



THE SPA
AT
MANDARIN ORIENTAL
NEW YORK



THE SPA AT MANDARIN ORIENTAL, NEW YORK

Located on floor 35, The Spa at Mandarin Oriental, New York provides the ultimate urban oasis. Enveloped in the Spa's tranquil, meditative setting, guests embark on a sublime journey toward relaxation. The Spa offers a harmonious place of well-being, reaching far beyond the traditional spa experience.

PHILOSOPHY

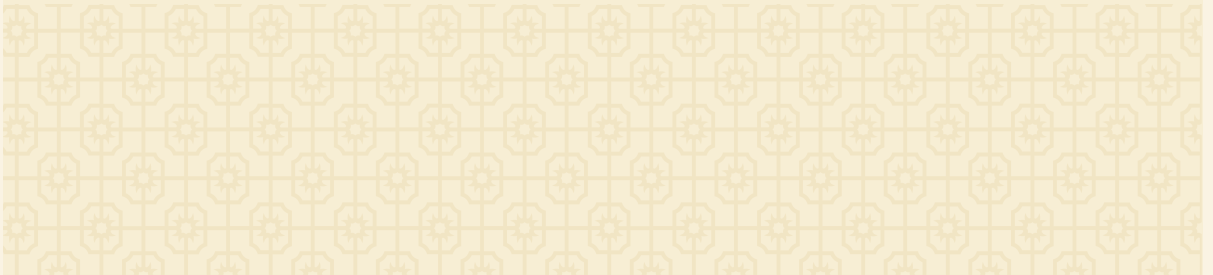
The Spas at Mandarin Oriental are born out of a sincere understanding and passion for wellness, which we define as a way of life that focuses on physical, emotional and mental well-being. The Group is committed to delivering all aspects of wellness with integrity and honesty, providing inspiration for 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 body scrub, body wash and body lotion. All contain natural ingredients, are paraben free and have been fused 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.



SIGNATURES

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.

The treatment begins with a private therapist consultation to determine each individual's personal and current state of well-being. 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 program 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 then a harmonious massage that balances the body. The treatment concludes with a simultaneous head and foot massage leaving the mind uplifted, the body energized and the skin exotically fragrant.

JOURNEYS

THE CLEARING FACTOR

2 hours 50 minutes, 3 hours 50 minutes

This breakthrough treatment is dedicated to restoring and clearing the body to a naturally revitalized state of balance and vitality using a carefully customized sequence of intensive clearing and detoxifying

therapies. The treatment begins with a relaxing full body exfoliation using a freshly mixed blend of fine grain Dead Sea Salts and Kama Oil. Next, the therapist administers Lymph Drainage Therapy by using soft-touch opening techniques that encourage movement and drainage of the lymph system. Once the opening process is complete, a massage follows that is primarily Swedish in technique. Traditional cupping, an ancient method of body purification, is used on the back to eliminate impurities by bringing them to the surface. A full body wrap using anti-oxidant Neem Black Clay follows to soothe your skin. The treatment ends with a gentle moisturizing lotion to hydrate the skin and a fresh squeezed detoxifying juice to further enhance the benefits of the treatment.

THAI YOGA EXPERIENCE 2 hours 50 minutes

The Thai Yoga Experience is the ultimate treatment in the custom-designed Thai Yoga Suite at The Spa at Mandarin Oriental, New York.

This three-hour retreat begins with a luxurious foot ritual consultation using authentic Thai herbal poultices. Following the foot ritual, your therapist will perform our distinctive Thai Yoga Massage, which uses stretching and compression massage techniques in a series of assisted yoga postures to encourage a free flow of energy and a more balanced meditative state. The rejuvenating experience continues with a 20-minute herbal bath in our deep Japanese-style soaking tub, giving the body time to integrate the full effects of the massage. Finally, your therapist will perform a cool down session with a cold compress for the forehead, scalp and face, as well as a cool foot massage to bring the experience full circle. Enjoy a refreshing Lemongrass Cooler at the conclusion of this dynamic physical experience

AYURVEDIC RITUAL EXPERIENCE

2 hours 50 minutes

This Ayurvedic inspired treatment commences with a foot cleansing ritual to establish your dosha type – Vatta, Pitta or Kapha – and to enable the ritual to be uniquely designed based on your needs. A salt and oil body exfoliation follows to enhance circulation and cleanse the skin to encourage absorption of the oil and herbal treatments. Individually prepared warm oils blended with Ayurvedic herbal concentrates are poured onto the body and hot or cold stones are used for the dosha specific massage. The body is covered in an application of deeply penetrating Marine Mud, Algae or Oshadi Clay. A luxurious Indian Head Massage includes deep inhalation of therapeutic aromatic oils and facial Marma points are stimulated to help renew and revitalize the skin.

