

# information

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## **THE SPA AT MANDARIN ORIENTAL, NEW YORK**

Located on floors 35 and 36 of the hotel, the award-winning Spa at Mandarin Oriental, New York spans 14,500 feet high above Manhattan. Honoring Mandarin Oriental's eastern culture and heritage, the Five-Star Spa offers holistic rejuvenation in a tranquil, meditative setting. Within The Spa, a 6,000 square-foot fitness center offers a range of state-of-the-art cardiovascular and kinesis weight training equipment, plus a 75-foot lap pool bathed in natural sunlight from floor-to-ceiling windows with spectacular Hudson River views.

### **Signature Treatments**

The Spa at Mandarin Oriental, New York offers the following exclusive treatments developed to deliver rejuvenating results to guests seeking an enhanced state of wellness. These treatments are performed by meticulously-trained senior therapists who personalize each guest's experience depending on whether they wish to relax, re-energize, ease jet lag, re-balance and align, hydrate, soothe muscle tension and/or replenish.

*Time Ritual*<sup>™</sup> - The most holistic spa experience, the Time Ritual allows guests to book a length of time instead of a specific treatment. This allows our therapists to utilize their individual talents to create and customize treatments to meet our guest's specific needs.

*Oriental Qi* - A simple, effective and authentic spa experience. This relaxing hands-on body massage ritual works on the energies of the meridians using the benefits of essential oils.

*Inner Strength* - Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

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*Digital Wellness Escape* - Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease the stress and strain resulting from the frequent use of digital devices.

*Intelligent Movement* - The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

### **Massages**

All of our massage treatments are customized for each guest. Our therapists will perform a thorough consultation to understand the guest's needs before designing a treatment drawing from a number of massage techniques to increase muscle relaxation, improve circulation and enhance overall well-being

*Oriental Essence* - Using custom-blended Oriental oils and movements inspired by traditional Oriental therapies, this tension-releasing massage treats the whole body and focuses on the traditional stress-holding areas of the back, neck and shoulders.

*Therapeutic Massage* - Targeting areas of tension is the focus of this sophisticated treatment. Concentrated pressure is used with techniques to dissolve the body's aches and strains using elbows and forearms to achieve a truly effective deep tissue massage. This treatment is ideal for guests with issues of chronic tension who are experienced in massage.

*Aromatherapy* - A deeply therapeutic, holistic treatment which combines the power of essential oils with the best of Eastern and Western massage techniques, this massage creates a feeling of physical relaxation and calm, while mentally uplifting and clearing the mind.

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*Aroma Stone* - Stone therapy is a Native American practice used since ancient times as a healing therapy. The use of stones generates energy, creating a sense of balance and calm as well as giving relief to deep-seated muscle tension.

*Maternity Massage* - This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy safe oils, the massage eases away tension in the upper back and shoulders, nourishes skin and relaxes the body.

### **Body Treatments**

*Restorative Detox Wrap* - This invigorating treatment is specifically designed for those looking for an intensive body detox. It is the perfect therapy when dieting, feeling sluggish or lacking energy. The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and juniper leaves you feeling revitalized and your skin will appear bright, smooth and silky.

*Jet Lag Cure* - Long distance travel is physically and mentally tiring; this treatment is designed to uplift on both levels. Guests can choose from our Relaxing or Reviving collection to tailor this treatment to meet their individual needs.

*Pre or Postnatal Renewal Ritual* - A personalized journey created to work simultaneously on the physical, mental and emotional aspects of well-being. Your body is prepared with a customized exfoliation, then enveloped with a nourishing blend of serums and oils leaving your skin replenished and soul nurtured.

### **Treatment Additions**

Created to prepare the skin and body to receive the benefits of the treatments that will follow.

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*Energizing Revive Body Scrub* - Detoxifying grapefruit, rosemary and juniper essential oils re-energize and tone, whilst rich green coffee extract replenish and soften, leaving the skin silky smooth.

