

THE SPA
at
GRAND LISBOA
MACAU

新葡京水療中心的按摩油來自雅容瑪香薰之家，
效果顯著，精油100%提取自植物。

The massages oils at The Spa at Grand Lisboa deliver high performance results from Aromatherapy Associates, essential oil blends are 100% naturally derived from plants.



按摩 MASSAGE TREATMENT

新葡京皇牌按摩護理：活力再生
THE GRAND LISBOA SIGNATURE RITUAL - ENERGY REBALANCING

60/90/120分鐘min

新葡京水療護理中心獨創的皇牌身體按摩，以純正的精油香薰療法，汲取東西方傳統按摩之精髓。60分鐘的療程通過精準地按壓脊椎和足部穴位，並利用瑞典式和作用於神經肌肉的其他按摩技巧，達到舒緩身心，緩解運動所造成的肌肉和關節酸痛，並促進血液循環。此療程備有十四種100%純天然精油，根據賓客性別及身體狀況而供選擇，以香薰平思緒，安情緒，舒身心，令活力再生，90分鐘以及120分鐘的療程會加強手臂、面部及腹部的護理。

The 60-minute aromatherapy treatment combines essential oil with traditional massage techniques from East and West. Professional therapists skillfully press along the spine and on the acupuncture points along the legs with Swedish massage and other massage techniques which work on the neuro-muscles to completely relax body and heart, alleviate muscular tension, stimulate blood circulation and eliminate joint soreness caused by sports. The body treatment involves 14 natural essential oil options that cater to the needs of both men and women. Each formula has great power to balance one's emotions and mental state with their healing fragrances. Anxiety and pressures melt away, and the body and mind are rejuvenated. The 90-minute and 120-minute aromatherapy treatment also serve to enhance the arm, face and abdomen treatment.

熱石按摩
HOT STONE MASSAGE

90/120分鐘min

熱石按摩為一種特殊的理療。技藝純熟的理療師使用加熱後光滑的熱石，配合精油和不同手法，進一步延伸手掌按摩所觸及的範圍。通過熱石的礦物能量、熱量和輕微的重量，起到迅速放鬆，緩和緊　肌肉的作用，並讓按摩效果更為有效持久。按摩過程中，理療師會在脊椎，手掌，腹部等特定部位放置大小各異的熱石，通過熱石本身的能量電荷，改善體內能量流動，具有恢復與療癒的功效。

Hot stone massage is a specialty treatment. Well-trained therapists use heated stones, combined with essential oils, as an extension of their own hands to massage the body. The mineral energy, heat and subtle weight of the stones can immediately relax and alleviate tight muscles, and enhance and prolong the massage effects. In this treatment, the therapist places heated stones of different sizes on specific points of your spine, palms and belly. The energetic charge inherent to the basalt will improve the energy flow of the body and therefore bring forth powerful healing and recovery.

按摩 MASSAGE TREATMENT

泰式按摩
THAI MASSAGE

60/90/120分鐘min

泰式按摩是2,500年前由泰國僧侶創造的一種養生古法按摩。其利用身體能量線上的被動拉伸和輕柔壓力，增加身體柔韌性，緩解肌肉和關節緊張，以平衡身體能量系統。理療師用手指或手掌做有節奏的按壓動作，或行雲流水般的引導你的身體移動、拉伸、搖晃和伸展。泰式按摩既放鬆又刺激，讓人在按摩後活力四射並精力充沛。

Thai massage is an ancient form of massage believed to have been developed by Buddhist monks in Thailand 2,500 years ago. It features passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension and balance the body's energy systems. In the treatment, therapists apply rhythmic pressure on your body with their fingers and palms. They also smoothly guide your whole body to move, stretch, sway and extend. Thai massage is both relaxing and energising,, making you active and full of spirit.

