

## THE PENINSULA

S H A N G H A I

上海半岛酒店

The Peninsula Shanghai Waitan Hotel Co., Ltd.

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## THE PENINSULA

SPA & WELLNESS CENTRE

半岛水疗及康体中心

THE PENINSULA SHANGHAI

*The Peninsula Shanghai is an exquisite destination stunningly located on The Bund, reflecting its irrepressible charm onto the Huangpu River. Experience timeless and unique Spa ceremonies that unite the elegance and grandeur of Shanghai's Art Deco past, depicted in a luxurious environment as the perfect city retreat that it is today at The Spa at The Peninsula.*

*The Peninsula SPA has created a collection of eclectic bespoke treatments, Spa-inspired by European, Chinese and Ayurvedic philosophies for an entirely new, holistic experience. Together with the internationally acclaimed spa product range the exceptionally natural, high quality skincare products; anti stressing aromatherapy oils; revitalising seaweeds and cleansing muds, help restore energy levels, tranquillity and balance.*





Developed by the LVMH group in France, CHA LING cosmetics harness the power of premium pu'er tea from the subtropical landscape of southwestern Yunnan province. Renowned for its perfect balance of traditional Chinese therapies and French-inspired treatments and cosmetics, CHA LING offers a unique opportunity for the Spa to further enhance its key propositions.



Founder and creator of Margy's Monte Carlo, Margie Lombard is a world-renowned Swiss beauty expert with more than 40 years' experience in skincare. Margy's Monte Carlo products feature revolutionary ingredients made in Margie's exclusive laboratory in the heart of the Swiss mountains. The luxurious skincare range combined with her advanced therapy techniques deliver enviable results.



Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing.

The brand was founded in 1993 by Farida Irani in Sydney, Australia as a clinic of natural therapies. The clinic was designed to address a complex range of health concerns with a variety of modalities offered. This background underpins the cutting-edge clinical research and development of the Subtle Energies brand allowing authentic pioneering formulas and treatments to be developed.

Subtle Energies' Spa Concept provides treatment programs that combine the optimum methods and knowledge found in these respected ancient sciences, with holistic modern techniques.



# VOYA

The award-winning Irish brand VOYA creates genuinely organic, seaweed-based products based on the highest quality botanical ingredients and aromatherapy oils. VOYA brings the restorative and healing powers from the sea, utilising the minerals and vitamins from seaweed to have pronounced anti-ageing, skin conditioning, repairing and grounding effects on the mind, body and soul.

**OPENING HOURS**  
10:00 am to 10:00 pm

**ARRIVAL TIME**  
You are encouraged to arrive 60 minutes prior to your appointment to enjoy the exclusive facilities at The Spa. Please be advised that late arrivals will result in a reduction of treatment time.

**THERMAL SUITE**  
Enjoy the luxurious range of heat and cooling experiences which cleanse, relax and soothe, preparing mind and body for the treatment experience to follow. These include separate facilities for female and male guests:

- Steam Room
- Lifestyle Shower
- Ice Fountain
- Sauna
- Separate Male and Female Relaxation Area
- Separate Male and Female Changing Room

**SPA TREATMENTS**  
The specialised treatments care for your every need from advanced facials, hot stone therapy, Ayurvedic and Chinese influenced treatments, essential body massage, envelopments and specific Signature Peninsula Ceremonies to Half-Day and Full-Day Spa Journeys.

## H O W T O S P A

All treatments include the use of The Spa facilities; the Asian Tea Lounge, Thermal Suite and Relaxation Areas. Bookings must be guaranteed with a credit card.

**PRIVATE SPA SUITE**  
For the ultimate Spa experience, upgrade your treatment journey to take place in our Private Spa for Two. Please refer to the Half-Day and Full-Day Spa Journeys section for details.

**SCHEDULING AN APPOINTMENT**  
To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice. Hotel guests, please dial ext. 6864 on your room telephone. From outside the Hotel please call +86 (21) 2327 6599.

To ensure your preferred time and service is available, we recommend advance booking.

#### SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guests' right to privacy and serenity. In light of this, The Spa is a mobile phone and smoke free zone.

The thermal suite facilities are separate for male and female guests therefore the use of swimwear is optional.

We would like to invite hotel guests to arrive at the Spa wearing the robe and slippers provided in their hotel room, and would advise that valuables are left in the safe in your room.

The Spa will provide towels, slippers, and all amenities required for use during your visit.

The minimum age of 16 is required for access and treatments at The Spa.

#### HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

#### PREGNANCY

We have specially designed treatments for expectant women and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

#### CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

#### GIFT CERTIFICATES

Gift certificates are available - an ideal present for someone special. Please contact The Peninsula Spa for details.

#### HOMECARE

To continue your Spa regime and experience at home, all products used in our treatments are available for purchase from the Spa Reception.

#### PRICES

All prices are quoted in Renminbi (RMB) and are subject to 16.6% surcharge.

Prices are subject to change without prior notice.

In case of any dispute, the hotel reserves the right to make the final decision.



请扫描二维码以获得价目表  
Please scan the QR code to access the spa menu