



SPA by mtm labo

www.spabymtm.com

Signature Program

Just for today, do not worry
Just for today, do not anger
- the Five Ethical Principles of Reiki Dr. Mikao Usui

Signature Program

Blissful Restoring Therapy

Duration: 2 hrs 45 mins (including 15-20 minutes Service and Refreshment)



Blissful Restoring Massage features slow rhythm and gentle strokes. Along with the aroma of spikenard and bitter orange released from the Moonstone massage oil, you will be deeply unwound from all the suffering from restlessness resulting from less than desired quality of sleep.

Complimenting with the invigorating Green Tea Sea Salt Scrub and Nourishing Milky Bath, as well as Deluxe Body Conditioning Treatment, it ensures the best rest quality of the deep evening that you deserved even during day time. Balance your soul, rest, restore and be rejuvenated inside-out for an ultimate glow.

Treatment include

- Shower
- Foot Milky Bath
- Blissful Restoring Massage
- Green Tea Sea Salt Scrub
- Nourishing Milky Bath
- Deluxe Body Conditioning Treatment
- Refreshment and Relaxation

Signature Program

Harmony Hot Stone Treatment

Duration: 2 hrs 40 mins (including 15-20 minutes Service and Refreshment)



Starting with the Red Wine Bath that stimulates skin's natural collagen, reduces swelling and provides effective antioxidant effect. Followed by the perfect combination of detoxification and relaxation, Lymphatic Massage and Harmony Hot Stone Treatment can effectively perform the detoxification process and rejuvenate your body and soul. You will instantly feel lighter after this deluxe treatment.

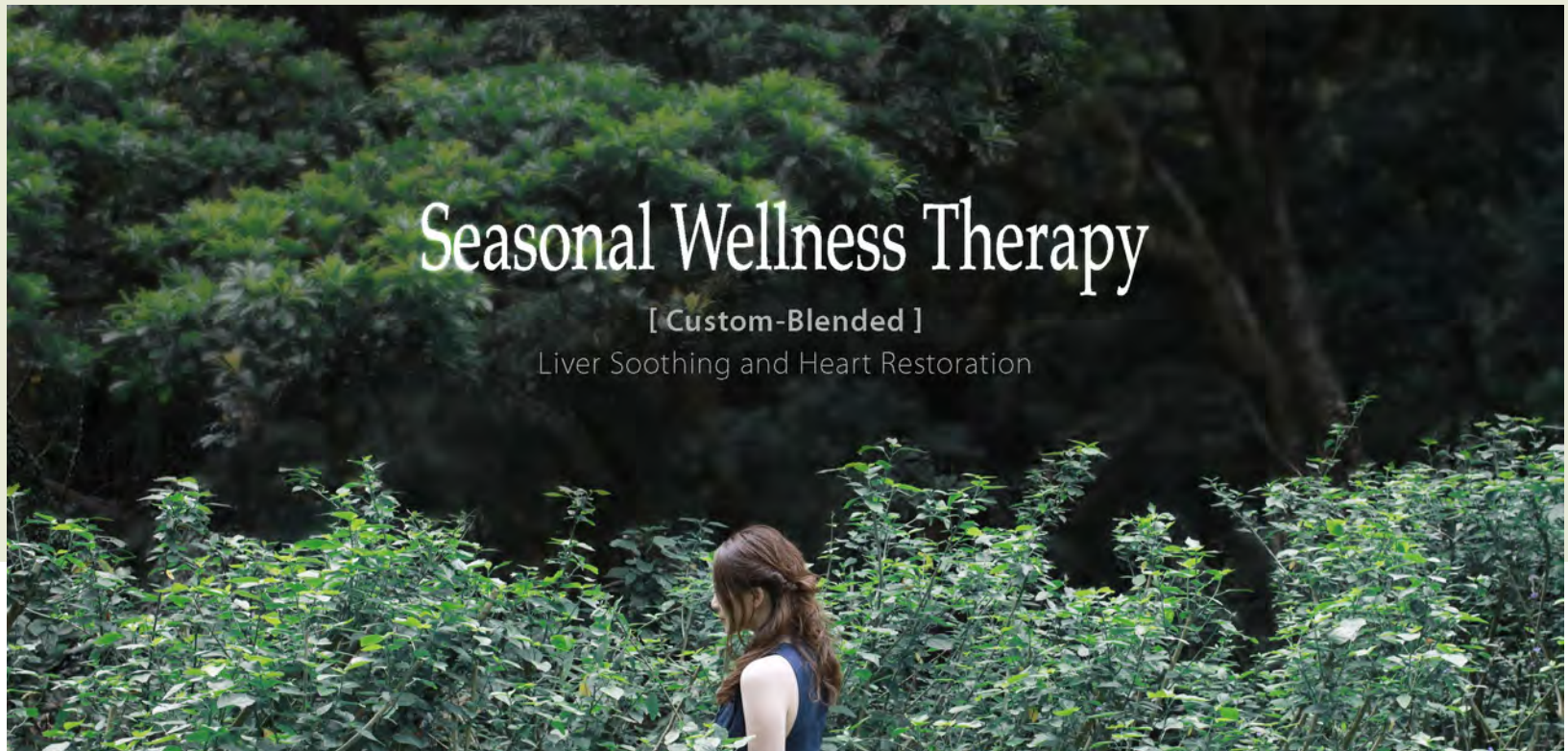
Treatment include

- Shower
- Foot Milky Bath
- Red Wine Bath
- Lymphatic Massage
- Hot Stone Treatment
- Refreshment and Relaxation

Signature Program

Seasonal Wellness Therapy

Duration: 1 hrs 55 mins (including 15-20 minutes Service and Refreshment)



The ritual begins with a Foot Milky Bath and a unique meditative breathing technique to let you unwind and relax. The treatment specifically uses red and yellow jade. These, when warmed, radiate natural energy, which heals the body, restores positive energy, and guides the body in quieting the senses. A [**Custom-Blended**] Massage Oil is used in combination with alternate applications of Warm Jade Purification and Chinese Tui Na Massages. To care for the liver and heart, the two combined massages are focused on the arms and legs. Warm Chinese herb pouches are then placed over the neck and shoulder areas to further deepen the soothing effect. Meanwhile, the introduction of abdomen and head massages help to relief pain, restore the balance of the liver and heart's Qi, as well as rejuvenate the psyche, regain health, and restore authentic beauty.

