

news release

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MANDARIN ORIENTAL, BODRUM OFFERS NEW WELLNESS RETREATS

Hong Kong, 18 February 2015 – Within an ideal setting for those seeking a world of calmness and healing, [Mandarin Oriental, Bodrum](#) will introduce its second series of [holistic wellness retreats](#) this spring. Private and group sessions will be offered to guests.

“Discover Ayurveda with Dr Yogesh”

3-Day and 5-Day Ayurvedic retreats available between 13 – 27 April 2015

- Hosted by the award winning, traditional Indian healer, Dr Yogesh Prabhakaran
- Experience Ayurveda, a holistic natural healing that dates back 5,000 years and used to balance the mind, body and spirit
- Ayurveda diet and lifestyle consultations
- Yoga or meditation classes
- Abhyanga massage and Indian head massage
- Shirodhara oil treatment available on the five day retreat
- Herbal pouch therapy – natural herbs and warm oils are applied together to the body
- A la carte sessions are also available and are subject to availability

3-day retreat starts from Euro 895 daily for single accommodation incl. VAT, plus breakfast

“Healthy Living with Jennifer Thompson”

3-Day and 7-Day retreats available between 15 – 28 May 2015

- Hosted by the renowned detox specialist, iridologist and health coach, Jennifer Thompson
- Detox treatments, including daily servings of detox juices, skin and body analysis to track progress, and use of heat and water experiences
- Yoga and meditation
- Regenerative spa treatments
- Daily nutrition talks and films on health
- Optional private iridology sessions in which guest’s health is analysed by examining their iris

3-Day retreat starts from Euro 895 daily for single accommodation incl. VAT, plus breakfast

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Page 2

"We are delighted to bring Dr. Yogesh and Jennifer Thompson to Mandarin Oriental, Bodrum so that our guests, particularly those who seek to relieve modern-day stress, can benefit from their unique techniques to a healthier lifestyle" said Ana Crawford, Director of [Spa and Wellness](#) at Mandarin Oriental, Bodrum. "These programmes showcase our commitment to total wellness, encouraging a holistic lifestyle on our journey to become the leading spa and wellness destination in the Mediterranean region."

Mandarin Oriental, Bodrum's wellness retreats are subject to availability and start from TL 2,310 inclusive of VAT per person. For further information or to reserve online, please visit mandarinoriental.com/bodrum or contact the resort directly via email mobod-spa@mohg.com or phone at +90 252 311 1888.

To find out about accommodation packages available, please contact the resort directly via email mobod-reservations@mohg.com or phone at +90 252 311 1888.

About Mandarin Oriental, Bodrum

[Mandarin Oriental, Bodrum](#) is located on a 60 hectare waterfront site on the northern side of the Turkish peninsula offering panoramic views over the Aegean Sea. Built on a series of levels nestled in the resort's landscaped hillside, surrounded by ancient olive groves and pine trees, the resort's [109 guestrooms and suites](#) provides the largest accommodation in the area, all with stunning sun-decks, terraces or balconies, and many with private gardens and infinity edged pools. [Ten restaurants and bars](#) showcase innovative and gastronomic cuisine, while the 2.700 sq m [Spa](#) will introduce the Group's awarding-winning spa concepts together with holistic signature treatments and a range of wellness programmes. In addition, the diverse [event spaces](#), two sandy beaches and extensive leisure facilities will bring a level of sophistication and elegance, making this the perfect luxurious hideaway retreat for discerning travellers.

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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, 45 hotels representing close to 11,000 rooms in 25 countries, with 20 hotels in Asia, ten in The Americas and 15 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 15 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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