



THE
MANDARIN SPA
HONG KONG



SIGNATURE THERAPIES

TIME RITUALS™

Minimum of 2 hours

Enjoy the most personal holistic experience possible by allowing our therapists to create and customise treatments to your unique individual needs.

ORIENTAL QI

1 hour 50 minutes

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 to create a balance of the mind and body.

ORIENTAL HARMONY

1 hour 50 minutes

Four hands work in perfect unison in a remarkable experience that inspires harmony where two therapists work together in time and movement. A warm scrub is introduced to soothe the skin, then a harmonious massage to balance the body. Ideal for those suffering from jet lag.

INNER STRENGTH

1 hour 30 minutes or 2 hours

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.

DIGITAL WELLNESS ESCAPE

1 hour 30 minutes

Break free from constant connectivity to technology and reconnect with your mind, body and spirit. Your treatment begins with a shungite foot steam, a choice to relive your childhood with a selection of toys or a do-it-yourself organic face mask, followed by a stress-relieving massage, and finished with meditation time.

MASSAGE

ORIENTAL ESSENCE

This full body massage uses Swedish and Eastern techniques to relax and ease muscle tension. The focus of this massage is based on today's key problem areas, neck and shoulders, to help "reset" the body for a good night's sleep and to stay alert during the day. To further stimulate the body's natural healing process, reflex points on the feet are incorporated.

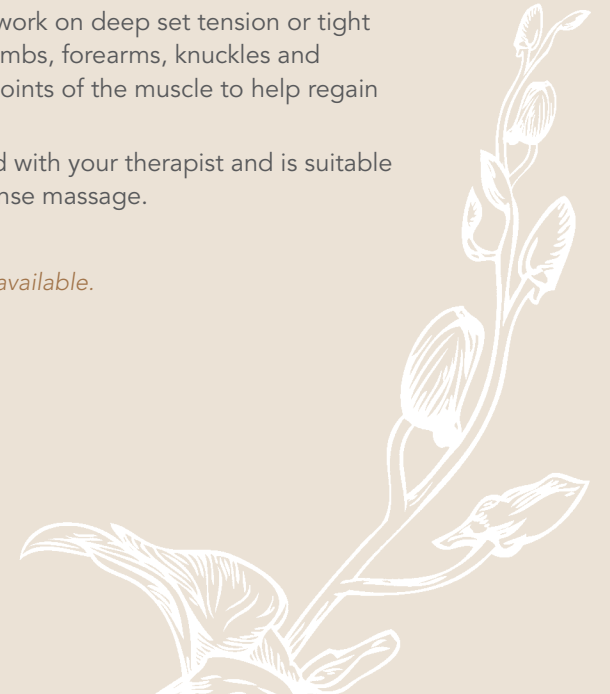
Perfect if you are looking to remove yourself from reality for a short time both physically and mentally. The pressure during this massage flexes to your needs.

THERAPEUTIC

This treatment is ideal for those looking to work on deep set tension or tight over exercised muscles. With the use of thumbs, forearms, knuckles and elbows, this massage will seek the trigger points of the muscle to help regain motion and alleviate pain.

The areas of concentration will be discussed with your therapist and is suitable for guests that are comfortable with an intense massage.

Booking times of 1 hour or 1 hour 30 minutes available.



FACIALS

Skins of today can be complex with the various aggressors that surround us. Here, we have worked on a philosophy to suit all your skin concerns.

HOLISTIC SKIN CARE

FIVE ELEMENTS FACIAL

1 hour or 1 hour 30 minutes

Based on the five elements – fire, wood, earth, metal and water – restore your skin's balance using Elemental Herbology products and skilled massage techniques. According to your specific element, restore your skin's youth for a very personalised result.

ADVANCED SKIN CARE

These treatments look to address all manners of concerns from teenage acne, adult breakout, premature aging, dullness, lack of tone and prevention. Here, technology teams up with active vitamins, peptides and anti-oxidants from Environ skin care to help infuse into the skin for faster results. This is done through non-invasive peeling and sensation-free electrical methodologies. We want to ensure that your skin is healthy for a lifetime.

OPTIMAL SKIN

1 hour 30 minutes

This dynamic treatment provides intense penetration of active ingredients for visible results. Your facial begins with a pre-cleanse followed by applications of Lac-Pam gel, a clay mask in addition to Vitamin A and C serums, resulting in optimal health and radiance.

ACTIVE VITAMIN INFUSION

1 hour

This treatment is essential for the maintenance of healthy, youthful skin. By deeply hydrating while plumping and firming the skin, this intensive treatment transforms your skin.

