



ISALA 怡 SPA

怡 · 水 療 中 心

menu of spa services
水療服務目錄

置身於活力澳門之中，享受遠離繁囂的憩靜，
重獲身心和諧。

Amidst the vibrant energy of Macau, retreat into tranquility and
rediscover your personal harmony.



怡

這所位於南中國海珠江三角洲一個小島上的
高級水療設施，不但坐享澳門悠久的
歷史文化和蓬勃的發展生命力，
更融合了美容界的最新科技有助提升您的個人身心健康。

我們悉心構思出不同主題的水療療程 —
寧神靜氣、煥發嬌美和明淨均衡，
引領您穿越古今修身養心的精妙境界，
讓您洗滌繁囂，在此度過鬆弛悅樂的時光。

isala

On a captivating island of the Pearl River Delta in the
South China Sea, drawing from the cultural traditions that give
Macau its vital life force, we blend the science of aesthetics with
peace to enrich your personal well-being.

Experience Isala Spa for a glimpse into the Old World with a
gentle touch of New World luxury through three
unique phases of spa - the CALM, REVIVE and the BALANCE of Isala.



CALM

「寧神靜氣」

薰衣草、香檸檬油、乳香、檀香、甘菊

tranquil peace

Lavender, bergamot, frankincense, sandalwood, camomile

任隨身心擁抱最鬆弛寫意的享受

Slip into ultimate relaxation

REVIVE

「煥發嬌美」

綠茶、檸檬草、薄荷油、薑

refined beauty

Green tea, lemongrass, peppermint, ginger

抗衰老護理療程還原青春活力

Revitalize with anti-aging innovations

BALANCE

「明淨均衡」

天竺葵、玫瑰花、青檸、橙花醇、檸檬油、向日葵、
葡萄籽油、霍霍巴油

pure balance

Geranium, rose absolute, lime, nerol, citral, sunflower oil,
grapeseed oil, jojoba oil

達致平均健美的身心狀態

Achieve balance and well-being



怡·「修身靜處」水療

從澳門深厚的傳統文化底蘊中擷取精華，為您提供一個寧靜寫意、
優美和諧的遁世之所。

您可因應個人的需要，選擇 CALM、REVIVE或 BALANCE不同主題的護理
療程；所有水療護理均糅合了古今特色，鋪展一場華麗新穎的身心盛宴。

「寧神靜氣」

4小時

帶給您徹底鬆弛舒爽的體驗。

速效背部護理

30分鐘

怡·特色按摩

90分鐘

膠原蛋白抗皺面部護理

90分鐘

「健康之選」美食

30分鐘

「煥發嬌美」

3小時

為您揭示自然美的更新秘訣。

速效全身磨砂

30分鐘

深層肌肉按摩

60分鐘

煥采 HydraFacial™ 水菁華微雕煥膚面部護理

90分鐘

「明淨均衡」

2小時

修復身體均衡狀態，注滿活力。

怡·香薰按摩

60分鐘

怡·黑米牛奶蜜糖敷膜

60分鐘

isala retreats

Retreat to a place of peace, beauty and balance inspired by the traditions that make up Macau's rich and diverse history.

Choose from the CALM, the REVIVE or the BALANCE of Isala and discover spa rituals that blend Old World opulence with New World healing innovations.

tranquil peace

4 hours

A soothing experience of unparalleled relaxation.

express back treatment

30 mins

isala signature massage

90 mins

collagen radiance facial

90 mins

healthy balance cuisine

30 mins

refined beauty

3 hours

A plush prescription to renew your natural beauty.

express body scrub

30 mins

deep tissue massage

60 mins

rejuvenating HydraFacial™

90 mins

pure balance

2 hours

Energize well-being with body balancing.

isala aromatherapy massage

60 mins

isala black rice and honey milk wrap

60 mins



怡 · HydraFacial™水菁華微雕煥膚面部護理

獨特專利的高效抗氧化，終極抗衰老，淨白及肌膚重生技術。

排毒HydraFacial™水菁華微雕煥膚面部護理

90分鐘

這項具排毒及補濕功效的護理，首先以通淋巴療程排出毒素，徹底清潔毛孔油脂雜質及去除表面老化角質皮屑，配合具獨特專利的煥膚法及萃取菁華液，深層滋潤保濕，增加皮膚彈性及即時減少衰老跡象，抗氧化面膜及紓解壓力面部按摩，有助補充皮膚水分，淡化細紋及色斑。

