



Chinese menu

Coconut Spa is established in several countries and you will find this brochure displayed in all our Spas, therefore kindly note:

- **Local Taxes, Service Charge other Hotel Taxes, will be added to our prices**
- **All prices are subject to 10% Service charge**
- **All prices are subject to 3.5% GST from January 2011**
- **All treatments mentioned in this brochure may not be available in some of our Spas**

很多国家都有椰子水疗，您将在我们每一个水疗会所里发现这样的小册子

- 在报价单里我们会收您额外的地方税，宾馆服务费
- 我们会在每一项单价之上，加收 10%的服务费。
- 从 2011 年 1 月起所有的价格上浮 3.5% GST
- 并非我们所有的水疗会所都能提供手册中所提及的全部护理项目

Massages 按摩

Discovery Massage

30 minutes

For an immediate stress and tension release effect, this massage concentrates on the back and the legs, easing muscle aches, stretching joints, improving flexibility where most of the body tension is accumulated.

探索按摩

30 分钟

这种集中在背部和腿部的按摩，能够即刻缓解压力，去除疲劳，缓解肌肉疼痛，增强关节韧性，当身体处于过渡紧张状态时能够提高机体灵活度。

Balinese Traditional Massage

50 minutes

1h30

The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow and drains tensions away.

巴厘传统按摩

50 分钟 1 小时 30 分钟

这种亚洲传统（的）按摩是一种掌压轻叩形式的全身按摩，按摩时施以天然的香精油混合物能够促进血液循环，增强机体活力，去除疲劳。

Head, Back and Shoulders Massage

50 minutes

Starting from the back to stimulate the blood circulation this massage continues with the neck and shoulders to relieve muscular pain and drain tensions away. It is then concentrated on the head to effectively ease out accumulated stress and to enhance relaxation.

头部，背部和肩部按摩

50 分钟

从背部开始，减压按摩能起到促进血液循环之功效，随后对脖子和肩部进行按摩，以缓解肌肉疼痛，去除紧张的元素。最后集中于头部的按摩使您能够彻底地减轻压力，放松身心。

Back and Stones Massage

50 minutes

Starting with a shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problems, achieving a feeling of well being and perfect relaxation.

背部和石头按摩

50 分钟

指压按摩法和传统的按摩法相结合以迅速热身，然后用些许的小石头放在您的背部以便能够缓解肌肉疼痛和紧张。背部和石头按摩法是专门针对背部疼痛的人群以达到放松身心，增强机能的功效。

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Massages 按摩

Warm Stones Massage

50 minutes

A full body massage starting with a traditional massage and lomi-lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a soothing effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential.

温水石头按摩

50 分钟

这种全身（的）按摩始于传统的按摩法和罗米罗米按摩的结合，然后加上温石头按摩。平滑温暖的小石头在你优美的身体上滑行。温石的热度能够放松肌肉，提高情绪。这些灵巧的小石头放在身体的敏感部位以增强护理效果。

Shiatsu

50 minutes

The Shiatsu Massage is a digito-puncture technique using pressure point massage without oil to release tight nodules and produce a deep relaxed feeling. This massage is a real revival for the body and mind increasing energy level intensified by a few stretching movements.

指压按摩

50 分钟

指压按摩采用手指刺压技术，仅靠局部压力而不采用任何的精油就能够达到缓解皮肤囊肿，使身体充分的放松。这种按摩以其舒展性运动给予身心全新的活力。

Swedish Massage

1 therapist - 50 minutes

2 therapists - 50 minutes

Using warm oil, heated up in a bottle and poured all over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft and long strokes envelop all the body from feet to head creating an overall relaxation of the body and soothing effect.

瑞典式按摩

临床按摩 50 分钟

理疗按摩 50 分钟

这是一种将热瓶中提取出的一种特制的精油，洒在您全身而进行的按摩。瑞典式按摩旨在协调全身机体的作用，例如促进血液循环，调节呼吸，放松身心。轻柔绵长的叩击按摩方法可以从足部到头部达到全身放松，柔缓肌肤的效果。

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Massages 按摩

Four Hands Massage

50 minutes

The ultimate sensation with this massage provided by two therapists working together in perfect harmony that creates overall well being. The perfect synchronization will balance the pressure of the whole body improving circulation. The four hand massage is a combination of shiatsu, traditional massage and lomi-lomi leaving your entire body re-energized and intensely relaxed.

