



THE  
MANDARIN SPA  
HONG KONG





## ESSENCE OF HONG KONG

### TRADITIONAL CHINESE THERAPY

*2 hours 30 minutes*

The philosophy of Traditional Chinese Medicine is to bring the body into balance and promote the optimal flow of Qi for natural healing. Guided deep breathing techniques, a melodic and soothing Singing Bowl ceremony along with crystal healing commence this treatment, whilst relaxing on a warm volcanic stone bed. These elements are combined to balance the Chakras and restore equilibrium within the body and mind. A dry Chinese meridian massage, along with the time-honoured use of Chinese Rose Quartz Face Gua Sha, complete this beautiful experience.

### IMPERIAL JADE

*2 hours*

In Chinese culture, Jade is associated with purity, grace and longevity. It is thought to ward off malevolent forces and bring good luck. A full body massage incorporating this prized gemstone is followed by a cooling facial, utilising Jade rollers to stimulate blood circulation, brighten the complexion, promote good health and a long life.

## SIGNATURE THERAPIES

### TIME RITUALS™

*Minimum of 2 hours*

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 QI

*1 hour 30 minutes*

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils to create a balance of the mind and body.

### INNER STRENGTH

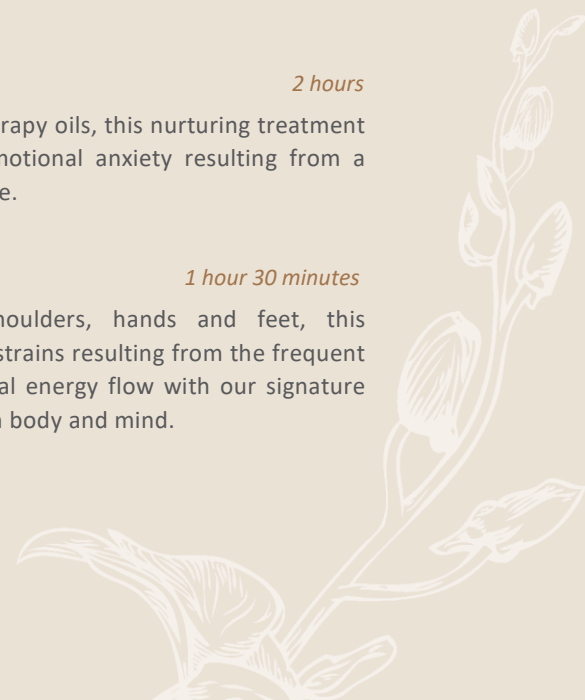
*2 hours*

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

*1 hour 30 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. Re-harmonise your natural energy flow with our signature head massage, designed to completely relax both body and mind.



# MASSAGE

## ORIENTAL ESSENCE

*1 hour or 1 hour 30 minutes*

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

## AROMATHERAPY

*1 hour or 1 hour 30 minutes*

Enjoy this therapeutic holistic treatment that combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

## THAI

*1 hour 30 minutes*

Performed wearing loose style clothing, this traditional Thai massage is conducted on a futon bed. A combination of gentle rocking motion, rhythmic acupressure and assisted stretching helps to deeply relax and revitalise the body and mind.

This ancient treatment increases flexibility, provides relief from joint and muscle tension and balances the body's energy.

## THERAPEUTIC

*1 hour 30 minutes*

This treatment is ideal for those looking to work on deep set tension or tight, over exercised muscles. With the use of thumbs, forearms, knuckles and elbows, this massage will seek the trigger points of the muscle to help regain motion and alleviate pain.

## LYMPHATIC DRAINAGE

*1 hour 30 minutes*

The lymphatic system is key in helping rid the body of toxins that can cause illness. This treatment stimulates the lymphatic system to encourage detoxification, reduce water tension and create a feeling of healthy wellbeing.

This therapy uses delicate pressure and is not suitable for guests who prefer a traditional type of massage.

## INTELLIGENT MOVEMENT

*1 hour 30 minutes*

Intelligent movement treatment helps you to move better, including trigger point release work, deep muscle manipulation, stretching and elongation of the muscles, all of which are designed to soften, release tension and increase the body's mobility.



