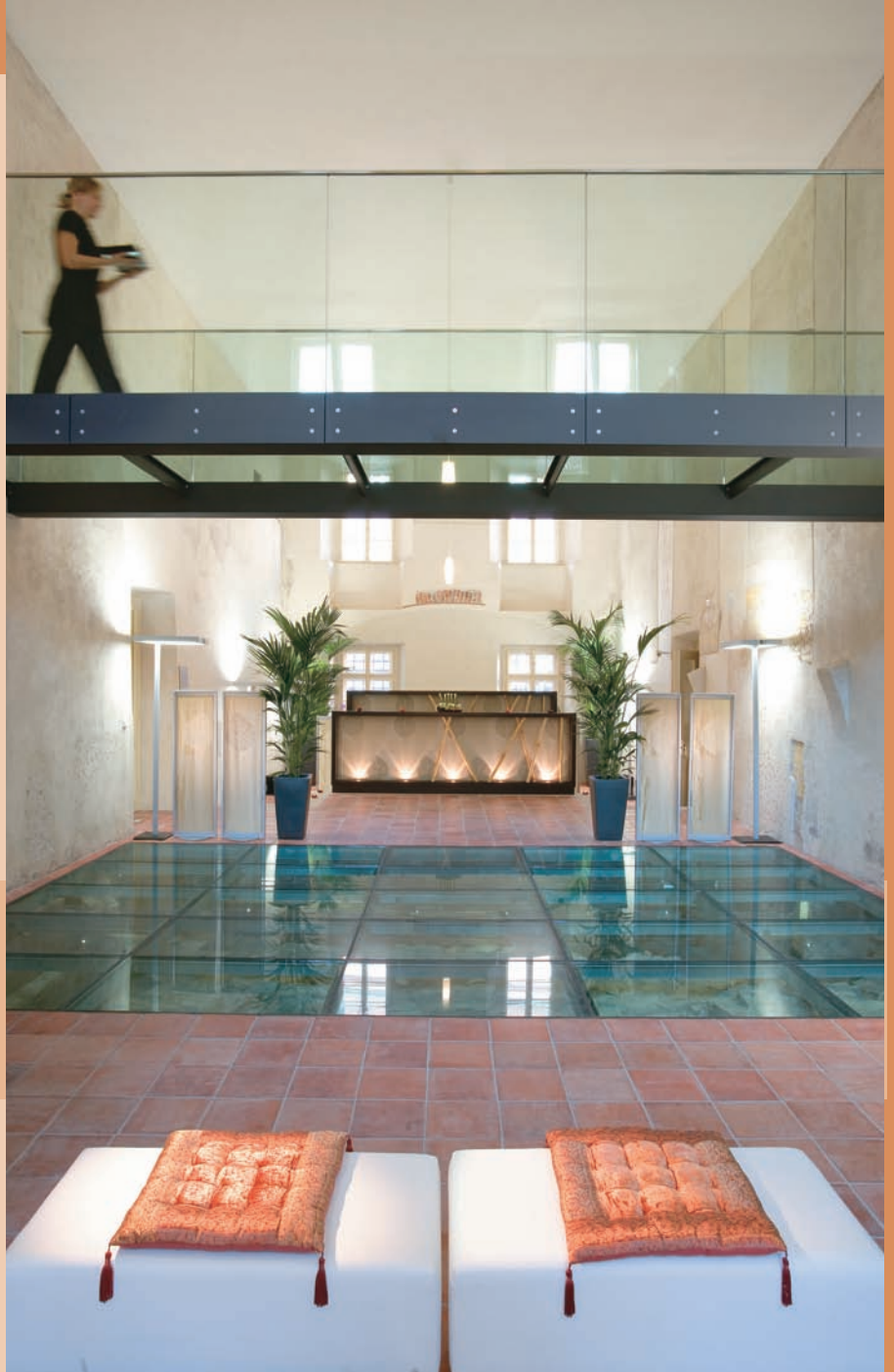




THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
PRAGUE

Step into a space where tranquility pervades. 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 and repeatedly voted the best in the Czech Republic.





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 - 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; traditional Rasul and Steam Showers – where you can relax before or after treatment in the gentle moist.





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



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

#### **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.

##### **VITALITY POOL 20 min**

Begin any of our treatment experiences with a tranquil soak in our vitality pool to completely wash away stress and leave the world behind. Incorporating a number of features to enable the bather to self-administer massage. The Vitality Pool is available for guests exclusively in the Vltava Suite.

