



谧 MI XUN 寻

SPA 水疗



都市秘境之旅

谧寻水疗拥有 2,600 平方米的超大空间，在熙攘的上海，
为繁忙的都市人提供全方位健康体验。

谧寻水疗集运动、休闲、身心疗养于一体，打造充分放松的静谧空间。
多种先进的健身设施器材、25 米长的室内恒温泳池、以及
丰富多样的团体课程令你重焕活力。

来自茶灵 (CHA LING)、宝黎研萃 (Biologique Recherche)、
蒂贝伊 (DIBI) 以及英特波® (INDIBA®) 的精致水疗护理带来
舒缓压力、容光焕发的效果。

谧寻水疗精心打造每一处细节，为宾客提供愉悦舒心的全新体验。

bamford

关于 BAMFORD

用心生活，健康生活

bamford 基于关注与地球联系信念而创立；

倡导有意识地生活，与自然和谐相处，并尊重提供资源的土地。

精心制作服装和家居用品，以及皮肤护理、沐浴和身体护理系列产品，

提供滋养体验，激发和加强与自身身心、

与他人及与环境之间的连接。

制作和工艺旨在减少对环境的影响，并以可持续的方式进行。

镛舍与 Bamford 携手

上海镛舍很高兴地宣布与 Bamford 携手推出专属水疗体验。

整体的健康理念结合了英国工艺，并专注于大自然的滋养力量。

您将有机会体验 Bamford 的特色疗程，全部使用含有植物精华的产品。

我们的专业理疗师将引导您踏上恢复平衡与和谐的旅程，

提供量身定制的疗程以满足您的需求。

我们邀请您暂停脚步、深呼吸，

并在谧寻水疗的环境中拥抱自然的力量。

BAMFORD 经典疗程

90 分钟 | 1,600 元

Bamford 经典疗程融合了精心挑选的古老技法，旨在滋养身心健康。这是一次全方位沉浸式的疗程，首先进行一次的足浴仪式，以帮助净化身体。然后采用日式指压按摩打开身体的经络，开始疏通能量通道。随后采用瑞典式按摩，缓解身体紧绷部位。再使用加热的脉轮石在腹部进行温和的腹部按摩以改善肠道健康。头部按摩能够平静心绪并促进血液循环，改善头皮和头发状况。疗程以辅助瑜伽呼吸法收尾，使身体充满氧气，焕发活力。

舒缓减压按摩

60 分钟 | 1,200 元

舒缓减压按摩精心设计于专注身体的背部，通过轻柔的手法缓解紧绷的肌肉，减轻心理和生理的压力，同时恢复并调和体内的能量平衡。该疗程始于泻盐足浴，帮助净化身体，排出毒素，同时补充镁元素，减少炎症。然后通过指压技巧，刺激身体的关键穴位，释放深层的紧张，促进能量的和谐流动。随后采用瑞典式按摩手法，轻柔地按摩背部和腿部，促进血液循环，带来全身的舒适与放松。最后以宁静的足部反射区疗法收尾，让整个身心达到平静与和谐。

B Strong 强化疗程

90 分钟 | 1,600 元

专为养护和缓解颈部、肩膀、腰部、手臂和腿部受压的关节而设计。疗程从迎宾足浴开始，随后进行指压和颅骨压力点按摩。疗程运用揉捏、扭转和施加深层摩擦，以缓解疲惫的肌肉和关节。这种深层组织按摩旨在缓解因剧烈运动或长时间久坐带来的疼痛和不适。

所有价格均已含服务费与税费

CHA LING
L'ESPRIT DU THÉ



运用茶灵护肤臻品，富含普洱茶活性成分，
有效清浊排毒，焕肤新生

茶灵是中法混血品牌，融汇东西方文化的精髓，以 LVHM 集团研究中心
研制法国制造的高效而体验美妙的护肤品牌为基础，运用富含普洱茶
活性成分，有效清浊纳新，切实抵御外界污染，延缓岁月的脚步。

