

A photograph of spa treatment ingredients arranged on a light-colored rectangular tray. In the foreground, a large silver bowl contains a white, granular scrub with small green herbs. Behind it, a smaller silver bowl holds a vibrant green liquid. Further back, another small silver bowl contains a white, foamy substance. A tall, lit candle in a silver holder stands in the background, casting a warm glow. The entire scene is set against a soft, out-of-focus background.

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 一寧神靜氣、
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、玫瑰精油、青檸、橙花醇、檸檬醛、葵花油、
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」

3小時

帶給您徹底鬆弛舒爽的體驗。

速效身體磨砂

30分鐘

怡・香薰按摩

90分鐘

海洋保濕亮肌療程

60分鐘

「明淨均衡」

2小時

為您揭開自然之美的全新秘訣。

海洋保濕亮肌療程

60分鐘

深層肌肉按摩

60分鐘

「寧神靜氣」

2小時

遠離都市的喧囂，讓身心充滿活力。

怡・特色按摩

90分鐘

頌鉢靜心音療

30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.

refined Beauty

3 hours

A plush prescription to renew your natural beauty.

rejuvenating exfoliation

30 mins

aroma therapy massage

90 mins

source marine facial

60 mins

pure Balance

2 hours

Energize your well-being with body and face balancing.

source marine facial

60 mins

isala deep tissue massage

60 mins

tranquil Peace

2 hours

Escape into realm of serenity to harmonize body and mind.

isala signature massage

90 mins

harmony wave

30 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

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，提升皮膚彈性并即時減少衰老跡象，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，深層潔淨及溫和去除角質，隨後進行黑頭粉刺的清除，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，同時結合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，有效解決各種肌膚失衡問題，如缺水、乾燥、敏感和瑕疵等，幫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。

海洋美白透亮面部護理

60 | 90分鐘

此祛斑護理療程富含褐藻提取物，能有效提亮及均勻膚色。有助改善黑斑及預防皮膚氧化，同時讓肌膚更加平滑細緻。

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。這是首個“海洋填充”治療，即刻為肌膚提供滋潤與豐滿感，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.

lumière marine facial

60 | 90 minutes

This 'anti-dark spots' treatment contains brown algae extracts, which brighten and even out the complexion. It is designed to correct dark spots, protect the skin from oxidation, and smooth the skin.

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 | 120分鐘

來源於澳門多元文化傳統，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、熱玉石按摩及足部按摩，讓全身肌肉獲得均衡放鬆的機會，使身心回復平和舒暢。

怡 · 香薰按摩

60 | 90分鐘

充份發揮各種香精油的療效，結合迷人的幽香和輕柔圓滑的按壓動作，消除身心的疲累。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 | 120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，讓您顯露自然神采。

深層肌肉按摩

60 | 90分鐘

理療師會根據您的身體狀況，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，通過雙手的推按和揉捏放鬆肌肉，深入本源，有效紓解疼痛和疲乏的感覺。

isala massages

isala signature massage

90 | 120 minutes

Our Isala Signature Massage combines techniques inspired by Macau's rich heritage. It begins with our signature lotus blend essential oil for a relaxing deep tissue massage, followed by hot jade stone therapies, and completed with a foot massage. This treatment will leave body and mind fully rejuvenated.

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 | 120 minutes

Improve the flow chi – or vital energy – and relieve tension. Hot volcanic stones and jade stones combine with hand gliding movement to achieve total harmony.

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.



怡 · 身體護理

甜潤荔枝磨砂

45分鐘

荔枝以其甘味濃郁馳名，對皮膚具有重要的保健和滋養功效。這項磨砂選取維他命C豐富的荔枝為主要成分，搭配天然蔗糖，能夠有效提升亮白效果，使皮膚不但綻放青春的美態，散發清香的氣息。

怡 · 黑米牛奶蜜糖敷膜

60分鐘

「怡」的精細護理特別選用富含纖維和鐵質的黑米，配以具抗氧化功效的牛乳和蜜糖，給予全身微溫的敷裹護理，不僅能夠去除身體上的死皮，還能補充豐富的滋養成份。

isala body treatments

sweet lychee scrub

45 minutes

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

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

採用深海活泉水、荷荷巴油而成的微粒子和植酸成份為面部肌膚去角質，並保濕同時補充皮膚所需的礦物質，是一項速效補充水份和促進肌膚再生的護理。

自選個人化按摩

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。

眼部護理

30分鐘

使用膠蛋白滲透護理，有助補濕，減淡眼部浮腫和細紋。

頌鉢靜心音療

30分鐘

沉浸在寧靜的療程中，利用頌鉢的和諧聲波促進深層放鬆和情感治癒，讓您的身心恢復活力。



isala express

facial enhancement

30 minutes

Revitalize your skin with this quick-fix facial, featuring a gentle exfoliation enriched with micro particles of jojoba oil. Experience a surge of hydration and rejuvenation, making it the perfect enhancement to any treatment for a more radiant complexion.

personalized massage

30 minutes

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

eye treatment

30 minutes

Experience the rejuvenating power of collagen infusion, designed to deeply hydrate and diminish puffiness and fine lines around the eyes.

harmony wave

30 minutes

Immerse yourself in a serene treatment utilizing the harmonious soundwaves of singing bowls, to promote deep relaxation and emotional healing. Allow your mind and body to fully rejuvenate.





怡 · 基本項目

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

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，懇請您關閉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。

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以澳門幣計算及需加收10%服務費及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.

cancellation 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.

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 in MOP and 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

怡 · 水 療 中 心

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