



THE SPA AT MANDARIN ORIENTAL, ATLANTA HOSTS “SPRING DETOX” CITY RETREAT

Guests will get toned, pampered and inspired at the Atlanta wellness retreat held on April 25

Atlanta, March 6, 2015 – Located in the prestigious Buckhead neighborhood, [The Spa at Mandarin Oriental, Atlanta](#) is delighted to present the “Spring Detox” Retreat on April 25, 2015 featuring [Tammy Stokes](#), author of *Live Your Healthiest Life* and founder of West Coast Workout. The retreat’s unique combination of tonics, deep healing superfoods and classes will leave guests renewed, reenergized and feeling their very best for the summer season ahead.

The retreat begins on Saturday morning with a cardio and body sculpting class providing a total body workout to ensure the best overall results for weight maintenance and body design. The morning session will continue with a focus on skills to reduce stress and create happiness in your daily life followed by a core body strengthening workout. After, a Power Yoga Flow class will be accompanied by uplifting music infused with Pilates and core exercises for a comprehensive workout. The evening program offers a group workshop providing stress management techniques, a mantra card reading and fitness class. Throughout the duration of the retreat, guests will enjoy special tonics and soups exclusively from the Tammy Stokes Lifestyle Line. Some of the selections include the *Skinny H2O infused water, Energy Tonic, Detox Green Tonic, Secret Slimming Soup and the Green Miracle Soup*.

Guests can also bask in luxurious [accommodations](#) and enjoy therapeutic [spa treatments](#) at the award-winning Spa. Relaxation within the Spa’s separate male and female heat and water areas include: a climate-controlled indoor lap pool, whirlpool and sauna and steam. A separate fitness center is also available where guests are able to make use of state-of-the-art cardiovascular and resistance equipment. Guests will leave the retreat with the tools they need to continue a healthier lifestyle.

The cost of the full-day retreat including all classes and workshops, selections of tonics and soups and one spa treatment is USD 285. For guests seeking luxurious overnight accommodations on April 24 or 25, rates start from USD 275 per night plus tax.

For reservations, please call +1 (404) 995 7526 or visit mandarinoriental.com.

About Tammy Stokes

Tammy is one of the most popular fitness and wellness advisors in Atlanta. As the creator of West Coast Workout and author of *Live Your Healthiest Life*, her teaching is the most comprehensive and unique lifestyle approach to obtaining a life in balance. With almost three decades of experience in the health and fitness industry, including work as a celebrity trainer in Hollywood, Tammy has been featured on MSNBC, FOX and CNN.

About The Spa at Mandarin Oriental, Atlanta

[The Spa at Mandarin Oriental, Atlanta](#) is a 15,000-square-foot haven of blissful relaxation. Offering unparalleled therapy for the body, mind and spirit, spa treatments are based on ancient rituals, modern treatments and proven techniques gathered from around the world. Rooted in oriental graciousness and personalization, highly trained therapists deliver a holistic approach to restore balance and harmony. The extensive spa has 14 private treatment rooms, including a VIP Couples Suite, a 60-foot climate-controlled indoor lap pool that is bathed in natural sunlight and overlooks the English Garden, [a high-tech fitness center](#) with TechnoGym equipment, Yoga Studio, steam room, Vitality Pool, relaxation areas with adjoining terrace and spa boutique.

About Mandarin Oriental, Atlanta

Housed in an iconic building designed by celebrated American architect Robert A.M. Stern, [Mandarin Oriental, Atlanta](#) soars 42 stories above the Atlanta skyline and offers sophisticated, residential elegance in its [127 spacious rooms and suites](#). The intimate hotel features a blissful 15,000-square foot spa, indoor lap pool, fitness center, extensive meeting and event space, [The Café & Bar](#) for exquisite dining and *Taipan*, serving specialty cocktails. The sought-after Buckhead location is steps away from the region's top dining, chic designer boutiques and cultural attractions. The hotel is 35 minutes from Atlanta Hartsfield-Jackson International

Airport and 10 minutes from the DeKalb-Peachtree Airport, which accommodates private aircraft.

About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences. Having grown from a well-respected Asian hotel company into a global brand, the Group now operates, or has under development, 44 hotels representing close to 11,000 rooms in 25 countries, with 20 hotels in Asia, ten in The Americas and 14 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 13 Residences at Mandarin Oriental connected to its properties.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at www.mandarinoriental.com.

Visit [Destination MO](http://www.mandarinoriental.com/destination-mo/) (<http://www.mandarinoriental.com/destination-mo/>), the online version of [Mandarin Oriental Hotel Group](#)'s bespoke publication, *MO*. News about our award-winning hotels, the best dining experiences, spa treatments, travel retreats and interviews with the Group's celebrity fans is now just a click away. Further information is also available on our [Social Media](#) channels.

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