



THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
BOSTON



# COUPLES EXPERIENCE

## SANCTUARY OF SERENITY

1 hour and 20 minutes (\$660 weekday \$720 weekend)

2 hours (\$920 weekday \$980 weekend)

The perfect environment for two to enjoy simultaneous treatments that are personalized for each guest's needs.

# SIGNATURE THERAPIES

## TIME RITUALS™

**2 hours** (\$460 weekday \$490 weekend)

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

## INNER STRENGTH

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment is a light pressure massage that calms the nervous system to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

## INTELLIGENT MOVEMENT

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

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.



# SPECIALTIES

Based on therapist availability.

## HIMALAYAN SINGING BOWLS

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

This treatment restores balance by advancing stagnant energy and reinstating the natural energy flow within the body's energetic field. Beginning with the gentle placement of singing bowls on and around the body, soft vibrations and sounds resonate from the bowls, transporting the body into a deep state of meditative relaxation.

## RESTFUL RECOVERY

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

Designed specifically for anyone undergoing treatment or who has cancer, our specialized therapist will consult and perform a personalized restorative massage based on your individual needs.



# MASSAGE

All our massage treatments are customized for each guest and begin with a thorough consultation to better understand your needs. Drawing from several massage techniques, a treatment will be designed to increase muscle relaxation, improve circulation, and promote overall wellbeing.

## ORIENTAL DRAGON TREATMENT

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

Clear energy pathways in your body using acupressure, passive stretching, and yoga poses. Challenge your body by utilizing yoga poses to improve mobility, leaving you well balanced and revitalized. This treatment incorporates the use of herbal poultices to aid relaxation.

## THERAPEUTIC

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

Firm pressure is used with specific techniques to dissolve your body's aches and pains, targeting areas of tension using elbows and forearms to achieve an effective deep tissue massage.

## ORIENTAL CRYSTAL THERAPY

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

Begin your experience by setting a personal intention. Embark on a journey of serenity and renewal with this enchanting crystal massage. This treatment incorporates sound therapy with a relaxing light to medium Swedish massage, followed by the placement of selected crystals on the body to enhance the flow of positive energy leaving you feeling refreshed and revitalized. A crystal gift will be included.

## FOREST THERAPY JOURNEY

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

Bring the serenity of nature to your mind and body. Using Forest Therapy's® unique essential oil blend, you will feel restored from the stresses of modern day living. A cleansing guided meditation, followed by a deep massage, relieves restlessness and agitation. A grounding mud mask to the feet, and soothing scalp massage leaves you feeling tranquil and rejuvenated.



# MASSAGE

## DREAM CATCHER

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

This lavender infused sleep treatment is designed to place one in a deep state of relaxation. Unwind with this tranquilizing light to medium pressure full body massage. A herbal infused heat pack, a focused scalp massage, and a take home gift of a lavender filled sachet, create the perfect bedtime ritual.

## ORIENTAL ESSENCE

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

Using custom-blended oils and movements inspired by traditional Oriental therapies, this tension relieving full-body massage focuses on the traditional stress areas of the back, neck, and shoulders.

## LAVA STONE

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

Inspired by traditional Native American practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

## HIMALAYAN SALT STONE

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

This relaxing body massage, using warm, hand-carved salt stones from the Himalayan Mountains, balances the central nervous system and nourishes depleted cells, leaving the body in a deep state of relaxation.

## PRE OR POST NATAL MASSAGE

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

This personalized body massage has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time.



# CAUSEMEDIC

Causemedic combines the healing properties of hemp-derived CBD with other active botanical ingredients to enhance overall wellbeing and restore balance to the body. With the combination of a proprietary PhD-developed CBD delivery system and holistic sustainability practices, each highly curated therapy has the potency to transform skin health and state of mind.

