

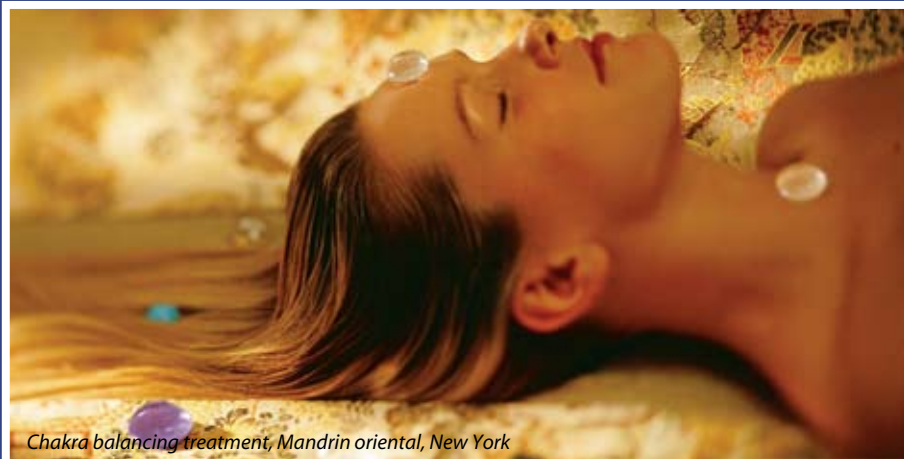
美国水疗 领军世界

美国高度发展的水疗业之方方面面也许能为
中国水疗业的发展提供些借鉴

朱巧婧 译

New York City Skyline





Chakra balancing treatment, Mandrin oriental, New York



Picture by JW Marriott Ihilani Resort and Spa at Ko Olina



在

中国，水疗中心已成为酒店业和康体领域的一项重要组成部分，是现代奢华酒店的必备设施。

在西方，美国水疗一直居于世界的前沿，这与美国行内的激烈竞争密不可分。为了吸引客源，一家高端水疗中心需有自己的特色，即“卖点”，因为除业内竞争外，其还需面对来自酒店业的压力。现今美国中高层酒店几乎都备有水疗中心，且无一例外的将水疗体验作为自己营销的一种手段。（美国和芬兰拥有为数最多的家居水疗，但这里我们不将家居水疗作为讨论的范围）

美国水疗大多独具特色。以We Care为例，这是一家坐落在加利福尼亚Desert Hotel Springs的水疗馆。疗程前一周，客人会被要求禁食咖啡、酒精饮品、糖类脂类食品、乳制品、药物等。期间为保证饮食的清淡，水疗中心会为理疗者提供高纤低肪的果蔬如胡萝卜、鲑鱼等。We Care一次纳客20人，地处沙漠绿洲，环境适宜。附近一带栽有仙人掌等植物，周围零星散布着几辆锈迹斑斑的汽车，给人的印象颇为奇特（至少去年情况还是如此，如今这些废弃的车辆可能已经被清理掉了）。疗程中你的食量将受到严格的控制。且离开之际，We Care会送上一小罐沙拉，以示对你这段时间所做努力的嘉奖。大部分客人会在这里住上一周，7天的疗程虽不至于令你的体重骤减，但却有消除身上部分肥肉的疗效。

除柠檬水和草药茶外，We Care供应的食品包括不同的营养餐，配合每日主食的淡汤等。收费约4000美元/周。至于其他高脂饮食，We Care一概不提供。据纽约杂志的一篇报道指出：旅游业专家称We Care是好莱坞明星频繁光顾的“补给站”。众多大腕都是这里的常客如摇滚巨星，超级名模等。除断食疗法外，大肠水疗是We Care的另一特色，首先理疗师会将引流管置

入人体内，再慢慢输入20加仑的纯水，用来清洗结肠，排除人体内的存积毒素，整个过程高端又精细。所用透明导管使客人能清晰观察到整个疗程。通常水疗中心会建议理疗者一天做一次大肠水疗，且这需额外收费。

