



389 Tianhe Road, Tianhe District, Guangzhou 510620, PRC
Telephone: +86 (20) 3808 8879 Facsimile: +86 (20) 3808 8872
Email: mogzh-spa@mohg.com
mandarinoriental.com/en/guangzhou/tianhe/wellness



ESSENCE OF GUANGZHOU

Guangzhou, located in the subtropical zone with warm weather and four seasons evergreen, is recognized as the Flower City. Here at The Spa at Mandarin Oriental, Guangzhou, we present you with our exclusive floral treatments.

City Garden

2 hours 30 minutes

CNY 2,580

A bath infused with kumquat and chrysanthemum-blended bath oils is followed by a full-body wrap with the warmth of natural sugarcane and mulberry, leaving your body fresh and revitalised. Your garden treatment will be completed with a full-body massage with rose, geranium and sweet orange oil.

This treatment includes: Bath, Body Wrap and Body Massage.

Bouquet of Guangzhou

2 hours

CNY 2,280

Restore harmony to your soul with a comforting bath and full-body exfoliation, enriched with the aromas of rose, osmanthus, peach and chrysanthemum before a traditional Chinese massage using acupressure and "Tuina" techniques to relieve aches and improve circulation, leaving you feeling totally renewed.

This treatment includes: Bath, Body Scrub, Chinese Massage





SIGNATURE THERAPIES

All of our Signature Treatments commence with Tian Quan therapy which consists of a self-applied steam bath and body scrub, beneficial in relieving stress and muscle pain, increasing blood circulation, detoxification, and opening the pores to allow any oils and creams used in the treatment to penetrate deeper into the skin.

Time Rituals™

2 hours / 3 hours

CNY 2,380 / 3,180

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.

Inner Strength

2 hours

CNY 2,180

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety as a result of stress accumulated from our daily life.

Digital Wellness Escape

1 hour 30 minutes

CNY 1,580

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stress and strains from the frequent use of digital devices.

Intelligent Movement Treatment

1 hour 30 minutes

CNY 1,580

The Intelligent Movement Treatment is designed to help guests improve their posture and mobility through trigger point release, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissues, release tension, increase circulation and improve overall mobility of the body.

ESSENTIAL TRAVELLER

Stress Recovery

30 minutes

CNY 680

The ideal massage to help relieve stiffness and fatigue, as the treatment concentrates on tension areas such as the back, neck and shoulders.

Calm Mind

45 minutes

CNY 980

Re-harmonise your natural energy flow with our signature head massage, designed to completely relax both body and mind.

Oriental Foot Therapy

1 hour

CNY 980

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.

Jet Lag Reviver

2 hours

CNY 2,180

Travelling can be exhausting and stressful due to the changes of environment, irregular meals and rest time. This treatment starts with an exfoliant, followed by deep tissue massage with essential oils to soften, detox and restore the brightness of your skin. A quick fix for anyone who wants to relieve fatigue and restore vitality.



MASSAGE

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

CNY 1,280 / 1,680

Using custom-blended Oriental oils and movements inspired by traditional Oriental therapies, this tension-busting massage treats the whole body, while focusing on the traditional stress-holding areas of the back, neck and shoulders.

Chinese Meridian Massage

1 hour / 1 hour 30 minutes

CNY 1,280 / 1,680

Focusing on acupressure points and the subtle energy channels influencing the directional flow of Qi in the body, a Chinese Meridian Massage can help treat many conditions.

Pre-Natal and Post-Natal Treatment

1 hour

CNY 1,380

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual needs.

Hot Stone Therapy

1 hour 30 minutes

CNY 1,780

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

Crystal Salt Therapy

1 hour 30 minutes

CNY 1,880

This Asian massage uses 100% natural Himalayan crystal salts, rich in organic minerals combined with a unique essential oil to relieve tension and resulting in a sense of deep relaxation.

Silky Soothing Massage

1 hour / 1 hour 30 minutes

CNY 1,580 / 1,980

Rich and creamy body cream combined with extracted essential oil to keep skin looking and feeling soft, silky and supple. Personalized massage techniques enhanced physical and mental well-being.