茶灵对可持续性养生之道极有意义。



经典面部及身体护理

经典护理 - 节律

经典脸部与身体护理 - 根据一天中的不同时段完成能量恢复。

晨间护理在早晨焕发活力，而午间焕活护理则在午后平衡能量，晚间调和护理滋润肌肤，有助睡眠。

它们将幸福感与自我效能融合，通过身心合一令肌肤焕发亮丽光彩，实现“美由心生”。

晨间护理

午间护理

晚间护理

面部和身体均衡护理

90分钟 | 1,600元
120分钟 | 1,900元

经典脸部护理，结合放松肌肉与身体按摩。

专属护理

150分钟 | 2,200元

满足您需求的150分钟专属护理，可选择60分钟（或90分钟）经典脸部护理和90分钟（或60分钟）放松肌肉身体按摩。

个性化面部护理

脸部护理在提供针对性密集功效的同时，为眼周、颈部和肩颈部等最为脆弱的部位注入活力。

御龄护理

90分钟 | 1,600元

提拉紧致：为肌肤注入活力，美化脸部轮廓。密集按摩在美化脸部轮廓的同时，令肌肤充满弹性，光彩动人。

亮肌护理

90分钟 | 1,600元

调理焕活：用冷热交替的效果结合按摩手法，焕颜亮采，令肌肤光彩照人。

补水护理

60分钟 | 1,100元

弹力丰盈：焕活肌肤，用补充活力的按摩手法，以促进水分吸收，使肌肤水盈弹润。

净肤护理

60分钟 | 1,100元

平衡净肤：专为祛除污垢，调理肌肤和恢复弹性而设计的按摩手法，令肌肤更为净透。

茶灵身体护理

经典护理 - 平衡节律

60分钟 | 1,200元

90分钟 | 1,600元

晨间加能

午间平衡

晚间放松

经典身体护理同样遵循身体的节律，缓解紧张，有利于肌肉放松。这是根据一天中的不同时间进行的不同体验。

所有价格均已含服务费与税费

茶灵男士护理

面部焕活

60分钟 | 1,100元

专为男士肌肤而设计的脸部净化与滋养保湿护理，清爽柔肤，令肌肤提升亮泽。

活力重现

60分钟 | 1,200元

密集放松肌肉并补充活力的身体按摩，安抚呵护。适于因压力、时差或不良生活方式而感到不适之人士。

补水焕能

双人惬意体验

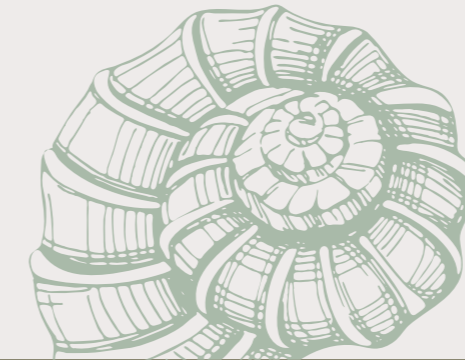
150分钟 | 4,000元

身体磨砂

经典脸部与身体

专为双人享用的脸部和身体放松护理。没有什么比尽情享受二人世界更为难得。

旅程从沉浸身心开始，进行30分钟肌肤去角质。随后以60分钟经典脸部护理和60分钟节律身体按摩继续体验。



茶灵快速护理

面部净化护理

35分钟 | 700元

快速清洁护理专为排出沉积浊素，净化并修护肌肤而设计。使面部肌肤色泽均匀，焕发明艳亮泽光彩。

眼部护理

30分钟 | 580元

针对性护理采用专为呵护脆弱的眼周部位而设计的配方，令眼周肌肤更感清爽，令双眸恢复动人神采。按压手法可减轻眼袋，减少皱纹，淡化黑眼圈。

肩颈按摩

30分钟 | 600元

