



THE ART OF NATURAL THERAPY

THANN SANCTUARY

<https://thannsanctuary.com.hk>



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THANN SANCTUARY

Voted as one of the Top 55 Best Spas in the world by Condé Nast Traveler magazine, THANN Sanctuary, an oasis of peace and tranquility, offers a wide range of spa treatments based on THANN's art of natural therapy. From the moment you step into THANN Sanctuary, all senses will be awakened by our unique holistic spa concept and ambience. The use of warm grey color, soothing light and specially designed furniture includes calm and tranquility in contrast to the hectic city life outside. All therapists are certified with extensive knowledge on anatomy, aromatherapy and massage techniques. The holistic treatment approach aims to help you re-discovering inner physical and mental wellness. At THANN Sanctuary, simply close your eyes, relax in the hands of our therapists, and enjoy moment of relaxation.

THANN Sanctuary 被國際旅遊權威雜誌 Condé Nast Traveler 選為全球55間最佳 SPA 之一。THANN Sanctuary 以品牌獨特的天然療法創製出一系列效果超卓的護理項目，令您從繁囂都市中舒一口氣，猶如置身鬧市中的綠洲，消除日常生活的壓力和緊張；洗滌身心煩惱，使身心釋放並得到平靜。

THANN Sanctuary 引進純正的 SPA 療程，全採用 THANN 純天然的 SPA 護理產品，芳療師更具有專業資格，擁有多年豐富經驗和技術，全由泰國 THANN Sanctuary 細心挑選出來，使您的身體、心靈及情緒完全放鬆，享受不一樣的 SPA 療程。

走進 THANN Sanctuary，就如進入恬靜舒適的國度。獨一無二的 SPA 概念及氣氛能喚醒您的五感。您會被陣陣清香的環境下，達到全然放鬆的心情。配合簡約獨特設計的裝飾擺設、顏色配置及輕柔的燈光，營造平靜和安寧的氣氛，讓您放鬆身心如回歸大自然一樣地享受。

SPECIAL TREATMENT PACKAGES | 優惠組合療程

ORIENTAL RESPITE | 東方活力

105mins HK\$1,380

- ◆ Body Massage 身體按摩[#] ◆ Foot Massage 足部SPA*

(Original \$ 1,580)

BALANCING | 身心平衡

120mins HK\$1,500

- ◆ Body Massage 身體按摩[#] ◆ Facial Treatment 面部護理⁺

(Original \$ 1,680)

BODY BLISS | 極樂之旅

150mins HK\$1,800

- ◆ Body Scrub 身體磨砂 ◆ Body Massage 身體按摩[#]

(Original \$ 2,060)

ESSENCE OF THANN SANCTUARY | THANN SANCTUARY 尊貴水療

180mins HK\$2,100

- ◆ Body Scrub 身體磨砂 ◆ Body Massage 身體按摩[#] ◆ Facial Treatment 面部護理⁺

(Original \$ 2,460)

[#] THANN Aroma Massage or Swedish Massage 60mins | THANN 芳香按摩或瑞典式 SPA 60分鐘

[▲] THANN Aroma Massage or Swedish Massage 90mins | THANN 芳香按摩或瑞典式 SPA 90分鐘

⁺ Purifying Facial 60mins | 面部淨化療程 60分鐘

^{*}Foot Massage 45mins | 足部 SPA 45分鐘



BODY SCRUB | 身體磨砂

AROMATIC SALT SCRUB | 天然芳香去角質護理

60mins HK\$780

A relaxing 15 minute steam prepares your skin for our detoxifying body scrub that combines moisture from rice bran oil, exfoliating sea salt and the healing properties of essential oils.

先進行15分鐘的蒸汽浴。根據肌膚狀況，使用去角質霜能有效促進血液循環。含豐富的米糠油具有滋潤、保濕的功效；去角質海鹽蘊含多種精油，能溫和地去除角質的同時亦能為肌膚保濕。

BODY THERAPY | 身體護理

SIGNATURE MASSAGE | 特色經典按摩

90mins HK\$1,280

A deep tissue treatment, using firm palm, thumb and forearm pressure to relieve and heal muscular aches and pains. Employing a blend of Thai and other Asian healing techniques combined with your choice of THANN Bath & Massage Oil to help induce relaxation and ease away tension. This rejuvenating massage treatment is recommended for active people or after any sports activity.

