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寶島精粹

蓮花譜

價格 TWD 15,800 (180 分鐘)

蓮花，在東方哲學文化裡扮演著重要的角色，也象徵了精、氣、神三種不同層次的身體能量。此療程喚醒體內最深層的精氣，激發身體能量，並進而釋放體內壓力，由內至外使身心靈回歸輕鬆怡然的最佳狀態。 療程包含歡迎沐足儀式，搭配全身去角質、溫暖滋潤裹敷、香氛浴以及全身按摩。

福爾摩沙

價格 TWD 13,800 (150 分鐘)

福爾摩沙寓意『美麗寶島』。此療程由沐足儀式開始，隨之以海洋珍珠粉搭配頂級鹽花進行去角質，並以白泥裹膚，再以如蝴蝶飛舞手技搭配溫熱的精油進行全身按摩，接著以台灣著名的頭皮與臉部刮痧增加血液循環，結束這趟華麗旅程。

· 價格變動恕不另行通知；且皆需外加一成服務費。



經典療程

時光之禮

價格 TWD 10,800 (120 分鐘) | 價格 TWD 15,800 (180 分鐘)

預訂一段珍貴時光，由專業的芳療師依據您的需求量身制訂療程服務，享受最全面的體驗。

東方 Qi

價格 TWD 7,880 (90 分鐘)

簡單純粹的療程體驗，結合經絡按摩技術與芳香精油的能量，能有效讓身體放鬆與安定。

遠離塵囂

價格 TWD 7,880 (90 分鐘)

此療程針對頭部、眼部、肩頸及手足進行紓壓按摩，能緩解您長期接觸電子產品所帶來的壓力。

智能運動

價格 TWD 7,880 (90 分鐘)

此療程幫助你提升身體的靈活性與覺知。此療程結合了深層肌肉放鬆、伸展與肌肉延展等技術，旨在柔化組織、釋放緊繃，並提升整體身體的活動力。

· 價格變動恕不另行通知；且皆需外加一成服務費。

全身按摩

東方精萃

價格 TWD 7,280 (90 分鐘)

搭配文華東方著名的盛萃按摩油，芳療師會針對身體緊繃的部位，包含肩、頸、背進行舒緩按摩，重新梳理全身內在能量，是尋求放鬆抒壓的最佳療程。

芳香療法

價格 TWD 7,280 (90 分鐘)

深度的放鬆療程，結合中西按摩技術與芳香精油的能量，讓身體能放鬆與安定，同時能提振精神，澄清思緒。

療癒按摩

價格 TWD 7,280 (90 分鐘)

此療癒按摩對於改善疼痛與緊繃具有顯著效果。芳療師使用手肘與前臂搭配精油，進行刺激式的深層按摩，達到放鬆及恢復活力的效果。

深度睡眠療程

價格 TWD 7,280 (90 分鐘)

深度睡眠療程以有效、具深度鎮靜效果的全身按摩，搭配內含岩蘭草、洋甘菊及檀香等具舒緩效果的精油，以細緻溫和的力度進行全身按摩，讓您的神經系統徹底放鬆、緩解過於活躍的思緒，引導您感受深層的寧靜，擁有最佳的睡眠品質。

東方足底按摩

價格 TWD 4,980 (60 分鐘)

在東方哲學中，雙足如同鏡子反應著身體系統與功能的狀況。此傳統舒壓療程包括芳香足浴、足底去角質、以及專業的足底與小腿舒緩按摩，讓您釋放緊繃的雙足。

喜悅母親舒壓

價格 TWD 7,280 (90 分鐘)

此奢華護理療程使用傳統芳香療法，為產後的肌膚進行滋養及再生復活。選自一系列孕婦專用的精油，為您改善肩、上背的緊繃及紓緩孕期的不適感。

· 價格變動恕不另行通知；且皆需外加一成服務費。









療程升級

您可選擇我們精心設計的升級服務，為您的療程增添尊寵體驗，並完美契合您的時間安排。

手部舒緩護理

價格 TWD 1,000

釋放長時間使用數位裝置所帶來的緊繃與壓力，透過溫熱的能量石溫柔呵護，重啟您疲憊的「數位手指」，帶來深層放鬆與舒緩。療程最後搭配滋養護手乳，令肌膚重現柔嫩與清新感受。

