

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.



Welcome Tea





Tepidarium Chairs

Engulfed in a haven of serenity, you quickly forget you are in the heart of Hong Kong. The Oriental Spa's tranquil, meditative setting allows you to embark on a personalised journey towards wellbeing and relaxation. Immerse yourself in an oasis of heat and water. In separate male and female areas, enjoy Experience Showers, Ice Fountains, Vitality Pools and Tepidarium Chairs. Ladies can also relax in a Laconium, Rasul, and Amethyst Crystal Steam Room, whilst gentlemen delight in a Hamam, Tropical Rain Sauna and Dry Sauna.



Vitality Pool



Rasul

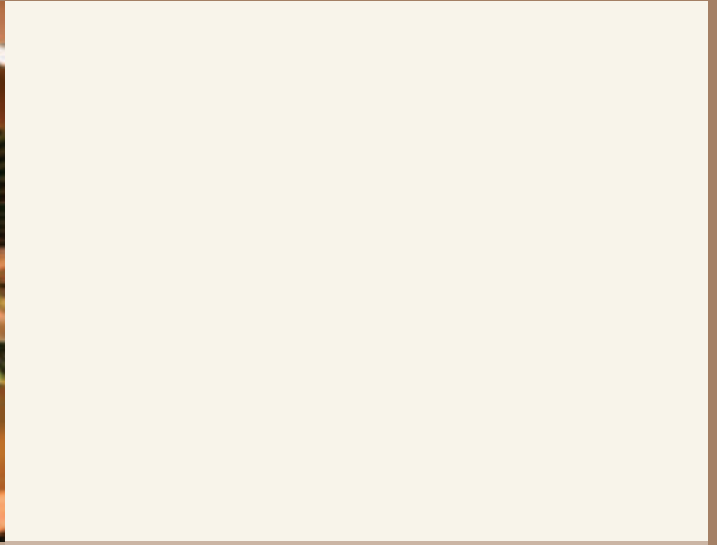
Gentle music encompasses you, therapeutic lighting surrounds you and herbal tea infusions are specially prepared. Your mind floats. Your body lets go. Peace reigns.



Drawing on world-inspired therapies, treatments and philosophies that 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.



Foot Ritual
Sanctuary Suite



Designed with sheer luxury and relaxation in mind, the beautiful treatment rooms and the Sanctuary Suite provide the ideal haven for privacy, indulgence and personalised service.

Sanctuary Suite



Indoor Heated Swimming Pool

Our 18 metre indoor heated swimming pool, a superb addition to The Oriental Spa. The most centrally located pool in Hong Kong.

Our fitness centre, the city's most exclusive, offers state-of-the-art equipment from the Life Cycle signature series, from the latest treadmills and cross-trainers, to a comprehensive selection of weights machines and free weights.

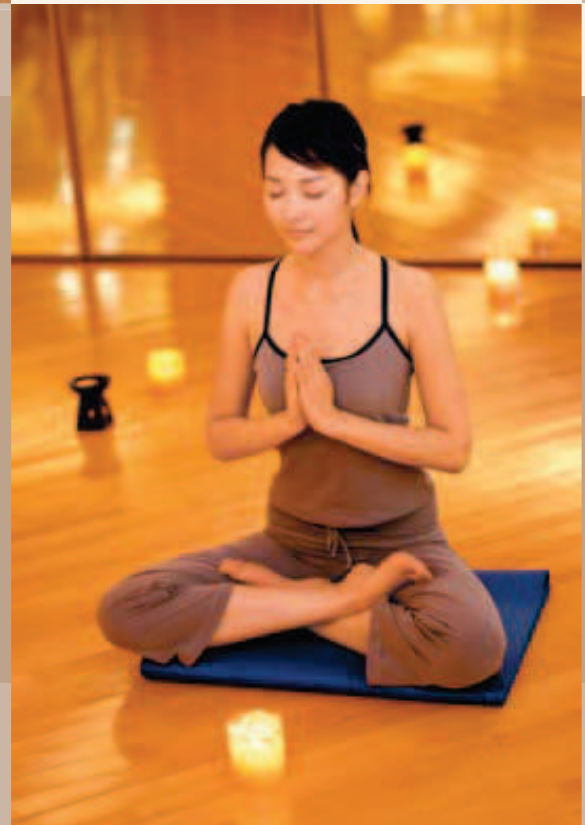


Fitness Centre



Yoga Studio

Awaken your inner senses with authentic classes taught by yoga masters schooled in the Indian traditions of this ancient practice. We offer a wide variety of classes in Ashtanga and Hatha Yoga for all levels in our Yoga studio.



