



THE SPA
AT
MANDARIN ORIENTAL
PRAGUE

Step into a space where tranquility reigns. A place where the boundaries of East and West blend in harmony. To the only spa in the world located in a former Renaissance chapel.

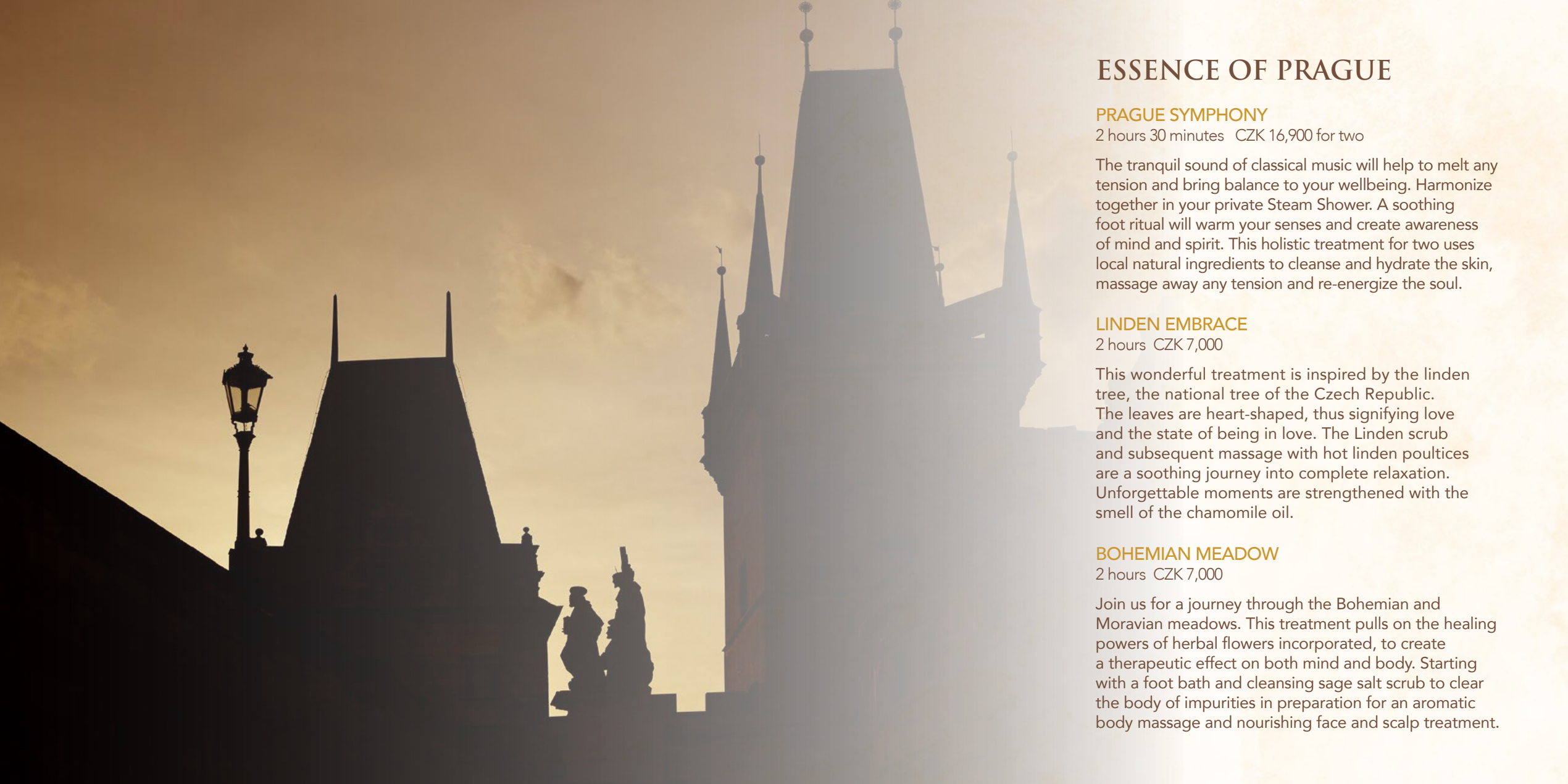
Here at the Spa at Mandarin Oriental, Prague, you will embark on a holistic sensory journey that will transform the body, mind, and spirit. Choose from the therapies inspired by ancient concepts and modern techniques from around the world and enhanced by choice of heat and water experiences.

