Spa Menu



Take a break from the hectic pace of life
and retreat into the tranquil environment of St. Gregory.
For a few precious moments, feel like the world is behind you,
your energy revitalized and restored, and step out filled
with a lightness of being.

Pamper yourself with a wide range of face and body treatments
and traditional healing therapies, and let the healing hands of our
therapists bring you into the state of ultimate relaxation
ideal for your mind and body.

ST. GREGORY

理疗 . 健身 . 美容 . 养生

St. Gregory of Pan Pacific Xiamen

地点Venue: 酒店3楼 Hotel 3rd floor
致电Tel: 507 8888 ext. 76

厦门市思明区湖滨北路19号
No.19 Hubin North Road, Siming District, Xiamen

ST. GREGORY SIGNATURE
圣葛俪专研尊享

巴厘式按摩
Balinese Massage

60mins CNY639
90mins CNY873

巴厘式是一直以来广受喜爱的一种按摩，它有助于减轻偏头痛和肌肉关节痛，并促进睡眠。运用多种按摩手法深度按压来刺激深层组织，消除肌肉酸痛。促进体内血液循环，排出体内毒素。

An all-time favourite massage that helps to ease migraines, muscle and joint pains, and promotes sleep disorders. This deep pressure massage with various percussion movements stimulates deep tissues, relieves muscle soreness, improves circulation and eliminates toxins.

芳香精油舒缓
Aromatic Body Bliss

60mins CNY605
90mins CNY838

采用流畅的按摩技法，结合柔和的揉搓手法及舒缓芳香精油功效，有助于松弛紧张情绪从而达到身心平衡。

Combining the power of the essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your sense and lulls you into a state of ultimate relaxation

Elemis 焕采光滑美颜护理
Elemis Pro - Glow Smooth Facial

75mins CNY639

这项美颜护理功效强大，有利于延缓肌肤衰老，抚平细纹与皱纹，消除面部表情纹，令肌肤更 加水嫩丰盈，焕发青春光彩。

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

Prices are inclusive of Goods & Services Tax.

ST. GREGORY EXPERIENCE
圣葛俪综合理疗套餐

舒缓身体
Body Relaxation
110mins CNY956

* 芳香精油舒缓
* 美肌身体护理

* Aromatic Body Bliss
* Body Scrub

豪华养生
Luxury Retreat
120mins CNY1070

* 全新面部护理体验
* 芳香精油舒缓

* Relaxing Delights Facial
* Aromatic Body Bliss

身心健康
Total Wellness
150mins CNY1362

* 传统巴厘式按摩
* 矿物泥身体理疗

* Balinese
* Mineral Body Wrap

Elemis 健康按摩
Elemis Well-Being
75mins CNY1080

根据您的需求，为您量身定制专属按摩体验，助您保持专注，畅享深度放松。您的理疗师会根 据您的需求为您选择最佳按摩方案，无论是舒缓肌肉酸痛，缓解压力，还是纯粹为了放松或平 衡情绪，我们都能满足您的需求。为排除身体毒素做好准备，通过行云流水般的按摩手法深度 缓解肌肉紧张，促进气血循环。

Tune into you with this deeply relaxing massage tailored entirely to your needs, leaving you feeling grounded and focused. Your therapist will select a wellbeing essence according to your concerns, be they muscle pain, stress relief, pure relaxation, or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

Prices are inclusive of Goods & Services Tax.

BRIEF ESCAPES
圣葛俪解压舒缓

解压按摩
Anti-Stress Massage
30mins CNY348

缓解颈部、肩部和背部疼痛，通过按压紧张劳损肌肉，使身心放松，恢复能量。

Relieves stress points on the neck, shoulders and back, while soothing tense and aching muscles, leaving you relaxed and energised. This massage can be done without oil on our professional shoulder massage chair at our Relaxation Lounge

头部按摩
Tension Release Scalp Massage
15mins CNY150

对头部柔和的按压，可以舒缓头部紧张，促进头部血液循环，释放体内能量，促进睡眠。

This gentle relaxing scalp massage relieves scalp tension and tension headache, stimulates localized circulation, and promotes better sleep and wellbeing.

