

THE SPA
— AT —
MANDARIN ORIENTAL

BOSPHORUS
ISTANBUL

ESSENCE OF ISTANBUL

BREEZE OF BOSPHORUS

2 hours 30 minutes

As the breeze of the Bosphorus refreshes and regenerates the spirits, so will this full body treatment.

A body scrub with spiritually cleansing sage. An aromatic full body massage followed by a relaxing facial treatment and head massage.

PEARL OF BOSPHORUS

2 hours

Combining two cultures to create a truly memorable treatment.

An oriental hammam experience, a full body acupressure massage concentrating on the neck and shoulders, concluded with a foot massage. Finish the experience with a refreshing glass of herbal tea and a taste of our traditional Turkish delight.

SULTAN SUITE EXPERIENCE

3 hours

Everything is better when shared with your loved one. This 3 hour couples' treatment is designed for you to spend precious time with each other. Finish the experience with a refreshing glass of herbal tea and a fresh fruit plater.

Ting Quan therapy, aromatic Jacuzzi, Aromatherapy massage and bespoke facial treatment.



TURKISH HAMMAM EXPERIENCES

HAMMAM RITUALS

This Oriental-inspired Hammam experience begins with invigorating 'Kese' body scrub, followed by full body foam massage, its rhythmical strokes helping to calm and nourish, mind, body and soul. A natural Hammam mask is then applied to enrich the body, while the soles of the feet are gently exfoliated with a traditional "Ponza" stone. The Eastern meridian lines of your feet and head are massaged using our signature oil bringing you into complete holistic harmony. The experience is concluded with a refreshing hair wash with our signature Quintessence shampoo.

Steeped in Turkish tradition and origin, hammam provides a place for relaxation, wellbeing cleansing and detoxifying for the body and mind since the old Ottoman days. Our traditional hammam treatments are designed in 3 different time options for you to choose according to your individual needs.

SULTAN HAMMAM

1 hour

Invigorating Body Scrub, Foam Massage & Hydrating Body Mask

ORIENTAL TRADITIONAL HAMMAM

45 min

Invigorating Body Scrub & Foam Massage

TRADITIONAL HAMMAM

30 minutes

Invigorating Body Scrub

*You can combine your Traditional Hammam treatment with one of our massages or skin care treatments. Please consult with our Spa Concierge for further details.



SIGNATURE THERAPIES

TIME RITUALS™

1 hour 50 minutes / 2 hours 50 minutes

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 20 minutes

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.

DIGITAL WELLNESS ESCAPE

1 hour 20 minutes

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 / 1 hour 30 minutes

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.



SIGNATURE THERAPIES

INTELLIGENT MOVEMENT

1 hour 30 minutes

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 soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

**This treatment can be combined with postural workouts and clinical pilates.*



TRAVELLER'S ESSENTIALS

DEEP SLEEP

1 hour / 1 hour 30 minutes

Using a blend of relaxing essential oils, this full body and face massage 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.

ORIENTAL FOOT THERAPY

50 minutes

Relax with this traditional treatment which begins with a fragrant foot bath followed by a skillful exfoliation and massage to smooth the feet and lower legs. Finally a relaxing massage along the energy points of the feet and ankles helps to raise natural energy encouraging the release of tension.



MASSAGES

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 relaxation, improve circulation and increase overall wellbeing.

ORIENTAL ESSENCE

1 hour / 1 hour 30 minutes

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.

AROMATHERAPY

1 hour / 1 hour 30 minutes

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.

HOT STONE THERAPY

1 hour 20 minutes

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

MOM TO BE

50 minutes

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy-safe oils, the massage eases away tension in the upper back and shoulders, nourishes the skin and relaxes the body.

