

# news release

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## **MAINTAIN 2023 WELLNESS RESOLUTIONS WITH MANDARIN ORIENTAL** *Experience New Range of Transformative Wellness Offers within the EMEA Collection*



- From Dubai to London, these wellness experiences are designed to support body, mind and soul
- Inspired by its connections to the Silk Road, [Mandarin Oriental, Prague](#) introduces a three-night programme offering guests a transformative journey to refresh the body, awaken the senses and inspire the soul
- Dr Pedro Demicheli takes-up a limited residency at [Mandarin Oriental, Barcelona](#) focusing on acupuncture, helping guests reset their nervous-system

**Hong Kong, 15 February 2023** - In its 60<sup>th</sup> anniversary year, [Mandarin Oriental](#) introduces a selection of new wellness programmes across some of its most iconic destinations.

In its diamond year, Mandarin Oriental continues to push boundaries in its support of greater wellbeing.

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The new programmes will not only support body, mind and spirit, but go deeper into personal wellness to provide guests with the tools for a more balanced lifestyle. Combining ancient Asian healing techniques with the latest in wellness-technology, these new programmes provide space to reconnect, restore and rebalance.

### **Nomadic Dreaming in Dubai**

At [Mandarin Oriental Jumeira, Dubai](#), guests are invited to experience [Nomadic Dreaming](#), a journey inspired by the five dimensions of wellness which include mindfulness, stillness, connection, movement, and nutrition. This unique experience starts with guided affirmations and breathing techniques to help ground the mind and body.

A cleansing full body salt scrub prepares the body for a restorative massage, designed to increase joint mobility and engages a mind-body connection. During the treatment, singing bowls are used on energy centres to unlock stagnant energy and stimulate a deeper meditative state. This restorative treatment supports full body rejuvenation. Experience priced from 399€.

### **Chinese Medicine in Barcelona**

For a limited time only, Dr Pedro Demicheli, who holds a doctorate in traditional Chinese medicine, takes-up residency at [Mandarin Oriental, Barcelona](#) together with Alex Scrimgeourmen an expert in Facial Reflexology.

By focusing on Acupuncture, Dr Demicheli helps guests to restore their nervous system by stimulating the body's natural healing abilities and promoting physical and emotional well-being for a more balanced life. Scrimgeourmen, will offer Dien Chan Facial Reflexology, a technique that stimulates one part of the body to rebalance another. Originally developed by traditional Vietnamese healers, Dien Chan Reflexology is a unique system that combines massage techniques to release tension throughout the head, neck and face.

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Both treatments have a powerful effect on rebalancing the nervous, hormonal, and circulatory systems and hold the potential to release emotional stress patterns and improve mental conditioning.

Dr. Pedro Demicheli will be available from 16<sup>th</sup> February every Friday throughout 2023. Treatments are priced at EUR 120/60 min. Alex Scrimgeourmen will be in residence from 13 to 20 March 2023 with treatments priced at EUR 160/ 60 min.

### **East Meets West**

Inspired by [Mandarin Oriental, Prague's](#) captivating connection with the Silk Road, the Czech capital's most luxurious hotel introduces a new programme connecting wellness techniques from East and West. The three-day "[On The Silk Road Retreat](#)" will offer guests a transformative journey to refresh the body, awaken the senses and inspire the soul.

Treatments include a private consultation with a Traditional Chinese Doctor, including dietary recommendations and a personalised Chi balancing menu to enjoy throughout the stay. A two-hour Oriental Chi ritual featuring a meridian massage helps regulate hormones, rebalance energy and support mental wellbeing. The three-day "On The Silk Road Retreat" is priced from EUR 945.

### **Train with a Champion in Paris**

For those looking to improve their fitness levels, [Mandarin Oriental, Paris](#) has developed a new personal training programme in collaboration with Champion Spirit Academy.

Champion Spirit Academy offers guests a custom-made training experience with Champion Spirit Masters that are all former world-class athletes and winning champions in their discipline. Participants are invited to choose training sessions tailored to their individual fitness goals.

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Children who dream of becoming athletes are also welcome to train with a Champion Spirit coach as well.. Personal Training by Champion Spirit is priced at EUR 250 for a 60-minute session. Availability upon request.

### **Wellness for Little Guests**

[The Spa at Mandarin Oriental Hyde Park, London](#) offers a new treatment menu designed for small VIP's (five years and above). To promote a wellness state of mind away from the screen, the menu includes fun crystal singing bowl classes, relax and nourish mini massages, manicures and pedicures. Whilst the kids are busy being spoilt, parents can relax and rejuvenate in the Spa's facilities including sauna, vitality pool and the Zen Colour Therapy Relaxation Area. When it's family time again, everyone can enjoy time together in The Spa's 17-meter indoor swimming pool. Available from 1 March 2023 priced from EUR 62.

### **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.

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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