



TALISE
SPA

泰丽丝按摩

舒缓减压 60 / 90分钟 | RMB 720 / 920

通过柔和舒缓且具有渗透力的按摩手法，配合薰衣草、佛手柑和洋甘菊等纯正植物精油，令您重拾平静、缓解疲劳。

深度放松 90分钟 | RMB 920

结合多种伸展按摩技术舒缓紧张的肌肉组织,确保全身肌肉恢复放松状态，特别有助于背部疲劳的缓解。配合柠檬草、天竺葵等纯正有机植物精油，舒展全身。

肌肉修复 60 / 90分钟 | RMB 720 / 920

此疗程专为缓解肌肉酸痛、促进血液循环而设计，以揉捏、指压和深层组织按摩，达到渗透的放松效果，适合运动前后进行。

中式推拿 60 / 90分钟 | RMB 680 / 880

推拿是一种有效的中式传统按摩，理疗师运用不同的技术，如摩擦，揉捏，掌滚，按压或搓，作用于身体关键部位或经络，帮助疏通经络，行气活血。

以上价格均为净价 The prices listed above are net prices.

Talise Massage

De-Stress 60 / 90mins | RMB 720 / 920

Restore inner peace and harmony through the benefits of Lavender, Bergamot and Chamomile essential oils. With gentle and stimulating techniques, you will feel physically soothed and emotionally more resilient. eel physically soothed and emotionally more resilient.

Deep Relaxation 90mins | RMB 920

This treatment is a deep oil-based massage using stretching techniques to ease muscle tension and reawaken your senses. Essential oils such as Lemongrass and Geranium are used to eliminate back stress and restore the body to a healthy balance. back stress and restore the body to a healthy balance.

Muscle Recovery 60 / 90mins | RMB 720 / 920

A powerful massage that combines pressure-point work and firm, longer strokes to ease stiff muscles, stimulate circulation and restore flexibility, this treatment is highly recommended before and after sporting activities.

Chinese Tui Na 60 / 90mins | RMB 680 / 880

Tui Na is a Chinese therapeutic massage making use of rhythmic compression techniques. This technique is very beneficial as therapy for arthritis, pain, sciatic and muscle spasms, alleviation of insomnia, and headaches. The therapist may brush, knead, roll, press, and rub the areas in need to get the energy moving in the meridians and the muscles.

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泰丽丝按摩

热石疗法 90分钟 | RMB 920

结合手工按摩和光滑的热石按摩，借精油的辅助，非常舒适柔和，帮助放松，缓解肌肉疲劳。

足部及腿部放松 30 / 60分钟 | RMB 350 / 580

配以高效按摩乳，可迅速解除您腿部关节和肌肉的酸痛疲劳，并有效缓解水肿。

肩颈背部放松 40分钟 | RMB 480

针对整个背部、肩颈部位肌肉的放松，配合生姜、薄荷等纯植物精油令身体轻盈舒畅。

头部放松 30分钟 | RMB 320

此头部按摩可缓解偏头痛，促进头皮血液供应，恢复精神，使注意力集中，并刺激面部、颈部和肩部的血液循环

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Talise Massage

Hot Stone Healing 90mins | RMB 920

This full-body massage uses both hot stones and manual oil massage techniques which effectively ease stiff muscles and relax the body.

Feet and Legs 30 / 60mins | RMB 350 / 580

An instant pick-me-up using traditional herbal balm Chin Min Balm, this treatment is effective in relieving muscle and joint pain, and reducing water retention.

Back, Shoulders & Neck 40mins | RMB 480

This treatment is aimed at relieving the tension of back, shoulders and neck using essential oils such as Ginger and Peppermint.

Head & Scalp 30mins | RMB 320

This therapy focuses on the head, neck, and shoulders, areas more vulnerable to stress and tension. It eases migraines; boosts scalp circulation, and thus help you truly and mindfully relax.

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丝维诗兰面部美肌

由源自瑞士的奢华类医学抗衰老品牌Swissline研发的全新一代植物活细胞护肤技术，全程为您的肌肤提供专业安全的呵护和日常护理方案，令您的肌肤展现卓越状态。

瑞士之源 90分钟 | RMB 980

此护理疗程可促进胶原蛋白增加，加强提升皮肤弹性增强保湿持久度，激活皮肤饱满和紧致度，填充皱纹和细纹。

瑞士之光 75分钟 | RMB 820

此高效滋养水光疗程，能为干渴紧绷和疲惫肌肤补充足够水份，帮助肌肤强效锁水。赋活细胞新生，润滑皮肤深层，均匀色泽，使肌肤饱满润泽，容光焕发。

瑞士之新 60分钟 | RMB 680

此款具有深度清洁功效的护理可促进肌肤新陈代谢，去除老化角质堆积，改善肌肤粗糙，过敏的现象，适合所有类型肌肤。

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Swiss Line Skin Care

Talise Spa at Jumeirah Himalayas Hotel offers facial treatments using professional products from the premium anti-aging Swiss skincare brand Swiss Line.

