

U R S P A

UR · 遥水疗

现代科技 · 古法养生

于喧嚣都市中心，寻一处修养身心的避世之所，
以焕然新生的水疗护理开启回归本真的平衡之旅。
这也是遥水疗的灵感初衷。

于贯穿酒店五层至七层的遥水疗，宾客可享设备
先进的 24 小时健身房、活动室、水疗室。遥水疗
将传统养生理念与现代芳香疗法艺术结合，精选
来自西班牙皇家品牌“悦碧施”，为宾客定制一系列以结果为导向的肌肤护理，“Lapidem”是源自
日本的健康护肤品牌，遵循自然养生之道，最大限度地唤醒肌肤原本的健康活力，来舒缓闹市中的
压力及紧张情绪，以达到身 · 心 · 灵的平衡，
旨在为宾客打造令人难忘的水疗体验。

璞瑄酒店精心打造一处修养身心的避世桃园，无
性别导向护理是遥水疗的精妙之处，只需跟随音
律和香氛的索引，释放本真的自己，由内而外享
受焕然新生的 SPA 之旅。



UR SPA

MODERN SCIENCE · ANCIENT HEALING

These are the core principles of UR SPA. Amidst the stress of an
occasionally overwhelming city, we have created a signature
story of integrated, result-driven wellness within an urban and
chic sanctuary of revitalisation.

Located across floors 5 and 7 of the hotel along with a 24-hour
state of the art Gym and Movement Studio, UR SPA, at its core,
is about tangible, genderless and result-driven treatments that
work around the guests’ schedule. Tailor-made treatments
using Natura Bissé, a Spanish royal skincare brand that craft a
series of outcome-focused skincare treatments, and organic
formulations by one of the industry-leading creators of
wellness products Lapidem Japan, follows the path of natural
wellness, effectively reviving the skin's inherent vitality. These
treatments are designed to alleviate the stresses and tensions
of city life, achieving harmony of body, mind, and spirit.

Gender-neutral beauty treatments complement the
intelligently designed therapeutic wellness choice. By simply
following the rhythm and fragrance cues, guests can liberate
their true selves and embark on an inner-to-outer journey of
renewal, relishing in the experience of a reborn spa journey.



面部护理

永乐驻颜

90分钟 | 1,980元

双重呵护给予肌肤全方位抗衰老护理，从基底重塑胶原蛋白的形成，结合 24K 金按摩棒重塑面部轮廓，瞬间逆转肌龄，丰盈肌肤，打造提升紧致的美肤传奇。

宁悦芳华

60分钟 | 1,680元

试享这款独家创新，卓效焕颜的面部护理，运用三种胶原蛋白为肌肤重塑饱满轮廓，增加肌肤密度。您可亲自见证这一美容呵护带来的速效改变：肌肤重现紧致、丰盈润泽，重获丝般柔滑质感。

御花水润

60分钟 | 1,580元

卓效缓解肌肤干燥缺水情况，深度滋润，唤醒肌肤胶原再生能量，增加肌肤弹性和光泽，焕现由内而外水润透亮之感。

净入乾清

60分钟 | 1,580元

从深层的清洁开始，温和卸去面部多余油脂及角质层，深度净透毛孔，使肌肤更加清透洁净，促进肌肤呼吸及营养汲取。

重华仪面

30分钟 | 980元

快速帮助清洁肌肤，缓解肌肤疲劳，唤醒肌肤能量，缓解肌肤干燥。

FACIAL TREATMENTS

YONGLE REJUVENATION

90 min. | 1,980

Dual nurturing provides your skin with all-encompassing anti-aging care, remodeling collagen formation from the basal layer, combined with a 24K gold massage wand to reshape facial contours, instantly reversing the signs of aging, enriching the skin, and creating a legendary tightening and beautifying experience.

