



SPA MENU  
水療中心服務項目單



SOFITEL  
SPA

LIVE  
THE FRENCH  
WAY

法式生活風尚

# GO WITH THE FLOW

索菲特水療中心糅合世界多地傳統技藝與法國前沿美容技術，  
為您帶來系列精選健康美容療程，  
邀您探索全新水療體驗，  
喚醒自然感官，盡情釋放壓力，重賦活力光彩。  
索菲特水療中心當代地中海風格和  
法式普羅旺斯風情融合的水療室，  
不僅讓您徹底放鬆享受專屬水療服務，  
更設置了傳統土耳其蒸氣浴，  
其神奇功效讓身心煥發活力，  
完美您的水療之旅。

Worldwide ancient traditions meet the refinement and skill  
of the latest in French cosmetology to create Sofitel SPA an  
Exhilarating and Rejuvenating experience.  
Awake your senses and feel re-energized  
with a selection of health and beauty treatments.

Explore a new kind of spa experience with a wide range of  
poetic and surprising treatments. Discover all the ingredients to  
sublime your natural glow and make the stresses and strains of  
daily life fade away with our menu inspired by gastronomy.  
Sofitel SPA invites you to experience exclusive treatments  
in our Spa Suites combining contemporary Mediterranean  
style with touches of French culture and for an unforgettable  
moment of Wellbeing and Beauty.

Discover the benefits of Hammam traditions to complete your  
journey and achieve complete rejuvenation  
for your body and soul.

# FIND YOUR FRENCH GLOW



REJUVENATE,  
THE FRENCH  
WAY

法式生活風尚  
煥發蓬勃活力

# A LA CARTE 水療盛宴

## SIGNATURE TREATMENTS 招牌療程

### EXHILARATING MASSAGE 愉悅全身按摩

60 minutes 分鐘      MOP 澳門幣 850

A euphoric and soothing body massage, combining a rocking and tasteful experience that will shape and tone up your silhouette. 愉悅舒緩的身體按摩，結合輕搖及味覺體驗，釋放身心，重塑身形。

### REJUVENATING FACIAL 面部煥活護理

60 minutes 分鐘      MOP 澳門幣 850

A refreshing and tasteful facial care. The facial starts with the gentle cleansing and exfoliation, followed by soothing cucumber compress. Combining the best of French massage technique, honey and mini stone, this treatment will revitalize and bring back youth to your skin. 從溫和的清潔和去角質開始，用蜂蜜和黃瓜舒緩你的肌膚，再配以法式按摩技術，使您的皮膚恢復活力，煥發青春。

### HAMMAM WELLNESS 傳統土耳其浴療程

180 minutes 分鐘      MOP 澳門幣 1750

The ultimate experience combining a Detoxifying hot steam followed by a Black soap Body scrub, a soothing Rhassoul Body wrap and a Relaxing or Revitalizing Body Massage. 傳統土耳其蒸汽浴、黑皂身體磨砂、摩洛哥火山泥身體裹敷配以全身放鬆按摩，排毒、舒緩，煥活全身。

## STARTERS 前奏

### HAMMAM 土耳其蒸汽浴

30 minutes 分鐘      MOP 澳門幣 300

Enjoy a hot steam bath with pure essential oils in our traditional Hammam. Ideal before a body scrub, body wrap or a massage.  
傳統土耳其蒸氣浴，配合純精油的解毒功能，為後續的去角質、體膜或按摩療程做好充分準備。

### RELAXING BUBBLE BATH 法式泡浴

30 minutes 分鐘      MOP 澳門幣 300

Bath rituals provide a delicious and softening prelude that leaves the skin – and the mind-truly receptive to the benefits of the following treatment.  
法式泡浴能有效軟化角質，讓身體卸去疲勞徹底放鬆下來。

### AROMATIC BODY SCRUB 芳香身體磨砂

45 minutes 分鐘      MOP 澳門幣 500

Exquisite textures eliminate dead cells, leaving skin perfectly prepared for a body wrap or massage.  
以含有極細顆粒的芳香磨砂膏去除老化角質，令皮膚光亮潤澤。

### SOFTENING BODY WRAP 再生身體暖膜

45 minutes 分鐘      MOP 澳門幣 500

Repairing care for very dry, sun-damaged or overworked skin. Your entire body will be soaking up with active ingredients that nourish and soften your skin.  
修復乾燥、曬傷或過度勞累的皮膚，讓全身肌膚更有效吸收養分重獲光彩。

## MAINS 主菜 BODY 身體

### RELAXING AROMACHOLOGIE MASSAGE 芳香舒緩按摩

60 / 90 minutes 分鐘 MOP 澳門幣 850 / 1150

Techniques with Chinese acupressure to stimulate circulation and calm the body and mind.