The Tea Lounge, a specially designed relaxation area, has been created where you can unwind, escape, and rejuvenate.

Our beautiful treatment rooms will welcome you with a sense of luxury, where you can allow yourself to relax and let our therapists pamper you from top to toe.

Before or after treatment you could indulge in our Vitality Pool – lying in warm water you will be gently massaged by hydrotherapy body jets.





ESSENCE OF PRAGUE

PRAGUE SYMPHONY

2 hours 30 minutes CZK 16,900 for two

The tranquil sound of classical music will help to melt any tension and bring balance to your wellbeing. Harmonize together in your private Steam Shower. A soothing foot ritual will warm your senses and create awareness of mind and spirit. This holistic treatment for two uses local natural ingredients to cleanse and hydrate the skin, massage away any tension and re-energize the soul.

LINDEN EMBRACE

2 hours CZK 7,000

This wonderful treatment is inspired by the linden tree, the national tree of the Czech Republic. The leaves are heart-shaped, thus signifying love and the state of being in love. The Linden scrub and subsequent massage with hot linden poultices are a soothing journey into complete relaxation. Unforgettable moments are strengthened with the smell of the chamomile oil.

BOHEMIAN MEADOW

2 hours CZK 7,000

Join us for a journey through the Bohemian and Moravian meadows. This treatment pulls on the healing powers of herbal flowers incorporated, to create a therapeutic effect on both mind and body. Starting with a foot bath and cleansing sage salt scrub to clear the body of impurities in preparation for an aromatic body massage and nourishing face and scalp treatment.

SIGNATURE THERAPIES

Our holistic signature therapies are guided by our oriental heritage drawing from Traditional Chinese Medicine.

TIME RITUALS™

2 hours CZK 7,000

3 hours CZK 9,800

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 your unique individual needs.

ORIENTAL QI

1 hours 30 minutes CZK 4,900

2 hours CZK 7,000

A simple, effective, and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridian using the benefits of essential oils.

ORIENTAL HARMONY

2 hours CZK 11,200

Four hands work in perfect union 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.

DIGITAL WELLNESS ESCAPE

1 hours 30 minutes CZK 5,200

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 hours 30 minutes CZK 5,200

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

INNER STRENGTH

2 hours CZK 7,000

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.



BODY TREATMENTS

All 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 the number of massage techniques to increase muscle relaxation, improve circulation and enhance overall well-being.

THERAPEUTIC MASSAGE

1 hour 30 minutes CZK 5.200

This deeply restorative treatment is designed for tight, stressed, and aching muscles. Swedish and cross muscle fiber massage techniques with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

ORIENTAL ESSENCE

1 hour CZK 4,400

1 hour 30 minutes CZK 4,900

Using custom-blended 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

1 hour 30 minutes CZK 4,900

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.

HOT STONE THERAPY

1 hour 30 minutes CZK 4,900

Inspired by traditional Native American Indian practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

DEEP BACK

1 hour CZK 4,400

An intensive muscle releasing massage, working on the neck, back and reflexology points on the sole of the foot. Yarrow oil and mint balm is incorporated into the treatment to ensure optimum relaxation of the muscles. A perfect treatment for a tight back and stiff neck problems.

MATERNITY INDULGENCE MASSAGE

1 hour 30 minutes CZK 4,900

A personalised body massage carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time. Using nourishing safe oils, the massage eases away tension in the upper back and shoulders, hydrates skin and relaxes the body.



