



## The Health Club and Spa 健身中心及水療按摩設施

### SPA JOURNEYS 水療旅程

#### Leisure Wellness Retreat

HK\$1,380 | 90 minutes  
Find the sense of sanctuary from your soul and immerse yourself in a full-body massage followed by a foot massage to rejuvenate your weary body.

#### Pure Rejuvenation

HK\$1,750 | 2 hours  
Enjoy a relaxing aromatherapy body massage followed by an anti-stress facial treatment to give your skin a natural, healthy glow.

#### Soothing Oasis

HK\$2,080 | 150 minutes  
Escape from the city's hubbub and seek your solace by indulging in a restorative full-body massage and foot reflexology treatment. Complete your journey to tranquility with an anti-stress facial treatment to leave your mind at ease.

#### Revitalising Wellness Retreat

HK\$2,480 | 3 hours  
Find the inner balance between your mind, body and soul with this wellness retreat. Experience a soothing aromatherapy body massage, coupled with a hydrating facial treatment and reflexology massage.

#### Detoxifying Wellness Retreat

HK\$2,480 | 3 hours  
Detoxify and recharge your body and mind with a salt scrub followed by a lymphatic drainage massage. The journey is complete with a golden caviar deluxe facial treatment, leaving your skin exceptionally soft and smooth.

#### 悠然輕鬆之旅

HK\$1,380 | 90 分鐘  
透過享受全身按摩及足部按摩尋找心靈的寧靜，讓身體恢復到應有的健康狀態。

#### 身心療癒之旅

HK\$1,750 | 2 小時  
以香薰按摩徹底放鬆全身肌肉，配合舒緩抗壓面部護理，喚醒身體每一吋肌膚。

#### 洗滌喧囂之旅

HK\$2,080 | 150 分鐘  
逃離城市的喧囂，讓自己沉浸在舒適的全身按摩和足部按摩。再透過抗壓臉部護理，給予身體每一寸肌膚極致的呵護與關愛。

#### 舒活煥亮之旅

HK\$2,480 | 3 小時  
邂逅一場身、心、靈平衡的愉悅體驗。療程覆蓋全身，結合香薰按摩、水漾保濕面部護理及足底按摩，讓您重綻光彩。

#### 淨化修護之旅

HK\$2,480 | 3 小時  
療程分為三步，先以海鹽磨砂溫和去角質，再配合淋巴排毒按摩，淨化體內毒素及促進血液循環，最後以金魚子全效修護面部護理作結，令全身肌膚回復清透潤澤，宛如新生。



### Celebrations and Special Occasions 節日及特別日子

#### Birthday Retreat

HK\$2,738 | 2.5 hours  
Treat yourself to a day of pampering and relaxation on your birthday. This celebratory offer features a 60-minute aromatherapy body massage, a 90-minute Golden Caviar Deluxe facial treatment, a complimentary 1-lb birthday cake from Baked by Shangri-La and a special birthday gift from the hotel.

#### 沁悅生日禮遇

HK\$2,738 | 2.5 小時  
寵愛自己，悅享悉心定製的舒逸水療呵護。專享60分鐘香薰按摩、90分鐘金魚子極致修護護理及Baked by Shangri-La精美蛋糕一磅，並獲贈生日禮物一份，讓您以最佳狀態迎接生日。

#### Afternoon Indulgence

HK\$1,763 (tea for one) | 1.5 hours  
HK\$1,938 (tea for two) | 1.5 hours  
Combine a spa treatment with our signature afternoon tea experience at the Lobby Lounge for the ultimate Shangri-La experience. Indulge in a 60-minute aromatherapy body massage, coupled with a 30-minute head, shoulder and back massage and afternoon tea.

