



THE SPA
— AT —
MANDARIN ORIENTAL
—
NEW YORK

ESSENCE OF NEW YORK

VIP COUPLES ESCAPE

2 hours

Monday – Thursday \$1,370, Friday – Sunday \$1,420

3 hours

Monday – Thursday \$1,820, Friday – Sunday \$1,870

Indulge in a few hours of pure bliss with an exclusive couple's treatment in our VIP Spa Suite. Begin your wellness journey with a private consultation and a side-by-side experience of our signature Time Rituals™ treatment. Our most holistic spa offering, it allows our therapists to create and customize treatments to meet your specific needs. Your journey concludes with a private moment to indulge in a champagne toast and a signature seasonal dessert to share together, leaving you with a sweet memory to carry the bliss of your relaxation.

THE CLEARING FACTOR

2 hours 50 minutes

Monday – Thursday \$740, Friday – Sunday \$760

3 hours 50 minutes

Monday – Thursday \$1,010, Friday – Sunday \$1,030

An exclusive treatment for our Spa, The Clearing Factor is dedicated to restoring the body to a state of balance and vitality using a customized sequence of intensive clearing and detoxifying therapies. Beginning with a full body exfoliation and wrap, then followed by a lymphatic drainage massage and traditional cupping techniques, this treatment encourages movement within the body while eliminating impurities by bringing them to the surface. The treatment concludes with the application of a nourishing moisturizer and a fresh-squeezed detoxifying juice to further enhance the benefits of the experience.

ÁYURVEDIC RITUAL

2 hours 50 minutes

Monday – Thursday \$740, Friday – Sunday \$760

This Áyurvedic-inspired ritual begins with a comprehensive consultation in which your therapist will establish your Dosha type: Pitta, Vata or Kapha. Understanding your Dosha or body-mind type helps in tailoring the therapeutic approach to your session. Each sequence of this meditative and restorative treatment will be customized to your individual needs, including a full body exfoliation, body wrap, hot stone massage and Shirodhara treatment. The Shirodhara treatment involves a continuous stream of warm herbal oil poured onto your forehead for a deeply relaxing experience to calm your nervous system and improve mental clarity.



SIGNATURE THERAPIES

TIME RITUALS™

1 hour and 50 minutes

Monday – Thursday \$510, Friday – Sunday \$530

2 hours and 50 minutes

Monday – Thursday \$740, Friday – Sunday \$760

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 meet your specific needs.

ORIENTAL QI

1 hour 20 minutes

Monday – Thursday \$440, Friday – Sunday \$465

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.

INTELLIGENT MOVEMENT

1 hour 20 minutes

Monday – Thursday \$440, Friday – Sunday \$465

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

SLEEPFULNESS

1 hour and 50 minutes

Monday – Thursday \$440, Friday – Sunday \$465

Sleepfulness begins with gentle breathwork and subtle aromatherapy to calm the senses before moving into slow, restorative massage techniques that create warmth, comfort, and tranquility. The treatment supports deeper rest and helps ease tension linked to disrupted sleep, travel fatigue, or digital overload.





MASSAGE

All of our massage treatments are customized 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 enhance overall well-being.

THERAPEUTIC MASSAGE

50 minutes

Monday – Thursday \$275, Friday – Sunday \$290

1 hour 20 minutes

Monday – Thursday \$370, Friday – Sunday \$385

Targeting areas of tension, concentrated pressure is used to focus on tight, stressed and aching muscles for a truly effective deep tissue massage. This treatment is ideal for guests with issues of chronic tension.

AROMATHERAPY

50 minutes

Monday – Thursday \$275, Friday – Sunday \$290

1 hour 20 minutes

Monday – Thursday \$370, Friday – Sunday \$385

A deeply therapeutic, holistic treatment which combines the power of essential oils with the best of Eastern and Western massage techniques, this massage creates a feeling of physical relaxation and calm, while mentally uplifting and clearing the mind.

AROMA STONE

1 hour 20 minutes

Monday – Thursday \$370, Friday – Sunday \$385

Stone therapy is a Native American practice used since ancient times as a healing therapy. The use of stones generates energy, creating a sense of balance and calm as well as giving relief to deep-seated muscle tension.

MATERNITY MASSAGE

1 hour 20 minutes

Monday – Thursday \$380, Friday – Sunday \$395

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, while nourishing the skin and relaxing the body.



