

# 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 revitalization.

Located on Level 3 overlooking Jing'An Park, with a state-of-the-art gym, wet areas and the hotel's signature pool, 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, AD VITAM and VALMONT offers express treatments and whole day rituals.

# VALMONT TREATMENTS

VALMONT is an established Swiss cellular cosmetic brand dedicated to health and wellness, renowned for its exceptional moisturizing, anti-oxidant and energizing properties as well as its amazing cellular regeneration capabilities. The DNA, a major ingredient in Valmont products, is recognized for excellence in anti-aging skincare and beauty resulting in overall balance, health, and vitality.

## 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.

**RMB 1,280 / 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.

**RMB 1,580**

### 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™ music, Ayurvedic and Indonesian Sea Malay manualities massage applied with soft brushes, gently lead to achieving a quiet and peaceful state of mind and body.

**RMB 1,680**

## SIGNATURE EXPERIENCES

---

### UR SPA SIGNATURE FACIAL - Personalized Facial

**60min.**

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

**RMB 1,280**

### 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.

**RMB 1,580**

## TREATMENT ENHANCEMENTS ( Applied during Face Mask resting time )\*

**LIP SOFTENING & SMOOTHING TREATMENT** **15min.**  
Repairs the lips, restores moisture, relieves dryness and allergy symptoms.  
**RMB 460**

**MOXIBUSTION TREATMENTS** **30min.**  
Choose Moxibustion Spot Treatments:  
**Shoulder and neck / lower back / navel**

With the aid of Asiatic wormwood, moxibustion is able to unblock stagnant Qi in the body's energy channels, balance Yin and Yang, promote blood circulation, relieve pain, remove excess toxins and boost your metabolism. A natural choice to maintain optimum health. UR SPA ritual marries tradition and innovation by using a highly effective and safe machine lamp for the moxibustion treatment. In this modern method the cover is placed on specific areas of the body that each client wishes to focus on.

**RMB 680**

## 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  
**RMB 2,080**

**THE ENERGETIC EDGE – BOOSTING & REFRESHING** **120min.**  
Roselle Body Mask & Anti-cellulite Body Shaping and Firming  
**RMB 2,080**

**PRO-SLEEP TREATMENT – TRANQUILLITY™** **120min.**  
TRANQUILLITY™ PRO-BATH & PRO-SLEEP MASSAGE  
**RMB 2,080**

## 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.  
**RMB 1,280 / 1,680**

\*Not valid with any other promotions or discounts.

### **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.

**RMB 1,280 / 1, 680**

### **LYMPHATIC DETOXIFICATION TREATMENT**

**60 / 90min.**

Kick-start your metabolic rate by stimulating the circulation of your lymphatic system. Eliminate accumulated toxins from your body and strengthen your immunity.

**RMB 1,280 / 1, 680**

### **GREEN DREDGING TREATMENT**

**60 / 90min.**

Clearing the lymphatic system to soften the mammary glands enhances muscle function of the breasts. Prevents blockage of tissues and promotes beauty.

**RMB 1,580 / 1, 880**

**For ladies only**

### **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.

**RMB 1,080**

### **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.

**RMB 1,080**

## **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.

**RMB 1,080**

### LINGZHI SHIITAKE BODY SCRUB

60min.

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.

**RMB 1,080**

## ENVELOPMENTS

---

### GOLDEN BODY MASK

60min.

While Sugar Cane provides ample hydration, the Gold Leaf acts as a youthful guardian to prevent the formation of aging spots. 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.

**RMB 1,080**

### 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, resulting 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.

**RMB 1,080**

## SKIN FITNESS FACIALS

---

### DISCOVERY TREATMENT

90min.

#### Any Skin

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

**RMB 1,820**

### HYDRATING TREATMENT

90min.

#### Dry Skin

ASuitable for dry line and parched skin, particularly as aftermath treatment for problem-prone skin. This treatment can effectively relieve cellular aging, sensitive and rough skin caused by dry air. This treatment comfortably and gentle massages the skin, to soften and activate its natural re-hydration.

**RMB 1,820**

\*Not valid with any other promotions or discounts.

## **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.

**RMB 1,820**

## **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.

**RMB 1,820**

## **PEAKS OF FIRMNESS**

**90min.**

### **Mature Skin**

This treatment helps stimulate the synthesis of collagens and the anchoring of proteins, smoothens 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.

**RMB 1,820**

## **L'ELIXIR DES GLACIERS - Royal Majestic treatment**

**100min.**

### **Any Skin**

Beauty is restored in a refined and complete facial that treats the face and the décolleté, delivering a blissful experience. Enjoy a soothing hand treatment with VALMONT Masque Majestueux. Conclude your treatment feeling nourished and rejuvenated.

**RMB 4,990**

## **GUIAO GOLD TREATMENT**

**100min.**

### **Any Skin**

VALMONT's exceptional L'Elixir des Glaciers is the ultimate skincare ritual executed with delicate, light-as-butterfly strokes resulting in long lasting anti-aging results. The richness of the formula, with ingredients derived from the most natural and purest resources of Switzerland, restores cell vitality.

**RMB 6,180**

## **TREATMENT ENHANCEMENT \***

### **EYE REGENERATING TREATMENT**

**30min.**

This treatment strengthens the firmness of the skin tissue 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.

**RMB 660**

\*Not valid with any other promotions or discounts.

## 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.

RMB 1,280

## EXPRESS TREATMENT \*

---

### ULTIMATE EXPRESS FACIAL

45min.

A deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals is also performed to rebalance the skin, leaving it bright, supple and refreshed.

RMB 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.

RMB 980

## HIGH TECHNOLOGY MEETS TRADITIONAL NATURAL THERAPY

---

### BODY FIRING & LIFTING TREATMENT

60min.

Multi-level radio frequency and magnetic pulse technology of VENUS CONCEPT are used in the treatment on the waist and abdomen. Through heat energy, this contouring and firming therapy accelerates blood circulation, resulting in lifting and firming of the body.

RMB 2,580

### A BACKBONE TALE

60min.

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

RMB 2,080



### **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 metabolic 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.

**RMB 2,080**

### **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.

**RMB 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.

**RMB 3,380**

## 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.
- Massage treatments are not suitable for pregnant women and nursing mothers.
- 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.

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

### UR SPA 滢水疗

Level 3, The PuLi Hotel and Spa | 璞麗酒店3楼  
+86 21 32039999 ext.分机 6899  
urspa@thepuli.com www.thepuli.com