THE SPA

AT

MANDARIN ORIENTAL

WASHINGTON D.C.

TREATMENTS

SIGNATURE treatments

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 a team of Chinese doctors and master aromatherapists, each two-hour, hands-on body massage ritual combines the therapeutic benefits of Mandarin Oriental's bespoke essential oils, with the powerful effects of oriental meridian massage. The treatments all begin with a private therapist consultation in order to determine each individual's personal and current state of well-being. The style of treatment and oils are then tailored to each guest in order to awaken the senses and 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 Rituals™ 1 hour 50 minutes or 2 hours 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. Two therapists work together in time and movement, providing a warm scrub that smoothes and replenishes the skin, followed by 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.

TREATMENT ADDITIONS

Essential Body Scrub 20 minutes additional time

Enhance your spa experience with a full-body exfoliation. Our body scrubs can be combined with any body massage or facial. Choose from our signature Quintessence Body Scrub or Essential Body Scrub.

Balancing Scalp Treatment No additional time

Enhance your massage experience or facial with this invigorating scalp massage, using an infusion of organic ginger, lavender and geranium.

Relaxing Hydrating Hair Treatment No additional time

Infused with argan oil, this aromatic service will leave the hair rehydrated and rejuvenated while enjoying a soothing massage.

Root to Tip No additional time

The ultimate deep conditioning head massage, combining the hydrating mask with the balancing scalp treatment.

Hand and/or Foot Quench No additional time

Using deeply nourishing shea butter to envelop the hands and/or feet, leaving them soft and hydrated.

NEW LIFE

Maternity Massage (Post First Trimester) 1 hour 20 minutes

Most moms-to-be feel discomfort with their bodies at various times during the pregnancy. Enjoy the benefits of prenatal massage, which alleviates lower back discomfort and fatigue, nourishes the skin and improves elasticity. The massage will prepare the mother's body for the changes to come.

New Life Ritual (Post First Trimester) 1 hour 50 minutes

This treatment begins by welcoming the mother-to-be with a foot ritual, followed by a gentle body exfoliation. A nourishing shea butter belly wrap will aid in the skin's elasticity and suppleness to help prevent stretch marks, while a customized body massage will leave you feeling relaxed in every way.

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JOURNEYS

Thai Massage 1 hour 50 minutes or 2 hours 50 minutes

Traditional Thai Massage is a healing art that has been practiced in Thailand for 2,500 years. This treatment aligns the energy of both mind and body. It is recommended for those with chronic pain and tension. The treatment begins by releasing blockage of negative energy. Meditation and controlled breathing assist the therapist in promoting the healing process. By combining Yoga stretches with muscle manipulation, the flexibility of the body will be greatly increased.

Revitalizing Ritual 1 hour 50 minutes

This invigorating ritual starts with a foot cleanse, followed by an orange-peel infused scrub which is high in Vitamin C and antioxidants to help strengthen the immune system and stimulates blood circulation. You will then enjoy a deeply moisturizing massage, which incorporates hot stones on the back, using an ultra-hydrating body quench, leaving you skin silky smooth and radiant.

BODY MASSAGE

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 someone who just wishes to be relieved of neck and shoulder tension. This massage centers on all stress areas of the body. Utilizing our Signature Quintessence, oil blended with warming ginger, uplifting mandarin and sacred frankincense all come together to realign the mind and emotions.

Therapeutic 1 hour 20 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 energizing massage.

Aroma Stone 1 hour 20 minutes

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

Shiatsu 1 hour 20 minutes

Shiatsu is an ancient Japanese treatment designed to establish a healthy state of balance that treats the mind, body and spirit. To bring the body back into balance, pressure is applied to various points on the body using thumbs, fingers and palms. This pressure is combined with gentle manipulation to alleviate tension, enhance the body's natural healing ability, eliminate fatigue and promote general good health. Please wear comfortable loose clothing.

Oriental Bamboo Massage 1 hour 20 minutes

Experience the rhythmical movements with gentle stretching of our new Bamboo Massage. This treatment is tailored to your needs through a scent journey and varied pressure. A combination of hand and bamboo is used to ease away tension, release joint stress and balance the energy in the body.

BODY TREATMENTS

Oriental Body Wrap 1 hour 20 minutes

Beginning with a body exfoliation, the Oriental Body Wrap is designed to comfortably raise the body's temperature and induce perspiration to eliminate toxins and aid in the absorption of individually chosen oils and marine mud, algae or clay. While enveloped in the warm cocoon of the wrap, a mind-calming Oriental Head Massage will help achieve ultimate tranquility.

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 skillful exfoliation and massage to smooth the feet and lower legs.