Our dedicated Pilates studio, the first of any hotel in Hong Kong, is fully equipped with tailor-made equipment from a balanced body gyrotonic pulley tower to a trapeze/reformer combination.





After a work-out, what better than light spa cuisine or a cup of holistic tea in the tranquil surroundings of the casual pool dining area.





Mandarin Oriental's Signature Spa Therapies have been devised to address guest's increasing desire for simple, effective and authentic spa experiences.

You can also choose from a wide selection of Mandarin Oriental Signature Spa products and gifts available for purchase.



Unique to Hong Kong, The Oriental Spa at The Landmark Mandarin Oriental 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 products 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

2 hours

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 aroma therapists, 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™

2 hours / 3 hours

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

2 hours

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.



SUITE EXPERIENCES

Our private Spa Suite allows guests to embrace nature in a private, healing sanctuary. Our expert therapists provide advice on the length and choice of treatments for each suite experience. Our suite experience includes time to enjoy our Oriental Herbal steam shower and time to relax on our Thai Futon where you can enjoy our delicious tea and a selection of seasonal fresh fruits.

MANDARIN ORIENTAL

3 hours

SIGNATURE SPA THERAPIES EXPERIENCE

Mandarin Oriental's Signature Spa Therapies begin with a relaxing bath using Mandarin Oriental's Quintessence Bath Oil, and includes a healthy snack individually prepared according to each guest's nutritional needs.

ROMANCE

3 hours

What better way to reconnect than with a romantic spa journey. Let your stress melt away in our couples steam shower, where a blend of Pu'er tea leaves, Chrysanthemum and Ginseng is provided for you both to prepare your skin for your journey. A foot ritual is followed by your body being immersed in a bath infused with the heady aroma of Ginseng, fenugreek and Ylang Ylang. An individually tailored massage using Rose Quartz often called the "Love Stone" due its energetic hallmark of unconditional love that opens the heart chakra.

SANCTUARY HAVEN

4 hours

This heavenly treatment is created around balancing the mind, body and spirit. The 7 stones related to each chakra are incorporated at different stages of your treatment. Treatment includes a bath, a full body massage and a facial treatment suited to your needs. A chakra stone will be presented to you for you to take home at the completion of your treatment.

JOURNEYS

REVIVE & BOOST JOURNEY

2 hours

Through utilizing the potent effects of specific massage techniques, this package aims to enhance circulation, reduce stress and encourage the process of detoxification through heat and steam within the Rasul Chamber. The Package includes a deeply stimulating Lymphatic Drainage Massage, a traditional back, neck and shoulder massage to release natural muscle tension and an invigorating Rasul treatment.

AROMASTONE BODY BALANCE

2 hours

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. This intense and deeply relaxing massage is combined with our signature mini facial for an experience that truly soothes the mind and body.



BODY MESSAGES

ORIENTAL ESSENCE

1 hour / 1 hour 30 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. Utilizing our Signature Quintessence oil blended with warming ginger, uplifting mandarin and sacred frankincense all come together to realign the mind and emotions.

THERAPEUTIC

1 hour / 1 hour 30 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.

AROMATHERAPY

1 hour / 1 hour 30 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.

CHINESE MERIDIAN

1 hour / 1 hour 30 minutes

Focus is on acupressure points and directional flow of the Qi in the body. Chinese Meridian Massage is more than a system of relaxation and tension release. The attention is on the subtle energy channels which influence the Qi in the organs on a deeper level, helping to treat many conditions.

LYMPHATIC DRAINAGE

1 hour / 1 hour 30 minutes

The lymphatic system is key in helping rid the body of any toxins that may cause illness. This massage stimulates the lymphatic system to encourage detoxification, reduce water tension and create a feeling of healthy wellbeing.

THAI

1 hour / 1 hour 30 minutes

Performed wearing loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalise body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.



