

THE RITZ-CARLTON SPA
[Tianjin]



THE RITZ-CARLTON SPA

TIANJIN



P R E L U D E

简介

A welcome retreat of calm amid the city bustle, the Spa provides a luxurious haven of comfortable relaxation areas, extensive heat experiences and outstanding treatment rituals – the perfect place to escape.

Beautiful lighting and iconic architectural structures give the Spa a contemporary feel and sensory delight is achieved with multiple natural textures of stone, slate, water and wood in rich earthy tones.

Our treatment collection thoughtfully created by ESPA reflects their commitment to natural, effective, results-driven treatments and products. Found in the finest spas around the world every encounter with ESPA brings with it a profound sense of pleasure and discovery. Treatments are tailored to your needs, whether your goal is relaxation or total escapism and with rituals inspired by traditional cultures from around the world our highly-trained therapists can focus on stress-relief, optimizing health and achieving age-defying results.

水疗中心是都市喧嚣中一片舒缓身心的静谧绿洲，为您呈现超凡享受的水疗体验。这里拥有丰富全面的热疗项目及独具特色的护理方案，将是您洗涤身心的完美去处。

水疗中心采用当代设计风格，恬静美丽的色调，特色鲜明的建筑风格，让您有如置身于凡尘之外。石块、石板与原木营造了充满自然质感的护理空间，让您在非凡的水疗体验中感受身心的愉悦。

ESPA 的水疗护理系列采用天然品质的护理方案与产品，体现人性化的护理理念。ESPA 水疗涵盖了品质代表的水疗护理，定会带给您完美新鲜的愉悦享受。无论是舒缓放松身心，还是逃离喧嚣享受宁静，水疗中心将紧随您的需求，从世界各地传统文化中汲取灵感，打造个性化护理方案，并由我们专业的理疗师为您提供服务，助您缓解紧张压力，延缓肌肤衰老，恢复健康活力。

PRIVATE SPA SUITE

Our Private Spa Suite allows you complete privacy to enjoy the ultimate Spa experience. Consisting of a double treatment room, beautiful changing area and private bathroom, shower sauna, Jacuzzi and aqua therapy bed, the Spa Suite is perfect for sharing indulgent relaxation time with a friend, loved one or simply by yourself.

Please contact the Spa Reservations team for help in creating your ideal private Spa experience.

The China Rose is the iconic emblem of the Spa and is a subtle constant throughout the spa journey, and as such ESPA have drawn on their powerful roots in natural ingredients and essential oils and taken inspiration from the healing, balancing and regenerative properties of the Rose family in order to create honest, potent signature treatments.

私人水疗豪华套房

水疗中心的私人水疗豪华套房为您提供完全私密的护理空间，带给您超凡的享受。私人水疗豪华套房设有一间双人护理室、精致的更衣区及独立卫浴，还有内置淋浴式桑拿、按摩浴缸和水床。水疗套房是与好友、爱人共度悠闲时光的理想选择，也是您舒缓身心的私密去处。

体验完美私密水疗，请联系水疗中心预订服务。

中国玫瑰作为水疗中心的标志性符号，伴随着整个水疗过程。ESPA 疗法萃取玫瑰中的天然成分和植物精油，结合玫瑰属植物的修复、平衡和再生功效，打造 名副其实、效果显著的特色护理。



SIGNATURE
TREATMENTS

特色护理

RITZ ROSE RITUAL

120 minutes

This relaxing treatment draws on the many powerful benefits of rose-centric ingredients and is designed to balance the mind and nourish the skin. This deeply nourishing treatment begins with a Rosehip seed and Rosewood body smoothing scrub to prepare the skin for the body massage using light to moderate pressure and a blend of essential oils to melt away tension. The treatment finishes with a deeply relaxing scalp massage to leave you feeling completely rejuvenated.

Includes: Body Exfoliation – Body Wrap – Aroma Massage – Scalp Massage

REVITALISATION FACIAL CARE

120 minutes

Regain your skin’s radiance and restore it to its youthful and smooth state. After undergoing ESPA skin cleansing, damask rose and rose geranium cream is applied to provide deep nourishment to the skin. Your skin will be revitalised and as smooth as silk. Our masseuse will improve your skin further by stimulating your acupuncture and lymphatic drainage points. The session is rounded off with a skin firming face mask and eye care to give you a full facial experience.

Includes: ESPA Rose Soothing Facial Care – Pink Jade Drainage Care – Eye Care

AQUATHERAPY EXPERIENCE

120 minutes

The ultimate relaxation experience – this warm cocooning dry flotation bed envelops the nourishing oils, mud or algae applied to the skin and improves absorption while giving an amazing feeling of weightlessness. While enveloped, a relaxing scalp pressure point massage relieves any remaining tension leaving you feeling soft, smooth and rejuvenated.

