



THE SPA
— AT —
MANDARIN ORIENTAL

PUDONG
SHANGHAI

ESSENCE OF SHANGHAI

Dragon Phoenix -for two	Weekday	Weekend
2 hours	3,180	3,280

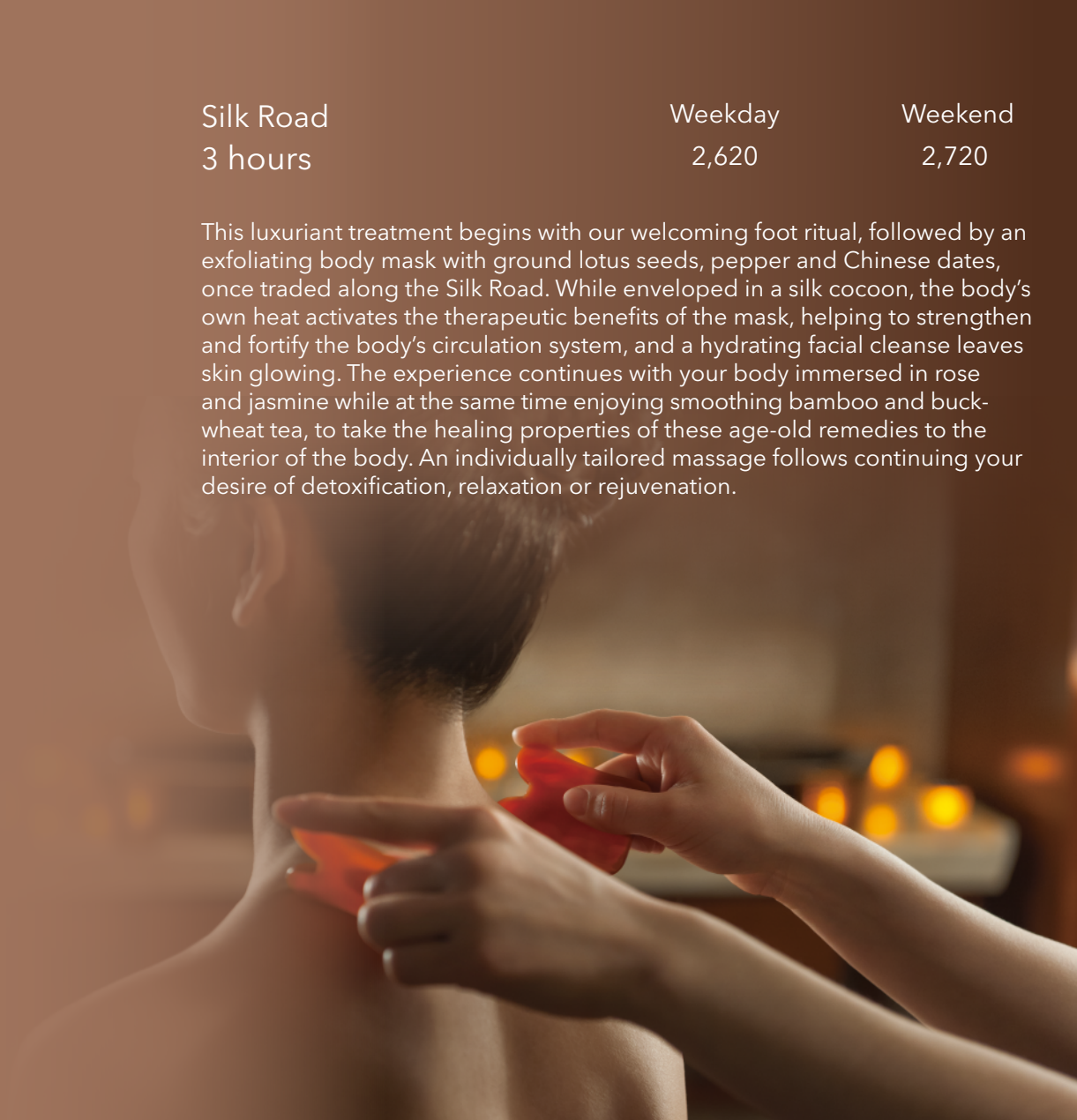
The mythical Dragon and Phoenix often characterize the Emperor and Empress representing the power of cosmic energy and peace together with the colors of red and gold. When paired, this motif is associated with harmonious marital bliss, embodying a union of prosperity and love, a match blessed with incredible 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 Gua Sha 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	Weekday	Weekend
2 hours	2,100	2,200

"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	Weekday	Weekend
3 hours	2,620	2,720

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 while at the same time enjoying smoothing bamboo and buck-wheat 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 rejuvenation.



A woman with dark hair is lying down, her head tilted back and eyes closed, receiving a facial treatment. A fine mist of water is being sprayed onto her face. The background is a soft, out-of-focus teal color.