BODY WRAPS

ROSE HYDRATING COCOON

1 hour 30 minutes

This treatment comprises a deep-moisturizing body wrap treatment including a full body scrub that softens and revitalises skin, followed by a full-body wrap with Rich Rose Oil and Rose Body Creams of Damask Rose, Roman Chamomile and Neroli to nurture the skin. A relaxing scalp massage completes this unique pampering experience.

ENRICH BODY TREATMENT

1 hour 30 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 the circulation. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels, while a freshwater facial mud mask and a mineralizing marine algae body mask are applied to truly soften the skin. A rich cream application follows, using the calming blends of tuberose, ylang ylang and vanilla. Finally a scalp massage dissolves tension and stress while velvety body butter helps to protect the skin from the elements. Your skin has never felt so amazing.

AQUA EXPERIENCES

RASUL (Private or Group of 2-4 people)

1 hour

For Ladies Only

A luxurious skin smoothing treatment which blends mineral rich mud, steam and heat to provide an experience that cleanses, releases toxins and rejuvenates. The treatment begins with an exfoliation using natural herbs before the mineral rich mud is applied to the body. Upon exposure to dry heat, the pores open and toxins are released. Guests are then escorted to our traditional mosaic-tiled treatment room to relax in the hot steam which softens the mud aiding the absorption of nutritious, natural minerals.

Advance booking and charges will apply for this experience.

HAMAM

1 hour

For Gentlemen Only

Originating in Turkey, Hamam provides places for relaxation, wellbeing and social gatherings. The intense heat warms the body slowly and continuously, stimulating sweat glands, enhancing blood circulation and promoting healthy skin tone and texture. The Hamam is equipped with two experience showers for an enjoyable cooling sensation.

The core of the Hamam experience is a scrub, which is performed on a heated marble massage table. The treatment begins with a loofah massage, which is followed by the more invigorating Hamam scrub, leaving the body feeling energised and smooth.



TREATMENT ADDITIONS

Treatment additions can only be reserved in combination with treatments of 1 hour or above.

TRADITIONAL BODY SCRUBS

30 minutes

- Quintessence Body Scrub - Mandarin Oriental's signature Quintessence scrub blends warming ginger, frankincense and mandarin to realign mind and emotions.
- Enrich Body Scrub - Seductive ylang ylang and rich vanilla bring their calming properties to this salt and coffee body exfoliation for stimulating circulation and reviving tired-looking skin.

BACK & SHOULDER MASSAGE

30 minutes

The Oriental Spa's signature aromatherapy essential oil blend is used to ease muscle aches and pains in the back, neck and shoulder area.

MINI FACIAL

30 minutes

An express facial to take care of your skin's basic functional needs.

EYE TREATMENTS

30 minutes

- Revitalizing Eye Treatment - Designed for those who wish to counteract the effects of ageing or fatigue around the eye area while helping to reduce dark circles and fine lines.
- Samadara™ Eye Therapy - Small rose quartz crystals are warmed and used to gently massage around the eye area in order to restore, tone and relieve tension. A rich mineral mask is then applied to enhance the absorption of exquisite plant essences into the skin.



NEW LIFE

We do not recommend the use of thermal heat and water facilities for pre-natal guests.

NURTURE

1 hour

Rest at leisure as your body is soothed and your skin is indulged. This massage is designed specifically to answer the needs of developing mother and baby and to provide the nurture that you both deserve.

NOURISH AND NURTURE FACIAL

1 hour

This luxurious facial harnesses the regenerative properties of Rose to nourish, soften and hydrate all skin types. All products used in this facial are designed to have optimum benefit for expectant mothers.

NEW MOTHERS

2 hours

A treatment packaged specifically with post natal new mothers in mind. Take time out for yourself and enjoy a customised massage and Rose Renew Facial. Unwind further with a two-hour access to our pool area with a nice tea or smoothie from our Spa Café.

SPECIALISED FACIALS

CUSTOMISED AROMATHERAPY FACIAL **1 hour / 1 hour 30 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 for your skin's needs.

*** For additional facials please refer to inserts**



SPA PROGRAMMES

All Spa programmes encourage health and wellbeing. Please reserve an additional hour of relaxation time in your suite to unwind after your treatment. Following each experience, enjoy healthy spa cuisine in the privacy of your own suite.

FULL DAY

COUPLES RETREAT

4 hours

Reconnect and spend quality time together while enjoying an afternoon of spa. One hour relaxation in Sanctuary Suite included.

