



踏上一場探索內在平靜的旅程，在 SPA 6 感受山林間的寧靜。

能量每一項療程皆以自然為靈感，結合專業手技與芳香療法，喚醒深層放鬆與修復讓身心靈在綠意環抱中，重拾柔軟與和諧的節奏，回歸平衡與安然。

Embark on a journey of inner calm and discover the quiet energy of the mountains at SPA 6.

Inspired by nature, each treatment combines expert hands-on techniques with aromatherapy to awaken deep relaxation, restoration, and healing.

Surrounded by lush greenery, allow your body and mind to return to a softer rhythm, restoring harmony, balance, and peace from within.

SPA Space & Facilities

空間與設施

Facilities & Amenities



SPA 6 擁有私密舒適的芳療空間，提供 2 間雙人芳療室、4 間單人芳療室，皆配有獨立更衣與沐浴設施。

SPA 6 offers a private and serene aromatherapy environment with 2 double treatment rooms and 4 single treatment rooms, each equipped with private changing and bathing facilities.

配備包含 Facilities & Amenities

專屬更衣沐浴空間

Private changing & shower facilities.

個人備品：化妝棉、棉花棒、浴帽、梳子、免洗褲

Personal amenities: cotton pads, cotton buds, shower cap, comb, disposable underwear.

Dyson 吹風機

Dyson hair dryer

SPA Space & Facilities

空間與設施

Facilities & Amenities









Forest Reset

靈感來自陽明山層疊山巒與綠蔭林徑間的靜謐氛圍，專為疲憊身心打造的深度重啟之旅。
融合臉部護理與全身按摩，喚醒肌膚、舒緩緊繃，回復元氣與光采。

Inspired by the tranquil layers of Yangmingshan's mountain ridges and green forest paths, this deeply restorative journey is designed for a weary body and mind. Combining a facial with a body massage, it awakens the skin, releases tension, and restores vitality and luminosity.

SPA Rituals

靜心療癒儀式

Body Massage + Facial Treatment

Forest Reset

山巒綠徑舒活療程

120 min | NT \$10,800 + 10% service fee

全方位舒活滋養 | Valmont 經典蝴蝶手法

Total Rejuvenation & Nourishment | Valmont Classic Butterfly Technique

適合對象：渴望深度放鬆、重拾肌膚光采與身心平衡的您。

Ideal for: Those who long for deep relaxation, renewed skin radiance, and restored mind-body balance.

身體按摩 Body Massage (60 min)

背部、下肢、正面腿部與手臂按摩

Back, lower limbs, front legs, and arm massage.

蝴蝶手法舒緩身體，釋放壓力

Butterfly technique to soothe the body and release stress.

臉部護理 Facial Treatment (60 min)

前置護理 | 溫和潔膚與煥白造光面膜

Preparatory Care — gentle cleansing and brightening radiance mask.

激活按摩 | 蝴蝶手法促進微循環

Activation Massage — Butterfly technique to stimulate microcirculation.

深層滋養 | 層層導入潤膚露、精華與眼唇頸霜

Deep Nourishment — layered application of moisturizer, serum, and eye-lip-neck cream.



Signature Facial

彷彿漫步於陽明山雲霧與冰泉之間，清新沁涼，為肌膚注入源源帶氧活力。
此臉部療程運用 Valmont 高效護膚產品與獨特蝴蝶手技，促進循環、啟動修復系統，
喚醒肌膚紅潤透亮的健康光采，重拾肌膚自癒節奏與防禦力。

Like strolling through the mist and glacial springs of Yangmingshan — cool, invigorating, and full of oxygen. This facial harnesses VALMONT's high-performance skincare and the signature Butterfly technique to stimulate circulation, activate the skin's repair system, and awaken healthy, radiant clarity. It restores the skin's natural healing rhythm and strengthens its defences.

FACIAL TREATMENTS

臉部護理

Facial Treatment

Signature Facial

亮采經典臉部護理

90 min | NT \$8,800 + 10% service fee

重拾肌膚健康光采 | Valmont 高效護膚

Restore Skin Radiance & Clarity | Valmont High-Performance Skincare

適合對象：追求肌膚透亮、喜愛清新療癒體驗的您。

Ideal for: Those seeking skin luminosity and a refreshing, revitalising experience.

