



**Men's Health Club**





## MASSAGE

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 a number of massage techniques to increase muscle relation, improve circulation and increase overall wellbeing.

### Aromatherapy

1 hour / 1 hour 30 minutes

SAR 700 / SAR 950

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

SAR 700

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.

### Muscle release Therapy

1 hour

SAR 700

The essence of this massage fuses Eastern and Western practices; focusing on restorative stretching and pressure point therapy. This massage is an ideal synthesis of deep tissue techniques (using forearm and elbow) combined with the rhythmic stretches of Thai massage. Active muscle and joint de-stress movements help to dissolve deep muscles strains and tension.



## TREATMENT ADDITIONS

Enjoy it as an addition to our essential treatments.

### Back, Neck, Shoulder Massage

30 minutes

SAR 300

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the Body Oil to suit your needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

### Scalp Massage

30 minutes

SAR 300

This deeply relaxing massage uses pressure point and deep rhythmical movements to ease any tension held in the head, neck and scalp and relax muscles that can cause tension headaches. This is an oil free full head massage, stimulating the reflex points on the scalp to create full relaxation.





## HOLISTIC SKIN CARE

### Aromatherapy Associates

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. **HOLISTIC SKIN CARE**

### The Ultimate Wellbeing Facial by Aromatherapy Associates (Bespoke)

1 hour 30 minutes

SAR 945

More than just a facial, it's a pioneering treatment that focuses on lowering stress levels in the body and encouraging full reset and repair for skin and mind.

### The Ultimate Glow Facial

1 hour

SAR 700

A revitalising facial designed to support the skin's natural defences and combat the pressures of a busy lifestyle.

### The Ultimate Rebalancing Facial (deep cleansing)

1 hour 15 minutes

SAR 800

A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to our breathing rituals, powered by aromatherapy, the treatment is designed to calm the skin and mind.

## TERMS & CONDITIONS

## الشروط والأحكام

طلبات العمر  
الحد الأدنى للسّن المطلوب للدخول إلى السبا ومركز اللياقة البدنية هو ١٦ عاماً.

الرعاية المنزلية  
لمواصلة نظام السبا الخاص بك في المنزل ، تتوفر جميع منتجات السبا المستخدمة في العلاجات في متجر السبا الخاص بنا ، بما في ذلك عناصر نمط الحياة والهدايا التذكارية.

بطاقات الهدايا  
بطاقات الهدايا الخاصة بنا هي هدية مثالية ومتوفرة عبر الإنترنت وفي مكتب الكونسيرج في السبا - <http://www.mandarinoriental.com/gift-cards>

قطع الاتصال الرقمي  
بيئة السبا لدينا هي بيئة هادئة وسنكون ممتنين إذا كان بإمكانك إيقاف تشغيل أجهزتك المحمولة وتأمينها في خزانةك لاحترام حق جميع ضيوف السبا في الخصوصية والصفاء.

وصول السبا  
نوصيك بتسجيل الوصول في مكتب استقبال السبا قبل ٤٥ دقيقة على الأقل من موعدك الأول المحدد. يتيح لنا ذلك إجراء مناقشة موجزة معك حول توقعات العلاج الخاصة بك و يمنحك متسعاً من الوقت لزيارة واحدة الحرارة والماء في السبا. يرجى تفهم أن الوصول المتأخر لن يحصل على تمديد للعلاجات المجدولة.

ساعات العمل  
مركز اللياقة البدنية وحمام السباحة:  
الاثنين - الأحد ٦ صباحاً - ١٠ صباحاً  
علاجات السبا: الاثنين - الأحد ١٠ صباحاً - ١٠ مساءً

سياسة الإلغاء  
سيتم خصم ٥٠% من تكلفة أي جلسة يتم إلغاؤها قبل أقل من ١٢ ساعة من موعدھا المحدد، وسيتم خصم ١٠٠% من تكلفة أي موعد يتم إلغاؤه قبل أقل من ٦ ساعات من الموعد. نسعى جاهدين للالتزام بالمواعيد، لذا قد يؤدي وصولك متأخراً إلى تقصير مدة الجلسة

### OPENING HOURS

Fitness Centre and Pool: Mon – Sun 6am – 1am  
Spa Treatments: Mon – Sun 10am – 10pm

### CANCELLATION POLICY

A %50 charge will be incurred for any treatment not cancelled at least 12 hours prior to your scheduled time and %100 will be applied for any appointment not cancelled within 6 hours notice. We endeavour to run to time therefore arriving late may result in a shortening of your treatment time.

### DIGITAL DISCONNECTION

Our spa environment is one of tranquillity 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 45 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 years of age.

### HEMOCARE

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 concierge desk.

All prices are inclusive of %15 VAT

جميع الأسعار تشمل ضريبة القيمة المضافة 15 %





MANDARIN ORIENTAL  
AL FAISALIAH  
RIYADH

[moryd-reservations@mohg.com](mailto:moryd-reservations@mohg.com)  
King Fahad Road, Riyadh, Saudi Arabia  
P.O. Box 12212, Telephone +2000 273 11 966  
[mandarinoriental.com/riyadh](http://mandarinoriental.com/riyadh)