




THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
HYDE PARK





The Spa at Mandarin Oriental Hyde Park offers a serene oasis of tranquillity beside the verdant beauty of Hyde Park. Upon arrival, you will be embraced by an atmosphere that promotes relaxation, mindfulness, and life balance, enhanced by tailored, results-oriented treatments and expert fitness guidance.

With 13 peaceful single treatment rooms, a luxurious couple's Wellness Suite, and a private Rasul, the spa proudly offers advanced facials by Biologique Recherche, alongside renowned UK brands OSKIA and Lola's Apothecary. Guests can also experience the celebrated Bastien Gonzalez Pedi:Mani Studio.

To fully enjoy the holistic wellness journey, guests are encouraged to arrive 45 minutes prior to their appointment to explore the spa facilities, which include an Amethyst Crystal Steam Room, Sauna, Vitality Pool, and a soothing Relaxation Area.

**Discover Fans of M.O.**

Become a Fan of M.O.

<https://www.mandarinoriental.com/en/fans-of-mo/registration>



# ESSENCE OF LONDON

## ENGLISH ROSE POULTICE MASSAGE

**2 hours £340**

This treatment is known for its beautiful rose scent and its calming and uplifting effects on the body. Beginning with a foot ritual, followed by a full body exfoliation guests are then treated to a rose-infused poultice massage before richly scented essential oils are massaged into the hair and scalp to release stress and tension.

## RESTORATIVE HOT STONES

**1 hour 30 minutes / 1 hour £275 / £220**

Indulge in the ultimate relaxation with our Hot Stone Massage, a luxurious treatment that uses heated basalt stones to melt away tension and stress. This opulent experience not only alleviates pain and stress but also restores balance and rejuvenates your spirit, leaving you in a state of blissful serenity.



# SIGNATURE THERAPIES

Our holistic signature therapies are guided by our oriental heritage drawing from Traditional Chinese Medicine.

## ORIENTAL HARMONY

**2 hours £495**

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses, 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 jetlag.

## TIME RITUALS™

**3 hours / 2 hours £510 / £350**

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 £275**

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.

## DIGITAL WELLNESS ESCAPE

**1 hour 30 minutes £275**

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

## INTELLIGENT MOVEMENT

**1 hour 30 minutes £275**

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. Intelligent Movement incorporates the Hypervolt Percussion.

## ORIENTAL ESSENCE

**1 hour 30 minutes / 1 hour £270 / £220**

Using custom-blended 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.

# WELLNESS SUITE

Spend quality time together or enjoy the luxury of spending time on your own in the comfort of our luxurious Wellness Suite, which includes a unique Rasul, a traditional mosaic-tiled steam room, designed to fully cleanse your body.

## WELLNESS JOURNEY

**3 hours 30 minutes / 2 hours 30 minutes**

**£630 / £450 per person**

Embark on an unparalleled wellness journey, meticulously designed to rejuvenate your body and mind. Choose from 3 hours or 2 hours of pure indulgence, each featuring one of Lola Apothecary three exquisite body rituals:

- Breath of Clarity – Awaken the senses both mind and spirit
- Cacao Antioxidant Wrap - A revitalising infusion for radiant skin and renewed energy
- Caffeine-Infused Wrap - A detoxifying boost to sculpt and awaken
- Delicate Romance - A nourishing embrace of floral serenity

Each ritual is complemented by a full-body exfoliation, an indulgent wrap, and a luxurious moisturising body soufflé, ensuring your skin is left radiant and your spirit utterly serene. Our 3 hours 30 minutes experience includes a welcome tea ritual, full-body exfoliation & wrap, Rasul, and a 1 hour 30-minute massage, with a mini facial. The 2 hours 30 minutes experience offers a welcome tea ritual, a full-body exfoliation & wrap, Rasul, and a 1-hour massage.

## ORIENTAL QI SOUND THERAPY

**3 hours**

**£495 per person**

Experience the harmony of nature with our exclusive seasonal Oriental Qi ritual, where the changing seasons align with the Traditional Chinese Elements of Earth, Fire, Metal, Water, Wood. Begin your journey with a luxurious full-body scrub, designed to leave your skin flawlessly smooth, soft, and luminous. Next, surrender to the calming ambiance of the Rasul chamber, where aromatic steam envelops your senses, inviting deep relaxation. Your journey continues with our seasonal Signature Oriental Qi Massage, a skillful hands-on treatment that balances your meridian energy using specially selected essential oils. To complete this transformative experience, the soothing resonance of sound bowls will gently guide you into a state of profound relaxation, leaving your skin radiant, your body at peace, and your spirit rejuvenated.