美国传统水疗中心

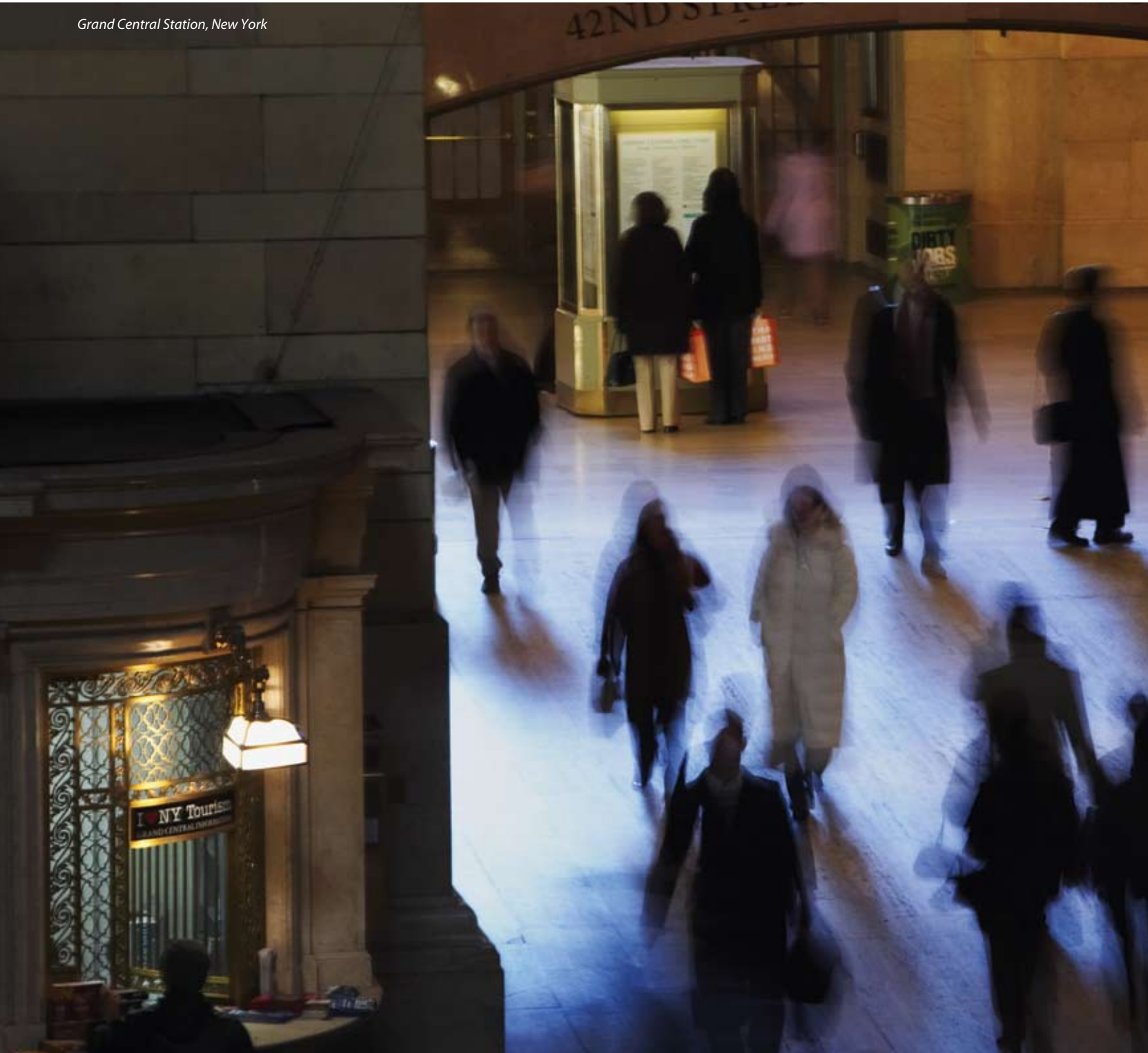
位于犹他州的Green Valley Spa是美国较传统的水疗中心，提供了多种锻炼课程与健身活动，如恰恰舞（这是一种全身运动的舞蹈，源自拉丁舞，集合了梅伦格舞、桑巴、莎莎这三种舞风）、健身球课程、普拉提、太极等。

Green Valley Spa同样提供另类疗法。水疗中心内备有气场分析仪，其以颜色理疗和能量医学为原理，通过测量分析，就能得出个人当前真实的精神状况。测量结果包括一份24页的报告，附带本人的气场照片，个人资料和对你当前能量状态的详细说明。

在犹他南部远足，随处可见红岩、绿树、清水、鲜花等风景。坐落于此的Green Valley Spa还包括特色按摩Rapunzel's Secret。疗程中，客人能在布满垂柳的自然环境下尽享专业服务。理疗师会在你的头部，颈部，双肩涂上特殊油膏，配以专业的按摩技巧，彻底放松身心。油膏中含有当地泥土的成分，据说此类物质能起到提升肤质的疗效。另外，对想体验另类理疗的顾客而言，水疗中心还开设了烹饪，高尔夫课程和养生讲座。

The Grand Floridian Resort & Spa位于佛罗里达州迪士尼乐园，对携带孩童的客人来讲，是个理想的水疗场所。当孩子们与乐园中的米奇等卡通人物玩耍嬉戏时，你能静心沉浸在矿浴中，享受水疗，足浴和一系列按摩体验，如瑞典式按摩，推拿等。

位于西雅图Alexis Hotel内的Aveda Spa独树一帜。除按摩和浸浴外，水疗中心还提供其他理疗服务，以期带给顾客不一样的愉悦体验。当你到达水疗中心后，服务



人员会先递上一份巧克力甜点和香槟，以确保整个疗程前，你能有个好心境。接着，专业理疗师会为你提供理疗服务，从按摩，中草药疗法到香熏理疗，一应俱全。所有项目均有燃脂的疗效，帮助你消耗之前因食用甜点和酒类所摄入的热量。

温特沃斯滨海万豪酒店及水疗中心坐落于新罕布什尔州，是座海滨度假胜地。理疗者最先会被安排在休憩室内调整状态，接着专业理疗师会为你提供理疗服务，服务项目包括针对手部护理的石蜡疗法，去角质裹肤护理，面部护理，全身精

