



**THE RITZ-CARLTON**

GUANGZHOU

ASR



*Let us make the world  
revolve around you.*

让我们将世界围绕在您身边。

# ESCAPE 远离尘嚣

Situated in the new Central Business District of Pearl River New City of Tianhe District, The Ritz-Carlton, Guangzhou is a luxury destination in the hub of Southern China. More than the ultimate urban and luxury escape, The Ritz-Carlton Spa, Guangzhou creates a one-stop wellness experience, awakening dormant senses within to restore equilibrium. The spa features 10 deluxe treatment rooms and one suite, complete with relaxation lounges.

广州富力丽思卡尔顿酒店地处广州中央商务区珠江新城的核心，是华南区奢华目的地的首选之地。广州丽思卡尔顿水疗中心不仅助您远离都市喧嚣，更致力于创造一站式健康体验，使您在恢复身心平衡活力中，唤醒沉睡的感官。水疗中心配备10间雅致理疗房，1间套房和休息室，让您充分享受宁静时刻。



# EXPERIENCE

Occupying the entire floor of The Ritz-Carlton, Guangzhou, 4000-square-meter The Ritz-Carlton Spa and Fitness Center offers a stunning ambience atmosphere to relax, unwind and rebalance, with products and services designed to entice, elevate and enhance your senses. The urban oasis offers legendary, personalized services and amenities for those seeking a moment of peace, privacy and luxury.

## PEARL RIVER STONE MASSAGE

120 MINUTES

A moment of pure Indulgence to soothe both body and mind. A relaxing aromatherapy massage with powerful essential oils and warm river-smoothed stones eases tension and liberates energy flow, while the acupressure massage that follows brings an overwhelming sense of wellbeing and calm.

**INCLUDES** Foot ritual, aromatherapy massage, traditional Chinese massage

## CITY REVIVER

90 MINUTES

Lift your spirit, ease deep-seated tension, rebalance energy and clear your busy mind with this stress-busting treatment, which combines traditional Chinese massage and acupressure point massage to release tight, tense muscles and awakening foot reflexology massage with uplifting essential oils.

**INCLUDES** Foot ritual, acupressure point massage, reflexology foot massage

## CANTONESE FOOT REFLEXOLOGY

60 MINUTES

Applying focused pressure to certain known reflex points located in the foot helps to stimulate the body's systems and regulate energy. Reflexology invigorates tired, aching feet. Improves blood circulation and energizes the body for an overall feeling of well-being.

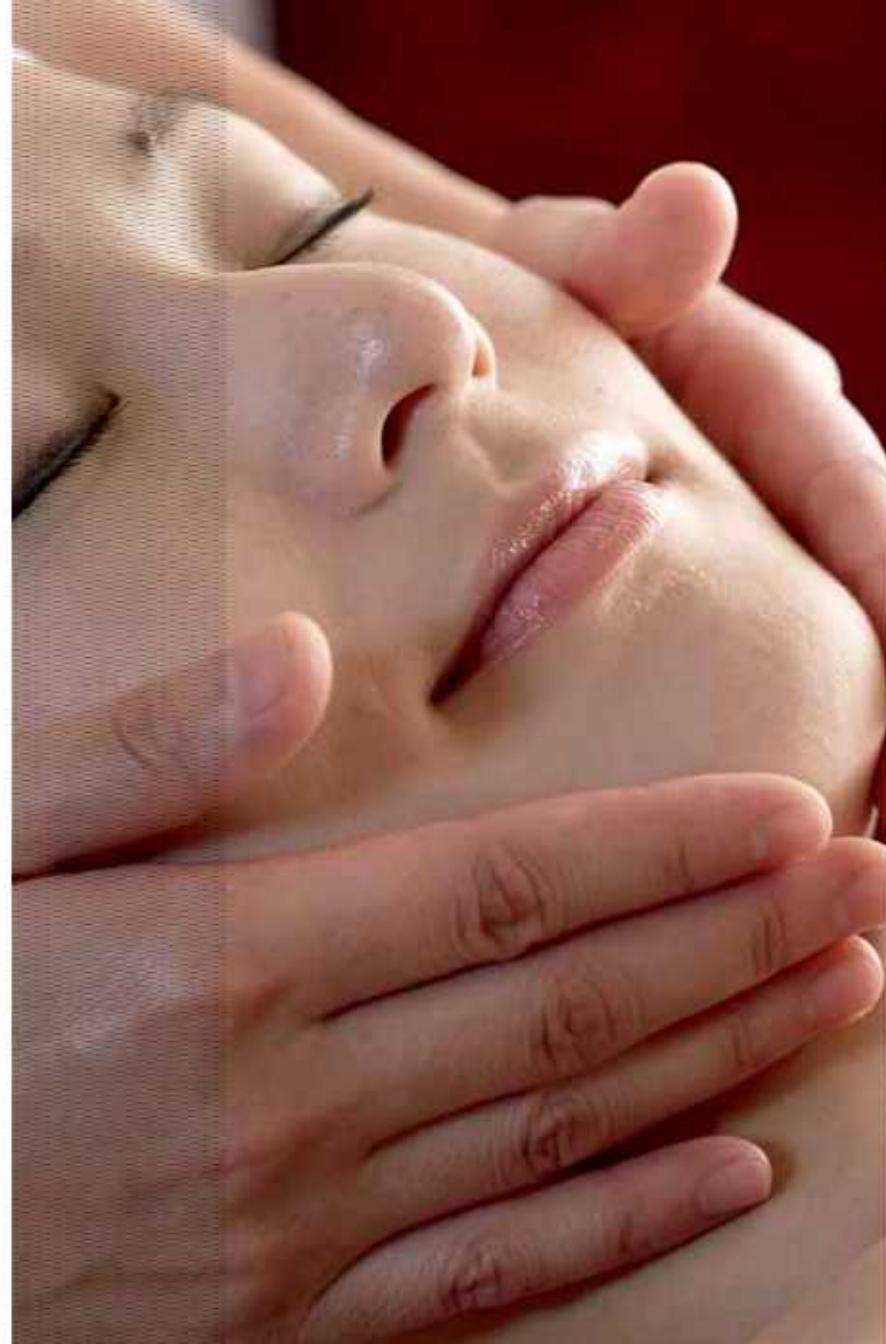
**INCLUDES** Foot ritual, foot and lower leg massage



