




THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
PRAGUE





Step into a sanctuary of tranquility at The Spa at Mandarin Oriental, Prague – the only spa in the world housed in a former Renaissance chapel. Here, Eastern and Western traditions blend seamlessly, offering a holistic sensory journey with therapies inspired by ancient wisdom and modern techniques, enhanced by heat and water experiences. Skilled therapists provide personalized care in serene treatment rooms, while the Tea Lounge offers a space to unwind. Before or after your ritual, enjoy the Vitality Pool's hydrotherapy jets.



# ESSENCE OF PRAGUE

## PRAGUE SYMPHONY

2 hours 30 minutes

CZK 17,000 for two

The tranquil sound of classical music will help melt away tension and bring balance to your wellbeing. Harmonise together in your private steam shower. A soothing foot ritual will warm your senses and awaken awareness of mind and spirit. This holistic treatment for two uses local, natural ingredients to cleanse and hydrate the skin, massage away tension, and re-energise the soul.

## BOHEMIAN MEADOW

2 hours

CZK 7,000

Join us for a journey through the Bohemian and Moravian meadows. This treatment draws on the healing power of local herbal flowers to create a therapeutic effect on both mind and body. It begins with a foot bath and a cleansing sage salt scrub to purify the body, followed by an aromatic body massage and a nourishing face and scalp treatment.

## HERBAL HERITAGE RITUAL

2 hours

CZK 7,000

Experience the healing power of Organic Lavandula Bohemia in a revitalising hydrotherapy and aromatherapy ritual. Beginning with a calming foot ritual, this treatment supports immunity, reduces high blood pressure, improves sleep, and eases headaches. A signature massage using Organic Lavandula Bohemia oil and targeted pressure stimulates the body's key systems, promoting deep relaxation and overall balance.

All prices include VAT and are subject to change without notice.

**A 10% service charge will be added for each service on your final bill.**



# SIGNATURE THERAPIES

## TIME RITUALS™

3 hours	CZK9,900
2 hours	CZK 7,000

Book a length of time and enjoy the most holistic experience, as our therapists create and customise treatments tailored to your individual needs.

## INTELLIGENT MOVEMENT

1 hour 30 minutes	CZK 5,200
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The Intelligent Movement Treatment is designed to improve posture and mobility through trigger point release, deep muscle manipulation, and targeted stretching to elongate the muscles. It helps soften muscle tissue, release tension, boost circulation, and enhance overall body mobility.

## ORIENTAL ESSENCE

1 hour 30 minutes	CZK 5,200
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Using custom-blended oriental oils and movements inspired by traditional Oriental therapies, this tension-relieving massage treats the entire body, with a focus on the key stress-holding areas: the back, neck, and shoulders.

## ORIENTAL QI

1 hour 30 minutes	CZK 5,200
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A simple, effective, and authentic spa experience. This relaxing body massage ritual works with the energy of the meridians, harnessing the benefits of essential oils.

## DIGITAL WELLNESS ESCAPE

1 hour 30 minutes	CZK 5,200
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Focusing on the head, eyes, neck, shoulders, hands, and feet, this restorative treatment is designed to ease the stress and tension caused by frequent use of digital devices.

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## SPECIALITIES

### MYOFASCIAL RELEASE

1 hour 30 minutes

CZK 6,000

Through gentle, sustained pressure and stretching, this physio-based treatment aims to release restrictions in the fascial system, helping to reduce inflammation and chronic pain. This release not only improves physical flexibility and mobility but also supports better postural alignment, enhanced bone density, and overall myoskeletal health.

### HERBAL HERIGATE TREATMENT

1 hour 30 minutes

CZK 5,200

A signature aromatherapy massage combining the therapeutic benefits of Organic Lavandula Bohemia essential oil with pressure and touch to relax the body and stimulate the lymphatic, circulatory, nervous, and musculoskeletal systems. The treatment begins with the head and continues through the entire body, including the lower and upper extremities, back, neck, décolleté, and face.

### LYMPHATIC

1 hour 30 minutes

CZK 5,200

The lymphatic system plays a vital role in eliminating toxins that can contribute to illness. This massage stimulates lymphatic flow to encourage detoxification, reduce water retention, and promote a sense of overall wellbeing.