Includes: Body Exfoliation – Body Wrap – Aquatherapy – Body Massage

丽思玫瑰礼遇

120 分钟

该疗法充分利用玫瑰精华的神奇功效，专为平衡身心和滋养肌肤而设计。该疗法以玫瑰果籽与玫瑰木去除全身角质，随后使用轻柔到中等力度的循序渐进按摩手法，配合独特的芳香精油，消除压力。最后辅以头部按摩，深度缓解紧张压力，让您的身心得到彻底放松。

包括：全身磨砂 – 裹肤 – 芳香按摩 – 头部按摩

逆转水龄面部护理

120 分钟

这种护理能让您的面部肌肤重焕光彩，使肌肤恢复舒爽与平静。进行专门的 ESPA 皮肤清洁后，辅以大马士革玫瑰与玫瑰天竺葵香膏深度滋养，令肌肤焕然一新，有如丝般润滑，再以穴位和淋巴引流按摩进一步改善您的面部肌肤。随后的紧致面膜与眼部护理更会为您带来绝不仅仅针对面部的复颜体验。

包括：ESPA 玫瑰舒缓面部护理 – 粉红玉石引流护理 – 眼部护理

水床尊享

120 分钟

该种疗法带给您放松的水疗体验 —— 先进行全身体刷去角质，接着包裹在温软浮动的水床上，植物精油、海泥或海藻的营养成分将充分吸收进深层肌肤，同时给您带来无重力的神奇体验。辅以头部、背部及腿部按摩，所有紧张压力都会悄然远去，让您倍感柔滑滋润，重焕身心活力。

包括：全身磨砂 – 裹肤 – 水床护理 – 身体按摩

S I G N A T U R E
T R E A T M E N T S

特 色 护 理

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

SKIN REVIVING ROSE FACIAL 60 minutes

The ultimate facial for restoring tone, calm and comfort to the skin. Specialized ESPA skin cleansing with a nourishing balm rich in Rose Damascene and Rose Geranium leaves skin silky smooth and is the perfect preparation for the pressure point and lymphatic drainage massage that follows. A firming mask and scalp massage complete this ‘so much more than just a facial’ experience. Includes: ESAP Calming Rose Facial – Scalp Massage

INTENSIVE AND AGE DEFYING

AGE-DEFIER FACIAL 60 minutes

A luxurious and regenerating facial for maturing skin to help minimize lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalize the skin, leaving your complexion toned, radiant and rejuvenated.

ESPA 面部护理

水疗中心面部护理采用 SkinVision™ 肌肤深度分析技术，帮您发现肉眼难以察觉的肌肤问题，为您提供精心细致的建议。水疗中心为您打造专属的面部护理，从清洁、去角质、薰蒸及去黑头到特别的手法按摩、面膜以及精华护理，一切针对您的独特肤质。此外，水疗中心精心挑选最贴合您个人需要的护肤产品，让您的肌肤提升至最佳状态。为了让肌肤持续焕发健康光彩，我们建议您每月做一次面部护理。

玫瑰水润面部护理 60 分钟

这种护理能让您的面部肌肤重新焕发光彩，使肌肤恢复舒爽与平静。进行专门的 ESPA 皮肤清洁后，辅以大马士革玫瑰与玫瑰天竺葵香膏深度滋养，令肌肤焕然一新，有如丝般润滑，再以穴位和淋巴引流与头部按摩更会为您带来绝不仅仅针对面部的复颜体验。包括：ESPA 玫瑰舒缓面部护理 – 头部按摩

深度抗衰护理

青春永驻面部护理 60 分钟

深度滋养熟龄肌肤，促进肌肤活力再生，有效消除眼部、颈部、嘴唇和下颌皱纹和细纹，抗击多重衰老迹象。该疗法采用独特的抗衰按摩手法，精选多款活肤驻颜产品，改善肌肤纹理，深度滋养与修复肌肤，令您的面部光滑润泽，重焕亮泽光彩。



SIGNATURE
TREATMENTS

特色护理

SKIN READIANCE FACIAL **60 minutes**

This revitalizing facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Moisturizer, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

DESEBSUTUZER FACIAL **60 minutes**

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. Desensitizing natural plant extracts and calming aroma therapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourish and comfortable.

SKIN-PURIGYING FACIAL **60 minutes**

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

REHYDRATOR FACIAL **60 minutes**

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturize and soothe the complexion. This rehydrating facial leaves skin feeling smooth and rejuvenated.

