

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 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 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

"Time for Body and Time for Face" Minimum 1 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 footbath in purifying waters, leaving them soft and supple and the mind relaxed. Next, two therapists correspond in time and movement, providing a warm scrub that smoothes and replenishes the skin, and later a harmonious massage that balances the body. The treatment concludes with both head and feet being massaged simultaneously. The mind is uplifted, the body is energised and the skin is left exotically fragrant.

JOURNEYS

SHIATSU INSPIRED GINGER RITUAL

1 hour 50 minutes

Renowned Shiatsu master, Rex Lassalle, applies a finger pressure technique to the body's Shiatsu points, stimulating the flow of energy and restoring balance within the body. The treatment begins with ginger infused hot towels over the kidney area while deep massage is applied to the kidney meridian of the calves and feet, followed by the hips and shoulders.

The treatment follows with a neck and back massage using an essential oil blend, which is specifically chosen for the needs of the body that day. Providing self-healing through the stimulation of blood and lymphatic flow, the treatment assists in relieving pain, strengthening the body's resistance and relaxing the mind and body. A wonderful remedy for jet lag.

EARLY ENERGISER

Valid Monday to Friday between 7am and 9:30am

The perfect way to start the day when time is of the essence. Begin with complimentary use of the state-of-the-art gymnasium and Heat and Water oasis, followed by a 45 minute aromatherapy massage together with a light Spa breakfast. Feel de-stressed, rejuvenated and revitalised, ready to face the day ahead.

TRADITIONAL CHINESE MEDICINE CONSULTATION

1 hour 20 minutes

Experience the ancient wisdom of the East. Observe how your lifestyle choices are affecting you and receive advice on how to make positive changes. You will leave feeling restored, rebalanced and energised.

The treatments will include acupuncture and acupressure with massage and herbal prescriptions if necessary.

BODY MASSAGES

1 hour 20 minutes

AROMATHERAPY MASSAGE

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.

SWEDISH MASSAGE

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.

THERAPEUTIC MASSAGE

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.

SHIATSU MASSAGE

Pressure is applied to various points of the body using thumbs, fingers and palms. This pressure, combined with gentle manipulation, alleviates tension, enhances the body's natural healing ability, eliminates fatigue and promotes general good health.

REFLEXOLOGY

This stimulating treatment concentrates on the pressure points of the feet that relate to zones of the body. This therapy helps to ease tension, improve circulation and generally promotes a feeling of wellbeing.

ORIENTAL FOOT THERAPY

50 minutes

This deeply relaxing treatment begins with the feet resting on volcanic pebbles as they are bathed in warm water. Your therapist exfoliates and smoothes the feet and lower legs and massages stimulating points on the feet and ankles. This treatment helps raise natural energy encouraging the release of tension.

BODY WRAPS

50 minutes

PERSONALISED OCEAN AND EARTH WRAP

The personalised Body Wraps inspire a true skin enhancing experience, which includes gentle skin brushing and body exfoliation. These body wraps are designed to comfortably raise the body's temperature and induce perspiration to assist in eliminating toxins and absorption of the oils, minerals and trace elements.

This sophisticated menu of individual wraps uses a choice of: Marine Mud, Algae or Oshadi Clay. The ultimate tranquillity 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

STIMULATING HIP AND THIGH TREATMENT 50 minutes

A specialised treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin texture. After exfoliation with a seaweed and salt rub, a vigorous detoxifying massage follows.

Reflex zones and pressure points on the foot are activated followed by pressure point and lymphatic drainage massage to the eye area gently helping to purify and cleanse the body. A course of six treatments is recommended as part of your two hour experience.

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 and through which one's life force energy flows. Recognised in Chinese philosophy, blocked and congested Chakras can affect the body and mind both emotionally and physically.

The body is massaged with a highly concentrated blend of aromatherapy oils using volcanic hot stones. Stones are carefully placed on body Chakras at vital energy points and on both hands and feet for balance and grounding. Gentle stretching helps release deep seated tension around neck and shoulders.

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. The end result is a rejuvenated sense of equilibrium.

TREATMENT ADDITIONS

QUINTESSENCE BODY SCRUB 30 minutes

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.

SPEARMINT AND ALOE BODY SCRUB 30 minutes

This scrub improves lymphatic circulation through soft skin brushing techniques. This is followed by exfoliating using a gentle body polish combining hydrating aloe, stimulating spearmint and apricot kernel to help remove dead skin cells, leaving skin silky smooth.

