



THE SPA AT MANDARIN ORIENTAL, MACAU

Come Experience Sense and Vitality!

If rest, relaxation and rejuvenation are important then the Spa at the Mandarin Oriental, Macau is where you could leave the world behind and give yourself the gift of...you!



The brilliantly appointed Spa at the Mandarin Oriental, Macau complete with spectacular view.

Stop the mind and let there be space – wide-open, silent space. In the far distance, droplets fall, a flute plays a soft tune and save the faint pulse of a beating heart, all is calm. Heaven.

Most Spa fans agree that Spas at Mandarin Oriental hotels are authentic. Everyone's impressed. Gifted not one but two Spa sessions at the hotel, I am more

than just excited. My life as a busy global executive leaves no room for down-time. So, the first session -- Macanese Dragon Experience is indeed something to look forward to.

View to a Skill

The treatment begins with a personalised stimulating body scrub made with coffee beans and sea salt. I've had a body scrub in Madagascar once but this one

proved a distinct difference. My therapist offered a soulful care that comes from deep within. I could feel the attention, the desire to make a difference.

What follows is by a relaxing steam shower and bath in a private whirlpool infused with a poultice made from mandarin, cloves and cinnamon.

A first for me, I enjoy the notion that for once, so much attention is being lavished on me.

A Life in the *'Day of Genesis'*



"The Spa is a sanctuary. Our calling is to serve. Blessed as we are by location, appointment, facilities and authentic products, it eventually boils down to the difference we make. That difference springs from our desire to offer service that comes truly from the heart,"-- Genesis Day Lagasca, Spa Manager, Mandarin Oriental, Macau.

In the effervescent world of Spa Management, managers are born, not made. A consummate people's person, you must be disarming, welcoming, warm, casual, yet professional and you must have that innate ability to sense your customer's needs. You must be adept at reading minds, feeling hearts and...sincere. Product knowledge is vital but it is more about the attitude of gratitude. You must be grateful that your customer chooses to place his/her life in your hands for a while and that must mean an awful lot to you.

So, the Mandarin Oriental, Macau couldn't have picked someone better than Spa Manager Genesis Day to serve its discerning guests.

From the Philippines, that hub of Asian heartfelt hospitality, Day is a people's person. Blessed with that rare ability to sense emotions, feel another's burden, understand people, listen to them, or just be there – serve as a sounding board.

"Guests are looking to restore balance and equilibrium in their lifestyle, therefore we create spa experience designed for executives, tired travelers and spa enthusiasts. Complete with rejuvenating showers, pampering vitality pools and a crystal steam room, our Spa offers incomparable views over the still Bay waters – spectacular during sunsets and at night. Our therapists are hand picked and trained to deliver with sincerity and enthusiasm treatments that extend across traditional Chinese medicine or holistic treatments. Our product line is developed specially for the Mandarin Oriental Group by the award-winning UK-based Aromatherapy Associates."

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A relaxing Chinese lymphatic body massage follows, using a combination of specialised massage techniques and Chinese meditation balls 'Bao Ding' balls, to ease away my stress. Until now, I've only heard of the effects of these techniques but now, I feel their magic, quite distinctly.

The application of an aromatic body cream completes the treatment leaving my skin tingling, muscles younger and a general bounce in my step. I sleep like a baby.



The Macanese Dragon Experience.

The following morning at 11, the Spa opens up to me once more – this time for the Oriental Essence Massage.

Part of the Mandarin Oriental's signature treats, the therapy is designed for the tired traveller, stressed executive or someone who just wishes to relieve neck and shoulder tension, says the elegant Genesis Day Lagasca, the Spa Manager.

"This massage centres on all stress areas of the body. Utilising our Signature Quintessence oil blended with warming ginger, uplifting mandarin and sacred frankincense the massage is aimed at realigning the mind and emotions," says Day, adding that most hotel guests show a preference for it.

My session last for 60 enjoyable minutes as I enjoy the massage, the appointment of the room, soothing colours, soft scent and a totally thought-free state of mind. My therapist for this morning was just as good and comes second to none. I step out a new man to greet a brand new – now! ■

For additional information please visit <http://www.mandarinoriental.com/macau/luxury-spa/>