MANDARIN ORIENTAL
SPA AND WELLNESS

Spa and Wellness within Mandarin Oriental Lutetia, Paris is a sanctuary of serenity, thoughtfully designed as a refined retreat dedicated to renewal.

Guided by the harmony of inner and outer strength, our wellness philosophy unites mindful stillness with intelligent movement. Rooted in Eastern heritage and elevated through modern innovation, each experience is crafted to restore balance, vitality, and serene confidence.

Offering an array of experiences within tranquil treatment rooms alongside heat and water experiences including sauna, steam, cold plunge, hydrotherapy pool and indoor pool. A naturally lit fitness centre completes the experience, inspiring movement as a meaningful daily ritual.

In a city shaped by ritual, wellness here is not an escape but a way of being: calm, cultured, and profoundly human. We invite you to return to yourself with presence, intention, and quiet grace.

ESSENCE OF SAINT GERMAIN

LUTETIA RITUAL | 2 hours EUR 490

A tribute to the quiet elegance of Paris's Left Bank, this sensorial ritual unfolds in three harmonious acts to refine, rejuvenate and illuminate the skin. An antioxidant body polish smooths and prepares the skin, followed by a deeply hydrating massage with warm body balm to restore comfort and softness. The experience concludes with a tailored myBlend facial featuring advanced actives and sculpting techniques to enhance lift, clarity and lasting radiance.

SIGNATURE THERAPIES

TIME RITUALS™ I 2 hours EUR 480

Surrender to the ultimate bespoke wellness journey. Time Rituals™ invites you to book time, rather than a pre-defined treatment, allowing our expert therapists to intuitively tailor a sequence of therapies precisely to your personal needs. This immersive experience draws on their full range of skills to deliver a deeply holistic and harmonious session, designed exclusively for you.

INNER BALANCE I 1 hour 30 minutes EUR 350

Rooted in the ancient wisdom of Traditional Chinese Medicine and the therapeutic techniques of Thai healing, this deeply restorative treatment blends aromatic oils, acupressure, and stretching to release physical tension and restore balance.
Its name reflects its purpose for those seeking emotional grounding, mental clarity, and a profound sense of inner peace.

SLEEPFULLNESS I 1 hour 30 minutes EUR 350

Sleepfulness begins with gentle breathwork and subtle aromatherapy to calm the senses before moving into slow, restorative massage techniques that create warmth, comfort, and tranquility. The treatment supports deeper rest and helps ease tension linked to disrupted sleep, travel fatigue, or digital overload.

INTELLIGENT MOVEMENT I 1 hour 30 minutes EUR 350

Created to realign the body and restore fluidity, this dynamic massage focuses on posture and mobility enhancement. Using a blend of trigger point therapy, deep tissue manipulation, and assisted stretching, it works to release muscular tension, improve circulation, and promote long-lasting physical freedom and ease of movement.

TECH DETOX I 1 hour 30 minutes EUR 350

Designed for the always-on modern lifestyle, this full-body massage targets the areas most affected by digital fatigue. Concentrating on the head, eyes, neck, back, shoulders, hands, and feet, the treatment uses a synergy of massage techniques to relieve tension, restore clarity, and counteract the impact of prolonged screen exposure.

MASSAGE

CRYSTAL TOUCH BY ELIZABETH CONTAL I 1 hour 30 minutes EUR 350

Lithotherapy & Sound Therapy – Exclusive in Paris

Treat your body and mind to a unique sensory experience with the Crystal Touch Massage, a true holistic harmonization ritual. This exceptional treatment stimulates and enhances your vital energy through the subtle combination of crystalline vibrations and a deeply relaxing massage using precious stone pebbles. Each movement, each vibration works in synergy to rebalance energy, soothe tension, and promote complete relaxation. A precious moment where mineral science, well-being, and deep relaxation come together for a complete reconnection with yourself.

HARMONIZER BY myBlend I 1 hour 30 min EUR 350

A deeply relaxing massage combining gentle towel-assisted stretching inspired by Yin Yoga with slow movements, undulations, and vibrations to release tension, restore energy flow, and bring body and mind into complete relaxation.

ENERGIZER BY myBlend I 1 hour 30 minutes EUR 350

In this deep tissue massage, the movements are powerful and rhythmic with a protocol that includes warming up, applying pressure to and stretching of the muscles. A logical progression that gives the nervous system time to relax and release tensions.

MUM TO BE I 1 hour EUR 350

A personalized body massage thoughtfully designed for pregnant and nursing mothers to promote relaxation and support skin tone during this special time. Using nourishing, safe oils, the massage eases tension in the upper back and shoulders, hydrates the skin, and soothes the body. Suitable from the second trimester onwards.

ADVANCED SKIN CARE BY MYBLEND

PEELING NEW SKIN I 30 minutes EUR 160

A sensory experience featuring a powerful cocktail of four acids to exfoliate and renew your skin. Thanks to its high concentration of BHA and AHA, it regulates, soothes, and evens out the skin. As if renewed, it regains its smooth texture. A LED mask session maximizes all the benefits.