## BODY EXPERIENCES

### CELESTIAL BLACK DIAMOND SCULPTING BODY

*1 hour 30 minutes*

Opulent and indulgent, this powerful body treatment 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.

### ORIENTAL PURIFYING RITUAL

*2 hours*

Purify and balance your body and mind with this luxurious cleansing ritual. Commencing with an invigorating full body exfoliation incorporating Ginger and Mandarin, followed by a Ganbanyoku Hot Stone Bed experience to improve circulation. A full body massage using a revitalising blend of essential oils completes this deeply relaxing experience.

## PREGNANCY BEAUTIFUL

### MUM-TO-BE

*1 hour or 1 hour 30 minutes*

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using the healing benefits of rose oil to balance hormones as well as nourishing the skin, this massage eases away tension in the upper back and shoulders and relaxes the body.

### BODY AND BUMP

*1 hour 30 minutes*

Mothers-to-be will be delighted with this luxurious massage using rose scented oils and body balms to deeply nourish the skin, aiding the prevention of stretch marks and soothing fluid retention. The treatment ends with a hydrating facial and hair mask.



# FACIALS

## ADVANCED SKINCARE

### CELESTIAL BLACK DIAMOND NON-SURGICAL FACE LIFT

*1 hour 30 minutes*

The most opulent and luxurious anti-ageing facial, harnessing the power and potency of 111SKIN's Intensive Collection, 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.

### CRYO GLOBE ENERGY FACIAL

*1 hour 15 minutes*

This treatment is designed to increase microcirculation, detoxification and reducing puffiness by improving oxygen flow in the face with the use of iced cryo globes face tools. Perfect for tired and dull skin, the relaxing facial will leave skin appearing brighter, firmer, and luminescent.

### BESPOKE 111Skin Harley Street Signature Facial

*1 hour*

A high-performance facial formulated to calm and soothe damaged, inflamed and irritated skin. Following a personalised consultation to determine skin type to address individual needs, a tailor-made experience for the face will be carried out using a combination of restorative ingredients from our Reparative Collection. The facial also targets simple skin issues such as dryness, dehydration, sensitivity and rosacea for skin that feels and looks truly comforted.

### PURE OXYGEN FACIAL

*1 hour 30 minutes*

Breathes new life into skin with its advanced techniques developed to stimulate skin cell regeneration at a deep level. QMS customised Oxygen Energy Applicator uses 95% pure oxygen to channel ingredients for the ultimate skin boost. The improved oxygen supply encourages circulation and stimulates a regenerative process. Leaves skin firmer, smoother, and more radiant.

### COLLAGEN RENEWAL FACIAL

*1 hour 30 minutes*

Restores and revitalises the complexion whilst delivering an important boost to the moisture level through the use of pioneering wellbeing treatment masks and QMS signature collagens. Skin is left firmer, and texture improved. This treatment is also advised as pre surgery to strengthen and stimulate skin's natural functions.

### ALPHA REVITAL FACIAL

*1 hour*

Detoxifies the skin and focuses on stimulating the microcirculation using a unique thermal-active revitalising mask, this results in an instant boost to the complexion. Skin is left visibly smoother, and the radiance is restored.

### AGE DEFYING SKIN TONING ENDERMOLOGIE

*1 hour 30 minutes*

A complete face and neck Endermologie® experience that includes Age Defying Collagen Mask. This facial reactivates cellular metabolism thus improve activity of the basal layer and enhance lymphatic circulation. This non-invasive treatment reduces wrinkles and enhances facial contours. Natural Hyaluronic acid and new collagen production lifts stubborn wrinkles and smooth skin can be achieved in one facial treatment.

## HOLISTIC SKINCARE

### OSKIA'S SIGNATURE NUTRI-GLOW FACIAL

*1 hour 15 minutes*

This all-encompassing signature facial uses a combination of essential skin nutrients, bio-actives and modern & traditional glow-inducing techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin immediately radiant. Fragrant steam and aromatic compresses gently unblock pores, a passion fruit enzyme, Swiss cress liposomes and AHA mask accelerate cellular renewal, while a warm rose oil mask hydrates and smooths. Natural Face Therapy and eye contour massage techniques, lymph drainage and acupressure lift, relax & contour the face and increase the bio-nutritional transportation into the skin. Therapeutic head, hand and back massages are worked into the treatment to soothe residual tension and complete this ultimate radiance-boosting facial.

