

## 厦门专研尊享 Our Signatures @ PPXMN

### 巴厘式按摩 Balinese Massage

60 分/mins CNY548

巴厘式是一直以来广受喜爱的一种按摩，它有助于减轻偏头痛和肌肉关节痛，并促进睡眠。运用多种按摩手法深度按压来刺激深层组织，消除肌肉酸痛。促进体内血液循环，排出体内毒素。

An all-time favorite massage that helps to ease migraines, muscle and joint pains, and promotes sleep disorders. This deep pressure massage with various percussion movements stimulates deep tissues, relieves muscle soreness, improves circulation and eliminates toxins.

### 圣葛丽紧致面部护理 St. Gregory Youth Perfection

90 分/mins CNY688

帮助肌肤抵御衰老，萃取枸杞和茄红素促进抗氧化和抗自由基抗氧化并延长抗氧化的功效 12 小时细胞再生的同时可深层保湿，更具有卓越的回复弹性和紧致纤维的双重功效。

Specially formulated to combat the visible effects of aging, it has fortifying, regenerating and moisturizing properties to restore skin's elasticity, while enhancing its firmness and youthful radiance.

## 身心之旅 Travelers Express

### 传统中式刮痧 Gua Sha Therapy

15 分/mins CNY128

运用薄片轻刮皮肤，达到刺激皮下组织的作用，使全身气血畅通，加速细胞排毒，减轻肌肉紧绷酸痛。

A Traditional Chinese Therapy Technique applying pressure and friction to the skin to stimulate the connective tissue affecting internal organs, thus releasing blocked "Qi", promoting blood circulation and eliminating toxins from the body. Also relieves muscular tightness and pain.

### 头部按摩 Tension Release Scalp Massage

15 分/mins CNY128

对头部柔和的按压，可以舒缓头部紧张，促进头部血液循环，释放体内能量，促进睡眠。

This gentle relaxing scalp massage relieves scalp tension and tension headache, stimulates localized circulation, and promotes better sleep and wellbeing.

### 解压按摩 Anti-Stress Massage

30 分/mins CNY298

缓解颈部、肩部和背部疼痛，通过按压紧张劳损肌肉，使身心放松，恢复能量。

Relieves stress points on the neck, shoulders and back, while soothing tense and aching muscles, leaving you relaxed and energized. This massage can be done without oil on our professional shoulder massage chair at our Relaxation Lounge.

**传统中式足部反射按摩 Traditional Chinese Foot Reflexology** **30 分/mins CNY268**

传统中医学认为人的手掌与脚掌拥有与我们身体的各个部分相对应的反射点。每一次轻柔的按压，都可以起到排除毒素，疏通经络的作用，促进血液循环，保持身体健康。

In Traditional Chinese Medicine, every meridian point on our soles of our feet reflex to a particular part of our body. A steady, even pressure is applied to massage and stimulate these points, thus clearing out toxins, removing energy blockages and improving blood circulation and overall wellbeing.

**足部按摩 Foot Massage** **30 分/mins CNY268**

轻柔的按压，都可以起到排除毒素，促进血液循环，保持身体健康。

Boosts localized blood circulation, balances hormones, removes toxins, relieves back pain, and improves sleep and overall well-being.

**圣葛丽净化面部护理 St. Gregory Swift Face Care** **30 分/mins CNY268**

可有效净化皮肤,净化毛孔,赋予疲惫肌肤新生,变得光洁,柔软,充满活力。

Designed with speed and immediate results in mind, this facial is dedicated to the executive constantly on the move. An instant radiance booster for dull and tired skin, it is an ideal pre-event facial or a supplementary treatment for more comprehensive facials.

**纯天然有机美肌护理 Anti-Aging Body Exfoliation** **30 分/mins RMB298**

利用天然有机成份,清除老化角质,使皮肤变得光滑细嫩,抗氧化同时保护细胞功能,适合各种肤质,特别是干燥暗沉肌肤。

A revitalizing creamy formulations polish with natural organically grown ingredients, ideal for all skin types, particularly dull skin.

**精油沐浴乳理疗浴 Aromatic Milk Bath Ritual** **30 分/mins RMB268**

通过温暖的花瓣滋养浴缓解您的疲劳,加上具有异国情调的乳液,让您的肌肤保持如丝般的柔软,光滑和活力再生。

An ancient beauty treatment, enjoyed by Javanese royalty, combines the power of aromatherapy with the richness of milk. The luxurious, skin softening Elemis Milk Bath Ritual is the ultimate skin nourishing treat.

