



THE SPA  
— AT —  
MANDARIN ORIENTAL

MAYFAIR  
LONDON



The Spa at Mandarin Oriental Mayfair provides the perfect antidote to the fast pace of London life, offering an urban utopia in the heart of Mayfair. The spa features an indoor 25-metre heated swimming pool, sauna, vitality pools, experience shower and steam room, along with a state-of-the-art gym and an innovative array of bespoke wellness treatments. A serene location to unwind and enjoy time for yourself.



## ESSENCE OF MAYFAIR

### TRANQUILLITY OF MAYFAIR

**2 hours**

**440 GBP**

Enter a world of tranquillity with this ritual designed to de-stress, rebalance, and calm the mind. Two therapists work together in time and movement to quieten the mind and deeply relax the body, followed by a binaural vibroacoustic therapy using advanced touchless technology to calm the mind.

### ELEGANCE OF MAYFAIR

**2 hours**

**440 GBP**

Designed to offer a whole new level of skin revitalisation, this facial experience celebrates the majestic Iris – Swiss Perfections' iconic flower. Skin is infused with the unrivalled Cellular Active IRISA® technology, beauty is dramatically enhanced, and youth capital preserved. This customised experience inspired by Cellular Therapy and reinforced by Swiss Perfection's high-frequency device intensively revitalises and rejuvenates the skin at a cellular level.

# SIGNATURE THERAPIES

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

## ORIENTAL QI

**1 hour 30 minutes**  
**310 GBP**

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.

## INTELLIGENT MOVEMENT

**1 hour 30 minutes**  
**310 GBP**

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.

## DIGITAL WELLNESS ESCAPE

**1 hour 30 minutes**  
**295 GBP**

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.



# TIME

## ALLOW YOURSELF THE LUXURY OF TIME

At The Spa at Mandarin Oriental Mayfair, we offer guest a truly personalised experience. Simply choose between a natural or age defying time and specify the desired duration. Our skilled therapists will then conduct an in-depth consultation to tailor a personalised treatment from our carefully curated partners that caters specifically to your individual needs and preferences.

### NATURAL TIME

Seed to Skin Tuscany combines nature's restorative properties with advanced Green Molecular Science. Using the purest ingredients from their organic farm in Tuscany, each treatment features botanicals that deeply penetrate the skin, delivering long-lasting results.

### AGE DEFYING TIME

Swiss Perfection, pioneers of plant cell extraction technology in cosmetics, leads in advanced skincare. Their Cellular Active IRISA® complex uses potent antioxidants to rejuvenate skin at the cellular level, enhancing renewal and stimulating cell metabolism. All products are crafted in Switzerland, reflecting the brand's commitment to Swiss excellence.





## NATURAL TIME

Seed to Skin Tuscany goes beyond the purely natural trend, combining the power of nature's restorative properties with the results-driven efficiency of advanced Green Molecular Science and is created using the purest natural raw ingredients originated and sourced from their very own organic farm in Tuscany. Each treatment is formulated with highly effective botanicals proven to reach the skin's deepest layers, delivering long-lasting results.

### NATURAL TIME FOR YOU

**2 hours / 1 hour 30 minutes / 1 hour**  
**395 / 310 / 220 GBP**

Experience personalised treatments designed for your unique needs through an in-depth consultation. Choose between facial, body, or combined treatments, to address specific concerns such as brightening, hydrating, toning, and balancing. Alternatively, indulge in body treatments like a salt scrub, Tuscan candle massage, or an energising detox wrap to release water retention and improve circulation, providing a transformative experience tailored to your preferences.

### NATURAL TIME FOR TWO

**3 hours / 2 hours / 1 hour 30 minutes / 1 hour**  
**545 / 395 / 310 / 220 GBP per person**

Escape the daily hustle and bustle of your everyday life and take some well-deserved time-out and surrender to the ultimate pampering experience with a loved one or friend. Choose from a variety of meticulously tailored treatments, expertly adapted to meet your individual needs, ensuring every detail is flawlessly executed.

## AGE DEFYING TIME

Swiss Perfection are the first brand to introduce plant cell extraction technology to cosmetics, and is at the forefront of cutting-edge skincare, producing high-end formulas that offer clear and visible results. Designed with the brand's signature complex Cellular Active IRISA®, Swiss Perfection treatments combine highly effective antioxidant ingredients and advanced techniques to revitalise and rejuvenate the skin at a cellular level. Cell metabolism is intensely stimulated, and skin's natural renewal process enhanced. True to its belief in striving for Swiss essence and excellence, the entire range of products is formulated, manufactured and packaged in Switzerland.

