



THE SPA
— AT —
MANDARIN ORIENTAL
—
GUANGZHOU

ESSENCE OF GUANGZHOU

BAMBOO CLEAR

CNY 2,680

3 hours

A treatment created to help you fight the pollutants of the city. Whilst enveloped in a warm vitamin C rich body wrap, your therapist will apply a nourishing hair mask, and will perform a lymphatic facial massage using Obsidian rock crystals. The treatment is complete with a meditative bamboo massage using detoxifying oils.

CITY GARDEN

CNY 2,380

2 hours 30 minutes

A bath infused with refreshing kumquat and chrysanthemum poultice, and a full body envelopment in a heady aroma of the natural sugarcane and mulberry leaving your body fresh and revitalised. Your garden treatment will be complete with a full body massage with rose, geranium and sweet orange oil.

BOUQUET OF GUANGZHOU

CNY 1,800

2 hours

Restore your soul with a comforting bath and full body exfoliation, enriched with the aromas of rose, osmanthus, peach and chrysanthemum, next, a traditional Chinese massage using acupressure and “Tui Na” techniques to relive aches and improve circulation, leaving you feeling totally renewed.

All prices are subject to 15% service charge.





SIGNATURE THERAPIES

All of our Signature Treatments commence with our Tian Quan Therapy which is particularly beneficial in relieving stress and muscular pain, increasing blood circulation, detoxification and opening the pores to allow any oils and creams used in the treatment that follows to penetrate deeper into the skin.

TIME RITUALS™

CNY 1,980 / 2,800

2 hours 20 minutes / 3 hours 20 minutes

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

ORIENTAL HARMONY

CNY 3,200

2 hours 10 minutes

Two therapists work together in time and movement; first providing a warm scrub that soothes the skin and later a harmonious massage that balances the body. Ideal for those suffering from Jet Lag.

INNER STRENGTH

CNY 1,800

2 hours 10 minutes

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

DIGITAL WELLNESS ESCAPE

CNY 1,380

1 hour 40 minutes

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

All prices are subject to 15% service charge.

ESSENTIAL TRAVELLER

STRESS RECOVERY

CNY 580

30 minutes

The ideal massage to help relieve stiffness and fatigue, as the technique concentrates on tension areas such as the back, neck and shoulders.

CALM MIND

CNY 780

45 minutes

Re-harmonise your natural energy flow with our signature head massage, designed to completely relax both body and mind.

ORIENTAL FOOT THERAPY

CNY 780

1 hour

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment which begins with a fragrant foot bath followed by a skillful exfoliation and massage to smooth the feet and lower legs.

JET LAG REVIVER

CNY 1,800

2 hours

Soothing full body massage to rebalance energy levels and calm the mind leaving you completely energised to complete your busy schedule or to relax you into an untroubled sleep with soothing essential oils. Treatment begins with a full body exfoliation to assist with the penetration of the essential oils.

All prices are subject to 15% service charge.



MASSAGE

All of 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 a number of massage techniques to increase muscle relation, improve circulation and increase overall wellbeing.

ORIENTAL ESSENCE

CNY 980 / 1,380

1 hour / 1 hour 30 minutes

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

THAI MASSAGE

CNY 980 / 1,380

1 hour / 1 hour 30 minutes

Performed wearing loose style clothing, this traditional Thai massage is conducted on a futon. A combination of rhythmic acupressure and assisted stretching helps to deeply relax and revitalise body and mind. Increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

HOT STONE THERAPY

CNY 1,480

1 hour 30 minutes

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

PRE AND POST NATAL TREATMENT

CNY 1,380

1 hour

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns.

All prices are subject to 15% service charge.



SCRUBS AND WRAPS

ORIENTAL BODY SCRUB

CNY 580

30 minutes

This luxurious and invigorating scrub blends Mandarin Oriental's signature Body Oil – infused with essences of tropical ginger, frankincense and mandarin – with organic, mineral-rich sea salt to leave the skin smooth, replenished and exotically fragrant.

JASMINE AND GREEN TEA BODY SCRUB

CNY 580

30 minutes

Freshly ground jasmine, green tea and honey are combined for a delicious and pampering blend. The honey, and green tea contain many beneficial enzymes and vitamins which are known for antioxidant and healing properties, combined with the soothing nature of jasmine flower, create a luxurious scrub.

TIAN QUAN THERAPY

CNY 380

30 minutes

Beneficial in relieving stress and muscular pain, increasing blood circulation, detoxification and opening the pores to allow any oils and creams used in the treatment that follows to penetrate deeper into the skin.

PERSONALISED BODY WRAP

CNY 890

1 hour

A result driven body wrap tailored to your needs – detoxifying, nourishing and hydrating, or muscular aches and pains. This unique and effective treatment includes skin brushing, exfoliation, body wrap using either marine mud or algae chosen to suit your specific concerns and a simply soothing scalp massage.

All prices are subject to 15% service charge.





WATER THERAPY

BATHOLOGY

CNY 580

30 minutes

Indulge yourself with complete decadence. Soak in a luxurious bath infused with Mandarin Oriental signature blended oil. The essence will be chosen by your therapist dependent on your specific needs. To ensure your complete comfort a cool glass of water with fresh lime will be served. A perfect way to relax before beginning your chosen treatment.

