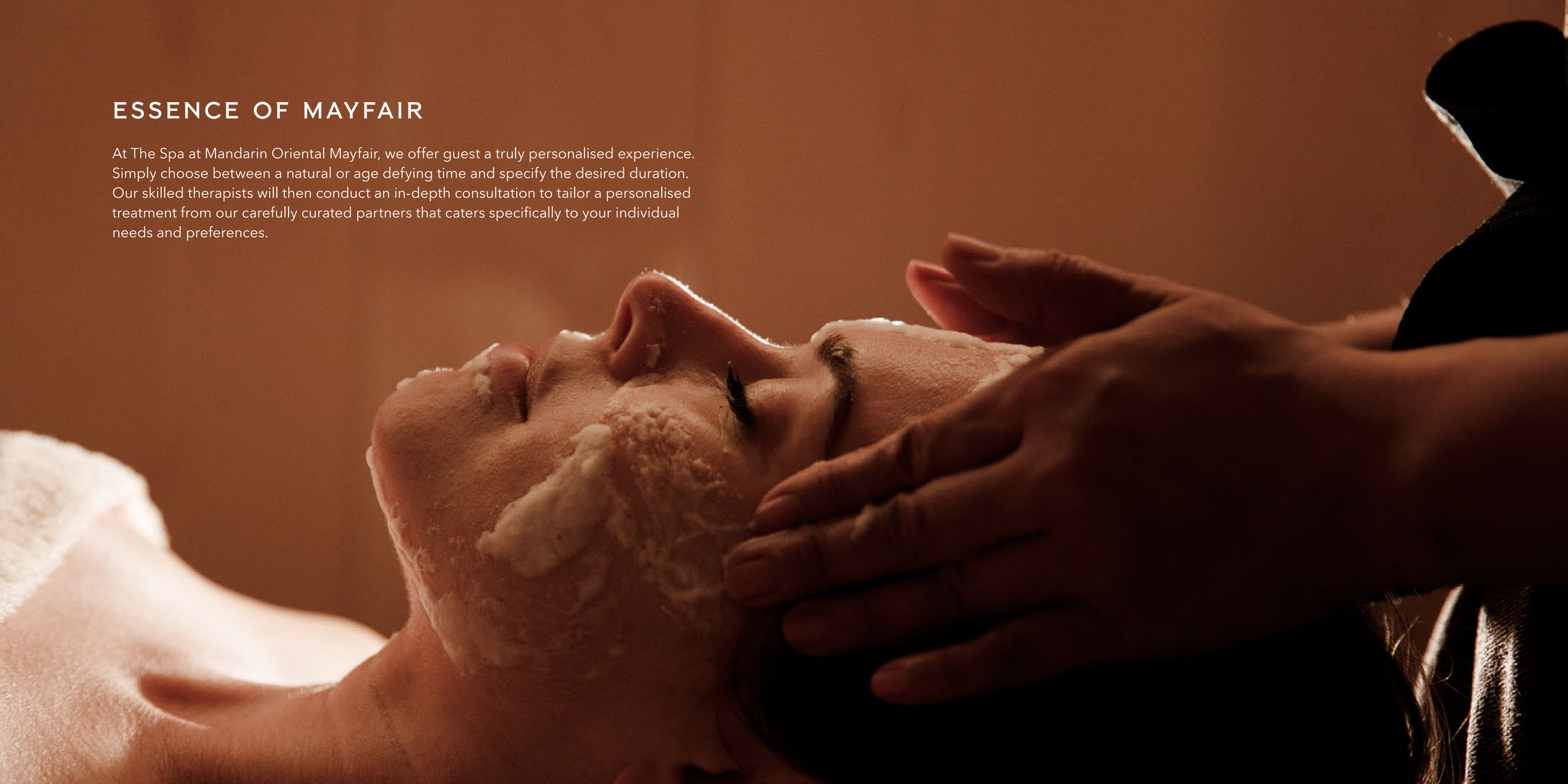

THE SPA
AT
MANDARIN ORIENTAL
MAYFAIR
LONDON



The Spa at Mandarin Oriental Mayfair provides the perfect antidote to the fast pace of London life, offering an urban utopia in the heart of Mayfair. The spa features an indoor 25-metre heated swimming pool, sauna, vitality pools, experience shower and steam room, along with a state-of-the-art gym, an innovative array of bespoke wellness treatments, and thoughtfully crafted wellness experiences, led by London's most respected yoga, Pilates, and mindfulness practitioners. A serene location to unwind and enjoy time for yourself.

ESSENCE OF MAYFAIR

At The Spa at Mandarin Oriental Mayfair, we offer guest a truly personalised experience. Simply choose between a natural or age defying time and specify the desired duration. Our skilled therapists will then conduct an in-depth consultation to tailor a personalised treatment from our carefully curated partners that caters specifically to your individual needs and preferences.



MAYFAIR RADIANCE
THE ULTIMATE GLOW FACIAL

2 hours | 440 GBP

Designed to deeply revitalise and refresh the skin, this results-driven facial is inspired by the majestic Iris, Swiss Perfection's iconic flower. The treatment begins with gentle microdermabrasion to smooth and refine the complexion, followed by cryotherapy to energise the skin, boost circulation and enhance luminosity.

Infused with Swiss Perfection's exclusive Cellular Active IRISA® technology and supported by a high-frequency device, the experience works at a cellular level to restore vitality, enhance radiance and help preserve youthful skin. Each treatment is fully customised to deliver visible rejuvenation and long-lasting results.



MAYFAIR RESET FOR MIND AND BODY

2 hours | 440 GBP

Enter a world of deep tranquillity with this immersive ritual designed to relieve stress, restore balance and calm the mind. The experience features a 1 hour 30 minutes bespoke massage, with a particular focus on the head, neck and upper body, tailored in consultation with your therapist to meet your individual needs.

The treatment is followed by binaural vibroacoustic therapy, using advanced touchless technology to further quieten the mind, ease mental tension and encourage a profound sense of relaxation. Together, these elements work in harmony to ground the senses, release emotional and physical fatigue, and leave you feeling fully restored.



