



THE  
MANDARIN SPA  
HONG KONG

# TREATMENTS



## 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, 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 and 50 minutes

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

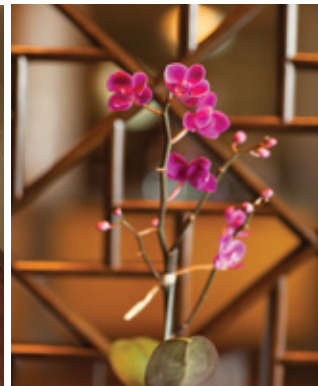
Developed in consultation with specialists in Traditional Chinese Medicine (TCM) and master aromatherapists, each signature therapy consists of a relaxing, hands-on body massage ritual that combines the powerful effects of oriental meridian massage with the therapeutic benefits of custom-blended essential 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™** 2 hours or 3 hours

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 and 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. Two therapists then 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 – for two**

### **MANDARIN SUITE EXPERIENCE 3 hours**

Our private Spa Suites allow guests to embrace relaxation in a private, healing sanctuary. This experience begins with a warming ginger and balancing mandarin oil infused bath and steam shower to ease tension and smooth the mind. Our expert therapists will then perform a two hour “Time Rituals” for you both to enjoy. During the relaxation time, a refreshing fruit platter and Asian inspired meal will be served.

### **TASTE OF THE ORIENT 2 hours and 30 minutes**

Enjoy the indulgence of side-by-side treatments with this all encompassing program, beginning with an Oriental Essence massage to restore wellbeing and an Age Repair facial to lift and brighten the complexion.

### **TIME TOGETHER 2 hours**

This ‘getaway’ begins with a Quintessence Body Scrub to smooth and soften the skin, followed by a relaxing customised massage. This couple’s package is ideal for those who wish to escape the vibrancy of Hong Kong.

### **AFTERNOON TREATS 2 hours**

This unique weekday experience allows friends and loved ones to enjoy a ‘Time Together’ spa experience, before indulging in our famous Classic Afternoon Tea in the Clipper Lounge.

## **JOURNEYS**

### **IMPERIAL JADE RITUAL 2 hours**

The body is stimulated by a series of many century-old Chinese techniques and this treatment starts with a herbal compress and reflexology to open the meridian energy lines. A Chinese-style massage follows stimulating acupressure points and aiding in tension release; balancing yin and yang energies. A luxurious blend of sesame and ground rice scrub follows to lighten and stimulate the skin prior to the green tea and algae body mask, specifically blended to eliminate toxins. The treatment concludes with a ginseng face mask, known for its anti-ageing effects. Simultaneously, cool jade rollers are used on the face to lift and tone, ensuring equilibrium in mind and body.

### **90-MINUTE ESCAPE 1 hour and 30 minutes**

Designed for the over worked, stressed executive the “90-Minute Escape” is an indulgent treatment that offers pure relaxation. The treatment begins with a heated compress and massage using gentle stretching movements to release tension in the neck and shoulders and awaken tired senses. Essential oils of eucalyptus, pine and tea tree are used to clear the mind and boost the immune system. Finally a scalp massage, facial massage and foot reflexology brings this heavenly 90 minutes to an end, leaving guests feeling refreshed and revived.



## **BODY MASSAGE**

### **ORIENTAL ESSENCE** 1 hour or 1 hour and 30 minutes

This massage is a part of Mandarin Oriental's Signature Spa Therapies and has been designed for the tired traveller, stressed executive or someone who just wishes to relieve neck and shoulder tension. This massage centers on all stress areas of the body. Our Signature Quintessence oil blended with warming ginger, uplifting mandarin and sacred frankincense all come together to realign the mind and emotions. A completely relaxing treatment.

### **THERAPEUTIC** 1 hour or 1 hour and 30 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 to offer a stimulating and deeply energising massage.

### **AROMATHERAPY** 1 hour or 1 hour and 30 minutes

A deeply therapeutic and 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.

