



THE SPA
— AT —
MANDARIN ORIENTAL
— —
KUALA LUMPUR

Step into a space where tranquility pervades. A place where the boundaries of East and West blend in harmony. Luxury surrounds you, time stands still and a sense of deep relaxation washes over.

Engulfed in a haven of serenity, you quickly forget you are in the heart of Kuala Lumpur. The Spa's tranquil, meditative settings allow Kuala Lumpur residents, hotel guests and members to embark on a personalised journey toward wellbeing and relaxation. Panoramic views delight you, gentle music encompasses you, therapeutic lighting surrounds you and herbal tea infusions are specially prepared. Your mind floats. Your body lets go. Peace reigns.

Drawing on world-inspired therapies, treatments and philosophies, a series of ancient traditions of Chinese, European, Thai and Malaysian cultures are offered. Designed with sheer luxury and relaxation in mind, the luxurious treatment rooms provide the ideal haven for privacy, indulgence and personalised service for a truly unique experience.

Immerse yourself in an oasis of heat and water. In separate male and female areas, enjoy our Steam Rooms, Dry Saunas, Relaxation Lounge, Hot & Cold whirlpools.

Stay fit with the state-of-the-art fitness centre that provides private studio for pilates or yoga, and personalised fitness programme, catering to members and hotel guests. Restore balance to your body, mind and soul through a variety of services that focus on your overall wellbeing.

Unique to Kuala Lumpur, The Spa at Mandarin Oriental, Kuala Lumpur is the perfect urban escape. It is a harmonious place of wellbeing, reaching far beyond the traditional spa experience.

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 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.



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. 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.

TIME RITUAL™

1 hour 50 minutes or 2 hour 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.



JOURNEYS

TROPICAL RAINFOREST

2 hours 20 minutes

Indulge in an exotic spa journey with a rejuvenating signature foot ritual followed by tropical spa body treatments which embodies healing traditions and beauty rituals originated from the many corners of Malaysia. Inspired by the aborigines of Borneo, Asli massage is a technique applied to ease the muscles on your body focusing on individual pressure points using aromatic oil which contains Malaysia's homegrown herbs and spices.

Personalise your journey with a selection of body polish and body wrap.

ESSENCE OF BORNEO

2 hours 20 minutes

Rejuvenating foot ritual to start off the treatment for your unique journey using essential oils of ginger, mandarin and oak moss extract, the Borneo pine body polish will gently exfoliate while smoothing the skin. Traditional Malay works methodically and rhythmically to enhance circulation and restore balance.

Express Facial will help cell renewal and softening of the skin. Our signature head massage completes the treatment for overall unique experience.

TRADITIONAL TOUCH

1 hour 50 minutes

A warming foot ritual will start your unique experience using essential oils of ginger, frankincense and mandarin. A full body exfoliation will follow using Borneo pine granule to smooth and refresh your skin. Your therapist will complete your journey with a full body Traditional Malay to enhance circulation and restore balance within your body.

ORIENTAL HERBAL COMPRESS THERAPY

1 hour 50 minutes

An oriental massage with acupuncture movements and stretching combined with an oriental herb compress of lemongrass and ginger. The two methods of massage are brought together to create a deep energising treatment which will ease stress and tired muscles.

ROMANCE OF ROSE

2 hours 20 minutes

Begin your treatment with a soothing rose petals foot ritual of ground rose petals with natural sundried sea salt to deeply exfoliate, smooth and assist with your body circulation. A Renew Rose full body massage completes your journey to uplift the spirit, relax the mind and body. A pampering indulgence specially for couples.



BODY MESSAGES

ORIENTAL ESSENCE

1 hour 20 minutes

This massage is part of Mandarin Oriental's Signature Spa Therapies and is designed for the tired traveler, stressed executive or someone who 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 frankincense to realign the mind and emotions, this is a completely relaxing treatment.

THERAPEUTIC

1 hour 20 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.

AROMA STONE

1 hour 20 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.

AROMATHERAPY

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.

TRADITIONAL MALAY

1 hour 20 minutes

Based on the concept of moving wind, Traditional Malay works methodically and rhythmically to enhance circulation and restore balance.

STRESS RECOVERY

50 minutes

Complete concentration on back and shoulder, this massage helps bring renewed mobility in the neck and shoulder region. Improves blood circulation which will give you an overall feeling of wellbeing. Blended oils of ginger, frankincense and mandarin will assist to relax your muscles and calm the mind. Treatment is completed with a gentle scalp massage.