SIGNATURE THERAPIES

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





SLEEPFULNESS

1 hour 30 minutes | 320 GBP

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.

INNER BALANCE

1 hour 30 minutes | 320 GBP

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 | 320 GBP

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.

TECH DETOX

1 hour 30 minutes | 320 GBP

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.

TIME

At The Spa at Mandarin Oriental Mayfair, we offer guest a truly personalised experience. Simply choose between a natural or age defying time and specify the desired duration. Our skilled therapists will then conduct an in-depth consultation to tailor a personalised treatment from our carefully curated partners that caters specifically to your individual needs and preferences.



Seed to Skin Tuscany goes beyond the purely natural trend, combining the power of nature's restorative properties with the results-driven efficiency of advanced Green Molecular Science and is created using the purest natural raw ingredients originated and sourced from their very own organic farm in Tuscany. Each treatment is formulated with highly effective botanicals proven to reach the skins deepest layers, delivering long lasting results.

NATURAL TIME FOR YOU

2 hours	*395 GBP*
1.5 hours	*310 GBP*
1 hour	*220 GBP*

Experience personalised treatments designed for your unique needs through an in-depth consultation. Choose between facial, body, or combined treatments, to address specific concerns such as brightening, hydrating, toning, and balancing. Alternatively, indulge in body treatments like a salt scrub, Tuscan candle massage, or an energising detox wrap to release water retention and improve circulation, providing a transformative experience tailored to your preferences.

A double treatment room is available for those wishing to book together. Subject to availability.





FACIALS

Restore your glow with a bespoke facial at Mandarin Oriental Mayfair, combining expert techniques and luxurious skincare to leave your complexion refreshed, radiant and renewed.

