

Z 漣  
ensa Spa



## 「漣」水療

「漣」水療糅合西方水療精髓，呈獻國際巨星級奢華極尚體驗。

由資深專業理療師特別設計各式按摩、美顏和身體護理療程，

讓您體會極致尊寵之旅，由內至外煥發巨星風采。

13間豪華水療套房及多元化水療設施，讓您随心享用活力池，享受桑拿浴、蒸氣浴和水浴，讓身心靈完美放鬆。

## ZENSA SPA

The lavish Zensa Spa is your ideal destination for an indulgent, revitalizing spa retreat.

While our contemporary and sophisticated interior design creates a relaxing atmosphere, our experienced therapists will customize for you a spa journey using natural products and exceptional techniques. Enjoy an exquisite range of massages, facial and body treatments in any of our 13 luxury treatment rooms or make the most of our state-of-the-art spa facilities including vitality pools, saunas, steam and snow rooms. At Zensa Spa you can truly immerse yourself in a pampering journey for both the body and mind.

## 專研護理 SIGNATURE TREATMENT

平日(週一至四)  
Weekday  
(Mon - Thu)

週末(週五至日)  
及公眾假期  
Weekend (Fri - Sun)  
and Public Holiday

### 寧神安睡

90分鐘 MIN

\$ 1,550

\$ 1,650

#### Recovery Journey

有效舒緩緊繃肌肉，深度放鬆。以力度適中的按壓重點關注脊椎部位，最後以溫熱的舒肌按摩作結，促進血液及淋巴循環，改善消化功能，晚間輕鬆入眠。

Perfect for promoting deep sleep or recovering from jet lag. Pressure is applied with particular focus on the spinal area and finishes with warm soothing movements to soothe tight muscles for a sound night's sleep while encouraging circulation, digestion and elimination of toxins.

## 護理組合 ZENSA PACKAGE

### 「漣」奢華之旅

150分鐘 MIN

\$ 2,380

\$ 2,480

#### Zensa Retreat

寵愛自己，享受煥然一新的水療之旅。專業理療師為您進行全身香薰按摩，加上滋潤手腳護理，再配合快捷面部修護，有效舒緩疲勞，滋養全身肌膚。

A pampering, head-to-toe indulgence that starts with an aromatic body massage, followed by a hand and foot treatment and an express facial. Soothing your body and nourishing your skin through the healing touches of our professional therapists.

### 神彩飛揚

180分鐘 MIN

\$ 2,800

\$ 2,880

#### Energize Your Senses

潤澤全身、喚醒感官的完美體驗，先進行身體去角質及裹敷護理，再以全身指壓按摩緩和情緒，最後以快捷面部修護滋養美顏，神采煥發。

A complete experience that works on all the senses to boost your emotional wellbeing, whilst treating your body to nurturing hands-on therapies. A gentle exfoliation and body wrap is followed by a pressure point massage with uplifting oil and concludes with a mini facial.

\*每位水療客人均可享用獲獎的水療設施、迎賓禮遇及茶點。價格另加收10%服務費及5%政府稅。  
\*All spa guests can enjoy our award-winning wet spa facilities, welcome ritual and refreshments.  
Prices are subject to a 10% service charge and a 5% government tax.

## 護理組合 ZENSA PACKAGE

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### 滋養肌膚

150分鐘 MIN

\$ 2,380

\$ 2,480

### Nourish Your Skin

為身體及面部而設的奢華修復護理。香薰精油全身按摩讓您進入深層放鬆狀態，再進行抗衰老面部護理，有效地提升、收緊和養護面部皮膚。

The ultimate luxurious treatment for your body and face, the journey relaxes you with an aromatic body massage, followed by a powerful anti-ageing facial that tightens your skin for a youthful contour.