瑞典式按摩
SWEDISH MASSAGE

60/90/120分鐘min

瑞典式按摩是全球最著名的按摩方式之一。其目的在於提高機體免疫力，刺激和改善體內循環，緩解肌肉緊張，增加幸福感，使整個身體完全放鬆。瑞典式按摩也是一種著名的健康輔助治療方法，理療師使用揉捏等按摩手法，並配合按摩油，以減少對皮膚的刺激和摩擦。瑞典式按摩能改善心血管功能，增強供血能力和毛細血管的彈性。

Swedish massage is one of the world's best-known types of body work. The purpose of Swedish massage is to enhance immunity, stimulate circulation, alleviate muscle tension, increase the sense of happiness and relax the entire body. It is a famous adjuvant therapy for promoting health. In the treatment, therapists use a combination of kneading and massage oil application to reduce skin irritation and friction. Swedish massage can effectively improve cardiovascular functions, blood supply and flexibility of blood capillaries.

推拿
TUI NA

60/90/120分鐘min

推拿在中國已流傳5000多年，被譽為「手指與力量的古老療癒藝術」，其安全和對多種病症的療效已獲得國際關注。由於屬中醫範疇，所以推拿適用於各年齡段人士。利用身體不同的能量通道，理療師們有節奏地用手指，手和肘部，在特定的部位按壓包括肌肉，肌腱，經絡，穴位和神經，以消除淤堵，調暢氣機，提升自癒功能。

Used in China for more than 5,000 years, Tui Na (pronounced "twee nah") is defined as "the ancient healing art of fingers and strength" . It has been gaining international attention for its safety and therapeutic effects for a wide variety of conditions. It is a technique of Traditional Chinese Medicine and suitable for people of all ages. Taking advantage of different energy channels in the body, practitioners use their fingers, hands and elbows to exert pressure on specific parts of your body including muscles, muscle tendons, meridians, acupoints, and even nerves to remove blockages, establish harmonious flow of qi and energy, and to improve the self-healing power of the body.

中式穴位按摩
PRESSURE POINT MASSAGE

60/90/120分鐘min

中醫認為人體有數百個穴位，大部分在軟組織，神經束和關節附近。通過按摩這些穴位，能起到舒緩和治療的作用。此外，中式穴位按摩還可幫助緩解疼痛，促進血液循環，調節氣與能量流動。經驗豐富的理療師採用傳統中式指壓法，作用於不同穴位。根據各人情況，仔細輕緩地控制對穴位的壓力，以緩解肌肉緊張，達到身心和諧舒暢，提升機體自癒功能。

According to Traditional Chinese Medicine doctors, there are hundreds of acupuncture points throughout the human body, most of which are found near soft tissues, nerve tracts and joints. Massaging these points is both pleasurable and therapeutic. It can help relieve pain, improve blood circulation and channel the flow of qi. Experienced therapists employ traditional Chinese acupressure techniques to work on acupoints slowly and carefully with controlled strength that varies with the individual to alleviate muscle tension, balance the body and mind, and strengthen the body’s self-healing functions.

按摩 MASSAGE TREATMENT

舒緩肩頸背按摩
NECK, SHOULDER AND BACK RELIEF

60/90/120分鐘min

資深的理療師熟練地運用手指，手掌和肘部，按摩肌肉，肌腱，骨側，骨骼間隙等部位，有效深層舒緩背部和肩頸的疲憊肌肉，緩解酸痛，減輕壓力和肌肉張力。此外，還能舒緩因久坐或以同一姿勢工作造成的肩頸與背部傷害，促進淋巴和血液循環，幫助身體排毒。

Experienced therapists technically massage your muscles, muscle tendons, bone laterals and the space between the bones with their fingers, palms and elbows, in order to deeply relieve muscle fatigue, soreness and tension, as well as tightness of the back, neck and shoulders. It can cure problems with these areas caused by long-time sitting or working with the same posture, as well as stimulate lymphatic and blood circulation, and assist in the elimination of body toxins.

