

# **BODHI SPA**

菩提水疗

# 展开宁静适意之旅

# 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, 踏上宁静适意之旅...欢迎莅临菩提水疗! 专属定制的疗程能让您尽情沈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...

#### ILA

ILA源自迷人的英伦乡村科茨沃尔德,崇尚天然纯淨的美肤哲学。 产品臻炼纯凈有机成分,手作混合研制,为肌肤注入健康与活力,焕现自然美的光采。 ILA传承经典的疗愈技艺,促进深层滋护,为每一天的生活带来身心的纯凈、活力与平衡。

Using purest, organic ingredients hand blended in the Cotswalds, England. ILA creates luxurious skincare products that work to improve natural beauty through the health and vitality of our skin.

Time honoured therapy techniques in ILA treatments facilitate deep healing bringing purity, energy and balance into everyday life.

#### Georgia Louise

产品选用天然成分,以尖端科技为您的肌肤注入营养,呈现好莱坞明星式的光泽透亮。

New York based celebrity esthetician facialist skincare specialist Georgia Louise offers a unique, high-tech facial "Angel GLo". Her powerful, clean line of products carry an abundance of

nutrients designed to give you a Hollywood glow.

纽约名人面部美学护理专家 Georgia Louise 带来独家高科技面部护理 Angel GLo。

#### Thalgo

由海洋科学研究先驱研制的 Thalgo 产品和疗程将丰富海藻成分、极致质感及浓情香气融合为一。 Thalgo 专注于促进真皮纤维增生,减缓细胞衰老退化,令肌肤保持青春紧致。

Products and treatments developed by pioneers in Marine scientific research,  $\,$ 

combining the richness of algae with indulgent textures and fragrances.

combining the richness of algae with indulgent textures and fragrances.

With Thalgo we focus on regeneration of the skin dermis to promote firmer, younger looking skin.



#### 融合亚洲、欧洲与中东传统元素的按摩水疗,令您感受极致的身心呵护体验。

The ultimate journey that allows you to experience every essence of the Bodhi Spa Journey, borrowing elements from Asian and European traditions.

- 30 分钟柑橘肉桂磨砂护理 Mandarin and Cinnamon Body Scrub
- 90 分钟自选特色按摩疗程 90-min Signature Massage of your choice
- 60 分钟胶原蛋白抗皱面部护理 60-min Hyalu-Procollagen Wrinkle-Correcting Treatment

# 喜马拉雅之旅 The Himalayan Voyage

2 小时/hours

喜玛拉雅山粉红天然岩盐石富含多种天然矿物质,可促进自然排毒,焕变身体内外的健康;温润的盐石配合有节奏的按摩,可缓解肌肉酸痛,彻底放松身心。面部护理选用ILA蕴含大马士革玫瑰和檀香木成分,深层清洁肌理,重焕活力平衡。

Himalayan Salts infuse your body with natural minerals promoting overall well-being and natural detoxification. The combination of the warm salt stones and the rhythmic massage soothes aching muscles. A laminating facial using ILA's glowing radiance products packed with Damascus Rose and Sandalwood leaves you cleansed with a renewed balance of energy.

- 喜马拉雅盐滋活足浴 Himalayan Salt Foot Bath
- 60 分钟喜马拉雅粉红盐石按摩 60-min Saltability Massage
- 60 分钟焕采 ILA Ananda 面部护理 60-min ILA Ananda Facial

平日/澳门币 : **2,450** 营运高峰期/澳门币 : **2,550** Premium Days/MOP : **2,550** 

专为情侣打造的惬意放松疗愈体验。可选择呵护去角质或焕颜面部护理激发肌肤活力,再享受奢华深度 舒解按摩,纾压怡情。

Complete relaxation for couples with a choice of conditioning exfoliation or rejuvenating face therapy and a luxurious massage of your choice.

- 菩提蒸汽及浸浴体验 Bodhi Steam and Bath
- 自选柑橘肉桂焕白全身磨砂或 ILA Express 焕颜面部护理 Choice of Mandarin Cinnamon Scrub or ILA Express Facial
- 90 分钟自选特色按摩疗程 90-min massage of your choice
- \*双人之旅将于豪华专属双人理疗室内提供。

\*Couples treatments are enjoyed together in the luxury of our private SPA suite.

