



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, Gemology, DIBI, icoone and INDIBA for rejuvenating and result-driven effects. Every detail of Mi Xun spa is tailored to provide memorable and joyful experiences.



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

FACE AND BODY JOURNEY 90 MINS | RMB 1,600

Specifically designed to meet men's needs, this moment of relaxation combines a 30-minute moisturising face treatment with a 60-minute muscle and energy-boosting body massage.

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

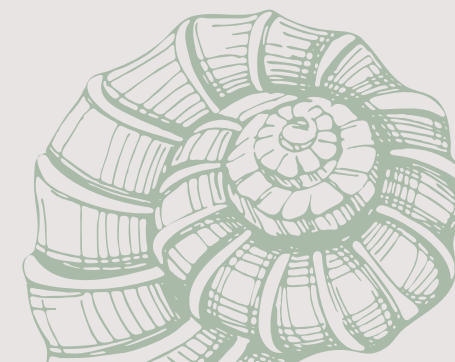
Cha Ling Exfoliation

Cha Ling Infusion

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 immersing body and mind in the steam room, followed by some 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.

GEMOLOGY

COSMETICS · PARIS

GEMOLOGY CAPTURES THE RICHNESS OF MINERALS AND EXPLOITS FULLY OF BIOLOGICAL AND PHYSICAL PROPERTIES.

Founded in Paris in 2007, Gemology has been progressively and innovatively developed to utilize the precious minerals extracted from gemstones and their active ingredients, due to scientifically proven outstanding skincare results.

Gemology has a formulated skincare product perfect for all skin types and needs. With products that are sensorial to provide the pampering that skin truly deserves, and using a combination of precious and earthly elements to achieve a young and radiant skin.

GEMOLOGY CHIC FACIALS

Gemology captures the richness of minerals and exploits fully its biological and physical properties. A combination of precious and earthly elements will help you achieve a young and radiant skin.

DIAMOND ANTI-AGING CARE 90 MINS | RMB 2, 200

The indomitable diamond unveils its secret leaves you rested and lighted up. Replenishes the nutrients needed for skin cells, relieves fatigue in real time, and improves the skin dryness and relaxation. All wrinkles lines are smoothed out.

THE MIDDLE HOUSE GENTLEMEN 90 MINS | RMB 2, 080

This specially designed men's treatment targets muscle tension on the back and shoulders with a deep tissue massage. The union of diamond and tourmaline are going to revive and elevate your complex skin providing health and ultimate well-being.

THE CLASSICS FACIAL

GEMOLOGY SKIN CARE 70 MINS | RMB 1, 600

The union of diamond and tourmaline are going to revive and elevate your complex skin providing health and ultimate well-being.

JADE TONIFYING CARE 70 MINS | RMB 1, 280

Combined action of jade, peony and cranberry, the skin becomes younger. The oval shape is redrawn and leaves the skin soft and moisturised.

RED JASPER CARE 70 MINS | RMB 1, 280

Combination of rare earth elements lights up your skin. The skin regains elasticity and hydration as well as smoothed facial features.

GEMOLOGY MEN'S CARE 70 MINS | RMB 1, 280

Stressful days or short nights, fight against fatigue signs. The regenerative action of jade and its anti-stress properties are your allies to wake you up, moisturise and vitalise your skin.

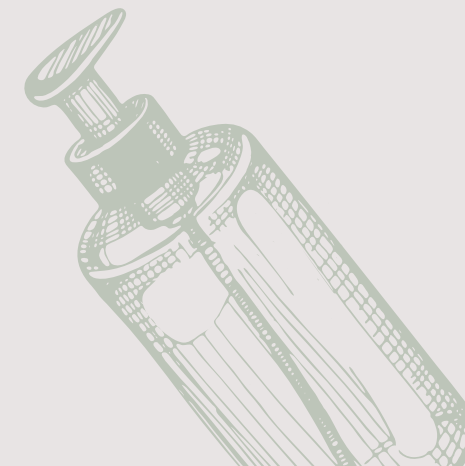
OR LONGER...

Enhance your facial treatment with one or more additions from below:

KRF EYE LIFTING TREATMENT 15 MINS | RMB 380

KRF NECK AND FACIAL CONTOURS 20 MINS | RMB 760

RUBIS MASSAGE 60 MINS | RMB 1, 280



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 1,280

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.

DIBI KRF BODY TREATMENT

ABDOMINAL LIFTING TREATMENT 45 MINS | RMB 1,140 70 MINS | RMB 1,520

The combined action of a hyper-fluid cocktail with lifting active ingredients and a high-tech KRF radio frequency machine leaves skin with a compact appearance, reshaped contours, restored brightness, boosted metabolism and resulting in a remodeled waist line.

LEG SCULPTOR TREATMENT 60 MINS | RMB 1,380 90 MINS | RMB 1,680

The combined action of a hyper-fluid cocktail with lifting active ingredients and a high-tech KRF radio frequency equipment, it is an ideal treatment for those who wish to activate returning blood flow, while firming and brightening of the leg skin.



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icoone®

icoone® is the innovative, non-invasive technology that grants effective facial and body treatments and offers at the same time a total relaxing experience.

