
THE SPA
AT
MANDARIN ORIENTAL
PARIS



OUR CONCEPT

The Spa at Mandarin Oriental, Paris is a stylish sanctuary, a timeless place where East and West blend in harmony. Our Oriental heritage is at the heart of our iconic signature treatments.

Born out of our know-how for wellness and healthy lifestyle, we offer a new vision of wellbeing and beauty with advanced bespoke treatments and programs.

A true spa destination in the heart of Paris, a unique experience with retreat-inspired weekends for a better health, body and mind balance with natural therapies, sport and nutrition in the respect of our core values of sustainability and eco-responsibility.

ESSENCE OF PARIS

Your Journey begins with the Essence of Paris experiences to celebrate romance, beauty and elegance in Paris, the City of Light.

ROMANCE IN PARIS

4 hours **EUR 750/ person**

Romantic experience for two in a private couple spa suite.

- Spa suite with roses romantic set-up
- Private eucalyptus-scented hammam
- Jacuzzi with essential oils
- Welcome foot bath ritual
- Oriental Essence massage
- Signature 111SKIN Facial®
- Two glasses of Champagne with macaroons

FRENCH SECRET OF BEAUTY

3 hours **EUR 650**

Haute couture face and body program for her.

- Private eucalyptus-scented hammam
- Quintessence body scrub
- Enrich body moisturizing treatment
- Signature HydraFacial® treatment
- Ultimate Face workout by 111SKIN®
- Vitamin-rich antioxidant cocktail

PARISIAN GENTLEMAN

3 hours **EUR 600**

Relaxing ritual specially designed for men.

- Private eucalyptus-scented hammam
- Welcome foot bath ritual
- Oriental Essence massage
- Signature 111SKIN Facial®
- Detox MOcktail



MANDARIN ORIENTAL LIFESTYLE SPA PROGRAMS

Revitalize and shape your body, boost your energy and calm your mind. An invitation for an incomparable state of well-being in your spa suite offering a private steam room and a jacuzzi.

MO DETOX

3 hours **EUR 650**

Detox your body and clean your skin by eliminating toxins.

- Private eucalyptus-scented hammam
- Detox Art of Bathing
- Stimulating Body Scrub
- Lymphatic draining massage
- Clarifying HydraFacial® treatment
- Detoxifying mocktail and detox break

MO FIT

3 hours **EUR 650**

Feel healthier and shape your body.

- Private consultation with your coach
- Personal fitness training
- Tonifying steam session
- Sport massage or osteopathy
- Reflexology
- Healthy vegan mocktail and vitality break



MO CBD SLEEP THERAPY

3 hours **EUR 650**

Promote relaxation and sleep.

- Privatisation of your Spa suite
- Relaxing Hammam and CBD Cocktail
- CBD Sleep Therapy Massage
- Foot reflexology
- Herbal tea

MO GREEN

3 hours **EUR 650**

- Private hammam with scents of organic lavender
- Private Jacuzzi session with essential oils of sandalwood, neroli and wild rose
- Body scrub with Sicilian Sea salts
- Bliss massage with warm oils of bitter orange, rose and cvanilla
- Healthy Glow facial
- Organic juice

SIGNATURE THERAPIES

When West meets East, experiment the Mandarin Oriental Signature therapies for a state of deep relaxation.

TIME RITUALS

2 hours 20 minutes **EUR 500**
3 hours 20 minutes **EUR 700**

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

ORIENTAL QI

1 hour 20 minutes **EUR 350**

An 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

2 hours 20 minutes **EUR 600**

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. First, one therapist performs a warm scrub that soothes the skin. Later, two therapists work together in time and movement to provide a harmonious massage that balances the body.

INNER STRENGTH

1 hour 20 minutes **EUR 300**

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 **EUR 350**

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 hour 20 minutes **EUR 300**

The Intelligent Movement Treatment has been designed to help our guests move more and better with a massage gun aids. It includes : trigger point release work, deep muscle manipulation, stretching and elongation of the muscles, all designed to soften, release tension and aid in increased mobility in the body.





MASSAGES

ORIENTAL ESSENCE

1 hour 20 minutes **EUR 290**

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.