油按摩，灵气疗法，热石疗法等。

四季酒店度假村Aviara距圣地亚哥北部大约有30分钟的路程，地处一片自然环境中，周围遍布野生植物，花团锦簇。The Four Seasons Resort Aviara坐拥一个水疗中心和一个由阿诺·帕玛设计的高尔夫球场，为宾客提供了丰富多彩的生活环境。《达拉斯新闻早报》也曾描述：“在Aviara打高尔夫，你就仿若置身植物园中。这是一个自然保护区。每当微风轻拂时，湖面就会泛起点点涟漪。这里峻山巍峨，鲜花遍布，美不胜收。”

四季酒店度假村Aviara水疗中心面积广大，占地1400平方米，设有20间理疗室、一个备有日光浴床的休息室、漩涡池、桑拿、蒸汽室、储物柜、更衣间等。所有设施与其他水疗中心无异，只是体积规模略大。水疗中心以双人套房为特色，设计尽显奢华浪漫，对新婚夫妇，欢度周年庆或纪念特殊日子的情侣来说，是个绝佳之选。房内备有一个休息区，供两人合用的大理石壁炉和沐浴设备。双人套房内还附带一间理疗室，内置两张并肩而立的按摩床和一个带漩涡池的露台。



虽然中西水疗中心有不少相似之处，但也存在着很大的差异。

水疗中心的类型

如下列有美国部分水疗中心的类别：

游轮型水疗(开设在大型豪华游轮上的水疗中心)

美国游轮与其他国家略有不同，一年迎客约1500万人次。年假之际，多数美国人会选择出游在外，而由劳德尔堡至加勒比海的豪华游轮7日游是当地颇受欢迎的旅

游项目，除狂欢活动外，游客还能在这七日尽享水疗体验。现今在美国，于游轮上开设水疗中心就如同在船上置办小型赌场一样，是个十分普遍的现象。

美容水疗

这类水疗中心能令你看上去更美更年轻，还能改善人的心境。除基本疗程外，其提供了一系列零售产品，用以维系你的肌肤状况和理疗效果。美容水疗不同于医用水疗，它最大特色在于重塑了人的外观和状态。

综合性水疗

综合性水疗会为宾客安排膳食，提供各式理疗服务，整个疗程历时七天。服务项目包括各式水疗、健身活动、康体教育、合理的膳食安排等，综合性强。

医疗水疗

这类水疗中心由持有健康/医疗证书的专业人员全天候督导，结合了水疗服务，传统理疗，另类疗法等项目。

温泉水疗

利用当地自然环境中的温泉水、矿泉水或海水提供服务的水疗中心。

酒店/度假式水疗中心

这类水疗中心坐落于度假村或酒店内，向宾客提供了专业的理疗服务，健身项目和膳食。度假式水疗中心有的由酒店直接管理，有的由外部人员负责营运。一般来说，他们同样充当着城市水疗的角色。

度假式水疗中心

人们希望通过水疗中心达到养生，休憩身心的目的。近年来这一现象在美国变得愈来愈普遍，同时这一现象也引发了一些后续影响。酒店水疗中心开始不断提升自己品牌，期望能为宾客提供高品质的服务。水疗中心也逐步引入了酒店水疗设施，以期最大限度地满足顾客的需求。

度假村水疗中心涵盖各式理疗服务，为宾客提供了地道的水疗体验。一般理疗者会在水疗中心住上一周或是几日，他们对囊括体锻项目和特殊膳食的疗程充满兴趣。度假式水疗中心大多环境优美，布局雅致，在选址上往往远离市镇，甚至是交通主干道，为的是能避开日常生活的忙碌与喧嚣。从某种意义上来说，私密孤立也

是水疗体验的一部分。

不是所有情侣、宾客都喜欢把时间花费在赏景，冥想上的。因而，很多大型度假式水疗中心融入了室外活动。高尔夫是最受欢迎的项目，网球、骑马，远足等次之。实际上，度假式水疗中心赋予了你一个抛开日常琐事和烦恼的机会，令你能完全沉浸在水疗体验中，身心都得到了充分的愉悦与享受。

度假式水疗中心收费高昂。入住前，你需确定整个套餐的收费情况，特别是额外的附加费用。因为这些额外花费很有可能令你的总支出飙升。如在一些水疗中心，每日的按摩服务是不计入套餐疗程且是需额外收费的。所以只有详细了解付费情况，你才不至于在结账当日因预算超支而感到愕然。如出现上述情况，还很有可能影响你的心境，令你在水疗中心的体验之旅大打折扣。

国际水疗协会(ISPA)现有会员3000人，虽然有时它给出的建议、数据略有偏颇，但却是基于大量调查得出的。ISPA总裁Lynne McNees也曾说过：“入住酒店，就餐等都有不同的收费标准。就是一双跑鞋，也有不同的定价。所以水疗中心会根据情况，为每一位客人提供合适的理疗服务。”据ISPA调查，水疗项目的平均消费约79美元/次，相当于用餐一次，打一次高尔夫，看一场戏，或是听一场音乐会的花费。

