

# news release

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## **MANDARIN ORIENTAL, BARCELONA INTRODUCES NEW WELLNESS CITY RETREATS**

**Hong Kong, 8 June 2015** -- For those seeking a sophisticated cleansing of mind, body and soul [Mandarin Oriental, Barcelona](#) is offering new Mandarin Oriental Spa City Retreats.

The ultimate escape in the heart of the city, [The Spa at Mandarin Oriental, Barcelona](#) has created wellbeing programmes that go beyond classic treatments and massages by offering guests an unrivalled holistic experience that produces physical and emotional equilibrium. Guests can choose between two five-day retreats: *Release Detox* or *Rejuvenation Anti-ageing*. *Release Detox Retreat* will leave guests feeling positive, centred and recharged. Combining treatments, exercise and nutrition, the detoxification process commences and facilitates wellbeing.

*Rejuvenation Anti-ageing Retreat* uses tailor-made treatments to assist in slowing down the ageing process. This holistic approach combines result driven technology, meditation and physical exercise to revitalise the inner self.

**5-day *Release Detox Retreat* available from June to December 2015, priced from Euro3,805 per person for single accommodation, and includes:**

- Personalised Fitness and Wellness Consultation
- Lifestyle and Nutrition Consultation
- Daily fitness activity with a personal coach which can include yoga, pilates or discovering the city while power-walking or jogging
- Unlimited use of Spa facilities which includes a steam room, fitness and wellness centre and indoor pool
- 5 day cleansing diet including 3 healthy meals prepared daily and to be enjoyed at BistrEau restaurant
- 1 daily Personalised Detoxification Body Massage to stimulate circulation, relieve muscle tension, and stretch and detox the body

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- Two 50 minute Detoxifying Body Wraps to detoxify, re-mineralize and cleanse the body
- Two 75-minute Contour and Firm body treatments, using micro-stimulation with the award winning CACI system and detoxifying massage techniques. Improves blood and lymphatic circulation, and tones muscles
- 1 Chi Nei Tsang Massage, a deep, gentle abdominal massage that trains internal organs to work efficiently and addresses unprocessed emotional charges
- 5 nights accommodation in a Deluxe room

**5-day Rejuvenation Anti-ageing Retreat** available from **June to December 2015, priced from Euro3,605** per person for single accommodation, and **includes:**

- Personalised Lifestyle and Nutrition Consultation
- Daily fitness activity with a personal coach which can include yoga, pilates or discovering the city while power-walking or jogging
- Unlimited use of Spa facilities which includes a steam room, fitness and wellness centre and indoor pool
- 5 day rejuvenation diet including 3 healthy meals prepared daily and to be enjoyed at BistrEau restaurant
- 1 daily Body Massage to relieve muscle tension, stretching and assist with inner rejuvenation
- 1 Linda Meredith Haute Couture facial with O2 to help reduce every day breakouts, soften fine lines and wrinkles, and firm the skin
- Two 75-minute Body and Face CACI treatments, which provide dual benefits of a non-intrusive facial and total body toning
- 1 Collagen Facial for skin regeneration lasting 25 minutes
- 1 Bastien Gonzalez Pedicure with massage to relieve tension and heaviness
- 5 nights accommodation in Deluxe room

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Mandarin Oriental's Barcelona wellness retreats subject to availability. Offer ends 31 December 2015. For further information or reservations call Mandarin Oriental, Barcelona at + (34) 93 151 88 88 or visit [www.mandarinoriental.es/barcelona/luxury-spa/](http://www.mandarinoriental.es/barcelona/luxury-spa/)

### **The Spa at Mandarin Oriental, Barcelona**

Conceived as a sophisticated urban oasis, Mandarin Oriental, Barcelona Spa is a luxurious sanctuary located right in the heart of the city. With a conviction that surroundings have a profound influence on one's state of mind, celebrated designer Patricia Urquiola has conceived The Spa at Mandarin Oriental, Barcelona as an intimate and minimalist space, markedly modern in style with Oriental touches.

A soothing environment for guests to enjoy holistic treatments, the spa features a total of eight treatment rooms. These include two luxury couples' spa suites, two oriental suites, complete with individual spa vitality pools and futons for traditional Thai massages, and four luxurious treatment rooms, each with their own aromatherapy experience shower. An expansive 12-metre indoor swimming pool, heat and water areas as well as a fully serviced state-of-the-art fitness centre will further complement the hotel's lifestyle facilities

### **About Mandarin Oriental, Barcelona**

[Mandarin Oriental Barcelona](#) is an exclusive hotel situated right on Barcelona's Passeig de Gràcia. The property has 120 bedrooms and suites with an exquisite and elegant interior design by Patricia Urquiola. Its carefully considered gastronomic offering currently consists of two restaurants: [BistrEau](#) restaurant with [La Mesa](#) by Ángel León and the signature restaurant [Moments](#), providing neo-traditional Catalan cuisine under the auspices of the multi-Michelin starred chef Carme Ruscalleda. Mandarin Oriental, Barcelona appeals as a meeting point for guests and local residents alike, and offers enticing spaces such as the [Mimosa](#) garden, the [Terrat](#) with exceptional panoramic views over the city and the [Banker's Bar](#), with its extensive cocktail menu and live music program.



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

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences. Having grown from a well-respected Asian hotel company into a global brand, the Group now operates, or has under development, 44 hotels representing almost 11,000 rooms in 24 countries, with 20 hotels in Asia, nine in The Americas and 15 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 15 *Residences at Mandarin Oriental* connected to its properties.

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

Visit [Destination MO](http://www.mandarinoriental.com/destination-mo/) (<http://www.mandarinoriental.com/destination-mo/>), the online version of [Mandarin Oriental Hotel Group](#)'s bespoke publication, *MO*. News about our award-winning hotels, the best dining experiences, spa treatments, travel retreats and interviews with the Group's celebrity fans is now just a click away. Further information is also available on our [Social Media](#) channels.

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