療程內容 Treatment Includes

前置護理 | 溫和潔膚與角質更新，保濕打底

Preparatory Care — gentle cleanse, exfoliation, and hydration base.

激活按摩 | 蝴蝶手法，搭配肩頸與手部舒壓

Activation Massage — Butterfly technique with shoulder, neck & hand relaxation.

深層滋養 | 肌密更新面膜潤膚露、精華、眼唇霜與頸霜

Deep Nourishment — application of moisturizer, serum, eye-lip cream & neck cream.

手部保養 | 護手霜潤澤滋養

Hand Care — nourishing hand cream treatment.

Anti-Aging Facial

如山峰稜線般雋永而有型 — 這款奢華提拉雕塑護理，
運用 Valmont V-FIRM 系列，專為重塑緊緻輪廓、深層補水與喚醒年輕光采而設計，
讓肌膚重拾飽滿緊實的煥發風采。

A luxurious lifting and contouring facial designed to restore firmness, hydration, and youthful radiance using the V-FIRM collection by Valmont.



FACIAL TREATMENTS

臉部護理

Facial Treatment

Anti-Aging Facial

凝時緊顏臉部護理

90 min | NT \$10,800 + 10% service fee

V 型緊緻雕塑 | Valmont 經典緊緻體驗

V-Firm Sculpting Facial | Valmont Signature Firming Experience

適合對象：追求緊緻輪廓、彈潤光采與飽滿年輕肌膚的您。

Ideal for: Those seeking a firmer, sculpted complexion with enhanced elasticity, hydration, and youthful radiance.

療程內容 Treatment Includes

前置護理 | 溫和潔膚與角質更新，保濕打底

Preparatory Care — gentle cleanse, exfoliation, and hydration base.

激活按摩 | 蝴蝶手法搭配臉部提拉，加強輪廓線，搭配肩頸與手部舒壓

Activation Massage — Butterfly technique with shoulder, neck & hand relaxation.

深層滋養 | 肌密更新面膜潤膚露、精華、眼唇霜與頸霜

Deep Nourishment — application of moisturizer, serum, eye-lip cream & neck cream.

手部保養 | 護手霜潤澤滋養

Hand Care — nourishing hand cream treatment.



Signature Massage

如山脈脈絡般流暢貫通 — 這款全方位招牌按摩，融合經絡穴位按壓、肌筋膜鬆解、頭皮療法與足底反射區按摩，恢復身體的自然節律，釋放深層緊繃，促進身心全面放鬆。旨在改善循環、緩解肌肉疲勞、提升柔韌性，並助您享有更深沉的睡眠與情緒平衡。

A holistic full-body massage combining meridian acupressure, myofascial release, scalp therapy, and reflexology techniques to restore the body's natural rhythm, release deep tension, and promote complete mind-body relaxation. Designed to improve circulation, relieve muscular fatigue, enhance flexibility, and support deeper sleep and emotional balance.

BODY TREATMENTS

身體療程

Body Treatment

Signature Massage

流息經典能量按摩

120 min | NT \$10,800 + 10% service fee

經絡穴位按壓

Meridian Acupressure

適合對象：追求深層放鬆、活力恢復、優質睡眠與身體輕盈平衡感的您。

Ideal for: Those seeking deep relaxation, renewed vitality, restorative sleep, and a greater sense of physical lightness and balance.

療程內容 Treatment Includes

全身按摩，重點針對背部、肩頸、腿部、手臂、頭皮及足部

Full-body massage focusing on back, shoulders, legs, arms, scalp, and feet.

融合經絡穴位按壓、肌筋膜鬆解、頭皮療法與反射區按摩

Fusion of meridian acupressure, myofascial release, scalp therapy, and reflexology.

恢復平衡與柔軟性，帶來整體輕盈舒暢感

Restores balance, flexibility, and an overall feeling of lightness and wellbeing.

力道：中等至深度

Pressure: medium to firm.



Relaxation Massage

靈感源於陽明山的山嵐氣息，療程結合淋巴引流與能量激活的全身療癒旅程，
搭配經典蝴蝶手法與芳香精油，提升循環代謝、喚醒肌膚光采。

Inspired by the gentle mountain mist of Yangmingshan, this full-body healing journey blends lymphatic drainage with energy activation. Paired with Butterfly technique and aromatic essential oils, it boosts circulation and metabolism and reawakens the skin's natural glow.