THE 3D COLLAGEN SHOCK

60 min. | 1,680

Feel the power of this remodeling and firming treatment with three varieties of collagen that sculpts and defines your facial contour, improves skin density and preserves moisture. This innovative facial treatment will provide an outstanding lifting and re-densifying effect while revealing incredibly supple and plump skin.

ROYAL FLOWER HYDRATION

60 min. | 1,580

Deep moisturization awakens the regenerative energy of collagen in your skin, will reveal a youthful looking and powerfully hydrated complexion, improving elasticity, increasing luminosity and reducing fine lines and wrinkles.

PURIFYING CLEANSE

60 min. | 1,580

A deep cleansing treatment that gives an immediate luminous, smoothed and even appearance. It purifies and balances the skin, leaving it fresh and toned.

FACIAL REVITALIZING

30 min. | 980

A quick and efficient cleansing of the skin. Alleviate skin fatigue, awaken the skin's energy and relieve skin dryness.

身体精油按摩

遥乐安眠

60 / 90分钟 | 1,280 / 1,680元

在具有治愈效果的音浴中，专注于舒缓压力和调节心身平衡，通过对全身温柔流动的长推按摩，调整自律神经，带您进入深度睡眠的状态，予身心以宁静。

古韵唤醒

60 / 90分钟 | 1,280 / 1,680元

按照经络不变的节律，结合古法伸展进行按摩，促进身体净化的同时唤醒体内停滞的能量，释放积存的淤气，促进全身的气流畅通，达到深层放松，重拾身心轻盈。

原石赋能

90分钟 | 1,880元

选用芬兰卡累利阿天然滑石，100% 纯天然材料，具有极高的密度，极度耐寒耐热，结合遥水疗独创按摩手法，将舒适的温度传达体内深处，改善身体囤积的疲劳和寒性症状。

如境太极

60 / 90分钟 | 2,280 / 3,280元

由两位芳疗师同步为您服务的疗程，强有力的按摩手法促进体内血液循环，释放紧张的肌肉，让您在短时间内即可达到深度放松解乏的效果。

BODY OIL MASSAGE

REMOTE BLISSFUL SLEEP

60 / 90 min. | 1,280 / 1,680

Focus on soothing stress and adjusting the balance of mind and body while bathing in the healing sound. Through gentle and continuous full-body flowing strokes of massage, the autonomic nervous system is tuned, guiding you into a state of deep sleep, providing tranquility to both body and mind.

ANCIENT RESONANCE AWAKENING

60 / 90 min. | 1,280 / 1,680

Following the meridian circulation, combining ancient stretching techniques for massage to accelerate bodily purification. It will awaken stagnant energy within, release accumulated stagnation and facilitate unobstructed circulation of Qi throughout the entire body, achieving profound relaxation and rediscovering a lightness of body and mind.

HEATING HEALING

90 min. | 1,880

Utilizing natural Finnish Karelia soapstone, 100% pure natural materials with an extremely high density and exceptional cold and heat resistance. Combining URSPA's unique massage technique, this treatment will convey a comfortable temperature deep within the body, improving accumulated fatigue and symptoms related to cold sensitivity.

DEEP TISSUE MASSAGE

60 / 90 min. | 2,280 / 3,280

A treatment where two aromatherapists work in synchrony to serve you, employing powerful massage techniques to enhance internal blood circulation, release tense muscles, enabling you to achieve deep relaxation and fatigue relief in a short period of time.

