



BODHI SPA

菩提水疗

展开宁静惬意之旅

A Journey to Tranquility

“秉承古法传统精髓，开启现代养生模式...”
“An essence of ancient traditions along a modern journey...”

带您享受融合东西方传统理疗精髓与现代风格的独特疗法，
踏上宁静惬意之旅...欢迎莅临菩提水疗！
专属定制的疗程能让您尽情沉浸在身心灵的平衡状态中，
重拾觉醒和彻悟之感，领会“菩提”的真谛。

Embrace a journey of indulgent Asian and European Spa Traditions,
with inimitable modern touches... Welcome to Bodhi Spa.

Each personalized treatment is a truly balancing experience of mind, body and soul;
ensuring your journey is a sense of awakening and enlightenment; the true meaning of 'BODHI'.

我们的水疗产品

Our Products...

LAPIDEM

我们以真正的美是在健康的基础上为理念，Lapidem的方案和产品以东洋医学为基础，并加入了日本自古以来的传统疗法等设计，遵循自然规律，提高我们与生俱来的自然治愈力，并发挥出超越健康的自然美与自信。

Based on the philosophy that true beauty comes from good health, LAPIDEM's treatments and products are based on Oriental medicine and designed with traditional Japanese therapies. By following the rules of nature, LAPIDEM's holistic beauty aims to enhance the natural healing power of the body and bring out your true health and beauty.

ZENTS

选用一系列以花卉、香料及木质为基调的按摩精油、为您量身调配奢华身体护理体验。

A luxurious body care range featuring a bespoke collection of massage oils based on floras, spices and woody essences selected and blended for your individual needs.

LING

纽约知名面部护理专家Ling Chan自创的品牌，尊崇亚洲美容护理理论，即在皮肤出现任何问题之前，先为肌肤适当去除角质和补充水分，防患于未然。我们所使用的其特色面部护肤品系列正是基于这一理论研发出来的产品。不含矿物油、人工香料等刺激成分。

Created by celebrity New York Facialist Ling Chan.

Specializing in our collection of signature facials developed based on Asian beauty principles of proper exfoliation and hydration.

The treatments and products are designed to prevent and treat skin ailments before they arise.

The products contain no known irritants such as mineral oils and artificial fragrances.

A still life composition featuring a glass bottle, a bowl of white crystals, a wooden scoop, and a white towel on a wooden surface. The scene is lit with warm, golden light, creating a serene and natural atmosphere. The glass bottle is on the left, the bowl of crystals is in the center, and the wooden scoop is in the foreground. A white towel is draped in the background, and some dried leaves are on the right.

宁谧水疗时光
TIME INDULGE COLLECTION

疗养仪式 Healing Ritual

120 分钟/mins

这是一种深层次的治疗仪式，运用有节奏、像舞蹈一样的手法技巧，释放身心的紧张。长而流畅的按摩手法可缓解压力、焦虑、慢性疲劳和疼痛，音叉发出悦耳的音色，引领人们进入深度放松的世界。

A deeply therapeutic ritual that uses rhythmic, dance-like techniques to release tension in the body and mind. Long, flowing massage strokes help relieve stress and anxiety, chronic fatigue and pain, while the soothing tones of the tuning forks invite you into a world of deep relaxation.

特点 | 巴厘岛式按摩/音叉疗法/头部治疗护理
Features | Balinese Massage/Tuning Fork Therapy/Healing Head Massage

功效 | 缓解压力和疼痛/放松/改善睡眠障碍
Benefits | Relieves stress and pain/Relaxing/Improves Sleep Disorders

平日/澳门元 : 2,700
Weekday/MOP

营运高峰期/澳门元 : 3,000
Premium Days/MOP

净化仪式 Purification Ritual

120 分钟/mins

含有米糠、山茶花和天然盐的净化身体磨砂膏可以平滑皮肤，去除毒素，为排毒按摩做好准备，以平衡和缓解疲劳。迷你面部护理是使用滋养胶原蛋白面膜结合冰球的冷冻疗法将使您的皮肤焕发光彩，水嫩润弹。

The skin is treated to a highly purifying body scrub using rice bran, camelia and natural salt to smooth the skin and eliminate toxins to prepare for a detoxifying massage to rebalance and relieve fatigue. The mini facial uses a nourishing collagen sheet and ice cool cryo-bulbs to give the skin a radiant, fresh glow.

