



THE SPA
— AT —
MANDARIN ORIENTAL
SINGAPORE



ESSENCE OF MANDARIN ORIENTAL, SINGAPORE

HERITAGE

3 hours

SGD 560

The Asian ritual begins with a rice and ginger scrub that gently exfoliates the skin, followed by a rich and indulgent cottonseed oil and mango butter body wrap for nourishment. A body massage infused with anti-ageing hibiscus oil completes the experience.

ORCHID DREAM

2 hours

SGD 400

Rejuvenate from head to toe with an orchid infused body scrub to exfoliate and reveal supple skin. A relaxing massage using essential oil of Orchid flowers is then liberally applied to enrich and moisturise while a warm aromatic shoulder wrap enhances the experience.

TEH HIJAU

1 hour 45 minutes

SGD 330

A full body treatment designed to stimulate blood circulation and target stiff fatigued muscles. An antioxidant, green tea infused poultice combined with the essential oils of sacred frankincense, comforting mandarin and warming ginger will melt away any stress and transform the mind and body.



PANDAN BLISS

1 hour

SGD 220

Treat your tired feet to a soothing ritual with compression techniques using poultice of natural Pandan leaves. Paired perfectly with an aromatic heated shoulder wrap for extra comfort, the therapy also comprises a foot bath, invigorating scrub and massage with warming ginger oil.

SIGNATURE THERAPIES

TIME RITUALS™

2 hours SGD 380

3 hours SGD 560

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 QI

60 minutes SGD 220

90 minutes SGD 280

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils.

ORIENTAL HARMONY

2 hours SGD 580

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.

INNER STRENGTH

1 hour 30 minutes SGD 280

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

DIGITAL WELLNESS ESCAPE

1 hour 30 minutes SGD 280

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.



ESSENTIAL TRAVELLER

FACE & BODY ENERGISER

1 hour 30 minutes SGD 270

Begin with a back cleanse and exfoliation that refreshes the skin. Continue with a back massage and therapeutic scalp massage to pinpoint areas of tension, then enjoy a deep cleansing facial using an exotic blend of essential oils and natural botanicals unique to the Refinery range.

JET LAG

1 hour SGD 210

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.

ORIENTAL FOOT THERAPY

1 hour SGD 210

Relax with this traditional treatment which begins with a fragrant foot bath followed by a skillful exfoliation and massage to smooth the feet and lower legs. Finally, a relaxing massage along the energy points of the feet and ankles helps to release tension.

CALM MIND

45 minutes SGD 150

Re-harmonise your natural energy flow with our signature head massage, designed to completely relax both body and mind.

VITALITY SCALP MASSAGE

30 minutes SGD 90

A calming yet energising scalp massage focusing on the vital energy points. This treatment will help to soothe tension headaches, and calm the mind.



MASSAGE

ORIENTAL ESSENCE

1 hour 30 minutes SGD 270

Using custom-blended Oriental oils and movements inspired by traditional Oriental therapies, this tension-busting massage treats the whole body. It focuses on the traditional stress-holding areas of the back, neck and shoulders.

THERAPEUTIC

1 hour 30 minutes SGD 270

This truly effective therapeutic massage helps dissolve aches and strains. Oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energising massage.

AROMATHERAPY

1 hour 30 minutes SGD 270

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

HOT STONE THERAPY

1 hour 30 minutes SGD 270

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.

ORIENTAL BAMBOO

1 hour 30 minutes SGD 270

A full body massage incorporating a combination of specialised massage techniques and warm bamboo sticks, varying in sizes to knead and stretch muscles. This increases blood circulation, eases away tension, and provides a sense of deep relaxation.

SHIATSU

1 hour 30 minutes SGD 270

Working with the body's "Chi" or natural energy to create deep relaxation and balance. This massage uses Japanese style body work, applying pressure to the body through the therapist's hands.

BABY AND YOU

1 hour 30 minutes SGD 270

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 pregnancy massage eases away tension in the upper back and tight shoulders.