L'ESSENTIEL I 1 hour EUR 260

A personalised facial designed to eliminate signs of fatigue and instantly revive the skin's natural radiance. This treatment evens out the complexion, boosts luminosity, and stimulates deep cell regeneration while helping to protect against DNA damage. The result is skin that looks refreshed, deeply hydrated, and visibly healthy.

L'EXPERT I 1 hour 30 minutes EUR 350

Experience the ultimate in bespoke cellular renewal with the Swiss Perfection Rejuvenation Facial. This advanced treatment is tailored to your skin's unique needs, revitalising it at a cellular level and restoring radiance, firmness, and hydration for a visibly youthful and refreshed complexion.

L'HOMME I 1 hour EUR 260

The power of cold adapted to male skin for a fresh, clean, and energized complexion. This treatment combines the cooling effect of cryotherapy with dynamic techniques to revitalize, hydrate, and enhance the skin's radiance. It helps reduce signs of fatigue, tightens pores, and provides an immediate sensation of freshness and comfort. Ideal after shaving or in cases of skin stress.

SPA ENRICHMENTS

Elevate your experience still further by incorporating one of our spa enhancements, tailored to fit seamlessly within your treatment time.

LED MASK No additonal time 50€

The myLEDmask, designed for the face and neck, uses LED light therapy to revitalize and soothe the skin. Red and near-infrared light boosts cellular regeneration, even the complexion, and enhances natural radiance, leaving the skin visibly more luminous and refreshed.

BIOCELLULOSE MASK (ENRICHMENT) I No additonal time EUR 30

Enriched with white lupin and Solidago extracts to help firm the skin, and with passionfruit extract and a vitamin C derivative to brighten, this bio-cellulose mask helps smooth the features, revive radiance, and protect against oxidative stress for a visibly firmer, revitalized complexion in 15 minutes.

BIPOLAR RADIOFREQUENCY I 30 minutes EUR 140

Specifically designed to firm and refine targeted areas of the body, this advanced radiofrequency treatment stimulates collagen and elastin production while enhancing microcirculation.The skin appears smoother, denser, and more toned, leaving areas such as the décolleté, abdomen, or thighs visibly more sculpted and refined.

AESTHETIC CRYOTHERAPY I 30 minutes EUR 140

A revitalising treatment combining aesthetic cryotherapy with monopolar radiofrequency to tone and refine targeted areas of the body.By stimulating circulation and supporting collagen production, it helps smooth the skin and improve firmness. Areas such as the arms or legs appear visibly more toned, sculpted, and refreshed.

SPA ENRICHMENTS

Elevate your experience still further by incorporating one of our spa enhancements, tailored to fit seamlessly within your treatment time.

BODY EXFOLIATION I 45 minutes EUR 180

Exfoliating the skin helps it breathe, regenerate, and absorb treatments. This essential step keeps it soft, radiant, and healthy. The treatment combines a fresh gel and a gentle cream, enriched with bamboo powder for a delicate and effective exfoliation.

CALMING SCALP MIND I 30 minutes EUR 160

Re-harmonise your natural energy flow with our signature touch, designed to completely relax oth body and mind.

REFLEXOLOGIE I 30 minutes EUR 180

Foot reflexology revitalises the body through the stimulation of acupressure points located on the feet, each corresponding to specific organs.

FOCUSED MASSAGE I 30 minutes EUR 160

Extend your experience with a 30-minutes focused massage tailored to your specific needs

SUITE EXPERIENCE

Embrace shared tranquillity in our couple's treatment room, where partners will enjoy a harmonious, blissful spa experience.

PERSONALISED DUO TREATMENT I 1 hour EUR 480

Indulge in a bespoke spa experience designed for two. This treatment is tailored to individual guest needs, combining personalised therapies to restore balance and harmony. Enjoy the experience together for a relaxing and memorable escape.

LEFT BANK ROMANCE I 2 hours EUR 780

Experience ultimate relaxation together. Begin with a private jacuzzi session with 2 champagne glasses before a massage focusing on key areas such as the back, neck, and shoulders, the treatment melts away tension and restores balance. Designed for two, this immersive journey promotes deep relaxation and a sense of shared wellbeing.

WELLNESS RITUAL

WELLNESS RITUAL BODY I 2 hours EUR 340

Enjoy a privileged hour within our spa – pool, sauna, hammam and jacuzzi – before surrendering to a one-hour massage or facial, in a setting of quiet luxury.

WELLNESS RITUAL FACIAL I 2 hours EUR 360

Enjoy a privileged hour within our spa – pool, sauna, hammam and jacuzzi – before surrendering to a one-hour massage or facial, in a setting of quiet luxury.

WELLNESS RITUAL DELUXE BODY I 3 hours 30 minutes EUR 525

Treat yourself to three hours and thirty minutes of pure relaxation and rejuvenation. Enjoy two hours of access to our luxurious wellness facilities, including pool, sauna, hammam and jacuzzi, before indulging in a one hour and thirty minutes massage or facial.

