THE SPA
AT
MANDARIN ORIENTAL
BARCELONA

Guided by Mediterranean light and Eastern wellness traditions, Wellness at Mandarin Oriental, Barcelona unites body and mind in a philosophy of balance, vitality and inner calm. Rooted in holistic rituals and refined through contemporary expertise, it invites each guest to experience wellbeing as a harmonious way of living.

Spa & Wellness at Mandarin Oriental, Barcelona is an elegant urban sanctuary in the heart of the city, where serenity meets modern sophistication. With tranquil treatment spaces, restorative therapies and advanced wellness facilities, each experience is designed to renew energy, restore equilibrium and inspire lasting wellbeing.



ESSENCE OF BARCELONA

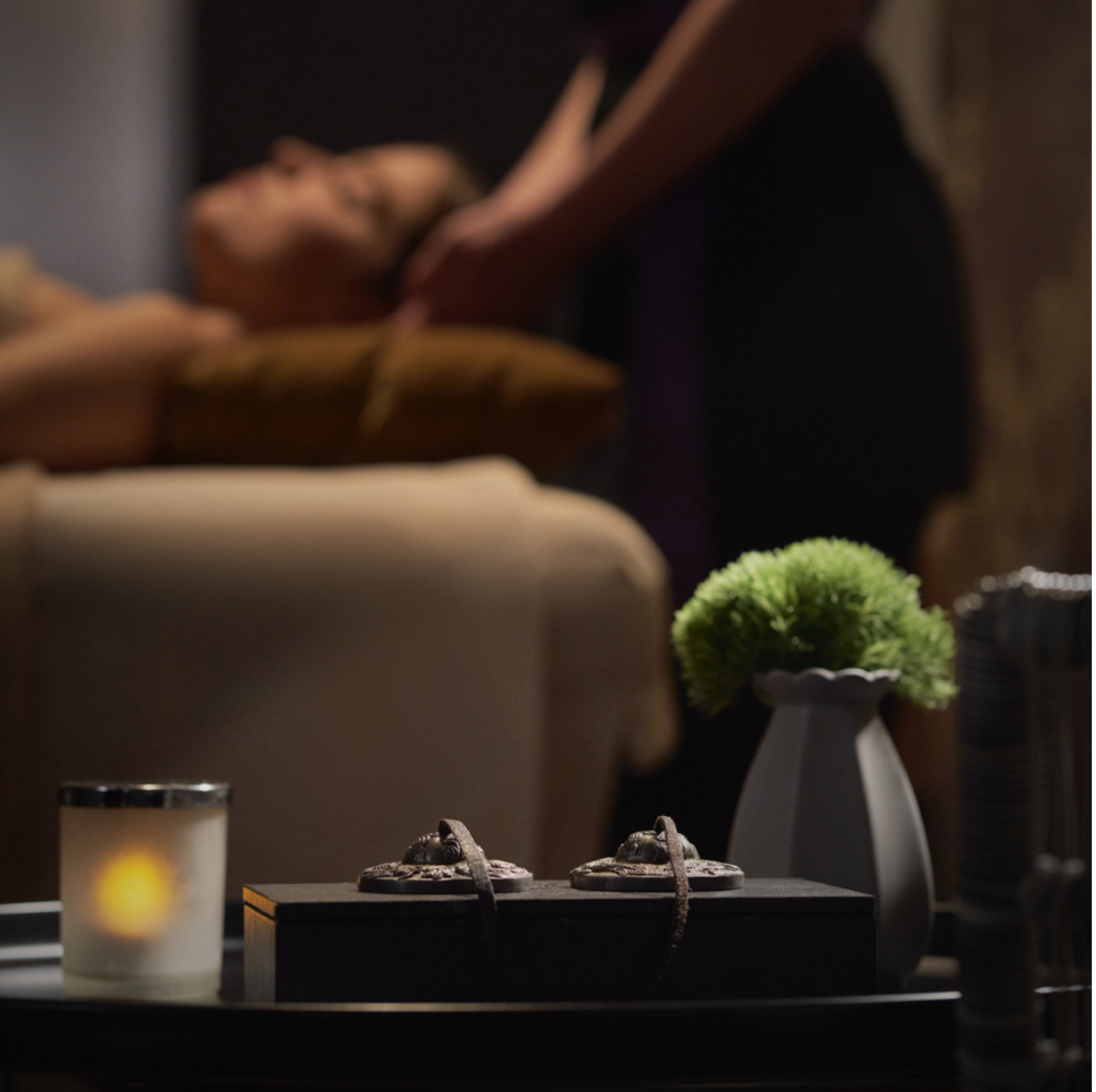
A destination where art, culture and Mediterranean light come together. Thoughtfully designed, each experience is created to complement the other.

