

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 five body oils, five 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 RITUALS™

1 hour 50 minutes or 2 hours 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.

JET LAG **1 hour 20 minutes**

Jet lag is an unavoidable side effect of air travel that can throw you off balance for days. Luckily, The Spa at the Mandarin Oriental London seems to have found a cure for the ailments of long-distance flights. The Hotel's newly redesigned spa offers a jet lag massage that's designed to help weary travelers regain balance and physiological harmony. Therapists use special healing techniques to expel tension, fatigue and toxins using personalized blends of Mandarin Oriental Signature oils.



JOURNEYS

JEWEL IN THE PARK 1 hour 50 minutes

A wonderful healing and regenerating treatment, starting with a welcoming foot ritual and a full body scrub with warming ginger, uplifting mandarin and sacred frankincense to prepare the body for the crystal body massage. A crystal will be chosen by the guest to determine which area of tension the therapist will concentrate on.

ENGLISH ROSE 1 hour 50 minutes

English rose is known for its beautiful fragrance and its calming and uplifting effects on the body, using the influence of rose during the whole treatment experience. Beginning with a foot ritual, guests are then treated to a rose infused poultice massage before richly scented essential oils are massaged into the hair and scalp to release stress and tension.

BODY MASSAGES

ORIENTAL ESSENCE 1 hour 20 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 centers 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.

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.

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 SHELL RELAX 1 hour 20 minutes

A complete calming massage, warm tiger clam shells are worked over the body, focusing on pressure points that include the feet, legs, back and shoulders. All signs of stress and muscle tension are eased and the body's energy flow is restored, providing a sense of balance to the entire body and mind.



BODY TREATMENTS

AROMATHERAPY ASSOCIATES

BODY LIFT AND SCULPT 1 hour 20 minutes

A treatment that offers immediate visible results, improving skin tone, texture, fat cell reduction, rejuvenation, skin tightening and body contouring. The TriPollar machine uses the latest radio frequency technology for a highly effective non-surgical solution to a better body. Treatment includes TriPollar body lift and a detoxifying massage working on the areas of concern. For long term results we recommend a course of treatments.

SODASHI

MARINE ANTI CELLULITE WRAP 1 hour 20 minutes

An invigorating exfoliation combining finely ground pumice and volcanic clay starts your treatment, followed by a beautiful body wrap using a warm body mask, rich in carefully selected marine extracts, plant essences and algae, all working in perfect synergy. The mask is used to stimulate the lymphatic system and assist in the removal of accumulated toxins which are the common cause of cellulite.

REFINE AND COMFORT WRAP 1 hour 20 minutes

A complete rejuvenating body therapy, beginning with an exfoliation using Jojoba bead body polish, followed by the refining body mask, rich in French Pink Clay and herbal extracts, actively firms, tones and comforts the condition of the skin. Whilst blissfully enveloped, a cleanse and exfoliation to the face is performed leaving the skin refreshed and nourished. A scalp massage completes the feeling of total relaxation. A beneficial treatment for scar tissue and stretch marks, suitable during and after pregnancy.



NEW LIFE

ROSE PREGNANCY TREATMENT 1 hour 50 minutes

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment. The Treatment includes relaxing and rejuvenating full scalp and facial massage. Products are layered onto the body to ensure complete hydration.

ROSE INDULGENCE MATERNITY MASSAGE

1 hour 20 minutes

A pregnancy massage that uses the healing benefits of rose oil to balance hormones, even emotions and rejuvenate the skin. Using techniques designed to improve lymphatic drainage and help reduce swelling and discomfort. This treatment is performed on a pregnancy comfort cushion, using only all natural ingredients.

SPECIALIST THERAPIES

REIKI 1 hour 50 minutes

Reiki is an energy that works on one's physical and mental conditions to improve body and mind for good health.

CRANIO SACRAL THERAPY 1 hour 50 minutes

Stillness Ritual is a gentle yet extremely powerful treatment that begins with a welcome foot ritual to alleviate fatigue and melt away stress. This is followed by a tailor-made massage or personalised facial during which our therapists will "listen" with their hands to the rhythms, pulls and pulsations from deep within your body's core, before lulling you into a state of stillness through the gentle manipulation of the head and body.

