

# news release

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## **EXPERIENCE ‘SILENT NIGHT’ AT *THE SPAS AT MANDARIN ORIENTAL* ON 14 DECEMBER 2016**

**Hong Kong, 3 November 2016** -- In our increasingly hectic and urbanized world, silence is becoming a precious commodity. Following the success of last year’s initiative, *The Spas at Mandarin Oriental* are attempting to ‘turn down the volume’ by offering a night of silence in all of their spas worldwide on 14 December 2016.

All of the Group’s spas will offer their normal treatment menu but after 5pm there will be no talking and no music within the spa to instill a sense of peace and allow for individuals to experience contemplation and mindfulness. All communication will take place in a brief consultation at the beginning of the spa journey, before the guest changes into their robe.

“A lot of the value of a spa experience comes from simply disconnecting from technology and experiencing time for yourself in silence,” said Jeremy McCarthy, Group Spa Director for Mandarin Oriental Hotel Group. “During this stressful time of the year, we want to create a space where people can press the pause button and have some time to think, meditate, or just take a break from being inundated with noise.”

Guests are encouraged to come alone or to bring a loved one with whom they would like to share an experience of silent connection. This is also the perfect time to take advantage of the Group’s *Digital Wellness* initiative. This provides guests with access to a range of wellness advice and activities designed to help them disconnect from technology. Mandarin Oriental has worked with the renowned Mayo Clinic on the creation of a range of tips and guidelines that can help establish personal boundaries on the use of technology, clear mental chatter and establish a healthy, digitally balanced lifestyle.

For those who wish to immerse themselves more fully, a *Digital Wellness Retreat* can be booked at all of the Group’s spas. This 1 hour 20-minute experience focuses on grounding both body and mind through the power of human touch, and is designed to provide a calming and peaceful respite from the outside world and the stress of repetitive movements.

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Page 2

For more information about ‘Silent Night’, and treatment reservations, contact *The Spas at Mandarin Oriental* or visit [www.mandarinoriental.com](http://www.mandarinoriental.com)

### **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.

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