

SPA 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. 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.

SIGNATURE TREATMENTS

MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

1 hour 50 minutes. \$300 Weekend / \$275 Weekday

Mandarin Oriental Signature Spa Therapies have been devised to address guests' increasing desire for simple, effective and authentic Spa experiences. Developed in consultation with a team of Traditional Chinese Medicine (TCM) and master aromatherapists, each signature therapy consists of a relaxing, hands-on ritual that combines the powerful effects of oriental meridian massage with 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.

ORIENTAL ESSENCE

80 minutes, \$215 Weekend / \$195 Weekday

This massage is a part of the Mandarin Oriental's signature spa therapies and has been designed for the tired traveler, stressed executive or someone who just wishes to be relieved of neck and shoulder tension. This massage centers on all stress areas of the body. Utilizing 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.

TIME RITUALS®

2 hours 50 minutes, \$495 Weekend / \$450 Weekday

1 hour 50 minutes, \$330 Weekend / \$300 Weekday

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, \$495 Weekend / \$450 Weekday

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 supple and the mind relaxed. Two therapists work together in time and movement, providing a warm scrub that smoothes and replenishes the skin, followed by a harmonious massage that balances the body. The treatment concludes with a simultaneous head and foot massage, leaving the mind uplifted,

BODY MASSAGES

80 minutes

Relax or rejuvenate with one of the following body massages. A brief consultation with your therapist will allow for customization based on your needs.

	<u>Weekend</u>	<u>Weekday</u>
Oriental Essence	\$215	\$195
Swedish Therapeutic	\$215	\$195
Aroma Stone	\$235	\$215
Aromatherapy	\$215	\$195
Shiatsu	\$235	\$215
Add-on: Body Scrub / 20 minutes	\$65	\$60

ORIENTAL BAMBOO MASSAGE

80 minutes, \$235 Weekend / \$215 Weekday

Experience the rhythmical movements and gentle stretching of our new Bamboo Massage. This treatment is tailored to your needs through a scent journey and varied pressure. A combination of hand and bamboo is used to ease away tension, release joint stress and balance the energy in the body.

JOURNEYS

CHERRY BLOSSOM RITUAL

1 hour 50 minutes, \$330 Weekend / \$300 Weekday

The Cherry Blossom Ritual begins with a welcoming foot ritual followed by a sakura green tea sugar scrub. Our in-house body polish is a gentle formulation high in antioxidants is effective in the removal of dead skin cells while stimulating circulation. The ritual is then followed by an Aromatherapy Massage with hot stones incorporated on the back. The use of the stones allows the therapist to work deeper, giving relief to deep-seated tension. A delightful cup of cherry tea concludes this ritual.

THAI MASSAGE

2 hours 50 minutes, \$495 Weekend / \$400 Weekday

1 hour 50 minutes, \$300 Weekend / \$275 Weekday

A traditional Thai Massage is given to fully-clothed guests on a floor mat, enabling proper flexibility and movement throughout the treatment. The therapist uses palms and thumbs to open and restore the energy (sen) lines. Joint mobilization and assisted yoga stretches are incorporated for a completely invigorating experience. *Please wear yoga-type or loose comfortable clothing for your session.*

Weekday pricing is in effect Monday–Thursday
Weekend pricing is in effect Friday–Sunday
All spa treatments are subject to a 20% service charge.

The Spa at Mandarin Oriental, Washington D.C.

1330 Maryland Avenue, SW, Washington D.C. 20024 USA Telephone +1 (202) 787 6100 E-mail mowas-spa@mohg.com

www.mandarinoriental.com/washington/spa

BODY TREATMENTS

ORIENTAL BODY WRAP

80 minutes, \$215 Weekend / \$195 Weekday

Beginning with a body exfoliation, the Oriental Body Wrap is designed to comfortably raise the body's temperature and induce perspiration to help eliminate toxins and aid in the absorption of individually chosen oils and marine mud, algae, or clay. While enveloped in the warm cocoon of the wrap, a mind-calming Oriental Head Massage will help one to achieve ultimate tranquility.

ORIENTAL FOOT THERAPY

50 minutes, \$165 Weekend / \$150 Weekday

In Oriental philosophy, the feet are considered a mirror of the systems and functions of the body. Leave the everyday pressures of life behind with this symbolic and traditional treatment. The feet rest on warm pebbles as they are bathed in warm water rich with fragrant oils. Your therapist exfoliates and smoothes the lower legs and feet, followed by a relaxing massage on the feet and ankles that will help to release tension.

TREATMENT ADDITION: ESSENTIAL BODY SCRUB

Additional 20 minutes, \$65 Weekend / \$60 Weekday

Enhance your spa experience with a full-body exfoliation. Our body scrubs can be combined to any body massage or facial. Choose from our signature *Quintessence Body Scrub* or *Cherry Blossom Body Scrub*.

SPECIALIZED FACIALS

80 Minutes

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

	<u>Weekend</u>	<u>Weekday</u>
Luxury	\$215	\$195
Purifying	\$215	\$195
Jade Enzyme	\$245	\$220
Anti-Ageing Active Peel	\$250	\$225
Time Reversal	\$245	\$220

SPA PACKAGES

Our full and half-day spa programs are designed to restore one's natural state of equilibrium and transport you to another world. To attend to your body's needs for that day, we design a ritual tailored to you. Beginning with the welcoming foot ritual, each journey provides a peaceful passage calling upon ancient traditions and modern techniques.

