

# news release

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## **MANDARIN ORIENTAL HOTEL GROUP LAUNCHES *WELLNESS MUSIC PROGRAMME***

*The Spas at Mandarin Oriental Host Global Wellness Day Celebrations Showcasing the Power of Music*



**Hong Kong, 2 June 2023** – [\*The Spas at Mandarin Oriental\*](#) harness the transformative energy of music with a new *Wellness Music Programme*. Set to debut on [Global Wellness Day](#) (10 June 2023) across the Group, the Wellness Music Programme has been carefully curated drawing on regional cultures and philosophy with healing traditions in their music.

The Wellness Music Programme is the latest innovation by the Spas at Mandarin Oriental designed to elevate guest wellness journeys. Music, long viewed as a formidable tool for enhancing mood or calming the body, was identified as a distinctive and valuable part of a Wellness practice. The music programme, which enhances Mandarin Oriental [holistic signature treatments](#) based on Traditional Chinese Medicine, draws inspiration from ancient

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Oriental philosophies and is designed to further nurture guests and deliver a deeper sense of renewal.

To create the programme the Group collaborated with *MusicStyling*, a network of world-renowned ambient composers, and highly qualified and experienced internal team of experts. The carefully curated selections have drawn on global musicians, musical experts, and themes from historical philosophical texts to give further space for healing.

**The Five Elements playlist:** Each of the five musical compositions was inspired by the *Chinese Five Phases Music Therapy*. Following the Five Elements found within Mandarin Oriental's signature spa treatments, the playlist is also personalised based on the specific needs of each guest and their element profile. These playlists may be enjoyed in our relaxation areas and can be personally tailored and provided to our guests for their enjoyment after their visit.

- [Awaken – Spring](#): *Jue* relates to Wood and traditionally associates with the Liver and Gallbladder, representing the season of Spring and the energy of youth and growth. This series of music is composed of ancient vertical and bamboo flute. The Jue sound is clear, melodious, deep to provide a gentle energy boost and deep sense of renewal.
- [Bloom - Summer](#): *Zhi* relates to Fire and associates with the Heart and Small Intestine, representing the season of Summer and provides us warmth, and the capacity of love and enables us to mature and blossom. This series of music uses the guqin instrument in combination with other silk-string instruments. The Zhi sound is distinct, flowing, soothing and melodious designed to relax and revitalise the body and open the heart.
- [Flourish – Indian Summer](#): Gong relates to Earth and associates with the Stomach and Spleen, representing late summer season providing us the ability to nurture ourselves and others. This series of music is composed of the Gong combined with xun and sheng. The Gong sound is equivalent to '1' in Chinese musical notation designed to stabilise emotions, release stress and recenter the body and mind.

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- [Release - Autumn](#): Shang relates to Metal and associates with the Lung and Large Intestine, representing the Autumn season providing us with our capacity to look at what lies beyond ourselves and the power to let go. This series of music is composed of metal instruments such as Chimes and singing bowls. The Shang sound is deep, sonorous, bright, and powerful, providing a deep exhalation to let go and restore harmony in the body and mind.
- [Reflect - Winter](#): Yu relates to water and associates with the Kidney and Bladder, representing the Winter season providing us with adaptability and willpower. This series of music is composed of a combination of struck instruments and free reed pipes. The Yu sound is graceful, quiet, soft, gentle but warm, like the slight waves of water designed to provide a time to pause and gather inner strength.

“Caring for mind, body and spirit is the cornerstone of Mandarin Oriental’s spa and wellness philosophy,” said Jeremy McCarthy Group Director of Spa and Wellness. “Our Global Wellness Music Programme is designed to create the right healing atmosphere for our holistic spa and wellness services.

Fans of the brand will be able to experience this programme firsthand on Global Wellness Day. Our teams across the globe have created a series of distinctive activities, each designed to harness the healing power of music,” he continued.

### **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 nine residences in 24 countries and territories, with each property reflecting the Group’s oriental heritage, local culture and unique design. Mandarin Oriental has a strong pipeline of hotels and residences under development, and is a member of the Jardine Matheson Group.

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

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Notes to Editor

**Global Wellness Day Activities**

The following are [Global Wellness Day](#) activities hosted across the globe. For further information please contact the hotels directly.