The Ritual Experience concludes with the traditional Ayurvedic Shirodara Treatment, which is a continuous stream of warm herbal oil poured onto the forehead and over the scalp. This meditative treatment calms the mind and is the perfect completion to this balancing ritual.

BODY TREATMENTS

WARMTH & WELLNESS

1 hour 20 minutes, 1 hour 50 minutes

This three part holistic body treatment using premium quality, ecologically sustainable products by Amala, was created to nurture and enhance physical and emotional wellness. It begins with a gentle sea salt and crushed olive stone body polish to exfoliate the skin, followed by a detoxifying clay body mask and chakra energy work to aid in the clearing of the mind and body. The treatment finishes with a full body massage using a nourishing blend of organic Mediterranean Myrtle, Fig and Olive Oil body butter that relaxes, replenishes and seals in the benefits of the treatment.

PERSONALIZED OCEAN & EARTH BODY WRAPS

1 hour 20 minutes

The Ocean & Earth Body Wraps inspire a life-enhancing experience that begins with a body exfoliation. Personally chosen aromatherapy oil is applied before the 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. A sophisticated menu of individual wraps offers a choice of Marine Mud, Algae and Oshadi Clay. Tranquility is achieved with a mind-calming Oriental Head Massage. Wraps will be specifically selected by your therapist to suit your individual needs.

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.

Organic Glow Sunless Tan 50 minutes

Get healthy looking, beach-bronzed skin in less than an hour. This customized sunless tanning solution made with organic ingredients uses a color blending technique

that is adjusted for each guest to best enhance skin tone for a natural glow. Your personalized tanning blend is then expertly applied to mimic the sun's rays and leave a natural, long-lasting tan. To prepare the skin for bronzing, guests may wish to add-on a 30-minute Quintessence Salt Scrub using Mandarin Oriental's signature Body Oil with essences of tropical ginger, frankincense and mandarin and organic, mineral-rich salt that leaves skin silky smooth and replenished.

MASSAGE

The Spa at Mandarin Oriental, New York offers a brief consultation with your therapist to allow for customization based on your needs. A 1 hour 20 minute massage is suggested in order to fully enjoy maximum benefits.

ORIENTAL ESSENCE 50 minutes, 1 hour 20 minutes

Part of Mandarin Oriental's signature spa therapies, this massage has been designed to specifically relieve neck and shoulder tension. The massage combines Swedish style sequences, aromatherapy and acupressure to ease stress, realign the mind, soothe emotions and relax the body. Utilizing the Group's signature Quintessence oil blended with warming ginger, uplifting mandarin and sacred frankincense, this calming treatment allows mind and body to completely unwind.

THERAPEUTIC 50 minutes, 1 hour 20 minutes

Targeting areas of tension is the focus of this sophisticated treatment, firm pressure is used with techniques to dissolve your body's aches and strains using elbows and forearms to achieve a truly effective deep tissue massage. This treatment is ideal for guests with issues of chronic tension, who are experienced in massage.

HOT STONE 50 minutes, 1 hour 20 minutes

Stone therapy is a Native American Indian practice used since ancient times as a healing therapy. The use of stones generates energy, creating a sense of balance and calm as well as giving relief to deep-seated muscle tension.

AROMATHERAPY 50 minutes, 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.

(massage continued)

THAI YOGA MASSAGE 1 hour 20 minutes

Traditional Thai Massage originated from the 2,500-year-old Ayurveda, meaning "Science of Life," the same ancient healing tradition from which Yoga came. Honoring these common roots, our Thai Yoga Massage brings penetrating massage techniques together with gentle yoga movements. The result is a profound healing system, providing the body with deep nourishment, relaxation and healing energy. Thai Yoga Massage blends a series of assisted yoga postures and guided stretching with gentle rocking and rhythmic acupressure to relieve joint and muscle tension.

