



ESSENCE OF TAIWAN

PROSPERING LOTUS

Price TWD 15,800 (180-minute)

The lotus flower plays an important role in Eastern philosophy and culture.

It symbolizes the three levels of vital body energies: essence (jing), energy (qi), and spirit (shen).

This treatment awakens the deepest essence within the body, stimulates energy flow, and helps release internal stress – restoring balance and ease to the body, mind, and spirit from the inside out.

The treatment includes a welcoming foot bath ritual, followed by full-body exfoliation, a warm and nourishing body wrap, an aromatic bath, and a full-body massage.

FORMOSA

Price TWD 13,800 (150-minute)

"Formosa" signifies "Beautiful Island."

This luxurious treatment begins with a foot bath ritual, followed by an exfoliation using ocean pearl powder and premium sea salt. The body is then wrapped in white clay, and a full-body massage is performed using warm essential oils and graceful, butterfly-like hand techniques.

The journey concludes with Taiwan's renowned scalp and facial gua sha, which promotes blood circulation – completing this elegant and indulgent experience.



• Prices are subject to change without prior notice. • All treatment prices are subject to a 10% service charge.



SIGNATURE THERAPIES

Time Rituals™ Price TWD 10,800 (120-minute) | Price TWD 15,800 (180-minute)

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilize their individual talents to create and customize treatments to your unique individual needs.

Oriental Qi Price TWD 7,880 (90-minute)

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 a balance of the mind and body.

Digital Wellness Escape Price TWD 7,880 (90-minute)

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.

Intelligent Movement Price TWD 7,880 (90-minute)

Intelligent movement helps you to move better, including trigger point release work, deep muscle manipulation, stretching and elongation of the muscles, all of which are designed to soften, release tension, and increase the body’s mobility.

MASSAGE

Oriental Essence Price TWD 7,280 (90-minute)

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 Price TWD 7,280 (90-minute)

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.

Therapeutic Price TWD 7,280 (90-minute)

This truly effective therapeutic massage helps dissolve aches and strains. Oil is applied to the body using the therapist’s elbows and forearms in this stimulating and deeply energizing massage.

Deep Sleep Price TWD 7,280 (90-minute)

This powerful and deeply sedating full body massage harnesses rich earthy essential oils of vetiver, chamomile, and sandalwood, renowned for their intense calming and grounding effects. This head-to-toe massage uses carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Perfect for inducing a deep sense of tranquility and a good night’s sleep.

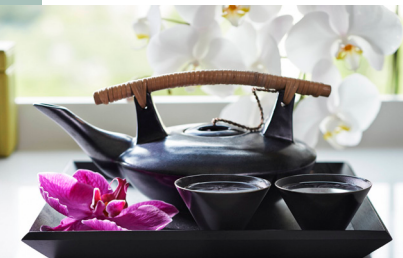
Oriental Foot Therapy Price TWD 4,980 (60-minute)

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. 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.

Mum to Be Price TWD 7,280 (90-minute)

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 skin and relaxes the body.





ENRICHMENTS

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

Calming Hand Ritual

Ease the tension caused by constant digital device use with this soothing hand treatment. Warm hot stones gently rejuvenate your " Digital Fingers" promoting relaxation and relief. The experience concludes with the application of hand cream, leaving your skin nourished and refreshed.

Price TWD 1,000

Ultimate Foot Experience

Prolonged sitting, standing, or overuse can lead to sore, swollen feet and poor circulation. This Rejuvenating Foot Retreat soothes and cleanses the feet with warm mitts, followed by a mindful massage using a luxurious body souffle to deeply moisturize and revitalize the skin.

Price TWD 1,000

Soothing Eye Comfort

This cooling Jade Stone eye massage promotes lymphatic drainage and release tension in the facial muscles. The treatment is completed with Eye Contour Cream, leaving your eyes feeling refreshed and rejuvenated.

Price TWD 1,000

Vital Scalp Renewal

Experience a calming yet energizing scalp massage designed to stimulate vital pressure points around the scalp and neck. This treatment uses our signature Quintessence Oil to promote relaxation and restore balance.

Price TWD 1,000

Sound Serenity

Immerse yourself in the tranquil sound of a singing bowl, guiding your awareness into the serene surrounding. As each sound resonates, your mind gradually returns to a state of harmony and balance.

Price TWD 1,000

TREATMENT ADDITIONS

Personalize your spa experience with one of our add-ons, perfect complements to any treatment for deeper relaxation.

The add-on treatments can only be reserved in combination with treatments of 60 minutes or longer.

Bespoke Skin Polish

Full body exfoliation using richly nourishing products to leave your skin radiant, refreshing, and smooth.

Price TWD 3,880 (30-minute)

Facial “On the Go”

Perfect for those short on time, this mini facial gently cleanses, lightly exfoliates, and revitalizes the skin, leaving you with a healthy glow.

Price TWD 3,880 (30-minute)

Express Back Massage

Take a short break from your busy day with our Express Massage, choose either a Back & Neck Massage or a Foot Massage, to quickly release tension and restore balance.

