

shine
for SPA
喜来登水疗
spa



Spa Treatment Menu

水疗护理目录

炫逸水疗特色疗程

幸福元素

180 分钟

这种从头到脚的终极水疗体验，先去除角质激发活力，再通过五行按摩来缓解绷紧及平衡身心。最后以滋养保湿脸部护理作结，让您的肌肤得到滋养，使皮肤柔软和亮泽。

炫逸二人疗程

150 分钟

与挚爱一同感受90分钟自选按摩的乐趣，再通过个性化的五行脸部护理来改善肌肤问题，让皮肤重现水润光泽。

木

180 分钟

翠竹火山石按摩有效舒筋活络、促进血液循环、并能释放压力，再以个性化的五行脸部护理来改善肌肤问题，让您神采焕发，赋活身心。

火

165 分钟

透过蜡烛香薰按摩，即时令肌肤回复紧致状态。再通过纯净脸部护理来净化及激活肌肤，为您激发活力、提升能量并明晰心灵。

土

165 分钟

以珍贵的矿石深度按摩，有效舒缓全身紧张肌肉。再以活肌亮白脸部护理，让您恢复平静，平衡身心。

金

180 分钟

以温和的净化高岭土粘土并注入迷迭香、葡萄柚和杜松浆果包裹全身于热毯中，有效净体排毒，改善水肿并促进血液循环。再以抗衰老脸部护理延缓衰老症状。

水

150 分钟

让肌肤享受去除角质的水嫩，温和地洁净肌肤。再以光滑雨杖按摩促进睡眠质素。最后以保湿脸部护理滋润肌膚。

按摩

炫逸特色按摩

60 / 90 / 120分钟

炫逸水疗的特色按摩以定制的精油、草药热毯、热石及揉捏技术相结合,让您感受无与伦比的水疗体验。

肌肉舒缓按摩

60 / 90 / 120分钟

具有刺激功能的香樟、柠檬草、肉豆蔻和迷迭香与深层按摩相结合,为您解除疼痛和肌肉的紧张,加快身体的循环。结合热石和温暖的草药蒸汽毛巾,建议患有慢性压力,疼痛或紧张的人使用这种疗法。

泰式瑜伽按摩

60 / 90 / 120分钟

独特的修护性护理对肌肉、肌腱、压力点以及经络进行按摩,同时配以轻柔的伸展动作。

矿石按摩

90 / 120分钟

以光滑的矿石进行深度放松按摩,缓解肌肉紧张。舒缓、滋养的按摩让您恢复平静,平衡身心。

翠竹火山石按摩

90 / 120分钟

有效疏通经络,促进血液循环,提升神经感知和淋巴引流排毒功效,能强身健体及释放压力。

产前按摩护理

60 / 90分钟

专为准妈妈而设计的按摩,能帮助孕妇缓解背部疼痛、改善水肿、减少妊娠纹、促进身心平和并保持最佳状态。

请注意此护理不适用于怀孕初期

请在预约前咨询医生

足底反射按摩

60 / 90分钟

传统东方按摩护理,通过在足部神经位施加压力从而刺激相应的身体部位,让您重拾活力、焕发精神。

五行头皮穴位按摩

30分钟

独有的五行精油及乳香热油按摩头部穴位,为头皮保湿和滋养,使头发柔软丝滑。再包裹头发在发膜中,帮助修复干燥、卷曲和分裂的头发,让您的头发如丝般柔顺。

脸部护理

炫彩五行脸部护理

60 / 90分钟

以五行脸部护理解决肌肤潜在问题，结合愈合植物、维生素和海洋提取物，为肌肤提供养分，恢复平衡，让肌肤补充水分，持续明亮光泽。

抗衰老脸部护理

90分钟

通过改善皮肤营养，让肌肤的色调、弹性、光泽和水分含量得到根本改善。恢复活力并让您容光焕发。首先进行深层清洁和AHA去角质，以玫瑰石英滚轮来塑形和减少浮肿，再以指压按摩修复肌肤，为您带来即时并持久的效果。

