

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 on Level 3 of the hotel along with a state-of-the-art Gym as well as wet areas and the hotel's signature pool, overlooking Jing'An Park, UR SPA, at its core is about tangible, genderless and result-driven treatments that work around our guests' schedules. Tailor-made treatments using bespoke and organic formulations from industry-leading creators of wellness products, COMFORT ZONE and VALMONT offer anything from express treatments to whole day rituals.

SIGNATURE EXPERIENCES

UR SPA SIGNATURE MASSAGE

60/90min.

Purposeful wringing, kneading, stretching and effleurage, combined with our signature blend of exclusive oils stimulate the circulation and promote deep relaxation of the muscles. Reflexology removes energy blockages, or prana, along the meridian lines, thus relieving tension and muscle stress, while boosting circulation.

WD. (Weekday) 1,080/1,520 | WE. (Weekend) 1,180/1,680

ANTI-CELLULITE BODY SHAPING & FIRMING TREATMENT 75min.

A highly effective therapy to smooth away cellulite, the result of an accumulation of water and toxins, this highly bespoke treatment harnesses the potency of aromatherapy grade essential oils to detoxify and stimulate the lymphatic system. The hormone balancing and diuretic properties of these luxury oils are combined with slimming and firming massage techniques that help regenerate collagen and elastin, producing visible results from the very first session. Blissfully pampering, this treatment also produces dramatically enhanced skin tone and texture.

WD. 1,200 | WE. 1,320

TRANQUILLITY™ PRO-SLEEP MASSAGE

90min.

An innovative massage, activating three different sensorial pathways for profound relaxation, nurturing sleep and jetlag recovery. The combination of a unique blend of essential oils, the bespoke Tranquillity™ Sound, Ayurvedic and Indonesian Sea Malay manualities applied with soft brushes, gently lead to achieving a quiet and peaceful state of mind and body.

WD. 1,520 | WE. 1,680

UR SPA SIGNATURE FACIAL – Personalised Facial

60min.

Purify, hydrate, rejuvenate, nourish and anti-oxidise with this radiance-restoring facial, tailored to your individual needs and skin types.

WD. 1,080 | WE. 1,180

DEEP TISSUE ANTI-AGING FACIAL

75min.

This is a deep tissue anti-aging (V shaping) facial treatment, which not only works on the skin, but importantly also on the facial muscles. Stimulated correctly, the energy produced intensifies the muscle's micro circulation, resulting in optimum oxygenation and increased flow of nutrients. Better nourished and hydrated, the muscles regain their natural properties of elasticity, stretch and tone. The skin's fibroblasts produce more collagen and elastin. Suppleness and firmness are regained, wrinkles diminish and a radiant complexion is restored.

WD. 1,280 | WE. 1,400

UPGRADE TREATMENT (Applied during Face Mask resting time)

LIP SOFTENING & SMOOTHING TREATMENT

15min.

Repairs the lips, restores moisture, relieves dryness and allergy symptoms.

WD. 380 | WE. 460

SPA JOURNEYS

Escape the limits of space and time with these carefully curated journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your specific needs and supreme well-being in mind.

DIAMOND CARE – ANTI-OXIDANT & BRIGHTENING 120min.
Diamond Body Scrub & UR SPA Signature Facial
WD. 1,760 | WE. 1,960

THE ENERGETIC EDGE – BOOSTING & REFRESHING 120min.
Roselle Body Mask & Anti-cellulite Body Shaping and Firming
WD. 1,760 | WE. 1,960

PRO-SLEEP TREATMENT – TRANQUILLITY™ 120min.
TRANQUILLITY™ PRO-BATH & PRO-SLEEP MASSAGE
WD. 1,760 | WE. 1,960

MASSAGES

AROMATIC MASSAGE 60/90min.
Blending the best of aromatherapy and a Swedish massage, this is the perfect remedy for jetlag. Choose from specially blended essential oils and surrender to our therapist's touch as your mind eases into a state of utter calm and rejuvenation.
WD. 1,080/1,520 | WE. 1,180/1,680

DEEP TISSUE MASSAGE 60/90min.
Employing classic Swedish massage techniques, this therapy works deep into the muscle tissue, stretching and releasing tension in the fascia and represents the treatment of choice for those desiring to improve flexibility, prevent injury and accelerating the healing process of sore or pulled muscles.
WD. 1,080/1,520 | WE. 1,180/1,680

TRADITIONAL CHINESE MASSAGE 60/90min.
By applying a combination of the ancient Chinese massage techniques of Tui (pushing), Na (pulling and dragging), An (rapid rhythmic pressure), Pai (tapping), Cha (rubbing), Zhen (vibrating), Bo (vertical pressure), and Dian Xue (acupressure), the flow of energy through the meridians is restored, muscles are relaxed and fatigue dissipates.
WD. 980/1,380 | WE. 1,080/1,520

ORIENTAL FOOT MASSAGE 60min.
In this age-old therapy, pressure is applied with the thumbs and fingers to specific zones on the feet that link to our internal organs to induce relief from stress and tension. A dynamic blend of stimulation and relaxation, the result fosters overall well-being.
WD. 880 | WE. 960

ORIENTAL HEAD MASSAGE

60min.