Spiritual of Eaglewood

1 hour 30 minutes

CNY 2,680

Embark on a journey of sensory awakening with the ceremony of the seven chakra singing bowls. Gradually tune into the present energy field, allowing your body and mind to settle into a deep state of relaxation. Warm bowls gently soothe and soften your muscles, enveloping your entire being in warmth, while the application of Eaglewood essential oil nourishes your skin and enhances blood circulation.



BODY TREATMENT ADDITIONS

Oriental Body Scrub

30 minutes

CNY 680

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 fragrant.

Tian Quan Therapy

30 minutes

CNY 380

Steam bath and body scrub are beneficial in relieving stress and muscular pain, increasing blood circulation, detoxification and opening the pores to allow any oils and creams used in the treatment that follows to penetrate deeper into the skin.

Personalized Body Wrap

30 minutes

CNY 680

A whole body wrap using deep-sea mineral mud to boost metabolism effectively. Covered by a heated electric blanket, the mineral mud further penetrates every skin pore for deep cleansing and detoxification.

Bathology

30 minutes

CNY 580

Indulge yourself with complete decadence. Soak in a luxurious bath infused with Mandarin Oriental signature blended oil. The essence will be chosen by your therapist, depending on your specific needs. A perfect way to relax before beginning your chosen treatment.

* Treatment additions may only be booked in conjunction with a 1-hour treatment or more.



BIOLOGIQUE RECHERCHE TREATMENT

BR EXPLORATION TREATMENT

1 hour 15 minutes

CNY 1,880

It is a treatment specially designed for guests who are experiencing Biologique Recherche for the first time. At this time, you will feel the different feelings brought by the highly active products. During the whole care process, you will also know more about your skin, so that you can customise more precise skin care goals, and the skin will be more hydrated and shinier after the whole treatment.

GLOWING AND RENEWING TREATMENT

1 hour 30 minutes

CNY 2,980

Use unique biomimetic peptide autophagy technology to resist melanin, dilute existing pigments and spots, and perfectly enhance skin gloss. Multiple plant extraction compound formula promotes keratin renewal and metabolism, smoothing skin texture. Superior antioxidants can also help fight cell aging, stimulate skin cell regeneration, form a new healthy barrier, and keep the skin healthy and beautiful.

INTENSIVE ANTI-AGING TREATMENT

1 hour 30 minute

CNY 3,280

Instantly hydrates the epidermis, by increasing skin ability to retain water. It also repairs the damaged cells due to aging. This treatment is designed to reduce the appearance of deep wrinkles, refine the texture of your skin, and reshape your facial contour.

SECOND SKIN

1 hour 30 minute

CNY 4,680

Second Skin is a lifting and regenerating electro spun mask that targets damaged skin. A genuine alternative to fillers, this exceptional anti-aging treatment will visibly lift and correct signs of aging. Fibre patches combined with an electric force are made of 80% hyaluronic acid and applied strategically to targeted areas. To address fine lines and wrinkles, producing immediate results, plumper, more hydrated, glowing skin.

BIOLOGIQUE RECHERCHE TREATMENT ENHANCEMENTS

PATCHS DEFATIGANTS

45 minutes

CNY 1,080

BIOLOGIQUE FEERIE

20 minutes

CNY 1,180

* Biologique Recherche treatment enhancements may only be booked in conjunction with Biologique Recherche treatments.



VALMONT TREATMENT

The master of anti-age treatments since 1985, Valmont perpetuates the unique expertise of Swiss cellular cosmetics with incomparably efficient care treatments giving immediate, long-lasting results. Valmont care treatments find their source in Switzerland's pure and protected environment. Their exceptional quality is the fruit of a subtle alliance of alpine ingredients and advanced scientific expertise.

Valmont Customised Facial

1 hour **CNY 1,580**

This treatment is suitable for any skin type and especially as first-aid care for busy women. This treatment can instantly improve dry skin, restore fine texture, and make the skin compact and bright.

Luminosity of Ice

1 hour **CNY 1,880**

This light-enhancing spa therapy reduces imperfections and stimulates the skin's natural glow mechanisms for a smoother-looking complexion of radiance renewed.