SEA VITALITY RENEWAL | 2 hours EUR 305

The treatment exclusively designed by SeaSkin Life begins with a foot ritual and body exfoliation using sea salt from Menorca and Murcia, infused with shea butter, lemongrass, and orange. This is followed by a full body massage using sweet almond from Mallorca, aloe vera from Murcia, and flower oil from Seville, finishing with Tibetan singing bowls. As a final touch, a nourishing facial and head massage, promoting calmness and well-being, using rich botanical oils, honey from Asturias, and thermal seawater.

INNER GLOW RITUAL | 1 hours 30 minutes EUR 250

Restorative and relaxing body experience carried out in a cabin with stellar projection. The body massage with citrus orange and verbena oil is complemented with a moisturizing facial and the application of a LED mask with anti-aging technology for collagen stimulation and cell renewal



SIGNATURE THERAPIES

Our holistic signature therapies are guided by our oriental heritage and draw from Traditional Chinese Medicine.

TIME RITUALS™ | 2 hours EUR 305

Time Rituals™ invites you to book time rather than a pre-defined treatment, allowing our expert therapists to intuitively tailor a sequence of therapies unique 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.

QI | 1 hour 30 minutes EUR 220

This nurturing hands-on experience is inspired by the meridian pathways of Traditional Chinese Medicine. Gentle yet purposeful, this massage works in harmony with curated essential oils and acupressure to unblock energy flow and rebalance the body's natural rhythms to leave you feeling grounded, centered and recharged.

INNER BALANCE | 1 hour 30 minutes EUR 220

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.



INTELLIGENT MOVEMENT | 1 hour 30 minutes EUR 230

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, Deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

SLEEPFULLNESS | 1 hour 30 minutes EUR 220

Sleepfullness 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.

DIGITAL WELLNESS ESCAPE | 1 hour 30 minutes EUR 220

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 the digital devices.



MASSAGE

All of our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from a number of massage techniques to increase muscle relation, improve circulation and increase overall wellbeing.

AROMATHERAPY | 1 hour 30 minutes EUR 210

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.

DEEP TISSUE | 1 hour 30 minutes EUR 220

This truly effective massage using deep pressure is personalized to dissolve aches and strains due to stress and knots in our muscles. The oil is applied to the body using the therapist's hands, elbows and forearms in this stimulating and energizing techniques.

INNER STRENGTH | 1 hour 30 minutes EUR 220

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.



THAI | 1 hour 30 minutes EUR 230

Performed wearing loose style clothing, this traditional Thai massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching helps to deeply relax and revitalize body and mind. Increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

MATERNITY MASSAGE | 1 hour 30 minutes EUR 220

This personalized body massage has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time. Rose oil is using to safely stimulate circulation.

MO KIDS MASSAGE | 45 minutes EUR 140

This massage, designed for children from 6 to 16 years old, helps them relax and sleep better at night.