Benefits of Thai Yoga Massage include increased flexibility and a balance of the body's energy system. This treatment is performed on the comfort of an Asian mat and loose clothing is suggested, as the treatment is performed fully clothed.

LANNA 1 hour 20 minutes

Lanna means "land of the thousand rice fields," and is the ancient name that refers to the Golden Triangle region of Northern Thailand, Myanmar and Laos. The Lanna Massage begins with a ginger and lemongrass oil massage to relax and prepare the body. Following the massage is "Tok Sen," a traditional Thai technique that uses a mallet made of Tamarind wood that is tapped along the Sen Lines of the body to release tightness and tension through healing vibrations. The treatment finishes with a warm Thai massage using tightly packed compresses filled with therapeutic herbs to revitalize the body and relieve pain. The Lanna Massage's grounding and relaxing effects are extremely calming for both the body and mind.

MATERNITY 1 hour 20 minutes

This supportive and relaxing massage is designed especially for the needs of expectant mothers to help bring ease and comfort during this special time. Recommended for the second and third trimester only.

SHIATSU 1 hour 20 minutes

Shiatsu is an ancient Japanese treatment designed to establish a healthy state of balance that treats the mind, body and spirit. To bring the body back into balance, pressure is applied to various points on the body using thumbs, fingers and palms. This pressure is combined with gentle manipulation to alleviate tension, enhance the body's natural healing ability, eliminate fatigue and promote general good health.

Please wear comfortable loose clothing.

THAI FOOT REFLEXOLOGY 1 hour 20 minutes

Combining the best elements of Chinese reflexology and traditional Thai massage to stimulate balance and relaxation, Thai Foot Reflexology improves circulation, detoxifies, energizes and boosts the immune system. An authentic Thai dowel made of teak wood is used on reflex zones to stimulate feet, followed by a traditional Thai massage that stretches and thumb pressure used on the foot's "SEN" lines that increases energy flow and produces a deep sensation of well-being.

BEAUTY BY MANDARIN ORIENTAL

The Spa's 1 hour 20 minute and 1 hour 50 minute facials include the selective use of CACI micro-current, ultra-sonic or LED light treatments. This advanced, non-invasive technology produces incredible results when combined with our carefully curated line of facial products. Your facial begins with a thorough consultation to ensure that your treatment is customized to produce the most effective and beautifying results.

VITAMIN INFUSION 50 minutes, 1 hour 20 minutes

The Vitamin Infusion Facial is a nourishing, results-oriented treatment that uses Somme Institute's patented formula of vitamins with polypeptides to help treat sun-damaged skin. The treatment includes a collagen mask and cold stone facial massage with products that work naturally to deliver nutrients deep into the layers of the skin to improve acne, redness, dryness and the appearance of fine lines and wrinkles. While enjoying the mask, an indulgent foot or hand massage completes the treatment. The Vitamin Infusion Facial is appropriate for all skin types and leaves the skin incredibly clean, hydrated and glowing.

NATURE'S RADIANT FACIALS

50 minutes, 1 hour 20 minutes

This high-performance customized facial takes eco-conscious skincare to the next level by treating your skin's specific needs with the world's most potent healing botanicals. The treatment begins with skin analysis to determine the need for toning, deep pore cleansing, softening of fine lines and/or restoring hydration. Organic seed oils and whole plant products cleanse and exfoliate to balance and renew the skin's elasticity while stimulating cell renewal and providing antioxidant protection. Each customized facial includes our Manual Lymphatic Drainage Massage, a natural face-lift by reducing puffiness and firming skin for immediate, visible results and a youthful, healthy and radiant appearance.

(facials continued)

OPULENT REJUVENESENCE

1 hour 20 minutes, 1 hour 50 minutes

An intensive anti-aging facial uses powerful skin rejuvenating Beauty by Clinica Ivo Pitanguy products by world-renowned cosmetic surgeon Ivo Pitanguy. Along with expertly applied manual lymphatic drainage and facial massage this facial lifts, hydrates and rejuvenates the skin for a noticeably more youthful and refined appearance.

FINISHING TOUCHES

MANDARIN ORIENTAL

Manicure, 20 minutes

For ultimate grooming of hands.

Pedicure, 50 minutes

For ultimate grooming of feet.

