

水疗护理系列

理念

源自于真诚热爱健康的理念，广州文华东方酒店水疗中心着重平衡身、心、灵，以引领我们进入和谐的境界。文华东方酒店集团致力于提供一个赏心悦目的环境，给您全方位的康体水疗服务及改变生活品位的启发。广州文华东方酒店水疗中心是休息静默的理想天地，既传承了东方传统又融入了多元的本地文化。文华东方酒店集团秉承其理念，为世界各地的酒店缔造出独一无二的体验。

护理

广州文华东方水疗护理一向致力着重每位宾客的独特性，我们专门培训的理疗师，真挚及热诚地提供独有的专业服务。
广州文华东方水疗护理集传统与现代技术为一体，给您天然无添加的体验，达致身、心、灵和谐舒泰，体贴您的独特需要。

产品

文华东方集团所研发独有的文华东方皇牌产品系列均经由荣获英国多项奖项的香薰治疗学会所提供。全套产品包括五款身体护理油及沐浴油和一款同系列的磨砂膏、沐浴乳和润肤乳。所有产品成份天然，不含任何防腐剂，并于文华东方严谨的规格下调合而成。产品容易使用，效果极佳，令您在日常生活中也能享受尊贵的水疗体验。
广州文华东方酒店水疗中心所使用的全套产品均采用高品质及由天然成份所提炼。



水疗套房体验

广州文华东方水疗中心包含 6 间单人套房，每间套房配备了独立的蒸汽淋浴和更衣间，还设有 2 间双人套房可供朋友或伴侣使用，和 1 间拥有绝对奢华放松的活力池、更衣间、放松区域和理疗区域的贵宾套房。

水疗套房体验由专业理疗师的详细咨询开始，以确保理疗师充分了解您的所需，使疗程能适应并满足您的需求。接下来的天泉疗法，有助于缓解压力和肌肉紧张，加速血液循环，促进身体排毒，并充分打开肌肤毛孔，使精油和乳霜更加深入渗透至肌肤。

所有宾客在每次理疗结束后均可享用精致的点心，完全放松您的身心。

特色护理

2 小时 30 分钟 / 3 小时 30 分钟

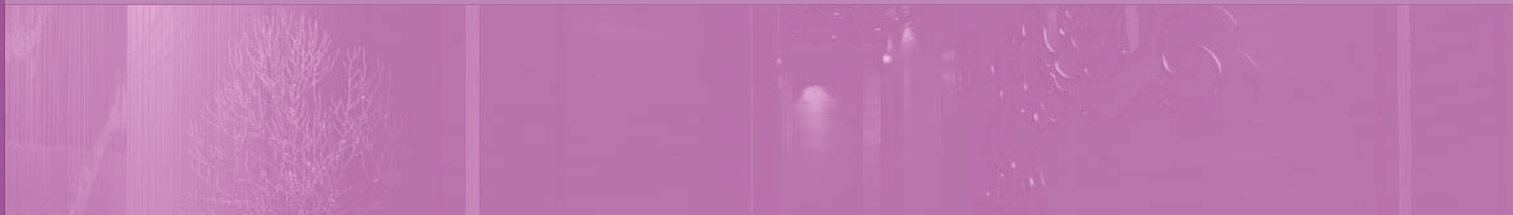
文华东方水疗中心专有的“特色护理”是以鼓励宾客预定所需的时间，而非指定的护理疗程为理念，悉心为客人设计合适的护理项目，满足您的各种需求。每款特色项目都会先从足部护理开始，帮助您全面放松，使精神重返巅峰状态。

东方翠竹净化

3 小时

一个密集的净化排毒理疗，帮助我们排除身体内因日常生活或环境而形成的体内杂质毒素和压力。

混合了竹炭和苦瓜的有效成分，富含维生素C、抗氧化剂和叶酸成分进行深层净化的体膜包裹之后，您的理疗师将为您进行清洁保养发膜，同时使用天然黑曜石水晶进行面部放松淋巴排毒按摩。理疗将以缓慢的竹子按摩、排毒精油的振奋效果来缓解肌肉紧张，并帮助增加血液循环，改善新陈代谢，让身体肌肉深层得以放松，获得轻身，焕发活力的效果。



