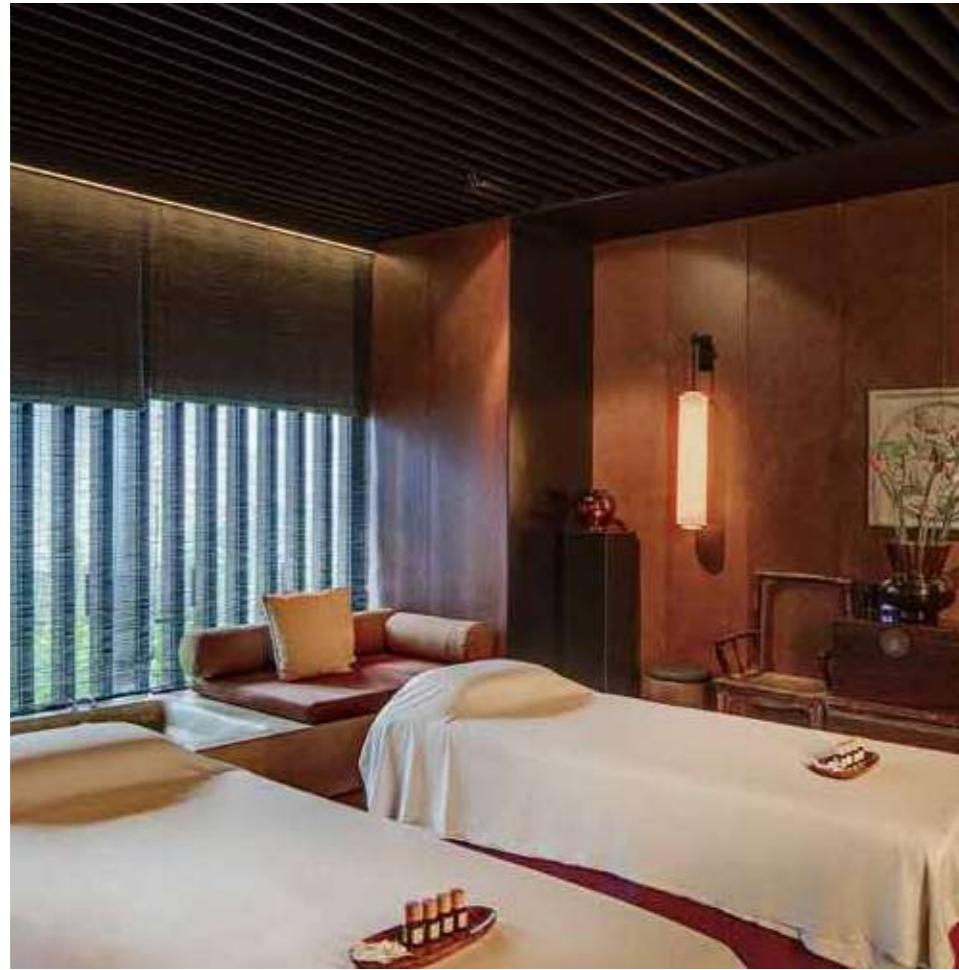


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璞麗水疗

现代科技 · 古法护理

于喧嚣市中心，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。这也是璞水疗的灵感初衷。

于酒店三层的璞麗水疗，宾客可俯瞰静安公园翠绿美景，同时可享设备先进的健身房、按摩浴池及泳池等设施。为宾客定制一系列以结果为导向的水疗护理，从快速舒缓的精致护理到全天深度放松的平衡之旅，旨在为宾客打造令人难忘的水疗体验。

THE PULI SPA

MODERN SCIENCE. ANCIENT HEALING

These are the core principles of The PuLi 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 the 3rd floor 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, The PuLi 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, offering anything from express treatments to whole day rituals.



