



华尔道夫水疗
护理选项

WALDORF ASTORIA SPA, BEIJING
TREATMENTS



华尔道夫水疗
护理选项



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华尔道夫水疗须知

欢迎寄语

华尔道夫水疗中心悉心定制种类丰富的理疗项目及奢华舒适的体验，更着重让尊贵的客人达到预期的护理效果。

坐落于王府井核心地段，华尔道夫水疗运用全球奢华Spa品牌产品，结合当地文化，运用精巧细致的护理手法，为宾客带来极致呵护的舒适体验。

传统中式护理的理论讲求顺应变化，追求阴阳平衡。根据四季变化特点与五行运转调整生活方式，是健康养生的关键。华尔道夫水疗秉承这一理念，提供适宜时节的护理体验及生活方式。

华尔道夫水疗中心的理疗师将通过专业的手法，为您缓解压力、激发活力，尽享悠然一刻。为使您享受全私密空间与幽静时光，每间护理室均配有私人蒸汽房、淋浴房与更衣室。水疗套房更具备绝佳的设计及齐全的设备，为您打造极致奢华、宠爱呵护的Spa体验。





华尔道夫水疗护理

极致舒缓护理

120分钟

人民币1,580元

运用独特按摩手法，配以高效香薰精油，感受从头到脚的舒缓体验。头部穴位按压带您进入彻底放松状态，专属定制的面部护理有助修复肌肤，使之焕然一新。

焕然逸怡护理

90分钟

人民币1,380元

舒缓身心的极致体验。采用天然橄榄细粒祛除身体角质，运用芳香精油给肌肤带来如丝般滋润体验，用火山岩石热敷主要穴位，通过专业手法疏通经脉。运用添加了生姜和黑胡椒成分的独特护理精油，有效促进肌肤血液循环。以竹制滚棒滚压身体的僵硬部位，缓解酸痛及不适。最后以头部按摩结束疗程，净心减压，焕发身心活力。

身体按摩

极致“香薰之家”体验 60/90分钟 人民币800/1,080元

作为主推按摩项目，极致香薰疗法作用于每寸肌体，使您彻底放松。巧妙运用瑞典专业按摩手法，通过对压力的掌控来放松紧张肌肉，促进淋巴排毒与体内循环，缓解旅途劳累与工作重压，使身心得以释放。

深层舒肌按摩 60/90分钟 人民币800/1,080元

按摩力度可根据需求调整，集中作用于有助保持内部能量和平衡健康的穴位。此疗程通过专注于背部的疏导按摩，达到放松身心的效果。

私人定制护理 60/90分钟 人民币800/1,080元

针对快节奏高压力的工作人群，私人定制的水疗护理。运用专业独到的按摩手法，有效缓解肌肉紧张、头疼、肩颈酸痛、胃部不适、失眠、疲惫、毛孔堵塞等不适。释放活力，重绽最佳状态。