至臻足部體驗

價格 TWD 1,000

長時間久坐、站立或過度使用，往往導致雙足酸脹不適與循環不良。本療程以溫熱毛巾舒緩並潔淨足部，隨後搭配專注的舒緩按摩，結合奢華身體乳霜，深層滋養並重煥肌膚活力，帶來徹底放鬆與煥然新生的感受。

明眸舒緩護理

價格 TWD 1,000

以清涼玉石眼部按摩促進淋巴循環，釋放臉部肌肉緊繃。療程最後搭配眼周修護乳，讓雙眸感受清新與舒適。

煥活頭皮護理

價格 TWD 1,000

以舒緩且充滿能量的頭皮按摩，針對頭皮與頸部的重要穴位進行刺激，促進循環與活力。療程搭配我們經典的 Quintessence 精油，深度放鬆同時恢復身心平衡。

靜心音療

價格 TWD 1,000

沉浸在寧靜的頌缽聲中，引導您的意識進入靜謐祥和的空間。隨著每一道聲音共鳴，心神逐漸回歸平衡與和諧的狀態。

· 價格變動恕不另行通知；且皆需外加一成服務費。

附選療程

以專屬加選療程為您的體驗增添個人化色彩 — 為任何療程帶來更深層的放鬆享受。
加選療程僅能與 60 分鐘或以上之主療程搭配預訂。

柔滑磨砂美肌

價格 TWD 3,880 (30 分鐘)

使用滋養的產品全身去角質並滋潤肌膚，讓肌膚煥發光采、清新柔滑

瞬效臉部保養

價格 TWD 3,880 (30 分鐘)

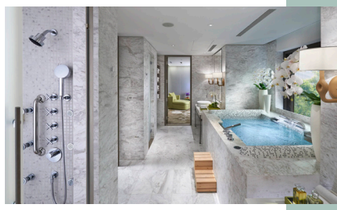
快速保養體驗達到淨化保濕，讓您肌膚回復緊緻光滑，煥發肌膚的天然活力與光澤。

速效按摩

價格 TWD 3,880 (30 分鐘)

從繁忙的一天抽出一點時間，在芳療中心享受 30 分鐘的速效按摩，您可選擇背部與頸部按摩或足部按摩，迅速釋放緊繃壓力，恢復身心平衡。





· 價格變動恕不另行通知；且皆需外加一成服務費。



NATURA BISSE 全方位肌膚護理

Natura Bissé，深信每一種肌膚都是獨一無二的存在，都有屬於它自己的聲音、表達與生命

鑽石極緻臻白護膚療程

價格 TWD 8,980 (90 分鐘)

步入無盡光采的奢華新紀元。此創新療程專為改善色素與膚色不均，同時帶來延緩肌膚老化功效。完美方案有效淡化暗沉斑點，重現透亮光澤，令肌膚煥發年輕光采與活力。

3D 膠原凍齡緊膚療程

價格 TWD 6,580 (60 分鐘)

此高效能臉部療程融合三重膠原蛋白、珍貴肌膚營養素與專業按摩手法，帶來顯著的煥膚功效。特別適合疲憊或熟齡肌膚，不僅能展現可見的緊緻提升效果，更有效淡化細紋，改善肌膚彈性，重塑年輕光采。

· 價格變動恕不另行通知；且皆需外加一成服務費。

· 價格變動恕不另行通知；且皆需外加一成服務費。





VALMONT 高效護膚

結合護膚科技及尖端配方，可顯著重塑肌膚之美。品牌在阿爾卑斯天然資源精粹的基礎上，融合經典 DNA-RNA 雙重成分，有效對抗肌膚衰老的五大因素。我們在護膚產品方面不斷精進感官愉悅體驗，力求帶來無與倫比的護膚功效、恢復肌膚平衡狀態，再現肌膚自然美感。

頂峰抗皺緊提

價格 TWD 9,280 (90 分鐘)

專屬臉部療程宛如肌膚提拉重塑，重新勾勒臉部輪廓，撫平細紋，並為肌膚重建年輕定義。

冰川甦活新肌

價格 TWD 6,880 (60 分鐘)

透過促進細胞含氧量，深度喚醒肌膚活力，有效消除疲憊痕跡。肌膚重獲能量與新生，綻放清新透亮的光采。結合專業產品與獨特手技，為您呈現卓越非凡的煥顏效果。

· 價格變動恕不另行通知；且皆需外加一成服務費。

BIOLOGICAL RECHERCHE 高效護膚

探索我們的臉部護理系列，蘊含高濃度活性成分，能深入作用，同時維持肌膚的自然平衡。從潔膚、化妝水、面膜、精華、乳霜，到有色護理與防曬產品，每一款都依照肌膚的獨特需求精心研製，帶來專屬而高效的呵護。

