



SPA AT BASE CAMP
香港嘉里水療

spa services
水療服務

back to basics
回歸基本



MASSAGES

按摩

Minutes
分鐘

HKD
港幣

Relaxing Aromatherapy Massage

60/90/120

\$1150/\$1550/\$1950

香薰舒緩按摩

This massage combines the elements of Swedish massage techniques to reduce tension, soothe sore muscles and increase circulation. The blend of aromatic essential oils used in this massage responds to each individual's needs.

此按摩療程結合瑞典按摩技術的精髓，消除肌肉緊張、緩解肌肉酸痛和促進血液循環。水療師會按客人的需要混合不同的香薰精油進行按摩。

Pressure: Light – Medium **力度：**輕至中

Deep Tissue Sports Massage

60/90/120

\$1150/\$1550/\$1950

深層組織運動按摩

Our most popular therapeutic massage uses deep tissue techniques and light stretching, working on the deeper layers of your body to release muscle tension. It is ideal for active individuals and for those who frequently receive massages.

這是水療中心最受歡迎的治療按摩療程，水療師使用深層組織按壓技術及輕度拉伸，運動較深層的組織以舒緩緊繃的肌肉，特別適合有運動習慣或經常進行按摩的人士。

Pressure: Deep **力度：**深

Asian Blend Massage

60/90/120

\$1150/\$1550/\$1950

亞洲特色按摩

Willing to experience a journey through Asia with the hands of our skilled therapists? This massage combines traditional Asian techniques, including Thai pressure point, Balinese and Malaysian strokes, and Chinese energy flow, restoring and balancing the energy throughout your entire body.

本按摩療程以熟練的按摩手法結合傳統亞洲水療，包括泰式指壓、中國氣功及來自峇里及馬來西亞按壓技術等等，讓我們的水療師帶您盡情體驗各種亞洲按摩技術，助您恢復和平衡全身的能量。

Pressure: Medium - Firm **力度：**中至堅實

MASSAGES

按摩

Minutes
分鐘

HKD
港幣

Kerry Signature Massage

60/90/120

\$1250/\$1700/\$2150

嘉里皇牌調理按摩

A combination of massage gun therapy and a therapeutic aromatherapy massage, the Kerry Signature Massage provides relief on sore muscles and tension points, while balancing the body's chi and significantly reducing stress levels. Our therapist begins working on pressure points with the massage gun, followed by an aromatherapy massage using the hand and forearm. The treatment also includes light stretching to improve mobility and blood circulation.

融合振動按摩及香薰推拿的精髓，理療師會先使用按摩槍舒緩肌肉筋膜繃緊，並採用結合手、肘和前臂的按壓手法及輔助式伸展，以達至顯著的鬆弛之效，助您釋放深層疲勞，煥活身心。此護理療程有效緩解肌肉僵硬酸痛，促進體內氣脈流暢運行並提高身體活動能力。

Pressure: Medium - Firm **力度：**中至堅實

Soothing Foot Massage

30*/60

\$650/\$1150

紓壓足底按摩

Designed to provide relief and comfort to your tired feet and calves, this massage will stimulate blood circulation and reduce swelling of the legs. Absolutely divine!

旨在為您疲憊的雙腳和小腿提供紓緩和舒適的享受，此療程可促進小腿血液循環並去除水腫。絕對神級享受！

Pressure: Medium **力度：**中

Stress-relieving Neck & Back Massage

30*

\$650

紓壓頸背按摩

Short on time or just need to release tension in your back, neck and shoulders? After a long day of travel or hectic business meetings, this is the perfect solution to unwind and ensure a peaceful night's sleep.

時間倉卒或只想放鬆緊繃的背部和肩頸嗎？經過一天漫長的旅程或緊湊的商務會議後，這個便捷的療程可助您快速減壓，確保當晚能香甜入睡。

Pressure: Medium - Firm **力度：**中至堅實

*Add-On Service 加項服務

All prices are in Hong Kong Dollar and subject to a 10% service charge. 以上價目以港幣計算並須另加一服務費。





FACIALS

面部護理

Minutes
分鐘

HKD
港幣

Deep Cleansing Pore Refining Facial

60

\$1250

深層潔膚修護毛孔護理

BALANCE & DETOX

This is an ideal prescription for oilier or combination skin.