良方解时差 90分钟 人民币1,080元

长途的旅程使您身心疲惫，运用专业的按摩手法，全面消除疲劳，焕发活力。此护理带给整个肌体无限的轻松感，特别适合于因时差而倍感混沌、乏力和倦怠的旅客。

传统东方疗法

90分钟

人民币1,080元

基于生命能量原理，运用传统东方按摩技法，疏通经络。用拇指、手掌或肘部按压身体关键穴位，改善全身气血循环，有效帮助身体排毒，深层缓解肌肉紧张和疼痛，激发身心活力。

护理始于头部按摩，让身心全然放松，尽情沉醉在融合东方精粹的全身按摩护理中。集合伸展、调和气血及中式经络按压等疗法，让压力得以释放，促进体内能量循环。

经典中式按摩

60/90分钟

人民币780/980元

通过传统的中式穴位按摩，疏通经络、消除疲劳，达到缓解肌肉劳损和疼痛的效果。



深度助眠护理

90分钟

人民币1,080元

运用精湛的按摩技艺，带来从头部到脚部的全身呵护，释放身体重负，有效缓解压力，提高睡眠质量，带您进入静谧放松的睡眠状态。

缓压宁神护理

90分钟

人民币1,080元

让净化身心的“大扫除”卸下工作的高压和身躯的重负，舒缓疲惫。此护理适用于任何时间段，帮助您提神醒脑，振奋精神。

芳香热石护理

90分钟

人民币1,280元

根据宾客的身体状态和需求，选择专属芳香精油，运用火山岩热石配以专业按摩手法，缓解压力，放松身心，提升水疗的极致享受。

足部护理

60/90分钟

人民币680/880元

按摩足底特殊穴位，促进新陈代谢及血液循环，有助恢复身体机能，使身体达到健康平衡。

面部护理

极致嫩滑面部护理

60分钟

人民币880元

萃取天然植物精华配合专业独到的按摩手法，深入修复肌肤组织，提亮肤色，令肌肤丝滑如缎，展现迷人魅力。

玫瑰娇妍面部护理

60/90分钟

人民币880/1,180元

精选玫瑰精油，滋养肌肤，深层补水，使肌肤光滑细腻、匀皙柔润、由内而外透出莹亮，拥有非凡的触感。

深层清洁面部护理

60分钟

人民币880元

运用温和专业的按摩手法，结合热蒸去除脂肪粒，配以火山泥面膜，深层清洁毛孔，令肌肤清透水润。

岁月修护焕颜护理

90分钟

人民币1,280元

抗衰老焕颜面部护理采用富含多种抗氧化成分的特效深层滋养面膜，令衰老肌肤如沐甘露。运用助提升和紧致的按摩手法有效恢复肌肤弹性，绽放光彩，效果明显。







身体护理

草本磨砂美肌护理 45分钟 人民币680元
通过选择不同种类的植物精华磨砂配合按摩调节血液循环，唤醒肌肤自然活力：

静逸| 迷迭香、黑胡椒、姜
焕彩| 玫瑰、橙花油、天竺葵
舒缓| 依兰依兰、苦橙叶、薰衣草

柑橘排毒焕肤护理 60分钟 人民币780元
排除体内毒素，体验身心新生。

通过精磨的橄榄细颗粒磨砂清洁肌肤毛孔，运用多层营养凝胶和乳油进行身体护理，最后以足部按摩收尾，巩固护理效果，有效去除囤积体内的毒素，令肌肤清新如初。

玫瑰水肌护理 60分钟 人民币780元
精选舒适滋养疗程，重现肌肤的自然光泽。

此护理使用富含玫瑰成分的精华液、乳油和膏霜，层层敷展，使全身肌肤光洁柔润，愉悦心情。

丰润柔肌护理

90分钟

人民币1,080元

专为干燥且状态不佳的肌肤而设计的奢华体验，养育身心。

用盐粒祛除表层死皮，促进循环，唤醒倦怠的肌肤。呵护干燥失去活力的肌肤，通过磨砂、海藻保湿裹敷以及一款丝滑润肤乳，使周身感受深层滋润。

美体塑身护理

60分钟

人民币780元

护理首先用体刷唤醒肌肤，然后通过特别设计的深层排毒按摩手法着重作用于顽固纤维脂肪团区域。再以火山泥裹体达到紧实和均衡肤色的作用，同时配合脚部穴位按摩，进一步促进身体排毒，放松身心。



男士护理

极致抗衰老面部护理 90分钟 人民币1,280元
集紧致肌肤、抗衰老、充足补水为一体的面部护理让您展现最佳的肌肤状态。

结合深层洁肤、去除角质、专业按摩、抗衰老面膜为一体的多重护理，瞬间为您打造焕然一新的肌肤。附送针对头部和肩颈部肌肉的舒缓按摩，肌肤呈现清新水润，绽放年轻光彩。

男士面部清洁护理 60分钟 人民币880元
适用于所有肌肤类型。

当时间紧迫而您又需要呈现最佳状态时，此款集深层清洁和提亮肤色功效的护理是您肌肤清新洁净、健康透亮的首要选择。

极致奢享护理 90分钟 人民币1,080元
舒缓肌体、愉悦养生的水疗之旅。

疗程从背部清洁去角质开始，继而通过背部舒活解压按摩和阿育吠陀式头部按摩，缓解肌肉的疲劳与酸痛。运用精心调配的混合精油深度清洁面部，尽享贴心呵护，放飞身心，使肌肤呈现清新润泽观感。

重塑活力按摩 60/90分钟 人民币800元/1,080元
改善因运动和压力而引起的肌肉酸痛，有效促进肌体恢复。该款保健按摩手法可有效减轻肌肉僵硬、紧张与疼痛等问题，促进肌体复原。

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**完美背肌护理**                                              60分钟                      人民币800元