ORIENTAL HEAD MASSAGE 20 minutes

A calming yet energising scalp massage focusing upon vital energy points around the scalp and neck. The massage is combined with individually chosen aromatherapy oils and a rich, deep conditioning treatment for the hair and scalp. If time is of the essence, this compact treatment will help to reduce tension, increase circulation and leave a feeling of well-being.

EYE LIFT 20 minutes

Perfect for all skin types who are concerned with the first signs of ageing, which appear around the eye area. The Eye Lift is a welcome treat for those suffering from eye-strain, computer headaches and for contact lens wearers.

A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment. The Eye Lift may be added to any facial treatment.

NEW LIFE

1 hour 50 minutes

PRE/POST NATAL EXPERIENCE

This total body treatment has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time.

The treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, various muds and creams and advanced massage techniques to safe areas. It leaves the skin toned and the body completely relaxed. We recommend this experience only after the first trimester of pregnancy.

SPECIALISED FACIALS

CUSTOMISED HOLISTIC FACIAL

50 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.

SPECIALISED FACIAL

1 hour 20 minutes

These specialised advanced treatments take facials beyond cleansing, toning and moisturising and into progressive manual facial massage, connective energy facial massage and holistic de-stressing.

HOLISTIC BACK, FACE AND SCALP MASSAGE WITH HOT STONES

1 hour 50 minutes

An 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.

TO FINISH

MANDARIN ORIENTAL MANICURE

This luxurious arm, hand and nail treatment includes a gentle skin refiner and a therapeutic massage with hot stone therapy. Finishing with a nail colour of your choice for the ultimate grooming of your hands.

MANDARIN ORIENTAL PEDICURE

This luxurious foot and nail treatment includes gentle skin softening exfoliation as well as a relaxing acupuncture point massage with warm massage oil prescribed for your individual needs. The feet are finished with a nail colour of your choice for the ultimate grooming of your feet.

All waxing treatments and tinting treatments (available on request)



THE SPA
AT
MANDARIN ORIENTAL
LONDON

SPA PROGRAMMES

FULL DAY PROGRAMMES

The following day programmes include use of the Gymnasium, Sanarium, Amethyst Crystal Steam Room, Vitality Pool, Zen Colour Therapy Relaxation area and lunch in The Park restaurant. Your day concludes with a closing ritual mirroring aspects of your welcome and giving essential advice on your lifestyle regime.

MANDARIN ORIENTAL SPA EXPERIENCE

3 hours 50 minutes

Enjoy this unique experience to achieve complete peace and ultimate bliss.

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

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

Personalised Ocean and Earth Body Wrap Nurturing elements harvested from the earth and oceans provide vitamins, minerals and essential nutrients to detoxify, re-energise or soothe the entire system.

Total Indulgence Massage Redefine mental and physical well-being by boosting the flow of natural energy to exhausted muscles and tired minds. This unique therapy will be tailored to your specific needs.

Customised Holistic Facial Natural products are combined with relaxing and purifying techniques to help calm, soothe and revitalise the skin dependent on your specific needs.

TRANQUIL ESCAPE

3 hours 20 minutes

This all-encompassing ritual will promote relaxation and tranquillity to leave you feeling totally rejuvenated.

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

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

Aromatherapy Hot Stone Massage The body is massaged with a highly concentrated blend of aromatherapy oils using volcanic hot stones. Stones are carefully placed on body Chakras at vital energy points and on both hands and feet for balance and grounding. Gentle stretching helps release deep seated tension around neck and shoulders. The end result is a rejuvenated sense of equilibrium.

Specialised Facial These specialised advanced treatments take facials beyond cleansing, toning and moisturising and into progressive manual facial massage, connective energy facial massage and holistic de-stressing.



HALF DAY PROGRAMMES

ORIENTAL RITUAL

2 hours 50 minutes

Inspired by our oriental origins and designed to express the therapeutic benefits of our spa products, this holistic experience will uplift your mind, energise your body and replenish your skin.

Oriental Foot Therapy This deeply relaxing treatment begins with the feet resting on volcanic pebbles as they are bathed in warm water. Your therapist exfoliates and smoothes the feet and lower legs and massages stimulating points on the feet and ankles. This treatment helps raise natural energy encouraging the release of tension.

