



养生 RETREAT

结合欧式简雅及亚洲柔和为主的澳门威尼斯人V养生水疗中心带您进入静谧的惬意之旅。

V养生糅合东西方的按摩手法，特别针对需要深层放松或缺乏睡眠的人士，为其带来独特的理疗体验。水疗中心还提供LING New York的高科技美容护理。该疗程设有全面的定制套餐，可选择改善睡眠的“Midnight Menu”，以及在LING Instant Lift bar的润色沙龙体验——顾客可享受头发护理、美甲、化妆服务和客制化的快捷面部护理。

V养生设有十八间舒缓按摩护理房、男、女独立的放松休息区和更衣室，以及发廊和产品零售区。

A peaceful haven designed to combine European elegance and simplicity with warm Asian touches in the heart of The Venetian Macao.

Treatments at V Retreat include perfected massage techniques from Eastern and Western modalities that focus on deep relaxation and alleviates sleep deprivation. High-tech facials that provide exceptional results from LING New York, a completely bespoke package menu which includes a sleep enhancing “Midnight Menu” and a finishing touches salon where you can enjoy hair, nail, make-up and customized express facials at our unique LING Instant Lift bar.

The SPA consists of 18 cozy treatment rooms, separate male and female relaxation and changing facilities, a hair salon and a retail boutique.

身体按摩 Massage Elements



平日 Weekday 营运高峰期 Premium Days

V 终极体验 VTherapy Massage

90 分钟 Mins / 2 小时 Hrs 1,150/1,480 1,200/1,550

澳门威尼斯人V养生水疗中心为顾客定制的按摩疗程运用结合来自世界各地的古法按摩精髓，是一项能让身心全面释放压力且达到平衡的调谐疗程。

Our customized bespoke massage using techniques blended from ancient practices around the world. A harmonizing treatment which releases tensions in the mind and body and balances the emotions.

深层肌肉放松按摩 Deep Tissue Massage

90 分钟 Mins / 2 小时 Hrs 1,125/1,450 1,180/1,500

该由内至外恢复活力的强力按摩疗程专为肌肉紧张且酸痛的顾客而设。以瑞典式按摩结合穴位针压法及肌肉拉伸，能有效地消释肌肉酸痛，缓解痛楚。

A strong pressure massage using techniques to alleviate tension in the muscles. The therapist uses a combination of Swedish massage, acupressure and stretching to melt away aches and pains.

推拿按摩 Tui Na Massage

90 分钟 Mins / 2 小时 Hrs 1,125 / 1,450 1,180 / 1,500

以中国传统的推拿按摩结合穴位针压理疗手法放松且消除肌肉紧张，有效提升“精、气、神”的同时，还能有助于体内气血的流通。

A traditional Chinese massage using therapeutic techniques to alleviate tensions in the muscles, acupressure assists in enabling the flow of "Qi" or energy through the body.

A close-up photograph showing a person's hand holding a small, clear glass bottle and pouring a golden-yellow liquid, likely massage oil, onto the back of another person. The person receiving the massage is lying face down, their back visible. The lighting is soft and warm, creating a relaxing atmosphere.

身体按摩 Massage Elements

平日 Weekday

营运高峰期 Premium Days

巴厘式按摩 Balinese Massage

90分钟 Mins / 2小时 Hrs

1,125 / 1,450

1,180 / 1,500

按摩师使用前臂、手肘和手掌作富有节奏感的按摩，以流畅的动作协助舒缓肌肉、松弛紧张的神经，让顾客感受到全然释放。

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.

泰式按摩 Thai Massage

90分钟 Mins / 2小时 Hrs

1,125 / 1,450

1,180 / 1,500

其也被称之为“瑜伽按摩”，这项独特的修复性护理结合拉伸及穴位点按手法，以专门改善体内能量气韵循环，同时释放压力和紧张，达到彻底放松及净化心灵的效果。

Also known as yoga massage, this 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.

足底按摩 Reflexology

60分钟 Mins / 90分钟 Mins

600 / 820

650 / 890

这个专项护理通过按压与身体内部器官相连的足部穴位，深层舒缓酸痛的双足的同时达到平衡及重整体内和谐。

A specialized technique working on the principle that specific reflex points in the feet correlate to internal organs and body systems. This treatment is deeply relaxing for aching feet and balances and restores harmony throughout the body.