For Her:

- Foot Ritual
- Quintessence Body Scrub
- Aromatherapy Massage
- Pure Illuminating Facial
- Spa Cuisine

For Him:

- Foot Ritual
- Quintessence Body Scrub
- Therapeutic Massage
- Men's Definitive Facial
- Spa Cuisine

HALF DAY

GENTLEMEN'S REFRESHER

3 hours

A package created specifically for the active gentlemen to help reduce muscles tension, relieve stress and refresh the body.

- Hamam
- Mini Facial
- De-Stress Massage
- Spa Cuisine

LADIES RETREAT

3 hours 30 minutes

Specifically designed for ladies, this half day programme is created for the ultimate in relaxation and pampering.

- Rasul
- Facial Cleanse
- Spa Cuisine
- Serenity Massage
- Samadara™ Eye Treatment

WELLNESS

3 hours 30 minutes

In order to begin your journey to wellness, you must know where to start. Our professional Personal Trainers will guide you on specific movements and exercises – designed just for you – based on your InBody Analyzer results. To conclude your experience, a deeply relaxing massage will ease tired muscles and leave you feeling rejuvenated and balanced.

- InBody Analyzer
- Customised Massage
- 1 hour Personal Training
- Spa Cuisine



HEAT & WATER EXPERIENCES

The Oriental Spa offers extensive Heat & Water experiences with separate areas for male and female guests. Merging ancient practices with the latest in technology, the 1,000 square foot facilities are fit to mesmerise and delight. Relieve stress and tension, relax your muscles, increase circulation, stimulate your immune system and promote a feeling of wellbeing.

Guests are encouraged to arrive 1 hour prior to their scheduled treatment to use Heat & Water experiences. For guests who wish to use Heat & Water experiences without spa services, advanced booking is required as well as a usage fee per visit.

Please consult your doctor before using the Heat & Water facilities if you are under medical supervision or taking medication. Heat & Water facilities are not recommended for pregnant women. Beauty treatments and Bastien Gonzalez treatments are not entitled to use Heat & Water facilities.

FOR LADIES AND GENTLEMEN (EACH IN SEPARATE AREAS) EXPERIENCE SHOWERS

Combined with colored lights and refreshing scents, these unique showers provide both cold and warm body jets that gently massage the body.

TEPIDARIUM CHAIRS

Adapted from Roman times, these relaxing chairs are heated to 37 °C, warming all parts of the body equally.

VITALITY POOL

Incorporating a number of features to enable the bather to self administer massage, the pool is heated to temperatures of up to 35 °C. It is equipped with ergonomic loungers designed to provide full body air jet and swan neck massages.

ICE FOUNTAIN

A gentle cooling option recommended after all heat experiences to assist in lowering the body temperature, inhibiting additional sweating and stimulating the body through the constriction of blood vessels.

ZEN RELAXATION ROOM

A tranquil environment with relaxing lounge chairs to soothe the body and mind in between and after all spa treatments. Each chair is equipped with adjustable leg raisers for more individualised comfort. Listen to music, read a magazine or book, meditate or enjoy a seasonal beverage.



JUST FOR LADIES

LACONIUM

Originating from the Roman sweat bath, Laconium is especially beneficial in toxin removal from the body. Mild radiant heat of 55 - 65 °C emanates from the walls and heated seat surfaces. After 20 minutes, it is recommended to cool down the body by using the Kneipp hose.

AMETHYST CRYSTAL STEAM ROOM

Maintained at a temperature of 42 - 45 °C, moist aromatic heat with heated floors, walls and seats are provided. The main feature, a large amethyst crystal, is known for its healing properties to ease headaches and migraines, release tension and increase concentration. The body is warmed slowly and continuously, reaching the inner body and organs.

JUST FOR GENTLEMEN

DRY SAUNA

Sauna is the only Finnish word in the English dictionary, meaning "bath" or "bathhouse". Saunas first started as bathing rooms heated by stones placed in log fires and splattered with water. They were used to relax, improve overall health and promote wellbeing. High heat (average of 83 °C) and low humidity (about 25%) create an environment that encourages the body's natural cleansing through perspiration. Impurities are flushed away maintaining a healthy skin.

