



THE WELLSRING SPA

**Wellspring SPA Treatments**

## MASSAGE

### Traveler's Perk / Jetlag Recovering Massage

1hr 45 min / NT\$ 3,400

A unique approach developed in Indonesia hundreds of years ago incorporating various techniques including palm pressure, thumb rolling, long strokes, kneading, Hawaiian Lomi-Lomi and Chinese Tapotement to reduce mental stress and physical tension. A selection of massage oils, all blended with essential oils and botanical carrier oils, will be presented for your choice before treatment.

- Additional charge of NT\$ 500 for each additional 15 minutes.

### Liberation / Deep Tissue Massage

1hr 45 min / NT\$ 3,800

Deep tissue massage focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders. The movement is slower and the pressure is deeper and concentrated on areas of tension and pain.

- Additional charge of NT\$ 500 for each additional 15 minutes.

### Internal Cleansing Treatment

1hr 45 min / NT\$ 3,800

Chi Nei Tsang Massage

Specialist massage of abdomen to help remove accumulated toxins and waste from the body.

### Earthy Gems / Warm Stone Massage

1hr 45 min / NT\$ 3,400

Warm, smooth stones are placed on the body's energy points, their heat penetrating deep within your muscles to melt away tension. Warm oils are also used with the rocks in long flowing massage strokes, producing deep relaxation and a sense of well-being.

- Additional charge of NT\$ 500 for each additional 15 minutes.

### Stress Relief Massage / Back and Head Massage

1hr / NT\$ 2,400

Exclusive pampering treatment for those most put upon appendages- your back or feet, providing immediate tension release while soothing the nervous system. After this treatment, walking will feel like surfing.

- Actual therapy: 30minutes. Additional charge of NT\$ 500 for each additional 15 minutes.

#### Experience :

- Actual therapy: 1hr ; wardrobe change/shower/bath/Foot bath/snack: 45min
- Reservations are required to ensure the availability and quality of service.
- Pregnant women avoid scheduled massage treatments, facial care treatment site will only accept an appointment.
- To avoid charges, please notify Wellspring of any cancellations at least 1 day prior to your appointment time otherwise you will be charged NT\$1000 as reservation cost.
- After the treatment, if you would like to stay in the VIP Double room, every 30 minutes will be charged NT\$1,000.
- Prices are subject to a 10% service charge.

## SKIN POLISHING

### Lulur

1hr 30 min / NT\$ 2,500

For centuries, every bride-to-be in the Javanese palace began the Lulur ritual forty days before her wedding ceremony to ensure beauty and glamour. A finely ground mixture of sandalwood, turmeric and rice powder exfoliates dead skin cells, followed by yogurt to moisturize and soften your skin. This treatment activates growth of new cells, leaving skin smooth and silky. Good for oily skin type.

### Coffee

1hr 30 min / NT\$ 2,500

Indonesian mountain tribes believe that coffee can cleanse the skin and absorb unpleasant body odors. A concoction of ground coffee beans and rice powder eliminates dead skin cells and enhances the reproduction of young skin, followed by a carrot and seaweed moisturizer, refreshing your skin for a nature glow. Good for normal skin type.

### Coconut

1hr 30 min / NT\$ 2,500

Shredded coconut mixed with turmeric powder gently exfoliates dead skin cells while nourishing your skin with natural moisturizer.

A cucumber and seaweed extract then replenishes your body with skin-softening vitamins. Good for sensitive or dry skin type.

### Corn

1hr 30 min / NT\$ 2,500

This scrub blends ground corn with yogurt, and is recommended for normal to oily skin type. The corn removes dead skin cells and the yogurt will soften the skin. After scrubbing, the fresh cucumber seaweed juice will be applied, leaving your skin fresh and healthy.

### Seaweed

1hr 30 min / NT\$ 2,500

This mixture of seaweed-- rich in nutrients—and clay removes dead skin cells while moisturizing your skin. After scrubbing, a carrot seaweed blend will be applied to leave you fresh and fragrant. Good for normal to dry skin type.