### **THAI** 1 hour or 1 hour and 30 minutes

Performed wearing loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalise body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.

### **ORIENTAL BAMBOO MASSAGE** 1 hour and 30 minutes

A full body massage incorporating a combination of specialised massage techniques and nature's pure bamboo. Using warm bamboo sticks of varying sizes to knead and stretch your muscles, increasing blood circulation and easing away tension, this rhythmic massage aids in providing a sense of deep relaxation.

## TRADITIONAL CHINESE MEDICINE

In Traditional Chinese Medicine (TCM) the body is seen as a delicate balance of two opposing and inseparable forces: yin (cold, slow or passive principle) and yang (hot, excited or active principle). TCM believes that health is achieved by maintaining the body in a “balanced state” and that disease is due to an internal imbalance of yin and yang. When the balance is broken, it leads to blockage in the flow of Qi (vital energy) along pathways known as meridians. The treatments under TCM work on restoring this balance in the body.

### CHINESE MERIDIAN MASSAGE 1 hour

Focus is on acupressure points and directional flow of the Qi in the body. Chinese Meridian Massage is more than a system of relaxation and tension release. The attention is on the subtle energy channels which influence the Qi in the organs on a deeper level, helping to treat many conditions. *NB: Cupping may also be included within the treatment time if your particular condition requires this.*

### REFLEXOLOGY 1 hour

This method dates more than 2,000 years and involves gentle stimulation of acupressure points in the feet that have a direct connection to the various organs and glands in the body. It is based on the Chinese meridian theory of ‘energy pathways’ in the body that have endings in the feet. Energising these points can have an overall balancing effect on the body.

### CHINESE DOCTOR CONSULTATION 45 minutes

In order to strengthen and optimise overall health, our Chinese doctor will personally discuss with you your specific areas of concern. Herbs and a treatment program will be prescribed for you, which may include the following elements:

#### Acupuncture

Acupuncture originated in China more than 2,000 years ago, making it one of the oldest and most commonly used medical procedures in the world. It is believed that there are 12 main meridians and 8 secondary meridians in your body, and that there are more than 2,000 acupuncture points on the human body that connect with them. Our specialist will work on these areas based on your body’s individual needs and concerns.

#### Bone Setting

Bone setting is an ancient art of healing through bone manipulation. It is the predecessor to modern chiropractic therapies and osteopathy. It may be more effective than mild exercise and physiotherapy to treat certain conditions. Our specialist will tailor the session after assessing your individual needs.

#### Cupping

A ancient form of therapeutic massage, cupping benefits in moving stagnant Qi and invigorating the system. Light bulb shaped jars are fixed on various points in the body, using a pump to create a vacuum. Cups can be moved along specific areas of the body to create friction. Cupping can be used for the relief of arthritic pain and it is often practised together with acupuncture and massage.

#### Moxibuxtion

A herbal stick is lighted to heat up various acupressure points in the body. It has the primary benefits of dispelling cold, promoting circulation and activating the points in the body. The choice of techniques and their combination will be recommended after consultation with the specialist.

*At least 24 hours notice is needed in advance to book a Traditional Chinese Medicine consultation.*

## SPECIALISED FACIALS

### **UTOPIA ADVANCED ANTI-AGEING FACIAL** 1 hour and 30 minutes

This high performance luxurious facial delivers results to reveal a younger looking skin using cutting-edge Gaylia Kristensen products. These products have been bio-engineered for maximum effect using state-of-the-art molecular polypeptide and protein technologies which focus on the rejuvenation of the face, eyes, neck and hands. The 90-minute treatment will start with a deep cleanse and exfoliation to renew and brighten the skin, before guests enjoy a unique lifting massage that targets the stress and strain of over-used facial muscles using Kristensen's precious Passion Oil. A pure plant collagen facial mask will then be applied to help stimulate collagen and elastin production, creating an instant lift and improving the appearance of UV-damaged skin.

