



Wellness at The Spa at Mandarin Oriental Hyde Park, London

EASTERN INSPIRED

SHAYLINI

Shaylini is a world-renowned Reiki Master Teacher and Practitioner with a worldwide and celebrity clientele. She provides deeply healing treatments to help experience freedom from emotional, mental and physical imbalances.

Deeply Intuitive Reiki Healing

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

Reiki healing is a deep form of energy healing which works to align you to your true potential, remove negative energy and helps you achieve inner peace and happiness. This experience will treat imbalances using a variety of techniques including emotional body clearing, vibrational frequency rebalancing, karmic pattern and chakra cleansing along with energy healing restoration.

Chakra Balancing

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

Chakra balancing 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 & Cleansing

1 hour / 1 hour 30 minutes **£250 / £320**

This healing experience will bring back a peaceful state of serenity and wholeness in body, mind and soul. This divinely guided healing will release blockages that are preventing you from moving forward and will enable you experience love and peace throughout.

Reiki & Crystal Healing with Rose Quartz and Selenite

1 hour / 1 hour 30 minutes **£250 / £350**

Experience complete restoration and amplification of deep inner peace, love and compassion through the 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.

Reiki Healing and Chakra Balancing combination

1 hour / 1 hour 30 minutes **£275 / £350**

Combining the deeply healing intuitive energies of Reiki with Chakra Balancing, this powerful treatment works to provide a full body healing whilst also replenishing the life energies and balancing the energies of the chakras. This combination healing treatment works to heal your body's prana or life energy from the chakras right down to the cellular level.

Karmic Pattern Cleansing and Karmic Healing

1 hour / 1 hour 30 minutes **£200 / £270**

Karmic Pattern Cleansing works to heal and release deep cords of energy stemming back generations or through recent past relationships that unconsciously influence our current lives and relationships. This powerful energy will help to transform negative patterns in such a way that you will very naturally make conscious and positive life choices that lead to experiencing deep inner joy and connection. It will clear the blocks that may be preventing you from experiencing your utmost potential in life and will enhance your intuition and awareness to create healthy, new energetic patterns going forwards.

Kundalini Yoga

40 minutes **£180**

Through its high vibrational and healing energy, Kundalini yoga works to create profound healing, release, expansion, and awareness on all levels of your mind, body, and soul. It does this through activating your Kundalini energy, or shakti. This is a spiritual energy that is located at the base of your spine and connects us to the divine energy within. Through a combination of breathwork, music, mantras, specific movements (kriyas and mudras) and meditations, Kundalini yoga works to strengthen intuition and willpower.

RIKA TANAKA

Rika is originally from Japan and has been practicing Reiki for close to 20 years. She is one of very few Reiki teachers in the world given the highly regarded title Daishihan. Her rich experience as a holistic therapist and her extensive knowledge of holistic health, from both East and West, allow her to offer a uniquely tailored and heartfelt service to each client.

Jikiden Reiki

1 hour / 1 hour 30 minutes / 2hrs **£170 / £220 / £280**

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 or hormones and systems, assisting the elimination of toxins and boosting the natural healing process.

LEAH POWELL

Leah is a certified Sound Therapist whose holistic treatments are renowned for their transformational and deep inner healing properties. Through her extensive experience, Leah has mastered various powerful ancient healing tools, such as the gong and singing bowls and uses this knowledge in her sessions to induce deep meditation, altered states of consciousness and cellular regeneration.

Immersive Sound Bath

1 hour / 1 hour 30 minutes **£250 / £325**

This treatment combines the soothing harmonics of high healing frequency instruments, such as the Gong and Crystal Singing Bowls, producing powerful vibrations that resonate deep within the body. The frequencies help create total silence within as you tune into heightened states of awareness. Renowned for its regenerative and deep inner healing properties, this treatment restores harmony to the body and mind.

Gong Therapy

1 hour **£225**

Designed to induce deep meditation and cellular regeneration, this treatment uses the powerful vibrations of the Gong, a transformational ancient healing tool, to promote wellbeing and holistic resonance. The vortex of tones relieves restlessness in the mind as you fall into a deep meditative state, leaving you feeling renewed, transformed and perfectly balanced.

Crystal Sound Bath

1 hour **£225**

This treatment uses pure crystal sound frequencies to invite gentle yet powerful restorative processes to nurture the mind and body. The Quartz crystal singing bowls produce ethereal tones that restores tranquillity to the mind and awakens the body's potential to heal itself. These soothing frequencies induce a meditative state that encourages relaxation and reduces the effects of long-term stress.

Crystal Yin Yoga

1 hour / 1 hour 30 minutes **£225 / £275**

Experience a new level of relaxation as you stretch, bend, and breathe whilst being bathed in deeply nourishing crystal frequencies. By holding postures for a longer duration, Yin yoga strengthens the connective tissue and increases flexibility of the joints. Combined with the gentle, yet profoundly healing frequencies of the Crystal Singing Bowls, this session eases physical tension and emotional stress, whilst refocusing a busy mind.

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

1 hour **£500**

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

1 hour **£240**

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

1 hour **£240**

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

Qi Gong by ASANTE

1 hour **£240**

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.

Tuina Massage by ASANTE

1 hour / 1hr 30 minutes **£240 / £320**

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

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.

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.

