

# information

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## THE SPA AT MANDARIN ORIENTAL, GUANGZHOU

The Spa at Mandarin Oriental, Guangzhou offers a haven for contemplation and discovery in the heart of the bustling metropolis. Born of a passion for wellness and rejuvenation, The Spa delivers elegance, authenticity and luxury in a wonderfully calm and harmonious environment, and is the perfect place to soothe mind, body and spirit.

Guests are invited to begin their wellness journey with an in-depth consultation, followed by a session of Tian Quan Therapy. This unique therapy relies on ancient wisdom and modern practice to relieve stress and muscular pain, increase blood circulation and detoxify the body. The therapy also opens pores to allow creams and oils to deeply penetrate the skin during treatments that follow.

Exclusive treatments include the pioneering Mandarin Oriental Signature Oriental Essence, which uses a bespoke custom-blended 'Quintessence' essential oil from the award-winning Aromatherapy Associates, and is designed to deliver restorative and rejuvenating benefits.

Spa suite experiences include Qi, consisting of a green tea and bamboo scrub to smooth the skin, an Oriental bamboo massage and Chinese reflexology; and the Digital Wellness Escape body treatment, which is designed to ease stresses and strains resulting from the frequent use of digital devices. All treatments are designed to stimulate the senses and restore physical and mental health to optimum levels.

The signature Quintessence product line which is also available for sale, contains natural ingredients and is paraben-free, and has been blended by a master blender according to Mandarin Oriental's specifications. Easy to use and effective in treatments, it provides guests with an ideal extension of their spa experience into daily life.

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In order for you to relax in total comfort and privacy, The Spa boasts six single suites, each complete with private steam showers and changing areas. There are also two couples' suites which allow guests to enjoy treatments with a friend or partner, and a VIP suite that provides the ultimate oasis of relaxation with a vitality pool, relaxation and treatment spaces.

Mandarin Oriental, Guangzhou's additional line-up of impressive wellness facilities designed by Tony Chi includes a state-of-the-art Fitness and Wellness Centre, with cutting-edge Technogym equipment, extensive heat and water facilities including steam rooms, saunas, vitality pools and experience showers.

For a cool summer respite, escape to the outdoor swimming pool, vitality pool, private sundeck and outdoor massage pavilions. Exclusive membership options are available to residents.

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