Step into a space where tranquility encompasses you. A place where the boundaries of East and West blend in harmony. Wellness surrounds you, time stands still, and a sense of deep relaxation washes over.
Enveloped in a haven of serenity, you quickly forget that you are in the heart of a bustling city. The Spa’s tranquil, meditative setting allows you to embark on a personalized journey toward relaxation.
Immerse yourself in an oasis of heat and water: an Amethyst Crystal Steam Room – which blends heat and water through a delicately lit Amethyst; the Experience Shower – where color therapy combines with varying water pressure and temperature; the Vitality Pool – where you soak in oxygen-intensified waters while being gently massaged by hydrotherapy body jets.
Drawing on exotic therapies, treatments and philosophies from around the world, a series of specially designed ‘rituals’ encompassing Chinese, Ayurvedic, European, Balinese, Oriental and American Indian beliefs and practices are offered. Sip refreshing tea while surrendering to a welcoming foot ritual as the therapist creates a tailor-made experience.
Each treatment starts and finishes with the gentle chime of Tibetan cymbals. A specially designed relaxation area allows you to float back to reality at your own leisurely pace.
Unique to New York, The Spa at Mandarin Oriental is the perfect urban escape that offers hotel guests and day spa users a harmonious place of well-being, reaching far beyond the traditional spa experience.
TREATMENTS

SIGNATURE THERAPIES

TIME RITUALS™
1 hour 50 minutes / 2 hours 50 minutes
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 meet 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. This is ideal for those suffering from jet lag.

INNER STRENGTH
1 hour 20 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™
50 minutes / 1 hour 20 minutes
Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease the stress and strain resulting from the frequent use of digital devices.

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 relaxation, improve circulation and increase overall wellbeing. A 1 hour 20-minute massage is suggested in order to fully enjoy maximum benefits.

ORIENTAL ESSENCE
50 minutes / 1 hour 20 minutes
Using custom-blended Oriental oils and movements inspired by traditional Oriental therapies, this tension-releasing massage treats the whole body. Oriental Essence focuses on the traditional stress-holding areas of the back, neck and shoulders.

THERAPEUTIC MASSAGE
50 minutes / 1 hour 20 minutes
Targeting areas of tension is the focus of this sophisticated treatment. Concentrated pressure is used with techniques to dissolve the body’s aches and strains using elbows and forearms to achieve a truly effective deep tissue massage. This treatment is ideal for guests with issues of chronic tension who are experienced in massage.

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, this massage creates a feeling of physical relaxation and calm, while mentally uplifting and clearing the mind.

AROMA STONE
1 hour 20 minutes
Stone therapy is a Native American practice used since ancient times as a healing therapy. The use of stones generates energy, creating a sense of balance and calm as well as giving relief to deep-seated muscle tension.

CALM MIND RETREAT
1 hour 20 minutes
Designed to ease stress, the Calm Mind Retreat balances the extreme yin and yang energies of the body by working the core and extremities. The treatment begins with a compressive sequence to stimulate and balance the left and right hemispheres of the brain, followed by a focused massage of the spine, shoulders, neck and face.
MATERNITY MASSAGE
1 hour 20 minutes
This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy-safe oils, the massage eases away tension in the upper back and shoulders, nourishes skin and relaxes the body.

SHIATSU
1 hour 20 minutes
To bring the body back into balance, pressure is applied to various points on the body using thumbs, fingers and palms. This pressure is combined with gentle manipulation to alleviate tension, enhance the body’s natural healing ability, eliminate fatigue and promote general good health. Comfortable, loose clothing is recommended.

THAI YOGA MASSAGE
1 hour 20 minutes
Our Thai Yoga Massage blends a series of assisted yoga postures and guided stretching with gentle rocking and rhythmic acupressure to relieve joint and muscle tension. This treatment is performed on the comfort of an Asian mat and loose clothing is suggested, as the treatment is performed fully-clothed.

THAI FOOT THERAPY
1 hour 20 minutes
Combining the best elements of Reflexology and traditional Thai massage, stretches and thumb pressure techniques revive and balance the body’s energetic pathways while an authentic teak wood Thai dowel stimulates reflex zones to increase energy flow and produce a sense of overall wellbeing.

