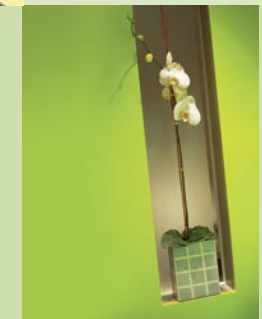


THE SPA
AT
MANDARIN ORIENTAL
LONDON

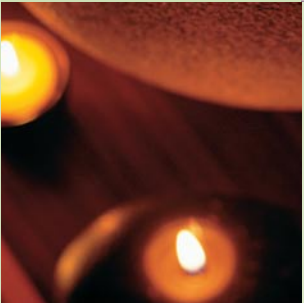


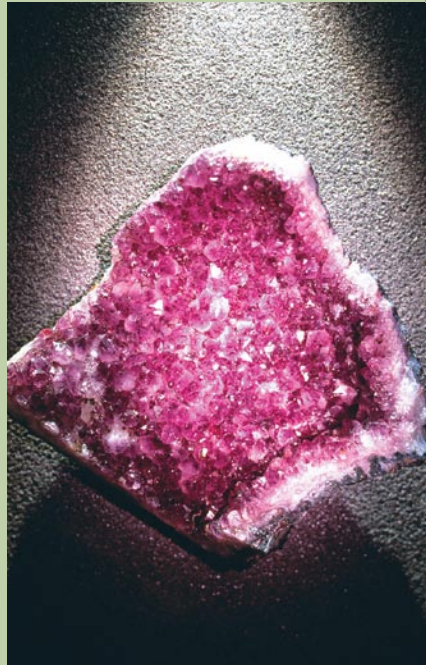
Step into a space where tranquillity pervades. A place where the boundaries of East and West blend in harmony. Luxury surrounds you, time stands still, and a sense of deep relaxation washes over.





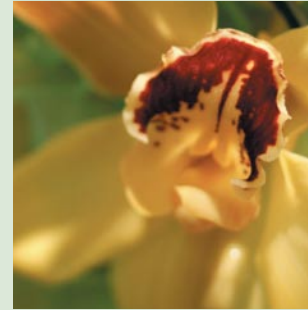
Attentive and individualised service creates the feeling of being the only person there. Engulfed in a haven of tranquillity you quickly forget that you are in the heart of Knightsbridge and remember that you are within a world-famous hotel that is renowned for its legendary service and attention to detail.





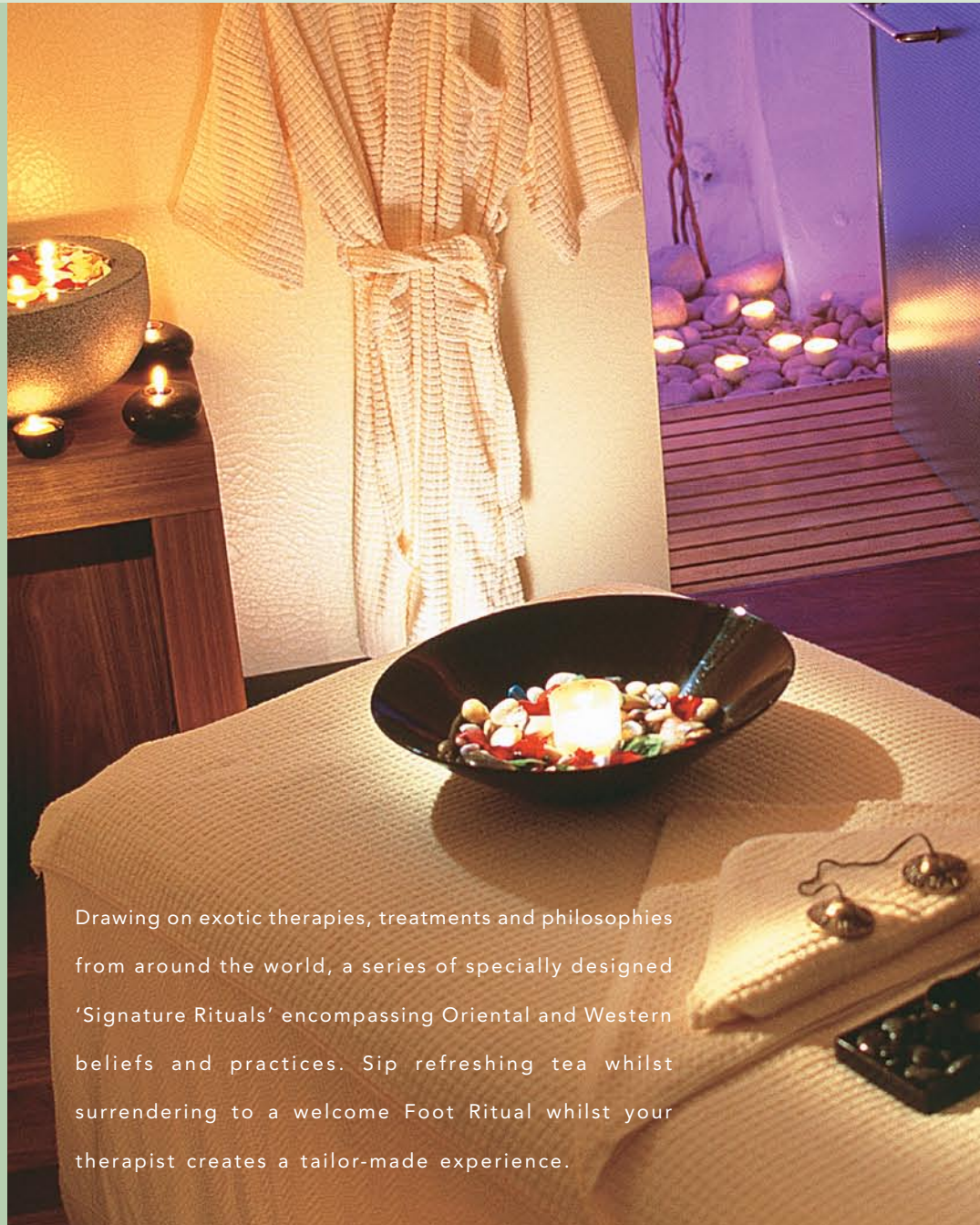
Immerse yourself in an oasis of heat and water: The Sanarium – a sauna that offers a softer experience; The Amethyst Crystal Steam Room which blends heat and water through this delicately lit semi-precious stone; The Vitality Pool where you lie in warm mineral water on a suspended cushion of air whilst being gently massaged by hydrotherapy body jets.

