

# 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. The product range incorporates six body oils, six bath and shower oils and a generic body scrub, body wash and body lotion. 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.

## BODY TREATMENTS

### INNER STRENGTH 1 hour 50 minutes

This nurturing treatment incorporates a variety of soothing massage techniques selected to ease physical tension and emotional anxiety resulting from traumatic experiences or an exceptionally stressful time in one's life. The application of a heated compress warms the core, while guided breath work helps quiet the mind and bring focus inward for a more meditative and relaxed state. Inner Strength oil is used throughout the treatment with its powerful blend of ingredients including healing rose and frankincense for focus and clarity, cardamom and geranium to help emotionally balance the mind. The treatment concludes with attention to the reflex points in the feet to gently awaken the senses

### BACK, FACE AND SCALP TREATMENT 1 hour 50 minutes

A powerful stress releasing treatment using hot stones to work on deep seated tension and restore balance to vital energy points. This experience delivers triple results by targeting three key areas – the back (physical stress), the face (skin stress) and the scalp (mental stress), making it the ideal treatment for anyone looking to relax. The treatment includes back exfoliation, back massage with hot stones, a facial and scalp massage.

### LIFT & FIRM BODY TREATMENT 50 minutes

This highly effective and stimulating treatment will 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 the sea salt and sweet almond oil work together to gently smooth and rejuvenate dry or tired skin.

### HOME GROWN 30 minutes

A body scrub created with Italian-grown jasmine, thyme and orange, to refresh your mind and body, leaving your skin soft to the touch.

### EYE LIFT 30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes, this effective firming and hydrating treatment, helps to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Includes cleansing, exfoliating, a specific eye area massage and mask.

## NEW LIFE

### PRE AND POST-NATAL TREATMENT 1 hour 20 minutes / 50 minutes

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 20 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.

### ADVANCED RESULTS-DRIVEN FACIAL 1 hour 20 minutes

Let your age remain a beautifully well-kept secret. ESPA results driven facials are world-renowned in helping to visibly reduce lines and wrinkles. Using an in-depth skin analysis and detailed consultation, your treatment will commence with cleansing, exfoliation and a treatment specific massage, followed by a mask, intensive serum and moisturizer, specifically chosen for your skin.

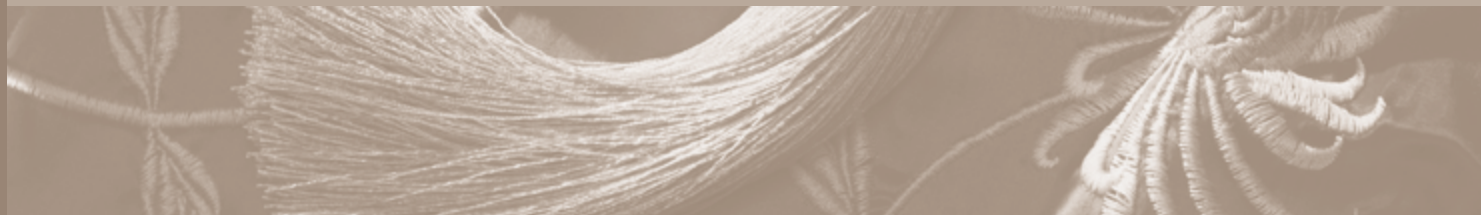
### ADVANCED SKIN RADIANCE FACIAL 1 hour 20 minutes

Restore your skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion with this fantastic treatment that's suitable for all skin types and ages. Using ESPA's unique Pro- Radiance product line, the treatment involves a deep brush cleanse to brighten and remove dead skin cells, followed by an advanced age-defying massage using Rose Quartz crystals, which help to rejuvenate. A Lifting and Smoothing Mask and revolutionary new Skin Radiance Intensive Serum will then be applied to powerfully brighten, firm and even skin tone, leaving your complexion smooth, supple and radiantly healthy



The Spa at Mandarin Oriental, Milan

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## MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

### 1 hour 50 minutes

Mandarin Oriental's signature spa therapies have been devised to address guests' increasing desire for simple, effective and authentic spa experiences.

