



Wellness at The Spa at Mandarin Oriental Hyde Park, London

EASTERN INSPIRED

Reiki by RIKA TANAKA

£170 / £220

1 hour / 1 hour 30 minutes

Originated from Japan, Reiki is an energy healing practice suitable for guests seeking a sense of wellbeing, mindfulness and holistic health. During this hands-on treatment, Reiki energy flows through the guest's body, relaxing and healing, both physically and emotionally and encouraging a naturally balanced state with reduced stress and anxiety. Physically, it supports the body's balance of hormones and systems, assisting the elimination of toxins and boosting the natural healing process. The Spa at Mandarin Oriental, London offers Jikiden Reiki which is renowned as the most authentic Reiki system available today.

SHAYLINI

Shaylini is a world renowned Reiki Master Teacher and Practitioner with a worldwide and celebrity clientele. She provides deeply healing treatments ranging from Reiki healing, Chakra balancing, Guided healing meditations and an array of healing energy therapies to help experience freedom from emotional, mental and physical imbalances.

The Sacred Self has been created by Shaylini to help you feel nurtured, inspired, balanced, free and most importantly happy. Through these techniques you will naturally experience an alchemical shift in energy leading to peace, joy and freedom. Shaylini leads her healing with a compassionate and heart-centred approach to bring clarity of mind, balance of body, healing of the soul, and nurturing of our Sacred Self.

Deeply Intuitive Reiki Healing

1 hour / 1 hour 30 minutes

£150 / £250

Reiki healing is a deep form of energy healing which works to align you to your true potential, remove any energy that no longer serves you and helps you to achieve ultimate inner peace and happiness. A body scan will diagnose and treat imbalances using a variety of techniques including emotional body clearing, vibrational frequency rebalancing, karmic pattern cleansing, chakra cleansing and balancing, and energy healing restoration.

Chakra Balancing

1 hour / 1 hour 30 minutes

£150 / £200

Through her transformative chakra balancing techniques, Shaylini replenishes the body's life energy from the chakras right through to the cellular level, whilst enabling the release of any depleted energies. This ensures optimal flow and even distribution of energy throughout each chakra, resulting in balance, elimination of disease and powerful healing and cleansing.

Deep Emotional Healing

£180 / £250

1 hour / 1 hour 30 minutes

Shaylini provides a unique emotional healing technique that works to release you from your emotional wounds. Shaylini aims to release the blockages that are preventing you from moving forwards and experiencing freedom whilst opening the connection to your true emotional needs. During this process considerable karmic pattern cleansing also takes place in addition to release of repetitive patterns and blocks. This healing experience will bring back your beautiful and original state of serenity and wholeness in body, mind and soul. Amplify your experiences of love and peace through this divinely guided healing.

Divinely Guided Meditations

1 on 1 / group session of 2 or more

£120 / £90

40 minutes Shaylini's deeply healing meditation techniques will enable your body, mind and hearts to open up more freely to renewal, growth and inner peace, cultivating a greater relationship with yourself and more awareness of your thoughts. As you begin to observe your thoughts you will be guided through techniques to gently release emotional, physical and mental tensions.

Reiki & Crystal Healing with Rose Quartz and Selenite

1 hour / 1 hour 30 minutes

£180 / £250

Experience complete restoration and amplification of deep inner peace, love and compassion through the Divine healing energies of Reiki, Rose Quartz and Selenite crystal body healing. Shaylini provides a unique emotional healing technique that works to release emotional stress and restore inner peace, alignment and clarity from a place of love. This guided healing experience is a journey to serenity and finding the balance of mind, body, and soul, to reconnect your Divine self-back to the abundance of life.

PROF KE

Professor Song Ke, has practiced and taught Traditional Chinese Medicine worldwide for over 30 years. His clinical success as a leading consultant of Traditional Chinese Medicine in the UK.

