news release

Mandarin Oriental Hotel Group Limited 281 Gloucester Road, Causeway Bay, Hong Kong Telephone +852 2895 9288 Facsimile +852 2837 3500 www.mandarinoriental.com



A TREATMENT DESIGNED TO 'CALM THE MIND' AT MANDARIN ORIENTAL

Hong Kong, 29 November 2013– <u>The Spas at Mandarin Oriental</u> will offer a new bespoke signature massage treatment from January 2014.

Calm Mind, a luxurious massage for the back, head, neck and shoulders has been devised to address guests' desire for simple, efficient and effective spa treatments that can be fitted into a busy day.

Each 45-minute treatment begins with a private therapist consultation in order to determine each individual's personal and current state of wellbeing. Guests then choose an essential oil blend that appeals to them from the Group's signature range. Only a few drops of oil are used throughout the treatment, but the effects are powerful and long-lasting.

The *Calm Mind* therapy begins at the base of the spine and continues slowly over the head, neck and shoulders using small manipulations and rocking movements to reduce tension and ease the mind. The results are soothing and relaxing, leaving the body, mind and spirit grounded and in perfect harmony, ready to face the world.

"This is a relatively short, yet effective treatment that can be experienced in-between meetings, during a lunch hour or at the beginning or end of a busy day," said Andrea Lomas, Head of Group Spa Operations for Mandarin Oriental Hotel Group. In keeping with the Group's personalized approach to wellness, the treatment was designed with the busy executive in mind. "Reducing tension and taking time out of a busy schedule to de-stress can definitely make a difference to your wellbeing," she added.



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The *Calm Mind* therapy is available at Mandarin Oriental Spas in Bangkok, Guangzhou, Hong Kong, Kuala Lumpur, Macau, Sanya, Shanghai, Singapore, Tokyo, Barcelona, London, Paris, Prague, Atlanta, Bermuda, Boston, Las Vegas, Miami, New York, San Francisco and Washington. For spa reservations, please visit <u>www.mandarinoriental.com</u>

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences. The Group has grown from a well-respected Asian hotel company into a global brand and now operates, or has under development, 45 hotels representing over 11,000 rooms in 26 countries, with 20 hotels in Asia, 11 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 <u>Photo Library</u> of our <u>Media</u> section, at <u>www.mandarinoriental.com</u>.

Visit <u>Destination MO</u> (http://www.mandarinoriental.com/destination-mo/), the online version of <u>Mandarin Oriental Hotel Group</u>'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 <u>Social Media</u> channels.

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For further information, please contact:

Corporate Office

Jill Kluge (jillk@mohg.com) Group Communications – Global Tel: +44 (20) 7908 7888

Sally de Souza (<u>sallydes@mohg.com</u>) Group Communications – Corporate/Asia Tel: +852 2895 9160



Live Haugen (https://lhaugen@mohg.com)Danielle DeVoe (devoe@mohg.com)Group Communications – Europe, MiddleGroup Communications – The Americas East and Africa Tel: +44 (20) 7908 7813

Tel: +1 (212) 830 9380

Vanina Sommer (<u>vsommer@mohg.com</u>) Regional Director of Marketing - Southern Europe Tel: +33 (1) 70 98 70 50

www.mandarinoriental.com