SPECIALITIES *

THAI RITUAL

1 hour 30 minutes CZK 4,900
2 hours CZK 7,000

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 body and mind, it increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

LYMPHATIC

1 hour 30 minutes CZK 5,200

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.

**Subject to therapist availability.*



ESSENTIAL TRAVELLER

DEEP SLEEP

2 hours CZK 7,000

Using a blend of relaxing essential oils, this full body massage and mini facial involves carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Induces a deep sense of tranquility and a good night's sleep.

ORIENTAL FOOT THERAPY

1 hour CZK 3,900

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.

SCRUBS AND WRAPS

ORIENTAL BODY SCRUB

30 minutes CZK 2,200

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.

REVIVE & TONE

2 hours CZK 7,000

The complete, full body detox with five key treatment stages. Begins with dry body brushing followed by a stimulating exfoliation using a fusion of sea salt and green coffee oil to slough away dead skin cells. A freshwater mud mask & wrap brightens and refines skin while tension is diffused with a scalp or foot reflex massage. Following this a deeply invigorating massage works to brighten and tone legs. This advanced treatment is completed by coating the skin with 3 stage regime packed with high powered essential oils to revive your body, nourish your skin and reset your mind.

ROSE INDULGENCE

2 hours CZK 7,000

The ultimate exfoliation and wrap treatment to uplift the spirit and enrich the skin. Skin is exfoliated smooth then nourished with a full rose ritual from hair-to-toe. The treatment begins with guided breathing to aid relaxation followed by a full body exfoliation, softening the skin and allowing the layering of rose products to fully absorb.

WATER THERAPY

All water therapy treatments to be booked 2 hours in advance.

VITALITY POOL

30 minutes CZK 1,050

Begin any of our treatment experiences with a tranquil soak in our Vitality Pool to completely wash away stress and leave the world behind. The Vitality Pool is available for guests exclusively in the Vltava Suite.

TIAN QUAN THERAPY

30 minutes CZK 1,300

This steam shower experience includes an invigorating body scrub. It is particularly beneficial in relieving stress and muscular pain, increasing blood circulation, detoxification and opening the pores to allow any oils and creams used in the treatment that follows to penetrate deeper into the skin.



ADVANCED SKIN CARE

111SKIN

At the heart of the philosophy of 111SKIN is precision skincare created and mastered on Harley Street, London by Dr Yannin Alexandrides. 111SKIN is clinically inspired and treatments are exclusively designed to deliver a fusion of science, results, and unparalleled treatment journeys.

CELESTIAL BLACK DIAMOND NON-SURGICAL FACE LIFT

1 hour 30 minutes CZK 6.500

LIFT, FIRM, TIGHTEN

A most opulent anti-ageing facial. A luxurious experience that harnesses the power of 111SKIN's most potent collection – the Intensive Collection – to promote a youthful, sculpted appearance. This treatment includes a unique facial peel and uses products enriched with Retinol, Fine Diamond Particles and our patented NAC Y²™ formula. With a combination of Wrinkle Minimising Wand movements and signature massage techniques, this facial ensures the skin is fresh and taut, sculpting along the natural contours of the face for a truly lifted and youthful appearance.

THE SIGNATURE HARLEY STREET FACIAL

1 hour CZK 4.700

A high-performance facial formulated to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannin to accelerate the post-surgery healing processes, this facial epitomises the best of 111SKIN's famed, surgically inspired skincare. Harnessing the power of the exclusive NAC Y²™ complex to strengthen the epidermal barrier and prevent further inflammation, this facial magnifies the restorative effects of our Reparative Collection to enhance your complexion. Expect dryness, dehydration, sensitivity, and Rosacea immediately lessened and improved– for total skin confidence.

ROSE GOLD RADIANCE FACIAL

1 hour 30 minutes CZK 5.700

REST, SCULP, SOOTHE

A powerful facial that combines restorative properties with the most innovative formulas to lift, firm and sculpt your complexion. Using a three-level approach to facial massage – including our signature massage technique, Wrinkle Minimising Wand and Rose Quartz stone massages – this treatment is the epitome of self-love. It's designed to relax and soothe the mind while alleviating any irritation within inflamed skin.