活肌亮白脸部护理

75分钟

使用被称为“生命药剂”的发酵黑茶和AHA，共同作用下可显着平衡肌肤色调和质感。肌肤感觉更光滑、明亮、色素显著减少。

脸部纯净护理

75分钟

脸部纯净护理包括令肌肤恢复活力的芦荟和黄瓜的双重面膜，再注入净化麦卢卡蜂蜜、迷迭香和茶树的富含矿物质的面膜泥。可促进毒素的微量排出，有助于去除细胞残屑，减少皮脂分泌并缩小毛孔。让您的肌肤变得更亮泽，恢复清新、干净和平衡的肤色。

保湿脸部护理

60分钟

皮肤减少水合作用是早衰的主要原因之一。利用专利的水合技术、透明质酸、橄榄角鲨烷、胶原蛋白和富含OMEGA 3,6和9的生物油可以大大改善皮肤对营养素的吸收。效果是使皮肤饱满紧致、滋养保湿。适合干燥、成熟和疲惫的肌肤。

抗衰老眼部护理*

30分钟

以丰盈的植物多肽、蓝绿藻和蛋白质与有针对性的淋巴引流和指压按摩相结合，以减少细纹、皱纹、浮肿和黑眼圈的出现，达至理想的抗衰老、缓解眼睛疲劳，或熬夜后的脸部护理。

男士专用

男士之旅

165分钟

深层肌肉按摩可纾缓劳累，压力和肌肉绷紧。净肤脸部护理可去除角质，平衡皮脂分泌并细化毛孔。皮肤变得亮泽，炎症减少，有助于恢复清晰，洁净和健康平衡的肌肤。

深层肌肉按摩

60 / 90 / 120分钟

为男士纾缓劳累，压力和肌肉绷紧的按摩疗程。可针对肌肉所需或全身按摩消除压力，让您全身放松。

*须搭配其他护理

身体护理

排毒裹身护理

90分钟

以温和的净化高岭土粘土并注入迷迭香、葡萄柚和杜松浆果包裹全身于热毯中,有效净体排毒,改善水肿并促进血液循环。

夏威夷果仁和木瓜身体磨砂护理*

30分钟

以热带水果的混合精油和天然海盐进行身体去角质,再以清爽的黄瓜和西瓜籽精华涂抹全身,让您的肌肤持续光滑和柔软。

炫彩特色身体磨砂*

30分钟

先以自选的五行按摩精油及天然海盐去除身体角质,让您的深层肌肤得以水嫩滋养。

炫逸浸浴*

30分钟

透过我们搭配的五元素浸浴,消除压力。木元素有助回复滋润,火元素具激活能量功效,土元素具平衡身心之效,金元素有助排毒,以及水元素有助舒缓。

手部及足部

炫逸美甲

90分钟

我们的理疗师为您软化双手角质,再以护理油涂抹在皮肤上,使其立即变得柔软亮白。营养护理包括死皮清洁、修甲和美甲彩绘。

炫逸美足

90分钟

独特的足部护理包括去角质、按摩、滋润足膜、死皮清洁以及修甲等服务、愉悦您的身心。

*须搭配其他护理

Shine Spa Signature

ELEMENTAL BLISS

180 MINUTES

The absolute rejuvenation – a top-to-toe ritual beginning with exfoliation followed by a soothing, balanced “Five Elements” massage. This treatment combines nourishment and hydration for the body as well as moisture-boosting facial for the ultimate holistic experience.

SHINE FOR TWO

150 MINUTES

Share the joy of relaxation with someone special. Choose from any 90-minute massage, followed by a personalized facial treatment to harmonize the “Five Elements” and address key concerns you may have.

WOOD

180 MINUTES

Release blocked energy and stress knots with a deeply relaxing and uplifting Lava Bamboo Massage followed by a bespoke facial treatment to harmonise the “Five Elements” and address the key underlying concerns of the skin.

FIRE

165 MINUTES

This ritual begins with a candle massage to relax your body and nourish your skin followed by a Clear Cleanse Facial to revitalise and purify your skin. A ‘fire’ treatment ritual helps to promote a sense of inner vitality, energy and clarity.

EARTH

165 MINUTES

A deep relaxing massage using smooth, mineral stones to alleviate tension in the muscles followed by a Radiance and Vitality Skin Brightening Facial to boost your natural radiance.

METAL

180 MINUTES

Cleanse your body, reduce fluid retention, boost circulation and shift toxins with a warm purifying Kaolin clay mask infused with rosemary, grapefruit and juniper berry before cocooning you in a thermal blanket. A Rejuvenating Age Support Facial to reduce the visible signs of ageing concludes this journey.