VITAMIN BOOSTER

30 minutes

With the infusion of Vitamin A or C, a series of short booster treatments target specific areas of concern, such as fine lines around the eyes and lips, and patches of pigmentation or scarring.



COUPLE'S ROOM AND SUITES

In today's world, quality time together with partners or friends can be difficult to find. Here, we offer a luxury urban escape from these external distractions and digital interruptions in our beautiful tranquil couple's room or suites. This is the perfect place to reconnect and destress.

Share relaxation time together either before or after your treatment to truly enhance your spa experience. Three couple's suites have unique private facilities to enhance treatments and relaxation.

The Patchouli Room includes a private steam shower and relaxation area. The Kukui Suite includes a private Jacuzzi, steam shower and relaxation area. And the Jasmine Suite includes a detoxifying Ganbanyoku bed, steam shower and relaxation area.*

**Minimum additional relaxation time of 1 hour and includes light refreshments.*



MANDARIN SPA SUITE EXPERIENCE

3 hours

Couples can indulge in a two-hour treatment experience in the privacy of our luxurious Kukui or Jasmine Suites. This extended experience begins with a relaxing vitality pool, blending warming ginger and balancing mandarin essential oils, and a steam shower to ease away the stresses of the day. A light Asian-inspired spa meal served in the privacy of the suite concludes this treatment.

TIME TOGETHER

2 hours

This 'getaway' begins with a Quintessence Salt Scrub to smooth and soften your skin, followed by a relaxing customised massage. This couple's package is ideal when you need an escape away together.

AFTERNOON TEA AND THERAPY

2 hours

A unique experience available weekdays* only for friends to enjoy our "Time Together" programme followed by a classic Afternoon Tea at Clipper Lounge. An ideal treat.

**Monday to Thursday – excluding public holidays.*

EASTERN EXPERIENCE

3 hours

This spa programme is perfect for those who are looking for the ultimate in relaxation. Indulge on the detoxifying Ganbanyoku bed to begin your journey, choose between a sakura or yuzu infused rinse, followed by a skin softening azuki bean body scrub and a meridian massage to relieve stress. A refreshing sakura tea will be served at the end of your journey.

TRADITIONAL CHINESE MEDICINE

In Traditional Chinese Medicine (TCM), the body is seen as a delicate balance of two opposing and inseparable forces: yin (cold, slow or passive principle) and yang (hot, excited or active principle). TCM believes that health is achieved by maintaining the body in a “balanced state” and that disease is due to an internal imbalance of yin and yang. When the balance is broken, it leads to blockage in the flow of Qi (vital energy) along pathways known as meridians. The treatments under TCM work on restoring this balance in the body.

CHINESE MERIDIAN MASSAGE

1 hour or 1 hour 30 minutes

Focusing on acupressure points and the subtle energy channels influencing the directional flow of Qi in the body, Chinese Meridian Massage can help treat many conditions.

NB: Cupping may also be included within the treatment time if your particular condition requires this.

CHINESE FOOT REFLEXOLOGY

1 hour or 1 hour 30 minutes

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.

CHINESE DOCTOR CONSULTATION

45 minutes

In order to strengthen and optimise overall health, our Chinese doctor will consult personally with you on your specific areas of concern. Herbs and a treatment programme will be prescribed for you, which may include the following elements:

Acupuncture

It is believed that there are 12 main meridians and 8 secondary meridians, and that there are more than 2,000 acupuncture points on the human body that connect with them. Our specialist will work on these areas based on your body's individual needs and concerns.

Bone Setting

Bone setting is an ancient art of healing through bone manipulation. It is the predecessor to modern chiropractic therapies and osteopathy. It may be more effective than mild exercise and physiotherapy to treat certain conditions. Our specialist will tailor the session after assessing your individual needs.

