THANN SANCTUARY
A sanctuary for serenity and senses

THE ART OF NATURAL THERAPY

尊 貴 體 驗　自 然 療 癒

ABOUT THANN SANCTUARY
關於 THANN SANCTUARY

An internationally renowned and beloved spa brand, THANN Sanctuary has always maintained its mission throughout the years: to provide customers with an authentic and restorative natural spa experience, resulting in clarity of mind and enhanced physical well-being. We indulge each visitor in delightful and nourishing aromas, allowing for a well-earned break of tranquillity from the frenetic hustle and bustle of the outside world.

We believe in the healing power of nature, and that everyone deserves access to it. THANN Sanctuary offers a series of proprietary treatments that apply the brand's very own stress relieving natural essential oil. All of our aromatherapists are rigorously vetted and tested by the company headquarters in Thailand. Professionally trained, certified and equipped with years of experience and finesse, they support customers in restoring their inner serenity, identifying and releasing even the most subtle tensions and pressures.

THANN Sanctuary is an oasis where you can totally enjoy the effortless experience of being restored, refreshed and released - Simple and wholesome, as it should be.

THANN Sanctuary 作為國際知名的水療按摩品牌，多年來嚴守使命：提供正宗的水療體驗，讓大自然的力量療癒大家的身心靈，回復思想澄明，身體康泰。我們給予每一位客人一隅無憂之地、一縷舒心香氣，和一個隔絕所有煩囂，歇息重整的機會。

我們由衷相信大自然賦予的療癒力量，而且這是每個人都值得享用的禮物。THANN Sanctuary 研發自家品牌的天然抗壓精油，獨創一系列針對不同身心壓力的療程，由泰國總部嚴格挑選、培訓及指派芳療師主理，芳療師全數獲專業認證、具備多年經驗，並經精心訓練，確保技術精湛，務求每一位 THANN Sanctuary 的客人沉浸於恬靜的身心綠洲，連最微不可察的壓力，都能夠全然放下，重獲最原始的安然自在。

THANN Sanctuary 是一個讓人療癒、重整，如同度假歸來抖擻再出發的身心綠洲。返璞歸真，身心舒泰，本應如此簡單。

THE FIVE SENSES OF THANN
THANN 之五感元素

THANN Sanctuary is committed to creating a healing environment that satisfies the enjoyment of all the senses: sight, sound, smell, touch and taste. By offering a five-star experience that pleases all the five senses, you shall walk out the spa refreshed and rejuvenated.

THANN Sanctuary 致力塑造一個滿足全感官享受的療癒環境，以視覺、聽覺、嗅覺、觸覺和味覺五大元素為根本，讓您身心內外恍如度假歸來，煥然一新。

BODY THERAPY

身體護理

THANN's MELANGE

無憂療程組合

THANN Sanctuary supports you in reconnecting with nature, listening to your body, and restoring the purity of your inner self. We offer a full range of treatments that allow you to enjoy the ultimate healing experience. Reward yourself now and embark on a journey of serenity!

繁忙的工作、匆忙的步伐、急促的節奏……您需要的，是一個天然、潔淨而舒適的環境，全然去聆聽自己身體的聲音。THANN為您呈獻全方位療程組合，讓您輕易享受極致的療癒體驗，犒賞自己，來一場無憂旅程！

	Body Scrub 身體磨砂	Body Massage ▲ 身體按摩	Facial Treatment ◆ 臉部護理	
ESSENCE OF THANN SANCTUARY **逍遙極樂之旅**	60 mins / 分鐘	60 mins / 分鐘	60 mins / 分鐘	180 mins/分鐘 $2,100
BODY BLISS **內外淨化之旅**	60 mins / 分鐘	90 mins / 分鐘	—	150 mins/分鐘 $1,800
BALANCING THERAPY **身心平衡之旅**	—	60 mins / 分鐘	60 mins / 分鐘	120 mins/分鐘 $1,500

▲ THANN Aroma Massage or Swedish Massage
THANN 芳香按摩或瑞典式按摩

◆ Purifying Facial 臉部淨化療程

SIGNATURE MASSAGE
THANN 特色經典按摩

THANN Signature Massage is an intensive full-body massage, targeting key pressure points and providing complete muscle relaxation.

