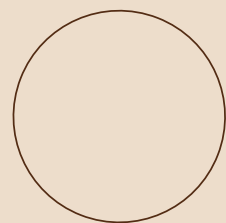


SPA



佳莉雅水疗中心



SPA

苏州中茵皇冠假日酒店G1楼

G1 Floor of Crowne Plaza Suzhou

电话：0512-67616688-8068

Phone: 0512-67616688-8068

不止是身体的解压放松  
更是一种生活方式

感受一呼一吸之间的美妙吸引

# The RE Wellness SPA

视觉  
Visual



听觉  
Hearing



嗅觉  
Smell



味觉  
Taste



触觉  
Touch



## 我们的理念

佳莉雅水疗中心所采用的创新的健康专业疗程融合了东西方的技艺更好地诠释国际上日渐流行的WELLNESS一词以区别其他单一功能水疗中心，传播真正意义上的“水与心偕  
The Way to Wellness”的水疗理念

雅致的环境，专业的产品，配合理疗师的专业护理，佳莉雅水疗中心为宾客带来独特的  
奢宠水疗体验

The innovative health professional treatments adopted by RE Wellness Spa integrate the skills of both Eastern and Western methods, better interpreting the increasingly popular term "WELLNESS" in the international community, distinguishing it from other spas with single functions, and spreading the true meaning of the, heart in sync with the water's tranquility , "The Way to Wellness" spa philosophy.

Elegant environment, professional products, combined with the professional care of therapists,RE Wellness Spa brings a unique luxury spa experience to guests.

Relaxation Massage — 放松按摩

- 安睡眠音钵疗愈SPA  
Serene Slumber Sound Bowl SPA
- 荷尔蒙平衡SPA  
Hormonal Equilibrium Balancing SPA
- 柠檬草免疫SPA  
Lemongrass Immunity SPA
- 瑞典香薰按摩  
Swedish Aromatherapy Massage
- 能量热石疗法  
Hot Stone Therapy Massage
- 泰式疗法  
Thai Therapy
- 中式疗法  
Chinese Therapy
- 肩颈背部舒缓减压按摩  
Neck,Shoulder & Back Soothing Massage
- 足部按摩  
Foot Massage

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- 宠爱自己  
Pamper Self
- 亲子时光  
Precious Moments of Bonding
- 两人世界  
Sweet Couple Therapies
- 日月双骄  
Day and Night Brilliance

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- 纳米玻尿酸强效疗程  
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- 臻奢骨胶原抗衰疗程  
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- 3D电眼紧致抗衰疗程  
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- 丝滑倍润舒缓护理  
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For Him — 男士专享

- 内外兼修  
RE Wellness Men Treatment
- 活力能量面部护理  
Vitality Facial Treatment
- 能力提升  
Energizing





# 放松

## Relaxation Massage

# 按摩

### 安睡眠音钵疗愈SPA

Serene Slumber Sound Bowl SPA

10mins颂钵音疗    90mins颂钵理疗

疗程特色：具母亲般的呵护和细腻的爱，帮助身体与心灵全面放松。让人在最深切的感动中获得最大的滋养，被全然理解、接受和呵护；身心踏实和安定，让喜悦一点一点的流过每个细胞安抚躁动，带来平和心境。

The treatment features: It offers care and delicate love like a mother, helping the body and mind to fully relax. It allows one to gain the greatest nourishment in the deepest touch of emotion, to be completely understood and accepted, and to be cared for; the body and mind are grounded and stable, allowing joy to flow through every cell, soothing restlessness and bringing a peaceful state of mind.



100mins    RMB 1680

### 荷尔蒙平衡SPA

Hormonal Equilibrium Balancing SPA

疗程特色：向每一个细胞传达爱意!身体会进入平静安详有力的状态，平衡内分泌系，让每个细胞彼此更加和谐地运作，各器官的平衡协调，身心灵的平衡合一，超脱有强烈的存在感。与宇宙自然和谐平衡统一，知道自己生命使命，具灵性和直觉力。

Therapy Features: Convey love to every cell! The body will enter a state of tranquility, peace, and strength, balancing the endocrine system, allowing each cell to operate more harmoniously with each other, coordinating the balance of various organs, achieving a balance and unity of body, mind, and spirit, transcending with a strong sense of presence. In harmony and balance with the universe and nature, knowing one's life mission, with spirituality and intuitive power.