平日/澳门币 :5,250 营运高峰期/澳门币 :5,500 Premium Days/MOP :5,500



#### 亮白 | 紧致 | 排毒

这个疗程采用非侵入式高科技美容仪器、提拉塑形的刮痧按摩以及清凉元素,令您的肌肤瞬间美丽蜕变,绽放闪亮光彩,同时还能为肌肤提供丰富的营养和保湿成分。在LED面部和颈部面膜灯下敷上 GLo 酶去角质面膜,可刺激胶原蛋白生成并提亮肤色。Ice Cyro 按摩可唤醒暗沈的肌肤并改善血液循环,最后以玫瑰石英石淋巴刮痧按摩结尾。

Brightening | Firming | Detoxifying

Combining high-tech non-invasive beauty tools, a lift and sculpt massage, with cooling elements your skin will be beautifully transformed. Created to instantly brighten and feed the skin with an abundance of nutrients and moisture-binding ingredients. Experience a GLo enzyme peeling mask under an LED face & neck mask that works to stimulate collagen production and brighten the complexion. An Ice Cyro massage instantly awakens dull skin and improves blood circulation. Lymphatic Gua sha massage using rose quartz stones provides the finishing touch!

平日/澳门币  $_{\text{Weekday/MOP}}$ : 1,680 营运高峰期/澳门币  $_{\text{Premium Days/MOP}}$ : 1,780

#### ILA Ananda 净颜面部护理 ILA Ananda Face Therapy

60分钟/min

针对:保湿 - 改善暗哑 - 抗衰老

此疗法选用ILA非凡光泽系列产品,以新鲜芦荟和石榴进行初始清洁,温和的黑加仑和蜂蜜去除老化角质,其后使用强效的大马士革玫瑰和檀香油,激活肌肤细胞再生能量。配合专业的马尔玛按摩技艺,促进恢复肌肤自然亮度;同时辅以绿泥面膜,减少炎症的发生,层层呵宠,打造亮采美肤,身心自澄净无比。

Concerns: Hydrates - Dull, Anti-ageing - Desensitizes

Using ILA's glowing radiance collection, this divine therapy begins with an Aloe Vera and Pomegranate cleanse and a gentle blackcurrant & honey exfoliation, followed by a powerful Damascene Rose Otto and Sandalwood oil to stimulate energy to skin cells. Specialized marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

#### ILA 亮颜再生面部恢复疗法 ILA Renewed Recovery Face Therapy 60分钟/min

针对:深层清洁 一 亮白 一 改善暗沉倦容 一 抗敏感

这种排毒的面部护理使用疗愈效果拔群的热带雨林提取物来恢复皮肤细胞的活力。ILA淋巴排毒技术 搭配温和的草药膏和亚马逊河泥面膜,以最大程度释放毒素、减少水分滞留并促进胶原蛋白的生成。 此疗程可彻底清除肌肤杂质,使肤色净白焕亮,非常适合受空气污染、城市压力影响的敏感质肌肤。

Concerns: Deep Cleansing - Brightening - Dull, Tired Skin - Sensitivity

This detoxifying face therapy uses intensely healing rainforest extracts to rejuvenate skin cells. Lymphatic drainage techniques, warm herbal poultices and an Amazonian mud mask encourage toxin release, reduce water retention and boost collagen production. The skin is left thoroughly cleansed of impurities leaving the complexion visibly brighter. Perfect for polluted, city stressed and sensitized skin.

平日/澳门币 : 1,380 营运高峰期/澳门币 : 1,480 Premium Days/MOP : 1,480

# 海洋保湿柔肤面部护理 Absolute Hydration Facial

60分钟/min

以独特的海洋精华素[SEVE MARINE]深层滋润您的肌肤,有助击退干燥迹象,改善暗哑,让您的肌肤 时刻保持细致柔滑,水润嫩泽,同时减淡细纹。

适合肌肤类型:干性。

Bathe your skin with unique 'Seve Marine' ingredients to help combat dehydration and dull skin. Leave your skin feeling soft and re-hydrated, while at the same time diminishing fine lines.

平日/澳门币: 1,380 营运高峰期/澳门币: 1,480 Weekday/MOP: 1,480

# Hyalu-Procollagen Wrinkle-Correcting Treatment

特有的浓缩"海洋填充物"可用于改善面部深纹,结合3种透明质酸和海洋胶原蛋白进行减淡皱纹的治疗,效果明显。瞬间,脸部看起来更年轻,心情放松,甚至明显的皱纹也变得平滑。

A concentrated "marine filler" for the treatment of deeper lines. Combines 3 types of hyaluronic acid & marine pro-collagen using Roller Boosters, for visible effectiveness, from the very first treatment. Instantly, the face looks younger, enhances relaxation, and more pronounced wrinkles appear smoothed.