- Intensity: High
- Massage technique: Lower palms, fingers, forearms and elbows, primarily pressing
- Targeted body parts: Large muscle tissues, shoulders, neck and back
- Suitable for: People with sore and fatigued muscles; and those seeking deep muscle relaxation

9Omins/分鐘 $1,28O

THANN 特色經典按摩為全身上下所有肌肉提供深層次按壓，力度相對強，對身體壓力點按壓非常到位，療程亦重點針對身體特別容易勞損或疲勞的位置。

- 力度：深層強力
- 按壓方式：手掌根、手指、手臂及手踫，配合大量按壓動作
- 重點針對部位：大範圍肌肉、肩胛、頸及背部
- 適合人士：肌肉酸痛或長期疲勞人士、相對受力人士、偏好深層強力按摩人士

SWEDISH MASSAGE
瑞典式按摩

Swedish Massage is an internationally recognised mainstay of massage therapy available at THANN, applied with medium pressure and focused on small muscle tissues, you can expect a more delicate touch.

- Intensity: Moderate to intense
- Massage technique: rubbing, kneading and tapping
- Target areas: Medium to small muscle tissues
- Suitable for: People who prefer limited use of the elbow technique, and those seeking moderate pressure

9Omins/分鐘 $1,28O
6Omins/分鐘 $98O

瑞典式按摩馳名國際，相對 THANN 特色經典按摩觸感較細緻，力度中等，能針對較小範圍的肌肉群，按摩較易受忽視的部位。

- 力度：中等至深層
- 按壓方式：手掌、手指，配合按壓、揉捏及敲拍技巧
- 重點針對部位：中範圍及小肌肉群
- 適合人士：偏好較溫和按摩力度或較少量手踫按摩的人士

THANN AROMA MASSAGE
THANN 芳香按摩

THANN Aroma Massage is intended to calm the mind and provide a deep sense of inner-relaxation. The essential oil is more effectively absorbed through gentle pressure, resulting in deep relaxation.

- Intensity: Mild
- Massage technique: primarily soft pressing and rubbing
- Targeted areas: Full body, with the primary objective of mind relaxation
- Suitable for: People experiencing mental stress, tension or anxiety; and those with a lower tolerance to massage pressure

9Omins/分鐘 $1,28O
6Omins/分鐘 $98O

THANN 芳香按摩的重點在於芳香舒壓，按摩力度輕柔。芳療師由淺入深導入按摩精油，讓精油成分得以發揮療效，細緻觸感和精油的有效成分有效改善睡眠質素，療效可長達數天。

- 力度：輕柔
- 按壓方式：手掌、手指，輕柔按壓和揉搓
- 重點針對部位：全身，但以放鬆神經及舒解心情為主要目標
- 適合人士：精神緊張、身心壓力大的人士、相對不受力或偏好輕柔觸感人士

ABHYANGA MASSAGE
ABHYANGA 古印度按摩

Abhyanga is a traditional Indian warm oil massage that combines techniques including stretching, rubbing and kneading of internal energy points, restoring the body to its fundamental state of health.

- Massage technique: stretching, rubbing, kneading and pressing based on internal energy points
- Warm oil massage followed by a 15-minute steam bath
- Suitable for: People with high awareness for wellness regimen, or those experiencing fatigue caused by the seasonal transition.

9Omins/分鐘 $1,28O

Abhyanaga 是一種傳統印度的暖油按摩，結合拉伸動作、揉捏、搓按及體內能量點按壓等技巧，以古法把身體重新調理回到最自然的狀態。

- 按壓方式：拉伸、揉捏、搓按及根據體內能量點精準按壓
- 暖油按摩配合15分鐘蒸汽浴
- 適合人士：注重養生或轉季感疲倦不適的人士

HEALING STONE MASSAGE
太極熱石按摩

90mins/分鐘　$1,480

Healing Stone Massage is a combined treatment that includes application of crystals of seven colors and a gentle massage. The treatment supports in removing energy blockages, soothes muscles and nerves, reduces muscle tension and relieves soreness, restoring the body to its optimal state.

- Targeted massage directed by crystals of seven colors
- Dual purifying process with black and white agate stones, absorbing negative energy while calming the mind
- Removes energy blockages between acupuncture points
- Suitable for: People with poor circulation, chronic pain or inflammation

太極熱石按摩運用七色水晶和黑白瑪瑙石，配合柔和按摩手法，有助打通阻塞的能量，舒緩筋骨神經，消除肌肉繃緊及酸痛，讓身體重回最佳狀態。

- 運用七色水晶評估身體，再作針對性按壓
- 黑白瑪瑙熱石雙向運行，吸走負能量同時鎮靜心神
- 柔和按摩手法幫助打通阻塞穴道，舒緩筋骨神經
- 適合人士：血氣不暢、長期痛症或炎症人士

