THE SPA
AT
MANDARIN ORIENTAL

HYDE PARK

The Spa at Mandarin Oriental Hyde Park offers a serene oasis of tranquillity beside the verdant beauty of Hyde Park. Upon arrival, you will be embraced by an atmosphere that promotes relaxation, mindfulness, and life balance, enhanced by tailored, results- oriented treatments and expert fitness guidance. With 13 peaceful single treatment rooms, a luxurious couple's Wellness Suite, and a private Rasul, the spa proudly offers advanced facials by QMS, alongside renowned UK brands OSKIA and Lola's Apothecary. Guests can also experience the celebrated Bastien Gonzalez Pedi:Mani Studio. To fully enjoy the holistic wellness journey, guests are encouraged to arrive 45 minutes prior to their appointment to explore the spa facilities, which include an Amethyst Crystal Steam Room, Sauna, Vitality Pool, and a soothing Relaxation Area.



Discover Fans of M.O.

Become a Fan of M.O.

https://www.mandarinoriental.com/en/fans-of-mo/registration

ESSENCE OF LONDON

ENGLISH ROSE POULTICE MASSAGE

2 hours GBP 370

This treatment is known for its beautiful rose scent and its calming and uplifting effects on the body. Beginning with a foot ritual, followed by a full body exfoliation guests are then treated to a rose-infused poultice massage before richly scented essential oils are massaged into the hair and scalp to release stress and tension.

RESTORATIVE HOT STONES

1 hour 30 minutes GBP 305

Indulgein the ultimate relaxation with our Hot Stone Massage, a luxurious treatment that uses heated basalt stones to melt away tension and stress. This opulent experience not only alleviates pain and stress but also restores balance and rejuvenates your spirit, leaving you in a state of blissful serenity.



SIGNATURE THERAPIES

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

ORIENTAL HARMONY

2 hours GBP 525

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. First providing a warm scrub that soothes the skin and later a harmonious massage that balances the body. Ideal for those suffering from jetlag.

TIME RITUALS™

3 hours GBP 540
2 hours GBP 380

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.

ORIENTAL QI

1 hour 30 minutes GBP 305

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.

INTELLIGENT MOVEMENT

1 hour 30 minutes GBP 305

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. Intelligent Movement incorporates the Hypervolt Percussion.

SIGNATURE THERAPIES

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TECH DETOX

1 hour 30 minutes GBP 330

Tech Detox addresses the physical and sensory strain linked to prolonged screen use. As technology advances, our specialists adapt this treatment to meet new demands, combining authentic healing traditions with modern therapeutic insight. Focused work on the head, eyes, neck, back, shoulders, and hands helps release tension and ease digital fatigue, restoring a clearer, more balanced state.

NATUROPATH CONSULTATION

1 hour GBP 250

Based on the deep understanding of the naturopathic use of herbs, supplementation, and a good nutrition. This session is a perfect start to care for your body from the inside and discover your inner strength and health. Includes nutrition advice and breathing education.

ACUPUNCTURE

1 hour GBP 230

Acupuncture is a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. It is believed to balance the body's vital energy or "qi" and is used to treat a variety of health conditions.

INNER BALANCE

1 hour 30 minutes GBP 330

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.

MANUAL LYMPHATIC DRAINAGE

1 hour 30 minutes GBP 350

Manual Lymphatic Drainage is a gentle, specialised massage that stimulates the lymphatic system to release toxins, reduce inflammation, and support immune function. It is ideal for post-surgical recovery, fluid retention, and overall detoxification. This treatment helps refine natural body contours by reducing puffiness, enhancing skin luminosity, and promoting deep relaxation through slow, rhythmic strokes. It also supports digestive health and is often recommended after cosmetic procedures to ease swelling and speed up healing.

SLEEPFULNESS

1 hour 30 minutes GBP 330

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

WELLNESS SUITE

Spend quality time together or enjoy the luxury of spending time on your own in the comfort of our luxurious Wellness Suite, which includes a unique Rasul, a traditional mosaic-tiled steam room, designed to fully cleanse your body.

