


Mandarin Oriental Hyde Park, London's newly renovated spa, wellness and beauty areas provide a haven of tranquillity within the heart of Knightsbridge, promoting an aura of relaxation, mindfulness and life balance, whilst providing guests with specialist, results-driven treatments and fitness advice.

With 13 single treatment rooms and a new couple's Oriental Suite with Rasul water temple, the spa now offers traditional ASANTE Chinese Medicine consultations and treatments, Bastien Gonzalez Pedi:Mani:Cure Studio and two additional beauty rooms. Hair therapy by Philip Kingsley, highly effective Nescens cosmeceutical and therapeutic anti-ageing face and body treatments, and reiki therapies are available. The extensive spa menu combines Mandarin Oriental's own signature therapies with treatments using Aromatherapy Associates, Sodashi and Linda Meredith products.

Guests are encouraged to arrive 45 minutes before their appointment time to enjoy the extensive spa facilities, including an Amethyst Crystal Steam Room, Sanarium, Vitality Pool and a Zen Colour Therapy Relaxation Area.



The comprehensive Fitness Centre features Technogym® equipment, a 17-metre indoor pool and a new PilatesPT studio a menu of holistic and bespoke programmes from award-winning trainer Hollie Grant.

ESSENCE OF LONDON

ENGLISH ROSE

2 hours

This treatment is known for its beautiful rose scent and its calming and uplifting effects on the body. Beginning with a foot ritual, guests are treated to a rose-infused poultice massage before richly scented essential oils are massaged into the hair and scalp to release stress and tension.

JEWEL IN THE PARK

2 hours

A wonderful healing and regenerating treatment, starting with choosing a crystal which will determine which area of tension the therapist will concentrate on, continuing with a welcoming foot ritual and a full body scrub with warming ginger, uplifting mandarin and sacred frankincense to prepare the body for the crystal body massage. The treatment will conclude with guided meditation to rebalance and harmonise the body.





ORIENTAL SUITE DUO EXPERIENCES

Spend quality time together or enjoy the luxury of spending time on your own in the comfort of our luxurious Oriental Suite, which includes a unique Rasul water temple, a traditional mosaic-tiled steam room and warm rain shower, designed to fully cleanse your body. Select from the following list or simply book a block of time for a bespoke treatment experience:

TIAN QUAN

3 hours 30 minutes

This personalised bathing treatment is inspired by Traditional Chinese Medicine. Natural herbs, combined with Mandarin Oriental Signature products are used together to create a soothing and tranquil bathing experience, followed by a hydrating facial, a full body massage, relaxation time and a delicious wellness snack.

WATER WELLNESS

2 hours 30 minutes

A luxurious Oriental bathing experience that will treat you from head to toe using the health enhancing properties of heat, steam and mud for a totally relaxing and skin conditioning treatment. Followed by a body massage, relaxation time and a delicious wellness snack.

RASUL WATER TEMPLE

1 hour

Following a full-body exfoliation and the application of mineral-rich mud to the skin, guests are escorted to our traditional mosaic-tiled room to relax in hot steam. Time spent in the Rasul water temple softens the mud, encourages pores to open, toxins to be released and natural minerals to be absorbed, resulting in refreshed, smooth skin.

This treatment can only be reserved within the Oriental Suite and in combination with treatments of 1 hour or above.