經驗豐富的泰國芳療師會使用閣下挑選的THANN系列按摩油，以混合治療手法，運用掌心、拇指和前臂的按壓為身體進行深層按摩，能有效舒緩肩膀疲勞、腰酸背痛或運動後造成的肌肉繃緊。

THANN AROMA MASSAGE | THANN 芳香按摩

60mins HK\$980 | 90mins HK\$1,280

This light to medium pressure massage combines the healing properties of essential oils and nourishing Bath & Massage Oil to help lift your spirits, soothe your mind and relax your body. This very soothing treatment will still have its effect for a few days whilst the oil is allowed to deeply penetrate the skin for a few hours.

芳香療師會使用芳香按摩油慢慢地由淺到深層力度按摩，讓您的身心徹底放鬆減壓，鬆弛神經及有助改善睡眠質素。療程後幾天仍能感到身體得到放鬆及舒緩。



太極熱石SPA

90mins HK\$1,480

This unique treatment begins with placing THANN Healing Crystals on seven chakras from the crown of the head to the base of the spine. Chakras are energy centers which correlate with the glands of the endocrine system. Hot stones are then used in this medium to firm pressure massage to help release tension and toxins. Black onyx absorbs negative energy from the physical body while the white howlite calms the mental state. This remarkably relaxing treatment helps bring the body, mind and spirit in beautiful harmony.

先運用七色水晶針對七輪(管理內分泌系統的能量中心)來進行,然後利用太極熱石放置到穴位上,再配合柔和的按摩,打通阻塞的能量,能舒緩筋骨神經。黑色瑪瑙石可吸收身體內的負能量,而白色瑪瑙石可鎮定及放鬆精神,同時舒緩肌肉酸痛,幫助身體恢復最佳狀態。

◆ Please provide at least 24 hours notice for registration

敬請於最少24小時前進行預約

ABHYANGA (AYURVEDIC BODY MASSAGE) | ABHYANGA 古印度按摩

75mins HK\$1,280

This 60 minute light/medium/or firm massage is based on traditional Indian Ayurvedic concepts which utilize friction, kneading, rubbing and marma (vital energy points) massage to help bring the body to its natural state. These movements combined with warm THANN Bath & Massage Oil (scent of your choice) followed by a 15 minute steam will help to release Ama (toxins), improve Agni (digestive fire) as well as relieve stress and tension.

以傳統印度希羅達拉的按摩法,集中利用輕觸及揉捏的方式,幫助身體達到神經系統的深層放鬆。芳療師會用您所挑選的THANN按摩油進行溫和的按摩,可幫助排毒、改善疲倦、促進血液循環、加強免疫系統及促進再生能力。按摩結束後,進行15分鐘的蒸汽浴能有助釋放毒素,徹底除去煩擾及壓力。

SWEDISH MASSAGE | 瑞典式SPA

60mins HK\$980

| 90mins HK\$1,280

This well-known treatment utilizes light/medium/or firm pressure to help relieve the build-up of tension that causes stiff muscles and poor circulation. Friction, kneading and hacking techniques are utilized along with our "scentational" Bath & Massage Oil to help bring the body to a more relaxed state leaving you better able to cope with the stress of everyday life.

利用輕度至深層的按壓技巧,幫助因緊張或疲累而導致血液循環欠佳及肌肉酸痛。使用THANN沐浴按摩油進行按摩,能徹底釋放長期累積的生活壓力及疲累。特別針對容易疲累的問題,並紓解背部及四肢疼痛。



SALT THERAPY WITH FOOT SCRUB AND FOOT MASSAGE | 足部SPA鹽療法

45mins HK\$600

Salt therapy delivers the same health benefits as nasal irrigation using saline. It relieves symptoms associated with allergies, colds or flu. When 1-5 micron fined salt is inhaled, it travels through respiratory tract cleansing contaminants and bacteria.

