



Pan Pacific Suzhou

SPA MENU

TREATMENT / 疗程	DURATION / 时间	PRICE / 价格 (RMB)
FACIALS / 面部护理		
<p>St. Gregory Moisturising Facial</p> <p>Instantly quenches the thirst of the skin from inside out. With total rehydration, skin becomes refined and lines are reduced. An ideal treatment to oxygenate cells and remove dullness, leaving complexion brightened and fully moisturised.</p> <p>圣葛佰凝光保湿充氧护理</p> <p>集合5重锁水保湿因子，深入皮肤，即时保湿；为细胞充氧，改善暗哑肤色，修复保护膜，令毛孔变得幼细紧致，迅速减退幼纹，缔造剔透亮丽的白皙肌肤。</p>	70 mins	¥680.00
<p>St. Gregory Nourishing Radiance Facial</p> <p>A nourishing treatment which enriches the driest of skin. Effectively removes wrinkles and dry lines, restoring smooth complexion. Deeply nourished and moisturised, skin reveals soft, supple and youthful radiance.</p> <p>圣葛佰能量和谐舒纹护理</p> <p>深度补充肌肤所需营养，锁紧水分，激发细胞活力，对抗自由基，增加细胞间的紧密度，带来弹性和持久的舒适感，肌肤丝滑柔软。</p>	70 mins	¥680.00
<p>Thalgo Cold Marine Treatment</p> <p>A real S.O.S. treatment for sensitive and reaction-prone skin, rapidly bringing comfort, softness and calm. Based on Spiralis seaweeds, the treatment provides a complete programme to hydrate, protect and soothe sensitive and irritated skin, leaving it soft and smooth.</p> <p>佰蔻儿舒缓冷疗护理</p> <p>迅速修复敏感肌肤，使面部处于舒适、镇静、嫩滑状态。萃取海藻精华能有效改善敏感发炎现象，增强皮肤自我保护能力。</p>	70 mins	¥680.00
<p>Thalgo Micronised Marine Algae Treatment</p> <p>Renews dull and tired skin back to life! Deep cleanses pores and rebalances sebaceous functions, leaving skin thoroughly purified, revitalised, soft and radiant!</p> <p>佰蔻儿微细海藻护理</p> <p>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。</p>	70 mins	¥680.00
<p>Thalgo Clear Expert Brightening Treatment</p> <p>Comprising a special marine complex made from seaweed and plant extracts collected on the Brittany coasts, this treatment stimulates the brightening process of the complexion and helps skin recover its balance.</p> <p>佰蔻儿焕彩透白护理</p> <p>提取海域独特水生植物精华，经先进海洋生物科技加工，可明显加速肌肤亮白及修复平衡系统。</p>	90 mins	¥980.00
<p>Thalgo Thalgovive Firming Treatment</p> <p>Specially formulated to combat the visible effects of ageing. Boasts fortifying, regenerating and moisturising properties to restore skin's elasticity while enhancing its firmness and youthful radiance.</p> <p>佰蔻儿亮采抗敏护理</p> <p>帮助肌肤抵御衰老，促进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。</p>	70 mins	¥980.00
<p>Thalgo Collagen Velvet Eye Treatment</p> <p>Improves eye cellular regeneration and rehabilitation, effectively reducing signs of fatigue, fine lines and pigmentation, leaving eyes bright and rejuvenated.</p> <p>佰蔻儿胶原眼部护理</p> <p>彻底发挥抗衰老及激活眼部细胞功能，温热的效应可有效缓解眼部倦怠、色素沉着现象，促进微细血液循环，舒缓眼部不活的各种症状。</p>	70 mins	¥580.00
MASSAGES / 按摩护理		
<p>St. Gregory Aromatic Body Bliss Massage</p> <p>Combining the power of the purest essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses and lulls you into a state of ultimate relaxation.</p> <p>舒缓按摩护理</p> <p>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。</p>	50 mins	¥680.00
<p>Shiatsu Massage</p> <p>An invigorating full body massage using special Eastern techniques to activate pressure points. Particularly effective for stress-related tension and illnesses, insomnia, back pain, headaches and digestive upsets.</p> <p>日式指压护理</p> <p>运用传统东方穴位按压力法疏通经络，有助于缓解疲劳，治愈失眠，腰背酸痛，头痛及消化系统紊乱。</p>	50 mins	¥680.00
<p>Deep Tissue Massage</p> <p>Involving a deep massage technique which is used to stimulate deep skin tissue, this treatment increases blood circulation and releases the tension in surrounding areas.</p>	50 mins	¥680.00



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深层组织按摩

渗透至深层组织的按压技术可促进体内血液循环，放松周围紧张的肌肉。

Anti-Stress Massage

30 mins

¥380.00

Relieves stress points in the neck, shoulders and back, while soothing tense and aching muscles, leaving you relaxed and energised.

