



*The Peninsula Shanghai is an exquisite destination stunningly located on The Bund, reflecting its irrepressible charm onto the Huangpu River. Experience timeless and unique Spa ceremonies that unite the elegance and grandeur of Shanghai's Art Deco past, depicted in a luxurious environment as the perfect city retreat that it is today at The Spa at The Peninsula.*

*The Peninsula SPA has created a collection of eclectic bespoke treatments, Spa-inspired by European, Chinese and Ayurvedic philosophies for an entirely new, holistic experience. Together with the internationally acclaimed spa product range the exceptionally natural, high quality skincare products; anti stressing aromatherapy oils; revitalising seaweeds and cleansing muds, help restore energy levels, tranquillity and balance.*







Developed by the LVMH group in France, CHA LING cosmetics harness the power of premium pu'er tea from the subtropical landscape of southwestern Yunnan province. Renowned for its perfect balance of traditional Chinese therapies and French-inspired treatments and cosmetics, CHA LING offers a unique opportunity for the Spa to further enhance its key propositions.



Founder and creator of Margy's Monte Carlo, Margie Lombard is a world-renowned Swiss beauty expert with more than 40 years' experience in skincare. Margy's Monte Carlo products feature revolutionary ingredients made in Margie's exclusive laboratory in the heart of the Swiss mountains. The luxurious skincare range combined with her advanced therapy techniques deliver enviable results.



Subtle Energies<sup>®</sup>  
AYURVEDA AROMATHERAPY



Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing.

The brand was founded in 1993 by Farida Irani in Sydney, Australia as a clinic of natural therapies. The clinic was designed to address a complex range of health concerns with a variety of modalities offered. This background underpins the cutting-edge clinical research and development of the Subtle Energies brand allowing authentic pioneering formulas and treatments to be developed.

Subtle Energies' Spa Concept provides treatment programs that combine the optimum methods and knowledge found in these respected ancient sciences, with holistic modern techniques.



# VOYA

The award-winning Irish brand VOYA creates genuinely organic, seaweed-based products based on the highest quality botanical ingredients and aromatherapy oils. VOYA brings the restorative and healing powers from the sea, utilising the minerals and vitamins from seaweed to have pronounced anti-ageing, skin conditioning, repairing and grounding effects on the mind, body and soul.

# *Peninsula Signatures*

## BAMBOO HARMONISERE

120 MINUTES

---

A specialized massage using traditional bamboo sticks to stimulate the flow of Chi energy within the body. A symbol of longevity, good luck and strength, bamboo has a very unique energy. Working in harmony with the body, varying lengths of bamboo are employed using gliding, rolling and stroking techniques to target tense muscles and provide therapeutic relief to sore and stressed joints.

## VITAL QI

120 MINUTES

---

Chinese Meridian Massage and Reflex Zone Treatment are sophisticated treatments designed to restore vitality to the body, mind and spirit. Traditional Chinese therapies focus on the balance of vital energy, known as 'Qi' in Chinese culture. A deep pressure point massage is applied to meridians or channels, commonly known as 'jing luo', located all over the body, to assist in the movement of stagnant Qi. Reflex zone therapy is incorporated to target specific areas and pressure points on the feet and lower legs. This treatment is performed without oil and comfortable clothing will be provided.

## ORIENTAL THERMAL INFUSION

1 HOUR 50 MINUTES

---

A warm herbal poultice treatment for the face and body to eliminate toxins and increase energy. A rich infusion of Ginseng, Ginger, Ginkgo Leaf and Cassia are blended with a traditional Chinese herbal mix to create specially formulated poultices that are pressed and rolled over the body's energy centers to release trapped energy and soothe aching limbs and tired muscles, leaving a sense of warmth, comfort and revitalization.

# *Peninsula Signatures*

## TRADITIONAL ACUPUNCTURE MASSAGE 60 MINUTES

---

The traditional acupuncture massage therapy can improve the function of internal organs. Stimulating the channels and acupoints according to massage, acupoint pressing which can help to enhance the body's immune system. Your TCM specialist will conduct a one-to-one health consultation and customize techniques through acupoint reflection. Traditional Chinese medicine is broad and profound. It aims to customize acupoint therapy for different viscera according to different solar terms throughout the year.