**芳香浴理疗 Flower Relaxing Therapy** **30 分/mins RMB268**

独芳香精油沐浴理疗减轻压力,带来身,心,灵的平衡和愉悦感,滋养肌肤,令肌肤滋润收紧,娇嫩柔滑,带来焕然一新的感受。

Slip into a warm sensual flower nourishing bath to soak your stresses away. An exotic body lotion is then applied, leaving skin silky soft, smooth and glowing.

**生姜浴理疗 Ginger Bath** **30 分/mins RMB268**

以姜为主的温和清爽泡浴,帮助您排除体内毒素,从而促进血液循环,是一种缓解肌肉疲劳,疼痛的理想疗法。

A ginger based warming, refreshing and clearing bath to detoxify the body and improves general blood circulation. Ideal for joint pain, tired and aching muscles.

## 按摩护理 Messages

### 巴厘式按摩 Balinese Massage

60/90 分/mins CNY548/748

巴厘式是一直以来广受喜爱的一种按摩，它有助于减轻偏头痛和肌肉关节痛，并促进睡眠。运用多种按摩手法深度按压来刺激深层组织，消除肌肉酸痛。促进体内血液循环，排出体内毒素。

An all-time favorite massage that helps to ease migraines, muscle and joint pains, and promotes sleep disorders. This deep pressure massage with various percussion movements stimulates deep tissues, relieves muscle soreness, improves circulation and eliminates toxins.

### 芳香精油舒缓 Aromatic Body Bliss

60/90 分/mins CNY518/718

采用流畅的按摩技法，结合柔和的揉搓手法及舒缓芳香精油功效，有助于松弛紧张情绪从而达到身心平衡。

Combining the power of the essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your sense and lulls you into a state of ultimate relaxation.

### 解压按摩 Anti-Stress Massage

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缓解颈部、肩部和背部疼痛，通过按压紧张劳损肌肉，使身心放松，恢复能量。

Relieves stress points on the neck, shoulders and back, while soothing tense and aching muscles, leaving you relaxed and energized. This massage can be done without oil on our professional shoulder massage chair at our Relaxation Lounge.

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This gentle relaxing scalp massage relieves scalp tension and tension headache, stimulates localized circulation, and promotes better sleep and wellbeing.

### 足部按摩 Foot Massage

30/60 分/mins CNY268/468

轻柔的按压，都可以起到排除毒素，促进血液循环，保持身体健康。

Boosts localised blood circulation, balances hormones, removes toxins, relieves back pain, and improves sleep and overall well-being.

以上价格均需加收税和 15%服务费

Prices are subject to tax and 15% service charge

## 美肌身体护理 Exfoliation

### 纯天然有机美肌护理 Anti-Aging Body Exfoliation 30/60 分/mins CNY298/498

利用天然有机成份，清除老化角质，使皮肤变得光滑细嫩，抗氧化同时保护细胞功能，适合各种肤质，特别是干燥暗沉肌肤。

A revitalizing creamy formulations polish with natural organically grown ingredients, ideal for all skin types, particularly dull skin.

### 芳香海盐身体磨砂 Aromatic Seasalt Body Scrub 30/60 分/mins CNY298/498

利用刺激和激励海盐磨砂治疗为堵塞和角质厚重的皮肤去除角质

A stimulating and invigorating seasalt scrub for congested and keratinized skin.

## 排毒疗程 Detoxification

### 矿物泥身体理疗 Algo Actions Body Wraps 90 分/mins CNY798

此项目将以芳香去角质加上温热的海藻体膜和精油开始，并以舒适的矿物铝箔包装作为结束。此包装具有排毒功能并以营养丰富的海洋和香精元素对皮肤做出深层清洁。这时您将可以边排毒边享受舒缓的头部按摩。整个疗程将以滋补的润肤乳画下完美句号。

The journey begins with an aromatic exfoliation and a warm seaweed body mask applied together with a blend of essential oils, concluding with a comforting foil wrap. Enjoy a soothing scalp massage as this detoxifying wrap deeply cleanses skin with its nourishing marine elements and aromatherapy properties. The ritual ends with a nourishing and softening body lotion.