THE RITZ-CARLTON SPA

GUANGZHOU

5



# 经典护理体验

广州丽思卡尔顿水疗和健身中心位于酒店四楼，占地4000平方米，为您打造一个放松、恒静和远离尘嚣的私密环境，配合卓越的产品与专业精湛的水疗护理服务，让您精神焕发，活力四射。这隅城市绿洲为寻求奢华、私密和舒适的您创造个性化的传奇体验。

## 珠江护理

120 分钟

用片刻纯粹的放纵，来舒缓身心。舒缓放松的香薰精油按摩加上温热的江石按摩，舒缓紧张，释放能量。最后配以指压按摩，带来无尽的幸福和平静感。

包括 欢迎沐足礼，香薰按摩，传统中式按摩

## 都市焕新

90 分钟

传统中式的平和理疗和指压按摩使您舒缓紧张肌肉的同时身心得到平衡。再结合足底精油按摩以打通人体经脉，促进血液循环，让您重焕活力。

包括 欢迎沐足礼，指压按摩，足部按摩

## 粤式足部按摩

60 分钟

采用指压手法，放松疲劳疼痛的足部，从而刺激与身体相关的足部反射区，修复身体的循环系统，增强血液流通，恢复活力，让您感受到身体的平衡与健康。

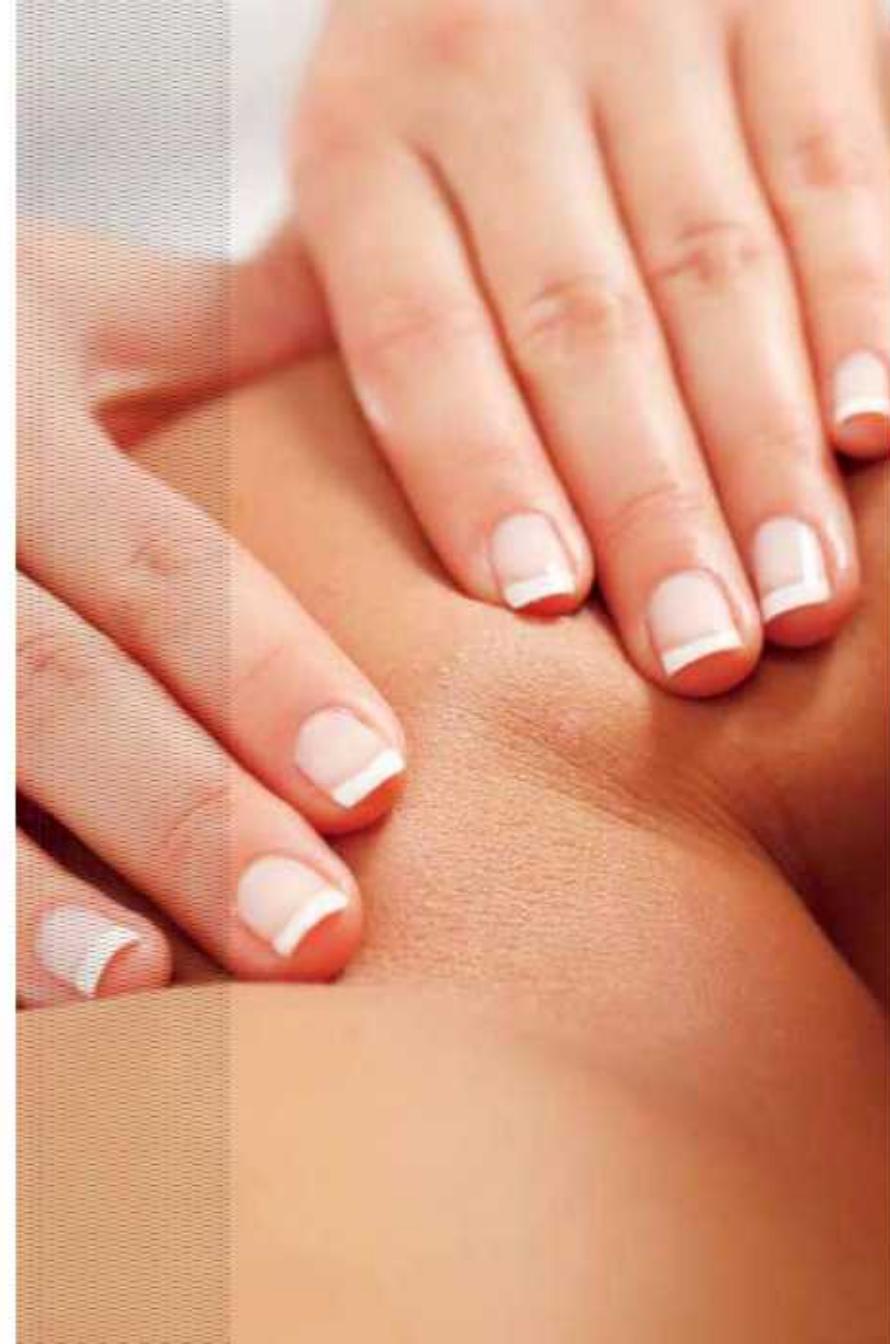
包括 欢迎沐足礼，足部、小腿按摩



THE RITZ-CARLTON SPA

广州

7



# MASSAGE

## MUSCLE RECOVERY MASSAGE

90 MINUTES OR 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Deep movements and stretching techniques, concentrated on specific areas of concern, help relieve common discomforts and sports-related tension.

## STRESS RELIEF MASSAGE

90 MINUTES OR 60 MINUTES

Revive tired and fatigued muscles with this traditional massage. Moderate-to-firm pressure leave a deep feeling of revitalization and relaxation.

## RELAXATION MASSAGE

90 MINUTES OR 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light-to-moderate pressure and a blend of essential oils to melt away tension.

## HOT STONE MASSAGE

90 MINUTES OR 60 MINUTES

A therapeutic and rejuvenating massage using warm volcanic stones and moderate-to-deep pressure to intensely soothe tired, aching muscles while inducing relaxation.

## NATURALLY NURTURED MASSAGE

90 MINUTES OR 60 MINUTES

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

## TRADITIONAL CHINESE MASSAGE

90 MINUTES OR 60 MINUTES

A tranquil healing through therapeutic touch that blends long and firm strokes with thumb and palm pressures. This technique balances energies meridians and releases energy blocks to aid healing and achieve well-being.