以中醫穴位按摩和推拿手法相結合，促進血液循環，鎮靜安神。

### DEEP TISSUE INTENSE RELIEF 深層減壓按摩

60 / 90 minutes 分鐘 MOP 澳門幣 850 / 1150

Ease muscular tensions, with focus on the back, shoulders and nape of the neck. Combining Lomi Lomi, acupressure and gentle stretching techniques.

以輕柔拉伸配合深層穴位按壓，緩解背部、肩頸的疲勞，釋放壓力。

### CHINESE DETOXIFYING BALANCE 中式排毒按摩

60 / 90 minutes 分鐘 MOP 澳門幣 850 / 1150

This lymphatic - drainage massage boosts circulation and helps get rid the toxins in your body.

以中式淋巴排毒按摩促進血液循環，幫助排除體內毒素。

### BALINESE MASSAGE 巴厘島按摩

90 minutes 分鐘 MOP 澳門幣 1250

Combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and «qi» (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

融合傳統巴厘島按摩的輕柔伸展、指壓、反射和芳香療法，促進血液循環和能量流動，帶來平靜放鬆和滿滿的幸福。

### HOT STONE MASSAGE 熱石按摩

90 minutes 分鐘 MOP 澳門幣 1250

A type of massage therapy used to help you relax and ease tense muscles and damaged soft tissues throughout your body. It encourages your body to detox and heal through increasing your lymphatic flow and encouraging your body to remove waste products.

通過熱石按摩疏通淋巴系統以促進身體排毒和治愈，幫助放鬆和緩解全身緊張的肌肉和受損的軟組織。

## MAINS 主菜 FACE 面部

### MOISTURIZING FACIAL 面部深層補水

60 minutes 分鐘 MOP 澳門幣 850

Deeply and effectively, hydrate and nourish skin, plump up fine lines, helps skin to regain its vitality and suppleness.

深層有效滋潤和滋養肌膚，撫平細紋，幫助肌膚恢復活力和水潤。

### SEBUM REGULATING FACIAL 面部水油平衡護理

60 minutes 分鐘 MOP 澳門幣 850

Helps to normalize the sebaceous secretion, anti-inflammatory, anti-septic and purify the skin. Skin more re-energize.

消炎、除菌、淨化皮膚以調節面部肌膚皮脂分泌，增加肌膚活力，保持面部水油平衡。

### FIRMING YOUTH FACIAL 面部緊緻護理

60 minutes 分鐘 MOP 澳門幣 850

It helps to delay the maturity of skin. Targeted treatment to combat the sign of ageing, wrinkles and slackening skin.

以針對性的治療，有效幫助減緩皮膚衰老、皺紋和鬆弛，恢復緊緻。

### FRAGILE CAPILLARIES FACIAL 面部紅血絲護理

60 minutes 分鐘 MOP 澳門幣 850

Target to improve fragile capillaries resistance and strength. Balance skin with redness.

增強脆弱毛細血管的抵抗力，減少紅血絲均勻膚色。

### HYDRATING INTENSIVE TREATMENT

#### 微分子透明質酸水漾療程

90 minutes 分鐘 MOP 澳門幣 1580

This highly therapeutic treatment combines four hyaluronic acids and two proprietary, patented active ingredients while providing six different hydration solutions to hydrate and enrich skin for a youthful glow.

這高療效護理結合了四種透明質酸和兩種專利活性成分，同時提供六種不同的補水解決方案，補水、豐盈肌膚，使之煥發青春光彩。

## DESSERTS 甜點

### HEAD AND SHOULDERS MASSAGE 肩頸按摩

30 minutes 分鐘      MOP 澳門幣 300

Our head, neck and shoulder hold the most tension. Deep style massage using fingertips may help relieve stress and reduce tension.  
通過頭、頸、肩膀指壓按摩，緩解壓力減輕肌肉緊張感。

### SOOTHING LEG AND FOOT REVIVAL 足部按摩

30 minutes 分鐘      MOP 澳門幣 300

A stimulating foot and leg massage to relief pain improve circulation and enhance well-being.  
對腳和腿進行穴位按摩，從而緩解疼痛，改善血液循環。

### YOUTHFUL EYES TREATMENT 亮眼護理

30 minutes 分鐘      MOP 澳門幣 300

In order to help fight the appearance of fine lines, dark circles as well as puffiness. This treatment gives an instant radiance boost.  
幫助對抗眼部細紋、浮腫及黑眼圈，讓眼部快速重獲光彩。

### EXPRESS MANICURE OR/AND PEDICURE 快捷手或腳護理

45 / 60 minutes 分鐘      MOP 澳門幣 300 / 500

Pamper and refresh tired hands and feet while giving them all the attention they deserve to enhance your beauty from top to toe.  
給予手和腳更多的呵護，快捷手/足指甲護理，自指尖開始展露你的美。

### MANICURE OR/AND PEDICURE 手或腳護理

60 / 120 minutes 分鐘      MOP 澳門幣 500 / 650

Experience a truly different treatment nail and cuticle care for a real complete French Spa hand or feet pampering.  
體驗獨具特色的法式護理，讓您的指甲和角質層得到完美的呵護。

## MENU PACKAGE SUGGESTIONS 套餐推薦

### AROMATIC CANAPÉ 雙人芳香護理

60 minutes 分鐘 MOP 澳門幣 1850

Experience an "à deux" with 60 minutes Body Massage followed by a Romantic Canapé.