出于工作及生活压力，四分之一的美国人会光顾水疗中心。ISPA主席Jim Root也曾说道：人们来到水疗中心，主要是为了舒缓或释放压力。当今社会，人们不得不对经济和交通问题，他们24小时周旋于亲友，工作间，忙忙碌碌。所以人们逐渐意识到定期为自己充电是必要的。而水疗是健康生活的重要一环。

为了相对降低水疗支出，可采取如下方法：

- 在清晨，周三，淡季或促销时段预约；
- 关注特价水疗套餐：很多水疗中心都会推出比常规单价低出20%的水疗套餐；
- 携带同伴：半数水疗中心会为情侣提供十分优厚的折扣；
- 自己尝试做家居水疗。你可以学习理疗手法与技巧，还能向理疗师请教基本操作，呼吸技巧，家居疗法的要领等。但切忌不要向服务人员询问有关产品的问题，因为这时你往往是在提供他们一个向你促销的机会。

AMERICAN SPAS Go One Step FURTHER

Our Wellness Editor, Gareth Powell, takes a look at the highly developed and multi-faceted spa scene in the United States, still at the cutting edge of getting you to feel good about yourself



In China, spas are now a major part of the hotel and health world. No modern hotel with pretension to luxury could be without one. In the United States, spas have already gone a step further because the competition is ferocious. To attract customers, a stand-alone spa has to have what marketing people call a 'unique selling proposition'. They need this because they are in competition not just with each other but with the middle to high class hotels, all of which, almost without exception, offer a spa experience as part of the package. (And let us not think about home spas: there appear to be more per household in the USA than in any other country other than Finland.)

Here is an example of how different American spas can be. We Care, is a fasting spa in Desert Hotel Springs, California. If you are going to stay there, you are asked to prepare yourself by not having coffee, alcohol, sugar, fats, meats, dairy products or medications for a week before your visit. Which leaves you living on a very sparse diet of, say, carrots and salmon.

We Care holds twenty guests at a time. Despite the fact it is in the desert, it is a green oasis so the environmentalist aspect may need minor adjustment. In the surrounding desert there is an odd assortment of cacti and dumped, rusting cars. (At least, that was true late last year. They have probably had a clean-up since then). While you stay there you get very, very little to eat. But, as you leave, as a reward, you get a small salad in a plastic container. Most people stay a week. This does not make you over-slim, but it is widely reported that it eats up some of

your muscle.

So what do you get to keep you going? Lemon water and herbal teas. Plus dietary supplements which seem to be unspecified plus your main meal of the day which is a small bowl of thin soup. For this you pay about \$4,000 a week, with extras available, none of them food or drink.

So who goes there?

A report in *The New Yorker* had an expert in the travel business who said, 'We Care is a stop on the Hollywood rehab circuit. You get rock stars, supermodels, and Brentwood divorcees back on the market.' No eating is but part of the treatment. The other major part of the treatment is high colonics which consists trying to be delicate-of having a tube stuck into you and twenty gallons of water used to flush out your insides. (This may account for some of the greenery at this desert resort.) The tube through which it all exits is transparent, which may, for some people, add a extra dimension to the experience. Clients are urged to experience this once a day, although it is an extra charge.

Now let us look at something a little more traditional, this time in Utah.

Green Valley Spa in Utah is as much exercise as it is a spa. It offers fitness techniques like Cardio La Cha Cha (a total body exercise derived from Latin Merengue, Salsa, and Samba dance moves); fitball (that is not a misspelling); Pilates; and Tai Chi.

It also moves over to the far edges of alternative therapy by offering an Aura and Chakra Field Analysis, which uses color therapy and energy medicine to measure, analyze and display

an accurate representation of your emotional-energetic state. For your money, you get a 24-page report, complete with your aura and chakra photos, plus a detailed account of your current energetic state, and personal profile.

Perhaps a more traditional activity is guided hiking among the red rocks, trees, water, and flowers of Southern Utah. Green Valley Spa offers a massage – Rapunzel's Secret Hot Oil Treat – which involves you resting under a willow tree while your head, neck, and shoulders are massaged with a special cream and a warm pack is applied to the hair.

Alternatively, you can be encased in the local clay. Once it is dry, it is brushed away, which, it is suggested, improves the tone of your skin.

For those who want an alternative to the spa experience, there are cooking lessons, golf lessons and lectures on how to live longer.

The Grand Floridian Resort & Spa at Walt Disney World in Florida is ideal if you have brought the children along. While they play with Mickey Mouse and his followers, you can relax in the spa which has mineral soaks, hydrotherapy, reflexology, and a complete line of massages, including Swedish and sports massages.

The Aveda Spa at the Alexis Hotel in Seattle seems to have the right idea. Spas need not just be about massage and soaking, they can be about other pleasures as well. When you arrive at the hotel there is chocolate and champagne which relaxes you so that you can enjoy the spa. It has everything from massages, to herbal treatments and aromatherapy and it will all help to work off what you have gained from the chocolate and champagne.

In New Hampshire, you can find Wentworth by the Sea at Marriott which is, as its name suggests, a seaside resort. You start with a relaxation room to put you in the right frame of mind. After that, there is a series of treatments ranging from paraffin wax treatments for your hands, body scrubs and wraps, soothing facials, complete body massage with essential oils, Reiki, or warm stone treatments.

