



THE SPA
AT
MANDARIN ORIENTAL

SPRING AWAKENING

Awaken relates to the Chinese element of wood and the spring season. The element of wood brings which is said to encourage a sense of renewal, vision, and determination. A person with a balanced wood element will naturally feel more enthusiastic. Wood is responsible for maintaining a free flow of energy (Chi) which is the key to most of our drives and desires.

The acupuncture meridians worked upon in our **Oriental Qi Awaken** hands on body treatment that combines the powerful effects of oriental meridian massage where focus is placed upon the gall bladder and liver meridians. This experience is amplified using our signature wood oil which are neroli for its soothing, calming properties, lavender inducing a state of inner calm and relaxation. Mandarin and grapefruit are both known for their gentle energising effect.

For the Spring months March, April and May upon booking of **"Spring Awakening"** you will receive a complimentary **"Awaken"** Bath and Shower Oil 60ml.

