



THE SPA
— AT —
MANDARIN ORIENTAL
—
TOKYO



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SIGNATURE THERAPIES

Time Rituals™ 2 hours / 3 hours

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

Oriental Qi 1 hour 30 minutes

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.

Oriental Harmony 2 hours

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses, two therapists work together in time and movement. First providing a warm scrub that soothes the skin and later a harmonious massage that balances the body. Ideal for those suffering from jet lag.

Digital Wellness Escape 1 hour 20 minutes

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

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

ESSENTIAL TRAVELLER

Red Eye Recovery 1 hour 30 minutes

Designed to help the body recover from the mental and physical strains of jet lag and long-distance travel, this treatment incorporates brisk dry brushing to exfoliate the skin and encourages healthy circulation followed by a full body massage.

Oriental Foot Therapy 60 minutes

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 skilful exfoliation and massage to smooth and soothe the feet and lower legs.

Calm Mind 50 minutes

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

ESSENCE OF TOKYO

Kiatsu 1 hour 30 minutes

In the calming ambience of our Serenity Suite high in the sky above Tokyo, this unique treatment blends the most effective therapies of Japanese Shiatsu and Thai Massage to relax tight muscles throughout the body through unexpected movements and gentle stretching.

Totally Tokyo – 'Five' Journeys from Nihonbashi 1 hour 30 minutes

Using the Japanese elements of green tea, pine, bamboo, rice bran and plum comes a treatment to transport you from the birth-place of Tokyo to a sensory journey encouraging positive and calming emotions to soothe and calm your busy mind. A cleansing and warming experience including a head massage, full-body Shiatsu-style massage and stretching – a true original.

Power Nap 60 minutes / 1 hour 30 minutes

Consider the priceless return on investment of this convenient yet invigorating dry massage combining pressure-point kneading and gentle Thai stretching. Frankincense essential oil massaged into pressure points along the forehead stimulates creative thinking for your return to work.

BODY 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 technique to increase muscle relation, improve circulation and increase overall wellbeing.

Oriental Essence 60 minutes / 1 hour 30 minutes

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

Therapeutic 60 minutes / 1 hour 30 minutes

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

Aromatherapy 1 hour 30 minutes

A deeply therapeutic holistic treatment that 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 uplifting and clearing the mind.

Aromastone 1 hour 30 minutes

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

Blissful Marma Massage 60 minutes / 1 hour 30 minutes

Experience effective and immediate relaxation, relieving all stress-related tensions. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are used, whilst marma therapy and chakra balance align vital energy centres. Enriching results-based blends deliver powerful active benefits, enhancing overall well-being.

The 90-minutes includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

Pure Thai 1 hour 50 minutes

Performed wearing loose cotton pyjamas and conducted on a Japanese futon, this ancient Thai pressure-point massage, often called 'lazy man's yoga', incorporates guided breathing, gentle stretching and tender rocking to release muscle tension and rebalance the body's energy system.

Mum to Be 60 minutes

This luxurious treatment uses traditional aromatherapy massage to nurture and support you in a time of constant change. Using pregnancy-safe oils, the massage eases away tension in the upper back and shoulder, nourishes skin and relaxes the body.

BODY WRAPS**Pearl Infused Remineralising Body Mask 1 hour 30 minutes**

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with exfoliation, the journey continues with a mineral rich body mask infused with pearl and conch shell extracts to stimulate and regenerate skin cells. Whilst cocooned, enjoy a Subtle Energies signature aromatic facial marma massage using potent anti-ageing actives to release tension and stress, and restore balance.

Rasayana Detox Body Wrap 1 hour 30 minutes

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral-rich clay infused with spiked ginger lily, spirulina and green tea envelops your body, providing the ultimate detox. End with full-body hydration with a choice of aromatic infused body butters or blends.

ULTIMATE BODY SCRUB

Oriental Body Scrub 45 minutes

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 exotically fragrant.

Azuki Body Scrub 45 minutes

A thorough exfoliation designed for our guests with sensitive skin, this exclusive Mandarin Oriental combination of ground Japanese Azuki beans and fine salt gently exfoliates, while Sesame oil soften and nourish skin.