特点 | 净化磨砂/排毒按摩/迷你胶原蛋白面部护理
Features | Purifying Scrub/Detox Massage/Mini Collagen Facial

功效 | 排毒/提神/平衡补水
Benefits | Detoxifying/Refreshing/Rebalances Hydration

平日/澳门元 : 2,700
Weekday/MOP

营运高峰期/澳门元 : 3,000
Premium Days/MOP

活力调整仪式 Energetic Alignment Ritual

120 分钟/mins

基于东方医学的理念，这个仪式旨在恢复整个身体的平衡和活力。使用适合您当天身体状况的按摩油，这项护理刺激穴位，排出全身积累的毒素，调整气，血和水的平衡。采用传统日式的深层清洁之后，使用富含胶原蛋白面膜的奢华面部护理来滋养皮肤，使其变得丰盈和柔软。

Based on the philosophy of Oriental medicine, this ritual is designed to restore balance to the whole body and increase vitality. Using a carefully selected blend of oils to suit your needs and stimulating pressure points, toxins accumulated in the body are released helping to regulate the balance of blood and water. After a Japanese style deep cleansing, a luxurious facial treatment using a collagen sheet mask works to nourish the skin leaving it plump, supple and firm.

特 点	古法拉伸/平衡按摩/面部胶原蛋白面膜
Features	Kappo Stretching/Balancing Massage/Facial Collagen Sheet Mask
功 效	提高免疫力/恢复活力/平衡身体和心灵
Benefits	Improves Immunity/Revitalizes/Balances Mind and Body

平日/澳门元 : 2,700
Weekday/MOP

营运高峰期/澳门元 : 3,000
Premium Days/MOP

按摩护理

MASSAGE COLLECTION



Saltability 喜玛拉雅山粉红盐石按摩 “Saltability” Pink Himalayan Stone Massage

90分钟/mins

运用深层按摩手法，针对肌肉酸痛及僵硬，舒缓绷紧的肌肉群，从而使身心彻底放松及升华。此疗程采用蕴含84种天然矿物元素的喜玛拉雅山天然粉红岩盐石，为您的身体细胞补充矿物质，并同时中和PH值。

A deeply therapeutic massage to softly release tight, sore muscles and achieve a greater sense of relaxation. Featuring 84 natural minerals from pink Himalayan salt crystal stones to replenish depleted minerals to the body cells and neutralize the PH balance.

平日/澳门元 : 1,600
Weekday/MOP

营运高峰期/澳门元 : 1,650
Premium Days/MOP

深层肌肉按摩 Deep Tissue Massage

90/120分钟/mins

利用揉捏的按摩手法，舒展肌肉，缓解各种酸痛、不适及疲劳，促进血液循环。

A therapeutic massage using kneading techniques to ease aches and pains and stimulate the circulation.

平日/澳门元 : 1,550/1,950
Weekday/MOP

营运高峰期/澳门元 : 1,600/2,100
Premium Days/MOP

传统中式按摩 Traditional Chinese Massage

90/120分钟/mins

结合穴位理疗元素与中国传统按摩技术，不仅能够消除肌肉紧张，也能令体内气流通。

A powerful combination of traditional Chinese massage techniques with therapeutic elements of acupressure. Various relaxation techniques release muscular tension and enhance the flow of “Qi” in the body.

平日/澳门元 : 1,550/1,950
Weekday/MOP

营运高峰期/澳门元 : 1,600/2,100
Premium Days/MOP

巴厘式按摩 Balinese Massage

90/120 分钟/mins

这种按摩手法富有节奏感，理疗师用前臂、手肘、手掌和指压带动全身做出伸延流畅的动作，帮助舒展肌肉，松弛紧张感，让您全然轻松释放。

A rhythmic technique using the forearms, elbows and palms in long, flowing movements to aid in stretching muscles, easing tension and placing you in a state of total relaxation.