煥采HydraFacial™水菁華微雕煥膚面部護理

60分鐘

適合所有皮膚類別的有效護理，深層潔淨、溫和地去除角質，隨之進行無痛清除黑頭粉刺，並利用飽含深層補濕玻尿酸的精華液，給予皮膚大量補濕的效用，更藉著具有療效的抗氧化成份，使皮膚即時展現明亮光采。

isala HydraFacial™ treatments

The ultimate anti-aging and skin resurfacing facial blending hydradermabrasion technology with high-potency antioxidants.

detox HydraFacial™

90 minutes

A richly detoxifying and hydrating facial, this treatment begins with Lymphatic Drainage Therapy to release toxins, followed by cleansing, exfoliating and fortifying the skin with antioxidants. The DermaBuilder™ treatment works to deeply hydrate and nourish your skin, improving elasticity and instantly reducing the visibility of signs of aging, followed by an antioxidant mask and a relaxing facial massage to hydrate skin and reduce fine lines and sunspots.

rejuvenating HydraFacial™

60 minutes

An effective refresher for all skin types. Deep-cleansing, gentle exfoliation and painless extractions prepare skin for an intensive hyaluronic serum that gives the complexion a burst of hydration and healing antioxidants for an instantly stunning glow.



怡·面部護理

海洋保濕亮肌療程

60 | 90分鐘

此療程結合海洋的深層水潤力量及豐富的海洋礦物質，配合靈感來自海浪節奏的獨特按摩手法，同時具有保濕和舒緩的功效，解決各種肌膚失衡問題，如缺水、乾燥、敏感和瑕疵等，有助肌膚回復原有光澤與水潤柔軟的狀態。

男士海洋護理療程

60分鐘

專門針對男士容易緊張及受壓肌膚，以具有活膚功效的海洋活性成分，配合 THALGO 的獨特按摩手法，能有效修護肌膚，達到舒緩、保濕、活膚，趕走疲態及平衡之功效，令肌膚回復健康及富有活力。

矽去皺提升面部護理

90分鐘

採用海洋透明質酸分子及海洋矽複合物，配以專業的抗皺及具提升功效的按摩技巧按壓肌膚，可填補皺紋及提升面部輪廓。加上透明質酸面膜及清涼塑型面膜，能填補面上深刻的皺紋並重塑面形輪廓，同時讓膚色變得明亮、均勻及富有光澤。

膠原蛋白抗皺面部護理

60 | 90分鐘

採用了具親膚性的天然海洋膠原蛋白分子，特別針對肌膚第一道皺紋，為肌膚提供即時的撫平效果。完成護理後，面部肌膚明顯變得亮澤、平滑及水潤，皺紋和幼紋亦得以減淡。

透明質酸海洋膠原面部護理

90分鐘

透明質酸海洋膠原專業結合了濃縮純淨的海洋膠原蛋白和透明質酸，具有三個主要作用：豐滿、撫平和填充。這是第一個“海洋填充”治療，甚至可以填充已經形成的皺紋，即時皮膚滋潤豐滿肌膚，有效撫平及填充皺紋。

isala facials

source marine ritual

60 | 90 minutes

This facial lastingly corrects the hydration level of dehydrated skin, deeply replenishes and restores the skin's velvety – smooth feel and original radiance.

ocean ritual for gentlemen

60 minutes

Whether your objective is dehydration, dryness, sensitivity or oiliness, this treatment provides a tailored solution for male skin. Enriched with extract of Algue Bleue Vitale, a cell energising complex, and strengthened by a relaxing massage, this treatment addresses all the needs of men's skin, leaving it revitalized and perfectly balanced.

silicium super lift facial

90 minutes

This THALGO treatment excels in correcting loss of firmness and smoothing deep wrinkles. At the heart of its treatment procedure are a highly effective anti-wrinkle massage and a professional double firming mask that erases wrinkles and restores radiance to the complexion.