集中于背部、颈部和肩部，舒缓紧张。专为放松而设计的按摩手法，松弛紧张肌肉，缓解背部、颈部和肩部压力。

足部按摩

30分钟 | 600元

足部护理，通过足部按摩在促进血液循环的同时，达到放松全身的效果，犹如从脚底注入一股活力。

身体去角质

30分钟 | 600元

以普洱茶与海盐为原料的磨砂去角质护理。可根据需求调节强度。令肌肤更为柔嫩，重获活力，更显柔滑的理想护理。

时差恢复

45分钟 | 1,020元

漫长的旅途令人感到疲惫，此项护理专为需要调整时差的疲倦旅人设计。帮助缓解紧张的同时，令身体恢复良好状态。

所有价格均已含服务费与税费



独特且个性化的护肤方案，打造适用于每个人的 肌肤即时状态 (SKIN INSTANT®)

基于临床美容方法，使用纯正、精纯、冷凝萃取的原材料结合严谨、革新的护肤程序，
提供即时、显著的护理效果。

探索护理

75 分钟 | 1,580 元

是一款专为初次体验的客人而设计的疗程，此时您会感受到高活性产品给您带来的不同感受，在整个护理过程中您也会更加了解自己的肌肤状态，从而定制更准确的护肤目标，整个疗程之后肌肤更加水润，有光泽。

舒缓补水护理

60 分钟 | 1,580 元

此款护理特别适合干燥，缺水，以及光电仪器，轻医美后，和晒后屏障受损的肌肤即时状态，产品富含多种显著补水保湿活性成分，显著减少肌肤水分流失，使肌肤更加水润，有光泽。另有多种舒缓成分，平衡肌肤微生物菌群，缓解各种肌肤炎症问题，提高肌肤耐受力，使肌肤更加舒适，并恢复其健康肌肤屏障。

焕活新生护理

90 分钟 | 1,880 元

采用 Biologique Recherche 专属的注氧复合物和新一代抗污染活性成分，这项面部护理能让皮肤细胞更好地呼吸，从而生成更多能量和更高质量的蛋白质。您的皮肤将得到排毒和重新注氧，清除所有杂质，肤色更加均匀透亮。适合疲劳和暗沉的肌肤即时状态® 使用。

菁纯胶原抗衰护理

90 分钟 | 2,080 元

提高细胞锁水能力，修复因皮肤衰老造成的受损细胞。这项护理能帮助淡化皱纹深度，平滑肌肤纹理，重塑紧致丰盈的面部轮廓。

附加项目

眼部护理

30 分钟 | 980 元

减少和预防眼周疲劳和老化的创新护理。“镊子状”生物纤维素贴片，贴合细薄的眼周肌肤，即刻改善上下眼睑浮肿，平滑皱纹和干纹，改善眼周紧致度和弹性，淡化黑眼圈，恢复亮丽的眼眸，给予眼周肌肤清爽、轻盈和舒适的感觉。



所有价格均已含服务费与税费



BEAUTY IN A METHOD

蒂贝伊

蒂贝伊的疗程使用最新的无线电波技术 KERAMOS 射频 (KRF)。

KRF 采用电容式和分数式射频系统，配有高性能陶瓷变频器，
可以紧致重塑面部和身体，令你容光焕发。

科技 V 脸塑颜护理

90 分钟 | 2,200 元

高效的产品和高科技 KRF 射频仪器相结合，可以更有效更快速促进胶原蛋白、弹性蛋白等多样化蛋白质、网状纤维重组再生，达到紧致充盈饱满有弹性，轮廓清晰的效果。适合需要达到紧致、提升效果的人群。