90mins    RMB 1380

# 放松

Relaxation Massage

# 按摩

## 柠檬草免疫SPA

Lemongrass Immunity SPA

疗程特色：具有滋补、提升、温暖、消除恐惧、提高心灵抵抗能力及提高逻辑思维能力让身心灵链接，增强身心的保护力，免受外在事物的侵蚀。内在强大，邪不可干。

The treatment features: It nourishes, elevates, warms, dispels fear, enhances mental resilience, and improves logical thinking ability, linking the body, mind, and spirit. It strengthens the protective power of the body and mind, safeguarding against the erosion of external factors. With inner strength, no evil can invade.



90mins RMB 1380

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## 瑞典香薰按摩

Swedish Aromatherapy Massage

独有的按摩手法配合活力香熏油，通过与每寸肌肤上的接触，有效的加快皮肤的循环系统，净化肌肤，达到排毒及排走多余水份，减退蜂窝组织的效能，使你即时精神焕发、体态轻盈。

Exclusive massage techniques combined with revitalizing essential oils, through contact with every inch of the skin, effectively accelerate the skin's circulatory system, purify the skin, achieve detoxification and the removal of excess water, reduce the effectiveness of cellulite, making you instantly refreshed and agile in posture.



90mins RMB 1380

60mins RMB 1180

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# 放松

## Relaxation Massage

# 按摩

### 能量热石疗法

Hot Stone Therapy Massage

使用温热的珍贵黑色火山岩石，配合具有舒缓功效的神奇精油，通过逐个排在身体能量穴位上的各个热石，刺激经络、促进血液循环，从而缓解肌肉紧张，具有驱寒、安抚精神之功效。

The stones are also placed on strategic energy points to ease away tension, warm the body, relax and relieve the muscles tensions and also sooth the soul.



90mins RMB 1380

### 泰式疗法

Thai Therapy

这是比传统式按摩更有力的一款按摩。也被称为瑜伽按摩，由理疗师为您进行穴位按摩和四肢拉伸，以增强身体的柔韧性。

This is a more potent massage than the traditional style. Also known as Yoga Massage, it involves a therapist performing acupressure and stretching of the limbs to enhance the body's flexibility.



60mins RMB 898



# 放松

## Relaxation Massage

# 按摩

### 中式疗法

Chinese Therapy

古老的中国按摩技术，以点、按、推、拿、滚等手法，作用于人体经络与穴位，可以舒缓身体病痛，活血调息，有助于各种疾病的防治。

Ancient Chinese massage techniques, employing methods such as tapping, pressing, pushing, grasping, and rolling, target the body's meridians and acupoints. These techniques can alleviate physical pain, promote blood circulation and regulate breathing, and contribute to the prevention and treatment of various diseases.

60mins RMB 780



### 肩颈背部舒缓减压按摩

Neck, Shoulder & Back Soothing Massage

通过集中按摩肩颈部受压区域，帮相您缓解特定部位如头部、肩颈部及背部的肌肉紧张。

By concentrating on the massage of the compressed areas in the shoulders and neck, it helps you alleviate muscle tension in specific areas such as the head, shoulders, neck, and back.

30mins RMB 558

### 足部按摩

Foot Massage

按摩足底各个穴位，刺激神经，帮助人体内部器官排毒舒压，有平衡身体各部分功能和消除疲劳的功能。

Massage the various points on the soles of the feet, stimulate the nerves, help the internal organs of the human body to detoxify and relieve pressure, balance the functions of various parts of the body and eliminate fatigue.