緊緻抗老療程

價格 TWD 11,800 (120 分鐘)

頂級平衡抗老的臉部護理，以活化微細角質搭配再生細胞能量的按摩手法，輔以臉部提雕儀器，在調理緊緻肌膚的同時，達到促進膠原蛋白生成與細胞修復能力，更可提高肌膚的彈性和減少因年齡增長而產生的斑點和黑眼圈。

瞬間緊緻 療程

價格 TWD 9,280 (90 分鐘)

緊緻療程結合高效微晶藻類、天然氨基酸、面膜與精華液，具去角質、重塑、塑形、保濕與保護多重功效。配合調節手法與按摩，瞬間提升臉部輪廓，並加速膠原蛋白再生，讓肌膚呈現年輕緊緻且柔嫩細緻的觸感。

活力煥膚療程

價格 TWD 6,880 (60 分鐘)

結合最先進的產品及雕塑技術使肌膚進行活化修復，並針對您的個人膚質量身打造。

緊緻輪廓煥顏機 - 附選療程

價格 TWD 4,080 (30 分鐘)

這個面部護理儀採用非侵入式美容技術，專為深層臉部塑形和肌膚活化而設計。該儀器結合了專利三重電流技術——包括直流電、低中頻電流和高頻電流——協同作用於表皮和真皮深層。療程採用獨特的按摩手法和自製混合精華液，使用的「增效」產品有助修飾面部輪廓，效果維持長達 10 天。

· 價格變動恕不另行通知；且皆需外加一成服務費。



精選套裝

半日療程

嬌寵

單人 價格 TWD 17,880 ｜雙人 價格 TWD 32,880 (210 分鐘)

準備迎接一個美麗輕鬆的時光，享受專屬的嬌寵半日療程體驗

· 沐足歡迎禮
· 鑽石極緻臻白護膚療程
· 芳香身體按摩療法
· 健康輕食便當

玫瑰浪漫

單人 價格 TWD 17,880 ｜雙人 價格 TWD 32,880 (210 分鐘)

從玫瑰香氛浴到玫瑰全身去角質及裹敷療程，玫瑰浪漫療程讓您身心靈獲得全然的放鬆與療癒。
療程後還可享有特製的健康輕食便當。

· 沐足歡迎禮
· 芳香身體按摩療法
· 玫瑰香氛全身去角質及裹敷療程
· 健康輕食便當
· 玫瑰香氛浴

· 價格變動恕不另行通知；且皆需外加一成服務費。

健身休閒

健身中心

我們的健身中心為台北市最頂級的都會休閒場所，設有最先進的健身設備 運動器材，如最新式的跑步機、交叉訓練機、多功能重量訓練及肌力訓練 等器材設備。專業的體適能分析將開啟您的健身之旅，健身指導教練依據 個人體適能，提供專屬量身設計的運動計畫以符合個人目標。每一次運動 旅程都將達到身體與精神的增進與平衡。

身體組成分析

身體組成分析即測量身體質量指數（BMI），包括體脂肪率，腰圍與臀圍 比例，臂膀和腿部肌肉發展及營養評估。

健身系統

藉由先進的電腦科技運用，增加運動的滿足與樂趣。我們的健身中心指導 教練可用健身系統為您設定健身目標，設定於 TGS Key 上的程式將引導您 完成每階段的訓練計劃，指導教練依據程式記錄追踪您的訓練進度並提供 您專業建議。