DEEP TISSUE

1 hour 20 minutes **EUR 300**

State-of-art bodywork techniques focusing on the deepest layers of muscle tissue, releasing knots and tensions in the body, including the protective layer surrounding muscles, bones and joints.

OSTEOPATHY

1 hour 20 minutes **EUR 320**

Focusing on areas of tension and imbalance, our osteopath practices both gentle and specific manipulations to harmonize and structure your body. This methodical massage removes tension and pain.

SPORT

1 hour 20 minutes **EUR 300**

Sports massage uses deep muscle release and stretching techniques to enhance the body performance, promote recovery and reduce muscle fatigue.

CALM MIND

45 minutes **EUR 220**

Re-harmonize your natural energy flow with our signature head massage, designed to completely relax both body and mind.

ORIENTAL FOOT THERAPY

50 minutes **EUR 220**

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.

HOLISTIC MASSAGES

CBD SLEEP THERAPY MASSAGE

1 hour 20 minutes **EUR 320**

Relax your mind and unwind with the CBD Sleep Therapy Massage. Inspired by traditional Chinese medicine, this 1 hour and 20 minutes massage focuses on the body's meridians to promote deep and restful sleep. Release the last tensions with a scalp massage to close the treatment. To complete this moment of well-being, enjoy a relaxing herbal tea with lemongrass and CBD notes.

THAI

1 hour 20 minutes **EUR 300**

Performed wearing loose style clothing, this traditional Thai massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching helps to deeply relax and revitalize the body and mind. Increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

ORIENTAL BAMBOO

1 hour 20 minutes **EUR 320**

Using specialised massage techniques and warm bamboo sticks to knead and stretch your muscles, this full body massage increases blood circulation and eases away tension, resulting in a sense of deep relaxation.

REFLEXOLOGY

1 hour **EUR 230**

The ancient art of reflexology involves gentle stimulation of the foot's acupressure points, which are directly linked to various organs and glands in the body. A relaxing treatment with therapeutic benefits.





RENATA FRANCA

RENATA FRANCA LYMPHATIC DRAINAGE

1 hour **EUR 320**

Renata França lymphatic drainage is Brazilian manual drainage. This massage technique with impressive and immediate results combines firm pressures and fast rhythm with lymph node pumping and exclusive maneuvers. It helps to restart the lymphatic circulation and eliminate toxins.This technique reduces edema, activates blood flow and reduces the cellulite. As a result, the body benefits from a reduction in swelling and gains a better-defined contour, in addition to accelerating its metabolism. This technique provides an immediate feeling of well-being and lightness.

RENATA FRANCA LYMPHATIC DRAINAGE ADD-ON

Menthol and camphor tape **EUR 80**

Tape cryotherapy on legs and belly is ideal after a drainage and perfectly appropriate in a slimming process. With an aesthetic purpose and immediate results on firmness and deflation in the extremities of the leg, the treatment provides instantaneous blood circulation comfort.

RENATA FRANCA MIRACLE FACE

45 minutes **EUR 270**

With an immediate lifting effect, the MIRACLE FACE massage reduces swelling, accentuates face shapes and promotes natural skin revitalization. Ideal for brides and postoperative recovery, MIRACLE FACE drains swelling and promotes new contour to the face. With lymphatic drainage and modeling massage techniques, MIRACLE FACE promises results as special as its body version.

BODY TREATMENTS

QUINTESSENCE BODY SCRUB

1 hour **EUR 250**

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

1 hour 50 minutes **EUR 420**

Designed to nourish and rejuvenate dry, out-of-condition skin, this treatment begins with a body exfoliation with bamboo pearls to stimulate circulation. A full body massage follows, using calming blends of rose, ylang-ylang, and patchouli. A scalp massage releases tensions and stress while velvety moisturizing shea butter helps to protect the skin from the elements.



NEWLIFE

MUM TO BE

1 hour 20 minutes **EUR 320**

This nourishing massage combines specific relaxing techniques with the benefit of allergen-free natural cotton and organic plum oil to nurture the mother-to-be in a time of constant changes. Using pregnancy-safe oil, this massage eases away tensions in the upper back and shoulders, promoting a fusional prenatal relationship with the baby. Performed exclusively starting from 3-month pregnancy.