焕彩面部护理 **60 分钟**

该面部护理具有神奇的修复作用，能有效缓解肌肤疲劳，使肌肤看上去更加亮泽，光彩照人。该疗法特别采用 ESPA 焕彩亮肤霜，融入夏威夷芦荟与绣线菊植物精华，富含天然果酸和水杨酸，令肌肤光滑水嫩，淡化色素沉着，让您即刻散发水润光泽。

舒敏面部护理 **60 分钟**

专为敏感肤质设计，舒缓红斑和敏感度，让你的肌肤冰沁透彻，获得深层滋养。萃取甘菊和安息香的天然舒敏植物精华，融合冰霜芳香精油成分，轻柔洁肤，温润滋养，为娇嫩肌肤补充水分。该面部护理能有效舒缓敏感肌肤，令肌肤清爽滋润。

清爽面部护理 **60 分钟**

适合油性皮肤、痤疮性皮肤、问题肌肤以及受荷尔蒙失调问题困扰的肌肤。这种面部护理能深度清洁面部，调节油脂分泌，净化面部毛孔。该疗法采用茶树与白色百里香精油，萃取祛痘抗炎的天然植物精华，有效去除肌肤油脂，让您的肌肤舒缓惬意，另您的面容清爽匀致。

高效补水面部护理 **60 分钟**

针对缺水肌肤密集补充水分，还您肌肤原有的水润饱满。肌肤清洁并去除角质后能让您的肌肤有效吸收面部精华油的成分，汲取面膜修复营养，让水分渗透至肌肤深层。该疗法能有效补充肌肤水分，让您的肌肤重返光滑水嫩。



BIOLOGIQUE
RECHERCHE FACIALS
原液之谜面部护理

**OXYGENANT BIOSENSIBLE
TREATMENT**

75 minutes

This treatment will energize your skin and restore its glow by supplementing it with oxygen. The luxurious skincare mask has restoring, moisturizing, oxygenating and anti-oxidant effects that can return the healthy radiance to your skin. The treatment is suitable for all skin types, especially sensitive, stressed and tired skin.

**BALANCING
AND DETOXIFICATION SKIN CARE**

75 minutes

An effective skin care solution designed especially for those with skin water and oil imbalance and clogged pores. The plant extracts, yeasts, cucumber and hazelnut extract formula will cleanse your skin, regulate oil secretion and remove toxins so that your skin will feel cleaner, healthier and more radiant. Such skin care treatment is very effective for those with oily skin, large and clogged pores, acne issues and dull skin tone. The treatment is also one of the preferred choices for men.

注氧舒敏护理

75 分钟

该护理为面部皮肤补充氧份，使疲劳肌肤获得健康活力，焕发光彩。奢华的护肤面膜具有修复敏感、补水、补充氧份和抗氧化的作用，使您的肌肤在护理后恢复健康皮肤的光泽。该护理适合所有肌肤，尤其是敏感，压力性肌肤及疲劳，无活力人群。

净化排毒平衡护理

75 分钟

这是一款为皮肤水油不平衡，毛孔堵塞的肤质定制的护理方案。其植物精华液和酵母、黄瓜及榛子提取物帮助净化皮肤，调理油脂分泌，排除毒素，使您的肌肤显得更干净、健康有光泽。该护理尤其针对油性、毛孔粗大、堵塞、痘痘及暗黄皮肤有效好疗效，同时也是男士护理的最佳选择。



**BIOLOGIQUE
RECHERCHE FACIALS**

原液之谜面部护理

MOISTURISING SILK CARE **75 minutes**

Hydrating skin care treatment for dry skin. A special formula containing silk essence, colostrum essence, natural moisturising molecules and hyaluronic acid hydrates both the surface and deeper layers of your skin to resolve dry skin issues such as roughness, tightness, dry lines and dull skin. Your skin will feel smoother, more moisturised and more vibrant.

OCEAN MINERAL WHITENING AND FIRMING SKIN CARE **75 minutes**

A total skin care solution tailored for those with dull skin tones, large pores, rough skin, wrinkles and patches. Rich in minerals and nutrients, the nourishing face mask can exfoliate, whiten and tighten skin whilst closing large pores to instantly revitalise your skin and improve your skin tone.

OCEAN ESSENCE SKIN TIGHTENING AND REVITALIZING ANTI-AGING TREATMENT **120 minutes**

This treatment is a luxurious skin-tightening, anti-aging treatment that is suitable for all mature and aging skin types. The ocean essence with 80% collagen content will tighten the skin around your face and neck. It will moisturize the outer skin and improve the skin's water retention capacity to make the skin feel smooth and tight. The seaweed essence can remove wrinkles and make skin firm and tight. It also helps to prevent the formation of age spots.

蚕丝水润护理 **75 分钟**

该护理主要为缺水性肌肤而设计。其富含大量的蚕丝精华，初乳精华，天然保湿因子及透明质酸，可同时为皮肤表层及真皮层补水，快速解决因缺水而引起的干燥、粗糙、紧绷、干纹及无活力的皮肤问题，能够让您的肌肤彻底放松，舒展纹理，令皮肤细滑、水润、有活力。

海洋矿物亮白紧致护理 **75 分钟**

该护理是特别为肤色暗沉、毛孔粗大、角质粗糙、皱纹及色斑的肤质定制的综合性护理方案。其富含矿物质和营养成分的矿物面膜，集去角质、美白、收紧毛孔和紧致等多重功效，让您的肌肤宛若新生，瞬间提亮肤色、收缩毛孔，提升紧致面部轮廓，透亮肤色。

**海洋精华紧致面颈膜
细腻活肤抗衰老护理** **120 分钟**

该护理为奢华的紧致抗衰护理，适合所有成熟性及衰老性肌肤。富含 80% 胶原蛋白精华液的海洋精华紧致面颈膜，能够瞬间为皮肤角质层补充水分，改善肌肤的锁水功能，平滑及紧致肌肤。大量的海藻精华液可以充盈皮肤纹理，令肌肤饱满，紧致，抚平皱纹及细纹，雕塑脸型。帮助预防老年斑的出现。

ESPA MEN CARE
ESPA 男士护理

ESPA Men Facial and Body Care is tailored to be based on your skin condition and personal requirements to ensure optimal results.

