



THE SPA
AT
MANDARIN ORIENTAL
CANOUAN

ESSENCE OF CANOUAN

EMERALD ENCHANTMENT

2 hours

USD 360

Restore your vitality with this head to toe wellness ritual, performed to the soothing sounds of the Caribbean Sea. Begin your journey with an invigorating yet soothing coconut and ginger infused body scrub. Melt away any tension on the back, neck and shoulders using warm coconut oil infused with ginger, frangipani and lemongrass to soothe the senses. Finish your journey with an invigorating Indian Head Massage.

Foot Ritual, Body Scrub, Back Massage, Indian Head Massage

ROYALE JOURNEY

3 hours

USD 540

Take a journey through our pure island experience. An ylang-ylang and sweet orange infused foot cleanse will provide a sense of stillness as you take in the beautiful ocean air. A natural full body scrub using seasonal island mango and passionfruit will soothe and prepare the skin for our signature Oriental Qi massage, a simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy meridians using the benefits of essential oils. End your journey with a radiance facial and a choice of one of our signature rejuvenating spa juices.

Foot Ritual, Body Scrub, Oriental Qi, Radiance Facial, Spa Juice

BLISSFUL SEA

2 hours 30 minutes

USD 450

Deepen your sense of relaxation with this specially designed experience. Experience the benefits of our Himalayan Salt Stone massage and feel transported with soothing warmth to your muscles and joints. Take your senses to another level as you enjoy an Ayurvedic inspired facial focusing on marma points on the face to bring a deep sense of calm. Enjoy a specially prepared relaxing tea sea side in our lounge.

Foot Ritual, Himalayan Salt Stone Massage, Ayurvedic Facial, Tea Time

CARIBBEAN DREAM

2 hours

USD 360

Continuous sleep is the secret to health, it repairs the body and restores the mind. A perfect treatment after a long flight starting with a soothing foot ritual with heady relaxing essential oils, continuing with the same aroma, your therapist will perform a body massage tailored to your needs. A gentle facial cleanse and cranium massage during application of a soothing eye mask and rejuvenating facial massage will complete your journey.

Foot Ritual, Massage, Facial Cleanse, Head Massage



SIGNATURE THERAPIES

TIME RITUALS™

2 hours **USD 420**

“Time Rituals” encourage guests to book time rather than specific treatments to enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique needs.

ORIENTAL QI

1 hour 30 minutes **USD 315**

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.

ORIENTAL HARMONY

2 hours **USD 540**

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. First providing a warm scrub that soothes the skin and later a harmonious massage that balances the body. Ideal for those suffering from Jet Lag.

INNER STRENGTH

2 hours **USD 420**

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one’s life.

DIGITAL WELLNESS ESCAPE

1 hour 30 minutes **USD 350**

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 **USD 360**

Intelligent Movement is designed to help you improve your mobility hindered by a modern lifestyle. This treatment approach uses trigger point release work, deep muscle manipulation, stretching and elongation of the muscles designed to soften, release tension and increase the body’s mobility.



MASSAGE

All of our massage treatments are customized 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 relation, improve circulation and increase overall wellbeing.

ORIENTAL ESSENCE

1 hour 30 minutes **USD 345**

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

THAI

1 hour 30 minutes **USD 360**

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. Increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