鹽療法與使用鹽水進行鼻腔沖洗具有相同的健康功效，透過吸入室內鹽穴的空氣以改善呼吸及減壓的自然療法。吸入充滿鹽微粒(1-5 微米)的空氣後，它能通過呼吸道從而清潔污染物及細菌。

BENEFITS | 功效

- ◆ Improves respiratory conditions such as asthma, allergies and sinus congestion
改善呼吸系統如哮喘、過敏及鼻竇腫脹
- ◆ Reduces stress and headaches, increases energy and better sleep patterns
煥發活力，減少壓力和頭痛並改善睡眠質素
- ◆ Improves lung function and strengthens immune system
改善肺部功能並增強免疫系統

This traditional treatment helps to soothe tired feet and legs and induce deep relaxation. Feet are treated to a smoothing THANN Sea Salt bath and an exfoliating scrub with rice bran and THANN Eden Breeze Body Scrub. The combination of massage and reflexology makes this a real treat for the feet. Based on ancient Chinese philosophy the feet contain reflex points connected to the organs and glands of the body

足部SPA以傳統的治療方法，有助舒緩疲憊的腳部，達到深層放鬆。清潔同時恢復肌膚的光澤度，配合足底按摩施以按壓，能刺激血液循環，及舒緩腳部壓力。



SALT THERAPY WITH HEAD,NECK,BACK,FOOT SCRUB AND FOOT MASSAGE

60mins HK\$850

頭頸背部SPA及足部SPA鹽療法

Salt therapy delivers the same health benefits as nasal irrigation using saline. It relieves symptoms associated with allergies, colds or flu. When 1-5 micron fined salt is inhaled, it travels through respiratory tract cleansing contaminants and bacteria.

鹽療法與使用鹽水進行鼻腔沖洗具有相同的健康功效，透過吸入室內鹽穴的空氣以改善呼吸及減壓的自然療法。吸入充滿鹽微粒(1-5微米)的空氣後，它能通過呼吸道從而清潔污染物及細菌。

BENEFITS | 功效

- ◆ Improves respiratory conditions such as asthma, allergies and sinus congestion
改善呼吸系統如哮喘、過敏及鼻竇腫脹
- ◆ Reduces stress and headaches, increases energy and better sleep patterns
煥發活力，減少壓力和頭痛並改善睡眠質素
- ◆ Improves lung function and strengthens immune system
改善肺功能並增強免疫系統

HEAD, NECK & BACK MASSAGE | 頭頸背部SPA：

This medium to firm pressure massage is designed to focus on the stressed muscles in particular areas of the back, shoulders, neck and head. By loosening up the tight muscles caused by busy modern lifestyles, this treatment will improve circulation, induce deep relaxation and ease away chronic muscular aches and pain.

特別集中於背部、頸和肩膀的範圍。能消除繁忙工作生活所造成的肌肉緊繃和酸痛，達到深度放鬆並有助改善血液循環。

FOOT SCRUB AND FOOT MASSAGE | 足部SPA：

This traditional treatment helps to soothe tired feet and legs and induce deep relaxation. Feet are treated to a soothing THANN Sea Salt bath and an exfoliating scrub with rice bran and THANN Eden Breeze Body Scrub. The combination of massage and reflexology makes this a real treat for the feet. Based on ancient Chinese philosophy, the feet contain reflex points connected to the organs and glands of the body. This very effective massage should be done at least three times a week to maintain a healthy mind and body.

傳統的治療方法，有助舒緩疲憊的腳部，達到深層放鬆。體驗深層清潔且恢復光澤的肌膚，能刺激血液循環。配合足底按摩施以按壓，舒緩腳部的壓力。



☐ ADDITIONAL ITEMS | 附加項目 *

THAI HERBAL COMPRESS | 泰式草球按摩 60mins HK\$900

Herbal Compress induces deep relaxation, relieves stress and fatigue, boosts both emotional and physical well-being, assists alignment and postural integrity of the body, improves circulation of blood and lymph and stimulates the internal organs.