### MOTHER TO BE

1 hour 30 minutes

CZK 5,200

A personalised 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.

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## MINI M.O. TREATMENTS

*Discover our specialised treatments for children, designed to support their foundational wellbeing for a healthy present and future.*

*In partnership with Mcely Bouquet – natural, hand-blended organic cosmetics.*

*Signed parental consent is required. A parent or legal guardian must be present in the treatment room at all times.*

### MR. CAMOMILE AND MISS TANGERINE

1 hour CZK 4,400

30 minutes CZK 2,200

An aromatherapy massage designed to soothe the hyperactive or school-stressed mind and the sports-weary body. A magical herbal spray calms distracted thoughts, a foot massage with tangerine scrub relieves tired feet, and a back and shoulder massage with fragrant, nourishing chamomile oil melts away remaining muscle and mental tension.

### CHILL OUT MASSAGE

1 hour CZK 4,400

This full-body aromatherapy massage helps release both muscular and mental tension, leaving the skin silky smooth. Feel free to bring your phone and unwind to the music of your choice.

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## ADVANCED SKIN CARE

### 111SKIN

*At the heart of 111SKIN's philosophy is precision skincare, developed and perfected on Harley Street, London by Dr Yannis Alexandrides. Clinically inspired, 111SKIN treatments are expertly designed to deliver a fusion of science, visible results, and unparalleled treatment journeys.*

#### BLACK DIAMOND NON-SURGICAL FACE LIFT

1 hour 30 minutes

CZK 6,500

Experience the ultimate in anti-ageing luxury with this opulent facial. Combining advanced skincare with deep facial muscle massage, the treatment sculpts, firms, and revitalises the skin. A wrinkle-minimising wand enhances the effects, while gentle exfoliation reveals a smoother, more radiant complexion. Infused with Fine Diamond Particles and the patented NAC Y<sup>2</sup>™ formula, this facial promotes renewal, luminosity, and a youthful, lifted appearance.

#### ROSE GOLD RADIANCE FACIAL

1 hour 30 minutes

CZK 5,700

A powerful facial that restores radiance with advanced soothing formulas and brightening actives. Using a three-level facial massage approach—including deep muscle techniques, a wrinkle-minimising wand, and Rose Quartz crystals—this treatment sculpts, refines, and rejuvenates. Designed to relax the mind while revealing a lifted, contoured, and luminous complexion.

#### REPARATIVE FACIAL

1 hour

CZK 4,700

A deeply nourishing and hydrating facial suitable for all skin types, especially effective in calming damaged, inflamed, or irritated skin. Originally developed by Dr Yannis Alexandrides to accelerate post-surgical healing, this treatment harnesses the power of the exclusive NAC Y<sup>2</sup>™ complex to strengthen the skin barrier and reduce inflammation. Using the restorative benefits of the 111SKIN Reparative Collection, it enhances skin recovery, leaving the complexion soothed, fortified, and radiant.

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# HOLISTIC SKIN CARE

## THE ULTIMATE WELLBEING FACIAL

1 hour 30 minutes	CZK 5,700
1 hour	CZK 4,700

More than just a facial, this pioneering treatment reduces stress while restoring balance to both skin and mind. A soothing massage of the scalp, face, and décolleté relieves tension, boosts circulation, and stimulates lymphatic drainage, while a warm oil abdominal massage encourages full-body wellness. The skin is double-cleansed, exfoliated with high-performance botanical actives, and replenished with hydrating serums, oils, and moisturisers. A specialised eye massage and mask revive tired eyes, while mood-enhancing essential oils elevate both radiance and inner calm.

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## FINISHING TOUCHES

### MANDARIN ORIENTAL MANICURE

1 hour 30 minutes CZK 3,900

1 hour CZK 2,500

Keep your hands and nails healthy and beautiful with our exceptional manicure. The treatment includes cuticle care, complete nail grooming, and deep moisturisation to hydrate and nourish. Enjoy a soothing massage of the fingers, hands, and arms – a true delight for the senses.

