

news release

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THE SPA AT MANDARIN ORIENTAL, BOSTON INTRODUCES INNER STRENGTH RETREAT

Hong Kong, 28 September 2016 – This October, the Five-Star [Spa at Mandarin Oriental, Boston](#) is excited to introduce its Inner Strength Retreat, a half day program that inspires courage, builds strength and induces a positive state of mind.

Developed using [Aromatherapy Associates'](#) new Inner Strength skincare, this holistic retreat will begin with a 1 hour and 50 minute body experience, which includes a welcoming foot ritual and indulgent tension relieving massage, followed by a soothing 50 minute Inner Strength facial.

Incorporating a variety of massage techniques designed to ease physical tension and emotional anxiety, the Inner Strength massage will begin with the application of a heated compress to warm and nurture the core, quiet the mind and bring focus inward for a more meditative and relaxed state. Aromatherapy Associates' Inner Strength oil will be used throughout the massage treatment to bolster feelings of resilience and fortitude in the face of life's many stresses. With a powerful blend of ingredients that includes calming clary sage and frankincense for focus and clarity, fortifying cardamom and rosemary, healing rose and vetiver, and geranium; the oil helps to balance the emotions and encourage inspiration. The massage concludes with attention to the reflex points on the feet to make guests feel more grounded and to awaken the senses.

The retreat will continue with the Inner Strength facial, which is designed to reduce redness and inflammation, while nourishing and restoring the skin's natural radiance. The facial begins with a soft exfoliation, followed by a moisturizing mud mask and a cool stone massage. A calming head, neck and shoulder massage and hydrating repair mask will complete the facial experience.

Specifically developed for sensitive skin and mind, Inner Strength skincare rebuilds natural strength and shields the skin from the effects of emotional and environmental stresses. Formulated

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Page 2

with prebiotic technology, Inner Strength re-builds and protects the skin barrier. Cotton thistle flower restores the skin's dermis and epidermis, while arnica works as a natural anti-inflammatory and chamomile essential oil calms the mind and soothes the skin.

“We are extremely excited about adding Inner Strength skincare to our repertoire of spa programs, which focus on the balance of mind, body and spirit,” says Virginia Lara, Director of Spa. This enhancement allows guests to nourish their inner self, while providing the ultimate relaxation during an especially stressful time in one's life.”

The Inner Strength Retreat will be available for USD 408 on weekdays and USD 445 on weekends and will include guest access to The Spa's luxurious thermal facilities: a quartz crystal steam room, vitality pool, experience showers, ice fountain and relaxation lounge. In addition, guests who book the Inner Strength Retreat during the month of October will also receive an Inner Strength rollerball to enjoy at home, compliments of The Spa. For reservations or additional information please contact The Spa at +1 (617) 535 8820 or email mobos-spa@mohg.com.

About Mandarin Oriental, Boston

An intimately 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 of the city's most spacious guestrooms and suites, exquisite meeting and event facilities and legendary personalized service. Hotel amenities include Massachusetts' only holistic [Five-Star awarded spa](#), a state-of-the-art fitness center and our signature restaurant [Bar Boulud](#), a French-inspired bistro and wine bar from internationally acclaimed chef Daniel Boulud. A short 15-minute drive from 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 Boston's chic Back Bay on Boylston Street.

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Page 3

About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most luxurious hotels, resorts and residences. Having grown from its Asian roots into a global brand, the Group now operates 29 hotels and eight residences in 19 countries and territories, with each property reflecting the Group's oriental heritage and unique sense of place. Mandarin Oriental has a strong pipeline of hotels and residences under development, with the next hotel opening planned in Doha.

Photographs of Mandarin Oriental are available to download from the [Photo Library](#) of our [Media](#) section at www.mandarinoriental.com.

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