## CHINESE MERIDIAN MASSAGE 60 MINUTES/90 MINUTES

---

A truly therapeutic and stress relieving clothed massage. The Chinese Meridian Massage is tailored to the needs of each individual and is based upon the traditional Chinese belief of balancing the movement of Yin and Yang energy. The use of 'Shou Fa' or hand and arm massage principles including kneading, rolling, stretching and pressure point work are combined with a dry head massage to release stagnant qi and leave the body re-energized.

## CHAKRA BALANCING WITH VOLCANIC STONES 2 HOURS

---

Relieve deep-seated tension and muscular stress with a full ayurvedic treatment. The treatment begins with skin brushing, exfoliation and a facial cleanse before the whole body is massaged with fragrant aromatherapy oils and ayurvedic infusions. Hot stones are placed on vital energy points and chakras across the body to release tension and relieve stress.

## *Peninsula Signatures*

### FOUR HANDS RELAXATION JOURNEY

70 MINUTES /100 MINUTES

---

This massage is presented by two experienced therapists, perfectly integrating Eastern and Western massage techniques. The four hands work together seamlessly, penetrating deep into your stiff and tight muscle fibers, quickly releasing tension, revitalizing your muscles, and achieving deep relaxation of both body and mind. It effectively reduces stress and anxiety, bringing inner peace and tranquility.

### TIME TOGETHER (FOR TWO)

1 HOUR 45 MINUTES

---

A luxurious couples' treatment designed to foster a deeper connection between you and your partner, while also reconnecting with your bodies. Start with our signature 60-minute Voya body massage, an indulgent ritual that will soothe and rejuvenate followed by a choice of 30minute facial or scalp massage. To conclude, embark on a shared journey of tranquility with a 15-minute joint singing bowl sound healing session, where the harmonic vibrations will leave you feeling serene and at peace.

## Facial Treatments

### ULTIMATE INSKIN ELIXIR REVERSAL FACIAL 90 MINUTES/120 MINUTES

---

**MARGY'S**  
MONTE CARLO

Our revolutionary facial that includes a powerful blend of biotechnology and plant extracts for intensive skin cell regeneration. Highly active Collagen Face Masks and age defying massage techniques help restore elasticity and leaves the skin truly radiant. Exceptional results are visible from the first treatment.

### THE PENINSULA FACIAL BY MARGY'S 90 MINUTES

---

**MARGY'S**  
MONTE CARLO

To mark her ten-year collaboration with The Peninsula Hotels, Margie Lombard, the founder of coveted skincare brand Margy's Monte Carlo, has created a new, highly advanced facial treatment exclusively for guests of The Peninsula Spas. The new Peninsula Facial by Margy's embodies both the science- and results-driven innovation of Margy's Monte Carlo and the impeccable luxury of The Peninsula Hotels. Each treatment features a specially formulated massage technique, designed to tone, lift, and rejuvenate the face while amplifying the effectiveness of Margy's signature skincare products. The choreography of precise, expertly applied rhythmic movements also provides a profound sense of relaxation and comfort.

### COLLAGEN SUPER LIFT FACIAL 60 MINUTES

---

**MARGY'S**  
MONTE CARLO

This facial visibly reduces fine lines to promote a smooth and radiant appearance from the first treatment. Highly active face masks featuring Pure Collagen or Botolift Collagen helps restore elasticity and leaves the skin plumped, perfectly contoured and luminous.

### SKIN ILLUMINATING FACIAL 60 MINUTES

---

**MARGY'S**  
MONTE CARLO

Exclusively tailored skincare treatment designed to brighten and boost your complexion. Deep cleansing and highly concentrated active ingredients hydrate and restore your skin, leaving it refreshed and revitalised from the inside out.

## Peninsula Signatures

### REFRESHER FACIAL

30 MINUTES

**MARGY'S**  
MONTE CARLO

Designed for those who are short on time but still wish to experience the luxury touch of Margy's treatments. Includes our classic cleanse formula, results-driven facial massage and signature personalised finishing products. You will leave feeling freshly glowing.

