

## **FIT AND FAB AT MANDARIN ORIENTAL HYDE PARK, LONDON WITH RUBEN TABARES AND THE ORGANIC PHARMACY**

**Hong Kong, 8 October 2015** – [Mandarin Oriental Hyde Park, London](#) has launched a fitness programme to help guests feel fab before the holly jolly season starts. Ruben Tabares, strength and conditioning coach to the stars, has partnered with Margo Marrone, founder of The Organic Pharmacy, to offer *The City Luxe Boot Camp*, a one-day programme designed to kick-start a detox and exercise regimen guests can carry on at home.

Guests begin *The City Luxe Boot Camp* by enjoying breakfast with Ruben Tabares, followed by a personalised workout session at his exclusive [Wellbeing Fitness Suite](#). By the end of the day, guests will feel rejuvenated and ready to continue their health journey at home, using a tailored fitness programme and The Organic Pharmacy Ten Day Detox kit provided for them. Priced at 550 GBP, *The City Luxe Boot Camp* includes:

- Ruben's wellness breakfast
- 60 minute training session with Ruben including guidance for a well-balanced diet bespoke to the individual
- Use of the luxurious fitness facilities, heat and water oasis
- Departure with The Organic Pharmacy Ten Day Detox which includes: detox kit, detox cellulite body oil, skin brush, re-sculpting body gel, a programme of exercise and nutritional plan to further continue the cleansing and toning process
- Return visit post ten day detox to celebrate one's achievement with a complimentary 50 minute massage at award-winning The Spa at Mandarin Oriental London

Sharing the same holistic approach, Ruben and The Organic Pharmacy believe that improving the inside is equally, if not more important than shaping the outside.

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The Organic Pharmacy founder, Margo Marrone, says: ‘I’m thrilled to now be working with Ruben on *The City Luxe Boot Camp* at Mandarin Oriental Hyde Park, London. This programme brings all our wisdom together to promote a cleaner way of living for everyone.’

Group sessions are also available. For bookings or more information, contact our fitness team directly on + 44 (0) 20 7838 9888 or via email [molon-wellbeing@mohg.com](mailto:molon-wellbeing@mohg.com).

### **About The Organic Pharmacy**

The Organic Pharmacy has been at the forefront of organic health and beauty for over 10 years, ever since husband and wife team Margo and Francesco Marrone founded the company with one simple aim: to create a place where people could come to get brilliant advice from staff who really cared about them, and who had the expert knowledge to be able to help them choose the right treatments and products for all beauty and health needs, all organic and free from toxins. Today, the brand remains passionate about combining all things green and organic with the latest in luxury and technology, and has built a loyal international following through its five stand-alone stores and global distribution network.

### **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. 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.

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### **About Mandarin Oriental Hotel Group**

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences. Having grown from a well-respected Asian hotel company into a global brand, the Group now operates, or has under development, 46 hotels representing 11,000 rooms in 25 countries, with 21 hotels in Asia, nine in The Americas and 16 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 16 *Residences at Mandarin Oriental* connected to its properties.

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

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