



THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
KUALA LUMPUR



## OPERATION HOURS 10am to 10pm

Welcome to The Spa at Mandarin Oriental, Kuala Lumpur.

Journey with us to a place of total relaxation that prioritises self-care, relaxation, and rejuvenation.

Our spa menu features a variety of options from total-body massages, focused treatments, and signature therapies, for a complete spa experience.

Customised treatments are available for sessions longer than two hours, please enquire at the spa reception where our certified therapists will be happy to help.





## ESSENCE OF KUALA LUMPUR

### TROPICAL RAINFOREST 2 hours 30 minutes | RM900

Indulge in an exotic spa journey with a rejuvenating signature foot ritual, followed by a personalised tropical spa body treatment composed of body polish and wrap of choice embodying the healing traditions and beauty rituals originating from many corners of Malaysia. The Urut Melayu will ease your muscle tension by focusing on individual pressure points and the application of aromatic oils contains Malaysia's homegrown herbs and spices.

### BORNEO RITUAL 2 hours 30 minutes | RM900

Immerse yourself in the heady aromas of East Malaysia with ingredients such as cloves, ginger, nutmeg, kaffir lime and cinnamon. The blend will enhance tranquillity for your mind, body, and soul. The Boreh spice mix gives off the ultimate warm aromatic sensation to help boost circulation and revitalise the skin tone. Warm coconut oil will be drizzled into your hair, in preparation for a signature scalp massage to help stimulate your senses while leaving your hair silky to the touch. The ritual is concluded with a bespoke facial treatment.

### TENANG TENANG 2 hours 30 minutes | RM900

Restore wellbeing and improve peace-of-mind with a shower ritual utilising a combination of a heady blend of Borneo Pine, sandalwood body scrub and Pandan leaf infused water. Followed by a full body massage with deep tension release movements and the traditional elements of Tungku (a compressed herbal poultice of kaffir lime leaf and lemongrass) known for easing stress and enhancing circulation to leave you in complete tranquillity inside and out.

# PROGRAMMES

## HALF DAY | TRADITIONAL INDULGENCE

3 hours | RM1,200

Experience the many faces of Malaysia in one Spa Journey. This three-hour programme brings the best of the prevailing Malay, Chinese and Indian cultures, and practices, for a holistic pampering

- Welcoming Foot Ritual
- Malay inspired: Borneo Coffee Scrub
- Chinese inspired: Oriental Qi
- Indian inspired: Indian Head Massage
- Relaxation time in Private Treatment Room

## INNER PEACE

3 hours | RM1,200

This top-to-toe programme helps refresh the mind and body while at the same time adding a touch of beauty to achieve balance and contemplation. This is an ideal retreat from the demands of city life.

- Welcoming Foot Ritual
- Oriental Foot Therapy
- Choose from: Aromatherapy or Lymphatic Massage
- On-the-Run Facial
- Relaxation time in Private Treatment Room

## QUINTESSENCE ESCAPE

3 hours | RM1,200

A therapeutic and timeless journey of pure serenity that will leave you feeling complete and holistically pampered after an expertly prepared sequential treatment.

- Welcoming Foot Ritual
- Quintessence Body Scrub
- Oriental Essence
- Bespoke Facial
- Relaxation time in Private Treatment Room

## ROMANCE OF ROSE

2 hours 30 Minutes | RM1,500 for two

The treatment begins with a soothing foot ritual of grounded rose petals and continues with a natural sundried sea salt scrub for deep exfoliation, assisting with smoothening body circulation. This is followed by a full body massage using a choice of luxurious renewing rose oil. The treatment is meant to uplift the spirit to relax the mind and body. Especially designed for couples.

- Welcoming Foot Ritual
- Rose Body Polish
- Personalised massage
- Relaxation time in Private Treatment Room

## MATERNITY BLISS

2 hours 30 minutes | RM900

A pampering spa experience during this special time in your life as our therapists prepares your mentally and physically for the arrival of your littler wonder.

