



THE SPA
— AT —
MANDARIN ORIENTAL

MILAN

ESSENCE OF MILAN

DÒMM DE MILAN

3 hr 20 min

500 €

Enjoy your private wellness experience in our luxury Spa suite with steam room, jacuzzi and a special healthy break with fresh fruits and snacks. The foot ritual with essential oils and a pressure point massage introduces a customized 90-minute body massage, followed by the brightening 30-minute facial treatment. The Dòmm De Milan is perfect for a romantic couple experience, a relaxing moment, away from the buzz of the city.



SIGNATURE THERAPIES

TIME RITUALS™

1 hr 50 min 310 €

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

1 hr 20 min 250 €

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.

INNER STRENGTH

1 hr 20 min 250 €

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 hr 20 min 230 €

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.

INTELLIGENT MOVEMENT

1 hr 20 min 260 €

The Intelligent Movement treatment has been designed to help our guests move more and better. Aiming to soften, release tension and increase mobility in the body, it includes trigger point release work, deep muscle manipulation, stretching and elongation of the muscles.



MASSAGES

All our massage treatments begin with a consultation and are designed to aid muscle relaxation, improve circulation, and increase overall wellbeing.

ORIENTAL ESSENCE

1 hr 20 min 210 €

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.

BLISSFUL HOLISTIC MASSAGE

1 hr 20 min 220 €

Experience effective, immediate tension relief with long, firm, flowing movements as specific therapeutic techniques are applied at various levels of pressure, melting into the deeper tissue layers. Marma therapy and chakra balance align vital energy centres, whilst results-based therapeutic oils help enhance your overall wellbeing. This experience includes a Marma massage on the face with potent aromatic actives to boost collagen, simultaneously reducing stress and promoting sleep.

AROMA STONE

1 hr 20 min 210 €

This relaxing massage generates energy, brings balance and calmness, and relieves deep-seated muscle tension using heated lava stones. Stone therapy is a Native American Indian practice that has been used since ancient times as a soothing and healing treatment.

THAI

1 hr 20 min 230 €

Feel deeply relaxed and revitalised in body and mind. Performed wearing loose-style clothing and conducted on a futon, this traditional Thai massage uses a combination of gentle rocking motions, rhythmic acupressure and assisted stretching to increase flexibility, relieve joint and muscle tension, and balance the body's energy system.

DEEP TISSUE

1 hr 20 min 260 €

This truly effective therapeutic massage helps dissolve aches and strains. The oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energizing massage.

PRENATAL AND POSTNATAL MASSAGE

1 hr 20 min 230 €

Specifically designed for pregnant and nursing mothers, this massage aids relaxation of mind and body, bringing emotional relief and healing.



BODY TREATMENTS

BLACK DIAMOND SCULPTING BODY TREATMENT

50 min 270 €

This treatment is designed to ensure a more sculpted silhouette and a smoother skin, which is visibly nourished, toned and revitalized thanks to advanced massage techniques combined with medically inspired formulas.

V-SHAPE

50 min / 1 hr 20 min 200 € / 290 €

V-Shape helps to prevent the signs of ageing and reduce wrinkles on the face, while on the body it reduces cellulite and promotes skin tone. Radiofrequency, vacuum, and infrared lights stimulate the production of hyaluronic acid, collagen, and elastin.

PRESSOTHERAPY

50 min 200 €

This new technology helps to drain and reduce excess fluids of legs and feet for an immediate sense of wellbeing. With special pressures and movements combined this massage improves both the circulation and lymphatic system, tonifying the entire body. Recommended to be combined with V-shape or a facial treatment.

RASAYANA DETOX BODY BUFF

50 min 200 €

Ideal for jet lag and tired skin, this rejuvenating exfoliation with finely milled walnut shells buffs away dead skin cells and reduces the signs of cellulite. Invigorating aromatics of Tulasi, wild turmeric and limbu completed with a personalised full body hydration.

HIMALAYAN ENERGISING BODY POLISH

50 min 200 €

Feel renewed, with visibly radiant skin. A strong exfoliating body polish, using mineral-rich Himalayan crystal salts, removes toxins and stimulates circulation. Rare Ayurvedic aromatherapy oils relieve the effects of stress, completed with a full body hydration combined with rich ingredients to nurture, moisten and balance the skin.

