



JW Marriott Hotel Shanghai
上海明天广场JW万豪酒店

Mandara Spa Passages

Escape the limits of time and immerse yourself in one of our exquisitely packaged recipes for relaxation. Whether the occasion merits a celebration of love or friendship, enjoy the luxury of a side-by-side treatment in one of our spa suites.

Romantic Get Away – Couple **4 hrs 3890**
Embrace serenity together in the gentle whisper of this truly aromatic experience. Spa delights that will melt away tensions, smooth the texture of your skin and improve your overall circulation leaving you both feeling cocooned in relaxation and reminded of how sacred it truly is to have quiet time together.

Floral Foot Ritual - Chinese Herbal Steam - Herbal Body Polish - Hydrating Red Tea and Milk Bath - Choice of 60 m Aromatic or Sports Massage - Rejuvenating Facial - Refreshment

Shared Moments – Couple **3 hrs 3020**
Soak your cares away in soft candlelight and experience total bliss, sharing soothing and relaxing aromatic spa treatments designed to benefit all of your senses leaving you totally relaxed and with skin feeling fresh and healthy.

Floral Foot Ritual - Chinese Herbal Steam - Aromatic Floral Bath - 60 m Aromatic Massage - Aromatic Facial - Refreshment

Soft as Silk – Ultimate Indulgence **4 hrs 1840**
True indulgence awaits you with a selection of the best beauty and relaxation techniques and elixirs from around the globe – a top to toe total makeover!

Floral Foot Ritual - Javanese Lulur - "Stress Reliever" Back Massage - Pearl of the Orient Facial - Firming Aloe Eye Treatment - Spa Manicure or Pedicure – Refreshment

Perfect Spa Experience **3 hrs 1620**
Design your own "perfect spa experience" by selecting the most appealing scrub, massage and facial combination to renew, refresh and rejuvenate or allow us to tailor a treatment especially for you.

Floral Foot Ritual - Choice of Body Scrub - Choice of 60 m Massage - Choice of 60 m Facial - Refreshment

Taste of the Orient **3 hrs 1520**
Luxuriate in Oriental splendor as we share with you the ancient wisdom of health, beauty and wellbeing of Chinese culture. Finely crushed grains of rice blended with fragrant Chinese five spice and jasmine flowers softly polish your body. An exquisitely scented full body relaxation massage with the oriental aromas of sandalwood and ginger transports you to nirvana. Our Pearl of the Orient Facial, containing pure pearl powder brings out your true luminosity and completes your "Taste of the Orient" experience.

Floral Foot Ritual - Signature Oriental Body Polish - Aroma Relaxation Massage - Pearl of the Orient Facial - Refreshment

Jet-Lag Revival **2 hrs 1220**
Combat the exhausting and dehydrating effects of flying with three of the best jet-lag tonics designed to revive your senses. A facial to replenish lost moisture, a relaxing head massage to alleviate cabin fever, followed by a circulation boosting foot and leg massage to reduce swelling and leave you with a renewed spring in your step!

Floral Foot Ritual – Rejuvenating Facial – Oriental Head Massage – Foot and Leg Massage – Refreshment

Aromatic **2 hrs 1220**
Our most popular and relaxing combination using the highest grade essential oils especially blended with you in mind – for balancing your physical, mental and emotional wellbeing with subtle and delicate aromas.

Floral Foot Ritual - 60 m Aromatic Massage - Aromatic Facial - Refreshment

Relaxing **2 hrs 1120**
A beautifully flowing and gentle body treatment using freshly ground damask rose petals, Chinese blended herbs and rich sweet almond oil blended with 100% essential oils to create equilibrium within and totally relax your spirit.

Floral Foot Ritual - Herbal Body Polish - 60 m Aromatic Massage - Refreshment

Energizing **2 hrs 1120**
Vibrantly colored and vitamin rich carrots combined with the uplifting scent of fresh coffee lifts the senses while the invigorating Sports Massage works on pumping oxygenated blood around the muscles and skin to leave you refreshed and full of vitality.

Floral Foot Ritual - Coffee Energizer - 60 m Sports Massage - Refreshment

Mandara Signature Rituals

The legacy of the Mandara philosophy is perhaps best experienced through our signature rituals. These treatments were selected and created with only one thing in mind - you.

Mandara Magic **3 hrs 2050**
An amazing experience, as two therapists devote all their attention on you working their magic in harmony - Our most unforgettable Mandara Spa signature massage followed by a simultaneous relaxing facial and foot massage.