### OSKIA REVITALISING SUPER-C FACIAL

*1 hour*

A non-surgical facelift, this ultra-hydrating, super-nutrient facial is designed to sculpt and provide immediate anti-ageing benefits. This treatment concentrates on reducing visible fine lines and lifting the contours of the face in the short term while also harnessing a breakthrough biomimetic serum and smart Vitamin C to maintain a youthful complexion in the long term.

### DETOXIFYING BACK CLEANSE

*1 hour*

This deep cleansing back treatment features a steam, exfoliation and extraction if necessary, followed by a detoxifying mask and tension relieving massage to leave your back glowing and healthy.

## TREATMENT ENHANCERS

The following services may be added on to any facial or body treatment.

### ORIENTAL BODY SCRUB

*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.

### ROSE QUARTZ GUA SHA

Enhance your facial with our specialised rose quartz Gua Sha technique to increase blood circulation and lymph flow leading to a more youthful and radiant complexion. Facial contours are further refined with long term use.

### TRIPLE POWER COLLAGEN FACE MASK

This moisture boosting, triple collagen face mask helps minimise fine lines and wrinkles, leaving skin bright, plump and radiant.

### PAMPERED FEET

Treat hard-working feet to an intensive mask to soften and nourish areas of dry skin.



# GENTLEMEN'S ESSENTIALS

## FOR FACE

### DEEP PORE CLEANSE

*1 hour 15 minutes*

Provides an intense cleansing and refining treatment to the skin through the combination of deep pore purification with a highly effective fruit acid and enzymes peel to create the ideal base for a soothing and moisturising mask. Leaves skin healthy, balanced and hydrated.

### OSKIA GENTLEMENS PURIFY AND REVIVE FACIAL

*1 hour*

This reviving facial is perfect for younger, oiler skin types and gentlemen alike. Natural, scientifically advanced products are used to enhance the deep steam cleanse and stimulating facial massage. Cool eye stones awaken even the most tired eyes, while a focused neck and shoulder massage helps to soothe and revive both mind and body, leaving you feeling relaxed and looking sharper.

## FOR BODY

### REJUVENATING FACE & BODY TREATMENT

*1 hour 30 minutes*

Enjoy a relaxing back cleanse and exfoliation, followed by a stress relieving back massage and therapeutic Ayurvedic scalp massage. To finish, a deep cleansing facial using essential oils and effective natural botanicals help to rebalance and refresh the skin.





# TRADITIONAL CHINESE MEDICINE

A selection of specialised treatments designed to optimise balance and wellbeing.

## FACIAL ACUPUNCTURE

*45 minutes*

Inclusive of a 15-minute consultation and a 30-minute acupuncture treatment

## DOCTOR CONSULTATION WITH ACUPUNCTURE

*50 minutes*

Inclusive of a 15-minute consultation and a 35-minute acupuncture treatment. A recommended food list and tea sample will be provided after the completion of the treatment.

## FERTILITY OPTIMISATION THERAPY

*1 hour*

For many women and men, infertility may result from hormonal imbalance or stress. Acupuncture is a traditional Chinese medicine therapy that stimulates acupressure points in order to help the body correct any imbalance in the flow of energy, and to improve overall wellbeing.

