



SpaChina

July/August 2024

健康度假 · 美容水疗 · 健身康复 · 环保可持续

WELLNESS, BEAUTY, HEALTH AND LUXURY LIVING

塔斯马尼亚 世界尽头的小岛 TASMANIA The Island at the End of the World

生物科技的未来 The Future of Biotechnology



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



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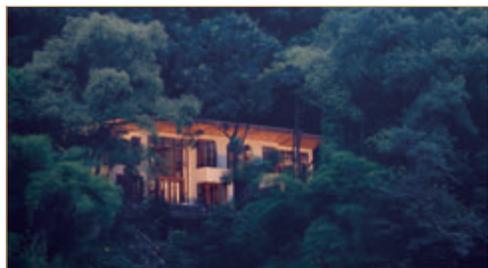
RELAIS &
CHATEAUX

传统创造经典

体验中国人文定制旅游第一品牌柏联，所呈现的卓越精品度假体验。


BOLIAN
RESORTS & SPA
柏联酒店

生态自然、山水奇秀、温泉氤氲、人文悠远。柏联精品酒店以非凡的个性，精致的细节，低调的奢华，为尊贵的宾客提供度身定制、独一无二的精品度假体验。



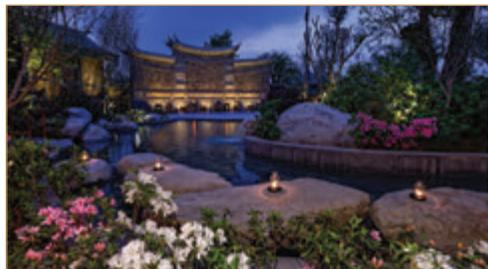
在重庆柏联精品酒店，柏联禅道人文之旅以禅修心，以道养生。嘉陵江畔水雨生烟，缙云山间新绿葱郁，汲著名的北温泉水养生，取上等的柏联好茶研习茶道香道，与禅宗道教心灵导师对话、抄经、养气、静心、茹素，在千年悠久传承之温泉古寺感受人文，于缙云山中神奇的乳花洞体会大自然的无穷能量，体验传统与现代技巧相融汇、注重养心培元的柏联道SPA。别墅均设有私属温泉泡池，饱览一片山水。



景迈香茶待君来。柏联茶山朝圣之旅是由景迈柏联精品酒店为宾客提供的集普洱茶溯源、朝圣、品茶、收藏、制茶的珍贵原生态体验。在茶山寻找千年古茶树，在原住民指导下学习采摘普洱茶，去茶农家中歇脚畅谈，到柏联普洱茶庄园亲自压制一块属于自己的有机普洱茶饼，以本地有机食材制作的美味茶餐亦是令人难忘。推开窗，便是无际的万亩普洱茶园，柏联茶SPA由栈道相连位于茶园之中，云起云落之间，仿佛身在仙境。



昆明柏联精品酒店拥有亚洲第一的东方园林式温泉，23个温泉池被多样植物锦翠而拥。柏联中医养生之旅在传统东方温泉养生学的基础上，以传统中医与现代水疗之双重技艺，汲取经络、香薰、瑜伽、太极、茶道、食疗等东方养生功法精华，由专业中医师在实施精准的经络检测之后，为宾客量身定制实用理疗养生计划，显著改善亚健康，排毒、解压、调理、养生，一气呵成。独栋别墅设有私属温泉泡池与泳池。



和顺柏联精品酒店位于中国版图最西面的第一名镇和顺古镇之中，四面尽得火山环抱，湿地、田园风光美不胜收。这里曾是茶马古道上的历史重镇，古老的豪宅大院、庙堂宗祠、牌坊匾额、古法造纸、马帮歌会，处处依旧触摸得到历史余温。柏联和顺玉润温泉之旅把当地最具盛名的火山温泉与滇缅最富传奇的美玉共同呈现，将玉石SPA与中医疗法完美结合。酒店的独栋别墅均有私属温泉泡池与SPA房。



黄果树柏联酒店，与亚洲第一大瀑布黄果树瀑布为临。群山环抱中，十六幢别墅依山而建，环水而栖。以极简的现代中式设计，一花一器、一山一石，一茶一事，淡泊宁静，直指内心的意蕴空间，散发着的迷人的东方人文美学精神。二十六眼地热温泉池围绕着喀斯特地貌形成的三叠碧水，随坡就势地参差分布于山谷中花树丛中。人们在每立方厘米高达2.8万个富氧离子的最美山谷，沐泉养生，听瀑揽月，感受山间的朝霞、旭日、雨雾、夜雨昼晴等气象景观，享受一段山间旅居的美好时光。

柏联精品酒店宛如世外桃源，是中国最遁世的度假天堂，是来了就不舍得离开的地方。

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, 活动内容包括两大项目: 2024年中国养生与水疗人士峰会, 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, 中国酒店和健康行业人士、SPA专业人士、SPA经营者、投资人、培训师及知名品牌产品、器材供应商等行业嘉宾齐聚一堂, 为期三天的活动将为他们提供独特而有效的交流和互动平台。每天6小时会议, 整个峰会配备中英文同声传译。

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

活动详情简介:

- **活动场地:** 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
- **峰会:** 平均每天6小时(演讲、小组讨论、演示、案例分享、专题研讨)
- **午餐:** 健康午餐, 共3天
- **茶歇:** 每天2次茶歇, 共3天
- **鸡尾酒会:** 3场, 由不同品牌加持
- **晚宴:** 1场中国养生与水疗颁奖礼盛大晚宴
- **自由活动时间:** 与会者参观赞助商展台, 自由沟通交流
- **余兴节目:** 暂时保密, 以备惊喜

研讨会价格: RMB4,800, 含上述活动内容

注意: 参会嘉宾需自行安排交通与酒店住宿

The SpaChina Wellness Summit and the SpaChina Wellness & Spa Awards 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 17th 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 15th 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 / 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 all the event details listed above

Guests need to take care of their own transportation and hotel costs



SpaChina杂志

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研讨会价格: RMB4,800 含

- 峰会三天
- 颁奖礼庆典晚宴和鸡尾酒会
- 三天会议午餐
- 每天两次的茶歇/三天
- 其他活动

Price: RMB4,800 includes

- The Summit
- 1 gala dinner and 3 cocktail parties
- Lunch on 3 days
- Tea breaks twice per day for 3 days
- Other planned activities

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)

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



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(只支持中文)

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银行转账 / Bank Transfer

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Account Name: SinoMedia Enterprises Ltd

Bank Name: Hongkong and Shanghai Banking Corp

Account Number: 741-789986-838

Swift Code: HSBCHKHKKH

Bank Address: No.1, Queen's Road Central, Hong Kong

国内账户(只接受人民币)

户名: 上海恩肖文化传播有限公司

帐号: 1001015909006918325

开户行: 工商银行上海市南滨江支行

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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。请填写完毕后传真至 +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。

日程安排 AGENDA

到达/签到日：2024年9月23日 Arrival: September 23rd 2024

时间/Time		
13:00-18:00	研讨会签到(根据酒店指示牌)，并在南京丽思卡尔顿酒店办理入住手续/Summit Registration at The Ritz-Carlton, Nanjing	
18:30-21:30	DIBI隆重欢迎鸡尾酒会 Welcome Cocktail Party Powered by DIBI	着装要求待定 Dress Code TBC

第一天，2024年9月24日：趋势，概念与灵感

Day 1, September 24th 2024: Trends, Concepts and Inspiration

7:15-8:15	晨练 Morning Activity	TBC
时间/Time	演讲内容/Topic	演讲人/Speaker
9:00-9:30	年度中国养生和SPA趋势、变化和发展 SpaChina 2024-2025 Report: current and future trends in China	高菲 Fifi Kao (中国/China) SpaChina杂志与峰会创始人主编兼总监 Founder, Director & Editor-in-Chief, SpaChina
9:30-10:00	从健康到冒险：中国高端女性旅行者报告 Luxury female travelers: From wellness to adventure	卢嘉敏 Jenny Lo (中国香港/Hong Kong) FINN Partners斐朋传播中国区管理合伙人 Managing Partner, FINN Partners
10:00-10:30	SPA创新项目和盈利模式 Creative new business models / treatments that benefit Spa revenue	Lisa Starr (美国/USA) 水疗、沙龙和养生事业顾问，培训师及教育者 Principal of Wynne Business Consulting & Education, Specializes in Spa, Wellness & Salon businesses
10:30-11:00	多际带家庭健康与可持续发展 Multi-generation family wellness and sustainability	Krip Rojanastien (泰国/Thailand) 奇瓦颂养生度假村董事长兼首席执行官 Chairman & CEO, Chiva-Som International Health Resort
11:00-11:30		茶歇 / Tea Break
11:30-12:00	植物的力量与资本的绿色目标 The power of plants – investment trends go green	Prof. Gerard Bodeker (英国/UK) 医学教授，全球健康研究所心理健康倡议主席 Chair, Mental Wellness Initiative of the Global Wellness Institute
12:00-12:30	从弗洛伊德到中国道家思想：将性养生疗法融入奢华养生界 From Sigmund Freud to Chinese Taoism: integrating sexual therapy into luxury wellness	Michael Perin Wogenburg (奥地利/Austria) 禁忌瑜伽创始人 Wellness Disruptor and Founder, Forbidden Yoga
12:30-14:00		午餐 / Lunch Break
14:00-14:10	运动一刻 / Movement Moment	康体教练 / Fitness Coach
14:10-14:50	专题讨论 Thematic Panel Discussion 中英文/Bilingual 全球经济形势下的社会责任与健康需求 Social responsibility and health needs in the current global economy MC: 晏格文 Graham Earnshaw (英国/UK) 福布斯首席战略官 Founder and CEO, China Economic Review Chief Strategy Officer, Forbes China	Prof. Gerard Bodeker (英国/UK) 医学教授，全球健康研究所心理健康倡议主席 Chair, Mental Wellness Initiative of the Global Wellness Institute Krip Rojanastien (泰国/Thailand) 奇瓦颂养生度假村的董事长兼首席执行官 Chairman and CEO of Chiva-Som International Health Resorts 强基弘 Michael Qiang (中国/China) 科勒中国厨卫集团市场副总裁 Vice President – Marketing, Kitchen Bath China Kohler China Investment Co., Ltd 林奋 Lin Fen (中国/China) 中资国业牡丹产业集团创始人暨董事长 Founder and Chairman, CNPE – Peony Industry Group Co., Ltd.

时间/Time	演讲内容/Topic	演讲人/Speaker
14:50-15:30	<p>专题讨论 Thematic Panel Discussion 英文/English</p> <p>创新和变化，如何在竞争中脱颖而出 Innovation and change: How to stand out in the competition</p> <p>MC: Trent Munday (澳大利亚/Australia) 蔓达梦高级副总裁 Senior Vice President International, Mandara Spa</p>	<p>Michael Newcombe (英国/UK) 四季酒店集团水疗与健康营运副总裁 Vice President, Spa & Wellness Corporate - Operations, Fourseasons Group</p> <p>Paul Keegan (意大利/Italy) 蒂贝伊高级国际培训师 Senior International Trainer, DIBI Milano</p> <p>Laura Gamboa (西班牙/Spain) 悦碧施企业教育与水疗发展总监 Director of Corporate Education & Spa Development, Natura Bissé International</p> <p>Luca Gualdrini (意大利/Italy) i-Tech Industries总经理 General Manager, i-Tech Industries</p>
15:30-16:00		茶歇 / Tea Break
16:00-17:30	赞助商演示 / Sponsor Demonstrations	各赞助商所属场地分演 / Function Rooms and Open Space
17:30-18:30		自由时间 / Free Time
18:30-21:30	<p>Swissline欢乐鸡尾酒会 Happy Cocktail Party Boosted by Swissline</p>	<p>蓝魅超凡粉之夜 Blue Elixir & Pink Oxygen, A Glamorous Garage Night 着装要求：粉色与蓝色，务必火辣 Dress Code: Pink and Blue, Must Be Sizzling Hot</p>

第二天，2024年9月25日：业务，技能和交流

Day 2, September 25th 2024: Business, Skill and Knowledge

7:15-8:15	晨练 Morning Activity	TBC
时间/Time	演讲内容/Topic	演讲人/Speaker
9:00-9:30	将高科技带入SPA与养生业务 Integrate high technology into your wellness and spa business	莎曼 Samantha Dunn (澳大利亚/Australia) The Wellness Makers创始人与总监 Founder and Director, The Wellness Makers
9:30-10:00	从传统中汲取健康和养生精髓 Follow the Traditions – Let traditional treatments play an effective role in the spa	Richard Williams (新西兰/New Zealand) 6 degrees Spa Consulting创始人 Founder of 6 degrees Spa Consulting
10:00-10:30	像经营俱乐部那样经营SPA Manage your spa like a private club	王芸 Jane Yun Wang (中国/China) 香港W酒店高级水疗总监 Senior Director of Spa & Fitness, W Hotel Hong Kong
10:30-11:00	医美给SPA运营/疗程的启发 Learn from beauty medical clinics/spas	孙梦 Renee Sun (中国/China) 杭州依妮德医疗创始人 Founder, Enido Skincare
11:00-11:30		茶歇 / Tea Break
11:30-12:00	脑部健康，健康长寿的关键指标 Brain health, the key to healthy longevity	Pierre Bonetti (法国/France) 美容与再生医学资深医师、国际培训师、Clinique Nescens Beauty and Regenerative Doctor, Group International Trainer, Clinique Nescens
12:00-12:30	生物医疗电子及其在大健康的应用 Biomedical electronics technology and its applications in the big health industry	王国兴 Wang Guoxing (中国/China) 教授，长江学者，上海交通大学示范性微电子学院执行院长 Professor, Chang Jiang Scholar, Executive Dean of the School of Microelectronics, Shanghai Jiao Tong University
12:30-14:00		午餐 / Lunch Break
14:00-14:10	运动一刻 / Movement Moment	康体教练 / Fitness Coach
14:10-14:50	<p>专题讨论 Thematic Panel Discussion 中文/Chinese</p> <p>创新科技在SPA行业的实际运用 Creative new technology support for spa business</p> <p>MC: 高菲 Fifi Kao (中国/China) SpaChina杂志与峰会创始人主编兼总监 Founder, Director & Editor-in-Chief, SpaChina</p>	<p>许懿 Vera Xu (中国/China) 欧华美科联合创始人 Co-founder of JUVA</p> <p>张正波 Zhang Zhengbo (中国/China) 汇美康国际创始人、梵希医疗美容诊所创始人 Founder of HIMIKA, Founder of Yesvenchy Aesthetic Clinic</p> <p>赵京东 Zhao Jingdong (中国/China) 广州奥泌科技有限公司联合创始人 Co-founder of Guangzhou FICOSOS Technology Co., Ltd.</p> <p>王国兴 Wang Guoxing (中国/China) 教授，长江学者，上海交通大学示范性微电子学院执行院长 Professor, Chang Jiang Scholar, Executive Dean of the School of Microelectronics, Shanghai Jiao Tong University</p>

时间/Time	演讲内容/Topic	演讲人/Speaker
14:50-15:30	<p>专题讨论 Thematic Panel Discussion 中文/Chinese</p> <p>不同行业中观察到的健康趋势 Health trends observed across different industries</p> <p>MC: 高菲 Fifi Kao (中国/China) SpaChina杂志与峰会创始人主编兼总监 Founder, Director & Editor-in-Chief, SpaChina</p>	<p>袁谊青 Anita Yuan (中国/China) Sauna Works (Clearlight全光谱红外线健康解决方案) 中国区负责人 Head of China, Sauna Works (Clearlight Full Spectrum Infrared Health Solutions)</p> <p>李凯 Dr. Li Kai (中国/China) 医学博士、皮肤科副主任医师、德医皮肤联合创始人 Doctor of Medicine, Associate Chief Dermatologist, Co-founder of DEYI SKIN</p> <p>戴炯捷 Dai Jiongjie (中国/China) 上海精准功能医学院执行院长 Executive Dean of the Shanghai Precision Functional Medicine Institute</p>
15:30-16:00		茶歇 / Tea Break
16:00-17:10	赞助商演示 Sponsor Demonstrations	各赞助商所属场地分演 Function Rooms and Open Space
17:10-18:20		自由时间 / Free Time
18:40-22:00	中国养生与水疗颁奖礼盛大晚宴 SpaChina Grand Awards Gala Dinner	<p>着装要求：正装礼服，金陵盛宴，金、银色，黑色，红色玫色 Dress Code: Formal Dress, Golden Night, Gold or Silver, Black or Red</p> <p>地点：大宴会厅 Venue: Grand Ballroom</p>
22:00-24:00	icoone晚宴后欢乐派对 Gala Dinner After Party Energized by icoone	<p>绚丽意式风情，icoone多彩浪漫之夜 Amorous Colorful Night</p> <p>地点：Flair Venue: Flair</p>

第三天，2024年9月26日：学习，探讨和交流

Day 3, September 26th 2024: Sharing, Exploring and Appreciation

时间/Time	演讲内容/Topic	演讲人/Speaker
9:30-10:00	<p>经验分享 / Case Study</p> <p>大数据时代的数据收集和在SPA业务的运用 Data collection and its application in spa business in the era of big data</p>	<p>邓利平 Henry Deng (中国/China) 广东金豪漾科技控股有限公司创始人 Founder, Guangdong Hoyar Technology Holding Co., Ltd</p>
10:00-10:30	<p>经验分享 / Case Study</p> <p>中国头皮头发市场需求和新趋势 The market demand and new trends in the scalp and hair care market in China</p>	<p>Kelvin Tan (新加坡/Singapore) 大卫尼斯亚洲地区教育与活动经理 Asia Education and Events Manager, Davines</p>
10:30-11:00	<p>经验分享 / Case Study</p> <p>科技创新，令运动如此简单高效 New AI technology enhancing fitness performance and effect</p>	<p>Trent Munday (澳大利亚/Australia) 蔓达梦高级副总裁 Senior Vice President International, Mandara Spa</p>
11:00-11:30		茶歇 / Tea Break
11:30-12:30	<p>现场演示 / Demonstration</p> <p>东方五行与西式技艺创新结合 注重身心灵整体和谐的SPA手法展示 R.D.R. body treatment demonstrations Renew, Drain, Reduce</p>	<p>Mirco Basetta (意大利/Italy) 韵姿全球技术总监 VAGHEGGI Global Training Director</p>
12:30-14:00	放松与畅谈的聚会午餐/Release and destress lunch	



高菲 SpaChina杂志与峰会创始人主编兼总监

上海出生，在东京就读心理学专业和平面设计。英语、日语流利。99年到04年在SinoMedia任职设计总监，并曾为喜达屋酒店和度假村集团创办刊物STARDOM。2004年启动中英文双语杂志SpaChina并担任主编兼总监至今。作为中国SPA行业颁奖礼创始人、SpaChina中国养生与SPA峰会主办人，中国水疗促进会会长，高菲致力于推进中国SPA与养生行业的发展与进步，至今峰会已经举办了19届。她还是IARI国际注册高级营养师，中医爱好者，并于2009年获中国杰出女性创意总监奖。2008年和2009年分别获得香港国际武术节杨式太极拳青年组铜牌和太极剑银牌。

Fifi Kao Founder, Director & Editor-in-Chief, SpaChina

Fifi was born in Shanghai, studied psychology and graphic design in Tokyo, and is fluent in English and Japanese. From 1999 to 2004, Fifi worked as the Design Director at SinoMedia and was in charge of the bilingual publication STARDOM for the Starwood Hotel Group. She rose from designer to become Editor-in-Chief of SpaChina Magazine, which this year celebrates its 19th anniversary. As the key opinion leader of China's spa industry, she has hosted the annual SpaChina Wellness and Spa Summit and Awards and published industry reports for the previous 16 years. In 2009, Fifi won the Most Creative Woman Director award from China Sorority, and also won silver medals at the Hong Kong International Wushu Festival in 2008 and 2009. She is an accredited international nutrition consultant with IARI (International Accreditation and Registration Institute).



卢嘉敏 FINN Partners斐朋传播中国区管理合伙人

Jenny Lo在品牌策划、市场研究和营销传播领域广泛积累，曾与六善养生及酒店集团、文华东方酒店集团、多切斯特精选酒店集团、信诺保险、雪花秀、艾凡达等国际知名酒店及生活方式品牌合作，参与制定品牌定位、市场调研、整合营销、数字传播等战略，并筹划创意营销方案。Jenny是具有前瞻性思维的营销专家，拥有工商管理学学士及传播学硕士学位，并经常发表行业观点及分析，同时为业界权威机构及刊物撰稿，其中包括为Global Wellness Institute撰写的《中国：揭示健康财富》一文。2023年，Jenny被Campaign Asia评为“大中华最值得关注女性”之一。

Jenny Lo Managing Partner, FINN Partners

Throughout her varied career in brand development, research and marketing communications, Jenny has worked with renowned consumer and lifestyle brands including Six Senses Hotels Resorts Spas, Mandarin Oriental Hotel Group, Dorchester Collection, Cigna, Sulwhasoo, Aveda, etc. on brand strategy, integrated marketing communications, digital marketing and creative campaigns. A forward-thinking marketing expert, Jenny holds a research-based Masters degree in Communications and leads both agency and client proprietary research projects and market studies. She is a frequent speaker and contributor of thought leadership to regional publications, including "China – Uncovering The Wealth In Wellness" for Global Wellness Institute. In 2023, she was named "Women to Watch in Greater China" by Campaign Asia.



Lisa Starr 水疗、沙龙和养生事业顾问，培训师及教育者

Lisa在SPA和健康行业拥有超过35年的经验，过去20多年来作为顾问和教育家，帮助SPA沙龙和养生中心的业主和经营者在运营中实现最佳表现。她特别关注运营、财务与员工薪酬、营销、库存管理、零售、人力资源与领导力发展以及业务流程改进。作为全球健康研究所咨询计划的主席，是SPA相关杂志的特约编辑，全球贸易刊物的定期撰稿人，SPA行业大会上备受好评的演讲者、播客(StarrCast)，并在全球范围内提供现场SPA管理课程，或在线学习平台进行教学。微信: lisastarrspa, 领英: Lisa Starr, 电邮: lstarr@wynnebusiness.com。

Lisa Starr Principal of Wynne Business Consulting & Education, Specializes in Spa, Wellness & Salon businesses

Lisa has over 35 years of experience in the beauty & wellness industry, spending the last 20+ years as a consultant and educator, helping owners and operators of spas, salons and wellness facilities maximize their operations performance in both front and back of house. Her particular areas of focus include operations, finances & staff compensation, marketing, inventory management, retailing, human resource & leadership development, and business process improvement. Lisa is the Task Force Chair for the Global Wellness Institute's Consulting Initiative, a Contributing Editor at Spa Business Magazine, a regular contributor to global trade publications, a highly-rated speaker at spa and beauty industry conferences, hosts a wellness business podcast (StarrCast) and offers live spa management courses across the globe, as well as through an online learning portal. Connect with her on WeChat at lisastarrspa, on LinkedIn at Lisa Starr or email lstarr@wynnebusiness.com



Krip Rojanastien 奇瓦颂养生度假村董事长

Krip Rojanastien先生是继其父亲Chiva-Som创始人Boonchu Rojanastien先生之后的第二代领导者。1996年，为了寻求改变和更健康的生活方式，Khun Krip开始接受Chiva-Som康养理念的核心价值，按照奇瓦颂度假村的可持续健康实践来生活，追求思想、身体和精神的平衡。2007年父亲去世后，便义无反顾地离开了职业生涯22年的银行，接管了度假村。与父亲一样，Krip Rojanastien先生同时也充当着健康和正念先锋的角色。他还看到了环境保护的价值，并致力于在能源和保护文化的各个方面实现业务运营的可持续性。

Krip Rojanastien Chairman & CEO of Chiva-Som International Health Resort

Mr. Krip Rojanastien is the second generation to lead Chiva-Som International Health Resort following on from his father and Chiva-Som founder, Mr. Boonchu Rojanastien. In 1996, seeking a change and a healthier lifestyle, Khun Krip began to embrace the core value of the wellness philosophy at Chiva-Som. He made the decision to live according to the sustainable health practices of the resort, with an emphasis on the balance of mind, body and spirit. When his father passed away in 2007, Krip took over the resort, leaving the banking sector where he had spent 22 years of his career without regrets. Like his father, Krip Rojanastien has changed himself to fill the role of a health and mindfulness pioneer. He sees the value of environmental preservation and has always supported conservation work, as well as being committed to business operations for sustainability in all aspects of both energy and conservation cultural preservation.



Prof. Gerard Bodeker 医学教授，全球健康研究所心理健康倡议主席

毕业于哈佛大学公共卫生与健康专业的Bodeker教授致力于整合医学和养生方面的研究。在牛津大学教授医学科学课程，担任哥伦比亚大学流行病学副教授，并与联合国、各政府和私营企业合作制定养生战略。他尤其专注于对亚洲传统医学和健康生活方式的研究，如传统中医、阿育吠陀等。Bodeker教授著有多部书籍，如《世界卫生组织全球版图：传统、补充和替代医学》、《全球水疗行业解析》、《心理健康：方法、实证与范畴》。在亚洲发展银行新出版的《健康亚洲养生指南》一书中，他是“精神健康、衰老、养生政策、亚洲健康传统”等章节的作者。此外，他与泰勒-弗朗西斯出版集团合作，参与编撰出版了《亚洲健康老龄》一书。

Prof. Gerard Bodeker Chair, Mental Wellness Initiative of the Global Wellness Institute

A Harvard-trained public health academic, Gerry Bodeker researches and advises on integrative medicine and wellness. He has taught on medical sciences at Oxford University for two decades, is adjunct professor of epidemiology at Columbia University, and works with the private sector, governments and the United Nations, advising on culturally-themed wellness strategies. He has specialised in Asian traditions of medicine and healthy lifestyles, including the study of Chinese Medicine and Ayurveda. Prof. Bodeker has published widely, including the following books: The World Health Organization Global Atlas on Traditional, Complementary and Alternative Medicine, Understanding the Global Spa Industry, and Mental Wellness: Pathways, Evidence and Horizons. He has chapters on Mental Wellness, Ageing, Wellness Policy, and Asian Health Traditions in a new book published by the Asian Development Bank on Wellness for a Healthy Asia; and he has just published a co-edited and co-authored book with Taylor & Francis publishers in the US on Healthy Ageing in Asia.



Michael Perin Wogenburg 禁忌瑜伽创始人

Michael Perin Wogenburg是一位拥有25年精湛技艺的健康颠覆者。他所提供的健康体验是前所未有的，每个参与者都会基于其需求获得完全不同的体验。Michael的项目主要针对高净值人士、希望改善关系的夫妇/情侣、小型团体，帮助其解决职业倦怠、精神创伤、失乐症(无法体验快乐或愉悦)、性功能缺陷、悲伤、焦虑、抑郁等问题。参与者在环境、膳食、概念心理等层面，将经历出乎意料的体验，以及裸露、性密宗练习、瑜伽、对抗性选择等。与Michael一起的健康旅程，就如建筑师对光影的痴迷追逐。

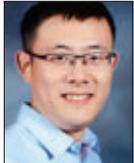
Michael Perin Wogenburg Wellness Disruptor and Founder of Forbidden Yoga

Michael Perin Wogenburg is a wellness disruptor who has spent 25 years refining his craft. What he offers is unprecedented, and each person will have entirely different experiences based on their own needs. Michael works with high-net-worth individuals, couples wishing to enrich their relationship, and small groups, addressing issues such as burn-out, generational trauma, anhedonia (the inability to experience joy or pleasure), sexual inadequacies, grief, anxiety and depression. Expect the unexpected, nudity, sexual tantric practice, yoga practice, confrontational selections, be they environment, foods, the conceptual psyche. Liken your journey to an architect's obsession with shadows and light.



晏格文 福布斯首席战略官

晏格文先生是一名作家，在中国传媒界拥有多年从业经验，现任《中经评论》经济杂志和Earnshaw Books出版人以及福布斯首席战略官。1990年至1995年期间，晏格文曾担任英国路透社驻北京总编和伦敦日报总编，以及路透社亚太地区总编。他著有大量书籍，其中包括中国旅游指导《中国自由行》，2010年3月出版的《徒步中国》和2008年出版的《老上海记》。晏格文先生精通中国经济、社会和历史，并多次在各类大型会议发表演讲，普通话与广东话十分流利。



强基弘 科勒中国厨卫集团市场副总裁

强基弘先生于2020年5月加入科勒中国厨卫集团并担任市场营销副总裁职务。在此之前，他就职于皇家飞利浦，曾先后担任过大中华区研发创新总经理和高级市场总监。强基弘先生拥有在多个大型国际性公司多年的工作管理经验，并在销售、客户服务、商业战略规划、产品创新/研发及供应链管理等领域拥有专家级的管理能力。同时，他还有多年在加拿大，亚太和中国多区域的国际化工作经验。强基弘先生毕业于南京大学物理系并拥有加拿大New Brunswick大学MBA学位。



林奋 中资国业牡丹产业集团创始人暨董事长

中资国业成立于2012年，拥有当今世界上最大的有机牡丹种植基地，是行业内唯一通过中欧美有机认证的牡丹大健康产业，是牡丹产业价值的创新与引领者。专门研发牡丹的食用保健和药用美容价值，致力于为全球人类的健康和美丽事业添砖加瓦。创始人林奋先生，推动并参与了牡丹籽油国家标准体系的建立，指导科研团队，深入挖掘牡丹花叶根籽功效，并取得多项专利成果，在他的带领下，牡丹大健康产业走向国际舞台，让更多人看见中国本土植物牡丹的成分优势。



Trent Munday 曼达梦高级副总裁

Trent于2005年正式加入曼达梦，在此之前他在酒店行业已经拥有了14年的从业经验，曾在泰国华欣负责开设了六善养生及酒店集团旗下的第一家爱梵森(Evason)酒店，担任驻店经理；后服务于COMO酒店和度假村集团，担任巴厘岛乌玛乌布酒店的开业经理。Trent在澳大利亚、美国、泰国、马尔代夫、印度尼西亚、马来西亚等地都工作生活过，积累了不同文化目的地的酒店业的丰富经验。Trent经常在全球酒店、水疗和养生会上做研究和小组讨论嘉宾。他还在悉尼奥运会组委会担任过两年的高级管理人员。凭借丰富的经验和敏锐的洞察力，Trent敢于挑战行业现状，为行业人士提供有价值的实用建议。同时，他也是一位多产的作家、演讲家和播客，所有内容都可以在他的个人网站上免费获得 - <https://www.trentmunday.com/>。



Michael Newcombe 四季酒店集团水疗与健康营运副总裁

在四季酒店工作的30年里，迈克尔的职业生涯非常成功，曾在伦敦、多伦多、悉尼和柏林担任过不同的运营职务。2002年起，迈克尔晋升为汉普郡四季酒店的开业总经理，并继续在达拉斯度假村和俱乐部、西莱克村和加利福尼亚健康长寿研究所担任水疗与健康运营职务，自2015年起担任洛杉矶比佛利山庄四季酒店的总经理。Michael于2013年被任命为美洲水疗委员会成员，并于2016年被任命为集团水疗与健康委员会成员。两年后，迈克尔被提升为集团水疗与健康运营副总裁兼总经理，在兼顾健康职责和管理酒店方面做得非常出色。



Paul Keegan 蒂贝伊高级国际培训师

Paul Keegan出生于北加州，曾在蒙特雷湾城圣克鲁斯的加州养生行业工作多年。他最早学习过按摩疗法并建立了自己的诊所，之后还研习了阿育吠陀、瑜伽、印度教和佛教，并与脊骨神经科医生和阿育吠陀医生一起工作过。他也曾管理过一些SPA和养生中心，并在圣克鲁斯担任Well Within水疗中心的总经理/SPA总监。1999年，他移居意大利北部，与青梅竹马的恋人结婚，并进入意大利最大的护发、护肤和美容设备供应商AlfaParf集团工作。他现在是公司的高级国际护肤培训师，在全球范围内为AlfaParf Milano的所有护肤品牌和美容设备举办培训和研讨会。

Graham Earnshaw Founder and CEO of China Economic Review Chief Strategy Officer of Forbes China

Graham Earnshaw is a businessman and writer with many years of experience in the China media world. He is Publisher of Earnshaw Books and Chief Strategy Officer of Forbes China. He has been a director and executive of a number of companies in the China media space. He was previously a journalist and was Reuters editor for Asia for five years (1990-1995). He has written a number of books, including Tales of Old Shanghai (2008) and an account of his continuing walk across China, The Great Walk of China. He speaks regularly at meetings and conferences on a wide range of topics relating to China's economy, society and history.

Michael Qiang Vice President – Marketing, Kitchen & Bath China Kohler China Investment Co., Ltd

Mr. Michael Qiang joined Kohler China from May 2020 as Vice President – Marketing, Kitchen & Bath China. Prior to Kohler, Michael worked for Royal Philips, where he served as Business Leader, Innovation and Senior Marketing Director, Greater China. Michael has accumulated strong marketing management experience with his increasing levels of leadership in global leading companies. In addition to the rich marketing experience, Michael has expertise in other areas, like sales, customer service, business strategy, product innovation & development and procurement. Michael also has solid international working experience in Canada and the APAC region. Michael earned a bachelor's degree in physics from Nanjing University and an MBA from University of New Brunswick in Canada.

Lin Fen Founder and Chairman of CNPE – Peony Industry Group Co., Ltd.

Founded in 2012, CNPE has the largest organic peony plantation base in the world today, and is the only peony extraction industrial operation that has passed organic certification of China, Europe and the U.S. CNPE is the innovator and leader of value in the peony extraction industry. Specializing in the research and development of the edible and medicinal beauty value of peony, CNPE is committed to contributing to the global human health and beauty cause. The founder, Mr. Lin Fen, has promoted and participated in the establishment of the national standard system of peony seed oil, guided the scientific research team to deeply explore the efficacy of peony flowers, leaves, roots and seeds, and has obtained a number of patented achievements. Under his leadership, the peony big health industry has entered the international arena, so that more people can now see the advantages of the ingredients of peony, a local plant in China.

Trent Munday Senior Vice President International at Mandara Spa

Trent Munday is Senior Vice President International at Mandara Spa, having joined the company in January 2005 after 14 years in the hotel business, with Six Senses Hotels & Resorts, where he opened the company's first Evason property in Hua Hin, Thailand as Resident Manager and COMO Hotels & Resorts where he was the opening General Manager of Uma Ubud, Bali. Having worked in Australia, USA, Thailand, Maldives, Indonesia and Malaysia, he has gained considerable experience in the hospitality industry across numerous, diverse cultural environments. Trent is a regular speaker and panellist at Hotel, Spa and Wellness events globally. Trent also spent two years at a senior management level with the Sydney Organising Committee for the Olympic Games. With rich experiences, keen insights and discernment, Trent dares to challenge the status quo. In an industry known for anything but, Trent's voice resounds as one of practical business realities. Inspired by WHY, Trent is on a mission to provide bursts of reality in a sea of fluff. A prolific writer, speaker & podcaster, all Trent's content is available for free on his website - <https://www.trentmunday.com/>.

Michael Newcombe Vice President, Spa & Wellness Corporate - Operations, Four Seasons Group

Michael's successful career has seen him operate globally over his 30 years with Four Seasons with various operational assignments in London, Toronto, Sydney, and Dublin. Michael was promoted to opening General Manager of Four Seasons Hotel Hampshire in 2002 and continued in the same role at the Resort & Club in Dallas and a series of other properties. He is now the General Manager of Four Seasons Hotel Los Angeles at Beverly Hills, a post he has held since 2015. Michael was appointed Chair of The Americas Spa Committee in 2013, and Global Chair of the Four Seasons Spa & Wellness Committee in 2016. Two years later Michael was named as General Manager/Vice President Spa & Wellness Operations, balancing his Corporate responsibilities and managing the Los Angeles property.

Paul Keegan Senior International Trainer, DIBI Milano

Born in Northern California, Paul Keegan spent many years working in the California wellness industry in the Monterey Bay city of Santa Cruz; first learning massage therapy and establishing his own practice, he also studied Ayurveda, Yoga, Hinduism and Buddhism and worked alongside Chiropractors and Ayurvedic Doctors. He managed Spas and Wellness Centers and finished his time in Santa Cruz as General Manager/Spa Director of Well Within Spa. In 1999 he moved to Northern Italy to marry his Italian childhood sweetheart and went to work for the AlfaParf Group of companies, Italy's largest supplier of hair care, skin care and beauty devices. He is now the Senior International Skincare Trainer, performing training and seminars globally for all AlfaParf Milano skincare brands and beauty equipment.



Laura Gamboa
悦碧施企业教育与水疗发展总监

Laura是一位致力于为健康、水疗和零售行业带来创新的专家，在水疗健康行业拥有超过20年的国际经验，并在个人生活中积累了多年的整体养生经验。在过去的10年中，Laura一直是悦碧施全球创新团队、产品研发团队和测试团队的核心成员，以及悦碧施全球教育和疗程研发部门的总监。她积极参与各类活动项目，在她的引领下，悦碧施连续4年荣获“世界最佳水疗品牌”，并在全球各大奖项评比中获得“最佳水疗”和“最佳产品”等荣誉。Laura具有多文化、多语言的背景，并对中国、亚洲和中东文化有着深刻的理解。她也是公司的全球发言人，并在世界各地进行演讲。

Laura Gamboa
Director of Corporate Education & Spa Development,
Natura Bissé International

Specialist in bringing Innovation to Wellness, Spa & Retail with over 20 years of international experience in Spa & Wellness industry, and life-long experience of wellness integration in her personal life. For the past 10 years, Laura has been key part of the core innovation, R&D team for product development & testing, and head of education and treatment creation for NATURA BISSÉ globally. Accolades for initiatives in which she has been an active participant, include recognitions such as World Best Spa Brand (4 consecutive years) and numerous “Best Spa treatments” and “Best Products” worldwide. Multicultural, multilingual and with deep understanding of Chinese, Asian & Middle Eastern cultures, she is also an international spokesperson for the company, performing global presentations.



Luca Gualdrini
i-Tech Industries公司 总经理

凭借在营销和产品品牌战略方面20多年的经验，Luca在1999年创建了自己的第一家公司，并在17年的时间里负责新业务开发和销售战略开发方面的工作。同时，Luca作为专业顾问与美容和医疗行业最知名的品牌合作，在此过程中不断提升自己的行业技能和知识。Luca一直深入了解新媒体和数字化技术，使得其能够更好地将新技术带入美容行业。Luca不断抓住新机遇，与好友Gianfranco Tudico先生一同创建了一家新公司：i-Tech Industries。i-Tech在成立短短5年后已成为全球美容和健康行业最知名的品牌之一。

Luca Gualdrini
General Manager, i-Tech Industries

With more than 20 years' experience in Marketing and Product Branding strategies, Luca created his first company in 1999 and for 17 years was in charge of taking care of new business development and new sales strategy. Thanks to the opportunity to work with the most well-known brands in the beauty and medical industry as a consultant, Luca improved his skills and knowledge in this industry. Moreover, he had the chance to deepen the new social media technology and the power of digital landscape from the beginning, and this gave him a great vision, regarding how to implement the Beauty Industry business with new technologies. Always sensitive to new opportunities, the friendship with Mr. Gianfranco Tudico gave him the opportunity to share a new « adventure » with the creation of a new company: i-Tech Industries. After just 5 years i-Tech has become one of the most recognized brands in the Beauty and Health Industry worldwide.

Day 2

上午/Morning



莎曼
The Wellness Makers创始人 与 总监

Sam是一位拥有20年经验的资深水疗顾问，致力于帮助养生企业打造具品牌特色的世界领先水疗和养生运营模式。Sam与多国开发商和亚太区几乎所有的五星级酒店品牌合作，在15个国家打造了70个养生项目。她还建立了世界上第一个(可能也是目前唯一)针对水疗项目开发的综合培训体系，帮助超过400位对水疗感兴趣的人士开启自己的水疗事业。这其中至少有7位获得了国际水疗奖项，许多都在多地开设了分店。Sam是一位作家、演讲者、教育者、积极的行业贡献者，是六个行业组织的核心成员，两次获得行业领导者奖项。目前，她建立了澳大利亚养生协会。

Samantha Dunn
Founder and Director, The Wellness Makers

As a 20-year veteran consultant, Sam's passion is to help Wellness entrepreneurs create world-class spa and wellness operations under their own unique brand. Sam has worked with multinational developers and almost every 5-star hospitality brand in Asia-Pacific, creating 70 wellness concepts in 15 countries. She also created the world's first (only?) comprehensive training in spa development, helping over 400 passionate individuals to create their business from scratch. At least 7 of her clients have won major international awards, and many have developed successful multi-site operations. Sam is a published author, speaker, educator and industry activist, having served as a founding board member of six associations and been twice awarded for industry leadership. She is currently launching the Australasian Wellness Association.



Richard Williams
6 degrees Spa Consulting创始人

拥有40多年的酒店业从业经验，曾在全球各地的五星级酒店、养生度假村和高级餐厅工作，包括澳大利亚大堡礁的Hayma度假村、伦敦肯辛顿的The Roof Gardens、泰国华欣的奇瓦颂健康度假村、曼谷和上海的半岛酒店等。Richard毕业于墨尔本The Southern自然疗法学院，并拥有美国康奈尔大学酒店业文凭，是洛杉矶The Chopra中心的认证冥想导师。目前常驻巴厘岛，定期在荷兰斯坦德大学巴厘岛校区讲授SPA开业项目、SPA概念开发和领导力大师班等课程，并常在各大水疗会议上发表演讲。

Richard Williams
Founder of 6 degrees Spa Consulting

Richard is a New Zealander by nationality with over 40 years in the hospitality industry working around the globe in 5-star hotels, wellness resorts and fine dining restaurants, including Hayman Island Resort in the Great Barrier Reef, Australia, The Roof Gardens, Kensington, London, Chivasom International Health Resort, Hua Hin, Thailand, and Peninsula Hotels Bangkok & Shanghai. He is a graduate of The Southern School of Natural Therapies, Melbourne, The Cranio-sacral Academy, S.A. He holds hotel industry diplomas from Cornell University, U.S.A and is a qualified meditation instructor from The Chopra Center, La Jolla, CA. Richard is based in Bali, Indonesia and regularly lectures at Stenden University Netherlands, Bali campus on Spa Pre-Opening Projects, Spa Concept Development and Leadership Masterclasses.



王芸
香港W酒店高级水疗总监

王芸女士在全球顶级豪华酒店品牌如丽思卡尔顿、文华东方、柏悦和安缦度假村等，拥有丰富的大型水疗养生项目和奢华私人俱乐部项目的开业管理和品牌运营经验。她敏锐的商业眼光、创新的手法和战略执行力塑造了她的领导风格。王芸女士目前担任香港W酒店水疗健康高级总监，并且是万豪国际大中华区水疗顾问委员会成员，为集团各种豪华酒店项目提供业务运营咨询服务以及开业支持。她还是国内外行业峰会和论坛上备受欢迎的演讲者和撰稿人。

Jane Yun Wang
Senior Director of Spa & Fitness, W Hotel Hong Kong

Jane possesses extensive experience in pre-opening and managing large-scale Spa, Wellness, and Luxury Private Club projects for esteemed luxury hotel brands such as The Ritz-Carlton, Mandarin Oriental, Park Hyatt, and Aman Resorts. Her sharp business acumen, innovative approach, and strategic execution define her leadership style. Presently, as Senior Director of Spa and Wellness at W Hong Kong and a Spa advisory board member for Marriott International Greater China, she offers business and operational consulting as well as pre-opening support for various luxury projects. She is also a popular speaker and author at domestic and international industry summits and forums.



孙梦
杭州依妮德医疗创始人

孙梦在2017年前一直以全职太太的身份居家与三个可爱的孩子一起。2018年跨界进入到医美行业，以前瞻性视角提出“Medical Spa”的双美轻医美运营思路，并建立“以超级用户出发的精品轻医美”的机构定位，打造出艺术空间与极致用户体验之间的平衡，在依妮德空间内传递了求美者更多关于健康、艺术、时尚的轻生活方式。在她的团队带领下，依妮德荣获杭州美团北极星医美机构，荣获医美行业各项专业奖，引领轻医美新时代。

Renee Sun
Founder of Enido Skincare

Before 2017, Ms. Sun was a full-time housewife with her three lovely children, then in 2018, she crossed over and entered the medical beauty industry. She put forward the “Medical Spa” operation concept from a forward-looking perspective, and founded a spa named Enido with the positioning of “light medical beauty serving super-users”. Enido creates a balance between an artistic space and ultimate user experience, leading beauty seekers to enjoy health, art and fashion. Under her leadership, Enido has been ranked in The Meituan Polaris List of Medical and Aesthetic Institutions in Hangzhou, and has won various professional awards in the medical beauty industry, leading the new era of light medical beauty.



Pierre Bonetti
美容与再生医学资深医师、国际培训师
Clinique Nescens

Pierre Bonetti 医生是妮尚希的一位杰出医生，专注于美容与再生医学。他在普通医学和美学医学方面拥有坚实的学术基础，擅长多种美学治疗、激光治疗、毛发移植和再生医学。他不仅经常作为转诊医生被其他医生推荐给患者，还在各种注射技术和美容药品领域担任国际培训师。科学、卓越和患者满意是指导其医疗方法的基本价值观。Pierre 对于脑健康与长寿之间的重要联系有着独特的见解，他致力于将前沿研究与实用策略相结合，帮助人们提升认知功能，获得更长寿、更健康的生命状态。

Pierre Bonetti
Beauty and Regenerative Doctor, Group International Trainer
Clinique Nescens

Dr. Pierre Bonetti is a distinguished physician specializing in aesthetic and regenerative medicine at Nescens. With a robust academic foundation in both general and aesthetic medicine, he excels in a variety of aesthetic treatments, laser therapies, hair transplants, and regenerative medicine. Dr. Bonetti has served as a referral doctor and an international trainer in various injection techniques and cosmeceuticals. He epitomizes the core values of scientific research, excellence, and patient satisfaction in his medical practice. Every treatment he administers is meticulously personalized to meet the unique needs of each patient. His extensive background and expertise uniquely position him to address the critical connection between brain health and overall longevity. His approach integrates cutting-edge research and practical strategies to support cognitive function, ultimately fostering a longer, healthier life.



王国兴
教授，教育部长江学者，
上海交通大学示范性微电子学院执行院长

王国兴教授主要从事超低功耗的数模混合集成电路设计及生物医疗电子研究。创办了深圳市玖治科技有限公司，曾就职于美国的Second Sight Medical Products、Agere Systems公司，以及中国的华为公司。现(曾)主持国家、省部级、企业创新研究项目多项，包括国家自然科学基金、国家重点研发计划课题、上海市科委科技攻关项目、企业科技创新项目等。发表国际同行评阅期刊及会议论文两百余篇，获国际论文奖，省部级行业奖，交大优秀学位论文指导教师，交大教书育人奖等。目前是IEEE的高级会员，曾担任IEEE电路与系统分会的副主席，及IEEE Transactions on Biomedical Circuits and Systems的主编。

Prof. Wang Guoxing
Professor, Chang Jiang Scholar, Ministry of Education, Executive Dean
of the School of Microelectronics, Shanghai Jiao Tong University

Prof. Wang Guoxing focuses on ultra-low-power digital-analog mixed-signal IC design and biomedical electronics research. He founded Shenzhen Ninovo Technology Co., Ltd. and earlier worked for Second Sight Medical Products and Agere Systems in the U.S. and Huawei in China. He has led a number of national, provincial, and enterprise innovation research projects, including the National Natural Science Foundation of China, the National Key R&D Program of China, the Science and Technology Research Project of Shanghai Science and Technology Commission, and the Enterprise Science and Technology Innovation Project, etc. He has published more than two hundred papers in international peer-reviewed journals and conferences, and has received international paper awards, provincial and ministerial industry awards, Jiao Tong University excellent bachelor thesis advisor, and Jiao Tong University teaching and educating awards, etc. He is currently a Senior Member of IEEE, and served as Vice President of IEEE and Editor-in-Chief of IEEE Transactions on Biomedical Circuits and Systems.

下午/Afternoon



许懿
欧华美科联合创始人

许懿女士，毕业于上海交大——法国马赛KEDGE商学院，获EMBA。2009年加入欧华美科，任欧华美科东投(天津)医学科技有限公司董事总经理。欧华美科集团专注于全球范围内的皮肤科医学科技创新，公司目前在中国、法国、以色列拥有多个研发中心，在半导体激光、生物材料和射频领域均建立了国际领先的自主核心技术，并打造了多个专利产品。2023年吴海生科(06826.HK 688366.SH)收购欧华美科，成为吴海生科全资子公司。欧华美科东投公司在许懿女士15年领导下，凭借其对行业宏观的分析、深厚的专业经验、决策推动了区域内医美、科美、生美多种业态行业变革优化，用最新技术和解决方案赋能机构，服务全国1000余家美业品牌，推动中国美业持久健康发展。

Vera Xu
Co-founder of JUVA

Ms. Xu Yi, graduated from Shanghai Jiaotong University - KEDGE Business School with an EMBA. She joined JUVA in 2009 as the Managing Director of JUVA (Tianjin) Medical Technology Co. JUVA Group focuses on the innovation of dermatological science and technology on a global scale. The company currently owns several R&D centers in China, France and Israel, and has established world-leading independent core technologies in the fields of semiconductor lasers, biomaterials and radiofrequency, as well as created a number of patented products. In 2023, Haohai Bio-Tech (06826.HK 688366.SH) acquired JUVA and made it a wholly-owned subsidiary. Under the leadership of Ms. Xu Yi for 15 years, JUVA (Tianjin) Medical Technology Co has promoted the change and optimization of various sectors such as medical beauty, science beauty and lifestyle beauty through her macro analysis of the industry, profound professional experience, decision-making power. She has empowered the company with the latest technology and solutions to serve more than 1,000 beauty brands nationwide, and has promoted the sustained and healthy development of China's beauty industry.



张正波
汇美康国际创始人、梵希医疗美容诊所创始人

张正波先生具备卓越的创业眼光与前瞻思维。他领导下的汇美康国际，自2008年在香港成立以来，始终致力于引进全球顶尖的美容仪器，并在中国市场进行深度整合与开发。凭借对行业的深刻理解和不懈努力，汇美康国际已成为全球高科技美容仪器领域的佼佼者，现在在中国美容市场全覆盖，中国SPA美容市场高端代表机构全覆盖，为抗衰老及时效解决方案提供了创新路径。

Zhang Zhengbo
Founder of HIMIKA, Founder of Yesvenchy Aesthetic Clinic

Mr. Zhang Zhengbo has excellent entrepreneurial vision and forward thinking. Under his leadership, HIMIKA, since its establishment in Hong Kong in 2008, has always been committed to introducing the world's top beauty equipment to China and carrying out in-depth development in the Chinese market. With its deep understanding of the industry and unremitting efforts, HIMIKA has become a global leader in the field of high-tech beauty equipment, and has gained a high reputation in China's beauty and SPA market, in particular in providing an innovative path for anti-aging solutions.



赵京东
广州奥泌科技有限公司联合创始人

赵京东深耕医学护肤领域20多年，成功运营2个医美上市知名品牌。他在2018年进入干细胞产业，与国内多家干细胞实验室合作，2019年联合创立奥泌生物科技有限公司，推广再生医学技术服务，并协同创立奥本源再生科技品牌，将外泌体产品引入医美临床转化治疗，协同皮肤科、毛发科等再生临床研究和推广应用，如细胞迭代皮肤再生医学、毛发/毛囊细胞再生技术等。作为MSCs囊泡抗衰老技术开发专家，头皮精细化管理体系孵化专家，医疗材料、护肤成分超级专家，赵京东受邀在美博会/美沃斯/MEC特邀细胞抗衰老论坛担任讲师，以及1000余家医美机构担任培训讲师。

Zhao Jingdong
Co-founder of Guangzhou FICOSOS Technology Co., Ltd.

Mr. Zhao Jingdong has been deeply involved in the medical skincare field for more than 20 years and successfully operated two well-known listed medical-beauty brands. He entered the stem cell industry in 2018. Having cooperated with several stem cell laboratories in China, he co-founded Guangzhou FICOSOS Technology Co., Ltd. in 2019 to promote regenerative medicine technology services, and created the brand FICOSOS to introduce exosome products into medical aesthetics clinical translational therapy, and collaborated with dermatology and trichology to promote clinical research and applications, such as cell iterative skin regenerative medicine, hair/ hair follicle cell regeneration technology, etc. As an expert in the development of MSCs vesicle anti-aging technology, the systemization of fine scalp management, and medical materials and skincare ingredients, Mr. Zhao has been invited to be a lecturer at the CIBE/ Mevos/MEC Cellular Anti-Aging Forum, as well as a training instructor for more than 1,000 medical aesthetics organizations.



