



MANDARIN ORIENTAL
SPA AND WELLNESS



SPA PHILOSOPHY

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 exceptional life defined by balance, poise, vitality and serene confidence in the pursuit of true wellbeing.

The Spa at Mandarin Oriental, Desaru Coast draws from the ancient wisdom of Malaysia to create transformative experiences that blend herbal remedies and practices through a wide variety of signature therapies. Movement routines from Silat, Yoga and Pilates to the signature Intelligent Movement treatment unlock greater mobility within the body to release stress and create spaces for increased flexibility. For the ultimate escape, the half-day spa programmes create a luxurious space to renew and foster deeper connection to self and surroundings.



ESSENCE OF DESARU

Nestled in Desaru, Malaysia, where storied seas meet ancient rainforest, the Spa at Mandarin Oriental, Desaru Coast transforms nature's gifts into a sensory journey through Malaysia's abundant beauty and healing rituals.

Ocean-Homecoming evokes a gentle resonance between body, mind and the deep sea through coconut milk caresses, ocean wave rhythms, and marine nutrients. Jungle-Wild Surge awakens slumbering vitality with mountain forest aromas and primordial techniques, turning every treatment into a healing adventure that moves between land and sea.

JUNGLE-WILD SURGE | 2 hours

RELAX • RELEASE • RESTORE

Embark on an immersive journey deep into the heart of the jungle. This experience commences with a Foot Bath Ritual using traditional Malaysian herbs and spices such as clove, ginger and cinnamon to cleanse and uplift the spirit. Continue with a breathing ritual, allowing the olfactory memory to transport the senses deep into the rainforest, followed by an awakening body scrub to exfoliate and prepare the skin. A full body massage using Wildsmith Vitality body oil is applied with hands and a wood scraper. A local Malaysian herbal bolus is applied on tense areas, leaving the senses refreshed and restored.

OCEAN-HOMECOMING | 2 hours

SOOTHE • DETOX • REVIVE

Experience a sensory voyage into the tranquil depths of the ocean. The ritual commences with a warm coconut milk foot bath to melt away worldly care, followed by a coconut and sea salt body exfoliation to revive natural glow and stimulate circulation. A micronized marine-algae mud mask is then applied to reawaken sluggish metabolism and ease of aches and pains. Slow, flowing massage strokes—synchronized with the rhythm of ocean waves—are performed using Wildsmith Ceramide Balm, enveloping the body and guiding it into a state of profound relaxation and surrender.

Perfect for those experiencing water retention, anxiety, or stress.



SIGNATURE THERAPIES

SLEEPFULNESS | 1 hour 30 minutes

A deeply soothing ritual designed to promote restorative sleep. Beginning with a personalised sleep consultation, this experience incorporates calming massage techniques, guided breathwork and tranquil aromatherapy to quiet the mind and body and to transition into a peaceful, uninterrupted slumber.

INTELLIGENT MOVEMENT | 1 hour 30 minutes

Created to realign the body and restore fluidity, this dynamic massage focuses on posture and mobility enhancement. Using a blend of trigger point therapy, deep tissue manipulation and assisted stretching, it works to release muscular tension, improve circulation and promote long-lasting physical freedom and ease of movement.

INNER BALANCE | 1 hour 30 minutes

Inner Balance draws on principles of Traditional Chinese Medicine, blending aromatic oils, acupressure and gentle stretching to release tension and restore equilibrium. The treatment supports emotional grounding and mental clarity, offering a calm reset for guests seeking a steadier state of body and mind.

TECH DETOX | 1 hour 30 minutes

Designed for the modern lifestyle, this full-body massage targets areas most affected by digital fatigue. It uses a synergy of massage techniques to relieve tension, restore clarity and counteract the impact of prolonged screen exposure.



MASSAGE

All our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs before designing a treatment drawing from several massage techniques to increase muscle relaxation, improve circulation and increase overall wellbeing.

URUTAN MALAYSIAN SIGNATURE | 1 hour 30 minutes

This massage interweaves ancient Malay, Chinese, Indian and Indigenous traditions. The treatment begins with Qi Gong breathing, followed by deep tissue techniques using refined blended local ingredients and completed with a head massage to rejuvenate the body.