##### **STEAM SHOWER 20 min**

Maintained at a temperature of 42-45°C, the shower features moist, aromatic heat that radiates from floors, walls and seats. Known for its healing properties and ability to ease headaches and migraines, release tension and increase concentration, steam warms the body slowly and continuously, reaching the inner body and organs.

#### **RASUL 20 min**

We invite you to experience this purifying treatment, based on the traditional Moroccan Rasul, in your own private setting. You'll apply natural mud to the face, upper and lower body, and then relax in the Rasul room while being exposed to hot steam for 15 minutes, softening the mud and releasing its beneficial ingredients. The session is completed by a warm shower to help loosen the mud.

#### **SPECIALISED FACIALS**

##### **CUSTOMISED AROMATHERAPY FACIAL 90 min**

Beginning with a facial assessment to determine your skin type, our therapist will select products from our Aromatherapy Associates facial range to create a facial experience tailor-made to your skin's needs.

##### **BALANCE MEN'S FACIAL 90 min**

Specially customised and developed to treat male skin, this treatment cleanses and invigorates the skin. Combating oiliness, shaving irritation and in-grown hairs, it promotes a healthy and well-balanced complexion. Products are removed with a hot towel compress. A brief scalp, neck-and-shoulder and foot massage is included as part of the treatment. The skin is left feeling fresh, soft and super clean.

#### **TO FINISH**

##### **MANDARIN ORIENTAL PEDICURE 75 min**

For ultimate grooming of the feet.

##### **MANDARIN ORIENTAL MANICURE 60 min**

For ultimate grooming of the hands



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# SPA TREATMENT LIST

#### **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™**

#### **TIME RITUAL 120 min**

#### **TIME RITUAL 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 scalp massage. Exposure to hot steam then softens the mud so that its beneficial ingredients may be absorbed by the body. The treatment is completed by a warm shower and full-body massage.

#### **MANDARIN RITUAL 180 min**

Indulge yourself in a signature Time Ritual™ – a holistic journey that will fully relax your body, mind and spirit. Continue the relaxation in our Mandarin meditation sanctuary with private tea master.

#### **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 with salts from Karlovy Vary. The treatment continues with therapeutic massage for help in alleviating muscle stress.

### **JOURNEY**

#### **LINDEN BLOSSOM 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 has traditionally occupied a central position within Czech villages, its influence lasting for generations as people gathered under the trees to tell stories and pass on myths. The leaves are heart-shaped, thus signifying love and the state of being in love. The Linden Blossom scrub offers the mind and body a calm and soothing passage into deep relaxation with aromatherapy massage.

## **BODY MESSAGES**

#### **SWEDISH 90 min**

This traditional massage uses firm, regulated pressure and long, strong movements to release muscle knots and tension in the body. The combination is particularly effective for easing tired backs and limbs.

#### **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 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.

#### **SHIATSU 90 min**

Traditional hands-on Japanese healing therapy that rebalances the flow of energy along the meridians. Shiatsu takes advantage of natural body weight in applying pressure to special points on the body. This is combined with stretches, joint rotations and joint manipulation to give an all-over treatment aimed at treating the client on a holistic level.

## **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.

#### **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.

#### **DETOX 90 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.



# PRICE LIST

Type of treatment	Duration	Price
<b>SIGNATURE</b>		
Mandarin Oriental Signature		
Spa Therapies	120 minutes	CZK 5,200
Time Ritual	120 minutes	CZK 5,200
Time Ritual	180 minutes	CZK 7,500
Oriental Harmony	120 minutes	CZK 8,500
<b>SUITE EXPERIENCES</b>		
Petrin Ritual	120 minutes	CZK 5,200
Mandarin Ritual	180 minutes	CZK 7,500
Vltava Treat	120 minutes	CZK 5,200
<b>JOURNEYS</b>		
Linden Blossom	90 minutes	CZK 3,800
<b>BODY MASSAGES</b>		
Swedish	90 minutes	CZK 3,500
Therapeutic	90 minutes	CZK 3,500
Aroma Stone	90 minutes	CZK 3,500
Aromatherapy	90 minutes	CZK 3,500
Thai	90 minutes	CZK 3,700
Shiatsu	90 minutes	CZK 3,700
Oriental Foot Therapy	60 minutes	CZK 2,600