ON THE GLOW EXPRESS FACIAL

25 minutes | 120 GBP

Designed for instant radiance, the On the Glow Facial delivers visible results in just 25 minutes. Using Sapphire Dust's signature Swiss-formulated products, this express treatment combines gentle exfoliation with sapphire microparticles and natural enzymes to refine and brighten the skin.

Deep hydration, along with a potent blend of peptides and antioxidants, works to restore and revitalise, while specialised massage techniques enhance circulation and promote a lifted, sculpted appearance.

Ideal for those short on time, this results-driven facial reduces puffiness, smooths and defines facial contours, and leaves the complexion luminous and refreshed. Techniques include anatomical facial massage, lymphatic drainage and ice globe therapy for a targeted, high-performance finish.



AGE DEFYING

Swiss Perfection are the first brand to introduce plant cell extraction technology to cosmetics, and is at the forefront of cutting-edge skincare, producing high-end formulas that offer clear and visible results. Designed with the brand's signature complex Cellular Active IRISA®, Swiss Perfection treatments combine highly effective antioxidant ingredients and advanced techniques to revitalise and rejuvenate the skin at a cellular level. Cell metabolism is intensely stimulated, and skin's natural renewal process enhanced. True to its belief in striving for Swiss essence and excellence, the entire range of products is formulated, manufactured and packaged in Switzerland.

AGE DEFYING FACIAL

1 hour 30 minutes | 345 GBP
1 hour | 235 GBP

Based on a consultation with your therapist, choose from an inspired menu of cellular treatments, which blend a collection of remarkable high-tech formulas designed to boost hydration, infuse skin with ultra-pure collagen, brighten and illuminate the complexion. The facial contours will be spectacularly improved, and the cutaneous system regenerated at a cellular level.

MOTHER-TO-BE RITUAL

1 hour 30 minutes | 300 GBP

This nourishing and restorative treatment combines relaxing techniques to nurture the mother-to-be in a time of change. Easing away tension with a back massage tailored to individual needs, using a restorative oil that is instantly absorbed, rich in vitamins, minerals and fatty acids. Gentle skin brushing of the legs buff away dead skin cells and stimulate blood circulation. The “Bump Facial” focuses on the expanding abdomen area to help soften the skin, reduce itchiness and help with the prevention of stretch marks. The ritual includes a Seed to Skin Tuscany facial, personalised to meet the needs of a mother-to-be skin. A soothing, regenerative treatment for a complete state of well-being and calm.



