



THE SPA  
— AT —  
MANDARIN ORIENTAL

JUMEIRA  
DUBAI



# ESSENCE OF ARABIA

## ROYAL SAFFRON

**2 hours 30 minutes**

**AED 2,250**

Experience an extravagant and exquisite tension releasing ritual with a fusion of a Himalayan Salt body scrub, the Blissful Marma Massage movements melting into the deeper layers of the body and the 24 Karat Gold Facial. The combination of the ancient properties of hydro-distilled Saffron, Mogra the Queen of Jasmines and Sandalwood heightens ones inner and outer beauty giving an all-encompassing face and body rejuvenating experience.

## NOMADIC DREAMING

**2 hours**

**AED 1,600**

A unique journey inspired by the five elements of wellness. Encompassing mindfulness, stillness, connection, movement, and nourishment. Guided affirmations and breathing techniques begin to ground the mind and body to prepare for a cleansing full body salt scrub. A restorative massage combined with stretching techniques help to improve joint mobility and engage total mind body connection. Singing bowls are used on energy centres to release stagnant energy and induce a deep meditative state.

# SUITE EXPERIENCES

The perfect environment for two to enjoy simultaneous treatments that are personalized for each guest's needs.

## COUPLES RETREAT

**1 hour 30 minutes**

**AED 995** per person

**2 hours**

**AED 1,450** per person

The perfect environment for two to enjoy simultaneous treatments that are personalized for each guest's needs.



# SIGNATURE THERAPIES

## TIME RITUALS™

**2 hours** **AED 1,450**

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their talents to create and customise treatments to your unique individual needs.

## ORIENTAL QI

**1 hour 30 minutes** **AED 995**

A simple, effective, and authentic spa experience. Our relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils.

## ORIENTAL HARMONY

**2 hours** **AED 2,500**

Four hands work in unison in a remarkable experience that inspires a harmony of the senses, with two therapists synchronised in time and movement. Starting with a warm scrub that soothes the skin and finishes with a harmonious massage that balances the body. Ideal for those suffering from Jet Lag.

## INTELLIGENT MOVEMENT

**1 hour 30 minutes** **AED 995**

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.



# MASSAGE

All our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from several massage techniques to increase muscle relaxation, improve circulation and increase overall wellbeing.

## ORIENTAL ESSENCE

**1 hour** AED 750  
**1 hour 30 minutes** AED 995

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, our tension-busting massage treats the whole body. Focusing on the traditional stress-holding areas of the back, neck and shoulders.

## BLISSFUL MARMA

**1 hour** AED 750  
**1 hour 30 minutes** AED 995

Experience effective and immediate relaxation by relieving all stress-related tension. Marma therapy and chakra balancing aligns vital energy centres whilst enriching results-based blends deliver powerful active benefits and enhances overall wellbeing.

## DEEP RELIEF

**1 hour** AED 750  
**1 hour 30 minutes** AED 995

Muscle discomfort is eased, and joints are strengthened with our deep tissue massage. Enhanced by the benefits of Ayurveda Aromatherapy analgesics that assist in easing tension, fluid retention and eliminating toxins.

