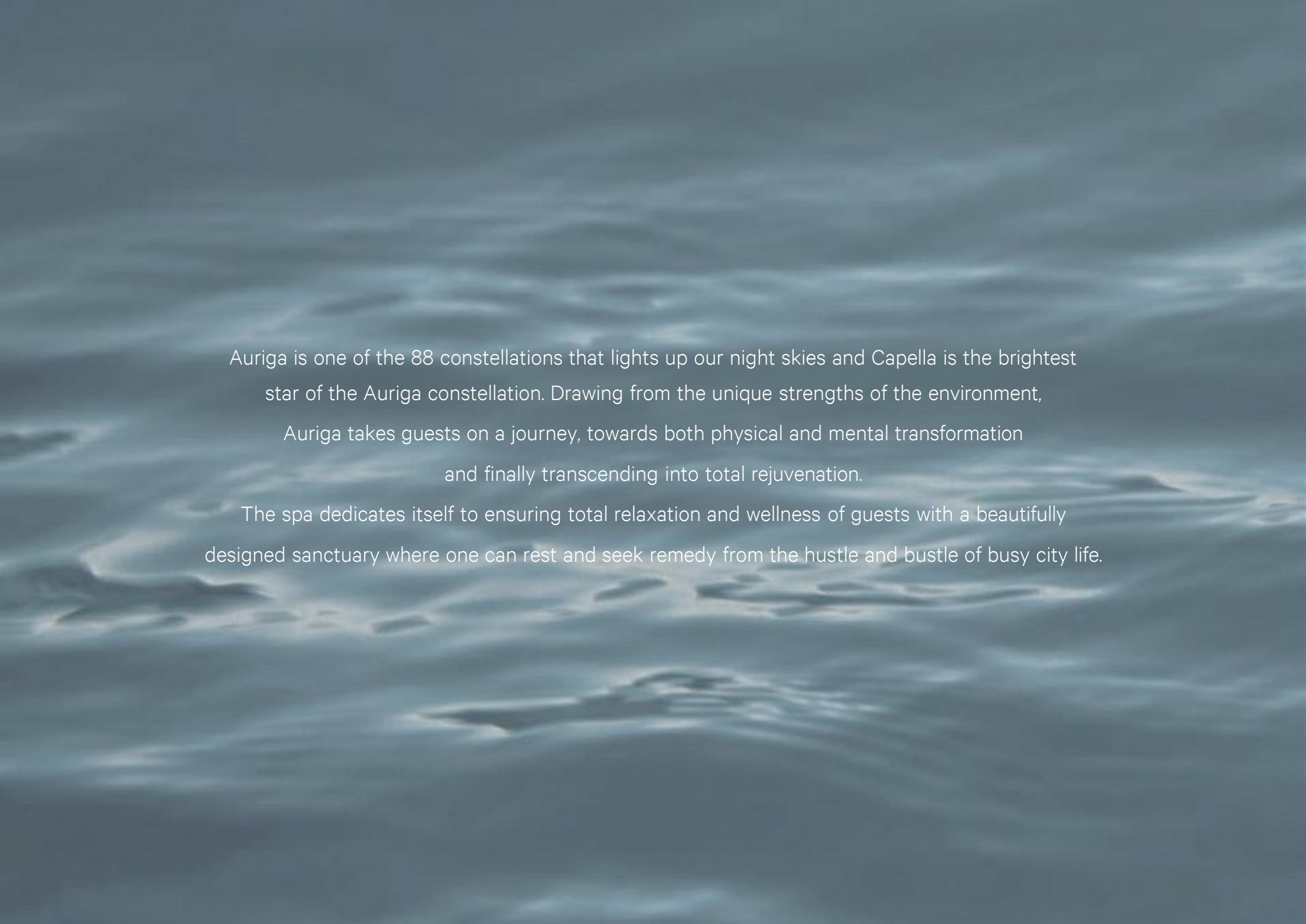




auriga





Auriga is one of the 88 constellations that lights up our night skies and Capella is the brightest star of the Auriga constellation. Drawing from the unique strengths of the environment, Auriga takes guests on a journey, towards both physical and mental transformation and finally transcending into total rejuvenation.

