

THE FULLERTON SPA  
富麗敦水療中心



## FULLERTON BLISSFUL JOURNEY

90 minutes 分鐘

## 富麗敦水療之旅

Tailor the journey by choosing two treatments to suit your needs and specific desires for body and mind.

根據您的個人需要自選兩項護理，讓身心獲得最舒適的體驗。

Monday to Thursday 星期一至星期四

\$1,980

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$2,280

Please choose two treatments from below 請選擇兩項護理

1. **Massage 按摩 (Please select one 請選擇其中一項):**

- A. Recovery Massage 舒壓按摩
- B. B-Silent Massage 愜靜按摩
- C. B-Strong Massage 深層按摩

2. **Personalised Facial 個人面部護理**

3. **Sugar Body Scrub 有機糖霜去角質護理**

\*Prices are in Hong Kong dollars and subject to a 10% service charge. \*以上價錢需另收加一服務費。

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## ULTIMATE INDULGENCE – SUBTLE ENERGIES

120 minutes 分鐘

### 煥發身心之旅

Designed to soothe and enrich, this journey is dedicated to relaxation. We begin with a full body scrub to smoothen and soften the skin. Finishing with an intense enriching facial therapy which delivers an exceptional nutrient-rich elixir to revitalise tired aging skin.

此護理有助舒緩身心及深層滋潤身體，讓肌膚恢復活力。理療師會選擇合適的去角質產品先為您軟化全身肌膚，再透過賦活面部療程，配合能促進膠原蛋白的活性高效營養成份為您滋潤肌膚，讓它重現亮麗光澤。

Monday to Thursday 星期一至星期四

\$2,780

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$3,080

## TIME FOR YOURSELF

180 minutes 分鐘

### 療癒時光之旅

Enjoy the luxury of time for yourself in deep relaxation. This full face and body therapy encompasses stress relief and emotional balance. Start with Crystal Stone Massage by using therapeutic oils to reduce anxiety, and improve the respiratory system and sinuses. Then enjoy an intensively nourishing 24K Gold Facial to reduce lines and wrinkles. Combining the much-loved actives of Mogra and Ashwagandha with a potent dose of 24K Gold, this therapy can stimulate cell renewal and collagen production.

以療癒的水療之旅好好犒賞自己，透過活膚成份產品得到深層次放鬆。  
喜馬拉雅鹽石按摩配合具療效的精油加速血液循環，有助改善呼吸系統，達致緩解焦慮。黃金面部護理結合含印度茉莉及印度人蔘的活性成份與高效的24K金箔，針對刺激面部細胞再生、促進膠原蛋白生長。