### MANDARIN ORIENTAL PEDICURE

1 hour 30 minutes CZK 4,100

1 hour CZK 2,700

Our complete pedicure is a full-foot treatment designed for total care and renewal. It begins with nail shaping and buffing, followed by a luxurious skincare ritual to smooth irregularities, eliminate dryness, and deeply moisturise the feet. A revitalising massage from the toes to the tops of the legs relieves tension and heaviness.

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# SPA ENRICHMENTS

## LUXURY HAND RITUAL

CZK 500

By applying reflexology pressure to the delicate microcosm of the hands – through the fingers, palms, and wrists – this treatment stimulates and realigns both the inner and outer systems of the body. It helps relieve stress, improve circulation, and induce a deep sense of profound relaxation.

## REJUVENATING FOOT RETREAT

CZK 500

Using the ancient mapping system of tuina, this treatment helps release energy blockages and fatigue in the feet, improve circulation, and support optimal spinal alignment. Our foot ritual is a wonderful way to naturally enhance your health, calm the mind, and energise the body – anytime, anywhere.

## ILLUMINATING EYE INDULGENCE

CZK 500

Our body is like a flower – the face its blossom, the spine the stem, and the organs the roots. This gentle eye treatment uses delicate gua sha crystals to release stagnation caused by screen use, stimulate lymphatic flow, and reduce puffiness and visible signs of ageing.

## CALMING SCALP RITUAL

CZK 500

Discover the power of Marma points, integral to Ayurvedic healing. By gently stimulating these gateways to physical, mental, and spiritual wellbeing in the head and face, this treatment helps unlock a deeper connection to your life force, enhancing your overall sense of health and harmony.

## RESTORATIVE MINDFULNESS RETREAT

CZK 500

Inspired by the sacred Zazen tradition, this ritual guides you back to the present moment and gently grounds you in your body. Using the breath as a bridge of reconnection, it facilitates the unification of body, mind, and heart – awakening a sense of simple elegance and deeper clarity that flows naturally within.

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# TREATMENT ADDITIONS

## VITALITY POOL

30 minutes

CZK 1,050

Begin any treatment experience with a tranquil soak in our Vitality Pool, designed to wash away stress and help you leave the world behind. Featuring integrated massage functions, it allows for a soothing self-administered hydrotherapy ritual. The Vitality Pool is available exclusively to guests in the Vltava Suite.

*The Vitality Pool must be booked in conjunction with other treatments, at least one hour in advance.*

## 111SKIN FACE MASK

CZK 500

### CELESTIAL BLACK DIAMOND

*Benefits: Reduces fine lines and redness, deeply hydrates.*

### ROSE GOLD

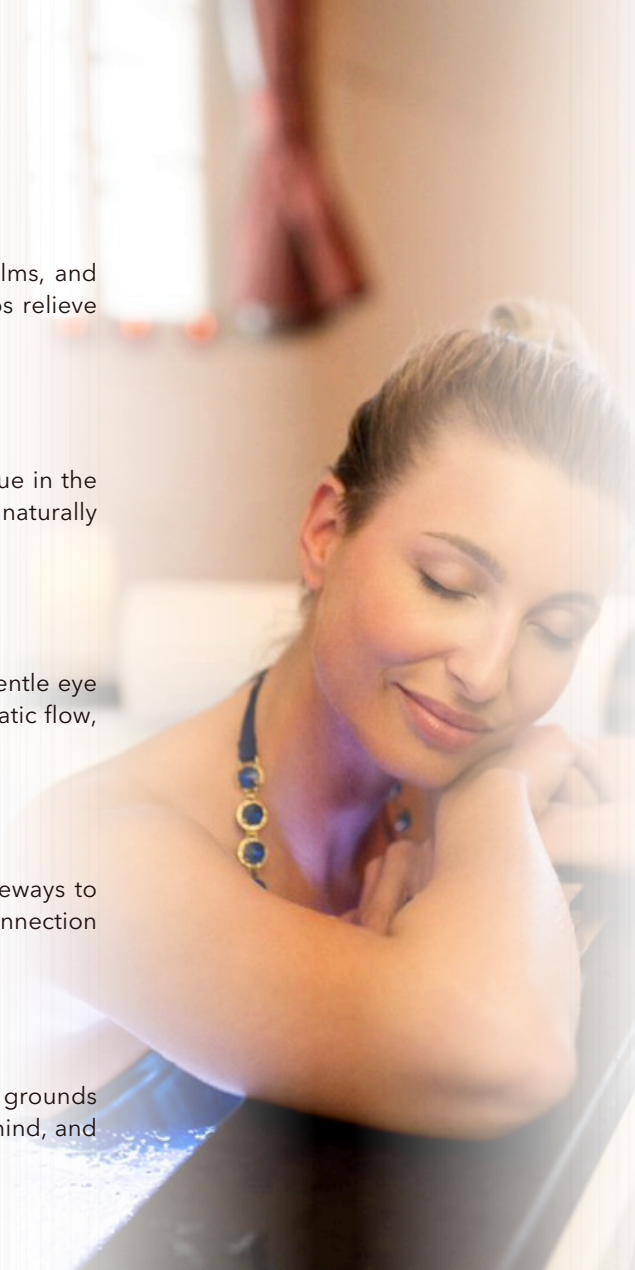
*Benefits: Illuminates, brightens, hydrates, soothes, and firms.*