### INTENSIVE EYE TREATMENT

30 MINUTES

**CHA  
LING**  
L'ESPRIT  
DU THÉ

Enhance the benefits of any spa facial or complement your chosen body treatment with a luxurious eye treatment. A welcome treat for those who are concerned with the first signs of aging around the eye area and use products to help combat the appearance of fine lines and environmental stress.

### SIGNATURE FACE TREATMENT ENERGY RHYTHMS

50 MINUTES/80MINUTES

**CHA  
LING**  
L'ESPRIT  
DU THÉ

This signature treatment uses traditional Chinese medicine to balance the flow of vital energy and detoxify the skin, while French facial massage techniques are employed to plump and tone the muscles of the face. Available in three unique variations to suit any beauty clock, the morning rhythm seeks to energise the face, the afternoon to detoxify and the evening to recover.

# Massage Treatments

## HARMONY EASE

### RELAXATION MASSAGE

90 MINUTES/ 2 HOURS

Subtle Energies<sup>®</sup>  
AYURVEDA AROMATHERAPY



Help to bring the body into balance and assist with sleeping patterns and energy levels with this customizable massage. Begins with an invigoration lavender foot exfoliation, followed by Rosayana Body Blend warm essential oils to remove daily stress bringing a deep sense of relaxation to the body and mind. An Oriental head massage completes the journey to tranquility while a Pure Indian Rose Hydrosol assists in cooling and grounding for the day.

## DEEP

### TISSUE MASSAGE

60 MINUTES/90 MINUTES

Subtle Energies<sup>®</sup>  
AYURVEDA AROMATHERAPY



The Peninsula deep tissue massage offers both physical and psychological relief for a range of common ailments. Unlike other massage techniques that just focus on relaxation, the deep tissue massage penetrates to the deepest layers of muscle tissue where tension and muscular pain is most often rooted.

## AROMATHERAPY

### MASSAGE

60 MINUTES/90 MINUTES

Subtle Energies<sup>®</sup>  
AYURVEDA AROMATHERAPY



A deeply therapeutic massage using a unique customised blend of essential oils to cater to your individual needs. The formula blends plant-based ingredients such as Tulasi, Wild Turmeric, Mogra and Kewda to restore emotional balance and alleviate sleep issues. The fragrant aromas penetrate the body's olfactory system and stimulate the thalamus and hyper-thalamus in the brain. The whole treatment designed to completely relax both body and mind.

# Massage Treatments



## REFLEX ZONE FOOT MASSAGE 60 MINUTES/90 MINUTES

---

Many cultures believe that the foot mirrors the body's systems and by massaging specific reflex points and meridians on the feet, balance can be achieved in the functions of the body, creating an overall sense of well-being. This treatment helps to relax the entire body and mind, ground energy and regulate the movement of Qi through the body.

## VOYA

### VOYAGER MASSAGE JOURNEY 90 MINUTES/ 2 HOURS

---

A complete top-to-toe relaxation journey, incorporating scalp massage, face massage, stretches and body massage that echoes the movement of the sea combining both gentle and stimulating movements. This is the ultimate luxury treatment to relieve aches and pains, tailored to individual needs.

## VOYA

### MINDFUL DREAMS RELAXER 60 MINUTES/ 90 MINUTES

---

Mindful Dreams is a relaxation treatment that offers unparalleled comfort in a sleep-enhancing experience. Prepare to let all your stresses and tensions fade away in this ultimate sensory indulgence, designed to guide you towards a perfect night's sleep. This treatment incorporates specially selected products renowned for their calming properties, paired with sleep-inducing cultural massage techniques and meditation practices. Together, they induce instant tranquility and foster a profound sense of inner calm.

## VOYA

### PRE AND POSTNATAL VOYAGE 90 MINUTES

---

The Organic Prenatal and Postnatal Wellness Ritual is designed to promote relaxation while deeply hydrating and nourishing your skin. A comprehensive body exfoliation gently buffs away dullness, revealing a radiant glow. The application of Nourishing Oil helps ease stress and tension, while a soothing body, face, and scalp massage melts away all the aches and pains associated with pregnancy.

