THE SPA
AT
MANDARIN ORIENTAL
PUDONG
SHANGHAI

ESSENCE OF SHANGHAI

Dragon Phoenix -for two 2 hours	Weekday 3,380	Weekend 3,480

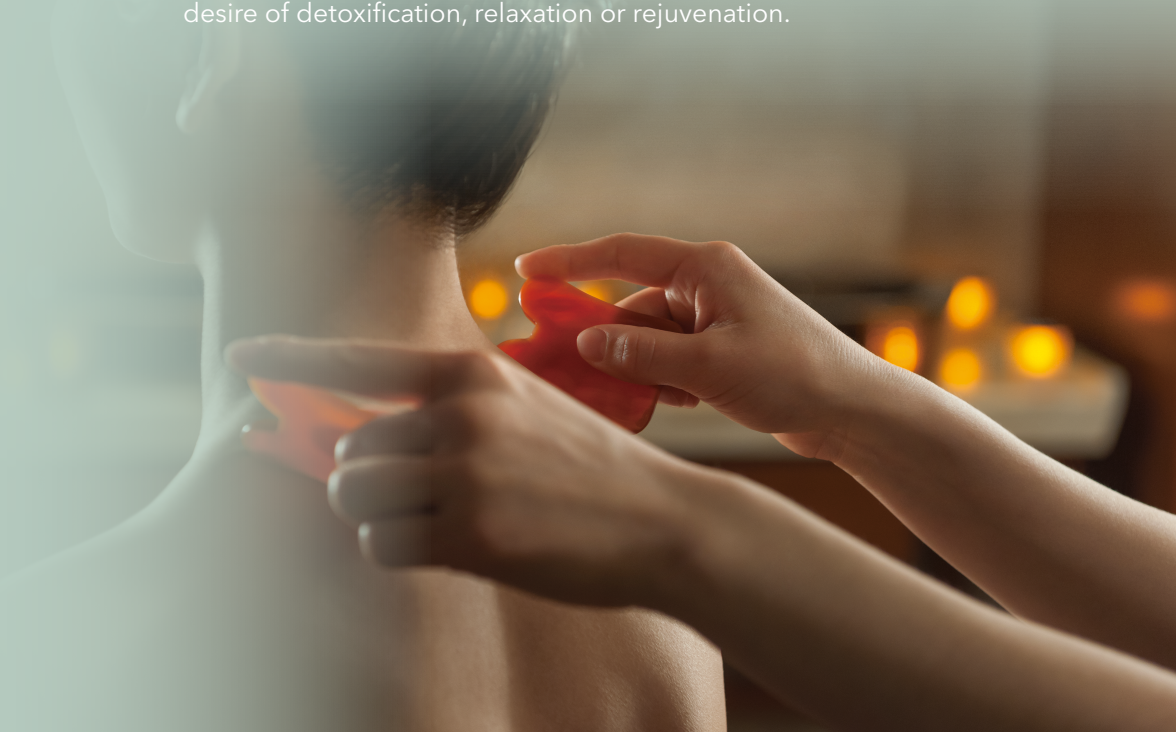
The mythical Dragon and Phoenix often characterize the Emperor and Empress representing the power of cosmic energy and peace together with the colors of red and gold. When paired, this motif is associated with harmonious marital bliss, embodying a union of prosperity and love, a match blessed with incredible 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 2 hours	Weekday 2,100	Weekend 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 3 hours	Weekday 2,620	Weekend 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.



SIGNATURE THERAPIES

Time Ritual	Weekday	Weekend
2 hours	2,300	2,400
3 hours	2,880	2,980

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
1 hour 30 minutes

Weekday	Weekend
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
1 hour 30 minutes

Weekday	Weekend
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
1 hour 30 minutes

Weekday	Weekend
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
1 hour 30 minutes

Weekday	Weekend
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
1 hour 30 minutes

Weekday	Weekend
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

Rose Hydration Cocoon	Weekday	Weekend
1 hour	1,180	1,280

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

Oriental Salt Scrub	Weekday	Weekend
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.

Tian Quan Therapy	Weekday	Weekend
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.

Bathology	Weekday	Weekend
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.

Cupping	Weekday	Weekend
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.

Moxibustion	Weekday	Weekend
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.

Additional Treatment	Weekday	Weekend
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.

Biologique Recherche Second Skin

	Weekday	Weekend
2 hours	4,880	4,980

The treatment uses an anti-aging mask for damaged skin to enhance contours and promote self-renewal. An innovative professional beauty treatment, it features a mask made of electrospinning technology, containing 80% pharmaceutical grade hyaluronic acid, that can reduce the symptoms of aging. The mask touches the skin instantaneously and the essence penetrates directly and deeply. After the treatment, the skin is hydrated, full and youthful again.

