

news release

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THE SPA AT MANDARIN ORIENTAL, BODRUM HOSTS TRADITIONAL CHINESE MEDICINE AND ACUPUNCTURE EXPERT, CLAIR BEARDSON

Hong Kong, 9 September 2015 -- [The Spa at Mandarin Oriental](#), Bodrum will host internationally acclaimed traditional Chinese medicine and acupuncture expert, Clair Beardson, from 2-15 October. Offering personalised and spiritually-focused wellness and nutrition programmes led by leading experts, The Spa at Mandarin Oriental, Bodrum is the most comprehensive spa and wellness centre in the Bodrum peninsula.

With more than 25 years of experience in Chinese medicine, Clair Beardson leads workshops and master classes on nutrition and health around the world. She will combine western and eastern medical practices in her treatment sessions and workshops at The Spa at Mandarin Oriental, Bodrum.

Situated over three floors and with uplifting views over the Aegean Sea, The Spa at Mandarin Oriental, Bodrum offers two exclusive programmes by Clair Beardson, the three-day *Glow from Within* package and six-day *Wellness through TCM*. A series of a la carte workshops and treatments will be offered too.

The 3-day *Glow from Within* programme is available on five separate dates between 2-15 October, and includes:

- 1 Initial Wellness Consultancy
- 1 Visia Skin Analysis
- 2 Sessions of Facial or Body Acupuncture Treatment
- 1 Mandarin Oriental Signature Spa Therapy
- 1 Oriental Hammam Ritual
- 2 Workshops on Traditional Chinese Medicine
- Nutrition advice on what food the body needs for winter

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The 6-day *Wellness through TCM* programme will be held from October 6 – 11, and includes:

- 1 Initial Wellness Consultancy
- 1 Visia Skin Analysis
- 1 Body Composition Analysis
- 4 Sessions of Facial or Body Acupuncture Treatment
- 1 Mandarin Oriental Signature Spa Therapy
- 1 Oriental Hammam Ritual
- 5 Workshops on Traditional Chinese Medicine
- Nutrition advice on what food the body needs for winter

In addition to the two programmes, The Spa is offering a series of 90-minute a la carte workshops led by Clair Beardson. Workshop activities and topics covered include:

- *Glow from Within* exercises
- Using the power of the five elements of traditional Chinese medicine to maintain a healthy body during seasonal change
- The power of Chinese Medicine in the 21st century
- Afternoon Tea Ceremonies
- Choosing four different types of tea based on body patterns

Also available for guests are the following private, a la carte, Clair Beardson treatments:

- 60-minute Traditional Chinese Body Acupuncture
- 45-minute Traditional Chinese Facial Acupuncture

All guests, whether booking programme packages or a la carte workshops and treatments, can stay in luxurious accommodation at the hotel at rates starting from EUR 695.

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All guests, whether booking programme packages or a la carte workshops and treatments, can enjoy the following spa experiences daily: outdoor and indoor saunas, steam room, vitality pool, ice fountain, hammam, salt therapy pool, outdoor and indoor pools, and gym.

The three-day *Glow from Within* programme is available on the following dates: 2-4 October, 6-8 October, 7-9 October, 9-11 October and 13-15 October.

About Mandarin Oriental, Bodrum

[Mandarin Oriental, Bodrum](#) is located on a 60-hectare waterfront site on the northern side of the Turkish peninsula at Cennet Koyu (Paradise Bay), offering panoramic views over the Aegean Sea. Built on a series of levels nestled in the resort's landscaped hillside, surrounded by ancient olive groves and pine trees, the resort's [109 rooms and suites](#) provide the largest accommodation in the area, all with stunning sun-decks, terraces or balconies, and many with private gardens and infinity edged pools. [Ten restaurants and bars](#) showcase innovative and gastronomic cuisine, while the 2,700 sq m [Spa](#) introduces the Group's award-winning spa concepts together with holistic signature treatments and a range of wellness programs. In addition, the diverse [event](#) spaces, two sandy beaches and extensive leisure facilities will bring a level of sophistication and elegance, making this the perfect luxurious hideaway retreat for discerning travellers.

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, 46 hotels representing 11,000 rooms in 25 countries, with 21 hotels in Asia, nine in The Americas and 16 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 16 *Residences at Mandarin Oriental* connected to its properties.

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

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