### CRYO DE-PUFFING

*Benefits: De-puffs, energises, tones, sculpts, and fortifies.*

### Y THEOREM BIO CELLULOSE

*Benefits: Calms, repairs, nourishes, hydrates, and strengthens.*





# SPA PROGRAMMES

## ORIENTAL RITUAL\*

4 hours

CZK 14,500

Your ritual begins with a soothing Foot Ritual using warm pebbles and fragrant oils to refresh and unwind. A full-body scrub prepares the skin for a Signature Massage, blending essential oils with Eastern and Western techniques. The journey concludes with the Ultimate Wellbeing Facial, restoring your skin's natural glow and leaving you fully rejuvenated.

- *Foot Ritual & Body Scrub 30 minutes*
- *Signature Massage 1 hour 30 minutes*
- *Ultimate Wellbeing Facial 1 hour 30 minutes*
- *Two courses menu served at our Monastiq restaurant (extra time)*

## MOTHER TO BE RITUAL\*

3 hours 30 minutes

CZK 12,500

A programme tailored to your individual needs during this special time. Following an initial consultation, our highly trained therapist will guide you through this meaningful period with expert care. The experience includes a prenatal massage using nourishing pregnancy-safe oils, followed by a soothing and enriching facial – leaving you feeling rested, nurtured, and rejuvenated.

- *Body Scrub 30 minutes*
- *Mother to Be Massage 1 hour 30 minutes*
- *Light Lunch 30 minutes*
- *Ultimate Wellbeing Facial 1 hour*