- Welcoming Foot Ritual
- Mum to Be (1 Hour)
- Vital Scalp Massage
- Mandarin Oriental Pedicure
- Relaxation time in Private Treatment Room

## FLEX, FLOW, FEAST

4 hours | RM1,200

Embark on a blissful retreat journey, starting with rejuvenating yoga session with our resident practitioner, followed by a soothing steam bath and sauna experience to cleanse and rejuvenate the body, complemented by a nourishing and healthy lunch by the tranquil waters at AQUA Restaurant & Bar to replenish the senses, and conclude with a soul-soothing sound bath healing with Tibetan and Crystal singing bowl.

- Yoga Session
- Steam Sauna and hot tub
- Lunch at Aqua
- Sound Bath Healing

## SIGNATURE THERAPIES



### TIME RITUALS

2 hours | RM780

Book a two-hour time ritual and enjoy the most holistic experience possible. Our therapists will utilise their individual talents to create and customise treatments to your unique, individual needs.

### INNER STRENGTH

2 hours | RM740

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety, resulting in a refreshed mind and a rejuvenated body.

### ORIENTAL QI

1 hour 30 minutes | RM600

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 to create balance of mind and body.

### DIGITAL WELLNESS ESCAPE

1 hour 30 minutes | RM600

A restorative treatment concentrated on the head, eyes, neck, shoulders, hands, and feet, aims to ease stresses and strains resulting from frequent use of digital devices.

### ORIENTAL ESSENCE

1 hour 30 minutes | RM580

Using custom-blended Oriental oils and movements inspired by traditional Oriental therapies, this tension-bursting massage treats the whole body, focusing on traditional stress-holding areas such as the back, neck, and shoulders.



## MASSAGE

Enjoy deep relaxation and aromatic scents in massages aimed at reducing stress and restoring body balance. Light to medium pressure.

### DEEP SLEEP

2 hours | RM720

Begins with a warming foot ritual, followed by a head-to-toe massage using a therapeutic and nourishing blend of vetiver, camomile, and sandalwood. It is combined carefully and using applied pressure techniques, aims to balance the nervous system and calm an overactive mind. This is combined with a Tibetan sound healing ritual, which is the perfect combination to induce a deep sense of tranquillity and a good night's sleep.

### AROMA STONE

2 hours | RM720

This relaxing massage uses heated stones to generate energy to create a sense of balance and calm as well as providing relief to deep-seated muscle tension. A Native American Indian practice, Stone therapy has been used since ancient times as a soothing and healing treatment.

### TUNGKU HERBAL

2 hours | RM720

Target at areas of tension, the combination of herbs in a poultice blended with oil and the use of concentrated pressure techniques will help dissolve the body's aches and strains. This treatment helps alleviate issues of chronic tension. This massage is recommended to those who are experienced in getting massaged.

### TRADITIONAL THAI MASSAGE

1 hour 30 minutes | RM 580

Performed while wearing loose-fitting clothing, this traditional Thai massage is a blend of gentle rocking motions, rhythmic acupressure, and assisted stretching.

### INTENSIVE MUSCLE RELEASE

1 hour 30 minutes | RM580

Specifically designed for tight, stressed, and aching muscles, this deeply restorative massage uses a blend of black pepper, rosemary, and ginger to promote blood flow and disperse lactic acid. In combination with crossfibre massage techniques, stretching, draining and trigger point release, melt away any stiffness and pain almost instantly. This massage focuses on the upper body.

### URUT MELAYU

1 hour 30 minutes | RM580

Based on the concept of moving wind, Urut Melayu works methodically and rhythmically to enhance circulation to restore balance. Long rhythmic strokes, kneading and the use of locally sourced oils complete this relaxing treatment and is an essential experience when in Malaysia.