花园城市

2 小时 30 分钟

享受由提神的金橘和清凉的菊花带来的奢华舒适泡浴。紧接着的是运用富含维生素 C 和抗氧化功效的纯天然桑椹粉和糖蔗制作的一个全身的温暖香薰身体裹肤，使您的身体活力焕发。您的花园旅程将以一个由玫瑰、天竺葵和甜橙精油调配而成的全身香薰按摩结束。

珠江理疗

2 小时 30 分钟

使用细磨珍珠粉增强皮肤弹性和光度，及皮肤抵抗力，皮肤护理由舒缓修复去角质护理开始。

您的身体将被笼罩在富含珍珠粉和精油的软化包裹里，净化亮泽皮肤。在这段时间您的理疗师将创建一个惊人的珍珠面膜适用于您的脸，更新修复和润泽枯燥、疲倦的皮肤。

使用专门为文华东方酒店水疗中心研制的珍珠按摩油为您的光滑的皮肤进行柔和按摩，减去您的整个身体的压力，皮肤重获得自由和亮泽，活力。

以下水疗疗程包括身体按摩，身体护理，附加护理和面部疗程。

所有疗程均可与天泉疗法搭配体验，有助于缓解压力和肌肉疼痛，加速血液循环，促进身体排毒，并充分打开肌肤毛孔，使精油和乳霜更加深入渗透至肌肤。

额外 30 分钟体验天泉疗法，可以随意与任一水疗护理搭配。

身体按摩

东方精华

1 小时 30 分钟

东方精华是文华东方皇牌水疗护理之一，特别为疲惫的旅客、压力的上班族或想舒缓颈肩绷紧状态的宾客而设计。此按摩集中在身体最容易绷紧压力的部位，选用暖和的生姜、提神的甜柑和神圣的乳香调配而成的文华东方精萃身体护理油，重新恢复精神，使您怡神畅快，是一个让身体完全放松的按摩护理。



深层肌肉按摩

1 小时 30 分钟

这真正有效的治疗按摩有助于化解疼痛和压力。理疗师运用肘部和前臂按压，使精华油被身体完全吸收，以消除肌肉疲劳及为您注入新动力。

香薰舒缓按摩

1 小时 30 分钟

选用特别调和的精华油，融合东西方的按摩技巧，帮助舒缓压力，放松身心，焕发内在活力。

东方足部护理

1 小时

依据东方传统理念，足部乃人体整个功能系统参考的一面镜子。这种传统放松的治疗方法始于芬芳足浴，去除足底及小腿的角质并加以按摩。最后是足底及脚踝能量穴位按摩，有助于提高人体机能，释放压力。

身体裹肤

个性定制身体裹肤

1 小时

为您量身定制排毒、滋养、保湿或缓解肌肉酸痛的身体裹肤。这种独特和有效的治疗包括全身皮肤体刷，全身去角质，再配以海泥或海藻与精油相结合的全身裹肤，以满足您的特定需求，最后以一个简单舒缓的头皮按摩达到极致的放松。

身体护理

紧致局部刺激疗法

1 小时

针对橘皮组织，水肿区域和不均匀的皮肤纹理的高效刺激的治疗开始于海洋粹取针对局部进行去角质磨砂，深层刺激技法按摩和专门的腹部按摩技术，加速体内组织冗余液体及毒素的排出，达到显著效果，有助改善脂肪团的绝佳深层排毒疗法。



