

# THE SPA AT MANDARIN ORIENTAL, TOKYO

## 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 six body oils, six 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.



The Spa at Mandarin Oriental, Tokyo's sky high personal retreat, the **Kochi Suite** with its massage area and separate living space for dining or lounging, as well as a private bathroom and shower optimises any couple's treatment as you share precious time together at this unique spa escape in the sky. Our singular bathing pavilion, the **Matsukaze Suite** confers dual window walls and an infinity bath overlooking this sprawling metropolis. Named for the sunlit steam shower designed around traditional Arabian bathing rituals, views from the **Suzukaze Suite** overlook the Tokyo skyline to the enduring Japanese mountains. The dramatic Mount Fuji view is merely the most captivating aspect of the **Kunpu Suite**, a warm and inviting enclave with private steam shower and dual massage beds. Similarly, views of Mount Fuji enhance our most Asian private environment, the **Asanagi Suite** with its day bed, shower and floor space for futon treatments, that doubles as our private sanctuary, when you just need some time to yourself.



### **ORIENTAL ESSENCE 50 or 80 minutes**

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 relieve neck and shoulder tension. This massage centre's 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 50 or 80 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 80 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.

### **AROMASTONE 80 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.

### **EXECUTIVE PRIVILEGE 50 minutes**

Consider the priceless return on investment of this convenient yet invigorating dry massage combining pressure point kneading and gentle Thai stretching without the acrobatics. Frankincense essential oil massaged into pressure points along the forehead stimulates creative thinking for your return to work.

### **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.

### **CALM MIND 45 minutes**

Re-harmonising the body's natural flow and movement our signature head massage is designed to completely relax both the body and mind.

### **EXECUTIVE RELIEF 35 minutes**

A results oriented treatment for anyone short on time but eager to relieve aching hands and wrist pain. This therapy begins at the fingertips and works inward, concentrating on the most affected muscles along the arms and shoulders, across the chest and to tension points around the head.



### **EFFICIENCY FACIAL 50 minutes**

This thorough face treatment cleanses the skin, then calms facial puffiness to refine your natural features, leaving you looking as refreshed as a tropical holiday, in under one hour.

### **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

### **AZUKI BODY SCRUB 30 minutes**

A thorough exfoliation designed for our guests with sensitive skin, this exclusive Mandarin Oriental combination of ground Japanese azuki beans, fine salt, and sesame seeds gently exfoliate, while patchouli essential oil attends to mental stress, ginger acts as a mineral rich antioxidant and geranium rebalances the fresh new skin.

### **AYURVEDIC APPROACH 35 minutes**

Treating tension in the head has the multiplier effect of unwinding the whole body and relieving stress to harmonise the mind. A décolleté and shoulder massage begins this concentrated therapy that continues upwards to the pressure points around the eyes and forehead and completes with a deeply restorative Ayurvedic scalp massage.

### **ORIENTAL INDULGENCE MANICURE 80 minutes**

Our highly pleasurable yet comprehensive nail and hand treatment begins with expert nail shaping and cuticle care, followed by a nourishing exfoliation to reveal your healthy skin. Rest your eyes and relax into the purely pampering warm stone hand massage enhanced by calm-inducing aromatherapy oils.

### **THE SAKURA RITUAL 3 hours**

Our Japanese immersion journey begins by paying respect, to ancient cultural traditions that involved washing the feet of guests as they entered another's home, and to our modern guests, by taking this time to peacefully transition you from the outside world while we learn about your needs. Continue by unwinding on our ergonomic, massage bed for the Azuki Bean Scrub, an ultra-gentle but highly effective exfoliation of sesame seeds, salt and finely ground Japanese azuki beans known to contain saponaria, an organic foaming agent that naturally draws out impurities from the skin while promoting circulation. The Japanese believe that azuki is a powerful, non-surgical alternative to a skin lift, so visible are the tightening and moisturising effects on fresh skin. We honor another Japanese tradition entirely with the Kiatsu, an original, all over body massage that blends the most effective therapies of Japanese Shiatsu and Thai Massage to unwind tight muscles through unexpected movements and gentle stretching. Finally, as you would be welcomed as an honored guest into a Japanese home, we pay our respects to you with tea and refreshments.

