



THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
MIAMI

# ESSENCE OF MIAMI

## COUPLES SUITE EXPERIENCE

**1 hour to 6 hours**

**\$550 per hour**

Mandarin Oriental, Miami offers an indulgent experience by transporting you into a private world when reserving one of our luxurious spa suites. Schedule two or more hours of treatment in any of our luxurious suites and receive complimentary 20 minutes of relaxation time to enjoy your spa suite, including a suite amenity.

## MANDARIN SUITE EXPERIENCE

**1 hour to 6 hours**

**\$275 per hour**

Designed with total privacy in mind, our spa suite for one allows you to enjoy the Spa at your own pace and in your own personal haven as you select customized treatments for the day. Each suite boasts a panoramic view overlooking the tranquil waters of Biscayne Bay.

## HEALING WAVE

**1 hour 20 minutes**

**\$315**

Unique to Mandarin Oriental, Miami this journey designed by the talented spa team creates a profound level of relaxation for the body and mind through sound and touch. Featuring vibrational healing waves through the use of singing bowls, and a de-stressing back, scalp and foot massage for complete surrender. Partnering with our charity of choice, Voices for Children, for every Healing Wave booked, we will donate USD 10 to the cause.

## KUNDALINI JOURNEY

**2 hours**

**\$525**

This unique treatment combines advanced massage techniques with aromatherapy, color and gemstone therapy as well as sound therapy to guide you toward a state of inner peace and physical balance.



# SIGNATURE THERAPIES

## TIME RITUALS™

**2 hours** \$485

**3 hours** \$690

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 your unique individual needs.

## ORIENTAL QI

**1 hour 20 minutes** \$315

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

**1 hour 50 minutes** \$725

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.

## INNER STRENGTH

**1 hour 20 minutes** \$315

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

## INTELLIGENT MOVEMENT

**1 hour 20 minutes** \$300

Relax your muscles and ease tension with our Intelligent Movement Massage at The Spa. 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.



# ESSENTIAL TRAVELER

## TRANQUIL DELIGHT

**1 hour 20 minutes** **\$295**

This soothing treatment starts with a full body salt and oil scrub, rejuvenating dry and tired skin. The experience is completed with a back, neck and shoulder massage, leaving the body, mind and spirit grounded and in perfect harmony, ready to face the world.

## RED EYE RECOVERY

**1 hour 20 minutes** **\$295**

Designed to help the body recover from the mental and physical strains of jet lag and long distance travel. Incorporates brisk dry body brushing to exfoliate the skin and encourage healthy circulation followed by a full body massage.

## IGNITING FIRE RITUAL

**1 hour 50 minutes** **\$425**

Energize, revitalize and ignite internal fire with this revitalizing treatment. The experience begins with a welcoming foot ritual and a full-body exfoliation to relieve stress. An energetic clearing through the use of singing bowls is followed by a soothing hands-on body massage.

## AYURVEDIC HOLISTIC BODY TREATMENT

**1 hour 50 minutes** **\$425**

Sip a relaxing herbal infusion while experiencing a ceremonial foot cleansing ritual. A gentle full-body exfoliation and facial cleanse is followed by an Ayurvedic marma points massage and scalp ritual. Although gentle, this massage has a very profound effect on the mind and body.

## BLISSFUL JOURNEY

**1 hour 20 minutes** **\$295**

This treatment is individually tailored to suit the skin of the face and back. This holistic treatment uses scientifically advanced natural products rich in aromatherapy oils. It includes a relaxing cleanse and exfoliation as well as therapeutic massage for the back and shoulders followed by a nourishing aromatherapy facial.



# 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 relation, improve circulation and increase overall wellbeing.

## ORIENTAL ESSENCE

**1 hour 20 minutes** **\$295**

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

## THERAPEUTIC

**1 hour 20 minutes** **\$315**

Firm pressure is used with specific techniques to dissolve your body's aches and pains, targeting areas of tension using elbows and forearms to achieve an effective deep tissue massage.

## HOT STONE THERAPY

**1 hour 20 minutes** **\$315**

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.

## PRE OR POST NATAL MASSAGE

**50 minutes** **\$215**

**1 hour 20 minutes** **\$295**

This personalized body massage has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time.

## THAI MASSAGE

**1 hour 30 minutes** **\$400**

**2 hours** **\$550**

Gentle rocking, rhythmic acupressure and assisted stretching revitalizes the mind, increases flexibility and releases muscle tension. Performed wearing comfortable clothing, this massage is conducted on an Asian mat in a Spa Suite.

