



Mandarin Oriental Hyde Park, London's newly renovated 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 a comprehensive treatment menu including Swiss anti-aging leaders Nescens offering cosmeceutical and therapeutic face and body treatments, best of French beauty expertise from market leader Biologique Recherche offering personalised skin care. The extensive menu also combines Mandarin Oriental's own signature therapies and the best of British natural treatments from OSKIA and Aromatherapy Associates. Additionally the spa now 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, Sanarium, Vitality Pool and a Zen Colour Therapy Relaxation Area.

ESSENCE OF LONDON

ENGLISH ROSE

2 hours

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

ROSE HYDRATING FACIAL

1 hour 30 minutes

Following a consultation to determine your needs and skin type your therapist will select from our range of products to create a facial experience tailored for your skin needs. The Hydrosol mask Innovatively made with biodegradable material sourced from eucalyptus wood, fits snugly around the contours of the face. Infused with hand-blended pure essential oils and powerful plumping actives, it delivers an intense hydration boost, resulting in firmer, smoother and more radiant skin.





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

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

A luxurious Oriental bathing experience that will treat you from head to toe using the health enhancing properties of heat, steam and mud 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

Following a full-body exfoliation and the application of mineral-rich mud 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.

SIGNATURE THERAPIES

A woman with dark hair is lying on her back on a massage table, eyes closed, in a relaxed state. Her hands are resting on her upper back. The background is softly blurred, showing a spa environment with warm lighting and a white towel.