## PRENATAL MASSAGE

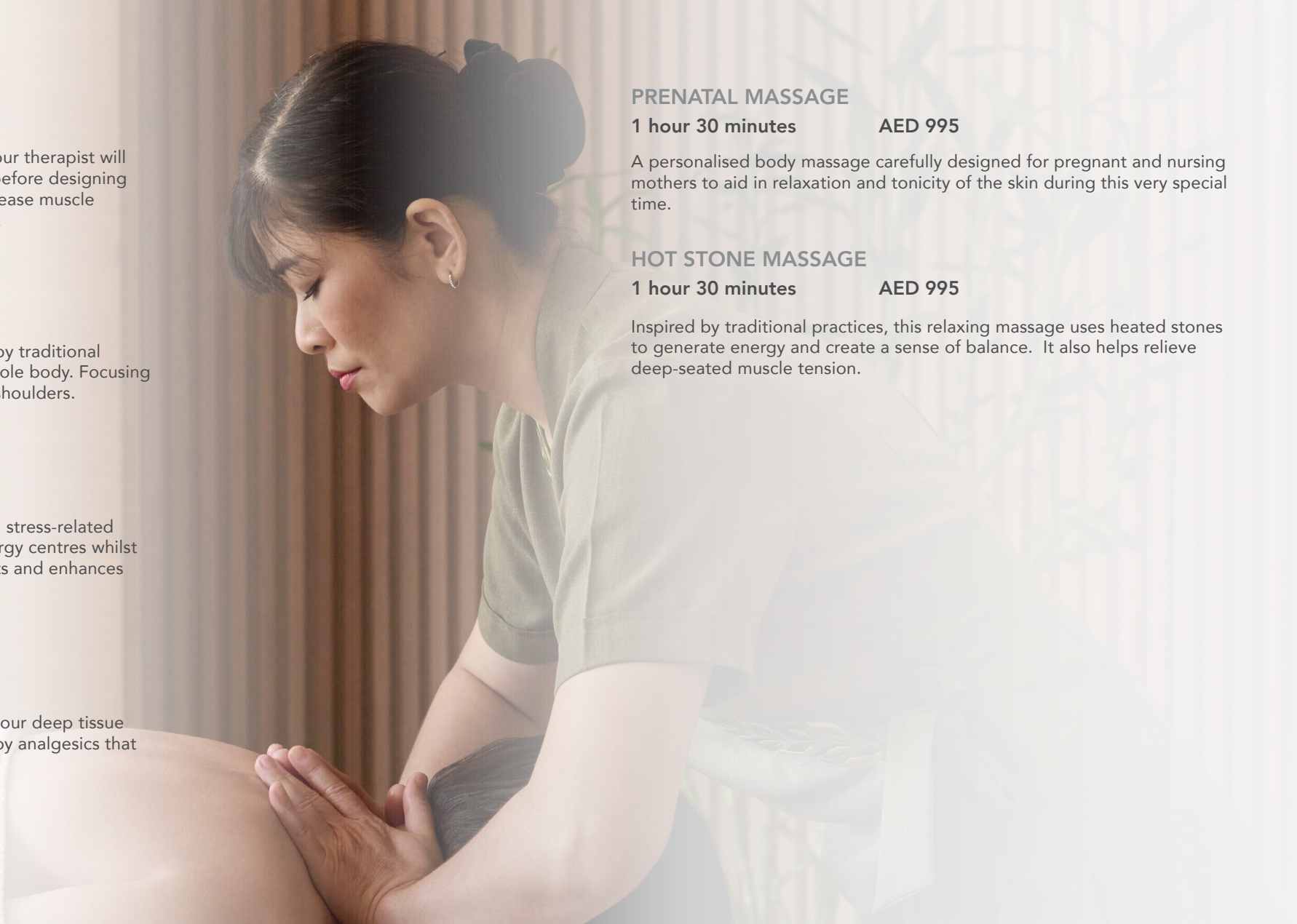
**1 hour 30 minutes** AED 995

A personalised body massage carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time.

## HOT STONE MASSAGE

**1 hour 30 minutes** AED 995

Inspired by traditional practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.





## SPECIALITIES\*

### VAGUS VITALITY

**2 hours** **AED 1,600**

A journey of breathwork, marma, and specialised techniques with the Bowen Therapy Academy's proprietary Vagus Nerve procedure to regulate the nervous system, enhance emotional resilience, and deliver a complete mind-body reset. Beautifully complemented by Subtle Energies' essential oils to ease stress, deepen relaxation, and restore overall well-being.

### MINDFUL SOUND HEALING

**1 hour** **AED 680**

Himalayan singing bowls are placed on and around the energy centres of the body to clear stagnant energy. Vibrations are created to take the mind into a deep meditative state, to reinstate optimal wellbeing.

### THAI SYNERGY

**1 hour 30 minutes** **AED 1,050**

Combining deep tissue massage techniques, acupressure and traditional Thai stretching postures to relax the whole body. Effectively, relieves stress and improves overall energy flow in the body.