### 和諧協調

180分鐘 MIN

\$ 2,780

\$ 2,880

### Synchronize Your Body

先以乾刷身體促進淋巴排毒，接著是礦物熱敷及熱能身體按摩，有效放鬆身心，回復精神。最後是舒敏煥顏面部護理，享受此奢華組合能讓身心和諧放鬆。

A dry body brush is conducted to promote lymphatic drainage. A mineral-rich hot compress and a warm massage then help relax and replenish your body. This lavish journey will finish with a soothing facial after your energy is restored with a stone massage.

### 煥發心靈

120分鐘 MIN

\$ 1,880

\$ 1,980

### Activate Your Mind

煥發精神，享受傳統香薰按摩，舒緩壓力、平復思緒。接著進行背部護理，使肌膚變得嫩滑。

Perfect for enhancing mental clarity and relieving emotional exhaustion. Traditional aromatic massage targets symptoms of stress and a blend of synergies calms your thoughts. A back treatment is conducted to draw out impurities and soften your skin.

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# 身體按摩療程 WELLNESS BODY MASSAGE

- 舒緩放鬆 / 改善時差反應 / 減壓  
Relaxing / Jet Lag Release / De-stress
- 舒緩肌肉繃緊 Muscle Tension Release
- 改善體型 / 肌齡逆轉 Body Contour / Anti-Aging
- 活力充沛 / 精神煥發 Energizing / Uplifting
- 自然平衡 Natural Balance

		平日(週一至四) Weekday (Mon – Thu)	週末(週五至日) 及公眾假期 Weekend (Fri – Sun) and Public Holiday
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## 香薰紓壓按摩

### Aromatic Sensation

按照個人需要特別調配香薰油，結合最適合的技巧及力度進行按摩，有助緩解肌肉緊張，促進血液循環，令肌肉回復彈性。

Using a special blend of aromatic oils, this nurturing massage ensures your body receives the attention it needs. A personalized combination of massage techniques targets areas of concern to ease muscle tension, stimulate circulation and restore flexibility.

## 瑞典式按摩

### Swedish

以溫柔舒適的瑞典式按摩技巧，配合特別調配的香薰油為您進行按摩，使您精神煥發，壓力全消。

Designed to strengthen body energy, this gentle and soothing massage combines Swedish massage techniques with an appropriate blend of aromatic essential oils, leaving your body and mind rejuvenated.

## 深層按摩

### Deep Muscle Release

深層重點按摩，有效伸展肌肉組織，即時緩解肌肉酸痛，改善肌肉緊張。

A massage using specific techniques to penetrate and stretch muscle tissue. Excellent for immediate stress relief and releasing muscle tension.

## 重點按摩(背部/肩頸/腳部)

### Targeted Massage (Back / Shoulder / Feet)

重點按摩，快速鎮痛減壓。

Relieves stress on targeted areas. A quick fix to ease stress and pain.

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## 身體護理 BODY TREATMENT

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### 柔膚滋養

30分鐘 MIN

\$ 680

\$ 710

#### Polish Your Skin

配合去角質及深層滋養產品，肌膚瞬間潔淨柔軟，容光煥發。

A relaxing body exfoliation to draw out impurities and a generous application of nourishing products for skin refinement and for softening and purifying effects.

### 排毒緊緻

90分鐘 MIN

\$ 1,380

\$ 1,430

#### Refine Your Body

先乾刷身體去角質，喚醒細胞。以天然泥膜包裹身體，收緊和提亮肌膚，再進行腿部深層排毒按摩，針對頑固脂肪，並以滋潤護膚精華軟化及潔淨肌膚。

After waking up your skin with a body brush, our therapist will tone your body with a freshwater mud body mask. Deep tissue detox massage on the leg and thigh targets stubborn areas of cellulite while a generous application of nourishing products softens and purifies your skin.

### 深層保濕

60分鐘 MIN

\$ 980

\$ 1,030

#### Hydrate Your Skin

先為身體去角質，接著塗上玫瑰凝膠保濕乳液，讓肌膚慢慢吸收。最後進行頭部按摩配合放鬆呼吸，平和身心情緒，重拾年輕美肌光澤。

Hydrating and regenerating rose gel is layered on your body after a gentle exfoliation. A softening mix of evening primrose oil and shea butter provides exceptional skin nourishment. Scalp massage and breathing exercise work simultaneously to improve your physical, mental and emotional wellbeing.

