



THE SPA  
AT  
MANDARIN ORIENTAL

SHENZHEN



The Spa at Mandarin Oriental, Shenzhen is situated on the 68th floor of the hotel. Presenting stunning views of downtown Shenzhen and Lotus Hill with treatments designed to relax and reinvigorate guests, using a blend of traditional and modern techniques with, of course, renowned Mandarin Oriental levels of service excellence.

Every element of the spa is designed to transport you to a tranquil haven. Seamlessly blending East and West cultures and advanced techniques, our professional therapists will restore your mind and body into a state of natural peace.

## ESSENCE OF SHENZHEN

### SPRIT OF SHENZHEN

2 hours

CNY 2,680

Taking inspiration from the subtropical climate of the city. We begin with the soothing sounds of the singing bowl followed by a relaxing body massage in combination with Chinese Xiuyan Jade Gua Sha meridian techniques. The entire treatment is performed on our warm, soft, massaging quartz sand bed to effectively remove dampness and detoxification from the body. This unique treatment leaves the body with a complete feeling of wellness.

### SENSE OF BALANCE

1 hour 30 minutes

CNY 1,980

Achieve inner harmony by balancing our opposing qualities that reflects the Yin and Yang. This stress releasing treatment is designed to ease the flow of qi along energy channels whilst subtly relaxing fatigued body and feet. Begin with a foot cleansing ritual followed by pressure points massage with a warm, soothing compress infused with Traditional Chinese herbs and foot reflex zones massage to create an overall feeling of well-being.





## SIGNATURE THERAPIES

### TIME RITUALS™

2 hours

CNY 2,280

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.

### INTELLIGENT MOVEMENT

1 hour 30 minutes

CNY 1,680

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

### DIGITAL WELLNESS ESCAPE

1 hour 30 minutes

CNY 1,680

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.

### INNER STRENGTH

1 hour 30 minutes

CNY 1,680

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 of stressful time in one's life.

## MASSAGE

All 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 several massage techniques to increase muscle relation, improve circulation and overall wellbeing.

### ORIENTAL ESSENCE

1 hour 30 minutes CNY 1,680

Using custom-blended oriental 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.

### HOT STONE THERAPY

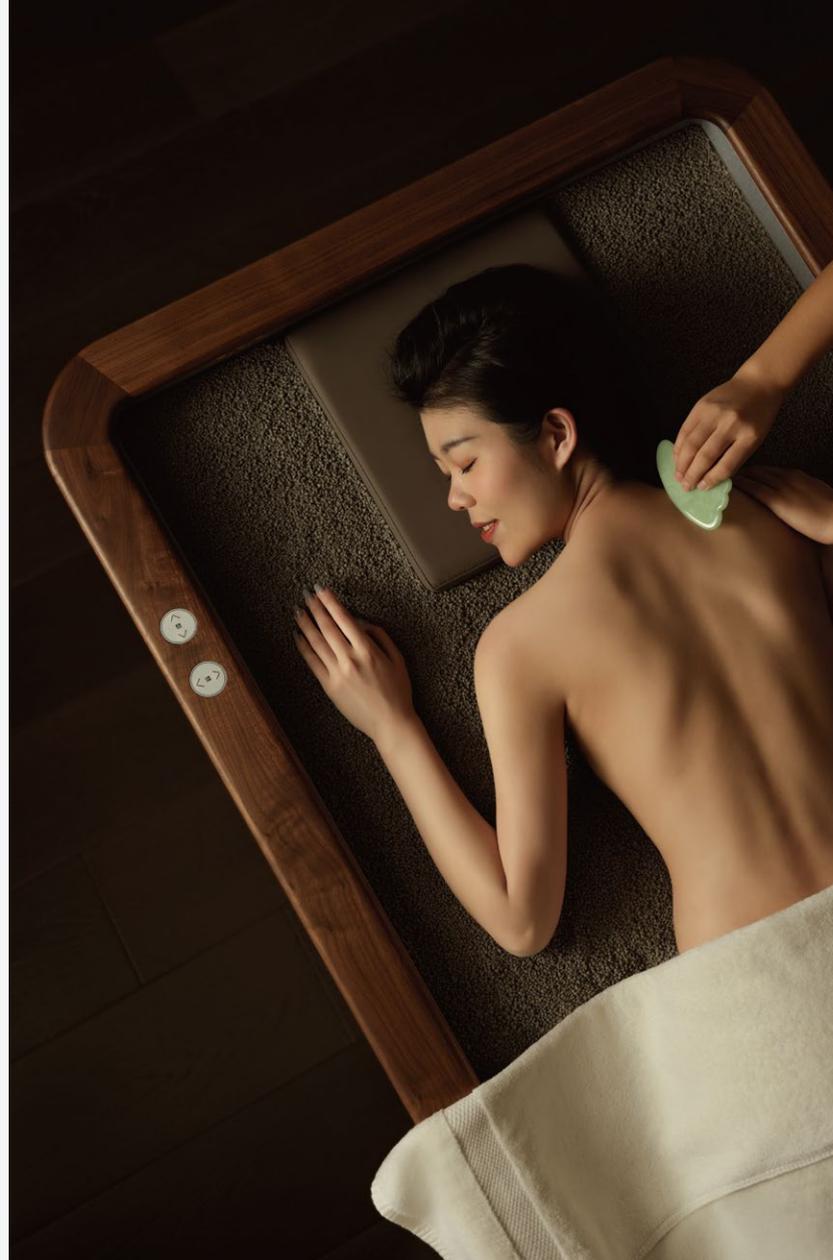
1 hour 30 minutes CNY 1,980

Inspired by traditional Native American Indian practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

### SPIRIT OF EAGLEWOOD

1 hour 30 minutes CNY 2,880

Inspired by the philosophy of Oriental wellness, combining the exquisite fragrance of eaglewood essential oil, known as the "King of fragrances," with traditional meridian massage techniques. A complete relaxing experience balancing your mind and body. These techniques will also enhance the quality of your sleep.