The Four Seasons Resort Aviara, North San Diego seems to be encouraging some patrons to enhance their sex life. It is 30 minutes north of San Diego, in a natural setting accented by wildlife and wildflowers, has an extensive spa and Arnold Palmer-signature golf. The Dallas Morning News said, 'Aviara is as close as you can



come to playing golf inside a botanical garden. It winds through a nature preserve, dipping around lakes and rising to the top of rocky cliffs. Flowers bloom nearly everywhere at this Four Seasons.'

The spa is massive – 1,400-square-metre and is equipped with 20 treatment rooms, an indoor solarium lounge area, whirlpools, saunas, steam rooms and locker and dressing areas. All of which is pretty normal except for the size and scope. But there is more.

'The Spa also features a couple's suite designed with luxury and romance in mind, which is perfect for those celebrating a new marriage, an anniversary or another special occasion. Amenities include an intimate lounge area with marble fireplace and shower for two, an attached treatment room with side-by-side massage tables

and a private patio with whirlpool.'

These are examples of how spas in the United States resemble those in China but also have great differences.

Types of spas

Let us try and list some of the types of spas that exist in the United States:

Cruise Ship Spa: A spa aboard a cruise ship. Again, cruise ships working out of United States are not always the same as from other countries. Americans are big on cruises with about 15 million passengers a year. They tend to sail from Fort Lauderdale on a seven day cruise to the Caribbean – American annual holidays are not long – and adding a spa to the experience is now as commonplace as providing a small gambling casino.



Cosmetic Spa: Tries to make you look better, younger, more glamorous and at the same time, sell you quite an extensive range of products so that you can maintain what you have acquired. Note this is not a medical spa in any sense of the word. It is just there to make you look better. Which probably makes you feel better as well.

Destination spa: A destination spa is a facility with the primary purpose of giving a seven day spa and diet treatment. Normally it involves a comprehensive program that includes spa services, physical fitness activities, health education, minimalist cuisine and special interest programming.

Medical spa: A facility that operates under the full-time, on-site supervision of a licensed health care professional. Typically, it integrates

spa services, as well as traditional, complementary and/or alternative therapies and treatments.

Mineral Springs Spa: A spa offering an on-site source of natural mineral, thermal or seawater used in hydrotherapy treatments.

Resort/Hotel Spa: A spa located within a resort or hotel providing professionally administered spa services, fitness and spa cuisine menu choices. Sometimes it is owned by the hotel. Sometimes it is run by an outside concessionaire. In many cases resort/hotel spas also act as day spas for local clientele.

Spa holidays and spa breaks

In the United States Spa breaks have been popular for the past few years and it has brought a cross-over effect. Hotels have upgraded their spas so that they can claim they are offering spa breaks; spas have added hotel facilities so they can do the same.

A spa resort probably offers a true spa experience with different treatments available. Typically guests stay a few days or a week. They enjoy a treatment plan that probably includes physical exercise programs and special diet meals. The idea is that you get away from it all. Most, but not all, spa resorts are in locations which are beautiful, elegantly laid out and, quite frequently, isolated from everyday life. They tend to be well away from any city or even a main road. Isolation, in a sense, is part of the spa resort experience.

Because not all guests, nor their partners, want to spend their time looking at scenery enjoying tranquil thoughts, many of the bigger spa resorts incorporate other outdoor activities, golf being favorite, with tennis, horse riding and hiking probably being the next three. In fact, the idea of these spa resorts is that you get away from everyday activities and problems and immerse yourself in the spa experience but with the option to enjoy yourself at the same time. All of this does not come cheaply though.

Before checking into a spa resort, make sure you know what it costs for the whole package. What to look for are optional extras which can

send the price rocketing yet are essential for the full enjoyment of the spa experience. If massages are an optional extra cost in the price of one day and so on. What you do not need is a severe shock when presented with the bill at the end of your stay. That might undo all the good vibrations you have acquired from the spa experience. The International SPA Association has 3,000 members and, although its advice might be biased, it is based on extensive experience.

ISPA President Lynne McNees, said, 'Just as you can find a hotel, restaurant or pair of shoes in any price range, there is a spa experience out there for everyone. ISPA's research shows that the average cost of a spa treatment is US\$79, which means you can relax, reflect, revitalize and rejoice at a spa for the cost of going out to dinner, playing golf or seeing a play or concert.'

One in four Americans has been to a spa and stress is bringing them through the doors. ISPA Chairman Jim Root said, 'The main reason that people go to spas is to reduce and relieve stress. With concerns over the economy, combined with our 24/7 society of BlackBerries, cell phones and traffic, people are realizing they must take time out to recharge their batteries and are turning to the spa lifestyle as a necessary part of a healthy routine.'

Keeping the costs down, relatively, is possible. Here are some ways to do it:

- Book your appointment in the morning, mid-week and during the off-season or at any time the spa has a special deal.
- Look at packaged deals – many spas report that packages are often discounted up to as much as 20% off the regular individual prices. Most spas offer such packages.
- Take your partner. That will probably get you a worthwhile discount and about half of the spas offer them.
- Take the spa experience home by learning techniques from your treatment that you can practice in your daily life. Ask your therapist for pointers on stretches, breathing techniques and home remedies. You do not need to ask for product suggestions. These will be thrust at you.