GOLFERS TONIC

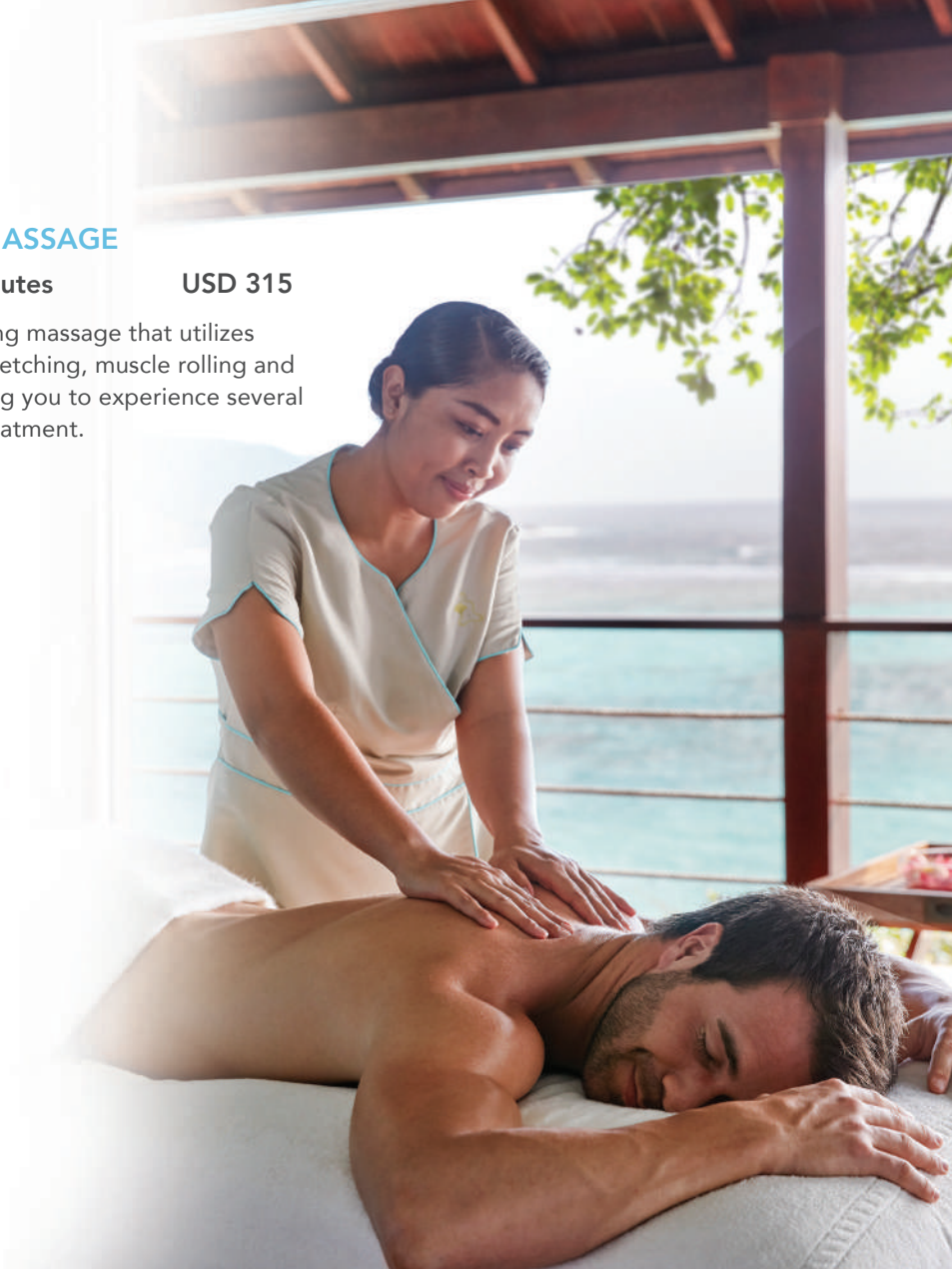
1 hour 30 minutes **USD 360**

After a hard day on the greens, this treatment soothes aching muscles. Treatment includes: full body massage using deep tissue techniques and warm compress, to ease muscles.

BALINESE MASSAGE

1 hour 30 minutes **USD 315**

A deeply relaxing massage that utilizes acupressure, stretching, muscle rolling and cupping allowing you to experience several styles in one treatment.





MOTHER-TO-BE

PREGNANCY MASSAGE

60 minutes

USD 210

A full body massage using advanced techniques in safe areas to slowly relax and de-stress the body. With coconut oil, it is a deeply relaxing and cherishing treatment which helps hydrate and smooth the skin.



SCRUBS AND WRAPS

ORIENTAL BODY SCRUB

30 minutes

USD 108

This luxurious and invigorating scrub blends Mandarin Oriental's signature body oil – infused with essences of tropical ginger, frankincense and mandarin with organic, mineral-rich sea salt to leave the skin smooth, replenished and exotically fragrant.

ISLAND POLISH

30 minutes

USD 108

A gentle body exfoliation to soften your skin, a combination of sea salts and essential oils to nourish and smooth.

PERSONALIZED BODY WRAP

30 minutes

USD 108

Soothe and hydrate your skin with a customized body envelopment with island ingredients rich with nourishing antioxidants.

HOLISTIC SKIN CARE

Using techniques and products specifically chosen from ESPA skin care range, your therapist will adapt the treatment to your needs to ensure no matter what your skin type you will receive maximum results.

INNER BEAUTY FACIAL

60 minutes

USD 270

Deeply cleanse, hydrate and renew with this instant facial. Tailored to your skin's precise needs, Tri-Active formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calmness is blissfully restored.