HOLISTIC HOT STONE

Manicure, 50 minutes

This soothing aromatherapy manicure is tailored to the guest's unique needs. A gentle exfoliation softens and prepares the skin followed by a therapeutic massage with hot stone therapy. Hands are enveloped in a warm paraffin wax to nourish and condition the skin and nails. The result is healthy-looking, smooth, soft hands.

Pedicure, 1 hour 20 minutes

An indulgent treat for the feet, this pedicure is tailored to guest's individual needs. A gentle exfoliation softens and prepares the skin followed by a therapeutic massage with hot stone therapy. Feet are enveloped in a warm paraffin wax to nourish and condition the skin and nails. Feet will be relaxed, smooth and soft.

A TOUCH OF THAI

Manicure, 50 minutes

This luxurious Thai manicure treatment includes an indulgent grooming with a beautiful Thai hand massage. A chroma-therapy reading is performed during the color selection process.

Pedicure, 1 hour 20 minutes

This luxurious Thai pedicure treatment includes an indulgent grooming with a beautiful Thai foot massage. A chroma-therapy reading is performed during the color selection process.

SPA PROGRAMS

VIP SPA SUITE

The only of its kind in New York, the 650-square-foot VIP Spa Suite replicates a sumptuous oriental-style home with stunning views, fireplace, elevated bath, dual massage beds and a kang bed.

Three-hour VIP Spa Suite Experience

Weekday \$1,150, Weekend \$1,250

1 hour 50 minutes of side-by-side Mandarin Oriental Signature Spa Therapies treatments for two and 1 hour of relaxation time.

Four-hour VIP Spa Suite Experience

Weekday \$1,600, Weekend \$1,700

2 hours 50 minutes of side-by-side Mandarin Oriental Signature Spa Therapies treatments for two and 1 hour of relaxation time.

HALF DAY PROGRAMS

Weekday \$835, Weekend \$870

Our half-day program includes full use of the amethyst crystal steam room, experience showers, vitality pools, Relaxation Room and Oriental Tea Lounge. The Spa at Mandarin Oriental, New York's Half Day Program is a luxurious combination of body and face rejuvenation. Delight in a 1 hour 50 minute Time Ritual™ or Mandarin Oriental Signature Spa Therapies, a 1 hour 20 minute Nature's Radiant Facial and a Bento Box lunch.

FULL DAY PROGRAMS

Weekday \$1,290, Weekend \$1,345

Our full day program includes full use of our 75-foot swimming pool, sauna, amethyst crystal steam room, experience showers, vitality pools, state-of-the-art Fitness Center, Relaxation Room and Oriental Tea Lounge. Relax in the comforting environment while enjoying a spa lunch created by our chefs to aid you in your journey of wellness and balance. Delight in the ultimate luxury of time with The Spa at Mandarin Oriental, New York's Full Day Program. You will enjoy a 2 hour 50 minute Time Ritual™ or Mandarin Oriental Signature Spa Therapies, a 1 hour 20 minute Nature's Radiant Facial, a Holistic Hot Stone Manicure and Pedicure and a Bento Box lunch.





Each treatment starts and finishes with the gentle chime of Tibetan cymbals. A specially designed relaxation area allows you to float back to reality at your own leisurely pace.



TERMS AND CONDITIONS

CANCELLATION POLICY

Please allow 24 hours notice of cancellation to avoid a 100% charge. A credit card number is required at the time of booking.

GIFT CERTIFICATES

An ideal gift for spa enthusiasts, gift cards are available for The Spa at Mandarin Oriental, New York.

ADVANCED BOOKINGS

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

SERVICE CHARGE AND TAX

For your convenience, a 20% service charge and 4.5% tax 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.

AGE REQUIREMENT

The minimum age requirement for access to the Spa and Fitness Center is 18. All ages are welcome in the hotel pool. Children under 18 must be accompanied by a responsible adult of 18 or older when in the pool area.

HEALTH CONDITIONS

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

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

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. Please be advised that for your protection, we do not perform pregnancy massage during the first trimester, however facials and final touches are available during this stage.

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 Concierge at +1 (212) 805 8880.

SPA BOUTIQUE

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

MINIMUM TIME REQUIREMENT

A minimum of 2 hours of time in The Spa is recommended to allow treatments to achieve desired results.

HOW TO SPA

WHAT IS THE SPA PROCESS?

