

# news release

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## **MANDARIN ORIENTAL, ATLANTA INTRODUCES WELLNESS RETREAT PACKAGE**

**Hong Kong, 28 August 2017** – [Mandarin Oriental, Atlanta](#) invites guests to disconnect and unwind with its new *Wellness Retreat* package. Guests are encouraged to disengage from technology and relax during a calming and soothing respite from the stress and demands of a constantly connected, digital lifestyle.

During their stay, guests will visit [The Spa at Mandarin Oriental, Atlanta](#) for an 80-minute *Digital Wellness Escape* treatment where they will power-down their phones, removing all technological distractions. The treatment begins with a Wellness Bath in Shungite-charged water to relieve fatigue and revitalize the body. A massage concentrating on the head, eyes, neck, shoulders, hands and feet follows, restoring the body and mind with purifying Shungite crystals and a soothing paraffin hand treatment. Shungite is a stone containing Fullerenes, which work to neutralize negative energy and exposure to harmful radiation from mobile devices. Guests will receive a phone sleeping bag and healthy lifestyle tips upon their departure.

The *Wellness Retreat* package also provides a private Mindful Meditation class with Mindfulness-Based Psychotherapist, Lena Franklin. The class sets a positive tone for the weeks and months ahead while aligning the mind, body and heart. Franklin integrates Eastern philosophies of Buddhist Meditation, Chinese Energy Medicine and Yin Yoga to create a profoundly healing environment for transformation. Through her teachings, participants learn how to cultivate a mindfulness meditation practice in addition to acquiring mindfulness skills to weave into their daily life.

Revolutionizing the way fresh water is prepared at home, VitaJuwel created gemstone vials to hygienically inspire drinking water. VitaJuwel gem vials are made from lead-free glass and hand-

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picked gems to provide homemade, natural gem water as pure as fresh water from a spring. VitaJuwel water bottles will be gifted to guests upon their departure.

The *Wellness Retreat* package starts at USD 1,075 plus taxes and gratuities and includes:

- One-night stay in a tranquil [guestroom](#)
- Zen welcome amenity
- Private Mindful Meditation class for two people
- 80-minute Digital Wellness Escape for two people
- Two VitaJuwel water bottles

Valid year round, the package is subject to availability. Rates are based on double occupancy and additional room nights can be added at the Best Available Rate. The *Wellness Retreat* package must be booked a minimum of 14 days prior to arrival. For reservations, please visit [website](#).

### **About Mandarin Oriental, Atlanta**

Housed in an iconic building designed by celebrated American architect Robert A.M. Stern, [Mandarin Oriental, Atlanta](#) soars 42 stories above the Atlanta skyline and offers sophisticated, residential elegance in its [127 spacious rooms and suites](#). The intimate hotel features a blissful 15,000-square foot spa, indoor lap pool, fitness center, extensive meeting and event space and [The Café & Bar](#) for exquisite dining and specialty cocktails. The sought-after Buckhead location is steps away from the region's top dining, chic designer boutiques and cultural attractions. The hotel is 35 minutes from Atlanta Hartsfield-Jackson International Airport and 10 minutes from the DeKalb-Peachtree Airport, which accommodates private aircraft.

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### **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 30 hotels and eight residences in 20 countries and territories, with each property reflecting the Group's oriental heritage and unique sense of place. Mandarin Oriental has a strong pipeline of hotels and residences under development, and is a member of the Jardine Matheson Group.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at [www.mandarinoriental.com](http://www.mandarinoriental.com). Further information is also available on our [Social Media](#) channels.

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