FULL-DAY

\$725 Weekend / \$655 Weekday

3-Hour Time Ritual

Spa Bento Box Lunch

80-minute Specialized Facial

Pool/Fitness Center Access & Complimentary Valet

HALF-DAY

\$460 Weekend / \$420 Weekday

80-minute Body Massage

80-minute Specialized Facial

Pool/Fitness Center Access & Complimentary Valet

NEW LIFE

MATERNITY MASSAGE (POST FIRST TRIMESTER)

80 Minutes, \$220 Weekend / \$200 Weekday

Most expectant mothers feel discomfort with their bodies at various times during the pregnancy. Enjoy the benefits of prenatal massage, which alleviates lower back discomfort and fatigue. This massage will help prepare the mother's body for the changes to come.

NEW LIFE RITUAL (POST FIRST TRIMESTER)

1 hour 50 minutes, \$310 Weekend / \$280 Weekday

This treatment begins by welcoming the mother-to-be with a foot ritual, followed by a gentle body exfoliation. A nourishing shea butter belly wrap will aid in the skin's elasticity and suppleness to help prevent stretch marks, while a customized body massage will leave you feeling refreshed and relaxed in every way.

TASTE OF SPA / AVAILABLE MONDAY-THURSDAY

Limit two Taste of Spa treatments per guest. Duplicate treatments booked consecutive prohibited.

Foot Relief / 35 minutes, \$80

Relax and unwind while our therapists tend to your tired feet using warm towels cured in essential oils followed by a soothing foot massage.

Eye Refresh / 35 minutes, \$80

"Eye Refresh" is a great addition for sore and strained eyes. The therapist will cleanse and gently care for the eye area, continuing with a drainage and pressure-point technique to soothe the skin, and then conclude with a revitalizing eye mask.

Oriental Scalp Massage / 35 minutes, \$80

This energizing scalp massage focuses on vital pressure points around the scalp and neck using our Signature Mandarin Oriental Oil Blend.

Top and Toe / 35 minutes, \$80

Begin with a relaxing scalp massage, followed by a pressure-point massage on your feet, to ease away all the stress from a busy day.

Skin Revival / 50 minutes, \$130

This is a lavish full body exfoliation to stimulate and revive dull and dehydrated skin, leaving it soft and supple. An application of body lotion or cream will follow after the exfoliation, according to your skin type. *This does not include the face.*

Intensive Facial / 50 minutes, \$140

Revitalize and stimulate your senses with a luxurious facial cleanse, facial exfoliation, facial massage and mask. This rejuvenating treatment will leave you feeling refreshed. Steam and extractions are not included in this express treatment.

Back Basics / 50 minutes, \$130

An invigorating exfoliation of your back will start off the experience to increase your blood circulation, followed by a relaxing back; neck and shoulder massage to conclude the treatment.

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FITNESS & WELLNESS

BY APPOINTMENT ONLY

Personal Training	60 minutes	\$115
Duet Session	60 minutes	\$80 per person
20-pack of Personal Sessions	60 minutes	\$1600 (\$80/session)
10-pack of Personal Sessions	60 minutes	\$900 (\$90/session)
10-pack of Duet Sessions	60 minutes	\$600 (\$60/session)

MEMBERSHIP

FOR MORE INFORMATION AND PRICING, PLEASE CONTACT THE SPA AT (201) 787 6100 OR MOWAS-SPA@MOHG.COM

BASIC MEMBERSHIP

access to fitness center, swimming pool, heat and water facilities, complimentary valet parking (up to 3 hours) and discounts on spa services and retail products.

EXECUTIVE MEMBERSHIP

In addition to the aforementioned benefits outlined above, the Executive Fitness Membership also includes a private personal locker, complimentary fitness assessment, valet laundering of fitness clothing and Vitamin Water®.

OPERATING HOURS

SPA APPOINTMENTS

Monday–Thursday: 11am–7pm

Friday–Sunday: 9am–9pm

Gift cards are now available online at www.mandarinoriental.com/giftcard

HEAT & WATER EXPERIENCE

Monday–Sunday: 7:30am–9pm

FOR WOMEN

Amethyst Crystal Steam Room

Color Experience Shower

Vitality Pool with Hydrotherapy Jets

Ice Fountain

Relaxation Lounge

FOR MEN

Amethyst Crystal Steam Room

Color Experience Shower

Warm Plunge Pool

Dry Sauna

Relaxation Lounge

SPA POLICIES

The following rates are as follows:

Weekday pricing is in effect Monday–Thursday / Weekend pricing is in effect Friday–Sunday.

All spa treatments are subject to a 20% service charge.

Advanced reservations are recommended to ensure your preferred time and treatments are available. For reservations or inquiries, please contact The Spa at (202) 787 6100 or mowas-spa@mohg.com. A credit card is required at time of booking.

A cancellation fee of 100% is applied to last minute cancellations or “no-show” appointments. To avoid the cancellation charge, please provide 24 hours’ notice for any cancellations or rescheduling of appointments. When modifying your appointment date or time, please be aware that multiple instances of rescheduled appointments may be subject to the cancellation fee.

Guests must be 18 years of age or older to use the spa facilities, and to have spa treatments.

Please plan on arriving 45 minutes prior to your appointment in order to have time to fill out a lifestyle consultation form and to enjoy the spa’s heat & water experience. Late arrivals will not receive an extension of schedule treatments and full payment is still applicable.

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