Emboldened by science and infused with glamour, our advanced facial treatments result in not only stimulation and regeneration of the skin, but luxurious experiences to last a lifetime.

SWISS Collagen Infusion 90mins | RMB 980

This collagen-boosting treatment plumps and strengthens the skin, increases moisture retention, stimulates fullness and firms the skin. Target sagging skin with this youthful infusion that triumphs over deeper wrinkles.

SWISS Hydra-oxygen 75mins | RMB 820

Rehydrate and replenish dry, uncomfortably tight, thirsty skin with this moisture surge treatment ideal for tired and travel-weary skin. This treatment dramatically boosts the skin's water levels and works to prevent cellular fatigue. It lifts away dull skin debris to uncover plump new cells, while softening surface lines.

SWISS Renewal 60mins | RMB 680

This deep cleaning treatment can promote skin metabolism, remove aged horniness, improve skin roughness and allergy, effectively hydrating and refining. Recommended for all skin types.

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眼部肌肤呵护

眼部肌肤呵护

20分钟

RMB 240

具有多重功效的眼部护理，可减少眼部浮肿，促进微循环，缓解眼部疲劳以及淡化眼部细纹。

身体肌肤护理

柠檬草身体磨砂 30分钟 | RMB 380

柠檬草的清爽气息始终愉悦感官，舒缓疲劳。温和的杏仁颗粒和黄瓜提取物使肌肤洁净清新。

绿茶幼盐身体磨砂 30分钟 | RMB 420

清新的磨砂蕴含了绿茶精华天然海盐，具有净化和抗氧化作用，使肌肤光泽闪耀，加上精油的香气，肌肤呈现绒质般触感。

滋养体膜 30分钟 | RMB 580

天然粘土泥配以玫瑰和芙蓉花的精华，帮助肌肤洁净和滋养。再加上依兰依兰和天竺葵的精油香芬，令您身心倍感清新愉悦。

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Eye Skin Remedy

Eye Skin Remedy 20mins | RMB 240

A multi-action eye treatment to reduce puffiness, stimulate circulation, relieve tired eyes and minimize wrinkles and fine lines.

Body Skin Care

Lemongrass Body Scrub

30mins RMB 380

The refreshing lemongrass always pleases the senses and relieves fatigue. Mild almond granules and cucumber extract keep skin clean and fresh.

Green Tea Salt Scrub

30mins RMB 420

Extracts of green tea and sea salt gently purify your skin and provide a boost of antioxidants, leaving your skin deliciously scented and looking radiant.

Nourishing Body Mask

30mins RMB 580

The clay is blended with the extracts of rose and hibiscus, and helps to purify and nourish the skin. The essential oils of YlangYlang and Geranium leave you feel refreshed and uplifted.

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水疗套餐

重获生机 2.30小时 | RMB 1480

一个使人精力充沛，身体焕然一新的护理套餐。身体磨砂护理之后，享受90分钟身体香薰油按摩，最后以传统的足底反射按摩舒缓全身。

水疗之光 2.15小时 | RMB 1380

任意选择一款适合的身体按摩，再伴随瑞士之光的奢华面部肌肤呵护，令您气色焕然一新。

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Spa Package

Spa Recovery 2.30hrs | RMB 1,480

An invigorating combination to refresh and recovery from fatigue. Enjoy a body scrub, followed by 90 minutes aroma oil massage and finish up with extra time on the feet with traditional reflexology treatment.

Spa Radiance 2.15hrs | RMB 1,380

Unwind with essentials: your choice of 60 minutes body massage along with the Hydra-oxygen facial.

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热蜡脱毛 Waxing

唇部 Upper Lip	15mins	RMB 80
全腿 / 半腿 Full / Half Leg	40 / 20 mins	RMB 360 / 180
全臂 / 半臂 Full / Half Arm	30 / 20 mins	RMB 220 / 160
腋下 Under Arm	15mins	RMB 160
比基尼线 Bikini Line	20mins	RMB 180
巴西式比基尼 Brazilian Bikini	40mins	RMB 280
背部 / 肩部 Back / Shoulder	30mins	RMB 300 / 180

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