

# FITNESS, WELLNESS & SPORTS ACTIVITIES



THE  
ORIENTAL SPA  
HONG KONG



# THE ORIENTAL SPA *at* The Landmark Mandarin Oriental

Located on the 5th and 6th floor of The Landmark Mandarin Oriental, Hong Kong, The Oriental Spa is an urban sanctuary of well-being, spread over 25,000 square feet, featuring an extensive range of fitness and wellness facilities with the Eastern and Western practices blend in harmony.

For fitness enthusiasts, we provide holistic experiences to achieve your fitness goals and physical well-being. Our award-winning Yoga and Pilates studios together with the Fitness Center are equipped with the state-of-the-art facilities, where personal trainers are available to tailor your wellness program that best fits your needs. The 18-meter indoor swimming pool is an oasis of calm in the heart of Central where you can swim laps, enjoy aqua aerobics, or simply relax by the Spa Café.

Fitness, relaxation, and wellness are intertwined at The Oriental Spa to create a truly holistic approach for your well-being. Whether you're looking to tone your body, reduce stress, or simply enjoy a peaceful escape from the city, we are here to reshape your wellness routines.

## CATEGORIES

[FITNESS, WELLNESS & SPORTS ACTIVITIES](#)

[THE MEMBERSHIP](#)

[FACILITIES OVERVIEW](#)



# **FITNESS, WELLNESS & SPORTS ACTIVITIES**

## **MOVE, PLAY, LIMITLESS**

### **Assessment**

The best way to achieve the utmost results is to know yourself first. The assessment is an essential part of your journey with us, which divided into two stages:

#### **ASSESSMENT:**

Apply the most advanced In-Body composition machine to provide coherent reports and identify your needs.

#### **HUMAN TO HUMAN ASSESSMENT:**

Carry on the consultation with our professional team to tailor your fitness program.

## FITNESS CENTRE

### Personal Training | 1 hour – HKD1,150

An one-on-one personal training designed to help you maximize your goals and reach your full body potential. During each session, your personal trainer will guide you through a variety of exercises tailored to your specific needs, including cardiovascular, strength training and flexibility.

### HIIT Group Activity | 30 minutes - HKD500 – Free for Members

Get ready to sweat with The Oriental Spa's high-intensity exercise hosted by master trainers to awaken your muscles and boost your adrenaline, targeting your cardiovascular system, strength, and endurance. Perfect for those with busy schedules or looking to switch up their routine, the intense workout will motivate you to push your limits to achieve your fitness goals.

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## PILATES STUDIO

### Private Pilates Session | 1 hour – HKD1,285

Discover the benefits of Pilates at The Oriental Spa's dedicated Pilates studio with tailor-made equipment such as the Gyrotonic pulley tower and trapeze/reformer combination. Whether you're a beginner or an advanced practitioner, our highly-trained and experienced instructors will customize your workout program to help you achieve your fitness goals.

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## YOGA STUDIO & YOGA GROUP CLASS

### Private Yoga Session | 1 hour – HKD1,350

Awaken your inner senses in our award-winning studio with our tailored yoga sessions. The customized one-on-one class will lead you stretch and unwind through a sequence of asanas, helping you energise and self-reflect, while the movements help building your body awareness, balance, and muscular control.

### Group Yoga Class | 1 hour – HKD450

Partake in the daily yoga classes led by our master trainers with a variety of techniques and styles offered for all levels. Join us for an invigorating yoga class to rejuvenate your mind and body.

### Unlimited Yoga Pass

One Month | HKD4,500

Three Months | HKD9,900

Enjoy the unlimited daily group yoga classes at The Oriental Spa's Yoga Studio. Visit our [website](#) for weekly yoga schedule.

# THE MEMBERSHIP

## REWARD, SHARE, REJOICE

Escape into a world of exclusivity at The Oriental Spa and enjoy one of the Hong Kong's most luxurious and private membership experience. The membership at The Oriental Spa offers a variety of plans for individuals and corporations with unique benefits and privileges. Enjoy exclusive access to our Spa, Fitness and Wellness facilities including 18-meter indoor pool, and enjoy exclusive discounts on our Spa treatments, Fitness classes, and Retail products, as well as priority invitations to wellness events. Join us today and experience the ultimate in Spa, Wellness, and Fitness.

### INDIVIDUAL PLANS:

AN EXCELLENT ALL-YEAR-ROUND ACCESS FOR YOUR MIND AND BODY.

PLATINUM  
MEMBERSHIP

GOLD  
MEMBERSHIP

SILVER  
MEMBERSHIP

# CORPORATE PLANS

**Enjoy the exclusive membership designed for corporate guests**

## **C-SUITE CORPORATE MEMBERSHIP SINGLE AND/OR MULTI-USE ACCOUNT:**

With fast-paced and constantly evolving environment, our corporate plans are designed to reward your team members and help create a mindful working environment with a caring support on employees' well-being.

