

news release

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EXPERIENCE ‘SILENT NIGHT’ AT *THE SPAS AT MANDARIN ORIENTAL* ON 11 DECEMBER 2019

Hong Kong, 28 October 2019 -- In our increasingly hectic and urbanised world, silence is a precious commodity, which is why [*The Spas at Mandarin Oriental*](#) are ‘turning down the volume’ once again with their annual offer of a night of silence in their spas worldwide on 11 December 2019.

On *Silent Night*, all the Group’s spas will offer their normal treatment menu, but after 5pm there will be no talking and no music within the spa to instill a sense of peace and allow for individuals to experience contemplation and mindfulness. All communication will take place in a brief consultation at the beginning of the spa journey, before the guest changes into their robe.

“A lot of the value of a spa experience comes from simply disconnecting from technology and experiencing time for yourself in silence,” said Jeremy McCarthy, Group Spa Director for Mandarin Oriental Hotel Group. “During this stressful time of the year, we want to create a space where people can press the pause button and have some time to think, meditate, or just take a break from being inundated with noise.”

Guests are encouraged to come alone or to bring a loved one with whom they would like to share an experience of silent connection. This is also the perfect time to take advantage of the Group’s *Digital Wellness* initiative. This provides guests with access to a range of wellness advice and activities designed to help them disconnect from technology. Mandarin Oriental has developed a number of tips and guidelines that can help establish personal boundaries on the use of technology, clear mental chatter and establish a healthy, digitally balanced lifestyle.

For those who wish to immerse themselves more fully, a *Digital Wellness Escape* can be booked at all of the Group’s spas. This 1 hour 20-minute experience focuses on grounding both body and mind through the power of human touch, and is designed to provide a calming and peaceful respite from the outside world and the stress of repetitive movements.

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“Wellness experts agree that silence, and the absence of incessant digital noise, is key to our health and wellbeing,” said Susie Ellis, Chairman and CEO of the Global Wellness Institute. “What a perfect time of year to create an opportunity for people to experience disconnection, silence and stillness along with the health benefits that result. Mandarin Oriental’s *Silent Night* should become a model for all of us to practice throughout the year.”

Guests can also enjoy additional events in certain locations in honour of Silent Night, such as Silent Yoga in Bangkok, Guangzhou, Kuala Lumpur, Munich and Marrakech, Meditation Classes in Boston, Canouan, Macau and Hong Kong, or Singing Bowl therapies in Prague and Singapore. Mandarin Oriental Miami and Canouan will have massages on the beach to encourage guests to enjoy Silent Night outdoors and reconnect with nature.

For more information about ‘Silent Night’, and treatment reservations, visit www.mandarinoriental.com

About The Spas at Mandarin Oriental

The multi-award-winning *Spas at Mandarin Oriental* are havens for contemplation and discovery. Guided by the Group’s oriental heritage but influenced by local cultural diversity, Mandarin Oriental has created distinctive concepts with highly sophisticated spa offerings. Each *Spa at Mandarin Oriental* is designed to offer a complete holistic experience that goes well beyond simply delivering massages to tired bodies. Highly trained therapists are thoroughly educated to the Group’s own exacting standards, and all take pride in delivering a bespoke service to meet guests’ personal wellness needs.

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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 32 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.

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