谧 MI 寻

SPA 水疗

Set within the beautifully restored heritage courtyard at the heart of Upper House Chengdu, Mi Xun Spa is a quiet sanctuary dedicated to balance, restoration and inner wellbeing. Here, historic surroundings and contemporary wellness come together, inviting you to slow down and reconnect.

Our curated menu brings together world-renowned spa brands and bespoke Mi Xun signature rituals, each designed to nurture the mind, body and spirit. After your treatment, continue your journey with nourishing, seasonal cuisine at MICHELIN-starred Mi Xun Teahouse. Together, Mi Xun Spa and Mi Xun Teahouse offer a seamlessly integrated wellness experience—one that restores from the inside out.

Spa Operation Time

10:00-22:00 Last booking time: 21:30

Spa Contact

Tel: 86 28 6297 4161
Email: Reservations@mixunspa.com Kyle Zhou <KyleZhou@upperhouse.com>

Spa Etiquette

To ensure all of our guests enjoy a relaxing experience, please respect all guests' right to privacy and serenity. Please put all electronic device in mute. Our Spa is a non-smoking environment. Towels, robes and slippers and amenity are provided. During the treatments, disposable underwear is supplied for ladies & gentlemen. Children must be accompanied by a guardian to participate.

Appointment

Please make an appointment in advance to enjoy exceptional spa services at your desired time. To make a reservation, please call extension 6955/0.

Special Precautions

Please notify our reception team of any medical conditions, allergies or physical ailments in order for us to provide you with best possible experience. Please notify us if you are pregnant so that we may offer the most appropriate treatments.

Arrival time

Please arrive at least 15 minutes before your scheduled spa treatment so that we have ample time to complete a comprehensive health assessment for you. It is recommended to avoid consuming hard-to-digest foods within 90 minutes prior to the start of your spa treatment.

Age Requirements

The Spa and Pool & Gym facilities are primarily designed for adults. Please note that children under 16 must be accompanied by an adult guardian when using the facilities.

Spa Appointment Cancellation Policy

We understand and accept that your plans may change. If you need to cancel or reschedule an appointment, please notify us at least 4 hours in advance. Your appointment will be held for 15 minutes; if you arrive later than this, it will be automatically canceled.

Late Arrival

Out of respect for other guests' scheduled times, please note: if you arrive late, we will not be able to extend the duration of your treatment.

Valuables

Please do not bring valuables to the Spa. Safes are provided in your guest room.

In-room Treatments

The Spa does not offer in-room treatments.

Customised treatments, activities & gift vouchers

Please consult the Spa reception team to customise your exclusive treatments, activities, and gift vouchers.

111SKIN
HARLEY ST. LONDON

111SKIN is a luxury skincare brand founded by London-based plastic surgeon Dr. Yannis Alexandrides and CEO Eva Alexandridis. Inspired by 3D skin aesthetics, the brand works with precision to target the skin, harmonise the deeper muscular structure, and help redefine youthful, refined facial contours and lines. Rooted in a medical skincare philosophy, 111SKIN combines high-performance active ingredients with cutting-edge technology to deliver visible results while respecting the skin's tolerance, offering you a precise, effective and luxurious skincare experience.

The Reparative Facial

60 minutes | RMB 1,580

A gentle introduction to the brand. This hydrating treatment replenishes moisture in the epidermis, leaving the skin supple, luminous and refreshed—ideal for first-time guests.

De-Puffing Cryo Facial

90 minutes | RMB 1,980

A refreshing facial inspired by cryotherapy. Cooling techniques are used to support microcirculation and reduce puffiness. Cooling globes move gently across the skin to calm and refine, leaving the complexion clearer and more energised.

Black Diamond Non-Surgical Lift Facial

90 minutes | RMB 2,180

A targeted facial designed to lift, firm and improve overall skin tone.
Using 111SKIN's Intensive Collection, it helps to support elasticity and refine facial contours. Combined with focused techniques, the skin appears firmer and more refreshed.

Treatment Enhancement

* Enhancement treatments are not available as standalone treatments and must be enjoyed in conjunction with another treatment.

15 minutes | RMB 880

An express treatment using 111SKIN masks for the face and eye area. Each mask is selected based on the skin's condition at the time, offering a quick and effective boost. Skin is left refreshed and more radiant.

