, granite peaks and turquoise waters, North Island, situated 30km north of Mahé, offers just 11 ocean-view villas are hidden amidst 201 hectares of exquisite natural beauty, each measuring over 450sqm with private plunge pools and direct access to the beach. On arrival at North Island, you will be invited to visit the La Vie by Goldhands the Spa for a complimentary welcome treatment at your leisure. Every treatment begins with “barefoot ritual” designed to soothe away the stresses of travel, allowing you to slip seamlessly into the island way of barefoot luxury. The Spa uses a range of results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. To celebrate the sense of well-being that infuses North Island, join the morning yoga session to salute the sun.

### 塞舌尔北岛度假村

马埃岛以北30公里以外的北岛是一处静谧美好的私人岛屿，小岛上唯一的度假村——北岛度假村仅拥有11幢海景泳池别墅，置身于洁白沙滩、花岗岩和蓝绿色海水构筑的迷人风光中。每间别墅都超过450平方米，可直通海滩。La Vie by Goldhands水疗中心基于阿育吠陀理念，融合芳香疗法、天然护肤产品和各类养生方案，带来身心焕活体验。理疗师将在私人问询后为客人定制养生方案，每项疗程均以“赤足仪式”开启，旨在消除旅途疲惫，带客人融入小岛的“赤足”生活方式。另一个体验北岛生活的最佳方式之一莫过于迎接着朝阳进行一场清晨瑜伽。



### 塞舌尔拉布里兹希尔顿水疗度假村

塞舌尔拉布里兹希尔顿水疗度假村坐落在Silhouette小岛的海洋国家公园内，以环保可持续理念与动物保育为核心。因此，当你看到寄居蟹在身旁蹒跚行过时也无需感到惊讶。度假村拥有一个PADI五星潜水中心，提供各类浮潜和潜水选项与相关设备、课程。eforea Spa携手Elemis带来极致的水疗体验。中心内设有6间理疗室、漩涡池、桑拿蒸汽室等。受过专业训练的Elemis理疗师结合全球各大按摩技艺为客人提供卓有成效的面部护理。众多身体疗程使用矿物盐、融合活性成分的精油，开启身心焕活旅程。还有一系列按摩项目从巴厘式按摩、阿育吠陀等众多经典养生传统中汲取灵感。

### Hilton Seychelles Labriz Resort & Spa

Located within a marine national park in Silhouette Island, Hilton Seychelles Labriz Resort & Spa is a haven of sustainability and animal conservation. So don't be surprised when you see hermit crabs walking alongside or turtles swimming underwater. There is a PADI Five Star Dive Center, so be sure to enjoy some time diving and snorkeling. Then go to the eforea Spa for some island-inspired treatments featured by ELEMIS. There are six treatment rooms, a whirlpool, a plunge pool, a steam room and a sauna. Highly trained ELEMIS therapists use a combination of massage techniques from around the world to deliver profoundly effective facials. Meanwhile, cleansing mineral salts, oil blends rich in actives and transformative aromatics are combined to create a range of body treatments. There are also various classic massages inspired by Balinese, Ayurvedic and other techniques.



### 塞舌尔普拉特岛华尔道夫度假酒店

不久前全新开业的塞舌尔普拉特岛华尔道夫度假酒店坐落在马埃岛以南130多公里处的美丽外岛，独享印度洋壮丽美景和原始沙滩。这是一座全别墅奢华度假村，50座波西米亚风格装饰的海滨别墅宛如一个个隐蔽的热带绿洲，均配有私人泳池和宽敞的露台。六间餐厅酒吧使用新鲜采摘的蔬果，呈现“花园到餐桌”用餐体验。静谧的水疗中心设有6间理疗室，以及沙龙和土耳其浴室。个性化疗程将塞舌尔传统与现代养生技艺结合，体验感与效果并佳。普拉特岛周围水域有着丰富的海洋动物，这里是数百只玳瑁龟和绿海龟、鳐鱼和小鲨鱼的家园，使其成为了理想的潜水目的地。

### Waldorf Astoria Seychelles Platte Island

The newly opened Waldorf Astoria Seychelles Platte Island presents a dreamy holiday with pristine beaches, distinctive activities, and unparalleled service. Relax in paradise and stay in one of 50 seaside villas. Each offers a secluded tropical oasis complete with a private pool, spacious patio, and bohemian décor. Dine at one of the six restaurants, and enjoy a range of amenities including a serene spa, public outdoor pool, tennis court, beach access, and more. The spa features six treatment rooms, a beauty salon, and a hammam. Receive a personalized treatment inspired by Seychelles' traditions blended with contemporary therapies. Dive into the sea to meet the rich oceanic wildlife that surrounds the island. Platte Island is home to hundreds of hawksbill and green turtles, rays and baby sharks.



# 克里奥餐 舌尖快意



Creole Curry

**塞**舌尔本地美食被称为克里奥餐，深受塞舌尔多民族群饮食文化的影响，口味多元又独特，热带风情十足。各种新鲜的海味是本地人餐桌上的主角，当地盛产的椰子油、椰奶和椰子果肉常被用来给海鲜调味或一起烹饪，健康的很。除此之外，当地人喜好咖喱，也喜欢在菜肴中加入大蒜、洋葱、辣椒、肉桂等丰富的香料，浓郁的椰香和强烈的辛辣口味相互交融，为食物增添了丰富的层次感，令人垂涎不已。让我们先从塞舌尔4大特色佳肴上领略一下当地的舌尖风光。

## 克里奥咖喱

咖喱是克里奥菜里最常见的元素，在烹制过程中加入椰奶或椰浆的方式让它也被称之为椰子咖喱。相较于印度咖喱，这里的咖喱使用的香料比较简单、没有那么辛辣、复杂的口感，椰奶或者椰浆进一步柔和了咖喱的辣感，椰香四溢中带着丝丝甜味，很容易入口。当地人一般会用咖喱搭配海鲜烹炒或者炖煮，尽量保持海鲜的原汁原味。

## 八爪鱼咖喱

金枪鱼、八爪鱼、红鲷鱼、石斑鱼是塞舌尔最受欢迎的海鲜食材。大街小巷随处可见的

八爪鱼咖喱既美味又健康，将洗净的八爪鱼切块，与克里奥咖喱酱一起煸炒，直至鱼肉变软，加椰奶煮至汤汁浓稠后，加入盐调味即可。八爪鱼裹着辛辣香甜的咖喱酱入口，肉质Q弹、香气四溢，当地人会用它搭配米饭或面包一起食用，风味更佳。

## 面包果片

塞舌尔面包果片是一种传统的塞舌尔小吃，通常由面包果制成。这种外形类似于椰子的热带水果，内部质地类似于土豆，淀粉含量很高，当地人喜欢用椰奶煮、油炸、蒸、捣碎、烘烤等方式变着花样儿来吃它。

面包果片做起来很简单而且非常健康，先将面包果肉切成薄片，在平底锅中用椰子油将其煎制双面金黄，撒上适量的盐调味即可，口感酥脆，有点像厚一点的薯片，味道香甜，常作为当地人早餐或下午茶的点心。

## 棕榈心色拉

塞舌尔棕榈菜是指棕榈树的幼嫩芽，也称为“棕榈心”或“棕榈心脏”。这种植物是在棕榈树的幼嫩叶芽长出之后采摘的，呈白色或淡黄色，具有柔软、脆嫩的口感。塞舌尔棕榈菜是当地的一种传统食材，常常被用于制作各种美味的菜肴，沙拉、汤、炒菜、卷饼。



Breadfruit Slices

# A Bite of Creole Dishes



*Octopus en Rougaille*

octopus is cut into pieces and sautéed with Creole curry sauce until the fish meat becomes soft. Add coconut milk and cook until the soup thickens, then add salt to taste. Octopus wrapped in spicy and sweet curry sauce is full of aroma and just mouth-watering. The local people enjoy it together with rice or bread.

The local Seychelles cuisine is known as Creole dishes, influenced by the multi-ethnic food culture of the Seychelles, with diverse and unique flavors, and full of tropical passions. Various fresh seafood is the main role on the local table, and the locally produced coconut oil, coconut milk and coconut pulp are often used to flavor seafood or cooked together, which is very healthy. In addition, the local people like curry, also like to add garlic, onions, chili peppers, cinnamon and other spices in the dishes. The rich coconut flavor and strong spices intermingle with each other, adding a rich sense of layering for the food. Let's take a look at the four specialties of the Seychelles.

## Creole curry

Curry is the most common element in Creole cuisine, and the addition of coconut milk or coconut cream to the cooking process has led to it also being called coconut curry. Compared to Indian curry, the spices used in this curry are simpler, less spicy and complex, and the coconut milk or coconut cream further softens the spiciness of the curry, adding a hint of sweetness of the coconut. The locals usually use



*Palm Heart Salad*

curry with seafood for stir-fry or stew, trying to keep the original flavor of seafood.

## Octopus en rougaille

Tuna, octopus, red snapper and grouper are popular seafood materials in Seychelles. Octopus curry can be found in the streets and alleys, which is both delicious and healthy. Cleaned

## Breadfruit slices

Seychelles Breadfruit Slices are a traditional Seychellois snack, usually made from Breadfruit. This tropical fruit, which resembles a coconut in shape, has a potato-like interior and a high starch content, and is eaten in a variety of ways, including boiled in coconut milk, fried, steamed, mashed or baked.

It is very simple to make breadfruit slices and it's very healthy. Firstly, cut the breadfruit pulp into thin slices. Then fry it on both sides in a pan with coconut oil until golden brown before sprinkling on it with some salt. It tastes crunchy and is a little bit like a thicker potato chip, with sweet flavor. It is often enjoyed as a breakfast or afternoon tea snack.

## Palm heart salad

Seychelles Palm Heart refers to the young shoots of the palm tree. The plant is harvested after the young leaf buds of the palm tree have sprouted and is white or yellowish in color with a soft, crunchy texture. Seychelles Palm Heart is a traditional local food material and is often used to make a variety of delicious dishes, salads, soups, stir-fries and wraps.



