



SPA SUITE EXPERIENCES

Oriental Harmony

Weekday ¥2,080 / Weekend ¥2,280 (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 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 energised and the skin exotically fragrant.

Time Rituals™

Weekday ¥2,000 / Weekend ¥2,100 (2 hours)

Weekday ¥2,620 / Weekend ¥2,720 (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 soothing foot ritual and is designed to restore a natural state of equilibrium.

Dragon Phoenix—for two

Weekday ¥3,080 / Weekend ¥3,180 (2 hours)

The mythical Dragon and Phoenix often characterise the Emperor and Empress representing the power of cosmic energy and peace together with the colours 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 Shanzha. This is followed by a Guasha 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 ¥2,000 / Weekend ¥2,160 (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 waking 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 Chinese mulberry and night blooming jasmine, followed by envelopment in an elixir of rose during which a full facial treatment combined with the warm therapeutic properties of moxibustion ensues. 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 healing ability of the body.

Silk Road

Weekday ¥2,620 / Weekend ¥2,720 (3 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 star anise and sweet orange bath 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 regeneration.

BODY MASSAGE

Oriental Essence

Weekday ¥1,380 / Weekend ¥1,480 (1 hour and 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. Utilising our Signature Quintessence oil blended with warming ginger, uplifting mandarin and sacred frankincense all come together to realign the mind and emotions. A completely relaxing treatment.

Therapeutic

Weekday ¥1,380 / Weekend ¥1,480 (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.

Aroma Stone

Weekday ¥1,380 / Weekend ¥1,480 (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

Weekday ¥1,380 / Weekend ¥1,480 (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

Weekday ¥1,380 / Weekend ¥1,480 (1 hour and 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 Reflexology

Weekday ¥680 / Weekend ¥780 (1 hours)

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. Energising these points can have an overall balancing effect on the body.



BODY TREATMENTS

Rose Hydrating Cocoon

Weekday ¥920 / Weekend ¥1,020 (1 hour)

This treatment comprises a deep-moisturising body wrap treatment including full body scrub that softens and revitalises skin, followed by a full-body wrap with Renew Rose Oil and Renew Rose Body Cream containing damask rose, roman chamomile and neroli for nurturing skin. A relaxing scalp massage completes this unique pampering experience.

TREATMENT ADDITIONS

Oriental Salt Scrub

Weekday ¥560 / Weekend ¥660 (30 minutes)

This luxurious and invigorating scrub blends Mandarin Oriental's signature Quintessence body oil - infused with essences of tropical ginger frankincense and mandarin-with organic, mineral-rich sea salt, to leave the skin smooth, replenished and exotically fragrant.

Refined Body Glow

Weekday ¥560 / Weekend ¥660 (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.

Bathology

Weekday ¥560 / Weekend ¥660 (30 minutes)

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



NEW LIFE

Mum To Be

Weekday ¥990 / Weekend ¥1,090 (1 hour)

Feel nurtured and supported in a time of constant change. Choose from a selection of oils each safely formulated to be used during pregnancy to nourish and care for your skin. This treatment uses traditional aromatherapy massage to ease away tension in upper back and tight shoulders.

Cocoon For The New Mum

Weekday ¥900 / Weekend ¥960 (1 hour)

Take a moment for yourself and relax. Give your skin some special attention after the stresses of pregnancy with this nourishing, regenerative treatment. Essential oil of rose penetrates deep into the skin to encourage cell renewal and help the healing process. Specially selected oils with rosehip seed, vitamin E and lavender are used on specific areas to help restore your skin's condition and refine stretch marks.

SPECIAL FACIALS

Customised Aromatherapy Facial

Weekday ¥1,380 / Weekend ¥1,480 (1 hour and 30 minutes)

Beginning with a facial assessment to determine your skin type, our therapist will select products from our Aromatherapy Associates facial range to create a facial experience tailor-made to your skin's needs.

Nature's Radiant Facial

Weekday ¥1,380 / Weekend ¥1,480 (1 hour and 30 minutes)

This high-performance facial takes eco-conscious skincare to the next level by treating your skin's specific needs with potent healing botanicals derived from global fair-trade farms. Nature's pure organic seed oils and whole plant extracts are combined with Vedic Marma cleansing techniques and vital point stimulation, for healthy skin as prescribed by nature.



IN ROOM SPA TREATMENTS

The selected therapies to follow are available in the comfort of your guest room. Treatments will be provided to you by therapists of the same gender, please do allow an additional 15 minutes for us to set up and prepare your spa experience in your room.

Harmony Massage

Weekday ¥1,820 / Weekend ¥2,060 (1 hour)

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses as two therapists work together in time and movement.