BODY TREATMENTS

身體療程



Body Treatment

Relaxation Massage

山嵐舒衡按摩

90 min | NT \$8,800 + 10% service fee

身體平衡與能量流動

Body Balance & Energy Flow

適合對象：希望釋放身體壓力、喚醒能量流動與輕盈感的您。

Ideal for: Those who wish to release physical tension, reawaken energy flow, and feel light and renewed.

療程內容 Treatment Includes

背部、下肢、正面腿部、手臂與腹部按摩

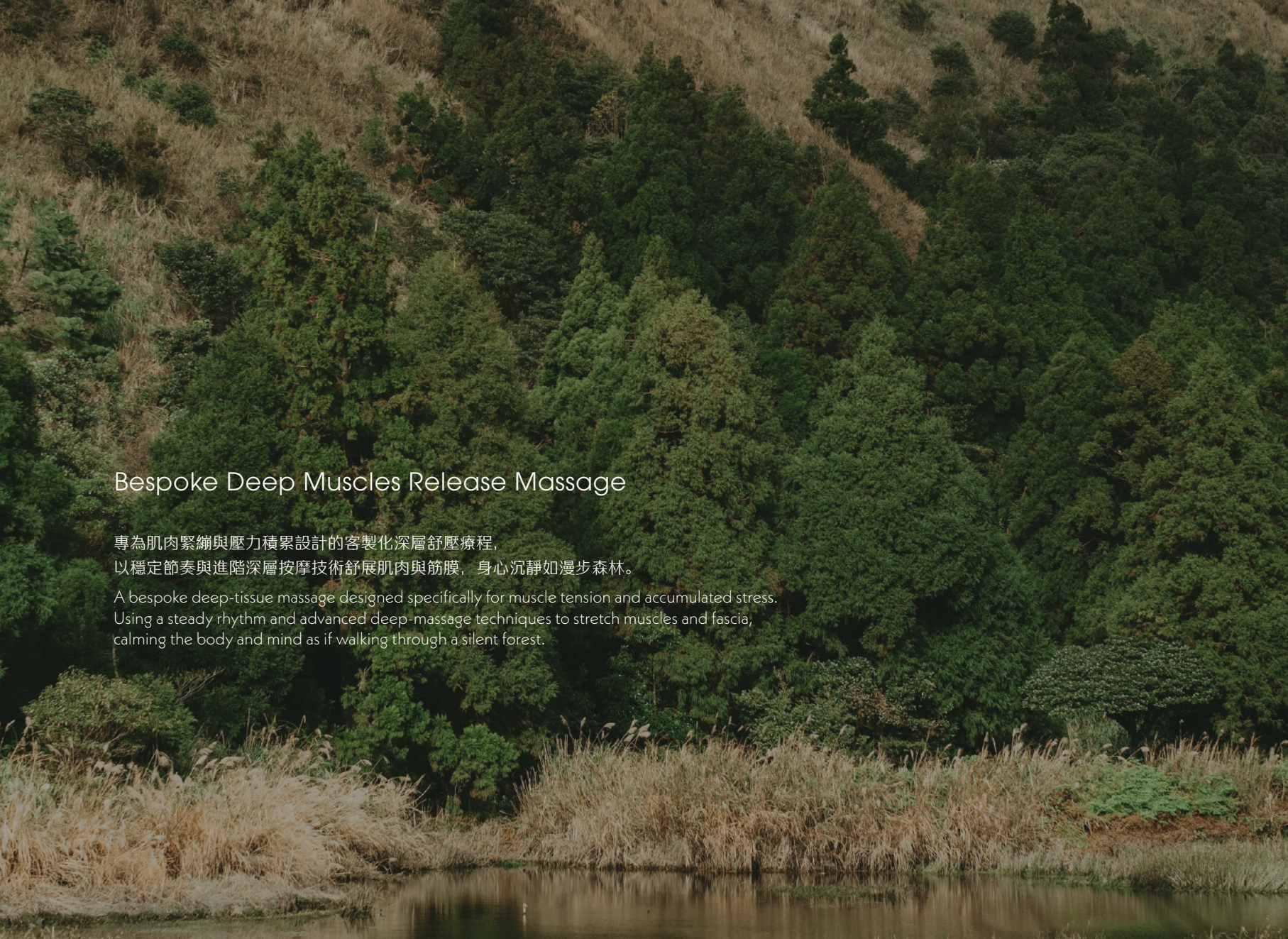
Back, lower limbs, front legs, arms, and abdomen massage.