Biologique Recherche is celebrated for its highly personalised skincare philosophy, guided by the concept of the Skin Instant©. Drawing on clinical aesthetic techniques, the brand uses pure, cold-pressed and highly concentrated active ingredients, combined with rigorous, innovative protocols to deliver visible, immediate results.

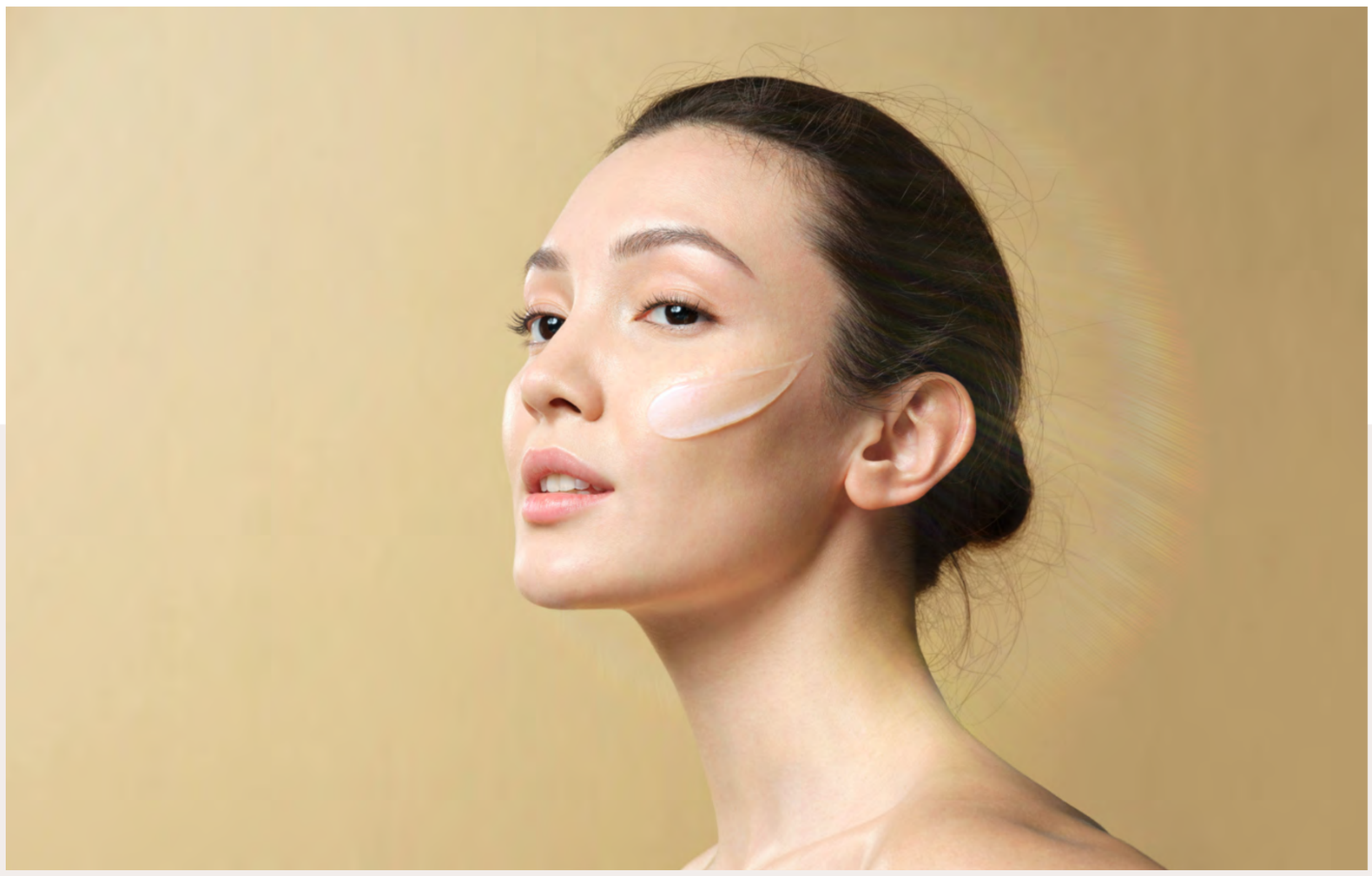
BR Signature - Rejuvenating & Smoothing Facial

