



THE SPA  
— AT —  
MANDARIN ORIENTAL

PUDONG  
SHANGHAI

## ESSENCE OF SHANGHAI

### Dragan Phoenix -for two

#### 2 hours

The mythical Dragon and Phoenix often characterize the Emperor and Empress representing the power of cosmic energy and peace together with the colors of red and gold. When paired, this motif is associated with harmonious marital bliss, embodying a union of prosperity and love, a match blessed with incredible luck and wealth. Our heavenly treatment begins with a welcoming foot ritual and bath filled with the enchanting aroma of golden Osmanthus and red Shan Zha. This is followed by a Quasha inspired massage using a specifically designed carnelian tool which will be used to dispel damp wind from the body and enhance the body's natural healing ability.

### Butterfly's Dream

#### 2 hours

“Am I a Man”, he thought, “who dreamed that I was a butterfly?

Or am I butterfly, dreaming that I am a man? Perhaps my whole walking life is but a moment in a butterfly's dream! This is a story of transformation” Chuang Tzu Your transformation will begin immersed in a deep bath infused with natural healing herbs of Rose and Jasmine, followed by envelopment in an elixir of moxibustion ensues. Complete your metamorphosis with pressure point touch therapy on the specific relax zone of the ears, scalp and hands, to release blockage and promote the natural healing ability of the body.

## Silk Road

### 2 hours

This luxuriant treatment begins with our welcoming foot ritual, followed by an exfoliating body mask with ground lotus seeds, pepper and Chinese dates, once traded along the Silk Road. While enveloped in a silk cocoon, the body's own heat activates the therapeutic benefits of the mask, helping to strengthen and fortify the body's circulation system, and a hydrating facial cleanse leaves skin glowing. The experience continues with your body immersed in rose and jasmine both while at the same time enjoying soothing bamboo and buckwheat tea, to take the healing properties of these age-old remedies to the interior of the body. An individually tailored massage follows continuing your desire of detoxification, relaxation or recreation.





## SIGNATURE THERAPIES

### Time Ritual

2 hours / 3 hours

Mandarin Oriental's bespoke "Time Rituals" encourage guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs. Each "Time Ritual" begins with a smoothing foot ritual and is designed to restore a natural state of equilibrium.

### Oriental Harmony

2 hours

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. The treatment begins with a soothing foot bath in purifying waters. Leaving the feet soft and supple and the mind relaxed. Next two therapists work together in time and movement. First providing a warm scrub that smoothest and replenishes the skin and later a harmonious massage that balances the body. The treatment concludes with a simultaneous head and foot massage leaving the mind uplifted. The body energized and the skin exotically fragrant.

### 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.

## BODY MASSAGE

### Oriental Essence

1 hour / 1 hour 30 minutes

This massage is a part of the Mandarin Oriental's signature spa therapies and has been designed for the tired traveler, stressed executive or someone who just wishes to relieve neck and shoulder tension. This massage centers on all stress areas of the body. Avocado body care oil, which is made of patchouli and Ylang Ylang, readjusts thinking and mood. Completely relaxed treatment.

### Intelligent Movement Treatment

1 hour 30 minutes

The Intelligent Movement Treatment is designed to help guests improve their positive and mobility through trigger point release deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissues, release tension, increase circulation and improve overall mobility of the body.

### Therapeutic

1 hour / 1 hour 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 energizing massage.

### Aroma Stone

1 hour / 1 hour 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 smoothing and healing treatment.

### Aromatherapy

1 hour / 1 hour 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.

### Oriental Bamboo

1 hour 30 minutes

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

### Chinese Meridian

1 hour / 1 hour 30 minutes

Focusing on acupressure points and directional flow of the Qi in the body. Chinese Meridian Massage is more than a system of relaxation and tension release. The attention is on the subtle energy channels which influence the Qi in the organs on a deeper level, helping to treat many conditions.

### Chinese Foot

1 hour / 1 hour 30 minutes

This method used for several millennia to treat the body as a whole, involves gentle stimulation of acupressure points in the feet that have a direct connection to the organs and glands in the body. It is based on the Chinese meridian theory of "energy pathways" in the body that have endings in the feet. Energizing these points can have an overall balancing effect on the body.

## BODY TREATMENTS

### Rose Hydration Cocoon

1 hour

This treatment comprises a deep-moisturizing body wrap treatment including full body scrub that softens and revitalize skin, followed by a full-body wrap with essence Oil and Body Cream. A relaxing scalp massage complete this unique pampering experience.

## THREATMENT ADDITIONS

### Oriental Salt Scrub

30 minutes

The luxurious and comfortable "Oriental sea salt cutin care" is Wenhua Oriental essence body care oil prepared from lemon and Geranium. At the same time, it is integrated with sea salt rich in organic minerals to make the skin soft, delicate, fragrant and energetic.

### Lotus seed and date

30 minutes

The process of exfoliation has been in used 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.

### Batology

30 minutes

Indulge yourself with complete decadence while soaking in a luxurious bath infused with Mandarin Oriental signature blended oil. Apply eye pads to soothe away your cares while gentle jets of water apply a pressure to alleviate muscle fatigue and tension. A perfect way to relax before beginning your chosen treatment.

### 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 practiced 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.



## VALMONT - A LUXURY BRAND FROM SWITSLAND

### Moisturizing Vitality

1 hour 30 minutes

All skin type, especially dull and lifeless complexion, marked by signs of fatigue; lead resistance imbalance of sensitive skin. Antioxidant cell renewal, stimulate cell activity, improves lymphatic and blood circulation. Skin becomes firm and luminous. Insignificant result is found after facial treatment.