SHISO HEAD-TO-TOE THERAPY
紫蘇煥活全方位護理

120mins/分鐘　$1,880

2023年，THANN Sanctuary 為後疫情世代帶來抗炎鎮靜，洗滌身心的全新紫蘇煥活全方位護理療程。紫蘇備受中西醫學推崇，其豐富的營養素及抗炎特質對保健養生別具奇效。THANN Sanctuary結合現代科技與傳統智慧，為客人精煉優質紫蘇成份，透過 THANN 的獨特調和按摩油，讓活性成份直達全身上下，產生高效抗氧化的效果，同時利用傳統刮痧技術協助疏通臉部及頸部淋巴，有效排毒和重塑精緻輪廓，煥發透亮活力。

- 結合全身按摩，徹底滋養療癒體驗
- 保健養顏紫蘇成分，提供豐富營養素及抗炎抗氧化
- 刮痧技術協助疏通臉部及頸部淋巴，排毒塑臉
- 適合人士：繁忙過勞都市人及容易水腫人士

In 2023, THANN Sanctuary introduces the Shiso Head-to-Toe Therapy, a comprehensive treatment designed to support our optimal health in the post-pandemic era. Formulated with Shiso, a super herbal anti-oxidant with health benefits recognized in both Traditional Chinese Medicine and modern science, the treatment is anti-inflammatory, calming and cleansing.

Combining advanced technologies with ancient wellness wisdom, THANN Sanctuary extracts high-quality Shiso and infuses its beneficial properties into the THANN signature massage oil, allowing all the nutrients and antioxidants to be effectively absorbed and distributed throughout the body. Utilizing the ingot for traditional Gua-sha scraping on the face and neck, lymphatic obstruction can be removed, and circulation can be optimized, rejuvenating the overall contour and revitalizing from within.

- Offering head-to-toe complete restoration
- Infused with super anti-oxidant, Shiso, reducing inflammation and rejuvenating the skin
- Facial and neck Gua-sha scraping removes lymphatic obstruction and refines facial contour
- Suitable for: Overworked urbanites and people with water retention

NEW新登場

DEEP TISSUE SPORTS MASSAGE
深層肌肉按摩

90mins/分鐘　$1,480

透過深層肌肉按摩療程，來煥發肌肉活力並提升運動表現。這款深層組織按摩專注於緩解緊張、減少肌肉僵硬並加速恢復。以高強度手法幫助你舒緩長期積累的緊張和壓力，無論是運動員還是長時間坐著工作的辦公室一族，都能從中受益，獲得全身心的放鬆和修復。

- 針對肌肉深層結構，幫助舒緩慢性疼痛和緊張
- 改善柔韌性，提升肌肉和關節的靈活性，增加身體運動的範圍
- 促進血液循環，加強血液流動，促進身體自我修復
- 高強度手法有效緩解長期疼痛和不適
- 刺激肌肉纖維的修復和再生，幫助身體更快恢復運動後的疲勞
- 強化肌肉組織，降低運動相關損傷的風險
- 緩解辦公室綜合症，幫助緩解因長時間不良坐姿引起的頸部、肩膀和背部僵硬

Experience profound relaxation and muscle relief with our Deep Tissue Massage. This therapeutic treatment is designed to reach the deeper layers of muscles and fascia, helping to alleviate chronic pain and tension. Perfect for those suffering from work-related muscle stiffness or anyone seeking a deeper level of muscle relaxation and rejuvenation.

- Targets deeper muscle layers to alleviate persistent pain and tension
- Helps lower stress hormone levels and fosters a sense of deep relaxation
- Enhances muscle and joint flexibility, increasing the range of motion
- Promotes better blood circulation, boosting muscle oxygen supply and accelerating recovery
- Stimulates the repair and regeneration of muscle fibers, aiding in quicker recovery
- Ideal for relieving neck, shoulder, and back stiffness caused by prolonged desk work and poor posture
- Strengthens muscle tissues, reducing the risk of injuries

AREA-SPECIFIC THERAPY & ADD-ONS

其他部位護理及附加項目

SALT THERAPY MASSAGE
鹽療按摩

Relax your legs and enjoy the purified air in our salt steam inhalation facility, flushing out all the accumulated pollutants within the respiratory system. This treatment is highly recommended to smokers, and people who suffer from chronic bronchitis and allergies.