### CHI NEI TSANG

**1 hour** **AED 800**  
**1 hour 30 minutes** **AED 1,050**

Following the Traditional Chinese Medicine's principles that emotional blockages are physically hosted in the body. By massaging each painful area in the abdomen, the therapist works with the vital energy, looking for emotional obstacles and unblocking them to ease pain.

## SPECIALITIES\*

### SOMATIC BREATHWORK FOR EMOTIONAL RELEASE

**1 hour** **AED 1,600**

A transformative experience using guided breathwork and tension-point techniques to release deep emotional blockages, regulate the nervous system, and restore clarity and calmness. Ideal for improving relief from stress, grief, or feelings of overwhelm. The treatment leaves you feeling lighter, energized, and connected for a more accepting outlook on life.

### REIKI

**1 hour** **AED 1,600**

A hands-on energy healing technique which clears blockages, balances chakras, and promotes deep relaxation while addressing stress, anxiety, and physical discomfort. Perfect for restoring harmony and balance, it helps you to feel refreshed, centred, and rejuvenated.

### SLEEP IMPROVEMENT CONSULTATION

**1 hour** **AED 2,000**

Unlock the secrets to restful nights with a personalized sleep consultation led by Julie Mallon, a renowned sleep expert. Discover tailored strategies and guidance to improve sleep quality, essential for boosting overall health, longevity, and vitality. Achieve deeper, more restorative sleep and wake feeling refreshed and energized.

*\*Subject to therapist availability.*





## WATER RITUAL

Harness the spirit of water, light and sound and awaken your senses in our dedicated Hammam-style suite. The choreography of varying water temperatures and pressure culminates in a truly exclusive and exceptional wellness experience. Perfectly complementing the timeless Arabic beauty tradition with a chic and luxurious twist.

### TURKISH LIBRA

**1 hour**

**AED 850**

The Turkish inspired hammam experience is perfect for head-to-toe cleansing. Incorporating an invigorating body exfoliation using a traditional 'Kessa' glove, to effectively remove dead skin and smooth skin texture. A uniquely rhythmical full-body foam massage is followed to help detoxify and calm both mind and body and is concluded with a refreshing washing of the hair.

## BODY SCRUBS

Body scrubs must be booked as a treatment addition, together with a massage or facial.

### RASAYANA DETOXIFYING BODY SCRUB

**30 minutes**

**AED 390**

Detoxifying Tulasi, Limbu and Wild Turmeric essential oils purify and energise, whilst crushed walnut shells gently exfoliate and smooth the skin.

### HIMAYALAN SALT SCRUB

**30 minutes**

**AED 390**

Mineral-rich Himalayan salt combined with nourishing oils gently exfoliate, detoxify, and rejuvenate the skin. Experience smoother, more radiant skin while restoring balance and vitality to the body and mind.





# HOLISTIC FACIALS

## SUBTLE ENERGIES

Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with the intent to address multiple skin and body concerns, whilst delivering high-performance results and empowering oneself.

## 24K GOLD AGE-DEFYING FACIAL

**1 hour** **AED 830**  
**1 hour 30 minutes** **AED 980**

The healing properties of unique ingredients such as Mogra, Queen of Jasmynes boosts collagen production and stimulates cell renewal. Combined with the restorative powers of 24k gold leaf, the sensory experience penetrates and revives the deep layers of the skin and helps to reduce fine lines and wrinkles.



## VEGAN COLLAGEN FACIAL

**90 Minutes** **AED 990**

Experience the transformative power of vegan collagen, meticulously designed to mimic human collagen, which provides deep hydration and acts as a natural filler solution to restore elasticity and plumpness. A radiant, age-defying complexion can be achieved thanks to vitamin-rich active ingredients such as Kakadu Plum, Ashwagandha and Bacillus Ferment.

## ADVANCED HOLISTIC BIOTECH FACIAL

**90 Minutes** **AED 1,050**

Transforming the skin with deep hydration and enhanced cellular renewal, this holistic treatment results in a plump, youthful appearance. The advanced facial features the latest in bio-technology, which blends skin science, vegan collagen, and next-generation hyaluronic acid.



