谧 MI XUN 寻

SPA 水疗

URBAN WELLNESS DESTINATION

Spread over 2,600 sqm, Mi Xun spa is an urban destination set in the heart of bustling Shanghai that provides holistic wellness solutions.

Mi Xun Spa has created a calming space to work out, relax and look after your body, mind and spirit. Health is achieved through state-of-the-art gym equipment, our upscale 25-metre indoor heated pool and motivational group classes; or de-stress through a series of restorative treatments with Bamford, 111SKIN, CHA LING, Biologique Recherche, DIBI, INDIBA® and HydraFacial for rejuvenating and result-driven effects.

Every detail of Mi Xun Spa is tailored to provide memorable and joyful experiences.

111SKIN

HARLEY ST. LONDON

Founded by London-based plastic and reconstructive surgeon
Dr Yannis Alexandrides and CEO Eva Alexandridis, 111SKIN is a luxury skincare brand.
Inspired by a 3D approach to facial aesthetics,
the brand works by precisely targeting the skin to coordinate
with the underlying muscle structure, helping to redefine facial contours.
Rooted in a medical-grade skincare philosophy,
111SKIN combines high-performance active ingredients
with pioneering technologies to deliver visible results whilst respecting skin tolerance,
offering you a precise and effective luxury skincare experience.

The Reparative Facial

60 MINS | RMB 1,580

A high-performance facial to deeply nourish and hydrate. Suitable for all skin types, its formulation is especially effective to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannis Alexnadrides to accelerate the post-surgery healing processes, this facial epitomizes the best of 111SKIN's famed surgically-inspired skincare. Harnessing the power of our exclusive NAC Y²™ complex to strengthen the skin barrier and prevent further inflammation, this facial magnifies the restorative effects of our Reparative Collection to enhance your complexion. Expect dryness, dehydration, sensitivity, and redness to immediately lessen and improve-helping you achieve a feeling of total skin confidence.

Black Diamond Non-Surgical Lift Facial

90 MINS | RMB 2,180

111SKIN's most opulent anti-ageing facial. A luxurious experience that harnesses the power of 111SKIN's most potent collection – the Intensive Collection – to promote a youthful, sculpted appearance. This treatment includes gentle exfoliation revealing smoother more even skin tone and uses products enriched with renewing and brightening actives with advanced delivery through Fine Diamond Particles, and the patented NAC Y²™ formula. A combination of Wrinkle Minimising Wand application and signature deep facial muscle massage techniques ensures the face is lifted, firmed and sculpted along the natural contours for a truly lifted and youthful appearance.

De-Puffing Cryo Facial

90 MINS | RMB 1,980

This facial harnesses cryo-inspired technology and re-energising formulas to increase microcirculation, and instantly dimmish puffiness and fatigue. The cooling globes massage encourages lymphatic drainage and detoxification, making it appear visibly brighter, toned, and refreshed. It's an invigorating facial for tired and lackluster skin in need of rejuvenation.

Masking Experience

15 MINS | RMB 880

An express treatment experience that utilises the instant visible results of 111SKIN's masking technologies for the eyes and face. Masks are elected per treatment by the therapist, for a customised application to most suit the client's needs. Suitable as a stand-alone experience for those looking for a quick intervention to refresh, awaken and brighten the skin, this experience can also be incorporated into massage treatments, or other express beauty and spa services.

All prices are inclusive of service charge and value added tax.

CHA LING

L'ESPRIT DU THÉ

茶靈

CHA LING SKINCARE TREATMENTS
THE DETOXIFYING AND REGENERATING BENEFITS OF THE ORIGINAL, RAREST AND PUREST TEA

CHA LING L'Esprit du Thé, the socially and environmentally responsible French-Chinese cosmetics brand, pairs the global anti-ageing, antioxidant and anti-pollution powers of cosmetics containing Pu'Er tea with a holistic and sensory approach to beauty. Its effective and natural formulas are developed by LVMH Research & Development and produced in France.

CHA LING L'Esprit du Thé also brings greater meaning by celebrating a more sustainable world in order to live better and longer.

SIGNATURE FACE AND BODY RITUALS

SIGNATURE RITUAL - ENERGY RHYTHMS

Like true initiatory and holistic journeys, the various signature face and body rituals are adapted to different times of day for complete energy revival.

Morning awakening stimulates Yang energy in the morning and midday vitality balances Yin and Yang in the afternoon, while evening harmony boosts Yin energy in the evening.