### AGE DEFYING FACIAL TIME

**1 hour 30 minutes / 1 hour**

**345 / 235 GBP**

Based on a consultation with your therapist, choose from an inspired menu of cellular treatments, which blend a collection of remarkable high-tech formulas designed to boost hydration, infuse skin with ultra-pure collagen, brighten and illuminate the complexion. The facial contours will be spectacularly improved, and the cutaneous system regenerated at a cellular level.



# THE POWER OF CBD

Guided by nature and grounded in science, OTO harnesses the power of the most pure and potent CBD, plant extracts, actives and adaptogens to rebalance mind, body and skin. The collection of spa treatments work with the OTO 'moments' to amplify, focus or balance.

## DREAM SLEEP CBD MASSAGE

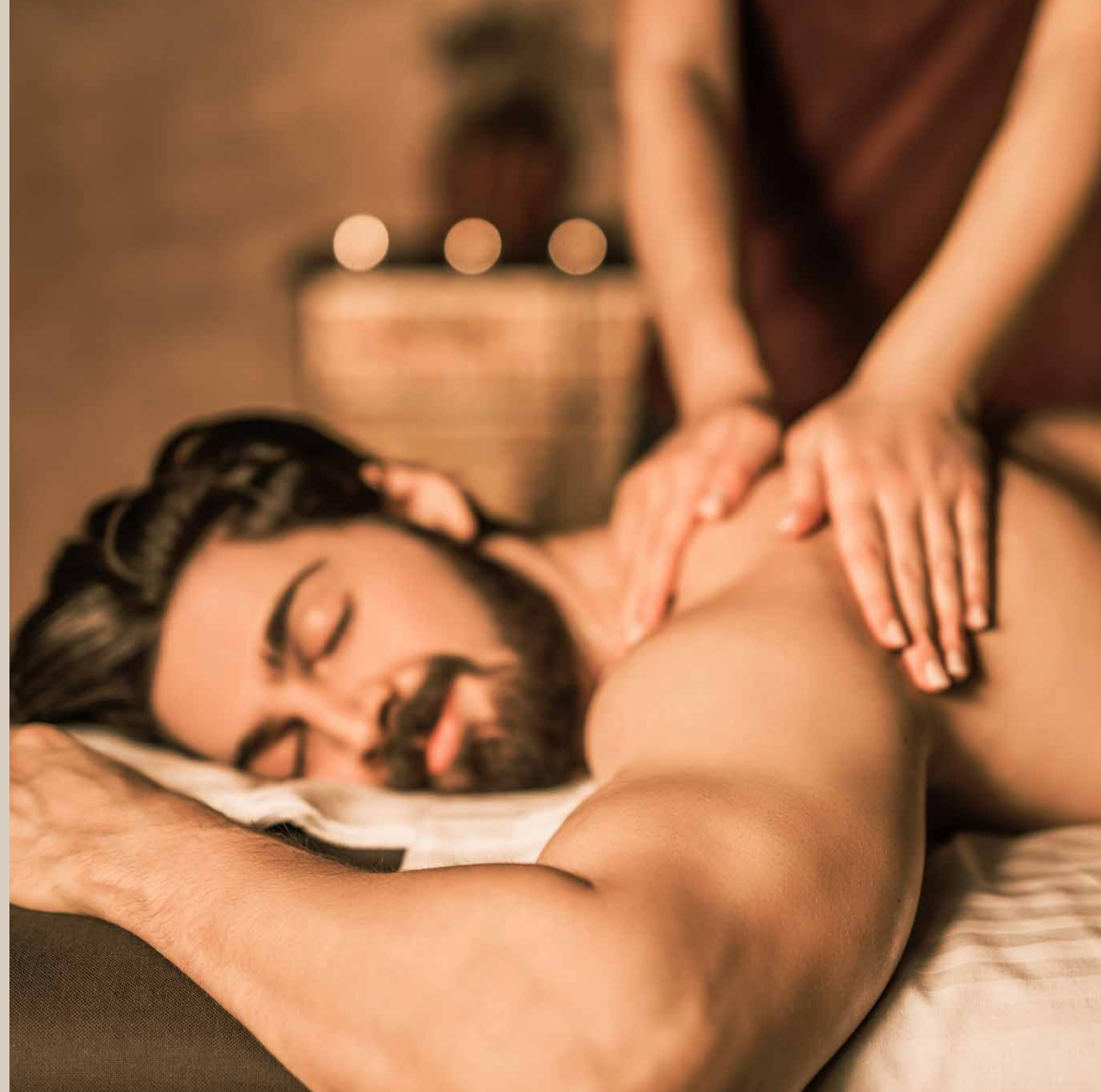
**1 hour 30 minutes**  
**300 GBP**

A truly immersive guided meditation and rhythmical massage experience to support better sleep. A genuinely unique experience harnessing OTO's Deep Sleep CBD Massage Oil. This treatment is designed to help both body and mind release the stresses of the day, soothing away any tension standing in the way of good night's sleep. Heated crystals will be cocooned around the body throughout to aid total relaxation.

## ENERGY FLOW MASSAGE

**1 hour 30 minutes**  
**300 GBP**

Enjoy the unique benefits of a full body massage supported by scientifically proven sound therapy to balance and refocus the mind. The combination of CBD and citrus essential oils used within the invigorating massage work to uplift the mind. This treatment is designed to increase cognitive activity, improve focus and increase awareness by raising the brainwave levels to around 40Hz in the Gamma range.







## NEW LIFE

### MOTHER-TO-BE-RITUAL

**1 hour 30 minutes**

**300 GBP**

This nourishing and restorative treatment combines relaxing techniques to nurture the mother-to-be in a time of change. Easing away tension with a back massage tailored to individual needs, using a restorative oil that is instantly absorbed, rich in vitamins, minerals and fatty acids. Gentle skin brushing of the legs buff away dead skin cells and stimulate blood circulation. The "Bump Facial" focuses on the expanding abdomen area to help soften the skin, reduce itchiness and help with the prevention of stretch marks. The ritual includes a Seed to Skin Tuscany facial, personalised to meet the needs of a mother-to-be skin. A soothing, regenerative treatment for a complete state of well-being and calm.