## ADVANCED FACIALS

### 111SKIN

At the heart of the philosophy of 111SKIN is precision skincare created and mastered on Harley Street, London by Dr Yannis Alexandrides.

111SKIN is clinically inspired and treatments are exclusively designed to deliver a fusion of science, results, and unparalleled treatment journeys.

### CELESTIAL BLACK DIAMOND NON-SURGICAL FACE LIFT

- Including Celluma Pro LED Light Therapy

1 hour 30 minutes

AED 1,470

#### LIFT, FIRM, TIGHTEN

A most comprehensive luxurious anti-ageing facial, harnessing 111SKIN's most potent collection, the Intensive Collection combined with LED light therapy, encourages a youthful, lifted and firmer appearance. A combination of the wrinkle minimising wand massage and signature massage ensures the skin is fresh, lifted and sculpted along the natural contours of the face.

### THE SIGNATURE HARLEY STREET FACIAL

1 hour

AED 985

#### RESTORE, REPAIR, HEALING

A high-performance facial formulated with powerful antioxidants to neutralize free radical damage, and repair irritated skin. A dual clinical cleanse treatment, with deep tissue muscle massage, harnesses the 111SKIN signature NAC Y2 complex. The skin's lipid barrier is strengthened and restored with prevention of further inflammation. The facial also targets concerns of dehydration, sensitivity and rosacea.

\* Recommended to add Celluma Pro LED Light Therapy to accelerate the skin's healing process.

### CRYO GLOBE ENERGY FACIAL

1 hour

AED 985

#### REGENERATE, REVIVE, ENERGISE

Perfect for increasing microcirculation, detoxification and reducing puffiness by improving oxygen flow in the face with the use of iced cryo globes face tools. Skin appears brighter, firmer, and luminescent, perfect for tired and dull skin.

### CELLUMA PRO LED LIGHT THERAPY

30 minutes

AED 400

An FDA approved LED treatment which stimulates collagen and elastin production to minimise fine lines and wrinkles. Different light settings help to reduce inflammation, increase circulation, reduce bacteria, and restore skin's healthy appearance.



# ADVANCED FACIALS

## LING NEW YORK

Each formulation is developed with a holistic philosophy merging traditional Asian beauty principles with state-of-the-art ingredients. LING New York Incorporates proper exfoliation and hydration to balance the skin while preventing and treating ailments before they arise.

## BIO LIFT & BIO LIGHT FACIAL

**1 hour 30 minutes**      **AED 1,250**

This state-of-the-art facial uses the very latest in skincare technology. Advanced Micro- Current is used to tighten and firm facial muscles, while intense LED Therapy effectively reduces pigmentation and stimulates collagen production.

## TRIPLE PEEL FACIAL

**1 hour**      **AED 860**  
**1 hour 30 minutes**      **AED 1,100** *including extractions*

A transformational detoxifying facial allowing the skin to breathe again, ideal for congested skins battling the effects of heat and pollution.





# HYDRAFACIAL

## MANDARIN DELUXE

**1 hour** **AED 1,200**

An invigorating treatment that deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums, filled with antioxidants, peptides, and hyaluronic acid while addressing your specific skin concern, with a booster of your choice. The treatment concludes with LED light therapy to further reduce the visible signs of aging and reparative mask to soothe and restore.

## MANDARIN PLATINUM

**1 hour 30 minutes** **AED 1,600**

The ultimate HydraFacial experience. Including lymphatic drainage to aid the detoxification process, followed by deep cleansing, exfoliation, extractions and hydration to address your specific skin concern with a booster of your choice. The treatment concludes with LED light therapy to further reduce the visible signs of aging, leaving the skin looking flawless and radiant.

## PERK TECHNOLOGY

Enhance the HydraFacial treatment by adding a Perk for a perfect complement to your skin routine. Tailored specifically for the eyes or the lips, this addition gives an added, non-invasive 'lift' result. As the pen glides over the skin, the treatment exfoliates away the dirt and debris while the rollerball gently flexes your skin to deliver essential vitamins and nutrients.

