

Enter into a journey of the mind, body and spirit.
A place where the air is immersed with delicate
fragrances, serenity surrounds you and a sense
of deep relaxation washes over you.



Surrounded in a haven of serenity, you quickly forget that you are in the heart of the nation's capital in Washington, D.C. The spa's Zen-like ambiance allows you to leave the real world behind and enter a new dimension of total relaxation.







Prepare your mind and body by immersing in the Heat Experience. Amethyst Crystal Steam Room with aromatherapy – moist aromatic heat combined with a delicately lit amethyst; the Color Therapy Experience Shower – with varying water pressures and temperatures provides several different alternatives from the downpour of tropical rain to the calm of cold mist; Ice Fountain – lowers the body temperature to revitalize; and the Vitality Pool – the warm water temperature soothes the body.





Elegant, contemporary healing spaces utilize natural elements of water, stone and wood to create a warm, discreet and private space for your well-being; highlighted by special Asian inspired artwork, gold leaf millwork, and Chinese furniture. Gentle music encompasses you, therapeutic lights surround you and herbal tea infusions are specially blended for you. Your mind drifts, your body lets go. Peace overcomes.





Drawing on exotic therapies, treatments and philosophies from around the world, a series of specially designed 'rituals' encompassing Balinese, Ayurvedic, Chinese and European beliefs and practices are offered. Your therapist creates a tailor-made experience, beginning with a foot ritual to calm you from within. Each experience starts and ends with the gentle sound of Tibetan cymbals. Specially designed relaxation rooms allow you to float back to reality at your own leisurely pace.



Unique to Washington, D.C., The Spa at Mandarin Oriental is the perfect urban escape. It is the most comprehensive facility of its kind in the city and offers guests a place of well-being, reaching far beyond the traditional spa experience.



TREATMENTS

PHILOSOPHY

Life giving rituals have been practiced in every culture since the beginning of time. Inspired by these rituals, The Spa at Mandarin Oriental, Washington D.C. has merged techniques and philosophies from around the world into a potent blend of treatments, ensuring an optimal wellness experience.

The guest journey begins with the exchange of shoes for comfortable slippers, an enduring oriental welcome which signifies the leaving of the external world behind.

Guests are then guided through a holistic sensory experience that touches the mind, the body and the spirit. Our therapies bring together ancient and contemporary techniques, which, combined with an array of heat and water treatments, mark the passing to a realm outside the ordinary.

Each Spa at Mandarin Oriental is designed for tranquillity in soothing colors with organic textures. Holistic therapists and global healing practices come together in a legendary quality experience, where guests are transported to a haven of self-reflection and discovery.

Guests are encouraged to continue their spa experience at home with recommendations of practices and products suitable for each individual.



SIGNATURE TREATMENTS

TIME RITUALS™

TIME: THE ULTIMATE CHOICE OF TREATMENT

Minimum 2-hour booking

The Spa at Mandarin Oriental, Washington D.C. transports guests into another world with personalized journeys booked in blocks of time called Time Rituals™. Designed to restore one's natural state of equilibrium, and attend to your body's needs for that day, we design a time ritual tailored to you. Beginning with our welcoming foot ritual, each journey provides a peaceful passage calling upon the ancient traditions and techniques of Chinese, Ayurvedic, European, Balinese and Thai cultures.

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, first 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 energized and the skin is left exotically fragrant.

CHERRY BLOSSOM RITUAL 1 hour 50 minutes

The Cherry Blossom Ritual begins with a foot ritual followed by a cherry scrub which is high in antioxidants to help strengthen the immune system and also removes dead skin cells and stimulates circulation. The ritual is then followed by an Aromatherapy Massage where the therapist will incorporate hot stones on the back. The use of stones aids the therapist to work deeper, giving relief to deep-seated muscle tension. Stones are known generators of energy, creating a sense of balance and calm. A delightful cup of Cherry Tea concludes this Ritual.

TRADITIONAL THAI RITUAL

2 hours 50 minutes

The exclusive Traditional Thai Ritual has been created to rejuvenate the body, mind and spirit. The ritual allows guests to indulge in journey of self healing. The ritual begins with a traditional Thai welcome – “wai” followed by a foot ritual, hand cleanse and tea ceremony. A traditional Thai Massage is given to fully-clothed guests on a floor mat, enabling greater flexibility and movement throughout the treatment. The therapist uses palms and thumbs to open and restore the energy (sen) lines, joint mobilization and yoga stretches for a completely invigorating experience. The graceful flow of the Thai Massage creates a sense of well-being by improving range of motion, increasing flexibility and relieving joint and muscular tension. The Ritual concludes with a closing tea ceremony.

