




THE SPA
— AT —
MANDARIN ORIENTAL
— —
LONDON



Mandarin Oriental Hyde Park, London's spa, wellness and beauty areas provide a haven of tranquillity within the heart of Knightsbridge, promoting an aura of relaxation, mindfulness and life balance, whilst providing guests with specialist, results-driven treatments and fitness advice.

With 13 single treatment rooms and a new couple's Oriental Suite and Rasul water temple, The Spa offers Mandarin Oriental's own signature therapies, French leaders in advance facials, Biologique Rescherche, nutritional skin care from the UK brand OSKIA and industry leading CBD brand OTO. Additionally the spa offers the award winning Bastien Gonzalez Pedi:Mani:Cure Studio.

Guests are encouraged to arrive 45 minutes before their appointment time to enjoy the extensive spa facilities, including an Amethyst Crystal Steam Room, Sauna, Vitality Pool and a Zen Colour Therapy Relaxation Area.

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.



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

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.

ORIENTAL ESSENCE

1 hour 30 minutes £260

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.



ORIENTAL SUITE

Spend quality time together or enjoy the luxury of spending time on your own in the comfort of our luxurious Oriental Suite, which includes a unique Rasul water temple, a traditional mosaic-tiled steam room and warm rain shower, designed to fully cleanse your body. Select from the following list or simply book a block of time for a bespoke treatment experience:

TIAN QUAN

3 hours 30 minutes £595 per person

This personalised bathing treatment is inspired by Traditional Chinese Medicine. Natural herbs, combined with Mandarin Oriental Signature products are used together to create a soothing and tranquil bathing experience, followed by a hydrating facial, a full body massage, relaxation time and a delicious wellness snack.

WATER WELLNESS

2 hours 30 minutes £495 per person

A luxurious Oriental bathing experience that will treat you from head to toe using the health enhancing properties of heat, steam, and luxurious body wrap for a totally relaxing and skin conditioning treatment. Followed by a body massage, relaxation time and a delicious wellness snack.

RASUL WATER TEMPLE

1 hour £195 per person

Following a full-body exfoliation and the application of a nourishing body wrap to the skin, guests are escorted to our traditional mosaic-tiled room to relax in hot steam. Time spent in the Rasul water temple softens the mud, encourages pores to open, toxins to be released and natural minerals to be absorbed, resulting in refreshed, smooth skin.

This treatment can only be reserved within the Oriental Suite and in combination with treatments of 1 hour or above.

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 VAGUS RE-PROGRAMMING FACIAL

1 hour 30 minutes £330

A sense-heightening experience on the back, neck, face & scalp. To begin the treatment, antioxidant-rich super-berry oils are applied to the back before short Cryo-blasts clear lymphatic pathway and stimulate the bodies longest cranial nerve & the main component of the parasympathetic nervous system, the Vagus Nerve, allowing the body to ease into a rest-and-digest state. The cryotherapy continues onto the décolleté, face, neck & scalp and additionally incorporates influential ATP and collagen boosting ingredients, lymph manipulation & sculptural massage to further stimulate and support the body's natural detoxifying & healing processes, deliver an immediate skin-glow, and generate a rejuvenating wash of feel-good hormones.

Course of 6 GBP 1,500. *Please note that treatment course is valid for 12 months.*

OSKIA SUB-ZERO CRYOTHERAPY FACIAL

1 hour £235

An incredible bio-hacking cryotherapy facial, this wellness treatment incorporates a clinic-grade cryo unit which delivers pure, condensed air at a temperature of -30 degrees centigrade. When used in conjunction with powerful, bio-nutritional formulations and dynamic facial and scalp massage techniques, skin will immediately be refined, de-toxified and & toned, in addition to renewing clarity to the mind. At a deep, cellular level, inflammation is reduced, and rebuilding and repairing processes within cells are supported & enhanced.

Course of 6 GBP 1,175. *Please note that treatment course is valid for 12 months.*

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

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.

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

OSKIA SUPREME GLOW ENHANCER

1 hour 30 minutes / £280

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. Course of 6 GBP 1,375. *Please note that treatment course is valid for 12 months.*

OSKIA SIGNATURE FACIAL

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

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

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

RENAISSANCE BODY GLOW

2 hours / 1 hour £340 / £190

A luxurious dual-action, full-body ritual designed to indulgently smooth, soften and brighten your body from top to toe. Fine pink Himalayan salt, fruit enzymes and starflower oil perfectly prepare the skin for the warm, velvet- clay body-mask that follows. While the nourishing bio-nutritional actives are drawn into the skin, a brightening face mask helps to illuminate your skin followed by a meditative face and scalp massage lulls you into a state of deep relaxation. The two-hour treatment features a massage for a truly indulgent and blissful experience.

LUXURY 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 deep pressure 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

A luxurious dual-action, full-body scrub designed to indulgently smooth, soften and brighten your body from top to toe. Fine pink Himalayan salt, fruit enzymes and starflower oil perfectly prepare the skin. This treatment can only be reserved in combination with another treatment.



BODY MASSAGE

INTELLIGENT MOVEMENT

1 hours 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.

THERAPEUTIC

1 hour 30 minutes £275

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.

DEEP MUSCLE MASSAGE WITH HOT WAVE STONES

1 hour 30 minutes £275

Specially designed full body massage with white Jade Wave Stones. This massage will help unravel persistent muscular tightness while pure, aromatic essential oils will relieve stress, recharge your spirits and leave you feeling rejuvenated. This is the ultimately restorative experience.



THERAPEUTIC MOVEMENT ENHANCING MASSAGE

1 hour 30 minutes / 1 hour £275 / £200

The Momentum massage is our specialised treatment using impactful techniques that are both purposeful and effective in enhancing movement through guided breathwork, lymphatic drainage, soft tissue and trigger point massage along with assisted stretches to help mobilise and can accelerate both movement preparation and recovery.

ROSE INDULGENCE MATERNITY MASSAGE

1 hour 30 minutes £250

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.

CBD MASSAGE

1 hour 30 minutes £270

Release the tension / Focus the mind / Pause and rebalance
Designed to ease tension and unravel tightness in tired muscles. This full body treatment uses CBD oil infused with Bitter Orange, Grapefruit and Juniper Berry, coupled with a handcrafted bamboo roller to rejuvenate deeper levels of the muscle. Combined with an OTO signature sound therapy and the placement of Red Jasper crystal, renowned strong grounding properties, for a profoundly regenerative experience.

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 £220

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 £105

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

30 minutes £90

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
- Renaissance Body Glow 1 hour
- Oriental Essence Massage 1 hour 20 minutes
- 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
- Deep Pressure Massage with Hot Wave Stones 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

YOUTH AND BEAUTY

2 hours £310

A delightful combination of the best of natural nail care from internationally recognised award winning Bastien Gonzalez partnered with world leading beauty brand Biologique Recherche offering a personalised facial targeted your skins needs.

- Biologique Recherche Facial 1 hour
- Bastien Pedicure 1 hour

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 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 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

Spa treatment experiences are a minimum of 1 hour and 30 minutes Monday to Thursday and 2 hours Friday to Sunday.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 18. For information on children's fitness and spa services please contact spa_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>