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 help 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.

BODY WRAPS

FRESH WATER MUD

1 hour 20 minutes

This treatment begins with sundried sea salt to exfoliate dead skin while adding minerals to the body and stimulate the muscles. Gentle application of Revive Body Oil will invigorate and uplift the mind and spirit. The body wrap contains herbal extracts of calendula. The mud will help to increase blood flow and soften skin tone. Finally, a scalp massage relieves tension and stress.

BOREH SPICE TRADITIONAL

50 minutes

Specially crafted with unique blends of herbs and spices found in Asia. This Boreh spice mix gives the ultimate warm aromatic sensation to boost circulation and revitalise skin tone. It is known to ease body aches with a calming and relaxing pampering.

Includes: clove, ginger, nutmeg and cinnamon

MOCOCA BORNEO

50 minutes

Made from the rich cocoa of Tawau, also known as "Asia's Cocoa City", cocoa is a natural antioxidant which contains a rich source of vitamins and minerals with calming properties that is nourishing to the skin. Coconut milk powder gives added sheen and radiance to the overall skin appearance.

Includes: Borneo Cocoa, Coconut milk powder and Ground Rice



BODY TREATMENTS

JET LAG TREATMENT

50 minutes

Long distance travel is physically and mentally exhausting. Our energising massage lets you get back on track and helps you adjust to a new environment.

INNER STRENGTH

1 hour 50 minutes

This nurturing treatment incorporates a variety of soothing massage techniques selected to ease physical tension and emotional anxiety resulting from traumatic experiences or an exceptionally stressful time in one's life. The application of a heated compress warms the core, while guided breath work helps quiet the mind and bring focus inward for a more meditative and relaxed state. Inner Strength oil is used throughout the treatment with its powerful blend of ingredients including healing rose and frankincense for focus and clarity, cardamom and geranium to help emotionally balance the mind. The treatment concludes with attention to the reflex points in the feet to gently awaken the senses.

ENRICH BODY

1 hour 50 minutes

This luxurious treatment is designed to nourish and rejuvenate dry, out-of-condition skin. It begins with an intensive salt and coffee body exfoliation to stimulate circulation. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels, a Swedish full body massage follows, using the calming blends of tuberose, ylang ylang and vanilla. Finally a scalp massage dissolves tension and stress while velvety moisturising body butter helps to protect the skin from the elements.

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 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.

BORNEO BODY SCRUB

30 minutes

Borneo Body Scrub is a natural blend of exfoliating granules of pine, cinnamon, ginger and nutmeg to gently remove dead skin cells to give the skin a deep cleanse. Milk is added to the scrub as a natural moisturiser.



COCONUT AND VANILLA BODY POLISH

30 minutes

The Coconut tree is known as the “tree of life” and is a native crop of Malaysia. Grown in the breezy coastal areas of the Peninsula, coconut has multifarious uses. Providing the skin with a gentle and effective exfoliation, this blend is lightly fragranced with a delicate scent of natural vanilla extract.

Includes: Coconut, Vanilla and Glutinous Rice

HIBISCUS AND ROSE BODY POLISH

30 minutes

A symbol of Malaysia’s national flower, Hibiscus or more commonly known as Bunga Raya among the locals, is considered to have a number of medical uses, one being the ability to absorb harmful ultraviolet radiation. This luscious body polish gives a gentle exfoliation providing the skin a brightening and glowing effect.

Includes: Hibiscus, Rose Petals and Ground Rice

BORNEO COFFEE SCRUB

30 minutes

A native product from the rainforest of Borneo, exuberant in Borneo. A wonderful scrub made from coffee beans with its aromatic toning effects and effective natural anti-oxidant, also comprises fruit acids and caffeine, Tongkat Ali and Ginseng, this body polish will exfoliate and reenergise sluggish skin, leaving it soft, smooth and glowing.

Includes: Borneo coffee, Ginseng and Cassia Leaf

REVITALISING EYE TREATMENT

30 minutes

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

NEW LIFE

MUM TO BE

50 minutes

Feel nurtured and supported in a time of constant change. Choose from a selection of oils, 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 shoulders.

NOURISH AND NURTURE

50 minutes

A luxurious facial harnessing the regenerative properties of the rose to nourish, soften and hydrate delicate and finely textured complexions, that are often associated with pregnancy. The result is a smooth, radiant complexion and a relaxed state of mind. The perfect treatment throughout your whole pregnancy.



