

# news release

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## MANDARIN ORIENTAL, BOSTON LAUNCHES NEW WELLNESS RETREATS



**Hong Kong, 7 February 2024** – [Mandarin Oriental, Boston](#) assists guests along their individual wellness journey with a luxurious spa and wellness retreat. Lead by highly trained spa, wellness and health experts, the two new [Wellness Retreats](#) guide guests in establishing goals and routines for maintaining a healthy lifestyle at Massachusetts' first and longest-running Forbes Five Star Spa at Mandarin Oriental, Boston.

The two three- and five- night retreats, titled **Inner Strength** and **Outer Strength**, are designed to provide a truly holistic physical and mental wellness experience, including a series of holistic spa treatments, private movement classes, wellness-focused meals featuring organic and sustainable ingredients, and individual coaching led by skillfully trained spa practitioners and health experts. While the retreats have an overarching theme, the daily itinerary recommendations are each uniquely tailored by our wellness experts to the guest's needs.

### [Inner Strength Retreat](#)

Focusing on mindfulness, resilience and character, this retreat includes the Spa's signature Dream Catcher massage treatment designed to improve sleep, Himalayan Sound Bathing meditation, evening bath butler service, private yoga, Pilates sessions and more. All activities are designed to facilitate reflection, rest, and renewal with an experience of silence, contemplation and mindfulness while incorporating light movement for an open mind, body and heart. Three-day rates start at USD 4,398 and five-day rates start at USD 7,055 (excluding taxes and gratuity and pending daily room rates and availability.)

(Sample Itinerary [Inner Strength](#))

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### [Outer Strength Retreat](#)

Focusing on vitality, movement and overall performance, this active retreat incorporates fitness movement classes, muscular healing massage treatments as well as the Spa's signature Intelligent Movement postural therapy. Ideal for highly athletic guests who want to take their fitness goals to the next level as well as those who are just beginning a new fitness journey. Guests will depart with elevated physical and mental strength. Three-day packages start at USD 4,479 and five-day packages start at USD 7,073 (excluding taxes and gratuity and pending daily room rates and availability.)

(Sample itinerary [Outer Strength](#))

Guests also have the option to add onto their experiences with a selection of enhancements available at an additional charge:

- **Guided Meditation Session:** Held in the sanctuary-like setting of the Spa or in a guestroom, the guided meditation blends breathwork, visualization, and mindfulness practices.
- **Reiki Energy Healing:** Energetic flow is delivered to the body, improving imbalances and supporting healing throughout specific areas of need in the mind and body.
- **Urban Forest Bathing:** This research-driven wellness practice uses ancient traditions of mindfulness, providing physical and mental health benefits through immersion in forests and other natural environments. Certified Forest Therapy Guide Nadine Mazzola leads a 90-minute meditative forest therapy session in one of Boston's beautiful green spaces, either Boston's Arnold Arboretum or Charles River Esplanade Park.
- **Women's Empowerment Coaching:** This one-on-one experience with acclaimed Women's Coach Kira Hower is designed for women navigating life transitions, mid-life, career changes, postpartum and motherhood.



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Guided Meditation and Reiki Energy Healing are 60-minute sessions at 175 USD, and Urban Forest Bathing and Women's Empowerment Coaching are 90-minute sessions for 250 USD. All four sessions are subject to availability and must be booked at least two weeks in advance.

Wellness Retreat accommodations are in the largest luxury rooms and suites in Boston with the tranquility of city or garden views, as well as spacious living areas, spa-inspired bathrooms and wellness in-room amenities, providing an optimal setting for sleep, relaxation and renewal. In addition to a daily itinerary of featured spa treatments and fitness offerings, the retreats include wellness focused meals with organic, plant-based and gluten-free options.

### **About Mandarin Oriental, Boston**

The luxurious Mandarin Oriental, Boston combines classic New England elegance with refined Oriental touches to create one of the most distinctive hospitality experiences in the region. Awarded Forbes Five-Stars, Mandarin Oriental, Boston features 148 guestrooms and suites over 14 floors, delighting its guests with the finest facilities and service, innovative dining experiences and a holistic Five-Star spa. A short, 15-minute drive to Logan International Airport, Mandarin Oriental, Boston connects guests to the city's finest shopping, cultural venues and business institutions from its prime location in the heart of the chic Back Bay on Boylston Street.

### **About Mandarin Oriental Hotel Group**

Mandarin Oriental is the award-winning owner and operator of some of the world's most luxurious hotels, resorts and residences. Recognised for creating exceptional properties, each destination reflects the Group's oriental heritage, local culture and unique design. The Group's mission is to completely delight and inspire guests through delivering passionate service. Having grown from its Asian roots over 60 years ago into a global brand, the Group now operates 38 Hotels, 11 Residences and 23 Exclusive Homes in 25 countries and territories with many more projects under development. Mandarin Oriental continues to drive its reputation as an innovative leader in luxury hospitality, delivering sustainable growth over the long term.

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Further information is available on our Social Media channels and website: [www.mandarinoriental.com](http://www.mandarinoriental.com), including [Media Centre](#). Alternatively, please contact:

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