Moisturising Vitality Treatment

1 hour 30 minutes **CNY 3,080**

Ideal for all skin types, especially dull and lifeless complexions marked by signs of fatigue. Antioxidant cell renewal, stimulates cell activity, improves lymphatic and blood circulation. This treatment ensures firm and luminous skin.

Royal Majestic Treatment

1 hour 40 minutes **CNY 4,080**

This new treatment features massage protocols, involving specific pressure and sliding movements on meridians and acupuncture points of the face and neck. In the Majestic treatment, this step offers a true rejuvenation of the face with a sculpting and modelling effect. It is a real face lift that tones the muscles.

VALMONT TREATMENT ENHANCEMENTS

Reflection on A Frozen Lake

30 minutes **CNY 780**

This treatment improves the skin around the eyes, revitalises tired skin and reduces fine lines and black rim around the eyes, especially as a first-aid care for busy working women.

Valmont Collagen Eye Mask **CNY 880**

This eye mask tightens and firms the skin around the eyes, hydrating, improving elasticity and skin tone.

Valmont Collagen Mask **CNY 1,280**

This mask is designed to hydrate and sooth fine lines leaving a firm plumped skin.

* Valmont treatment enhancements may only be booked in conjunction with Valmont treatments.



GENTLEMEN'S ESSENTIALS

Mankind

2 hours CNY 2,280

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance.

A salt and oil scrub exfoliates the body and is followed by a deep, purposeful body massage using blended aromatherapy oils, combined with hot stones to work on vital energy points and chakras along the body. A soothing head massage completes the treatment leaving a sense of total relaxation.

Face and Body Balance

2 hours CNY 2,380

Deep full body massage with soothing essential oils to rebalance energy levels and calm the mind followed with a purifying facial leaving your skin thoroughly clean and hydrated.

Therapeutic Body Massage

1 hour / 1 hour 30 minutes CNY 1,280 / 1,680

This truly effective therapeutic massage helps dissolve aches and strains. The therapist uses elbows and forearms applying oil on the body in this stimulating and deeply energising massage.





PROGRAMMES

Indulge yourself with one of our programmes specifically designed for your health and well-being.

Reawaken

3 hours

CNY 2,580

- In-Body Analysis
- Personal Training 1 hour
- Tian Quan Therapy 20 minutes
- Foot Ritual 10 minutes
- Chinese Meridian Massage 1 hour 30 minutes

Pampering

3 hours 30 minutes

CNY 3,580

- Bathology 30 minutes
- Oriental Body Scrub 30 minutes
- Oriental Essence 1 hour
- Oriental Foot Therapy 30 minutes
- Hydrating Facial 1 hour

TERMS & CONDITIONS

OPENING HOURS

Fitness Centre: Monday – Sunday 6am - 10pm (Unattended Access: 10pm - 6am)

Spa Treatments: Monday – Sunday 10am - 11pm

BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY

Cancellations or no-shows within 12 hours will incur 50% charge, and within 6 hours will incur a 100% charge.

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. 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 Centre is 16 years old.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries which could affect treatment experience when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting the perfect treatment for you. Treatments are most suitable during this special time.

CLEANLINESS

In keeping our commitment to cleanliness, safety and hygiene, our equipments are sterilised and sanitised after service and treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker. For the protection of your clothing, we ask that you wear the robe provided.

ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental, Guangzhou shall not be liable for any accident or injury suffered by any member or guest whilst utilising the spa facilities.

RESTRICTIONS ON THE USE OF THE FACILITIES

The use of alcohol, tobacco and e-cigarettes is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the Fitness Centre.

HOMECARE

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

GIFT CARDS AND CERTIFICATES

Our gift cards and certificates are ideal gifts for spa enthusiasts and are available online at mandarinoriental.com/gift-cards and at The Spa Concierge desk.

SPA PACKAGES

Information on special spa packages or group programmes can be obtained by contacting The Spa Concierge at +86 (20) 3808 8879 or email mogzh-spa@mohg.com.

REFUND POLICY

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

SERVICE CHARGE

A 15% service charge will be added to your final bill for each service.

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