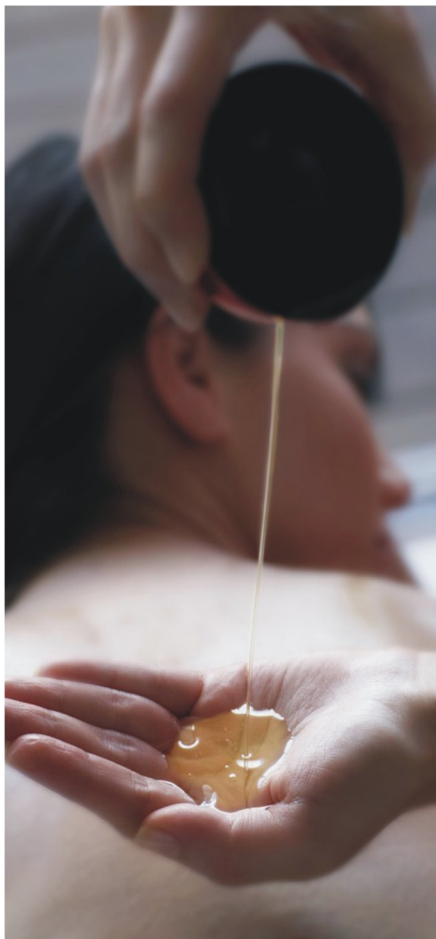


HEALTH CLUB MASSAGE 健康中心按摩价格表



SHANGHAI MARRIOTT HOTEL HONGQIAO

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SWEDISH MASSAGE WITH BLENDED OIL / 香熏油压

The Swedish Massage is a classic full-body massage employing long, kneading strokes. It works on the muscles and key meridian lines promoting total relaxation and eases muscle stress. The used oil is a blend of Lavender, harmonized with other essences to enhance inner balance. A full top to toe body care.

香熏油压使用精选的薄荷巴油, 调和薰衣草和其他精油, 通过皮肤吸收和经络按摩, 减轻压力, 得到内心愉悦的享受。

1 hour: RMB 380 1.5 hour: RMB 550 2 hour: RMB 650

TRADITIONAL CHINESE MASSAGE / 传统中式按摩

Based on the massage theories drawn from traditional Chinese Medical science, the well-felt touch whereby you are kneaded and stroked, will lead you into a state of physical and mental relaxation.

基于传统中医理论, 中式按摩将带给你与众不同的身心放松感受。于传统中医理论, 中式按摩将带给你与众不同的身心放松感受。

1 hour: RMB 280 1.5 hour: RMB 400 2 hour: RMB 520

SPORTS MASSAGE / 运动按摩

The main purpose of sports massage therapy is to help alleviate the stress and tension, which builds up in the body's soft tissues during physical activity. It relieves tiredness, reduces muscle tension and promote flexibility. It's the right choice after extensive exercises.

运动按摩是您运动后的最佳选择, 将有助于恢复疲劳, 增加肌肉的弹性及灵活性。

1 hour: RMB 280 1.5 hour: RMB 400 2 hour: RMB 520

FOOT MASSAGE / 足底按摩

The foot massage based on the reflexology theories is treated on your foot and calves to aid muscle relief and improve blood circulation. This traditional massage employs pressure on the soles of the feet to induce deep relaxation and improve blood circulation.

基于传统的足底反射理论, 通过对足底和小腿部的按摩来改善血液循环, 减轻脚部压力。

1 hour: RMB 280 1.5 hour: RMB 400 2 hour: RMB 520