平日/澳门元 : **1,550/1,950**
Weekday/MOP

营运高峰期/澳门元 : **1,600/2,100**
Premium Days/MOP

足部反射按摩 Reflexology

60/90 分钟/mins

足部如同一面镜子，反映人体整个系统与功能的状况。这项专业护理疗程能有效地刺激足部的所有神经及穴道，并反射到体内的器官及其他部位，达至整体的治疗功效，有助恢复身体的平衡与和谐。

This specialized treatment involves the systematic stimulation of all the nerve reflexes in the feet which correspond to internal organs and other body systems. This holistic, healing technique helps restore balance and harmony to the body.

平日/澳门元 : **850/1,100**
Weekday/MOP

营运高峰期/澳门元 : **900/1,150**
Premium Days/MOP

A person wearing a patterned, fringed garment is seated and playing a stringed instrument, possibly a guqin. The person's hands are visible, holding the instrument. In the foreground, there are several white bowls, some of which are partially filled with liquid. The scene is set on a textured, brown fabric surface. The overall lighting is warm and soft, creating a serene and traditional atmosphere.

整体健康
HOLISTIC WELLNESS

脉轮音疗 Chakra Sound Healing Massage

90分钟/mins

此疗程完美结合声音振动疗法和深度解压按摩，功效显著。疗程伊始，您可感受水晶颂钵发出的美妙声音和振动，踏上冥想呼吸之旅。随后，通过按摩刺激能量点，令气血通畅，并缓解肌肉紧张。西藏颂钵被放置于脉轮穴位上，以变幻的声音频率调和与平衡身心的自然能量。这个集身、心、灵于一体的综合疗程有助于减轻焦虑和压力，令人宁神静心，安享一夜好眠。

A powerful combination of sound, vibrational therapy and deeply therapeutic massage. The journey starts with meditative breathing as you absorb the sounds and vibrations of the crystal quartz bowls. The massage stimulates the energy points or 'Qi', alleviating areas of tension in the muscles. Tibetan bowls are placed on the body over chakra points to re-balance the natural energy with varying sound frequencies. This holistic treatment for the body, mind and soul helps reduce anxiety and stress while promoting a restful night's sleep.

平日/澳门元 : 1,800
Weekday/MOP

营运高峰期/澳门元 : 1,980
Premium Days/MOP

水晶声频疗愈课程 Crystal Sound Therapy Meditation Class

60分钟/mins

由泰国声频疗愈专家带领，让水晶颂钵发出的声音频率促进健康的能量流动、提高专注力并令头脑更加清晰、情绪更加平和。

Led by Thai practitioner and crystal sound therapy expert, the sounds and frequencies from the crystal quartz bowls promote a healthy flow of energy, heighten focus and increase mental and emotional clarity.

团体班(最多6位) | 每位澳门元 : 250
Group Class(Max. 6 Person) | MOP per Person

双人班 | 每位澳门元 : 500
Couple Class | MOP per Person

个人班 | 每位澳门元 : 800
Individual Class | MOP per Person

面部护理

FACIAL COLLECTION



DNA冻龄面部护理 DNA Do Not Age Facial

75分钟 / mins

通过LING能量提拉仪器，重塑及提升脸部轮廓，让肌肤充实青春活力。使用视黄醇和苹果干细胞的复合精华，为肌肤重点去角质，带来明亮清爽的感觉。最后以滋润的果冻面膜保湿并锁紧水分。

A firming facial to combats the signs of ageing. A remodeling massage using LING's energy lifting device helps to contour the face. Serum combinations of retinol and apple stem cell work with an intensive exfoliation method to reveal brighter skin. A hydrojelly moisture rich mask nourishes and hydrates.

平日/澳门元 : **1,500**
Weekday/MOP

营运高峰期/澳门元 : **1,680**
Premium Days/MOP

Yuragi 面部护理 Yuragi Facial

60分钟 / mins

一种旨在重新平衡肌肤的面部护理。使用肌肤引流手法来缓解面部的紧张，同时刺激毒素的排出。富含维生素和抗氧化剂的面膜能使肌肤恢复活力，唤醒肌肤。

Designed to restore a healthy balance to your skin. The skin drainage technique helps to relieve facial tension, and stimulate the elimination of waste products. A mask rich in vitamins and antioxidants is used to revitalize and awaken the skin.