TCM one to one Consultation £500 1 hour

To strengthen and optimise overall health, our Asante doctors will personally discuss your specific areas of concern. A comprehensive treatment program will be tailored for you according to your constitutional type and symptoms, which may include following elements, along with herbal remedies and dietary advice

ACUPUNCTURE by ASANTE £240 1 hour

Used to stimulate the body's own healing response and help restore its natural balance/homeostasis an acupuncturist inserts very fine sterilised disposable needles into points on the body's meridians (the channels of energy). By leaving the needles in for approximately 30 minutes, a circuit of energy will be created which helps correct imbalances.

TAI CHI by ASANTE £240 1 hour

Tai Chi Chuan is a traditional Chinese martial art, often practiced promoting musculoskeletal and internal strength and to improve dexterity and overall wellbeing.

QIGONG by ASANTE £240 1 hour

Qigong combines meditation, breathing and physical exercise in static postures and slow or fast rhythmical movements. Qigong activates the body's internal energy system to promote the circulation of the body's fluids, energy and blood.

TAUINA MASSAGE by ASANTE £320 1 hour 30 minutes

Tuina or Chinese Therapeutic Massage uses finger pressure, stretching and mobilising to stimulate the channels and acupuncture points. Often used in conjunction with acupuncture, it is not only an effective treatment for musculoskeletal problems, but can also be effective for many other conditions, particularly digestive problems, and insomnia.

MIND AND BODY

FRANCY LEMA

Francy Lema is Naturopath and Acupuncturist, Yoga teacher (Yoga Alliance) Thai massage Teacher (ITM School registered) and certificated professional in Therapeutic Massage. With more than 10 years' experience in wellness and nutrition, she has been learned different oriental techniques in Asia, enlarge her western training and concept of global health and wellness. Her passion, vocational work, and way of life is the focus to improve the quality of life of individuals, restoring physical and emotional health.

Sea Magnesium Deep Massage £210 / £300 1 hour / 90 minutes

Ideal to break down the stiffness, relief pain, release fatigue and recovery from Jet Lag. Include Magnesium mineral oil and specific cream. Could be include fascia stretching, cupping and Tok Sen.

Yoga-Thai Massage £210 / £300 1 hour/ 1 hour 30 minutes

A traditional massage from Wat Poh Temple and the body is massaged without oil. Increases mobility, flexibility and reduce body tension. Improves the body posture and provides general well-being.

Shiatsu £190 / £275 1 hour / 1 hour 30 minutes

A form of acupressure that originated in Japan. This pressure point therapy uses kneading, pressing, soothing, tapping, and stretching techniques and is performed without oil. Helps to reduce stress.

Naturopath Consultation £190 / £100 1 hour / 30 minutes (Follow up)

Based on the deep understanding of the naturopathic use of herbs, supplementation, and a good nutrition this session is a perfect start to care for your body from inside and discover your inner strength and health. Includes, nutrition advice, and breathing education.

HESHMAT NASIRI

Heshmat is a Musculoskeletal Physiotherapist and a professional specialist Masseur. Within his work Heshmat uses different physiotherapy interventions to relieve pain, increase range of movement, strengthen muscles and improve function appropriate to the guest's condition. Heshmat uses rehabilitative exercise therapy, manual therapy techniques, myofascial release technique, spinal traction, manipulation, soft tissue mobilisation.

Physiotherapy 1 hour £180 / £255 1 hour / 1 hour 30 minutes

Using stretching and pressure, manual therapy techniques, soft tissue mobilisation to relieve pain, increase range of movement, strengthen muscles and improve function.

PADMA CORAM

Authentic Chakra and Energy Healing Specialist

Padma Coram is a multi-award-winning Entrepreneur & Amazon's No.1 Best-selling Author. Padma has since birth been living this cosmopolitan East-West lifestyle. She has travelled extensively, worldwide and understands modern, URBAN issues & busy lifestyles, with magical results. Indian born Padma's passion for helping people improve their lives has been instilled and practiced since birth. She comes from the first family of Wellness, a distinguished line of Yoga Masters (including Swami Sivananda of the Sivananda Yoga fame). She has an immense understanding of luxury lifestyle & International cultures & backgrounds.

