

BVLGARI  
HOTEL BEIJING

SPA



## 目录 CONTENT

水疗中心介绍  
SPA INTRODUCTION  
03

宝格丽奢享之旅  
SIGNATURE JOURNEYS  
07

身体护理  
BODY THERAPIES  
13

基础按摩系列  
MASSAGE THERAPIES  
15

面部护理  
FACIAL TREATMENTS  
19

男士护理  
MALE GROOMING  
24

水疗中心礼仪  
SPA ETIQUETTE  
26



北京宝格丽酒店水疗中心  
THE BVLGARI SPA

以宝格丽品牌热浴理念搭配先进豪华的水疗套房，北京宝格丽酒店水疗中心为宾客提供全方位、创新的水疗服务。在意式成熟优雅的环境中，为您提供极具品质的水疗护理及尊贵的会员服务。

Conveying the exclusivity of the Bulgari brand with state-of-the-art thermal and bathing experiences and luxurious spa suites. The BVLGARI SPA at The Bulgari Hotel Beijing provides the ultimate spa offerings and innovation in terms of treatments, products and services.

Infused with Italian sophistication and elegance by design, the spa offers market-leading advanced beauty treatments, prestigious memberships and a range of result-driven, yet authentic treatments inspired by regional health and wellbeing rituals.





### 宝格丽奢享之旅 SIGNATURE JOURNEYS

汇集世界各地缔造美丽的传统方法与精髓，宾客们将在我们豪华舒适的水疗房内尊享宝格丽水疗疗程，有效缓解压力与紧张情绪，重焕身心能量。

Experience Bulgari's exclusive nurturing spa journeys inspired by the ancient wellness traditions of the world. Feel tension and stress melt away as your mind and spirit find peace with restorative treatments in one of our luxurious Spa Suites.



喜马拉雅水晶盐护理 2 小时

### Himalayan Crystal Healing 2 hours

喜马拉雅水晶盐护理中的主要成分 – 水晶盐由于当时古代海洋蒸发而未受到现代环境的污染。盐岩具有强大的愈合与解毒能力，其自身独特的结构含有超过 80 种矿物质和人体所需的自然元素，能够有效促进健康。

宾客经过一场水晶盐足浴后，再沉浸在富含矿物质的泡浴中达到身心的平静，随后的水晶盐身体磨砂则有助于清洁角质，恢复柔和、健康的肤色。接下来的全身按摩使用排毒精油与喜马拉雅盐相混合，有效改善血液循环，减少炎症，提高身体的自我恢复能力，达到休憩身心，重现活力的功效。

Referred to as the purest salt on earth, Himalayan crystal salts originate from the Himalayan Mountain Range, which is considered by many as sacred due to being closest to the celestial bodies. These crystals developed millions of years ago when ancient seas evaporated and have remained untouched by modern day pollution. The profound healing and detoxifying powers of the salt rock results from its unique structure, containing more than 80 minerals and natural elements needed by the human body to stay healthy.

Following a grounding salt foot scrub ritual, immerse yourself in a mineral-rich bath to calm your mind and purify your body by drawing toxins out of the skin. A crystal salts body scrub will follow, cleansing and polishing the skin while restoring an even and soft complexion. Using a tailored blend of detoxifying aroma oil and Himalayan salt, your therapist will treat you with a full-body massage using techniques to improve circulation, reduce inflammation and assist the body's own self-healing abilities. An aromatherapy mist spray and the use of a meditation bowl will complete the healing experience.