足腿反射按摩
LEG AND FOOT REFLEXOLOGY

60/90/120分鐘min

足腿反射療法通過按摩腿部和足部特定的反射點，調整相應臟腑經絡氣血的功能，從而達到治療疾病的目的。理療師在腿部和足底的多個穴位輕柔指壓，刺激多個聯通的身體器官及腺體，通過按壓足部神經末梢，幫助打通堵塞的能量通道，改善腿部和足部的疲勞，最終提高整個身體機能。其功效包括:淨化體內毒素，改善免疫系統，促進血液循環，增強機體自癒能力並平衡身體能量。

This practice works on specific reflex points on legs and feet to induce a healing response in corresponding organs and areas of the body. With gentle acupressure techniques, therapists massage several acupoints on the legs and feet which are linked to various body organs and glands, and manipulate the nerve endings on the feet in order to clear up blocked energy channels, alleviate leg and foot fatigue, and ultimately improve the whole sense of well-being. The benefits include cleansing the body of toxins, boosting the immune system, increasing blood circulation, promoting self-healing and balancing the body's energy.

極致呵護之四手天堂
SPA SPLURGE – FOUR HANDS HEAVEN

60/90/120分鐘min

堪稱極致呵護的四手天堂療程，由兩位訓練有素、默契一致的理療師以同步節奏，配以芳香精油進行全身按摩。無論從力度，技巧，還是動作細節，甚至呼吸都宛若一人。療程設計精巧，省時快捷且一氣呵成，帶來雙倍撫慰和呵護，盡顯無限奢享。

"The Spa Splurge — Four Hands Heaven" brings you the utmost in pampering by two well-trained therapists harmoniously working in concert. They are like one person with synchronised strength, techniques, movements and even breathing. Performed using fragrant oil, this delicately designed treatment is time-saving and smoothly done, yet brings forth double comfort and a sense of pampering.



面部護理 FACIAL TREATMENT

極致面部護理
ULTIMATE FACIAL TREATMENT

90分鐘min

療程專為全年齡段的各類肌膚問題設計，選用大米胚芽油和藍艾菊製護理產品，90分鐘達到從深層清潔到高效修復和保濕的效果，令肌膚呈現出最佳狀態，煥發健康光澤。面部清潔和去角質之後的面部按摩，先以淋巴疏導的手法解決面部水腫問題，促進面部血液循環。再搭配保濕面膜，進行深層補水，滋養和修護。隨後，眼部穴位指壓可疏導和改善眼部微循環。療程還包括手部或臂部按摩以及頭部解壓舒緩按摩。

This 90-minute treatment, with the selection of rice germ oil and blue tansy made products, is designed for all types of skin of all ages, rejuvenating and brightening the face through intensive cleansing, restoration and hydration. The treatment begins with facial cleansing and exfoliation, followed by a facial massage of lymphatic drainage to remove edema and stimulate blood circulation on the face. A hydrating mask is then applied to deeply moisturise, nourish and repair. Afterwards, an eye acupressure is done to improve microcirculation around the eyes. The treatment is further enhanced by an arm/hand massage and de-stress scalp treatment.

保濕面部護理
HYDRATING FACIAL TREATMENT

60/90分鐘min

在覆盆子和珊瑚的協調下,保濕面部護理能幫助乾燥、暗沉、疲倦和脆弱的肌膚立即從底層補充並鎖住水份，改善紅血絲和敏感狀況，令肌膚飽滿亮澤。60分鐘療程包括面部清潔，去角質，面部按摩和保濕面膜；90分鐘療程則增加眼部護理，配合眼部穴位指壓和淋巴引流專業按摩技巧，疏導和改善眼部微循環。療程還包括手部或臂部按摩以及頭部舒緩按摩。

With the coordination of raspberry and nullipore, the highly hydrating treatment supplies water to the deep layers of the skin to instantly eliminate skin dryness, dullness, fatigue and fragility, and reduce redness and sensitivity, leaving the skin plump and radiant. The 60-minute treatment includes facial cleansing, exfoliation, facial massage and hydrating mask, while the 90-minute treatment also includes an eye treatment, which improves microcirculation around the eyes through acupressure and lymphatic drainage massage. The treatment is enhanced by an arm/hand massage and de-stress scalp treatment.