Discovery Time £445

1 hour 30 minutes

A powerful one to one consultation to mutually discover the need of the hour. The diagnosis will be followed by a bespoke session. The session could be a healing or rejuvenating or both, with tips and tools to be taken away

Soul Cards and Colour Therapy £295

1 hour

Helps individuals to understand their authentic personality & life journey. This work is to enhance and increase luck and confidence. It helps get unstuck from sticky situations.

Chakra Meditation and Crystal Healing £295

1 hour

Is used to recalibrate our energy fields, to feel emotionally and physically balanced, safe, secure, joyful and to move forward in life positively.

Yoga Nidra (Sleep Therapy) £295

1 hour

Promotes anti-aging, encourages relaxation and peaceful sleep. The inner detox boosts non-invasive rapid cell regeneration for the mind and body.

Breathwork and Burnout Therapy £295

(Prevention & Cure)

1 hour

A combination of eastern & western techniques to release stress & tension for the modern urban global citizen through a variety of breaths, mudras and mantras.

Mindfulness £295

1hour

Can improve mental wellbeing, reduce stress, anxiety, depression and increase calmness, memory and mental clarity.

One to One Consultations:

Discovery Session: 1 hour

£360

Ongoing Sessions: 45 minutes

£295

Remote Online Consultations:

Discovery Session: 1 hour

£360

Ongoing Sessions: 45 minutes

£295

KATE THOMPSON

Kate Thomson is a Craniosacral Therapist and Myofascial Release practitioner, her treatments are highly personalised and install deep stillness, restoration and relaxation. Kates has extensive experience of working with people of all ages from all backgrounds, abilities and disabilities and her deep sensitivity provides a treatment where pain melts away and difficult emotions past and present are given perspective and resolution. Her aim is to help people come to terms with the past, live in the present and support a future of happiness, where opportunities can flourish and wishes can come true.

Craniosacral Therapy & Myofascial Release

1 hour 30 minutes / 1 hour

£290/£195

A gentle and effective therapy working with the body using a light touch and minimal manipulation, supporting your body's innate ability to balance, restore and heal itself as well as helping to reduce stress and build underlying energy. A gentle but powerful form of physical therapy treating the entire fascial network, promoting the body-mind connection and restoring function and balance.

ANDREW JOHNSON

Therapist and Coach.

Meditation, Mindfulness & Self-help,

For over 25 years, Andrew Johnson has been helping people relax, change and create the lives they want. His work has motivated and empowered people across the world and helped them cope with stress, overcome anxiety or fears, break habits and achieve their full potential. Andrew uses a range of techniques which allow people to successfully regain control and achieve positive outcomes in their work, home and personal life. Simple, safe and easy to learn and integrate in daily life, these techniques include relaxation therapy, stress management, clinical hypnotherapy, meditation and mindfulness.

Remote Online Consultations

£200

NUTRITION

GLORIA MASITHELA

Gloria is a certified nutritional therapist and health coach specialising in providing nutritional care for digestive problems like IBS, bloating, Dysbiosis, abdominal pain and Coeliac disease or anyone who wants to lose weight and regain their health.

Initial consultation will take between 60 to 90 minutes

Prior the consultation you will receive a health questionnaire.

This is to be returned 1- 2 days prior to the appointment.

An array of nutrition and lifestyle coaching programmes to choose from.

Functional testing, including food intolerance and allergy testing.

Personalised meal plan

One to One Consultation:

60-90 minutes plus meal plan

£240

Follow Up Session 30-60 minutes

£110

Packages available on request covering such areas as vegan diet, spring clean, weight gain, sugar reduction.