双人按摩

50 分钟

(这种) 由两位理疗师共同为您提供按摩，使您的机体达到全面放松的效果，这种二者同步的完美结合能够促进全身血液循环。双人按摩法结合(了)指压按摩、传统按摩和罗米罗米按摩为一体，使您能够精力充沛，全身放松。

Coconut Spa Signature

1h30

This massage exclusively created by Coconut Spa is our Signature. A relaxing combination of 4 massages, starting with long strokes and deep skin massage for 30 minutes is then followed by 10 minutes shiatsu and 20 minutes warm stone massage on your back, shoulders, neck and arms to release the tension of your stressed muscles. It ends with a 30 minutes reflexology to relax and give you a feeling of overall comfort. Discover this deeply relaxing path to health and harmony.

椰子水疗法

1 小时 30 分钟

这是由椰子水疗所独创的招牌按摩。这种按摩(是)结合 4 种按摩为一体，首先是 30 分钟的长叩和皮肤深层按摩，然后是 10 分钟的指压按摩，接着再为您的背部、肩部、脖子和胳膊提供大约 20 分钟的温石按摩，以便放松肌肉，缓解压力。最后会有 30 分钟的反射学疗法使您的全身舒适放松，倍感惬意。敬请享受这次通往健康与和谐的放松之旅。

Sea Shell Massage

1h30

Discover the original sensation and innovating technique with our Sea Shell Massage, newly created by Coconut Spa. It's a combination of Balinese Massage and the use of Sea Shells. To stimulate your natural energy, our Mother Pearl oil is applied during your massage.

海贝壳按摩

1 小时 30 分钟

使用海贝壳的按摩方法源于椰子水疗。它是巴厘按摩和海贝壳按摩的结合。这种按摩能够增强您身体的活力，在护理的过程中我们会为您提供天然的珍珠油使您的肌肤更加自然清爽。

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Massages 按摩

Feet Reflexology

30 minutes
50 minutes

An ancient healing therapy as blissful as it is beneficial; a foot massage on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.

足部按摩

30 分钟 50 分钟

这是一种古老的疗法，它能使您倍感愉悦。足部按摩能够放松关节，储存身体能量，强身健体。这种按摩能够平衡您的身心，并使您的全身感到无比的舒适，信心百倍。

Hands Reflexology

30 minutes
50 minutes

Hands reflexology brings your body's energy flow back into balance. By removing energy blockages in all areas of your body, you increase circulation, reduce tensions and detoxify. Energy flows freely again into your entire body, you feel this incredible sensation of a perfect harmony within yourself.

手部按摩

30 分钟 50 分钟

手部按摩能使您的体内能量达到平衡，通过驱除您身体各个部位的能量堵塞，促进血液循环，减轻压力，排除毒素。这种（热量）遍布您（的）全身的热量能使您感到全身的无比的协调轻松。

Massage from another world 其他国家的按摩

INDIA

印度

Warm Oil Massage

50 minutes

The warm oil massage is inspired from the Indian traditional massage called Ayurveda. It is a technique employed to stimulate and balance the Dosha (the spiritual part of the body). This mental and body relaxation treatment is provided with a special blend of essential oils, with healing properties, warmed just before its application on the body. It helps to improve sleep, eliminate toxins and brings relaxation and comfort.

热油按摩

50 分钟

这种热油按摩源自于传统的印度按摩---印度韦达养生法，这种技术用来激发和平衡机体能量。这种能够放松身心的护理采用了一种特殊的热油混合物搭配治疗性能，在按摩之前就能够为您热身。并且此按摩有助于促进睡眠，排毒和放松身体。

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Massage from another world 其他国家的按摩

Shirodhara

50 minutes

In Sanskrit, "**Shir**" means head and "**Dhara**" means flux. Shirodhara is the slow pouring out of a constant flow of warm sesame oil on one very precise point of the forehead. Shirodhara relieves tensions, improve the perception of the senses and attenuates anxiety, anguish, stress, concentration difficulties and insomnia.

精油理疗法

50 分钟

在梵文里"**Shir**"的意思是头，而"**Dhara**"意思是（溶剂），精油理疗是将一种热油缓缓倾倒在您前额的一个特定部位的疗法。这种疗法能够去除紧张，增强感觉器官的知觉，缓解焦虑，痛苦，压力并减缓失眠。

Shirodhara with Hair Treatment

1h30

To complete your treatment and enhance the benefit of your complete relaxation, an additional head massage with shampoo and hair conditioner will leave your hair lustrous and soft.