舒緩肌膚護理
SOOTHING FACIAL TREATMENT

60/90分鐘min

療程專為敏感肌膚設計，幫助鎮靜面部肌膚，充分利用粉紅岩玫瑰和蘋果籽油的特性，可以減少紅血絲，同時鎖水保濕，提高肌膚免疫力。60分鐘療程包括適合敏感肌膚的面部清潔，面部按摩和舒緩鎮靜面膜。90分鐘療程則增加眼部護理，配合眼部穴位指壓和淋巴引流專業按摩技巧，疏導和改善眼部微循環。療程還包括手部或臂部按摩以及頭部舒緩按摩。

Soothing facial treatment, taking full advantage of features of pink rock rose and apple seed oil, is designed for sensitive skin to reduce redness, soothe the skin, moisturise and maintain moisture levels, and improve skin immunity. The 60-minute treatment includes facial cleansing fit for sensitive skin, facial massage and a soothing mask. The 90-minute treatment further offers an eye treatment, which improves microcirculation around the eyes through acupressure and lymphatic drainage massage. The treatment is enhanced by an arm/hand massage and de-stress scalp treatment.

抗衰老面部護理
ANTI-AGEING FACIAL TREATMENT

90分鐘min

護理針對面部細紋和衰老問題進行修護，大馬士革玫瑰水和辣木籽油的完美配搭，能有效改善膚色暗黃，提升面部輪廓，緊緻肌膚，撫平皺紋。90分鐘療程包括深層面部清潔，去角質及面部按摩，並使用雙重高效抗衰面膜修護。眼部護理使用眼部穴位指壓和淋巴引流專業按摩技巧，疏導和改善眼部微循環。療程還包括手部或臂部按摩以及頭部舒緩按摩。

Anti-ageing facial treatment, with the perfect combination of damask rose water and moringa oil, targets facial fine lines and ageing phenomena, and is effective in reducing dull yellow complexion, lifting contour line, tightening the skin and removing wrinkles. The 90-minute treatment includes deep facial cleansing, exfoliation, facial massage, double-effect anti-ageing mask and an eye treatment, which improves microcirculation around the eyes through acupressure and lymphatic drainage massage. The treatment is enhanced by an arm/hand massage and de-stress scalp treatment.

面部護理產品來自雅容瑪香薰之家，效果顯著。護理不包括蒸汽美容和毛孔清潔。
Facial treatment products at The Spa at Grand Lisboa deliver high performance results from Aromatherapy Associates.
Treatments do not include steam and extractions.



面部護理 FACIAL TREATMENT

男士潔淨面部護理
MEN'S FACIAL TREATMENT

60/90分鐘min

專為男士設計的面部深層清潔和控油護理，在依蘭依蘭和高山玫瑰的極致呵護下,可有效改善皮膚暗啞，令面容神采煥發。60分鐘療程包括深層面部清潔，去角質，面部控油按摩和滋養煥彩面膜。90分鐘的療程增加了眼部療程。緩解由於長時間工作和使用手機造成的眼部疲勞。

This deep cleansing and oil-control facial treatment is exclusively designed for men to remove dullness and leave the skin luminous under the ultimate care of ylang-ylang and alpine rose. The 60-minute treatment includes deep facial cleansing and exfoliation, oil-control facial massage and nourishing mask. The 90-minute treatment further offers an eye treatment to eliminate eye fatigue caused by long periods of work and cell phone use.

身體護理 BODY TREATMENT

滋潤保濕身體護理
MOISTURISING BODY TREATMENT

60分鐘min

即時速效的保濕護理，通過按撫舒緩的手法，令肌膚在極度放鬆的狀態下，最大限度地吸收高效滋潤的產品。護理能立刻改善乾性肌膚的乾燥和瘙癢，使肌膚光滑亮澤，飽滿健康。

The moisturising body treatment, with soothing and relaxing massage techniques, optimises the skin's absorption of highly effective nourishing products while guests stay in a state of utmost relaxation. It re-hydrates your skin to instantly eliminate dryness and itch, leaving the skin smooth, nourished and radiant.