## SHIATSU

**1 hour 30 minutes** **\$400**

**2 hours** **\$550**

To bring the body back into balance, pressure is applied along the body's meridians along with gentle manipulation to alleviate tension, enhance the body's natural healing ability and eliminate fatigue. Performed in a luxurious Spa Suite, loose clothing is recommended as you remain fully clothed for this treatment.



## SCRUBS AND WRAPS — BODY WISE

### BIOLOGIQUE RECHERCHE DETOX, SLIM AND SCULPT 2 hours \$500

Improve the look and feel of your body with this detoxifying wrap and lymphatic massage combined with active essential oils that stimulate circulation and reduce tissue pressure. Body contours are redefined through water retention reduction and skin texture is visibly smoother and more radiant. *The best results are achieved with a treatment series combined with a customized at-home regimen of products.*

### PERSONALIZED BODY WRAP 1 hour and 20 minutes \$295

A results-driven body wrap tailored to your needs, choose to detoxify, nourish, hydrate or soothe. This unique and effective treatment includes exfoliation, followed by a burst of purifying gels and essential oils, which will leave you refreshed and toned.

### MOTHER TO BE 1 hour and 20 minutes \$315

Total bliss and relaxation during pregnancy. After a gentle exfoliation, the skin is smoothed from head to toe with rich, nourishing creams. A soothing body massage and a relaxing scalp massage will ease away all stress and strain.



# ADVANCED SKIN CARE

## ILLUMINATING OXYGEN FACIAL

**1 hour 20 minutes** **\$300**

Transform your skin through a deep infusion of pressurized oxygen directly to the skin's surface, instantly cooling and hydrating the skin. A concentrated serum suitable is added to the oxygen allowing you to tailor this facial experience to your specific needs. Your skin will look and feel years younger, visibly lifted, toned and hydrated for a picture perfect complexion.

## HYDRAFACIAL MD™ FACIALS

**1 hour 20 minutes** **\$390**

Experience immediate results with the multifaceted HydraFacial MD. Appropriate for all skin types, this customizable facial targets a multitude of concerns including fine lines, rosacea, acne and dull, tired skin. A deep cleanse, exfoliation and painless extractions, is followed by a customized selection of blue and red LED light therapy, cooling gel mask, correction serums and lymphatic drainage to reduce puffiness. Selection available is based on duration of facial selected.



# BIOLOGIQUE RECHERCHE FACIALS

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

## CUSTOM MADE

**1 hour** \$315  
**1 hour and 30 minutes** \$455

After a thorough skin analysis, a personalized "treatment booster," a combination of recommended products, treatment and manual techniques, will be tailor-made for each guest. Best known 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.

## LIFTING FACIAL

**2 hours** \$525

The ultimate age-defying facial is performed in a spa suite, replenishing hydration, and increases regeneration, while exfoliates and tones the face, neck and décolleté. Advanced manual techniques visibly sculpt the face contours for an immediate firming effect.

**Add on Seconde Peau** \$190

Second Skin is a medically inspired regenerating treatment that acts on the extracellular matrix of the skin to accelerate the healing process and achieve immediate results.

## REMODELING FACIAL

**90 minutes** \$500  
**2 hours** \$625

Using state of the art technology including a remodeling machine, the power of four lifts and active products are combined with modulating techniques and massage into a purifying ritual that redefines facial contours and firms the oval of the face. Your skin is luminous, firm and toned. Le Lift treatment gives an instant lifting effect creating immediate long-lasting results.

## MICRO-PUNCTURE LAB FACIAL

**60 minutes** \$325  
**90 minutes** \$475

This intensive treatment helps fight against signs of premature skin aging. Through soft insertions on the skin, we will increase the absorption of the anti-aging Cocktail d'Actifs Régénérants serum. This treatment remodels the deeper dermal layer for increased regeneration, resurfacing and firmness.



# 111 SKIN TREATMENTS

Introducing 111Skin Facials, developed by the renowned Dr. Yannis Alexandrides, British and American board-certified Cosmetic Surgeon establishing 111 Harley Street as one of London's premier clinics. Dr. Alexandrides developed the eponymous 111SKIN skincare range, utilizing his scientific knowledge and surgical observations to create a line that provides superior, clinical-level results. 111Skin facials deliver an aesthetic approach to all skin concerns, harmonizing clinical and therapeutic techniques tailored to be appropriate for all skin types, ages and concerns.

