

news release

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THE SPA AT MANDARIN ORIENTAL, MIAMI LAUNCHES PERSONALIZED WELLNESS RETREATS

Hong Kong, 10 April 2014 – [The Spa at Mandarin Oriental, Miami](#), a Forbes Travel Guide Five-Star Spa, debuts a series of wellness retreats to improve mind, body and spirit. Each customized retreat includes luxurious accommodations for two nights, healthy breakfast, bento box lunch served poolside, a one-hour fitness class, nutritional tips and four hours of personalized treatments.

Priced from USD 1,955 for one person or from USD 3,111 for two people, guests can choose from six distinctive retreats, each focusing on a specific theme of wellness.

Relax

The *Relax* program provides guests with an overall sense of well-being. Treatments include two body massages: an *Aroma Stone Massage* using heated stones to generate energy and create a sense of balance and calm and the *Thai Herbal Compress Ritual* to relieve muscle pain and tension with warm compresses of herbs and essential oils. A *Blissful Facial* is individually tailored to meet a guest's needs and includes a relaxing cleanse and exfoliation followed by a nourishing aromatherapy facial. A nutrition session focuses on simple and healthy recipes as well as suggestions on how to avoid stress eating. Guests also receive a private meditation session.

Strengthen

The *Strengthen* program is designed to increase mental and physical energy through a series of highly effective treatments including a *Therapeutic Massage* to dissolve aches and strains and a *Quintessence Body Scrub* using essential oils to bring the body's energy flow into alignment. A *Muscle Warming Mud Wrap*, *Oriental Foot Therapy* and *Conditioning Scalp Massage* release tension and raise natural energy. The program also incorporates a personal training session and nutritional advice on adding 'superfoods' to a guest's diet.

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Ground

Designed to guide guests toward a state of inner peace and physical balance, the *Ground* program includes the Spa's signature *Kundalini Journey* treatment which combines advanced massage techniques with aromatherapy, color and gemstone therapy. Guests also receive a *Calm Mind* massage and a customized *Holistic Facial*. A personal yoga class and nutritional advice complete the program.

Uplift

The *Uplift* program encourages guests to find balance with mind and body. The program features a *Thai Foot Massage* and *Shiatsu*, the ancient Japanese treatment where pressure is applied to various points on the body to bring the body back into balance. Guests also enjoy a *Detoxifying Ocean and Earth Body Wrap* and a *Time Renewal Facial*. A personal pilates mat session helps guests achieve optimal fitness while a nutrition class focuses on how to maintain a high-energy, low-calorie diet.

Exotic

Embracing the Spa's exotic Oriental roots, the *Exotic* program provides guests an opportunity to experience an authentic Thai Massage. The treatment uses a combination of gentle rocking motions, rhythmic acupressure and assisted stretching to deeply relax and revitalize the body. The program also includes an *Ayurvedic Holistic Body Treatment* incorporating a *Marma Point Massage*, *Thai Foot Massage* and *Conditioning Scalp Massage* to nourish and hydrate hair and scalp. An exotic belly dancing class provides a combination of a cardiovascular workout, muscle lengthening and abdominal toning. Guests also learn how to incorporate global 'superfoods' into their daily diet.

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Beautify

Inspired by *Beauty by Mandarin Oriental* results-oriented treatments and products, the *Beautify* program includes a *Hydrating Oxygen Facial* that delivers pressurized oxygen directly to the skin with instantly cooling and hydrating effects, a *Sculpt and Tone* treatment to reshape the body and a *Detoxifying Wrap* to help accelerate the elimination of toxins. Guests receive a *Mandarin Oriental Manicure and Pedicure* to finish. Also available to guests is a nutrition class about avoiding fad diets and a personal training session to restore strength and energy.

For reservations, call (305) 913 8383 or visit www.mandarinoriental.com/miami.

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 11 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](#).



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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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