Monday to Thursday 星期一至星期四

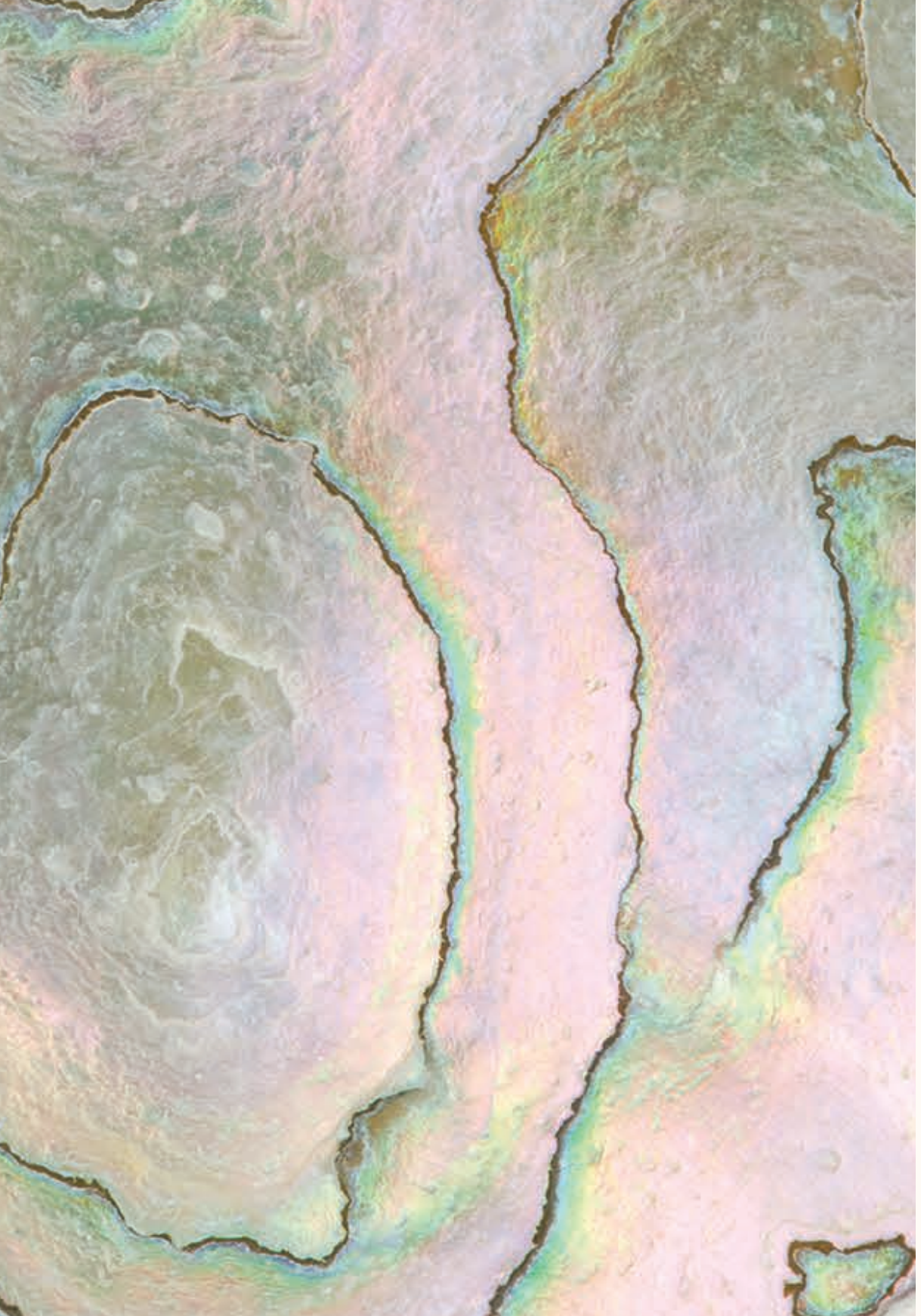
\$3,780

Friday to Sunday & Public Holidays 星期五至日及公眾假期

\$4,080

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## RECOVERY MASSAGE

60 minutes 分鐘

### 舒壓按摩

90 minutes 分鐘

Designed to ease the tension and stress built up in your body. This restorative treatment uses our signature oil with traditional massage and stretching techniques to release the discomfort of your muscle.

利用獨特的按摩油以傳統按摩及伸展緩解肌肉緊張和壓力，提升護理療效。

Monday to Thursday 星期一至星期四

\$1,280 60 minutes 分鐘 / \$1,680 90 minutes 分鐘

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$1,580 60 minutes 分鐘 / \$1,980 90 minutes 分鐘

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## B-SILENT MASSAGE – BAMFORD

60 minutes 分鐘

### 憩靜按摩

90 minutes 分鐘

Experience effective and immediate relaxation to relieve all stress-related tension. Long, flowing movements are applied with marma therapy to revitalise your energy. This enriching massage delivers powerful active benefits and enhances overall well-being.