SPECIALISED FACIALS

CUSTOMISED AROMATHERAPY

50 minutes

Begin with a facial assessment to determine your skin type. Our therapist will select products from our Aromatherapy Associates' facial range to create an experience tailored 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, which stimulate collagen formation to tighten the skin. Skin is thoroughly cleansed, exfoliated, and is then massaged using lymphatic massage techniques to improve both suppleness and elasticity, before applying two masks. A luxurious scalp massage releases any remaining stress and tension. The result is a firm and more youthful complexion.

TO FINISH

MANDARIN ORIENTAL MANICURE

45 minutes

A complete manicure infused with hydrating defying ingredients to cleanse, exfoliate, treat and nourish leaving hands visibly smoother, more radiant and healthier looking.

MANDARIN ORIENTAL PEDICURE

50 minutes

A complete pedicure infused with hydrating defying ingredients to cleanse, exfoliate, treat and nourish leaving feet visibly smoother, more radiant. Nail care included.

HOLISTIC HAND TREATMENT

1 hour 15 minutes

This Holistic Hand Treatment includes a gentle skin refiner and a therapeutic massage with hot stone therapy. The massage is further enhanced by the use of an Aromatherapy oil chosen to suit individual needs. Hands are dipped in a warm envelope of paraffin wax to deeply nourish and condition the skin.

HOLISTIC FOOT TREATMENT

1 hour 20 minutes

This Holistic Foot Treatment includes gentle skin softening exfoliation as well as a relaxing acupressure point massage with the Aromatherapy massage oil prescribed for individual needs. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin and a polish completes the experience.

WAXING

All waxing treatments are available upon request

SPA PROGRAMME

ESSENCE OF BALANCE

3 hours

This pampering experience refreshes the mind and body.

- Foot Ritual
- Borneo Body Scrub
- Body Wrap
- Aroma Stone
- Relaxation Time

QUINTESSENCE ESCAPE

3 hours

Soothe your heart and soul with this calming treatment. Making you feel complete and totally pampered.

- Foot Ritual
- Quintessence Body Scrub
- Oriental Essence
- Customised Aromatherapy Facial
- Relaxation Time

PURE SERENITY

3 hours

Welcome to a journey of pure serenity.

- Oriental Foot Therapy
- Traditional Malay
- Deep Cleansing Facial
- Relaxation Time

MATERNITY BLISS

2 hour 30 minutes

During this special time in your life, allow our therapist to pamper you and prepare you for the arrival of your little wonder.

- Foot Ritual
- Mum To Be
- Vital Scalp Massage
- Mandarin Oriental Pedicure
- Relaxation Time

**All Spa Programmes are inclusive of The Spa's signature health drink*

GENTLEMAN ESSENTIALS

ESSENTIAL FACIAL

50 minutes

A deep cleansing facial that will brighten your complexion and leave your skin looking clean and luminous.

FACE AND BODY TREATMENT

1 hour 30 minutes

Achieve a heightened state of relaxation and well-being. The experience begins with a back cleanse and exfoliation that refreshes the skin. The journey continues with a stress relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Finally, a deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range, rebalances the skin, leaving it bright, supple and refreshed.

THE RED EYE

1 hour 20 minutes

Long distance travel is physically and mentally exhausting and this treatment works on both levels to help recovery from the journey and adjustment to a new environment.

A treatment that is perfect for weary travellers who need to recover from feeling tired and sluggish.

DEEP SLEEP

2 hours

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.

VIP RETREAT

2 hours 20 minutes

A perfect retreat designed to pamper yourself. The experience begins with a welcome foot ritual, followed by an intensive salt and coffee body exfoliation to stimulate circulation. The body wrap contains herbal extracts of aloe vera and calendula. The mud will help to increase blood flow and soften skin tone. A customised full body massage follows, using calming blends of geranium, ylang ylang and vanilla. Finally a scalp massage dissolves tension and stress.

