

information

Mandarin Oriental, Milan
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MANDARIN ORIENTAL, MILAN – SPA & WELLNESS

A temple of wellbeing, The Spa at Mandarin Oriental, Milan offers a holistic experience that results in long-lasting regeneration of mind, body and soul.

By applying to the design the five key elements of Chinese Feng Shui philosophy, Fire, Earth, Wood, Metal and Water, the architects have harmonised the interiors of the 900 square metre spa masterfully creating a welcoming environment that encourages relaxation and rejuvenation.

The Spa has six treatment rooms, including two double rooms, two retreats for individuals, one Thai massage room and a Spa suite with its own vitality pool. A fitness centre equipped with the latest Technogym machines and a beautiful, heated, indoor swimming pool that invites contemplation of its refined design and convenient and charming setting are among other facilities. Spacious male and female changing rooms with saunas and steam baths complete the relaxation and detox experience.

Every visit to The Spa begins with a traditional welcoming ritual, followed by private consultation with a therapist who will ensure treatments are tailored to the individual needs of each guest.

At the end of each treatment, guests receive lifestyle recommendations from the therapist while being offered organic juices that have been specifically designed to accompany treatments and prolong their benefits.

A beauty studio and a hair salon complete the range of services offered at The Spa.

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Treatments and Products

The Spa at the Mandarin Oriental Milan offers a complete menu of treatments, including Mandarin Oriental Signature Therapies developed with Chinese Medicine specialists and aromatherapy experts that leave guests satisfied and in a state of equilibrium.

The journeys, treatments and experiences offered at The Spa represent a marriage of east and west. Based on profound oriental knowledge, they have been developed over centuries and enhanced using Mandarin Oriental's experience in the field of holistic wellbeing, while the products used are made from the finest Italian ingredients.

The different product lines used in treatments at The Spa are also offered for sale. They include paraben-free *Aromatherapy Associates* products made exclusively for Mandarin Oriental from natural ingredients and *Biologique Recherche*.

Fitness Centre

Fully equipped with ARTIS® machines, the fitness centre provides the ideal setting for all levels of training. Technogym's ARTIS® is the first fully integrated cardio, strength and functional product collection, which redefines the exercise space with seamless design, connected experiences.

From 5 am to 7 am, a jogging station at the hotel entrance provides a bottle of water and towel for guests who want to jog through Milan's charming streets or beautiful parks nearby. As well as providing maps and suggested running routes, our Head Concierge will, when available, happily accompany guests on their morning run, shedding light on the city's must-see sights along the way.



For further information, please contact:

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