健身中心使用介紹

我們的員工可為您導覽健身中心的設備與服務。健身指導教練示範如何使 用健身中心器材、正確訓練技巧、伸展運動、基礎肌肉訓練，以及提醒所 有使用器材的相關注意事項。

健身暨生活型態諮詢

瞭解您的身體活動狀態、柔軟度、心肺耐力及身體測量評估等具體數據 ， 結合以上數據及個人運動目標，您的指導教練將提供專屬的量身健身計劃。

私人教練課程

無論您的目標為增進整體身心健康，增加運動耐力或是改變生活方式，我 們的健身教練將陪同您，依據您個人的需求設計並指導個人健身計劃以達 成或保持最佳的身心狀態。

瑜伽

由專業正統的瑜珈老師指導您瑜珈練習，協助您紓壓解放內在感官。在多功能訓練室內，我們提供多種內容及程度不同的課程。

體重管理課程

適合希望能夠成功控管體重者。

復健運動計畫

適合希望增強肌力和擁有健康關節者，特別是患有腰背、髖關節和膝關節 不適者。

循環式訓練

提供一個結合不同運動強度的健身計畫，提高全面的健康與運動成果。

肌力訓練

增加肌耐力和強度，進行全面的改善。

游泳池

時尚悠閒的戶外溫水游泳池，徜徉著空中花園的靜謐氛圍。請由六樓的芳 療中心進入此區。

水療體驗

芳療中心提供男女貴賓專屬的水療體驗設施。結合傳統水療體驗與最新科技，讓您能於 3500 平方呎的寬敞空間裡沉浸在愉悅暢快之中。我們建議您於預定療程前 45 分鐘抵達芳療中心，享受水療體驗設施，消除壓力和緊張、放鬆肌肉、增加血液循環、提升免疫系統以更進一步達到身心舒緩平衡的效果。如非使用芳香療程之貴賓，可選擇以事先預約、單次付費的方式使用水療設施。

活力池

您可自行選擇喜好的按摩程式與功能，活力池水溫為攝氏 35 度，配備了符合人體工程學躺椅的氣泡按摩，及頸部水流按摩。

休憩室

在芳香療程之間或之後，我們提供一個靜謐空間及舒適躺椅來沉澱您的身心。每個休憩空間都有個人化的舒適設定。您可以聆聽音樂、閱讀雜誌書籍、冥想或享用當季茶點及健康飲品。

水晶蒸氣室

奢華舒適的水晶蒸氣室結合水晶色彩療法，空間繚繞著香氛蒸氣與地熱，溫度維持在攝氏 45 度，有助於精神沉澱、激發靈感和排除身體毒素。

桑拿室

桑拿室溫度設定為攝氏 85 度，有助於增強健康、提升免疫系統、增加身體柔軟度、促進新陳代謝及釋放體內毒素。

服務條款及注意事項

營業時間

健身中心：24 小時開放，員工服務時間為上午 7 時至晚上 8 時
芳療中心：上午 10 時至晚上 9 時
游泳池：　上午 7 時至晚上 8 時

預約

我們建議您提前預約療程。為確保預訂完成，預約時請向芳療中心接待人員提供您的聯絡方式及有效信用卡資料。

取消政策

敬請於療程前 12 小時更改或取消預約。若於 12 小時內更改或取消預約，我們將收取全額的療程費用。 預約療程時請提供信用卡卡號作為擔保。

服務費收取 & 優惠政策

所有療程費用以療程價格為標準，另加 10%服務費。所有適用折扣將以療程價格表的金額計算。所有折扣不適用於任何促銷活動或禮券銷售。

芳療套裝療程

如欲查詢芳療套裝療程和團體芳療專案內容，請致電芳療中心櫃檯 +886 2 27156880。

芳療禮儀

為不打擾芳療中心所有賓客，請勿在中心內使用手機及相機。

抵達時間

我們建議您至少於療程預約時間前 45 分鐘到達芳療中心，以便有充足時間於療程服務前使用水療設施。如您無需使用水療設施，請於預約時間前 15 分鐘到達芳療中心，允許我們為您進行服務說明與需求了解。若您無法準時抵達，恕無法將服務時間延展，敬請見諒。

年齡限制

賓客需年滿 16 歲，方可進入芳療中心與健身中心。

健康狀況

如您有任何健康問題、過敏或受傷狀況等可能影響療程服務，請於預約時告知。如果您有使用藥物、接受治療及動過手術等情形，請先諮詢您的醫生以使用水療設施或運動器材。不建議懷孕婦女使用水療設施。

