

# SPA PROGRAMMES

## FULL-DAY PROGRAMME

### ZHENG TIAN – ONE DAY

**6 hours**

Total health, beauty and wellness takes but one day – indulge fully from top to toe and from the inside out for a totally luxurious day at The Spa at Mandarin Oriental.

- Complexion Analysis
- Welcome Foot Ritual
- Oriental Salt Scrub
- Oriental Essence Massage
- Face and Body Duet
- Decadent Bubbles
- Spa Cuisine

## HALF-DAY PROGRAMME

### YIN YANG – for two

**4 hours**

Enjoy this treat with your loved one. Specifically designed treatments to relax and renew your energy.

- Welcome Foot Ritual
- Tian Quan Therapy
- Dragon Phoenix
- Nature's Radiant Facial

### BAN RI XIAN – HALF DAY REVIVER

**4 hours**

*"When every day is so busy, it's hard to find even one half day to relax..."*

*Li She, famous poet from the Tang Dynasty*

- Welcome Foot Ritual
- Body Composition Analysis
- Complexion Analysis
- Personal Training Session
- Therapeutic Massage
- Ultra Hydrating Facial Treatment



**The Spa at Mandarin Oriental Pudong, Shanghai**

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