



THE SPA
— AT —
MANDARIN ORIENTAL
BARCELONA

ESSENCE OF BARCELONA

SEA VITALITY RENEWAL

2 hours

EUR 275

The treatment starts with a foot ritual and body scrub using sea salt from Menorca and Murcia, infused with karite, lemongrass, and orange. This is followed by a full body massage using sweet almond from Mallorca, aloe vera from Murcia, and flower oil from Seville, ending with a Tibetan bowl massage. A nourishing facial and head massage promote calm and wellbeing, using honey from Asturias and thermal water.

MEDITERRANEAN BREEZE

2 hour 30 minutes

EUR 300

A wonderful sensory experience that transports you on a journey of serenity in true Mediterranean spirit. Relaxation guides the rhythm of unique, anti-ageing movements paired with Miriam Quevedo Glacial White Caviar skincare to provide the most luxurious experience in facial rejuvenation and body sculpting. An extraordinary, highly restorative treatment from head to toe.



SIGNATURE THERAPIES

TIME RITUALS™

2 hours **EUR 270**

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilize their individual talents to create and customize treatments to your unique individual needs.

ORIENTAL QI

1 hour 30 minutes **EUR 220**

A simple, effective, and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians' using the benefits of essential oils.

DIGITAL WELLNESS ESCAPE

1 hour 30 minutes **EUR 220**

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of the digital devices.

INTELLIGENT MOVEMENT

1 hour 30 minutes **EUR 220**

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, Deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

INNER STRENGTH

1 hour 30 minutes **EUR 220**

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.



BODY MASSAGES

All of our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from a number of massage techniques to increase muscle relation, improve circulation and increase overall wellbeing.

ORIENTAL ESSENCE

1 hour 30 minutes **EUR 200**

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back neck and shoulders.

DEEP TISSUE

1 hour 30 minutes **EUR 220**

This truly effective massage using deep pressure is personalized to dissolve aches and strains due to stress and knots in our muscles. The oil is applied to the body using the therapist's hands, elbows and forearms in this stimulating and energizing techniques.



THAI

1 hour 30 minutes **EUR 220**

Performed wearing loose style clothing, this traditional Thai massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching helps to deeply relax and revitalize body and mind. Increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

MATERNITY

1 hour 30 minutes **EUR 220**

This personalized body massage has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time. Rose oil is using to safely stimulate circulation.

MOKIDS

45 minutes **EUR 125**

The massage will help them relax and sleep better at night.

TREATMENT ENHANCEMENT

ORIENTAL BODY SCRUB

30 minutes **EUR 85**

Cleanses the skin of impurities, firms the body, promotes circulation and moisturises in depth. This treatment can only be combined with treatments of 60 minutes or more.

ADVANCED SKIN CARE

VALMONT

An exquisitely formulated and internationally-accredited beauty brand specialising in high performance anti-ageing skin and haircare. Using guided anti-ageing movements inspired by ancestral techniques, therapists will provide an incredibly luxurious and results-orientated facial experience.

PURITY OF THE ALPS

1 hour **EUR 165**

This treatment offers the face a real renewal by purifying, balancing and refining the texture of the skin and freeing it from impurities.

HYDRATION OF BISSES

60/75 minutes **EUR 215/240**

Acting as a deep-hydrating bath, the skin is re-plumped. Dehydration wrinkles are visibly and durably diminished.

LIFT FROM THE PEAKS

60/75 minutes **EUR 215/240**

This specific facial works to lift the skin, smoothing wrinkles and reinvigorating skin.

EXCLUSIVE ENERGIZING MEN FACIAL TREATMENT

60/75 minutes **EUR 215/240**

This stimulating treatment specially conceived for men reduces wrinkles and fine lines to leave the complexion looking radiant and toned.

MIRIAM QUEVEDO SKINCARE

FACE AND BODY BY VALMONT

EXCLUSIVE FOR MANDARIN ORIENTAL, BARCELONA

90 minutes **EUR 265**

In this treatment, the therapist works on the body and face to encourage relaxation and the reduction of stress by combining different techniques to achieve physical and mental wellbeing.

GLACIAR WHITE CAVIAR FACIAL

1 hour 30 minutes **EUR 200**

Discover the exceptional experience of Bio-Stimulation. Anti-ageing movements are paired with advanced skincare resulting in an extraordinarily rejuvenated complexion. Excellent for skin rejuvenation, it improves the state of the derma structure, increases elasticity and defines facial contours.

BLACK BACCARA C-RADIANCE LIFT

1 hour 30 minutes **EUR 300**

An exclusive facial incorporating Vitamin C, Pure 24K Gold Flakes and an exclusive quirolifting massage aimed to tighten and lift the skin. The Black Baccara C-Radiance Lift treatment helps to recover skin's natural elasticity and decrease sagging and loss of firmness. Perfect for all skin types.