### **EVE LOM SIGNATURE FACIAL** 1 hour and 30 minutes

This deep cleansing facial starts with a paraffin wax mask to open the pores, allowing for easier and more thorough extraction. This is followed by 30 minutes of lymphatic drainage and an acupressure massage to the chest, arms, back and face to encourage decongestion. After the massage, a camphor-based rescue mask is applied, and then removed with a hot chamomile-soaked muslin cloth. An ice-cold compress is then applied to refresh and revitalise the skin and to close the pores. A 60-minute facial is available which does not include the facial massage.

### **AGE REPAIR** 1 hour and 30 minutes

This regenerating facial works with natural oils and plant extracts to stimulate collagen formation, resulting in a firming and tightening effect. It repairs the skin using anti inflammatory pomegranate and rosehip seed oil to slow down the effects of ageing skin. This thoroughly relaxing facial and scalp massage ensures deep penetration of active ingredients to bring an added vitality.

### **CUSTOMISED AROMATHERAPY FACIAL** 1 hour and 15 minutes

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

### **MEN'S FACIAL** 1 hour

A facial that delivers "visible results" and is ideal for getting the skin into peak performance. This treatment includes a double skin peel to reduce shaving irritation, plus a facial massage to soothe and calm, leaving the skin instantly revived.



## **NEW LIFE**

### **BODY AND BUMP** 1 hour and 30 minutes

This luxurious massage for the mothers-to-be uses rose scented oils and body balms to deeply nourish the skin, aiding the prevention of stretch marks and soothing fluid retention. The treatment ends with a hydrating facial and hair mask.

### **MELLOW MUMMY** 1 hour or 1 hour and 30 minutes

This massage uses the healing benefits of rose oil to balance hormones and even emotions, and rejuvenate the skin. The techniques used are designed to improve lymphatic drainage and help reduce swelling and discomfort.

*Both treatments are performed on a revolutionary pregnancy comfort cushion, using only all-natural ingredients. They are not suitable for ladies in their first trimester.*

## **TREATMENT ADDITIONS**

### **QUINTESSENCE BODY SCRUB** 30 minutes

Mandarin Oriental's signature Quintessence Body 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.

### **HYDROTHERAPY BATH** 30 minutes

This specially devised treatment uses a fragrant blend of oils to suit individual needs. Relax in the warm waters of our hydrotherapy tub, and enjoy the multi-directional pressure jets which provide a powerful and effective massage experience.

### **VICHY SHOWER** 30 minutes

Enjoy the blend of fragrant essential oils under an invigorating Vichy shower. Cascading stimulating waters combined with the enriching and nourishing effects of exfoliating elements leave your skin smooth, soft and revitalised. Ideal before any body massage.

### **ADVANCED ANTI-AGEING EYE OR NECK TREATMENTS** 45 minutes

Enhance a treatment with an anti-ageing eye or neck treatment. Using techniques from the Utopia Facial, these treatments are ideal as 'top ups' between facials to ensure longer lasting results.

### **ON THE RUN** 45 minutes

Time is precious, but your skin is also precious – enjoy an express facial customised by your therapist to suit your individual needs.



**The Mandarin Spa**

5 Connaught Road, Central, Hong Kong Telephone: +852 2825 4888 [mohkg-spa@mohg.com](mailto:mohkg-spa@mohg.com) [www.mandarinoriental.com/hongkong](http://www.mandarinoriental.com/hongkong)

# SPA PROGRAMMES



## FULL DAY PROGRAMMES

### **INDULGENCE** 4 hours

A top-to-toe experience, this all-encompassing face and body programme is designed to provide immediate, visible results and extreme relaxation.

- Private Suite Experience with Steam Shower and Vitality Pool
- Quintessence Salt Scrub
- Full Body Massage
- Age Repair Facial
- Foot Massage
- Light Asian Inspired Spa Meal

## HALF DAY PROGRAMMES

### **DETOX AND PAMPER** 2 hours and 30 minutes

For the ultimate in detoxification, this program aids the release of toxins from your body and aids the reduction of fluid retention.

