



MANDARIN ORIENTAL
WELLNESS



PHILOSOPHY

Wellness at Mandarin Oriental Downtown, Dubai is inspired by the timeless rhythm of the sun and moon. Within our sanctuary in the heart of the city, every moment is designed to transform; restoring balance, awakening vitality and creating space for renewal.

From therapies that illuminate inner radiance to rituals that bring deep serenity, our experiences draw on rich traditions of wellness, elevated through the precision of nutritional skincare.

Guided by our expert team, each journey unfolds with intention. Guests are invited to relax, to restore, to be uplifted, all while immersed in the ever-shifting beauty of Dubai's vibrant cityscape.



ESSENCE OF DUBAI

SIDR SECRET | 2 hours

Discover the healing wonders of the Sidr leaf, a natural exfoliant combined with rosewater and black soap to gently exfoliate and cleanse the skin. A Sidr leaf body mask Rasul experience is concluded with a rosewater hair rinse to treat and cleanse the hair and scalp ending with a sumptuous full body massage and stretching to aid mobility, leaving the body refreshed and rejuvenated.

SOLAR CEREMONY – SUNSTONE REVIVE

AWAKENING, WARMING, ENERGISING, INTENTIONAL | 1 hour 30 minutes

An energising ritual aligned with the solar current – uplifting, dynamic, and intentional. Designed to activate circulation, awaken the solar plexus, and restore inner vitality through meridian therapy, dynamic stretching, and myofascial face and body sculpting. This treatment empowers, clarifies, and invites you to lead from your inner sun.

Add the heart activation to connect with the lunar energy.

HEART ACTIVATION | 30 minutes add on

Integrates yin and yang energies for harmony and resilience through warm oil, crystals, and tuning forks, to restore deep balance.

LUNAR CEREMONY – MOONLIGHT REPOSE

SURRENDER, RELAX, RESET, INTEGRATE | 1 hour 30 minutes

A deeply restorative ritual guided by the lunar rhythm – soft, fluid, and introspective. This treatment works through the element of water, gently activating the lymphatic system to detoxify, reduce inflammation, and bring clarity to both body and mind. With soothing cranial holds, biosignatures and a gently sculpting lymphatic facial massage, it invites stillness, reflection, and emotional release.

Add the heart activation to connect with the solar energy.



SIGNATURE THERAPIES

We deliver every aspect of wellness with integrity and care, offering inspiration for lifestyle change in an environment that engages the senses. Each experience honours Eastern culture and philosophy, creating moments of renewal and balance that encourage a deeper connection to personal wellbeing.

TIME RITUALS™ | 2 hours

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 unique individual needs.

INNER STRENGTH | 1 hour 30 minutes

Using a blend of healing and balancing aromatherapy oils, a nurturing treatment using massage to ease physical tension and emotional anxiety.

ORIENTAL QI | 1 hour 30 minutes

A simple, effective and authentic spa experience. This relaxing, traditional hands-on body massage ritual works on the energy of the meridians' using the principles of the five Chinese elements of Wood, Earth, Fire, Water and Metal, together with the specific essential oils

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. A treatment that helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.



MASSAGE

Every massage is created with the individual in mind. Following a personal consultation, our therapists design a treatment that responds to the body's needs, blending techniques that ease tension, stimulate circulation and restore balance. The experience becomes a pathway to deep relaxation and renewal, leaving a quiet sense of calm that endures well beyond the treatment.

DYNAMIC BODY SCULPTING MASSAGE | 1 hour 30 minutes

This transformative Brazilian sculpting massage treatment targets cellulite, improves tone, definition and enhances body confidence. Stimulating massage and lymphatic techniques, as well as potent antioxidant-rich oil, lead to visibly firmer and smoother skin across key areas of focus, including legs, waist, arms and glutes.

HOT STONE THERAPY | 1 hour 30 minutes

A therapeutic massage combining heated stones and traditional massage methods helping to alleviate stress, reduce pain and enhance overall muscle health and relaxation.

SYNTHESIS ORGANICS SIGNATURE BIOENERGETIC AROMATHERAPY MASSAGE

1 hour 30 minutes

Experience a full-body personalised aromatherapy ritual with an inhalation journey, biosignatures and pulse-point activation to align breath, body, and energy. Using rhythmic strokes, flowing movements, and targeted deep tissue techniques, it works to restore balance, release tension, and calm the nervous system - leaving you grounded, uplifted, and deeply relaxed.