LPG ENDERMOLOGIE

AGE DEFYING

1 hour

EUR 150

A bespoke facial that achieves immediate results after one session. During your skincare consultation, you will be able to choose an area of focus, either the re-plumping of fine lines, toning or re-sculpting and contouring. Using the LPG Endermologie technique of cellular stimulation, the treatment also promotes hyaluronic acid production and clarifies the overall complexion of the skin. This treatment is perfect for achieving glowing skin before your next big event.

LYMPHATIC DRAINAGE

1 hour

EUR 150

Designed to detoxify the body, Lymphatic Drainage with our state-of-the-art LPG Alliance machine provides an effective and non-invasive treatment. By stimulating circulation through gentle mechanical suction, rolling heads and flaps, this treatment flushes toxins and excess fluids from the body while maintaining proper blood circulation and body fluid balance. Please note that this is not a manual lymphatic drainage treatment.

ADD-ONS:

SPORT RECOVERY

30 minutes

EUR 75

This ultimate athletic recovery add-on combines gentle stimulation and air compression therapy to reduce muscle tension. This treatment targets one's legs and areas of the upper body and improves overall circulation, lessening pain sensitivity and reducing muscle soreness.

FACE LIFTING

30 minutes

EUR 75

Chose an area of focus either, re-plumping of fine lines, toning, or re-sculpting and contouring and mixed with your favourite facial to improve the effect you are expecting.

GOLDEN HAIR OPULENCE

20 minutes

EUR 65

An indulgent, sensory experience incorporating pure 24K gold for luxurious relaxation, while leaving hair nourished, fortified and gorgeously glossy. Ideal for those with normal-to-thick hair in need of deep hydration.

DIAMOND HAIR DECADENCE

20 minutes

EUR 65

This unique hair and scalp treatment incorporate Platinum and Diamond powder among other precious ingredients to nourish and regenerate, while restoring volume that has been lost over time. Ideal for those with normal-tofine hair who are looking for exceptional volume



HOLISTIC SKIN CARE

BESPOKE

60 minutes

EUR 165

Following a consultation to determine your needs and skin type your therapist will select the suitable products to create a facial experience tailor made for your skin needs.

ESSENTIAL TRAVELLER

CALM MIND

45 minutes

EUR 140

Re-harmonise your natural energy flow with our signature head massage, designed to completely relax both body and mind.

ORIENTAL FOOT THERAPY

50 minutes

EUR 145

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment which begins with a fragrant foot bath followed by a skilful exfoliation and massage to smooth the feet and lower legs.

TRADITIONAL CHINESE MEDICINE

A selection of specialised treatments designed to optimise balance and wellbeing.
Based on availability.

REFLEXOLOGY

1 hour **EUR 150**

The ancient art of reflexology involves gentle stimulation of the foot's acupressure points, which are directly linked to various organs and glands in the body. A relaxing treatment with therapeutic benefits.

ACUPUNCTURE

1 hour **EUR 120**

A form of touch therapy that utilizes the principles of acupuncture and Chinese medicine. This experience can be very effective both as prevention and for treating many ailments, including headaches, general aches and pains among others.



URBAN RETREATS

RETREAT FOR TWO

3 hours for two **EUR 670**

This “getaway” begins with a hydrating body treatment to smooth and soften the skin. Our expert therapists will then perform a customized massage and facial and then guests can enjoy a fragranced vitality bath and Oriental herbal tea ceremony and a selection of fresh fruit. This couple’s package is ideal for those who want to enjoy special “together” time.

- Quintessence Body Scrub
- 60 minutes Oriental Essence
- 60 minutes Bespoke holistic facial
- Oriental Vitality bath

URBAN ESCAPE

2 hours 20 minutes **EUR 350**

Awaken your body and spirit with a pick me up experience that will rejuvenate all your senses.

- Quintessence Body Scrub
- 50 minutes Oriental Essence
- 50 minutes Bespoke holistic facial

DETOX FOR WELLNESS

3 hours 45 minutes **EUR 450**

Immerse yourself in nature and let your mind and body connect with this detoxifying and balancing retreat.

- Detox Exfoliating Body Treatment
- Detoxifying Massage
- Glacial White Caviar Facial



MO IMMUNE

3 hours **EUR 360**

Fight stress prevent burnout and reconnect with yourself:

- Guided meditation or Yoga session
- Calm Mind massage
- Ayurvedic head massage
- Rebalance bathing with ginger/jasmine
- Oriental Ritual Infusion

LEADERS PERFORMANCE RETREAT

1 day retreat **EUR 809**

Improve mental and physical performance of top executive! This intensive day focus on optimal health against a high level of activity, effort, and stress, improving your performance and productivity includes holistic treatments, health coaching session, inner strength techniques.