CLARITY REBALANCING FACIAL

1 hour CZK 4.700

PURIFY, REFINE, CALM

A targeted treatment for problematic skin, featuring a highly intelligent masking system which utilises 111SKIN's expert knowledge of facial architecture. Through the careful curation of 111SKIN's Clarity Collection, we have combined the most advanced, anti-blemish ingredients, such as Colloidal Sulphur and Salicylic Acid, to dissolve dead skin cells and calm inflammation. Each facial leaves you with a clearer complexion and a refined, polished finish.

BODY TREATMENTS

111SKIN

CELESTIAL BLACK DIAMOND SCULPTING TREATMENT

1 hour 30 minutes CZK 6.500

LIFT, TIGHTEN, NOURISH

Opulent and indulgent, a powerful body treatment that delivers dramatic results from 111SKIN's Intensive Collection to shape, smooth and saturate the skin with nourishment. Through signature massage techniques and potent professional formulas, the result is a smoother, sculpted and more radiant looking figure.

CRYO CELLULITE TREATMENT with CRYO GLOBES

1 hour CZK 4.900

A contouring treatment that utilises specialised CRYOTHERAPY GLOBES and 111SKIN's anti-ageing products to help minimise cellulite on the outer thighs. Honing specialist exfoliation techniques and an innovative anti-cellulite mask, this unique treatment combines the sculpting and cooling massage of our CRYOTHERAPY globes, with gentle massage movements to alleviate stubborn cellulite while invigorating your skin and relaxing your body.





ADVANCED FACIALS

Aromatherapy Associates has been at the forefront of aromatherapy for almost 40 years.

Infused with luxurious essential oils, a skin care collection contains the most hydrating, nourishing, and anti-ageing properties, to leave your skin looking beautiful and glowing.

BESPOKE

1 hour CZK 4,200

1 hour 30 minutes CZK 5,700

Following a consultation to determine your needs and skin type, your therapist will select the suitable products to create a facial experience tailored for your skin needs.

CLEANSING FOR MEN

1 hour CZK 4,200

A treatment suitable for all skin types, particularly dull skin looking for a deep cleanse. A brightening facial that will leave skin looking clean, luminous, and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

RADIANCE

1 hour CZK 4,700

1 hour 30 minutes CZK 5,700

Beginning with a deep galvanic cleanse or an enzymatic peel followed by epidermis stimulation and lymphatic drainage. Your therapists will consult on the best facial for your needs. These treatments lift, tone, plump or cleanse the skin using microcurrent.

FINISHING TOUCHES*

MANDARIN ORIENTAL MANICURE

1 hour CZK 2,500
1 hour 30 minutes with gel or normal lacquer CZK 3,900

To keep your hand and nails looking healthy and beautiful, choose our exceptional manicure. Included are cuticle removal and complete nail treatment, moisturization to hydrate and nourish hands and nails, with a deep massage of fingers, hands and arms. A delight for the senses.

MANDARIN ORIENTAL PEDICURE

1 hour CZK 2,700
1 hour 30 minutes with gel or normal lacquer CZK 4,100

Our complete pedicure is a whole-foot treatment. It starts with shaping and buffing the nails, then a luxurious skincare routine will follow to eliminate irregularities and dryness, and to moisturize and invigorate the feet. A deep massage from toes to top of the legs will relieve tension and heaviness.

**Subject to therapist availability.*



PROGRAMMES

A WOMAN'S VOYAGE*

4 hours CZK 14.000

Indulge in the ultimate luxury at the Mandarin Oriental, Prague Spa. Enjoy the use of our stunning facilities including the vitality pool, followed by our signature Oriental foot ritual. To ensure you have full head to toe treatment, you will experience two of our most luxurious journeys from 111SKIN using the power of their Celestial Black Diamond Collection for a sculpting body treatment and their flagship non-surgical lift facial. A light lunch is included in your package.