THAI

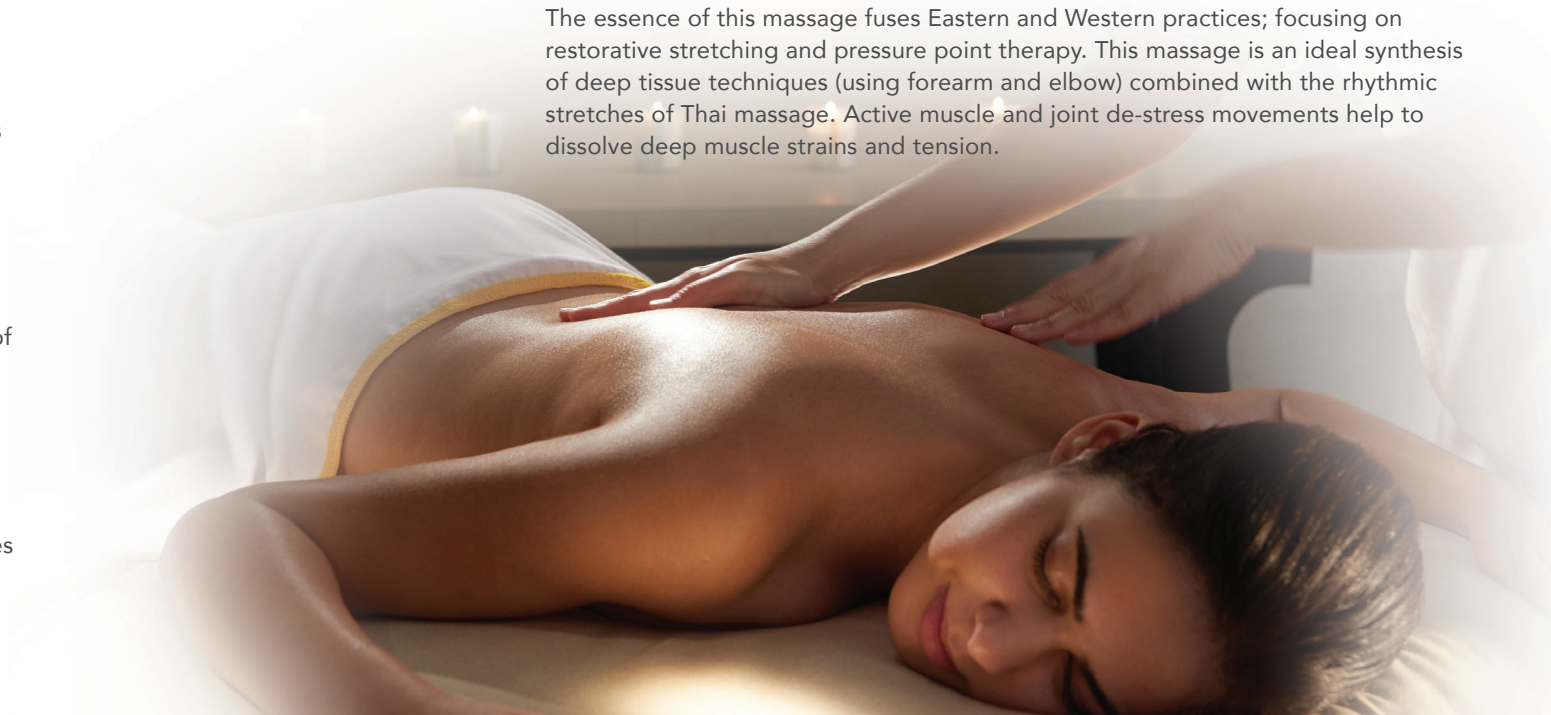
1 hour 20 minutes

Performed wearing loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalise the body and mind. Benefits include increased flexibility, relief of joint and muscle tension and balance of the body's energy system.

EASTERN THERAPEUTIC

1 hour / 1 hour 30 minutes

The essence of this massage fuses Eastern and Western practices; focusing on restorative stretching and pressure point therapy. This massage is an ideal synthesis of deep tissue techniques (using forearm and elbow) combined with the rhythmic stretches of Thai massage. Active muscle and joint de-stress movements help to dissolve deep muscle strains and tension.



SCRUBS AND WRAPS

ORIENTAL BODY SCRUB

20 minutes

This luxurious and invigorating scrub blends Mandarin Oriental's signature body oil infused with essences of tropical ginger, frankincense and mandarin with organic, mineral-rich sea salt to leave the skin smooth, replenished and exotically fragrant.

ALGAE WRAP

50 minutes

A treatment that begins with a soft exfoliation to purify the epidermis and an algae-wrap in order to detoxify the body. Combined with active ingredients and hydrating products, this treatment restores the natural regeneration functions while purifying the body.



HOLISTIC SKIN CARE

AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. Harnessing the natural power of essential oils to nurture the body and boost the spirit. Their essential oils are highly effective in enhancing the state of our physical, mental, and emotional wellbeing.

BESPOKE

50 minutes / 1 hour 20 minutes

Beginning with a facial assessment to determine your skin type, our therapist will select products from our Aromatherapy Associates facial range to create a facial experience tailor-made to your skin's needs.

This facial treatment is also suitable during pregnancy.

AGE REPAIR FACIAL

1 hour 30 minutes

An intensive treatment for those concerned with the signs of ageing. Award-winning natural products are used in conjunction with a unique dual layering of intensive masks, with specific lifting, plumping, and firming massage. Delivers instantly visible results.



ADVANCED SKIN CARE

BIOLOGIQUE RECHERCHE

When the company was founded, 40 years ago, Biologique Recherche functioned like a research and development laboratory whose sole vocation was to develop formulations for professionals dissatisfied with existing products. Today, Biologique Recherche Methodology has a reputation for astounding effectiveness based on a clinical approach to beauty care using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures.

