

CLINIQUE
LA PRAIRIE
瑞珀妮

HEALTH RESORT
ANJI

WELLBEING
MENU

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Clinique La Prairie's Wellbeing philosophy

The wellbeing space at Clinique La Prairie in Anji-China is a peaceful oasis in an often-hectic world. It's a space dedicated to beauty and wellbeing, where you can reap the benefits of the world-leading clinic's holistic approach to wellbeing. Relaxation and rejuvenation are essential to anyone looking for a healthier, longer, fuller life, and escaping everyday stresses helps to achieve these goals. This dedicated space of paradise aims to help you disconnect from normal life, let go and reconnect to yourself. Here, the collaboration between holistic therapists and medical experts, and the combination of cutting-edge science and ancient healing practices, provide clients with the most advanced and personalized treatments. These can be part of a bespoke wellbeing program or in combination. It has everything necessary for the perfect stay. You'll find an indoor pool, a vitality pool, sensory showers, hydrotherapy, steam room and sauna, an ice room, a fitness center and several treatment rooms. There are also a relaxation room and a cryotherapy. So come, relax and let us take care of your body and your mind so that a new you can emerge: refreshed, re-energized and ready to take on the world.



LA PRAIRIE
SWITZERLAND

└ Facial Experiences by La Prairie

La Prairie's Facial experiences transport you to Switzerland, the land of our luxury house's origins – a world of timeless beauty.

Lifting and Firming Facial | 60 minutes

Resculpt. Lift. Firm.

Swiss Caviar sits at the heart of La Prairie's Caviar Science, infusing caviar ingredients with unparalleled lifting and firming potency. A total indulgence, this skincare ceremony profoundly improves the appearance of elasticity and tone. Skin appears firmed and lifted. Skin is infused with life.

Rejuvenating Facial | 90 minutes

Rejuvenate. Refine. Restore.

Infused with rare platinum and combined with the Exclusive Cellular Complex™, the skincare creations of the Platinum Rare Haute-Rejuvenation Collection reactivate the loop of infinite rejuvenation. This skincare ceremony refines skin texture, smooths wrinkles and evens skin tone. The natural glow of youth is enhanced, firmness and elasticity are increased, volume is restored, and moisture levels are augmented – reversing all visible signs of ageing. Time is suspended.

Revitalising Facial | 60 minutes

Revitalise. Replenish. Glow.

The warm glow that falls over mountains as the sun reaches the most graceful point in its arc across the landscape is the inspiration for this experience. La Prairie captures that glow with the Pure Gold Diffusion System, infusing skin with the grace of the golden hour. During this skincare ceremony, an advanced complex combining gold and revitalising peptides helps replump, nourish and smooth lines for an immediate, healthier-looking skin, as if basking in the glow of the sun at dusk.

Gentlemen's Recovery Facial | 60 minutes

Energise. Recover. Restore.

This skincare ceremony is inspired by La Prairie's Exclusive Cellular Complex™ which gives new life and energy back to the skin by targeting essential cells and components of the extracellular matrix for a rejuvenated appearance. This treatment enhances the skin's natural renewal process, improving firmness, elasticity and hydration. It refines the skin resulting in an even and smooth surface for a fresh and youthful appearance.

→ Body Experience by La Prairie

Body Scrub | 45 minutes

Exfoliate. Hydrate. Renew.

Inspired by the pristine glaciers of Switzerland. This gentle sea-salt and oil body scrub exfoliates and moisturises skin effortlessly, for a smooth and comforting feel. Immerse yourself in complete relaxation while dead skin cells are removed and tired and mature skin is left looking glowing and youthful.





└ Tech-activated rejuvenation

Our high-tech treatments combine non-invasive technologies for maximum results.

Hydrafacial Basic | 45 minutes

Hydrafacial uses patented technology to cleanse, extract and hydrate the skin. Starting with a lymphatic drainage to remove lymph congestion and to eliminate toxins. Following by deep cleansing and peeling, to remove impurities and improve skin regeneration. An application of antioxidants and peptides on the skin's surface to maximise the glow and a LED light therapy to finish for skin activation.



▮ Signature Massages

For our range of Signature Massages, our therapists use specific body massage oil created exclusively for Clinique La Prairie. They expertly tailor their technique to suit your individual needs.

Revitalizing Massage | 60 minutes | 90 minutes

This signature massage targets the energy flow of the body, bringing precise and modulated pressure to bear on the body's cardinal energy points for a truly invigorating experience.

Detoxifying Massage | 60 minutes | 90 minutes

This massage regenerates the body and activates the elimination of toxins. The effect is immediate – tension located in the muscles dissolve, while the physiological system's reflex points rebalance, and oxygenation is improved.

