



THE SPA
AT
MANDARIN ORIENTAL
PRAGUE

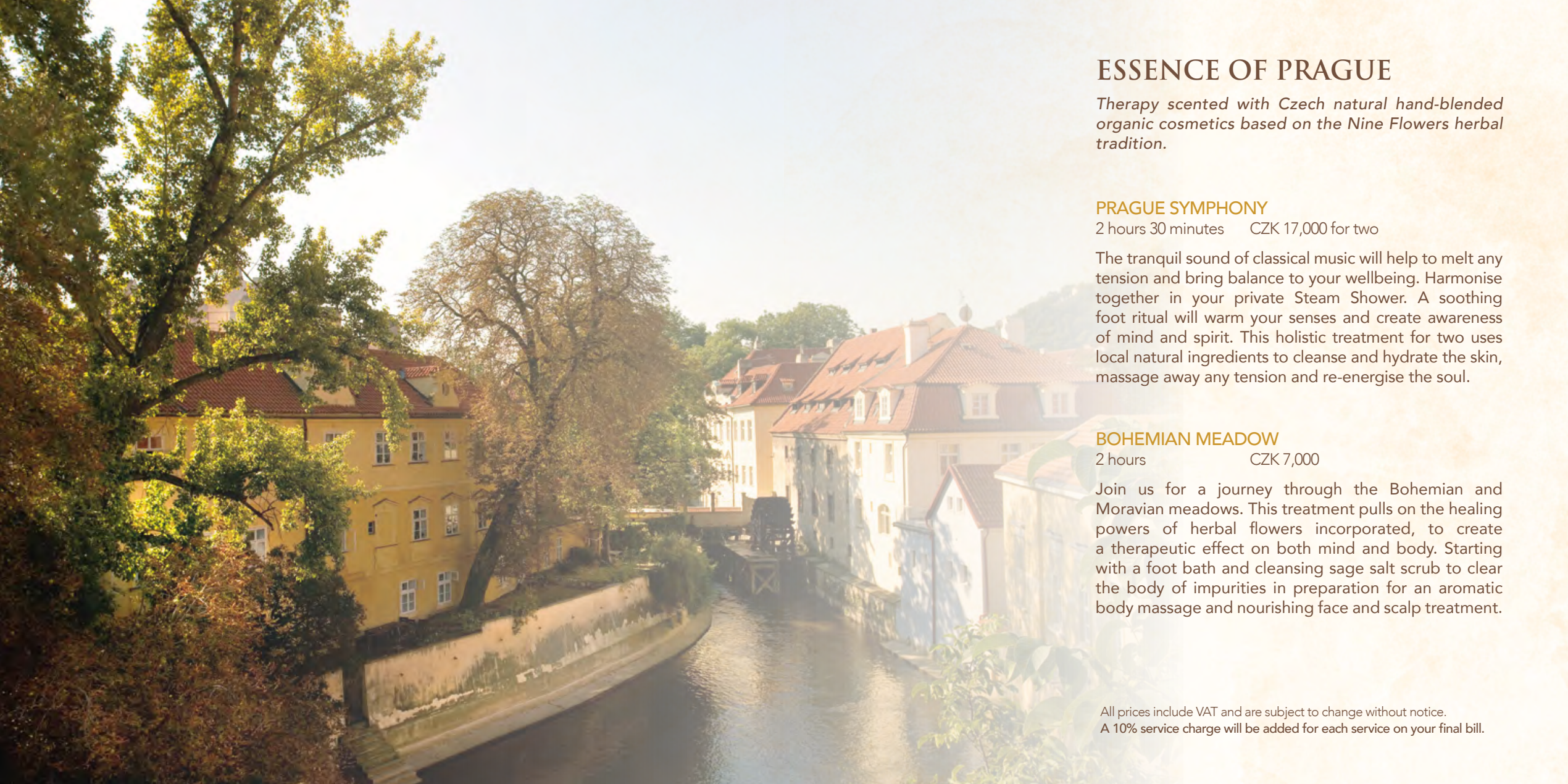
Step into a sanctuary where tranquility reigns and the boundaries between East and West blend harmoniously. **Welcome to the only spa in the world housed in a former Renaissance chapel.**

At the Spa at Mandarin Oriental, Prague, you will embark on a holistic sensory journey that transforms body, mind, and spirit. Choose from therapies inspired by ancient concepts and modern techniques, enhanced by heat and water experiences. The Spa offers Mandarin Oriental's own signature therapies, Czech organic cosmetics by Mcely Bouquet, advanced skincare by 111SKIN, and industry-leading CBD brand OTO.