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

ORIENTAL HARMONY

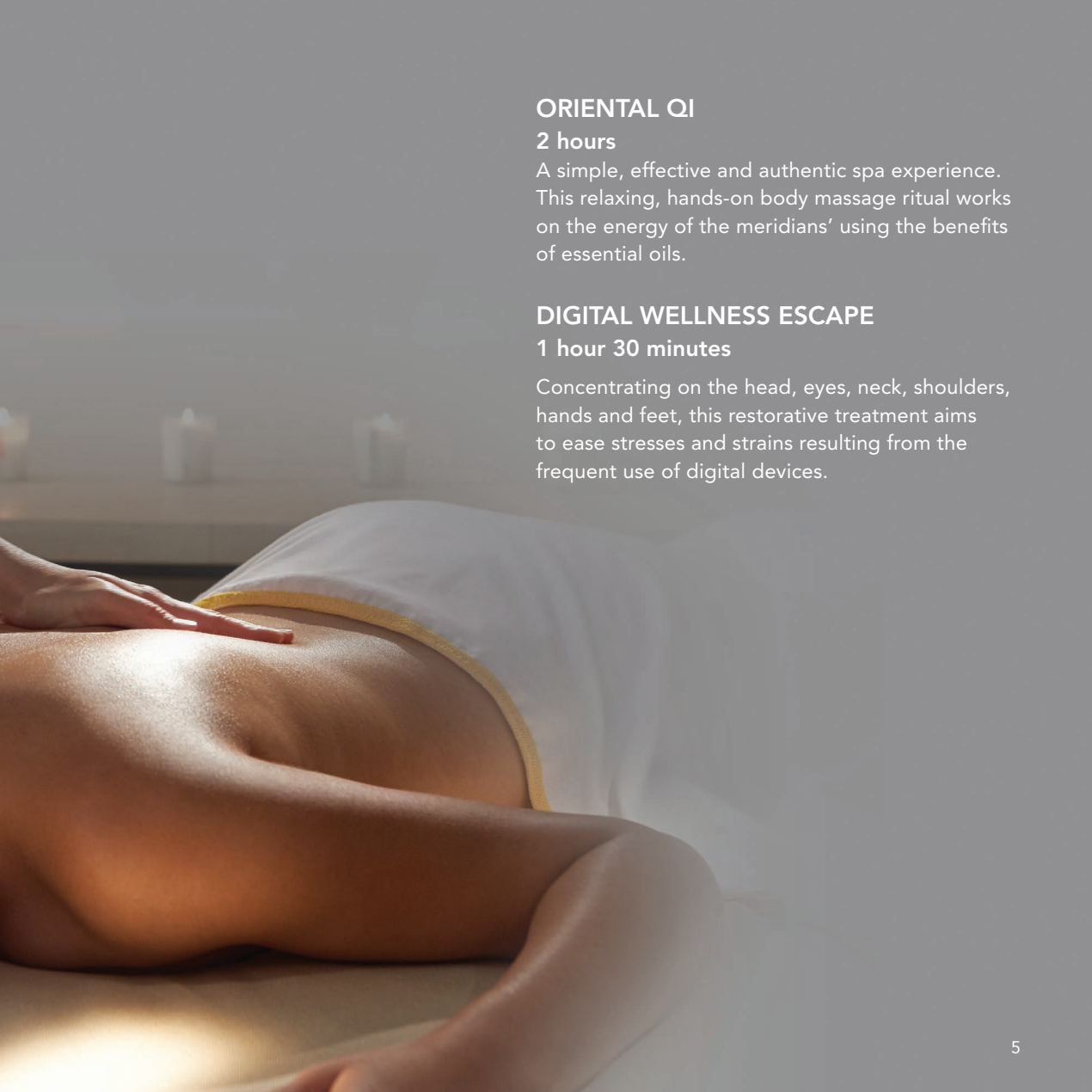
2 hours

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 jet-lag.

TIME RITUALS™

3 hours / 2 hours

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

2 hours

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

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.

OSKIA

OSKIA's effective formulations are designed using clinical bio-available or cellular nutrients and complex actives to give you a beautifully healthy & glowing complexion. OSKIA specialise in cellular nutrition through patented micro-encapsulation and liposome technology. Vitamins, minerals, proteins/amino acids & omegas all combine to improve cellular activity and efficiency, leading to skin that's healthier and happier.

OSKIA SIGNATURE GLOW FACIAL

1 hour 30 minutes

Described as a non-surgical facelift, this all-encompassing signature facial uses a combination of modern and traditional glow-inducing techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin brighter. This treatment uses specialised facial and eye contour massage techniques, lymph drainage and acupressure to lift, relax & contour the face and increase nutritional ingredient transportation deep into the skin. A head and hand release will ease tension while fragrant steam and warmed compresses gently open blocked pores. A passion fruit enzyme and AHA mask will reveal radiant skin and a highly specialised LED mask stimulates collagen production at a cellular level for improved suppleness. The ultimate radiance-boosting facial.

OSKIA REVITALISING FACIAL

1 hour

An ultra-hydrating facial designed specifically to sculpt and provide immediate anti-ageing benefits. This treatment concentrates on reducing visible fine lines and lifting the contours of the face in the short term while also harnessing a breakthrough biomimetic serum and smart Vitamin C to maintain a youthful complexion in the long term. Add the LED Light to enhance the skin's own cellular processes and enjoy a hand rejuvenation treatment to ensure you relax & unwind while your facial works overtime.





HIGH-SPEC LED LIGHT TREATMENT

30 minutes

Personalise and boost the long-term results of your face or body treatment. Red and Blue LED light works on a deep, cellular level to boost collagen production, reduce inflammation, target bacteria to help conditions such as acne, and even reduce soreness and sensitivity.

VISIA SKIN CONSULTATION

45 minutes

Provides analysis of eight different skin conditions using multi-spectral lighting and a patented peer-group comparison algorithm. During the skin consultation the VISIA can determine the TruSkin Age™ compared to the real age of the skin.


This treatment can only be reserved in combination with any facial.



OSKIA RENAISSANCE BODY GLOW

2 hours / 1 hour

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 meditative face and scalp massage lulls you into a state of deep relaxation. The 2-hour treatment includes a 1 hour OSKIA Warm Oil Massage.



OSKIA WARM OIL MASSAGE

1 hour 30 minutes / 1 hour

A restorative full body treatment to soothingly release deeply held patterns of stress and anxiety. Infused heated towels and warmed oil immediately unravel tension while Eastern inspired compression and pressure points reduce muscular aches and pains, leaving you and your body profoundly relaxed yet reinvigorated.

