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 well-being. The Group is committed to delivering all aspects of wellness and 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 personalized, 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.



TIME RITUALS™

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. 1 hour 50 minutes or 2 hours 50 minutes



JOURNEYS

HILOT EXPERIENCE

2 hours

Experience the Filipino healing arts and ancient techniques. The treatment combines traditional Hilot and Bentosa to promote natural healing and well-being.

HEAVENLY ASIAN

1 hour and 40 minutes

An exotic, luxurious, and unforgettable Asian treatment combining Recovery Head Massage and rejuvenating Dagdagay foot therapy for a truly memorable experience

BODY MASSAGES

SWFDISH

1 hour and 20 minutes

50 minutes

This traditional massage uses firm, regulated pressure and long, strong movements to release muscle knots and tension in the body. The combination is particularly effective for easing tired backs and limbs.

THERAPEUTIC

1 hour and 20 minutes

50 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 energizing massage.

AROMATHERAPY

1 hour and 20 minutes

50 minutes

A deeply therapeutic holistic treatment that 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.

AROMA STONE

1 hour and 20 minutes

50 minutes

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as give relief to deep-seated muscle tension. Stone therapy is a Native American Indian practice, which has been used since ancient times as a soothing and healing treatment.

THAI

1 hour and 20 minutes

50 minutes

Performed wearing loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalize body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.

HII OT

1 hour and 30 minutes

This healing massage is customized to treat specific areas of imbalance in the body, using a combination of deep tissue massage and smooth, flowing strokes. This treatment provides relief from deep-rooted stresses and strains, and rebalances the body, helping to restore health and well-being.

DAGDAGAY FOOT THERAPY

50 minutes

This traditional foot massage originates in the native villages of the Mountain Province. Dagdagay is performed with the use of two sticks (bamboo or rattan) to simulate the feet's nerve endings and restore optimum health. The treatment begins with a soothing foot soak using medicinal herbs, and finishes with an herbal foot rub and massage.



BODY WRAPS

DETOX

1 hour and 15 minutes

A regular systemic detoxification is important for everyone in order to keep the body running smoothly. Brown seaweeds, blended for their detoxifying action, are mixed into fine paste and applied to the entire body. This promotes perspiration and elimination of toxins. After a refreshing shower, a specialized combo of cooling moisturizers is applied to your newly purified, restored body.

DEAD SEA MUD

1 hour and 15 minutes

Nourish and keep the moisture in your skin with this invigorating body scrub followed with an application of Dead Sea Mud to purify and energize the skin. This is a deep cleansing treatment that restores your body's radiance.

BODY TREATMENTS

PATH OF TRANQUILITY

1 hour and 30 minutes

Pacify the mind with a complete de-stressing treatment. Calm your senses as a hot herbal poultice and a warm oil massage soothe your body. While tension is slowly eased away under a caring touch, you will be guided into serenity and total peace of mind.

THAI HERBAL HEAT ENERGIZER

1 hour and 30 minutes

Let your sensations drift away while enjoying this unforgettable traditional warm Thai massage. The balancing poultice opens the pores and brings a deep medicinal heat to the muscles to release tensions and revitalize your mind. Then an invigorating massage with the combining effects of peppermint and mandarin essential oils will take your body on a journey of total renewal.

RADIANCE

1 hour and 40 minutes

Softer, smoother and revitalized skin is yours, following the Dead Sea Salt scrub and a choice of Swedish or Aromatherapy massage.



TREATMENT ADDITIONS

WALNUT SCRUB

45 minutes

A treatment specifically designed to deep cleanse and purify the body with a total skin exfoliation. The treatment incorporates a replenishing body lotion to hydrate and leave the skin soft and supple.

DEAD SEA SALT SCRUB

45 minutes

A body treatment that is meant to exfoliate dead skin cells to adhere to a more nourished skin. The treatment incorporates a replenishing body lotion to hydrate and leave the skin soft and supple.

RECOVERY HEAD MASSAGE

45 minutes

This treatment experience starts with the application of traditional Thai warm herbal poultice over the back, neck, shoulders and head to relieve stress, soothe tension and re-energize.

REVITALIZING EYE TREATMENT

30 minutes

Let your eyes be pampered and rejuvenated with this amazing eye treatment that gently nourishes and soothes your eyelids while combating fine lines, puffiness and dark circles.

BENTOSA

30 minutes

Bentosa or "cupping" is an ancient treatment that is practiced in many cultures around the world. It is commonly used to stimulate circulation and balance blood flow. This traditional treatment also stimulates the nervous system while removing toxins and restoring the body to a balanced state.



SPECIALISED FACIALS

Beginning with a facial assessment to determine your skin type, our therapist will select products from our Aromatherapy Associates facial range to create an experience tailor-made to your skin's needs.

DEEP CLEANSING

1 hour

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang-ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production. This treatment refreshes and balances, leaving the complexion super clean and fresh.

PRESCRIPTION

1 hour and 15 minutes

Unique formulations are blended to nourish, balance and control whatever your skin needs. Specialized pressure point massage techniques ease tension in the skin, leaving it gently cleansed, polished and radiant.

AGE REPAIR

1 hour and 30 minutes

The highly effective anti-ageing treatment repairs the skin and works with natural oils of inca inchi and larch extract, which stimulate collagen formulation to deliver firm and tightened skin. Skin is thoroughly cleansed, exfoliated and is then massaged using lymphatic massage techniques to improve both suppleness and elasticity, prior to the application of our Hydrating and Age-Repair masks. A luxurious scalp massage follows, to release any remaining stress and tension. The result is a firm, plumped and more youthful looking complexion.