THERAPEUTIC THAI MASSAGE 1 hour 50 minutes

During an in-depth consultation, the therapist will design a treatment plan specific to the needs and focus of the guest. The Thai Massage is a blissful combination of compression, acupressure, joint mobilization, energy work, assisted yoga stretches and deep meditation.

JOURNEYS 1 hour 50 minutes

Unique skills, a genuine passion for guest care and a personal understanding of the needs of each individual are important to ensure that each experience is a Signature Experience. These individual body treatments are inspired by traditional cultures. Each therapist determines the guest's needs during the welcoming foot ritual.

HOLISTIC BACK, FACE AND SCALP MASSAGE WITH HOT STONES

An all-embracing treatment incorporating a facial cleanse with acupressure, face and head massage.

The initial, deep cleansing back exfoliation is followed by a hot stone massage with aromatic oils bringing powerful de-stressing benefits to the mind and body. Hot stones are placed along the spine, shoulders and neck to stimulate and balance vital energy points. The facial cleanse 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.

CHAKRA BALANCING WITH HOT STONES

Chakras are the seven subtle energy centers in the body which affect our equilibrium and inner harmony and through which one's life force energy flows. Recognized in both Ayurvedic and Chinese philosophies, blocked and congested Chakras can affect the body and mind both emotionally and physically. The Chakra Balancing begins with a welcoming foot ritual, a full body exfoliation and facial cleansing to prepare for the deeper work. The body is then 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.

AMA RELEASING ABHYANGA

This treatment releases congesting and restrictive toxins and frees the flow of natural energy through the body and mind. The body is stimulated with exfoliating body polish and followed by a warm shower and a gentle facial cleanse. Surrender to the Ayurvedic Marma point massage as a warm infusion of oils and herbs is applied to the vital energy centers of face and body to gently release tensions and restore vitality. This ritual concludes with a deeply relaxing Oriental Head Massage.

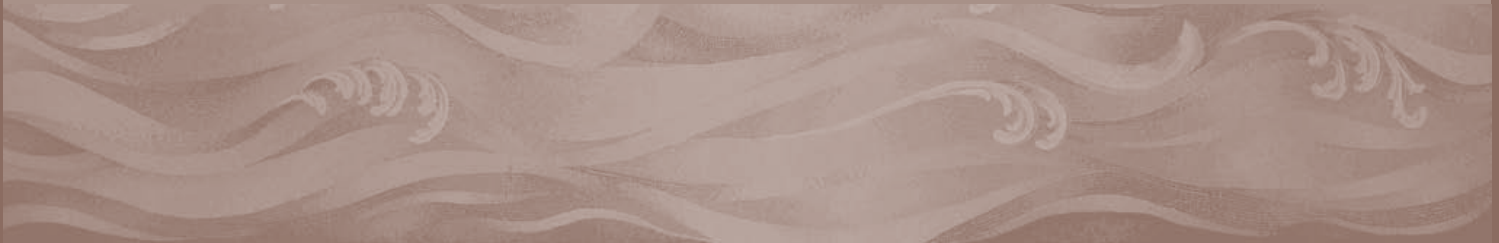
RITUAL EXPERIENCES 1 hour 50 minutes

These Ayurvedic inspired treatments commence with a foot cleansing ritual to establish the dosha 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 improve the 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 warm Marine Algae, Mud or traditional Oshadi Clay. The luxurious Indian Head Massage includes deep inhalation of therapeutic aromatic oils and facial Marma points are stimulated to help renew and revitalize the skin.

VATA COMFORTER

PITTA PACIFIER

KAPHA STIMULATOR



ULTIMATE BODY MESSAGES 1 hour 20 minutes

Relax or rejuvenate with one of the following Ultimate Body Massages. The Spa offers a choice of an Aromatherapy, Swedish or combination massage, a brief consultation with your therapist will allow for customization based on your needs.

DEEP TISSUE

Elbows and forearms are used with this sophisticated massage to manipulate and soften the muscle tissue to achieve a truly effective deep tissue massage. Incorporating Hot Stones into the treatment, aids in stimulating the circulation and assisting in complete relaxation. This is not a Sports Massage and is ideally for guests experienced in massage.

MATERNITY

Most moms-to-be feel discomfort with their bodies at various times during the pregnancy. Enjoy the benefits of prenatal massage, which alleviates lower back discomfort and fatigue, nourishes the skin as well as improves elasticity. The massage will prepare the mother's body for the changes to come.

SHIATSU

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.

