

# 服务项目



上午 10:30 - 午夜 12:00



0312-399-3909

## 特色调理

**太极艾灸** 30分钟 Rs.3300

局部温热刺激，增强血液循环和淋巴循环，促进代谢。

**精品采耳** 30分钟 Rs.3499

局部温热刺激，增强血液循环和淋巴循环，促进代谢。

**太极拔罐** 30分钟 Rs.3599

行气活血、舒筋通络、消肿止痛、祛风除湿等功效。

**精品修脚** 30分钟 Rs.4500

修除角质，灰指甲，甲沟炎，脚钉等。缓解疲劳，步行更轻松。

**局部按摩** 30分钟 Rs.4599

头部、颈部、肩部组合，疏通气血，缓解头痛，改善脱发。

**精油开背** 30分钟 Rs.4799

背部精油，疏风散寒、温通经络、调节血液循环、消除疲劳。

**太极刮痧** 30分钟 Rs.4799

活血化瘀，调整气血运行，提升机体免疫力。

**面部护理** 30分钟 Rs.6000

促进血液循环，清洁毛孔，补充水分和营养，延缓衰老。

**肠胃按摩** 30分钟 Rs.6000

改善胃肠功能，排除体内毒素，增强肠动力，增加皮肤血管通透性。

## 太极调理

**太极推拿** 60分钟 Rs.6500

运用传统中式全身按摩手法，让身体和精神充分放松。

**精油按摩** 60分钟 Rs.7200

选用上等进口精油，是放松心情、缓解压力的首选。

**运动按摩** 60分钟 Rs.5800

有效缓解运动后肌肉疲劳，加快身体恢复，提高运动表现。

**肩颈按摩** 60分钟 Rs.7000

头部、颈部、肩部组合，疏通气血，缓解头痛，改善睡眠。

**背部经络疏通** 60分钟 Rs.7000

中式按摩手法，打通经络，缓解疲劳，改善全身血液循环。

**双人按摩** 60分钟 Rs.12000

夫妻或情侣同一房间，由两名按摩技师服务。

## 尊享套餐

**太极套餐一** 90分钟 Rs.12800

全身推拿 + 精品足疗 120分钟 Rs.15800

**太极套餐二** 90分钟 Rs.13800

全身推拿 + 精油按摩 120分钟 Rs.16800

## 太极足疗

**精品足浴** 60分钟 Rs.6800

精准按压足底和腿部穴位，提升免疫力，缓解肌肉疲劳。

**神姜足浴** 60分钟 Rs.9800

姜汁、盐、脚底火罐，调血压，促进血液循环，增加身体的抵抗力。

**牛奶足浴** 60分钟 Rs.11800

牛奶、火罐，改善血液循环，美白皮肤，美容和养生二者合一。

**脚气灵足浴** 60分钟 Rs.12800

脚气药、足底火罐，缓解压力，提高睡眠质量，缓解脚气。

**中药足浴** 60分钟 Rs.13800

除湿中药、脚底火罐，改善局部血液循环，祛湿散风，健脾祛湿。

**宫廷肾宝足浴** 60分钟 Rs.15800

补肾中药、脚底火罐，温肾壮阳扶正固本，增强肾功能，改善体能。



**TAI CHI HEALTH CLUB** 0312-399-3909

太极养生堂 (伊斯兰堡F8市场, 东方酒店一层)

WE ARE

*Open*

everyday

10:30 am - 12:00 mid night

MAKE A

*Reservation*

0312-399-3909

# SERVICES

## 30 MINS THERAPIES

### Moxibustion Therapy 30mins Rs.3300

Chinese traditional herbs burnt close to body which can help to increase the flow of energy.

### Tai Chi ASMR 30mins Rs.3499

Chinese traditional ear-picking massage. Deep relaxation and tingling sensations for a truly blissful journey.

### Hijama / Cupping 30mins Rs.3599

Chinese cupping healing practice to promote detoxification, circulation, and overall wellness.

### Premium Foot Care 30mins Rs.4500

Removes calluses, treats nail issues, improves circulation, relieves fatigue, and enhances walking comfort.

### Head & Shoulder 30mins Rs.4599

Massage therapy focuses on head, neck & shoulder to ease nerves and blood vessels.

### Back with Essential Oil 30mins Rs.4799

Relief on back pain & stress with aromatic selected supreme essential oil.

### Scraping Therapy 30mins Rs.4799

A traditional healing therapy to create petechiae on skin by scraping the skin for a therapeutic benefit.

### Facial Care 30mins Rs.6000

Face massage which enhances blood circulation, cleanses pores, hydrates, nourishes, and delays aging.

### Abdominal Massage 30mins Rs.6000

Enhances digestive function, eliminates toxins, boosts intestinal motility, and increases skin vascular permeability.

## ELITE THERAPIES

### Full Body Massage 60mins Rs.6500

A dry massage and complete package of mind and body relaxation by traditional Chinese tactics.

### Essential Oil Massage 60mins Rs.7200

Healing touch & aromatic oils for relaxation, tension relief, and renewed well-being.

### Sports Massage 60mins Rs.5800

A massage before or after sports. Enhance performance, reduce muscle tension, and accelerate recovery from pain.

### Neck & Shoulder 60mins Rs.7000

Relieve tension, ease pain, and restore mobility with our expert shoulder and neck massage.

### Deep Back Relaxation 60mins Rs.7000

Dry massage inspired by Chinese techniques, which clears blockages, reduces fatigue, and leaves you feeling lighter.

### Couple Massage 60mins Rs.12000

Chinese therapy, you with your partner in same room by two therapists to full relaxation.

## PREMIUM PACKAGES



### Premium #1 90 mins Rs.12800

Full Body Massage 120 mins Rs.15800  
Supreme Foot Massage

### Premium #2 90 mins Rs.13800

Full Body Massage 120 mins Rs.16800  
Essential Oil Massage

## FOOT REFLEXOLOGY

### Tai Chi Foot Massage 60mins Rs.6800

Chinese foot therapy with relaxation, balance, and overall well-being through pressure points.

### Foot Ginger Massage 60mins Rs.9800

Blending ginger medicine, salt, feet cupping for blood pressure circulation, and resilience enhancement.

### Foot Milk Massage 60mins Rs.11800

Blending milk, rose petals and heated cupping for improved circulation, skin tone, and holistic beauty benefits.

### Foot Odor Relief 60mins Rs.12800

Using odor remedies, reflexology, cupping for relaxation, stress relief, improved sleep, and odor alleviation.

### Foot Herbal Massage 60mins Rs.13800

Blending moisture-expelling herbs, reflexology, and heated cupping to improve circulation and promote well-being.

### Imperial Foot Massage 60mins Rs.15800

Blending kidney-boosting herbs, reflexology, and heated cupping for vitality, performance improvement.



**TAI CHI HEALTH CLUB**

UPPER GROUND, ORIENTAL HOTEL, F8 MARKAZ, ISLAMABAD

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