



# BODYSPACE

## PROGRAMME AND MEMBERSHIPS

Our unique Bodyspace Memberships and Programmes offer clients bespoke packages perfectly harmonising fitness, nutrition, and performance therapies. Each have been carefully curated by founders of Bodyspace, Stephen Price and David Higgins, alongside our expert Bodyspace team to offer the latest health and fitness technologies including Firstbeat.

Incorporating years of evidence-based experience, these programmes offer our clients the most effective way to a fitter and healthier body and mind. A highly personalised service ensures that each client is given the dedicated time and encouragement to create a unique and exceptional lifestyle experience.

For further information on pricing please contact [molon-wellbeing@mohg.com](mailto:molon-wellbeing@mohg.com)

### **Bodyspace Performance Lifestyle Annual Membership**

- 🎋 Access to the state-of-the-art gymnasium
- 🎋 Full use of the hotel's 17 metre swimming pool
- 🎋 Use of The Spa's wellness and relaxation areas
- 🎋 Bodyspace Lifestyle Programme overseen by Bodyspace Head of Training and Performance
- 🎋 Nutrition assessment and programme
- 🎋 Musculo-skeletal assessment and Stress/Recovery assessment
- 🎋 Swimming Pool - Stroke Analysis
- 🎋 VISIA skin care consultation and personalised spa treatment coordinator
- 🎋 One Movementum Functional Treatment (30 minutes)
- 🎋 Ten Movementum classes and online portal access
- 🎋 One Bastien Gonzalez Pedicure and 'gait analysis' for body posture
- 🎋 Five Guest Passes
- 🎋 Overnight stay in a Deluxe King Room (subject to availability)
- 🎋 15% discount on The Spa treatments
- 🎋 10% discount on Spa and Wellness retail
- 🎋 10% discounts in The Rosebery and Mandarin Bar (excluding Dinner by Heston Blumenthal)
- 🎋 50% Discount on valet parking (only when using the gym)
- 🎋 Invitations to exclusive member events
- 🎋 Exclusive Mandarin Oriental Hotel Group water bottle
- 🎋 In house laundry available (additional charges applied)



# BODYSPACE

## **Bodyspace Club Annual Membership**

- Access to the state-of-the-art gymnasium
- Full use of the hotel's 17 metre swimming pool
- Use of The Spa's wellness and relaxation areas
- Gym and Lifestyle orientation
- Swimming Pool - Stroke Analysis
- One Movementum Functional Treatment (30 minutes)
- Ten Movementum classes
- Three Guest Passes
- 15% discount on The Spa treatments
- 10% discount on Spa and Wellness retail
- 10% discounts in The Rosebery and Mandarin Bar (excluding Dinner by Heston Blumenthal)
- 50% Discount on valet parking (only when using the gym)
- Exclusive Mandarin Oriental Hotel Group water bottle
- In house laundry available (additional charges applied)

## **Movementum Club Membership – 3 Month Membership**

- Access to the state-of-the-art gymnasium
- Full use of the hotel's 17 metre swimming pool
- Use of The Spa's wellness and relaxation areas
- Gym and Lifestyle orientation
- Swimming Pool - Stroke Analysis
- One Movementum Functional Treatment (30 minutes)
- Unlimited complimentary Movementum classes
- Access to Movementum Portal for the duration of the membership
- 15% discount on The Spa treatments
- 10% discount on Spa and Wellness retail
- 10% discounts in The Rosebery and Mandarin Bar (excluding Dinner by Heston Blumenthal)
- 50% Discount on valet parking (only when using the gym)
- Exclusive Mandarin Oriental Hotel Group water bottle
- In house laundry available (additional charges applied)