Cherry Blossom Treatment 1 hour 20 minutes

Experience the ancient art of beauty with this relaxing and enchanting body ritual inspired by Japanese tradition. The journey commences with the application of a warmed exfoliating cream with Cherry Blossom rice powder. A second exfoliating massage softens skin and invigorates the body. A unique foot massage based on reflexology revives vital energy. The treatment concludes with a full body massage of melted aromatic Shea butter bringing blissful relaxation.

Diamond Magnetic Lift 1 hour 20 minutes

An incomparable and luxurious experience that purifies body and mind, helping eliminate the effects of the electromagnetic pollution or the stress caused by our daily life. The treatment begins with a balancing of chakras and a luxurious exfoliation utilizing a shimmering mud formulated with diamond dust which is then removed with magnetic tools. This beauty ritual amplifies the energy and unloads the tension and stress gained day after day. A multisensorial experience that fights the skin's signs of aging and brings a maximum well-being in a luxurious and private environment.

Signature Meso Sculpting 50 minutes

A body treatment whose session begins with thermo-therapy to activate the circulation of the areas being treated. You will choose from three different NATURA BISSÉ mesodose treatments based on your needs and desires: slimming, lifting or re-contouring. Your personalized Meso treatment is followed by application of a thalasso sculpting body mask, which prepares your skin for remodeling.

Citrus Drench 50 minutes

An ideal body treatment for skin that has been damaged by the sun or by free radicals in our environment. This body wrap restores elasticity to the skin and provides an intense, deep hydration. Natural ingredients protect the skin from dryness and premature aging, providing rejuvenating, antioxidant and firming results from the very first session.

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BEAUTY BY MANDARIN ORIENTAL

NATURA BISSE

Luxury skincare company Natura Bissé was founded in Barcelona in 1979. Today it is one of the world's most prestigious and respected skincare brands, known for its dedication to research and innovation.

Diamond Facial 1 hour 30 minutes

The union of sophisticated ingredients with anti-aging properties penetrate to the deepest layers, bringing the necessary firmness to help the skin regenerate itself. Diamond Experience Multisensorial Lifting reinforces the natural system of defense of the skin. It maintains a long lasting hydration and improves the elasticity and the tone. It has an anti-stress action and it gives back the natural brightness to the skin.

La Alternativa 1 hour 20 minutes

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.

The Cure 1 hour 20 minutes

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.

O2 Awakening 50 minutes

A facial treatment for those showing congestion due to exposure to toxins and pollutants. Big city goers, frequent flyers and smokers can benefit greatly from this treatment. Our formula penetrates the skin and releases pure O2xygen molecules into the epidermal layer to re-energize natural cellular functions and eliminate toxins. A deep O2xygenation and breathing massage further decongests body and mind.

True Blush 50 minutes

Highly comforting and regenerative ingredients that bring visual results to dilated and congested capillaries. Blotchiness and epidermal irritation are dramatically diminished as a result of a complete desensitizing treatment and decongestive lymphatic massage. The treatment combines powerful calming agents which deliver a serious answer to hypersensitivity and rosacea.

CACI Non-Invasive Face Firming Treatment 1 hour 20 minutes

This pain-free, non-invasive treatment system utilizes a computer-aided instrument to turn back the clock. The treatment combines a formula of vitamins with polypeptides from Somme Institute. CACI offers an alternative to microdermabrasion with a crystal-free ultrasound. Instantly see skin look toned while skin appears smoothed and rejuvenated. Includes a deep-conditioning scalp treatment or anti-aging treatment.

CACI Express Lift 50 minutes

The main focus of this treatment is the micro current system, which will restore the skin's natural contour and give a more youthful appearance, while boosting collagen, elastin levels and cell renewal.

Time Reversal Facial 1 hour 20 minutes

A treatment using vitamins with polypeptides developed by Somme Institute. This facial helps reduce the appearance of fine lines, repairs sun damage, evens out discoloration and is effective in treating moderate to severe acne, improving skin tone and texture. Includes a cold stone facial massage and an anti-aging hand treatment.

Anti-Aging Active Peel 1 hour 20 minutes

After a thorough skin analysis, the facial incorporates steam and a deep brush cleanse, preparing the skin for our ESPA Professional Enzyme Peel. Containing the highest levels natural fruit acids and AHA's, the peel aids the removal of dead skin cells, revealing a more youthful complexion. A deep facial massage is followed by an ESPA Professional Lifting and Smoothing Mask to leave skin plump, toned and luminous.

Gentlemen's Reviver Facial 1 hour 20 minutes

This cooling, purifying facial awakens the senses, brightens the face and is perfect to enliven your skin.

Holistic Facials 1 hour 20 minutes

Beginning with a facial assessment to determine your skin type, our therapists will create a facial experience tailor-made to your skin's needs. Luxury, Purifying and Men's Purifying Facials are available.

