

# 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 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™** 2 hours or 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** 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 energized and the skin exotically fragrant.

## **SUITE EXPERIENCES** 3 hours

Our private Spa Suites allow 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.

Both suites offer an indulgent private steam shower and Jacuzzi bath experience with changing room. Followed by a 2-hour treatment and complete with a light spa meal.

## **JOURNEYS**

### **IMPERIAL JADE RITUAL** 2 hours

The body is stimulated by a series of many century-old Chinese techniques. Commencing with herbal compress and reflexology to open meridian energy lines. A Chinese-style massage follows stimulating acupressure points and aiding in tension release; balancing yin and yang energies. A luxurious blend of sesame and ground rice scrub follows to lighten and stimulate the skin prior to the green tea and algae body mask, specifically blended to eliminate toxins. Concluding with a ginseng face mask, for its anti-aging effects during which cool Jade rollers are used on the face to lift and tone, ensuring equilibrium in mind and body.

**90-MINUTE DAY-OFF** 1 hour and 30 minutes

Designed for the over worked, stressed, executive the "90-Minute Day-Off" is an indulgent treatment that offers pure relaxation. The treatment begins with a heated compress and lymphatic massage and uses gentle stretching to release tension in the neck and shoulders and awaken tired senses. Essential oils of eucalyptus, pine and tea tree are used to clear the mind and boost the immune system. Finally, a scalp massage, facial massage and foot reflexology bring this heavenly 90 minutes to an end, leaving you feeling refreshed and revived.

**BODY MASSAGE** 60 minutes or 1 hour and 30 minutes

**SWEDISH** This traditional massage uses firm, regulated pressure and long, strong movements to release muscle knots and tension in the body. The combination is particularly effective for easing tired, backs and limbs.

**THERAPEUTIC** 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** 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. *Treatment only available in 1 hour and 30 minutes.*

**AROMATHERAPY** 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.

**THAI** 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.





### **TREATMENT ADDITIONS** 30 minutes

**QUINTESSENCE BODY SCRUB** 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.

### **HYDROTHERAPY BATH TREATMENT** 30 minutes

This specially devised treatment uses a fragrant blend of oils to suit individual needs. Relax in the warm waters of our hydrotherapy tub, and enjoy the multi-directional pressure jets which provide a powerful and effective massage experience.

### **VICHY** 30 minutes

Enjoy the blend of fragrant essential oils under an invigorating Vichy shower. Cascading stimulating waters combined with the enriching and nourishing effects of exfoliating elements leave your skin smooth, soft and revitalised. Ideal before any body massage.

## **NEW LIFE**

### **BODY AND BUMP** 1 hour and 30 minutes

A luxurious massage for the mother to be using rose scented oils and body balms to deeply nourish the skin. Aiding the prevention of stretch marks and soothing fluid retention, before completing with hydrating facial and hair mask. *(Not suitable for first trimester.)*

## **SPECIALISED FACIALS**

### **EVE LOM SIGNATURE FACIAL 1 hour and 30 minutes**

A thoroughly cleansing facial with paraffin wax mask to open the pores, allowing for easier and more thorough extraction. This is followed by 30 minutes of lymphatic drainage and an acupressure massage to the chest, arms, back and face to encourage decongestion. After the massage, a camphor-based rescue mask is applied, and then removed with a hot chamomile-soaked muslin cloth. An ice-cold compress is then applied to refresh and revitalise the skin and to close the pores. *60 minutes facial available without the facial massage.*

### **LIFT 1 hour and 30 minutes**

The benefit of micro-current remodels and refines the facial contours and smoothes fine lines and wrinkles. This treatment will leave your skin looking firmed and toned whilst regaining luminosity and radiance. Rejuvenating cellular-renewal and strengthening elasticity.

### **HYDRADERMIE 1 hour and 30 minutes**

Complete tailor made facial using a variety of gels combined with micro-current. Gels penetrate into the deeper layers of the skin, adding hydration, deep cleansing and targetting problem areas. It strengthens natural defences whilst unifying the complexion. The oxygenation of the skin resulting in a brightening and desensitising effect.

### **CUSTOMISED AROMATHERAPY FACIAL 1 hour and 15 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.

### **CAVIAR COLLAGEN FACIAL 1 hour and 15 minutes**

This six-step treatment offers instant firming effects, vitality and soothes irritated skin. It's the perfect pre-party facial, adding an immediate radiance to the complexion.

A moisture serum is given at the end of this treatment to take home and apply for the following seven days.

