



THE SPA
AT
MANDARIN ORIENTAL
PRAGUE



ESSENCE OF PRAGUE

PRAGUE SYMPHONY

2 hours 20 minutes

The tranquil sound of classical music will help to melt any tension and bring balance to your wellbeing. Harmonise together in your private Steam Shower. A soothing foot ritual will warm your senses and create awareness of mind and spirit. This holistic treatment for two uses local natural ingredients to cleanse and hydrate the skin, massage away any tension and re-energise the soul.

LINDEN EMBRACE

1 hour 50 minutes

This wonderful treatment is inspired by the linden tree, the national tree of the Czech Republic. The leaves are heart-shaped, thus signifying love and the state of being in love. The Linden scrub and subsequent massage with hot linden poultices are a soothing journey into complete relaxation. Unforgettable moments are strengthened with the smell of the camomile oil.

BOHEMIAN MEADOW

1 hour 50 minutes

Join us for a journey through the Bohemian and Moravian meadows. This treatment pulls on the healing powers of herbal flowers incorporated, to create a therapeutic effect on both mind and body. Starting with a foot bath and cleansing sage salt scrub to clear the body of impurities in preparation for an aromatic body massage and nourishing face and scalp treatment.



SIGNATURE THERAPIES

TIME RITUALS™

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique individual needs.

1 hour 50 minutes
2 hours 50 minutes

ORIENTAL QI

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.

1 hour 50 minutes

ORIENTAL HARMONY

Four hands work in perfect union in a remarkable experience that inspires a harmony of the senses, two therapists work together in time and movement. First providing a warm scrub that soothes the skin and later a harmonious massage that balances the body. Ideal for those suffering from Jet Lag.

1 hour 50 minutes

DIGITAL WELLNESS ESCAPE

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

1 hour 20 minutes





MASSAGE

All our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from a number of massage techniques to increase muscle relaxation, improve circulation and increase overall wellbeing.

ORIENTAL ESSENCE

1 hour 20 minutes

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-relieving massage treats the whole body and focuses on the traditional stress-holding areas of the back, neck and shoulders.

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.

HOT STONE THERAPY

1 hour 20 minutes

Inspired by traditional Native American Indian practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.



MASSAGE

THAI

1 hour 20 minutes

Performed wearing loose style clothing, this traditional Thai massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching helps to deeply relax and revitalise body and mind, it increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

DEEP BACK

50 minutes

An intensive muscle releasing massage, working on the neck, back and reflexology points on the sole of the foot. Yarrow oil and mint balm is incorporated into the treatment to ensure optimum relaxation of the muscles. A perfect treatment for a tight back and stiff neck problems.

MUM TO BE

1 hour 20 minutes

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy-safe oils, the massage eases away tension in the upper back and shoulders, nourishes skin and relaxes the body.





ESSENTIAL TRAVELLER

DEEP SLEEP

1 hour 50 minutes

Using a blend of relaxing essential oils, this full body massage and mini facial involves carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Induces a deep sense of tranquillity and a good night's sleep.

ORIENTAL FOOT THERAPY

50 minutes

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.



SCRUBS AND WRAPS

ORIENTAL BODY SCRUB

30 minutes

This luxurious and invigorating scrub blends Mandarin Oriental's signature body oil infused with essences of tropical ginger, frankincense and mandarin with organic, mineral-rich sea salt to leave the skin smooth, replenished and exotically fragrant.

SAGE & TANGERINE BODY SCRUB

30 minutes

A beautiful body exfoliation with the aromas of sage and tangerine. After a smell test with your therapist, choose your desired body scrub which will leave your skin glowing and soft to the touch.

DETOX & REVIVE

1 hour 50 minutes

A trilogy of body brushing, exfoliation and mud mask to stimulate your lymph, remove dead skin cells while re-mineralising the skin. This enables the application of the Revive Body gel, Revive Body oil and Revive Body lotion to penetrate efficiently into the body, resulting in a deeply recharged mind and re-energised body.

NOURISHMENT

1 hour 50 minutes

Nourish your body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin. An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive dull tired-looking skin. Hands and feet are given special attention with a freshwater mud mask to truly soften and condition the skin.



WATER THERAPY

All water therapy treatments to be booked incorporation with other treatments.

