

Le
SPA'
tique™
丽 舍



丽舍

“时间在此为您停留，雅致从此与您随行”

“丽舍，为您营造典雅别致而又不失中国韵味的现代巴洛克护理体验。

带您感受犹如漫步云端的舒适惬意与身心合一。

丽舍之精髓在于其独创的护理体验、关注您个人需求的专业理疗师。”

Le SPA'tique

“A journey through time. A journey through boutique elegance....”

“Le SPA'tique, a timeless SPA journey through modern Baroque with Chinese influenced aesthetics in bespoke boutique style. Results oriented treatments that will elegantly leave you feeling pampered, relaxed and completely balanced.

The ethos of each Le SPA'tique treatment experience is creatively developed, so that specific attention is focused on your individual needs as our talented therapists delicately perform each individual SPA treatment.”



我们的水疗产品 Our Products

Thalgo

由海洋科学研究先驱研制的Thalgo产品和疗程将丰富海藻成分、极致质感及浓情香气融合为一。

Thalgo专注于促进真皮纤维增生，减缓细胞衰老退化，令肌肤保持青春紧致。

Products and treatments developed by pioneers in Marine scientific research, combining the richness of algae with indulgent textures and fragrances.

With Thalgo we focus on regeneration of the skin dermis to promote firmer, younger looking skin.

Margaret Dabbs

由杰出足疗师Margaret Dabbs打造的手部和足部护理系列尊享产品，内含以修复功效著称的澳洲“鸸鹋油”。配以其最新推出的美甲产品为您上色，两者相得益彰，定会让您在举手投足间散发迷人魅力。

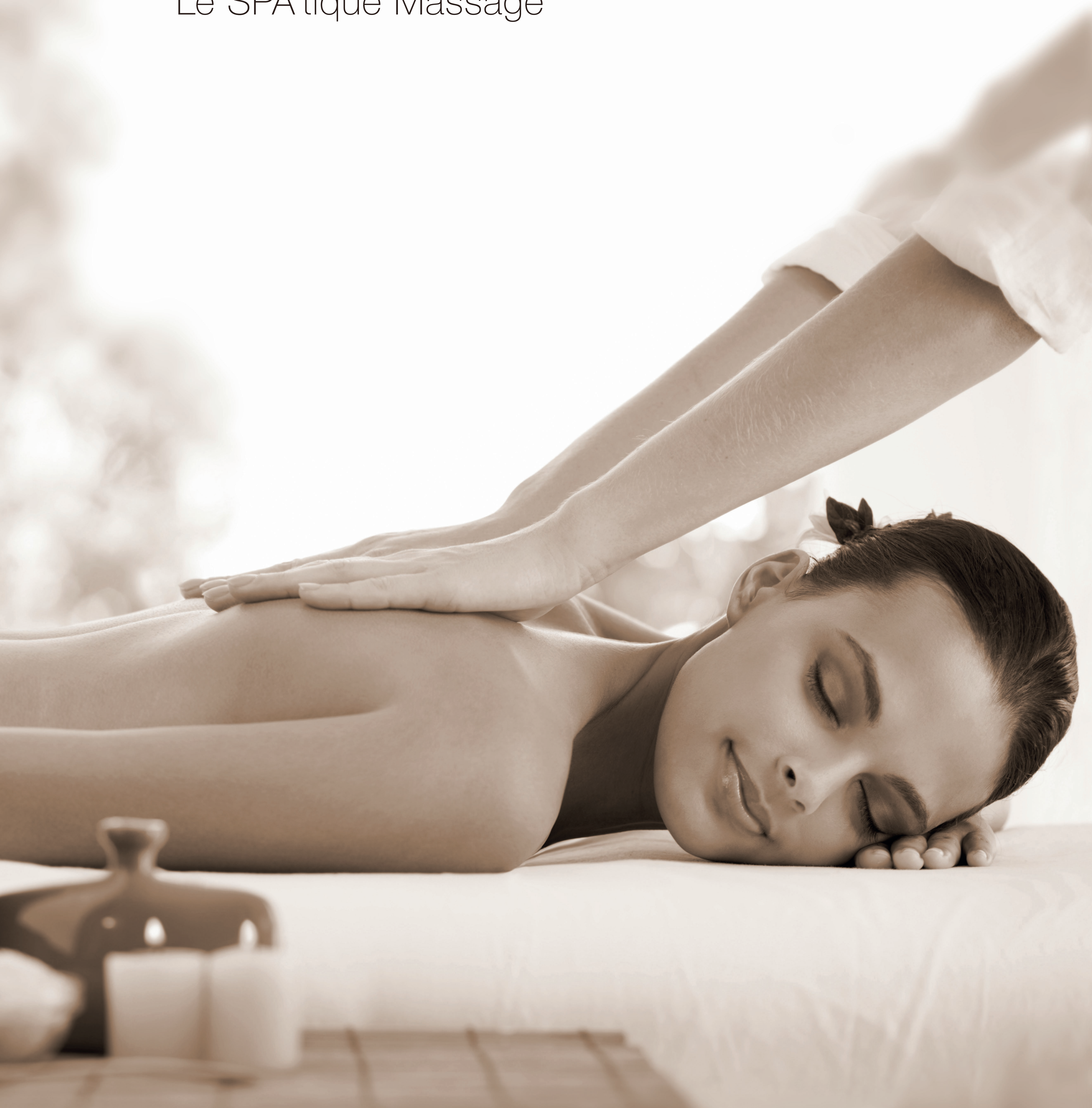
A luxurious range of products for the hands and feet created by an elite podiatrist and based on the healing properties of the Australian "Emu" oil. A stunning collection of the latest colors compliments these therapeutic products that we use proudly use in our manicures and pedicures.