Mineral-rich Hungarian Omorovicza™ Moor mud detoxifies and draws out impurities for deep cleansing. The application of a fragrant mud mask follows a thorough cleansing and exfoliation using Moor mud, as well as rosemary and pineapple extracts, which treat sensitive skin and reduce pores. This classic Hungarian facial massage instantly lifts and firms the skin.

平衡油脂及排毒

油性或混合性皮膚的理想護理。

蘊含豐富礦物質的匈牙利Omorovicza™泥漿用於深層潔膚並可排毒及抽出肌膚雜質。水療師先以泥漿徹底淨膚和去角質，再以迷迭香菠蘿精華舒緩敏感肌及收細毛孔，然後敷上芬芳的泥膜，配合匈牙利傳統面部按摩手法以達到瞬間提升和緊緻肌膚之效。

Gold Hydralifting Facial

75

\$1500

黃金水漾提升護理

NOURISH & REPAIR

A truly soothing remedy, this replenishing facial is the ideal prescription for dry, damaged or sensitive skin.

This strengthening and hydrating treatment starts with a double application of Hungarian Omorovicza™ Moor mud to cleanse, exfoliate and peel. A rose scented gold mask then deploys hyaluronic acid in three different forms to plump and nourish the skin while bio-available gold repairs micro-damage to strengthen the skin. A traditional Hungarian facial massage lifts and firms.

滋養及修護

舒緩滋潤，特別適合乾燥、受損或敏感肌膚。

此強化和保濕護理先以雙倍份量的匈牙利Omorovicza™泥漿淨膚、去角質及去死皮，然後敷上具有玫瑰香味的黃金面膜，內裡的透明質酸會以三種不同的形式注入、豐盈和養潤肌膚。配方內的靈魂生物黃金精華則可修復和強化肌膚，同時配合匈牙利傳統面部按摩手法以達到瞬間提升和緊緻肌膚之效。

FACIALS

面部護理

Minutes
分鐘

HKD
港幣

Blue Diamond Brightening Facial

90

\$1800

藍鑽石晶瑩護理

YOUTHFUL VITALITY & FIRM

This firming and brightening treatment helps to revitalise dull, lackluster skin by restoring skin fitness, essential to the youthful behaviour of skin cells. This traditional Hungarian facial massage will accelerate the oxygenation of the skin to re-energise and lift.

逆齡及緊緻

此緊緻及亮膚療程透過激活暗啞和欠缺光澤的皮膚，幫助恢復肌膚的健康活力並將肌底細胞保持於年輕狀態。再配合匈牙利傳統面部按摩手法為細緻的肌膚注入氧氣，以保持肌膚彈滑及提升輪廓。

3-in-1 Super Facial (with OxyGeneo™ and Tripollar® RF Technology)

90

\$2100

三合一極緻面部護理 (採用OxyGeneo™技術及Tripollar®射頻技術)

The ultimate Super 3-in-1 facial combines two technologies, starting with OxyGeneo bright or revive to boost the natural oxygen, simultaneously exfoliating the outer layer of the skin, infusing it with revitalising nutrients to stimulate oxygenation, improve skin tone and texture resulting in a balanced healthy glow. Using the most advanced radio-frequency technology by Tripollar, it noticeably reduces the appearance of fine lines, wrinkles and blemishes by stimulating the natural collagen regeneration for incredible results.

極緻3 IN 1 面部護理結合兩項專利技術，能促進天然氧氣恢復肌膚活力，同時去除角質，並注入營養素以改善膚色及均衡肌膚，能令你綻放無限光芒。配以Tripollar®先進射頻技術，活化肌膚，刺激天然膠原蛋白再生。臉部，頸部和下巴細紋瞬間減少，效果持久且顯而易見。



FACIALS

面部護理

Minutes
分鐘

HKD
港幣

Gentlemen's Facial

60

\$1250

男士面部護理

BALANCE & HYDRATE

This treatment is specifically designed for men's skin.