全面补湿护理 3 小时

### Intense Protection Ritual 3 hours

虽然皮肤有自身强大的修护机制来维持健康的水份比率并抵御外部侵害，但当今的高度污染和恶劣的气候条件仍会损伤皮肤的自然防御屏障。肌肤由于缺少水分、过敏，及污染物颗粒的附着易产生皱纹、泛红、粗糙及老化。全面补湿护理将帮助您的肌肤重建天然屏障，恢复柔嫩光滑，有效抵御外部污染。

全面补湿护理由一场全身放松的足浴开始，有效放松僵硬肌肉，增强皮肤对有益矿物质的吸收。随后的身体磨砂结合头部与面部按摩，加强后续精油的护理效果。全身按摩使用含有有机茉莉、鳄梨及石榴籽成分的精油，有助于恢复并保持皮肤深层水分，增强抗氧化功能，使肌肤重焕年轻光彩。最后的足底反射疗程使您恢复身心平衡，达到全身心的放松。

While the skin has its own powerful mechanisms to maintain healthy hydration levels and protect against external elements, today's high levels of pollution as well as harsh climatic conditions can have detrimental impacts on the skin's natural defense. From dehydration and increased sensitivity to wrinkles and redness, pollutant particles trigger free radicals as damaging to skin as UV exposure. Our Hydrating Solution Journey will help your skin rebuild its natural barrier and restore hydration levels, providing a solution to pollution.

Inducing a deeper state of relaxation, a purifying foot ritual marks the beginning of this hydrating treatment. An aromatic salt bath follows, which relaxes stiff muscles and hydrates the skin through the absorption of several beneficial minerals. A gentle organic exfoliating scrub then prepares the skin to fully absorb the nourishing ingredients in the following essential oil massage, incorporating a scalp and face massage. The use of organic jasmine and avocado helps to restore and retain moisture in the deeper levels of the skin, while pomegranate seed oil reduces the number of free radicals for younger looking skin and a radiant complexion. The subsequent facial with certified organic products replenishes nutrients and balances the skin.

This rebalancing and hydrating journey concludes with a foot reflexology session.

平衡之旅 2 小时

### Qi Balancing 2 hours

拥有两个多世纪历史的中医疗法认为人体的“气”是来自于宇宙中的生命能量，可以使人保持健康状态，提高身心活力，“气”的缺失或不平衡会导致身体功能迟滞。平衡之旅正是通过按摩疗法，使身体内的能量自由流动，有效恢复活力。

平衡之旅疗程由中草药浴开始，独特的草药有助于全面放松肌肉。随后的中国“太极”式拉伸，伴随全身穴位按摩，有效缓解紧张与疲劳，改善血液循环并增强身体活力。最后以中式足部按摩收尾，令身体得以平衡与舒展。

Dating back more than two centuries, traditional Chinese medicine is an ancient practice based on balancing and enhancing Qi – the universal life energy flowing in our bodies – to bring the body into a state of health and maintain personal vitality and well-being. A weak or unbalanced Qi causes stress and stagnation on the body resulting in sluggishness and fatigue as emotions store in different organs. The Balance Qi Journey is about getting through these pressure points, allowing energy to flow freely again and restoring balance, which will leave you feeling fresh and energized.

The holistic experience begins with an indulgent Chinese herbal bath, employing a special blend of herbs designed to loosen the muscles and relax the body. Light stretching movements inspired by Tai Chi techniques followed by full-body acupressure massage to ensure an easing of the mind and emotions. Pressure point stimulation combined with long massage strokes is then used to stimulate the flow of Qi energy, improving blood circulation and increasing vitality. A session of Chinese foot reflexology further helps to clear any channels of blocked energy, supporting the balancing and healing process.



## 身体护理 BODY THERAPIES

身体护理使用天然维生素与矿物质元素，激发肌肤能量，令皮肤焕然一新，充满活力。

Give your whole body a lavish and indulgent pampering with our carefully developed body therapies. Relax, re-energize and boost your skin with natural vitamins and minerals. Leave your skin refreshed and full of life.

玲珑美体磨砂 30 分钟

Contouring Salt Polish 30 min

神秘的桃金娘以其深层净化功能闻名地中海。玲珑美体磨砂护理将桃金娘与丝柏、牛膝草、杜松等地中海植物相结合，进一步促进肌肤重生，令肌肤丝感光滑，宛若新生。

Myrtle has a reputation for deep cleansing and a rich mythological history in the Mediterranean. Greek and Roman legends associated myrtle with Aphrodite and Venus, the goddesses of beauty and love. In this contouring salt polish, organic myrtle and other Mediterranean plants such as organic cypress, hyssop and juniper will refresh, smooth and refine the skin, leaving your skin silky, smooth and rejuvenated.