60mins RMB 458

## 纳米玻尿酸强效疗程

Deep Nourishing Treatment

以高浓度、高渗透、超小分子的纳米玻尿酸，协同欧洲山毛榉等多种植物活细胞精粹，同时深入肌底，以纳米级穿透力强效修护、深化滋养；植萃之力牢牢锁住肌肤澎湃水力，活肤舒缓，温柔安抚极干肌；24小时水感续航，为肌肤保湿舒压，以柔软之姿邂逅美丽遐想，重现水光饱满逆龄奇迹。

Combine the best of nature with cutting-age technologies. SwissGetal innovative treatment hydrating the skin to the deepest layers from premature ageing, dehydration and irregular complexion. The skin is re-plumped, smoothed and completely moisturized.



90mins RMB 1380

## 臻奢骨胶原抗衰疗程

Age-Redefining Collagen Care

逆转肌龄的根源奥秘在于胶原的补给。【臻奢骨胶原抗衰】疗程属于瑞士殿堂级臻宠抗衰护理，以高浓度骨胶原协同小牛皮胶原双效抗老，直击肌底老化难题，加速细胞再生和修护，促进胶原蛋白的合成再生，卓效淡化纹路、紧塑面部轮廓、击退松弛暗沉，多维扭转衰老迹象，以胶原魔力隐匿时光，臻献肉眼可见的紧·弹·嫩·亮，续写逆龄奇迹。

The treatment acts on a multidimensional level to target signs of ageing. Decomposing the precious & highly concentrated collagen mask by marine collagen peptides, this facial acts as a natural facelift with long-term benefits as well as the spectacular immediate results by visibly lifting and improving the skin's firmness.



120mins RMB 3800



## 3D电眼紧致抗衰疗程

Eye Firming (Suitable for all skin)

逆疗程浓蕴Intensyl、六胜肽、月见草油等多重御龄植萃成分，润活滋养娇嫩眼周，在指尖的提拉按摩中，激活肌肤底层胶原重组，瓦解眼部疲态，提拉紧致眼周轮廓，平滑眼纹、淡褪色沉，由眼及面润养每一寸肌肤，以植萃力量重焕双眸满分活力，还原眼周熠熠光芒。

This focused treatment rejuvenates the eye contour while erasing all signs of fatigue. It helps to increase the rate of cell renewal, smooths wrinkles and reveals a youthful appearance.



50mins RMB 980

## 舒活晒后修复疗程

Sunburning Recovery Facial

瑞士专研晒后修复四部曲，激活唤醒—修护维稳—赋活新生—蜕变换颜，层层递进，四效合一从源头释放修护因子，维稳屏障的同时加速补充水分，快速镇定褪红，即刻消散晒后灼热感，提升肌底自我修护力，促进老化细胞代谢，有效预防黑色素沉着，重塑活力生机，加乘焕发自然内养之力，安抚晒后肌肤，滋养还原柔嫩美肌。

Soothing ingredients combined with SwissGetal specific facial techniques allow this targeted treatment to support the skin's natural healing process. It deeply calms and repairs the damage caused by sunburn, internal imbalances and external aggressions.



70mins RMB 1380

## 海盐磨砂护理

Body Salt Scrub Treatment

此磨砂护理是奢华身体护理必不可少的第一步。蕴含纯天然海盐成分，带您体验深海气息与真正的自然享受。能有效深层清洁，舒缓滋养肌肤，从而焕发自然年轻光泽。

This exfoliating treatment is an essential first step in luxurious body care. Containing pure natural sea salt ingredients, it takes you through the deep-sea breath and a truly natural enjoyment. It can effectively deep clean, soothe and nourish the skin, thereby bringing out a natural youthful glow.



30mins RMB 458

## 丝滑倍润舒缓护理

Silk Moisturizing Soothing Care

要享受至尊贵的护理，便可得到从头部至脚部每吋肌肤精心的呵护。配合去角质海盐、香氛按摩法及丝滑倍润体膜令您自由神住，使肌肤润泽如丝，柔滑动人。

To indulge in the most exquisite care, you can receive meticulous attention to every inch of your skin from head to toe. Combined with exfoliating sea salt, aromatic massage techniques, and silky moisturizing body masks, it allows you to feel at ease and makes your skin smooth and silky, gently captivating.