ULTIMATE BODY TREATMENTS

PERSONALIZED OCEAN AND EARTH BODY WRAPS

1 hour 20 minutes

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

STIMULATING HIP AND THIGH TREATMENT 50 minutes

This treatment is sold in either a course of six or twelve treatments.

A specialized ESPA 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 with a wrap will follow. Reflex zones and pressure points on the foot are activated, followed by pressure point and lymphatic drainage massage to the eyes, helping to purify and cleanse the body.

ORIENTAL FOOT THERAPY 50 minutes

In the oriental philosophy, the soles of the feet are considered to mirror the systems and functions of the body. Leave the everyday pressures of life behind and cleanse away your cares 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 smooths the feet and lower legs and massages Marma points on the feet and ankles. This treatment helps raise natural energy encouraging the release of tension.

SPECIALIZED FACIALS 1 hour 20 minutes

Our Specialized Facials are formulated to de-stress or rejuvenate, based on your needs. We offer a customized facial based on your skin type. This specialized facial assists in improving the skin's firmness and tonicity - re-hydrating, moisturizing, and protecting. Special attention is given to the eyes and neck, while a scalp massage completes this personalized treatment.

FINISHING TOUCHES

HOLISTIC HAND TREATMENT WITH HOT STONES **50 minutes**

This holistic hand and nail treatment includes a gentle skin refiner and a therapeutic massage with hot stone therapy. The massage is further enhanced by the aromatherapy oil chosen for your individual needs. Hands and nails are dipped in a warm envelopment of paraffin wax to nourish and condition.

HOLISTIC FOOT TREATMENT WITH HOT STONES **1 hour 15 minutes**

This holistic foot and nail treatment includes gentle skin softening exfoliation as well as a relaxing acupressure point massage with the aromatherapy massage oil prescribed for your individual needs. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin.

MANDARIN ORIENTAL MANICURE 40 minutes

FRENCH MANICURE 50 minutes

For ultimate grooming of the hands

MANDARIN ORIENTAL PEDICURE 50 minutes

FRENCH PEDICURE 1 hour 10 minutes

For ultimate grooming of the feet

While enjoying a relaxing manicure or pedicure, rejuvenate your tired and overworked hands or feet with a paraffin treatment.

MANDARIN ORIENTAL MANICURE AND PEDICURE 80 minutes

WAXING

Available upon request



SPA PROGRAMS

FULL DAY PROGRAMS

All full day programs include the full use of our state-of-the-art fitness center, swimming pool, Heat and Water experience and a Bento Box lunch. Full Day Programs are available daily.

AYURVEDIC FULL DAY RITUAL 4 hours 30 minutes

This luxurious experience integrates the mind, body and spirit in true Ayurvedic fashion, to completely release stress, soothe the nervous system and nourish the soul. The Ayurvedic philosophy “science of life” is perfectly translated in this full day package, promoting a sense of stillness to enhance sleep, strengthen and balance the body.

This full day ritual combines the five ancient Ayurvedic techniques, examines your dosha and lifestyle in order to completely restore balance.

This ritual package includes:

Foot Ritual

Shirobhyanga

Ama Releasing Abhyanga concluding with Shirodhara

Regenerate Facial

LIFE ENHANCING FULL DAY RITUAL 5 hours 30 minutes

Creating the life you want to live every day can be easy when the body is balanced and energized. With the Life Enhancing Full Day Ritual, increase your sense of wellness and beauty through the most natural products and exotic massage techniques. The package finishes with an advanced facial massage on vital energy points to awaken immune responses as well as herbal applications for glowing, radiant skin and emotional balance.

This ritual package includes:

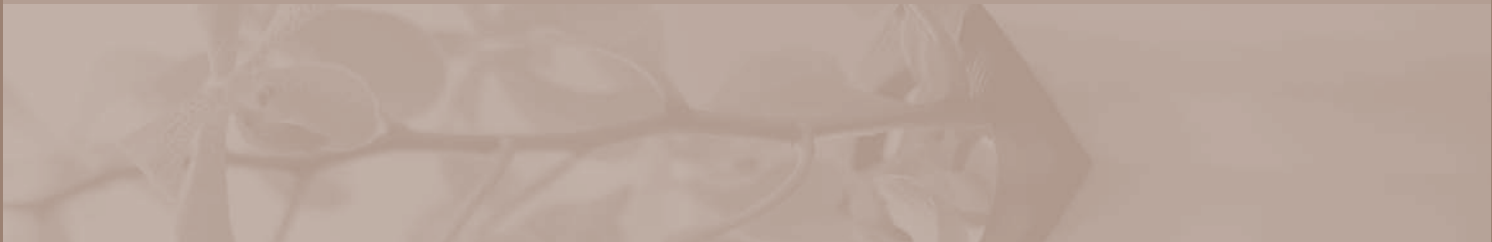
Foot Ritual

Essential Body Scrub

Aromatherapy Massage

Lifting Facial

Mandarin Oriental Manicure and Pedicure



HALF DAY PROGRAMS

All half day programs include the full use of our state-of-the-art fitness center, swimming pool and Heat and Water experience. Half Day Programs are available daily.

