

# information

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## **MANDARIN ORIENTAL, HONG KONG – THE MANDARIN SPA**

[The Mandarin Spa](#) at Mandarin Oriental, Hong Kong offers a haven of tranquillity in the heart of the hotel. Honouring the hotel’s Chinese heritage and original design, The Mandarin Spa provides holistic rejuvenation and relaxation in a meditative setting designed to soothe the body, mind and spirit. The Mandarin Spa has been voted among the “Top Spas in the World” by leading publications and has been awarded five-star status by the *Forbes Travel Guide* for eleven consecutive years.

Guests can choose from a series of luxurious treatments and packages that are inspired by Traditional Chinese Medicine (TCM) and modern techniques from around the world. For example, the “Oriental Qi” treatment was developed with specialists in TCM and master aromatherapists to leave the body, mind and spirit in perfect harmony in a 1-hour-50-minute treatment that is tailor-made for each guest.

Guests are encouraged to arrive 45 minutes before their appointment so that they can benefit from the spa’s heat and water facilities which include a Chinese herb steam room, radiant heated tepidariums, as well as experience showers and a dedicated relaxation area. This, along with ten treatment rooms, an indoor pool and a fitness centre, create an extraordinary space dedicated to total wellness.

Set over three floors and covering 2,100 square metres, The Mandarin Spa is also home to The Mandarin Salon and The Mandarin Barber, each offering the ultimate in female and male grooming.

The Mandarin Spa is open from 10 a.m. to 11 p.m. Mondays to Fridays and from 9 a.m. to 11 p.m. Saturdays and Sundays. Reservations can be made by calling the spa directly on 2825 4888.

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**The Mandarin Salon** has been a focus for fine hair styling in Hong Kong since 1963. Located on the 24th floor, the salon offers its clients a spacious, light, modern setting, with views over the harbour and private VIP treatment rooms.

The Mandarin Salon also offers manicures, pedicures, make-up, beauty treatments, waxing services and the world-famous Shanghainese Pedicure by our master using specially crafted metal blades to rid feet of excess cuticles and hard skin as well as nail shaping.

In addition, the Mandarin Salon carries a choice of specialist product ranges, including those by Philip Kingsley, ghd and Balmain, and is open Monday to Saturday from 8 a.m. to 7 p.m. and on Sunday from 9 a.m. to 6 p.m. Reservations can be made by calling 2825 4800 or emailing [mohkg-salon@mohg.com](mailto:mohkg-salon@mohg.com).

### **The Mandarin Barber**

The 1930s' Shanghai-inspired Mandarin Barber offers a warm and intimate atmosphere reminiscent of a private gentleman's club. This rarefied space offers a place of serenity in the heart of the city and a team of barbers, some of whom have over 40 years' experience, offers the city's gentlemen a range of personal grooming services.

The Mandarin Barber also offers lifestyle treatments for men, including the hotel's acclaimed Shanghainese Pedicure by Master Ben Cheung, massages, facials and waxing. For those looking for discretion, a private VIP room is also available.

The Mandarin Barber is open from 8 a.m. to 8 p.m. Monday to Saturday and from 9 a.m. to 6 p.m. on Sundays. Reservations can be made by calling +852 2825 4088 or by email at [mohkg-barber@mohg.com](mailto:mohkg-barber@mohg.com).

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## **Gift Cards**

The Mandarin Spa, The Mandarin Salon and The Mandarin Barber all offer a series of gift cards that make the ideal gift for family and loved ones.

## **The Fitness Centre**

The spacious 24-hour Fitness Centre, located on the 24th floor, is equipped with the state-of-the-art Technogym equipment including Life Fitness Synrgy and a TRX Suspension Trainer. The professionally qualified instructors can offer lifestyle consultations, and bespoke physical fitness and wellness programmes that can be followed independently or at private training sessions.

All the equipment in The Mandarin Fitness Centre is fitted with a “wellness system”, which is a memory key that remembers each guest’s workout information. When plugged into the cardio machines, the equipment automatically sets itself to the guest’s personalised programme, selecting the correct speed, incline and exercise regime, etc. for each piece of machinery.

## **The Swimming Pool**

The newly upgraded swimming pool offers guests an elevated swimming experience with an array of technologically advanced features.

A counter current jet system installed in one of the three lanes allows guests of all swimming levels to enjoy an exceptional swim. The swimming pool also showcases a video wall where guests can enjoy the magnificent views of Victoria Harbour among many other scenic settings, accompanied with mood lighting and an underwater sound system, creating a comprehensive and relaxing ambiance.



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The electrical sunblind on the ceiling allows natural light to flow into the newly refurbished venue, reflective of the earthy décor, complementary to the fibre-optic lighting on the bottom of the swimming pool, which is adorned with multicolored mosaic tiles. Featuring a waterfall and stylish loungers on the sides, the striking swimming pool experience provides guests with holistic rejuvenation and relaxation.

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**For further information, please contact:**

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