身心放鬆與能量平衡，回復輕盈感受

Mind-body relaxation and energy balance, restoring a feeling of lightness.

力道：輕柔至中等

Pressure: gentle to medium.



Bespoke Deep Muscles Release Massage

專為肌肉緊繃與壓力積累設計的客製化深層舒壓療程，
以穩定節奏與進階深層按摩技術舒展肌肉與筋膜，身心沉靜如漫步森林。

A bespoke deep-tissue massage designed specifically for muscle tension and accumulated stress.
Using a steady rhythm and advanced deep-massage techniques to stretch muscles and fascia,
calming the body and mind as if walking through a silent forest.

BODY TREATMENTS

身體療程

Body Treatment

Bespoke Deep Muscles Release Massage

深層釋放按摩

90 min | NT \$8,800 + 10% service fee

深層舒緩肌肉緊繃

Deep Muscle Relief

適合對象：期待深層舒緩與全身釋壓，重拾柔軟與能量的您。

Ideal for: Muscle tension, stress, fatigue, and body stiffness.

療程內容 Treatment Includes

深層背部、下肢、正面腿部、手臂與腹部按摩

Deep-tissue back, lower limbs, front legs, arms, and abdomen massage.

有感釋壓，恢復肌肉彈性與能量流動

Tangible stress relief, restoring muscle elasticity and energy flow.