SIGNATURE EXPERIENCES

标志体验护理

璞丽水疗 标志按摩

60 / 90 分钟

一种揉合了多种不同风格及技巧的按摩新体验，包括中式经络穴位法、日式指压法、泰式伸展法以及瑞典式敲打法，帮助疲惫的身躯得到放松，肌肉得到有效的舒解。反射疗法是贯穿整个按摩的主轴，以达致提升能量、舒缓紧张、加快体循环及减压的效果。

人民币 1,380 / 1,960 元

THE PULI SPA SIGNATURE MASSAGE

60 / 90 min.

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 1,380 / 1,960

璞丽水疗 标志面部护理 – 定制面部护理

60 分钟

这款可根据您的个人需求及肤质调整的焕肤面部护理有净洁、保湿、修复、滋养及抗氧化的功效。

人民币 1,380 元

THE PULI SPA SIGNATURE FACIAL - PERSONALIZED FACIAL

60 min.

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

RMB 1,380



SPA JOURNEYS 水疗旅程

钻皙护理 – 滋养与亮白

晶熠钻皙身体磨砂和UR标志面部护理

人民币 2,660 元

120 分钟

DIAMOND CARE – ANTI-OXIDANT & BRIGHTENING

Diamond Body Scrub & UR SPA Signature Facial

RMB 2,660

120 min.

能量护理 – 提升与焕然

洛神花身体裹肤和全身按摩

人民币 2,660 元

120 分钟

THE ENERGETIC EDGE – BOOSTING & REFRESHING

Roselle Body Mask & Anti-cellulite Body and Firming

RMB 2,660

120 min.

MASSAGES

按摩护理

芳香按摩

此款按摩将芳香疗法和瑞典式按摩相结合，是缓解长途旅行所带来的不适的理想选择。我们精选了多种芳香按摩精油供您挑选，美疗师将通过其按摩技艺让您体会到放松与平衡的意义。

人民币 1,380 / 1,960 元

AROMATIC MASSAGE

60 / 90 分钟

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 1,380 / 1,960

运动按摩

60 / 90 分钟

运用瑞典式按摩五种手法里的三种，深层而有力的在肌肉上进行按压，帮助肌肉舒展、放松，恢复灵敏度。运动按摩还可加快血液循环的速度，把导致酸痛感觉的乳酸带走，同时增加肌肉的柔软度，防止受伤，亦可使受伤的肌肉加速恢复。

人民币 1,380 / 1,960 元

DEEP TISSUE MASSAGE

60 / 90 min.

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 1,380 / 1,960

东方足部反射按摩

60 分钟

这是一种非常古老的疗法，人体的脚掌可以反射体内各个器官，美疗师用拇指和手指在脚掌不同的反射区进行适当按压，仿佛同时在刺激我们的内部器官，帮助身体正常运作，帮助免疫力恢复。

人民币 1,280 元

ORIENTAL FOOT MASSAGE

60 min.

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 1,280

东方头部按摩

60 分钟

这是一款作用于头部和肩部经络及穴位的按摩，她能帮助您舒缓紧张感，让大脑得以休息，并可帮助缓解头痛，适用于用脑过度和工作紧张的人群。

人民币 1,280 元

ORIENTAL HEAD MASSAGE

60 min.

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 1,280

灸法

30 分钟

局部艾灸护理 (可在肩颈 / 腰部 / 脐部中任选一项)

人民币 780 元

MOXIBUSTION TREATMENTS

30 min.

Choose Moxibustion Spot Treatments: Shoulder and neck / lower back / navel

RMB 780



VALMONT TREATMENTS 法儿曼护理

娇柔美肤护理 / 任何肌肤

快速护理，瞬速改善肌肤状况，恢复细腻质感，提亮面部肤色。

人民币 1,960 元

90 分钟

DISCOVERY TREATMENT / Any Skin

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

RMB 1,960

90 min.

水润补湿护理 / 干性肌肤

适用于任何肤质，特别是干燥缺水的易敏感肌肤。肌肤水脂膜为皮肤建造一道稳固的健康屏障；提升肌肤的储水量，使肌肤水润丰盈，饱满弹嫩。

人民币 1,960 元

90 分钟

HYDRATING TREATMENT / Dry Skin

A treatment suitable for dry line and parched skin, particularly as aftermath treatment for problem-prone skin. This treatment can effectively 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 1,960

90 min.