Includes: Skin analysis with skin vision lamp, triple cleanse, exfoliation, facial massage, personalised mask, and scalp massage.

EYE LIFT

30 minutes

USD 120

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches.

Includes: Cleanse, exfoliate, a specific eye area massage & mask.



ADVANCED SKIN CARE

ACTIVE NUTRIENTS GLOW

60 minutes

USD 300

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté, exfoliation and Gua Sha massage to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Includes: Skin analysis with Skin Vision lamp – cleanse & exfoliation (including Foreo) – Gua Sha facial massage – hand & arm Gua Sha massage.

INSTANT RADIANCE

90 minutes

USD 350

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes: Skin analysis with skin vision lamp, triple cleanse (including deep brush cleanse), exfoliation, tri-active regenerating, resurfacing and brightening mask, age-defying rose quartz crystal massage, professional lifting and smoothing mask, and scalp massage.

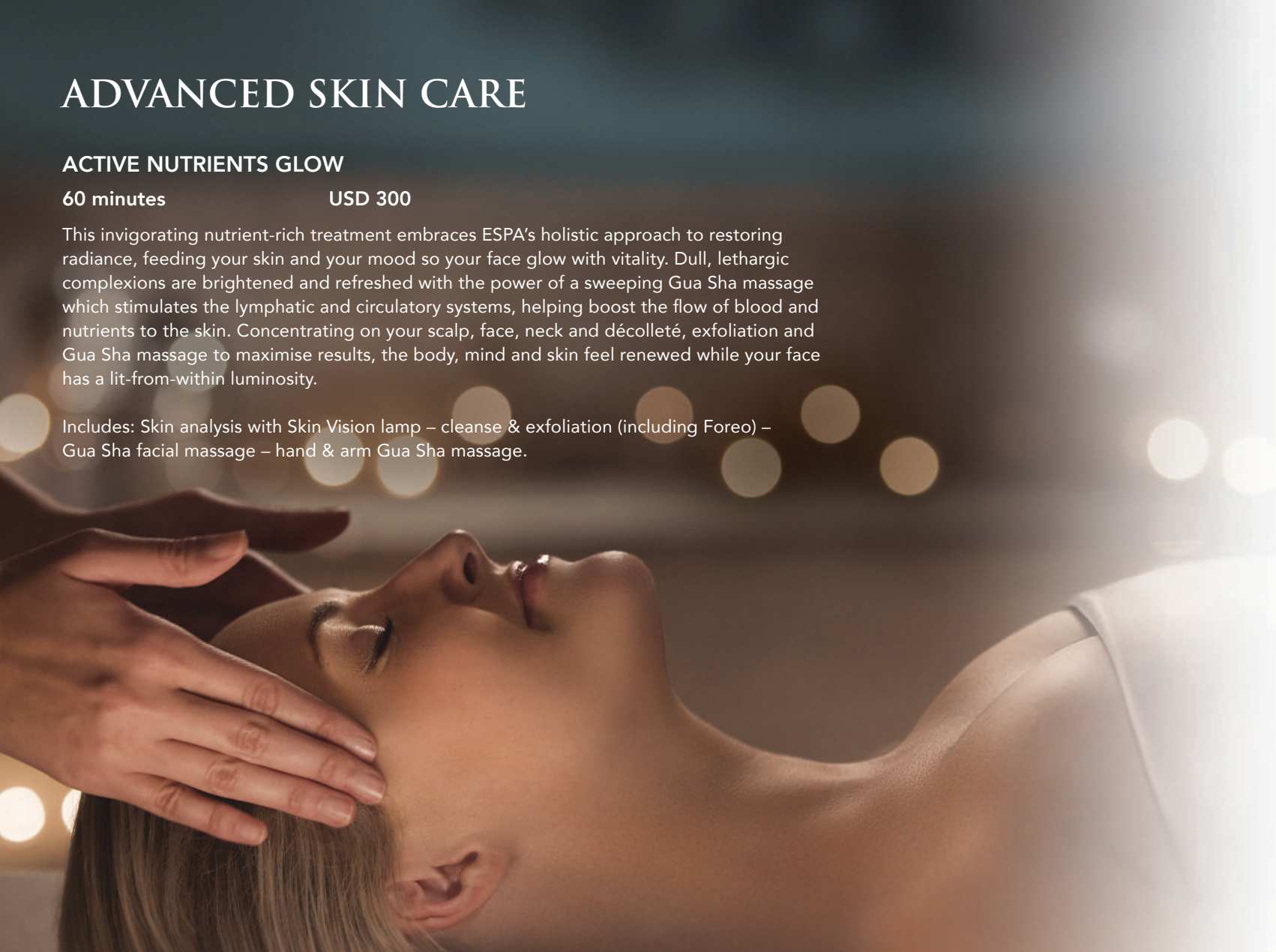
MINDFUL

90 minutes

USD 350

Soothe your skin and your soul as you alleviate stress and restore natural beauty with this holistic and re-balancing facial. Guided breathing and visualisation combined with pure, calming blends and deeply therapeutic facial massage in this immersive facial experience. Skin feels toned, nourished and back to its very best, while inner peace and a positive spirit are blissfully restored.