# ABOUT BINAURAL VIBROACOUSTIC THERAPY

The Binaural Acoustic and Dynamic Stimulation is a computer-controlled acoustic and vibrational therapy that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, based on extensive scientific research, making it possible for even the busiest minds to achieve deep levels of relaxation in one therapy session.

Similar to meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centers (chakras) of the body.

The foundational therapy is Quantum Harmonic audio therapy. It delivers symptom-reducing and resilience-building multi-layered programs through stereo headphones. Your chosen therapy can also be combined with any treatment from the spa menu to provide a personalised experience.

## BENEFITS OF BINAURAL VIBROACOUSTIC THERAPY

- Anti-inflammatory
- Mood enhancement and stress reduction
- Improves sleep quality and quantity
- Supports treatment of PTSD
- Aids power napping and relaxation
- Increased creativity
- Increases concentration
- Eases anxiety and helps to manage panic attacks

## BENEFITS OF BRAINWAVE FREQUENCIES

**Delta: 1-4 Hz.** Delta is the lowest frequency state, and is linked to:

- Deep sleep
- Healing and pain relief
- Deep meditation
- Anti-ageing: cortisol reduction
- Access to the unconscious mind

**Theta: 4-8 Hz.** Theta binaural beats benefits include:

- Meditation
- Deep meditation
- Aids creativity

**Alpha: 8-14 Hz.** When you are in an Alpha state of mind, your brain is focused and productive. Alpha brain waves help you to:

- Relax and focus
- Reduce stress
- Maintain positive thinking
- Increase your learning capabilities
- Easily engage in activities and the environment

**Beta: 14-30 Hz.** Beta is a higher frequency brainwave and helps to:

- Keep your attention focused
- Think analytically and solve problems
- Stimulate energy and action
- Maintain high-level cognition

**Gamma: 30-100 Hz.** Gamma brain waves help to:

- Increase cognitive enhancement
- Increase attention to detail
- Aid with memory recall
- Provide a different way of thinking

# BINAURAL VIBROACOUSTIC THERAPY

These programmes are the result of scientific research which determined that 22 minutes is the optimal treatment time to achieve the best results. Choose from the following:

## STRESS RELEASE

**22 minutes**  
**80 GBP**

This therapy is recommended for first-time guest's to foster a deeply relaxed yet present state of mind. Operating in the Alpha brainwave category and targeting a brainwave frequency within the 10Hz range.

