

news release

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MULTI-SENSORY WELLNESS DEBUTS AT THE FIVE-STAR SPA AT MANDARIN ORIENTAL, BOSTON

Hong Kong, 9 January 2017 – The Five-Star [Spa at Mandarin Oriental, Boston](#) will launch a multi-sensory wellness experience on January 23, 2017.

Designed to restore overall health and wellbeing, The Spa will introduce a form of sound therapy inspired by the ancient healing art of Himalayan singing bowls. Using vibrations and audible sounds to produce harmonious tones of oscillating frequencies, The Spa's [Himalayan Singing Bowl Therapy](#) will restore balance by advancing stagnant energy and reinstating the natural energy flow within the body's energetic field.

Beginning with the gentle placement of singing bowls on and around the body, soft vibrations and sounds resonate from the bowl performance as the therapist begins to play. Massaging and detoxifying on a cellular level, these echoes begin to release blockages within the mind and body as the receiver's brain wave frequencies are brought into an alpha or theta state. Inducing a state of absolute serenity, the experience generates a deep sense of mindfulness for each guest, reducing stress through deep relaxation and endorphin release.

“Guests are no longer looking for a traditional treatment, they are interested in a holistic experience that incorporates the mind, body and spirit,” says Virginia Lara, Director of Spa at Mandarin Oriental, Boston. “By actively engaging the senses and bringing mindfulness and awareness into our practices and surroundings, people will be better able to fully immerse themselves in the moment, deepening the experience while encouraging personal transformation.”

For those who wish to engage themselves more fully, guests can access a full range of mindfulness activities such as journaling, note card writing, coloring, meditation or simply relaxing and enjoying the silence in The Spa's relaxation lounges. A selection of curated spa retail offerings, ranging from crystals and eye masks to meditation pillows, will also be available.



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The Himalayan Singing Bowl Therapy is available as a 50 minute treatment for USD 138 on weekdays and USD 150 on weekends or as an 80 minute treatment for USD 200 on weekdays and USD 220 on weekends. The Spa also recommends including the Himalayan Singing Bowl Therapy as an add-on to one of its signature body or facial treatments. Reservations can be made by contacting The Spa at +1 (617) 535 8820 or emailing mobos-spa@mohg.com.

About Mandarin Oriental, Boston

An intimately luxurious hotel, [Mandarin Oriental, Boston](#) combines classic New England elegance with refined Oriental touches to create one of the most distinctive hospitality experiences in the region. Awarded both Forbes Five-Stars and AAA Five-Diamonds, Mandarin Oriental, Boston features 148 of the city's most spacious guestrooms and suites, exquisite meeting and event facilities and legendary personalized service. Hotel amenities include Massachusetts' only holistic [Five-Star awarded spa](#), a state-of-the-art fitness center and our signature restaurant [Bar Boulud](#), a French-inspired bistro and wine bar from internationally acclaimed chef Daniel Boulud. A short 15-minute drive from Logan International Airport, Mandarin Oriental, Boston connects guests to the city's finest shopping, cultural venues and business institutions from its prime location in the heart of Boston's chic Back Bay on Boylston Street.

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 29 hotels and eight residences in 19 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, with the next hotel opening planned in Doha.

Photographs of Mandarin Oriental are available to download from the [Photo Library](#) of our [Media](#) section at www.mandarinoriental.com.

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