FACIAL TREATMENTS

SOIN RESTRUCTURANT ET LISSANT

1 hour 10 minutes

A moisturizing and balancing anti-aging treatment for a vibrant and healthier skin that balances and treats sensitive skin which is marked by time.

THE LIFT C.V.S.

1 hour 10 minutes

This renovating skin care exfoliates, lifts, restructures, firms, hydrates, and protects against exterior aggressions. Recommended for normal, seborrheic, atone and or thick skin. A real facelift even after one treatment that also enlightens and soothes your skin.

SOIN TACHES PIGMENTAIRES / PIGMENTATION TREATMENT

1 hour 10 minutes

An immediate lightening action which prevents and reduces the appearance of existing pigmentary spots and irregularities. The skin looks more brightened and pure.

LOTION MC 110

50 minutes

Replumping, restructuring and renewing treatment for non-reactive, devitalized and / or toneless skin with fine lines and wrinkles. A treatment for reducing wrinkles and lines designed for lackluster skin visibly effective even after a single session. It leaves the skin on your face, neck and chest toned and redefined.

THE BOOSTER VIP O2 OXYGENATING FACIAL

50 minutes

Crackling micro-massage skincare that re-oxygenates the skin tissue detoxifies the epidermis by eliminating polluting particles, stimulates the skin, and restores the skin's radiance. A wonderful moment of well-being and relaxation, features that leave you glowing with health.

BIOLOGIQUE RECHERCHE "ONLY FOR YOU" WITH SECOND SKIN – SECONDE PEAU

1 hour 10 minutes

A world first in professional cosmetics, Second Skin is a lifting and regenerating electrospun mask with 80% hyaluronic acid that targets damaged skin. A genuine alternative to fillers, this exceptional anti-aging treatment will visibly lift and correct signs of aging.

Extend your 70 min. treatment with...

CO - FACTEURS BIOLOGIQUE RECHERCHE

+ 20 minutes

For even more visible results, we can enhance the personalized treatment by applying a preformed mask (Biologique Féérie, Collagène Caviar, Eye Mask, Pigmentation Mask, Décolleté Mask Treatment) which adapts to the shape of the face to create a specific and intensive treatment.



VALMONT

HYDRATION OF BISSES

60 / 75 Minutes

A slow, delicate, and singularly relaxing massage facial that targets the lymphatic system to improve fluid flow. This treatment fills the epidermis with water to reveal vibrant, supple, re-plumped skin.

VITALITY OF THE GLACIERS

60 Minutes

A dual energizing and relaxing massage focused on the vascular system. This treatment revitalizes the skin by stimulating cell oxygenation and dissolving any sign of fatigue. The skin revels in newfound energy and vigor, while the complexion appears fresh and radiant

LUMINOSITY OF ICE

60 Minutes / 75 Minutes

Grounded in facial reflexology, this treatment refines the skin's texture and calls forth the glow of a unified complexion. The skin is softer, smoother and altogether radiant, with fewer irregularities.

LIFT FROM THE PEAKS

60 Minutes/ 75 Minutes

Inspired by fascia therapy, this slow, deep massage fights wrinkles by relaxing and toning the muscles. This treatment program provides an intense smoothing effect while alleviating stress in areas with superficial or more pronounced wrinkles.



FIRMNESS OF THE HILLS

60 Minutes/ 75 Minutes

A deep tissue massage for the face to heighten the skin's firmness to reveal visibly younger skin with enhanced volume definition. The movements in the treatment include deep kneading, palpating and rolling as well as powerful smoothing motions.

ADDITIONAL FOR FACE TREATMENT

ELICIR DES GLACIERS

20 Minutes

EYES – REFLEXION ON A FROZEN LAKE

20 Minutes



BODY TREATMENTS

SLIMMING ALGAE ANTI-CELLULITE TREATMENT

1 hour 30 minutes

This treatment features an energizing massage that creates a drainage effect on concentrated cellulites, followed by a wrap. Its thermal effect releases marine active ingredients that remineralize and purify the body and fill you with a wonderful sense of wellbeing and comfort.

DETOX WRAP TREATMENT

1 hour

A treatment that begins with a soft exfoliation to purify the epidermis and an Algae-Wrap in order to detoxify the body. Combined with active ingredients and hydrating products, this treatment restores the natural regeneration functions while purifying the body.

BODY PEAK OF SLIMNESS

1 hour

A treatment that begins with a soft exfoliation to purify the epidermis and an Algae-Wrap in order to detoxify the body. Combined with active ingredients and hydrating products, this treatment restores the natural regeneration functions while purifying the body.

MLX i³DOME

The MLX i³Dome™ is the new generation of detox treatments. Combining Far Infrared technology with Plasma and Light, 3 ultra-effective treatment methods in one.