90 minutes | RMB 1,980

An intensive treatment designed to deeply hydrate and restore. Rich in collagen fibres, it helps improve moisture retention, smooth deep lines, refine skin texture and enhance facial contours.

clé de peau
BEAUTÉ
肌肤之钥

Founded in 1982, Clé de Peau Beauté represents the pinnacle of Japanese skincare science and refined elegance. Guided by the philosophy of unlocking radiance from within, the brand combines advanced technologies with exquisite aesthetic sensibility to deliver transformative results.



CPB Synactif Purifying & Vitalizing Body Treatment

60 / 90 minutes | RMB 1,780 / RMB 2,380

A restorative body treatment designed to purify and refine.
Working along the body's natural meridian pathways, the treatment begins on the back, legs and abdomen, before continuing to the hands and feet. Rhythmic movements help to ease tension and support circulation. The body feels lighter and balanced.

Synactif Purifying & Brightening Facial

85 minutes | RMB 3,380

A luxurious double-mask ritual that purifies, hydrates and illuminates the skin from face to décolleté. The result is lasting radiance, clarity and a refined glow.

PHYTOMER

Since 1972,
Phytomer has pioneered marine-based skincare and wellness. Harnessing the power of the sea,
its signature ingredient Oligomer delivers a rich concentration
of trace elements to support natural balance and vitality.

Oligomer Pure Invigorating Therapy

45 minutes | RMB 780

This is one of Phytomer's unique Thalassotherapy treatments. The sea mud mask used in the treatment contains a variety of natural marine ingredients that nourish the skin and help eliminate toxins from the body. The mask warms up on its own and produces small bubbles that massage the back, promoting ion exchange, oxygen purification, and moisture removal. This is complemented by a gentle head massage to aid sleep and relieve physical fatigue and mental stress.
• Ocean Mud - 30 minutes
• Head Massage - 15 minutes

Marine Detox Body Wrap

45 minutes | RMB 680

A highly active wrap that supports collagen and elastin production, encouraging cellular renewal and firmer-looking skin.

Marine Hydrating Exfoliation

45 minutes | RMB 680

A creamy exfoliating ritual infused with citrus and soft floral notes, leaving the skin smooth, nourished and delicately radiant.

Mineralised Salt Compress

20 minutes | RMB 380

A warming treatment using concentrated sea salt to ease muscle fatigue, support circulation and deliver deep thermal comfort.

Tech-enhanced Treatments

VENUS

Uplifting Facial

60 minutes | RMB 1,980

A non-invasive treatment that enhances facial contours while stimulating collagen production for firmer, smoother-looking skin.

Post Exercise Recovery Therapy

60 minutes | RMB 1,280

Designed to buildup and restore muscle tone.

Golden Eye Revitalizing Treatment

30 minutes | RMB 1,180

This treatment uses Venus Legacy to deliver non-invasive eye care, helping to lift and define the eye contours, support microcirculation around the eyes, brighten the eye area, and reveal a refreshed, youthful look.

Body Sliming Therapy

30 minutes | RMB 980

Designed to support metabolism, improve microcirculation and enhance skin firmness while sculpting targeted areas.

Tech-enhanced Treatments

Radiance Clarifying Glow Treatment

60 minutes | RMB 1,980

A dual approach that pairs HydraFacial technology with an oxygenating treatment to detoxify, re-energise and brighten fatigued skin.

Zeva
HAIR SPA

Signature INDIBA Hair Spa

90 minutes | RMB 1,800

A results-driven treatment trusted worldwide for its advanced approach to scalp and hair wellness. Powered by patented 448kHz Proionic® radiofrequency technology, this restorative ritual helps revitalise the scalp environment, support healthy-looking hair growth, and strengthen hair from root to tip. Performed in a calm and private setting, the treatment combines innovative care with deep relaxation, leaving hair feeling stronger, healthier and visibly more vibrant.