30mins RMB 666

## 内外兼修

### RE Wellness Men Treatment

通过瑞典香熏按摩使身体得到彻底的放松，解除压力、紧张和肌肉疼痛并改善血液循环。再结合专为男士设计的男士活力能量面部护理，使您尽情享受从头到脚的纵容护理。

Swedish aromatherapy massage thoroughly relaxes the body, relieving stress, tension, and muscle pain while improving blood circulation. Combined with a facial care designed specifically for men, the Men's Vitality Energy Facial, it allows you to fully enjoy pampering care from head to toe.

120mins RMB 1858



## 活力能量面部护理

### Vitality Facial Treatment

此强效护理专为男士劳累的肌肤而设计。在享受一个舒缓香熏颈椎按摩之余，温和地去除死皮，再配合含高效活跃成份的精华液、特效面膜及穴位按摩，有效击走劳累，为男士们的肌肤带来清爽活力新一面。

This potent regimen is meticulously crafted for the weary male complexion. Beyond the indulgence of a calming aromatic neck and shoulder massage, it gently exfoliates, followed by the application of serums rich in potent actives, specialized facial masks, and acupressure techniques, effectively banishing exhaustion and ushering in a revitalized, energetic visage for the modern gentleman.

60mins RMB 880

## 能量提升

### Energizing

深入组织深层的活力按摩，辅以天然植物精华的按摩油，舒缓紧张肌肉，减轻肌肉疼痛，改善能量的流动。再以足部反射区按摩可消除脚步疲惫，让您从头到脚焕然一新，精力无限！

- 花瓣沐足礼
- 足部反射按摩
- 香薰

这是一款针对深层组织的按摩，能排解身体深层组织疲劳与长期的肌肉僵硬，帮助舒展及灵活关节，唤醒疲劳的肌肉神经。

This is an invigorating massage that penetrates deep into the tissues, complemented by massage oil infused with natural plant essences, to soothe tense muscles, alleviate muscle pain, and enhance the flow of energy. Followed by reflexology massage on the feet to eliminate fatigue, leaving you refreshed from head to toe, with boundless energy.

- Petal Foot Bath Ritual
- Reflexology Foot Massage
- Aromatherapy

This massage is designed to address deep tissue fatigue and chronic muscle stiffness, assisting in stretching and mobilizing joints, and awakening tired muscle nerves.



120mins RMB 1680



# 水疗

## Special SPA Packages

# 套餐

### 宠爱自己

#### Pamper Self

在紧凑的排程中，何不稍稍忙里偷闲？疗程会先为您全身按摩，随后配以舒适的面部保湿护理；精心配制的香薰精油更能让您身体彻底放松，消除身心疲劳、改善睡眠。

- 花瓣沐足礼
- 香薰舒缓全身按摩
- 纳米玻尿酸强效疗程

In the midst of a hectic schedule, why not take a brief respite? The treatment begins with a full-body massage for you, followed by a comforting facial hydration treatment; the meticulously blended essential oils will thoroughly relax your body, alleviate physical and mental fatigue, and improve sleep.

- Petal Foot Bath Ritual
- Aromatherapy Soothing Full-Body Massage
- Nano Hyaluronic Acid Intensive Treatment



120mins RMB 1880

### 亲子时光

#### Precious Moments of Bonding

- 60分钟儿童舒缓SPA
- 60分钟成人荷尔蒙平衡SPA

此项目缓解肌肉紧张，促进身心平衡、放松和宁静的感觉。

- 60-Minute Children's Relaxation SPA
- 60-Minute Adult Hormone Balancing SPA

This exclusive program eases muscle tension, fosters a state of holistic equilibrium, serenity, and relaxation.



120mins RMB 1680

# 水疗

## Special SPA Packages

# 套餐

### 两人世界

#### Sweet Couple Therapies

想与至爱共享美妙的护理体验？这是您的理想之选。在无敌湖景的豪华双人套房内，让身体完全浸浴在葡萄精华中，然后为您进行全身磨砂及裹肤，以为随后的舒缓按摩作好准备，再配以经典的面部护理，让您与另一半尽情释放自我。

- 红葡萄浸浴
- 荷尔蒙平衡SPA
- 面部晒后修复（男士）
- 矿物海盐去角质护理
- 香薰按摩疗法
- 面部晒后修复（女士）



Looking to share a delightful spa experience with your beloved? This is the perfect choice for you. In the luxurious double suite with a breathtaking lake view, immerse your body completely in grape essence, followed by a full-body scrub and wrap to prepare for the soothing massage that awaits, complemented by a classic facial treatment, allowing you and your significant other to indulge and unwind.