HOLISTIC SKIN CARE

BESPOKE SKIN CARE | 1 hour EUR 170

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

THE SKIN AWAKENING | 1 hour EUR 215

A facial that combines advanced technology and natural ingredients for radiant, renewed skin. Includes cleansing with FOREO LUNA™, exfoliation, facial and scalp massage, dual 24K GOLD and LED masks with FOREO UFO™, and finishing with SeaSkin cream. Visible results and a unique sensory experience.

GLACIAL WHITE CAVIAR FACIAL | 1 hour 15 minutes EUR 200

Discover the exceptional experience of Bio-Stimulation by Miriam Quevedo, anti-aging techniques combined with advanced skin care for an extraordinarily rejuvenated complexion. Excellent for skin regeneration, it improves the condition of the dermal structure, increases elasticity, and defines facial contours.



ADVANCED SKIN CARE BY VALMONT

An exquisitely formulated and internationally-accredited beauty brand specialising in high performance anti-ageing skin and haircare. Using guided anti-ageing movements inspired by ancestral techniques, therapists will provide an incredibly luxurious and results-orientated facial experience.

PURITY OF THE ALPS | 60 minutes EUR 170

This treatment offers the face a real renewal by purifying, balancing and refining the texture of the skin and freeing it from impurities.

HYDRATION OF BISSES | 60/75 minutes EUR 215/240

Acting as a deep-hydrating bath, this treatment replenishes moisture, visibly plumps the skin and helps reduce the appearance of dehydration lines, leaving the complexion smoother and more radiant.
Choose the 1-hour experience for an intensive hydration treatment.
The 1-hour 15-minute experience includes an additional Valmont collagen mask, which helps enhance skin firmness and restore a supple, comforted feeling.

LIFT FROM THE PEAKS | 60/75 minutes EUR 215/240

This sspecializedd facial creates a visible lifting effect, helping redefine the facial oval, smoothing wrinkles and restore a firmer, more sculpted-looking complexion.
Choose the 1-hour experience for a targeted lifting and reshaping treatment. The 1-hour 15-minute experience includes the addition of a Valmont collagen mask, which helps improve skin firmness and smooth the appearance of fine lines, leaving the complexion more supple and radiant.



FACE AND BODY EXCLUSIVE MANDARIN ORIENTAL, BARCELONA | 1 hour 30 minutes EUR 265

In this treatment, the therapist works on the body and face to encourage relaxation and the reduction of stress by combining different techniques to achieve physical and mental wellbeing.

VITALITY OF THE GLACIERS | 60/75 minutes EUR 215/240

This revitalizing treatment stimulates the appearance of oxygenation while helping erase visible signs of fatigue. The skin feels refreshed and energized, while the complexion appears brighter, smoother, and more radiant.
Choose the 1-hour experience for an intensive revitalizing treatment. The 1-hour 15-minute experience includes an additional Valmont collagen mask, which helps improve skin firmness and restore a fresh, plumped appearance.

VITALITY MEN FACIAL | 60/75 minutes EUR 215/240

This revitalizing treatment, specially designed for men, removes the appearance of dryness and fine lines, leaving the complexion radiant, smoother and energized.
Choose the 1-hour experience for a revitalizing facial designed to refresh and restore the skin. The 1-hour 15-minute experience includes an additional Valmont collagen mask, which helps restore skin comfort and improve the appearance of firmness, leaving the complexion smoother and more refreshed.



LPG ENDERMOLOGIE

ANTIOXIDANT FACIAL | 60 minutos 170 EUR

A bespoke facial that achieves immediate results after one session. During your skincare consultation, you will be able to choose an area of focus, either the re-plumping of fine lines, toning or re-sculpting and contouring. Using the LPG Endermologie technique of cellular stimulation, the treatment also promotes hyaluronic acid production and clarifies the overall complexion of the skin. This treatment is perfect for achieving glowing skin before your next big event.

