



CAPELLA
WELLNESS



Each Capella destination draws upon the unique inspirations of each individual locale, incorporating both time-tested and ancient practices with the latest innovative findings across fitness, nutrition, mental and spiritual health.

The heart of Capella Wellness philosophy looks upon cycles of nature and the moon as inspiration.

By tapping into the celestial rhythms, an equilibrium of body, mind and spirit is achieved. Capella's bespoke and holistic therapies are shaped to ground you in a place of healing and regeneration amidst the changing pace of our modern lifestyles.

The background of the image is a minimalist interior space. It features warm, brown-toned walls and a ceiling with a recessed rectangular light fixture that casts a soft, warm glow. The lighting creates a serene and modern atmosphere, with subtle shadows and highlights on the architectural surfaces.

Capella Wellness offers a unique blend of treatments inspired by Taiwan's rich cultural heritage and natural beauty. Surrounded by the mountain peaks of Taipei, the spa offerings are deeply connected to the natural environment and draw upon the serenity, harmony, beauty, native herbs, and volcanic origins, and integrates the local healing traditions with Asian and European wellness practices.

Guests can also experience the Capella signature lunar-inspired treatments that align with the moon's rhythm and natural cycles, phases, promoting renewal, energy, and relaxation to help balance the body with the celestial rhythm, creating a sanctuary where guests can reconnect with both the universe and the earth.

By uniting the lunar philosophy of Capella Wellness with the restorative energy of Taipei's mountains, a profound balance is achieved—one that harmonises the rhythms of nature and the cosmos for a truly enriching wellness experience.



Wellness Journeys

Capella Wellness Journeys bring an ethereal journey
of the senses for a state of total restoration
while nourishing your mind and body.

Mind and Body Rejuvenation Journey

Detox bath - invigorating exfoliation - purifying wrap - soothing warm stone massage

4 hours · Single \$18,800 | Double \$35,000

Begin with a restorative bath soak to awaken your senses, followed by an invigorating body exfoliation to leave your skin feeling refreshed and renewed and then enjoy a deeply purifying wrap to revitalise your body.

A soothing warm stone massage completes the journey by melting away tension for a state of ultimate relaxation. Perfect for couples seeking a harmonious blend of tranquillity and rejuvenation.

Unwind and Recharge Journey

Relaxing bath ritual - intuitive wellness massage - Synthesis Organics facial

3.5 hours · Single \$16,800 | Double \$32,000

The ideal serene escape to share with someone after a long and stressful week.

Unwind and recharge with a relaxing herbal bath soak and ritual, to calm your mind and body with a relaxing. Intuitive wellness massage to release tensions and restore balance, and a soothing facial. The experience concludes with an organic facial, designed to soothe your skin with natural, nourishing ingredients. Perfect for couples seeking relaxation and revitalisation.



Fitness Journey

Body scan analysis - one to one personal training session - deep tissue massage

2.5 hours · \$9,880

Begin with a detailed body scan analysis to understand your unique physical needs and goals. Follow this with a personalised one-to-one training session, tailored to help you achieve optimal fitness and well-being. Following your workout be treated to a deep tissue massage, designed to relieve muscle tension, improve circulation, and promote overall relaxation.





Signature Rituals

Since time began, it is believed that the different moon phases impact the body in specific ways.

The New Moon is the time for renewal and introspection;
The Full Moon is when one's full potential is achieved.

Attune your body and tap into the rhythm of the natural cycle of the moon to awaken a mindful inner being. To find balance within, we must embrace and realign ourselves in harmony with the universal rhythm.

Full Moon—Cleansing and Grounding

2.5 hours · \$12,800

The Full Moon is when the moon is at its peak luminescence, round and bright, energy levels tend to run high. This ritual has been designed to calm the mind and restore the body to its natural balance.

The signature ritual commences with a body exfoliation, and a nourishing body wrap followed by the 60-minute signature full moon massage to calm the nervous system and create a sense of balance. The cleansing facial experience to boost circulation, and brighten the skin.

*Opening ritual | energy balancing | chakra alignment | facial |
scalp and foot massage | head, heart hara alignment | closing ritual*



New Moon—Renewal and Reflection

2.5 hours · \$13,800

The New Moon is the time for renewal and introspection. It is a phase of exploring ways to achieve higher self-potential and setting new intentions. As energy levels tend to be sluggish, this treatment is designed to re-invigorate and revive the senses.

The signature ritual commences with a body scrub that applies invigorating strokes to enliven and moisturise the skin. Followed by an energising New Moon Massage with Asian healing rituals of guasha and cupping to further release tension, concluding with a mini facial with acupressure and marma points to awaken the lymphatic system, and to lift and firm your skin.

Opening ritual | energy balancing | amora scent journey | body scrub | massage | guasha | cupping | refresh facial | head, heart hara alignment | closing ritual



Floating Meditation Therapy

60 mins · \$5,280

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

Used by pro-athletes, this therapy was first developed in the 1950's, and is known for improving mood and sleep patterns, as well as reducing anxiety, stress, detoxification and chronic pain.

With the elimination of the forces of gravity pulling on the musculoskeletal and nervous systems, the buoyancy relieves pain and enables a deeper relaxation, having a calming and soothing effect as you drift into a meditative state. With all five senses being reduced, the brain wave frequencies are able to settle down to a relaxed theta brainwave state and the float therapy allows you to disconnect with sensory overload and every day stresses of life.