玲珑美体净爽体膜护理 75 分钟

Contouring Body Wrap 75 min

玲珑美体净爽体膜护理包含使用富含矿物质的海盐及橄榄核粉末的身体磨砂，独特的耳部与头部按摩，以及含有机荷荷巴、鳄梨、橄榄油、杜松和桃金娘的美体净爽体膜。有效去除粗糙角质，改善肌肤质量，恢复肌肤弹性，重现柔滑。

Beginning with a gentle, mineral-rich sea salt and crushed olive stone body polish to exfoliate, stimulate and cleanse the skin, this treatment is continued by being wrapped in a refining clay body mask cocoon. Relax and enjoy a harmonizing ear and scalp massage while organic jojoba, avocado, olive oil, organic Mediterranean myrtle and juniper cleanse your skin and body and restore a healthy tone and texture.



精泥体膜护理 75 分钟  
Clay Body Wrap 75 min

精泥体膜护理由天然白泥辅以有机桃金娘身体精华乳对皮肤进行深层清洁，有效提精聚神、缓解压力。此护理包括温和去角质的泥膜裹体和耳部与头部按摩。黏土因其具有康复、冷却、抗发炎的功能已被土著文化沿用了千年，辅以有机桃金娘、丝柏、杜松和迷迭香等来自地中海的草本植物，有效均匀净化肤色，达到强效保湿、激活皮肤能量的功效。

Unrefined, sun-dried white clay blended with wild-crafted, organic myrtle body butter define this deeply cleansing, purifying and toning experience, which also helps balance, clears the mind and reduces stress. Clay has been used by indigenous cultures throughout the ages for its healing, cooling, anti-inflammatory and regenerative properties. This treatment includes a gentle exfoliation, comforting clay body wrap and harmonizing ear and scalp massage. Mediterranean botanicals of organic myrtle, cypress, juniper and rosemary cleanse, tone, moisturize and deeply stimulate your skin.

海蓝之谜身体护理 60/90 分钟  
La Mer Body Treatment 60/90 min

由内而外尽享肌肤修护之旅，令肌肤重焕弹性光滑。通过拉伸、指压、穴位按压及瑞典式按摩，有效促进血液循环，平滑肌理，重现肌肤年轻光泽。

Luxuriate in a superbly restorative service that treats the skin from top to toe. Skin is polished and refined, leaving it soft, smooth and supple. A signature blend of stretching, shiatsu, acupressure and Swedish massage helps enhance circulation, balance energies and encourage an overall sense of wellbeing.

沐浴体验 30 分钟  
Bathing Rituals 30 min

甄选数款沐浴方案，令宾客在舒适豪华的沐浴设施内享受全新冷浴或热浴体验。可搭配按摩或面部疗程，加强整体效果。

Locally inspired bathing rituals featuring hot and cold experiences can be enjoyed in our stunning facilities before or after massage or facial therapies to enhance the benefits of any spa treatment.

基础按摩系列  
MASSAGE THERAPIES

我们的经验丰富的水疗师结合世界各地的古代治疗智慧与现代疗法精髓，为您提供一系列按摩疗法，助您恢复内心平静，重塑活力。

Our experienced Spa therapists combine ancient healing wisdom from around the world with modern therapies to provide a range of massage techniques that restore inner calm and rejuvenate the body.

深层肌肉按摩 60/90 分钟  
Deep Renewal 60/90 min

深层肌肉按摩利用手肘和前臂的大力按压，有效缓解肌肉僵硬，改善循环，提升身体活力，是消除颈部肩部僵硬、腰痛与背部酸痛的有效疗法。

An invigorating massage, performed to break down muscle adhesion by reaching deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosen stiff muscles and joints for improved circulation and better overall flexibility, dispelling neck stiffness, lower back pain and sore, tight shoulders.