袁谊青
Sauna Works (Clearlight全光谱红外线健康解决方案)中国区负责人

袁谊青女士曾任职于德勤会计师事务所，获得中国注册会计师和税务师双证。她拥有25年帮助西方品牌进入并增长中国市场的经验，涉及生物技术、食品、健康和高端工业行业。擅长销售、财务、市场战略、营销和推广。后专注担任Sauna Works中国区市场负责人，将顶级的Clearlight全光谱红外线桑拿无接触健康解决方案带入中国市场。

Anita Yuan
Head of China, Sauna Works (Clearlight Full Spectrum Infrared Health Solutions)

Ms. Yuan Yiqing once worked at Deloitte and is a dual certified CPA and tax accountant in China. She has 25 years of experience in helping Western brands to enter and grow in the China market in the biotech, food, health and high-end industrial sectors. She specializes in sales, finance, market strategy, marketing and promotion. After focusing on her role as Head of Marketing for Sauna Works China, she brought the top-of-the-line Clearlight Full Spectrum Infrared Sauna no-touch wellness solution to the Chinese market.



李凯
医学博士、皮肤科副主任医师
德医皮肤联合创始人

原空军军医大学西京医院皮肤科美容中心主任。先后在美国Henry Ford医院皮肤科、意大利佩鲁贾医院交流学习。主要从事激光美容相关研究，先后负责国家自然科学基金2项，院内基金1项，并参与多项国科金课题研究。长期从事激光美容相关研究及敏感性皮肤的诊治，专业特长：激光美容，面部年轻化，黄褐斑治疗，瘢痕治疗。发表专业相关SCI收录论文二十余篇。

Dr. Li Kai
Doctor of Medicine; Associate Chief Dermatologist,
Co-founder of DEYI SKIN

Former Head of Dermatology & Cosmetology Center of Xijing Hospital, The Fourth Military Medical University, Dr. Li Kai has spent time in the Dermatology Department of the Henry Ford Hospital in the US and The Perugia Hospital in Italy for academic exchange. He has so far been responsible for two Natural Science Foundation of China (NSFC) projects and one hospital-wide fund project, and he has participated in various national research projects. He has been engaged in laser cosmetic research and diagnosis and treatment of sensitive skin for a long time, specialties: laser cosmetic, facial rejuvenation, chloasma treatment, scar treatment. He has published over twenty essays on Dermatology with SCI.



戴炯捷
上海精准功能医学院执行院长

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

Dai Jiongjie
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.

上午/Morning

Day 3



邓利平
广东金豪漾科技控股有限公司创始人

邓利平先生是一名拥有17年美业实战派管理及光电美容系统运营的专家，他于2006年创办的广东金豪漾科技控股有限公司是一家健康美容智能化设备解决方案服务商。他开辟了美容仪器系统化运作的先河，将皮肤AI算法与物联网相互结合，建立全球最大的全脸皮肤案例数据库。同时他也是中国首批将国外进口医疗及美容仪器引进中国的引领者之一，先后引进德国SEYO无创水光及意大利icoone等国外进口高端仪器。此外，邓利平先生积极推动行业标准体系建立，先后参与了《生活美容射频类美肤设备》、《生活美容射频类美体设备》等团体标准的建立。他号召“开启光电普及，支持正品光电”，并身体力行十余年。

Henry Deng
Founder, Guangdong Hoyar Technology Holding Co., Ltd

Henry Deng is an expert with 17 years of practical management and operation experience on photoelectric beauty systems. He founded Guangdong Hoyar Technology Holding Co., Ltd in 2006 which is a health and beauty equipment and service provider. He pioneered the systematized operation of beauty equipment, combining skin AI algorithms with the Internet of Things and established the world's largest database of facial skin. He is also one of the first in China to introduce advanced foreign medical and beauty equipment into the domestic market, such as SEYO, the non-invasive mesotherapy brand from Germany, and icoone from Italy. In addition, Henry actively pushes the establishment of industry standard systems, and has participated in the establishment of "Radio Frequency Skin Beauty Equipment" and "Radio Frequency Body Beauty Equipment" standards. He has been dedicated to promoting the popularization of quality photoelectric beauty equipment for more than ten years.



Kelvin Tan
大卫尼斯亚洲地区教育与活动经理

Kelvin Tan常驻新加坡，为Davines大卫尼斯家族带来了25年的丰富经验。Kelvin的热情与勤奋促使他迅速成长，在高度活跃的亚洲地区为市场提供专业服务。他曾作为资深教育培训者与重要的行业市场领导者合作；还与全球艺术团队携手，组织演出、研讨会，并培养有潜力的艺术家。在Kelvin的职业生涯中，他亦获得了宝贵的销售和市场营销实践经验，并成为亚洲销售团队的领导者。之后，他开始专注于销售培训，为沙龙员工和销售主管设计并提供销售技能课程。Kelvin的专业知识和拥有的正能量无疑将帮助大卫尼斯的地区分销合作伙伴，提高当地教育培训服务的质量和销售团队的技能，从而实现业务增长。

Kelvin Tan
Asia Education and Events Manager, Davines

Based in Singapore, Kelvin is bringing an extensive 25-year long experience to the Davines family, having worked with the most important industry market leaders as key educator. His passion and hard work helped him grow rapidly and he became responsible for professional services in the highly dynamic region of Asia. He has also had the opportunity to work with the Global artistic team, organizing shows, seminar, and developing potential artist. During his career, he also gained valuable hands-on experience in sales and marketing, which brought him to the position of leading the sales force in Asia. Sales training was a natural next step for him, as he designed and delivered sales skills programs both for salon staff and sales executive. His knowledge and positive energy will undoubtedly help regional distribution partners grow by improving the quality of the local education services and the skills of their sales forces.



Mirco Bassetta
韵姿全球技术总监

2008年获得意大利亚历山德里亚国际专业美容学院专业美容学士学位；2018年获得意大利维罗纳国际指压按摩学院指压按摩硕士学位，同时拥有传统中式医术与养生硕士学位。Mirco Bassetta作为行业品牌资深全球技术总监，受邀于多家国际星级度假酒店SPA作为其技术指导。他常年造访全球不同市场，专注于不同国家的流行趋势及消费需求的探索研究，对SPA环境及行业趋势进行有效的分析及判断，实时研发更新适配市场需求的按摩系统。他融合东方五行精髓，研发了两大按摩系统——R.D.R按摩系统、LIGNUM木槌按摩系统，于全球市场广泛运用。

Mirco Bassetta
VAGHEGGI Global Training Director

Mirco Bassetta received a bachelor's degree in Professional Beauty from SIDEPA, Alessandria, Italy in 2008, and a master's degree in Shiatsu from International School of Shiatsu, Verona, Italy in 2018. He is also an expert in Traditional Chinese Medicine and Macrobiotics. As a senior global training director of a renowned beauty brand, Mirco Bassetta has been invited to many international luxury resort and hotel spas to give professional training. He visits different markets all over the world, exploring and researching the trends and consumer needs of different countries, effectively analyzing the spa environment, and developing and updating message systems in real time to meet the market demand. By integrating the essence of the five elements from the Oriental philosophy, he has developed two famous massage systems - R.D.R Massage System and LIGNUM Massage System, which are widely applied in the global market.



亲爱的SpaChina读者，你们好，

很快就要在南京见了，2024年度SpaChina中国养生与水疗峰会和颁奖礼的筹备工作已经进入到最繁忙的时期，如果您是第一次来参加的话，请务必和我们小夏沟通清楚所有的流程和环节。我们会有一次晚宴和三次鸡尾酒会，每一场都有需要遵守的着装要求。活动上为嘉宾客人们准备了大量伴手礼和酒店夜床礼，只提供给参会和住店客人，入住酒店的时候务必实名登记，带好大行李箱装东东。

本期杂志已经发布了SpaChina峰会日程表、话题内容、讲师名单和介绍。峰会为参会者们提供紧跟前沿趋势的多样化信息，把我们所触及到的资源与所有来宾全方位分享。我们的目标是每一次都要做到令行业人士们不虚此行。

盛夏之日，大家在工作繁忙之余，要照顾好自己，坐下来喝一杯茶，看看本期内容丰富的杂志吧。

在不断发展的健康领域中，生物技术的融合已经成为一种改变游戏规则的力量。凭借其科学的和创新的应用，重新定义并将水疗体验提升到了一个新的高度。从个性化的护肤方案到先进的抗衰老疗法，提供量身定制的解决方案，为健康实践设定了新的标准。本期杂志安排了很多关于生物科技的知识内容，让我们一起与时俱进。



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Director & Editor in Chief

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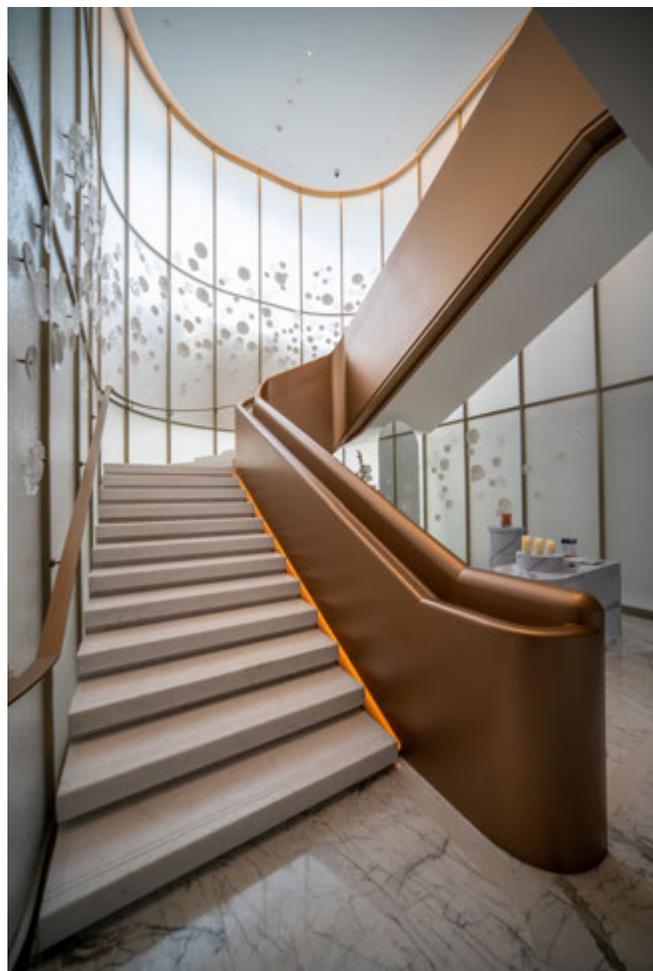
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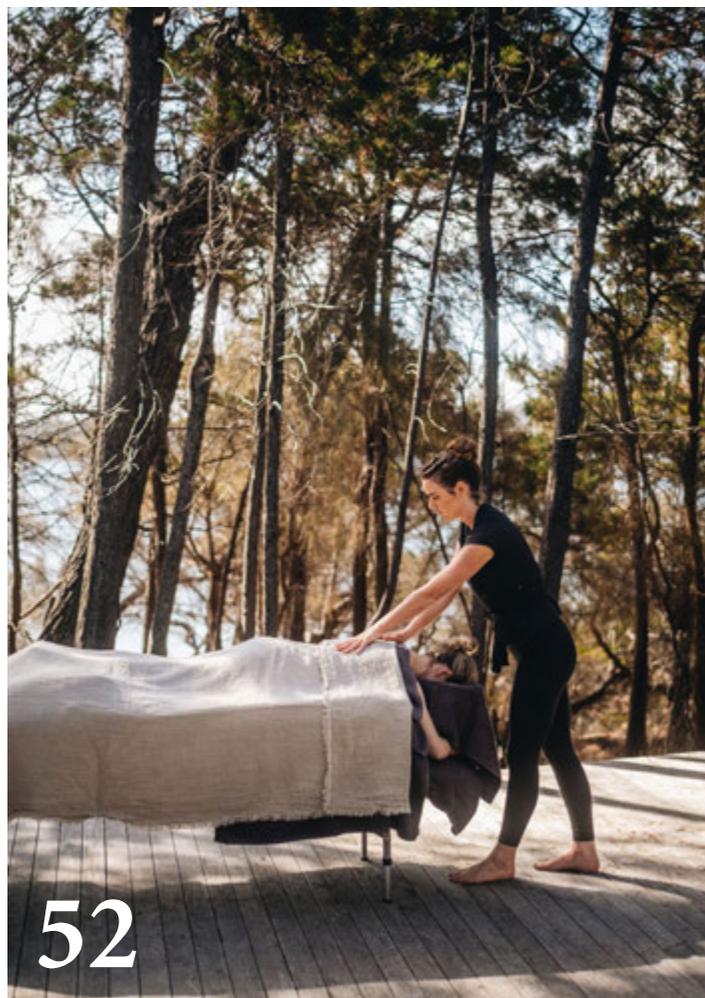
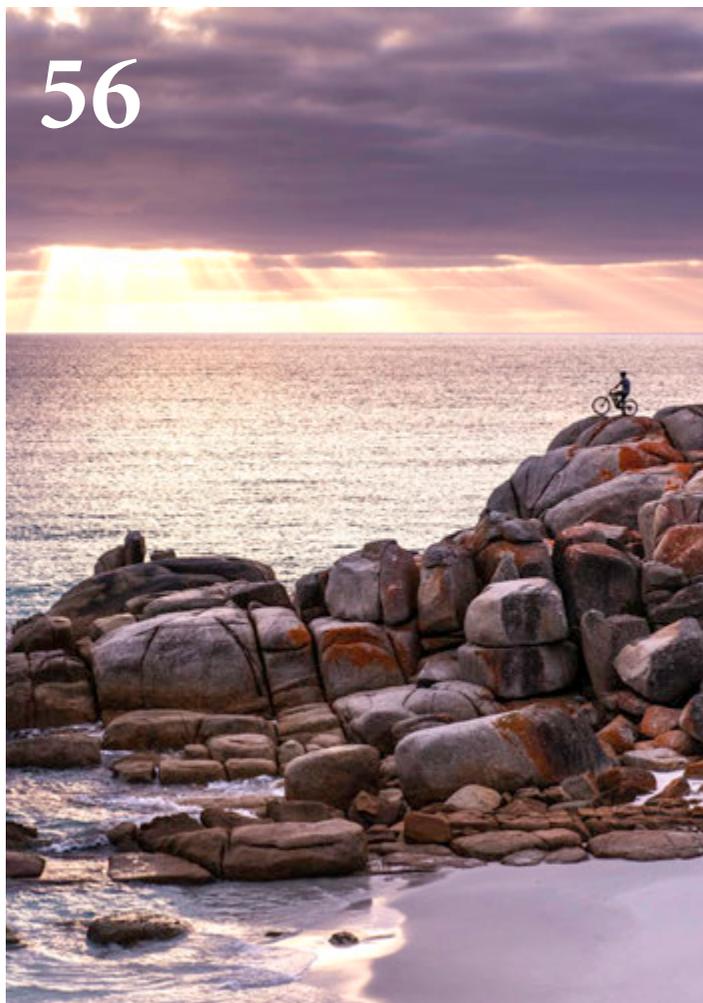
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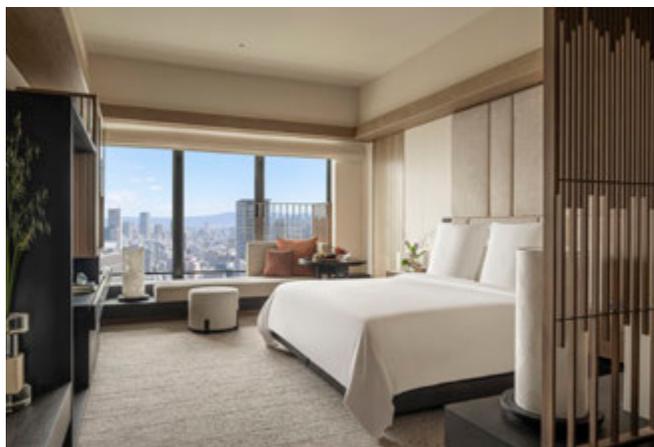
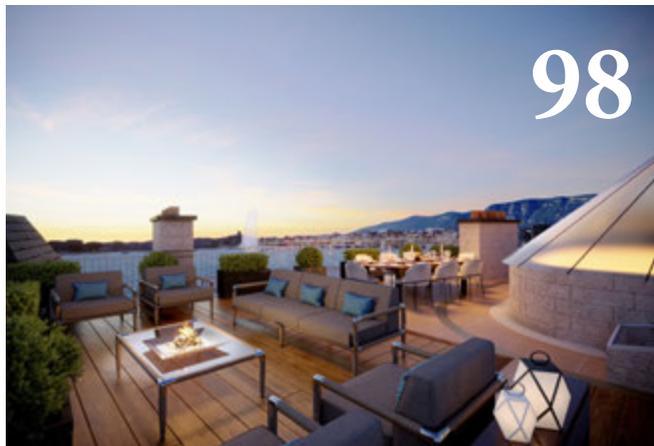
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苏州四季酒店水疗中心

苏州四季酒店水疗中心位于一处宁谧的下沉式庭院，充满姑苏文化和历史底蕴，提供一系列根植于自然疗愈的有机健康体验，量身定制的护理项目和呵护仪式带客人回归内心的平静与放松，收获幸福感。在四季特色放松按摩中，理疗师先从足部开始，自下而上地为客人进行缓而有力的身体按摩，配合不同的草油膏，同时辅以传统中式技法、精油按摩和热石疗法，逐步缓解腰背和肩颈不适。在护理的最后，一段高潮的颂钵仪式将进一步带客人进入深度放松，从而达到身心的和谐统一。疗程之余，还可为自己安排一次洁净清爽的手足美甲护理，或到泳池畅游。

The Spa at Four Seasons Hotel Suzhou

Reflecting Suzhou's rich heritage and culture, The Spa at Four Seasons Hotel Suzhou welcomes you into a sunken courtyard that ensconces you in an aura of calm. Offering a fluid, organic wellness experience rooted in natural healing, the spa is a hub of well-being and health, where tailored treatments and care rituals leave you feeling centred and relaxed. Four Seasons Signature Therapeutic Massage is rooted in traditional Chinese therapy. The wellness experts begin with a foot ritual, slowly working their way up your body using herbal balms, traditional Chinese medicine techniques and an oil massage to bring relief to your lower back, shoulders and neck. The treatment ends with a singing bowl ritual, bringing your mind and body to a place of complete harmony. After the treatments, you can also treat your hands and feet at the refreshing spa manicures and pedicures.

青岛美高梅酒店禅瀑水疗

位于青岛美高梅酒店31层的禅瀑水疗俯瞰海天一色的绝美景致，通往水疗中心的旋转楼梯被洁白墙壁和晶莹剔透的莲叶环绕，引领客人进入宁静空间。瀑禅以养生、魅力和活力三大健康理念为核心，结合传统养生疗法，通过舒适细腻的指压、推捏、伸展疗愈手法，搭配原生植物萃取草本精油和高浓度可持续性护肤产品，创造远离喧嚣的感官之旅，重拾身心平衡与活力。水疗中心共设有八间理疗室，其中包括一间水疗套房和一间双人理疗室。室内环境充分利用自然元素，如鲜花、绿植、香氛等，营造出舒适自然的氛围。

TRIA Spa, MGM Qingdao

Located on the 31st floor of MGM Qingdao, TRIA Spa overlooks a breathtaking view of the sea and sky. A spiral staircase surrounded by white walls and crystal-clear lotus leaves lead guests to tranquil space. Based on the "three health" concepts of Wellness, Charm and Vitality, TRIA Spa combines traditional wellness therapies with acupressure, stretching and healing techniques, along with native plant-derived herbal oils and highly sustainable skincare products, to create a sensory journey away from the hustle and bustle, and to restore balance and vitality to the body and mind. The spa features eight treatment rooms, including a spa suite and a couple's room. The interior environment makes full use of natural elements such as flowers, greenery and fragrance to create a cozy and natural atmosphere.



松赞石月亮山居松赞SPA Songtsam SPA, Songtsam Nujiang Canyon Lodge

松赞石月亮山居是松赞酒店系列中首家以目的地康养度假为主题的山居酒店。松赞SPA以喜马拉雅身心疗愈为疗程设计核心，结合大喜马拉雅文化区域的印度、尼泊尔、西藏高原等地区的身心疗愈理念，设计出多元化的护理项目，其中包括首次引进了藏医疗愈体系，以藏医外治疗法与SPA结合。在这里，客人将有机会体验到在藏地险些失传的“日月能量精华心咒轻触疗愈”，喜马拉雅地区的修行者会结合藏医占星学，伴随Mantra心咒的唱诵，对全身30个La能量点进行疗愈，补给与平衡身体各处能量状态。

Inspired Himalayan healing, Songtsam SPA, Songtsam Nujiang Canyon Lodge combines the healing concepts of India, Nepal, and the Tibetan plateau in the Greater Himalayan cultural region to design a diversified range of treatments and programs, including the first introduction of the Tibetan medical healing system. Here, guests will have the opportunity to experience the "Tibetan La Massage", which was nearly lost in Tibet. Himalayan practitioners combines Tibetan astrology with the chanting of the Mantra to heal the 30 La energy points throughout the body, replenishing and balancing the energy state of every part of the body.



宁波栖池SPA

栖池SPA坐落于繁华的海港城市——宁波。栖池意在打造出“心有所安，身有所栖”的身心灵栖息之地。在装修上，高端典雅的室内充分融合了空间与光影的精妙设计，视觉上多以暖色调为主，灯光柔和，温馨舒适，其中还有清新的绿色点缀、动态的水流呼应，一动一静，让人从进店的第一刻起，就能感受到沉浸式的轻松自在。栖池SPA将艾薇丹有机精油芳疗、颂钵音疗、高端院线面护三者结合，满足客人的身心疗愈需求。经典疗程中，理疗师采用正统的瑞典式按摩手法和深层筋膜放松手法梳理每一处肌肉纤维。能量热石开启深度放松与焕活能量之旅，疏通经络，缓解疲劳。

XI SPA, Ningbo

XI SPA is located in the bustling harbor city of Ningbo, aiming to create a place where “the heart is at peace and the body is relaxed”. The elegant interior is dominated by warm colors and soft light, complemented by fresh green embellishments and water features, making the entire space quite relaxing. The signatures of XI SPA include aromatherapy with natural essential oils of AD VITAM, singing bowl therapy, and high-end facials, all of which are designed to meet the various demands from body to soul. The therapist uses classic Swedish massage techniques and deep fascial relaxation techniques to massage through every muscle fiber while the hot stones initiate a deep relaxing and revitalizing energy journey, unclogging meridians and relieving fatigue.



杭州V薇SPA·独栋小院

V薇SPA坐落于杭州市拱墅区中心地段、距离武林门商圈4公里的双层独栋小院内，新中式与大自然相结合的院落风格，闹中取静。走入室内，侘寂风格与中古家居的融入让整体空间充满松弛感。一楼设有开放式茶空间、接待等候区，二楼设有8间独立护理房间，分别有单人间和双人间两种房型。项目打造以重焕活力和沉浸式体验为特色，联合高品质有机精油品牌艾薇丹，为顾客带来愉悦放松感的同时，帮助获得健康睡眠。

V SPA, Hangzhou

V SPA is located in a double-story building in a detached courtyard in the center of Hangzhou Gongshu District, 4 kilometers away from the Wulinmen business circle, integrating new Chinese style and natural beauty, making it a quiet oasis amidst a bustling city. Walking inside, the wabi-sabi style and antique Chinese home furnishings gives the overall space a sense of relaxation. On the first floor, there is an open tea space and a reception area, while the second floor has eight single and couple's treatment rooms. The spa treatments are created to feature a rejuvenating and immersive experience. V SPA also partners with AD VITAM, the high-quality organic essential oil brand, to bring guests a sense of pleasure and relaxation while helping them improve sleep quality.

义乌慧泽·光Medical Spa

慧泽·光Medical Spa以慧泽万物、予光同行理念，助力女性丰盛富足，光芒绽放。SPA在设计上，将室外大自然场景充满整个艺术空间，同时通过弧形吊顶勾勒空间柔美线条，流线型布局构建多层次，空间韵律在此奏响。SPA精心打造出8个理疗空间，3个功能空间，注重提供令人愉悦的视觉和感官体验，让客人享受身心灵的放松。经典项目喜马拉雅热盐石按摩，将温柔缓慢带有感知力的手法与喜马拉雅热盐石巧妙结合，深度放松的同时加速了血液循环及代谢，具有净化排毒的效果，增强免疫系统，放松神经及肌肉紧张，改善睡眠。

SOL Medical Spa, Yiwu

Based on the concept of “Give Light to All”, SOL Medical Spa aims to empower women to thrive and shine brightly. The SPA is designed to fill the whole space with natural elements, delivering a soothing ambience. Meanwhile, the curved ceiling and streamline layout creates a sense of multi-dimensional layers. The SPA features 8 treatment rooms and 3 functional spaces, which emphasize on providing delightful visual and sensory experiences for guests to enjoy body and soul relaxation. The signature program combines gentle and slow massage manipulations with Himalayan Hot Salt Stone, which accelerates blood circulation and metabolism while deeply relaxes, purifies and detoxifies the body, strengthens the immune system, and improves sleep.





博德鲁姆Maxx皇家度假村水疗中心

位于土耳其博德鲁姆半岛的全新奢华海滨度假村——博德鲁姆Maxx皇家度假村拥有一个面积达4500平方米的大型养生中心，内设20间理疗室，精选宝黎研萃、菲迪曼、瑞珀斐、icoone、Art of Detox的产品和疗法。提供的项目从结合微电流疗法、LED和中胚层疗法的高科技面部护理，臭氧疗法和滴注疗程等先进体验，到传统的摩洛哥玫瑰浴和阿育吠陀疗法，一应俱全。其他养生设施还包括banya俄式浴疗、hammam土耳其浴室、蒸汽浴室、奥林匹克标准泳池、盐疗室、雨淋体验室、带维奇浴的磨砂护理室，以及泰诺健身房，除了先进的运动器械，亦提供反重力瑜伽、呼吸练习、声音疗法等养生课程。

The Spa at Maxx Royal Bodrum Resort

The new luxury beachfront resort on Turkey's Bodrum peninsula, Maxx Royal Bodrum Resort, boasts a large 4,500-square-meter wellness center with 20 treatment rooms featuring products and therapies from Biologique Recherche, Phytomer, Swiss Perfection, icoone and Art of Detox. Offerings range from high-tech facials combining microcurrent therapy, LED and mesotherapy, advanced experiences such as ozone therapy and IV therapy, to traditional Moroccan rose baths and Ayurvedic treatments. Other wellness amenities include a banya, a hammam, steam rooms, an Olympic-standard swimming pool, a halotherapy room, a rain room, a scrub room with Vichy shower, and a state-of-the-art gym empowered by Technogym, offering advanced fitness equipment, as well as wellness programs such as anti-gravity yoga, breathing exercises, sound therapy and more.

普吉岛Layan Life医学养生中心

普吉岛安纳塔拉Layan度假村即将揭幕将现代医学与泰式疗愈传统相结合的医学养生概念——占地1,767平方米的Layan Life，以泰国传统医学为基础，结合先进的医学评估、个性化营养方案等，围绕体重管理、减压、健身、抗衰护理等主题提供一系列为期三至十天不等的养生项目。Layan Life分为上下两层，下层设有220平方米的健身房、瑜伽室、普拉提室、冥想室和设有活力池、桑拿房和蒸汽室。上层设有咨询室和理疗室，提供水疗护理、医美疗程、传统泰式按摩、静脉滴注护理等，特色科技体验包括冷疗冰舱、高压氧舱、水溶疗法等。这里还有一个泰式草药房，为客人定制养生配方。

Layan Life at Anantara Layan Phuket Resort

Anantara Layan Phuket Resort will soon unveil Layan Life, a 1,767-square-meter medical wellness concept that combines modern medicine with Thai healing traditions, complemented by advanced medical assessments and personalized nutritional programs, offering a series of three- to ten-day wellness programs around weight management, stress reduction, fitness, and anti-aging treatments. Extending two storeys, the facility's lower level features a 220-square-meter gym, a yoga studio, a Pilates studio, a meditation room, and a vitality pool, sauna and steam rooms. The upper level has consultation and treatment rooms offering spa treatments, aesthetic treatments, traditional Thai massage, IV procedures, and specialty technological experiences such as an Icepod, a hyperbaric chamber and hydrocolonic therapies. There is also a Thai herbal dispensary with customized wellness formulas for guests.

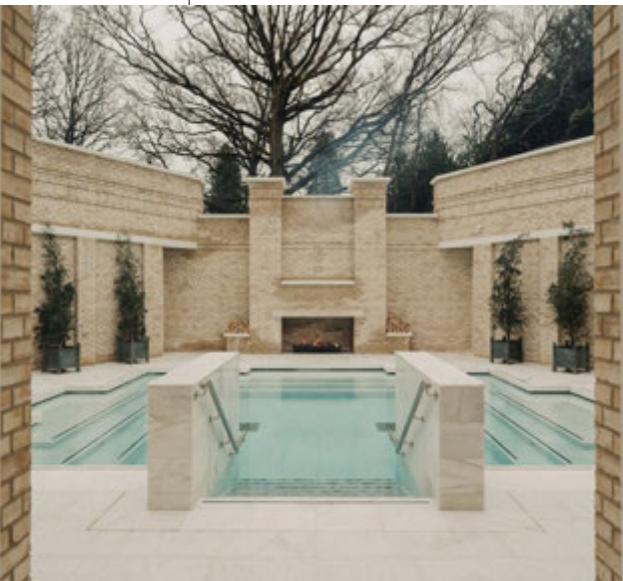


多哈依云SPA

法国天然矿泉水品牌依云旗下的SPA概念近期进驻多哈，是该品牌在中东地区的首家分店。占地1800平方米的多哈依云SPA位于Bentley豪华套房酒店内。共设有五间理疗室，从大自然的水循环之美中汲取灵感，通过一系列依云水疗独家的身体和面部护理来为客人提升健康水平。特色水区域内配备蒸汽室、盐疗室、雪屋、体验式淋浴、Kneipp足部按摩区，以及两个水疗按摩池、活力池。体验后，客人还可前往水疗吧享用小食，到零售区购买心仪的水疗产品，或是造访酒店全新的健身中心和屋顶泳池延续养生旅程。

Evian Spa Doha

The spa concept of French natural mineral water brand Evian has recently arrived in Doha, the brand's first outlet in the Middle East. The 1,800-square-meter Evian Spa Doha is located within the Bentley Luxury Hotel and Suites. With five treatment rooms, the spa draws inspiration from the beauty of nature's water cycle to enhance guests' wellbeing through a range of exclusive body and facial treatments. The wet area features a steam room, a salt therapy room, a snow room, experience showers, a Kneipp foot massage area, as well as two hydro-massage pools, and a vitality pool. After the treatments, guests can head to the spa bar for light refreshments, shop for their favorite spa products at the spa boutique, or continue the wellness experience with a visit to the hotel's new fitness center and rooftop pool.



英国Estelle Manor庄园 Eynsham Baths

英国田园酒店&俱乐部Estelle Manor庄园位于英格兰绿意盎然的牛津郡，是一座二级保护地标性建筑，周围环绕着3000多亩的公园。酒店传承罗马风格的水疗中心Eynsham Baths坐落在一片拥有数百年历史的森林中，拥有10间理疗室。SPA的核心是一个宽敞的浴室，自然光线充足，客人可以在这里体验温水浴、热水浴、冷水浴和苏格兰泡浴。其他设施还包括土耳其浴室、干草桑拿浴室和植物蒸汽浴室。水疗菜单囊括一系列受到古印度、西藏和中国疗愈哲学启发的护理项目。对于追求现代疗效的客人，SPA还提供静脉滴注疗法、维生素注射和Skin Design London提供的微整形服务。

Eynsham Baths at Estelle Manor, UK

Located in England's lush Oxfordshire, Estelle Manor, an English countryside hotel & club, is a Grade II listed landmark surrounded by over 3,000 acres of parkland. The hotel's Roman-style spa, Eynsham Baths, is set in a centuries-old forest and features 10 treatment rooms. At the heart of the spa is a spacious bathing hall with plenty of natural light, where guests can journey through a tepidarium, a caldarium, a frigidarium and Scottish plunge buckets. Other facilities include a hammam, a hay sauna and a botanical steam room. The spa menu includes a range of treatments inspired by ancient Indian, Tibetan and Chinese healing philosophies. For guests seeking modern treatments, the spa also offers IV therapy, vitamin booster shots and microblading services from Skin Design London.



奥科尼湖雷诺兹丽思卡尔顿酒店水疗中心

位于美国佐治亚州奥科尼湖的雷诺兹丽思卡尔顿酒店经翻新后推出了焕然一新的水疗中心。SPA占地2500平方米，设有19间理疗室、蒸汽浴室、桑拿浴室、750平方米的室内泳池、健身房，以及提供环保美甲服务、秀发造型、美妆服务的美容沙龙。SPA的设计灵感来自湖畔美景，以丰富的木质色调、天然石材和大理石为特色，搭配中性纹理的墙壁、马赛克瓷砖、灰色橡木，营造出温馨舒适的氛围。客人将享受到从传统护理到新科技创新项目的众多体验，特色项目结合当地特色带来独特感官体验。

The Spa at Ritz-Carlton-Reynolds, Lake Oconee

The renovated Ritz-Carlton-Reynolds, Lake Oconee, Georgia, USA, has unveiled a revitalized spa. The 2,500-square-meter spa features 19 treatment rooms, a steam room, a sauna, a 750-square-meter indoor swimming pool, a fitness room, and a beauty salon offering eco-friendly nail services, hair styling, and makeup services. Inspired by the beauty of the lakeshore, the spa is designed with rich wood tones, natural stone and marble with neutral textured walls, mosaic tiles, and gray oak to create a warm and cozy atmosphere. Guests will enjoy a wide range of experiences from traditional treatments to new technological innovations, featuring programs that incorporate local flavors for a unique sensory experience.

博茨瓦纳Atzaró Okavango野奢养生度假村

博茨瓦纳野生动物丰富的Okavango三角洲迎来一家野奢养生度假酒店Atzaró，共有12间套房，以及占地130平方米的养生中心。养生中心坐落在宁静的泻湖之上，周围绿树成荫，设有2间理疗套房、瑜伽室、健身房、20米长的淡水泳池和大型室外休息区。为了让客人进一步沉浸非洲之旅，SPA与非洲本土水疗护肤品牌Terres d'Afrique合作，呈现一系列疗程与产品。Terres d'Afrique为Atzaró精心设计了一款全新的特色疗法，使用的产品以当地盛产的猴面包树为原料。猴面包树被称为干旱草原的生命象征，含有大量维生素、矿物质和益生纤维，是一种强效抗氧化剂。

Atzaró Okavango Camp and Wellness Retreat

Botswana's wildlife-rich Okavango Delta welcomes Atzaró, a camp and wellness retreat with 12 suites and a 130 square meter wellness center. Set on a tranquil lagoon and surrounded by lush greenery, the wellness center features two treatment suites, a yoga studio, a gym, a 20-meter freshwater pool and a large outdoor lounge area. To further immerse guests in the African journey, the spa has partnered with Terres d'Afrique, a local African spa and skincare brand, to present a range of treatments and products. Terres d'Afrique has crafted a new signature treatment for Atzaró using products made from the baobab tree, which is abundant in the region. Known as the symbol of life in the arid savannah, the baobab tree is high in vitamins, minerals and prebiotic fiber, and is a powerful antioxidant.





nescens妮尚希僵尸细胞清除精华

瑞士前沿生命科学抗衰老品牌nescens妮尚希，提供瑞士疗养抗衰老中心、全球顶奢SPA、高端药妆护肤品的全链路抗衰老生活方式。nescens最新推出的僵尸细胞清除精华，是全球第一款能实现靶向溶解清除僵尸细胞的抗老精华。应用了癌症治疗领域的靶向技术灵感，锚定溶解僵尸细胞，而不伤害健康细胞。同时，首次在药妆品中运用了医学领域的新型抗衰老活性成分Senolytics配制出“僵尸细胞溶解剂”。其核心成分源于瑞士阿尔卑斯高山玫瑰杜鹃，这一珍稀植物赋予了这支精华强大的抗衰老能量。妮尚希僵尸细胞清除精华遵循先清后补的理念，从根源清除衰老元凶，激活细胞净化功能，从而有效打开肌底吸收通路，令肌肤由内而外重现健康年轻状态。

nescens Zombie Cell Clearing Serum

Swiss cutting-edge life science anti-aging brand nescens offers a full range of anti-aging lifestyle services with Swiss anti-aging centers, the world's top luxury spas, and high-end cosmetics and skincare products. nescens' newly launched Zombie Cell Clearing Serum is the world's first anti-aging serum that can achieve targeted dissolution and removal of zombie cells. The application of targeted technology inspired by the field of cancer treatment can dissolve zombie cells without harming healthy cells. Also, it is the first time that Senolytics, a new anti-aging active ingredient in the medical field, is used in a cosmeceutical product to formulate a "zombie cell dissolver". The core ingredient is derived from the Swiss Alpine rose azalea, a rare plant that gives this serum its powerful anti-aging energy. nescens Zombie Cell Clearing Serum follows the concept of cleansing before replenishing, removes the aging culprits at the root, activates the cell purification function, thus effectively opening the absorption pathway of the skin, so that the skin can regain a healthy and youthful state from the inside out.

mesoestetic正式登陆国内市场

mesoestetic是西班牙医美先锋品牌，由药剂师胡安·卡洛斯于1985年创立，是西班牙最早获得生产注射级美容产品执照的医药品牌之一，为全球高端美容机构、皮肤科医生提供专业院线产品。品牌业务覆盖6大洲，入驻109个国家及地区。mesoestetic拥有家用、院线、药品、医疗器械四条产品线，面向专业医师和高端院线，全线产品可自由调配组合。2022年革新推出100%可定制的age element院线护肤组合，含有独家抗衰复合物[meso] epigen system，为每位用户提供量肤定制的高阶院线抗衰老方案。

mesoestetic Officially Launches in China's Domestic Market

mesoestetic is a Spanish medical beauty pioneer brand, founded by pharmacist Juan Carlos in 1985. It is one of the earliest pharmaceutical brands in Spain to obtain a license to produce injectable beauty products and provide professional line products for high-end beauty institutions and dermatologists around the world. The brand covers 6 continents and is present in 109 countries and regions. mesoestetic has four product lines: home, professional institutions, pharmaceuticals and medical devices, and the whole line of products can be freely deployed and combined. In the year 2022, mesoestetic innovatively launched the 100% customizable "age element" skincare portfolio, which contains the exclusive anti-aging complex [meso] epigen system, providing each user with customized high-level anti-aging solutions.



HIGHS咖啡手足护理系列

HIGHS(加拿大海斯)，高端咖啡身体护理品牌，2013年创立于加拿大温哥华。品牌创始人从每天一杯唤醒身心的咖啡中，获得灵感，率先提出“咖啡理肤，一客一用”的产品理念，以具有抗氧化、抗衰老的咖啡种籽精华为主要成份，融入咖啡的迷人香气，将传统手足护理产品的大罐装，变革为更有趣、更贴心、更洁净的一客一用的“胶囊咖啡球”，即开、即用、即抛。每颗咖啡胶囊护理都是一个新鲜开启的能量弹，从浸泡、磨砂、按摩、手膜到手霜，小巧便携，实现院线专业理肤和居家、旅途等个人护理的多重场景。目前品牌拥有多款不同咖啡口味的手足护理套装，包含有丝滑拿铁、浓情摩卡、焦糖咖啡、酒香咖啡等，在不同的咖啡香中滋润丝滑肌肤。

HIGHS Coffee Mani/Pedi Range

HIGHS, a high-end coffee body care brand, was founded in Vancouver, Canada in 2013. Inspired by the daily cup of coffee that awakens the body and mind, the founder of the brand took the lead in proposing the product concept of "Coffee Skin Care". With the main ingredient of antioxidant and anti-aging coffee seed extracts, and the fascinating aroma of coffee, HIGHS has transformed the traditional large canisters of hand and foot care products into a more interesting, intimate and cleaner "Capsule Coffee Ball" for one-customer-one-use, which can be opened, used and disposed of immediately. Each coffee capsule is a freshly opened energy bomb. From soaking, scrub, massage, hand film to hand cream, the capsule is compact and portable and can be used at home, during travel and in other personal care scenarios. Currently the brand has a variety of mani/pedi care sets with different coffee flavors, including Latte, Espresso, Mocha and more to moisturize and smooth skin in different coffee scents.





巴黎卡诗K-SCAN人工智能 头皮和秀发深度诊断仪

在人工智能和未来科技创新的推动下，巴黎卡诗Kérastase推出开创性的创新产品K-Scan智能检测仪，可扫描和分析头发和头皮的健康状况，在几秒钟内准确诊断出头皮与秀发问题及需求，帮助发型师深入了解消费者的头发密度、直径、头屑和头皮健康状态，从而提供个性化的头发和头皮护理方案。该技术已在12,000多位女性和男性各种类型的秀发和头皮图像数据上进行了训练，从而可实现极高的分析准确性。K-Scan由光学工程师、人工智能研究人员、欧莱雅头皮和秀发护理专家、皮肤科医生、UI/UX设计师、软件工程师和外部工程伙伴合作开发。

K-SCAN In-Depth Scalp & Hair Diagnosis Powered by AI

Powered by AI and futuristic tech innovation, Kérastase has taken the guesswork out of what your hair needs with a groundbreaking new innovation, K-Scan. The in-salon camera scans and analyses hair and scalp health to diagnose exactly what your hair needs in seconds and that will help hairdressers to prescribe ultra-personalized hair and scalp treatments to make you achieve the glossy, healthy hair and scalp of your dreams. The technology has been trained on a data set of more than 12,000 images of women and men with all types of hair and scalp, to allow great accuracy of analysis. Developed through a collaboration between optical engineers, AI researchers, L'Oréal scalp & hair experts, dermatologists, UI/UX designers, software engineers, and external engineering partners, K-Scan can accurately assess the health of your hair and scalp.

Leader便携咖啡机

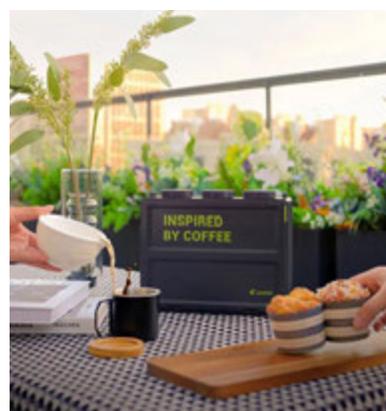
Leader便携咖啡机将水箱、加热模块、萃取装置统统塞进一个小箱子里。无论是在家还是去户外，都能用它制作出一杯美味的咖啡。咖啡机配有时髦抢眼的宽肩带，背在肩上，说走就走，不用插电也能使用，一次充满电，可以同时制作60杯咖啡。咖啡粉仓采用可分离式设计。在粉碗中放入适量咖啡粉，拧紧盖子，将粉仓放回原位，长按开关键，一键制作咖啡。在户外，如果有移动电源，你也可以把它当一个烧水壶使用，不加咖啡粉的情况下，可以一键获得热水。它不仅是咖啡机，更是一个时尚单品，有黑色、绿色可选。

FIIL开放式蓝牙耳机

很多人不习惯入耳式耳机，尤其是耳塞式耳机，沉浸感虽好，但戴久了耳朵容易有压迫感。耳机品牌FIIL最新推出了一款开放式耳机，不需要塞进耳道，往耳朵上一挂即可获得惊艳的音质效果。该产品获得HI-RES AUDIO WIRELESS金标认证，Hi-Res是衡量“高保真”的金标准，通过高解析音质，让声音的每一点细节都被听到。耳机内置18mm定制跑道型碳纤维动圈发声单元，在高、中、低频，都有出色的表现。FIIL对耳机声腔结构进行了优化，搭配人耳仿生学设计，科学分配不同声孔位置、角度，定向传递出好声音。多重声阻网配置能增强低频防漏音，系统性屏蔽漏音困扰。

FIIL GS Open Earbuds

Many people are not accustomed to in-ear earbuds since they give ears a sense of pressure. FIIL has now launched an open earbud, which does not need to be put into the ear, and also provide amazing sound quality effect by hanging it on your ear. The product has been awarded the HI-RES AUDIO WIRELESS certification. Hi-Res is the gold standard for measuring high sound quality. FIIL optimized the structure of the sound cavity of the earbuds, with the human ear bionic design, the scientific distribution of different acoustic holes position and angle for directional delivery of good sound. Multiple acoustic resistance network can effectively prevent sound leakage.



Leader Portable Coffee Maker

Leader Portable Coffee Maker has a water tank, heating module, and extraction unit all tucked into a small case. You can use it to make a delicious cup of coffee whether you're at home or going outdoors. The coffee maker comes with a stylish and eye-catching shoulder strap, so you can carry it everywhere on your shoulder and use it without plugging it in. It can make 60 cups of coffee after a single full charge.

The coffee powder compartment has a detachable design. Put the right amount of coffee powder in the powder bowl, tighten the lid, put the powder compartment back in place, long press the on/off button to make coffee with one button. Outdoors, if you have a mobile power supply, you can also use it as a kettle to get hot water in one click without adding coffee powder. It is not only a coffee maker, but more like a fashion item, available in black and green.

生物科技的未来

更多跨学科、数字化和数据丰富的生命科学方法，正在加速对生命物质的理解和可预测地操控未来
高菲 文

几个世纪以来，我们在农业、医学和制造业中，利用和操控生命过程的进展一直在逐步推进，突破性的理解是由关键发现带来的，例如孟德尔遗传学、生物理论和DNA等。这些飞跃的发展离不开对于检测、成像和操控生物系统的新型工具和算法的发展和接受。

未来，生命科学将更加跨学科，并高效且密集获得数据，从而更能加强对生物物质的理解与操控。科学家越来越把遗传指令视为一种计算代码，并且将来自不断发展的计算科学领域的见解和新工具纳入其中。这些学科与认知科学、纳米技术、物理学等的结合，推动了我们对于这些技术理解的新飞跃。预计这些不同技术在生命科学领域的集体应用，即所谓的“生物融合”，将加速生物技术设计和生产的发现和可预测性。

这种跨学科方法，能在分子尺度上可

视化、测量、识别和操控生物系统，把DNA、RNA和氨基酸中的遗传指令视为一种语言，可以高精度地编写、编辑和执行，从而合成有用的材料或生物体。收集、数字化、存储和分析来自成千上万个体的遗传指令，称为“基因组”，以及他们的身体、心理和健康特征，以相关特定遗传指令如何与环境相互作用产生不同特征等，从而结合复杂的生物和非生物过程。

2019年，全球生物经济，即所有由生命科学和生物技术的研究和创新推动的活动，占全球GDP的约6%，约为5万亿美元。根据每年10-15%的收入增长趋势，到2030年，世界生物经济可能会超过20万亿美元。同时，启用技术成本的降低，可能会推动生物技术应用更广泛，提高其全球可及性和普及性。

在未来二十年内，科学家们和行业专家们预计生物技术可能会实现以下成果。这些应用有望改善健康和生活条件，然而，它们同时伴随着潜在的社会动荡、道德关切或安

全挑战。每一种应用可能都需要技术进步和人类决策同时来决定其实际的应用。让我们和大家简单分享一些目前可见的生物科技内容、应用，以及可能产生的负面因素。

数字化医疗保健和精准医学

医务人员、医学诊断和个人物联网(IoT)设备已经收集了越来越多的健康数据。这些信息与其他个人信息、数字记录的行为以及网络指标融合在一起，从而大大提高了对新疾病的预测以及其治疗结果。尽管如此，这种数据融合可能会令运用者能够根据其生物特征、评估或预测的健康状况，或推断出该被评估者的遗传特征，从而也极有可能产生个人针对或歧视。一些国家的法规限制了这种技术的发展，因为有产生社会和人权的不平等的可能性。

生物器官和其他个性化治疗的生物印刷

利用基因和细胞工程，治疗特定个体的疗



法，也就是所谓的定制医疗疗法，已经可以用于治疗某些疾病，这些技术将能把解决的疾病和治疗方法的范围继续扩大，包括组织的3D打印，和创造出适合移植的人体器官的基因定制动物。尽管这些治疗方法很昂贵，受众将会非常之小，但它们可能比数十年的慢性疾病治疗更经济更有效。

因此，这种因为财富多寡而影响其对最先进技术的接触的不平等，可能会使国家的医疗保健平等成为公共争论的话题。

生殖工程以增强人类特质和性能

目前已经存在的技术，已经能够根据所需的基因特征，来选择或拒绝受精人类胚胎，并且在这些胚胎阶段，对人类生命进行基因的修饰变得越来越可能。目前，该领域的实践大多集中在避免不良健康结果和选择理想的胚胎上。

但随着这些程序的成本降低，以及可靠性的增加，人和社会可能无法拒绝诱惑，会



以保护他们的孩子的竞争优势，或者改变整个人口的健康和生产力优势为理由而挑选和修饰胚胎基因。预测在2030年前，身高、眼睛或头发颜色，甚至可能会包括智力或个性等特征能在胚胎阶段得以选择和修饰。

这些实践可能会与重大的文化和道德分歧相交汇，可能会在特定的人群中被运用，也可能造成国家内部和国家之间不平等。

生态工程

植物、动物和微生物可以被选择和修改，用以稳定环境、减少人类痕迹影响，或提高生产力。生态系统可以被设计成如：消耗更少淡水、需要更少耕地，或是在以前无法生产或效率低下的环境中实现食物、材料、甚至能源生产。基因改造已经使得能在海水侵蚀、或从未进行过农作业的地区里，实现作物生产。这种生物技术的应用，已经展示了其解决需求和减少冲突的巨大潜力。

反之，基因改造的有害应用当然也是可能的。未来的风险包括了：对脆弱生态系统施加更大压力，原生植物和动物物种的置换，以及对消费者健康的影响等。能够克服

监管、垄断技术和市场的大型工业行为者，更有可能为利所趋，或者是出于某种垄断目的的国家行为。

人机增强界面

机器与人类能力的融合，在以不同的形式和不同的整合水平发生。是一种通过手套、眼镜和头戴式设备，进行的非侵入性或虚拟的物理、视觉、触觉和听觉等感觉的刺激或增强。这在游戏、学习、和远程办公中已经很常见。

例如，佩戴在头部的脑电图仪、电或磁传输器，可以使得通过刺激和检测大脑活动，来进行所需要的调节和操纵，目的是能增强感知、记忆和注意力。

另外，现在也已有了能直接连接脑部或神经网络到微型机器的，这种侵入性神经接口通常用于矫正神经疾病，即便目前所有形式的脑机交互都以非常低的数据传输速率进行。例如在2022年4月，在上海瑞金医院已经实现通过链接外部设备来调节电流的刺激位置和参数，持续采集和导出抑郁症患者的脑部深度数据，实现对抑郁症患者的精准刺激

治疗，而患者则利用手机app来远程控制自己右胸内的脑起搏器，进行工作模式和休息模式的切换，患者自己则可以根据自己的需求和强度调节参数。

持续研发的人机网络，未来的目标是大幅提高数据传输速率，扩展人类感知和认知能力的范围和深度。尽管这些混合系统最初可能用于医疗治疗以克服神经疾病，但非医疗用途也已经开始探索。

新用途可能包括新形式的社交互动、娱乐和为“高级用户”提供竞争优势的工具，这些用户能够使用这些系统来迅速解决难题，或在市场上获得优势。随着人机增强界面“拥有者”和“未拥有者”的差距的增大，可能会引发新的文化、社会和劳动力紧张局势。

生物材料和设备的生物制造

自动化和数据驱动，被越来越多地纳入生物技术中。例如使用DNA和其他生物分子的自动分子组合技术，会进一步将工程和设计能力推进到纳米级的应用领域，加速生物和数字技术的融合。

在一些当前的工业过程中，如化学原料的制造、发酵、酶处理和药品生产，自动化已经成为例行工作。在工业和农业中使用的转基因生物(GMO)作为食品被消费，尽管通常受到标签或监管限制。大多数发达国家已经实施了要求标识转基因产品的政策，但并非所有国家都如此，这表明全球转基因产品的监管政策仍在不断发展。

就像基因改造可能会使得在使用更少淡

水或土地的情况下进行生产一样，它也可以增强或调整在富饶环境中的产量，例如可减少对化学肥料和杀虫剂的依赖，或者使得创造出更少大气温室气体的新的环保生产方式变得可能。例如，经过生物改造的植物或真菌可以用作人造肉类、奶酪或皮革的原材料，从而减少了时耗和资源消耗。

但我们也一直留意到，这些生物工厂可能会增加对其他资源的压力，如水或耕地，以及潜在的不可预测的生态风险，会同时受到监管、市场需求、技术限制以及新兴替代品的竞争的影响。

创新的医疗技术的新途径

各种技术正在改善既有的医疗技术和疾病治疗方法。人工智能和机器学习技术正在通过医学成像和医学记录的自动化，来加速诊断和治疗。微型机器人、无线传感器和药物释放系统等新型设备，已经可以在体内执行精确的治疗和监测任务。但是，这些新技术也可能引入新的风险和不等，例如对远程医疗保健访问的依赖，和新形式的医疗决策的自动化，可能会导致民众们在健康和医疗保健方面的利益与福利不平等。

新型制造和建造材料的生物材料

生物材料和生物制造技术，已经在研究和商业化过程中得到了应用，用于制造各种材料，包括可降解聚合物、酶、纤维素和木材等替代品。生物材料可以用于高强度、低成本的产品，例如纤维板和塑料，以及新型产品，如可生物降解的电子器件，和生物打印

的组织和器官。这些材料的制造和使用将有助于减少对石油、金属和其他有限资源的依赖。但也有数据显示与传统的塑料相比，新型生物塑料的降解会释放更多的温室气体，和一些还未知的对健康的影响。

垂直农业

在垂直农业中，作物生长在大型建筑物内，其环境受到精确控制，有LED灯光模拟日照和无土栽培系统。这可以减少对土地、水和化学品的需求，还可以减少与传统农业相关的碳排放。此外，垂直农业可以实现在离城市更近的地方生产作物，从而减少运输距离和食浪费。然而，垂直农业可能需要大量的能源，尤其是电力，这可能会加剧对化石燃料的依赖，从而对环境造成不利影响。此外，由于设备和基础设施成本高昂，垂直农业可能会导致农业生产的进一步垄断化，从而损害小型农场主的利益。

写在最后

生物技术的发展可能会对个人、社会和全球产生深远影响，这些影响会在未来20年内显现出来。生物技术有望提高医疗保健的效率、减轻环境压力，并推动新型材料和能源的开发，但它也可能引发道德争议、社会不平等和环境风险。在解决这些问题的过程中，国际社会将面临一系列挑战，包括规制技术的应用、确保公平平等的利用、以及促进国际合作和知识的共享等。经济、社会和政治因素都会影响到生物技术研究的进度和重点以及产品的可用性。





The Future of BIOTECHNOLOGY

More interdisciplinary, digital and data-rich approaches to life sciences are accelerating the understanding of living matter and predictably manipulating the future

Our progress in harnessing and manipulating life processes in agriculture, medicine, and manufacturing has been incremental over the centuries, with breakthroughs in understanding brought about by key discoveries such as Mendelian genetics, biological theory, and DNA. These leaps forward have been made possible by the development and acceptance of novel tools and algorithms for detecting, imaging, and manipulating biological systems.