WELLNESS JOURNEY

3 hours 30 minutes GBP 660
2 hours 30 minutes GBP 480

Embark on an unparalleled wellness journey, meticulously designed to rejuvenate your body and mind. Choose from 3 hours or 2 hours of pure indulgence, each featuring one of Lola Apothecary three exquisite body rituals:

- Breath of Clarity - Awaken the senses of both mind and spirit.
- Cacao Antioxidant Wrap - A revitalising infusion for radiant skin and renewed energy.
- Caffeine-Infused Wrap - A detoxifying boost to sculpt and awaken.
- Delicate Romance - A nourishing embrace of floral serenity.

Each ritual is complemented by a full-body exfoliation, an indulgent wrap, and a luxurious moisturising body soufflé, ensuring your skin is left radiant and your spirit utterly serene. Our 3 hours 30 minutes experience includes a welcome tea ritual, full-body exfoliation & wrap, Rasul, and a 1 hour 30-minute massage, with a mini facial. The 2 hours 30 minutes experience offers a welcome tea ritual, a full-body exfoliation & wrap, Rasul, and a 1-hour massage.

ORIENTAL QI SOUND THERAPY

2 hours 30 minutes

GBP 480 per person

Experience the harmony of nature with our exclusive seasonal Oriental Qi ritual, where the changing seasons align with the Traditional Chinese Elements of Earth, Fire, Metal, Water, Wood. Begin your journey with a luxurious full-body scrub, designed to leave your skin flawlessly smooth, soft, and luminous. Next, surrender to the calming ambiance of the Rasul chamber, where aromatic steam envelops your senses, inviting deep relaxation. Your journey continues with our seasonal Signature Oriental Qi Massage, a skillful hands-on treatment that balances your meridian energy using specially selected essential oils. To complete this transformative experience, the soothing resonance of sound bowls will gently guide you into a state of profound relaxation, leaving your skin radiant, your body at peace, and your spirit rejuvenated.

RASUL RITUAL

2 hours 30 minutes

GBP 525 per person

Embark on a luxurious journey of rejuvenation, beginning with a self-applied revitalising body scrub in the soothing surroundings of the Rasul chamber. This indulgent scrub will gently polish and refine your skin, preparing it for the next step. Immerse yourself in the rich experience of applying a luxurious mud treatment to your body, as the warm, aromatic steam envelops you, soothing both body and mind. After this rejuvenating self-care ritual, your therapist will guide you into deeper relaxation with a full-body massage, designed to restore balance and vitality, leaving you completely revitalised and renewed.

URBAN RITUALS

INDULGENT ESCAPE

4 hours GBP 695

This highly efficacious ritual offers the best of British natural skin care developed to restore your inner balance and build future resilience. This complete head to toe experience harnesses the power of natural products tailored by your expert therapist to our specific needs. Finish this Urban Ritual off with a healthy lunch in The Rosebery.

- Welcoming Foot Ritual - 10 minutes.
- The Lola Ritual (body scrub, body wrap, massage) - 2 hours 20 minutes.
- OSKIA Signature Facial - 1 hour 30 minutes.
- Lunch served in The Rosebery.

TIME FOR TWO

2 hours GBP 950 per couple

Escape into an afternoon of pure decadence and blissful pampering.

Enjoy two hours of fully bespoke treatment time, a truly holistic journey tailored entirely to your individual needs. Our highly skilled therapists will use their unique talents to craft a customised experience just for you, all within the serenity of our exclusive couple's treatment suite.

Relax and reconnect as you are treated to Champagne and chocolate-dipped strawberries, followed by our Winter Afternoon Tea in The Roseberry. The perfect ending to your indulgent escape.

TEA AND THERAPY

3 hours GBP 580

2 hours GBP 430

Indulge in an afternoon of complete decadence and pampering. This classic combination offers a bespoke spa experience within our exclusive spa environment followed by an indulgent afternoon tea experience.

- Welcoming Foot Ritual.
- Time Ritual - 3 hours/2 hours.
- Afternoon Tea served in The Rosebery.

MALE SELF CARE

2 hours 30 minutes GBP 435

Designed to give immediate results to your skin and release muscle tension.

- Gentleman's Facial - 1 hour
- Intelligent Movement - 1 hour 30 minutes

POWER OF THE ORIENT

2 hours 30 minutes GBP 445

Discover your Chinses Element with Oriental Qi. Inspired by Traditional Chinese Medicine this relaxing, hands-on body massage ritual works on the energy of the meridians' using the benefits of essential oils.