Starting your day at 8 am.

- Personal training / Yoga session
- Healthy breakfast
- Intelligent Movement massage
- Lunch
- Valmont energizing facial.
- Mindfulness digital detox time at the Spa area / tea ceremony by Melez
- Functional PT session / Tac Fit training



REBALANCE MO METHOD

2 days retreat

EUR 1,440

Designed to rebalance the body, mind, and spirit. Our wellness designers will create a personalized retreat focused on your individual needs.

Day 1. Starting your day at 8 am.

- Starting your day at 8:00.
- Yoga session / Guided meditation
- Healthy breakfast
- Health coach session
- Lunch
- Inner Strength Massage
- Mindfulness digital detox time at the Spa area / tea ceremony
- Functional PT session
- Dinner

Day 2. Starting your day at 8 am.

- Starting your day at 8:00.
- Yoga session / Guided meditation
- Healthy breakfast
- Oriental Qi, traditional medicine massage to rebalance body and mind.
- Lunch
- Re-energizing facial by Valmont
- Mindfulness digital detox time at the Spa area /tea ceremony
- Functional PT session
- Dinner

FITNESS & WELLNESS

Available upon request

Extend your wellness journey by choosing from a range of services provided by The Spa at Mandarin Oriental, Barcelona's elite contact book of fully qualified expert consultants. Ask the spa's concierge to arrange a comprehensive, tailor-made programme.

PERSONAL TRAINING

1 hour **EUR 160**

Work with some of the best personal trainers in Barcelona and achieve your fitness goals. It will help you reach your ideal physical condition. Get your Mandarin Oriental, Barcelona training t-shirt or a personalized plastic-free bottle.

BOXING CLASS

1 hour **EUR 160**

Join a 60 minutes boxing class structures in three "rounds" that include and intense cardio warmup, boxing with intervals of bodyweight exercises and core work. Finish the workout with a Hypervolt session. Get your Mandarin Oriental, Barcelona training t-shirt or a personalized plastic-free bottle.



HIIT PILATES

1 hour **EUR 120**

High Intensity interval training fused with the Pilates method. Get your Mandarin Oriental, Barcelona training t-shirt or a personalized plastic-free bottle.

RUNNING SESSION

1 hour **EUR 160**

Your personal running coach will take you to run through beautiful Barcelona. Get your Mandarin Oriental, Barcelona training t-shirt or a personalized plastic-free bottle.

YOGA AND GUIDED MEDITATION

1 hour **EUR 120**

Either in the Spa or in our beautiful outdoor spaces, enjoy a personalized yoga or Guided Meditation session to balance your mind and body followed by a vitamin shot and healthy fruit.

YOUR LIFE COACH

1 hour **EUR 150**

Our life coach and nutritional specialist, Alexandra Mezquita, will provide you the perfect tips for a healthy and balanced lifestyle.

BEAUTY ROOM

MANICURE AND PEDICURE

From 45 minutes EUR 45

The perfect manicure and pedicure. To top off your holistic beauty and well-being treatment, all treatments include full access to the incomparable spa facilities of the Mandarin Oriental.



STYLISH EYELASHES

From 1 hour

Get in style with our eyelashes treatment that also cares for your lashes daily. To top off your holistic beauty and well-being treatment, all treatments include full access to the incomparable spa facilities of the Mandarin Oriental.

WAXING

From 30 minutes

Get your hair removed with our special tailor-made waxing session and get the area smooth, radiant, clean, and fresh. To top off your holistic beauty and well-being treatment, all treatments include full access to the incomparable spa facilities of the Mandarin Oriental.

MAKEUP

60/90 minutes EUR 156 / EUR 179

Get ready for your special occasion with our professional makeup artist and bring out your more confidence version. To top off your holistic beauty and well-being treatment, all treatments include full access to the incomparable spa facilities of the Mandarin Oriental.

MIRIAM QUEVEDO HAIR SPA

Discover the first Spa dedicated exclusively to rejuvenating both hair and scalp with the most extraordinary sensorial and holistic rituals. Our unique treatments, featuring exclusive treasures by Miriam Quevedo, are inspired by the anti-aging facial sequence, adapted to the singular needs of our hair and scalp to obtain exceptional and immediate results. Indulge in a journey of extreme well-being and luxury, with state-of-the-art haircare technology in a private and elegant design space.

