

information

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THE SPA AT MANDARIN ORIENTAL PUDONG, SHANGHAI INTRODUCES HOLISTIC WELLNESS AND RESULTS ORIENTED BEAUTY THERAPIES

[The Spa at Mandarin Oriental Pudong, Shanghai](#) is set to become the city's premier wellness retreat. In keeping with Mandarin Oriental award-winning spas worldwide, The Spa offers the perfect rejuvenation for body and mind in China's most dynamic metropolis, and provides guests with a range of holistic spa journeys, signature Mandarin Oriental therapies and cutting-edge beauty treatments.

This integrated wellbeing retreat on the lower ground floor of Mandarin Oriental Pudong, Shanghai comprises an all-suites Spa; advanced Beauty Centre; 24-hour Fitness & Wellness Centre; 24-hour indoor Swimming Pool; thermal bathing facilities, plus a Spa Boutique. A becalming oasis of Zen, the Spa and Wellness Centre is wrapped around a private sunken courtyard garden.

The Spa, a Holistic and Organic Retreat

Covering an area of 2,415 sqm, The Spa offers 13 exclusive single, couple and VIP Spa Suites, each with a private dressing room, en suite and steam shower. For extra indulgence, four suites also feature a private vitality pool overlooking the garden. The VIP Suite makes a perfect setting for Spa Parties for up to eight friends or family members.

In addition, The Spa features a dedicated Manicure Lounge, Pedicure Lounge and Reflexology Lounge. A menu of internationally acclaimed professional skincare brands are incorporated into specialty body and facial treatments, including Amala Organic Skin Care, Aromatherapy Associates, Natura Bissé and vegan nail care brand Spa Ritual. Waxing services and eyelash/brow tinting are also provided using low-heat soy wax and natural vegetal dyes.

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Signature journeys at The Spa include the Butterfly's Dream, a luxurious 2 hours treatment comprising a bath infused with natural healing herbs of Chinese mulberry and night-blooming jasmine, followed by an elixir of rose body wrap, traditional moxibuxtion and a pressure point massage. The 3 hours Silk Road ritual features an exfoliating body mask with ground lotus seeds, pepper and Chinese dates, a silk cocoon body wrap, hydrating facial, relaxing soak with star anise and sweet orange, and a tailored full-body massage.

Beauty by Mandarin Oriental

A highlight of The Spa is 'Beauty by Mandarin Oriental', Shanghai's premier destination for state-of-the-art, non-invasive skincare, anti-aging and slimming therapies. Two dedicated Beauty Suites are equipped with advanced treatment and diagnostic technology that delivers remarkable, easily measurable results.

A selection of treatments never previously enjoyed in Shanghai is available at Beauty by Mandarin Oriental. These include CACI ULTRA Non-Surgical Facelift, which uses microdermabrasion, ultrasonic peeling, hydra-tone and LED light photo stimulation to reduce lines, wrinkles and scars and tighten the complexion. For the body, CACI QUANTUM uses low-frequency electro-stimulation to slim, tone and contour problem areas, reducing cellulite and encouraging lymphatic drainage.

Beauty by Mandarin Oriental also offers Shanghai's first confidential spa consultation space for tailored skincare solutions and progress monitoring. Visia Skin Analysis uses photo-imagery to accurately detect skin conditions and future concerns, and offer measurable results over time that guests can actually see and feel.

Butterfly Inspired Eco-Conscious Design

The Spa's becalming interior design draws upon Shanghai's transformative cultural vibe, and selects the butterfly as its muse. A symbol of beauty and change in Chinese culture, the graceful form of the butterfly is artistically rendered throughout The Spa to represent the positive transformation that guests undergo during their spa journeys.

Butterfly inspired sculptures and ceramic installations by Chinese artists Shi Hai and Kang Qin blend with natural materials, such as walnut wood, raw stone and mother of pearl, to give the spa an elegant and inspiring ambience. The 13 treatment suites are also named "butterfly" in different world languages, including Mariposa (Spanish), Kupu-Kupu (Indonesian) and Euthalia (Greek).

The Spa at Mandarin Oriental Pudong, Shanghai is the first luxury spa in Shanghai to fully embrace eco sustainability. All spa products used are certified organic and vegan. Environmentally friendly initiatives extend to limiting and conserving excess water consumption and using non-chemical based laundering practices.

Spa uniforms and linens are made by local eco-friendly fashion designers from organic materials. All-natural cleaning products by Shanghai-based brand Eco & More are also used, and available for purchase at the Spa Boutique. These initiatives help to dramatically reduce The Spa's carbon footprint and provide the healthiest care for guests.

With a focus on community outreach, The Spa collaborates with local designers, artists and special interest groups to offer guests educational workshops and exclusive events. The Spa Boutique showcases a handpicked selection of eco products, skin care, aromatic home décor, leisurewear and pieces by local designers that bring the aura of The Spa into the home.

Fitness and Wellness Facilities

Mandarin Oriental Pudong, Shanghai's 24-hour Fitness & Wellness Centre features a spacious workout area with cutting-edge Technogym cardio and body conditioning equipment. A multi-purpose Studio is equipped with a Kinesis Wall and Mayafit Virtual Personal Trainer technology. The Fitness & Wellness Centre also hosts regular classes conducted by professional trainers in yoga, dance, martial arts and boxing.

Advanced diagnosis of the body's internal terrain can be ascertained with the Biospace Body Analyzer, which helps to accurately assess fitness levels in order to devise and monitor highly effective body regimens.

A spectacular 25-metre indoor Swimming Pool with Vitality Pool and Children's Pool is available to guests and residents around the clock. The pool opens out onto a Pool Deck where guests can relax and sample delicious spa cuisine. Hotel and spa guests can also enjoy the men's and women's thermal bathing facilities, featuring a Crystal Steam Room, Sauna, Aromatic and Colour Therapy Experience Showers, Tepidarium Loungers and an Ice Fountain.

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