

## SPECIAL PACKAGES 护理疗程精选

### Body Treatment Plus 身体护理附加疗程

Enjoy a Body Exfoliation or Body Mask for HK\$450 by purchasing any massage or facial treatment together.

惠顾任何按摩或面部护理疗程，可额外付港币450元享受身体磨砂或体膜护理。

### Massage + Facial 按摩 + 面部护理

Book any massage and facial and enjoy a 10% discount.

预订任何按摩及面部护理疗程，可获九折优惠。

10% Discount/九折优惠

### Three Treatments 三重奏疗程

Enjoy a 20% discount when purchasing any three different treatments together.

惠顾任何三种不同疗程，可获八折优惠。

20% Discount/八折优惠

At least 90 minutes prior notice is required for any treatment arrangement. Please press "2288" on your telephone to contact our Health Club staff for appointment.

如需享用任何疗程，请于至少90分钟前预约通知。请按「2288」致电健身中心预定服务。

50% of the treatment price will be charged if cancellation is made less than 90 minutes of the scheduled treatment time.

如在疗程预订时间前90分钟内取消服务，我们将收取50%的疗程费用。

When making your reservation, kindly advise us of any health conditions, allergies or injuries which could affect your treatment.

预订疗程时，请告知我们任何影响您享用疗程的健康状况、敏感或伤患事项。

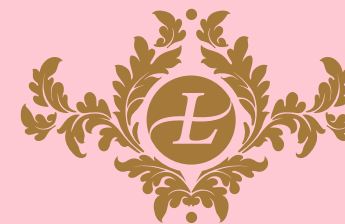
It is our wish to provide you with an environment of relaxation and tranquility. In view of this, the Health Club is a no mobile phone and smoke-free zone.

为了让您享受宁静舒适的环境，健身中心范围内请勿使用手提电话或吸烟。



#### Think Green, Print Green.

We print our brochures with recycled paper produced with controlled and recycled wood or fibre from certified forests advocating responsible management practices to stop the reckless destruction of the world's forests.



# TREATMENT

# MENU

# 疗程项目

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[hongkong.langhamhotels.com](http://hongkong.langhamhotels.com)

[hkg.health.club@langhamhotels.com](mailto:hkg.health.club@langhamhotels.com)

## MASSAGE TREATMENTS 按摩疗程

### Jet Lag Relief Eliminator 纾缓时差指压按摩

An intensive massage performed with essential oils to relax the body and invigorate the mind. This massage will certainly make any jetlag feel long gone.

配合精油深层按摩，释放身体劳累，焕发精神气色，把时差不适一扫而空。  
2 hrs小时/港币HK\$1,400

### Chinese Acupressure 中式指压按摩

This massage focuses on pressure points throughout the body, stimulating and releasing positive energy flow.

集中按压全身穴位，刺激经络运行，倍添活力。  
1 hr 小时/港币HK\$860 • 1.5 hrs小时/港币HK\$1,260 • 2 hrs小时/港币HK\$1,600

### Traditional Swedish Massage 传统瑞典式按摩

This traditional massage uses strong movements and long rhythmic strokes to target deep tension and promote full relaxation.

针对绷紧肌肉，随著缓慢的节奏按摩身体，让人松弛舒适。  
1 hr 小时/港币HK\$800 • 1.5 hrs小时/港币HK\$1,150 • 2 hrs小时/港币HK\$1,500

### Aroma Infused Massage 香薰油按摩

Relax with this light, gentle massage which uses an intoxicating blend of pure essential oils, known for their healing and soothing properties. 轻柔的手法结合悉心调配的精油，在香气四溢的环境之下身心放松，达至疗愈和舒缓的效果。

1 hr 小时/港币HK\$800 • 1.5 hrs小时/港币HK\$1,150 • 2 hrs小时/港币HK\$1,500

### Reflexology 穴位反射按摩

A therapeutic massage which uses acupressure. This is an ideal treatment for muscle tension release.

采用指压按摩方式，释放肌肉紧张状态，疗效显著。  
1 hr 小时/港币HK\$800 • 1.5 hrs小时/港币HK\$1,150 • 2 hrs小时/港币HK\$1,500

## DECLEOR

### Aromaceam Slim Massage 美体塑形按摩

The deep massage techniques of perfect slim effect, help the body find balance as well as help refine contours and smooth out fatty deposits.

精湛按摩技艺，完美塑形效果，帮助身体找回内在平衡，同时消除多余脂肪，尽显曼妙身姿。

1 hr 小时/港币HK\$960 • 1.5 hrs小时/港币HK\$1,350 • 2 hrs小时/港币HK\$1,720

## FACIAL TREATMENTS 面部护理疗程

## DECLEOR

### Aromatherapy 香薰油护理

Using natural aromatherapy products, this treatment will soothe and calm your skin.

采用天然香薰油产品，纾缓及平滑肌肤。

1 hr 小时/港币HK\$780

### Reset Regulator 调节护理

Leaves your skin clean and fresh with a radiant finish.

让皮肤洁净一新，回复健康光泽。

1.5 hrs小时/港币HK\$950

### Skin Rescue 急救修复护理

Rich in anti-oxidants, this treatment leaves the skin visibly hydrated and vibrant.

揉合丰富的抗氧化物，疗程后皮肤展现水润明亮。

1.5 hrs小时/港币HK\$950

## THALGO

### Rejuvenating Brightening Programme 净肌光彩疗程

This powerful facial is designed to provide an innovative anti-aging, brightening and rejuvenating effect to your skin. The treatment stimulates collagen, restores skin tone, luminosity and clarity. Suitable for all skin types and recommended for those wanting to improve their skin tone and pigmentation.

此美容疗程功效卓著、方法创新，有助抵御衰老，让您容光焕发、重现年轻肌肤。该疗法可刺激胶原蛋白生成，修复皮肤色泽、光洁度和透明感。适用于任何皮肤类型，极力推荐希望改善肤色的人士前来体验。

1.5 hrs小时/港币HK\$1,300

## WAXING TREATMENTS 脱毛疗程

Full Leg 大腿及小腿	40 mins分钟/港币HK\$490
Half Leg 大腿或小腿	30 mins分钟/港币HK\$320
Back 背部	30 mins分钟/港币HK\$450
Chest 胸部	30 mins分钟/港币HK\$450
Full Arm 全臂	30 mins分钟/港币HK\$350
Half Arm 半臂	20 mins分钟/港币HK\$280
Underarm 腋窝	30 mins分钟/港币HK\$200
Eyebrow shape / Lip / Chin 修改眉型/唇部/下巴	10 mins分钟/港币HK\$160
Bikini Line 比基尼三角位置	20 mins分钟/港币HK\$230
Full Bikini 比基尼全位	40 mins分钟/港币HK\$580
Full Leg and Bikini Line 大腿、小腿和比基尼三角位置	60 mins分钟/港币HK\$580
Full Leg and Full Bikini 大腿、小腿和比基尼全位	80 mins分钟/港币HK\$980

## BODY TREATMENTS 身体护理疗程

### Body Exfoliation 身体磨砂

Smooths away dead skin and refines skin texture.

清除肌肤的角质死皮，让肤质更柔滑细致。

45 mins分钟/港币HK\$580

### Body Mask 体膜护理

Moisturising, purifying and brightening for the skin.

补充肌肤水分，深层洁净肌肤，让皮肤亮丽光采。

45 mins分钟/港币HK\$690