REFLEXOLOGY 50 minutes or 1 hour 20 minutes

Reflexology is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands. Pressure is applied to the feet and hands with specific thumb, finger and hand techniques without the use of oil or lotion, the premise is that such work effects a physical change to the body.



SPA PROGRAMMES

The following Programmes include use of the Fitness Suite, Swimming Pool and the Spa's Heat and Water Facilities, consisting of a Sanarium, Amethyst Crystal Steam Room, Vitality Pool and Zen Colour Therapy Relaxation Area for you to use prior to your treatments.

FULL DAY PROGRAMMES

COMPLETE HARMONY 4 hours 20 minutes

Take time to be present in the moment and restore your inner balance. This complete head to toe experience can be tailored to your specific needs. The full day programme includes a light lunch in our private fitness lounge or you may upgrade to have a 3 course lunch in Bar Boulud.

- Welcoming Foot Ritual
- Body Balance Salt Therapy
- Choice of Marine Anti Cellulite or Refine and Comfort Wrap
- Choice of Oriental Essence Massage or Aroma Shell Relax Massage
- Customised Aromatherapy Facial
- Light lunch

HALF DAY PROGRAMMES

MANDARIN ORIENTAL EXPERIENCE 2 hours 50 minutes

Inspired by our oriental origins and designed to express the therapeutic benefits of our spa products, this holistic experience will uplift your mind, energise your body and replenish your skin.

- Welcoming Foot Ritual
- Mandarin Oriental Signature Spa Therapies
- Oriental Radiance Facial

TOP TO TOE RITUAL 2 hours 50 minutes

Designed to give immediate results to your skin and ease muscle tension. Optional upgrade of Revive Oxygen is recommended for best results.

- Quintessence Body Scrub
- Oriental Essence Body Massage
- Couture Facial

TEA AND THERAPY 1 hour 50 minutes OR 2 hours and 50 minutes

Indulge in an afternoon of complete decadence and pampering:

- 1 hour 50 minute or 2 hour 50 minute Time Ritual
- Afternoon Tea



SPECIALISED FACIALS

LINDA MEREDITH

Linda Meredith has worked in the beauty industry for over 40 years. Chemicals, preservatives and hormones are now part of our everyday life and have had a dramatic effect on our skin. The Linda Meredith skincare range was developed to deal with skin problems and not skin types. The products work to increase hydration levels and help to slow down the ageing process, along with removing unnecessary chemicals such as parabens and safe to use during pregnancy. The concept is to feed the skin with essential ingredients. The results speak for themselves.

COUTURE FACIAL 1 hour

The reputation of Linda Meredith's beauty treatments and expertise has been globally recognised for over 20 years. Our therapist will thoroughly assess your skin and select a unique combination of products for an immediate improvement. A luxurious massage will feed the skin with encapsulated vitamins and essential nutrients to increase hydration, leaving you looking fresh and flawless.

Additions to treatment:

Youthful Oxygen 20 minutes

Revive Oxygen 20 minutes

Regenerating Collagen 20 minutes

REVIVE OXYGEN 50 minutes

A unique Oxygen serum has been specifically formulated using the best ingredients to compliment the infusion of nature's most powerful healing element, oxygen. A perfect remedy to rebuild damaged skin and smooth and plump the cells for an immediate younger looking complexion. Ideal for dark circles, fine lines and uneven skin tone.

For best results combine with COUTURE FACIAL. Course of 6 treatments recommended.

YOUTHFUL OXYGEN 50 minutes

Taking the oxygen facial to the next level of anti-aging, this natural alternative solution to botox uses the advantage of VTOX, a unique botanical fusion, designed specifically to relax and soften fine lines and wrinkles.

For best results combine with COUTURE FACIAL. Course of 6 treatments recommended.



SPECIALISED FACIALS

REGENERATING COLLAGEN 50 minutes

Using the exceptional hydration and anti-aging properties of natural collagen. Collagen aids to reduce redness and skin irritation, boosts even skin tone and texture, promoting a more vibrant and youthful looking skin.