BODY LYMPHATIC DRAINAGE | 60 minutos 170 EUR

Designed to detoxify the body, Lymphatic Drainage with our state-of-the-art LPG Alliance machine provides an effective and non-invasive treatment. By stimulating circulation through gentle mechanical suction, rolling heads and flaps, this treatment flushes toxins and excess fluids from the body while maintaining proper blood circulation and body fluid balance. Please note that this is not a manual lymphatic drainage treatment.



TRADITIONAL CHINESE MEDICINE

All of our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from a number of massage techniques to increase muscle relation, improve circulation and increase overall wellbeing.

REFLEXOLOGY | 60 minutes EUR 170

The ancient art of reflexology involves gentle stimulation of the foot's acupressure points, which are directly linked to various organs and glands in the body. A relaxing treatment with therapeutic benefits.

ACUPUNCTURE | 60 minutes EUR 170

A form of touch therapy that utilizes the principles of acupuncture and Chinese medicine. This experience can be very effective both as prevention and for treating many ailments, including headaches, general aches and pains among others.



SPA ENHANCEMENTS

A curated selection of treatment enchancements designed to elevate your spa experience.

LUXURY HANDS RITUAL | EUR 30
Enjoy a relaxing hand massage which will reduce the tensions that build up after the constant use of digital devices during the day. Local and general circulation throughout the body will be immediately reactivated

EYE TREATMENT | EUR 30
Effective eye treatments applying a collagen mask for improving the luminosity and up lifting.

FOOT RITUAL | EUR 30
Start your massage with stimulation on kidney and liver reflexology points to improve the detox result for your your body and mind.

SCALP MASSAGE | EUR 30
A calming yet energising scalp massage focusing on vital pressure around scalp and neck using our signature warm Quintessence body oil.

RESTORATIVE MINDFULNESS RETREAT | EUR 30
Add a therapeutic sound therapy singing bowl meditation to the start and end of the treatment to give calmness to your well-being.

ORIENTAL BODY SCRUB | 30 minutes EUR 85
Cleanses the skin of impurities, firms the body, promotes circulation and moisturises in depth.



SUITE EXPERIENCE

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

RETREAT FOR TWO | 3 hours 10 minutes EUR 780

This "getaway" begins with and aromatherapy bath and follows with a rose hydrating body treatment to smooth and soften the skin. Our expert therapists will then perform a customized massage and facial treatment. This couple's package is ideal for those who want to enjoy special "together" time.

- 40 minutes - Body Scrub
- 60 minutes - Aromatherapy Body Massage
- 60 minutes - Holistic Bespoke Facial
- 30 minutes - Aromatherapy Bath for Immune Wellness

URBAN ESCAPE FOR TWO | 2 hours 20 minutes EUR 670

Awaken your body and spirit with a pick me up experience that will rejuvenate all your senses.

- 20 minutes - Purifying Steam Session
- 30 minutes - Quintessence Body Scrub
- 60 minutes - Custom Massage
- 30 minutes - Express Facial



URBAN RETREATS

DETOX FOR WELLNESS | 2 hours 45 minutes EUR 335

Immerse yourself in nature and let your mind and body connect with this detoxifying and balancing retreat.

- 30 minutes - Detox Exfoliating Body Treatment
- 90 minutes - Detoxifying Massage
- 75 minutes - Glacial White Caviar Facial