Luxe Detox Hair Spa

90 minutes | RMB 1,490

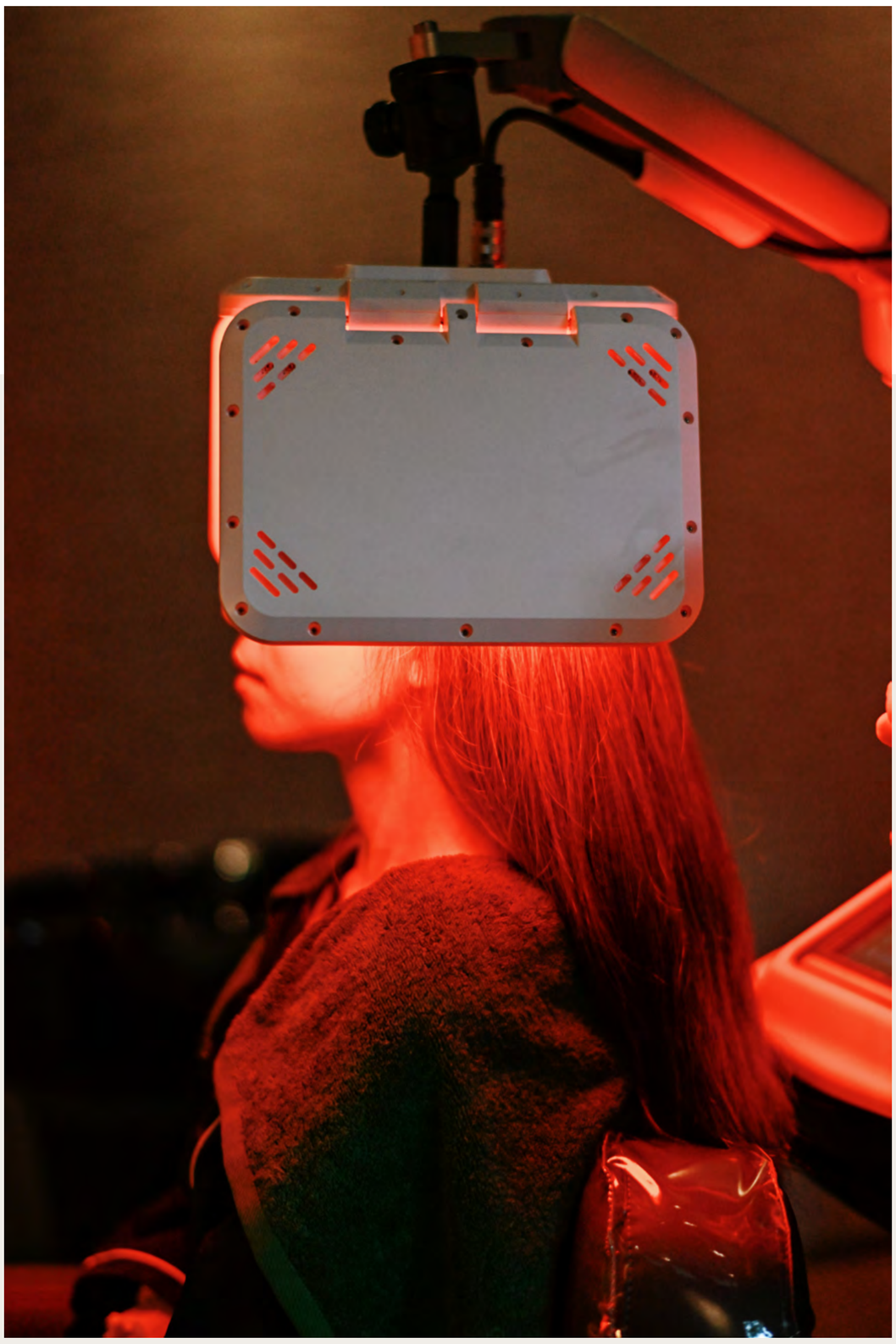
Designed to restore balance to the scalp, this luxurious treatment combines advanced care technology with high-performance botanical products to deliver a deep yet gentle cleansing experience. Ideal for concerns such as excess oil, dryness, itchiness and dandruff, it helps leave the scalp feeling clarified, refreshed and comfortably balanced, while hair appears softer, shinier and full of vitality.

