

news release

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MANDARIN ORIENTAL HOTEL GROUP PROMOTES ‘TECH DETOX’ THERAPIES

The Spas at Mandarin Oriental Host Global Wellness Day Activations Connecting Digital Health to Overall Wellbeing



Hong Kong, 20 May 2024 – [*The Spas at Mandarin Oriental*](#) are proud to once again be an active participant in [*Global Wellness Day \(GWD\)*](#), a wellness movement that has brought the world together in a mission to inspire wellbeing. On 8 June 2024, in honour of GWD, fans of the brand will be able to experience complimentary “[*Tech Detox Escapes*](#)” at Mandarin Oriental locations around the world.

This year’s GWD theme, #MagentaNature, focuses on the profound connection between humanity and the natural world, promoting a comprehensive approach to wellbeing. This connection is the cornerstone of Mandarin Oriental’s spa and wellness philosophy and advocate a “Tech Detox” as the first step in nurturing this bond. Notably, in today’s technology-charged times, it is vital to find new ways to manage the relationship with digital tech and the stress that comes with the always-connected lifestyle. As an antidote, the Group has created the

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Digital Wellness Initiative, a global directive designed to support the growing health and wellbeing needs of our guests in the age of technology. This Initiative includes *tech detox* tips, spa and physical therapy treatments to correct physical ailments brought on by a digital lifestyle, and ‘tech alternative’ inspiration.

On Global Wellness Day, *The Spas at Mandarin Oriental* worldwide, will be opening their doors to their guests and fans with complimentary activities designed to help people disconnect from technology and establish new rituals and routines around wellness. Activities being offered include [outdoor yoga classes](#), [guided social runs](#), [fitness and dance activities](#), and [guided meditations](#). Guests will celebrate wellness by putting their devices aside and experiencing new wellness activities that they can integrate into their daily lives.

“We find that most of the guests coming into our spas nowadays are struggling with their relationship with technology. On the one hand, we love our technology. But we struggle to find balance with the pace of modern life and the stress of hyper productivity,” said Jeremy McCarthy Group Director of Spa and Wellness. “We offer our spas and wellness centres as spaces where people can come to regain balance: to move their body, relax their mind, and reconnect with the people and values most important to them.”

Jeremy’s philosophy on wellbeing is inspired by his studies in psychology where he found that a lot of the benefits of a spa experience come from taking time for yourself in silence, away from technology, and in the hands of a nurturing and compassionate healer.

Other *Digital Wellness Initiative* examples include:

Digital Wellness Escape: Concentrating on the head, eyes, neck shoulders, hands and feet, this restorative treatment aims to ease the stress and strain resulting from the frequent use of digital devices.



Page 3

Intelligent Movement: An innovative wellness program designed to bridge the gap between The Spas and Fitness Centers. Intelligent Movement incorporates aromatherapy, therapeutic massage, stretching and mobility exercises.

Digital Wellness Programme: This 5-hr invigorating half-day programme includes a Private Yoga Session, mindfulness activities, Digital Wellness Escape spa treatment, dedicated relaxation time in heat & water facilities and a healthy, organic meal.

For more information on GWD activations or the Digital Wellness Initiative please visit mandarinoriental.com/spa.

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, 10 residences and 22 *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.

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

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Notes to Editor

MOHG Global Wellness Day Activities

Region	Hotel	Events/Activities
Asia Pacific	Mandarin Oriental, Bangkok	Awakening yoga at dawn Hypnotic Dance workout Krabong Dance workout Japa Mantra Chanting for healing and mental peace at Dusk Healthy Snacks and Drinks MOTR & HIIT Training Ice Bath Muscle Recovery
	Mandarin Oriental Wangfujing, Beijing	Activities throughout the day: Sunrise Yoga with Crystal Bowls Meditation Zumba dance Healthy Tea break
	Mandarin Oriental, Guangzhou	07:00 Jogging 10:00 Outdoor yoga 10:00am-11:00am (ongoing) Fitness Center will offer 10 minutes free stretch for all hotel guests
	Mandarin Oriental, Hong Kong	07:30 Run Club Challenge 14:00 Digital Wellness for Teens Workshop 18:00 Chanting for Love and Compassion 19:00 Healing Bowl Concert (max 60pax)
	The Landmark Mandarin Oriental, Hong Kong	Activities available 09:00 - 14:00 •Advance reservation for all events •Free of charge access •Yoga Studio Activity: Aligned Yoga, Singing Bowl Class, Singing Bowl Class •Spa Café Activity: Spinal Health Yoga, Yin Yoga, Vinyasa Flow Yoga •Fitness Center: Tabata Class, HIIT Class •Healthy snacks and drinks •Photo booth
	Mandarin Oriental, Jakarta	Sunset Yoga by the Pool
	Mandarin Oriental, Kuala Lumpur	08:00 Morning yoga at the Aqua deck 18:00 Tabata Workout at Mind & Body Studio
	Mandarin Oriental, Macau	10:00 Outdoor yoga
	Mandarin Oriental, Sanya	07:30 Jogging and stretching by the sea 08:30 Shaolin Meditation on the lawn 09:15 Yoga on the lawn
	Mandarin Oriental Pudong, Shanghai	08:00 Outdoor yoga in lawn. 14:00 -15:30 Aroma Workshop Digital Wellness Escape promotion from June 1st to July 31st: All spa treatments receive complimentary MO Phone Pouches.
	Mandarin Oriental, Shenzhen	08:30 Outdoor nature run & stretch at Bijia Park 10:00 Body Pressure Release 18:00 Sunset Yoga at the Terrace
	Mandarin Oriental, Singapore	10:00 Outdoor Nature Walk & Yoga
	Mandarin Oriental, Taipei	10:00 Outdoor yoga
	Mandarin Oriental, Tokyo	07:00 Location: Ueno Park or Palace Morning Yoga and Breathing Technique Healthy breakfast Sakura tree planting (the tree will have participants names) Spa Digital Wellness Escape treatment offer
The Americas	Mandarin Oriental, Boston	09:30 Mindful Meditation(Wellness Shots) 10:00 Forest Bathing Spa promotion: Forest Therapy Treatment (Complimentary <i>Forest Therapy</i> sample oil)
	Mandarin Oriental, Canouan	07:30 Morning nature walk 15:00 Archery session for guests, first 30 min complimentary 17:45 Sunset meditation at 13 holes (ultimate sunset view point) Spa promotion : Digital Wellness treatment (complimentary detox juice and healthy snack)
	Mandarin Oriental, Miami	09:00 Morning Yoga on the terrace. 18:00 Running with Nature with Jose Sigona with green Wellness Shots Spa promotion: Personalized Body Wrap with algae.
	Mandarin Oriental, New York	09:30 Morning meditation with The Sleep Concierge® in Residence, Malminder Gill.
	Mandarin Oriental, Santiago	12:00 Yoga & mind fulness experience 13:15 Detox cocktails masterclass