A person is lying on their back, receiving a massage. A therapist's hands are visible, one holding a刮痧 (gua sha) tool and the other supporting the person's back. The background is dark, and the lighting is soft, highlighting the person's skin and the therapist's hands.

Capella Body Massages

Capella Wellness's body massages have been developed with ancient healing practices and traditional techniques, for physical and mental benefits, catered to each body's individual needs.

Our approach to body work focuses on eroding the formation of knots and unlocking troubled aches, pains and tension to energy reset and total relaxation and restoration.

All our massages begin with our Capella signature aromatherapy scent journey, signature foot bath, gratitude ceremony, and sound ritual.

We use award winning, Synthesis Organics, the only luxury wellness range of bioenergetic skincare and aromatherapy that combines the highest level of Australian Certified Organic quality, 100% natural, vegan, cruelty-free, carbon neutral with clinically proven bio actives, neuro-cosmetics, and energy medicine.

New Moon—Renewal and Reflection

90 mins · \$9,280

During the New Moon phase, energy levels tend to be sluggish and stagnant. The New Moon massage is a renewing and energising full body massage, including the use of traditional medicine, guasha and cupping techniques to deeply stimulate the scalp and the body, boost circulation and flow of vital energy.

The technique includes meridian touchpoint awakening to increase circulation and relieve physical and emotional tension.

As the New Moon is the time for renewal and introspection, the session commences with Reflection and intention setting and includes a moment of meditation.

Full Moon—Balance and Recharge

90 mins · \$8,280

During the Full Moon phase, when the moon is at its peak luminescence, energy levels tend to be high. This synergistic and relaxing full body massage and head massage uses bioenergetic botanical aromatherapy oils to soothe and deeply pacifies the nervous system to facilitate a deep feeling of wellbeing.

As the Full Moon is the time for time to focus on restoring the body and mind to equilibrium, the session includes contemplation activity.



Soothing Warm Stone Massage

90 mins · \$7,880

Taiwan is known for its volcanic rocks and this soothing warm stone massage harnesses the penetrating power of heated stones as they are massaged over the body in combination with our signature bioenergetic oils to release deeply stored tension. Using energy derived from the stone's heat, this treatment improves lymphatic flow and induces feelings of calm and relaxation that radiates for hours.



Deep Tissue Massage

90 mins · \$7,880

Targeting the deepest layers of muscle tissue, tendons and fascia, this targeted full body treatment brings relief to stiffness as well as create better range of motion in the joints. Designed to revive tired muscles, and alleviate chronic pain, firm strokes are used to bring about balance and relieve pain.

Intuitive Wellness Massage

60 mins · \$5,880

The power of intuition is a strong guiding force for our skilled therapists to personalise your session. Capella 's signature holistic wellness body massage combines various techniques tailored to your specific needs and is customised with your choice of warm essential oils and pressure.



Indian Head Massage

60 mins · \$4,880

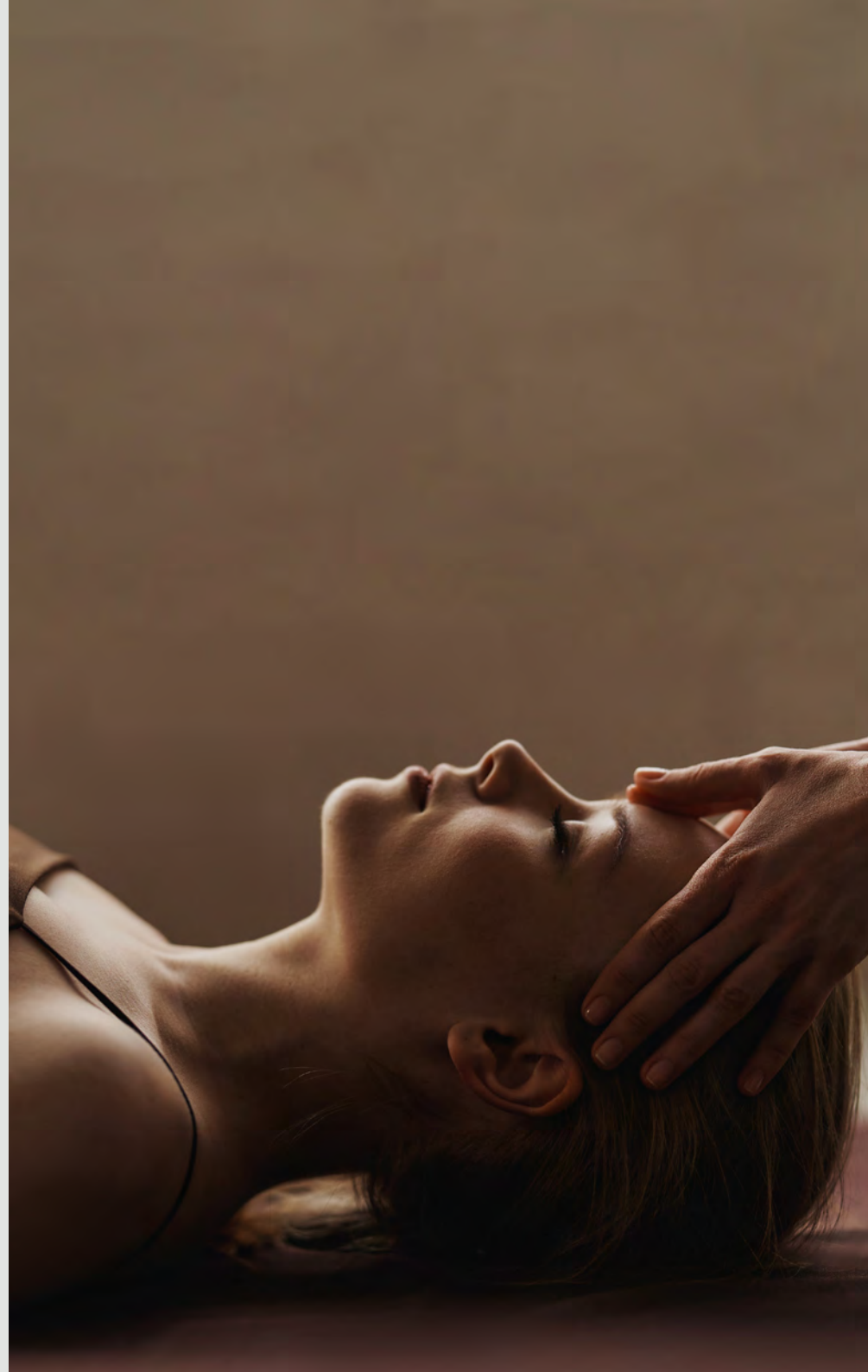
This relaxing head treatment, drawing on ancient healing techniques focuses on massaging acupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition.