THANN Sanctuary 特設鹽療設備，於足部按摩期間，透過高級海鹽淨化的霧化空間，淨化呼吸系統，清除日常累積的污染物，特別適合鼻敏感及嚴重吸煙人士。

HEAD & SHOULDER WITH FOOT MASSAGE
頭、肩及足部按摩

60mins/分鐘 $850

FOOT MASSAGE
鹽療足部按摩

45mins/分鐘 $600

AROMA BODY SCRUB
身體磨砂

6Omins/分鐘 $78O

Aroma Body Scrub begins with 15 minutes of steam bath. Our exfoliating sea salt contains a variety of pure essential oils, including rice bran oil, which nourishes and moisturizes the skin, ensuring a gentle exfoliating and continuous infusion of nutrients.

按摩前先進行15分鐘的蒸汽浴。我們的去角質海鹽亦蘊含多種純正精油，而豐潤的米糠油具備滋養肌膚及保濕功效；溫和去除角質的同時亦為肌膚注入源源不絕的養份。

THAI HERBAL COMPRESS ▲●
泰式草球按摩

6Omins/分鐘 $9OO

Thai Herbal Compress is derived from an ancient Thai recipe, and is comprised of natural herbs with potent healing power. The soothing warm compress promotes blood circulation, removing excessive dampness in the body, and alleviating sub-optimal health conditions, including circulation issues.

以精心調配的天然香草配方製成泰式古法草球，具備自然療癒力量，獨特的自然草本氣息透過揉搓，精華深深透過皮膚滲入肌肉底層，溫熱觸感特別舒適，更能促進血液循環，去除體內濕氣，從而改善手足冰冷的健康狀況。

▲ Not applicable in Healing Stone Massage or Abhyanga Massage.
泰式草球不適用於熱石或古印度按摩療程。

● Add-on to massage treatment(s) only.
只可附加於按摩療程。

STEAM BATH
蒸汽浴

3Omins/分鐘 $5OO

Steam bath releases the body of toxins, purifies the pores and relieves stress.

適量的高溫蒸汽浴能助身體釋放毒素，淨化毛孔及排解體內各種壓力。

TIME EXTENSION
額外時間

3Omins/分鐘 $5OO

FACIAL TREATMENTS

臉 部 護 理

PURIFYING TREATMENT
臉部淨化療程

60mins/分鐘　　$700

Suitable for all skin types, our Purifying Treatment is especially effective for people with large pores, oily or complex skin.

此療程適合任何膚質，特別適合毛孔粗大、油性或混合肌膚人士。

REVITALIZING TREATMENT
面部排毒再生療程

9Omins/分鐘　　$98O

This treatment is suitable for all skin types. Formula is customized to cater individual needs.

Revitalizing Treatment begins with our gentle Facial Cleanser, followed by a relaxing facial massage that promotes detoxification. Oatmeal Face Scrub removes dry skin in preparation for the Revitalizing Mask. The final step in our revitalizing treatment includes a Facial Serum that contains Centella, Banana Flower and Shiso extracts, promoting collagen and improving elasticity.

此療程適合任何膚質，療程成份根據肌膚狀況靈活調節。

療程先以紫蘇潔面乳清洗臉部開始，配合臉部按摩，有效消除水腫；後運用燕麥柔軟去角質霜排清臉部肌膚毒素雜質，再選用納米紫蘇精華面膜，高效抗氧化，同時改善暗啞膚色，亮澤補水；後續塗抹含積雪草、香蕉花及紫蘇提取物成份的精華液，提升肌膚彈性。

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

9Omins/分鐘　　$98O

This treatment is suitable for early mature or mature skin.

Dryness is one of the primary contributors to accelerated aging process. Nano Shiso Oil utilizes a high concentration of moisture, and when applied with our advanced technique, can significantly improve your skin's appearance and health. Coupled with our Anti-aging Facial Cream from our Shiso line of products, you can experience the revealing of a more vibrant and youthful appearance.

此療程適合輕熟及熟齡肌。

先進技術萃取高濃度納米紫蘇油，為肌膚注入自然草本養分，改善膚質，提升水份，杜絕一切皮膚衰老的主要成因。容許自己盡情沉浸於潔淨、爽膚、去角質、按摩、護理及抗衰老滋養的護理六部曲，享受紫蘇的媚惑魅力，感受更透亮年輕的逆齡肌膚。

PREMIUM THANN SANCTUARY PACKAGES

THANN SANCTUARY 至尊優惠組合

Relieve yourself of everyday stress, restore tranquility in your life, and begin developing a habit of self-care, starting today. Allow your mind, body and soul to fully relax, and indulge yourself in the THANN experience.