### **MEN'S SKIN FACIAL 1 hour**

A facial that delivers "visible results", it's ideal for getting skin into peak performance. This treatment includes a double skin peel to reduce ingrown hairs, plus a face massage to soothe and calm leaving skin instantly revived.

### **ON THE RUN 45 minutes**

Time is precious, but your skin is the most precious – enjoy an express facial customised by your therapist to suit your individual needs.

## **TRADITIONAL CHINESE MEDICINE**

In Traditional Chinese Medicine (TCM), the body is seen as a delicate balance of two opposing and inseparable forces: yin (cold, slow or passive principle) and yang (hot, excited or active principle). TCM believes that health is achieved by maintaining the body in a “balanced state” and that disease is due to an internal imbalance of yin and yang. When the balance is broken, it leads to blockage in the flow of Qi (vital energy) along pathways known as meridians. The treatments under TCM work on restoring this balance in the body.

### **CHINESE MERIDIAN MASSAGE 1 hour**

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 and treats many conditions.

*NB: Cupping may also be included within the treatment time if your particular condition requires this.*

### **CHINESE FOOT REFLEXOLOGY 1 hour**

This method dates back to 2000 years and involves gentle stimulation of acupressure points in the feet that have a direct connection to the various organs and glands in the body. It is based on the Chinese meridian theory of ‘energy pathways’ in the body that have endings in the feet. Energising these points can have an overall balancing effect on the body.

### **CHINESE DOCTOR CONSULTATION 45 minutes**

In order to strengthen and optimise overall health. Our Chinese doctor will consult personally with you on your specific areas of concern. Herbs and a treatment program will be prescribed for you, which may include the following elements:

#### **Acupuncture**

Acupuncture originated in China more than 2,000 years ago, making it one of the oldest and most commonly used medical procedures in the world. It is believed that there are 12 main meridians and 8 secondary meridians, and that there are more than 2,000 acupuncture points on the human body that connect with them. Our specialist will work on these areas based on your body's individual needs and concerns.

#### **Bone Setting**

Bone setting is an ancient art of healing through bone manipulation. It is the predecessor to modern chiropractic therapies and osteopathy. It may be more effective than mild exercise and physiotherapy to treat certain conditions. Our specialist will tailor the session after assessing your individual needs.

#### **Cupping**

An ancient form of therapeutic massage, cupping benefits in moving stagnant Qi and invigorating the system. Light bulb shaped jars are fixed on various points in the body, using a pump to create a vacuum. Cups can be moved along specific areas of the body to create friction. Used for the relief of arthritic pain, it is often practised together with acupuncture and massage.

### **Moxibuxtion**

An herbal stick is lighted to heat up various acupressure points in the body. It has the primary benefits of dispelling cold, promoting circulation and activating the points in the body. The choice of techniques and their combination will be recommended after consultation with the specialist.

### **TRADITIONAL CHINESE MEDICINE NUTRITION AND WESTERN NUTRITION**

Obtain detailed advice on eating habits, choice of diet and approach to food in order to equip you with the knowledge required to optimise your health. Eastern and Western wisdom are combined to educate and enlighten you on your nutritional intake.

*Please book Traditional Chinese Medicine Consultations at least 24 hours in advance.*

### **AYURVEDA**

Authentic and true, the Ayurvedic Sanctuary, with traditional Neem Tree bed, is designed to deliver genuine Ayurvedic treatments outside of India. Ayurveda, the "knowledge of life", is a holistic healthcare system and is about 5,000 years old. It is believed to be the oldest healing tradition in existence. The Mandarin Spa draws from this prominent healing practice offering treatments that are selected for guests' individual body constitution.

*All our Ayurvedic treatments include a seated head, neck and shoulder massage.*



**ABHYANGA 1 hour 15 minutes**

Abhyanga is a light form of massage that does not involve muscle manipulation. "Abhyanga" literally means "application of oil," and uses herbs, oil, touch and friction to elicit a deeply relaxing effect on the nervous system. It has a balancing effect on all three *doshas* or body types. It also helps mobilise toxins, promote youthfulness and increase energy. A private steam shower with herbal bath powder is included within this time.

**ABHYANGA SYNCHRONISED 1 hour 15 minutes**

This is classical massage performed by two therapists working in synchrony. A gentle massage using warm prescribed herbal oil that has been found to expel toxins, alleviate fatigue, delay aging, improve blood circulation, enhance the immune system and rejuvenate the body. A private steam shower with herbal bath powder is included within this time.