Asian Foot Reflexology

60 mins · \$4,880

A core part of the Taiwanese healing tradition is a foot reflexology session, an ancient healing practice which joins the intricate connections between the soles of the feet and the different systems within the body to relieve aching feet, and stimulate the body's natural healing abilities.

Our signature technique involves the Taiwanese botanicals foot rinse, Capella signature aromatherapy blend oil, combined to gently stimulate the nerves in the feet, relax the body, reduce stress, improve circulation, detoxify, and restore equilibrium.





Body Alchemy

Each treatment at Capella Wellness is ingrained with time-tested philosophies reflected in the ever-changing lunar phases.

Through tailored body treatments that can encourage restful sleep, revitalise weary bodies or induce healing, your specialised therapist follow traditional cleansing techniques focused on lymphatic drainage that flushes out toxins and promote the regeneration of inner body cells.

Ancient Hinoki Renewal Bath

Add-on treatment · 45 mins · \$3,600

Immerse yourself in a bathtub crafted from Taiwan's centuries-old hinoki wood, naturally rich in aroma and phytoncides that calm the mind while offering antibacterial benefits. Paired with Taiwanese seaweed salt and bamboo charcoal, it gently purifies the water and detoxifies the skin. Free from added fragrances or oils, this bath delivers a pure, plant-based healing experience that reconnects you with nature.

Enjoy a complimentary selection of traditional Taiwanese tea and light snacks to complete your relaxing ritual.





Facial Alchemy

While there are many philosophies and approaches towards reversing the signs of aging, Capella celebrates embracing healthy and nourishing skin at various life stages.

The key to this is in treating the undulating contours of the skin with a range of curated treatments, aimed to promote beauty from the inside out.



Cellcosmet

Cellcosmet, is a powerful cellular skin care range developed by 40-year-old, Cellap Laboratoire, made in Switzerland. Known as the Crown Jewel of Swiss Luxury Skincare, the skincare development was inspired by Professor Paul Niehans, the founder of cellular therapy.

The men's and women's clinically proven formulas use patent and powerful cellular extracts with a CytoPep™ Cellular Extract to help maintain the skin barrier function, improve hydration, and boost overall skin health and a newly developed Postbiotics Complex, composed of three marine-origin ferments, to increase radiance and protect the skin from the external elements.

Essential Moisture and Glow Infusion

60 mins · \$5,880

A cellular skincare ritual that deeply hydrates and soothes the skin. It mattifies and moisturises, visibly reducing signs of fatigue, while leaving the complexion fresh, radiant, and revitalised.

Benefits:

Moisturise | soothes dry and sensitive skin | dispels visible signs of fatigue

Hydra-Firming Collagen Boost

90 mins · \$7,880

This targeted facial is designed to deeply revitalise, moisturise, firm, and tone the skin. Through advanced techniques and potent ingredients, it dramatically enhances the skin's natural moisture levels while boosting elasticity for a visibly smoother, more youthful appearance. Experience a refreshed, lifted complexion with improved firmness and hydration.

Benefits:

Reduces the appearance of dark spots and evens skin tone | clarifies the complexion | revitalises, hydrates and firms the skin

Ultraboost Revitalising Cellfacial Boost

90 mins · \$9,880

Experience an exclusive, tailor-made cellular skincare ritual, expertly designed to meet the unique needs of your skin. Meticulously crafted to unveil your skin's natural beauty, it restores radiance, balance, and vitality. Featuring an ultra-moisturising booster and an SOS recovery focus, this facial deeply revitalises and nourishes, leaving your complexion refreshed, hydrated, and luminous.