### 白玉嫩肌背部護理

45分鐘 MIN

\$ 780

\$ 820

#### Facial for Your Back

深層背部潔淨護理能改善皮膚狀況，有效排清毒素，平衡油脂分泌。再配合幼滑磨砂淨白柔膚，肌膚回復細嫩。

This thoroughly cleansing back treatment works deeply into the skin to encourage the effective elimination of toxins and regulate oil secretion on your back.

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## 面部護理

### AROMATHERAPY ASSOCIATES FACIAL

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#### 玫瑰保濕面部護理

60分鐘 MIN

\$ 1,080

\$ 1,130

#### Rose Hydration Facial

豐富的玫瑰精油幫助調理和深層滋養肌膚，瞬間變得幼滑緊緻，光彩重現，淡淡玫瑰香更有寧神作用。

Luxurious rose oil helps to condition your skin and offer deep nourishment. The result is a smooth, radiant complexion and a relaxed state of mind.

#### 深層清潔

60分鐘 MIN

\$ 1,080

\$ 1,130

#### Deep Cleansing Facial

此深層潔面護理能深度清理堵塞的毛孔，排出毒素，重現透亮嫩滑美肌。

Unblocks clogged pores and drain away toxins to reveal fresh and glowing skin.

#### 舒敏煥顏面部護理

60分鐘 MIN

\$ 1,080

\$ 1,130

#### Inner Strength Facial

舒緩鎮靜的面部護理，適合敏感皮膚，有助舒緩和減輕過敏現象，深層滋養，恢復肌膚自然光彩。

A truly soothing and calming facial suitable for irritated or inflamed skin. Effectively reduces redness and nourishes your skin to restore its natural radiance.

#### 永恆玫瑰面部護理

90分鐘 MIN

\$ 1,580

\$ 1,680

#### Rose Infinity Facial

此面部護理有效提升及收緊面部輪廓，玫瑰保濕面膜及三重功效面膜發揮雙倍效能，緊緻肌膚，煥發青春。

This firming and lifting ritual uses a rose hydrating mask and a triple effect mask to tighten the skin for a vibrant youthful look.

#### 快捷面部修護

30分鐘 MIN

\$ 500

\$ 530

#### Express Facial

迅速淨化和潤澤面部肌膚，最適合在享用全身護理後加享，從頭到腳煥然一新。

A swift cleansing and re-hydrating treatment that works best as an add-on to any body treatment for a head-to-toe rejuvenating experience.

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## 面部護理 NATURA BISSÉ FACIAL

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### 都市醒膚專業護理

60分鐘 MIN

\$ 1,880

\$ 1,980

#### Citrus Essense

護理中釋放純氧分子，煥活肌膚能量，消退疲勞痕跡，改善暗沉膚色，重現淨白光采。特別推薦給缺乏休息、經常出差人士，以及肌膚深受污濁空氣影響的都市人。

Drench your skin with the antioxidant power of vitamin C. This nutrient-rich treatment engages the senses, stimulates the production of collagen and intensely hydrates to counteract the negative impacts of fast-paced urban life.

### 鑽石極致美白護理

60分鐘 MIN

\$ 1,980

\$ 2,080

#### Diamond Whitening System

這奢華面部護理採用高濃度的活性成分顯著淡化色斑和瑕疵，擊退黑色素，重塑肌膚光亮質感和色調，肌膚由內而外煥發迷人容光。

A powerful facial that helps diminish the appearance of hyperpigmentation with high concentrations of revolutionary active ingredients. Restores skin brightness while minimizes dark spots to reveal an even skin tone.

### 鑽石肌齡逆轉護理

90分鐘 MIN

\$ 3,800

\$ 3,900

#### Diamond Life Infusion Ritual

獨家抗衰老配方能瞬間逆轉肌齡，減淡細紋，改善肌膚彈性，打造提拉緊緻的美膚傳奇。

This cutting-edge anti-aging treatment dramatically reverses premature aging by restoring elasticity. Instantly lifts, fades wrinkles and illuminates your skin through Natura Bissé's signature formula.