Clear your mind as tension is gradually released by massaging meridian points on the scalp, shoulders and neck, thereby offering instant relief to headache sufferers, office executives or those that expend a lot of mental energy.

WD. 880 | WE. 960

EXFOLIATIONS

DIAMOND BODY SCRUB

60min.

Enhancing anti-oxidative stress performance with soothing and calming scent of floral-woody notes from Jasmine, Sandalwood and Agarwood Essential Oils, the luminous satin-smooth result appears after just one treatment. Purified flawless skin, radiates youthful aura with a soft and supple touch.

WD. 880 | WE. 960

LINGZHI SHIITAKE BODY SCRUB

60min.

Very easy to penetrate and absorbed without feeling greasy. Apricot Kernel scrub is a natural and non-abrasive exfoliate for the skin. Aroma blend of Lavender, Bergamot and Chamomile is relaxing and soothing to the senses while the essential oils are beneficial to cell regrowth and complements the immune boosting properties of the active ingredients.

WD. 880 | WE. 960

ENVELOPMENTS

GOLDEN BODY MASK

60min.

While Sugar Cane provides ample hydration, the Gold Leaf acts as a youthful guardian to prevent aging-spots formation. This precious concoction fortifies with a brightening and skin tone smoothing performance, complemented by the soothing and calming scent of floral-woody notes from Jasmine, Sandalwood and Agarwood Essential Oils. A luminous satin-smooth result appears after just one treatment. The flawless and evened skin tone radiates a youthful aura with a soft and supple touch.

WD. 880 | WE. 960

ROSELLE BODY MASK

60min.

Specially formulated for dry skin with red clay for detoxifying and circulation boosting. Roselle herb is rich in alpha hydroxy acid (AHA) which is a natural skin exfoliator to remove dead skin cells, results in softer and smoother skin tone and texture. Natural plant oils of Jojoba, Sweet Almond, and Safflower nourish and balance the skin moisture after treatment. An excellent detoxifying treatment to promote lymphatic circulation, weight loss and hormone balance.

WD. 880 | WE. 960

SKIN FITNESS FACIALS

DISCOVERY TREATMENT

90min.

Dry Skin

An express treatment, which immediately boosts beauty, smoothen the features and refreshes the complexion.

WD. 1,520 | WE. 1,680

BRIGHTNESS OF ICE

90min.

Dull Skin

With this exclusive and bespoke treatment, Valmont offers the finest solution to gently awaken the complexion's glow and even hue and enhances skin texture, while ensuring a comprehensive anti-aging effect. It gives the skin back its youthful and radiant appearance, offers an intense brightening effect and restores the skin's original glow.

WD. 1,520 | WE. 1,680

PEAKS OF PURITY

90min.

Combination Skin

This rebalancing treatment softly cleans and purifies the skin, provides immediate freshness and a taut and matte finish to the complexion.

WD. 1,520 | WE. 1,680

PEAKS OF FIRMNESS

90min.

Mature Skin

This treatment helps stimulate the synthesis of collagens and the anchoring of proteins, smoothen even the deepest wrinkles and restores the skin's elasticity. Skin structures are strengthened, becoming visibly firmer, while the contours of the face and eyes are redrawn.

WD. 1,520 | WE. 1,680

TREATMENT ENHANCEMENT*

EYE REGENERATING TREATMENT

30min.

This treatment strengthens the firmness of the skin tissues around the eye area, the dermis is re-plumped and the skin regains its density. Thanks to a decongesting massage of the eye contour, the eyes recover their sparkle and youth.

WD. 580 | WE. 660

TREATMENT ENHANCEMENT*

REGENERATING MASK TREATMENT

60min.

Boost cell metabolism, improve elasticity, smoothen skin and even skin tone. Using a mask formulated with pure and native collagen for a biological "face lift" effect, this mask is an ideal supplement to any facial.

WD. 1,080 | WE. 1,180

* Not valid with promotions or discounts.

EXPRESS TREATMENT*

ACTIVE PURENESS EXPRESS

45min.

An express, purifying and rebalancing treatment for impure and oily skins. The mask, rich in green and white clays, which counteract the excessive production of sebum, giving the skin a clear and matte appearance.

WD. 980 | WE. 1,080

HYDRAMEMORY COMPLETE EXPRESS

45min.

A deeply hydrating express treatment for face, neck and décolleté. Leaves the skin hydrated and silky. Restores tautness and luminosity.

WD. 980 | WE. 1,080

STRESS RELIEF BACK MASSAGE

30min.

A tailored back massage using slow and even strokes, working intensely on the deeper layers of muscle tissue. Targeted movements on your specific areas of concern will help strained or sore muscles expel toxins, allowing hard-working muscles to relax. The finale is a shoulder, neck and scalp massage which soothes and renews these commonly-stressed and tense areas of the body.

WD. 880 | WE. 980

TRANQUILLITY™ PRO-BATH

30min.