BIOLOGIQUE RECHERCHE

Mandarin Oriental Hyde Park London is delighted to welcome the renowned brand Biologique Recherche to the Spa, with a range of luxurious and exclusive beauty treatments. Since 1980 it has devoted itself to the art of personalized treatments, and with over 35 years of aesthetic expertise, delivers outstanding immediately visible and long lasting results.

RESTRUCTURE

1 hour

Smoothing + Hydrating + Regenerating

This protective and reconditioning treatment has an immediate reshaping effect; designed for all Skin Instants®, including the most sensitive skins thanks to its soothing properties. By working in harmony with the lymphatic and circulatory system, the rigorous Biologique Recherche application techniques have a draining action, leaving your skin smooth and toned.

LIFTING

1 hour

Lifting + Exfoliating + Nourishing

This exfoliating and lifting treatment combines shaping techniques designed for mature Skin Instants®. Using the Jacquet-Leroy massage technique to stimulate elastin and collagen whilst lifting and defining facial contours, this is the ultimate anti-ageing facial that will leave your skin smooth, refined and toned.

REVIVE

1 hour

Restructuring + Plumping + Toning

This invigorating treatment reduces wrinkles and lines, and energises lacklustre Skin Instants®. The unique Parisian vibratory massage technique used genuinely plump areas of concern whilst following the muscle fibres to redefine, sculpt and purify. Its exfoliating and brightening properties will leave your skin smooth and even.

TREATMENT ENHANCEMENTS

MASQUE PIGM 400

30 minutes

Brightening and radiance boosting face mask.

The formula of Masque PIGM 400 is concentrated in exceptional brightening and antioxidant active ingredients that give an amazing boost to the skin's radiance. With a softer-than-silk Lyocell mask that clings to the contours of the face, the active ingredients are optimally delivered all over the skin. This marvellous complexion enhancer instantly makes skin more radiant and even.

PATCHS DÉFATIGANTS

30 minutes

Anti-puffiness and smoothing biocellulose eye contour mask. The formula of Masque PIGM 400 is concentrated in exceptional brightening and antioxidant active ingredients that give an amazing boost to the skin's radiance. With a softer-than-silk Lyocell mask that clings to the contours of the face, the active ingredients are optimally delivered all over the skin. This marvellous complexion enhancer instantly makes skin more radiant and even.

MASQUE COLLAGÈNE CAVIAR

30 minutes

The Masque Collagène Caviar is composed of a biomatrix made of pure and high-quality collagen fibers that improves skin elasticity and reduces the appearance of fine lines around the eye contour area. This innovative and exceptional treatment is destined for demanding skins.

BIOLOGIQUE FÉÉRIE

30 minutes

Intense treatment that tenses, tones and revitalizes your skin.

Treatment enhancement can only be reserved in combination with any facial.

NESCENS

Our NESSENS anti-ageing cosmeceutical treatments use exclusive anti-ageing massage techniques and specially developed anti-ageing cosmeceutical products. Most effective when part of a programme or in closely spaced sessions. Suitable for both men and women.

NESCENS TOTAL CARE

2 hours

High-performance cosmeceutical formulations and targeted movements are the main focus of this treatment, combining luxury, effectiveness and absolute comfort. This exceptional treatment induces a sense of deep relaxation during a targeted body modelling massage, which is followed by an NESSENS correcting care facial treatment.

NESCENS CORRECTIVE CARE FACE

1 hour 30 minutes

Treat established wrinkles, firm the skin and restore a glowing, smooth complexion. This revitalizing treatment restores the elasticity and firmness of the skin, intensively regenerating the skin structure of face, neck and chest.



nescens⁺
swiss anti-aging science

bio-identical
restoring mask

FACE

NESCENS BETTER AGEING FACE MASSAGE

1 hour 30 minutes / 1 hour

Using exclusive manual and mechanical lifting techniques, this treatment helps stimulate circulation and effective facial drainage. A true epidermal exercise programme, the better-ageing face massage activates collagen and elastin production. Skin is revived and its radiance, elasticity and firmness are restored.

