

news release

Mandarin Oriental Hotel Group Limited
8th Floor, One Island East, Taikoo Place, 18 Westlands Road, Quarry Bay, Hong Kong
Telephone +852 2895 9288 Facsimile +852 2837 3500
mandarinoriental.com



INDULGE IN TRANQUILITY: EMBRACE THE SERENITY OF 'SILENT NIGHT' AT MANDARIN ORIENTAL SPAS ON 13 DECEMBER 2023



- Silent Night: Mandarin Oriental's annual connection to the *Power of Silence*
- Experience distinctive Silent Night events and activities at Mandarin Oriental properties or take part remotely via curated Power of Silence tips designed to enhance an existing mindful ritual or establish a practice foundation
- A reminder to disconnect and recharge during the most hectic time of the year

Hong Kong, 21 November 2023 - Promoting an evening of silence, mindfulness and digital detox, [The Spas at Mandarin Oriental](#) are once again turning down the volume with the ninth-annual [Silent Night](#). On 13 December, talking and music will cease at 5pm in all spas worldwide, encouraging time for individual reflection, awareness and disconnection from all technology. Exclusively for Silent Night, each spa will offer mindfulness-based experiences in addition to signature wellness treatments.

-more-

Page 2

Following Mandarin Oriental's strategic partnership with Oberoi Hotels and Resorts, known as the [O&MO Alliance](#), we are delighted to announce that the spas at Oberoi properties will also observe Silent Night. Like The Spas at Mandarin Oriental, all Oberoi spas will go quiet on the same day, ceasing music and digital activity at 5pm and offering distinctive mindful activations for one night only.

Silent Night events and activities include:

Sound Bathing Meditation at [Mandarin Oriental Hong Kong](#) and **Silent Yoga** in [Bangkok](#) to instil peace and tranquillity into mind, body and soul.

Sunset Sound Healing workshops in [Doha](#) and **Reiki workshops** in [London](#) designed to help silence the mind and attune to the body. **Breathwork workshop** in [Barcelona](#), **Art of Bathing** experiences in [Paris](#) , and **Gong Lullaby Sound Bathing** in [Prague](#) to settle and soothe the spirit.

A **Silent Group Gathering** in [Miami](#) where guests will be gently guided in putting silent intentions into words, crafting a personal letter to their future selves to be revisited on Silent Night 2024. The intention exercise is followed by a gemstone meditation and visualisation journey. [Mandarin Oriental, Canouan](#) will be offering **Silent Yoga and Meditation**.

A comprehensive list of property specific Silent Night experiences can be found [here](#).

The Power of Silence

Silence is known to improve concentration, creativity and awareness as well as decreasing anxiety, emotional reactivity and curtailing burnout. The Spas at Mandarin Oriental, voted World's Best Hotel Spa Brand 2023 by the World Spa Awards, recommend carving out a time each week for a silence ritual, scheduling a time to turn off all digital distractions and find a quiet place to be alone. The following tips and prompts are designed to guide a mindful practice whether one aims to enhance an existing mindful ritual or establish a practice foundation.

-more-

Connect with the Five Senses

Sit with your back straight and head upright, without slouching or leaning against the back of a chair. Keep the feet pressed firmly on the ground. With eyes closed connect with each of the five senses one-by-one, starting by noticing sounds, then touch, sight, taste and finally smell. This is a wonderful way to re-connect with the body and the present moment.

Quiet Sleep Ritual

Quiet sleep is vital as it helps restore the body and mind, and is important for physical, emotional, and cognitive health. Try to keep all devices out of the bedroom and end the day with calm instead of chaos. Set an alarm one hour before bed for relaxing practices that allow time to connect with yourself (e.g. bathe, meditate, and stretch) thus preparing the mind and body for sleep.

Sit in Silence

Sitting in silence can be difficult when dealing with a busy mind. Try practicing *Anapana* breathing (inhaling and exhaling in equal measures, such as for ten counts) whilst in silence, simply concentrating on the breath.

Walk in Nature

Take a walk in nature for some peace and tranquillity and enjoy alone time. Focus visual attention on the organic natural shapes of trees, plants, rocks, or clouds. Remember to appreciate the silence or take in the sounds of nature that may emerge, which help clear the mind and reduce mental fatigue.

Let Go of Worry and Stress

Take a break and sit comfortably with your eyes closed. Take deep breaths and with each breath let go of any thoughts or worries, and let your body relax. We recommend at least five to ten deep breaths to give the mind and body a break from noise and stressful thoughts.

Start the Day Slowly

After waking, take five minutes to enjoy the silence and awaken slowly, helping set the mood for the day. Dedicating just five minutes to this silent morning practice can yield some incredible results.

Digital Wellness

Set aside some hours in your daily schedule to disconnect from digital devices. Although it may sound like an impossible task, keeping away from digital devices will help centre and draw attention to tune into the inner body. Gradually extend the time spent away from technology.

Yoga

Yoga provides an opportunity to shift the focus of thoughts to poses that are being practiced. With every breath taken, and as the body moves from one pose to the other, the mind settles down. Results are felt almost instantly, calming the nervous system and relieving stress and anxiety.

For more information on Silent Night please visit MandarinOriental.com.

About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most luxurious hotels, resorts and residences. Having grown from its Asian roots into a global brand, the Group now operates 37 hotels and 10 residences in 25 countries and territories, with each property reflecting the Group's oriental heritage, local culture and unique design. Mandarin Oriental has a strong pipeline of hotels and residences under development, and is a member of the Jardine Matheson Group.



Page 4

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

[Corporate Office](#)

Chris Orlikowski (corlikowski@mohg.com)
Director of Global Communications

Emilie Pichon (epichon@mohg.com)
Brand Director Europe

Abbey Naylor (anaylor@mohg.com)
Brand Director The Americas

Angela Cai (cangela@mohg.com)
Brand Director Greater China