collagen radiance facial

60 | 90 minutes

To fight against the first signs of ageing, this unique professional treatment drenches the skin in Native Marine Collagen with incomparable bioavailability. Wrinkles and fine lines are blurred. The skin is intensely moisturized and ultra smooth with a radiant complexion.

hyalu-procollagen facial

90 minutes

This Hyalu-Procollagen facial treatment is combined with concentrated and pure marine collagen and hyaluronic acid with three main actions: plump, smooth and fill. This is the first "marine filler" treatment that fills in even established wrinkle, instantly plumps up skin, visibly smooths wrinkles and gradually fills in even established wrinkles.



怡·按摩

怡·特色按摩

90分鐘

取材自澳門多元文化傳統的怡·特色按摩，糅合多種不同技巧，配以怡·特色荷花混合精華油進行深層肌肉按摩、足部按摩及熱玉石按摩，讓全身肌肉獲得均衡鬆弛的機會，使身心回復平和舒暢，是按摩愛好者不能錯過的體驗。

怡·香薰按摩

60 | 90分鐘

充份發揮各種香精油的療效，借助醉人的幽香和輕柔圓順的按壓動作，卸除身心的疲累。設有不同的香薰按摩，各自彰顯澳門活力飛揚的氣息。

熱玉石按摩

90分鐘

採用加熱火山石及玉石，配合人手按摩，改善氣血循環和紓緩肌肉緊張及發炎症狀，為全身帶來平和通暢的感受。珍貴玉石按摩面部，讓您顯露自然神采。

深層肌肉按摩

60 | 90分鐘

理療師會因應您的身體狀況，以緩慢而有力的動作提供深層肌肉組織按摩療法，有效地令肌肉長期積累的倦怠、勞損和疼痛症狀得以紓緩。

推拿

60 | 90分鐘

推拿是傳統中醫療法，以雙手推按及拿捏肌肉，柔軟肌肉指壓，深入本源，紓解疼痛和疲乏的感覺。

足部按摩

60分鐘

世代相傳的中醫智慧認為：足部的不同區域與身體的不同器官或部份互有關聯。理療師會按壓您足部的各個區域，為身體的相關部份帶來刺激作用，從而激發體內的自癒機能，修整各種毛病，增強免疫力，自然調節體質。

可隨意在任何怡·按摩之外加入以下的護膚元素，進一步加強效果。

速效修護面部護理

30分鐘

速效身體磨砂

30分鐘

isala massages

isala signature massage

90 minutes

Our Isala signature massage offers a combination of techniques inspired by Macau's diverse heritage. Using our signature lotus blend relaxing essential oil and a variety of massage techniques – including deep tissue massage, reflexology and hot jade stone therapies – this 90-minute treatment will leave body and mind fully rejuvenated. A must for the massage connoisseur.

isala aromatherapy massage

60 | 90 minutes

Smooth, flowing movements blend with indigenous aromatherapy notes in this gentle and relaxing therapy inspired by the vibrancy of Macau.

hot jade stone massage

90 minutes

Improve the flow chi – or vital energy – and relieve tension. Hot volcanic stones and jade stones combine with a manual massage to achieve total harmony. A jade stone facial massage brings brightness and glamour.

deep tissue massage

60 | 90 minutes

Alleviate and release muscle tension with the slow, deep pressure of this intense, targeted massage reaching the deepest layers of muscle, easing long term tiredness, fatigue and pain.

tui na

60 | 90 minutes

Tui Na – to push and grasp – is a traditional Chinese massage comprised of soft tissue manipulation, joint release and energy balancing. Experience the holistic benefits of traditional Chinese medicine at Isala.

foot reflexology

60 minutes

This ancient Chinese foot massage involves direct pressure to specific reflexology points on the feet, stimulating internal organs and the natural flow of energy to promote healing and well-being.

