

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 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 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.

SUITE EXPERIENCES

Enjoy the ultimate in spa pampering by booking into our luxurious couples suite and make the most of your spa experience by bringing a friend or partner. A vast space with dark wood floors, the suite includes a large marble soaking tub for two, private shower and changing area. In addition, there are two treatment tables, two comfortable chairs and a table to enjoy light refreshments. We offer a luxurious couple's experience especially designed for this suite.

COUPLES RETREAT

3 hours 50 minutes

This indulgent treatment brings couples together in a romantic spa setting. Begin your retreat with a relaxing foot ritual and couple's bath, followed by a full body exfoliation and soothing scalp treatment. After a cleansing shower, receive a customized massage and then enjoy a light fruit refreshment together in the Suite. To finish your experience, a results-oriented facial will be provided.

COUPLES JOURNEY

1 hour 50 minutes

Perfect for couples that are looking for a side-by-side spa experience, this treatment offers a full body exfoliation and a customized massage.

In addition, choose from a variety of side-by-side couples massages including Oriental Essence, Therapeutic Massage, Aroma Stone and Aromatherapy.

JOURNEYS

PEACHES AND CREAM

1 hour 50 minutes

This indulgent journey will melt away muscle tension while restoring the body's balance. A skin softening apricot kernel exfoliation prepares the skin for a comforting massage using warm cream and peach oil. The treatment ends with a blissful red clay scalp massage to soothe all the stress away.

PACIFIC OCEAN SKIN REVIVAL

1 hour 50 minutes

A journey to remove dull skin, revive the body and reveal the beautiful and youthful skin beneath. Naturally foaming coconut extract and "moringa" seed deep cleanse while bora bora sand smooths dry, rough skin. Antioxidant-rich malachite protects the skin to prepare the body for a hydrating massage using sweet orange oil.



BODY TREATMENTS

INNER STRENGTH

1 hour 20 minutes

Find relief from the stresses of life. 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.

BODY DETOX AND TONE

1 hour 50 minutes

This treatment combines a body wrap and massage using specific oils to help improve circulation, speeding up the elimination of toxins and excess fluid. Following a body exfoliation, an algae wrap is applied and the scalp gently massaged. After removal of the wrap, a full body massage with Detoxifying Oil takes place. This is the ideal treatment to help cleanse the body and improve the appearance of the skin.

BODY WRAPS

PERSONALIZED BODY WRAP

1 hour 20 minutes

A results driven body wrap tailored to your needs—detoxifying, nourishing and hydrating, for muscular aches and pains. This unique and effective treatment includes skin brushing, exfoliation, and body wrap using either marine mud or algae chosen to suit your specific concerns and a simply soothing scalp massage.



TREATMENT ADDITIONS

QUINTESSENCE BODY SCRUB

20 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.

NOURISHING BODY SCRUB

20 minutes

Exfoliation stimulates cell renewal rates to help reduce the signs of premature aging, improve skin texture and brighten skin. Carefully formulated to exfoliate and moisturize the skin, this effective treatment leaves the skin silkier and smoother than ever before.

EYE LIFT

20 minutes

Perfect for those who are concerned with the first signs of aging around the eyes. This is an effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches.

ANTI-AGING HAND TREATMENT

20 minutes

An intensive anti-aging treatment using shea butter and Vitamin C to help even pigmentation.

SCALP TREATMENT

15 minutes

A deeply therapeutic treatment incorporating red clay to nourish and soothe the hair and scalp.

NEW LIFE

PRE-NATAL MASSAGE

50 minutes or 1 hour 20 minutes

Soothing, gentle pre-natal massage. This treatment is available in the second and third trimester.

PRE- AND POST-NATAL TREATMENT

1 hour 20 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. This total body treatment has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, while helping to hydrate, relax, restore and revitalize.



BODY MESSAGES

ORIENTAL ESSENCE

50 minutes or 1 hour 20 minutes

This massage is a part of 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. The 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.

THERAPEUTIC

50 minutes or 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 energizing massage.

AROMA STONE

50 minutes or 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

50 minutes or 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, while mentally uplifting and clearing the mind.