MINI MO MASSAGE

Ages 10-18

30 minutes | 110 GBP
1 hour | 110 GBP

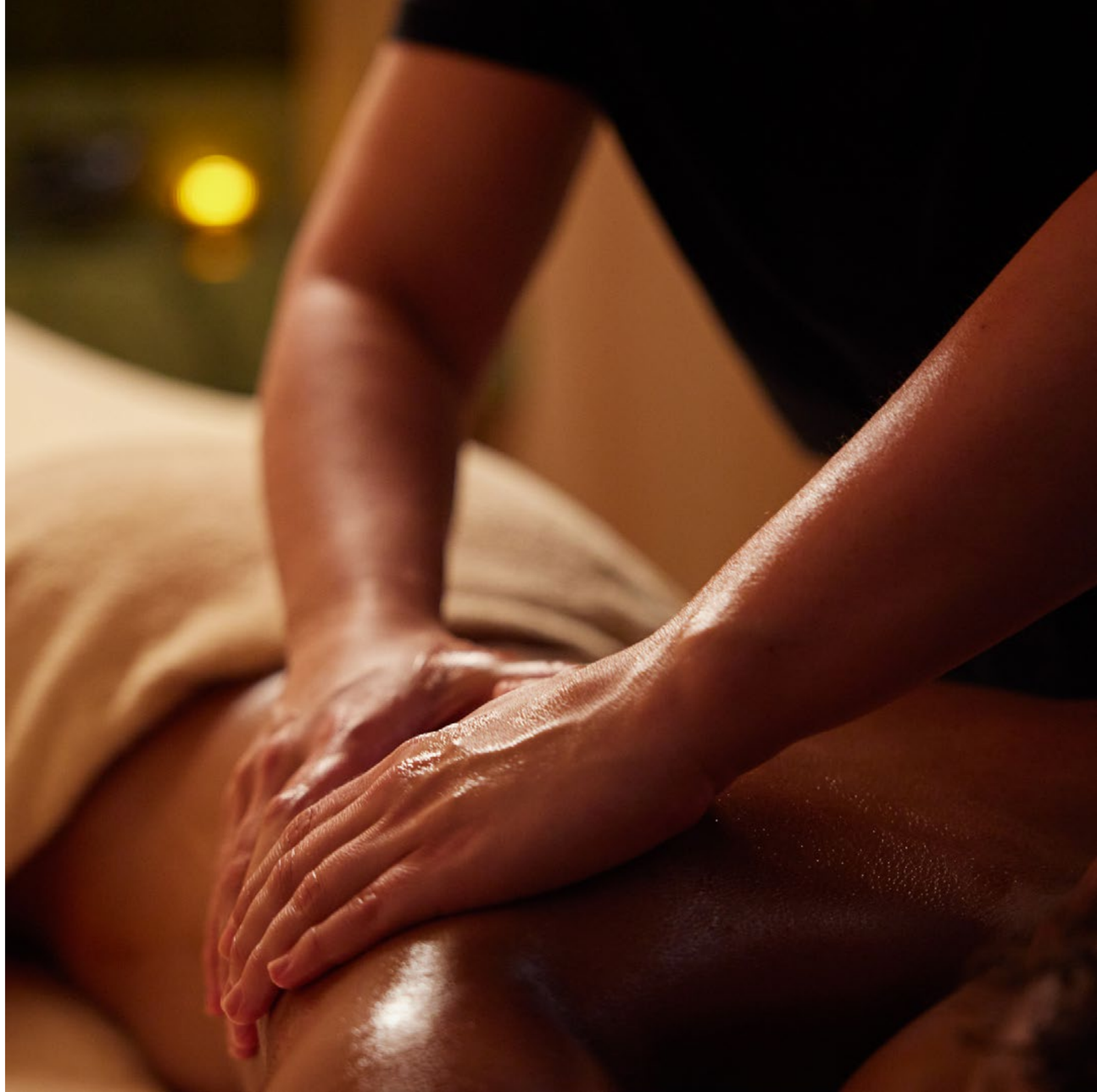
Wonderful and relaxing, this package includes a nourishing scalp treatment and a head, neck, and shoulder massage to ease the stress of teenage life.

MINI MO YOUNG SKIN FACIAL

Ages 5-18

30 minutes | 110 GBP
1 hour | 110 GBP

Setting a protective skincare regime at a young age is important for a healthy, future complexion. During this pampering facial, skin will be gently cleansed and enriched. Following the relaxing face massage, the spa treatment concludes with lightweight, hydrating-products to preserve fresh, healthy, soft skin.





LUXURY HAND RITUAL

15 minutes | 40 GBP

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.

REJUVENATING FOOT RETREAT

15 minutes | 40 GBP

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



ILLUMINATING EYE INDULGENCE

15 minutes | 40 GBP

A dedicated treatment for the eye area 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

15 minutes | 40 GBP

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

RESTORATIVE MINDFULNESS RETREAT

15 minutes | 40 GBP

Add a therapeutic sound therapy singing bowl meditation to the start and end of the treatment to give calmness to your well-being.



BINAURAL VIBROACOUSTIC THERAPY

The Binaural Acoustic and Dynamic Stimulation is a computercontrolled acoustic and vibrational therapy that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, based on extensive scientific research, making it possible for even the busiest minds to achieve deep levels of relaxation in one therapy session.

Similar to meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centres (chakras) of the body.