VITALITY POOL

20 minutes

Begin any of our treatment experiences with a tranquil soak in our vitality pool to completely wash away stress and leave the world behind. Incorporating a number of features to enable the bather to self-administer a massage. The Vitality Pool is available for guests exclusively in the Vltava Suite.

TIAN QUAN THERAPY

20 minutes

This steam shower experience includes an invigorating body scrub. It 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.





HOLISTIC SKIN CARE

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. Harnessing the natural power of essential oils to nurture the body and boost the spirit. Their essential oils are highly effective in enhancing the state of our physical, mental and emotional wellbeing.

BESPOKE

Following a consultation to determine your needs and skin type, your therapist will select the suitable products to create a facial experience tailored for your skin needs.

1 hour

1 hour 20 minutes

AGE REPAIR FACIAL

An intensive treatment for those concerned with the signs of ageing. Award-winning natural products are used in conjunction with a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

1 hour 20 minutes

CLEANSING FOR MEN

A treatment suitable for all skin types, particularly dull skin looking for a deep cleanse. A brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

1 hour





ADVANCED SKIN CARE

Our Advanced Facials include Aromatherapy Associates and Linda Meredith, who have both devoted themselves to the art of skincare. With over 40 years of aesthetic expertise, they deliver outstanding beauty treatments with a philosophy that complements the Spas at Mandarin Oriental.

HAUTE COUTURE

Our therapist will thoroughly assess your skin and select a unique combination of products for an immediate improvement. This can be enhanced with a regenerating collagen mask, or with a reviving V-TOX or a powerful infusion of oxygen to plump even skin tone and reduce fine lines.

1 hour 20 minutes
1 hour 40 minutes with Addition

ADDITIONS TO TREATMENT

Youthful Oxygen 30 minutes
Revive V-TOX Oxygen 30 minutes
Regenerating Collagen sheet 30 minutes

RADIANCE

Beginning with a deep galvanic cleanse or an enzymatic peel followed by epidermis stimulation and lymphatic drainage. Your therapists will consult on the best facial for your needs. These treatments lift, tone, plump or cleanse the skin using microcurrent.

1 hour
1 hour 30 minutes



FINISHING TOUCHES

MANDARIN ORIENTAL MANICURE

1 hour 20 minutes

A complete manicure during which hands are cleansed, exfoliated, treated and nourished.

MANDARIN ORIENTAL PEDICURE

1 hour 20 minutes

A complete pedicure during which feet are cleansed, exfoliated, treated and nourished.