ESSENCE OF NEW YORK
THE CLEARING FACTOR
2 hours 50 minutes / 3 hours 50 minutes
Our standout service, The Clearing Factor, is dedicated to restoring the body to a state of balance and vitality using a customized sequence of intensive clearing and detoxifying therapies. A full body exfoliation and wrap, followed by lymphatic drainage massage and traditional cupping techniques work to encourage movement within the body while eliminating impurities by bringing them to the surface. To finish, the application of a nourishing moisturizer and fresh-squeezed detoxifying juice will further enhance the benefits of this treatment.

THAI YOGA JOURNEY
2 hours 50 minutes
A retreat in the sanctuary of our custom-designed Thai Yoga Suite, the journey begins with an herbal bath in our deep Japanese-style soaking tub, followed by our distinctive Thai Yoga Massage. Stretching and compression massage techniques in a series of assisted yoga postures encourage a free flow of energy and a more balanced meditative state.

AYURVEDIC RITUAL
2 hours 50 minutes
This Ayurvedic-inspired ritual begins with a comprehensive consultation in which your therapist will establish your Dosha type: Pitta, Vata or Kapha. Each sequence of this meditative and restorative treatment, including full body exfoliation, body wrap, hot stone massage and Shirodara Treatment, will be customized to your individual needs.

VIP COUPLE’S ESCAPE
3 hours / 4 hours
The only one of its kind in New York, the 650-square-foot Spa Suite replicates a sumptuous Oriental-style home with stunning views, fireplace, private steam shower, elevated bath, side-by-side massage tables and a kang relaxation bed.

Together enjoy three or four hours of pure bliss with our Couple’s Escape. Begin your journey with a bath customized with our Signature Blends. Following the bath, relax with side-by-side “Time Rituals” experiences. Your experience is completed with private time and our five elements bento.

BODY TREATMENTS
RENEWAL RITUAL
1 hour 50 minutes
A personalized journey created to work simultaneously on the physical, mental and emotional aspects of wellbeing. Your body is prepared with a customized exfoliation, then enveloped with a nourishing blend of serums and oils leaving your skin replenished and soul nurtured.

RESTORATIVE DETOX WRAP
50 minutes / 1 hour 20 minutes
This invigorating treatment is specifically designed for those looking for an intensive body detox. It is the perfect therapy when dieting, feeling sluggish or lacking energy. The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and juniper leaves you feeling revitalized and your skin will appear bright, smooth and silky.
JET LAG CURE
1 hour 20 minutes
Long distance travel is physically and mentally tiring; this treatment is designed to uplift on both levels. Choose from our Relaxing or Reviving collection to tailor this treatment to meet your individual needs.

TREATMENT ADDITIONS
Created to prepare the skin and body to receive the benefits of the treatments that will follow.

QUINTESSENCE BODY SCRUB
20 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.

ENRICH BODY SCRUB
20 minutes
This rich and intense exfoliating scrub leaves skin feeling smooth and polished by combining the antioxidant benefits of coffee, pink grapefruit and frankincense for a revived look and feel.

ORIENTAL BLISS SCALP TREATMENT
20 minutes
A nourishing hair and scalp treatment designed to awaken the senses, ease tension and bring clarity and radiance. An exquisite Ayurvedic hair and scalp oil bathes your head and invigorates the senses while a luxurious facial serum hydrates and firms.

HOLISTIC SKIN CARE

SIGNATURE ORGANIC FACIAL
50 minutes / 1 hour 20 minutes
Natural fruit acids exfoliate dead skin cells for immediate improvement in skin clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts nourish, soothe, improve skin tone and combat the visible signs of aging skin.

WATER LILY RADIANCE FACIAL
50 minutes
Natural fruit acids combine with lactic acid to gently exfoliate dead skin cells while extracts of water lily, colloidal oatmeal, aloe and green tea help improve hydration and soothe redness associated with sensitive skin. Skin is left calm, nourished and radiant.