Benefits:

Revitalises, improves skin texture | helps prevent visible signs of skin aging
hydrates, nourishes the skin | brighter, more radiant complexion



Men's Grooming

Cellcosmet has developed a men's range, Cellmen, a custom-formulated product which addresses a wide range of skin concerns and provides effective solutions for achieving and maintaining visibly healthy skin.

The Cellmen range was exclusively formulated for men to respond to the needs of male skin. The formulas are packed full of targeted active ingredients, and the treatments contain concentrations adapted to the skin's physiological age.



Cellmen Executive Swiss Glow Infusion

60 mins · \$5,880

An advanced cellular skincare ritual designed to reveal your skin's natural vitality. The skin is purified, hydrated, and firm, and the complexion fresh, smooth, visibly rejuvenated for a more refined, energised appearance.

Benefits:

Plumps | redefines the appearance of facial contours | reveals radiant complexion

The Ultimate Male Escape

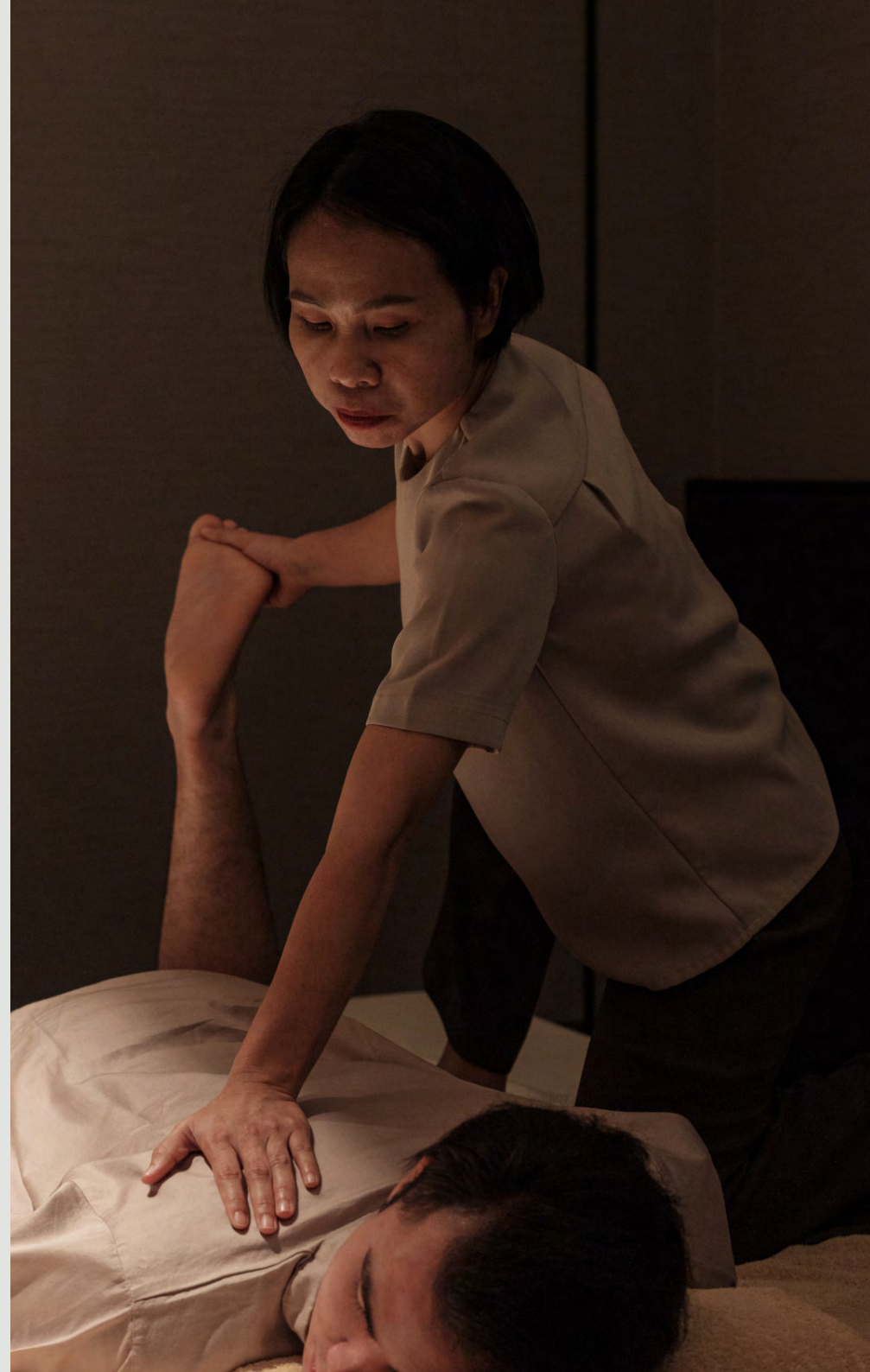
210 mins · \$16,800

- Warm stone massage (90min)
- Indian head massage (60min)
- Cellmen executive infusion facial (60min)

Gentlemen's Tonic

150 mins · \$11,800

- Deep tissue massage (90min)
- Cellmen executive infusion facial (60min)





CACI (Computer Aided Cosmetology Instrument)

CACI (Computer Aided Cosmetology Instrument) is a non-invasive facial treatment that uses advanced microcurrent technology to lift and tone facial muscles, improve skin elasticity, and reduce the appearance of fine lines and wrinkles.