附加护理

精华身体磨砂护理

30 分钟

文华东方著名身体磨砂护理，以五行为基础理念给身体带来平衡与舒缓。护理使用的混合精油让身体得以平衡，焕发体内能量。用热姜、柑橘和乳香精油一起以镇静与缓和思想与情绪，加上海盐和甜杏仁油磨砂护理，有效滋润干燥并缓解疲惫，光滑皮肤。

茉莉绿茶全身去角质

30 分钟

挑选新鲜茉莉，绿茶和蜂蜜一起精心调配，运用富含有益酶和维生素的蜂蜜、含抗氧化和愈合特性的绿茶并结合具有舒缓功效的茉莉花混合调配理疗产品，为您创造一个奢华的全身去角质护理。

紧致眼部护理

30 分钟

紧致眼护是针对开始老化的眼部肌肤的理想选择。绝佳的保湿和紧致疗效适用于隐形眼镜配戴者，或眼睛疲劳者缓解眼周皮肤紧张。丰富的海藻提取物，绿茶和维生素C，有助于减少细纹和防止环境的伤害。

疗程包括：面部清洁、去角质、特定的眼部按摩和眼膜。

泡浴

30 分钟

放开所有心绪，尽情欢纵与沉醉于舒适的沐浴当中。依据特定需求，配合文华东方精选的浸浴精油享受一次豪华的泡浴体验。您的理疗师将根据您的特定需求定制您的完美体验，通过极致的休闲方式开始您的水疗体验。

新生

产前和产后护理

1 小时

深度的滋养身体按摩，旨在针对怀孕期间或之后易发压力和紧张的区域。这种全身治疗是为孕妇和哺乳期妇女精心设计的，帮助在这个非常特殊的时间放松和增加的皮肤抵抗力。

开始于柔和的背部去角质,其次是专门设计以满足您的个别问题的身体按摩，以减轻肌肉酸痛，放松和舒缓身体。

特色美容護理

面部芳香专属护理

1 小时 30 分钟

可根据面部肌肤的分析，以确定您的皮肤类型，我们的理疗师将选择适合您的 ESPA 产品为您量身定制完美的面部护理。



广州文华东方水疗中心

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文华东方美容护理

广州文华东方水疗中心迎来了世界著名品牌悦碧施的鼎力入驻，为宾客奉上其奢华和独一无二的美容疗程。

自1979年以来，拥有超过30年美学美容经验的悦碧施一直致力于护肤的艺术，提供非同凡响的美容护肤疗程。

悦碧施所提供的护肤疗程结合广州文华东方水疗中心的理疗服务，不约而同的秉承了文华东方其理念，着重大自然哲学，让身、心、灵得到平衡健康。

修复活肤提升面部护理

1 小时 30 分钟

一种真正意义的多感官美容护理

其结合了非凡的活性成分和肌肤回春效果，可渗透到肌肤最深层，向肌肤提供必需的紧致活力，刺激了前所未有的肌肤再生。这个疗法整合了活力成分、晶钻点位及提拉按摩作用，加强了肌肤天然的防御系统，维持长效保湿水平，提高肌肤弹性。

肌龄逆转精华系列面部护理

1 小时 30 分钟

青春的艺术

史无前例的“青春不老灵药”，源自高科技的肌肤年龄生物标记和特殊按摩技巧，可提供无与伦比的嫩肤效果。这种强化治疗可以确保肌肤明亮、紧致、回复青春气息。一种全面的嫩肤护理，只需一个疗程即可恢复面部轮廓的青春线条，改善肌肤的纹理并减少细纹和皱纹。

定向提升

1 小时

这是寻求绝佳疗效的理疗。理疗师将通过CACI 微电流集中在眼部周围的区域，带给您清爽的肌肤。经过充分的咨询，理疗师会选择适合您肌肤的产品。超声波技术将协助产品注入皮肤深层，使您充满活力，容光焕发。