## PERK EYE TREATMENT

**15 minutes** **AED 350**

Brightens the delicate eye area, reducing dark circles and puffiness to awaken your eyes.

## PERK LIP TREATMENT

**15 minutes** **AED 350**

Naturally plumps the lips and locks in moisture to reveal a perfect pout.





## BODY TREATMENTS

### CELESTIAL BLACK DIAMOND SCULPTING TREATMENT

**1 hour 30 minutes      AED 1,020**

#### LIFT, TIGHTEN, NOURISH

Opulent and indulgent, a powerful body treatment that delivers dramatic results from 111SKIN's Intensive Collection to shape, smooth and saturate the skin with nourishment. Through signature massage techniques and potent professional formulas, the result is a smoother, sculpted and more radiant looking figure.

### ROSE RADIANCE BODY TREATMENT

**1 hour      AED 890**

#### SOOTHE, SCULPT, ILLUMINATE

A perfect treatment to prepare skin for any event, using body brushing to gently exfoliate the skin, leaving the skin silky soft. A soothing massage using Rose Quartz Stones is performed on the back and chest. Face is also treated with Rose Gold Facial mask to brighten and nourish the skin.

## ADVANCE BODY TREATMENTS

### ICOONE

**1 hour      AED 900**

**Package of 6 sessions      AED 4,860**

Experience the transformative power of Icoone, a revolutionary non-invasive therapy that rejuvenates your body and skin.

Utilising advanced 3D technology, it is designed to stimulate lymphatic drainage, improve circulation, and reduce the appearance of cellulite. Each session is personalised to your specific needs, ensuring your skin is left visibly smoother and firmer.

### IYASHI DOME

**30 minutes      AED 750**

**Package of 6 sessions      AED 4,050**

Immerse yourself in the relaxing warmth of the Iyashi Dome, an innovative infrared sauna that detoxifies and revitalises your body from the inside out. Using advanced infrared technology, this treatment effectively boosts metabolism, enhances circulation, aids overall weight management, and promotes deep relaxation for better sleep.





# WELLNESS PROGRAMMES

## A GENTLEMAN'S DAY

**2 hours 30 minutes**      **AED 1,875**

For the active man to the constant traveller, a customised treatment journey to balance and restore oneself, improving immunity, maintaining muscle strength and healthy skin.

## EMPOWERING ME – A WOMAN'S JOURNEY

**2 hours 30 minutes**      **AED 1,875**

Celebrate inner and outer beauty, addressing emotional and hormonal balance. Begin with a gentle meditation, after which the body is massaged with ancient active oils of empowerment and renewal, as a fusion of therapeutic techniques increases vital energy.

## SLEEP SUPPORT THERAPY

**2 hours**      **AED 1,450**

A tailored signature programme to assist sleep concerns and insomnia. The treatment begins with guided yogic pranayama that will positively impact the vital energy within. The Blissful Marma massage will bring the body's rhythm back into balance together with the facial Marma massage.

## PREGNANCY BEAUTIFUL

**2 hour 30 minutes**      **AED 1,825**

A programme created around your individual needs at this special time. Spend consultation time with one of our highly trained therapists and we will handhold you through this very special period in your life. Includes a prenatal massage using pregnancy oils followed by a soothing and enriching facial, to leave you feeling rested and rejuvenated. A break in between treatments is recommended.





# WELLNESS RETREATS

## REENERGEISE

**1 day** **AED 2,750**  
**3 days** **AED 5,550**

Reenergise the senses with a retreat that focuses on detoxification, reducing fatigue, and supporting a healthier immune response. Experience a wellness journey of nutritional consultations, personal training sessions at our cutting-edge Fitness Centre, a 90-minute de-stressing Intelligent Movement massage, and a cleansing plant-based lunch menu, to completely rejuvenate the body and invigorate the mind. Embark on the three-day programme option to benefit from an extended wellness journey and a bespoke Subtle Energies prescription kit for a lasting effect.

