



FOUR SEASONS HOTEL
Hangzhou at West Lake

杭州西子湖四季酒店

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The SPA



五千年來，如詩如畫的西湖景色讓中國歷代帝王將相盡皆傾倒於這名山秀水所帶來的祥和境界中。

杭州西子湖四季酒店的水療中心，以昔日乾隆皇下江南，深深迷戀杭州風光的历史故事為靈感泉源，輔以嶄新的理療概念，推出一系列功效卓越的護理保健療程。

體驗昔日皇親貴族與後宮妃嬪那備受尊寵的休閒天地，尽情享受不一樣的水療旅程，酒店水療中心是您舒緩壓力、放鬆身心、煥發神采的最佳之選。

For over 5,000 years, China's great Emperors journeyed to Hangzhou to savour the calming splendor.

At Four Seasons Hotel Hangzhou at West Lake, The SPA welcomes you with rituals inspired by the 18th-century Emperor Qianlong, whose love for West Lake was legendary.

Experience the pampered world of the Emperor and his courtesans in this sleek 21st-century spa enclave, dedicated to your relaxation and revitalisation.



御品水疗

帝皇浴疗

150 分钟

专为男士设计的帝皇浴疗养生法，以古方草本精制、滋润养生的帝皇萨拉浴拉开养生序幕；随之体验野生无花果红枣全身磨砂与浑天草本蒸汽，最后以按摩油配合热石进行全面深层次按摩，达到舒缓减压，恢复活力之功效。

云裳芳露

150 分钟

阵阵花香让您陶醉在极致橙花与栀子花的幽香之中，贵妃独享花香浴后，名贵的杏仁珍珠末磨砂与贵妃白瓷和蝴蝶兰热敷裹身令全身肌肤娇嫩幼滑，私人御品草本蒸汽浴让您的肌肤更为柔嫩，配合带有独特推拿技艺的翡翠水晶按摩手法将美艳风华提升至完美无瑕的境界。

龙井翡翠春茶浴

150 分钟

在享受绿茶黑玄石足浴后，浸泡在大约六万片龙井茶叶精华的玉泉水中。当您的身体散发着淡淡茶香的时候，来一个龙井茶春花全身磨砂，配合御品茶叶热敷裹疗、以及深度解除疲劳的芳香按摩等深层护理，能促进血液循环，调节身心平衡，令您由内而外散发活力神采。

SIGNATURE RITUALS

Emperor's Ritual

150 minutes

This Emperor health and wellness ritual is specially designed for men. It begins with the Emperor's Sala Bath enriched with barley milk to sooth the skin. Afterwards your body is exfoliated with a dry scrub of wild figs and red dates, followed by the private steam room. To end your ritual, the fusion massage uses heated stones to remove any remaining stress and tension.

Imperial Consorts Ritual

150 minutes

Begin this delightfully scented journey with a perfumed bath of orange blossoms and gardenia. Afterwards a body scrub and wrap using crushed pearls, almonds and white china clay exfoliates and nourishes your skin. Continue with the private steam to detoxify and re-energize the body, and finally experience Jade and Crystal massage with traditional Tui Na techniques to releases stagnations.

Dragon Well Tea and Jade Spring Ritual

150 minutes

This ritual begins with a green tea and black stone foot wash, followed by a bath infused with the concentration of about 60,000 dragon well tea leaves. Your skin is exfoliated with a dragon well tea scrub, and afterwards, nourished with a warming imperial tea wrap. The ritual finishes with a relaxing aroma massage, using oil infused herbal concentrate to boost circulation and restore a natural state of equilibrium.