HOLISTIC SKIN CARE

Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles with over 25 years of clinical research.

24K Gold Age-Defying Facial 60 minutes

Invigorate the skin and restore emotional balance with this exotic facial. The healing properties of unique ingredients such as mogra, the queen of Jasmine, and rose boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives deep layers of the skin, reducing fine lines and accelerating that youthful glow.

Soothe and Enrich Advanced Antioxidant Facial 60 minutes

Designed for dry, sensitive and damaged skin, this calming and restorative facial delivers a nutrient-rich elixir that revitalises. The skin is infused with advanced anti-oxidants and essential fatty acids to fight free-radical damage, protecting it from the visible signs of ageing. The signature marma massage delivers an active plant-based serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks moisture into the skin.

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. Harnessing the body's energy and boosting the spirit, their essential oils are highly effective in enhancing the states of our physical, mental and emotional wellbeing.

Essential Facial 60 minutes

Following a consultation to determine your needs and skin type, your therapist will select products from our ranges to create a facial experience tailor-made to your skin's needs.

ADVANCED SKIN CARE

Swiss Perfection

Swiss Perfection is the first brand to apply vegetal cellular extraction technology to cosmetics, using the cellular Active IRISA® complex with the highest quality of Switzerland.

Power Ageing Care Facial 2 hours

A proven anti-ageing facial combining Swiss Perfection's skin technology with a lifting and refining treatment. Using an Anti-Ageing Trans-Dermal System (ATS) machine and a cellular active collagen mask, this facial produces results that are designed to exceed expectations.

Satiny Facial 1 hour 30 minutes

Concentrated serums smooth and brighten the skin's surface, and fight the signs of ageing, such as wrinkles and fine lines, therefore making the complexion immediately bright and radiant.

Revitalising Facial 1 hour 30 minutes

This long-term anti-ageing programme incorporates an exceptionally effective serum of potent Vitamin C with extensive lifting to brighten and rejuvenate. This balanced cocktail of vitamins brings energy and luminosity to the skin and contains anti-oxidants that diminish signs of fatigued skin.

Hydrating Facial 60 minutes

Offering you a unique solution for healthy and radiant skin as well as cutting-edge anti-ageing action, this facial has extraordinary effects on mature skin by reducing the signs of time as well as protecting younger skin by preventing premature ageing. Suitable for anyone needing rehydration and regeneration caused by environmental stress such as travelling, air conditioning and pollution.

Add on

Collagen Mask / Hyaluronic Acid Mask /
Cellular Anti-Oxidant Serum

Biologique Recherche

Biologique Recherche treatments bring years of innovation and bespoke specialised techniques together; for a results-driven, luxury experience that is personalised to every unique Skin Instant®.

Ocean Marine Facial (including Remodelling Machine)

2 hours

Exclusively designed for Mandarin Oriental, Tokyo by Biologique Recherche, this deep cleansing treatment encompasses the natural healing elements of minerals, producing skin-detoxifying instant firming, and brightening effects.

Second Skin Facial 60 minutes

Add Electroporation Machine 1 hour 30 minutes

This regenerating and lifting treatment is created using an electro spun mask with 80% pharmaceutical grade hyaluronic acid for all types of mature Skin Instant® damaged by the signs of ageing.

Booster Facial 1 hour 15 minutes

Add Remodelling Machine 1 hour 30 minutes

Using unique massage techniques and customised blending serums, the "booster" products within this facial help to slim contours with results lasting up to 10 days.

GENTLEMEN'S ESSENTIALS

Mandarin Man 1 hour 30 minutes

Cleansing and invigorating, our express facial kicks off this efficient overhaul from the top down, followed by a hot stone back massage to penetrate tightly bound muscles in the neck, shoulders and lower back.

Executive Man 1 hour 30 minutes

Just as the well-groomed man makes time for a regular shoe shine, this considerably more pleasurable combination of a back scrub, back massage and foot relief leaves you with a healthy, fresh all-over glow that's good to go.