去角質身體護理
PRO-AROMATIC BODY EXFOLIATION

45分鐘min

柔和去角質身體護理能有效去除身體表面的死皮細胞，打開並清潔毛孔，提升皮膚的營養吸收能力，促進身體排毒，淨化並滋潤肌膚，使其恢復細緻光滑。

The mild exfoliating body treatment effectively removes dead skin cells, opens and cleans skin pores to facilitate their absorption of nutrition, and detoxes, purifies and moisturises the skin, resulting in a smooth and polished finish.

身體暖膜
BODY WRAP

60分鐘min

身體暖膜能幫助身體打開毛孔，排汗排毒，有效疏解身體疼痛及肌肉疲勞，改善睡眠質量，讓肌膚健康水嫩，充滿光澤，煥發生機。

The warm body wrap helps open skin pores to assist with perspiration and detoxification, alleviating body pains and muscle fatigue, and improving sleep quality while leaving your skin revived, tender, glowing and moisturised with vitality.



護理附加項目 TREATMENT ADDITION

修眉
EYEBROW SHAPING

15分鐘min

技法嫻熟的理療師先用剃刀，修眉鉗和剪刀塑造和調整眉型，隨後用玫瑰保濕爽膚水清爽並舒緩眉部皮膚。

An experienced therapist shapes and polishes your eyebrows with razor, pincers and scissors, complete with moisturising toner to refresh and soothe the eyebrow skin.

巴拿芬蜜蠟護理 - 手部或足部
PARAFFIN WAX - HANDS OR FEET

15/30分鐘min

溫熱的巴拿芬蜜蠟有利於去水腫，幫助損傷組織再生與修復。護理首先去除手或足部角質，令雙手或雙足的皮膚細嫩幼滑。再用溫熱的巴拿芬蜜蠟包裹，以加強末梢神經的血液循環，提升皮膚對護膚品的營養吸收。護理後手或足部皮膚光滑滋潤，健康亮澤。

Warm paraffin wax can alleviate edema and repair damaged tissues. The treatment begins with exfoliation of hands and feet to make them tender and soft. Then the warm paraffin wax is used to wrap the skin to improve the blood circulation of peripheral nerves and enhance the skin's absorption of nourishing skincare products. After the treatment, your hands and feet will become smoother, nourished and radiant.

面部及頭部按摩
FACE AND HEAD MASSAGE

30/60分鐘min

頭為諸陽之會，內絡腦髓，外連五官；面為氣血所聚，精神所在；頭面部的按摩是中國醫家們最為推崇的養生方法之一，能加強記憶力、清晰思維、敏捷反應，使耳聰目明、面有光澤及精神充沛。該按摩療程以柔和指壓手法，作用於面部及頭部的多個穴位，疏導淋巴，改善睡眠，令心情舒暢。

All yang channel flows of the body come together in the head. The head encapsulates the brain and connects to the five sense organs, while the face reveals one's qi and blood condition as well as the entire mental state. Face and head massage is one of the most respected therapies of traditional Chinese doctors, for it can enhance memory, clear the mind, quicken response times, improve hearing and sight, brighten the complexion and invigorate the spirit. This "Face and Head Massage“, employs gentle acupressure techniques to work on several acupuncture points on the face and head in order to dredge the lymphatic systems, improve sleep quality and lift the mood.

面部速效護理
RECOVERY FACIAL TREATMENT

30分鐘min

即時速效的面部護理首先進行面部清潔並去除角質，然後通過面部按摩，迅速滋養和補充水分，提亮膚色，撫平皺紋。隨後，舒緩而放鬆的頭部按摩可促進全身血液循環，令肌膚保持最佳狀態。

The instant recovery facial treatment begins with facial cleansing and exfoliation, followed by facial massage to immediately nourish, moisturise and brighten the skin and remove wrinkles. Afterwards, a soothing and relaxing scalp massage is done to stimulate blood circulation and leave the skin at its best state.

