

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 personalized, 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 aroma therapists, 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 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 / 2 hours 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

Our private Spa Suites allow guests to embrace nature in a private, healing sanctuary. Our expert therapists provide advice on the length and choice of treatments for each suite experience.

MANDARIN ORIENTAL SIGNATURE SPA THERAPIES EXPERIENCE

3 hours

Guest can indulge in Mandarin Oriental's signature spa therapy in the privacy of a luxurious Mandarin Oriental Suite. This extended experience begins with a relaxing bath using Mandarin Oriental's Quintessence Bath Oil. 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.

ORIENTAL SUITE EXPERIENCE 3 hours

The luxury Oriental Suite allows couples to relax together and enjoy being pampered by experienced therapists. Guests are encouraged to sink into a fragranced vitality tub. This is followed by a skin softening body exfoliation and a conditioning hair treatment, head massage and indulgent foot massage. A full body massage and facial treatment tailored to guest needs using Chinese meditation balls 'Bao Ding' balls, to promote a sense of wellbeing, completes this indulgent experience.

MACANESE DRAGON EXPERIENCE 2 hours

The treatment begins with a personalised stimulating body scrub, followed by a relaxing experience steam shower and bath in a private whirlpool. A relaxing Chinese lymphatic body massage follows, using a combination of specialised massage techniques and Chinese meditation balls 'Bao Ding' balls, to ease away tension. The application of an aromatic body cream completes the treatment.



JOURNEYS

SPICES OF PORTUGAL 1 hour 50 minutes

The treatment begins with an exotic Portuguese spice infusion that is used in a relaxing head massage to stimulate and revive the senses. This is followed by a gentle cleansing body exfoliation and a shower to soften and rejuvenate the skin. This heady treatment ends with relaxing hot stone full body massage using essential oils of Ginger, Black Pepper and Rosemary.

CHANG QIN – “Evergreen” 2 hours 50 minutes

This is a transforming treatment that begins with an intense body exfoliation, followed by a fragranced steam shower. The body is then cocooned in a layer of moisturizing blends of pure natural oils and body butters followed by a full body massage incorporating a combination of specialised massage techniques and nature's pure bamboo sticks. This harmonious and evergreen treatment ends with an application of hydrating facial products and a relaxing scalp massage, incredibly silky, soft, irresistibly smooth and enriched skin.

BODY MASSAGES

ORIENTAL ESSENCE 50 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 some one 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.

SWEDISH 1 hour 20 minutes / 1 hour 50 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.

THERAPEUTIC 1 hour 20 minutes / 1 hour 50 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.

AROMATHERAPY 1 hour 20 minutes / 1 hour 50 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.

THAI 1 hour 20 minutes / 1 hour 50 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.

BODY TREATMENTS

DEEP SLEEP 1 hour 50 minutes

This powerful and deeply sedating full body massage harnesses rich earthy essential oils of vetivert, camomile and sandalwood, renowned for their intense calming and grounding effects. The treatment begins with a warming foot ritual followed by a head to toe massage using carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Perfect for inducing a deep sense of tranquility and a good night's sleep.

DETOX 1 hour 50 minutes

Achieve visible results with this invigorating body treatment specifically designed to target areas of cellulite. A full-body exfoliation prepares the skin. A specially designed deep tissue detoxifying massage targets the stubborn areas of cellulite, while foot reflex pressure massage encourages the release and elimination of toxins. An application of purifying pink grapefruit, juniper berry and rosemary infused gels and oils. Mud and essential oils tone the lower area of the body, drawing out impurities and flushing out toxins leaving the skin feeling refreshed and toned.



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.

REVITALISING EYE TREATMENT 30 minutes

Refresh and brighten the eyes with this revitalising eye treatment, using specialised massage techniques and herbal extracts of black tea, cranberry and strawberry to improve micro-circulation and drainage and reduce puffiness in the eye area. Dark circles and fine lines are eased, while a gentle shoulder scalp massage frees the circulation, improving blood supply to the eyes. The perfect addition to any facials.

