

# ĀMAN

SPA



## Aman Spa at Summer Palace Beijing

### 北京颐和安缦水疗

Imperial China's well-being techniques are  
Blended seamlessly with modern practices and administered  
By our expert therapists, balance your health life perfectly

我们专家级的理疗师将中国皇家传统的独门技法  
与现代手法相结合,完美地平衡您的身心健康.

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### Signature Treatments

#### Seasonal Signature

In collaboration with Tong Ren Tang, a Traditional Chinese Medicine Practice that treated the Imperial Palace of the Qing dynasty for 188 years from 1669, we have developed a seasonal herbal poultice that is combined with a massage to generate warmth to the body and internal organs stimulating circulation as well as easing muscle tension

120 min 1880 RMB

#### Gemstone Body Treatment

The combination of deeply warming gemstones and massage is ideal to soothe and relax tender muscles. Hot gemstones are used as an extension of the therapist's hands as they glide over the body as part of this flowing massage technique and the heat generated draws out muscle tightness

90 min 1380 RMB

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### 安缦特色护理

#### 草药热敷按摩

草药热敷作为清朝皇室才能享受的传统中医养生疗法，从 1669 年至今已有 188 年历史。我们与同仁堂通力合作，研发了针对四季不同特色的草药包，融合了安缦独特的按摩手法，温煦身体及内脏，促进血液循环，排毒养颜，缓解疲劳。

120 分钟 1880 人民币

#### 卵石按摩

深度加热的宝石与巧富灵性的按摩手法完美结合，可抚慰和放松紧张的肌肉。热石在身体上滑动时，促进能量流动，石头的热量可以使肌肉迅速放松，促进血液和淋巴循环，调节平衡身心。

90 分钟 1380 人民币

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### Body Treatments

#### **Traditional Chinese Massage (Tui Na)**

Get movement and flexibility back through stretching and kneading the muscles while stimulating acupuncture points. This oil free body work therapy is performed over loose comfortable clothing to allow movement.

60 min 880 RMB / 90 min 1280 RMB

#### **Holistic Aroma Massage**

This is tailored to address any specific tension areas using a combination of massage styles and the therapeutic benefits of essential oils.

60 min 880 RMB / 90 min 1280 RMB

#### **Foot Massage**

Stimulating reflex points on the soles of your feet, which correspond to different parts of your body, this massage technique relaxes tired feet and enhances overall health and wellbeing.

60 min 580 RMB / 90 min 880 RMB

**We recommend that one of the following to be taken prior to a full body massage to allow the benefits of the treatment to go deeper:**

#### **Body Exfoliation**

A body exfoliation stimulates the circulation system, removing impurities from the skin leaving it soft and supple. Our scrub harnesses the stimulating properties of Chinese ginger whilst the green tea is a powerful antioxidant.

30 min 380 RMB

#### **Body Wrap**

A wrap nourishes the skin as the benefits of the natural herbs are infused into the body. We offer a choice of green tea and wild jasmine rich in antioxidants to nourish the body or a wild ginger and magnolia wrap that warms, stimulates and detoxifies the body

30 min 380 RMB

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### 身体护理

#### 传统中式推拿

传统中式推拿通过双手运用按揉、拿捏、拉伸等技巧，刺激人体的经络、穴位和肌肉达到疏通经络、推行气血和改善人体机能的疗效。我们为您提供宽松舒适的中式按摩服，以达到正统纯技法按摩的完美体验。

60 分钟 880 人民币 / 90 分钟 1280 人民币

#### 芳香按摩

芳香按摩运用天然的芳香植物萃取出的精油，通过吸嗅香气来改善焦虑、疲劳等状态，并且结合理疗师的独特手法使其渗透进入体内，帮助调节人体的各大系统，以获得身、心、灵的平衡和整合性疗效。

60 分钟 880 人民币 / 90 分钟 1280 人民币

#### 足底按摩

足底按摩是以刺激身体穴位在足部的反射区为原理，调节全身循环系统，促进新陈代谢，是种自然健康的传统疗法。

60 分钟 580 人民币 / 90 分钟 880 人民币

为了使您整个护理达到最佳效果，我们建议您在做全身按摩前加选其中一项下面的护理。

#### 去角质

在有效刺激身体循环系统的同时，帮助去除皮肤表面的代谢产物，将生姜的促循环作用与绿茶的抗氧化功效完美的结合在一起，使皮肤更加柔滑滋润。

30 分钟 380 人民币

#### 裹肤

充分利用天然的玫瑰草本精华达到滋养皮肤的效果，有效地帮助身体皮肤的滋润及抗氧化，同时还可以达到一个深层排毒的功效。

30 分钟 380 人民币

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### Traditional Chinese Medicine

#### Acupuncture

This is the procedure of inserting and manipulating needles into various pressure points on the body to relieve pain for therapeutic purposes. The central concept of acupuncture is to open channels of Qi and improve blood circulation to various areas of your body.

60 min 1280 RMB

#### Moxibustion

Moxibustion is a traditional Chinese medicine therapy using moxa, or the mugwort herb. By heating the moxa and placing this very close to the skin of your Qi points, your body will naturally increase blood circulation thereby improving the healing process.

60 min 1180 RMB

#### Cupping

Cupping is a form of traditional medicine found in many cultures around Asia. The procedure involves placing cups containing reduced air pressure on to your back or shoulders. The concept relies on moving impure air within your body to the outside, through your skin. Note that this treatment leaves temporary marks on the areas where cupping is applied.