QI FLOW RADIANCE | 1 hour 30 minutes

Immerse in radiant vitality, an ode to centuries of Chinese practices. The ancient art of cupping and invigorating massage techniques are blended into this treatment. As the therapist's hands trace pathways that enhance circulation and rejuvenate from within, experience a revitalisation that echoes the wisdom of Chinese wellness.

CIRCADIAN RHYTHM | 1 hour 30 minutes

Aligned to the time of day, this specialised massage has been crafted to include specific massage techniques that enhance the benefits of essential oil blends and support the body's natural circadian rhythm. Working around the body in a clockwise rotation, a flowing and comprehensive full body massage is expertly adapted and tailored to your needs to bring harmony and restoration.

MUSCLE RECOVERY | 1 hour 30 minutes

An unscripted form of bodywork that targets the deeper layers of muscles and connective tissues. It incorporates deliberate strokes, focused pressure and stretching techniques to dissolve tension, ease muscle fatigue and stimulate circulation, creating a sense of relief to the physical body.

MINI MO MASSAGE | 45 minutes

After an adventure-packed day around our coastal sanctuary, the little ones can look forward to a relaxing head, neck and shoulder massage, including a nourishing scalp massage. Tailored exclusively for children aged 6 to 12 years old.



HOLISTIC SKIN CARE BY WILDSMITH

Science-backed plant power and advanced Bio-Actives for skin health and wellbeing.

WILDSMITH RADICAL BOTANY FACIAL | 1 hour 30 minutes

Our clinically proven facial, utilising award-winning Wildsmith Skin formulas, delivers immediate results - notably toned, smooth and plump skin by incorporating 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.

WILDSMITH REGENERATIVE RADIANCE FACIAL | 1 hour 30 minutes

A revitalising facial to unveil a more radiant and brighter complexion, utilising antioxidant rich products to even skin tone, leaving skin feeling smooth, refined and with a natural glow. Guided breathwork and visualisation will calm and clear the mind, followed by facial techniques including myofascial release, a luxurious face, neck and decollete massage and a targeted eye massage, revealing luminous skin that radiates from within.

WILDSMITH NEW LIFE | 1 hour 30 minutes

An indulgent yet efficacious treatment designed for expectant parents, from the second trimester onwards. Delivered in a relaxed seated posture, deeply restorative massage movements help ease muscular aches and pains, combined with Wildsmith rosehip oil to prevent stretchmarks and borage to deeply hydrate the skin and maintain skin tone, and promote elasticity.



ADVANCED SKIN CARE BY AUGUSTINUS BADER

Uncover your inner glow and experience rejuvenation from within. Our skilled experts blend timeless holistic practices with Augustinus Bader's latest skincare innovations, tailoring the ideal facial treatment for you.

AUGUSTINUS BADER FACIAL | 1 hour

Embark on a captivating skincare ritual with an enchanting experience that transcends time. The transformative mask unveils inner radiance, gracefully lifting and illuminating the complexion with profound hydration, leaving you with luminous and rejuvenated skin.

AUGUSTINUS BADER SUPERIOR DELUXE FACIAL | 1 hour 30 minutes

Augustinus Bader Superior Deluxe Facial treatment begins with a triple cleansing ritual, creating the perfect canvas for transformation. The Essence is applied with precision, activating the ingredients through sculpting, while the gentle caress of lymphatic drainage unveils a harmonious balance.



STUDIO DE BASTIEN

FOOT WELLNESS BY BASTIEN | 1 hour 30 minutes

A revitalizing ritual designed to awaken and refresh tired feet. The treatment begins with gentle smoothing of calluses and dry skin, followed by refining the nails to reveal their natural shine. A gentle massage from toes to knees melts away tension, leaving legs feeling light and energised.

Warmth from paraffin wax enhances hydration, softens the skin, and eases muscle and joint fatigue for a truly invigorating finish.

Your feet emerge rejuvenated, supple, and ready to carry you with renewed comfort.

- *Nail polish application is not included.*

HAND WELLNESS BY BASTIEN | 1 hour 30 minutes

A luxurious treatment designed to pamper and refresh hands.

Begin with expert cuticle and nail care that brings out the natural shine of your nails, followed by a gentle massage of the hands, wrists and forearms to ease tension and instil a sense of calm.