CLEANSING RITUAL 3 hours

This unique package is designed to stimulate your body's innate ability to purify and cleanse, ultimately enhancing your beauty within. Long-term relaxation is achieved by clearing energy channels, releasing tensions and drawing out impurities from within, creating greater physical and emotional harmony.

This ritual package includes:

Foot Ritual

Essential Body Wrap

Aromatherapy Body Massage

BALANCING RITUAL 3 hours

This ritual promotes grounding and balance through each service performed. This package is designed to reduce stress through a variety of holistic skin treatments, restoring and balancing energy for a harmonious body, mind and spirit.

This ritual package includes:

Foot Ritual

Chakra Balancing with Hot Stones

Intensive Facial

NOURISHING RITUAL 3 hours

A journey designed to completely restore and replenish your entire system. Oriental philosophy regards beauty and health as a holistic concept embracing both the inner and outer self. This ritual supports this belief by applying natural elements specifically to suit your body's needs, releasing tension, improving circulation and creating perfect harmony within.

This ritual package includes:

Essential Body Wrap

Ultimate Face & Back Facial with Steam and Extractions



The Spa at Mandarin Oriental, Washington D.C.

1330 Maryland Avenue, SW, Washington, D.C. 20024, USA Telephone +1 (202) 787 6100 Facsimile +1 (202) 787 6159 www.mandarinoriental.com

FITNESS AND WELLNESS

PERSONAL TRAINING

Establish a fitness goal and then begin your journey with our most experienced and certified Professional Fitness Trainers. The first session will consist of a thorough fitness assessment and evaluation; an introduction to strength, flexibility, cardiovascular training and basic nutrition. Your trainer will then customize your program and lead you to your goals with every session. Work one-on-one or workout with a friend in a duet session.

YOGA

An ancient eastern practice focusing on balancing the mind, body and spirit; your Yoga Instructor will guide you through deep breathing; balancing, energizing and calming Asanas (poses) designed to increase your strength, flexibility and focus. The one-on-one session ends with a soothing, stress relieving meditation.

FACE-VAL-U®

As you age, the muscles in your face elongate and flatten. Learn how to tone and tighten, as well as increase circulation in your neck and face. Because the muscles in the face are so small, they respond very quickly to exercise. Learn how to consciously engage these muscles and correct improper facial posturing with the Face-Val-U method. Once you learn the technique, you will be able to work your face anytime and any place. Facial fitness should be part of your daily fitness routine. Why? To go along with that fit body.

LIQUA-FACE™

Face-Val-U method with water. Facial exercise program in the pool.

TU-BE-FIT®

Incorporating hand-eye coordination, dance, balance and strength with unique exercises using Tu-Be-Fit tubes. This class is designed to keep your body moving without complicated choreography. Great exercise and great fun for all fitness levels.

BODYWEDGE 21/CARDIO-CORE-COMBO™

Triple C – Cardio Core Combo is challenging and fun. This workout is designed to train you in both mental and physical fitness. It incorporates hand-eye coordination, flexibility, strength and balance. Using mainly cardio drills, upper and lower body shaping and toning, ending with a mental fitness segment including breathing exercises and visualization.

LIQUA-FIT™

This challenging and invigorating class improved flexibility, cardiovascular conditioning, muscular strength and endurance using buoyancy and resistance of the water to give a safe, effective and fun workout. Ligua-Fit's targets all areas of the body utilizing a variety of equipment. This class is great for men and women of all fitness levels and those with back, knee and joint problems. This exercise is also recommended for pre/post natal women. No swimming skills required.