密集提升

1 小时 30 分钟

由文华东方美容与 CACI 微电流的创新技术，科学超声波和 LED 光源疗法与我们的美容产品相结合为宾客显著效果的面部护理，让时间不留痕。经过充分的咨询，治疗师会选择适合您肌肤的产品。CACI 微电流将通过提升及拉伸作用来唤醒倦怠的面部肌肉组织，从而为面部肌肤带来立竿见影的改善和修复功效。超声波深层净化技术及微晶皮肤雕琢将有效改善皮肤瑕疵，加以红光合蓝光 LED 光源理疗，帮助肌肤获得更为丰富的胶原蛋白，从而改善及治愈面部粉刺问题。



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男士理疗

男士护理

男士面部芳香专属护理

1 小时 30 分钟

可根据面部肌肤的分析以确定客人皮肤类型，专业的理疗师将选择适合每位顾客的 ESPA 产品为您量身定制完美的面部护理。

面部净化护理

1 小时 30 分钟

城市污染，环境压力，出外旅游、工作压力或睡眠不足导致面部暗哑无光泽，造成无生气的肌肤。此放松型面部护理将帮助您面部深层净化，平衡和滋润面部皮肤。三重净化步骤，其中包括舒缓热毛巾敷，柔软的毛刷清洁及排毒按摩，旨在疏通毛孔，预防堵塞。舒适的指压面部按摩和净化面膜，深层的肩部，头皮按摩配合使用海泥香薰油，释放您紧绷的肌肉和神经。

男士尊享

2 小时

一个溺爱自己的理疗疗程，缓解精神和肌肉的紧张，带领您的身心回到和谐的平衡状态。针对祛除疼痛及缓压疗伤的完美疗程。海盐和精油磨砂身体去角质，结合有针对性的热石香薰全身按摩集中于主要能量点和身体周围的脉轮。最后的舒缓头部按摩给您带来彻底的放松感。

时差调节护理

2 小时

舒缓的全身精油按摩使您恢复机体的平衡，放松身心，唤醒您的感官使全身神采焕发并进入平静的睡眠。开始于全身去角质，配以理疗师的精准按压手法，以加强精油的渗透和吸收。

疗程项目

疲倦旅者

使您的身心放松和平衡，以回到正确的时区。

4 小时 30 分钟

- 天泉疗法
- 足部护理
- 定制面部护理
- 时差调整护理
- 独立套房的休闲放松时光

调息养气套餐

一个完整的项目套餐开始您崭新的旅程。

6 小时 30 分钟

- 身体评估
- 私人课程
- 拉伸课程
- 水疗区域放松时光
- 天泉疗法
- 足部护理
- 腿部和臀部提升
- 强效提升

于闻名的广州文华东方酒店 Ebony 西餐厅享受休闲午餐。



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护理价目表

特色护理	2小时30分钟	1,800
	3小时30分钟	2,700
东方翠竹净化	3小时	2,480
花园城市	2小时30分钟	2,250
珠江理疗	2小时30分钟	2,250

身体按摩		
东方精华	1小时30分钟	1,300
深层肌肉按摩	1小时30分钟	1,300
香薰舒缓按摩	1小时30分钟	1,300
东方足部护理	1小时	780

身体裹肤		
个性定制身体裹肤	1小时	800

身体护理		
紧致局部刺激疗法	1小时	1,200

附加护理		
精华身体磨砂护理	30分钟	450
茉莉绿茶全身去角质	30分钟	450
紧致眼部护理	30分钟	450
泡浴	30分钟	450

新生		
产前和产后护理	1小时	1,300

特色美容护理		
面部芳香专属护理	1小时30分钟	1,400

文华东方美容护理		
修复活肤提升面部护理	1小时30分钟	3,800
肌龄逆转精华系列面部护理	1小时30分钟	4,900
定向提升	1小时	1,000
密集提升	1小时30分钟	1,500

男士理疗		
男士面部芳香专属护理	1小时30分钟	1,400
面部净化护理	1小时30分钟	1,450
男士尊享	2小时	1,800
时差调节护理	2小时	1,800

