



THE SPA
AT
MANDARIN ORIENTAL
SINGAPORE



The Spa at Mandarin Oriental, Singapore

Nestled on Level 5, The Spa is a sanctuary for holistic health and wellbeing.

Immerse yourself in a luxurious space that blends tranquility and sophistication, spanning six treatment rooms & suites, a wellness terrace, a fully-equipped fitness centre, and an outdoor swimming pool that overlooks the iconic Marina Bay skyline.

Discover an array of massages & treatments inspired by our oriental heritage, bespoke facial treatments, and curated wellness programmes.



Essence of Singapura

The Essence of the Garden City

This treatment starts with a herbal exfoliation followed by Malay *urut* with herbal hot compress of locally blended jamu oil. An ancient Malay tummy wrap follows with a traditional corset which aids in strengthening the abdomen, leaving you rejuvenated.

2 hours

Heritage of the Orient

In Asian culture, jade is known for its healing properties which relax the nervous system and aid in removing toxins. A body massage using genuine jade stones brings deep relaxation, produces vitality, releases toxins, and reduces inflammation.

1 hour 30 minutes

Signature Therapies

Time Ritual

Book a length of time and enjoy the most holistic experience possible. Allow our therapists to use their talents to create and customise treatments for your unique needs.

2 hours | 3 hours

Oriental Harmony

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, starting with a warm scrub that soothes the skin, followed by a harmonious massage that balances the body.

1 hour 30 minutes

Oriental Qi

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.

1 hour 30 minutes

Signature Therapies

Tech Detox

Relieve the physical and sensory strain that comes from prolonged screen use. Tech Detox treatment focuses on the head, eyes, neck, back, shoulders, and hands easing tension and reducing digital fatigue, restoring balance, clarity, and a deep sense of rejuvenation.

1 hour 30 minutes

Sleepfulness

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.

1 hour 30 minutes

Body Massage

Intelligent Movement

Designed to help in better mobility by softening the muscles and releasing tension, the Intelligent Movement Treatment includes trigger point release work, deep muscle manipulation, as well as stretching and elongation of the muscles.

1 hour 30 minutes

Inner Balance

Inner Balance draws on principles of Traditional Chinese Medicine, blending aromatic oils, acupressure, and gentle stretching to release tension and restore equilibrium. The treatment supports emotional grounding and mental clarity, offering a calm reset for guests seeking a steadier state of body and mind.

1 hour | 1 hour 30 minutes

Inner Strength

Using a blend of healing and balancing aromatherapy oils, this nurturing massage eases physical tension and anxiety from the stresses of life.

1 hour | 1 hour 30 minutes

Body Massage

Jet Lag Recovery

This jet lag massage focuses on your back to alleviate some of the symptoms of jet lag such as fatigue and sleep disturbances so that you will feel more rested and rejuvenated after a long flight.

45 minutes

Assisted Stretch Therapy

Improve functional movement and flexibility with Assisted Stretch Therapy to help increase joint mobility and muscle length. This is the perfect remedy after long flight, post-workout, or for anyone feeling stressed. Allow your blood to flow and feel energised and relaxed after a good stretch!

1 hour | 1 hour 30 minutes

Prenatal Massage

A gentle massage designed to reduce stress, address particular areas of tension or pain, and thoroughly relax any mother-to-be.

1 hour | 1 hour 30 minutes



Mandarin Suite

Perfect for Two

Treat yourself and your partner to a blissful day of romance at The Spa. Relax together in our Mandarin Suite, featuring a private steam room and vitality pool, before indulging in a 90-minute massage of your choice and a 30-minute invigorating body scrub. Complete the experience with a glass of champagne and wellness snacks.

3 hours

Therapeutic Bath Ritual

Experience a luxurious 45-minute bath ritual with a choice of Aromatic Body & Shower Oil that nourishes your skin, leaving intensely smooth and hydrated. Your experience will end with a 45-minute relaxing scalp & back massage.

1 hour 30 minutes

Suite Moment

Elevate your spa experience with your loved one in our Spa Suite and enjoy an hour of usage of the heat and water therapy in privacy. Enjoy a glass of champagne and wellness snacks.

This is an add-on to any treatment.

1 hour usage



Facial

Experiential Facial

Pamper yourself with a personalised facial treatment using Biologique Recherche or Swiss Perfection, which will be decided upon consultation.