舒缓减压按摩 60/90 分钟  
Transforming Relaxation 60/90 min

舒缓减压按摩采用舒缓手法，搭配精油对全身、面部及头部进行按摩，达到减缓压力、平衡身心的功效。

A soothing and deeply relaxing experience, this treatment utilizes the potent properties of essential oils applied with long, slow and gentle strokes to the body, face and scalp. Tensions are released and body and mind brought back into equilibrium.

四手同步按摩 60 分钟

### Synchronizing Rhythms 60 min

四手同步按摩可以促进身体的深度放松并激发身体能量。两位理疗师采用古老的阿育吠陀技术，搭配温热精油，有效消除身体毒素、增强免疫力，释放精神及身体压力。

Intensely indulgent and energizing, the Synchronizing Rhythms massage employs ancient Ayurvedic massage techniques with a pair of therapists working together in a rhythmic synchronicity to apply warm oil. Removing toxins and enhancing immunity, the treatment is completed with a scalp and foot massage, inspiring mental and physical bliss.

传统中医按摩 90 分钟

### Ancient Traditions 90 min

传统中医按摩结合中医经络穴位理念，采用舒缓有力的按摩手法，搭配精准的拇指穴位按压，有效激活身体能量，刺激肌肉和神经通路，促进氧气循环并缓解肌肉僵硬。

Informed by ancient Chinese healing traditions, this tranquil healing experience blends long and firm strokes with targeted thumb pressures that activate the body's vital energy points. Stimulating muscles and nerve pathways encourages oxygen circulation and relieves muscular tensions.

能量石疗 90 分钟

### Healing Stones 90 min

能量石疗将温热的火山石与芳香精油搭配，有助于缓解紧张肌肉。热按摩石能够有效增强经典按摩动作的效果，促进血液循环，达到舒缓肌肉、深度释放精神压力的效果。

A holistic experience combining the benefits of warm volcanic stones with therapeutic oils to deliver ultimate relaxation for tight and tired muscles. Heated massage stones enhance the effectiveness of classical massage moves to stimulate blood flow and induce a profound muscular relaxation.

孕期护理 60 分钟

### Expecting Joy 60 min

孕期护理为怀孕四到七个月的准妈妈们提供独特的理疗体验。安全温和的孕期护理采用一系列定制手法，通过舒缓而轻柔的按摩手法来缓解准妈妈的背部与腿部疼痛，减缓焦虑，提升身心的健康与活力。

Delivering a truly blissful experience for expectant mothers in their fourth to seventh month of pregnancy, this safe and gentle massage employs a tailored sequence of long flowing steps to relieve back and leg pain, ease anxiety and promote overall well-being.



## 面部护理 FACIAL TREATMENTS

### 海蓝之谜 LA MER

一场令人赞叹的神奇肌肤疗愈旅程。来自海洋的传奇--海蓝之谜蕴含具有丰富滋养功效的神奇活性精粹，能够有效焕新肤色，使肌肤柔嫩紧致，更具年轻光彩。海蓝之谜全线产品的主要配方均采用海藻、抗氧化提取物等高活性成分，可以有效恢复肌肤健康，重现焕亮年轻状态。

COVETED. MIRACULOUS. HEALING. An ultra-rich icon inspired by the sea. Born from the sea, the legendary La Mer's products are infused with the nutrient-rich Miracle Broth™, which has the power to transform the complexion, leaving skin softer, firmer and visibly younger. Surging with vital energies, all treatments from this iconic brand incorporate its stellar formulas derived from potent, highly active ingredients like nutrient-rich algae, protective antioxidant extracts and semi-precious stones — helping bring skin back to its healthiest state.

