



ESSENCE OF TAIWAN

PROSPERING LOTUS

Price (TWD) 15,800 (3 hours)

A representation to the three most significant level of energy in the body, the Lotus is a symbolic flower for the Buddhist and Hindus. The Jing essence; which enhances the deepest level of energy in the body, the Chi vitality; opens the possibilities of flourishing energy and vitality and the Shen spirit; which displays your body's spirit and happiness.

Includes –welcome foot ritual, full body exfoliation, full body wrap, bath, full body massage.

FORMOSA

Price (TWD) 13,800 (2 hours 30 minutes)

Known as a “Beautiful Island” in Taiwan. This treatment will enhance your inner beauty starting with a foot ritual using ancient recipe of sea pearl blended with salt. You will then be enveloped in rejuvenating layers of white clay, a full body massage using butterfly massage techniques. Your journey is complete with a scalp and face scrapping, famously recognised in Taiwan, to increase blood circulation and enrich your natural glow.

EASTERN HARMONISER

Price (TWD) 13,800 (2 hours 30 minutes)

Jade is acknowledged as the perfect harmoniser for “Chi” energy and have created a balancing treatment incorporating the calming stone. A full body massage integrating Jade stone placement around the body, each position is chosen specifically to help release aches and pains, and aid in relaxation, followed by a scalp and face scrapping, famously recognised in Taiwan, to increase blood circulation and enrich your natural glow.

· Prices are subject to change without prior notice. · All treatment prices are subject to a 10% service charge.



SIGNATURE THERAPIES

Time Rituals™

Price (TWD) 10,800 (2 hours) | Price (TWD) 15,800 (3 hours)

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.

Oriental Qi

Price (TWD) 7,880 (1 hour 30 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.

Oriental Harmony

Price (TWD) 18,800 (2 hours)

Four hands work in perfect unison 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.

Inner Strength

Price (TWD) 10,800 (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

Price (TWD) 7,280 (1 hour 30 minutes)

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.

Intelligent Movement Treatment

Price (TWD) 10,800 (1 hour 30 minutes)

A 90-minute treatment that helps you to move better, including trigger point release work, deep muscle manipulation, stretching and elongation of the muscles, all of which are designed to soften, release tension and increase the body's mobility.

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ESSENTIAL TRAVELLER

Deep Sleep

Price (TWD) 4,980 (1 hour) | Price (TWD) 7,280 (1 hour 30 minutes)

This powerful and deeply sedating full body massage harnesses rich earthy essential oils of vetiver, 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.

Oriental Foot Therapy

Price (TWD) 4,980 (1 hour)

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.

Bespoke Booster Facial

Price (TWD) 6,680 (1 hour)

Combining cutting-edge products with sculpting techniques to stimulate and oxygenate the skin, our core facials are tailored to suit your unique skin.

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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 relation, improve circulation and increase overall wellbeing.

Oriental Essence Price (TWD) 4,980 (1 hour) | Price (TWD) 7,280 (1 hour 30 minutes)
Using custom-blended Oriental oils and movements inspired by traditional Oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.

Aromatherapy Price (TWD) 4,980 (1 hour) | Price (TWD) 7,280 (1 hour 30 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.

Therapeutic Price (TWD) 4,980 (1 hour) | Price (TWD) 7,280 (1 hour 30 minutes)
This truly effective therapeutic massage helps dissolve aches and strains. Oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energising massage.

Mum to Be Price (TWD) 6,080 (1 hour) | Price (TWD) 8,180 (1 hour 30 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.

Hydrating Body Cocoon Price (TWD) 5,680 (1 hour)
This intensely hydrating treatment includes the layering, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

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TREATMENT ADDITIONS

Bespoke Skin Polish Price (TWD) 3,880 (30 minutes)
A relaxing all over exfoliation and layering of richly nourishing products leaving the skin looking radiant and feeling wonderfully smooth.

Facial "On the Go" Price (TWD) 3,880 (30 minutes)
This mini facial is ideal for those on the go. Your skin is cleansed, lightly exfoliated and gently massaged.