细胞修护再生护理

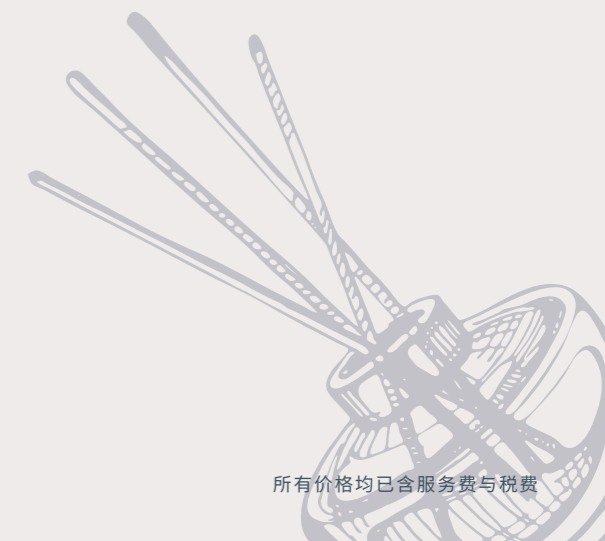
60 分钟 | 1,580 元

专业美容的新定义，来再生和修复你的皮肤。3 种活性成分，6 种作用和 5 种效果，让你的皮肤重新形成保护屏障，帮助问题性肌肤恢复年轻健康，清除肌肤毒素，增强肌肤自身修复能力，延长细胞寿命。细胞修护再生疗程适用于医美前后的准备和修护，并且为各类脆弱敏感的肌肤类型提供专项解决方案。

衡润保湿精华护理

60 分钟 | 1,080 元

在各种天气条件下，为所有皮肤类型提供保湿和滋养的双重解决方案。补水是实现年轻肤色和减缓皮肤老化的第一步。衡润保湿精华疗程可以成功刺激皮肤的天然补水机制，补充其水分和营养储备。在各种天气条件下滋养皮肤所有肌层。从第一次治疗开始就实现较强的焕肤效果。使皮肤恢复活力，肤色均匀透亮。



所有价格均已含服务费与税费

INDIBA® 英特波®

revitalizing lives

重新定义 生命之美 >>>

INDIBA® 特有的 Proionic® 电热效应技术可以从改善人体细胞功能入手，通过由内到外的深层热疗快速提高血液和组织液循环，增加机体局部代谢能力。其独有的专利技术 448 千赫兹，对肌体产生高于其他频率的生物刺激，有效促进身体的新陈代谢及微循环，恢复肌体活力，让人们正确借助科技的力量来获得健康平衡的状态。

INDIBA® 免疫提升注能疗法 60 分钟 | 1,680 元

INDIBA® 可以有效帮助提升全身免疫系统，改善支气管、放松肌肉，通过背部人体脏腑反射区 Proionic® Cell Boost 专利技术将能量注入人体细胞，恢复细胞原有功能。对于运动过后的肌肉可以即时产生舒缓效果。同时人体核心温度的提高，可以有效地疏通身体循环、增强脏腑功能从而提升自身免疫力。

INDIBA® 腹部塑形护理 45 分钟 | 1,380 元 (肠胃及内酯调理)

有效促进身体的新陈代谢及微循环，改善局部脂肪堆积现象。其独有的专利技术 448 千赫兹，可以对肌体产生高于其他频率的生物刺激，作用更可直达人体内脏脂肪。在塑形的同时，刺激胶原蛋白的产生，让肌肤更加紧致。亦可作为女性呵护护理，改善宫寒、消除炎症、缓解疼痛。

INDIBA® 深度强化腿部护理 60 分钟 | 1,680 元

经实验证明，INDIBA® 英特波® 独特的 Proionic® 细胞平衡疗法以及内生热技术可有效平衡细胞，促进自体间充质干细胞增值 25%，从身体最深处的”骨骼”和”肌群”为腿部进行保养，提前预防骨质疏松、腿痛、关节痛、腿抽筋等问题。

INDIBA® 面部细胞更新无痕护理 90 分钟 | 2,200 元

面对生活的压力常常表现在面容上，如长期的皱眉所形成的抬头纹与川字纹；生活的不规律使面部肌群缺乏弹性令法令纹加重，再往下拉扯进而形成嘴角囊袋，这些全都是面部愁容的开始。

INDIBA® 英特波® 的 Proionic 技术，可以调整面部气血循环，放松面部紧张的肌群进而使原本纠结于块的肌群舒展，还原并提升面部肌群使得我们面部脸型更佳、如花似玉般。

