



MANDARIN ORIENTAL
MAYFAIR LONDON

BODYSPACE

R E S I D E N C Y

AT MANDARIN ORIENTAL MAYFAIR, LONDON

Hyper-personalised performance programmes



THE SPA
AT
MANDARIN ORIENTAL
MAYFAIR
LONDON

22 Hanover Square, London, W1S 1JP
momay-spa@mohg.com | +44 (0) 20 7123 6262
mandarinoriental.com/mayfair



BODYSPACE MEMBERSHIPS

Discover a new era of wellness at Bodyspace Mayfair, located within The Spa at Mandarin Oriental Mayfair. We're excited to introduce two refined membership options, crafted to provide unparalleled access and support for your health and performance goals, alongside exclusive benefits that extend throughout Mandarin Oriental Mayfair.

To ensure privacy and a truly first-class experience, both memberships are strictly limited.

Bodyspace at The Spa at Mandarin Oriental Mayfair, London is a unison between global leaders in hospitality and London's leading Lifestyle Performance Club.

Bodyspace's award-winning club, as used and endorsed by globally renowned figures, brings together medical professionals, high performance coaches and wellbeing practitioners, addressing all aspects of lifestyle, including nutrition, exercise, stress management, sleep and health optimisation.



"BODYSPACE IS A TRULY UNIQUE, HOLISTIC COLLABORATION BETWEEN THE INDUSTRIES FINEST FITNESS AND HEALTH SPECIALIST"

David Higgins
Co-Founder

Mandarin Oriental Mayfair, London



BODYSPACE HYPER-PERSONALISED MEMBERSHIP

Our Hyper-Personalised Membership offers a pioneering time-based system. This unique approach allows individuals to purchase "Lifestyle Performance Time" in our state-of-the-art facilities.

Every session can be redeemed for these unique experiences:

- **Expert Coaching:** Personal Training, Yoga, Pilates and Swimming.
- **Specialised Treatments:** Physiotherapy, Performance Massage, Functional Treatment and Nutrition consultation.
- **Spa Treatments:** Intelligent Movement, Age Defying Facial, Time for You and Mother-To-Be Ritual.
- **Unrestricted Access:** Enjoy our world-class gym, 25-metre heated swimming pool, sauna, vitality pools, experience showers and steam room at your leisure.

This option is designed for those seeking a highly effective and supported path to optimising their health and performance.

10 SESSIONS - £1,850 / £185 per session

Valid for 3 months

30 SESSIONS - £5,400 / £180 per session

Valid for 6 months

60 SESSIONS - £10,200 / £170 per session

Valid for 1 year

100 SESSIONS - £16,000 / £160 per session

Valid for 1 year



BODYSPACE CLUB MEMBERSHIP

For those who prioritise access to exceptional amenities, our Bodyspace Club Membership provides exclusive entry to Bodyspace at The Spa at Mandarin Oriental Mayfair, including the gym and pool. This membership offers a streamlined way to enjoy our luxurious environment, with all coaching and treatments available as add-ons.

12 MONTHS - £6,000

6 MONTHS - £3,500

Mandarin Oriental Mayfair, London



MEMBERS BENEFITS

As a Bodyspace member at Mandarin Oriental Mayfair, you will also benefit from:

- 10% discount on all spa treatments
- 15% discount at select food and beverage outlets in the hotel

THE SPA AT MANDARIN ORIENTAL

The Spa features an indoor 25-metre heated swimming pool, sauna, vitality pools, experience showers and steam room, along with a state-of-the-art gym and an innovative array of bespoke wellness treatments.

The Spa's comprehensive offerings include an innovative array of bespoke wellness treatments from leading brands like 'Swiss Perfection,' and 'Seed to Skin Tuscany,'. Experience our exclusive 'Tranquillity of Mayfair' massage and 'Elegance of Mayfair' facial, inspired by our local surroundings. We also feature traditional treatments alongside cutting-edge binaural acoustic and dynamic stimulation techniques, including 22-minute biohacks for Stress Release, Mindfulness, Power Nap, and Awaken, which can be combined with other spa treatments.

Mandarin Oriental Mayfair, London