ORIENTAL SUITE DUO EXPERIENCES

TIME RITUALS™

3 hours / 2 hours

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

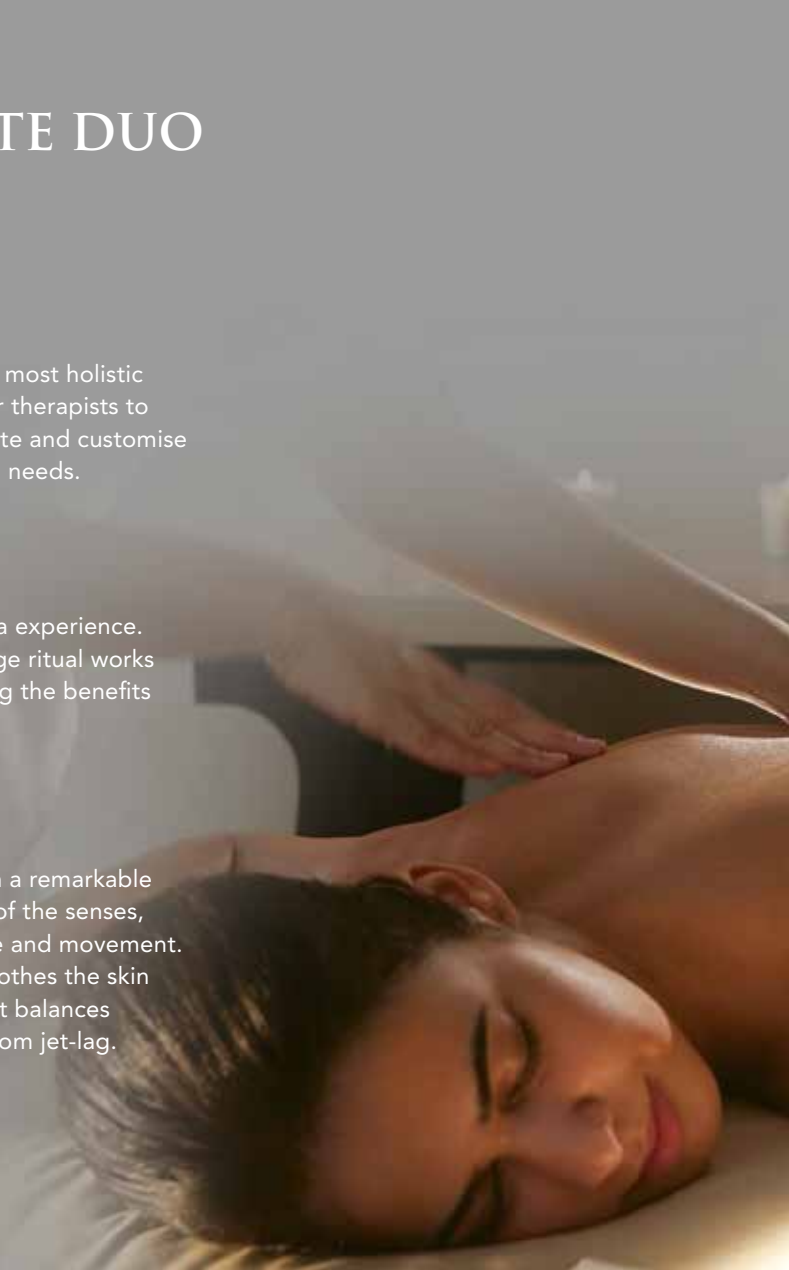
2 hours

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

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. Ideal for those suffering from jet-lag.





DIGITAL WELLNESS ESCAPE

1 hour 30 minutes

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.

REIKI

2 hours / 1 hour 30 minutes

Originated from Japan, Reiki is an energy healing practice suitable for guests seeking a sense of wellbeing, mindfulness and holistic health. During this hands-on treatment, Reiki energy flows through the guest's body, relaxing and healing, both physically and emotionally, and encouraging a naturally balanced state with reduced stress and anxiety. Physically, it supports the body's balance or hormones and systems, assisting the elimination of toxins and boosting the natural healing process. The Spa at Mandarin Oriental, London offers Jikiden Reiki which is renowned as the most authentic Reiki system available today.

FACIAL CARE

AROMATHERAPY ASSOCIATES HYDROSOL FACIAL

1 hour 30 minutes

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. The Hydrosol mask innovatively made with biodegradable material sourced from eucalyptus wood, fits snugly around the contours of the face. Infused with hand-blended pure essential oils and powerful plumping actives, it delivers an intense hydration boost, resulting in firmer, smoother and more radiant skin.

AROMATHERAPY ASSOCIATES FACIAL

1 hour

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.

SODASHI ILLUMINATING AGE-DEFYING FACIAL

1 hour 30 minutes

This intensive skin transforming facial introduces you to a unique alchemy of the purest botanical ingredients to significantly diminish lines, reduce pigmentation and refine pores. A Rose Quartz Crystal facial massage and a sequence of timeless Ayurvedic anti-ageing techniques, complemented by a brightening marine mask, leaves skin looking clear, translucent, more lifted and firmed.

THERMAL INFUSION MASK ADDITION

30 minutes

A warm infusing mask will maximise the penetration of essential vitamins and minerals into the deeper layers of the skin, ensuring a lasting effect.

This treatment can only be reserved in combination with the above Sodashi facial.



LINDA MEREDITH

Known as the “Queen of facials”, Linda Meredith has looked after hundreds of celebrities over her 50-year career in the beauty industry. Her unique skincare philosophy was conceived to deal with damage caused by the use of synthetic chemicals in our everyday lives. These days skin is more de-hydrated and prone to issues related to diet and emotional stress, and Linda believes that skin types no longer exist but skin issues are on the increase. Her treatments are tailored to individual requirements and can be continued at home with quick and easy routines. By replacing lost essential nutrients, skin will maintain a healthy younger looking appearance.