帝王四季之选

创作灵感启迪自清代宫廷画家陈枚于公元 1738 年绘画的稀世作品：十二金叶画册，其画工精美绝伦，生动描绘出乾隆皇帝一年四季丰富多彩的宫闱生活。帝王四季之选是根据不同节令而设计的奢华浴疗项目，适用于男士和女士宾客。

春花香凝

120 分钟

繁花似锦的春日为芬芳浴疗揭开序幕。享受帝王式的春日香花浴后，采用清幽脱俗的睡莲和嫩丽华贵的芍药花精华冲擦全身，选择您喜欢的按摩手法进行全身按摩，陶醉在淡淡花香的清新境界之中。

夏莲碧玉

120 分钟

在荷香飘逸的翡翠莲花贵妃浴中迎接盛夏的来临，以莲子和翡翠粉末做身体磨砂，深层洁肤，让身体能量得以恢复。最后在悉心调配的香熏精华油中感受刚柔并进的全身按摩，为您带来全新冰晶体验。

秋月菊香

120 分钟

享受如皇帝般浸沐在溢满芬芳菊香的浴池之中，珍珠末磨砂，使肌肤回复细致光亮；再引用古代传统气功的吐纳归息原理，配合按摩师牵引拉伸的古法太极按摩技巧，在自然韵律中舒展肢体，达致平衡身心，恢复元气的功效。

冬梅灯影

120 分钟

在白雪皑皑的冬天为您送上丝丝暖意，以梅花配上冬蒿的香熏浴疗为开端，梅花混合米酒对全身作轻柔磨砂助您修复肌肉疲劳、促进新陈代谢，最后选择您喜欢的按摩手法进行全身按摩，令肌肤回复娇媚美态。

THE EMPEROR'S SEASONAL PURSUIT OF PLEASURES

This quartet of rituals was inspired by a series of twelve paintings, created in 1738, depicting the Emperor Qianlong's various seasonal activities within the palace walls. Designed for both men and women, these rituals may be enjoyed all year round – on their own or in combination with other treatments.

SPRING Water Lily & Peony

120 minutes

This ritual moisturises and softens. Step into a refreshing spring bath, before you experience the water lily and peony body scrub. Finally enjoy your preferred type of massage.

SUMMER Jade & Lotus

120 minutes

A refreshing cool down on hot, humid days. Lie back in a summer bath of jade and lotus blossoms, enjoying the jade and crystal massage to stretch and release.

AUTUMN Moon & Chrysanthemum

120 minutes

Start this ritual in the emperor's moon bath. Lie back and relax as your skin is polished with signature scrubs, and using ancient Qigong massage techniques, the moonlight tide massage lifts your spirits and soothes your soul.

WINTER Lanterns & Plum Blossoms

120 minutes

Warm up on a cold day with this stimulating ritual. Slip into a warm bath, afterwards your body is rubbed smooth with scrub to soften and smooth skin. Finally enjoy your choice of massage.

专业脸部护理

杭州是盛产莲花的宝地；出污泥而不染的莲花别名芙蓉花，象征纯洁高雅。莲花精华粉属名贵珍品，具有美容、调养等功效；因其蕴含丰富的活性蛋白酶，可促进皮肤的吸收能力，加速细胞新陈代谢，从而显得年轻有活力。

恒美芙蓉

120 分钟

选用上乘的莲花和珍珠粉末配以尊贵的鱼子精华护理，让您的面部与胸部肌肤恢复弹性，淡雅幽香的莲花精华为您带来全面放松，平衡身心的舒适新感受。
家居护理建议：芙乐丝基础护理系列

芙蓉之旅

120 分钟

感受由莲花精华带给您面部与身体肌肤和谐全面调理的奢华旅程。
极致舒展柔和的莲花按摩为您每一寸肌肤带来由内而外的放松，面部恢复青春再现的效果。
家居护理建议：修身紧肤凝胶/莹润身体乳霜

出水芙蓉

60/90 分钟

快速并高效的面部浓缩护理，天然莲花精华瞬间重现肌肤能量，极速滋养，让肌肤水嫩散发迷人光彩。最适合出席宴会前享用。
家居护理建议：奢华精华液

附加配套护理

尊贵鱼子精华面膜

30/40 分钟

鱼子精华面膜迅速抚平皱纹、滋润保湿，有效舒缓因敏感或强烈紫外光照射而受损的皮肤，达至收紧塑容的功效。

FACIAL TREATMENTS

As symbols of timeless beauty, the lotus flowers grow abundantly in Hangzhou. Come and experience the benefits of the precious lotus extract, known for its ability to repair damaged skin and restore the complexion to a youthful appearance.