INDIBA® 臀部塑形护理 (仅限女士) 45 分钟 | 1,680 元

因长期久坐、蹲坐、椅子过硬或习惯性翘脚等姿势，臀部肌肉容易受到刺激或持续僵硬进而导致发炎造成神经压迫。透过 INDIBA® 英特波® 独特的 Proionic® 细胞平衡疗法以及内生热技术，除了可以有效塑造理想中的臀形外，亦能维持臀部肌群的日常保养。

INDIBA® 亚健康肩颈护理 45 分钟 | 1,380 元

针对亚健康人群，INDIBA® 的专利 Proionic® 电热效应可以有效地作用于肌肉劳损和关节疼痛。促进血液循环的同时，增加营养物质和氧气的输送。改善颈椎的健康可以让工作更有效率的同时，提高生活品质。





谧 MI XUN 寻

SPA 水疗

谧寻护理

谧寻按摩

热能注入与舒眠疗法 60分钟 | 1,280元
90分钟 | 1,680元

以渗透按摩技巧配合热能注入，给穴位进行按压，放松紧绷的肌肉，调节人体的平衡，恢复健康状态。配合精油的效果，让身体得以放松，进而提高睡眠质量。

热石按摩 60分钟 | 1,180元
90分钟 | 1,580元

用温热的火山岩石配合精油，结合力度适中的按压手法，缓解劳累和酸痛的肌肉，同时滋养肌肤，令身体得到放松。

芳香按摩 60分钟 | 1,180元
90分钟 | 1,580元

根据不同需求精心调制的精油，配合舒缓的按摩手法，通过呼吸与肌肤悄然相容，缓解疲劳，舒缓肌肉紧张和疼痛，令身体倍感舒适。

净化按摩 60分钟 | 1,180元
90分钟 | 1,580元

这项针对有橘皮纹、局部浮肿困扰的全身按摩，运用渗透性强的按摩手法，促进循环，结合具有净化功效的按摩精油，令你神清气爽，焕然一新。

深层按摩 60分钟 | 1,180元
90分钟 | 1,580元

这种全身按摩主要作用于体表下层肌肉和组织，以集中性且力度较大的按压手法为主。专为缓解肌肉紧张酸痛而设计。

推拿 60分钟 | 1,180元
90分钟 | 1,580元

这项结合传统中式手法的全身按摩，有效舒缓肌肉压力，恢复体内平衡。精湛的指压按摩结合舒缓伸展的手法，在促进体内能量循环的同时，缓解紧张的肌肉，令身心恢复平衡。

升级护理

传统中式排毒刮痧 30分钟 | 600元

传统背部滑罐 30分钟 | 600元

手部护理 15分钟 | 180元



所有价格均已含服务费与税费

会籍 & 储值卡

健身会籍卡

健身会籍卡

个人会籍年卡

22,000 元 / 人

* 兴业太古汇商户可享受独家折扣

双人会籍年卡

39,000 元 / 双人

个人会籍半年卡

14,000 元 / 人

个人会籍季卡

8,000 元 / 人

个人会籍月卡

3,000 元 / 人

公司会籍年卡

请联系谥寻团队详询价格

健身会籍尊享礼遇：

- 免费使用泳池和健身中心设施设备
- 免费使用桑拿设施
- 所有水疗项目尊享八折优惠
- 免费享受一次体适能评估

水疗储值卡

会籍费

10,000 元（一年有效期）

会籍礼遇：

- 水疗所有项目尊享八折优惠
- 免费获享护理前后使用健身房、泳池以及桑拿和蒸汽
- 每次护理至多 3 小时停车
- 享生日月疗程升级（一次生日当月预定任意 60 分钟疗程升级 30 分钟面部或身体护理）
- 健身中心一日体验礼券 4 张
- 购买茶灵，宝黎研萃或蒂贝伊产品尊享九折优惠

