ESSENCE OF SHANGHAI

Dragon Phoenix – For Two
2 hours
Embark on the traditional journey of the mythical Chinese Dragon and Phoenix representing the power of energy and peace together with the colours of red and gold. Associated with harmonious marital bliss, and a union of prosperity and love, blessings of incredible luck and wealth are said to be bestowed on couples during this journey. Our holistic treatment begins with a welcoming foot ritual and a bath infused with the enchanting aromas of golden Osmanthus and red Hawthorn. A gua sha inspired massage using a specifically designed healing crystal, helps dispel imbalances and enhance the body’s natural healing ability.

Butterfly’s Dream
2 hours
Your transformation will begin immersed in a deep bath infused with the natural healing properties of Chinese mulberry and night blooming jasmine, followed by envelopment in an elixir of rose to give a feeling of wellbeing. Energy releasing techniques with a holistic focused facial, caress your skin with the warm therapeutic properties of moxibustion. Complete your metamorphosis with pressure point touch therapy on the specific reflex zones of the ears, scalp and hands, to release blockages and promote the natural equilibrium of the body.

Silk Road
3 hours
Experience a luxurious restorative treatment with traditional natural ingredients once traded along the Silk Road. Your journey begins with a cleansing foot ritual, followed by an exfoliating body mask of ground lotus seeds, pepper and Chinese dates. Whilst your body is enveloped in a silk cocoon, the therapeutic benefits of the mask, strengthen and fortify the body’s circulation system, and a hydrating facial cleanse leaves your skin glowing. Finish the treatment immersed in a star anise and sweet orange bath while enjoying soothing bamboo and buckwheat tea. A personalised rhythmic massage promotes detoxification, relaxation and regeneration.
SIGNATURE THERAPIES

Time Rituals™
2 hours / 3 hours
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 Harmony
2 hours
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. Ideal for those suffering from Jet Lag.

Digital Wellness Escape
1 hour 30 minutes
Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stress and strain resulting from the frequent use of digital devices.

Inner Strength
2 hours
Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a hectic lifestyle or stressful time in one’s life.
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 overall wellbeing.

Oriental Essence
1 hour and 30 minutes
Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body with focus on the traditional stress-holding areas of the back, neck and shoulders.

Aroma Stone
1 hour and 30 minutes
This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension. Stone therapy is a Native American Indian practice which has been used since ancient times as a soothing and healing treatment.

Aromatherapy
1 hour and 30 minutes
A deeply therapeutic and holistic treatment which combines the power of essential oils with eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

Chinese Meridian Massage
1 hour and 30 minutes
Focusing on acupressure points and the subtle energy channels influencing the directional flow of Qi in the body, Chinese Meridian Massage can help treat many conditions.

Oriental Bamboo
1 hour and 30 minutes
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.

Mum to Be
1 hour
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.
SCRUBS AND WRAPS

Oriental Salt Scrub
30 minutes
This luxurious and invigorating scrub blends Mandarin Oriental’s signature Quintessence body oil - infused with essences of tropical ginger, frankincense and mandarin, mineral-rich sea salt, to leave the skin smooth, replenished and intriguingly fragrant.

Lotus Seed and Date
30 minutes
The process of exfoliation has been in use in Asia for hundreds of years. Removing surface skin cells allows the youthful and vibrant skin below to break through. As a result, skin looks and feels healthier, smoother and softer. This treatment incorporates traditional ground lotus seeds, pepper and Chinese dates to leave your body silky soft.

HOLISTIC SKINCARE

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.

Bespoke
1 hour 30 minutes
Following a consultation to determine your needs and skin type your therapist will select the suitable products to create a facial experience tailor made for your skin needs.
ADVANCED SKINCARE

CACI is a leading global brand, known as the original “non-surgical face-lift” and deliver visible and corrective results. Treatments include reduction of wrinkles, stretch marks and scar tissue and firming and improvement in complexions.

Natura Bissé has combined avant garde trends with technological innovation and traditional therapies from different cultures, offering both the effectiveness of medical aesthetic techniques and an urban spa experience.

All treatments commence with a complexion analysis to diagnose a facial to suit your individual needs.