In the future, the life sciences will become more interdisciplinary and provide efficient and intensive access to data that will enhance the understanding and manipulation of biological matter. Scientists are increasingly viewing genetic instructions as a computational code and incorporating insights and new tools from the field of computational science. The combination of these disciplines with cognitive science, nanotechnology and physics is driving new leaps in our understanding. It is expected

that the collective application of these different technologies in the life sciences, known as “bio-convergence”, will accelerate discovery, and predictability in biotechnology design and production.

This interdisciplinary approach enables the visualization, measurement, identification, and manipulation of biological systems at the molecular scale, treating the genetic instructions in DNA, RNA, and amino acids as a language that can be written, edited, and executed with high precision to synthesize useful materials or organisms. Collecting, digitizing, storing, and analyzing genetic instructions from thousands of individuals, called “genomes,” as well as their physical, mental, and health characteristics, to correlate, for example, how specific genetic instructions interact with the environment to produce different traits, thus combining complex biotic and abiotic processes.

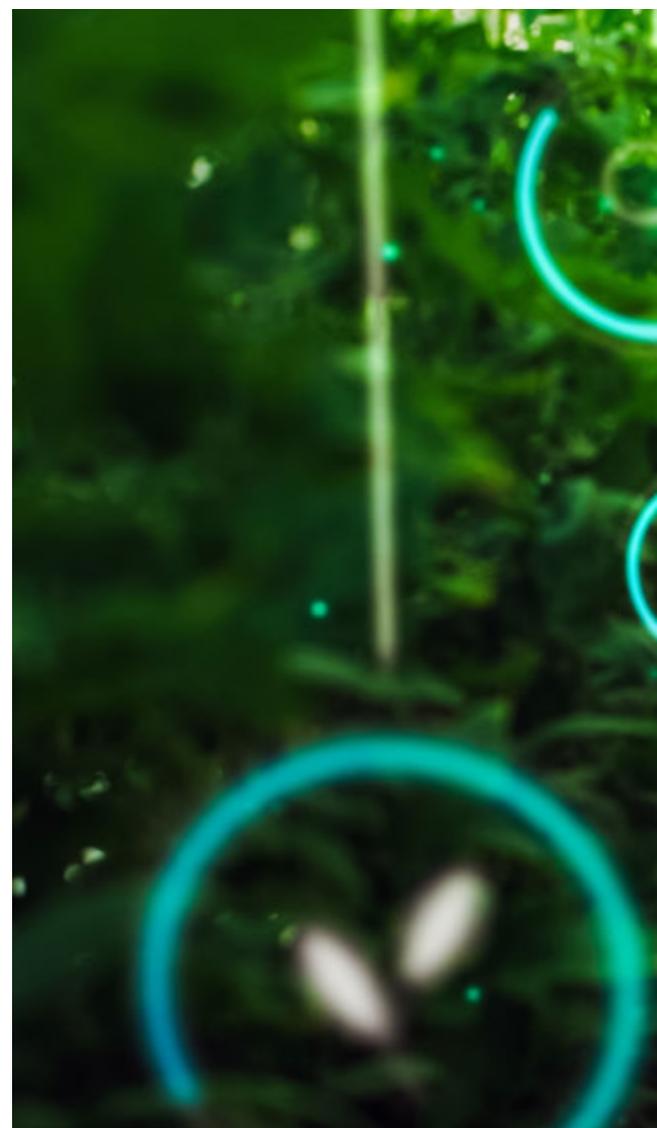
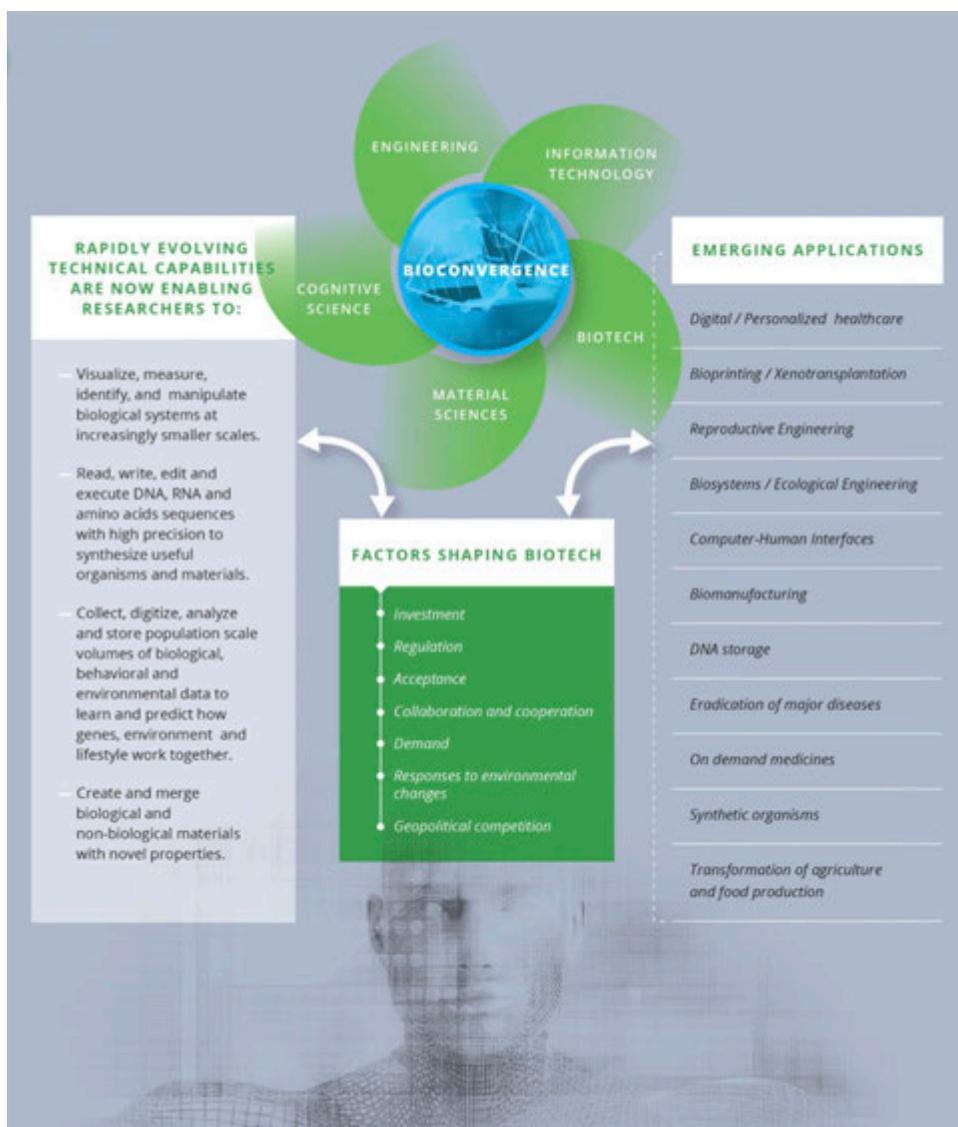
In 2019, the global bioeconomy, i.e. all activities driven by research and innovation in life sciences and biotechnology, accounted for

about 6% of global GDP, or about \$5 trillion. By 2030, the world’s bioeconomy could exceed \$20 trillion, based on a trend of 10-15% annual revenue growth. At the same time, lower costs of enabling technologies may drive wider biotechnology adoption and increase global accessibility and ubiquity.

Over the next two decades, scientists and industry experts anticipate that biotechnology may lead to many breakthroughs. These applications promise to improve health and living conditions, but they are also accompanied by potential social unrest, ethical concerns, or security challenges. Each of these applications would require both technological advances and human decision-making to determine their practical application. Let us briefly share with you some of the currently visible biotech content, applications, and possible negatives.

Digital healthcare and precision medicine

Healthcare professionals, medical diagnostics,



and personal Internet of Things (IoT) devices are collecting more and more health data. This information is fused with other personal information, digitally recorded behaviors, and network metrics to greatly improve the prediction of new diseases, as well as treatment outcomes. Nonetheless, such data fusion may allow the user to infer genetic characteristics of the assessed person based on his or her biometrics, assessed or predicted health status, which may also result in the potential for personal targeting or discrimination. Regulations in some countries limit the development of such technologies because of the potential for social and human rights inequalities.

Bio-organs and other bio-prints for personalized therapy

Therapies that use genetic and cellular engineering to treat specific individuals, known as customized medical therapies, are already available for the treatment of certain diseases, and these technologies will be able to continue

to expand the range of diseases and therapies addressed to include 3D printing of tissues, and the creation of genetically customized animals suitable for transplantation of human organs. While these treatments are expensive and the audience will be small, they are likely to be more cost-effective and efficient than decades of chronic disease treatment.

As a result, the inequality in access to state-of-the-art technology, which is affected by greater or lesser wealth, could make healthcare equality a topic of public debate.

Reproductive engineering to enhance human traits and performance

Technologies already exist to select or reject fertilized human embryos based on desired genetic traits, and it is becoming increasingly possible to genetically modify human life at these embryonic stages. Currently, much of the practice in this field is focused on avoiding adverse health outcomes and selecting desir-

able embryos.

But as the cost of these procedures decreases, and their reliability increases, people and societies may not be able to resist the temptation to select and genetically modify embryos on the grounds of protecting the competitive advantage of their children, or altering the health and productivity advantages of entire populations. It is predicted that by 2030, traits such as height, eye or hair color, and perhaps even intelligence or personality, will be able to be selected and modified at the embryonic stage.

These practices may intersect with significant cultural and moral divides, may be applied to specific populations, and may create inequalities within and between nations.

Ecological engineering

Plants, animals, and microorganisms can be selected and modified to stabilize the environment, reduce the impact of human influence, or increase productivity. Ecosystems can be



engineered to, for example, consume less fresh water, require less arable land, or enable the production of food, materials, and even energy in previously unproductive or inefficient environments. Genetic modification has already enabled crop production in areas where seawater has eroded, or where farming has never been practiced. This application of biotechnology has demonstrated its great potential to address needs and reduce conflict.

But harmful applications of genetic modification are also possible. Future risks include increased pressure on fragile ecosystems, displacement of native plant and animal species, and impacts on consumer health. Large industrial actors that are able to overcome regulation and monopolize technologies and markets are more likely to be motivated by profit, or by state action for some monopolistic purpose.

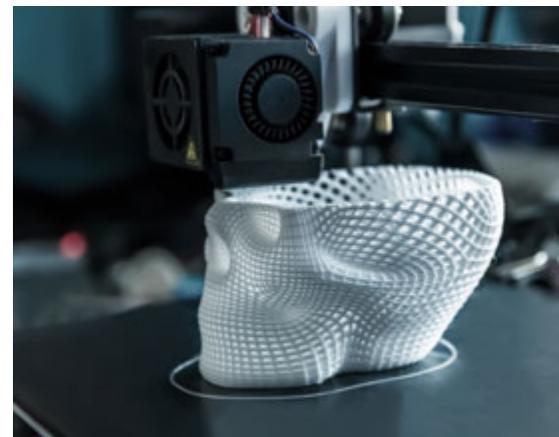
Human-machine enhanced interfaces

The fusion of machine and human capabilities

is occurring in different forms and at different levels of integration. It is a non-invasive or virtual stimulation or augmentation of physical, visual, tactile, and auditory senses through gloves, glasses, and head-mounted devices. It is becoming especially common in gaming, learning, and telecommuting.

For example, electroencephalographs, electrical or magnetic transmitters worn on the head can enable stimulation and detection of brain activity in order to make the desired adjustments and manipulations, with the aim of enhancing perception, memory and attention.

Also now available is the ability to connect the brain or neural tissue directly to micro machines, an invasive neural interface often used to correct neurological disorders, even though all forms of brain-computer interaction currently take place at very low data transfer rates. For example, in April 2022, in Shanghai Ruijin Hospital, it was discovered that by linking external devices to adjust the stimu-



lation position and parameters of the electric current, the depth of the brain data of a depressed patient is continuously collected and exported, so as to realize the precise stimulation treatment for the depressed aspirant, while the patient uses the cell phone app to remotely control his own brain pacemaker inside the right chest, to carry out the switching of the working and resting modes, while the patient himself can adjust the parameters according to needs and intensity.

The future goal of research and development of human-computer networks is to dramatically increase data transfer rates and extend the range and depth of human perception and cognitive abilities. While these hybrid systems may initially be used for medical treatments to overcome neurological disorders, non-medical uses are also being explored.

New uses may include new forms of social interaction, entertainment, and tools that provide a competitive advantage to “advanced users” who can use these systems to quickly solve problems or gain an edge in the marketplace. As the gap between the “haves” and “have-nots” of human-computer augmented interfaces grows, new cultural, social, and labor tensions may arise.

Biomanufacturing of biomaterials and devices

Automation and data-driven elements are increasingly being incorporated into biotechnology. Automated molecular assembly techniques using DNA and other biomolecules, for example, will further advance engineering and design capabilities into nanoscale applications and accelerate the convergence of biological and digital technologies.

Automation has become routine in some current industrial processes, such as the manufacture of chemical raw materials, fermenta-

tion, enzyme processing, and pharmaceutical production. Genetically modified organisms (GMOs) used in industry and agriculture are consumed as food, albeit often with labeling or regulatory restrictions. Most developed countries have implemented policies requiring labeling of GMO products.

Just as genetic modification may make it possible to produce while using less fresh water or land, it can also enhance or adjust yields in enriched environments, for example by reducing reliance on chemical fertilizers and pesticides, or by making possible new environmentally friendly methods of production that create fewer atmospheric greenhouse gases. For example, biomodified plants or fungi can be used as raw materials for synthetic meats, cheeses or leather, thus reducing time and resource consumption.

We are also mindful that these biofactories may increase pressure on other resources, such as water or arable land, as well as potentially unpredictable ecological risks. They will also be subject to regulation, market demand, technological constraints and competition from emerging alternatives.

New avenues for innovative medical technology

A variety of technologies are improving established medical techniques and disease treatments. Artificial intelligence and machine learning technologies are accelerating diagnosis and treatment through the automation of medical imaging and medical records. Novel

devices such as micro-robots, wireless sensors and drug release systems are already capable of performing precise therapeutic and monitoring tasks within the body. However, these new technologies may also introduce new risks and inequalities, such as reliance on remote healthcare access and new forms of automation of medical decision-making, which may lead to inequalities in the benefits and well-being of populations in terms of health and healthcare.

Biomaterials for novel manufacturing and construction materials

Biomaterials and biomanufacturing technologies have been used in research and com-



mercialization to create a variety of materials, including degradable polymers, enzymes, cellulose, and wood substitutes. Biomaterials can be used for high-strength, low-cost products such as fiberboard and plastics, as well as novel products such as biodegradable electronics, and bioprinted tissues and organs. The manufacture and use of these materials will help reduce dependence on oil, metals, and other finite resources. However, there is also data showing that the degradation of new bioplastics releases more greenhouse gases than traditional plastics, and some as yet unknown health effects.

Vertical farming

In vertical farming, crops are grown in large buildings in a precisely controlled environment with LED lighting to simulate sunlight and soilless systems. This reduces the need for land, water, and chemicals, and also reduces the carbon emissions associated with traditional agriculture. In addition, vertical farming can enable the production of crops closer to cities, thereby reducing transportation distances and food waste. However, vertical farming can require large amounts of energy, especially electricity, which can increase dependence on fossil fuels and thus have a negative impact on the environment. In addition, due to the high cost of equipment and infrastructure, vertical farming may lead to further monopolization of agricultural production, to the detriment of small farmers.

In the end

Developments in biotechnology may have far-reaching individual, societal, and global impacts that will manifest themselves over the next 20 years. Biotechnology promises to improve the efficiency of healthcare, reduce environmental stress, and drive the development of new materials and energy sources, but it may also raise ethical controversies, social inequalities, and environmental risks. In addressing these issues, the international community will face a number of challenges, including regulating the application of the technology, ensuring fair and equitable access, and promoting international cooperation and knowledge sharing. Economic, social and political factors will all affect the pace and focus of biotechnology research and the availability of products.





Pictures by VIP Italia



SPA革新体验

生物技术正在改变水疗和健康行业，赋予水疗中心提供个性化体验和尖端治疗的能力，促进整体健康和幸福。高菲文

在不断发展的健康领域中，生物技术的融合已经成为一种改变游戏规则的力量，将水疗体验提升到了一个新的高度。凭借其创新应用和科学进步，生物技术正在革新水疗如何满足个体需求的方式，提供量身定制的解决方案，既增强了身体的更新，也促进了情感的健康。从个性化的护肤方案到先进的抗衰老疗法，生物技术渗透到水疗服务中，重新定义了自我护理的概念，并为健康实践设定了新的标准。

个性化护肤

传统上，护肤是以一刀切的方式来对待的，提供通用产品可能无法有效解决个体关注的问题。然而，随着生物技术的出现，个性化护肤进入了一个新时代，治疗方案是根据每个客户独特的基因组、生活方式因素和环境影响而量身定制的。通过利用DNA测试和生物信息学等先进技术，水疗中心现在可以分析特定的基因标记，为客户提供针对性的护

肤方案，准确地解决老化、痘痘或敏感等问题。通过利用生物技术的力量，水疗中心能够提供定制的护肤方案，为每个个体带来无与伦比的结果，帮助其拥有更健康、更光滑的肌肤。

革新抗衰老疗法

衰老是一个自然的过程，影响我们所有人，但是随着生物技术的进步，水疗中心现在配备了创新的工具，可以比以往任何时候更有效地应对其影响。从再生医学到干细胞疗法，生物技术正在革新抗衰老治疗，提供促进皮肤再生和胶原蛋白再生的尖端解决方案。例如，干细胞面部治疗和外泌体治疗利用干细胞的再生特性来刺激细胞更新，减少皱纹和细纹的出现。同样，生长因子疗法利用生物工程蛋白促进细胞增殖和组织再生，使皮肤更加紧致、更有活力。这些变革性疗法不仅能够逆转衰老的迹象，还能够给客户带来更新的自信和活力，使他们能够在生活的每个阶段都拥抱美丽的自己。

肠道健康

肠道健康对整体健康至关重要，生物技术为水疗中心提供了新的途径来解决这一关键的健康问题。通过利用微生物组分析，水疗中心可以深入了解每个个体肠道微生物群的独特组成，从而实现个性化干预，促进消化，改善整体健康。通过量身定制的饮食计划和有针对性的益生菌疗法，水疗中心可以优化肠道健康，缓解消化问题，促进身体内部的和谐平衡。借助生物技术的引导，水疗中心正在开创新的健康方式，重视肠脑连接，认识到肠道健康对心理和情感健康的深远影响。

心理和情感健康

在当今快节奏的世界中，心理健康成为整体健康中越来越重要的方面，生物技术正在为促进心理和情感健康提供创新的解决方案。通过发展神经反馈和脑波同步技术，水疗中心可以提供改善认知功能、减轻压力和促进放松的变革性体验。通过监测大脑活动并提

供实时反馈，这些先进技术使客户能够达到深度放松和精神清晰的状态，培养内心的平和和情感平衡。无论是融入正念项目还是冥想课程，这些尖端疗法都将赋予客户在生活中面对挑战时保持韧性和情感健康的能力。

优化营养补充

营养在整体健康和幸福中发挥着重要作用，生物技术正在革新我们对饮食补充的理解和应用方式。通过分析基因标记和代谢特征，水疗中心可以制定个性化的营养计划，优化营养摄入，支持个人健康目标的达成。此外，生物工程补充剂提供针对特定健康问题的解决方案，如炎症、氧化应激或激素失衡等。通过将生物技术融入营养补充，水疗中心可以为客户提供个性化的解决方案，帮助客人获得最佳的健康和活力状态，赋予他们精准和有效地实现健康目标的能力。

高科技美学医疗

在医美领域，生物技术正在推动前所未有的进步，改变我们对美丽和自我护理的理解方式。通过非侵入性的整容手术和尖端技术，水疗中心现在可以为客户提供有效的替代方案，安全高效地解决美容问题。从激光治疗到超声波疗法，这些高科技方法使水疗中心能够解决一系列美容问题，包括皮肤松弛、皱纹和顽固脂肪。通过将生物技术的最新创新与专业技艺相结合，水疗中心正在重新定义美丽的标准，赋予客户内外兼修的美丽，使他们能够在内心和外表上都感到最好。

总而言之，生物技术在水疗和健康实践中的应用代表了一种革命性的转变，改变了我们对自我护理和整体健康的理解方式。通过利用尖端技术和科学进步的力量，水疗中心能够提供个性化的体验和创新的疗法，满足每个个体的独特需求。从个性化的护肤方案到先进的抗衰老疗法，生物技术正在革新水疗体验，赋予客户从内而外的最佳健康和活力。随着我们继续拥抱生物技术的可能性，美丽、抗衰老和整体健康的前景充满了无限的希望。



Embracing Biotechnology Revolutionizing the Spa Experience

Biotechnology is reshaping the spa and wellness industry, empowering spas to offer personalized experiences and cutting-edge treatments that promote holistic health and well-being

In the ever-evolving landscape of wellness, the integration of biotechnology has emerged as a game-changer, elevating the spa experience to new heights. With its innovative applications and scientific advancements, biotechnology is revolutionizing how spas cater to individual needs, providing tailored solutions that enhance both physical rejuvenation and emotional well-being. From personalized skincare regimens to advanced anti-aging therapies, the infusion of biotechnology into spa services is redefining the notion of self-care and setting new standards for excellence in wellness practices.

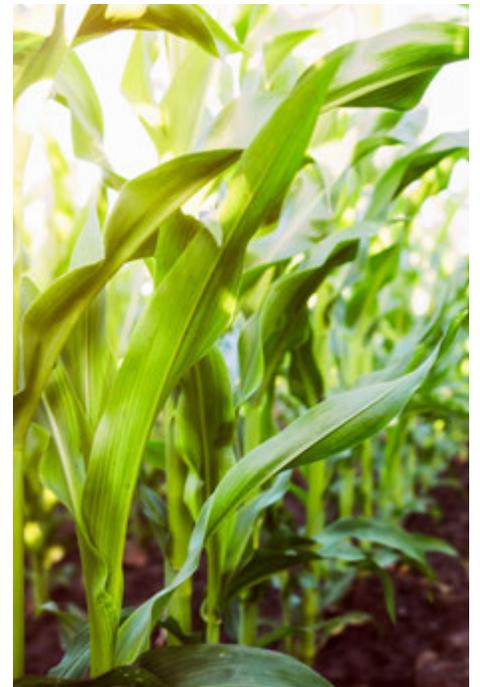
Personalized skincare

Traditionally, skincare has been approached with a one-size-fits-all mentality, offering generic products that may not effectively address individual concerns. However, the advent of biotechnology has ushered in a new era of personalized skincare, where treatments are customized based on each client's unique genetic makeup, lifestyle factors, and environ-

mental influences. Through the utilization of cutting-edge technologies such as DNA testing and bioinformatics, spas can now analyze specific genetic markers to tailor skincare solutions that precisely target issues such as aging, acne, or sensitivity. By harnessing the power of biotechnology, spas are able to offer bespoke skincare regimens that deliver unparalleled results, promoting healthier and more radiant skin for every individual.

Revolutionizing anti-aging treatments

Aging is a natural process that affects us all, but with advancements in biotechnology, spas are now equipped with innovative tools to combat its effects more effectively than ever before. From regenerative medicine to stem cell therapy, biotechnology is revolutionizing anti-aging treatments, offering cutting-edge solutions that promote skin rejuvenation and collagen regeneration. Stem cell facial treatments and exosome therapy, for example, harness the regen-



erative properties of stem cells to stimulate cellular renewal, reducing the appearance of wrinkles and fine lines. Similarly, growth factor therapy utilizes bioengineered proteins to enhance cell proliferation and tissue regeneration, resulting in firmer, more youthful-looking skin. These transformative therapies not only reverse the signs of aging but also instill a renewed sense of confidence and vitality in clients, empowering them to embrace their beauty at every stage of life.

Gut health optimization

The importance of gut health in overall well-being cannot be overstated, and biotechnology is opening up new avenues for spas to address this crucial aspect of wellness. By leveraging microbiome analysis, spas can gain insights into the unique composition of each individual's gut microbiota, allowing for personalized interventions that support digestive health and enhance overall wellness. Through tailored diet plans and targeted probiotic treatments, spas can optimize gut health, alleviating digestive issues and promoting a harmonious balance within the body. With biotechnology as a guiding force, spas are pioneering new approaches to wellness that prioritize the gut-brain connection, recognizing the profound impact that gut health has on mental and emotional well-being.

Mental and emotional enhancement

In today's fast-paced world, mental health is an increasingly important aspect of overall well-

ness, and biotechnology is paving the way for innovative solutions that promote mental and emotional well-being. Through the development of neurofeedback and brainwave synchronization technologies, spas can offer transformative experiences that enhance cognitive function, reduce stress, and promote relaxation. By monitoring brain activity and providing real-time feedback, these advanced technologies enable clients to achieve a state of deep relaxation and mental clarity, fostering a sense of inner peace and emotional balance. Whether incorporated into mindfulness programs or meditation sessions, these cutting-edge therapies empower clients to cultivate resilience and emotional well-being in the face of life's challenges.

Optimized nutritional supplements

Nutrition plays a fundamental role in overall health and wellness, and biotechnology is revolutionizing the way we approach dietary supplementation. By analyzing genetic markers and metabolic traits, spas can create personalized nutrition plans that optimize nutrient intake and support individual health goals. Additionally, bioengineered supplements offer targeted solutions for specific health concerns, such as inflammation, oxidative stress, or hormonal imbalance. Through the integration of biotechnology into nutritional supplementation, spas can provide clients with tailored solutions that promote optimal health and vitality, empowering them to achieve their wellness goals with precision and efficacy.

High-tech aesthetic medicine

In the realm of aesthetic medicine, biotechnology is driving unprecedented advancements that are transforming the way we approach beauty and self-care. With non-invasive cosmetic procedures and cutting-edge technologies, spas can now offer effective alternatives to traditional surgical interventions, providing clients with safe and efficient solutions for enhancing their natural beauty. From laser treatments to ultrasound therapy, these high-tech modalities enable spas to address a wide range of aesthetic concerns, including skin laxity, wrinkles, and stubborn fat deposits. By combining the latest innovations in biotechnology with expert craftsmanship, spas are redefining the standards of beauty and empowering clients to look and feel their best, inside and out.

Clearly, the integration of biotechnology into spa and wellness practices represents a transformative shift in the way we approach self-care and holistic well-being. By harnessing the power of cutting-edge technologies and scientific advancements, spas are able to offer personalized experiences and innovative treatments that cater to the unique needs of each individual. From personalized skincare regimes to advanced anti-aging therapies, biotechnology is revolutionizing the spa experience, empowering clients to achieve optimal health and vitality from the inside out. As we continue to embrace the possibilities of biotechnology, the future of wellness holds endless promise for beauty, rejuvenation, and holistic well-being.



现代生物医学与传统中医药

未来在中医药领域里会运用到更多现代化的生物技术手段，为人类健康提供最有力的支持。戴炯捷文

我们需要先简单了解一下什么是生物医学。生物医学是综合医学、生命科学和生物学的理论和方法而发展起来的前沿交叉学科，基本任务是按照预先的设计改造生物体或加工生物原料研究和解决生命科学，特别是医学问题。其中所使用的生物药物，指的是从生物体中提取或者通过生物工程的方法合成的药物，在本质上区别于传统的可以完全人工合成的化学药物。

无论是生物技术还是中医中药，目前都已经有许多与我们生活息息相关的内容和产品，大到对人类生命学做出巨大贡献，小到渗透到生活细节中的林林总总：例如小时候接种的牛痘；新冠疫情时候的疫苗；具有生物活性的洗护用品；SPA常用的天然精油类产品；提高免疫力的胸腺五肽；以及现在非常流行的干细胞及免疫细胞的运用和技术转化等。

随着时代的进步和科学技术的不断完善，现代生物医学在人类基因组计划的推动下正在进入一个新时期，有三种主要的发展趋势值得关注，而这三种趋势和中医理念不谋而合。



第一种：从简单性思维的分子生物学，转变到复杂性思维的系统生物学。中医素来认为人体是一个整体，是互相影响的系统，人体正常的生理活动一方面依靠各脏腑组织发挥自己的功能作用，另一方面则又要靠脏腑组织之间的协同作用和制约作用，才能维持其生理上的平衡。每个脏腑都有其各自不同的功能，但又在整体活动下的分工合作，形成人体局部与整体的统一。在认识和分析疾病状况时，中医学也是首先从整体出发，将重点放在局部病变引起的整体病

理变化上，并与整体病理反应统一起来。在治疗局部病变时，也必须从整体考虑，采取适当的措施。

第二种：从基于统计研究证据的循证医学，转变到关注个体分子特征的精确医学。而中医向来就是以个体特征为对象，必须根据不同的年龄、体质、季节及所患疾病的性质等情况，采取适当的方法，因人而异，辨证论治。同样是两个糖尿病患者，在中医眼里，一个属于阴虚，就应该补阴，用的是枸杞、百合、知母、黄精、山萸肉等养阴的药物；另一个属于湿热，就该清热利湿，用茯苓、猪苓、泽泻、薏苡仁、藿香、柴胡、黄芩等。这就叫“同病异治”，一样的病在不同人身上也是不一样的治疗方法。

第三种：从以治病为中心的临床医学，转变到以健康为核心的健康医学。这很显然与中医所提倡的“治未病”不谋而合，无论是中医和西医都认识到了防治医学的重要性。

人类疾病谱已经从以前的传染病为主，转变为了现代慢性病为主，慢性病的发生在出现临床症状之前，会先出现亚健康状态或疾病前期状态等各种过渡态，其高危人群数



量往往比患病人群要大很多。国内目前糖尿病患者为1亿，但处于糖尿病前期的高危人群已达到5亿左右了。这种疾病演化的“窗口期”给抗击慢性病提供了一个不同于抗击传染病的思路，即：加强对人群健康状态的早期监测，并在发现亚健康或疾病前期状态时进行早期干预。

于是，我们可以利用生物医学的技术，比如基因检测和生物标志物监测，来早期发现和干预慢性病，同时也在努力攻克将疾病从基因的根源上剔除，不受或尽量少受疾病和慢性病的侵扰。而中医药的养生理念和方法，如调整饮食、改善生活方式、使用中药调理等，也能帮助我们预防疾病的发生，保持人体最佳平衡状态，做到延年益寿和百病不侵。中西两种医学的目标都是一致的。

现代研究中也已经发现，中药里的上品药中有大量具有滋补强壮抗衰老的生物成分，具备生物活性。其中益气的如人参、黄芪、山药、灵芝等；温补的如肉苁蓉、杜仲、巴戟等；滋阴药如石斛、枸杞子、女贞子等；养血药如三七、阿胶等；安神养心药如酸枣仁、茯苓、五味子等；固肾涩精药如桑葚子、覆盆子等。在如今的科技加持下，这些药品能很好地通过现代化的生物技术转化，提取出其中的EGF、活性肽、活性蛋白、皂苷、皂甙等有效物质，并成熟运用。例如含有人参皂甙的面膜；以石斛粘多糖和三七黄酮为有效成分的美白护肤产品；含酸枣仁皂甙A/B的口服液；以巴戟天低聚糖、肉苁蓉醇苷为主的养发护发产品等等。

有观点认为，生物技术开创了护肤产品的新纪元，不再是只能修修补补，而能从根本上遏制问题基因表达，补充生物活性因子，在分子水平上调节改善肌肤生长内环境，促进健康细胞生长，并最终取代衰老问题细胞，不说逆龄吧，但能起到深度减缓衰

老的功效。这类生物科技也是令诸多护肤品牌及其研发中心不断努力的目标，事实上也年年都有最新生物科技专利被公开，投产并投放到市场中去。

在中医药中的一些最好的具备生物活性的上品药，叫作“血肉有情之品”，指的是具有滋补肝肾、强壮筋骨、填精益血的动物来源药，源自有血有肉有感情的人体或动物，所以称为“血肉有情之品”。例如紫河车、鹿茸、蛤蚧。值得注意的是，血肉有情之品仅指限于具有“扶正补益”作用的动物类药，侧重于“补益精气”；而牛黄、麝香、水牛角、熊胆等用于“攻邪药”则不在其中。为啥呢？可能是因为咱们老祖宗认为，能帮助机体提升自身免疫力的才能叫作“有情”吧，于是这又和现代生物学在实施的“免疫细胞的运用”疗法不谋而合了。

再举个例子，我认为与现代医学生物研究结合最紧密的中药材当属中药中的补益皇后：紫河车，就是婴儿出生时所脱落的胎盘。“紫河车”一名始载于唐代《本草拾遗》，母体娩出时为红色，稍放置即转紫色，且寓意婴儿在母体中靠着胎盘如乘车渡河而来，故称紫河车。书中载其功效：“儿孕胎中，脐系于母，胎系母脊，受母之荫，父精母血，相合而成。虽后天之形，实得先天之气，显然非他金石草木之类所比。其滋补之功极重，久服耳聪目明，须发乌黑，延年益寿。”如果你养过猫狗宠物，就会知道猫狗在分娩后必然吃掉娩出的胎盘，以作为产后的营养补充，这种自然属动物本能，启发了中国古代的医者们，于是他们通过长期实践，总结出了紫河车的药物功效。

在现代研究中发现，人胎盘具备大量有益人体的多种氨基酸，脂多糖，多肽、微量元素以及生长因子EGF等。通过生物提取和

纯化等技术手段，已经研制出了临床使用的胎盘多肽注射液，人胎盘脂多糖注射液，人胎盘组织液等具备提高免疫，降低炎症感染、延缓卵巢衰老的一系列生物处方药。而通过人体脐带以及脐带血和胎盘组织，近十年来又实现了提取了干细胞的技术，通过生物技术培养和扩增，能治疗和延缓组织器官衰老；而免疫细胞中的NK,CIHK,CAR-T等，则能在人体起到清除老废细胞、杀灭癌细胞等的功效，使癌症、艾滋病等一些免疫缺陷类疾病，也不再是不治之症了。

未来，在中医药领域里会运用到更多现代化的生物技术手段，将让我们的健康百年计划拥有无限可能，但我们还是需要临床研究中保持医学的严谨性，毕竟生物科学还很年轻，还有很多未被攻克的课题。我深深相信随着生物技术研究的不断深入，及对传统中医药宝库的多维度挖掘，一定会有更多碰撞与融合，真正做到我们常说的：中为体、西为用、中西结合。



戴炯捷

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



Modern Biomedicine and TCM

More modern biological technologies are going to be applied in the field of Traditional Chinese Medicine, providing powerful support for human health. By Dr. Dai Jiongjie

We first need to understand what biomedical science is. Biomedicine is an interdisciplinary field that integrates medicine, life sciences, and biology to study and solve life science, especially medical problems, through the theoretical framework and methods developed from these areas. Biopharmaceuticals, used in this context, refer to drugs extracted from organisms or synthesized using biotechnology, fundamentally distinct from chemically synthesized drugs that can be entirely man-made.

Both biotechnology and traditional Chinese medicine (TCM) currently have numerous constituents and products that are closely related to our daily lives, ranging from significant contributions to human life sciences to intricate details in our daily routines. Examples include childhood vaccinations like cowpox; vaccines during the COVID-19 pandemic; biologically active personal care products; pop-

ular spa-grade natural essential oils; thymic peptides for immune enhancement; and the current widespread use and technological transformation of stem cells and immune cells, among others.

With the progress of the times and the continuous improvement of scientific technology, modern biomedicine is entering a new era driven by the Human Genome Project, with three major development trends worth noting, which coincidentally align with TCM principles.

The first trend: Transitioning from the simplistic molecular biomedicine mindset to the complex systems biomedicine mindset. TCM has always regarded the human body as a holistic system with interconnected components affecting each other. Normal physiological activities rely on the coordinated function of various organs and tissues to maintain physiological balance. In diagnosing and analyzing

disease conditions, TCM also begins with a holistic perspective, focusing on overall pathological changes caused by local lesions and integrating them with systemic pathological reactions. Treatment of local lesions must also consider the whole system and adopt appropriate measures.

The second trend: Moving from evidence-based medicine rooted in statistical research to precision medicine focusing on individual molecular characteristics. TCM has always focused on individual characteristics, requiring tailored approaches based on factors such as age, constitution, season, and the nature of the disease, using differential diagnosis and treatment. For instance, two diabetic patients would receive different treatments based on TCM diagnosis – supplementing yin for one (using medicines like wolfberry, lily, anemarrhena, polygonatum, and cornus) and clearing heat and dampness for the other (using poria, poly-

porus, alisma, coix seed, patchouli, bupleurum, and scutellaria). This is called "treating the same disease differently," emphasizing individualized treatment.

The third trend: Shifting from disease-centered clinical medicine to health-centered preventive medicine, aligning with TCM's advocacy of "preventing disease before it occurs." Both TCM and Western medicine recognize the importance of preventive medicine.

The spectrum of human diseases has shifted from primarily infectious diseases to mainly chronic diseases. Chronic diseases often manifest subclinical or preclinical states before clinical symptoms appear, with a much larger high-risk population than the diseased population. For example, there are currently 100 million diabetes patients in China, but the high-risk prediabetes population reaches around 500 million. This "window period" of disease evolution provides a new approach to combating chronic diseases—strengthening early monitoring of population health and intervening early upon detection of subhealth or pre-disease states.

Therefore, we can use biomedical technologies such as gene testing and biomarker monitoring to detect and intervene early in chronic diseases, while also striving to eliminate diseases from their genetic roots, minimizing the impact of diseases and chronic conditions. TCM principles and practices, such as dietary adjustments, lifestyle improvements, and herbal medicine, also help prevent disease occurrence, maintain optimal bodily balance, and promote longevity and resistance to diseases. The goals of both Chinese and Western medicine are aligned.

Modern research has found that many superior TCM herbs contain abundant bioactive components with nourishing, strengthening, and anti-aging properties. Examples include ginseng, astragalus, Chinese yam, reishi mushroom, cistanche, eucommia, and epimedium. With technological advancements, these medicinal properties can be effectively extracted and utilized, such as ginsenosides in facial masks, whitening skincare products with dendrobium polysaccharides and panax notoginseng saponins, oral solutions containing jujube saponins A/B, and hair care products with *Morinda officinalis* polysaccharides and eucommia alcohol glycosides.

Some believe that biotechnology has ush-



ered in a new era of skincare products by not merely repairing but fundamentally controlling gene expression problems, supplementing bioactive factors, regulating and improving skin growth environments at the molecular level, promoting healthy cell growth, and ultimately replacing aging cells. This type of biotechnology is a target of continuous effort for numerous skincare brands and research centers. Every year, new biotechnology patents are publicly disclosed, put into production, and launched into the market.

In TCM, the best herbs with bioactivity are referred to as "sensible nourishing materials," which strengthen the liver and kidneys, strengthen tendons and bones, and enrich essence and blood through animal-based medicines that have blood, flesh, and emotional connections to humans or animals. Notably, these sensible nourishing materials are limited to animal-based medicines that focus on supplementing and strengthening vitality; while medicines like *calculus bovis*, musk, buffalo horn, and bear gall used for "attacking pathogenic factors" do not fall into this category. Perhaps our ancestors believed that only substances aiding the body's immune system deserve this title of "sensible," aligning with modern biomedical practices of using immune cell therapies.

For instance, I consider the medicinal herb that best combines modern biomedical research with TCM to be the "queen of nourishing herbs" in TCM – deer antler vel-

vet, which is the placenta shed by a newborn. The term "deer antler velvet" originated in the Tang Dynasty's "Supplement to the Compendium of Materia Medica." When born, the placenta is red and turns purple upon exposure to oxygen, symbolizing the baby's journey across the river of life, carried by the placenta as a raft, hence the name "deer antler velvet." The book describes its benefits: "When a child is conceived, it depends on the mother's umbilical cord, the fetus depends on the mother's spine, and is nourished by the mother's blood. This natural product clearly possesses vital essence, with long-term use leading to enhanced hearing and vision, black hair, and longevity." If you've raised pets like cats or dogs, you'll know that they invariably eat their placentas after giving birth for postnatal nutrition, inspiring ancient Chinese physicians who, through extensive practice, summarized the medicinal effects of "deer antler velvet".

Modern research has discovered that human placenta contains a wealth of beneficial amino acids, lipopolysaccharides, peptides, trace elements, and growth factors like EGF. Through biological extraction and purification techniques, clinical formulations like placental peptide injections, placental lipopolysaccharide injections, and placental tissue fluid have been developed to boost immunity, reduce inflammation and infection, and delay ovarian aging. Over the past decade, techniques for extracting stem cells from human umbilical cords and placental tissues have also been developed. Through biotechnology cultivation and amplification, these stem cells can treat and delay tissue and organ aging. Immune cells such as NK, CIK, CAR-T cells, etc., effectively eliminate senescent cells and kill cancer cells, making diseases like cancer and AIDS no longer incurable.

In the future, traditional Chinese medicine will incorporate more modern biological technologies, allowing our health centenary plan to have endless possibilities. However, we still need to maintain medical rigor in clinical research, as biological science is still young, with many topics yet to be conquered. I firmly believe that as biological technology research deepens and traditional TCM treasures are explored from multiple dimensions, there will be more collisions and integrations, truly achieving what we often say: "Chinese as the foundation, Western as the application, and integration of both."



情绪健康与幸福

访悦碧施企业教育与水疗发展总监Laura Gamboa女士，关于脑神经科学研究

悦 碧施与神经科学研究所Starlab和穆尔西亚大学联合开展了一项开创性的脑神经科学研究，研究结果被选中在IFSCC* (国际化妆品化学家学会联盟)大会上公布，以验证和量化SPA疗程中的抚触力量及其对整体身心健康和幸福感的作

用。该研究分析了一次持续60分钟的特色悦碧施面部护理，期间仅使用悦碧施的独家按摩技术和护肤产品，不需使用任何设备。研究人员使用医疗设备对志愿者的大脑和心脏活动进行了仪器测量，以量化志愿者的健康水平，并对志愿者在护理前后的皮肤宏观照片进行了体内测量。使用Visia成像设备进行的测量证实，仅一次疗程后皮肤就有了明显改善。此外，还对志愿者皮肤外观的改善情况进行了主观评估。

“有了这些知识，我们设计推出的皮肤护理疗法，能够让您在享受顶级护肤效果的同时身心更加愉悦。”悦碧施企业教育与水疗发展总监Laura Gamboa如是说到。

Laura是一位致力于为健康、水疗和零售行业带来创新的专家，在水疗健康行业

拥有超过20年的国际经验，并在个人生活中积累了多年的整体养生经验。过去10年中，Laura一直是悦碧施全球创新团队、产品研发团队和测试团队的核心成员，以及悦碧施全球教育和疗程研发部门的负责人。她具有多元文化背景，精通多种语言，并对中国、亚洲和中东文化有着深刻的理解。她也是公司的全球发言人，并在世界各地进行演讲。Laura还是全球健康峰会-精神健康倡议的成员。SpaChina采访了Laura。

脑神经科学究竟是什么？悦碧施是从什么时候开始研究脑神经科学的？

脑神经科学研究神经系统及其主要器官大脑的发育、功能和结构。通过神经科学，我们能够研究身体被触摸时大脑如何反应。

2016年，我们开始通过神经科学来实时分析水疗体验中的各个步骤，目的是检测哪些步骤能够不同程度地为顾客带来愉悦感。

2020年，我们研究了如何在8分钟内借助虚拟现实和正念消除日常压力。最终，我们创造出了身心合一的体验。

悦碧施为什么会开展脑神经科学研究？该研究的结论是什么？

我们的目的是借助美容师的双手，利用悦碧施先进的护肤产品以及抚触的力量改善客户的身心健康。我们想通过科学来证明，悦碧施的护理服务能够在改善皮肤和内在状态的同时，提升自尊水平和幸福感。

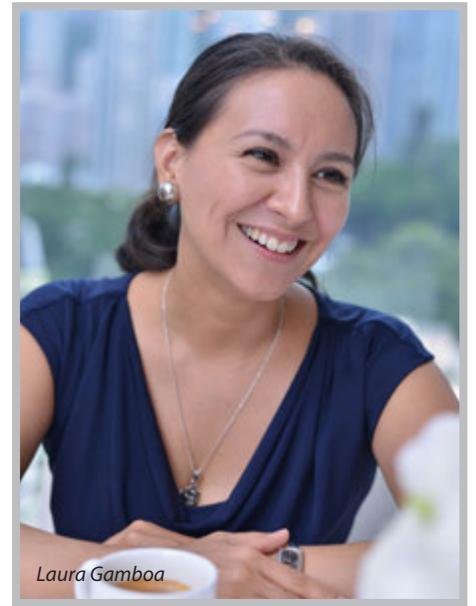
结果表明，抚触对于改善整体身心健康非常重要。该研究证实，水疗有益于心理健康，能为体验者赋能，帮助人们减轻压力，提高适应能力。

如何测量自尊水平和情绪？身心健康指数如何计算？

我们通过一份经过科学验证的问卷来测量护理前后志愿者的心理健康状况，从而测试其自尊水平。

情绪则是在护理服务开始之前和结束之后结合采用客观仪器测量和主观调查的方式。控制疗程(无护理服务)开始之前和结束之后也会进行同样的测量。

我们通过利用人工智能设计的独家算法



Laura Gamboa

计算身心健康的改善情况(提升67%)。通过脑电波和心率测量,该研究测量了5种情绪(放松、活跃、和谐、满足和幸福)的效价和唤醒度(愉悦/不悦)。然后,该算法利用这些信息来计算身心健康指数。

悦碧施将其研究数据用于哪些用途?客户真的能感受到这种情绪变化吗?

我们利用研究结果来调整水疗疗法,设计产品和按摩技巧,让护理服务的每一个步骤不仅能为体验者的皮肤带来极致享受,还能最大限度地帮助体验者放松和愉悦身心。

主观调查结果与仪器测量结果相符,志愿者表示其皮肤和心情都有所改善。他们还感觉自己在护理后实现目标的能力变强了(环境掌控力)。

抚触的感觉为什么这么重要?抚触和按摩能给人们带来哪些好处?

触觉是最早出现的感觉之一,也可能是最后消失的感觉。它能帮助我们感知温度或压力等感受,并判断相对于他人和周围环境的空间维度。

抚触能够唤醒我们皮肤中的部分受体(有数百万个),并刺激释放与积极情绪相关的

神经化学物质(血清素、多巴胺和催产素)。另外,每次按摩都会降低皮质醇的水平,皮质醇是一种激素,在压力产生时释放出来。释放催产素有助于降低心率和血压,从而让我们的心情更加平静。

人工智能在本次研究中起到了什么作用?只有悦碧施护理能够改善情绪吗?

悦碧施在本次研究中的合作伙伴是神经技术研究专家Starlab,该公司使用人工智能作为工作工具。本案例用人工智能来设计“心理健康算法”。

很多研究都表明了抚触和自我护理的好处,科学广泛证明美容师通过双手为客户按摩能够产生积极的效果。

悦碧施通过培训团队设计的产品和技术来评估我们的疗法,这些产品和技术包含在我们的所有项目中。因此,虽然专业SPA的优质疗法往往都有助于改善身心健康、调节情绪,但本研究中的数据仅适用于悦碧施的护理服务。当然,这也是为什么我们经常鼓励人们常去做做SPA。

悦碧施护理与其他护理的不同之处是什么?

首先,悦碧施护理仅使用我们的专业护肤产

品来完成,其中包含最大浓度的活性成分,可满足各种皮肤需求。其次,七年多来,我们是唯一一个根据神经科学知识设计水疗体验的品牌。我们的水疗体验由专家团队设计,他们分析了每一个动作和步骤,可为客户提供最佳护肤效果并在最大限度内让其感到愉悦、放松。

你们计划如何将这项研究的成果引入未来的护理中?

我们将继续利用研究成果来开发新的护理疗程,最近推出的Pro-Youth Lifting Method by Natura Bissé就是一个很好的例子,疗程中包含引导式呼吸法、迷走神经刺激法以及独有的放松和提拉动作。该护理旨在短时间内提升整体健康水平和幸福感。当然,我们还在努力将其优势扩展到其他专业领域。

您如何看待中国市场对高科技的接受程度?

中国走在世界技术创新的前沿,乐于迅速接受新事物和新方法,因此我认为中国市场接受或发展高科技完全没有问题。

您能简要定义一下“心理健康算法”吗?在更广泛的情境中,对生活有哪些潜在用途?

这是一种仅根据仪器测量来量化心理健康的方法,它将心理健康投射到复杂的情绪中,该模型来源于James Russell博士,从而分析出占主导地位的情绪。对我们来说,这是一个非常有效的工具,将科学数据可视化呈现。

这类研究提供了基于工具测量的科学证据,在现实生活和医学界有很多应用,因为我们现在比以往任何时候都更需要实际的证据。对于悦碧施来说,脑神经科学研究已经成为一个里程碑,我相信这只是一个开始,未来还会有更多的证据将SPA置于人类福祉的中心。

Increase Your Well-being and Self-esteem

Interview with Ms. Laura Gamboa,
Director of Corporate Education & Spa Development, Natura Bissé International



In a study carried out in partnership with Starlab, a neuroscience research institute, and the University of Murcia, an ally of EuniWell – the European University for Well-Being — Natura Bissé has carried out a groundbreaking neuroscientific study which was chosen to be presented at the Congress of the IFSCC* (International Federation of Societies of Cosmetic Chemists), to validate and quantify the power of touch at the spa and its capacity to affect people's sense of well-being.

The study involved a signature Natura Bissé facial lasting 60 minutes and using no devices, just the exclusive massage techniques and skincare products. Instrumental measurements of brain and heart activity with medical devices were taken to be able to quantify the level of wellbeing, and in-vivo measurements were taken from macrophotographs of the volunteers' skin before and after the treatment. Using the Visia imaging device, the measurements confirmed a visible improvement in the skin after just one session. This was com-

plemented with a subjective assessment of the volunteers' perception of an improvement in the appearance of their skin.

"With all this knowledge, we design optimized rituals that not only offer unbeatable results on your skin, but also make you feel radically better," said Laura Gamboa, Director of Corporate Education & Spa Development, Natura Bissé International.

A specialist in bringing Innovation to Wellness, Spa & Retail with over 20 years of international experience in the Spa & Wellness industry, and with life-long experience of wellness integration in her personal life, Laura for the past 10 years has been a key part of the core innovation R&D team for product development & testing, and the global head of education and treatment creation for NATURA BISSÉ. Multicultural, multilingual and with a deep understanding of Chinese, Asian & Middle Eastern cultures, she is also an international spokesperson for the company and performs presentations all over the world. Laura is also

member of the Mental Wellness Initiative from the Global Wellness Summit. SpaChina interviewed her.