A precious sensorial synergy of delicate textures and aromacological scents that deeply relax the body and mind. This treatment bestows a pleasant sensation of well-being, relaxation of tight muscles, improved circulation, profound hydration and tone. It is the best remedy for people with hectic and stressful lifestyles.

WD. 580 | WE. 680

* Not valid with promotions or discounts.

HIGH TECHNOLOGY MEETS TRADITIONAL NATURAL THERAPY*

BODY FIRING & LIFTING TREATMENT

60min.

- Waist and Abdomen Firming Therapy
- Butterfly Sleeves Firming Therapy
- Hip and Thigh Contour and Firming Therapy

Treatment Benefits: Improve body shape. Reduce body size. Reduce body fat.

WD. 2,280 | WE. 2,580

A BACKBONE TALE

60min.

This treatment is ideal for relaxation and for the relief of back pain and stiffness based on the "No blockage, no pain" principle. Also ideal for solving scoliosis problems, common in environments of prolonged seating or computer usage.

Treatment Benefits: Relax and remove pain. Straighten back - Correction of scoliosis. Cure insomnia.

WD. 2,280 | WE. 2,580

STOMACH PROBLEMS

60min.

Oriental medicine maintains that the Qi and the blood in the human body are influenced by the spleen and the stomach. If the two organs are functioning normally, the human body gains and exchanges timely amounts of nutrients, resulting in well-being. If however either of the two are adversely affected, the risk of obesity increases in the long term or one may become gaunt and lacking in Qi and blood.

Treatment Benefits: Reduce the volume of the abdomen. Lose abdomen fat. Shrink the waistline. Solve stomach problems. Reduce flatulence. Overcome constipation(detox). Regularise bowel movements.

WD. 2,280 | WE. 2,580

ANTI-POLLUTION PLAYS

60min.

The lungs are the first layer of the body's protective screen and crucial in fighting harmful environmental and other adverse effects. This treatment combines acupuncture techniques with the Venus Concept Physiotherapy for a metabolism treatment to increase Qi and blood, resulting in healthier and more resilient lungs.

Treatment Benefits: Feeling refreshed and healthier. Feeling light and full of energy. Looking younger.

WD. 2,280 | WE. 2,580

EYE ON EYE

60min.

Bright and Relaxed Eyes

Our precious eyes enable us to see and perform our daily activities. When our eyes are tired, we look dull and lifeless. Therefore, it is critical to take good care of our eyes.

Treatment Benefits: Brighter eyes. More relaxed eyes - relaxation in the eye area. Clearer eyesight.

WD. 2,280 | WE. 2,580

LOOKING YOUNG FOREVER

90min.

Face and neck therapy

Improve Qi and blood circulation in the face and neck regions and speed up meridian circulation and synergy. Freshen up the face and brighten the eyes. Tighten the facial skin and the skin around the eyes. Promote the functioning of the lymphatic system on the neck.

Treatment Benefits: Skin tightening. Collagen improvement of facial skin. Tapered face. Reduced wrinkles. Face brightening and fresh face. Improved hearing.

WD. 3,200 | WE. 3,500

* Not valid with promotions or discounts.

ETIQUETTE

- Please arrive for your appointment 15 minutes prior to your treatment time.
- Our spa manager and spa consultants are available to advise you on which treatments best suit your needs. In order for us to make the most appropriate recommendations, please complete the spa consultation card.
- Please note that the spa is unsuitable for small children and babies as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend leaving your personal belongings in your room safe, but if you happen to bring or wear them to the spa, a safe box will be provided for you. Kindly note that The PuLi Hotel does not accept responsibility for any loss or damage to belongings.
- Should you arrive late for your appointment, the treatment time may have to be reduced depending on availability. Every effort will be made to provide you with the full treatment time. We appreciate your understanding.
- Pregnant women and nursing mothers are not suitable for massage. A guest who uses alcohol or appearing intoxicated will be denied access to the spa.
- For men – please shave prior to all facial treatments to ensure that optimum results are achieved.
- If you would like to cancel your appointment, please do so at least 4 hours prior to the treatment, otherwise a 100% charge will be incurred.
- The spa environment is one of tranquility and relaxation. Please respect the peacefulness and privacy of other spa guests. Kindly refrain from smoking or using your mobile phone when you are in or near the spa. Thank you.
- Guests with high blood pressure, heart conditions, allergies or other medical complications are advised to consult a doctor before signing up for any treatments. Please notify our spa consultants of any existing medical conditions.

Weekday (WD.) Pricing: Monday to Friday

Weekend (WE.) Pricing: Saturday to Sunday and Public Holidays

Rates are in RMB and subject to 10% service charge and applicable prevailing Value Added Tax (VAT).

UR SPA

Level 3, The PuLi Hotel and Spa
1 ChangDe Road, JingAn District, Shanghai 200040 China

遥水疗 中国上海市静安区常德路1号 璞麗酒店3楼

T +86 21 3203 9999 ext. 6899

urspa@thepuli.com

www.thepuli.com