Price TWD 3,880 (30-minute)





HOLISTIC SKINCARE BY NATURA BISSE

Natura Bissé, we believe every skin has its own voice, its own expression, and its own life.

Diamond Luminous

Price TWD 8,980 (90-minute)

Enter the age of endless light with an extremely luxurious protocol. This innovative treatment is specifically designed to address irregular pigmentation and uneven skin tone, while providing significant age-defying benefits. The perfect solution is to help fade dark spots, restore brightness, and reveal rejuvenated, radiant skin.

The 3D Collagen Shock

Price TWD 6,580 (60-minute)

This advanced facial treatment combines three types of collagens, skin nutrients, and effective massage for a noticeable rejuvenation action. Ideal for devitalized and mature skin, as it provides a visible lifting effect, helps minimize the look of wrinkles and works to improve skin elasticity.



ADVANCED SKINCARE BY VALMONT

Merging cosmetic mastery with cutting-edge ingredients, our treatments visibly reprogram the skin. Infused with the essence of Alpine resources and our iconic DNA-RNA duo, they counter the five major factors of aging. Constantly refined for sensory delight, our alchemical creations provide unparalleled results, restoring balance and revealing natural beauty.

Lift from The Peaks

Price TWD 9,280 (90-minute)

This specific facial works like lifting, redesigning the oval, smoothing wrinkles and reidentifying the skin.

Vitality of the Glaciers

Price TWD 6,880 (60-minute)

This treatment revitalizes the skin by stimulating cellular oxygenation and erasing signs of fatigue. The skin is energized and revitalized. And the complexion looks fresh and radiant. The combination of products and techniques deliver incredible results.

ADVANCED SKINCARE BY BIOLOGIQUE RECHERCHE

Discover our facial care products, rich in highly concentrated active ingredients, which work deep down while respecting the skin's natural balance. Cleansers, lotions, masks, serums, creams, tinted and sunscreen products, each product is formulated to meet your skin's specific needs.

Remodeling Face

Price TWD 11,800 (120-minute)

This luxurious balancing and anti-aging facial combine micro-exfoliation, oxygenation, and bioenergy massage to revitalize and regenerate. Coupled with a Biologique Recherche remodeling face machine, specially formulated products boost collagen and cell repair while toning and firming the skin. This treatment also improves elasticity and lightens age spots and dark circles.

Instant Lift

Price TWD 9,280 (90-minute)

An efficient cocktail of micro-crystalline algae, natural amino acids, masks, and serums that exfoliate, restructure, form, hydrates and protects. Combined with modulating techniques and massage, VIP Lifting redefines facial contours, giving an instant lifting effect while accelerating the collagen's ability to regenerate. Leaving your skin younger looking and soft to the touch.

Revive Booster

Price TWD 6,880 (60-minute)

Combining innovative products with sculpting techniques to stimulate and oxygenate the skin, our core facials are tailored to suit your unique skin.



PROGRAMMES

HALF DAY

Pure Allure

Individual Price TWD 17,880 | Couple Price TWD 32,880 (210-minute)

Pampering beauty and relaxation time, leaving a mademoiselle recharged after an expertly sequenced treatment experience.

- Welcome Foot Ritual
- Diamond Luminous Facial
- Aromatherapy Massage
- Healthy Cuisine Bento Box

Romance of Rose

Individual Price TWD 17,880 | Couple Price TWD 32,880 (210-minute)

From a rose petal drawn bath to rose body polish and wrap, connect your inner love spirit with the Romance of Rose treatment. Healthy cuisine Bento Box for lunch or dinner will be served after a relaxing aromatherapy massage.

- Welcome Foot Ritual
- Rose Body Polish and Wrap
- Rose Bath
- Aromatherapy Massage
- Healthy Cuisine Bento Box

FITNESS & WELLNESS

FITNESS AND WELLNESS CENTRE

Our urban fitness and wellness center is the city's most exclusive venue, offering specially designed equipment such as state-of-the-art treadmills, cross trainers, and a comprehensive selection of weight machines and free weights. Your improved wellness begins in our fitness and wellness center commencing with a body composition analysis, leading to a customized training program to suit your individual goals. The journey is aimed at achieving balance of mind and body, resulting in lasting physiological and psychological benefits.

IN-BODY COMPOSITION ANALYSIS

In-body composition analysis measures body mass index (BMI), percentage body fat and waist-to-hip ratio, muscle development of arms and legs, as well as nutritional evaluation.

WELLNESS SYSTEM

Contemporary and sophisticated computerized technology makes exercise more satisfying and fun. With the wellness system, our fitness and wellness instructors can identify and set your fitness and wellness goals. The information on the TGS key guides you through your workout program and enables our instructors to track your progress and provide advice and encouragement based on results.

FITNESS ORIENTATION

Take a tour of the facilities and receive a brief overview of all the services offered. Our fitness instructors will demonstrate how to use the equipment in the fitness center, indicating correct techniques, stretching, basic muscle groups and highlighting any precautions related to the use of equipment.