Maderotherapy | 60 minutes

Manual treatment of vigorous massages using wooden instruments. It tones the body, minimizes fluid retention and treats localized fat in order to sculpt the body.

Pain & stress relief | 60 minutes | 90 minutes

Using bamboo sticks to penetrate deeper into the underlying tissue to trigger tension points. It helps to relieve stress and increases levels of energy after deep relaxation.

Chi Nei Tsang | 60 minutes

Taoist traditional abdominal massage that enhances Chi vitality in the organs, aims at resolving physical and energetic tensions as well as emotional blocks. Chi Nei Tsang works mostly on the organs to help with digestive disorder while mobilizing energy.

Reflexology | 60 minutes

A massage which aims to regenerate the body and activate the elimination of toxins, while dissolving muscle tension, activating reflex points on the foot to rebalance the body and stimulate healing.

Psamotherapy Remineralizing Massage | 60 minutes | 90 minutes

This bespoke therapy combines tradition and high-tech. The heated alpha quartz cocoons and contours your body while the gentle percussion and warm pressure of the quartz poultices targets specific body reflex points.

Himalayan Salt Stone Massage | 60 minutes | 90 minutes

A full body massage using a specific sequence of massage to balance Tsing points, meridians and source points. By stimulating these points, they can be very curative, providing a state of total well-being emotionally and physically.

Body and Facial Manual Lymphatic Drainage | 75 minutes

This manual lymphatic drainage uses light, sweeping strokes to encourage lymph flow, improve blood circulation and help your body naturally detoxify.

→ Clinique La Prairie Wellbeing experiences

An invitation to a dream, a complete personalized experience combined with innovative wellness technologies.

Neuro Wave Stimulation | 30 minutes

This acoustic and vibration therapy is guided by technology that trains the brain to let go and succumb to deep relaxation techniques, enabling even the busiest of minds to enter a deep level of relaxation. As in meditation, specific sounds slow down mental activity, while vibration frequencies target the body's energy centers.

Far-Infratherapy | 60 minutes

This technology uses long infrared rays (the only sunrays beneficial to living beings) to detoxify the body and make the skin look beautiful, as well as aiding relaxation, muscle recovery, slimming and health (boosting the immune system, soothing the nervous system, relieving joint pain and balancing blood pressure). The health effects of this powerful body detox greatly surpass usual methods of relieving stress, fatigue and chronic pain.

Cryotherapy | 15 minutes

Cryotherapy uses extremely cold temperatures to boost health and reduce injury recovery time. These benefits start by reducing inflammation, relieving pain and improving mobility. The process reduces cellular metabolism, inflammation, pain and spasms while increasing cell survival and favoring vasoconstriction and vasodilation, which increases oxygen levels in the blood that is delivered to damaged tissue. Cryotherapy also has a positive effect on our emotions, particularly stress, by releasing endorphins through the hypothalamus. Endorphin release plays a central role in regulating mood and is responsible for wellbeing.



LO-CENTY HUB
BY CHINOUE LA PRAIRIE

Icepool
-110 °C

→ Health Club

The Health Club offers an integrated solution and a holistic approach to meet your every need in terms of fitness, with cutting-edge facilities and levels of service and comfort meeting the very highest standards.

Traning | 60 minutes

Aqua training | 60 minutes

Swim session | 60 minutes

Yoga | 60 minutes

Aerial detox | 60 minutes

Pilates mat | 60 minutes

Pilates reformer | 60 minutes

Thai-Chi | 60 minutes

Hiking | 90 minutes

Mountain bikes | 120 minutes



General information

Treatment Time

Upon reservation

Everyday: 9am – 8pm

Information & reservation

0572-5671000 - 6588

Health club

Everyday: 7am – 8pm

Information

0572-5671000 - 6599

Schedule an appointment

To schedule an appointment, please contact your guest relation or the main reception to help you choose the perfect treatment. Treatments booked by guests not staying at the clinic need to be accompanied by a valid credit card.

Arrival time

Please arrive at the Spa reception 15 minutes before your treatment time. This will ensure you sufficient time to complete consultation with a Spa specialist before your treatment.

Peace and quiet

In consideration for other Spa guests, please refrain from using mobile phones in the Spa.

Gift voucher

An exclusive gift idea for someone special. Please contact the main reception for details.

Cancellation conditions

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours notice will incur a 50% cancellation fee. The entire charge of the treatment booked will be levied in case of a “No Show” without any prior cancellation as specified above. Entire charge will also be levied for cancellation of a 30-minute treatment.

Valuables

Please do not leave any valuables in the changing rooms, and be sure to take your belongings with you at the end of each day. The management cannot accept responsibility in the event of theft or loss.

