

## QUAN SPA TREATMENTS

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### ► 芳療療程 Aromatherapy

### ► 身體療程 Body Treatments

- A. 深層肌肉放鬆按摩療程 Deep Tissue Relaxation Massage      力道 Pressure：適中 Medium
- 60mins NT\$3,200／90mins NT\$4,200／120mins NT\$5,000
  - 舒緩深層緊繃的肌肉與筋膜，按摩部位概括易痠痛的背部、腿部及正面頭肩頸。
  - 適合舟車勞頓、運動前後、肩頸背僵硬、頭部壓力沉重者。
  - Using deep long strokes relaxing tense muscles and fascia of the back, back of legs, and head, neck and shoulders. Suitable for travelers, before and after massage, and for those with stiff neck and shoulders.
- B. 身心淨化淋巴療程 Lymphatic Massage      力道 Pressure：輕柔 Soft
- 60mins NT\$3,600／90mins NT\$4,200
  - 藉由淋巴舒緩手法，增強免疫系統，消除緊張生活之壓力。
  - 適合循環不佳、易水腫者。
  - Using soft lymphatic technique to help improve the immune system, reduce tension of everyday life. Suitable for bad blood circulation and odema.
- C. 臉部療程 Facial
- 極致活化光彩療程 Rejuvenating Facial
  - 60mins NT\$3,200
  - 採用奧地利天然有機產品，達到保濕效果，再搭配臉部排導手法，增添肌膚彈性與光澤之效。
  - 適合臉部循環較差、暗沉及敏感性膚質。
  - Using natural organic products combining lymphatic strokes to hydrate the skin and increase the skin's elasticity and brightness. Suitable for darkened and sensitive skin



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### ► 附屬療程(須搭配主療程使用)Add-on Services

- A. 太極能量養生療程精華版(頭部/背部/腿部)Taichi Relaxation Massage 〈Head and neck/back/legs〉
- 30mins NT\$1,200
  - 運用太極能量養生石的深層舒放效果，重點加強肌肉緊繃部位。
  - Using Taichi Hot Stones for a more deeper relaxation of chosen areas
- B. 柔膚精油去角質 Body Scrub
- 40mins NT\$1,500
  - 運用天然植物精萃之產品，搭配輕柔按摩手法，幫助去除老廢角質，增添皮膚彈性恢復水嫩光澤。
  - With the help of soft massage and organic products to exfoliate dead skin cells increasing the skin's elasticity, hydration and brightness.
- C. 黃金緊緻敷體 Body Wrap
- 40mins NT\$1,500
  - 改善肌膚暗沉、發黃現象、修復細紋，使肌膚呈現白嫩水潤光澤。
  - Helps brighten, reduce fine lines and moisturize the skin.



## QUAN SPA TREATMENTS

### ■ 理療療程 Physiotherapy

#### ▶ 筋膜放鬆療程 Myofascial Release Treatments

##### A. 肩頸頭部肌筋膜放鬆療程 Myofascial Release 〈neck and shoulder〉

- 60mins NT\$2,800
- 放鬆因久坐所造成特定僵緊的肩頸肌肉，達到矯正體態，頸椎釋壓之功效，可改善肩頸痠痛，胸悶及手部麻脹。  
Release tensed neck muscles caused by sitting to correct posture and unload spinal pressure. This treatment can help with neck and shoulder pain, chest pain and numbness in the hands

##### B. 背部及下肢肌筋膜放鬆療程 Myofascial Release (back and legs)

- 60mins NT\$2,800
- 放鬆從腰背至腿部一系列肌肉筋膜，達到減輕腰椎，膝蓋壓力，舒緩腰部痠緊，下肢神經痛或膝蓋不適之效。  
Releasing the muscles from back to legs, this treatment can unload lumbar and knee pressure.

##### C. 腹部筋膜放鬆療程 Visceral Manipulation

- 50mins NT\$2,200
- 針對胃部，子宮，小腸…等內臟周圍筋膜放鬆，幫助排除體內毒素，舒緩腸胃脹氣，生理期不適或不知名腹部疼痛。  
Releasing the fascia of the stomach, uterus and intestines...and their connective tissues to improve the function of each individual organs. Visceral manipulation is beneficial for those with bloating or other stomach issues.

##### D. 腦神經筋膜放鬆療程 Craniosacral Therapy

- 50mins NT\$2,200
- 放鬆從頸椎肌肉至顱內的顱肌及嚼肌筋膜，可幫助釋放腦神經壓力及平衡自律神經，適合眼睛痠脹，入睡困難或頭部不適者。  
Freeing the Central Nervous System with a light-touch approach, craniosacral therapy can balance the nervous system for those who suffer from headache, insomnia and anxiety

若對項目有疑問或不清楚需要諮詢了解，歡迎與 QUAN SPA 聯繫，分機 8999。