## THE SIGNATURE HARLEY STREET FACIAL

**60 minutes**

**\$250**

A high-performance facial formulated to calm and soothe damaged, inflamed and irritated skin. Following a personalized consultation to determine skin type to address individual needs, a tailor-made experience for the face will be carried out using a combination of restorative ingredients from our Reparative Collection. The facial also targets simple skin issues such as dryness, dehydration, sensitivity and rosacea for skin that feels and looks truly comforted.

## CELESTIAL BLACK DIAMOND INFUSION FACIAL

**90 minutes**

**\$400**

The most opulent and luxurious anti-ageing facial, harnessing the power and potency of 111SKIN's Intensive Collection, encourages a youthful, lifted and firmer appearance. A combination of the wrinkle minimizing wand massage and signature massage ensures the skin is fresh, lifted and sculpted along the natural contours of the face.

## ROSE GOLD RADIANCE FACIAL

**90 minutes**

**\$370**

This treatment combines powerful properties of restoration with the most innovative formulas to lift, firm and sculpt. Using a three-level approach to facial massage, including our signature 111SKIN technique, incorporating smoothing wand and rose quartz crystals massage, the treatment is designed to relax and soothe the mind while alleviating irritation and inflamed skin. With the added absorption of the Radiance Oil containing gold and rose extracts and the illuminating effect of 24k gold sheets, the result is a rested and restored looking radiance, as if lit from within. A must-have for all skin types and perfect be-fore a big event.



## FINISHING TOUCHES

### MANDARIN ORIENTAL MANICURE

**40 minutes** **\$65**

A complete manicure during which hands are cleansed, hydrated and groomed.

### MANDARIN ORIENTAL PEDICURE

**50 minutes** **\$85**

A complete pedicure during which feet are cleansed, hydrated and groomed.

### MANICURE & PEDICURE DUO

**90 minutes** **\$140**

### NOURISHING HAND TREATMENT

**50 minutes** **\$85**

A relaxing treatment using therapeutic hand care from Margaret Dabbs London, featuring botanical extracts and emu oil. A gentle exfoliation, massage and warming paraffin dip is finished with the polish of your choice.

### NOURISHING FOOT TREATMENT

**1 hour 5 minutes** **\$105**

Includes a gentle skin softening exfoliation and relaxing acupressure massage using therapeutic foot care from Margaret Dabbs London, featuring botanical extracts and emu oil. Feet are enveloped in warm paraffin wax for nourishment, before the polish of choice is applied.

### MARGARET DABBS ULTIMATE MANICURE

**50 minutes** **\$105**

Indulge with the ultimate hydrating manicure. Hands and arms are treated to a wonderful creamy hand scrub and a rich nourishing balm. An anti-aging serum targeting age spots and age spots is gently applied and the treatment completes with a polish application.

### MARGARET DABBS ULTIMATE PEDICURE

**1 hour 5 minutes** **\$130**

This illuminating leg and foot treatment will brighten and detoxify the skin using a toning leg treatment and masque. The treatment is completed with an indulgent leg massage and cold or hot stone therapy, using a firming leg serum to rejuvenate and reduce water retention.

### SHELLAC MANICURE

**1 hour** **\$85**

This flawless treatment involves zero dry time, no nail damage, resilient mirror finish, strong protected nails and flawless color for up to 14 days.





## FULL DAY PROGRAMS

**MANDARIN ULTIMATE SPA DAY**  
**6 hours 40 minutes (includes 1 hour lunch)**  
**Treatment Room**  
**Mandarin Suite**  
**Couples Suite**

**\$1,270**  
**\$1,335**  
**\$2,670**

A complete getaway, nothing compares to this therapeutic and relaxing journey

- Welcoming Foot Ritual
- Oriental Body Scrub
- Personalized Body Wrap
- Hot Stone Therapy
- Thai Foot Massage
- Bento box lunch
- ProSkin Brightening Facial
- Margaret Dabbs Ultimate Manicure & Pedicure

**CUSTOMIZED SPA DAY**  
**5 hours (includes 1 hour lunch)**

**Treatment Room**  
**Mandarin Suite**  
**Couples Suite**

**\$1,000**  
**\$1,100**  
**\$2,200**

The perfect spa day starts with a welcoming foot ritual and a complete consultation to determine your individual needs so that a unique package can be created just for you. No experience is ever the same as we take into consideration exactly what you need the most, for a total wellness experience. The customized spa day is offered in our luxurious Mandarin suite for one or Couples suite for two and includes a bento box lunch.