Regular cleansing and extractions are the basis of good skincare. This facial treatment addresses those needs. The mineral-rich Hungarian Omorovicza™ Moor mud mask draws out impurities, deeply cleansing and nourishing the skin. The unique Hungarian facial massage soothes the skin while stimulating micro-circulation and the scalp and shoulder massage that follows helps to relieve tension and stress.

平衡油脂及保濕

專為男性皮膚而設的臉部護理。

定期潔膚和去除髒污是良好護膚的基礎，本療程正好回應這些需求。蘊含豐富礦物質的匈牙利Omorovicza™泥漿能抽出皮膚雜質、深層淨膚及潤肌。配合獨特的匈牙利傳統面部按摩手法，為皮膚帶來舒緩及促進微血液循環的作用。療程尾段的頭皮及肩膊按摩則減輕肌肉緊繃感和壓力。

Express Skin Renewal facial

30*

\$700

高效更生肌膚護理

Instant transformation for tired and stressful skin

An express facial which combines our patented Healing Concentrate with detoxifying Hungarian Moor Mud and lactic acid to leave the skin brighter, plumper and deeply nourished.

Your skin will feel and look transformed, filled with youthful vitality.

瞬間改善疲倦和受壓力影響的肌膚

這是快速臉部護理，將專利且具有治療功效的濃縮液與具有排毒功效的匈牙利泥膜和乳酸互相結合，達到提亮功效，更可深層滋養肌膚。療程後，肌膚感覺煥然一新，充滿青春活力。

*Add-On Service 加項服務

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BODY TREATMENTS

身體護理

Minutes

分鐘

HKD

港幣

Organic Shea Butter and Sugar Body Scrub

45

\$850

有機乳木果油及黃糖身體磨砂浴

This hydrating sugar, salt and organic shea infusion provides the perfect polish. Sugar and salt gently buff, while nourishing organic shea butter and coconut oil impart softness, leaving you with soft, satiny smooth skin.

這有機身體磨砂混合了乳木果水合物，黃糖及鹽，有效淨化肌膚和去角質。乳木果及椰油可增強彈性，黃糖則是天然保濕劑，賦予肌膚柔軟的光澤，重現透亮光澤。

Organic Age-Defying Firming Wrap

45

\$900

有機抗衰老緊膚膜

Using our exclusive organic shea butter infused with paracress (Nature's answer to botox), this wrap will plump, firm and hydrate the skin in the most natural way.

以獨家引入的有機乳木果油及千日菊體膜。利用千日菊含有的天然肉毒桿菌毒素，乳木果的脂質能在肌膚表面形成滋潤保護膜，讓乾燥肌膚回復柔軟。

Combo

90

\$1500

二合一磨砂裹敷護理

Combining scrub and wrap is always a better value with greater benefits. Enjoy our signature scrub and wrap at the same time to escalate your spa experience with us.

This treatment will leave your skin wonderfully soft, hydrated and youthful-looking.

我們將水療中心其中最受歡迎的身體磨砂及裹敷護理療程合二為一，為賓客帶來性價比高及效果顯著的水療體驗。在療程之內同時享用磨砂和裹敷護理，完成後肌膚無比嫩滑、水潤、年輕。





JOURNEYS

水療旅程

Hours
小時

HKD
港幣

Look Good, Feel Good. 健魄按摩療程

2.5

\$1900

No one said it was easy to look and feel your best. Let us make the whole process easier for you.

Enjoy a one-hour personal training session with one of our highly skilled trainers who can help you work on some targeted areas, knowing that at the end of it, you will be rewarded with a 90-minute massage of your choice. You will leave feeling totally relaxed. Pure heaven!