What exactly is neuroscience? When did Natura Bissé begin to work with neuroscience?

Neuroscience is the study of the development, functioning and structure of the nervous system and its primary organ: the brain, and allows us to study how the brain reacts when our bodies are touched.

In 2016, we turned to neuroscience to analyze all the steps in our spa experiences in real time with the aim of detecting which ones produced more or less pleasure for the client.

And in 2020, we studied how to switch off daily stress in just 8 minutes with the help of virtual reality and mindfulness. These very positive conclusions resulted in the creation of The Mindful Touch experience.

Why did Natura Bissé carry out a neuroscientific study? What conclusions can be drawn from the results of this study?

Natura Bissé's purpose is to enhance wellbeing using our cutting-edge skincare products along with the power of touch, thanks to our aestheticians' well-trained hands. We wanted to scientifically prove that our treatments benefit people's skin, their self-esteem and their inner state.

The results demonstrate the importance of the power of touch and self-care for overall wellbeing. The study confirms that going to the spa can contribute positively to people's mental health capital and their individual empowerment, help reduce stress and increase personal resilience.

How can self-esteem and mood be measured?

How is the index of wellbeing calculated?

Self-esteem was measured via a scientifically validated questionnaire to measure psychological wellbeing before and after a treatment.

Mood is done with a combination of objective instrumental measurements and subjective



surveys taken before and after a treatment. The same measurements were also taken before and after a control session (with no treatment).

The improved sense of wellbeing (up by 67%) was calculated by an exclusive algorithm using artificial intelligence. Taking brain wave and heart rate measurements, the study measured the values of valence and arousal (pleasure/ displeasure) of 5 emotions (relaxation, activation, harmony, satisfaction and happiness). The algorithm uses all this information to calculate the Wellbeing Algorithm.

What does Natura Bissé use the data from its studies for? Did people really feel a mood transformation?

We use the results to adjust our spa rituals and design products and massage techniques that not only produce unbeatable results on the skin but also provide maximum relaxation and positive emotions at every stage of the spa treatment.

The subjective surveys confirmed what the instrumental measurements indicated: the volunteers stated they looked better and felt better about themselves. They also felt a greater capacity to achieve goals (sense of environmental mastery) only after the treatment.

Why is touch such an important sense? What benefits do touch and massage have on people?

Touch is one of the first senses that are developed and possibly the last to disappear. It helps us perceive sensations such as temperature or pressure and to judge the dimension of a space in relation to others and our surroundings.

Touch awakens some of the millions of receptors in our skin and stimulates the release of neurochemicals related to positive mood (serotonin, dopamine and oxytocin). Plus, every massage stroke reduces levels of cortisol, one of the hormones that is released as a reaction to stress. The release of oxytocin helps slow the heart rate and reduce blood pressure, which in turn makes us feel calmer.

What role did artificial intelligence play in this study? Is it only Natura Bissé treatments that improve mood?

Natura Bissé's partner in this study was the neurotechnology research specialist Starlab, which uses artificial intelligence as a working tool. In this case, AI was used to design the "Wellbeing Algorithm".

The benefits of touch and self-care have been demonstrated in numerous studies, and the positive effects of massage are widely supported by science.

In any case, at Natura Bissé, we have measured our rituals, using our products and techniques designed by our Training team, which are included in all our protocols. For this reason, the specific data from this study are only applicable to Natura Bissé treatments, although a quality ritual in a professional spa always enhances wellbeing and good mood. For this reason, we always encourage people to visit and enjoy the spa.

What makes Natura Bissé treatments different from other treatments?

To start with, they are only performed using

our professional skincare products, which include the maximum concentration of active ingredients to address all types of cutaneous needs. Secondly, we are the only brand that for over seven years has been designing our spa experiences based on our neuroscience knowledge. A group of experts analyze each and every movement and step to provide the best results and the maximum sensation of pleasure and relaxation, while boosting the results for the skin.

What is your plan for introducing the results of this study into your future treatments?

We will continue to use our studies for treatment creation, a perfect example of this is our recently launched "Pro-Youth Lifting Method by Natura Bissé" which includes guided breathing techniques, vagus nerve stimulation and exclusive relaxing and lifting maneuvers. It was designed to elevate overall wellbeing levels in a short period of time.

And of course, we are working to expand the benefits to other areas of expertise.

How do you see the China market in terms of accepting high technology?

China is at the forefront of technological innovation worldwide, quickly embracing novelty and new ways of doing things, so, I think there's no problem at all for China to accept or develop high technology.

Can you define in a few words what the Wellbeing Algorithm is? What uses does the Wellbeing Algorithm potentially have for life in a wider context?

It is a way to quantify wellbeing based on instrumental measurements solely, projecting it into the circumplex of emotions (the model is based on Dr. James Russell) and understand the predominant mood. The Wellbeing Algorithm, for us, is a very effective tool to translate and visualize the scientific data.

These kinds of studies provide scientific evidence based on instrumental measures which has many applications in real life and the medical world, as now more than ever we want proof.

For Natura Bissé, our neuroscientific study has become a milestone and I am sure this is just the beginning of more evidence to come that will put spas at the center of humankind wellbeing.



生物科技与整合美学

访吴海生物科技副总经理张军东博士

说起中国生物科技企业，就会把目光投向吴海生物科技。这家应用生物医用材料技术和基因工程技术进行医疗器械和药品研发、生产和销售的科技创新型企业，致力于通过技术创新及转化、国内外资源整合及规模化生产，为市场提供创新医疗产品，近年来，逐步实现相关医药产品的进口替代，成为有关生物医用材料领域的领军企业，并拥有多个国外上市公司，业务版图覆盖全球。

公司于2015年4月30日、2019年10月30日分别在香港联交所主板、上海证券交易所科创板上市，成为全国首家“港股+科创板”生物医药上市公司。SpaChina有幸专访了吴海生科副总经理张军东博士，张博士毕业于第二军医大学，医学博士、临床医学博士，在吴海生科已有10年，擅长创新生物制剂产品开发，以及生物制剂在皮肤科领域的研发方向和规划。

吴海生物科技目前的核心业务有哪些？愿景和使命是什么？

经过十余年不断自主创新和产业整合，截至2023年，吴海生科完成了以人工晶状体、近视防控与屈光矫正及眼表用药、医用透明质酸钠/玻璃酸钠、医用几丁糖为代表的生

物医用材料的行业重组，实现了创新基因工程药物（国家一类新药）外用表皮生长因子的产业化，进而在眼科、整形美容与创面护理、骨科和防粘连及止血等四个主要业务领域取得了行业领先优势。

吴海生科始终以不断提高国人的健康品质和促进患者康复为目标，以聚焦差异化发展为企业战略，持续专注于眼科、医疗美容及创面护理、骨科、外科四大快速发展的治疗领域，注重科研创新和成果转化，自主研发及技术引进并举，完善产品线、整合产业链，强化专业服务和公司品牌，努力成为生物医用材料领域国内领先、国际知名的企业集团。

吴海生物在全球市场的布局情况如何？有哪些主要的市场和客户？

在全球范围内，公司拥有美国Aaren、英国Contamac、法国Bioxis及以色列上市公司EndyMed等多个海外公司。同时，公司已在中国、美国、英国、法国、以色列建立了一体化的研发体系，积极引进、消化和吸收海外先进技术与管理经验，形成了国内外互动的研发布局。

公司旗下的以色列上市公司EndyMed主要从事医用及家用射频美容仪器设备的研发、生产及销售业务，旗下EndyMed

Pro、Pure专业射频美容仪系列产品销售覆盖全球超过50个国家地区。

公司旗下的法国玻尿酸子公司Bioxis的Cytosial玻尿酸产品现已在包括欧洲、美洲、中东等市场销售。

公司旗下的镭科光电，则主要从事激光芯片及仪器设备的研发、生产及销售业务，已有激光美肤设备获得中国CFDA、美国FDA、欧盟CE医疗器械认证并在全球多个市场销售，镭科光电也正在推进更多激光美肤、皮秒激光等医美产品在中国注册上市和销售。

在与“健康”相关的生物技术方面，有哪些重要的创新和突破？

截至2023年末，公司及子公司累计获得专利数达406个，其中发明专利达108个。

吴海生科始终以不断提高居民的健康品质和促进患者康复为目标，持续专注于眼科、医疗美容及创面护理、骨科、外科四大快速发展的治疗领域，注重科研创新与技术突破。

我们利用基因工程技术研发生产的外用人表皮生长因子（hEGF）“康合素”，为国内唯一与人体天然EGF拥有完全相同的氨基酸数量、序列以及空间结构的表皮生长因子产



Dr. Jaden Zhang

品，亦是国际第一个获得注册的人表皮生长因子产品，在医美微整形术后护理领域，具备显著的疗效与广阔的市场前景。

当前，公司也正在重点开发胶原蛋白产品线，建立了以动物源蛋白提取技术为核心技术平台，以及中试转化平台、配方工艺研发平台、合成生物学研发平台、应用机制研究平台、生物安全性评价平台在内的六大研发平台，开发胶原蛋白原液、重组胶原蛋白溶液、胶原蛋白凝胶、交联胶原蛋白凝胶等系列产品，通过技术创新更好的发挥胶原蛋白材料补水保湿、抗皱、美白、修复、填充等功效，以与公司现有的玻尿酸、EGF、射频美容设备产品形成优势互补，进一步巩固与提高公司的竞争优势。

面对全球的竞争对手，吴海生物有哪些竞争优势？

首先肯定是技术优势。自成立以来，公司不断扩充研发实力，建立了人工晶状体及视光材料、医用几丁糖、医用透明质酸钠/玻璃酸钠、外用人表皮生长因子、多元相控射频/垂直腔面发射半导体激光医疗美容仪器设备等技术平台，主要产品的技术水平均为行业领先并拥有自主知识产权。

在重点布局的医美领域，公司同时掌握“鸡冠提取法”和“细菌发酵法”两种国际市场主流的医用透明质酸钠原料生产工艺，自主研发掌握了单相交联、低温二次交联、线性无颗粒化交联以及有机交联等交联工艺。公司外用人表皮生长因子产品获得“国家科学技术进步二等奖”，是国际第一个

获得注册的外用人表皮生长因子产品。

同时，公司拥有国家级企业技术中心、国家级博士后科研工作站两个国家级研发平台，以及四个省部级技术及研发转化平台和一个上海市院士专家工作站，并已在中国、美国、英国、法国、以色列建立了一体化的研发体系。

其次，是产业链整合优势。司基本完成了眼科、医疗美容与创面护理、骨科、外科防粘连及止血四大治疗领域“原料+研发+制造+销售”的布局，实现了从上游原材料到产品研发、生产及下游市场销售的产业链整合。凭借产业链整合优势，公司一方面降低了生产成本，确保了原材料供应的稳定性和产品质量；另一方面，通过在产业链下游的渗入，也有利于公司更好地了解终端市场需求及变化趋势，从而针对性地进行产品乃至上游原材料的一体化研发，进一步提升公司产品的市场竞争力。

您如何看待目前生物技术行业的发展趋势？

吴海生物在这一趋势中将扮演什么样的角色？

吴海生科公司致力于“整合美学”的研究



和探索，将旗下的玻尿酸填充产品，光电设备，生物制剂充分联合，通过不同维度提供用户皮肤健康全周期护理方案。

光电设备项目通过联合生物制剂，可以实现增效、促进修复和维持疗效的目的，真正意义上提供皮肤健康全周期护理方案。同时，玻尿酸填充和光电设备的联合应用也可以给用户更完美的抗衰塑形方案。

另外，吴海生科也在创新将医疗诊所，生活美容和居家三大场景联动，全面覆盖用户的各个生活场景，提供全面的肌肤维养，抗衰，塑形的产品和服务，致力于更安全有效及时地解决客户的肌肤问题和需求。

在企业社会责任方面有哪些举措？如何平衡企业发展与社会责任之间的关系？

生物科技的前景和社会贡献是极其广阔和深远的。其发展不仅为工业、农业、医药等领域带来了革命性的变化，还对社会经济发展和人类生活质量的提升做出了巨大贡献。同时，随着科技的进步和国际合作的加强，未来前景也十分广阔。

生物科技也是一个高度全球化的领域，国际合作和交流对于推动创新和产业发展至关重要。吴海积极参与国际生物技术合作项目，加强与国际顶尖研究机构和企业合作，共同开展研发活动和各类人才培养计划。公司在实现企业高质量稳健发展的同时，积极履行社会责任，包括股东和债权人权益保护、职工权益保护、供应商、客户和消费者权益保护、产品安全保障、公共关系、社会公益事业，以及环境保护等。

Biotechnology and Integrated Aesthetics

Interview with Dr. Jaden Zhang,
Vice President of Haohai Biological Technology



When it comes to biotech companies in China, the focus is on Haohai Biological Technology. Haohai is a hi-tech enterprise committed to providing new medical products through innovation and transformation, resource integration and large-scale production. It applies biomedical material and genetic engineering technologies to the research, development, production and sales of medical devices and pharmaceuticals. It has gradually succeeded in creating domestic production of all the relevant pharmaceutical products, and has become a leader in the field of biomedical materials. It owns a number of overseas listed companies, and its business map covers the whole world.

The company was listed on the Hong Kong Stock Exchange in 2015, and the Shanghai Stock Exchange in 2019, making it the first biomedical company listed on the “Hong Kong Stock + Science and Technology Innovation Board” in China. Dr. Zhang graduated from the Second Military Medical University with an M.D. and a post-doctoral degree in clinical medicine. He has been with Haohai Biotechnology for 10 years and specializes in the development of innovative biologics, as well as the direction of biologics research and development in the field of dermatology and the planning of biologics research and development.

What are the current core businesses of Haohai Biotechnology? What is the vision and mission?

After more than ten years of independent innovation and industrial integration, as of 2023, Haohai Biotech has completed the re-organization of biomedical materials and has achieved industry leadership in four major business areas, including ophthalmology, cosmetic and wound care, orthopedics and anti-adhesion and hemostasis.

Haohai Biotechnology aims to improve the health quality of everyone and promote the recovery of patients. It continues to focus on the four fast-developing therapeutic areas of ophthalmology, medical beauty and wound care, orthopaedics and surgery, and stresses independent research and development in improving the product line, and strengthening the services and brand name of the company. It strives to become a leading domestic company in the field of bio-medical materials, also recognised internationally.

How does Haohai Bio handle the global market? What are the major markets and customers?

The company owns a number of overseas companies such as Aaren in the US, Contamac in the UK, Bioxis in France and EndyMed, a listed

company in Israel. Meanwhile, the Company has established an integrated R&D system covering in China, the US, the UK, France and Israel, and actively absorbs overseas advanced technology and management experience to form an interactive R&D layout at home and abroad.

EndyMed is mainly engaged in the R&D, production and sales of medical and household radiofrequency beauty equipment, and its EndyMed Pro and Pure professional radiofrequency cosmetology instrument series is sold in more than 50 countries and regions around the world.

The French hyaluronic acid subsidiary, Bioxis, sells Cytosial hyaluronic acid products in many markets. Radiophotonics, a subsidiary, is mainly engaged in laser chips and instruments, and has obtained medical device certifications of CFDA, FDA, and CE in the European Union for its laser skin beautification equipment and sells them in many markets around the world.

What are the important innovations and breakthroughs in biotechnology related to “health”?

By the end of 2023, the company and its subsidiaries had 406 patents, including 108 invention patents. Haohai Biotech always aims to improve people’s health quality and promote patient

recovery, and focuses on the four fast-growing therapeutic areas of ophthalmology, medical aesthetics and wound care, orthopaedics, and surgery, emphasizing scientific research innovation and technological breakthroughs.

We utilize genetic engineering technology to develop and produce topical human epidermal growth factor (hEGF) “Kanghexin”, which is the only epidermal growth factor product in China with identical amino acid number, sequence and spatial structure as the natural EGF in the human body, and is also the first human epidermal growth factor product to obtain international registration, which has significant potential in aesthetic and micro-plastic aftercare. It is also the first human epidermal growth factor product to be registered globally, and has remarkable efficacy and broad market prospects.

The company is also focusing on the development of a collagen product line, and the establishment of animal source protein extraction technology as the core technology platform. Through technological innovation, Haohai will give better play to the efficacy of collagen materials in hydration and moisturizing, anti-wrinkle, whitening, repairing and filling, etc., so as to form complementary advantages with the company’s existing hyaluronic acid, EGF, and radiofrequency cosmetic equipment products, and to further consolidate and improve the company’s competitive advantages.

Facing global competitors, what competitive advantages does Haohai Bio have?

The first one is definitely a technical advantage. Since its establishment, the company has constantly expanded its R&D strength and established technology platforms for artificial lens and optic materials and many other elements. The technical level of the main products are all industry-leading.

In the key layout of the medical aesthetic field, the company has mastered the “chicken crown extraction method” and “bacterial fermentation method”, two international market mainstream production processes of medical sodium hyaluronate raw materials, as well as single-phase cross-linking, low-temperature secondary cross-linking, linear cross-linking and organic cross-linking processes. The company’s topical human epidermal growth factor product won a National Prize for Science and Technology Progress – it is the first registered topical human epidermal growth factor prod-



uct in the world.

Meanwhile, the company has two national R&D platforms, namely, the national enterprise technology center and the national post-doctoral research station, as well as four provincial and ministerial-level technology and R&D transformation platforms and a Shanghai academician expert workstation, and has established an integrated R&D system in China, the U.S., the U.K., France and Israel.

Secondly, there is the advantage of industry chain integration. The company has basically completed the layout of “raw materials + R&D + manufacturing + sales” in four major therapeutic areas, namely, ophthalmology, medical beauty and wound care, orthopedics, and surgical anti-adhesion and hemostasis, and has realized the integration of the industry chain from upstream raw materials to product research and development, production and downstream marketing and sales. With the advantage of industry chain integration, the company reduces production costs and ensures the stability of raw material supply and product quality; on the other hand, penetration of the downstream of the industry chain also facilitates the company to better understand the end-market demand and trends, so as to carry out integrated R&D of products and even upstream raw materials, and further enhance the market competitiveness of the company’s products.

How do you see the current trend of biotechnology industry? What role will Haohai Biotechnology play in this trend?

Haohai Biotechnology is committed to the

research and exploration of “integrated aesthetics”, combining its hyaluronic acid filler products, photoelectric devices and biological agents to provide users with full-cycle skin health care programs. By combining with biological agents, the photoelectric device program can increase efficiency, promote repair and maintain the effects of treatment to truly provide a full-cycle skin health care program. The combined application of hyaluronic acid filler and photoelectric device can also give users a more perfect anti-aging and shaping program.

In addition, Hao Hai Biotechnology is also linking the three major scenarios of medical clinic, life beauty and home to cover all the life scenarios of users, providing comprehensive skin maintenance, anti-aging and shaping products and services, and is committed to solving the skin problems and needs of customers in a safe, effective and timely manner.

What are the initiatives in corporate social responsibility? How to balance the relationship between corporate development and social responsibility?

The prospect and social contribution of biotechnology is extremely broad and far-reaching. Its development has not only revolutionized the fields of industry, agriculture and medicine, but also contributed greatly to socio-economic development and improved the quality of human life. With the progress of science and technology and the strengthening of international cooperation, future prospects are very broad.

Biotechnology is a highly globalized field, and international cooperation and exchanges are crucial to promoting innovation and industrial development. Haohai participates in international biotechnology cooperation projects, strengthens cooperation with top international research institutes and enterprises, and jointly carries out research and development activities and various talent training programs. While realizing high-quality and steady corporate development, the company actively fulfills its social responsibilities, including the protection of the rights and interests of shareholders and creditors, as well as employees, suppliers, customers and consumers. Also crucial are the protection of product safety and security, public relations, social public welfare, as well as the protection of the environment.



领先科技 持久赋能

访欧华美科联合创始人许懿女士

许懿女士，上海交大法国马赛KEDGE商学院EMBA。2009年加入欧华美科，任欧华美科东投(天津)医学科技有限公司董事总经理。集团专注于全球范围内的皮肤医学科技创新，目前在中国、法国、以色列拥有多个研发中心，在半导体激光、生物材料和射频领域均建立了国际领先的自主核心技术，并打造了多个专利产品。2023年，昊海生科收购了欧华美科，成为昊海生科全资子公司。在许懿女士15年领导下，凭借其对行业宏观的分析、深厚的专业经验、决策推动了区域内医美、科美、生美多种业态行业变革优化，用最新技术和解决方案赋能机构，服务全国1000余家美业品牌，推动中国美业持久健康发展。SpaChina采访了许女士。



欧华美科在美容与健康科技方面有哪些重要的创新和突破？

欧华美科在射频、激光和生物材料领域不

断加强自主研发优势和整合全球领先技术资源，现已建立覆盖医疗机构、美容院、家用的全场景产品管线，满足市场消费需求。同时也致力于设备和生物材料的联合应用，为消费者提供全场景全案皮肤护理方案。

例如，我们研发出的全球唯一多源相控

射频技术，更有效更安全地将射频能量送入皮肤各个层级，通过六个射频发射源同时控制六个电极，产3组固定的磁场，同极相互排斥使射频热能传导到皮肤深层，实现能量促渗，全域抗衰。此种技术我们应用在医疗设备，美容设备，家用设备上，全场景赋能用户。(美国Unite States Patent and Trademark Office专利号为9039697；中国专利号为CN2015900003582)

我们还研发出了全球首款玻尿酸填充的天鹅绒技术，天鹅绒技术这种工艺可以避免发炎和肉芽肿，现已获得CE认证，目前正在申请中国NMPA的认证。

另外，我们的迄今为止世界最长使用寿命“高功率VCSEL激光器”，拥有国内外13项左右的专利。这种新一代半导体激光器，其激光垂直于顶面射出，区别于一般由边缘射出的边射型激光，使用寿命长，约是普通产品的4-5倍。(专利号：2537585)

还有全球首个水提纯技术，获得了国家



专利，实现透明质酸钠原液0酒精，0.8%的高活性，还研发了首个DMAE+18种氨基酸+玻尿酸的动能素，两种生物材料皆可结合导入设备(射频，纳晶)，将精华导入到基底层，让肌肤更充盈，更嘭弹，更紧致。(专利号：202310418487.4)

您的业务在市场上有何独特优势？在用户体验方面有哪些设计和考虑？

在技术类方面，我们的全球知名度高，尤其在专利性射频、激光、生物材料技术领域及其在医疗、美容范围的应用方面，可以说是天花板级别的。

在经营方面的优势主要体现在：新店技术投入分析、小微连锁科美构建与运营陪跑、跨城、全国连锁品牌的科美、双美机构提供项目设计和年度规划方案等。我们奉行长期主义的经营思维，在解决经营方案、营销方案、人才培养方面都有完备的策略与服务。

在用户体验方面，我们注重从经营角度分析不同技术可以带来何种消费循环，流行品不是王道，与消费需求与经营需求匹配才是最优解决方案。我们每年分析全球、国内的美容皮肤需求变化数据，更早的洞察消费者潜在需求开发，指导未来运营规划。我们的陪跑服务贯穿于客户的运营全流程，随时得到来自于用家的反馈，从而得到创新的启发。

在行业标准和政策方面，欧华美科是如何保持合规和领先的？

作为一个既拥有跨国产业链、又隶属于国内



上市公司、在射频、生物、激光、产品等领域多元化发展的品牌，我们的研发能力、生产能力、全球供应销售系统，以及在创新领域，每年都有新的技术专利。这就会在行业的上游保持住稳健的技术领先，能够为全球更多的皮肤科医生，做更多的临床适应症开发，同时持续不断地为行业中下游赋能，带来规模收入。

另一方面，我们是行业标准和政策法规的维护者。以FDA、CFDA、CE等的标准资质服务全球医疗美容市场，其中包括了美容SPA技术应用合规等。我们又兼是中国医疗

器械行业协会副理事长单位及国内《身体塑形中心规范化建设》的参编者。

您如何看待中国市场的独特性？如何平衡国际化与本地化之间的关系？

中国美容市场包罗万象，SPA、生美、医美、双美、多美不同的商业模式之间有竞争也有合作，比较强调核心收入的结构化，不变的主题就是变化中优化；国际化品牌在一些美容机构起步阶段有着较强的影响力和调性份额，但随着近五年国内研发能力创新能力，生物制剂的强势发展，成本与产业链优势突显，把握自己的美容机构属于什么阶段，结合中西优势是必然结果。

如何看中国美容与健康科技行业的发展趋势？您对年轻一代从业者有什么建议？

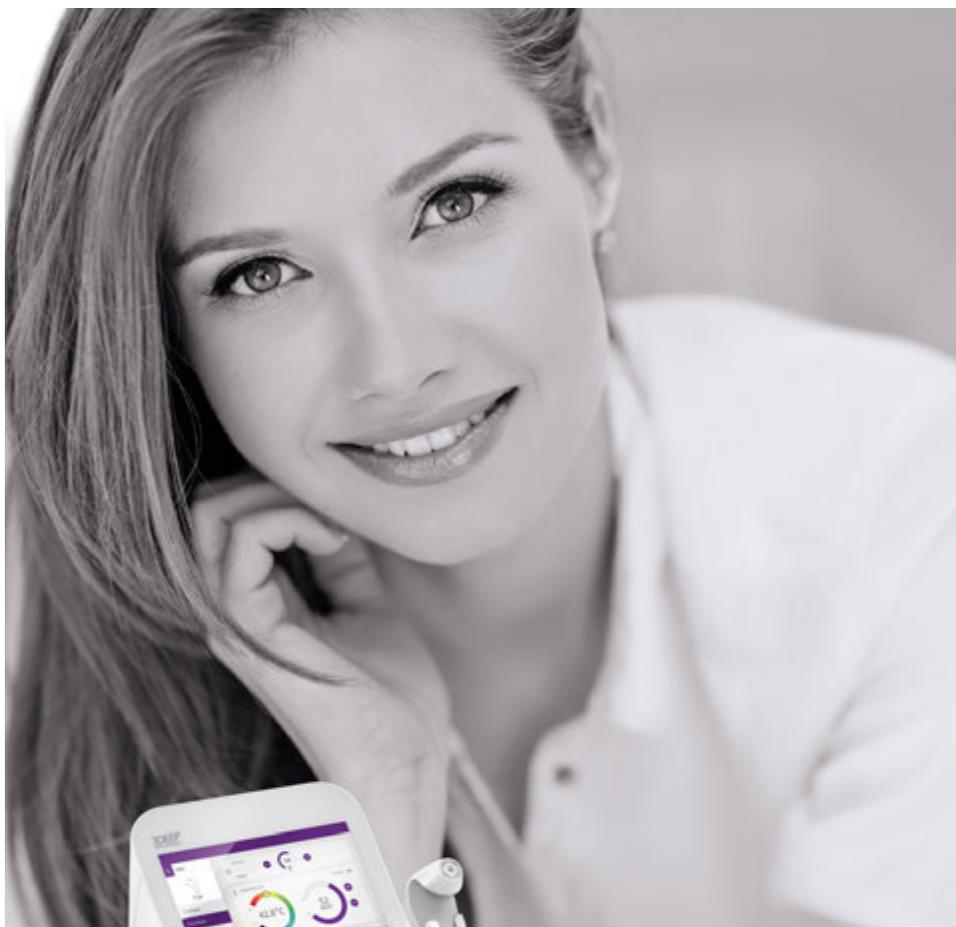
从国家经济发展规划看，未来服务产业预测的五年增长率是17%，其中美容与健康科技、信息消费、定制消费、数字消费、时尚消费几大板块都有覆盖及影响。

广义的“审美力”将变成美容与健康科技行业的一个越发重要的诱因。健康、安全、有效稳定是美容科技的硬件要求。新型人才的培养更迭，行业竞争和持续增长过程中的成本增加等因素，将加速行业应用数据算法与新媒体营销的应用，得以大幅度管理效率。

对于年轻人我想说的是，如果要进入这个赛道，就需要深度了解行业上游技术的发展，明白其增长方向与赢利模式很重要，要搞清楚服务价值的可持续性对运营设计逻辑的影响。

Leading Technology and Enduring Empowerment

Interview with Ms. Vera Xu, Co-founder of JUVAMED



Ms. Vera Xu, has an EMBA degree from the KEDGE Business School of Marseille, France, at Shanghai Jiaotong University, and joined JUVAMED in 2009. She is now the Managing Director of JUVAMED (Tianjin) Medical Technology Co. The Group focuses on the global innovation of dermatology technology, with several R&D centers in China, France, and Israel, and has established world-leading proprietary core technologies in the fields of semiconductor lasers, biomaterials, and radiofrequency, as well as a number of patented products. In 2023, Haohai BioScience acquired JUVAMED and JUVAMED became a wholly-owned subsidiary of Haohai BioScience.

Under the leadership of Ms Xu for 15 years,

with her macro analysis of the industry, deep professional experience, she makes decisions to promote the transformation and optimization of a variety of industries, such as medical aesthetics, scientific aesthetics, and biological aesthetics, empowering organizations with the latest technology and solutions, serving more than 1,000 beauty industry brands across the country, and promoting the lasting and healthy development of China's beauty industry. SpaChina interviewed her.

What are the important innovations and breakthroughs of JUVAMED Beauty Tech in beauty and health technology?

We have been continuously strengthening our independent R&D advantages and integrating the world's leading technological resources in the fields of RF, laser and biomaterials, and have now established a full-scenario product pipeline covering medical institutions, beauty salons, and home use to meet the market's consumer demand. We are committed to the joint application of devices and biomaterials to provide consumers with full-scene, full-case skin care solutions.

For example, we have developed the world's only multi-source, phase-controlled radiofrequency (RF) technology, which delivers RF energy to all layers of the skin in a more effective and safer manner. Six RF emitters control six electrodes at the same time, creating three sets of fixed magnetic fields that repel each other and allow RF heat to be transmitted to the deeper layers of the skin, thus promoting energy penetration and anti-aging across the entire skin area. This technology is used in medical, cosmetic, and home devices to empower users across the board. (U.S. United States Patent and Trademark Office Patent No. 9039697; China Patent No. CN2015900003582)

We have also developed the world's first hyaluronic acid filled Velvet Technology. This

process avoids inflammation and granulomas, is now CE certified, and we are currently applying for certification under China's NMPA.

In addition, we have the world's longest-lasting "High Power VCSEL Laser", which has about 13 patents at home and abroad. This new generation of semiconductor lasers, with laser light emitted perpendicularly from the top surface, is different from the edge-type laser light emitted from the edge and has a long service life that is about 4-5 times longer than that of ordinary products. (Patent No. 2537585)

There is also the world's first water purification technology, which has obtained a national patent, realizing 0 alcohol in sodium hyaluronate original liquid and 8% high activity, and also developed the first DMAE + 18 kinds of amino acids + hyaluronic acid kine-tin, and both biomaterials can be combined with the introduction equipment (RF, nano-crystalline), which can introduce the essence to the basal layer, so as to make the skin more plumped up, more elastic, and tighter. (Patent No. 202310418487.4)

What are the unique advantages of your business in the market? What are the design and considerations in terms of user experience?

In the technology category, we are globally recognized, especially in the field of patented RF, laser and biomaterial technologies and their applications in the medical and cosmetic scopes, which can be considered as the top level.

Our strengths in the business category are mainly in the following areas: analysis of technical inputs for new stores, small and micro-chained komedicine construction and operation accompaniment, and cross-city and national chain brands of komedicine and biomedicine organizations providing project design and annual planning programs. We pursue long-termist business thinking, in the search for business solutions, marketing programs and talent training, and all have complete strategies and services.

In terms of user experience, we focus on analyzing what kind of consumption cycle can be brought by different technologies from the perspective of management. Popular products are not the king, but the optimal solution is to match consumption demand and business



demand. We analyze the global and domestic cosmetic skin demand change data every year to gain earlier insight into the development of potential consumer demand and guide future operation planning. Our accompanying service runs through the whole process of customer's operation, and we get the feedback from users at any time, so as to get the inspiration of innovation.

How does JUVAMED stay compliant and ahead of the curve when it comes to industry standards and policies?

As a brand with both a multinational industrial chain and affiliated with a domestic listed company that is diversified in the fields of radiofrequency, biologics, lasers, and products, our R&D capability, production capacity, global supply and sales system, new technology patents are awarded every year. This helps maintain a solid technology leadership in the upstream of the industry, and allow us to do more clinical indications development for more dermatologists around the world, while continuously empowering the industry in the midstream and downstream to bring in scale revenues.

On the other hand, we are a defender of industry standards and policies and regulations. We serve the global medical aesthetics market with the standard qualifications of FDA, CFDA, CE, etc., including the compliance of aesthetic spa technology application. We are also the vice chairman of the China Medical Device Industry Association (CMDA)

and a co-editor of the "Standardized Construction of Body Contouring Centers" in China.

How do you see the uniqueness of the Chinese market? How do you balance the relationship between internationalization and localization?

China's beauty market is all-encompassing, including spa, lifestyle beauty, medical beauty and more. These different business models have competition and cooperation with emphasis on the structuring of the core income, the unchanging theme is to optimize in the change; international brands in the start-up phase of some beauty institutions have a strong influence and share, but with the domestic R & D capabilities of the innovation capacity in the last five years, the strong development of biologics, cost and industry chain advantages highlighted, grasp their own beauty agencies belong to what stage, combined with Chinese and Western advantages is the inevitable result.

How do you see the development trend of China's beauty and health technology industry? What advice do you have for the younger generation of practitioners?

From the perspective of the national economic development plan, the predicted five-year growth rate of the service industry in the future is 17%, in which beauty and health science and technology, information consumption, customized consumption, digital consumption, and fashion consumption are covered and influenced by several major sectors.

Broadly speaking, "aesthetic power" will become an increasingly important incentive for the beauty and health technology industry. Health, safety, effectiveness and stability are the hardware requirements of beauty technology. New talent development and turnover, industry competition and continued growth in the process of increasing costs and other factors, will accelerate the industry to apply data algorithms and new media marketing applications, to be able to significantly manage efficiency.

To young people I would like to say that if you want to enter this field, you need to deeply understand the development of the industry's upstream technology, understand the direction of its growth and profit model to figure out the sustainability of the value of the services and the logic of the operation design.

塔斯马尼亚 世界尽头的小岛

在这里，停下忙碌的脚步，聆听内心，尽情放松



Picture by Tasmania Tourism

澳

大利亚东南部的塔斯马尼亚，气候温和宜人，四季分明，40%的面积是UNESCO世界遗产区和国家公园保护区。在这里，邂逅自然之景——茂密的森林、壮观的瀑布、湖泊和山脉，以及美丽的海湾和沙滩；亦能与能工巧匠相遇、追本溯源；也可以尽享当地饕餮美食，新鲜食材或刚刚从大海中捕捞上岸，或刚刚从土地里采摘入篮。超过50万人在岛上幸福安家。

塔斯马尼亚的主要景点分布在东部地区，古镇、雨林、海湾、山川、薰衣草田，围绕着霍巴特、斯旺西、朗塞斯顿三个城市如画卷般展开。西部主要是森林公园，其中以摇篮山最为有名。

霍巴特： 古镇漫步、苹果文化与丛林探险

塔斯马尼亚首府霍巴特，位于塔斯马尼亚岛东南部。作为澳大利亚第二古老的城市，霍巴特见证了岁月的沧桑与变迁。城市依山傍水，背靠惠灵顿山，德温特河穿城而过，为这座城市增添了几分柔美与灵动。漫步在霍巴特的街头巷尾，可以感受到浓厚的殖民时期氛围。百特利角是霍巴特历史最悠久的地区之一，这里有许多保存完好的19世纪建筑，许多老房子被改建成了古董店、艺廊和咖啡馆，经常举办各种艺术展览和文化活动，充满艺术气息。被梧桐树和19世纪乔治亚式砂岩仓库环绕的萨拉曼卡广场，每周六会举办萨拉曼卡集市，集市上摊位众多，商品琳琅满目，汇聚了各种各样的手工艺品、海鲜和农产品，以及生活用品，还会有大批街头艺术家、音乐家和表演者在这里展示才华和创意，让你充分体验塔斯马尼亚的多元文化。而在当地的生蚝鲍鱼养殖场，则可品尝一顿地道的塔州海鲜大餐。

从霍巴特市区向西南出发，约20分钟车程即可抵达惠灵顿山。徒步登上山顶约需2



Pictures by Tasmania Tourism

个小时，也可选择直接开车登顶，市区有通往山顶的旅游大巴，每天9:30和13:30从市中心的游客信息中心发车。登山途中，会经过克斯科特花园和卡斯科特酿酒厂。这座澳大利亚最古老的酿酒厂之一犹如一个巨大的城堡偎依在山脚下。该酿酒厂至今仍采用传统方法酿制美酒，并在其博物馆内展示了酒厂及其周围地区的历史和人文风情。山顶上设有观景台，俯瞰霍巴特全景。一天中的最佳攀登时间是傍晚，城市在旖旎日落的余晖中更显魅力。

塔州素有苹果之州的美誉，休恩维尔则扮演着重要角色，这里不仅盛产苹果，更形成了独特的苹果文化，建起了一座苹果博物馆，展出与苹果种植和生产相关的各种资料、文物，更有多达500多种不同品种的苹果。在苹果收获季节，一定要来这里大饱口福。每年三月，休恩维尔会举行Taste of Huon美食节，各种新鲜水果、蔬菜、海鲜、葡萄酒、蜂蜜，惊艳你的味蕾。吃完苹果，下到休恩河谷，体验森林树冠之上的空中步道Tahune Airwalk，高48米，全长500米，带你完全沉浸于原始森林的青翠秘境。

从霍巴特自驾约1个半小时可到达塔斯马尼亚最古老的国家公园——菲德尔山国家公园。园内林木参天，绝对是一个天然氧吧。这里设置了13个徒步区，从半小时到8

小时各类徒步路线适合不同时间需求和体力的游客。公园内有建有许多山中小屋提供住宿。从旅游服务中心步行10分钟，便会看到巍峨的Russek Falls瀑布，顺着山势叠为数层，倾斜而下，在郁郁葱葱的植被映衬下显得格外优雅。马蹄瀑布(Horseshoe Falls)就在罗素瀑布附近，因瀑布形状如马蹄而得名，是另一处不可错过的自然奇观。

斯旺西：海湾的万种风情

塔州东海岸的中心城市斯旺西同样是塔斯马尼亚最古老的城镇之一，保留了许多维多利亚时期的建筑，周边则环绕着众多迷人的海湾。

科尔斯湾是进入菲欣纳国家公园的主要门户。海湾周围环绕着粉红色的花岗岩山峰，俯瞰着平静清澈的海水。这里是近海游泳、皮划艇和出海垂钓的理想场所。从科尔斯湾出发，跟随导游的皮划艇之旅，在哈泽德山脉粉红色的花岗岩下静静划行，近距离观赏海洋生物。每年5月，还能观赏到鲸鱼迁徙的壮观景象。一众餐厅和海鲜店铺提供丰富的海鲜选择，推荐The Bay Restaurant、Ice Creamery & Co。

位于菲欣纳国家公园内的酒杯湾被誉为世界十大最美海滩之一，以其半月形的白色沙滩和碧绿色的海水而闻名，从高处俯瞰犹

如盛满美酒的水晶玻璃杯。海滩周边则以红色和粉红色的花岗岩为特色，赋予了海岸线独特的粉红色调，带来神秘迷人的视觉体验。深海捕鱼、水肺潜水，酒杯湾提供各种水上活动，此外，这里的白腹海雕数量众多，可以近距离看到他们在空中翱翔、俯冲入水捕鱼景象。对于喜欢徒步的游客来说，酒杯湾同样是一个不可多得的好去处，越过赫胥斯山脊，俯瞰酒杯湾的壮丽风景，身心都能得到极大的放松。

紧邻的蜜月湾，赭红色的岩石滩与清澈的海水形成鲜明对比。海水的颜色会根据天气和光线变化，有时呈现湛蓝，有时则是蒂芙尼蓝，非常美丽。海湾周边被奇形怪状的岩石围绕，从空中俯瞰内湾像一颗心，为这里增添了几分浪漫色彩。这里没有什么水上活动选项，但贵在人不杂，你大可躺在沙滩上晒太阳，享受宁静的时光。摄影爱好者常常能在这里捕捉到令人难忘的照片。

朗塞斯顿：壁画与薰衣草农场

塔斯马尼亚第二大城市朗塞斯顿是前往塔州北部的要塞。

塔马河穿城而过，城市中伫立着经典的爱德华和维多利亚式建筑，历史感弥漫开来。作为朗塞斯顿“公园之城”的象征，朗塞斯顿城市公园内绿草如茵、枝繁叶茂，设



有音乐台、钟楼亭和维多利亚风格喷泉，还有一座日本猕猴馆。朗塞斯顿城市周边遍布农场、葡萄酒庄。对木莓、奶酪蜂蜜感兴趣的，可以到圣诞山木莓果园、爱克斯奶酪厂品尝一番。市中心开车15分钟来到卡德奈特峡谷保护区，乘坐索道离地数百米，俯瞰峡谷的地貌和绿树林荫的湖光山色。峡谷内还设有步行道、游泳池、餐厅和咖啡馆，是休闲放松的好去处。

罗兰山脚下的谢菲尔德小镇素有“壁画之城”美誉，是艺术家的天堂。镇内壁画随处可见，几乎没有哪个墙面是空白的。壁画内容各异，有的是风景，有的是人物，有的是故事，还有的是随性的涂鸦，将小镇装扮得无比奇特。小镇每年都会举办壁画展，从复活节周日开始，为期一周。

朗塞斯顿的旧城海港外的塔玛谷是塔斯马尼亚主要的葡萄酒产区。塔玛谷拥有十余家酒庄，每家酒庄都有自己酿制的特色葡萄酒。推荐参观玫瑰庄、圣玛狄葡萄园和丹尼尔艾司葡萄园，这些酒庄不仅提供品酒服务，还允许游客参观葡萄园和了解葡萄酒的酿造过程。河谷中，牧场、果园、葡萄园，风光旖旎，亦十分适合徒步、骑行、自驾游览。众湖之中建有一座度假村，视野开阔，度假村内设有购物村、9洞高尔夫球场和一座18洞小型高尔夫球场，是休闲度假的好

去处。

朗塞斯顿北部坐落着南半球最大的薰衣草农场——布莱德斯托薰衣草农场。风靡社交网络的薰衣草紫色小熊便是来自这个农场。不过由于深受游客喜爱，农场规定每人限购一只。每年12月中旬至1月中旬是薰衣草盛开的季节，此时农场内漫山遍野都是紫色的花朵，香气扑鼻。人们漫步花田，拍照留念，品尝薰衣草味冰淇淋，再买一些薰衣草精油、香皂作为伴手礼。

摇篮山徒步

塔斯马尼亚西部被国家森林公园占据大半部分，其中最为著名的当属摇篮山。从霍巴特和朗塞斯顿均有大巴前往摇篮山。

摇篮山-圣佳尔湖国家公园有非常多的登山徒步路线，难易程度各异。其中Overland线路被孤独星球评为全球十大徒步路线之一，起点是摇篮山，终点是圣克莱尔湖，自北向南全长82公里，一般花费6-7天或者更久才可以徒步完，途经山川、雨林、河流、平原、沼泽，跨越塔斯马尼亚最高山——奥萨山，横渡澳洲最深的湖泊-圣克莱尔湖。鸽子湖环湖线路则是最受欢迎的线路之一，全长6公里，需时2-3小时，沿途可以欣赏到摇篮山的壮丽景色和鸽子湖的橘红色湖水。专业登山人士则可挑战摇篮山登顶。

摇篮山地区是野生动植物的乐园，在这里将有机会近距离观赏到袋熊、袋獾、袋鼬等澳大利亚独特的动物。公园为游客提供许多住宿选择，从独立小木屋、特色树屋到奢华水疗度假村，还有许多餐厅和小吃店，提供当地和国际美食。圣克莱尔湖入口处的游客信息中心处可获得所有相关的旅游信息及徒步线路图。

塔斯马尼亚式放纵： 浸入自然的户外泡浴

夕阳西下，在风景无限的户外，森林之中或高山之上，泡在热气腾腾的水中，欣赏日落后的暮色渐起，头顶繁星点点，任思绪飘飞，再来一瓶气泡酒，这便是典型的“塔斯马尼亚式放纵”。

The Keep度假村位于Blue Tier森林保护区边界，坐落在650米高的高山岩块上，360度俯瞰森林保护区和整个东北海岸线，是一处私密的度假胜地。度假村有一个由花岗岩雕刻而出、适合两人共浴的户外浴池，拥抱绝世独立的美景，病痛塔斯马尼亚特有的芳香精油浴弹。

Gleneagle Tasmania奢华营地位于塔斯马尼亚西北部的Riana，毗邻摇篮山和斯坦利港Port of Stanley，这里四季如春，各种原生树木沐浴在温润的气候中，格外迷人。两座穹

SPA JOURNEY | SPA之旅

顶小屋舒适地坐落于自然之境。高高的露台上有一个户外浴池，浸泡其中，将美丽的湖泊和Dial山脉尽收眼底。你还可以在海边喝一杯咖啡，逛逛当地的精品店，或在当地的餐馆用餐。

Eagles Nest Retreat拥有四座独立的豪华水疗度假村，坐落在塔斯马尼亚西北部Sheffield和摇篮山附近的田园乡间，分别提供12个喷头的户外田园浴池、湖畔水疗浴池、山景浴池、牛奶浴池等独特的泡浴体验。在露台上，为自己倒上一杯pinot葡萄酒，日落时分尽情享受野餐拼盘，然后浸泡在芳香四溢的室外浴缸中，欣赏罗兰山下的高原美景。

Porky Beach Retreat坐落在国王岛私人海滩的沙丘上，距库里镇仅10分钟车程。南大洋迷人的自然背景之中，透过落地玻璃，蔚蓝的景色尽收眼底。度假村有一个下沉式的木质浴缸，浸泡其中，欣赏无垠海景，同时享用国王岛的特产——奶酪拼盘，搭配葡萄酒，浸入海滨假期。

Thalia Haven是塔斯马尼亚东海岸的一处世外桃源，位于私人半岛上，四周环绕着清澈的海水，五公里长的僻静海岸线上有你独享的金色沙滩，四座石头小屋围绕着海边的橄榄树庭院而建。度假村的用水、用电和取暖都来自塔利亚的土地、微风和阳光。伴着海浪声醒来，在沙滩漫步，进到配备专业设备的厨房里烹饪美食大餐，夜幕降临，在熊熊燃烧的篝火旁或星空下的露天浴池中放松身心。

塔斯马尼亚中部，在南半球最深的湖



泊——圣克莱尔湖畔，Retreat at Pumphouse Point将为你带来澳大利亚最具代表性的荒野体验之一。19间精品客房和套房置身于冰川水域之上，周围环绕着古木森林，你可以骑行、划艇，享受烤火盛宴和高地按摩，最后美美地泡在露天浴池中，结束刺激的一天。

威士忌品鉴之旅

塔斯马尼亚是澳大利亚唯一的岛屿州，地理位置独特。这片出尘净土拥有全世界最洁净的空气，肥沃丰饶的土地、气候温和、雨水纯净。天然的环境以及严格的生物安全措施，为生产鲜美的海鲜、新鲜的

水果、优质的葡萄酒、美味的非酒精饮料和果汁，以及世界上最好的威士忌提供了完美条件。

到赫利尔之路蒸馏酒厂(Hellyers Road Distillery)品尝澳大利亚最古老的单一麦芽威士忌。酒厂位于赫利尔之路，这条路曾一度从巴斯海峡深入到塔斯马尼亚西北部野外崎岖偏远的山区。1956年，正是在这片土地上，几个家族奶场成立了繁荣的合作社。1997年，为寻求多元化发展，在这片有着极为新鲜的空气、纯净的水源和宜人气候的土地上，澳大利亚最古老的单一麦芽威士忌酿造厂成立并运营至今。

在洛悦庄园(Lawrenny Estate)感受全球为数不多的“直接装瓶”的庄园单一麦芽威士忌。所用大麦产自洛悦庄园的田野，采用流经庄园的纯净河水进行浸泡，之后再发酵和蒸馏。Lawrenny拥有一系列屡获殊荣的金酒、伏特加及利口酒产品，每一款都代表了洛悦庄园的一个元素。

诺克顿庄园(Nocton Vineyard)以其独特的黑比诺葡萄酒闻名遐迩。凭借理想的地理位置和完美的温度均衡，诺克顿酿造出的葡萄酒口味别致，完美展现了塔斯马尼亚地区的精髓。

老肯普顿蒸馏厂(Old Kempton Distillery)致力于成为“塔斯马尼亚的工匠蒸馏酒厂”，这里的每一瓶酒均经人工逐一装瓶、手写标签。酒厂位于列入世界遗产名录的戴萨特酒庄，酒窖全天二十四小时对外开放，可在此参观、品味充满塔斯马尼亚特色的美食和美酒。

Pictures by Tasmania Tourism





TASMANIA

The Island at the End of the World

*A place where you can suspend your busy schedule,
listen to your heart and relax*

Picture by Tasmania Tourism

Tasmania, in south-eastern Australia, has a mild climate and 40% of its area are UNESCO World Heritage Sites and protected national parks. Embrace nature – the dense forests, spectacular waterfalls, lakes and mountains, beautiful bays and sandy beaches; meet artisans and trace your roots; and savor local cuisine, freshly caught from the sea or just picked from the earth. More than half a million people have made their home on the island.

Tasmania's main attractions are found in the island's eastern region, where old towns, rainforests, bays, mountains and lavender fields unfold like a scroll around the cities of Hobart, Swansea and Launceston. The west is dominated by forest parks, of which Cradle Mountain is the most famous.

Hobart: old town strolls, apple culture & bushwalking

Hobart, the capital of Tasmania, is located in the southeast of the island. As Australia's second oldest city, Hobart has seen a lot of change

over the years. With Mount Wellington at its back and the Derwent River running through the city, it has a soft and dynamic feel. Walking through the streets of Hobart, you can feel the strong colonial atmosphere. Battery Point, one of Hobart's oldest areas, is home to well-preserved 19th-century buildings, many of which have been converted into antique stores, galleries and cafes, and often host a variety of art exhibitions and cultural events. Surrounded by sycamore trees and 19th-century Georgian sandstone warehouses, Salamanca Place hosts the prestigious Salamanca Market on Saturdays. There are a wide range of stalls and goods, from handicrafts, seafood and produce to household items. Street artists, musicians and performers showcase their talents and creativity here, leading you to immersion in Tasmania's multiculturalism. Don't forget to enjoy an authentic Tasmanian seafood meal at a local oyster and abalone farm.

Mt Wellington is about a 20-minute drive southwest of Hobart city center. It takes about 2 hours to hike to the summit, or you can choose to drive straight to the top, with buses

departing from the Visitor Information Center in the city center at 9:30 and 13:30 daily. On the way up, you'll pass Cascade Gardens and the Cascade Brewery. The latter is one of Australia's oldest distilleries and still makes wines with traditional methods, while its museum showcases the history and people of the distillery and surrounding area. At the top of the hill stands a viewing platform with panoramic views of Hobart. The best time of day to climb is in the evening, when the city is bathed in the glow of a stunning sunset.

Tasmania is known as the Apple State, and Huonville plays an important role in that. Not only does it produce apples, but it has also developed a unique apple culture, with an apple museum displaying a variety of materials and artifacts related to apple cultivation and production, as well as more than 500 different varieties of apples. During the apple harvest season, be sure to stop by and enjoy the apples. Every March, Huonville hosts the Taste of Huon food festival, with a variety of fresh fruits, vegetables, seafood, wine, and honey to wow your taste buds. After eating your apples, head down to

SPA JOURNEY | SPA之旅

the Huon Valley and experience the Tahune Airwalk, a 48-meter-high, 500-meter-long aerial walkway above the forest canopy that completely immerses you in the verdant secrets of the pristine forest.

Mt. Field Park, Tasmania's oldest national park, can be reached by car from Hobart in about 1½ hours. The forested park is definitely a natural oxygen bar. There are 13 hiking areas set up here, with various types of hiking trails ranging from half an hour to 8 hours for visitors with different preferences. There are many mountain huts built in the park to provide accommodation. A 10-minute walk from the Tourist Information Center will bring you to the majestic Russell Falls, which cascades down the mountain in several tiers and slopes gracefully against the backdrop of lush vegetation. Horseshoe Falls, located near Russell Falls and named after the horseshoe shape of the falls, is another natural wonder not to be missed.

Swansea: all about charming bays

The center of Tasmania's east coast, Swansea is also one of Tasmania's oldest towns, retaining much of its Victorian architecture and surrounded by a number of stunning bays.