## CHINESE MERIDIAN MASSAGE

*1 hour 30 minutes*

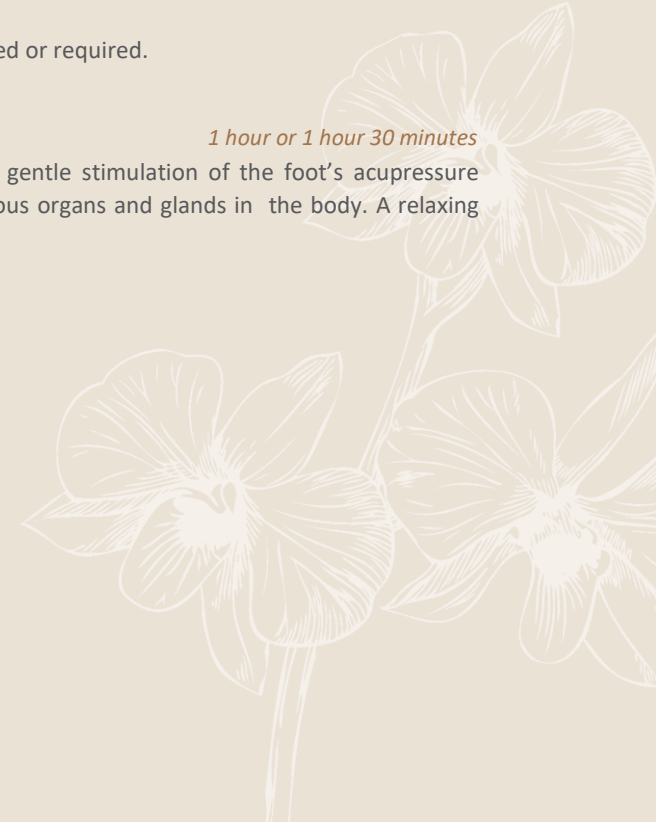
Focusing on acupressure points and the subtle energy channels influencing the directional flow of Qi in the body, the Chinese Meridian Massage helps treat many conditions.

Cupping may also be included if requested or required.

## REFLEXOLOGY

*1 hour or 1 hour 30 minutes*

The ancient art of reflexology involves gentle stimulation of the foot's acupressure points, which are directly linked to various organs and glands in the body. A relaxing treatment with therapeutic benefits.





## COUPLE'S EXPERIENCES

In today's world, quality time together with partners or friends can be difficult to find. Delight in a luxury urban escape from external distractions and digital interruptions within the beautiful tranquil couple's rooms or luxurious suites. This is the perfect place to reconnect and destress.

Share relaxation time together either before or after your treatment to truly enhance your spa experience. Three couple's suites have unique private facilities to enhance treatments and relaxation.

We also recommend enjoying a classic afternoon tea at Clipper Lounge, located on the Mezzanine level of the hotel, either prior to or following a Spa Suite experience to complete the perfect day together.

### PURE INDULGENCE

*3 hours*

This extravagant Spa experience encompasses three blissful hours completely personalised to one's needs. The treatment begins with a signature foot ritual and a lavish steam shower, after which a vitality pool filled with ginger and mandarin essential oils will be offered to bathe in or unwind on the heated Ganbanyoku bed. Guests can then select two hours of any treatment of choice to complete this heavenly journey. A light spa meal will also be served in the suite.

### SOOTHING SERENITY

*2 hours*

Designed to soothe and calm, this ritual is dedicated to relaxation. Enjoy a traditional foot ritual, followed by a Quintessence Salt Scrub to smooth and soften the skin and an Oriental Essence Massage to feel completely pampered.

# TERMS & CONDITIONS

## Opening Hours

Monday to Sunday 10am to 10pm

## Advanced Bookings

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

## Cancellation Policy

Cancellations or no shows within 12 hours will incur a 100% charge. A credit card number is required at the time of booking.

## Digital Disconnection

Our Spa environment is one of tranquility 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.

## Spa Arrival

We recommend that you check-in at The Mandarin 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 provides you with ample time to visit the Spa's heat and water facilities. Please understand that late arrivals will not receive an extension of scheduled treatments.

## Age Requirement

The minimum age requirement for access to The Mandarin Spa and Fitness Centre is 16 years old.

## Health Conditions

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

## Pregnancy

We have specially designed treatments for expectant mothers in the 2nd and 3rd trimesters. Please allow our Spa Concierge to guide you in selecting which treatments are most suitable during this special time.

## Cleanliness

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

## Loss or Damage

We regret that we cannot be held responsible for any loss or damages made to personal articles. Please keep all valuables secured in your locker. For the protection of your clothing, we ask that you wear the robe provided.

## Accidents and Injuries

The Mandarin Spa shall not be liable for any accident or injury suffered by a member or guest whilst utilising the Spa facilities.