Type of treatment	Duration	Price
<b>BODY TREATMENTS</b>		
Coffee Indulgence	120 minutes	CZK 5,200
Destress	90 minutes	CZK 3,800
Detox	90 minutes	CZK 3,800
Rose Cocoon	60 minutes	CZK 2,600
<b>SPECIALISED FACIALS</b>		
Customized Aromatherapy Facial	90 minutes	CZK 3,700
Balance Men's Facial	90 minutes	CZK 3,700
<b>TREATMENT ADDITIONS</b>		
Quintessence Body Scrub	30 minutes	CZK 1,300
Taste of Massage	60 minutes	CZK 2,500
Taste of Facial	60 minutes	CZK 2,500
Rasul Experience	20 minutes	CZK 1,300
Steam Shower	20 minutes	CZK 800
Vitality Pool	20 minutes	CZK 800
<b>TO FINISH</b>		
Mandarin Oriental Manicure	60 minutes	CZK 2,400
Mandarin Oriental Pedicure	75 minutes	CZK 2,600

*All prices are inclusive of 19 % tax. Gratuity is at your discretion.  
All prices are subject to change without notice.*

Giving the gift of luxury has never been easier with a Spa Mandarin Oriental, Prague Gift Certificate.



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# SPA PROGRAMMES

## FULL DAY SIGNATURE PACKAGE

An exclusive programme for health and beauty that respects the uniqueness of each individual. The experience begins with Mandarin Oriental Signature Therapy wherein private consultation with a therapist determines each individual's current state of personal well-being. Treatment and oils used are then tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Guests also are provided with material containing detailed nutritional and exercise guidance, the exercises then performed with help of the therapist. A meditation session follows and provides a moment of serenity, before a healthy spa lunch further extends the package's beneficial effects through a carefully designed menu. This luxurious sensory experience then concludes with a Customised Aromatherapy Facial and Mandarin Oriental Manicure and Pedicure.

Total duration: 7 hours

Package includes lunch in The Spa

Package price: CZK 15.900\*

Spa procedures:

Mandarin Oriental Signature Spa Therapy (120 min)

Recommended Exercise and Meditation Session (60 min)

Customised Aromatherapy Facial (90 min)

Mandarin Oriental Manicure and Pedicure (120 min)

## FULL DAY MANDARIN RETREAT

The retreat starts with choice of Heat Experience (Vitality Pool or Steam Shower experience) in the privacy of your suite. Afterwards, your therapist welcomes you in the spa suite and performs a foot ritual while conducting a full consultation to help customise the treatment to follow. The package continues with a full-body scrub and wrap to assist in relaxation as well as the elimination of toxins. You then will be completely transported with an Aromatherapy massage that gently penetrates to the deepest areas of tension and resistance. A short intermission is a time to unwind while you enjoy light spa fare specially prepared by the chef. Afterwards, continue with your choice of Customised Aromatherapy Facial to bring your skin back into balance and promote an even deeper state of harmony, while the finishing touches of manicure and pedicure complete the experience.

Total duration: 6.5 hours

Package includes lunch in The Spa

Package price: CZK 13.900\*

Spa procedures:

Heat Experience (30 min)

Time Ritual (120 min)

Customised Aromatherapy Facial (90 min)

Mandarin Oriental Manicure and Pedicure (120 min)

\*Discounts do not apply.



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# SPA PROGRAMMES

## HALF DAY BOHEMIAN RITUAL

In eastern philosophy, the soles of the feet are mirrors reflecting the systems and functions of the body. Your feet will rest on warm pebbles while bathed in warm water rich with fragrant oils. Continue with steam shower, scrub and Aromatherapy massage, which combines the power of essential oils with the best of eastern and western massage techniques. The treatment is physically relaxing and calming as well as mentally uplifting and clearing. A short intermission allows time to wind down while you enjoy light spa fare specially arranged by the chef. Then, carry on with your choice of Customised Aromatherapy Facial for a truly unique experience towards opening, replenishing and rejuvenating the skin and restoring its natural glow.

Total Duration: 4.5 hours

Package includes lunch in The Spa

Package price: CZK 8.900\*

Spa procedures:

Foot Ritual or Scrub (30 min)

Steam Shower (30 min)

Aromatherapy Massage (90 min)

Customised Aromatherapy Facial (90 min)

## HALF DAY ORIENTAL INDULGENCE

Indulge in the exotic rituals and fragrances of the orient. Our blend of Mandarin Oriental signature oil including essences of patchouli, frankincense, ginger and mandarin orange combine with the skin-nourishing properties of soothing oils to leave your skin luminous and your mind and body completely renewed. We begin this treatment with your choice of Heat Experience in the privacy of your suite, followed by an Aroma Stone massage combining deeply penetrating massage movements with the healing properties of basalt river stones. Your treatment concludes with Customised Aromatherapy Facial.

Total Duration: 3.5 hours

Package price: CZK 6.900\*

Spa procedures:

Foot Ritual and Heat Experience (30 min)

Aroma Stone Massage (90 min)

Customised Aromatherapy Facial (90 min)

\*Discounts do not apply.