Includes: Breathing and visualisation, skin analysis with skin vision lamp, triple cleanse, facial massage with warm herbal poultice and rose quartz crystals, overnight hydration therapy, and scalp massage.



A tropical beach scene at sunset. In the foreground, a large thatched umbrella stands on a sandy beach, with four wooden lounge chairs arranged in a row beneath it. The sun is low on the horizon, casting a golden glow over the water and the sky. The background features a calm bay, distant hills, and a few buildings on the left. The overall atmosphere is peaceful and serene.

ISLAND IN THE SUN

BEFORE

1 hour

USD 215

A delightful body massage using soothing anti-oxidant rich minerals based sunscreen and shimmer body oil. This treatment is designed to protect against harmful UV rays and to nourish the skin leaving you with a healthy shimmering glow.

AFTER

1 hour

USD 215

Encourage your skin's recovery from excessive sun. Calming Aloe and cold stone therapy will help to reduce the heat, followed by nourishing combination of hydrating products leaving your skin supple and re-energised.

RETREATS

Our retreats range from 2 nights to 5 nights' accommodation. Each retreat will be personalised to your needs, each step tailored to you, to ensure your complete relaxation and optimal outcome.

FINISHING TOUCHES

MANDARIN ORIENTAL MANICURE

1 hour USD 150

A complete manicure during which hands are cleansed, exfoliated, treated and nourished.

MANDARIN ORIENTAL PEDICURE

1 hour 30 minutes USD 200

A complete pedicure during which feet are cleansed, exfoliated, treated and nourished.

SALON

Shampoo	USD 30
Styling	USD 65
Shampoo & Styling	USD 80
Hair & Scalp	USD 40
Bridal Up-do	USD 130
Lady's Haircut	USD 100
Gentlemen Haircut	USD 50
Kids Haircut (2-7 years old)	USD 30

WAXING

Half Leg	USD 75
Full Leg	USD 110
Half Arm	USD 60
Full Arm	USD 90
Under Arm	USD 45
Back / Chest	USD 90
Lip / Chin / Eyebrow	USD 60
Bikini	USD 50
Brazilian	USD 100



MINDFUL TEEN

A parent or guardian is required to be present throughout the treatment for children under the age of 16 for all treatments below.

KEEPING UP APPEARANCES

1 hour **USD 195**

A facial treatment created specifically with the concerns of a Teen in mind. Designed to treat excess oil, dead skin cells, acne, bacteria and inflammation. Home care advice is also offered to extend skin care once you have left the spa.

TEXTERS TREAT

1 hour **USD 180**

Neck arm and shoulder massage, to help relax those all-important muscles for texting.

LITTLE MERMAID MANICURE & PEDICURE

1 hour **USD 120**

Hands and Foot soak, gentle exfoliation and nail care complete with nail painting. Leaving your hands and feet every mermaid would envy.



MIND & BODY

Focus on the deeper imperative while encouraging joint and muscle flexibility, body toning and mental clarity to achieve a true sense of completeness.

HATHA YOGA

1 hour

USD 190

Yoga helps to regular breathing through a series of postures and stretches, intended to sustain healthy bodily functions and induce emotional calmness. In order to develop a deeper understanding of how your body engages in each posture, the instructor will apply gentle pressure to specific areas, enhancing the body's ability to connect.

YIN RESTORATIVE

1 hour

USD 190

To calm the mind and the nervous system. A beautiful slow and peaceful class to improve your flexibility by working passively on your deep tissues and fascia. Each movement is held longer than in other yoga classes.

VINYASA FLOW

1 hour

USD 190

A dynamic yoga class, movements and asana are synchronised with breathing exercises and muscle activation. The benefits of Vinyasa are both mental and physical. Physically, sweat releases toxins and re-energizes the body. Mentally the synchronised breathing relaxes the chatter of the mind and helps to release blockages and body stiffness.