NEW icoone® BEAUTY is the innovative, non-invasive technology that grants effective facial and body treatments and offers at the same time a total relaxing experience. Tailored Treatments A combination programs designed to meet the demanding needs of both men and women of all ages. It helps smooth the skin, improving drainage, blood circulation and harmonizing body shapes, reducing the “orange peel” skin effect. TISSUE FIRING Thanks to the cellular stimulation, this treatment helps to stimulate collagen and elastin giving your skin an immediate firming effect.

FACE LIFTING TREATMENT

Designed to oxygenate and revitalize your skin, reduce the double chin, decongest puffy eyes, plump lips, tone cleavage, firm neck. For a rejuvenated and glowing aspect.

SILHOUETTE REMODELLING

Designed to work on resistant fat deposits such as the waistline and culotte de cheval, this treatment reshapes your entire figure reducing the fat deposits and giving a harmonious appearance.

LIGHT LEGS

Designed to boost blood and lymphatic circulation and to drain liquids, this treatment helps slim and reshape your legs by giving and immediate feeling of lightness and well-being.

50 MINS | RMB 1,480

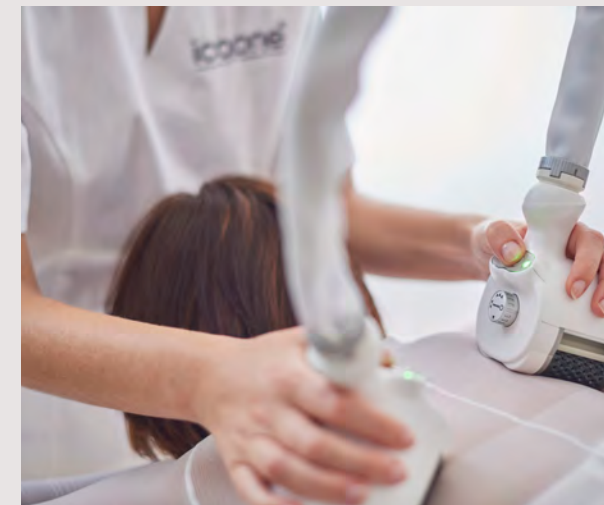
70 MINS | RMB 2,180

90 MINS | RMB 2,880

icoone® 10 TIMES PACKAGES

50 MINS | RMB 11,800

70 MINS | RMB 17,800



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.

**HIP SHAPING TREATMENT 45 MINS | RMB 1,380
(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.

IMMUNE SYSTEM HEALING 60 MINS | RMB 1,680

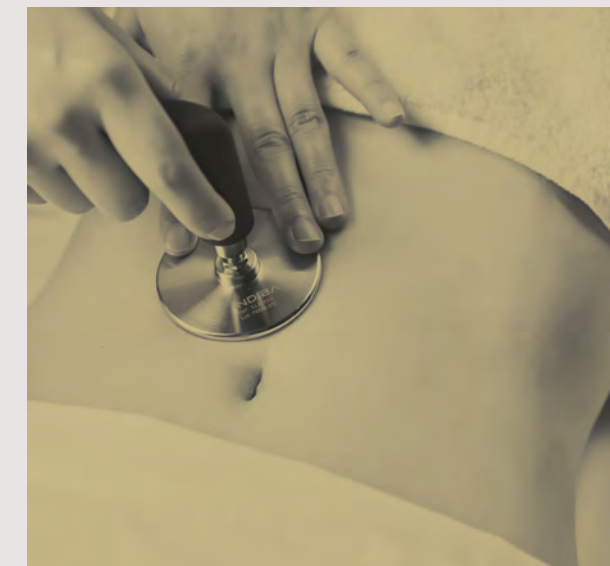
INDIBA® helps boost the immune system throughout the body. The patented Proionic® Cell Boost technology can infuse energy into cells, improve the bronchial tubes, and relax the muscles. The treatment can provide an immediate soothing effect on the muscles after working out and can effectively boost circulation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

INDIBA® ABDOMINAL SHAPING TREATMENT (FOR LADIES ONLY) 60 MINS | RMB 1,680

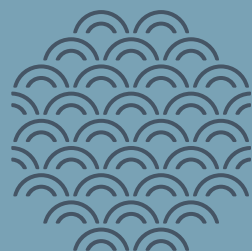
The treatment can effectively stimulate the body's metabolism and microcirculation to reduce fat accumulation and tighten the skin by stimulating collagen production. The treatment can also be used to improve the health of the uterus, eliminate inflammation, and relieve pain.

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.



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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 1,080
90 MINS | RMB 1,480

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 1,080
90 MINS | RMB 1,480

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

LAB WELLNESS MEMBERSHIP

LAB 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 5,000

Benefits include:

- 5 times 90-minute CHA LING facial or body treatment or 70-minute Gemology Classic Facial or 60-minute DIBI Cellular Repair Facial
- Complimentary access to the pool, gym and sauna facilities on the day of treatment booking
- 10% off CHA LING, Gemology 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*

** Valid for 180 days*

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, Gemology 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, Gemology 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, Gemology 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*