此护理通过按摩上肢部位，有助于净化呼吸道和增强免疫力，缓解因季节性过敏、胸闷及长期在受污染的环境下而造成的身体不适。运用呼吸疗法配合关键穴位按摩，扩充气道，提高有效呼吸。





## 其他护理

### 焕彩明眸护理

30分钟

人民币480元

运用独特的按摩手法促进肌肤微循环和排水，帮助消除眼部浮肿，配以纯天然植物精华和乳油，为眼部肌肤带去前所未有的明亮新生体验。

### 柔润手部护理

30分钟

人民币480元

为劳苦功高却干燥缺水的手部肌肤定制的深度滋养护理，为您打造一双温润灵活的双手。

### 足部滋养护理

30分钟

人民币480元

足部和小腿部的肌肤同样需要精心呵护。精选品质润肤油和乳液深层滋养肌肤，巩固肌肤保湿天然屏障，令双足柔润健康。

### 阿育吠陀头部按摩

30分钟

人民币480元

一套独特的助眠解压理疗。

该疗法能有效减轻因失眠造成的头痛。精选的山茶精油配以舒缓的头部按摩，有助于活跃头部毛囊，增加秀发光泽度。

### 舒缓背部按摩

30分钟

人民币480元

巧妙运用呼吸法配合关键穴位按摩，疏通经络，使呼吸更舒畅。



## 华尔道夫水疗须知

运营时间 | 早10:00 - 晚10:00

水疗预订 | 预订华尔道夫水疗，请登录waldorfastoria.com/Beijing或致电+86 (10) 8520 8989。需出示有效信用卡或酒店房间号以确保预订。华尔道夫水疗对16岁及以上的男士及女士开放。

到达信息 | 建议宾客提前15分钟抵达，以充分体验华尔道夫水疗设施。迟到将会相应减少已预订的护理时间。

取消预订规则 | 宾客享受提前8小时免费取消预订服务，若在疗程开始前8小时内取消预订或是没有按约到场，将收取疗程护理的全款。

水疗礼仪 | 为了营造宁静舒适的水疗氛围，确保宾客的奢华享受体验，请宾客将手机及其他电子设备调至静音状态。

注意事项 | 请宾客在预订时，提前告知我们您的过敏史、病痛、高血压或妊娠状况，以便我们为您提供合适的护理疗程。

付款事宜 | 水疗护理售价需另加收15%服务费，该笔费用将在结款时自动收取，不予单独说明。

团队预订 | 4人及以上的团队水疗护理请提前预订，需信用卡担保，取消预订需提前48小时告知。

水疗代金券 | 购买北京华尔道夫水疗代金券，与亲友一同享悦水疗之旅。此代金券适用于所有水疗护理项目及家庭护理产品。

禁止条件 | 华尔道夫水疗中心禁止饮酒及吸烟。



WALDORF ASTORIA SPA, BEIJING  
TREATMENTS



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Massage



Facial Care By Aromatherapy Associates



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Express Treatment



How To Spa



## WELCOME

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The Waldorf Astoria Spa features an enticing selection of therapies and experiences focused on delivering visible results. Inspired by our iconic location Wangfujing, the Spa embraces the local culture influences through simple and yet intricate details and healing practices, blended and enhanced by luxury ranges selected from around the world.

Traditional Chinese theories strive to achieve optimum well-being and living through attuning to the natural environment. Tailoring our lifestyles during seasonal changes during each of the four Chinese seasons is keys to optimum well-being. The Spa embraces this philosophy by creating seasonal therapies and lifestyle remedies.

Our therapists, with an innate sense of touch will create a passage to allow you to escape, renew and relax.

To ensure privacy and seclusion each treatment room is equipped with a Steam Shower Room.

Our Spa Suite ensures a luxury experience, designed and intended for pure pampering.







## Signature Rituals



### RELAX

120mins RMB 1,580

Surrender your body and mind to this head to toes treatment which includes a full body aroma massage with a powerful therapeutic oil blend relieving muscular tension, balancing body and soul. The scalp massage works on pressure points on the head allowing a state of deep relaxation, followed by a customized facial with specially designed massage technique conditioning and restoring the skin.



### ESCAPE

90mins RMB 1,380

Starting with an aromatic full body scrub with natural olive grains, leaves your skin silky smooth and well prepared for a specialized massage, continuing with hot stones placed on key energy points opening up meridians, while the essential oils of ginger and black pepper stimulate the blood circulation. Bamboo stalks are used on stiff areas to fully melt stress away and ends with a relaxing scalp massage to clear the mind.