PRANAYAMA

30 minutes

USD 100

These sessions focus on the extension and control of the breath, enhancing your life force and providing you with an enhanced sense of vitality.

MEDITATION

30 minutes

USD 100

A guided process using techniques that equip you with the ability to relax and rejuvenate the entire body-mind system, establishing harmony at the physical, mental and spiritual level.

SPA SAFARI

“A GATEWAY TO ADVENTURE, SPA AND ZEN”

This is the beginning of your perfect day in Canouan.

As you set out on your Mount Royal hike, the fresh, clean air fills your lungs, and the scenic beauty of Canouan unfolds before you. Lush greenery, vibrant flowers, and panoramic views of the island's coastline greet you at every turn. It's not just a hike; it's an adventure into nature's embrace.

Once you've conquered the peak, your reward awaits — a foot reflexology service and wellness breakfast in suite or the spa, that tantalizes your taste buds while nourishing your body. Picture a table set against a backdrop of breathtaking views, where the flavours of local fruits, freshly baked goods, and tropical juices dance on your palate.

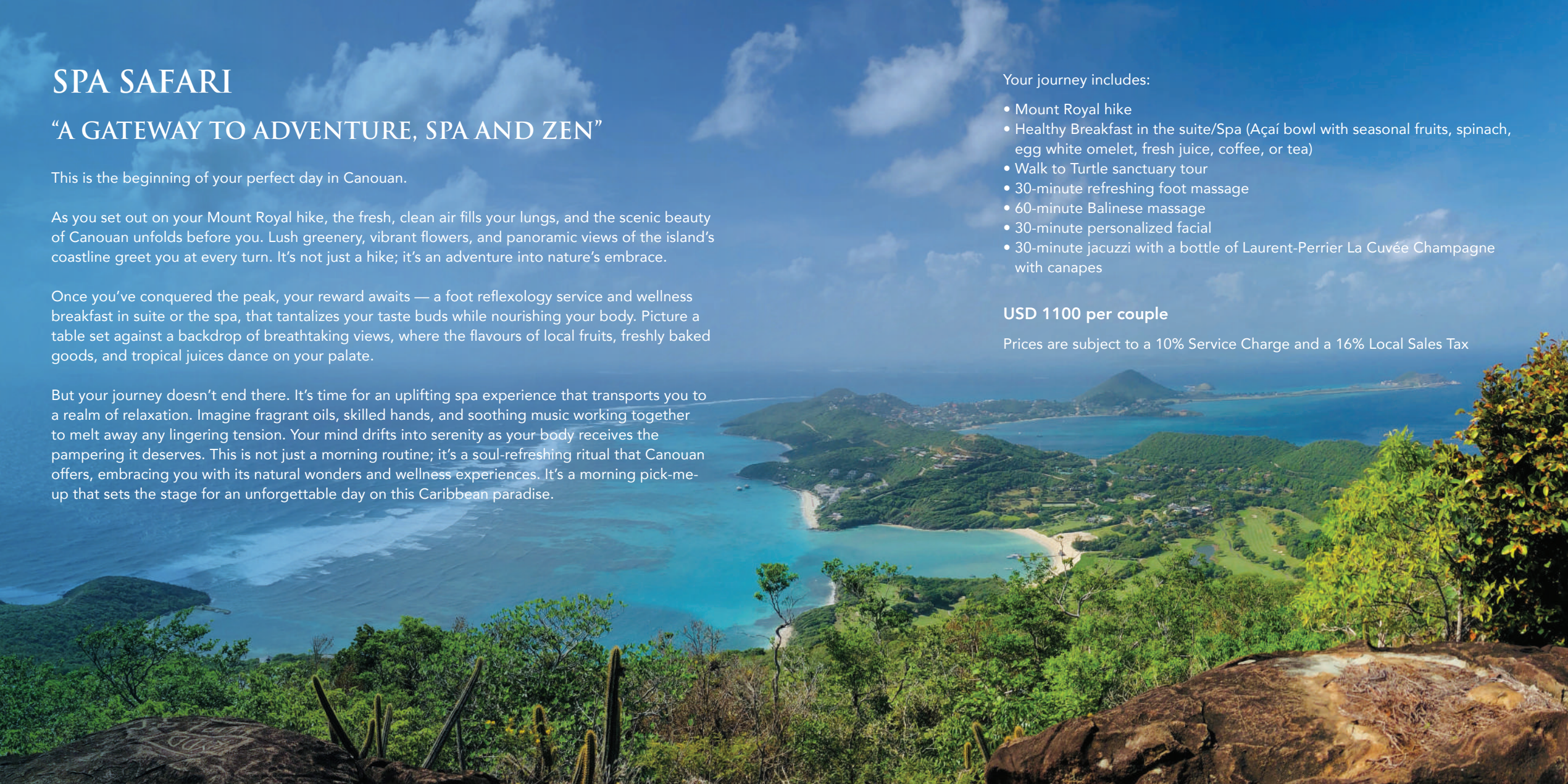
But your journey doesn't end there. It's time for an uplifting spa experience that transports you to a realm of relaxation. Imagine fragrant oils, skilled hands, and soothing music working together to melt away any lingering tension. Your mind drifts into serenity as your body receives the pampering it deserves. This is not just a morning routine; it's a soul-refreshing ritual that Canouan offers, embracing you with its natural wonders and wellness experiences. It's a morning pick-me-up that sets the stage for an unforgettable day on this Caribbean paradise.