The spa dedicates itself to ensuring total relaxation and wellness of guests with a beautifully designed sanctuary where one can rest and seek remedy from the hustle and bustle of busy city life.



A LIFE IN BALANCE Auriga Wellness Club

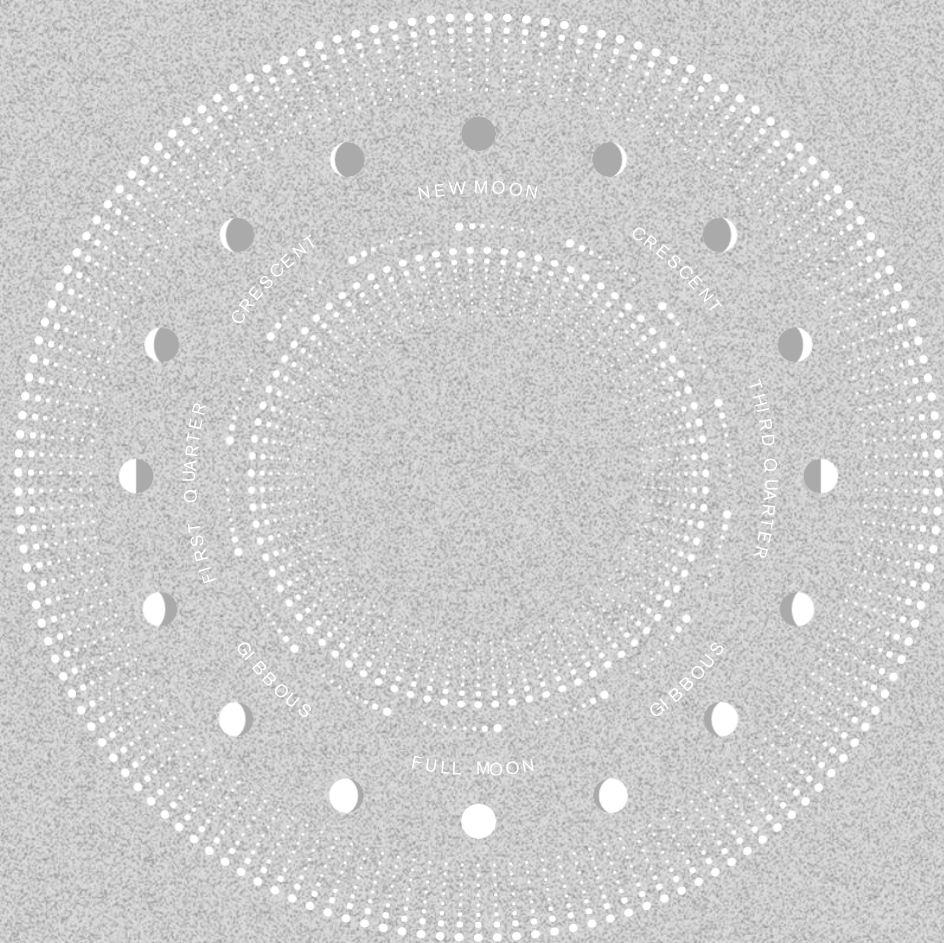
Enjoy the benefits of our curated wellness experiences, spa and fitness facilities as well as collaborations with the iconic French beauty house CARITA. Welcome to Auriga Wellness world!

	LUNE	ETOILE
	RMB 20,000	RMB 50,000
SPA treatments discount	15%	25%
SPA retails discount	5%	5%
Hotel's Restaurant and Bakery	10%	10%
Access the gymnasium on booking day	✓	✓

OR

ETOILE RMB 50,000

- One-night stay in a Shikumen Villa King at Capella Shanghai
- Dinner at le Comptoir de Pierre Gagnaire, valued at RMB 1,000
- Two complimentary sessions of Lagon Hypertonic Repair Facial 60mins
- Two complimentary sessions of INDIBA® Anti-ageing
- Two complimentary sessions of Flotation therapy
- 10% discount can be availed at the restaurant and bakery
- Members may also access the gymnasium between 10am and 9pm daily



SIGNATURE MOON RITUALS

Since time immemorial, it is believed that the different moon phases impact the body in very specific ways. The New Moon is the time for renewal and introspection, while the Full Moon is when one's full potential is achieved.