平日/澳门元 : **1,380**
Weekday/MOP

营运高峰期/澳门元 : **1,480**
Premium Days/MOP

绿玉青参面部护理 Green Jade & Ginseng Facial

60分钟/mins

一款保湿面部护理，温和去角质，然后将滋养胶原蛋白注入皮肤，打造完美柔滑、容光焕发的肤色。使用帝王翡翠滚轮按摩可促进肌肤排毒，再配合人参保湿面膜，滋润干燥肌肤，缓解炎症。

A hydrating facial that gently exfoliates then infuses nourishing collagen into the skin for a perfect supple, glowing complexion. Imperial Jade Rollers are used to massage and drain toxins from the skin together with a Ginseng Therapy moisture mask to quench thirsty skin and alleviate inflammation.

平日/澳门元 : **1,380**
Weekday/MOP

营运高峰期/澳门元 : **1,480**
Premium Days/MOP

高效面部护理 ADVANCED FACIALS

*鱼子骨胶焕颜护理 Caviar Gold Glow

75分钟 / mins

鱼子骨胶焕颜疗程是融合理疗师精湛手法、LED光疗及Cryo冷疗技术的面部护理巅峰之作，让肌肤焕发活力光彩。疗程以三步去角质法为开端，结合塑颜按摩促进血液循环，展现迷人健康肤色。随后，理疗师根据您的肌肤类型调配合适的精华液组合，在多色LED面膜光疗下发挥作用，更采用极尽奢华的鱼子精华骨胶水光果冻面膜为肌肤注入营养成分，光彩立显。最后，以Cryo冷疗仪按摩皮肤，令肌肤进一步清爽细腻，光泽透亮。

The pinnacle of facial indulgence, combining both the skilled hands of the therapist, LED light therapy and Cryo cooling techniques for a vibrant skin appearance. The treatment starts with a three-step exfoliation combined with a decadent sculpting massage to lift and enhance circulation and reveal a radiant, healthy complexion. A cocktail of serums, curated to skin type, works beneath the multi-light LED mask while a lavish Caviar & Collagen Hydro Jelly mask plumps the skin full of nourishing nutrients. The final touch, a cooling Cryo-wand leaves the skin fresh and with the ultimate glow!

平日/澳门元 : 1,650
Weekday/MOP

营运高峰期/澳门元 : 1,800
Premium Days/MOP

*氧喷疗法 Oxy-Jet Oxygen Therapy

15分钟 / mins

氧喷疗法利用先进的O₂喷氧技术彻底去除皮肤角质，注入LING著名的氧气等离子血清溶液，促进皮肤呼吸，缓解刺激，对抗引发痤疮的细菌。

Oxygen Jet therapy utilises advanced O₂ Jet technology to thoroughly exfoliate the skin, and infuses LING's renowned Oxygen Plasma Serum Solution, promoting skin breathing, soothing irritation, and combating acne-causing bacteria.

平日/澳门元 : 350
Weekday/MOP

营运高峰期/澳门元 : 400
Premium Days/MOP

*需搭配其他面部护理。 Only available in conjunction with other facial treatments.

*超声波护理 Ultra-Sonic Rejuvenation

15分钟/mins

超声波治疗利用强大的振动作用到达深层皮肤。手持探头每秒发射高达一百万次声波，增强产品吸收，刺激皮肤细胞，改善循环，提高营养吸收，并促进肌肤再生。

Ultrasonic wave therapy uses powerful vibrations to reach deep skin layers. Hand wands emit up to one million waves per second, enhancing product absorption, stimulating skin cells, improving circulation, boosting nutrient efficacy, and supporting skin regeneration.

平日/澳门元 : **350**
Weekday/MOP

营运高峰期/澳门元 : **400**
Premium Days/MOP

*需搭配其他面部护理。 Only available in conjunction with other facial treatments.

The image features three smooth, dark, rounded stones of varying sizes resting on a light-colored bamboo mat. The stones are arranged in a diagonal line from the top left towards the bottom right. The background is softly blurred, emphasizing the texture of the stones and the mat. The overall mood is calm and natural, suggesting a spa or wellness theme.

