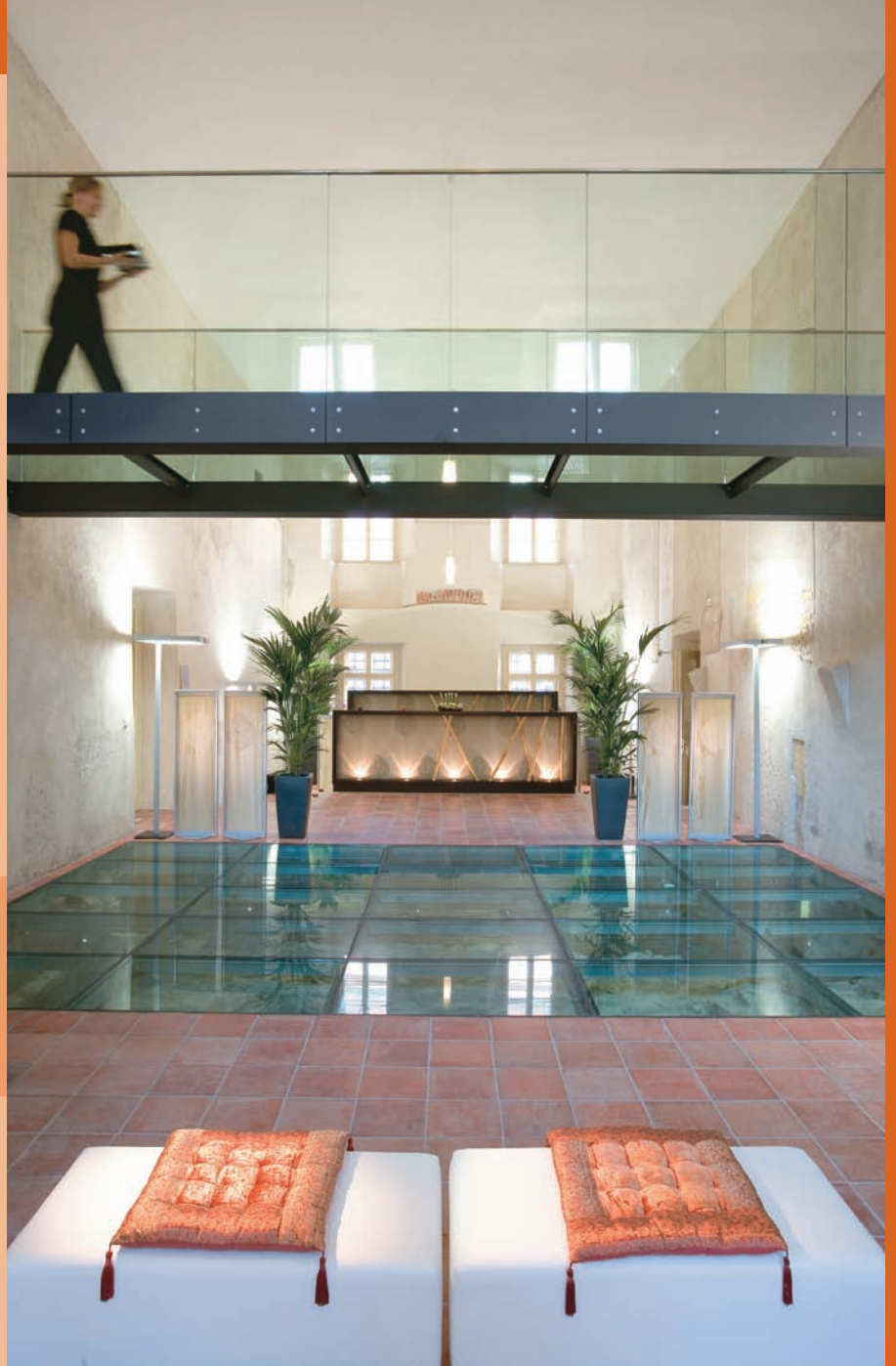




THE SPA
AT
MANDARIN ORIENTAL
PRAGUE

Step into a space where tranquility reigns. A place where the boundaries of East and West blend in harmony. To the only spa in the world located in a former Renaissance chapel, repeatedly voted the favourite spa in the Czech Republic and favourite spa in Europe, received several international awards.





At Spa at Mandarin Oriental, Prague, embark on a holistic sensory journey that will transform the body, mind and spirit. Choose from the therapies inspired by ancient concepts and modern techniques from around the world, and enhanced by an array of heat and water experiences.