Specialised Facial These specialised advanced treatments take facials beyond cleansing, toning and moisturising and into progressive manual facial massage, connective energy facial massage and holistic de-stressing.

Oriental Head Massage A calming yet energising scalp massage focusing upon vital energy points around the scalp and neck. The massage is combined with individually chosen aromatherapy oils and a rich, deep conditioning treatment for the hair and scalp. If time is of the essence, this compact treatment will help to reduce tension, increase circulation and leave a feeling of well-being.

SOOTHING RITUAL

2 hours 50 minutes

This gentle and soothing ritual will nourish the face and body whilst promoting total relaxation of the mind.

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

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

Aromatherapy Massage A deeply therapeutic holistic treatment using Mandarin Oriental's Quintessence Oil to deeply relax, rejuvenate the skin and balance the mind.

Choose between:

Personalised Ocean and Earth Wrap Nurturing elements harvested from the earth and oceans provide vitamins, minerals and essential nutrients to detoxify, re-energise or soothe the entire system.

Customised Holistic Facial Natural products are combined with relaxing and purifying techniques to help calm, soothe and revitalise the skin dependent on your specific needs.



THE SPA
AT
MANDARIN ORIENTAL
LONDON

PRICE LIST

MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

1 hour 50 minutes £240

TIME RITUALS

Minimum 1 hour 50 minutes £240

Each additional 50 minutes £120

ORIENTAL HARMONY

£360

JOURNEYS

Shiatsu Inspired Ginger Ritual £265

Early Energiser £85

Traditional Chinese Medicine Consultation £175

BODY MASSAGES

Aromatherapy Massage £155

Swedish Massage £155

Therapeutic Massage £155

Shiatsu Massage £155

Reflexology £105

Oriental Foot Therapy £105

BODY WRAPS

Personalised Ocean and Earth Wrap £105

BODY TREATMENTS

Stimulating Hip and Thigh Treatment £105

Chakra Balancing with Hot Stones £210

TREATMENT ADDITIONS

Quintessence Body Scrub £55

Oriental Salt Scrub £55

Oriental Head Massage £55

Eye Lift £55

NEW LIFE

Pre/Post Natal Experience £210

SPECIALISED FACIALS

Customised Holistic Facial £105

Specialised Facial £155

Holistic Back, Face and Scalp Massage with Hot Stones £210

TO FINISH

AVAILABLE ON REQUEST FOR HOTEL RESIDENTS

Mandarin Oriental Manicure £100

Mandarin Oriental Pedicure £100

All waxing treatments and tinting treatments

FULL AND HALF DAY PROGRAMMES

FULL DAY PROGRAMMES

MANDARIN ORIENTAL SPA EXPERIENCE £500

TRANQUIL ESCAPE £365

HALF DAY PROGRAMMES

ORIENTAL RITUAL £295

SOOTHING RITUAL £295

Please kindly note that availability and pricing is subject to change or discontinuation at any time without prior notice.



THE SPA
AT
MANDARIN ORIENTAL
LONDON

TERMS & CONDITIONS

OPENING HOURS

Mon-Sun 7:00am-10:00pm

ADVANCED BOOKINGS We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Spa treatment experiences are a minimum of 1 hour 50 minutes.

AGE REQUIREMENT The minimum age requirement for access to the Spa is 16.

CANCELLATION POLICY Cancellations or no shows within 24 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 Spa at Mandarin Oriental. Choose a Full or Half Day Programme, a Signature Treatment, an Advanced Time Ritual or a Holistic Time Ritual. Gift certificates are non-refundable and non-transferable and are available for a minimum of two hours only.

HEALTH CONDITIONS Please advise us of any health conditions, allergies, injuries or treatments when making your spa reservation.

LIFESTYLE BOUTIQUE To continue your spa regime at home, all Spa products used in the treatments are available from the Lifestyle Boutique on departure.

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

PREGNANCY We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatments are most suitable for you during this special time. Treatments are designed for after the first trimester of pregnancy.

SPA ARRIVAL We recommend that you arrive at the Spa Reception at least 45 minutes prior to your scheduled appointment. Using the Amethyst Crystal Steam Room, Sanarium, Vitality Pool and Zen Colour Therapy Relaxation area before beginning your treatment will allow you to reach optimum relaxation and gain the full benefit of your spa experience.

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

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

SPA PACKAGES Information on special Spa packages can be obtained by contacting the Spa Concierge on +44 (0)20 7838 9888.