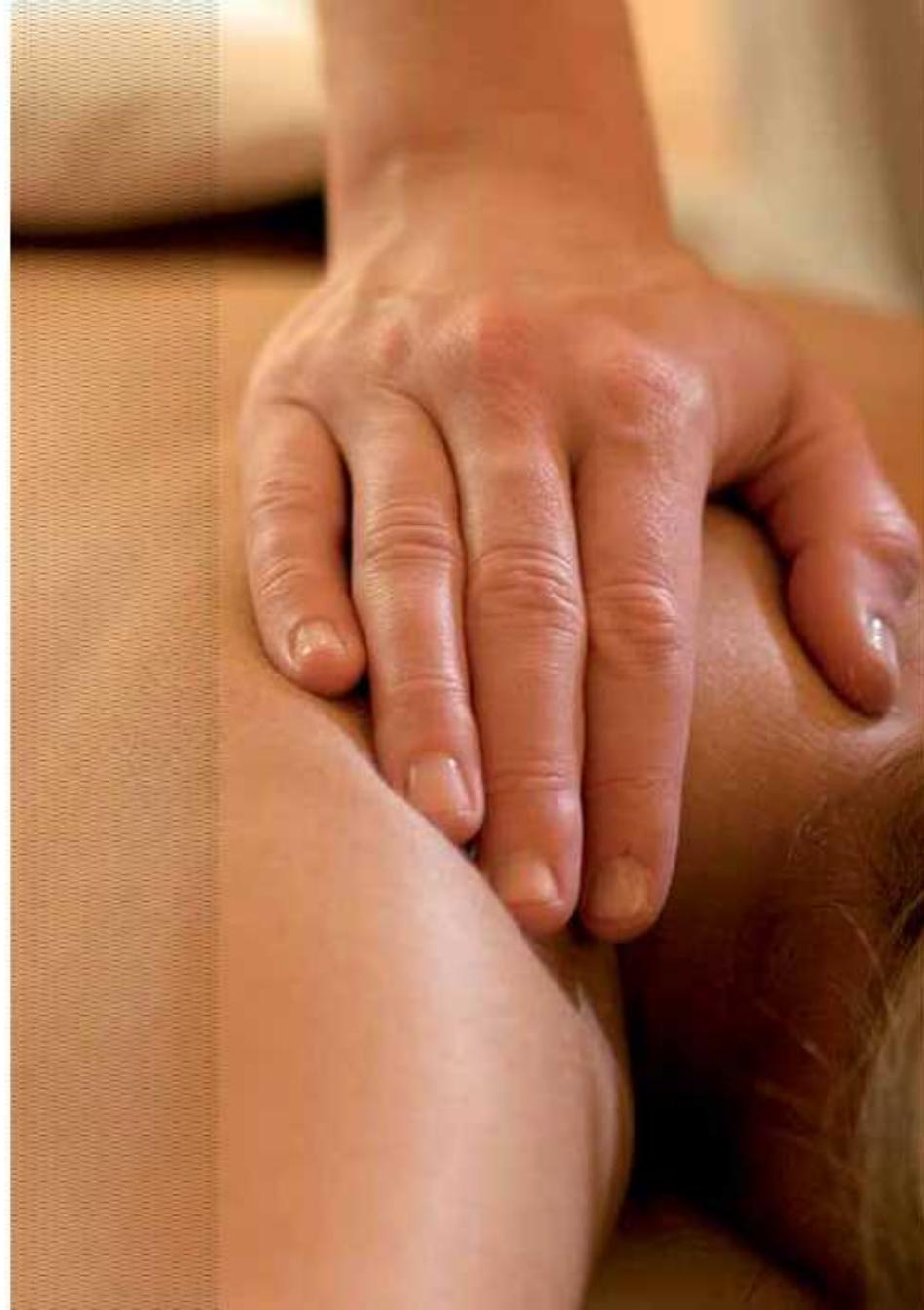
## PEAKS OF SLIMNESS

90 MINUTES OR 60 MINUTES

A true remodeling of the silhouette focusing on the epidermis, the dermis and the subcutaneous tissue. Combining deep massage techniques with a unique motion to render the body toned and slender.

**INCLUDES** Full body slimness massage





# 按摩

## 深层肌肉放松按摩

90 分钟 或 60 分钟

这项护理能够舒缓肌肉酸痛及释放压力。结合深层组织按摩手法和提拉，针对身体特别需要注意部位，舒缓不适症状及运动带来的肌肉疲劳。

## 减压护理

90 分钟 或 60 分钟

这款护理通过传统的指压按摩，以循序渐进的力度深入，帮助缓解肌肉紧张，放松身体，注入新鲜活力。

## 舒缓按摩

90 分钟 或 60 分钟

深具疗效的香薰精油护理是释放深层压力的绝佳之选。透过轻柔至中度力量的按压手法，配合独特的芳香精油，舒缓紧张情绪。

## 热石护理

90 分钟 或 60 分钟

利用温热的火山石进行中度至深度力量按摩，针对身体酸痛部位，减轻疲劳，带来焕然一新的疗效。

## 孕妇按摩

90 分钟 或 60 分钟

当您在这特别的阶段提供最需要的呵护。量身打造温和及有助复元的个人定制按摩，有效滋润肌肤。此护理适合怀孕三个月后的孕妇。

## 传统中式按摩

90 分钟 或 60 分钟

蕴含传统中医理念的自然修复护理。采用有治疗效力的手法，以指压和掌压等的特殊技巧，打通人体经络，平衡身体能量，充分治愈和改善身体紧张状态。

## 紧致塑形美体护理

90 分钟 或 60 分钟

重点针对身体老化，重塑体态。结合专业按摩技术和手法，重塑紧致身体曲线。  
包括 全身塑形按摩



THE RITZ-CARLTON SPA

广州

11



# BODY

## NOURISHED GLOW

60 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation finishing with a rich in vitamins, revitalizing mist and a personalized back massage with a deeply nourishing balm.

**INCLUDES** Full body exfoliation, back massage, mist application

## ULTIMATE BODY BALANCER

90 MINUTES

Restore serenity and comfort to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

**INCLUDES** Back exfoliation and massage, custom facial, scalp massage



THE RITZ-CARLTON SPA

GUANGZHOU

13



# 身体护理

## 深层滋养护理

60 分钟

此款奢宠的身体护理蕴含丰富维他命身体磨砂，活力喷雾，采用深层滋养香膏进行独家定制背部按摩，让肌肤重拾光滑柔润。

包括 包括全身去角质、背部按摩、喷雾护理

## 身体调和护理

90 分钟

让您的背部、颈部和头部得到深度舒缓，令身心和肌肤恢复活力。

包括 背部去角质和按摩、私人定制面部护理、头皮按摩



THE RITZ-CARLTON SPA

广州

15

# FACIAL

## CUSTOM FACIAL

90 MINUTES OR 60 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

**INCLUDES** Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage

PERFORMED WITH NATURA BISSÉ PRODUCTS

## AGE-DEFYING FACIAL

90 MINUTES OR 60 MINUTES

Instantly fight the most visible signs of skin aging with this facial that smoothes fine lines and restores youthful radiance to your complexion.

**INCLUDES** Facial exfoliation, firming facial massage, revitalizing mask, scalp massage. The 90-minute version includes LED therapy mask

PERFORMED WITH NATURA BISSÉ PRODUCTS

## DIAMOND ULTIMATE LIFT & RENEWAL FACIAL

90 MINUTES

A masterful combination of an intensively repairing treatment, a lifting and rejuvenating mask with pearl and gold extracts and the powerful LED technology. The result? A youthful looking and powerfully hydrated complexion.

**INCLUDES** Exfoliation, lifting massage, LED therapy mask, rejuvenating mask, scalp massage

PERFORMED WITH NATURA BISSÉ PRODUCTS

## SKIN COMFORT

60 MINUTES

Specifically designed to instantly reinforce the skin, this facial is the answer for those suffering from skin discomfort. A very gentle yet effective facial to pamper even the most sensitive skin.

**INCLUDES** enzymatic exfoliation, calming massage, soothing mask, scalp massage

PERFORMED WITH NATURA BISSÉ PRODUCTS

## 3D COLLAGEN SHOCK

90 MINUTES

Remodelling and firming treatment with three types of collagen that sculpts and defines your facial contour, improves skin density and preserves moisture.