## Massage

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### ULTIMATE AROMA THERAPY ASSOCIATES EXPERIENCE

60/90mins RMB 800/1,080

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps to encourage a healthy circulation. Stresses and strains are dissolved away.

This treatment releases tension held in every part of your body leaving you relaxed and recharged.

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### INTENSE MUSCLE RELEASE 60/90mins RMB 800/1,080

An intensive massage to balance the energy centers within the body that control inner strength, health and clarity of the mind.

A medium to deep pressure full body massage with a focus on alleviating tension from the back area.

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### BE SPOKE 60/90mins RMB 800/1,080

Designed to help you deal with the stress and strains of modern life, this treatment will ease any stress related problems you may be experiencing, be they mental or physical, muscular tension, headaches, tight shoulders, tummy troubles, disturbed sleep, exhaustion, congested skin...whatever the problem, we have the solution for you.

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### JETLAG CURE MASSAGE 90mins RMB 1,080

Long distance travel is physically and mentally exhausting and this treatment works on both levels to help you recover from the journey and adjust to your new environment. A treatment for weary travellers to get you back on track when you're feeling fuzzy, tired and sluggish.

**ORIENTAL STRESS SOLUTION** 90mins RMB1,080

An intensive massage that based on the concept of life energy which flows through “meridians” in the body. A holistic approach by combining Oriental techniques to detoxify and energize the body and spirit. In treatment physical pressure is applied to pressure points with the aim of clearing blockages in these meridians. Pressure may applied by thumbs, by hands, or with elbow.

The pampering begins with a mesmerizing scalp massage to take stress away and bring you into a state of euphoria. Drawing from the Orient’s most soothing practices, guests then enjoy a unique intensive full body massage that combines stretching, Qi balancing and Chinese pressure points technique, relieving stored tension, stimulating body circulation and promoting a healthy energy flow along the body’s meridians.

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CHINESE TRADITIONAL MASSAGE 60/90mins RMB 780/980

A therapeutic massage to alleviate aches and pain.

Commencing with firm pressure points techniques on key energy points of the body, this treatment opens the gateway of following energy (Qi) throughout the body. Our signature massage is designed to alleviate deep muscle strain and aches and restore energy levels.



SLEEP DEEPLY

90mins RMB 1,080

This head-to-toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep. A powerful body and mind switch-off to induce a serious of relaxation for a comforting, peaceful night's sleep.

CLEAR YOUR MIND

90mins RMB 1,080

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track. This is an effective treatment anytime of day to refresh your memory and get your brain back on track.

AROMATIC STONE

90mins RMB 1,280

Alleviate stress and pressure with the powerful combination of hot volcanic stones and a custom blend of essential oils based on what you're feeling or what you'd like to achieve when you're with us.

FOOT RELAX MASSAGE 60/90mins RMB 680/880

A pressure point foot massages to simulate circulation and improve wellbeing.

A healing massage that stimulates and restores the body's natural functions through pressure, applied to specifics points of feet.

Facial Care By Aromatherapy Associates

ULTIMATE AROMA THERAPY ASSOCIATES FACIAL

60mins RMB 880

A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous.

ESSENTIAL ROSE FACIAL

60/90mins RMB 880/1,180

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions.

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

DEEP CLEANSE FACIAL

60mins RMB 880

An intensive treatment that incorporates steaming, extraction and hot towel compresses, alongside facial massage and a freshwater mud mask, leaving a super clean and fresh skin.

AGE REPAIR FACIAL

90mins RMB 1,280

An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.





Body Care

HERBAL SCRUB 45mins RMB 680

Clarifying scrub and massage wake up circulation and restore skin's natural vitality with your choice of herbal blend.

ESCAPE | rosemary, black pepper and ginger

RENEW | rose, neroli and geranium

RELAX | ylang ylang, petitgrain and lavender

CITRUS CETOX REVIVE 60mins RMB 780

Feel fresh and alive with this detoxifying treatment.

Exfoliation with finely ground olive grains refines the pores and reveals fresh, new skin while you are enveloped in layers of gels and oils whilst a stimulating foot reflex pressure massage encourage the release and elimination of toxins.

ROSE COCOON 60mins RMB 780

Bring back your radiance with this comforting, restorative treatment.

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirit bright and uplifted.

INTENSE NOURISHMENT 90mins RMB 1,080

Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin.