#### Experience :

- Actual therapy: 1hr ; wardrobe change/shower/bath/snack: 30min
- Reservations are required to ensure the availability and quality of service.
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## BODY WRAPS

### Boreh

1hr 30 min / NT\$ 2,500

Effective for soothing physical soreness and pain, and alleviating discomfort caused by gout. Covered with an Indonesian concoction of clove, pepper, cardamom, ginger and galangal, you will be wrapped in a thermal blanket, as healing warmth penetrates your body. Top off the treatment with a lavender mist spray to tranquilize your mind and spirit, along with a head and face massage.

### Volcanic Clay

1hr 30 min / NT\$ 2,500

Good for detoxification and elimination of fine wrinkle lines. Enriched mineral clay from Mother Nature absorbs impurities deposited in your pores, with a lavender spray mist to sooth mind and body, along with a head and face massage.

### Papaya Mint

1hr 30 min / NT\$ 2,500

This new age spa treatment blends papaya with mint leaves. A body wrap using these natural ingredients will moisturize, cool and fresh the skin. During wrap application, lavender water will be sprayed over your entire body to enhance mental relaxation. Heat wrapping the body will help the skin absorb the benefits of the papaya and mint, while a head and face massage during wrapping will calm the mind and revive the spirit.

#### Experience :

- Actual therapy: 1hr ; wardrobe change/shower/bath/snack: 30min
- Reservations are required to ensure the availability and quality of service.
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## FACIAL CARE

### Whitening Mask

1hr 30 min / NT\$ 2,200

Cools the skin and eliminates spots and marks. Recommended for sunburn.

### Avocado Mask

1hr 30 min / NT\$ 2,200

Softens skin and relieves facial fatigue. Recommended after extensive traveling.

### Tomato Mask

1hr 30 min / NT\$ 2,200

Balances and restores healthy skin functioning. Good for oily or unhealthy skin.

### SAKE BEAUTY MASK

1hr 30 min / NT\$ 2,200

Contains pure and nature active yeast, Vitamin E, Celex-C, Arbutin, etc. elements to eliminate the horny-layer, and revitalizes, moisturizes the skin, and prevents skin aging to make your skin always smooth, fine, soft, and bright.

### Mini Facial Treatment

30 min / NT\$ 800

Must be selected along with a Body Treatment.

#### Experience :

- Actual therapy: 1hr 15min ; wardrobe change/shower/bath/snack: 15min
- Reservations are required to ensure the availability and quality of service.
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## Jacuzzi, Infrared Sauna & Steam Bath

2hr / NT\$ 1,000

Jacuzzi, infrared Sauna & Stream bath and increase blood flow, relax the muscles and produce a general feeling of well-being to the user, deep cleansing – hydrating the skin, increasing body metabolism, relieving inflammation and congestion of upper respiratory mucous membranes.

## Deluxe Spa Combinations

### Taroko Indulgence

4hr / NT\$8,000

A choice of Skin Polish or Body Wrap  
A choice of Jetlag Recovering Massage or Warm Stone Massage  
Facial care/ Foot bath

### Tacih Jili Simplicity

3hr / NT\$5,400

A choice of Jetlag Recovering Massage or Warm Stone Massage  
Foot bath/ Facial care

### Da-ou-la-ss Privacy

3hr/ NT\$4,400

A choice of Skin Polish or Body Wrap  
Foot bath/ Facial care

### Tapido Valley Retreat

2hr45min/ NT\$5,600

A choice of Skin Polish or Body Wrap  
A choice of Jetlag Recovering Massage or Warm Stone Massage  
Foot bath

#### Experience :

- Deluxe Spa Combinations: Treatments Massage, Skin Polishing or Body wraps Actual therapy: 1hr; Facial care Actual therapy: 1hr 15min; Wardrobe change/shower/bath/Foot bath: 45min
- Reservations are required to ensure the availability and quality of service.
- Pregnant women avoid scheduled massage treatments, facial care treatment site will only accept an appointment.
- To avoid charges, please notify Wellspring of any cancellations at least 1 day prior to your appointment time otherwise you will be charged NT\$1000 as reservation cost.
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