## RESTORATIVE MASSAGE

**1 hour and 20 minutes**     **(\$310 weekday \$340 weekend)**

The calming, soothing effects of CBD oil work in unison with traditional massage techniques designed to create a feeling of physical relaxation and calm, while mentally uplifting and clearing the mind. Essential oils of lavender, sage, and acai aid in deep relaxation.

## VITALITY MASSAGE

**1 hour and 20 minutes**     **(\$310 weekday \$340 weekend)**

An invigorating treatment to help ease muscular strain, reduce inflammation, and relieve pain. An effective deep tissue massage incorporating the healing powers of CBD oil and targeted pain cream. Active botanicals of camphor, vegan glucosamine, and mushroom extract aide in releasing deep seated tension.

## TRANQUILITY WRAP

**1 hour and 20 minutes**     **(\$310 weekday \$340 weekend)**

Tension melts away as this revitalizing and soothing treatment nurtures the body. This experience begins with a full body exfoliation with the invigorating CBD coffee and Himalayan salt scrub. The application of CBD oils and body butters are then applied to nourish and hydrate the skin. While cocooned, a destressing scalp and foot massage relieve stress and help quiet the mind.

## HOLISTIC RENEWAL RITUAL

**2 hours**     **(\$460 weekday \$490 weekend)**

A deeply therapeutic, indulgent treatment which combines the healing power of CBD with other active botanicals to uplift the spirit and restore the body's balance. This treatment begins with a traditional foot ritual, with lavender dead sea salts to relax the mind. After a revitalizing dry brush exfoliation, an application of mineral rich Moor Mud is applied to the back to renew and nourish. A customized massage incorporating the healing benefits of CBD oil will leave the body rejuvenated and restored.



# SCRUBS AND WRAPS

## NOURISHING ROSE RADIANCE WRAP

**1 hour and 20 minutes** (\$310 weekday \$340 weekend)

A gentle exfoliation prepares the body to be enveloped in nurturing rose infused oils, gels, and creams. A comforting wrap helps to hydrate and renew the skin, whilst a relaxing scalp massage will ease away all stress and strain. Also ideal during pregnancy after the first trimester.

## SIGNATURE BODY SCRUB\*

**20 minutes** (\$90 weekday \$100 weekend)

Mandarin Oriental Signature body scrub balancing essential oil blend, brings the body's energy flow, mind, and emotions into alignment, whilst the salt and oils work together to gently smooth and rejuvenate dry or tired skin.

## ENERGIZING REVIVE BODY SCRUB\*

**20 minutes** (\$90 weekday \$100 weekend)

Detoxifying grapefruit, rosemary and juniper essential oils reenergize and tone, whilst rich green coffee extract replenish and soften, leaving the skin silky smooth.

\*Body scrub must be booked as a treatment addition together with a massage.





# HOLISTIC SKIN CARE

## AROMATHERAPY ASSOCIATES

For more than 30 years, Aromatherapy Associates has specialized in the development and healing power of a natural results-driven skincare line, using the finest natural ingredients and purest extracts and essential oils.

## BESPOKE

**1 hour and 20 minutes**     **(\$310 weekday \$340 weekend)**

Following a consultation to determine your needs and skin-type, your therapist will select a range of products from the brand to create a tailor-made facial experience.



# ADVANCED SKIN CARE

## LINDA MEREDITH FACIALS

Devoting itself to the art of skincare, Linda Meredith provides over 40 years of aesthetic expertise, delivering outstanding beauty treatments with a philosophy that complements The Spas at Mandarin Oriental.

## COUTURE

**1 hour and 20 minutes**

**(Oxygen – \$360 weekday \$390 weekend)**

**(Collagen – \$380 weekday \$420 weekend)**

Our therapist will thoroughly assess your skin and select a unique combination of products for an immediate improvement. This will be completed with a regenerating collagen mask or a powerful infusion of oxygen to plump, even skin tone and reduce fine lines.

