

news release

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MANDARIN ORIENTAL, HONG KONG ENCOURAGES DIGITAL WELLNESS IN THE NEW YEAR

Hong Kong, 16 January 2018 – The award-winning [Mandarin Oriental, Hong Kong](#) introduces the *Digital Wellness Escape*, a luxurious retreat designed to encourage guests to embark on a digital escape from constant connectivity and focus on their wellbeing.

Guests enjoy a reprieve from the bustling Hong Kong metropolis with sumptuous accommodation at the legendary hotel and a visit to [The Mandarin Spa](#) for a 90-minute detox treatment during their stay. Mobile devices are encouraged to remain in guest rooms to minimize online distractions.

The Spa treatment commences with a foot steam using ancient shungite stones that absorb negative energy, anxiety and depression. During this, guests can choose to learn to prepare their own organic face mask with ingredients such as oatmeal, yogurt and mocha or simply enjoy the silence.

With a focus on grounding both the body and mind, the face mask is applied and the massage experience then concentrates on the head, eyes, neck, shoulders and back to provide a calming and peaceful respite to alleviate the stress of the outside world.

Before and after the treatment, guests are invited to the spa lounge to enjoy a range of non-digital activities such as Jenga, Rubik's cubes and mindful colouring or to relax and meditate. Guests are presented with a Mandarin Oriental Power Protein Smoothie to recharge and homecare booklet featuring wellness tips and advice as a reminder on the importance of taking time for reflection.

“In today's fast-paced and technology-charged society, the new norm is to always be connected. This constant distraction interrupts focus, concentration and social settings and we created this programme to support our guests with finding a healthier balance in their daily lives” said Spa Director Karen Aleksich.

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The Digital Wellness Escape is available from 1 February to 31 July 2018, and includes:

- Accommodation for two nights
- A 90-minute Digital Wellness Escape at [The Mandarin Spa](#)
- A Mandarin Oriental Power Protein Smoothie and Wellness Booklet
- Daily breakfast at [Clipper Lounge](#) or [Café Causette](#)

Room rates are available starting from HKD4,675 for one person and HKD5,550 for two, per room per night and are subject to availability and 10% service charge. For further information and reservations, please visit mandarinoriental.com/hongkong.

The Digital Wellness Spa treatment is also available to non-resident guests, priced at HKD1,750 for weekdays and HKD 1,980 for weekends and subject to 10% service charge.

About Mandarin Oriental, Hong Kong

The iconic [Mandarin Oriental, Hong Kong](#) is the epitome of contemporary luxury combined with Oriental heritage. Having delighted guests with award-winning services and impressive facilities for over 50 years, it is a much-loved address for those seeking an exclusive sanctuary in the heart of the city. The hotel's spacious [rooms and suites](#) offer magnificent views of the renowned Victoria Harbour and the city's skyline. A collection of 10 outstanding [restaurants and bars](#), including three that hold Michelin Star status, a Shanghainese-inspired [holistic spa](#), an indoor pool and a 24-hour fitness centre, make Mandarin Oriental, Hong Kong the quintessential "home away from home" for discerning leisure and business travellers alike.

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 31 hotels and eight residences in 21 countries and

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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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