

TREATMENTS



THE SPA
AT
ELBOW BEACH
BERMUDA

PHILOSOPHY

The Spas at Mandarin Oriental are born out of a sincere understanding and passion for wellness, which we define as a way of life that focuses on physical, emotional and mental wellbeing. The Group is committed to delivering all aspects of wellness with integrity and honesty, providing inspiration for lifestyle change, in an environment that delights all the senses. The Spas at Mandarin Oriental are havens for contemplation and discovery. Guided by our Oriental heritage but influenced by local cultural diversity, the Group has created distinctive concepts with a unique sense of place in every location.

TREATMENTS

Respect for the uniqueness of each individual is the foundation of our spa experience. Our highly trained therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalised, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

PRODUCTS

Mandarin Oriental's signature product line has been developed specifically for the Group by the award-winning UK based company, Aromatherapy Associates. The product range incorporates five body oils, five bath and shower oils and a generic body scrub, body wash and body lotion. All contain natural ingredients and are paraben free, and have been blended by a master blender to Mandarin Oriental's specifications. Easy to use and effective in their treatment, they provide an ideal extension of our spa experience into daily life.

All other products used in our Spas are of the highest quality and contain naturally-derived ingredients.

MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

1 hour 50 minutes

Mandarin Oriental's signature spa therapies have been devised to address guests' increasing desire for simple, effective and authentic spa experiences.

Developed in consultation with specialists in Traditional Chinese Medicine (TCM) and master aromatherapists, each signature therapy consists of a relaxing, hands-on body massage ritual that combines the powerful effects of oriental meridian massage with the therapeutic benefits of custom-blended essential oils, created uniquely for Mandarin Oriental. Each treatment begins with a private therapist consultation in order to determine each individual's personal and current state of wellbeing. The treatment and oils are then tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Guests are also provided with nutritional and exercise guidance, in order to extend the beneficial effects of the programme at home.

TIME RITUALS™

1 hour 50 minutes or 2 hour 50 minutes

Mandarin Oriental's bespoke "Time Rituals" encourage guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs. Each "Time Ritual" begins with a soothing foot ritual and is designed to restore a natural state of equilibrium.

ORIENTAL HARMONY

1 hour 50 minutes

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. The treatment begins with a soothing foot bath in purifying waters, leaving the feet soft and supple and the mind relaxed. Next, two therapists work together in time and movement. First, providing a warm scrub that smoothes and replenishes the skin and later, a harmonious massage that balances the body.

The treatment concludes with a simultaneous head and foot massage leaving the mind uplifted, the body energised and the skin exotically fragrant.



SUITE EXPERIENCES

Your own private sanctuary awaits you in our Spa Suites; offering you your personal rain shower, vanity area, luxurious granite bath and a balcony overlooking the azure Atlantic. Couples' suites include a steam shower with a private vanity area, and a large, granite soaking tub for two. Both types of suites have a relaxing and cozy daybed to nestle into, whilst enjoying the beauty and serenity of your environment.

RELAXATION TIME

Each two-hour reservation will include 30 minutes of personal time, where you can choose to either prepare for or relax after your treatments. We would, however, encourage you to reserve additional relaxation time which would enable you to fully benefit from your private spa suite, allowing you to rest in private and awaken in your own time.

JOURNEYS

RUM SWIZZLE RITUAL

3 hours

Bermuda's signature beverage, the Rum Swizzle, is now a Signature Spa Experience. The cocktail's fruity ingredients contain antioxidants that provide a number of healing properties for the skin. Fresh lemon and lime juice soothe rough dry skin, while orange aids in healing blemishes and scars. The experience begins with a Welcoming Foot Ritual, followed by a Pineapple Body Scrub that cleanses and rejuvenates tired dry skin. Guests will then indulge in a Rum Swizzle Bath, while sipping on a Rum Swizzle Cocktail. A therapeutic Full Body and Scalp Massage using Signature Mandarin Oriental Body Oil with grapefruit extract completes this refreshing experience.

OCEAN WAVE RITUAL

3 hours

The sandy shores of Elbow Beach are the inspiration and resource for this wonderfully relaxing spa journey. Pure Bermuda pink sand is used to exfoliate the skin, leaving it as soft and smooth as the sand feels between your toes on our beautiful beach. After showering, guests are transported to the rhythm of the sea with our Ocean Wave Body Massage. The therapist's hands ripple gently over the body in wave like motions washing away stress and tension. A Silk Blue Marine Mud Wrap cleanses and renews the skin, while a scalp massage provides the final blissful touch for this Oceanside experience.