泰式草球按摩利用天然香草製成具治療效用的古法草藥球，其獨特的草藥芳香透過溫熱的搓揉把草藥精華滲入肌肉底層，能增加血液循環並除去濕氣和改善手腳冰冷的情況。

- ◆ Enjoy Thai Herbal Compress with any body treatment (except Abhyanga and Healing Stone)
泰式草球按摩只可附加於按摩療程 (古印度及熱石除外)

STEAM BATH | 蒸汽浴 30mins HK\$500

Steam bath will definitely give you a soothing and relaxing effect and relieve various forms of stress.

蒸氣浴能有助釋放毒素，徹底舒緩和釋放各種壓力。

TIME EXTENSION | 額外時間 30mins HK\$500

OVERTIME FEE | 超時費用 30mins HK\$500

* 'Other Items' need to be used in conjunction with any treatments * 其他項目不能單獨購買，必須連同療程一併使用

☐ SPA VOUCHERS | SPA 禮券

CASH VOUCHERS | 現金禮券 HK\$1,000 | HK\$2,000

TREATMENT GIFT VOUCHERS | 療程禮券

- ◆ Gifts for Corporate & Special Occasion: Gift vouchers with any treatments of your choice
商務及尊貴客戶送禮首選：以禮券形式自選任何療程

* Voucher are valid for 6 months and can be used in designated spa centre only, they are not interchangeable among other spa centres.
禮券於簽發後6個月內有效及不能跨分店使用



FACIAL THERAPY | 面部護理

Includes a hand & foot massage during mask treatment with THANN Shiso Body Butter and Facial Massage
包括面部按摩並使用THANN天然紫蘇身體乳霜進行手及足部按摩

PURIFYING FACIAL | 面部淨化療程

60mins HK\$700

For all skin types, this treatment begins with a gentle wash with our Facial Cleanser. The Detoxifying Clay Mask effectively removes make-up, dirt and toxins embedded in the pores. The Oatmeal Face Scrub further removes dead cells and impurities while also nourishing and protecting the skin from free-radical damage. Our gentle Rice Extract Cream will leave your skin feeling pampered and silky soft.

淨化面膜配以燕麥柔軟去角質霜溫和調理肌膚，除去面部雜質，提升肌膚質素。配合按摩強化肌膚彈性，改善暗啞膚色。純米保濕面霜為肌膚注入養分，提升肌膚保濕能力，適合各種類型肌膚。

REVITALIZING FACIAL | 面部排毒再生療程

70mins HK\$900

This treatment begins with a gentle wash with our Facial Cleanser followed by a relaxing facial massage to aid in detoxification. Oatmeal Face Scrub removes dry skin and prepares the skin for the Revitalizing Mask. Facial Serum with Centella, Banana flower and Shiso extracts is a final treatment to promote collagen and improve elasticity while Rice Extract Cream will help to retain moisture. According to your skin type, one of these botanical extracts will be added to the mask:

以紫蘇潔面乳潔淨您的肌膚同時並配合面部按摩，能消除水腫並刺激面部血液循環。配合具有抗氧化及改善暗啞膚色的納米紫蘇精華面膜及燕麥柔軟去角質霜，為面部肌膚排走毒素，充分補水變得更緊緻亮麗。我們更會根據您的皮膚類型於面膜中加入不同的植物提取物：

◆ Oily skin : Mushroom extract
油性肌膚：蘑菇提取物

◆ Dry/Sensitive skin : Inca Omega Oil
乾性/ 敏感性肌膚：印加歐米茄油

◆ Normal Skin : Moringa Seed Extract
中性肌膚：辣木籽提取物

NANO SHISO ANTI-AGING FACIAL | 納米紫蘇抗衰老療程

70mins HK\$900

Utilizing the benefits of Nano Shiso Oil, this treatment can significantly improve the skin's appearance and moisture level as dryness is one of the major causes of the aging process. Savor the results of cleansing, toner, scrub, massage, treatment and Anti-aging Facial Cream from our Shiso line revealing a brighter, younger you.