Floral Foot Ritual - Aromatic Floral Bath - Mandara Massage - 60 m Facial and Foot Massage - Refreshment

Mandara Signature Massage **75 mins 990**
A truly sublime and unforgettable spa experience, this "four hand massage" incorporates the exacting skills of two therapists working together in rhythmic harmony. The technique combines five different massage styles of Japanese Shiatsu, Thai Massage, Hawaiian Lomi Lomi, Swedish and Balinese. Performed using specially-blended massage essential oils of sandalwood, patchouli and ylang ylang, gentle and healing hands of our therapists will help to calm the nervous system, warm and relax muscle tissue and promote the growth of healthy, new skin cells, ultimately resulting in total relaxation and suppleness of the skin.

Massage Therapies

Massage is a therapy that when applied with skill and care can precipitate many beneficial changes within the body, mind and spirit. It is a powerful treatment because it works on both physical and psychological levels to invigorate and relax while various techniques and strokes can also ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress.

Aroma Hot Stone Therapy **90 mins 920**
Harnessing the deep heat therapy from smooth, volcanic stones, this luxurious massage combines pure essential oils and penetrating warmth to release stored tension from within muscular tissues. Placing these ancient stones on key energy centers balances the spirit and nurtures you to complete and total relaxation.

Aromatic Massage **60/90 mins 680/860**
Based on the principles of Aromatherapy and Swedish massage, this treatment incorporates the olfactory system and the part of the brain that relates fragrances with moods, emotions and memories. Stress and anxiety are relieved as essential oils extracted from plants, flowers, fruits and bark are generously glided over your body using a variety of techniques. Each ingredient works to ground, balance and calm the body and mind.

Sports Massage **60/90 mins 680/860**
Sports Massage uses three of the five classic Swedish massage strokes and works deeply into the muscles, stretching muscle fibers and releasing tension in the fascia that may otherwise cause restricted movement and pain. By generating increased blood flow and thus improving circulation, Sports Massage can improve flexibility, prevent injury and speed the healing process of sore or pulled muscles.

Traditional Thai Massage **90 mins 770**
Also called "Nuad Borarn", this healing therapy has been taught, practiced and handed down through generations in Thailand for over 2500 years. The massage combines acupressure and stretching techniques using the therapist's fingers, thumbs, elbows, arms and feet allowing the body's internal energy to flow more freely and alleviating problematic conditions such as lower back pain, arthritis, headaches and stress-related conditions.

Traditional Chinese Massage **90 mins 770**
The Chinese have utilized the benefits of massage for thousands of years and use deep digit pressure, tapping and various stretches to stimulate energy channels and acupressure points. This ancient massage art combines both invigorating techniques which expel stagnant "qi" and activates energy flow, with sedative techniques to calm and relax, restoring the proper balance of yin and yang to the body.

Foot Reflexology **60 mins 460**
Reflexology is based on the Chinese belief that the body contains constantly flowing energy or "qi" which unites with the reflex points of the feet, and correlates with parts of the body. This specialized foot massage facilitates the relief of stress and tension, helps to improve circulation and fosters a restoration of the body's natural state of equilibrium.

Head, Hands and Feet **60 mins 460**
This extremities treatment begins with a sensational scalp massage, moves onto a heavenly hand massage and finishes with a feel-good foot massage. A perfect pick me up for those on the go.

"Stress Reliever" Back Massage **45 mins 460**
Zoning in on the neck, shoulders and back area, this treatment concentrates on those overworked areas of the body that store the most stress related tension. Deep tissue massage works to release all the knots and muscle spasms to facilitate better mobility, improves posture and provides immense relief from pain and fatigue. A must for the busy executive or those who are time challenged.

Oriental Head Massage **45 mins 390**
Clear your mind of incessant thoughts as tension build up is gradually released by massaging meridian points on the scalp, shoulders and neck - Instant relief for headache sufferers, office executives, or those that expend a lot of mental energy.

Body Treatments

Deep-seated impurities caused by some of the harmful effects of today's environment often prevent necessary nutrients from reaching the skin for nourishment. Choose from any of our exceptional and purifying body treatments below to replenish the wellness in you.

Body Wraps
Our skin is our largest organ of detoxification. As we are exposed to toxins on a daily basis in our lives, through the foods we eat, the air we breathe, free radicals, chemicals and so on, it is vital to rid the body of such harmful elements. Designed to help eliminate toxins from the body through the pores of the skin as well as stimulate circulation and soothe the muscles, body wraps can also help to firm and tone the skin, reduce cellulite, smooth body contours and make the skin feel sumptuously soft and supple.

