
MANDARIN ORIENTAL
SPA AND WELLNESS

Guided by the timeless harmony of inner and outer strength, our philosophy unites mind and movement, stillness and vitality. Rooted in Eastern heritage and refined through modern innovation, Wellness at Mandarin Oriental unfolds masterfully as an art, inspiring each guest to live an e xceptional life defined by balance, poise, vitality and serene confidence in the pursuit of true wellbeing.

Spa & Wellness at Mandarin Oriental, Vienna is an intimate urban sanctuary in the heart of the city, blending Oriental healing traditions with Vienna's timeless elegance. Thoughtfully designed treatment suites and a serene area with pool, sauna and steam bath create a refined space for restoration and calm.

Signature therapies and personalised wellness journeys combine holistic ritua ls, advanced skincare and therapeutic massage to rebalance body and mind. Complemented by a state-of-the-art fitness centre, each experience is crafted to inspire vitality, poise and lasting wellbeing.



ESSENCE OF VIENNA

A destination where the worlds of art, nature and culture are drawn together. These treatments have been exclusively designed to complement one another.

MUSIC AND MOVEMENT | 1 hour 30 minutes

Inspired by Vienna's rich musical heritage, this unique treatment blends rhythm, melody, and gentle movement to create a deeply immersive experience. It harmonises body and mind through curated soundscapes and flowing motion, inviting both relaxation and revitalisation.

THE ARTISAN | 3 hours

An immersive experience where time slows and stillness takes over. Warm essential oils gently perfume the air as heat gradually builds. Guided by our sauna practitioners, the ritual includes aroma infusions, a steam scrub and traditional leaf whisking to purify body and mind.

To complete the experience, enjoy a deeply restorative facial that goes beyond skincare and features breathwork, gentle stretches and massage of the hands, arms, legs, and feet. Perfect post-sauna, the experience hydrates, grounds and leaves you rebalanced.



SIGNATURE THERAPIES

Our holistic signature therapies are guided by our oriental heritage and dr aw from Traditional Chinese Medicine.

TIME RITUALS™ | 2 hours

Surrender to the ultimate bespoke wellness journey. Time Rituals™ invites you to book time, rather than a pre-defined treatment, allowing our expert therapists to intuitively tailor a sequence of therapies precisely to your personal needs. This immersive experience draws on their full range of skills to deliver a deeply holistic and harmonious session, designed exclusively for you.

QI | 1 hour 30 minutes

This nurturing hands-on experience is inspired by the meridian pathways of Traditional Chinese Medicine. Gentle yet purposeful, this massage works in harmony with curated essential oils and acupressure to unblock energy flow and rebalance the body's natural rhythms to leave you feeling grounded, centred and recharged.

INNER BALANCE | 1 hour / 1 hour 30 minutes

Rooted in the ancient wisdom of Traditional Chinese Medicine and the ther apeutic techniques of Thai healing, this deeply restorative treatment blends aromatic oils, acupressure, and stretching to release physical tension and restore balance. Its name reflects its purpose for those seeking emotional gr ounding, mental clarity, and a profound sense of inner peace.

TECH DETOX | 1 hours / 1 hours 30 minutes

Designed for the always-on modern lifestyle, this full-body massage targets the areas most affected by digital fatigue. Concentrating on the head, eyes, neck, back, shoulders, hands, and feet, the treatment uses a synergy of massage techniques to relieve tension, restore clarity, and counteract the impact of prolonged screen exposure.



MASSAGE

HIMALAYAN SALT STONE | 1 hour / 1 hour 30 minutes
This deeply relaxing massage uses warm Himalayan salt stones to e ase muscle tension, promote detoxification, and restore balance. It leaves the body relaxed and recharged, while the skin is gently nourished.

MUSCLE RECOVERY MASSAGE | 1 hour / 1 hour 30 minutes
An intuitive form of bodywork, this massage targets deep layers of muscles and connective tissues. Incorporating deliberate strokes, focused pressure and stretching techniques, it dissolves tension, eases muscle fatigue and stimulates circulation, bringing the body a sense of relief.

CIRCADIAN RHYTHM MASSAGE | 1 hour / 1 hours 30 minutes

Aligned to the time of day, this specialised body treatment incorporates tailored techniques designed to enhance essential oil blends and support the body's natural circadian rhythm. Working around the body in a clockwise rotation, this flowing full-body massage is expertly adapted to your needs, helping to relieve fatigue and restore sleep patterns, bringing harmony and deep relaxation to both mind and body.

