

news release

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THE SPA AT MANDARIN ORIENTAL, ATLANTA HOSTS FALL DETOX RETREAT WITH FITNESS EXPERT TAMMY STOKES

Hong Kong, 16 September 2015 - Located in the prestigious Buckhead neighborhood, the award-winning [Spa at Mandarin Oriental, Atlanta](#) presents a Fall Detox Retreat from November 6 to 8, 2015 with [Tammy Stokes](#), author of *Live Your Healthiest Life* and founder of [West Coast Workout](#). Stokes will guide participants as they engage in physical and mental exercises that will leave them feeling renewed and energized for the start of the busy holiday season.

The retreat begins at 8:30am on November 7 with a cardio and body sculpting class providing a total body workout to ensure the best overall results for weight loss and body design. The morning session will continue with a focus on skills to reduce stress and increase happiness in daily life, followed by a core body strengthening workout with an emphasis on deep breathing.

Participants can then relax using The Spa's extensive [facilities](#); including the [fitness center](#), climate-controlled indoor lap pool and men's and women's sauna, steam, vitality pool and lounges. The retreat also includes a 50-minute spa [treatment](#) of the guest's choice.

Throughout the duration of the retreat, guests will be served 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*.

The afternoon is rounded out with a stretching and meditation session to promote calm, clear thinking and help decrease anxiety. A workshop on *Living Your Healthiest Life* concludes the retreat, and participants will leave with the tools they need to make truly effective lifestyle choices and embrace the year ahead with a new focus on personal wellness.

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The *Fall Detox Retreat* package is priced at USD 925 and includes:

- Tranquil accommodations for two nights at [Mandarin Oriental, Atlanta](#)
- Valet parking
- All retreat classes, workshops, tonics and soups plus one 50-minute spa treatment
- Welcome gift bag to include an autographed copy of *Live Your Healthiest Life*, bookmark and journal

The retreat package is based on double occupancy with one guest participating in the retreat. The package is subject to availability and is exclusive of taxes and gratuities. Additional nights can be added at the Best Available Rate and an additional retreat participant can be added for USD 285. For reservations or more information, please contact our Reservations Department at +1 (404) 995 7500 or moatl-reservations@mohg.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 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.

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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, 46 hotels representing 11,000 rooms in 25 countries, with 21 hotels in Asia, nine in The Americas and 16 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 16 *Residences at Mandarin Oriental* connected to its properties.

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[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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