面部护理 Facial Elements
星级护理 Superstar Skin

NASA光年焕彩之旅 NASA Light Years Facial	75分钟 Mins	1,450	1,490
------------------------------------	-----------	-------	-------

使用以顶尖科研技术设计的疗程，通过提升面部按摩，提拉和紧致脸部肌肉，而强效的LED面膜（由Deesse）有效改善肤色不均，并且，刺激胶原蛋白增生。此疗程非入侵性，不需要恢复期，确保绝对安全的同时予以顾客自然、年轻、焕然一新的面貌。在V养生，我们深信成熟是美丽而优雅的。

This state-of-the-art facial uses the very latest in skincare technology. A lifting facial massage tightens and firms facial muscles, while an intense LED Mask (by Deesse) effectively reduces pigmentation and stimulates collagen production. This safe, non-invasive therapy has no down time and ensures a natural, youthful and radiant look. At V-Retreat we believe in ageing gracefully and beautifully.

CPR 焕颜提拉 CPR Facelift	75分钟 Mins	1,450	1,490
-----------------------	-----------	-------	-------

这款创新的拔罐焕颜面部护理，是结合了拔罐疗法的美容新趋势，可瞬间提拉及塑颜。通过增加血液循环、刺激淋巴引流和促进胶原蛋白的生成，从而强化和紧致肌肤，淡化细纹和皱纹，下颌和颈部更纤细。与此同时，您体内的「气」将被重新平衡，已获得整全的健康并焕发神采！

This innovative Cupping Rejuvenation facial is a holistic beauty trend that combines cupping massage (or suction) to instantly lift and sculpt the face. By increasing blood circulation, stimulating lymphatic drainage and encouraging collagen production, the skin is strengthened and firmed, fine lines and wrinkles are minimized and the jawline and neck are slimmed. At the same time, your inner Qi will be rebalanced for complete wellbeing and radiance!

“V脸”三重去角质 “V-Shaped” Triple Peel Facial	75分钟 Mins	1,300	1,360
---	-----------	-------	-------

疗程以融合木瓜酵素面膜、去角质软肤啫喱和甘醇酸的LING皇牌去角质产品三重去除老废角质。在每个毛孔进行深度清洁后，敷上舒缓补水的人参补湿面膜。最后，以专利仪器Energy Lift导入按肤况需要而调配的精华液，改善脸部水肿，完美提拉，重塑V形脸廓。

LING's signature Triple Peel uses a combination of papaya enzymes, rescue peel and glycolic acid to effectively remove dead skin cells. After purifying the skin with pore-to-pore extractions, a Ginseng Therapy Mask is applied to soothe and hydrate. In the last phase, a customized blend of serums is infused into the skin with the patented Energy Lift that removes water retention to reveal a dramatically uplifted, V-shaped appearance.

A close-up photograph of a woman's face. She has her eyes closed and is receiving a facial massage. Her skin is smooth and glowing. A professional's hands are visible, gently massaging her cheeks and forehead. The background is softly blurred.

面部护理 Facial Elements
光透美肌 Glow Getters

平日 Weekday 营运高峰期 Premium Days

红茶抗污染护理 An-TEA Pollution Facial

60分钟 Mins

1,100

1,160

该疗程适合面对城市污染物而导致的肌肤负担。在深层清洁后，以草本收毛孔面膜吸走污染物和多余油脂。配合加入了萃取自南非国宝茶的红茶抗污染精华，揉按在皮肤上，最后敷以红茶抗污染面膜。肌肤则会因红茶浓郁高效的抗衰老成份和抗氧化物而受到全面保护。

A must have facial for city-stressed skins. After a thorough deep cleanse, a Herbal Clay Detox Mask is used to absorb any last impurities and excess oil. A special An-TEA Pollution serum, featuring a powerful rooibos tea extract, is gently massaged into the skin before an An-TEA Pollution sheet mask is applied. Rich in antioxidants, red tea is also a powerful anti-ageing ingredient.

草本人参汉方疗程 Ginseng Herbal Facial

60分钟 Mins

1,100

1,160

这是一项超保湿的经典疗程。在完成脸部穴位按摩后，温和地去除角质，随后敷上人参补水面膜，同时以天然碧玉按摩滚轮把面膜的精华带入皮肤，按出水光透亮肌。（不包括针清）

A classic, moisturizing facial which begins with acupressure massage followed by a gentle exfoliation and an infusion of Ginseng Moisture Mask with imperial jade rollers for a glowing, hydrated complexion. (Extractions are not included).