**INCLUDES** Exfoliation, active face contouring massage, lifting facial massage, revitalizing mask

PERFORMED WITH NATURA BISSÉ PRODUCTS

## DIAMOND YOGA FACIAL

60 MINUTES

Calm facial for even the most altered skin using a mixture of botanicals, a unique relaxing massage with a lavender-scented, intensively firming face oil and a fortifying prebiotic mask.

**INCLUDES** Exfoliation, yoga facial massage, prebiotic sheet mask, scalp massage

PERFORMED WITH NATURA BISSÉ PRODUCTS

## DIAMOND EXPERIENCE LIFE INFUSION RITUAL

90 MINUTES

Imagine gold, diamonds and pearls pampering your skin. A breath-taking treatment that infuses you with energy, leaving you sparkling, youthful and ravishingly beautiful.

**INCLUDES** Exfoliation, shirodhara massage, stimulant magnetic massage, lifting myofacial massage, LED therapy mask, rejuvenating mask, scalp massage

PERFORMED WITH NATURA BISSÉ PRODUCTS

## FIRMING ANTI-AGING FACIAL

90 MINUTES

It activates the skin's self-collagen regeneration mechanism, fills the skin texture from the inside, reduces wrinkles, self-regulates and balances the physiological functions of the skin, so that skin luster is restored, back to the peak state of firmness and smoothness.