- Welcoming Foot Ritual 10 minutes
- Scrub 30 minutes
- Oriental Qi 1 hours 30 minutes
- Express Facial 20 minutes

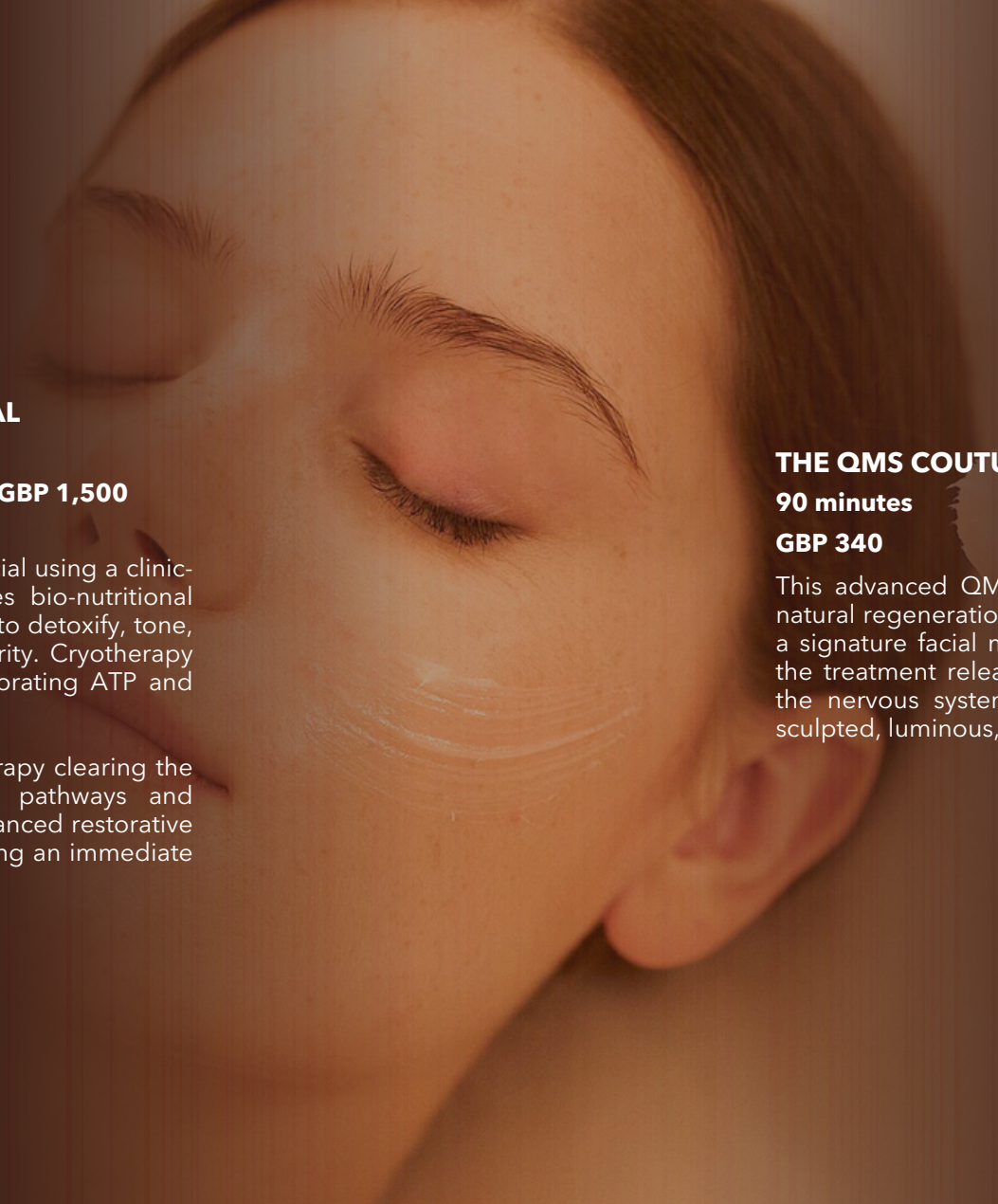
DETOX & RENEW BODY RITUAL BY CLINIQUE LA PRAIRIE HOLISTIC HEALTH

1 hour 30 minutes GBP 570

Remove toxins, cleanse your body and mind, restore balance and vitality with the 'Detox & Renew Your Body' rituals by Clinique La Prairie Holistic Health.