## RASUL RITUAL

**2 hours 30 minutes**

**£435 per person**

Embark on a luxurious journey of rejuvenation, beginning with a self-applied revitalising body scrub in the soothing surroundings of the Rasul chamber. This indulgent scrub will gently polish and refine your skin, preparing it for the next step. Immerse yourself in the rich experience of applying a luxurious mud treatment to your body, as the warm, aromatic steam envelops you, soothing both body and mind. After this rejuvenating self-care ritual, your therapist will guide you into deeper relaxation with a full-body massage, designed to restore balance and vitality, leaving you completely revitalised and renewed.



# ADVANCED FACIALS

## BIOLOGIQUE RECHERCHE REMODELING FACE

**1 hour 30 minutes £360**

The Remodelling Face Machine is an advanced bioelectric treatment that combines the power of three currents (galvanic, medium and high frequency) to deliver immediate and long-lasting results. Galvanic current maximises absorption of actives, medium frequency reshapes and tones facial contours while high frequency revitalises and energises. This advanced technology is combined with world-famous Biologique Recherche signature facials that combine targeted boosters and specialised treatment techniques.

## OSKIA - 30°C SUB-ZERO CRYOTHERAPY FACIAL

**1 hour 30 minutes £330**

**1 hour 30 minutes course of 6 GBP 1,500. 1 hour course of 6 GBP 1,175.**  
*Please note that treatment course is valid for 12 month*

Experience an incredible bio-hacking cryotherapy facial using a clinic-grade cryo unit at -30°C. This treatment combines bio-nutritional formulations and dynamic facial and scalp massages to detoxify, tone, and rejuvenate the skin while enhancing mental clarity. Cryotherapy targets the décolleté, face, neck, and scalp, incorporating ATP and collagen-boosting ingredients.

The 1 hour 30 minutes treatment starts with cryotherapy clearing the back lymphatic pathways, that clears lymphatic pathways and stimulates the Vagus Nerve. Reprogramming for enhanced restorative effects, promoting natural detoxification and delivering an immediate skin glow and uplifting hormones.

## BIOLOGIQUE RECHERCHE SKIN INSTANT® LAB

**30 minutes £75**

A unique professional diagnostic tool that identifies your Skin Instant© and monitors progress and changes overtime. It consists of five probes, measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum level. This advanced skin analysis machine recommends a selection of Biologique Recherche products and treatments that are highly personalised and perfectly match each individual Skin Instant © .

# FACIALS

## BIOLOGIQUE RECHERCHE FACIAL

1 hour 30 minutes / 1 hour £330 / £220

**Course of 6 GBP 1,650. Please note that treatment course is valid for 12 months.**

Treatment that caters to your personalised skin's needs to provide the ideal facial for you. The 1 hour 30-minute facial includes variety of add-ons to choose from, our enhanced treatment offers a luxurious solution to combat a variety of skin issues. From exfoliating and lifting to protective and reconditioning treatments, our professionally trained therapists will guide you through the comprehensive options to help you find the perfect one for you. Each skincare protocol is created in response to a personalised consultation prior to starting the session, resulting in an enhanced facial treatment delivered through meticulous hands-on techniques and pioneering technology.

## OSKIA SUPREME GLOW ENHANCER

1 hour 30 minutes / £280

**Course of 6 GBP 1,400. Please note that treatment course is valid for 12 months.**

A traditional treatment with a modern Tech twist. Hands-on methods are blended with the latest innovative multi-functional device to supercharge results, cleansing and collagen stimulating benefits are further enhanced with the addition of silicone brushes, massage pads with focused LED, hot & cold rings & muscle-stimulating micro-current.



## OSKIA SIGNATURE FACIAL

1 hour 30 minutes / 1 hour £260 / £200

**Course of 6 GBP 1,300. Please note that treatment course is valid for 12 months.**

Described as a non-surgical facelift, this luxurious, radiance-boosting facial ensures concerns and conditions are individually treated. Nutritional, biomimetic formulations are combined with a select number of modern and traditional glow-inducing techniques including dynamic-facial massage, acupressure points, high-tech led-light therapy, hot compresses, and cooled stones to ensure contours are smoothed yet lifted, and skin rediscovers its natural radiance.

## OSKIA GENTLEMAN'S FACIAL

1 hour £200

The Gentleman's Facial is designed to leave your skin thoroughly cleansed, refreshed and hydrated. 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.