Our treatment rooms provide a haven of comfort, inviting you to relax as skilled therapists pamper you from head to toe. Unwind in our Tea Lounge, a specially designed relaxation area where you can escape and rejuvenate.

Before or after your treatment, indulge in our Vitality Pool, where hydrotherapy body jets gently massage you in warm water, or relax in our Steam Showers, enveloped in a soothing mist.





ESSENCE OF PRAGUE

Therapy scented with Czech natural hand-blended organic cosmetics based on the Nine Flowers herbal tradition.

PRAGUE SYMPHONY

2 hours 30 minutes CZK 17,000 for two

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.

BOHEMIAN MEADOW

2 hours CZK 7,000

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.

All prices include VAT and are subject to change without notice.
A 10% service charge will be added for each service on your final bill.

SIGNATURE THERAPIES

Our holistic signature therapies are guided by our oriental heritage drawing from Traditional Chinese Medicine.

TIME RITUALS™

3 hours CZK 9,900
2 hours CZK 7,000

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

ORIENTAL QI

1 hour 30 minutes CZK 5,200

A simple, effective, and authentic spa experience. This relaxing body massage ritual works on the energy of the meridians' using the benefits of essential oils.

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DIGITAL WELLNESS ESCAPE

1 hour 30 minutes CZK 5,200

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

1 hour 30 minutes CZK 5,200

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

ORIENTAL ESSENCE

1 hour 30 minutes CZK 4,900

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



BODY TREATMENTS & MASSAGES

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 enhance overall wellbeing.

THERAPEUTIC MASSAGE

1 hour 30 minutes CZK 5,200

This deeply restorative treatment is designed for tight, stressed, and aching muscles. Swedish and cross-muscle fibre massage techniques with stretching and draining are combined with essential oils known for their beneficial effects on the circulation.

AROMATHERAPY

1 hour 30 minutes CZK 5,200

A deeply relaxing holistic massage which combines the healing power of local herbs with the best of Eastern and Western techniques, aimed at providing the physical body with a feeling of relief, the mind with peace, and the skin with perfect nourishment. Choose between sensual daisy, calming camomile, or invigorating yarrow.

DEEP BACK

1 hour 30 minutes CZK 5,200

Through a combination of massage techniques, unblocks stiff neck and back muscles, relieves headaches and neck pain. Strength-inducing yarrow oil helps the body shake off fatigue and recharges lost energy. This massage is suitable for muscle relaxation after sports or for those who work at sedentary jobs.

DEEP SLEEP

2 hours CZK 7,000

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. It induces a deep sense of tranquility and a good night's sleep.

MOM TO BE

1 hour 30 minutes CZK 5,200

A personalised body massage carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time. Using nourishing safe oils, the massage eases away tension in the upper back and shoulders, hydrates skin and relaxes the body. Only from the second trimester.

All prices include VAT and are subject to change without notice.
A 10% service charge will be added for each service on your final bill.

SPECIALITIES

THAI RITUAL

2 hours CZK 7,000
1 hour 30 minutes CZK 5,200

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.

LYMPHATIC

1 hour 30 minutes CZK 5,200

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



THE POWER OF CBD

Guided by nature and grounded in science, OTO harnesses the power of the most pure and potent CBD, plant extracts, actives and adaptogens to rebalance mind, body and skin.

OTO CBD Massage

2 hours CZK 7,000
1 hour 30 minutes CZK 5,200

A bespoke body massage tailored around you, designed to either re-energise, rejuvenate or balance. Using the power of CBD, blended with beautiful essential oils and specific crystals for placement, the experience is accompanied by a soundscape to fully immerse you and help you find your space.

All prices include VAT and are subject to change without notice.
A 10% service charge will be added for each service on your final bill.

MINI M.O. TREATMENTS

Discover our specialized treatments for children, promoting their foundational wellness for a healthy present and future.

Partnered with Mcely Bouquet, natural hand-blended organic cosmetics.

Signed parental consent required. Parent or legal guardian must be in the treatment room at all times.