* 此价格为净价，使用时间为每天上午 10 时至晚间 11 时

会籍费

20,000 元（一年有效期）

会籍礼遇：

- 水疗所有项目尊享七五折优惠
- 免费获享护理前后使用健身房、泳池以及桑拿和蒸汽
- 每次护理至多 3 小时停车
- 享生日月疗程升级（生日当月获赠任意 60 分钟身体护理一次）
- 享生日月疗程升级（一次生日当月预定任意 60 分钟疗程升级 30 分钟面部或身体护理）
- 健身中心一日体验礼券 10 张
- 购买茶灵，宝黎研萃或蒂贝伊产品尊享九折优惠

* 此价格为净价，使用时间为每天上午 10 时至晚间 11 时

会籍费

30,000 元（一年有效期）

会籍礼遇：

- 水疗所有项目尊享七折优惠
- 免费获享护理前后使用健身房、泳池以及桑拿和蒸汽
- 每次护理至多 3 小时停车
- 享生日月疗程升级（生日当月获赠双人任意 90 分钟身体护理一次）
- 享生日月疗程升级（一次生日当月预定任意 60 分钟疗程升级 30 分钟面部或身体护理）
- 健身中心一日体验礼券 20 张
- 健身或游泳私教课程一次
- 购买茶灵，宝黎研萃或蒂贝伊产品尊享九折优惠
- 铺舍免费住宿一晚

* 此价格为净价，使用时间为每天上午 10 点至晚间 11 点



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 Life Fitness equipment, our upscale 25-metre indoor heated pool and motivational group classes; or de-stress through a series of restorative treatments with CHA LING, Biologique Recherche, DIBI and INDIBA® for rejuvenating and result-driven effects.

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



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.

THE MIDDLE HOUSE COLLABORATES WITH BAMFORD

The Middle House 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.

CHA LING

L'ESPRIT DU THÉ



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 90 MINS | RMB 1,600
FOR FACE AND BODY 120 MINS | RMB 1,900

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

TAILOR-MADE RITUAL 150 MINS | RMB 2,200

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.

RADIANCE FACIAL 90 MINS | RMB 1,600

Toning and revitalising: for luminous, radiant skin. An invigorating massage with a hot/cold effect to give the skin radiance beyond compare.

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 - 60 MINS | RMB 1,200
ENERGY RHYTHMS 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.

MEN'S GROOMING

REVITALISING FACIAL 60 MINS | RMB 1,100

A purifying and moisturising face treatment specially adapted to men's skin, to refresh, tone and restore radiance.

ENERGISING BODY 60 MINS | RMB 1,200

An intensely relaxing muscle and energy-boosting body massage to tone and soothe. Ideal for those suffering from tension caused by stress, jet lag or their way of life.

HYDRA-ENERGETIC

CHA LING ESCAPE FOR TWO 150 MINS | RMB 4,000

Cha Ling Exfoliation

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 by a 30-minute deep-down exfoliation. The experience then continues with a 60-minute signature face 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.





**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 | 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 | 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 ORIGINAL
ANTI-AGING TREATMENT**

90 MINS | 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 | 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.



BEAUTY IN A METHOD

Our 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 45 MINS | RMB 1,680 (FOR LADIES ONLY)

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.



谧 MI XUN 寻

SPA 水疗

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

HAND TREATMENT 15 MINS | RMB 180



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 The Middle House

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

美甲

TINT
NAIL & EYELASH

美甲

卸甲	98 元
儿童美甲	338 元
美甲	588 元
美甲款式：法式 / 猫眼 / 渐变	688 元
美足	688 元
手部基础护理	238 元
足部基础护理	338 元
手部滋养护理	488 元
足部滋养护理	588 元
单指彩绘	188 元
延长另加	+ 588 元

美睫

单根嫁接：	
100 根	1,088 元
120 根	1,188 元
140 根	1,288 元
3D 嫁接：	
100 束	1,288 元
120 束	1,388 元
140 束	1,488 元
1 根单根 / 3D	12/18 元
下睫毛	188 元
角蛋白翘睫	688 元
彩色另加	+ 188 元
修眉	98 元