護理成效顯著，讓您即時放鬆，緩解所有因壓力引起的繃緊不適。使用流暢的按摩手法，配合經脈指壓針對穴位進行按摩，達致提升整體健康的功效。

Monday to Thursday 星期一至星期四

\$1,280 60 minutes 分鐘 / \$1,680 90 minutes 分鐘

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$1,580 60 minutes 分鐘 / \$1,980 90 minutes 分鐘

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## B-STRONG MASSAGE – BAMFORD

60 minutes 分鐘

### 深層按摩

90 minutes 分鐘

Deep tissue massage includes firm pressure and slow strokes to reach deeper layers of muscle and fascia. It is best for aches, pains, and tightness in your body, working the areas of your neck, back and legs with care.

理療師運用深層按壓及緩慢按摩技巧，助您舒緩繃緊肌肉。療程有效針對於頸部、上背部和下背部的痛點，亦有助緩解腿部疲勞。

Monday to Thursday 星期一至星期四

\$1,380 60 minutes 分鐘 / \$1,780 90 minutes 分鐘

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$1,680 60 minutes 分鐘 / \$2,080 90 minutes 分鐘

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## HIMALAYAN CRYSTAL SALT STONE THERAPY – SUBTLE ENERGIES

90 minutes 分鐘

### 喜馬拉雅岩鹽熱石護理

120 minutes 分鐘

Warm crystal salt stones balance your chakras, relax your mind and nervous system. Salt crystals from ancient primal sea beneath the Himalayan Mountains are hand-carved into massage stones that gently soothe away stress and eliminate toxicity, bringing your mind and body into harmony.

來自遠古喜馬拉雅山脈內的鹽晶，經人手打磨後成為按摩鹽石。理療師將水晶鹽石加熱，再以熟練手法為您進行按摩，讓溫暖鹽石助您驅走疲勞、放鬆思維和神經，令身心靈和諧一致。

Monday to Thursday 星期一至星期四

\$1,780 90 minutes 分鐘 / \$2,180 120 minutes 分鐘

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$2,080 90 minutes 分鐘 / \$2,480 120 minutes 分鐘



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TRANQUILITY BATH SOAK  
(ADD-ON TREATMENT)  
舒緩浸浴(附加項目)

30 minutes 分鐘

Monday to Thursday 星期一至星期四

\$480

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$780

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## WELLNESS FACIAL – BAMFORD

90 minutes 分鐘

### 全效面部護理

Targeting skin health from the outside-in, the Bamford Wellness Facial combines massage technique and Gua Sha to ease muscle tension, enhance lymphatic flow and reduce puffiness of the face, neck and décolleté. Throughout the treatment your therapist responds to your personal needs using a tailored selection of Bamford skincare products.

全效面部護理從外到內提升皮膚健康，結合玉石刮痧和按摩技術，以緩解肌肉緊張、暢通淋巴並減少面部、頸部和肩部肌肉浮腫。理療師會根據你的皮膚類型和需要，選擇合適的Bamford護膚產品來為您進行護理。

Monday to Thursday 星期一至星期四

\$2,180

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$2,480

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## 24K GOLD AGE-DEFYING FACIAL – SUBTLE ENERGIES

90 minutes 分鐘

### 24K 黃金抗衰老面部護理

This exotic and enriching skin remedy will enliven the skin while restoring emotional balance. Mogra, 'Queen of Jasmines', offers a wonderment of healing elements and works synergistically to boost collagen production and facilitate cell renewal. Combined with the restorative powers of 24K gold leaf, this sensory experience will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. The ultimate skin rejuvenator that uplifts the spirit, emotionally replenishes, and creates a positive glow.

此面部護理能深層滋養同時喚醒肌膚細胞。印度茉莉精華可促進膠原蛋白的產生，結合24K金箔能有效修復肌底，促進細胞更新減少細紋，恢復健康亮澤膚質。

Monday to Thursday 星期一至星期四

\$2,480

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$2,780

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## ADVANCED ANTIOXIDANT FACIAL – SUBTLE ENERGIES

60 minutes 分鐘

90 minutes 分鐘

### 高效舒緩抗氧化面部護理

Designed for extra dry, sensitive, or damaged skin, this intense enriching facial therapy delivers an exceptional nutrient-rich elixir that revitalises aging skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of aging. The marma massage delivers an impressive active serum to promote collagen and hyaluronic acid production. A botanical hydration mask locks the precious moisture into the skin to wrap up this restorative treatment.