Eternal Beauty of the Lotus

120 minutes

This treatment uses the most luxurious ingredients of lotus regeneration pearls and deluxe caviar to stimulate collagen formation, and to rehydrate the skin around your face and bust to reveal a more youthful and flawless complexion.
Homecare recommendation:
Futuresse Essential Skincare Range

Indulgent Journey of the Lotus

120 minutes

Experience an indulgent lotus journey for the face and body. A deluxe lotus nourishes your skin while the aromatic massage stimulates and detoxifies the body.
Homecare recommendation:
Firming Body Gel/Rich Body Cream

First Taste of the Lotus

60/90minutes

Using powerful anti-aging lotus extracts, this express and intensive facial results in an instantly brighter, firmer and radiant appearance, which makes it the perfect treatment before a special event.
Homecare recommendation:
Deluxe Treasure Concentrate

TREATMENT ENHANCEMENTS

Luxury Caviar Treatment

30/40 minutes

This treatment features a caviar mask that visibly firms the skin and smoothes fine lines and wrinkles. It is effective on sensitive or sun-stressed skin giving a radiant glow.

附加配套护理

奢华眼部护理

15 分钟

以莲花精华素轻柔按摩眼睛四周，令双眸得到深度舒缓，击溃眼部疲劳，强力补水并减少眼部皱纹和细纹。

附加配套护理

奢华美胸体验

30 分钟

保持胸部坚挺丰满，发挥天然承托功效，增强弹性，玲珑美态。

TREATMENT ENHANCEMENTS

Luxury Eye Treatment

15 minutes

Using lotus extracts and lifting massage techniques, this treatments seeks to reduce fine lines and wrinkles around the eye area.

TREATMENT ENHANCEMENTS

Luxury Bust Treatment

30 minutes

This treatment enhances skin elasticity and vitality for instantly lifting and firming results.





面部深层护理

透彻的面部深层呵护，男女宾客均适合体验。

抗皱修复护理

75 分钟

此款为高效的修复抗衰老面部疗程，结合各种天然植物精华提取物及具有抗炎性能的石榴和玫瑰果油的精油刺激肌肤胶原蛋白的形成，锁紧和提升皮肤紧实度，让面部肌肤重现活力。
家居护理建议：夜间修护面膜/抚肌面部精油

深层补水护理

60 分钟

选用适合的保湿精油，利用中西结合的按摩手法，将精油渗透至深层肌肤，让面部皮肤充分补水，恢复光泽柔软。
家居护理建议：玫瑰爽肤水

深层清洁护理

60 分钟

完善油性和混合性皮肤得以平衡的面部护理，有效控制与维持肌肤的水油分泌与平衡。在深层清洁，去除老化角质层与面部按摩后，再配合深层矿物洁肤面膜，使您精神充沛，容光焕发。
家居护理建议：修复爽肤水

INTENSIVE FACIALS

These intensive facials deliver superior results and are suitable for both women and men.

Anti-aging Facial

75 minutes

This age repair treatment uses natural herbal oils with anti-inflammatory effects to stimulate collagen formation for a firmer and tighter complexion.
Homecare recommendation:
Overnight Repair Mask/Fine Line Face Oil

Hydrating Intensive

60 minutes

Hydrating essential oils combined with traditional and modern fusion massage techniques leaves your complexion vibrant and nourished.
Homecare recommendation:
Rose Radiance Rose Skin Tonic

Purifying Intensive

60 minutes

A purifying facial targeted for oily and combination skin. The skin is treated with a deep cleansing mask to restore balance and results in a visibly brighter and radiant complexion.
Homecare recommendation:
Refining Skin Tonic