Anti-Aging Facelift Series

This non-surgical facelift series is recommended for those looking for an alternative to surgery with instant results. The series is available in packages of 6 or 12 facials. Appointments must be made at time of purchase. Add-ons include Firming Micro Lift, LED Light Therapy, Ultrasonic Power Cleanse, and Intense Hydration Mask.

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FINISHING TOUCHES

Gel/shellac removal before any pedicure or manicure will require an additional 20-minutes at an additional cost. Please notify Spa Concierge at time of booking.

Classic Manicure 25 minutes

Taking you on a scent journey and leaving your nails and hands feeling refreshed, moisturized and beautiful.

Classic Pedicure 50 minutes

Taking you on a scent journey and leaving your feet and nails feeling refreshed, moisturized and beautiful.

Classic Manicure and Pedicure Combination 1 hour 35 minutes

Luxury Manicure 40 minutes

This hand and nail ritual begins with a soak to refresh and cleanse your hands, followed by an exfoliation to hydrate and smooth. Hands are then massaged with rich shea butter and a mask is applied to seal in the moisture, leaving the hands soft. Finished with a polish application.

Luxury Pedicure 1 hour 5 minutes

This foot and nail ritual begins with a detoxifying sea salt soak to restore and revitalize tired feet, followed by an exfoliation to slough away dry skin. A vitamin rich lotion is massaged into your feet to leave them smooth and hydrated. Nails are then groomed and polished.

Luxury Manicure and Pedicure Combination 1 hour 50 minutes

Shellac Manicure 55 minutes

A true innovation in chip-free, extended wear nail color. It applies like a polish, but provides you with high-gloss, long-lasting nail color. Can last up to 14 days.

Chinese Zodiac Pedicure 65 minutes

Luxuriate with our signature Chinese Zodiac pedicure. Discover your Chinese Animal and allow us to provide a customized pedicure based on your elements. The pedicure includes an aromatherapy foot soak, skin softening and moisturizing mask, cuticle cleaning and concludes with a beautiful polish or nail buffing.

La Bella Donna Mineral Make-Up Application

A healthy collection of mineral-based formulas. La Bella Donna's products contain only pure minerals for the skin that you cannot get from any other line. Combining four ingredients that work synergistically to balance the moisture content in the skin. Make-up for every age and skin type. Options include Special Event, Bridal Consultation and Bridal Make-Up.

Waxing

Available upon request

SPA PROGRAMS

Our half and full-day programs are designed to restore one's natural state of equilibrium and transport you to another world. Beginning with the welcoming foot ritual, each journey provides a peaceful passage calling upon ancient traditions and modern techniques. All half-day and full-day programs include full use of our state-of-the-art fitness center, swimming pool and Heat and Water Experience.

HALF-DAY PROGRAMS

Rebalancing Ritual 3 hours 50 minutes

This ritual package includes:
- Aromatherapy Massage
- Luxury Facial
- Express Manicure and Pedicure

Gentlemen's Top to Toe 2 hours 50 minutes

This program includes:
- Oriental Foot Therapy
- Deep Tissue Massage
- Gentlemen's Reviver Facial

FULL-DAY PROGRAMS

Life-Enhancing Ritual 6 hours 30 minutes

This ritual package includes:
- Three-Hour Time Ritual™
- Spa Bento Box Lunch
- Time Reversal Facial
- Classic Manicure and Pedicure

FITNESS AND WELLNESS

MEMBERSHIP

Basic Membership

Access to fitness center, swimming pool, heat and water facilities, complimentary valet parking (up to 3 hours) and discounts on spa services and retail products. Monthly fees starting at $195, plus joining fee.

Executive Membership

In addition to the Basic Membership the Executive Membership also includes a private personal locker, complimentary fitness assessment, valet laundering of fitness clothing and Vitamin Water®. Monthly fees starting at $295, plus joining fee.

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TERMS & CONDITIONS

Hours of Operation

Monday through Sunday 9 a.m.–9 p.m.

Fitness Center and Pool Hours

Monday through Sunday 5:30 a.m.–9 p.m.

Cancellation Policy

Please allow 24 hours notice of cancellation to avoid 100% charge. A credit card account number is required at the time of booking.

Advance Bookings

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

Pricing

Pricing is subject to change without notice.

Minimum Time Requirement

Saturday and Sunday require an 80-minute booking minimum for all Spa treatments.

Gratuity

For your convenience, a 20% service charge will be added to your final bill and is subject to change without notice.