這護理專為特別乾燥、敏感或受損肌膚而設。護理中的活躍成份，能有效抵抗自由基並保護肌膚延緩衰老。配合獨特面部穴位按摩，可增強膠原蛋白和透明質酸的產生。最後敷上植物保濕面膜，為肌膚鎖住水分，回復嫩滑水潤。

Monday to Thursday 星期一至星期四

\$1,380 60 minutes 分鐘 / \$1,980 90 minutes 分鐘

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$1,680 60 minutes 分鐘 / \$2,280 90 minutes 分鐘

## GENTLEMEN'S FACIAL – SUBTLE ENERGIES

60 minutes 分鐘

### 男士面部護理

90 minutes 分鐘

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. A great option for men, leaving skin revitalised, more supple and resistant to the stress of urban living.

此深層滋養面部護理適合所有皮膚類型，亦特別有助男士肌膚恢復天然活力。

當中的散沫花、苦楝油及胡蘿蔔籽油所帶來的深層保濕效果，有助激活細胞、緊緻肌膚及舒緩都市生活的壓力。

Monday to Thursday 星期一至星期四

\$1,280 60 minutes 分鐘 / \$1,880 90 minutes 分鐘

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$1,580 60 minutes 分鐘 / \$2,180 90 minutes 分鐘

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## COUPLES RETREAT

120 minutes 分鐘

### 愜意雙人水療之旅

Spend quality time with your partner and treat yourselves to this truly indulgent experience. Start with your choice of any 60-minute body-pampering massage for two using organic oil followed by a relaxing 60-minute foot massage while overlooking the panoramic views of South China Sea.

與愛侶展開一趟愜意的水療之旅，療程首先以自選60分鐘雙人身體按摩療程揭開序幕。理療師先以有機精油為您進行全身按摩，助您舒緩身體疲勞，達致深層放鬆，最後在南中國海美景襯托下，享受60分鐘的足部按摩療程。

Monday to Thursday 星期一至星期四

\$4,580

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$4,880

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## MOTHER-TO-BE

120 minutes 分鐘

### 孕婦專屬護理體驗

Pamper mother-to-be from head to toe during her pregnancy. Treating her stiff lower back and swollen legs with naked oil, followed by a facial treatment to gently calm and moisturise her skin. She will come out completely revived and recharged. Suitable for mothers-to-be in the second and third trimesters (12 weeks and up to 38 weeks).

此護理從頭到腳呵護準媽媽，透過按摩紓緩僵硬的下背部和腫脹的腿部，接著以溫和的面部護理滋潤皮膚，讓她感覺煥然一新。體驗專為懷孕中期至後期孕婦而設(12周至38周)。

