

# 遥水疗宁静舒睡疗程体验

## Tranquility Pro-Sleep at UR Spa The PuLi, Shanghai



**首**先需要陈明，如果你和大多数人一样，因不堪肌肉僵硬而寻找重力度深层组织按摩，那么接下来的疗程可能不太适合你。

意大利品牌舒适地带推出的宁静舒睡按摩(Tranquility Pro-Sleep Massage)专为有睡眠问题及失眠患者设计，整个体验过程轻柔舒缓，带给身心深层滋养。

疗程伊始，理疗师带着我感受了苦橙和檀香混合精油散发的安宁芬芳，并做了些简单的拉伸动作，身心顿时平静下来。

随后，沁润了温热精油的毛刷开始在身上起舞，仿佛在完成一部书法作品，耳边回旋着似乎专为此刻而创作的音乐，我似乎产生了一种如初生婴儿蜷缩襁褓之中的安全和舒怡之感。

毛刷掠过腹部，我已忘却了所有的烦恼重担，只停留在此刻，感受着被爱与关怀。

“宁静舒睡”已经远远超越了普通的睡眠提升疗程，甚至抑郁、高血压、纤维肌痛患者都能在其中获得安抚与治愈；也十分适合痛阈值低、无法承受重力度按摩的客人。

这一疗程还具备了传统阿育吠陀疗法的功效，体验过后，我的全身脉轮获得了平衡，意念中充满平和与喜悦。

其实在疗程当中我已经睡着了，大概是在刷完精油，开始进行轻柔按摩的阶段。直到体验结束，理疗师为我穿浴袍时，才慢慢转醒，但依然久久没有从这种深层放松的状态中出来，以至于都忘记了换下浴袍，就直接走出了水疗中心。

我已经准备好进入一场深度睡眠了。

If, like most people, you want a strong deep-tissue massage, then the Comfort Zone Italia, Tranquility Pro-Sleep Massage may not be for you.

Recommended for sleep-deprived insomniacs, this spa journey is an incredibly soft, gentle and nurturing one. As soon as Lydia, my spa therapist's warm hands started with the Kabat welcome ritual, involving a heady blend of bitter orange and sandalwood inhalation and stretch, I knew I was in for a deeply relaxing treatment.

Brushes with warmed oil stroke the body like a scene from The Pillow Book, I feel like some calligraphic masterpiece has just begun. I am already won over and surrender to the process. Even the music is tailored specifically for this massage.

The treatment begins face up, like a swaddled infant in luxury terry cloth, Lydia gently rubs my abdomen, I am calmed, I have forgotten what concerns I have and have regressed, I suspect, to something that resembles childhood memories, deeply cared for and loved.

I can't help but think that this treatment is way beyond sleep therapy. This is something to recommend to those who suffer from depression and hypertension, or for sufferers of fibromyalgia or clients who simply cannot take painful treatments, or cannot for some reason tolerate pain.

Some men may think this sensual scenario

is a segway to something much less than a 5-star spa treatment. Let me reiterate that the Pro-Sleep is an elegant dance of gentle hands and warmed oil brushstrokes and not to be misinterpreted as something else.

I am reminded of an Abhyanga chakra balancing energetic Ayurvedic treatment, but this is so original and impressive. I feel as if everything is good in the world and all my chakras are aligned...A mindful and meditative journey, I am at peace.

Somewhere between the long strokes to the pressure pointing of the hands, I am lost in oblivion. I awake to a gentle nudge as I am assisted up and into my bathrobe. I manage to make it to spa reception and check out. I then find myself on my hotel room floor with my bathrobe on. I am so relaxed I have farewelled the spa staff and departed without returning to the locker room to change!

I am as tranquil as nature's nocturnal slumber, I am left wanting nor needing a thing. I am prepared for a phenomenal sleep...



**Richard Williams**

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在水疗行业已积累了23年的丰富经验，曾为奇瓦

颂、曼谷和上海的半岛酒店提供水疗服务，

管理某位于巴厘岛的度假村，现与AWLake.Design水疗公司共同负责亚洲五星级酒店项目。Richard是斯坦福大学巴厘校区的特邀讲师，向学生们分享水疗开业筹备、概念开发与运营管理方面的知识。

Richard Williams is a freelance spa consultant based in Bali, Indonesia with some

23 years plus in the spa industry. He has

worked for Chivasom and The Peninsula Hotels in Bangkok and Shanghai, managed a wellness resort in Bali and now opens 5 star hotel projects in Asia with AWLake.

Design, as well as mentoring spa teams to 2 private islands and lectures at Stenden University in Bali on Spa openings, Concept and Spa business development.