護理附加項目 TREATMENT ADDITION

眼部極致護理
EYES TREATMENT

30分鐘min

30分鐘的療程能迅速消除眼部疲勞及浮腫、改善黑眼圈、淡化眼周細紋。以專業的眼部穴位指壓按摩，疏導淋巴及引流，加強眼周微循環，改善由長時間使用手機造成的視覺模糊和眼部勞累。

The 30-minute treatment immediately removes eye fatigue, puffiness and dark circles, and reduces fine lines around the eyes. Professional eye acupressure massage improves microcirculation and lymphatic drainage to combat blurred vision and eye fatigue caused by cell phone usage.

胸部護理
BUST BEAUTY

30分鐘min

美胸療程在去除角質後，通過淋巴按摩手法加強胸部的新陳代謝，緩解由佩戴文胸造成的血液循環不暢，並提升胸部的營養吸收能力，令胸部肌膚柔滑嬌嫩富有彈性，重塑緊實堅挺的胸部。

The bust beauty treatment begins with skin exfoliation, followed by lymphatic massage techniques to stimulate blood circulation and promote detoxification in the breast area, improve breast absorption of nutrients and make the skin more tender and elastic, leaving your breasts firm and lifted.

腰腹纖體護理
REFINED WAIST

45分鐘min

45分鐘的護理針對腰腹部位的頑固脂肪。經驗豐富的理療師以掌刺激腰腹部位的內部組織和臟器。效果卓越的按摩油可加速身體和內臟脂肪的燃燒，塑造完美腰腹臀曲線，並提升腎肝功能，改善腸蠕動。

The 45-minute treatment targets stubborn fat around the waist and abdomen. An experienced therapist stimulates the inner tissue and organs around the waist and abdomen through the use of fists and palms. Formulated massage oil penetrates the skin to aid in toning and contouring the waist, abdomen and hips, as well as improving kidney and liver functions and intestinal peristalsis.



水療項目 SPA TREATMENT

維希浴
VICHY SHOWER

30分鐘min

維希浴源於法國並迅速風靡全球，成為世界上發展最快的水療療法之一。維希浴一般設有溫暖的大理石水療床和多個淋浴噴頭，以便客人用溫水沐浴全身。整個療程豪華而放鬆，可以潔淨全身。法式維希浴療程於大理石水療床上進行，用水力按摩刺激身體淋巴，以改善循環系統，舒緩身心、緩解疲憊並促進睡眠。

The Vichy shower originated in France and has quickly spread around the world as one of the fastest-growing spa treatments. The Vichy shower's equipment consists of a warm marble spa table and multiple shower heads, each of which rains down warm water all over the body. It is a completely relaxing and luxurious experience that effectively cleanses the whole body. This Vichy shower treatment uses water jet massage to work on the lymphatic knots so as to improve circulation, relax the body and mind, relieve fatigue and improve sleep quality.

維希浴按摩
VICHY SHOWER WITH MASSAGE

30分鐘min

維希浴源於法國並迅速風靡全球，成為世界上發展最快的水療療法之一。維希浴一般設有溫暖的大理石水療床和多個淋浴噴頭，以便客人用溫水沐浴全身。整個療程豪華而舒適放鬆，可以潔淨全身。法式維希浴按摩於大理石水療床上進行，理療師用特製身體精油配合熟練的推捏按摩手法，輔以維希浴的水力按摩，從而緩解壓力，改善循環系統，舒緩身心疲勞。

The Vichy shower originated in France and has quickly spread around the world as one of the fastest-growing spa treatments. The Vichy shower's equipment consists of a warm marble spa table and multiple shower heads, each of which rains down warm water all over the body. It is a completely relaxing and luxurious experience that effectively cleanses the whole body. In "Vichy Shower with Massage", the water jet massage is combined with the gliding and kneading manipulations of professional therapist, along with specific body oils. Lying on the marble table, you will experience total relief from stress, improved circulation and relaxation of body and mind.