COCOON FOR NEW MUM

1 hour 20 minutes **EUR 320**

Give some special attention to yourself after the stresses of the pregnancy with this cocooning massage focused on the tensed areas and enjoy a comforting body treatment to restore your skin's condition, to refine stretch marks with a breastfeeding safe oil and specific firming lavender oil, rosehip and vitamin E-rich blend to tone the skin.



NEW LIFE PACKAGES

BEAUTIFUL PREGNANCY

3 hours **EUR 650**

- Private spa suite
- Prenatal yoga with our certified private coach
- Mum to Be massage
- Nurture soothing facial
- Refreshing break

NEW MUM

4 hours **EUR 750**

- Private spa suite
- Postnatal yoga or Fitness session with our certified private coach
- Relaxing Steam session
- Cocoon for New Mum massage
- Cosmeceutic Hydrating Facial by Nescens®
- Refreshing break



ADD-ON

ART OF BATHING

30 minutes	**EUR 100 for one person**
30 minutes	**EUR 200 for two**

Inspired by traditional Asian baths, this indulgent experience is a luxurious private bath infused with blended essential oils and rose petals.

TIAN QUAN THERAPY

30 minutes	**EUR 50 for one person**
30 minutes	**EUR 200 for two**

This private steam experience is highly recommended before a treatment to prepare the skin. It is particularly beneficial in relieving muscular pain by increasing blood circulation. An aromatherapy blended scrub and a loofa is left at your discretion, as well as a bucket of crushed ice to refresh yourself.

WELLNESS BREAK IN THE CITY

1 hour 30 minutes	**EUR 400 per person**

Take your time and enjoy the serenity of your spa suite including a private jacuzzi and steam session. A refreshing pause with champagne or a choice of cocktails will be served during the privatization.

ADVANCED FACIALS

The Spa at Mandarin Oriental, Paris offers Nescens-Swiss anti aging science high-performance cosmeceutical treatments born from the expertise of the Center for the Prevention of Aging at the Clinique Genolier in Switzerland, and created by Professor Jacques Proust, a pioneer of the biology of aging.

NESCENS COSMECEUTICAL TREATMENT – HYDRATING

1 hour **EUR 250**
1 hour 30 minutes **EUR 300**

This global rehydrating and plumping treatment maintains the hydrolipidic balance of the skin. It smoothes the first expression fine lines and intensely rehydrates the face and neck for a youthful glow of the skin.

NESCENS COSMECEUTICAL TREATMENT – RESTORATIVE

1 hour 30 minutes **EUR 300**

Soothing and restorative global anti-aging treatment for sensitive skin. It combines the effectiveness of Nescens cosmeceuticals with a personalized signature massage: enveloping and precise maneuvers to gently decongest, drain and reshape.

NESCENS COSMECEUTICAL ADVANCED TREATMENT ANTI-AGING

1 hour 45 minutes **EUR 350**

This global anti-aging premium treatment combines the high efficiency of Nescens cosmeceutical treatments with exceptional reshaping treatments for the face and eye contour. The lines are smoothed and the deeply firmed skin.

NESCENS COSMECEUTICAL ADVANCED TREATMENT – RESURFACING

1 hour 30 minutes **EUR 320**

This “new-skin” treatment promotes tissue renewal with a resurfacing effect on the tissue and skin. It improves skin’s defence capacities. The signs of fatigue fade, the complexion is radiant.

NESCENS COSMECEUTICAL ANTI-AGING EYE CONTOUR TREATMENT

30 minutes **EUR 150**

This anti-fatigue treatment for the eye contour combines targeted draining massage techniques with an active composition of more than 30 ingredients to treat signs of fatigue, dark circles and puffiness. Wrinkles and fine lines are visibly reduced.





ADVANCED FACIALS

THE SIGNATURE 111SKIN FACIAL

1 hour **EUR 260**

RESTOR, REPAIR, HEAL

A high-performance facial formulated to calm and soothe damaged, inflamed, and irritated skin. Harnessing the power of the exclusive NAC Y^{2TM} complex to strengthen the epidermal barrier and prevent further inflammation, this facial magnifies and enhance your complexion. Dryness, dehydration, sensitivity, and Rosacea immediately lessen.