A specially designed relaxation area, the Tea Lounge, has been created where you can unwind, escape and rejuvenate.





Designed with sheer luxury and relaxation in mind, the beautiful treatment rooms provide the ideal haven for private, personalized service.

Immerse yourself in an oasis of heat and water: the Vitality Pool – where you can lie in warm mineral water while being gently massaged by hydrotherapy body jets; and Steam Showers – where you can relax before or after treatment in the gentle mist.









Our Fitness and Wellness Centre offers state-of-the-art equipment. We take a holistic approach to health and fitness, which means our Fitness and Wellness Centre complements our Spa by offering everything you need to increase your strength, flexibility and cardio health.



Possess a token of this special time. At the Spa Boutique, choose from exquisite spa accessories, indulgent beauty and skincare products and luxurious apparel created exclusively for Mandarin Oriental spas.

SPA TREATMENTS

PHILOSOPHY

The Spas at Mandarin Oriental are born out of a sincere understanding and passion for wellness, which we define as a way of life that focuses on physical, emotional and mental well-being. The Group is committed to delivering all aspects of wellness with integrity and honesty, providing inspiration for lifestyle change, in an environment that delights all the senses. The Spas at Mandarin Oriental are havens for contemplation and discovery. Guided by our oriental heritage but influenced by local cultural diversity, the Group has created distinctive concepts with a unique sense of place in every location.

TREATMENTS

Respect for the uniqueness of each individual is the foundation of our spa experience. Our highly trained therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalised, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

PRODUCTS

Mandarin Oriental's signature product line has been developed specifically for the Group by the award-winning UK-based company Aromatherapy Associates. The product range incorporates five body oils, five bath and shower oils, generic body scrub, body wash and body lotion. All contain natural ingredients and are paraben free, and they have been blended by a master blender to Mandarin Oriental's specifications. Easy to use and effective in their treatment, they provide an ideal extension of our spa experience into daily life. All other products used in our Spas are of the highest quality and contain naturally derived ingredients.



MANDARIN ORIENTAL SIGNATURE SPA THERAPIES **120 min**

Mandarin Oriental's signature spa therapies have been devised to address guests' increasing desire for simple, effective and authentic spa experiences.

Developed in consultation with specialists in Traditional Chinese Medicine (TCM) and master aromatherapists, each signature therapy consists of a relaxing, hands-on body massage ritual that combines the powerful effects of oriental meridian massage with the therapeutic benefits of custom-blended essential oils, created uniquely for Mandarin Oriental. Each treatment begins with a private therapist consultation in order to determine each individual's personal and current state of well-being. The treatment and oils are then tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Guests are also provided with nutritional and exercise guidance so as to extend the beneficial effects of the programme at home.

TIME RITUALS™ 120 min / 180 min

Mandarin Oriental's bespoke "Time Rituals" encourage guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs. Each Time Ritual begins with a soothing foot ritual and is designed to restore a natural state of equilibrium.

ORIENTAL HARMONY 120 min

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. The treatment begins with a soothing foot bath in purifying waters, leaving the feet soft and supple and the mind relaxed. Next, two therapists work together in time and movement, first providing a warm scrub that smoothes and replenishes the skin and later a harmonious massage that balances the body. The treatment concludes with a simultaneous head and foot massage leaving the mind uplifted, the body energised and the skin exotically fragrant.

SUITE EXPERIENCES

Our private Spa Suites allow guests to embrace nature in a private, healing sanctuary. All Suite experiences include time for relaxation. A refreshing fruit platter and assortment of juices will be served.

PETRIN RITUAL 120 min

This treatment experience begins with foot bath and a full-body brushing to stimulate and exfoliate the skin. You are wrapped in a cocoon of natural mineral mud to draw out impurities and release toxins while your therapist performs a cleansing facial and then a scalp massage. Exposure to hot steam which softens the mud so that its beneficial ingredients may be absorbed by the body. The treatment is followed by a full-body massage.

MANDARIN RITUAL 180 min

Indulge yourself in a signature Time Ritual™ – a holistic journey that will fully relax your body. Continue the relaxation with meditation to refresh your mind and spirit to support the healing process in your body.

VLTAVA TREAT 120 min

Based on Czech spa traditions, this experience re-mineralises your body with a wrap in freshwater mud as well as a relaxing bath. The treatment continues with a therapeutic massage alleviating muscle stress.