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## 浴疗法 Balneotherapy

### 香精油沐浴乳理疗浴 Aromatic Milk Bath Ritual

30 分/mins CNY268

通过温暖的花瓣滋养浴缓解您的疲劳，加上具有异国情调的乳液，让您的肌肤保持如丝般的柔软，光滑和活力再生。

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### 芳香浴理疗 Flower Relaxing Therapy

30 分/mins CNY268

独芳香精油沐浴理疗减除压力，带来身，心，灵的平衡和愉悦感，滋养肌肤，令肌肤滋润收紧，娇嫩柔滑，带来焕然一新的感受。

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A ginger based warming, refreshing and clearing bath to detoxify the body and improves general blood circulation. Ideal for joint pain, tired and aching muscles.

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## 圣葛丽面部理疗 St. Gregory Facial Care

### 净化面部护理 Swift Face Care

30/60 分/mins CNY268/468

可有效净化皮肤,净化毛孔,赋予疲惫肌肤新生,变得光洁,柔软,充满活力。

Designed with speed and immediate results in mind, this facial is dedicated to the executive constantly on the move. An instant radiance booster for dull and tired skin, it is an ideal pre-event facial or a supplementary treatment for more comprehensive facials.

### 全新面部护理体验 Relaxing Delights

60 分/mins CNY498

纯天然生态植物成分带来深度滋养和保护,令肌肤如丝般润滑。

This relaxing and Nature facial delights your senses and treat the skin at its deepest levels without aggression and its Eastern massage techniques energize the skin.

### 面部保湿护理 Hydrating Facial

60 分/mins CNY518

面部保湿护理针对缺水所导致的脆弱敏感,色斑,干纹等的肌肤,让肌肤瞬间补充水分并长达 24 小时的锁水储水,使肌肤细润饱满。

This powerful hydrating and nourishing face treatment helps to keep the skin more moist for 24h, while enhancing the skin suppleness and youthful radiance. Highly recommended as pre and post air travel.

### 修复舒缓护理 Infinite Gentleness

60 分/mins CNY548

迅速修复敏感肌肤,使面部处于调理再生重建皮肤组织、增强皮肤的抵抗力、抵抗外界的侵害。修复舒缓护理能有效阻断神经痛感的传递,舒缓镇痛,减少疼痛感,减少血管破裂的问题,强化毛细血管的弹性,改善红血丝改善敏感发炎现象,增强皮肤自我保护能力。

This extreme gentle treatment soothes, reduce inflammation and fights against skin sensitivity which leads to premature skin aging. It calms the skin and reduces redness and rebalances delicate, fragile and sensitive skin and offers immediate comfort to stressed skin and souls.

### 紧致面部护理 Youth Perfection

90 分/mins CNY688

帮助肌肤抵御衰老,萃取枸杞和茄红素促进抗氧化和抗自由基抗氧化并延长抗氧化的功效 12 小时细胞再生的同时可深层保湿,更具有卓越的回复弹性和紧致纤维的双重功效。

Specially formulated to combat the visible effects of aging, it has fortifying, regenerating and moisturizing properties to restore skin's elasticity, while enhancing its firmness and youthful radiance.

### 珠玑亮白面部护理 Absolute Pearl Facial

90 分/mins CNY680

珍珠粉末和维生素 C 提取抑制黑色素产生,阻断黑色素向外运送通道。帮助黑色素的脱落,促进维生素 C 的吸收并且达到提亮肤色的效果。

The pearl and Vitamin C therapy helps the reduction of melanin production and its distribution, removal of damaging toxins, regenerate skin cells and rebalance sebum. It revives dull and slackened skin condition and restores vitality and radiance.

圣葛丽绅士面部理疗 St. Gregory Facial Care for Men

**净化面部护理 Urban Deep Cleanse**

**60 分/mins CNY518**

修复受损皮脂组织功能，赋予疲惫肌肤新生，变得光洁、柔软、充满活力。

A revitalizing deep cleansing ozone facial that deep cleanses pores and rebalances sebaceous functions and promotes a clearer and healthier complexion with less visible pores.

## 中医理疗 Traditional Chinese Therapy

**传统中式刮痧 Gua Sha Therapy**

**15 分/mins CNY128**

运用薄片轻刮皮肤，达到刺激皮下组织的作用，使全身气血畅通，加速细胞排毒，减轻肌肉紧绷酸痛。

A Traditional Chinese Therapy Technique applying pressure and friction to the skin to stimulate the connective tissue affecting internal organs, thus releasing blocked "Qi", promoting blood circulation and eliminating toxins from the body. Also relieves muscular tightness and pain.