- Quintessence Salt Scrub
- Detoxifying Body Mask
- Lymphatic Massage
- On the Run Facial

### **SOOTHING RITUAL 2 hours and 15 minutes**

Designed to soothe and calm, this ritual will leave you relaxed and feeling completely pampered.

- Quintessence Salt Scrub
- Full Body Massage
- On the Run Facial

### **INVIGORATING CLEANSE 2 hours**

Softer, smoother and revitalised skin awaits you as you melt away with a hydrotherapy bath and your stresses are eased with a soothing massage.

- Quintessence Salt Scrub
- Warming Hydrotherapy Bath with Ginger and Mandarin Oils
- Full Body Massage



**The Mandarin Spa**

5 Connaught Road, Central, Hong Kong Telephone: +852 2825 4888 [mohkg-spa@mohg.com](mailto:mohkg-spa@mohg.com) [www.mandarinoriental.com/hongkong](http://www.mandarinoriental.com/hongkong)

# FITNESS & WELLNESS



## FITNESS CENTRE

Our Fitness Centre is equipped with new generation Fitness and Wellness equipment that is time-efficient and results oriented. Our professionally qualified fitness and wellness instructors can offer lifestyle consultations and subsequently design bespoke physical fitness and wellness programmes that may be followed independently, or with their guidance via private training sessions.

- Full range of Technogym Excite equipment, with individual built-in TVs
- Technogym Kinesis Wall
- Technogym Wellness System
- InBody Composition Analyser

### **Kinesis Wall**

Rediscover the beauty of free, natural and enjoyable movement. Kinesis is born out of the need to increase physical activity and improve quality of life.

Kinesis re-establishes a balance between mind and body, allowing the mind to guide the body in a tri-dimensional space of stability, flexibility and strength. It is a new way to exercise the entire body, allowing for an infinite variety of exercises and movements. A series of equipment and specialised technology, that incorporates a 360° rotating pulley system, guides the body through easy and natural movements, without restrictions and without cable interference, providing the opportunity to create relevant training programmes for your specific needs.

### **Wellness System**

A contemporary and sophisticated computerised technology that makes exercise more satisfying and fun. It is the first integrated exercise solution that offers a customised, interactive system of managing your exercise and activities with the vision of providing exercise guidance and adherence.

With Wellness System, our fitness and wellness instructors can identify and set your fitness and wellness goals, assess your fitness level and design your customised training programme. Information is stored in a TGS Key, supplied to you when you book a session. The information on the TGS Key guides you through your exercise programme, and enables our instructors to track your progress and provide advice and encouragement based on results.

### **InBody Composition Analyser**

InBody accurately measures and reads your current body condition:

- Body Composition Analysis – measures lean muscle, mass body fat content, total body water content and mineral content.
- Obesity Diagnosis – measures body mass index (BMI), percent body fat and waist-to-hip ratio.
- Muscle Analysis – measures muscle development of arms and legs, as well as soft lean mass analysis.
- Body shape graph and body typing.
- Nutritional evaluation.
- Weight control – identifies target weight, body fat and lean muscle control.

### **Private Personal Sessions**

Our fitness and wellness instructors will work with you one-on-one, providing guidance and support, with the overall goal of enhancing body, mind and spirit.

**Fitness Orientation 15 minutes**

Take a tour of the facilities and receive a brief overview of all the services offered. Following this, our fitness instructors will demonstrate how to use the equipment in the fitness centre, indicating correct techniques, basic muscle groups and highlight any precautions related to using the equipment.

**Fitness and Lifestyle Consultation 15 minutes**

Obtain objective information on your level of fitness through assessment of your vital signs, flexibility, cardio endurance and body measurements. Combine this with a Personal Training session and allow your instructor to create a more personalised programme for you.

