

SILENT NIGHT

8 December 2024





Promoting an evening of silence, mindfulness, and digital detox. The Spas at Mandarin Oriental are once again 'turning down the volume' with the tenth-annual Silent Night. On 8 December 2024, talking and music will cease at 5pm in all spas worldwide, encouraging time for individual reflection, awareness and disconnection from all technology.

At The Spa at Mandarin Oriental, Singapore, guests are invited to embark on a peaceful retreat at the that starts with a gentle Tai Chi, followed by the silent practice of Tea Ceremony.

6 - 6:45pm

Harmonise the body and mind through fluid, meditative Tai Chi movements.

7 - 7:45pm

Find peace in a guided tea ceremony, a serene ritual that transforms the simple act of making tea into an experience of mindfulness.