告别痘痘肌 Bye Bye Breakouts "Teen" Facial

60分钟 Mins

1,050

1,100

专为痘肌而设，此疗程首先会净化洁肤，用果酸温和去除老化角质与污垢。我们专业的美容师以轻柔手法为肌肤进行针清，随即敷上一系列消毒舒敏面膜镇静皮肤。疗程最后会以LING专利的Energy Lift 导入纯氧维生液以促进肌肤修护，为顾客带来自信清透的肌肤！

Designed especially for skins that suffer from breakouts and blemishes, this facial begins with a purifying cleanse and a fruit acid peel to digest dead skin cells and impurities. Our skilled therapists perform gentle extractions and apply a series of masks to disinfect and soothe the skin. The facial is completed with LING's patent Energy Lift to infuse Oxygen Plasma Potion to promote healing and reveal a clear and confident complexion.

焕采眼部护理 Rejuvenating Eye Treatment

30分钟 Mins

450

470

借助胶原质与红外线的结合，改善眼袋、浮肿和黑眼圈，有效缓解眼部疲劳、褪尽倦容，令您的双眼重新焕发神采。

Infusions of collagen combine with a relaxing infusion of infrared ray energy to soothe eye bags, puffiness and dark circles and brighten tired eyes. The eye area will look lifted and rejuvenated.



V男士尊享护理 V Man

平日 Weekday 营运高峰期 Premium Days

火山泥深层清洁面部护理 LING Volcanic Cleansing Facial

1 小时 Hr

1,100

1,160

本疗程专为男士设计，深层清洁带走肌肤毒素和污染物。在使用LING 皇牌三重去角质为每个毛孔细致清洁后，敷上竹炭米面膜。另外，疗程还包括面部及肩部排毒按摩，更好地恢复皮肤健康及好气色。

Designed for men, this deep cleansing facial detoxifies and clears the skin of impurities. After LING's signature triple peel and pore-to-pore extractions, an activated charcoal mask is applied. The treatment includes a deep drainage face and shoulder massage that leaves the skin with a healthy glow.

V“人身之气” V-Chi Massage

90分钟 Mins / 2小时 Hrs

1,125 / 1,450

1,180 / 1,500

这项释放压力的按摩疗程运用在疼痛处以揉捏技术进行深层组织按摩，并结合传统中式推拿针压手法释放体内毒素，从而改善全身循环，让身体重新充满活力，同时净化心神。

The ultimate stress release massage which combines deep tissue massage using kneading techniques on areas of aches and pains and traditional Chinese Tui Na where acupressure is applied to release the body of toxins and improve the energy flow, leaving you feeling energized and with a clear mind.

男士指甲修护 Gentlemen's Manicure

45分钟 Mins

380

420

此美甲疗程修整干燥的指缘角质及予以滋养，并打磨甲形，最后将甲面抛光，呈现健康光亮的指甲。

A grooming treatment which tidies and nourishes dry cuticles and shapes the nails to perfection leaving them with a healthy buffed shine.

男士趾甲修护 Gentlemen's Pedicure

1 小时 Hr

425

470

这套全面彻底趾甲修护去除干死肌肤，让脚部感受到新生，重现活力。角质被修护、甲形予以打磨，最后对甲面进行抛光。

A complete overhaul for the feet which sloughs away dry skin and leaves the feet feeling fresh and energized. Cuticles are tidied, nails are shaped and buffed to perfection.



V养生 专研护理 VTherapy Mixers

我们坚信水疗体验必须完全根据顾客不同的需求而个人化定制。我们的定制体验能让您根据所需随意组合不同的疗程，给予您完全的灵活度来选择您自己独特的水疗旅程。

We believe a SPA experience should be completely customized for your individual needs. Our Bespoke Experiences allow you to mix and match treatments with complete flexibility, allowing you to choose your very own SPA journey.