#### ILA 睛采眼部护理 ILA Eye Indulgence

30分钟/min

针对:保湿 — 改善黑眼圈 — 细纹 — 浮肿

使用温和有效的马尔玛点触觉疗法进行眼部按摩,再搭配保湿面膜,缓解眼周压力,减少黑眼圈, 尽显熠熠睛采。

Concerns: Hydrating – Dark Circles – Fine Lines – Puffiness

This gentle yet powerful treatment uses marma point stimulation, eye massage and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

平日/澳门币 :550

营运高峰期/澳门币 Premium Days/MOP: 580



# 菩提水疗专研运动型男身体护理疗程 Bodhi Sportsman Body Ritual 3小时/hours

腾空时间,享受一系列的身心护理,帮助舒缓肌肉疲劳,恢复活力,使身心焕然一新。先以美肌磨砂去除角质清洁肌肤,然后尽享深度放松按摩,缓解运动后的肌肉酸痛。最后进行面部护理,疏通毛孔,令肌肤立刻恢复活力,身心焕然一新。

The body scrub purifies the skin before a deeply relaxing massage to release aches and pains in the muscles. A deep cleansing facial designed to unclog pores and hydrate the complexion completes this head-to-toe ritual.

- 柑橘肉桂美肌磨砂 Mandarin Cinnamon Body Scrub
- **90** 分钟肌肉放松按摩 90-min Deep Tissue Massage
- ILA 男士煥活面部护理 ILA Men's Rejuvenation Face Therapy

# 男士肌肉舒压护理 Muscle Ease Back Therapy

30分钟/min

此深层舒压护理专针对背部肌肉绷紧而设。结合背部深层清洁及指压按摩技术,让您消除疲劳,回复活力。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/澳门币 :720

营运高峰期/澳门币: 750

关注:深层清洁 一 改善浮肿 一 均匀肤色

采用 ILA 再生恢复系列产品,富含热带雨林萃取精华,增强细胞活性,促进毒素释放。白百合有助于均匀 肤色,减少黑眼圈和老年斑色素沈著;温和的草药膏用于淋巴排毒按摩,祛除浮肿,令肌肤清爽健 康。两者绝妙配合,深层清洁并滋护受损肌肤,令肌肤重现清透水润。

Using ILA's renewed recovery collection with healing rainforest extracts to rejuvenate skin cells and encourage toxin release. White Lily helps to even out the skin tone and reduce the appearance of dark circles and age spot pigmentation. A detoxifying lymphatic massage is performed with warm herbal poultices reducing signs of puffiness and leaving the skin refreshed and healthy. Calms irritated skin and rebalances moisture levels.

平日/澳门币: 1,380 营运高峰期/澳门币: 1,480 Premium Days/MOP: 1,480



#### ILA 香薰按摩 ILA Aroma Massage

90/120 分钟/min

舒缓柔和的轻压按摩可彻底放松身体,并让心灵平静。

可选择的精油包括:含有柠檬草和杜松子成分的Vital Energy,唤醒感官并重新激发身体活力;或含有茉莉花和檀香木成分的Inner Peace,令您深度放松并确保一夜安眠。

A soothing lighter pressure massage to completely relax the body and calm the mind.

Choice of oils include: Vital Energy with Lemongrass and Juniper berry to awaken the senses and reenergize the body or Inner Peace with Jasmine and Sandalwood to deeply relax and ensure a restful night's sleep.

平耳/澳门币: 1,600/2,150 营运高峰期/澳门币: 1,650/2,200 Premium Days/MOP: 1,650/2,200

# ILA 深层草药袋按摩 ILA Deep Tissue Potali Massage

90/120 分钟/min

药袋热敷按摩,又名potali,完美承袭阿育吠陀的治疗传统。布袋中装满治疗所需草药,浸泡在松树、琥珀和乳香精油中并加热后,散发出迷人香气,舒缓压力。琥珀尤其有助于放松大脑,增强内心能量。这种独一无二的按摩体验能深层次缓解肌肉酸痛和压力引起的紧张,提振情绪,平衡荷尔蒙,身心由此焕变。

This reviving body treatment draws on Ayurveda healing traditions where heated herbal bags - known as potali, are filled with therapeutic and medicinal herbs, dipped and warmed in exquisite essential oils of pine, amber and frankincense. Wonderfully soothing, cleansing and invigorating, this is an ideal massage for helping to alleviate muscle pain and stress related tension. It will uplift your mood and balance hormones. Amber, in particular helps to relax brainwaves and enhances our inner heart energy.