FITNESS AND LIFESTYLE CONSULTATION

Obtain objective information on your level of fitness through assessment of your vital signs, flexibility, cardio endurance, and body measurements. Combine this with a personal training session and allow your instructor to create a more personalized program for you.

PERSONAL TRAINING

Reach or maintain your optimum wellness and health conditions, whatever your goal, be it improving overall fitness and wellness, endurance or a change in lifestyle, our fitness instructors will work with you, focusing on your unique health concerns to design a program that will suit your needs.

YOGA CLASSES

Awaken your inner senses with authentic classes taught by master schooled in the traditions of these practices. We offer a wide variety of classes for all levels in our studio.

WEIGHT MANAGEMENT PROGRAM

Suitable for those who wish to control their body weight.

REHABILITATION PROGRAM

Ideal for those looking to enhance muscle and joint health, if suffering from low back, hip, and knee joint conditions.

CIRCUIT TRAINING

Offers a combination of exercise programs in varying levels of difficulty, for an overall improvement in fitness and sports performance.

STRENGTH TRAINING

Increase stamina and gain strength, for an overall improvement in endurance.

SWIMMING POOL

Our stylish and relaxing outdoor-heated swimming pool can be reached through the spa on the sixth floor. The area offers a serene ambience surrounded by a garden.

HEAT & WATER EXPERIENCES

The Mandarin Oriental Spa offers extensive heat & water experiences with separate areas for male and female guests. Merging ancient practices with the latest in technology, the 3,500 sq meters facilities are fit to mesmerise and delight.

Guests are encouraged to arrive 45 minutes prior to their scheduled treatment to use heat & water facilities to relieve stress and tension, relax muscles, increase circulation, stimulate immune system and promote a feeling of wellbeing.

For guests who wish to experience heat & water facilities without spa services, advanced booking is required as well as a usage fee per visit will apply.

VITALITY POOL

Incorporating a number of features to enable the bather to self administer massage, the pool is heated to temperatures of up to 35°C. It is equipped with ergonomic loungers designed to provide full body air jet.

RELAXATION LOUNGE

A tranquil environment with relaxing lounge chairs to soothe the body and mind in between and after all spa treatments. Each lounge is equipped with individualised comfort. Listen to music, read a magazine or book, meditate or enjoy a seasonal refreshment and healthy beverage.

CRYSTAL STEAM ROOM

Our luxurious steam room with crystal maintained temperature at 45°C with aromatic moist and radiant heat aiding in relaxation.

DRY SAUNA

A sauna is essentially a room with an exceptionable high heat maintained at 85°C, designed to promote health, boost the immune system, increase flexibility, speed metabolism and release body toxins.

AMENDMENT & CANCELLATION POLICY

Please give a 12-hour notice period of cancellation or to reschedule your booking to avoid extra charges. Cancellation or rescheduling less than 12 hours in advance or a no show will incur a 100% charge. The information of valid credit card is required at the time of booking.

SERVICE CHARGE & DISCOUNT POLICY

Please be advised that a service charge of 10% will be added to all spa treatments stated in the brochure. All applicable discounts will be deducted from the listed spa menu prices. Discounts do not apply for promotions or gift certificate sales.

SPA PACKAGES

Information on special spa packages or group programmes can be obtained by contacting the spa concierge at +886 2 2715 6880.

SPA TRANQUILITY

Our spa environment is one of tranquillity and relaxation. Please respect all spa guests’ rights of privacy and serenity. Mobile phones and cameras are not permitted to use inside the spa.

SPA ARRIVAL

We recommend that you check in at the 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.

Please understand that late arrival will not receive an extension from scheduled treatment time.

AGE REQUIREMENT

The minimum age required to access the spa, fitness and wellness facilities is 16 years.

HEALTH CONDITIONS

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

PREGNANCY

We have specially designed treatments for mothers to be over 12 weeks. Please allow the spa concierge to guide you in selecting suitable treatments during this special time.

CLEANLINESS

To keep our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after each service and treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damageof personal belongings. Please ensure all valuables are kept and locked in your locker during your visit. For the protection of your clothing, we kindly ask you wear the provided spa robe.

ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental, Taipei shall not be liable for any member or guest suffering from any accident or injury.

RESTRICTIONS ON THE USE OF FACILITIES

The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn during treatment and exercising. Sports shoes are required in the fitness and wellness centre.

SPA BOUTIQUE

To continue your spa regimen at home, all spa products used in the treatments and services are available in our spa boutique.

REFUND POLICY

Unopened retail products can be exchanged within ten days after purchasing with the original receipt presented. No cash or credit card refunds will be accepted

TERMS & CONDITIONS

OPENING HOURS

Fitness and Wellness Centre: Mon - Sun 24 Hours, Staffing from 7am - 8pm
Spa Treatments: Mon - Sun 10am - 9pm
Swimming Pool: Mon - Sun 7am - 8pm

RESERVATIONS

We highly recommend you to book treatments in advance to ensure hat your preferred time and service is available. Please provide the spa concierge with valid credit card information and contact details to secure the reservation.



mandarinoriental.com/taipei/



The Spa at Mandarin Oriental, Taipei

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