



THE SPA  
— AT —  
MANDARIN ORIENTAL  
— —  
BOSTON



## COUPLES EXPERIENCE

### SANCTUARY FOR TWO

1 hour and 20 minutes     \$700 weekday \$760 weekend

1 hour and 50 minutes     \$980 weekday \$1040 weekend

Enter a peaceful space created for personalized side by side treatments, where attention is gently given to each guest's individual needs. In this quiet, restorative environment, time slows as shared moments of care support balance, presence, and well being. Guided by skilled hands and mindful intention, the experience invites you to relax fully—together—into a state of renewed harmony.

# SIGNATURE THERAPIES

## TIME RITUALS™

**1 hour and 50 minutes      \$460 weekday \$490 weekend**

Surrender to the ultimate bespoke wellness journey. Time Rituals™ invites you to book time rather than a pre-defined treatment, allowing our expert therapists to intuitively tailor a sequence of therapies unique to your personal needs. This immersive experience draws on their full range of skills to deliver a deeply holistic and harmonious session, designed exclusively for you.

## HOLISTIC RENEWAL RITUAL

**1 hour and 50 minutes      \$460 weekday \$490 weekend**

A deeply therapeutic, indulgent treatment which combines the healing power of CBD with other active botanicals to uplift the spirit and restore the body's balance. This treatment begins with a traditional foot ritual, with lavender dead sea salts to relax the mind. After a revitalizing dry brush exfoliation, an application of mineral rich Moor Mud is applied to the back to renew and nourish. A customized massage incorporating the healing benefits of CBD oil will leave the body rejuvenated and restored.

## INTELLIGENT MOVEMENT

**1 hour and 20 minutes      \$340 weekday \$370 weekend**

**1 hour and 50 minutes      \$490 weekday \$520 weekend**

Discover the transformative power of the Intelligent Movement Treatment, designed to enhance your posture and mobility. Using a blend of trigger point release, deep muscle manipulation, and stretching, this treatment alleviates tension, stimulates circulation, and unlocks your body's potential for a more vibrant, active life.



# SPECIALTIES

Based on Therapist availability.

## HIMALAYAN SOUND BATHING

**1 hour and 20 minutes     \$310 weekday \$340 weekend**

This treatment restores balance by advancing stagnant energy and reinstating the natural energy flow within the body's energetic field. Beginning with the gentle placement of singing bowls on and around the body, soft vibrations and sounds resonate from the bowls, transporting the body into a deep state of meditative relaxation.

## RESTFUL RECOVERY

**1 hour and 20 minutes     \$310 weekday \$340 weekend**

Designed specifically for anyone undergoing treatment or who has cancer, our specialized therapist will consult and perform a personalized restorative massage based on your individual needs.

## VERDANT ALIGNMENT

**50 minutes     \$280 weekday \$310 weekend**

Surrender to the grounding embrace of this energy renewal treatment that harmonizes your body's natural energy currents through the intuitive fusion of Polarity Therapy and the healing presence of Celadonite stones and Rose Quartz. Designed to soothe emotional struggle, restore inner clarity, and connect you to the nurturing frequencies of the earth.



# MASSAGE

All our massage services are customized for each guest and begin with a thorough consultation to better understand your needs. Drawing from several massage techniques, our massages are designed to increase muscle relaxation, improve circulation, and promote overall well-being.

## INNER STRENGTH

**1 hour and 20 minutes     \$340 weekday \$370 weekend**

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.

## DREAM CATCHER

**1 hour and 20 minutes     \$310 weekday \$340 weekend**

This lavender-infused sleep treatment is designed to help you reach a deep state of relaxation. Experience this tranquilizing light to medium pressure full-body massage, which includes a herbal-infused heat pack and a focused scalp massage.

## ZEN FLOW

**1 hour and 20 minutes     \$310 weekday \$340 weekend**

Discover tranquility with our light to medium pressure massage, designed to promote relaxation and enhance well-being. This gentle technique uses soft, flowing strokes on the surface layers of your body, calming the nervous system and improving circulation. This massage fosters peace without targeting deep muscle tension.

