



TRIMMED, TONED, TRAINED AND DETOXIFIED

Mandarin Oriental Hyde Park, London invites you to get fit, firm and fabulous in time for the holiday season this year as our resident fitness expert, Ruben Tabares, teams up with The Organic Pharmacy to launch a health and fitness programme like no other.

With an integrated focus on body, mind and spirit working in harmony, The City Luxe Boot Camp is a one-day programme designed to kick-start a detox, diet and exercise regime that you can continue at home with a complete 10-day detox kit from The Organic Pharmacy.

Priced at GBP 550, The City Luxe Boot Camp includes:

- Ruben's Wellness breakfast
- 60-minute training session with Ruben including bespoke diet guidance
- Use of our fitness facilities and the Heat and Water Oasis
- Departure with The Organic Pharmacy Ten Day Detox kit*

Post 10-day detox return visit with complimentary 50-minute massage at The Spa

For more information or to book your place, please call +44 (0) 20 7838 9888 or email molon-wellbeing@mohg.com



RUBEN TABARES

Health and Nutrition

As one of the most in-demand strength and conditioning coaches in the world, Ruben Tabares has established a reputation for achieving incredible results in a short space of time.



THE ORGANIC PHARMACY

Natural Beauty

The Organic Pharmacy has been at the forefront of organic health and beauty for over 10 years, offering treatments and products that are natural and free from toxins.