## MINDFULNESS

**22 minutes**  
**80 GBP**

This therapy activates creativity, insight, dreams, and light sleep, often associated with REM sleep, and provides a relaxing experience. It will leave the guest able to process cognitive thoughts and be fully present, yet deeply relaxed by turning off the conscious mind whilst keeping the subconscious active, operating in the Theta brainwave category and targeting a frequency in the 6Hz range.

## POWER NAP

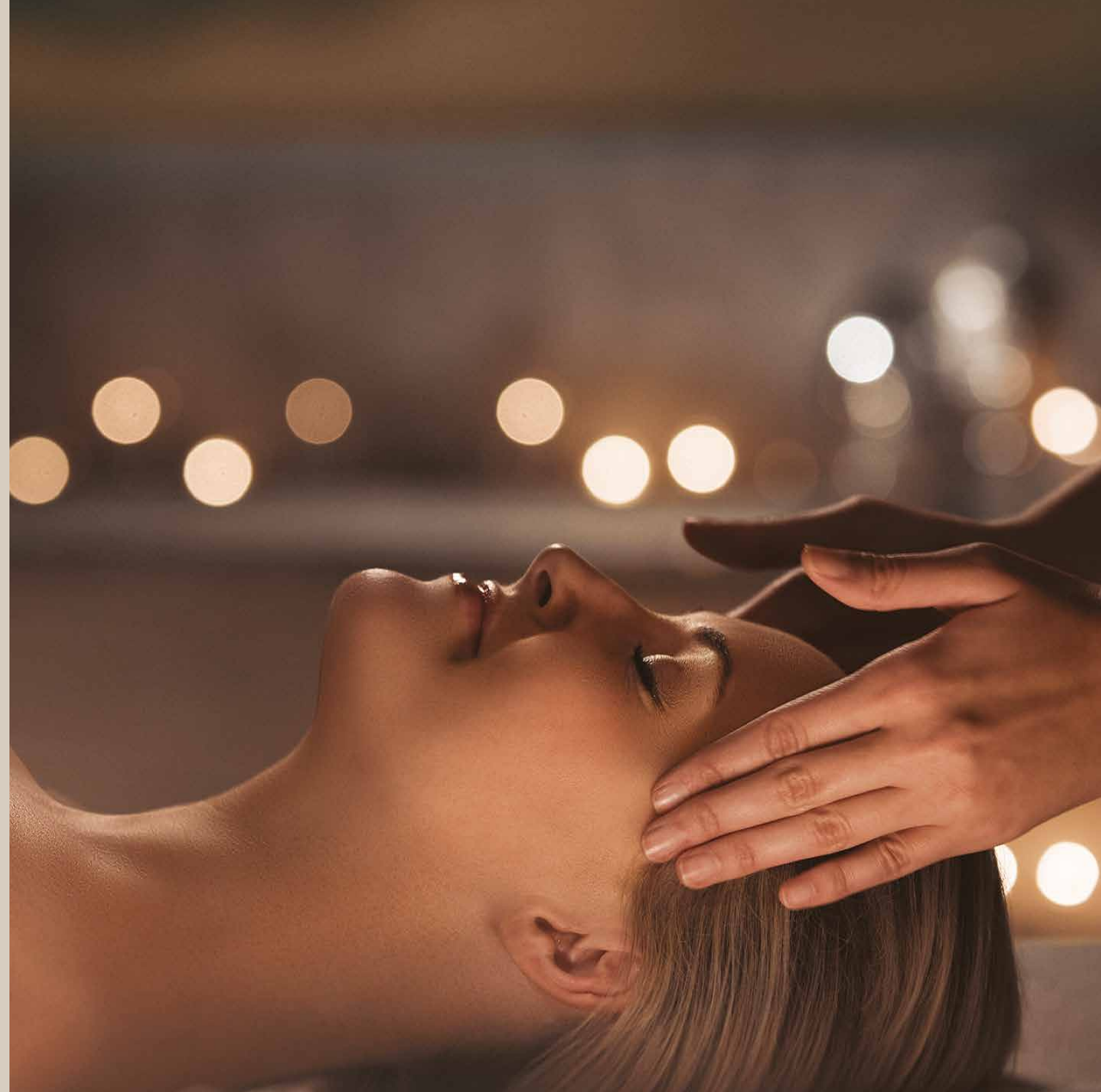
**22 minutes**  
**80 GBP**

This therapy fosters a regenerative state associated with deep sleep which is the most restorative part of a person's sleep cycle. The Delta level is the brainwave state where our body releases serotonin, melatonin and endorphins that are responsible for feelings of wellbeing, operating in a very deep Theta level (4Hz range), transitioning into the Delta level (2-3Hz).