The Spa at Mandarin Oriental, Tokyo

2-1-1, Nihonbashi Muromachi, Chuo-ku, Tokyo 103-8328, Japan Telephone +81 (0)3 3270 8300 Facsimile +81 (0)3 3270 8308 mandarinoriental.com/tokyo/luxury-spa

SPA PROGRAMMES

The Ultimate Bathing Ritual 3 hours 30 minutes

Our singular bathing suite overlooking Tokyo's sprawling metropolis and your very own home for this indulgent half day, with private lounging areas, full bathroom and amenities. Our deep-soak bathing ritual unlike any other begins, steeped in tradition. We wash your feet as a timeless sign of respect and to peacefully transition you from the outside world while we learn about your wellness preferences for this unique immersion. This half-day ritual starts with exfoliation to prepare the skin. Redefine what it means to take a bath, in our singular, sky-high infinity bathtub, lingering above it all while Mandarin Oriental's bespoke essential oil bathing blend hydrates your skin and realigns your body's energy flow. Complete the experience with a full-body massage designed to help you unwind with its nurturing strokes as essential oils uplift your spirits and a customised, results-oriented facial refreshes your face.

The Sakura Ritual 2 hours 30 minutes

Our Japanese immersion journey begins by paying respect to ancient cultural traditions that involved washing the feet of guests as they entered another's home, and to our modern guests, by taking this time to peacefully transport you from the outside world while we learn about your needs. Continue with the Azuki Bean Scrub, an ultra-gentle but highly effective exfoliation of sesame seeds, salt and finely ground Japanese Azuki beans known to contain saponaria, an organic foaming agent that naturally draws out impurities from the skin while promoting circulation. The Japanese believe that Azuki is a powerful, non-surgical alternative to a skin lift. So visible are the tightening and moisturising effects on fresh skin. We honour another Japanese tradition entirely with the Kiatsu, an original, all-over body massage that blends the most effective therapies of Japanese Shiatsu and Thai Massage to relieve tight muscles

through unexpected movements and gentle stretching.

Empowering Me, A Woman's Journey 2 hours 30 minutes

Celebrate your inner and outer beauty, addressing emotional and hormonal balance. Your journey begins with gentle meditation. Then a massage with ancient active oils of empowerment and renewal, as a fusion of therapeutic techniques increases your energy. The experience ends with a results-driven facial, tailored to bring harmony and nourishment to your skin, using mogra, saffron and Indian rose. Be empowered. Be rejuvenated. Be you.

Sleep Support Therapy 1 hour 45 minutes

A tailored signature programme based on clinical research and ancient practices, to address sleep concerns and insomnia. The treatment begins with guided yogic pranayamas, which will positively impact the vital energy within. The Blissful Marma Massage will bring the body's rhythm back into balance together with the Facial Marma Massage, stimulating the pineal gland. The Nasya (nasal oil application), which has been used for centuries for sleep, follows this process. An ideal holistic sleep support resulting in emotional and hormonal balance, connecting you to your body of bliss.

Razul Escape 2 hours 30 minutes

After a full-body exfoliation, mud as smooth as silk is lavished on your skin. Then thermal steam encourages the elimination of toxins and absorption of nutritious, natural minerals into the skin. An indulgent massage follows, for pure pampering from head to toe.

TREATMENTS FOR TWO

Romance 2 hours 20 minutes

Our duo of rejuvenating full-body massages begins with a full-body exfoliation, followed by the luxury of time together in the generous steam shower of our private spa suite. Create some intimate space together to celebrate being together, perhaps in anticipation of your wedding, to mark an anniversary, or to simply enjoy a memorable experience.

Moments to Share 1 hour 30 minutes

In the absolute privacy of our spacious suites overlooking the Tokyo skyline, treat each other to this highly effective togetherness time of deep-cleansing facials and bespoke body massages.

HANDS AND FEET

Mandarin Oriental Manicure (without Colour) 50 minutes

A complete manicure during which hands are cleansed, exfoliated, treated and nourished.

Mandarin Oriental Pedicure (without Colour) 60 minutes

A complete pedicure during which feet are cleansed, exfoliated, treated and nourished.

Bio Sculpture Gel

Bio Sculpture Gel is known for excellent quality, a natural finish and high flexibility. An excellent base for natural nails, it has been used in more than 25 countries around the world since 1988.

Basic Gel 60 minutes

Nail shaping, cuticle work and finishing with Bio Sculpture Gel.