Treatment include

- Shower
- Foot Milky Bath
- Meditative Breathing
- Jade Purification Massage
- Chinese Tui Na Massages
- Chinese Herb Pouches
- Refreshment and Relaxation

Signature Program

Enlightening Tea Therapy

Duration: 2 hrs 5 mins (including 15-20 minutes Service and Refreshment)



Through soothing and refined massage techniques, you will be drawn to “Savor, Appreciate and be Enlightened” moments and carried to a place where you can seek ultimate relaxation and purification. Using pine essential oil to help relieve respiration problem and achieve harmonious balance between body and mind.

Begins with Chinese acupressure, especially targeting neck and shoulder fatigue while promoting overall relaxation and wellness, followed by a full-body soothing aromatherapy massage. A specially formulated Dragon Well Tea Body Mask is applied over the body, its active enzymes and nourishment are infused into skin with a heated blanket for an exquisite head-to-toe treat that results in breathtakingly soft skin. This luxurious experience concludes with a special facial & head massage, leaving you mindfully calm yet fully refreshed and revived.

Treatment include

- Shower
- Pressure Relieving Massage
- Dragon Well Tea Body Mask
- Refreshment and Relaxation

Signature Program

Zen Happiness Experience

Duration: 2 hrs 10 mins (including 15-20 minutes Service and Refreshment)



The treatment combines ancient Chinese and Japanese techniques and philosophies. Begins with the foot milky bath, it helps to release the tiredness of the feet. Hot Stone Deep Tissue Acupoint Massage focuses on the shoulder's main pressure points. It helps to release physical and psychological stress in the shoulders and back. Followed by a Japanese & Chinese Integrated Pressure Point Massage, it loosens up tense muscles from deep within. Finally, indulge in your individualized 'Inner Happiness' massage using unique pressure release technique and your [**Custom-Blended**] Massage Oil. Let the oil absorb deep into the body to wake up cells, increase circulation and rid body of toxins. Let our body, mind and soul return to its natural harmony and balance.

Treatment include

- Shower
 - Foot Milky Bath
 - Hot Stone Deep Tissue Acupoint Massage
 - Japanese & Chinese Integrated Pressure Point Massage
 - "Inner Happiness" Massage
 - Refreshment and Relaxation
-

Signature Program

Genki Series Zen Happiness Experience II

Duration: 2 hrs (including 15-20 minutes Service and Refreshment)



A combination of ancient Zen philosophy and Indian Ayurvedic theory, the treatment starts with a natural detoxification massage with Moon Stone Blend Oil, to release excess body fluids (water), muscles (fire) and balance (earth) shoulder, neck and head area.

Followed by Lymphatic Drainage Massage and Ginger Wrap on abdomen and apply a heated TCM pack to stimulate cellular metabolism. Finally, combining Ayurveda massage in the chest area helps to shape the silhouette and open the heart chakra for healing.

Treatment include

- Shower
- Foot Milky Bath
- Natural Detoxification Massage
- Lymphatic Drainage Massage
- Ginger Abdomen Wrap
- Refreshment and Relaxation

Signature Program

Five Elements Vitality Retreat

Duration: 1 hrs 55 mins (including 15-20 minutes Service and Refreshment)



Starting with a Personal Five Elements Physique Consultation by our professional therapist, merging the ancient wisdom of traditional Chinese medicine has launched the Five Elements Vitality Retreat. Pursuing the basic concept of Five Elements Theory's "Balance" and "Harmonization", the treatment utilizes [**Custom-Blended**] Five Elements Vitality Essential Oils integrated with Deep Tissue Acupoint Massage to relieve not only the pains suffered from sciatica and waist deep muscle fatigue, but also the discomforts from long-term stomach upset or bloating caused by pregnancy for metropolitan women. Deep Tissue Acupoint Massage techniques help the essential oils to penetrate into the body immediately and facilitate the meridian circuit system to alleviate symptoms of different causes, so as to reach its maximum effect of offering tension relief. With a balanced functioning of five organs and a refreshed body and soul, the customer enjoys a real journey to relax and balance a healthy life.

Treatment include

- Shower
- Foot Milky Bath
- Deep Tissue Acupoint Massage
- Refreshment and Relaxation

SPA On Its Own

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SPA On Its Own

Relieving Massage Series

Duration: 1 hrs 25 mins (including 15-20 minutes Service and Refreshment)

Lymphatic Massage (1 hr 25 mins)

This massage stimulates blood circulation, enhances detoxification and balances your internal energy. This rhythmic massage thoroughly dissolves tension and calms spirit.

Aromatherapy Massage (1 hr 25 mins)

Using a blend of essential oils which appeal to the senses together with the healing qualities of touch, this gentle massage relieves tension, reduces stress, enhances blood circulation, and promotes physical health. It also refreshes your emotion, leaving you feeling extraordinarily relaxed and comfortable.

Swedish Massage (1 hr 25 mins)

This Classical European massage is good for easing muscle tension, relieving stress and fatigue, and promoting general state of well-being.

Chinese Acupressure (1 hr 25 mins)

Chinese Acupressure involves a process of applying pressure onto certain meridian points of the body to reduce muscle cramp, relieve pain, enhance blood circulation and thereby strengthen physical endurance.

Tui Na (1 hr 25 mins)

Tui Na consists of the fundamental techniques of tui (pushing), na (grasping), an (pressing), da (beating) and gun (rolling) to restore the smooth flow of "qi" (energy). All these techniques are designed to enhance blood circulation and relieve tension.

