



THE SPA  
— AT —  
MANDARIN ORIENTAL  
— —  
MILAN

# ESSENCE OF MILAN

A dimly lit spa suite featuring several lounge beds with white cushions and towels, arranged in a row. Small wooden tables with lit candles and tea sets are placed between the beds. The room has large windows with sheer curtains and a soft, ambient glow.

## DÒMM DE MILAN

3 hr 20 min

500 €

Enjoy your private wellness experience in our Spa Suite, featuring a Turkish bath, Jacuzzi, and a delightful healthy break. The journey begins with a foot ritual that introduces relaxation through an essential oil massage and acupressure, followed by a personalised 90-minute body massage and a 30-minute illuminating facial treatment. Dòmm De Milan is perfect for a romantic couple's experience or a moment of relaxation away from the hustle and bustle of the city.

## GOLDEN SAFFRON RITUAL

3 hr 20 min

500 €

Discover a wellness experience inspired by Milan's treasured saffron. Begin your journey with a soothing foot ritual, designed to release tension and prepare your body for deep relaxation. A delicate full-body exfoliation follows, gently revitalizing your skin before a bespoke anti-stress massage with saffron-infused oil melts away any lingering stress.

The indulgence continues with a saffron facial scrub, leaving your skin refreshed, silky, and visibly firm. To conclude this sensorial escape, enjoy a dedicated healthy break and one hour of pure serenity in our Spa Suite, featuring an exclusive Jacuzzi and steam bath experience. Surrender to the golden touch of saffron and let this unparalleled ritual restore your mind, body, and spirit.

A decorative graphic of a molecular structure or network diagram, consisting of small white dots connected by thin lines, extending vertically from the bottom of the text area.

# 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 therapies, this tension-busting massage treats the whole body. Focuses on the stress-holding areas of the back, neck, and shoulders.

## RESTORE AROMATIC MASSAGE

1 hr 20 min      220 €

Release tension, soothe the mind and rejuvenate your body with this sensory massage that not only relaxes but provides a deep-seated relief from stress and muscle tension. With each stroke, you will feel the restorative power of the therapeutic and rare aromatics, leaving you renewed, refreshed, and ready to embrace life with a newfound sense of vitality and tranquillity.

## AROMA STONE

1 hr 20 min      220 €

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      240 €

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 effective therapeutic massage is designed to ease aches and release deep muscle tension. Expertly applied decontracting techniques, combined with a specially chosen oil, deliver both relief and renewed energy.

## PRENATAL AND POSTNATAL MASSAGE

1 hr 20 min      230 €

Specifically designed for pregnant (4th to 7th month) and nursing mothers, this massage aids relaxation of mind and body, bringing emotional relief and healing.



# BODY TREATMENTS



## AYURVEDIC BODY SCRUB

50 min

200 €

This exfoliating treatment gently removes dead skin cells, unveiling a smoother and visibly firmer complexion. Precious aromatherapy oils, inspired by Ayurvedic tradition, soothe the senses and ease stress, while deep hydration leaves your skin soft, radiant, and beautifully balanced.

## RASAYANA DETOX BODY WRAP

1 hr 20 min

250 €

This enticing body therapy revitalises, tones, and purifies commencing with 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, a facial massage, using potent anti-ageing ingredients of Mogra ("queen of jasmines") and Indian rose, releases tension and restores balance.

## BLACK DIAMOND SCULPTING BODY TREATMENT

1 hr 20 min

270 €

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

## ROSE GOLD RADIANCE BODY TREATMENT

1 hr 20 min

270 €

A full-body exfoliation followed by the application of illuminating formulas enriched with Damask rose extract and gold brings radiance to the skin. The experience is completed with an illuminating mask, ensuring a glowing and radiant complexion.

# WELLNESS JOURNEYS

A close-up photograph of a woman with dark hair and eyes closed, receiving a facial treatment. Her face is the central focus, with her eyes closed in a state of relaxation. Two hands are visible, one holding a clear, teardrop-shaped crystal roller against her forehead and the other holding another similar crystal roller near her cheek. The lighting is warm and soft, highlighting the contours of her face and the texture of her skin. The background is dark and out of focus.

## SLEEP WELL AWAKEN WELL

1 hr 50 min

340 €

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.

A dedicated beverage will be served at the end of the experience.

## DETOX AND ADRENAL BOOST JOURNEY

1 hr 50 min

400 €

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 by a toning detox wrap, which eliminates toxins and impurities. Finally, a massage provides lymphatic drainage, releases tension and stimulates Marma points.

A dedicated beverage will be served at the end of the experience.

## CRYSTAL ROSE GOLD EXPERIENCE

1 hr 50 min

345 €

Embark on a journey that unites advanced face and body treatments with the illuminating properties of Damask rose and 24k gold. Cutting-edge formulas work to even skin tone and unveil a natural radiance, while rose quartz crystals elevate the ritual with a deeply rebalancing face and body massage.

A dedicated beverage will be served at the end of the experience.

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

1 hr

200 €

(100 € per person)

# 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 that boosts collagen and hyaluronic acid production are complemented by 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.

### 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.

### 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.

### TOLESKIN

1 hr 20 min                      300 €

Perfect for skin in need of extra care, this exclusive SOS treatment calms and fortifies the epidermis, reducing redness and sensitivity while restoring comfort and balance.

### SECONDE PEAU

1 hr 20 min                      350 €

Second Peau 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.

Enhance the effects of your chosen Biologique Recherche treatment with the addition of Remodeling Face.

Remodeling Face                      60 €





## 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.

### REPARATIVE FACIAL

50 min

260 €

A high-performance facial treatment aimed to boost the epidermal barrier. Thanks to the power of the exclusive NAC Y2TM 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.

### CRYO FACIAL TREATMENT

50 min

300 €

This advanced facial treatment combines cryotherapy with re-energising formulas to boost microcirculation, instantly reducing puffiness and signs of fatigue. The refreshing Cryo Globe massage enhances lymphatic drainage, delivering a detoxifying effect that leaves your skin visibly clearer, smoother, and perfectly even in tone.

### 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 Y2TM formula, ensures fresh skin and a rejuvenated look.

## SPA SUITE

### SPA SUITE

1 hr

200 €

The Spa Suite can be reserved for at least one hour and includes a private Jacuzzi and steam room. All Spa Suite bookings include a serving of fresh fruits, selection of tea and healthy snacks.

## WELLNESS EXPERIENCES

### SOUND HEALING

1 hr

150 €

1 hr 30 min

210 €

Our Spa team is available to arrange sound bath sessions with Tibetan and crystal bowls, either individually or in a group setting.

### YOGA AND PILATES

1 hr

150 €

1 hr 30 min

210 €

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

### PERSONAL TRAINING

1 hr

150 €

1 hr 30 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 and facilities for one hour. Booking is required. Beauty services are not included.

## OPENING HOURS

Fitness Centre : Mon – Sun 24 hours  
Pool : Mon – Sun 7:30am – 10pm  
Spa Treatments : Mon – Sun 10am – 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.

## SPA BOUTIQUE

Our Spa team is available to assist you in selecting Spa products and more at our Spa Boutique.

## GIFT CARDS

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

## FINISHING TOUCHES

For any additional request, please contact our Spa concierge.