BODY TREATMENTS

RESTORATIVE DETOX WRAP

50 minutes

Monday – Thursday \$290, Friday – Sunday \$305

1 hour 20 minutes

Monday – Thursday \$380, Friday – Sunday \$395

This invigorating treatment is specifically designed for those looking for an intensive body detox. It is the perfect therapy when dieting, feeling sluggish or lacking energy. The Restorative Detox Wrap includes a blend of refreshing grapefruit, stimulating rosemary and juniper that will leave you feeling revitalized and provide your skin a bright, smooth and silky appearance.

JET LAG CURE

1 hour 20 minutes

Monday – Thursday \$380, Friday – Sunday \$395

Long distance travel is physically and mentally tiring; this treatment is designed to uplift on both levels. Choose from our Relaxing or Reviving collection to tailor this treatment to meet your individual needs.

PRE OR POSTNATAL RENEWAL RITUAL

1 hour 50 minutes

Monday – Thursday \$510, Friday – Sunday \$530

A personalized journey created to work simultaneously on the physical, mental and emotional aspects of wellbeing. Your body is prepared with a customized exfoliation, then enveloped with a nourishing blend of serums and oils leaving your skin replenished and soul nurtured.

A person is lying on their side, receiving a body scrub treatment. The skin is covered in a fine, white scrub. The background is a warm, dimly lit room with wooden paneling.

TREATMENT ADDITIONS

Created to prepare the skin and body to receive the benefits of the treatments that will follow.

ENERGIZING REVIVE BODY SCRUB

20 minutes

Monday – Thursday \$150, Friday – Sunday \$165

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

ORIENTAL BLISS SCALP TREATMENT

20 minutes

Monday – Thursday \$150, Friday – Sunday \$165

A nourishing hair and scalp treatment designed to awaken the senses, ease tension and bring clarity and radiance. An exquisite Ayurvedic hair and scalp oil bathes your head and invigorates the senses while a luxurious facial serum hydrates and firms.

ADVANCED SKIN CARE

BIOLOGIQUE RECHERCHE

Since 1980, it has devoted itself to the art of personalized treatments, delivering outstanding immediately visible and long lasting results. The first step of Biologique Recherche Methodology.

CUSTOM MADE

1 hour 20 minutes

Monday – Thursday \$410, Friday – Sunday \$425

Following a comprehensive skin analysis, each guest will receive a personalized “treatment booster” crafted from Biologique Recherche products and tailored manual techniques. Renowned for its highly-concentrated natural, biologically-active and fragrance-free ingredients, the Custom Made Facial is ideal for all skin types, particularly those in need of reconditioning, repair, lifting and pigmentation reduction.

REMODELING FACE

1 hour 20 minutes

Monday – Thursday \$510, Friday – Sunday \$525

Using state-of-the-art technology, the Remodeling Face treatment combines the power of four currents and Biologique Recherche active products to deliver immediate, long-lasting lifting and restructuring results.

HYDRAFACIAL

Experience immediate results with the multifaceted HydraFacial treatment. Appropriate for all skin types, these customizable facial treatments target a multitude of concerns including fine lines, elasticity and firmness as well as congested and problematic skin.

HYDRAFACIAL MD® TREATMENT

50 minutes

Monday – Thursday \$310, Friday – Sunday \$325

1 hour 20 minutes

Monday – Thursday \$410, Friday – Sunday \$425

With visibly transformative results, HydraFacial MD® is a hydra-dermabrasion treatment that simultaneously cleanses, exfoliates and extracts with intense hydration using results-driven, proprietary serums filled with antioxidants, peptides and hyaluronic acid. This non-invasive, non-surgical treatment delivers instant results with no discomfort or downtime.



ADVANCED SKIN CARE

NATURA BISSÉ

Since 1979, Natura Bissé has been the leader in innovation, efficiency and sophisticated elegance. Natura Bissé is universally recognized for ground breaking technology in results driven skincare and world class Spa treatments. Embodying the artisan craft of true luxury with advanced formulations and award-winning research.