Each treatment starts and finishes with the gentle chime of Tibetan cymbals. A specially designed relaxation area has been created where you can unwind, escape and rejuvenate. Here each bed has its own lighting and music and you can rest whilst indulging in fresh fruit and exotic juices.

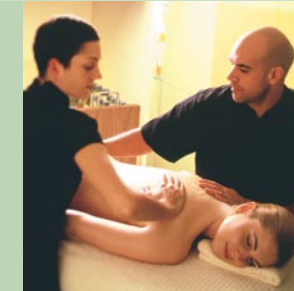




Your senses are stimulated through different textures from crackled lacquer to horsehair panels, gentle music encompasses you, therapeutic lighting surrounds you and herbal tea infusions are specially blended for you. Your mind floats. Your body lets go. Peace reigns.



Drawing on exotic therapies, treatments and philosophies from around the world, a series of specially designed 'Signature Rituals' encompassing Oriental and Western beliefs and practices. Sip refreshing tea whilst surrendering to a welcome Foot Ritual whilst your therapist creates a tailor-made experience.



Unique to London, The Spa at Mandarin Oriental is the perfect urban escape. A state-of-the-art gymnasium and lifestyle boutique are also available. One thing is for sure, when you leave, you will long to return.



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 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.



JOURNEYS

JEWEL IN THE PARK 1 hour 50 minutes

A wonderful healing and regenerating treatment, starting with a welcoming foot ritual and a full body scrub with warming ginger, uplifting mandarin and sacred frankincense to prepare the body for the crystal body massage. A crystal will be chosen by the guest to determine which area of tension the therapist will concentrate.

ENGLISH ROSE 1 hour 50 minutes

English rose is known for its beautiful fragrance and its calming and uplifting effects on the body, using the influence of rose during the whole treatment experience. It begins with a welcoming foot ritual, followed by rose infused poultice massage, completed with richly scented essential oils massaged into the hair and scalp to release tension.

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.

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.

BODY MASSAGES

ORIENTAL ESSENCE 1 hour 20 minutes

This massage is a part of the 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 centres on all stress areas of the body. Utilising 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 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.

AROMA STONE 1 hour 20 minutes

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension. Stone therapy is a Native American Indian practice which has been used since ancient times as a soothing and healing treatment.

AROMATHERAPY 1 hour 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.

ORIENTAL FOOT THERAPY 50 minutes

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment which begins with a fragrant foot bath followed by a skillful exfoliation and massage to smooth the feet and lower legs. Finally a relaxing massage along the energy points of the feet and ankles helps to raise natural energy encouraging the release of tension.



BODY WRAPS

INTENSE NOURISHMENT 1 hour 20 minutes

A deep treatment for dry, devitalised skin, to leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturising body butter.

ROSE HYDRATOR 1 hour 20 minutes

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

BODY TREATMENTS

DEEP SLEEP 1 hour 50 minutes

This head-to-toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

BODY REFINER 1 hour 20 minutes

A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer looking cellulite and smoother skin.

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.

HONEY LEAF SCRUB 30 minutes

Utilising the natural anti – oxidant affects of honey, and tea. This scrub will leave your skin soft and re-energised.

INSTANT EYE REPAIR 20 minutes

Specialised massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

INTENSELY NOURISHING HAIR TREATMENT 20 minutes

Richly scented essential oils are massaged into the hair, releasing tension, conditioning the scalp and leaving hair super-shiny, glossy and nourished.