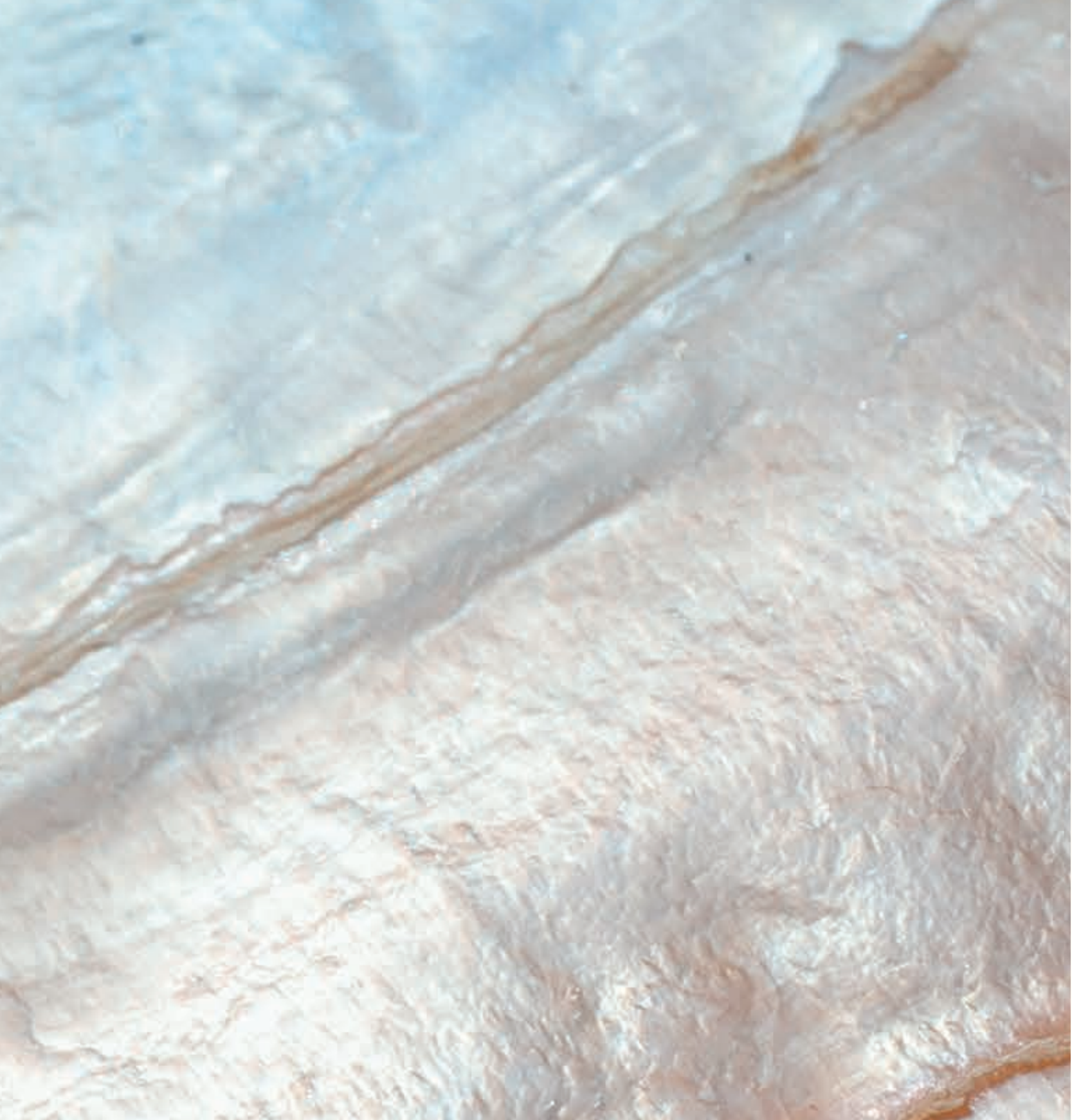
Monday to Thursday 星期一至星期四

\$2,680

Friday to Sunday & Public Holidays 星期五至星期日及公眾假期

\$2,980

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## THE FULLERTON SPA INFORMATION

### 富麗敦水療中心資料

#### Spa Appointments

Guests are encouraged to book treatments in advance to reserve their preferred time and service. A minimum treatment time of 60 minutes is required for guests and must be guaranteed with credit card. For in-house guests, please dial extension 7400 to make a reservation.

#### 預約

建議提前預約理想的水療護理時間。每節護理時間最短為60分鐘，預約需以信用卡作保證。酒店客人歡迎請致電內線7400預約。

#### Spa Etiquette

The Fullerton Spa provides a tranquil environment for ultimate relaxation, respecting the right to privacy and serenity for all spa guests. The Fullerton Spa is a smoke-free zone. Mobile phones and cameras are not permitted inside The Fullerton Spa. Guests aged 16 or below must be accompanied by an adult, parent, or guardian (aged 18 or above).