Attune your body and tap into the rhythm of the moon's natural cycle to awaken a mindful inner being. To find balance within, we must embrace and realign ourselves in harmony with the universal rhythm. If you wish, the treatments received will be aligned with the current lunar phase for optimal benefits and a profound holistic experience.

NEW MOON | THE BEGINNING

The New Moon is the time for renewal and introspection. Meditate on who you are and would like to become and establish strategies to reach your higher potential.

To begin this specific treatment with heat facilities to warmup your body, a massage of your feet - your foundation; your feet will be anointed with aromatherapy oils to awaken your spirits. The body and mind are then thoroughly revitalized with a scrub followed by a signature full body massage.

Your body will feel awakened after this invigorating treatment.

120mins | RMB1,980

· Price is subject to 10% service charge.



FULL MOON | THE HEIGHT

The Full Moon is the time to realize your full potential. Live life to its fullest.

To begin, a balance, luxurious oil will be worked into the feet using pressure point techniques. To release the creative energies of the mind, the scalp is massaged and both feet and head are anointed with aromatherapy oil scrub exfoliates the body. The treatment concludes with a clarifying facial treatment and a full body balance massage.

You will feel grounded and full of creative energy after this balance treatment.

150mins | RMB2,680

· Price is subject to 10% service charge.



RITUALS FOR COUPLES

Couples can enjoy the ultimate spa experience in our glorious and rivate Spa Suite. These indulgent escape allows you to relax and unwind in your own exclusive spa surroundings.

COUPLES RETREAT

180mins | RMB 4,980

- Relaxing Milky and Rose Bath 30mins
- Balancing Exfoliation 30mins
- Signature Full body massage 90mins
- Express Facial 30mins
- Michelin Afternoon Tea

· Price is subject to 10% service charge.





AURIGA BODY MESSAGES

Embrace the soothing kneads of tested hands that erode the formation of knots and tensions throughout the body. Through a profound yet meticulous approach to unlocking troubled aches and sores, Auriga's body massages are informed by age-old practices and traditional techniques, catered to each body's individual needs.

SIGNATURE MOON-PHASED MESSAGES

NEW MOON 90mins | RMB 1,380 120mins | RMB 1,880
Energy levels tend to be sluggish and stagnant during these times, so we offer a renewing and energising full body massage, including the use of tools to deeply stimulate and scalp the body, boost circulation and flow of vital energy.

FULL MOON 90mins | RMB 1,380 120mins | RMB 1,880
Energy levels tend to be high when the moon is at its peak luminescence so we recommend a synergistic, relaxing massage to calm and deeply pacify the nervous system.

· Prices are subject to 10% service charge.

INTUITIVE WELLNESS 60mins | RMB 1,080 90mins | RMB 1,380

Auriga's signature body wellness massage that is tailored according to your specific needs customised with your choice of warm oil and pressure.

DEEP TISSUE 60mins | RMB 1,080 90mins | RMB 1,380

A full body deep-tissue massage designed to ease tired muscles, which are a result of a stressful lifestyle, with focus on the arms, legs and back. This treatment can also be adjusted to the specific needs of anyone involved in sports, fitness or strenuous physical activity.

MANUAL LYMPHATIC DRAINAGE 60mins | RMB 1,080 90mins | RMB 1,380

A gentle, specialised treatment to stimulate the body's lymphatic circulation that brings about reduced swelling, enhanced immunity and detoxification. The soothing nature of this treatment induces a state of true relaxation, alleviating stress and insomnia.

CHINESE MERIDIAN 60mins | RMB 1,080 90mins | RMB 1,380

The classic Chinese massage techniques of applying pressure using thumbs, fingers and palms to specific points along the body's energy pathways to clear energy blockages and reintroduce the optimal flow of Qi, leaving you feeling balanced and energized. This massage is performed fully clothed without oil.

FOOT REFLEXOLOGY 60mins | RMB 1,080 90mins | RMB 1,380

This deeply relaxing treatment begins with foot reflexology massage, including lower legs and knees. The benefits include improved circulation in the lower legs, relieve the feeling of "heavy legs" and improve sleep quality.



