

INNATE AYURVEDA

天妮然阿育吠陀



滴油疗法 Shiro Dhara

滴油疗法是一种独特的阿育吠陀疗法，通过将温热的草药油持续滴在额头上，有助于深度放松和提升心灵的清晰度。

Shirodhara is a unique Ayurvedic therapy where a continuous stream of warm herbal oil is gently poured onto the forehead, promoting deep relaxation and mental clarity.

120 MINUTES 分钟

OIL MASSAGE + SHIRODHARA + STEAM BATH /SAUNA

草药油按摩 + 滴油疗法 + 蒸汽浴/三温暖

598 RMB

60 MINUTES 分钟

SHIRODHARA +STEAM BATH/SAUNA

草药油按摩 + 蒸汽浴/三温暖

449 RMB

3 CONSECUTIVE DAYS COURSE - 連續3天

OIL MASSAGE + SHIRODHARA + STEAM BATH/SAUNA

草药油按摩 + 滴油疗法 + 蒸汽浴/三温暖

1300 RMB

阿比扬伽 Abhyangam

阿比扬伽（Abhyangam）是一种传统的全身油按摩，通过温暖的草药油滋养身体，促进血液循环和排毒。

这种疗法能平衡身心，带来深层的放松与恢复活力。

Abhyangam is a traditional full body oil massage that nourishes the body with warm herbal oils to promote blood circulation and detoxification.

This therapy balances the mind and body, providing deep relaxation and rejuvenation

120 MINUTES 分钟

OIL MASSAGE+ KIZHI BAG MASSAGE + SALT SCRUB + STEAM BATH

草药油按摩 + 草药球袋按摩 + 盐磨砂护理 + 蒸汽浴

659 RMB

100 MINUTES 分钟

OIL MASSAGE + KIZHI BAG MASSAGE + STEAM BATH

草药油按摩 + 草药球袋按摩 + 蒸汽浴

512 RMB

60 MINUTES 分钟

OIL MASSAGE+STEAM BATH

草药油按摩 + 蒸汽浴

399 RMB

芳香疗法按摩 Aroma Massage

芳香疗法按摩使用精油来增强放松和疗愈，促进情绪健康，同时舒缓肌肉和缓解压力。

Aroma Massage uses essential oils to enhance relaxation and healing, promoting emotional well-being while soothing muscles and relieving stress.

100 MINUTES 分钟

489 RMB

60 minutes 分钟

399 RMB



喜马拉雅盐磨砂护理 Himalayan Salt Scrub

喜马拉雅盐磨砂护理是一种去角质疗法，使用粉红色喜马拉雅盐温和地去除死皮细胞，促进血液循环并排毒，让肌肤柔软焕发活力。

Himalayan Salt Scrub is an exfoliating treatment using pink Himalayan salt to gently remove dead skin cells, improve circulation, and detoxify the skin, leaving it glowing, soft and refreshed.

这种技术采用温和且有针对性的方法，去除皮肤褶皱处的沉积污垢和死皮，有效清洁并焕新肌肤，使皮肤更加光滑。

This technique uses a gentle, targeted approach to exfoliate and cleanse the skin folds, effectively removing accumulated dirt and dead skin, leaving the skin smooth and rejuvenated.

60 MINUTES 分钟

399 RMB

30 MINUTES 分钟
(neck and back only)
仅限颈部和背部)

249 RMB

草药粉末按摩 Udvarthanam

草药粉末按摩是一种阿育吠陀治疗，使用草药粉末进行强力的去角质按摩，有助于减少脂肪团、促进血液循环并排毒。

Udvarthanam is an Ayurvedic treatment involving the use of herbal powders for a vigorous, exfoliating massage that helps in reducing cellulite, improving circulation, and detoxifying the body.

60 MINUTES 分钟

POWDER MASSAGE

草药粉末按摩

459 RMB

3 DAYS COURSE 連續3天

POWDER MASSAGE

草药粉末按摩

1200 RMB

7 DAYS COURSE 連續7天

POWDER MASSAGE

草药粉末按摩

2625 RMB

草药包按摩

Poultice Masage (Kizhi)

草藥包按摩是一種阿育吠陀療法，使用充滿草藥和油的溫暖草藥包來按摩身體，以幫助消除緊張、增加血液循環並刺激身體。

Herbal poultice massage is an Ayurvedic treatment that uses warm herbal packs filled with herbs and oils that are used to massage the body to help cut off tension, increase blood circulation and stimulate the body.

60 MINUTES 分钟

KIZHI MASSAGE+OIL RUB

草药粉末按摩

459 RMB

3 DAYS COURSE 連續3天

KIZHI MASSAGE+OIL RUB

草药包按摩 + 全身油應用

1200 RMB

7 DAYS COURSE 連續7天

KIZHI MASSAGE+OIL RUB

草药包按摩 + 全身油應用

2625 RMB

草药面部护理

Herbal Facial (Lepam)

草药面部护理是一种阿育吠陀疗法，使用天然草药成分清洁、滋养并焕新肌肤，让脸部焕发光彩，充满活力。

Mukha Lepam Facial (Herbal) is an Ayurvedic treatment that uses natural herbal ingredients to cleanse, nourish, and rejuvenate the skin, leaving the face glowing and refreshed.

45 MINUTES 分钟

CLEANSING + SCRUB + FACE PACK + MASK

潔面+磨砂+草本面膜+保濕面膜

199 RMB

cleansing - 5 minutes

scrub - 5 minutes

face pack - 20 minutes

moisturizing mask- 15 minutes

清潔 - 5 分鐘

磨砂膏 - 5 分鐘

面膜 - 20 分鐘

保濕面膜 - 15 分鐘

头部和肩部按摩 Head & Shoulder Massage

头部和肩部按摩是一种阿育吠陀疗法，专注于缓解头皮、颈部和肩部的紧张与压力，促进放松并改善血液循环。

The Head and Shoulder Massage is an Ayurvedic therapy that focuses on relieving tension and stress in the scalp, neck, and shoulders, promoting relaxation and improving circulation.

60 MINUTES 分钟

399 RMB

**30 MINUTES 分钟
(NECK AND BACK ONLY)
仅限颈部和背部)**

249 RMB

桑拿會員資格 Sauna Membership

3個月 3 months

399 RMB

一個月 1 month

180 RMB

(3 VISITS PER MONTH.
DISPOSABLE TOWEL, DISPOSABLE
SHORTS WILL BE PROVIDED.
PLEASE MAKE APPOINTMENT AT
LEAST AN HOUR IN ADVANCE
EACH SESSION-45 MINUTES)

淋浴包含在房價內。
每月 3 次訪問。
提供一次性毛巾、一次性短褲。
請至少提前一小時預約
每堂課 - 45 分鐘)

贵宾会员

VIP Membership

充值会员详情：

- 充值1999元，赠送200元/1次桑拿
- 充值3999元，赠送480元 | 4次桑拿
- 充值5999元，赠送1200元 | 8次桑拿
- 前50名会员将额外赠送2次面部SPA！

RECHARGE 1999 YUAN AND RECEIVE 200 YUAN/SAUNA ONCE

RECHARGE 3999 YUAN AND GET 480 YUAN FREE | 4 SAUNA SESSIONS

RECHARGE 5999 YUAN AND GET 1200 YUAN FREE | 8 SAUNA SESSIONS

MEMBERS WILL RECEIVE AN ADDITIONAL FACIAL SPA



VIP

MEMBER