## HIMALAYAN SALT STONE

**1 hour and 20 minutes     \$310 weekday \$340 weekend**

This relaxing body massage, using warm, hand-carved salt stones from the Himalayan Mountains, balances the central nervous system and nourishes depleted cells, leaving the body in a deep state of relaxation.

## ORIENTAL CRYSTAL THERAPY

**1 hour and 20 minutes     \$310 weekday \$340 weekend**

Begin your experience by setting a personal intention. Embark on a journey of serenity and renewal with this enchanting crystal massage. This treatment incorporates sound therapy with a relaxing light to medium Swedish massage, followed by the placement of selected crystals on the body to enhance the flow of positive energy leaving you feeling refreshed and revitalized.

## RESTORATIVE MASSAGE

**1 hour and 20 minutes     \$340 weekday \$370 weekend**

The calming, soothing effects of CBD oil work in unison with traditional massage techniques designed to create a feeling of physical relaxation and calm, while mentally uplifting and clearing the mind. Essential oils of lavender, sage, and açai aid in deep relaxation.



## **SLEEPFULNESS**

**1 hour 20 minutes**

**\$340 weekday \$370 weekend**

Begin with intentional breathwork and the sounding of singing bowls to calm the nervous system. A brief exfoliating dry brushing, followed by a gentle aromatherapy massage with vetiver, lavender, and Australian Sandalwood, relaxes the senses. Finally, wrapping the body for warmth, comfort, and tranquility while a scalp and foot massage dispel any lingering tension. The treatment supports deeper rest and helps ease tension linked to disrupted sleep, travel fatigue, or digital overload.

## **PRE OR POSTNATAL MASSAGE**

**1 hour and 20 minutes**

**\$310 weekday \$340 weekend**

This personalized body massage has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this special time. Only recommended after the first trimester of pregnancy.

## **LAVA STONE THERAPY**

**1 hour and 20 minutes**

**\$310 weekday \$340 weekend**

Inspired by traditional Native American practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

## **THERAPEUTIC MASSAGE**

**1 hour and 20 minutes**

**\$320 weekday \$350 weekend**

Firm pressure is used with specific techniques to dissolve your body's aches and pains, targeting areas of tension using elbows and forearms to achieve an effective deep tissue massage.