臻白匀亮护理 / 暗沉肌肤

这款护理以细致温和的护理唤醒肌肤，重焕肌底光亮透白、均匀健康肤质。适合有不同色素沉淀烦恼的女士，深层美白修护，重焕透亮光感而白净的肌肤，仿如冰粒般晶莹透亮。

人民币 1,960 元

BRIGHTNESS OF ICE / 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 1,960

90 分钟**瑰傲鎏金护理 / 任何肌肤**

以“法儿曼”(VALMONT)专研的高端技术，提取珍稀的雄性鲟鱼,成就矜贵的护肤成分 - 鲟鱼DNA, 配合源自深海矿物的鎏金生肌复合元素带来一系列奢华护理，深层养育调理肌肤底层结构，由内而外散发年轻的细致光泽恢复细胞活力。

人民币 6,280 元

100 分钟**GUIAO GOLD TREATMENT / Any Skin**

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

RMB 6,280

冰凝御蜜滋养护理 / 任何肌肤

“法儿曼”(VALMONT)首创包含具有补水功效的蜜糖、具有抗炎功效的蜂胶及具有细胞再生功效的蜂皇浆的突破性产品配方，同时结合日式古法提升按摩手法，以按压、揉刺激面部及颈部的经络穴位，由内至外，令肌肤重现紧致平滑。同时舒缓面部的紧张和压力，深层滋养肌肤。

人民币 5,160 元

100 分钟**L'ELIXIR DES GLACIERS - ROYAL MAJESTIC TREATMENT / Any Skin****100 min.**

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

RMB 5,160



柔软丰唇护理

修护嘴唇、持久保湿，缓解干燥及过敏症状。

人民币 460 元

15 分钟

LIP SOFTENING & SMOOTHING TREATMENT

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

RMB 460

15 min.

胶原修护眼膜护理

瞬速修护、减轻眼部浮肿及疲累，淡化黑眼圈，令眼部轮廓亮丽有神采。深层舒缓眼部疲倦，实时改善眼部循环，令眼周肌肤瞬间恢复光彩。

人民币 780 元

30 分钟

EYE REGENERATING TREATMENT

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 780

30 min.

胶原修护面膜护理

明显改善肌肤结构组织，增加肌肤弹性，令肌肤充满光泽。使用蕴含纯骨胶原面膜，可增加在任何一款面部护理上。

人民币 1,380 元

60 分钟

REGENERATING MASK TREATMENT

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 1,380

60 min.

增效护理 (与面部护理同时操作) * 不适用于其他折扣或优惠活动

TREATMENT ENHANCEMENT * Not valid with any other promotions or discounts



swiss line
BY DERMALAB

SWISSLINE TREATMENTS

施维兰护理

臻宠肌源紧塑面部护理

90 分钟

LA DÉESSE 护理步骤中蕴含科研技术并结合奢宠成分：海洋胶原及蚕丝黄金复合物。为肌肤带来一次美好的奢宠焕变！使用品牌专属的紧致沁肤胶原面膜，蕴含92%的纯胶原蛋白，并具备与肌肤自身相仿的97%胶原蛋白，独特剪裁全方位贴合面部，犹如与肌肤合二为一，为肌肤重整轮廓，重注能量，打造上扬曲线。同时使肌肤透亮光泽，让肤色更加明亮。

人民币 3,990 元

LA DÉESSE (FACE TREATMENT)

90 min.

Swissline signature - LA DÉESSE face treatment consist of exclusive scientific-research technology combined with luxurious ingredients: marine collagen together with gold & silk complex revitalize the skin bringing a beautiful luxurious radiance to the skin! Fortified with the brand's exclusive Pure-Collagen Face & Neck Film containing 92% pure collagen, and 97% molecular identical to skin's own collagen. Complexion appears more toned, bright and healthy. The unique collagen film is designed to cocoon the face, like our second skin, reshaping the contour of the face & neck, re-sculpt face contour and revitalize the skin creating a face-lifting effect. Simultaneously brightens the skin tone and makes the skin more translucent and luminous.