The treatment is elevated with paraffin to promote deep hydration and relieves stiffness in joints and muscles, leaving your hands soft, nourished and radiantly smooth.

- *Nail polish application is not included.*



ENRICHMENTS

LUXURY HAND RITUAL

Experience the nourishing benefits of a Bastien Gonzalez hand paraffin treatment, where intense hydration envelops the hands, smoothing the skin and restoring a soft, luminous glow. Finish with the indulgent application of Bastien Gonzalez Silky Hand Cream for silky, nourished hands.

REJUVENATING FOOT RETREAT

Indulge in the restorative Bastien Gonzalez Foot Paraffin, enveloping the feet in deep nourishment and hydration to enhance softness and firmness. The ritual concludes with the application of Sensitive Foot Balm and Silky Talcum Powder, leaving the feet exquisitely refreshed, light, and renewed.

AUGUSTINUS BADER EYE RITUAL

An exquisite eye ritual that revitalises and bathes the delicate eye area in sumptuous hydration, helping to soften the appearance of dark circles and fine lines while restoring a luminous, refreshed look.

CALMING SCALP RITUAL | 30 minutes

Melt away tension with a gentle, stimulating scalp massage and enhanced with the nourishing Augustinus Bader Hair Serum to support hair vitality and encourage healthy growth.

ORIENTAL BODY SCRUB | 30 minutes

This luxurious and invigorating scrub blends Mandarin Oriental's signature body oil infused with essences of tropical ginger, frankincense and mandarin with organic, mineral-rich sea salt to leave the skin smooth, replenished and fragrant.



SPA PROGRAMMES

DUAL HARMONY JOURNEY FOR TWO | 3 hours

A couple's journey to balance and unity, guided by the ancient philosophy of Yin and Yang. This synchronized experience begins with purification, moves through complementary energy work, and culminates in a shared, radiant finish, fostering deep connection and inner peace.

- Essence of Desaru Treatment: A choice of 'Ocean-Homecoming' (Yin) or 'Jungle-Wild Surge' (Yang) for each partner
- Unifying Wildsmith Facial - 60 minutes

HALF-DAY REVITALIZATION JOURNEY | 4 hours

An immersive experience dedicated to holistic harmony and comprehensive beauty. This journey begins by awakening the body, followed by energy renewal, skin revitalisation and meticulous refinement, culminating in a nutritious gourmet dinner to radiate health and glow from within.

- Private Yoga Session to awaken and connect body and mind - 60 minutes
- Wildsmith Circadian Rhythm Massage - 60 minutes
- Wildsmith Regenerative Radiance Facial or Radical Botany Facial - 60 minutes
- Bastien Reverence Foot Ritual - 60 minutes
- Wellness cuisine at Ambara restaurant

(You will select the Wellness Menu and the time to have your lunch upon check-in)



FITNESS

Our Fitness Centre is fitted with premium, state-of-the-art workout equipment—including a full range of advanced Technogym® machines for cardio, strength training, and flexibility exercises. A dedicated Studio is available for practice yoga, Pilates, meditation, personal training, and more wellness-focused activities.

YOGA AND PILATES

Led by highly professional instructors these movements boost your mental state, promote self-reflection, and cultivate body awareness, balance and muscle control.

ASANA | 1 hour

Improves posture, flexibility and muscle tone as well as enhances focus, reduce stress and balances Prana (life force energy)

ASHTANGA | 1 hour

Purifies the body and mind, and develops inner discipline and focus

PREGNANCY YOGA | 1 hour

Our Pregnancy Yoga is designed to support mothers-to-be through every stage of pregnancy. Combining gentle stretching, mindful breathing, safe strengthening postures, this practice improves circulation and eases common discomforts such as back pain and fatigue.

RESTORATIVE YOGA | 1 hour

A gentle, therapeutic style of yoga designed to deeply relax the body, calm the mind, and restore physical and emotional balance. It uses props like bolsters, blankets, and blocks to allow the body to fully let go of tension and enter a state of deep rest and healing.



REFORMER PILATES | 1 hour / 1 hour 30 minutes

Through a series of precise movements, Reformer Pilates helps you strengthen core muscles and improve body flexibility and coordination. The course focuses on the correct alignment of the body and muscle activation. While shaping an elegant posture, it can also relieve physical stress and achieve deep physical and mental relaxation and harmony.