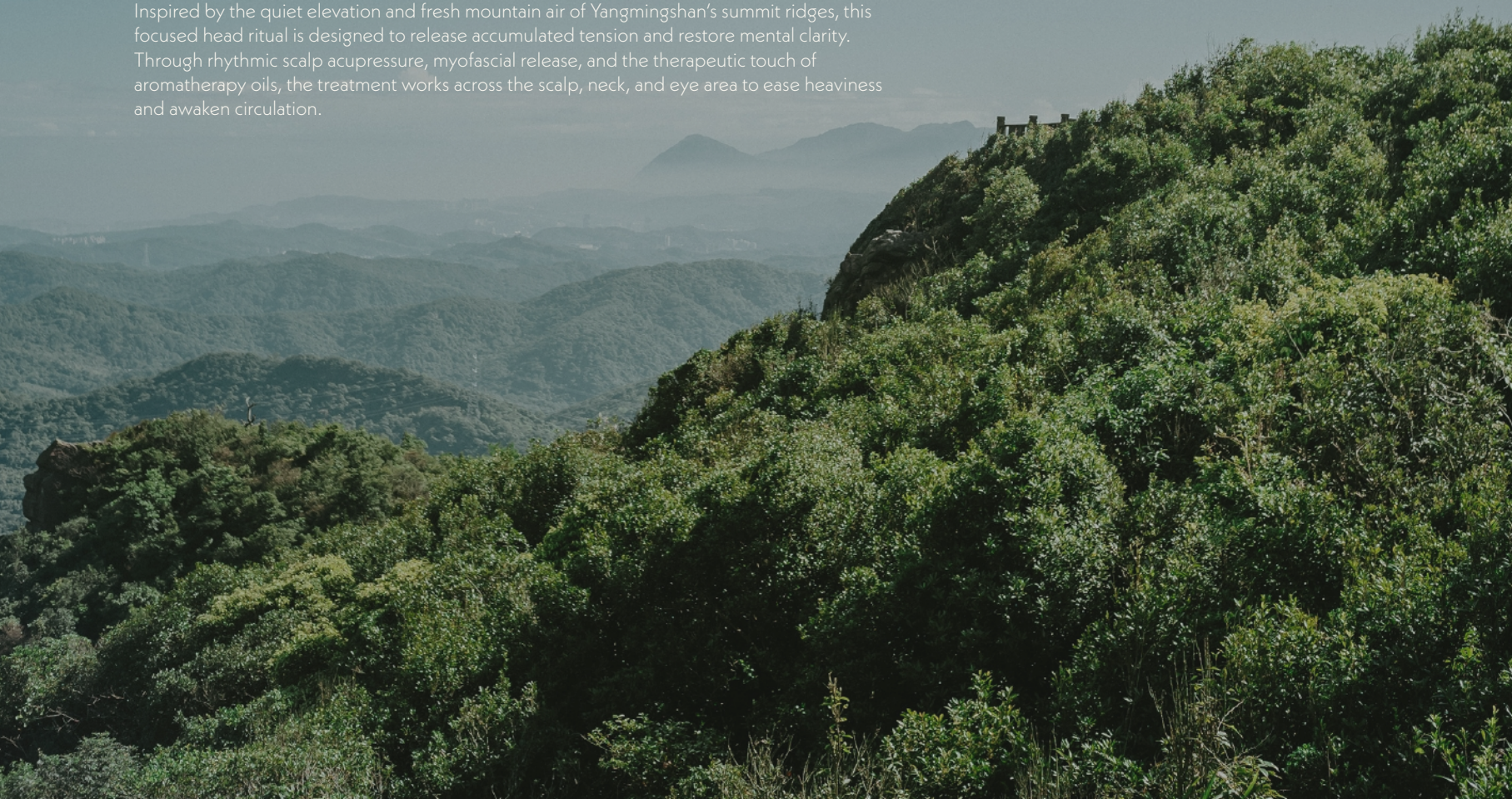
力道：深度至強力

Pressure: firm to strong.

Summit Scalp Ritual

靈感源自陽明山高嶺間的清新氣息與雲霧流動，這款頭部甦活療程，專為長時間處於高壓節奏中的身心所設計。透過頭皮穴位按壓、肌筋膜鬆解與芳香精油手技，細緻舒緩頭皮、頸部與眼周累積的緊繃感，喚醒循環流動與內在平衡。

Inspired by the quiet elevation and fresh mountain air of Yangmingshan's summit ridges, this focused head ritual is designed to release accumulated tension and restore mental clarity. Through rhythmic scalp acupressure, myofascial release, and the therapeutic touch of aromatherapy oils, the treatment works across the scalp, neck, and eye area to ease heaviness and awaken circulation.





ADD-ON

加選療程

Scalp Treatment

Summit Scalp Ritual

舒壓頭皮療程

30 min | NT \$3,800 + 10% service fee

頭皮穴位按壓與緊繃舒解

Scalp Acupressure & Tension Release

適合對象：希望透過頭皮、頸部與眼周的深層舒壓，釋放日常壓力與疲憊感的您。

Ideal for: Those seeking relief from mental fatigue and daily tension through focused care for the scalp, neck, and eye area.

療程內容 Treatment Includes

針對頭皮穴位舒壓

Scalp acupressure targeting key tension-release points.

頸部、肩膀與眼周的肌筋膜鬆解

Myofascial release along the neck, shoulders and eye area.

促進頭皮循環，帶來清醒感與深層放鬆

Promotes scalp circulation, mental clarity, and deep relaxation.

| 可搭配任何 90 分鐘臉部或身體療程加選 |

| Available as an add-on to any 90-min Facial or Body Treatment (excl. Signature Massage) |



Express Sculpt Facial

以效果為導向的精準臉部護理，
運用 Valmont V-FIRM 緊緻系列與經典蝴蝶手法，即時提拉、雕塑並重塑臉部輪廓。

A focused, results-driven facial using Valmont's V-FIRM collection and the signature Butterfly technique to instantly lift, sculpt, and redefine facial contours.



ADD-ON

加選療程

Facial Treatment

Express Sculpt Facial

賦活速效臉部護理

30 min | NT \$3,800 + 10% service fee

快速提拉與輪廓緊塑 | Valmont 緊緻系列

Quick Lift & Contour | Valmont V-FIRM Collection

適合對象：希望於活動前快速提升肌膚緊緻感，或作為臉部及身體療程加強護理的賓客。

Ideal for: Guests seeking a rapid firming boost before an event or as an enhancement to any facial or body treatment.

療程內容 Treatment Includes

前置護理 | 溫和潔膚與保濕打底

Preparatory Care — Gentle cleanse and hydration base.