They perfectly blend well-being and efficacy to create a truly special moment in which to reconcile body and mind, leaving skin radiant with beauty.

Embark on a fully comprehensive journey for face and body that combines anti-aging detoxifying action and intense relaxation. A steam infusion containing tea acts on the face, while deep tissue massages target the key acupressure points on the face and body for a rejuvenating effect. Relaxing yet energising, these rituals offer both instant results and long-term benefits.

The Morning Awakening Ritual

The Midday Vitality Ritual

The Evening Harmony Ritual

BALANCING RITUAL FOR FACE AND BODY — **90 MINS | RMB 1, 600** / **120 MINS | RMB 2, 100**

Anti-defying facial combined with a muscle and energy-boosting body massage.

TAILOR-MADE RITUAL — **150 MINS | RMB 2, 600**

150-minute to customise as you wish, select 60-minute (or 90-minute) age-defying facial and 90-minute (or 60-minute) muscle and energy-boosting body massage.

EXPERT FACE TREATMENT

The expert face treatments offer intense, targeted action while re-energising the most vulnerable areas - eye contour, neck and décolleté - for instant results and long-term benefits.

ANTI-DEFYING FACIAL — **90 MINS | RMB 1, 600**

Lifting and firming: for intensely rejuvenated skin and a re-sculpted face.
An intensive massage that restructures the face while plumping and illuminating the skin.

HYDRATION FACIAL — **60 MINS | RMB 1, 100**

Smoothing and plumping: for deeply revitalised skin.
An energising massage designed to stimulate the flow of water in the skin and bring back its natural elasticity.

PURIFYING FACIAL — **60 MINS | RMB 1, 100**

Restorative and rebalancing: for purified and clearer skin.
A massage designed to draw out impurities, rebalance the skin and restore suppleness.

CHA LING BODY RITUALS

SIGNATURE TREATMENTS - ENERGY RHYTHMS — **60 MINS | RMB 1, 200** / **90 MINS | RMB 1, 600**

Morning - Awakening and Toning

Afternoon - Energy Boost

Evening - Ultimate Anti-stress

The signature body treatments also follow the energy rhythms of the body, to relieve tension and facilitate muscle recovery. The experience is customised to the time of day.

All prices are inclusive of service charge and value added tax.

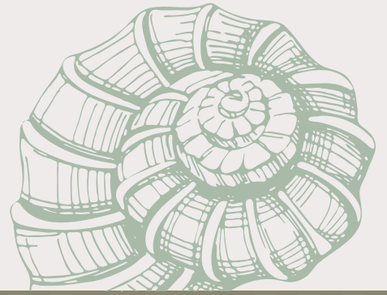
HYDRA-ENERGETIC

CHA LING ESCAPE FOR TWO — **120 MINS | RMB 4, 000**

Cha Ling Lian & Shenti Signature

A fully-comprehensive detox and relaxation treatment for face and body developed for two to share. Nothing is more precious than quality time spent together.

The journey begins with immersing the body and mind, continuing with a 60-minute signature facial treatment and a 60-minute energy rhythm body massage.



EXPRESS TREATMENTS

DETOXIFYING EXPRESS FACIAL — **35 MINS | RMB 700**

This ultimate express detox treatment is designed to eliminate toxins, purify and treat the skin deep down. The complexion is left unified, luminous and radiating beauty.

SPECIFIC EYES — **30 MINS | RMB 580**

Specifically formulated for the delicate eye contour area, this targeted treatment brightens, refreshes and instantly enhances the eyes.

A massage that incorporates Tui Na pressure and drainage to reduce puffiness, smooth wrinkles and lighten dark circles.

BACK AND SHOULDER RELEASE — **30 MINS | RMB 600**

Concentrating on the back, neck and shoulders, this treatment targets the conventional signs of stress and lastingly relieves tension.

A massage developed for deep relaxation, loosening tight muscles and releasing tension from the back, neck and shoulders to provide instant relief.

FOOT RITUAL — **30 MINS | RMB 600**

The feet-specific ritual draws on foot reflexology to relax the whole body, while boosting blood and lymph flow to put a spring in your step.

BODY EXFOLIATING — **30 MINS | RMB 600**

An ultra-natural exfoliating ritual with Pu'er tea and salt. The intensity can be adjusted to suit your needs. Ideal for achieving softer, rejuvenated and visibly smoother skin.