FRANCY LEMA

Francy Lema is Naturopath and Acupuncturist, Yoga teacher (Yoga Alliance) Thai massage Teacher (TMM 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

1 hour / 90 minutes **£210 / £300**

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

1 hour/ 1 hour 30 minutes **£210 / £300**

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

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

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

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

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.

GARRY TRAINER

Garry Trainer D.O.B.Ac, cited by The Times as 'Britain's Top Back Care Specialist', has been practising for over 40 years and has the support of many A-list performers from the world of entertainment and sport. His pioneering treatment encourages pain free & efficient movement in the back, neck and any joint pain, supporting all three systems - muscular, skeletal, and nervous system - to work in harmony.

Holistic Osteopathic Care

45 mins / 1 hour / 1 hour 30mins **£190/ £240 / £350**

Garry's revolutionary treatment is a unique combination of osteopathy, acupuncture and deep tissue massage, encouraging pain free & efficient movement in the back, neck and joint pain. This treatment is also ideal for post-travel & jet-lag recovery and general well-being. Treatments can also be booked individually upon request.

JAMES MUTKIN

James has been working with Traditional Chinese Medicine (TCM) for over 22 years. He has a degree in TCM and a Bachelor of Medicine from Beijing University of Chinese Medicine. In that time, he has continued to develop his bodywork practice. By focusing on his understanding of Chinese medical massage, 'Tuina' alongside Thai yoga massage and shiatsu. James combines his passion for music, breathwork, and storytelling to create a theatre for the senses. An experience that is unique, immersive, and multi-sensory.

The Immersive Full Body Journey

1hr 30 mins / 2hrs / 2 hrs 30 mins **£295 / £395 / £490**

The intention of the massage is to experience a beautiful, shared moment in time that leaves a positive imprint on the body. James creates a personalised journey that weaves together the senses, spoken word, tailored soundscapes, vibrational acoustic therapies (gong, singing bowl), breath, bodywork (Tuina/ Thai yoga/ shiatsu) and the Chinese medicine modalities of acupuncture, herbal medicine, and cupping. By using the body to access the mind and the mind to access the body, the treatment encourages deep presence and release in the body, creating a powerful memory that can be called upon as a resource going forward.

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

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

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

NUTRITION

LAUREN WINDAS

Lauren works individually with clients to assess their nutrition and long-term health goals.

Lauren's clientele often comprises of busy city workers who are suffering with chronic fatigue, digestive distress and burnout, and she works with them on how they can adopt simple changes to their diet and lifestyle in order to overcome the challenges that they are facing with their health, to emerge as healthier and more productive versions of themselves. Lauren is also passionate about helping clients with weight management and adopting a healthier relationship with food and their bodies.

Nutritional Consultation

1 hour 30 minutes / 1 hour (follow up) **£280 / £180**

At the initial consultation, a detailed picture of your life story will be taken. Including a review of your health and family history, current health concerns, symptoms, diagnosis, and treatment, as well as stress levels, psychological and emotional factors. Together with dietary, exercise and lifestyle habits. If appropriate, functional tests may be recommended to facilitate the development of a targeted and individualised nutritional program.

CLINIQUE LA PRAIRIE

Longevity Consultation

1 hour 30 minutes / 1 hour (follow up) **£930 / £180**

Initial Longevity Consultation includes 2 months supply of Clinique La Prairie Holistic Health Age Defy supplements.

Building on 90 years of research and clinical practise, Clinique La Prairie's team of Life Science experts have identified 5 key pillars of holistic wellness:

- Immunity
- Neuromodulation (stress management)
- Anti-inflammation
- Rejuvenation
- Cellular longevity

These pillars are all weaved into the fabric of our advanced Holistic Health Supplements, which use the most powerful bioactive compounds to target these areas to enhance cellular health and longevity.

About the Consultations:

At the initial consultation, a detailed picture of your life story will be taken. This includes a review of your health and family history, current health concerns, symptoms, diagnosis, and treatment, as well as stress levels, psychological and emotional factors, together with dietary, exercise and lifestyle habits. If appropriate, functional tests may be recommended to facilitate the development of a targeted and individualised nutritional program.

This ongoing program is designed to support, monitor and enhance your progress towards achieving optimum wellbeing and enhanced longevity.

BEAUTY

NICHOLA JOSS

With exclusive clinics in New York, Los Angeles, Doha, Miami 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 magazines. 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.

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. This facial incorporates Nichola's famous massage from inside the mouth which works the deeper facial muscles leaving the skin looking immediately younger and fresher. 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

Full Body Lymphatic Drainage Massage

Executive Therapist

1 hour / 1 hour 30 minutes

£300 / £450

The bespoke Nichola Joss Lymphatic Drainage Massage uses a highly specialised lymphatic drainage technique developed and refined by Nichola over the last 20 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.

Body Detox Sculpting Massage - CHI NEI TSANG

Executive Therapist

1 hour / 1 hour and 30 minutes

£350 / £500

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 Mandarin Oriental, this unique massage draws on Nichola's extensive experience working with women over the last 30 years. By adapting this personalised treatment to suit your individual hormone profile, Nichola can address any specific concerns. This deeply relaxing and restorative treatment works to balance hormone levels by stimulating the endocrine system whilst relieving muscle ache and fatigue.

**TO MAKE A BOOKING OF FOR FURTHER
INFORMATION PLEASE CONTACT:**

Phone: +44 (0)20 7838 9888

Email: molon-spa@mohg.com

TERMS & CONDITIONS:

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.

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.

GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/giftcards>