新葡京尊享水療護理
THE GRAND LISBOA SPA TREATMENT

90分鐘min

護理先在大理石水療床上進行全身除角質，在全身放鬆，毛孔打開後，施以水力按摩，最後以暖泥敷體。整個療程有效促進身體排毒並淨化肌膚，加速護理產品的滲透，有效改善身體循環，舒緩肌肉緊張和疼痛，消除身心疲勞，讓肌膚間水嫩柔滑，細緻亮澤，煥然一新。

The treatment starts by exfoliating your whole body to remove dead skin cells on a marble table. When your body is totally relaxed and the skin pores open, a water jet massage follows, and the treatment ends with a warm mud body wrap. The treatment effectively detoxifies the body and purifies the skin, quickens the penetration of skincare products, improves body circulation, alleviates muscle tension and pain and removes the fatigue of body and soul. It leaves your skin tender, smooth and glowing with vitality.



養生時刻 WELLNESS MOMENT

寧神療癒
SOUL HEALING

45分鐘min

頌缽發出的音色，優美而沉穩，如天籟之音般傳遞到身心深處，與身體產生共鳴，讓身體進入深度放鬆狀態，實現內心平靜和諧，可以消除壓力，增進睡眠。配合由理療師帶領的冥想體驗，能進一步撫慰疲勞的身體和心靈，調節並提升狀態，達至身心能量平衡的最佳點。

The sound produced by the singing bowl is beautiful and calm. It is transmitted to the depths of the body and mind like the sound of nature, resonating with the body, allowing the body to enter a state of deep relaxation, achieving inner peace and harmony, eliminating stress and promoting sleep. Coupled with the meditation experience led by our therapist, it can further soothe the tired body and mind, regulate and improve the state, and help to reach the optimal point of physical and mental energy balance.

養生時刻 WELLNESS MOMENT

聲音治療
SOUND THERAPY

45分鐘min

聲音治療結合音樂、聲波及振動的特性。理療師通過不同器材製造各種大自然和擁有特殊療效的聲音，影響大腦波動和神經系統來達到釋放壓力、緩解焦慮、提升精神健康、改善身體狀況的效果。

Sound therapy combines the properties of music, sound waves and vibrations. Therapists use different equipment to create various sounds of nature and sounds with special therapeutic effects, which can affect brain fluctuations and nervous system to achieve the effects of releasing stress, relieving anxiety, improving mental health and physical condition.

寧神之旅
JOURNEY TO INNER PEACE

90/120分鐘min

寧神之旅融合頌缽聲療和按摩的功效。敲擊、摩擦頌缽產生的聲音和振動,通過聽覺及觸覺作用於人體，傳遞到體內每一個細胞，能舒緩疲勞的身體,調節人體能量場，平靜身心。加熱的頌缽在身體上滑動，如暖流衝擊接觸的每一寸肌膚，結合療癒按摩手法，能加速血液循環，提高身體自我修復能力，讓人在體驗後能迅速回復狀態，再度出發迎接美好生活。

Journey to Inner Peace combines the power of singing bowl's sound therapy and massage. The sound and vibration produced by striking and rubbing the singing bowl affect the human body through hearing and touch, and they are transmitted to every body cell. It can soothe the tired body, regulate the human energy field, and calm the body and mind. The heated singing bowl slides on the body, like a warm flow hitting every inch of touched skin, coupled with therapeutic massage technique. It can accelerate blood circulation and improve the body's self-repair ability, allowing one to quickly recover after the experience and keep moving forward to embrace a better life.