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This gives you ample time to visit the Spa's oasis of heat and water. After you have taken advantage of the vitality pool, amethyst crystal steam room and experience showers, please await your therapist in the Tea Lounge. After your treatment, you will be escorted to the Spa's Relaxation Room, where Spa Attachés will attend to your needs as you continue to relax.

WHAT DO I WEAR DURING MY TREATMENT?

Most body treatments are enjoyed without clothing. However, please wear what is comfortable for you.

SHOULD I SHAVE BEFORE A TREATMENT?

Shaving isn't necessary. If you do choose to shave before a treatment, be sure to do so at least four hours prior to your scheduled appointment.

IS IT OKAY TO WORKOUT BEFORE OR AFTER MY TREATMENT?

It is okay to workout before or after a spa treatment, as long as it is not a strenuous workout or otherwise instructed at booking.

WHAT IF I'M LATE FOR MY TREATMENT?

Arriving late will simply limit the time for your treatment, lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time, so that the next guest will not be delayed.

IS A SPA LUNCH AVAILABLE?

Yes, we offer delightful Spa cuisine. Please check with a Spa staff member to place an order. Allow 45 minutes to prepare your meal.

TREATMENT PRICE LIST

SIGNATURES

MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

	WEEKDAY	WEEKEND
1 hour 50 minutes	\$450	\$470

TIME RITUALS™

1 hour 50 minutes	\$450	\$470
2 hours 50 minutes	\$675	\$695

ORIENTAL HARMONY

1 hour 50 minutes	\$625	\$650
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JOURNEYS

THE CLEARING FACTOR

2 hours 50 minutes	\$675	\$695
3 hours 50 minutes	\$950	\$975

THAI YOGA EXPERIENCE

2 hour 50 minutes	\$675	\$695
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AYURVEDIC RITUAL EXPERIENCE

2 hours 50 minutes	\$675	\$695
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BODY TREATMENTS

WARMTH & WELLNESS

1 hour 20 minutes	\$305	\$320
1 hour 50 minutes	\$405	\$420

PERSONALIZED OCEAN & EARTH BODY WRAPS

1 hour 20 minutes	\$305	\$320
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ADDITIONS

QUINTESSENCE BODY SCRUB

30 minutes	\$100	\$105
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ORGANIC GLOW SUNLESS TAN

50 minutes	\$215	\$225
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MASSAGE

ORIENTAL ESSENCE

50 minutes	\$220	\$230
1 hour 20 minutes	\$305	\$320

THERAPEUTIC

50 minutes	\$220	\$230
1 hour 20 minutes	\$305	\$320

HOT STONE

50 minutes	\$220	\$230
1 hour 20 minutes	\$305	\$320

AROMATHERAPY

50 minutes	\$220	\$230
1 hour 20 minutes	\$305	\$320

THAI YOGA MASSAGE

1 hour 20 minutes	\$305	\$320
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LANNA MASSAGE

1 hour 20 minutes	\$305	\$320
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MATERNITY

1 hour 20 minutes	\$305	\$320
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SHIATSU

1 hour 20 minutes	\$305	\$320
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THAI FOOT REFLEXOLOGY

1 hour 20 minutes	\$305	\$320
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BEAUTY BY MANDARIN ORIENTAL

VITAMIN INFUSION

50 minutes	\$225	\$235
1 hour 20 minutes	\$340	\$355

NATURE'S RADIANT FACIALS

50 minutes	\$225	\$235
1 hour 20 minutes	\$340	\$355

OPULENT REJUVENESENCE

1 hour 20 minutes	\$450	\$470
1 hour 50 minutes	\$615	\$630

FINISHING TOUCHES

MANDARIN ORIENTAL

Manicure 20 minutes	\$70	\$75
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Pedicure

50 minutes	\$100	\$105
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HOLISTIC HOT STONE

Manicure 50 minutes	\$90	\$95
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Pedicure

1 hour 20 minutes	\$140	\$145
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A TOUCH OF THAI

Manicure 50 minutes	\$90	\$95
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Pedicure

1 hour 20 minutes	\$140	\$145
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20% service charge and 4.5% tax (tax rates subject to change) will be added to your final bill for each service. Weekday pricing is in effect Monday through Wednesday. Weekend pricing is in effect from Thursday through Sunday, as well as on holidays.



The Spa at Mandarin Oriental, New York
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