## INTELLIGENT MOVEMENT RITUAL

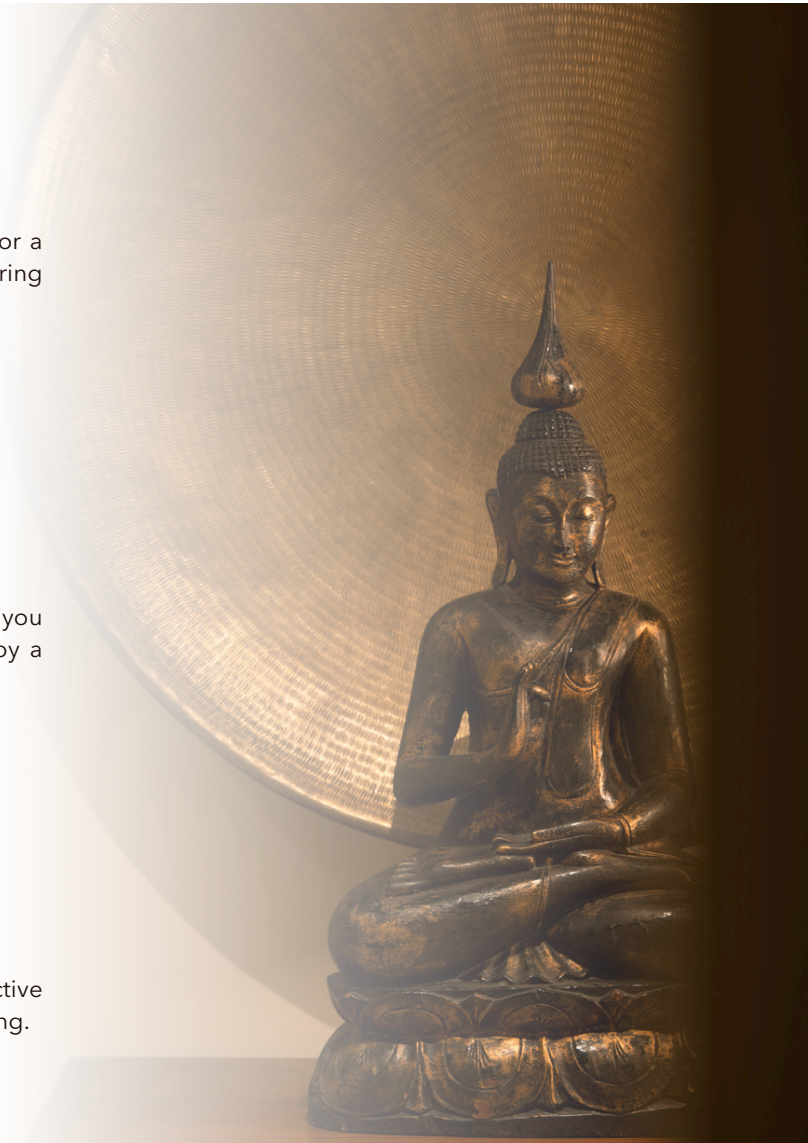
3 hours

CZK 8,900

A complete, results-driven experience designed to improve muscle condition, posture, and joint mobility. This package combines our effective Intelligent Movement Treatment with a personalised Personal Training session, and includes a detox smoothie to support your recovery and wellbeing.

- *Personal Training Session 1 hour 30 minutes*
- *Intelligent Movement Treatment 1 hour 30 minutes*
- *Detox Smoothie (extra time)*

*\*All programmes include the use of a deluxe room from 10:00 until 19:00 with a surcharge 7,200 CZK*



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# SPA RETREAT

## ON THE SILK ROAD

CZK 23,000

Embark on a transformative journey to wellness at Mandarin Oriental, Prague.

Travellers on this symbolic spa voyage along the Silk Road are promised unforgettable moments. From luxurious silk and the enchanting aromas of rare essential oils to centuries-old traditions and cutting-edge innovations, this retreat offers a true Renaissance of wellbeing in the heart of picturesque Prague.

Pause on the Silk Road to rejuvenate your body, awaken your senses, and inspire your soul.

Our three-day Retreat On The Silk Road includes:

### Arrival Day - East Meets West

- Personalised welcome
- Silk Road welcome amenities and Oriental Tea Corner
- Two-hour "Ritual Mystery on the Silk Road" by Mcely Bouquet: A deeply relaxing full-body treatment featuring a fragrant blend of healing herbs and gemstones to elevate the soul
- Turn Down surprise: Discovery Travel Set by Mcely Bouquet

### Second Day - The Best from the East

- Discovery of your dominant element according to Traditional Chinese Medicine
- Two-hour "Oriental Chi Ritual": a Meridian massage tailored to your specific Chinese element
- Private consultation with a TCM Master, including dietary guidance and a personalized Chi Balancing Menu
- Turn Down surprise: Personalized Chinese Element Shower Oil (60ml)

### Departure Day - The Power of the West

- 30 minute Energising Foot Ritual
- Vitality Shot crafted by our culinary team to support your departure journey

The On the Silk Road Retreat is priced per person and needs to be booked two weeks in advance. (Accommodation is not included in the price)

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# SPA RETREAT

## MOTIVATE & ACTIVATE

CZK 19,500

Get motivated to stay healthy with a curated selection of wellness classes and spa treatments designed to detox, tone, and re-energise.