SIGNATURE ADVANCED CUSTOM FACIAL

50 minutes

Monday – Thursday \$275, Friday – Sunday \$290

1 hour 20 minutes

Monday – Thursday \$380, Friday – Sunday \$395

Our Signature Facial is a customized treatment targeted to combat the signs of premature aging, oily or dry skin. Allow your esthetician to perform a thorough skin analysis and design the perfect signature facial just for you. Rooted in the classic European facial, this tailored treatment infuses into your skin precise ingredients to re-energize cellular functions, rebuild tolerance and reverse the signs of aging while leaving your skin balanced and radiant. Calming and effective facial techniques increase the skin's receptivity while embodying the artisan craft of true luxury with advanced formulations.

INTENSIVE LIFT FACIAL

50 minutes

Monday – Thursday \$290, Friday – Sunday \$305

This powerful treatment is ideal for those with issues of facial wrinkles and expression lines. Immerse in the Intensive Lift Facial that begins with a master cleansing ritual and deep exfoliation, followed by a definitive energetic massage procedure that increases microcirculation and prepares the skin for an anti-wrinkle ultra-concentrate formulated with relaxing neuropeptides and a repairing and hydrating mask with hyaluronic acid. Through the exceptional combination of components from this treatment, you will be left with a wrinkle-free skin and a defined facial contour.

YOUTH INFUSION LUXE FACIAL

1 hour 20 minutes

Monday – Thursday \$395, Friday – Sunday \$410

A true experience of excellence, this facial dramatically reverses premature aging while increasing firmness and elasticity. The treatment begins with a luxurious cleansing ritual inspired by expert Asian techniques. A relaxing lavender Âyurvedic Shirodhara massage is followed by a triple exfoliation with carboxytherapy. Meticulous lifting myofascial massage is performed with a potent serum. Diamond, pearl and gold extracts provide an astounding firming and contouring effect that maximizes luminosity. The result is a revitalized, smooth and rejuvenated skin.



HOLISTIC SKIN CARE

FORCE OF NATURE FACIAL

50 minutes

Monday – Thursday \$275, Friday – Sunday \$290

Indulge in a revolutionary facial that combines pure, active cold-pressed botanical extracts with cutting-edge natural cosmeceuticals. This treatment deeply moisturizes, soothes, nourishes, improves skin tone and texture, as well as combats the appearance of fine lines and wrinkles.

The facial begins with our signature relaxation ritual, followed by a deep cleanse using hemp extract, eco-friendly Boreal Forest barks, natural clays, and highly mineralized argentiere ice cap water. The facial also features carrot seed oil, cocoa butter, black cumin seed oil, and kakadu plum extract to provide essential nutrients. A unique dual mask and gommage treatment featuring raspberry seed, avocado, kaolin and pumice gently exfoliates and nourishes, leaving your skin radiant and glowing.

WATER LILY RADIANCE FACIAL

50 minutes

Monday – Thursday \$275, Friday – Sunday \$290

A blend of natural fruit acids and lactic acid gently exfoliates dead skin cells, while extracts of water lily, colloidal oatmeal, aloe and green tea work together to improve hydration and soothe redness in sensitive skin, resulting in a calm, nourished and radiant complexion.

MEN’S FOCUS FACIAL

50 minutes

Monday – Thursday \$275, Friday – Sunday \$290

A custom treatment suited for gentlemen, our Men’s Focus Facial consists of a dual exfoliation system to effectively remove dead skin cells. Enriched with vitamins, minerals, peptides and botanical extracts, this treatment improves skin tone and texture to soothe irritation associated with shaving and address visible signs of aging.





SPECIALISTS

THAI FOOT THERAPY

1 hour 20 minutes

Monday – Thursday \$380, Friday – Sunday \$395

Combining the best elements of Reflexology and traditional Thai massage, this treatment incorporates stretching and targeted thumb pressure techniques to revive and balance the body's energetic pathways. Using an authentic teak wood Thai dowel, reflex zones are stimulated to enhance energy flow and produce a sense of overall wellbeing.

MEDITATION AND VISUALIZATION

50 minutes

Monday – Thursday \$275, Friday – Sunday \$290

Take time to experience the ultimate in relaxation. Learn the art of healthy breathing, while you increase your energy levels, improve circulation, lower blood pressure, and feel everyday stress and anxiety gently float away.

REIKI

50 minutes

Monday – Thursday \$275, Friday – Sunday \$290

The two Japanese words Rei and Ki mean “spiritually guided” and “life force energy.” Reiki harnesses this energy for relaxation and stress reduction. Guided by our Reiki Master's light touch, pain, stress and tension melts away as the Reiki energy flows through you, promoting a safe, healing experience that nourishes and relaxes you from head-to-toe.