TROPICAL RAIN SAUNA

Warm temperatures and cooling mists are pleasantly combined. A basic temperature of 62 °C to 65 °C will result from a sauna stove, where aromatic water falls down periodically. As the water evaporates, warm steam is created. A refreshing cool mist then descends over the heated bench seats to cool the body.



FITNESS & WELLNESS

Achieve peak performance; physically, mentally and emotionally. Whether seeking a vigorous workout, a sculpted body or a peaceful mind, the unparalleled Fitness and Wellness facilities at The Oriental Spa can cater to you. Our supreme and luxurious wellness environment and dedicated team of wellness professionals can help fulfill your needs relating to your body and mind. Catering to all levels of expertise, experience and current condition, our programmes will help you attain your personal best.

It is our wish to guide, motivate, educate and inspire your path to enhanced physical and mental health, as well as emotional wellbeing. Our devoted and fully qualified staff are on-hand to offer personalised coaching and motivate your fitness and wellness plans through group classes and private one-to-one sessions.

- Dedicated Pilates Studio with Gyrotonic Pulley Tower
- Yoga Studio
- Indoor Swimming Pool
- Spa Café

FITNESS CENTRE

Regular exercise is vital for a healthy heart, strong bones, longevity, increased energy, enhanced physical and mental health, weight management and stress reduction. A personalised Wellness Journey can be achieved in our holistic Spa starting with a state-of-the-art body composition analysis, which leads in turn

to a customised cardiovascular, strength and flexibility training programme that is suited to your individual goals. The Journey is aimed at achieving a better balance of mind and body, resulting in lasting physiological and psychological benefits.

Our fitness centre, the city's most exclusive venue, offers specially designed equipment such as the latest treadmills, cross trainers, and a comprehensive selection of weight machines and free weights. It is the place to develop a good body shape, toned muscles, stamina and better health.

FITNESS ASSESSMENT

1 hour

Obtain objective information on your level of fitness through assessment of your body fat percentage, flexibility, strength, heart health and body measurements with our InBody Analyser. Combine this with your personalised Wellness Journey that includes Personal Training sessions to achieve optimal health.

PERSONAL TRAINING

1 hour

Conducting time-efficient workouts can help achieve your fitness and exercise targets. Whatever your goal is, be it weight loss, improved fitness, strength gain, improved endurance or change in lifestyle, our professional fitness instructors will work with you, one-on-one, to design a programme that will fit your needs and help you achieve good results.



YOGA

Awaken your inner senses with authentic classes taught by yoga masters schooled in the Indian traditions of this ancient practice. We offer a wide variety of classes in Ashtanga and Hatha Yoga for all levels in our Yoga studio.

Experience a greater sense of wellbeing. It is well-understood at The Oriental Spa that the greatest healing experience of the body and mind comes from within.

Our unique yoga studio is located within the comfort of our five-star luxury spa. Our insistence on keeping the level of personal touch and service is exceptionally high with a limited guest attendance (18 guests per class). Along with this intimate atmosphere, our highly trained and certified teachers extend to each of our guests a sense of personal touch with each practice. Our guests receive advice on how to correctly form their poses continuously throughout their practice.

Within our regularly scheduled classes, we incorporate specialised workshops, such as alignment and inversion classes, to offer variety and continuous learning for our guests.

You will soon see the improvement in your physical body, nervous system and mind even though at first you may feel a certain degree of physical tension and stagnation in the body, however that is only temporary. Anybody hoping to explore his or her infinite potential is welcome to enjoy what we have to offer. The practice of yoga is designed to facilitate a connection to one's

inner most nature which could be physical, emotional, mental or physiological. With each style of practice, techniques may differ however the goal is the same. Yoga is enjoyable and is accessible to everybody. Whether it be light hearted or serious, our overall aim is to ensure we stay true to what previous Masters have taught.

Practitioners at all levels are welcome, from complete novice to advanced. Our only requirement is patience – giving your practice a chance and an experience of the gradual improvement on your whole being.

