

news release

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THE SPA AT MANDARIN ORIENTAL, MIAMI PRESENTS THE KEY TO WELLNESS

New monthly wellness program supports healthy travel

Hong Kong, 22 February 2016 – As a leader in the spa industry, [The Spa at Mandarin Oriental, Miami](#) introduces the *Key to Wellness* for spa goers, leisure guests and business travelers to maintain a balanced lifestyle. Designed to improve mind, body and spirit through a combination of health and wellness offerings, each monthly program features a component of exercise and nutrition with relaxation and beauty offerings.

“The *Key to Wellness* program offers guests the tools to establish healthy habits or embark on a wellness journey,” said Spa Director Osa Mallo. “Guests can reserve the program on one occasion or repeat it weekly during the course of the month for increased benefits.”

Key to Wellness is available from March through December and prices vary from USD 275 to USD 515. The program debuts in March with a [personal training](#) class and a one-hour [Thai Massage](#) for increased flexibility. To encourage reflection and relaxation, April combines a meditation class with an 80-minute [Tranquil Delight](#) massage while in May guests can participate in a nutrition course and a [CACI Body Contour](#) for the ultimate slimming treatment.

A Tai Chi class and [Aroma Stone](#) massage are offered together in June creating a sense of balance and calm. Promoting connection and togetherness, Couples experiences are available in July and August including a yoga class for two and a one-hour Couples massage in a private [Couples Suite](#).

Focusing on “time” rather than selecting a specific treatment, a tailor-made spa experience is offered in September with a private Pilates session. In October, guests can experience the power of deep relaxation with the two-hour [Kundalini Journey](#) using advanced massage techniques with aromatherapy, color, gemstone and sound therapy and a short, guided singing bowl session.

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Inspired by [Beauty by Mandarin Oriental](#), a [HydraFacial MD](#) and personal training session are available in November and an [Illuminating Oxygen Facial](#) with a yoga class conclude the program in December.

For spa reservations or more information, call +1 (305) 913 8332, email momia-spa@mohg.com or visit mandarinoriental.com/miami. The Spa at Mandarin Oriental, Miami is open daily from 8:30am to 9:30pm.

About The Spa at Mandarin Oriental, Miami

[The Spa at Mandarin Oriental, Miami](#) is a three-level sanctuary located at the luxurious Mandarin Oriental, Miami hotel. Adopting a different approach to the traditional spa experience, The Spa offers a series of innovative and restorative treatments inspired by the elements of nature, and the ancient traditions of Chinese, Ayurvedic, European, Balinese and Thai cultures. The 15,000-square-foot spa features 12 private treatment rooms that each use textures such as bamboo, rice paper, glass and natural linens to achieve a harmonious and balanced design. Six stunning [suites](#), located on the top floor of the spa, offer the ultimate spa experience.

About Mandarin Oriental, Miami

Contemporary in design and with a prominent waterfront location, the triple Five-Star [Mandarin Oriental, Miami](#) features [326 elegant guest rooms and suites](#) – offering dramatic views of the bay and the Miami skyline. Amenities include [an award-winning tri-level spa](#), signature [Azul restaurant](#), the new [La Mar by Gaston Acurio restaurant](#), the waterfront [MO Bar + Lounge](#), [Oasis Beach Club](#), [the luxury boutique Shanghai Tang](#) and [extensive meeting and business space](#).

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, 47 hotels

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representing 11,000 rooms in 25 countries, with 21 hotels in Asia, 10 in The Americas and 16 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 17 *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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