WELLNESS CONCIERGE

In addition to a spa treatment, we offer Wellness Concierge services to hotel guests of Mandarin Oriental, New York to help you achieve peak performance physically, mentally and emotionally during your stay. Whether seeking a vigorous workout, a sculpted body or a peaceful mind, let our Wellness experts guide you through your journey of holistic wellbeing and rejuvenation.

PERSONAL TRAINING

1 hour **\$225**

1 hour 30 minutes **\$320**

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

AQUA AEROBICS

1 hour **\$225**

Dive into a refreshing and invigorating workout with a one-on-one Aqua Aerobics session. This water-based exercise provides a low-impact yet highly effective way to improve cardiovascular health, build strength, and increase flexibility.

SWIMMING LESSONS

1 hour **\$225**

Whether you seek a clear mind, a stronger body, or seamless swimming with effortless breathing, our swimming instructor is dedicated to your success.

Swimming lessons for children, our Little Fans, is also available. It's never too early to feel at ease in the water.

YOGA

1 hour **\$225**

Elevate your yoga practice with a personalized session led by our experienced yoga teacher. Discover a tailored approach to improve your flexibility, balance, and mindfulness. Whether you're a beginner or an experienced yogi, our one-on-one instruction will enhance your practice, ensuring you achieve your wellness goals and find deep relaxation.



SPA TERMS & CONDITIONS

SPA OPERATIONAL HOURS

The Spa is open daily from 11am to 6pm. Hours are subject to change.

SPA ARRIVAL

We recommend that you arrive to The Spa 15 to 30 minutes prior to your first scheduled appointment, starting at 10:45am. This allows you ample time to visit the spa's thermal experiences, an oasis of heat and water, to truly prepare for your treatment journey. To ensure a holistic spa experience for each guest, kindly note that our heat and water facilities are only available prior to treatments. We recommend guests of the hotel to arrive in their robes.

TAX AND GRATUITY

A 20% service charge and 4.5% tax (tax rates subject to change) will be added to your final bill for each service.

APPOINTMENT INFORMATION

We offer our busy guests a reliable timetable; therefore, arriving late will simply limit the time of your treatment, reducing your full benefit and enjoyment. Your treatment will end on time to prevent inconvenience to the next guest. The full treatment price will apply. Weekday pricing is Monday to Thursday. Weekend pricing is Friday to Sunday and is applicable for holidays. Kindly note that availability and pricing are subject to change at any time without prior notice.

CLEANLINESS

Our Spa has always upheld strict hygiene protocols and the wellbeing of our guests and colleagues is our number one priority. We would like to reassure you that additional protocols have been introduced to provide you with a safe environment during your visit with us. Our treatment rooms and equipment are sterilized and sanitized after each guest and enhanced cleaning procedures have been implemented in all areas.

CANCELLATION POLICY

Please allow 24-hour notice of cancellation to avoid a 100% charge. No show appointments will incur a 100% charge. A credit card number is required at the time of booking to guarantee the appointment.

SPA ATTIRE

Most body treatments are enjoyed without clothing. However, please wear what is comfortable for you.

HEALTH CONDITIONS

If you are experiencing a fever, cough, or sore throat, please reschedule your appointment for when you are no longer symptomatic. Please advise us of any other health conditions, allergies, or injuries which could affect your service when making your spa reservation.

LOSS OR DAMAGE

We cannot be responsible for any loss or damage of personal articles. Please keep all valuables with you in your treatment suite during your visit.

SPA BOUTIQUE

To continue your spa regimen at home, spa products used in treatments are available in our Spa Boutique. A selection of wellness lifestyle products and accessories are also available.

REFUND POLICY

Unopened retail products can be exchanged within 10 days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.

GUESTS

The Spa welcomes both hotel and outside guests for any of our treatments. Please note that the use of the Fitness Centre and Pool are reserved for hotel guests and residents.

DIGITAL DISCONNECTION

Our Spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your mobile phone and other electronic devices.

PREGNANCY

We have specially designed treatments for expectant mothers in their second and third trimester. Please let The Spa Concierge guide you in selecting a treatment, taking into consideration your wellbeing during this special time. Please be advised that for your protection, we do not perform pregnancy massage during the first trimester, however facials are available during this stage.

AGE REQUIREMENTS

The minimum age to access The Spa is 18 years old.



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