## AWAKEN

**22 minutes**  
**80 GBP**

The most innovative therapy of the group and provides conditions for increased perception, learning, and problem solving. Instead of lowering the brainwave levels this programme raises the brainwave levels to around 40Hz, in the Gamma range. Recent research shows that Gamma brainwaves improve cognitive function and memory, they are also the brainwaves associated with compassion and gratitude.





# HEALTH & WELLBEING BY BODYSPACE

## LONGEVITY NUTRITIONAL CONSULTATION

**1 hour 30 minutes / 1 hour  
300 / 200 GBP**

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 Clinique La Prairie's advanced Holistic Health Supplements, which use the most powerful bioactive compounds to target these areas to enhance cellular health and longevity.

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.

## PHYSIOTHERAPY

**1 hour 30 minutes  
270 GBP**

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

## PERSONAL TRAINING

**1 hour  
180 GBP**

We specialise in restoring fitness and well-being. Our expert trainers deliver one-to-one sessions and classes, tailored to help you achieve your goals, with a wealth of knowledge on Fat Loss, Body Sculpting and Corrective Exercise.

## SWIMMING ASSESSMENT

**45 minutes  
180 GBP**

Whether you are swimming for a still mind, a strong body or a deeper connection; jumping off a boat, tread water in the big blue, or swim smoothly with seamless breathing. This assessment will help you transform your experience of swimming.

## FITNESS ASSESSMENT

**30 minutes  
100 GBP**

Fitness assessments consist of different types of tests and exercises used to determine your overall health and physical fitness level. These tests typically assess your strength, endurance, and flexibility.

## EMS

**20 minutes  
180 GBP**

Electric Muscle Stimulation is a highly effective form of training led by a specially trained and certified personal trainer in private. Utilising low and mid frequency electric currents to significantly increase the body's natural muscle contractions, EMS training can help promote weight loss, increase strength, stimulate muscle growth and help to alleviate muscle tension and imbalances.

## COMPRESSION THERAPY

**30 minutes  
90 GBP**

NormaTec is at the forefront of the recovery movement and works with athletes and teams across Olympic and elite sports to improve recovery and performance. NormaTec utilises a patented technology that massages the legs, arms, or hips with pneumatic compression to enhance circulation and reduce soreness.

# RETREATS

## TIME FOR TRANQUILLITY

**3 hours / 2 hours**

**565 / 420 GBP per person**

Embark on a personalised retreat tailored just for you, providing dedicated spa time to unwind and rejuvenate. Select from a choice of two or three hours for a uniquely crafted treatment experience. Following your spa indulgence, relish the exquisite flavours of a Bento Box served in Akira Back restaurant or ABar Lounge, where culinary delights meet a sophisticated ambiance, enhancing the overall tranquillity of your wellness journey.

- Half day access to The Spa facilities
- Natural Time For Two or Natural Time For You
- Nourishing Bento Box served in Akira Back restaurant or ABar Lounge



## RISE AND REJUVENATE RETREAT

**2 hours 30 minutes**

**435 GBP**

Start your day with a delicious healthy breakfast in the stylish Akira Back restaurant. Following breakfast, select between a one-hour swim assessment or personalised training session, complemented by a rejuvenating Energy Flow Massage to invigorate mind and body. Extend this blissful escape until lunchtime and enjoy the full spectrum of the wellness amenities at The Spa.

- Breakfast served in Akira Back restaurant
- Half day access to The Spa facilities
- Swim Assessment or Personal Training (1 hour)
- Natural Time for You (1 hour 30 minutes)

# TERMS & CONDITIONS

## OPENING HOURS

Spa Treatment	Monday to Sunday	9:30am - 8:30pm
Fitness & Pool	Monday to Sunday	7:00am - 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 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 the 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. Kindly note that late arrivals will not receive an extension of scheduled treatments.

## MINIMUM BOOKING TIMES

For treatments lasting 1 hour and 30 minutes or more, guests are welcome to enjoy our 25-meter swimming pool, sauna, steam room, experience shower, and vitality pools as part of their spa experience.

## AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 18 without written consent from a parent or guardian.

For more information on our children's fitness and spa services please contact the spa via [momay-spa@mohg.com](mailto:momay-spa@mohg.com)

## ADVANCED BOOKINGS

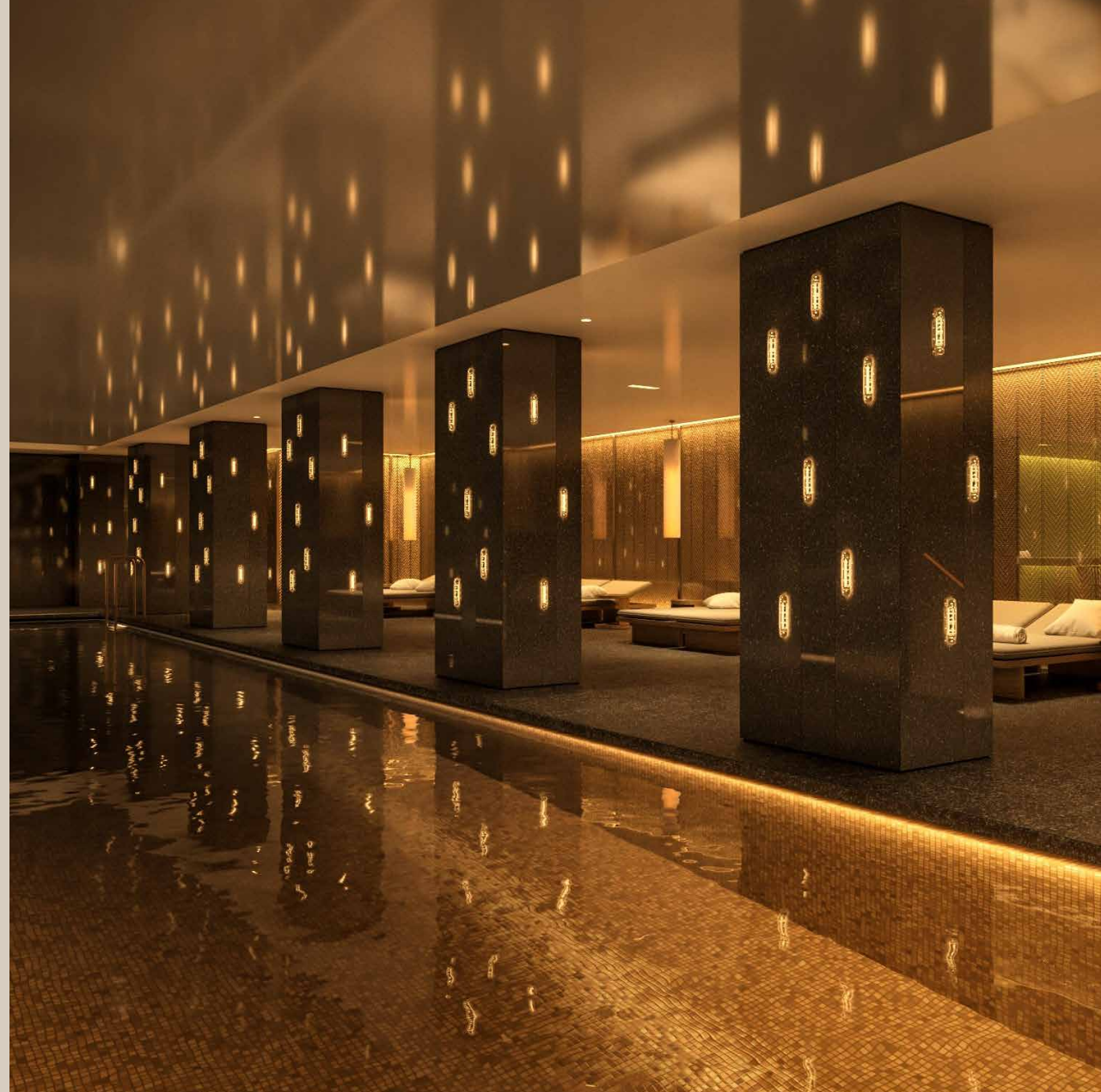
We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation.

## 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>





MANDARIN ORIENTAL

MAYFAIR  
LONDON

22 Hanover Square  
Mayfair, London, W1S 1JP, United Kingdom  
Telephone + 44 (0) 20 7123 6263  
[mandarinoriental.com/mayfair](http://mandarinoriental.com/mayfair)