精油和头发护理

1 小时 30 分钟

为了完成您的护理和增强身体舒适感，我们会提供一种搭配洗发香波和护发素的传统的头部按摩，使您的头发柔软有光泽。

THAILAND

泰国

Herbal Massage

50 minutes

1h30

The root of herbal ritual comes from Thailand, where hot compress massage is commonly used to increase blood circulation and stimulate the vital energy of body and mind. This re-energizing massage starts with a combination of stretching movements and palm pressure points. Once the body is warmed up, aromatic heated herbal bags are applied on your body, for an instant relaxing and soothing effect providing great relief to muscular aches and pains. Herbal lotion is then rubbed on your body to complete this detoxifying treatment.

草药按摩

50 分钟 1 小时 30 分钟

（这种）草药理疗法起源于泰国。这种疗法采用的是普通的热敷按摩，以便促进血液循环增强机体生命力。这种疗法首先采用舒展运动和掌压按法以预热全身，当身体血液循环起来时将一种温暖芳香的草药撒到您的身上，使您瞬感放松舒适，肌肉疼痛即刻缓解。最后我们会用草本沐浴露为您清洁皮肤，以更好的完成这项排毒治疗

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Body Treatment 身体护理

Body scrub 身体角质

Harmony Body Scrub

50 minutes

Using local harvested coconut with cinnamon, the body is gently exfoliated leaving your skin moisturized and renewed.

平衡修护

50 分钟

用本土的椰子肉和肉桂皮按摩在您的身上，不久多余的角质会逐渐的脱落，您的皮肤将更加湿润，焕然一新。

Serenity Body Scrub

50 minutes

A mixture of Lavender and Ylang-ylang, specially blended to refresh and leave your skin smooth and soft. Lavender is a plant known for its calming effect and is recommended for sensitive skins.

平和去身体角质

50 分钟

薰衣草和一兰树的混合物，使您的肌肤光和柔软，薰衣草是被大家公认的适合于敏感性皮肤人群的植物。

Sensation Body Scrub

50 minutes

Made from finely grated Vanilla mixed with Ginger to rejuvenate your skin and give you a sensation of freshness and wellbeing.

感觉修护角质

50 分钟

本疗法采用了香草和姜的混合物，它能使您的肌肤变得更加年轻，更加清新。

Energy Body Scrub

50 minutes

A traditional Indonesian royal court beauty ritual made of citrus and tangerine. This deliciously aromatic scrub will improve your skin as it gently exfoliates.

热量旅程

50 分钟

一种传统的印尼皇室的柑橘疗法，这种芳香植物能促进您（的）肌肤上（的）死皮慢慢的脱离。。

Herbal Body Scrub

50 minutes

A traditional Herbal Body scrub combined with natural products such as kaffir lime, sweet fennel, ginger and lemongrass essential oils. This ideal Asian composition will enhance your body's natural circulation and eliminate the toxins. Your skin is deeply revitalized, supple and nourished.

草药旅程

50 分钟

一种传统的草药与各种大自然产物的结合---卡尔夫柠檬，姜和柠檬香草精油。这种完美的亚洲疗法能提高您身体内部的自然循环并且排除毒素。使您的肌肤更有营养，并且焕然一新。

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Body Treatment 身体护理

Chocolate Body Scrub

50 minutes

Give yourself a special treat without a calorie. Our natural chocolate body scrub combining cocoa, rice and almond powder will in an instant develop all your senses while stimulating, refining, smoothing and moisturizing your skin.

巧克力旅程

50 分钟

给您的机体一种除了卡路里以外的更好的养料。我们纯天然的巧克力混合可可粉，大米和杏仁粉，使您的肌肤更加（有）湿润光泽。

Body Wrap

身体包裹

Papaya Body Wrap

50 minutes

Have your body gently rubbed and then wrapped with a mixture of fresh blended papaya and our signature French red clay. After a long day in the sun, with this perfect combination of natural products, the “Papaya Body Polish” is sure to leave the skin of your body and face glowingly fresh and rejuvenated.

木瓜包裹身体

50 分钟

1. 给您热身一段时间以后，用我们全新的木瓜混合物和特有的法国红粘土为您护理。在饱受了一天的日照之后，用这种完美的大自然的产物木瓜给您做护理能使您的肌肤和面部更加新鲜有活力。

Herbal Body Wrap

50 minutes

Kaffir lime, nutmeg, essential oils of black pepper, lemon and lemongrass are the basic products of our treatment. Applied onto your skin, this detoxifying treatment stimulates your skin; aids lymphatic flow and boosts circulation.