NEW LIFE

MUM TO BE 50 minutes

Feel nurtured and supported in a time of constant change. Choose from a selection of oil each safely formulated to be used during pregnancy to nourish and care for your skin.

This treatment uses traditional aromatherapy massage to ease away tension in upper back and tight shoulders.

SPECIALISED FACIALS

CUSTOMISED AROMATHERAPY FACIAL 1 hour 20 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.

TIME REVERSAL 1 hour 20 minutes

A results-driven nourishing treatment, using a formula of highly engineered vitamins developed by Somme Institute. Appropriate for all skin types, this facial helps to reduce the appearance of fine lines, repairs sun damage, evens out discoloration and is effective in treating moderate to severe acne, dramatically improving skin tone and texture.

TO FINISH

Waxing

A selection of waxing treatments including full leg and half leg, underarm, full arm, bikini and back waxing is available upon request.

Waxing services are also available for men.

Mandarin Oriental Manicure 50 minutes

For ultimate grooming of the hands

Mandarin Oriental Pedicure 50 minutes

For ultimate grooming of the feet.

Holistic Hand Treatment 1 hour 20 minutes

This Holistic Hand Treatment includes a gentle skin refiner and a therapeutic massage. The massage is further enhanced by the use of aromatherapy oil chosen to suit individual needs. Hands are dipped in a warm envelopment of nourishing cream to nourish and condition, a polish completes the experience.

Holistic Foot Treatment 1 hour 20 minutes

This Holistic Foot Treatment includes gentle skin softening exfoliation as well as a relaxing hot stone therapy. The feet are then enveloped in warm nourishing cream to deeply nourish and condition the skin, a polish completes the experience.



The Spa at Mandarin Oriental, Macau

Avenida Dr Sun Yat Sen, NAPE, Macau u Telephone +853 8805 8588 Facsimile +853 8805 8519

www.mandarinoriental.com

SPA PROGRAMMES

HALF DAY PROGRAMMES

GENTLEMEN'S RETREAT

3 hours 50 minutes

A package for the active individual, this programme both works on your muscles, as well as relieves the built up tension and helps with flexibility.

- Welcome Foot Ritual
- Swedish/Therapeutic Massage
- Men's Balance Facial
- Holistic Foot Treatment
- Spa Refreshments

LADIES RETREAT

3 hours 50 minutes

This programme offers the ultimate combination of relaxation and pampering.

- Welcome Foot Ritual
- Aromatherapy Massage
- Customised Aromatherapy Facial
- Holistic Hand Treatment
- Spa Refreshments