身体按摩

在四季专业按摩师的一双巧手下，卸下一切心灵疲惫，获得全身心的放松。

热石体验

75/90 分钟

调节合适的按摩力度配合热石以达到缓解紧张情绪、放松肌肉和促进血液循环之功效。
家居护理建议：玫瑰和橙花按摩油

月盈按摩

75/90 分钟

以柔和按压为开端，以传统气功之柔沉的渗透按摩技巧，让身心得以平静与舒展，达到提精聚神之功效。
家居护理建议：秋月汐潮按摩油

翡翠水晶按摩

75/90 分钟

配合传统推拿技术以及伸展动作，使身心平衡。穴位指压和特定区域按摩旨在放松紧张的肌体，缓解疲劳。
家居护理建议：莲花和翡翠按摩油

芳疗体验

75/90 分钟

瑞典式按摩和针对神经肌肉的按摩，两者相结合为您缓解匮乏的身体机能，有效促进淋巴排毒与血液循环，刺激新陈代谢，缓解身体的紧张状态。
家居护理建议：明焕晨晓沐浴油

BODY MASSAGE

Surrender your body to a great selection of enlivening treatments that will help you release stress and restore health and vitality.

Fusion Massage

75/90 minutes

Using hotstones to reduce tension, massage techniques to stimulate circulation, and signature blended oils to instill deep relaxation, this fusion massage works as a stress-relieving therapy.
Homecare recommendation:
Imperial Rose & Orange Blossom Massage Oil

Moonlight Tide Massage

75/90 minutes

Combining long calming strokes and classic qigong movements, this massage seeks to improve energy and vitality.
Homecare recommendation:
Moonlight Tide Massage Oil

Jade and Crystal Massage

75/90 minutes

Using traditional Tui Na bodywork techniques combined with stretching movements, this massage is designed to address deep-seated tension and stiffness in specific areas.
Homecare recommendation:
Lotus Blossom & Jade Massage Oil

Aromatherapy Experience

75/90 minutes

Using signature blended oils, this Swedish massage combines light to medium pressure to help calm the nervous system and improve sleep.
Homecare recommendation:
Revive Morning Bath & Shower Oil





身体按摩

舒压理疗

75/90 分钟

专为紧绷、酸痛肌肉而设计。配合拉伸、消除水肿和肌肉组织按摩，深层缓解肌肉酸痛，恢复身体活力。

家居护理建议：舒缓舒肌/怡神沐浴油

固本培元按摩

75/90 分钟

长途旅程令人心身疲惫，这项疗程能让您迅速复原。专业技师以娴熟的按摩手法帮助体内气血运行，调理身体时钟，让您在最短的时间内减轻因时差影响的身体负担。

家居护理建议：晚间舒缓沐浴油

足底穴位按摩

60/90 分钟

穴位按摩是传统的足底疗法，通过刺激足底反射区，令全身经脉通畅，松弛神经，促进血液循环，达到温煦脏腑之功效。

家居护理建议：尊宠磨砂膏/舒和呼吸纯香精油

附加配套

足部护理

30 分钟

在浸足和足部去死皮之后，针对足部穴位进行精油按摩，舒缓脚部肌肉肿胀，放松酸痛紧绷的小腿和脚踝，让您的双脚得到充分的呵护。

BODY MASSAGE

De-stress Muscle Release

75/90 minutes

A powerful massage that combines pressure-point work using firm long strokes to release muscle tension and alleviate fatigue.

Homecare recommendation:

De-Stress Muscle or Mind Bath and Shower Oil

Jet Lag Retreat

75/90 minutes

Long-distance travel is both physically and mentally exhausting. This treatment aims to help you fully recover and invigorate.

Homecare recommendation:

Light or Deep Relax Bath & Shower Oil

Reflexology

60/90 minutes

Reflexology is a natural healing art that relieves tension and increases energy flow through gentle stimulation of acupressure points in the feet to achieve an overall balancing effect on the body.

Homecare recommendation:

Imperial Body Scrub /Breath Essential Oil

ENHANCEMENTS

Foot Reviver

30 minutes

A soak and scrub is followed by a foot massage using reviving essential oils to ease swollen legs and ankles, leaving you refreshed and energized.



