

# news release

Mandarin Oriental Hotel Group Limited  
281 Gloucester Road, Causeway Bay, Hong Kong  
Telephone +852 2895 9288 Facsimile +852 2837 3500  
www.mandarinoriental.com



## **MANDARIN ORIENTAL, BODRUM AND MAYO CLINIC JOIN FORCES TO INTRODUCE HEALTHY LIVING WELLNESS PROGRAMME**

**HONG KONG, 12 November 2015** -- [Mandarin Oriental, Bodrum](#) is pleased to announce a new collaboration with Mayo Clinic from the United States.

Reflecting a joint commitment to wellness and a holistic lifestyle, the [Mayo Clinic Healthy Living Programme at Mandarin Oriental, Bodrum](#) will combine the research-based medical expertise of Mayo Clinic with Mandarin Oriental's signature treatments and therapies, offered in its award-winning, expansive [Spa](#). This collaboration is the first of its kind for the clinic.

Launching in January 2016 with a focus on preventive wellness and designed to inspire a more balanced lifestyle, the wellness programmes will offer guests a choice of tailor-made experiences from one day assessments to five day retreats, as well as a la carte services.

Following a range of individual assessments executed by Mayo Clinic's experienced on-site staff including overall health, body composition, functional movement, stress and posture, guests will enjoy bespoke programmes incorporating the clinic's research-driven therapies and complemented by Mandarin Oriental's signature [Spa](#) treatments. As well as healthy [cuisine](#) prepared by the hotel's skilled chefs and wellness classes such as yoga, pilates and meditation, guests can take advantage of Mandarin Oriental, Bodrum's rejuvenating heat and water Spa experience, first-class fitness centre, indoor pool and tennis court.

"In today's ever-changing, fast-paced world, expert guidance on how to lead a healthier, more holistic life is the greatest investment one can make. We are delighted to be the first hotel group to collaborate with Mayo Clinic to offer programmes of this kind." says Jeremy McCarthy, Mandarin Oriental's Group Director of Spa. "And the beautiful seascape of Bodrum serves as the perfect backdrop for a truly results-oriented wellness retreat."

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“Wellness is central to improving quality of life and preventing many of the most common diseases. We think this collaboration with Mandarin Oriental, Bodrum will provide their guests with a unique, useful, and relaxing way to learn about evidence-based wellness practices.” comments Paul Limburg, M.D., Medical Director, Mayo Clinic Global Business Solutions.

*Mayo Clinic Healthy Living at Mandarin Oriental, Bodrum* is available from 8 January until 30 April 2016 and is priced from EUR 950 per person, per night. The programme will be offered in addition to [The Spa at Mandarin Oriental, Bodrum's](#) wide range of holistic treatments and therapies.

For full details on the programme, please visit

<http://www.mandarinoriental.com/bodrum/luxury-spa/mayo-clinic-healthy-living/>.

### **About Mayo Clinic**

Mayo Clinic is a non-profit worldwide leader in medical care, research and education. Every year, more than a million people from nearly 150 countries come to Mayo Clinic for care. Mayo Clinic is located in the U.S. with campuses in Rochester, Minnesota; Phoenix/Scottsdale, Arizona; and Jacksonville, Florida. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org) and follow Mayo Clinic on Twitter at [@MayoClinic](#) and [@MayoClinicME](#).

### **About the Mayo Clinic Healthy Living Programme**

The Mayo Clinic Healthy Living Programme is redefining healthy living. It's a comprehensive, whole-body wellness experience guided by medical research and evidence-based medicine to offer guests trusted solutions to improve quality of life. The program is research-driven around diet, exercise, and resiliency; and when all of these are connected, they encompass the power needed to make sustainable changes.

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Wellness coaches work with individuals to design comprehensive, personalized wellness plans based on goals and expectations. Ongoing support is offered to ensure continued success and sustainability once guests return home. Cooking demonstrations, physical activities, resiliency experiences and spa services are available to guests, patients and family members through our à la carte menu.

For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org) and [healthyliving.mayoclinic.org](http://healthyliving.mayoclinic.org)

### **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, 47 hotels representing 11,000 rooms in 25 countries, with 21 hotels in Asia, 10 in The Americas and 16 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 17 *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](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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For further information, please contact:

*Corporate Office*

Vanina Sommer ([vsommer@mohg.com](mailto:vsommer@mohg.com))  
Group Communications – South Europe,  
Middle East and Africa  
Tel: +33 (1) 70 98 70 50

*Mandarin Oriental, Bodrum*

Yeşim Doğukan ([ydogukan@mohg.com](mailto:ydogukan@mohg.com))  
Director of Communications  
Tel: +90 (0252) 311 1888

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