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# FITNESS CENTRE

The Fitness Centre is equipped with new generation Fitness & Wellness equipment that is time-efficient and results oriented.

It has been carefully selected to maximize your fitness potential and minimize any risk of injury. The Star Trac machines include treadmills, cross-trainers, step machine, upright and recumbent bikes, pectoral fly, pull down, shoulder press, leg press, leg curl, abdominal machine, hyperextension machine, and adjustable pulley.

We also have free weights, benches, fitness balls, balance boards and a designated area for stretching.

The gym is available exclusively to hotel guests and private members. Besides a comprehensive range of fitness equipment, fully qualified personal trainers are also on hand to make sure you make the most of your workout. Please contact our Spa Concierge (ext. 655) to book your appointment.

Our professionally qualified fitness and wellness instructors can offer lifestyle consultations and subsequently design bespoke physical fitness and wellness programmes that may be followed independently or with their guidance via private training sessions.

Opening Hours: 6am to 10pm

Personal Trainers: available on session or program basis.

30 min – CZK 800

60 min – CZK 1500

90 min – CZK 2100

Package rates are available on request.



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# MO WELLNESS CLUB

This exclusive 12-month membership programme combines unlimited use of our Fitness Centre, bonus Spa therapies, and discounts at our Spa, restaurant and bar. Only a very limited number of memberships are available. The MO Wellness Club membership is ideal for all those who wish to maintain a healthful lifestyle in a luxurious and private environment.

## **BENEFITS**

- Unlimited use of Mandarin Oriental, Prague Fitness Centre
- Complimentary introductory consultation session with personal trainer (by appointment)
- One guest admission to the Fitness Centre each month
- Free participation in all Spa/Fitness group activities (Morning jog, Yoga classes, Meditation Classes, etc.)
- 2 complimentary Time Rituals™ (120 min)
- Complimentary parking when using facilities of Mandarin Oriental, Prague (based on availability)
- 20% discount on all Spa treatments
- 20% discount on Spa retail products
- 20% discount on food consumption at Essensia restaurant, Barego bar, and Monastery Lounge (valid for up to 10 people)
- Exclusive Spa promotions

## **MEMBERSHIP CONDITIONS**

Validity 12 months

Membership is non-transferable

Membership fee ... CZK 36,000 incl. VAT

The fees are payable in six-month or twelve-month installments.



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# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre: Mon - Sun 6:00am - 10:00pm  
Spa: Mon - Sun 10:00am - 08:30pm

## ADVANCE BOOKINGS

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

## CANCELLATION POLICY

Cancellation within 12 hours or a no-show will incur a 100% charge. If you are within this booking time, you are already confirmed for your spa treatment and the cancellation policy will be in effect.  
A credit card number is required at the time of booking.

## APPOINTMENT INFORMATION

We offer our busy guest a reliable timetable; therefore arriving late will simply limit the time of your treatment, reducing your full benefits and enjoyment. Your treatment will end on time to prevent inconvenience to the next guest, and the same price will apply.

## SPA ARRIVAL

We recommend that you check in at the Spa Reception at least 15 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and also gives you ample time to change and relax into the treatments that await you. You may also want to shower. Please understand that late arrivals will not receive an extension of scheduled treatments.

## SPA ETIQUETTE

Our Spa environment offers each guest the chance to relax in tranquil setting. Please respect all spa guests' right to privacy and serenity. We appreciate you turning off your mobile devices.

## GUESTS

The spa welcomes both hotel and outside guests for any of our services. For the well-being of our guests we recommend that alcohol not be consumed prior to spa usage. We reserve the right to refuse any guests that are under influence of alcohol or drugs.

## AGE REQUIREMENT

The minimum age requirement for access to the Spa and Fitness Centre is 18.

## HEALTH CONDITIONS

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

## PREGNANCY

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

## CLEANLINESS

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

## ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental, Prague shall not be liable for any accident or injury suffered by members or guests.

## RESTRICTIONS ON THE USE OF FACILITIES

The use of alcohol and tobacco on spa and fitness centre premises is 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 or simply anyone who enjoys being pampered, gift certificates are available at The Spa at Mandarin Oriental, Prague.

## SPA PACKAGES

Information on special Spa packages or group programmes can be obtained by contacting the Spa Concierge at +420 233 088 655. Discounts do not apply.

## SPA BOUTIQUE

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

## REFUND AND EXCHANGE POLICY

Unopened retail products can be exchanged within fourteen days of purchase, if presented with the original receipt. No refunds will be issued on gift certificates.



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