

information

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THE SPA AT MANDARIN ORIENTAL, TAIPEI BRINGS HOLISTIC WELLNESS, AWARD-WINNING CONCEPTS AND RESULTS ORIENTED BEAUTY TO THE CITY

Guided by the Group's Oriental heritage and influenced by local cultural practices and wellness rituals, [The Spa at Mandarin Oriental, Taipei](#) is a world-class centre for healing, offering a range of holistic treatments and therapies in serene, calming surroundings that are reflective of The Spa's unique sense of place.

The Spa at Mandarin Oriental, Taipei features a tranquil interior design by internationally-renowned design firm, Yabu Pushelberg. Located over two floors, The Spa is over 3,500 square metres in size and is comprised of two wellness oases: The Spa itself, showcasing a range of Heat & Water Experiences and 12 treatment suites, including six Single Suites, two VIP Double Suites, four Couple's Suites, a Beauty Salon, Spa Tea Lounge and Spa Boutique; and the urban Fitness and Wellness Centre, featuring a multi-function fitness studio and outdoor heated swimming pool.

The Spa at Mandarin Oriental, Taipei has been awarded as the coveted 5-star award by Forbes Travel Guide for three consecutive years since 2017. The prestigious aromatherapy magazine from China, SpaChina, crowned The Spa as "Best Hotel Spa of the Year".

Spa Treatments

Each guest of The Spa at Mandarin Oriental, Taipei experiences the ultimate in relaxation with a personalised spa journey. The personalised journey is designed to engage each of the five senses: Sound, Scent, Sight, Taste and Touch.

Mandarin Oriental's Signature Spa Therapies have been devised to address guests' increasing desire for simple, effective and authentic spa experiences. "Oriental Qi", a simple, effective

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and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians' using the benefits of essential oils in order to leave the body, mind and spirit in perfect harmony. Both the "Time Rituals™" and "Oriental Harmony" signature treatments begin with a private therapist consultation in order to determine each individual's personal and current state of wellbeing. The treatment and oils are then tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Mandarin Oriental's bespoke "Time Rituals™" encourage guests to book time rather than specific treatments, so that the service can be tailored to meet individual needs, whilst during the "Oriental Harmony" treatment, four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. Guests are also provided with nutritional and exercise guidance after their treatments, in order to extend the beneficial effects of the programme at home.

The Spa at Mandarin Oriental, Taipei offers guests a series of innovative and restorative spa journeys inspired by Asia's local culture and wellness rituals. These complete body journeys last up to three hours and come in a variety of treatments. "Prospering Lotus" is a full body massage which enhances the level of energy and flourishes vitality in the body. Moreover, one of the most unique treatments in Mandarin Oriental, Taipei, "Formosa", known as a "Beautiful Island" in Taiwan. This treatment will enhance inner beauty starting with a foot ritual using ancient recipe of sea pearl blended with salt.

Guests will then be enveloped in rejuvenating layers of white clay, a full body massage using butterfly massage techniques. The journey is complete with a scalp and face scrapping, famously recognised in Taiwan, to increase blood circulation and enrich your natural glow.

Heat & Water Experiences

The Spa at Mandarin Oriental, Taipei offers extensive Heat & Water Experiences with separate areas for male and female guests. Designed to improve blood circulation and relax body and mind for the treatment to follow. The Spa at Mandarin Oriental, Taipei's Heat and

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Water Experiences include an Experience Shower, Vitality Pool, Ice Fountain, Crystal Steam Room and Dry Sauna as well as Relaxation Loungers to be enjoyed before and after treatments.

Beauty by Mandarin Oriental

The Spa offers a range of luxurious and exclusive beauty treatments which are at the forefront of new scientific and technological breakthroughs. Working with the highly bespoke skincare and beauty brand, Biologique Recherche from Paris, guests can fully enjoy the exclusive results-driven manicures, pedicures, and facial treatments as well as products.

An extensive range of Vegan nailcare products by both Spa Ritual and OPI, are also offered. In addition, guests can also enjoy a range of non-surgical facelifts, body contouring and toning treatments.

Spa Tea Lounge

The Spa Tea Lounge is set in a soothing and tranquil environment with relaxing loungers to gently relax. Guests can enjoy a selection of natural healthy, organic and fresh teas, juices and other beverages as well as light snacks.

Fitness Centre

The spacious Fitness Centre offers state-of-the-art Technogym Equipment, for extensive cardio-vascular, strength, conditioning, and resistance exercise. The revolutionary Kinesis system Kinesis and Pro-Med Technology offer complete workout experience. A team of professionally qualified instructors offer lifestyle consultations and bespoke physical fitness and wellness programmes that can be followed independently or at private training sessions offered at the Fitness Centre.

The 20-metre-length outdoor heated swimming pool offering a serene ambience surrounded

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by a garden. It is accessible between 6:00am and 9:00pm for hotel guests.

Exclusive and very limited Memberships for spa and wellness are available now, for information or enrolment, please contact the spa at Mandarin Oriental.

Spa Events

The Spa presents ongoing events and workshops, wedding programmes and Spa Parties for guests.

Wellness Programmes

The Spa at Mandarin Oriental, Taipei offers guests a range of Yoga classes, to inspire dedication and help one to achieve the wide ranging benefits Yoga introduces to one's life. Tai Chi, Pilates, Aerobics, as well as a range of other activities are available.

For more information, please contact the Spa directly on +886 2 2715 6880 or via e-mail at motpe-spa@mohg.com, as well as through Mandarin Oriental Hotel Group's worldwide sales and reservations offices or the Group's direct on-line reservations service at www.mandarinoriental.com.

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