MR. CAMOMILE AND MISS TANGERINE

30 minutes Ages 5–9 CZK 2,200

1 hour Ages 10–12 CZK 4,400

An aromatherapy massage to soothe the hyperactive or school-worried head and sports-weary body. A magical herbal spray will calm distracted thoughts, a foot massage with tangerine scrub will relieve tired feet, and a back and shoulder massage with fragrant and nourishing camomile oil will wash away any remaining muscle and mental tension.

Chill Out Massage

1 hour Ages 13 - 18 CZK 4,400

This full-body aromatherapy massage makes it easy to relax muscle and mental tension as well as leaving the skin silky smooth. You can bring your iPod and relax to the music of your choice.

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ADVANCED SKIN CARE

111SKIN

At the heart of the philosophy of 111SKIN is precision skincare created and mastered on Harley Street, London by Dr. Yannis Alexandrides. 111SKIN is clinically inspired and treatments are exclusively designed to deliver a fusion of science, results, and unparalleled treatment journeys.

BLACK DIAMOND NON-SURGICAL FACE LIFT

1 hour 30 minutes CZK 6,500

A most opulent anti-ageing facial. This luxurious experience harnesses the power of 111SKIN's potent Intensive Collection, combining a wrinkle-minimizing wand and signature deep facial muscle massage techniques, to promote a youthful, sculpted appearance. The treatment includes gentle exfoliation to reveal a smoother, more even skin tone, using products enriched with renewing and brightening actives delivered through Fine Diamond Particles as well as the patented NAC Y²™ formula.

ROSE GOLD RADIANCE FACIAL

1 hour 30 minutes CZK 5,700

A powerful facial combining illuminating properties with the most innovative soothing formulas to brighten the complexion. Sculpting the face using a three-level approach to facial massage – including our signature deep facial muscle massage techniques, wrinkle-minimising wand and Rose Quartz crystals. This treatment is designed to relax the mind, whilst revealing a contoured and refined appearance.

REPARATIVE FACIAL

1 hour CZK 4,700

A high-performance facial to deeply nourish and hydrate. Suitable for all skin types, its formulation is especially effective to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannis Alexandrides to accelerate the post - surgery healing processes, this facial epitomizes the best of 111SKIN's. Harnessing the power of the exclusive NAC Y²™ complex to strengthen the skin barrier and prevent further inflammation, this facial magnifies the restorative effects of our Reparative Collection to enhance your complexion.

ADVANCED FACIAL

DIVINE GLOW by MCELY BOUQUET

1 hour 30 minutes CZK 5,700
1 hour CZK 4,700

Three highly effective cosmetic skin treatments using products from the exclusive Divine Collection by MCELY BOUQUET for preventing premature skin ageing, maintaining a youthful appearance, and deeply regenerating your skin. All treatments include a thorough cleansing, exfoliation, massage, mask, and a final moisturising treatment. To maximize the treatment's effectiveness, we use a rose quartz heart to help the precious substances penetrate deeper into the skin. Massage during the treatment stimulates lymph flow, relaxes tense facial muscles, and helps the skin absorb the active ingredients. The result? Beautiful skin and a relaxed mind. The 60minute version includes a head massage with St. John's Wort Hair Elixir and a foot wrap. In the 90minute treatment, you'll also enjoy an extended facial massage and a wrap for soft hands.

INSTANT SMOOTHING – using Divine Garnet Peeling

A beauty ritual suitable for tired skin. It helps to smooth and rejuvenate the skin very effectively with immediate effect.

DEEP HYDRATION – using Divine Hyaluronic Serum

A beauty ritual suitable for dry and dull skin. It provides deep hydration, restores moisture levels, and helps reduce wrinkles caused by dehydration.

EFFECTIVE BRIGHTENING – using Divine Vitamin C Serum

Cosmetic ritual to shine-free skin. It clarifies and beautifully brightens the skin, giving it a youthful glow.

All prices include VAT and are subject to change without notice.
A 10% service charge will be added for each service on your final bill.