MO IMMUNE | 3 hours EUR 360

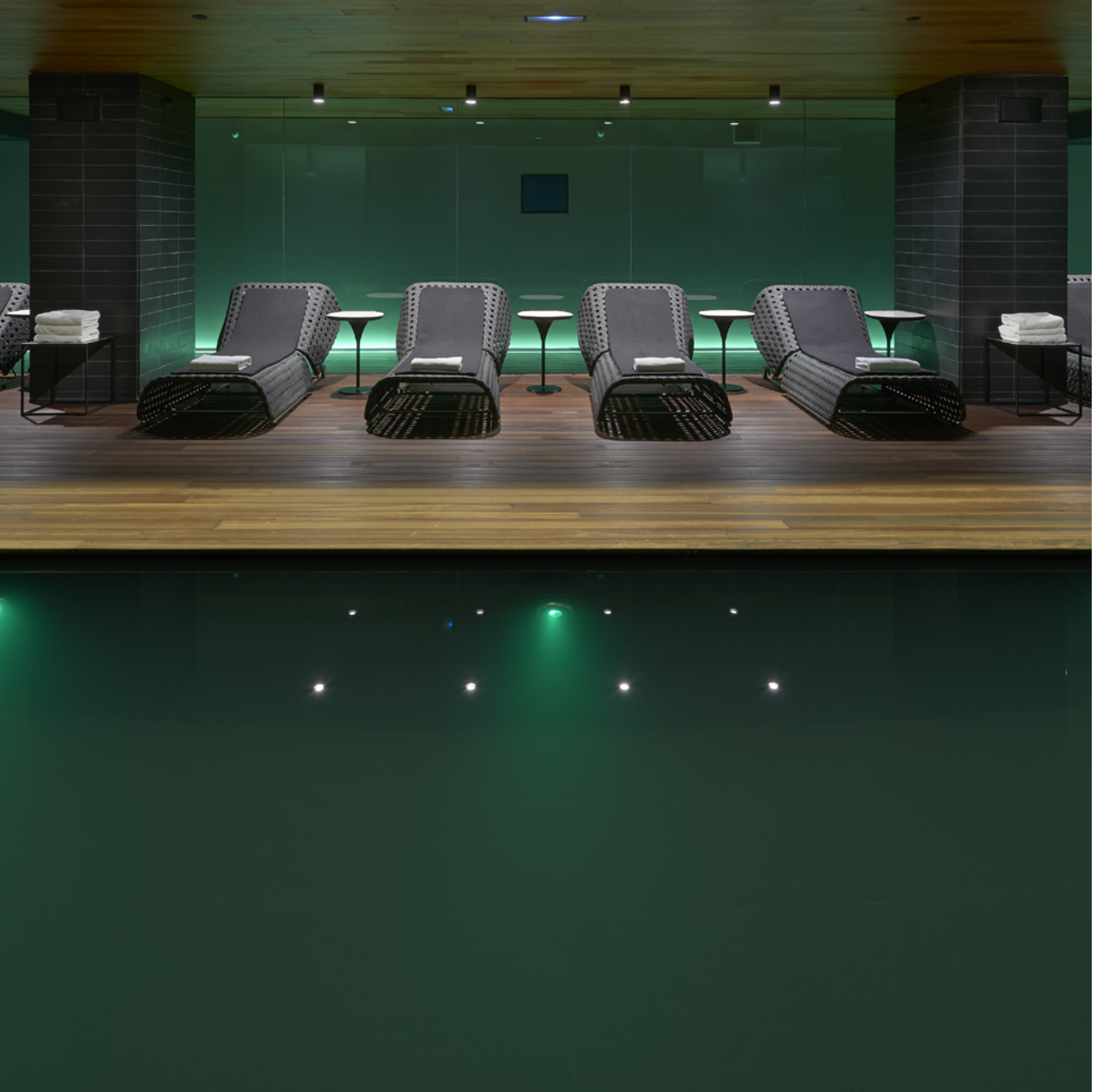
Improve your immune system and boost your energy:

- 90 minutes- Inner Strength massage
- 60 minutes – Holistic Bespoke Facial
- 30 minutes - Aromatherapy Bath for Immune Wellness with sandalwood /ylang ylang
- Vitamin Shot

MO MINDFUL | 3 hours EUR 360

Improve your immune system and boost your energy:

- 60 minutes - Guided Meditation or Yoga Session
- 30 minutes – Calm Mind Massage
- 60 minutes – Holistic Bespoke Facial
- 30 minutes - Rebalance bathing with ginger/jasmine
- Vitamin Shot



LEADERS PERFORMANCE RETREART | 1 day retreat EUR 840

Improve mental and physical performance of top executives!
This immersive day focuses on optimal health against a high level of activity, effort, and stress, improving your performance and productivity includes holistic treatments, health coaching session, and inner strength techniques.