SPA On Its Own

Stress Release Neck, Shoulder & Back Massage (1 hr 25 mins)

Consists of the essence of Rosemary and Tea Tree, the essential oils used in this massage surely will make you feel calm and relaxed. Matched with Tui Na, Acupressure massage and Aromatherapy, this treatment relieves stress and fatigue from neck and shoulder effectively.

SPA On Its Own

Reviving Massage Series

Duration: 1 hr 45 mins - 1 hr 55 mins (including 15-20 minutes Service and Refreshment)

Lymphatic Massage (1 hr 55 mins)

This massage stimulates blood circulation, enhances detoxification and balances your internal energy. This rhythmic massage thoroughly dissolves tension and calms spirit.

Tibetan Zensual Massage (1 hr 45 mins)

This massage is based on Tibetan principal philosophy with three key elements of qi (air), huo (fire) and shui (water) and is served with Raspberry Root Extracts that are harvested on Tibetan Plateau. It will lead people to spiritual Tibetan world- a peaceful, sweet dream and stress-free tranquility.

Aromatherapy Massage (1 hr 55 mins)

Using a blend of essential oils which appeal to the senses together with the healing qualities of touch, this gentle massage relieves tension, reduces stress, enhances blood circulation, and promotes physical health. It also refreshes your emotion, leaving you feeling extraordinarily relaxed and comfortable.

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Body Contouring SPA Series

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Body Contouring SPA Series

WellDetox Sakura Therapy

Duration: 2 hrs 30 mins (including 15-20 minutes Service and Refreshment)



Starts with a special Sakura Bath and Scrub to remove edema and sooth muscles effectively, leaving the skin bright and smooth. Follow by a Sakura Energizing Massage stimulates the lymph operations, relieves fatigue, and enhances detoxification. You will recover an enlightened body and brightened heart through the positive energy of the cherry blossoms.

Treatment include

- Shower
- Sakura Bath
- Sakura Scrub
- Sakura Energizing Massage
- Refreshment and Relaxation

Body Contouring SPA Series

WellDetox Sakura Massage

Duration: 1 hrs 55 mins (including 15-20 minutes Service and Refreshment)



Starts with a special Sakura Foot Bath to remove edema effectively. Follow by a Sakura Energizing Massage stimulates the lymph operations, relieves fatigue, and enhances detoxification. A more balanced body, mind and soul will be yours.

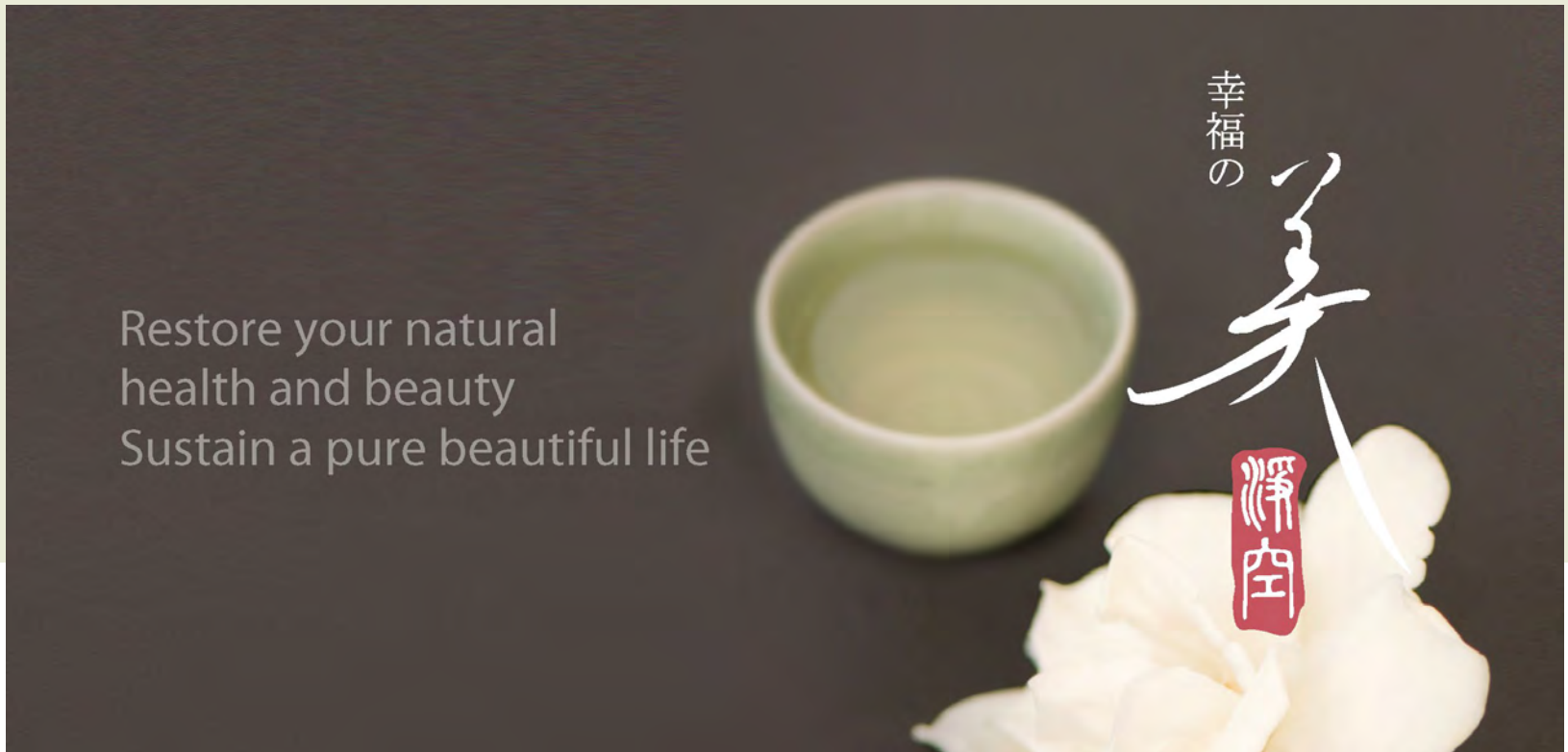
Treatment include

- Shower
- Sakura Foot Scrub
- Sakura Energizing Massage
- Refreshment and Relaxation

Body Contouring SPA Series

WellDetox-5S Therapy

Duration: 2 hrs 30 mins (including 15-20 minutes Service and Refreshment)



Starts with a Japanese Sake Bath to relieve fatigue and through a Lymphatic Massage enhances detoxification and balances the internal functions. Follow by a Collagen Restructuring and Skin Tightening Treatment resulting in lifted & firmed skin. A perfect finish with a firming serum and body wrap to enhance the overall result. Finally, eliminate negative energy and toxins in your inner body.