- A health & balance nutritional workshop 1 hour 30 minutes
- A Holistic Health Purity 2-month supply and complimentary candle

ADVANCED FACIALS



OSKIA - 30 c SUB-ZERO CRYOTHERAPY FACIAL

1 hour 30 minutes GBP 360

1 hour 30 minutes (course of 6 course treatments) GBP 1,500

Please note that treatment course is valid for 12 months.

Experience an incredible bio-hacking cryotherapy facial using a clinic-grade cryo unit at -30°C. This treatment combines bio-nutritional formulations and dynamic facial and scalp massages to detoxify, tone, and rejuvenate the skin while enhancing mental clarity. Cryotherapy targets the décolleté, face, neck, and scalp, incorporating ATP and collagen-boosting ingredients.

The 1 hour 30 minutes treatment starts with cryotherapy clearing the back lymphatic pathways, that clears lymphatic pathways and stimulates the Vagus Nerve. Reprogramming for enhanced restorative effects, promoting natural detoxification and delivering an immediate skin glow and uplifting hormones.

THE QMS COUTURE FACIAL

90 minutes

GBP 340

This advanced QMS facial stimulates microcirculation and supports natural regeneration for a smoother, brighter complexion. Combining a signature facial massage with QMS's Triple Action Collagen Mask, the treatment releases tension, promotes lymphatic drainage, calms the nervous system and deeply hydrates. Skin is left transformed sculpted, luminous, and revitalised.

ADVANCED FACIALS - 111SKIN

REPARATIVE FACIAL

60 minutes

GBP 250

A high-performance facial designed to deeply nourish and hydrate. Suitable for all skin types, its formulation is especially effective to calm and soothe damaged, inflamed, and irritated skin. Originally created to accelerate the post-surgery healing processes, this facial strengthens the skin barrier and enhances your complexion.

BLACK DIAMOND FACIAL

90 minutes

GBP 400

A luxurious anti-ageing facial experience designed to promote a youthful, sculpted appearance. The treatment gently exfoliates the skin, and utilises brightening actives, Fine Diamond Particles and 111SKIN's patented NAC Y²formula to reveal a smoother and more even skin tone.

111SKIN's Wrinkle Minimising Wand and signature deep facial muscle massage firm and sculpt the face along its natural contours resulting in a lifted, youthful appearance.

CRYO DE-PUFFING FACIAL WITH CRYO GLOBES

90 minutes

GBP 350

Harnessing cryo-inspired technology and re-energising formulas, this facial increases microcirculation, instantly diminishing puffiness and fatigue and rejuvenating lacklustre skin. A cooling globe massage encourages lymphatic drainage and detoxification, making the skin appear visibly brighter, toned, and refreshed.

ROSE GOLD RITUAL

120 minutes

GBP 500

A luxurious full-body and facial treatment using 111SKIN's Radiance Collection and calming aromatic practices. The body is exfoliated, then nourished with Rose Gold Oil and a rose quartz massage to restore smoothness and glow.

The facial deeply cleanses, brightens, and sculpts using ultrasonic technology and layered massage techniques, leaving skin calm, radiant, and even-toned while promoting total relaxation.

FACIALS

OSKIA SIGNATURE FACIAL

1 hour 30 minutes GBP 290

1 hour 30 minutes (course of 6 course treatments) GBP 1,300

Please note that treatment course is valid for 12 months.

Described as a non-surgical facelift, this luxurious, radiance- boosting facial ensures concerns and conditions are individually treated. Nutritional, biomimetic formulations are combined with a select number of modern and traditional glow-inducing techniques including dynamic-facial massage, acupressure points, high-tech led-light therapy, hot compresses, and cooled stones to ensure contours are smoothed yet lifted, and skin rediscovers its natural radiance.

OSKIA GENTLEMAN'S FACIAL

1 hour

GBP 230

The Gentleman's Facial is designed to leave your skin thoroughly cleansed, refreshed and hydrated. Natural, scientifically advanced products are used to enhance the deep steam cleanse and stimulating facial massage. Cool eye stones awaken even the most tired eyes, while a focused neck and shoulder massage helps to soothe and revive both mind and body, leaving you feeling relaxed and looking sharper.