在嘉里水療，想身心處於最佳狀態、由外至內感覺完美，絕對不是難事。首先是一小時的私人健身課，由我們的資深教練助您重點鍛鍊肌肉，流汗過後會有90分鐘的自選按摩作為獎勵。完成後您會感到身心放鬆，煥然一新。

Includes: 60-min private personal training session and 90-min massage of your choice

包括：60分鐘私人教練環節及90分鐘自選按摩

*Also available as a group activity 可以小組形式進行

Total Body Makeover 全身改造療程

3

\$2900

This half day escape is designed to relax your body, refresh the look and feel of your skin and provide your face with a more youthful appearance. Begin with a full body scrub to introduce a softer and more hydrated skin to your entire body before indulging in a massage of your choice. Complete your time at the spa with a rejuvenating facial treatment using a double application of Hungarian Omorovicza™ products.

這個半天療程旨在令您放鬆身心、讓肌膚重現光采，再展青春容顏。水療師先為您進行全身磨砂，令全身肌膚回復嫩滑和水潤，再進行您自選的按摩療程。最後面部療程完美地用雙份量的匈牙利Omorovicza™產品，徹底讓肌膚生機再現，容光煥發。

Includes: 60-min scrub, 60-min massage and 60-min Gold Hydralifting Facial

包括：60分鐘磨砂，60分鐘按摩及60分鐘黃金水漾提升護理

All prices are in Hong Kong Dollar and subject to a 10% service charge. 以上價目以港幣計算並須另加一服務費。



JOURNEYS

水療旅程

Hours
小時

HKD
港幣

Escape for the Day
忙裡偷閒療程

4

\$3350

Pamper yourself with a full day of relaxation enjoying the most spectacular views in the city. Start with a private 60-minute yoga class or personal training session on our deck overlooking Hong Kong harbour (indoor location may be substituted during inclement weather) in a late morning. Then lounge by the pool for a few hours interjected with a light nutritious lunch. For the afternoon, experience any two 60-minute treatments of your choice from our spa menu, excluding the Blue Diamond and 3-in-1 super facials, before an evening out in the city or for pure blissful relaxation. 何不放鬆一下自己，以全港最壯觀的海色為背景，享受專屬您的休閒一天。先在戶外海景平台參加60分鐘的私人瑜伽課或健身課（因應天氣狀況，或會移師室內）。接着到泳池休憩區享用輕盈午餐並靜靜享受日光浴。再到水療中心享用任何兩款60分鐘自選療程，讓旅程劃上完美的句號。（藍鑽石晶瑩護理及三合一超級面部護理除外）

Includes: 60-min private yoga class or PT stretching session,

120-min spa treatments and pool access and light poolside lunch

包括：60分鐘私人瑜伽課或健身課，120分鐘護理療程及享用游泳池及輕盈池畔午餐

*must book at least 48 hours in advance 最少必須於48小時前預約

HOW TO SPA

注意事項

Spa at Base Camp opens daily from 10am to 11pm
香港嘉里水療營業時間為每天上午10時至晚上11時

Reservations and enquiries - Advance bookings are recommended. Please contact Spa at Base Camp by email, call or visit should you wish to make a booking or enquiry.

預約及查詢 - 建議顧客預約。顧客可透過電郵、致電或親臨嘉里水療預約或查詢。

Pregnancy - Please be advised that massages are only available for pregnant women in their second or third trimester.

孕婦 - 懷孕未滿三個月的孕婦將不適宜進行任何按摩療程。

Minimum age - The spa is an adult-only facility. To maintain a peaceful environment, children under 18 years old are not permitted in the spa without parental consent.

Children aged 12 years or older may undergo a spa treatment if they have a signed parental consent form.

最低年齡 - 水療中心只接待成年人。為了維持一個寧靜的環境，18歲以下兒童在未得家長同意不得進入設施範圍。12歲或以上的兒童在家長簽署同意書後可享用水療服務。

Late Arrival - Please arrive 15 minutes prior to your scheduled appointment as treatments will not be extended for late arrival; full amount on the scheduled treatment will be charged accordingly.