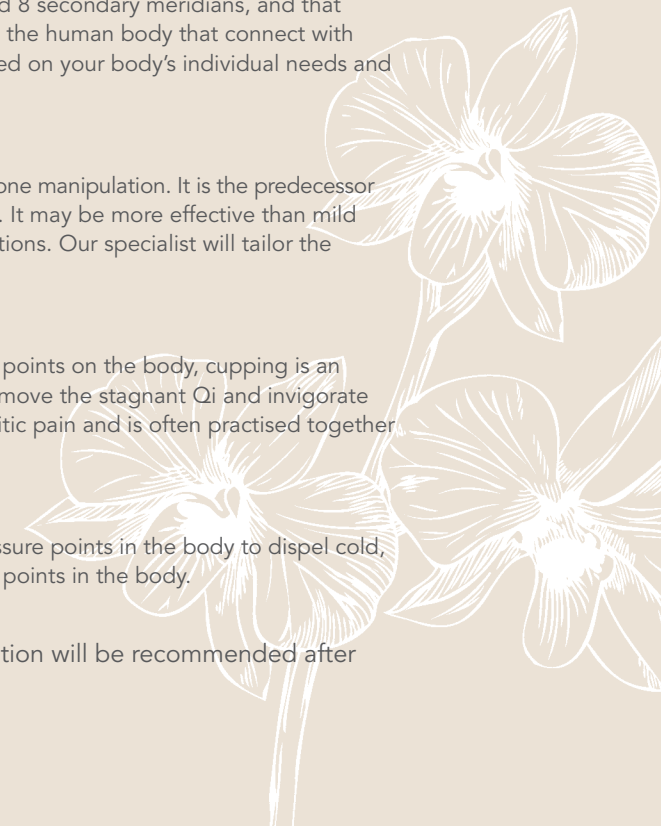
Cupping

Using light bulb shaped jars suctioned to various points on the body, cupping is an ancient form of therapeutic massage, helping to move the stagnant Qi and invigorate the system. Cupping can be used to relieve arthritic pain and is often practised together with acupuncture and massage.

Moxibuxtion

A technique that burns herbal sticks over acupressure points in the body to dispel cold, this treatment promotes circulation and activates points in the body.

The choice of techniques and their combination will be recommended after consultation with the Chinese doctor.



PRE AND POST-NATAL

MELLOW MUMMY

1 hour or 1 hour 30 minutes

This pregnancy massage uses the healing benefits of rose oil to balance hormones and even emotions as well as rejuvenating the skin. The technique is designed to improve lymphatic drainage, and help reduce swelling and discomfort.

BODY AND BUMP

1 hour 30 minutes

Mothers-to-be will be delighted with this luxurious massage using rose-scented oils and body balms to deeply nourish the skin, aiding the prevention of stretch marks and soothing fluid retention. Your treatment ends with a hydrating facial and hair mask.

NB: pre-natal treatments are performed on a revolutionary pregnancy comfort cushion, using only all-natural ingredients. They are not suitable for ladies in their first trimester.

MUMMY'S MOMENTS

1 hour or 1 hour 30 minutes

The soothing 60-minute "Mummy's Moments" post-natal treatment uses traditional Malaysian massage techniques to ease muscle soreness and support the restoration of the mother's figure. For the 90-minute treatment, choose to include the abdominal binding corset to help relieve tenderness and protect the integrity of your womb. An ancient post-natal herbal remedy is then applied to aid water reduction, detoxify and help the body heal and recover naturally.

SPA PROGRAMMES

INDULGENCE

3 hours 30 minutes

A head-to-toe experience, this all-encompassing face and body programme is designed to provide immediate, visible results and extreme relaxation.

- Quintessence Salt Scrub
- Full Body Massage
- Age Repair Facial
- Foot Massage
- Light Asian-inspired Spa Meal

DETOX AND PAMPER

2 hours 30 minutes

For the ultimate in detoxification, this programme aids the release of toxins from your body and reduces fluid retention.

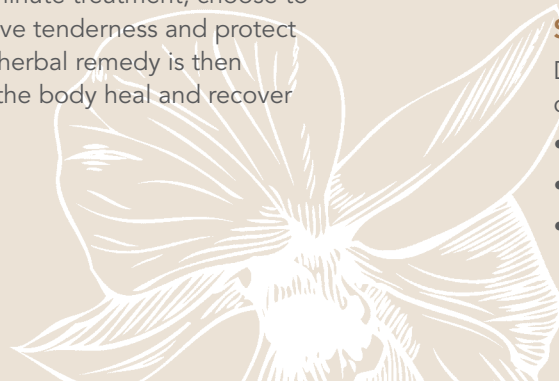
- Himalayan Detox Salt Scrub
- Thermal Detox Clay Body Mask
- Lymphatic Massage
- On the Run Facial

SOOTHING RITUAL

2 hours 15 minutes

Designed to soothe and calm, this ritual will leave you relaxed and feeling completely pampered.