FITNESS TRAINING INDIVIDUAL OR COUPLE | 1 hour

Whether your goal is to comprehensively improve your health, enhance endurance, build a strong physique or change your lifestyle, professional personal trainers will customise an exclusive training plan according to your individual needs, helping you efficiently achieve your goals and fully tap your potential.

GROUP CLASS

Move together and inspire one another with our highly seasoned instructors to lead and promote wellbeing in a fun and vibrant way. Group classes can be held both indoor at The Studio or outdoor at The Yoga Pavilion or Ocean Lawn depending on weather conditions.

INSIDE FLOW YOGA | 1 hour

A modern, music-driven style of Vinyasa Flow Yoga that blend dynamic movement, breath and music into choreographed flow sequence.

AERIAL YOGA / PILATES | 1 hour

A unique style of Yoga that combines traditional Yoga poses, Pilates, dance and acrobatics - all performed with the support of a hammock or silk swing suspended from the ceiling. This style enhances flexibility, spinal decompression, strength and fun - all while being safely supported.



SUNRISE YOGA | 1 hour

Awaken the body and calm the mind as the day begins. Moving with the rhythm of the rising sun, this class blends mindful stretching, breathwork and flowing poses to build strength, flexibility and focus. Set in the quiet glow of morning light, Sunrise Yoga offers a peaceful space to reset, set intentions and step into the day feeling balanced and refreshed.

PILATES FOR ALL | 1 hour

A welcoming, full-body class that builds strength, flexibility and core stability through mindful, controlled movement. Designed for all levels, it offers supportive options so everyone can move with confidence and leave feeling stronger and more aligned.

SOUND BATH MEDITATION | 1 hour

A deeply relaxing, guided experience where soothing sounds and gentle vibrations help calm the mind and release tension. As you rest comfortably, the sound waves support deep relaxation, inner stillness and a renewed sense of balance and peace.

** Please book at least 24 hours in advance. For optimal benefit and comfort, each class is limited to a maximum of 6 people, and is on a first-come-first-serve basis.*

** Please arrive at least 5 minutes before the scheduled activity. The class starts on time.*

TERMS & CONDITIONS

ADVANCED BOOKINGS

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

CANCELLATION POLICY

We understand that occasionally unexpected obligations may require you to reschedule. Please allow 6 hours' notice to avoid a cancellation fee. A 100% charge will be administered should your appointment be cancelled within this notice period. No-show appointments will incur a 100% charge.

DIGITAL DISCONNECTION

Our spa environment is one of tranquillity and we would appreciate it if you can 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 that you arrive at The Spa reception at least 30 minutes prior to your scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the spa facilities. Should you arrive late for your appointment, please be informed that it may not be possible to enjoy the full duration of your treatment.

AGE REQUIREMENT

The minimum age requirement for access to the spa is 16 years old. An exception is made for the Kid's Massage, which is available for children aged 6 to 12.

HEALTH CONDITIONS

Please advise us of any pre-existing health condition, allergies or injuries that our therapists should be aware of prior to your treatment. We would be delighted to tailor your experience with your comfort as our priority.

RESTRICTIONS ON THE USE OF THE FACILITIES AND SERVICE

The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising.

SPA FACILITIES

The Gym, Studio, and both Female and Male Changing Rooms fully equipped with lockers, naturally lit Steam Rooms and Cold Plunge Pools are reserved exclusively for Spa and in-house guests.

LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage made to your personal effects. Please keep all valuables secured. For the protection of your clothing, we ask that you wear the robe provided.

HOMECARE

To continue your spa regimen at home, spa products used in our treatments are available in our spa boutique, including lifestyle items and souvenirs.

GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa concierge desk.

OPENING HOURS

Spa Treatments : Mon to Sun 10am - 7pm (Last reservation is at 5pm for a 90 minute treatment and 5.30pm for a 60 minute treatment).
Spa Facilities : Mon - Sun 7am - 7pm (for spa & hotel guests only)
Fitness Centre : Mon - Sun 7am - 7pm with an instructor present
24 hours for resort guests



MANDARIN ORIENTAL
DESARU COAST

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