The foundational therapy is Quantum Harmonic audio therapy. It delivers symptom-reducing and resilience-building multi-layered programs through stereo headphones. Your chosen therapy can also be combined with any treatment from the spa menu to provide a personalised experience.

BENEFITS OF BINAURAL VIBROACOUSTIC THERAPY

- Anti-inflammatory
- Mood enhancement and stress reduction
- Improves sleep quality and quantity
- Supports treatment of PTSD
- Aids power napping and relaxation
- Increased creativity
- Increases concentration
- Eases anxiety and helps to manage panic attacks

BINAURAL VIBROACOUSTIC THERAPY

BENEFITS OF BRAINWAVE FREQUENCIES

Delta: 1-4 Hz. Delta is the lowest frequency state, and is linked to:

- Deep sleep
- Healing and pain relief
- Deep meditation
- Anti-ageing: cortisol reduction
- Access to the unconscious mind

Theta: 4-8 Hz. Theta binaural beats benefits include:

- Meditation
- Deep meditation
- Aids creativity

Alpha: 8-14 Hz. When you are in an Alpha state of mind, your brain is focused and productive. Alpha brain waves help you to:

- Relax and focus
- Reduce stress
- Maintain positive thinking
- Increase your learning capabilities
- Easily engage in activities and the environment

Beta: 14-30 Hz. Beta is a higher frequency brainwave and helps to:

- Keep your attention focused
- Think analytically and solve problems
- Stimulate energy and action
- Maintain high-level cognition

Gamma: 30-100 Hz. Gamma brain waves help to:

- Increase cognitive enhancement
- Increase attention to detail
- Aid with memory recall
- Provide a different way of thinking



BINAURAL VIBROACOUSTIC THERAPY

These programmes are the result of scientific research which determined that 22 minutes is the optimal treatment time to achieve the best results. Choose from the following:

STRESS RELEASE

22 minutes | 80 GBP

This therapy is recommended for first-time guest's to foster a deeply relaxed yet present state of mind. Operating in the Alpha brainwave category and targeting a brainwave frequency within the 10Hz range.

MINDFULNESS

22 minutes | 80 GBP

This therapy activates creativity, insight, dreams, and light sleep, often associated with REM sleep, and provides a relaxing experience. It will leave the guest able to process cognitive thoughts and be fully present, yet deeply relaxed by turning off the conscious mind whilst keeping the subconscious active, operating in the Theta brainwave category and targeting a frequency in the 6Hz range.



POWER NAP

22 minutes | 80 GBP

This therapy fosters a regenerative state associated with deep sleep which is the most restorative part of a person's sleep cycle. The Delta level is the brainwave state where our body releases serotonin, melatonin and endorphins that are responsible for feelings of wellbeing, operating in a very deep Theta level (4Hz range), transitioning into the Delta level (2-3Hz).

AWAKEN

22 minutes | 80 GBP

The most innovative therapy of the group and provides conditions for increased perception, learning, and problem solving. Instead of lowering the brainwave levels this programme raises the brainwave levels to around 40Hz, in the Gamma range. Recent research shows that Gamma brainwaves improve cognitive function and memory, they are also the brainwaves associated with compassion and gratitude.





THE ENERGY LOUNGER AT THE SPA

20 minutes | 80 GBP

Indulge in the benefits of red and infrared light therapy as you relax in unparalleled comfort and style.

The EnergyLounger is a revolutionary full-body red and near-infrared light therapy lounger specifically designed to promote relaxation, rejuvenation, and overall holistic health and wellness.

The device activates the body's natural healing processes, while also being effective at reducing stress, alleviating pain and stiffness, and improving overall skin health.

Its ergonomic design offers an immersive and relaxing experience for anyone that lies down on the lounger. You will be so relaxed and rejuvenated in an improved way like never before, and continually return to it for additional sessions.



HEALTH & WELLBEING

Experience wellness re-imagined with The Yoga Class at The Spa at Mandarin Oriental Mayfair – a collaboration that blends power of ritual over routine, recovery over performance, and intentional presence over passive relaxation – bringing together studio grade movement, meditation and spa.