BACK, FACE AND SCALP TREATMENT 90 minutes
120 minutes

Renowned as our 'Hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas-the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back Exfoliation and Back Massage
– Personalized Facial – Scalp Massage

MUSCLE REVIVER 60 minutes

A condensed massage for those who suffer with tension related headaches and neck strain. If you have little time to spare, this deeply soothing back and stress-releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

ESPA 男士面部和身体护理根据您的肤质，量身打造，每个护理环节均按照您的需求精心设计，为您带来效果出众的身体理疗效果。

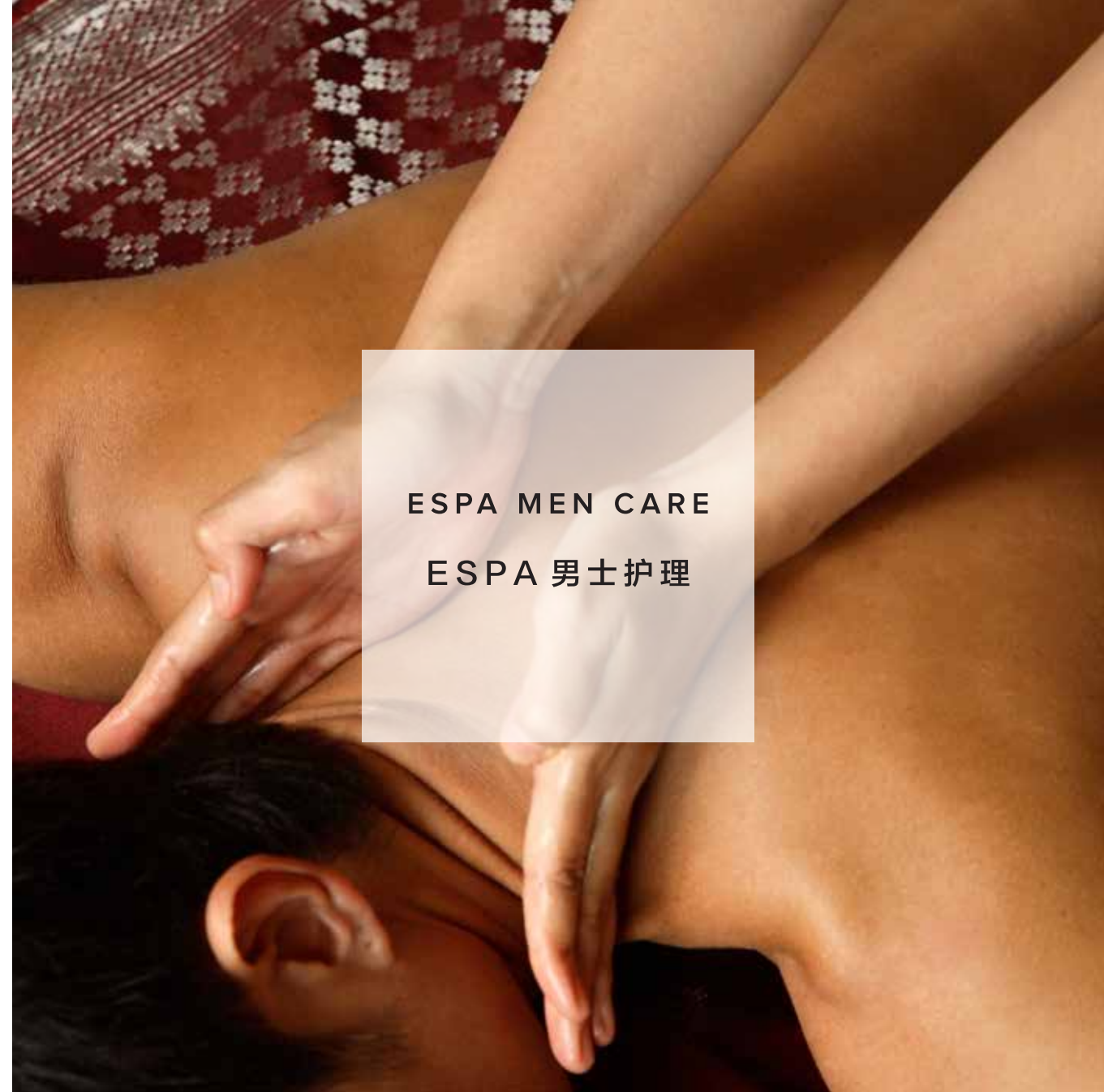
背部、面部、头部护理 90 分钟
120 分钟

该疗法是水疗中心的明星疗法，广受爱美人士的喜爱。该种 ESPA 疗法作用在背部，面部与头部三大部位上，带给您三重美肌的疗效，是您水疗体验的理想选择。

包括：背部磨砂按摩 - 个性化面部护理 - 头部按摩

肌肉舒缓护理 60 分钟

针对因肌肉紧张引起的头痛和颈部拉伤的深度护理。如果您的空闲时间少，可以选择这种护理，其提供的背部和头部按摩能够帮助您深度放松，释放压力，有效缓解肌肉紧张，让您活力焕发一整天、享受宁静睡眠一整晚。