ORIENTAL RADIANCE 50 minutes

A luxurious holistic facial using the Linda Meredith skincare products using warm mitts to cleanse the skin. An Enzyme peel of papaya and pineapple will dissolve dead skin cells, allowing better absorption of vitamins and essential nutrients. A relaxing massage to the face, neck and shoulders will help to improve circulation leaving the skin radiant.

SODASHI FACIAL

Sodashi seeks to nurture and celebrate each individual's unique beauty. Every time you use Sodashi, it serves as a reminder that you are beautiful, that you are appreciated and that you are worthy of a nourished life.

An elevated natural experience, Sodashi takes a holistic approach to beauty that transcends skincare; it is a total experience that works to nurture the mind, body, spirit and emotions. Our extraordinarily unique formulas and exceptional ingredients deliver.

SAMADARA ILLUMINATING AGE-DEFYING FACIAL 1 hour 20 minutes

Using a sequence of timeless, anti-ageing Ayurvedic healing techniques designed to re-awaken your skin's youthful memory. With natural lifting and rejuvenating properties, this intensely hydrating and nourishing treatment increases firmness and elasticity, drastically diminishes the appearance of fine lines and restores a youthful glow. Warm rose quartz crystals massage your face, enabling your powerful Samadara™ Ultimate Age Defying Crème to penetrate deeply into the skin for the maximum benefits.

THERMAL INFUSION MASK ADDITION 30 minutes

A warm infusing mask will maximise the penetration of essential vitamins and minerals into the deeper layers of the skin, ensuring a lasting effect.



SPECIALISED FACIALS

AROMATHERAPY ASSOCIATES

Aromatherapy Associates focuses on mindful beauty and addressing individual's specific concerns whilst embarking on a sensory journey to enhance wellbeing. Essential oils have therapeutic benefits and Aromatherapy Associates worked on delivering award-winning luxury bath, body and skincare products that work on a deeper level to allow a natural radiance and beauty to shine through.

CUSTOMISED AROMATHERAPY FACIAL 80 minutes

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

AROMA LIFT FACIAL 1 hour 20 minutes or 1 hour 50 minutes

This facial tones facial muscles, addresses fine lines and rehydrates skin, giving an overall toned, firm and lifted look and feel. Using a sophisticated Micro current, the muscles of the face and neck are re-educated. Focusing on any areas of concern, lifting the eyes, forehead and lower face, the micro current leaves skin totally radiant and glowing. The application of an enzymatic peel brightens the complexion followed by lymphatic drainage, micro circulation and lifting moves are then carried out to tone the skin. This is followed by intense hydration to leave the skin firm and nourished.



SPECIALISED FACIALS

CARITA

The anti-ageing specialist based on cutting-edge, avant-garde technology, CARITA represents unostentatious "glamour", marked by refinement, sophistication and simplicity, which is subtly found in the substance and texture of the products.

DIAMOND HOLISTIC OR GOLD HOLISTIC 1 hour 20 minutes

A truly luxurious treatment with unrivalled anti-ageing results. The treatment uses products which contain a fusion of plants and Diamond or Gold to prolong the youth of your skin. The treatment begins with a welcoming foot ritual, a back, shoulder and scalp massage. Followed by an in-depth relaxing, targeted face and décolleté massage.

CINETIC LIFT EXPERT FACIALS

CINETIC™ LIFT EXPERT Treatments Tailored expert solutions dedicated to individual skin concerns, CINETIC™ LIFT EXPERT treatments truly deliver the ultimate results in correcting, lifting and firming. The alternative to cosmetic surgery. The world's first ever combination of micro-currents, ultrasound and LED futuristic technologies, for dramatic visible results after just 1 treatment.

PRECIOUS DIAMOND 1 hour 20 minutes

With a Fusion of Plants and Diamonds to stimulate cell renewal.

This exquisite treatment uses unprecedented products which contain a fusion of plants and Diamond to stimulate cell renewal and prolong the youth of the skin with a new lease of life. Intensely transformed, skin is deeply regenerated and visibly flawless and firmer, with ultimate clarity and luminosity.

GOLD PERFECTION 1 hour 20 minutes

With Mineral Gold to reawaken the skins' youthfulness.