### 青岛尚美雅高瑞享酒店

雅高集团战略牵手尚美数智科技集团，为中国市场定制全新高端酒店品牌——雅高瑞享。品牌首个选址——位于山东省美丽海滨城市青岛的青岛尚美雅高瑞享酒店正式开门迎客。专属智能技术渗透至酒店设计、运营和待客的点滴细节之中，高端智能方案包括客房选择和预订；方便快速登记入住和安全进入客房的面部识别系统；以及全楼定制的能效控制体系。“瑞享市集”是酒店的核心空间，灵感源自瑞士传统的城市广场概念，为入住宾客和本地居民打造了一处温馨的社交场所。酒店还设有两间特色餐厅——海鸥·坊全日制餐厅以及主打地道山东风味的拾府中餐厅。

### Mövenpick by Accor Qingdao Sunmei

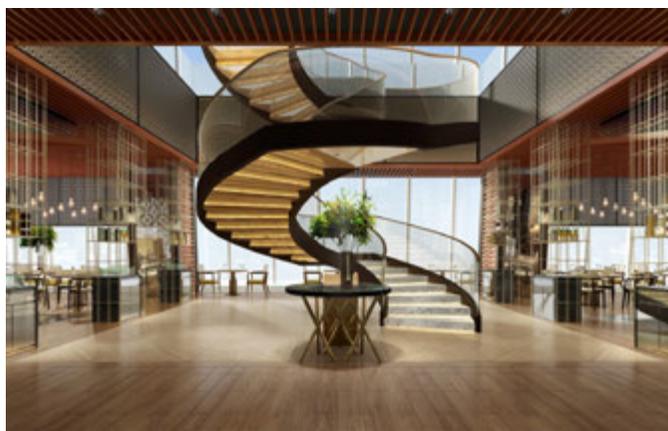
Accor, together with Sunmei Group, is pleased to announce the opening of the first Mövenpick by Accor destination – Mövenpick by Accor Qingdao Sunmei, in the beautiful coastal city of Qingdao, in eastern Shandong Province. Tailor-made for Chinese travelers, Mövenpick by Accor is an extension of the global Mövenpick Hotels & Resorts brand. Inspired by the traditional Swiss concept of town squares, My Mövenpick Marketplace resides at the heart of Mövenpick by Accor Qingdao Sunmei. This signature experience offers guests and locals a cozy spot for socializing with a cup of coffee and classic Swiss treats. Guests of Mövenpick by Accor Qingdao Sunmei, along with local visitors, will enjoy the hotel's two distinctive restaurants. FANG is an all-day dining restaurant; while SHI FU Chinese restaurant offers an intimate dining experience featuring authentic Shandong dishes.

### 大连四季酒店

全新落成的大连四季酒店位于东港商务区，高耸入云的大楼将城市天际线和壮丽海景一览无余。酒店设有254间客房，现代化十足的先进设施构筑了奢华舒适的居停环境。步入41层的空中大堂，首先映入眼帘的是大堂吧，提供精致时髦的下午茶；位于同一层的Harbour Bar则提供上乘威士忌和创意鸡尾酒。另外，招牌中餐厅玺玥轩供应特色粤菜，以及用枣木烘烤的北京烤鸭，当地捕捞的新鲜海鲜充斥着餐厅内的双层鱼缸。还有四葉居日式餐厅、荟海全日餐厅，以及香气扑鼻的烘焙店和熟食店Fresca供宾客选择。位于38层的水疗中心和海景健身中心带来焕活身心的新颖养生体验。

### Four Seasons Hotel Dalian

The all-new Four Seasons Hotel Dalian opens within a glittering high rise building in the city's harbourside Donggang Business District featuring sweeping city and sea views. Arriving in the spectacular sky lobby on the 41st floor, guests will find a welcoming Lobby Lounge for a modern afternoon tea. Also on this highest floor of the Hotel is Harbour Bar, a glamorous space offering premium whiskies and creative cocktails. Additional dining experiences include the signature Saai Yue Heen serving Cantonese specialities and Peking duck prepared in a jujube (date) wood oven, as well as locally caught seafood showcased in a two-tier tank. Also available to enjoy are Japanese restaurant Yostuba, all-day dining restaurant Hui Hai, and the charming, street-level bakery and delicatessen Fresca. The 254 guest accommodations, located on 23rd to 36th floors, offer every modern convenience in a luxurious and comfortable setting.



### Soneva Secret 2024

这是索尼娃旗下在马尔代夫的第三家分号。Soneva Secret 2024现已开业，位于哈达卢环礁，被清澈湛蓝的海水包围。独占一整片泻湖的度假村仅拥有14座水上和海岛别墅，其中包括马尔代夫唯一的奢华漂浮别墅。每座别墅都设有一个由三名服务人员组成的专属团队，包括一名管家、一名助理和一名专属厨师，为宾客提供个性化体验。除了在房间内享受美食，还可前往Out of This World天文台餐厅，在无限海景与璀璨星河的环抱中用餐；或在全日制餐厅The LivingRoom品尝来自有机花园的食材演绎的新鲜美味。品牌独特的养生理念Soneva Soul将最新科技创新与古老的疗愈智慧结合，带来身心蜕变之旅。

### Soneva Secret 2024

Experience a fresh new wave of personalised hospitality at Soneva Secret 2024, located in the sparkling waters of the Maldives' Haa Dhaalu Atoll. Explore 14 overwater and island villas, including secret hideaways accessible only by boat and the Maldives' first floating villa. Every stay is personalised to ensure an unforgettable escape in nature, enhanced by exemplary service standards from your dedicated team of three – a Barefoot Guardian for 24/7 butler service, Barefoot Assistant and dedicated chef. Zipline to the castaway dining tower, wine cellar and observatory, surrounded by endless sea views and dramatic skylines. Visit the casual all-day restaurant for delicacies with fresh, seasonal ingredients from the island's organic garden. Soneva Soul, the brand's exclusive wellness concept, blends thousands of years of ancient healing wisdom with the latest science and innovation to bring transformative experiences.



### 太原喜来登酒店

太原喜来登酒店近期揭幕，带来品牌焕新设计理念所呈现的全新设计和体验。酒店大堂以“开放式共享空间”为定位，充满活力又具有归属感的开放空间可供宾客社交或独处。酒店拥有246间豪华客房及俯瞰龙城公园的全景套房，轻盈的木质色调及简约的内饰风格，结合体现当地建筑和文化元素的艺术装饰点缀，营造出雅致的居家之感。集酒吧、咖啡吧和市集三种功能于一体的&More by Sheraton是品牌全新餐饮理念的点睛之作，提供从白天到夜晚的空间流畅转换。另有三间餐厅提供寰球经典美味与本地精选佳肴。酒店还拥有超过1200平方米的会议空间、健身中心、恒温泳池。

### Sheraton Taiyuan

Sheraton Taiyuan recently opens with the brand's refreshed design concept. The hotel's lobby is positioned as an "open shared space", a vibrant space for guests to socialize or spend time alone. The hotel's 246 deluxe guest rooms and panoramic suites overlooking Longcheng Park feature light wood tones and minimalist interiors, combined with art deco accents that reflect local architectural and cultural elements to create an elegant homey feel. &More by Sheraton, a bar, café and bazaar, is the centerpiece of the brand's new dining concept, offering a smooth transition from day to night. Three additional restaurants offer a mix of global classics and local favorites. The hotel also boasts over 1,200 square meters of meeting space, a fitness center, and a heated swimming pool.

### 深圳南山香格里拉

深圳南山香格里拉近期开业。272间客房及全景套房分布于深湾汇云中心67~75层，时尚典雅中体现着东意西境的设计风格。宾客可饱览深圳湾超级总部基地的繁华都市景致，将华侨城内湖湿地、深圳湾公园自然深湾绿谷的盎然绿意尽收眼底，更可在南侧客房欣赏深圳湾广阔海景，远眺香港城市天际线，享受远离城市喧嚣，下榻云端的沉浸式体验。78层的顶层餐厅、66层的全日制餐厅及空中酒廊打造云上邂逅美馐的别致体验。位于4层的中餐厅以精品粤菜为特色，内设有10间雅致的独立包间。另有坐拥高层景观的健身中心和水上疗中心展开健康体验。

### Shangri-La Nanshan, Shenzhen

Shangri-La Nanshan, Shenzhen is situated in the heart of the Guangdong-Hong Kong-Macao Greater Bay Area, a prime location within the Huiyun Center of Shenzhen Bay Super Headquarters Base. The hotel boasts 272 guest rooms with panoramic suites spaced across the 67th to 75th floors, offering guests the views of the surrounding cityscape, the verdant greenery of OCT Wetland Park and Shenzhen Bay Park, and beautiful view of Hong Kong, providing an immersive experience of escaping the city's hustle and bustle. The roof top restaurant on 78th floor, the all-day dining restaurant and the Lobby Lounge on 66th floor would please the gastronomists for a scrumptious experience in the 'clouds'. The Chinese restaurant on 4th floor serves modern and delicate Cantonese cuisine. Located at 77th floor, the hotel's Wellness Club features full range of fitness equipment, an indoor swimming pool and a relaxation spa.



### 上海思特奇酒店

上海思特奇酒店亮相上海影视乐园，这是上海首座以“影视+人文生活方式”为定位的沉浸式高端精品酒店。酒店由法国设计公司Dariel Studio操刀设计，整个建筑复刻上海著名的百年公寓“武康大楼”，内部采用文艺复兴和海派装饰艺术风格，融入戏剧化元素，凸显电影和艺术质感。大堂中的帷幕造型和升降LED屏营造出沉浸式氛围。步入客房走廊如同走电影节红毯一样具有仪式感。72间客房及套房内，舞台式灯具、复古地毯、撞色搭配，再现了文艺复兴时期的剧院场景。二楼的沉浸式戛纳剧场内，高水平音乐剧带来超凡的艺术体验。另有两家餐厅供应全球美食和地道上海风味。

### The Stage Shanghai

The Stage Shanghai is the first high-end hotel in Shanghai to offer an immersive experience of "film scenes + humanistic lifestyles". Designed by the French design firm Dariel Studio, the construction is a replica of Shanghai's famous century-old building "Wukang Mansion", and the interior incorporates theatrical elements to emphasize the ambience of film and art. The curtain design and LED screens in the lobby create an immersive atmosphere. Walking down the corridor of the guest rooms is like walking down the red carpet of a film festival. The 72 guest rooms and suites are decorated with stage lighting, vintage carpets, and clashing colors, recreating the scenes of a Renaissance theater. On the second floor, the immersive Cannes Theatre offers an extraordinary artistic experience with high-level musicals. Two restaurants serve global cuisine and authentic Shanghai flavors.





