

information

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THE SPA AT MANDARIN ORIENTAL, WASHINGTON DC OFFERS A TRANQUIL OASIS IN THE HEART OF THE DISTRICT

Within Mandarin Oriental, Washington DC lives a sanctuary of complete tranquility and escape in The Spa. The 10,500-square-foot haven provides guests with spa experiences unlike any other, infusing its therapies with Chinese, Ayurvedic, European, Balinese and Thai culture. Guests are invited to completely celebrate The Spa's Chinese tradition and sense of place in Washington, D.C. with the tantalizing Cherry Blossom Treatment. This treatment combines the ancient art of beauty with a relaxing and enchanting body ritual while also providing guests with a cherry-blossom-inspired gift.

About The Spa

Recognized with a Forbes Four-Star rating, The Spa at Mandarin Oriental, Washington DC offers eight treatment rooms, a state-of-the-art fitness center, and a heated indoor 50-foot lap pool with outdoor sundeck overlooking Washington marina and the Washington Channel.

Guests' personal transformations begin as soon as they step into the Spa, and subtle design elements help reinforce the holistic experience. A dramatic marble onyx wall sculpture greets guests, symbolizing the ancient bond between Mother Earth and the individual. The artwork's peaceful energy is conducive to meditation and tranquility. The ceiling features a copper overlay, chosen for its significance in mineral therapies; copper is believed to enhance well-being and positive energy. The flowing silk-draped walkway is meant to evoke the rising sun and the beginning of the spa journey. Overall, the subtle oriental influences, fluid spaces and warm neutral colors allow guests to The Spa at Mandarin Oriental, Washington DC a marked departure from the real world.

Upon arrival, all guests are met in the reception area by the spa concierge who leads them to the separate men's and ladies' changing rooms. They are encouraged to arrive a minimum of

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60 minutes prior to their scheduled treatment to fully immerse themselves in the spa's "heat experience": an amethyst steam room, experience shower, vitality pool and ice fountain for women, sauna and cold plunge pool for men. After enjoying the water treatments, guests await their treatments in separate men's and women's relaxation lounges, where they can unwind. At the conclusion of the treatment, guests are offered a complimentary choice of herbal teas or health beverages and escorted back to the Relaxation Lounge. Here, the subtle aroma of essential oils and meditative music allow the guest to float back to reality at their own pace.

Created exclusively by Mandarin Oriental to enrich their spa services, the signature Time Rituals are designed to restore one's natural state of equilibrium, and are performed in harmonious stages: welcome, purify, nurture, balance and bliss. In ancient times, people lived in balance with the rhythms of nature, understanding the individual's distinct relationship to the elements. Each Time Ritual journey starts with a soothing foot ritual during which the spa therapist assesses the guest's dosha and suggests appropriate aromatherapy oils to create balance and harmony. The individually tailored programs engage each of the five senses: sound, scent, sight, taste and touch. In addition to the foot ritual, the session may include exfoliation, various massage techniques and body wraps or a facial – together bringing harmony and well-being.

In addition to Time Rituals, a full array of spa services including massages, wraps, body scrubs, facials and other specialized treatments are available at The Spa at Mandarin Oriental, Washington DC. Manicures and pedicures are also available in addition to strength training and physical therapy.

For additional information or to schedule an appointment at The Spa at Mandarin Oriental, Washington DC please phone directly at +1 (202) 787 6100.

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For further information, please contact:

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