ANTI JET-LAG — **45 MINS | RMB 1, 020**

Traveled far? This comprehensive face and body treatment has been specially designed to tackle the effects of jet lag. Tensions eased, the body is free to follow a whole new rhythm. Come gently back down to earth.

All prices are inclusive of service charge and value added tax.

BIOLOGIQUE RECHERCHE
PARIS
宝黎研萃

UNIQUE AND PERSONALISED SKINCARE PROTOCOLS ADAPTED TO THE SKIN INSTANT© OF EACH INDIVIDUAL.

Based on a clinical approach to beauty care using intentionally pure, concentrated, raw ingredients, innovative and meticulous protocols and procedures providing immediate and long-lasting results.

EXPLORATION TREATMENT — 75 MINS | RMB 1,580

This treatment can hydrate the epidermis, leaving your complexion shiny and moisturized. This treatment is gentle and recommended for the first time to experience the brand.

BIOSENSIBLE TREATMENT — 60 MINS I RMB 1,580

Personalised treatment plus hydration serum containing high active ingredients, your epidermis will feel hydrated and relaxed instantly.

This treatment is especially suitable for dry dehydrated and sensitive skin. The product is rich in a variety of effective moisturizing active ingredients, effectively reducing the skin's transdermal water loss, making the skin more hydrated and shiny. There are also a variety of soothing ingredients that effectively balance the skin microbiome, relieve various skin inflammation issues, improve skin tolerance, make skin more comfortable and restore its healthy skin barrier.

GLOWING AND RENEWING TREATMENT — 90 MINS I RMB 1,880

Using Biologique Recherche Specific Oxygenating Complex and the latest anti-pollution ingredients, this treatment enables skin cells to breath better, so they can produce more energy and higher-quality proteins. Your skin will be genuinely detoxified and reoxygenated, cleared of all impurities, for an even and brightened complexion.

Recommended for depleted and dull Skin Instants©.

COLLAGENE ORIGINEL ANTI-AGING TREATMENT — 90 MINS I RMB 2,080

Instantly hydrates the epidermis, by increasing the skins ability to retain water. It also repairs damaged cells due to aging. Rich with collagen fibers, this treatment will reduce the appearance of deep wrinkles, refine the texture of your skin and reshape your facial contour.

ADD ON ITEMS

BIOLOGIQUE RECHERCHE EYE MASK — 30 MINS I RMB 980

Innovative solution to reduce and prevent fatigue and aging signs around the eye. Their biocellulose structure, their pincer form and the selected ingredients constitute a global treatment suitable for the thinness of the eye contour. Immediately, bags are reduced, skin is smoothed out, wrinkles and dehydration lines are less visible for a rested look.

All prices are inclusive of service charge and value added tax.

bamford

ABOUT BAMFORD

Live consciously. Live well.

Bamford was founded on the belief that the mindfulness of the connection to the earth is essential; to live consciously, in harmony with nature and to respect the land that provides resources. Crafted with consideration, the brand offers clothing and homeware, natural skincare, bath and body collections, and provides nurturing experiences that inspire a deeper connection: to one's body and mind, to others and to the environment. Every aspect of creation and crafting is informed by a commitment to minimize environmental impact and create in an ethical and sustainable manner.

UPPER HOUSE SHANGHAI COLLABORATES WITH BAMFORD

Upper House Shanghai is delighted to announce an exclusive wellness residency featuring Bamford. In this serene urban sanctuary, a holistic approach to well-being combines the best of British craftsmanship with a focus on nature's nurturing power. Guests will have the opportunity to experience Bamford's renowned treatments and rejuvenating body therapies, using botanical-infused products. Throughout the residency, expert therapists will guide a journey to restore balance and harmony, offering bespoke treatments tailored to individual needs. This residency invites a pause, a moment to breathe and an embrace of the transformative power of nature, all within the luxury of Mi Xun Spa.

Bamford Signature Treatment

90 MINS | RMB 1, 600

Bamford signature treatment blends carefully selected ancient techniques to nourish the body and mind. This immersive, holistic experience begins with a foot bath enhanced with bath salts to help purify the body. Japanese shiatsu massage techniques are then employed to open the body's meridians, initiating the flow of energy. A Swedish massage follows, focusing on releasing areas of tension. Gentle abdominal massage with heated chakra stones is applied to improve gut health. A head massage promotes calm, improves circulation and enhances the condition of the scalp and hair. The treatment concludes with guided yogic breathing to oxygenate and invigorate the body.