## 苏黎世萨沃伊文华东方酒店

文华东方酒店集团在苏黎世推出集团在瑞士的第三家酒店。苏黎世萨沃伊文华东方酒店位于阅兵广场，距离班霍夫大街及其高档时装店、历史悠久的老城区仅数步之遥。客房和套房的设计兼具美感和功能性，从城市的色彩和苏黎世的现代艺术场景中汲取灵感。在44间客房和36间套房中，大部分都拥有宽敞的露台和私人屋顶，以及装饰着手工制品的精美起居空间。Savoy Brasserie & Bar位于酒店中心，提供法式风味的全天候餐饮、瑞士经典菜肴和招牌鸡尾酒。此外还有意大利餐厅ORSINI，精致的文华酒廊，以及能欣赏壮丽城市美景的1838屋顶酒吧。

## Mandarin Oriental Savoy, Zurich

Mandarin Oriental introduces the group's third property in Switzerland as it brings its legendary hospitality to the country's largest city, Zurich. Located on the famous Paradeplatz, Mandarin Oriental Savoy, Zurich is an iconic landmark hotel sitting just steps away from the prestigious Bahnhofstrasse and its high-end fashion houses, the historic old town and charming promenade leading to Lake Zurich. Guest rooms and suites are designed for both aesthetics and functionality, creating intimate sanctuaries of relaxation and comfort inspired by the colours of the city and Zurich's modern art scene. Many of the 44 rooms and 36 suites boast spacious terraces and private rooftops, along with beautifully handcrafted living spaces. At the heart of the hotel lies Savoy Brasserie & Bar that offers French-inspired all-day dining, Swiss classics and signature cocktails. Additional dining venues include the fine-dining Italian restaurant ORSINI, the refined Mandarin Lounge and 1838 rooftop bar.

## 沙特阿拉伯Nujuma丽思卡尔顿隐世酒店

Nujuma丽思卡尔顿隐世酒店坐落于红海的一处隐秘小岛上。63栋别墅栖息在柔软的白沙滩或蔚蓝的海面上，以贝壳为灵感的建筑与周围的环境相映成趣，房间内装饰以当地艺术品，搭配源于自然的色彩、纹理和材料。每栋别墅都可直接通往户外，并设有全景窗户、开放式起居空间、海景泳池和望远镜，以探索沙特阿拉伯迷人的星空。无论是与大厨一起制作鹰嘴豆泥，品尝渔夫当天捕获的珍贵鱼类，还是聆听灵感源于占星术的鸡尾酒背后的故事，四间餐厅带宾客踏上纷繁的美食之旅。Neyrah Spa通过天然珍稀原料和一系列水疗仪式帮助宾客与自然和自我建立起深厚的联系。

## Nujuma, a Ritz-Carlton Reserve

Within a secluded archipelago in the bountiful Red Sea, Nujuma is an unspoiled sanctuary surrounded by crystal-clear water and soft white sand. A total of 63 villas mirror their surroundings with shell-inspired structures and interiors finished with found objects, local art and colors, textures and materials that borrow from nature. Designed to offer both elevated privacy and direct access to the outdoors, each villa features panoramic windows, open living space, a sea-view pool and a telescope to discover Saudi Arabia's enchanting star-filled sky. Whether browsing the spice library for a live preparation of hummus, savoring the fisherman's prized catch of the day or hearing the tales behind astrology-inspired cocktails, dining at Nujuma blends the warmth of familiarity with the delight of surprise. The path toward transformation is illuminated at Neyrah Spa, where precious ingredients and simple ceremonies foster a profound connection to nature and self.



## 康藤·阿鲁腊卡帐篷营地

野奢帐篷营地品牌康藤Vinetree，选址隐秘而深邃的原生野境——云南怒江的阿鲁腊卡，全新揭幕康藤·阿鲁腊卡帐篷营地。营地栖息在怒江大峡谷之巅的高山草甸上，俯瞰怒江，四围雪山、茂林环绕。24顶野奢帐篷，外观融于周遭自然之景，内部采用当地少数民族元素，饰材取自当地。帐篷的设计亦极具功能性，保暖抗寒效果极佳。每间帐篷都设有露台，让你沉浸于仙境之中。营地餐饮以藏族饮食为主，立足本地食材，打造特色美食。营地还设计了许多活动，如带宾客走滇藏茶马古道，雪山下骑马、徒步，并开设高原马术课程。

## Vinetree Nujiang Tented Resort

Vinetree, the famous glamping brand, has unveiled Vinetree Nujiang Tented Resort in Yunnan Province. The resort is perched on an alpine meadow beyond the canyon of the Nujiang River, overlooking the splendid Nujiang River and surrounded by snow-capped mountains and lush forests. The 24 luxury tents are designed to blend in with the natural surroundings, while the interiors are decorated with elements from local ethnic minorities and materials from the region. The tents are also designed to be functional, keeping you warm and protected from the cold. Each tent has a terrace, allowing you to immerse yourself in the wonderland. The resort dining is based on Tibetan cuisine, with local ingredients and specialties. A range of outdoor activities are waiting for you, such as walking the Yunnan-Tibet Tea Horse Trail, horseback riding and hiking amid the snow-capped mountains, and joining highland equestrian courses.



是什么原因让您选择了与艾薇丹合作？

**马静**：认识艾薇丹后打破了我以往对SPA的一些认知。以前我认为SPA主要是靠按摩手法作用在肌肉或经络，按摩油只是方便手法施展的介质。接触艾薇丹之后才知道，好的按摩油是有功效的。

我之前也见过一些加了矿物油的按摩油，浮在皮肤表面不吸收，还容易堵塞毛孔。艾薇丹用的都是纯天然的高品质有机原料，可以完全代谢。而且按摩油都含有复方精油配方，原本按摩只能靠手法作用到肌肉或者经络，但精油分子非常小，具有高活性、高渗透性，可以随着手法非常快渗透到皮肤的基层进入身体循环，发挥淋巴排毒、激发荷尔蒙等功效。好的按摩油搭配好的手法，实现了1+1>2的效果。

客人们也能明显感受到疗程带来的功效。现在，不管是有水肿，还是月经不通顺、不易入睡等等，客人都会想到来我们店里，安澜在他们心中真的成为了疗愈之所的不二选择。这也是我选择和艾薇丹合作的原因。

您的SPA目前和艾薇丹有哪些合作项目？客人的反馈如何？

**韩康**：梵·隅和艾薇丹合作了全部10款疗程项目，比如消水肿的流转运行疗程，调节女性荷尔蒙的苏活绽放疗程等等。其中流转运行疗程是店里非常受欢迎的项目之一。

我们SPA在K11商场里，很多客人是逛街累了来店里放松休息。上个月有两位客人，是闺蜜一起来K11逛街，逛了一下午腿肿、脚肿，原本只想按摩放松一下，做完流转运行疗程后觉得远远超出了期待值。艾薇丹的按摩油都是功效显著且快速，搭配定制的专业手法，会有非常明显的即时体感效果。做完疗程后，两个人的腿和脚水肿都消了许多，身体轻盈了不少。其中一个客人第二天还微信联系我们，说昨晚回家后小便的频率都比平常更频繁了些，排便也更通畅了，从来没想到在SPA按摩还能有这些效果。现在闺蜜两人都成了每周固定来店里的常客。

与艾薇丹合作后，您的SPA有哪些变化？

**韩康**：和艾薇丹合作一年多时间，店里老客比例明显增加了，许多客人都是像前面提到的那两位闺蜜一样，来过一次就主动想办卡、成为老主顾。许多客人惊喜于做完疗程后即时的、明显的功效，这种看得见的变化很难不爱上，所以持续不断回到店里。另外，我们合作了艾薇丹的全部疗程，客人的选择非常多样化，满足了体态雕塑、荷尔蒙调节等多种需求，在梵·隅一家SPA就几乎解决了日常所有问题，客人也就不再想着去其它家尝试了。



# 效果赢得市场

访艾薇丹合作品牌安澜ALAND SPA创始人马静女士、梵·隅SPA联合创始人韩康先生



Ma Jing



Han Kang

**通** 过纯天然精油中蕴含的植物自然疗愈力，帮助人们以更健康的生活方式降低生活中难免遇到的病痛伤害，进而减少化学药物的使用，这是艾薇丹品牌成立的初衷。产品上，以芳香疗法为基础，采用法国、欧盟双有机认证的纯天然高质量原料；同时，针对不同的客群、不同的身心问题，艾薇丹也设计了相应的疗程和手法，搭配使用不同的产品，使其效果发挥到最大化。

近年来，艾薇丹与众多星级酒店SPA、高端城市SPA、优质月子中心展开合作，将其卓富功效的护理疗程与产品带给更多受众。SpaChina采访了艾薇丹的合作品牌安澜ALAND SPA创始人马静女士、梵·隅

SPA联合创始人韩康先生，听他们与我们分享更多与艾薇丹有关的故事。

请简单介绍一下您的SPA。

**安澜ALAND SPA创始人马静**：安澜是淮安当地第一家SPA疗愈店，淮安古称运河之都，寓有淮水安澜，顺着我理解，我的店取名安澜ALAND「城中之岛」，又寓意：心无澜，身自安。

**梵·隅SPA联合创始人韩康**：梵·隅是沈阳首家开在商场内的SPA。集合东方护理与养生按摩的高端疗愈SPA，利用天然有机产品，结合理疗师娴熟的专业手法，为注重身心平衡的宾客提供唤醒“身、心、灵”的感官体验。在压力环绕的都市中，提供休闲放松的一隅。