Zents

选用一系列以花卉、香料及木质为基调的按摩精油，为您量身调配奢华身体护理体验。

A luxurious body care range featuring a bespoke collection of massage oils based on floras, spices and woody essences selected and blended for your individual needs.

丽舍特色按摩
Le SPA'tique Massage



丽舍香氛按摩 Le SPA'tique Aroma-sence

此乃亚洲与欧洲按摩技艺之精华的集大成者。巴厘岛式按摩采用强有力的持续拍打手法，能够促进能量流通和血液循环，再辅以深度按摩和瑞典式手法集中按摩疲乏、酸痛的音乐部位。我们丽舍特有的按摩精油能够帮您静心安神、恢复活力，并获得身心平衡。

This artful massage has been created to combine the most effective and practiced Asian and European techniques. Healing Balinese massage using long, deep strokes to improve the energy flow and blood circulation is complimented by Deep Tissue and Swedish techniques which focus on kneading tired aching muscles. Oils are selected from our signature Le SPA'tique collection chosen from Calming, Invigorating or Balancing.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 / 90 / 120 分钟mins	990 / 1,300 / 1,680	1,050 / 1,380 / 1,800

深层肌肉按摩 Deep Tissue

为您提供深度按摩服务，能有效缓解肌肉紧绷状态。结合瑞典式按摩施以穴位按压和拉伸疗法，消除肌肉酸疼。

A deep-tissue massage using techniques which work to alleviate tension in the muscles. The therapist uses a combination of Swedish massage, acupressure and stretching to melt away aches and pains.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 / 90 / 120 分钟mins	990 / 1,300 / 1,680	1,050 / 1,380 / 1,800

推拿按摩 Tui Na Massage

缓解肌肉紧绷的传统中式按摩，运用穴位按压促进全身“气”或能量的流动。

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.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 / 90 / 120 分钟mins	990 / 1,300 / 1,680	1,050 / 1,380 / 1,800

热石按摩 Le Stone

运用火山石将热量缓慢传至身体各处肌肉，促进血液循环和新陈代谢，让您进入深层次的放松状态，提升晚间睡眠品质。

A deeply relaxing massage using smooth, volcanic stones to deliver heat into the muscles and stimulate the blood circulation and metabolism. A soothing, nurturing treatment that promotes a restful night sleep.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
90 / 120 分钟mins	1,380 / 1,780	1,480 / 1,880