### BALINESE MASSAGE

1 hour 30 minutes | RM 580

A relaxing holistic massage, handed down through generations, combines long kneading strokes, skin rolling, palm and thumb pressure techniques as well as gentle stretching.

## SCRUBS AND WRAPS

### NOURISHING COCOON

1 hour 30 minutes | RM600

Designed to replenish and rejuvenate dry and out-of-conditioned skin, this treatment begins with an intensive body exfoliation followed by a warm mud wrap. A scalp massage using calming blends of jasmine, patchouli and tonka bean dissolves tension and stress. Madagascan Ylang Ylang and geranium body oil leaves the skin luxuriously condition while a velvety moisturising body butter helps to lock in hydration and protect the skin from the elements.

### MARINE ELIXIR

1 hour 30 minutes | RM600

Ideal for boosting vitality, epidermal hydration and skin tone, this treatment begins with a juniper berry body exfoliation followed by a highly mineralised, nutrient-rich algae marine wrap to eliminate toxins, breakdown fat and reinvigorate skin tissues. A gentle lymph-draining application of an oil blend of Neroli, stimulating rosemary and detoxifying Juniper Berry stimulates circulation and detoxification.

## BODY SCRUBS

Choose from a selection of body scrubs to add-on to any treatment:

### GINGER SALT SCRUB

30 minutes | RM260

A spa favorite, this vibrant and fresh scrub with pure lemongrass, Lime and Ginger essential oils is formulated to awaken and energise the skin, leaving it refined and lightly moisturised.

### HIBISCUS AND ROSE

30 minutes | RM260

A symbol of Malaysia's national flower, the Hibiscus or more commonly known as the Bunga Raya amongst locals, is considered to have several medicinal uses, one being the ability to absorb harmful ultraviolet rays. This luscious body polish contains hibiscus, rose petals and ground rice provides gentle exfoliation leaving the skin brighter with a soft glow.

### BORNEO COFFEE

30 minutes | RM260

A native product from the rainforests of Borneo, the Borneo Coffee treatment is a scrub made from coffee beans with an aromatic toning effect doubling as an effective antioxidant. Comprising of fruit acids, caffeine, Tongkat Ali and ginseng, this body polish will exfoliate and re-energise sluggish skin, leaving it soft, smooth, and glowing.



## FACIAL TREATMENTS

### AGE REPAIR

1 hour 30 minutes | RM650

This highly effective anti-aging treatment repairs the skin and works with natural oils, which help stimulate collagen formation and tightens the skin. Your skin will be thoroughly cleansed, exfoliated, and is massaged using lymphatic massage techniques to improve suppleness and elasticity before the application of two masks. A luxurious scalp massage will release any remaining stress and tension built up. The result is a firm and more youthful complexion.

### BESPOKE

1 hour | RM520

Sit down with a consultant to determine your needs and skin type. Your therapist will select products from the available range and curate a bespoke experience tailor-made for your needs.

### REVITALISING EYE TREATMENT

30 minutes | RM275

Refresh and brighten the area around your eyes with this revitalising treatment using specialised massage techniques and herbal extracts such as black tea, cranberry, and strawberry to improve micro-circulation, drainage and reduce puffiness. This is complemented with a shoulder scalp massage to free circulation, improving blood supply to the eyes. It is the perfect addition to any facial as it helps remove dark circles and fine lines.

## THE NAIL SALON

### ON THE RUN

Experience a swift yet luxurious service.

ON THE RUN MANICURE	RM80
ON THE RUN PEDICURE	RM100

### CLASSIC

A comprehensive treatment involving cleansing, exfoliation, and nourishment for hands and/or feet.

Trim > Shape > Cuticle Care > Scrub > Polish

MANICURE	RM160
PEDICURE	RM180

Kids under 12

CLASSIC MANICURE	RM 80
CLASSIC PEDICURE	RM 80

Add-ons

GEL POLISH	RM 40
FRENCH GEL	RM 50
GEL REMOVAL	RM 30
CALLUS TREATMENT	RM 60
INGROWN NAIL PRECISION CUT	RM 40
FOOT MASSAGE (30 MINUTES)	RM 230

### CND SPA TREATMENT

Experience our luxurious, waterless, vegan, and organic prebiotic treatment, perfect for hands and feet.