悟空之旅
NATURAL JOURNEY TO “ME” SPACE – INNER PEACE

75分鐘min

「悟空之旅」是一個科學與靈性結合的護理，給予身體一個極致體驗的機會，更是一趟向內探索的心靈之旅。療程結合了聲音療法、水力淋巴按摩和頌缽理療，為客人帶來從身體到心靈的多感官、全方位的獨特體驗。項目透過療癒系音樂，搭配大自然般的音色，影響客人的大腦電波，以舒緩焦慮和緊張的情緒，淨化心靈。

Natural Journey to “me” Space – Inner Peace is an experience that merges science and spirituality, providing an opportunity for ultimate physical relaxation and an inward exploration of the self. The treatment combines sound therapy, hydro lymphatic massage, and singing bowl therapy to bring guests a comprehensive multi-sensory journey from body to spirit. By using healing music with nature-inspired sounds to influence guests' brainwaves, guest can alleviate anxiety and tension while purifying the mind.

紅外冷療雙效療癒
INFRARED AND COLD DUAL-EFFECT THERAPY

120分鐘min

紅外冷療雙效療癒利用先進的按摩設備，專為緩解肌肉緊張和促進血液循環而設計的科技賦能健康體驗。融合紅外線深層熱穿透技術與冷療筋膜放鬆技術，突破傳統表層按摩局限，直達筋膜結締組織。項目專為健身愛好者、專業運動員等人群量身打造，聚焦肌肉快速修復與酸痛舒緩兩大核心功效，帶來兼具科技感與療癒感的深層養護體驗。

Infrared and Cold Dual-Effect Therapy utilizes advanced massage equipment to create a technologically advanced health experience designed to relieve muscle tension and promote blood circulation. It integrates deep infrared heat penetration technology with cold therapy fascia release technology, breaking through the limitations of traditional surface massage and reaching directly into the fascia connective tissue. The treatment is tailored for fitness enthusiasts, professional athletes, and others, focusing on two core effects: rapid muscle repair and soreness relief, delivering a deep wellness experience that combines technological sophistication with therapeutic benefits.

水療預約與條件 TERMS AND CONDITIONS

水療禮節
ETIQUETTE

我們誠摯地提醒來訪者，請勿大聲喧嘩，盡量放低聲量，並將手機和電子設備調至靜音模式。

We respectfully request that all visitors keep noise to a minimum. Cell phones and electronic devices should be set to silent mode.

預約
RESERVATIONS

我們建議您在造訪水療中心48小時前進行療程預約，以保證在最理想的日期和時段體驗療程。

At least 48 hours advance booking is recommended to secure preferred date and time of treatment.

登記
CHECK-IN

請在療程前至少30分鐘到接待台進行登記，以保證療程準時開始。為了避免影響後續療程，將不對遲到的客人延長體驗時間。

Please check-in at the spa reception at least 30 minutes prior to your scheduled appointment to ensure treatments begin on time. In order not to delay subsequent treatments, late arrivals will not receive an extension of scheduled treatments.

取消預約
CANCELLATION POLICY

若需取消預約，敬請於4小時前通知。逾時取消將酌收預約項目50%費用。若屆時未能到場，則需支付預約項目全額費用。預約時請提供信用卡號碼作為保證。

We kindly ask that you notify us at least 4 hours in advance should you need to cancel your reservation. For late cancellations, a 50% fee will apply. In the event of a no-show, the full fee will be charged. Please provide your credit card number at the time of booking as a guarantee.

健康條款
HEALTH CONDITION

我們建議患有高血壓、心臟病、懷孕或其它併發症的客人先咨詢專業醫師後再進行水療體驗。若患有任何疾病或身體症狀，請告知理療師。

Guests with high blood pressure, heart conditions, pregnancy, or any other medical condition are advised to consult their doctor before signing up for any spa services. Please inform our spa therapist about any medical condition.

水療區域禁止吸煙
SMOKING

Smoking within the spa area is prohibited.

澳門新葡京酒店保留修改療程價格、條款及細則的權利，無需另行通知。
Grand Lisboa Hotel reserves the right to amend the prices, terms and conditions without any prior notice.

新葡京酒店五樓 5/F Grand Lisboa Hotel
預約及查詢　For reservations and enquiries：(853)　8803 7703
grandlisboa.com