草药身体包裹

50 分钟

基于卡菲尔柠檬，肉豆蔻油和黑胡椒，柠檬和柠檬草的按摩能够达到排毒的功效，并能有效的促进血液循环。

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Body Treatment 身体护理

Sun Lovers 太阳情人

Sun Lover

50 minutes

After your day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and re-hydrate your skin. Sun Lover treatment is specially designed to fight against sun burn and the ageing of the skin.

This treatment includes

- ✓ Lavender Body Wash for gentle cleansing
- ✓ Cucumber and Honey Body Conditioner, for cooling and soothing
- ✓ Aloe Vera Body Lotion, to ease sunburn, prevent skin peeling and to lock in the moisture

太阳情人

50 分钟

当您的肌肤受到了一天的暴晒之后，快来加入我们的太阳情人的水疗吧，太阳情人水疗能缓和您的肤色，缓解太阳灼烧防止皮肤老化。

这种治疗包括如下几方面：

薰衣草沐浴露清洗您的肌肤；

黄瓜和蜂蜜沐浴乳使您的肌肤更加光滑清凉；

芦荟汁润肤露减缓您（的）肌肤的黑（的）色素。防止皮肤脱落锁住水分。

Anti-cellulite 减肥

Cellulite Treatment – 1h30 – choice of 1 – 3 or 5 treatments

This efficient treatment will help you to reduce the cellulite by an activation of the blood circulation, using a special range of products adapted to your requirements. We start with dynamic and powerful frictions with a body scrub made from almond powder and pure essential oils to release the toxins, followed by a mud mask made from crushed volcanic stones, clay, sea weed and essentials oils brushed onto your all body to purify the skin. The treatment is finally completed by a vigorous massage to cover your body with a unique blend of pure essential oils of basil, fennel and lemon, well known for their interaction against cellulite.

For a better result we recommend our 5 treatments package, one per day.

减肥治疗 1小时30分您可以选择1、3或5种方案

这种疗法通过使用一种特殊产品改善您的皮肤，促进血液循环，减少脂肪。我们首先用一种粉末和特殊的精油磨砂法按摩您的身体来排毒，然后用一种由火山岩，粘土，海苔和精油制成的面膜敷到您的身体上，净化您的肌肤。最后我们将强有力地按摩您的肌肤，同时涂上罗勒，茴香和柠檬，这些材料的相互作用可以减少脂肪。为了达到更好的治疗效果，

我们推荐您使用 5 种方案的套餐，一天一次。

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Facial 美容

Refresher Facial

30 minutes

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

复活美容

30 分钟

使用一种改善面部肌肤的首选材料：纯蜂蜜和黄瓜面膜能够让您的肌肤更加光滑并防止辐射。使用这种家喻户晓的完美的自然结合物能使您的肌肤很快修复并更加柔软，湿润。

Natural Asian Facial

50 minutes

Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin, leaving your face fresh, youthful and restored.

天然的亚洲美容

50 分钟

使用纯天然产品来清理面部，随后的脸上的死皮会逐渐脱落，在洗完脸之后用一种胶状面膜敷在脸上，然后放松的享受手部和脚部按摩，这种疗法可以有效地锁住水分，使您的肌肤更加清新，年轻，重回昔日光泽。

Sea Shell Facial

50 minutes

An innovating facial ; Using our natural product line made of Mother Pearl whose virtues are known to give a better protection, softness and elasticity of the skin. The treatment comprises cleansing, exfoliation, and mask, all complemented by a Sea Shell Massage that will rejuvenate your skin and bring a glowing healthy look.

海贝美容

50 分钟

这是一项美容业的革新：使用我们纯天然提取的珍珠粉做美容能使您的肌肤更加柔软有弹性。这种治疗由清洗、去死皮、面膜三部分组成。除此之外再加上我们美容师的海贝壳按摩使您的肌肤更显年轻，（看起来更加健壮）。

Coconut Spa Facial Signature

1h30

A pure bliss to your skin, with our Coconut Spa Facial Signature using only products adapted to your skin type. Indulge, relax and refresh; our professional therapist will do the rest; Deep cleansing, Exfoliation, steam and ozone, vacuum, pore extraction, high frequency to kill the germs and prevent redness, serum cell activator, mask powder, all completed by our eye shield treatment and our exclusive facial massage combined with acupressure. Moisturizer and head massage will end your treatment.