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PRICE LIST

SIGNATURE TREATMENTS

		Weekday / Weekend
Time Rituals™	1 hour 50 minutes	\$300 / \$330
	2 hours 50 minutes	\$450 / \$495
Oriental Harmony	1 hour 50 minutes	\$450 / \$495
Cherry Blossom Ritual	1 hour 50 minutes	\$300 / \$330
Therapeutic Thai Massage	1 hour 50 minutes	\$330 / \$365
Traditional Thai Ritual	2 hours 50 minutes	\$480 / \$530

JOURNEYS

Holistic Back, Face and Scalp Massage with Hot Stones	1 hour 50 minutes	\$300 / \$330
Chakra Balancing with Hot Stones	1 hour 50 minutes	\$300 / \$330
Ama Releasing Abhyanga	1 hour 50 minutes	\$300 / \$330

RITUAL EXPERIENCES

Vata Comforter	1 hour 50 minutes	\$300 / \$330
Pitta Pacifier	1 hour 50 minutes	\$300 / \$330
Kapha Stimulator	1 hour 50 minutes	\$300 / \$330

ULTIMATE BODY MASSAGES

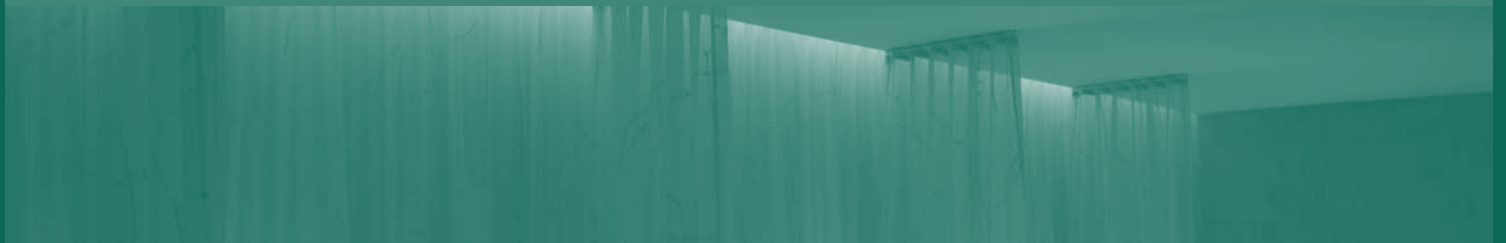
		Weekday / Weekend
Aromatherapy	1 hour 20 minutes	\$225 / \$250
Deep Tissue	1 hour 20 minutes	\$250 / \$275
Swedish	1 hour 20 minutes	\$225 / \$250
Shiatsu	1 hour 20 minutes	\$225 / \$250
Maternity	1 hour 20 minutes	\$225 / \$250

ULTIMATE BODY TREATMENTS

Personalized Ocean & Earth Body Wraps	1 hour 20 minutes	\$195 / \$215
Stimulating Hip & Thigh Treatments (6 sessions)	50 minutes	\$750
Stimulating Hip & Thigh Treatments (12 sessions)	50 minutes	\$1,500
Oriental Foot Therapy	50 minutes	\$150 / \$165

SPECIALIZED FACIALS

Lifting	1 hour 20 minutes	\$225 / \$250
Blissful	1 hour 20 minutes	\$225 / \$250
Luxury	1 hour 20 minutes	\$225 / \$250
Purify	1 hour 20 minutes	\$225 / \$250
Regenerate	1 hour 20 minutes	\$225 / \$250



FULL DAY PROGRAMS

Ayurvedic Full Day Ritual 4 hours 30 minutes \$630 / \$695

Life Enhancing Ritual 5 hours 30 minutes \$665 / \$730

HALF DAY PROGRAMS

Cleansing Ritual 3 hours \$440 / \$485

Balancing Ritual 3 hours \$430 / \$475

Nourishing Ritual 3 hours \$400 / \$440

FINISHING TOUCHES

Holistic Hand Treatment with Hot Stones \$75

Holistic Foot Treatment with Hot Stones \$130

Mandarin Oriental Manicure \$50

Mandarin Oriental Pedicure \$80

Mandarin Oriental Manicure & Pedicure \$130

Polish Change Hands \$15

Polish Change Feet \$15

French Manicure add \$5

French Pedicure add \$5

Parafin Treatment add \$15

Waxing *Available upon Request*

FITNESS & YOGA

One-on-one Sessions

1 Session \$110

3 Sessions \$285

5 Sessions \$450

10 Sessions \$850

20 Sessions \$1,500

Duet Sessions

1 Session \$75 per person

3 Sessions \$65 per person

5 Sessions \$60 per person

10 Sessions \$55 per person

20 Sessions \$50 per person

Class sessions are sold in sets of six (\$210) or twelve (\$420) and are available for hotel guests only.

GRATUITY

For your convenience, a 19% service charge will be added to your final bill for each service.

Giving the gift of luxury has never been easier with a Spa at Mandarin Oriental, Washington D.C. gift card.



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