NEW LIFE

ULTIMATE ROSE PREGNANCY TREATMENT 1 hour 50 minutes

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment. The Treatment includes relaxing and rejuvenating full scalp and facial massage. Products are layered onto the body to ensure complete hydration.

SPECIALISED FACIALS

CUSTOMISED AROMATHERAPY FACIAL 50 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.

AGE REPAIR 1 hour 20 minutes

This highly effective anti-aging treatment repairs the skin and works with natural oils of inca inchi and larch extract, which stimulate collagen formation to deliver firm and tightened skin. Skin is thoroughly cleansed, exfoliated, and is then massaged using lymphatic massage techniques to improve both suppleness and elasticity, before application of two masks. A luxurious scalp massage releases any remaining stress and tension. The result is a firm, plumped and more youthful looking complexion.



SPA PROGRAMMES

The following Programmes include use of the Gymnasium and the Spa's Heat and Water Facilities, consisting of a Sanarium, Amethyst Crystal Steam Room, Vitality Pool and Zen Colour Therapy Relaxation Area for you to use prior to your treatment. Full Day Programmes include a delicious lunch at Bar Boulud.

FULL DAY PROGRAMMES

INNER WELLNESS 4 hours 20 mins

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

- INTENSE NOURISHMENT BODY WRAP
- ENGLISH ROSE JOURNEY
- AGE REPAIR FACIAL
- LUXURIOUS FOOT MASSAGE

TRANQUIL ESCAPE 3 hours 20 mins

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

- WELCOMING FOOT RITUAL
- JEWEL IN THE PARK JOURNEY
- AGE REPAIR FACIAL

HALF DAY PROGRAMMES

MANDARIN ORIENTAL EXPERIENCE 2 hours 50 mins

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.

- WELCOMING FOOT RITUAL
- MANDARIN ORIENTAL SIGNATURE SPA THERAPIES
- CUSTOMISED AROMATHERAPY FACIAL

SOOTHING RITUAL 2 hours 50 mins

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

- WELCOMING FOOT RITUAL
- QUINTESSENCE BODY SCRUB
- ORIENTAL ESSENCE
- CUSTOMISED AROMATHERAPY FACIAL



PRICE LIST

MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

1 hour 50 minutes **£240**

TIME RITUALS™

1 hour 50 minutes **£240**

2 hour 50 minutes **£360**

ORIENTAL HARMONY

1 hour 50 minutes **£360**

JOURNEYS

English Rose

1 hour 50 minutes **£210**

Jewel in the Park

1 hour 50 minutes **£210**

Traditional Chinese Medicine

Consultation

1 hour 20 minutes **£175**

Shiatsu Inspired Ginger Ritual

1 hour 50 minutes **£265**

BODY MASSAGES

Oriental Essence

1 hour 20 minutes **£155**

Therapeutic Massage

1 hour 20 minutes **£155**

Aroma Stone

1 hour 20 minutes **£155**

Aromatherapy Massage

1 hour 20 minutes **£155**

Oriental Foot Therapy

50 minutes **£125**

BODY WRAPS

Intense Nourishment

1 hour 20 minutes **£155**

Rose Hydrator

1 hour 20 minutes **£155**

BODY TREATMENTS

Deep Sleep

1 hour 50 minutes **£210**

Body Refiner

1 hour 20 minutes **£155**

TREATMENT ADDITIONS

Quintessence Body Scrub

30 minutes **£55**

Honey Leaf Scrub

20 minutes **£55**

Instant Eye Repair

20 minutes **£55**

Intensely Nourishing Hair Treatment

20 minutes **£55**

NEW LIFE

Ultimate Rose Pregnancy Treatment

1 hour 50 minutes **£210**

SPECIALISED FACIALS

Customised Aromatherapy Facial

50 minutes **£125**

Age Repair

1 hour 20 minutes **£155**

FULL DAY PROGRAMMES

INNER WELLNESS

4 hours 20 minutes **£500**

TRANQUIL ESCAPE

3 hours 20 minutes **£365**

HALF DAY PROGRAMMES

MANDARIN ORIENTAL EXPERIENCE

2 hours 50 minutes **£320**

SOOTHING RITUAL

2 hours 50 minutes **£295**

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

TERMS & CONDITIONS

OPENING HOURS

Monday-Sunday 7:00am – 10:00pm

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. Gift certificates are non refundable and non transferrable.

ADVANCE 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 and 20 minutes Monday to Thursday and 1 hour and 50 minutes Friday to Sunday.

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 arrive at the Spa Reception at least 45 minutes prior to your scheduled appointment. Using the Amethyst Crystal Steam Room, Sanarium, Vitality Pool and the Zen Colour Therapy Relaxation Area before beginning your treatment. This 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.

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

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

PREGNANCY We have specially designed treatments for expectant mothers in their second and third trimesters. Please allow the Spa Concierge 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 the safe provided in your locker during your visit.

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

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





66 Knightsbridge
London SW1X 7LA, United Kingdom
Telephone +44 (0) 20 7838 9888 Facsimile +44 (0) 20 7838 9883 Email molon-spa@mohg.com
www.mandarinoriental.com/london