樂享雙人60分鐘芳香按摩之旅及法式特色小食茶點。

### DUO - FOR TWO 雙人水療套餐

180 minutes 分鐘 MOP 澳門幣 2850

Enjoy the therapeutic benefits of Hammam aromatic steam, Duo Aromachologie Soothing bath followed by your 'his and her' Body Massage and Facial spa journey.

在雙人士耳其排毒蒸汽及芳香舒緩浴后，和你摯愛的他/她一起樂享身體和面部按摩體驗。

### WELL DELIGHT 極致精選

160 minutes 分鐘 MOP 澳門幣 1500

This ritual combines two treatments to provide you with ultimate memory. Begin with a hot steam, followed by Body Massage to soothe your body and Facial for a radiant complexion.

以濕蒸打開身體的每一個毛孔，通過全身按摩將精油的作用傳遞到深處，舒緩面部及身體，使肌膚獲得極致光彩。

### COCONUT ULTIMATE INDULGENCE 椰風狂想曲

160 minutes 分鐘 MOP 澳門幣 1500

Begin your journey with Detoxifying steam followed by a warm oil Indian scalp massage with hair therapy wrap, completed with a Body scrub and a nourishing Virgin coconut oil Body Massage.

自排毒蒸汽開始開啟您的椰風狂想曲之旅！在印度熱油頭皮按摩的放鬆感中，逐漸沉浸在滋潤的初榨椰子油身體按摩中，讓思緒帶著身體在椰林中暢遊……

## SPA RITUAL 土耳其儀式療程

### HAMMAM CEREMONY 土耳其蒸汽儀式

90 minutes 分鐘      MOP 澳門幣 950

The most special features in our Spa are the Hammam Scrub room – it is a world-renowned Moroccan treatment for detoxification and rejuvenation. The use of heated marble stone tables and certified organic products where you will enjoy a cleansing application of black soap scrub, continue with Rhassoul body wrap which smoothes out the skin's texture.

土耳其蒸汽室作為索菲特水療中心獨具特色的賣點，以其享譽全球的摩洛哥排毒和年輕化護理而備受賓客青睞。在加熱后的大理石床上，您將體驗到深度清潔的黑皂磨砂護理和摩洛哥火山泥身體裹敷，另你的皮膚光滑細膩。

### HAMMAM JOURNEY 土耳其浴極致精選

180 minutes 分鐘      MOP 澳門幣 1750

The ultimate experience combining a Detoxifying hot steam followed by a Black soap Body scrub, a soothing Rhassoul Body wrap and a Hydrating or Moisturizing Facial.

深度體驗土耳其蒸汽排毒、黑皂身體磨砂及舒緩的摩洛哥火山泥身體裹敷后，再配上面部保濕護理，從頭到腳都倍感極致享受。

## MOTHER'S WELLNESS 媽媽精選療程

### PRE – NATAL MASSAGE 孕婦按摩

60 / 90 minutes 分鐘      MOP 澳門幣 950 / 1350

This massage especially developed for expectant mothers. It aims to improve blood circulation and relaxing muscles to soothe the legs and back of the mother to be. Pre-natal massage is strictly not advisable during the first trimester of pregnancy.

專為準媽媽定制，有效放鬆腿部和背部疲勞肌肉，促進血液循環，舒緩身體疲勞同時調節身心。

### POST – NATAL MASSAGE 產後按摩

60 / 90 minutes 分鐘      MOP 澳門幣 950 / 1350

This massage specially designed for new mums. The lymphatic drainage strokes relive tired legs, tight areas in the back and arm are deeply relaxes. Ideally recommended one month after giving birth for normal delivery.

為新手媽媽打造的深層放鬆按摩，加強緩解腿部及由於長時間手抱嬰兒引起的背部和手臂疲勞。

## SIDES 其他

### CHAMPAGNE AND JACUZZI FOR TWO

#### 雙人香檳按摩浴缸套餐

45 minutes 分鐘      MOP 澳門幣 400

Enhance your spa experience and treasured moments together in our Private couple room with a glass of Champagne and luxurious Jacuzzi bubble bath.