传统理疗

虎符砭术

60 / 90分钟 | 1,380 / 1,680元

虎符刮痧运用传统中医理疗的专业手法，以中医经络、穴位为基础，调气为首，调动人体的气血运动。借助铜砭虎符刮痧板深层刮痧刮骨，能有效疏通人体能量，增加机体健康。

肩颈舒压

45分钟 | 880元

传统中式按摩通过双手运用按揉、拿捏、拉伸等技巧，刺激人体的经络、穴位和肌肉，达到疏通经络、推行气血和改善人体机能的疗效。

足部清风

45分钟 | 880元

磨砂浴盐帮助去除足部老化细胞，结合精油进行足部以及小腿的穴位和经络放松，促进循环，缓解腿足疲劳。

头疗养护

45分钟 | 880元

释放头部压力，放松神经，亦帮助平衡头皮脂分泌，改善毛囊的生长环境，呵护头皮并补充营养。更适合疗程后的妆发整理。

水疗费用以人民币计价，需另加收 16.6% 服务费

TRADITIONAL MASSAGE

HUFU

60 / 90 min. | 1,380 / 1,680

HuFu therapy uses the professional techniques of traditional Chinese medicine, based on the meridians and acupoints of the body. This sculpting therapy mobilises the movement of Qi and the body's circulation. With the help of the copper plate HuFu sculpting tool, deep bone sculpting can effectively dredge human energy, stimulating the body's self-healing powers.

SHOULDER AND NECK

45 min. | 880

An invigorating dry massage that draws on a combination of traditional Chinese techniques of acupressure, pinching, kneading with friction and gliding movements to dredge the meridians and improve the effect of human function.

FOOT RENEWAL

45 min. | 880

Exfoliating bath salts aid in the removal of aged cells from the feet, then massaging with essential oils to relax acupoints and meridians of the feet and lower legs. This promotes circulation and alleviates fatigue in the legs and feet.

HEAD REVITALIZING

45 min. | 880

Release tension in the head, relax the nerves, and help balance scalp sebum secretion. This treatment also improves the growth environment of hair follicles, nurturing the scalp and providing nourishment.

Rates are in RMB and subject to 16.6% surcharge.

UR之旅

愈 · 身

150分钟 | 2,980元

抛却繁忙，远离喧嚣，予以自己一场全身的疗愈之旅。UR 经典虎符疗法结合能量古石，帮助释放压力，排除湿燥，缓解紧张的情绪，补充身体能量，激活自身原本的活力。

养 · 心

120分钟 | 2,680元

在这闹市中的一片清静之所，身体和面部全方位的呵护与滋养，卸去一切疲惫感，补充肌肤与身心营养，真正的由心而觅，专注当下，感受芳疗师指尖的节奏，跟随芳香的索引，用心体会自己此时内心的祥和。

净 · 灵

100分钟 | 1,880元

从全身的深层清洁开始，采用独有的黑大理石热疗床进行去角质层护理，能否激活体内能量，深度净化身体，再配合全身肌肤放松按摩，由内焕发光彩，释放真我，净化心灵。

UR PACKAGES

BODY HEALING

150 min. | 2,980

Cast away busyness, distance yourself from the hustle and bustle, and embark on a holistic journey of self-healing. Experiencing HUFU and HEATING HEALING combo, aids in stress release, expels dampness, alleviates tension, replenishes body energy and activates your innate vitality.

HEART NURTURING

120 min. | 2,680

In this haven of tranquility amidst the bustling city, experience comprehensive care and nourishment for both body and face. Shed all feelings of weariness, replenish your skin and holistic well-being. Truly seek from within your heart, be present in the moment, feel the rhythm of the aromatherapist's fingertips, follow the scent's guidance, and genuinely embrace the serenity within your heart at this very moment.

SPIRIT PURIFYING

100 min. | 1,880

Starting with a deep cleansing of the entire body employing a unique black marble thermal bed for exfoliation, aiming to activate internal energy and deeply purify the body. Then choose a full-body relaxation massage to revitalize from within, radiating brilliance and releasing your true self, ultimately purifying the spirit.