This treatment stimulates collagen production, enhances circulation, and promotes a youthful, radiant complexion, without the need for surgery or downtime.

Signature NSF Toning

60 mins · \$5,880

Experience the perfect synergy of gentle technology and expert techniques, delivering enhanced skincare results without invasive procedures. Keep your skin looking its best, naturally and effortlessly.

Benefits:

Lifts and firms facial muscles | smooths fine lines and wrinkles | improves skin texture and elasticity | stimulates collagen and elastin | enhances circulation and detoxification

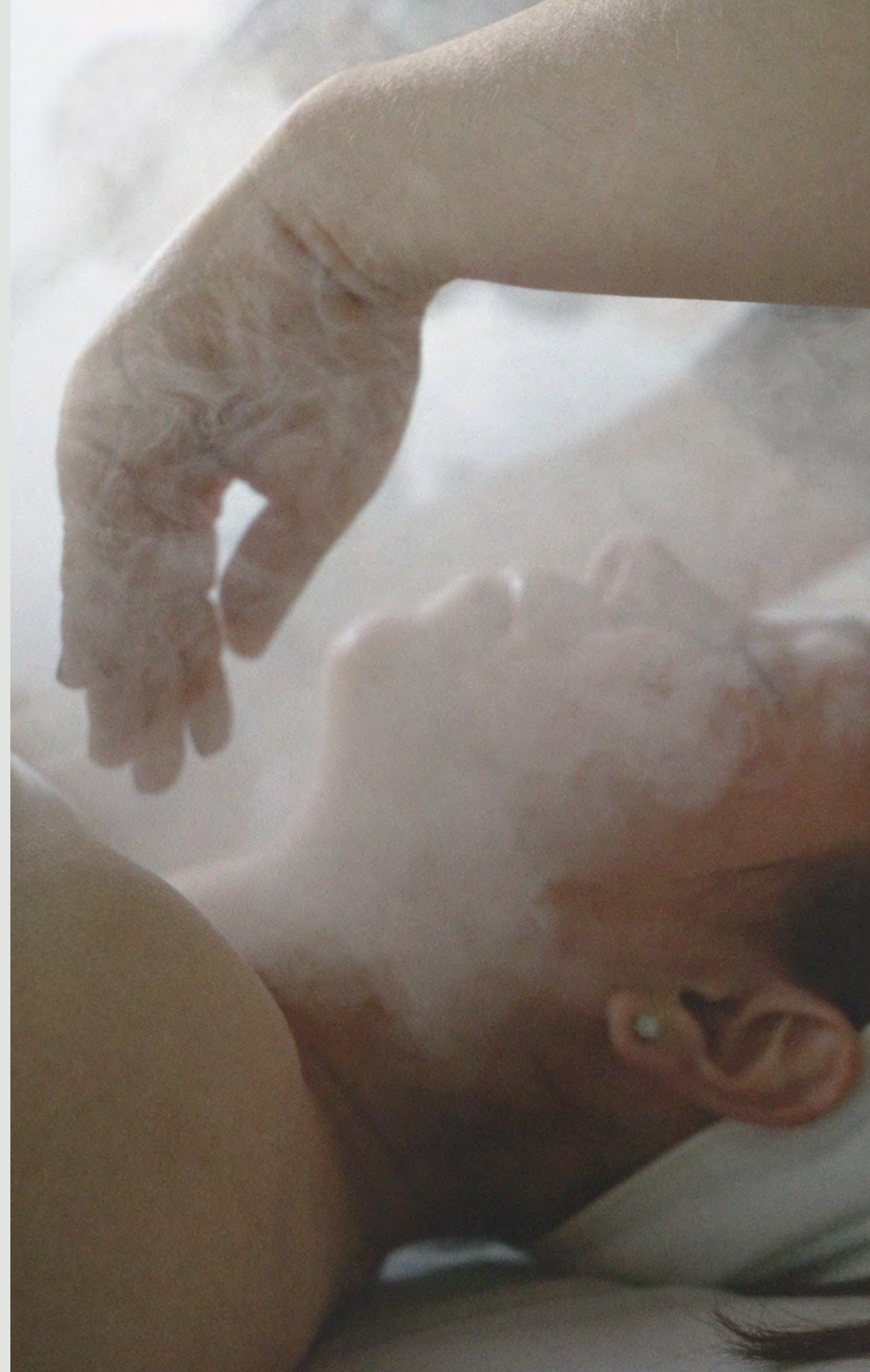
Eye Revive Rejuvenation

60 mins · \$5,880

Treat the most delicate skin with intelligent care. Our gentle technology and professional techniques rejuvenate the eye area without stress, smoothing fine lines, reducing puffiness, and restoring a brighter, more youthful appearance.

Benefits:

Promotes circulation | reduces puffiness | relieves eye fatigue | smooths fine lines | enhances product absorption



Gentlemen's Facial

90 mins · \$6,800

Designed for men and acne-prone skin, this intelligent treatment combines advanced microcurrent technology with expert techniques to refine pores, improve firmness, and accelerate skin recovery comfortably and effectively.