ASIA	
<a href="#">Mandarin Oriental, Hong Kong</a>	Skincare workshop with OSKIA, sound therapy with Gong and Singing Bowl
<a href="#">Mandarin Oriental, Hong Kong – The Landmark</a>	9:00am – 12:00pm An Open Wellness Day Forum  Activities include: Mindful Yoga, Singing Bowl Meditation, HIIT Exercise and Dancing Magenta
<a href="#">Mandarin Oriental, Bangkok</a>	*Inner Flow Dancing *Chanting - Sound Therapy *DIY class: How to make body scrub for self-care at home; Lead by Spa Operation Manager

<a href="#"><u>Mandarin Oriental, Guangzhou</u></a>	<p><u>Dynamic - Body</u> *10:30Am - 12:00pm: Poolside for hotel guests, and spa &amp; wellness members Body Combat 45mins Yoga 45mins</p> <p><u>Sounds - Mind</u> *3:00 - 3:45pm Sounds: Healing and Release</p>
<a href="#"><u>Mandarin Oriental, Jakarta</u></a>	HIIT & Maumere Dance
<a href="#"><u>Mandarin Oriental, Kuala Lumpur</u></a>	<p>*Tabata Workout: Full Body no Equipment with Tommy - Asst. Spa &amp; Wellness Manager</p> <p>*Complimentary Fitness Assessment</p>
<a href="#"><u>Mandarin Oriental, Macau</u></a>	Sound therapy and yoga sessions hosted by visiting Balinese instructors
<a href="#"><u>Mandarin Oriental, Shanghai</u></a>	<p>A Summer of Wellness</p> <p>*10 June: 10:00am - 11:00am Zumba class on Lawn</p> <p>*25 Jun - Sound healing</p> <p>*8 July - Dance</p> <p>*23 July - Boxing</p> <p>*12 August - Scrape Therapy</p> <p>*20 August - Yoga class</p>
<a href="#"><u>Mandarin Oriental, Sanya</u></a>	Singing Bowl sessions
<a href="#"><u>Mandarin Oriental, Shenzhen</u></a>	Sound healing therapy event poolside followed by Aqua Zumba
<a href="#"><u>Mandarin Oriental, Taipei</u></a>	Nutrition talk and yoga class
<a href="#"><u>Mandarin Oriental, Tokyo</u></a>	Dance Magenta Event at Fukutoku street, collaboration with Mitsu Group.
<a href="#"><u>Mandarin Oriental, Beijing</u></a>	Self-healing dance workshop: "How to Open Body and Mind" for re-connection and to stimulate inner-awareness.
<b>MIDDLE EAST AND AFRICA</b>	
<a href="#"><u>Emirates Palace Mandarin Oriental, Abu Dhabi</u></a>	*7.00-7.15am Arrival and Registration

	<p>*7.15-7.45am Kangoo Jump  <a href="https://www.instagram.com/kangoo.krunz/?hl=en">https://www.instagram.com/kangoo.krunz/?hl=en</a></p> <p>*8.00-9.00 am Sunrise Flow with DJ with Shahad  <a href="https://shahadlabelle.com/">https://shahadlabelle.com/</a></p> <p>*9.00-9.30am Meditative Sound Bath with The Spa at MO</p> <p>*9.30am onwards Snacks and Mingle</p>
<u><a href="#">Mandarin Oriental, Doha</a></u>	<p><b>AM Session:</b>  <i>Chakra Balancing Breath Work &amp; Sound Healing</i> – 60 minutes featuring Kerry Muller from The Subliminal Self</p> <p><b>PM Session:</b>  <i>Silent Disco Spin</i> featuring Cyclone Studio          30 Minutes x 2 sessions – An outdoor cardio escape and silent dance party          Session 1: 7:45pm to 8:15pm          Session 2: 8:30pm to 9:00pm</p> <p><b>All Day:</b>          Complimentary Fitness Assessments in Fitness &amp; Wellness (Functional Movement Screen), Cardiovascular Fitness Test (Sub-maximal), and Body Analysis.</p>
<u><a href="#">Mandarin Oriental, Dubai</a></u>	<p>*7am - 9am Beach Ice bath and breathwork with Elisabeth Bohler including a healthy breakfast</p> <p>*11am Primal Flow with Avinash Kumar</p> <p>*Evening: MO Dance time</p>
<b>EUROPE</b>	
<u><a href="#">Mandarin Oriental, Barcelona</a></u>	<p>Activities are offered in the Mimosa Gardens from Wednesday 7 June – Saturday 10 June and are complimentary for Fans of MO:</p> <p>*Wednesday 7th of June at 7PM (90min)          Deep breathwork guided by Fran</p> <p>*Thursday 8th of June at 7PM (75min)</p>