GHARIENI MLX DOME – BODY

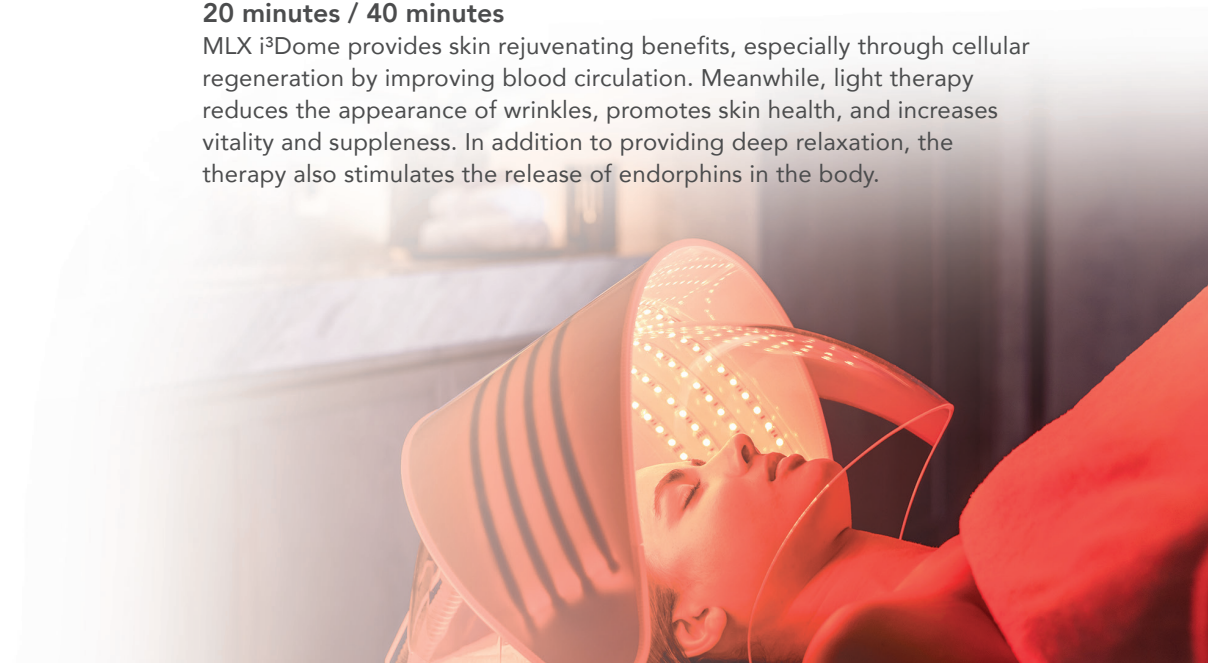
20 minutes / 40 minutes

When combined with special treatment options prepared by The Spa, the effect of the device multiplies. Integration of massage applied by expert therapists provides extra relaxation by regulating blood circulation.

GHARIENI MLX DOME – FACE

20 minutes / 40 minutes

MLX i³Dome provides skin rejuvenating benefits, especially through cellular regeneration by improving blood circulation. Meanwhile, light therapy reduces the appearance of wrinkles, promotes skin health, and increases vitality and suppleness. In addition to providing deep relaxation, the therapy also stimulates the release of endorphins in the body.



GENTLEMEN ESSENTIALS

REFINERY FACIAL FOR GENTLEMEN

50 minutes / 1 hour 20 minutes

An instant boost for tired and stressed complexions, this facial is specifically formulated for the male complexion and all skin types. This skin-nourishing, tension-dissolving treatment uses natural plant extracts and flower essences to help purify and revitalize the skin.

DE-STRESS MASSAGE

50 minutes

Increase your energy with a reviving upper body massage which focuses on common chronic patterns of tension such as stiff back, neck and tight shoulder muscles.

MAN SPACE

1 hour 50 minutes

A Traditional Turkish Hammam “kese”, to exfoliate and deeply cleanse, your skin. Followed by a choice of rejuvenating full body massage to relieve your muscles of tension and alleviate stress, enabling you to feel completely relaxed and rested. A facial treatment following the massage allows you to indulge yourself.

30 minute “kese” exfoliation, 50 minute massage, 30 minute facial treatment.



TERMS & CONDITION

OPENING HOURS

Fitness Center and Pool : Mon – Sun 7am – 10pm
Spa Treatments : Mon – Sun 10am – 9pm
Available 24 hours upon request

CANCELLATION POLICY

Please allow 12 hours' notice of cancellation to avoid charges. Cancellations within 6 hours will incur 50% 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. 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 center is 16 years of age.

HEMOCARE

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 make ideal gifts and are available online at [mandarinoriental.com/gift-cards](https://www.mandarinoriental.com/gift-cards) and at The Spa Concierge desk.