LINDA MEREDITH HAUTE COUTURE FACIAL

1 hour / 1 hour 30 minutes

Everyone’s skin is unique and the Haute Couture Facial is individually tailored to every guest. Following double cleansing and a thorough consultation, five minutes of light steam is used to relax the skin and open the pores followed by gentle extraction if required. A light natural micro-peel to remove dead skin cells and clean deep beneath the surface is followed by a facial massage and mask, resulting in glowing, healthy skin. Guests will also enjoy a relaxing neck and shoulder massage.

The 1 hour 30 minutes facial includes one of the following treatments:

Oxygen Treatment, V-TOX Oxygen, Collagen

LINDA MEREDITH NATURAL ALGAE FACIAL

1 hour

Detoxify and re-balance the skin whilst combating the effects of air pollution. The Natural Algae treatment is designed to diffuse and remove any toxins which have been absorbed and then strengthen our protective layer. Clinical tests show breakouts diminish, skin appears significantly brighter and mature, fair skin looks younger. An amazing naturally occurring breakthrough for healthy glowing skin.



NESCENS – COLLECTION

SPA NESSENS – MAINTAINING YOUTHFULNESS, A SCIENCE, A WAY OF LIFE

Our life expectancy is increasing and we all want to maintain our appearance as long as possible, along with our general fitness and youthfulness. Nescens draws on the scientific and medical expertise from the Centre for the Prevention of Ageing at the Clinique de Genolier (Switzerland), founded over 15 years ago by Professor Jacques Proust, a pioneer in the realm of the biology of ageing and preventative medicine. Spa Nescens offers the very best, whether you wish to free yourself from stress, regain a deep-seated sense of well-being, recapture your dynamism, improve your body shape or slow down the effects of time, the ultimate aim being to live better, for as long as possible.



NESCENS ANTI-AGEING COSMECEUTICAL FACE AND BODY TREATMENTS

A HIGH-PERFORMANCE ANTI-AGEING TREATMENT SYSTEM

Our NESCENS anti-ageing cosmeceutical treatments use exclusive anti-ageing massage techniques and specially developed anti-ageing cosmeceutical products. Most effective when part of a programme or in closely-spaced sessions. Suitable for both men and women.

COMPREHENSIVE CUSTOMER CARE

NESCENS treatments are designed to act over time with age-related skin concerns at the centre of every personalised treatment. NESCENS' range of cosmeceuticals offers an innovative anti- ageing skincare approach. Formulated under the supervision of Prof. Jacques Proust, each NESCENS preparation includes selected ingredients whose anti-ageing properties are scientifically established. To achieve the highest degree of effectiveness, these active compounds are incorporated into NESCENS product preparations at optimal concentrations.

A DIAGNOSIS WITH PREVENTIVE AND CORRECTIVE TREATMENT

An in-depth analysis of the skin serves to establish a personalised anti-ageing treatment programme for visible and sustainable improvement over time.



nescens⁺
swiss anti-aging science
bio-identical
restoring mask
FACE

NESCENS ANTI-AGEING FACIALS

NESCENS TOTAL CARE

2 hours

High-performance cosmeceutical formulations and targeted movements are the main focus of this treatment, combining luxury, effectiveness and absolute comfort. This exceptional treatment induces a sense of deep relaxation during a targeted body modelling massage, which is followed by an NESCENS correcting care facial treatment.

NESCENS CORRECTIVE CARE FACIAL

1 hour 30 minutes

Treat established wrinkles, firm the skin and restore a glowing, smooth complexion. This revitalising treatment restores the elasticity and firmness of the skin, intensively regenerating the skin structure of face, neck and chest.

NESCENS PREVENTATIVE CARE FACE

1 hour

Maintains the hydrolipidic balance, smoothes the first expression lines and preserves the skin's radiance. This treatment intensely hydrates the face and neck whilst restoring the skin's natural moisturising factors. Designed to help keep the skin's youthful appearance.

NESCENS EYE CONTOUR TREATMENT

30 minutes

NESCENS' research has brought together 30 active ingredients in an original gel mask. Its texture is carefully worked by means of targeted smoothing and draining operations designed to treat the fragile eye contour tissues. Signs of fatigue and signs of advancing age (dark circles, bags, wrinkles) are mitigated. The gaze is lit up with a youthful glow.