Coles Bay is the main gateway into Freycinet National Park. Surrounded by the pink granite peaks of The Hazards, the bay overlooks the calm and clear waters. It is ideal for offshore swimming, kayaking and fishing out of the sea. From Coles Bay, follow a guided kayak tour for a quiet paddle under the pink granite of The Hazards and see marine life up close. Each May, there is also a spectacular view of the whale migration. A host of restaurants offer great seafood choices. We recommend The Bay Restaurant, Ice Creamery & Co.

Wineglass Bay in Freycinet National Park is known as one of the world's top 10 most beautiful beaches, famous for its half-moon shaped white sand and turquoise waters, which look like a crystal glass filled with wine when viewed from above. The beach's surroundings are characterized by red and pink granite, giving the coastline a unique pink hue and a mysterious and enchanting visual experience. Wineglass Bay offers a wide range of water activities such as deep-sea fishing and scuba diving. In addition, there are a large population of white-bellied sea eagles, which can be seen up close soaring through the air and swooping into the water to catch fish. For those who enjoy hiking,



Picture by Tasmania Tourism

Wineglass Bay is also a great choice.

Right next door, Honeymoon Bay has ochre-red rocky beaches contrasting with the clear waters. The color of the water changes from azure blue to Tiffany blue depending on the weather and the light. The bay is surrounded by oddly shaped rocks, and from the air, the inner bay looks like a heart, adding a touch of romance to the place. There aren't a lot of water sports options here, but it's a quiet place, so you can just lie on the beach and soak up the sun and enjoy the peace. Photography enthusiasts can often capture unforgettable photos here.

Launceston: murals and lavender

Tasmania's second-largest city, Launceston, is the fortress to Tasmania's north.

The Tamar River runs through the city, and a sense of history pervades the city with its classic Edwardian and Victorian architecture. As a representative of this City of Parks, Launceston City Park is a lush and leafy park with bandstands, bell tower pavilions and Victorian fountains, as well as a Japanese macaque pavilion. The city of Launceston is surrounded by farms and wineries. A 15-minute drive from the city center is the Cataract Gorge Reserve, where you can take a cable car hundreds of meters up to overlook the gorge's landscapes and tree-lined lakes and mountains. In the canyon, there are walking trails, swimming pools, restaurants and cafes, making it a great place to relax and unwind.

The town of Sheffield, at the foot of Mount



Roland, is known as the City of Murals and is an artists' paradise. Murals are everywhere in the town, almost no wall is blank. The murals vary in content from landscapes, to characters, stories, and random graffiti. The town hosts an annual week-long mural exhibition, starting on Easter Sunday.

The Tamar Valley, just outside Old Launceston Seaport in Launceston, is Tasmania's main wine region. The Tamar Valley is home to more than a dozen wineries, each with their own specialty wines. We recommend visiting Rosevears Estate, St Matthias Vineyard and Daniel Alps at Strathlynn, which not only offer wine tastings, but also allow visitors to tour the vineyards and learn about the winemaking process. In the valley, there are pastures, orchards, vineyards,

and beautiful scenery, making it also very suitable for hiking, biking, and self-driving tours. There is a resort in the middle of the lakes, with a shopping village, a 9-hole golf course and an 18-hole miniature golf course, a good place for leisure and vacation.

Just north of Launceston lies Bridestowe Lavender Farm, the largest lavender farm in the southern hemisphere. The lavender purple bears that have become so popular on social media are from this farm. However, due to its high popularity with tourists, the farm has a limit of one per person. Lavender is in full bloom from mid-December to mid-January every year, when the farm is filled with purple flowers and pleasant scents. People walk through the flower fields, take photos, taste

lavender-flavored ice cream, and buy some lavender oil and soap as souvenirs.

Cradle Mountain hiking

Western Tasmania is dominated by national forests, the most famous of which is Cradle Mountain. There are buses to Cradle Mountain from both Hobart and Launceston.

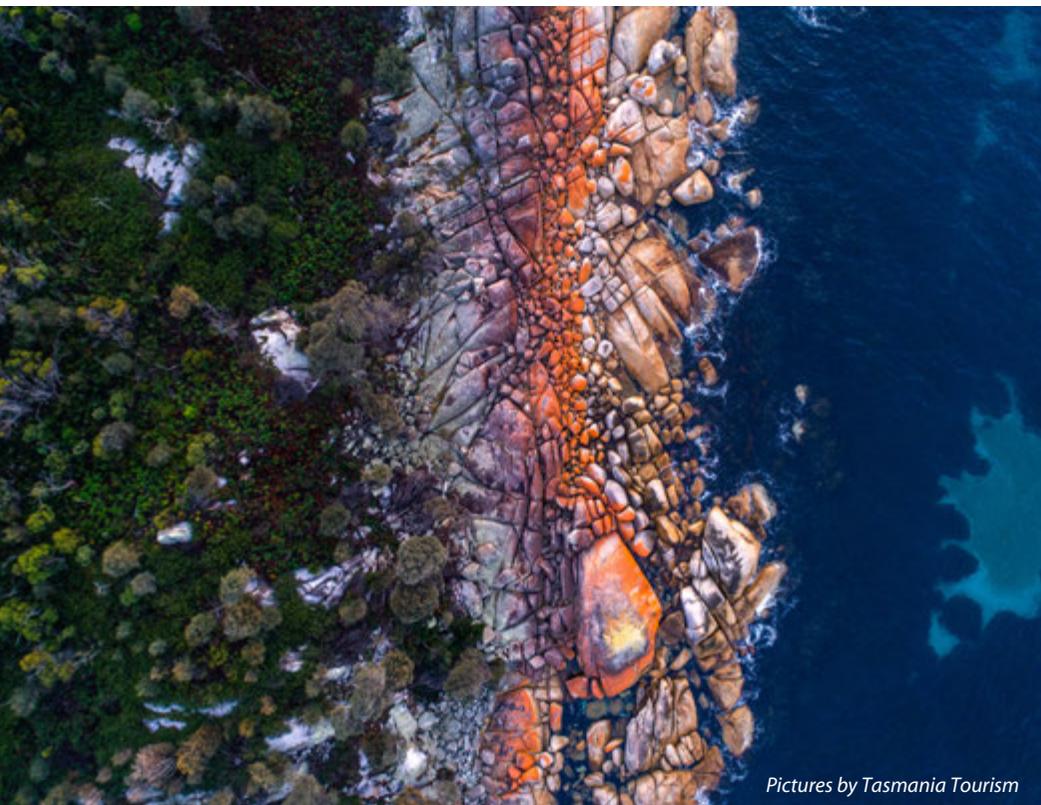
Cradle Mountain – Lake St Giles National Park has a wide range of hiking trails with varying degrees of difficulty. One of them is the Overland Track which is rated as one of the top 10 hiking routes in the world by Lonely Planet. Starting from Cradle Mountain and ending at Lake St Claire, 82 kilometers long from north to south, it usually takes 6-7 days or more to finish the hiking, passing through mountains, rainforests, rivers and plains, swamps, and crossing over Mount Ossa, the highest mountain in Tasmania, and Lake St. Claire, the deepest lake in Australia. One of the most popular routes is the Dove Lake Circuit, which is 6 km long and takes 2-3 hours to complete, with breathtaking views of Cradle Mountain and the orange waters of Dove Lake. Professional climbers can challenge themselves to reach the summit of Cradle Mountain.

The Cradle Mountain region is a wildlife paradise, where you will have the opportunity to see wombats, wolverines, kangaroos and other uniquely Australian animals up close and personal. The park offers visitors many accommodation options from self-contained cabins and specialty treehouses to luxury spa resorts, as well as a number of restaurants and snack bars serving local and international cuisine. All relevant tourist information and walking trail maps are available at the Visitor Information Center at the entrance near Lake St Clair.

Tasmanian indulgence: outdoor bathing

Sink into a deep tub, watch as sunset turns to dusk and a blanket of stars settles overhead. Let your mind drift. Sink deeper. There are outdoor tubs in Tasmania with peerless ocean views and mountain outlooks.

Located on the border of the Blue Tier Forest Reserve, The Keep is an intimate retreat perched on a 650-meter-high rocky outcrop, with 360-degree views of the forest reserve and the entire north-east coastline. The resort has an outdoor bath carved out of granite and fit for two, complete with Tasmanian aromatic bath bombs.



Pictures by Tasmania Tourism

Gleneagle Tasmania luxury campsite is located in Riana in north-west Tasmania, close to Cradle Mountain and Port of Stanley, where each of the four seasons are stunning with a variety of native trees bathed in a temperate climate. The two dome cabins are comfortably situated in a natural setting. There is an outdoor bath on a high deck that takes in the beautiful lake and Dial Mountain. You can also enjoy a cup of coffee on the beach, shop at the local boutiques, or dine at one of the local restaurants.

Eagles Nest Retreat boasts four separate luxury spa resorts set in the idyllic countryside near Sheffield and Cradle Mountain in north-west Tasmania, each offering a unique bathing experience -- outdoor idyllic bath with 12 massage jets, lakeside spa bath, mountain-view bath and milk bath. Pour yourself a glass of pinot wine on the terrace, indulge in a picnic platter at sunset, and then bath in the aromatic outdoor tub with views of the Highlands below Mt Roland.

Porky Beach Retreat is nestled on Kings Island's private beach, just 10 minutes from Currie Town. Amidst the stunning natural backdrop of the Southern Ocean, the azure blue views are visible through floor-to-ceiling glass. The resort has a sunken wooden bathtub where you can take in the uninterrupted ocean views while enjoying a cheese platter, a Kings Island specialty, paired with a glass of wine.

Thalia Haven is a paradise on Tasmania's east coast, situated on a private peninsula sur-

rounded by crystal clear waters, five kilometers of secluded coastline with golden sandy beaches. Four stone cottages are built around an olive tree courtyard by the sea. The resort gets its water, electricity and heating from the earth, breeze and sun of Thalia. Wake up to the sound of the waves, take a stroll on the beach, cook a gourmet meal in the professionally equipped kitchen, and at nightfall, relax by the bonfire or in the open-air bath under the stars.

In central Tasmania, on the shores of Lake St Clair, the deepest lake in the southern hemisphere, Retreat at Pumphouse Point offers one of Australia's most iconic wilderness experiences, with 19 boutique rooms and suites surrounded by century-old forests. You can ride, kayak, enjoy a highland massage, and end the day with an invigorating soak in the open-air hot tub.

Whisky tasting tour

Tasmania is uniquely situated as Australia's only island state. This pristine land has some of the cleanest air in the world, fertile and productive soil, a mild climate and pure rainfall. The natural environment and strict biosecurity measures provide the perfect conditions for the production of delicious seafood, fresh fruit, premium wines, delicious non-alcoholic beverages and juices, and the world's best whisky.

Taste Australia's oldest single malt whisky at Hellyers Road Distillery. The distillery sits on Hellyers Road which leads from Bass Strait deep



into the wild, rugged and remote mountains of north-west Tasmania. It was here in 1956 that a small group of family-owned dairy farms formed a cooperative which still thrives today. By 1997 they sought to diversify, choosing to respect the world's purest air, purest water and temperate climate of this incredible land, starting what has become Australia's oldest continuously operating single malt whisky distillery.

Lawrenny Estate Distilling has been established as one of only a very few "paddock to bottle" estate single malt whiskies in the world. The barley grains are grown and harvested from the Lawrenny fields then mashed, fermented and distilled using the pure waters that flow through the estate. Lawrenny has a range of award-winning gins, vodka and liqueurs that all represent an element of Lawrenny Estate.

Nocton Vineyard, located in Tasmania's cool climate, is a unique winemaking gem renowned for its exceptional Pinot Noir. With an ideal location and the perfect balance of temperature, Nocton crafts exquisite cool-climate wines that capture the essence of Tasmania's terroir.

Old Kempton Distillery strives to be known as Tasmania's Artisan Distillery. With a focus on quality over quantity, their spirit range is handmade, bottled one by one and each label handwritten. Located in the heritage listed Dysart House, the cellar door is open seven days a week for tours, tastings and Tasmanian produce-filled meals.

Juicy Isle Beverages

Biotica Water | Pure Tassie

Juicy Isle is Tasmania's leading non-alcoholic beverage manufacturer. For more than 50 years Juicy Isle has been supplying market leading brands a broad range of juices, soft drinks and waters.

Juicy Isle proudly bottle all their products in Tasmania and wherever possible use the very best ingredients that Tasmania has to offer - from waters sourced from the World Heritage wilderness areas of south west of Tasmania, to fresh apples and berries from the Huon and Derwent valleys.

Main products:

PURE TASSIE still and sparkling waters
THE GOOD APPLE sparkling Apple juice
CAROLINES pre and probiotic sodas
HARTZ flavoured sparkling mineral waters

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果汁岛饮料公司 | Biotica Water | 致纯塔州

果汁岛(Juicy Isle)是塔斯马尼亚领先的非酒精饮料制造商。50多年来,果汁岛一直为市场领先品牌提供各种果汁、软饮和水类产品。

果汁岛以其所有产品均在塔斯马尼亚装瓶,及尽量采用塔斯马尼亚当地最好原料引以为傲。所用水源来自位于塔斯马尼亚西南的世界遗产保护地,新鲜苹果和浆果则源自休恩谷和特文谷。

主要产品:

致纯塔州矿泉水和气泡矿泉水
THE GOOD APPLE气泡苹果汁
CAROLINES益生元和益生菌苏打
HARTZ风味气泡矿泉水

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Juicy Isle
BEVERAGES

BIOTICA
water

PURE
TASSIE

塔斯马尼亚酒店与水疗精选

A Selection of Tasmanian Hotels and Spas

塔斯马尼亚，这片位于澳大利亚南端的神秘土地，仿佛是大自然精心雕琢的瑰宝。蜿蜒曲折的海岸线、茂密的原始森林、纯净的天然馈赠使其成为一处完美的养生SPA目的地。

Tasmania, the mysterious land at the southern tip of Australia, seems to be a treasure carefully carved by nature. The meandering coastline, dense forests and pure natural gifts make it a perfect spa destination.



摇篮山Lodge度假村Waldheim Alpine Spa

塔斯马尼亚Cradle Mountain Lodge地处摇篮山，周围环绕着壮丽的自然景观和丰富的动植物群，提供标志性的荒野度假体验。86间小屋和套房带你置身于高山丛林之中，从私密的松木小屋或水疗小屋到奢华的King Billy套房，每一间都舒适惬意。度假村的Highland Restaurant是塔斯马尼亚的顶级餐饮场所之一，提供以当地新鲜食材为主的季节性菜单，你可以体验创意美食之旅，品尝屡获殊荣的葡萄酒，体验塔斯马尼亚最好的农产品。Waldheim Alpine Spa的特色疗法反映了摇篮山的平衡之美，高耸入云的松树和流经荒野的清澈山溪为水疗体验增色不少。独特的按摩和面部护理可针对具体皮肤和身体状况，产生明显的效果，同时唤醒感官。水疗中心还有一个名为“圣所”的水区域，配置蒸汽房、桑拿房、浴池、冷水池和休息室。冷热水疗法相结合，促进血液循环，令人精神焕发。

Cradle Mountain Lodge

Widely considered one of Australia's iconic wilderness experiences, Cradle Mountain Lodge is nestled on the edge of the World Heritage-listed Cradle Mountain – Lake St Clair National Park. The layout of the 86 Lodge Cabins and Suites places you right amongst the alpine wilderness. Highland Restaurant is renowned as one of Tasmania's top dining destinations, offering a seasonal menu that highlights fresh local ingredients. Experience an ever-changing culinary journey paired with award-winning wines, showcasing the best of Tasmania's produce. The Waldheim Alpine Spa reflects the natural purity and pristine beauty of the Tasmanian wilderness. Your spa experience will be enhanced by the towering presence of the King Billy pines as you watch fresh mountain streams run through the Tasmanian wilderness. There is a dedicated therapeutic area known as The Sanctuary – this includes a steam room, sauna, large hot-tub and cool plunge pool, as well as a relaxation lounge. The benefits of combining hot and cold water therapies is an invigorating experience that promotes healthy blood flow and enhances circulation.

菲欣纳国家公园 Saffire度假村水疗中心

塔斯马尼亚迷人的菲欣纳国家公园内，全包式奢华度假村Saffire Freycinet以酒杯湾的壮丽景色为幕布，共设有20间豪华套房，均可欣赏到Hazards山脉的壮丽景色。餐饮菜单囊括了当地渔船上每日新鲜捕捞的小龙虾、扇贝和深海鱼，Great Oyster Bay纯净水域中养殖的牡蛎和贻贝，塔斯马尼亚肉质鲜美的草饲牛肉和羊肉，以及各类优质农产品。度假村的水疗中心利用塔斯马尼亚的自然元素和定制产品为客人焕活身心。护理中使用的澳洲品牌LaGaia的产品，科学配方，提供来自大自然的优质维生素、植物精华和营养成分，带来无与伦比的护肤体验。Payot的产品与护理则结合生物技术和高效活性成分，提供极致的保湿和抗衰老效果。此外，度假村提供齐全的健身设施、冥想课程、健康膳食、养生茶饮，以及沿着海滩或穿越丛林的跑步计划。

The Spa at Saffire Freycinet

Saffire Freycinet is an all-inclusive luxury resort, situated in the heart of Tasmania's stunning Freycinet National Park. Experience this relaxation in this luxury lodge, set against the stunning backdrop of Wineglass Bay. The resort features 20 luxury suites with breathtaking views of the Hazards Mountains. The resort's dining menu includes crayfish, scallops and deep-sea fish freshly caught daily from local fishing boats, oysters and mussels farmed in the pristine waters of Great Oyster Bay, Tasmanian grass-fed beef and lamb, and a wide range of quality produce. Saffire's Day Spa draws upon Tasmania's natural elements with bespoke luxury products to renew your energy and transform the way you look and feel. The Australian brand LaGaia's products used in the treatments are scientifically formulated to deliver potent vitamins, botanical extracts and nutrients from nature to provide unsurpassed results, while Payot's products combine biotechnology and highly effective actives to provide the ultimate in moisturizing and anti-aging benefits.





朗塞斯顿Peppers Silo酒店Silo Day Spa

田园诗般的塔玛河畔，标志性地标朗塞斯顿Peppers Silo酒店重现了栩栩如生的历史画面，这座历史建筑可追溯到20世纪60年代。108间客房与套房将Cataract峡谷、北埃斯克河或塔玛河的景色一览无遗。酒店的Silo Day Spa使用纯净的天然护肤品、采用塔斯马尼亚本地成分制造的精油和香膏，带客人沉浸感官之旅，回归自然。经典疗程“极致安宁”将身体按摩、头皮按摩和面部护理结合，你将感受到薰衣草花的暖意从颈部散发开来，双脚在薄荷磨砂和按摩中卸下疲惫，并在用澳大利亚蜂蜜、粘土和舒缓精油新鲜调制的面膜护理中重拾光彩照人的肌肤状态。

Silo Day Spa, Peppers Silo Launceston

On the idyllic banks of the Tamar River, the iconic Peppers Silo Hotel brings to life an historic building dating back to the 1960's. The 108 guest rooms and suites offer uninterrupted views of the Cataract Gorge, the North Esk River or the Tamar River. The hotel's Silo Day Spa takes guests on a sensory journey back to nature using pure, natural skincare products, and essential oils and balms made from local Tasmanian ingredients. The signature Ultimate Serenity combines body massage, scalp massage and facial, where you'll feel the warmth of lavender blossoms radiating down your neck, your feet are soothed with peppermint scrubs and massages, and your skin is rejuvenated with a freshly blended mask treatment using Australian honey, clay and natural essential oils.



布里德波特Spa 18

Spa 18坐落在塔斯马尼亚东海岸Barnbougle迷人的沙丘之上，瞰塔斯马尼亚崎岖的海岸。Spa 18将古老疗法与全面养生理念相结合，从水疗疗程、运动、饮食、睡眠、正念等各个维度提升健康。在富含矿物质的活力水疗池(Vitality Spa)放松疲惫的肌肉，同时欣赏高尔夫球手在第15洞开球；听着巴斯海峡(Bass Strait)的海浪声，享受芳香按摩或面部护理，放松身心；或者进行一次个性化的自然疗法咨询，将健康幸福提升到全新的水平。所有疗程都使用来自Aromatherapy Associates和Sodashi的全天然、富含植物精华的产品，带来平静心灵、放松身体和恢复肌肤活力的感官体验。

Spa 18, Bridport

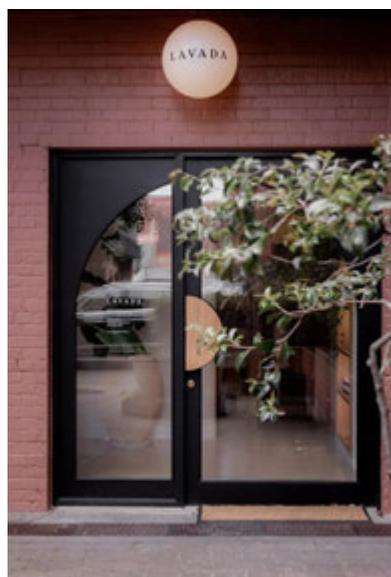
Nestled in the stunning dunes of Barnbougle on Tasmania's north-east coast, overlooking Tasmania's rugged coast, Spa 18 combines ancient therapies with a holistic approach to wellbeing, enhancing health in all dimensions – from spa treatments to exercise, diet, sleep and mindfulness. Relax tired muscles in the mineral-rich Vitality Spa while watching a golfer tee off on the 15th hole; unwind with an aromatherapy massage or facial as you listen to the waves of Bass Strait; or take your well-being to a whole new level with a personalized naturopathic consultation. All treatments use natural, botanical-rich products from Aromatherapy Associates and Sodashi to deliver a sensory experience that calms the mind, relaxes the body and rejuvenates the skin.

霍巴特Lavada医学SPA中心

霍巴特最新的健康目的地Lavada医学SPA中心坐落于海滨IXL庭院内，提供一系列医学美容、水疗护理和皮肤疗法。丰富的水疗护理则囊括各类从头皮到足部的疗程和按摩。在情侣理疗室内享受Lavada专为情侣打造的双人经典体验Unify：健康问询后，理疗师首先会使用磨光的核桃壳和肉桂粉去除皮肤表面杂质，疏通堵塞的毛孔。随后是60分钟的个性化芳香按摩，圣罗勒和野生姜黄精油具有很好的提神、排毒和改善肤色的功效。最后，理疗师会根据您的皮肤问题进行定制面部护理。此外，Lavada的医美团队由注册护士和医生组成，可提供从改善各种肌肤问题到疾病治疗的疗程。

Lavada Medi Spa Hobart

Hobart's new wellness destination, Lavada Medical Spa, located in the beachfront IXL Courtyard, offers a range of cosmetic aesthetics, spa treatments and skin health therapies. The extensive spa treatments include a variety of therapies and massages from scalp to foot. Enjoy Lavada's signature experience for couples Unify: after a health consultation, the therapist begins by removing skin impurities and unclogging pores with ground walnut shells and cinnamon. This is followed by a 60-minute personalized aromatherapy massage with Limbu, Tulasi and wild turmeric essential oils, which are known for their refreshing, detoxifying and complexion-enhancing properties. Finally, the therapist will customize the facial to fit individual skin concerns. Meanwhile, Lavada's aesthetics team consists of registered nurses and doctors to offer treatments ranging from improving a variety of skin conditions to treating ailments.



澳洲徒步胜地

Essential Australian Trails for Every Kind of Hiker

探索澳大利亚并保持身体健康的最佳方式之一，就是穿上徒步鞋，走遍只有靠你的双腿才能到达的地方。无论您是初来乍到，还是经验丰富，澳大利亚到处都有适合各种健身水平的路径，在旅行中获得滋养，在徒步中保持体型。以下是SpaChina推荐的澳大利亚的一些徒步必走路径，希望能给您带来灵感。

One of the best ways to explore Australia and keep fit is by lacing up your boots and covering terrain you can only reach by foot. Whether you're a first-timer or a seasoned hiker, the country is filled with trails that suit every level of fitness and can keep you in shape while you're travelling. Here are some of Australia's must-do trails to get you inspired, recommended by SpaChina.



自然桥环形道，斯普林布鲁克国家公园，昆士兰州

距离：1.1公里 时间：1小时

难度：容易 何时出发：全年

这条环路位于斯普林布鲁克国家公园内，距离黄金海岸仅一小时车程，是徒步旅行新手和旅行者出的理想选择，沿途还能欣赏到壮观的景色。从停车场开始徒步，顺时针方向更轻松，穿梭在古老的冈瓦纳雨林中，观赏库库拉鸟和南方角头龙。在环路的中途，将到达天然桥(Natural Bridge)，这里的瀑布侵蚀了周围的岩石，并倾泻到下面的洞穴中，是拍照留念的绝佳地点。

健身小贴士：轻松的徒步旅行是旅行中保持健康的好方法。如果和朋友一起徒步旅行，在整个旅程中都能进行轻松的交谈，但同时也能保持住运动强度。

Natural Bridge Circuit, Springbrook National Park, Queensland

Distance: 1.1 kilometres, Time: 1 hour,

Difficulty: easy, When can I go: year-round

This loop in Springbrook National Park, a one-hour drive from the Gold Coast, is ideal for rookie hikers and travellers looking to break a sweat, delivering spectacular scenery along the way. Start the trail from the car park (head in a clockwise direction to make it easier) and weave through the ancient Gondwana Rainforests, spotting kookaburras and southern angle-headed dragons. Halfway through the loop, you'll reach the Natural Bridge, where a waterfall has eroded the surrounding rock to cascade into a cave below – perfect for a photo op.

Fitness tip: Easy hiking is a great way to keep fit while travelling. If you're hiking with a friend you can keep track of the intensity by ensuring you can hold a conversation throughout the journey.

The Pinnacle，格兰屏国家公园，维多利亚州

距离：4公里 时间：3小时 难度：容易到中等 何时出发：全年

这座山峰位于墨尔本以西，开车只需三个多小时就能到达，有几种攀登方式，但并不像看上去那么难。初学者可以从Sundial停车场出发，而经验丰富的徒步旅行者则可从Wonderland停车场出发。后者将需要爬过格兰屏山的大峡谷，仰起脖子观赏头顶的岩层，并有机会在新娘面纱瀑布下感受水花。虽然需要克服大约280米的海拔高度，但看到考拉、袋鼠和针鼹也是不错的动力。最后，您还可以在岩石峭壁上的观景点俯瞰格兰屏地区的壮丽景色，返程的路大部分是下坡路。

健身小贴士：启程前，花几周时间在当地舒适的健身房里练习在斜坡上行走，以适应升高的海拔。缓慢而稳定的移动方式是征服山丘的关键。

The Pinnacle, Grampians National Park, Victoria

Distance: 4 kilometres, Time: 3 hour

Difficulty: easy to moderate, When can I go: year-round

There are a few ways to tackle this peak, a little over three hours west of Melbourne by car, but we promise it's not as tricky as it looks. Beginners should start at the Sundial car park, while more experienced hikers should set off from the Wonderland car park. In the latter direction, you'll climb through the Grampians version of the Grand Canyon, crane your neck to see rock formations overhead and get the chance to catch some water spray beneath Bridal Veil Falls. There are plenty of steps involved, with roughly 280 metres of elevation to overcome, but spotting koalas, kangaroos and echidnas is good motivation. The payoff is the lookout perched on a rocky outcrop, with incredible views of the Grampians region, and knowing it's (mostly) downhill on the way home.

Fitness tip: Train up for the elevation from the comfort of your local gym by practising walking on an incline. Slow and steady exercise is the key to conquering the hills.





主山脉徒步路线 科斯丘斯科山，新南威尔士州

距离：22公里 时间：7至9小时

难度：中等至困难

何时出发：十二月至三月

漫山遍野的野花、高山湖泊、清澈见底的溪流和花岗岩铺就的绵延山路，通往澳大利亚最高点的徒步旅行如诗如画。从堪培拉驱车约2.5小时，您就可以从夏洛特山口开始攀登海拔844米、令人大腿发麻的山峰，早点出发可避开拥挤的人群。登上科斯丘斯科山顶，360度雪山美景尽收眼底。

健身小贴士：上山前别忘了热身，针对腿部等主要运动部位进行十分钟的简单热身运动，将对您的全程徒步和恢复大有裨益。

Main Range Walk, Kosciuszko, New South Wales

Distance: 22 kilometres, **Time:** 7 to 9 hours

Difficulty: moderate to difficult

When can I go: December to March

Fields of wildflowers, alpine lakes, crystal-clear streams and granite-strewn stretches – the hike to Australia’s highest point is as picturesque as it sounds. Around a 2.5-hour drive from Canberra, Charlotte’s Pass is where you’ll begin a thigh-burning climb to the peak (start early to avoid the crowds) with an elevation gain of 844 metres. The summit of Mt Kosciuszko offers 360-degree views across the Snowy Mountains.

Fitness tip: Don’t forget to warm up your muscles before you hit the hills. A simple 10-minute routine that targets the primary movers in your legs will make all the difference in your recovery.



北领地Tabletop步道

距离：39公里 时间：3至5天

难度：中等至困难 何时出发：六月至九月

如果已经准备好进行多日荒野徒步旅行，这条路径绝对是您的不二之选。它环绕北领地中心的利奇菲尔德国家公园山顶，距离达尔文1.5小时车程，沿途有众多澳大利亚标志性景观。从佛罗伦萨瀑布出发，沿海拔989米的山路蜿蜒而上，穿过崎岖的赭石地形和稀树草原林地，经过树木林立的小溪和许多户外泳池，在一天的徒步旅行之后，可以在这些地方休息，降降温。

健身小贴士：多日徒步旅行需要背包。在上路之前，您可以在附近的健身房锻炼核心力量，并使用与您计划背负的背包负荷相似的背包进行练习。

The Tabletop Track, Northern Territory

Distance: 39 kilometres, **Time:** 3 to 5 days

Difficulty: moderate to difficult, **When can I go:** June to September

If you’re ready for a multi-day wilderness hike, this trail is a winner. It loops around the tabletop of Litchfield National Park in the heart of the Northern Territory, 1.5 hours from Darwin, and features a laundry list of iconic Australian landscapes. Start at Florence Falls and wind your way up 989 metres of elevation through rugged ochre terrain and savannah woodland, past pandanus-lined creeks and plenty of swimming holes where you can cool down after a hard day’s hiking.

Fitness tip: Multi-day hiking requires that you carry a pack. Work on your core strength before hitting the trails at a gym near you and practice with a similarly loaded pack to what you’re planning to carry.

海角到海角路线，西澳大利亚

距离：123公里 时间：5至7天

难度：中等至困难 何时出发：全年

准备好为期一周的沿着波光粼粼的海岸线观赏鲸鱼和穿越茂密的卡里森林徒步了吗？Naturaliste海角灯塔和Leeuwin海角灯塔之间的这条路线距离珀斯有三小时的车程，是澳大利亚最佳多日徒步路线之一，也是在观光的同时强身健体的好方法。一些旅行社如Auswalk提供完全由导游带领的徒步旅行，并在附近城镇提供露营或更豪华的住宿。虽然大部分徒步旅行难度适中，但也有一些具有挑战性的软沙和乱石路段。徒步旅行结束后，您可以在当地的玛格丽特河地区品尝一两杯应得的葡萄酒，犒劳一下自己。

健身小贴士：在开始像海角到海角这样具有挑战性的徒步旅行之前，请咨询专业徒步教练。与他们一起讨论您的目标、在健身房锻炼力量和体能的方法，以及您计划如何迎接挑战。

Cape to Cape Track, Western Australia

Distance: 123 kilometres, **Time:** 5 to 7 days

Difficulty: moderate to difficult, **When can I go:** year-round

Ready for a week’s worth of whale spotting along sparkling coastlines and traversing dense karri forests? This trail between Cape Naturaliste Lighthouse and Cape Leeuwin Lighthouse, a three-hour drive from Perth, is one of the best multi-day hikes in Australia and a great way to keep fit while sightseeing. Several tour operators, like Auswalk, offer fully-guided walks with camping or more luxurious accommodations in nearby towns. While most of the hike is moderate in difficulty, there are some challenging sections with soft sand and rocky scrambles. Treat yourself with a much-deserved vino or two from the local Margaret River region when you’re done.

Fitness tip: Consult a trainer before heading out on a trail as challenging as the Cape to Cape. Work with them on your goals, ways you can build strength and fitness in the gym and how you plan on building up to the challenge.



在澳大利亚的养生地放松自己

Pamper Yourself at Australia's Best Wellness Retreats

如果你需要放慢脚步、放松身心，现在正是时候，马上给自己做个澳洲出行计划吧。在下文中罗列出的这些生态友好型度假村和日间水疗中心里，照顾好自己并不意味着无端奢华，而是全方位的放松、养精蓄锐、恢复活力。

在猎人谷晨练瑜伽和太极拳，迎接初升的太阳；沉浸在黄金海岸腹地的雨林中；或在微风习习的玛格丽特河附近欣赏印度洋上的日落。无论您的终极目标是什么，在这些健康疗养地中的任何一家下榻，都将受益匪浅，SpaChina推荐。

Modern life can be relentless but if there's ever been a time to slow down and unwind, this is it. Fortunately, looking after yourself doesn't mean skimping on luxury at these eco-friendly retreats and day spas designed to help you relax, refresh and rejuvenate. We've found the best luxe wellness retreats in Australia.

Greet the rising sun with morning yoga and tai chi in the Hunter Valley, immerse yourself in the Gold Coast hinterland rainforest or watch the sun go down over the Indian Ocean near breezy Margaret River. Whatever your ultimate goal, a stay at one of these wellness retreats is an investment in yourself that will pay dividends for years to come.



强化个人成长：索玛拜伦湾酒店

这家生态友好型度假村坐落在拜伦湾腹地的九公顷雨林中，主屋有10间客房，均为套房和景观房，还有一间单独的三人共享“森林居所”、一个淡水无边泳池、一个红外线桑拿浴室以及按摩和阿育吠陀治疗室。人们在七米长的公共餐桌上享用植物餐，围着篝火分享故事，在森林中引人注目的圆顶凉亭中练习瑜伽和吠陀冥想。

索玛由正念专家、冥想大师加里-戈罗 (Gary Gorrow) 和他以前的学生彼得-奥斯蒂尔 (Peter Ostick) 共同创立。奥斯蒂尔与戈罗 (同时也是阿育吠陀健康指导员) 携手合作，索玛由此诞生。课程包括排毒净化、旨在“改变你的职业、事业、健康和人生目标”的强化个人成长静修，以及由大师级教师带领的为期四天的瑜伽、运动和呼吸工作课程。静修课程有非住宿选择，因此您可以住在其他地方，但仍然可以在索玛找到平静。

Best for the ultimate in luxury: Soma Byron Bay

Set on nine hectares of rainforest in the Byron Bay hinterland, the eco-friendly retreat has 10 rooms (all with ensembles and views) in the main house, a separate triplexshare “forest abode”, a freshwater infinity pool, an infrared sauna, plus massage and Ayurvedic treatment rooms. Plant-based meals are taken at a seven-metre-long communal dining table, stories are shared around a big firepit, and yoga and Vedic meditation are practised in a striking domed shala in the forest.

Soma was founded by mindfulness expert and meditation master teacher Gary Gorrow and his former student, Peter Ostick, a once-burned-out media and technology wunderkind who says he was literally saved by the process. Ostick joined forces with Gorrow (who is also an Ayurvedic health coach) and Soma was born.

Courses include detoxifying cleanses, intensive personal-growth retreats that are designed to “transform your career, business, health and life purpose” and a four-day program of yoga, movement and breathwork led by master teachers. The retreats have a non-residential option so you can stay somewhere else and still find peace at Soma.

快速充能： 斯派塞斯罗望子度假村

坐落在阳光海岸腹地的斯派塞斯-罗望子度假村，通常会让您在它独特的餐厅里享受慵懒的多道菜大餐，在日间水疗中心享受理疗，或许还会在烹饪学校里亲自下厨。在该酒店新推出的两晚健康之旅活动中，还有冥想、火仪式和昆达利尼瑜伽等大师课程，该课程由领导力专家瑞秋-奥布莱恩 (Rachel O'Brien) 主持，以自我保健为中心，全程不摄取任何咖啡因、葡萄酒和甜点。

Best for a quick boost: Spicers Tamarind Retreat

Usually a stay at Spicers Tamarind – nestled in the Sunshine Coast hinterland – involves languid, multi-course meals in its hatted restaurant, treatments at the day spa and perhaps a stint behind the pans at the cooking school. Ingeniously, things are much the same during the property's new two-night wellness getaways, with the addition of masterclasses on conscious consumption, meditation, fire ceremonies and Kundalini yoga. Facilitated by leadership expert Rachel O'Brien, the program centres on self-care with nothing – even caffeine, wine and dessert – off limits.





享受好按摩：盖娅水疗中心

盖娅度假水疗中心位于拜伦湾亚热带腹地，吸引了众多国际名流前来，同时又保持着朴实无华的风格。用其联合创始人Olivia Newton的话来说，就是“赤足体验与阿玛尼的结合”。这里的整体治疗方法意味着您可以在风景优美的眺望台上做晨间瑜伽，在健身房训练，参加度假村获奖厨师的有机食品烹饪课程，或者在水疗中心享受各种按摩护理。试试神圣的皇家Kahuna疗程，这是一种夏威夷治疗仪式，包括呼吸练习和有节奏的深层组织按摩，或者参加由传奇女歌手ONJ本人伴奏的高能量舞蹈健身课程，让身心得到充分放松。

Best for massages: Gaia Retreat & Spa

Spread over eight hectares in the subtropical Byron Bay hinterland, Gaia Retreat & Spa attracts international celebrities while remaining unpretentious and chilled – “barefoot meets Armani” in the words of its co-founder, Olivia Newton-John. The holistic healing approach means you can do your morning yoga on scenic Samira Lookout, train at the gym, take organic food cooking classes with the resort’s award-winning chefs or simply bliss-out at the day spa with its array of pampering and massage treatments. Try the divine Royal Kahuna, a Hawaiian healing ritual involving breath work and a rhythmic deep-tissue massage. Or take it up a notch in a high-energy dance fitness class soundtracked by legendary divas including ONJ herself.



断开数字连接：生态海滩度假村

这里没有Wi-Fi接入，电话信号的好坏取决于您在度假村内的位置、天气，甚至取决于某些潮汐。坐落在阳光照耀下的广阔沙滩上，一直延伸到海蓝色的印度洋，夕阳西下，天空一片火红，这里美到让人发呆。

没错，生态海滩距离布鲁姆以南仅一个多小时的车程，这里有30顶带私人浴室和阳台的野营帐篷，和25栋从沙丘和海岸灌木丛中探出头来的别墅，是一个让您远离尘嚣的好去处。在俯瞰维拉雷特角的崖顶上，有一对拥有两间卧室的独立海滩别墅。

露营厨房和烧烤架遍布整个场地，供游客使用。如果您不喜欢烹饪，杰克酒吧和餐厅就在泳池边，提供咖啡馆式的早餐和午餐，晚上则供应更精致的当地美食，可以在沙滩上享用私人晚餐。

你可以从瑜伽开始新的一天，划着桨板或皮划艇探索海岸线，在红树林泥浆中涂抹身体，并在等待冲洗身体时，享受一杯闪闪发光的美酒。参加自助丛林徒步旅行，或者干脆躺在吊床上看书。最重要的是，放松身心。

Best to disconnect: Eco Beach Resort

There’s no wi-fi access, and phone reception is dictated variously by your location in the resort, the weather (rarely an issue) and, according to the owners, even certain tides. But here’s the thing: perched on a vast, sunlit arc of sand that stretches down to the aquamarine Indian Ocean with a big sky set aflame by the sinking sun, you’ll find you don’t need much more.

Yep, Eco Beach, just over an hour south of Broome, is a glorious place to leave the world behind, with 30 safari-style tents (with private ensembles and balconies) and 25 villas peeping out from the sand dunes and coastal scrub. A pair of two-bedroom self-contained beach houses hold prized position on the cliff-top overlooking Cape Villaret.

Camp kitchens and barbecues are dotted around the grounds for communal use but if cooking is not your idea of a holiday, Jack’s Bar & Restaurant is right there poolside, with a café-style breakfast and lunch and a more sophisticated menu of locally sourced fare at night. A private dinner on the sand? Coming right up.

What to do when you can’t scroll? Maybe start the day with yoga, explore the coastline from a paddleboard or kayak, slather your body in therapeutic mangrove mud and enjoy a glass of sparkling while you’re waiting to rinse off in the bleached-turquoise sea. Take a self-guided bushwalk, haul in a trevally from the beach or simply lie in a hammock and read a book. Most importantly, relax. This one’s for you, not for Instagram.



适合压力管理：格温加纳生活方式度假村

关于睡个好觉，对我们大多数人来说是七到九个小时的睡眠时间，已经有无数的研究得出了相同的结论：我们真的需要睡眠。根据澳大利亚健康与福利研究所的一份报告，近一半的澳大利亚成年人至少有两个与睡眠有关的问题。报告称：睡眠过多或过少都会增加罹患2型糖尿病、心血管疾病、冠心病、肥胖症和死亡的风险。

格温加纳的五晚计划不仅包括关于影响睡眠模式的坏习惯的讲座，以及睡前仪式的价值，还包括按摩、面部护理和美味的有机无麸质餐点，因为该计划的目的是让神经系统平静下来，所以咖啡因和酒精是禁忌。此外，还有自由放松和呼吸的时间，以及享受在亚热带世外桃源般宁静舒适的环境中入睡所带来的自然舒缓效果。到了第六天，一觉醒来，你将是一个有别于过去疲惫不堪的全新的自己了。

Best for stress management: Gwinganna Lifestyle Retreat

There have been countless studies about the importance of a good night's sleep (seven to nine hours for most of us) and all reached the same conclusion: we really need it. According to a report by the Australian Institute of Health and Welfare, nearly half of all Australian adults had at least two sleep-related problems. "Getting too much or too little sleep is associated with an increased risk of Type 2 diabetes, cardiovascular disease, coronary heart disease, obesity and death," the report claimed.

Gwinganna's five-night program not only includes seminars about the bad habits that affect your sleeping patterns – and the value of bedtime rituals – but also a massage, a facial and delicious, organic, gluten-free meals (since the aim of this program is to calm the nervous system, caffeine and alcohol are no-nos). Add to that free time to relax and breathe and the naturally soporific effect of going to bed in the quiet comfort of a subtropical haven. By day six, you should be waking up to yourself (as distinct from the exhausted person you used to be).



最适合情侣：英吉度普水疗度假村

坐落在玛格丽特河葡萄酒产区边缘波光粼粼的印度洋旁，Leeuwin自然国家公园环绕着的英吉度普水疗度假村，其海滨别墅让客人能在高端舒适的环境中体验户外活动的乐趣。10栋成人专用别墅均配有私人按摩泳池，距离僻静的因吉杜普海滩仅几步之遥，这意味着每天傍晚欣赏日落是一件轻而易举的事。酒店内的日间水疗中心提供各种按摩和护理服务，90分钟的情侣恢复与平衡之旅，包括了气泡酒、新鲜水果、豪华泡浴和60分钟的按摩。

Best for couples: Injidup Spa Retreat

Surrounded by Leeuwin-Naturaliste National Park and set beside the sparkling Indian Ocean on the edge of Margaret River wine country, the beachfront villas at Injidup Spa Retreat are all about experiencing the great outdoors in high-end comfort. Each of the 10 adults-only villas comes with a private plunge pool and is mere steps from secluded Injidup Beach, which means watching the sunset each evening is a breeze. The on-site day spa offers an extensive range of massages and treatments, including a 90 minute Restore & Balance Journey for couples featuring a glass of sparkling, fresh fruits, luxurious bath and 60 minute massage.



数字排毒：伊甸园健康疗养中心

沿着Currumbin Creek路驶向伊甸园健康疗养院的大门，电话服务的中断就预示着前方将发生什么。这座汉普顿风格的庄园毗邻黄金海岸腹地的斯普林布鲁克国家公园，这里没有电视、电脑，也没有手机信号，只有房间外的一大片绿色、每天的活动时间表只在前一天晚上公布，加上能迅速舒缓压力和欲望的水疗护理。对有些人来说，晨练瑜伽和在泳池边阅读一天就足够了。其他人则会尝试各种活动，从陶艺和颂钵疗法，到在治疗泥浆中浸泡后从200米高的滑索上飞驰而下。膳食不含麸质，令人满意。

Best for digital detox: Eden Health Retreat

The loss of phone service as you follow Currumbin Creek Road towards the gates to Eden Health Retreat is a good indication of what lies ahead. There are no TVs, no computers and no mobile reception at this Hamptons-style estate next to Springbrook National Park in the Gold Coast hinterland. Stress and cravings are soothed by the swathe of green outside your room and a daily timetable of activities (revealed only the night before) and spa treatments. For some, morning yoga and a day spent reading by the pool will suffice. Others will give everything a go, from pottery and sound bowl healing to flying down a 200-metre zipline after slathering themselves in therapeutic mud. Meals are gluten-free and satisfying.



情绪健康：活谷健康疗养地

这家拥有30年历史的疗养中心里，身心健康是头等大事。这也是为什么有些客人会第10次、第15次甚至第20次回到这里。在与自然疗法师进行咨询，制定个人方案后，您就可以把自己的需求放在第一位。虽然一切都有指导原则，例如，会建议您饭前饭后何时喝水等，每天两次的蒸汽浴也是为了排出毒素。客人也可以选择是在七天的清肠疗程中只喝果汁和汤品，还是享受酒店内的步行道、游泳池和按摩。这里的食物是一大亮点，即使是专门的减肥计划也注重教育，每晚都有烹饪示范和讲座，内容从营养到碱性食物。

Best for emotional wellbeing: Living Valley Health Retreat

The first thing you realise on checking in at this 30-year-old retreat is that your health – physical and mental – is the top priority. It's why some guests are back for their 10th, 15th, even 20th stay. After a consultation with a naturopath to set your personal road map, you have permission to put yourself first. While guidelines frame everything (for instance, you'll be advised when to drink water before and after meals) and twice-daily steam baths are prescribed to sweat out toxins, it's your choice whether you subsist on juice and broth for a seven-day cleanse or choose to enjoy the on-site walking trails, pool and massages. The food is a highlight and even the dedicated weight loss program has a focus on education, with cooking demonstrations and nightly lectures ranging from nutrition to alkalising.

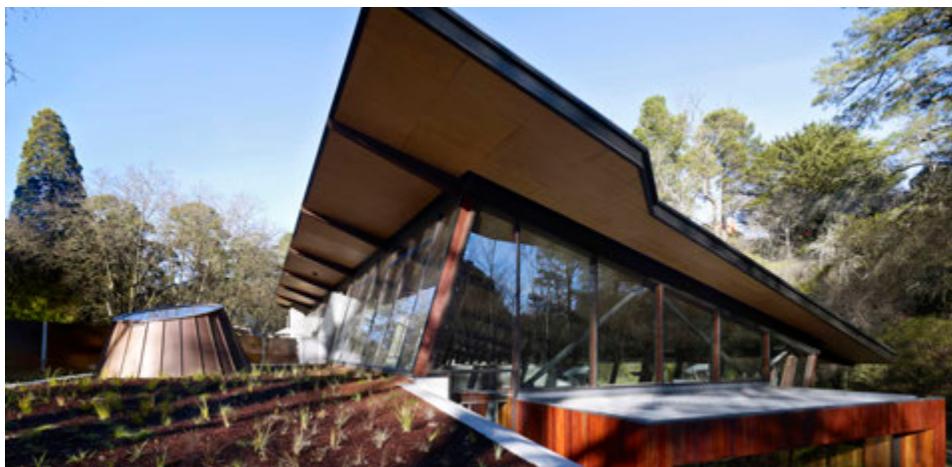


最适合打太极拳： Elysia 养生度假村

这家位于猎人谷 (Hunter Valley) 的疗养中心前身是金门疗养中心 (Golden Door)，是澳大利亚最大的疗养中心，这一点从它每天丰富多彩的日程安排中可见一斑。清晨，当太阳的余晖洒向度假村的最高点时，您可以清空思绪，与正在吃草的袋鼠一起打太极拳，然后再投入到充满能量的研讨会和多达21项活动 (从冥想到水球) 中。您也可以在日常水疗中心放松心情，尽情享受。所有膳食均不含红肉、糖、盐或饱和脂肪，也不含酒精和咖啡因。因此，无论您每天花多少时间来享受健康项目，都能轻松地睡上一个安稳觉。

Best for tai chi: Elysia Wellness Retreat

Formerly known as Golden Door, this retreat in the Hunter Valley is Australia's largest and that's reflected in its wide-ranging daily schedules. Clear your mind and join the grazing kangaroos for morning tai chi as the sun's rays hit the property's highest point before diving into a program of empowering seminars and up to 21 activities, be it meditation or water polo. Or simply relax and be pampered in the day spa. All meals are prepared without red meat, sugar, salt or saturated fat and the retreat is also alcohol- and caffeine-free so it's easy to enjoy a restorative night's sleep no matter how much wellness you cram into each day.



体验矿泉浴：赫本浴场和水疗中心

1895年赫本浴场开业之初，寻求健康的人们蜂拥而至，而维多利亚州中部富含矿物质的水源也一直在吸引着大家。现在，这个疗养地拥有现代设施和丰富的水疗护理，但90分钟的圣地矿泉浴体验仍然是其核心主张。从舒缓的盐水池到水疗池中令人神清气爽的按摩喷嘴，可以在温暖的水域中尽情放松，然后再去土耳其式土耳其浴室蒸个桑拿。在这里过夜？每栋别墅都配备了一个巨大的大理石浴缸和矿物质浴盐，让客人持续享受水疗带来的舒缓，还有燃气壁炉和奢华的人造毛毯，舒适无比。

Best for mineral springs: Hepburn Bathhouse & Spa

The wellness-seekers of 1895 flocked to Hepburn Bathhouse when it first opened and the mineral-rich waters of central Victoria continue to exert a magnetic pull. The retreat now boasts the accoutrements of the modern age with plenty of spa treatments but the 90-minute Sanctuary Mineral Bathing experience remains the core proposition. Laze your way through the warm waters, from the soothing saltwater pool to the invigorating jets of the spa lounge pool, before a visit to the steamy Turkish-style hammam. Staying for the night? Each villa is equipped with a giant marble bathtub and mineral bathing salts to continue the aqua soothing, along with a gas log fire and sumptuous faux-fur throws to cosy up.



最适合瑜伽：比拉邦度假村

很难想象还有比环保的比拉邦度假村的瑜伽室更适合放松身心、与大自然亲密接触的环境了。这个宽敞的竹子铺地的亭子有拱形天花板，一整面都是玻璃推拉门，可以看到美丽的山谷景色和开满荷花的河滩。客人可以在轻风拂面和约40种本地鸟类的悠扬鸣叫声中，循环练习体式法或学习呼吸法中的镇静技巧，放松身心。客人还可以到酒店内的日间水疗中心做一次水疗，或在舒缓的含镁水池中放松身心，为下一项目做好准备。

Best for yoga: Billabong Retreat

It's hard to imagine a more ideal setting for winding down and connecting with nature than the yoga studio at eco-friendly Billabong Retreat. This spacious bamboo-floored pavilion has a vaulted ceiling and one entire side is sliding glass doors that reveal a glorious valley view and a billabong covered in lotus flowers. Relaxation is guaranteed as you cycle through your asanas or learn the calming techniques of pranayama breathing to a soundtrack of wind in the trees and the melodic trill of an estimated 40 species of native birds. Prime your body for the next session with a visit to the on-site day spa or by relaxing in the soothing magnesium pool.

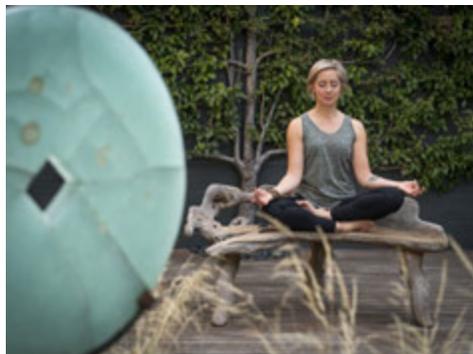
静默沉思：

达摩布米昆婆奢那禅修中心

抵达这家蓝山静修中心时，可以抓住机会与工作人员交谈，因为在这之后，您将在这里完全静默一、二、三或十天，不再言语。这里采用Vipassana冥想法，客人的目标是通过自我观察、呼吸控制和每天10小时的冥想来实现自我转变。这里的设施简陋，课程紧张，但坚持下来的人很可能会收获一种新的视角和感恩之心。

Best for silent contemplation: Dhamma Bhumi Vipassana Meditation Centre

Take your chance to chat to staff when you arrive at this Blue Mountains retreat; after that you'll be in complete silence for one, two, three or 10 days. Using Vipassana meditation, guests aim to achieve self-transformation through self-observation, breath control and 10 hours of meditation daily. The facilities are spartan and the course is intense but those who stick with it are likely to be rewarded with a newfound sense of perspective and gratitude.