SPA PROGRAMMES

ORIENTAL INDULGENCE

3 hours

Pamper yourself with the relaxing experience of a rejuvenating 45-minute body scrub and a 60-minute massage. Conclude with a 75-minute facial for a stimulating and deeply energizing treatment.

Body Scrub Options:

Walnut Dead Sea Salt

Massage Options:

Aromatherapy Swedish Therapeutic

ORIENTAL REVIVER

2 hours

Revitalize your optimum sense of well being with a 45-minute Dead Sea Salt scrub along with a 50-minute stretching yoga massage that will surely calm your muscles. Finally, be pampered and rejuvenated with a 30-minute Revitalizing Eye Treatment.



THE SPA MEMBERSHIPS

ORIENTAL PLATINUM MEMBERSHIP P22,000, annual membership

ENTITLEMENTS

 One night complimentary stay in a deluxe room (subject to availability)

Gift Certificates

- Eight 50-minute body massages of choice
- Two 45-minute body scrubs of choice
- Spa hamper
- Birthday voucher for a compimentary massage of choice

Gift Certificates are transferable.

PRIVILEGES

- 20% discount on a la carte treatments
- 15% discount on retail products

ORIENTAL GOLD MEMBERSHIP P18,000, annual membership

ENTITLEMENTS

 One night complimentary stay in a superior room (subject to availability)

Gift Certificates

- Five 50-minute body massages of choice
- One 45-minute body scrub of choice
- Spa hamper
- Birthday voucher for a complimentary massage of choice

Gift Certificates are transferable.

PRIVILEGES

- 15% discount on a la carte treatments
- 10% discount on retail products

The discounts are exclusive to the member and are non-transferrable



PRICE LIST

Time Ritual	2 hours and 50 minutes	P 5,888.00	BODY WRAPS		
	1 hour and 50 minutes	P 4,500.00	Detox	1 hour and 15 minutes	P 5,300.00
		,	Dead Sea Mud	1 hour and 15 minutes	P 5,300.00
JOURNEYS					
Hilot Experience 2 hours		P 4,088.00	BODY TREATMENTS		
Heavenly Asian	1 hour and 40 minutes	P 3,688.00	Path to Tranquility	1 hour and 30 minutes	P 3,800.00
			Thai Herbal	1 hour and 30 minutes	P 3,800.00
BODY MASSAGES			Heat Energizer		
Swedish	1 hour and 20 minutes	P 3,388.00	Radiance	1 hour and 40 minutes	P 3,688.00
	50 minutes	P 2,200.00			
			TREATMENT ADDITIONS		
Therapeutic	1 hour and 20 minutes	P 3,388.00	Walnut Scrub	45 minutes	P 1,800.00
	50 minutes	P 2,200.00	Dead Sea Salt Scr	rub 45 minutes	P 1,800.00
			Recovery Head Ma	assage 45 minutes	P 1,900.00
Aromatherapy	1 hour and 20 minutes	P 3,388.00	Revitalising Eye Tr		P 2,200.00
	50 minutes	P 2,200.00	Bentosa	30 minutes	P 2,200.00
Aroma Stone	1 hour and 20 minutes	P 3,688.00	SPECIALISED FAC	CIALS	
	50 minutes	P 2,400.00	Deep-cleansing	1 hour	P 2,650.00
			Prescription	1 hour and 15 minutes	P 2,888.00
Thai	1 hour and 20 minutes	P 3,688.00	Age Repair	1 hour and 30 minutes	P 3,550.00
	50 minutes	P 2,400.00			
SPA PF				ES	
Hilot Massage	1 hour and 30 minutes	P 3,400.00	Oriental Indulgeno	ce 3 hours	P 6,388.00
			Oriental Reviver	2 hours	P 5,388.00
Dagdagay	50 minutes	P 2,200.00			
Foot Therapy					

Prices are exclusive of government and local tax.



TERMS & CONDITIONS

OPENING HOURS

Spa Treatments: 9am to 11pm daily

SPA ARRIVAL

We recommend that you check in at the Spa reception at least 15 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations.

APPOINTMENT INFORMATION

We offer our busy guests a reliable timetable; therefore arriving late will simply limit the time of your treatment, reducing your full benefit and enjoyment. Your treatment will end on time to prevent inconvenience to the next guest and the full treatment price will apply.

CANCELLATION POLICY

Please allow 24 hours notice of cancellation to avoid a 100% charge. A credit card is required at the time of booking order to guarantee the appointment.

ADVANCED BOOKINGS

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

HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries which could affect your service when making your spa reservations.

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit or you may have access to a safety deposit box at the front desk of the hotel. For the protection of your clothing, we also ask that you wear the robe provided.

SPECIAL ETIQUETTE

Our Spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your cellular phone or other electronic devices.

PREGNANCY

Please let the Spa concierge guide you in selecting the suitable treatments, taking into consideration your well-being during this special time.

AGE REQUIREMENTS

The minimum age to access the Spa is 18 years old. However, we are delighted to welcome young adults from 16 years old to enjoy treatments of their choice, however they must be accompanied by a responsible adult of at least 18 years of age.

RESTRICTIONS ON THE USE OF FACILITIES

The consumption of alcohol and tobacco is strictly prohibited in the premises.

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.

ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental, Manila shall not be liable for any accident or injury suffered by any member or guest.

GIFT CARD

An ideal gift for spa enthusiasts, Mandarin Oriental Gift Cards are available at the Front Desk.