遲到 - 請於預約時間前15分鐘到達，療程不會因賓客遲到而延長，水療中心亦會收取服務全費。

Attire - A robe, slippers, and a locker will be provided during your spa visit. During treatments, towels will be used as appropriate to preserve our guests' modesty.

衣著 - 水療中心會提供浴袍、拖鞋及儲物櫃。療程期間，水療師會適當地用毛巾遮蔽您的身體。

Extra time in treatment room - A supplementary charge of HK\$ 500 will apply should you wish to spend time in your treatment room to change (30 minutes before or after the treatment)

水療房間額外使用時間 - 客人只須額外支付港幣500元，即可享用水療房間作更衣用途（水療療程前或後30分鐘）

Cell phones and devices - To preserve harmony within the spa, kindly turn your mobile phone off or to silent mode on arrival.

手機及電子裝置 - 為維持水療中心寧靜的環境，請將您的手提電話關上或調至靜音模式。

For Your Comfort - To ensure you receive the utmost from your spa experience, we encourage you to share with your therapist your preferences on room temperature, treatment pressure, and technique.

You can opt for a change of therapist within the first 10 minutes of treatment (subject to availability).

舒適體驗 - 為確保客人獲得最佳體驗，我們歡迎您將自己喜愛的室溫、治療力度及技術告訴水療師。您亦可在療程的首10分鐘提出更換水療師（視乎其他水療師值勤情況）。

Preparing for your treatment – For facials, ladies may wish to remove as much makeup as possible to allow their spa therapist more time to pamper and care of their skin. For men, we recommend to not shave less than two hours before having a facial treatment for maximum comfort and benefit to the skin.

療程前準備 - 建議女士在進行面部護理前卸妝，讓水療師有足夠時間護養您的肌膚。男士方面，建議在進行面部護理之前兩小時內儘量不要剃鬚，以讓皮膚獲得最大的舒適感及益處。

Privacy – Your personal privacy will be protected at all times during your treatment. Your therapist will ensure that you are professionally draped, covering all parts of the body not being treated.

私隱 - 我們會保障您在整個療程期間的私隱。水療師會以毛巾遮蔽不會被觸碰到的身體部位。

Health Condition - If you are pregnant or have high blood pressure, allergies, heart conditions, or any other health considerations that would affect your choice of services, please let us know beforehand to allow us to personalise your experience as needed.

健康情況 - 如您正懷孕、有高血壓、敏感、心臟病或其他健康狀況，請預先或告知水療師，讓我們可因應情況為您調整療程細節。

Confirmation - We require your credit card details to secure your reservations.

確認 - 請提供您的信用卡資料以確認預訂。

Cancellation - In consideration of the other guests, we request a minimum of 4 hours' cancellation notice, failing which, a 50% cancellation fee will be charged to your credit card or to your valid room account. No shows will be charged as full amount.

取消 - 為其他賓客着想，取消預約必須於療程開始前最少4小時通知，水療中心會在您的信用卡或您的客房帳戶扣除50%療程費用。如缺席預約療程，本中心則有權全數收取療程費用。

Gratuities - Additional gratuities for exceptional service may be added to your bill upon check-out.

小費 - 如果您滿意水療中心的服務並欲支付額外小費，您可以透過現金支付或將小費計入房帳。

Payment - We accept cash, credit cards and gift vouchers authorised by Kerry Hotel, Hong Kong. All prices are quoted in Hong Kong Dollars and inclusive of a 10% service charge. Hotel guests may sign for the treatments to their valid room account.

付款 - 我們接納現金、信用卡及香港嘉里酒店發出的禮券。所有價格以港幣為單位並已包括加一服務費。酒店住客可將水療消費計入房帳並於退房時一同結帳。

Note: Smoking is prohibited in all indoor public areas of the hotel, including the spa, gym and changing rooms.

注意：酒店所有室內公共範圍一律禁止吸煙，包括水療中心、健身中心及更衣室。



Reservations and Enquiries
預約及查詢

(852) 2252 5350

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