REFORMER PILATES

1 hour | 180 GBP

Low-impact, high-precision movement using the Reformer to sculpt the body, improve posture, and build core stability.

MAT PILATES

1 hour | Single: 180 GBP; Double: 100 GBP each

A dynamic full-body session focusing on control, alignment, and deep core activation – ideal for everyday strength, sculpting, and spine support.

MAT BARRE

1 hour | Single: 180 GBP; Double: 100 GBP each

Ballet-inspired conditioning blended with Pilates for a lengthening, toning workout that targets the arms, glutes, and core.



DYNAMIC YOGA (VINYASA, POWER)

1 hour | Single: 180 GBP; Double: 100 GBP each

A flowing, breath-led practice to energise the body, strengthen muscles, and build heat – ideal for improving tone, focus, and flow.

RESTORATIVE YOGA

1 hour | Single: 180 GBP; Double: 100 GBP each

A calming, deeply supportive session using long-held poses to release tension, calm the nervous system, and restore inner balance.

RETREATS

Designed as immersive journeys rather than standalone treatments, our bespoke wellness retreats offer a holistic approach to restoring balance, vitality and inner calm. Blending advanced techniques with deeply restorative therapies, each experience is thoughtfully curated to address both mind and body–from enhancing radiance and cellular renewal to relieving stress and promoting overall wellbeing. Set within our tranquil Mayfair sanctuary, these transformative rituals invite you to disconnect from the demands of daily life and reconnect with a renewed sense of self.





ESCAPE BELOW THE CITY

4 hours | 420 GBP per person

Escape Below the City invites you to slow down and reconnect with yourself through a personalised spa journey designed entirely around your needs. Choose between facial, body, or combined treatments, allowing your therapist to create a bespoke experience focused on relaxation, restoration and renewal.

Following your treatment, continue your wellness journey with a set lunch at Atrium Restaurant, where refined flavours and a sophisticated setting provide the perfect complement to your time of calm. This thoughtfully curated experience offers a natural rhythm of indulgence, balance and tranquillity– time, entirely, for you.

- Half-day access to The Spa & Fitness facilities
- Natural Time For You 2 hours
- Nourishing set lunch served in Atrium Restaurant



RISE AND REJUVENATE RETREAT

4 hours | 435 GBP per person

Begin your day with a nourishing breakfast served in the elegant surroundings of Atrium Restaurant. Following breakfast, enjoy a private one-hour yoga or Pilates session, or choose a an Intelligent Movement treatment tailored to your individual goals, designed to restore balance, improve mobility and invigorate both mind and body. Extend this rejuvenating escape through the afternoon with half-day access to The Spa & Fitness facilities, allowing time to unwind, reset and fully embrace the wellness experience.

- Half-day access to The Spa & Fitness facilities
- Breakfast in Atrium Restaurant
- Private yoga or Pilates session 1 hour
- Intelligent Movement 1 hour 30 minutes (Massage)



DETOX AND RESTORE

4 hours | 350 GBP per person

Step away from daily demands and restore your natural balance with this revitalising detox experience. Enjoy half-day access to The Spa & Fitness facilities, allowing you time to unwind, move and reset at your own pace.

The journey continues with a 1 hour 30 minutes Tech Detox Massage, designed to release tension built up from screen use, ease muscular fatigue and encourage deep relaxation. Complete your experience with a healthy detox juice, thoughtfully prepared to refresh and nourish from within leaving you feeling lighter, clearer and fully restored.

- Half-day access to the Spa & Fitness facilities
- Tech Detox 1 hour 30 minutes (Massage)
- Healthy Detox Juice



A MOMENT OF MAYFAIR DAY PASS

4 hours | 150 GBP per person

Step away from the rhythm of Mayfair and immerse yourself in a moment of calm with our A Moment of Mayfair Day Pass. Enjoy four hours of access to The Spa & Fitness facilities, offering space to unwind, restore and reset in serene surroundings.