BEAUTY

NICHOLA JOSS

With exclusive clinics in New York, Los Angeles, Doha, Miami, London and Toronto, Nichola Joss is one of the beauty industry's most revered skincare experts. She remains the facialist of choice for many A-list clients and regularly features as a world leading skincare therapist in the most prominent magazines including Vogue, Harper's Bazaar and Tatler. She frequently works with leading fashion houses such as Roland Mouret and Victoria Beckham and top skincare brands.

Nichola is best known for her 'Inner Facial™' which promotes lymphatic drainage using her unique facial movements and inner mouth massage to lift and sculpt the facial muscles and increase circulation.

Voted the world's leading facialist in 2019, Nichola combines her experience to create bespoke treatments that yield immediate and lasting results. She tailors each facial and massage to her client's specific needs, carefully selecting the right products and approach to achieve the best results.

Nichola is passionate about protecting the environment and ensuring that skincare is ethically produced, sustainably sourced and never tested on animals. In early 2021, Nichola will be launching her own skincare brand.

Inner Facial™

Nichola Joss £350
Executive Therapist £250
1 hour

Nichola's unique Inner Facial™ combines lymphatic drainage massage, deep tissue pressure point massage and sculpting techniques to lift the facial muscles. The Inner Facial incorporates Nichola's famous massage from inside the mouth which works the deeper facial muscles leaving the skin looking immediately younger and fresher.

This technique improves the skin tone and texture by increasing circulation to the jaw muscles whilst lifting and toning the face. The facial is a bespoke treatment and addresses each client's unique skin and muscular needs. The Inner Facial™ is a wonderful anti-ageing treatment, but it is also particularly beneficial for anyone seeking an immediate "face lift" as it revives and relaxes the facial muscles resulting in plump, glowing skin

The Inner Facial is a bespoke treatment created with only you in mind.

Nichola and her executive facialists use specially curated bespoke products which result in a highly personalised and effective treatment.

Full Body Lymphatic Drainage Massage

Executive Therapist £300 / £450
1 hour / 1 hour 30 minutes

The bespoke Nichola Joss Lymphatic Drainage Massage uses a highly specialised lymphatic drainage technique developed and refined by Nichola over the last twenty years. This decongestive lymphatic massage involves the application of very light pressure with long, gentle rhythmic strokes to increase the flow rate of the lymph system to help rid the body of toxins and reduce water retention. This in turn helps to improve circulation, diminish the appearance

of cellulite and improve the efficiency of the digestive system.

The Nichola Joss Full Body Lymphatic Drainage Massage is also available as a 1 hour 30 minutes treatment which includes a facial massage.

Body Detox Sculpting Massage - CHI NEI TSANG

Executive Therapist £350 / £500
1 hour / 1 hour and 30 minutes

The Nichola Joss Body Detox and Sculpting Massage is a prescriptive, bespoke body treatment which uses a highly developed, deep sculpting technique together with lymphatic drainage massage, cupping and the use of mechanical massage equipment. The massage is decongestive in nature helping to flush toxins through the lymphatic system, providing an intense rebalancing of energy whilst aiding digestive and hormonal imbalances. This unique treatment also delivers immediate nourishment and hydration to the skin whilst noticeably contouring the silhouette.

Nichola Joss Hormone Method™ Treatment

Nichola Joss £400 / £550
Executive Therapist £300 / £400
1 hour / 1 hour and 30 minutes

Nichola's signature hormone method™ body treatment heralds the next generation in holistic healing for women. Created exclusively for the Mandarin Oriental, this unique massage draws on Nichola's extensive experience working with women over the last three decades. By adapting this personalised treatment to suit your individual hormone profile, Nichola can address specific concerns such as fluid retention or dehydrated skin which may be prevalent at the time of the appointment. This deeply relaxing and restorative treatment works to balance hormone levels by stimulating the endocrine system whilst relieving muscle ache and fatigue. By boosting your natural feel-good hormones, the treatment helps to reduce stress and anxiety whilst encouraging an improved immune system response. A very special treatment which puts you and your individual needs at the centre of this unique experience.