BODY TREATMENTS

Enjoy our muds, scrubs and wraps or hydrotherapy treatments to instantly invigorate your skin and clear your mind. As an enhancement, a customized body oil, scrub and lotion may be created by your therapist.

EXFOLIATION

30mins | RMB 680

Exfoliation is the key to the removal of dead skin cells, allowing the skin to regenerate. A persistent problem of dead skin cell accumulation can cause flakiness, dry patches, and premature aging. A selection of scrubs will be used for different areas to ensure an even exfoliation of all the difficult to reach areas of the upper back, elbows and neck.

DETOXIFYING WRAP

60mins | RMB 980

This full body treatment consists of a full body scrub followed by the application of golden and diamond body mask. The body is then wrapped to induce perspiration which aids absorption of the minerals from the golden and diamond body mask.

RELAXING MILKY AND ROSE BATH

30mins | RMB 450

Indulge yourself with complete decadence while soaking in a luxurious bath infused with Relaxing Milky Bath Oil. Apply eye pads to soothe away your cares while gentle jets of water apply a pressure to alleviate muscle fatigue and tension. A perfect way to relax and refresh.

· Prices are subject to 10% service charge.



TREATMENT AND ADD - ON ESSENTIALS

Self-care is a holistic practice, traditional Chinese Wellness embraces the body holistically and treats the roots cause rather than the symptoms. At Auriga we collaborate with the best practitioners to create a menu of services that retain the authenticity of traditional Chinese medicine, enhanced by the healing environment of the spa. Every session commences with a health and lifestyle consultation as the first step towards your commitment to healing and feel better.

MOXIBUSTION THERAPY 60mins | RMB 480
Moxibustion is a form of heat therapy warm the meridians, stimulate Qi flow, dispel cold and dampness, and strengthen the immune system.

GUA SHA 30mins | RMB 680
Gua Sha can help increase circulation, hydrate fascia, drain lymph, loosen muscle knots, release tightness, and more. Maintaining fascial health can aid and contribute to the health of your microbiome, which can have positive repercussions throughout your entire body. Some redness is common after the treatment, it's a sign of blood and energy flow to those parts of the body.

CUPPING	30mins RMB 680
CUSTOM MASSAGE	30mins RMB 680
EXPRESS FACIAL	30mins RMB 980
FACE CLEANSER	15mins RMB 580

· Prices are subject to 10% service charge.



CARITA

Leading experts in transformative skincare.

Auriga has partnered with the iconic French beauty house CARITA. This flagship in Shanghai offers exclusive cabin treatments delivered by our team of estheticians.

For more than 80 years, CARITA has been creating exclusive treatments for enhancing the beauty of every woman.

Signature treatments offered at Auriga are performed manually as well as with non-medical re-modelling devices.

These treatments are transformative and only the highest quality ingredients are used in the production of their skincare products.

Here at Carita, skincare is more than anything, an experience in itself. Personalization enhances the effectiveness of the treatment. Allow yourself to enjoy a transformative treatment beyond the limits of traditional cosmetics to reveal what is most beautiful in you.



CARITA FACE CARE

LAGON HYPERTONIC REPAIR FACIAL 60mins | RMB 1,880
90mins | RMB 2,280

Originated from the depth of the ocean in 5,000 meters from Tahiti, the Polynesian Elixir offers unrivaled and immediate repair properties for the skin barrier and plump, so the skin is strengthened to conserve its youthfulness. This efficacy is further amplified by CARITA's signature choreographic gestures consisting of 53 meticulous movements, which combines KOBIDO with 500 years' expertise.

CRISTAL MORPHOLOGIC RE-SCULPTING FACIAL 60mins | RMB 2,380
90mins | RMB 3,180

Infused with precious and bioactive mineral: micronized tourmaline, it offers collagen production and the sensation of toned, with instantly lifted skin. This efficacy is further amplified by CARITA's signature choreographic gestures consisting of 53 meticulous movements, which combines KOBIDO with 500 years' expertise.