Treatment include

- Shower
- Japanese Sake Bath
- Lymphatic Massage
- Collagen Restructuring & Skin Tightening Treatment
- Firming Serum and Body Wrap
- Refreshment and Relaxation

Body Contouring SPA Series

WellDetox Body Treatment

Stomach/ Waist/ Buttocks/ Front Thighs/ Back Thighs

Duration: 40 mins



SPA by mtm labo focuses on different parts of the body and formulates a custom WellDetox body treatment. According to personal need, cellulite is eliminated and toxins dissolved with a Collagen Restructuring & Skin Tightening Treatment. At the same time, tense muscles are relaxed and collagen stimulated so that skin is lifted and firmed immediately. You will regain a confident silhouette and dynamic energy. Lastly, a firming serum and body wrap will be applied to enhance the overall result.

Treatment include

- Collagen Restructuring & Skin Tightening Treatment
- Firming Serum and Body Wrap

Body Contouring SPA Series

WellDetox Body Sculpting Therapy

Stomach/ Waist/ Buttocks/ Front Thighs/ Back Thighs

Duration: 50 mins



Devise the most suitable plant extract slimming essence according to your body fat and cellulite concerns to stimulate fat burning. A Sonic Optical Energy Treatment helps to accelerate fat resolution and repel cellulite efficiently. Followed by the rhythmic and soft Lymphatic Firming Massage, it promotes the lymphatic circulation. At the same time, tense muscles are relaxed and regain a confident silhouette. A perfect finish with a Hot Mud Therapy promotes blood circulation and accelerates fat resolving and toxin drainage. Your body contour can be lifted instantly.

Treatment include

- Sonic Optical Energy Treatment
- Lymphatic Firming Massage
- Hot Mud Body Wrap

Treatment Additions

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Treatment Additions

Spot-Lymph Massage

Duration: 15mins

Head, Neck & Shoulder

Back

Abdomen

Leg

Waist

MTM Hot Stone Back Treatment

Duration: 30mins

The treatment uses warm hot stone placed on back's meridian points which release positive energy to your distressed skin. Together with a gentle massage, it helps to achieve detoxification as well as enhancing the flow of "qi" whilst alleviating muscular fatigue and pains.

Japanese Genki Thermotherapy

Neck & Shoulder / Abdomen / Waist

Duration: 30mins

Utilizing four superior Chinese herbs, the ritual pinpoints muscular pain, abdominal distention and physiological pain. It removes energy blockages or tension within the body to coordinate Yin and Yang, which is achieved through deep-level acupressure in a gentle rhythm by authentic Japanese Shiatsu. In the end, city dwellers are infused with "Genki" after rectifying internal meridian and blood flows.

Treatment Additions

Deluxe Conditioning Retreat

Duration: 1 hr 10 mins

A combination of sea salt, fine rice and Phlai forms a delicate skin exfoliator that helps accelerate metabolism and delivers deep cleansing results. It gently removes dead skin cells and restores skin to suppleness. Followed by Deluxe Body Conditioner enriches in yoghurt and honey essence that replenishes your body in a radiant skin tone and resilient complexion.

Deluxe Body Conditioner

Duration: 20mins

Enriched with yoghurt and honey essence, the treatment actively recharges and moisturizes your skin as well as removing dead skin cells. Your body will be reinvigorated instantly with a glowing skin tone and silky-smooth sensation. The treatment is at its best if combines with Body Scrub.

Treatment Additions

Hand & Foot Treatment

Duration: 20 - 30 mins

Shiatsu Foot Massage (20mins)

Adapted from the ancient Japanese massage techniques, this pressure point foot massage offers the perfect way to enhance energy flow and revitalize your lower limbs.

Japanese Genki Lower Leg Thermotherapy (30 mins)

Combining authentic Japanese Shiatsu with deep acupoint thermotherapy on lower leg, the ritual pinpoints muscular pain and stimulates blood circulation.

Hot Stone Foot Treatment (30 mins)

The treatment targets foot muscle pain, tension and swelling. Starting with a gentle foot massage to relax muscle and followed by a Hot Stone Treatment to enhance blood circulation and detoxification.

Hot Stone Hand Treatment (30 mins)

The treatment targets hand muscle pain, tension and swelling. Starting with a gentle hand massage to relax muscle and followed by a Hot Stone Treatment to enhance blood circulation and relieve muscular pain.

Price List

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Price List

Signature Program

Duration: 1 hr 55 mins - 2 hrs 45 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
Blissful Restoring Therapy	2,680	2,140	1,930	1,720
Harmony Hot Stone Treatment	2,680	2,140	1,930	1,720
Seasonal Wellness Therapy	2,350	1,880	1,690	1,500
Enlightening Tea Therapy	2,350	1,880	1,690	1,500
Zen Happiness Experience	2,180	1,740	1,570	1,400
Genki series Zen Happiness Experience II	2,180	1,740	1,570	1,400
5 Elements Vitality Retreat	1,850	1,480	1,330	1,180

Terms and Conditions

1. Single spa service will be valid for 2 months from the date of purchase.
2. 5, 10 & 30 spa service series will be valid for 1, 2 & 3 years from the date of purchase respectively.
3. Should customers choose a la carte Zen Happiness Experience Abdomen Balance Treatment, Chinese Herbal Ball Thermotherapy, Deluxe Body Conditioner, Shiatsu Foot Massage, Hot Stone Back Treatment, Hand & Foot Treatment or Spot-Lymph Massage, she must enjoy the treatment with Body Massage or 2 hours of spa service.