NEW LIFE | 1 hours 30 minutes

This indulgent yet highly effective treatment is designed for expectant parents, from the second trimester onwards. A relaxed seated posture, perfect during pregnancy, allows deeply restorative massage movements to ease muscular aches and pains. It combines with our nourishing essential oil-free body oil to help maintain skin tone and promote elasticity.



SPA ENHANCEMENTS

Elevate your experience still further by incorporating one of our spa enhancements, tailored to fit seamlessly within your treatment time.

LUXURY HAND RITUAL

Enjoy a soothing experience designed to relieve the tension that builds up from frequent use of digital devices. It helps to stimulate both local and overall circulation, leaving your hands and body feeling refreshed and re-energised.

ILLUMINATING EYE INDULGENCE

A targeted treatment for the delicate eye area to ease signs of fatigue. Our luxurious eye cream, combined with a gentle massage, helps to reduce visible stress and refresh tired eyes.

CALMING SCALP MIND

Re-harmonise your natural energy flow with our signature touch, designed to completely relax both body and mind.

REJUVENATING FOOT RETREAT

In oriental philosophy, the feet are considered a mirror of the body's systems and functions. Relax with this traditional treatment which begins with a fr agrant foot bath, followed by skilful exfoliation and a massage to smooth the feet and lower legs.

SALT SCRUB | 30 minutes

Compliment your chosen Wildsmith massage and encourage skin renewal with a moisture boosting full body scrub. A blend of natural exfoliators helps to buff away dead skin cells to reveal smoother, more refined skin texture, while absorption of our rich botanical body oils is also maximised during your treatment.



HOLISTIC SKIN CARE BY WILDSMITH

SKIN RENEWAL | 1 hour 30 minutes

The perfect remedy to restore the skin's moisture and boost face and body hydr ation. Designed for those with dry, sensitive or irritated skin, a gentle body brush e xfoliation prepares the skin for an intensely nourishing balm-to-oil formula which is rich i n Bioactive Ceramide Complex. An application of a moisture boosting facial mask effectively strengthens and repairs, leaving the skin feeling soft, smooth and comforted.

RADICAL BOTANY FACIAL | 1 hour 30 minutes

Our clinically proven facial, utilising award-winning Wildsmith Skin formulas, delivers immediate results through notably toned, smooth and youthful looking skin. It entails a sequence of breathwork, myofascial release, acupressure, and craniosacral holds to dissipate tension and restore balance. This extraordinary facial surpasses expectations to help ground, centre and re-energise the mind, while delivering cleansed, healthy and radiant skin.

REGENERATIVE RADIANCE FACIAL | 1 hour / 1 hour 30 minutes

A restorative facial designed to combat urban skin and digital fa tigue. Beginning with calming breathwork and visualisation to reset the mind, it is followed by the applica tion of antioxidant-rich products that brighten and even skin tone. A face, neck, and eye massage boosts circulation and relieves screen fatigue, leaving the skin smooth, luminous, and naturally radiant.



ADVANCED SKIN CARE BY SWISS PERFECTION

BLOOMING GLOW | 1 hour

A personalised facial designed to elimina te signs of fatigue and instantly revive the skin's natural radiance. This treatment evens out the complexion, boosts luminosity, and stimulates deep cell regeneration while helping to protect against DNA damage. The result is skin that looks refreshed, deeply hydrated, and visibly healthy.

REJUVENATION TREATMENT | 1 hour 15 minutes

Experience the ultimate in bespoke cellular renewal with the Swiss Perfection Rejuvenation Facial. This advanced treatment is tailored to your skin's unique needs, revitalising it at a cellular level and restoring radiance, firmness, and hydration for a visibly youthful and r efreshed complexion.

ULTIMATE LIFT | 1 hour 30 minutes

This premium facial treatment acts on a multi-dimensional level to target visible signs of aging. It naturally lifts and sculpts the facial contours while pr omoting cellular renewal. By fusing the most advanced rejuvenation techniques, it visibly improves skin firmness and texture, smoothing away wrinkles for a more refined and youthful appearance.

SWISS EYE LISSANT & GLOW (ENHANCEMENT) | 30 minutes

Focusing on the face's most delicate areas, this remarkable treatment promotes a fresh and uplifted appearance in just a fraction of time. Fine lines and wrinkles are diminished and puffiness is reduced.