Express Massage Price (TWD) 3,880 (30 minutes)
Take a little time off your busy schedule to reawaken your senses and be the best version of yourself at The Spa at Mandarin Oriental, Taipei with "Massage Express" choices: Express Back Neck Massage or Express Foot Massage.

Suite Moment Price (TWD) 4,580 (1 hour)
Whether you choose a treatment to focus on personal well-being, spa pampering, or social time with a partner or group of friends, we will spoil you in one of our exclusive and ultra-stylish VIP suites, featuring an aromatic steam shower, a vitality pool for two and a relaxation area. Suite Moment includes time for relaxation, refreshing fruit platter and herbal tea.

*This treatment additions can only be reserved in combination with treatments of 1 hour or above

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BODY TREATMENTS



Bust & Refined Waist

Price (TWD) 5,680 (1 hour)

The CACI bust and stomach treatment will help to lift, tone and strengthen muscles around the bust and stomach area, giving an enhanced, firmer and fuller appearance.

Buttock & Cellulite Reduction

Price (TWD) 5,680 (1 hour)

The CACI Buttock & Cellulite Reduction works to tone the thigh and buttocks, muscles will be lifted and strengthened.

Gel D'algues

Price (TWD) 9,080 (1 hour 30 minutes)

An algae body wrap of Gel d'Algues has both a detoxifying and oxygenating effect. This treatment targets excess adipose tissue: the skin is toned, firmed, lifted. An unctuous massage follows, hands gliding effortlessly over the body to moisturize, regenerate and restore the skin's hydrolipidic film. A treatment that restores vitality and fights against water retention, ageing and stress.

HOLISTIC SKIN CARE

Bespoke

Price (TWD) 5,880 (1 hour)

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

Age Repair Facial

Price (TWD) 7,880 (1 hour 30 minutes)

An intensive treatment for aging skin including a unique due layering of intensive masks, with specific lifting, plumping and firming massage.

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ADVANCED SKINCARE

Mandarin Oriental Taipei is delighted to welcome the internationally acclaimed French skincare brand, Biologique Recherche and the renowned CACI international; both companies offer a range of luxurious and exclusive beauty treatments that are at the forefront of new scientific and technological breakthroughs. Biologique Recherche methodology has a reputation for astounding effectiveness based on a clinical and holistic approach to beauty care using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures.

Remodelling Face

Price (TWD) 11,800 (2 hours)

This luxurious balancing and anti-aging facial combines micro-exfoliation, oxygenation and bioenergy massage to revitalise and regenerate. Coupled with a Biologique Recherche remodelling face machine, specially formulated products boost collagen and cell repair while toning and firming the skin. This treatment also improves elasticity and lightens age spots and dark circles.

Instant Lift

Price (TWD) 9,280 (1 hour 30 minutes)

An efficient cocktail of micro-crystalline algae, natural amino acids, masks and serums that exfoliates, restructures, firms, hydrates and protects. Combined with modulating techniques and massage, VIP Lifting redefines facial contours, giving an instant lifting effect while accelerating the collagen's ability to regenerate. Leaving your skin younger looking and soft to the touch.

CACI Intensive Lift

Price (TWD) 8,280 (1 hour 30 minutes)

The micro current of CACI re-educates tired muscles by lifting and toning to create a visible and immediate result for facial and eye areas. Crystal free micro-dermabrasion technology reduces skin imperfections. Concentrated RED or BLUE LED light therapy assists in building additional collagen or fighting troublesome acne. This collection of treatments can successfully re-structure, protect and enhance the well-being of your skin.

CACI Healing Express

Price (TWD) 6,080 (1 hour)

A combination of crystal free micro-dermabrasion and healing energy of red light and the calming action of blue light therapy for enhanced tissue repair, ideal for acne blemishes, scarring, pigmentation and dehydrate skin.

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PROGRAMMES

HALF DAY

Pure Allure

Individual Price (TWD) 17,880 | Couple Price (TWD) 32,880 (3 hours 30 minutes)

Pampering beauty and relaxation time, leaving a mademoiselle recharged after an expertly sequenced treatment experience.