**INCLUDES** Brush cleansing, exfoliation, toning facial massage, mask, scalp massage

PERFORMED WITH VALMONT PRODUCTS



THE RITZ-CARLTON SPA

GUANGZHOU



# 面部护理

## 私人定制面部护理

90 分钟 或 60 分钟

针对个人肤质和需求量身定制的护理，达到洁净、保湿、重焕光彩、柔滑嫩肤的效果。

包括 深层清洁，肌肤检测，面部去角质，面部按摩，面膜以及头部按摩

使用NATURA BISSÉ 产品

## 焕肤面部护理

90 分钟 或 60 分钟

即刻抵御肌肤衰老迹象，抚平细纹，重焕容颜年轻神采。

包括 面部去角质，面部紧致按摩，焕肤面膜，头部按摩；90分钟护理包含LED光疗面膜

使用NATURA BISSÉ 产品

## 钻石焕颜新生面部护理

90 分钟

卓然有效的密集修护护理，蕴含珍珠和黄金萃取的精华面膜，紧致提升肌肤。完美结合高科技感的LED光疗面膜，绽放年轻光芒，焕现水润透亮之感。

包括 面部去角质，面部提升按摩，LED光疗面膜，凝时面膜，头部按摩

使用NATURA BISSÉ 产品

## 舒缓倍护

60 分钟

明显改善皮肤松弛现象，减少细纹，使您的皮肤重焕光彩活力。

包括 酵素去角质，舒缓按摩，舒缓面膜，头部按摩

使用NATURA BISSÉ 产品

## 3D 紧肤抚痕

90 分钟

试享这款卓效焕颜的面部护理，运用三种胶原蛋白为肌肤重塑饱满轮廓，增加肌肤密度，持久水润。

包括 去角质，面部活化修护按摩，面部提升按摩，活力面膜

使用NATURA BISSÉ 产品

## 钻石瑜伽

60 分钟

即使最易有变化的肌肤都能适用的镇静护理，运用草本萃取的成分，蕴含薰衣草芳香的放松。

包括 包括去角质，面部瑜伽按摩，益生元面膜，头部按摩

使用NATURA BISSÉ 产品

## 钻石肌龄逆转

90 分钟

试想用黄金、钻石和珍珠宠爱你的肌肤。一款令人叹为观止的护理，为你打造采奕奕、青春焕发、美丽动人的美肤传奇。

包括 去角质，希罗达拉按摩，黄金棒按摩，肌肉提拉按摩，LED光疗面膜，凝时面膜，头部按摩

使用NATURA BISSÉ 产品

## 抗衰老紧致面部护理

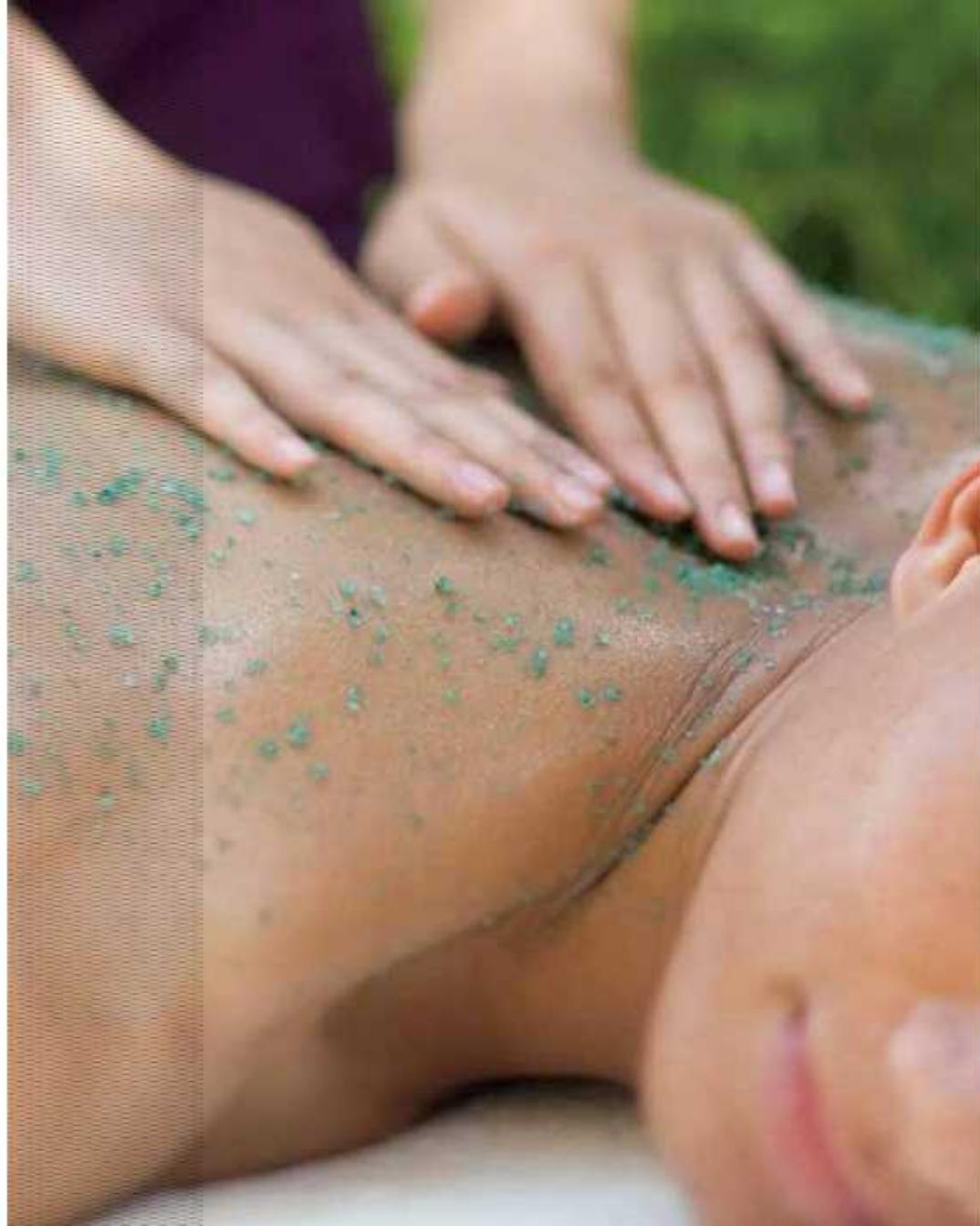
90 分钟

这项护理激活肌肤胶原蛋白再生机制，饱和肌肤，减少皱纹，自我调节和平衡皮肤生理机能，恢复光亮嫩滑肌肤。

包括 面部清洁，去角质，面膜，头皮按摩

使用VALMONT系列产品





# MEN

## THE MEN'S MASSAGE

90 MINUTES

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, along with a facial massage and a soothing scalp massage.

## RELAXATION MASSAGE

90 MINUTES OR 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light-to-moderate pressure and an exclusive blend of essential Mediterranean oils to melt away tension.

## POWER HOUR

60 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.