## **FOREST THERAPY JOURNEY**

**1 hour and 20 minutes**

**\$340 weekday \$370 weekend**

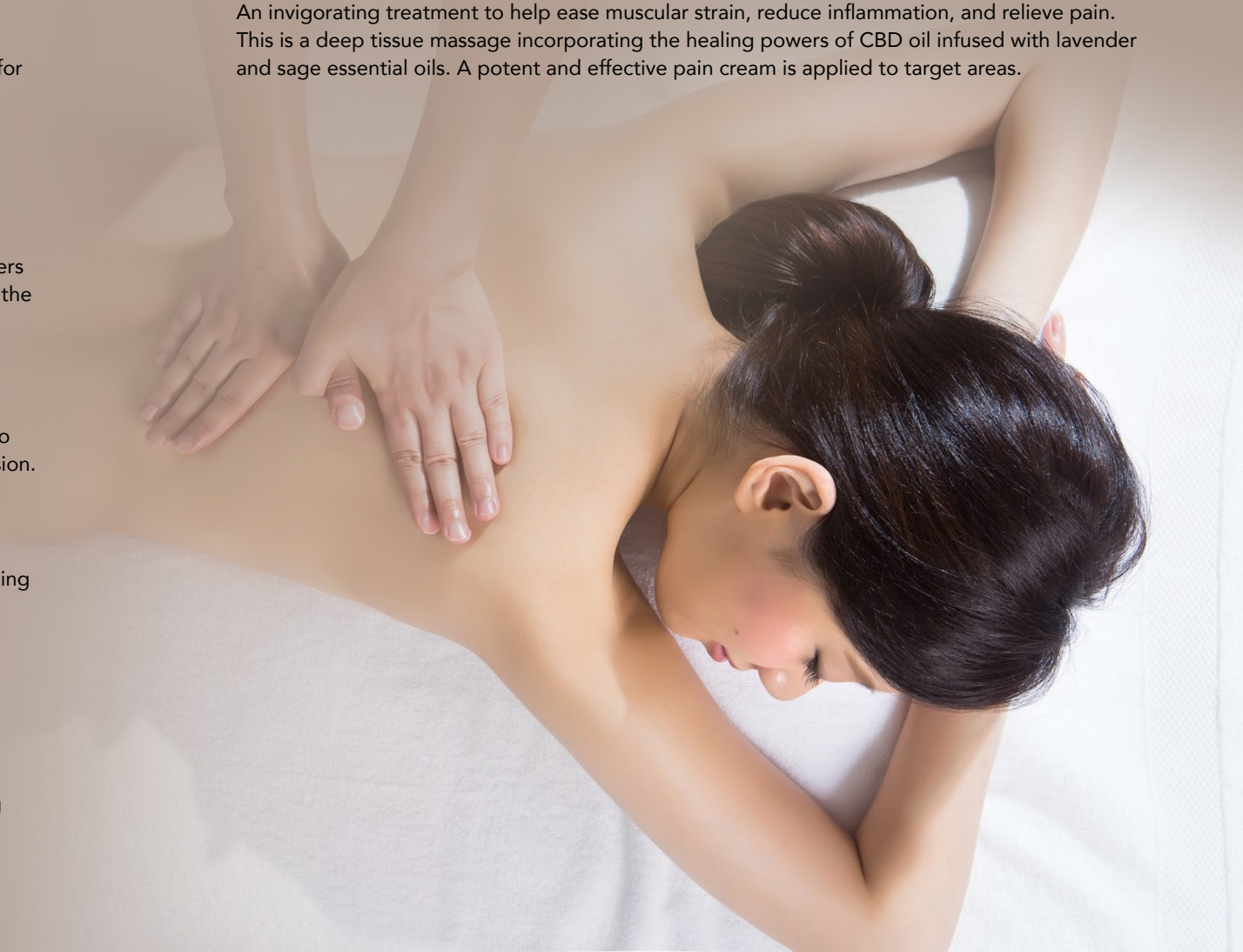
Bring the serenity of nature to your mind and body. Using Forest Therapy's® unique essential oil blend, you will feel restored from the stresses of modern-day living. A cleansing guided meditation, followed by a relaxing medium-pressure massage, relieves restlessness and agitation. A grounding mud mask to the feet and a soothing scalp massage leave you feeling tranquil and rejuvenated.

## **VITALITY MASSAGE**

**1 hour and 20 minutes**

**\$340 weekday \$370 weekend**

An invigorating treatment to help ease muscular strain, reduce inflammation, and relieve pain. This is a deep tissue massage incorporating the healing powers of CBD oil infused with lavender and sage essential oils. A potent and effective pain cream is applied to target areas.



# SCRUBS AND WRAPS

## CITRUS DRENCH

**1 hour and 20 minutes     \$380 weekday \$420 weekend**

Purge free radicals—the catalysts of premature aging—with a revitalizing citrus scrub, seamlessly followed by a nurturing wrap and Vitamin C souffle mask. With formulas rich in antioxidants, experience rejuvenating and firming results instantly.

## DIAMOND WELL LIVING RITUAL

**1 hour and 20 minutes     \$380 weekday \$420 weekend**

**1 hour and 50 minutes\*     \$460 weekday \$490 weekend**

Sink into our indulgent ritual and re-emerge with amazingly smooth skin. The exfoliating magic of Dead Sea salt crystals and rice powder provides magical results. Culminates with a renewing hydrating oil application that leaves the mind, body, and skin feeling utterly restored.

\*The 1 hour and 50 minute Ritual will include a full-body massage.

## TRANQUILITY WRAP

**1 hour and 20 minutes     \$310 weekday \$340 weekend**

Tension melts away as this revitalizing and soothing treatment nurtures the body. This experience begins with a full body exfoliation with the invigorating CBD coffee and Himalayan salt scrub. The application of CBD oils and body butters are then applied to nourish and hydrate the skin. While cocooned, a destressing scalp and foot massage relieve stress and help quiet the mind.

## NOURISHING ROSE RADIANCE WRAP

**1 hour and 20 minutes     \$310 weekday \$340 weekend**

A gentle exfoliation prepares the body to be enveloped in nurturing rose infused oils, gels, and creams. A comforting wrap helps to hydrate and renew the skin, whilst a relaxing scalp massage will ease away all stress and strain. Also ideal during pregnancy after the first trimester.