1 hour | 1 hour 30 minutes

Remodelling Face Treatment

The Remodeling Face machine employs advanced bioelectric treatment with three currents (galvanic, medium, and high frequency) for instant and enduring effects. It also utilises electroporation, a high-frequency pulse current that increases skin permeability, enhancing serum absorption and the potency of active ingredients.

1 hour 30 minutes

Ultimate Facial Programme

The Ultimate Bespoke Facial Package gives you access to all facial treatments on our menu. We will analyse your skin at each appointment, create a facial plan for your goals, and adjust the plan as your skin health improves.

10 hours

Facial

Skin Instant© Lab

This unique diagnostic identifies your skin type and condition. It measures hydration, insensible water loss, elasticity, pigmentation and sebumetry prior your facial treatment.

30 minutes



The Nail Salon

Supreme Manicure

A unique, anti-ageing expert manicure treatment using Pure Hand Mask and Luxury Treatment Gloves gives long lasting results and deep hydration. Performed on dry skin with expert techniques to medical standards of hygiene, the manicure finishes with a creamy scrub, and a relaxing hand and lower arm massage.

1 hour

Supreme Pedicure

Our outstanding signature pedicure treatment gives long-lasting results, with the indulgence of the full range of Margaret Dabbs London Fabulous Feet professionally formulated products. This is accompanied by an exfoliating and reviving foot soak, and finishes with a revitalising and hydrating foot massage.

1 hour

Nourishing Hand & Foot Treatment

This indulgent hand mask will instantly reduce the visible lines and wrinkles on the back of your hands, giving you youthful-looking hands. The treatment is followed by a soothing foot soak, and a leg massage that will leave your feet hydrated and rejuvenated.

1 hour

The Nail Salon

Black Leg Masque with Firming Leg Serum Massage

This outstanding, time-reactive treatment is designed to relieve the feeling of heavy, tired, and uncomfortable legs by stimulating circulation and reduce water retention whilst providing a cooling sensation.

1 hour

Gentleman's Manicure/Pedicure

Flawless filing, buffing, and cuticle work is carried out with the indulgence of some of the key professionally-formulated products from the Margaret Dabbs London Fabulous Feet range.

45 minutes

Nail Polish Application

Finish your manicure with your choice of colours.

15 minutes

Gel Removal

A removal process that preserves your nails' health by including nail shaping, cuticle care, buffing and polishing.

30 minutes



Holistic Therapy

Reiki Healing

Due to daily life's stress, body tissues contract, limiting overall functionality. Reiki healing, a holistic practice, releases these patterns through palm healing, promoting relaxation and well-being by guiding energy flow.

1 hour

Singing Bowl Therapy

Embark on a sound healing journey to discover your inner self. Escape the city rush with a meditative sound experience, finding inner peace through the serene melodies of Alchemy Crystal Bowls.

1 hour

Manual Lymphatic Drainage

A gentle lymphatic drainage massage to stimulate the body's lymphatic system. Benefits include reducing water retention, promoting healing, boosting the immune system and detoxification.

1 hour

Fitness

Personal Training

Experience one-on-one training session that is specially tailored to your needs and objectives. Our certified personal trainer will help you to achieve your goal.

1 hour

Yoga

Whether you are an experienced yogi or a beginner, lessons are personalised and tailored to suit your needs. Choose from our variety yoga classes from Hatha Yoga, Vinyasa Flow to Yoga Nidra.

1 hour



Price List

CATEGORY	TREATMENT	PRICE WEEKEND	PRICE WEEKDAY	DURATION
Essence of Singapura	Essence of the Garden City	SGD 510	SGD 480	2 hours
	Heritage of the Orient	SGD 410	SGD 380	1 hour 30 minutes
Signature Therapies	Time Ritual	SGD 620	SGD 590	2 hours
		SGD 770	SGD 740	3 hours
	Oriental Harmony	SGD 730	SGD 700	1 hour 30 minutes
	Oriental Qi	SGD 380	SGD 350	1 hour 30 minutes
	Digital Wellness Escape	SGD 380	SGD 350	1 hour 30 minutes
	Sleepfullness	SGD 350	SGD 350	1 hour 30 minutes
Mandarin Suite	Perfect for Two	SGD 1,310/couple	SGD 1,280/couple	3 hours
	Therapeutic Bath Ritual	SGD 500/person	SGD 470/person	1 hour 30 minutes
	Suite Moments	SGD 300	SGD 300	1 hour
Facial	Experiential Facial	SGD 390	SGD 360	1 hour
		SGD 490	SGD 460	1 hour 30 minutes
	Ultimate Facial Programme	SGD 3,330	SGD 3,330	10 hours