**InBody Composition Analysis 15 minutes**

An instructor will guide you through a reading from our InBody Composition Analyser and help you understand the results. Combine this with a Personal Training session, and allow your instructor to create a personalised programme for you.

**Personal Training 1 hour**

Reach or maintain your optimum wellness and health conditions. Whatever your goal, be it improved overall fitness and wellness, endurance or a change in lifestyle, our fitness instructors will work with you, focusing on your unique health concerns to design a program that will suit your needs.

**SWIMMING POOL**

Our stylish and relaxing indoor heated swimming pool can be reached through The Mandarin Spa on the 24<sup>th</sup> floor. The twin lane, 2.4m deep pool features a swimming flume jet for fitness enthusiasts. The area offers a large skylight above the pool for daylight and starlight ambience.

**Private Aquatic Training Sessions 1 hour**

Aquatic immersion of part or all of the body is found to have a profound physiological effect extending across the entire body. It has shown to be beneficial in the management of those suffering from weight-bearing musculoskeletal problems such as knee, hip, lower back, shoulder and neck pain, as well as hypertension, headaches, muscle stiffness, anxiety, stress and fatigue.

Aquatic programming extends further to those who are seeking an increase in fitness levels or specific programmes which enhance performance on dry land. More recently, the pool setting has proven to provide the ideal environment for athletes in injury recovery. These personalised one-to-one sessions cover a range of options.

**General Fitness**

Achieve your fitness and exercise goals. Combine with regular workouts in the Fitness Centre for a more complete experience.

**Weight Management**

Suitable for those who wish to control their body weight.

**Rehabilitation**

Ideal for those looking to enhance muscle and joint health, in particular if suffering from low back, hip and knee joint conditions.

**Circuit**

Offers a combination of exercise programmes in varying levels of difficulty, for an overall improvement in fitness and sports performance.

**Strength Training**

Increase stamina and gain strength, for an overall improvement in endurance.

**The Mandarin Spa**

5 Connaught Road, Central, Hong Kong Telephone: +852 2825 4888 [mohkg-spa@mohg.com](mailto:mohkg-spa@mohg.com) [www.mandarinoriental.com/hongkong](http://www.mandarinoriental.com/hongkong)

# PRICE LIST



weekday / weekend

weekday / weekend

## MANDARIN ORIENTAL SIGNATURE

|                      |                    |                |                |
|----------------------|--------------------|----------------|----------------|
| <b>SPA THERAPIES</b> | 1 hour and 50 mins | <b>\$1,750</b> | <b>\$1,925</b> |
|----------------------|--------------------|----------------|----------------|

## TIME RITUALS™

|                     |         |                |                |
|---------------------|---------|----------------|----------------|
| <b>TIME RITUAL™</b> | 2 hours | <b>\$2,050</b> | <b>\$2,150</b> |
| <b>TIME RITUAL™</b> | 3 hours | <b>\$2,800</b> | <b>\$3,000</b> |

|                         |                    |                |                |
|-------------------------|--------------------|----------------|----------------|
| <b>ORIENTAL HARMONY</b> | 1 hour and 50 mins | <b>\$2,650</b> | <b>\$2,850</b> |
|-------------------------|--------------------|----------------|----------------|

## SUITE EXPERIENCES - for two

|                                  |                    |                |                |
|----------------------------------|--------------------|----------------|----------------|
| <b>Mandarin Suite Experience</b> | 3 hours            | <b>\$5,000</b> | <b>\$5,550</b> |
| <b>Taste of The Orient</b>       | 2 hour and 30 mins | <b>\$4,540</b> | <b>\$4,900</b> |
| <b>Time Together</b>             | 2 hour             | <b>\$3,660</b> | <b>\$3,950</b> |
| <b>Afternoon Treats</b>          | 2 hour             | <b>\$3,760</b> |                |

