

information

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A JOURNEY TO HOLISTIC WELLBEING AT THE SPA, MANDARIN ORIENTAL, MACAU

[The Spa at Mandarin Oriental, Macau](#) offers holistic rejuvenation and relaxation in a serene, meditative setting. With the most comprehensive range of wellness, massage and beauty treatments available in Macau, The Spa boasts life-enhancing signature programmes created exclusively by Mandarin Oriental, as well as specifically developed treatments inspired by local traditions and customs.

The eight treatment rooms are designed with Mediterranean-inspired blue and red hues highlighting Macau's entwined Asian and colonial heritage. Available with single rooms and couples' suites, including one equipped with a Thai massage bed and Macau's first heated scrub table, the facility is enhanced by stunning floor-to-ceiling harbour-side views. Softly lit rejuvenating experience showers, pampering vitality pools and a crystal steam room also allow for peaceful relaxation.

As part of its responsible wellness philosophy, The Spa places emphasis on organic, health-giving products and uses the world-recognised Aromatherapy Associates line of natural body and face care products.

The Spa also provides treatments and products from Mandarin Oriental's Signature Spa Therapies that have been developed in consultation with specialists in Traditional Chinese Medicine (TCM) and master aromatherapists. Each signature therapy consists of a relaxing, hands-on-body massage ritual that combines the powerful effects of oriental meridian massage together with the therapeutic benefits of custom-blended essential oils, created uniquely for Mandarin Oriental.

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Moreover, two signature treatments have been developed to celebrate the unique cultural mix of Macau. The Macanese Dragon Experience, a two-hour treatment honouring Macau's Chinese heritage, combines a stimulating body scrub with lymphatic body massage using “Bao-Ding” meditation balls. Meanwhile, the two-hour Spices of Portugal treatment highlights a relaxing head massage using exotic Portuguese spice infusion followed by a gentle cleansing body exfoliation and a soothing hot stone full body massage with essential oils of ginger, black pepper and rosemary.

The spa's extensive menu also includes holistic treatments, such as deep sleep, detox body treatments and result-oriented beauty therapies including age repair and radiance facials.

The Spa at Mandarin Oriental, Macau has been awarded a *Forbes* Travel Guide Five Star rating for eight consecutive years since 2012. Other recognitions include the “Grand Jury Award” by SpaChina Awards 2014, “Best Spa” in the 4th China Best Design Hotels Award 2013, “Best Spa Hotel in China” by SpaChina Awards 2012, “Most Creative Body Treatment of the Year Awards” by SpaChina Awards 2011, “Spa Hot List 2011” by Condé Nast Traveler, and “2010 the Best China Hotel SPA” that is honoured by China Spa Association (Hong Kong).

The Spa at Mandarin Oriental, Macau is open from 11am to 11pm daily. For reservations and further information, please call +853 8805 8588 or email momac-spa@mohg.com

Mandarin Oriental, Macau also features a 25-metre temperature controlled outdoor swimming pool with spectacular views over the South China Sea, an outdoor whirlpool, sauna, steam room and indoor Jacuzzi. Also, the Fitness Centre is equipped with the latest Technogym equipment including the Kinesis Personal and Wellness System. Both female and male changing areas include a comprehensive heat experience to relieve stress and promote overall well-being.

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