



Z 涟
ensa Spa





「涟」水疗健康养生之旅

在此感受身心灵纯粹的幸福感, 享受兼顾精神健康与内外皆美的养生之旅。

以呼吸练习配合声音疗法, 引导冥想, 释放能量, 于「纯氧泡泡空间」深眠氧疗减压, 平衡整全, 放怀疗愈。

ZENSA SPA WELLNESS TREATMENT

Enjoy a purely delightful wellness journey for body and mind. Guided breathing meditation and sound therapy help you release energy, while the Pure Air Bubble offers a pristine space in which to relax into deep sleep that stimulates harmony and healing.



颂钵疗愈 BREATH & RENEW THERAPY

以呼吸练习配合颂钵声音疗法,于“涟”水疗开启疗愈养生之旅。

调整呼吸,敲响颂钵,随着呼气与声音共振、波动进入深度放松状态,从而尽情享受冥思、身体和心灵的宁静与平衡。

敬请预订,开启一段舒缓身心、回归宁静的疗愈旅程。

Let Zensa Spa lead you through our Breath and Renew Wellness Journey, a uniquely transformative experience that combines breathing exercises with singing bowl sound therapy. Enter a state of deep relaxation as your exhale resonates and vibrates with the sound, guiding you through meditation to inner peace and balance.

Make a reservation to indulge in profound relaxation and renewal for your mind, body, and spirit.

60 分钟
minutes

澳门币 2,180
MOP



零压焕活 ENERGY & RELEASE ANXIETY THERAPY

90 分钟
minutes

澳门币 2,580
MOP

透过伸展运动、按摩疗法和引导冥想的整合疗法，彻底平衡身心灵，释放压力，缓解焦虑和不安，开启零压焕活之旅。

Give in to this transformative journey towards vitality and serenity through a holistic combination of stretching exercises, massage therapy, and guided meditation designed to release tension and anxiety, and embrace a renewed sense of well-being.

*注意：在开始任何新的运动或健康计划之前，请咨询我们的健康专家，以确保疗程适合您的个人需求和健康状况。

*Note: Please consult with our wellness experts before beginning any new exercise or wellness program to ensure it is suitable for your individual needs and health conditions.



深眠氧疗 SLEEP EXPERIENCE

120 分钟
minutes

澳门币 2,880
MOP

在标志性的纯氧泡泡空间中享受声音疗法和引导呼吸疗法带来的全新睡眠体验。

移动的水疗中心打造99.99%无污染颗粒的纯净空间，犹如地中海的微风拂过，不含污染颗粒，实现独特身心及肌肤注氧焕新效果，并使您体验极致的放松疗愈。

Rest in the iconic Pure Air Bubble, a restorative sleep experience empowered by vibrational sound therapy and guided breathing techniques. Inspired by the Mediterranean breeze, its air is 99.99% free of contaminants for a uniquely revitalizing effect on your mind, body, and skin. Allow yourself to experience the ultimate in relaxation and healing.



LPG体雕疗法 LPG ENDERMOPUNCTURE THERAPY

120 分钟
minutes

澳门币
MOP 2,880

疏通人体经络，激发穴位，增强循环系统，从而改善气血运行，促进整体健康和活力。

LPG体雕护理非常适合手脚冰凉或气血虚弱的人士，其目的是恢复身体内部平和。LPG体雕护理产生机械性物理刺激促使细胞启动，以自然且无痛的方式唤醒并启动沉睡细胞，从而提升身体能量。

Designed to activate the body's meridian points and enhance the circulatory system, improving the flow of qi and blood to promote overall well-being and vitality, this treatment is ideal for those who have cold hands and feet, or a circulatory imbalance. This specialized therapeutic treatment aims to restore harmony within the body, awakening dormant cells naturally to boost the body's energy.