Starting your day at 8:00 am

- Guided Meditation or Yoga session
- Healthy breakfast
- Intelligent Movement massage
- Lunch
- Vitality of the Glaciers Facial by Valmont.
- Mindfulness digital detox time at the Spa area / tea ceremony by Melez
- Functional Personal Training sesión

REBALANCE TIME | 2 days retreat EUR 1440

Designed to rebalance the body, mind, and spirit. Our wellness designers will create a personalized retreat focused on your individual needs.

Day 1: Starting your day at 8:00 am

- Yoga session / Guided meditation
- Healthy breakfast
- Health coach session
- Lunch
- Inner Strength Massage
- Mindfulness digital detox time at the Spa area / Tea ceremony by Melez
- Functional Personal Training session
- Dinner

Day 2. Starting your day at 8:00 am

- Yoga session / Guided meditation
- Healthy breakfast
- 90 minutes - Oriental Qi massage
- Lunch
- Vitality of the Glaciers Facial by Valmont
- Mindfulness digital detox time at the Spa area / tea ceremony by Melez
- Functional Personal Training session
- Dinner



HAIR SPA BY MIRIAM QUEVEDO

Discover the first Spa dedicated exclusively to rejuvenating both hair and scalp with the most extraordinary sensorial and holistic rituals. Our unique treatments, featuring exclusive treasures by Miriam Quevedo, are inspired by the anti-aging facial sequence, adapted to the singular needs of our hair and scalp to obtain exceptional and immediate results. Indulge in a journey of extreme well-being and luxury, with state-of-the-art haircare technology in a private and elegant design space.

OPULENT TRANSFORMING 24K GOLD EXPERIENCE | 2 hours EUR 260

A highly sophisticated and revitalizing treatment for hair and scalp rejuvenation for an extremely luminous and deeply nourished mane. A truly opulent experience infused with an unprecedented concentration of three types of 24K Gold: bioactive, micronized and flake, for exceptionally dazzling results. The luxurious ritual includes a diagnosis with the iMicro camera, scalp exfoliation, gentle double cleansing through steam microparticles combined with the oxygen-powered transforming mask.

MIRIAM'S SIGNATURE | 2 hours EUR 260

Enjoy the inimitable Miriam Quevedo experience with the iconic Signature Ritual. Based on the extraordinary benefits of the Black Baccara collection, this treatment reverses the signs of aging from the inside out. Includes diagnosis with the iMicro camera, double exfoliation and detoxification of the scalp, double deep and gentle cleansing and hair transformation with the innovative Cold Laser technology, combined with the best treatment products.



VOLUME LONGEVITY DIAMOND | 2 hour EUR 260

Enjoy this fully customized experience. By the hand of our Hair Therapist, discover the treatment that is best adapted to your needs for the most extraordinary and efficient results.