OR REJUVENIC REGENERATING FACIAL 60mins | RMB 2,880
90mins | RMB 3,880

Recreate the magic of the stars' best-kept secret. CARITA leverages advanced bio-regeneration technology to bring gold alive. Thanks to BIOTECH GOLD 24K, it offers exceptional 3-dimensional skin regenerating properties to instantly densify contours, correct wrinkles, and reveal radiance. This efficacy is further amplified by CARITA's signature choreographic gestures consisting of 53 meticulous movements, which combines KOBIDO with 500 years' expertise.

*90mins facial treatment includes the Icoone Microfacial device, the revolutionary technology that stimulates every millimeter of the skin, with its 21600 micro-stimulations per minute. This pre-and post-aesthetic treatment allows you to precisely target the different areas of the skin as well as the fascia, improves drainage, redefines contours, lifts volume, and firms the skin, delivering visible results in a non-invasive way.

CARITA BODY CARE

TRANSFORMATIVE BODY DETOX 45mins | RMB 1,380

Created in 1956, the first exfoliating draining massage detoxifies the skin for refined skin texture, the ultimate embodiment of CARITA treatment. It stimulates the elimination of dead cells to reveal refined skin texture.

"THE METAMORPHIC BALLET" BODY MASSAGE 60mins | RMB 1,380
90mins | RMB 1,980

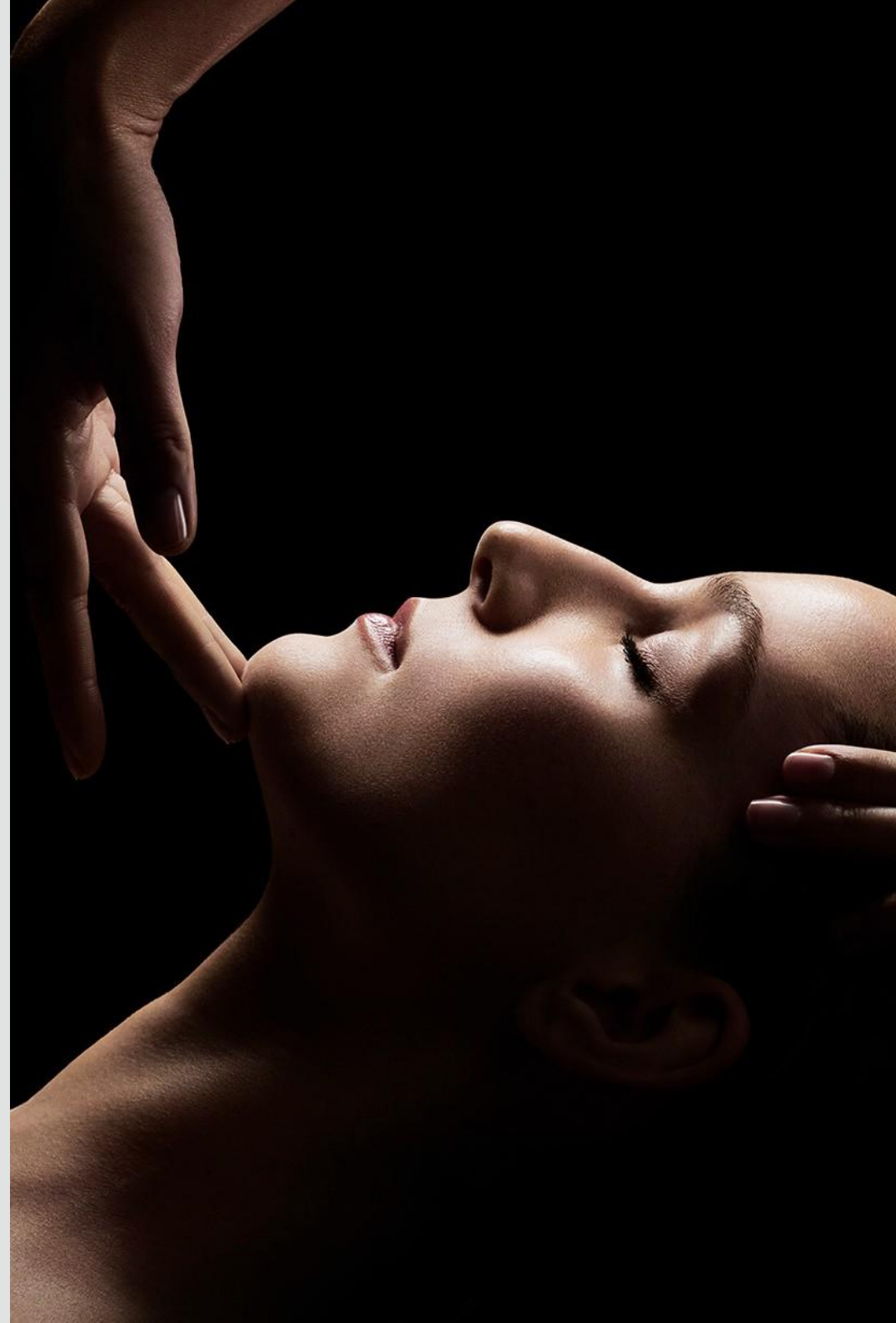
Inspired by the full-body recovery massage after the professional training of Paris Opera Ballet dancers, this unique massage uses professional techniques to soothe the whole body, stretch and relax the tired muscles, slim and sculpt the perfect body curves, revealing a light and graceful physique.