CALM MIND

45 minutes

Calm Mind is a focused head, neck, shoulders and back massage to release blocked energy from acupressure points in this region, achieving maximum relaxation in a minimum amount of time.



BEAUTY BY MANDARIN ORIENTAL

CUSTOMIZED ESSENTIAL FACIAL

50 minutes or 1 hour 20 minutes

Using techniques and products specifically chosen from ESPA skin care range, your therapist will adapt the treatment to your needs to ensure no matter what your skin type you will receive maximum results.

LIFESTAGE™ INTENSIVE LIFT FACIAL

50 minutes or 1 hour 20 minutes

An age-defying facial that targets all the visible signs of aging. Unique Natural Encapsulation Technology (NET) releases stage-by-stage, ten powerful active ingredients to liberate your skin from signs of stress and strain to prolong cell vitality, safeguard elasticity, look good and feel wonderful.

ENZYME FACIAL

50 minutes or 1 hour 20 minutes

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, radiant complexion. A deep brush cleanse, is followed by an intense enzyme peel containing botanical extracts and pumpkin enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using rose quartz crystals to help cool and calm, a lifting and smoothing mask is applied containing concentrated seaweed extracts, argan oil and menthol, to give your skin a more plumped and firmer appearance.

VITAMIN RENEWAL FACIAL

50 minutes or 1 hour 20 minutes

A nourishing, results-oriented treatment using a patented formula of vitamins with polypeptides to help firm and tighten, even skin tone and soften fine lines and wrinkles. While enjoying the warming mask, an indulgent hand and arm massage completes the treatment. The extended treatment (1 hour 20 minutes) includes a lifting treatment utilizing the NuFace machine for noticeable results. The Vitamin Renewal Facial is appropriate for all skin types and leaves the skin incredibly clean, hydrated and glowing.

ADVANCED SKIN RADIANCE FACIAL

1 hour 20 minutes

Restore skin's vitality and reveal a bright, smooth and radiantly youthful looking complexion with the advanced facial treatment. Suitable for all skin types and ages, this treatment combines a unique cleanser and deep brush cleanse that will gently exfoliate as it melts into the skin. An age-defying and sublimely relaxing massage using rose quartz crystals follows. To complete the facial, a lifting and smoothing mask along with a serum will brighten, firm and even skin tone, leaving your complexion smooth, supple and looking radiantly healthy.

AGE REBEL FACIAL

1 hour 20 minutes

An effective, age-defying facial specifically tailored for men's skin and designed to deliver immediate results. Incorporating a revolutionary professional enzyme peel which contains the highest levels of completely natural fruit acids and AHAs, to dramatically aid tired looking skin and reduce fine lines and wrinkles. Facial includes a deep neck and shoulder massage.

TO FINISH

MANDARIN ORIENTAL PEDICURE

50 minutes

For ultimate grooming of the feet the waterless pedicure includes a skin brushing and exfoliating scrub, lotion application, cuticle clean-up file and polish application. Quenitesece signature products are featured in this pedicure.

MANDARIN ORIENTAL MANICURE

45 minutes

For ultimate grooming of the hands the manicure includes a scrub, lotion application, cuticle clean-up, file and polish application. Quintessence signature products are featured in this manicure.

NOURISHING PEDICURE

50 minutes

Enjoy a nourishing pedicure for tired feet and lower legs. A gentle sugar scrub will refresh the feet and legs followed by hydrating lotion that leave your skin silky soft. The pedicure treatment is completed with nail care and polish of your choice.

NOURISHING MANICURE

45 minutes

A nourishing and hydrating manicure will leave hands feeling supple and velvety to the touch. The manicure is completed with nail care and polish of your choice.

GEL POLISH MANICURE

45 minutes

Gel/shellac removal before any pedicure or manicure will require additional removal time at an additional cost. Please notify Spa Concierge at time of booking.

GEL REMOVAL / SOAK OFF

10 minutes

WAXING

Available upon request.

HALF AND FULL DAY PROGRAMS

ESCAPE

1 hour 50 minutes

Enjoy a dose of the ultimate spa escape.

