



THE SPA
— AT —
MANDARIN ORIENTAL
—
MIAMI

ESSENCE OF MIAMI

COUPLES SUITE EXPERIENCE

1 hour to 6 hours

\$430 per hour

Mandarin Oriental, Miami offers an indulgent experience by transporting you into a private world when reserving one of our luxurious spa suites. Schedule two or more hours of treatment in any of our luxurious suites and receive complimentary 20 minutes of relaxation time to enjoy your spa suite, including a suite amenity.

MANDARIN SUITE EXPERIENCE

1 hour to 6 hours

\$215 per hour

Designed with total privacy in mind, our spa suite for one allows you to enjoy the Spa at your own pace and in your own personal haven as you select customized treatments for the day. Each suite boasts a panoramic view overlooking the tranquil waters of Biscayne Bay.

HEALING WAVE

1 hour 20 minutes

\$280

Unique to Mandarin Oriental, Miami this journey designed by the talented spa team creates a profound level of relaxation for the body and mind through sound and touch. Featuring vibrational healing waves through the use of singing bowls, and a de-stressing back, scalp and foot massage for complete surrender. Partnering with our charity of choice, Voices for Children, for every Healing Wave booked, we will donate USD 10 to the cause.

KUNDALINI JOURNEY

2 hours

\$395

This unique treatment combines advanced massage techniques with aromatherapy, color and gemstone therapy as well as sound therapy to guide you toward a state of inner peace and physical balance.



SIGNATURE THERAPIES

TIME RITUALS™

2 hours **\$400**
3 hours **\$590**

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilize their individual talents to create and customize treatments to your unique individual needs.

ORIENTAL QI

1 hour 50 minutes **\$395**

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.

ORIENTAL HARMONY

1 hour 50 minutes **\$595**

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.

INNER STRENGTH

1 hour 20 minutes **\$280**

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

DIGITAL WELLNESS ESCAPE

1 hour 20 minutes **\$275**

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.





ESSENTIAL TRAVELER

TRANQUIL DELIGHT

1 hour 20 minutes **\$275**

This soothing treatment starts with a full body salt and oil scrub, rejuvenating dry and tired skin. The experience is completed with a back, neck and shoulder massage, leaving the body, mind and spirit grounded and in perfect harmony, ready to face the world.

RED EYE RECOVERY

1 hour 20 minutes **\$275**

Designed to help the body recover from the mental and physical strains of jet lag and long distance travel. Incorporates brisk dry body brushing to exfoliate the skin and encourage healthy circulation followed by a full body massage.

IGNITING FIRE RITUAL

1 hour 50 minutes **\$375**

Energize, revitalize and ignite internal fire with this revitalizing treatment. The experience begins with a welcoming foot ritual and a full-body exfoliation to relieve stress. An energetic clearing through the use of singing bowls is followed by a soothing hands-on body massage.

AYURVEDIC HOLISTIC BODY TREATMENT

1 hour 50 minutes **\$375**

Sip a relaxing herbal infusion while experiencing a ceremonial foot cleansing ritual. A gentle full-body exfoliation and facial cleanse is followed by an Ayurvedic marma points massage and scalp ritual. Although gentle, this massage has a very profound effect on the mind and body.

BLISSFUL JOURNEY

1 hour 20 minutes **\$275**

This treatment is individually tailored to suit the skin of the face and back. This holistic treatment uses scientifically advanced natural products rich in aromatherapy oils. It includes a relaxing cleanse and exfoliation as well as therapeutic massage for the back and shoulders followed by a nourishing aromatherapy facial.

ORIENTAL FOOT THERAPY

50 minutes **\$185**

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment which begins with a fragrant foot bath followed by a skillful exfoliation and massage to smooth the feet and lower legs.

MASSAGE

All of our massage treatments are customized for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from a number of massage techniques to increase muscle relation, improve circulation and increase overall wellbeing.

ORIENTAL ESSENCE

50 minutes **\$185**
1 hour 20 minutes **\$250**

Using custom-blended Oriental 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 with light to medium pressure.