Please note bathology cannot be booked alone and needs to be with another treatment such as massage.

All prices are subject to 15% service charge.

HOLISTIC SKIN CARE

Using techniques and products specifically chosen from Espa skin care range, your therapist will adapt the treatment to your needs to ensure no matter what your skin type you will receive maximum results.

CUSTOMISED ESSENTIAL FACIAL

CNY 980 / 1,480

1 hour/1 hour 30 minutes

Our facials begin with a detailed consultation and a skin analysis. Finally skincare products are chosen for your individual needs to achieve the best possible result.

LIFESTAGE™ FACIAL

CNY 1,880

1 hour 30 minutes

Age-defying facial, targets all the visible signs of ageing. Unique Natural Encapsulation Technology (NET) releases, stage-by-stage, ten powerful active ingredients to liberate your skin from signs of stress and strain to prolong cell vitality, safeguard elasticity.

ANTI-POLLUTION FACIAL

CNY 1,480

1 hour 30 minutes

City pollution, environmental stress, travel, business pressures or lack of sleep can result in dull, lifeless skin. This facial works at a deep molecular level to purify, balance and hydrate the skin.

EYE LIFT

CNY 580

30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes an effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain.

All prices are subject to 15% service charge.



A woman with dark hair is lying down, her head tilted back, receiving a facial treatment. A hand holds a silver spray nozzle with a clear tube, spraying a fine mist onto her face. The background is dark with warm, out-of-focus lights.

ADVANCED SKIN CARE

Mandarin Oriental Guangzhou is delighted to welcome the renowned brand Natura Bisse to the Spa, with a range of luxurious and exclusive beauty treatments.

LIFE INFUSION RITUAL

CNY 4,900

1 hour 50 minutes

Unprecedented "Youth Elixir" that provides unparalleled skin rejuvenating effects focused on the science of Skin Age Biomarkers and specific massage techniques. This intensive treatment ensures brighter, firmer, noticeably younger- looking skin.

REJUVENATING LIFT

CNY 3,800

1 hour 50 minutes

A genuine multisensory cosmetic lift. The combination of active ingredients, crystal massage and pressure point manipulation this treatment offers long lasting hydration and improved firmness.

DIAMOND WHITENING SYSTEM

CNY 1,980

1 hour 30 minutes

A treatment that effectively evens skin tone with high concentrations of revolutionary active ingredients, preventing the skin from ageing due to pigmentation disorders, an exclusive illuminating veil provides a long-lasting sense of well-being to the skin, revealing an extremely radiant complexion.

All prices are subject to 15% service charge.

GENTLEMENS ESSENTIALS

MANKIND

CNY 1,800

2 hours

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance.

A salt and oil scrub exfoliates the body and is followed by a deep, purposeful body massage using blended aromatherapy oils, combined with hot stones to work on vital energy points and chakras around the body. A soothing head massage completes the treatment leaving a sense of total relaxation.

FACE AND BODY BALANCE

CNY 1,800

2 hours

Deep full body massage with soothing essential oils to rebalance energy levels and calm the mind followed with a purifying facial leaving your skin thoroughly clean and hydrated.

All prices are subject to 15% service charge.





PROGRAMMES

Pamper yourself with one of our half day packages. Both packages include a healthy lunch to be enjoyed the Spa at Mandarin Oriental Guangzhou. This collaborative and personalized program specifically designed for your health and well-being.

PAMPERING

CNY 2,180

3 hours

- In-Body Analysis
- 1 hour Personal Training 60 minutes
- Tian Quan Therapy 20 minutes
- Foot Ritual 10 minutes
- Thai Massage 90 minutes

REAWAKEN

CNY 3,280

3 hours 30 minutes

- Bathology 30 minutes
- Oriental Body Scrub 30 minutes
- Oriental Essence 60 minutes
- Oriental Foot Therapy 30 minutes
- Customised Holistic Facial 60 minutes

All prices are subject to 15% service charge.

TERMS & CONDITIONS

OPENING HOURS

Fitness Centre	:	Monday – Sunday	6 am – 10 pm
Spa Treatments	:	Monday – Sunday	9 am – 11 pm

ADVANCED BOOKINGS

We highly recommended booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY

Please allow 12 hours’ notice of cancellation to avoid charges. Cancellations within 12 hours will incur 50% charge. Cancellation within 6 hours or a no show will incur a 100% charge. A credit card number is required at the time of booking.

GIFT CERTIFICATES

An ideal gift for spa enthusiasts, gift certificates are available at The Spa at Mandarin Oriental Guangzhou.

SPA PACKAGES

Information on special spa packages or group programmes can be obtained by contacting the Spa Concierge at +86 20 3808 8879.

SPA ETIQUETTE

Our spa environment is one of tranquility and relaxation. Please respect all spa guests’ right to privacy and serenity.

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and also 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.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries which could affect your service when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatment.

CLEANLINESS

In keeping our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after service and treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage or personal articles. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we ask that you wear the robe provided.

ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental Guangzhou shall not be liable for any accident or injury suffered by any member or guest.

RESTRICTIONS ON THE USE OF FACILITIES

The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the fitness centre.

SPA BOUTIQUE

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

REFUND POLICY

Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.



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GUANGZHOU

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