



# 寒冬里的夏日沙滩

资深水疗顾问Richard Williams分享北京王府井文华东方水疗中心“皇室延禧”疗程体验

几个月前，我有幸拜访了北京王府井文华东方酒店，体验了他们的皇室延禧水疗疗程。该疗程的灵感来源于酒店位于紫禁城中心的地理位置，运用翡翠、石英砂和古老的经络按摩技艺，是一项极度放松身心的项目。

作为一名水疗顾问，我是听说过石英按摩床的，但一直没有亲自尝试过，因此对体验的细节并不了解，心心念念着希望有机会能感受一番。

抵达水疗中心后，水疗总监亲自来迎接我，把我带到了私密的等候区，为我做check-in。随后，她向我介绍了将为我提供服务的理疗师。理疗师将我引到更衣室。更衣室面积不大，但有齐全的温热设施。值得一提的是，这里的储物柜有不同的尺寸供选择，柜内还装有充电接口。换上了拖鞋和浴袍，我就被护送到了理疗室。坐下后，理疗师开始为我解释整个体验的流程，同时为我进行了舒适的足浴。理疗室给人一种被包裹、被呵护的亲密感觉。这种不大不小的理疗室是我个人比较喜欢的，不会诱发幽闭恐惧症，同时令人倍感温馨。之后，我就面朝上躺在了温暖的石英砂上，身体被石英砂慢慢包裹，已然舒适至极。

伴着颂钵的声响，疗程正式开始。首先是面部和头部按摩，理疗师应该是用的石材或陶瓷制成的刮痧板，按摩床散发出的热度令人忘却了这还是寒冬时节。接着，有按摩棒开始在后背滚动按摩。我的身体和心灵都感到了前所未有的轻松舒畅，脑海中甚至出

现了孩提时在新西兰海滩上玩沙子的情景，沙粒被夏日的阳光晒得暖暖的，一如当下我的周身被温暖的石英砂环绕，我似乎还能听到浪花拍打海岸的声音。

很早以前，古代埃及人就通过热砂疗法治疗一系列身体疾病与不适，从肌肉骨骼机能障碍到各类炎症。20年前，我在埃及阿斯旺一家位于尼罗河上的海岛酒店里看到过一个沙坑，是水疗中心专门用来做热砂疗法的。在亚洲的一些国家，比如中国、日本、韩国，人们也喜欢在沙滩上挖沙坑，或是将热石放在身上缓解疼痛。但是谁能想到，如今即使在寒冷的冬季，水疗中心里的一张按摩床就能进行这项传承久远的热砂疗法，同时兼具各项功能，客人不仅能感受到温热石英砂包裹周身的舒适，还能同时体验背部按摩、芳香疗法，按摩床的一键旋转功能还能帮助体验者拉伸脊柱。

不出所料，我睡着了，相信换做是你也会一样。理疗师轻轻地提醒我翻转身体，于是，我又再一次陷入到石英砂的紧致包裹之中，好像一个温暖的拥抱，温热的精油按摩驱散了身体上的最后一丝紧张。仿佛还在那个夏日的海滩边嬉戏，直到理疗师温柔地叫醒了我。这种彻底放松的感觉，无法用语言来形容，如此安宁，亦感到如此精力充沛，准备好迎接未来。

一直以来我都不认为真正有功效的疗程就必须意味着大力道的按摩或带来疼痛的治疗工具，尤其是在整体自然疗法中，一些人需要通过温和的抚慰、轻柔的组织按摩来缓

解疼痛、恢复机体功能。相信，每个水疗爱好者都有自己喜好的疗程，不过我还是想鼓励你尝试一些新的特别体验，比如“皇室延禧”疗程。



**Richard Williams**

**Richard Williams**是常驻巴厘岛的水疗顾问，在水疗行业已积累了24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，并与AWLake.Design水疗公司共同负责亚洲五星级项目，后建立了自己的水疗顾问公司6Degrees Spa Consulting。Richard是斯坦德大学巴厘校区的特邀讲师，主讲水疗开业筹备、概念开发与运营管理方面的知识。

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# Back to Childhood's Sunny Beach

Senior spa consultant Richard Williams shares his experience of The Emperor's Longevity Treatment at The Spa at Mandarin Oriental Wangfujing, Beijing



I had the good fortune some months ago of visiting the boutique Mandarin Oriental Hotel and Spa, Beijing in Wangfujing. I was excited to try the Emperor's Longevity Treatment in one of their four spa suites. This treatment is said to take inspiration from the hotel's setting right in the heart of imperial Beijing, using jade, quartz sand and ancient meridian-locating techniques to imbue a mood of total relaxation.

As a spa consultant, I had heard about these new crystal quartz heated massage tables and I wanted to see and experience a treatment for myself. Fascinated as I was, I did not know every detail of the treatment but just wanted to surrender to the ritual, relax and enjoy.

I was warmly greeted upon arrival by the Director of Spa & Wellness personally and guided to an intimate pod with privacy sheer curtaining to check in and change into slippers. Introduced to my therapist, I was guided to a small change room with thermal facilities. I have to say the various size lockers available and the charging points inside the lockers did not go

unnoticed. After changing into slippers and a lush robe, I was escorted to the treatment room where I was asked to take a seat; the treatment was explained to me and I enjoyed the following foot ritual. The room is intimate, there is something to be said for rooms that are not huge, that can cocoon you, are not claustrophobic but warm and embracing. I already felt very comfortable as I lay face up on the warm crystal sand and was tucked in and covered.

The treatment began with the sound of a singing bowl and face and scalp massage with what I believe was gua sha from stone or ceramic. Meanwhile I felt the warm heat of the table melt the cold of the winter day outside and then what I imagine were rollers below my body start to massage my back with a firm rolling effect which was very relaxing. My mind and body started to decompress as I was transported to halcyon childhood summer days on a beach in New Zealand playing in the sand, feeling the warmth of the sun on the sand surrounding my body. Mesmerized, I can almost hear the sounds of the waves

breaking on the shore.

Did you know that "psammotherapy" is the name for hot sand therapy and was originally used by the ancient Egyptians to treat a number of ailments from musculo-skeletal dysfunction to inflammatory conditions? In Aswan, Egypt, on an island hotel on the Nile 20 years ago, I saw firsthand a sand pit in the spa area used for therapies. In Asia also, China, Japan and Korea, people have long dug into thermal sands at beaches or covered in warmed stones to heal aches and pains. But who would imagine that we could now step into a luxury spa in the middle of winter and lie on a table that would not only warm and nurture us with heated quartz stones, but would provide an undulating massage to our backs, deliver an aroma-therapy, whilst creating the ideal stretch to the spine by inverting the treatment table all at the touch of a button!

Yes, I dozed off, but who wouldn't when you surrender to such a treatment. I was gently asked to turn, and time was spent in thoroughly tucking me in again, contouring and cocooning me like a warm quartz hug and warmed oil massage continued to melt any last tension from my body. Lost in slumber and images of sunny beach days, I was finally gently awoken. I can't tell you how relaxed and sustained I felt, calm and ready to face the world.

Some of you may know that I do not always subscribe to the "no pain, no gain" massage. I don't believe the mending and healing process need always be painful. There's a saying, "horses for courses", meaning that one size does not fit all and in holistic, natural therapies some people need gentle nurturing and soft tissue techniques to alleviate pain and dysfunction. These modalities can be equally as effective in treatments. I am sure you have your own preferences, but may I encourage you to step outside your comfort zone and try new, unique and dynamic treatments such as The Emperor's Longevity Treatment? You won't regret it.