De-Stress Massage

60 MINS | RMB 1, 200

Focusing on the back of the body, this massage eases tense muscles and reduces stress levels while restoring and realigning energy. The treatment begins with an Epsom salt foot bath to draw toxins from the body and allow for the absorption of magnesium, helping to reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow, followed by a Swedish back and leg massage to improve circulation. The treatment concludes with a relaxing reflex zone foot therapy.

B Strong Ritual

90 MINS | RMB 1, 600

This deep care ritual is designed to nurture and relieve pressure on the joints of the neck, shoulders, lower back, arms and legs. It begins with a welcoming foot bath, followed by a combination of shiatsu and cranial pressure point techniques. The treatment employs kneading, twisting and deep friction to relieve tired muscles and joints. This deep tissue massage aims to alleviate pain and discomfort resulting from intense physical activity or prolonged sitting.

All prices are inclusive of service charge and value added tax.

DIBI MILANO

BEAUTY IN A METHOD

DIBI treatments use the latest radio wave technology called Kermaos Radio Frequency (KRF).
KRF uses a capacitive and fractional radio frequency system with high-performance ceramic transducers to firm and reshape the face and body, giving you a younger look.

KERAMOS RADIO FREQUENCY (KRF) TREATMENTS

HIGH TECH V-LINE LIFTING FACIAL — 90 MINS | RMB 2, 200

Combines high efficiency products and a high-tech KRF radio frequency machine to rapidly boost up the formation of diversified proteins such as collagen and elastin. It reorganises and regenerates the fiber network, helping to achieve the firmness, plumpness and elasticity of the skin. Suitable for individuals who would like to achieve results without medical treatments.

CELLULAR REPAIR FACIAL — 60 MINS | RMB 1, 580

The new definition of professional beauty, to regenerate and repair your skin. 3 active ingredients, 6 actions and 5 results to leave your skin re-texturised, more uniformly compact, and clear of harmful toxins. Suitable for the all types of skin that tend to be fragile and sensitising, due to age, or as a consequence of aesthetic medicine treatments.

HYDRA PERFECTION FACIAL — 60 MINS | RMB 1, 080

A dual action hydrating and nourishing solution, for all skin types, in all weather conditions. Hydration is the first daily step towards achieving a youthful complexion and slow down skin ageing. The treatments successfully stimulate the skin's natural hydration mechanisms and replenish its water and nutrient reserves to deliver an extreme youth effect from the very first treatment.

All prices are inclusive of service charge and value added tax.

INDIBA® 英特波®
revitalizing lives
重新定义 生命之美 >>>

The Proionic® System from INDIBA® uses the patented 448kHz frequency to promote healthy cellular functionality at cellular level as well as contributing to restore and repair at tissue level allowing people to achieve a healthy and balanced state.

INTENSIVE LEG AND FOOT CARE — 60 MINS | RMB 1,680

INDIBA® 's patented Proionic® Cell Boost technology and endogenous heat generation has been proved by experiments to achieve ionic balance in the cells from the deepest "skeleton" and "muscle group" of our bodies. With the benefit of promoting proliferation of autologous mesenchymal stem cells by 25%, it helps to strengthen our leg muscles and prevent diseases like osteoporosis, leg pain, arthralgia and leg cramps.

INDIBA® ABDOMINAL SHAPING TREATMENT — 45 MINS | RMB 1,380

The treatment can effectively stimulate the body's metabolism and microcirculation to reduce fat accumulation and tighten the skin by stimulating collagen production. The treatment can also be used to improve the health of the uterus, eliminate inflammation, and relieve pain.

IMMUNE SYSTEM HEALING — 60 MINS | RMB 1,680

INDIBA® helps boost the immune system throughout the body. The patented Proionic® Cell Boost technology can infuse energy into cells, improve the bronchial tubes, and relax the muscles. The treatment can provide an immediate soothing effect on the muscles after working out and can effectively boost circulation and enhance our bodies' functionality.

INDIBA® CELL RENEWAL FACIAL TREATMENT — 90 MINS | RMB 2,200

Stress from daily life often manifests on the face, such as frown lines and wrinkles caused by long-term frowning. Irregular lifestyle habits can lead to a lack of elasticity in facial muscles, deepening nasolabial folds and forming sagging corners of the mouth, all of which are signs of a worried facial expression. INDIBA®'s unique Proionic technology can improve facial blood circulation and relax tense facial muscles, allows tangled muscle groups to instantly unfold, restoring and enhancing facial muscles for a more refined and radiant facial contour. This treatment aims to reverse the signs of stress and aging on the face, resulting in a more youthful and vibrant appearance.