## *Body Therapy*

VOYA BODY CLEANSE  
AND DETOX REJUVENATION  
60 MINUTES

---

**VOYA**

Detoxify body and skin with the ultimate cleansing ritual. A full-body brush activates your lymphatic system, and your body is anointed with detoxifying oil scented with lime and mandarin. The cleansing process continues with a therapeutic abdominal massage, utilizing hot and cold stone treatment to cleanse and restore an active, healthy system. The detoxification process is further enhanced with a full-body manual lymphatic drainage massage using chilled Body Gua Shas to achieve ultimate toning.

HIP AND THIGH  
CONTOUR TREATMENT  
60 MINUTES

---

**VOYA**

Redefine the silhouette of hips and thighs with this revitalizing detox treatment. Skin brushing and a salt scrub stimulate circulation, while the iced mitt removal gently tones the skin. Following this, a lymphatic drainage massage using a wood therapy tool helps enhance the flow of lymphatic fluid, and an abdominal cleansing stomach massage drains excess fluid from the area. Skin looks smooth, supple and beautifully toned.

## *Body Therapy*

HERBAL COCOON  
SENSORIAL JOURNEY  
60 MINUTES

**VOYA**

---

Immerse yourself in a serene sleep experience that rebalances the body, hydrates the skin, and calms the mind. Start your journey with VOYA's Lavender sugar glow, which will leave your skin radiantly glowing. Following that herbal body mask is applied, cocooning you in a soft muslin. As you drift deeper into relaxation, enjoy a soothing scalp massage that elevates your sense of tranquility.

NOURISHING  
SCRUB RELAXER  
45 MINUTES

**VOYA**

---

Our dual action lathering scrub gently exfoliates with finely ground walnut shells, while nourishing your skin with a blend of almond oil, seaweed, and ginger extracts. Our formula is both gentle and effective, eliminating rough and dull-looking skin cells to reveal a refined, softer, and silky-smooth complexion.

SUGAR GLOW  
BODY SCRUB  
45 MINUTES

**VOYA**

---

A wonderful fragrant mix of lavender oil, seaweed and sugar creates a unique double-action experience. The sugar gently exfoliates to remove dead skin cells, while the seaweed extracts and lavender essential oil provide healing, nourishing, and calming benefits, leaving your skin refreshed and rejuvenated.

## *Add On Spa Essentials*

BACK  
AND SHOULDER  
30 MINUTES

Subtle Energies  
AYURVEDA AROMATHERAPY



A therapeutic back and shoulder massage that targets to relieve muscle tension on the neck, shoulder and back - the ideal way to complement your chosen treatment.

REFLEX ZONE  
FOOT MASSAGE  
30 MINUTES

Subtle Energies  
AYURVEDA AROMATHERAPY



A foot massage, concentrating on the feet and lower legs. Many cultures believe that the foot mirrors the body's systems and by massaging specific reflex points and meridians on the feet, balance can be achieved in the functions of the body, creating an overall sense of wellbeing. This treatment helps to relax the entire body and mind, ground energy and regulate the movement of Qi through the body.

SINGING BOWL  
ENHANCEMENT  
30 MINUTES

VOYA

Sound therapy with hand made singing bowls from Nepal is an ancient form of regeneration. During the process of singing bowl vibration or awakening, feeling changes in body or emotions, each person's experience is unique, focus on the present moment, the feeling of the present.

HAIR AND SCALP  
TREATMENT  
30 MINUTES

VOYA

Scalp Massage is performed with Lavender and rosemary oil then nourishing Conditioner is applied through the lengths and hair is wrapped in a warm towel to hydrate.

## *The Peninsula Wellness Half Day Spa Journeys*

THE PENINSULA  
CALM ESCAPE  
2 HOURS 30 MINUTES

**VOYA**

Escape the daily stress with a luxurious pampering session tailored to your needs. Begin your journey with a 30-minute full-body exfoliation, gently revealing your skin's natural radiance. Immerse yourself in a Balinese-style massage that will soothe your nervous system and promote deep relaxation. Conclude your indulgent experience with a skin-brightening facial, leaving you feeling rejuvenated and refreshed. To complete your perfect escape, enjoy a light and nourishing meal.