MANICURE TREATMENT (inclusive of classic manicure)	RM 220
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Features a revitalising scrub with citric acid micro crystals, an exfoliating activator to soften and moisturise, and a hydrating lotion enriched with shea butter and avocado oil, leaving hands feeling silky and smooth.

PEDICURE TREATMENT (inclusive of classic pedicure)	RM 250
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Features a mineral bath enriched with eucalyptus and tea tree oil to cleanse, deodorize, and alleviate discomfort from swollen feet. Includes a callus smoother with urea to soften tough heels in minutes, a gentle exfoliating sea salt scrub, followed by an intensive hydrating treatment with urea, soybean oil, and lactic acid for severely dry skin, ending with a nourishing lotion with glycerin, shea butter, and avocado oil to rejuvenate feet.

Dermatologically tested and suitable for all skin types, including sensitive skin.



MENTAL & BODY  
STUDIES



## WELLNESS

### PRIVATE YOGA

1 hour | RM500

Dive into the realm of tranquillity and self-discovery with our exclusive yoga sessions, where expert instructors will guide you through personalised practices to enhance your strength, flexibility and inner harmony.

### COUPLE YOGA

1 hour 15 minutes | RM650

Dive into the realm of tranquillity and self-discovery with our exclusive couple yoga sessions, where expert instructors will guide you & your partner through personalised practices.

### SOUND HEALING

1 hour | RM500, RM650 for Two.

Discover the power of sound for holistic healing. Our sound healing sessions offer a serene space to relax, rejuvenate and restore balance. Experience the calming vibrations of instruments as they harmonise your mind, body and spirit.



All prices are in Malaysian Ringgit and inclusive of prevailing taxes.

#### ADVANCE BOOKINGS

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

#### CANCELLATION POLICY

Please allow 12-hour notice of cancellation to avoid extra charges. Cancellation within 12 hours or a no show will incur a 100% charge. A credit card number is required at the time of booking.

#### GIFT CERTIFICATES

An ideal gift for spa enthusiasts, gift certificates are available at The Spa at Mandarin Oriental, Kuala Lumpur.

#### SPA BOUTIQUE

To continue your spa regimen at home, all Spa products used in the treatments and services are available next to Spa reception.

#### SPA ETIQUETTE

Our Spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity. We also ask that you always turn off all mobile devices. Cameras are strictly not permitted.

#### SPA ARRIVAL

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment if you wish to use the heat and water experiences. If you do not wish to use them, please check in 15 minutes prior to your appointment. This allows us to have a brief discussion about your treatment expectations and gives you ample time to change and relax into the treatments that await you. Please understand that late arrivals will not receive an extension of scheduled treatments.

#### AGE REQUIREMENT

The minimum age requirement for Spa access is 16.

#### HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries which could affect your service when making a spa reservation. Please consult your doctor before using heat and water equipment if you are under medical supervision, medication therapy and post-operation. Use of heat and water is not recommended for pregnant ladies.

#### PREGNANCY

We have specially designed treatments for mothers to be. Please allow 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 to inform that we cannot be held responsible for any loss or damage of personal articles. Please keep all valuables in your guest room or in the safe deposit box at Spa Reception during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

#### ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental, Kuala Lumpur shall not be liable for any accident or injury suffered by guests or members.

#### RESTRICTIONS ON THE USE OF FACILITIES

The use of alcohol and tobacco on spa premises is strictly prohibited.

#### REFUND AND EXCHANGE POLICY

Unopened retail products can be exchanged within seven (7) days of purchase, if presented with the original receipt. No cash or credit card refunds will be accepted.





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KUALA LUMPUR

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