SCRUBS AND WRAPS



ORIENTAL BODY WRAP

1 hour

SGD 180

A luxurious trilogy of a full body exfoliation, envelopment in a mud mask and detoxifying lymphatic drainage. The combination will leave your skin soft to the touch, body rebalanced and your mind recharged.

BRIGHTENING BODY PEEL

1 hour

SGD 180


Illuminate your body from head to toe with this results-oriented treatment. This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body-buffing techniques to refine texture and brighten the skin.

RICE AND GINGER SCRUB

30 minutes

SGD 90

Finely ground and a great source of protein to encourage cell renewal, this rice scrub with purifying ginger and moisturising grape seed oil exfoliates the skin for a brighter and smoother finish.



ORIENTAL BODY SCRUB

30 minutes

SGD 90

This luxurious and invigorating scrub blends Mandarin Oriental's signature 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.

BAMBOO BODY SCRUB

30 minutes

SGD 90

An invigorating body scrub that effectively sloughs away dry surface skin cells with corn cob and bamboo extracts that will leave the skin re-energised, softer and nourished.

HOLISTIC SKIN CARE

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

SGD 210

1 hour 30 minutes

SGD 300

Following a consultation to determine your needs and skin type, your therapist will select from our range of products to create a facial experience tailor made for your skin needs.

AGE REPAIR

1 hour 30 minutes

SGD 300

This highly effective anti-aging treatment repairs the skin and works with natural oils of inca inchi and larch extract, which stimulate collagen formation to deliver firm and tightened skin.

AROMA RADIANCE LIFT

1 hour 30 minutes

SGD 350

The truly customised machine led facial, where your therapist chooses a combination of lifting, deep cleansing, intense hydration and healing actions to create an immediate and visible effect. Your skin will have a natural glow that looks healthy and radiant.

REVITALISING EYE TREATMENT

30 minutes

SGD 90

Refresh and brighten eyes with this treatment, using specialised massage techniques and herbal extracts of black tea, cranberry and strawberry to improve micro-circulation and drainage and reduce puffiness in the eye area.

ADVANCED SKIN CARE

The Spa uses renowned brand, Kerstin Florian range of luxurious and exclusive beauty treatments. The brand has devoted itself to the art of skincare with over 35 years of aesthetic expertise in delivering outstanding beauty treatments.

CAVIAR SIGNATURE FACIAL

1 hour 45 minutes SGD 380

A decadent facial that addresses all aging concerns on the eyes, face, neck and décolleté. Protein-rich Caviar products infuse the skin with powerful nutrients that firm, tone, refine and deeply hydrate the skin.

RENEWAL FACIAL

1 hour 30 minutes SGD 350

A customised facial that addresses specific skin concerns. Includes an exfoliating multi-acid peel on the face, neck, décolleté and hands to renew the skin; a deep-cleansing massage to promote circulation; and a masque to balance and nourish.

BRIGHTENING FACIAL

1 hour SGD 280

Your skin will be instantly brighter, refined and glowing with the use of skin-illuminating botanicals in this facial treatment. Your hands, face, neck and décolleté are treated with effective formulas that even out skin texture and tone. To further enhance the results, a highly effective pure vitamin C serum treats hyperpigmentation, stimulates collagen and helps promote elasticity.

EYE RESCUE

30 minutes

SGD 150

A targeted treatment around your eye area to reduce fine lines, wrinkles and puffiness with pure, all natural algae, mineral-rich mask. It helps improve dark circles, puffiness and clarity for a brighter, more luminous eye area.





FINISHING TOUCHES

MANDARIN ORIENTAL MANICURE

1 hour

SGD 90

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

MANDARIN ORIENTAL PEDICURE

1 hour

SGD 110

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

GEL MANICURE

1 hour

SGD 120

This flawless manicure treatment involves zero dry time, resilient mirror finish and flawless colour for 14 days.

GEL PEDICURE

1 hour

SGD 140

This flawless pedicure treatment involves zero dry time, resilient mirror finish and flawless colour for 14 days.

WAXING

Waxing treatments are available upon request.

PROGRAMMES

PAMPERING FOR MUM-TO-BE

2 hours 30 minutes **SGD 480**

To help ease tiredness, improve circulation, help with sore back and to restore your beautiful mum-to-be glow.