**INCLUDES** Full body exfoliation, back massage

## MUSCLE RECOVERY MASSAGE

90 MINUTES OR 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Deep movements and stretching techniques, concentrated on specific areas of concern, help relieve common discomforts and sports-related tension.

## STRESS RELIEF MASSAGE

90 MINUTES OR 60 MINUTES

Revive tired and fatigued muscles with this traditional massage. Moderate-to-firm pressure leaves a feeling of deep revitalization and relaxation.

## THE MEN'S FACIAL

60 MINUTES

A deep cleanse and a hydrating and smoothing treatment that leave your complexion instantly energized.

**INCLUDES** Deep cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage

**PERFORMED WITH NATURA BISSÉ PRODUCTS**



THE RITZ-CARLTON SPA

GUANGZHOU

21

# 男士

## 男士按摩

90 分钟

至尊男士舒压护理, 包含使用温热原石进行的全身按摩, 面部以及头皮舒缓按摩, 让您感到身心调和, 消除肌肉紧张。

## 深层肌肉舒缓按摩

90 分钟 或 60 分钟

此护理专为舒缓各种肌肉酸痛及释放压力而量身定制。结合深层组织按摩手法和拉伸技术, 针对身体特别需要注意的部位, 舒缓不适症状及运动带来的肌肉疲劳。

## 舒缓按摩

90 分钟 或 60 分钟

这款高端定制的芳香护理舒缓释放深层压力的绝佳之选。使用轻柔至中度力量的按压手法, 配合独家定制的地中海香薰精油, 消除身心疲惫, 排遣紧张情绪。

## 减压护理

90 分钟 或 60 分钟

此护理通过深层按摩手法, 循序渐进的力度, 帮助减轻肌肉疲劳, 放松身体。

## 活力时刻

60 分钟

深层清洁, 平滑肌肤, 唤醒活力, 使您神清气爽, 焕然一新。

包括 全身去角质, 背部按摩

## 男士面部护理

60 分钟

深层清洁, 保湿, 光滑嫩肤。让您的肌肤焕发活力。

包括 双重清洁, 面部去角质, 热敷, 面部按摩, 面膜, 头部按摩。

使用 NATURA BISSÉ 产品





# COLLECTIONS

Luxuriate in the extensive Spa facilities, relax and enjoy your personalized treatment experience, and then indulge in The Ritz-Carlton, Guangzhou Afternoon Tea, a perfect way to celebrate a special occasion or just escape the city for some quality time and luxurious pampering.