此療程能有效顯著改善肌膚的水潤度。整個療程使用天然紫蘇系列的潔面乳、爽膚水、磨砂及抗皺面霜，配合柔和的穴位按摩令皮膚更易吸收所有精華，從而令肌膚回復彈性有光澤，重拾年輕光采。



Remarks 備注：

- ◆ Please be sure to inform the Spa Therapist if you are pregnant, having high blood pressure, heart ailments or any other condition that maybe contraindicated for heart therapies, massage or skin care
請於療程前開始前，詳細告訴我們您的身體狀況(如懷孕、生理期、患有心臟病、高血壓、皮膚過敏等)
- ◆ Please arrive 15 mins early in order to unwind before treatment and have a proper consultation
請於療程開始前15分鐘到達，以便有充分時間為閣下諮詢身體狀況及放鬆心情
- ◆ Treatment time starts when therapist greets the client, including the time of changing/shower/foot scrub
療程開始前我們需要為閣下準備，包括：諮詢、足部清潔、蒸汽、沐浴等，時間為15分鐘並包括於療程內
- ◆ In the case of late arrival, treatment may be shortened in consideration of the next client
如有遲到情況，療程時間可能因而縮短
- ◆ Avoid eating a big meal at least one hour before treatment to allow maximum healing benefits
為達到療程的最佳效果，敬請於療程前1小時避免進食
- ◆ To fully relax and promote a healing environment, please turn off your mobile phone
為配合提供一個充分放鬆及寧靜的舒適環境，請關掉您的手機或選擇靜音
- ◆ Non-refundable deposit of \$300 is required for any booking
預約時須收取訂金\$300，不設退款
- ◆ No refund for treatments
療程不設退款
- ◆ Booking can only be rescheduled once given minimum 24 hours advance notice
如需更改預約，必須於療程前最少24小時前通知
- ◆ No cancellation within 24 hours before treatment
療程前24小時內不可取消預約
- ◆ Single treatment booked will not be refunded or rescheduled in case of absence/cancellation within 24 hours
如於療程前24小時內取消預約或缺席，已預約的療程不切退款或延期
- ◆ The treatment(s) booked will be deducted from package in case of absence/cancellation within 24 hours
如於療程前24小時內取消預約或缺席，已預約的療程將於套票中扣除
- ◆ Enjoy the treatments purchased in designated spa centre only, they are not interchangeable among other spa centres
所有療程不能跨分店享用
- ◆ Offers cannot be used in conjunction
所有優惠不能同時享用



SPA LOCATIONS

- ▶ Shop 209, Level 2, K11 Musea, Victoria Dockside, 18 Salisbury Road, Tsim Sha Tsui
尖沙咀梳士巴利道18號 Victoria Dockside K11 MUSEA 2樓209號舖
Monday - Sunday 星期一至日 (10:00 - 22:00)
Spa Reservation Tel 預約電話 : +852 3188 0403 / whatsapp : +852 5989 0312

- ▶ Room 1009-1011, 10/F, World Commerce Centre, 11 Canton Road, Tsim Sha Tsui
尖沙咀廣東道11號海港城世界商業中心10樓1009 - 1011室
Monday - Sunday 星期一至日 (10:00 - 22:00)
Spa Reservation Tel 預約電話 : +852 3689 4391 / whatsapp : +852 5992 5755

- ▶ 9-11/F, Art Piece, 3 Matheson Street, Causeway Bay (10/F Registration Reception)
銅鑼灣勿地臣街3號 Art Piece 9-11樓 (10樓登記接待處)
Monday - Sunday 星期一至日 (10:00 - 22:00)
Spa Reservation Tel 預約電話 : +852 2698 8912 / 2882 2003 / whatsapp : +852 9429 9735





THANN SANCTUARY

A sanctuary for serenity and senses