疗程项目		
疲倦旅者		
使您的身心放松和平衡， 以回到正确的时区。	4小时30分钟	4,000
调息养气套餐		
一个完整的项目套餐开始 您崭新的旅程。	6小时30分钟	5,000



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服务条款及注意事项

营业时间

健身中心

周一至周日 上午6点至晚上10点

文华水疗中心

周一至周日 上午9点至晚上11点

游泳池

周一至周日 上午6点至晚上10点

预订须知 在到店消费前，我们建议提前预定水疗护理，以确保您能在指定时间内享受我们的服务。为保证预约有效，请于预定时间前向水疗礼宾部提供您的有效信用卡信息和联系方式。

取消政策 提前12小时取消预定，不收取费用；12小时内取消预订，将收取50%的费用；6小时内取消或预订时间到了而缺席，将收取100%的费用。

服务费用及优惠政策 请注意依据文华水疗中心护理价目表中有关规定，所有水疗护理项目均加收15%的服务费。护理价目表中的单项服务均扣除所有可用的折扣。折扣不能作促销或礼券销售。

礼卡 我们特别为水疗爱好者准备了文华水疗礼卡，该礼卡可用于广州文华东方酒店水疗中心内使用。礼卡不得与酒店其他折扣同时使用。

水疗套餐服务 您可以通过联系水疗礼宾部，了解更多特别的水疗套餐或团体服务讯息，水疗礼宾部的联系电话：+86 20 3808 8879。

水疗礼仪规范 我们致力为宾客打造一个宁静而舒适的水疗环境，为此各位宾客请尊重其他所有水疗宾客的隐私和享有宁静的权利。因此，在文华水疗中心内禁止使用手机、相机和PDA。

水疗中心到达时间 我们建议您在预约时间45分钟前到水疗中心接待处办理登记手续，以便您在护理前通过桑拿和蒸气浴彻底放松身心。如您不需要此项服务，请在预约时间15分钟前到接待处办理登记手续；

年龄要求 访问水疗及健体中心的客人必须年满16周岁或以上。

健康状况 预订时，请告知我们可能会影响您享有服务的健康状况、过敏史及受伤史。如果您正处于医疗观察期或服药期间，那么在进行桑拿或使用水疗设施健身器材前请咨询您的医生。对于处于孕期的宾客，我们不建议进行桑拿或蒸汽浴。

孕期宾客 我们专门为处于孕期的宾客设计了特别的水疗项目。在这个特殊时期里，请允许我们的水疗礼宾引导您选择最适合的护理。

清洁卫生 我们严格遵守设备清洁、安全和卫生的承诺，每项服务和护理结束后，都将对该设备进行消毒处理。

物品遗失或损害 光临水疗中心时，请将所有贵重物品寄存在您的个人衣柜内。为能保护您的个人衣物，我们要求客人必须穿戴本店提供的浴袍。对于个人物品的损失或损害，恕不负责。

事故或受伤 对于任何会员或宾客所遭受的事故或受伤，广州文华东方酒店水疗中心恕不负责。

设施的使用限制 活动场所内严格禁烟酒。活动时必须穿戴适当的服装。进入健体中心参加运动时，须穿运动鞋。

水疗精品店 您可以在酒店内的水疗精品店购买护理和服务中所使用的水疗产品，以便您在家中继续水疗养生。

退款政策 零售产品在购买后10天之内如未开封，可以退货；退货时请出示原始收据。酒店采取非现金或信用卡退款。



广州文华东方水疗中心

中国广州市天河区天河路389号 邮编 510620 电话：+86 20 3808 8879 传真：+86 20 3808 8889 mandarinoriental.com/guangzhou

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 personalised, 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. 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.