Intensive Lift
1 hour and 30 minutes
The science of CACI in combination with our results orientated organic products creates a facial treatment with exceptional results. Micro currents re-educate tired muscles by lifting and toning. Crystal free microdermabrasion and ultrasonic peeling technology reduces skin imperfections while concentrated red or blue LED light therapy assists in building additional collagen and heals acne scarring and blemishes.

Face and Body Duet
1 hour and 30 minutes
This unique treatment offers instant lifting results that can be targeted toward problem areas.

Multisensory Lifting
1 hour and 30 minutes
A genuine multisensory cosmetic lift, with a combination of active ingredients with extraordinary rejuvenating properties that penetrate into the deepest layers of the skin. It reinforces the skin’s natural defense system, maintains a long-lasting hydration level and improves elasticity.

Diamond Whitening System
1 hour
It retains the youthfulness of the skin and slows the aging process visibly diminishing fine lines and wrinkles. It gives a youthful appearance by increasing the firmness and elasticity of the skin.

Citrus Boost
1 hour
This exquisite protocol awakens your senses, infusing skin with all of the energy in Vitamin C. Its extraordinary anti-oxidant action repairs even the most mistreated skin, unveiling a completely hydrated revitalized complexion that showcases your radiant face. Its vibrant citrus fragrances and rich textures make this treatment an unforgettable experience.

O2 Relax
1 hour
Using the powers of pure oxygen, this facial will leave your skin glowing. A perfect treatment for frequent flyers or anyone concerned with exposure to daily aggressors such as toxins and pollutants. A deep Oxygenation and breathing massage further decongests body and mind.
GENTLEMEN ESSENTIALS

FACE
Cleansing
1 hour
Designed to deeply cleanse and brighten the complexion.

Express Healing
1 hour
The combination of ultrasonic peel, the healing energy of red LED light and the calming action of blue LED light therapy enhances tissue repair and is ideal for reducing active acne blemishes, scarring and hyperpigmentation.

BODY
Therapeutic
1 hour and 30 minutes
This truly effective therapeutic massage helps dissolve aches and strains. The oil is applied to the body using the therapist’s elbows and forearms in this stimulating and deeply energising massage.

TRADITIONAL CHINESE MEDICINE

A selection of specialised treatments designed to optimise balance and wellbeing.

Chinese Meridian Massage
1 hour
Focusing on acupressure points and the subtle energy channels influencing the directional flow of Qi in the body, Chinese Meridian Massage can help treat many conditions.

NB: Cupping may also be included within the treatment time if your particular condition requires this.

Reflexology
1 hour
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.

Cupping
30 minutes
Using light-bulb shaped jars suctioned to various points on the body, cupping is an ancient form of therapeutic massage, helping move stagnant Qi and invigorate the system. Cupping can be used to relieve arthritic pain and is often practised together with acupuncture and massage.

Moxibustion
30 minutes
A Traditional Chinese Medicine technique involving the burning of a herbal stick over acupressure points in the body, to dispel cold, promote circulation and activate points in the body.
SPA PROGRAMMES

HALF DAY

Mindful Sleep
3 hours 30 minutes
A personalised experience to promote inner calm, specifically for physical and emotional stress and imbalance. Perfect to assist with a blissful sleep.

- Orange and Jasmine Foot Ritual
- Pranayama Breathing and Visualisation Techniques for emotional release
- Body Massage
- Therapeutic Scalp Massage
- Use of the Wellness and Thermal Suites, heated lounges and day beds

Crystal Healing Ritual
2 hours 30 minutes
Using the healing vibrations of crystals, this divine body and face treatment has a calming yet uplifting effect.

- Mandarin Essence Foot Ritual
- Thermal suite – heat and water experience
- Yogic personal stretch and breathwork
- Crystal massage face and body
- Energy and space clearing techniques with Singing bowls

TERMS & CONDITIONS

OPENING HOURS
Spa Treatments:
Daily 10:00 a.m. – 10:00 p.m.
* Treatments outside of the above operating hours can be accommodated based on advance notice and may incur additional charges.

CANCELLATION POLICY
Please allow 24 hours’ notice of cancellation to avoid charges. Cancellations within 24 hours will incur 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 appreciate it if you can turn off your mobile devices and secure them in your locker to respect all guests’ right to privacy and serenity.

SPA ARRIVAL
We recommend that you check in at Spa Reception at least 60 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.

HOME CARE
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.