NESCENS MESSAGES

SIGNATURE MESSAGES

Spa NESSENS' signature massages embody a philosophy of prevention dedicated to optimising each individual's quality of life with expert and medically-driven wellness solutions.

NESCENS BETTER AGEING BODY MASSAGE

1 hour 30 minutes / 1 hour

Detoxifying, stimulating and draining, this exclusive massage targets all muscle and energy routes, concentrating mainly on your most sensitive areas as part of a long-term preventive approach. Combined with the use of a lymph drainage device for 1 hour 30 minutes treatment, this massage releases blockages and eases tension.

NESCENS DE-STRESSING MASSAGE

1 hour 30 minutes / 1 hour

With its gentle pressing motion combined with targeted stretching, this relaxing massage provides both physical and mental relaxation. It releases accumulated tension caused by daily routines that are often intense and stressful, freeing the body from abdominal discomfort. This treatment also improves quality of sleep, the capacity to recover from jet-lag as well as the ability to relax. The 1 hour 30 minutes treatment includes key stretching phases for total relaxation.



NESCENS 3-IN-1 BODY SCULPTING MASSAGE

1 hour 30 minutes / 1 hour

This personalised massage features alternating manual and mechanical massage techniques. In-depth work is conducted both on tissue exchanges and accumulated tensions. Combining comfort and effectiveness, the massage improves blood and lymphatic circulation and enables improved elimination of toxins. The 1 hour 30 minutes treatment also include a firming wrap.

NESCENS VISCERAL MASSAGE

1 hour

Involving manual mobilisation of the fascia and viscera, the skilled hands of the therapist soothes tensions, stimulating the blood and lymphatic circulatory systems, improving digestion and relieving abdominal and spinal pain (there is a significant link between visceral blockages and the bone structure). The abdomen, or "our body's second brain", will subsequently function more smoothly.



SCRUBS AND WRAPS

SODASHI RELAX AND COMFORT BODY WRAP

1 hour 30 minutes

This rejuvenating body therapy is beneficial for scar tissue and stretch marks, and is suitable during and after pregnancy. Featuring a full body exfoliation using Jojoba bead body polish and a clay mask, the treatment will firm, tone and comfort the skin. Whilst blissfully enveloped, a facial cleanse and exfoliation followed by a scalp massage adds to your relaxation.

ORIENTAL BODY SCRUB

30 minutes

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.

This treatment can only be reserved in combination with treatments of one hour or above.





BODY MASSAGES

THERAPEUTIC

1 hour 30 minutes

This deeply restorative treatment is designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

ORIENTAL ESSENCE

1 hour 30 minutes

Using custom-blended 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.

AROMATHERAPY

1 hour 30 minutes

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.





ROSE INDULGENCE MATERNITY MASSAGE

1 hour 30 minutes

This wonderful pregnancy massage uses the healing benefits of rose oil to balance hormones, calm emotions and rejuvenate the skin. Using techniques designed to improve lymphatic drainage and help reduce swelling and discomfort, the treatment is performed on a pregnancy comfort cushion, using only all-natural ingredients.

FOREST THERAPY

1 hour 30 minutes

Bring the serenity of nature to your mind, body & skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness & agitation. Forest Therapy's® unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil & grounded. Commencing with a cleansing, guided inhalation & tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally, restoring tranquillity to the mind with our expert scalp massage.

MENS

NESCENS ANTI-AGEING FACIAL FOR MEN

1 hour 30 minutes / 1 hour

Especially designed for men, this energizing treatment intensely regenerates the skin structure of the face and neck, while specific modelling targets muscle tension in the shoulders and neck, restoring elasticity to the skin and removing cellular waste. The result is a fresh, clean and revitalized complexion.

SODASHI BALANCING MEN'S FACIAL

1 hour

Designed to treat men's specific skin concerns, this facial also includes a relaxing Sodashi Himalayan salt therapy back massage to ease stress and reduce tension. A deep cleansing and exfoliating facial balances the skin's natural oils and assists in preventing ingrown hairs. The treatment closes with a relaxing facial massage to tone and firm facial muscles, leaving the face looking fresh and revitalised.

AROMATHERAPY ASSOCIATES REFINERY FACIAL

1 hour

A purifying facial treatment for oily and combination which draws out impurities and congestion using steam and extractions.