ALAND SPA



FANYU SPA

# The Effects Have Their Say

An interview with Ms. Ma Jing, Founder of ALAND SPA and  
Mr. Han Kang, Co-Founder of FANYU SPA,  
the partners of AD VITAM

艾薇丹还有丰富的居家零售商品，我们店里也在售卖。无论客人做哪一项疗程，都有相对应的居家商品可以购买。当然，对于我这个老板来说，最直观的好处是客单价更高了，但绝不止于此。艾薇丹的居家商品采用欧盟双有机认证原料和疗效级配方，客人在家里简单涂抹，同样可以感受到产品的功效，一来延续了在店里做的疗程的效果，二来客人在用居家产品的时候也会一直想到我们，大大提高了返店频率。

在市场支持和服务方面，艾薇丹和市场其它品牌相比有哪些不同？

马静：刚开始合作培训时，很意外的是除了品牌、产品、疗程培训，还有专业芳疗知识培训。我们的美容师之前对芳疗基本没有什么概念，经过芳疗培训之后，首先对艾薇丹的产品有了更深层次的理解，另外我发现他们面对客人明显更有自信了，无论客人提出什么问题，都会用更丰富的、更有道理的话术和客人沟通，客人也会更信任他们。

我和梵·隅的韩总有同样感受的一点是：艾薇丹疗程的回头客特别多。我有一位光顾了半年多的客人，两个月前因为换工作搬家了，每次往返打车要1个小时，但上个星期做完疗程又续卡了。认识这么久大家真的很熟悉像朋友一样，我就劝她在家附近找找别的SPA，更方便些。结果客人说试了其它两家，但都只能放松，不像在安澜按完会有实际的功效，所以宁愿远一些也要来。疗程功效的不可替代性让安澜在市场上更有竞争性！很多老客人还会带朋友来，这也是最近一年我们很重要的新客来源。

艾薇丹在社交媒体上有许多素材积累，品牌还会每周提供宣传素材，店员和美容师可以直接拿来宣传，博主推荐和艾薇丹与五星酒店SPA的合作，也让客人们对我们的更信赖。除此以外，艾薇丹还会帮我们办线下沙龙，用轻松有趣的方式让客人了解精油的益处，很多客人参加完沙龙之后更愿意为疗程和产品买单，成为了安澜的忠实老客。

To help people live a healthier lifestyle and reduce the use of chemical drugs through the natural healing power of plants contained in essential oils, is the original purpose of the establishment of the brand of AD VITAM. The products are based on aromatherapy, using natural and high-quality raw materials certified by France and the European Union. Meanwhile, for different groups of customers, different physical and mental problems, AD VITAM has also designed a variety of treatments and massage techniques, with the use of different products, so as to maximize the healing effects.

In recent years, AD VITAM has partnered with many 5-star hotel spas, high-end day spas, and high-quality postnatal care centers to bring its efficacious treatments and products to a wider audience. SpaChina interviewed Ms. Ma Jing, founder of ALAND SPA and Mr. Han Kang, co-founder of FANYU SPA, both of which are AD VITAM's partners to know more about the brand from the market's perspective.

**Please introduce your SPA to us.**

**Ma Jing, founder of ALAND SPA:** ALAND is the first healing day SPA in the city of Huai'an. Huai'an is known as the canal

city in ancient times, whose name implies the peaceful water in the city. Following my understanding of SPA, I named my spa ALAND, "a tranquil island in the bustling city", which also reflects my belief in that regardless of the outward noises, true peace comes from within.

**Han Kang, co-founder of FANYU SPA:** Being the first SPA opened at a shopping mall in Shenyang, FANYU SPA is a high-end healing SPA that integrates Oriental wellness practices and massages, utilizing natural and organic products, combined with the professional techniques of the therapists, to provide a sensory experience that awakens the body, mind, and spirit of the guests. In the stressful city, the spa offers a place to relax and unwind.

**What made you choose to work with AD VITAM?**

**Ma Jing:** Knowing AD VITAM has changed some of my previous perceptions of SPA. I used to think that SPA mainly relies on massage to work on muscles or meridians, and massage oil is just a medium to facilitate the application of techniques. After making contact with AD VITAM, I realized that a good massage oil can be quite effective itself.

I've seen massage oils with mineral oil added before that float on the surface of the skin without being absorbed and tend to clog skin pores. However, AD VITAM uses all natural, high-quality organic raw materials which makes the oil able to be completely absorbed and metabolized. Massages alone can only reach the muscles or meridians, but the essential oil molecules are very small, highly active, and highly permeable which can be very fast to penetrate into the skin and the body's circulation, so as to help detox the lymph and regulate the hormones. A good massage oil with good massage techniques can achieve the effect of 1 + 1 > 2.

Guests can also clearly feel the effects of the treatment. Now, when they have puffiness, menstrual problems, trouble sleeping, etc., they will always think of coming to our spa, and ALAND SPA has become a place of healing in their hearts. That's why I choose to work with AD VITAM.

**What AD VITAM treatments does your spa currently introduce? What is the feedback from your guests?**

**Han Kang:** FANYU SPA has introduced all of the 10 treatments of AD VITAM including the Flowing Journey to reduce water retention and Blossoming Journey to regulate female hormones, and more. Among them, the Flowing Journey is one of the most popular treatments in the spa.

Our SPA is located at K11, and many guests come to the spa to relax and rest when they are tired of shopping. Last month, two female guests came to our spa with swollen legs and feet after a long afternoon's shopping, originally just wanting to enjoy a normal massage and relax. However, after trying the Flowing Journey, they were so amazed at the experience. AD VITAM's massage oils are very effective, and with customized massage techniques, the effects are obvious and immediate. After the treatment, both of their swollenness has been greatly alleviated and they felt much lighter. One of the guests even told us the next day via WeChat that after returning home the previous night, her constipation problem has also been improved. She said she had never thought that a SPA massage can bring such effects. Now they both have become weekly regular customers to the spa.



**What changes has the partnership with AD VITAM brought to your spa?**

**Han Kang:** After working with AD VITAM for more than a year, the proportion of regular guests in the spa has increased significantly. Many of them take the initiative to get a membership after coming just once. They are surprised by the immediate and obvious effects of the treatment, so they keep coming back. In addition, since we have introduced all the treatments of AD VITAM, the choices for the guests are very diverse. Be it to shape the body or to regulate the hormones or more, their daily needs can always be met here at FANYU SPA, so they no longer think of going to other places.

Furthermore, AD VITAM has a wide range of retail products for home use which we also sell at the spa. The products used in the treatments are all available for purchase on site. Of course, for me as the owner of the spa, the most direct benefit is that the unit price is higher, but that's not all. The products of AD VITAM features raw materials recognized by the EU organic certification and therapeutic grade formulations. It means guests can enjoy the same effect when they use the products at home. On one hand, this helps the guests to continue the treatment effect. On the other hand, whenever they use the products, they will immediately think of us and come to the spa again.

**In terms of marketing support and services, what are the differences between AD VITAM and other brands?**

**Ma Jing:** When we first started to cooperate on training, I was surprised that in addition to brand, product and treatment training, AD VITAM also helped us carry out professional aromatherapy knowledge training. Our therapists almost had no concept of aromatherapy before, and after the aromatherapy training, first of all, they had a deeper understanding of AD VITAM's products, in addition, I found that they were obviously more confident in the face of the guests. No matter what questions the guests raised, they could communicate with the guests in a more professional and reasonable manner. As a result, the guests show more trusts towards them.

One of the things that I share with Mr. Han of FANYU SPA is that there are a lot of repeat guests for AD VITAM treatments. I have a guest who has been visiting ALAND SPA for more than half a year. Two months ago, due to a job change, she moved to another district and it takes her an hour to come to the spa and back home by taxi. However, she renewed her member card after the treatment last week. Since we've known each other for so long and I really regarded her as a friend. So I even suggested her to look for another spa near her new home. She said she had tried two other spas, but the effects couldn't be compared to that at ALAND SPA. That's why she insisted on coming. The irreplaceable effect of the treatment makes ALAND SPA more competitive in the market. Many of our regular guests bring their friends here too, which has been a very important source of new guests for us in the last year.

AD VITAM has a lot of marketing material on social media, and the brand also provides us with weekly promotional materials so that our staff and therapists can directly use them for promotion. Additionally, blogger recommendations and AD VITAM's cooperation with five-star hotels and spas also make guests trust us more. At the same time, AD VITAM helps us to organize offline salons, offering a relaxing way to let guests understand the benefits of essential oils, and many guests are more willing to pay for treatments and products after attending the salons, and have become loyal guests of ALAND SPA.



