

information

Mandarin Oriental, New York
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THE SPA AT MANDARIN ORIENTAL, NEW YORK

OVERVIEW:

Located on floors 35 and 36 of the hotel, the award-winning Spa at Mandarin Oriental, New York spans 14,500 feet high above Manhattan. Honoring Mandarin Oriental's eastern culture and heritage, the Five-Star Spa offers holistic rejuvenation in a tranquil, meditative setting. Within The Spa, a 6,000 square-foot fitness center offers a range of state-of-the-art cardiovascular and kinesiology weight training equipment, plus a 75-foot lap pool bathed in natural sunlight from floor-to-ceiling windows with spectacular Hudson River views.

MANDARIN ORIENTAL, NEW YORK SIGNATURE

TREATMENTS:

The Spa offers the following exclusive treatments developed to deliver rejuvenating results to guests seeking an enhanced state of wellness. These treatments are performed by meticulously-trained senior therapists who personalize each guest's experience depending on whether they wish to relax, re-energize, ease jet lag, re-balance and align, hydrate, soothe muscle tension and/or replenish.

- ❖ **Oriental Qi** - A simple, effective and authentic spa experience. This relaxing hands-on body massage ritual works on the energies of the meridians using the benefits of essential oils.
- ❖ **Digital Wellness Escape™** - This 50-minute or 80-minute treatment that concentrates on the head, eyes, neck, shoulders, hands and feet. This restorative treatment aims to

ease the stress and strain resulting from the frequent use of digital devices.

- ❖ **The Clearing Factor** – This intensive three-to-four hour treatment is the ultimate way to detoxify, clear, restore and rebalance the body to a naturally revitalized state of vitality using a carefully customized sequence of intensive clearing and detoxifying therapies including exfoliation, lymph drainage techniques, massage, clay body wrap and traditional cupping.

- ❖ **Thai Yoga Massage** – Facilitated in a custom-designed Thai Yoga Suite, this treatment is a form of body therapy that demonstrates an inherent knowledge of the inner workings of the body and collected knowledge developed over centuries of practice. It combines traditional, penetrating Thai massage techniques with gentle yoga movements, providing the body with a deep sense of relaxation and heightened energy.

- ❖ **Jade Stone Facial** – This dynamic, anti-aging facial uses the unique properties of a specially designed Jade beauty stone to enhance skin tone, texture and radiance. Each gentle movement of the Jade Stone along the face and neck re-sculpts the area while removing impurities and toxins that cause signs of aging.

- ❖ **Calm Mind Retreat** – Designed to ease stress, the Calm Mind Retreat balances the extreme yin and yang energies of the body by working the core and extremities. The treatment

begins with a compressive sequence to stimulate and balance the left and right hemispheres of the brain, followed by a focused massage of the spine, shoulders, neck and face.

- ❖ **Apple Stem Cell Firming Facial** – Fight the appearance of fine lines and wrinkles with cutting-edge, plant-based stem cells. Our anti-aging Apple Stem Cell Treatment combines natural botanicals, fruit acids and powerful antioxidants to improve visible signs of aging. The apple stem cell mask helps tone and tighten, delivering an immediate “lifting effect” to improve the appearance of fine lines, wrinkles, uneven skin tone and texture.

SPA FACILITIES:

- ❖ Six multifunctional treatment rooms with private showers
- ❖ Thai Yoga Suite with deep soaking tub
- ❖ Spa Suite with fireplace and private steam, shower and soaking tub
- ❖ Vitality pools with oxygen-enriched water in separate men’s and women’s wet areas
- ❖ Amethyst crystal steam room infused with aromatherapy in separate men’s and women’s wet areas
- ❖ Separate men’s and women’s Relaxation Lounges
- ❖ Manicure/Pedicure Room

- ❖ Oriental Tea Lounge
- ❖ 75-foot lap pool surrounded by floor-to-ceiling windows
- ❖ 6,000 square-foot fitness center

SPA SUITES:

The first of its kind in New York, the 650 square-foot Spa Suite replicates a sumptuous Oriental-style home with stunning views, fireplace, deep soaking tub and dual massage beds. Bookable in three and four hour increments, guests may also choose to enjoy one of The Spa's four 'Suite Experiences,' a collection of luxurious, personalized experiences created to bring equilibrium to body, mind and spirit.

The Thai Yoga Suite featuring a deep soaking tub is decorated with rich, dark teak wood and gold leafing reminiscent of the Buddhist temples of Thailand to transport guests from the outside world into an environment with a distinct Thai sense of place.

MEN'S AND WOMEN'S HEAT EXPERIENCES:

Guests are encouraged to arrive a minimum of 40 minutes prior to their scheduled treatment to fully immerse themselves in an oasis of heat and water located in separate men's and women's areas. During this period of preparation, the guests have time to acclimate to the philosophy of The Spa and utilize the following heat experiences:

- ❖ **Amethyst Crystal Steam Room:** Designed to induce mental peace, tranquility, inspiration and meditation, this relaxing moist heat steam room channels the healing powers of an

amethyst crystal that serves as the centerpiece for the room. Subdued colored lighting and the infusion of fragrances enhance the soothing environment kept at a temperature of 107 to 114 degrees.

- ❖ **The Vitality Pool:** Enriched with oxygen-concentrated water, the soaking pools are designed to relax tired, aching muscles and joints, create softer, healthier skin and increase overall energy. The pools feature hydrotherapy body jets placed on the floor and reclining “air bed” lounge that gently massages the entire body. Up to five guests at a time can sink into the depths of the 96.8-degree soothing pool.

DESIGN FEATURES:

- ❖ Architect: Brennan Beer Gorman
- ❖ Interiors: Hirsch Bedner Associates.

The Spa at Mandarin Oriental, New York has been designed to reflect the exceptional levels of attention and standards of service intrinsic to Mandarin Oriental worldwide. Design features of the spa include bamboo flooring, water features, natural stone, specially commissioned three-dimensional artwork, slate flooring in wet areas, gold leaf millwork, Chinese furniture and Japanese rice paper window treatments.

SPA BOUTIQUE/

RETAIL PRODUCTS:

- ❖ Mandarin Oriental signature private label spa products including bath oil, body oil, burning oil, candle, spa CDs
- ❖ ESPA



- ❖ emerginC skincare products
- ❖ Shankara body products
- ❖ Gift Cards are available for purchase
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SPA DIRECTOR: Gaylen Brown

LOCATION: Spa Reception is located on floor 35 of the hotel. The fitness center and pool are located on floor 36.

RESERVATIONS: Telephone: (212) 805 8880

HOURS OF OPERATION:

MONDAY – FRIDAY	SATURDAY	SUNDAY
SPA: 10:00 A.M. – 9:00 P.M.	SPA: 10:00 A.M. – 9:00 P.M.	SPA: 10:00 A.M. – 9:00 P.M.
GYM: 6 A.M. – 9 P.M.	GYM: 7 A.M. – 9 P.M.	GYM: 7 A.M. – 7 P.M.
POOL: 6 A.M. – 9 P.M.	POOL: 7 A.M. – 9 P.M.	POOL: 7 A.M. – 7 P.M.

* LAST APPOINTMENT TIME IS 1 HOUR PRIOR TO CLOSING

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For further information, please contact:

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