MOTHER TO BE WARM OIL MASSAGE | 1 hour 30 minutes

A calming full body treatment that encompasses a soothing full body massage to ease away deeply held stress and tension as the body changes throughout this precious time. Nourishing Rose De Mai oils keep the skin soft and smooth whilst pumpkin enzymes and pink Himalayan salts treat the feet with a luxurious foot scrub.



SPECIALITIES

THAI MASSAGE | 1 hour 30 minutes

A blend of acupressure and deep stretching to relieve muscle tension and enhance flexibility. A traditional inspired therapy to improve blood circulation and to help promote relaxation, holistic rejuvenation and increased energy.

SYNTHESIS CELESTIAL HAIR & SCALP RITUAL | 1 hour

A deeply restorative ritual combining flowing head, neck and shoulder massage with chakra-balancing oils and warm botanical Hair & Scalp Elixir. Acupressure and meridian techniques relieve stress and increase microcirculation to the scalp. A rosemary steam and Bioenergetic Conditioning Treatment nourish the hair, leaving it silky and revitalised. The ritual concludes with grounding foot reflexology, restoring harmony from crown to sole. Encourages hair vitality while relieving the busy mind and calming the nervous system.



BODY TREATMENTS

111SKIN

Pushing the boundaries of science, ingredients, and technology and creating advanced products that yield dramatic results, helping to achieve immediate visible results.

REPARATIVE LONGEVITY RITUAL | 1 hour 30 minutes

Using two 111SKIN world-first premieres of newly developed professional formulas for the body, an exclusive treatment designed for Mandarin Oriental Downtown, featuring the Reparative Renewing Body Scrub and Reparative Body Lotion. Gentle exfoliation, actively replenishing ingredients, soothing massage techniques, aides the body's skin health by leaving it highly fortified, soft and smooth.

CRYO BODY TREATMENT | 1 hour

Combining 111SKINs Cryo Globes and Pro Cellulite Gel to effectively target areas that require invigoration and drainage. Stimulating microcirculation and the lymphatic system to detoxify and refresh, helping to ease and soothe tired legs and achy muscles, while contouring the silhouette. Bespoke massage techniques stimulate vasodilation, as well as oxygenating, detoxifying, nourishing and firming the skin.



OSKIA

Specialists in cellular nutrition through patented micro-encapsulation and liposome technology. Vitamins, minerals proteins & omegas all combine to improve cellular activity and ability leading to skin that's healthier, happier and glows from within.

LUXURY FACE & BODY FUSION | 1 hour 30 minutes

A sensational experience, combining the most luxurious radiance-boosting and anti-ageing facial techniques with the very best deep pressure massage to entirely renew the complexion and sense of well-being and leave the skin radiating with good health.

REST & RESTORE DEEP SLEEP | 1 hour 15 minutes

A stress-easing, full body massage ideal for emotionally and physically tired souls. A graceful, flowing, full-body treatment combines ancient, inspired sound healing, oil pouring & massage rituals with reflex points and craniosacral therapy to balance the nervous system, restoring harmonious flow of energy and gently easing muscles. Warm nutrient-rich super-seed oils ensure the feeling of nourishment and care.



HOLISTIC SKIN CARE

SYNTHESIS ORGANICS

Imbued with the eternal qualities of Light, Love, Beauty and Spirit. Carrying the potency of nature's life-force with ingredients and formulation principles that act in harmony with the body's incredible natural healing capacity.

MYOFASCIAL LIFT 360° FACIAL ALCHEMY BY SYNTHESIS

(OPTIONAL INTRA-ORAL BUCCAL SCULPTING) | 1 hour 30 minutes

Reveal lifted contours, refined symmetry, and radiant skin through this advanced three-phase ritual: Fascia release and sculpting techniques boost microcirculation and tone facial architecture, while gentle lymphatic drainage detoxifies and depuffs. An optional intraoral Buccal technique provides dual internal-external muscle release to ease jaw tension and enhance results. High-performance organic actives and somatic integration leave skin visibly rejuvenated and the nervous system deeply relaxed in this uniquely luxurious yet clinically effective treatment.