孕婦

我們為 12 週或以上孕婦提供特別療程服務。請諮詢芳療中心接待人員，我們將為您 挑選最合適的護理療程。

清潔

為遵守我們對清潔，安全及衛生的承諾，我們的設備在每次服務及療程後均會進行殺菌消毒。

遺失或損毀

文華東方 Spa 對個人任何物品遺失或損壞恕不負責。請您將貴重物品存放置物櫃中並上鎖。此外，為避免您的衣物受損，請您穿著我們為您準備的芳療浴袍。

意外及損傷

若賓客或會員在芳療中心發生意外或受傷，文華東方 Spa 將不負擔任何責任。

設施使用限制

我們嚴格禁止吸煙及飲酒。敬請於接受療程及運動時穿著合宜服裝；進入健身中心時請穿著運動鞋。

芳療精品店

為了讓您在家延續療程體驗效果，所有於療程及服務中使用的產品，皆可於芳療精品店內購得。

退款政策

所有未拆封的零售商品均可於購買後 10 天內憑發票更換。但恕不提供現金或信用卡退款。

THE SPA
AT
MANDARIN ORIENTAL
TAIPEI

mandarinoriental.com/taipei/

MANDARIN ORIENTAL
TAIPEI

The Spa at Mandarin Oriental, Taipei

158 Dunhua North Road, Taipei 10548, Taiwan 10548　台北市敦化北路158號　Telephone 電話 +886 2 2715 6880　Facsimile 傳真 +886 2 2715 6883

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THE SPA
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ESSENCE OF TAIWAN

PROSPERING LOTUS

Price TWD 15,800 *(180-minute)*

The lotus flower plays an important role in Eastern philosophy and culture.

It symbolizes the three levels of vital body energies: essence (jing), energy (qi), and spirit (shen).

This treatment awakens the deepest essence within the body, stimulates energy flow, and helps release internal stress – restoring balance and ease to the body, mind, and spirit from the inside out.

The treatment includes a welcoming foot bath ritual, followed by full-body exfoliation, a warm and nourishing body wrap, an aromatic bath, and a full-body massage.

FORMOSA

Price TWD 13,800 *(150-minute)*

"Formosa" signifies "Beautiful Island."

This luxurious treatment begins with a foot bath ritual, followed by an exfoliation using ocean pearl powder and premium sea salt. The body is then wrapped in white clay, and a full-body massage is performed using warm essential oils and graceful, butterfly-like hand techniques.

The journey concludes with Taiwan's renowned scalp and facial gua sha, which promotes blood circulation – completing this elegant and indulgent experience.

• Prices are subject to change without prior notice. • All treatment prices are subject to a 10% service charge.



SIGNATURE THERAPIES

Time Rituals™
Price TWD 10,800 *(120-minute)* | Price TWD 15,800 *(180-minute)*

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
Price TWD 7,880 *(90-minute)*

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 to create a balance of the mind and body.

Digital Wellness Escape
Price TWD 7,880 *(90-minute)*

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

Intelligent Movement
Price TWD 7,880 *(90-minute)*

Intelligent movement helps you to move better, including trigger point release work, deep muscle manipulation, stretching and elongation of the muscles, all of which are designed to soften, release tension, and increase the body's mobility.

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MASSAGE

Oriental Essence
Price TWD 7,280 *(90-minute)*

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.

Aromatherapy
Price TWD 7,280 *(90-minute)*

A deeply therapeutic holistic treatment which 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 mentally uplifting and clearing the mind.

Therapeutic
Price TWD 7,280 *(90-minute)*

This truly effective therapeutic massage helps dissolve aches and strains. Oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energizing massage.

Deep Sleep
Price TWD 7,280 *(90-minute)*

This powerful and deeply sedating full body massage harnesses rich earthy essential oils of vetiver, chamomile, and sandalwood, renowned for their intense calming and grounding effects. This head-to-toe massage uses carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Perfect for inducing a deep sense of tranquility and a good night's sleep.

Oriental Foot Therapy
Price TWD 4,980 *(60-minute)*

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 skillful exfoliation and massage to smooth the feet and lower legs.

Mum to Be
Price TWD 7,280 *(90-minute)*

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





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ENRICHMENTS

Enhance your experience by incorporating one of our spa enrichments, tailored to fit seamlessly within your treatment time.

Calming Hand Ritual

Price TWD 1,000

Ease the tension caused by constant digital device use with this soothing hand treatment. Warm hot stones gently rejuvenate your " Digital Fingers" promoting relaxation and relief. The experience concludes with the application of hand cream, leaving your skin nourished and refreshed.

Ultimate Foot Experience

Price TWD 1,000

Prolonged sitting, standing, or overuse can lead to sore, swollen feet and poor circulation. This Rejuvenating Foot Retreat soothes and cleanses the feet with warm mitts, followed by a mindful massage using a luxurious body souffle to deeply moisturize and revitalize the skin.

Soothing Eye Comfort

Price TWD 1,000

This cooling Jade Stone eye massage promotes lymphatic drainage and release tension in the facial muscles. The treatment is completed with Eye Contour Cream, leaving your eyes feeling refreshed and rejuvenated.