THE ULTIMATE WELLBEING FACIAL by AROMATHERAPY ASSOCIATES

1 hour 30 minutes CZK 5,700
1 hour CZK 4,700

More than just a facial, it's a pioneering treatment that focuses on lowering stress levels in the body and encouraging full rest and repair for the skin and mind. Relax with our facial treatment to bring balance back for visibly glowing, healthy skin. Scalp, face and decollete massage release areas of tension, improve blood flow and activate pressure points to encourage lymphatic drainage and a gentle abdominal massage using warm oil supports head-to-toe physical and emotional wellness. Skin is cleansed twice, exfoliated using expertly formulated, high performance natural products that contain botanical actives. Serum, oil and moisturizer are applied for optimum hydration, alongside a specialized massage and mask for tired eyes. The treatment is supported by mood-boosting essential oils for results you can see and feel.



FINISHING TOUCHES

MANDARIN ORIENTAL MANICURE

1 hour 30 minutes CZK 3,900
1 hour CZK 2,500

To keep your hands and nails looking healthy and beautiful, choose our exceptional manicure. Included are cuticle removal and complete nail treatment, moisturization to hydrate and nourish hands and nails, with a deep massage of fingers, hands and arms. A delight for the senses.

MANDARIN ORIENTAL PEDICURE

1 hour 30 minutes CZK 4,100
1 hour CZK 2,700

Our complete pedicure is a whole-foot treatment. It starts with shaping and buffing the nails, then a luxurious skincare routine will follow to eliminate irregularities and dryness, and to moisturize and invigorate the feet. A deep massage from toes to top of the legs will relieve tension and heaviness.

All prices include VAT and are subject to change without notice.
A 10% service charge will be added for each service on your final bill.

ENHANCEMENT MENU

Enhance your treatment with our special offering.

WATER THERAPY

All water therapy treatments to be booked 2 hours in advance.

VITALITY POOL

30 minutes CZK 1,050

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 massage. The Vitality Pool is available for guests exclusively in the Vltava Suite.

STEAM SHOWER

30 minutes CZK 1,050

Maintained at a temperature of 42-45°C, the shower features aromatic heat that radiates from the floors, walls and seats. Known for its healing properties and ability to ease headaches and migraines, release, tension and increase concentration.

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

111SKIN

EYE MASK CZK 400

FACE MASK CZK 500

CELESTIAL BLACK DIAMOND

Benefits: Reduces fine lines, redness, hydrates.

ROSE GOLD

Benefits: Illuminates, brightens, hydrates, soothes, firms.

CRYO DE-PUFFING

Benefits: De-Puffs, energizes, tones, sculpts, fortifies.

Y THEOREM BIO CELLULOSE

Benefits: Calms, repairs, nourishes, hydrates, strengthens.

MCELY BOUQUET

SCALP MASSAGE WITH HAIR WRAP CZK 500

A nourishing hair wrap of jojoba oil, extract of local St. John's Wort, and a powerful blend of nine rare essential oils offers unique moisturizing and regenerating effects. Suitable for all hair types.

PURIFYING BACK SCRUB CZK 500

This relaxing back scrub with extracts of local sage and Himalayan salt will leave your skin velvet smooth.

HAND OR FOOT WRAP OR EXFOLIATION CZK 500

Pamper your hands or feet with a nourishing Mcely Bouquet bee wax or hydrating exfoliation.

PURIFYING BODY PEELING CZK 2,200

This add-on version is recommended in conjunction with a body massage to increase its effectiveness.

SPA PROGRAMMES

BOHEMIAN RITUAL*

4 hours CZK 14,500

Join us for a half-day getaway through Bohemian and Moravian meadows with an enjoyable Nine Flowers Ritual, an effective ancient and traditional therapy series. Blended in specific combination, these herbal flowers exert a powerful healing effect on both the body and mind. This complete head-to-toe experience harnesses the power of natural products tailored by our expert therapist to your specific needs.

- *Welcoming Sage Foot Ritual 30 minutes*
- *Bohemian Meadow Ritual 2 hours*
- *Divine Glow Facial 1 hour 30 minutes*
- *Healthy two courses menu served at our Monastiq restaurant (extra time)*

ORIENTAL INDULGENCE*

4 hours CZK 14,500

In Eastern philosophy, the soles of the feet are mirrors reflecting the systems and functions of the body. Your ritual starts with a steam shower, followed by the Foot Ritual where your feet will rest on warm pebbles while bathed in warm water rich with fragrant oils. This is then followed by a full body scrub and Oriental Essence massage, which combines the power of essential oils with the best of Eastern and Western massage techniques. Finally, you will experience the Ultimate Wellbeing Facial for a truly unique journey aimed at opening, replenishing, and rejuvenating the skin, restoring its natural glow.