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INDULGENT ESCAPE | 1 hour

A conditioning facial perfect for those who want to unwind and float through the remainder of the day with skin that's renewed, yet barrier function supported. OSKIA's gentle exfoliating peel and nourishing moisture mask ensures skin is smoothed and softened while the acid mantle, natural moisturising factors and microbiome are thoroughly restored. Reflex points on the feet, ancient scalp massage techniques, and a soothing shoulder massage ensure a deep relaxed state.

PURIFY & REVIVE | 1 hour

A deep cleaning, detoxifying facial sumptuously incorporating steaming, lymphatic stimulating gua-sha massage and pure Oxygen helping to reduce damage to skin's DNA. Clinically trialled, high anti-oxidant formulations intelligently protect the skin against free-radicals, particulate matter and volatile organic compounds, helping to prevent fine lines, pigmentation and collagen degradation.

REVITALISING SUPER C | 1 hour

An ultra-hydrating, super-nutrient facial designed to sculpt and provide immediate anti-ageing benefits. A treatment that concentrates on reducing visible fine lines and lifting the contours of the face in the short term whilst harnessing a breakthrough biomimetic serum and smart vitamin C to maintain a youthful complexion in the long term.

ADVANCED SKIN CARE

111SKIN

Pushing the boundaries of science, ingredients, and technology and creating advanced products that yield dramatic results, helping to achieve immediate visible results.

REPARATIVE LONGEVITY FACIAL | 1 hour

Exclusive to Mandarin Oriental Downtown, Dubai. A high-performance facial Including 111SKINs Supersonic Cleansing and Essence Infusion machine technology, incorporating EMS and LED making it one of the most advanced non-invasive spa treatments. Epitomising the best of 111SKIN's famed, surgically inspired skincare, harnessing the power of NAC Y²™ complex to strengthen the skin barrier and prevent further inflammation and enhance the complexion. Formulated to calm and soothe damaged, inflamed, and irritated skin and strengthen the skin barrier.

DE PUFFING CRYOTHERAPY FACIAL | 1 hour

Harnessing cryo-inspired technology and re-energising formulas to increase microcirculation, and instantly diminish puffiness and fatigue. Cooling Cryo Globes massage encourages lymphatic drainage and detoxification, making skin appear visibly brighter, evenly toned, and refined whilst world-first Cooling Cryo Eye elements instantly reduce dark circles and puffiness. The complexion is fully soothed, sculpted and refreshed. An invigorating facial for tired and lacklustre skin in need of rejuvenation.

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SIGNATURE NUTRI GLOW WITH LED | 1 hour 15 minutes / 1 hour 30 minutes

An all-encompassing signature facial using a combination of essential skin nutrients, bio-actives and modern & traditional glow-inducing techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin immediately radiant. Natural Face Therapy and eye contour massage techniques, lymph drainage and acupressure lift, relax & contour the face and increase the bio-nutritional transportation into the skin completing an ultimate radiance-boosting facial.

TERMS & CONDITIONS

OPENING HOURS

Fitness Centre: Monday – Sunday 24 hours
Treatments: Monday – Sunday 9am – 9pm

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

To preserve an atmosphere of tranquillity, we kindly ask that mobile devices are switched off and secured in your locker, ensuring privacy and serenity for all guests.

SPA ARRIVAL

We recommend arriving at Wellness Reception at least 45 minutes before your first appointment. This allows time for a consultation with your therapist and the opportunity to enjoy our heat and water experiences. Please note that late arrivals may reduce your treatment time.

PRIVACY & MODESTY

Our professional therapists respect your privacy at all times, and personal information remains strictly confidential. You will always be appropriately draped during treatments to ensure comfort, safety and peace of mind.

AGE REQUIREMENT

Guests must be at least 16 years old to enjoy treatments and use the Fitness Centre.

HEMOCARE

To extend the benefits of your spa experience, products used in our treatments are available for purchase in the retail area, alongside a selection of lifestyle items and keepsakes.

GIFT CARDS

Our gift cards make a thoughtful present and are available online at [mandarinoriental.com/gift-cards](https://www.mandarinoriental.com/gift-cards) or at The Spa concierge desk.



MANDARIN ORIENTAL
DOWNTOWN DUBAI

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