For details, please contact our Membership Team:

Email: [LMHKG-SpaManagers@mohg.com](mailto:LMHKG-SpaManagers@mohg.com)

Phone: +852 2132 0011

# FACILITIES OVERVIEW

## FITNESS CENTRE

**LOCATION** 5th Floor

**LIST OF EQUIPMENT** **In Body Analyzer:** In-Body Composition Fitness Assessment machine to analyze your overall health and fitness level

### BY LIFE FITNESS

- Treadmills – 4 Units
- Cross Trainer – 2 Units
- Upright Bike – 1 Unit
- Recumbent Bike – 1 Unit
- Rower – 1 Unit
- Spinning – 1 Unit
- Cybex Sparc Lower
- Arc Trainer

### STRENGTH TRAINING

- Chest Press
- Leg Raise
- Seated Leg Curl
- SMAB Multi Adj Bench - 2 Unit
- Dumbbell Rack
- Small Tools Rack
- Adjustable Pulley Cable
- Leg Extension
- Pull Down

### BY TECHNOGYM

- Fit Ball
- Bosu Ball
- Weight Bag
- Body Bar
- Jumping rope
- Battle rope
- Bosu
- Foam Roller
- Yoga Mat
- Step Board
- TRX
- Kettle bell
- Core Momentum Traine
- The Gripr Core Bag
- ViPR

## INDOOR SWIMMING POOL

**LOCATION** 5th Floor

**SIZE OF THE POOL** Length 18m / Width 4.5m / Depth 1.3m

**MAXIMUM CAPACITY** 3 guests at one time (Lap pool up to 3 lanes).

Heated Pool 27-30 degree Celsius



## YOGA STUDIO

**LOCATION** 5th Floor

Please refer to our [website](#) or The Oriental Spa Instagram Account (@mospa\_landmark) for the weekly schedule.

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## PILATES STUDIO

**LOCATION** 5th Floor

Private Pilates Sessions - Advanced booking is required

### LIST OF EQUIPMENT

- Balanced Body Trapeze Table/Reformer
  - Balanced Body Strata Studio Reformer x 3
    - Balanced Body Ladder Barrel
    - Balanced Body Combo Chair x 3
  - Balanced Body Baby Arc, West Coast
  - Balanced Body Clara Spine Barrel x 3
    - Gyrotonic Pulley Tower x 3
    - Jumping Stretch Board
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## CHANGING ROOMS, HEAT AND WATER EXPERIENCE

**LOCATION** 5th & 6th Floor



# INFORMATION, TERMS & CONDITION

## OPENING HOURS

Fitness Centre:	Mon – Sun	6:00 AM – 10:00 PM
Swimming Pool:	Mon – Sun	6:00 AM – 10:00 PM
Heat & Water Facility:	Mon – Sun	8:00 AM – 10:00 PM
Spa Treatments:	Mon – Sun	9:30 AM – 8:30 PM
Spa Contact	Phone number:	+852 2132 0011
	Fax number:	+852 3172 8011
	Email:	<a href="mailto:lmhkg-spa@mohg.com">lmhkg-spa@mohg.com</a>
	Website:	<a href="http://mandarinoriental.com/hong-kong/the-landmark/spa">mandarinoriental.com/hong-kong/the-landmark/spa</a>

## ADVANCED BOOKINGS

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

## CANCELLATION POLICY

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

## SPA ETIQUETTE

Our spa is a place of rest and relaxation. Please respect all spa guests' right to privacy and serenity. Please refrain using of digital devices and photography in our spa and wellness facilities.

## SPA ARRIVAL

We recommend that you check in at the spa reception at least 60 minutes before 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 heat and water oasis. 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 center is 16 years old.

## HEALTH CONDITIONS

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

### **PREGNANCY**

Spa Treatments are not encouraged during the first semester of Pregnancy. We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatment.

### **CLEANINESS**

In keeping our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized 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 The Landmark Mandarin Oriental 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 sport attire must be worn while exercising in different venues. Sports shoes are required in the fitness center.

### **SPA BOUTIQUE**

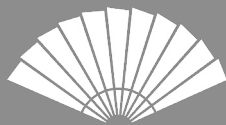
To continue your spa regimen at home, all spa products used in the treatments and services are available in our spa boutique.

### **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.

### **SERVICE CHARGE**

Service charge at 10% is added to all spa treatments.



THE LANDMARK  
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The Landmark, 15 Queen's Road Central, Hong Kong

T: +852 2132 0188

[Mandarinoriental.com/landmark](http://Mandarinoriental.com/landmark)