激活按摩 | 針對臉部、下顎線與頸部進行蝴蝶手法

Activation Massage — Targeted Valmont Butterfly technique on face, jawline, and neck.

深層滋養 | V-FIRM 精華、潤膚霜與眼霜

Deep Nourishment — application of V-FIRM serum, moisturizer, and eye cream.

即時可見的提拉與輪廓緊塑效果

Instant visible lifting and contouring effect.

| 可搭配任何 90 分鐘臉部或身體療程加選 |

| Available as an add-on to any 90-min Facial or Body Treatment (excl. Signature Massage) |



Foot Renewal

以足部壓點原理為基礎的修復性足部療程，靈感來自陽明山山徑的大地能量。刺激足部重要反射點，舒緩疲憊與痠脹，恢復全身能量流動與穩定平衡。

A restorative foot therapy grounded in foot pressure point principles and inspired by the earth energy of Yangmingshan's mountain trails. Using Valmont Echinacea Vitality Massage Oil, this treatment stimulates vital reflex points, relieves fatigue, and restores energy flow throughout the body.



ADD-ON

加選療程

Foot Treatment

Foot Renewal

足韻歸衡療程

30 min | NT \$3,800 + 10% service fee

足底壓點舒緩、身心平衡與活力喚醒

Foot Pressure Point, Rebalance & Vitality

適合對象：透過足部深層舒壓，感受輕盈步伐、循環流動與身心平衡的您。

Ideal for: Those seeking to restore lightness and vitality through focused foot care, while enhancing circulation, grounding balance, and overall body relaxation.

療程內容 Treatment Includes

足部壓點刺激與按摩

Foot pressure point stimulation and massage.

恢復輕盈感、促進循環，帶來穩定而安定的身心舒適感

Restores lightness, circulation, and grounded wellbeing.

| 可搭配任何 90 分鐘臉部或身體療程加選 |

| Available as an add-on to any 90-min Facial or Body Treatment (excl. Signature Massage) |



Category	Treatment	Duration	Price
靜心療癒儀式 SPA Rituals	山巒綠徑舒活療程 Forest Reset	120 min	NT \$10,800 + 10%
臉部護理	亮采經典臉部護理 Signature Facial	90 min	NT \$8,800 + 10%
Facial Treatments	凝時緊顏臉部護理 Signature Facial	90 min	NT \$10,800 + 10%
身體療程	流息經典能量按摩 Signature Massage	120 min	NT \$10,800 + 10%
	山嵐舒衡按摩 Relaxation Massage	90 min	NT \$8,800 + 10%
Body Treatments	深層釋放按摩 Bespoke Deep Muscles Release Massage	90 min	NT \$8,800 + 10%
加選療程	舒壓頭皮療程 Summit Scalp Ritual	30 min	NT \$3,800 + 10%
	賦活速效臉部護理 Express Sculpt Facial	30 min	NT \$3,800 + 10%
Add-on Treatments	足韻歸衡療程 Foot Renewal	30 min	NT \$3,800 + 10%

SPA Notifications

Notificaations

注意事項

SPA 禮儀 Spa Etiquette

SPA 環境以寧靜舒適為本，請尊重所有賓客的隱私與療癒時光。
館內禁止使用手機、傳呼機、相機及吸煙，敬請配合。

Our spa environment is relaxing and tranquil. Please respect the privacy and serenity of all our spa guests.
The spa is a mobile phone, pager, camera and smoke-free zone.

健康狀況 Health Conditions

預約時，敬請告知任何可能影響療程選擇的健康狀況、
過敏反應或身體傷患，以便療程師為您做最妥善的安排。

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

居家護理 Home Care

為讓您在家中延續 SPA 的療癒感受，療程中使用的大部分產品均可於 SPA 接待處選購。

To continue your spa experience at home, most products used in our treatments are available at Spa reception.



Booking, Deposit & Cancellation Policy

預約、訂金及取消政策

1. 預約方式 Reservations

所有療程均需提前預約。現場預約須視當日名額而定。

All spa treatments must be booked in advance. Walk-in appointments are subject to availability.

可透過電話、LINE 或線上預約平台完成預約。

Reservations may be made by phone, LINE, or our online booking platform.

所有預約均需提供有效信用卡以作為預約擔保。

A valid credit card is required to guarantee all reservations.

