



TALISE  
SPA

# 泰丽丝水疗

泰丽丝水疗为您提供重振身心的理想休憩之所。位于南京卓美亚酒店63层的泰丽丝水疗为旅途疲劳的宾客营造了舒适放松的氛围。步入宁静的泰丽丝水疗中心，恍如置身静谧天堂。水疗中心内设三间理疗室（一间双人室和两间单人室），每间理疗室均配有独立的淋浴间和浴缸。理疗项目使用进口**高奢水疗**产品，包括令人精神焕发的身体按摩、高级面部护理、去角质以及专业的仪器护理，按照您的需求提供贴心周到的护理，令您的心静神宁，重焕活力。

# Talise Spa

Talise Spa is world renowned for offering exquisite tranquility and total rejuvenation. At Jumeirah Nanjing, we will delight you with our relaxing paradise on the 63rd floor. Step into one of three treatment rooms (one double and two singles) to experience an indulgent journey. Restore and nourish in every sense with this inspired collection of personalised treatments adopted from Body massage, results-focused facials, high-performance body treatments, immersive massages and signature rituals await by Import Luxury products, aiming to help you look and feel your best every day. Natural Beauty – Inner Calm.

# 卓美亚招牌系列

重新发现内心的平静和身体的健康。在这里，我们结合自然配方和全面技术，真正关注并解决您的个人需求，为您的身心提供切实有效的体验。缓解肌肉紧张，灵魂得到抚慰，助您重新集中精力，保持积极的状态。

## 卓美亚经典SPA护理套餐 | 120分钟

用我们有效的治疗疏解紧张，可以立即提升您的肤色和恢复内部平静，有针对性的按摩技术与最纯净的芳香疗法油和高度个性化的面部护理相结合，帮助您看到和感觉自己最好的状态——恢复、减压、焕发神采。

包括：全身减压身体按摩 - 面部护理

## 卓美亚经典SPA护理套餐 | 180分钟

完美的停驻时间，消除肌肉紧张，恢复身体和精神的和谐平衡。用这种深层的恢复身体体验缓解您疲惫，疼痛的肌肉，结合解除疲劳的泡泡及焕新身体去角质，舒适放松的全身按摩和容光焕发的面部护理。重现柔软，光滑，丰盈的肌肤。

包括：身体泡泡 - 皮肤去角质 - 芳香按摩 - 面部护理



# Jumeirah Signature Collection

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

## **JUMEIRAH Classic Spa treatment package | 120 Minutes**

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best –restored, de-stressed and beautifully radiant.

Includes: Full body de - stress massage – facial treatment

## **JUMEIRAH Classic Spa treatment package | 180 Minutes**

Perfect for an indulgent time out, melt away tension and restore harmonious balance to body and mind. Re-discover soft, smooth, richly replenished skin as you alleviate your tired, aching muscles with this deeply restorative holistic body experience. Combine a relaxing bath with a rejuvenating body exfoliation, a relaxing full body massage and a radiant facial.

Includes: Bath - Body exfoliation - Full body de-stress massage – facial treatment

# 泰丽丝身体按摩

## 经典按摩 | 75分钟/105分钟

让您心静神宁，释放紧张，用这种深层的体验滋养您的皮肤。个性化了解您的身体和情绪需求，精心挑选的香薰疗法融合放松，净化或激励的能量，而按摩缓解肌肉压力，缓解焦虑，并让您得到深层的放松。身心得到平衡，能量得到更新，内心收获平静。

包括：调整呼吸 - 全身减压按摩 - 头皮按摩

## 热石按摩 | 90/120分钟

用这种芳香疗法治疗精神和身体的持久放松。特制的热石按摩解除了持续的肌肉紧绷和不适，纯净、芳香的精油包围着心灵，舒缓压力，补充精神，让您感觉焕然一新。

包括：热石全身芳香疗法按摩 - 头皮按摩

## 纯天然有机背部按摩 | 30分钟

背部按摩是缓解背部，肩部，颈部等部位的肌肉酸痛的理想选择。

包括：背部按摩。

# Talise Body Massages

## **Classic Massage | 75 Minutes/105Minutes**

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

*Includes: Breath work – Full body de-stress massage – Scalp massage*

## **Hot Stone Massage | 90/120 Minutes**

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes : Breath work – Full body aromatherapy massage with hot stones – Scalp massage

## **SACRED NATURE BACK MASSAGE | 30 minutes**

The Back massage to help relieve stiffness and fatigue, as the technique concentrates on tension areas such as the back , neck and shoulders.