Vital Scalp Renewal

Price TWD 1,000

Experience a calming yet energizing scalp massage designed to stimulate vital pressure points around the scalp and neck. This treatment uses our signature Quintessence Oil to promote relaxation and restore balance.

Sound Serenity

Price TWD 1,000

Immerse yourself in the tranquil sound of a singing bowl, guiding your awareness into the serene surrounding. As each sound resonates, your mind gradually returns to a state of harmony and balance.

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TREATMENT ADDITIONS

Personalize your spa experience with one of our add-ons, perfect complements to any treatment for deeper relaxation.

The add-on treatments can only be reserved in combination with treatments of 60 minutes or longer.

Bespoke Skin Polish

Price TWD 3,880 *(30-minute)*

Full body exfoliation using richly nourishing products to leave your skin radiant, refreshing, and smooth.

Facial “On the Go”

Price TWD 3,880 *(30-minute)*

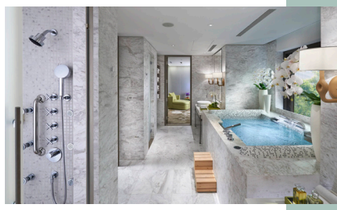
Perfect for those short on time, this mini facial gently cleanses, lightly exfoliates, and revitalizes the skin, leaving you with a healthy glow.

Express Back Massage

Price TWD 3,880 *(30-minute)*

Take a short break from your busy day with our Express Massage, choose either a Back & Neck Massage or a Foot Massage, to quickly release tension and restore balance.





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HOLISTIC SKINCARE BY NATURA BISSE

Natura Bissé, we believe every skin has its own voice, its own expression, and its own life.

Diamond Luminous

Price TWD 8,980 *(90-minute)*

Enter the age of endless light with an extremely luxurious protocol. This innovative treatment is specifically designed to address irregular pigmentation and uneven skin tone, while providing significant age-defying benefits. The perfect solution is to help fade dark spots, restore brightness, and reveal rejuvenated, radiant skin.

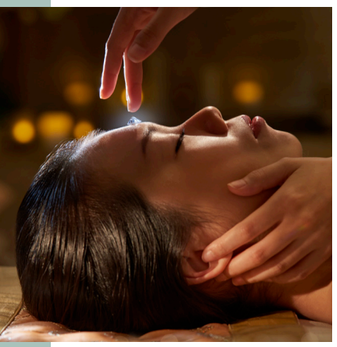
The 3D Collagen Shock

Price TWD 6,580 *(60-minute)*

This advanced facial treatment combines three types of collagens, skin nutrients, and effective massage for a noticeable rejuvenation action. Ideal for devitalized and mature skin, as it provides a visible lifting effect, helps minimize the look of wrinkles and works to improve skin elasticity.

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ADVANCED SKINCARE BY VALMONT

Merging cosmetic mastery with cutting-edge ingredients, our treatments visibly reprogram the skin. Infused with the essence of Alpine resources and our iconic DNA-RNA duo, they counter the five major factors of aging. Constantly refined for sensory delight, our alchemical creations provide unparalleled results, restoring balance and revealing natural beauty.

Lift from The Peaks

Price TWD 9,280 (90-minute)

This specific facial works like lifting, redesigning the oval, smoothing wrinkles and reidentifying the skin.

Vitality of the Glaciers

Price TWD 6,880 (60-minute)

This treatment revitalizes the skin by stimulating cellular oxygenation and erasing signs of fatigue. The skin is energized and revitalized. And the complexion looks fresh and radiant. The combination of products and techniques deliver incredible results.

• Prices are subject to change without prior notice. • All treatment prices are subject to a 10% service charge.

ADVANCED SKINCARE BY BIOLOGIQUE RECHERCHE

Discover our facial care products, rich in highly concentrated active ingredients, which work deep down while respecting the skin's natural balance. Cleansers, lotions, masks, serums, creams, tinted and sunscreen products, each product is formulated to meet your skin's specific needs.

Remodeling Face

Price TWD 11,800 *(120-minute)*

This luxurious balancing and anti-aging facial combine micro-exfoliation, oxygenation, and bioenergy massage to revitalize and regenerate. Coupled with a Biologique Recherche remodeling face machine, specially formulated products boost collagen and cell repair while toning and firming the skin. This treatment also improves elasticity and lightens age spots and dark circles.