纽约小睡水疗中心

By Harris Salat

A rejuvenating nap at Yelo in New York

为 回复都市人的活力，Nicholas Ronco于蜚声国际的纽约开设了Yelo Spa: 一个专门提供小睡服务的水疗中心。它坐落于市中心，吸引了大批来客，如倍受压力的职场人士、家长、游人等。首先客人能在音乐和淡香的萦绕下，品味由服务人员送上的草药茶。接着你会被引入“豪华舱”内，进一步体验宁谧的理疗。Yelo水疗中心共有七个圆状的私人舱室，呈未来派风格的豪华舱内伴有微香，光疗设备和音乐。

进入舱内后，你将被安排静躺在一张零重力的座椅上，这种膝盖略高于心脏的坐姿会降低心率，使你处在一个平和的状态。整个疗程从足部开始，包括手部和头部，用以释放能量和舒缓压力。小睡片刻后，LED投影机机会模拟日出的光影效果，用平和的方式唤醒宾客。此理疗效果显著，仅一小时就能感受前后明显的变化。Yelo水疗中心提供20/20疗程，即20分钟反射疗法加20分钟小憩。其他项目还包括全身排毒和Yelo特有的小睡理疗体系，服务时间从20分钟到40分钟不等。

Nicholas Ronco founded New York's Yelo on the simple notion that busy people in this metropolis – the famous “city that never sleeps” – could use a rejuvenating nap. Yelo is a new kind of wellness center located on a busy midtown street, where harried corporate warriors, stressed parents and footsore tourists can drop in to relax and revitalize. The transformation is profound, and fast – it all happens in under an hour.

The Yelo experience starts when you step through the door and leave the frenzied city behind. Soothing music, aromas and herbal tea welcome you. You're led deeper inside this urban sanctuary to one of seven “YeloCabs,” sleek, futuristic, private cabins that feature purified air, relaxing scents, light therapy and customized sound.

You ease into a custom-made zero-gravity chair, which positions you so your knees are higher than your heart, naturally lowering your heart rate and calming you. A therapist tucks you in with a cashmere blanket and begins a

reflexology session, working on your feet, hands and ears to release energy blocks and alleviate stress. After that, you're left to take a nap – if you haven't slipped off to sleep already. After you recharge, an LED projector simulates a gentle sunrise, peacefully rousing you back awake.

The result? A delicious respite from the hustle and bustle. You're recharged, renewed and ready to step back into the big city. Yelo is located at 315 West 57th Street in Manhattan, 212-245-8235 (www.yelonyc.com). They offer a “20/20” session, a powerful, efficient session of 20 minutes of reflexology followed by 20 minutes of nap time; reflexology; table massage; a total body detox; and their very own “Yelonap” sleep therapy system, from 20 to 40 minutes.

Yelo

315 West 57th Street in Manhattan,

New York

纽约曼哈顿

Tel: +1 212-245-8235

www.yelonyc.com

美国度假特选酒店和水疗 American Hotels Resorts and Spa Choices

朱巧婧 编译



Hollywood Grande Hotel

Resort地理位置得天独厚，它坐落于Hollywood海滩，介于美国劳德代尔堡和迈阿密间。是一座典型的16世纪建筑精品度假村酒店。酒店设有能将附近景致一览无遗的屋顶泳池，浪漫闲适的庭院，奢华雅致的套房和日间水疗中心，高端健身场所等。受上天眷顾，此地属热带气候，温暖宜人。迎着凉爽的海风，沐浴在和煦的阳光下，尽享宾至如归的周到服务，这一切都使之成为当之无愧的梦幻般的旅游度假胜地。

Ideally located in Hollywood Beach, between Ft. Lauderdale and Miami, the Hollywood Grande Hotel Resort is a beach boutique resort with breathtaking 16th-century architecture, a rooftop pool with spectacular views, romantic courtyards, luxurious suites and the latest amenities and services. Perfect for the tropical South Florida climate, this fabulous hotel is a dream destination.

Hollywood Grande Hotel Resort

1861 N Federal #120, Florida 33020 Hollywood, USA

美国佛罗里达州

Tel: +1 954 922 4498

www.worldhotels.com/hollywoodgrande

Rusty Parrot Lodge & Spa

位于美国怀俄明州，毗邻宏伟的大特顿国家公园。它提供了游客一个观赏杰克逊洞，黄石国家公园等自然美景的休憩场所。这座旅馆由木石建成，仅有31间住房，长期以来一直备受推崇。每间客房都流露着淡淡的西方风情，加上手工家具的点缀，显得温馨又美丽。大多住房都设有壁炉。旅馆还坐拥屡获奖项的餐厅和别具一格的水疗中心。这里的特色理疗舒适有效。



Just a short distance from Wyoming's majestic Grand Teton National Park, the Rusty Parrot is a stone-and-timber lodge with only 31 rooms and a highly welcoming atmosphere. It's a lodge for guests to visit areas of remarkable beauty such as Jackson Hole and the Yellowstone National Park. Each Western-inspired guest room is beautifully appointed with hand-made furniture, many with wood-burning fireplaces. The award-winning restaurant offers such delicacies as elk loin with caramelized onions and oyster mushroom ragout. That and a spa with its own menu of delights are sure to lure you back.