### 宝格丽专属面部护理 90 分钟

#### The Bulgari Signature Facial 90 min

宝格丽专属面部护理将宝格丽最具代表性的宝石能量转化至面部与颈部。利用神奇活性精粹 Miracle Broth™ 的更新能力与海蓝之谜的贴身定制手法相结合，有效恢复肌肤能量，解决因皮肤老化而出现的缺水和衰老迹象。令肌肤重现柔滑，宛若新生。

A luxurious facial treatment utilizing the power of gemstones transforms the face and décolletage. The renewing power of the Miracle Broth™, in tandem with bespoke techniques created by La Mer, helps restore skin's energy, addresses dehydration that can occur as skin ages and reduce visible signs of aging. Skin emerges softened, strengthened and renewed. Mind and body are harmonized, encouraging a sense of well-being.

海蓝之谜尊宠焕颜卓越面部护理 90 分钟

The La Mer Miracle Broth Facial 90 min

海蓝之谜尊宠焕颜卓越面部护理利用独特的按摩手法，经双手呵护抚触，令海蓝之谜的灵魂成分---神奇活性精粹 Miracle Broth™ 充分渗透肌底，达到深度保湿并平滑肌理，唤醒肌肤疗愈能量，平衡身体节律机能的功效。

The crème de la crème of facials transforms with bespoke massage techniques and a pure infusion of the coveted Miracle Broth™. This priceless extract empowers the five facets of renewal – moisture, regeneration, soothing, smoothing and radiance – helping bring skin back to its center. A special ice sequence seals in benefits.

海蓝之谜青春奇迹奢宠面部护理 90 分钟

The Genaissance de La Mer Facial 90 min

海蓝之谜青春奇迹奢宠面部护理蕴含丰富的焕生肌肤及生命能量。精纯的晶体神奇活性精萃石能够加速肌肤自我恢复活力，有助于延缓衰老，提亮肤色，肌肤宛若新生。

Born from the time-transcending Genaissance Serum, this divine treatment is enriched with phenomenal renewing qualities and life-generating energies. Rejuvenation and vitality are accelerated with a signature stimulating technique using the Crystal Miracle Broth Stone. A genesis begins, revealing a lustrous, crystal-clear complexion that eclipses the signs of aging.

海蓝之谜私人定制面部护理 90 分钟

The La Mer Custom Facial 90 min

海蓝之谜私人定制面部护理根据您肌肤需求而特别定制一系列专属按摩手法，将精纯的神奇活性精萃 Miracle Broth™ 注入肌底，给肌肤带来能量并恢复活力。

Individualized treatment incorporating hand-chosen treatment sequences and custom massage techniques tailored to the unique needs of your skin. A pure infusion of our coveted Miracle Broth™ gives skin the energy it needs to focus on rejuvenation and renewal.

赋活保湿面部护理：专属定制按摩与平滑弹力技术相结合，为肌肤深层补水，达到平衡肌肤、改善肌肤因缺水而导致的提前老化的效果，令肌肤重现柔嫩润泽，光彩照人。

The Revitalizing Hydrating Facial: Personalized Massage Sequence floods skin with hydration reversing early signs of visible aging. The customized massage with innovative Smoothing and Flicking Techniques revitalizes and delivers deep hydration plumping skin from within leaving skin healthy, balanced and youthful.

提升塑颜面部护理：有助于重塑面部轮廓，通过加热面部肌肉来刺激微循环，随后进行肌肤深层组织按摩，提升面部轮廓感与精致感。

The Lifting Facial: Personalized Massage Sequence helps to re-sculpt, reshape and define facial contour: the sequence begins by warming up facial muscles to stimulate micro-circulation, followed by a deep tissue massage to enhance more contoured-looking features for greater visible density, dimension and definition.

璀璨焕亮面部护理：有效刺激毛细血管，促进血液循环，帮助含氧化合物的细胞与 Blanc de la Mer™ 中的酵素渗入肌底，从而提升面部轮廓，紧致肌肤并加强护理效果。

The Radiance Facial: Personalized Massage Sequence stimulates capillaries to increase blood flow, which oxygenates cells and helps ferments of Blanc de la Mer™ to sink into skin enhancing their benefits. The sequence also gives an uplifting sensation, tightening skin.