Price List

SPA On Its Own - Reviving Massage Series

Duration: 1 hr 25 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
Lymphatic Massage	1,580	1,260	1,140	1,010
Aromatherapy Massage	1,180	940	850	760
Swedish Massage	1,180	940	850	760
Chinese Acupressure	1,180	940	850	760
Tui Na	1,180	940	850	760
Stress Release Neck, Shoulder & Back Massage	1,180	940	850	760

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Price List

SPA On Its Own - Reviving Massage Series

Duration: 1 hr 45 mins - 1 hr 55 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
Lymphatic Massage	1,980	1,580	1,430	1,270
Tibetan Zensual Massage	1,850	1,480	1,330	1,180
Aromatherapy Massage	1,580	1,260	1,140	1,010
Swedish Massage	1,580	1,260	1,140	1,010
Chinese Acupressure	1,580	1,260	1,140	1,010
Tui Na	1,580	1,260	1,140	1,010

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Price List

Body Contouring SPA Series

Duration: 1 hr 55 mins – 2 hrs 35 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
WellDetox Sakura Therapy	2,750	2,200	1,980	1,760
WellDetox Sakura Massage	1,950	1,560	1,400	1,250
WellDetox-5S Therapy	2,780	2,220	2,000	1,780

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Price List

Body Contouring SPA Series - WellDetox Body Treatment

Duration: 40 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
WellDetox Stomach Treatment	1,380	1,100	990	880
WellDetox Waist Treatment	1,380	1,100	990	880
WellDetox Buttocks Treatment	1,380	1,100	990	880
WellDetox Front Thighs Treatment	1,380	1,100	990	880
WellDetox Back Thighs Treatment	1,380	1,100	990	880

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Price List

Body Contouring SPA Series - WellDetox Body Sculpturing Therapy

Duration: 50 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
WellDetox Stomach Sculpturing Therapy	1,380	1,100	990	880
WellDetox Waist Sculpturing Therapy	1,380	1,100	990	880
WellDetox Buttocks Sculpturing Therapy	1,380	1,100	990	880
WellDetox Front Thighs Sculpturing Therapy	1,380	1,100	990	880
WellDetox Back Thighs Sculpturing Therapy	1,380	1,100	990	880

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Price List

Treatment Additions - Spot-Lymph Massage

Duration: 15 mins - 35 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
Zen Happiness Experience Abdomen Balance Treatment	980	780	700	640
MTM Hot Stone Back Treatment	780	630	560	500
Japanese Genki Neck & Shoulder Thermotherapy	750	600	540	480
Japanese Genki Abdomen Thermotherapy	750	600	540	480
Japanese Genki Waist Thermotherapy	750	600	540	480

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Price List

Treatment Additions - Spot-Lymph Massage

Duration: 15 mins - 35 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
Head, Neck & Shoulder	380	300	270	240
Back	380	300	270	240
Abdomen	380	300	270	240
Leg	380	300	270	240
Waist	380	300	270	240

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Price List

Treatment Additions - Body Treatment

Duration: 20 mins - 1 hr 10 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
Deluxe Conditioning Retreat	750	600	540	480
Deluxe Body Conditioner	500	400	360	320
Chinese Herbal Ball Thermotherapy	1680	1340	1210	1080
Chinese Herbal Ball Full Back Thermotherapy	780	630	560	500
Chinese Herbal Abdomen & Arms Thermotherapy	780	630	560	500
Dead Sea Mud	800	640	580	500
Komorebi Bath	780	630	560	640
Komenuka Scrub	700	560	500	450
Coffea Arabica Scrub	700	560	500	450

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Price List

Treatment Additions - Hand & Foot Treatment

Duration: 20 - 30 mins

	HK\$ Single	@HK\$ 5 series	@HK\$ 10 series	@HK\$ 30 series
Shiatsu Foot Massage	380	300	270	240
Japanese Genki Lower Leg Thermotherapy	780	630	560	500
MTM Hot Stone Foot Treatment	780	630	560	500
MTM Hot Stone Hand Treatment	650	520	470	420
Chinese Herbal Ball Hips & Legs Thermotherapy	780	630	560	500

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水芳配套療程

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水芳配套療程

休息復原芳療

時間: 2小時45分鐘 (包括15-20分鐘「一點茶點·一點寧靜」環節)



休息復原按摩，以節奏緩慢、力度柔和的按摩手法，配上Moonstone按摩油散發的甘松香及苦橙等香薰氣味，有助深層鬆弛，舒緩失眠引起的不適，引領你慢慢進入夢鄉。

配合煥然提神的綠茶海鹽磨砂和牛奶浸浴，以及瑰麗修護精華護理，令你日間都得到夜深時份應有的休息質素；平衡心靈，休息、復原，並得到內外美的徹底修復，煥發神采美。

療程包括

- 沐浴
- 足部牛奶浴
- 休息復原按摩
- 綠茶海鹽磨砂
- 潤滑牛奶浸浴
- 瑰麗修護精華護理
- 「一點茶點·一點寧靜」

水芳配套療程

熱石療法

時間: 2小時40分鐘 (包括15-20分鐘「一點茶點·一點寧靜」環節)



先以紅酒浸浴揭開序幕，刺激肌膚膠原蛋白生長，提升肌膚彈性，更有效消除浮腫和提供抗氧化功能。配合淋巴按摩及熱石按摩，加速體內排毒過程及舒緩緊張情緒。療程後，你會即時有一種輕盈了的感覺，並感到精神抖擻，容光煥發。

療程包括

- 沐浴
- 足部牛奶浴
- 紅酒浸浴
- 淋巴按摩
- 熱石按摩
- 「一點茶點·一點寧靜」

水芳配套療程

四季養生熱療

時間: 1小時55分鐘 (包括15-20分鐘「一點茶點·一點寧靜」環節)