### **THE ULTIMATE BATHING RITUAL 3.5 hours**

Welcome to the Matsukaze Suite, our singular bathing pavilion overlooking Tokyo's sprawling metropolis and your very own home for this indulgent half day, with private lounging areas, full bathroom and amenities. Our deep soak bathing ritual unlike any other begins however steeped in tradition. We wash your feet as a timeless sign of respect and to peacefully transition you from the outside world while we learn about your wellness wishes for this unique immersion. To prepare your skin for the pleasures ahead, Mandarin Oriental's signature Quintessence scrub thoroughly exfoliates away dead surface skin with sea salts and moisturises the fresh new layer with sweet almond oil while aromatherapy aromas of warming ginger, uplifting mandarin and feel good frankincense soothe the mind. Redefine what it means to take a bath, in our singular, sky-high infinity bathtub, lingering above it all while Mandarin Oriental's bespoke essential oil bathing blend hydrates the skin and realigns the body's energy flow. We attend equally to your face with a customised, results-oriented facial, followed by our restorative Quintessence oil aromatherapy massage designed to unwind with its nurturing strokes as essential oils uplift your spirits.



# THE MANDARIN ORIENTAL SPA FOR MEN

Traditionally looked upon as a pampering place for women, the spa is in fact equally well suited to men. At the Mandarin Oriental Spa, Tokyo our private men's heat and water facilities overlook the Tokyo skyline all the way to stunning, unobstructed Mount Fuji views. Treatments on this menu are designed for both men and women. However, for these exclusive therapies below, our Oriental Spa experts scour the globe for the most results driven products designed specifically for you. Treat yourself right, or reserve time in one of our couple suites that allow you to invite someone special to share these necessary pleasures.

The Spa at Mandarin Oriental Tokyo has carefully selected Refinery, an expert skincare combining aromatherapy expertise with the unique knowledge of specialised male grooming. From shaving preparations to intensive treatments, day or night, Refinery is designed to soothe, calm and protect the skin from aggressive environmental stresses.

For those men looking for innovation with precision craftsmanship, we have chosen skincare that appreciates tradition, yet can change the entire shaving experience. TwinLuxe has brought the barbershop experience to the 21st century with two synchronised elements, Fine Shaving Instruments and Shaving Skincare with a range of formulations that can be combined for a customised result.

## **STONE AGE MAN 80 minutes**

Cleansing and invigorating, our express facial kicks off this efficient overhaul from the top down, followed by a hot stone back massage to penetrate tightly bound muscles in the neck, shoulders and lower back.

## **MODERN MAN 80 minutes**

Just as the well groomed man makes time for a regular shoe shine, this considerably more pleasurable combination of full body scrub, back massage and foot relief, leaves you with a healthy fresh all over glow that's good-to-go.

## **GENTLEMAN'S ESSENTIAL FACIAL 50 minutes**

We know that men and women are different. So is our skin. Mandarin Oriental men's facials are customised according to your skin's cleansing and exfoliating needs, incorporating professional products to soothe, calm and protect male facial skin, transforming your skin's rough surface to reveal your freshest and most refined self.

## **REDNESS REMEDY 30 minutes**

This straightforward facial cleanse for gentlemen attends to the realities of regular shaving. Purifying products selected for their effectiveness at calming redness and opening facial hair follicles are enhanced by steam and strategic massage techniques to relieve ingrown hairs. A soothing balm leaves skin feeling toned and appearing smooth.



# BEAUTY BY MANDARIN ORIENTAL

Beauty by Mandarin Oriental is all about results. Our experts constantly seek out the world's most advanced products and programs that will have a long lasting and visibly rewarding impact for you:

## **AROMATHERAPY ASSOCIATES**

For more than 30 years this British brand and Mandarin Oriental partner has been harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to effectively enhance physical, mental and emotional wellbeing through transformative treatments that are highly effective yet luxurious and pleasurable.

## **BIOLOGIQUE RECHERCHE**

In place of facelifts and Botox, this new professional facial product range developed by doctors in France is revolutionising the fight against our biological clocks with an unprecedented level of personalisation that including skin analysis by Paris based Dr. Philippe Allouche, son of the company's founder. The results of this scientific evaluation provide the basis for Allouche's top notch team to concoct highly concentrated skin formulas in the Biologique Recherche laboratory. These are couriered to The Spa at Mandarin Oriental, Tokyo, for a series of entirely personalised facials and follow up home care that delivers a return on investment as visible as it is calculable in your confidence.

Biologique Recherché uses the Facial Remodeling Machine -Wider-looking eyes, more prominent cheekbones, softer wrinkles, a better defined facial contour... This machine uses state-of-the art bio-electrotherapy to achieve these results and can be added to our Biologique Recherché offerings.