### 明眸亮眼護理

30分鐘 MIN

\$ 480

\$ 530

#### Eye Brightener

有效預防眼部浮腫，淡化黑眼圈，疲倦痕跡悄然隱匿。喚醒雙眸，綻現光芒。

Prevents and corrects dark circles, puffiness and other signs of fatigue and stress, the perfect wake up call for this delicate area.

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## 膠原蛋白面部護理 COLLAGEN FACIAL

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尊貴膠原蛋白護理 (適合所有肌膚) 120分鐘 MIN \$ 2,080 \$ 2,080  
**Red Carpet Collagen Care (For all skin types)**

配合獨有的原生膠原I、III 以及乳肽複合物，帶來顯著的美肌效能，此護理具有強效的鎖水功能，能有效補充皮膚水分，並改善肌膚的柔軟度及彈性，同時減淡細紋，煥發青春光彩。

The exclusive combination of native I & III collagens and milk peptide complex brings visible results. Effectively promotes moisturization and retains skin softness and elasticity, improving skin texture while reducing the appearance of fine lines for a younger, radiant look.

## 注氧美容 OXYGEN FACIAL

巨星煥氧面部護理 (適合所有肌膚) 60分鐘 MIN \$ 1,380 \$ 1,430  
**Star Oxygen Facial (For all skin types)** 80分鐘 MIN \$ 1,580 \$ 1,630

利用涼快舒適的高壓氧將再生活肌精華素深深導入肌膚深層，促進細胞吸收，達至深層滋潤補水，肌齡逆轉，容光煥發，明顯減少細紋。

Cooling, calming streams of highly concentrated oxygen is applied directly to the skin to promote the absorption of the Rejuvenate Serum. Your skin will emerge deeply hydrated, youthful and radiant with visible reduction in fine lines.

閃亮盈氧面部護理 60分鐘 MIN \$ 1,380 \$ 1,430  
**Celebrity Oxygen Facial** 80分鐘 MIN \$ 1,580 \$ 1,630

利用涼快舒適的高壓氧將超濃縮維他命C及天然草本提取物導入肌膚深層至徹底吸收，從而均勻膚色，讓皮膚呈現明亮及健康光澤。

Evens out skin tone with super concentrated Vitamin C and natural plant extracts, with cool, calming streams of oxygen to guarantee thorough absorption. Luminous healthy skin is revealed.

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## 注氧美容附加享受 ADD-ON FOR OXYGEN FACIAL

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### 明眸亮采護理

15分鐘 MIN

\$ 380

\$ 400

### Eye Rescue

水解骨膠原蛋白有效潤澤眼部和嘴唇四周皮膚，促進血液循環，減少浮腫，瞬間賦予眼部和嘴唇水潤滋養，功效顯著。適合附加於任何面部護理。

Hydrolyzed collagen effectively rehydrates the skin around the eyes and lips, boosts circulation and reduces puffiness with immediate and visible results. It is the perfect add-on to any facial treatments.

### 亮白明采

15分鐘 MIN

\$ 480

\$ 530

### Opulence Serum

均勻肌膚色調，同時提升皮膚明亮光度及神采。

Treats uneven skin tone while revealing newfound luminosity and radiance.

### 平皺修護

15分鐘 MIN

\$ 400

\$ 450

### Atoxelene Serum

特效抗皺精華能瞬間呈現顯著緊緻及提拉效果。

Significantly reduces the appearance of fine lines and wrinkles while tightening and firming for a more defined facial contour.

## 手部及足部護理

## HAND AND FOOT TREATMENT

### 肌齡逆轉手部護理

30分鐘 MIN

\$ 580

\$ 600

### Age Repair Hand Treatment

雙手和手臂感覺光滑、柔軟和深層滋潤。

Your hands and arms will feel smooth, soft and deeply moisturized after this treatment.