运用深层按摩手法,针对肌肉酸痛及僵硬,舒缓绷紧的肌肉区块,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,为宾客补充身体细胞耗尽的矿物质,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/澳门币:1,550 营运高峰期/澳门币:1,600 Premium Days/MOP:1,600

# 深层肌肉按摩 Deep Tissue Massage

90/120 分钟/min

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/澳门币 : 1,500/1,900 营运高峰期/澳门币 : 1,550/2,050 Weekday/MOP : 1,550/2,050

# 传统中式按摩 Traditional Chinese Massage

90/120 分钟/min

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,也能令体内气血流通。

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/澳门币: 1,500/1,900 营运高峰期/澳门币: 1,550/2,050 Premium Days/MOP: 1,550/2,050

#### 巴厘式按摩 Balinese Massage

90/120 分钟/min

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/澳门币 : 1,500/1,900 营运高峰期/澳门币 : 1,550/2,050 Premium Days/MOP : 1,550/2,050

# 泰式按摩 Thai Massage

90/120 分钟/min

泰式按摩也被称之为"瑜珈按摩",结合拉伸和按压手法,能够促进全身气血流动,缓解压力和肌肉紧绷状态,为您带来深层次的全身心放松。

Also known as Yoga massage, the technique combines stretching and pressure points to improve the flow of energy through the body, easing stress and tensions and bringing you to a state of deep relaxation with clarity of the mind.

# 足部反射按摩 Reflexology

60/90 分钟/min

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/澳门币 : 800/1,050 营运高峰期/澳门币 : 850/1,100 Premium Days/MOP : 850/1,100

#### ILA 滋眠头皮头部放松 ILA Scalp and Head Reviver

30 分钟/min

此疗程可恢复活力,激活能量,在缓解头部紧张的同时滋养头皮、养护发质。可在睡前与任何理疗互相配合,伴您度过一个舒心惬意的夜晚。

An invigorating and restorative treatment that releases tension in the head whilst nourishing the hair with vital minerals and oils. A perfect nightcap to pair with any treatment to get you off to a restful night's sleep.

平日/澳门币: 720 营运高峰期/澳门币: 750 Weekday/MOP: 750



# 菩提蒸汽及 Soapsmith 浸浴护理 Bodhi Steam & Soapsmith Bath Ritual

30 分钟/min

平日/澳门币 :550 Weekdav/MOP

营运高峰期/澳门币: 600

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

30 分钟/min

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/澳门市 : 640
Weekday/MOP : 640

营运高峰期/澳门币: 680

# 中草药身体磨砂 Chinese Herbal Body Scrub

30 分钟/min

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/澳门市 : 640

营运高峰期/澳门币 Premium Days/MOP: 680

# ILA 珍珠和茉莉花身体磨砂及紫水晶裹敷

90 分钟/min

ILA Pearl and Jasmine Scrub & Amethyst Wrap

针对:活力-滋养 - 活化

神奇的珍珠和茉莉喜马拉雅盐晶磨砂膏专门针对疲劳和能量消耗而设计,可平衡身心能量,唤醒神采, 焕活健康活力。紫水晶凝胶身体裹敷和温润滋养乳有助于放松神经系统,刺激循环,促进细胞再生。

For the treatment of fatigue and energy depletion. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, well-being and strength. The amethyst gel body wrap and jade body cream relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.

平日/澳门币 : 1,450 Weekday/MOP

营运高峰期/澳门币: 1,500 Premium Days/MOP:



理发服务 HAIR TREATMENT	平日/澳门币 WEEKDAY/MOP	营运高峰期/澳门币 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
<b>男士剪发及洗吹</b> Gents Cut and Blow Dry	300	350
<b>男士洗吹</b> Gents Blow Dry	250	300
<b>男士染发</b> 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( <b>12</b> 岁以下) Children Haircut (below 12 yrs old)	200	250
巴西生命果柔顺护理 Brazilian Blowout Treatment 附赠家庭护发套装,包括 Acai 防毛躁洗发水 350ml 和护发素 350r Price includes homecare 1 x 35oml Acai Anti-Frizz Shampoo		<b>2,600</b> ti-Frizz Conditioner.



#### 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.

#### 代用券:水疗中心的代用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1时

星期六至星期一及公众假期:上午10时至凌晨1时

Bodhi Spa Opening Hours: Tuesday to Friday: 12:00 – 01:00

Saturday to Monday & Public Holidays: 10:00 – 01:00

# 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 incurr additional 20% charge on the listed prices. All listed prices are subject to a 5% government tax.

菩提水疗 - 澳门康莱德酒店三楼 Bodhi Spa at Conrad® Macao, Level 3 t. +853 8113 6188 bodhispa.macao@conradhotels.com