- Red Grape Bath
- Hormone Balance SPA
- Post-Sun Facial Repair (Man)
- Mineral Sea Salt Exfoliation
- Aromatherapy Massage Therapy
- Post-Sun Facial Repair (Lady)

200mins RMB 6288

### 日月双骄

#### Day and Night Brilliance

由两位经验丰富的理疗师以同步的方式为您进行四手尊贵按摩，双人四手统一和谐的按摩带给您不同凡响的感受，有益于刺激经络和穴位的畅通，此按摩护疗可以有效地平衡机体、刺激及促进全身的血液循环，令肌肤焕发动人光泽，改善易疲劳等的症状。

Experience the unparalleled luxury of a synchronized four-hand massage performed by two skilled therapists. The harmonious and unified touch of the duo massage provides an extraordinary sensation, beneficial for stimulating the flow of meridians and acupoints. This therapeutic massage effectively balances the body, stimulates, and promotes full-body blood circulation, leaving your skin with a captivating glow and improving symptoms of fatigue.



75mins RMB 3288

## 礼仪

为了保证所有客人都能在佳莉雅水疗中心尽情地享受宁静与放松, 敬请您尽可能保持安静, 建议关闭手机和所有电子设备或将其静音。

## 预约

为了您能在您预期的时间内接受护理, 敬请您提前预约, 并在预约时, 提供您的房间号码或信用卡信息。

## 登记

为避免您损失标准护理时间, 请您比预约时间提前15分钟到达水疗中心前台登记。

## 佳莉雅水疗中心营业时间

营业时间从上午10:30至凌晨02:00结束。

## 特别提醒

如您患有高血压, 心脏病或其他急、慢性疾病, 女士怀有身孕等, 建议您提前咨询您的医师, 并让您的水疗顾问或理疗师了解您的病例。

## 贵重物品

虽劝请宾客勿佩戴贵重珠宝首饰, 本水疗中心仍备有珠宝盒供您安全使用, 但一旦遇到任何贵重物品或现金丢失, 请恕本水疗中心概不负责。

## 取消预约条款

视具体预约情况, 如要取消预约, 请至少提前8小时通知本水疗中心以便重新安排预约时间。

在离预约时间4小时内取消预约, 将收取50%的取消费用。

如果未能提前4小时通知并擅自取消预约, 则收取全额费用。

## 退款政策

水疗套餐和SPA会员资格不可退款、转让或兑换。

## 付费

接受现金和主要信用卡。价格如有变动, 恕不另行通知。

## Etiquette

To ensure that all guests enjoy the peaceful sanctuary of RE Wellness SPA. We respectfully request that all guests keep noise to a minimum. Cellular phones and electronic devices should be turned off or switched onto a silent mode.

## Reservations

Advanced bookings are recommended to assure your preferred date and time of treatment. A credit care number or room number is required at the time of booking.

## Check-In

Please check in at the SPA reception at least 15 minutes prior to your scheduled appointment to avoid reduced treatment times.

## SPA treatment hours

RE Wellness SPA opens from 10:30am to 02:00am.

## Special consideration

Guests who have blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before requesting treatment.

## Valuables

We recommend that no jewelry to be worn to the SPA or during treatments. A secure box for your valuables is provided in the SPA. The management accepts no responsibility for the loss of money or valuables of any kind brought into SPA premises.

## Cancellation Policy

A 8-hours cancellation notice is required to help us reschedule your appointment (subject to space availability). Any cancellation with less than 4 hours notice will incur a 50% cancellation fee. Full charges will be imposed for a “no-show”.

## Refund Policy

Treatment packages and spa memberships are non-refundable, non-transferable or non-exchangeable.

## Payment

We accept cash and all major credit cards. Prices are subject to change without prior notice.