### Arrival Day

- Personalised welcome
- Welcome wellness amenity
- Welcome Consultation 30 minutes

### Second Day

- Fitness class with a personal trainer 1 hour 30 minutes
- Intelligent Movement Treatment 1 hour 30 minutes

### Third Day

- Sculpt Your Body Class with a personal trainer 1 hour 30 minutes
- Revive & Tone Ritual 2 hours

### Departure Day

- Farewell Consultation 30 minutes
- Vitality Shot crafted by our culinary team for your departure journey

The Motivate & Activate Retreat is priced per person and needs to be booked two weeks in advance. *(Accommodation is not included in the price)*

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# FITNESS & WELLNESS

*Our Fitness and Wellness Centre features state-of-the-art equipment and embraces a holistic approach to health and fitness. Complementing our Spa offerings, it is designed to enhance your strength, flexibility, and cardiovascular health.*

## FITNESS CENTRE

Available exclusively to hotel guests and private members, our Fitness Centre features a comprehensive selection of Technogym equipment, thoughtfully chosen to help you reach your full potential.

## PERSONAL TRAINING

1 hour 30 minutes	CZK 2,700
1 hour	CZK 1,800

Achieve your fitness and wellness goals with personalised support. Whether you're aiming for weight loss, improved fitness, increased strength, greater endurance, or a lifestyle change, our professional fitness instructors will work with you one-on-one to design a programme tailored to your individual needs.

## YOGA GROUP CLASS

1 hour	CZK 450
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A practice that unites mind and body, incorporating breathing exercises, meditation, and poses designed to promote relaxation and reduce stress. All levels are welcome. Join our regular group classes on Monday, Friday, and Saturday from 08:30 to 09:30, or request a personalised one-on-one session.  
*Kindly confirm your booking with the Spa Concierge by 18:00 on the day prior to your chosen session.*

## ONE TO ONE YOGA

1 hour 30 minutes	CZK 2,250
1 hour	CZK 1,500

Enhance your yoga practice with a personalised session guided by our expert instructor. Tailored to your individual needs, it promotes flexibility, balance, and mindfulness. Suitable for all levels, this one-on-one experience supports your wellness goals while encouraging deep relaxation.



## WELLNESS MEMBERSHIP

GOLD	12 months	CZK 45,000
SILVER	6 months	CZK 26,500
BRONZE	1 month	CZK 6,500

We invite frequent visitors and Prague locals to enjoy exclusive access to our Wellness Club.

Combining workouts with luxurious spa treatments and other hotel services.

The Wellness Club is available exclusively for a maximum of 25 members and includes the following benefits:

- Unlimited use of the Fitness & Wellness Centre 24/7 Gold / Silver / Bronze
- Free participation in all fitness activities including group yoga class Gold / Silver / Bronze
- 20% discount on spa treatments and 10% discount on spa products Gold / Silver / Bronze
- Complimentary parking (based on availability) Gold / Silver / Bronze
- A complimentary introductory personal training consultation session with one of our personal trainers Gold / Silver
- One complimentary Day Pass per month for a Guest Gold
- One night's stay in the hotel for a member and his guest (restrictions apply) Gold
- One complimentary Signature Treatment 90 minutes Gold
- Membership pause (up to 1 month per year) Gold

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# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre	24 hours
Spa Treatments	Monday - Wednesday 12:30am - 7:30pm Thursday - Saturday 10:00am - 8:30pm

## CANCELLATION POLICY

Please provide at least 24 hours' notice for cancellations to avoid charges. Cancellations or no-shows within 24 hours will incur a 100% fee.

## DIGITAL DISCONNECTION

Our spa environment is one of tranquillity, and we would appreciate it if you could 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 checking in at the Spa Reception at least 30 minutes prior to your first scheduled appointment. This allows time for a brief consultation to discuss your treatment expectations, as well as ample time to change and begin your experience in a relaxed state. Please note that late arrivals will not receive an extension of scheduled treatments.

## AGE REQUIREMENT

Guests must be at least 18 years old to access the spa and fitness centre. For information about spa and fitness services for children, please contact us at [moprg-spa@mohg.com](mailto:moprg-spa@mohg.com).

## HOMECARE

To continue your spa regimen at home, all products used in our treatments are available in the spa boutique, along with a curated selection of 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.

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The Spa at Mandarin Oriental, Prague  
Nebovidská 459/1, 118 00 Prague 1, Czech Republic  
+420 233 088 655 | [moprg-spa@mohg.com](mailto:moprg-spa@mohg.com)  
[mandarinoriental.com/prague](http://mandarinoriental.com/prague)