Includes: Full back massage



# 面部护理

通过评估您的皮肤、生活方式和健康需，我们为您打造出真正个性化、注重效果的面部护理，展现自然健康美丽的肌肤。可以立竿见影且持久的让皮肤看起来清爽，容光焕发，内心平静，彻底恢复。

## 衡润保湿精华护理 | 60分钟

深层清洁，补水，重现肌肤效果。改善您的肤色，纯正芳香疗法沁人心脾，让皮肤清爽紧致，自然美丽，使内心平静。

包括： 清洁 - 去角质 - 面部按摩 - 面膜 - 头皮按摩

## 紧致提升护理 | 75分钟

使用此高级面部护理，恢复青春活力，改善肌肤紧致度。自然再生配方与恢复性按摩结合，以改善熟龄肤色，令其饱满，润泽。年轻的光芒被唤醒，您的皮肤会感觉美丽细腻，温和且柔软。

包括： 清洁 - 去角质 - 面部按摩 - 面膜 - 头皮按摩

## 水忆润泽快速修护 | 30分钟

保持肌肤水分，补充肌肤所需营养，确保肌肤柔滑如丝。

包括： 清洁 - 面膜 - 头皮按摩

# Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

## **Hydra perfection Facial | 60 Minutes**

Deeply cleanse, hydrate and renew facial. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: cleanse – Specialised age-defying – facial massage – Mask – Scalp massage

## **Lift creator Facial | 75 Minutes**

Restore youthful vitality and improve skin tonicity and firmness with this advanced facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Includes: cleanse – Steam and extraction (if required) – Age-defying facial massage – Personalised mask – Scalp massage

## **Inner Beauty Facial | 75 Minutes**

Maintain skin hydration, replenish essential nutrients, and ensure a supple and velvety

texture. Includes: cleanse – mask – Scalp massage



# 身体护理

完全根据您的个人需求引导，期待这些深刻更新的仪式为您带来即时和持久的效果。在任何意义上都是独一无二的，我们利用自然界强大有效的活性物和精油，结合专业治疗师使用的创新技术。您的身体感觉到了平衡，皮肤的自然之美得到了恢复。

## 泡浴仪式 | 30分钟

在泡泡，香草和浴盐的包裹中享受沐浴过程，尽情放松身心。清洁身体的同时，聆听内心的声音，开启冥想之旅。

## 身体磨砂 | 45分钟

以自然解毒的海藻混合海盐和精油进行身体磨砂，去除皮肤角质，使您的肌肤清洁柔滑。

*包括：皮肤清洁 - 身体角质去除*

# Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

## **Bath Ritual | 30 Minutes**

Immerse yourself in a ritual bath with bubble, herbs and salt. Participate in an initiation to open yourself up to spirit. Cleanse and purify your body and your aura listen to your higher self and begin to trust something outside of your rational mind.

## **Body Scrub | 45 Minutes**

Whole body deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal.

Includes: Skin brush – Body exfoliation

# 泰丽丝健身中心

酒店的空中泳池，长20米，宽8米。上方是透亮的四层玻璃天花板，西面是一览无余的扬子江，傍晚时分还可于此欣赏壮丽的日落美景。健身房内全部采用泰诺健新式的有氧运动和重量器械，如UNITY® 3.0, PowerPlate®和 OMNIA 8®等设备，设备间的智能连接满足宾客的个性化训练。另有专业店内私教课堂。

# Talise Fitness

Located on the 63rd floor, an indoor 20-meter length and 8-meter width infinity sky-atrium pool is awash with natural light from the four-storey glass ceiling. Facing westward overlooking the Yangtze river, the pool is a perfect spot to witness the magnificent sunset. The state-of-the-art Artist® Technogym technology features the latest cardio and strength equipment with UNITY™3.0, an innovative digital interface that ensures a personalised training experience and cutting edge connectivity. Enjoy our complimentary body analyser (In-body®270), PowerPlate with advice from our in-house trainer.



# 泰丽丝健身中心项目

## 私教

我们的健身教练会帮助你更快地实现你的健身目标，让你的生活方式发生持久的变化，让你看起来更有活力，更苗条，感觉更健康。

(课程包括:基础拳击,少儿体适能,瑜伽,普拉提等)

## 游泳课

我们的教练根据您的需要和个人目标为您提供个性化的游泳课程，同时确保您在课程中的安全以提高您在水中的舒适度和自信心。

(课程包括蛙泳,自由泳,仰泳等)

更详细的信息请致电或到酒店63楼泰丽丝水疗中心咨询。

# Talise Fitness Programme

## **Personal Training |**

Slim down a few sizes and improve your shape. Our fitness trainers will help you to tackle your fitness goals faster. Make long lasting lifestyle changes so you look fabulous and feel healthier.

(Classes include: Basic boxing kids Fitness Yoga Pilates etc )

## **Swimming Class |**

Beginners or advanced adult swimmers looking to improve swim strokes or fitness. Our coach personalises the lesson to meet your needs and personal goals with integration of water safety to develop comfort and confidence around water.

(Classes include: Breaststroke Freestyle Backstroke )

For more information, please call or visit Talise SPA on the 63F of the hotel.