ESPA MEN CARE

ESPA 男士护理

TUI'NA CHINESE MASSAGE

60 minutes
90 minutes

This traditional Chinese style massage is performed over comfortable loose fitting clothing (provided by the Spa) to restore physical and energetic balance. Combinations of pressure point, friction and stretching movements release and equalize the flow of Chi energy throughout the body achieving deep muscle relaxation and clarity of mind.

Includes: Body and Scalp Massage

DEEP MUSCLE MASSAGE

60 minutes
90 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialized techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

Includes: Specialized massage to specific areas of concern

中式推拿按摩

60 分钟
90 分钟

此传统中式推拿是在水疗特制的舒适床单下进行，让身体和精神重新恢复活力。结合按压穴位、摩擦、拉伸运作等多种手法，疏通经络，推行全身气血均衡流动，实现肌肉深度放松，让头脑更加清醒。

包括：身体和头部按摩

深度肌肉按摩

60 分钟
90 分钟

有效减轻深层肌肉紧张和压力。针对不同的酸痛部位采取专门技术，解决常见的身体不适问题，如颈项僵硬、背腰部疼痛、肩部肌肉酸痛紧绷。

包括：针对不同身体部位的专门化按摩



Choose from a wide selection of body care and massage options which are customised specifically for your needs. You will enjoy the most relaxing and revitalising experience.

AROMATHERAPY MASSAGE

60 minutes
90 minutes

Aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following:
Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energizer, Body Toner
Includes: Aromatherapy Massage to back, legs, arms, abdomen, neck / shoulder

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90 minutes

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Includes: Specialized massage to specific areas of concern

水疗中心为您提供多样的身体护理与按摩选择，特别设计贴合您个人需求的护理方案，让您在护理中获得身心合一的美好享受。

芳香按摩疗法

60 分钟
90 分钟

芳香按摩疗法采用专业手法，关注您的特定需求，精选多种植物精油。为您度身打造护理疗法，贴合您的特定需求。可选择：排毒养颜水疗、减压水疗、肌肉放松水疗、时差恢复水疗、加强免疫系统水疗、能量水疗、身体调整水疗。
包括：背部、腿部、手臂、腹部、肩颈