Follicle Renewal Hair Spa

90 minutes | RMB 1,490

Created with a focus on scalp vitality and follicle wellness, this advanced hair spa combines targeted technology with nutrient-rich formulations to nourish the scalp and strengthen hair at the root. The treatment supports a healthy scalp environment while enhancing the appearance of fuller, stronger and healthier-looking hair, making it an essential reset for both scalp and strands.

Zeva
HAIR SPA



Life of Ease Botanical Bamboo Hair Spa

90 minutes | RMB 1,390

Inspired by Sichuan’s golden bamboo forests, this restorative ritual nurtures the scalp, hair and senses alike. The treatment combines our signature scalp detox, nourishing botanical hair therapy and a soothing scalp massage to restore comfort and balance. A bamboo massage for the neck and shoulders helps release tension and encourage circulation, creating a deeply relaxing experience that leaves hair silky, the scalp refreshed and the mind at ease.

Bliss Escape Hair Spa

60 minutes | RMB 1,190

A restorative escape designed for modern lifestyles, this indulgent treatment combines tailored botanical care with advanced techniques to refresh the scalp and revitalise the hair. The experience promotes a sense of calm and renewal, leaving the scalp balanced, hair naturally radiant, and the mind beautifully restored.

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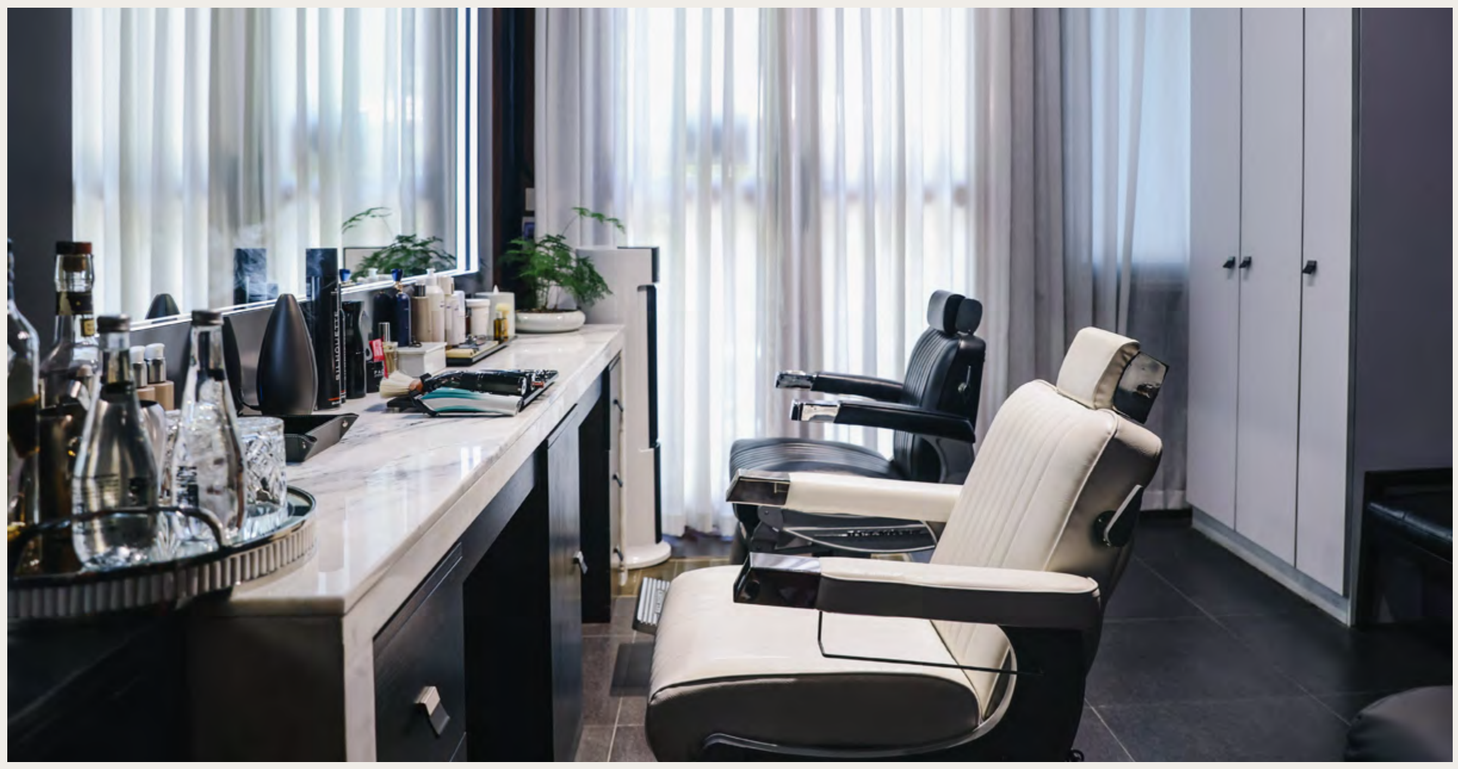
SHAZAY is a German luxury haircare brand dedicated
to scalp healthand hair vitality.
Its patented diamond-filtered water technology enhances ingredient absorption
while supporting a balanced scalp environment.