## THE COCOON WRAP

**1 hour and 20 minutes     \$380 weekday \$420 weekend**

This exceptional head-to-toe treatment offers a truly multi-sensory experience. The journey begins with a gentle body brush exfoliation, which stimulates the lymphatic system. This is followed by our Signature Tuscan Candle Massage and a restorative body wrap. The formula, rich in argan oil, shea butter, and pure extracts of vanilla, rose, and precious oud wood, deeply nourishes and softens the skin.



# TREATMENT ADDITIONS

Body Scrubs must be booked as an addition to a Massage, when applicable

## **SIGNATURE BODY SCRUB**

**20 minutes**                      **\$90 weekday \$100 weekend**

Mandarin Oriental Signature body scrub balancing essential oil blend, brings the body's energy flow, mind, and emotions into alignment, whilst the salt and oils work together to gently smooth and rejuvenate dry or tired skin.

## **ENERGIZING REVIVE BODY SCRUB**

**20 minutes**                      **\$90 weekday \$100 weekend**

Detoxifying grapefruit, rosemary, and juniper essential oils reenergize and tone, whilst rich green coffee extract replenish and soften, leaving the skin silky smooth.

## **CITRUS VITAMIN SCRUB**

**20 minutes**                      **\$90 weekday \$100 weekend**

Infused with the renewing power of alpha-hydroxy acids, this exquisite scrub blends rosehip and bitter orange extracts to gently exfoliate and reveal radiant, revitalized skin.



# ADVANCED SKIN CARE

Aromatherapy Associates, Linda Meredith, Natura Bissé, and Biologique Recherche represent a pinnacle in luxury skincare, each committed to enhancing well-being through innovative approaches. From the transformative power of essential oils to personalized treatments that reshape the skin, these brands blend nature, expertise, and artistry to redefine the standards of skincare and wellness.

## WELL-BEING FACIAL

**1 hour and 20 minutes     \$310 weekday \$340 weekend**

Next Generation Aromatherapy Associates skincare powered by the BioActive™ complex, combines Botanical Actives, Skin Stress Relief Technology, and a handcrafted blend of Essential Oils to help reveal your most radiant complexion. Experience transformative facialist techniques designed to bring your Mind + Skin back into balance. After consulting to assess your needs and skin type, your therapist will create a personalized facial experience tailored to you.

## BIOLOGIQUE RECHERCHE FACIALS

### FRENCH LUXURY FACIAL

**1 hour and 20 minutes     \$380 weekday \$420 weekend**

This luxurious French Signature European facial leaves your skin luminous and sculpted. Personalized to your unique needs, it deeply cleanses, tones, brightens, hydrates, and balances the face, neck, and décolleté. Using concentrated active ingredients and advanced techniques, it targets concerns like acne, rosacea, pigmentation, sun damage, and aging—for instantly radiant, revitalized skin.

### SOIN BOOSTER VIP O<sub>2</sub>

**1 hour and 20 minutes     \$390 weekday \$420 weekend**

The VIP O<sub>2</sub> Booster Treatment is a detoxifying, oxygenating, and brightening treatment that combats free radicals and pollution. This booster is suitable for all skin types except intolerant or very dehydrated. Its bespoke rolling and sculpting technique stimulate circulation for a deeply revitalizing effect, while active ingredients boost oxygen levels, detoxify the skin, and eliminate free radicals and pollutants—revealing an instantly brighter, more radiant complexion.

### REMODELING FACIAL

**1 hour and 20 minutes     \$400 weekday \$430 weekend**

The Golden Seal of Biologique Recherche treatments performed with Biologique Recherche's Remodeling Face Machine. This treatment combines the power of three different modalities in one, creating the most result driven treatment. Designed for all skin types to brighten, detoxify, hydrate and intensely sculpt using micro currents combined with highly concentrated serums to be personalized for each guest.

## TREATMENT ADDITIONS

### SECOND SKIN

**\$185**

Second Skin is a medically inspired regenerating treatment that acts on the extracellular matrix of the skin to accelerate the healing process and achieve immediate results.



