

# news release

Mandarin Oriental Hotel Group Limited  
281 Gloucester Road, Causeway Bay, Hong Kong  
Telephone +852 2895 9288 Facsimile +852 2837 3500  
www.mandarinoriental.com



## **THE SPA AT MANDARIN ORIENTAL, LONDON INTRODUCES NEW TREATMENTS WITH EXPERT THERAPISTS**

**Hong Kong, 18 May 2016** – [Mandarin Oriental Hyde Park, London](#) has launched new holistic treatments at The Spa at Mandarin Oriental, London. Considered one of the best luxury hotel spas in Britain, The Spa at Mandarin Oriental, London is the first spa in the capital to include Reiki and Craniosacral Therapy on its extensive menu, to help guests practice mindfulness while improving their health and sense of wellbeing.

Reiki, a healing art that originated in Japan, has gained worldwide recognition as an effective relaxation technique. Rika Tanaka, who has practised this method for more than 15 years and is one of only 13 people in the world to hold the prestigious title of Reiki Grand Master (Dai-Shihan), will take guests on a detoxifying, 80 minute journey to inner peace. Reiki releases blocked energy from the body, allowing guests to relax and heal, both physically and emotionally, resulting in stress reduction and mental clarity. Sessions priced from GBP180.

Craniosacral Therapy relieves pain and tension through gentle manipulation of the skull, which harmonises the central nervous system's natural rhythm. The Spa at Mandarin Oriental, London has created the Stillness Ritual, the only Craniosacral Therapy session offered by a London spa. In the careful hands of leading practitioner, Elena de Antoni, guests will enter into a 1 hour 50 minute mind and body calming experience that results in profound relaxation and feelings of lightness and ease. Sessions priced from GBP250.

For more information or to book, please contact The Spa at Mandarin Oriental London on +44 (0)20 7838 988 or by email [molon-spa@mohg.com](mailto:molon-spa@mohg.com)

### **About Mandarin Oriental Hyde Park, London**

With bustling Knightsbridge on its doorstep and leafy Hyde Park at its rear, Mandarin Oriental Hyde Park is London's most prestigious address. Blending sumptuous guestrooms with a world-leading spa and a stylish bar, it is the definitive destination for a luxury escape.

-more-



Page 2

And with two award-winning restaurants including Bar Boulud, London and Dinner by Heston Blumenthal, the first London restaurant for one of the UK's most renowned chefs, Mandarin Oriental Hyde Park stands at the culinary centre of the capital.

### **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 29 hotels and seven residences in 19 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, with the next hotel openings planned in Doha and Beijing.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at [www.mandarinoriental.com](http://www.mandarinoriental.com).

Visit [Destination MO](http://www.mandarinoriental.com/destination-mo/) (<http://www.mandarinoriental.com/destination-mo/>), the online version of [Mandarin Oriental Hotel Group](#)'s bespoke publication, *MO*. News about our award-winning hotels, the best dining experiences, spa treatments, travel retreats and interviews with the Group's celebrity fans is now just a click away. Further information is also available on our [Social Media](#) channels.

-end-

For further information, please contact:

*Corporate Office*

Live Haugen ([lhaugen@mohg.com](mailto:lhaugen@mohg.com))  
Group Communications – North and  
East Europe  
Tel: +44 (20) 7908 7813

[www.mandarinoriental.com](http://www.mandarinoriental.com)

*Mandarin Oriental Hyde Park, London*

Sarah Cairns ([scairns@mohg.com](mailto:scairns@mohg.com))  
Director of Communications  
Tel: +44 (0) 20 7201 3814

Marie Norrington ([mnorrington@mohg.com](mailto:mnorrington@mohg.com))  
PR Manager  
Tel: +44 (0) 20 7201 3609

[www.mandarinoriental.com/london](http://www.mandarinoriental.com/london)