## INDULGENT ESCAPE

150 MINUTES

The ultimate luxury spa indulgence features a combination of treatments tailored to your needs at the moment. Pressure, style, aroma and technique will be adapted to achieve your ultimate goal and infinite indulgence.

**INCLUDES** 30-minute back exfoliation, 60-minute oil massage and 60-minute facial

## RADIANT RELAXATION

120 MINUTES

A tension-soothing massage eases aches and pains, while a tailor-made facial addresses your skin's needs and intensive serum restores radiance and glow to reveal an illuminated complexion.

**INCLUDES** 60-minute Relaxation Massage, 60-minute Radiance Facial

## CITY RETREAT

90 MINUTES

Leave the cares of the city behind with this refreshing, reviving and energizing treatment ritual.

**INCLUDES** 30-minute back exfoliation, 60-minute Muscle Recovery Massage



THE RITZ-CARLTON SPA

GUANGZHOU

35

# 精选护理

## 宠爱之旅

150 分钟

沉浸在宽敞优雅的环境，纵享私人订制护理带来的独特体验，再搭配丽思卡尔顿水疗健康下午茶，是庆祝难忘节日、度过美好时光或宠爱自己的不二之选。

奢华的水疗宠爱，个性化的定制护理满足您现在的所有需求。无论是护理力度、类型、精油和技巧皆为打造最完美的您而设，带给您完美的宠爱。

包括 30分钟背部去角质,60分钟精油按摩,60分钟面部护理

## 焕彩之旅

120 分钟

一个舒缓紧张的身体按摩能缓解全身的不适；一次个性化的面部护理，精华液使您容光焕发，滋润亮泽。

包括 60分钟身体舒缓按摩,60分钟面部焕彩护理

## 城市假日

90 分钟

让您远离喧嚣，让身体重拾活力，焕然新

包括 30分钟背部去角质,60分钟深层肌肉放松按摩



THE RITZ-CARLTON SPA

广州

27





Upgrade your treatments by choosing one or more of our carefully created service enhancements. All Enhancements must be booked and received with a treatment.

# ENHANCEMENTS

## DIAMOND EYE BRIGHTENER

Soothing, repairing treatment that includes a powerful lifting and rejuvenating eye mask with pearl and gold extracts to revive even the most tired eyes.

PERFORMED WITH NATURA BISSÉ PRODUCTS

## HAND OR FOOT REVIVER

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.

## HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

## DEEPLY NOURISHING BODY CREAM

Combine the sublime benefits of deeply nourishing and regenerating body cream with your body massage oil for rich melting hydration to soften, restore suppleness and brighten skin.

## DIAMOND YOUTH INFUSION BIO-MASK

Pamper your skin with this exclusive gold and pearl nourishing mask for exceptionally rejuvenated, radiant, revitalized skin. Stimulates the natural renewal potential of the skin, provides excellent firming, remodelling results and delivers maximum luminosity.

PERFORMED WITH NATURA BISSÉ PRODUCTS

## COLLAGEN MASK

The 100% pure collagen is extracted from deep ocean jellyfish. Penetrating into dermis, it restores skin youthfulness, softness and luster, preventing skin wrinkles caused by aging.



THE RITZ-CARLTON SPA

GUANGZHOU

29



为您选取的水疗护理提供增效护理体验。一系列增效护理可同步配合面部、身体护理和按摩服务。所有的增效护理必须跟其它护理同时预约或进行。

# 增效护理

## 钻石明眸亮眼

舒缓修护的眼部护理, 包含强效提升的凝时眼膜。蕴含珍珠和黄金萃取, 瞬间修复疲惫的双眸。

使用NATURA BISSÉ 产品

包括眼部轮廓按摩, 凝时眼膜, 头部按摩, 60分钟护理额外增加了面部去角质和眼部提升按摩。

使用NATURA BISSÉ 产品

## 钻石恒润凝时面膜

这一款由黄金和珍珠萃取的奢宠面膜呵护你的肌肤, 焕发青春亮采和活力, 促进皮肤自我再生能力, 提供最优的紧实功效和重塑能力, 肌肤重现光芒四射。

使用NATURA BISSÉ 产品

## 手足护理

通过手部和足部的去角质及滋润护理, 令您的双手和双足恢复光泽, 柔软和白皙。

## 增效热石

以光滑的火山石将热能推送进肌肉深层, 缓解紧张和压力, 能促进任何一款按摩的功效。

## 深层滋养护肤霜

深层滋养和促进再生的护肤霜, 配合身体按摩精油带来升华的效果, 丰富水分, 帮助缓和, 恢复柔软和亮白的肌肤。

## 骨胶原面膜

从深海水母提取的骨胶原, 能渗透真皮层, 使皮肤恢复水润弹性, 幼滑剔透, 有效缓解皱纹的生成。

使用NATURA BISSÉ 产品



THE RITZ-CARLTON SPA

广州

34

# GUIDELINES

## RESERVATION

To schedule your preferred time and treatment, please call the Spa Reception through (86 20) 3818 6668 for availability and provide valid credit card information and contact details to secure your reservation. In house guests may press "0" on your room telephone.

