

information

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THE SPA AT MANDARIN ORIENTAL, WASHINGTON D.C. OFFERS A TRANQUIL OASIS IN THE HEART OF THE DISTRICT

WASHINGTON, D.C. – A Zen sanctuary awaits visitors to The Spa at [Mandarin Oriental, Washington D.C.](#) The Forbes Four-Star spa is designed as a haven of rejuvenation and tranquility. The 10,500-square-foot escape incorporates aspects of Chinese, Ayurvedic, European, Balinese and Thai culture in its therapies, reaching far beyond the traditional spa experience. A defining element of the spa is the Time Rituals™ concept, a Mandarin Oriental signature, whereby guests are led on a journey of the senses that addresses their ‘dosha’ or spiritual makeup, in addition to their physical relaxation and well-being. The Spa at Mandarin Oriental’s Time Rituals transport guests with a customized experience, booked in blocks of time rather than by specific treatment, with a two-hour minimum, thereby allowing therapists to address guests’ individual needs.

About The Spa

Recognized with a Forbes Four-Star rating, The Spa at Mandarin Oriental, Washington D.C. offers eight treatment rooms, a state-of-the-art fitness center with Technogym® equipment, and a heated indoor 50-foot lap pool with outdoor sundeck overlooking Washington marina and the Potomac River. Guests’ personal transformations begin as soon as they step into the Spa, and subtle design elements help reinforce the holistic experience. A dramatic marble onyx wall sculpture greets guests, symbolizing the ancient bond between Mother Earth and the individual. The artwork’s peaceful energy is conducive to meditation and tranquility. The ceiling features a copper overlay, chosen for its significance in mineral therapies; copper is believed to enhance well-being and positive energy. The flowing silk-draped walkway is meant to evoke the rising sun and the beginning of the spa journey. Overall, the subtle oriental influences, fluid spaces and warm neutral colors allow guests to The Spa at Mandarin Oriental, Washington D.C. a marked departure from the real world.

-more-



Page Two

Upon arrival, all guests are met in the reception area by the spa concierge who leads them to the separate men's and ladies' changing rooms. They are encouraged to arrive a minimum of 60 minutes prior to their scheduled treatment to fully immerse themselves in the spa's "heat experience": an amethyst steam room, experience shower, vitality pool and ice fountain for women, sauna and cold plunge pool for men. After enjoying the water treatments, guests await their treatments in separate men's and women's relaxation lounges, where they can unwind.

Created exclusively by Mandarin Oriental to enrich their spa services, the signature Time Rituals are designed to restore one's natural state of equilibrium, and are performed in harmonious stages: welcome, purify, nurture, balance and bliss. In ancient times, people lived in balance with the rhythms of nature, understanding the individual's distinct relationship to the elements. Each Time Ritual journey starts with a soothing foot ritual during which the spa therapist assesses the guest's dosha and suggests appropriate aromatherapy oils to create balance and harmony. The individually tailored programs engage each of the five senses: sound, scent, sight, taste and touch. In addition to the foot ritual, the session may include exfoliation, various massage techniques and body wraps or a facial – together bringing harmony and well-being. At the conclusion of the treatment, guests are offered a complimentary choice of herbal teas or health beverages and escorted back to the Relaxation Lounge. Here, the subtle aroma of essential oils and meditative music allow the guest to float back to reality at their own pace.

In addition to Time Rituals, a full array of spa services including massages, wraps, body scrubs, facials and other specialized treatments are available at The Spa at Mandarin Oriental, Washington D.C. Manicures, pedicures, and hair-coloring and styling are also available. In addition, The Spa at Mandarin Oriental offers strength training and physical therapy as well as Fitness Memberships. **For additional information or to schedule an appointment at The Spa at Mandarin Oriental, Washington D.C please phone directly at +1 (202) 787 6100.**

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Page Three

About Mandarin Oriental, Washington D.C.

Mandarin Oriental, Washington D.C. offers an ideal location on the southwest waterfront providing picturesque views of the Jefferson Memorial, Washington Monument, Tidal Basin and Washington Marina in addition to being within walking distance of the nation's most cherished monuments and the city's famed Cherry Blossom trees. The elegant retreat exudes a refined sense of style with beautifully designed rooms, spacious suites including the luxurious three-bedroom Presidential Suite, a Forbes Four Star Spa, legendary service and exceptional restaurants. Stay connected with Mandarin Oriental, Washington D.C. on [Facebook](#) and [Twitter](#). For reservations, please contact the hotel directly at +1 (202) 787-6140, toll free (888) 888-1778, or visit www.mandarinoriental.com/washington.

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