



THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
SAN FRANCISCO



# 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 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.

## PRODUCTS

Mandarin Oriental's signature product line has been developed specifically for the Group by the award-winning UK based company, Aromatherapy Associates. All products 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, San Francisco encompasses 4 private suites which includes 3 Single Spa Suites and a Couple's Suite. Our Spa Suites encourage guests to embrace relaxation and rejuvenation whether as a couple or in solitude. All of our Spa Suites are furnished with individual shower facilities and changing room, allowing guests to prepare for their journey ahead and afterwards in privacy. After completion of each treatment, guests wishing to linger and reflect longer are invited to our Relaxation Tea Lounge to enjoy our specialty tea selections.

## 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 program at home.

## TIME RITUAL™

### 2 hours 50 minutes or 1 hour 50 minutes

Mandarin Oriental's bespoke "Time Ritual" encourages 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. Followed by two therapists working 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 energized and the skin exotically fragrant.



## JOURNEY

### CALIFORNIA DREAMING

**1 hour 50 minutes**

Our California Dreaming journey was developed utilizing the 5 archetypal elements as its foundation. Incorporating Mandarin Oriental's Signature product range along with high-end products derived from California, this treatment begins with a welcoming foot ritual. A full body exfoliation follows using mineral salts from the Pacific to reenergize your mind, leaving your skin soft to the touch and prepared for the relaxing massage which blends hand and hot stone therapy. The use of California's natural elements paired with a relaxing massage will leave you feeling balanced and well rested with soft hydrated skin.

## BODY MESSAGES

### ORIENTAL ESSENCE

**1 hour 20 minutes or 50 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 someone who just wishes to relieve neck and shoulder tension. This massage centers on all stress areas of the body and utilizes our signature Quintessence oil. Warming ginger, uplifting mandarin, and sacred frankincense come together to realign the mind and emotions. A completely relaxing treatment.

## THERAPEUTIC

**1 hour 20 minutes or 50 minutes**

Firm pressure is used with specific techniques to achieve a truly effective deep tissue massage. The use of forearms and elbows target areas of chronic tension, dissolving aches and strains.

## AROMATHERAPY

**1 hour 20 minutes or 50 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, while mentally uplifting and clearing the mind.

## CALM MIND

**45 minutes**

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



## 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.

### ENRICH BODY

**1 hour 20 minutes**

This luxurious treatment is designed to nourish and rejuvenate dry, out-of-condition skin. It begins with an intensive salt and coffee body exfoliation to stimulate circulation. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels, while a freshwater mud mask is applied to truly soften the skin. The body is cocooned in the calming oil blends of tuberose, ylang ylang and vanilla. Finally a scalp massage dissolves tension and stress while velvety moisturizing body butter helps to protect the skin from the elements.

## SCULPTING

**1 hour 20 minutes**

A body treatment that is designed around your specific needs. Re-contouring, firming or reduction in the visible signs of cellulite. After an in-depth consultation, your therapist will choose the relevant specific programme, all of which will be complete by an application of Vitamin C body cream to keep your skin soft and smooth to the touch.

## TREATMENT ADDITIONS

### QUINTESSENCE BODY SCRUB

**20 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.

### DETOXIFYING BODY SCRUB

**20 minutes**

A great start to any treatment. This invigorating and stimulating body scrub of detoxifying juniper, cleansing eucalyptus, warming orange and organic sea salt will stimulate your blood circulation and prepare your mind and body for the continuation of your treatment.



## NEW LIFE

### MOTHER-TO-BE

**50 minutes**

Feel nurtured and supported in a time of constant change. Choose from a selection of oils each safely formulated to be used during pregnancy to nourish and care for your skin. This treatment uses traditional aromatherapy massage techniques to ease away tension in the upper back, tight shoulders, hips and legs.

### COCOON FOR THE NEW MOTHER

**50 minutes**

Take a moment for yourself and relax. Give your skin some special attention after the stresses of pregnancy with this nourishing, regenerative body treatment. A gentle exfoliation incorporating essential oil of rose penetrates deep into the skin to encourage cell renewal and help the healing process. The body is cocooned in specially selected oils and creams with rosehip seed, vitamin E and lavender which are used on specific areas to help restore your skin's condition and refine stretch marks.

### NOURISH AND NURTURE FACIAL

**1 hour**

A luxurious facial harnessing the regenerative properties of the rose to nourish, soften and hydrate delicate and finely textured complexions that are often associated with pregnancy. The result is a smooth, radiant complexion and a relaxed state of mind. The perfect treatment throughout your whole pregnancy.



