



ANGSANA
SPA

Spring Forest

椿林



A Guide to The Spring Forest

椿林体验指南

A signature innovation by Angsana Spa, The Spring forest is a complete hydrothermal experience combining the best of European spa and hydrothermal therapy with the essence of Asian wellness philosophy to create a haven of serenity, warmth and comfort. With twelve different hydrothermal therapy experiences, each designed to soothe and revitalise different parts of your body, Angsana presents a truly holistic and rejuvenating wellness experience.

作为悦椿Spa的一个创新项目，雨林带来完整的水疗体验，完美结合了欧洲水疗设施和亚洲养生精髓，创造一个宁静、舒适和安逸的环境。十二种不同的水疗体验，每一种设计都旨在缓解身体不同部位的压力，为您打造真正的活力健康体验。

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The most important rule of thermal bathing is a allow time for your body temperature to cool and normalise after using a warm hydrothermal experience. Body cooling can be accelerated by using the various showers and the Ice Fountain. Please journey through The Rainforest according to the map sequence for optimal benefits.

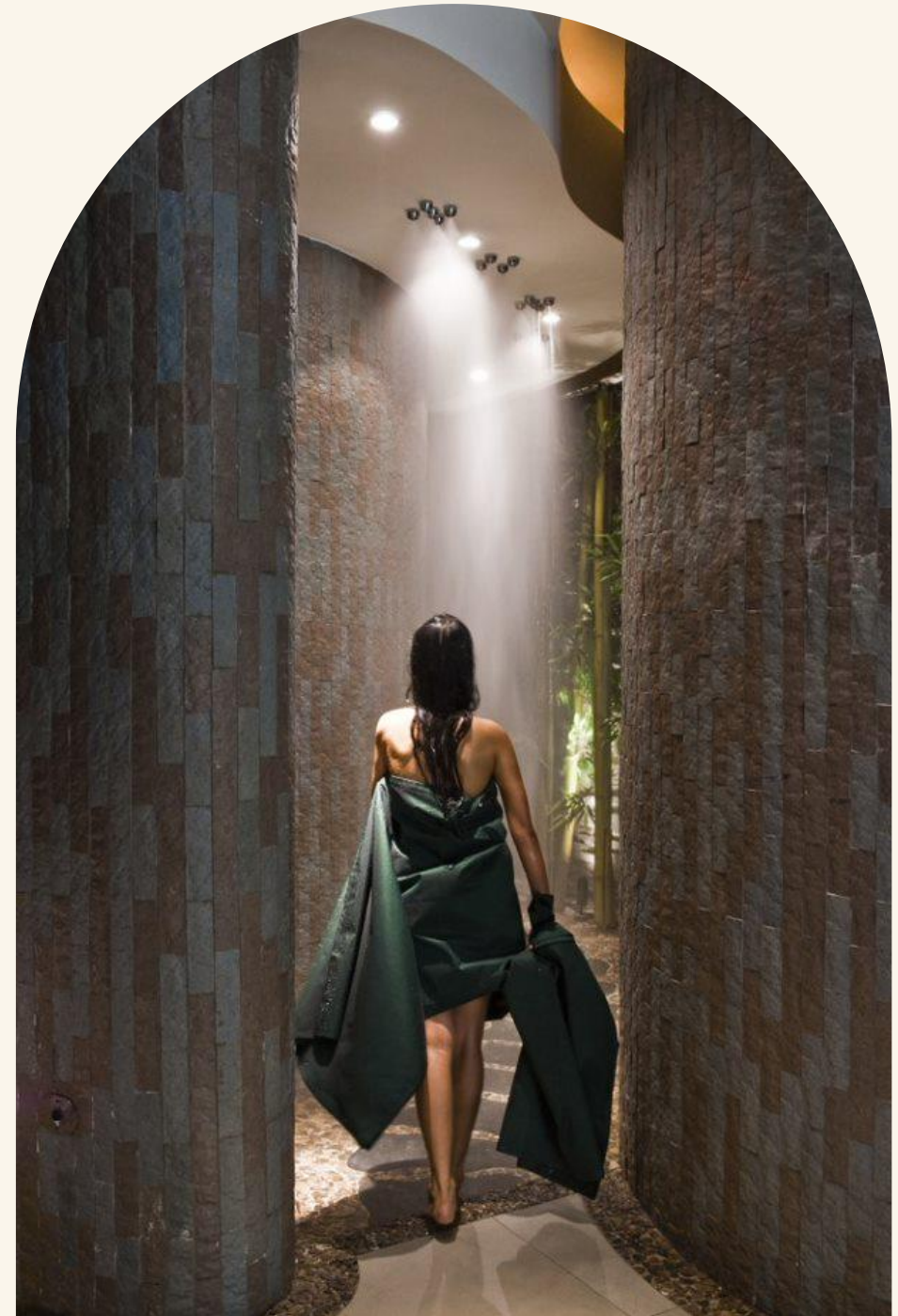
A period of passive relaxation on a lounge is always recommended to complete the therapeutic Process. The greatest benefits are achieved when the bather adheres to these rules and guidance from your Spa Host.

水疗的关键在于热水疗法之后，有充裕的时间来冷却身体，恢复到正常体温。降低体温的方法众多，您可以采用淋浴和冰泉。请按照指导顺序享受雨林之旅，以达到最佳效果。我们极力推荐阁下完成所有水疗体验的步骤以达到全面放松。遵守这些规则和接受您专属管家的建议，能够达到最佳护疗效果。

Rain Walk 雨中漫步

Surrender yourself to an invigorating Rain Walk featuring a generous shower of warm water to cleanse your body before continuing your journey of The Rainforest.