男士护理

MEN'S COLLECTION

绅士的超然之旅 Gentlemen's Escapism

120 分钟/mins

这是为都市忙碌的男士而定制的理想套餐，将全身护理与头部护理相结合，以重新平衡身体，提高能量水平和改善睡眠质量。深层放松按摩技术可快速唤醒身心并恢复活力。眼部的缓解按摩，以帮助缓解压力和紧张，最后冰球按摩则使人精神焕发，提高思考能力。

The perfect mini getaway for busy gentlemen combining a full body treatment and head therapy to rebalance, boost energy levels and improve sleep quality. Deep tissue techniques revitalize the body and mind. The eye area is treated to a massage which targets areas of stress that can cause strain and iced massage bulbs to refresh and help to improve thinking.

平日/澳门元 : 2,700
Weekday/MOP

营运高峰期/澳门元 : 3,000
Premium Days/MOP

绅士的焕颜之旅 Epiphany Facial for Men

60 分钟/mins

专为男士肌肤打造的完美净化面部护理，清除都市污染带来的暗沉还原健康肌肤。独特的引流手法结合富含维生素和抗氧化剂的面膜能有效缓解因缺乏睡眠而导致的疲劳和压力。冷冻冰球有助于唤醒和收紧肌肤。

Specifically tailored for men's skin, a complete purification facial that clears the skin from urban pollution and removes dullness. The drainage techniques and a mask rich in powerful vitamins and antioxidants, will effectively ease tired, stressed skin caused by lack of sleep. The skin is refreshed and tightened with Cryo-water bulbs so your skin feels fresh and clear.

平日/澳门元 : 1,380
Weekday/MOP

营运高峰期/澳门元 : 1,480
Premium Days/MOP

男士肌肉舒压护理 Muscle Ease Back Therapy

30 分钟/mins

此深层舒压护理专针对背部肌肉绷紧而设。结合深层肌肉及指压按摩技术，让您消除疲劳，恢复活力。随后再以特研的舒缓精油进行按摩，让您的神经系统彻底放松，身心调整至最佳状态。

A deeply therapeutic treatment designed for the specific needs of the back. Stress and tightness melts away using acupressure and deep tissue techniques. A rich de-stress oil is used to leave you in a deep state of relaxation. The treatment is completed with a relaxing scalp massage.

平日/澳门元 : 720
Weekday/MOP

营运高峰期/澳门元 : 750
Premium Days/MOP



身体护理
BODY COLLECTION

菩提蒸汽及 Soapsmith 浸浴护理

30 分钟/mins

Bodhi Steam & Soapsmith Bath Ritual

护理前30分钟，在私人水疗套房内享受活力按摩池和蒸汽淋浴。

Enjoy private use of our SPA Suite featuring a hydro-jet bath and steam shower, to be enjoyed for 30-minutes prior to your SPA treatment.

平日/澳门元 : 550
Weekday/MOP

营运高峰期/澳门元 : 600
Premium Days/MOP

柑橘肉桂焕白身体磨砂 Mandarin Cinnamon Body Scrub

30 分钟/mins

柑橘，寓意吉祥如意，被视为黄金和财富的象征，也是一种强效的抗氧化剂，可有效清洁和提亮肤色。肉桂，温和舒缓，有助于刺激血液循环。辛香成分与盐混合，可完美缓解干燥，焕白美肌。

Mandarin Orange, auspiciously regarded as being related to gold or wealth in Chinese is also a powerful anti-oxidant which cleanses and brightens the complexion. Cinnamon is warming and soothing and helps to stimulate the blood circulation. The combination of spicy ingredients blended with salt removes dryness and leaves skin glowing.

平日/澳门元 : 640
Weekday/MOP

营运高峰期/澳门元 : 680
Premium Days/MOP

中草药身体磨砂 Chinese Herbal Body Scrub

30 分钟/mins

生姜与香柏叶、海盐混合制成排毒磨砂膏臻品，可促进血液循环，令肌肤润泽光滑，容光焕发。

Ginger and Thuja leaf are combined with Sea Salt making this the ultimate detoxifying scrub that boosts the blood circulation leaving the skin smooth and radiant.