中式推拿按摩

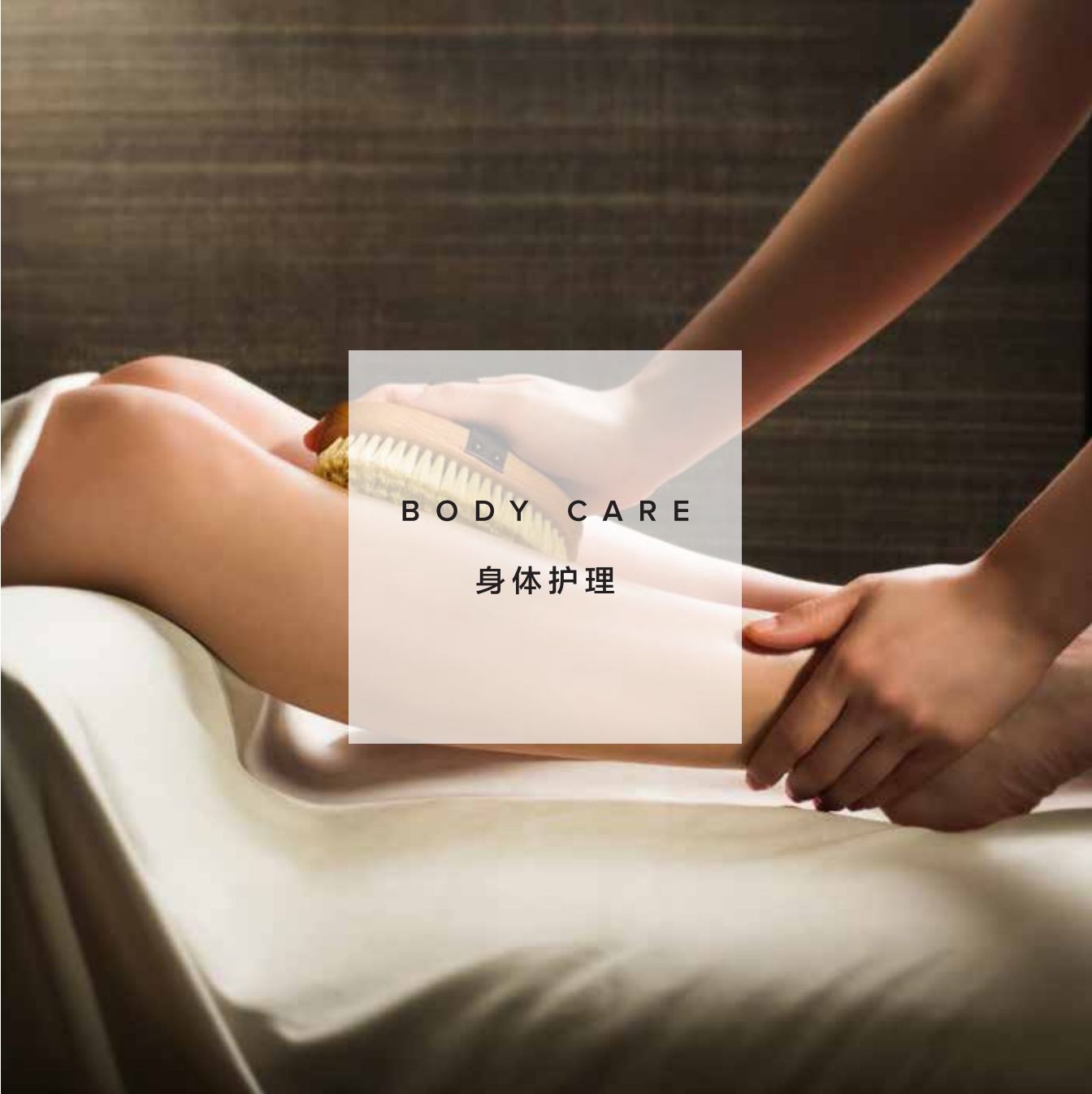
60 分钟
90 分钟

此传统中式推拿是在水疗特制的舒适床单下进行，让身体和精神重新恢复活力。结合按压穴位、摩擦、拉伸运作等多种手法，疏通经络，推行全身气血均衡流动，实现肌肉深度放松，让头脑更加清醒。
包括：身体和头部按摩

深度肌肉按摩

60 分钟
90 分钟

有效减轻深层肌肉紧张和压力。针对不同的酸痛部位采取专门技术，解决常见的身体不适问题，如颈项僵硬、背腰部疼痛、肩部肌肉酸痛紧绷。
包括：针对不同身体部位的专门化按摩



BALINESE MASSAGE **60 minutes**
90 minutes

This massage uses long, warming strokes to encourage complete calm and wellbeing. Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.
Includes: Balinese Massage to back, legs, arms, abdomen, neck / shoulder

SWEDISH MASSAGE **60 minutes**
90 minutes

A traditional full-body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.
Includes: Swedish Massage to back, legs, arms, abdomen, neck / shoulder

REFLEX ZONE CHINESE FOOT MASSAGE **50 minutes**

Traditional Chinese energy meridians are stimulated on the feet and lower leg to effect energetic balance and stimulate sluggish systems within the body. Excellent to boost energy levels and when feet and legs are tired from traveling – leaves you feeling like you’re walking on air.
Includes: Foot and Lower Leg Massage

巴厘岛按摩 **60 分钟**
90 分钟

在缓慢而温柔的轻抚按摩中彻底放松身心。将温热的芳香精油倾倒在身体中央，采取抚推和轻扫移动的手法使其渗入肌肤，深度放松身心。沉浸在舒适而宁静的按摩体验中，您的身体、精神和心灵都将得到彻底的放松。
包括：背部、腿部、手臂、腹部、颈部、肩部按摩

瑞典式按摩 **60 分钟**
90 分钟

通过强有力的按压全身，让您无限放松，缓解肌肉紧张。该疗法是初次接触按摩者的理想选择，有力的按压带来的刺激能够帮助缓解肌肉的疲惫和酸痛，让您放松身心、焕发活力。
包括：背部、腿部、手臂、腹部、颈部、肩部按摩

足部反射区按摩 **50 分钟**

通过中式传统按摩刺激足部和小腿经络，恢复提升能量，使疲惫的身体系统迸发活力。当腿脚因旅行疲惫不堪时，该疗法能够有效增强身体能量，让您仿佛在空中漫步。
包括：足部和小腿按摩



ESPA MATERNITY
ESPA 孕妇护理

**PRE AND POSTNATAL
TREATMENT**

50 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalize. A course of six treatments is recommended following the first trimester of pregnancy.