PEPTIDE BRIGHTENING FACIAL
50 minutes
Give your skin a noticeable boost with a natural fruit acid peel to rapidly exfoliate dead skin cells and improve skin tone and texture. Active peptides, organic stem cells, potent antioxidants and plant extracts improve skin tone and texture, brighten and fight the appearance of fine lines and wrinkles. Skin is left glowing, nourished and hydrated.

JADE STONE FACIAL
1 hour 20 minutes
All-natural, herbal products developed through traditional Chinese medicine cleanse and rid the skin of impurities. Gentle and smooth manipulations of our jade stones on the neck and face re-sculpt the area’s contours and work to maximize tone, texture and skin radiance. Results are immediate and leave skin lifted, even-toned and glowing.

SUNDARA ÁYURVEDIC FACIAL
1 hour 20 minutes
Sundara, Sanskrit for “beauty,” is the heart of the Shankara BioRegenesis Ayurvedic Facial. A blend of concentrated plant extracts, sea algae and monoatomic elements work to fight the damage of natural and environmental aging. The result is a beautiful treatment that brings refreshment and nourishment to the skin and harmony to the Dosha.

FORCE OF NATURE FACIAL
50 minutes
Pure, active cold-pressed botanical extracts and cutting edge natural cosmeceuticals combine in this revolutionary facial to help moisturize, soothe, nourish, improve skin tone and texture, and fight the appearance of fine lines and wrinkles. The facial begins with a the signature opening relaxation ritual, a deep cleanser, and includes hemp extract, eco-friendly barks from the Boreal Forest, natural clays, highly mineralized argentiare ice cap water, carrot seed oil, cocoa butter, black cumin seed oil, kakadu plum extract and a unique raspberry seed, avocado, kaolin and pumice dual mask/gommage treatment to gently exfoliate and nourish, leaving skin glowing.
ADVANCED SKIN CARE

SIGNATURE ADVANCED FACIAL
50 minutes / 1 hour 20 minutes
Our Signature Facial is a customized treatment which combines active cosmeceuticals, natural fruit acids, antioxidants, vitamins and a wide variety of potent botanical extracts to nourish skin. Allow your esthetician to perform a thorough skin analysis and customize the perfect signature facial for your skin type and skin care concerns.

APPLE STEM CELL FIRMING FACIAL
1 hour 20 minutes
Fight the appearance of fine lines and wrinkles with cutting-edge, plant-based stem cells. Our anti-aging Apple Stem Cell Treatment combines natural botanicals, fruit acids and powerful antioxidants to improve visible signs of aging. The apple stem cell mask helps tone and tighten, delivering an immediate “lifting effect” to improve the appearance of fine lines, wrinkles, uneven skin tone and texture.

MEN’S FOCUS FACIAL
50 minutes
A custom treatment suited for gentlemen, our men’s facial consists of a two-part exfoliation system to remove dead skin cells while vitamins, minerals, peptides and botanical extracts improve tone, texture and address irritation associated with shaving, all while combating the visible signs of aging skin.

HYDRAFACIAL MD® TREATMENT
50 minutes / 1 hour 20 minutes
With visibly transformative results, HydraFacial MD® is a hydromicrodermabrasion treatment that simultaneously provides cleansing, exfoliation, extractions with intense hydration using results-driven, proprietary serums filled with antioxidants, peptides and hyaluronic acid. With immediate results, this non-invasive, nonsurgical treatment delivers instant results with no discomfort or downtime.

WELLNESS
Achieve peak performance physically, mentally and emotionally. Whether seeking a vigorous workout, a sculpted body or a peaceful mind, the unparalleled Fitness and Wellness facilities will cater to your needs.

Regular exercise is vital for a healthy heart, strong bones, longevity, increased energy, increased physical and mental health, weight management and stress reduction. An appropriate cardiovascular and strength program that is suited to your individual goals and condition will bring both physiological and psychological benefits.

