

# information

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## **HIGH-RISE VIEWS AND EXTENSIVE WELLNESS OPTIONS AT THE SPA AT MANDARIN ORIENTAL, SHENZHEN**

The Spa at Mandarin Oriental, Shenzhen, offers a fabulous range of signature Mandarin Oriental wellness treatments, rooms that have amazing, high-floor views of the surrounding landscape, a 20m swimming pool with a 30m high ceiling and a hi-tec gym.

The spa is a luxurious enclave of peace and calm in the 178-room hotel, with treatments designed to relax and reinvigorate guests, using a blend of traditional and modern techniques with, of course, renowned Mandarin Oriental levels of service excellence.

Mandarin Oriental is known worldwide for its pioneering spa concepts, and The Spa at Mandarin Oriental, Shenzhen, is a sumptuous 1,500sqm urban retreat that focuses on promoting physical, emotional and mental wellbeing in a serene setting.

There are a total of seven treatment rooms with five offering glorious 68th floor views of the surrounding landscape, along with a wide range of treatments that aim to rebalance the body and mind. Xin is a room that offers options for couples to enjoy the experience together, choosing from Mandarin Oriental signature therapies and body and facial treatments while Jing, designed for single occupancy, also comes with a steam shower and the novel Quartz Sand Bed.

One of the flagship choices at the spa is Spirit of Shenzhen, inspired by the subtropical climate of the southern city, and designed to embrace calmness in the body and mind. The warm quartz sand therapy assists in detoxifying the body and is combined with singing bowl therapy, Xiuyan Jade and Gua Sha Meridien techniques.

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Other key treatments are the Serenity Sound Bath, focussed on removing blocked energy using sound, vibration and specialist massage techniques and Oriental Body Scrub that leaves the skin smooth, replenished and exotically fragrant.

The sophisticated and serene tone of The Spa at Mandarin Oriental, Shenzhen, is enhanced by the subtle rustic-style design, incorporating detail that has elements of the local landscape, with contours that reflect the rice paddies and movement of water. Fishing nets, ropes and textured weaves are also referenced.

The hushed wellness enclave has a 20m swimming pool, and vitality pool, with a soaring, cathedral-like roof that is some 30m above the water, giving an exhilarating feeling of spaciousness. Guests can relax by the pool bar and order health-oriented drinks such as juices, smoothies and teas.

Gym aficionados will be impressed by the Sky View Fitness Centre with its state-of-the art Technogym equipment that offers a wide range of work-out options, with guidance and help from attentive, fitness-focussed staff. Strength conditioning, cardio-based workouts and high-intensity training are among the choices.

Thoughtfully integrated into the overall concept is a relaxation lounge, where guests can relax, before, and after, treatments, switching off totally from the digital world and concentrating fully on mindfulness, calmness and personal contemplation.



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Joining the Fitness and Wellness Membership program at The Spa at Mandarin Oriental Shenzhen, allows participants to develop and incorporate fitness and wellness into their everyday lives through a consistent, and integrated, schedule of exercise, relaxation and Mandarin Oriental-style pampering. Private classes can focus on specific areas to improve on, with special Spa and Fitness packages allowing a mini-retreat, away from the stresses and strains of city life.

Guests will experience authentic and pioneering Mandarin Oriental treatments that have become famed worldwide for approaching wellness with total commitment, combining ancient Asian techniques, remedies and materials with modern methods and aesthetics. A seamless blend of East and West.

For any enquiry, please email [moszn-spa@mohg.com](mailto:moszn-spa@mohg.com), or visit [www.mandarinoriental.com/shenzhen/futian/luxury-spa](http://www.mandarinoriental.com/shenzhen/futian/luxury-spa)

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