OPULENT TRANSFORMING 24K GOLD EXPERIENCE

2 hours

EUR 250

A highly sophisticated and revitalizing treatment for hair and scalp rejuvenation for an extremely luminous and deeply nourished mane. A truly opulent experience infused with an unprecedented concentration of three types of 24K Gold: bioactive, micronized and flake, for exceptionally dazzling results. The luxurious ritual includes a diagnosis with the iMicro camera, scalp exfoliation, gentle double cleansing through steam microparticles combined with the oxygen-powered transforming mask.

MIRIAM'S SIGNATURE

2 hours

EUR 185

Enjoy the inimitable Miriam Quevedo experience with the iconic Signature Ritual. Based on the extraordinary benefits of the Black Baccara collection, this treatment reverses the signs of aging from the inside out. Includes diagnosis with the iMicro camera, double exfoliation and detoxification of the scalp, double deep and gentle cleansing and hair transformation with the innovative Cold Laser technology, combined with the best treatment products.



PERSONALIZED HOLISTIC RITUAL

1 hour 30 minutes

EUR 145

Enjoy this fully customized experience. By the hand of our Hair Therapist, discover the treatment that is best adapted to your needs for the most extraordinary and efficient results. Exclusive anti-aging and relaxing movements intensify the high effectiveness of this unique ritual of beauty and well-being. The complete treatment combines exfoliation, cleansing and hair transformation (mask, oil and shock treatment) with a relaxing massage of the scalp, neck, arms and shoulders enveloping you in absolute serenity. The session ends with a blowout and styling.

'THE EXCLUSIVE' FOR MEN

1 hour

EUR 110

Miriam Quevedo is aware that one of men's main aesthetic concerns is their hair. Therefore, there's a ritual designed exclusively for them. A tonic treatment that combines the most effective formulations for strengthening the hair, leaving it incredibly flexible and radiant, while addressing specific concerns, like dandruff or hair loss. A luxurious experience to totally evade yourself from daily routine on a journey toward the most profound relaxation and absolute disconnection.



MIRIAM QUEVEDO'S PERFECT SPA WELLNESS GETAWAY

50 minutes

EUR 500

The Miriam Quevedo's Perfect Spa Wellness Getaway, sensorial and marvelous in all its phases, is a unique head-to-toes experience. A perfect journey into ultimate rejuvenation that combines the great facial and corporal benefits of the Mediterranean Breeze ritual with the Miriam Quevedo's Signature, a transformative ritual dedicated to hair and scalp's wellness. Furthermore, to entrance all of your senses, enjoy a delicious aperitif at the Mandarin Oriental restaurant and take home with you the Black Baccara beauty kit, composed of Miriam Quevedo's star hair products.

STYLING YOUTH CAPSULES

45 minutes (Short Hair)

EUR 75

1 hour (Long Hair)

EUR 85

To top off your holistic beauty and well-being treatment, all Miriam Quevedo treatments include full access to the incomparable spa facilities of the Mandarin Oriental (pool, saunas and relaxation areas). Upon availability, please check with the Spa reception.

- Add premium hairstyling or updo + EUR 35 (30 min)
- Enjoy a rejuvenating eyebrow treatment, courtesy of Miriam Quevedo at each session with the purchase of a pack (EUR 65 value).
- All of our treatments are color safe and keratin safe.

TERMS & CONDITIONS

OPENING HOURS

Fitness Centre : Open 24-hour
Pool Area : Mon – Sun 08:00 am – 08:00 pm
Spa Treatments : Mon – Sun 10:00 am – 08:00 pm
Spa MQ Hair Salon : Wed – Sun 11:00 am – 08:00 pm

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A pre-payment or a credit card number is required at the time of booking.

DIGITAL DISCONNECTION

Our spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 60 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you 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 center is 18 years of age.

Spa treatments may be used by persons under the age of 18 if authorized by the Director of Spa and consented to by the parent or guardian in writing.

For any spa treatments requiring partial or full nudity (such as body massage), the parent or guardian must be present during the treatment, unless otherwise approved by the Director of Spa.

The Director of Spa has complete discretion to refuse any spa treatment for a person under the age of 18, if the Director of Spa forms the view that such spa treatment would be inappropriate in the circumstances for whatever reason.

HOMECARE

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa concierge desk.

PREGNANCY

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

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your hotel room safe during your visit or request one of our spa concierge to place it in the Spa safe. For the protection of your clothing we also advise you to wear the robe provided.

ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental Barcelona should not be liable for any accident or injury suffered by a guest.

RESTRICTIONS AND USE OF FACILITIES

The use of alcohol and tobacco on Spa and Fitness facility premises is strictly prohibited. Proper attire must be worn while exercising. Sport shoes are required in the Fitness & Wellness Centre.

REFUND AND EXCHANGE POLICY

Unopened retail products can be exchanged within 10 days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.



MANDARIN ORIENTAL
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