Slimming Sensation **2.5 hrs 1600**
Detoxifying
The ultimate slimming treatment from Germany! We first exfoliate your body with a marine based scrub to stimulate metabolic activity, then wrap you in an ocean marine body mask which encourages toxin elimination and reduces fluid retention. To re-mineralize the body, you soak your cares away in an algae seaweed bath then surrender to a specialized "slimming" massage, which reduces the appearance of cellulite and improves body contours. To obtain optimum results, an intensive program of three treatments is recommended.

Re-mineralizing Mud Wrap **60 mins 860**
Revitalizing
A vitamin and mineral tonic for the body, this Moor Mud wrap smoothes the skin and rejuvenates the body, leaving you feeling full of health and vitality. A relaxing and revitalizing body boost for those feeling dull and continually tired, with no energy.

Restoring Boreh **75 mins 680**
Rebalancing
Using an age old recipe of specially blended herbs and spices to warm the body, this combination body scrub and wrap poultice is followed by a cooling fresh cucumber mask to draw heat, cool and soothe. Helps to restore equilibrium to the body!

Chinese Herbal Back Treatment **60 mins 640***Stress Relieving*

A comprehensive back treatment incorporating a herbal back exfoliation to cleanse and refine the skin, then a deep tissue back massage focusing on areas of tension and strain, and ending with a warmed Chinese herb compress to give added relief to painful, sore muscles.

Body Scrubs

The process of skin cell renewal is one that occurs naturally, yet this process slows down as we age leading to dull-looking, lifeless and dry skin. Exfoliation is an optimal treatment that accelerates the natural skin cell renewal process, stimulates the blood and its circulation through the lymphatic system and brings oxygen and nutrition to the surface of the skin while simultaneously assisting the body to flush away toxins. If performed on a regular basis, exfoliation can be highly effective in the treatment of cellulite and ensures soft, smooth skin.

Coffee Energizer **45 mins 450***Energizing*

Freshly ground coffee beans mixed with volcanic pumice powder sloughs off dry skin stimulates circulation and arouses the senses, then we hydrate your skin with a vitamin A enriched carrot body conditioner, to repair and refine.

Javanese Lulur **45 mins 450***Beautifying*

A traditional Javanese beauty treatment made from a blend of powdered spices and sweet woods followed by a cool yogurt splash. This exotic delight will leave your skin feeling luxuriously conditioned and hydrated.

Sea Salt Glow **45 mins 450***Smoothing*

An exfoliation ritual to energize and revitalize the body using circular massage strokes to really get your circulation moving and remove dull and dry surface skin, leaving your skin feeling deeply cleansed, replenished and softened to perfection.

Herbal Body Polish **45 mins 450***Softening*

Crushed selected herbs are blended with aromatherapy grade essential oils and cold pressed seed oils to gently polish the skin so it's smooth and sleek, then a rich plant based moisturizer is applied, for that soft and silky finish.

Mandara Facial Elixirs

Discover the secret to looking younger and more radiant with any of these delicately fragranced, purifying and irresistibly indulgent facials.

Yin and Yang **60 mins 880***All skin types*

Simultaneously receive an amazing Foot Reflexology Massage while enjoying a Pearl of the Orient Facial. Two therapists devote all their attention on you...pure bliss!

Anti-ageing Collagen Facial **90 mins 780***All skin types, dehydrated, dry, mature skin*

Collagen is long, protein fibers that make up the structure of ligaments, tendons, muscles and the body's largest organ, the skin. Collagen stores moisture, but degenerates due to environmental damage and ageing. We utilize naturally derived collagen, elastin, amino acids and aloe vera enzymes in this facial treatment to restore elasticity, retain moisture, firm, tighten and reduce the appearance of lines and wrinkles. Results are immediate and when used in conjunction with the appropriate home care, can produce long lasting effects.

Smoothing Papaya Enzyme Facial **90 mins 780***All skin types, fine lines, sun damaged, dull skin*

The natural ingredients found in algae and papaya fruit extract gently peels and nourishes the skin with vitamins and amino acids for an incredibly smooth and radiant result.

Whitening Facial **90 mins 680***All skin types, sun damaged, mature skin*

A top performance facial that brightens the epidermis, restores lost radiance to the complexion and tones down pigmentation. Mulberry, soy and licorice extracts control and normalize melanin production, as well as preventing and neutralizing the appearance of dark spots.

Clarifying Facial **90 mins 620***All skin types, oily, combination, problematic, men*

The ultimate in deep cleansing facials which includes a skin peel to remove dull surface cells, then a combination of two facial masks to oxygenate and draw impurities from the dermal layers, eliminating blemishes and closing pores.

Pearl of the Orient Facial **60 mins 520***All skin types*

Experience this ancient beauty secret, discovered by Empress Cixi of the Qing Dynasty, by applying pearl powder to the face to promote a more youthful and lustrous alabaster complexion. Containing a unique combination of natural elements and minerals, pearl powder assists in the renewal of skin cells, leaving the skin translucently flawless.