Benefits:

Deep pore purification | reduces fatigue and dullness | firms and defines | gentle care | accelerates healing | improves skin texture

Synergy Advanced Non-Surgical Ultrasonic

90 mins · \$6,800

Discover the ultimate in skin rejuvenation with CACI Synergy's ultrasonic technology. This advanced, non-invasive treatment uses high-frequency sound waves to deeply cleanse the skin, boost cellular renewal, and maximise product absorption. Combined with microcurrent and LED therapy, it reveals a smoother, healthier, and more radiant complexion.

Benefits:

Firms and lifts | boosts collagen production | enhances circulation



V Shape Facial

120 mins · \$7,200

This intensive treatment combines CACI's advanced microcurrent technology with professional Gua Sha techniques to target the chin and jawline area. It lifts and firms facial muscles, stimulates circulation, and enhances lymphatic drainage, creating a more defined and sculpted contour for a youthful appearance.

Benefits:

Natural lifting effect | boosts circulation and detoxification |
refines jawline and reduces double chin



Add-on Treatments

Gua Sha

30 mins · \$2,980

A cutting-edge treatment that combines advanced microcurrent technology with traditional Gua Sha techniques, offering precise lifting effects alongside the circulation-boosting benefits of Eastern healing practices.

Benefits:

Contours and sculpts facial definition | increases lymphatic drainage | reduces puffiness

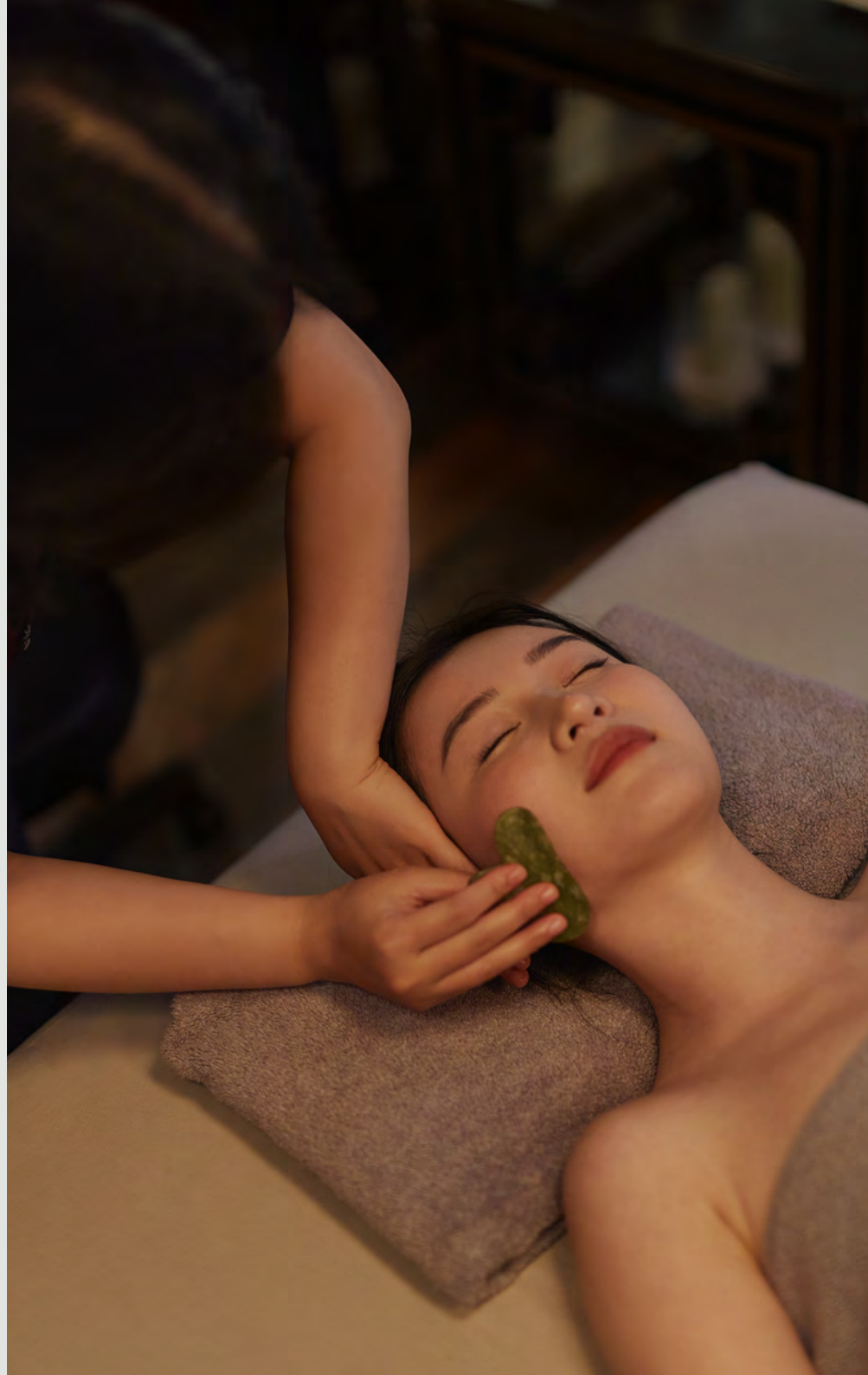
Micro Touch

30 mins · \$2,980

A non-invasive facial treatment that delivers microcurrent through electro-conductive gloves to stimulate deeper facial muscles, creating sculpting and lifting effects.