Developed in consultation with specialists in Traditional Chinese Medicine (TCM) and master aromatherapists, each signature therapy consists of a relaxing, hands-on body massage ritual that combines the powerful effects of oriental meridian massage with the therapeutic benefits of custom-blended essential oils, created uniquely for Mandarin Oriental. Each treatment begins with a private therapist consultation in order to determine each individual's personal and current state of wellbeing. The treatment and oils are then tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Guests are also provided with nutritional and exercise guidance, in order to extend the beneficial effects of the programme at home.

## TIME RITUALS™

### 1 hour 50 minutes / 2 hour 50 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 HARMONY

### 1 hour 50 minutes

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. The treatment begins with a soothing foot bath in purifying waters, leaving the feet soft and supple and the mind relaxed. Next two therapists work together in time and movement. First, providing a warm scrub that smoothes and replenishes the skin and later a harmonious massage that balances the body. The treatment concludes with a simultaneous head and foot massage leaving the mind uplifted, the body energised and the skin exotically fragrant.

## SUITE EXPERIENCES

Our private Spa Suite allows guests to enjoy time in a private, healing sanctuary. Our expert therapists provide advice on the length and choice of treatments for each suite experience, which also includes time at the end for relaxation, when a refreshing fruit platter and assortment of juices will be served.

## ORIENTAL TRANQUILITY 3 hours 30 minutes

This wonderful treatment begins with an aromatic soak in your own private vitality tub. Once you are completely relaxed, your massage will commence, inspiring a harmony of the senses through a four-hand massage leaving your mind uplifted and body energised. To finish,

you will enjoy a calming facial treatment, specifically tailored to you and your skin's needs. After the treatment ends, you will be able to enjoy time together in your suite with a delicious light snack and some specially prepared tea.

## ITALIAN ROMANCE 3 hours

Imagine the season of spring and the powerful aromas of jasmine, thyme and orange or the experience of walking through the countryside admiring the beautiful Honesty Flower or "Moneta del Papa" and inhaling the soft feminine scent of violet. This wonderful treatment encompasses all of these aromas to entice the romantic side in everyone and includes a soak in a vitality tub, body exfoliation and a massage. The treatment finishes with time to relax and a light snack and beverage

## JOURNEYS

### IMPERIAL ROMAN 2 hours 50 minutes

Based on the ancient Roman bathing rituals, this treatment includes a foot ritual, body exfoliation, body wrap, hair and scalp treatment, and a full body massage. During the treatment, authentic Italian ingredients of honey, olive oil, oregano seeds, rice, frankincense or rose oil will be used, all of which were believed to beautify the skin of Empresses and Emperors alike.

## OPERA OF THE SOUL 2 hours 50 minutes

Based on the philosophical and mythological Opera influence in Milan, this treatment focuses on opening the throat chakra to improve communication and the voice. Commencing with a full body exfoliation using natural pumice and olive oil to aid in the release of stagnant energy, the treatment continues with a body massage focusing on the neck and shoulder area, working with calcite palm stones to balance the throat chakra. The treatment concludes with a personalised facial using reflexology points to encourage the release of energy. Heating pads are placed on the neck and stomach area throughout the treatment for your relaxation and wellbeing.

## BODY MESSAGES

### ORIENTAL ESSENCE 1 hour 20 minutes

This massage is a part of the Mandarin Oriental's signature spa therapies and has been designed for the tired traveler, stressed executive or some one 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.

## DEEP TISSUE 1 hour 20 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

## AROMA STONE 1 hour 20 minutes

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving 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

## AROMATHERAPY 1 hour 20 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

## THAI 1 hour 20 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

revitalise body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system

## LYMPHATIC DRAINAGE 1 hour 20 minutes

The lymphatic system is key in helping rid the body of any toxins that may cause illness. This massage stimulates the lymphatic system to encourage detoxification, reduce water tension and create a feeling of healthy wellbeing.

## CALM MIND 45 minutes

Re-harmonising the body's natural flow and movement our signature head massage is designed to completely relax both the body and mind

## BODY WRAPS

### PERSONALISED BODY WRAP 50 minutes

A results driven body wrap tailored to your needs, which may include detoxifying, nourishing and hydrating, or treating muscular aches and pains. This unique and effective treatment includes skin brushing, exfoliation and body wrapping, using either marine mud or algae chosen to suit your specific concerns, as well as a soothing scalp massage.