传统中式足部反射按摩
Traditional Chinese Foot Reflexology
30mins CNY313

传统中医学认为人的手掌与脚掌拥有与我们身体的各个部分相对应的反射点。每一次轻柔的按压，都可以起到排除毒素，疏通经络的作用，促进血液循环，保持身体健康。

In Traditional Chinese Medicine, every meridian point on our soles of our feet reflex to a particular part of our body. A steady, even pressure is applied to massage and stimulate these points, thus clearing out toxins, removing energy blockages and improving blood circulation and overall wellbeing

Prices are inclusive of Goods & Services Tax.

ASIAN / ORIENTAL THERAPIES
圣葛俪中式理疗

中式推拿
Tui Na Massage

60mins CNY605
90mins CNY838

传承千年的传统中式护理，结合按压技术和点穴治疗。通过挤压、推拉、按揉等手法促进气血循环，为身体补充能量，缓解压力紧张，保持平衡健康状态。

Tui Na, or “push” and “pull” in Mandarin, is an ancient Chinese therapy combining both massage and acupressure. Using a range of vigorous and penetrating techniques (squeezing, pushing, pulling and kneading) to stimulate key pressure points, it unblocks and enhances the flow of “Qi” or vital energy in the body, thus relieving tension and restoring balance

中式疗法
Oriental Therapy

120mins CNY1070

* 传统中式推拿
* 传统中式足部反射按摩

* Tui Na Massage
* Traditional Chinese Foot Reflexology

Prices are inclusive of Goods & Services Tax.

SKIN VITALITY
圣葛俪面部护理

面部保湿护理
Hydrating Facial

60mins CNY605

面部保湿护理针对缺水所导致的脆弱敏感，色斑，干纹等的肌肤，让肌肤瞬间补充水分并长达24小时的锁水储水，使肌肤细润饱满。

This powerful hydrating and nourishing face treatment helps to keep the skin more moist for 24h, while enhancing the skin suppleness and youthful radiance. Highly recommended as pre and post air travel

修复舒缓护理
Infinite Gentleness

60mins CNY639

迅速修复敏感肌肤，使面部处于调理再生重建皮肤组织、增强皮肤的抵抗力、抵抗外界的侵害。修复舒缓护理能有效阻断神经痛感的传递，舒缓镇痛，减少疼痛感,减少血管破裂的问题，强化毛细血管的弹性，改善红血丝改善敏感发炎现象，增强皮肤自我保护能力。

This extreme gentle treatment soothes, reduce inflammation and fights against skin sensitivity which leads to premature skin aging. It calms the skin and reduces redness and rebalances delicate, fragile and sensitive skin and offers immediate comfort to stressed skin and souls.

Elemis 焕采光滑美颜护理
Elemis Pro - Glow Smooth Facial

75mins CNY639

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Information
相关信息

营业时间
Opening Hours

每天中午十二点到晚上十二点
12 noon to 12 pm daily

预订
Reservations

为保证您所选择的护理产品在当天可用，建议您提前进行预约。
Advance reservations are recommended as appointments are subject to availability.

抵达
Check-in

请在约定时间的前10分钟抵达，以便获得最佳的服务效果。
Please check in at St Gregory 10 minutes prior to your scheduled appointment

取消预抵
Cancellation Policy

若在预约时间的四小时内通知更改或取消预约，我们将收取原定项目50%的费用。
若无故缺席预约，我们将收取项目费用的全额。
Guests who cancel or reschedule their appointment less than 4 hours from their appointment dates will be charged 50% of the requested service fee. A full charge will automatically be imposed in the event of a no show

延迟抵达
Late Policy

我们鼓励您准时出席预约。在迟到的情况下，您可选择：
• 缩短原定疗程并在剩余的预约时间内完成
• 接受另一个可进行的疗程
We strongly encourage that you arrive on time for your appointment.
In the event that you are late, you may choose to receive:
• The treatment for the remaining time booked
• An alternative treatment when available

健康考量
Health Consideration

在预约时，请向我们提出可能影响护理的健康状况，如怀孕期间，高低血压，心脏疾病，过敏及受伤。
Kindly highlight to us of any health conditions, like you are pregnant, have high or low blood pressure or a heart condition, allergies or injuries, which may affect your treatment when making your spa reservation

Information
相关信息

贵重物品
Valuables

为了您的财产安全，请自行妥善保管好您的随身贵重物品，如有遗失，本酒店概不负责。
The Management of St Gregory and Pan Pacific Xiamen will not be responsible for the loss of any money or valuables brought into its premises or in the surrounding public areas.