預約時請告知相關健康狀況、過敏史或特殊需求，以便我們為您安排最合適的療程。

Please advise us of any health conditions, allergies, or special requirements at the time of booking.

2. 抵達時間 Arrival

請於預約時間前至少 15 分鐘抵達。

Please arrive at least 15 minutes before your scheduled appointment.

提前抵達讓我們的芳療師有時間進行諮詢，為您量身打造專屬體驗。

Early arrival allows our SPA therapists to conduct a brief consultation and personalize your experience.

3. 訂金與付款 Deposit & Payment

預約時須支付訂金以確保您的療程時段。

A booking deposit is required at the time of reservation to secure your appointment.

訂金為療程總費用之 30%，支付後預約方為確認。

A deposit equal to 30% of the total treatment price is required to confirm your booking.

訂金將於療程當日抵扣最終消費金額。

The deposit will be applied toward your final treatment cost on the day of your visit.

訂金可透過信用卡或銀行轉帳或指定行動支付方式付款。

Deposits may be paid by credit card, bank transfer, or approved mobile payment.

YMS 尊榮會員之訂金及療程費用將直接從會員儲值金中扣除。

For YMS Elite Club members, the deposit and full treatment payment will be deducted directly from your membership stored value.

4. 取消政策 Cancellation Policy

我們理解行程難免有所變動，若需取消或更改預約，敬請盡早通知我們。

We understand that schedules change. Please notify us as early as possible if you need to cancel or reschedule.

通知時間 Notice Given	訂金 Deposit	療程餘額 Remaining Balance
預約時間前 24 小時以上 More than 24 hours before the appointment	全額退還 Fully refunded	不收費 No charge
預約時間前 24 小時內或 無故未到 Within 24 hours of appointment or No-show	不予退還 Forfeited	收取療程全額費用 100% of treatment value charged

團體預約（3 位以上）需於 48 小時前取消，方可申請退還訂金。

Group bookings (3 or more guests) require a minimum of 48 hours' notice for cancellation to receive a deposit refund.

重要聲明

凡未於預約時間前 24 小時取消之療程，將收取 100% 療程費用作為取消費用。此費用為雙方於預約確認時共同同意之合約取消費用，依預約條款執行。

We understand that schedules change. Please notify us as early as possible if you need to cancel or reschedule.

Booking, Deposit & Cancellation Policy

預約、訂金及取消政策

Booking, Deposit & Cancellation Policy

5. 遲到處理 Late Arrival

為尊重所有賓客的時間安排，遲到將縮短您的療程時間。

We respect the time of every guest. Please be advised that late arrival will result in a shortened treatment time.

療程將依原排定時間結束，以確保其他賓客不受影響。

Your session will conclude at the originally scheduled end time, so as not to inconvenience subsequent guests.

無論因遲到而縮短多少療程時間，均須支付原訂療程之全額費用。

The full treatment price applies regardless of the shortened duration.

若預計遲到，請立即與我們聯繫，我們將盡力協助調整安排。

If you anticipate being late, please contact us immediately — we will do our best to accommodate you.

6. 取消預約 Cancellation by YMS SPA

如遇 YMS SPA 需取消或更改您的預約（極少情況）：

In the unlikely event that YMS SPA must cancel or reschedule your appointment:

我們將盡快通知您。

We will notify you at the earliest opportunity.

您的訂金將全額退還，或依您意願轉為改期預約之用。

Your deposit will be refunded in full, or transferred to a rescheduled appointment at your preference.

如情況特殊，YMS SPA 將視情況提供相應補償。

Where circumstances warrant, additional compensation may be offered at YMS SPA's discretion.

7. 一般注意事項 General Notes

完成 YMS SPA 預約即表示您已閱讀並同意本預約、訂金及取消政策。

By completing a reservation at YMS SPA, you acknowledge and agree to this Booking, Deposit & Cancellation Policy.

YMS SPA 保留隨時更新本政策之權利，最新版本可隨時提供索取。

YMS SPA reserves the right to update this policy at any time. The latest version is available upon request.

如有任何疑問或需更改預約，請聯繫我們的 SPA 禮賓服務。

For enquiries or to amend your reservation, please contact our spa concierge.z



Rooted in the mountain. Released into stillness.



spa@ymsbyonefifteen.com