Rusty Parrot Lodge & Spa

175 North Jackson Street, Jackson, Wyoming, USA 83001

美国怀俄明州杰克逊镇

Tel: +1 307 733 2000

www.rustyparrot.com



Castle Hill Resort & Spa

建造年代久远，但实现了当时技术上的突破。在美国佛蒙特州，它是第一个配备电梯和整套电力系统的家居式住所。它的阶梯，蒂凡尼灯饰和精美的木制品等都堪称艺术。在设计上，它秉承了英伦风情，呈典型的都铎式建筑风格，华美又舒适。之后，佛蒙特州州长弗莱彻启用了欧洲工匠，对房屋进行了进一步的修缮与装饰。现今，这个翻修后的“理想之家”已装配了新的现代设备，与这座古建筑相得益彰。

Castle Hill Resort & Spa was a technical marvel of its time: the first home in Vermont to be equipped with an elevator and fully wired for electricity. It retains many design hallmarks, including the grand staircase, Tiffany light fittings and decorative woodwork. Castle Hill is pure English heritage, embodying a Tudor architectural style. Rich, flamboyant and profoundly comfortable, Vermont governor Allen Fletcher used European craftsmen to build and furnish his ideal home. A thorough renovation has been completed, the detail restored and new technologies installed without compromising its historical dignity.

Castle Hill Resort & Spa

2910 Route 103, Cavendish, Vermont,

USA 05142

美国佛蒙特州

Tel: +1 888 764 6836

castlehillresort.com

Grand Hyatt Kauai Resort & Spa

堪称度假者的天堂。这家四钻酒店绿树环抱。你可在纯净清澈的礁湖上划船；或是在ANARA Spa接受专业理疗师提供的水疗服务；或信步海边，呼吸新鲜空气，感受自然赋予的美丽与惬意。这里建有锦标赛高尔夫球场和网球中心，食物美味地道不



说，游客还能参加由酒店举办的传统夏威夷式宴会，尽享欢乐时光。位置优越，游客还能前往附近美丽的花园岛，地方博物馆、画廊、购物中心等娱乐场所。

Discover paradise at the Grand Hyatt Kauai Resort & Spa. The lush grounds and infinite amenities of this four-diamond hotel in Kauai present myriad options. Kayak in the lagoons, indulge in a reviving treatment at ANARA Spa, or simply breathe in the refreshing ocean breezes. Play championship golf or tennis, savor fine dining or delight in an authentic Luau. The lovely setting lets you explore the natural wonders of Garden Isle, as well as the many area museums, galleries and shops.

Grand Hyatt Kauai Resort and Spa
1571 Poipu Road, Koloa, Hawaii, USA 96756
美国夏威夷可爱岛坡伊普海滩
Tel: +1 808 742 1234
kauai.hyatt.com/hyatt/hotels

Sorrel River Resort & Spa

坐落于科罗拉多河畔的Sorrel River Resort & Spa举世闻名，这里你将体验到毕生难忘的旅游经历，有幸一睹美洲西南部最蔚为壮观的自然风光。Sorrel River附近是广袤的边远地带，游客步行或骑车观光皆可。预留充足的时间，用以泛舟科罗拉多河上，或是一览拱门国家公园或峡谷地国家公园内令人啧啧称奇的红色岩系。酒店为典型的西方建筑，建有别致的小屋，古朴的门廊，室内放置着原木大床。夕阳西下，可在河畔享受舒适的按摩，或静静欣赏落日斜晖的美景。

Perched on the Colorado River, Sorrel River Resort & Spa offers luxury accommodation, unforgettable adventure and some of the most magnificent scenery in the American Southwest. You can explore the expansive backcountry by foot or by bike. Be sure to plan plenty of time to raft the Colorado River and marvel at the awesome red rock formations of the Arches and Canyonlands National Parks. This is true Western hospitality, with cabin-style rooms, relaxing porches and huge log-built beds. When the sun goes down, treat yourself to a riverside massage, a special dinner-or simply take in a fiery sunset.

Sorrel River Ranch Resort and Spa
Moab, Utah 84532 USA
美国犹他州莫阿布
Tel: +1 877 359 2715
www.sorrelriver.com



The Mirror Lake Inn Resort & Spa

是美洲东北部首屈一指的度假村。它在服务、住房和设施上位列当地第一，餐饮排名第三。度假村位于美国普莱西德湖，地处镜湖畔，位置优越。这座20世纪的建筑外观华美，环境安逸，散发着当代特有的气息和魅力。The View Restaurant, Taste Bistro and Bar和The Cottage Café是度假村内最知名的餐厅，布置雅致，环境舒适，另外食物的烹调也很地道。还有值得一提的就是这里的水疗中心了，各色理疗项目都有很好的美容和养生效果。

The Mirror Lake Inn Resort & Spa is ranked No. 1 in many rankings, including first for service, rooms and facilities, and No. 3 for dining in Eastern North America. The hotel lies in the village of Lake Placid, enjoying a prime position on the shores of Mirror Lake. It exudes cozy, old world charm and casual grandeur. Gastronomy is taken seriously in the relaxed candlelit elegance of The View Restaurant, Taste Bistro and Bar and The Cottage Café. Pride of place is the luxurious spa with its array of treatments geared toward wellness and beauty.