Hair Nourishing Treatment

60 minutes | RMB 580

A restorative hair ritual that deeply nourishes, restores balance and leaves hair feeling renewed and resilient.

Wet Shave

60 minutes | RMB 488

Hair Cut

60 minutes | RMB 328

Beard Trim

30 minutes | RMB 328

Hair Wash

45 minutes | RMB 248

bamford

Live consciously. Live well.

Rooted in a deep respect for nature,

Bamford embraces mindful living and holistic wellbeing.

Every product and treatment is thoughtfully crafted to nurture the body,

calm the mind and honour the environment.

Bamford Signature Massage

60 / 90 minutes | RMB 1,200 / RMB 1,600

A deeply restorative journey blending ancient techniques and modern wellness. The experience begins with a purifying foot bath, followed by Japanese shiatsu to open energy pathways, Swedish massage to release tension, gentle abdominal work with heated chakra stones, and a soothing head massage. The ritual concludes with guided yogic breathing to restore balance and vitality.

Bamford B Strong Massage

90 minutes | RMB 1,600

Designed for deep muscular relief, this focused treatment targets the neck, shoulders, lower back and limbs. Combining shiatsu, cranial pressure points and deep tissue techniques, it helps ease discomfort caused by physical exertion or prolonged sitting.

Mi Xun Spa
Signature Treatments

Intangible Heritage Journey

90 / 120 minutes | RMB 2,380 / RMB 2,980

A treatment inspired by traditional Chinese craftsmanship.
Using products created through intangible cultural heritage techniques, the experience combines rare ingredients with grounding massage work. The scent of agarwood runs through the treatment, creating a calm and steady atmosphere. The bespoke agarwood incense set is offered at the end, extending the experience beyond the spa.

Herbal Botanic Dream Journey

90 / 120 minutes | RMB 1,980 / RMB 2,380

Created especially for urban lifestyles, this holistic ritual restores wellbeing from head to toe. Drawing on Eastern herbal wisdom and aromatic essential oils, the journey includes a warm foot bath, full-body massage, abdominal moxibustion, breathing regulation and scalp nourishment.

- Lavender Aromatherapy Purification – 5 minutes
- Twelve Herbal Foot Bath Ritual – 10 minutes
- Aromatherapy Essential Oil Massage – 60 / 90 minutes
- Breathing Regulation & Scalp Care – 15 minutes

Crystal Salt Massage

90 / 120 minutes | RMB 1,580 / RMB 1,980

Warm crystal salt stones combined with essential oils and moderate pressure massage techniques help relieve muscular fatigue, nourish the skin and induce deep relaxation.

- Lavender Aroma Purification - 5 minutes
- Sea Salt Foot Bath - 10 minutes
- Aromatic Essential Massage - 75/105 minutes