Begin your experience with a refreshing arrival beverage, then relax further with a selection of healthy snacks , thoughtfully curated to nourish and energise. A refined pause in the heart of Mayfair– designed for complete relaxation and renewal.

- 4 hours access to The Spa & Fitness facilities
- Healthy snack and nut selection
- Arrival kombucha

Guests must be 18 years or over to access the spa with a day pass



MEMBERSHIP

Discover a membership designed to elevate everyday wellbeing into a truly luxurious experience.

Our Wellness Membership offers exclusive access to a state-of-the-art fitness centre, a serene spa sanctuary featuring a 25-metre pool, sauna and vitality experiences, and a curated programme of bespoke sessions–from personal training and Pilates to nutrition and physiotherapy. Whether you're seeking balance, performance or pure relaxation, each tier of membership is thoughtfully crafted with generous benefits, including restorative treatments, guest privileges, and preferred pricing on spa services, ensuring your wellness journey is as rewarding as it is transformative.

For more information on Memberships, please call +44 (0) 20 7123 6263 or email momay-spa@mohg.com.

THE MONTHLY MEMBERSHIP

495 GBP per month

- Use of Fitness Centre featuring state-of-the-art Technogym equipment, Reform RX Pilates machine, and a private personal training studio.
- Use of The Spa's wellness and relaxation areas: including 25-meter swimming pool, sauna, steam room, experience shower and vitality pools.
- Access to bespoke sessions such as - Personal Training, Yoga, Pilates, Swimming, Physiotherapy, Functional Treatment and Nutrition consultation.
- Complimentary refreshments and healthy snacks
- 15% discount on all spa treatments (excluding The Yoga Class by Laura Dodd).
- 15% discount on all spa retail.
- 1 Guest pass



THE 6-MONTH MEMBERSHIP

2,400 GBP

- Use of Fitness Centre featuring state-of-the-art Technogym equipment, Reform RX Pilates machine, and a private personal training studio.
- Use of The Spa's wellness and relaxation areas: including 25-meter swimming pool, sauna, steam room, experience shower and vitality pools.
- Access to bespoke sessions such as - Personal Training, Yoga, Pilates, Swimming, Physiotherapy, Functional Treatment and Nutrition consultation.
- Complimentary refreshment and healthy snacks
- 1x 60 minutes treatment of your choice
- 15% discount on all spa treatments (excluding The Yoga Class by Laura Dodd).
- 15% discount on all spa retail.
- 6 Guest passes

Guests must be 18 years or over to access the spa with a day pass



THE 1-YEAR MEMBERSHIP

4,400 GBP

- Use of Fitness Centre featuring state-of-the-art Technogym equipment, Reform RX Pilates machine, and a private personal training studio.
- Use of The Spa's wellness and relaxation areas: including 25-meter swimming pool, sauna, steam room, experience shower and vitality pools.
- Access to bespoke sessions such as - Personal Training, Yoga, Pilates, Swimming, Physiotherapy, Functional Treatment and Nutrition consultation.
- Complimentary refreshment and healthy snacks
- 1x 60 minutes treatment of choice.
- 1x one-to-one 60 minutes coaching session
- 1x 30 minutes Normatec compression experience
- 15% discount on all spa treatments (excluding The Yoga Class by Laura Dodd).
- 15% discount on all spa retail.
- 12 Guest passes

Guests must be 18 years or over to access the spa with a day pass





TERMS & CONDITIONS

OPENING HOURS
Spa Treatment
Monday to Sunday | 9:30am - 8:30pm
Swimming Pool
Monday to Sunday | 7:00am - 9:00pm

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 the spa reception at least 15 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. Kindly note 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 25-meter swimming pool, sauna, steam room, experience shower, and vitality 60 minutes prior to the scheduled appointment time as part of their spa experience.

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 momay-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
MAYFAIR LONDON

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