Your journey includes:

- Mount Royal hike
- Healthy Breakfast in the suite/Spa (Açaí bowl with seasonal fruits, spinach, egg white omelet, fresh juice, coffee, or tea)
- Walk to Turtle sanctuary tour
- 30-minute refreshing foot massage
- 60-minute Balinese massage
- 30-minute personalized facial
- 30-minute jacuzzi with a bottle of Laurent-Perrier La Cuvée Champagne with canapes

USD 1100 per couple

Prices are subject to a 10% Service Charge and a 16% Local Sales Tax



MO SPA & CARIBBEAN MEMORIES

A RARE DELIGHT AWAITS YOU

Embark on a mesmerizing twilight spa and gourmet experience designed exclusively for you and your beloved. Begin your journey with a blissful Oriental massage, followed by a rejuvenating facial treatment. As the sun sets, unwind with a tantalizing glass of fine wine before being whisked away to a secluded, enchanting dinner setting. Ignite the flames of romance with this unforgettable evening of pampering and culinary delight.

Treatments include:

- 60-minute Oriental Essence massage
- 30-minute personalized facial
- 30-minute jacuzzi with a bottle of Champagne
- Hair style for her
- Express manicure for him
- Turn down amenities
- Cast way dinner

USD 1300 per couple

Prices are subject to a 10% Service Charge and a 16% Local Sales Tax

TRANQUIL OASIS

“AN EXCLUSIVE MO SPA UNWIND”

Indulge in a truly blissful experience with our Spa Suite Ocean View package, designed for your ultimate relaxation. You'll have exclusive access to a luxurious spa suite with breathtaking ocean views. Step onto your private terrace, where a bubbling jacuzzi awaits, just for you. As you soak in the warm, soothing waters, savor a bottle of champagne and delectable bites that have been carefully curated to enhance your experience.

Your journey begins with 5 hours of uninterrupted tranquility in the spa suite, allowing you to unwind at your own pace. Take in the mesmerizing ocean vistas, enjoy the gentle sea breeze, and let the world fade away as you revel in this serene haven.

But that's not all – your well-being is our priority. After your time in the spa suite, treat yourself to a rejuvenating spa treatment lasting 150 minutes, expertly tailored to your needs. Whether it's a soothing massage, a revitalizing facial, or a pampering body treatment, our skilled therapists will ensure you leave feeling refreshed and invigorated.

In addition to the spa and suite experience, you'll have full access to our swimming pool and the pristine beach. So, whether you prefer the tranquility of the poolside or the soft sands of the shore, you'll find the perfect spot to continue your relaxation journey.

Here's a closer look at what awaits you:

- Use of Spa Suite with private Jacuzzi (5 Hours)
- Luxurious Spa Treatment (150 Minutes)
- Access to Pool and Beach
- Bottle of champagne, fruits plater and canapes
- Use of towels, bathrobe, and spa amenities

Price \$ 1500/couple

Prices are subject to a 10% Service Charge and a 16% Local Sales Tax



TERMS & CONDITIONS

OPENING HOURS

Fitness Centre : Mon – Sun 24 hours with no instructor assistance

Spa Treatments : Mon – Sun 10am – 8pm

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.

DIGITAL DISCONNECTION

Our spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices 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 visit the spa. 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 center is 16 years of age.

HOMECARE

To continue your spa regimen 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.



Carenage Bay, Canouan Island
Saint Vincent & The Grenadines, VC0450
Telephone +1 212 461 8068
mandarinoriental.com/canouan