Price List

CATEGORY	TREATMENT	PRICE WEEKEND	PRICE WEEKDAY	DURATION
Facial	Remodeling Face Treatment	SGD 480	SGD 450	1 hour 30 minutes
	Skin Instant© Lab	SGD 60	SGD 60	30 minutes
Body Massage	Intelligent Movement	SGD 360	SGD 330	1 hour 30 minutes
	Inner Balance	SGD 320	SGD 290	1 hour
		SGD 350	SGD 320	1 hour 30 minutes
	Inner Strength	SGD 320	SGD 290	1 hour
		SGD 350	SGD 320	1 hour 30 minutes
	Jet Lag Recovery	SGD 250	SGD 220	45 minutes
	Assisted Stretch Therapy	SGD 380	SGD 350	1 hour
		SGD 510	SGD 480	1 hour 30 minutes
	Prenatal Massage	SGD 380	SGD 350	1 hour
		SGD 510	SGD 480	1 hour 30 minutes
The Nail Salon	Supreme Manicure	SGD 210	SGD 180	1 hour
	Supreme Pedicure	SGD 220	SGD 190	1 hour

Price List

CATEGORY	TREATMENT	PRICE WEEKEND	PRICE WEEKDAY	DURATION
The Nail Salon	Nourishing Hand & Foot Treatment	SGD 220	SGD 190	1 hour
	Black Leg Masque with Firming Leg Serum Massage	SGD 250	SGD 220	1 hour
	Gentleman's Manicure/Pedicure	SGD 190	SGD 160	45 minutes
	Nail Polish Application	SGD 30	SGD 30	15 minutes
	Gel Removal	SGD 60	SGD 60	30 minutes
Holistic Therapy	Reiki Healing	SGD 350	SGD 320	1 hour
	Singing Bowl Therapy	SGD 350	SGD 320	1 hour
	Manual Lymphatic Drainage	SGD 350	SGD 320	1 hour
Fitness	Personal Training	SGD 270	SGD 250	1 hour
	Yoga	SGD 270	SGD 250	1 hour

Prices are subject to service charge and prevailing government taxes.

Information

The Spa	Mon - Sun	9:30am - 9pm
Swimming Pool	Mon - Sun	7am - 10pm for in-house guests
Fitness Centre	Mon - Sun	24 hours for in-house guests
Contact	Phone:	+65 6885 3533
	Email:	mosin-spa@mohg.com

Terms & Conditions

Advanced Bookings

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available.

Cancellation Policy

Cancellations or no shows within 12 hours will incur a 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 the 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 provides you with ample time to visit the Spa's heat and water facilities. Please understand that late arrivals will not receive an extension of scheduled treatments.

Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your reservation.

Terms & Conditions

Pregnancy

We have specially designed treatments for expectant mothers in their 2nd and 3rd trimesters. Please allow our Spa concierge to guide you in selecting which treatments are most suitable during this special time.

Loss or Damage

We regret that we cannot be held responsible for any loss or damages made to personal articles. Please keep all valuables secured in your locker. For the protection of your clothing, we ask that you wear the robe provided.

Accidents and Injuries

The Spa shall not be liable for any accident or injury suffered by a member or guest whilst utilising the Spa facilities.

Payment Mode

Payment for retail purchase or Spa services can be made by either cash, credit card, or charged to in-house guestroom account. Our Company accepts all major credit cards such as Visa, Master Card, American Express, JCB and Diners Club. All payments have to be made in Singapore Dollars.

Exchanges, Transfers And Refund Policy

For cash payment, refund of full payment shall be made out by way of cheque payment, whilst for credit card payment, refund will be made to the same credit card. The refund period will take up to 21 business days from the date of notification.

Gift Cards

Our Gift Cards are the ideal gift for spa enthusiasts and are available online at mandarinoriental.com/gift-cards and at the Spa concierge desk.

Spa Packages or Group Arrangement

Information on special spa packages or group programmes may be requested by contacting us at +65 6885 3533 or mosin-spa@mohg.com.



Mandarin Oriental, Singapore
5 Raffles Avenue, Singapore 039797
T: +65 6338 0066
mandarinoriental.com/singapore