This truly radiance-inducing treatment leaves the facial contours firmer and even-toned thanks to CARITA's bespoke anti-ageing massage techniques and Mineral Gold to leave the skin glowing.

Additions to treatment

Renovateur Scrub 15 minutes



EXPRESS TREATMENTS

EXPRESS FACIAL 30 minutes

Allow your skin to be rejuvenated by this express facial which is customised by your therapist to suit your individual needs.

BACK, NECK & SHOULDER MASSAGE 30 minutes

A targeted back, neck and shoulder massage which is customised by your therapist to suit your individual needs.

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.

EXPRESS BODY LIFT 50 minutes

A non-surgical solution for immediate visible results of improved skin tone and texture. The Body lift and Sculpt is a result-driven treatment suitable for guests concerned with toxicity levels and poor skin texture.

Results include fat cell reduction, rejuvenation, skin tightening and body contouring.

The Body lift and Sculpt can be booked as an addition with any other treatment.



GENTLEMEN ESSENTIALS

TIME FOR MEN 1 hour 50 minutes or 2 hours 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. An in-depth consultation will determine your individually created experience.

THERAPEUTIC MASSAGE 1 hour 20 minutes

Aiding the body in strength and mobility the therapeutic massage helps dissolve aches and strains. Oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energising massage, and static stretches and heated pads allow the removal of toxic build up and muscular tension.

POWER CLEANSE FACIAL 1 hour 20 minutes

This facial deeply cleanses and brightens the complexion, and is perfect for problem skin that requires deep cleansing, healing and hydrating. An effective 'galvanic current' allows for an intense, deep cleanse that penetrates deep into the pores, drawing out impurities that cause skin congestion. The skin is hydrated to plump out any fine dehydration lines and give the complexion radiance. To complete the facial a high frequency current is used to specifically clear, heal and prevent frustrating skin breakouts.

COUTURE FACIAL 1 hour

The reputation of Linda Meredith's beauty treatments and expertise has become a talking point with celebrities across the world for over 20 years. Our therapist will thoroughly assess your skin and select a unique combination of products for an immediate improvement. A luxurious massage will feed the skin with encapsulated vitamins and essential nutrients to increase hydration, leaving you looking fresh and flawless.



NEW AT THE SPA AT MANDARIN ORIENTAL LONDON

VOYA

A voyage of discovery and innovation; VOYA has gained reputation for being the first genuinely organic seaweed-based cosmetic company in the world. By bringing local knowledge of the therapeutic properties of wild seaweed to highly skilled cosmetic scientists, marine biologists and dermatologists from around the world, VOYA offers a range of chemical-free beauty and skincare products.

SEAWEED LEAF WRAP 1 hour 20 minutes

A complete detoxifying therapy that uses real organic seaweed leaves to scrub and wrap your body. The treatment helps to stimulate the blood and lymph flow, leaving also firmer and softer skin.

The whole body is covered in luminaria seaweed, leaving instant result after the treatment.

TANGLE ME UP BODY WRAP 50 minutes

Perfect wrap for skin hydration and relax tired muscles, relieve stress and fatigue. It tones and firms the skin and helps against the signs of ageing and cellulite. Includes a full body brushing to increase circulation and aid penetration of the potent anti-oxidant seaweed gel.

WARM SPICED MUD WRAP 50 minutes

Seaweed taken fresh from the ocean is combined with purifying elements encapsulated in the Warm Spiced Mud Wrap (includes potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon).

Definitely a results-driven treatment, this wrap has immediately noticeable effects on the skin, including firming and toning. A serious detoxifier, metabolism stimulator and natural anti-ageing boost.



NEW AT THE SPA AT MANDARIN ORIENTAL LONDON

ORGANIC RADIANCE FACIAL 50 minutes (30 minutes add on option)

Incredible skin specific organic facial, deeply detoxifying, revitalise the skin tone and increase clarity. Incorporate a relaxing facial massage, improve radiance and restore glowing complexion.

The therapist will tailor make the treatment to your skin's specific needs. Using a combination of gentle exfoliators, serums and masks the skin will be purified, nourished and perfectly balanced.