完美身体护理系列

让您的身体彻底洁净和滋润，达到全身心彻底放松的享受。男女宾客均适合体验。

全身磨砂

采用纯天然材料的完美搭配进行身体磨砂，全面去除死皮及老化细胞，有效提升肌肤的柔韧度，达到排毒之功效。

龙井翡翠春花磨砂

30 分钟

绿茶充分的抗氧化功效使您的肌肤去除老化角质之余更充分获得水分和滋养，达到身体肌肤水油平衡和再生。

杏仁珍珠粉磨砂

30 分钟

钟爱大颗粒状磨砂产品人士的最佳选择。杏仁与珍珠粉的搭配令全身滋润，珍珠粉更可提升肌肤光泽度。

裹身疗法

裹身理疗是全身磨砂以后的最佳搭配，身体肌肤能有效地吸收各种营养成分，令皮肤呈现粉嫩柔和的质感。

贵妃白瓷蝴蝶兰热敷

75 分钟

让肌肤呈现晶莹剔透的光泽，有镇静神经之功效。

龙井翡翠春茶热敷

75 分钟

蕴含丰富茶多酚的龙井春茶磨砂，有效平衡皮肤油脂分泌，消炎，保湿，让肌肤回复最佳健康状态，淡淡茶香萦绕周身。

BODY TREATMENT

These body treatments encourage detoxification and help improve health and beauty. Suitable for both men and women.

BODY SCRUBS

Body scrubs contains natural ingredients that provides a complete exfoliation to improving your skin's tone and texture.

Dragon Well Tea Spring Blossom Body Scrub 30 minutes

Delivering the antioxidant effects of green tea, this scrub leaves you with improved circulation and rehydrated skin.

Almond and Crushed Pearl Body Scrub 30 minutes

A "rougher" scrub ideal for deeper cleansing and detoxification. This treatment includes almond and crushed pearl to moisturize, and mother of pearl for a gentle shimmery effect on the skin.

BODY WRAPS

Ideal after a scrub, body wraps enhances the absorption of essences, leaving your skin soft and powdery smooth to the touch.

Concubine's White China Clay and Moon Orchid Body Wrap 75 minutes

Lightens and brightens the skin, this wrap also has a calm and cooling effect.

Dragon Well Tea Wrap 75 minutes

This wrap effectively balances oil secretion along with an anti-inflammatory and hydrating effect.





宫廷水疗

蒸汽和温水浴让人感觉彻底放松。整个过程中，您可以充分体验高温水疗的魔力；它可以帮助您放松肌肉，舒缓身心郁结，排除身体内的毒素和杂质。

蒸汽浴体验

每间芳疗室配备单独的蒸汽房，在柔和灯光下进行光疗，温泉蒸汽混合草本香气让您身心松弛，焕发生命神采。

HYDROTHERAPY

Feel the deep relaxing benefits of hot steam and warm baths. In these hydrotherapy journeys, the heat works its natural magic by releasing the muscles and calming the body – helping to remove toxins and impurities.

STEAM EXPERIENCES

All rooms include a private steam room, with gentle lighting for colour therapy. Relax in the soothing steam heat, fragranced with aromatic essence that relax and rejuvenate.

宫廷式香薰蒸汽浴

30 分钟

感受充满混合香气的蒸汽浴，让您仿如置身宁静祥和的世外桃源，令人心旷神怡。

Imperial Aromatic Private Steam

30 minutes

Find tranquility in an aromatic heaven. Deepen to soothe and enrich body, mind and spirit.

泡浴体验

在私人芳疗室里，浸泡在注满热水的宽大浴缸中，水中调配的成分包括花瓣、药草和珍贵茶叶精华，享受万千宠爱的沐浴体验。

BATH EXPERIENCES

In your private treatment room, immerse yourself in the oversized square tub and savour the benefits of warmed water and custom blends of flowers, herbs and precious teas.

龙井翡翠春茶浴

30 分钟

以含有六万片龙井茶叶精华作泡浴，让身体充分吸收绿茶产生的抗氧化功能，达到深层滋润和镇静神经的效果。

60,000 Tea Leaves and Jade Spring Bath

30 minutes

Deeply soothing and calming, this skin-renewing bath highlights the antioxidant benefits of green tea leaves while celebrating imperial tradition.