LE SOIN 11 - "SIGNATURE" TREATMENT

The LE SOIN 11. "SIGNATURE" facial & body treatment originates from CARITA Maison, Originated from the depth of the ocean in 5,000 meters, the high mineral content elixir possesses incomparable skin barrier repair properties, instantly reinjecting skin plumpness, and preserving its youthfulness. With CARITA'S signature choreographic gestures consisting of 53 meticulous movements, which combines KOBIDO with 500 years' expertise, rebalance the structure and the deep contours of the skin, awakening the muscles and calming the mind results in complete relaxation.

120mins | RMB3,880

· Price is subject to 10% service charge.





FLOATATION THERAPY

Experience the profound effects of natural floating in a warm bath of Epsom salts whilst in silence, and enter into a deeply relaxed state.

30mins | RMB 480

60mins | RMB 680

6 Floats | RMB 3,280 10 Floats | RMB 4,880

SLEEP THERAPY

Floating is one of the great methods for achieving deep mental relaxation and total physical relief. It transitions you to the dreamlike state needed for sleep, meditation, and introspection.

Sleep Therapy consists of Signature Massage, Acupressure Scalp Massage and Floatation.

120mins | RMB 1,680

· Prices are subject to 10% service charge.



INDIBA®

INDIBA® is one of the market leader in electromagnetic treatments, accelerating the natural recovery of the body and restoring vitality. encourages healthy cell function and revitalization through electromagnetic therapy. INDIBA® works at a specific frequency, which causes thermal and sub-thermal effects, achieving results from the first session.

This electromagnetic technology not only aims at achieving beauty but is also very effective at boosting the immune systems and a sense of well-being. The Proionic System utilising a series of Proionic creams which are paraben-free with slightly acidic pH to increase electrical conductivity and facilitating a good sliding movement and final results.

A series of treatments are recommended for targeting long term goals of firming, toning and sculpting together with massages and lifestyle education from our wellness team.

INDIBA® Facial Rejuvenation

45mins | RMB 1,800

The demand of non-invasive facial rejuvenation treatments that provide a younger, natural look has significantly grown in recent years.

INDIBA® technology is proven to achieve great results in wrinkle and expression line reduction from the first session, providing a natural look without damaging the tissue.

- Reduces wrinkles and fine lines
- Improves hydration and luminosity of the skin
- Increases elasticity
- Tightens the eyelids and raises drooping eyebrows
- No downtime
- Non-invasive
- Immediate result

6 times	RMB 8,880
10 times	RMB 12,680

INDIBA® Body Contouring, Skin Tightening, Cellulite reduction

45mins | RMB 1,380

- Activates metabolism
- Reduces fat & the appearance of cellulite without damage to other cells
- Smoother and firmer skin
- Improved elasticity
- Improved firmness, less flabby
- Painless
- No downtime

6 times	RMB 6,880
10 times	RMB 9,680

· Prices are subject to 10% service charge.



ULTRA BODY 360

The Ultra Body 360 wellness programme offers a comprehensive approach to health and fitness, integrating massage therapy, personalized training sessions, and full access to our gym amenities over a three-month period, all designed to optimize your well-being and fitness goals.