# BODY TREATMENTS

## THE LOLA RITUAL

**2 hours £340**

Surrender to the ultimate in luxury with this exquisite full-body ritual, designed to nourish, detoxify, or energise. Your journey begins with a decadent full-body scrub, followed by a lavish wrap infused with one of Lola Apothecary's opulent blends, and concludes with a deeply soothing, full-body massage to melt away every trace of tension.

Choose from:

- Breath of Clarity – Awaken the senses both mind and spirit
- Cacao Antioxidant Wrap - A revitalising infusion for radiant skin and renewed energy
- Caffeine-Infused Wrap - A detoxifying boost to sculpt and awaken
- Delicate Romance - A nourishing embrace of floral serenity. An unforgettable escape for body and soul - refined, radiant, and deeply restorative.

## OSKIA FACE & BODY TREATMENT

**1 hour 30 minutes £260**

A sensational experience, The Luxury Face & Body Treatment combines our most luxurious radiance-boosting and anti-ageing facial techniques with the very best relaxing massage to entirely renew your complexion and your sense of well-being and ensure you leave radiating with good health.

## BODY SCRUB

**30 minutes £110**

Pamper your skin with a lavish exfoliation in your preferred scent:

- Breath of Clarity – A cooling, invigorating scrub to awaken the senses.
- Euphoric Indulgence – A warm, orange-infused scrub for deep comfort.

Buff away dullness, reveal radiant skin, and indulge in pure relaxation.

# SPA TREATMENT ENHANCEMENTS

Enhance your experience by incorporating one of our spa enhancements, tailored to fit seamlessly within your treatment time.

## LUXURY HAND RITUAL £40

After a stressful day, there is nothing better than a nice relaxing hand massage, which will have a beneficial effect in reducing the tensions that build up after the constant use of digital devices during the day. Local and general circulation throughout the body will be immediately reactivated.

## REJUVENATING FOOT RETREAT £40

Treat hard-working feet with reflexology points and an intensive mask to soften and nourish the sole.

## ILLUMINATING EYE INDULGENCE £40

A dedicated treatment for the eye area to relieve fatigue. The application of our luxurious eye cream and massage with cold stones, helps minimise signs of stress and fatigue.

## CALMING SCALP RITUAL £40

A soothing scalp massage with hot oil to help nourish and soothe the scalp.

## RESTORATIVE MINDFULNESS RETREAT £40

Add a therapeutic sound therapy through singing bowl experience to start and end the treatment to give calmness to one's well-being.



# BODY MASSAGE

## INTELLIGENT MOVEMENT

**1 hour 30 minutes / 1 hour £275 / £220**

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. Intelligent Movement incorporates the Hypervolt Percussion.

## THERAPEUTIC

**1 hour 30 minutes / 1 hour £275 / £220**

This deeply restorative treatment is designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

## OSKIA CIRCADIAN SYNCING DEEP SLEEP TREATMENT

**1 hour 30 minutes £270**

Experience unparalleled serenity with this luxurious, multiphase, circadian-syncing massage treatment, a meticulously crafted experience designed to influence sleep, mental well-being, body systems as well as skin vitality. Once the breath deepens, the body relaxes and the therapist slowly and gently massages & cocoons every expanse of skin and pulse point with sumptuous mists warm oils and balms, therapeutically laced with magnesium, melatonin and CBD\*. This profound yet harmonious combination works to naturally promote deep relaxation and sound sleep.

(\*CBD optional)

## OSKIA DYNAMIC BODY SCULPTING MASSAGE TREATMENT

**1 hour 30 minutes £275**

This transformative Brazilian Sculpting Massage smooths cellulite, enhances contours, and elevates body confidence. Expert lymphatic techniques and antioxidant-rich oils sculpt the legs, waist, arms, and glutes. Advanced cryotherapy enhances microcirculation, while precision wooden tools support both deep tissue works and gentle lymphatic drainage, leaving the body visibly firmer and beautifully revitalised.

## ROSE INDULGENCE MATERNITY MASSAGE

**1 hour 30 minutes / 1 hour £260 / £210**

This wonderful pregnancy massage uses the healing benefits of Lola Apothecary's rose oil to balance hormones, calm emotions and rejuvenate the skin. Using techniques designed to improve lymphatic drainage and help reduce swelling and discomfort, the treatment is performed on a pregnancy comfort cushion, using only all-natural ingredients.

# PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Bastien Gonzalez is internationally renowned for his unique approach to foot treatments. Drawing on extensive professional expertise and experience as a French "Pedicure-Podologue", he has designed and developed a selection of exclusive treatments for feet, nails and hands fusing both wellbeing and beauty.



## BASTIEN DUO

**1 hour 15 minutes £245**

Combining a manicure and pedicure, this treatment is performed at the same time with two therapists, concluding with our synchronized four hands massage focusing on hands, arms, legs and feet. The ultimate in luxury and total relaxation.