## **CLINICA IVO PITANGUY**

In Brazil, a culture that uniquely prizes beauty and youth, Dr. Pitanguy who describes his role as aiding "the search for harmony between body and soul" is considered a living legend. Since 1963, his eponymous brand has bridged the gap between beauty treatments and cosmetic surgery by strengthening aging skin, boosting sluggish cellular functions and encouraging on-going cutaneous restoration.

## **SWISS PERFECTION**

Developed by a philanthropist committed to applying the cutting edge scientific advances of cellular technology to fighting the effects of aging, this European product line hydrates and enhances the appearance of radiant skin while effectively returning optimal results against the appearance of cellulite and other age signs over the long term, as well as offering a preventative program for younger skin.

Swiss Perfection uses the Groundbreaking Anti-Ageing Trans-Dermal System (ATS) Machine – A unique process that effectively contributes to the rejuvenation of the skin, the reduction of wrinkles, the improvement of the skin's radiance and the prevention of aging.

## FACIALS

For many of us, physical beauty begins with our face, so at the Mandarin Oriental Tokyo, we take responsibility for the care of yours very seriously. Here is a synopsis of the world's finest facials, curated by our experts:

Facials	Unique Features	Best For	
Aromatherapy Associates Customised Aromatherapy	An assessment determines your skin type then our therapist selects products to customise this facial to your skin's needs.	All skin types	80 minutes
Aromatherapy Associates Rose Infinity	Natural, result-oriented ingredients extracted from rare plants work on a cellular level to visibly reduce fine lines and wrinkles.	Anyone seeking to fight aging with advanced cell regeneration technology, excellent for uneven skin tones and sensitive skin.	90 minutes
Biologique Recherche "Skin Instant"  <i>Add Facial Remodeling Machine</i>	The latest science allows your therapist to read your skin then prescribe long-term use products tailored for you.	Great for all skin types, but especially good for someone seeking a highly effective new skincare regime.	60 minutes  75 minutes
Biologique Recherche Peeling	All above personalised benefits plus a professional grade exfoliating peel in the spa.	Anyone will benefit but especially frequent travelers, those exposed to the sun, or seeking an especially exfoliating cleansing.	60 minutes
Biologique Recherche "Booster"  <i>Add Facial Remodeling Machine</i>	Professional 'booster' products, so called for their lifting effects on the skin for up to 10 days, are applied using customised, restorative massage techniques.	Worthwhile for anyone but optimal as part of an annual regime of six facials per year for the most visible long-term benefits.	75 minutes  90 minutes
Swiss Perfection Power Anti-Aging (exclusive to Mandarin Oriental Spa, Tokyo)	Groundbreaking Anti-Ageing Trans-Dermal System (ATS) machine and a cellular active collagen mask penetrate and restore the skin's surface.	For anyone 30-50 years of age serious about protecting their skin and seeking over time to reverse signs of aging.	120 minutes
Swiss Perfection Satiny	Concentrated serums massaged into cleansed skin lift, brighten and smooth the skin's surface.	Anyone over age 55 seeking immediate results in appearance.	90 minutes
Swiss Perfection Revitalise	This long-term anti-aging program incorporates an exceptionally effective serum of potent Vitamin C with extensive lifting to brighten and rejuvenate.	Those seeking a comprehensive plan of attack against aging, as this facial prepares your skin for maximum skin regeneration and rebalancing, like a mini-face lift.	90 minutes
Ivo Pitanguy Opulent Rejuvenescence (exclusive to Mandarin Oriental Spa, Tokyo)	In-depth skin analysis is followed by this treatment with Acerola Berry, rich in Vitamin A & C antioxidants to stimulate collagen rejuvenation.	Created for luxury lovers of any age interested in lymphatic drainage to lift the skin's appearance and stimulate collagen production.	120 minutes
Ivo Pitanguy Purifying	Cutting edge enzyme peeling exfoliation plus a clay mask coaxes out impurities, lightens and stimulates to eliminate toxins post-treatment.	Recommended for those with troubled skin due to hormones, uneven skin tone and stress, as well as intense jetsetters who suffer from dry skin in the air. Not recommended for sensitive skin.	90 minutes

## SWISS PERFECTION BODY

**110 minutes**

Anyone can have cellulite, depending on all-powerful factors like your DNA and metabolism. Do not let that leave you feeling powerless. Swiss Perfection body treatments are the most effective programs our experts have discovered for anyone who dreams of erasing the appearance of cellulite.