### 滋潤足部護理

30分鐘 MIN

\$ 580

\$ 600

### Hydrating Foot Treatment

小腿和足部的肌膚感覺柔軟潤滑，清新舒爽。

A moisturizing treatment that intensively hydrates and softens the skin on dry feet while relieving tired legs.

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## 男士專享 HIS ZENSA

平日(週一至四)  
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### 男士舒緩按摩

#### His Wellness Massage

60分鐘 MIN	\$ 1,180	\$ 1,280
90分鐘 MIN	\$ 1,550	\$ 1,650

按照個人需要，以特製香薰油結合最適合的技巧及力度進行按摩，有助緩解肌肉緊張，促進血液循環，令肌肉回復彈性。

Using a special blend of aromatic oils, this nurturing massage ensures your body receives the attention it needs. A personalized combination of massage techniques targets areas of concern to ease muscle tension, stimulate circulation and restore flexibility.

### 男士深層潔面

#### His Facial (Deep Clean)

60分鐘 MIN	\$ 1,200	\$ 1,350
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深層清潔面部，針對男士的膚質，照顧所需，放鬆繃緊肌膚，同時收細毛孔。重點舒緩敏感和剃鬚後的肌膚。

A deep cleansing facial for men's skin care needs. Specifically addresses oily skin and razor burn, this facial relaxes the skin as it refines pores.

### 「漣」男士尊尚面部護理

#### His Zensa Deluxe Facial

75分鐘 MIN	\$ 1,300	\$ 1,450
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深層潔膚護理採用兩款面膜促進 DNA 再生和細胞修復，抗衰老同時能舒緩肌肉緊張。

A deep cleansing using two facial masks to address man's specific skin care needs by boosting DNA regeneration and cell repair. An ultimate retreat with visible anti-aging effects.

### 男士舒壓護膚

#### Gentlemen's Combo

90分鐘 MIN	\$ 1,400	\$ 1,480
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個人混合按摩讓您壓力全消，配合快速面部護理，放鬆全身，令您倍感滋潤。

A personalized body massage is conducted to melt away your tension while an express facial revitalizes and refines your skin, leaving you feeling refreshed and relaxed after the duo treatment.

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## 孕婦產前產後護理 PRE & POST NATAL TREATMENT

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### 產前舒緩按摩 Pampering Pregnancy Massage

60分鐘 MIN      \$ 1,180      \$ 1,230

為準媽媽而設的完美護理體驗，重點關注繃緊的肩膀和腿部，減輕懷孕帶來的不適。配合頭皮按摩，更有助舒緩壓力。

A perfect retreat for mothers-to-be to appreciate the joy of pregnancy. This massage gives particular attention to tight shoulders and legs to ease the heavy feeling that can come with conception. A relaxing scalp massage then follows as the perfect conclusion.

### 產後皮膚護理 Post Pregnancy Skin Nourishment

60分鐘 MIN      \$ 1,180      \$ 1,230

有效滋養身心，深度放鬆心情，即時提振精神。讓您產後依然明艷照人，肌膚柔軟光滑。

A deeply comforting and restorative journey that nourishes your body and soul. Your skin will be radiant, soft and smooth and your spirits lifted.

## 附加享受 ADD-ON

### 氧氣療法 Oxygen Inhalation

10分鐘 MIN      \$ 120      \$ 130

為細胞注氧以促進恢復更生、減壓排毒。

High concentration of oxygen to detoxify the body, cleanse the blood and help you de-stress.

### 奢華二人水療套房體驗 Couple Chamber Experience

30分鐘 MIN      \$ 380      \$ 400

我們的豪華水療套房讓您在私人空間盡享放鬆時光。

Our luxurious spa suite allows you to embrace relaxation in a private sanctuary.

\*每位水療客人均可享用獲獎的水療設施、迎賓禮遇及茶點。價格另加收10%服務費及5%政府稅。

\*All spa guests can enjoy our award-winning wet spa facilities, welcome ritual and refreshments.  
Prices are subject to a 10% service charge and a 5% government tax.