足底按摩 Reflexology

遵循脚底穴位对应身体各部分器官和系统的理论，深层缓解脚部疼痛，助您恢复身心平衡。

A specialised 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.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 / 90 分钟mins	700 / 880	780 / 980

提升能量背部按摩 Muscle Ease Back Therapy

此深层舒压护理专针对背部肌肉绷紧而设。结合背部深层清洁及指压按摩技术，让您消除疲劳，回复活力。

A deep therapeutic treatment designed for the specific needs of the back. Stress and tightness melts away using acupressure and deep tissue techniques.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
30 分钟mins	500	550

面部护理
Skin-Sence



海洋保湿柔肤面部护理 Absolute Hydration Facial

以独特的海洋精华素 “Seve Marine” 深层滋润您的肌肤，有助击退干燥迹象，改善暗哑，让您的肌肤时刻保持细致柔滑，水润嫩泽，同时减淡细纹。

Bathe your skin with unique ‘Seve Marine’ ingredients to help combat dehydration and dull skin. Leave your skin feeling soft and re-hydrated, while at the same time diminishing fine lines.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 分钟mins	980	1,080

透明质酸海洋胶原面部抗皱护理
Hyalu-Procollagen Wrinkle-Correcting Treatment

特有的浓缩 “海洋填充物” 可用于改善面部深纹，结合3种透明质酸和海洋胶原蛋白进行减淡皱纹的治疗，效果明显。瞬间，面部看起来更年轻，心情放松，甚至明显的皱纹也变得平滑。

A concentrated “marine filler” for the treatment of deeper lines. Combines 3 types of hyaluronic acid & marine pro-collagen using Roller Boosters, for visible effectiveness, from the very first treatment. Instantly, the face looks younger, enhances relaxation, and more pronounced wrinkles appear smoothed.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 分钟mins	1,080	1,180

海洋零暇净肌面部疗程 Purete Marine Purifying Facial Treatment

向“油光满面”说再见，让肌肤得到净化，更显清透！在这款面部护理疗程中，专业指压按摩提供深度放松、激发活力的体验，Thalgo海洋之源光彩水活面膜则可使皮肤排出杂质和毒素，更显清新透亮。此疗程可持久去除皮肤油光，减少瑕疵，适合混合性或油性肤质。

Put a stop to shine! Your skin is purified with a deep cleanse and exfoliation. An energizing acupressure massage provides a deeply relaxing touch while a specialist Oligo-Marine mask works to draw out impurities and toxins, leaving the skin fresh and clear. This facial ensures a long-lasting matte look and reduces blemishes in combination to oily skin.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 分钟mins	980	1,080

螺旋藻赋活面部疗程 Spiruline Boost Brightening Facial

一扫倦容，焕发活力，专为暗哑和疲惫肌肤设计。浓缩海洋成分的精华液层层渗透到皮肤中，抚平皱纹，光泽重现。排毒美肤按摩可令肌肤更紧致并促进循环，排毒面膜则可清洁堵塞的毛孔，让肌肤焕发极致光彩！

A complete revival for dull and tired skin. Energising marine serums and concentrates are layered into the skin to smooth wrinkles and revive radiance. A detoxifying modeling massage lifts the skin and boosts circulation, while the detoxifying mask clears clogged pores. The skin is left with the ultimate glow!

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 分钟mins	980	1,080

Thalgo睛采眼部护理 Thalgo Eye Indulgence

使用温和有效的马尔玛点触觉疗法进行眼部按摩，再搭配保湿面膜，缓解眼周压力，减少黑眼圈，尽显熠熠睛采。

This gentle yet powerful treatment uses marma point stimulation, eye massage and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
30 分钟mins	400	450



丽舍男士护理
Le SPA'tique Men

男士舒缓解压 Men's Stress Recess

从头至脚的全身放松按摩，为您缓解身心的压力，伴以深层清洁、净化肌肤之面部护理。

Complete relaxation from top to toe with massage to relieve physical and emotional stress and a deep cleansing, purifying facial.