## JOURNEYS

|                             |                    |                |                |
|-----------------------------|--------------------|----------------|----------------|
| <b>Imperial Jade Ritual</b> | 2 hours            | <b>\$2,150</b> | <b>\$2,350</b> |
| <b>90-Minute Escape</b>     | 1 hour and 30 mins | <b>\$1,450</b> | <b>\$1,550</b> |

## SPA PROGRAMMES

|                             |                     |                |                |
|-----------------------------|---------------------|----------------|----------------|
| <b>Indulgence</b>           | 4 hours             | <b>\$3,500</b> | <b>\$3,700</b> |
| <b>Detox and Pamper</b>     | 2 hours and 30 mins | <b>\$2,250</b> | <b>\$2,450</b> |
| <b>Invigorating Cleanse</b> | 2 hours             | <b>\$1,800</b> | <b>\$1,950</b> |
| <b>Soothing Ritual</b>      | 2 hours and 15 mins | <b>\$1,950</b> | <b>\$2,100</b> |

*\*Weekday pricing is in effect Monday to Thursday / Weekend pricing is in effect Friday to Sunday, and on Public Holidays.*

*\*Spa treatment prices are in Hong Kong Dollars and subject to 10% service charge.*

weekday/weekend

weekday/weekend

### BODY MESSAGES

|                         |                    |                |                |
|-------------------------|--------------------|----------------|----------------|
| <b>Oriental Essence</b> | 1 hour and 30 mins | <b>\$1,450</b> | <b>\$1,550</b> |
|                         | 1 hour             | <b>\$990</b>   | <b>\$1,070</b> |
| <b>Therapeutic</b>      | 1 hour and 30 mins | <b>\$1,450</b> | <b>\$1,550</b> |
|                         | 1 hour             | <b>\$990</b>   | <b>\$1,070</b> |
| <b>Aromatherapy</b>     | 1 hour and 30 mins | <b>\$1,450</b> | <b>\$1,550</b> |
|                         | 1 hour             | <b>\$990</b>   | <b>\$1,070</b> |
| <b>Thai</b>             | 1 hour and 30 mins | <b>\$1,450</b> | <b>\$1,550</b> |
|                         | 1 hour             | <b>\$990</b>   | <b>\$1,070</b> |
| <b>Bamboo Massage</b>   | 1 hour and 30 mins | <b>\$1,450</b> | <b>\$1,550</b> |

### SPECIALISED FACIALS

|                                  |                    |                |                |
|----------------------------------|--------------------|----------------|----------------|
| <b>Utopia Anti-ageing Facial</b> | 1 hour and 30 mins | <b>\$1,900</b> | <b>\$2,050</b> |
| <b>Eve Lom Facial</b>            | 1 hour and 30 mins | <b>\$1,600</b> | <b>\$1,700</b> |
|                                  | 1 hour             | <b>\$1,050</b> | <b>\$1,150</b> |
| <b>Age Repair</b>                | 1 hour and 30 mins | <b>\$1,400</b> | <b>\$1,500</b> |
| <b>Customised Aromatherapy</b>   | 1 hour and 15 mins | <b>\$1,250</b> | <b>\$1,350</b> |
| <b>Men's Facial</b>              | 1 hour             | <b>\$900</b>   | <b>\$975</b>   |

### TRADITIONAL CHINESE MEDICINE (TCM)

|                                 |         |                |                |
|---------------------------------|---------|----------------|----------------|
| <b>Chinese Meridian Massage</b> | 1 hour  | <b>\$990</b>   | <b>\$1,070</b> |
| <b>Reflexology</b>              | 1 hour  | <b>\$850</b>   | <b>\$950</b>   |
| <b>TCM Doctor Consultation</b>  | 45 mins | <b>\$1,100</b> | <b>\$1,200</b> |