附选项目

净澈焕彩

30分钟 | 680元

采用甘菊萃取物、荷荷巴油和乳木果油进行舒缓的去角质按摩，使肌肤得到深层净化，恢复柔嫩光滑，更能为下一步的护理做好准备。

润泽裹肤

30分钟 | 680元

富含维生素的抗氧化滋养护理产品将对全身肌肤进行调衡修复，深度滋养身体肌肤，补充肌肤所需营养及水分。

局部释然

30分钟 | 680元

更具针对性的局部选择项目，可选择腹部、肩颈、头部、腿部、手臂等任意不适部位，进行再深层次的加强放松。

明眸生辉

30分钟 | 680元

舒缓修护眼部护理，蕴含珍珠和黄金萃取物，瞬间修复疲劳双眸。

ADD-ONS

ACTIVE ESSENTIAL

30 min. | 680

A soothing exfoliating massage utilizing chamomile extract, jojoba oil and shea butter, will deeply purify the skin, restoring its softness and smoothness and be prefaced for the next steps of care.

RECOVER TOUCH

30 min. | 680

A deeply nourishing, multi-vitamin and antioxidant rich whole bodytreatment with reparative and protective benefits that absorbs easily for silky skin with a luminous glow.

LOCAL RELAXATION

30 min. | 680

This more targeted option allows you to choose specific areas such as the abdomen, shoulders, head, legs, arms, or any discomforted area for a deeper relaxation.

DIAMOND EYE BRIGHTENER

30 min. | 680

Soothing, repairing treatment that includes a powerful lifting and rejuvenating eye mask with pearl and gold extracts to revive even the most tired eyes.

遥水疗须知

- 请在您护理开始前至少 15 分钟到达水疗中心，以确保您的护理能准时开始。
- 遥水疗团队根据您的需求定制护理建议，为了给您推荐最合适的护理项目，请填写水疗中心咨询卡，并告知我们您目前的健康情况。
- 遥水疗为无烟区域，是一处让人心神平静的场所，请保持安静并妥善使用手机或照相设备，尊重其他客人的隐私。
- 请知悉，出于对下一位客人的尊重，若您推迟抵达水疗中心，可能会造成您的护理时间缩短。如需变更护理预约或取消预订，请您至少提前 4 小时告知我们，否则将会收取您全额的护理费用。
- 年满 16 周岁方可在遥水疗体验护理。为了您的健康，在饮酒的情况下我们将为您调整您的预约时间，感谢您的理解。
- 建议男士于面部护理前剃须，以确保最佳护理效果。
- 患有高血压、心脏病、过敏病症或其他并发症的客人，预约任何护理前，建议先咨询医生意见，并向水疗中心顾问说明目前的健康情况。
- 若您正处于孕期或哺乳期，并非适合所有的护理项目。遥水疗团队将会指导您选择最适合此特殊阶段的护理项目。

UR SPA ETIQUETTE

- Please arrive for your appointment 15 mintues prior to your treatment time to make sure your treatment can start on time.
- Our UR SPA team is on hand to advise you on the treatments most tailored to your needs. In order for us to make the most appropriate recommendations, please complete the spa consultation card and notify us of any existing medical conditions.
- UR SPA is a smoke-free zone and its environment is one of tranquility and relaxation. Please contribute to the serenity by speaking in soft tones and respect the privacy of other guests by refraining from use of devices such as mobile phones or cameras.
- We recommend that you leave your personal belongings in your room safe, but if you do bring or wear them to the spa, a safe box will be provided for you. Kindly note that the hotel does not accept responsibility for any loss or damage to belongings.
- Please understand that your late arrival may result in a reduction of treatment time as a courtesy to the next guest. We ask that guests provide a minimum of four hours’ notice for changes or cancellations, otherwise the full cost of the treatment will be incurred.
- We welcome all guests aged 16 and above. Please note guests who appear intoxicated will be denied access to the spa.
- Gentlemen are advised to shave prior to all facial treatments to ensure that optimum results are achieved.
- Guests with high blood pressure, heart conditions, allergies or other medical conditions are advised to consult a doctor before signing up for any treatments.
- Pregnant or nursing guests may not be suitable for all treatments, our UR SPA team will guide you in selecting the treatments and services most suitable for you during this special time.

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