VALMONT - A LUXURY BRAND FROM SWITZERLAND

Moisturizing Vitality

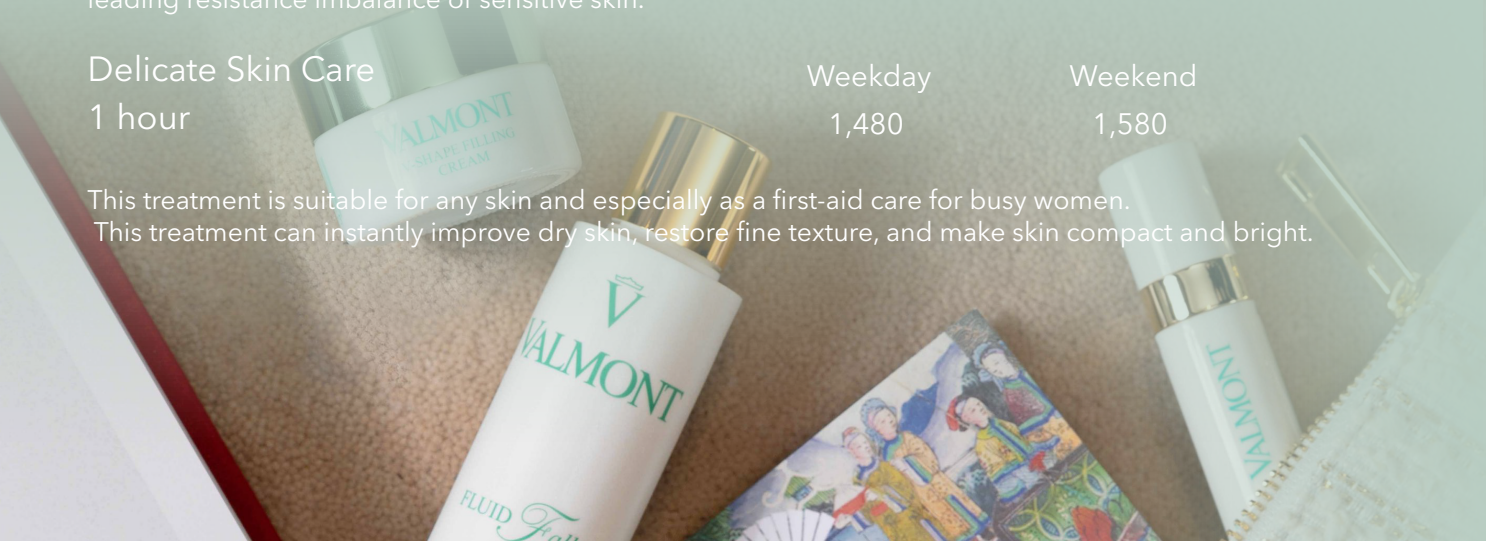
	Weekday	Weekend
1 hour 30 minutes	2,880	2,980

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	1,480	1,580

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	1,480	1,580

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	1,480	1,580

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	1,480	1,580

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.

ADVANCED SKIN CARE

	Weekday	Weekend
Mandarin Oriental Manicure 45 minutes	580	680

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

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

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

	Weekday	Weekend
Holistic Hand Treatment 45 minutes	580	680

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

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

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

Dose Infrared SPA

Dose infrared SPA is a multifunctional home SPA device that utilizes PUREINFRA® (low-temperature, non-magnetic pure infrared) technology as its core. With multiple registered patents worldwide and over 50 years of application in medical-grade infant incubators, dose infrared SPA gently and evenly releases low-temperature, non-magnetic pure infrared energy upon activation. This energy penetrates the subcutaneous layer, allowing the body's cells to fully absorb it, providing a comfortable experience akin to basking in the morning sunlight at 7 o'clock, reminiscent of a baby returning to its mother's embrace.

Dose Infrared SPA	Weekday	Weekend
30 minutes	880	980

Dose infrared SPA is internationally recognized in the medical field for its ability to directly elevate core body temperature without magnetic radiation and without burning the skin. The increase in core body temperature activates HSP90 (heat shock protein) within the body, which has the effect of stimulating the body's own immune system.

Dose & Chakra	Weekday	Weekend
2 hours	3,880	3,980

Dose infrared SPA is evenly emitted, similar to the gentle sunlight around 8 or 9 in the morning. It replenishes natural energy to our body, helps combat free radicals, and prevents oxidation. Through its mild temperature, it harmonizes the balance of the body's five organs, enhances the body's vitality, eliminates dampness and coldness, and improves sub-healthy conditions and fatigue. Combine with Chakra Activation, it releases negative energy from the body, promotes deep detoxification and balance, enhances bold circulation and overall energy, achieving a state of mind and body harmony.

Dose Sound Healing	Weekday	Weekend
1 hour	1,680	1,780

During the process of sweating, dose infrared SPA helps eliminate accumulated toxins and promote the clearance of blockages, thereby reducing overall fatigue, muscle soreness, and edema. dose infrared SPA improves blood circulation, which can contribute to better deep sleep and improved sleep quality. Combining with sound healing can deeply affect various levels of the human body, effectively purifying the body and mind.

Dose Personal Coach	Weekday	Weekend
1 hour	1,380	1,480

Dose infrared SPA can directly reach the subcutaneous adipose cells in the human body, fully activating and dissociating these fat cells. Additionally, as our body temperature rises, our heart rate reaches the optimal fat-burning range. The basal metabolic rate can increase by 1.5 times during this process, which is equivalent to a prolonged aerobic exercise session, resulting in the potential consumption of approximately 600-800 calories. It can help us burning calorie, increased basal metabolic rate, reduced body fat percentage and visceral fat, slimming and elimination of edema.

Dose Tea Meditation	Weekday	Weekend
1 hour	1,380	1,480

Dose infrared SPA can directly reach the subcutaneous adipose cells in the human body, fully activating and dissociating these fat cells. Additionally, as our body temperature rises, our heart rate reaches the optimal fat-burning range. The basal metabolic rate can increase by 1.5 times during this process, which is equivalent to a prolonged aerobic exercise session, resulting in the potential consumption of approximately 600-800 calories. It can help us burning calorie, increased basal metabolic rate, reduced body fat percentage and visceral fat, slimming and elimination of edema.

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.

SPA PROCGRAMME
HALF DAY PROGRAMME

Yin Yang – For Two
4 hours

Weekday	Weekend
5,880	5,980

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

Weekday	Weekend
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 One Day Retreat
8 hours

Weekday	Weekend
8,800	8,900

- ○ 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 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
Our cancellation policy is that cancellations made within 12 hours will incur 100% fee If your itinerary changes and you need to modify or cancel your reservation, please inform us 12 hours in advance. We will provide full assistance to ensure that your needs are handled 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

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