

## news release

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### **‘RUNNERS’ REVIVE’ TREATMENT RETURNS TO THE SPA AT MANDARIN ORIENTAL, BOSTON**

**Hong Kong, 31 March 2014** – The Five-Star [Spa at Mandarin Oriental, Boston](#) will reintroduce its ‘Runners’ Revive’ treatment for the month of April in honor of the 118<sup>th</sup> Boston Marathon.

Created with runners in mind, the 50 minute ‘Runners’ Revive’ massage warms and soothes fatigued legs and feet. Special massage techniques work to flush lactic acid from sore limbs and revitalize the body while Mandarin Oriental’s signature Reflect massage oil with ginger, black pepper, jasmine and juniper eases muscle tension.

“Training and running a marathon is a strenuous event,” said Maria Shea, Spa Operations Manager. “I am running my second marathon and know how important it is to allow the body to rest and heal before, during and after a marathon. The ‘Runners’ Revive’ is a powerful treatment that has been developed to assist the body as it recovers in the post-marathon days and weeks.”

To further aid runners’ recovery, Ms. Shea also shares these post-marathon tips:

- Consider a 10-minute bath the evening immediately following a marathon. This will help to speed up the healing and recovery process by reducing swelling and constriction of blood vessels. Begin in the tub with lukewarm water and Epsom salt to further aid in swelling reduction. Then, add ice to the bath (four ten-pound bags of ice are recommended).
- Take time off the pavement. Ease back into a run once recovered and do not over work or push the body. Non-weight bearing activities like swimming will help in the post marathon recovery process.
- Consider yoga and foam rolling before and after the marathon to stretch muscles and keep them supple and strong. Yoga will also aid in maintaining strength.
- Proper nutrition is also essential to aid in recovery. Fruit and vegetable smoothies, protein and carbohydrate replenishment is recommended.

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The 'Runners' Revive' treatment is available from April 1 to 30, 2014 at USD 138 on weekdays and USD 150 on weekends. For bookings or more information, please contact +1 (617) 535 8820 or email [mobos-spa@mohg.com](mailto:mobos-spa@mohg.com).

### **About Mandarin Oriental, Boston**

An intimate, luxurious hotel, [Mandarin Oriental, Boston](#) combines classic New England elegance with refined Oriental touches to create one of the most distinctive hospitality experiences in the region. Awarded both Forbes Five-Stars and AAA Five-Diamonds, Mandarin Oriental, Boston features 148 guestrooms and suites over 14 floors, delighting its guests with the finest facilities and service, innovative dining experiences, and an unparalleled holistic [Five-Star awarded spa](#). A short, 15-minute drive to Logan International Airport, Mandarin Oriental, Boston connects guests to the city's finest shopping, cultural venues and business institutions from its prime location in the heart of the chic Back Bay on Boylston Street.

### **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](http://www.mandarinoriental.com).

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