

## MANDARIN ORIENTAL, HYDE PARK – NEW MUMS’ FITNESS PACKAGE

**Hong Kong, 6 May 2015** – To celebrate the birth of the Royal baby, [The Spa at Mandarin Oriental, London](#) is honouring new mothers with an exclusive package to kick-start their post-baby fitness programme. Celebrity personal trainer, Ruben Tabares, shares his secret training regime in *Mum’s the Word*, a fitness package that will help tone any body in just 4-6 weeks.

*Mum’s The Word* is priced GBP500 for 4 hours 50 minutes, and includes:

- 1 hour 30 minute private assessment and training with Ruben who customises each session to the needs of the mother, using biochemical analysis.
- Training program designed to strengthen the body, with nutritional guidance for both mother and child.
- 1 hour 20 minute Body Lift and Sculpt treatment to contour and improve appearance of cellulite with immediate visible results.
- 50 minute Detox Massage developed by the Spa team that focuses on areas of concern using natural essential oils of Juniper, Siberian Pine, Mandarin and Amyris to effectively stimulate circulation, energise and tone the body.
- Choice of two 50 minute body wraps: Nourish and Firm Body Wrap intensely hydrates and firms the body using the powerful antioxidant benefits of cranberry; or the Detoxify Body Wrap combines unique Siberian Ginseng, Birch and Green Tea to flush stagnant toxins from the body. Both finished with the Firming Cream by Russie Blanche.

With extensive expertise in nutrition and fitness, and a father himself, Ruben understands fully how important good health is to a new mother.

Combining body strengthening with diet guidance produces fast track results promises

Ruben. “With dedication to the right fitness and nutrition, I can promise visible results in 4 to 6 weeks,” he says.

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Mandarin Oriental Group has five hotels with five-star spas, more than any other hotel group.

Offer valid from 05 May 2015 to 31 December 2015. For further information, contact our fitness team directly on + 44 (0) 20 7838 9888 or via email [molon-wellbeing@mohg.com](mailto:molon-wellbeing@mohg.com). For further information please visit [www.mandarinoriental.com/london/luxury-spa/](http://www.mandarinoriental.com/london/luxury-spa/)

### **About Mandarin Oriental Hyde Park, London**

With bustling Knightsbridge on its doorstep and leafy Hyde Park at its rear, Mandarin Oriental Hyde Park is London's most prestigious address. Blending sumptuous guestrooms with a world-leading spa and a stylish bar, it is the definitive destination for a luxury escape. And with two award-winning restaurants including Bar Boulud, London and Dinner by Heston Blumenthal, the first London restaurant for one of the UK's most renowned chefs, Mandarin Oriental Hyde Park stands at the culinary centre of the capital.

### **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, 43 hotels representing almost 11,000 rooms in 24 countries, with 20 hotels in Asia, nine in The Americas and 14 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](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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For further information, please contact:

*Corporate Office*

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

Sally de Souza ([sallydes@mohg.com](mailto:sallydes@mohg.com))  
Group Communications – Corporate/Asia  
Tel: +852 2895 9160

Live Haugen ([lhaugen@mohg.com](mailto:lhaugen@mohg.com))  
Group Communications – North and East  
Europe  
Tel: +44 (20) 7908 7813

Vanina Sommer ([vsommer@mohg.com](mailto:vsommer@mohg.com))  
Group Communications – South Europe,  
Middle East and Africa  
Tel: +33 (1) 70 98 70 50

Danielle DeVoe ([ddevoe@mohg.com](mailto:ddevoe@mohg.com))  
Group Communications – The Americas  
Tel: +1 (212) 830 9380

*Mandarin Oriental Hyde Park, London*  
Sarah Cairns ([scairns@mohg.com](mailto:scairns@mohg.com))  
Director of Communications  
Tel: +44 (0) 20 7201 3814

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