Add to any Isala massage enhancing your skin.

express facial

30 minutes

mini scrub

30 minutes



怡·身體護理

甜潤荔枝磨砂

60分鐘

荔枝以甘味濃郁馳名，對於皮膚具有重要的保健和滋養效用。這項磨砂選取維他命C豐富的荔枝為主要素材，配合天然蔗糖，加強亮白效果，使皮膚不但綻放青春的美態，更帶有清香的氣息。

海鹽全身磨砂

60分鐘

海鹽與有機海藻混合的磨砂護理，藉著全天然的身體擦拭移除老化角質，令皮膚更加細緻，深入清潔毛孔，並促進健康的血液循環，帶來全身清爽和活力飛揚的感覺。

怡·黑米牛奶蜜糖敷膜

60分鐘

「怡」的精細構思護理特別選用纖維和鐵質同樣豐富的黑米，配以具抗氧化功效的牛乳及蜜糖，給予全身微溫的敷裹護理，既能夠去除身體上的死皮，又可補充豐沛的滋養成份。

isala body treatments

sweet lychee scrub

60 minutes

Lychees, known for their sweet and tangy flavour, have significant health and nutritional benefit when applied to the skin. Blended with natural sugar cane, this vitamin C-rich fruit leaves skin revitalised, soft and delicately scented.

sea salt body scrub

60 minutes

An organic marine scrub of sea salt and seaweed works to remove dull skin, refine the skin and cleanse pores deeply, while the all-natural body scrub promotes healthy blood circulation, refreshes and re-energizes the entire body.

isala black rice and honey milk wrap

60 minutes

An Isala signature treatment, this energizing, iron-enhanced black rice treatment involves an antioxidant rich honey and milk wrap to nourish the body with soothing warmth.



怡·速效護理

增強修護面部護理

30分鐘

採用溫和的燕麥為面部肌膚去除死皮並配合修護面膜，達到美白的功效，是一項速效補充水份和恢復彈性的護理。

身體按摩

30分鐘

這項速效香薰按摩有助釋放壓力、消除疲勞，使針對部位得以紓緩。

頭皮、頭部及頸部按摩

30分鐘

主要針對頭皮及頸部，藉著人手按摩動作，有助緩解壓力。

身體磨砂

30分鐘

甜潤荔枝或海鹽去角質護理，幫助皮膚排毒，使肌膚更加幼嫩。

眼部護理

30分鐘

可選擇胜肽導入或膠蛋白滲透護理，有助補濕，減淡眼部浮腫和細紋。

isala express

facial enhancement

30 minutes

Recharge with this quick-fix facial, featuring a gentle oat scrub followed by a restoring mask to hydrate and plump the skin. The perfect addition to any other treatment, for a brighter and more radiant complexion.

body massage

30 minutes

Unwind after travel or target tension with this express aromatherapy massage that relieves pressure, aches and pains.

scalp, head and neck massage

30 minutes

This stimulating manual massage for the head and neck helps to release tension.

body scrub

30 minutes

Sweet lychee or sea salt scrub to refine and detoxify the skin.

eye treatment

30 minutes

A choice of peptide infusion or collagen infusion helps to hydrate and reduce puffiness and fine lines around the eyes.



怡·基本項目

理髮

美髮中心設有理髮服務，有關詳情及預約，請聯絡水療禮賓部。

健身課程

設有健身會籍、健身課程及身體評估，有關詳情及預約，請聯絡水療禮賓部。

水療派對、池畔聯歡及其他

我們可配合您的特別日子、私人活動或度假計劃，為您籌劃別開生面的水療派對。

isala essentials

salon

Salon services available at Hair Salon. Please contact the Spa Concierge for details and reservations.

fitness and wellness

Fitness Centre membership, personal training and body assessment are available. Please contact the Spa Concierge for details and reservations.

spa parties, poolside and events

Personalized spa events are available for special occasions, private functions or simply a day getaway.