Basic Gel & Art Design 1 hour 30 minutes ~ 2 hours

Nail shaping, cuticle work and finishing with Bio Sculpture Gel. Finish with Swarovski rhinestone or nail art design of your choice.

Gel Extension per finger 15 minutes

Gel Removal 30 minutes

Acrylic Removal 30 minutes



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FITNESS & WELLNESS

PERSONAL TRAINING

Fitness machines target specific body parts as does each of our qualified personal trainers, from strength training and body conditioning to Pilates and TRX® suspension training. This allows focused, individual attention on each client, to set and meet goals by creating bespoke programmes, whether you're a gym novice or fitness aficionado.

Conditioning training Additional 30 minutes

This 30-minute training is a great additional pre- and post-fitness session, and can be personalised to suit individual needs.

Circuit Fitness 60 minutes

Takes place one-on-one in our 38th-floor, 135-square-metre fitness centre among the most popular cardio and strength-building equipment.

TRX® Suspension Training 60 minutes

Created for the US Navy's elite SEALs, this hardcore programme of bodyweight exercises delivered in the inspiring environment of our sky-high gym develops strength, balance, flexibility, and core stability simultaneously.

Pilates 60 minutes

Our fitness center in the sky offers the most powerful and cutting-edge Pilates reformer equipment so that you may get the most benefits of this resistance and core-oriented regimen.

PERSONAL WELLNESS (held in our Serenity Suite)

Yoga 60 minutes

Created by a renowned master practising for almost half a century, yoga led by our Spa yogini incorporates poses, meditations, and breathing techniques, tailored to your individual constitution, and designed to create physical and emotional balance.

Mat Pilates 60 minutes

Muscle control is essential to classic Pilates exercises that focus around the body's core. Much of this work, especially for beginners, can be accomplished on a mat, guided by our Mandarin Oriental personal trainer and using one's own body weight to create the necessary resistance.

Aroma Stretch 60 minutes

Our sky-high spa sanctuary offers an inspiring environment for those seeking to relieve tight muscles, jet lag or back pain with a customised series of gentle stretches designed to ease anyone towards better health.

WELLNESS PACKAGE

Six fitness and wellness sessions – When purchasing five sessions, enjoy a complimentary sixth session.

WELLNESS PASS

Four-Week Wellness Pass

- Exclusive use of Fitness Centre
- Use of spa's Heat & Water facilities
- Weekly personal fitness session
- Body mass index (BMI) analysis
- Free parking (two hours per visit)
- Unlimited visits



TREATMENT PRICE LIST

SIGNATURE THERAPIES

	Time	Price(JPY)
Time Ritual™	2h	63,800
	3h	95,150
Oriental Qi	1h30min	52,800
Oriental Harmony	2h	99,000
Digital Wellness Escape	1h20min	50,820
Intelligent Movement	1h30min	46,200

ESSENTIAL TRAVELLER

Red Eye Recovery	1h30min	50,160
Oriental Foot Therapy	60min	34,320
Calm Mind	50min	25,080

ESSENCE OF TOKYO

Kiatsu	1h30min	58,080
Totally Tokyo	1h30min	54,120
Power Nap	60min	36,300
	1h30min	50,600

BODY MASSAGE

Oriental Essence	60min	39,600
	1h30min	52,800
Therapeutic	60min	39,600
	1h30min	52,800
Aromatherapy	1h30min	54,120
Aromastone	1h30min	54,120
Blissful Marma Massage	60min	39,600
	1h30min	54,120
Pure Thai	1h50min	60,720
Mum to Be	60min	39,600

BODY WRAP

	Time	Price(JPY)
Pearl Infused Remineralising Body Mask	1h30min	54,120
Rasayana Detox Body Wrap	1h30min	54,120

ULTIMATE BODY SCRUB

Oriental Body Scrub	45min	25,080
Azuki Body Scrub	45min	25,080

HOLISTIC SKIN CARE

Subtle Energies		
24K Gold Age-Defying Facial	60min	36,960
Soothe and Enrich Advanced Antioxidant Facial	60min	36,960
Aromatherapy Associates		
Essential Facial	60min	36,960