Swiss Perfection's three-stage cellular based process is highly scientific but refreshingly simple: detoxify, reduce and firm. To optimise and prolong these benefits, a full series of nine treatments, or one every ten days for three months, is recommended.

### **Cellular Detox**

This 'taste' of the highly effective anti-cellulite program starts with a Swiss Perfection Cellular Peeling to increase circulation. Next, a deeply concentrated seaweed gel targets accumulated liquids, then the Cellular Detoxifying Body Mask works to eliminate impurities. A new layer of healthier skin is revealed, looking noticeably tighter.

### **Cellular Anti-Cellulite**

You will feel the active ingredients 'attacking' your cellulite in this highly effective multi-step treatment that culminates in a relaxing massage using Swiss Perfection's own anti-cellulite manipulations. This rightly renowned treatment leaves your body feeling and appearing more toned all over.

### **Cellular Firming**

The final stage of reversing nature's course begins with a Swiss Perfection Cellular Peeling to accelerate the regeneration of healthy skin cells. To firm and tighten your silhouette, a Cellular Firming Body Mask is applied, followed by a toning massage. Expect to rise off the table to visibly improved skin texture that leaves you feeling and looking firmer all over.

## **SWISS PERFECTION BODY ENHANCEMENTS**

**Additional 30 minutes**

### **Cellular Hand & Arm Treatment - features our ATS Machine**

This specialised care of one of our most highly visible areas treats the most prominent signs of aging while rehydrating the skin of the hands and along the arm's contours.

### **Cellular Neck and Décolleté Treatment - features our ATS Machine**

Rejuvenates and reshapes by targeting wrinkles and sagging skin from muscle tone loss while restoring this delicate area's appearance of overall firmness.

### **Cellular Body Exfoliation Treatment**

Prompt cellular renewal with this warmed oil application, followed by a deep and active exfoliation scientifically designed to continue encouraging cellular regeneration long after this treatment completes.

### **High Performance Bust Treatment**

Designed by experts to fight visible signs of aging, this formula enriched with active ingredients to smooth and tone, will leave your décolleté appearing firmer and your skin with a dewy fresh glow.



# TERMS & CONDITIONS

## OPENING HOURS

Spa Treatments	Mon - Sun	9am – 10pm
Heat & Water Experience	Mon – Sun	6:30am – 10pm
Fitness Centre	Mon – Sun	24 hours

**APPOINTMENT INFORMATION** We offer our busy guests a reliable timetable therefore arriving late will simply limit the time of your treatment, reducing your full benefit and enjoyment. Your treatment will end on time to prevent inconvenience to the next guest. The full treatment price will apply.

**CANCELLATION POLICY** Please allow 24 hours notice of cancellation to avoid charges. Cancellations within 24 hours will incur a 50% charge. In the event of cancellation within 12 hours or no-show, a 100% charge will apply. A credit card details required at the time of booking in order to guarantee the appointment.

**SPA ARRIVAL** We recommend that you check in at the Spa Reception at least 60 minutes prior to your first scheduled appointment. This will allow for a brief discussion about your treatment expectations and allow you ample time to visit the spa's Heat and Water facilities. Please understand that extensions of scheduled treatments will not be accommodated as a result of late arrivals.

**SPA ETIQUETTE** Our spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity. Please turn off all mobile devices.

**AGE REQUIREMENT** Minimum age requirement for access to the Spa and the Fitness Centre is 16.

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

**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 hygiene and safety, our equipment is sterilised and sanitised after every service and treatment.

**LOSS OR DAMAGE** Please keep all valuables locked in your locker during your visit as we cannot be responsible for any loss or damage of personal articles. For the protection of your clothing, we ask that you wear the robe provided.

**ACCIDENTS OR INJURIES** The Spa at Mandarin Oriental, Tokyo shall not be liable for any accident or injury suffered by guests.

**USE OF FACILITIES** The use of alcohol and tobacco is strictly prohibited within the Spa & Fitness facilities. Sports shoes and proper attire must be worn while in the Fitness Centre.

**SPA BOUTIQUE** To continue your spa regimen at home, all spa products used in the treatments are available for purchase in our spa boutique.

**GIFT CERTIFICATES** All gift certificates sold are non-refundable and cannot be exchanged for cash. When redeemed, gift certificates must be presented as the form of payment, otherwise the full value of the treatment will be charged. If lost, gift certificates are non-replaceable and non-refundable.

**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 made.