享用水療服務須知

預約

電話

+853 8868 1193

電郵

macgh-isala_spa@hyatt.com

如非酒店住客，請在預約時提交有效的信用卡號碼。為確保能夠在預定的時間享用到您的水療服務，我們建議您提前作出預約安排。

抵步須知

請於預約時間最少15分鐘前抵達，以便有充裕的時間放鬆身心和作好護理服務準備。凡遲到者，其享用護理服務的時間將相應扣減。

健康考慮及酒精影響

為閣下健康著想，假如您的身體有任何敏感症狀、不適或行動不便，尤其患有高血壓或懷孕，請於預訂時先行知會有關情況，以便我們作出妥善的安排。

受酒精影響的客人，水療中心有權不提供服務。

水療禮賓部

您可要求由男性或女性的理療師替您服務，但我們不能保證為您提供任何指定的理療師。這裡的所有理療師均接受過專業培訓，確保在任何時候均能為您提供舒適健美的體驗。如有任何疑問，或於計劃服務時需要協助，請聯絡水療禮賓部。

how to spa

reservations

Phone +853 8868 1193
Email macgh-isala_spa@hyatt.com

A valid credit card guarantee is required for non-resident guests. In order to ensure that your spa experience is available at your preferred time, we recommend advance treatment reservations.

your arrival

You are encouraged to arrive at least 15 minutes prior to your scheduled appointment time in order to relax and prepare for your treatments. Late arrivals will be subject to a reduction in treatment time.

health considerations & alcohol influence

Please advise us of any allergies, ailments or disabilities upon booking, especially if you have high blood pressure or are pregnant, as some services may not be appropriate for you at this time.

Isala Spa has the right not to provide service to guest who are under the influence of alcohol and drug use.

spa concierge

You may request a male or female therapist. However, we cannot guarantee the availability of any particular therapist. All of our therapists are professionally trained to ensure your comfort and well being at all times. If you have any questions or need assistance in planning your Isala Spa experience, please contact the Spa Concierge.

享用水療服務須知

應注意事項

為顧及他人，讓所有賓客均能夠在「怡·水療中心」寧靜的氛圍中享用水療服務，懇請您關上手提電話及其他通訊器材的電源。所有理療室內設有保險箱；賓客的物品如有任何損失，「怡·水療中心」概不負責。如您預約了全身水療按摩或面部護理服務，請在享用服務前至少1小時內不要剃毛。

取消條款

為避免繳付取消或更改預約時間的費用，請在至少6小時前通知「怡·水療中心」（全套服務請在至少12小時前通知）。如在6小時內取消預訂，將會收取全數護理費用。

客房內水療服務

「怡·水療中心」有提供客房內水療服務。

禮券

備有禮券可供選購，禮券具有貨幣價值，適用於惠顧任何怡·護理服務、全套護理或指定水療產品。

年齡限制

16歲以下的兒童必須在父母或成年監護人的監護下方可使用水療設施；而不論任何情況，6歲以下小童都不適合使用水療設施。有關詳情，請聯絡水療禮賓部。

服務費

所有的服務項目價格需另加10%服務費和5%政府稅。

個人資訊隱私政策

我們非常重視您的個人資訊的保密及隱私權，我們將根據「全球貴賓隱私政策」來使用您的個人資訊，詳情請參閱privacy.hyatt.com或於水療禮賓部查詢。

how to spa

spa policy

To preserve the tranquility of Isala Spa, we respectfully ask that you leave cell phones and other communication devices turned off. Personal safes are available in all treatment rooms. Isala Spa cannot be held responsible for the loss of personal items. If you are scheduled for a body therapy or facial, please refrain from shaving at least one hour prior to your treatment.

cancelation policy

To avoid being charged for rescheduled or cancelled services, please notify Isala Spa at least 6 hours prior to your scheduled appointment time (at least 12 hours prior for packages). Any cancellation less than 6 hours will incur a 100% charge of total services.

in-room treatments

In-room treatments are available.

gift certificates

Gift certificates are available for any Isala treatment, package, retail selection or a specified monetary value.

age limitations

Children under 16 years old of age may not use the spa facilities unless accompanied by a parent or adult guardian; children under 6 years of age are not allowed to use the spa facilities at any time. Please inquire with the Spa Concierge.

service charge

All spa menu items are subject to 10% service charge and 5% government tax.

information privacy

Because we consider the privacy and confidentiality of your information to be important, we use your information in accordance with the Global Privacy Policy for Guests, located at privacy.hyatt.com or upon request at the Spa Concierge.

ISALA 怡 SPA

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