Chinese Foot Reflexology

Weekday ¥980 / Weekend ¥1,080 (1 hour)

Chinese Meridian Massage

Weekday ¥1,280 / Weekend ¥1,380 (1 hour)



BEAUTY BY MANDARIN ORIENTAL

Mandarin Oriental Pudong, Shanghai is delighted to welcome the renowned brand CACI to the Spa, offering a range of luxurious and exclusive beauty treatments at the forefront of new scientific and technological breakthroughs.

CACI is a leading global brand since 1990, known as the original "non-surgical face-lift" and deliver visible and corrective results. Treatments include reduction of wrinkles, firming and improvement in complexions and helps reduce the appearance of stretch marks and scar tissue.

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

FACE

Target Lift

Weekday ¥1,320 / Weekend ¥1,420 (1 hour)

Working with the micro current and wrinkle comb, the therapist will concentrate on specific areas of concern such as eye area, jawline and neck, lines around the mouth, leaving the face looking and feeling firm and smooth.

Express Healing

Weekday ¥1,320 / Weekend ¥1,420 (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 hyper pigmentation.

Intensive Lift

Weekday ¥1,850 / Weekend ¥2,070 (1 hour and 30 minutes)

The science of CACI in combination with our results orientated organic product line Amala creates a facial treatment with exceptional results. Micro currents re-educate tired muscles by lifting and toning to create a visible and immediate result for both the face and eye areas. 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

Weekday ¥1,850 / Weekend ¥2,070 (1 hour and 30 minutes)

Simultaneous use of pads and probes target both face and body areas at the same time, making for a doubly effective treatment that saves you time.

BODY

Contouring Body Treatment

Weekday ¥1,320 / Weekend ¥1,420 (1 hour)

Gives a contouring effect on the body, it is ideal for someone wanting to lose weight and works very well in conjunction with diet and regular exercise.

Toning Body Treatment

Weekday ¥1,320 / Weekend ¥1,420 (1 hour)



Recommended for someone who does not need to lose weight but would like to be more toned. It can be used on the stomach, bust, thighs, hips and buttocks to help strengthen and lift muscles to provide a tightening and firming effect.

Anti-cellulite

Weekday ¥1,320 / Weekend ¥1,420 (1 hour)

Targets cellulite, fluid retention and stubborn fatty areas such as thigh and buttocks helping to improve skin texture and firmness.

Lymphatic Drainage

Weekday ¥1,320 / Weekend ¥1,420 (1 hour)

Specifically designed to stimulate the lymphatic flow speeding up the removal excess fluid from tissues and toxins from the body and helps revive sluggish circulation assisting in improving and preventing surface veins.

Series Of 8 (any combination of *caci face & body*)

Weekday ¥8,060 (8 x 1 hour)

TREATMENT ADDITIONS

Complexion Analysis

Weekday ¥160 (30 minutes)

A diagnostic tool to determine your skin's current health through non - invasive photographic imagery. This analysis machine can detect problems that have yet to emerge on the surface of your complexion providing qualitative reports to take the guesswork out of determining the best treatments for your skin type. A progression report is provided to determine the progress of skin care treatments undertaken to measure improvement results over time.

TO FINISH

Mandarin Oriental Pure Manicure

Weekday ¥520 / Weekend ¥570 (1 hour)

Using an eco-friendly and vegan formulation of spa products that are naturally colored and free of synthetic dyes. This complete manicure treatment incorporates organic frankincense to assist you to relax your mind and body whilst you enjoy a complete manicure experience.

Mandarin Oriental Pure Pedicure

Weekday ¥650 / Weekend ¥700 (1 hour)

Using an eco-friendly and vegan formulation of spa products that are naturally colored and free of synthetic dyes. This complete pedicure treatment incorporates organic Chinese jasmine to assist you to relax your mind and body whilst you enjoy a complete pedicure experience.

Decadent Bubbles

Weekday ¥1,180 / Weekend ¥1,280 (2 hours)

This truly decadent treatment will assist to rejuvenate tired legs, feet and hands, leaving you feeling completely pampered. Relax with a glass of bubbly while enjoying a foot soak spiked with champagne, followed by a soothing foot and leg massage and the Mandarin Oriental Pure Manicure and Mandarin Oriental Pure Pedicure.