Mirror Lake Inn Resort & Spa 77 Mirror Lake Drive, Lake Placid,
New York, USA 12946
美国纽约普莱西德湖
T: +1 518 523 2544 mirrorlakeinn.com



JW Marriott Ihilani Resort and Spa at Ko Olina

独一无二的科奥利纳伊希拉尼JW万豪度假酒店及水疗中心位于瓦胡岛(O'ahu)西岸，是岛上最豪华及完善的度假酒店。这个僻静之地置身于四个白沙礁湖其中之一芳草绿荫之中，处处散发着轻松怡人的夏威夷风情，其中有屡获殊荣的水疗中心、世界级的码头、景色优美的网球场和锦标赛高尔夫球场。这里众多的有趣的娱乐活动包括两个泳池、水上运动、钓鱼，甚至还有专门为儿童和青少年设置的项目。

On the western shore of Oahu, the exclusive JW Marriott Ihilani Resort and Spa at Ko Olina is the most luxurious and complete resort on the island. Set on one of four white-sand lagoons, this private retreat exudes a relaxed Hawaiian elegance that only hints at all that awaits you: an award-winning spa, world-class marina, tennis courts with breathtaking views and a championship golf course. There are activities to keep everyone happy – two pools, water sports, sport fishing – even children's and teen programs. Ihilani Spa offering Hawaiian and Polynesian spa treatments and fitness and relaxation programs.

JW Marriott® Ihilani Resort & Spa at Ko Olina

科奥利纳伊希拉尼JW万豪度假酒店及水疗中心

92-1001 Olani Street, Hawaii, USA

美国夏威夷瓦胡岛卡帕里

Tel: +1 808 679 0079

www.marriott.com.cn/hotels/travel/hnljw-jw-marriott-ihilani-resort-and-spa-at-ko-olina

Mandarin Oriental New York

纽约文华东方酒店距地平面逾250英尺，位于美国曼哈顿新时代华纳中心的35至54层。酒店特色包括248间宽敞雅致的客套房。各室内配备了先进的娱乐设施，还能将美不胜收的城市略影和中央公园的景致尽收眼底。酒店水疗中心占地14500平方英尺，结合了一间豪华双人套房，新型健身中心和一个75英尺的浅水泳池，整体性功能强。也正是它华美的设计，良好的设施和员工周到的服务，成为了曼哈顿市内独一无二，最时尚的酒店之一。



Mandarin Oriental New York is located more than 250 feet above ground level on floors 35 to 54 of the new Time Warner Center in Manhattan. This hotel features 248 spacious, elegant guestrooms and suites, all with breathtaking views of the Manhattan skyline and Central Park and high-tech in-room entertainment. The 14,500-square-foot, holistic Spa at Mandarin Oriental includes a luxurious couple's suite, a state-of-the-art fitness center and a 75-foot lap pool. The design, coupled with the Mandarin Oriental's legendary hospitality, makes it one of the city's most distinctive and sophisticated hotels.

Mandarin Oriental, New York 纽约文华东方酒店

80 Columbus Circle at 60th Street, New York, USA 10023

美国纽约哥伦布转盘广场

Tel: +1 212 805 8800

www.mandarinoriental.com/newyork

The Lodge at Woodloch

位于美国宾夕法尼亚州的原始绿地，占地75英亩。它坐拥一个4万平方英尺的水疗中心，外带一个高尔夫球场和私人湖泊，看上去华丽又宏伟。它沿袭了西方建筑的一贯特点，融入了Adirondack的设计风格，给人天然拙朴之感。The Lodge最大特色在于它宁静的湖光山色和室内一排排硕大的落地窗，拉开布帘，就能将外面的美景尽收眼底。每套客房都伴有独立的阳台。这里的水疗中心现代时尚，除4间健身房外，还有多个浴池，以供客人做水力按摩。另外，你还可参加绘画课程，或是从事远足，划皮船，高尔夫等文娱活动。

The Lodge at Woodloch is a destination spa resort on 75 acres of pristine woodland, offering a magnificent 40,000-square-foot spa with golf and a private lake. Inspired by Adirondack and Western-style lodge architecture, The Lodge at Woodloch features tranquil lake views and wall of windows, helping to bring Pennsylvania's stunning lake region in. Each of The Lodge's 58 guest rooms has its own private veranda with beautiful views. A sophisticated spa offers four fitness studios, as well as soaking pools with hydro-massage WaterWalls. Activities include spa treatments, hiking, kayaking, watercolor classes and championship golf.

The Lodge at Woodloch, A Destination Spa

109 River Birch Lane, Hawley, Pennsylvania, USA 18428

美国宾夕法尼亚州

Tel: +1 866 953 8500

www.thelodgeatwoodloch.com

