



MANDARIN ORIENTAL
SPA AND WELLNESS

WELLNESS FACILITIES FOR GUEST ACCESS

FITNESS CENTRE

ONYX GO 24 FITNESS CENTRE

Operation Hours
24hrs

Location
Approximately 50-metre from the hotel entrance

Access
Entry cards are available at the Hotel Reception.
Our team will be pleased to assist with access arrangements.

SWIMMING POOL FACILITIES

THE MURRAY HOTEL, ADMIRALTY

Facility
Indoor Lap Pool, 17m lap pool

Operation Hours
6:15 AM – 10:00 PM

CONRAD HOTEL

Facility
Outdoor Heated Pool, 25m lap pool

Operation Hours
8:00 AM – 8:00 PM

Distance
Approximately 15 minutes by taxi

Please note that heat and water facilities are not available at both locations and advance booking through our Concierge is required.

YOGA

CENTRICITY – 17/F, EDINBURGH TOWER

Operation Hours

9:00 AM – 4:00 PM

(Tuesday to Friday, excluding Public Holidays)

Location

Situated within the same building of hotel
(Elevator transfer required at 3/F of the office tower)

Access

Complimentary group classes are available for hotel guests

Reservation

Advance reservation is highly recommended

PILATES

O:RIN GYROTONIC & PILATES STUDIO

Operation Hours

9:00 AM – 8:00 PM

Location

Approximately 5-minute walk from LANDMARK

Address

11/F, 110–116 Queen's Road Central, Central

Reservation

Advance reservation is highly recommended

OTHER TEMPORARY FACILITIES IN THE HOTEL

Hotel guest and outside guest are welcome to book treatments.

SPA TREATMENT ROOM – ROOM 801 AND 812

Operation Hours
10:00 AM – 10:00 PM

Please contact Spa at 2132 0011 for reservation and inquiry;
advance reservation is required.

THE MANDARIN SALON – ROOM 813

Ladies hair services, manicures and pedicures

Operation Hours
08:00 AM – 08:00 PM

Please contact Spa at 2825 4800 for reservation and inquiry;
advance reservation is required.

THE MANDARIN BARBER – ROOM 814

**Gentlemen's grooming (except shave)
manicures and Shanghainese pedicures**

Operation Hours
08:00 AM – 08:00 PM

Please contact Spa at 2825 4800 for reservation and inquiry;
advance reservation is required.