Benefits:

Toning and lifting | enhances sculpted, toned facial definition



Hand Rejuvenation

30 mins · \$3,200

A restorative treatment designed to improve skin firmness, reduce pigmentation, and enhance texture and hydration, helping restore a youthful appearance to the hands.

Benefits:

Targets signs of aging on the hands | provides an intense boost of hydration | leaves hands feeling smooth and visibly rejuvenated

Instant Eye Renewal

30 mins · \$2,980

Using microcurrent technology to gently stimulate and firm the eye-area muscles while improving circulation and lymphatic drainage, helping to reduce puffiness and enhance upper eyelid firmness.

Benefits:

Softens fine lines and wrinkles | re-energises tired and puffy eyes | leaves the eye area bright and firm | ideal before special occasions

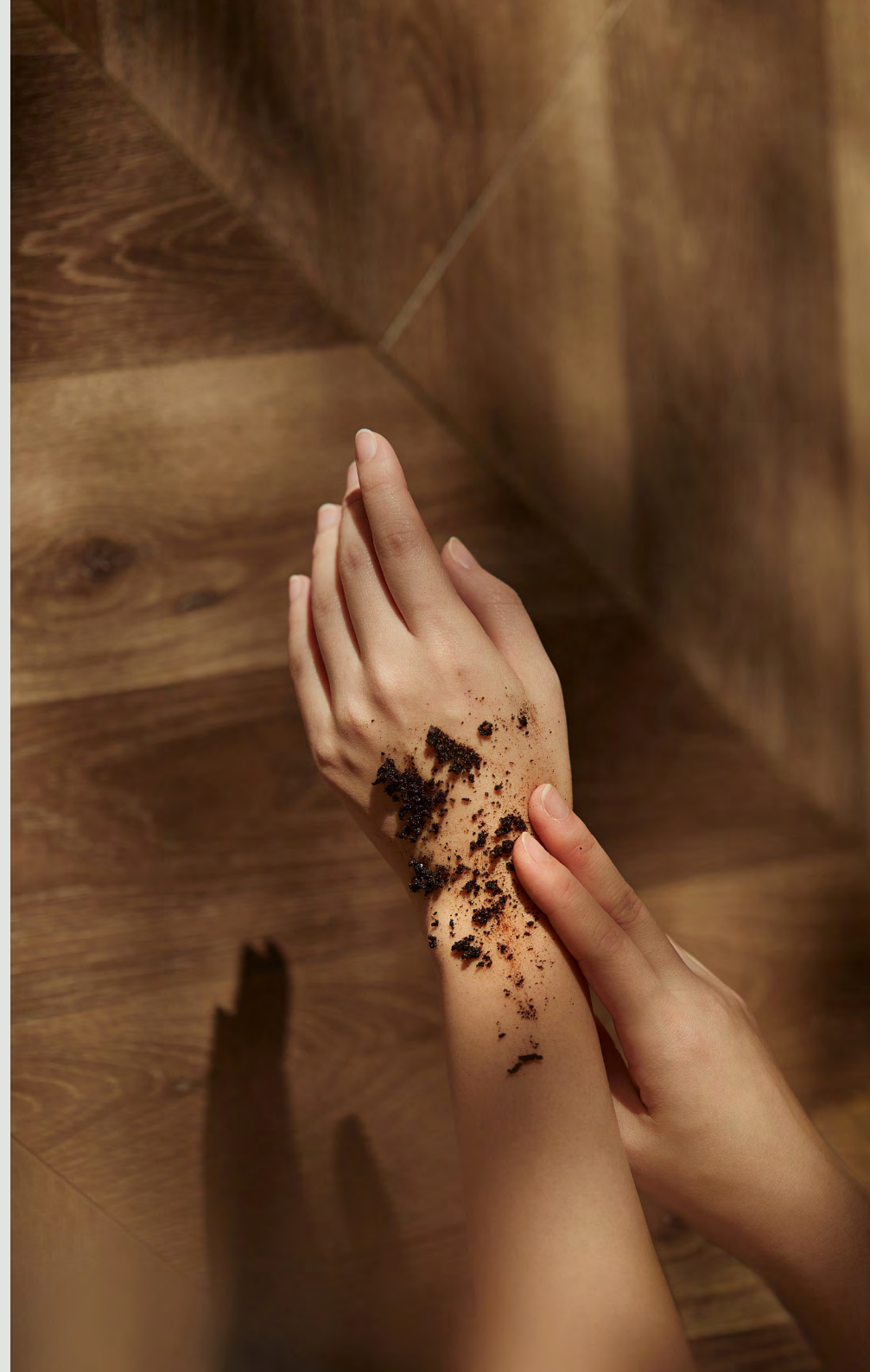
Lip Booster

30 mins · \$1,800

A targeted treatment that instantly improves dryness and fine lines while enhancing natural lip fullness.

Benefits:

Creates a natural lip-plumping effect | enhancing firmness and contour | moisturises and softens





Fitness and Movement

Elevate your fitness journey at Capella.

Our equipment selection, cutting-edge programs, personalised training, and energising classes aim 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, mobility, and vitality with us and unlock your full potential.