**DETOX PROGRAM**  
**5 Hours (includes 1 hour lunch)**

**Treatment Room**  
**Mandarin Suite**  
**Couples Suite**

**\$905**  
**\$1,100**  
**\$2,200**

# HALF DAY PROGRAMS

## BEAUTY PROGRAM

**3 hours**

**Treatment Room** \$745

**Mandarin Suite** \$825

**Couples Suite** \$1,650

The perfect spa day with emphasis on relaxation, wellbeing and self renewal. Prepare for bliss.

- Hot Stone Therapy
- Oriental Body Scrub
- Illuminating Oxygen Facial

## RELAXATION PROGRAM

**3 hours 40 minutes**

**Treatment Room** \$580

**Mandarin Suite** \$700

**Couples Suite** \$1,400

This program offers the ultimate combination of relaxation and pampering. Reserve a Spa Suite and enjoy both the massage and facial in a luxurious suite overlooking Biscayne Bay.

- Oriental Essence Massage
- Customized Essential Facial
- Mandarin Oriental Manicure
- Mandarin Oriental Pedicure



# WELLNESS

Private classes of four or more guests are subject to special group pricing. All fitness classes are one hour in length. Group classes are offered seasonally on the lawn, weather permitting.

## PERSONAL TRAINING

**1 hour Private session** **\$250**

Your trainer will customize a routine to motivate and invigorate, bringing you closer to your goals with each visit.

## YOGA

**Private session** **\$250**

Focusing on deep breathing and relaxation, yoga will improve your flexibility, focus your mind and tone your body, achieving the ultimate in mind and body balance.

## PILATES MAT

**1 hour Private session** **\$250**

This intense exercise includes a sequence of carefully performed movements, encouraging you to become more aware of your body as a single integrated unit. Pilates improves alignment, breathing and the efficiency of movement. Each exercise is designed to stretch and strengthen the body's central core, while opening the joints and releasing tension.



## TAI CHI

**1 hour Private session** **\$250**

Originating from Chinese martial arts, this slow, continuous flow of motion and meditation increases circulation as well as improves concentration and focus.

## MEDITATION AND VISUALIZATION

**1 hour Private session** **\$250**

Take time out 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.

# TERMS AND CONDITIONS

## OPENING HOURS

Sunday – Thursday 9:30 am – 6:00 pm  
Friday – Saturday 9:30 am – 7:00 pm

Valet Parking \$14

## ADVANCED BOOKINGS

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



## ARRIVAL

We encourage you to arrive at The Spa 45 minutes prior to your first scheduled appointment. This allows us to welcome you and introduce you to the spa facilities. It also gives you ample time to enjoy the spa's fitness and heat experiences. 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.

## CANCELLATION POLICY

Please allow 24 hours notice of cancellation or rescheduling to avoid a 100% charge. A credit card number is required at time of booking.

## GRATUITY

For your convenience, a 20% service charge will be added to your final bill for each service.

## HEALTH CONDITIONS

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

## AGE REQUIREMENTS

The minimum age requirement for access to the Spa and fitness center is 18, with the exception of select teen treatments.

## DIGITAL DISCONNECTION

Our Spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your mobile phone, as well as respecting the serenity of the environment.

## GIFT CERTIFICATES

An ideal gift for spa enthusiasts, gift certificates are available at the Spa reception or at [mandarinoriental.com](http://mandarinoriental.com).

## GUESTS

The Spa welcomes both hotel and external guests for any of our services. All Spa guests are invited to enjoy our steam room, sauna and relaxation area. 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 who are under the influence of alcohol.

## SPA CUISINE

If you wish to enjoy lunch during your visit, you are welcome to enjoy our spa cuisine offerings served poolside or served indoors at MO Bar.

## PREGNANCY

Please let our Spa Concierge guide you in selecting suitable treatments, which have been specially designed with your wellbeing in mind during this special time. Treatments are available after the first trimester.

## SPA BOUTIQUE

To continue your spa regimen at home, all Spa products used in the treatments and services are available in our Spa Boutique, as well as gifts, jewelry, clothing and swimwear.

## 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 or you may have access to a safety deposit box at the front desk of the hotel. For the protection of your clothing, we also ask that you wear the robe provided.



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To Book Your Appointment Online



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