JOURNEYS

BOHEMIAN MEADOW 120 min

Join us for a two-hour journey through Bohemian and Moravian meadows with our Nine Flower treatment, an ancient and effective therapy. Blended in specific combinations, these herbal flowers have a powerful healing effect on both body and mind.

Your journey starts with a foot bath and cleansing sage-salt scrub that will clear the entire body of impurities and relieve all feelings of exhaustion. It will continue with a thermal wrap, rose facial treatment and scalp massage (optional hair treatment). Your journey will be completed with an aromatic oil massage using hot stones over the entire body.

LINDEN EMBRACE 90 min

This wonderful treatment is inspired by the linden tree, the national tree of the Czech Republic. The Czech people have long ascribed great importance to the linden tree owing to its intoxicating scent and lyrical character. The Linden leaves are heart-shaped, thus signifying love and the state of being in love. The full body scrub and subsequent massage with linden poultices are a soothing journey into complete relaxation.

BODY MESSAGES

ORIENTAL ESSENCE 60 min / 90 min

Begins with a short back diagnosis consultation in order to determine each individual's personal and current state of wellbeing. A full body massage is then tailored to each guest in order to leave the body, mind and spirit energised, revitalised and in perfect harmony.

THERAPEUTIC 90 min

This truly effective therapeutic massage helps dissolve aches and strains. The oil is applied to the body via the therapist's elbows and forearms in this stimulating and deeply energising massage.

AROMA STONE 90 min

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as to relieve to deep-seated muscle tension. Stone therapy is a Native American Indian practice which has been used since ancient times as a soothing and healing treatment.

AROMATHERAPY 90 min

A deeply therapeutic holistic treatment combining the power of essential oils with the best of eastern and western massage techniques. Creates a feeling of physical relaxation and calm whilst mentally uplifting and clearing the mind.

THAI 90 min

Performed while one wears loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalise body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.

ORIENTAL FOOT THERAPY 60 min

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment that begins with a fragrant foot bath followed by a skilful exfoliation and massage to smooth the feet and lower legs. Finally, a relaxing massage along the energy points of the feet and ankles helps to raise natural energy, thereby encouraging the release of tension.

BODY TREATMENTS

COFFEE INDULGENCE 120 min

Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin. An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive dull, tired-looking skin. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels and a freshwater mud mask to truly soften and condition the skin. Your body is layered in hydrating and mineralising marine algae and then massaged, while the skin is then protected with velvety moisturising body butter. Finish with an enriching scalp and hair treatment to encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair.

STRESS FIGHTER 120 min

Perfect for those who like to work and play hard but need a little time out to release stress and tension. The combination of relaxing massage followed by hot mud back treatment and then a rejuvenation facial leaves skin rested, clean and clear with a matte finish.

DETOX 120 min

Achieve visible results with this invigorating body treatment specifically designed to target areas of cellulite. A full-body exfoliation prepares the skin, followed by a burst of citrus with an application of purifying pink grapefruit-, juniper berry- and rosemary-infused gels and oils. Mud and essential oils tone the lower area of the body, drawing out impurities and flushing out toxins, leaving the skin feeling refreshed and toned.

DESTRESS 90 min

Your mind and body will be relieved of all stress as you melt into this nourishing experience. The body is renewed through cleansing and polishing with naturally exfoliating olive grains. Skin is luxuriously enveloped in oils, gels, and creams containing nurturing essential oils infused with lavender, rosemary and ginger. Tension in the muscles is eased, the mind is left clear and calm, and the skin glowing and healthy.

ROSE COCOON 60 min

Sink into comfort as your body is cleansed and polished with naturally exfoliating olive grains. Next, your skin is lovingly enveloped in oils, gels and creams of nurturing essential oils infused with rose. Our luxurious facial softens, moisturises and nourishes, using natural damask rose water to support circulation and purify the skin. The skin is left toned, polished, delicately scented and quite simply radiant.

TREATMENT ADDITIONS

QUINTESSENCE BODY SCRUB 30 min

Mandarin Oriental's signature Quintessence scrub has been created as a foundation for each of the five elements. This balancing essential oil blend brings the body's energy flow into alignment. Warming ginger, uplifting mandarin and sacred frankincense come together to realign the mind and emotions, while the sea salt and sweet almond oil work together to gently smooth and rejuvenate dry or tired skin.

THERMAL BACK TREATMENT 45 min

This relaxing back treatment immediately alleviates stress. Cleansing and microexfoliation is followed by the self-heating mud which relaxes those tense muscles. Perfect for those men who like to work and play hard but need a little time out.