#### 水療中心禮儀

富麗敦水療中心旨在提供一個優雅寧靜，並尊重每位客人私隱的環境。水療中心內禁止吸煙、使用手機、相機及個人電子裝置。16歲或以下的客人必須在成人、父母或監護人(18歲或以上)陪同下方可使用。

#### Health Conditions

While making your spa reservations, please advise us of any health conditions, medical allergies, or injuries which could affect your service while making your spa reservation. Please consult your doctor before using the heat and water facilities if you are under medical supervision, medication, therapy and post-operation. Use of the heat and water facilities is not recommended during pregnancy.

#### 健康狀況

如有任何可能影響您接受護理的特殊健康狀況，例如過敏或傷患等，請於預約時通知我們。如果您正服用藥物、接受治療及處於手術後復原中，請先諮詢您的醫生，以便使用水療設施或運動器材。我們不建議懷孕婦女使用熱療及水療設施。

#### Pregnancy

We have specially designed treatments for mothers-to-be in the second and third trimesters (12 weeks and up to 38 weeks). Please allow The Fullerton Spa receptionist to guide you in selecting suitable treatments during this special time.

#### 孕婦

我們提供特意為懷孕中期至後期孕婦(12周至38周)而設的護理服務。請諮詢富麗敦水療中心接待人員，讓我們為您建議最合適的護理療程。

#### Arrival

You are encouraged to arrive 15 minutes prior to each appointment in order to change, relax and enjoy the exclusive facilities at The Fullerton Spa. Please be advised that late arrivals will result in a reduction in treatment time. You are advised to arrive at The Fullerton Spa wearing the robe and slippers provided in the guest room, and keep all valuables in the in-room safe or lockers inside changing rooms.

#### 抵達時間

我們建議您於預約時間前15分鐘到達富麗敦水療中心，以便有充足時間於護理前更衣及使用水療設施放鬆身心。若您未能準時抵達，理療時間可能因而縮短，敬請留意。建議酒店客人可穿著客房內供的浴袍和拖鞋前來富麗敦水療中心，並將將貴重物品存放在客房內的保險箱或更衣室內的儲物櫃中。

#### Dress Code

Our guests are invited to dress in comfort during treatments. Disposable undergarments are available upon request.

#### 著裝要求

建議您在護理期間穿著舒適衣服，如有需要我們可提供一次性內衣。

#### Loss and Damage

The Fullerton Spa assumes no responsibility or liability for any loss or damages to any personal belongings. Please keep all valuables secured in the locker available in The Fullerton Spa premises. For the protection of your clothing, kindly wear the spa robe provided.

#### 遺失及損毀

富麗敦水療中心對任何物品遺失或損壞恕不負責。請將貴重物品存放在富麗敦水療中心的儲物櫃並上鎖。此外，為避免您的衣物受損，請您穿著我們為您準備的水療浴袍。

## Cancellation Policy

If you wish to cancel or reschedule your appointment, please inform The Fullerton Spa via phone, email or in person at least 48 hours in advance, otherwise 100% charge will apply.

### 取消政策

如客人欲改期或取消預約，請提早於48小時前透過電郵、電話或親身通知富麗敦水療中心，否則富麗敦水療中心將收取全數費用。

## Pricing

All prices are in HKD and subject to a 10% service charge.

### 收費

所有水療服務收費，均以港幣計算及須另加百分之十的服務費。

## Accidents and Injuries

The Fullerton Spa assumes no responsibility or liability for any guest or member suffering from any accident or injury.

### 意外及損傷

富麗敦水療中心對客人或會員發生任何意外或受傷均不承擔任何責任。

## Spa Products

The Fullerton Spa has a unique range of natural facial, body and home fragrance products available for purchase at The Fullerton Spa.

### 水療產品

富麗敦水療中心提供一系列天然的面部、身體及家居香薰零售商品，讓客人可繼續在家享受水療的樂趣。

## Exchange Policy

Unopened retail products can be exchanged within 14 days after purchase with the original receipt presented. No cash or credit card refunds will be processed.

### 換貨政策

所有未拆封的零售商品均可於購買後14天內憑發票更換，唯恕不提供現金或信用卡退款。