Come and connect with our team of wellness experts who will guide you to achieve your goals.

- 3-month unlimited access to Auriga gym facilities and Vitality Pool.
- 2 x Personal Training Sessions
- 2 x 60mins Signature Massage
- 2 x 30mins Luxurious Golden and Diamond Exfoliation
- 1 x 60mins LAGON Hypertonic Repair Facial
- 4 x 45mins INDIBA® Body Contouring Treatment
- 2 x 60mins Flotation Therapy

Special Price RMB 10,888

· Price is subject to 10% service charge.

FITNESS, MOVEMENT & LIFESTYLE | 60mins

Elevate your fitness journey at Auriga Wellness. Our tailored menu features cutting-edge programmes, personalised training, and energising classes to help you reach your wellness goals. From strength training to specialised workouts, experience the transformative power of fitness in a supportive environment. Prioritise movement, strength, and vitality with us and unlock your full potential.

The following private classes are available upon request:

Yoga

Meditation

Sound therapy

Fitness Training

An advanced booking of 24 hour is required.

RMB 800/person

RMB 580/person (2-3 guests)

RMB 380/person (4 guests or above)

· Prices are subject to 10% service charge.





AURIGA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please contribute to this serenity by speaking in soft tones. Please respect all spa guests' right to privacy and refrain from the use of mobile phones, pagers and cameras during your visit. Auriga is a smoke-free zone.

We encourage you to arrive 30 minutes prior to your appointment to enjoy the spa's facilities, including a vitality pool, ice fountain, and salt wall lounge. Our Auriga team will be happy to assist with any recommendations based on your chosen treatments. Alternatively, you may begin your journey in the serenity of our relaxation room with a cup of herbal tea.

During your time at Auriga, you will be provided with a locker, robe, towels and slippers. We are pleased to provide disposable undergarments at your request. We do recommend that you leave jewelry and other valuables in your guest room safe as we will not assume liability for loss of personal property.

After your treatment concludes, our relaxation room is the ideal place to continue its benefits. Rest and relax on our loungers and take the time to reflect on your experience.

RESERVATION

To book an appointment, please contact us.

For our in-house guests, touch the Spa button on your guest room telephone.

Auriga welcomes both in-house and non-in-house guests aged 18 and older. Non-in-house bookings must be secured with a credit card. To ensure your preferred time and services are available, advanced booking is recommended. The spa accommodates walk-in bookings based on availability.

We highly recommend that you schedule your appointments at least 3 days in advance to ensure that your preferred time and treatment or service is available.

LATE ARRIVALS AND CANCELLATION POLICY

Kindly note that spa has 24 hours cancellation policy, please inform us of any cancellation or rescheduling 24 hours in advance, A 50% cancellation fee will apply for appointment cancelled within 24 hours. A 100% cancellation fee will apply for appointment cancelled within 12 hours. Late arrival will result in reduction of your treatment time, thank you for your understanding.

A credit card number or gift certificate number is required at the time of the booking. For spa group bookings of 6 or more, a 24-hour cancellation notice is required.

TEL: +86 21 3339 1888

Email: Auriga.shanghai@capellahotels.com

HEALTH CONCERNS

When making your spa reservation, please advise us of any health conditions, allergies, or injuries that could affect your experience. Our Auriga team is available to assist you in completing your Health Assessment prior to your treatment so that we may ensure your comfort and safety and provide a service customized to your needs.

AURIGA GIFTINGS AND HOME CARE

Our gift certificates make a wonderful gift for any special occasion. To continue your Auriga experience at home, all products used in our treatments are available for sale in the spa retail at the reception area. We also have Auriga body products for sale. Our staff will be most happy to assist you with your selections.

PAYMENT METHODS

We accept all major credit cards, UnionPay and Alipay as well as WeChat payment.

CLEANLINESS

In keeping with our commitment to cleanliness, safety, and hygiene, our equipment is sterilized and sanitized after every treatment and service.