## 开放时间

泰丽丝健身：24小时（住店客人免费使用）及06:00 - 22:00（会员和访客）

泰丽丝水疗：每日10:00 - 22:00

## 预约安排

如需预约您的理疗，请联系我们的泰丽丝健身及水疗团队，他们将能够指导您做出正确的选择。为确保您的时间和服务有效，我们建议您提前预订。所有的水疗护理和套餐都需要用信用卡担保。

## 到达时间

请在理疗前留出足够的时间来填写生活方式咨询表和/或调查问卷。我们建议您在理疗前30分钟到达，以便更换衣服、放松享受水疗设施。请注意，延迟抵达将减少理疗时间。

泰丽丝水疗中心将提供毛巾、浴袍、拖鞋和任何水疗护理所需的客用品。

## 设施和使用权

配套提供以下设施：桑拿室、湿蒸室、冰泉、水疗更衣室和休闲室。

## 泰丽丝健身中心

泰诺健最先进的Artist<sup>®</sup>系列配备了最新的有氧运动和力量设备，还配备了创新数字接口UNITY<sup>®</sup> 3.0，可确保个性化的培训体验和互联网的连接。

享受我们的免费身体分析仪（In-body<sup>®</sup> 270）、PowerPlate<sup>®</sup>，酒店的培训师也将给予您专业建议。

我们很高兴为16岁以下的儿童提供理疗。他们必须由一位成人全程陪同。

其他的水疗区域，包括更衣室，桑拿、湿蒸房和健身房，将限制16岁以下的客人使用。



## Operation Hours

Talise Fitness: 24-hour (in-house guest) & 06:00 – 22:00 (members and visitors)  
Talise Spa: Daily 10:00 – 22:00

## Scheduling An Appointment

To schedule an appointment for your treatment, please contact our Talise Fitness and Spa team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

## Arrival Time

Please allow sufficient time before your treatment to complete a Lifestyle Consultation Form and/or PAR-Q form. We recommend you arrive up to 30-minutes in advance of your treatment so that you can change, relax and enjoy thermal facilities in the changing area. Please be advised that late arrivals will result in a reduction of treatment time. Talise Spa will provide towels, robes, slippers and any amenities required for your spa visit or treatment.

## Facilities And Access

The following facilities are available: sauna, steam room, ice fountain, spa changing and relaxation lounge.

## Talise Fitness

The state-of-the-art Artist® Technogym technology features the latest cardio and strength equipment with UNITY™3.0, an innovative digital interface that ensures a personalised training experience and cutting-edge connectivity. Enjoy our complimentary body analyser (In-body® 270), PowerPlate® with advice from our in-house trainer.

## Children's Policy

We are delighted to offer treatments for children under 16-years old. However, they must be accompanied by an adult for the whole duration, apart from manicures and pedicures taken in the Finishing Studio or Relaxation Lounge. Access to the rest of the spa, including the changing facilities, spa, heat experiences and gym, is restricted for guests under 16 years old.

## 取消政策

请至少提前24小时取消预约, 延迟抵达将缩短您的理疗时间。

## 水疗礼仪

水疗区域营造放松和安静的环境。请尊重所有水疗客人的隐私。鉴于此, 水疗区域内禁止使用手机、照相机、饮酒以及吸烟。

## 健康状况

在预订水疗时, 请告知我们任何可能影响您做理疗的健康状况、过敏或受伤情况。

## 孕妇

我们专门为怀孕4-6个月或哺乳期的孕妇设计了理疗方案。  
请允许我们的水疗团队指导您在这个特殊的时间内选择最适合您的理疗。

## 礼券

为亲友定制特别的礼品。有关详情, 请联系泰丽丝健身和水疗中心预订团队。

## 家庭护理

为了在家里能更好的继续您的水疗体验, 欢迎在泰丽丝健身及水疗接待处, 选购我们的专业护理产品。

## 贵重物品

南京卓美亚酒店对在水疗场所内任何时候丢失的贵重物品和珠宝不承担任何责任。

## 遗失物品

在泰丽丝健身及水疗区域所发现的任何遗失物品都将存放在接待处。  
存放90天后无人认领, 将捐赠给当地慈善机构。请注意, 酒精、贴身衣物和梳子仅保留24小时。

## 价格

所有价格均以人民币报价, 并随时可能更改。小费不包括在内, 欢迎您自行决定。

## **Cancellation Policy**

Please cancel your appointment at least 24 hours in advance, Late arrival will shorten your treatment time.

## **Spa Etiquette**

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. The spa is a mobile phone, camera, alcohol and smoke free zone.

## **Health Conditions**

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## **Pregnancy**

We have specially designed treatments for expectant women 4-6Months mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## **Gift Vouchers**

An ideal gift for someone special. Please contact the Talise Fitness & Spa reservations team for details.

## **Homecare**

To continue your spa experience at home, most products used in our treatments are available at Talise Fitness & Spa reception.

## **Valuables**

Jumeirah Nanjing accepts no responsibility for loss of valuables and jewellery at any time on the Spa premises.

## **Lost Property**

All lost property found on the premises should be handed in at Talise Fitness & Spa reception. Items will be stored for 90 days. If they are not collected within this time, they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

## **Prices**

All prices are quoted in RMB and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.





**Jumeirah**  
**NANJING**  
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