*Oriental Bliss Scalp Treatment* - Detoxifying grapefruit, rosemary and juniper essential oils re-energize and tone, whilst rich green coffee extract replenish and soften, leaving the skin silky smooth.

### **Holistic Skin Care**

*Force of Nature Facial* - Pure, active cold-pressed botanical extracts and cutting edge natural cosmeceuticals combine in this revolutionary facial to help moisturize, soothe, nourish, improve skin tone and texture, and fight the appearance of fine lines and wrinkles. The facial begins with a signature opening relaxation ritual, a deep cleanser, and includes hemp extract, eco-friendly barks from the Boreal Forest, natural clays, highly mineralised Argentiere ice cap water, carrot seed oil, cocoa butter, black cumin seed oil, kakadu plum extract. A unique raspberry seed, avocado, kaolin and pumice dual mask/gommage treatment gently exfoliates and nourishes, leaving skin glowing.

*Water Lily Radiance Facial* - Natural fruit acids combine with lactic acid to gently exfoliate dead skin cells while extracts of water lily, colloidal oatmeal, aloe and green tea help improve hydration and soothe redness associated with sensitive skin. Skin is left calm, nourished and radiant.

### **Advanced Skin Care**

*Signature Advanced Custom Facial* - Our Signature Facial is a customized treatment targeted to combat the signs of premature aging, oily or dry skin. Allow your esthetician to perform a

thorough skin analysis and design the perfect signature facial just for you. Rooted in the classic European facial, this tailored treatment infuses your skin with ingredients that re-energize cellular functions, rebuild tolerance and reverse the signs of aging while leaving your skin balanced and radiant. Calming and effective facial techniques increase the skin's receptivity while embodying the artisan craft of true luxury with advanced formulations.

*Radiance Brightening Facial* - Show off a spectacularly luminous, even-toned and velvety complexion; the ultimate answer to skin free from hyperpigmentation and blemishes. The elevated concentrations of spot correcting active ingredients work with great precision, right where your skin needs it, providing cumulative results and preventing the imbalances in pigmentation that age your skin. Leaves skin renewed and illuminated.

*Intensive Lift Facial* - This powerful treatment is the answer for anyone wanting to erase wrinkles and expression lines from their face. Immerse in this miracle session, a master cleansing ritual and deep exfoliation, followed by a definitive energetic massage procedure, increasing microcirculation and preparing the skin for anti-wrinkle ultra-concentrate with relaxing neuropeptides and a repairing and hydrating mask with filling effect from hyaluronic acid. Thanks to its exceptional combination of components, this treatment results in wrinkle-free skin and a defined facial contour.

*Youth Infusion Luxe Facial* - A true experience of excellence. Dramatically reverses premature aging while increasing firmness and elasticity. This treatment begins with a luxurious cleansing ritual inspired by expert Asian techniques. A relaxing lavender Áyurvedic Shirodhara massage is followed by a triple exfoliation with carboxytherapy. Meticulous lifting myofascial massage is performed with a potent serum. Diamond, pearl and gold extracts provide an astounding firming and contouring effect and maximum luminosity. The result is revitalized, smooth and rejuvenated skin.



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*Diamond Cocoon Experience Facial* - Strengthen and protect your skin against damage from modern pollution. This innovative pollution protection prebiotic treatment breathes new life into the skin with a smart defense system that works in synergy to repair skin and help reverse effects of modern pollution and stress. Indulge in an enveloping massage and redefining technique with the signature sculpting tools. The skin emerges clean and healthy with intense, longlasting hydration.

*Men's Focus Facial* - A custom treatment suited for gentlemen, our Men's Focus Facial consists of a two-part exfoliation system to remove dead skin cells while vitamins, minerals, peptides and botanical extracts improve tone and texture and address irritation associated with shaving, all while combating the visible signs of aging skin.

*Hydrafacial MD® Treatment* - With visibly transformative results, HydraFacial MD® is a hydradermabrasion treatment that simultaneously cleanses, exfoliates and extracts with intense hydration using results-driven, proprietary serums filled with antioxidants, peptides and hyaluronic acid. This non-invasive, nonsurgical treatment delivers instant results with no discomfort or downtime.