THANN clients with premium status will be automatically upgraded to THANN Spa Club membership, with access to exclusive offers and privileges.

今天開始，養成寵愛自己的好習慣，把繁瑣的雜念轉交我們。在 THANN Sanctuary，一切歸零——您只需容許自己的身體、思緒和心靈放鬆，回復最原始自然的寧靜，盡情享受 THANN 為您細選的滋養身心體驗。

THANN至尊優惠組合的客戶將自動升級成為 THANN Spa Club 會員，享有各種不同的獨家福利及優惠。

WELLNESS RETREAT STARTER
小確幸初體驗

$7,5OO
(Package Value 原價 $1O,OOO)

- Available for new joiners only 只適合第一次購買優惠組合人士
- Single user 供一人使用
- Single location 指定單一分店
- 25% discount on all full price treatment 所有療程正價75折

THE ESCAPE RITUAL PACKAGE
返璞滋養組合

$15,OOO
(Package Value 原價 $2O,OOO)

- Up to two users 可供二人使用
- Single location 指定單一分店
- 25% discount on all full price treatments 所有療程正價75折

FAMILY SPA PACKAGE
家庭組合

$35,OOO
(Package Value 原價 $5O,OOO)

- Multi-users 不限人數
- All locations in Hong Kong 香港任何分店
- 30% discount on all full price treatments 所有療程正價7折

SPA VOUCHERS
療程禮券

Share the natural healing power of THANN Sanctuary with your loved ones by gifting them our exclusive Spa Vouchers. You are invited to contact our staff and explore the various treatment options available.

購買療程禮券，立即跟您最珍視的親朋摯愛分享的THANN帶來的尊貴感官享受和天然療癒能量吧！禮券設有不同種類，詳情歡迎向我們查詢。

OUR PEOPLE
我們的團隊

THANN Sanctuary aromatherapists are trained in Thailand, the global capital of the spa and massage industry. A minimum of four years of continuous practice is required before vetting is conducted, in the highly rigorous candidate selection process. At THANN Sanctuary, only the most talented candidates are selected to serve our privileged guests. We are committed to providing a truly authentic and nourishing experience to our cherished visitors, liberating each person from the stress and worry of daily life.

THANN Sanctuary芳療師由按摩文化先驅——泰國——培育訓練，至少具備四年執業經驗才具備申請加入團隊的資格，並須經 THANN 泰國總部嚴格甄選，方能成為我們的芳療師。我們的團隊由心而發，提供最尊貴殷勤的服務，讓每一位蒞臨 THANN Sanctuary 的客人沉浸於正宗優質，呵護身心的舒泰當中，徹底解壓忘憂。

THANN Sanctuary Locations
分店位置

FESTIVAL WALK
又一城

Unit 03, UG Level
Festival Walk
80 Tat Chee Ave, Kowloon Tong
Kowloon

九龍九龍塘達之路80號
又一城UG-03號舖

HARBOUR CITY
海港城

Rm 1009-11, 10/F
World Commerce Centre, Harbour City
11 Canton Road, Tsim Sha Tsui
Kowloon

九龍尖沙咀廣東道11號
世界商業中心10樓1009-11室

ART PIECE CAUSEWAY BAY
銅鑼灣 ART PIECE

9-11/F, Art Piece
3 Matheson Street, Causeway Bay
Hong Kong
(10/F Registration Reception)

香港銅鑼灣勿地臣街3號
Art Piece 9-11樓（10樓接待處）

Enquiries
查 詢

WhatsApp
https://wa.me/85260416786

Phone
852-3717 4397 / 852-3717 4399

TERMS & CONDITIONS
服務條款

- Please be sure to inform the Spa Therapist of your medical conditions prior to the treatment, e.g. pregnancy, menstruation, heart disease, high blood pressure or skin allergies.
  請於療程前告知我們您的的身體狀況（如懷孕、生理期、患有心臟病、高血壓或皮膚過敏等）。

- Please arrive 15 mins prior to the treatment for settling in, unwinding, and a quick pre-treatment assessment.
  請於療程始前15分鐘到達，好讓我們有充分時間了解您的身體狀況，並協助您放鬆心情。

- Treatment time starts from guest entering treatment room – time for the change of clothes, shower and foot scrub is included.
  療程時間由客人進入房間開始計算，沐浴更衣及足部清潔等時間均計算在內。