Includes: Back Exfoliation (if required) – Body/Scalp Massage – This treatment is tailored to your specific needs

产前与产后孕妇护理

50 分钟

该种疗法可深度滋养肌肤，按摩特定部位，有助于舒缓产中或产后紧张压力。轻柔舒缓去除背部角质，或直接进行舒缓身心的全身按摩，特别针对您的个人需求量身设计，关注特定部位，缓解肌肉酸痛，助您放松身心，重焕健康活力。建议您在孕期三个月后采用 6 次护理疗程。

包括：背部磨砂（ 可选 ）– 全身按摩或头部按摩
– 该疗法根据您的特定需求量身设计护理方案

SPECIAL PACKAGES

精选套餐



HOT STONE MASSAGE **90 minutes**

Using warm volcanic stones, the massage relaxes your tired muscles and gives them new life.

THAI HERBAL COMPRESS **90 minutes**
120 minutes

This powerful, balanced treatment begins with a rose petal welcoming ceremony, and is followed by acupressure with warm essential oil and herbal medicine. The warm herbal medicine can ease muscles and the massage can alleviate pressure. Includes: Thai Herbal Compress Massage to back, legs, arms, abdomen, neck/shoulder

MAGIC MOMENT **150 minutes**

Total skin care using totally natural essences. First, your skin is massaged using warm volcanic stones to relax your muscles. Then you will enjoy a series of luxurious skin care treatments which revitalise and restore your skin. The treatment is also very effective for those with oily skin, large and clogged pores, acne issues and dull skin tone, and is one of the preferred choices for men. It can instantly relax and smoothe your skin so that it feels bouncier and more youthful. The entire skin care treatment delivers the most relaxing and soothing experience. Package includes: Hot Stone Treatment – Biologique Recherche Face Care

热石按摩 **90 分钟**

用温热的火山石进行平衡深度按摩，能够减轻轻疲劳，放松肌肉，带来焕然一新的疗效。

泰式草药包按摩 **90 分钟**
120 分钟

这款精致的平衡护理开始于一个玫瑰花瓣足浴的欢迎仪式。紧接着用温热的精油和草药包进行指压按摩，这些温热的草药包放置在肌肉上帮助放松肌肉的紧张，配合手法的按摩来舒缓压力。包括：背部、腿部、手臂、腹部、肩颈按摩

魔力时刻 **150 分钟**

汲取自然之精华，浑然天成。首先，用温热的火山石进行平衡深度按摩，舒适的减压护理让您无限放松。紧接着您将享受一系列奢华的面部护理，该护理为面部皮肤补充氧份，使疲劳肌肤获得健康活力、焕发光彩。或者也可针对油性、毛孔粗大、堵塞、痘痘及暗黄皮肤有效果显著的疗效，同时也是男士护理的完美选择。或者快速解决因缺水而引起的干燥、粗糙、紧绷、干纹及无活力的皮肤问题，能够让您的肌肤彻底放松，舒展纹理，令皮肤细滑、水润、有活力。整个护理疗程，您将得到无与伦比的放松，让您无限惬意。包括：热石护理 – 法国原液之谜面部护理



INTENSIVE CARE

加强护理

If you are on a tight schedule, then the 25-minute ESPA rapid treatment will be your ideal choice as the perfect complement to other ESPA spa treatments.

SKIN BRUSH AND BODY POLISH 25 minutes

This exceptional skin softening body exfoliation combines the benefits of skin brushing to stimulate lymphatic circulation with an aloe and peppermint body scrub to leave your skin nourished, smooth and supple. Perfect as in preparation for an ESPA Massage.

BODY WRAPS **25 minutes**

The personalised full body wraps elevate your body temperature gently to ensure deep nourishment of your skin and promote nutrient absorption. The treatment also moisturises your skin.

LIFT AND FIRM EYE TREATMENT 25 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift and Firm Intensive Eye Serum.