## 岷港阳光半岛洲际度假村开启 2024年全面健康之旅

NEW YEAR, NEW YOU  
EMBARK ON A HOLISTIC WELLNESS JOURNEY  
WITH SOUND THERAPY AT INTERCONTINENTAL  
DANANG IN 2024

**掩**映在原始雨林中的豪华海滨度假胜地，位于越南山茶半岛的岷港阳光半岛洲际度假村推出沉浸式养生套餐，帮助宾客在新的一年里收获全面健康，包括在全新的Mi Sol水疗中心体验创新疗法。

### 身心重燃三日套餐

“身心重燃三日套餐”包含世界一流的养生项目、米其林级美食和五星级服务款待。为期三天的项目邀请您和您的伴侣(或朋友)入住水疗泻湖别墅，每位宾客可享受两次90分钟的别墅内专属按摩。

60分钟的私人指导课程将帮助您们制定全年的健康和健身计划。60分钟私人瑜伽和私人健身训练课程将让您的身心焕然一新。此外，套餐还包括免费体验蒸汽和桑拿设施，以及一系列需预定的健康养生活动，如瑜伽、健身、普拉提、冥想等。

参与项目的宾客可在米其林三星大厨Pierre Gagnaire主理的La Maison 1888餐厅享用每日健康早餐和五道菜素食或双人纯素料理。套餐内容还包括往返机场豪华轿车接送、免费使用可俯瞰大海的全新洲际俱乐部会所，以及别墅管家专属服务。

“身心重燃三日套餐”将于2024年全年推出，两位客人的价格为4,200++美元起。

套餐预定:

<https://www.danang.intercontinental.com/zh/offers/good-vibrations-package/>

或拨打酒店预订团队电话+84 236 393 8888。

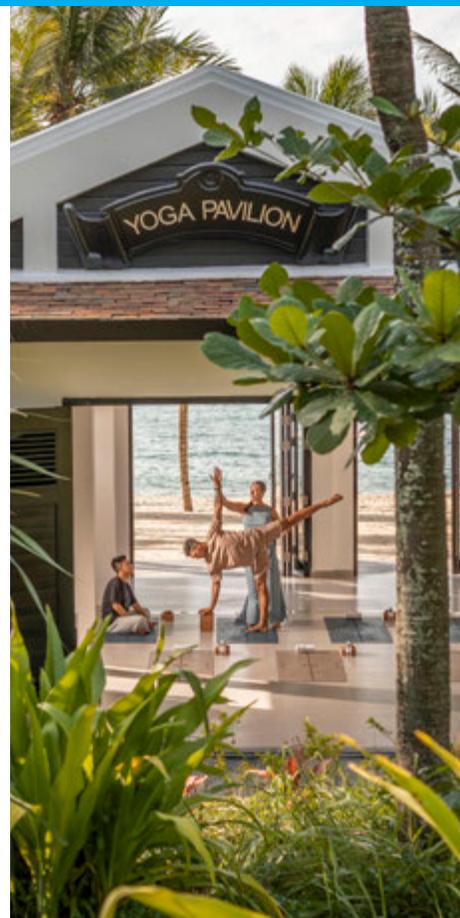
Nestled in a lush natural paradise, this five-star sanctuary has crafted an immersive package to help you achieve complete health and fitness in the year ahead – including innovative therapies at the new Mi Sol Spa.

The New Year provides a precious opportunity to embrace a healthy, active lifestyle. To mark the start of 2024, InterContinental Danang Sun Peninsula Resort, the five-star sanctuary on Vietnam's Son Tra Peninsula, has crafted a holistic wellness package guided by its fitness and wellbeing experts that will help you to strengthen and stimulate your mind, body and soul in the year ahead.

### FEEL GOOD VIBRATIONS WITH A THREE-DAY RESET

The “Good Vibrations 3-Day Reset” encompasses world-class wellness, Michelin-rated gastronomy and five-star hospitality. This holistic three-day retreat invites you and your partner (or friend) to stay in an exclusive Spa Lagoon Villa and enjoy two stimulating 90-minute sound therapy massages per person in the villa's own treatment room.

A 60-minute private coaching session will help you both to develop a full-year health and fitness plan. Complimentary 60-minute private yoga and personal training classes will invigorate the body and soul, and scheduled activities such as yoga, fitness, Pilates and medita-



tion, plus steam room and sauna sessions, are included free-of-charge.

Nutrition is a key aspect of mental and physical health, and you can savour a healthy daily breakfast and a mouth-watering five-course vegan or vegetarian menu for two at La Maison 1888, the highly acclaimed restaurant by Michelin three-star chef Pierre Gagnaire. This luxurious package is completed by roundtrip airport limousine transfers, complimentary access to the new InterContinental Club Lounge, which overlooks the sea, and dedicated service from a Villa Host.

Available throughout 2024, the “Good Vibrations 3-Day Reset” is priced from USD 4,200++ for two guests.



The package is bookable online at <https://www.danang.intercontinental.com/offers/good-vibrations-package/> or by calling the hotel's Reservations team at +84 236 393 8888.



## 艺术奢华旅居之所INIALA，全新美食之旅

**专**注于艺术和设计的酒店集团INIALA日前宣布，其位于泰国普吉岛纳泰海滩的奢华目的地——Iniala Beach House (英尼亚拉海滨度假别墅)在经过一段时间的翻新后已于2023年12月重新向客人开放。与此同时，这个独一无二的奢华度假村将迎来国际知名的英国米其林星级大厨兼餐厅经营者Simon Rogan (西蒙·罗根)，他将在Iniala Beach House开设其在泰国的首家餐厅Aulis Phuket——仅拥有15个席位的厨师餐桌。

秉承“厨师餐桌”概念，Simon执掌的Aulis Phuket餐厅邀请客人身临其境，完全沉浸在他所倡导的尊重与敬畏季节性和本地产品的餐饮哲学之中，吸引食客前往并提升他们的用餐体验：每一处细节，从选址到陈设，从纹理到光线，似乎都在讲述一个故事。Aulis Phuket将通过探索和试验本地食材，开发完善口味和烹饪技艺，为宾客创造多感官的美食体验。除了米其林星级大厨Simon和行政总厨Oli Marlow亲临坐镇，资深大厨Giacomo Primante将带领Aulis Phuket团队常驻餐厅。Aulis Phuket与当地农民和种植者紧密合作，全新菜单将致力于展示泰国及亚洲的本土食材，以及Aulis团队的创新烹饪技巧，为客人呈现不断变化的令人惊叹的菜肴。



Aulis Phuket坐落于Iniala Beach House度假村内，这是一个位于泰国攀牙府达瓜通地区的超豪华避世之所以及艺术与文化融汇之地，为宾客提供了与众不同的奢华体验与私隐设计，由一系列风格各异的别墅和套房组成，一共12间卧室。12位来自全球各地的顶尖设计师倾情施展才华，将当代奢华美学与泰国古典传统完美结合，打造了这座“世外桃源”。度假村的每一个角落都展现了对卓越和创新的极致追求。Iniala Beach

House最大的住宅是三个三卧室别墅，每栋别墅都配备有单独的起居和用餐空间、私人泳池及Spa室；其中，最奢华的收藏家别墅 (Collector's Villa) 还设有一个22座位的电影院。此外，还有两个一卧室泳池套房和一个奢华精致的一卧室顶楼公寓，配备有私人露台和无边泳池。每一栋装饰精美、艺术感充沛的别墅都拥有专属的服务团队，专职管家团队将及时满足客人的每一个愿望，从私人厨师、Spa体验和定制菜单，到难忘的各种活动体验。

除了优越的地理位置、别具一格的设计风格、细腻奢华的服务理念，Iniala Beach House亦一直专注于慈善事业。自成立以来，公益慈善一直是INIALA发展理念的核心，所有客房收入的10%和其他收入的5%都会捐赠给慈善机构Inspirasia Foundation。该基金会资助和支持针对边缘化社区和残疾人的特殊保健和教育项目。目前，该基金会在泰国、印尼、印度和马来西亚等地参与支持有13个项目及其他倡议，终极目标就是改变生活、创造影响并激励他人。

Iniala Beach House的重新开放不仅是为了提供超凡的住宿和用餐体验，还是展示世界一流的设计与艺术，为全世界的旅客提供一个无与伦比的目的地。

## 居舍系列宣布 新居舍选址西安



太古地产与西安曲江新区之合资计划——西安太古里日前进行动工，居舍系列随即将宣布为旗下加入新成员。在去年宣布过在东京和深圳开设新酒店后，位于西安之居舍(名字待定)将会是酒店品牌扩张计划的另一里程碑。

自2008年成立至今，居舍系列由四家各具特色、设计超凡的居舍组成，包括北京瑜舍、香港奕居、成都博舍和上海镛舍。每家居舍的设计理念巧妙融入当地城市元素，加之别具一格的餐饮概念和个性化款待，为宾客打造独特、亲切及细致的住宿体验。作为居舍系列在中国内地的首家酒店，北京瑜舍是「艺术之舍」，宛如艺术殿堂带领宾客邂逅一瑜一美学，每个角度都耐人寻味；位于城市核心地带，上海镛舍如同一篇诗赋，赞颂上海的摩登和历史记忆，「时尚之舍」不言而喻；成都博舍在历史建筑上加之摩登设计，融合现代极简建筑

美感与中国传统精髓，互相辉映，打造出一处「新旧交替之舍」；香港奕居则为「城市之上的居舍」，宾客可在此感受居高临下的城市光景和层层跃升的体验。居舍系列一砖一瓦，皆有个性，当代设计空间和以人为本的服务为宾客营造了活力四射又轻松随意的入住体验，大受来自世界各地的旅客欢迎。

西安的居舍位于小雁塔历史文化片区内，为太古地产西安太古里综合发展项目的一部分，该项目投放了大量资源来研究历史背景，并保护该遗址之文化遗迹和传统。居舍系列预计于2028年开业，将提供约115间客房和55间住宅(公寓式住宅)，大部分客房可欣赏到小雁塔之美景。新居舍将由屡获殊荣的日本建筑师坂茂和室内设计公司LAYAN设计，将提供全方位的奢华体验，包括餐饮、艺术、文化、和释放身心的生活风格。

## 三亚海棠湾阳光壹酒店农场全新亮相

为打造原生态农场体验，三亚海棠湾阳光壹酒店(以下简称“三亚1酒店”)近期宣布其酒店专属农场“思禾壹农”全新亮相。全新的农场不仅为宾客们提供了与大自然亲密接触的原生态体验，同时秉持了1 Hotels品牌“从农场到餐桌”的健康餐饮理念，农场每日产出的新鲜食材将直接供给酒店。

坐落于酒店农家菜馆壹小院后方，“思禾壹农”汇聚了稻田区、养殖区、果蔬区等多个不同区域。除了鸡、鸭、鹅以外，稻田里还养殖稻田鱼，实现了“稻养一体”的可持续发展模式。该农场不仅能够为酒店餐厅提供优质食材，还将开启对外销售，让每位消费者都能感受到生态农场看得见的新鲜与健康。

三亚1酒店的新农场亦将为宾客推出一系列亲子活动和研学项目。宾客将有机会深入农场，亲自参与种植，感受播撒希望和收获的喜悦，体验“从农场到餐桌”的全新旅程，在

自然风光与田园美景中开启全新的海岛度假之旅。

全新生态农场的亮相，进一步突显了三亚1酒店对于绿色环保和可持续发展的承诺。不仅仅停留在提供高品质服务和入住体验，全新的农场更让三亚1酒店将可持续的生活方式融入到每个宾客的旅程之中。宾客在感受到豪华舒适的同时，也能够深刻体验大自然的馈赠和对环境的尊重。