ORGANIC SCRUB 50 minutes

Organic Lavender and Seaweed Sugar Glow (fragrant mix of lavender oil, seaweed and sugar).

Has a double action of gently removing the dead skin cells with sugar and healing with the seaweed extracts and lavender essential oils.

or

Organic Peppermint and Seaweed Sugar Glow (mix of organic peppermint leaf, seaweed and sugar).

Has a double action of gently removing the dead skin cells with sugar while the peppermint essential oil leave an uplifting effect.



RUBEN TABARES WELLNESS & LIFESTYLE

Ruben Tabares specialises in all round wellness. He is currently one of the world's most in-demand strength and conditioning coaches offering a more holistic and personalised approach to helping you achieve your individual goals. Employing unorthodox methods to achieve immediate and noticeable results and lending advice on nutrition, diet, and physiological best practice, Ruben's professional insight, experience with some of the most successful athletes in the world, and his nurturing and supportive approach make him the ideal solution to all of your fitness needs.

MEMBERSHIP

Mandarin Oriental Hyde Park, London's exclusive Fitness membership is designed to meet the fitness, wellbeing and lifestyle needs of our guests. Hidden behind the red brick facade, in the bustling heart of Knightsbridge, is a fully equipped fitness facility with cardio and resistance training, Kinesis Vision unit that is time efficient and results oriented and a stunning indoor lap pool with lap time feature. Our dedicated and fully qualified staff will cater to your needs through our New Beginning Programme, as with our other services and benefits.

PREMIUM

Monthly Follow-up on goals consultation with Ruben Tabares
One personal training session per month
One spa treatment of your choice per month

PLATINUM

Monthly Follow-up on goals consultation with Ruben Tabares
Four personal training sessions per month
Four spa treatments of your choice per month

MEMBERSHIP FEES

PREMIUM	-	6 month membership	£3,950
		12 month membership	£7,500
		12 month joint membership	£13,500
PLATINUM		6 month membership	£11,000
		12 month membership	£21,000
		12 month joint membership	£38,000



RUBEN TABARES WELLNESS & LIFESTYLE

INTRODUCTORY OFFERS

- New Member Wellbeing and Fitness Welcome Kit: Spa and Fitness Goodies and accessories
- Starting Global Holistic Assessment with Ruben Tabares
- Beauty consultation with our spa treatment manager
- Two nights' complimentary stay at Mandarin Oriental Hyde Park, London
- Complimentary two hours Mandarin Oriental Signature Spa Therapies Treatment

ON-GOING PRIVILEGES DURING MEMBERSHIP

- Complimentary Valet Parking (3 hours' maximum per visit)
- Complimentary cleaning of gym attire
- Full access to the heat and water oasis, the fitness centre and swimming pool
- Complimentary access to group classes
- Full access to the business centre
- Complimentary use of the private lounge, subject to availability
- Invitation to exclusive events and activities taking places both at the spa and fitness
- Complimentary upgrade on all hotel bookings, subject to availability
- Preferential booking at the hotel's restaurants
- Six complimentary day passes per year
- 15% discount on spa treatments and sport activities, SPA and Fitness Boutique
- Special benefits and discount with preferred partners The Organic Delivery Company and the Organic Pharmacy



RUBEN TABARES WELLNESS & LIFESTYLE

WELLNESS A LA CARTE BY RUBEN TABARES

LIFESTYLE & WELLNESS MANAGEMENT

Ruben Wellness assessment	90 minutes	£600
Comprehensive Wellness assessment	2 hours 30 minutes	£750
Nutrition consultation	60 minutes	£250
Acupuncture consultation	60 minutes	£250

INDOOR & POOL ACTIVITIES

Circuit training	60 minutes	£150
Strength training	60 minutes	£150
Boxing	60 minutes	£150
High intensity training	30 minutes	£80
Assisted MO stretch	30/60 minutes	£80/£150
Personalised training session	60 minutes	£150
Swimming lesson	60 minutes	£160
Aqua running	60 minutes	£160

OUTDOOR ACTIVITIES

Boxing	60 minutes	£160
Sprint training	60 minutes	£160
Dynamic training	60 minutes	£160
Hyde Park Parkour	90 minutes	£250
Nordic walking	90 minutes	£220
Football training	90 minutes	£220
Plyometric games	60 minutes	£160

