



THE SPA  
AT  
MANDARIN ORIENTAL  
SINGAPORE



# *The Spa at Mandarin Oriental, Singapore*

Nestled on Level 5, The Spa is a sanctuary for holistic health and wellbeing.

Immerse yourself in a luxurious space that blends tranquility and sophistication, spanning six treatment rooms & suites, a yoga patio, a fully-equipped fitness centre, and an outdoor swimming pool that overlooks the iconic Marina Bay skyline.

Discover an array of massages & treatments inspired by our oriental heritage, bespoke facial treatments, and curated wellness programmes.



# *Essence of Singapura*

## **The Essence of the Garden City**

This treatment starts with a herbal exfoliation followed by Malay *urut* with herbal hot compress of locally blended jamu oil. An ancient Malay tummy wrap follows with a traditional corset which aids in strengthening the abdomen, leaving you rejuvenated.

2 hours

## **Heritage of the Orient**

In Asian culture, jade is known for its healing properties which relax the nervous system and aid in removing toxins. A body massage using genuine jade stones brings deep relaxation, produces vitality, releases toxins, and reduces inflammation.

1 hour 30 minutes

# *Signature Therapies*

## **Time Ritual**

Book a length of time and enjoy the most holistic experience possible. Allow our therapists to use their talents to create and customise treatments for your unique needs.

2 hours | 3 hours

## **Oriental Harmony**

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, starting with a warm scrub that soothes the skin, followed by a harmonious massage that balances the body.

1 hour 30 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 30 minutes

## **Digital Wellness Escape**

With a focus 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 30 minutes

# *Body Massage*

## **Intelligent Movement**

Designed to help in better mobility by softening the muscles and releasing tension, the Intelligent Movement Treatment includes trigger point release work, deep muscle manipulation, as well as stretching and elongation of the muscles.

1 hour 30 minutes

## **Oriental Essence**

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

1 hour | 1 hour 30 minutes

## **Inner Strength**

Using a blend of healing and balancing aromatherapy oils, this nurturing massage eases physical tension and anxiety from the stresses of life.

1 hour | 1 hour 30 minutes

# *Body Massage*

## **Jet Lag Recovery**

This jet lag massage focuses on your back to alleviate some of the symptoms of jet lag such as fatigue and sleep disturbances so that you will feel more rested and rejuvenated after a long flight.

45 minutes

## **Assisted Stretch Therapy**

Improve functional movement and flexibility with Assisted Stretch Therapy to help increase joint mobility and muscle length. This is the perfect remedy after long flight, post-workout, or for anyone feeling stressed. Allow your blood to flow and feel energised and relaxed after a good stretch!

1 hour | 1 hour 30 minutes

## **Prenatal Massage**

A gentle massage designed to reduce stress, address particular areas of tension or pain, and thoroughly relax any mother-to-be.

1 hour | 1 hour 30 minutes



# *Mandarin Suite*

## **Perfect for Two**

Treat yourself and your partner to a blissful day of romance at The Spa. Relax together in our Mandarin Suite, featuring a private steam room and vitality pool, before indulging in a 90-minute massage of your choice and a 30-minute invigorating body scrub. Complete the experience with a glass of champagne and wellness snacks.

3 hours

## **Therapeutic Bath Ritual**

Experience a luxurious 45-minute bath ritual with a choice of Aromatic Body & Shower Oil that nourishes your skin, leaving intensely smooth and hydrated. Your experience will end with a 45-minute relaxing scalp & back massage.

1 hour 30 minutes

## **Suite Moment**

Elevate your spa experience with your loved one in our Spa Suite and enjoy an hour of usage of the heat and water therapy in privacy. Enjoy a glass of champagne and wellness snacks.

*This is an add-on to any treatment.*

1 hour usage



# *Facial*

## **Experiential Facial**

Pamper yourself with a personalised facial treatment using Biologique Recherche or Swiss Perfection, which will be decided upon consultation.

1 hour | 1 hour 30 minutes

## **Remodelling Face Treatment**

The Remodeling Face machine employs advanced bioelectric treatment with three currents (galvanic, medium, and high frequency) for instant and enduring effects. It also utilises electroporation, a high-frequency pulse current that increases skin permeability, enhancing serum absorption and the potency of active ingredients.