THERAPEUTIC

50 minutes **\$195**
1 hour 20 minutes **\$275**

Firm pressure is used with specific techniques to dissolve your body's aches and pains, targeting areas of tension using elbows and forearms to achieve an effective deep tissue massage.

HOT STONE THERAPY

1 hour 20 minutes **\$275**

Inspired by traditional Native American Indian practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

PRE OR POST NATAL MASSAGE

50 minutes **\$185**
1 hour 20 minutes **\$250**

This personalized body massage has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time.

THAI MASSAGE

1 hour 30 minutes **\$325**
2 hours **\$435**

Gentle rocking, rhythmic acupressure and assisted stretching revitalizes the mind, increases flexibility and releases muscle tension. Performed wearing comfortable clothing, this massage is conducted on an Asian mat in a Spa Suite.

SHIATSU

1 hour 30 minutes **\$325**
2 hours **\$435**

To bring the body back into balance, pressure is applied along the body's meridians along with gentle manipulation to alleviate tension, enhance the body's natural healing ability and eliminate fatigue. Performed in a luxurious Spa Suite, loose clothing is recommended as you remain fully clothed for this treatment.



SCRUBS AND WRAPS — BODY WISE

BIOLOGIQUE RECHERCHE DETOX, SLIM AND SCULPT 1 hour and 30 minutes **\$350**

Improve the look and feel of your body with this detoxifying wrap and lymphatic massage combined with active essential oils that stimulate circulation and reduce tissue pressure. Body contours are redefined through water retention reduction and skin texture is visibly smoother and more radiant. *The best results are achieved with a treatment series combined with a customized at-home regimen of products.*

PERSONALIZED BODY WRAP 1 hour and 20 minutes **\$250**

A results-driven body wrap tailored to your needs, choose to detoxify, nourish, hydrate or soothe. This unique and effective treatment includes exfoliation, followed by a burst of purifying gels and essential oils, which will leave you refreshed and toned.

MOTHER TO BE 1 hour and 20 minutes **\$250**

Total bliss and relaxation during pregnancy. After a gentle exfoliation, the skin is smoothed from head to toe with rich, nourishing creams. A soothing body massage and a relaxing scalp massage will ease away all stress and strain.

ORIENTAL BODY SCRUB 20 minutes **\$90**

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.

MIRIAM QUEVEDO HAIR AND SCALP RITUAL 20 minutes **\$90**

Using ancient Japanese techniques paired with the rejuvenating benefits of Miriam Quevedo hair care, this treatment provides deep hydration for normal to thick hair or restores volume for normal to fine hair using targeted hair and scalp products.

THAI FOOT MASSAGE 20 minutes **\$90**

Sharing our Oriental heritage, this Asian inspired vigorous foot massage revives tired feet and increases circulation with the help of a Thai foot stick.



HOLISTIC SKIN CARE

PROSKIN BRIGHTENING FACIAL

1 hour 20 minutes

\$250

Restore skin's vitality and reveal a bright, smooth and radiantly youthful looking complexion. Suitable for all skin types and ages, this treatment features a deep brush cleanse and brightening mask to remove dead skin cells. An age-defying and sublimely relaxing massage using rose quartz crystals follows, finishing with a Lifting and Smoothing Mask to brighten, firm and even skin tone, leaving your complexion smooth, supple and looking radiantly healthy.

BLACK BACCARA FACIAL RITUAL

1 hour

\$195

This potent anti-aging treatment is fortified with the precious black baccara rose and the rare polar rose to awaken, protect and energize skin while turning back the hands of time. This exclusive facial fuses together the benefits of the cutting edge black baccara bio-adaptive youth concentrate with the serenity of reflexology.

CUSTOMIZED ESSENTIAL FACIAL

50 minutes

\$185

Using techniques and products specifically chosen from ESPA's skin care range, your therapist will adapt the treatment to your needs to ensure you will receive maximum results for your skin type.