用温水充分洗净全身，感受如同漫步在雨中的自由和舒畅，开启非同一般的雨林之旅。



Steam 蒸汽浴体验

Steam Bath 蒸汽浴

In the steam room, the high temperature makes the body sweat, accelerating the body's detoxification, soothing tension and improving the body's immunity.

在蒸汽房里，高温让身体排汗，加速身体排毒，舒缓紧张情绪，提高身体免疫力。

Brine Cavern 海盐蒸汽浴

The combination of Himalayan sea salt and wet steam helps with breathing, unblocks the nasal passages. salt to replenish lost sweat, and Let the airborne trace elements replenish your body. Body circulation to be strengthened as body temperature continues to rise.

喜马拉雅海盐与湿蒸汽的结合，有助于呼吸，通畅鼻腔。让空气中微量元素补充体力，随着体温的升高，加强身体循环。

Chinese Herbal Steam Bath 中草药蒸汽浴

Feel your tension melt away in this aromatic steam chamber. With a high temperature, heavy perspiration is induced which in turn promotes body detoxification. Your immune system also receives a boost as circulation improves.

在这个芳香地蒸汽房中，紧张渐渐消逝殆尽。在高温下身体大量排汗的同时，体内毒素也在不断排出。同时还能提高免疫系统，加强血液循环。

Turkey Bath 土耳其浴

A haven of rejuvenation, immerse in the quintessential Turkey bath experience. Contemplate in the quiet seclusion of this intimate sanctuary as your body and soul is soothed by the unique blend of essence.

在独立的区域中，感受土耳其浴的精华。在这里您将体验到与众不同的泡浴感受，您的身心都能够沉静下来。



Sauna & Herbal Sauna 桑拿以及中草药桑拿

Feel your tension melting away in this dry chamber. With a high temperature, heavy perspiration is induced which in turn promotes body detoxification. Your immune system also receives a boost as circulation improves.

在干蒸房内，紧张感悄然逝去。在这里，高气温和高适度有助于消除体内的毒素，提高免疫系统的能力，加强血液循环。

Ice Fountain 冰泉

This unique and refreshing experience helps boost one's blood circulation. Rub fresh ice on your body to tighten your skin while enhancing your circulatory system. Recommended for those who wish to address a specific cellulite-prone area.

这一独特、清新的疗法有助于促进血液循环。用冰块擦拭身体，紧致肌肤的同时，还能改善您身体的循环系统。特别推荐给要消除特定脂肪区域的宾客选用。

Vitality Pool 活力池

With a relaxed body, get ready to work on those high tension muscle groups. Align your body to receive the high power hydro-massage jets and experience muscle relief. Highly recommended for those who enjoy a strong massage experience.

让自己的身体放松，肌体将体验强力水流的冲击按摩，缓解肌肉疼痛。对于偏好大力按摩的人群，这无疑是上佳之选。



Showers Experience 淋浴体验

Sensory Shower

感官淋浴

A warm shower full of strength comes down from a height to relax the body and relieve fatigue; then sprays out from the side, forming a column of water that massages different parts of the body in all directions to promote blood circulation.

充满力度的温水淋浴从高处而下，放松身体，缓解疲劳；接着从侧面喷洒而出，形成的水柱全方位地按摩身体不同部位，促进血液循环。

Swiss Shower

瑞士淋浴

Tantalize your sense with multiple water jets in this shower chamber. Feel your tension melting away as the water jets gently massage different parts of your body. A truly indulgent and soothing shower experience.

淋浴房内的多个喷水龙头唤醒了您的感官感受。随着水流柔和地按摩您身体的不同部位，您会感受到压力正在悄悄消失。这将是一次真正舒适的淋浴体验。

Tropical Rain Shower

热带淋浴

The tropical rain shower is like a small rain falling and caressing the skin with a warm current. With the gentle caress of the water, experience the blissful feeling of the moment.

热带雨林就像一股小雨落下，轻抚肌肤的温暖水流。随着水流的轻抚，体验到此刻的幸福感。

Please take a moment to read this 宾客须知

Etiquette 礼仪

For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly. Please switch your cellular phones and electronic devices off or to silent mode.

为确保所有宾客可以尽情享受体验，我们要求各位宾客尽量保持安静。没有成人陪护的儿童不得在Spa内逗留。我们希望您小声交谈，尊重其他宾客的隐私。请将移动手机与电子设备关闭或调至静音模式。

Valuables 贵重物品

We recommend that no jewelry be worn at the spring forest. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

我们建议您不要在椿林中佩戴珠宝。若有遗失的钱财或贵重物品，管理层与工作人员将不承担任何责任。

Check-in 登记

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time.

预约成功后请至少提前15分钟到Spa前台登记，以保证足够的护疗时间。

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Smoking & Alcohol 烟酒

Smoking and the consumption of alcohol within the spa are prohibited.

Spa场所禁止吸烟或饮酒。

Cancellation Policy 取消预约规定

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability.

Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee.

A full fee will be imposed for a 'no-show'.

请提前24小时取消预约，以便我们为您另作安排。若在预约时间前的4小时内取消预约，我们将征收50%的取消费。若未按预约时间到场，我们将征收全额费用。

Disclaimer 免责声明

The spa treatments, services and/or facilities received or utilised at Angsana Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Angsana Spa, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

悦椿Spa中的Spa护理、服务和/或设施仅供一般护理之用，不可替代阁下可能需要的专业医疗，药品等。对于由悦椿Spa护理、服务和/或设施导致或与之有关的义务、索赔、法律诉讼费用(在赔偿的基础上)、伤害与损失，宾客将完全免除悦椿Spa及其控股公司、附属企业、子公司、代表、代理人、工作人员与供应商的责任。