- 60 分钟深层肌肉按摩 / 60-min Deep Tissue Massage
- 60 分钟Thalgomen魅力面部护理 / 60-min Thalgomen Fortifying Facial

时长 Duration	平日 Weekday	营运高峰期 Premium Days
120 分钟mins	1,780	1,880

Thalgomen魅力面部疗程 Thalgomen Fortifying Facial

专为满足男士护肤需求而设计的面部护理疗程。海洋提取物可以深层清洁和去角质，清除杂质和毛孔堵塞。随后，面部及肩部解压按摩将有效舒缓肌肉紧张，促进循环。此疗程还特别使用营养丰富的抗疲劳眼部精华液，改善眼周皮肤状态。疗程结束后，肌肤将呈现出水润透亮的光泽感。

Dedicated to the specific skincare needs of men. Marine extract deep cleansing and exfoliation, clear impurities and congestion. A stress release massage to the face and shoulders eases away tension and boosts the circulation. Special attention is paid around the eye area with a nutrient rich anti-fatigue eye serum to reduce signs of tiredness. Skin is clearer and fully hydrated.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 分钟mins	980	1,080

男士美甲 Gentlemen's Manicure

修整、滋润指甲根部粗糙表皮，重塑指甲优美外形，令指甲焕发健康色泽。

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

时长 Duration	平日 Weekday	营运高峰期 Premium Days
45 分钟mins	400	450

男士美甲（脚甲） Gentlemen's Pedicure

对擦乾后的脚部进行全面清理，去除增厚、粗糙表皮，效果更持久显著。
修整脚甲根部皮肤，修饰脚甲外形，恢复脚甲亮丽色泽。

A thorough overhaul for the feet aimed at eliminating built up dry skin and performed on a dry foot in a technique designed to prolong the results of your treatment. The cuticles are tidied and the nails cut and buffed.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 分钟mins	530	560



身体磨砂
Body Bliss

柑橘肉桂焕白身体磨砂 Mandarin Cinnamon Body Scrub

柑橘，寓意吉祥如意，被视为黄金和财富的象征，也是一种强效的抗氧化剂，可有效清洁和提亮肤色。
肉桂，温和舒缓，有助于刺激血液循环。辛香成分与盐混合，可完美缓解干燥，焕白美肌。

Mandarin Orange, auspiciously regarded as being related to gold or wealth in Chinese is also a powerful anti-oxidant which cleanses and brightens the complexion. Cinnamon is warming and soothing and helps to stimulate the blood circulation. The combination of spicy ingredients blended with salt removes dryness and leaves skin glowing.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
30 分钟mins	470	490

中草药身体磨砂 Chinese Herbal Body Scrub

生姜与香柏叶、海盐混合制成排毒磨砂膏，可促进血液循环，令肌肤润泽光滑，容光焕发。

Ginger and Thuja leaf are combined with Sea Salt making this the ultimate detoxifying scrub that boosts the blood circulation leaving the skin smooth and radiant.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
30 分钟mins	470	490

丽舍特色护理
Le SPA'tique Rituals



夜间安睡护理 Ritual De Nuit

由温热芳香及力度适中的香薰精油按摩掀开序幕，接著的面部护理有效滋润肌肤，最后以舒缓解压的头皮按摩作结，助您步入甜美梦乡。

A deeply relaxing, warming, medium pressure aromatic massage and nourishing facial, concluded with a stress relieving scalp massage to prepare you for a restful night's sleep.

- 60 分钟温热柑橘精油按摩 / 60-min Warm Zents Mandarin Aroma Ritual Oil
- 60 分钟透明质酸海洋胶原面部抗皱护理 /
60-min Hyalu-Procollagen Wrinkle Correcting Facial
- 30 分钟温热精油头皮按摩 / 30-min Warm Oil Scalp Massage

时长 Duration	平日 Weekday	营运高峰期 Premium Days
150 分钟mins	2,000	2,200

净化焕新护理 Ritual Detox

先为全身去角质，再以富含抗氧化功效的精油进行深层肌肉按摩，随后的深层清洁面部护理，能彻底清洁毛孔，让肌肤回复清爽透亮。

Beginning with a full body exfoliation to prepare the skin for the deep tissue massage using an anti-oxidant rich oil. The facial deeply cleanses to remove impurities and leave the skin fresh and clear.