RASAYANA DETOX BODY WRAP

1 hr 20 min 250 €

This enticing body therapy revitalises, tones, and purifies commencing with an exfoliation and refreshing essential oils. Followed with a relaxing detoxing wrap, blended with exquisite mineral-rich clay infused with powerful herbs of spiked ginger lily, spirulina and green tea. A full body hydration with your choice of aromatic-infused body butters, lotions, or blends – completes the experience.

PEARL-INFUSED REMINERALISING BODY MASK

1 hr 20 min 250 €

Luxuriate in this exceptional experience designed to deliver multi-sensory results. First, exfoliation softens the skin. Then a mineral-rich body mask, infused with active ingredients of pearl and conch shell extracts, stimulates and regenerates skin cells. During the treatment, experience a facial massage, using potent anti-ageing ingredients of Mogra ("queen of jasmynes") and Indian rose, releases tension and restores balance.



WELLNESS JOURNEYS

SLEEP WELL AWAKEN WELL

1 hr 50 min

330 €

If you're a frequent traveler or simply feeling the effects of a long journey, this customised treatment is the perfect way to restore your body's natural balance and enhance your overall well-being. Marma-point work, lymphatic massage and a bronze kasa bowl technique draw out excess heat, releases fluid retention and strengthens the immune system. Our skilled therapists will tailor the treatment to your needs – to energise or relax – improving energy levels and sleeping patterns, leaving you feeling revitalised.

DETOX AND ADRENAL BOOST JOURNEY

1 hr 50 min

390 €

Feel energised after this rejuvenating purification experience. The treatment aims to purify the blood, stimulate the cells and lymphatics, and reduce adrenal fatigue, using carefully selected ingredients such as Tulasi, wild turmeric and Indian lime. A full-body exfoliation prepares the skin, followed with a toning detox wrap which eliminates toxins and impurities. Finally, a massage provides lymphatic drainage, releases tension, and stimulates Marma points.

To further elevate your wellness journeys, book our Spa Suite, with steam room, jacuzzi and a serving of fresh fruit.

60 min

200 €

HOLISTIC SKIN CARE BY SUBTLE ENERGIES

Subtle Energies, with over 30 years of clinical experience, designed its treatment programmes with a holistic approach to fortify and balance the body, mind and emotions, harnessing the finest traditional Ayurvedic methods fused with modern massage techniques.

24K GOLD AGE-DEFYING FACIAL

50 min / 1 hr 20 min 250 € / 320 €

For radiant skin, this lavish treatment renews and regenerates skin cells with lasting results. Combining active ingredients that boost collagen and elastin, an age-defying facial featuring Mogra ("queen of jasmines") and 24K gold penetrates and oxygenates the skin's dermal layers. Fine lines and wrinkles are reduced, and emotional needs such as stress, anxiety and hormonal imbalance are addressed.

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL

50 min / 1 hr 20 min 200 € / 270 €

This restorative facial therapy leaves skin smoother, vitamin-enriched, and deeply hydrated. Ideal for sensitive, damaged, dehydrated, or mature skin, it uses an exceptional nutrient-rich elixir infused with antioxidants and essential fatty acids to fight free radical damage and protect skin from visible signs of ageing. A facial massage and a highly effective serum boost that boosts collagen and hyaluronic acid production, completed with a botanical hydration mask which locks precious moisture into the skin.

ESSENTIAL DAILY HYDRATION

50 min 190 €

Restoring natural vitality to the skin, this deeply hydrating and nourishing facial suits most skin types. It combines nature's best active ingredients with gul heena, neem and carrot seed oil, known for their firming properties. A great option for men, skin becomes revitalised, supple, and resistant to the effects of urban living.



ADVANCED SKIN CARE

BY BIOLOGIQUE RECHERCHE

Biologique Recherche has devoted itself for more than 40 years to the art of personalised treatments, delivering outstanding, immediately visible, and long-lasting results.