LOSS & DAMAGE

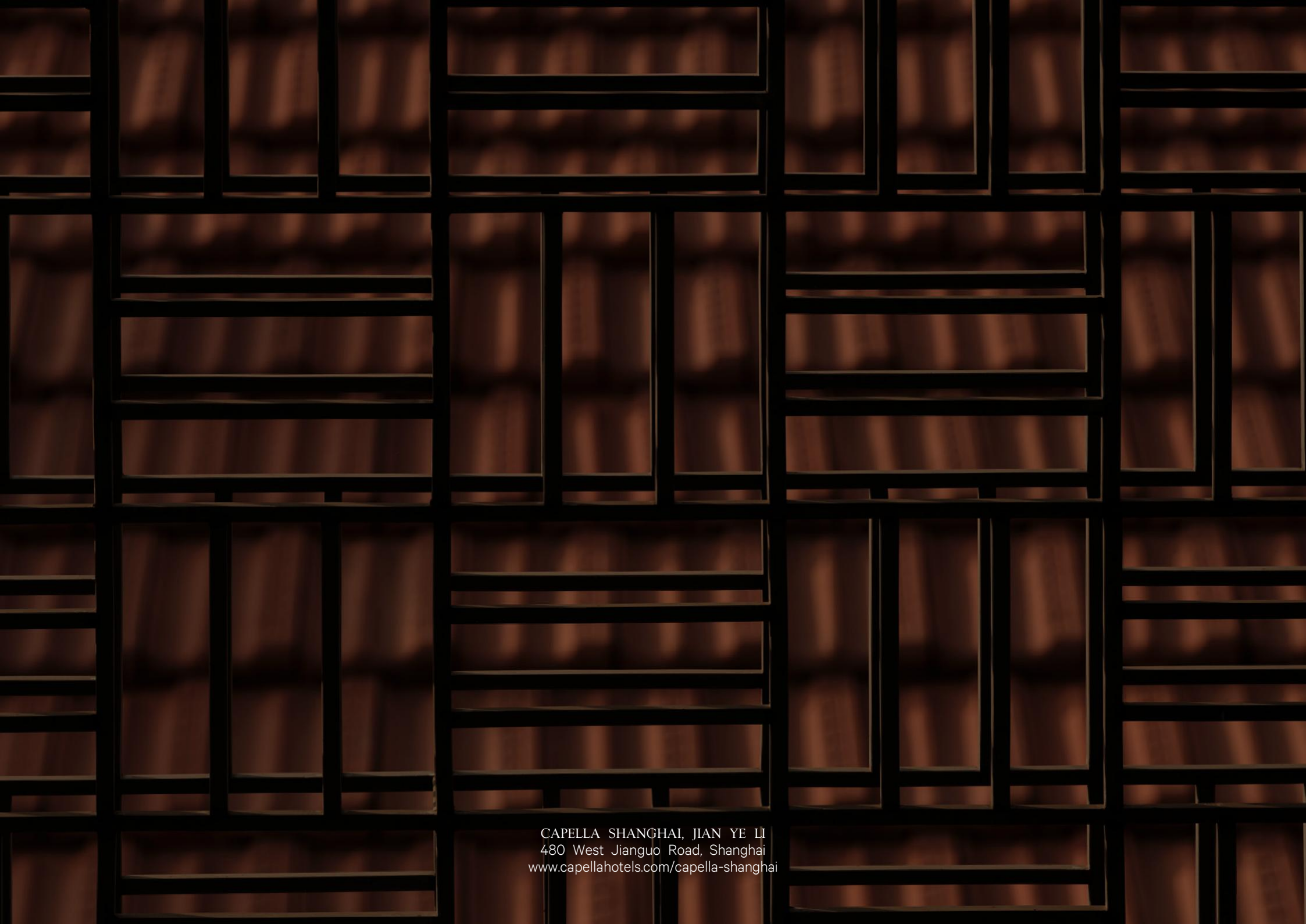
We regret that we will not be responsible for any loss or damage of personal articles. Please keep all valuables with you during your visit.

TERMS AND CONDITIONS

Auriga spa reserves the right to change any terms and conditions from time to time in its sole discretion.

CONFIDENTIALITY

Auriga spa shall not disclose to any third party any information, personal data related to the customer. Customer information is used only for sales transaction purposes.



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