- In the case of late arrival, your treatment may be shortened to avoid any service disruption, subject to the actual operation.
  如有遲到情況，療程時間或根據實際營運情況而縮短或調整。

- Avoid eating one hour prior to the treatment for optimized healing results
  為達到療程的最佳效果，敬請於療程前一小時內避免進食

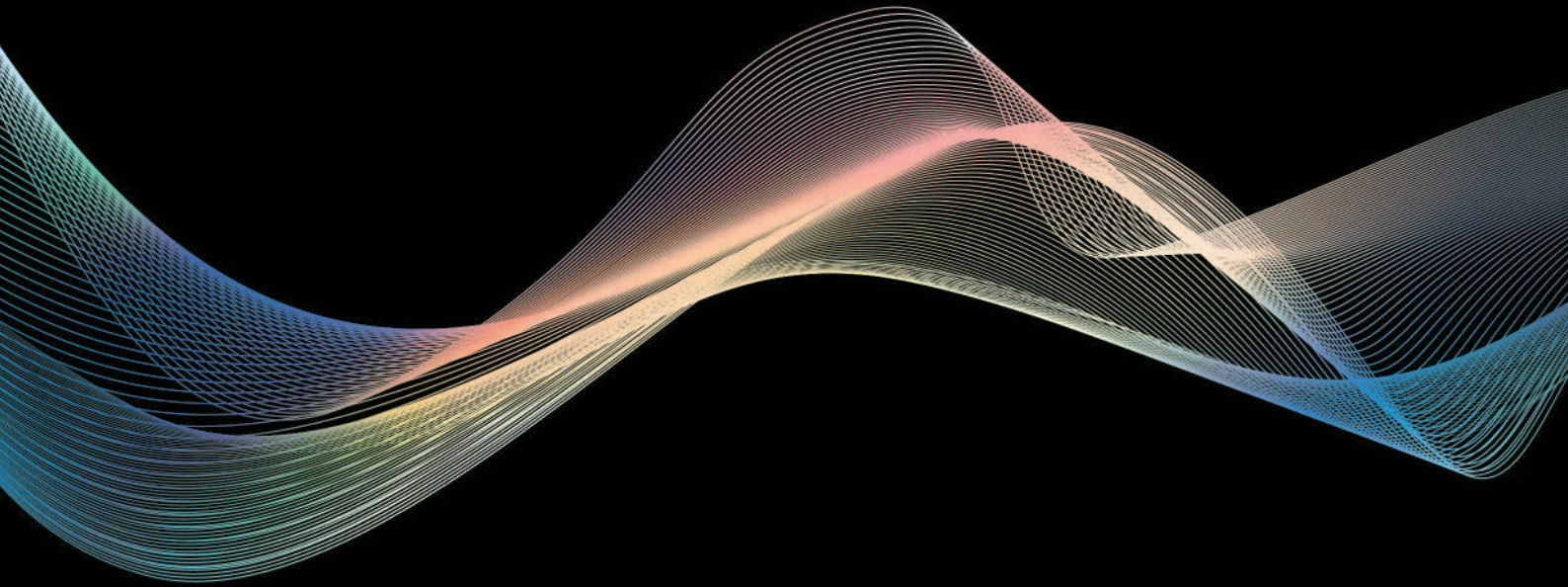
- To ensure a fully relaxing, tranquil and healing environment for the treatment, please turn off your mobile phone or switch it into the silent mode.
  為確保療程於徹底放鬆、安靜及舒適的環境進行，請關掉您的手機或選擇靜音模式。

- A non-refundable deposit of $300 is required for any appointments.
  預約須收取每位訂金$300，不設退款。

- No refund for any treatments
  療程不設退款

- Rescheduling any appointments requires minimum 48 hours advance notice, prior to the scheduled session.
  如需更改預約，必須於療程前最少48小時前通知。

- Any sessions cancelled or rescheduled (including absence) within 48 hours prior to the scheduled time or customer no show on treatment day will be counted as used sessions, and will be deducted from the purchased package.
  如於療程前48小時內取消或更改預約（缺席亦作更改預約論）或客戶在預約日沒有出現，已預約的療程將視作已使用，並將於套票中扣除。

- Treatments are not interchangeable among various THANN Sanctuary locations. Enjoy the purchased treatments in the designated location only, unless otherwise specified.
  除非另有說明，否則所有療程只適用於特定分店，不能跨分店使用。

- Any offer cannot be used in conjunction with any other offers, special promotions or discounts.
  各項優惠不能與其他優惠同時使用。