SPA SUITE EXPERIENCES

The Spa at Mandarin Oriental, Guangzhou encompasses six single suites each complete with private steam showers and changing areas. There are also two couples' suites allowing guests to enjoy treatments with a friend or partner, and a VIP suite that provides the ultimate oasis of relaxation with a vitality pool, changing, relaxation and treatment areas.

All of our Spa Suite experiences commence with an in-depth consultation with our expert therapists to ensure that all of your needs are met and that the treatment provided is adapted to these needs. This is followed with our Tian Quan Therapy which is particularly beneficial in relieving stress and muscular pain, increasing blood circulation, detoxification and opening the pores to allow any oils and creams used in the treatment that follows to penetrate deeper into the skin.

After completion of each treatment all guests will be provided with light refreshment developed with your personal health and wellness in mind.

TIME RITUALS™ 2 hours 30 minutes / 3 hours 30 minutes

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 BAMBOO CLEAR 3 hours

An intensive clearing treatment to help clear the body and mind of the daily life stresses and pollutants.

Blending active ingredients of charcoal and natural balsam pear, rich in Vitamin C, anti-oxidants and folates are the ingredients used during the clearing body envelopment, after which your therapist performs a relaxing hair mask and drains the toxins from your skin with a deep lymphatic facial massage using Obsidian rock crystals.

Your treatment will finish with a slow and meditative bamboo massage to relieve muscle tension and to help increase blood circulation and detoxification using sweeping movements with the bamboo batons with the aid of the heady aroma of detoxifying oils.



CITY GARDEN 2 hours 30 minutes

Luxuriate in a bath infused with refreshing kumquat and chrysanthemum poultice.

Your treatment will continue with a full body enveloped in a heady aroma of natural sugarcane and mulberry, both plants contain a high level of Vitamin C with antioxidant properties, leaving your body fresh and revitalised. Your treatment will be complete with a full body massage with rose, geranium and sweet orange oil.

PEARL RIVER THERAPY 2 hours 30 minutes

Using finely ground pearl powder which promotes healing, enhances elasticity and luminosity, your skin will start its restoration with a soothing yet regenerating body exfoliation.

Your body will then be enveloped in a rich blend of pearl powder and essential oils to soften, brighten and purify the skin. During this time your therapist will apply a pearl mask to your face to revitalize and brighten dull and tired skin.

Your already smooth skin will be soothingly massaged with pearl encapsulated oils specifically blended for Mandarin Oriental, leaving your whole body stress free and your skin rejuvenated, bright and luminous.

The following list details Body Massages, Body Treatments and Treatment additions and Facial Treatments.

These treatments can also be enjoyed in conjunction with the Tian Quan Therapy, which is particularly beneficial in relieving stress and muscular pain, increasing blood circulation, detoxification and opening the pores to allow any oils and creams used in the treatment that follows to penetrate deeper into the skin.

An additional 30 minutes should be allocated for any of the following treatments.

BODY MASSAGE

ORIENTAL ESSENCE 1 hour 30 minutes

This massage is a part of the Mandarin Oriental's signature spa therapies and has been designed for the tired traveller, stressed executive or someone who just wishes to relieve neck and shoulder tension. This massage centres on all stress areas of the body. Utilising our Signature Quintessence oil blended with warming ginger, uplifting mandarin and sacred frankincense, all come together to realign the mind and emotions. A completely relaxing treatment.



THERAPEUTIC 1 hour 30 minutes

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.

AROMATHERAPY 1 hour 30 minutes

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.

ORIENTAL FOOT THERAPY 1 hour

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. Finally a relaxing massage along the energy points of the feet and ankles helps to raise natural energy encouraging the release of tension.

BODY WRAPS

PERSONALISED BODY WRAP 1 hour

A results driven body wrap tailored to your needs. Detoxifying, nourishing and hydrating, or relieving muscular aches and pains, this unique and effective treatment includes skin brushing, exfoliation, body wrap using either marine mud or algae chosen to suit your specific concerns. A soothing scalp massage calms the mind for ultimate relaxation.

