

news release

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MANDARIN ORIENTAL, TOKYO LAUNCHES A *DIGITAL WELLNESS RETREAT*, DESIGNED TO RELIEVE THE STRESS CAUSED BY DIGITAL DEVICES

Hong Kong, 28 October 2016 – [Mandarin Oriental, Tokyo](#), the only hotel in Japan to be rated five stars by Forbes Travel Guide 2016 in both the hotel and spa categories for two consecutive years, is delighted to announce the launch of a *Digital Wellness Retreat*, designed to release guests from the stress caused by the use of digital devices such as smart phones and tablets. The new *Digital Wellness Retreat* combines both accommodation and wellness-themed dining offers in the hotel's restaurants, and is available until 31 March 2017.

Mandarin Oriental's *Digital Wellness* programme is designed to help guests find new ways to manage their relationship with technology and the stress that can come with a constantly-connected digital lifestyle, and was introduced at all Mandarin Oriental spas around the world earlier this year. To complement this programme Mandarin Oriental, Tokyo is offering a *Digital Wellness Retreat* which goes beyond the spa to include accommodation and wellness-themed dining offers in order to provide guests with a comprehensive wellness package that addresses both inner and outer wellbeing.

Digital Wellness Retreat

- Accommodation in a luxurious guest room, with stunning views of Tokyo.
- Energy clearing exercises followed by the *Digital Wellness Escape* spa treatment (80 mins), designed to help guests manage their relationship with technology and relieve the stress caused by the use of digital devices.
- At the spa, guests will receive a sheet containing tips on how to manage their relationship with technology and a smart phone cover which blocks electromagnetic waves.
- A Himalayan salt lamp which absorbs electromagnetic waves will be placed in-room.
- An ancient healing "shungite" stone and Himalayan salt will be placed in the guest room bathroom.
- A specially-designed "Wellness Lunch", served at Cantonese restaurant Sense on the 37F.
- A 4-course "Wellness Dinner", served at French fine dining Signature on the 37F.

For reservations and enquiries regarding the Digital Wellness Retreat, please call +81 03-3270-8800, or email: motyo-reservations@mohg.com

Price:

- Deluxe Room Plan
 - From JPY 98,800 for one guest
 - From JPY 151,600 for two guests
- Executive Suite Plan
 - From JPY 164,800 for one guest
 - From JPY 218,800 for two guests

* In addition to the above costs, a 15% service charge, 8% consumption tax, and an accommodation tax of JPY 200 per person will also be charged.

About Mandarin Oriental, Tokyo

Mandarin Oriental, Tokyo's visionary design and award-winning service have been recognized as the epitome of sophisticated luxury in the city. Superbly located in the prestigious financial district within the historical and cultural centre of Tokyo, the first Mandarin Oriental Hotel Group property in Japan embodies the best contemporary and time-honoured architectural splendour. The hotel features 179 luxuriously appointed guest rooms and suites, ten restaurants and bars and an award-winning spa situated within the soaring, Cesar Pelli-designed Nihonbashi Mitsui Tower. The site offers spectacular views of the city skyline while providing access to stately banquet and conference facilities within the adjacent Mitsui Main Building, a Japanese cultural-heritage property.

About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most luxurious hotels, resorts and residences. Having grown from its Asian roots into a global brand, the Group now operates 29 hotels and eight residences in 19 countries and

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territories, with each property reflecting the Group's oriental heritage and unique sense of place. Mandarin Oriental has a strong pipeline of hotels and residences under development, with the next hotel opening planned in Doha.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at www.mandarinoriental.com.

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