1 hour 30 minutes

## **Ultimate Facial Programme**

The Ultimate Bespoke Facial Package gives you access to all facial treatments on our menu. We will analyse your skin at each appointment, create a facial plan for your goals, and adjust the plan as your skin health improves.

10 hours

# *Facial*

## **Skin Instant© Lab**

This unique diagnostic identifies your skin type and condition. It measures hydration, insensible water loss, elasticity, pigmentation and sebumetry prior your facial treatment.

30 minutes



# *The Nail Salon*

## **Supreme Manicure**

A unique, anti-ageing expert manicure treatment using Pure Hand Mask and Luxury Treatment Gloves gives long lasting results and deep hydration. Performed on dry skin with expert techniques to medical standards of hygiene, the manicure finishes with a creamy scrub, and a relaxing hand and lower arm massage.

1 hour

## **Supreme Pedicure**

Our outstanding signature pedicure treatment gives long-lasting results, with the indulgence of the full range of Margaret Dabbs London Fabulous Feet professionally formulated products. This is accompanied by an exfoliating and reviving foot soak, and finishes with a revitalising and hydrating foot massage.

1 hour

## **Nourishing Hand & Foot Treatment**

This indulgent hand mask will instantly reduce the visible lines and wrinkles on the back of your hands, giving you youthful-looking hands. The treatment is followed by a soothing foot soak, and a leg massage that will leave your feet hydrated and rejuvenated.

1 hour

# *The Nail Salon*

## **Black Leg Masque with Firming Leg Serum Massage**

This outstanding, time-reactive treatment is designed to relieve the feeling of heavy, tired, and uncomfortable legs by stimulating circulation and reduce water retention whilst providing a cooling sensation.

1 hour

## **Gentleman's Manicure/Pedicure**

Flawless filing, buffing, and cuticle work is carried out with the indulgence of some of the key professionally-formulated products from the Margaret Dabbs London Fabulous Feet range.

45 minutes

## **Nail Polish Application**

Finish your manicure with your choice of colours.

15 minutes

## **Gel Removal**

A removal process that preserves your nails' health by including nail shaping, cuticle care, buffing and polishing.

30 minutes



# *Holistic Therapy*

## **Reiki Healing**

Due to daily life's stress, body tissues contract, limiting overall functionality. Reiki healing, a holistic practice, releases these patterns through palm healing, promoting relaxation and well-being by guiding energy flow.

1 hour

## **Singing Bowl Therapy**

Embark on a sound healing journey to discover your inner self. Escape the city rush with a meditative sound experience, finding inner peace through the serene melodies of Alchemy Crystal Bowls.

1 hour

## **Manual Lymphatic Drainage**

A gentle lymphatic drainage massage to stimulate the body's lymphatic system. Benefits include reducing water retention, promoting healing, boosting the immune system and detoxification.

1 hour

# *Fitness*

## **Personal Training**

Experience one-on-one training session that is specially tailored to your needs and objectives. Our certified personal trainer will help you to achieve your goal.

1 hour

## **Yoga**

Whether you are an experienced yogi or a beginner, lessons are personalised and tailored to suit your needs. Choose from our variety yoga classes from Hatha Yoga, Vinyasa Flow to Yoga Nidra.

1 hour



# Price List

CATEGORY	TREATMENT	PRICE WEEKEND	PRICE WEEKDAY	DURATION
<b>Essence of Singapura</b>	Essence of the Garden City	SGD 510	SGD 480	2 hours
	Heritage of the Orient	SGD 410	SGD 380	1 hour 30 minutes
<b>Signature Therapies</b>	Time Ritual	SGD 620	SGD 590	2 hours
		SGD 770	SGD 740	3 hours
	Oriental Harmony	SGD 730	SGD 700	1 hour 30 minutes
	Oriental Qi	SGD 380	SGD 350	1 hour 30 minutes
	Digital Wellness Escape	SGD 380	SGD 350	1 hour 30 minutes
<b>Mandarin Suite</b>	Perfect for Two	SGD 1,310/couple	SGD 1,280/couple	3 hours
	Therapeutic Bath Ritual	SGD 500/person	SGD 470/person	1 hour 30 minutes
	Suite Moments	SGD 300	SGD 300	1 hour
<b>Facial</b>	Experiential Facial	SGD 390	SGD 360	1 hour
		SGD 490	SGD 460	1 hour 30 minutes
	Ultimate Facial Programme	SGD 3,330	SGD 3,330	10 hours