HIP SHAPING TREATMENT (FOR LADIES ONLY) — 45 MINS | RMB 1,680

Looking for ways to reshape your curve? With INDIBA®'s patented Proionic® Cell Boost technology and endogenous heat generation, not only it can contribute to a better shaping of your hip, but also places a certain effect on hip muscles maintenance.

SUB-HEALTH NECK AND SHOULDER HEALING — 45 MINS | RMB 1,380

For those whose health has been affected through prolonged sitting during work, the treatment could be just what you need. INDIBA®'s patented Proionic® system can effectively treat muscle strain and joint pain and promote blood circulation, helping improve both your work efficiency and your quality of life.

All prices are inclusive of service charge and value added tax.

Hydrafacial®

A non-invasive treatment that combines
cleansing, repair, and protection,
it is suitable for all skin types.
It instantly addresses pores, blackheads,
dullness, and sensitivity
and is recommended with facial care.

HYDRAFACIAL ESSENTIAL CARE

30 MINS | RMB 1,580

This treatment combines multiple steps, including cleansing, exfoliation, serum infusion, and hydration. Utilising patented vortex suction technology and customised serums, it deeply cleanses pores whilst simultaneously replenishing the skin with nutrients, making it suitable for all skin types.

HYDRAFACIAL & BIOSENSIBLE TREATMENT

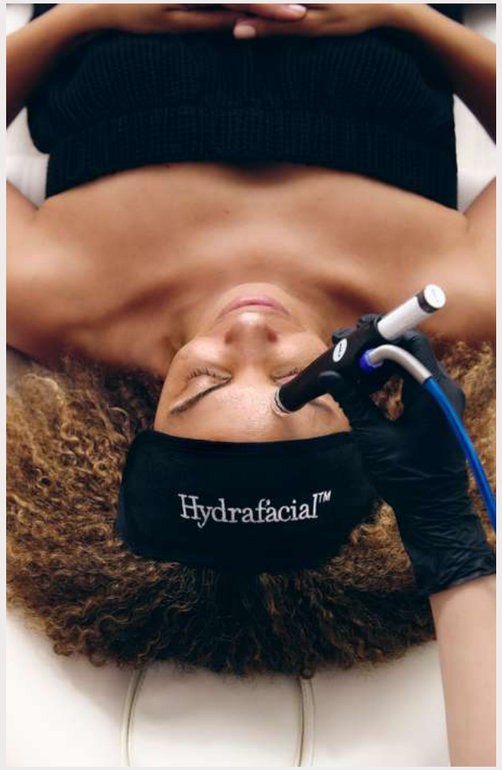
60 MINS | RMB 1,980

The HydraFacial first provides deep cleansing and builds an antioxidant shield. Subsequently, the Glowing and Renewing Treatment employs a proprietary oxygenating complex to "recharge" skin cells at a fundamental level, boosting energy and high-quality protein production. Working in synergy, this combination achieves a thorough detox and reoxygenation from surface to depth, combating environmental damage and banishing fatigue-induced dullness for a uniformly bright and translucent complexion.

HYDRAFACIAL & INDIBA® CELL RENEWAL FACIAL

90 MINS | RMB 2,980

This is the ultimate solution for modern "stress skin" and early signs of ageing. The HydraFacial focuses on the "external" issues – clarity, hydration, and glow, whilst the INDIBA® treatment precisely addresses the "internal" concerns – muscle tension, poor circulation, and loss of firmness. Together, they achieve comprehensive rejuvenation from the epidermis down to the muscular layer, not merely making one look refreshed but actually helping the skin and muscles recover their healthy vitality.



All prices are inclusive of service charge and value added tax.

谧 MI XUN 寻

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SIGNATURES

MI XUN MASSAGE

HEAT INFUSION TRANQUIL BEDTIME MASSAGE
60 MINS | RMB 1, 280
90 MINS | RMB 1, 680

With penetrating massage, continuous heat infusion and acupressure, Thermal Energy Therapy can relieve tense muscles, regulate bodily imbalances, and uplift the fatigued mind. Our soothing oils will help you come gently back down to fall asleep.