脱毛

唇毛	218 元
腋下	338 元
手臂 (局部)	488 元
手臂	588 元
腿部 (局部)	588 元
腿部	688 元



所有价格均已含服务费与税费

美发

TINT
HAIR SALON

剪发服务

	剪发	洗吹
艺术总监	680 元	480 元
创意总监	980 元	580 元
国际总监	1,380 元	780 元

染发服务

	短 S	中 M	长 L
护理染发	1,580 元	1,880 元	2,180 元
全头挑染	1,680 元	1,980 元	2,280 元
局部挑染	780 元	980 元	1,280 元
洗色	880 元	1,080 元	1,280 元

烫发服务

冷烫	1,480 元	1,880 元	2,280 元
热烫	2,080 元	2,580 元	3,380 元

护理

头皮护理	980 元		
发膜护理	700 元	900 元	1,200 元
鱼子酱护理	1,980 元	2,680 元	3,380 元
活力胶精华	580 元 / 支		
高级定制	680 元 / 支		

其他服务

化妆	800 - 1,500 元 及以上
盘发	300 - 500 元 及以上

- 所有烫、染、护均不含洗剪吹服务
- 短发 S - 耳朵以上; 中发 M - 耳朵以下至脖子; 长发 L - 过肩
- 长发 - 过胸, 需加收 300 元



所有价格均已含服务费与税费

BEAUTY

TINT NAIL & EYELASH

NAIL

Gel Removal	RMB 98
Kids Manicure	RMB 338
Shellac Gel Manicure	RMB 588
Manicure Style: French/Cat's Eye/Grad	RMB 688
Shellac Gel Pedicure	RMB 688
Basic Hand Care	RMB 238
Basic Foot Care	RMB 338
Spa Manicure	RMB 488
Spa Pedicure	RMB 588
Nail Art Per Nail	RMB 188
Add Extension	+ RMB 588

EYELASH EXTENSION

Classic 1 by 1 :	
100 roots	RMB 1,088
120 roots	RMB 1,188
140 roots	RMB 1,288
Volume 1 by 3D :	
100 bunch	RMB 1,288
120 bunch	RMB 1,388
140 bunch	RMB 1,488
1 root / 3D	RMB 12/18
Under Lash	RMB 188
Eyelash Upturned	RMB 688
Add Color	+ RMB 188
Eyebrow Design	RMB 98

HAIR REMOVAL

Lip	RMB 218
Under Arm	RMB 338
Half Arm	RMB 488
Full Arm	RMB 588
Half Leg	RMB 588
Full Leg	RMB 688

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



HAIR

TINT HAIR SALON

HAIRCUT

Artistic Director	RMB 680	RMB 480
Creative Director	RMB 980	RMB 580
International Director	RMB 1,380	RMB 780

COLOR

Conditioning Color	RMB 1,580	RMB 1,880	RMB 2,180
Whole Head Highlight	RMB 1,680	RMB 1,980	RMB 2,280
Partial Highlight	RMB 780	RMB 980	RMB 1,280
Bleaching	RMB 880	RMB 1,080	RMB 1,280

PERM

Technical Perm	RMB 1,480	RMB 1,880	RMB 2,280
Rebounding / Ceramic	RMB 2,080	RMB 2,580	RMB 3,380

TREATMENT

Scalp Mask	RMB 980		
Basic Mask	RMB 700	RMB 900	RMB 1,200
Rare Caviar Care	RMB 1,980	RMB 2,680	RMB 3,380
Pre & Post Chemical	RMB 580/Tube		
Fusio-Dose	RMB 680/Tube		

OTHERS

Make-up	RMB 800 - 1,500 & above
Put-up	RMB 300 - 500 & above

- All ironing & dyeing does not include washing, cutting & blowing services
- Short hair - ear length; Mid-length - shoulder; Long hair - pass shoulder
- For length below the chest: extra ¥300



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