PRICE LIST

Signature Treatments		Weekday/Weekend
Mandarin Oriental		
Signature Spa Therapies	1 hour 50 minutes	$275/$300
Time Rituals™	1 hour 50 minutes	$300/$330
	2 hours 50 minutes	$450/$495
Oriental Harmony	1 hour 50 minutes	$450/$495
Journeys		
Thai Massage	1 hour 50 minutes	$300/$330
	2 hours 50 minutes	$450/$495
Revitalizing Ritual	1 hour 50 minutes	$300/$330
Body Massage		
Oriental Essence	1 hour 20 minutes	$195/$215
Therapeutic	1 hour 20 minutes	$215/$235
Aroma Stone	1 hour 20 minutes	$215/$235
Shiatsu	1 hour 20 minutes	$215/$235
Oriental Bamboo Massage	1 hour 20 minutes	$215/$235
Body Treatments		
Oriental Body Wrap	1 hour 20 minutes	$195/$215
Oriental Foot Therapy	50 minutes	$150/$165
Cherry Blossom Treatment	1 hour 20 minutes	$225/$250
Diamond Magnetic Lift	1 hour 20 minutes	$250/$270
Signature Meso Sculpting	50 minutes	$175/$195
Citrus Drench	50 minutes	$155/$175
Treatment Additions		
Essential Body Scrub	20 minutes	$65
Balancing Scalp Treatment		$45
Relaxing Hydrating		
Hair Treatment		$35
Root to Tip		$55
Hand and/or Foot Quench		$15/$25
New Life		
Maternity Massage	1 hour 20 minutes	$215/$235
New Life Ritual	1 hour 50 minutes	$300/$330
Half-Day Spa Programs		
Rebalancing Ritual	3 hours 50 minutes	$415/$460
Gentlemen's Top-to-Toe	2 hours 50 minutes	$405/$450
Full-Day Spa Programs		
Life-Enhancing Ritual	6 hours 30 minutes	$685/$760

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Beauty by Mandarin Oriental Facials		Weekday/Weekend
Diamond Facial	1 hour 30 minutes	$320/$350
La Alternativa	1 hour 20 minutes	$250/$270
The Cure	1 hour 20 minutes	$250/$270
O2 Awakening	50 minutes	$180/$200
True Blush	50 minutes	$180/$200
CACI Face Firming Treatment	1 hour 20 minutes	$320/$350
CACI Express Lift	50 minutes	$175/$195
Time Reversal Facial	1 hour 20 minutes	$225/$250
Anti-Aging Active Peel	1 hour 20 minutes	$225/$250
Gentlemen's Reviver Facial	1 hour 20 minutes	$195/$215

Holistic Facials		
Luxury	1 hour 20 minutes	$195/$215
Purifying	1 hour 20 minutes	$195/$215

Anti-Aging Facelift Series	
Series of Six Facials	$1,300
Series of Twelve Facials	$2,500

Non-Invasive Facelift Add-Ins		
Firming Micro Lift	15 minutes	$70

Enhancements	
LED Light Therapy	$35
Ultrasonic Power Cleanse	$35
Intense Hydration Mask	$40

Finishing Touches		
Classic Manicure	25 minutes	$40
Classic Pedicure	50 minutes	$60
Classic Manicure and Pedicure	1 hour 35 minutes	$85
Luxury Manicure	40 minutes	$45
Luxury Pedicure	1 hour 5 minutes	$70
Luxury Manicure and Pedicure	1 hour 50 minutes	$110
Shellac Manicure	55 minutes	$50
Chinese Zodiac Pedicure	1 hour 5 minutes	$75
Shellac Removal	20 minutes	$15
French Polish		$5/$10
Polish Change		$15
Paraffin Add-On		$15

La Bella Donna Mineral Make-Up Application	
Special Event Make-Up	$90
Bridal Consultation/Trial Make-Up	$65
Bridal Make-Up	$90

Waxing	Available upon Request

Terms & Conditions

Spa Arrival We recommend that you check in at Spa Reception at least 45 minutes prior to your scheduled treatment. This permits a one-on-one consultation regarding your expectations, as well as allows time to enjoy the Heat and Water Experience. Please understand that late arrivals will not be given an extension of scheduled appointments.

Age Requirements The minimum age requirement for access to the Spa's treatments and facilities is 18. Children under the age of 18 are not permitted in the locker room wet areas or fitness center unsupervised. All children are welcome in the hotel pool. Proper attire is required in the pool area at all times.

Health Conditions Please advise us of any health conditions, allergies or injuries that could affect your service when making your Spa reservation.

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

Pregnancy We have specially designed treatments for expectant mothers in their second or third trimester. Please allow the Spa Concierge to guide you in selecting the most appropriate service for you.

Loss or Damage We regret that we cannot be responsible for any loss or damage to personal articles. Please keep all valuables locked in your locker during your visit. For protection of your personal clothing, we ask that you wear the provided robe.

Accidents or Injury The Spa at Mandarin Oriental, Washington D.C. shall not be liable for any accident or injury suffered by a member or guest while in the Spa or using its facilities.

Restrictions The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn when exercising, and sports shoes are required when utilizing fitness equipment.

Refund Policy Unopened retail products can be exchanged within 14 days of purchase if presented with the original receipt. No refunds will be granted on gift cards or services.

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