**TCM course of treatments is available, please ask our spa concierge for details.**

### NEW LIFE

|                      |                    |                |                |
|----------------------|--------------------|----------------|----------------|
| <b>Body and Bump</b> | 1 hour and 30 mins | <b>\$1,450</b> | <b>\$1,550</b> |
| <b>Mellow Mummy</b>  | 1 hour and 30 mins | <b>\$1,450</b> | <b>\$1,550</b> |
|                      | 1 hour             | <b>\$990</b>   | <b>\$1,070</b> |

### TREATMENT ADDITIONS

|                                |         |              |                |
|--------------------------------|---------|--------------|----------------|
| <b>Quintessence Body Scrub</b> | 30 mins | <b>\$475</b> | <b>\$525</b>   |
| <b>Hydrotherapy Bath</b>       | 30 mins | <b>\$525</b> | <b>\$575</b>   |
| <b>Vichy Shower</b>            | 30 mins | <b>\$525</b> | <b>\$575</b>   |
| <b>Advanced Anti-ageing</b>    | 45 mins | <b>\$950</b> | <b>\$1,000</b> |
| <b>Eye or Neck Treatments</b>  |         |              |                |
| <b>On The Run Facial</b>       | 45 mins | <b>\$800</b> | <b>\$875</b>   |

*\*Weekday pricing is in effect Monday to Thursday / Weekend pricing is in effect Friday to Sunday, and on Public Holidays.*

*\*Spa treatment prices are in Hong Kong Dollars and subject to 10% service charge.*



**The Mandarin Spa**

5 Connaught Road, Central, Hong Kong Telephone: +852 2825 4888 [mohkg-spa@mohg.com](mailto:mohkg-spa@mohg.com) [www.mandarinoriental.com/hongkong](http://www.mandarinoriental.com/hongkong)

# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre : Mon - Sun 6:00 am - 10:00 pm  
Spa Treatments : Mon - Fri 10:00 am - 11:00 pm  
Sat - Sun 9:00 am - 11:00 pm

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

**CANCELLATION POLICY** Cancellations or no shows within 12 hours 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 Mandarin Spa.

**SPA PACKAGES** Information on special Spa packages or group programmes, can be obtained by contacting The Mandarin Spa Concierge at +852 2825 4888.

**SPA ETIQUETTE** Our Spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity.

**SPA ARRIVAL** We recommend that you check-in at The Mandarin Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and also provides you with ample time to visit the spa's oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

**AGE REQUIREMENT** The minimum age requirement for access to The Mandarin Spa and Fitness Centre is 18.

**HEALTH CONDITIONS** Please advise us of any health conditions, allergies or injuries that could affect your experience when making your spa reservation.

**PREGNANCY** We have specially designed treatments for expectant mothers in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters. Please allow The Mandarin Spa Concierge to guide you in selecting which treatments are most suitable during this special time.

**CLEANLINESS** In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment.

**LOSS OR DAMAGE** We regret that we cannot be held responsible for any loss or damage to personal articles. Please keep all valuables secure in your locker. For the protection of your clothing, we ask that you wear the robe provided.

**ACCIDENTS OR INJURIES** The Mandarin Spa shall not be liable for any accident or injury suffered by a member or guest.

**RESTRICTIONS ON THE USE OF FACILITIES** The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the Fitness Centre.

**SPA BOUTIQUE** To continue your spa experience at home, all Spa products used in the treatments and services are available in our Spa Boutique.

**REFUND POLICY** Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.

**SERVICE CHARGE** Service charge at 10% is added to all spa treatments.



The Mandarin Spa

5 Connaught Road, Central, Hong Kong Telephone: +852 2825 4888 [mohkg-spa@mohg.com](mailto:mohkg-spa@mohg.com) [www.mandarinoriental.com/hongkong](http://www.mandarinoriental.com/hongkong)



MANDARIN ORIENTAL  
HONG KONG

5 Connaught Road, Central, Hong Kong  
Telephone: +852 2825 4888 Facsimile: +852 2903 1637  
[www.mandarinoriental.com/hongkong](http://www.mandarinoriental.com/hongkong)