A holistic approach to fitness and wellness can assist you in keeping:

- **a state of equilibrium**: maintain balance through practice of body and mind exercises
- **fit**: control body weight and improve your overall health
- **active**: reduce the risk of diseases such as high blood pressure, heart disease, stroke, osteoporosis and diabetes
- **focused**: improve concentration and stamina
- **healthy**: release mood-enhancing hormones reducing stress and tension, and boost the health of inner organs and immune system
- **calm and relaxed**: relaxation, meditation and mindfulness will uplift spirits, help relieve fatigue and help induce sleep
- **positive**: joyful emotions are a state of wellbeing and an optimistic mindset felt when harmony exists between physical, spiritual, emotional and mental needs

PERSONAL TRAINING
1 hour
Achieve your fitness and exercise goals – weight loss, improved fitness, strength gains, improved endurance or a change in lifestyle – our professional fitness instructors will work with you, one-on-one, to design a program that will fit your needs.

HATHA YOGA
50 minutes / 1 hour 20 minutes
Hatha Yoga takes a calming, restorative, therapeutic approach to yoga and is appropriate for all skill sets. Hatha Yoga focuses on holding supported poses for longer periods of time, allowing individuals to enjoy a meditative relaxation and observe the gradual openings of tight areas of the body, corresponding to your chakras. Hatha Yoga will help to bring your yin energy into balance.

VINYASA YOGA
50 minutes / 1 hour 20 minutes
Vinyasa, a high-energy, core-strengthening yoga is all about flow, where one pose transitions smoothly into the next and each breath accentuates the connection between mind and body. Vinyasa Yoga will improve your flexibility, focus your mind, tone your body and help to bring your yang energy into balance.
MEDITATION AND VISUALIZATION
50 minutes
Take time 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.

REIKI
50 minutes
The two Japanese words Rei and Ki mean “spiritually guided” and “life force energy.” Reiki is energy healing for relaxation and stress reduction. Our Reiki Master will use light touch to help your body heal itself. Pain, stress and tension melt away as Reiki energy is shared in a safe, healing way that soothes, nourishes and relaxes you from head-to-toe.

SPACIAL PROGRAMS
Our Spa programs include full use of the Amethyst Crystal Steam Room, Experience Showers, Vitality Pools, Relaxation Room and Oriental Tea Lounge.

SPA & TONE
4 hours
An all-encompassing wellness retreat designed to address needs both inside and out.
• 50-minute Vinyasa Yoga Session
• 20-minute Enrich Body Scrub
• 20-minute Oriental Bliss Scalp Massage
• 50-minute Therapeutic Massage
• 50-minute HydraFacial MD® Treatment

FLOURISH
4 hours
 Appropriately named, the Flourish half-day program creates a temporary rest from the busy activity of the city.
• 1-hour 50-minute Time Rituals™ or Oriental Qi
• 80-minute Signature Advanced Facial
• Bento Box Lunch

GENTLEMAN’S RETREAT
2 hours 30 minutes
The Gentleman’s Retreat is built specifically for men featuring massage techniques to bring optimum results.
• 20-minute Quintessence Body Scrub
• 50-minute Therapeutic Massage
• 50-minute Men’s Focus Facial

AWAKEN
3 hours
Created to allow your body a moment of rest, this experience will leave you feeling refreshed and rejuvenated.
• 80-minute Calm Mind Retreat
• 80-minute Apple Stem Cell Firming Facial

URBAN SERENITY
3 hours
Balance the mind, body and spirit with this holistic experience.
• 80-minute Digital Wellness Escape™ or Calm Mind Retreat
• 50-minute Yoga Session or 50-minute Meditation Session
• Spa Bento Meal

NURTURE
4 hours 30 minutes
The Nurture Spa experience was designed to support the mother-to-be during this transitional period.
• 80-minute Maternity Massage
• 50-minute Meditation Session
• 50-minute Water Lily Radiance Facial
• Spa Bento Meal
# PRICE LIST

## SIGNATURE THERAPIES

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<tr>
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<th>Time</th>
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<td></td>
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<tr>
<td><strong>ORIENTAL QI</strong></td>
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<td><strong>ORIENTAL HARMONY</strong></td>
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<td><strong>SHIATSU</strong></td>
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## ESSENCE OF NEW YORK

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<tr>
<th>Service</th>
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## WELLNESS

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## MEDITATION AND VISUALIZATION

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## SIGNATURE ADVANCED FACIAL

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## HYDRAFACIAL MD® TREATMENT