CUSTOM MADE

This facial is ideal for all skin types because, after a thorough skin analysis, a personalised treatment booster – a combination of recommended products, treatment, and manual techniques – is tailor-made for each guest.

VIP O2

1 hr 20 min 260 €

The complexion becomes surprisingly radiant, brighter, and full of life with this treatment. It eliminates toxins and stimulates the epidermis by re-oxygenating the skin tissue exposed to urban atmospheric pollution.

SOIN LISSANT

1 hr 20 min 260 €

This reconditioning treatment tones, drains, and smooths the epidermis, and is perfect for all skin types.

MC 110

1 hr 20 min 260 €

Ideal for brightening dull skin and reducing wrinkles and fine lines, this treatment redefines and tones the face, neck, and décolletage area.

LIFT CVS

1 hr 20 min 280 €

This treatment lifts and exfoliates, thanks to a modelling massage, and is ideal for mature skin as it smooths, tones, and refines the skin's texture.

SECOND SKIN

1 hr 20 min 350 €

Second Skin is a regenerating, plumping, and wrinkle-filling treatment recommended for all types of mature skin affected by the signs of aging. Medically inspired and using 80% medical-grade hyaluronic acid, it acts on the extracellular matrix of the skin to accelerate the healing process and achieve immediate results.



ADVANCED SKIN CARE

BY 111SKIN

111SKIN is the culmination of twenty years of surgical knowledge, innovative ingredients, and medically inspired delivery methods; founded by globally renowned cosmetic surgeon, specialising in facial reconstruction and rejuvenation surgery.

THE SIGNATURE 111SKIN FACIAL

50 min

260 €

A high-performance facial treatment aimed to boost the epidermal barrier. Thanks to the power of the exclusive NAC Y2™ formula, it gives the skin an immediate glow, by alleviating dryness and reducing dehydration. This facial is specifically aimed to soothe and calm inflamed and irritated skins.

BLACK DIAMOND LIFT FACIAL

1 hr 20 min

320 €

Thanks to the use of a special scientific formula, combined with medical-inspired masks and exfoliating acids, this highly effective treatment promotes a youthful and lifted appearance. A unique facial peel and specific massage techniques, combined with the use of products enriched with Retinol, diamond particles and the unique NAC Y2™ formula, ensures fresh skin and a rejuvenated look.



SPA SUITE

SPA SUITE

60 min 200 €

The Spa Suite can be reserved for at least one hour and includes a Jacuzzi and a Steam Room. All Spa Suite bookings include a serving of fresh fruits.

WELLNESS EXPERIENCES

YOGA

60 min 150 €
90 min 210 €

At your request, we can arrange one-to-one yoga sessions with a recommended private teacher. Available for all levels of ability.

PERSONAL TRAINING

60 min 150 €
90 min 210 €

Personal trainer sessions can easily be arranged through the Spa's dedicated team.





TERMS & CONDITIONS

FACILITY USAGE

Guests purchasing a treatment of minimum 80 minutes per person may also use the pool, fitness and facilities for one hour. Booking is required. Beauty services are not included.

OPENING HOURS

Fitness Centre	:	Mon – Sun	24/7
Pool	:	Mon–Sun	7:30am – 10pm
Spa Treatments	:	Mon – Sun	11am – 8pm

CANCELLATION POLICY

If you wish to cancel or reschedule a booking, please give 6 hours' notice to avoid cancellation fees.

DIGITAL DISCONNECTION

Our Spa environment aims for tranquility and relaxation. We would appreciate it if you could 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 20 minutes prior to your scheduled appointment. This allows us to have a brief discussion about your treatment expectations and gives you the chance to calmly enjoy your arrival. Please understand that late arrivals might result in shortened treatments.

AGE REQUIREMENT

The minimum age requirement to access the Spa and Fitness Centre is 16 years. Treatments for children under the age of 16 are subject to restrictions and parental presence.

GIFT CARDS

Our gift cards are an ideal gift and are available online at [mandarinoriental.com/gift-cards](https://www.mandarinoriental.com/gift-cards) and at the Spa at Mandarin Oriental, Milan.

FINISHING TOUCHES

For any additional request, please contact our Spa concierge.



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