BODY MASSAGES

SWEDISH

1 hr 20 minutes

This traditional massage uses firm, regulated pressure and long, strong movements to release muscle knots and tension in the body. The combination is particularly effective for easing tired backs and limbs.

AROMATHERAPY

1 hr 20 minutes

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

THERAPEUTIC

1 hr 20 minutes

This truly effective therapeutic massage helps dissolve aches and strains. The oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energising massage.

MATERNITY MASSAGE

1 hour 20 minutes

Enjoy the benefits of prenatal massage, which aids in alleviating lower back discomfort, circulation in the feet and fatigue. The Maternity Massage nourishes the skin and improves skin elasticity.

REIKI

1 hour 20 minutes

This healing art was developed in Japan using Chi, or life energy, to cleanse and revitalise the body. Reiki is the gentle laying of hands to balance chakras, relax, detoxify and increase vitality as well as release energy blockages.

Although we recommend that our massages are taken for 1 hour 20 minutes, if your schedule cannot accommodate this, we can tailor a time to suit your requirements.

BODY WRAPS

PERSONALISED OCEAN AND EARTH BODY WRAPS

1 hour 20 minutes

The Ocean and Earth Body Wraps inspire a life-enhancing experience that begins with skin brushing and a body exfoliation. A personally chosen aromatherapy oil is applied before the completely enveloping body wrap. The body wrap is designed to comfortably raise the body's temperature and induce perspiration to help eliminate toxins and increase the absorption of the oils and the wrap. This sophisticated menu of individual wraps uses a choice of Marine Mud, Algae and Oshadi Clay. Ultimate tranquility is achieved with a mind-calming Oriental Head Massage.

These wraps will be specifically selected by your therapist to suit your individual needs.

BODY TREATMENTS

HOLISTIC BACK, FACE AND SCALP MASSAGE WITH HOT STONES

1 hour 50 minutes

An all-embracing treatment incorporating a facial cleanse with acupressure, face and head massage.

The initial, deep cleansing back exfoliation is followed by the hot stone back massage with aromatic oils, bringing powerful de-stressing benefits to mind and body. Hot stones are placed along the spine, shoulders and neck to stimulate and balance vital energy points throughout this exceptional treatment.

The facial includes cleansing, exfoliating and massaging with deeply nourishing facial oils. A relaxing Oriental Head Massage helps to clear the mind, calm the spirit and ease facial tension. The result is re-hydrated, nourished and protected skin, a cleansed and powerfully massaged back and a sense of deep relaxation.

AMA RELEASING ABHYANGA

1 hour 50 minutes

This treatment releases congesting and restrictive toxins and frees the flow of natural energy through the body and mind.

The body is stimulated and exfoliated and followed by a gentle facial cleanse. Surrender to the Ayurvedic Marma Point Massage as a warm infusion of oils and herbs is applied to the vital energy centres of the face and body, to gently release tensions and restore vitality. This ritual concludes with a deeply relaxing Oriental Head Massage or Shirodhara oil pouring to the forehead and through the scalp.

CHAKRA BALANCING WITH HOT STONES

1 hour 50 minutes

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony. Chakra balancing begins as the body is massaged with a highly concentrated blend of aromatherapy oils using volcanic hot stones. Stones are carefully placed on the body Chakras at vital energy points on both hands and feet for balance and grounding. Critical tension points are massaged around the eyes and ears before an acupressure head massage is given to calm and soothe the mind and spirit.

TREATMENT ADDITIONS

QUINTESSENCE BODY SCRUB

30 minutes (available as add on only)

Mandarin Oriental's signature Quintessence scrub has been created as a foundation for each of the five elements. This balancing essential oil blend brings the body's energy flow into alignment. Warming ginger, uplifting mandarin and sacred frankincense come together to realign the mind and emotions, while the sea salt and sweet almond oil work together to gently smooth and rejuvenate dry or tired skin.

FULL BODY SUGAR AND HONEY SCRUB

20 minutes

A cleansing and hydrating blend of Bermuda Honey, Calendula oil, Lemon and Sugar is massaged all over the body offering a stimulating and nourishing exfoliation. After showering, an application of ESPA Essential Moisturizing Balm completes the experience leaving the skin bright, soft and smooth.