Mi Xun Spa Signature Treatments

Bamboo Massage

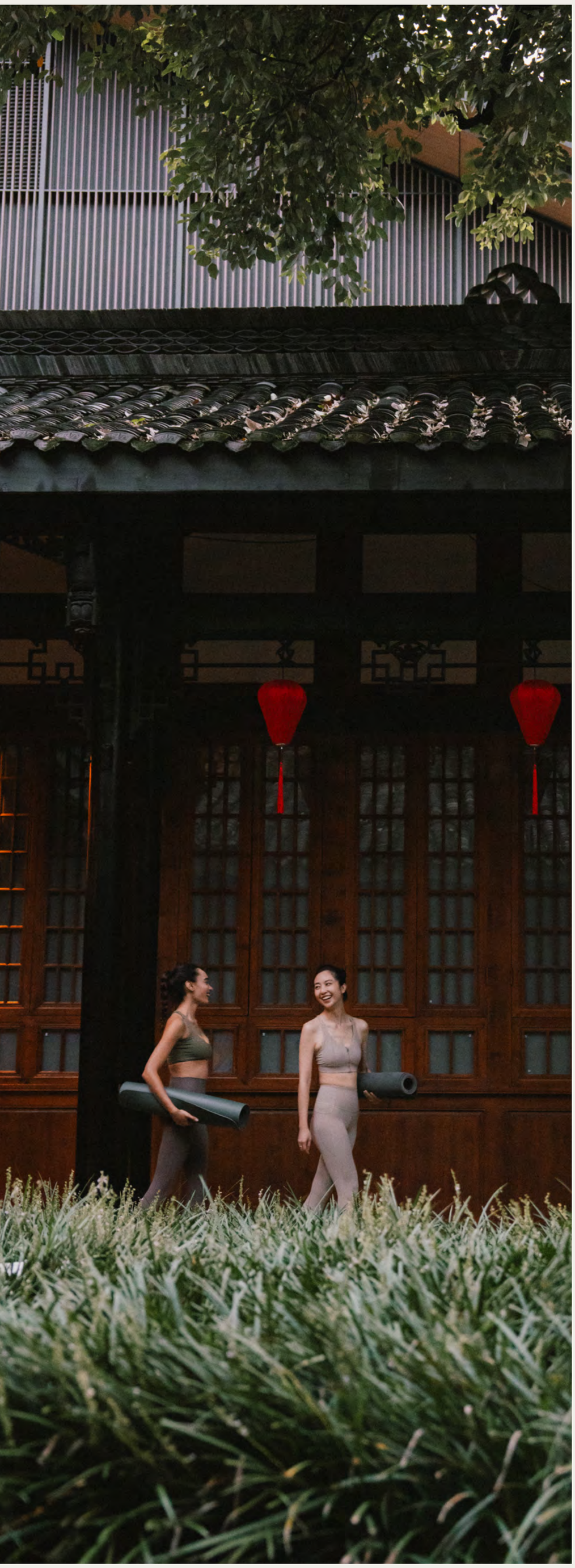
60 / 90 minutes | RMB 1,180 / RMB 1,480

Using smooth bamboo tools of varying sizes, this specialised massage applies rolling, kneading and pressure techniques to release deep-seated tension. A natural and eco-conscious approach to muscular relaxation.

Deep Relax Massage

60 / 90 minutes | RMB 1,080 / RMB 1,380

An invigorating treatment that works deeply into muscle tissue through sustained strokes, pressure, tapping and stretching—warming the body while calming the mind.



HOUSE OF WELLNESS

Personal Training Class- Swimming

60 minutes | RMB 400

Whether you are just beginning or looking to refine your skills,
our instructors offer guidance to help you move with ease in the water.

Personal Training Class- Gym

60 minutes | RMB 520

A personalised one-on-one session in the gym or swimming pool. From strength and conditioning to swimming technique, each session is shaped around your goals and guided with calm attention, allowing wellness to feel intuitive and unforced.

Yoga

60 minutes | RMB 600

A gentle exploration of movement, breath and stillness. Whether to greet the day or pause mid-journey, each session offers a moment to slow down, reconnect and return to yourself—one steady breath at a time.

Pilates

60 minutes | RMB 600

Designed to restore balance, alignment and core strength, Pilates is particularly beneficial after long journeys or extended sitting. Guided with clarity and an unhurried rhythm, movements build strength while encouraging lightness and ease.

Gym & Swimming Pool

Day Pass | RMB 360

Soft daylight filters through the sculptural skylights, giving the gym and pool a calm, steady tone. A 25-metre heated indoor pool sits alongside our sleek, modern gym. Morning or evening, it’s a simple, quiet place to stretch out and breathe.

Reservations
All sessions are available by advance booking,
at least one day prior.
Please contact us on +86 28 6297 4150.

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