Waxing

Facial waxing (lip, chin or eyebrow)	Weekday ¥220 / Weekend ¥260 (15 minutes)
Underarm wax	Weekday ¥260 / Weekend ¥280 (15 minutes)
Basic bikini wax	Weekday ¥260 / Weekend ¥280 (15 minutes)
Shoulder or chest wax	Weekday ¥260 / Weekend ¥280 (15 minutes)
Full back wax	Weekday ¥320 / Weekend ¥360 (30 minutes)
Half arm wax	Weekday ¥260 / Weekend ¥280 (15 minutes)
Full arm wax	Weekday ¥320 / Weekend ¥360 (30 minutes)
Half leg wax	Weekday ¥320 / Weekend ¥360 (30 minutes)
Full leg wax	Weekday ¥400 / Weekend ¥460 (45 minutes)



NATURA BISSÉ TREATMENTS

Mandarin Oriental Pudong, Shanghai is delighted to welcome the renowned cosmetic brand Natura Bissé from Barcelona to the Spa, offering a range of luxurious and exclusive beauty treatments.

Natura Bissé has pioneered beauty innovation for almost 40 years. Combining avant-garde trends with technological innovation and traditional therapies from different cultures, Natura Bissé offers both the effectiveness of medical aesthetic techniques and an urban spa experience.

Multisensorial Lifting

¥2,800 (1 hour and 30 minutes)

A Genuine Multisensory Cosmetic Lift - A first in the world of beauty developed to regenerate and energize the skin. A combination of sophisticated active ingredients with extraordinary rejuvenating properties that penetrate into the deepest layers of the skin, providing it with the firmness necessary to stimulate unprecedented regeneration. It reinforces the skin's natural defense system, maintains a long-lasting hydration level and improves elasticity. Its spectacular lifting effect acts from within the deeper layers of the skin.

Diamond Whitening System

¥1,800 (1 hour)

RED CARPET READY! - A treatment that effectively evens skin tone with high concentrations of revolutionary active ingredients, preventing the skin from aging due to pigmentation disorders. Based on a powerful anti-spot concentrate stimulates the elimination of hyperpigmentation, effectively reducing dark spots of different sizes, depth and intensity. It prevents the formation of new pigment accumulation and, therefore, new areas with uneven pigmentation. Finally, an exclusive illuminating veil provides a long-lasting sense of well-being to the skin, revealing an extremely radiant complexion.

Citrus Boost

¥1,300 (1 hour)

Receive A Citrus Aromatherapy Ritual - A facial ritual created for those looking for global care and well-being. A treatment that provides the perfect combination between the richest products such as Mediterranean citrus and the most exclusive contouring massage techniques. This incredible experience ends with an exquisite citrus aromatherapy. The result is luminous and radiant skin.

O2 Relax

¥1,300 (1 hour)

Infuse Every Pore with a Blast of Pure Oxygen - A facial for all skin types. It is especially beneficial for those who have dull or dehydrated skin, or skin that is lacking in tone and vitality, so it is ideal for frequent travelers, smokers or those who live in a polluted environment. This treatment releases molecules of pure oxygen into the skin that provide energy to cells and help remove toxins from pores to induce a state of purity and relaxation.

Eye Brightener

¥400 (30 minutes)

Soothing Cryotherapy for Your Skin - Exceptionally soothing and decongestive treatment for the eye contour area that includes 30 pro-tolerance 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.



GENTLEMAN ESSENTIALS

FACE

Firming Facial Treatment

Weekday ¥1,188 / Weekend ¥1,288 (1 hour)

Using ultrasonic peel and micro current technology, this anti-aging facelift treatment will concentrate on specific areas of concern - eye area, jawline and neck, lines around the mouth and forehead, to firm and smooth the face and neck with instant results.

Anti Pollution Facial Treatment

Weekday ¥1,098 / Weekend ¥1,198 (1 hour)

Shaving bumps and irritation, stress and tiredness, dullness and congestion. Whatever your needs are, this relaxing bespoke facial will target and treat. Your face will look and feel refreshed, healthy and smooth.

Refined Man

Weekday ¥1,380 / Weekend ¥1,480 (1 hour and 30 minutes)

Achieve a heightened state of relaxation and well-being. The experience begins with a back cleanse and exfoliation that refreshes the skin. The journey continues with a stress relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Finally, a deep cleansing facial using an exotic blend of the fine essential oils and effective natural botanicals unique to the Refinery range, rebalances the skin, leaving it bright, supple and refreshed.

Mandarin Man by Natura Bissé

¥900 (1 hour)

Fine Tuning for Men - A treatment created for men's skin, since stress, the lack of time and daily shaving detract vitality. The perfect combination of highly effective products that adapt to the needs of each skin type, along with soothing massages on the scalp, neck and shoulders, will induce total relaxation. Inspired by the techniques used by traditional barbers, which soothed the skin during shaving, this treatment incorporates a ritual of wet towels followed by a stimulating face massage to provide the skin with a youthful, fresh and clean appearance.