## BIOLOGIQUE RECHERCHE FACIALS

Since 1980, Biologique Recherche has devoted itself to the art of personalized treatments, delivering outstanding, immediately visible, long-lasting results; the first step of the Biologique Recherche Methodology.

## CUSTOM MADE

**1 hour and 20 minutes (\$370 weekday \$410 weekend)**

After a thorough skin analysis, a personalized “treatment booster,” a combination of recommended products, treatment and manual techniques, will be tailor-made for each guest. Best known for its highly concentrated natural, biologically active and fragrance-free ingredients, the Custom Made Facial is ideal for all skin types, particularly those in need of reconditioning, repair, lifting and pigmentation reduction.

## REMODELING FACE

**1 hour and 20 minutes (\$400 weekday \$430 weekend)**

Using state-of-the-art technology, Remodeling Face combines the power of four currents to lift and restructure, creating immediate long-lasting results.

**Add on SECOND SKIN (\$185)**

Second Skin is a medically inspired regenerating treatment that acts on the extracellular matrix of the skin to accelerate the healing process and achieve immediate results.

## O<sub>2</sub> RESTORATIVE

**1 hour and 20 minutes (\$390 weekday \$420 weekend)**

Using an innovative oxygenating complex to detoxify and stimulate the epidermis. Skin tissue is re-oxygenated, hydrated and restored. An effective cleansing massage and manual lifting techniques “instantly” sculpt and lift facial contours. Perfect to repair polluted, tired and stressed skin.



# SPA TERMS & CONDITIONS

## SPA OPERATIONAL HOURS

Monday–Wednesday 9:30–7:00pm

Thursday–Sunday 9:30–8:00pm

Doors open daily at 9:00am. Hours are subject to change.

## SPA ARRIVAL

We recommend that you arrive to arrive to The Spa 45 minutes prior to your first scheduled appointment. This allows you ample time to visit the spa’s thermal experiences, an oasis of heat and water, to truly prepare for your treatment journey. To ensure a holistic Spa experience for each guest, kindly note that our heat and water facilities are only available prior to treatments.

## GRATUITY

For your convenience, a 20% gratuity will be added for each service on your final bill.

## APPOINTMENT INFORMATION

We offer our busy guests a reliable timetable; therefore arriving late will simply limit the time of your treatment, reducing your full benefit and enjoyment. Your treatment will end on time to prevent inconvenience to the next guest. The full treatment price will apply. Weekday pricing is Monday to Thursday. Weekend pricing is Friday to Sunday. Please kindly note that availability and pricing are subject to change at any time without prior notice.

## CANCELLATION POLICY

Please allow 48-hour notice of cancellation to avoid a 100% charge. No show appointments will incur a 100% charge. A credit card number is required at the time of booking in order to guarantee the appointment.

## CLEANLINESS

Our Spa has always upheld strict hygiene protocols and the wellbeing of our guests and colleagues is our number one priority. We would like to reassure you that additional protocols have been introduced to provide you with a safe environment during your visit with us. Our treatment rooms and equipment are sterilized and sanitized after each guest and enhanced cleaning procedures have been implemented in all areas.

## LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables with you in your treatment suite during your visit or you may have access to a safety deposit box at the front desk of the hotel. For the protection of your clothing, we also ask that you wear the robe provided.

## SPA BOUTIQUE

To continue your spa regimen at home, spa products used in treatments are available in our Spa Boutique. A selection of wellness lifestyle products and accessories are also available.

## GUESTS

The Spa welcomes both hotel and outside guests for any of our treatments. Please note that the use of the Fitness Center is reserved for hotel guests and residents.

## DIGITAL DISCONNECTION

Our Spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your mobile phone and other electronic devices.

## PREGNANCY

We have specially designed treatments for expectant mothers in their second and third trimester. Please let The Spa Concierge guide you in selecting a treatment, taking into consideration your wellbeing during this special time.

## AGE REQUIREMENTS

The minimum age to access The Spa and Fitness Center is 18 years old.



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