RMB 3,990

柔筋热疗身体护理

90 分钟

Swissline 创造性的利用同源科研，将面部紧致经验引入身体各个方面。一套综合疗法，能够舒缓软组织僵硬和酸痛肌肉。健康状况得到提升：放松身心、修正睡眠、减轻酸痛、恢复健康年轻状态。

人民币 2,560 元

SOOTHING HEAT THERAPY / Shoulder & neck, waist & belly, hips & legs

90 min.

An effective and complete treatment that relieves stiffness of soft tissues and sore muscles for the entire body. Relax the body and muscle, regulate sleep, relieve soreness, brighten, and tone, restore a healthy and youthful state.

RMB 2,560

焕颜滤镜肌护理

菁萃植物果酸温和代谢角质，多重修护精粹配方，重建肌肤水屏障。恢复肌肤水润嫩滑，肌肤绽放亮丽光采。

人民币 1,680 元

SWISS SIGNATURE TREATMENT

Citrus acid from pure plant extract gently eliminatesate impurities, promotes skin renewal & rejuvenation; multiple plant-extract formulas repair skin hydration barriers, restore skin moisture, softness, and smoothness, effectively brightens skin tone and its luminosity.

RMB 1,680

愈颜再生面部护理

处于泛红或是肌肤反应时，能够减轻脆弱肌肤的压力。维稳肌肤屏障，让面部肌肤看起来更饱满，令面部倍感放松舒适。维稳肌肤屏障，提升稳定性，增强耐受力，强化抵御力。让面部肌肤看起来更饱满，令面部倍感放松舒适。

人民币 1,380 元

SWISS RESCUE TREATMENT

This treatment takes the stress out of sensitive skin! Tailored-made for acute skin inflammatory reactions causing skin redness or sensitivity. The treatment fortifies & stabilizes the skin barrier, enhance skin tolerance, and strengthen its resistance. Revealing a plumper and rested appearance.

RMB 1,380

绅士醒肤护理

蕴含瑞士高寒精萃配方，温和洁净角质，焕显肌肤水油平衡，清爽净澈。洁净动感精粹面膜焕启肌肤‘微循环’，净澈肌肤，予以肌肤清透、不油腻。创新针对男士净肤面部护理，尤其油性、混合性肌肤；受面部黑头、闭口粉刺及毛孔粗大等困扰肌肤。

人民币 1,680 元

SWISS RENEW FACIAL FOR MEN

This treatment contains Swiss alpine extracts to gently remove the dead skin cells, balance the pH levels and brighten the complexion. The results-oriented essence mask boosts skin micro-circulation, deeply purifies and restores skin. Innovative facial skin cleansing for men. Especially suited for oily and combination skin. Ideal for those with blackheads, clogged and large pores.

RMB 1,680

60 分钟

60 min.

45 分钟

45 min.

60 分钟

喜马拉雅水晶盐全身护理

属于自然疗法的喜马拉雅水晶盐全身护理有助于皮肤代谢，令肌肤柔滑细嫩，舒解放松，减压助眠，从外到内达到机体机制平衡和谐的良好状态。疗程以盐块热石、热拓包配以天然按摩油，并伴有天然水晶盐肩颈或腰部热敷。静静地感受水晶热盐石疗程的韵律，深度放松和安抚。整个疗程柔曼而富神韵，让人回归至初心的纯净。

人民币 1,680 元

SWISS HIMALAYAN CRYSTAL HALOTHERAPY

COMBINED WITH HOT SALT COMPRESS PACKAGE

60 分钟

60 min.

RMB 1,680





希博密海藻焕亮护理

60 分钟

蕴含 苹果 (Malus Domestica) 及 阿甘树 (Argan) 萃取的植物原生臻萃高浓缩精华，并加入海藻精华。针对皮肤暗黄、年轻肌肤缺水问题。夏季或对于有闭口的肌肤，可有效疏通毛孔，增强肌肤自身防护力。护理后肌肤水润光泽，清爽通透。

人民币 1,880 元

Cell Premium Ultimate Brightening Treatment

60 min.