椰子水疗美容

1 小时 30 分钟

一种能够使您的皮肤更加有活力的水疗法，使用椰子水疗再配上我们为您精选的适合您肤质的产品，使您更加轻松，活力重现。我们的美容师会做到最好：深层清洗，脱皮，蒸汽，真空，收缩毛孔，高频度杀死细菌，阻止红血丝的出现，激活血清，上面膜粉。最后我们会为您提供舒适的头部按摩

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Facial 美容

The ultimate treatment with our Age Repair Facial for an Instant 'Mini lift' leaving your skin rejuvenated and nurtured. The 'Botulike' range of products applied during your Anti Aging treatment helps to eliminate the wrinkles, improve your skin elasticity and bring a youthful, firm and radiant look. Benefit from deep cleansing, peeling, Steam and ozone, vacuum, pore extraction, high frequency, Serum, cocoon in Age repair mask and unwind during our very soothing and unique face massage renowned for its relaxing benefits.

修复老化美容
1 小时 30 分钟

我们使用一种“迷你电梯”的疗法，修复老化肌肤，使您的肌肤回归往日光泽和自然。在您的抗老化疗程中我们会用 'Botulike' 系列产品（来放到您的肌肤上）以达到去除皱纹的目的，增强肌肤弹性，使您更加年轻，容光焕发。在给您的护理中我们还会伴有深层清洗，脱皮，蒸汽，真空，收缩毛孔，高频度按摩，以达到更好的护理效果。

For a long lasting result of our facials, we recommend you to use the products applied by our therapist during your treatment. All ranges are available in our spas' boutiques.

为了更长久的保持美容的效果，我们建议您使用美容师推荐的产品，所有产品在 spa 精品店均有销售。

Hair Treatment 护发

Mask, Treatment and Massage

50 minutes

A natural traditional mask is massaged onto your scalp to nourish and revitalize your hair. During the treatment a head and shoulder massage is given so that your blood circulation is stimulated and brings relaxation. To maximize the benefits of the mask, the hair is not blown dry leaving it shiny and soft to the touch.

面膜，护理和按摩
50 分钟

将一种传统的面膜（用来）按摩进您的头皮，能让您的头发更加有营养并恢复生气。在护理的过程中，我们会提供头部和肩部的按摩促进您的血液循环，让您感到更加的舒适。这种面膜的最大好处是当您的头发变干的时候，不是像吹风机吹的那样干涩，而是摸起来非常柔软，顺滑。

Our choice of Natural Mask:

- Carrot: Vitamin treatment, for hair lacking vitality
- Avocado: Nourishing, for broken fragile or dry hair
- Aloe Vera: To bring back shine and softness, for dry and damaged hair
- Virgin Coconut oil: Revitalizing & hydration for silky, shiny, strong and manageable hair
- Ginseng: Strengthening prevents loss of hair
- Anti-dandruff

面膜的选择有如下几种：

- 胡萝卜：维他命护理，针对头发缺少活力的类型
- 鳄梨：营养疗法，适用于干枯或易断的发质
- 芦荟：换回光泽和柔韧性，适用于干发和损坏的发质
- 原始的椰子油：使您的头发更加顺滑，有光泽，有弹性，好打理
- 人参：防止脱发
- 去头皮屑

Hands & Feet Treatments 手脚护理

Spa Manicure

50 minutes

Give your hands and nails a well deserved care with our Hands Beauty treatment. Starting with the basics nail cut, file and cuticle repair, your hands are then gently exfoliated for a silky feeling. A nourishing cream is applied with a gentle massage to restore the moisture and improve the texture of your skin. Your hands feel hydrated, smooth and soft with a great youthful look.

水疗修指甲

50 分钟

用我们的专业手指美容护理能使您的手和指甲更加美丽动人。首先剪指甲，去除角质层，然后您的手就会变得更加光滑。然后我们会给你提供营养按摩使您的肌肤保持湿润，改善皮肤质地。如水一样的肌肤，光滑，柔软使您看起来更加年轻。

Spa Pedicure

50 minutes

Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils; it is then followed by a peppermint scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a refreshing lotion. Your feet are hydrated, fresh and soothed.