## SPECIALIZED FACIALS

### CUSTOMIZED AROMATHERAPY

**1 hour 20 minutes**

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

### AGE REPAIR

**1 hour 20 minutes**

This highly effective anti-aging treatment repairs the skin and works with natural oils of inca inchi and larch extract, which stimulate collagen formation 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, before application of two masks. A luxurious scalp massage releases any remaining stress and tension. The result is a firm, plumped and more youthful looking complexion.

### SOOTHING

**1 hour 20 minutes**

A truly soothing and calming facial which is particularly beneficial to sensitive skin, which needs special nourishment to eliminate irritation and inflammation. The treatment uses the properties of prebiotics, and natural botanicals of arnica and chamomile to help calm the skin and enforce its natural barrier. Beginning with a soft brush exfoliation and combining the therapeutic hands of your therapist with cold marble stones, this is a soothing and sensorial facial to encourage your natural radiance.



**The Spa at Mandarin Oriental, San Francisco**

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# SPA PROGRAMS

## HALF DAY PROGRAM

Spend time in complete relaxation. Indulge in an escape from your routine. Our Half Day Program provides a thoughtfully designed combination of treatments to leave you feeling refreshed and visibly radiant.

### DIAMOND BRILLIANT

**4 hours**

Spend half a day being indulged by beauty, leaving your skin glowing brilliantly like diamonds.

- Welcoming Foot Ritual
- Diamond Brilliant Facial
- Diamond Magnetic Manicure and Pedicure

### ENCHANTMENT

**5 hours**

Enjoy some relaxation time with the Enchantment program designed to bring harmony to your body and soul.

- Welcoming Foot Ritual
- Oriental Essence (80 minutes)
- The Cure Facial
- Tired Hands and Tired Feet
- Healthy lunch selection

## SERIES TREATMENTS AND MEN'S PACKAGE

### THE GENTLEMAN'S ULTIMATE ESCAPE

**3 hours**

Experience the soothing benefits of two indulgent massages and a personalized facial to lift your spirits and calm your mind.

- Therapeutic (50 minutes)
- Calm Mind (45 minutes)
- Tailored for You Facial

### ON-THE-GO TRAVELER

**2 hours 30 minutes**

Do you travel a lot? Take a moment to relax and feel rejuvenated with these treatments specially chosen to revitalize you while on-the-go. This treatment is ideal for guests exhausted from long distance travel and to overcome jet lag.

- Red Eye Treatment
- Carboxi-Express
- Revive Foot Treatment



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# BEAUTY BY MANDARIN ORIENTAL

Mandarin Oriental, San Francisco is delighted to offer the two renowned brands NATURA BISSÉ and Aromatherapy Associates at the Spa, with a range of luxurious and exclusive beauty treatments.

NATURA BISSÉ have devoted themselves to the art of skincare, and with over 30 years of aesthetic expertise, delivers outstanding beauty treatments.

NATURA BISSÉ work with a philosophy that complements The Spa at Mandarin Oriental, San Francisco.

The treatments on offer combine NATURA BISSÉ's effective aesthetic expertise for visible and lasting beauty results with Mandarin Oriental's philosophy of physical, emotional and mental wellbeing.



## **DIAMOND BRILLIANT FACIAL**

**1 hour 30 minutes**

A revolutionary treatment that provides global results for hyperpigmented skin. High concentrations of effective whitening and lightening active ingredients, brilliantly formulated, achieve astonishing results. A unique treatment that evens skin tone and minimizes pores to reveal a completely uniform complexion. A luxurious cocktail of skin friendly acids provides an amazing immediate and cumulative corrective effect.

## **LA ALTERNATIVA**

**1 hour 20 minutes**

The non-invasive wrinkle relaxing solution. Due to targeted ingredients, INHIBIT COLLECTION dramatically reduces expression lines and wrinkles, leaving the face smooth and rejuvenated. INHIBIT is the first anti-wrinkle treatment formulated with NATURA BISSÉ's own Octamioxyl ingredient, which is the most effective inhibitor of facial contractions, and a Lipofiller complex to fill existing deep wrinkles and expression lines.

## **TAILORED FOR YOU**

**1 hour 20 minutes**

After a thorough skin analysis and consultation, our expert therapist chooses the precise facial treatment for you. Each facial is a perfect synergy of effective, innovative ingredients and pampering, relaxing facial techniques, leaving your skin balanced and radiant.

## **THE CURE**

**1 hour**

A thoroughly cleansing protocol based on a cutting-edge thermo-active, enzymatic detoxification: enzymatic heat that opens and softens the pores while the refreshing botanical elements included in the formula close and purify them. Extractions are expertly performed while the nano-stimulating mask with a deliciously foamy texture efficiently releases its moisturizing, soothing, and revitalizing effects on the skin. The final touch is a tinted hydrating veil that provides a radiant and luminous appearance.