PINK SAND SCRUB

20 minutes

Native to Bermuda, this scrub is an experience that will leave your body feeling as soft and smooth as the sand feels between your toes. Combined with essential oils, the sand will exfoliate your skin while the oils are absorbed to leave you feeling rejuvenated and refreshed.



AROMATHERAPY SPA PETAL BATH

20 minutes

Immerse yourself in a deep bath surrounded by candles and floating petals. The beautiful views of tropical gardens and the turquoise ocean beyond will help to transcend you into a state of peace and relaxation, a perfect beginning to any treatment ritual.

SOOTHING SEA SALT BATH

20 minutes

As you gaze out to the ocean, allow our sea salt bath, with its soothing blend of essential oils, lull you into a state of oneness with the water. While calming and balancing the mind, your skin will be remineralised and perfectly prepared for the treatment ritual to follow.

SPECIALISED FACIALS

CUSTOMISED HOLISTIC FACIALS

1 hour 20 minutes

Beginning with a facial assessment to determine your skin type, our therapist will select products from our ESPA facial range to create a facial experience tailor-made to your skin's needs.

ESPA MENS FACIAL

1 hour 20 minutes

This relaxing facial incorporates ESPA Men's products, specifically designed to suit men's skincare needs, working at a molecular level to purify, balance and hydrate the skin and leave you feeling de-stressed and renewed. Triple cleansing with steamy hot towels are wrapped around the face and neck to soothe and soften beard bristles, this also aids drainage that can lead to congestion and blocked pores. Following the relaxing face massage with acupressure points and lymphatic drainage, a deep shoulder and scalp massage is performed to help release any tight muscles and tension. You will leave feeling totally relaxed and refreshed.

TO FINISH

HOLISTIC HAND TREATMENT WITH HOT STONES

1 hour

This holistic arm, hand and nail treatment includes a gentle skin refiner and a therapeutic massage with hot stone therapy. The massage is further enhanced by the aromatherapy oil selected for your individual needs. Hands and nails are dipped in a warm envelopment of paraffin wax to nourish and condition.

HOLISTIC FOOT TREATMENT WITH HOT STONES

1 hour

This holistic foot and nail treatment includes gentle skin softening exfoliation as well as a relaxing acupressure point massage with the aromatherapy massage oil prescribed for your individual needs. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth.

MANDARIN ORIENTAL PEDICURE

1 hour

For ultimate grooming of the feet.

MANDARIN ORIENTAL MANICURE

1 hour

For ultimate grooming of the hands.





THE SPA
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FULL DAY PROGRAMS

All full day programs include full use of our outdoor swimming pool, private beach and fully equipped fitness centre.

THE ULTIMATE SERENITY RITUAL

Total Treatment Time 4 hours 55 minutes

Suite Experience Time 6 hours 25 minutes

Enjoy this unique holistic journey to achieve complete peace and ultimate bliss. During your day, time will be given to enable you to relax and enjoy Gourmet Spa Cuisine delicacies, specially created to aid your journey toward wellness and balance.

Welcome

A Padabhyanga Foot Ritual transports you to a place where tension, fatigue and stress melt away.

Full Body Salt and Oil Scrub

Invigorating, soothing or purifying ingredients prepare the skin for further treatment and leave it feeling like silk.

Aromatherapy Petal Bath

Relax and unwind as the aromatherapy infused water and petals caress your skin.

Personalized Ocean and Earth Body Wrap

Nurturing elements harvested from the earth and oceans provide vitamins, minerals and essential nutrients to detoxify, re-energize or soothe the entire system, depending on your personal needs.

Chakra Balancing with Hot Stones

The body is massaged with a highly concentrated blend of aromatherapy oils using volcanic hot stones. Stones are placed on vital energy points whilst gentle stretching and deep massage help release stress and tension.

To further induce your state of relaxation, Shirodhara, a focused streaming of special oils onto the forehead will complete this experience, bringing balance to your emotions and mind.

Advanced Specialized Facial

Your therapist will choose an Advanced facial treatment for your personal needs, incorporating products and techniques to ensure your skin looks and feels rejuvenated, refreshed and renewed.

Your day concludes with a closing ritual mirroring aspects of your welcome and giving essential advice on your lifestyle regime.

TOTAL RELAXATION

Total Treatment Time 4 hours

Suite Experience Time 5 hours 30 minutes

This all-encompassing program will induce total tranquility and leave you feeling completely rejuvenated. During your day, time will be given to enable you to relax and enjoy Gourmet Spa Cuisine delicacies, specially created to aid your journey toward wellness and balance.