冥想好选择：三摩地健康水疗养生馆

宁静的花园专为冥想而设计，健康膳食送至高档套房，还有针对身体和心灵的定制护理菜单，这一切都意味着三摩地涵盖了禅意禅心的方方面面。这家屡获殊荣的超精品疗养中心是中西合璧的圣地，其私人住宿按照风水原则设计，通过整体疗养帮助客人寻求城市生活压力的解药。一对一课程包括冥想、气功和瑜伽，水疗中心里则可享受到纯粹的奢宠时光。

Best for meditation: Samadhi Wellness Spa Health Retreat

Serene gardens designed for contemplation, healthy meals delivered to upmarket suites and a menu of bespoke treatments targeting body and mind means Samadhi has every aspect of Zen covered. An East-meets-West sanctuary with private accommodation designed according to feng shui principles, this multi-award-winning, ultra-boutique retreat is all about helping you find an antidote to the stresses of city life through holistic healing. Mindfulness is at the core of one-on-one sessions covering meditation, qi gong and yoga, while the spa is all about pure indulgence.

把塔斯马尼亚美味带回家

Bringing Home Tasmanian Delicacies

塔斯马尼亚岛位于澳大利亚大陆的东南部，东临太平洋，西临印度洋，往南隔海与南极洲相望。独特的地理位置使塔斯马尼亚岛成为了一个相对独立且受外界干扰较少的生态系统。岛上拥有着清新的空气、温和的气候、洁净的水质、肥沃丰饶的土地，以及丰富的海洋生物资源，加之严格的生物安全措施，都为生产美食佳酿提供了完美条件。SpaChina搜罗了部分来自塔斯马尼亚的优质供应商与大家分享他们带来的美味。

Tasmania is located in the south-eastern part of the Australian mainland, bordered by the Pacific Ocean to the east, the Indian Ocean to the west and Antarctica to the south. The island's geographic location makes it a relatively independent ecosystem with little outside interference. The clean air and water, mild climate, fertile land and rich marine life, coupled with strict biosecurity measures, provide the perfect conditions for the production of the best food and beverages. SpaChina has selected some of Tasmania's finest providers to share with you the delicious flavors you may want to bring to the table.

三仙鲍 Three Friends Abalone

三仙鲍 (Three Friends Abalone) 位于历史悠久、原始美丽的斯坦利，我们养殖的鲍鱼在塔斯马尼亚岛凉爽纯净的西海岸水域滋养下，经过精心培育，具有完美的质地、营养和风味。三仙鲍的养殖鲍鱼品质堪称世界顶尖。每一头鲍鱼均精心培育，在精选采收及装罐前经过细心处理，尽量确保新鲜。三仙鲍致力于提供优质产品，而三位创始人也同样注重环境友好。三仙鲍设计的养殖场模仿海洋自然循环，因此养殖的鲍鱼纯天然不含任何添加剂。

Three Friends is in historic and beautiful Stanley, where farmed abalone is grown and harvested for perfect texture, nutrition and flavour. Producing the highest quality abalone in the world, Three Friends Abalone is cultivated in the cool clear waters and cleanest air of western Tasmania. Individual abalone are nurtured through gentle handling before being selectively harvested and packaged in cans to ensure maximum freshness. With a commitment to quality, Three Friends sense of friendship extends to the environment. The farm has been designed and run to mimic the oceans' natural cycles, resulting in produce free from anything that wouldn't be found in the sea.

主要产品 / Main products

- 罐装鲍鱼 / Canned Abalone
- 礼盒装鲍鱼罐头 / Canned Abalone in gift box
- 速冻鲍鱼 / IQF Abalone
- 活鲍鱼 / Live Abalone

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海龙渔业 Hai Loong Seafood

海龙渔业是来自澳大利亚的高端海鲜品牌，专注澳洲高端野生海鲜供应，匠心工艺雕琢深海食源，呈上极致新鲜美味。澳洲海鲜一直以纯净、优质世界闻名，我们甄选能孕育出顶尖食材的世界级海域牧场——南太平洋塔斯马尼亚州。严格选择高品质野生海洋产品，在海域旁建厂加工——航空冷链直运、高效封锁新鲜。从原产地到餐桌，护送风味，呈上鲜活，为您还原南纬四十二度的奢享味觉体验。

Hai Loong Seafood is a premium seafood brand specialised in the supply of high-end Australian seafood. Using innovation and creativity to source supplies from the deep sea, Hai Loong Seafood brings to the table the ultimate flavour and freshness. Australian seafood is renowned for its purity and excellent quality. Located in the South Pacific ocean, the world-class marine habitat around Tasmania is able to produce the world's best seafood. Our premium, wild seafood products are carefully selected and processed in our seaside factory, before being transported via frozen cargo, effectively preserving the freshness of our products. From farm to table, we safeguard the flavours and freshness every step of the way to bring you the luxury taste experience at 42 degrees south.

主要产品 / Main products

- 塔澳洲野生鲍鱼—溏心黑边干鲍 / Candy Heart Dried Blacklip Abalone
- 澳洲野生鲍鱼—溏心青边干鲍 / Candy Heart Dried Greenlip Abalone
- 澳洲野生鲍鱼—红烧即食鲍鱼罐头 / Ready to Eat Braised Australian Abalone
- 澳洲野生鲍鱼—清汤即食鲍鱼罐头 / Ready to Eat Brined Australian Abalone
- 澳洲野生鲍鱼—溏心即食干鲍 / Ready to Eat Candy Heart Abaloned

Web: hailoongseafood.com.au

澳大利亚翔东有限公司 Soareast Australia

澳大利亚翔东有限公司 (Soareast Australia) 创立于2001年，是澳大利亚优质海鲜的主要出口商。公司专门出口野生鲍鱼、龙虾、牡蛎、扇贝和蓝鳍金枪鱼。他们的长期商业策略独树一帜，与众不同。澳大利亚翔东有限公司非常重视客户，并将客户们视为合作伙伴。与此同时，客户们也完全相信澳大利亚翔东能够以具有竞争力的价格提供最优质产品。公司累积逾20年经验，已成为行业中的佼佼者。澳大利亚翔东公司期待与您合作。

Soareast, founded in 2001, is a leading exporter of premium Australian seafood. Soareast specialises in exporting wild abalone, lobster, oysters, scallops, and Bluefin Tuna. Their unique, long-term approach to business sets them apart. Soareast values their customers and consider them partners, who trust them to deliver the highest quality products at competitive prices. With over 20 years of experience, Soareast has established themselves as experts in the industry. Soareast looks forward to collaborating with you.

主要产品 / Main products

- 野生捕捞鲍鱼 / Wild Caught Abalone
- 野生捕捞海胆 / Wild Caught Paua
- 野生捕捞龙虾 / Wild Caught Rock Lobster
- 野生捕捞扇贝 / Wild Caught Scallop
- 野生捕捞生蚝 / Wild Caught Oyster
- 野生捕捞象鼻蚌 / Wild Caught Geoduck
- 野生捕捞蓝鳍金枪鱼 / Wild Caught Bluefin Tuna

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塔斯马尼亚汤力饮料公司
南大洋苏打 | Spirited Beverages
Tasmanian Tonic Company,
Southern Ocean Soda, Spirited Beverages

塔斯马尼亚汤力饮料公司生产优质、全天然的饮料。汤力水系列与各种优质金酒搭配完美，南大洋系列则为软饮/混合饮料类别提供优质选择。Spirited品牌既生产出色的过桶酒，也生产听装预调酒精饮料，非常适合便利店、酒吧、航空公司和快速服务网点。

Tasmanian Tonic Company produces high quality, all-natural beverages in Australia's southern state of Tasmania. The Tonic range pairs perfectly with a wide selection of fine gins and the Southern Ocean range provides a premium option in the soft drink/mixer category. The Spirited brand produces both extraordinary barrel-aged spirits and canned, premix alcoholic beverages ideal for convenience, minibar, airline in-flight and rapid service outlets.

主要产品 / Main products

- 塔斯马尼亚汤力水200ml听装汤力水，四种口味可选
Tasmanian Tonic Company 200ml tonic water cans in four varieties
- 烈酒饮料250ml听装预调，五种口味可选
Spirited Beverages 250ml premix cans in five varieties
- 烈酒饮料600ml不锈钢酒壶套装和礼盒；过桶金酒、过桶伏特加和苦艾酒
Spirited Beverages 600ml stainless steel hip flask and presentation box; Barrel Aged Gin, Barrel Aged Vodka and Absinthe
- 南太平洋苏打水300ml听装软，四种口味可选
Southern Ocean Soda 300ml soft drink cans in four varieties



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spiritedbeverages.com.au



品宜高食品公司 | 塔玛河谷水果 | Tasfruits
Pinnacle Fine Foods
Tamar Valley Fruits | Tasfruits

品宜高食品公司(Pinnacle Fine Foods)是一家专注于生产优质食品的澳大利亚农业公司，在新南威尔士州、昆士兰州和塔斯马尼亚州都有生产基地。品宜高的使命是在澳大利亚生产“从农场到餐盘”的优质食品，并供应给主要的出口市场。

Pinnacle Fine Foods is an Australian agribusiness involved in the production of premium food with landholdings across New South Wales, Queensland and Tasmania. Pinnacle Fine Food's mission is to produce premium farm-to-plate produce in Australia to key export markets.

主要产品 / Main products

- 塔斯马尼亚车厘子 / Cherries
- 塔斯马尼亚苹果 / Apples

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果汁岛饮料公司 | Biotica Water | 致纯塔州

Juicy Isle Beverages | Biotica Water | Pure Tassie

果汁岛 (Juicy Isle) 是塔斯马尼亚领先的非酒精饮料制造商。50多年来, 果汁岛一直为市场领先品牌提供各种果汁、软饮和水类产品。果汁岛以其所有产品均在塔斯马尼亚装瓶、及尽量采用塔斯马尼亚当地最好原料引以为傲。所用水源来自位于塔斯马尼亚西南的世界遗产保护地, 新鲜苹果和浆果则源自休恩谷和特文谷。

Juicy Isle is Tasmania's leading non-alcoholic beverage manufacturer. For more than 50 years Juicy Isle has been supplying market leading brands a broad range of juices, soft drinks and waters. Juicy Isle proudly bottle all their products in Tasmania and wherever possible use the very best ingredients that Tasmania has to offer – from waters sourced from the World Heritage wilderness areas of south west of Tasmania, to fresh apples and berries from the Huon and Derwent valleys.

主要产品 / Main products

- 致纯塔州矿泉水和气泡矿泉水 / PURE TASSIE still and sparkling waters
- THE GOOD APPLE气泡苹果汁 / THE GOOD APPLE sparkling Apple juice
- CAROLINES益生元和益生菌苏打 / CAROLINES pre and probiotic sodas
- HARTZ风味气泡矿泉水 / HARTZ flavoured sparkling mineral waters

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塔斯马尼亚渔业公司 Tasmanian Seafoods

塔斯马尼亚渔业公司成立于1969年, 是澳大利亚野生鲍鱼最大的单一配额持有者及领先的加工商。塔斯马尼亚渔业还提供各种澳大利亚海参产品, 海鲜业务遍及全澳。塔斯马尼亚渔业对海鲜充满热忱, 将质量和可持续捕捞放在首位。先进设施和创新技术确保了海鲜产品的新鲜和风味。无论您是海鲜爱好者、分销商, 还是餐厅业主, 塔斯马尼亚渔业为您提供的优质澳洲海鲜都值得您信赖。每一口都是极致享受。

Established in 1969, Tasmanian Seafoods Pty Ltd is the largest single quota holder and a leading processor of Australian wild abalone. Tasmanian Seafoods also offer a diverse range of Australian sea cucumber products and have multiple seafood industry interests nationwide. With a passion for seafood, Tasmanian Seafoods prioritise quality and sustainability. Their state-of-the-art facilities and innovative techniques ensure the freshness and flavour of their products. Whether you're a seafood lover, distributor, or restaurant owner, trust Tasmanian Seafoods for exceptional Australian seafood. Celebrate excellence in every bite.

主要产品 / Contact

- 野生鲍鱼 / Wild Caught Abalone
- 速冻野生鲍鱼 / IQF Wild Abalone
- 罐装鲍鱼 / Canned Abalone
- 海参 / Sea Cucumber
- 鳕鱼 / School Whiting fish

Web: tasmanianseafoods.com.au

新一代疗愈静修

打破常规，回归真正的古老智慧之路，
让我们近距离了解禁忌瑜伽

Richard Williams 文



Michael Perin Wogenburg是一个谜。他生活在可见与不可见之间，非洲的丛林、哥斯达黎加的海滩、尼泊尔的高山上都能找到他的身影。他致力于收集和保存失传的古代印度精神信仰，关于生命的神圣而遗失的故事。简单说一句他所从事的事情是复杂的，就太过轻描淡写了。我们该如何细分“禁忌瑜伽静修项目(Forbidden Yoga)”？每一个细节都是如此之深，当你坐在清晨的Sadhana修行中，赤身裸体、脆弱不堪，沉浸在极乐或混沌中时，你的体验会像皮肤上的微风一样变化。你的感官被声音、香味、光线、思想以及大自然的生命之音所提升，就像大地的呼吸一样清晰可闻。

可以说Michael是一位养生颠覆者。他的

养生方式无法简单的复制粘贴，都是经过长时间的研究探索，带着Michael的深入理解，从而为客人打造的超越常规的体验。当人们遇到一些无法克服的生活挑战时，就会愿意走出自己的舒适区。Michael会挑战你的价值观、目标和梦想。他将这些养生体验形容为电影般的旅程。Michael说：“我们在这里并不寻求富足，你已经足够富足了。我们要通过超自然的力量来触动你。这是你个人的星际电影。走进非理性！”Michael解释说，密宗Laya瑜伽中采用的看似怪异或荒诞的技巧在扩展意识和增强被禁锢的意识层面非常有效。

就像是拥有神秘灵性的“印第安纳·琼斯”，他在探索未知领域，重拾遗失的灵性瑰宝，并将其带回给寻求灵性养生体验的现代人。“我打造的项目没有任何固定的结构



编排。有些人可能会说很混乱，但我所做的唯一一件事就是真实反映出参与者自身的混乱。我的‘水疗菜单’就是客户的潜意识。”迈克尔如是说道。这是否会成为未来奢华养生的方向？完全个性化，为客人量身定做，满足真实的需求，而非自我的欲望。这不是一座容易跨越的桥梁，当然也不容易复制，因此才更加弥足珍贵。

Michael的奢华养生理念超越了外在形式——豪华别墅客房中的优质牙膏或是治愈创伤的水疗仪式。他的理念扎根于精神、心理和身体活动的深度和品质，超越了传统养生中心的菜单内容。

他发现，如今奢华养生产业的大趋势是，许多西方奢华养生中心会引入古老的精神疗法，对其重新包装，意在迎合那



些追求异国情调和创新体验的客人。然而，Michael提醒大家要注意文化挪用与他所描述的新殖民主义态度之间的微妙界限。在新殖民主义态度下，引入这些古老的疗法体验将不仅仅是文化挪用，而且是一种精神统治，其重塑方式可能会使其失去原有的灵性语境和深度。

他知道这是复杂和充满挑战的，要改变全行业的做法更是极具挑战性。但对于养生行业的从业者来说，保持警惕并正确对待、呈现和尊重这些古老的传统至关重要。

为了进一步论证他的观点，Michael提到了一部感人的电影《蛇之拥抱》。这部电影以文化和精神交流为主题，探讨了对本土传统的学习和利用之间的微妙关系。电影中，一位学者最初似乎是出于学术目的研究古代医药实践，但后来发现他是由一家制药公司派来的，目的是利用这些传统牟利。

Michael还提到了Peter Brook对《摩诃婆罗多》的戏剧改编，该剧因其精心的选角而备受瞩目，美国、非洲和印度演员参与其中，重述了这部举足轻重的印度精神史诗，为不同文化背景下如何共享文化叙事提供了一个独特的视角。他在结束这部分讨论时提出，一些经常被批评为文化挪用的做法，但如果是经过思考、有意识地进行，则反而可以成为一场有益的探险，增进多元受众之间的相互理解和欣赏。

Michael疗愈项目的主要受众是寻求获得自身成长与治愈的个人和情侣/夫妇。体验中，你能感知到实现个人蜕变所需的深层元素，特别是有以下问题的人，将获得很大帮助。

• 拥有具破坏性的生活方式和习惯

- 创伤后应激障碍
- 人际关系问题
- 成瘾
- 失乐症——无法体验快乐愉悦/缺乏幸福感
- 抑郁
- 焦虑
- 躯体畸形障碍
- 自卑/缺乏自信
- 寻求摆脱“病痛”或疾病
- 性功能障碍

来Michael这里进行疗愈的客人或多或少都有一些影响了其正常生活的问题。Michael说，极端行为需要一个“反学习”的过程。许多客人都是高净值、非常成功的人群，然而他们的个人生活却缺乏平衡和清晰，渴望获得精神上的满足。这些人可能已经尝试过很多方法，但都不奏效。静修的过程并不总是有趣的，没有什么“糖衣炮弹”。寻找解决方案可能是一个侵入性的过程，参与者需要做好被深入挖掘的准备，并充分信任。Michael解释道，比如，印度慧母女神卡利的能量会揭露出参与者的生活和业力选择的混乱真相。和印度的甘尼沙神（清除障碍和迅速改变现状的能力）一样，卡利女神也需要通过激进的方式，从而迅速改变现状。Michael还深入研究了人们的业力星座。值得注意的是，与传统的西方思维不同，他采用的是一种非常亚洲化的形式。道家、禅宗和印度教的哲学思想是他最常用和最有共鸣的观点。他不会告诉体验者该做什么，他不提供建议，而是通过丰富多彩、量身定制的古老精神实践，即传统大师们传授给Michael的各种失传仪式，来促进客人的个人成长。他也表达了自己面临的一个挑战，尽



管他努力向大师和学者专家请教，以获得对这些实践的更深入的见解，但他发现，很少有人能够追溯这些古老技艺的起源或完全掌握其中蕴含的深刻含义。Michael还与包括医生、精神分析师、预言家和治疗师在内的团队合作。

疗愈体验的别出心裁之处不仅在于精心选择的环境和地点，还在于贯穿始终的电影风格。他从全球各地寻找到合适的人选组成团队，就像David Fincher执导的电影《心理游戏》中一样，这支“剧团”会与客人一起，协助他们更好地进行各项疗愈活动、瑜伽体式、角色扮演和仪式等。静修项目中总会有一位私人厨师陪同。Michael说，他一直不停地寻找“打破常规”的厨师，在旅行中他经常会遇到他们，无论是日本素食主义者还是生食专家，他们会为客人们带来营养丰富的膳食选项。

Michael的养生项目通常是夫妻/情侣和个人设计，其中许多是希望提升身心能量的女性，她们作为母亲、女儿、伴侣，在被多个角色辖裹之中，渴望寻求到突破。

对于夫妻/情侣来说，会在养生体验中经历什么、收获什么呢？他们能解决感情问题吗？Michael解释到：“我们不会直接解决任何问题。我们将人们带入不同的空间、不同的情境，让他们的心灵进入一种极乐的状态，与生命之源、与绝对的现实相连接。一旦他们能够更好地观察自己的关系模式，就知道如何以及从哪里获得真正的和谐与幸福。毋庸讳言，我们都对生活伴侣期望过高。如果你认为一个丈夫就能满足你所有的需求——性、精神、最好的朋友、供养者，那就太天真了，这根本不可能。迄今为止我

们这个社会所奉行的模式实际是行不通的。人们都太自我了，为那些自己根本理解不了的问题而挑起战争。”Michael所做的是打开一个潜在的乐园空间，你会看到当下生活的替代方案，你会感受和体验到另一番情景。

Michael说：“不要把一段关系作为你生活的目标，而要把精神上的满足作为目标。如果你在性爱中体验到最深刻的满足感，那就有意识地去实现“这个”梦想。如果你想在大自然中冥想，触摸大地的灵魂，那就实现“这个”梦想。只要诚实面对自己真正想要的，不要欺骗自己，不要浪费自己的一生。只有诚实，我们才能作为一个个体、一对夫妻、一个家庭、以及作为人类生存下去”。

参与禁忌瑜伽项目的客人可以自由选择体验的时长、地点，甚至陪同参与者(上文提到的“剧团”)，以确保获得完全量身定制的体验，满足其个人需求和愿望。量身定制的灵活性让Michael能够创造出具有变革性的项目，帮助参与项目的客人恢复活力，提供无与伦比的自我发现和成长之旅。

你可能会问，在与Michael Perin Wogenburg的体验之旅中，我的一天会怎样度过？首先是清晨户外冥想，古老的凝念冥想旨在提高感官知觉，加深与大地的连接。在这种深度专注的冥想过程中，参与者的脑海中可能会突然浮现出一个意想不到的想法，这个想法会不由自主地从潜意识深处冒出来。Michael说：“我们欢迎这些干扰。”在密宗传统中，所有想法，无论其性质如何，都会被接纳而不是被压制，因为它们被认为对个人成长和认知至关重要。他邀请每个人在头脑中扩展他们稍纵即逝的想法，充分探索它们的边界和潜在影响，然后在冥想

后分享这些想法，促进开放式对话，鼓励自我探索 and 共同理解。这将激励参与者拓展思维能力，意识到想象力的力量，将恐惧转化为生动可控的心理叙事。

同样，参与者可以选择心怡的健康早餐，或者用新鲜果汁和草药茶禁食一天。

Michael使用了一种名为“有意识地旋转”的技术，在这一练习中，参与者会主动操纵自己的思想，将其旋转到复杂的场景，同时完全意识到这一过程及其对他们理解自己思想的影响。他鼓励参与者以这些孤立的想法为基础，创作出详细的、类似Stephen King的叙事，让他们的生活旋转进无序里，这是对他们内心深处的恐惧一次畅快淋漓的探索。这个练习既是挑战，也是考验，看他们如何有效地利用自己的创造力来表达内心世界。

在参与者的想象力达到顶峰之后，Michael会引导他们突然停止叙述，将注意力回归到眼前的感官体验上，重新接触周围自然世界的声音、气味和触觉；鼓励他们精神重心从内部反思转移到外部现实，将自己锚定在当下和他们所处的物理空间中。

Michael认为，通过加深对环境声音的专注，参与者可以逐渐扩大自己的感知范围，有朝一日可能会接触到“纳达斯”——密宗传统中认为的宇宙振动的神秘声音，储存在大自然的形而上领域中，类似于一个天体音频体验图书馆，等待着那些足够敏锐的人去获取。有趣的是，在我们这个时代，振动技术不断发展，足以增强大自然的声音，记录和回放可测量的频率。

下午的体验包括创意写作坊，鼓励参与者写下任何他们觉得尴尬或非常规的行为，从而直面自己的禁忌，并在当天加以实施。Michael鼓励参与者在精神上超越社会强加给他们的界限和规范，激励他们重新思考什么是可以接受的，什么是不可以接受的，从而培养一种拥抱更大自由和创造力的心态。

他建议“像上帝一样创造”，鼓励参与者发挥想象力，为自己的一天编排出最令人捧腹的场景，精心编织能扩展日常经验极限的叙事。他指导参与者在每句话的开头写上“今天我会”，接着写上各种行动，这样就列出了一份包含30种潜在活动的清单，以探索和拓展他们的个人能动性和奇思妙想。Michael还让参与者放下任何禁忌或自我审查，在写作时就像在醉酒状态下做梦或幻想一样，让整个身体都参与到创造力的流动中，不受理性的束缚。

在这项练习中，Michael介绍了一个复杂的哲学概念，该概念来自自己消亡的密宗传统Pratyayasarga Sadhana，它包括故意夸大第一思想(内在的、无矛盾的思想)和第二思想(

有矛盾的、充满怀疑的思想)，将其夸大到荒诞的境界，用这种技巧来探索心灵未开发的景观。Michael进一步解释：在普通的、相互矛盾的第二思想领域之外，还有第一思想领域——纯粹的、未经玷污的思想，这些思想不受内部冲突和社会条件的影响。Michael经常说：“你内心深处真正想要的是什么？不要害怕大声说出来！”只有当第二思想不存在时，才能真正实现第一思想。为了达到这个目的，你必须摒弃“Vaikrita”，也就是第二思想，把它带入喜剧般的荒诞境界。Michael分享到，这种哲学方法植根于源自西孟加拉邦的古老密宗传统。这些传统几乎消失在时间的长河中，历经岁月的洗礼才勉强幸存下来。

在结束这项练习时，Michael与参与者，以及剧团，一起讨论成果，分享从中获得的感悟和突破。尽管练习很深入，但在笑声、哭声和尖叫声之间，气氛依然轻松，而且常常很幽默，在参与者分享他们夸张的叙述和接受他们创作的荒诞性时，练习呈现出一种喜剧色彩。

黄昏时分，Michael会邀请参与者体验一种古老的、几乎被遗忘的练习——“Uus”，即梵语中的长音“U”，如今有一些商业瑜伽学校会进行，并称其为“Candle Trakata”。这是一种深度冥想练习，参与者将视线集中在一组排列整齐的蜡烛上，这些蜡烛以几何图形摆放在各种象征性的物品旁。练习的目的是在不使用迷幻药的情况下打开大脑的神秘部分。

Michael会具体指导参与者：“摆放蜡烛，让它们围绕中心物体形成一个圆圈。将

你的注意力全部集中在这个中心物体上，让蜡烛火焰的外围视线变得模糊，最终好像它们从你的视线中消失了一样”。这就是通过高度集中注意力来改变感知。第一轮练习结束后，Michael设置了另一个情景：四根蜡烛排成一条直线，其中只有两根点燃。然后，他让大家闭上眼睛，逆转之前的感知——想象点燃的蜡烛看起来没有点燃，而没有点燃的蜡烛看起来点燃了。这种做法挑战了他们对现实的思维映射，促使他们纯粹通过思维的力量来想象和体现变化。

Michael将各种体验项目称为“配菜”。它们是根据每个疗养地的实际情况和地理位置精心设计的。其中可能包括来自泰国北部的善用竹子疗法和深层组织技艺的治疗师，或是来自清迈的Mantak Chia大师的追随者，专攻“气内脏”和腹部疗法。此外，还有Stephen Russell教授的道家感官身体疗法，以及颅骶治疗师和来自柏林的灵气疗法医师带来的体验。

有人尝试过伊莎兰按摩吗？Michael评论到：“如果你必须穿着尼龙内衣，还要听着理疗师不断询问你‘女士，力度如何’之类的愚蠢问题，那么花400美元享受的豪华按摩有什么意义？伊莎兰按摩的动作遍及全身，理疗师的双手和客户的皮肤之间应设置最少的障碍，以保证按摩技的流畅性和有效性。

Michael对于传统水疗中心询问客人希望何种力度的做法提出了质疑。他认为，技术娴熟的伊莎兰理疗师均受过专业训练，能够凭直觉了解客人身体的需要。他们会根据客人的呼吸模式和肌肉紧张度等微妙的提示信息来调整按摩，从而使体验更加个性

化，而无需进行对体验具有破坏性的语言交流。Michael强调说，在他的体验项目中，伊莎兰理疗师能依靠敏锐的观察力来确定适当的抚触力度，有时是施加更大的压力，有时则根本不进行抚触。他们在进行按摩时几乎能以心灵感应的方式贴近客人的即时身体和情绪状态。

Kundalini灵力瑜伽的古老韵律也是禁忌瑜伽项目(Forbidden Yoga)的一个重要组成。在体验开始之前，Michael解释说，如今人们理解的Kundalini灵力瑜伽已经大大偏离了它最初的本质的。在古时，人们对“她”怀有崇敬之情，只要念出“Kundalini(灵力)”这个名字，就会受到极大的尊重，因为人们知道“她”正在倾听。与Kundalini灵力瑜伽的深奥起源相比，现代的Kundalini灵力瑜伽就像一部肥皂剧。Michael将带领参与者回到过去，探索其真正的本质。他深情地补充道：“奉献不是‘上帝为我’，而是‘我为上帝’。”现代灵修模式下，人们往往抱着这样的态度：我有什么好处？我已经付出了，所以要给我一些深刻的东西，给我一些与我的付出相当的东西。这种态度的问题在于，它几乎不可能带来真正的改变。你必须以任何表现形式崇拜无限，才能得到你想要的幸福。这就是为什么在Michael Douglas主演的电影《心理游戏》中，受过创伤的富豪男主的一切都被夺走了，这时他才能明白，在他势利和傲慢的背后，只是隐藏着巨大的悲伤、社会疏离和绝望。

Michael表示希望在共处的时间里，他能帮助参与者获得Kundalini灵力的触达，当然最终能否成功依然是“她”的决定。这项课





程包括练习特定的动作、想象特定的声音，以及进行相当不舒服的体式呼吸组合，而这些在现代练习中基本上都是未知的。

参与者首先进行Hrdya Dhauti(一种净化心灵的克利亚瑜伽)，然后是Nitya瑜伽(意为永恒，唤醒女性力量觉醒)。三小时后，大家会感到精疲力竭，以Shavasana休息式体位躺卧，Michael介绍了“性力派Nyasa仪式”，引导他们进入神奇的印度之旅，回到瑜伽休息术形成之前的时代。Michael解释到，瑜伽休息术是萨特亚南达(Swami Satyananda Saraswati)的发明，并不古老。

Michael继续说道，“Nyasa”源自梵语，意为“放置”、“涂抹”或“触摸”。然而，Nyasa的意义远远超出了这些简单的翻译。它涉及有意识地用手指或手触摸或放置于身体的神圣穴位，在许多Nyasa仪式中，通常是通过意念的力量在内部进行的。

在印度教的密宗冥想和仪式中，修行者会按照特定的顺序用身体或精神触碰这些神圣的穴位，在每个位置注入特殊的咒文、观想或情感，可以是大声说出来的，也可以是默默想象出来的。

Nyasa有多种形式。例如，Matrika Nyasa是有意识地将梵文字母表中的50个字母放到身体的各个部位，Matrika在梵文中是“母亲”的意思。另一种形式Sadanga Nyasa，则是将咒文贴在身体的六个部位，包括心脏、前额、头顶、双眼、手掌和手背。

Michael解释说，许多瑜伽课程结束时教授的放松技巧，也就是今天所说的“瑜伽休息术”，最初源于更复杂的精神Nyasa仪式。练习中，练习者仰卧，在精神上将咒文的声音“安置”在身体的每个部位，同时达到放松、连接和圣化的效果。

20世纪60年代初，印度比哈尔瑜伽学校的萨特亚南达认识到，传统Nyasa瑜伽的宗教色彩可能会疏远西方人，而西方人本可以从瑜伽中受益。于是，他创立了“瑜伽休息

术”，将传统瑜伽技术与西方催眠放松方法以及Herbert Benson的开创性著作《放松反应》中的观点结合起来。1960年以前，还没有今天所说的“瑜伽休息术”，只有Nyasa瑜伽和被称为“Nidra瑜伽”的梦瑜伽技术。

Michael评论到：“瑜伽休息术在如今非常流行，却没有打开通往古老瑜伽世界的大门。也许是有意为之，目的是保护形而上学领域不受入侵者的侵扰。现实的每个领域都有自己的护卫”。

在三个小时的Kundalini灵力瑜伽课程和一个小时的Nyasa仪式之后，只有私人客户才能了解一种名为“喉轮女性瑜伽Nyasa”的秘密技艺。在这一练习中，参与者会将自己的脉轮投射到外太空，就像坐在半人马座阿尔法星上的野兽派建筑中一样，不仅在房间内，而且是在另一个现实世界的喉轮16朵花瓣顶上进行克里亚咒文瑜伽仪式。

Michael向他的私人客户夫妇透露：“这是真正的禁忌瑜伽Forbidden Yoga的精髓，它使我的工作有别于主流健康养生产业。我会为私人客户提供真正的道路，用他们在这个世界上任何商业或非商业的修行院或静修中心都找不到的灵修方法，打开通往绝对微妙境界的感知之门。”

他讨论了高表现力人士的独特需求，指出他们的脑电波与典型的瑜伽练习者有很大不同。“他们需要复杂的、近乎数学的冥想来获得平静。对他们来说，简化后的现代练习是不够的；他们需要精致设计的冥想”。

他教授的是古老密宗的修炼方法。他说：“古老密宗与现代的‘合十礼’形成了鲜明对比，古代密宗并没有将性仪式化，而是试图使仪式带有性特征”。他拿当代密宗研讨会开起了玩笑，虽然他们的舞蹈和凝视令人愉悦，但却无法编码古代形而上学的神秘大脑模式。“真正的密宗包括进入永恒极乐境界的繁复仪式，需要极大的耐心和复杂的过程，就像在迷宫般的大门中穿梭，每扇

门都是由守门人历经数千年精心打造而成。他引用神经科学家Robert Sapolsky的话来加深理解，解释说：“我们来到这里不仅仅是为了享乐，而是为了了解哪些快乐可以打开或关闭我们神秘意识中的大门，在我们的心灵中打开广阔的空间，通向非二元对立的意识状态，最重要的是，了解为什么会有这些幸福的体验。”

很显然，与Michael一起经历一次静修，确实会让人脱胎换骨，改变人生。你可以从中得到你想要的东西。你不仅会发现自己的能力得到了增强，而且这将是一种新的学习，并掌握如何更加积极、快乐和充实地生活的实用方式。

注：Michael将于在2024年SpaChina养生与水疗行业峰会上演讲。我们诚邀您与他一起，更深入地了解Michael的健康之旅，与他面对面交流。

<https://www.forbidden-yoga.com/>



Michael Perin Wogenburg

Michael是一位拥有25年精湛技艺的健康颠覆者。他所提供的健康体验是前所未有的，每个参与者都会

基于其需求获得完全不同的体验。Michael的项目主要针对高净值人士、希望改善关系的夫妇/情侣、小型团体，帮助其解决职业倦怠、精神创伤、失乐症(无法体验快乐或愉悦)、性功能缺陷、悲伤、焦虑、抑郁等问题。参与者在环境、膳食、概念心理等层面，将经历出乎意料的体验，以及裸露、性密宗练习、瑜伽、对抗性选择等。与Michael一起的健康旅程，就如建筑师对光影的痴迷追逐。

Michael Perin Wogenburg is a wellness disruptor with 25 years refining his craft.

What he offers is unprecedented and each person will have entirely different experiences based on their own needs. Michael works with high net worth individuals, couples wishing to enrich their relationship, and small groups, addressing issues such as burn-out, generational trauma, anhedonia, (the inability to experience joy or pleasure), sexual inadequacies, grief, anxiety, depression. Expect the unexpected, nudity, sexual tantric practice, yoga practice, confrontational selections, be they environment, foods, the conceptual psyche. Liken your journey to the architect's obsession with shadows and light.



The Next Generation of Wellness Retreats

**Breaking down traditional narratives and returning to the true ancient paths of wisdom...
forbidden-yoga.com. By Richard Williams**

Michael Perin Wogenburg is an enigma. Here is a man living between that which is seen and unseen, to be found in a jungle in Africa, a beach in Costa Rica, or a mountain in Nepal. Someone who has dedicated himself to collecting and preserving the lost ancient practices of Indian spirituality. The sacred and lost narratives of being. To say that the work, the service, of this man is complex, is an understatement. How do we break down a Forbidden Yoga Retreat? Where each detail has gone to such depths that the experience will change like the breeze you find on your skin as you sit in morning Sadhana, naked, vulnerable, in bliss or in chaos. As your senses are heightened by sound, by scent, by light, by thought, by the

life-affirming sounds of nature, as audible as the earth's breath.

We can say that Michael is a wellness disruptor. These methodologies are not cut-and-paste. They take time and research and understanding to curate possibilities for clients seeking more than the norm. When one reaches somehow immovable life challenges, people are willing to step outside of their comfort zone. Michael will challenge your values, your goals, your dreams. He will facilitate this journey described by himself as cinemagraphic. "We do not manifest abundance here," Michael says, "you are already loaded enough. We manifest the supernatural to touch you. This is your personal interstellar movie. Walk into the irrational!" Michael explains that the seem-

ingly bizarre or absurd techniques employed in Tantric Laya Yoga are profoundly effective at expanding consciousness and enhancing locked-up dimensions of consciousness.

Michael is likened to the 'Indiana Jones' of mystical spirituality, someone who explores unknown territories and recovers precious spiritual artifacts, bringing them back to those who seek enlightenment in modern times. "I work without any visible structure. Some people may say my work is chaotic, but the only thing I do is mirror the participants' own chaos. My 'spa menu' is my client's subconscious." Michael says. Is this where we take the future of luxury wellness? Total individualization, customization of clients' needs without pandering to anyone? Facilitating real needs as



opposed to what the ego desires? Not an easy bridge to cross and certainly not something easily replicated. This makes this modality all the rarer and more precious.

Michael's vision of luxury wellness transcends the superficial – beyond the quality of toothpaste in a deluxe bungalow or discussing trauma bonds in thermal sessions and cacao ceremonies. His philosophy centres on the depth and quality of spiritual, psychological, and somatic practices offered beyond a conventional retreat center menu.

Michael reflects on the broader trend within the luxury wellness industry, where ancient spiritual practices are often imported and integrated into Western luxury retreat centres. Repackaged for modern audiences seeking exotic and transformative experiences. He cautions to be mindful of the fine line between cultural appropriation and what he describes as a neo-colonial attitude, where these ancient practices are adopted not merely as cultural appropriation but as a form of spiritual domination, reshaping them in ways that may strip them of their original context and depth.

He acknowledges the complexity of these issues, admitting that while it may be challenging to change these industry-wide practices, it is crucial for those within the wellness sector to remain vigilant and conscientious about how these ancient traditions are treated, represented, and respected.

To illustrate this point, Michael mentions the poignant film 'Embrace of the Serpent,'

which explores themes of cultural and spiritual exchange, highlighting the delicate balance between learning from, and exploiting indigenous traditions. He describes the film's plot, where an anthropologist initially appears to be studying ancient medicinal practices for academic purposes, but is revealed to have been sent by a pharmaceutical company with the goal of exploiting these same traditions for profit, a narrative that echoes the complexities Michael discusses.

Michael brings up Peter Brook's theatrical adaptation of the Mahabharata, which was notable for its deliberate casting choices, involving American, African, and Indian actors to retell this pivotal Indian spiritual epic, providing a unique perspective on how cultural narratives can be shared across different cultural backgrounds. He concludes this part of the discussion by suggesting that when done thoughtfully and consciously, what often is critiqued as cultural appropriation can instead become an enriching adventure that broadens understanding and appreciation among diverse audiences.

You can feel the deep intimacy that is required for personal transformation. Michael's retreats attract mainly individuals and couple's seeking personal growth, and healing. What are the main drivers that motivate and inspire people to seek Michael's work?

- Destructive life patterns and habits
- PTSD – Trauma
- Relationship issues

- Addictions
- Anhedonia – the inability to experience joy or pleasure/lack of happiness
- Depression
- Anxiety
- BDD – Body Dysmorphic Disorder
- Low self-esteem / lack of confidence
- Those seeking freedom from “disease” or illness
- Sexual dysfunction

Michael treats participants who have issues that interfere with their ability to function normally. Michael says that extreme behaviours require an “unlearning” process. Many participants are high net worth, very successful, high performing individuals who lack balance and clarity in their personal lives and have a desire for spiritual fulfilment. These are people who may have tried out so many options, and nothing has worked. The retreat may not always be a fun process. There is nothing “sugar coated.” Finding solutions can be invasive. Participants need to be prepared to dig deep, and trust in the process. The Indian Mahavidya Goddess Kali's energy brings about the unhinged truths, about their lives' and the karmic options available says Michael. Like the Indian God Ganesh, (remover of obstacles and with the ability to move situations swiftly onwards), Goddess Kali requires radical solutions leading to quick changes. Continuing he says, “I delve deeper into people's karmic constellations.” To note, Michael taps into a very Asian model of work as opposed to traditional Western coaching

mindset. The Philosophy of Taoism, Zen and Hindu religions are the perspectives he utilizes and resonates with most. He is not telling participants what to do. He does not advise, but facilitates personal growth and empowerment, through the very complex landscape of tailored ancient spiritual practice. These are lost rites and rituals that have been taught to Michael by gurus and masters. He expresses a challenge he has faced, despite his efforts to consult with gurus and scholarly experts to gain deeper insights into these practices, Michael has found that few are able to trace the origins or fully grasp the profound meanings embedded within these ancient techniques. Michael also collaborates with a team that includes medical doctors, and psychoanalysts, seers and healers.

The cinematic nature of the retreats can be found in the environment and location that has been curated but also in the “actors” that Michael carefully sources, from any relevant global locations. Called “placeholders” these actors are reminiscent of those of director David Fincher’s movie “The Game.” This theatrical troupe are there for the process of working one on one with the individual, assisting with various activities, asanas, sadhanas, rites, roleplays, and rituals. There is always a private chef on retreat. Michael says he is always looking for amazing “out of the box” chefs, he often meets in his travels, be they vegan Japanese inspired or raw foods experts, providing all the nutritious life-giving meals.

Michael’s retreats are commonly curated for couples and individuals, many are women seeking empowerment, pattern changing from life’s expectations as mothers, daughters, partners, in the material patriarchy they find themselves in and the generational unlearning that’s required.

What would a couple anticipate to experience on their retreat? Will they solve their relationship issues? Michael explains, “We do not directly fix anything here. We put people into different spaces, different situations, and put their minds into a blissful state connecting them with the source of life, with the absolute reality. Once they can observe their own relationship patterns much better, and know how and where they find real harmony and bliss. Needless to say, we all expect too much from one life partner. We ascend from tribal structures; it would be naive to think one husband can provide for all your needs – sexual, spiritual, best friend, and provider. It’s simply impossible. The reason people divorce is not about them. It’s because the model we created so far as a society just doesn’t work. You just make it all too personal, starting wars about problems which are much bigger than you can comprehend. What Michael does is open a potential paradise space; you see alternatives to the life you live right now. You feel and experience other options.

Michael says: “Don’t make your relationship the dharma of your life, make spiritual

ecstasy the dharma of your life instead! If you experience the deepest fulfilment by being sexually motivated, be conscious about it and live ‘this’ dream. If you want to meditate in the midst of nature touching the spirits of the earth, live ‘this’ dream. Just be honest with what you really want, don’t lie to yourself and waste another lifetime! Only with this honesty can we survive as an individual, as a couple, as a family, as one humanity.”

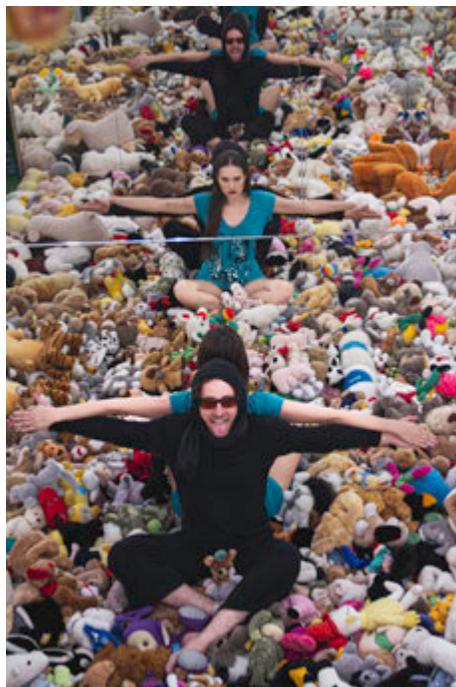
Forbidden Yoga clients have the freedom to choose the length of their retreat, the location, and even the participants, (placeholder actors may be required,) ensuring an entirely tailored experience that addresses their individual needs and desires. This level of customization and flexibility allows Michael to create transformative retreats that rejuvenate and empower those who partake in our programs, providing an unparalleled journey of self-discovery and growth.

What would my day look like on a retreat with Michael Perin Wogenburg, you may ask? Early outdoor morning ancient Bahir Bhuta Dharana meditations designed to heighten your sensory perceptions and deepen your connection to the earth. In the midst of this deep concentration, a sudden, unexpected thought may surface in the mind of one of the participants, emerging unbidden from the depths of their subconscious. Michael explains, “we welcome these interruptions,” clarifying that in the left-handed tantric traditions, all thoughts, regardless of their nature, are embraced rather than suppressed, as they are considered essential to personal growth and understanding. He invites the individual to expand their each fleeting thought in the mind and then later, after the meditation, share it, fostering an open dialogue that encourages self-exploration and collective understanding. You are encouraged to amplify your thoughts, to explore their boundaries and potential impact fully. He will encourage you to stretch your mental capacity, to really see the extent of your imagination’s power, transforming fear into a vivid controlled mental narrative.

Equally, there could be mindful eating at breakfast or alternatively a day of fasting with fresh juices and medicinal teas.

Michael uses a technique called ‘conscious spinning,’ a practice where participants actively manipulate their thoughts, spinning them into complex scenarios while remaining fully





aware of the process and its implications on their understanding of their own minds. He prompts them to use these isolated thoughts as the basis for crafting detailed, Stephen King-like narratives where their lives spiral into chaos, a creative and cathartic exploration of their deepest fears. This exercise is both a challenge and a test, seeing how effectively they can harness their creativity to articulate these internal landscapes.

After reaching a peak in their imaginative exertions, Michael guides them to let go of these narratives abruptly and return their focus to their immediate sensory experiences, re-engaging with the sounds, smells, and tactile sensations of the natural world around them. He encourages them to shift their mental focus from internal reflections to external realities, to anchor themselves in the present and the physical space they occupy.

Michael explains that by deepening their concentration on ambient sounds, they can gradually expand their perceptual range, potentially one day accessing the 'Nadas' – mystical sounds considered in Tantric traditions to be cosmic vibrations stored within nature's metaphysical realms, akin to a celestial library of audio experiences waiting to be accessed by those who are sufficiently attuned. Interestingly enough, we find ourselves in an age where the music of nature is being enhanced by vibrational technology, with measurable frequencies that can be recorded and played back.

An afternoon session may involve a work-

shop of creative writing, where participants are encouraged to confront their inhibitions by writing down any action they might find embarrassing or unconventional that they could theoretically undertake today. He challenges them to mentally transgress the boundaries and norms that society has imposed, urging them to rethink what is acceptable and what is not, thereby fostering a mindset that embraces greater freedom and creativity.

"Create like a god," he suggests, prompting them to use their imaginations to script the most outrageously amusing scenarios for their day, crafting narratives that stretch the limits of their usual day-to-day experiences. He instructs them to begin each sentence with "Today I will," followed by various actions, creating a list of 30 potential activities that explore and expand their sense of personal agency and whimsy. He further encourages them to let go of any inhibitions or self-censorship, to write as if they are dreaming or fantasizing in a drunken state of mind, allowing their entire body to be involved in the flow of creativity, unbound by rational constraints.

In this exercise, Michael introduces a complex philosophical concept from an extinguished Tantric tradition known as Pratyayasarga Sadhana, which involves the deliberate exaggeration of primary (intrinsic, uncontradicted thoughts,) and secondary, (conflicted, doubt-filled thoughts) into the realm of the absurd, using this technique to explore the mind's untapped landscapes. He explains that beyond the realm of ordi-

nary, contradictory secondary thoughts lies the realm of primary thoughts... pure, undiluted ideas that are free from internal conflict and societal conditioning. "What do you really want deep down in your psyche?" he often insists. "What do you really want? Have no fear to speak it out loud! Only if the primary thought can exist without the secondary, can true manifestation happen. In order to get there, you must kill the 'Vaikrita', the secondary thought, by taking it into the realms of comedianish absurdity." Michael shares that this philosophical approach is rooted in ancient tantric traditions originating from West Bengal. Traditions that have nearly been lost to time, barely surviving through the ages.

As they wrap up this exercise, Michael engages with his clients and the actors from his theatre troupe, discussing the outcomes of the speech sadhana practice, analyzing the insights and breakthroughs that have emerged. Despite the depth of the exercises, between laughing and crying and screaming, the atmosphere remains light and often humorous, with the practice taking on a comedic tone as participants share their exaggerated narratives and embrace the absurdity of their creations.

At dusk, Michael introduces his private clients to an ancient and nearly forgotten practice known as "Uus", the long U of the Sanskrit vocals, a magical extended version of what is today only known by some commercial yoga schools as Candle Trakata. This involves a deeply meditative exercise where participants focus their gaze on the flames emanating from

an arranged set of candles, positioned in geometric patterns alongside various symbolic objects. This practice aims to open mystical parts of the brain without the use of psychedelics.

Michael instructs the group with specific guidelines: “Arrange the candles so that they form a circle around a central object. Focus all your attention on this central object, allowing the peripheral vision of the candle flames to blur, and eventually seem as though they disappear from your sight.” This is about altering perception through intense concentration. Following the first exercise, Michael sets up another scenario: four candles are aligned in a straight line with only two lit. He then asks everyone to close their eyes and reverse their earlier perceptions—imagining that the candles which are lit appear unlit, and those that are unlit appear lit. This practice challenges their mental mapping of reality, pushing them to visualize and manifest changes purely through the power of thought.

Michael calls the various retreat treatments available as “side dishes”. They are curated for each individual retreat, based on practitioner availability and geographical location. These may include a healer who uses bamboo and deep-tissue techniques from Northern Thailand, or practitioners of Master Mantak Chia from Chiang Mai, who practice Chi Nei Tsang, abdominal work. Also Taoist sensual body-

work taught by Stephen Russell, or craniosacral therapists, and a Reiki practitioner from Berlin.

Esalen Massage anyone? Michael comments, “What is the point of paying 400 USD for a luxury massage if you have to wear nylon underwear and the therapist asks you stupid questions like ‘how is the pressure, Madam?’” he questions, highlighting the absurdity of restricting clothing during such an immersive experience. Esalen massage, with its extensive, sweeping movements over the entire body, requires minimal barriers between the practitioner’s hands and the client’s skin to maintain the fluidity and effectiveness of the technique.

Michael questions the conventional spa practice of inquiring about preferred pressure, suggesting that at Esalen, the skilled therapists are trained to intuitively understand the needs of their clients’ bodies. They adjust their techniques in response to subtle cues like breathing patterns and muscle tension, thereby personalizing the experience without the need for disruptive verbal exchanges. He emphatically states that the Esalen therapists he provides rely on their keen observation skills to determine the appropriate level of touch, whether it involves applying firmer pressure or perhaps not touching at all. This intuitive approach allows them to conduct the massage in a way that feels almost telepathically attuned to the client’s immediate physical and emotional state.

Another facet of Forbidden Yoga is the ancient rhythms of Kundalini Kriya Yoga. Before the program begins, Michael elucidates that Kundalini Yoga, as it is popularly understood today, deviates significantly from its original essence. In ancient times, such reverence was held for “HER” that merely pronouncing the name “Kundalini” was done with the utmost respect, aware that “SHE” was listening. Michael explains, “Modern Kundalini Yoga resembles a soap opera compared to its profound origins. We will journey back to discover its true essence.” He adds poignantly, “Devotion is not ‘God is for me.’ It is ‘I am for God.’” With a modern model of spirituality, people often come with this attitude: what’s in it for me? I’ve paid, so deliver me something profound! Give me something equivalent to what I have paid for! The problem with this attitude is that it makes true change nearly impossible. You have to worship the infinite in whatever manifestation to receive the happiness you are looking for. That is why in the “Game” movie with Michael Douglas, all is taken away from the traumatized wealthy main actor so he can understand that behind his snobbishness and arrogance was just a hidden big cloud of sadness, social alienation, and despair.

He expresses hope that during their time together, he might facilitate an opening for Kundalini Shakti to touch them, though it remains HER choice to do so. The session will involve practicing specific movements, visualizing certain sounds, and engaging in rather uncomfortable Asana breath combinations, which are largely unknown in contemporary practices.

The group first undertakes Hrdaya Dhauti, a heart-cleansing Kriya, followed by the Nitya goddess movement Kriyas. After three hours, exhaustion claims the group. As they lie in Shavasana, Michael introduces “Shakti Peetha Nyasa,” guiding them on a journey into the magical hologram of India, back to a time before Yoga Nidra was conceptualized. He later explains that Yoga Nidra was an invention by Swami Satyananda Saraswati and is nothing ancient at all.

Michael continues, “Nyasa,” originating from the Sanskrit language, translates to “placing,” “applying,” or “touching.” However, the significance of Nyasa extends far beyond these simple translations. It involves the conscious





act of touching or placing the fingers or hands on sacred points of the body, often performed internally through the power of the mind in many Nyasa practices.

In Hindu tantric meditations and pujas, the practitioner either physically or mentally touches these sacred points in specific sequences, infusing each location with a special mantra, visualization, or emotion, either spoken aloud or silently envisioned.

There are various forms of Nyasa. For instance, Matrika Nyasa involves the conscious placement of the fifty letters of the Sanskrit alphabet onto parts of one's body, Matrika meaning 'Mother' in Sanskrit. Another form, Sadanga Nyasa, involves placing mantras into six parts of the body, including the heart, forehead, crown, both eyes, and the palms and backs of both hands.