SIGNATURE THERAPIES

Time Ritual	Weekday	Weekend
2 hours	2,100	2,200
3 hours	2,620	2,720

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	Weekday	Weekend
2 hours	2,880	2,980

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. The treatment begins with a smoothing 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 smoothes 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	Weekday	Weekend
1 hour 30 minutes	2,000	2,100

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	Weekday	Weekend
2 hours	2,620	2,720

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

Chakra Activation 1 hour 30 minutes		Weekday	Weekend
	Single	3,280	3,380
	Couple	5,880	5,980

The nursing begins with a chakra singing bowl ceremony. Based on the chakras, seven-colored crystal energy stones are placed on the corresponding body parts to assist energy flow. Combined with gentle massage, it releases negative energy from the body, promotes deep detoxification and balance, enhances blood circulation and overall energy, achieving a state of mind and body harmony.

Spiritual Of Eaglewood 1 hour 30 minutes		Weekday	Weekend
		2,580	2,680

Embark on a journey of sensory awakening with the ceremony of the seven chakra singing bowls. Slowly tune in to the present energy field, allowing your body and mind to settle into a deep state of relaxation. Warm bowls gently soothe and soften your muscles, bringing warmth to your entire being, and the application of Eaglewood essential oil nourishes your skin and enhances blood circulation.

Oriental Essence 1 hour 30 minutes		Weekday	Weekend
		1,480	1,580

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.

Intelligent Movement Treatment 1 hour 30 minutes		Weekday	Weekend
		1,480	1,580

The Intelligent Movement Treatment is designed to help guests improve their posture 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	Weekday	Weekend
1 hour 30 minutes	1,480	1,580

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 Therapy	Weekday	Weekend
1 hour 30 minutes	1,480	1,580

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.

Aromatherapy	Weekday	Weekend
1 hour 30 minutes	1,480	1,580

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	Weekday	Weekend
1 hour 30 minutes	1,480	1,580

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 you have particular requirements.

Chinese Foot Reflexology	Weekday	Weekend
1 hour 30 minutes	1,480	1,580

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.

BODY TREATMENTS

	Weekday	Weekend
Rose Hydration Cocoon		
1 hour	1,080	1,180

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.

TREATMENT ADDITIONS

	Weekday	Weekend
Oriental Salt Scrub		
30 minutes	580	680

The luxurious and comfortable "Oriental sea salt cuticle care" is 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.

	Weekday	Weekend
Tian Quan Therapy		
30 minutes	580	680

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.

	Weekday	Weekend
Bathology		
30 minutes	580	680

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.

	Weekday	Weekend
Cupping		
30 minutes	580	680

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.

	Weekday	Weekend
Moxibustion		
30 minutes	580	680

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.

	Weekday	Weekend
Additional Treatment		
30 minutes	580	680

Additional treatment is to add another treatment for 30 minutes or add 30 minutes for the same treatment which took before.



ADVANCED SKIN CARE

Mandarin Oriental Manicure	Weekday	Weekend
45 minutes	580	680

A complete manicure during which hands are cleansed, exfoliated, treated and nourished.

Mandarin Oriental Pedicure	Weekday	Weekend
1 hour	1,080	1,180

A complete pedicure during which feet are cleansed, exfoliated, treated and nourished.

Holistic Hand Treatment	Weekday	Weekend
45 minutes	580	680

A relaxing treatment using aromatherapy oils including a gentle exfoliation and therapeutic massage with hot stone therapy.

Holistic Foot Treatment	Weekday	Weekend
1 hour	1,080	1,180

Includes a gentle skin softening exfoliation as well as a relaxing acupressure point massage using aromatherapy oils.

VALMONT - A LUXURY BRAND FROM SWITZERLAND

L'ELXIR DES GLACIERS Majestic treatment	Weekday	Weekend
1 hour 40 minutes	4,880	4,980

With Majestic Treatment beauty blooms in the most refined way. Majestic Treatment is a very complete facial that treats the face and the décolleté for a true moment of heaven! Moreover, the customers will also enjoy a glorious hand treatment with Masque Majestueux. A rejuvenating massage, inspired by the Kobido technic. Kobido was created in Japan in 1472 for the empress and it became later a traditional art of rejuvenation for Japanese women. It involves specific pressure and sliding movements on meridians and acupuncture points of the face and neck. In Majestic treatment, this step offers a true rejuvenation of the face with sculpting and modelling effect.

Moisturizing Vitality	Weekday	Weekend
1 hour 30 minutes	2,880	2,980

All skin type, especially dull and lifeless complexion, marked by signs of fatigue, leading resistance imbalance of sensitive skin.

Delicate Skin Care	Weekday	Weekend
1 hour	1,380	1,480

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.