PRICE LIST

		RM			RM
MANDARIN ORIENTAL SIGNATURE SPA THERAPIES	1 hour 50 minutes	695	BODY WRAP		
			Fresh Water Mud Wrap	1 hour 20 minutes	525
TIME RITUALS™	1 hour 50 minutes	695	Boreh Spice Traditional	50 minutes	395
	2 hours 50 minutes	1035	Mococa Borneo	50 minutes	395
ORIENTAL HARMONY	1 hour 50 minutes	1395	BODY TREATMENTS		
JOURNEYS			Jet Lag Treatment	50 minutes	395
Tropical Rainforest	2 hours 20 minutes	875	Inner Strength	1 hour 50 minutes	695
Essence of Borneo	2 hours 20 minutes	875	Enrich Body	1 hour 50 minutes	695
Traditional Touch	1 hour 50 minutes	695	TREATMENT ADDITIONS		
Oriental Herbal	1 hour 50 minutes	695	Quintessence Body Scrub	30 minutes	255
Compress Therapy			Borneo Body Scrub	30 minutes	255
Romance of Rose <i>(for 2 persons)</i>	2 hours 20 minutes	1515	Coconut and Vanilla Body Polish	30 minutes	255
			Hibiscus and Rose Body Polish	30 minutes	255
BODY MASSAGES			Borneo Coffee Scrub	30 minutes	255
Oriental Essence	1 hour 20 minutes	525	Revitalising Eye Treatment	30 minutes	255
Therapeutic	1 hour 20 minutes	525	NEW LIFE		
Aroma Stone	1 hour 20 minutes	525	Mum To Be	50 minutes	395
Aromatherapy	1 hour 20 minutes	525	Nourish and Nurture	50 minutes	395
Traditional Malay	1 hour 20 minutes	525	SPECIALISED FACIALS		
Stress Recovery	50 minutes	395	Customised Aromatherapy	50 minutes	415
Oriental Foot Therapy	50 minutes	395	Age Repair	1 hour 20 minutes	525
Calm Mind	45 minutes	395			



		RM			RM
GENTLEMAN ESSENTIALS					
Essential Facial	50 minutes	425			
Face and Body Treatment	1 hour 30 minutes	595			
The Red Eye	1 hour 20 minutes	525			
Deep Sleep	2 hours	715			
Vip Retreat	2 hours 20 minutes	875			

SPA PROGRAMME

Essence of Balance	3 hours	1095
Quintessence Escape	3 hours	1095
Pure Serenity	3 hours	1095
Maternity Bliss	2 hours 30 minutes	905

TO FINISH

Mandarin Oriental Manicure	45 minutes	215
Mandarin Oriental Pedicure	50 minutes	250
Holistic Hand Treatment	1 hour 15 minutes	275
Holistic Foot Treatment	1 hour 20 minutes	315

WAXING

All waxing treatments are available upon request

IN-ROOM

Oriental Essence	1 hour 20 minutes	675
Therapeutic	1 hour 20 minutes	675
Aromatherapy	1 hour 20 minutes	675
Traditional Malay	1 hour 20 minutes	675
Stress Recovery	50 minutes	505
Mandarin Oriental Manicure	45 minutes	315
Mandarin Oriental Pedicure	50 minutes	375

**All Spa Programmes are inclusive of The Spa's signature health drink*

All prices quoted are in Malaysian Ringgit and inclusive of 6% GST

Reservations before 10am and after 10pm are applicable to a double charge and subject to availability

TERMS & CONDITIONS

OPENING HOURS

Spa Treatments : Daily 10:00 am to 10:00 pm

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

CANCELLATION POLICY Cancellation within 12 hours or a no show will incur a 100% charge. A credit card number is required at the time of booking.

GIFT CERTIFICATES An ideal gift for spa enthusiasts, gift certificates are available at The Spa at Mandarin Oriental, Kuala Lumpur.

SPA PACKAGES Information on special Spa packages or group programmes can be obtained by contacting the Spa Concierge at +60 (3) 2179 8772 ext. 3702 or email at mokul-spa@mohg.com.

SPA ETIQUETTE Our Spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity, and we ask that you turn off your mobile at all times.

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 change and relax into the treatments that await you, as well as visit the spa's oasis of heat and water. 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 16.

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

PREGNANCY 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 in your guest room or in the safe deposit box at spa reception during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

ACCIDENTS OR INJURIES The Spa at Mandarin Oriental, Kuala Lumpur shall not be liable for any accident or injury suffered by member or guest.

RESTRICTIONS ON THE USE OF FACILITIES The use of alcohol and tobacco on spa premises is strictly prohibited.

SPA BOUTIQUE To continue your spa regimen at home, all Spa products used in the treatments and services are available next to Spa Reception.

REFUND AND EXCHANGE POLICY Unopened retail products can be exchanged within seven days of purchase, if presented with the original receipt.