平日/澳门元 : 640
Weekday/MOP

营运高峰期/澳门元 : 680
Premium Days/MOP

头发护理

HAIR TREATMENT



理发服务 HAIR TREATMENT

	平日/澳门元 WEEKDAY/MOP	营运高峰期/澳门元 PREMIUM DAYS/MOP
女士洗吹(短/中/长) Ladies Blow Dry (Short/Medium/Long)	250 / 300 / 350	300 / 350 / 400
女士剪发及洗吹(短/中/长) Ladies Cut and Blow Dry (Short/Medium/Long)	410 / 460 / 510	450 / 500 / 550
女士染发(短/中/长) Ladies Colouring (Short/Medium/Long)	1,180 / 1,250 / 1,350	1,250 / 1,350 / 1,450
男士剪发及洗吹 Gents Cut and Blow Dry	300	350
男士洗吹 Gents Blow Dry	250	300
男士染发 Gents Colouring	1,000	1,050
焗油修护(短/中/长) Hair Treatment (Short/Medium/Long)	950 / 1,100 / 1,250	1,000 / 1,150 / 1,300
挑染(短/中/长) Highlight (Short/Medium/Long)	950 / 1,100 / 1,250	1,000 / 1,150 / 1,300
发型设计(中/长) Design Style (Medium/Long)	550 / 650	600 / 700
小童剪发(12岁以下) Children Haircut (below 12 years old)	200	250
巴西生命果柔顺护理 Brazilian Blowout Treatment	2,500	2,600

附赠家庭护发套装，包括Acai防毛躁洗发水350毫升和护发素350毫升。

Price includes a hair care set including a 350ml Acai Anti-Frizz Shampoo and a 350ml Acai Anti-Frizz Conditioner.

水疗礼仪

SPA ETIQUETTE



水疗礼仪 SPA ETIQUETTE

衣著要求：为您提供最舒适的服务，乃是我们最大的追求。多数疗程须在不穿著衣物的情况下进行，期间会局部遮盖身体部位。所有疗程均为宾客提供一次性内衣使用。

Attire: your comfort is in our best interest, most of the treatments are enjoyed without clothing and you will be discretely draped at all times. Disposable underwear is provided for all body treatments.

医疗状况：如有任何可能存在的医疗状况，请在疗程开始之前告知理疗师。

Medical Conditions: Please inform your therapist of any medical conditions you may have prior to your treatment.

代金券：水疗中心的代金券是您馈赠亲友的佳品，欢迎向水疗中心接待处查询有关详情。

Gift Vouchers: A spa voucher is a wonderful way to show your appreciation, please enquire at the spa reception if interested.

吸烟：水疗中心范围内严禁吸烟。

Smoking: Smoking in the spa is not permitted.

手机：为免打扰其他客人，在水疗中心内请关闭手机。

Mobile Phones: As a courtesy to other spa guests, please switch off your mobile phones while in the spa.

年纪要求：宾客必须年满 18 岁或以上方可进入水疗中心体验项目。

Age Requirements: The minimum age requirement for access to the spa and to experience treatment is 18 years old and above.

男士面部护理：我们建议男性宾客于体验面部护理前几个小时剃须，以达至更好的效果。

Men's Facials: We suggest male guests to shave a few hours prior to their facial appointment to achieve the best results.



菩提水疗营业时间

星期二至星期五：中午12时至凌晨2时30分

星期六至星期一及公众假期：上午10时至凌晨2时30分

Bodhi Spa Opening Hours:

Tuesday to Friday: 12:00 – 02:30

Saturday to Monday & Public Holidays: 10:00 – 02:30

发廊营业时间

每天：中午12时至晚上8时

Hair Salon Opening Hours:

Daily: 12:00 – 20:00

平日(星期一至星期四)，营运高峰期(星期五、六、日及公众假期周)

Weekday (Monday to Thursday), Premium Days (Friday, Saturday, Sunday & Public Holiday Weeks)

酒店套房水疗按摩服务将额外收取 20% 费用。所有收费需额外加收 5% 政府税。

In-room spa services will incur additional 20% charge on the listed prices.

All listed prices are subject to a 5% government tax.

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