An intensive salt body exfoliation stimulates the circulation and dead cells to revive dull tired-looking skin.

A deep treatment for dry, devitalized skin, to leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturizing body butter.

BODY REFINER 60mins RMB 780

Your treatment starts with body brushing to wake up your skin. Then you relax into a specially designed deep tissue detox massage targeting stubborn areas of cellulite. You'll be wrapped in freshwater mud to firm and tone the skin, while foot reflex pressure massage encourages the release and elimination of toxins.



Men's Care By Aromatherapy Associates

EXECUTIVE ANTI-AGING FACIAL 90mins RMB 1,280

A firming anti-aging and hydrating facial to make you look your best.

This luxurious treatment commences with specific cleansing, exfoliation, massage and anti-aging mask that gives you immediate results. To finish, a muscle stretching massage relieves tight, strained muscle in the neck, head and shoulders resulting in you revealing a fresher hydrated and more youthful appearance.

REFINERY ESSENTIAL FACIAL 60mins RMB 880

A treatment suitable for all skin types. 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.

ULTIMATE FACIAL & BODY TREATMENT 90mins RMB 1,080

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. Then enjoy a deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range, whilst rebalancing your skin, leaving it bright, supple and refreshed.

RECHARGE MASSAGE 60/90mins RMB 800/1,080

A deep tissue sports massage

To improve recovery time and alleviate muscular soreness resulting from exercise and stress. Each therapeutic massage technique is targeted to release stubborn muscle tension, aches and pain.

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**BACK MASSAGE**                                              60mins      RMB 800

Keep your respiratory tract and sinuses clear and your immune system strong with this purifying, fortifying upper body treatment. Perfect for those recovering from seasonal allergies or chest complaints or anyone who spends too much time in polluted or stuffy environments, this treatment uses inhalation and pressure point massage to open up airways and maximize effective breathing.





## Express Treatment

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**INTANT EYE REPAIR** 30mins RMB 480

Specialized massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

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**NOURISHING HAND TREATMENT** 30mins RMB 480

A deeply restorative treatment for dry, hardworking hands. Skin is left feeling supple and velvety to the touch.

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**NOURISHING FOOT TREATMENT** 30mins RMB 480

Feet and lower legs feel silky soft and deeply moisturized after the layering of rich body oil and cream.

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**AYURAVEDIC SCALP MASSAGE** 30mins RMB 480

A unique therapy to sleep and promotes a stress free mind.

This treatment is highly effective for alleviating headaches for those who have poor sleeping patterns. Heightened by soothing scalp massage and rich camellia oil that strengthens the hair follicles and adds luster to the hair.

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**BACK MASSAGE** 30mins RMB 480

This treatment uses inhalation and pressure point massage to open up airways and maximize effective breathing.



## HOW TO SPA



SPA HOURS | 10:00am – 10:00pm

**SPA RESERVATIONS** | For reservations, please log on to [waldorfastoria.com/Beijing](http://waldorfastoria.com/Beijing) or call + 86 8520 8989. A valid credit card or room number will be required to hold your reservation. Waldorf Astoria Spa is an adult facility open to both men and women aged 16 or above.

**PER-ARRIVAL INFORMATION** | It is highly recommended that you arrive 15 minutes in advance so that you can take full advantage of the spa facilities. Late arrivals will subject to a time reduction in the scheduled treatment.

**CANCELLATION POLICY** | Cancellation of and changes to appointments are accepted up to eight hours prior to treatment time without charge. Re-scheduled appointments are subject to availability. For cancellations with less than eight hours' notice and for no-shows, a 100% cancellation fee will apply.

**SPA ETIQUETTE** | To maintain the tranquil ambience of our Spa and ensure guests' enjoyment, we respectfully request that all guests turn off their mobile phones and other electronic devices.

**SPECIAL CONSIDERATIONS** | Please advise upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant, as some services may not be appropriate for you.

**PAYMENT** | All prices are quoted in CNY and are subject to 15% service charge. Prices are subject to change without prior notice.

**GROUP RESERVATIONS** | Please contact us to coordinate bookings for four or more people. A credit card guarantee and 48 hours' notice of cancellation will be required.

**Gift Certificates** | An ideal gift for your loved ones. Gift certificates are for purchase and valid for all treatments or retails home care.

**RESTRICTIONS** | The use of alcohol and smoking are strictly prohibited at our Spa.





WALDORF  
ASTORIA®

BEIJING

北京华尔道夫酒店

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