#### 悠然水療下午茶

HK\$1,763 (一位下午茶) | 1.5 小時  
HK\$1,938 (雙人下午茶) | 1.5 小時  
投入忘憂舒懷的水療護理，沉醉於60分鐘香薰按摩及30分鐘頭、肩、背部按摩，並體驗香格里拉下午茶傳統，與摯愛盡享無限愜意。

### Facial Treatments 面部護理

#### Hydrating Treatment

HK\$1,380 | 90 mins

#### Deep Cleansing Treatment

HK\$1,150 | 90 mins

#### Golden Caviar Deluxe Treatment

HK\$1,380 | 90 mins

#### 水漾保濕護理

HK\$1,380 | 90 分鐘

#### 深層清潔護理

HK\$1,150 | 90 分鐘

#### 金魚子極致修護

HK\$1,380 | 90 分鐘





MEMBERSHIP

Single Membership

12-month	HK\$19,000
6-month	HK\$12,600
3-month	HK\$7,350

Couple Membership

12-month	HK\$28,000
6-month	HK\$15,000
3-month	HK\$9,500

Daytime Single Membership\*

12-month	HK\$13,200
6-month	HK\$9,200
3-month	HK\$5,800

\* Daytime membership applies: Monday to Friday, from 9:00 am to 5:00 pm

Corporate Membership

12-month (maximum 5 persons)	HK\$56,500
Tailor-made membership (depending on the number of company staff enrolled)	Negotiable

會籍計劃  
個人

12個月	HK\$19,000
6個月	HK\$12,600
3個月	HK\$7,350

雙人

12個月	HK\$28,000
6個月	HK\$15,000
3個月	HK\$9,500

日間個人\*

12個月	HK\$13,200
6個月	HK\$9,200
3個月	HK\$5,800

\* 日間個人會籍僅適用於星期一至五，上午9時至下午5時期間使用

企業

12個月 (同一企業最多5位賓客使用)	HK\$56,500
靈活 (價錢按人數而定)	議價

Exclusive Benefits for Health Club Memberships ^

- 20% discount on food and 15% discount on beverage for up to 12 diners (blackout dates apply)
  - 25% discount on all massage and beauty services
  - 40% discount on laundry service
  - Complimentary parking for up to 3 hours per day while using the Health Club
  - A complimentary 1.5-lb birthday cake in member's birthday month
- ^ Terms and Conditions apply. Please ask our team for details.

Welcome Gift

- Any new or existing members who join the 12-month single membership will receive a welcome gift with the following benefits:
- A one-night stay in a Deluxe Harbour View Room including breakfast for two persons
  - 60-minute spa massage for one person
  - 6 dining vouchers valued at HK\$500 each
  - 5 Health Club day-pass vouchers valued at HK\$1,250 in total; each voucher admits one person
  - 3 solarium coupons valued at HK\$300 in total
  - Complimentary locker rental (for new enrollments only)

會員尊尚禮遇^

- 用餐8折及飲品85折優惠，供最多12位享用（指定日子不適用）
  - 所有按摩及美容服務75折優惠
  - 酒店洗衣服務6折優惠
  - 使用健身中心期間可享免費泊車服務3小時
  - 於生日月份內獲贈精美蛋糕一個（一磅半）
- ^優惠受條款及細則約束，詳情請向酒店職員查詢。

迎新禮品

- 凡參與12個月個人健身會籍的新會員或現有會籍續會，可專享迎新禮品及以下禮遇：
- 豪華海景客房住宿一晚連雙人早餐
  - 一次60分鐘水療按摩（一位用）
  - HK\$500餐飲禮券6張
  - 健身中心日間通行證5張，總值HK\$1,250
  - 日光浴禮券3張，總值HK\$300
  - 免費租借儲物櫃（僅適用於健身中心之新會員）

Other Facilities

- Indoor pool with jets
- Separate male and female steam and sauna rooms
- Whirlpool
- Exercise room
- Separate male and female locker facilities and lounge area
- Locker rental (for members only)
  - 12 month | HK\$1,700
  - 3 month | HK\$450
- Shoes locker rental (for members only)
  - 12 month | HK\$800
  - 3 month | HK\$240