三亚1酒店拥有304间面积达62至1,300平方米的客房、套房及别墅。八家独具风格的餐饮场所，秉承“从农场到餐桌”的健康理念；别具一格的“可持续发展”鸡尾酒和户外露天酒吧天空吧；标志性户外天际恒温泳池；尊崇自然的英国水疗品牌Bamford以及携手悦碧施Natura Bissé推出全新护理项目；酒店茂密的园林和多样化的休闲设施等，定能为宾客们呈献出丰富纷呈的闲适体验，伴其开启一场美妙的自然热带之旅。



## SPACHINA MOVIE



## 涉过愤怒的海

## ACROSS THE FURIOUS SEA

老金(黄渤饰)为供女儿金丽娜(周依然饰)留学终日捕鱼, 却换来女儿身中17刀离奇身亡的死讯, 最大嫌疑人则指向她的男友李苗苗(张宥浩饰)。愤怒的老金踏上跨海寻仇之路, 李苗苗却在母亲景岚(周迅饰)的庇护下不断潜逃……该片是周迅和黄渤的首度合作, 以精湛演绎给观众带来视觉和心灵上的强烈震撼。光明网评: 《涉过愤怒的海》是一部充满情感张力和人性探讨的电影。该电影采用犯罪悬疑的叙事结构, 内核讲述家庭伦理的悲剧, 揭露出人性的复杂与可悲, 是一部难得的讲述复仇却又不泄愤的电影。

Lao Jin spent all his time fishing to support his daughter Jin Lina while studying abroad, but in exchange for the news that her daughter was stabbed 17 times and died mysteriously, the main suspect seems to be her boyfriend, Li Miaomiao. The angry Lao Jin embarks on a cross-sea road to seek revenge, but Li Miaomiao continues to abscond under the protection of her mother Jing Lan... The movie sees the first cooperation between Zhou Xun and Huang Bo, and their superb rendition brings the audience a strong shock on the visual and mental aspects. GMW.cn comments: "Across the Furious Sea" is a movie full of emotional tension and human exploration. The movie adopts the narrative structure of crime and suspense, and essentially tells the tragedy of family ethics, exposing the complexity and sadness of human nature.

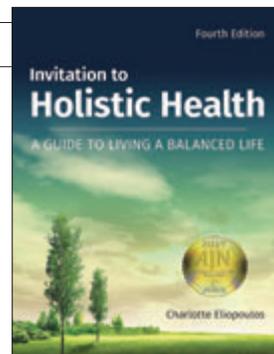
## SPACHINA BOOK REVIEW

## 整体健康：平衡生活指南

INVITATION TO HOLISTIC HEALTH:  
A GUIDE TO LIVING A BALANCED LIFE

《整体健康：平衡生活指南》以坚实的理论基础和行之有效的实践方法为特色, 采用整体法概念帮助人们获得最佳健康和生命状态。全书分为四个部分: 强化内在世界; 发展健康生活方式; 应对身体、思想和精神挑战; 安全体验补充和替代疗法。这本通俗易懂的指南提供了处理各种健康相关问题的方法, 包括营养、运动、草药疗法和顺势疗法等, 非常实用。此次第四版的新增内容包括: 与整体健康和实践相关的最新研究; 对肥胖症和差异性的更多谈及; 为从业人员提供在传统环境中提供整体疗法的建议; 以及围绕传统医学和替代疗法的整合展开讨论。

*Invitation to Holistic Health: A Guide to Living a Balanced Life* features solid principles and proven practices to promote optimal health and well-being using a holistic approach. The text is divided into four parts: Strengthening Your Inner Resources; Developing Healthy Lifestyle Practices; Taking Charge of Challenges to the Body, Mind, and Spirit; and Safe Use of Complementary and Alternative Therapies. This easy-to-read guide provides how-to information for dealing with a variety of health-related issues, including nutrition, exercise, herbal remedies, and homeopathic remedies, to name a few. Unlike other holistic health textbooks, the book promotes a variety of therapies and provides evidence to support the practice of each one. New to the Fourth Edition includes updated research related to holistic health and practices; expanded coverage of obesity and diversity; tips for practitioners on providing holistic care in conventional settings; discussion around the integration of conventional medicine and alternative therapies. Purchase via [www.amazon.com](http://www.amazon.com) Price: US\$64



## SPACHINA CD REVIEWS



## FUTURE NOSTALGIA

## BY DUA LIPA

这张专辑是Dua Lipa在几年前发行的, 但非常值得一听。Lipa是一位英国歌手, 过去十年来在迪斯科流行乐领域大放异彩。她有一副好嗓子, 外型也很不错。虽然在创造力方面可能不及Lady Gaga, 不过绝对是一位出色的流行歌手。Lipa还在2024年推出了一首新单曲, 估计马上就会有新专发布。新单曲叫《Houdini》, 如果你也喜欢迪斯科流行乐, 这首歌就是为你准备的。

This album is a couple of years old, but Dua Lipa is well worth checking out. She is an English singer who has been big in the disco pop area for the past decade, and she has a great voice, not to mention great looks. She maybe lacks the creative breadth of Lady Gaga, but she an excellent pop singer. She also has a new single out in 2024, which suggests a new album is on its way. The single is called Houdini, and if you like disco pop - and who doesn't once in a while at least? - this is for you.



## FOREVERLAND

## BY KEYON HARROLD

Keyon是一位爵士小号演奏家, 也是一位出色的音乐家和作曲家。不过, 在这张新专辑, 以及所有之前的作品中, 小号才是真正的亮点。美国爵士乐界有许多才华横溢的音乐家, 但他们中许多人的光芒常常被他们声名赫赫的前辈们所掩盖。这的确挺遗憾的。如果你喜欢爵士乐, 不妨听听Keyon的这张专辑, 除了欣赏音乐, 相信也会带给你一些思考。

Keyon is a jazz trumpet player and he's an excellent musician and composer. he sings and raps sometimes, too. But it's the trumpet which really stands out o this new album, and previous outings. There are so many talented musicians in American jazz, many of them overshadowed by their forebears who dominate the playlists. Which is a shame. If you like jazz, try this album from Keyon and think about it as you enjoy it. It's music to mull.



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### 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

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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 上海商城店  
808, East Residences, Shanghai Centre, 1376 Nanjing Road West, Jingan  
南京西路1376号上海商城东峰808室  
Business Hours: 10:00 am – 23:00 am  
Tel: 021 6289 7007

7) Xujiahui Branch 上海徐家汇店  
88 Xingen Road, Xuhui  
上海市徐汇区辛耕路88号  
Business Hours: 10:30 am – 23:00 am  
Tel: 021 6468 7076  
www.greenmassage.com.cn

### Iridium Spa at The St. Regis Shanghai Jing'an

上海静安瑞吉酒店臻瑞水疗  
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

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

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

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 天津四季酒店水行中心**  
138 Chifeng Road, Heping District, Tianjin  
天津市和平区赤峰道138号  
T: 022 2716 6226  
www.fourseasons.com

**Rubis Spa 丽妍雅集**  
Riverview Place Branch 嘉里汇店  
L2-2026A, Riverview Place, 238 Liuwei Road, Hedong, Tianjin  
天津市河东区六纬路238号嘉里汇2层2026A单元  
T: 022 2712 7823

**SCENT TIME 天津斯年香素香气疗愈中心**  
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 益天假日店  
Shop L2-58, Yitian Holiday Plaza, Nanshan, Shenzhen  
深圳市南山区益天假日广场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

## Let's Relax

泰放松

2/F, Hongfa Building,

No.19, Tianhenaner Road,

Guangzhou

广州天河南二路19号宏发大

厦2层

T: 020 8362 9234

## L.GRACE小颜日式整骨美肌沙龙(广州)

2301 Building 3, 15 Xing'an

Road, Tianhe, Guangzhou

广州市天河区兴安路15号保利

中达广场天空别墅3号楼2301

T: 156 2222 5092

## O Spa at Grand Hyatt

Guangzhou

广州富力君悦大酒店

[清]水疗中心

24/F Grand Hyatt Guangzhou,

12 Zhujiang West Road,

Pearl River New City, Tianhe,

Guangzhou, Guangdong, China

广东省广州市天河区珠江新城

珠江西路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

T: 020 3889 4742

## Raffles Spa Shenzhen

深圳鹏瑞莱佛士酒店水疗中心

No. 1, Shenzhen Bay, No.