### DEEP SLEEP

1 hour 30 minutes CNY 1,980

Using a blend of relaxing essential oils, this full body massage and mini facial, involves carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Induces a deep sense of tranquillity and a good night's sleep.

### JADE ACUPRESSURE THERAPY

1 hour 30 minutes CNY 1,680

A form of touch therapy that utilizes the principles of the Traditional Chinese Medicine technique of acupuncture combined Chinese Xiuyan Jade Gua Sha to clear the scalp meridians to stimulate and enhance internal circulation. This treatment can be very effective both as prevention and for treating many ailments, including headaches, general aches and pains.

## MUM TO BE

### JOURNEY OF REBIRTH AND AWAKENING

1 hour CNY 1,380

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.



## FACIALS

At the heart of the philosophy of 111SKIN is precision skin care created and mastered on Harley Street, London by Dr Yannis Alexandrines. 111SKIN is clinically inspired and treatments are exclusively designed to deliver a fusion of science, results, and unparalleled treatment journeys.

### CELESTIAL BLACK DIAMOND NON-SURGICAL FACE LIFT (LIFT, FIRM, TIGHTEN)

1 hour 30 minutes

CNY 3,680

A most comprehensive luxurious anti-ageing facial, harnessing 111SKIN's most potent collection, encourages a youthful, lifted and firmer appearance. A combination of the wrinkle minimising wand massage and signature massage ensures the skin is fresh, lifted and sculpted along the natural contours of the face.

### SIGNATURE HARLEY STREET FACIAL (RESTORE, FORTIFY, HEAL)

1 hour

CNY 2,580

A high-performance facial formulated to calm and soothe damaged, inflamed and irritated skin. Using a combination of restorative ingredients from our Reparative Collection, the facial also targets simple skin issues such as dryness, dehydration, sensitivity and rosacea for skin that feels and looks truly comforted.



## SWISS PERFECTION

### COMPLETE

2 hours

CNY 2,880

The therapist will use SWISS PERFECTION body oil to relax your whole body and heal your skin, the facial using Repair products moisturize and nourish your skin, improve the antioxidant capacity of your skin and balance your skin.

### CLASSIC PERSONALIZED

1 hour

CNY 1,580

Combining highly calming and soothing ingredients with specific techniques, this targeted treatment allows the skin to heal naturally. In the deep repair of skin damage caused by internal or external reasons, at the same time, immediately calm the skin sensitive state, calm the redness.

### BRIGHTEN

1 hour 30 minutes

CNY 3,380

VC can rapidly enhance skin tone, prevent pigmentation, and boost collagen production. SWISS PERFECTION RS-28 Cellular Anti-Oxidant Treatment, nicknamed "Milk Baby", is a top-performing product rich in vitamin C, activated by IRIS extract for brightening and revitalizing skin.

### LIFTING

2 hours

CNY 6,800

This exclusive facial treatment acts on multi - dimensional levels to target signs of ageing. It visibly lifts and improves the firmness of the skin whilst promoting cellular renewal, combining the most innovative, rejuvenating treatments to remodel the face contour and smoothing away wrinkles.

## TREATMENT ADDITIONS

The following services may be added to any facial or body treatment.

### STRESS RECOVERY

30 minutes

CNY 880

The idea massage to help relieve stiffness and fatigue, as the technique concentrates on tension areas such as the back, neck and shoulders and feet.

### ORIENTAL BODY THERAPY

30 minutes

CNY 880

A luxurious and invigorating oil blend infused with customized body exfoliating cream or a full body envelopment to leave the skin hydrated and smooth to the touch.

### ENHANCEMENTS

111SKIN FACE MASK

CNY 580

111SKIN EYE MASK

CNY 480

This moisture boosting collagen face and eye mask helps to minimise fine lines and wrinkles leaving skin bright, plump and radiant.



## PROGRAMMES

Pamper yourself with one of our half-day programmes which are specifically designed for your health and well-being all programmes include a wellness drink and a refreshing snack.

### REAWAKEN

3 hours

CNY 3,880

A holistic wellness break that allows you to start the day active and continue with ultimate relaxation and pampering in a luxurious environment.

- Personal training
- Intelligent Movement
- 111SKIN Facial

### INNER PEACE

3 hours

CNY 3,880

Welcome to the healing, and timeless, journey of inner peace.

- Yoga session
- Oriental body therapy
- Sense of balance treatment



# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre and Pool : Monday - Sunday | 6:30 am - 10 pm  
Spa Services : Monday - Sunday | 10 am-10 pm

## ADVANCED BOOKINGS

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

## CANCELLATION POLICY

Cancellations or no shows within 4 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 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 30 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. If you don't need this service please recommend that you check in at Spa Reception at least 15 minutes. Please understand that late arrivals will not receive an extension of scheduled treatments.

## AGE REQUIREMENT

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

## HEALTH CONDITIONS

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

## PREGNANCY

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

## CLEANLINESS

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

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

## 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 VOUCHERS

Our gift vouchers are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa concierge desk.

## SPA PACKAGE

Information on special spa package or group programmes can be obtained by contacting The Spa concierge at +86 (755) 8182 9359.

## REFUND POLICY

Unopened retail products can be exchanged within ten days of purchase if presented with the original receipt. No cash or credit card refunds will be processed.

## SERVICE CHARGE

A 16.6% service charge and tax will be added to your final bill for each service.



MANDARIN ORIENTAL  
SHENZHEN

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