BLACK DIAMOND LFT FACIAL

1 hour 30 minutes **EUR 320**

LIFT, FIRM, TIGHTEN

The most intensive anti-aging facial using science-led formula combined with surgically-inspired masks and aesthetician-grade exfoliating acids to promote a youthful and lifted appearance. This treatment includes a unique facial peel and uses products enriched with Retinol, fine Diamond particles and the patented NAC Y^{2TM} formula. With specific massage techniques, this facial ensures a fresh skin for a truly lifted for a youthful appearance.

CLARITY DETOXIFYING FACIAL

1 hour **EUR 270**

PURIFY, REFINE, CALM

A targeted treatment for problematic skin, featuring a highly intelligent masking system with led therapy which uses the exclusive 111Skin Facial Architecture method with the most ad- vanced, anti-blemish ingredients, such as Colloidal Sulphur and Salicylic Acid, to dissolve dead skin cells and calm inflammation relieving redness and irritation for a refined and purified complexion.

MOLECULAR HYDRATION FACIAL

1 hour **EUR 270**

HYDRATE, VOLUMISE, CONTOUR

For all skin types in need of hydration, volume and brightness, the Molecular Hydration Facial draws upon our Treatment Collection to provide a dewy glow to the skin using our range of Meso-inspired skincare. This treatment is specifically design for dehydrated skin, this double-masking facial combines the power of massage, the specific sheet masks to fill wrinkles and replenish the complexion with moisture for a plumper and youthful-looking complexion.

GOLD RADIANCE FACIAL

1 hour 30 minutes **EUR 320**

ILLUMINATE, FIRM, SOOTHE

This facial combines restorative properties with the most innovative formulas to illuminate and firm your skin. Using a three-level approach to facial massage, this cosmetic treatment soothes, hydrates dull, dry and irritated skin, leaving your complexion with an unrivalled radiance and luminosity. Pure gold ingredients combined with Niacinamides will transform tired-looking skin for a perfect glow, while rose flower water calms irritation, hydrates and protects the skin.

DE-PUFFING CRYO FACIAL

1 hour **EUR 280**

OXIGANATE, DETOXIFY, ENERGIZE

Using the 111SKIN CRYO face rollers, this treatment reenergises and sculpt your skin. This facial is inspired by the concept of cryotherapy to increase microcirculation in the epidermis, refine your complexion, and instantly diminish puffiness. The increase in oxygen flow detoxifies the skin, making it appear visibly brighter, firmer, and healthier. This treatment is designed for city-stressed skin in need of rejuvenation.

ADVANCED SKINCARE BY HYDRAFACIAL®

The Spa at Mandarin Oriental, Paris proposes HydraFacial® treatments, the ultimate, non-invasive way to rebuild the health of your skin and provide deep, lasting hydration. These treatments detoxify the skin, provide long lasting hydration and combine the benefits of hydra dermabrasion with antioxidant boosters, hyaluronic acid and peptides treatment. HydraFacial® is the ideal regular treatment to enhance and maintain your skin health and truly restore a youthful and natural healthy glow.

SIGNATURE HYDRAFACIAL

30 minutes	**EUR 220**
5 sessions	**EUR 880**

Our Signature treatment cleanses, exfoliates, and hydrates your skin and treats fatigue using a super serum containing antioxidants and hyaluronic acid.