WATER

150 MINUTES

Enjoy the benefits of hydration with an exfoliation to gently shed dead skin cells followed by a rain stick massage to promote sleep. A Moisture Replenish Hydrating Facial is the perfect end to this invigorating treatment to nourish and intensively moisturize the skin.

Massages

SHINE SPA SIGNATURE MASSAGE

60 / 90 / 120 MINUTES

This signature aromatherapy massage blends customized essential oil infusions with warm herbal steam towels and heated stones to deliver our truly relaxing signature massage experience.

MUSCLE MELT

60 / 90 / 120 MINUTES

An ideal combination of massage and natural herbs to soothe muscles featuring ho leaf, lemongrass, nutmeg and rosemary deep tissue massage therapy. This treatment will unravel tension in sore and tight muscles, relieve stress and promote better circulation throughout the body.

THAI YOGA MASSAGE

60 / 90 / 120 MINUTES

Relax the body with a unique art of healing that combines gentle stretching with massage of the muscles, tendons, pressure points and the body's meridians.

MINERAL STONE MASSAGE

90 / 120 MINUTES

Revitalize your aching muscles with a deep relaxing massage using smooth, mineral stones to alleviate tension and muscle soreness. A soothing and nurturing massage that gives you a sense of energy and wellbeing.

LAVA BAMBOO MASSAGE

90 / 120 MINUTES

Relieve negative energy and stress with a deeply relaxing and uplifting Lava Bamboo Massage. This treatment focuses on improving circulation, sensory nerve perception and lymphatic draining.

PRE-NATAL WELLBEING MASSAGE

60 / 90 MINUTES

The perfect way to get through some of the ailments that women face during pregnancy. This massage is a perfect remedy to ease an aching back, shift fluid retention, reduce the appearance of stretch marks and promote a sense of calm.

Not offered during the first trimester.

Please consult your physician prior to booking.

FOOT REFLEXOLOGY

60 / 90 MINUTES

An ancient oriental massage that uses pressure points on the feet to alleviate tension and stress throughout the body. This treatment will leave your body feeling refreshed and rejuvenated.

FIVE ELEMENT ACUPRESSURE SCALP MASSAGE*

30 MINUTES

A blissful scalp treatment begins with a hot oil acupressure massage using "Five Elements" oil blends. It calms and centers the mind while also hydrating and nourishing the scalp, leaving hair soft and silky smooth.

Facials

FIVE ELEMENT AROMA FACIAL

60 / 90 MINUTES

A facial treatment that is customized to harmonize the “Five Elements” and address the key concerns of the skin. Combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium, while creating a more vibrant and healthy complexion.

REJUVENATING AGE SUPPORT FACIAL

90 MINUTES

Improve the skin's nutrition and appearance by reducing the visible signs of ageing using AHAs. This treatment will increase moisture, improve tone, elasticity and radiance of the skin.

RADIANCE AND VITALITY SKIN BRIGHTENING FACIAL

75 MINUTES

An ideal facial treatment to brighten the skin using a fermented black-tea known as the “Elixir of Life” along with AHAs that work together to dramatically invigorate health and enhance the skin tone and texture.

CLEAR CLEANSE FACIAL

75 MINUTES

Our intensive skin detoxification facial includes a double mask of revitalising aloe vera and cucumber followed by a mineral-rich clay mask infused with medicinal benefits of Manuka honey, rosemary and tea-tree. Encouraging micro-drainage of toxins and removal of cellular debris, this treatment will reduce sebum production and pore size and give your skin a new glow.

MOISTURE REPLENISH HYDRATING FACIAL

60 MINUTES

Utilizing patented hydration technology, hyaluronic acid, olive squalane, collagen and bio-oils rich in Omega 3, 6 and 9, this facial treatment will dramatically improve the absorption of nutrients into the skin.

AGE SUPPORT EYE LIFT*

30 MINUTES

Invigorate the delicate skin around the eyes with the benefits of smoothing plant peptides, blue green algae and proteins with targeted lymphatic drainage and acupressure massage. This treatment will control inflammation and darkness around the eyes as well as reduce the appearance of fine lines and wrinkles.