BODY

Jet Lag Treatment

Weekday ¥920 / Weekend ¥1,020 (1 hour)

Long distance travel is physically and mentally exhausting and this treatment works on both levels to help you recover from the journey and adjust to your new environment. A treatment for weary travelers depending on your time zone to get you back on track when you're feeling fuzzy, tired and sluggish.

Urban Back Relief

Weekday ¥1,060 / Weekend ¥1,160 (1 hour)

Back cleansing and deep massage rolled into one rejuvenating treatment that soothes out congested skin and tired muscles. The ultimate post-exercise pick-me-up, leaves you feeling relaxed.



Body Sculpting

Weekday ¥1,320 / Weekend ¥1,420 (1 hour)

Utilising faradic technology to re-educate slack and wasted muscles, this Quantum body sculpting treatment can be used on the torso, thighs, hips and buttocks to help strengthen and lift muscles with amazing sculptured results. Great for the abdominals.

SPA PROGRAMMES

FULL DAY PROGRAMME

Zheng Tian – One Day

Weekday ¥4,920 / Weekend ¥5,020 (6 hours)

Total health, beauty and wellness takes but one day - indulge fully from top to toe and from the inside out for a totally luxurious day at The Spa at Mandarin Oriental.

- Complexion Analysis
- Welcome Foot Ritual
- Oriental Salt Scrub
- Oriental Essence Massage
- Face and Body Duet
- Decadent Bubbles
- Spa Cuisine

HALF DAY PROGRAMME

Yin Yang – For Two

Weekday ¥4,920 / Weekend ¥5,020 (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
- Nature's Radiant Facial

Ban Ri Xian – Half Day Reviver

Weekday ¥3,300 / Weekend ¥3,500 (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
- Therapeutic Massage
- Ultra Hydrating Facial Treatment

TERMS & CONDITIONS

OPENING HOURS

- Spa Treatments: Daily 10:00 am -11:00 pm
- Changing Rooms & Heat Experiences: Daily 7:00 am -11:00 pm
- Fitness & Wellness Centre*: Daily 7:00 am -11:00 pm
- Swimming Pool*: Daily 7:00 am -11:00 pm

** Fitness centre & swimming pool open 24 hours daily for hotel guests and residents*

RESERVATIONS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please provide the Spa Concierge with valid contact details to secure the reservations.

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.

SPA ETIQUETTE

Our Spa environment is one of tranquillity and relaxation. Please respect all Spa guests' right to privacy and serenity. Mobile phones and cameras are not permitted for use within The Spa.

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 30 minutes prior to your first scheduled appointment. This will allow for a brief discussion about your treatment expectations and allows you ample time to wind down in the Heat Experiences prior to your treatment. For all beauty and waxing treatments please arrive at least 10 minutes prior to your scheduled appointment. Please understand that late arrivals will not receive an extension of scheduled treatments to avoid inconveniencing subsequent guests.

AGE REQUIREMENT

The minimum age requirement for access to The Spa and Fitness & Wellness Centre is 16. Children 16 and under 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 16 and under must be accompanied by a guardian whilst at the swimming pool, keep noise to a minimum and must respect the adult-only zone designated.

HEALTH CONDITIONS

Please advise us when making your spa or fitness reservation of any health conditions, allergies or injuries. Please consult your doctor before using the Spa heat experiences or exercise equipment if under medical supervision or if you are taking medication. Heat experiences are not recommended if pregnant.

PREGNANCY



We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatments are most suitable for you during this special time.

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental Pudong, Shanghai shall not be liable for any accident or injury suffered by any member or guest.

RESTRICTIONS ON THE USE OF FACILITIES

The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the Fitness & Wellness Centre. Swimwear is required at the Swimming Pool.

SPA BOUTIQUE

To continue your Spa regimen at home, all Spa products used in our service are available in our Spa Boutique.

REFUND POLICY

Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.

SERVICE CHARGE & DISCOUNT POLICY

Please be advised that all prices are in RMB and subject to 15% service charge including spa treatments, personal training and fitness classes. All applicable discounts will be deducted from the prices stated on the price list. Discounts do not apply for services or merchandise already at promotional rates, membership sales or gift certificate sales.

GIFT CARDS OR CERTIFICATES

An ideal gift for spa enthusiasts, gift cards or certificates are available at The Spa at Mandarin Oriental Pudong, Shanghai. Discounts not applicable when purchasing gift cards or certificates. All are non-refundable and cannot be exchanged for cash. When redeemed, gift certificates must be presented as the form of payment, otherwise the full value of the treatment will be charged. If lost, gift cards or certificates are non-replaceable and non-refundable. Gift cards or certificates past their expiration are null and void and are non-refundable.