修脚趾甲

50 分钟

通过我们的护理您会感到足部凉爽有活力。专业的脚趾护理，修剪和软化角质层。首先将您的足底浸泡在香精油里，然后用薄荷擦洗去除脚底的肿胀，最后我们会提供足部按摩（使您）促进血液循环。您的足部会恢复其清爽和活力。

For an extra charge, you may complete your manicure treatment with Nail Polish / French nail polish or Nail art

此外，如果您修指甲时需要指甲油，法国亮甲油和美甲，我们将收取额外费用，具体如下：

Nail Polish

French Nail Polish

Nail Art (from per nail)

指甲油

法国亮甲油

美甲

- 我们会在每一项单价之上，加收 10% 的服务费。
- 从 2011 年 1 月起所有的价格上浮 3.5% GST

Packages 套餐

<p>Sensation Package 1h40 Choice of Body Scrub Swedish Massage 紧致套餐 1 小时 40 分钟 选择去角质 或瑞典式按摩</p>	<p>Energy Package 1h40 Balinese Traditional Massage Reflexology 活力套餐 1 小时 40 分钟 巴厘传统按摩 足疗</p>
<p>Serenity Package 2h20 Coconut Spa Signature Natural Asian Facial 宁静套餐 2 小时 20 分钟 椰子水疗 纯天然的亚洲美容</p>	<p>Harmony Package with 2 Therapists 1h40 Four Hands Massage - Natural Asian Facial & Reflexology 两个美容师的和谐套餐 1 小时 40 分钟 双人按摩 自然（地）亚洲美容 足疗</p>
<p>Satin Skin Package 2h30 Choice of Body Scrub Balinese Traditional Massage - Natural Asian Facial 锦缎套餐 2 小时 30 分钟 去除角质的首选 巴厘传统按摩-自然（地）亚洲美容</p>	<p>2 Days Package Day 1 - Balinese Traditional Massage Day 2 - Natural Asian Facial & Reflexology 2 日套餐 第一天：传统的巴厘套餐 第二天：亚洲美容和足疗</p>
<p>3 Days Package Day 1 - Choice of Body Scrub & Swedish Massage Day 2 - The Coconut Spa Signature Day 3 - Natural Asian Facial & Reflexology 3 日套餐 第一天：去除角质和足疗 第二天：椰子水疗 第三天：自然（地）亚洲美容和足疗</p>	<p>5 Days Package Day 1 - Choice of Body Scrub & Natural Asian Facial Day 2 - Swedish Massage Day 3 - Balinese Traditional Massage & Reflexology 30mn Day 4 - Head, Back and Shoulder Massage Day 5 - Four Hands Massage 5 天套餐 第一天：去除角质 和亚洲美容 第二天：瑞典式按摩 第三天：巴厘传统按摩 和 30 分钟足疗 第四天：头部，背 部和肩部按摩 第五天：双人按摩</p>
<ul style="list-style-type: none"> 我们会在每一项单价之上，加收 10% 的服务费。 从 2011 年 1 月起所有的价格上浮 3.5% GST 	

Packages 套餐

Indian Traditions Package

Warm oil Massage 1h40
Shirodhara

Warm oil Massage 2h20
Shirodhara with hair treatment

印度传统套餐

热油按摩 精油理疗法

1 小时 40 分钟

热油按摩 精油理疗法加护发

2 小时 20 分钟

Thai Traditions Package 2 h

Herbal Body Scrub

Herbal Massage

Herbal Bath

泰国传统套餐 2 小时

草药去角质

草药按摩

草药淋浴

Thai Indulgence Package 2h30

Herbal Body Scrub

Herbal Body Wrap

Herbal Massage

Herbal Bath

纵情泰国套餐 2 小时 30 分钟

草药去角质

草药热敷

草药按摩

草药洗浴

Adam & Eve Package 1h30

Pamper yourself and your beloved one this holiday with the Adam and Eve's Package.....

A step towards paradise.....

Indulge in various treatments

✓ Aromatherapy Foot Bath

✓ Discovery Massage

✓ Refresher Facial

✓ Aromatherapy Flower Bath

亚当夏娃套餐 1 小时 30 分钟

携着您的爱人享受这美好假日的亚当夏娃套餐

向天堂迈进一步 在各种护理中尽情享受

芳香足浴

探索按摩

复活美容

芳香花瓣洗浴

Chocolate Package

Couple 1h30 -Single 1h30

Chocolate Body Scrub - Discovery Chocolate Massage Aromatherapy Chocolate Bath

巧克力套餐

情侣套餐 1 小时 30 分钟 个人 1 小时 30 分钟

巧克力去角质 探索巧克力按摩芳香足浴巧克力洗浴

- 我们会在每一项单价之上，加收 10% 的服务费。
- 从 2011 年 1 月起所有的价格上浮 3.5% GST