

# information



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## **THE SPA AT MANDARIN ORIENTAL, ATLANTA IS AN ORIENTAL OASIS OF WELL BEING FOR THE MIND, BODY AND SPIRIT**

A sanctuary for rejuvenation that embodies a harmonious blend of east and west, [The Spa at Mandarin Oriental, Atlanta](#) brings a new sense of healing and well-being to Atlanta's prestigious Buckhead address. In the spirit of its oriental heritage, guests are graciously welcomed to this serene haven for a legendary spa experience that is based on personalization and world-renowned therapies.

Distinguishing itself from the traditional spa experience, and truly unmatched in its offerings, the 15,000-square-foot spa pampers guests with its innovative and restorative therapies inspired by the elements of life. Mandarin Oriental's exclusive signature spa therapies and specially designed treatments take guests on an authentic and holistic journey to restore balance, soothe and rejuvenate.

The ultimate spa sanctuary for privacy and pampering, the expansive treatment space consists of 14 private rooms including a spectacular Couples Suite, luxuriously appointed with a private soaking tub and shower. Elegant in style, the spa complex is a harmonious blend of neutral colors and organic textures, designed with sheer luxury and relaxation in mind.

Among the spa's facilities, both men and women have dedicated relaxation areas, the latter with an adjoining outdoor terrace. There is also a steam room, sauna and Vitality Pool, a comprehensive Fitness and Wellness Center with Techno Gym equipment, a [Yoga Studio](#), an expansive spa boutique and a 60-foot climate controlled indoor [lap pool](#), bathed in natural sunlight and overlooking the exquisite private garden.

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## **Spa Treatments**

As with all of Mandarin Oriental spas the world over, respect for the uniqueness of each individual is the foundation of the spa experience. In preparation for the spa journey, treatments begin with muscle-soothing relaxation in the spa's heat and water oasis.

The spa menu is extensive, from signature treatments to personalized journeys booked in blocks of time, body treatments, massages, scrubs and wraps, as well as specialized facials. Here is a sampling:

**Mandarin Oriental Signature Spa Therapies** – 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.

(1 hour 50 mins; USD 300)

**Oriental Essence** – This massage is a part of Mandarin Oriental's signature spa therapies and has been designed to specifically relieve neck and shoulder tension.

(50mins/80mins; USD 160/USD 210)

**AromaStone Massage** – Taken from the Native Indian practice of stone therapy dating back to ancient times, stones are used in this healing therapy to generate energy, create a sense of balance and calm and relieve deep-seated muscle tension.

(50mins/80mins; USD 160/USD 210)

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**Pre and Post Natal Treatment** – A total body massage using Calendula infused oil and various muds in combination with advanced massage techniques to relax the body and nourish the skin.

(80mins; USD 220)

Our luxurious Couples Suite allows guests to relax and rejuvenate together. Couples can choose from various Suite Experiences including the **Couples Journey** providing a full body exfoliation and a customized massage or the **Couples Retreat** which includes a couple's bath, followed by a muscle melting hot stone massage, soothing body wrap completed with a results orientated facial treatment.

Aside from the individual treatments, The Spa at Mandarin Oriental, Atlanta offers full and half day packages. For reservations, please contact the spa directly on +1 (404) 995 7526 or visit [www.mandarinoriental.com](http://www.mandarinoriental.com).

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