



THE SPA  
AT  
MANDARIN ORIENTAL

MILAN

# ESSENCE OF MILAN

## ITALIAN BEAUTY

**3 hours 30 minutes**

A treatment inspired by the healing properties of poppy seeds, created to leave skin soft to the touch, minds rebalanced and tranquil. The treatment includes a full body and face massage, followed by an application of poppy infused facial mask.

The treatment will be enjoyed in our private Spa Suite, where a refreshing fruit platter and assortment of healthy snacks will be served for additional pleasure.

## DÒMM DE MILAN

**3 hours 30 minutes**

Leaving your skin soft and smooth like the walls of the Domm. A full body exfoliation using fine marble granules and lemon oil, prepares the skin for a drainage massage designed to using achillea oil to aid in inflammation and to energise and revitalise the body's natural rhythm. The experience ends with an advanced skincare facial.

The treatment will be enjoyed in our private Spa Suite, where a refreshing fruit platter and assortment of healthy snacks will be served for additional pleasure.



# SIGNATURE TREATMENTS

## TIME RITUALS™

**1 hour 50 minutes / 2 hour 50 minutes**

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 hour 50 minutes**

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**

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 50 minutes**

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**

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.



# MASSAGES

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

## ORIENTAL ESSENCE

**50 minutes / 1 hour 20 minutes**

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.

## AROMATHERAPY

**50 minutes / 1 hour 20 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.

## DEEP TISSUE

**50 minutes / 1 hour 20 minutes**

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.



## AROMA STONE

**50 minutes / 1 hour 20 minutes**

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension. Stone therapy is a Native American Indian practice which has been used since ancient times as a soothing and healing treatment.

## THAI

**50 minutes / 1 hour 20 minutes  
1 hour 50 minutes**

Performed wearing loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalise body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.

## LYMPHATIC

**50 minutes / 1 hour 20 minutes**

The lymphatic system is key in helping rid the body of toxins that can cause illness. This massage stimulates the lymphatic system to encourage detoxification, reduce water tension and create a feeling of healthy wellbeing.



## ESSENTIAL TRAVELLER

### DEEP SLEEP

**1 hour 50 minutes**

Perfect for those who struggle to sleep, or suffer with sleep deprivation. A deeply sedating head-to-toe massage, using carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Perfect for inducing a deep sense of tranquility and a good night's sleep.

### JET LAG CURE

**1 hour 20 minutes**

A treatment for weary travelers to get you back on track when you're feeling fuzzy-headed, tired and sluggish. Specialised massage techniques will work to re-set your body clock so that you quickly adjust to the correct time zone. If you need to wake up or sleep, this is the treatment for you.

### CALM MIND

**45 minutes**

Re-harmonising the body's natural flow and movement our signature head massage is designed to completely relax both the body and mind.

# SPECIALITIES

These specialised treatments designed to create a nature lift to the skin by specific massage techniques. This treatment has best results when performed as a package, however a difference can be seen after the first treatment.

## KOBIDO

**1 hour 20 minutes**

This Japanese facial massage uses a combination of intense lifting movements and stimulation of acupuncture points to provide a uniform skin tone, improve circulation and increase collagen production, resulting in a natural firming action on the skin. Kobido has a cumulative effect, with greater health benefits derived from regular treatments.

## KI POINT MASSAGE

**1 hour 20 minutes / 1 hour 50 minutes**

Combining acupressure with assisted stretching techniques, this deep tissue massage acts on specific muscles and energy channels. Concentrated finger pressure is applied to trigger points to restore flexibility and balance, relieve discomfort and improve mobility, as well as promote overall relaxation and a sense of wellbeing.



# BODY TREATMENTS

## DETOX & REVIVE

**1 hour 20 minutes**

A trilogy of body brushing, exfoliation and mud mask to stimulate your lymph, remove dead skin cells while re-mineralising the skin. This enables the application of the revive body gel, body oil and body lotion to penetrate efficiently into the body, resulting in a deeply recharged mind and reenergized body.

## PRE-POST PREGNANCY MASSAGE

**1 hour 20 minutes**

Specifically designed for pregnant and nursing mothers to aid body and mind to stay in balance.

## ROSE HYDRATING COCOON

**1 hour 20 minutes**

An indulgent and uplifting treatment comprising of a body envelopment, including a full body scrub that softens and revitalizes the skin, followed by a full-body wrap rich in Rose, Roman Chamomile and Neroli to nurture the skin. A relaxing scalp massage completes this unique pampering experience.

## SCULP & SLIM

**1 hour 20 minutes**

Using a modeling cast which efficiently combats cellulite and targets stubborn deposits of fat.

The alternative hot and cold phases of the treatment will help to increase circulation, with an immediate toning and detoxifying effect, which is visible from the first application.



# SCRUB

## 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.





# HOLISTIC SKIN CARE

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. Harnessing the natural power of essential oils to nurture the body and boost the spirit. Their essential oils are highly effective in enhancing the state of our physical, mental and emotional wellbeing.

## ROSE FACIAL

**1 hour 20 minutes**

A treatment that restores radiance and glowing skin. Luxurious rose essential oils, long known for their rejuvenating properties, help condition and deeply nourish the skin. The result is a smooth, radiant complexion and a relaxed state of mind.