以牛奶足浴及獨特的「寧心吐納法」作序幕，有助舒緩疲勞。療程特意選用赤玉及黃玉合而成一珏，溫熱後綻放著天然能量，裨益身體，平靜心靈。融合「量身定制」按摩油進行「珏石淨化按摩」，與中式推拿並接交替，加強手部及足部按摩，疏通心肝二經使血氣匯流。再以漢方熱草藥包強化肩頸舒緩，同時配合腹部及頭部按摩，祛風止痛，有助心肝氣調舒暢，調息情緒，重拾健康，喚醒素顏之美。

療程包括

- 沐浴
- 牛奶足浴
- 寧心吐納法
- 珏石淨化按摩
- 中式推拿
- 漢方熱草藥包
- 「一點茶點·一點寧靜」

水芳配套療程

禪茶釋憊療法

時間: 2小時5分鐘 (包括15-20分鐘「一點茶點・一點寧靜」環節)



療程透過細膩的按摩技巧，帶你進入「品、賞、悟」時刻，以茶養氣，以茶養身，淨化心靈達忘憂釋憊之境。

選用松針香薰油，透過能量釋憊呼吸法舒緩呼吸不適，有助調息情緒，淨化心靈。

恬靜舒壓按摩以中式指壓及香薰按摩技巧按摩全身、面部及頭部，並以烏龍茶暖膜及窩心暖被呵護每吋受壓的肌膚，有助鬆弛繃緊肌肉、舒緩頭痛及肩膊酸痛，滿身茶香溫潤，片刻間身心靈得到全面放鬆與平衡。

療程包括

- 沐浴
- 恬靜舒壓按摩
- 烏龍茶暖膜
- 「一點茶點・一點寧靜」

水芳配套療程

「禪之幸福」體驗

時間: 2小時10分鐘 (包括15-20分鐘「一點茶點·一點寧靜」環節)



療程揉合了中國古老及日本禪修的智慧與理念。首先，以足部牛奶浴作序幕，有助放鬆疲倦腳。配合熱石深層舒緩肌肉按壓技巧，針對肩膊肩中穴、肩井穴，疏通經絡，暢通血管來消除疲勞。緊接著日式及中式指壓混合式按摩促使緊繃的身軀及肌肉進入深層放鬆狀態。最後以「幸福尤心」按摩，採用蘊含矜貴的中藥成份的精華油，然後調配於身體乳霜中，利用獨特的按壓手法令精華油迅速被身體吸收，喚醒細胞更新，促進血液循環及排毒，令身心靈得到休息而達到平衡和諧。

療程包括

- 沐浴
- 足部牛奶浴
- 熱石深層舒緩肌肉按壓
- 中日式指壓按摩
- 「幸福尤心」按摩
- 「一點茶點·一點寧靜」

水芳配套療程

「禪之幸福」體驗II之元氣篇

時間: 2小時 (包括15-20分鐘「一點茶點・一點寧靜」環節)



揉合中日禪修及印度阿育吠陀療法，以獨創「淨化元氣按摩」及月亮石精華油平衡人體三大元素「水、火、氣」，提振心靈，令人舒懷安睡。配合淋巴排毒引流按摩、天然腹部薑膜及中藥草包熱療，加快新陳代謝，舒緩女性生理痛；最後的胸腔療癒，平衡「土」，修心養氣，提升身體自癒能力並回復健康。

療程包括

- 沐浴
- 足部牛奶浴
- 淨化元氣按摩
- 淋巴排毒引流按摩
- 腹部薑膜暖環抱
- 「一點茶點・一點寧靜」

水芳配套療程

五行調和療法

時間: 1小時55分鐘（包括15-20分鐘「一點茶點·一點寧靜」環節）



揉合中國古老醫學智慧，以五行中的「平衡」及「調和」為根基，透過個人體質諮詢了解你的身體狀況，結合獨創的[量身定制]五行調和精華油及深層組織穴位按摩，針對坐骨神經痛、腰間深層肌肉疲勞、長期胃部不適以及因懷孕後引致的肚風問題，為都市女性普遍的痛症帶來舒緩的效果。按壓手法讓處方精華油迅速被身體吸收，同時暢通經絡穴道，重點緩解問題，具顯著的舒緩及釋壓功效，平衡五臟、調養身心，讓身體得到真正放鬆，達致健康的狀態。

療程包括

- 沐浴
- 足部牛奶浴
- 深層組織穴位按摩
- 「一點茶點·一點寧靜」

隨心選

Just for today, do not worry
Just for today, do not anger
- the Five Ethical Principles of Reiki Dr. Mikao Usui

隨心選

舒解鬆弛身體按摩系列

時間: 1小時25分鐘 (包括15-20分鐘「一點茶點·一點寧靜」環節)

淋巴引流按摩 (1小時25分鐘)

此按摩有助刺激血液循環，加速排走毒素，平衡體內能量，令肌膚回復最佳狀態。充滿節奏的按摩動作更可舒緩緊張，平定心靈。

香薰按摩 (1小時25分鐘)

採用萃取自純天然植物的香薰精華油作全身按摩，能為您舒緩緊張，減輕壓力，並加速血液循環。香薰的幽香亦能令心情舒暢，有助減壓。

瑞典式按摩 (1小時25分鐘)

採用經典的歐洲式全身按摩，從全身肌肉和經絡著手，舒緩壓力，去除疲勞，平衡身心。

中式指壓 (1小時25分鐘)

透過按壓身體不同穴位，有助放鬆肌肉與舒緩緊張、減輕疼痛，幫助血液循環，增強體能。

推拿按摩 (1小時25分鐘)

推拿的主要基本動作包括推、拿、按、打、滾，能有效行氣血，促進血液循環，令肌膚白裡透紅；亦可舒緩壓力。

隨心選

肩頸背鬆弛舒緩按摩（1小時25分鐘）

混合了迷迭香、茶樹精華的精油，此按摩極具鎮定、舒緩之效，配合推拿指壓及香薰療法，力度適中，易剛易柔，有效舒緩肩頸背肌肉的疲勞。

隨心選

活力肌身體按摩系列

時間: 1小時45分鐘至1小時55分鐘 (包括15-20分鐘「一點茶點·一點寧靜」環節)