- Welcome Foot Ritual
- Baby and you massage
- Bespoke Facial
- Vitality Scalp Massage

TASTE OF THE ORIENT

3 hours **SGD 510**

Bamboo symbolise strength, youth, prosperity and peace in the Orient, this package will help battle daily stress.

- Welcome Foot Ritual
- Bamboo Body Scrub
- Oriental Bamboo Massage
- Oriental Foot Therapy

ALPHA MALE

3 hours **SGD 560**

Tailored for the leading gentlemen, rejuvenate with an exfoliating body scrub, deep therapeutic massage and refining facial treatment.

- Welcome Foot Ritual
- Oriental Body Scrub
- Therapeutic Massage
- Bespoke Facial

LUMINOUS GLOW

3 hours **SGD 560**

Designed to deeply cleanse and brighten the whole body. Leaving you with a healthy glow from head to toe.

- Welcome Foot Ritual
- Brightening Body Peel
- Brightening Facial
- Oriental Essence Massage

SUITE ROMANCE FOR TWO

3 hours **SGD 1,080**

Enjoy our couple's suite journey beginning with an aromatherapy bath, exclusive time for two with seasonal fruits, followed by a relaxing massage to unwind.

- Welcome Foot Ritual
- Vitality Bath
- Oriental Body Scrub
- Aromatherapy Massage

ESCAPE FOR TWO

4 hours **SGD 1,380**

Retreat into a rejuvenating escapade with a friend or loved one in the luxury of our couple's suite. Treatment ends with a relaxation time including a glass of champagne and chocolates.

- Welcome Foot Ritual
- Vitality Bath
- Bespoke Facial
- Teh Hijau
- Champagne and chocolates



FITNESS AND WELLNESS

The Fitness Centre is equipped with a new generation of Technogym fitness equipment and TRX Suspension Trainer that are time-efficient and results oriented. Our professionally qualified fitness instructors can offer consultations, and subsequently design bespoke physical fitness and wellness programmes that may be followed independently or with their guidance in a private training session.

FITNESS ORIENTATION

Take a tour of the facilities and receive a brief overview of all services. Following this, our fitness instructors will provide demonstrations on the equipment, indicating correct techniques, basic muscle groups and any precautions related to using the equipment.

FITNESS AND LIFESTYLE CONSULTATION

Obtain objective information on your fitness level through assessment of your vital signs, flexibility, cardio endurance and body measurement reading from the Inbody Body Composition Analysis. For a personalised programme, combine this with a Personal Training session.

PERSONAL TRAINING

1 hour

Whatever your goal, be it improved overall fitness and wellness, endurance or a change in lifestyle, our fitness instructors will work with you, focusing on your unique health concerns to design a programme that will suit your needs.

YOGA

1 hour

Awaken your inner senses with this ancient Indian practice of mind, body and spirit. Our specialist yoga instructor will customise your sessions and introduce a series of poses that help to cleanse, purify and energise.

Private and group classes as well as other activities such as aqua spinning, meditation and tai chi are available upon request. Kindly contact our Spa Concierge for assistance and information.



TERMS & CONDITIONS

OPENING HOURS

Fitness Centre	: Mon – Sun	5:30am – 10pm
Spa Reservations	: Mon – Sun	8am – 11pm
Spa Treatments	: Mon – Sun	10am – 11pm

CANCELLATION POLICY

Please allow 12-hour notice of cancellation to avoid charges. Cancellations within 12 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 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 18 years of age.

REFUND POLICY

Unopened retail products are exchangeable within five working days of purchase with presentation of original receipt. No cash or credit card refunds will be processed.

PRICE

All prices are subject to prevailing service charge and government service tax.

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 [mandarinoriental.com/gift-cards/](https://www.mandarinoriental.com/gift-cards/) and at The Spa concierge desk.



MANDARIN ORIENTAL
SINGAPORE

5 Raffles Avenue, Marina Square, Singapore 039797
Telephone: +65 6885 3533 email: mosin-spa@mohg.com
mandarinoriental.com/singapore