Choose any 50 minute massage and any 50 minute facial.

WELL-BEING

3 hours 20 minutes

Revitalize your well-being with a half day spa experience.

- Peaches and Cream Journey
- Customized Essential Facial

1 hour 20 minutes

RESTORATION

5 hours 20 minutes

Restore yourself with a full day at the spa.

- Peaches and Cream Journey
- Customized Essential Facial
1 hour 20 minutes
- Mandarin Oriental Pedicure
- Mandarin Oriental Manicure
- Bento Box Lunch

Ask about our customized bridal programs.

FITNESS AND WELLNESS

YOGA

Guests are invited to participate in an intimate yoga class taught by one of Atlanta's top yoga instructors. This Vinyasa Flow Yoga class will link breath to movement and is accessible to all levels. Group and individual sessions are available. Contact The Spa for pricing details and weekly schedule.

PERSONAL TRAINING

Atlanta's expert fitness and wellness professionals are available to help fulfill fitness goals and customize training programs. Contact The Spa for pricing details and to schedule sessions.

SPA MEMBERSHIP

The Spa at Mandarin Oriental, Atlanta's exclusive membership is designed to meet the fitness and wellness needs of our local community. The Spa provides Atlanta residents with an impressive atmosphere in a serene and contemporary setting, offering a fully equipped fitness center with the latest in cardio and resistance training equipment.

Along with unlimited access to the Fitness Center, Spa members receive access to the Spa's locker room, heat and water facilities, complimentary valet parking, 20% discount on spa services Monday–Thursday and 10% off retail products. Please contact The Spa for additional benefits and pricing details.

SPA FACILITIES

- Fitness Center outfitted with Technogym cardio and strength equipment
- Indoor 60-foot saline water lap pool
- Yoga Studio
- Fully equipped men's and ladies locker rooms
- Relaxation areas for men and women

To schedule fitness and wellness sessions, or for more information regarding spa membership, please call +1 (404) 995 7526 or email moatl-spa@mohg.com.

PRICE LIST

| | | Weekday Monday–Thursday | Weekend * Friday–Sunday |
|----------------------------------|--------------------|----------------------------|----------------------------|
| SUITE EXPERIENCES | | | |
| Couples Retreat | 3 hours 50 minutes | 1,240 per couple | 1,300 per couple |
| Couples Journey | 1 hour 50 minutes | 570 per couple | 620 per couple |
| JOURNEYS | | | |
| Peaches & Cream | 1 hour 50 minutes | 275 | 300 |
| Pacific Ocean Skin Revival | 1 hour 50 minutes | 275 | 300 |
| BODY MASSAGES | | | |
| Oriental Essence | 50 minutes | 140 | 160 |
| | 1 hour 20 minutes | 190 | 210 |
| Therapeutic Massage | 50 minutes | 150 | 170 |
| | 1 hour 20 minutes | 200 | 220 |
| AromaStone | 50 minutes | 140 | 160 |
| | 1 hour 20 minutes | 190 | 210 |
| Aromatherapy | 50 minutes | 140 | 160 |
| | 1 hour 20 minutes | 190 | 210 |
| Calm Mind | 45 minutes | 135 | 155 |
| SPECIALIZED FACIALS | | | |
| Customized Essential Facial | 50 minutes | 145 | 165 |
| | 1 hour 20 minutes | 195 | 215 |
| Lifestage™ Intensive Lift Facial | 50 minutes | 155 | 175 |
| | 1 hour 20 minutes | 205 | 225 |
| Enzyme Facial | 50 minutes | 155 | 175 |
| | 1 hour 20 minutes | 205 | 225 |
| Vitamin Renewal Facial | 50 minutes | 155 | 175 |
| | 1 hour 20 minutes | 205 | 225 |
| Advanced Skin Radiance Facial | 1 hour 20 minutes | 210 | 230 |
| Age Rebel Facial | 1 hour 20 minutes | 205 | 225 |
| NEW LIFE | | | |
| Pre-Natal Massage | 50 minutes | 140 | 160 |
| | 1 hour 20 minutes | 190 | 210 |
| Pre- and Post-Natal Treatment | 1 hour 20 minutes | 200 | 220 |