WELLNESS RITUAL DELUXE FACIAL I 3 hours 30 minutes EUR 545

Treat yourself to three hours and thirty minutes of pure relaxation and rejuvenation.Enjoy two hours of access to our luxurious wellness facilities, including pool, sauna, hammam and jacuzzi, before indulging in a one hour and thirty minutes massage or facial.

FITNESS

Our certified trainers offer an individualized fitness consultation to assess your physical condition, cardiovascular fitness, and endurance. Following this evaluation, a fully customized training experience is crafted to meet your personal objectives.

PERSONAL TRAINING I 1 hour EURO 150

As specialists in restoring fitness and well-being, our expert trainers deliver one-to-one sessions and classes. Tailored to help you achieve your goals, they include a wealth of knowledge on fat loss, body sculpting and corrective exercise.

PILATES I 1 hour EURO 150

Pilates session focused on restoring balance, strengthening the spine, and enhancing core stability. Through precise movement and controlled breathing, posture is refined and the body is re-aligned with elegance and ease.

STRETCHING I 1 hour EURO 150

More than a practice, yoga is a holistic lifestyle that harmonizes body, mind, and spirit. This mindful discipline enhances flexibility, inner strength, and focus, promoting a deep sense of calm and overall wellbeing.

YOGA I 1 hour EURO 150

More than a practice, yoga is a holistic lifestyle that harmonizes body, mind, and spirit. This mindful discipline enhances flexibility, inner strength, and focus, promoting a deep sense of calm and overall wellbeing.

FITNESS

Our certified trainers offer an individualized fitness consultation to assess your physical condition, cardiovascular fitness, and endurance. Following this evaluation, a fully customized training experience is crafted to meet your personal objectives.

SWIMMING CLASS I 1 hour EURO 150

Enjoy the discretion and precision of one-to-one swimming coaching with our specialist instructors, tailored to your individual level and goals. Beginners are guided gently through the fundamentals, building confidence and ease in the water, while more experienced swimmers benefit from refined technique coaching and aquatic conditioning designed to enhance overall fitness, efficiency, and flexibility.

AQUAKIDS CLASS I 30 Minutes EURO 100

A joyful, confidence-building aquatic experience created especially for children. Through playful, structured activities, young swimmers develop water confidence, coordination, and age-appropriate swimming skills in a supportive environment. Each session is thoughtfully adapted to your child's ability, blending gentle technique guidance with fun, engaging movement – making time in the water both enriching and memorable.

TERMS & CONDITIONS

OPENING HOURS
Heat & Water: 7:00 AM – 10:00 PM
Treatments: 10:00 AM – 8:00 PM
Fitness Center: 7:00 AM – 10:00 PM
Pool: 7:00 AM – 10:00 PM

SPA & WELLNESS ARRIVAL
To ensure a relaxed and personalised experience, we kindly ask that you arrive at least 30 minutes prior to your appointment. This allows time for a smooth check-in and a brief consultation to tailor your treatment to your needs.
Please note that late arrivals may result in a shortened treatment to respect the next guest's appointment.

CANCELLATION POLICY
A minimum of 24 hours' notice is required for any cancellation or modification.
Cancellations made within 24 hours will incur a 100% charge.
Advance payment is required at the time of booking to confirm your appointment.

DIGITAL DISCONNECTION
To maintain a tranquil environment, we kindly ask that mobile devices are switched off and stored in your locker.

AGE REQUIREMENT
Access to the spa and fitness centre is reserved for guests aged 18 and above.
The indoor pool welcomes junior guests (ages 5 to 18) under adult supervision during the following hours only:
10:00 AM – 12:00 PM
2:00 PM – 7:00 PM

HOMECARE
All products used during treatments are available for purchase at our spa boutique, along with a curated selection of lifestyle items to continue your experience at home.

GIFT CARDS
Gift cards are available online at www.mandarinoriental.com/gift-cards and at the Spa Reception.

SPA ETIQUETTE
Our Spa environment is one of tranquility and relaxation in the respect of all spa guests' right to privacy and serenity.

HEALTH CONDITIONS
Please advise us of any health conditions, allergies, or injuries which could affect your choice of treatment upon your spa reservation.

PREGNANCY
Suitable for guests in their second trimester, from the fourth through the seventh month of pregnancy.

LOSS OR DAMAGE
We regret that we cannot be responsible for any loss or damage of any personal belongings. Please secure all valuables in your locker or safebox during your visit. We provide disposable underwear for treatments.

ACCIDENTS OR INJURIES
The Spa at Mandarin Oriental Lutetia, Paris 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. Sport shoes are required in the fitness centre.

PAYMENT
Please note that we do not accept payment by check. Prepayment is required to confirm non-resident guests bookings. All prices include VAT and are subject to change without notice.

MANDARIN ORIENTAL
LVTETIA PARIS

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