Region	Hotel	Events/Activities
Middle East & Africa	Emirates Palace Mandarin Oriental, Abu Dhabi	06:00 Beach clean up 07:00 Yalla Jump/Morning Yoga/ Stretching Class/ by the hills (with Healthy foods set-up) 09:00 Water activity (non-motorize) 10:00 Workshop at the spa "Make your own shower gel/shampoo/conditioner" / Empowering Kids thru nature (Gardening activity) 15:00 Healing Crystal Masterclass (inviting practitioner) Breathworks and Sound Bath by the beach/ Grounding Meditation/ Winnie the Pooh Pottery class 20:00 Dinner with Crystal set-up (with practitioner) - paid activity
	Mandarin Oriental, Doha	Morning Tai Chi followed by a Smoothie & Juice Bar at the MODOH Inner Courtyard. Digital Disconnection focus with MO Phone Pouches for each participant + Tip Sheet. Mindful activities including mini meditation, sound bowl session, mindful coloring, journaling and plant potting activities throughout the morning. Spa Treatment Feature: Digital Wellness Escape.
	Mandarin Oriental Jumeira, Dubai	08:00 Sunrise Yoga on Beach Cabana with complimentary detox juice 09:15 Ice Bath Workshop with complimentary protein smoothie and granola bites 17:00 Sound Healing
	Mandarin Oriental, Muscat	Activities throughout the day: Sunrise Yoga with Crystal Bowls Meditation HIIT Class Zumba dance Create a natural handmade scrub with Omani signature ingredient
	Mandarin Oriental, Marrakech	Sunrise Yoga in Yoga Garden Zumba Dance in Resort Garden Stretch & Mobility Free Skin Analysis by Biologique Recherche & Workshop Wellness Food and Beverage Station
	Mandarin Oriental Al Faisaliah, Riyadh	10:00 YOGA (for all) 13:00 Zumba (for all) 15:00 Mobility & Stretching (Women only)
Europe	Mandarin Oriental Hyde Park, London	ZenRunning club event linking Mandarin Oriental Hyde Park, London and Mandarin Oriental, Mayfair with a running activation for local Fans Digital Wellness treatment promotion (30 mins add on)
	Mandarin Oriental, Barcelona	Morning running session Outdoor yoga in our secret garden with mimosas Evening guided meditation in the Spa
	Mandarin Oriental, Bodrum	Morning Beauty Boost with Gua Sha Energy Balance with Aerial Yoga Inner Harmony Healing with soundbath
	Mandarin Oriental, Lago di Como	Early Morning floating meditation Puppy Yoga Botanical Garden Tour: Photograph nature and Concert by local barefoot cellists under our centuries-old cedar tree
	Mandarin Oriental, Costa Navarino	Sound Therapy Meditation on the Beach/Morning Nature Run and Complimentary stretching sessions Kids Club - Children's Yoga/Portraits using Herbs and Flowers handpicked Digital Wellness Escape Treatment Promotion All participants receive Mobile Phone Pouch, Digital Detox Tip Sheet, Journaling Book, Kombucha, Handpicked Herbal Bath Soak
	Mandarin Oriental Bosphorus, Istanbul	Gym event for Members and hotel guests Morning Yoga Group Session for inner balance Mindfulness meditation healthy beverage options Calisthenics group session followed by a healthy buffet
	Mandarin Oriental Mayfair, London	ZenRunning club event linking Mandarin Oriental Hyde Park, London and Mandarin Oriental, Mayfair with a running activation for local Fans
	Mandarin Oriental Ritz, Madrid	7:30 Morning outdoor running at El Retiro Park 15:00 Introduction to massage techniques for beginners 16:00 complimentary skin analysis by our specialists 20:00 evening outdoor stretching session, finishing with healthy snacks.
	Mandarin Oriental, Milan	Gong Bath in our Pool
	Mandarin Oriental, Paris	Naturopathy workshop Mask bar with 111 SKin Make Up Workshop with Le Rouge Français (leading clean and vegan French brand)
	Mandarin Oriental, Prague	Morning ballet yoga session in Monastery Garden Digital Detox afternoon walk to Petřín garden
Mandarin Oriental Savoy, Zurich	Morning Yoga session on the newly opened Rooftop Terrace After work health walk in the Swiss Forrest surrounding Lake Zurich	