## LINDA MEREDITH FACIALS

### **COUTURE OXYGEN THERAPY**

**1 hour and 20 minutes     \$360 weekday \$390 weekend**

Our therapist will assess your skin and tailor a unique blend of products for instant results. LM's Oxygen treatment uses medical-grade oxygen and a vitamin-rich serum packed with hyaluronic acid and beta glucan to visibly plump and firm the skin—often after just one session. For long-lasting results, a course of six treatments is recommended.

### **COUTURE COLLAGEN INFUSION**

**1 hour and 20 minutes     \$380 weekday \$420 weekend**

After a skin analysis, an application will be chosen for immediate results. As collagen and hyaluronic acid production slows in our mid-twenties, it is vital to replenish them through targeted treatments. A fine sheet of freeze-dried collagen or hyaluronic acid is applied to the face, then activated and absorbed deep into the skin with the help of an oxygen concentrator for enhanced results.

### **ULTIMATE COUTURE**

**1 hour and 50 minutes     \$420 weekday \$450 weekend**

This fully customized facial combines the anti-aging benefits of oxygen and collagen with V-TOX, a natural alternative to BOTOX using algae derivatives to relax the skin—ideal for those seeking visible results without invasive procedures. Safe for all ages and pregnancy-safe, V-TOX is applied to targeted areas or the full face and neck, then infused using oxygen. Best results are seen with a course of six treatments.





## NATURA BISSÉ FACIALS\*

### **DIAMOND LUMINOUS**

**1 hour and 20 minutes    \$390 weekday \$420 weekend**

An intensely revitalizing anti-aging treatment for the most demanding complexions. This facial corrects and brightens by Using sophisticated ingredients for long-lasting hydration. Improving elasticity and luminosity while simultaneously soothing and calming the skin. Perfect for those looking for the ultimate in luxury skincare with radiant results.

### **VITAMIN C INFUSION**

**1 hour and 20 minutes    \$390 weekday \$420 weekend**

An antioxidant treatment that restores vitality to sun damaged skin and helps minimize signs of premature aging. Vitamin C stimulates collagen production and renews skin firmness, while improving luminosity and hydration.

## MASK ENRICHMENT

### **INSTANT LIFT MASK**

**\$30 weekday \$40 weekend**

The Essential Shock Intense Instant-Lift Mask is a fast-acting sheet mask that intensely hydrates the skin and gives a visible firming and lifting effect with targeted ingredients of hyaluronic acid, collagen, niacinamide and firming amino acids.

\*All facial treatments include advanced blue light protection.

# SPA HALF-DAY PROGRAMMES



## PREGNANCY RADIANCE

**\$620 weekday \$680 weekend**

Let us pamper new parents and parents-to-be with this beautiful whole-body experience, carefully designed for this special time. A *Pre or Post Natal* massage with gentle rose oils and creams to hydrate and infuse the skin with antioxidants to fight free radicals. Followed by a nurturing and hydrating Bespoke Facial. Recommended after the first trimester of pregnancy.

- Pre or Post Natal Massage
- Well-Being Facial

## REJUVENATE

**\$790 weekday \$860 weekend**

Step into serenity and emerge luminous. This curated trio of treatments is designed to refresh your perspective and unveil your natural glow. Begin with the *Revive Body Scrub* to gently exfoliate and awaken the skin. Melt into tranquility with a Himalayan Salt Stone Massage blending soothing scents and warmed stones. Complete your transformation with the *Diamond Luminous Facial*, creating a glimmering complexion, leaving you radiant and rejuvenated.

- Energizing Revive Body Scrub
- Himalayan Salt Stone Massage
- Diamond Luminous Facial

## THE LUXURY RESET

**\$850 weekday \$910 weekend**

Unwind, rejuvenate, and be shifted in body and visage. This transformative experience begins with an indulgent full-body treatment with the healing power of CBD, mineral rich Moor Mud, and a customized massage. Followed by a high-performance custom facial tailored to your skin's needs. This ritual resets your body and mind, leaving you visibly refreshed and deeply relaxed. A completely pampering experience that brings your inner beauty out.