- Mysore Style (morning and evening sessions)
- Ashtanga Beginners
- Ashtanga Level 1
- Ashtanga On The Run
- Ashtanga Level 2
- Hatha Yoga
- Yoga Gently

GROUP SESSION

1 hour /1 hour 30 minutes

Please refer to the weekly schedule

PRIVATE SESSION

1 hour /1 hour 30 minutes



MYSORE STYLE

Mysore style is the traditional way of Ashtanga Yoga taught by Pattabhi Jois in his AYRI (Ashtanga Yoga Research Institute) in Mysore, India. The practice goes through a series of postures that are repeated until perfection. The opening sequence (sunsalutations and standing postures) remains the same for all levels of practitioners, but the asana sequence (seated postures) is divided into six series of an average of 25 postures each, each corresponding to a different level of practice.

In a Mysore style class, students practice at their own pace while the instructor adjusts to each individual according to their needs. This allows the practitioners to move within their own limits and slowly awaken their practice from within.

ASHTANGA BEGINNERS

Learn the sun salutations, standing postures and opening sequence of the primary series of Ashtanga. Much emphasis is given to the breath, which is indicative of what the body is going through at present - when the body is stressed the breath becomes shallow, when exited it becomes elated. A deeper, relaxed breath allows us to be more connected to our inner being. The main focus in the beginner's class is to re-discover one's breath and introduce the postures slowly, gradually building a firm foundation and allowing a further exploration of this dynamic practice.

ASHTANGA LEVEL 1

A basic understanding of breath, sun-salutations and standing postures is necessary for Level 1. The pace is quicker than the beginner's class and more time is spent on flow, moving in and out of postures and allowing the dynamics of the practice to settle in. Much focus is given to the interlinking of postures called Vinyasa (re-placement) and keeping a steady flow of breath, even when challenged by the physical exercises. The end of every class will explore inversion postures, prior to relaxation.

ASHTANGA ON THE RUN

A fun upbeat class with little awareness given to details, but with much emphasis on movement, flow and postures. It is dedicated to practitioners who find it difficult to practice in the morning or the afternoon, but who can find some time during their lunch break to escape from their busy schedule. It is a shortened version of the Primary series and although it is quick, the students are guaranteed a rejuvenating relaxation at the end.

ASHTANGA LEVEL 2

A good grounding in the basic postures and breath work is necessary. The focus is on the postures instead of the details. The class will keep a steady rhythm for each posture and allow the student to surrender to the mere process of 'doing' as well as to experience the gradual effect it has on the body and mind, including enhanced flexibility.

HATHA YOGA

Focus on relaxation and surrender, de-stress, unwind and open to a deeper awareness of the breath. The class is structured according to the creativity and outlook of the teacher. Longer time may be spent in each posture or a certain theme may be the focus of the day, but whatever it is, be alert, because every class will be a little different.

YOGA GENTLY

Focus on relaxation and surrender, de-stress, unwind and open to a deeper awareness of the breath. Much time is spent lying down on the floor focusing on our spine and core as we move and rotate the external limbs. Asanas, seated postures, are held for a longer period of time and in a gentle way, so as to ensure a greater introspection.



PILATES

Our dedicated Pilates studio, the first of any hotel in Hong Kong, is fully equipped with tailor-made equipment from a balanced body gyrotonic pulley tower to a trapeze/reformer combination.

Pilates has gained popularity around the world as a highly effective form of anti-aging body and mind exercise. As a conditioning practice that improves posture, alignment and strength, Pilates is a series of integrative exercises that promote control, flexibility and strength through the coordination of mind and body. Specific breathing techniques are practiced for efficiency in movement.

Pilates offers a low impact form of exercise that conditions the body from within and improves muscle tone for all age groups and fitness levels. It develops the "core" strength (lower back and abdominal muscles that support the pelvis and spine), enhances a positive body awareness by increasing postural freedom and alignment and provides spinal stability and enhanced mobility.

The Pilates studio is equipped with the following equipment:

- Balanced Body Trapeze/Table
- Balanced Body Studio Reformers
- Ladder Barrel, Combo Chair, Baby Arc
- Gyrotonic Pulley Tower

Gyrotonic methodology allows users to stretch and strengthen muscles while simultaneously stimulating and strengthening connective tissues in and around the joints of the body. The exercises are synchronised with corresponding breathing patterns, thus enhancing aerobic and cardiovascular stimulation and promoting neuro-muscular rejuvenation.

PRIVATE SESSION

1 hour

A first time assessment will determine your level of fitness, flexibility, strength, challenges and goals, and allow our instructors to develop a suitable programme tailored to your body's unique characteristics. Pilates equipment will aid in effectively addressing your body needs and in your subsequent visit you will be guided through your customised programme which is designed to enhance everyday living by providing a stimulating, energising, creative and sustainable fitness experience.