GENTLEMAN Face Care	Weekday	Weekend
1 hour	1,380	1,480

Deeply cleanse, detoxify and purify the skin, and boost the skin tone. This treatment not only relieves tension, but also nourishes and smooths the skin; it leaves the skin looks healthy, perfect and energetic. It also helps remove impurities and blackheads, improve skin moisture and vitality; Restore skin brightness and radiance.

Hydration Ritual	Weekday	Weekend
1 hour	1,380	1,480

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	Weekday	Weekend
1 hour	1,380	1,480

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

Reflection on a Frozen Lake-Eye	Weekday	Weekend
30 minutes	580	680

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.

A photograph of a spa treatment room with three lounge beds, mosaic walls, and warm lighting. The room is dimly lit with warm, ambient light. Three lounge beds with mosaic covers are arranged in a row. Between the beds are small side tables with glassware and towels. The walls are covered in mosaic tiles, and there are vertical light fixtures. The floor is made of large, light-colored tiles.

SPA PROGRAMME

HALF DAY PROGRAMME

Yin Yang – For Two

4 hours

Weekday	Weekend
4,920	5,020

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	Weekday	Weekend
4 hours	3,300	3,500

“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
- Personal Training Session
- Intelligent Movement Treatment
- Hydration Ritual

Encourage Yourself	Weekday	Weekend
One Day Retreat	8,800	8,900

8 hours

- Healthy breakfast in Zest
- Fitness Assessment 15mins
- Customize wellness personal coach (Taichi/Ba duan Jin/Meditation/ Yoga/Boxing/Sound Healing/Swimming Class)
- Wellness Lunch in Zest
- Time Ritual 120mins
- Herbal Tea
- Meditation and sound healing 60mins
- Dining in Yong Yi Ting

FITNESS AND WELLNESS

Singing Bowl Healing	Weekday	Weekend
1 hour	1,380	1,480

The specific frequency vibrations emitted by singing bowls can deeply affect various levels of the human body, effectively purifying the body and mind. The vibration frequency of singing bowls can resonate with the body's energy field, helping to clear negative energy and emotions within, promote blood circulation, relieve muscle tension, and enhance overall mental and physical health. At the same time, this vibration can also act on the spiritual level.

Pilates	Weekday	Weekend
1 hour	650	650

Pilates is a low-impact exercise that strengthens the core, enhances balance and flexibility, focuses on breathing coordination, improves posture, and promotes health and stress relief. Suitable for all age groups, with dedicated equipment provided for use.

Tai Chi	Weekday	Weekend
1 hour	650	650

Tai Chi classes aim to teach the basic theories, movements, and health benefits of Tai Chi. Through systematic learning, students can master the routines, breathing, and concentration of Tai Chi, enhancing body coordination and flexibility, achieving the effects of strengthening the body, and relaxing and relieving stress.

Yoga	Weekday	Weekend
1 hour	650	650

Yoga classes aim to improve body flexibility and muscle strength through a series of carefully designed postures and breathing exercises, while promoting harmony between the mind and body. The course will be led by professional yoga instructors and is open to students of all ages and fitness levels, dedicated to providing comprehensive and balanced exercise experience.



FITNESS CENTRE

Personal Training

- 650++/1 hour
- 5,800/10 Series Session
- 9,800/20 Series Session

Boxing/Body Exercise/Health Exercise/Yoga/Zumba

- 200++/Class (Minimum 3pax)

Day Entrance

- 600++/3 hours

OPENING HOURS

Fitness Centre :

Monday - Sunday 07:00 am - 11:00 pm

* Fitness center open 24 hours daily for hotel guests and residents

Spa Treatments:

Monday- Sunday 10:00 am - 11:00 p.m

Swimming Pool:

Monday - Sunday 07:00 am-11:00 pm

* All treatment prices are subject to a 15% service charge



TERMS & CONDITIONS

Price Policy

All treatment prices are subject to a 15% service charge

Cancellation Policy

To provide you with an exceptional SPA experience, our spa provided no-penalty policy. If you have any changes of your schedule and modify or cancel your reservation, please kindly inform us at least 12 hours in advance. We will do our best to assist you and ensure that your needs are taken care of properly.

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 spa guests' right to privacy and serenity.

SPA Arrival

We recommend that you check in at Spa Reception at least 30 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.

Homecare

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.





MANDARIN ORIENTAL
PUDONG SHANGHAI

111 Pudong Road(S), Pudong, Shanghai 200120, China Telephone +86 (21) 2082 9888 Facsimile +86 (21) 2082 9000
中国上海浦东新区浦东南路111号 邮编 200120 电话 +86 (21) 2082 9888 传真 +86 (21) 2082 9000
mandarinoriental.com/shanghai