NESCENS PREVENTATIVE CARE FACE

1 hour

Maintains the hydrolipidic balance, smoothes the first expression lines and preserves the skin's radiance. This treatment intensely hydrates the face and neck whilst restoring the skin's natural moisturizing factors. Designed to help keep the skin's youthful appearance.

NESCENS CONTOUR EYE TREATMENT

30 minutes

NESCENS' research has brought together 30 active ingredients in an original gel mask. Its texture is carefully worked by means of targeted smoothing and draining operations designed to treat the fragile eye contour tissues. Signs of fatigue and signs of advancing age (dark circles, bags, wrinkles) are mitigated. The gaze is lit up with a youthful glow.

VISIA SKIN CONSULTATION

45 minutes

Provides analysis of eight different skin conditions using multi-spectral lighting and a patented peer-group comparison algorithm. During the skin consultation the VISIA can determine the TruSkin Age™ compared to the real age of the skin.

This treatment can only be reserved in combination with any facial.

NESCENS MESSAGES

Spa NESSENS' signature massages embody a philosophy of prevention dedicated to optimising each individual's quality of life with expert and medically-driven wellness solutions.

NESCENS BETTER AGEING BODY MASSAGE

1 hour 30 minutes / 1 hour

Detoxifying, stimulating and draining, this exclusive massage targets all muscle and energy routes, concentrating mainly on your most sensitive areas as part of a long-term preventive approach. Combined with the use of a lymph drainage device for 1 hour 30 minutes treatment, this massage releases blockages and eases tension.

NESCENS 3-IN-1 BODY SCULPTING MASSAGE

1 hour 30 minutes

This personalised massage features alternating manual and mechanical massage techniques. In-depth work is conducted both on tissue exchanges and accumulated tensions. Combining comfort and effectiveness, the massage improves blood and lymphatic circulation and enables improved elimination of toxins.

NESCENS DE-STRESSING MASSAGE

1 hour 30 minutes

With its gentle pressing motion combined with targeted stretching, this relaxing massage provides both physical and mental relaxation. It releases accumulated tension caused by daily routines that are often intense and stressful, freeing the body from abdominal discomfort. This treatment also improves quality of sleep, the capacity to recover from jet-lag as well as the ability to relax. The 1 hour 30 minutes treatment includes key stretching phases for total relaxation.

NESCES VISCERAL MASSAGE

1 hour

Involving manual mobilisation of the fascia and viscera, the skilled hands of the therapist soothes tensions, stimulating the blood and lymphatic circulatory systems, improving digestion and relieving abdominal and spinal pain (there is a significant link between visceral blockages and the bone structure). The abdomen, or "our body's second brain", will subsequently function more smoothly.



BODY TREATMENTS

THERAPEUTIC

1 hour 30 minutes

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.