淋巴引流按摩 (1小時55分鐘)

此按摩有助刺激血液循環，加速排走毒素，平衡體內能量，令肌膚回復最佳狀態。充滿節奏的按摩動作更可舒緩緊張，平定心靈。

三因平衡按摩 (1小時45分鐘)

此按摩以西藏醫學的三因平衡學說建基，並融入源自西藏高原的喜瑪拉雅桑梅精華。平衡體內多餘的「水」、排走體內的「火」及平衡體內的「氣」。能有效提升睡眠質素，平靜心靈，讓你完全進入西藏靈修之都的淨心境界。

香薰按摩 (1小時55分鐘)

採用萃取自純天然植物的香薰精華油作全身按摩，能為你舒緩緊張，減輕壓力，並加速血液循環。香薰的幽香亦能令心情舒暢，有助減壓。

瑞典式按摩 (1小時55分鐘)

採用經典的歐洲式全身按摩，從全身肌肉和經絡著手，舒緩壓力，去除疲勞，平衡身心。

中式指壓 (1小時55分鐘)

透過按壓身體不同穴位，有助放鬆肌肉與舒緩緊張、減輕疼痛，幫助血液循環，增強體能。

推拿按摩 (1小時55分鐘)

推拿的主要基本動作包括推、拿、按、打、滾，能有效行氣血，促進血液循環，令肌膚白裡透紅，亦可舒緩壓力。

塑身水療系列

Just for today, do not worry
Just for today, do not anger
- the Five Ethical Principles of Reiki Dr. Mikao Usui

塑身水療系列

淨空・櫻花注活療法

時間: 2小時35分鐘 (包括15-20分鐘「一點茶點・一點寧靜」環節)



以櫻花浸浴及磨砂護理作序幕，有效消除水腫、緩減肌肉繃緊，回復肌膚細緻白滑。療程重點的櫻花注活引流按摩，配合櫻花能量暖石，喚醒細胞活力，刺激淋巴運行，排走體內的多餘水分及毒素，重拾身輕、心樂，讓身心靈開展淨化之旅，感受櫻花為身心注入正能量。

療程包括

- 沐浴
- 櫻花浸浴
- 櫻花磨砂
- 櫻花注活引流按摩
- 「一點茶點・一點寧靜」

塑身水療系列

淨空・櫻花能量注活按摩

時間: 1小時55分鐘 (包括15-20分鐘「一點茶點・一點寧靜」環節)



以櫻花足浴作序幕，有效消除水腫。療程重點的櫻花注活引流按摩，配合櫻花能量暖石，喚醒細胞活力，刺激淋巴運行，排走體內的多餘水分及毒素，重拾身輕、心樂，讓你沉醉於櫻花簇擁的甜蜜幸福中！

療程包括

- 沐浴
- 櫻花足浴 — 磨砂
- 櫻花注活引流按摩
- 「一點茶點・一點寧靜」

塑身水療系列

淨空・美5S水療

時間: 2小時30分鐘 (包括15-20分鐘「一點茶點・一點寧靜」環節)



卸下一切疲憊由日式清酒浸浴開始，結合淋巴排毒引流按摩及雙極射頻能量緊膚儀，喚醒淋巴結運行，加快排走毒素，消除浮腫，平衡體內機能；同時激發膠原蛋白再生，緊緻肌膚彈性。最後，以緊緻精華素及體膜加強效果，淨化肌膚重現光澤，全面整頓女性的美麗循環系統，塑造自信體態。

療程包括

- 沐浴
- 日式清酒浸浴
- 淋巴排毒引流按摩
- 雙極射頻能量緊膚療程
- 緊緻精華素及完美淨空體膜
- 「一點茶點・一點寧靜」

塑身水療系列

淨空・美身體排毒療程

腹部/腰部/臀部/前大腿/後大腿

時間: 40分鐘



針對你身體不同部位而度身定制的淨・空排毒護理，根據個人需要，配合雙極射頻能量緊膚療程的熱能分解毒素，改善橙皮脂肪；同時放鬆舒緩崩緊的肌肉，激發膠原蛋白重組及增生，即時提升及收緊肌膚，塑造屬於你的自信體態，為你注入正面能量！最後，以緊緻精華素及完美淨空體膜加強療程效果，整頓美麗一刻。

療程包括

- 雙極射頻能量緊膚療程
- 緊緻精華素及完美淨空體膜

塑身水療系列

淨空・解 定位塑身療程

腹部/腰部/臀部/前大腿/後大腿

時間: 50分鐘



針對脂肪積聚的不同成因，療程以聲波光學能量儀及植物萃取高效精華液，促進脂肪分解並排走，擊退橙皮脂肪。接著配合細膩柔和的活肌緊緻按摩，促進淋巴液運行及幫助疏通經絡，達致舒緩肌肉緊張及塑造優美體態的雙重成效。最後，以死海礦物泥身體暖環抱，加強血管擴張，促進血液循環，並改善脂肪積聚，有效提昇身體線條。

療程包括

- 聲波光學能量儀
- 活肌緊緻按摩
- 死海泥身體暖環抱

附加療程

Just for today, do not worry
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附加療程

定位按摩

時間: 15分鐘

頭頸肩部

背部

腹部

腿部

腰部

熱石背部護理

時間: 30分鐘

熱石療法採用天然火山岩石置於背部穴位上，再配合柔和按摩，達到排毒減壓的作用，並有助行氣活血，舒緩背部肌肉酸痛，鬆弛筋骨神經。

日式元氣熱療

腹部/腰部/肩頸/前大腿/後大腿

時間: 30分鐘

以節奏緩慢而深層的日式Shiatsu指壓手法，按掐人體能量通道，協調陰陽，配合嚴選的四大漢方草藥熱包作深度的穴位熱療，針對肌肉痛、腹脹、生理痛，達致疏通經絡、活血止痛的療效。