3008, Zhongxin Road,

Shenzhen

深圳市中心路3008号深圳

湾1号

T: 0755 8121 9366

## Siyanni

思妍丽

1) 万科店

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

## 疗中心

Futian Shangri-La, Shenzhen,

4088 Yi Tian Road, Futian

District, Shenzhen

深圳市福田区益田路4088号深

圳福田香格里拉大酒店

T: 0755 8828 4088 Ext: 6668

www.shangri-la.com

## Shui Xiang Spa at Grand

Hyatt Shenzhen

深圳君悦酒店 水乡水疗中心

3/F Grand Hyatt Shenzhen,

1881 Baoan Nan Road, Luohu

District, Shenzhen, Guangdong,

China

广东省深圳市罗湖区宝安南路

1881号深圳君悦酒店3楼

T: +86 755 8266 1234

www.shenzhen.grand.hyatt.com

## The Spa at Park Hyatt

Guangzhou

广州柏悦酒店—柏悦水疗中心

16 Huaxia Road, Zhujiang

New Town, Tianhe District,

Guangzhou

广州市天河区珠江新城华夏

路16号

T: +86 20 3769 1234

guangzhou.park.hyatt.com

## THE SPA at Park Hyatt

Shenzhen

深圳柏悦水疗中心

5023 Yitian Road, Futian,

Shenzhen

深圳市福田区益田路5023号

T: 0755 8829 1234

## The Ritz-Carlton Spa,

Shenzhen

深圳星河丽思卡尔顿酒店水

疗中心

5/F, 116 Fuhua San Road,

Futian District, Shenzhen

深圳市福田区福华三路116号深

圳星河丽思卡尔顿酒店5楼

T: 0755 2222 2222

www.ritzcarlton.cn/shenzhen

## The Ritz-Carlton Spa,

Guangzhou

广州富力丽思卡尔顿酒店水

疗中心

4/F, 3 Xing An Road, Pearl

River New City, Tianhe

District, Guangzhou

广州市天河区珠江新城兴安

路3号4楼

T: 020 3813 6668

www.ritzcarlton.cn/guangzhou

## VELEESPA

深圳薇妮健康服务有限公司

212-213, South Zone, No.1

Shenzhen Bay, Yuehai Street,

Nanshan District, Shenzhen

深圳市南山区粤海街道深圳湾1

号南区212-213

T: +86 0755 8611 1196

## an·spa

安屿an·spa

2F, Building D, Chengyang

Plaza, No. 5 Baogang Road,

Luohu District, Shenzhen

深圳市罗湖区宝岗路5号汇成洋

## 大厦D栋2楼

T: 18038158781

## Spa 水疗 · 海南

### ATARAN SPA

1) ATARAN SPA at Hilton

Haikou Meilan

海口鲁能希尔顿酒店

ATARAN SPA

2 Qionshan Avenue, Meilan,

Haikou

海口市美兰区琼山大道2号

T: 0898 3639 8888

2) ATARAN SPA at Palace

Resort Yalong Bay, Sanya

三亚亚龙湾迎宾馆

ATARAN SPA

2 Haitang North Road,

Haitang Bay Resort, Sanya

三亚海棠湾旅游度假区海棠

北路2号

T: 0898 8871 8888

3) ATARAN SPA at Huayu

Resort & Spa Yalong Bay Sanya

三亚亚龙湾华宇度假酒店

ATARAN SPA

National Tourism Resort,

Yalong Bay, Jiyang, Sanya

三亚吉阳区亚龙湾国家旅游

度假区

T: 0898 8855 5888

### Auriga Spa at Capella Sanya

三亚嘉佩乐度假酒店

Tufu Resort Area,

Yingzhou Town, Lingshui

County, Hainan

海南省三亚市陵水黎族自治县

英州镇土福湾度假区

T: 0898 8309 9999

### Atlantis Sanya AHAVA Spa

三亚·亚特兰蒂斯AHAVA水疗

No. 8, Haitangbei Road,

Haitangwan Town, Haitang,

Sanya

三亚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

### Bamford Wellness Spa at 1

Hotel Haitang Bay, Sanya

三亚海棠湾阳光壹酒店Banford

水疗

No.4, Haitangnan Road,

Haitangwan, Sanya

海南省三亚市海棠湾海棠南

路4号

T: 0898 88691888

### Hilton Sanya Yalong Bay

Resort & Spa

金茂三亚亚龙湾希尔顿大酒店

水疗体验中心

Yalong Bay National Resort

District, Sanya

三亚市亚龙湾国家旅游度假区

T: 0898 8858 8888

**星悦汇店**  
H208, 2nd Floor, Xingyuehui,  
Suxiu Road, Suzhou  
苏州苏绣路星悦汇商场2楼  
H208  
T: 0512 6818 9678  
2) Suzhou Central Branch  
苏州中心店  
B1-46, 1st Floor, North  
Suzhou Central, Suxiu Road,  
Suzhou  
苏州苏绣路苏州中心商场北  
区-1楼B1-46  
T: 0512 6262 5958  
3) Xinguangtiandi Branch  
新光天地店  
5f0019, 5 / F, Xinguangtiandi,  
456 East Suzhou Avenue,  
Suzhou  
苏州苏州大道东456号新光天  
地5楼5F0019  
T: 0512 6818 8978

**Rubis Spa**  
**丽妍雅集**  
1) JiuGuang Branch  
久光店  
L1-C-01, JiuGuang, 268  
Wangdun Road, Suzhou  
Industrial Park  
苏州工业园区旺墩路268号久  
光百货1C-01单元  
T: 0512 6696 1130  
2) MeiLuo Branch  
美罗店  
L6, East Area Matro, 245  
Guanqian Street, Pingjiang,  
Suzhou  
苏州平江区观前街245号美罗  
百货东6层  
T: 0512 6916 5931

**RE Wellness SPA, Crowne  
Plaza Suzhou**  
**佳莉雅水疗中心(苏州中苗皇冠  
假日酒店)**  
G1, Crowne Plaza Suzhou,  
168 Xing Gang Street,  
Suzhou Industrial Park,  
Jiangsu, China  
江苏省苏州工业园区星港街  
168号 苏州中苗皇冠假日酒  
店G1  
T: +86 512 6761 6688\*8068  
www.wellnessspa.com.cn

**RE Wellness SPA (Tonino  
Lamborghini Hotel)**  
**佳莉雅水疗中心(苏州托尼洛  
兰博基尼书苑酒店)**  
B1 Tonino Lamborghini Hotel,  
168 Xinggang Street, Suzhou  
Ind. Park  
苏州市苏州工业园区星港街  
168号B1楼  
T: +86 512 6285 9999\*68

**SANGHA Retreat by OCTAVE  
Institute**  
**音昱水中心**  
199 Yang Cheng Ring Road,  
Suzhou Industrial Park  
苏州市工业园区阳澄环路  
199号  
T: 0512 6788 1888

**The Spa at Hyatt Regency  
Wuxi**

**无锡苏宁凯悦酒店水疗中心**  
109 Renmin Middle Road,  
Wuxi, Jiangsu, China  
江苏省无锡市人民中路109号  
T: +86 510 8989 1234\*6083  
wuxi.regency.hyatt.com

**The SPA at Park Hyatt Suzhou**  
**苏州柏悦温泉酒店**  
No.69 Xizhou Road, Suzhou  
Industrial Park, Suzhou  
苏州吴中区西洲路69号  
T: 0512 8666 1234

**The Ritz-Carlton Spa, Nanjing**  
**南京丽思卡尔顿酒店水疗中心**  
18, Zhongshan Road, Nanjing  
南京市中山路18号  
T: 025 6978 8888

**Talise Fitness & Spa at  
Jumeirah Nanjing**  
**南京卓美亚酒店泰丽丝水疗**  
No.2 Yecheng Road, Jianye,  
Nanjing  
南京市建邺区邮城路2号  
T: 025 5878 0888

**Willow Stream Spa at Fairmont  
Nanjing**  
**南京金奥费尔蒙酒店  
蔚柳溪水疗**  
333 Jiangdong Road Central,  
Jianye, Nanjing  
南京市建邺区江东中路333号  
T: 025 8672 8888  
www.fairmont.cn

**Hong SPA, AOHONG  
RESORT (Jinling Jiangbin  
Branch)**  
**南京傲泓度假酒店(金陵江滨  
店)泓SPA**  
No. 8, Wanjiangyuan,  
Yangzjiang Avenue, Jianye  
District, Nanjing  
南京市建邺区扬子江大道万  
景园8号  
T: 025 6959 8888

**& SPA (Fuyuan Road Branch)**  
**南京水疗加(福园街店)**  
137-7 Fuyuan Road, Jianye  
District, Nanjing, Jiangsu  
江苏省南京市建邺区福园街  
137-7号  
T: 17384471752

**Willow Stream Spa of Fairmont  
Yangcheng Lake**  
**阳澄湖费尔蒙酒店蔚柳溪水  
疗中心**  
No.3668 Ma'anshan West  
Road, Kunshan, Jiangsu  
昆山市马鞍山西路3668号  
T: 0512 5878 0888

**ALAND SPA**  
**ALAND安澜 SPA**  
Building 10, 1415 Cultural and  
Commercial Street District,  
Qingjiangpu District, Hua'an  
City, Jiangsu  
江苏省淮安市清江浦区1415文  
化商业街区10号楼  
T: 0517 83989877  
15371403533

**Dragonfly Therapeutic Retreat  
悠庭**  
No. A05-21, L5, Building  
5, Suzhou Center, SIP  
苏州中心北区L5层21号  
T: 0512 6583 7906

**Spa 水疗 · 安徽**  
**Banyan Tree Spa Huangshan**  
**黄山悦榕庄悦榕Spa**  
No.1 Banyantree Road, Yi  
County, Huangshan, Anhui  
安徽省黄山市黟县宏村悦榕  
路1号  
T: 0559 2265 000  
www.banyantreespa.com

**The Langham Hefei**  
**合肥柏景朗廷酒店**  
200 Huaining Road, Zhengwu,  
Hefei  
合肥市政务区怀宁路200号  
T: 0551 6568 8888  
www.langhamhotels.com

**Zuliande**  
**足莲得**  
4F POLY MALL, ZHengwu  
District, Hefei, Anhui  
安徽省合肥市政务区保利  
MALL四层  
T: 0551 6286 6799

**Ori SPA (MixC Branch)**  
**Ori SPA (万象城店)**  
4/F, MixC, No.111 Qianshan  
Road, Hefei  
合肥潜山路111号万象城4楼  
T: 0551 6555 3035

**Spa 水疗 · 云南**  
**四季青禾 · SPA**  
Building 14-10, Jinwan  
Junlin Yuan, Rain Forest,  
Qingquan Road, Jinghong,  
Xishuangbanna  
云南省西双版纳州景洪市清泉  
路雨林金湾俊林苑14-10栋  
T: 189 8812 8765

**Bolian Hot Spring and Spa,  
Bolian Hotel, Kunming**  
**昆明柏联酒店 柏联温泉SPA**  
Yangzonghai, Kunming  
中国云南省昆明市阳宗海  
T: 0871 6888 4999

**Banyan Tree Spa Lijiang**  
**丽江悦榕Spa**  
Yuerong Road, Shuhe Village,  
Yulong, Lijiang, China  
云南省丽江玉龙纳西族自治县  
束河悦榕路  
T: +86 888 533 1111  
www.banyantreespa.com

**Banyan Tree Spa Ringha**  
**仁安悦榕Spa**  
Hong Po Village, Jian Tang  
Town Shangri-la, Diqing,  
Yunnan, China  
云南省香格里拉建塘镇红坡村  
T: +86 887 828 8822  
www.banyantreespa.com