- Welcome Foot Ritual
- Aromatherapy Body Massage
- Age Repair Facial
- Healthy Cuisine Bento Box

Romance of Rose

Individual Price (TWD) 17,880 | Couple Price (TWD) 32,880 (3 hours 30 minutes)

From a rose petal drawn bath to rose body polish and wrap, connect your inner love spirit with the Romance of Rose treatment. Healthy cuisine Bento Box for lunch or dinner will be served after a relaxing aromatherapy massage.

- Welcome Foot Ritual
- Rose Body Polish and Wrap
- Rose Bath
- Aromatherapy Rose Body Massage
- Healthy Cuisine Bento Box

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FITNESS & WELLNESS

FITNESS AND WELLNESS CENTRE

Our urban fitness and wellness centre is the city's most exclusive venue, offering specially designed equipment such as state of the art treadmills, cross trainers, and a comprehensive selection of weight machines and free weights. Your improved wellness begins in our fitness and wellness centre commencing with a body composition analysis, leading to a customised training programme to suit your individual goals. The journey is aimed at achieving balance of mind and body, resulting in lasting physiological and psychological benefits.

IN-BODY COMPOSITION ANALYSIS

In-body composition analysis measures body mass index (BMI), percent body fat and waist-to-hip ratio, muscle development of arms and legs, as well as nutritional evaluation.

WELLNESS SYSTEM

A contemporary and sophisticated computerised technology makes exercise more satisfying and fun. With the wellness system, our fitness and wellness instructors can identify and set your fitness and wellness goals. The information on the TGS key guides you through your workout programme, and enables our instructors to track your progress and provide advice and encouragement based on results.

KINESIS WALL

The kinesis wall will assist you in re-establishing a balance between mind and body, allowing the mind to guide the body in a tri-dimensional space of stability, flexibility and strength.

FITNESS ORIENTATION

Take a tour of the facilities and receive a brief overview of all the services offered. Our fitness instructors will demonstrate how to use the equipment in the fitness centre, indicating correct techniques, stretching, basic muscle groups and highlight any precautions related the use of equipment.

FITNESS AND LIFESTYLE CONSULTATION

Obtain objective information on your level of fitness through assessment of your vital signs, flexibility, cardio endurance and body measurements. Combine this with a personal training session and allow your instructor to create a more personalised programme for you.

PERSONAL TRAINING

Reach or maintain your optimum wellness and health conditions, whatever your goal, be it improving overall fitness and wellness, endurance or a change in lifestyle, our fitness instructors will work with you, focusing on your unique health concerns to design a programme that will suit your needs.

YOGA / PILATES / TAI CHI CLASSES

Awaken your inner senses with authentic classes taught by masters schooled in the traditions of these practices. We offer a wide variety of classes for all levels in our studio.

WEIGHT MANAGEMENT PROGRAM

Suitable for those who wish to control their body weight.

REHABILITATION PROGRAM

Ideal for those looking to enhance muscle and joint health, in particular if suffering from low back, hip and knee joint conditions.

CIRCUIT TRAINING

Offers a combination of exercise programmes in varying levels of difficulty, for an overall improvement in fitness and sports performance.

STRENGTH TRAINING

Increase stamina and gain strength, for an overall improvement in endurance.

SWIMMING POOL

Our stylish and relaxing outdoor heated swimming pool can be reached through the spa on the 6th floor. The area offers a serene ambience surrounded by a garden.

HEAT & WATER EXPERIENCES

The Mandarin Oriental Spa offers extensive heat & water experiences with separate areas for male and female guests. Merging ancient practices with the latest in technology, the 3,500 sq meters facilities are fit to mesmerise and delight.

Guests are encouraged to arrive 1 hour prior to their scheduled treatment to use heat & water facilities to relieve stress and tension, relax muscles, increase circulation, stimulate immune system and promote a feeling of wellbeing.

For guests who wish to experience heat & water facilities without spa services, advanced booking is required as well as a usage fee per visit will apply.