- Holistic Renewal Ritual
- French Luxury Facial

## BALANCE AND BRILLIANCE

**\$710 weekday \$770 weekend**

Unwind with a deeply restorative firm-pressure Therapeutic Massage designed to melt away tension and release muscular stress. This therapeutic touch sets the stage for a comprehensive skin analysis, where your unique complexion is carefully assessed. Finishing with a brightening and powerful Vitamin C Infusion facial—leaving you refreshed, radiant, and balanced from head to toe.

- Therapeutic Massage
- Vitamin C Infusion Facial

# WELLNESS INTENTIONS

We offer Wellness Concierge services to guests of the Mandarin Oriental, Boston, in addition to our spa treatments. Our goal is to help you achieve peak performance physically, mentally, and emotionally throughout your stay. Whether you're looking for an invigorating workout, a sculpted body, or a peaceful mind, our wellness experts are here to guide you on your journey toward holistic well-being and rejuvenation.

All sessions are designed to be a one-on-one session. The descriptions below detail the maximum and additional cost if needed. Please book two weeks in advance, and all services are based on Trainer availability.

## FUNCTIONAL MOVEMENT

### PERSONAL TRAINING

**50 minutes**                      **\$110\*\***

Achieve your fitness and exercise goals, whether it is for weight loss, strengthening, improved endurance or a lifestyle change. Our professional personal trainers will work with you, one-on-one, to design a program that will fit your needs.

\*\*Each additional guest is \$50, with a maximum of two guests permitted.

### YOGA

**50 minutes**                      **\$110\*\***

Elevate your yoga journey with a personalized session led by our expert instructor. Experience a tailored approach to enhance your flexibility, balance, and mindfulness. Whether you're a beginner or a seasoned yogi, our one-on-one instruction will help you achieve your wellness goals and find deep relaxation. Discover the power of personalized guidance!

\*\*Each additional guest is \$50, with a maximum of four guests permitted.

### PILATES

**Reformer - 50 minutes**                      **\$140**

**Mat - 50 minutes**                      **\$110**

Pilates one-on-one sessions offer personalized instruction on proper form and breathing techniques for individuals of all fitness levels. When selecting the Reformer, please specify if you are a beginner, intermediate, or advanced user. Please bring Pilates grip socks.

### ASSISTED STRETCHING

**30 minutes**                      **\$65**

Feel better, move better. Assisted stretching uses a trained professional or device to help you stretch deeper and more effectively than you can on your own. Benefits include Improved flexibility & range of motion and Less muscle tightness & soreness. Great for athletes, those with limited mobility, or anyone looking to move more freely and feel their best.

### RUNNING COACH

**Sessions start at 30 minutes for \$85\*\*, with prices varying based on your goals and route**

Whether you're training for a 5K, a marathon, or you're a new runner, a coach can create a personalized training plan to help you reach your goals. If you're looking for a guided run, Boston's Back Bay has a variety of leisurely routes, and a local runner would be happy to join you!

\*\*Each additional guest is \$50, with a maximum of two guests permitted.



A person is shown from the side, sitting in a meditative pose on a dark blue mat. Their hands are resting on their knees in a mudra. The background is a blurred yoga studio with other people in the distance. The lighting is warm and soft.

**INNER STRENGTH GUIDANCE:  
POWERFUL PRACTICES**

Mandarin Oriental, Boston offers mind body resets in individual focus, or we can combine these practices into immersive sessions. These special experiences are based on availability of our practitioners. Times and Prices may vary depending on individual preferences and combinations.

**GUIDED MEDITATION  
FOR AWARENESS & CALM**

This guided meditation session offers a simple, accessible way to pause, reset, and reconnect. Designed for busy professionals, the practice supports mental clarity, emotional balance, and stress reduction—helping you return to your day with greater focus and resilience. No experience necessary. Just show up, breathe, and unwind.

**SOUND BATH FOR  
RELAXATION & MENTAL CLARITY**

Experience a calming sound bath designed to reduce stress, restore focus, and support mental well-being. Using therapeutic instruments like singing bowls and tingshas, this session offers a restorative break from the workday. No experience required—simply relax and recharge.

**GUIDED BREATHWORK  
FOR FOCUS & RESILIENCE**

Experience a guided breathwork session designed to reduce stress, sharpen focus, and build emotional resilience. This powerful practice uses intentional breathing to calm the nervous system, boost energy, and enhance mental clarity—ideal for busy professionals. No experience needed.





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