V养生 白金纵情之旅
V Platinum Indulge

90分钟按摩疗程任选其一
Choice of any 90-minute massage

+

超星级面部护理任选其一
Any Superstar Skin Facial

3 小时Hrs

平日 Weekday
2,400

营运高峰期 Premium Days
2,500

V养生 钻石恬逸之旅
V Diamond Relax

90分钟按摩疗程任选其一
Any 90-minute massage

+

光透美肌面部护理任选其一
Any Glow Getter facial

2.5 小时Hrs

平日 Weekday
2,290

营运高峰期 Premium Days
2,350

V养生 黄金复苏之旅
V Gold Rejuvenate

60分钟按摩疗程任选其一
Any 60-minute massage

+

光透美肌面部护理任选其一
Any Glow Getter facial

2 小时Hrs

平日 Weekday
1,850

营运高峰期 Premium Days
1,990

子夜梦幻护理 Midnight Dream Elements



平日 Weekday 营运高峰期 Premium Days

酣然入梦套餐护理 Sleep Retreat

90分钟 Mins

1,150

1,200

套餐包含：30分钟背部按摩 + 30分钟甜梦头皮按摩 + 30分钟瞬间速效护理

Package Includes: 30-minute Slumber Back Massage + 30-minute Sweet Dreams Scalp Massage + 30-minute Instant Lift LING Facial

深度睡眠 Deep Sleep Ritual

75 分钟 Mins

1,170

1,230

这疗程透过加温的电气石进行深层式放松按摩，温热的碧玺把能量带入肌肉深层组织，令中枢神经系统即时放松。用上我们调配的深层放松复方油，配合特别设计的推压按摩手法，缓解肌肉疲劳和酸痛，帮助清空思绪，助您平静入眠。

This deeply relaxing massage uses a heated tourmaline gemstone to infuse energy into the deep tissues of your body to instantly relax the central nervous system. A customized pressure massage using one of our signature blended oils will melt away aches and pains and help the mind switch off for a peaceful night's sleep.

南瓜酵素面部护理 Pumpkin Enzyme Facial

60分钟 Mins

1,100

1,160

产品内蕴含丰富的维他命，令您在睡眠时调整肌肤，达到均匀的肤色。把高浓度的维生素C精华透过按摩渗透皮肤，提供抗氧化物对抗自由基，促进胶原再生。再敷上萃取南瓜精华的面膜，为肌肤带来透亮感！

Rich in vitamins, this facial is designed to clarify the complexion while you sleep. A concentrated Vitamin C serum is massaged into the skin to provide anti-oxidant protection against free radical damage and promote collagen production. A unique collagen paper mask infused with pumpkin extracts is the final application to brighten your skin before you turn into a pumpkin!

印度头部甜梦按摩 Sweet Dreams Scalp Massage

45分钟 Mins

790

850

灵感源自古代印度韦达养生学的理念，从头部、颈部以及肩部消除压力和紧张。采用加温的乳香和香根草油按摩，让您一觉好眠。

Inspired by the ancient practices of Ayurveda, stress and tensions are worked away from the head, neck and shoulders. A warm infusion of frankincense and vetivert oil are used to ensure you have the perfect sleep.



要点 Essentials

平日 Weekday 营运高峰期 Premium Days

蜜蜡脱毛 Waxing

全腿 Full Leg	60分钟 Mins	440	485
大腿/小腿 Half Leg	30分钟 Mins	310	340
全手臂 Full Arm	45分钟 Mins	320	360
上/下臂 Half Arm	30分钟 Mins	260	290
腋下 Underarm	15分钟 Mins	180	200
全背 Full Back	45分钟 Mins	400	450
比基尼线 Bikini	30分钟 Mins	280	320



美甲 Hands & Feet

		平日 Weekday	营运高峰期 Premium Days
OPI白茶手部护理 OPI White Tea Manicure	1 小时 Hr	495	550
此指甲美容采用OPI产品，内含抗氧的白茶成分，呵护手部及指甲。护理将会修整您的指甲至完美状态。另外，还有奢华手部及前臂按摩服务。最后您可选择OPI甲油的颜色为指甲增添最亮丽动人的色彩。			
The perfect manicure using OPI Products' antioxidant white tea ingredients to treat the skin and nails. The treatment perfects the cuticles and sculpts the nails. A luxuriously pampering hand and lower arm massage is included. Your look is completed with a choice of beautiful OPI infinite shine colors.			
OPI白茶脚部护理 OPI White Tea Pedicure	75 分钟 Mins	590	645
欢迎您前来体验纯炼白茶的巨大能量。该护理包含OPI AHA白茶脚部磨砂，以彻底去除死皮，让干燥的肌肤恢复润滑。随后使用富含抗氧化成分的绿茶脚膜，保护肌肤的同时又能起到修复作用。接着在使用纯植物及抗氧的白茶乳液进行脚部按摩后，以加热的毛巾包裹双足，感受轻松愉悦的足部护理体验。顾客可从OPI一系列指甲油中选择喜爱的颜色来丰富其足底风情。			
We welcome you to experience the enriching power of purifying white tea. This includes OPI AHA white tea foot scrub to exfoliate away tough calluses and smooth away rough and dry skin. Then we apply an antioxidant green tea mask to help protect and repair your skin. Finally, a warm towel wrap and a relaxing foot massage with a blend of botanical and antioxidant white tea lotion to complete your heavenly experience. Choose from a beautiful collection of OPI colors to complete your look.			
石蜡纤指热浸 Hot Paraffin Dip	15 分钟 Mins	200	250
以上美甲护理还可额外添加另一款奢华护理，让干燥的甲缘肌肤恢复滋润、柔软。			
This luxurious add on goes well with Manicure or Pedicure for the treatment of dry skin. The skin and cuticles are left super soft and smooth.			