## **CARBOXI-EXPRESS**

**30 minutes**

A quick pick me up to revitalize and refresh the skin. A new concept in skin therapy, carboxitherapy, a novel technique that employs CO2 to combat the signs of aging combined with advanced anti-aging and lifting ingredients. This powerful and unique experience offers outstanding, rejuvenating results.

## **DIAMOND MAGNETIC MANICURE AND PEDICURE**

**2 hours**

This quintessential manicure and pedicure is performed incorporating a magnetic massage which helps to restore balance to the hands and feet due to electromagnetic pollution. A skin exfoliation with luminous diamond dust is removed by a magnet to stimulate the body's natural internal energy. Once removed the skin is left with a shimmering glow.

## TO FINISH

### **MANDARIN ORIENTAL PEDICURE**

**1 hour**

For ultimate grooming of the feet.

### **MANDARIN ORIENTAL MANICURE**

**50 minutes**

For ultimate grooming of the hands.

### **TIRED FEET**

**1 hour 20 minutes**

Relieve tired, aching feet and lower legs with this wonderfully relaxing treatment.

### **TIRED HANDS**

**1 hour**

Refresh and support aching hands with this warming blend of oils, which are massaged into arms and hands to invigorate and revive.

### **NOURISHING PEDICURE**

**1 hour 30 minutes**

A deeply restorative treatment for dry tired feet and lower legs. A combination of coffee and salt scrub with a rich body oil and cream will leave your skin silky soft. Treatment is complete with nail care and polish of your choice.

### **NOURISHING MANICURE**

**1 hour 20 minutes**

An intensely nourishing and brightening treatment leave hands and arms feeling supple and velvety to the touch.



# GENTLEMAN ESSENTIALS

## **ESSENTIAL FACIAL**

**50 minutes**

A deep cleansing facial that will brighten your complexion and leave your skin looking clean and luminous.

## **DEEP SLEEP**

**1 hour 20 minutes**

This powerful and deeply sedating full body massage harnesses rich earthy essential oils of vetivert, chamomile, and sandalwood, renowned for their intense calming and grounding effects. This head to toe massage uses carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Perfect for inducing a deep sense of tranquility and a good night's sleep.

## **RED EYE**

**1 hour 20 minutes**

Long distance travel is physically and mentally exhausting and this body treatment works on both levels to help you recover from the journey and adjust to your new environment. This treatment incorporates brisk exfoliation to encourage healthy circulation followed by a tailored full body massage.



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# PRICE LIST

		Weekday USD	Weekend USD
<b>MANDARIN ORIENTAL SIGNATURE SPA THERAPIES</b>	1 hour 50 minutes	<b>395</b>	<b>465</b>

<b>TIME RITUAL™</b>	1 hour 50 minutes	<b>345</b>	<b>395</b>
	2 hours 50 minutes	<b>495</b>	<b>550</b>

<b>ORIENTAL HARMONY</b>	1 hour 50 minutes	<b>595</b>	<b>650</b>
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<b>JOURNEY California Dreaming</b>	1 hour 50 minutes	<b>365</b>	<b>415</b>
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## BODY MASSAGES

<b>Oriental Essence</b>	50 minutes	<b>175</b>	<b>190</b>
	1 hour 20 minutes	<b>250</b>	<b>270</b>
<b>Therapeutic</b>	50 minutes	<b>185</b>	<b>200</b>
	1 hour 20 minutes	<b>260</b>	<b>280</b>
<b>Aromatherapy</b>	50 minutes	<b>175</b>	<b>190</b>
	1 hour 20 minutes	<b>250</b>	<b>270</b>
<b>Calm Mind</b>	45 minutes	<b>150</b>	<b>165</b>

## IN-ROOM BODY MASSAGES

<b>Oriental Essence</b>	50 minutes	<b>350</b>	<b>350</b>
	1 hour 20 minutes	<b>500</b>	<b>500</b>
<b>Therapeutic</b>	50 minutes	<b>350</b>	<b>350</b>
	1 hour 20 minutes	<b>500</b>	<b>500</b>
<b>Aromatherapy</b>	50 minutes	<b>350</b>	<b>350</b>
	1 hour 20 minutes	<b>500</b>	<b>500</b>

*(A 30% service charge will be added for in-room services)*

## BODY TREATMENTS

<b>Inner Strength</b>	1 hour 50 minutes	<b>365</b>	<b>380</b>
<b>Enrich Body</b>	1 hour 20 minutes	<b>230</b>	<b>245</b>
<b>Sculpting</b>	1 hour 20 minutes	<b>230</b>	<b>245</b>

## TREATMENT ADDITIONS

<b>Quintessence Body Scrub</b>	20 minutes	<b>80</b>	<b>85</b>
<b>Detoxifying Body Scrub</b>	20 minutes	<b>80</b>	<b>85</b>