BODY TREATMENTS

LIFT & FIRM BODY TREATMENT 1 hour

A highly effective, stimulating treatment to target cellulite, fluid retention, uneven skin texture and tonicity. Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite.



TREATMENT ADDITIONS

QUINTESSENCE BODY SCRUB 30 minutes

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 sea salt and sweet almond oil work together to gently smooth and rejuvenate dry or tired skin.

JASMINE AND GREEN TEA BODY SCRUB 30 minutes

Freshly ground jasmine, green tea and honey are combined for a delicious and pampering blend. Honey, and green tea contain many beneficial enzymes and vitamins known for antioxidant and healing properties is fused with the soothing nature of Jasmine flower to create a luxurious scrub.

EYE LIFT 30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes.

An effective firming and hydrating treatment, helps to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches.

Includes: Cleanse, exfoliate, a specific eye area massage and mask.

BATHOLOGY 30 minutes

Indulge yourself with complete decadence. Soak in a luxurious bath infused with Mandarin Oriental Signature blended oil. The essence will be chosen by your therapist dependent on your specific needs.

A perfect way to relax before beginning your chosen treatment.

NEW LIFE

PRE AND POST NATAL TREATMENT 1 hour

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

This total body treatment has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time.

Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to hydrate, relax, restore and revitalise.

SPECIALISED FACIALS

CUSTOMISED ESSENTIAL FACIAL 1 hour 30 minutes

Using techniques and products specifically chosen from Espa skin care range, your therapist will adapt the treatment to your needs to ensure no matter what your skin type you will receive maximum results.



The Spa at Mandarin Oriental, Guangzhou

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BEAUTY BY MANDARIN ORIENTAL

Mandarin Oriental Guangzhou is delighted to welcome the renowned brand Natura Bissé to the Spa, with a range of luxurious and exclusive beauty treatments.

Since 1979, Natura Bissé has devoted itself to the art of skincare, and with over 30 years of aesthetic expertise, delivers outstanding beauty treatments.

A philosophy that complements the Spa at Mandarin Oriental, Guangzhou, the treatments on offer combine Natura Bissé with Mandarin Oriental's philosophy of physical, emotional and mental wellbeing.

REJUVENATING LIFT 1 hour 30 minutes

A genuine multisensory cosmetic lift

A combination of sophisticated active ingredients with extraordinary rejuvenating properties that penetrate into the deepest layers of the skin, providing it with the firmness necessary to stimulate unprecedented regeneration. The combination of active ingredients, crystal massage and pressure point manipulation this treatment offers long lasting hydration and improved firmness.

LIFE INFUSION RITUAL 1 hour 30 minutes

The art of youth

Unprecedented "Youth Elixir" that provides unparalleled skin rejuvenating effects focused on the science of Skin Age Biomarkers and specific massage techniques. This intensive treatment ensures brighter, firmer, noticeably younger - looking skin. A global skin rejuvenation that restores the youthful definition of the facial contours, improves skin texture and diminishes fine lines and wrinkles in just one session.

EXPRESS LIFT 1 hour

This is perfect for someone on the run who is looking for a results oriented treatment. Working with the micro current of CACI, the therapist will concentrate on the area around the eye, leaving the face looking refreshed and vibrant.

After a full consultation, the therapist will choose the appropriate product line for your skin type. The Ultrasound technology will assist the product infusion leaving you with a vibrant glow.

INTENSIVE LIFT 1 hour 30 minutes

Beauty by Mandarin Oriental combines the innovative technology of CACI Micro-current, Ultrasound and LED Light Therapy with the science of our partnered product lines, to create a facial treatment with exceptional results without the traditional downtime. After a full consultation, the therapist will choose the appropriate product line for your skin type. The Micro current of CACI re - educates tired facial muscles by lifting and toning to create a visible and immediate result. Ultrasound technology features both product infusion capabilities, as well as a crystal and vacuum-free microdermabrasion experience. Finally combining concentrated RED or BLUE LED light therapy assists in building additional collagen and fighting troublesome acne.