在豪華浪漫舒適套房中，與你愛的人私享專屬豪華按摩浴缸及香檳，共度美好的雙人水療時光。

### DEEP RELAXATION SUITE 深層放鬆套房

45 minutes 分鐘      MOP 澳門幣 400

Upgrade your spa journey to Deep Relaxation Suite, to complete deep moments of rest, rejuvenation and reflection. Enjoy and serve with Canapé Tea set while wrap up in the comfortable My Bed pillow and duvet.

使用深層放鬆套房升級您的水療之旅，享受更加舒適的水療體驗。房間配備索菲特專屬的 My Bed 枕頭和羽絨被并提供特色法式小食。

## **GIFT VOUCHER 禮券**

### PERSONALIZED GIFT / SUITABLE FOR ANY OCCASION

#### 適合各種場合的個性化禮物

The gift of a spa experience is always perfect for any occasion, either Birthday, Wedding, Anniversary, Valentine's or Christmas. Sofitel SPA facials, massages and spa treatments vouchers always a desirable gift of beauty and wellness for your loved ones.

無論生日、紀念日、聖誕節或其他各種節日，給所愛之人美麗且健康的禮物，索菲特水療禮券始終是您的最佳選擇。

Choose from a Cash Voucher or Treatment Voucher.

索菲特水療現金券或療程券可供選擇。

Gift Vouchers validity will depend on the type of vouchers purchased.

禮券有效期有所不同，詳情請諮詢工作人員。

## **SPA MEMBERSHIP 會員**

Spa membership is one of the best lifestyle gifts you can ever reward yourself, to embark on an enchanting journey of indulgence, youthfulness and wellness. Our Spa Members get to enjoy Special offers, Discounts and Exclusive Loyalty privileges.

水療會員是您犒賞自己的最佳生活方式禮物之一。精彩的會員專屬優惠、折扣和禮遇為您帶來一段放縱、年輕和健康的迷人旅程。

## **OPENING HOURS 營業時間**

**11:00 - 21:00**

The last booking can be made at 20:00 and The Hammam facilities are closed at 19:00.

每日最晚接受預訂時間為晚上8點，土耳其蒸汽設施開放時間至晚上7點。

## **ADVANCED BOOKING AND RESERVATIONS 預訂**

We encourage our guest to schedule their appointments in advance.

Bookings that are made on the day of service and walk-in appointments are always welcome, and based on availability. All reservations must be secured by a credit card printout or cash payment and telephone number.

我們鼓勵客人提前預約，當日預約也同樣歡迎，所有預約將視實際預訂情況而定。

所有預訂必須通過信用卡、現金付款或電話號碼進行擔保。

## **ARRIVAL AT SOFITEL SPA 關於抵達**

To enhance your spa experience, we encourage you to arrive 30 minutes prior to your treatment. Unwind in our calming, therapeutic, relaxing and luxurious Spa facilities such as detoxifying steam room and spa Jacuzzi pool. The marble seat is heated for extra comfort. Give yourself time to optimize the overall effects, and completely rebalance your mind, body and spirit.

為了給您帶來完美的水療體驗，建議您在療程前30分鐘到達，在索菲特水療中心排毒蒸汽房及按摩浴缸等設施中放鬆身心，讓時間給身體帶來平靜，優化療程效果，獲得身體和心靈的徹底放鬆。

## LATENESS AND CANCELLATION POLICY

### 晚到及取消政策

We value your business and appreciate your cooperation on our cancellation policy. Cancellation is free of charge if made 24 hours before the treatment except for hotel guests who have until 4 hours before the treatment.

您可在您預約療程前24小時免費取消您的預訂，療程前4小時則無法取消或更改。

\* Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied. We regret that late arrivals will not receive extension of the scheduled appointments.

\*溫馨提醒：如您晚於預約時間抵達，您的按摩時長將因此縮短且無法延期，同時仍需收取全部費用。

## SOFITEL SPA ETHIC 索菲特水療守則

To ensure the comfort of others, we would be grateful if you could refrain from smoking and using your mobile inside the Sofitel Spa.

為了營造舒適健康的體驗空間，索菲特水療中心禁止吸煙，并希望您能避免使用手機或將手機調至靜音。

We remind to our guests that services provided in our Sofitel Spa are strictly professional. Any unusual behavior towards our staff will automatically result in ending the treatment and be handled by the Sofitel Spa and Hotel Direction. Full payment of the treatment will automatically be due.

索菲特水療中心員工將為您提供專業的服務，任何對員工的異常行為將迫使服務終止，並由索菲特水療中心和酒店行政處處理，并收取全部服務費用。

Admission to the spa is only adults and persons over 16 years of age unless accompanied.

16歲以下兒童需在成人陪同下方可進入水療中心。

S O F I T E L

澳門十六浦索菲特酒店  
MACAU AT PONTE 16

澳門內港巴素打爾古街  
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