## NEW LIFE

<b>Mother-To-Be</b>	50 minutes	<b>175</b>	<b>190</b>
<b>Cocoon for the New Mother</b>	50 minutes	<b>175</b>	<b>190</b>
<b>Nourish and Nurture Facial</b>	1 hour	<b>220</b>	<b>235</b>

## SPECIALIZED FACIAL

<b>Customized Aromatherapy</b>	1 hour 20 minutes	<b>220</b>	<b>235</b>
<b>Age Repair</b>	1 hour 20 minutes	<b>230</b>	<b>245</b>
<b>Soothing</b>	1 hour 20 minutes	<b>240</b>	<b>255</b>

## BEAUTY BY MANDARIN ORIENTAL

<b>Diamond Brilliant Facial</b>	1 hour 30 minutes	<b>345</b>	<b>365</b>
<b>La Alternativa</b>	1 hour 20 minutes	<b>295</b>	<b>315</b>
<b>Tailored For You</b>	1 hour 20 minutes	<b>220</b>	<b>240</b>
<b>The Cure</b>	1 hour	<b>210</b>	<b>225</b>
<b>Carboxi-Express</b>	30 minutes	<b>100</b>	<b>110</b>
<b>Diamond Manicure and Pedicure</b>	2 hours	<b>195</b>	<b>205</b>

## TO FINISH

<b>Mandarin Oriental Pedicure</b>	1 hour	<b>85</b>	<b>100</b>
<b>Mandarin Oriental Manicure</b>	50 minutes	<b>65</b>	<b>70</b>
<b>Tired Feet</b>	1 hour 20 minutes	<b>115</b>	<b>130</b>
<b>Tired Hands</b>	1 hour	<b>95</b>	<b>110</b>
<b>Nourishing Pedicure</b>	1 hour 30 minutes	<b>135</b>	<b>150</b>
<b>Nourishing Manicure</b>	1 hour 20 minutes	<b>115</b>	<b>130</b>

*(Combined pricing available upon request)*

## GENTLEMAN ESSENTIALS

<b>Essential Facial</b>	50 minutes	<b>175</b>	<b>190</b>
<b>Red Eye</b>	1 hour 20 minutes	<b>220</b>	<b>235</b>
<b>Deep Sleep</b>	1 hour 20 minutes	<b>250</b>	<b>265</b>

## SPA PROGRAMS

<b>Diamond Brilliant</b>	4 hours	<b>495</b>	<b>520</b>
<b>Enchantment</b>	5 hours	<b>605</b>	<b>655</b>
<b>The Gentleman's Ultimate Escape</b>	3 hours	<b>450</b>	<b>490</b>
<b>On-The-Go Traveler</b>	2 hours 30 minutes	<b>355</b>	<b>387</b>

*(For Series: Series of treatments are available upon request for 6, 10 or 12 sessions)*

*Weekday is Monday to Thursday. Weekend is Friday to Sunday*



**The Spa at Mandarin Oriental, San Francisco**

# TERMS & CONDITIONS

**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 consultation with you about your treatment expectations.

**GRATUITY** For your convenience, a 20% gratuity will be added for each service on your final bill. A 30% service charge will be added to in-room massages.

**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. The full treatment price will apply.

**CANCELLATION POLICY** Please allow 24 hours notice of cancellation to avoid a 100% charge. A credit card number is required at the time of booking in 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 and treatment.

**LOSS OR DAMAGE** We regret that we cannot be responsible for any loss or damage of personal articles. For the protection of your clothing, we also ask that you wear the robe provided.

**SPA BOUTIQUE** To continue your Spa regimen at home, Spa products used in the treatments are available in our Spa Boutique. A selection of wellness lifestyle products and accessories are also available.

**SPA CUISINE** If you wish to enjoy fresh juices, zero proof drinks or a light meal during your visit, you are welcome to enjoy something delicious in Brasserie S&P, located on the lobby level.

**GIFT CARD** An ideal gift for spa enthusiasts, gift cards are available at The Spa at Mandarin Oriental, San Francisco.

**GUESTS** The Spa welcomes both hotel and outside guests for any of our treatments. Please note that the use of the Fitness Center is reserved for hotel guests only.

**SPECIAL ETIQUETTE** Our Spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your cellular phone, pager, Blackberry, smartphones or other electronic devices.

**PREGNANCY** We have specially designed treatments for expectant mothers after the first trimester. Please let the Spa concierge guide you in selecting the suitable treatments, taking into consideration your well-being during this special time. Please consult your doctor prior to visiting The Spa.

**AGE REQUIREMENTS** The minimum age to access The Spa is 18 years old. 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 in age.



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