DELUXE HYDRAFACIAL

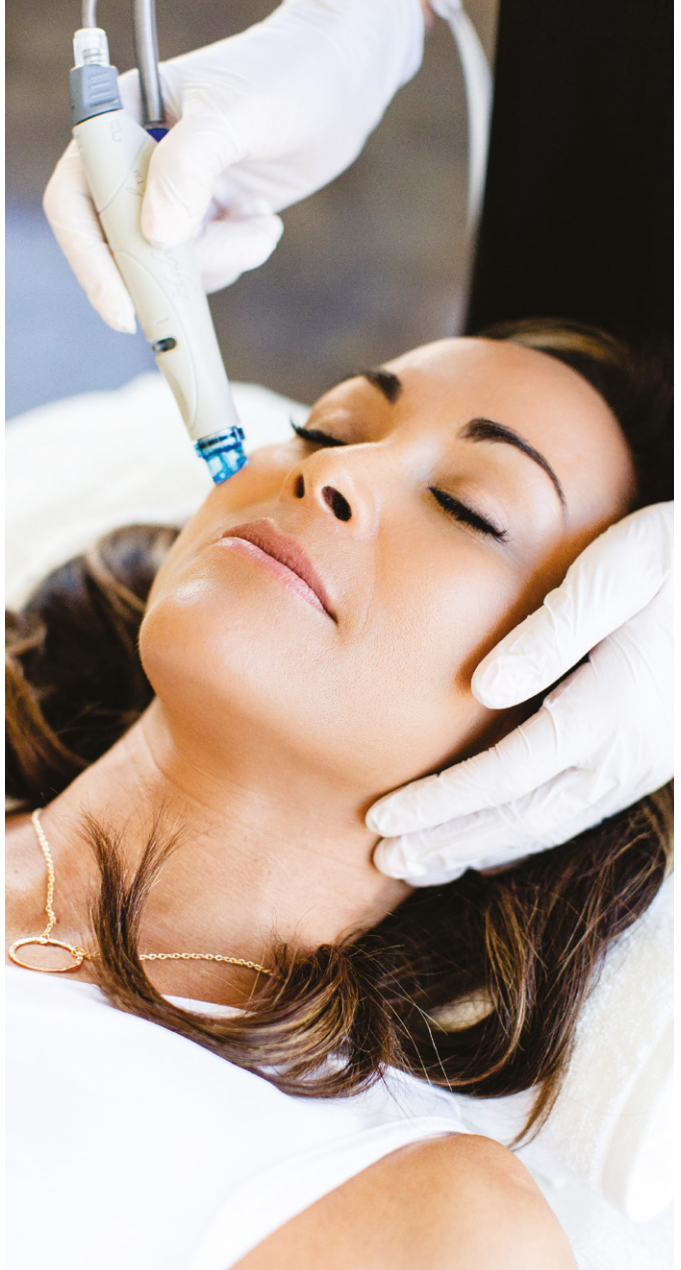
45 minutes	**EUR 270**
5 sessions	**EUR 1,080**

Our deluxe treatment and the addition of our exclusive anti-aging booster to reduce fine lines and wrinkles and prevent sign of aging.

RADIANCE HYDRAFACIAL

45 minutes	**EUR 270**
5 sessions	**EUR 1,080**

The Radiance treatment unifies the complexion of the skin, targets stubborn discoloration with our innovative Britenol booster designed to restore skin's natural radiance and unify tone.



RESTORATIVE HYDRAFACIAL

45 minutes	**EUR 290**
5 sessions	**EUR 1,160**

The Restorative treatment includes stem cell serum that enhance the texture, elasticity, and firmness of the skin. The result is smoother, tighter, and brighter skin.

CLARIFYING HYDRAFACIAL

45 minutes	**EUR 270**
5 sessions	**EUR 1,080**

The Clarifying treatment is designed for oily and congested skin and includes blue light led therapy to normalize pore size, help smooth skin's surface and reduce irritation and sensitive skin.

PLATINUM HYDRAFACIAL

60 minutes	**EUR 390**
5 sessions	**EUR 1,560**

A complete anti-aging, anti-fatigue, and radiance treatment for the skin. The Platinum treatment includes a drainage session, a Deluxe treatment, a collagen mask and a hand treatment.

HYDRAFACIAL ADD-ON

HYDRAFACIAL NECK & DÉCOLLETÉ	**EUR 120**
HYDRAFACIAL PERK EYE	**EUR 120**
HYDRAFACIAL PERK LIPS	**EUR 120**

CLEAN BEAUTY

The Spa at Mandarin Oriental, Paris offers Seed to Skin organic Green Molecular Science treatments born in a Tuscan farm at Borgo Santo Pietro. A sustainable and conscious skin care, crafted by hand at a state-of –the art lab, which extracts the most potent natural ingredients and utilizes an advanced molecular delivery system sized to penetrate even the deepest layers of the skin.

HEALTHY GLOW FACIAL

1 hour 20 minutes **EUR 290**

This made-to-measure skin ritual promotes visible resurfacing, intense hydration, detoxification, and oxygen boost. The state-of-the-art molecular delivery system penetrates deep into the skin to stimulate cell regeneration and helps to firm the skin, creating a youthful glow.

