

VISITING CONSULTANT In residence

JENNIFER THOMPSON

Iridologist and Detox Expert

22 February to 2 March 2014



Renowned for providing a truly holistic approach
to wellness, the award-winning Mandarin Spa
will welcome Iridologist and Detox Expert,

Jennifer Thompson,
from 22 February to 2 March 2014.

Having worked around the world as a certified iridologist practitioner, detox expert and nutritional health coach, Jennifer can understand people's physical conditions and identify any imbalances, nutritional deficiencies and problems they may have by simply looking at their eyes.

From 22 February to 2 March, clients can book a private 45-minute session with Jennifer, at the start of which she will provide a customised consultation to identify individual needs.

The Mandarin Spa
5 Connaught Road, Central, Hong Kong
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www.mandarinoriental.com/hongkong

HKD1,500

At this private consultation, Jennifer will discuss the goals and establish whether the guest prefers an iridology analysis or a health consultation. Jennifer will give advice that can address a variety of health concerns, by looking at areas of toxicity, inflammation, stress on organs, circulatory system, brain function, inherent strength and weakness and much more. This can aid weight loss, address fertility issues, de-stress the body, mind and skin etc. The consultation will include advice on nutritional detox, minerals and vitamins, combined with tips on how to achieve a raw food and chemical-free diet.

Full-Day Detox Package

HKD5,500

from 9 a.m. to 5 p.m.

This full-day package will encourage guests to achieve peak physical, mental and emotional balance. Throughout the day, guests will be able to enjoy the following appointments along with a series of detox juices and will have full use of The Mandarin Spa's heat and water facilities:

- 60-minute personal training session using the hotel's advanced fitness centre
- 60-minute hydrotherapy bath and detox body wrap
- One-on-one iridology session with Jennifer Thompson
- 90-minute Detox & Revive treatment
- 75-minute Detox Pedicure at The Mandarin Salon

WELLNESS LECTURES

Detox and Green Smoothies 24 February 2014

HKD500

from 7 to 8.30 p.m.

Have you ever wondered what detox really is, if you need it and how to do it? Gain an understanding on the different types of detox and their benefits. Did you know that a green smoothie can help you gain energy, lose weight, sleep well and improve digestion?

Raw Food and Superfoods

26 February 2014

HKD500

from 7 to 8.30 p.m.

Are you wanting to know more about the raw food diet and how eating more raw foods might benefit you? At the same session, gain an understanding of the most popular super foods and learn the basics, allowing you to become an expert.

DETOX AT THE MANDARIN SPA

Renowned for providing a truly holistic approach to wellness, this award-winning spa is offering a series of special detox promotions from 1 January to 2 March 2014, allowing guests to rejuvenate and undo the indiscretions of the festive season.

DETOX AND REVIVE

90 minutes

HKD1,600

This special 90-minute treatment uses a blend of pink grapefruit, juniper berries and rosemary that acts as a diuretic whilst boosting blood and the lymphatic circulation to eliminate unwanted toxins, break down cellulite and reduce water retention. The Detox and Revive treatment starts with a dry body brushing followed by a cocoon wrap that will leave guests feeling invigorated. Guests will then enjoy a series of massage techniques from kneading, soothing and reflexology, to relieve tissue stagnation and liven up the lymphatic system, concentrating on the legs and buttocks. In addition, guests can also enjoy a special detox juice.

DETOX PEDICURE

75 minutes

HKD550

The human foot is one of the most toxic body parts, due to the fact that the body disposes of toxins down to the feet as a result of gravity. Removing toxins from the body through the feet is one of the most effective detoxification methods. With this in mind, The Mandarin Salon will be offering a foot detox treatment using pink grapefruit, juniper berries and rosemary to stimulate the kidneys, liver and digestive system, as well as boost the blood and lymphatic circulation. The nails are then shaped and painted in the colour of the guest's choice. Guests will also be offered a special detox drink to enjoy during their treatment.

DETOX JUICES

HKD78

The Mandarin Spa has also worked closely with Jennifer to create a range of special detox juices that will be available at The Mandarin Spa, The Mandarin Salon, The Fitness Centre and Café Causette. These detox juices are full of phytonutrients, which include Digestive Balance made from papaya, mango, pineapple and lime, Energiser with dragon fruit, cucumber, orange, lime and mint, and Immuniser, which is a mix of coconut water, cantaloupe and grapes.

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