如果行程匆忙，那么 25 分钟的 ESPA 快速护理将是您的理想选择，且可以作为其他 ESPA 水疗护理的完美补充。

身体刷及磨砂护理 25 分钟

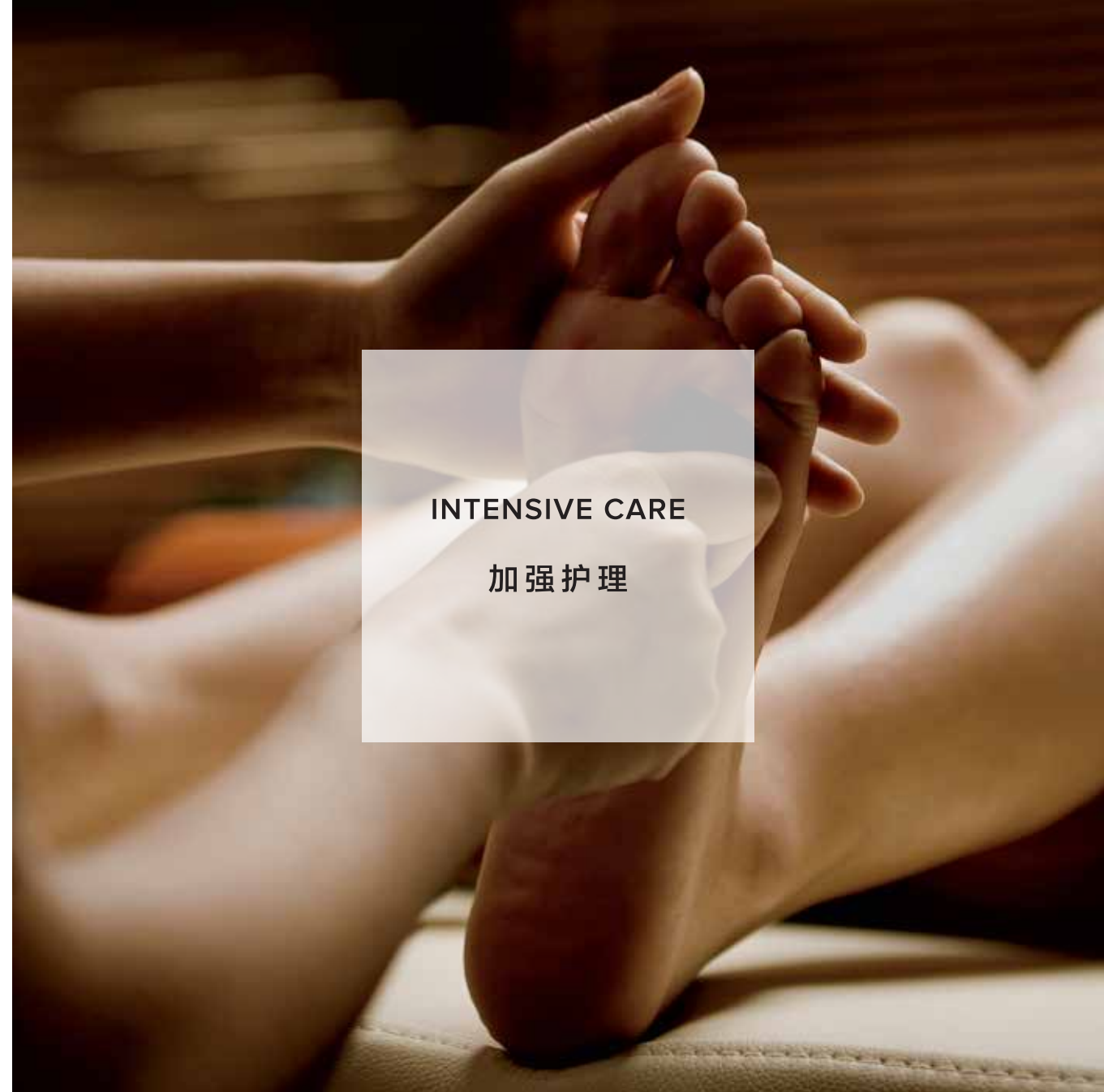
这种独特的柔肤身体护理通过轻刷肌肤，刺激淋巴循环，去除肌肤角质，辅以芦荟薄荷身体磨砂膏，令您的肌肤滋润、光滑而轻柔。该护理需与ESPA按摩配合进行，效果更佳。

身体裹肤 25 分钟

这种量身定制的全身裹敷护理能温和舒适地提升体温，深度滋养肌肤，促进营养成分吸收，让您倍感惬意。这种疗法能补充肌肤水分，每一寸肌肤都会得到不断滋润。

提拉紧致眼部护理 25 分钟

特为初步出现衰老症状的眼部肌肤设计，该疗法是延缓眼部娇嫩肌肤衰老的完美选择。该疗法能有效紧致眼部肌肤，深度补充水分，淡化眼部四周细纹，舒缓眼部疲劳以及长时间使用电脑引起的头疼。该疗法包括肌肤清洁、去角质和眼部按摩，及采用眼精华进行的提拉紧致眼部护理，可有效延缓眼部衰老。



INTENSIVE CARE

加强护理

**BACK, NECK
AND SHOULDER MASSAGE**

25 minutes

Targeting specific areas of discomfort, our masseuse will use different massage techniques and massage oils to relieve your sore and tired muscles and provide maximum relaxation.

NOURISHING SCALP CARE

25 minutes

The nourishing ESPA pink mineral hair mud can penetrate into your scalp to deliver nutrients so that your hair stays healthy and beautiful.

REVITALISING FOOT CARE

25 minutes

This revitalising care treatment will relax your tired feet and legs and relieve swelling, soreness and other discomforts. The treatment includes refreshing exfoliation and deep layer massage.

背部、颈部和肩部按摩

25 分钟

该按摩主要用于缓解各个部位的不适，借助合适的按摩手法和身体按摩油，满足您的需求，帮助缓解各种疼痛及不适。

滋润头皮护理

25 分钟

通过滋润 ESPA 矿物粉红发泥的渗透作用，彻底放松头部，使您拥有健康美丽的头发。

活力足部护理

25 分钟

该活力护理主要针对足部和腿部疲劳，可以减少浮肿，缓解各种不适和疼痛。整套护理包括清新去角质以及脚部和小腿的深层理疗按摩。

THE RITZ-CARLTON SPA
TIANJIN, CHINA

Spa



THE RITZ-CARLTON

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