	<p>Tea ritual + guided meditation by Marika</p> <p>*Saturday 10th HIIT Pilates by Sonia (60min)</p> <p>*Saturday 10th at 8pm Silent Ecstatic Dance (headphones)(2h)</p>
<a href="#"><u>Mandarin Oriental, Bodrum</u></a>	<p>Spa Garden Events</p> <p>*8:45 – 9:30 Bachata Class</p> <p>*12:00 – 12:45pm Slow Waltz Class</p>
<a href="#"><u>Mandarin Oriental, Lago di Como</u></a>	<p>Six Classes throughout 10 June</p> <p>*10.30 Baby dance for family with our Alessia and Joyce 40 minutes</p> <p>*1.30 Zumba with our Lorena and Sofia 40 minutes</p> <p>*3 pm Move your body: improvisation 40 minutes</p> <p>*4 pm Swing: Como has a local school; we will organise with live sax and music 40 minutes</p> <p>*5.30 pm Taranta: a special dance from the south of Italy 40 minutes</p> <p>*6.30 pm Flamenco: with our Jose (ex-professional Flamenco dancer) 40 minutes</p>
<a href="#"><u>Mandarin Oriental Hyde Park, London</u></a>	<p>Mandarin Oriental Hyde Park, London has partnered with wellness pioneers OPO to create a summer trail of unique, immersive meditation ‘portals’ for <a href="#"><u>Mandarin Oriental and its community as part of Global Wellness Day 2023.</u></a></p> <p>Each portal consists of a new innovative wellbeing experience that blends mindful methods, neural-enhancing soundscapes with nature-based locations in the heart of London. Portal locations include Hyde Park, Green Park, Berkeley Square and Brown Hart Gardens. On Saturday 10th June, we will host Barre Class at 8:30 am and Dance Fusion at 11:00 am (combination of different styles). This is to celebrate all together Dance Magenta!</p>

	Hotel Guests and Members are welcome to participate, as well as a limited number of external with previous reservation.
<b><u>Mandarin Oriental, Geneva</u></b>	
<b><u>Mandarin Oriental Bosphorus, Istanbul</u></b>	In partnership with <b>Hello Magazine</b>  All-day programming includes: Outdoor Spinning, Yoga and movement trainings. Health food and snack buffet
<b><u>Mandarin Oriental, Milan</u></b>	8-10.30 am AYURVEDA HEALTHY BREAKFAST and hand pam player, discover you dosha quiz and dance flow afternoon sessions with Giulia.
<b><u>Mandarin Oriental, Paris</u></b>	In partnership with <i>Champion Spirit</i> (Sports champion fitness instructors). Participants will receive a logoed workout outfit.  *Activity: Barre class with a ballet dancer along with healing music for hotel guests and spa frequent external guests.
<b><u>Mandarin Oriental, Prague</u></b>	*10 June - Yoga in the Monastery Garden in the morning. *Tuesday 13. June – special partnership with <i>Harper's Bazaar</i> : yoga dance flow class, sound bath, workshops, and AA newskincare introduction
<b>AMERICAS</b>	
<b><u>Mandarin Oriental, Boston</u></b>	Ayoga and sound Meditation experience with Aly Raymer, one of Boston's top wellness instructors for FLOW & CHILL.
<b><u>Mandarin Oriental, Canouan</u></b>	Morning Beach Exercise / Afternoon Aqua Aerobic
<b><u>Mandarin Oriental, Miami</u></b>	Zumba or Salsa Dance Class + Yoga session in ballroom. Complimentary juices + healthy treats





[Mandarin Oriental, New York](#)

\*10:00 – 12:00 Breathwork session accompanied by  
a Julliard violinist