30 min 580 RMB

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### 传统中医护理

#### 针灸

针灸疗法是根据人体 14 经脉的运行线路在患者体内不同的穴位上刺入银针。运用捻转与提插等针灸手法来达到治疗疾病的目的。针灸的理念是将人体不通的脉络全部打通，从而起到改善人体的血液循环的作用。

60 分钟 1280 人民币

#### 艾灸

艾灸是中国传统的温补治疗方法。是中国的传统医学体系中的重要组成部分。把燃烧着的艾绒熏灼特定的穴位，运用加热的艾条作用于身体上的气血点。利用温热的刺激方法活血化瘀，促进人体的血液循环，从而达到治疗的功效。

60 分钟 1180 人民币

#### 火罐

火罐是传统医学中驱寒扶正治疗疾病的一种方式。在罐体内形成负压，将身体里的寒气排除体外，从而达到平衡身体气血的功效。此护理会在皮肤上形成短暂的红印，一周内会消失。

30 分钟 580 人民币

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### Facial treatments

#### Aman Prescription Facial

Our facials treat your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques reconditions the skin.

90 min 1280 RMB

#### Aman Signature Facial

The signature facial includes a treatment to refresh and brighten your eyes, often the first place to show tiredness. This includes the application of black tea and cranberry, rich in antioxidants, and rose wax and Shea butter to nourish and hydrate the skin. Gentle shoulder release techniques and a scalp massage stimulate the circulation and improve blood supply to the eyes

60 min 1080 RMB

#### Hand & Foot Care

Soften and smooth dry hands and feet. This treatment begins with a soak, followed by a gentle exfoliation and intensively moisturizing mask. Nails are shaped, cuticles removed followed by buffing and polish.

Hand Care	60 min	480 RMB
Foot Care	60 min	480 RMB
Nail Polish Change	20 min	120 RMB

#### Waxing

Underarm	15 min	280 RMB
Arms / Half Leg	20min	380 RMB
Full Leg / Back	30 min	480 RMB



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### 面部护理

#### 安缦基础面护

安缦基础面护针对您自身的皮肤类型，还原肌肤本质，重建皮肤肌理。让肌肤更加紧致光滑。运用天然的芳香植物萃取出的精油，辅助特殊的按摩手法，让您的肌肤焕然一新。

90 分钟 1280 人民币

#### 安缦经典面护

安缦经典面护包含赋活明亮眼部护理，缓解最需要呵护的眼部疲劳，眼袋及黑眼圈。采用富含氧化剂的红茶和蔓越橘及滋润补水功效卓著的玫瑰果及乳木果。肩部及头皮放松按摩可促进全身血液循环，提升面部和眼部血液供给。

60 分钟 1080 人民币

#### 手足护理

常言道手是人的第二张脸。手足将在精油和花瓣的温水中浸泡，磨砂去角质，和深层保湿的手足膜等一系列的过程，将令您的手足部变得滋润、柔滑和细腻。再加上甲形修整，死皮修剪及涂甲油等一系列得为完整步骤，将会让您更加自信满满，妩媚动人。

手部护理

60 分钟 480 人民币

足部护理

60 分钟 480 人民币

涂甲油

20 分钟 120 人民币

#### 脱毛

腋下

15 分钟 280 人民币

手臂/小腿

20 分钟 380 人民币

全腿/背部

30 分钟 480 人民币

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### Spa Reminders

#### Special Considerations

Most treatments can be adapted to accommodate injury or pregnancy. Please contact us for any queries and let us know of any medical or health concerns.

#### Operating Hours

Spa open from 9 am to 9 pm daily.

Gym open from 6 am to 10 pm daily.

Please dial extension 7905 to make a reservation.

Treatments are available after hours subject to an additional charge of RMB 300++ each person.

Spa treatment served in guest room will charge RMB 200++ each person.

#### Treatment Preparation

Kindly arrive at least 30 minutes prior to your scheduled treatment time, allowing yourself the luxury of time to reap the benefits of your session in the tranquil environment of our Spa.

#### Spa Environment

As a wellness area, we appreciate if you can refrain from smoking and turning your mobile phone off or to a silent setting whilst in or around the Aman Spa. The minimum age for taking a spa treatment is 18 years.

#### Valuables

Please leave your valuables in your room.

#### Pricing

All prices are subject to local taxes and service charge. Prices are subject to change without prior notice.

#### Cancellations

We understand that schedules change. Since your Spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours cancellation notice so someone else may enjoy that time. Cancellations made within 4 hours will be subject to a 50% charge.

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### 温馨提示

#### 特别注意事项

所有的服务项目可视受伤或怀孕等特殊情况进行调整。有任何需求请与我们联系，并答复您在医学或健康方面所关心的问题。

#### 营业时间

安缦水疗中心每日早 9 时至晚 9 时开放。

安缦健身中心每日早 6 时至晚 10 时开放。

护理预定请致电分机 7905 与我们联系。

在营业时间之外的护理项目每人将额外加收费用人民币 300++。

预定在客房的水疗护理每人将额外加收费用人民币 200++。

#### 护理前准备

请于预约项目时间开始前 30 分钟抵达。充分享受安缦水疗的湿蒸设施和温馨的咨询服务。

#### 安缦水疗礼仪

作为休闲放松的场所，我们希望您不要在安缦水疗，健身中心及附近区域吸烟，并将移动电话关闭或调至静音状态。未满 18 岁儿童不建议做护理。

#### 贵重物品

请妥善保管好自己的贵重物品，建议存放在客房保险柜内。

#### 价格

所有护理在基础价格上将加收 15% 的服务费及政府税，价格变动将不另行通知。

#### 取消预定

我们理解您时间上的变动。自您预订特定护理后，请至少提前 4 小时通知取消预定。4 小时内通知将收取预约项目价格的 50%。1 小时内通知将收取全额。