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## WELLNESS

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<th>Service</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PERSONAL TRAINING</strong></td>
<td>1</td>
<td>$150</td>
</tr>
<tr>
<td><strong>HATHA YOGA</strong></td>
<td>50 mins</td>
<td>$150</td>
</tr>
<tr>
<td></td>
<td>1 hour 20 mins</td>
<td>$250</td>
</tr>
<tr>
<td><strong>VINYASA YOGA</strong></td>
<td>50 mins</td>
<td>$150</td>
</tr>
<tr>
<td></td>
<td>1 hour 20 mins</td>
<td>$250</td>
</tr>
</tbody>
</table>

## MEDITATION AND VISUALIZATION

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REIKI</strong></td>
<td>50 mins</td>
<td>$150</td>
</tr>
</tbody>
</table>

## HYDRAFACIAL MD® TREATMENT

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEN’S FOCUS FACIAL</strong></td>
<td>50 minutes</td>
<td>$245</td>
</tr>
</tbody>
</table>

## HYDRAFACIAL MD® TREATMENT

<table>
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<tr>
<th>Service</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEN’S FOCUS FACIAL</strong></td>
<td>50 minutes</td>
<td>$245</td>
</tr>
<tr>
<td></td>
<td>1 hour and 20 minutes</td>
<td>$385</td>
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</tbody>
</table>
SPAS PROGRAMS

SPA & TONE
4 hours $925

FLOURISH
4 hours $855

GENTLEMAN’S RETREAT
2 hours 30 minutes $585

AWAKEN
3 hours $575

URBAN SERENITY
3 hours $525

NURTURE
4 hours 30 minutes $785

20% service charge and 4.5% tax (tax rates subject to change) will be added to your final bill for each service.
TERMS AND CONDITIONS

OPENING HOURS
Spa: 10:00 a.m. – 9:00 p.m. (Daily)

ADVANCED BOOKINGS
We highly recommend booking your treatment in advance to ensure that your preferred time and service are available.

CANCELLATION/LATENESS POLICY
Please allow 24 hours notice of cancellation to avoid a 100% charge. Arriving late will simply limit the time for your treatment, lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time, so that the next guest will not be delayed.

GIFT CARDS
An ideal gift for spa enthusiasts, gift cards are available for The Spa at Mandarin Oriental, New York.

SERVICE CHARGE AND TAX
For your convenience, a 20% service charge and 4.5% tax will be added to your final bill for each service.

SPA ARRIVAL
We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment in order to enjoy The Spa’s oasis of heat and water; the Vitality Pool, Amethyst Crystal Steam Room and Experience Showers. Please note that The Fitness Center and Swimming Pool are exclusively for hotel guests and residents.

SPA PACKAGES
Information on special spa packages or group programs can be obtained by contacting The Spa Concierge at +1 (212) 805 8880.

SPA ETIQUETTE
Our Spa environment is one of tranquility and relaxation. Please respect all spa guests’ right to privacy and serenity.

SPA ATTIRE
Most body treatments are enjoyed without clothing. However, please wear what is comfortable for you.

AGE REQUIREMENT
The minimum age requirement for access to The Spa and Fitness Center is 18. Children under 18 must be accompanied by a responsible adult of 18 or older when in the pool area. All ages are welcome in the hotel pool.

HEALTH CONDITIONS
Please advise us of any health conditions, allergies or injuries that could affect your service when making your spa reservation.

PREGNANCY
We have specially designed treatments for expectant mothers. Please allow The Spa Concierge to guide you in selecting which treatments are most suitable for you during this special time. Please be advised that for your protection, we do not perform pregnancy massage during the first trimester, however facials are available during this stage.

CLEANLINESS
In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

LOSS OR DAMAGE
We regret that we cannot be responsible for any loss or damage to your personal articles. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

ACCIDENTS OR INJURIES
The Spa at Mandarin Oriental, New York shall not be liable for any accident or injury suffered by any guest or resident.

ALCOHOL AND TOBACCO USE
The use of alcohol or tobacco is strictly prohibited in The Spa facilities.

SPA RETAIL
To continue your spa regimen at home, products used in the treatments and services are available for purchase from our Spa Reception.

REFUND POLICY
Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.