FOREST THERAPY

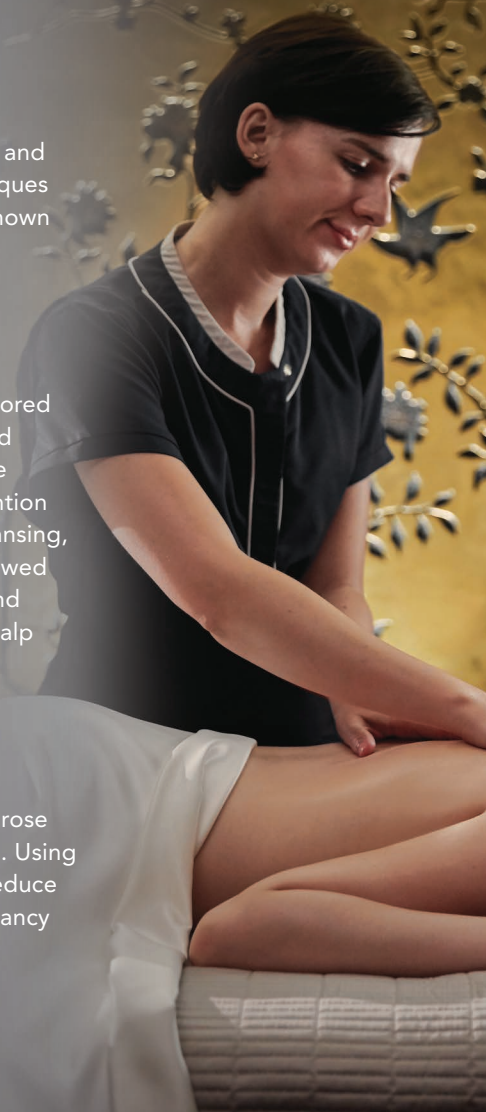
1 hour 30 minutes

Bring the serenity of nature to your mind, body & skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness & agitation. Forest Therapy's® unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil & grounded. Commencing with a cleansing, guided inhalation & tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally, restoring tranquillity to the mind with our expert scalp massage.

ROSE INDULGENCE MATERNITY MASSAGE

1 hour 30 minutes

This wonderful pregnancy massage uses the healing benefits of 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.





INNER STRENGTH

1 hour 30 minutes

Find relief from the stresses of life. This nurturing treatment incorporates a variety of soothing massage techniques selected to ease physical tension and emotional stress.

AROMATHERAPY

1 hour 30 minutes

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of Eastern and Western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

ORIENTAL ESSENCE

1 hour 30 minutes

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 BODY SCRUB

30 minutes

This luxurious and invigorating scrub blends Mandarin Oriental's signature Body Oil – infused with essences of tropical ginger, frankincense and mandarin – with organic, mineral-rich sea salt to leave the skin smooth, replenished and exotically fragrant.

This treatment can only be reserved in combination with any body treatment.

FOR MEN

NESCENS ANTI-AGEING FACIAL FOR MEN

1 hour 30 minutes / 1 hour

Especially designed for men, this energizing treatment intensely regenerates the skin structure of the face and neck, while specific modelling targets muscle tension in the shoulders and neck, restoring elasticity to the skin and removing cellular waste. The result is a fresh, clean and revitalized complexion.

OSKIA GENTLEMAN'S FACIAL

1 hour

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.

DEEP MUSCLE MASSAGE WITH HOT WAVE STONES

1 hour 30 minutes

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.



BASTIEN GONZALEZ

PEDI:MANI:CURE STUDIO

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

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

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

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

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.

FOOT REFOUNDATION MASSAGE

30 minutes

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.

GLOBAL REFOUNDATION MASSAGE

30 minutes

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.





BGA INSOLES®

BGA InSoles®, Bastien Gonzalez's cutting edge customised podiatric cure, debuts at The Spa at Mandarin Oriental, London:

BGA INSOLES® EXAMINATION

35 minutes

Your made-to-measure consultation performed by a French "Pedicure-Podologue" analyses posture through a detailed foot-weight analysis to enable a custom prescription for each foot. Our expertly-trained Studio Manager will help to select the most appropriate style and material to ensure the BGA InSoles® are the perfect fit for your feet and shoes.

BGA INSOLES® URBAN/SPORT

Thermoformed BGA InSoles® are tailor-made to provide the comfort needed for everyday: Softens impact shock, prevents pain and helps to avoid blisters. BGA Sport Insoles keep the foot perfectly stable, particularly when playing sport, when impact can be especially severe. BGA Sport InSoles® improve movement and provide a high level of personal comfort.

ADDITIONS TO BASTIEN GONZALEZ TREATMENTS

BLACK DIAMOND SCRUB TOUCH

30 minutes

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.

PARAFFIN TOUCH

Intensify your Bastien's manicure and/or pedicure with this supplementary treatment addition. The warmth of this silky wax will aid the penetration of applied moisturisers into the skin for deep hydration while also helping to ease tension in the joints and muscles.