- 30 分钟Zents身体磨砂 / 30-min Zents Body Polish
- 60 分钟深层肌肉按摩 / 60-min Deep Tissue Massage
- 60 分钟海洋零瑕淨肌面部疗程 / 60-min Purete Marine Purifying Facial

时长 Duration	平日 Weekday	营运高峰期 Premium Days
150 分钟mins	2,200	2,400

焕发活力护理 Ritual Vitalité

选用青柠和乌龙茶的混合精油进行按摩，寻回身心灵的活力源泉。最后以瞬盈面部护理提升肌肤光泽感。

An energising massage using a blend of lime and oolong tea to revitalize the mind and body concluded with an instant refresher facial.

- 90 分钟焕活乌龙精油按摩 / 90-min Revitalising Oolong Oil Massage
- 30 分钟瞬盈面部护理 / 30-min Instant Refresher Facial

时长 Duration	平日 Weekday	营运高峰期 Premium Days
120 分钟mins	1,680	1,780

浪漫双人护理 Ritual Romantique

置身于双人理疗套房，享受专属的香薰精油全身按摩，以及专为男女肌肤而设的Thalgo面部护理。

Enjoyed in our luxurious private couple’s suite with a full body aromatic bespoke massage and his and hers Thalgo facial treatments.

男士 For him

- 90 分钟焕活乌龙精油按摩 / 90-min Revitalising Oolong Oil Massage
- 60 分钟海洋零暇淨肌面部疗程 / 60-min Purete Marine Purifying Facial

女士 For her

- 90 分钟焕活矿石香薰油身体按摩 / 90-min Energising Ore Aroma Oil Massage
- 60 分钟透明质酸海洋胶原面部抗皱护理 / 60-min Hyalu-Procollagen Wrinkle Correcting Treatment

时长 Duration	平日 Weekday	营运高峰期 Premium Days
150 分钟mins	3,900（2位用 For 2 persons）	4,300（2位用 For 2 persons）



手部及足部护理
Hand and Foot Care

至尊修甲 The Margaret Dabbs Supreme Manicure

采用Margaret Dabbs品牌当中富含鸕鹋油（以其独特修复功效而著称）的系列产品，在呵护指甲根部表皮的同时亦能帮您重塑指甲优美外形。此外，我们还为您提供舒缓手部肌肤及下手臂按摩服务，更有众多彩绘颜色可供选择，为您的指甲添光增彩。

The perfect manicure using Margaret Dabbs products enriched in “Emu” oil known for its healing properties. 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 colors.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
60 分钟mins	490	550

至尊修脚甲 The Margaret Dabbs Supreme Pedicure

对擦干后的足部进行全效深层护理，效果更持久显著。为脚甲根部表皮和足部皮肤涂抹鸕鹋油，有效软化粗糙表皮，重塑脚甲美丽外形。您还可享受足部舒压按摩服务。最后，由我们Margaret Dabbs产品为您的脚甲打造缤纷色彩。

A complete deep treatment performed on a dry foot to promote lasting results, excellent for smoothing rough skin, treating the cuticles and skin with “Emu” oil and sculpting beautiful nails. The treatment includes an indulgent foot massage and is completed with a choice of color.

时长 Duration	平日 Weekday	营运高峰期 Premium Days
75 分钟mins	650	680

	平日 Weekday	营运高峰期 Premium Days
OPI美甲 OPI Gel Manicure	580	650
OPI美脚甲 OPI Gel Pedicure	700	750
卸胶甲 Gel Soak Off	100	120

脱毛

Waxing / Threading

		平日 Weekday	营运高峰期 Premium Days
全 腿	Full Leg	550	580
大腿或小腿	Half Leg	380	400
比基尼线	Bikini	350	370
全手臂	Full Arm	400	420
上臂或下臂	Half Arm	300	315
腋 下	Underarm	200	210
背 部	Back	500	530
眉 毛	Eyebrow	150	160
下 巴	Chin	150	160
眉线脱毛	Eyebrow Threading	180	200
全面脱毛	Full Face Threading	450	480