ADVANCED SKIN CARE

Swiss Perfection		
Power Aging Care Facial	2h	76,560
Satiny Facial	1h30min	54,120
Revitalising Facial	1h30min	51,480
Hydrating Facial	60min	38,280
Add on: Collagen Mask/ Hyaluronic Acid Mask/ Cellular Anti-Oxidant Serum		16,500 each

ADVANCED SKIN CARE

	Time	Price(JPY)
Biologique Recherche		
Ocean Marine Facial	2h	77,000
➤ With Remodelling Machine		
Second Skin	60min	50,160
➤ With Electroporation Machine	1h30min	57,200
Booster Facial	1h15min	44,880
➤ With Remodeling Machine	1h30min	51,480

GENTLEMEN'S ESSENTIALS

Mandarin Man	1h30min	51,480
Executive Man	1h30min	51,480

SPA PROGRAMMES

The Ultimate Bathing Ritual	3h30min	106,920
The Sakura Ritual	2h30min	75,350
Empowering Me, A Woman's Journey	2h30min	76,560
Sleep Support Therapy	1h45min	60,720
Razul Escape	2h30min	79,200

TREATMENTS FOR TWO

Romance	2h20min	158,400
Moments to Share	1h30min	102,960

HANDS & FEET

	Time	Price(JPY)
The Christian Louboutin Manicure Experience	60min	26,400
The Christian Louboutin Pedicure Experience	60min	29,040
Christian Louboutin Absolute Manicure	40min	19,800
Christian Louboutin Absolute Pedicure	40min	23,100
Mandarin Oriental Manicure – without colour	50min	14,520
Mandarin Oriental Pedicure – without colour	60min	17,820
Basic Gel	60min	23,760
Basic Gel & Art Design	1h30min-2h	27,720
Gel Extension – per finger	15min each	3,960
Gel Removal	30min	3,960
Acrylic Removal	30min	5,280

SUITE UPGRADE

Standard room to Suite – per person		7,700
Additional Suite experience	30min	7,700

FITNESS & WELLNESS

Conditioning Training – Additional	30min	18,260
Circuit Fitness	60min	25,300
TRX® Suspension Training	60min	25,300
Pilates	60min	30,800
Yoga / Mat Pilates / Aroma Stretch	60min each	30,800 each

*Wellness Package – When purchasing five sessions, enjoy a complimentary sixth session – is also available.

Four-week Wellness Pass 209,000



All prices are in Japanese yen, inclusive of consumption tax and subject to a service charge.

TERMS & CONDITIONS

OPENING HOURS

Spa Treatments: Mon – Sun, 10am – 10pm

Fitness Centre: Mon – Sun, 10am – 10pm

ADVANCE BOOKINGS

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

SPA ETIQUETTE

Our spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity. It is Japanese custom to bathe without clothing within the Heat & Water areas. Guests are advised to cover tattoos within the Heat & Water areas. Filming or taking photos in the spa without prior spa approval is prohibited. Please leave your mobile phone in your locker so as to avoid offending other spa guests.

SPA ARRIVAL

We recommend that you check in at spa reception at least 60 minutes prior to your first scheduled appointment. This allows us to have a brief consultation with you about your treatment expectations and gives you ample time to visit the spa's oasis of Heat & Water. Please understand that late arrivals will not receive an extension of scheduled treatments.

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours or no-show will incur a 100% charge. A credit card information is required at the time of booking.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 16 years of age.

HEALTH CONDITIONS

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

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow the spa concierge to guide you in selecting which treatment will suit you.

CLEANLINESS

In keeping our commitment to cleanliness, safety, and hygiene, our equipment is sterilised and sanitised after each 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 during your visit. For the protection of your clothing, we ask that you wear the robe provided.

ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental, Tokyo shall not be liable for any accident or injury suffered by any member or guest.

RESTRICTIONS ON THE USE OF FACILITIES

Alcohol and tobacco are strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the fitness centre.

GIFT CERTIFICATES

An ideal gift for spa enthusiasts, gift cards are available.

SPA PACKAGES

Information on special spa packages or group programmes can be obtained by contacting the Spa Concierge at tel: +81 (0)3 3270 8300.

SPA BOUTIQUE

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

REFUND POLICY

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



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