**The Spa at Amandayan**

**大研安缦水疗**  
29 Shishan Road, Gucheng,  
Lijiang, Yunnan  
云南省丽江市古城区狮山  
路29号  
T: 0888 533 9999  
www.aman.com

**Tai Yi · SPA**  
**泰一 · SPA 云南畅泰健康管理  
咨询有限公司**  
2nd floor, Saina Block,  
Qingcheng Phase II, China  
Railway Shuiian, Qiancheng  
Road, Kunming  
昆明市前程路中铁水岸青城二  
期塞纳街区2楼  
T: 0871 6727 2968

**Yi Spa at Intercontinental  
Kunming**  
**昆明洲际酒店怡Spa**  
5 Yijing Road, Dianchi  
National Resort, Kunming,  
Yunnan  
云南省昆明市滇池国家旅游度  
假区怡景路5号  
T: 0871 6318 8888

**Mintsthai**  
**沁泰**  
1) Shuncheng Plaza Branch  
昆明顺城购物中心店  
Next to the IMAX theater at  
Shuncheng Plaza, Kunming,  
Yunnan  
云南昆明顺城购物中心IMAX  
影厅旁  
T: 0871 6360 3550  
2) Joy-City Branch  
大悦城购物中心店  
2F Zone C, Joy-City, Kunming,  
Yunnan  
云南昆明大悦城购物中心C  
区2楼  
T: 0871 6332 7338  
3) Hello-World Branch  
海乐世界购物中心店  
F8 Zone B, Hello-World  
Branch, Kunming, Yunnan  
云南昆明海乐世界购物中心  
B区8楼  
T: 0871 6835 7368

4) Gongyuan 1903 Branch  
公园1903店  
2F, Jianzhijia, Gongyuan  
1903, Kunming, Yunnan  
云南昆明公园1903健之佳二楼  
T: 0871 6810 4826  
5) Anning Wanda Branch  
安宁万达店  
101, Building 8, Yuefeng  
Street, Anning Wanda,  
Kunming, Yunnan  
云南昆明安宁万达丰街8  
栋101号  
T: 0871 6868 2962

6) Xishuangbanna Gaozhuang  
Branch  
西双版纳悦榕店  
Building 19, Building 19,  
Jingfa Zhai, Gouzhuang,  
Xishuangbanna, Kunming,  
Yunnan  
云南昆明西双版纳悦榕庄景法  
寨19栋  
T: 0691 222 6938

**Spa 水疗 · 吉林**  
**Hong Kong Yijing Toga &  
Spa Club**  
**香港逸静瑜伽水疗会馆**  
Unit1, 6th Building, No.1288  
NanJunShuiYunTian HuXi  
Road, ChangChun, JiLin  
吉林省长春市湖西路1288号  
南郡水云6栋1号  
T: 0431 8962 8855  
0431 8962 8866  
0431 8962 8877  
www.yijingspaclub.com

**Jing Spa at Purple  
Jade Riverside Resort,  
ChangBaiShan ChiBei**  
**紫玉度假酒店长白山池北净  
宇水疗**  
No.1 Binhe Road,  
Changbaishan Chibei, Jilin  
吉林省长白山池北滨河路1号  
T: 0433 593 8888  
www.purplejadesorts.com

**Angela SPA**  
**长春安吉拉SPA**  
1) Dongyue Masion Branch  
东樾别馆  
H2 Dongyue Mansion,  
intersection of Shengtai Street  
and Tiangong Road, Jiyue  
District, Changchun  
长春净月区生态大街与天工路  
交汇伟峰东樾H2商业独栋  
T: 0431 8194 3855  
2) Yi Hu International Branch  
壹湖国际店  
H3-101, Yi Hu International  
Phase 2, Nangan District,  
Changchun  
长春南关区壹湖国际2期  
H3-101  
T: 0431 8563 8288

3) Heyuan Club Branch  
和园会所  
2-106, Heyuan Club, Heyuan  
Road, Gaoxin District,  
Changchun  
长春高新区荷园路和园门市  
2-106  
T: 0431 8296 8333  
4) Zhonghai Branch  
中海店  
G10, Zhonghai Shuiian Xindu,  
Jinghai District, Changchun  
长春经开区中海水岸馨都  
G10商辅  
T: 0431 8587 4577  
5) Baicui Yuan Branch  
柏翠园店  
Building 65, Nanhu Xincun  
Steet, Chaoyang District,  
Changchun  
长春朝阳区南湖新村中街65栋  
T: 0431 8060 3877

**Spa 水疗 · 黑龙江**  
**The Ritz-Carlton Spa, The  
Ritz-Carlton, Harbin**  
**哈尔滨富力丽思卡尔顿  
水疗中心**  
Tower 1, 660 West Youyi  
Road, Daoli District  
Harbin, Heilongjiang  
黑龙江省哈尔滨市道里区友谊

西路660号  
T: 0451 8402 8888  
https://www.ritzcarlton.com/  
zh-cn/hotels/hrbz-the-ritz-  
carlton-harbin/overview/

**Spa 水疗 · 辽宁**  
**康贝思水疗中心(大连城  
堡店)**  
辽宁省大连市沙河口区  
滨海西路600号大连一方城堡  
豪华精选酒店3楼  
T: +86 411 8250 0190  
dalian.grand.hyatt.com

**Lea Spa**  
沈阳Lea Spa维景会所  
Shenyang Lea Spa Weijing  
Club  
沈阳市和平区同泽北街35  
号8层  
8F, 35 Tongze North Street,  
Heping District, Shenyang  
Tel: 024 2341 1222

**FAngbeauty**  
**FAngbeauty高定美肤中心**  
Phase three, MixC, Heping  
district, Shenyang  
沈阳市和平区万象城三期  
T: 18604056191

**Carven City Spa**  
**帝豪花境SPA**  
23-3 Wen'an Yuan, Wen'an  
Road, Heping District,  
Shenyang, Liaoning  
辽宁省沈阳市和平区文安路文  
安苑23-3  
T: 024 2388 3599

**Oasis Spa at Kempinski Hotel  
Dalian**  
**大连凯宾斯基饭店欧意希斯  
水疗中心**  
6F, Kempinski Hotel Dalian 92  
Jiefang Road, Zhongshan  
大连市中山区解放路92号, 凯  
宾斯基饭店6楼  
T: 0411 8259 8888\*8616 /8610  
www.kempinski.com/dalian

**Rubis Spa**  
**丽妍雅集**  
Capita Land Branch  
凯德和平店  
L2-54-55, Capita Land, 691  
Gaoerji Road, Shahekou,  
Dalian  
大连沙河口区高尔基路691号  
凯德和平广场2层54-55单元  
T: 0411 8434 5600

**Spa 水疗 · 香港&澳门**  
**Altira Spa**  
**「澄」水疗**  
Altira Macau 15/F, Avenida de  
Kwong Tung, Taipa, Macau  
澳门凼仔广东大马路, 澳门新  
濠锋15楼  
T: 853 2886 8886  
www.altiramacau.com/spa-  
health/#/altira-spa

**Asaya Hong Kong (Rosewood  
Hong Kong)**

**香港Asaya (香港瑰丽酒店)**  
Victoria Dockside, 18  
Salisbury Road, Tsim Sha  
Tsui, Kowloon, Hong Kong  
香港九龙尖沙咀梳士巴利道  
18号  
T: +852 3891 8888

**Bliss Spa at W Hong Kong**  
**香港W酒店 Bliss Spa**  
1 Austin Road West, Kowloon  
Station, Kowloon, Hong Kong  
香港九龙柯士甸道西1号  
T: 852 3717 2222  
w-hongkong.com

**SPA by MTM**  
1) Shop A, G/F, 3 Yun Ping  
Road, Causeway Bay  
铜锣湾恩平道3号地下A店  
T: 852 2923 7888  
2) Shop 118, Citygate, Tung  
Chung, Lantau Island  
大屿山东涌东荟城118店  
T: 852 2923 6060  
www.spabymtm.com

**The Spa at Encore (Wynn  
Macau)**  
**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 Distirct, Wuhan  
徐东销品茂四楼南街4160  
Tel: 027 6889 8068  
3) 同成店  
1F, Tongcheng Square No.538

Jianshe Avenue, Wuhan  
建设大道538号同成广场一楼  
Tel: 027 8556 4066  
www.siyanni.net.cn

## Spa 水疗 · 山西

**Kempinski Spa at Kempinski  
Hotel Taiyuan**  
**太原凯宾斯基饭店凯宾斯基水疗**  
No. 115-1 Changfeng Street,  
Taiyuan, Shanxi, China  
中国山西省太原市长风街  
115-1号  
T: 0351 866 0131

**Shui Spa, Taiyuan Wanda  
Vista Hotel**  
**太原万达文华酒店水水水水**  
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**  
**成都瑞吉酒店瑞瑞水疗中心**  
88 Taisheng Road South,  
Qingyang District, Chengdu,  
Sichuan  
中国四川省成都市青羊区太升  
南路88号  
T: 028 6287 6666  
www.stregis.com/chengdu

**MI XUN SPA, The Temple  
House**  
**成都博舍酒店谧寻水疗**  
81 Biteshi Street, Jinjiang,  
Chengdu  
成都市锦江区年笔式街81号  
T: 028 6636 9999  
www.thetemplehousehotel.  
com

**Six Senses Qing Cheng  
Mountain**  
**青城山六善水疗中心**  
No.2 Dong Ruan Road  
Qingcheng Mountain Town  
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, Zijiangang  
Road, Hangzhou, China  
浙江省杭州市紫金港路21号  
西溪天堂国际旅游综合体  
T: +86 571 8586 0000  
www.banyantreespa.com

**Cordis, Dongqian Lake,  
Ningbo**  
**宁波东钱湖康得思酒店**  
28 Shashan Road, Dongqian  
Lake, Ningbo, China  
宁波市东钱湖旅游度假区沙  
山路28号  
T: 574 5666 8888  
www.chuanspa.com

**Dragonfly Therapeutic Retreat**  
**悠庭保健会所**  
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

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