**SHIRODHARA 1 hour**

'Shiro' means head and 'dhara' means flow. A flow of warm oil is poured continuously on the forehead. The result is a healthy glow, gleam in the eyes and deep sense of mind-body connection and calmness. A power cure for insomnia and mental exhaustion. The treatment also includes a full body application of medicinal oil.

**AYURVEDIC PROGRAMS:****SANJEEVANI (ancient Himalayan herb which has power to cure) 1 hour and 45 minutes**

Abhyanga (or Abhyanga Synchronised) and Shirodhara

Relaxing, rejuvenating and re-energising.



**The Mandarin Spa, Hong Kong**

5 Connaught Road, Central, Hong Kong Telephone: +852 2825 4888 Facsimile: +852 2903 1637 [www.mandarinoriental.com/hongkong](http://www.mandarinoriental.com/hongkong)

# SPA PROGRAMMES



## FULL DAY PROGRAMMES

### INDULGENCE 4 hours

A top-to-toe treat with this all-encompassing face and body programme designed to provide immediate, visible results and extreme relaxation. This treatment begins with a private suite experience of steam shower and Jacuzzi, after which your skin is deeply cleansed and exfoliated. Choose your preferred Ultimate Body Massage and then enjoy a Specialised Facial. Foot massage and a light spa meal complete this decadent ritual.

## HALF DAY PROGRAMMES

### DETOX AND PAMPER 2 hours and 30 minutes

A stimulating exfoliation expressly designed to prepare the skin for a detoxifying body mask to remove fluid retention. A lymphatic massage follows to improve circulation and prepare for a revitalising facial to ensure you leave refreshed and revived.

**SOOTHING RITUAL 2 hours and 15 minutes**

This ritual begins with an invigorating sea salt and essential oil body scrub to stimulate circulation and promote smooth skin. This is followed by an Ultimate Body Massage and our renowned On the Run Facial to bring balance to the mind and invigorate the skin.

**INVIGORATING CLEANSE 2 hours**

Softer, smoother and revitalised skin awaits you with an Oriental Salt Scrub. Next, allow the stresses to melt away with a relaxing Hydrotherapy bath. Finally, surrender to an Ultimate Body massage that will transport you to heavenly bliss.



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# FITNESS & WELLNESS



## **FITNESS CENTRE**

The Fitness Centre is equipped with new generation Fitness & Wellness equipment that is time-efficient and results oriented. Our professionally qualified fitness and wellness instructors can offer lifestyle consultations and subsequently design bespoke physical fitness and wellness programmes that may be followed independently or with their guidance via private training sessions.

- Full range of Technogym Excite equipment, with individual built-in TVs
- Technogym Kinesis Wall
- Technogym Wellness System
- InBody Body Composition Analyser

### **Kinesis Wall**

Rediscover the beauty of movement by means of free, natural and enjoyable movements. Kinesis is born out of the need to increase physical activity and improve quality of life.

Kinesis re-establishes a balance between mind and body, allowing the mind to guide the body in a tri-dimensional space of stability, flexibility and strength. It is a new way to work out the entire body, allowing for an infinite variety of exercises and movements. A series of equipment and specialised technology that incorporates a 360° rotating pulley system guides the body through easy and natural movements, without restrictions and without cable interference, providing the opportunity to create relevant training programmes for your specific needs.

### **Wellness System**

A contemporary and sophisticated computerised technology that makes working out more satisfying and fun. It is the first integrated workout solution that offers a customised, interactive system of managing your workouts and activities with the vision of providing exercise guidance and adherence.

With Wellness System, our fitness and wellness instructors can identify and set your fitness and wellness goals, assess your fitness level and design your customised training programme. Information is stored in a TGS Key, supplied to you when you book a session. The information on the TGS Key guides you through your exercise programme, and enables our instructors to track your progress and provide advice and encouragement based on results.

### **InBody Body Composition Analyser**

InBody accurately measures and reads your current body condition:

- Body Composition Analysis – measures lean muscle mass body fat content, total body water content and mineral content.
- Obesity Diagnosis – measures body mass index (BMI), percent body fat and waist-to-hip ratio.
- Muscle Analysis – measures muscle development of arms and legs, as well as soft lean mass analysis.
- Body shape graph and body typing.
- Nutritional evaluation.
- Weight control – identifies target weight, body fat and lean muscle control.

### **Private Personal Sessions**

Our fitness and wellness instructors will work with you one-on-one, providing guidance and support, with the overall goal of enhancing body, mind and spirit.