## Restrictions on the Use of the 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.

## Homecare

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

## 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.

## Gift Cards

Our gift cards are an ideal gift for spa enthusiasts and are available online at [mandarinoriental.com/gift-cards](http://mandarinoriental.com/gift-cards) and at The Spa concierge desk.

## Spa Packages / Group Arrangement

Information on special spa packages or group programmes can be obtained by contacting The Mandarin Spa Concierge at +852 2825 4888 or email [mohkg-spa@mohg.com](mailto:mohkg-spa@mohg.com).

# PRICE LIST

ESSENCE OF HONG KONG	Time (minutes)	Weekday	Weekend
Traditional Chinese Therapy	150	\$3,700	\$3,900
Imperial Jade	120	\$3,150	\$3,350

## SIGNATURE THERAPIES

Time Rituals™	120	\$2,900	\$3,100
	180	\$3,900	\$4,200
Oriental Qi	90	\$2,200	\$2,400
Inner Strength	120	\$2,800	\$3,000
Digital Wellness Escape	90	\$2,200	\$2,400

## MASSAGE

Oriental Essence	60	\$1,700	\$1,850
	90	\$2,200	\$2,400
Aromatherapy	60	\$1,700	\$1,850
	90	\$2,200	\$2,400
Thai	90	\$2,250	\$2,450
Therapeutic	90	\$2,200	\$2,400
Lymphatic Drainage	90	\$2,200	\$2,400
Intelligent Movement	90	\$2,200	\$2,400

## BODY EXPERIENCES

Celestial Black Diamond Sculpting Treatment	90	\$2,500	\$2,700
Oriental Purifying Ritual	120	\$2,950	\$3,150

## PREGNANCY BEAUTIFUL

Mum-to-Be	60	\$1,850	\$2,050
	90	\$2,250	\$2,400
Body & Bump	90	\$2,250	\$2,400

## TREATMENT ENHANCERS

Oriental Body Scrub	30	\$820	\$880
Rose Quartz Gua Sha	-	\$300	\$330
Triple Power Collagen Face Mask	-	\$700	\$730
Pampered Feet	-	\$300	\$330

ADVANCED SKINCARE	Time (minutes)	Weekday	Weekend
Celestial Black Diamond Non-Surgical Lift	90	\$3,300	\$3,500
Cryo Globe Energy Facial	75	\$2,600	\$2,800
Bespoke 111Skin Harley St. Signature Facial	60	\$2,650	\$2,850
Pure Oxygen	90	\$2,950	\$3,100
Collagen Renewal	90	\$3,050	\$3,200
Alpha Revital	60	\$2,250	\$2,400
Age Defying Skin Toning Endermologie	90	\$2,800	\$3,000
Targeted Treatment (Eye / Lip / Chin / Neck)	30	\$700	\$800

## HOLISTIC SKINCARE

OSKIA Signature Nutri-Glow Facial	75	\$2,550	\$2,750
OSKIA Revitalising Super-C Facial	60	\$2,250	\$2,450
Detoxifying Back Cleanse	60	\$2,400	\$2,550

## GENTLEMAN'S ESSENTIALS

Deep Pore Cleanse	75	\$2,600	\$2,800
OSKIA Gentlemen's Purify and Revive Facial	60	\$2,400	\$2,600
Rejuvenating Face & Body Treatment	90	\$2,450	\$2,700

## TRADITIONAL CHINESE MEDICINE

Chinese Meridian Massage	90	\$2,200	\$2,400
Reflexology	60	\$1,650	\$1,850
	90	\$2,200	\$2,400
Facial Acupuncture	45	\$2,450	\$2,450
Doctor Consultation with Acupuncture	50	\$2,450	\$2,450
Fertility Optimisation Therapy (Package of 9 Treatments)	45	\$21,150	\$21,150

## COUPLE'S EXPERIENCES\*

Pure Indulgence	180	\$7,250	\$7,950
Soothing Serenity	120	\$5,200	\$5,400

\*Weekday pricing is in effect Monday to Thursday. Weekend pricing is in effect Friday to Sunday, and on Public Holidays. A 10% service charge will be added to your final bill for each service. Kukui and Jasmine suites are available for private rental at a cost of \$1,500 per hour per suite.