A GENTLEMAN'S ESCAPE*

4 hours CZK 14.000

Treat your mind, body, and face with this tailored programme for gentlemen. A decadent Aromatics body massage using 111SKIN's warming and invigorating Performance oil to soothe and treat tired muscles. The programme is complete with the Gentleman's Reparative Facial by 111SKIN, quenching the skin with hydration, promoting repair and soothing. This escape includes the use of our facilities and Vitality Pool. A light lunch is included in your package.

**Both programmes include the use of a deluxe room from 10:00 until 19:00 surcharge CZK 7,200*

PREGNANCY BEAUTIFUL

3 hours 30 minutes CZK 11,400

A programme created around your individual needs at this special time. Spend consultation time with one of our highly trained therapists and we will handhold you through this very special period in your life. Includes a prenatal massage using pregnancy oils followed by a soothing and enriching facial, to leave you feeling rested and rejuvenated. Light lunch is included in your package.

INTELLIGENT MOVEMENT PACKAGE

3 hours 30 minutes CZK 6,600

A complete, results driven experience to improve muscle condition, posture, and joint mobility, combining our effective Intelligent Movement Treatment with a Personal Training session. Detox smoothie is included in your package.



FITNESS & WELLNESS

Our Fitness and Wellness Centre offers state-of-the-art equipment. We take a holistic approach to health and fitness, which means our Fitness and Wellness Centre complements our Spa by offering everything you need to increase your strength, flexibility and cardio health.

FITNESS CENTRE

Available exclusively to hotel guests and private members, our fitness center offers a comprehensive range of Technogym fitness equipment carefully selected to maximize your potential.

PERSONAL TRAINING

1 hour CZK 1,400

1 hour 30 minutes CZK 2,100

Achieve your fitness and exercise goals. Whatever your goal, be it weight loss, improved fitness, strength gains, increased endurance or change in lifestyle, our professional fitness instructors will work with you, one-on-one, to design a program that will fit your needs.

YOGA

1 hour group class CZK 450

1 hour individual session CZK 1,500

1 hour 30 minutes individual session CZK 2,100

We offer regular group classes Monday, Wednesday, Friday, Saturday 8:30-9:30 and can organize one-on-one sessions on request.

Kindly confirm your booking with the Spa Concierge by 18:00 on the day prior to your chosen session.

WELLNESS MEMBERSHIP

12 months *** CZK 45,000

6 months ** CZK 26,500

1 month CZK 6,500

We offer frequent visitors and locals a chance to join a 1, 6 or 12-months membership to our Wellness Club.

Combining workouts with luxurious spa treatments and other hotel services.

The Wellness Club is available exclusively for a maximum of 25 members and includes the following benefits:

Unlimited use of the Fitness & Wellness Centre

A complimentary introductory personal training consultation session

Free participation in all fitness activities including yoga

20% discount on spa treatments

20% discount on spa products

Complimentary spa retail gift **/****

One-night stay in the hotel for two ***

One complimentary Signature spa treatment 90 minutes **/****

6 guest passes with every 12 months membership & 3 guest passes with every 6 months membership

Complimentary parking based on availability

Please contact our Spa Concierge at +420 233 088 655 for further details.



TERMS & CONDITIONS

SERVICE CHARGE

Service charge of 10% is added to all spa treatments.

OPENING HOURS

Fitness Centre: Mon – Sun 6:00 – 22:00

Spa Treatments: Mon – Sun 10:00 – 20:30

CANCELLATION POLICY

Please allow 24 hours notice of cancellation to avoid charges. Cancellations or no shows within 24 hours 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 ask that you 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 15 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 change and relax into the treatments that await you. You may also wish to shower. 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 center is 18 years of age.

HOMECARE

To continue your spa regiment 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 concierge desk.

All prices include VAT and are subject to change without notice.

Giving the gift of luxury has never been easier with a Mandarin Oriental Gift Card.



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PRAGUE

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