TANDEM MANICURE & PEDICURE

1 hour 30 minutes

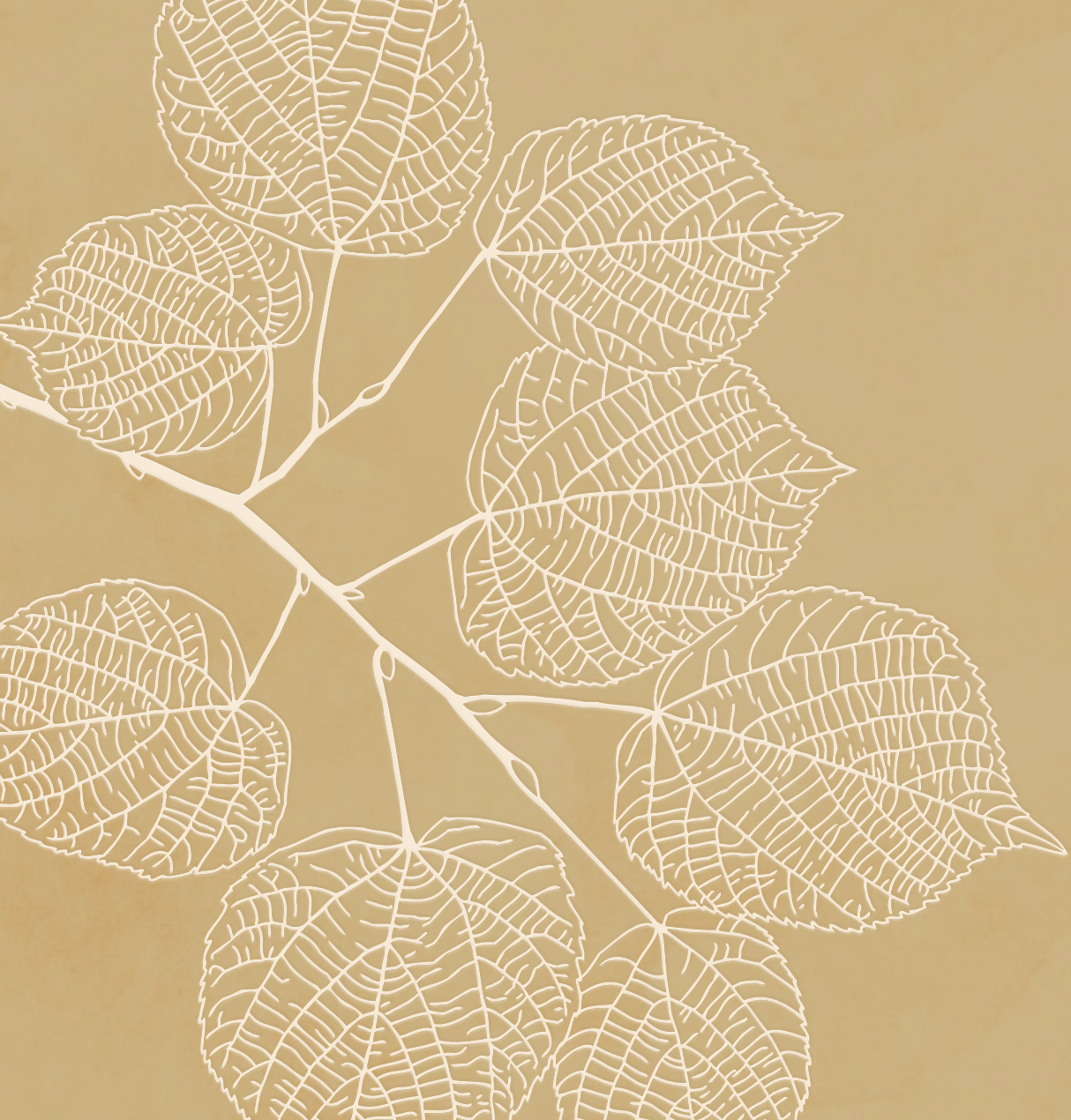
Use your time wisely and enjoy complete manicure and pedicure altogether. Let two therapists take care of your hands and feet simultaneously. On availability.

QUICK FIX

30 minutes

Express Manicure to tidy your nails, includes filing and polish application.





PROGRAMMES

MATERNITY BLISS

3 hours

During this special time in your life, allow our therapist to pamper you and prepare you for the arrival of your little wonder.

- Welcoming Foot Ritual
- Mum to Be
- Bespoke Facial
- Spa Bento Box Meal

DIGITAL WELLNESS

3 hours 30 minutes

Disconnect from the digital world and experience mindfulness.

- Yoga
- Tian Quan Therapy
- Digital Wellness Escape
- Spa Bento Box Meal
- Green Smoothie

ORIENTAL INDULGENCE

3 hours 50 minutes

Immerse yourself with this holistic experience that will uplift your mind, energise your body and replenish your skin.

- Welcoming Foot Ritual
- Tian Quan Therapy
- Oriental Essence Massage
- Bespoke Facial
- Spa Bento Box Meal

FITNESS & WELLNESS

FITNESS CENTRE

Available exclusively to hotel guests and private members, our fitness centre offers a comprehensive range of Technogym fitness equipment carefully selected to maximise your potential.

PERSONAL TRAINING

Achieve your fitness and exercise goals. Whatever your goal, be it weight loss, improved fitness, strength gains, increased endurance or change in lifestyle, our professional fitness instructors will work with you, one-on-one, to design a program that will fit your needs.

YOGA

We offer regular group classes and can organise one-on-one sessions on request. Kindly confirm your booking with the Spa Concierge by 8pm on the day prior to your chosen session.

WELLNESS MEMBERSHIP

12 months ***

6 months **

1 month

We offer frequent visitors and locals a chance to join a 1, 6 or 12-month membership to our Wellness Club. Combining workouts with luxurious spa treatments and other hotel services.

The Wellness Club is available exclusively for a maximum of 25 members and includes the following benefits:

Unlimited use of the Fitness & Wellness Centre

A complimentary introductory personal training consultation session

Free participation in all fitness activities including yoga

20% discount on spa treatments

20% discount on spa products

Complimentary spa retail gift **/**

One-night stay in the hotel for two ***

One complimentary Signature spa treatment **/**

6 guest passes with every 12 months membership & 3 guest passes with every 6 months membership

Complimentary parking based on availability

Please contact our Spa Concierge at +420 233 088 655 for further details.