丽舍理发服务
Le SPA'tique Haircare



丽舍理发服务
Le SPA'tique Haircare

	平日 Weekday	营运高峰期 Premium Days
女士洗吹(短/中/长) Ladies Blow Dry (Short / Medium / Long)	260 / 315 / 370	280 / 340 / 390
女士洗剪吹(短/中/长) Ladies Cut and Blow Dry (Short / Medium / Long)	420 / 480 / 525	440 / 500 / 550
染发(短/中/长) Ladies Colouring (Short / Medium / Long)	1,150 / 1,360 / 1,580	1,200 / 1,400 / 1,600

男士洗剪吹 Gents Cut and Blow Dry	310	330
男士染发 Gents Colouring	620	700
造型设计 Design Style	550	580

小童剪发 (12岁或以下) Children's Haircut (Below 12 years old)	200	220
专业头发护理 Signature Specialist Hair Treatment	400	450
巴西生命果柔顺护理 Brazilian Blowout Treatment	2,500	2,600

附赠家庭护发套装，包括350毫升Acai 防毛躁洗发水和护发素。
Price includes a hair care set including a 350ml Acai Anti-Frizz Shampoo and a 350ml Acai Anti-Frizz Conditioner.

按摩须知 Spa Etiquette

预约事宜

建议您提前预约合适的时间。您可在营业时间内到现场预约，也可通过电话、传真或邮件进行预约。

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, facsimile or email.

善意提醒

进行面部护理的男士顾客最好在护理前至少12小时剃须，以实现最佳护理效果。请将您的珠宝首饰等贵重物品谨慎保管于您的客房内，切勿带入按摩区域，如若丢失，概不负责。

PREPARING FOR YOUR TREATMENT

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

抵达时间

为了能够充分享受我们的服务，进行面部和身体护理的顾客可提前30分钟抵达现场，体验我们活力酒廊为您提供的热疗设备。预约沙龙的顾客请至少提前10分钟到场。如您无法准时到场，为不影响后续其他顾客，所预约的护理服务可能会另作安排。

PUNCTUALITY

For face and body treatment in order to gain the most from your experience we invite you to arrive at least 30 minutes in advance of your treatment to enjoy the heat facilities in our vitality lounges. For salon reservations please arrive at least 10 minutes prior to your booking. If you are delayed, please advise that your treatment time may be affected so as not to impact other guests.

医疗状况：

在疗程开始前，请提前告知理疗师您的医疗状况。

Medical Condition:

Please inform your therapist of any medical conditions you may have prior to your treatment.

取消预约

取消预约请提前6小时告知，否则需承担全部费用。未按预约到场的宾客也需100%承担全部费用。此外，非本酒店住客，预约时需提供信用卡号。

CANCELLATION POLICY

Please allow 6 hours 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 the appointment.

按摩环境

为确保拥有一个安静、舒适的按摩环境，敬请您在水疗中心内尽量避免使用手机。

SPA AMBIENCE

In order to preserve the relaxing and tranquil environment of the spa we respectfully request that you refrain from using mobile phones in the spa area.

房内水疗服务

我们可到客房为您提供面部及身体护理项目。如有需要，请至少提前1小时通知，以便我们有充足的时间作准备。需另外加收20%附加费用。

IN-ROOM TREATMENTS

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

收费以澳门元计算。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)酒店套房水疗按摩服务将收取20%费用。
所有收费需额外收取5%政府税。

Prices are in MOP. Weekday (Monday to Thursday), Premium Days (Friday, Saturday, Sunday and Public Holiday Weeks). In-suite Spa services will incur an additional 20% charge on the listed price. All listed prices are subject to a 5% government tax.

Le
SPA'
tique™
丽 舍

丽舍 — 澳门巴黎人六楼

Le SPA'tique™ at The Parisian Macao, Level 6

T +853 8111 1221 F +853 8111 1212 | lespatique@parisian.com.mo