Instant Lift

Price TWD 9,280 *(90-minute)*

An efficient cocktail of micro-crystalline algae, natural amino acids, masks, and serums that exfoliate, restructure, form, hydrates and protects. Combined with modulating techniques and massage, VIP Lifting redefines facial contours, giving an instant lifting effect while accelerating the collagen's ability to regenerate. Leaving your skin younger looking and soft to the touch.

Revive Booster

Price TWD 6,880 *(60-minute)*

Combining innovative products with sculpting techniques to stimulate and oxygenate the skin, our core facials are tailored to suit your unique skin.

Remodelling Machine - Additional

Price TWD4,080 *(30 minutes)*

The Remodeling Face Machine is non-invasive aesthetic technology, designed for advanced bio-sculpting and rejuvenation of the complexion. This sophisticated device utilises a patented combination of three distinct electrical currents–galvanic, low- and medium-frequency currents, and high-frequency currents– working synergistically to target both the epidermal and deeper dermal layers and customised blending serums, the "booster" products within the facials help to slim contours with results lasting up to 10 days.

• Prices are subject to change without prior notice. • All treatment prices are subject to a 10% service charge.



PROGRAMMES

HALF DAY

Pure Allure

Individual Price TWD 17,880 | Couple Price TWD 32,880 *(210-minute)*

Pampering beauty and relaxation time, leaving a mademoiselle recharged after an expertly sequenced treatment experience.

- Welcome Foot Ritual
- Aromatherapy Massage
- Diamond Luminous Facial
- Healthy Cuisine Bento Box

Romance of Rose

Individual Price TWD 17,880 | Couple Price TWD 32,880 *(210-minute)*

From a rose petal drawn bath to rose body polish and wrap, connect your inner love spirit with the Romance of Rose treatment. Healthy cuisine Bento Box for lunch or dinner will be served after a relaxing aromatherapy massage.

- Welcome Foot Ritual
- Rose Body Polish and Wrap
- Rose Bath
- Aromatherapy Massage
- Healthy Cuisine Bento Box

• Prices are subject to change without prior notice. • All treatment prices are subject to a 10% service charge.

FITNESS & WELLNESS

FITNESS AND WELLNESS CENTRE

Our urban fitness and wellness center is the city's most exclusive venue, offering specially designed equipment such as state-of-the-art treadmills, cross trainers, and a comprehensive selection of weight machines and free weights. Your improved wellness begins in our fitness and wellness center commencing with a body composition analysis, leading to a customized training program to suit your individual goals. The journey is aimed at achieving balance of mind and body, resulting in lasting physiological and psychological benefits.

IN-BODY COMPOSITION ANALYSIS

In-body composition analysis measures body mass index (BMI), percentage body fat and waist-to-hip ratio, muscle development of arms and legs, as well as nutritional evaluation.

WELLNESS SYSTEM

Contemporary and sophisticated computerized technology makes exercise more satisfying and fun. With the wellness system, our fitness and wellness instructors can identify and set your fitness and wellness goals. The information on the TGS key guides you through your workout program and enables our instructors to track your progress and provide advice and encouragement based on results.

FITNESS ORIENTATION

Take a tour of the facilities and receive a brief overview of all the services offered. Our fitness instructors will demonstrate how to use the equipment in the fitness center, indicating correct techniques, stretching, basic muscle groups and highlighting any precautions related to the use of equipment.

FITNESS AND LIFESTYLE CONSULTATION

Obtain objective information on your level of fitness through assessment of your vital signs, flexibility, cardio endurance, and body measurements. Combine this with a personal training session and allow your instructor to create a more personalized program for you.

PERSONAL TRAINING

Reach or maintain your optimum wellness and health conditions, whatever your goal, be it improving overall fitness and wellness, endurance or a change in lifestyle, our fitness instructors will work with you, focusing on your unique health concerns to design a program that will suit your needs.

YOGA CLASSES

Awaken your inner senses with authentic classes taught by master schooled in the traditions of these practices. We offer a wide variety of classes for all levels in our studio.

WEIGHT MANAGEMENT PROGRAM

Suitable for those who wish to control their body weight.

REHABILITATION PROGRAM

Ideal for those looking to enhance muscle and joint health, if suffering from low back, hip, and knee joint conditions.

CIRCUIT TRAINING

Offers a combination of exercise programs in varying levels of difficulty, for an overall improvement in fitness and sports performance.

STRENGTH TRAINING

Increase stamina and gain strength, for an overall improvement in endurance.