Formulated with highly concentrated, original botanical extracts from Malus Domestica (Apple) and Argan, and further enhanced with seaweed essence. This treatment specifically targets skin dullness and dehydration in young skin. Ideal for use in summer or for congestion-prone skin, it helps to clarify pores and strengthen the skin's natural defenses. The result is a complexion that is deeply hydrated, luminous, clear, and refreshed.

RMB 1,880

希博密睡眠大师补水护理

90 分钟

蕴含 苹果 (Malus Domestica) 、葡萄籽 (Solar Vitis) 、高山玫瑰 (Alp Rose) 及 阿甘树 (Argan) 萃取的植物原生臻萃高浓缩精华。适合干性皮肤，尤其针对面部及眼周肌肤缺水状况。能深度滋润肌肤，淡化表情纹，增强肌肤免疫力。护理后毛孔细腻，肌肤滋润光泽。

人民币 3,680 元

Cell Premium Sleep Master Hydration Treatment

90 min.

Infused with highly concentrated, original botanical extracts from Malus Domestica (Apple), Solar Vitis (Grape Seed), Alp Rose, and Argan. This treatment is specifically designed for dry skin, with a focus on intense rehydration of the face and the delicate eye area. It works to deeply nourish the skin, reduce the appearance of fine lines, boost skin resilience, and refine pores, leaving the skin supremely moisturized and radiant.

RMB 3,680

希博密植物原生臻萃双重护理

100 分钟

此护理融合多重植物原生臻萃，产品中蕴含 苹果 (Malus Domestica) 、葡萄籽 (Solar Vitis) 、高山玫瑰 (Alp Rose) 及 阿甘树 (Argan) 萃取的植物原生臻萃高浓缩精华。提供涵盖面部、眼部与颈部的全套奢华护理，为您带来尊贵的护肤体验。针对性改善肌肤松弛与供水不足问题。护理后令肌肤重现水润细腻、紧致盈润、白皙亮丽。

人民币 5,680 元

Cell Premium Luxury Moisturizing Treatment

100 min.

This exclusive treatment utilizes a blend of multiple original botanical essences. The products are enriched with highly concentrated extracts from Malus Domestica (Apple), Solar Vitis (Grape Seed), Alp Rose, and Argan. It offers a luxurious, comprehensive ritual for the face, eyes, and neck, delivering a premium skincare experience. Specifically targeting skin laxity and moisture deficiency, this treatment restores the skin's hydration, refines its texture, enhances firmness and plumpness, and reveals a brighter, more radiant complexion.

RMB 5,680

水疗礼仪

- 请在护理开始前15分钟内到达水疗中心。
- 我们的水疗中心经理和前台顾问将协助您选择一款适合的护理，为了给您提供适当的推荐，请务必详细填写水疗中心咨询卡。
- 为确保水疗中心环境的宁静与平和，我们不推荐带孩童或婴儿进入水疗中心。
- 真诚建议您将私人物品放置在房间的保险箱内，若您将私人物品带到水疗中心，我们也将提供保险箱供您存放。酒店将不对任何私人物品的遗失或损坏负责，敬请谅解。
- 迟到可能会造成您护理时间的缩短，但我们将尽力让您完成全部护理。不便之处敬请谅解。
- 若您正处于孕期或哺乳期，我们不建议进行任何身体按摩。饮酒及醉酒客人恕不接待。
- 男士请在面部护理前剃须，以保证护理效果。
- 取消预约至少提前四小时通知水疗中心，否则将按照预约护理的实际价格收取费用。
- 水疗中心的环境安静而放松，为了尊重其他客人的隐私，保持宁静、优雅的环境，水疗中心内严禁吸烟，并请关闭手机。
- 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，并请向水疗中心顾问说明目前的健康情况。

水疗费用以人民币计价，需另加收 10% 服务费，总额需征收中国政府的法定增值税。

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 appears 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)