栀子花香浴

30 分钟

有机矿物水晶浴盐，配合橙花油、晚香玉和鸡蛋花香料制成的浴疗香油，有效滋润皮肤、解除焦虑、回复元气。

Orange Blossom and Gardenia Perfumed Water Bath

30 minutes

Nourishing to the skin, this bath relaxes tired muscles and relieves anxiety. Organic minerals and crystal sea salt are enriched by neroli, tube rose and frangipani.

莲花牛奶浴

30 分钟

牛奶及乳素综合物配合莲花萃取物和夏威夷果仁油帮助净化皮肤，滋润及促进新陈代谢，使身体皮肤柔嫩，富有生命力。

Lotus Milk Bath

30 minutes

The lotus extract and macadamia nut oil in skimmed milk powder that helps purify and nourish the skin, leaving your skin renewed and vital.

水疗中心指南

预约

为了保证您在特定的时间享受水疗服务，我们建议您提前预约所需疗程。您可以选择亲自前往、电话预约、传真或是电子邮件等预约方式。

准时

建议您比预约时间提前十五分钟到达水疗中心，以确保您拥有足够的时间登记和更衣。为保证下一位宾客的服务，如果您迟到，我们将不能保证您完整的理疗时间。

SPA GUIDELINES

RESERVATIONS

We recommend that you reserve all spa treatments in advance to ensure the availability of your preferred times. Reservations may be made in person, by phone, fax or e-mail.

PUNCTUALITY

We suggest you arrive at least 15 minutes prior to your scheduled appointment. This allows you sufficient time to check in and change. Please be reminded that late arrival will not guarantee your full treatment time, in courtesy to the next guest.

取消预约

您所约定的理疗时间是专门为您个人定制的。如果您无法到达，请在预约时间的前三个小时取消或更改预约时间，否则我们将收取100%的取消费用。付款方式：下榻杭州西子湖四季酒店的宾客可以将在水疗中心的消费一并计入酒店住宿费。非住店客人可以通过现金或信用卡的方式来支付。理疗价格需收取15%服务费，以人民币计算，小费不包含在服务费之内。

礼品卡

包装精美的四季酒店礼品卡备有各种面值，适用于水疗中心内的任何疗程。请查询购买详情。

年龄限制

我们欢迎12至18岁的青少年宾客在父母或其它成年人的陪同下享用水疗服务。

特殊要求

您可以指定某位理疗师或者要求特定性别的理疗师为您服务，我们会尽量满足您的需求。如果您需要调整理疗力度、音乐音量大小或者房间温度等，请及时通知我们。

身体状况

请告知我们您需要的任何特殊关照，例如怀孕、过敏等等。我们不建议您在理疗之前、理疗进行中以及理疗结束后立即服用酒精饮品。

着装

大多数疗程是不需要着装的。四季酒店的理疗师团队非常专业，我们会保证您理疗过程的舒适以及隐私；如果需要我们会提供浴袍、拖鞋和一次性内裤。

规范

为确保每一位宾客都能宁静安逸地享受本中心的一切服务，请您关掉手机以及其它通讯设备，请勿吸烟。

GIFT CERTIFICATES

Four Seasons gift certificates are beautifully packaged and are available for any spa treatment and in any denomination. Please enquire about delivery options.

AGE RANGE

Guests from 12 to 18 years of age are welcome to enjoy spa treatments when accompanied by a parent or other adult.

SPECIAL REQUESTS

You may request a specific therapist or gender, and every effort will be made to accommodate your preference. Please let us know if we can adjust the pressure of your treatment, music volume, room temperature, etc.

MEDICAL CONDITIONS

Kindly inform us of any special needs that may require attention, such as pregnancy, allergies or sensitivities. Alcohol is not recommended before, during or immediately following your treatments.

ATTIRE

Most treatments are enjoyed without clothing. Four Seasons therapists are skilled in draping procedures to ensure your comfort and privacy. Undergarments may be worn if you wish. Robes, slippers and disposable underwear are available.

SPA ETIQUETTE

The spa provides a tranquil, stress-reducing experience. As a courtesy to other guests, please turn off your mobile phone and any other mobile devices. Please also refrain from smoking.