- Quintessence Salt Scrub
- Full Body Massage
- On the Run Facial



PRICE LIST

SIGNATURE THERAPIES	Time (minutes)	Weekday	Weekend
Time Rituals™	120	\$2,575	\$2,965
	180	\$3,275	\$3,860
Oriental Qi	110	\$2,215	\$2,575
Oriental Harmony	110	\$3,500	\$4,080
Inner Strength	90	\$1,700	\$1,885
	120	\$2,266	\$2,470
Digital Wellness Escape	90	\$1,800	\$2,110
COUPLE'S ROOM AND SUITES			
Mandarin Spa Suite Experience	180	\$6,750	\$7,560
Time Together	120	\$4,790	\$5,090
Afternoon Tea and Therapy	120	\$5,145	
Eastern Experience	180	\$6,750	\$7,560
JOURNEYS			
Imperial Jade	120	\$2,630	\$3,040
90-Minute Escape	90	\$1,800	\$2,110
PRE AND POST-NATAL			
Mellow Mummy	60	\$1,440	\$1,575
	90	\$1,800	\$2,040
Body and Bump	90	\$1,800	\$2,040
Mummy's Moments	60	\$1,440	\$1,650
	90	\$1,850	\$2,060
MASSAGE			
Oriental Essence	60	\$1,395	\$1,420
	90	\$1,700	\$1,830
Therapeutic	60	\$1,395	\$1,420
	90	\$1,700	\$1,830
Aromatherapy	60	\$1,395	\$1,420
	90	\$1,700	\$1,830
Thai	60	\$1,395	\$1,420
	90	\$1,700	\$1,830
Bamboo	90	\$1,700	\$1,830

FACIALS	Time (minutes)	Weekday	Weekend
Five Elements	60	\$1,520	\$1,730
	90	\$2,150	\$2,360
Optimal Skin	90	\$2,420	\$2,750
Active Vitamin Infusion	60	\$1,760	\$1,980
Vitamin Booster	30	\$1,000	\$1,250
Eve Lom	60	\$1,520	\$1,730
	90	\$2,150	\$2,360
Men's Facial	60	\$1,520	\$1,730

TRADITIONAL CHINESE MEDICINE

Chinese Meridian Massage	60	\$1,390	\$1,440
	90	\$1,820	\$1,875
Chinese Foot Reflexology	60	\$1,390	\$1,440
	90	\$1,820	\$1,855
Chinese Doctor Consultation	45	\$1,390	\$1,445

SPA PROGRAMMES

Indulgence	210	\$4,670	\$5,230
Detox and Pamper	150	\$3,200	\$3,465
Soothing Ritual	135	\$2,730	\$3,040

TREATMENT ADDITIONS

On The Run	30	\$1,030	\$1,155
Quintessence Scrub	30	\$660	\$680
Body Wrap	60	\$1,495	\$1,595

Weekday pricing is in effect Monday to Thursday.
Weekend pricing is in effect Friday to Sunday, and on Public Holidays.
All treatments are exclusive of 10% service charge.

TERMS & CONDITIONS

Opening Hours

Fitness Centre: Mon - Sun 6:00am - 10:00pm
Spa Treatments: Mon - Fri 10:00am - 11:00pm, Sat - Sun 9:00am - 11:00pm

Advanced Bookings

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Cancellation Policy

Cancellations or no shows within 12 hours will incur a 100% charge. A credit card number is required at the time of booking.

Gift Cards

An ideal gift for spa enthusiasts – gift cards are available at The Mandarin Spa.

Spa Packages

Information on special spa packages or group programmes can be obtained by contacting The Mandarin Spa Concierge at +852 2825 4888 or email mohkg-spa@mohg.com.

Spa Etiquette

Our spa environment exudes tranquility and relaxation. Please respect all spa guests' right to privacy and serenity.

Spa Arrival

We recommend that you check-in at The Mandarin Spa reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and also provides you with ample time to visit the spa's heat and water facilities. Please understand that late arrivals will not receive an extension of scheduled treatments.

Pregnancy

We have specially designed treatments for expectant mothers in the 2nd and 3rd trimesters. Please allow Spa Concierge to guide you in selecting which treatments are most suitable during this special time.

Age Requirement

The minimum age requirement for access to The Mandarin Spa and Fitness Centre is 16 years old.

Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your spa reservation.

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 held responsible for any loss or damages made to personal articles. Please keep all valuables secured in your locker. For the protection of your clothing, we ask that you wear the robe provided.

Accidents and Injuries

The Mandarin Spa shall not be liable for any accident or injury suffered by a member or guest.

Restrictions on the Use of the Facilities

The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the Fitness Centre.

Spa Boutique

To continue your spa experience at home, all spa products used in the treatments and services are available at our Spa Boutique.

Refund Policy

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

Service Charge

A 10% service charge will be added to your final bill for each service.



MANDARIN ORIENTAL
HONG KONG

5 Connaught Road Central, Hong Kong
Telephone: +852 2825 4888 Email: mohkg-spa@mohg.com
mandarinoriental.com/hongkong