## HEALTH CONDITION

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation. Please consult your doctor prior using the heat and water facilities. Heat and water facilities are not recommended for pregnant ladies.

## ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms and Jacuzzi. Arriving late will limit the time for your treatment. Your treatment time will not be extended as we cannot delay the next guest and the full value of your treatment will be charged.

## PERSONAL BELONGINGS/VALUABLES

The hotel is not responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

## USE OF ELECTRONIC DEVICES

To ensure a tranquil environment and provide the best experience to guests, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

## AGE REQUIREMENT

You must be 18 years of age or older to enjoy the Spa relaxation and locker areas. Massages and facials cannot be performed on anyone under the age of 18 years.

## SPA ETIQUETTE

Please be informed that our pool and Jacuzzi are unisex. Therefore, proper swimwear is essential. We welcome hotel guests to come to the Spa in robe and slippers provided in their room. The Spa will provide towels, slippers, shower caps and all amenities required for treatments during your visit.

## TREATMENT RECOMMENDATIONS

Shaving and hair-removal are not recommended prior to body treatments. Shaving is recommended, but not necessary for men prior to a facial. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

## FOOD AND BEVERAGE

Outside food or alcohol are prohibited in the Spa. Intoxicated guests will be denied access to the spa.

## METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your hotel bill.

## PRICES

All-inclusive price. Please note that availability and pricing is subject to change or discontinuation at any time without prior notice.

## CANCELLATION POLICY

A 50% cancellation charge will be applicable to any treatment cancelled with less than eight hours' notice. Cancellation within four hours of the treatment time is subject to 100% penalty charge.

## HOURS OF OPERATION

Spa Treatments: 9 a.m. –11 p.m., daily  
Fitness Center: 5 a.m. –10 p.m., daily (members only)  
24-hour access for hotel guests  
Swimming pool: 5 a.m. –10 p.m., daily

# 水疗指南

## 预约须知

请提前致电水疗前台预约护理时间,水疗接待员非常乐意为您推荐合适的理疗。预约时须提供有效信用卡信息和您的个人联系方式预约电话(8620)38136668。住店客人可在客房内直接拨打总机“0”进行预约。

## 健康状况

请在预约时提供健康状况相关信息,如过敏或其它损伤问题,以免影响您的护理服务。在使用水疗中心设施前,请咨询相关医生。部分热水和水疗设施不适合孕妇使用。

## 到达时间

建议您在护理开始之前,提前30分钟到达水疗中心,以便您在休息室内放松,享用桑拿、蒸汽房和按摩池。因为我们不能延迟下一位客人的护理时间,所以,若您无法在约定时间到达,您的护理时间将会被缩短,同时我们也将收取您的护理的全额费用,敬请谅解。

## 私人物品和贵重物品

请将您的贵重物品留在家中或酒店客房的保险箱里,不建议带到水疗和健身中心或放置于中心的储物柜内。任何个人物品的丢失或被盗,酒店和水疗中心恕不作任何赔偿。

## 电子设备的使用

为提供安静的环境和保障个人水疗体验,水疗和健身中心禁止使用手机、电子设备和摄像机等。所有电子设备须处于关机状态。

## 年龄要求

年满18岁或以上的客人方可进入水疗和健身中心,享用身体护理、按摩服务、面部护理和更衣休息区域。18岁以下禁止进入。

## 水疗礼仪

请知悉,室外按摩池和游泳池是男女共用的。因此,穿着得体是基本要求。住店客人欢迎穿着房间提供的浴袍和拖鞋到达水疗中心。中心提供毛巾、拖鞋、浴帽等基本用品供您使用。

## 护理建议

身体护理前,不建议刮胡子或脱毛,男士面部护理前可以刮胡子。为了让您充分享受水疗体验,若室温、按摩力度、音乐音量或其他情况影响了您的体验,请立刻告知理疗师为您处理。

## 食品和饮料

禁止携带任何外带的食物或饮品进入水疗和健身中心。醉酒客人,恕不接待。

## 支付

绝大部分信用卡均可支付。住店客人可入房帐。

## 收费

所有价格包含税费。收费若有调整,恕不另行通知。

## 取消政策

若您预约时间前的8小时之内取消预约,您须支付预约项目的50%作为取消费用;预约时间前的4小时内取消的,须支付全额费用。

## 营业时间

水疗护理:每天早上10时至晚上11时  
健身中心:每天早上5时至晚上10时(限会员);对住店客人24小时开放  
游泳池:每天早上5时至晚上10时



For more information, please contact  
the Spa at (86 20) 3813 6668 or  
visit us at: [www.ritzcarlton.com/guangzhou](http://www.ritzcarlton.com/guangzhou)

详情咨询或预约,  
请致电 (86 20) 3813 6668  
或浏览 [www.ritzcarlton.cn/guangzhou](http://www.ritzcarlton.cn/guangzhou)



## THE RITZ-CARLTON

GUANGZHOU

3 XING AN ROAD, PEARL RIVER NEW CITY, TIANHE DISTRICT,  
GUANGZHOU 510623, CHINA

---

中国广州市天河区珠江新城兴安路3号  
邮编: 510623

---

(86 20) 3813 6668  
RITZCARLTON.COM/GUANGZHOU