COLOUR TOUCH

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

FRENCH TOUCH

A white line is applied to the tip of the nail, followed by a natural soft pink lacquering of the whole nail. This treatment includes nail reshaping.

URBAN RITUALS

INDULGENT ESCAPE

4 hours

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
- OSKIA Renaissance Body Glow *1 hour*
- OSKIA Warm Oil Massage *1 hour 30 minutes*
- OSKIA Signature Glow Facial *1 hour 30 minutes*
- Healthy Lunch served in The Rosebery

TEA AND THERAPY

3 hours or 2 hours'

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.

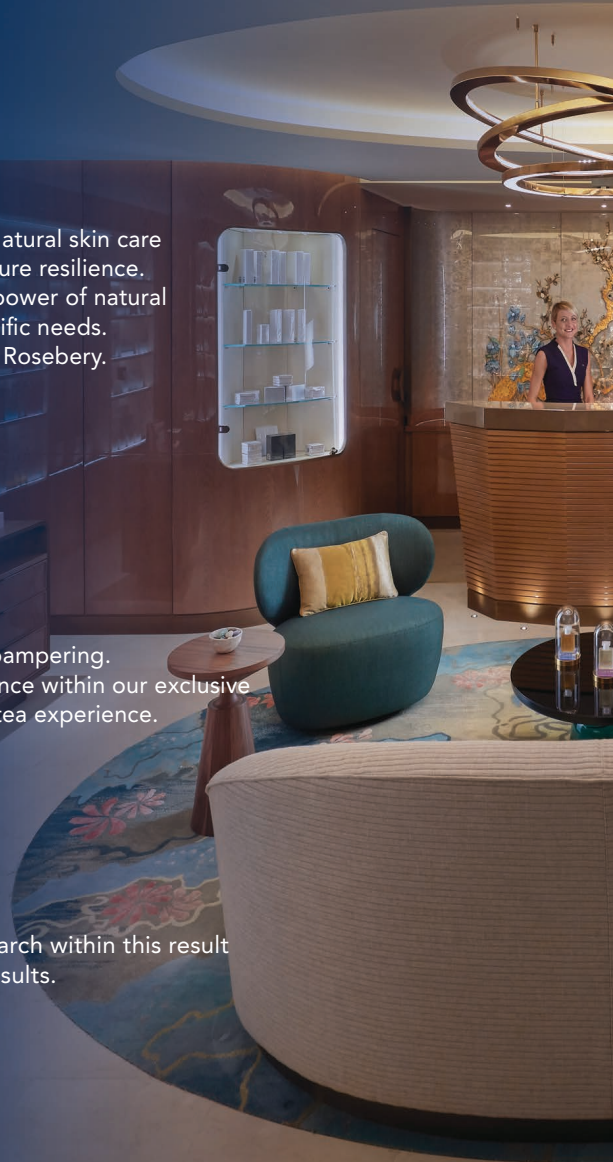
- Welcoming Foot Ritual
- 3 hours or 2 hours' Time Ritual
- Afternoon Tea served in The Rosebery

BETTER AGEING

2 hours 30 minutes

Offering the best of Swiss anti-ageing scientific research within this result driven treatment combination delivering targeted results.

- Welcoming Foot Ritual
- Nescens Better Ageing Face Massage *1 hour*
- Better Ageing Body Massage *1 hour 30 minutes*





MEN'S WORLD

2 hours 30 minutes

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

- Welcoming Foot Ritual
- OSKIA Gentleman's Facial *1 hour*
- Deep Pressure Massage with Hot Wave Stones *1 hour 30 minutes*

POWER OF THE ORIENT

2 hours 30 minutes

Discover your Chinese 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
- Quintessence Scrub *30 minutes*
- Oriental Qi *2 hours*

YOUTH AND BEAUTY

2 hours

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.

- In-depth Skin Consultation
- 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 – Saturday	09.00am – 10.00pm
	Sunday	09.00am – 09.00pm

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 16.

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>