COLLAGEN MASK (ENHANCEMENT) | 30 minutes

A luxurious collagen-infused mask is enriched with Swiss P erfection's signature Cellular Active Irisa. This powerful blend deeply hydrates, plumps, and firms the skin while boosting elasticity and smoothing fine lines. The complexion is left visibly refreshed, supple, and radiant.



ADVANCED SKIN CARE BY 111SKIN

THE REPARATIVE FACIAL | 1 hour

This advanced treatment delivers intense nourishment and hydration, ideal for soothing sensitive, inflamed, or post-procedure skin. Powered by 111SKIN's signature NAC Y^2™ complex, it reinforces the skin barrier and supports recovery while reducing redness and irritation. Inspired by surgical healing, it restores comfort and confidence to stressed or damaged skin.

THE ROSE GOLD RADIANCE FACIAL | 1 hour

This glow-enhancing facial blends brightening actives with sooth ing, advanced formulas to revitalise the complexion. A triple-action massage technique using deep muscle sculpting, a Wrinkle Minimising Wand and Rose Quartz tools lift and define the face. Infused with Colloidal Gold and Damask Rose Extract, the facial leaves skin radiant, smooth and event-ready.

CRYO FACIAL | 1 hour

Inspired by full-body cryotherapy, this treatment helps reduce puffiness, increase oxygen flow and detoxify the skin. Ideal for frequent flyers or late nights, it leaves the complexion firmer, calmer, and more radiant.



SUITE EXPERIENCE

Embrace shared tranquillity in our couple's treatment room, where partners will enjoy a harmonious, blissful spa experience.

COUPLES REBALANCING RITUAL | 2 hours

Experience ultimate relaxation together through our Couple's Rebalancing Ritual. Begin with a revitalising body scrub to gently exfoliate and prepare the skin for deep nourishment. A massage follows, using custom-blended oriental oils and techniques inspired by traditional eastern therapies.

Focusing on key areas such as the back, neck, and shoulders, the treatment melts away tension and restores balance. Designed for two, this immersive journey promotes deep relaxation and a sense of shared wellbeing.

POST-TREATMENT LOUNGE | 1 hour

Extend your relaxation with one hour in our ser ene Post-Treatment Lounge. Unwind in a calming space designed to enhance your wellness journey , allowing your body and mind to fully absorb the benefits of your treatment.

PERSONALISED DUO TREATMENT | 2 hours 30 minutes

(INCLUDING BEVERAGES AND LIGHT REFRESHMENTS)

Indulge in a bespoke spa experience designed for two. This treatment is tailored to individual guest needs, combining personalised therapies to restore balance and harmony. Enjoy the experience together before complimentary beverages and light refreshments make it a truly relaxing and memorable escape.



DAY SPA

DAY SPA | 4 hours

Treat yourself to four hours of pure relaxation and rejuvenation. The Day Spa experience includes full access to our luxurious wellness facilities, meaning you can unwind in the pool and detox in the sauna or steam sauna. The perfect escape, it allows guests to r echarge both body and mind in a tranquil setting.



FITNESS

PERSONAL TRAINING | 1 hour

As specialists in restoring fitness and well-being, our expert trainers deliver one-to-one sessions and classes. Tailored to help you achieve your goals, they include a wealth of knowledge on fat loss, body sculpting and corrective exercise.

TERMS & CONDITIONS

OPENING HOURS

Spa Treatments:	Monday - Sunday	10 am - 7 pm
Swimming Pool:	Monday - Sunday	7 am - 9 pm

CANCELLATION POLICY

Please allow 24 hours' notice for cancellations to avoid charges. Cancellations made within 24 hours will incur a 100% charge.
A credit card number is required at the time of booking.

DIGITAL DISCONNECTION

Our spa environment is one of tranquility. We kindly ask that you turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

SPA ARRIVAL

We recommend checking in at the Spa Reception at least 60 minutes prior to your first scheduled appointment. This allows us to discuss your treatment expectations and gives you ample time to visit the spa's oasis of heat and water. Please note that late arrivals cannot be accommodated with extended treatment time.

AGE REQUIREMENT

A minimum age of 16 years is required for access to the Spa & Wellness at Mandarin Oriental, Vienna. Children under 16 are welcome in the pool area when accompanied by an adult, daily from 11 am to 2 pm.

HOMECARE

To continue your spa regimen at home, all spa products used in our treatments are available for purchase in our Spa Boutique.

GIFT CARDS

Our gift cards are an ideal present and are available online at www.mandarinoriental.com/gift-cards/ and at The Spa Concierge desk.

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