ADVANCED SKIN CARE

GLACIAL WHITE CAVIAR FACIAL RITUAL

1 hour 30 minutes

\$300

Preserve and defend youthful skin with the perfect balance of nature and biotechnology. White Caviar Oil and Hyaluronic acid are key ingredients used to help repair and renew the skin creating a luminous effect and providing oxygenation. Definition is achieved through lymphatic drainage massage as well as facial lifting and sculpting techniques.

ILLUMINATING OXYGEN FACIAL

1 hour 20 minutes

\$295

Transform your skin through a deep infusion of pressurized oxygen directly to the skin's surface, instantly cooling and hydrating the skin. A concentrated serum suitable is added to the oxygen allowing you to tailor this facial experience to your specific needs. Your skin will look and feel years younger, visibly lifted, toned and hydrated for a picture perfect complexion.

HYDRAFACIAL MD™ FACIALS

Experience immediate results with the multifaceted HydraFacial MD. Appropriate for all skin types, this customizable facial targets a multitude of concerns including fine lines, rosacea, acne and dull, tired skin. A deep cleanse, exfoliation and painless extractions, is followed by a customized selection of blue and red LED light therapy, cooling gel mask, correction serums and lymphatic drainage to reduce puffiness. Selection available is based on duration of facial selected.

35 minutes

\$225

50 minutes

\$280

1 hour 20 minutes

\$375



BIOLOGIQUE RECHERCHE FACIALS

Since 1980, Biologique Recherche has devoted itself to the art of personalized treatments, delivering outstanding, immediately visible, long-lasting results; the first step of the Biologique Recherche Methodology.

CUSTOM MADE

1 hour **\$275**

1 hour and 30 minutes **\$395**

After a thorough skin analysis, a personalized “treatment booster,” a combination of recommended products, treatment and manual techniques, will be tailor-made for each guest. Best known for its highly concentrated natural, biologically active and fragrance-free ingredients, the Custom Made Facial is ideal for all skin types, particularly those in need of reconditioning, repair, lifting and pigmentation reduction.

LIFTING FACIAL

2 hours **\$450**

The ultimate age-defying facial is performed in a spa suite, replenishing hydration, and increases regeneration, while exfoliates and tones the face, neck and décolleté. Advanced manual techniques visibly sculpt the face contours for an immediate firming effect.

Add on Seconde Peau **\$190**

Second Skin is a medically inspired regenerating treatment that acts on the extracellular matrix of the skin to accelerate the healing process and achieve immediate results.



FINISHING TOUCHES

MANDARIN ORIENTAL MANICURE

40 minutes **\$60**

A complete manicure during which hands are cleansed, hydrated and groomed.

MANDARIN ORIENTAL PEDICURE

50 minutes **\$80**

A complete pedicure during which hands are cleansed, hydrated and groomed.

MANICURE & PEDICURE DUO

90 minutes **\$105**

NOURISHING HAND TREATMENT

50 minutes **\$80**

A relaxing treatment using therapeutic hand care from Margaret Dabbs London, featuring botanical extracts and emu oil. A gentle exfoliation, massage and warming paraffin dip is finished with the polish of your choice.

NOURISHING FOOT TREATMENT

1 hour 5 minutes **\$100**

Includes a gentle skin softening exfoliation and relaxing acupressure massage using therapeutic foot care from Margaret Dabbs London, featuring botanical extracts and emu oil. Feet are enveloped in warm paraffin wax for nourishment, before the polish of choice is applied.

MARGARET DABBS ULTIMATE MANICURE

50 minutes **\$100**

Indulge with the ultimate hydrating manicure. Hands and arms are treated to a wonderful creamy hand scrub and a rich nourishing balm. An anti-aging serum targeting age spots and age spots is gently applied and the treatment completes with a polish application.

MARGARET DABBS ULTIMATE PEDICURE

1 hour 5 minutes **\$125**

This illuminating leg and foot treatment will brighten and detoxify the skin using a toning leg treatment and masque. The treatment is completed with an indulgent leg massage and cold or hot stone therapy, using a firming leg serum to rejuvenate and reduce water retention.