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PRICE LIST

		<u>Weekday*</u>	<u>Weekend*</u>		<u>Weekday*</u>	<u>Weekend*</u>	
		MOP	MOP		MOP	MOP	
MANDARIN ORIENTAL				TREATMENT ADDITIONS			
SIGNATURE SPA THERAPIES	1 hr 50 mins	1,700	1,850	Quintessence Body Scrub	30 mins	380	450
				Revitalising Eye Treatment	30 mins	480	520
TIME RITUALS™	1 hr 50 mins	1,700	1,850	NEW LIFE			
TIME RITUALS™	2 hrs 50 mins	2,600	2,800	Mum to Be	50 mins	1,000	1,100
ORIENTAL HARMONY	1 hr 50 mins	2,250	2,550	SPECIALISED FACIALS			
SUITE EXPERIENCES				Customised Aromatherapy Facial	1 hr 20 mins	1,430	1,480
Mandarin Oriental Signature	3 hrs	3,030	3,200	Age Repair	1 hr 20 mins	1,430	1,480
Spa Therapies Experience				Time Reversal	1 hr 20 mins	1,430	1,480
Oriental Suite Experience	3 hrs	2,930	3,200	WAXING			
Macanese Dragon Experience	2 hrs	1,800	2,050	Full Leg	1 hr	550	550
JOURNEYS				Half Leg	40 mins	300	300
Spices of Portugal	1 hr 50 mins	1,700	1,850	Underarm	25 mins	180	180
Chang Qin – Evergreen	2 hrs 50 mins	2,930	3,200	Full Arm	40 mins	400	400
BODY MASSAGES				Half Arm	30 mins	300	300
Oriental Essence	50 mins	1,000	1,100	Bikini Line	30 mins	350	350
Swedish	1 hr 20 mins	1,188	1,300	Back	1 hr	480	480
Swedish	1 hr 50 mins	1,488	1,600	Upper Lip	20 mins	150	150
Therapeutic	1 hr 20 mins	1,188	1,300	Eyebrow	20 mins	150	150
Therapeutic	1 hr 50 mins	1,488	1,600	Chin	20 mins	150	150
Aromatherapy	1 hr 20 mins	1,188	1,300	TO FINISH			
Aromatherapy	1 hr 50 mins	1,488	1,600	Mandarin Oriental Manicure	50 mins	280	280
Thai	1 hr 20 mins	1,188	1,300	Mandarin Oriental Pedicure	50 mins	480	480
Thai	1 hr 50 mins	1,488	1,600	Holistic Hand Treatment	1 hr 20 mins	580	580
BODY TREATMENTS				Holistic Foot Treatment	1 hr 20 mins	680	680
Deep Sleep	1 hr 50 mins	1,700	1,850	PROGRAMMES			
Detox	1 hr 50 mins	1,700	1,850	Ladies Retreat	3 hrs 50 mins	3,880	4,180
				Gentlemen's Retreat	3 hrs 50 mins	3,880	4,180

* Weekday (Monday to Thursday), Weekend (Friday, Saturday, Sunday & Public holiday)



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TERMS & CONDITIONS

YOUR SPA VISIT

OPENING HOURS

The Spa	: Mon – Sun	11am – 11pm
Fitness Centre	: Mon – Sun	7am – 10pm
Swimming Pool	: Mon – Sun	8am – 7pm

RESERVATIONS We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please provide the Spa Concierge with valid credit card information and contact details to secure the reservation.

CANCELLATION POLICY Please allow 12 hours notice of cancellation to avoid charges. Cancellation within 12 hours will incur a 50% charge. Cancellation less than 6 hours or no show will incur a 100% charge. A credit card number is required at the time of booking.

SERVICE CHARGE & DISCOUNT POLICY Please be advised that the service charge and government tax will be added for all Spa Treatments stated in the brochure. All applicable discounts will also be deducted from the brochure menu rate. Discounts do not apply for promotions or gift certificate sales.

GIFT CARDS An ideal gift for spa enthusiasts, gift cards are available at The Spa at Mandarin Oriental, Macau. Discounts not applicable for payment of gift cards.

SPA PACKAGES Information on special Spa packages or group programmes can be obtained by contacting Spa Concierge at +853 8805 8588.

SPA ETIQUETTE Our Spa environment is one of tranquility and relaxation. Please respect all Spa guests' right to privacy and serenity. Mobile phones and cameras are not permitted for use within The Spa.

SPA ARRIVAL We recommend that you check in at Spa Reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and also gives you ample time to visit the Spa oasis of heat and water.

For all beauty and waxing treatments please arrive at least 10 minutes prior to your scheduled appointment. 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 and to The Fitness Centre is 16.

HEALTH CONDITIONS Please advise us of any health conditions, allergies or injuries which could affect your service when making your Spa reservation. Please consult your doctor before using the Spa heat & water facilities or exercise equipment if under medical supervision or if you are taking medication. Heat & water facilities are not recommended for pregnant ladies.

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.

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 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.

ACCIDENTS OR INJURIES The Spa shall not be liable for any accident or injury suffered by any 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 regimen 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.



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