Welcome

A Padabhyanga Foot Ritual transports you to a place where tension, fatigue and stress melt away.

Soothing Sea Salt Bath

Relax and unwind as the Sea Salt and essential oils help to balance and soothe.

The Age Defier Facial

A completely luxurious regenerating facial that is suitable for anyone concerned with minimizing and protecting against the visible signs of ageing.

Ultimate Body Massage

Your Spa Therapist will guide you in selecting the ideal body massage technique and specially blended essential oils to suit your individual needs.

Holistic Hand and Nail or the Mandarin Oriental Pedicure

Choose to complete your relaxation experience with the ultimate care and attention for either your Hands or Feet.

Your day concludes with a closing ritual mirroring aspects of your welcome and giving essential advice on your lifestyle regime.

ESSENCE OF BERMUDA

Total Treatment Time 4 hours 15 minutes

Suite Experience Time 5 hours 45 minutes

Experience the true essence of the island in this combination of Bermudian influenced signature treatments. During your day, time will be given to enable you to relax and enjoy Gourmet Spa Cuisine delicacies, specially created to aid your journey toward wellness and balance.

Welcome

A Padabhyanga Foot Ritual transports you to a place where tension, fatigue and stress melt away.

Full Body Sugar and Honey Scrub

A cleansing and hydrating blend of Bermuda Honey, Calendula oil, Lemon and Sugar is massaged all over the body offering a stimulating and nourishing exfoliation.

Hibiscus Aromatherapy Bath

Relax and unwind as the aromatherapy infused water and Hibiscus petals caress your skin.

Soothing Aloe and Honey Envelopment

A soothing, cooling and highly hydrating envelopment which combines the use of Aloe, Bermuda Honey and ESPA Pink Mud to leave the skin feeling velvety soft and rehydrated.

Ultimate Body Massage

Your Spa Therapist will guide you in selecting the ideal body massage technique and specially blended essential oils to suit your individual needs.

Intensive Facial and Eye Lift Treatment

Natural products are combined with relaxing and purifying techniques to help calm, soothe or revitalize depending on the condition of the skin. Includes a specialized Eye Lifting Treatment to pay special attention to the delicate areas of the eyes and neck.

Your day concludes with a closing ritual mirroring aspects of your welcome and giving essential advice on your lifestyle regime.



HALF DAY PROGRAMS

All half day programs include full use of our outdoor swimming pool, private beach and fully equipped fitness centre.

THE ESSENTIAL SPA EXPERIENCE

Total Treatment Time 2 hours 45 minutes

Suite Experience Time 3 hours 30 minutes

This relaxing and revitalizing program will ensure you experience the essential elements to eliminate stress and tension.

Welcome

A Padabhyanga Foot Ritual transports you to a place where tension, fatigue and stress melt away.

Aromatherapy Petal Bath

Relax and unwind as the aromatherapy infused water and petals caress your skin.

Intensive Facial

Your therapist will choose a collection of natural products, combined with relaxing and purifying techniques to help calm, soothe, re-hydrate or revitalize depending on your personal needs.

Ultimate Body Massage

Your Spa Therapist will guide you in selecting the ideal body massage technique and specially blended essential oils to suit your individual needs.

Your day concludes with a closing ritual mirroring aspects of your welcome and giving essential advice on your lifestyle regime.

BODY CLEANSING RITUAL

Total Treatment Time 3 hours 35 minutes

Suite Experience Time 4 hours 20 minutes

For the ultimate detoxification, this program helps release toxins to leave you feeling completely cleansed and re-energized.

Welcome

A Padabhyanga Foot Ritual transports you to a place where tension, fatigue and stress melt away.

Detoxifying Aromatherapy Bath

Relax and unwind as the aromatherapy and Seaweed infused water gently cleanses your skin.

The Detoxifier

A purifying body envelopment that uses warm algae to boost the metabolism, reduce fluid retention and detoxify the whole body.

The Detox Massage

This full body and scalp massage uses stimulating essential oils of Lemon, Cypress and Eucalyptus.

Intensive Facial

Your therapist will choose a collection of natural products, combined with relaxing and purifying techniques to help calm, soothe, re-hydrate or revitalize, depending on your personal needs.

Your day concludes with a closing ritual mirroring aspects of your welcome and giving essential advice on your lifestyle regime.