美发廊 Hair Salon

		平日 Weekday	营运高峰期 Premium Days
女士洗吹 (短/中/长) Ladies' Blow Dry (Short/Medium/Long)		250/300/350	260/315/370
女士洗剪吹 (短/中/长) Ladies' Cut and Blow Dry (Short/Medium/Long)		400/450/500	420/480/525
女士染发 (短/中/长) Ladies' Coloring (Short/Medium/Long)		1,100/1,300/1,500	1,150/1,360/1,580
直发护理 Brazilian Blowout		2,500	2,650
男士洗剪吹 Gents' Cut and Blow Dry		280	300
男士染发 Gents' Coloring		550+	650+
挑染 (短/中/长) Highlights (Short/Medium/Long)		760/890/995	830/980/1,090
发型设计 (中/长) Design Style / Hair Up (Medium/Long)		460/550	500/600
小童剪发 (12岁以下) Children's Hair Cut (below 12 yrs old)		200	220



水疗须知 Spa Etiquette

预约水疗中心服务

我们建议客人提前预约，以便为您安排疗程的日期及时间。客人可于水疗中心营业时间内亲自前来预约，也可以通过电话、传真或发送电子邮件的方式进行预约。

为疗程提前作准备

对于男性宾客，我们建议于体验面部护理12个小时前剃须，以达到更好的效果。另外，请将您的珠宝首饰等贵重物品谨慎保管在您的客房内，切勿带入按摩区域。如若丢失，概不负责。

准时到达

为了能够让您充分享受我们的服务，并为您提供最放松的体验，我们建议客人在疗程开始前15分钟到达。

取消预约

若需取消预约，请提前6小时联系我们，以避免被收全费。若无故缺席，我们将继续收取全额费用。此外，非酒店宾客预约时需提供信用卡卡号。

酒店套房水疗按摩服务

我们可以为您提供水疗按摩项目客房上门服务。请至少提前一小时进行预约，以便我们能有充足的时间在您的客房内做好前期准备工作。注意：我们将按标价额外另收20%的准备费用。

收费以澳门币计算。

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）
所有收费需额外收取5%政府税。

BOOKING SPA APPOINTMENTS

Advance bookings are recommended to accommodate your preferred date and time. Reservations can be made in person during SPA operating hours, or via phone, fax or email.

PREPARING FOR YOUR SPA TREATMENT

For our male guests we recommend that you shave at least 12 hours prior to all facial treatments for the best possible results. It is advisable to leave all jewelry and items of value in your room safe as we cannot be held responsible for items that go missing in the SPA area.

PUNCTUALITY

In order to ensure that we can start your treatment on time, and for you to have the most relaxed experience possible, please arrive at least 15 minutes prior to your treatment start time.

CANCELLATION POLICY

Please allow at least 6-hour notice of cancellation to avoid a full charge. No shows will incur a 100% charge. Please note that for non-hotel guests, a credit card number is required at the time of scheduling an appointment.

IN-ROOM TREATMENTS

Massage treatments may be performed in the comfort of your guest room. Please allow at least one hour notice to allow for proper set-up time in your room. Please note the additional charge to accommodate the set-up of 20% on the listed menu price.

PRICES ARE IN MOP.

Weekday (Monday to Thursday), Premium Days (Friday, Saturday, Sunday and Public Holiday Weeks). All listed prices are subject to a 5% government tax.