'THE EXCLUSIVE' FOR MEN | 60 minutes EUR 125

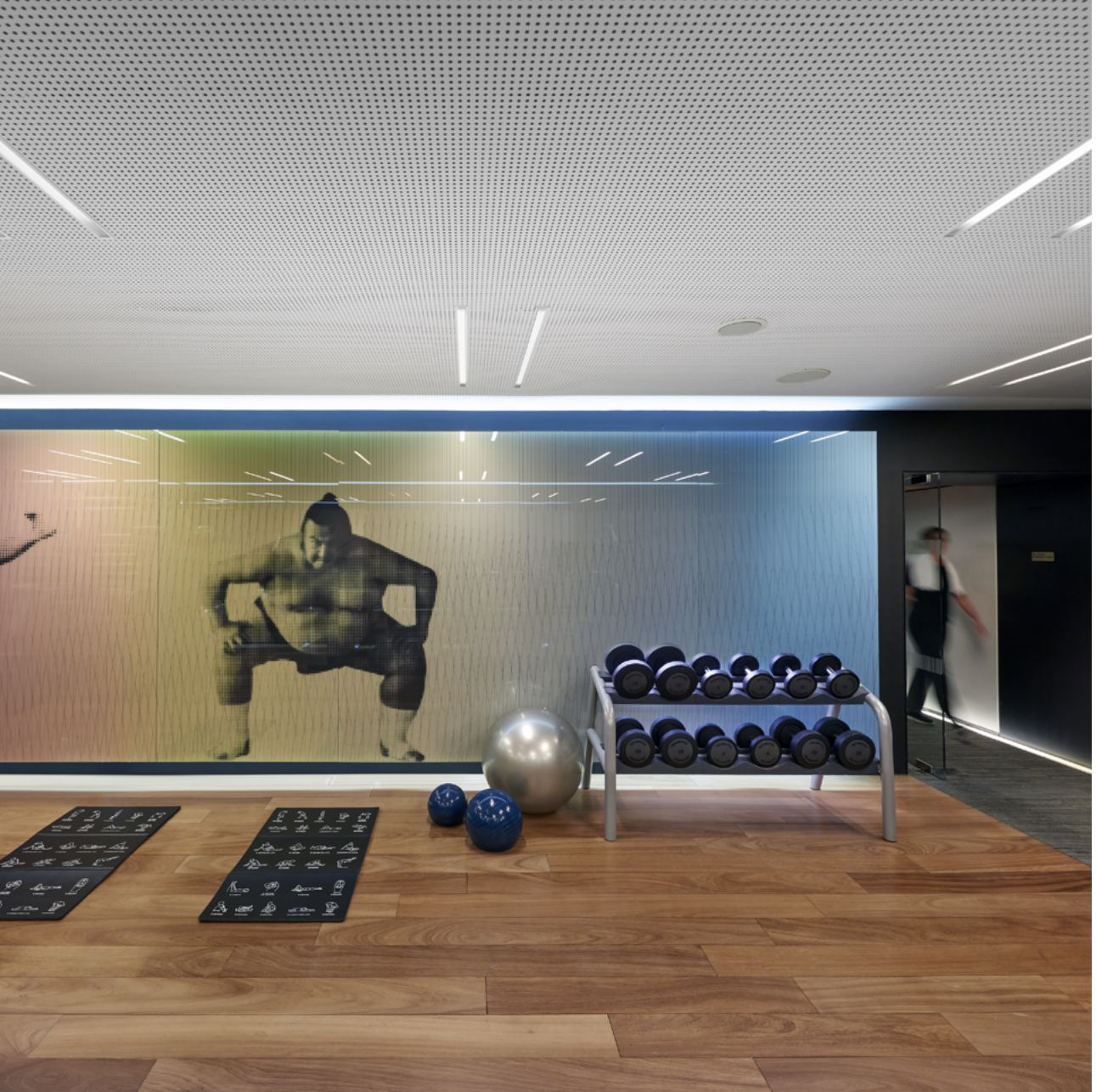
Miriam Quevedo is aware that one of men's main aesthetic concerns is their hair. Therefore, there's a ritual designed exclusively for them. A tonic treatment that combines the most effective formulations for strengthening the hair, leaving it incredibly flexible and radiant, while addressing specific concerns, like dandruff or hair loss. A luxurious experience to totally evade yourself from daily routine on a journey toward the most profound relaxation and absolute disconnection.

PERSONALIZED HOLISTIC RITUAL | 1 hour 30 minutes EUR 165

Enjoy this fully customized experience. By the hand of our Hair Therapist, discover the treatment that is best adapted to your needs for the most extraordinary and efficient results. Exclusive anti-aging and relaxing movements intensify the high effectiveness of this unique ritual of beauty and well-being. The complete treatment combines exfoliation, cleansing and hair transformation (mask, oil and shock treatment) with a relaxing massage of the scalp, neck, arms and shoulders enveloping you in absolute serenity. The session ends with a blowout and styling.