SHELLAC MANICURE

1 hour **\$75**

This flawless treatment involves zero dry time, no nail damage, resilient mirror finish, strong protected nails and flawless color for up to 14 days.





FULL DAY PROGRAMS

MANDARIN ULTIMATE SPA DAY

6 hours 40 minutes (includes 1 hour lunch)

Treatment Room

\$850

Individual Suite

\$970

Couples Suite

\$1,940

A complete getaway, nothing compares to this therapeutic and relaxing journey

- Welcoming Foot Ritual
- Oriental Body Scrub
- Personalized Body Wrap
- Hot Stone Therapy
- Thai Foot Massage
- Bento box lunch
- ProSkin Brightening Facial
- Margaret Dabbs Ultimate Manicure & Pedicure

CUSTOMIZED SPA DAY

5 hours (includes 1 hour lunch)

Treatment Room

\$800

Individual Suite

\$860

Couples Suite

\$1,660

The perfect spa day starts with a welcoming foot ritual and a complete consultation to determine your individual needs so that a unique package can be created just for you. No experience is ever the same as we take into consideration exactly what you need the most, for a total wellness experience. The customized spa day is offered in our luxurious Mandarin suite for one or Couples suite for two and includes a bento box lunch.

HALF DAY PROGRAMS

BEAUTY PROGRAM

3 hours

Treatment Room	\$660
Individual Suite	\$695
Couples Suite	\$1,390

The perfect spa day with emphasis on relaxation, wellbeing and self renewal. Prepare for bliss.

- Hot Stone Therapy
- Oriental Body Scrub
- Illuminating Oxygen Facial

RELAXATION PROGRAM

3 hours 40 minutes

Treatment Room	\$475
Individual Suite	\$535
Couples Suite	\$1,040

This program offers the ultimate combination of relaxation and pampering. Reserve a Spa Suite and enjoy both the massage and facial in a luxurious suite overlooking Biscayne Bay.

- Oriental Essence Massage
- Customized Essential Facial
- Mandarin Oriental Manicure
- Mandarin Oriental Pedicure

DIGITAL WELLNESS MINI RETREAT

2 hours 30 minutes

Treatment Room	\$395
Individual Suite	\$465
Couples Suite	\$930

Recharge with this program focusing on disconnecting from all devices and look within.

- Yoga or Meditation Class
- Singing Bowl Session
- Juice Break
- Digital Wellness Escape
- Mindfulness Take Home Gift



WELLNESS

Private classes of four or more guests are subject to special group pricing. All fitness classes are one hour in length. Group classes are offered seasonally on the lawn, weather permitting.

PERSONAL TRAINING

1 hour Private session **\$130**

Your trainer will customize a routine to motivate and invigorate, bringing you closer to your goals with each visit.

YOGA

1 hour outdoor class session **\$30**
Private session **\$125**

Focusing on deep breathing and relaxation, yoga will improve your flexibility, focus your mind and tone your body, achieving the ultimate in mind and body balance.

PILATES MAT

1 hour Private session **\$125**

This intense exercise includes a sequence of carefully performed movements, encouraging you to become more aware of your body as a single integrated unit. Pilates improves alignment, breathing and the efficiency of movement. Each exercise is designed to stretch and strengthen the body's central core, while opening the joints and releasing tension.



TAI CHI

1 hour Private session **\$125**

Originating from Chinese martial arts, this slow, continuous flow of motion and meditation increases circulation as well as improves concentration and focus.

MEDITATION AND VISUALIZATION

1 hour Private session **\$125**

Take time out to experience the ultimate in relaxation. Learn the art of healthy breathing, while you increase your energy levels, improve circulation, lower blood pressure and feel everyday stress and anxiety gently float away.

EAST TO WEST NUTRITIONAL ASSESSMENT

1 hour Private session **\$275**

Nutrition is the preventive medicine of the 21st Century. Our registered licensed dietitian will guide you into rediscovering what your body needs in order to achieve balance by designing a program that fits your lifestyle. Our bodies communicate to us clearly only if we are willing to listen.



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