SWIMMING POOL

Our stylish and relaxing outdoor-heated swimming pool can be reached through the spa on the sixth floor. The area offers a serene ambience surrounded by a garden.

HEAT & WATER EXPERIENCES

The Mandarin Oriental Spa offers extensive heat & water experiences with separate areas for male and female guests. Merging ancient practices with the latest in technology, the 3,500 sq meters facilities are fit to mesmerise and delight.
Guests are encouraged to arrive 45 minutes prior to their scheduled treatment to use heat & water facilities to relieve stress and tension, relax muscles, increase circulation, stimulate immune system and promote a feeling of wellbeing.
For guests who wish to experience heat & water facilities without spa services, advanced booking is required as well as a usage fee per visit will apply.

VITALITY POOL
Incorporating a number of features to enable the bather to self administer massage, the pool is heated to temperatures of up to 35˚C. It is equipped with ergonomic loungers designed to provide full body air jet.

RELAXATION LOUNGE
A tranquil environment with relaxing lounge chairs to soothe the body and mind in between and after all spa treatments. Each lounger is equipped with individualised comfort. Listen to music, read a magazine or book, meditate or enjoy a seasonal refreshment and healthy beverage.

CRYSTAL STEAM ROOM
Our luxurious steam room with crystal maintained temperature at 45˚C with aromatic moist and radiant heat aiding in relaxation.

DRY SAUNA
A sauna is essentially a room with an exceptionable high heat maintained at 85˚C, designed to promote health, boost the immune system, increase flexibility, speed metabolism and release body toxins.

TERMS & CONDITIONS

OPENING HOURS
Fitness and Wellness Centre: Mon - Sun 24 Hours, Staffing from 7am - 8pm
Spa Treatments: Mon - Sun 10am - 9pm
Swimming Pool: Mon - Sun 7am - 8pm

RESERVATIONS
We highly recommend you to book treatments in advance to ensure hat your preferred time and service is available. Please provide the spa concierge with valid credit card information and contact details to secure the reservation.

AMENDMENT & CANCELLATION POLICY
Please give a 12-hour notice period of cancellation or to reschedule your booking to avoid extra charges. Cancellation or rescheduling less than 12 hours in advance or a no show will incur a 100% charge. The information of valid credit card is required at the time of booking.

SERVICE CHARGE & DISCOUNT POLICY
Please be advised that a service charge of 10% will be added to all spa treatments stated in the brochure. All applicable discounts will be deducted from the listed spa menu prices. Discounts do not apply for promotions or gift certificate sales.

SPA PACKAGES
Information on special spa packages or group programmes can be obtained by contacting the spa concierge at +886 2 2715 6880.

SPA TRANQUILITY
Our spa environment is one of tranquillity and relaxation. Please respect all spa guests' rights of privacy and serenity. Mobile phones and cameras are not permitted to use inside the spa.

SPA ARRIVAL
We recommend that you check in at the spa reception at least 45 minutes prior to your first scheduled appointment if you wish to use the heat and water experiences, if you do not wish to use them please check in 15 minutes prior to your appointment. This allows us to have a brief discussion about your treatment expectations.
Please understand that late arrival will not receive an extension from scheduled treatment time.

AGE REQUIREMENT
The minimum age required to access the spa, fitness and wellness facilities is 16 years.

HEALTH CONDITIONS
Please advise us of any health conditions, allergies, or injuries which could affect your service while making your spa reservation. Please consult your doctor before using the heat and water or exercise equipment if you are under medical supervision, medication, therapy and post-operation. Use of the heat and water is not recommended for pregnant ladies.

PREGNANCY
We have specially designed treatments for mothers to be over 12 weeks. Please allow the spa concierge to guide you in selecting suitable treatments during this special time.

CLEANLINESS
To keep our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after each service and treatment.

LOSS OR DAMAGE
We regret that we cannot be responsible for any loss or damageof personal belongings. Please ensure all valuables are kept and locked in your locker during your visit.
For the protection of your clothing, we kindly ask you wear the provided spa robe.

ACCIDENTS OR INJURIES
The Spa at Mandarin Oriental, Taipei shall not be liable for any member or guest suffering from any accident or injury.

RESTRICTIONS ON THE USE OF FACILITIES
The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn during treatment and exercising. Sports shoes are required in the fitness and wellness centre.

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

REFUND POLICY
Unopened retail products can be exchanged within ten days after purchasing with the original receipt presented.
No cash or credit card refunds will be accepted

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