# Price List

CATEGORY	TREATMENT	PRICE WEEKEND	PRICE WEEKDAY	DURATION
<b>Facial</b>	Remodeling Face Treatment	SGD 480	SGD 450	1 hour 30 minutes
	Skin Instant© Lab	SGD 60	SGD 60	30 minutes
<b>Body Massage</b>	Intelligent Movement	SGD 360	SGD 330	1 hour 30 minutes
	Oriental Essence	SGD 320	SGD 290	1 hour
		SGD 350	SGD 320	1 hour 30 minutes
	Inner Strength	SGD 320	SGD 290	1 hour
		SGD 350	SGD 320	1 hour 30 minutes
	Jet Lag Recovery	SGD 250	SGD 220	45 minutes
	Assisted Stretch Therapy	SGD 380	SGD 350	1 hour
		SGD 510	SGD 480	1 hour 30 minutes
	Prenatal Massage	SGD 380	SGD 350	1 hour
		SGD 510	SGD 480	1 hour 30 minutes
<b>The Nail Salon</b>	Supreme Manicure	SGD 210	SGD 180	1 hour
	Supreme Pedicure	SGD 220	SGD 190	1 hour

# Price List

CATEGORY	TREATMENT	PRICE WEEKEND	PRICE WEEKDAY	DURATION
<b>The Nail Salon</b>	Nourishing Hand & Foot Treatment	SGD 220	SGD 190	1 hour
	Black Leg Masque with Firming Leg Serum Massage	SGD 250	SGD 220	1 hour
	Gentleman's Manicure/Pedicure	SGD 190	SGD 160	45 minutes
	Nail Polish Application	SGD 30	SGD 30	15 minutes
	Gel Removal	SGD 60	SGD 60	30 minutes
<b>Holistic Therapy</b>	Reiki Healing	SGD 350	SGD 320	1 hour
	Singing Bowl Therapy	SGD 350	SGD 320	1 hour
	Manual Lymphatic Drainage	SGD 350	SGD 320	1 hour
<b>Fitness</b>	Personal Training	SGD 270	SGD 250	1 hour
	Yoga	SGD 270	SGD 250	1 hour

*Prices are subject to service charge and prevailing government taxes.*

# *Information*

<b>The Spa</b>	Mon - Sun	9:30am - 9pm
<b>Swimming Pool</b>	Mon - Sun	7am - 10pm for in-house guests
<b>Fitness Centre</b>	Mon - Sun	24 hours for in-house guests
<b>Contact</b>	Phone:	+65 6885 3533
	Email:	mosin-spa@mohg.com

## *Terms & Conditions*

### **Advanced Bookings**

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

### **Cancellation Policy**

Cancellations or no shows within 12 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 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 the 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 provides you with ample time to visit the Spa's heat and water facilities. Please understand that late arrivals will not receive an extension of scheduled treatments.

### **Health Conditions**

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your reservation.

# *Terms & Conditions*

## **Pregnancy**

We have specially designed treatments for expectant mothers in their 2nd and 3rd trimesters. Please allow our Spa concierge to guide you in selecting which treatments are most suitable during this special time.

## **Loss or Damage**

We regret that we cannot be held responsible for any loss or damages made to personal articles. Please keep all valuables secured in your locker. For the protection of your clothing, we ask that you wear the robe provided.

## **Accidents and Injuries**

The Spa shall not be liable for any accident or injury suffered by a member or guest whilst utilising the Spa facilities.

## **Payment Mode**

Payment for retail purchase or Spa services can be made by either cash, credit card, or charged to in-house guestroom account. Our Company accepts all major credit cards such as Visa, Master Card, American Express, JCB and Diners Club. All payments have to be made in Singapore Dollars.

## **Exchanges, Transfers And Refund Policy**

For cash payment, refund of full payment shall be made out by way of cheque payment, whilst for credit card payment, refund will be made to the same credit card. The refund period will take up to 21 business days from the date of notification.

## **Gift Cards**

Our Gift Cards are the ideal gift for spa enthusiasts and are available online at [mandarinoriental.com/gift-cards](http://mandarinoriental.com/gift-cards) and at the Spa concierge desk.

## **Spa Packages or Group Arrangement**

Information on special spa packages or group programmes may be requested by contacting us at +65 6885 3533 or [mosin-spa@mohg.com](mailto:mosin-spa@mohg.com).



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