## *The Peninsula Wellness Full Day Spa Journeys*

THE AYURVEDA  
EXPERIENCE  
4 HOURS

**MARGY'S**  
MONTE CARLO

Includes: 120 minutes Chakra Balancing, 120 minutes Ultimate Inskin Elixir Reversal Facial, and a Naturally Light Meal.

An outstanding journey that unites a full body hot stone treatment with essential oils and Ayurvedic infusions to restore equilibrium to body and mind. The advanced facial techniques and powerful antioxidants of Ultimate Inskin Elixir Reversal Facial restores the skin's luminosity and vibrancy.

## *The Peninsula Wellness Full Day Spa Journeys*

VOYA  
CITY RETREAT  
3 HOURS

**VOYA**

Embark on a journey that begins with a Lavender body exfoliation, gently revealing your skin's natural radiance. Immerse yourself in a Balinese-style massage follow by a marine-based facial treatment, allowing the soft touches to melt away all tensions and soothe your body and mind. To conclude this grounding day, enjoy a reflex foot massage and a light meal.

# H O W   T O   S P A

## OPENING HOURS

10:00 am to 10:00 pm

## ARRIVAL TIME

You are encouraged to arrive 60 minutes prior to your appointment to enjoy the exclusive facilities at The Spa. Please be advised that late arrivals will result in a reduction of treatment time.

## THERMAL SUITE

Enjoy the luxurious range of heat and cooling experiences which cleanse, relax and soothe, preparing mind and body for the treatment experience to follow. These include separate facilities for female and male guests:

- Steam Room
- Lifestyle Shower
- Ice Fountain
- Sauna
- Separate Male and Female Relaxation Area
- Separate Male and Female Changing Room

## SPA TREATMENTS

The specialised treatments care for your every need from advanced facials, hot stone therapy, Ayurvedic and Chinese influenced treatments, essential body massage, envelopments and specific Signature Peninsula Ceremonies to Half-Day and Full-Day Spa Journeys.

All treatments include the use of The Spa facilities; the Asian Tea Lounge, Thermal Suite and Relaxation Areas. Bookings must be guaranteed with a credit card.

## PRIVATE SPA SUITE

For the ultimate Spa experience, upgrade your treatment journey to take place in our Private Spa for Two. Please refer to the Half-Day and Full-Day Spa Journeys section for details.

## SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice. Hotel guests, please dial ext. 6864 on your room telephone. From outside the Hotel please call +86 (21) 2327 6599.

To ensure your preferred time and service is available, we recommend advance booking.

#### SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy and serenity. In light of this, The Spa is a mobile phone and smoke free zone.

The thermal suite facilities are separate for male and female guests therefore the use of swimwear is optional.

We would like to invite hotel guests to arrive at the Spa wearing the robe and slippers provided in their hotel room, and would advise that valuables are left in the safe in your room.

The Spa will provide towels, slippers, and all amenities required for use during your visit.

The minimum age of 16 is required for access and treatments at The Spa.

#### HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

#### PREGNANCY

We have specially designed treatments for expectant women and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

#### CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

#### GIFT CERTIFICATES

Gift certificates are available - an ideal present for someone special. Please contact The Peninsula Spa for details.

#### HOMECARE

To continue your Spa regime and experience at home, all products used in our treatments are available for purchase from the Spa Reception.

#### PRICES

All prices are quoted in Renminbi (RMB) and are subject to 16.6% surcharge.

Prices are subject to change without prior notice.

In case of any dispute, the hotel reserves the right to make the final decision.

# THE PENINSULA

---

S H A N G H A I

上海半岛酒店

The Peninsula Shanghai Waitan Hotel Co., Ltd.

Correspondence address: No. 32, The Bund, 32 Zhongshan Dong Yi Road, Shanghai 200002, China

上海外滩半岛酒店有限公司 通讯地址：中国上海外滩中山东一路32号，邮政编码：200002

+86 21 2327 2888 psh@peninsula.com peninsula.com

HONG KONG · SHANGHAI · BEIJING · TOKYO · NEW YORK · CHICAGO · BEVERLY HILLS

LONDON · PARIS · ISTANBUL · BANGKOK · MANILA