For Him

MEN'S RITUAL

165 MINUTES

The gold standard in men's relaxation and invigoration. Beginning with a firm, deep tissue massage technique to alleviate tension and soothes muscle tightness, followed by a clear cleanse facial to remove impurities, reduce sebum production to help restore a clear, clean and balanced complexion.

DEEP TISSUE MASSAGE

60 / 90 / 120 MINUTES

A firm and soothing massage that focuses on relieving muscle soreness and aching joints. Treatments can be tailored to concentrate on specific muscular areas or provide a whole body remedial massage.

*only available in conjunction with other treatments

Shine Body

DETOX BOOSTER

90 MINUTES

Reduce fluid retention and improve circulation with a warm purifying Kaolin clay infused mask featuring rosemary, grapefruit and juniper berry, followed by the warmth of a wrap in a thermal blanket.

MACADAMIA AND PAPAYA BODY SCRUB*

30 MINUTES

Discover the amazing regenerative properties of macadamia, papaya and tropical super foods combined with an oil and salt scrub, before sealing your body with a cooling cucumber and watermelon seed infusion.

FIVE ELEMENT SIGNATURE BODY SCRUB*

30 MINUTES

A sensory delight filled with harmonizing aromas. A gentle exfoliating body scrub infused with the aroma of your choice of our 'Five Elements' oil and fine sea salt. Removes dead skin cells and provide deep nourishment to the skin.

SHINE BATH*

30 MINUTES

Drain your tension away with Shine Bath. We prescribe Wood for rejuvenation, Fire for zest, Earth for balance, Metal for detoxifying or Water to soothe.

Hands & Feet

SHINE MANICURE

90 MINUTES

This treatment removes dead cells from the hands and arms. Then a massage with rich moisturizing oils softens and brightens the hands, followed by a beautiful wrap including cuticle work, nail file and paint.

SHINE PEDICURE

90 MINUTES

Sit back, relax and enjoy a unique foot massage ritual, followed by removal of dry and rough skin, a massage and a creamy foot wrap including cuticle work, nail file and paint.

*only available in conjunction with other treatments

OPERATING HOURS

SHINE SPA FOR SHERATON

12:00-8:00 PM

SALON

12:00-8:00 PM

RESERVATIONS

Schedule your appointments in advance to ensure your preferred treatment and therapist is available. Bookings made day of service and walk-in appointments are always welcome, based upon availability. All reservations must be secured with a telephone number and major credit card.

GIFT CERTIFICATES

Shine Spa for Sheraton gift certificates are available for purchase at the spa reception. Our gift certificates are the perfect way to celebrate any occasion, with treatments, bridal packages or predetermined denominations offered.

营业时间

喜来登炫逸水疗

中午12时至晚上8时

美发沙龙

中午12时至晚上8时

预约

为确保可享用您的首选护理和理疗师，请提前安排预约。欢迎提前或当天预约，视供应情况而定。所有预约必须以电话号码和信用卡号码确认。

水疗礼券

喜来登炫逸水疗礼券可在水疗服务接待处购买。我们的礼券适合任何庆祝场合，无论是个人使用，新婚礼物或任何预定的面额礼券都能为您提供。

PRIOR TO THE SERVICE

Experience the therapeutic benefits of steam, sauna or whirlpool prior to your services. We suggest arriving 30-60 minutes in advance of your treatment.

Prior to the start of your service, please tell your therapist of any medical conditions you may have and the areas you would like to focus on and any areas to be avoided. During your service, please do not hesitate to tell the therapist if you feel any discomfort.

SMOKING

Smoking in the spa is not permitted.

CANCELLATION POLICY

4 hours' notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment, with full charges applied.

享用服务前

我们建议您在护理前30-60分钟到达先享用蒸气、桑拿浴室或水力按摩池以达致更佳的水疗效果。

在开始护理之前，请告诉您的理疗师关于您任何医疗身体状况和想要关注或任何需要避免的身体部位。在享用护理期间，如果您感到任何不适，请随时告诉理疗师。

吸烟

在水疗中心内不允许吸烟。

取消政策

如需更改或取消预约，请提前4小时通知。如遇迟可能会缩短您的疗程时间，并全额收费。

SHERATON GRAND MACAO | 澳门喜来登大酒店

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