HOT STONE
60 MINS | RMB 1, 180
90 MINS | RMB 1, 580

A full body massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

AROMATHERAPY
60 MINS | RMB 1, 180
90 MINS | RMB 1, 580

A full body massage releases tension held in every part of the body, using blends of essential oils personally selected for your individual needs. This deeply relaxing and aromatic massage uses essential oils known for their healing properties, stresses and strains are dissolved away.

DETOX
60 MINS | RMB 1, 180
90 MINS | RMB 1, 580

A full body massage, that targets cellulite, fluid retention and uneven skin texture. This powerful massage specifically stimulates circulation and the lymphatic system with a detoxifying blend of cleansing and detoxing oils to help purify the body, tone the skin and leave your body revived and revitalised.

DEEP TISSUE MASSAGE
60 MINS | RMB 1, 180
90 MINS | RMB 1, 580

This full body massage focuses on manipulation of both top and deeper layers of muscles and tissues, often requiring intense, focused pressure. It's designed to address severe tension or pain in the muscles and connective tissues.

TUI NA
60 MINS | RMB 1, 180
90 MINS | RMB 1, 580

A full body traditional Chinese massage helps ease muscular tension and restore inner harmony. Acupressure massage with specific stretches and deep breathing techniques help to increase circulation, soothe tense muscles, balance energy flow and restore equilibrium to mind and body.

ADD ON TREATMENT...

TRADITIONAL DETOX SCRAPING THERAPY — **30 MINS | RMB 600**

BACK MOVING CUPPING — **30 MINS | RMB 600**

All prices are inclusive of service charge and value added tax.

MEMBERSHIPS & VALUE CARD

WELLNESS MEMBERSHIP

WELLNESS MEMBERSHIP

INDIVIDUAL ANNUAL MEMBERSHIP
RMB 22, 000 / person
**Special offer applies to HKRI Taikoo Hui tenants*

COUPLE ANNUAL MEMBERSHIP
RMB 39, 000 / couple

INDIVIDUAL 6 MONTHS MEMBERSHIP
RMB 14, 000 / person

INDIVIDUAL 3 MONTHS MEMBERSHIP
RMB 8, 000 / person

INDIVIDUAL ONE-MONTH MEMBERSHIP
RMB 3, 000 / person

CORPORATE ANNUAL MEMBERSHIP
Prices available on request

Benefits include:

- Complimentary access to pool and fitness centre
- Complimentary access to sauna and steam room
- Exclusive 20% off on all spa treatments
- One complimentary fitness consultation

SPA VALUE CARD

MEMBERSHIP FEE
RMB 10, 000 (Valid for One Year)

Benefits include:

- 20% discount on spa treatment menu
- Free access to wellness facilities on the treatment date
- Up to 3 hours free parking
- Birthday month treatment upgrade (one time 30 minutes upgrade for any 60-minute or above treatment booked)
- 4 times wellness day pass
- 10% off CHA LING, Biologique Recherche or DIBI products at Mi Xun spa

** Treatment booking is available from 10 am to 11 pm daily; The price is inclusive of service charge and tax*

MEMBERSHIP FEE
RMB 20, 000 (Valid for One Year)

Benefits include:

- 25% discount on spa treatment menu
- Free access to wellness facilities on the treatment date
- Up to 3 hours free parking
- One complimentary treatment for birthday month (For any 60-minute spa body treatment)
- Birthday month treatment upgrade (one time 30 minutes upgrade for any 60-minute or above treatment booked)
- 10 times wellness day pass
- 10% off CHA LING, Biologique Recherche or DIBI products at Mi Xun spa

** Treatment booking is available from 10 am to 11 pm daily; The price is inclusive of service charge and tax*

MEMBERSHIP FEE
RMB 30, 000 (Valid for One Year)

Benefits include:

- 30% discount on spa treatment menu
- Free access to wellness facilities on the treatment date
- Up to 3 hours free parking
- One complimentary treatment for birthday month (For any 90-minute spa body treatment for couple)
- Birthday month treatment upgrade (one time 30 minutes upgrade for any 60-minute or above treatment booked)
- One complimentary personal training
- 20 times wellness day pass
- 10% off CHA LING, Biologique Recherche or DIBI products at Mi Xun spa
- Complimentary one night stay at Upper House Shanghai

** Treatment booking is available from 10 am to 11 pm daily; The price is inclusive of service charge and tax*