BODY TREATMENTS

Please note there is a minimum booking time of 90-minutes.

OSKIA DYNAMIC BODY SCULPTING MASSAGE TREATMENT

1 hour 30 minutes GBP 295

This transformative Brazilian Sculpting Massage smooths cellulite, enhances contours, and elevates body confidence. Expert lymphatic techniques and antioxidant-rich oils sculpt the legs, waist, arms, and glutes. Advanced cryotherapy enhances microcirculation, while precision wooden tools support both deep tissue works and gentle lymphatic drainage, leaving the body visibly firmer and beautifully revitalised.

OSKIA FACE & BODY TREATMENT

1 hour 30 minutes GBP 290

A sensational experience, The Luxury Face & Body Treatment combines our most luxurious radiance- boosting and anti-ageing facial techniques with the very best relaxing massage to entirely renew your complexion and your sense of well-being and ensure you leave radiating with good health.

OSKIA CIRCADIAN SYNCING DEEP SLEEP TREATMENT

1 hour 30 minutes GBP 295

Experience unparalleled serenity with this luxurious, multiphase, circadian- syncing massage treatment, a meticulously crafted experience designed to influence sleep, mental well-being, body systems as well as skin vitality. Once the breath deepens, the body relaxes and the therapist slowly and gently massages & cocoons every expanse of skin and pulse point with sumptuous mists warm oils and balms, therapeutically laced with magnesium, melatonin and CBD*. This profound yet harmonious combination works to naturally promote deep relaxation and sound sleep.
*(*CBD optional)*

SPA TREATMENT ENHANCEMENTS

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

Please note these enhancements can only be booked as an add-on.
All priced at GBP 40

LUXURY HAND RITUAL

After a stressful day, there is nothing better than a nice relaxing hand massage, which will have a beneficial effect in reducing the tensions that build up after the constant use of digital devices during the day.

REJUVENATING FOOT RETREAT

Treat hard-working feet with reflexology points and an intensive mask to soften and nourish the sole.

ILLUMINATING EYE INDULGENCE

A dedicated treatment for the eyearea to relieve fatigue. The application of our luxurious eye cream and massage with cold stones, helps minimise signs of stress and fatigue.

CALMING SCALP RITUAL

A soothing scalp massage with hot oil to help nourish and soothe the scalp.

RESTORATIVE MINDFULNESS RETREAT

Add a therapeutic sound therapy through singing bowl experience to start and end the treatment to give calmness to one's well-being.

BODY MASSAGE

INTELLIGENT MOVEMENT

1 hour 30 minutes GBP 305

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. Intelligent Movement incorporates the Hypervolt Percussion.

THE LOLA RITUAL

2 hours GBP 370

Surrender to the ultimate in luxury with this exquisite full-body ritual, designed to nourish, detoxify, or energise. Your journey begins with a decadent full-body scrub, followed by a lavish wrap infused with one of Lola Apothecary's opulent blends, and concludes with a deeply soothing, full-body massage to melt away every trace of tension.

Choose from:

- Breath of Clarity - Awaken the senses of both mind and spirit.
- Cacao Antioxidant Wrap - A revitalising infusion for radiant skin and renewed energy.
- Caffeine-Infused Wrap - A detoxifying boost to sculpt and awaken.
- Delicate Romance - A nourishing embrace of floral serenity.

THERAPEUTIC

1 hour 30 minutes GBP 305

This deeply restorative treatment is designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

BODY SCRUB

30 minutes GBP 140

Pamper your skin with a lavish exfoliation in your preferred scent:

- Breath of Clarity - A cooling, invigorating scrub to awaken the senses.
- Euphoric Indulgence – A warm, orange-infused scrub for deep comfort.

ROSE INDULGENCE MATERNITY MASSAGE

1 hour 30 minutes GBP 280

This wonderful pregnancy massage uses the healing benefits of Lola Apothecary's rose oil to balance hormones, calm emotions and rejuvenate the skin. Using techniques designed to improve lymphatic drainage and help reduce swelling and discomfort, the treatment is performed on a pregnancy comfort cushion, using only all-natural ingredients.

PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Bastien Gonzalez is internationallyrenownedfor his unique approach to foot treatments. Drawing on extensive professional expertise and experience as a French "Pedicure-Podologue", he has designed and developed a selection of exclusive treatments for feet, nails and hands fusing both wellbeing and beauty.



BASTIEN DUO

1hour 15 minutes GBP 260

Combining a manicure and pedicure, this treatment is performed at the same time with two therapists, concluding with our synchronized four hands massage focusing on hands, arms, legs and feet. The ultimate in luxury and total relaxation.

BASTIEN PEDICURE

1 hour GBP 160

A comprehensive pedicure, with gentle buffing to restore the natural beauty of the nails, revealing healthy, shiny nails without lacquer. The pedicure also includes a skin treatment that effectively eliminates irregularities and dryness and a relaxing massage from the toes to the knees to relieve any tension and heaviness.

BASTIEN MANICURE

1 hour GBP 135

An outstanding manicure in three steps: cuticle and nail treatment with a natural beauty finish to the nails and a thorough massage of the forearms, wrists, hands, and fingers.

BASTIEN GONZALEZ ENHANCMENT TREATMENTS

GLOBAL REFOUNDATION MASSAGE

30 minutes

GBP 135

This treatment includes a deeply relaxing synchronized four- hands treatment including an arms, hands, legs and foot massage to eliminate tension and heaviness, while improving skin elasticity and providing optimum mobility. This indulgent treatment ensures both feet and hands feel rejuvenated as the two therapists work in perfect harmony

FOOT REFOUNDATION MASSAGE

45 minutes GBP 185

30 minutes GBP 130

Designed to restore wellbeing to feet and legs. This truly relaxing massage from the toes up to the knees focus on reducing muscle tension and improving joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub assists in the penetration of the cream used during the massage.

BLACK DIAMOND SCRUB TOUCH

30 minutes

GBP 35

Elevate your pedicure and manicure by adding the Black Diamond Scrub Touch. This mineral foaming scrub permits a vigorous natural exfoliation, aiding the removal of dead skin cells and leaving skin feeling smooth and silky. Essential oils of thyme and sage contribute to the maintenance of healthy and elegant feet and hands.

COLOUR TOUCH

15 minutes

GBP 35

Select your preferred colour from our wide range of lacquers, which are formaldehyde, toluene and DBP free. This treatment includes nail reshaping.

SPA PACKAGES

REVITALISING SPA DAY

GBP 460

Escape the pace of the city with a day dedicated to relaxation and renewal. Enjoy a facial, restorative massage and full access to The Spa's heat and water facilities, before completing your experience with lunch in Hyde Park Garden.

- 60-minute 111SKIN Reparative Facial
- 30-minute massage
- Use of water and heat facilities
- Lunch in Hyde Park Garden

MANDARIN SPA DAY

GBP 150

Enjoy a moment of serenity in the heart of the city with full daytime access to The Spa's state of the art heat and water facilities, pool and gym.

MANDARIN FITNESS RESET - FULL DAY

GBP 680

An immersive experience combining advanced fitness testing with meaningful recovery. Pairing our Movement Capacity Profile - analysing biomechanics, posture, metabolic capacity, muscle mass and hydration - with dedicated time to act on the results. Enjoy full use of the Spa, a restorative lunch at Hyde Park Garden, and a 90-minute Intelligent Movement session tailored to your individual needs.

MANDARIN FITNESS RESET - HALF DAY

GBP 350

A comprehensive fitness assessment using our Movement Capacity Profile, offering a full-body analysis of biomechanics and posture, alongside insights into metabolic capacity, muscle mass and hydration levels.

TERMS & CONDITIONS

SPA	Monday - Sunday	9:00am - 9:30pm
POOL	Monday - Sunday	6:30am - 9:30pm
FITNESS CENTRE	Monday - Sunday	6:30am - 9:30pm

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 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 45 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.

MINIMUM BOOKING TIMES

For treatments lasting 1 hour and 30 minutes or more, guests are welcome to enjoy our separate male and female spa facilities, which include a sauna, steam room, experience shower, and vitality pools as part of their spa experience. Spa treatments of two hours or more also include complimentary access to our 17-meter swimming pool.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 18 without written consent from a parent or guardian. For more information on our children's fitness and spa services please contact the spa via molon-spa@mohg.com

ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation.

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

MANDARIN ORIENTAL

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