MIND & BODY RELAXING ACTIVITIES

Yogalates	60 minutes	£200
Yoga	60 minutes	£200
Pilates	60 minutes	£200
Outdoor walking yoga	60 minutes	£220
Guided meditation	60 minutes	£200



PRICE LIST

Mandarin Oriental Signature Spa Therapies

Time Rituals

Oriental Harmony

Jet Lag

£240

£240/£360

£360

£165

JOURNEYS

Jewel in the Park

English Rose

£210

£210

BODY MASSAGES

Oriental Essence

Aromatherapy Massage

Therapeutic Massage

Aroma Shell Relax

£155

£155

£165

£155

BODY TREATMENTS

Aromatherapy Associates Body Lift and Sculpt

Sodashi Marine Anti-Cellulite wrap

Sodashi Refine and Comfort wrap

£180

£180

£170

NEW LIFE

Ultimate Rose Pregnancy Treatment

Rose Indulgence Maternity Massage

£210

£155

FACIALS

Linda Meredith couture Facial

Revive Oxygen

Youthful Oxygen

Regenerating Collagen

Oriental Radiance

CARITA Diamond/Gold Holistic

CARITA Precious Diamond

CARITA Gold Perfection

CARITA Renovateur Scrub

Sodashi Samadara

Aromatherapy Associates

Customised Aromatherapy Facial

Aroma lift facial

£150

£135

£150

£120

£130

£220/£240

£240

£260

£45

£200

£155

£165/220

Additions to Linda Meredith Couture Treatment

Youthful Oxygen

Revive Oxygen

Regenerating Collagen

Additions to Sodashi Samadara

Thermal Infusion mask addition

£85

£70

£55

£50



PRICE LIST

FULL DAY PROGRAMME

Complete Harmony £500

HALF DAY PROGRAMME

Mandarin Oriental Experience £325

Top to Toe Ritual £325

Tea & Therapy £270/385

GENTLEMEN ESSENTIALS

Time for Men £240/£360

Therapeutic Massage £165

Power Cleanse Facial £165

Couture Facial £150

EXPRESS TREATMENTS BY AROMATHERAPY ASSOCIATES

Express Facial £55

Back, Neck & Shoulder Massage £55

Quintessence Body Scrub £55

Express Body Lift £125

VOYA TREATMENTS

Seaweed leaf wraps £180

Tangle me up body wrap £135

Warm spiced mud wrap £135

Organic radiance facial £135

Add on 30 minutes £65

Organic scrub

Organic Lavender and Seaweed Sugar Glow £135

Organic Peppermint and Seaweed Sugar Glow £135



TERMS & CONDITIONS

OPENING HOURS

Monday-Friday 9:00am – 10:00pm

Saturday-Sunday 9:00am – 9:00pm

CANCELLATION POLICY Cancellations or no shows within 24 hours 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. Gift certificates are non-refundable and non-transferable.

ADVANCE BOOKINGS We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Spa treatment experiences are a minimum of 1 hour and 20 minutes Monday to Thursday and 1 hour and 50 minutes Friday to Sunday.

SPA ETIQUETTE Our Spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity.

SPA ARRIVAL We recommend that you arrive at the Spa Reception at least 45 minutes prior to your scheduled appointment. Using the Amethyst Crystal Steam Room, Sanarium, Vitality Pool and the Zen Colour Therapy Relaxation Area before beginning your treatment. This will allow you to reach optimum relaxation and gain the full benefit of your spa experience.

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, injuries or treatments when making your spa reservation.

PREGNANCY We have specially designed treatments for expectant mothers in their second and third trimesters. Please allow the Spa Concierge to guide you in selecting which treatments are most suitable for you during this special time.

LOSS OR DAMAGE We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in the safe provided in your locker during your visit.

SPA PACKAGES Information on special Spa packages can be obtained by contacting the Spa Concierge on +44 (0)20 7838 9888.

LIFESTYLE BOUTIQUE To continue your spa regime at home, all Spa products used in treatments are available from the Lifestyle Boutique on departure.

