

The background is a light gray with a subtle, repeating pattern of concentric circles. A large, stylized, dark gray letter 'Z' is positioned in the center-left. To the right of the 'Z' is the Japanese character '漣' (Rin), which means 'ripple'. Below the character is the text 'ensa Spa' in a lowercase, sans-serif font.

漣
ensa Spa





「漣」水療健康養生之旅

在此感受身心靈純粹的幸福感，享受兼顧心靈健康與內外皆美的養生之旅。

以呼吸練習配合聲音療法，引導冥想，釋放能量，於「純氧泡泡空間」深眠氧療減壓，平衡整全，放懷療癒。

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.



頌鉢療癒 BREATH & RENEW THERAPY

以呼吸練習配合頌鉢聲音療法，於「漣」水療開啟療癒養生之旅。

調整呼吸，敲響頌鉢，隨著呼氣與聲音共振、波動進入深度放鬆狀態，從而盡情享受冥思、身體和心靈的寧靜與平衡。

敬請預訂，開啟一段舒緩身心、回歸寧靜的療癒旅程。

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 分鐘
minutes

澳門幣 2,180
MOP



零壓煥活 ENERGY & RELEASE ANXIETY THERAPY

90 分鐘
minutes

澳門幣 2,580
MOP

透過伸展運動、按摩療法和引導冥想的整合療法，徹底平衡身心靈，釋放壓力，緩解焦慮和不安，開啟零壓煥活之旅。

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：在開始任何新的運動或健康計劃之前，請諮詢我們的健康專家，以確保療程適合您的個人需求和健康狀況。

*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.



深眠氧療 SLEEP EXPERIENCE

在標誌性的純氧泡泡空間中享受聲音療法和引導呼吸療法帶來的全新睡眠體驗。

移動的水療中心打造 99.99% 無污染顆粒的純淨空間，猶如地中海的微風拂過，不含污染顆粒，實現獨特身心及肌膚注氧煥新效果，並使您體驗極致的放鬆療癒。

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.

120 分鐘
minutes

澳門幣 2,880
MOP



LPG體雕療法 LPG ENDERMOPUNCTURE THERAPY

120 分鐘
minutes

澳門幣 2,880
MOP

疏通人體經絡，激發穴位，增強循環系統，進而改善氣血運行，促進整體健康與活力。

LPG 體雕護理非常適合手脚冰冷或氣血虛弱的人士，其目的是恢復身體內部平和。LPG 體雕護理產生機械性物理刺激促使細胞啟動，以自然且無痛的方式喚醒並啟動沉睡細胞，從而提升身體能量。

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.

