

# information

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## **THE ORIENTAL SPA AT THE LANDMARK MANDARIN ORIENTAL, HONG KONG**

[The Landmark Mandarin Oriental, Hong Kong](#), located in The Landmark complex at the heart of Hong Kong's fashion and entertainment district, offers guests and residents the ultimate spa experience with the award-winning [Oriental Spa](#).

The hotel's 25,000-square foot award-winning spa occupies two floors of the hotel and offers a diverse array of holistic services, suitable for every guest. As well as offering the signature wellness therapies for which Mandarin Oriental is recognised, the hotel works with world-renowned specialists such as French podiatrist Bastien Gonzalez and Brazilian plastic surgeon Ivo Pitanguy, to offer exclusive results-driven treatments.

True to its origin, the word "spa" comes from the Latin term *salud per aqua*, or 'health through the use of water'. Consequently, highlights of The Oriental Spa include vitality pools, amethyst crystal steam rooms, experience showers, a Hamam steam and scrub room, Asia's first Moroccan rasul, Roman laconium, herbal sauna, tropical rain saunas as well as 15 private treatment rooms, in addition to an indoor heated swimming pool and [pilates](#) and [yoga](#) studios. For couples, there is also the 65-square metre ultra-deluxe [Sanctuary Suite](#).

Fitness devotees can enjoy the hi-tech [fitness centre](#) with the latest cardiovascular and weight training equipment, including treadmills, step machines, cardio bikes, weight machines and free weights. Wellness programmes encompassing pilates, yoga and personal training help guests to achieve a healthy and balanced lifestyle. There is also a poolside café and juice bar where guests can enjoy a healthy bite before and after their treatments or workouts.

Signature treatments include the [Time Ritual](#), designed to restore one's natural state of equilibrium. The treatment is a tailored experience, using natural ingredients and healing elements that have been extracted from ancient traditions.

[The Oriental Spa](#) had an impressive 2019 start with two coveted honours awarded by leading luxury publications. The 'Digital Wellness Escape' was recognized as an outstanding spa treatment at the *Harper's Bazaar Malaysia Spa Awards 2018*, with the treatment noted for 'cultivating a sense of peace within' while the 'Sense of Balance' and 'Yin & Yang' treatments drew accolades at the *Prestige Hong Kong Beauty & Spa Awards*.

### **About The Landmark Mandarin Oriental, Hong Kong**

Intimate, contemporary and ideally placed in the vortex of Hong Kong's financial and luxury shopping districts, The Landmark Mandarin Oriental, Hong Kong sets the standard for personal service and stylish sophistication. State-of-the-art technology compliments alluring interiors in its 111 spacious [rooms and suites](#), each one a tranquil retreat for business and leisure travellers alike. The hotel's signature two Michelin-starred [Amber](#) restaurant sets the standard for culinary excellence in the city and world-renowned musical talents play in the unparalleled exclusivity of [MO Bar](#), [SOMM](#) is the casual all-day dining restaurant serving French neo-bistro fare and over 100 wines while [PDT](#) offers meticulously crafted cocktails. Three Michelin-starred [Sushi Shikon](#) is a quintessential Ginza sushi experience and [Kappo Rin](#) is a sophisticated counter-style modern Japanese experience, presented by Master Chef Masahiro Yoshitake. [The Oriental Spa](#) is renowned as the ultimate urban retreat, with a range of rejuvenating yoga, pilates and wellness experiences.

For further information, visit [www.mandarinoriental.com/landmark](http://www.mandarinoriental.com/landmark).

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