TERMS & CONDITIONS

OPENING HOURS

Fitness Centre: Mon – Sun 6:00 a.m. – 10:00 p.m.

Spa Treatments: Mon – Sun 10:00 a.m. – 8:30 p.m.

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations or no shows within 24 hours will incur a 100% charge. A credit card number is required at the time of booking.

DIGITAL DISCONNECTION

Our spa environment is one of tranquility and we would ask that you turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

SPA ARRIVAL

We recommend that you check in at 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 and gives you ample time to change and relax into the treatments that await you. You may also wish to shower. Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 16 years of age.

HOMECARE

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa concierge desk.

SERVICE CHARGE

Service charge at 10% is added to all spa treatments.

PRICE LIST

ESSENCE OF PRAGUE

Prague Symphony	2 hours 20 minutes	CZK 14,000
Linden Embrace	1 hour 50 minutes	CZK 5,500
Bohemian Meadow	1 hour 50 minutes	CZK 5,500

SIGNATURE THERAPIES

Time Ritual	1 hour 50 minutes	CZK 5,500
Time Ritual	2 hours 50 minutes	CZK 7,700
Oriental Qi	1 hour 50 minutes	CZK 5,500
Oriental Harmony	1 hour 50 minutes	CZK 8,800
Digital Wellness Escape	1 hour 20 minutes	CZK 4,100

MASSAGE

Oriental Essence	1 hour 20 minutes	CZK 3,900
Aromatherapy	1 hour 20 minutes	CZK 3,900
Hot Stone Therapy	1 hour 20 minutes	CZK 3,900
Thai	1 hour 20 minutes	CZK 3,900
Deep Back	50 minutes	CZK 3,100
Mum to Be	1 hour 20 minutes	CZK 3,900

ESSENTIAL TRAVELLER

Deep Sleep	1 hour 50 minutes	CZK 5,500
Oriental Foot Therapy	50 minutes	CZK 2,900

SCRUB AND WRAPS

Oriental Body Scrub	30 minutes	CZK 1,700
Sage / Tangerine Body Scrub	30 minutes	CZK 1,700
Detox & Revive	1 hour 50 minutes	CZK 5,500
Nourishment	1 hour 50 minutes	CZK 5,500

WATER THERAPY

Vitality Pool	20 minutes	CZK 900
Tian Quan Therapy	20 minutes	CZK 1,100

HOLISTIC SKINCARE

Bespoke	1 hour	CZK 3,300
	1 hour 20 minutes	CZK 4,500
Age Repair Facial	1 hour 20 minutes	CZK 4,500
Cleansing for Men	1 hour	CZK 3,300

PRICE LIST

ADVANCED SKIN CARE

Haute Couture	1 hours 20 minutes	CZK 5,200
Youthful Oxygen	30 minutes	CZK 1,300
Revive V-TOX Oxygen	30 minutes	CZK 1,300
Regenerating Collagen sheet	30 minutes	CZK 1,300
Haute Couture with Selected Addition	1 hour 40 minutes	CZK 5,900
Radiance	1 hour	CZK 3,700
	1 hour 30 minutes	CZK 5,200

FINISHING TOUCHES

Mandarin Oriental Manicure	1 hour 20 minutes	CZK 3,600
Mandarin Oriental Pedicure	1 hour 20 minutes	CZK 3,600
Tandem Manicure & Pedicure	1 hour 30 minutes	CZK 6,900
Quick Fix	30 minutes	CZK 1,800

PROGRAMMES

Maternity Bliss	3 hours	CZK 7,000
Digital Wellness	3 hours 30 minutes	CZK 7,000
Oriental Indulgence	3 hours 50 minutes	CZK 10,000

FITNESS AND WELLNESS

Personal Training	1 hour	CZK 1,200
Fitness Entrance Fee	1 hour	CZK 400
Yoga Group Class	1 hour	CZK 400
Yoga Individual Session	1 hour	CZK 1,500
	1 hour 30 minutes	CZK 2,100
Wellness Membership	12 months	CZK 39,000
	6 months	CZK 23,000
	1 month	CZK 5,000

All prices include VAT and are subject to change without notice.

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

Giving the gift of luxury has never been easier with a Mandarin Oriental Gift Card

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MANDARIN ORIENTAL
PRAGUE

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