## AGE REPAIR FACIAL

**1 hour 20 minutes**

An intensive treatment for those concerned with the signs of ageing. Award-winning natural products are used in conjunction with a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

## DEEP CLEANSER FACIAL

**1 hour 20 minutes**

This is a treatment to tone, refresh and revitalize, leaving the complexion bright and radiant. The skin is cleansed, exfoliated and then a mask is used to re-mineralise. A facial massage using pressure point release tension and help to tone muscles. Using an inhalation of Frankincense, the therapist performs a scalp, arm and hand massage to complete relaxation.

## FACIAL FOR MEN

**50 minutes**

Exclusively targeted for men. A deep cleansing and brightening facial that leave skin looking clean, luminous and deeply hydrated with rich, invigorating oils and botanical extracts.





## ADVANCED SKIN CARE

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

### CUSTOM MADE

**50 minutes / 1 hour 20 minutes**

After a thorough skin analysis, a personalised “treatment booster,” a combination of recommended products, treatment and manual techniques, will be tailor-made for each guest. This facial is ideal for all skin types.

### SECOND SKIN

**1 hour 20 minutes**

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

### MICRO-PUNCTURE TREATMENT

**1 hour 20 minutes**

An intensive facial treatment which activates collagen production through intra-epidermal micro-stimulation and helps fight against premature signs of skin aging.



## BEAUTY SERVICES

### MANDARIN ORIENTAL MANICURE

**50 minutes**

A complete manicure infused with hydrating defying ingredients to cleanse, exfoliate, treat and nourish leaving hands visibly smoother, more radiant and healthier looking.

### MANDARIN ORIENTAL PEDICURE

**50 minutes**

A complete pedicure infused with hydrating defying ingredients to cleanse, exfoliate, treat and nourish leaving feet visibly smoother, more radiant. Nail care included.

### WAXING

All waxing treatments are available upon request.

# PRICE LIST

## ESSENCE OF MILAN

	Time	€
ITALIAN BEAUTY	3 hours 30 minutes	450
DÒMM DE MILAN	3 hours 30 minutes	490

## SIGNATURE TREATMENTS

	Time	€
TIME RITUALS™	1 hours 50 minutes	240
	2 hours 50 minutes	350
ORIENTAL QI	1 hours 50 minutes	240
ORIENTAL HARMONY	1 hours 50 minutes	380
INNER STRENGTH	1 hours 50 minutes	240
DIGITAL WELLNESS ESCAPE	1 hours 20 minutes	200

## MASSAGES

	Time	€
ORIENTAL ESSENCE	50 minutes	120
	1 hours 20 minutes	180
AROMATHERAPY	50 minutes	120
	1 hours 20 minutes	180
DEEP TISSUE	50 minutes	120
	1 hours 20 minutes	180
AROMA STONE	50 minutes	120
	1 hours 20 minutes	180
THAI	50 minutes	120
	1 hours 20 minutes	180
	1 hours 50 minutes	240
LYMPHATIC	50 minutes	120
	1 hours 20 minutes	180

## ESSENTIAL TRAVELLER

	Time	€
DEEP SLEEP	1 hours 50 minutes	240
JET LAG CURE	1 hours 20 minutes	180
CALM MIND	45 minutes	130

## SPECIALITIES

	Time	€
KOBIDO	1 hours 20 minutes	220
KI POINT MASSAGE	1 hours 20 minutes	220
	1 hours 50 minutes	280

## BODY TREATMENTS

	Time	€
DETOX & REVIVE	1 hours 20 minutes	180
PRE-POST PREGNANCY MASSAGE	1 hours 20 minutes	180
ROSE HYDRATING COCOON	1 hours 20 minutes	180
SCULP & SLIM	1 hours 20 minutes	200

## SCRUB

	Time	€
ORIENTAL BODY SCRUB	30 minutes	70

## HOLISTIC SKIN CARE

	Time	€
ROSE FACIAL	1 hours 20 minutes	240
AGE REPAIR FACIAL	1 hours 20 minutes	240
DEEP CLEANSER FACIAL	1 hours 20 minutes	240
FACIAL FOR MEN	50 minutes	180

## ADVANCED SKIN CARE

	Time	€
CUSTOM MADE	50 minutes	price upon request
	1 hour 20 minutes	price upon request
SECOND SKIN	1 hour 20 minutes	320
MICRO-PUNCTURE TREATMENT	1 hour 20 minutes	280

## BEAUTY SERVICES

	Time	€
MANDARIN ORIENTAL MANICURE	50 minutes	60
MANDARIN ORIENTAL PEDICURE	50 minutes	80

# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre : Mon – Sun Open 24/7  
Pool : Mon – Sun 7am – 10pm  
Spa Treatments : Mon – Sun 9am – 9pm

## CANCELLATION POLICY

Please allow 12 hours notice of cancellation to avoid 50% charge. Cancellation within 4 hours or a no show will incur a 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 30 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.

## AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 16.

## 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/> and at The Spa.



Via Andegari 9  
20121 Milan, Italy  
Telephone +39 02 8731 8888  
[mandarinoriental.com/milan](http://mandarinoriental.com/milan)

