

Mandarin Oriental Hotel Group Limited
8th Floor, One Island East, Taikoo Place, 18 Westlands Road, Quarry Bay, Hong Kong
Telephone +852 2895 9288 Facsimile +852 2837 3500
mandarinoriental.com



MANDARIN ORIENTAL HOTEL GROUP LAUNCHES “INNER STRENGTH – OUTER STRENGTH” WELLNESS INITIATIVE

Hong Kong, 28 January 2021 – Reflecting on the unprecedented challenges of 2020 and starting the new year with renewed energy, [Mandarin Oriental Hotel Group](#) has launched the “*Inner Strength – Outer Strength*” wellness initiative across all its spas worldwide to assist guests in using this time of disruption to create positive changes and build strength both physically and mentally.

“The adversity in 2020 has led all of us to re-prioritize personal wellness. Developing our reserves of strength during times of uncertainty is crucial to avoid illness, manage stress and be better able to support others,” said Jeremy McCarthy, Group Director of Spa & Wellness. “Entering 2021 with hopes for a brighter future ahead, we are proud to offer our new *Inner Strength – Outer Strength* initiative, delivered by our diverse teams of wellness experts, massage therapists, fitness trainers and meditation teachers from across our Spas.”

Each Spa at Mandarin Oriental ensures the modern luxuries of silence, calm, separation from technology, and nurturing touch from professionally trained therapists in a tranquil environment. Through this initiative, guests can focus on their ‘Inner Strength’ development by taking time for silence, contemplation and mindfulness, while building ‘Outer Strength’ through boosting physical vitality with exercise, movement and healthy nutrition.

The ‘Inner Strength – Outer Strength’ experience is tailored to the specific needs of each guest, who can access expert trainers and practitioners to help define new goals and routines, or to motivate them towards the goals they have already established. A series of [virtual](#) assessments and tip sheets have also been developed to support guests remotely. Specialty offerings at [The Spas at Mandarin Oriental](#) include:

- [Mandarin Oriental, Hong Kong](#) is offering a series of singing bowl workshops along with tailored fitness programmes based on a full body composition analysis.

Page 2

- [Mandarin Oriental, Macau](#) is featuring a relaxing ‘Inner Strength’ spa treatment combined with a variety of fitness classes including yoga and personal training.
- [Mandarin Oriental, Bangkok](#) is pairing advanced yoga nidra techniques such as pranayama (breathwork) and mantra chanting alongside intense fitness activities, including guided runs and boot camp sessions.
- [Mandarin Oriental Milan](#) is presenting yoga and singing bowl sessions along with private AquaGym and stretching classes.
- [Mandarin Oriental Marrakech](#) is running workshops on essential oils along with complimentary fitness assessments with their certified coach.
- [Mandarin Oriental, Canouan](#) is offering yoga and guided meditation alongside active outdoor activities such as kayaking and hiking.

The course’s three core areas focus on: Physical Strength (Vitality), Mental Strength (Mindfulness) and Character Strength (Authenticity) and the expert team includes:

- Master Hu – Kung Fu Master at Mandarin Oriental, Sanya
- Andrew Johnson - Meditation Teacher at Mandarin Oriental Hyde Park, London
- Cristina Mclauchlan - Yoga Teacher at The Landmark Mandarin Oriental, Hong Kong
- Tony Reed - Massage Therapist at Mandarin Oriental, Boston
- Newman Chen – Traditional Chinese Medicine Specialist at Mandarin Oriental Pudong, Shanghai.

Mandarin Oriental Hotel Group is renowned for ground-breaking signature concepts, products and treatments that deliver the most bespoke experiences tailored to the preferences of guests. These have established the Group’s spas as some of the best in the world, with more Forbes ‘Five-Star Spas’ than any other hotel company.

The group recognises the unprecedented levels of stress and anxiety faced by colleagues amid the challenges brought by the pandemic and has also launched a virtual *Inner Strength – Outer Strength* course alongside myriad local wellness activities to support the global team in adopting new wellness habits into their lifestyle. For further information on each hotel’s *Inner Strength – Outer Strength* programme, click [here](#).

-more-

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 33 hotels and seven 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.

-end-

For further information, please contact:

Corporate Office

Shevaun Leach (shevaunl@mohg.com)
Global
Tel: +852 2895 9286

Abbey Naylor (anaylor@mohg.com)
The Americas
Tel: +1 (212) 830 9383

Angela Cai (cangela@mohg.com)
Asia Pacific
Tel: +86 21 2082 9887