海蓝之谜净化面部护理 60 分钟

**The La Mer Purifying Facial 60 min**

海蓝之谜净化面部护理是海蓝之谜面部护理系列中的特别推荐。利用蒸汽深层清洁毛孔，使面部净化焕新，随后采用纯净的钻石粉末轻柔去除角质，柔华细致肌肤，提升肌肤光泽，更显亮泽晶莹。最后使用奇迹活性精萃面部护理及定制面部护理，令宾客体验真正的海蓝之谜面部蜕变。

This detoxifying facial is an ideal introduction to the La Mer facial series. Skin is deeply cleansed, pores steamed, purified and refined. Pure diamond powder gently exfoliates for a pristine new surface. Skin emerges radiant, soft and smooth – polished to perfection. Follow with the Miracle Broth Facial and the Custom Facial to experience the true La Mer transformation.

眼部娇宠护理 30 分钟

**Eye Lifting Treatment 30 min**

眼部娇宠护理通过神奇活性精萃的愈合性能，有效减少细纹，改善黑眼圈与眼部浮肿。通过镇静的舒缓功效赋予眼部肌肤活力，让明眸闪动青春光彩。

An oasis for tired, stressed eyes, this treatment softens the appearance of fine lines, wrinkles and dark circles with the potent healing properties of Miracle Broth™. A calming application soothes, hydrates and renews the delicate eye area, delivering an expression of youth.



## 男士护理 MALE GROOMING

### 瑞凡尼 REFINERY

17年专注于男性皮肤研究，瑞凡尼的系列产品将护肤卓越技术与高纯度精油相结合，是专门根据男性肌肤特性研制的高级护肤品。

The outcome of 17 years working with male skin, the Refinery's product line offers solution-driven premium grooming products that exude masculinity. Specifically formulated for men, the Refinery's products combine cutting-edge technology with highly concentrated essential oils.

#### 瑞凡尼纯净面部护理 60 分钟 The Refinery Essential Facial 60 min

如果您需要在短时间内呈现出自己最好的一面，该项深层清洁和肌肤焕亮面部护理会让您的皮肤看起来干净而有光泽，呈现出透净，明亮，充满健康与活力的质感。

When time is short and you need to look your best, this deep cleansing and brightening facial will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality.

#### 瑞凡尼全效护理 120 分钟 The Refinery Ultimate Face And Body Treatment 120 min

此项男士套餐能使客人倍感舒适并令皮肤焕然一新。通过重力按摩和Ayurvedic背部精准穴位按摩，缓解疲劳和肌肉酸痛。最后的深层面部清洁护理采用天然草本精油和独特的自然植物萃取物，令皮肤平滑透净，焕发新生。

Achieve a heightened state of relaxation and well-being. Begin your experience with a back cleanse and exfoliation that refreshes the skin. Continue the journey with a stress-relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Conclude with an enjoyable deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range – rebalancing your skin, leaving it bright, supple and refreshed.



## 水疗中心礼仪 SPA ETIQUETTE

### 到达

#### Spa Arrival

为了使您最大程度的享受您预定的水疗疗程，我们建议您在预约时间前45分钟来体验北京宝格丽水疗中心设施。请注意，迟到会导致您疗程时间的相应减少。我们将为您提供浴袍，毛巾和拖鞋，在水疗过程中，我们会妥善保护您的隐私。出于对下一位客人的尊重，您的疗程会按约定时间结束。

To make the most of your Spa experience we recommend you arrive at least 45 minutes prior to your appointment to enjoy the exclusive Spa Facilities. Please be informed that a late arrival will result in reduced treatment time. As a courtesy to the next guest, your appointment will end as originally scheduled. For your convenience, a robe, towels and slippers will be provided. During all treatments, you will be properly draped for ensured privacy.