解压按摩

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，回复能量。

Scalp Massage

30 mins

¥280.00

With gentle pressure applied to the scalp, this relaxing massage relieves tension, stimulates circulation and releases healing energies.

头部按摩

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。

TRADITIONAL CHINESE THERAPY / 传统中式护理

Tui Na Massage

50 mins

¥580.00

Tui Na, or "push" and "pull" in Mandarin, is an ancient Chinese therapy combining both massage and acupuncture. Using a range of vigorous and penetrating techniques (like 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.

中式推拿

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。

Ba Guan Therapy

30 mins

¥200.00

A vacuum suction cupping technique to improve blood circulation, aid muscular pain and balance the body's energy or 'Qi'. The physician passes a flame over the inside of a glass cup to create a vacuum, then cups it over key pressure points or affected areas of the body to stimulate the 'Qi' and enhance the flow of energy throughout the body.

拔罐

通过运用真空火罐吸力刺激血液循环，消除疼痛及保持气血畅通。护理师运用火消耗罐内氧气，然后将罐按于穴位上，将体内寒气排出体外。

Gua Sha Therapy

30 mins

¥200.00

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

刮痧

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。

Traditional Chinese Foot Reflexology

30 mins

¥180.00

In Traditional Chinese Medicine, every meridian point on our palms and the 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 well-being.

60 mins

¥360.00

传统中式足部反射按摩

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。



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BODY SCRUB / 身体去角质护理		
St. Gregory Sea Salt Scrub A detoxifying blend of sea salts and seaweed essential oil that eliminates toxins while invigorating the body, improving circulation and hydrating skin. 圣葛丽海盐去角质 享受柔和磨砂按摩的海洋风情。大小不一的海盐颗粒混合海藻精油, 让您的肌肤焕然一新, 促进循环系统。	25 mins	¥380.00
Thalgo Descomask Scrub Stimulates blood circulation and cellular regeneration. Gently exfoliates and eliminates dead surface skin cells, leaving skin supple and receptive to treatment products.	25 mins	¥380.00
岱蔻儿微粒海藻去角质 促进微循环和细胞再生, 让肌肤更加健康, 更易吸收其他护理产品的营养成分, 去除死皮细胞, 保持肌肤亮泽柔软。		
Thalgo Sweet and Savoury Scrub A blend of Mediterranean essential oils, brown sugar, salt and sacred lotus known for its cellular stress relieving properties, this luxurious and nourishing body scrub will leave your skin velvety smooth and silky soft.	25 mins	¥380.00
岱蔻儿舒活融合去角质 舒活滋养身体去角质可顺肌肤柔滑, 结合丰富海洋精华, 独有成分可补充细胞能量, 消除紧张压力。		
BODY CARE / 尊享身体护理		
St. Gregory Bust Firmness Intensive Treatment Skin's firmness and tonicity are restored to refine bust and cleavage. Beautifies bust volume and shapes a sexier bust contour. Boosts the contraction of collagen fibres and elastin for a dense touch.	60 mins	¥680.00
圣葛丽美胸丰挺海藻疗程 促进乳腺再生与活化, 加强胸部韧带坚挺, 防止松弛; 保持胸部饱满, 令海绵体加厚膨胀, 雕塑胸部轮廓与曲线。		
Thalgo Marine Algae Body Wrap The original marine algae wrap. Rich in minerals, vitamins and micronutrients, this treatment increases metabolism and relieves aches and pains. Excellent for general well-being and total relaxation.	90 mins	¥1,280.00
岱蔻儿微粒海藻循环护理 含医学专利及程序专利的微粒海藻粉末可补充身体所需的丰富微量元素, 维他命及矿物质, 能帮助血液循环, 代谢毒素及废物, 消除水肿及肥胖现象, 使肌肤柔软光滑。		
Thalgo Indocéane Body Wrap A new approach to relaxation, the Indocéane treatment is a holistic ritual comprising Mediterranean-style exfoliation, an Egyptian-inspired milk bath, and a massage combining ayurvedic and oriental techniques.	120 mins	¥1,280.00
岱蔻儿海洋舒活身体护理 创新海洋舒缓疗法, 通过传统神秘的东方地中海式去角质、埃及泡浴、结合印度及中式按摩技法完全唤醒交感神经活力, 由内而外释放身心, 降低身体紧张压力。		
OTHER SPA SERVICES / 其它护理		
Waxing / 脱毛护理		
Full Leg / 腿部 (全)	60 mins	¥500.00
Back / 背部	45 mins	¥480.00
Half Leg / 腿部 (上/下部)	30 mins	¥300.00
Bikini Line / 比基尼脱毛	20 mins	¥250.00
Full Arm / 手臂	30 mins	¥300.00
Lower Arm / 前臂	20 mins	¥200.00
Under Arm / 腋下	15 mins	¥200.00
Upper Lip/Chin / 上唇/下颏	15 mins	¥150.00