

news release

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FITNESS AND WELLBEING AT MANDARIN ORIENTAL HYDE PARK, LONDON

Hong Kong, 20 May 2014 – [Mandarin Oriental Hyde Park, London](#) has opened a new wellbeing facility, including a seventeen metre indoor swimming pool and state-of-the-art fitness centre, tailored to the cosmopolitan traveller, and open to limited private membership with residents of London in mind.

The Fitness Centre is fully-equipped with the latest cardio and resistance training by Technogym™. This includes a *Kinesis Vision Unit*, that is programmed with structured workouts for time-efficient and results-orientated training for beginners, intermediate and advanced levels. There is also an *InBody Analyzer*, providing a sophisticated way to measure overall fitness, that combines body composition measurements, including water retention, mineral levels, body strength and balance. For post-workout indulgences, the changing areas have relaxing Four Senses loungers equipped with heated gel pads, colour-changing light sequences, essential oil fragrance and personal audio systems. There is also a steam room (in the female area) and a sauna (in the male area), with ice fountains and revitalizing experience showers available in both male and female areas, to complete the experience.

As the ultimate facility for getting into shape, Mandarin Oriental Hyde Park has teamed up with [Sculpt](#), an exclusive health and fitness consultancy, the exclusive health and fitness consultancy, to offer members and guests' a complete menu of wellness services and bespoke packages. With a holistic approach, Sculpt's team of passionate experts, under the guidance of former international swimmer David Jones, provide personal training, nutrition, swimming coaching, physiotherapy, Pilates, and yoga services in the new fitness facility.

With summer approaching, the SCULPT 30 package is designed to achieve a leaner, firmer body in thirty days and kicks off with a full body composition assessment, a diet assessment and thirty days of meal and supplement planning, followed by a thirty day exercise programme, sixteen one-to-one hour personal training sessions and a full body composition assessment to finish.

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To complement the new facilities, [The Spa at Mandarin Oriental, London](#) is also offering a new range of detox and slimming treatments, including a two hour and fifty minute *Detoxification Ritual* (priced at GBP320). This complete ritual leaves guests' energized with an overall feeling of wellbeing, and includes a *Caviar Salt Scrub*, *Lymphatic Drainage Massage*, *Detoxifying Body Wrap*, *Express Facial* (including facial reflexology) as well as dietary and lifestyle advice. The Spa's *Body Lift and Sculpt*, a one hour and twenty minute treatment (priced at GBP180), provides immediately visible results in skin tone, texture, rejuvenation and tightening, together with body contouring. This treatment uses the TriPollar body lift machine plus a detoxifying massage, to work on areas of concern, and incorporates the latest radio frequency technology for a highly effective non-surgical solution to a better body.

Mandarin Oriental Hyde Park also offers a *Wellness Gastronomy*TM breakfast, for guests to start their day with a balanced mix of healthy dishes created using whole, natural ingredients, abundant in anti-oxidants, and served raw or lightly cooked to preserve their nutritional values. Throughout the summer season breakfast can be served alfresco on the tranquil terrace, with its country garden-like backdrop, far from the London buzz. Enveloped between the glitz of Knightsbridge and leafy Hyde Park, Mandarin Oriental Hyde Park is ideally located for jogging, with route maps, water and towels available in the lobby each morning for runners.

Lead-in rates start from GBP 470 per night, inclusive of VAT and daily breakfast, based on two people sharing in one of the hotel's Courtyard King rooms, subject to availability. To make a reservation visit www.mandarinoriental.com, or contact the reservations team directly on +44 (0)20 7201 3773 or email molon-reservations@mohg.com.

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-

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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, 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.

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