EXPERIENCE SHOWER

Combined with coloured lights and refreshing scents, these unique showers provide both cold and warm body jets that gently massage the body.

VITALITY POOL

Incorporating a number of features to enable the bather to self administer massage, the pool is heated to temperatures of up to 35°C. It is equipped with ergonomic loungers designed to provide full body air jet.

RELAXATION LOUNGE

A tranquil environment with relaxing lounge chairs to soothe the body and mind in between and after all spa treatments. Each lounge is equipped with individualised comfort. Listen to music, read a magazine or book, meditate or enjoy a seasonal refreshment and healthy beverage.

CRYSTAL STEAM ROOM

Our luxurious steam room with crystal maintained temperature at 45°C with aromatic moist and radiant heat aiding in relaxation.

DRY SAUNA

A sauna is essentially a room with an exceptionable high heat maintained at 85°C, designed to promote health, boost the immune system, increase flexibility, speed metabolism and release body toxins.

AMENDMENT & CANCELLATION POLICY

Please give a 6-hour notice period of cancellation or to reschedule your booking to avoid extra charges. Cancellation or rescheduling less than 6 hours in advance or a no show will incur a 100% charge. The information of valid credit card is required at the time of booking.

SERVICE CHARGE & DISCOUNT POLICY

Please be advised that a service charge of 10% will be added to all spa treatments stated in the brochure. All applicable discounts will be deducted from the listed spa menu prices. Discounts do not apply for promotions or gift certificate sales.

SPA PACKAGES

Information on special spa packages or group programmes can be obtained by contacting the spa concierge at +886 2 2715 6880.

GIFT CERTIFICATES

An ideal gift for spa enthusiasts, gift certificates are available at The Spa at Mandarin Oriental, Taipei.

SPA ETIQUETTE

Our spa environment is one of tranquillity and relaxation. Please respect all spa guests' rights of privacy and serenity. Mobile phones and cameras are not permitted to use inside the spa.

SPA ARRIVAL

We recommend that you check in at the spa reception at least 45 minutes prior to your first scheduled appointment if you wish to use the heat and water experiences, if you do not wish to use them please check in 15 minutes prior to your appointment. This allows us to have a brief discussion about your treatment expectations. For all beauty and waxing services please arrive at least 10 minutes prior to your scheduled appointment. Please do not use the heat and water experiences prior to waxing services, otherwise we will be unable to carry out the treatment. Please understand that late arrival will not receive an extension from scheduled treatment time.

AGE REQUIREMENT

The minimum age required to access the spa, fitness and wellness facilities is 16 years.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries which could affect your service while making your spa reservation. Please consult your doctor before using the heat and water or exercise equipment if you are under medical supervision, medication, therapy and post-operation. Use of the heat and water is not recommended for pregnant ladies.

PREGNANCY

We have specially designed treatments for mothers to be over 12 weeks. Please allow the spa concierge to guide you in selecting suitable treatments during this special time.

CLEANLINESS

To keep our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after each service and treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal belongings. Please ensure all valuables are kept and locked in your locker during your visit. For the protection of your clothing, we kindly ask you wear the provided spa robe.

ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental, Taipei shall not be liable for any member or guest suffering from any accident or injury.

RESTRICTIONS ON THE USE OF FACILITIES

The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn during treatment and exercising. Sports shoes are required in the fitness and wellness centre.

SPA BOUTIQUE

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

REFUND POLICY

Unopened retail products can be exchanged within ten days after purchasing with the original receipt presented. No cash or credit card refunds will be accepted

TERMS & CONDITIONS

OPENING HOURS

Fitness and Wellness Centre: Mon - Sun 24 Hours, Staffing from 7am - 8pm

Spa Treatments: Mon - Sun 10am - 8pm

Swimming Pool: Mon - Sun 7am - 8pm

RESERVATIONS

We highly recommend you to book treatments in advance to ensure that your preferred time and service is available. Please provide the spa concierge with valid credit card information and contact details to secure the reservation.



mandarinoriental.com/taipei/



The Spa at Mandarin Oriental, Taipei

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