STYLING YOUTH CAPSULES | 60 minutes EUR 110

Cleansing and blowout experience.



FITNESS

Available upon request.

PERSONAL TRAINING | 60 minutes EUR 160
Work with some of the best personal trainers in Barcelona and achieve your fitness goals. It will help you reach your ideal physical condition. Get your Mandarin Oriental, Barcelona training t-shirt or a personalized signature bottle.

BOXING CLASS | 60 minutes EUR 160
Join a 60-minute boxing class structures in three "rounds" that include and intense cardio warmup, boxing with intervals of bodyweight exercises and core work. Finish the workout with a Hypervolt session. Get your Mandarin Oriental, Barcelona training t-shirt or a personalized signature bottle.

RUNNING SESSION | 60 minutes EUR 160
Your personal running coach will take you to run through beautiful Barcelona. Get your Mandarin Oriental, Barcelona training t-shirt or a personalized signature bottle.

YOGA AND GUIDED MEDITATION
Either in the Spa or in our beautiful outdoor spaces, enjoy a personalized yoga or Guided Meditation session to balance your mind and body followed by a vitamin shot and healthy fruit.

Individual sessions	EUR 160
Group sessions (4-11)	EUR 424
Group sessions (12-25)	EUR 595

MAT PILATES | 60 minutes EUR 160
Hight Intensity interval training fused with the Pilates method. Get your Mandarin Oriental, Barcelona training t-shirt or a personalized signature bottle.

NUTRITION / LIFECOACH | 60 minutes EUR 170. Second session EUR 110
Our life coach and nutritional specialist will provide you with perfect tips for a healthy and balanced lifestyle in a personalized one-hour session.

TERMS & CONDITIONS

OPENING HOURS

Fitness Centre	Open 24-hour
Pool Area	Monday – Sunday 8 am – 8 pm
Spa Treatments	Monday – Sunday 10 am – 8 pm
Spa MQ Hair Salon	Wednesday – Sunday 11 am – 8 pm

CANCELLATION POLICY

Please allow 24 hours notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A pre-payment methos or credit card number is required at the time of booking.

DIGITAL DISCONNECTION

Our spa environment is one of tranquillity 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 60 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.

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 concierge desk.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness center is 18 years of age. Spa treatments may be used by persons under the age of 18 if authorized by the Director of Spa and consented to by the parent or guardian in writing. For any spa treatments requiring partial or full nudity (such as body massage), the parent or guardian must be present during the treatment, unless otherwise approved by the Director of Spa.The Director of Spa has complete discretion to refuse any spa treatment for a person under the age of 18, if the Director of Spa forms the view that such spa treatment would be inappropriate in the circumstances for whatever reason.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatments are most suitable for you during this special time.

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your hotel room safe during your visit or request one of our spa concierge to place it in the Spa safe. For the protection of your clothing we also advise you to wear the robe provided.

ACCIDENTS OR INJURIES

The Spa and Wellness at Mandarin Oriental, Barcelona should not be liable for any accident or injury suffered by a guest.

RESTRICTIONS AND USE OF FACILITIES

The use of alcohol and tobacco on Spa and Fitness facility premises is strictly prohibited. Proper attire must be worn while exercising. Sport shoes are required in the Fitness & Wellness Centre.

REFUND AND EXCHANGE POLICY

Unopened retail products can be exchanged within 10 days of purchase, if presented with the original receipt.

No cash or credit card refunds will be processed.

MANDARIN ORIENTAL
BARCELONA

Mandarin Oriental, Barcelona
Passeig de Gràcia, 38-40, 08007 Barcelona, Spain
Telephone +34 93 151 87 51
mandarinoriental.com/barcelona

MOBCN/2026_3