### Delicate Skin

1 hour

This treatment is suitable for any skin and especially as a first-aid care for busy women. This treatment can instantly improve dry skin, restore fine texture, and make skin compact and bright.

### Hydration Ritual

1 hour

This treatment suitable for any skin, especially for hydropenic and sensitive skin. This treatment will use double mask, repair damaged cells and skin water lipid membrane, build a solid health barrier for the skin, improve the water storage of the skin, make the skin moist and full.

### Purity Facial

1 hour

This treatment is suitable for any skin, especially suitable for occlusion and oil skin. This treatment can gently cleanse excess oil, balance oil secretion, and effectively purify coarse pores.

### Reflection on a Frozen Lake-Eye

30 minutes

This treatment can improve eye problems such as tired skin, circulatory deviation, eyeprint and black rim of eye, especially as a first-aid care for busy working women. Add Reflection On a Frozen Lake-Eye to any of your Valmont facial treatment for only RMB 500 (30 mins).



## NATURA BISSÉ - A LUXURY BRAND FROM SPAIN

### Diamond Life Infusion Ritual

1 hour 30 minutes

RENEWS · FIRMS · REVITALIZES

The ultimate skincare ritual indulgence inspired by red carpet luxury. A global anti-aging beauty ritual that delivers noticeable results that infuse your skin with extreme vitality, glowing and youthfulness.

Inspired by Japanese myofascial massage, skin regains its immediate firmness and elasticity. Ritual with highly effective and precious antioxidant ingredients leaving the skin nourish, supple, define and young. A complete skin rejuvenating regime that many Hollywood celebrities and artists favors.

### Diamond Whitening System

1 hour

DEPIGMENTS · EVENS SKIN TONE · BRIGHTENS

A luxurious facial that helps diminish the appearance of hyperpigmentation. Restore all your skin's brightness and even tone while minimizing dark spots. Show off your new skin radiant glow.

### The 3D Collagen Shock

1 hour

SCULPTS · FIRMS · TIGHTENS

Feel the power of this remodeling and firming treatment with three types of collagen that sculpts and defines your facial contour, improves skin density and preserves moisture. This innovative facial provides an outstanding lifting and redensifying effect while revealing incredibly supple and plump skin.

### The O<sub>2</sub> Relax

1 hour

OXYGENATES · BRIGHTENS · CLARIFIES

Awaken your skin with the revitalizing energy of pure oxygen to decongest, brighten and clarify a dull complexion.

Perfect for the frequent flier and urbanites whose skin suffers from every day aggressions.

### Eye Brightener

30 minutes

Soothing Cryotherapy for Your Skin – Exceptionally soothing and decongestive treatment for the eye contour area that includes 30 protolerance ingredients and the spectacular effects of cryotherapy. Thanks to an exquisite massage, this ultra-repairing treatment helps to soften the signs of aging and fatigue on the eye contour area.

Add EYE BRIGHTENER to any of your Natura Bisse facial treatment for only RMB 400 (30 mins)



## MANICURE

### Classic Manicure

45 minutes

Regular nail service includes trimming, shaping, filing, and addressing your cuticles, which include trimming and oil cuticle care, and complete with a moisturized light hand massage. Nail polish is excluded in this service.

### Gel Polish Manicure

60 minutes

A revolutionary soak off gel polish is applied and set under LED light. Your nails are instantly dry and you will have an incredibly durable, chip-free manicure for two weeks with superior shine. This service includes classic manicure treatment finished perfect with gel polish.

### Classic Pedicure

60 minutes

Relaxing pedicure treatment for your feet removes and softens hard skin whilst your toenails are beautifully shaped. Complete with a light massage to your lower legs and feet to refresh and relieve tiredness. Nail color is excluded in this service. This service includes toenails trimming, shaping, cuticle care, callus softening, exfoliation and light massage. Application of nail color is not included in this service. High quality toenail polish will be applied at the end of your pedicure.

### Gel Polish Pedicure

90 minutes

Enjoy a durable, chip-free pedicure for two weeks with superior shine gel polish that is applied and set under Led lighting. Your nails are maintained and the polish is instantly dry. This service includes classic pedicure treatment and finished with gel polish.







## SPA PROGRAMME HALF DAY PROGRAMME

### Yin Yang – For Two

4 hours

Enjoy this treat with your loved one. Specifically, designed treatments to relax and renew your energy.

- Welcome Foot Ritual
- Tian Quan Therapy
- Dragon Phoenix
- Hydration Ritual

### Ban Ri Xian- Half

Reviver

4 hours

“When every day is so busy, it’s hard to find even one-half day to relax...” Li She, famous poet from the Tang Dynasty.

- Welcome Foot Ritual
- Body Composition Analysis
- Complexion Analysis
- Personal Training Session
- Intelligent Movement Treatment
- Hydration Ritual

## TERMS & CONDITIONS

### Opening Hours

Spa Treatments: Daily 10:00 am -11:00 pm

### Reservations

We highly recommend booking your treatment in advance to ensure your preferred time and service is available. Please provide the spa concierge with valid contact details to secure the reservation. All treatment prices are subject to 15% service charge.

### Cancellation Policy

Please allow 12 hours' notice of cancellation to avoid charges. Cancellation within 12 hours will incur a 50% charge. Cancellation 4 hours or less prior to your booking or no show will incur a 100% charge.

### Age Requirement

The minimum age requirement for access to the spa and Fitness Centre is 16. Children under 16 must be accompanied by a same gender guardian to enter the changing rooms. And are not permitted to use the Heat Experiences (Dry Sauna and Crystal Steam Room). Children under 16 must be accompanied by a guardian whilst at the swimming pool, keep noise to a minimum and must respect the adult – only zone designated.





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