**General Fitness** Achieve your fitness and exercise goals. Combine with regular workouts in the Fitness Centre for a more complete experience.

**Weight Management** Suitable for those who wish to control their body weight.

**Rehabilitation** Ideal for those looking to enhance muscle and joint health, in particular if suffering from low back, hip and knee joint conditions.

**Circuit** Offers a combination of exercise programmes in varying levels of difficulty, for an overall improvement in fitness and sports performance.

**Strength Training** Increase stamina and gain strength, for an overall improvement in endurance.



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# PRICE LIST



## MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

1 hour and 50 minutes **\$1,750**

## TIME RITUALS™

2-Hour TIME RITUAL™ 2 hours **\$2,050**

3-Hour TIME RITUAL™ 3 hours **\$3,000**

**ORIENTAL HARMONY** 1 hour and 50 minutes **\$2,850**

## SUITE EXPERIENCES

One Guest 3 hours **\$2,700**

Two Guests 3 hours **\$5,400**

Suite Add on 30 minutes **\$300**

## JOURNEYS

Imperial Jade Ritual 2 hours **\$2,200**

90-Minute Day-Off 1 hour and 30 minutes **\$1,450**

## BODY MASSAGES

Swedish 1 hour and 30 minutes **\$1,450**  
60 minutes **\$990**

Therapeutic 1 hour and 30 minutes **\$1,450**  
60 minutes **\$990**

Aroma Stone 1 hour and 30 minutes **\$1,450**

Aromatherapy 1 hour and 30 minutes **\$1,450**  
60 minutes **\$990**

Thai 1 hour and 30 minutes **\$1,450**  
60 minutes **\$990**

## TREATMENT ADDITIONS

Quintessence Body Scrub	30 minutes	\$450
Hydrotherapy Bath Treatment	30 minutes	\$550
Vichy	30 minutes	\$550

## NEW LIFE

Body and Bump	1 hour and 30 minutes	\$1,450
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## SPECIALISED FACIALS

Eve Lom Facial	1 hour and 30 minutes	\$1,600
	60 minutes	\$1,000
Age Repair	1 hour and 30 minutes	\$1,450
Caviar Collagen Facial	1 hour and 15 minutes	\$1,450
Super Hydradermie	1 hour and 30 minutes	\$1,350
Lift	1 hour and 30 minutes	\$1,300
Customised Aromatherapy Facial	1 hour and 15 minutes	\$1,250
Mens Skin Facial	1 hour	\$950
On The Run	45 minutes	\$800

## TRADITIONAL CHINESE MEDICINE

Chinese Meridian Massage	1 hour	\$990
Reflexology	1 hour	\$850

TCM Doctor Consultation	45 minutes	\$1,100
TCM Consultation with Facial Acupressure	45 minutes	\$1,250
TCM Nutrition and Western Nutrition	45 minutes	\$1,100
Hair Mineral Analysis	1 hour	\$1,600

*TCM course of treatments is available, please ask our concierge for details.*

## AYURVEDA

Abhyanga	1 hour and 15 minutes	\$1,400
Abhyanga Synchronised	1 hour and 15 minutes	\$2,000
Shirodhara	1 hour	\$1,500

## AYURVEDA PROGRAMMES

Sanjeevani	1 hour and 45 minutes	\$2,650
Supplement for Synchronised		\$500

## SPA PROGRAMMES

Indulgence	4 hours	\$3,500
Detox and Pamper	2 hours and 30 minutes	\$2,350
Invigorating Cleanse	2 hours	\$1,800
Soothing Ritual	2 hours and 15 minutes	\$1,950



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# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre : Mon - Sun 6:00 am - 10:00 pm  
Spa Treatments : Mon - Fri 10:00 am - 11:00 pm  
Sat - Sun 9:00 am - 11:00 pm

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

**CANCELLATION POLICY** Cancellations or no shows within 12 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 Mandarin Spa.

**SPA PACKAGES** Information on special Spa packages or group programmes can be obtained by contacting the Spa Concierge at +852 2825 4888.

**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 check-in at the Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and also provides you with ample time to 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 and Fitness Centre is 16.

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

**PREGNANCY** We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatments are most suitable 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 held responsible for any loss or damage to personal articles. Please keep all valuables secure in your locker. For the protection of your clothing, we ask that you wear the robe provided.

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

**RESTRICTIONS ON THE USE OF FACILITIES** The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the Fitness Centre.

**SPA BOUTIQUE** To continue your spa experience at home, all Spa products used in the treatments and services are available in our Spa Boutique.

**REFUND POLICY** Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.



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