DEEP MUSCLE MASSAGE WITH HOT WAVE STONES

1 hour 30 minutes

Specially designed full body massage with white Jade Wave Stones. This massage will help unravel persistent muscular tightness while pure, aromatic essential oils will relieve stress, recharge your spirits and leave you feeling rejuvenated. This is the ultimately restorative experience.



BASTIEN GONZALEZ

PEDI:MANI:CURE STUDIO

Bastien Gonzalez is internationally renowned for his unique approach to foot treatments. Drawing on extensive professional expertise and experience as a French “Pedicure-Podologue”, he has designed and developed a selection of exclusive treatments for feet, nails and hands fusing both wellbeing and beauty. Bastien selects and trains every member of his team, ensuring that the excellence of his treatments are universal all over the world. Within our dedicated Bastien Gonzalez PEDI:MANI:CURE Studio, Bastien’s team offers all Bastien treatments including the signature Bastien Duo treatment.



BASTIEN DUO

1 hour 30 minutes

Combining a manicure and pedicure, this treatment is performed at the same time with two therapists, concluding with our synchronized four hands massage focusing on hands, arms, legs and feet. The ultimate in luxury and total relaxation.

BASTIEN PEDICURE

1 hour

A comprehensive pedicure, with gentle buffing to restore the natural beauty of the nails, revealing healthy, shiny nails without lacquer. The pedicure also includes a skin treatment that effectively eliminates irregularities and dryness and a relaxing massage from the toes to the knees to relieve any tension and heaviness.

BASTIEN MANICURE

1 hour

An outstanding manicure in three steps: cuticle and nail treatment with a natural beauty finish to the nails and a thorough massage of the forearms, wrists, hands and fingers.

NAIL ENLIGHTENMENT

1 hour

A foot treatment focusing on the beauty of nails, cuticles and the light smoothing of dryness from the soles of the feet. Nails are reshaped and buffed with chamois leather and a pearly buffing cream to reveal healthy, shiny and naturally beautiful nails. The treatment ends with a relaxing foot massage.

FOOT REFOUNDATION MASSAGE

30 minutes

Designed to restore wellbeing to feet and legs. This truly relaxing massage from the toes up to the knees focuses on reducing muscle tension and improving joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub assists in the penetration of the cream used during the massage.

GLOBAL REFOUNDATION MASSAGE

30 minutes

This treatment includes a deeply relaxing synchronized four-hands treatment including an arms, hands, legs and foot massage to eliminate tension and heaviness, while improving skin elasticity and providing optimum mobility. This indulgent treatment ensures both feet and hands feel rejuvenated as the two therapists work in perfect harmony.





BGA INSOLES®

BGA InSoles®, Bastien Gonzalez's cutting edge customised podiatric cure, debuts at The Spa at Mandarin Oriental, London:

BGA INSOLES® EXAMINATION

35 minutes

Your made-to-measure consultation performed by a French "Pedicure-Podologue" analyses posture through a detailed foot-weight analysis to enable a custom prescription for each foot. Our expertly-trained Studio Manager will help to select the most appropriate style and material to ensure the BGA InSoles® are the perfect fit for your feet and shoes.

BGA URBAN INSOLES®

Thermoformed BGA InSoles® are tailor-made to provide the comfort needed for everyday: Softens impact shock, prevents pain and helps to avoid blisters. The InSoles® improve the stability of one's favourite work and street shoes, thanks to their unique B-shape design.

BGA SPORT INSOLES®

Thermoformed BGA InSoles® keep the foot perfectly stable, particularly when playing sport, when impact can be especially severe. BGA Sport InSoles® improve movement and provide a high level of personal comfort. Three types of BGA InSoles® are available, each custom designed according to personal needs from improving posture, enhancing performance to preventing injuries. Suitable for a wide range of sports and outdoor activities

ADDITIONS TO BASTIEN GONZALEZ TREATMENTS

PARAFFIN TOUCH

Intensify your Bastien's manicure and/or pedicure with this supplementary treatment addition. The warmth of this silky wax will aid the penetration of applied moisturisers into the skin for deep hydration while also helping to ease tension in the joints and muscles.

COLOUR TOUCH

Select your preferred colour from our wide range of lacquers, which are formaldehyde, toluene and DBP free. This treatment includes nail reshaping.

FRENCH TOUCH

A white line is applied to the tip of the nail, followed by a natural soft pink lacquering of the whole nail. This treatment includes nail reshaping.

BLACK DIAMOND SCRUB TOUCH

Elevate your pedicure and manicure by adding the Black Diamond Scrub Touch. This mineral foaming scrub permits a vigorous natural exfoliation, aiding the removal of dead skin cells and leaving skin feeling smooth and silky. Essential oils of thyme and sage contribute to the maintenance of healthy and elegant feet and hands.