**传统中式足部反射按摩**

**Traditional Chinese Foot Reflexology**

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传统中医学认为人的手掌与脚掌拥有与我们身体的各个部分相对应的反射点。每一次轻柔的按压，都可以起到排除毒素，疏通经络的作用，促进血液循环，保持身体健康。

In Traditional Chinese Medicine, every meridian point on our soles of our feet reflex to a particular part of our body. A steady, even pressure is applied to massage and stimulate these points, thus clearing out toxins, removing energy blockages and improving blood circulation and overall wellbeing.

**中式推拿 Tui Na Massage**

**60/90 分/mins CNY518/718**

传承千年的传统中式护理，结合按压技术和点穴治疗。通过挤压、推拉、按揉等手法促进气血循环，为身体补充能量，缓解压力紧张，保持平衡健康状态。

Tui Na, or "push" and "pull" in Mandarin, is an ancient Chinese therapy combining both massage and acupressure. Using a range of vigorous and penetrating techniques (squeezing, pushing, pulling and kneading) to stimulate key pressure points, it unblocks and enhances the flow of "Qi" or vital energy in the body, thus relieving tension and restoring balance.

以上价格均需加收税和 15%服务费

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## 其它疗程 Enhancements

晒后修护护理 Sun Care Therapy 90 分/mins CNY680  
Sun Recovery

手足护理 Hand & Foot Spa 60 分/mins CNY380  
Elemis Exotic Hand Spa Ritual

眼部护理 Eye Care 30 分/mins CNY358  
Elemis Soothing Eye Care

### Spa Ritual 综合疗程配套

Buddy Relaxation 舒缓身子 110 分/mins CNY818  
• Aromatic Body Bliss 芳香精油舒缓  
• Body Scrub 美肌身体护理

Luxury Retreat 豪华养生护理 120 分/mins CNY918  
• Relaxing Delights Facial 全新面部护理体验  
• Aromatic Body Bliss 芳香精油舒缓

Oriental Therapy 中式疗法 120 分/mins CNY918  
• “Tui Na” Massage 传统中式推拿  
• Traditional Chinese Foot Reflexology 传统中式足部反射按摩

Total Wellness 身心健康 150 分/mins RMB1168  
• Balinese 传统巴厘式按摩  
• Mineral Body Wrap 矿物泥身体理疗

以上价格均需加收税和 15%服务费

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## 相关信息 Information

### 营业时间 Opening Hours

每天早上十点到零整十二点

10 am to 12 am daily.

### 预订 Reservations

为保证您所选择的护理产品在当天可用，建议您提前进行预约。

Advance reservations are recommended as appointments are subject to availability.

### 抵达 Check-in

请在约定时间的前 10 分钟抵达，以便获得最佳的服务效果。

Please check in at St Gregory 10 minutes prior to your scheduled appointment.

### 取消预抵 Cancellation Policy

若在预约时间的四小时内通知更改或取消预约，我们将收取原定项目 50% 的费用。若无故缺席预约，我们将收取项目费用的全额。

Guests who cancel or reschedule their appointment less than 4 hours from their appointment dates will be charged 50% of the requested service fee. A full charge will automatically be imposed in the event of a no show.

### 延迟抵达 Late Policy

我们鼓励您准时出席预约。在迟到的情况下，您可选择：

We strongly encourage that you arrive on time for your appointment. In the event that you are late, you may choose to receive:

- 缩短原定疗程并在剩余的预约时间内完成 the treatment for the remaining time booked
- 接受另一个可进行的疗程 an alternative treatment when available

### 健康考量 Health Consideration

在预约时，请向我们提出可能影响护理的健康状况，如怀孕期间，高低血压，心脏疾病，过敏及受伤。

Kindly highlight to us of any health conditions, like you are pregnant, have high or low blood pressure or a heart condition, allergies or injuries, which may affect your treatment when making your spa reservation.

### 支付方式 Payment

我们提供人民币现金以及各大银行卡两种主要付款方式

Payment via cash in Chinese Yuan and other major credit cards are accepted.

### 贵重物品 Valuables

为了您的财产安全，请自行妥善保管好您的随身贵重物品，如有遗失，本酒店概不负责。

The Management of St Gregory and Pan Pacific Xiamen will not be responsible for the loss of any

money or valuables brought into its premises or in the surrounding public areas.

移动电话 Mobile Phones

为避免打扰其他客人，请禁止在场所内使用手机。

In consideration of other guests, please refrain from using mobile phones within the premises.