### DAY 1\*

**45 minute Nutritional Consultation**  
**1 hour Personal Training**  
**1 hour 30 minutes Intelligent Movement**

### DAY 2\*

**1 hour Hatha Yoga**  
**1 hour 30 minutes Deep Relief Massage**

### DAY 3\*

**1 hour Yin Yoga**  
**1 hour Blissful Marma**

\*Plant-based/vegetarian lunch in The Bay.

## MOVE & RECOVER

**2 hours 30 minutes** **AED 1,220**

A completely results driven experience to improve muscle condition, posture and joint mobility, combining our effective Intelligent Movement Treatment with a Personal Training session.







## FITNESS & WELLNESS

Our Fitness Centre and Movement Studio are equipped with state of the art results-oriented fitness equipment, targeted to achieve your wellness goals. This equipment includes an advanced array of cardiovascular, strength and flexibility equipment from the Technogym® Artis range and the multi-purpose OUTRACE® functional training rig.

### PERSONAL TRAINING

**1 hour**

**AED 475**

Whatever your goal, be it to improve overall fitness and wellness, improve endurance or to gain strength and guidance for a lifestyle change, our specialised instructors will work with you to ensure that you focus on customised exercises for optimal results and to help you reach your full potential.

### PRIVATE 1:1 YOGA

**1 hour**

**AED 650**

Experience the transformative power of personalized yoga with a one-on-one session, designed for all levels. Our experienced instructors will create a customized flow that caters to your individual needs, helping you deepen your practice and cultivate a sense of peace and balance.

### SWIMMING LESSONS

**Children**

**AED 380 (45 minutes)**

**Adults**

**AED 475 (1 hour)**

Available for both children and adults, our professionally taught swimming lessons can be a great way to develop a key skill during your stay. Start as a beginner or develop current technique to the next level.

\*Children's lessons are for ages between 5-16 years only.



## FITNESS & WELLNESS

## GROUP CLASSES

45 minutes - 1 hour

We offer a range of dynamic and accessible classes which are designed to develop both the body & mind, within an engaging group environment. Work on strength and stamina in MO MAX, hit the pads in MO BOX or balance the body and mind in a MO YOGA class.

\*Certain classes are chargeable experiences, which is confirmed upon booking.

## COLD IMMERSION THERAPY

**Single Session 30 to 45 minutes    AED 275**

**Package of 5 sessions    AED 1,170**

Discover the rejuvenating power of Cold Immersion Therapy. The session is designed to invigorate the senses and promote overall wellbeing. The experience begins with time relaxing in our sauna to thoroughly warm and soften the body, while aiding the detoxification process. Then you will be submerged in revitalising cold water from between 0-8 degrees Celsius to stimulate circulation, reduce muscle inflammation, boost immunity, and leave your body feeling refreshed and energised. An effective remedy for muscle repair, recovery and optimising overall wellbeing and performance.

## PADEL COURT

**1 hour** **AED 100** (per guest)

**1 hour 30 minutes**      **AED 150 (per quest)**

Play for points, or for fun in our outdoor Padel Court and enjoy views of Dubai's iconic skyline.

Padel, the world's fastest-growing sport, played in over 60 countries and is enjoyed by many as an easy to learn, accessible sporting activity.

\*Padel equipment & amenities provided. A minimum of 24-hours advanced booking is preferred.

## PADEL COACHING FOR BEGINNERS

**One person** **AED 550** (60 minutes)

**Partner Coaching** **AED 750** (60 minutes)

Enjoy one on one coaching with a Padel specialist to provide in depth coaching to improve technique and skill. Suitable for beginners.



# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre : Mon – Sun 6am – 10pm

Spa Treatments : Mon – Sun 9am – 9pm

## CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges, cancellations within 24 hours will incur a 50% charge. Cancellations within 12 hours or a no show will incur 100% charge. A credit card number is required at the time of booking.

## DIGITAL DISCONNECTION

Our spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity. Taking photos or filming in guest areas without prior approval is prohibited.

## SPA ARRIVAL

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the spa's oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

## AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 16 years of age.

## HOMECARE

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

## GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa Concierge desk.