GROUP MAT SESSION

1 hour

Please refer to the weekly schedule



THE ORIENTAL SPA WELLNESS MEMBERSHIP

The Oriental Spa's exclusive membership is designed to meet the fitness and wellness needs of our selective guests. It provides Hong Kong residents an impressive atmosphere in a serene and contemporary setting, offering a fully equipped fitness centre with the latest equipment in cardio and resistance training, a dedicated Pilates studio with Gyrotonic pulley tower, and a stunning yoga studio. Our devoted and fully qualified staff will cater to your needs through our Wellness programmes, as well as a full array of services and benefits.

MEMBERSHIP CATEGORY

- Platinum Single / Couple
- Gold Single / Couple
- Silver Single / Couple

MEMBERSHIP BENEFITS SUMMARY

- Use of the fitness centre and the indoor heated swimming pool:
Open Daily 6am–10pm
- Use of the heat and water experiences: Open Daily 8am–11pm
- Unlimited Group Yoga Classes
- Complimentary 3 hours' Car Parking
- Complimentary personal shoe locker
- Treatment allowance for any full-price treatments per month
(Bastien Gonzalez Treatments are not included)
- Personal Training allowance for full-price personal training session per month

- Privilege prices on spa treatments based on the brochure pricing
- Privilege prices on retail purchases from The Oriental Spa
- Privilege prices on wellness activities based on the brochure pricing
- Privilege prices in the Spa Café
- Privilege prices in MO Bar
- Privilege prices in Amber



* For more details of membership benefits, please refer to Spa Wellness Membership – Benefits and Pricing.

TERMS & CONDITIONS

OPENING HOURS

Spa Treatments :	Mon - Sun	9:30am - 11pm
Heat & Water Experience :	Mon - Sun	8am - 11pm
Fitness Centre & Swimming Pool:	Mon - Sun	6am - 10pm

RESERVATIONS We recommend booking in advance to ensure that your preferred time and service are available. Please provide the spa concierge with the valid credit card information and contact details to secure your reservation. Group Yoga & Pilates sessions are on a first come basis.

CANCELLATION POLICY Cancellation or rescheduling within 24 hours will incur a 50% charge. Cancellation or rescheduling within 12 hours or a "no show" will incur a 100% charge. A credit card number is required at the time of booking.

AGE REQUIREMENT The minimum age for any treatment, beauty bookings and the utilization of the Fitness Centre is 16 years old. For usage of the Swimming Pool, children under the age of 16 must be only permitted when accompanied and supervised by their parent.

HEALTH CONDITIONS Please advise us at the time of your reservation if you have any health conditions, allergies, or injuries which could affect the treatment. Please consult your doctor before using the Heat & Water facilities or exercise equipment if you are under medical supervision or taking any medication.

LOSS OR DAMAGE We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables safely stored in your locker during your visit. For the protection of your clothing, we also suggest that you wear the robe provided.

RESTRICTIONS ON THE USE OF FACILITIES The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn during exercise. Sports shoes are required in the fitness centre. Socks or proper shoes are required in the Pilates studio.

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

SPA ARRIVAL For Spa treatments (excluding beauty treatments and Bastien Gonzalez treatments), we recommend that you check in at the Spa Reception at least 60 minutes prior to your first scheduled appointment for a lifestyle consultation and Heat & Water experiences. For all beauty treatments, Bastien Gonzalez treatments and wellness activities, please arrive at least 10 minutes prior to your scheduled appointment or class. Please understand that late arrivals will not receive an extension of scheduled treatments and entry into Yoga & Pilates group classes will not be permitted after the scheduled start time.

SPA ETIQUETTE Please respect the right of every guest to privacy. Mobile phones, cameras and other digital equipment are not permitted for use within the spa.

PREGNANCY Please allow the Spa Concierge to guide you in selecting which treatments are most suitable during this special time. Heat & Water facilities usage is not recommended during pregnancy.

SERVICE CHARGE & DISCOUNT POLICY A service charge of 10% will be added to the brochure menu rate for all Spa & Beauty treatments. All applicable discounts will be deducted from the brochure menu rate. Discounts are not applicable for promotions or gift certificates.