附加療程

瑰麗修護療程

時間: 1小時10分鐘

以天然海鹽純米及Phlai粉末身體磨砂，深層清潔肌膚及去除角質，促進新陳代謝。配以瑰麗修護精華護理，蘊含豐富的乳酪及蜜糖精華成分，均勻膚色，回復肌膚彈性及白滑亮澤。

瑰麗修護精華

時間: 20分鐘

以清新的乳酪及蜜糖精華作身體修護，溫和去除角質，滋潤肌膚，回復肌膚幼滑亮澤。配合身體磨砂可達致最佳效果。

附加療程

手足護理系列

時間: 20至30分鐘

和風足部療法 (20分鐘)

細膩的日式足部按摩治療，深層按壓足部穴位，調協陰陽，疏通經絡，為雙足注滿能量。

日式元氣腳部熱療 (30分鐘)

獨特草藥熱包置於腳部作穴位熱療，達致疏通經絡、活血止痛的療效，配合節奏緩慢而深層的日式Shiatsu按摩手法，有助舒緩雙足肌肉繃緊。

熱石足部護理 (30分鐘)

針對腳部肌肉疼痛、緊張及浮腫問題，療程以腳部按摩配合熱石足部護理，促進血液循環及有助排毒，減輕肌肉緊張。

熱石手部護理 (30分鐘)

針對手部肌肉疼痛、緊張及浮腫問題，療程以手部按摩配合熱石護理，促進血液循環，舒緩肌肉緊張。

價目表

Just for today, do not worry
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價目表

水芳配套療程

時間: 1小時55分鐘至2小時45分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
休息復原芳療	2,680	2,140	1,930	1,720
熱石療法	2,680	2,140	1,930	1,720
四季養生熱療	2,350	1,880	1,690	1,500
禪茶釋懣療法	2,350	1,880	1,690	1,500
「禪之幸福」體驗	2,180	1,740	1,570	1,400
「禪之幸福」體驗II之元氣篇	2,180	1,740	1,570	1,400
五行調和療法	1,850	1,480	1,330	1,180

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

價目表

随心選 — 舒解鬆弛身體按摩系列

時間: 1小時25分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
淋巴引流按摩	1,580	1,260	1,140	1,010
香薰按摩	1,180	940	850	760
瑞典式按摩	1,180	940	850	760
中式指壓	1,180	940	850	760
推拿按摩	1,180	940	850	760
肩頸背鬆弛舒緩按摩	1,180	940	850	760

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

價目表

随心選 — 活力肌身體按摩系列

時間: 1小時45分鐘 - 1小時55分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
淋巴引流按摩	1,980	1,580	1,430	1,270
三因平衡按摩	1,850	1,480	1,330	1,180
香薰按摩	1,580	1,260	1,140	1,010
瑞典式按摩	1,580	1,260	1,140	1,010
中式指壓	1,580	1,260	1,140	1,010
推拿按摩	1,580	1,260	1,140	1,010

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

價目表

塑身水療系列

時間: 1小時55分鐘至2小時35分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
淨空・櫻花注活療法	2,750	2,200	1,980	1,760
淨空・櫻花能量注活按摩	1,950	1,560	1,400	1,250
淨空・美5S水療	2,780	2,220	2,000	1,780

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

價目表

塑身水療系列 — 淨空 美 身體排毒療程

時間: 40分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
淨空・美 腹部 排毒療程	1,380	1,100	990	880
淨空・美 腰部 排毒療程	1,380	1,100	990	880
淨空・美 臀部 排毒療程	1,380	1,100	990	880
淨空・美 前大腿 排毒療程	1,380	1,100	990	880
淨空・美 後大腿 排毒療程	1,380	1,100	990	880

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

價目表

塑身水療系列 — 淨空 解 定位塑身療程

時間: 50分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
淨空・解 腹部 塑身療程	1,380	1,100	990	880
淨空・解 腰部 塑身療程	1,380	1,100	990	880
淨空・解 臀部 塑身療程	1,380	1,100	990	880
淨空・解 前大腿 塑身療程	1,380	1,100	990	880
淨空・解 後大腿 塑身療程	1,380	1,100	990	880

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

價目表

附加療程 — 定位按摩

時間: 15分鐘至35分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
禪之幸福腹部調養護理	980	780	700	640
熱石背部護理	780	630	560	500
日式元氣肩頸熱療	750	600	540	480
日式元氣腹部熱療	750	600	540	480
日式元氣腰部熱療	750	600	540	480

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

價目表

附加療程 — 定位按摩

時間: 15分鐘至35分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
頭頸肩部	380	300	270	240
背部	380	300	270	240
腹部	380	300	270	240
腿部	380	300	270	240
腰部	380	300	270	240

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

價目表

附加療程 — 身體護理系列

時間: 20分鐘至1小時10分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
瑰麗修護療程	750	600	540	480
瑰麗修護精華	500	400	360	320
漢方草藥球熱療	1680	1340	1210	1080
漢方草藥球頸部 及背部熱療	780	630	560	500
漢方草藥球手部 及腹部熱療	780	630	560	500
死海泥身體體膜	800	640	580	510
木漏れ日浸浴	780	630	560	500
米糠身體磨砂	700	560	500	450
咖啡身體磨砂	700	560	500	450

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

價目表

附加療程 — 手足護理系列

時間: 20分鐘至30分鐘

	HK\$ 單次	@HK\$ 5 次	@HK\$ 10 次	@HK\$ 30 次
和風足部療法	380	300	270	240
日式元氣腳部熱療	780	630	560	500
熱石足部護理	780	630	560	500
熱石手部護理	650	520	470	420
漢方草藥球腳部熱療	780	630	560	500

條款及細則

- 單次水療服務有效期為購買日期起計算2個月內完成。
- 以購買日期起計算，5次、10次及30次之水療服務組合有效期分別為1年、2年及3年。
- 如只選購單次禪之幸福腹部調養護理、漢方草藥球熱療、瑰麗修護精華、和風足部療法、熱石背部護理、手足護理系列或定位按摩，顧客必須連同身體按摩療程或兩小時以上之水療服務一併享用。