Operating Hours: 5:30 am to 10:00 pm daily

其他設施

- 設水壓噴射器之室內游泳池
- 獨立男女蒸氣及桑拿浴室
- 按摩池
- 健身室
- 獨立男女儲物室及休息區
- 儲物櫃租借服務（只限會員使用）
  - 12個月 | HK\$1,700
  - 3個月 | HK\$450
- 儲鞋櫃租借服務（只限會員使用）
  - 12個月 | HK\$800
  - 3個月 | HK\$240

開放時間：每天早上5時30分至晚上10時



FACILITIES AND SERVICES

- The gymnasium is open 24 hours, whereas other facilities are available from 5:30 am to 10:00 pm, unless specified.
- Swimming Pool
  - Whirlpool
  - Sauna and Steam Room
  - Personal Training
  - Solarium
  - Spa Services
  - Reservations

For reservations or enquiries, please call (852) 2733 8729.

設施及服務

- 健身室全天候24小時開放。除非另作說明，其他設施的開放時間則為早上5時30分至晚上10時。
- 游泳池
  - 按摩池
  - 蒸氣及桑拿浴室
  - 私人健身教練
  - 日光浴室
  - 水療服務
  - 預約

預約或查詢，請致電(852) 2733 8729。

HEALTH CONDITIONS

If you have high blood pressure, allergies, physical ailments, disabilities or if you are pregnant or have any health conditions, please notify the Health Club staff before booking any treatment.

健康狀況

如閣下患有高血壓、過敏、疼痛、殘障、懷孕或任何健康問題，請於預約時通知健身中心職員。

PRICE LIST

Massage Treatments

Aromatherapy Body Massage	60 minutes   HK\$950
	90 minutes   HK\$1,380
	2 hours   HK\$1,800
Head, Shoulder and Back Massage	30 minutes   HK\$600
Reflexology Massage	30 minutes   HK\$510
	60 minutes   HK\$930

Facial Treatments

Hydrating Treatment	90 minutes   HK\$1,380
Deep Cleansing Treatment	90 minutes   HK\$1,150
Golden Caviar Deluxe Treatment	90 minutes   HK\$1,380
Energising Treatment	90 minutes   HK\$1,380
Anti-stress Facial Treatment	60 minutes   HK\$980

Body Treatments

Detoxifying Treatment with Salt Scrub	60 minutes   HK\$1,020
Salt Scrub and Lymphatic Drainage Massage	90 minutes   HK\$1,460

Wellness Journeys

Leisure Wellness Retreat	90 minutes   HK\$1,380
Pure Rejuvenation	2 hours   HK\$1,750
Soothing Oasis	150 minutes   HK\$2,080
Revitalising Wellness Retreat	3 hours   HK\$2,480
Detoxifying Wellness Retreat	3 hours   HK\$2,480

價目表

按摩護理

香薰按摩	60 分鐘   HK\$950
	90 分鐘   HK\$1,380
	2 小時   HK\$1,800
頭、肩、背部按摩	30 分鐘   HK\$600
足底按摩	30 分鐘   HK\$510
	60 分鐘   HK\$930

面部護理

水漾保濕護理	90 分鐘   HK\$1,380
深層清潔護理	90 分鐘   HK\$1,150
金魚子全效修護護理	90 分鐘   HK\$1,380
活肌能量再生護理	90 分鐘   HK\$1,380
舒緩抗壓護理	60 分鐘   HK\$980

全身護理

澄肌 – 香薰海藻配海鹽磨砂	60 分鐘   HK\$1,020
排毒 – 淋巴按摩配海鹽磨砂	90 分鐘   HK\$1,460

水療旅程

悠然輕鬆之旅	90 分鐘   HK\$1,380
身心療癒之旅	2 小時   HK\$1,750
洗滌喧囂之旅	150 分鍾   HK\$2,080
舒活煥亮之旅	3 小時   HK\$2,480
淨化修護之旅	3 小時   HK\$2,480