

# news release

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## MANDARIN ORIENTAL COMMEMORATES GLOBAL WELLNESS DAY 2022 WITH 'INTELLIGENT MOVEMENT' LAUNCH

**Hong Kong, 1 June 2022** – [The Spas at Mandarin Oriental](#) honour Global Wellness Day 2022 with the launch of '[Intelligent Movement](#)', an innovative wellness program designed to bridge the gap between The Spas and Fitness Centres. Created in collaboration with Hong Kong based **Joint Dynamics**, this ground-breaking new treatment and training approach assists guests to improve their capacity for quality movement hindered by a modern lifestyle. Celebrating the initiative, on Global Wellness Day (11 June 2022) Spas around the globe will host a variety of complimentary activities under the theme of Intelligent Movement.

Intelligent Movement looks to support guests whose posture and mobility is compromised by a tech-driven lifestyle that leads to a head-forward posture, internally rotated shoulders, anterior pelvic tilt, tight hamstrings, etc. Designed to help guests move more and better, this landmark treatment includes teachings from the elite coaches of Joint Dynamics, a cutting-edge multidisciplinary clinic specialising in scientific and individual approaches to treatment and personal training. Treatments include: trigger point release work, deep muscle manipulation, and stretching and elongation of the muscles, all designed to soften, release tension, and aid in increased mobility in the body.

Prior to the treatment, guests will have a choice between two Mandarin Oriental signature oils. The first, **Awaken**, represents the element of Wood in Traditional Chinese Medicine and embodies fresh, green growth and the beginning of a new cycle. By Combining neroli and lavender to relieve mental tension, and mandarin and grapefruit for a gentle energy boost, the oils aids in calming the mind and aiding relaxation. The second, **Release**, represents the element of metal in Traditional Chinese Medicine. Its clearing quality inspires this uplifting blend of sacred frankincense, clary sage and eucalyptus. Ideal to relax the muscles, protect from flu symptoms and boost the immunity.

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After the treatment guests receive a tip card so they may continue the program at home with mobility exercises for both the upper and lower body to help combat postural issues and improve flexibility.

As part of this Intelligent Movement program we have also partnered with [Hyperice](#), a U.S. based innovator in high performance wellness technology, to provide therapeutic massage tools to both therapists and fitness trainers for their use on guests to assist with muscle manipulation, opening of joints, and preparing the body for the effects of the treatment. These massage tools will also be available for retail in each of our spas.

“Over the past few years and with the influx of technology we see many of our guests coming into our spas and fitness centres with the same general issues of posture and lack of mobility,” said Andrea Lomas-Gong, who oversees global spa and wellness operations. “Most of our guests have a head forward posture from looking down at screens, internally rotated shoulders from too much keyboard use, tight hips and lower back pain from too much sitting. Intelligent Movement addresses these issues in a comprehensive yet personalized, approach.”

## **GLOBAL WELLNESS DAY 2022**

On Global Wellness Day, our Spas around the globe will be hosting various complimentary activities under the theme of Intelligent Movement such as:

- Dynamic Stretching Class at [Mandarin Oriental, Hong Kong](#)
- Pilates and Dynamic Meditation in [Mandarin Oriental, Barcelona](#)
- Stretch Band Mobility Workshop in [The Landmark Mandarin Oriental, Hong Kong](#) to address muscular imbalance and increasing range of motion
- Yoga with wellness expert Neelam Khatri at [Mandarin Oriental, Bangkok](#) focusing on the impact of mind and movement on relaxation of the body
- Walking Meditation with Energy Bagua in [Mandarin Oriental, Jakarta](#) to gain balance and vital energy

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- Mobility & Posture Assessment in [Mandarin Oriental, Marrakech](#)
- Sunrise Yoga on the Roof Top Terrace in [Mandarin Oriental, Munich](#) for every Saturday in June
- The Movement Studio Classes in [Mandarin Oriental Hyde Park, London](#) delivering a series of specialised movements with a focus on improving movement preparation, enabling peak performance, and aiding recovery

For more information about Intelligent Movement or The Spas at Mandarin Oriental please visit [MandarinOriental.com](http://MandarinOriental.com).

#### **About Joint Dynamics Ltd.**

Joint Dynamics is Asia's leading integrated health and wellness provider using science based methods and worlds best practice they deliver health and fitness solutions to both individuals and for large multinationals. Intelligent Movement is a tagline that is something they take very seriously and has been the cornerstone for the delivery of improving health outcomes. Using a balanced approach of mobility, stability and joint health the 'Joint Dynamics Intelligent Movement' series aims to provide both therapists and fitness trainers the tools to make lasting positive changes to guests

#### **About Hyperice**

Hyperice is a technology-driven company with a giant mission, to help everyone on Earth move and live better. For more than a decade, Hyperice has led a global movement at the confluence of recovery and wellness. Now, as a holistic high-performance wellness brand, Hyperice is designed for all - from the most elite athletes, leagues and teams to consumers everywhere looking to unlock the best version of themselves. Recognized as one of Fast Company's Most Innovative Companies, Hyperice has applied its technology and know-how to industries including fitness, hospitality, healthcare, massage, physical therapy, sports performance and workplace wellness on a global scale. Hyperice's transformative acquisitions of Normatec, RecoverX and Core have helped to accelerate its innovation agenda as it enters its next stage of global growth.



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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 36 hotels and seven residences in 24 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.

Further information is available on our Social Media channels and website: [www.mandarinoriental.com](http://www.mandarinoriental.com), including the [Photo Library](#) and [Media Centre](#). Alternatively, please contact:

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