* Includes holidays. A 20% service charge will be added to your final bill for all services. Prices and services listed are subject to change.

| | | Weekday Monday–Thursday | Weekend * Friday–Sunday |
|----------------------------|--------------------|----------------------------|----------------------------|
| BODY TREATMENTS | | | |
| Inner Strength | 1 hour 20 minutes | 200 | 220 |
| Body Detox & Tone | 1 hour 50 minutes | 275 | 300 |
| BODY WRAP | | | |
| Personalized Body Wrap | 1 hour 20 minutes | 200 | 220 |
| TREATMENT ADDITIONS | | | |
| Quintessence Body Scrub | 20 minutes | 75 | 80 |
| Nourishing Body Scrub | 20 minutes | 75 | 80 |
| Eye Lift | 20 minutes | 50 | 55 |
| Anti-Aging Hand Treatment | 20 minutes | 50 | 55 |
| Scalp Treatment | 15 minutes | 35 | 40 |
| TO FINISH | | | |
| Mandarin Oriental Pedicure | 50 minutes | 75 | 80 |
| Mandarin Oriental Manicure | 45 minutes | 60 | 65 |
| Nourishing Pedicure | 50 minutes | 75 | 80 |
| Nourishing Manicure | 45 minutes | 60 | 65 |
| Gel Manicure | 45 minutes | 75 | 80 |
| Gel Removal / Soak Off | 10 minutes | 25 | 25 |
| Waxing | | Available upon request | |
| PROGRAMS | | | |
| Escape | 1 hour 50 minutes | 275 | 315 |
| Well-Being | 3 hours 20 minutes | 450 | 495 |
| Restoration | 5 hours 20 minutes | 585 | 640 |

* Includes holidays. A 20% service charge will be added to your final bill for all services. Prices and services listed are subject to change.

TERMS AND CONDITIONS

THE SPA

Designed as an oasis of serenity in the heart of the city, The Spa at Mandarin Oriental, Atlanta offers a range of highly effective treatments and therapies. All delivered by our excellent team of experienced therapists, your spa experience awaits you.

Prior to your spa treatment, we offer each guest the chance to experience our heat and water facilities in order to soothe muscles and prepare the body for the therapeutic journey that lies ahead. Then, following a consultation with your therapist, your personalized treatment will begin. Afterwards, take time to relax by our 60-foot indoor lap pool.

OPENING HOURS

The Spa

| | |
|-------------------------|---------------|
| Monday–Thursday | 10am–7pm |
| Friday and Saturday | 9am–7pm |
| Sunday | 9am–6pm |
| Fitness and Indoor Pool | 5:30am–9:30pm |

SPA ARRIVAL

We encourage you to arrive at the Spa a minimum of 30 minutes prior to your first scheduled appointment. This allows us to welcome and introduce you to the spa facilities. It also allows you ample time to enjoy the spa's fitness center, indoor pool and heat experiences. Arriving late will simply limit the time of your treatment.

CANCELLATION POLICY

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

SPA ETIQUETTE

Our spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your cellular phones, as well as respecting the serenity of the environment.

AGE REQUIREMENT

The minimum age requirement for access to The Spa and Fitness Center is 18 years old.

SERVICE CHARGE

For your convenience, a 20% service charge will be added to your final bill for each service.

ADVANCE BOOKINGS

We highly recommend booking your treatments in advance to ensure your preferred time and service are available.

HEALTH CONDITIONS

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

PREGNANCY

Please let our Spa Concierge guide you in selecting suitable treatments which have been specially designed with your wellbeing in mind during this special time. Treatments are available after the first trimester.

GIFT CARDS

An ideal gift for spa enthusiasts, gift cards are available at Spa reception or via mandarinoriental.com

SPA BOUTIQUE

To continue your spa regimen at home, all Spa products used in the treatments and services are available in our Spa Boutique, as well as a variety of gifts, jewelry and apparel.