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GENTLEMEN ESSENTIALS

TREATMENTS

CUSTOMISED ESSENTIAL FACIAL 1 hour 30 minutes

Using techniques and products specifically chosen from Espa skin care range, your therapist will adapt the treatment to your needs to ensure no matter what your skin type you will receive maximum results.

ANTI-POLLUTION FACIAL 1 hour 30 minutes

City pollution, environmental stress, travel, business pressures or lack of sleep can result in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin. The triple cleanse procedure, which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing Acupressure face massage and Purifying Mask, a deep shoulder and scalp massage, using conditioning hair and scalp mud combined with body oil serve to release tight muscles and tension.

MANKIND 2 hours

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. A salt and oil scrub exfoliates the body and is followed by a deep, purposeful body massage using blended aromatherapy oils, combined with hot stones to work on vital energy points and chakras around the body. A soothing head massage completes the treatment leaving a sense of total relaxation.

JET LAG REVIVER 2 hours

Soothing full body massage to rebalance energy levels and calm the mind leaving you completely energised to complete your busy schedule or to relax you into an untroubled sleep with soothing essential oils. Treatment begins with a full body exfoliation to assist with the penetration of the essential oils.

PROGRAMMES

TIRED TRAVELER

Bring your mind and body to the correct time zone with this relaxing and rebalancing programme.

4 hours 30 minutes

- Tian Quan therapy
- Foot Ritual
- Customised holistic facial
- Jet lag reviver
- Relaxation time in the privacy of your own suite

BODY REVIVING PROGRAMME

A full programme to start you on a journey towards a new you.

6 hours 30 minutes

- Fitness assessment
- Personal training
- Stretching session
- Relax in Water Temple area
- Tian Quan therapy
- Foot Ritual
- Legs and buttock lift
- Intensive lift

Enjoy a reaxing lunch at Mandarin Oriental, Guangzhou's renowned Ebony restaurant.



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PRICE LIST

Time Rituals™	2 hours 30 minutes	1,800
	3 hours 30 minutes	2,700

Oriental Bamboo Clear	3 hours	2,480
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City Garden	2 hours 30 minutes	2,250
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Pearl River Therapy	2 hours 30 minutes	2,250
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BODY MASSAGE

Oriental Essence	1 hour 30 minutes	1,300
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Therapeutic	1 hour 30 minutes	1,300
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Aromatherapy	1 hour 30 minutes	1,300
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Oriental Foot Therapy	1 hour	780
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BODY WRAPS

Personalised Body Wrap	1 hour	800
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BODY TREATMENTS

Life & Firm Body Treatment	1 hour	1,200
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TREATMENT ADDITIONS

Quintessence Body Scrub	30 minutes	450
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Jasmine and Green	30 minutes	450
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Tea Body Scrub

Eye Lift	30 minutes	450
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Bathology	30 minutes	450
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NEW LIFE

Pre and Post Natal Treatment	1 hour	1,300
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SPECIALISED FACIALS

Customised Essential Facial	1 hour 30 minutes	1,400
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BEAUTY BY MANDARIN ORIENTAL

Rejuvenating Lift	1 hour 30 minutes	3,800
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Life Infusion Ritual	1 hour 30 minutes	4,900
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Express Lift	1 hour	1,000
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Intensive Lift	1 hour 30 minutes	1,500
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GENTLEMEN ESSENTIALS

Customised Essential Facial	1 hour 30 minutes	1,400
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Anti - Pollution Facial	1 hour 30 minutes	1,450
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Mankind	2 hours	1,800
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Jet Lag Reviver	2 hours	1,800
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PROGRAMMES

Tired Traveller	4 hours 30 minutes	4,000
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Body Reviver	6 hours 30 minutes	5,000
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