Michael explains that the relaxation techniques taught at the end of many yoga classes, known today as "yoga nidra" or yogic sleep, originally stemmed from more complex mental Nyasa. In these, practitioners would lie back and mentally "place" the sound of a mantra in each part of the body, achieving relaxation, connection, and sanctification simultaneously.

In the early 1960's, Swami Satyananda Saraswati from the Bihar School of Yoga recognized that the religious overtones of traditional Nyasa might alienate Westerners who could otherwise benefit from yoga. He then created "yoga nidra," combining traditional yogic techniques with Western hypnotic relaxation methods and insights from Herbert Benson's seminal work, "The Relaxation Response." Before

1960, what is known today as yoga nidra did not exist; there were only Nyasa and the dream yoga techniques known as "nidra yoga."

Michael remarks, "It's fascinating how today's yoga nidra movement, while popular, doesn't open the gates to the ancient hologram. Perhaps its superficiality is intentional, to protect the metaphysical realms from intruders. Every realm of reality has its own bodyguards."

After this intensive three-hour Kundalini Kriya session and an hour-long Nyasa sadhana, only the private clients are privy to a secretive technique called Yogini Nyasa Vishuddha. In this practice, participants project their chakras into outer space as if sitting within brutalist architectural structures on Alpha Centauri, performing their Kriya Mantra pujas not just within the room but atop the 16 petals of the Vishuddha chakra in another realm of reality.

"This," Michael reveals to his private client couple, is the essence of real Forbidden Yoga. It distinguishes my work from the mainstream wellness industry. I offer my private clients the genuine path, opening doors of perception to realms of absolute subtleties with spiritual practices they won't find in any commercial or non-commercial ashram or retreat center in this world.

He discusses the unique needs of high-performance individuals, noting that their brainwaves differ significantly from those of typical yoga practitioners. "Such minds require complex, almost mathematical meditations to achieve peace. Modern practices, simplified to basics, are insufficient for them; they require intricately designed sadhanas."

Ancient Tantric practice is taught by Michael. He says, "Ancient Tantra, in stark contrast to the modern 'Namaste-hugging' Tantra, did not ritualize sexuality but sought to sexualize ritual." He jokes about contemporary Tantra workshops, which, while enjoyable with their dancing and eye-gazing, fail to encode the mystical brain patterns of the ancient metaphysical hologram. "Real Tantra involves elaborate rituals to access realms of timeless bliss, requiring extreme patience and intricate processes akin to navigating a labyrinth of doors, each crafted by gatekeepers over thousands of years." Citing neuroscientist Robert Sapolsky for a deeper understanding, he explains, "We aren't here merely for pleasure. We're here to understand which pleasures can open or close doors in our mystical consciousness, to open

vast spaces within our minds, leading to non-dual states of awareness, and most importantly, to understand why these blissful experiences exist at all."

It is very clear that to experience a retreat with Michael will indeed be transformational, and life-changing. You may take away from it what you will. You will find not only empowerment but also what Michael believes will be a new learning, equipped with practical tools on how to live more positively, happy and fulfilled.

Note: Michael Perin Wogenburg will be a speaker at SpaChina Wellness Summit 2024. We invite you to join him for an even more in-depth dive into what to expect on one of Michael's retreats and have the pleasure of meeting him in person. <https://www.forbidden-yoga.com/>



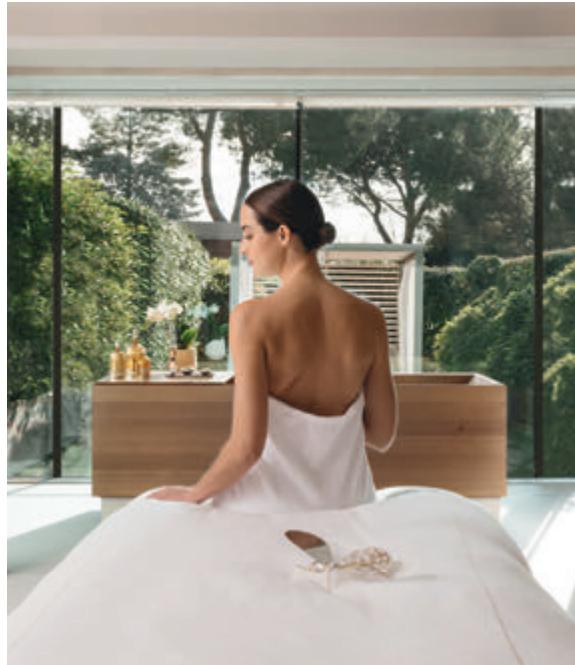
Richard Williams

拥有40多年的酒店业从业经验，曾在全球各地的五星级酒店、养生度假村和高级餐厅工作，包括澳大利亚大堡礁的Hayma度假村、伦敦肯辛顿的The Roof Gardens、泰国华欣的奇瓦颂健康度假村、曼谷和上海的半岛酒店等。Richard毕业于墨尔本The Southern自然疗法学院，并拥有美国康奈尔大学酒店业文凭，是洛杉矶The Chopra中心的认证冥想导师。目前常驻巴厘岛，定期在荷兰斯坦德大学巴厘岛校区讲授SPA开业项目、SPA概念开发和领导力大师班等课程，并常在各大水疗会议上发表演讲。

Richard is a New Zealander by nationality with over 40 years in the hospitality industry working around the globe in 5-star hotels, wellness resorts and fine dining restaurants, including Hayman Island Resort in the Great Barrier Reef, Australia, The Roof Gardens, Kensington, London, Chivasom International Health Resort, Hua Hin, Thailand, and Peninsula Hotels Bangkok & Shanghai. He is a graduate of The Southern School of Natural Therapies, Melbourne, The Craniosacral Academy, S.A. He holds hotel industry diplomas from Cornell University, U.S.A and is a qualified meditation instructor from The Chopra Center, La Jolla, CA. Richard is based in Bali, Indonesia and regularly lectures at Stenden University Netherlands, Bali campus on Spa Pre-Opening Projects, Spa Concept Development and Leadership Masterclasses.



BEAU-RIVAGE PALACE
LAUSANNE SWITZERLAND



GUERLAIN
SPA

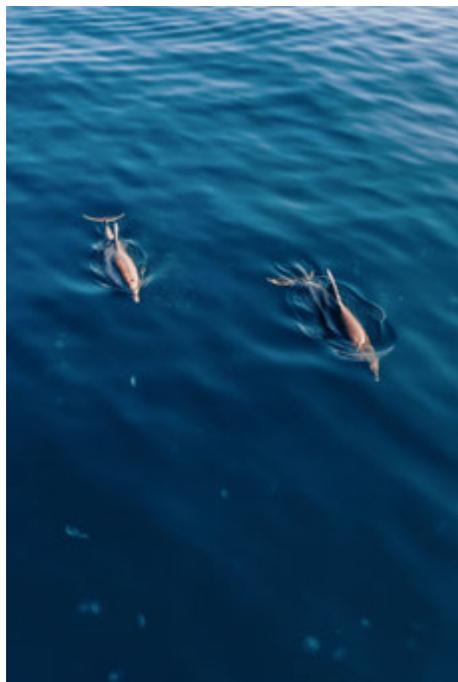
洛桑美岸皇宫大酒店娇兰水疗中心
美即艺术



THE LEADING HOTELS
OF THE WORLD



SWISS DELUXE HOTELS



尖端科技还原精简美学

访旋柏首席执行官John Morrell先生

源于对“更好”的追求——来自摩纳哥，成立于2008年的旋柏NIHPLOD，致力于将创新科技与高活性成分配方相融合，结合世界领先的脂质体技术与纳米乳液技术，完美实现靶向直达和精简护肤的前沿理念，带来高效、健康、安全的精致护肤体验。SpaChina对话旋柏NIHPLOD品牌CEO John Morrell先生，请他为我们揭秘旋柏NIHPLOD的逆转时光旅程。

请为我们介绍一下旋柏NIHPLOD的创立故事和品牌理念。

旋柏NIHPLOD最早是源于摩纳哥的联合实验室，是由TWK资本和Stefan博士共同创立的。NIHPLOD是英文中海豚DOLPHIN的镜像，这源于海豚皮肤的神奇能力——每两个小时就会自我更新一次它们的肌肤，进行自我修复和抗衰。这种“逆转时光”的动物本能使我们获得了灵感。所以简单来说，品牌的理念和期望就是消费者在使用我们的产品一段时间后，肌肤也能得到一定程度的自我修复和调整，帮助人们更好地解决各种肌肤问题以及延缓衰老。

旋柏NIHPLOD拥有哪些核心技术和成分，解决了哪些护肤痛点，可以达到什么样独特的护肤效果？

我们的首席产品负责人曾多次阐明，市场上

大多数的护肤产品，真正被人体有效吸收的成分少得可怜。通过脂质体技术，才能真正发挥产品的各类功效，这就是为什么我们的面霜/面膜/精华产品常常通过一晚上就能达到修护肌肤的一些轻微问题的神奇效果。所以护肤品结合脂质体技术在将来会是一个行业趋势，而我们之所以选择Nexstar作为我们的合作伙伴，是因为他们在脂质体科技领域已经拥有超过20年的经验，通过和Nexstar的合作，更具权威，也能让我们的消费者得到更好的使用体验。

从产品的包装设计到护肤体验，请与我们分享一下旋柏NIHPLOD的精简美学理念。

迄今为止，我们只有8款产品，但完全覆盖了脸部、手部和身体的各项护肤需求。从产品的研发角度而言，我们最大化的去匹配不同肤质或地区的人群。从安全性角度而言，孕妇或一些处于医美手术恢复期的消费者是可以很放心使用我们的产品的。

从设计角度来说，创始团队坚信：美好而经典的产品，应该是简约、简单且具高价值性的；所以我们的包装和用料设计层面也延续着一贯的环保简约且大气的风格。

关于旋柏的精简美学，就如同Stefan博士一直以来强调的：“最终我们每个人都会变老，旋柏一直在做的就是让这个变老的过程

变得缓慢一点，且不需要花费更多精力在上面，却又效果出众。”

能否和我们说一说旋柏NIHPLOD目前在中国市场的发展现状和近期规划？您看到了哪些市场需求和趋势？

旋柏此前以跨境品的形式进入中国市场的时间还是比较短的，但增长量却超出我们的预期很多。中国的市场很大，我们希望更深入的满足消费者的体验及需求，从经销商及院线角度增强产品及服务创新，使旋柏在同级别竞品中保持优异性。

我们在最近的一年里，完成了国家药品监督管理局的一系列产品备案工作，这意味着旋柏在国内市场的流通性会大幅提高，我们也能更精准的挑选更适合我们的渠道及合作机构。选择合适的酒店和城市SPA进行合作也会是我们接下来的主要工作方向之一。

我们从旋柏销量的增长数据中判断，亚太高端护肤品消费市场并不受此前的疫情或近两年经济不景气影响太大，高净值人群在选择护肤产品层面更趋向于高对比及高要求，但对好产品的依附性及转介绍率始终维持稳定。

这使我们充分相信，在未来，一个好的高端护肤品牌，在做好产品的同时，应该加大力度为核心客户群体带来更多福利及优质服务，这是品牌走得更长远的关键。我们也正尝试在这方面做更多的进步及创新。

Cutting-edge Technology Simplified Skincare

An interview with Mr. John Morrell, the CEO of NIHPLOD



John Morrell

Born in Monaco in 2008, NIHPLOD has long been committed to combining innovative technology with highly active ingredients, integrating the world's leading liposome and nanoemulsion technology to perfectly realize the cutting-edge concept of targeted and simplified skincare. SpaChina spoke with Mr. John Morrell, CEO of NIHPLOD, inviting him to reveal the mystery behind the amazing "Time Reverse" journey.

Please introduce NIHPLOD's founding story and brand philosophy.

NIHPLOD originated from a joint laboratory in Monaco, founded by TWK Capital and Dr. Stefan. NIHPLOD is the mirror image of the English word "DOLPHIN," inspired by the amazing ability of dolphins' skin to renew itself every two hours for self-healing and anti-aging. We were inspired by this animal's instinct to "reverse time." In short, the brand's philosophy and expectation are that after using our products for a certain period, the skin will achieve a certain degree of self-repair and adjustment, helping people better solve various skin problems and slow down the aging process.

Could you tell us more about the core technologies and star ingredients of NIHPLOD's products? What pain points can

they address, and what unique effects can they achieve?

Our Chief Product Officer has stated many times that most skincare products on the market have only a few ingredients that can actually be absorbed by the skin. It is only through liposome technology that the various benefits of a product can be realized, which is why our creams, masks, and serums often work wonders in repairing minor skin problems overnight. Therefore, combining liposome technology in skincare products will definitely be an industry trend in the future. We chose NexStar as our partner because they have more than 20 years of experience in the field of liposome technology. By partnering with NexStar, we will have more authority in the field and offer a better experience for our consumers.

From the packaging design to the skincare experience, please share NIHPLOD's minimalist philosophy.

So far, we have only 8 products, but they cover the full range of skincare needs for the face, hands, and body. From a product development point of view, we maximize our ability to match consumers with different skin types from different regions. From a safety point of view, pregnant women or consumers recovering from aesthetic procedures can use our products with confidence.

From a design perspective, our founding team believes that beautiful and classic products should be simple and of high value. Therefore, our packaging and material design continue to be environmentally friendly, simple, and atmospheric. As Dr. Stefan has always emphasized, "Eventually we will all grow old, and what NIHPLOD has been doing is to make this process a little slower, giving you outstanding results without requiring much effort."

Could you tell us about the current development and near future plans of NIHPLOD in China? What market demands and trends do you see?

NIHPLOD's entry into the Chinese market as a cross-border product has been relative-

ly short, but the growth has exceeded our expectations. China is a large market, and we want to go deeper to meet consumer experiences and needs, enhance product and service innovation, and keep NIHPLOD ahead of its competitors.

We have completed a series of product filings with the National Medical Products Administration in the last year, which means the distribution of NIHPLOD products in the domestic market will be greatly improved, allowing us to more accurately select suitable channels and partners. Cooperating with hotels and city spas will also be one of our next major steps.

We believe that the Asia-Pacific high-end skincare market has not been affected by the pandemic or the economic downturn in the past two years. The high net worth group tends to be more demanding in their choice of skincare products, and their adherence to high-quality products has remained stable. This makes us believe that in the future, a good high-end skincare brand should not only excel in its products but also make more efforts to bring more benefits and quality services to its core customer group. This is key to the brand's long-term success. We are striving to make more progress and innovation in this area.



解锁塑肌潜能

JPRbody高效地进行肌肉自主锻炼
获得迷人曲线和健康体魄



肌肉不仅是力量和健美的象征，更是健康长寿的重要保障。现代生活中，它关系到我们的健康，美丽，甚至衰老速度。健康成年人的肌肉量如果保持在良好的30%-40%之间的话，可以获得各种健康益处：

提高身体灵活性：从走路到做家务，这都是肌肉日常活动的关键，与肌肉力量和大小有直接关系，如果没有进行肌肉锻炼，在30岁后肌肉便开始走下坡路，其质量也随之下降，导致力量和功能同时降低，所以就需要通过高效的运动锻炼来促进肌肉增长，主要原因是足够的肌肉不仅可以支持日常生活所需要的力量，还可以维稳身体的正确姿势，对防止意外受伤也很有帮助，实现更高效的生活方式。

加强代谢调节：研究表明，锻炼运动性出汗可以消耗能量，部分能量是由脂肪提供的，过程中产生过多的热量，通过排汗来降低体温，同时血液还会出现加速循环的现象，提升体内新陈代谢的速度，只要维持正常的锻炼，便可达到排毒的需求。这意味着有更多的肌肉助于支持代谢的调节。

改善肤质：锻炼可以让整体肤质变得更健康。锻炼过程会加快血液循环，使体内的细胞获得各种养料，支持其完成各项功能，让肤质能有所改善。

培养乐观心态：锻炼可以成为快乐的源



泉，在锻炼时，身体会释放化学物质来增强幸福感，同时抑制压力和焦虑的荷尔蒙，让身体产生更多的天然情绪助推器——内啡肽，来增强乐观和满足感。所以有规律的锻炼可以帮助您获得更愉快的心态，从烦恼中解脱出来。

医学文献及世界卫生组织的数据显示，如需保持肌肉健康，需要每周进行2-3次75分钟以上的高强度肌群力量训练，并结合适当的拉伸和有氧运动，同时要配合均衡饮食和良好的生活作息习惯，帮助肌肉修复和增长。

然而，在现代人如今快节奏的城市生活中，想要保持这种持之以恒的锻炼是一大挑战。绝大部分人群在步入中年后，肌肉量会不可避免地逐渐减少，随之而来的是各种各样的健康隐患。

来自意大利的JPRbody全新一代高科技身体理疗设备，拥有专利技术的多档调节模式，能集合肌肉需要的所有参数，利用模拟大脑发出的行为运动高频信号，来完成运动所需的热身、强化和放松周期，有效解决肌肉流失问题，轻松塑造迷人的身体曲线和健康的体魄。

该设备拥有个性化和灵活性的特点，允许可以根据用户的实际情况调节热度、强度和频率等参数，成为适合每个人独有的肌肉定制训练，让全身的肌肉能够自主运动锻炼起来，全方位包括肩膀、手臂、腹肌，以及臀腿等部位。这种简单有效且个性化的锻炼方法，不仅适用于不同年龄和体质的人群，还能有效地避免常见的训练误区和伤害。

从现在开始，就让创新、科学且高效的JPRbody身体管理系统助您轻松管理和锻炼肌肉，启动身体潜能，展现健康魅力！

上海布兰妮医疗科技有限公司
Shanghai Britney Medical Technology
Co., Ltd.
Mob: 151 0216 2303

Unlocking Your Fitness Potential

Efficient muscle autonomy exercises for a glamorous body shape and better health



Muscle is not only a symbol of strength and fitness, but also an important guarantee of a long and healthy life. It is related to our health, beauty and even the speed of aging. Healthy adults who maintain a 30-40% muscle mass can reap a variety of health benefits:

Improve physical flexibility: From walking to doing housework, this is the key to the daily activities of the muscles, which is directly related to muscle strength and size. Without muscle toning, the muscles begin to decline after the age of 30, and their quality will also decrease, resulting in strength and function at the same time. So it's necessary to promote muscle growth through efficient exercise, the significant point is sufficient muscle not only support the strength needed for daily life, but also maintain the correct posture of the body, which is also helpful in preventing accidental injuries and achieving a more efficient lifestyle.

Enhanced metabolic regulation: Studies have shown that sweating during exercise

consume energy, some of the energy which is provided by fat, and excessive heat is generated in the process, which is used to lower body temperature through sweating, and at the same time, the blood will also accelerate circulation, enhance the rate of metabolism in the body, as long as normal workout is maintained, the need for detoxification can be achieved. This means that there is more muscle to help support metabolic regulation.

Improve skin texture issues: Exercise can make your skin healthier overall. The process of exercising will increase blood circulation, so that the cells in the body receive a variety of nutrients to support them to complete various functions, being for an improvement in skin texture.

Cultivate optimism: Exercise can be a source of happiness. During exercise, your body releases chemicals to enhance feelings of well-being, while the hormones of suppressing stress and anxiety, allowing the body to produce more natural mood boosters, endorphins,

to enhance optimism and contentment. So regular exercise can help you gain a faster mindset and get rid of your worries.

Medical literature and data from the World Health Organization show that to maintain muscle health, it is necessary to perform high-intensity muscle strength training for more than 75 minutes 2-3 times a week, combined with appropriate stretching and aerobic exercise, as well as with a balanced diet and good lifestyle habits to help muscle repair and growth.

However, in today's fast-paced city life, it can be a challenge to maintain this kind of consistent exercise. The vast majority of the population inevitably loses muscle mass as they enter middle age, and with that comes a variety of health risks.

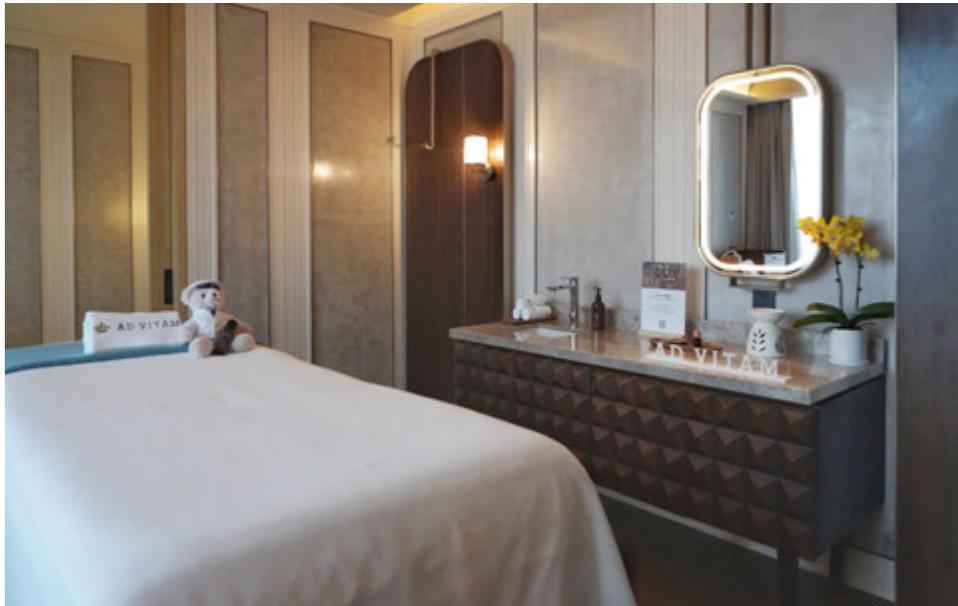
Originated from Italy, JPR body is a new generation of high-tech body physical therapy equipment, with patented technology of multi-speed adjustment mode. It can gather all the parameters the muscle needs, and complete the warm-up, strengthening and relaxation cycle required for exercise with the use of high-frequency signals of behavioral movements emitted by the simulated brain, and effectively solve the problem of muscle loss. With JPR body, you can easily embrace charming body shape and better health without doing sports.

The personalized and flexible nature of the equipment allows parameters such as heat, intensity and frequency to be adjusted according to user needs so that the whole body's muscles including shoulders, arms, abdominals, as well as buttocks and legs and other parts can be exercised. This simple, effective and personalized workout is not only suitable for people of all ages and fitness levels, but is also effective in avoiding common training mistakes and injuries.

Let the innovative, scientific and effective JPR body management system help you easily exercise your muscles, activate your body's potential and achieve a healthy appearance!

“艾”愈云端

AD VITAM艾薇丹与青岛瑞吉酒店合作，打造联名主题房和独家SPA疗程。
访青岛瑞吉酒店水疗健身总监严玥冉女士



Iris Yan

通

过纯天然精油中蕴含的植物自然疗愈力，开发创新和效果显著的产品和疗程，为人们带来高品质的健康和美容护理服务，这是AD VITAM艾薇丹品牌自创立以来一直在践行的初衷。

今年，AD VITAM艾薇丹与青岛瑞吉酒店展开深度合作，不仅在酒店中打造了艾薇丹主题房，更为瑞吉SPA开发了独家疗程。SpaChina为此采访了青岛瑞吉酒店水疗健身总监严玥冉(Iris Yan)女士。Iris曾先后服务于ClubMed集团，悦榕集团以及万豪集团，与超过10个品牌合作联动并成功举办多场联名活动，始终致力于提升奢华SPA的客户体验，推动品牌不断升级。Iris将与我们分享这次与AD VITAM艾薇丹合作的更多细节。

请介绍一下青岛瑞吉酒店和瑞吉水疗中心。

青岛瑞吉酒店位于青岛市市南区的海天中心，是一座标志性建筑，提供奢华的住宿和卓越的服务，酒店拥有231间精致优雅的客房和套房。瑞吉水疗中心坐落于酒店58层，选用专业品牌产品，结合现代理疗和定制的热贝壳按摩，使宾客于云端体验奢享呵护，感受全方位身心焕彩体验。

为什么会选择与AD VITAM艾薇丹的合作呢？

因为我们了解到艾薇丹是一位母亲为了照顾家人健康而创立的品牌，因爱而诞生。前来

青岛瑞吉酒店的宾客，大多也是母亲带着全家人来出行，在青岛瑞吉留下与家人爱的美好回忆。我们觉得双方的理念很契合。且艾薇丹是20多年专注于芳疗领域的品牌，我们相信通过此次合作可以为宾客提供更加卓越和独特的体验。

能否分享一下此次合作的具体内容？

这次合作我们主要推出了联名海景主题房和水疗主题房。

联名海景主题房内配备了艾薇丹的芳疗产品，如香薰精油、芳疗护肤组合和精油香氛喷雾，以及可以调配自己专属精油香氛的DIY互动，宾客在房间内就可以全天候感受到精油的芳香体验。

瑞吉水疗中心还推出了“艾”愈云端身体按摩，采用艾薇丹的高品质精油产品和独特的按摩手法，让宾客在云端享受舒心的时光。入住期间，宾客还可以收到柠檬精油干洗喷雾，这是我们为客人健康旅途和生活提供的一份贴心小礼物。

此外，母亲节期间艾薇丹还在瑞吉水疗中心举办了线下沙龙，将精油运用于生活中，提高女性的自我呵护意识，来参加沙龙的客人都反馈收获满满，还有客人现场就迫不及待跟我们预约了护理。

与艾薇丹的合作给青岛瑞吉酒店带来了哪些变化？

通过这次合作，我们的客人能够享受到更加

高端和独特的入住体验。联名客房和套房内的芳疗产品让宾客在住宿期间享受全天候体验精油，极大地提升了他们的住宿体验。而瑞吉水疗中心推出的专属“艾”愈云端护理，不仅丰富了我们的服务内容，还为宾客提供了更深层次的身心灵焕彩体验。通过这些创新和独特的服务，我们在奢华酒店和水疗领域的品牌影响力得到了进一步提升，吸引了更多注重健康和品质生活的高端客户群体。

能否详细介绍一下“艾”愈云端？

“艾”愈云端护理是我们此次合作的亮点。来瑞吉水疗中心的客人很多都是35-45岁的宝妈，跟艾薇丹沟通了客人特点后，特别推出了为瑞吉水疗中心独家定制的“艾”愈云端护理。

它采用了伊沙兰式身心平衡按摩手法，这种手法被誉为“按摩界的爱马仕”，能够深入肌体，帮助宾客释放身体的自然能量，恢复情绪的平衡。我们使用的是艾薇丹的香甜静谧身体油和柑橘系欢愉复方纯精油，这些精油具有高渗透度和生物活性，能够通过皮肤及呼吸系统进入人体循环，提供深层次的放松效果。特别适合因为家庭和工作奔波疲惫，易失眠、情绪低落或焦虑的成熟女性们，让他们在护理过程中重新找回愉悦状态和松弛感。

我们希望能够为更多宾客带来身心灵的愉悦体验，欢迎大家前来体验这段独特的芳香之旅。

Heavenly Spa Retreat with AD VITAM

AD VITAM cooperates with The St. Regis Qingdao to create co-branded themed guestrooms and exclusive spa treatments. An interview with Ms. Iris Yan, Director of Spa & Fitness, St. Regis Qingdao

Since its establishment, AD VITAM has been committed to developing innovative and effective products and treatments, with the natural healing power of essential oils, to bring people high-quality health and beauty experience.

This year, AD VITAM has launched an in-depth cooperation with The St. Regis Qingdao, not only creating AD VITAM-themed guestrooms, but also developing exclusive treatments for the St. Regis SPA. To know more about this cooperation, SpaChina interviewed Ms. Iris Yan, the Director of Spa & Fitness at The St. Regis Qingdao. Iris has seven years of experience in managing luxury hotels. She has served Club Med, Banyan Tree Group, and Marriott Group consecutively and boasts international work experience. So far, she has collaborated with over 10 different brands and has successfully organized many co-branded events. Iris is committed to enhancing the customer experience of luxury spas and promoting continuous brand upgrading.

Please tell us briefly about The St. Regis Qingdao and The St. Regis Spa.

The St. Regis Qingdao is situated in an iconic building – Haitian Center in Shinan District – offering luxurious accommodations and exceptional service in 231 exquisitely elegant guest rooms and suites. Located on the 58th floor of the hotel, The St. Regis Spa combines modern therapies and customized Lava Shell massages, complemented by professional products, giving guests luxurious pampering and a holistic rejuvenation of the body and mind beyond the clouds.

Why did you choose to work with AD VITAM?

We learned that AD VITAM is a brand created by a mother to take care of her family's health and was born out of love. Most of the guests who come to The St. Regis Qingdao are also mothers traveling with their whole families. We feel that the concepts of both parties are



very compatible. Furthermore, AD VITAM has over 20 years of experience in the field of aromatherapy. We are confident that this partnership will provide our guests with an even more exceptional and unique experience.

Could you share more details of this collaboration?

We have launched the co-branded Sea View Rooms and Spa Rooms.

The co-branded Sea View Rooms feature AD VITAM's aromatherapy products, such as essential oils, aromatherapy skincare packages and aromatherapy sprays, as well as a DIY space where guests can blend their own essential oils and immerse in the aroma all day long right in their rooms.

The St. Regis Spa launches Heavenly Spa Retreat with AD VITAM, a soothing massage utilizing AD VITAM's high-quality essential oil products and unique massage techniques. During their stay, guests will also receive a Lemon Essential Oil Dry Hand Spray, a thoughtful gift we prepare for them for a healthy journey.

In addition, on Mother's Day, AD VITAM also held an offline salon at our spa to promote women's awareness of self-care with the use of essential oils. Guests who came to the salon gave us great feedback, and some of them couldn't wait to book treatments with us on the spot.

What changes has the partnership with AD VITAM brought to The St. Regis Qingdao?

Through this partnership, our guests are able to enjoy a more unique stay experience. The aromatherapy products in the co-branded rooms and suites allow guests to immerse in essential oils all day long, which greatly enhances their experience. The St. Regis Spa's exclusive Heavenly Spa Retreat with AD VITAM not only enriches our service offerings, but also provides guests with a deeper rejuvenating experience for their body and soul. With these innovative and unique trials, our brand presence in the luxury hotel and spa segment has been further enhanced, appealing to more guests who are seeking a healthy and quality lifestyle.

Could you tell us more about the Heavenly Spa Retreat with AD VITAM?

Heavenly Spa Retreat with AD VITAM is the highlight of this cooperation. Many of the guests at The St. Regis Spa are mothers between the ages of 35-45. After discussing the characteristics of our guests with AD VITAM, we have developed the Heavenly Spa Retreat with AD VITAM, which is exclusively for The St. Regis Spa.

The treatment adopts the Esalen massage techniques for mind-body balancing, which is known as the "Hermes of the massage world", and can penetrate deeply into the body to release its natural energy and thus help guests restore emotional balance. We use AD VITAM's Calm Massage Oil and Happiness Essential Oil Blend, which are highly penetrating and biologically active, and can enter the body's circulation through the skin and respiratory system to trigger deep relaxation. It is especially good for women who are tired from family and work, and prone to insomnia, moodiness or anxiety, to regain the sense of pleasure and relaxation.

Our vision is to give more guests a pleasurable experience for body and mind in the unique aromatic journey.



日内瓦Ultima Geneva Quai Wilson酒店

邬蒂玛酒店系列 (Ultima Collection) 旗下全新酒店——Ultima Geneva Quai Wilson坐落于日内瓦湖的西南岸，四周环绕着城市的主要地标性建筑。酒店由5套独具一格的现代全平层私人公寓组成，每套住宅均配备3至6间卧室，融合时代特色和优雅的现代设计，拥有精致的起居与用餐空间，营造出温馨而奢华的度假氛围。顶层公寓更配备了带有热水浴池和湖景的屋顶露台，而一楼住宅则享有私人露台和花园景观。酒店内还设有养生区，配备按摩浴缸、桑拿浴室、土耳其浴室及两间私人护理室，呈现奢华疗愈空间。

Ultima Geneva Quai Wilson

Ultima Collection announces the launch of Ultima Geneva Quai Wilson, a sophisticated luxury retreat located in the heart of Geneva. Surrounded by the city's major landmarks and situated on the southwest shore of Lac Lemman, Ultima Geneva Quai Wilson houses 5 private full-floor apartments ranging from 3 to 6 bedrooms. Blending period features and elegant contemporary design, each refined residence at the property offers exquisite living and dining areas creating a welcoming and opulent retreat. The penthouse boasts rooftop terrace with hot tub and lake views while the ground floor residence features private terrace and garden views. The property also boasts an indulgent well ness area including jacuzzi, sauna, hammam, and two private treatment rooms.

Janu东京

Janu的品牌旗舰首店在东京亮相，坐落于充满自然、文化和艺术气息的麻布台山社区中心地带，位于由建筑设计事务所Pelli Clarke & Partners设计的公馆A座大厦内。酒店共有八层，设有122间客房和套房，由Denniston的Jean-Michel Gathy设计，落地窗、私人阳台和具有现代欧洲风情的亚洲风格内饰，宽敞空间营造出恬淡美感，与城市的喧嚣形成鲜明对比。从热闹的意大利餐厅Janu Mercato到精致的粤菜餐厅Hu Jing，八家餐厅各具特色，既有传统美食，又有烹饪专家的创意菜品。作为本市最大、最全面的康养设施之一，开阔的水疗、健身和康养空间通过连通性概念提升个人幸福感。

Janu Tokyo

A fitting flagship, Janu Tokyo is connected to the vibrant heart of the Azabudai Hills community – a city within a city, teeming with nature, culture, and art. The only hotel within the development – located in the Residence A Tower designed by visionary architects, Pelli Clarke & Partners – Janu Tokyo introduces 122 light-filled rooms and suites, designed by Jean-Michel Gathy of Denniston, bringing a sense of lightness and space in contrast to the bustle of the city with floor-to-ceiling windows, private balconies and Asian-inspired interiors with a contemporary European inflection. From the lively Italian emporium of Janu Mercato to the refined Cantonese cuisine of Hu Jing, diverse range of eight dining and socialising venues elevate the neighbourhood's dining scene – informed by tradition and reimagined by culinary experts. Expansive spa, fitness and wellness spaces enhance individual wellbeing through the concept of connectedness.



亚特兰大希尔顿Signia酒店

亚特兰大希尔顿Signia酒店日前开业。酒店是佐治亚州世界会议中心管理局冠军园区的一部分，该园区是北美最大的会展、体育和娱乐综合目的地。酒店共拥有976间客房，均设有落地玻璃窗，房内采用大地色调的织物、丰富的木材和藤条纹理以及黄铜饰面。卓越的餐饮体验是酒店的核心，包括八家不同类型的餐饮概念。其中酒店的招牌餐厅Capolinea主理意大利美食；Nest on Four则是一家专为球迷打造的现代体育酒吧，可以欣赏到梅赛德斯-宾士体育场的美景。Homespun早餐餐厅呈现佐治亚州农场的新鲜风味。此外，酒店还设有水疗中心、屋顶泳池、健身中心和灵活的会议空间。

Signia by Hilton Atlanta

The Signia by Hilton Atlanta recently opened, with the legendary Georgia World Congress Center as the backdrop. The hotel features a total of 976 guest rooms with floor-to-ceiling glass windows. The interior features earth-toned fabrics, wood and rattan textures and brass finishes. Exceptional dining experience is at the heart of the hotel and includes eight different types of dining concepts. Among them are Capolinea, the hotel's signature restaurant, which specializes in Italian cuisine; Nest on Four, a contemporary sports bar for fans with views of Mercedes-Benz Stadium; and Homespun breakfast restaurant, which presents the fresh flavors of Georgia farms. Other facilities include a spa, a rooftop pool, a fitness center and flexible meeting space.



迪拜拉纳酒店

多切斯特精选酒店集团旗下的拉纳酒店(The Lana)揭开帷幕, 毗邻迪拜运河蔚蓝的水域, 俯瞰哈利法塔。酒店提供225间客房和套房以及8家餐饮概念, 其中4间餐厅与屡获殊荣的三位国际厨师共同打造。这座30层高的建筑采用互联设计, 中央裙楼The Lana Promenade用于零售和餐厅, 屋顶有一个无边泳池, 可俯瞰城市天际线和远处的沙漠景观。酒店的内部设计受现代极简主义影响, 以空间和光线作为特色。每间客房都设有室外露台和落地玻璃窗。酒店内还融入了由当地和国际艺术家委托策划的50多件艺术品。拉纳酒店亦是阿联酋地区首家迪奥水疗中心的所在地。

The Lana

The Lana, Dorchester Collection, Dubai has opened in a waterfront location on the marasi bay marina, overlooking the Burj Khalifa. The hotel offers 225 rooms and suites and eight new dining concepts; including four that have been created with three of the world's most celebrated chefs. Foster + Partners took inspiration from Dubai's ever-changing skyline for the 30-storey building. The striking interconnected design features a central podium – The Lana Promenade – for retail and restaurants, as well as an infinity rooftop pool with views over the cityscape and desert landscape beyond. Influenced by the modern minimalism and the bright weather of Dubai, space and light are the defining features of the interior by Gilles & Boissier. Each room features an outdoor terrace and floor-to-ceiling glass windows providing natural light and sweeping views. The Lana is to be also home to the first Dior Spa in the UAE.

巴塞罗那君悦酒店

巴塞罗那君悦酒店位于巴塞罗那高地区域, 毗邻坎普诺球场, 步行即可抵达众多文化景点。酒店的465间客房采用装饰风格派设计, 精致典雅。五个用餐场所提供不同风格的美味佳肴和用餐体验。其中位于19楼的秘鲁餐厅Maymanta是酒店最高处, 由秘鲁主厨Omar Malpartida主理, 你可以在壮观的落日美景中享用地中海风味晚餐。对于想要焕活身心的客人, 酒店与悦碧施品牌携手打造了OASIS水疗中心, 提供一系列兼具体验感和功效的疗程。此外, 户外泳池置于葱郁的热带花园中, 畅游后可前往池畔吧享用小食和饮品。

Grand Hyatt Barcelona

Nestled in Pedralbes, one of the most exclusive neighbourhoods in the city, Grand Hyatt Barcelona is an iconic luxury hotel that places you within walking distance of many of the area's best cultural sites. Inspired by Barcelona's historic elegance, each of the 465 rooms and suites seamlessly blends approachable design elements with the feeling of sophistication. With 5 distinctive dining destinations, the restaurants offer indoor and outdoor dining, mouthwatering culinary delicacies and an elegant ambience to deliver captivating culinary experiences. Travel to Peru at Maymanta, located on the hotel's 19th Floor's Rooftop Terrace, where you can enjoy a formidable sunset, while tasting the creations of the young Peruvian chef. Pamper and rejuvenate yourself at Oasis Spa By Natura Bissé, or embrace Barcelona's endless sunny days at the lush outdoor pool – an exclusive tropical urban garden and lounge where guests can gather with friends and family from spring to autumn.



西贡希尔顿酒店

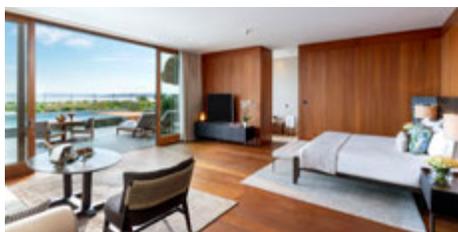
西贡希尔顿酒店于4月8日正式开业, 坐落西贡河岸, 四周环绕着文化遗址和历史地标。酒店共有228间客房和套房, 内饰时尚现代, 巧妙地融入了植物元素, 饱览西贡河风光。酒店拥有四种不同的餐饮概念。Me Linh酒廊位于酒店的中心, 以繁华城市为背景, 全天候供应新鲜出炉的糕点、小吃和茶点。The Strand是酒店的全日餐厅, 设有休息室、西式厨房和亚洲厨房。在Residence Eleven, 宾客可以穿越时空, 体验旧时中国的魅力, 品尝中国北方菜肴。此外, 还可前往屋顶酒吧一边小酌一边俯瞰城市美景。eforea Spa带来各种放纵身心的理疗服务。酒店还设有游泳池和健身中心。

Hilton Saigon

Opened on April 8, Hilton Saigon is located on the banks of the Saigon River, surrounded by vibrant culture and historical landmarks. The hotel's 228 rooms and suites feature stylish, contemporary interiors with botanical elements and views of the Saigon River. The hotel boasts four different dining concepts. Me Linh Lounge is located in the center of the hotel and serves freshly baked pastries, snacks and refreshments all day long with the bustling city as a backdrop. The Strand is the hotel's all-day dining restaurant where you will enjoy culinary experiences and flavors from both local Vietnamese and International cuisines. At Residence Eleven, guests can travel back in time to experience the charm of old China and savor northern Chinese cuisine. Alternatively, head to the rooftop bar for a drink overlooking the city. eforea Spa offers a variety of indulgent treatments. The hotel also has a swimming pool and fitness center.

博德鲁姆文华东方酒店推出2024年全新体验以庆祝十周年盛典

Mandarin Oriental, Bodrum Celebrates Ten Years of Delighting Travellers with New Experiences for the 2024 Season



在过去的十年中，博德鲁姆文华东方酒店有幸接待了来自世界各地的游客，他们在这个坐落于博德鲁姆美丽海岸的奢华度假地奢享宁静与舒适。在为十年的难忘时刻举杯的同时，博德鲁姆文华东方酒店也开启了一个激动人心的新篇章，并推出了一系列体现酒店精髓的独家活动和体验。

全新别墅

博德鲁姆文华东方酒店十分欣喜地向大家介绍两座全新的别墅，它们坐拥天堂湾和卢卡海滩的美景。Arya别墅拥有三间带独立卫生间的套房，而Alisya别墅则设有七间。两座别墅都以高挑的天花板、天然木饰面、私人泳池和宽敞露台为特色，并以其私密性而著称，提供真正的奢华住宿体验。

全新餐厅Ferdī Baba

在爱琴海碧蓝海水的映衬下，Ferdī Baba为客人提供独特的海鲜美食体验。Ferdī Baba汇集了爱琴海地区美食的精粹风味，其中海鲜是一大亮点，呈现通过传统技艺与优质食材精制而成的招牌菜和鸡尾酒。

康体套房

随着2024年夏天临近，博德鲁姆文华东方酒店精心策划了一系列护理和康体服务。康体套房套餐为预定此套餐的客人提供包括从排毒饮品到提神按摩、健身课程、瑜伽课程和奢华水疗在内的全面服务。

Villa del Arte画廊

Villa del Arte画廊正将其著名的艺术藏品带到博德鲁姆文华东方酒店，为艺术爱好者打造一个充满创意与灵感的世界，探索来自世界各地艺术家的艺术作品，并有机会将心仪的艺术品纳入自己的收藏。

购物体验

这个季节，游客们将有机会在博德鲁姆文华东方酒店沉浸于奢侈品牌的世界，这里汇集了香奈儿、卡地亚、爱马仕、路易威登、梵克雅宝和爱彼等知名奢侈品牌，以及Beymen和Vakko等知名精品店。



Over the past decade, Mandarin Oriental, Bodrum has had the privilege of welcoming travellers from around the world to its luxurious retreat nestled along the stunning Bodrum coastline. In raising a toast to a decade of unforgettable moments, it also embarks on an exciting new chapter of exclusive events and experiences that embody the essence of Mandarin Oriental, Bodrum.

New villas

Mandarin Oriental, Bodrum is delighted to introduce two stunning new villas which look out directly over Paradise Bay and Lucca Beach. Arya Villa features three ensuite bedrooms, while Alisya Villa offers seven ensuite bedrooms. Both feature high ceilings, natural wood finishes, private pools and spacious terraces. Renowned for their privacy, these two villas offer truly exceptional accommodation and experiences.

New restaurant - Ferdī Baba

A popular and locally renowned restaurant, Ferdī Baba offers a unique seafood experience in a stylish setting overlooking the azure waters of the Aegean Sea. Weaving together

the delicious, fresh flavours of Aegean cuisine, with seafood a particular highlight, Ferdī Baba masterfully crafts the finest quality ingredients through traditional techniques to offer guests signature dishes and cocktails.

Wellness suite

Mandarin Oriental, Bodrum has also curated exclusive care and wellness options for those looking ahead to the summer of 2024. Among them is a Wellness Suite Offer, designed for guests booking a suite. This comprehensive package encompasses everything from rejuvenating detox beverages to invigorating massages, fitness sessions, yoga classes, and luxurious spa treatments. The Wellness Suite Offer caters to those who prioritise a culture of wellbeing and relaxation during their vacation.

Villa del Arte

Villa del Arte is bringing its renowned collection to Mandarin Oriental, Bodrum. Art lovers are invited to immerse themselves in a world of creativity and inspiration. Guests can explore captivating artworks from talented international artists, all showcased amidst Bodrum's sublime natural beauty.

Shopping experiences

This season, guests can again indulge in a world of luxury at Mandarin Oriental, Bodrum, where they will find an array of prestigious brands including Chanel, Cartier, Hermès, Louis Vuitton, Van Cleef & Arpels and Audermars Piguet alongside renowned boutiques such as Beymen and Vakko.

在法国昂蒂布伊甸豪海角酒店迪奥水疗中心 奢享Dioriginels Rituals独家定制护理体验



迪奥 (Dior) 和昂蒂布伊甸豪海角酒店 (Hotel du Cap-Eden-Roc) 携手打造的迪奥水疗中心 (Dior Spa Eden-Roc)，是一处被大自然环绕的独特天堂，秉持着相契合的品牌愿景以及对至臻奢华的壮阔视野，致力于为宾客提供难忘的体验。

根据迪奥美学与身心焕发等品牌愿景，特别为昂蒂布伊甸豪海角酒店设计了独家护理体验——Dioriginels Rituals，灵感来自于这家传奇之所的四个元素：花园、海洋、岩石以及太阳。

EDEN-ROC ESCAPE

护理通过使用专为迪奥水疗中心挑选的亚宝石进行按摩，重新平衡和协调能量。此外，亦可根据个人需求选择不同的宝石，结合交替的冷热温度，让身心沉浸在舒缓的疗愈之中。2小时面部及身体护理，价格为580欧元。

BODY ENFLEURAGE

全身涂抹浸有玫瑰花瓣、茉莉花或锦葵的乳木果油乳霜，进行一场全身心的放松与按摩，并根据所选花朵进行轻柔或深层去角质，肌肤变

得柔软光滑并散发淡雅的花香。面部护理则选用温和的玫瑰并配以凉爽舒缓的面膜。2小时面部及身体护理，价格为590欧元。

RIVIERA SOLAR GLOW

该护理采用全新的Dior Solar系列，既可在日晒前使用以获得防护效果，亦可在晒后使用，以深度呵护暴晒后的肌肤。选用身体磨砂膏轻柔去角质，而后涂抹滋养丰富的Sublime Oil，肌肤细腻轻柔，焕现柔滑光泽。1小时30分钟面部及身体护理，价格为440欧元。

ROC AFFUSION

感受黑玛瑙的温暖能量以及按摩浴缸中不同压力和温度带来的水疗体验。该护理仪式结合了舒缓、提神、放松等多重效果，旨在舒缓身心，重新平衡身体的活力。30分钟身体护理，价格为190欧元；1小时身体护理，价格为370欧元。

Dioriginels Rituals仅在昂蒂布伊甸豪海角酒店独家供应，诚邀宾客在法国蔚蓝海岸阳光下“重获新生”。

曼谷137 Pillars酒店推出草本焕活礼遇

位于曼谷素坤逸地区的蓬蓬站一带，曼谷137 Pillars酒店(137 Pillars Suites & Residences Bangkok)以现代泰式奢华风格和温暖的服务以及拥有璀璨夺目的城市景观，是闹中取静的休憩之所。酒店总计34间布置精美、宽敞且有独立阳台的套房和179间设备齐全的公寓式客房，是双人假期或亲友同游的倾心之选。

曼谷137 Pillars酒店推出全新的住宿礼遇，诚邀宾客体验草本焕活，感受草本的天然疗愈力。此次三天两夜的住宿礼遇可选择素可泰或大城套房，具体包含：

烹饪探索：宾客可在酒店的香草园此亲手挑选新鲜食材，用以创作个人美食。在行政总厨的引导下，宾客将参与泰式烹饪课程，学习制作三道正宗泰式菜肴。此外，还可在专业的调酒师指导下，在Jack Bain's Bar调制属于自己的无酒精鸡尾酒或经典鸡尾酒。

水疗静修：2小时的Nitra水疗体验将为您带来一场放松时光，涵盖草本热敷与辣木籽油按摩，在舒缓的草本香气中收获

向内的温暖。

泳池边享受放松体验：在无边泳池宁静的氛围下，享受舒缓的头部和肩部按摩，辅以芳香草本精油和柠檬草。

瑜伽与冥想：瑜伽与冥想课程巧妙地 将草本精华融入其中，在经验丰富的教练指导下，融合运动与正念，全面促进身心健康，收获内心的平和。

健康饮品：餐饮团队精选草本植物、水果和蔬菜，匠心打造了一系列健康饮品。宾客可在睡前饮用两杯，早餐时享用三杯，为您一天的开始和结束注入活力。

夜床服务：将为入住宾客提供 Monsoon Tea有机茶与Phlai Balm草本舒缓膏，让您卸下一天的疲惫。此外，我们的经典客房香氛以及沐浴盐浸泡将为您入住体验增添一份舒适与惬意。

三天两晚草本焕活礼遇自2024年6月起提供，单人入住43,600++泰铢起，双人入住51,200++泰铢起。远离城市喧嚣，沉浸在健康与宁静之中，尽享草本带来的焕活益处。



和四季酒店一起品味欧洲风情，畅享阳光夏日

今年夏天，欧洲各地的四季酒店邀请宾客开启户外夏日体验之旅，在浪漫露台、私人屋顶和阳光花园中，俯瞰标志性的湖泊和河流，领略欧洲大陆迷人的都市风采。

繁星夏夜

伊斯坦布尔博斯普鲁斯海峡四季酒店——在博斯普鲁斯海峡的星空下看一场露天电影。布拉格四季酒店——顶楼私密餐厅MIRU以日语“风景”命名，宾客可以一面欣赏波光粼粼的伏尔塔瓦河，一面享用精致美食。梅杰夫四季酒店——山林间的清新空气和晴朗天空构筑了一处理想的观星之地。宾客将有机会在专业天文学家的陪同下通过望远镜眺望满天繁星。

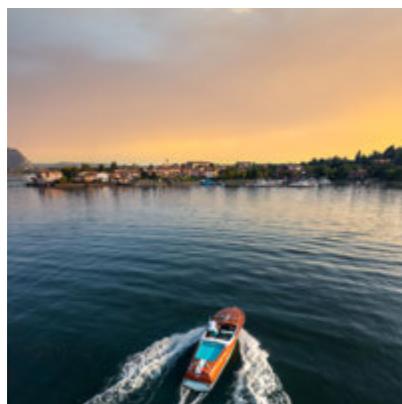
新鲜美食与清新空气

伦敦柏丽大道四季酒店——一场巴黎风格的夏日晚会将在Bar Antoine私密花园露台上演，私人绿廊是邀请三五好友在夏日微风中休闲小酌再好不过的去处。卡普费拉大酒店（四季集团旗下酒店）——法国南部的滨海自由

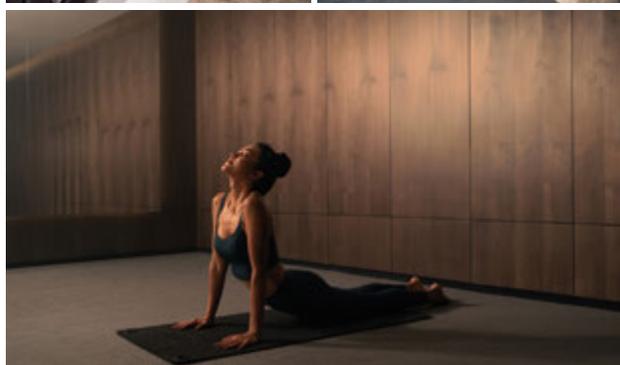
城（Villefranche-Sur-Mer）的林间，坐在老木桌旁，俯瞰湛蓝的地中海，享用一顿游牧套餐。巴黎乔治五世四季酒店——Le George餐厅是拥有米其林绿星认证的可持续餐饮领导者。烹饪团队从酒店菜园手工采摘蔬菜在露天厨房里烹饪。布达佩斯格雷沙姆宫四季酒店——一边欣赏秀丽的乡村风景，一边探索匈牙利托卡伊葡萄酒的世界。

夏日荡舟

里斯本丽兹四季酒店——沿塔霍河泛舟而行，欣赏里斯本的城市风光和醉人天际线。烹饪团队会备好柳条野餐篮和餐食，供宾客享用。伦敦三一广场10号四季酒店——在泰晤士河乘坐私人游艇欣赏伦敦的多座地标性建筑，体验这座城市的悠久历史。日内瓦四季酒店——驾驶摩托艇横跨瑞士和意大利边境的日内瓦湖，在优美的城市风景和雄伟的阿尔卑斯山景中享受由IlLago餐厅的烹饪团队精心制作的瑞士和意大利美食。米兰四季酒店——出城前往伊塞奥湖，参观里瓦古董船只收藏博物馆，然后在馥奇达地区的博斯克酒庄进行一场私人酒庄之旅。



从新加坡乌节希尔顿酒店，开启夏日焕活之旅



秉持“乌节小径”的设计理念，新加坡乌节希尔顿酒店精心营造了摩登融合自然的氛围。一踏入酒店，宾客便沉浸在雅致而温馨的环境中。室内的绿植、精心挑选的艺术品，无不巧妙地展现着乌节路昔日作为种植园的历史。在这座“城市绿洲”中，到访者将体验到花园城市的独特气息，享受一段属于自己的悠然时光。

舒心之所 焕发能量

新加坡乌节希尔顿酒店提供两间24小时开放的健身中心，配备先进的健身器材与维他命补充站。酒店的户外泳池也是放松身心的理想之地，清澈的池水与周围的绿色景观相映成趣，在畅游的同时享受阳光与自然的拥抱。除此之外，酒店增设一间瑜伽室，有助于宾客缓解压力、提升柔韧性和内在能量。

酒店的地理位置同样优越。

宾客不仅能从酒店直通文华购物廊(Mandarin Gallery)，享受特别优惠，体验“购物疗法”带来的无尽愉悦，也能到世界级的水疗中心沉浸于专业的按摩和护理服务，或是漫步于新加坡植物园的绿色长廊，呼吸清新空气，恢复健康活力。

美味之行 健康愉悦

位于酒店五层的全日制自助餐厅Estate，以其琳琅满目的环球佳肴及地道的本地美食备受赞誉。现点现做的主厨招牌菜、优质海鲜、丰富的素食选择，以及每周日的香槟早餐，食客可畅享美食美酒。在充满植物灵感的大堂吧Ginger.Lily放慢脚步，沉浸在香浓咖啡或健康茶饮，让花朵形状的精致蛋糕为味蕾带来甜蜜的慰藉。而Osteria Mozza——洛杉矶米其林一星餐厅在亚洲的唯一分店，用心呈现加州意式菜肴，带来丰富的赏味体验。

SPACHINA MOVIE



深海 / DEEP SEA

《深海》是一部由田晓鹏执导的奇幻动画电影。影片讲述了一名少女参宿在神秘海底世界中追寻探索，邂逅南河船长开启一段独特生命旅程的故事。该片获得2024年第96届奥斯卡金像奖最佳影片入围资格，刷新法国近三年华语电影最高纪录。导演田晓鹏以充满新鲜感和奇幻感的全新表现形式，呈现一个不一样的大海。创团队将富有中国文化底蕴的“水墨”与先进的三维动画技术相结合，打破三维物体的硬轮廓，形成了独特的画面效果，作品没有延续中国动画电影改编传统神话的“捷径”，而是以一个普通小女孩的视角，对“生命的意义”展开深度探讨。

Deep Sea is a 2023 Chinese 3D animated fantasy movie written and directed by Tian Xiaopeng. The movie tells the story of a young girl, Shenxiu, who explores a mysterious underwater world and encounters Captain Nanhe at the start of a unique journey. The movie was nominated for Best Picture at the 96th Academy Awards in 2024. Director Tian presents a different kind of ocean with a new form of expression full of freshness and fantasy. The creative team combines ink painting elements rich in Chinese cultural heritage, using advanced 3D animation technology to break the hard contours of 3D objects to form a unique picture effect. Instead of reenacting the “shortcut” of adapting traditional myths to animation, the movie explores the “meaning of life” from the perspective of an ordinary little girl and immersion.