THE BLISS MASSAGE

1 hour 20 minutes **EUR 290**

A profoundly relaxing signature massage with slow sweeping movements utilizing warm Tuscan aromatic oil rich in skin conditioning Sweet Almond Oil & vitamin E, and infused with the essence of Bitter Orange, Lime, Rose & Vanilla. Honeyed scents with light, refreshing notes will relax body & mind, evoking an overall sense of well-being and harmony.

SICILIAN SEA SALT SCRUB

1 hour **EUR 250**

Skin renewing body treatment that harnesses the power of mineral rich raw sea salt and an extraordinary blend of spirulina, shea butter and essential oils designed to stimulate the circulation, detoxify, and to slough away dead skin cells.

MO GREEN

3 hours **EUR 650**

- Private hammam with scents of organic lavender
- Private Jacuzzi session with essential oils of sandalwood, neroli and wild rose
- Body scrub with Sicilian Sea salts
- Bliss massage with warm oils of bitter orange, rose and vanilla
- Healthy Glow facial
- Organic juice





BEAUTY TOUCHES

HAIR

Blow dry (in-room only)	EUR 300
Sophisticated Hairstyling/ Updo (in-room only)	EUR 450
Men's grooming available upon request	

MAKE-UP

Available upon request	EUR 350

FITNESS & WELLNESS

Our certified trainers recommend having a fitness consultation to evaluate your physical body conditions, cardiorespiratory and endurance. A comprehensive tailor-made training program will be designed to achieve your goals.

PERSONAL TRAINING *BY CHAMPION SPIRIT®*

1 hour **EUR 250**

Our certified trainers offer tailored fitness programs to continue your fitness routine and healthy lifestyle away from home.

PILATES

1 hour **EUR 150**

Exercise with a private coach to re-balance your body, strengthen your spine, regulate breathing and improve general posture.

YOGA

1 hour **EUR 150**

A complete lifestyle for the body, mind and soul which develop suppleness of muscles, inner strength, and concentration.

MEDITATION

1 hour **EUR 150**

Meditation helps to consciously focus on your own inner strength expand and reconnect with yourself and others. The perfect treatment for a balanced state of being.

NUTRITION

1 hour **EUR 300**

Nutrition is the starting point for a healthy lifestyle and better food routine. A tailored wellness consultation with our PhD in pharmacy and specialist in nutrition will definitely help to set up new choices for a better health.



TERMS & CONDITIONS

OPENING HOURS

Fitness Center	24/7 for hotel guests	
Pool	Mon – Sun	7 a.m. – 10 p.m. for hotel guests
Spa Treatments	Mon – Sun	10 a.m. – 8 p.m.

CANCELLATION POLICY Please allow 24-hour notice of cancellation to avoid a 100% charge. A credit card number is required to validate your appointment.

SPA ARRIVAL We recommend you to check-in at Spa Reception at least 10 minutes prior to your appointment to fulfill the health questionnaire. Please kindly note that late arrivals will not receive an extension of the scheduled treatments.

AGE REQUIREMENT The minimum age requirement for access to the spa and fitness center is 16 years of age. Under 18 years old, parents' accompaniment is mandatory.

Pool access for children under 3 years old is not allowed.

GIFT CARDS Our gift cards are an ideal gift and are available online at http://www.mandarinoriental.com/gift-cards/ and at The Spa concierge desk.

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

HEALTH CONDITIONS Please advise us of any health conditions, allergies, or injuries which could affect your choice of treatment upon your spa reservation.

PREGNANCY We propose special designed treatments for women over three months' pregnant.

CLEANLINESS We are comitted to cleanliness, safety and hygiene, our equipment is sterilised and sanitized after each service and treatment.

LOSS OR DAMAGE We regret that we cannot be responsible for any loss or damage of any personal belongings. Please secure all valuables in your locker or safebox during your visit. We provide disposable underwear for treatments.

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

RESTRICTIONS ON THE USE OF FACILITIES The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sport shoes are required in the fitness centre.

SPA BOUTIQUE To continue your Spa routine at home, spa products used in your treatments and services are available in our Spa boutique.

PAYMENT Please note that we do not accept payment by check. Prepayment is required to confirm non resident guests bookings.



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