AYURVEDIC EXPERIENCE

Total Treatment Time 3 hours 35 minutes

Suite Experience Time 4 hours 20 minutes

This Ayurvedically inspired soothing ritual will nourish the face and body, while promoting total relaxation of the mind and spirit.

Welcome

A Padabhyanga Foot Ritual transports you to a place where tension, fatigue and stress melt away.

Full Body Salt & Oil Scrub

This full body treatment prepares the skin and leaves it feeling like silk.

Soothing Sea Salt Bath

Relax and unwind as the Sea Salt and essential oils help to balance and soothe.

Ama Releasing Abhyanga

Redefine relaxation and boost the natural flow of energy throughout the mind and body with this deeply holistic treatment. A warm infusion of oils and herbs are applied to vital energy centers of the face and body to gently release tensions and restore vitality. Shirobhyanga Head Massage or Shirodhara oil pouring will conclude the experience to help you to achieve ultimate tranquility.

Intensive Facial

Your therapist will choose a collection of natural products, combined with relaxing and purifying techniques to help calm, soothe, re-hydrate or revitalize depending on your personal needs.

Your day concludes with a closing ritual mirroring aspects of your welcome and giving essential advice on your lifestyle regime.



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OPENING HOURS

Spa Treatments:
Mon – Sat 9am – 9pm
Sun – 9am – 8pm

CANCELLATION POLICY

Please allow 24 hours notice of cancellation to avoid a 50% charge. Cancellations within 12 hours or no-shows will incur a 100% charge. A credit card number is required at the time of booking.

GIFT CERTIFICATES

An ideal gift for spa enthusiasts, gift certificates are available at The Spa at Elbow Beach Bermuda.

ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

GRATUITY

For your convenience, a 17% service charge will be added to your final bill for each service.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity.

SPA ARRIVAL

We recommend that you arrive at the Spa Reception area at least 10 minutes prior to your first scheduled appointment, as this allows us to have a brief discussion with you about your treatment expectations.

We would also encourage all hotel guests to arrive in their robe and slippers.

Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT

The minimum age requirement for access to the Spa is 18.

HEALTH CONDITIONS

When making your Spa reservations, please advise us of any health conditions, allergies, or injuries which could affect your service.

PREGNANCY

We have specially-designed treatments for expectant mothers. Please allow the Spa Coordinator to guide you in selecting which treatments are most suitable for you during this special time.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit.

For the protection of your clothing, we also ask that you wear the robe provided.

SPA PACKAGES

Information on special Spa packages or group programs can be obtained by contacting the Spa Coordinator at (441) 239-8900.

SPA BOUTIQUE

To continue your spa regimen at home, all Spa products used in the treatments and services are available in the Spa Reception area.



Mandarin Oriental Signature Therapies	\$335
Time Rituals (Single Suite)	\$335
Time Rituals (Couple's Suite)	\$620
Oriental Harmony	\$495

ADDITIONAL RELAXATION TIME

Per 15 Minutes	\$40
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JOURNEYS

Rum Swizzle Ritual	\$480
Ocean Wave Ritual	\$480

BODY MASSAGES

Swedish	\$235
Aromatherapy	\$235
Therapeutic	\$255
Maternity Massage	\$235
Reiki	\$235

BODY WRAPS

Personalized Ocean and Earth Body Wraps	\$235
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BODY TREATMENTS

Holistic Back, Face and Scalp Massage with Hot Stones	\$335
Ama Releasing Abhyanga	\$335
Chakra Balancing with Hot Stones	\$335

TREATMENT ADDITIONS

Quintessence Body Scrub	\$80
Full Body Sugar and Honey Scrub	\$80
Pink Sand Scrub	\$80
Aromatherapy Spa Petal Bath	\$80
Soothing Sea Salt Bath	\$80

SPECIALISED FACIALS

Customised Holistic Facials	\$235
ESPA Men's Facial	\$235

TO FINISH

Holistic Hand Treatment with Hot Stones	\$120
Holistic Foot Treatment with Hot Stones	\$185
Mandarin Oriental Pedicure	\$99
Mandarin Oriental Manicure	\$99

FULL DAY PROGRAMS

Ultimate Serenity Ritual	\$850
Total Relaxation	\$650
Essence of Bermuda	\$775

HALF DAY PROGRAMS

Essential Spa Experience	\$450
Body Cleansing Ritual	\$570
Ayurvedic Experience	\$590

GRATUITY

For your convenience, a 17% service charge will be added to your final bill for each service.