### **Specialists**

*The Clearing Factor* - Our standout service, The Clearing Factor, is dedicated to restoring the body to a state of balance and vitality using a customized sequence of intensive clearing and detoxifying therapies. A full body exfoliation and wrap followed by lymphatic drainage massage and traditional cupping techniques work to encourage movement within the body while eliminating impurities by bringing them to the surface. To finish, the application of a nourishing moisturizer to further enhance the benefits of this treatment.

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*Thai Foot Therapy* - Combining the best elements of reflexology and traditional Thai massage, stretches and thumb pressure techniques revive and balance the body's energetic pathways while an authentic teak wood Thai dowel stimulates reflex zones to increase energy flow and produce a sense of overall well-being.

*Meditation and Visualization* - Take time to experience the ultimate in relaxation. Learn the art of healthy breathing while you increase your energy levels, improve circulation, lower blood pressure, and feel everyday stress and anxiety gently float away.

### **Spa Facilities**

- Six multifunctional treatment rooms with private showers
- Thai Suite with dark teak wood décor and a deep soaking tub
- VIP Spa Suite with fireplace and private steam, shower and soaking tub
- Vitality pools with oxygen-enriched water in separate men's and women's wet areas
- Amethyst crystal steam room infused with aromatherapy in separate men's and women's wet areas
- Separate men's and women's Relaxation Lounges
- Oriental Tea Lounge
- 75-foot lap pool surrounded by floor-to-ceiling windows
- 6,000 square-foot fitness center

### **Spa Suites**

The first of its kind in New York, the 650 square-foot VIP Spa Suite replicates a sumptuous Oriental-style home with stunning views, fireplace, deep soaking tub and dual massage beds.

The Thai Suite featuring a deep soaking tub is decorated with rich, dark teak wood and gold leafing reminiscent of the Buddhist temples of Thailand to transport guests from the outside

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world into an environment with a distinct Thai sense of place.

### **Men's and Women's Heat Experiences**

Guests are encouraged to arrive 15 to 30 minutes prior their scheduled treatment to fully immerse themselves in an oasis of heat and water experience located in separate men's and women's areas. During this period of preparation, the guests have time to acclimate to the philosophy of The Spa and utilize the following heat experiences.

*Amethyst Crystal Steam Room* - Designed to induce mental peace, tranquillity, inspiration and meditation, this relaxing heat steam room channels the healing powers of an amethyst crystal that serves as the centerpiece for the room. Subdued colored lighting and the infusion of fragrances enhance the soothing environment kept at a temperature of 114 degrees.

*Vitality Pool* - Enriched with oxygen-concentrated water, the soaking pools are designed to relax tired, aching muscles and joints, create softer, healthier skin and increase overall energy. The pools feature hydrotherapy body jets placed on the floor and reclining "air bed" lounge that gently massages the entire body. Up to five guests at a time can sink into the depths of the 96.8-degree soothing pool.

### **Design Features**

Architect: Brennan Beer Gorman

Interiors: Hirsch Bedner Associates

The Spa at Mandarin Oriental, New York has been designed to reflect the exceptional levels of attention and standards of service intrinsic to Mandarin Oriental worldwide. Design features of The Spa include bamboo flooring, water features, natural stone, specially commissioned three-dimensional artwork, slate flooring in wet areas, gold leaf millwork, Chinese furniture and Japanese rice paper window treatments.

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### **Spa Boutique/Retail Products**

- Mandarin Oriental signature private label spa products including bath oil, body oil, burning oil, candle, spa CDs, and more
- Gift cards

### **Location**

The Spa reception is located on floor 35 of the hotel. The fitness center and pool are located on floor 36.

### **Reservations**

+1 (212) 805 8800

### **Days and Hours of Operation**

Thursdays to Mondays

11:00AM to 6:00PM

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### **For further information, please contact:**

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