

news release

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MANDARIN ORIENTAL CELEBRATES GLOBAL WELLNESS DAY

Hong Kong, 3 May 2016 – As a leader in spa and wellness in the hospitality industry, [Mandarin Oriental Hotel Group](#) is delighted to participate in Global Wellness Day 2016. This international event is celebrated every year on the second Saturday in June, and is designed to encourage people to live a healthier and better life. The event’s slogan, “one day can change your whole life”, promotes new wellness habits which include drinking more water, eating organic foods, getting more sleep and connecting with friends and family.

Global Wellness Day falls this year on 11 June, and in support, Mandarin Oriental hotels around the world are offering a variety of complimentary wellness activities for guests. These include a guided jog around the Imperial Palace in Tokyo, a Pilates class in the fragrant Spa Garden in Marrakech, a complimentary sky-high fitness training circuit with harbour views in Hong Kong and a guided singing bowl meditation in Miami. To complement all of the activity, many of the Group’s restaurants will offer healthy juices and wellness menus. Mandarin Oriental’s hotel colleagues on property will also be encouraged to participate in Global Wellness Day, with healthy food options, wellness talks and tai chi, yoga or fitness classes.

“Encouraging wellness has always been an important component of the Spas at Mandarin Oriental, and we are pleased to take part in this global initiative. We hope our guests and colleagues will use this event as a chance to reflect on and celebrate their own wellness practices.” said Jeremy McCarthy, Mandarin Oriental’s Group Director of Spa.

For more information and details on complimentary wellness activities available on Global Wellness Day, guests can connect with Mandarin Oriental Spas around the world on www.mandarinoriental.com

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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 seven 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 openings planned in Doha and Beijing.

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