Capella Taipei Fitness Experiences

Our contemporary 140 sqft fitness centre with natural light includes an extensive range of cardiovascular machines, functional and strength equipment, including the latest Technogym equipment.

The patented Biostrength AI range guarantees 30% better results for training due to the artificial intelligence and scientific research used to automatically adjust the machines which ensures a personalised approach to training. Guests can feel confident they have the right weight load, range of motion, correct posture, speed of execution and number of sets, repetitions and optimal recovery times to optimise the training and meet health goals.

Fitness Centre Membership

\$15,000/month | \$90,000/6 months | \$180,000/year

Elevate your fitness journey with our state-of-the-art Technogym. 24-hour access, inclusive of access to the steam and sauna facilities from 10:00am to 10:00pm.

Personal Training

One-on-one sessions with a certified fitness trainer to help meet your wellness goals through personalised assessment and tailored training.

· 1 session	\$3,800
· 6 sessions	\$21,600
· 12 sessions	\$38,400

**Personal training packages include a consultation, Technogym Checkup Wellness Age™ assessment, and a curated training plan.*

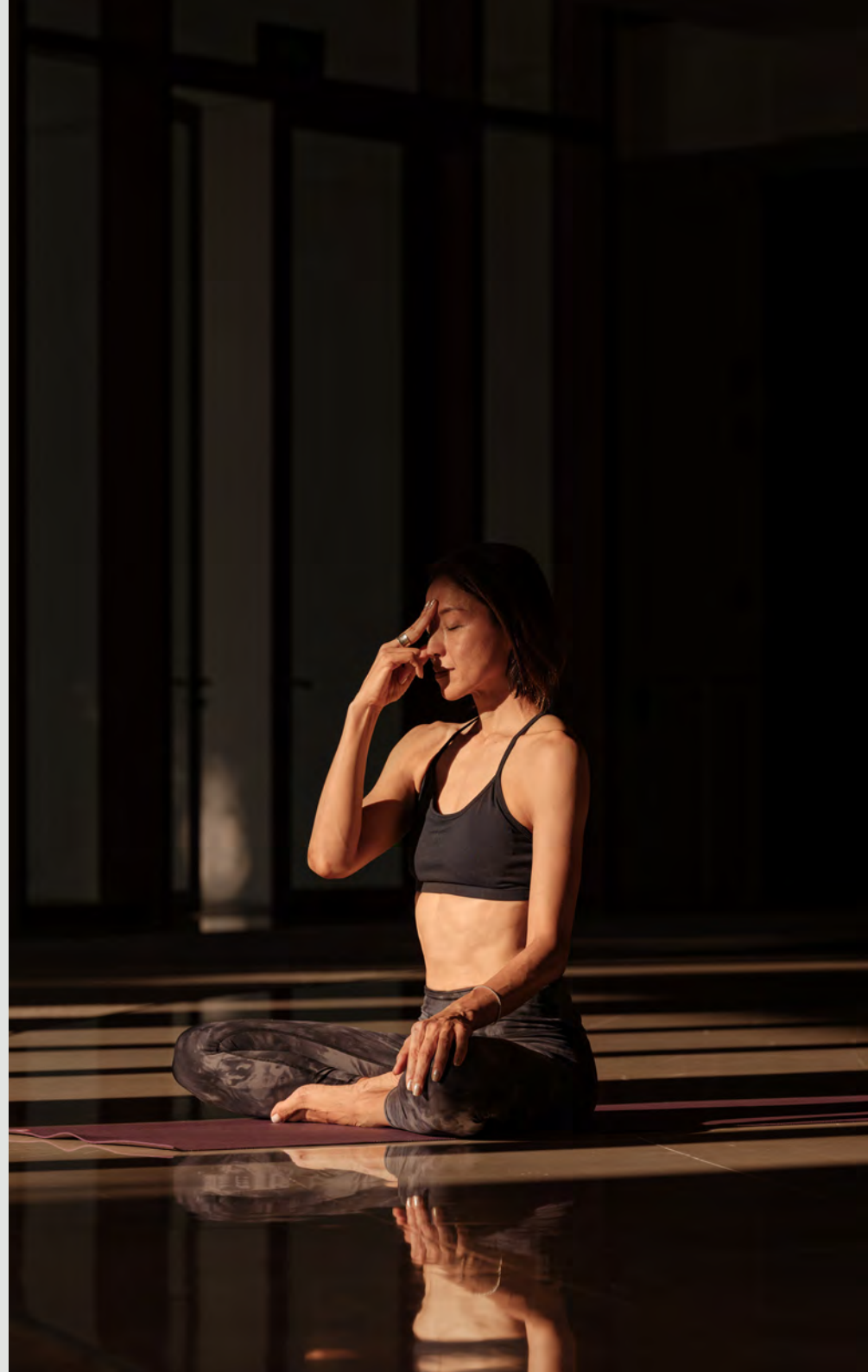


Movement and Mindfulness

The following private classes are available upon request:

- | | |
|-----------------------------------|-------------------|
| · Yoga - Group Class (1:3 or 1:4) | 60 mins \$8,000 |
| · Yoga - Private Class (1:2) | 60 mins \$6,080 |
| · Personal Training | 60 mins \$3,800 |

**Please consult our Wellness Concierge team for package information and rates.*





CAPELLA TAIPEI

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capellahotels.com/capella-taipei