

news release

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EXPERIENCE ‘SILENT NIGHT’ TRADITIONS AT THE SPAS AT MANDARIN ORIENTAL ON 14 DECEMBER 2022

[O & MO Alliance](#) Brings Ayurvedic Guidance to ‘Silent Night’



Hong Kong, 17 November 2022 – Marking its eighth year, [The Spas at Mandarin Oriental](#) invite guests to disconnect and ‘turn down the volume’ with their annual ‘[Silent Night](#)’ event on 14 December 2022. In addition to the award-winning wellness menu and mindful treatments, this year the Group is proud to feature Ayurveda inspired therapies and guidance provided by Oberoi Hotels and Resorts.

‘Silent Night’, now an annual festive tradition, shines a light on the individual commitment to quiet contemplation, offering both a respite and activities to guide guests in their meditative journeys. Talking and music will cease within the spas at 5pm, to instil a sense of peace and allow for contemplation and mindfulness. In addition to the silent spa ritual, several spas will be offering complimentary ‘Silent Night’ themed activities, such as guided meditation and yoga, Reiki energy techniques, deep sleep applications, and acupressure treatment add-ons.

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Page 2

Additionally, as a part of our [O & MO Alliance](#), which invites guests to discover the unique cultures of two award-winning luxury hotel groups, Mandarin Oriental and Oberoi Hotels, Dr Anuradha Mathad will share ancient, ayurvedic treatments designed to bring guests to a state of ‘Samattva’ or equanimity. Responsible for Oberoi’s corporate spa and wellness programming, Dr Anuradha will highlight Ayurvedic sleep techniques on the Mandarin Oriental website and [social channels](#) along with hosting a series of *Samattva Transformative Treatments* at [Mandarin Oriental Hyde Park, London](#) and [Mandarin Oriental Bosphorus, Istanbul](#) during the month of December.

“Amid the hustle and bustle of the busy holiday season, the search for stillness and calm is so important, which is why we aim 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 the noise of modern urban life” said Jeremy McCarthy, Group Director of Spa & Wellness. This annual ritual in our spas serves as an important reminder to incorporate stillness and rest into our busy lives.”

For those who don’t have an opportunity to visit the spa on 14 December, the Group invites all to participate individually and have a night of digital disconnection in contemplative calm incorporating sleep and wellness tips provided on the Mandarin Oriental content channels. Plan ahead, as all Mandarin Oriental social media channels will go dark that evening, to reduce some of the digital noise and encourage an evening of disconnection.

For further information and treatment reservations, visit www.mandarinoriental.com.

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 eight residences in 24 countries and

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Page 3

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.

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

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