### 私人物品

#### Personal Belongings

我们会为您提供带锁的储物柜，建议您把贵重物品放置在理疗室内以确保安全。水疗室内设置有存放贵重物品的首饰盒，我们建议您在水疗过程中不要佩戴珠宝。对于任何私人物品的丢失，北京宝格丽酒店水疗中心将不承担任何责任。

While the Spa provides lockers, it is recommended that you leave valuables in your guest room safe. A jewelry tray for safekeeping of valuables is provided in the treatment room but we recommend that no jewelry be worn at the Spa. The Spa does not assume liability for any valuables.

### 预定和取消

#### Reservations and Cancellations

为了最大程度配合您的日程，我们建议您提前预约。如需取消，请至少提前六小时告知我们。未能提前六小时取消的预约将被收取全款。预约时需提供信用卡信息担保。16岁以下未成年人谢绝体验水疗。

In order to secure the most suitable schedule for you, we recommend that you anticipate your treatments by making an appointment. We kindly request that all cancellation requests be made six hours prior to your booking in order to avoid a 50% penalty charge. For cancellations, less than six hours before the booking, full payment will be processed. A credit card will be required to secure all bookings. Young adults over the age of 16 are welcome to visit the Spa.

### 水疗礼品卡

#### Gift Certificates

我们的水疗礼品卡是适用于所有场合的理想礼物。请在预约或到达水疗中心时出示礼品卡，礼品卡不可退换。

Our Spa gift cards are the perfect gift for any occasion. Gift cards are non-refundable and must be presented at time of treatment or purchase.

### 水疗礼仪

#### Spa Etiquette

为了给所有客人创造一个安静与放松的环境，请您不要在水疗中心大声喧哗。请在泳池、桑拿池和蒸汽房等公共场合穿着合适的游泳衣。在水疗过程中请勿使用手机和照相机。水疗中心属于无烟区，禁止吸烟。水疗中心为您提供浴袍、毛巾、拖鞋和一次性内衣。请在享受水疗中心内任何设施时始终穿着内衣。

The Spa environment is one of tranquility and relaxation. Please respect other guests' privacy by maintaining a low tone of voice. Guests are required to wear swimwear in common areas, including the relaxation pool, sauna and steam bath. We kindly request that you refrain from using your mobile phone and camera while enjoying the Spa. The Spa is a smoke-free environment. The Spa will provide robes, towels, slippers and disposable underwear where applicable for your use. Undergarments should be worn to ensure your complete privacy and modesty throughout your time with us.

## 健康问题

### Health Concerns

为了避免影响您的水疗体验，请提前告知我们您的身体问题。我们有专门为准妈妈和哺乳期的妈妈们定制的水疗疗程，水疗中心的前台工作人员会帮助您选择最适合您的产前或产后疗程。有高血压，心脏问题或任何药物并发症的客人请在预约水疗护理前咨询您的医生。如果您有任何药物史，也请您告知我们的理疗师。

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the Spa facilities. We have specially designed treatments for both expectant and nursing mothers. The Spa Concierge will be at your complete disposal to assist you in selecting the most suitable pre- or post-natal treatments. Guests who have high blood pressure, heart conditions or any other medical complications are advised to consult their doctors before signing up for any spa services. Kindly inform your Spa therapist of any existing medical conditions.

## 食物与饮料

### Food and Beverages

请勿携带任何食物及饮料进入水疗中心。醉酒客人将被禁止进入水疗中心。

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

## 专属会员礼遇

### Exclusive Membership

如果您有意了解更多关于水疗中心会员信息，请咨询水疗中心前台工作人员。

Please ask our Spa Concierge if you are interested in finding out more about becoming a member.

## 宝格丽水疗中心 The BVLGARI SPA

水疗疗程: 早10:00 - 晚12:00

最晚预定时间: 晚11:00

美容沙龙: 早10:00 - 晚10:00

Spa treatment: 10:00am to 12:00am

Last treatment booking: 11:00pm

Salon: 10:00am to 10:00pm



**BVLGARI**  
HOTEL BEIJING