## BASTIEN PEDICURE

**1 hour £145**

A comprehensive pedicure, with gentle buffing to restore the natural beauty of the nails, revealing healthy, shiny nails without lacquer. The pedicure also includes a skin treatment that effectively eliminates irregularities and dryness and a relaxing massage from the toes to the knees to relieve any tension and heaviness.

## BASTIEN MANICURE

**1 hour £115**

An outstanding manicure in three steps: cuticle and nail treatment with a natural beauty finish to the nails and a thorough massage of the forearms, wrists, hands, and fingers.

## NAIL ENLIGHTENMENT

**1 hour £115**

A foot treatment focusing on the beauty of nails, cuticles and the light smoothing of dryness from the soles of the feet. Nails are reshaped and buffed with chamois leather and a pearly buffing cream to reveal healthy, shiny and naturally beautiful nails. The treatment ends with a relaxing foot massage.



# BASTIEN GONZALEZ ENHANCEMENT TREATMENTS

## GLOBAL REFOUNDATION MASSAGE

**30 minutes £145**

This treatment includes a deeply relaxing synchronized four- hands treatment including an arms, hands, legs and foot massage to eliminate tension and heaviness, while improving skin elasticity and providing optimum mobility. This indulgent treatment ensures both feet and hands feel rejuvenated as the two therapists work in perfect harmony

## FOOT REFOUNDATION MASSAGE

**45 minutes / 30 minutes £165 / £115**

Designed to restore wellbeing to feet and legs. This truly relaxing massage from the toes up to the knees focus on reducing muscle tension and improving joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub assists in the penetration of the cream used during the massage.

## BLACK DIAMOND SCRUB TOUCH

**15 minutes £35**

Elevate your pedicure and manicure by adding the Black Diamond Scrub Touch. This mineral foaming scrub permits a vigorous natural exfoliation, aiding the removal of dead skin cells and leaving skin feeling smooth and silky. Essential oils of thyme and sage contribute to the maintenance of healthy and elegant feet and hands.

## COLOUR TOUCH

**15 minutes £35**

Select your preferred colour from our wide range of lacquers, which are formaldehyde, toluene and DBP free. This treatment includes nail reshaping.

# URBAN RITUALS

## INDULGENT ESCAPE

**4 hours £665**

This highly efficacious ritual offers the best of British natural skin care developed to restore your inner balance and build future resilience. This complete head to toe experience harnesses the power of natural products tailored by your expert therapist to our specific needs. Finish this Urban Ritual off with a healthy lunch in The Rosebery.

- Welcoming Foot Ritual 10 minutes
- The Lola Ritual (body scrub, body wrap, massage) 2 hours 20 minutes
- OSKIA Signature Facial 1 hour 30 minutes
- Healthy Lunch served in The Rosebery

## TEA AND THERAPY

**3 hours or 2 hours' £550 / £400**

Indulge in an afternoon of complete decadence and pampering. This classic combination offers a bespoke spa experience within our exclusive spa environment followed by an indulgent afternoon tea experience.

- Welcoming Foot Ritual
- 3 hours or 2 hours' Time Ritual
- Afternoon Tea served in The Rosebery



## MALE SELF CARE

**2 hours 30 minutes £405**

Designed to give immediate results to your skin and release muscle tension.

- Gentleman's Facial 1 hour
- Intelligent Movement 1 hour 30 minutes

## POWER OF THE ORIENT

**2 hours 30 minutes £445**

Discover your Chinses Element with Oriental Qi. Inspired by Traditional Chinese Medicine this relaxing, hands-on body massage ritual works on the energy of the meridians' using the benefits of essential oils.

- Welcoming Foot Ritual 10 minutes
- Scrub 30 minutes
- Oriental Qi 1 hours 30 minutes
- Express Facial 20 minutes



# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre and Pool	Monday – Sunday	6:30am – 9:30pm
Spa	Monday – Sunday	9:00am – 9:00pm

## CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours 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.

## 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.

## MINIMUM BOOKING TIMES

For treatments lasting 1 hour and 30 minutes or more, guests are welcome to enjoy our separate male and female spa facilities, which include a sauna, steam room, experience shower, and vitality pools as part of their spa experience. Spa treatments of two hours or more also include complimentary access to our 17-meter swimming pool.

## AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 18 without written consent from a parent or guardian. For more information on our children's fitness and spa services please contact the spa via [molon-spa@mohg.com](mailto:molon-spa@mohg.com)

## ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation.

## 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>



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