

news release

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MANDARIN ORIENTAL CELEBRATES 10 YEARS OF WELLNESS AT THE GROUP'S LUXURY SPAS WORLDWIDE

Hong Kong, 29 May 2019 - The award-winning [Mandarin Oriental Hotel Group](#) is celebrating 10 years as a leader in wellness at its luxury spas worldwide.

Over the past decade, the Group has launched a range of signature concepts, products, and treatments that have helped to establish the Group's spas as some of the best in the world, with more *Forbes* 'Five-Star Spas' than any other hotel company.

Examples of innovation include a collaboration with global health and fitness platform Grokker to bring wellness into the guestroom with a range of complimentary in-room health and fitness videos; the launch of [Mindful Meetings by Mandarin Oriental](#), designed to enhance and energise meetings and conferences with creative solutions that are based on five key elements of wellness: nourishment, movement, stillness, connections and wellbeing; and relaxing [Digital Wellness](#) treatments and [practical tips](#) that encourage guests to take a break from today's ever-present technology.

In addition, the Group has invested behind a number of expertly trained Mandarin Oriental Specialists to provide guests with bespoke, specific treatments and experiences that can be hard to find elsewhere. These include podiatry specialists, TCM specialists, a Turkish Hammam Master, Shaolin Kung Fu Master and Thai massage therapists.

The Group will be starting their celebration of innovations achieved over 10 Years of Wellness on Global Wellness Day, 8 June 2019, with complimentary wellness activities at all hotels and resorts worldwide. For the rest of the year, guests are encouraged to rediscover some of the Group's most popular, ground-breaking signature treatments and products. Those who book the Group's signature *Oriental Qi* massage between [Global Wellness Day](#) and 8th September 2019 will receive tip sheets for exercise, balance and breathing together with a signature oil that relates to their own personalised element to use at home.

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Oriental Qi

Developed a decade ago in consultation with specialists in Traditional Chinese Medicine (TCM) and master aromatherapists, this therapy forms the cornerstone of the Group's spa treatment menus.

This massage consists of a relaxing, hands-on body massage ritual that combines the powerful effects of oriental meridian massage with the therapeutic benefits of custom-blended essential oils, that were created uniquely for Mandarin Oriental by the acclaimed Aromatherapy Associates.

Each treatment begins with a private therapist consultation to determine each individual's personal and current state of wellbeing. The treatment and oils are then tailored to each guest to leave the body, mind and spirit in perfect harmony.

To further extend their experience at home, guests can also purchase the Group's [bespoke product and homecare range](#) at many of its luxury hotel spas worldwide. The product range incorporates body and bath oils matched to each of the five elements, as well as a generic body scrub, body wash and body lotion. All contain natural ingredients and are paraben free and have been blended by a master blender to Mandarin Oriental's specifications.

"Our products were created in consultation with leading experts in Aromatherapy and Traditional Chinese Medicine (TCM)," said Jeremy McCarthy, Group Director of Spa and Wellness, "and our treatments were designed before personalisation was the buzzword it is today, to deliver bespoke experiences that are tailored to the preferences of our guests."

Other unique and pioneering therapies developed by the Group over the last 10 years include:

Oriental Harmony

This treatment begins with a soothing foot bath followed by a luxurious frankincense and ginger scrub. The massage that follows uses the Group's most popular bespoke Quintessence oil combined with two therapists, who work in perfect unison to inspire a harmony of the senses.

Time Ritual

Guests book a length of time to enjoy the most holistic experience possible, where therapists utilise their individual talents to create and customise treatments to each guest's unique individual needs.

Digital Wellness Escape

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative massage treatment aims to ease stresses and strains resulting from the frequent use of digital devices. Guests are encouraged to enjoy their spa experience and escape from the digital influenced world.

Calm Mind

Designed as the perfect re-boot for those who don't have a lot of time, the Calm Mind treatment restores energy by combining a signature soothing head, back and shoulder massage, designed to completely relax and release any emotional and physical tension.

"Our mission is to consistently infuse quality and authenticity in to everything that we do. As we celebrate 10 years of wellness, we hope our guests will be encouraged to experience or revisit some of the treatments, products and therapies that have consistently received accolades from our fans over the past decade," added McCarthy.

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 32 hotels and six residences in 23 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. Further information is also available on our Social Media channels.

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