ASANTE: TRADITIONAL CHINESE MEDICINE BY PROFESSOR KE

Professor Ke, founder of Asante, is one of the leading Chinese doctors in Europe with 40 years of experience of authentic Chinese medical diagnosis and treatment for many kinds of medical conditions. Professor Ke and his Asante doctors, have been providing his unique services to NHS hospitals for more than 15 years, and teaching hundreds of medical students from all over the world.

TCM CONSULTATION WITH PROFESSOR KE OR ASANTE PRACTITIONER

1 hour

To strengthen and optimise overall health, our Asante doctors will personally discuss your specific areas of concern. A comprehensive treatment program will be tailored for you according to your constitutional type and symptoms, which may include following elements, along with herbal remedies and dietary advice:

ACUPUNCTURE

1 hour

Used to stimulate the body's own healing response and help restore its natural balance/homeostasis an acupuncturist inserts very fine sterilised disposable needles into points on the body's meridians (the channels of energy). By leaving the needles in for approximately 30 minutes, a circuit of energy will be created which helps correct imbalances.

TUINA MASSAGE

1 hour 30 minutes / 1 hour

Tuina or Chinese Therapeutic Massage uses finger pressure, stretching and mobilising to stimulate the channels and acupuncture points. Often used in conjunction with acupuncture, it is not only an effective treatment for musculoskeletal problems, but can also be effective for many other conditions, particularly digestive problems and insomnia.

TAI CHI

1 hour 30 minutes / 1 hour

Tai Chi Chuan is a traditional Chinese martial arts, often practiced to promote musculoskeletal and internal strength and to improve dexterity and overall wellbeing.

QIGONG

1 hour

Qigong combines meditation, breathing and physical exercise in static postures and slow or fast rhythmical movements. Qigong activates the body's internal energy system to promote the circulation of the body's fluids, energy and blood.

URBAN RITUALS

FULL DAY

COMPLETE HARMONY

4 hours

Take time to be in the moment and restore your inner balance. This complete head to toe experience can be tailored to your specific needs. The full day Urban Ritual includes a healthy lunch in The Rosebery Lounge.

- Welcoming Foot Ritual
- Sodashi Relax and Comfort Wrap
- Oriental Essence
- Aromatherapy Associates Hydrosol Facial
- Healthy Lunch served in The Rosebery Lounge





HALF DAY

EAST MEETS WEST

3 hours

Inspired by our Oriental origins and designed to demonstrate the therapeutic benefits of our spa products, this holistic experience will uplift your mind, energise your body and replenish your skin.

- Welcoming Foot Ritual
- Oriental Qi
- Aromatherapy Associates Facial

TOP TO TOE RITUAL

3 hours

Designed to give immediate results to your skin and ease muscle tension.

- Oriental Body Scrub
- Oriental Essence Body Massage
- Aromatherapy Associates Facial

TEA AND THERAPY

3 hours or 2 hours

Indulge in an afternoon of complete decadence and pampering:

- 3 hours or 2 hours' Time Ritual
- Afternoon Tea in The Rosebery Lounge

BEAUTY

PHILIP KINGSLEY HAIR AND SCALP TREATMENT

1 hour

Addresses hair and scalp problems caused by stress and humidity. Immediately hair looks and feels stronger, shines and is in perfect condition. Addresses flaky, itchy and sensitive scalp issues.

VISIA SKIN CONSULTATION

Provides analysis of eight different skin conditions using multi-spectral lighting and a patented peer-group comparison algorithm. During the skin consultation the VISIA can determine the TruSkin Age™ compared to the real age of the skin.

This treatment can only be reserved in combination with any facial.

MAKE UP

Available upon request.

HAIR BLOW DRY

Available upon request.

WAXING

Available upon request.

TERMS & CONDITIONS

OPENING HOURS

| | | |
|-------------------------|-------------------|-----------------|
| Fitness Centre and Pool | Monday – Sunday | 6:30am – 9:30pm |
| Spa | Monday – Saturday | 9am – 10pm |
| | Sunday | 9am – 9pm |

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 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 45 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.

MINIMUM BOOKING TIMES

Spa treatment experiences are a minimum of 1 hour and 30 minutes Monday to Thursday and 2 hours Friday to Sunday.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 16.

ADVANCED BOOKINGS

We highly recommended booking your treatment in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation.

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.