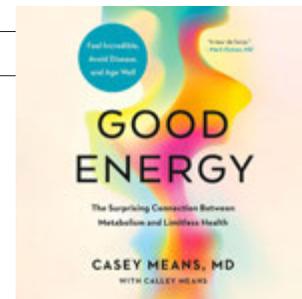
SPACHINA BOOK REVIEW

好能量：新陈代谢与健康之间的惊人联系

GOOD ENERGY: THE SURPRISING CONNECTION BETWEEN METABOLISM AND LIMITLESS HEALTH

有没有一种可能，抑郁、焦虑、不孕症、失眠、心脏病、勃起功能障碍、2型糖尿病、老年痴呆、癌症，以及其他许多折磨和缩短我们生命的健康问题实际上都有相同的根源？预防和扭转这些状况的关键在于我们的新陈代谢功能。Casey Means博士在书中说到，人们面临的几乎所有健康问题都可以通过体内细胞如何创造和利用能量来解释。要想摆脱症状和疾病，需要细胞获得最佳动力，这样它们才能创造出“好能量”——影响着我们身体和精神健康的方方面面的重要燃料。《好能量》汇集了前沿研究成果和个人故事，以及来自Means博士创办的健康技术公司的突破性数据，提供了一个为期四周的计划方案。

Is it possible that depression, anxiety, infertility, insomnia, heart disease, erectile dysfunction, type 2 diabetes, Alzheimer's, cancers, and many other health problems that afflict and shorten our lives actually have the same root cause? The key to preventing and reversing these conditions lies in the functioning of our metabolism. In his book, Dr. Casey Means says that almost every health problem people face can be explained by how the cells in the body create and use energy. Getting rid of symptoms and diseases requires cells to be optimally powered so they can create “good energy” -- the vital fuel that affects every aspect of our physical and mental health. Bringing together cutting-edge research and personal stories, as well as groundbreaking data from the health technology company Dr. Means founded, Good Energy offers a four-week program. Purchase via www.amazon.com Price: US\$20



SPACHINA CD REVIEWS



LOOM

BY IMAGINE DRAGONS

Imagine Dragons在Spotify上最受欢迎的两首歌——《Demons》和《Believer》——均拥有约30亿次的播放量。如果你不知道这支美国流行摇滚乐队，那只能说明你在过去十年里没有关注过青年文化。最近他们推出了一张新专辑，简单美妙的旋律、易记的歌词——主流流行摇滚乐的特点。Imagine Dragons乐队里都是优秀的音乐家和歌手，编曲和制作功底一流，没有一点爵士乐的味道，但他们真的知道如何唱出悦耳动听的流行歌曲。Imagine Dragons are just so huge that it is hard to grasp the scale. Their two biggest songs on Spotify — Demons and Believer — both have about 3 BILLION listens. If you don't know this American pop-rock band then you have not been paying attention to youth culture for the past decade. Anyway, they have a new album out. Simple melodies, fantastic hooks, easy-to-remember lyrics — it's mainstream pop-rock on special level. They are good musicians and singers, and they have the best arrangements and production. There's nothing jazz-y about it. But they really know how to do sticky pop song.



ELLINGTONIA

BY ALAN PASQUA

Pasqua是一位出色的钢琴家，近几十年来，他慢慢淡出了流行乐和爵士乐的舞台。但最新发布的这张专辑则再次让听众重温经典。专辑汇集了Pasqua最优秀的创作，让人充分感受到优秀爵士乐的生命力和活力。这些曲目的演奏者包括Michael Becker、Dave Holland、Paul Motian等爵士乐巨星。他们都是才华横溢的演奏家，演绎的曲调好似跃然于听众眼前，大声宣告：“尽情享受生活吧！” Pasqua is a pianist who has been almost invisible in the center of the pop and jazz world for several decades, and he has a new jazz album out which is absolutely wonderful. Exquisite. It draws together some of Pasqua's best compositions and recordings and it reminds me of how startlingly alive and invigorating good jazz can be. Players on these tracks include some of the superstars of jazz in the past few decades, including Michael Becker, Dave Holland and Paul Motian. These are truly gifted players and they are players tunes that leap out at the listener and say: “Live life to the full!”



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 W/F, 66 Lvshun Road, Shanghai
 上海市旅顺路66号
 上海外滩W酒店W层
 T: 021 2286 9999
 www.wtwhotel.com



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 上海建业里嘉佩乐酒店Auriga水疗
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 上海市徐汇区建国西路480号
 T: 021 5466 6688
 www.capellashanghai.cn



auriga

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静安嘉里中心店
 SB1-05B(Shop #25), B1
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 T: 021 6266 0018
 2) Xinle Retreat 新乐店
 206 Xinle Road, Xuhui District, Shanghai
 上海市徐汇区新乐路206号
 T: 021 5403 9982
 3) IFC Mall Retreat
 国金中心店
 LG2-47-1, Shanghai IFC, 8 Century Avenue, Lujiazui, Pudong District, Shanghai
 上海市浦东新区世纪大道8号国金中心商场LG11-47-1
 T: 021 68785008
 www.dragonfly.net.cn

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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, 大法庭, 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 (Jinzhong 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

Chuan Spa, The Langham

Chuan Spa, The Langham Xintiandi, Shanghai
 上海新天地朗廷酒店「川」水疗中心
 B1/F The Langham Xintiandi, 99 Madang Road, Xintiandi, Shanghai, China
 上海市新天地马当路99号上海新天地朗廷酒店B1层
 T: +86 21 2330 2288
 www.chuanspa.com

CHI, The Spa at Jing An

Shangri-La, West Shanghai
 上海静安香格里拉大酒店「氣」SPA
 1218 Yan'an Road Central, Huangpu, Shanghai
 上海市延安中路1218号
 T: 021 2203 8888
 www.shangri-la.com

Dragonfly Therapeutic Retreat

悠庭保健会所
 1) Jing'an Kerry Centre Retreat
 上海市浦东新区花园石桥路66

号东亚银行裙楼6楼
 Business Hour: 10:00 am - 22:30 am
 Tel: 021 6289 7778
 6) Shanghai Centre Branch
 上海南城店
 808, East Residences, Shanghai Centre, 1376 Nanjing Road West, Jingan
 南京西路1376号上海商城东峰808室
 Business Hours: 10:00 am - 23:00 am
 Tel: 021 6289 7007
 7) Xujiahui Branch
 上海徐家汇店
 88 Xingen Road, Xuhui
 上海市徐汇区辛耕路88号
 Business Hours: 10:30 am - 23:00 am
 Tel: 021 6468 7076
 www.greenmassage.com.cn

Iridium Spa at The St. Regis

Shanghai Jing'an
 上海静安瑞吉酒店铂瑞水疗
 1008 Beijing Road West, Jing'an, Shanghai
 上海市静安区北京西路1008号
 T: 021 6257 9999
 www.stregis.com

L SPA at Sunrise

On The Bund
 上海外滩浦华大酒店涟水疗
 6F Shanghai Sunrise On The Bund 168 Gaoyang Road, Hongkou District
 虹口区高阳路168号6楼
 上海外滩浦华大酒店
 T: 021 5558 9999*6008
 www.sunrisesha.com

MI XUN SPA, The Middle House

上海铺舍酒店谧寻水疗
 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, Zhongyuan Road
 上海市浦东张杨路500号时代广场317室
 T: 021 5836 7155

Spa InterContinental & Balance Fitness

洲际水疗馆&健身中心
 4F, InterContinental Shanghai Expo, 1188 Xueye Road, Pudong, Shanghai
 上海市浦东新区雪野路1188号世博洲际酒店4楼
 T: 021 3858 1188
 www.intercontinental.com

Shine Spa for Sheraton, Sheraton Shanghai

Waigaoqiao Hotel
 上海外高桥喜来登酒店喜来登水疗
 Sheraton Shanghai Waigaoqiao Hotel, 28 Jilong Road, Shanghai Pilot Free Trade Zone, Shanghai, China
 上海自由贸易试验区基隆路28号上海外高桥喜来登酒店
 T: +86 21 3121 9999*6166
 www.sheratonwqghotel.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.ruijinhotel.com

Swissline Glamscience Center

Swissline魅力美学中心
 SL-09-10, Hong Kong Plaza, 283 Middle Huaihai Road, Huangpu, Shanghai
 上海市黄浦区淮海中路283号香港广场商场南座SL-09-10室
 T: 021 5386 1768

Shanghai ChingHo Clinic

上海静和门诊部
 227 North Huangpi Road
 上海市黄陂北路227号

T: 40002122

The Daisy Spa

戴西养生堂
 1) The Daisy Spa (818 Plaza)
 戴西养生堂(818广场店)
 410-411 Plaza 818, 818 Nanjing Road West, Shanghai
 上海市南京西路818号818广场410-411商铺
 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

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
 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.waldorfasteria.com

UR SPA at The PuLi Hotel and Spa
璞麗酒店溫水疗
 3/F, 1 Changde Road, Jingan District, Shanghai
 上海市静安区常德路1号璞麗酒店3楼
 T: 021 3203 9999 ext. 6899
 www.thepuli.com

Willow Stream Spa (Fairmont Peace Hotel)
蔚柳溪水疗 (和平饭店)
 Fairmont Peace Hotel, 20 Nanjing Road East, Shanghai, China
 上海市南京东路20号和平饭店
 T: +86 21 6138 6810
 www.peaceshotel.com

Water's Edge at Park Hyatt Shanghai
上海柏悦酒店水境水疗中心
 100 Century Avenue, Pudong, Shanghai
 上海市浦东新区世纪大道100号
 T: 021 6888 1234*4251
 www.hyatt.com

1855 BEAUTY BRAIN
 1) 1855 BEAUTY BRAIN (英格蘭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路口西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

Spa at Shangri-La Qiantan, Shanghai
香格里拉水疗
 1/F, 551 Haiyang West Road, Pudong New District, Shanghai
 上海市浦东新区海阳西路551号上海前滩香格里拉1楼
 T: 021 2065 9628
 www.shangri-la.com/cn/shanghai/qiantanshangrila/

The Lakeville Regency Clubhouse
翠湖天地御苑会所
 No.10, Lane168, Shunchang Road, Huangpu District, Shanghai
 上海市黄浦区顺昌路168弄10号
 T: 021 6386 9955
 www.shuionland.com

TRIA SPA at MGM SHANGHAI WEST BUND
上海西岸美高梅酒店禅瀑水

疗中心
 58F, 688 Yunjin Road, Xuhui District, Shanghai
 上海市徐汇区云锦路688号58楼
 T: 021 6058 8888
 triaspa@mgmshanghai.cn

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
 北京市西城区金融街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
 1st Floor, Gehua New Century Hotel, NO.19 Gulowai 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 Tyfuli Hotel Beijing, Xi Tucheng Road, Haidian, Beijing
 北京市海淀区西土城路1号院1号楼泰富酒店B1(蓊门桥北)
 T: 010 5329 9991

Iridium Spa at The St. Regis Beijing
北京瑞吉酒店铂瑞水疗
 21 Jianguomenwai Avenue, Chaoyang, Beijing
 北京市朝阳区建国门外大街21号
 T: 010 6460 6688*2745
 www.marriott.com

露露Spa
 北京市朝阳区霄云路甲26号海航大厦万豪酒店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, 319 Changping Road, Huilongguan Street, Changping, Beijing
 北京市昌平区回龙观街道昌平路319号龙城华美达酒店9层
 T: 010 8077 8151

Siyani 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.spabymtm.com

Sunrise Kempinski Hotel, Kempinski The Spa, Beijing&Yanqi Island
北京日出东方凯宾斯基酒店&雁栖酒店水疗中心
 3F, 18A Yanshui Road, Yanqi Lake, Huairou District, Beijing
 北京市怀柔区雁栖湖雁水路甲18号三层
 B1,13 Yanxiu Road, Yanqi Lake, Huairou District, Beijing
 北京市怀柔区雁栖湖雁秀路13号负一层
 T: 010 6961 8888 - 3792/82299
 www.kempinski.com

Sense, A Rosewood Spa, Rosewood Beijing
北京瑰丽酒店Sense水疗中心
 Jingguang Centre, 1 Chaoyangmenwai Avenue, Beijing
 北京市朝阳区朝阳门外大街1号京广中心
 T: 010 6597 8888
 www.rosewoodhotels.com

The Ritz-Carlton Spa
北京丽思卡尔顿酒店水疗中心
 The Ritz-Carlton, Beijing
 83A Jianguo Road, Chaoyang District, Beijing
 北京市朝阳区建国路甲83号北京丽思卡尔顿酒店
 T: 010 5908 8888
 http://www.ritzcarlton.com/en/Properties/Beijing/Spa/Default.htm

The Peninsula Spa Beijing

王府半岛酒店水疗中心
 8 Goldfish Lane, Wangfujing, Beijing, China
 北京王府井金鱼胡同8号
 T: +86 10 6510 6321
 www.peninsula.com

The Spa at Aman Summer Palace
颐和安缇水疗
 1 Gongmenqian Street, Summer Palace, Haidian, Beijing
 北京市海淀区颐和园宫门前街1号
 T: 010 5987 9999
 www.aman.com

Tian Spa at Park Hyatt Beijing
北京柏悦酒店天池水疗中心
 59/F Park Hyatt Beijing, 2 Jianguomenwai Street, Beijing
 北京市朝阳区建国门外大街2号北京柏悦酒店59层
 T: 010 8567 1157
 www.hyatt.com

The Spa at Bvlgari Hotel Beijing
北京宝格丽酒店水疗中心
 Building 2, Yard 8 Xinyuan South Road, Beijing
 北京市朝阳区新源南路8号院2号楼
 T: 010 8555 8555
 www.bulgarihotels.com

The Spa at Four Seasons Hotel Beijing
北京四季酒店水疗中心
 48 Liangmaqiao Road, Chaoyang, Beijing
 北京市朝阳区亮马桥路48号
 T: 010 5695 8888
 www.fourseasons.com

UR SPA at The PuXuan Hotel and Spa
北京璞瑄酒店温水疗
 5/F,7/F, 1 Wangfujing Street, Dongcheng District, Beijing
 中国北京市东城区王府井大街1号璞瑄酒店5层和7层
 T: 010 5393 6688
 www.thepuxuan.com

Willow Stream Spa, Fairmont Beijing
北京华彬费尔蒙酒店蔚柳溪水疗中心
 8 Yong An Dong Li, Jian Guo Men Wai Avenue, Beijing, China
 北京市朝阳区建国门外大街永安东里8号北京华彬费尔蒙酒店
 T: +86 10 8507 3737
 www.fairmont.cn/beijing

Waldorf Astoria Spa, Beijing
北京华尔道夫酒店水疗中心
 5-15 Jinyu Hutong, Dongcheng, Beijing
 北京市东城区金鱼胡同5-15
 T: 010 8520 8989
 www.waldorfastoria.com

MAHA Spa
综合水疗
 MAHA Club & Residences, 8 Xiao Yun Road, Chaoyang District, Beijing
 北京市朝阳区霄云路8号,

综合北京俱乐部及行政公寓
 T: 010 52259877

LAINMONT SPA
LAINMONT莱曼精准抗衰老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
天津四季酒店冻水疗
 138 Chifeng Road, Heping District, Tianjin
 天津市和平区赤峰道138号
 T: 022 2716 6226
 www.fourseasons.com

Rubis Spa 丽妍雅集
 Riverview Place Branch
 嘉里汇店
 L2-2026A, Riverview Place, 238 Liuwei Road, Hedong, Tianjin
 天津市河东区六纬路238号嘉里汇2层2026A单元
 T: 022 2712 7823

SCENT TIME
天津斯年香薰香气疗愈中心
 Tianxi 24-2-801, Aocheng Commercial Plaza, Lingbin Road, Nankai, Tianjin
 天津市南开区凌宾路奥城天玺24-2-801
 T: 022 5890 0088

The Spa at The Ritz Carlton, Tianjin
天津丽思卡尔顿酒店
天津丽思卡尔顿水疗中心
 167 Dagou Road North, Heping, Tianjin
 天津和平区大沽北路167号
 T: 022 5857 8888
 www.ritzcarlton.com

Spa 水疗 · 广州&深圳
AWAY® Spa at W Guangzhou
广州W酒店AWAY®水疗中心

26 Xiancun Road, Zhujiang New Town, Tianhe District, Guangzhou, Guangdong, China
 广东省广州市天河区珠江新城洗村路26号
 T: +86 20 6628 6628
 www.starwoodhotels.com/whotels

Angsana Spa, The Garden Hotel Guangzhou
广州花园酒店 悦椿Spa
 4/F, 368 East Huanshi Road, Guangzhou, Guangdong, China
 广东省广州市环市东路368号4楼
 T: +86 20 8333 8989
 www.angsana.com

Athena Spa at Pullman Dongguan Forum
东莞旗峰山铂尔曼酒店云涧水疗
 32 Dongcheng Road Central, Dongcheng District, Dongguan, Guangdong, 523129, China
 广东省东莞市东城区东城中路32号
 T: +86 769 2336 8888*6699
 www.pullmanhotels.com.cn

AEVUM SPA
AEVUM奥斯芬欧系贵族SPA
 1) KK MALL Branch
 KK MALL店
 Shop L211, 2F, KK Mall, Luo Hu, Shenzhen
 深圳市罗湖区深南东路5016号京基百纳KKMALL购物中心2F L211号商铺
 T: 0755 2290 9188/2290 9133
 2) KK ONE Branch
 KK ONE店
 Shop L304, 3F, KK ONE, KINGKEY TIMEMARK, Fu Tian, Shenzhen
 深圳市福田区滨河大道9289号京基滨河时代KK ONE 3F L304号商铺
 T: 0755 8863 5177/8863 5187
 3) Wanxiangtiandi Branch
 万象天地店
 Shop SL312, 3F, Hua Run Mixc World, Nanshan, Shenzhen
 深圳市南山区华润万象天地3F SL312号商铺
 T: 0755 8668 7988
 4) Yitianjiari Branch
 益天假日店
 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」水疗中心

7888 Shennan Boulevard,
Futian District, Shenzhen
深圳市福田区深南大道7888号
(农轩路与香林路交叉口)
T: 0755 8828 9888
http://shenzhen.
langhamhotels.com

Chuan Spa at Langham Place, Guangzhou
广州南丰朗豪酒店(川)水疗
638 Xingang Road East,
Haizhu District, Guangzhou,
Guangdong, China
广东省广州市海珠区
新港东路638号
T: +86 20 8916 3388*3538
www.guangzhou.
langhamplacehotels.com.cn

Devarana Spa at Dusit Devarana Hot Spring Hotel Conghua
广州从化都喜泰丽温泉度假酒店 泰丽水疗
352 Yuquan Avenue, Liangkou
Town, Conghua, Guangzhou,
Guangdong, China
广东省广州市从化良口镇御泉
大道352号
T: +86 20 3798 8888*6630
www.dusit.com

FINEFULL SPA at Shenzhen Marriott Hotel Golden Bay
深圳佳兆业万豪酒店臻臻水疗
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
深圳瑞吉酒店铂瑞水疗
The St. Regis Shenzhen,
5016 Shennan Road East,
Luohu, Shenzhen
深圳市罗湖区深南东路5016号
T: 0755 2223 9407
www.stregis.com

Let's Relax 泰放松
2/F, Hongfa Building,
No.19, Tianhenaner Road,
Guangzhou
广州天河南二路19号宏发大

厦2层
T: 020 8362 9234
L.GRACE小颜日式整骨美肌沙龙(广州)
2301 Building 3, 15 Xing'an
Road, Tianhe, Guangzhou
广州市天河区兴安路15号保利
中达广场天空别墅3号楼2301
T: 156 2222 5092

O Spa at Grand Hyatt Guangzhou
广州富力君悦大酒店
[清]水疗中心
24/F Grand Hyatt Guangzhou,
12 Zhujiang West Road,
Pearl River New City, Tianhe,
Guangzhou, Guangdong, China
广东省广州市天河区珠江新城
珠江江西路12号广州富力君悦大
酒店24层
T: +86 20 8396 1234 ext.3520
www.guangzhou.grand.hyatt.com

Royal Spa 熙SPA
No.221 Xingmin Road,
Zhujiang New Town, Tianhe,
Guangzhou
广州市天河区珠江新城兴民
路221号
T: 020 3889 4742

Raffles Spa Shenzhen
深圳鹏瑞莱佛士酒店水疗中心
No. 1, Shenzhen Bay, No.
3008, Zhongxin Road,
Shenzhen
深圳市中心路3008号深圳
湾1号
T: 0755 8121 9366

Siyanni 思妍丽
1) 万科店
2nd Floor, Bldg. Vanke
Jinsejiyuan, No.2018,
Lianhua Road, Futian District,
Shenzhen
深圳市福田区莲花路2018号
万科金色家园二期二樓
T: 0755 8319 3072
2) 太古城店 All City
L302 North All City Shopping
Center, Nanshan, Shenzhen
深圳市南山区中心路工业八
路宝能太古城花园购物中心
北区L302
T: 0755 3688 0998
3) 上海宾馆 Shanghai Hotel
2/F Shanghai Hotel
Shennanzhong Road, Futian,
Shenzhen
深圳市福田区深南中路上海
宾馆二樓
T: 0755 2390 7922
www.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

The Spa at Shangri-La Nanshan Shenzhen
深圳南山香格里拉酒店水
疗中心
Block J, Phase 5, Shenwan
Huiyun Center, Baishi 3rd
Road, Nanshan District,

Shenzhen
深圳市南山区白石三道深湾汇
云中心五期J座
T: 0755 2933 8888

Angsana Spa, Angsana Zhuhai Hengqin
珠海横琴悦椿酒店悦椿SPA
No 288 Chonglou Road,
Guangdong Macao in Depth,
Cooperation Zone in Hengqin,
Zhuhai
珠海横琴粤澳深度合作区重楼
路288号
T: 0756 288 9889

Spa 水疗 · 海南
ATARAN SPA
1) ATARAN SPA at Hilton
Haikou Meilan
海口鲁能希尔顿酒店
ATARAN SPA
2 Qiongsan Avenue, Meilan,
Haikou
海口市美兰区琼山大道2号
T: 0898 3639 8888
2) ATARAN SPA at Palace
Resort Yalong Bay, Sanya
三亚亚龙湾迎宾馆
ATARAN SPA
2 Haitang North Road,
Haitang Bay Resort, Sanya
三亚海棠湾旅游度假区海棠
北路2号
T: 0898 8871 8888
3) ATARAN SPA at Huayu
Resort & Spa Yalong Bay Sanya
三亚亚龙湾华宇度假酒店
ATARAN SPA
National Tourism Resort,
Yalong Bay, Jiyang, Sanya
三亚吉阳区亚龙湾国家旅游
度假区
T: 0898 8855 5888

Auriga Spa at Capella Sanya
三亚嘉佩乐度假酒店
Tufu Resort Area,
Yingzhou Town, Lingshui
County, Hainan
海南省三亚市陵水黎族自治县
英州镇土福湾度假区
T: 0898 8309 9999

Atlantis Sanya AHAVA Spa
三亚·亚特兰蒂斯AHAVA水疗
No. 8, Haitangbei Road,
Haitangwan Town, Haitang,
Sanya
三亚海棠湾海棠镇海棠北
路8号工地
T: 0898 8898 6666

Beauty Farm
Xiaribaihuo Branch
美丽田园 夏日百货店
6 / F, Summer Department
Store, 1 Haiyun Road, Sanya
三亚海韵路1号夏日百货6楼
T: 0898 8821 6637

Bamford Wellness Spa at 1 Hotel Haitang Bay, Sanya
三亚海棠湾阳光壹酒店Banford
水疗
No.4, Haitangwan Road,
Haitangwan, Sanya
海南省三亚市海棠湾海棠南

路4号
T: 0898 88691888
Hilton Sanya Yalong Bay Resort & Spa
金茂三亚亚龙湾希尔顿大酒店
水疗体验中心
Yalong Bay National Resort
District, Sanya
三亚市亚龙湾国家旅游度假区
T: 0898 8858 8888
www.hilton.com/
worldwideresorts

Huan Spa at Grand Hyatt Sanya Haitang Bay
三亚海棠湾君悦酒店焕水疗
68 Haitang North Road,
Haitang Bay, Sanya
三亚海棠湾镇海棠北路68号
T: 0898 8881 1234
www.hyatt.com

Iridium Spa at The St. Regis Sanya Yalong Bay Resort
三亚亚龙湾瑞吉度假酒店
铂瑞水疗
The St. Regis Sanya Yalong
Bay Resort, National Tourism
Resort, Yalong Bay, Sanya,
Hainan, China
海南省三亚市亚龙湾国家旅
游度假区 三亚亚龙湾瑞吉度
假酒店
T: +86 898 8855 5555 ext.3280
www.stregis.com/sanya

Raffles SPA at Raffles Hainan
海南清水湾莱佛士水疗谷
Clearwater Bay Avenue,
Yingzhou Town, Lingshui
County, Hainan, China
海南省陵水县英州镇清水
湾大道
T: +86 898 8338 9888
www.affles.com/hainan

Sense Spa at Rosewood Sanya
三亚保利瑰丽酒店水疗中心
1/F, Rosewood Sanya, No. 6
Haitang North Road, Sanya
572000, Hainan
海南省三亚市海棠区海棠北路6
号三亚保利瑰丽酒店1楼
T: +86 898 8871 6666

SPA InterContinental
三亚半山半岛洲际度假酒店
水疗会所
InterContinental Sanya
Resort, No.1 Zhouji Lu,
Sanya, Hainan
海南省三亚市洲际路1号
三亚半山半岛洲际度假酒店
T: 0898 8861 8888
www.intercontinental.com/sanya

Shine Spa for Sheraton Shenzhou Peninsula Resort
神州半岛喜来登度假酒店
炫逸水疗
Shenzhou Peninsula Resort,
Wanning, Hainan, China
海南省万宁市神州半岛旅游
度假区
T: +86 898 6253 8868
www.sheraton.com

The Spa at Le Méridien Shimei

Bay Beach Resort & Spa
石梅湾艾美度假酒店水疗中心
Shimei Bay, Wanning, Hainan,
571533, China
海南省万宁市石梅湾旅游
度假区
T: +86 898 6252 8888*7262
www.starwoodhotels.com/
lemeridien

The Spa at Mandarin Oriental, Sanya
三亚文华东方水疗谷
Mandarin Oriental, Sanya,
12 Yuhai Road, Jiyang, Sanya
三亚市吉阳区榆海路12号
T: 0898 8820 9999
www.mandarinoriental.com

Xing Hua Chun Yu Aesthetics of Life Spa
杏花春雨SPA生活美学
West Side of Bauhinia
Department Store, Longhua,
Haikou
海南省海口市龙华区紫荆百
货西侧
T: 0898 6627 8888

Spa 水疗 · 江苏
DI SPA
余Di SPA健康管理中心
No.24, area a, canal park,
Fuxiu Road, Liangxi, Wuxi
无锡梁溪区扶秀路运河公园
A区24号
T: 0510 8241 3885

Dusit Wellness at Dusit Thani Wellness Resort Suzhou
苏州新区都喜天丽养生度假酒店
泰悦雅颂
88 Shushan Road, Tong'an
Town, Suzhou National
Hi-Tech District, Jiangsu
中国江苏省苏州市高新区通安
镇树山路88号
T: 0512 6269 8888

M-SPA
沐心宸舍
1) 8F Hilton Suzhou, 275
East Suzhou Avenue, Suzhou
Industrial Park, Jiangsu
江苏省苏州市吴中区工业园区
苏州大道东275号苏州希尔顿
酒店8楼水疗中心
T: 0512 6292 0068*6330

2) 1F Kempinski Hotel
Suzhou, 1 Guobin Road,
Suzhou Industrial Park,
Jiangsu
江苏省苏州市工业园区国宾
路1号苏州金鸡湖凯宾斯基大
酒店1楼
T: 0512 6289 7888*6880
3) 6 F Suzhou High-Speed
Rail Jinke Grand Hotel, 67
South Tiancheng Road,
High-Speed Rail New Town,
Suzhou
江苏省苏州市高铁新区南天成
路67号苏州高铁金科大酒店6
楼水疗中心
T: 0512 6937 8888*6690

naked 8楼 at naked Water
裸心泊裸叶水疗
199 North Taihu Avenue,

Suzhou
苏州北太湖大道199号
T: 400 9200 518

QUEENS MAKER
江南女王说

1) Xinyuehui Branch
星悦汇店
H208, 2nd Floor, Xingyuehui,
Suxiu Road, Suzhou
苏州苏绣路星悦汇商场2楼
H208
T: 0512 6818 9678
2) Suzhou Central Branch
苏州中心店
B1-46, 1st Floor, North
Suzhou Central, Suxiu Road,
Suzhou
苏州苏绣路苏州中心商场北
区-1楼B1-46
T: 0512 6262 5958
3) Xinguangtiandi Branch
新光天地店
5F0019, 5 / F, Xinguangtiandi,
456 East Suzhou Avenue,
Suzhou
苏州苏州大道东456号新光天
地5楼5F0019
T: 0512 6818 8978

Rubis Spa
丽妍雅集

1) JiuGuang Branch
久光店
L1-C-01, JiuGuang, 268
Wangdun Road, Suzhou
Industrial Park
苏州工业园区旺墩路268号久
光百货1C-01单元
T: 0512 6696 1130
2) MeiLuo Branch
美罗店
L6, East Area Matro, 245
Guanqian Street, Pingjiang,
Suzhou
苏州平江区观前街245号美罗
百货东6层
T: 0512 6916 5931

The SPA Four Seasons Hotel
Suzhou
苏州四季酒店水疗中心
88 Four Seasons Boulevard,
Suzhou
中国江苏省苏州市四季路88号
T: +86 512 6068 3688
https://www.fourseasons.com/
zh/suzhou

SANGHA Retreat by OCTAVE
Institute
音昱水中天
199 Yang Cheng Ring Road,
Suzhou Industrial Park
苏州市工业园区阳澄环路
199号
T: 0512 6788 1888

The Spa at Hyatt Regency
Wuxi
无锡苏宁凯悦酒店水疗中心
109 Renmin Middle Road,
Wuxi, Jiangsu, China
江苏省无锡市人民中路109号
T: +86 510 8989 1234*6083
wuxi.regency.hyatt.com

The SPA at Park Hyatt Suzhou
苏州柏悦温泉酒店
No.69 Xizhou Road, Suzhou

Industrial Park, Suzhou
苏州吴中区西洲路69号
T: 0512 8666 1234

The Ritz-Carlton Spa, Nanjing
南京丽思卡尔顿酒店水疗中心
18, Zhongshan Road, Nanjing
南京市中山路18号
T: 025 6978 8888

Talise Fitness & Spa at
Jumeirah Nanjing
南京卓美亚酒店泰丽丝水疗
No.2 Yecheng Road, Jianye,
Nanjing
南京市建邺区邮城路2号
T: 025 5878 0888

Willow Stream Spa at Fairmont
Nanjing
南京金奥费尔蒙酒店
蔚柳溪水疗
333 Jiangdong Road Central,
Jianye, Nanjing
南京市建邺区江东中路333号
T: 025 8672 8888
www.fairmont.cn

Hong SPA, AOHONG
RESORT (Jinling Jiangbin
Branch)
南京傲泓度假酒店(金陵江滨
店)泓SPA
No. 8, Wanjingyuan,
Yangzijiang Avenue, Jianye
District, Nanjing
南京市建邺区扬子江大道万
景园8号
T: 025 6959 8888

& SPA (Fuyuan Road Branch)
南京水疗加(福园街店)
137-7 Fuyuan Road, Jianye
District, Nanjing, Jiangsu
江苏省南京市建邺区福园街
137-7号
T: 17384471752

Willow Stream Spa of Fairmont
Yangcheng Lake
阳澄湖费尔蒙酒店蔚柳溪水
疗中心
No.3668 Ma'anshan West
Road, Kunshan, Jiangsu
昆山市马鞍山西路3668号
T: 0512 5878 0888

ALAND SPA
ALAND安澜 SPA
Building 10, 1415 Cultural and
Commercial Street District,
Qingjiangu District, Huai'an
City, Jiangsu
江苏省淮安市清江浦区1415文
化商业街区10号楼
T: 0517 83989877
15371403533

Dragonfly Therapeutic Retreat
悠庭
No. A05-21, L5, Building
5, Suzhou Center, SIP
苏州中心北区L5层21号
T: 0512 6583 7906

Banyan Tree Spa, Suzhou
Shishan
苏州狮山悦榕SPA
No.208 Fenhu Road, Suzhou
New District, Jiangsu

江苏省苏州市高新区汾湖路
208号
T: 0512 6606 0606

Spa 水疗 · 安徽

Banyan Tree Spa Huangshan
黄山悦榕庄悦榕Spa
No.1 Banyantree Road, Yi
County, Huangshan, Anhui
安徽省黄山市黟县宏村悦榕
路1号
T: 0559 2265 000
www.banyantreespa.com

The Langham Hefei
合肥悦景朗廷酒店
200 Huaining Road, Zhengwuo,
Hefei
合肥市政务区怀宁路200号
T: 0551 6568 8888
www.langhamhotels.com

Zuliande
足连得
4F POLY MALL, ZHengwu
District, Hefei, Anhui
安徽省合肥市政务区保利
MALL四层
T: 0551 6286 6799

Ori SPA (MixC Branch)
Ori SPA (万象城店)
4/F, MixC, No.111 Qianshan
Road, Hefei
合肥潜山路111号万象城4楼
T: 0551 6555 3035

Spa 水疗 · 云南

四季青禾 · SPA
Building 14-10, Jinwan
Junlin Yuan, Rain Forest,
Qingquan Road, Jinghong,
Xishuangbanna
云南省西双版纳州景洪市清泉
路雨林金湾俊林苑14-10栋
T: 189 8812 8765

Bolian Hot Spring and Spa,
Bolian Hotel, Kunming
昆明柏联酒店 柏联温泉SPA
Yangzonghai, Kunming
中国云南省昆明市阳宗海
T: 0871 6888 4999

Banyan Tree Spa Lijiang
丽江悦榕Spa
Yuerong Road, Shuhe Village,
Yulong, Lijiang, China
云南省丽江市玉龙纳西族自治
县束河悦榕路
T: +86 888 533 1111
www.banyantreespa.com

Banyan Tree Spa Ringha
仁安悦榕Spa
Hong Po Village, Jian Tang
Town Shangri-la, Diqing,
Yunnan, China
云南省香格里拉建塘镇红坡村
T: +86 887 828 8822
www.banyantreespa.com

The Spa at Amandayan
大研安缦水疗
29 Shishan Road, Gucheng,
Lijiang, Yunnan
云南省丽江市古城区狮山
路29号

T: 0888 533 9999
www.aman.com

Tai Yi · SPA
泰一 · SPA 云南畅泰健康管理
咨询有限公司

2nd floor, Saina Block,
Qingcheng Phase II, China
Railway Shuiian, Qiancheng
Road, Kunming
昆明市前城中铁水岸青城二
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
海东世界购物中心店
F8 Zone B, Hello-World
Branch, Kunming, Yunnan
云南昆明海东世界购物中心
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2楼
T: 0871 6810 4826
5) Anning Wanda Branch
安宁万达店
101, Building 8, Yuefeng
Street, Anning Wanda,
Kunming, Yunnan
云南昆明安宁万达月丰街区8
栋101号
T: 0871 6868 2962
6) Xishuangbanna Gaozhuang
Branch
西双版纳纳告庄店
Building 19, Building 19,
Jingfa Zhai, Gouzhuang,
Xishuangbanna, Kunming,
Yunnan
云南昆明西双版纳纳告庄景法
寨19栋
T: 0691 222 6938

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/hrbrz-the-ritz-
carlton-harbin/overview/

Spa 水疗 · 吉林
Hong Kong Yijing Toqa &
Spa Club
香港逸静瑜伽水疗会馆
Unit1, 6th Building, No.1288
NanJunShuiYunTian HuXi

Road, ChangChun, JiLin
吉林省长春市湖西路1288号
南郡水云6栋1号
T: 0431 8962 8855
0431 8962 8866
0431 8962 8877
www.yijingspaclub.com

Jing Spa at Purple
Jade Riverside Resort,
ChangBaiShan ChiBei
紫玉度假酒店长白山池北净
宇水疗
No.1 Binhe Road,
Changbaishan Chibei, Jilin
吉林省长白山池北区滨河路1号
T: 0433 593 8888
www.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, Jingyue
District, Changchun
长春净月区生态大街与天工路
交汇伟峰东樾H2商业独栋
T: 0431 8194 3855
2) Yi Hu International Branch
壹湖国际店
H3-101, Yi Hu International
Phase 2, Nanguan District,
Changchun
长春南关区壹湖国际2期
H3-101
T: 0431 8563 8288

3) Heyuan Club Branch
和园会所
2-106, Heyuan Club, Heyuan
Road, Gaoxin District,
Changchun
长春高新区荷园路和园门市
2-106
T: 0431 8296 8333
4) Zhonghai Branch
中海店
G10, Zhonghai Shuiian Xindu,
Jingkai District, Changchun
长春经开区中海水岸馨都
G10商铺
T: 0431 8587 4577

5) Baicui Yuan Branch
柏翠园店
Building 65, Nanhu Xincun
Steet, Chaoyang District,
Changchun
长春朝阳区南湖新村中街65栋
T: 0431 8060 3877

Oasis Spa at Kempinski Hotel
Dalian
大连凯宾斯基酒店欧意希斯
水疗中心
6F, Kempinski Hotel Dalian 92
Jiefang Road, Zhongshan
大连市中山区解放路92号, 凯
宾斯基酒店6楼
T: 0411 8259 8888*8616 /8610
www.kempinski.com/dalian

Rubis Spa
丽妍雅集
Capita Land Branch
凯德和平店
L2-54-55, Capita Land, 691
Gaoerji Road, Shahekou,
Dalian
大连沙河口区高尔基路691号
凯德和平广场2层54-55单元
T: 0411 8434 5600

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

Spa 水疗 · 辽宁
康贝思水疗中心 (大连城
堡店)
辽宁省大连市沙河口区
滨海西路600号大连一方城堡
豪华精选酒店3楼
T: +86 411 8250 0190
dalian.grand.hyatt.com

The Spa at Four Seasons
Dalian
大连四季酒店水疗中心
45 Zhuyi Street, Zhongshan
District, Dalian, Liaoning
中国辽宁省大连中山区珠玉
街45号
T: +86 411 3994 8888

Lea Spa
沈阳Lea Spa维景会所
Shenyang Lea Spa Weijing
Club
沈阳市和平区同泽北街35
号8层
8F, 35 Tongze North Street,
Heping District, Shenyang
Tel: 024 2341 1222

FAngeauty
FAngeauty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
大连凯宾斯基酒店欧意希斯
水疗中心
6F, Kempinski Hotel Dalian 92
Jiefang Road, Zhongshan
大连市中山区解放路92号, 凯
宾斯基酒店6楼
T: 0411 8259 8888*8616 /8610
www.kempinski.com/dalian

Rubis Spa
丽妍雅集
Capita Land Branch
凯德和平店
L2-54-55, Capita Land, 691
Gaoerji Road, Shahekou,
Dalian
大连沙河口区高尔基路691号
凯德和平广场2层54-55单元
T: 0411 8434 5600

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

Spa 水疗 · 辽宁
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 澳门美高梅禅瀑水疗
Avenida Dr. Sun Yat Sen, NAPE, Macau
澳门外港新填海区孙逸仙大马路
T: 853 8802 8888

Tria Spa at MGM Cotai 美狮美高梅禅瀑水疗
Avenida da Nave Desportiva, Cotai, Macau
澳门路氹体育馆大马路
T: 853 8806 8888

The Spa at Mandarin Oriental, Macau
澳门文华东方酒店水疗中心
Avenida Dr Sun Yat Sen, NAPE, Macau
澳门孙逸仙大马路945号
T: 853 8805 8888
www.mandarinoriental.com

The Ritz-Carlton Spa, Hong Kong
香港丽思卡尔顿水疗中心
71/F International Commerce Centre, 1 Austin Road West, Kowloon
九龙柯士甸道西1号
环球贸易广场71楼
T: 852 2263 2263
www.ritzcarlton.com

Zensa Spa 缇) 水疗
3/F Star Tower, Studio City Hotel, Macau

澳门新濠影汇酒店巨星汇3楼
T: +853 8865 1888
www.studiocity-macau.com

AWAY Spa, W Macau - Studio City
澳门新濠影汇W酒店 AWAY@水疗中心
Level 3, W Macau - Studio City, Estrada do Istmo, Cotai, Macau
澳门路氹连贯公路新濠影汇W酒店3楼
T: +853 8865 1188

The Spa at Epic Tower, Studio City Macau
澳门新濠影汇映星汇水疗中心
Level 3, Epic Tower - Studio City, Estrada do Istmo, Cotai, Macau
澳门路氹连贯公路新濠影汇映星汇3楼
T: +853 8865 8888

The SPA at Palazzo Versace Macau
Palazzo Versace澳门水疗中心
Level 3, Palazzo Versace Macau, Grand Lisboa Palace Resort, Rua do Tiro, Cotai, Macau
澳门路氹射击路上葡京综合度假村范思哲豪华酒店大楼3楼
T: +853 8881 8000

Spa 水疗 · 湖北

慕丽莎健康美容会所
1) 香港路店
湖北省武汉市汉口解放大道香港15号
15 Hong Kong Street Jiefang Road HanKou, Wuhan, Hubei
Tel: 027 8556 1855
2) 融科天城店
湖北省武汉市球球街融科天城一期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号湖隆时代商业中心9栋1-2号
1-2 Building 9 Xianglong Times Business Center, 59 Ningkang Road, Eco. Tech. Dev. Zone, Wuhan, 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

Fairmont Wuhan 武汉泛海费尔蒙酒店
249 Huaihai Road, Jianghan, Wuhan
武汉市江汉区淮海路249号
T: 027 8369 8888

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
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

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疗
3/F Wanda Vista, 169 Jiefang Road, Taiyuan, Shanxi, China
山西省太原市杏花岭区解放路169号楼太原万达文华酒店3楼
T: +86 351 777 6666*6760
www.wandahotels.com

Spa 水疗 · 湖南

Cherry Natural Image Management 核奈儿形象管理中心
493 Hengdong Avenue, Hengyang city, Hunan
湖南省衡阳市衡东大道493号
T: 0734 522 4996

Shui Spa at Wanda Vista Changsha 长沙万达文华酒店“水”水疗
308 Section 1 Xiangjiang Middle Road, Kaifu, Changsha, Hunan, China
湖南省长沙市开福区湘江中路一段308号
T: +86 731 8800 8888 ext.6306
www.wandahotels.com

Shine Spa for Sheraton at Sheraton Changde Wuling Hotel 常德武陵天济喜来登酒店喜来登水疗
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

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

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

Spa 水疗 · 四川

IRIDIUM SPA at The St. Regis Chengdu 成都瑞吉酒店钰瑞水疗中心
88 Taisheng Road South, Qingyang District, Chengdu, Sichuan
中国四川省成都市青羊区太平南路88号

Dragonfly Therapeutic Retreat 悠庭保健会所
1) 西溪店
T: 028 6287 6666
www.stregis.com/chengdu

MI XUN SPA, The Temple House 成都博舍酒店谧寻水疗
81 Bitieshi Street, Jinjiang, Chengdu
成都市锦江区笔帖式街81号
T: 028 6636 9999
www.thetemplehousehotel.com

Six Senses Qing Cheng Mountain 青城山六善水疗中心
No.2 Dong Ruan Road Qingcheng Mountain Town Dujiangyan, Chengdu, Sichuan
四川省成都市都江堰市青城山镇东软大道2号
T: 028 8712 6666

The Ritz-Carlton Spa, Chengdu 成都富力丽思卡尔顿酒店水疗中心
269 Shuncheng Avenue, Qingyang, Chengdu, Sichuan
中国四川省成都市青羊区顺城大街269号
T: 028 8358 8888

Willow Stream Spa at Fairmont Chengdu 成都棕桐泉费尔蒙酒店蔚柳溪水疗中心
269 Tianfu Middle Avenue, Hi-Tech Zone, Chengdu
成都市高新区天府大道中段269号
T: 028 8800 3333

Rissai Spa, Rissai Valley, a Ritz-Carlton Reserve 日赛谷水疗
Zhangzha Town, Jiuzhaigou County, aba Tibetan Andqiang Autonomous Prefecture, Sichuan
中国四川省阿坝藏族羌族自治州九寨沟漳扎镇
T: 0837 8199 999

Spa 水疗 · 浙江

Banyan Tree Spa Hangzhou 杭州悦榕Spa
2 Westbrook Resort, Zijiang 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 莱佛士店
L6-04 Raffles City, No.228 Xinye Road, Jiangnan
江干区新业路228号莱佛士广场L6-04商辅
T: 0571 8889 9191

Fuchun Spa at Fuchun Resort 富春山居度假村富春SPA
No.339, Jiangbin East Road, Dongzhou Street, Fuyang, Hangzhou
杭州市富阳区东洲街道江滨东大道339号
T: 0571 6341 9500

Hangzhou TEA SPA 杭州TEA SPA
1) Hangzhou TEA SPA (Jiqing Branch)
杭州TEA SPA (吉庆店)
Building C, 214 North Meilin Road, West Lake, Hangzhou
杭州市西湖区梅林北路上茅家埠214号C栋
Tel: 19558191877
2) Hangzhou TEA SPA (Muli Branch)
杭州TEA SPA (目里店)
501-503, Building 8, OOELI, West Lake, Hangzhou
杭州市西湖区天目里商业中心8号楼5楼501、502、503
Tel: 1590671536

Kempinski The Spa, Hangzhou 杭州远洋凯宾斯基酒店水疗
66 Lishui Road, Gongshu, Hangzhou
杭州拱墅区丽水路66号
T: +86 571 8809 3333

Love Story Hangzhou 杭州爱情故事
1) Love Story Hangzhou Xinqiao Branch
杭州爱情故事新侨店
1F, Hangzhou Xinqiao Hotel, 226 Jiefang Road, Shangcheng, Hangzhou
杭州市上城区解放路226号新侨饭店1F
T: 0571 8888 6968
2) Love Story Hangzhou Tiyuchang Road Branch
杭州爱情故事体育场路店
1-6 F, 12 Tiyuchang Road, Xiacheng, Hangzhou
杭州市下城区体育场路12号1-6楼
T: 0571 8785 8677
3) Love Story Hangzhou Tianyuan Branch
杭州爱情故事钱江新城天元店
Tianyuan Plaza, 2 Qianchao Road, Xiacheng, Hangzhou
杭州市下城区钱潮路2号天元大厦
T: 0571 8888 7068
4) Love Story Hangzhou, Xiasha Branch
杭州爱情故事下沙店
450, Jinsha Avenue, Qiantang District, Hangzhou
杭州市钱塘区金沙大道450号晓城天地

T: 0571 8588 0056

naked Leaf Spa, naked Castle
裸心堡裸叶水疗
12 Sanjiuwu, Moganshan
Town, Deqing, Zhejiang
浙江省德清县莫干山镇劳岭村
三九坞12号
T: 0572 888 1111

naked Leaf Spa, naked Stables
裸心谷裸叶水疗
37 Shangxiahuang,
Lanshukeng Village, Paitou
Town, Deqing, Zhejiang
浙江省德清县筏头乡竺树坑村
上下庄37号
T: 0572 804 6668

Neige Aesthetics Center
雪奈美学中心
109 Renhe Road, Kandun
street, Cixi City, Ningbo
浙江省宁波市慈溪市坎墩街道
人和路109号
T: 15990546165

Spa Village
润Spa
The Dragon Hotel Tower 5
Level2, 120 Shuguang Road,
Hangzhou
杭州市曙光路120号
黄龙饭店5号楼2楼
T: 400 838 5599
www.roonspavillage.com

Shine Spa for Sheraton
Hangzhou
杭州西溪喜来登度假酒店
炫逸水疗
1 Westbrook Resort, Zijingang
Road, Hangzhou, Zhejiang,
310030, China
浙江省杭州市紫金港路西溪天
堂国际旅游综合体1号
T: +86 571 8500 2222*8281
www.starwoodhotels.com/
sheraton

The Art of Water Spa by Run
Spa Village
New Century Grand Hotel
Hangzhou
杭州开元名都大酒店
润Spa Village · 水舞厅
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中心
路818号杭州开元名都大酒
店45层
T: +86 571 8288 8888 ext.8600
www.roonspavillage.com

HUÂN 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
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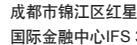
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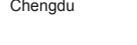
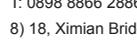
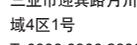
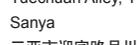
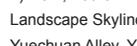
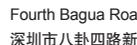
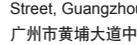
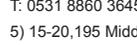
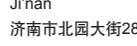
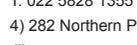
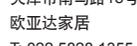
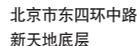
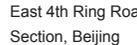
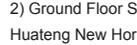
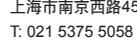
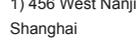
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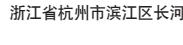
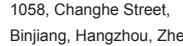
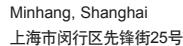
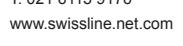
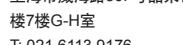
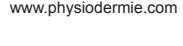
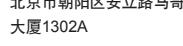
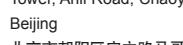
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