Aromatic Facial **60 mins 520***All skin types*

Organic plants, plants extracts and essential oils have a natural synergy with our skin, so indulge in nature's bounty. Enjoy this gentle, flowing aromatherapy facial treatment that will delight your senses and leave your skin feeling fresh and rosy.

Rejuvenating Facial **60 mins 520***Dull, sensitive, dehydrated, dry or mature skin, men*

This facial harnesses the anti-oxidant benefits of green tea, avocado and grape seed to help strengthen and protect skin from pollution and the damaging effects of the environment. The natural moisture balance is restored, so the complexion will be dewy soft.

Firming Aloe Eye Treatment **60 mins 330***All skin types, mature, dehydrated*

This treatment can be added to any facial or as a beneficial treatment on its own. The tissue surrounding the eye contour is the thinnest and most delicate and requires extra care. This professional intensive treatment incorporates specific massage movements and natural elastin and aloe vera active ingredients to combat the visible signs of ageing, while tightening and firming fine lines with a collagen fleece mask.

Time For Men

Mr. Majestic **3 hrs 1720**

Full indulgent spa delights fit for a king! Our Chinese herbal steam detoxifies the system, a marine scrub to slough off surface skin cells and a massage to release stored tension. Feel well groomed, neat and clean with your choice of a men's hand or foot treatment.

Floral Foot Ritual - Chinese Herbal Steam - Hydro Marine Scrub - 60 m Sports Massage - Choice of Men's Hand or Foot Treatment - Refreshment

Mandara Man **2 hrs 1200**

An uplifting relaxing massage or a more vigorous deep tissue massage followed by our toning Men's Facial Refresher with green tea, avocado and grape seed for a total top to toe renewal.

Floral Foot Ritual - Choice of 60 m Aromatic or Sports Massage - Men's Facial Refresher - Refreshment

Back to Front **90 mins 980**

Stress reliever back, neck and shoulder massage followed by a Men's Facial Refresher for a quick pick me up!

Floral Foot Ritual - "Stress Reliever" Back Massage - Men's Facial Refresher - Refreshment

Men's Deep Cleansing Facial **90 mins 620***All skin types, oily, combination skin*

The ultimate in deep cleansing facials, which includes a skin peel to remove dull surface cells, gentle steaming to unclog pores and an oxygenating mask that draws impurities from the dermal layers, leaving your skin squeaky clean and fresh.

Men's Facial Refresher **60 mins 520***All skin types*

Using especially designed men's facial products, this is the perfect introduction or maintenance skincare facial treatment.

Men's Hair Removal **30/20 mins 420/240**

Depilatory Waxing - Full back or shoulders in privacy and comfort by professional technicians.

Men's Foot Treatment **60 mins 300**

We remove hardened skin and calluses, apply an invigorating mask, tidy and buff your nails, then kick back and enjoy a fantastic foot massage.

Men's Hand Treatment **45 mins 220**

A treatment to soften the skin and tidy and buff your nails, so your hands are fit for public presentation!

Splendors of Mandara

Water is one of the purest and most vital essences of life as well as the base element of all spa experiences.

Indulge in one of our water-based rituals as an ideal prelude to, or a magical combination with any body treatment.

Baths

Our luxurious aromatic baths are the perfect complement to any of our treatments. Sit back, relax and enjoy your private leisurely soak.

All baths are 30 minutes.

Herbal Bath Blend **330***Detoxifying*

Blend of Chinese herbs and spices to restore the balance within.

Hydrating Red Tea and Milk Bath **330***Hydrating*

A luxurious blend of red rose tea and milk to nourish and hydrate.

Aromatic Flower Bath **330***Exotic*

An enchanting combination of fresh flowers and essential oils to unearth your inner calm.

Stears

Our steam ritual is an ideal prelude to any body treatment. Allow your body to experience its natural detoxification process and find your inner harmony.

Chinese Herbal Steam **30 mins 240***Relaxing*

A relaxing herbal steam based on an ancient Chinese recipe of herbs and spices.

Mandara Spa Elements

In Room Treatments

Can be provided in the privacy of your room with your advanced reservation
10:00 – 20:00

Traditional Chinese Massage	60 mins	620
Traditional Thai Massage	60 mins	620
Foot Reflexology	60 mins	420
Spa Pedicure	75 mins	420
Spa Manicure	60 mins	320

Beauty Salon

11:00 – 20:00*

Our salon offers a wide range of pampering beauty treatments, nail care, depilatory waxing and hair care treatments to suit your needs.

*Hair treatments not available Mondays and Tuesdays