- *Steam Shower 30 minutes*
- *Foot Ritual 30 minutes*
- *Oriental Essence Massage 1 hour 30 minutes*
- *Ultimate Wellbeing Facial 1 hour 30 minutes*
- *Healthy two courses menu served at our Monastiq restaurant (extra time)*

All prices include VAT and are subject to change without notice.
A 10% service charge will be added for each service on your final bill.

PREGNANCY BEAUTIFUL *

3 hours 30 minutes CZK 11,900

A programme created around your individual needs at this special time. After an initial consultation time, we will guide you through this very special period in your life under the care of our highly trained therapist. Includes a prenatal massage using pregnancy oils followed by a soothing and enriching facial, to leave you feeling rested and rejuvenated.

- *Body Scrub 30 minutes*
- *Mum To Be Massage 1 hour 30 minutes*
- *Light Lunch 30 minutes*
- *Ultimate Wellbeing Facial 1 hour*

INTELLIGENT MOVEMENT PACKAGE

3 hours CZK 6,800

A complete, results-driven experience to improve muscle condition, posture, and joint mobility. It combines our effective Intelligent Movement Treatment with a Personal Training session. Detox smoothie is included in your package.

- *Personal Training Session 1 hour 30 minutes*
- *Intelligent Movement Treatment 1 hour 30 minutes*
- *Detox Smoothie (extra time)*

* All programmes include the use of a deluxe room from 10:00 until 19:00 with a surcharge CZK 7,200



FITNESS & WELLNESS

Our Fitness and Wellness Centre offers state-of-the-art equipment. Our holistic approach to health and fitness, complements our Spa offering to increase your strength, flexibility and cardio health.

FITNESS CENTRE

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

PERSONAL TRAINING

1 hour 30 minutes CZK 2,100

1 hour CZK 1,400

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

Group Yoga Class 1 hour CZK 450

Practice that brings together mind and body. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. All levels welcomed.

We also offer regular group classes Monday, Wednesday, Friday, Saturday 08:30 - 09:30 hrs. and can organize one-on-one sessions on request.

Kindly confirm your booking with the Spa Concierge by 18:00 on the day prior to your chosen session.

One To One Yoga 1 hour 30 minutes CZK 2,100 / 1 hour CZK 1,500

Elevate your yoga practice with a personalized session led by our experienced yoga teacher. Discover a tailored approach to improve your flexibility, balance, and mindfulness. Whether you're a beginner or an experienced yogi, your one-on-one session will enhance your practice, ensuring you achieve your wellness goals and find deep relaxation.

WELLNESS MEMBERSHIP

GOLD	12 months	CZK 45,000
SILVER	6 months	CZK 26,500
BRONZE	1 month	CZK 6,500

We offer frequent visitors and locals a chance to join a 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 (open every day from 06:00 – 22:00 hrs.) *Gold / Silver / Bronze*
- Free participation in all fitness activities including group yoga class *Gold / Silver / Bronze*
- 20% discount on spa treatments and 20% discount on spa products *Gold / Silver / Bronze*
- Complimentary parking (based on availability) *Gold / Silver / Bronze*
- A complimentary introductory personal training consultation session with one of our personal trainers *Gold / Silver*
- One complimentary Fitness Centre Day Pass per month for a Guest*** *Gold*
- One night's stay in the hotel for a member and his guest (restrictions apply)*** *Gold*
- One complimentary Signature Treatment 90 minutes *** *Gold*
- Membership pause (up to 1 month per year)*** *Gold*
- Four complimentary breakfasts for two in the hotel restaurant*** *Gold*

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



TERMS & CONDITIONS

OPENING HOURS

Fitness Centre Monday – Sunday 6:00 – 22:00 hrs.
Spa Treatments Monday – Sunday 10:00 – 20:30 hrs.

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations or no shows within 24 hours will incur a 100% charge.

DIGITAL DISCONNECTION

Our spa environment is one of tranquility and we would appreciate it if you can 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 30 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 18. For information on children's fitness and spa services, please contact moprg-spa@mohg.com

HEMOCARE

To continue your spa regiment 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.

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MANDARIN ORIENTAL
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