

news release

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HOLISTIC HEALING EXPERIENCE WITH DR BUATHON THIENARROM AT THE SPA AT MANDARIN ORIENTAL, MACAU

Hong Kong, 17 August 2016 – To promote health and well-being, [The Spa at Mandarin Oriental, Macau](#) is pleased to host its second visiting consultant, Dr Buathon Thienarrom, in residence between 1 and 5 September 2016.

Dr Buathon is a renowned holistic practitioner from Thailand with an extensive knowledge of alternative medicine, Taoist practice and Tibetan medicine, promoting harmony of body, mind and spirit through unique holistic healing. Her signature healing method enables guests to understand the connection between body and mind, and practise mindful living, relieving physical tension and helping them achieve a calm mental state.

Private healing sessions are priced from MOP 1,450 per person for 60 minutes and MOP 1,850 per person for 90 minutes. Guests are also recommended to join an interactive wellness workshop at MOP 350 per person. Prices are subject to 10% service charge. For more details and reservations, please contact The Spa at +853 8805 8588 or email momac-spa@mohg.com.

ZEN NA TAI

A customised therapeutic massage designed to encourage the flow of energy throughout the body, to release chest, cranial and abdominal tensions as well as stimulate the lymphatic flow, supporting the release of toxins. ZenNaTai induces a deeper state of relaxation and peaceful mind.

ENERGY ENHANCING

Awaken the chakra energy with seven precious healing oils that revitalise the body's subtle energy flow. Invigourated by the restorative sound vibrations from Tibetan singing bowls that resonate with the body fluids, the body's energy flow is refreshed and rejuvenated.

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MIND TRANSFORMATION

The mind is the master of the body. Mind Transformation promotes emotional wellness through conscious breathing, unlocking your “unfinished matter” and transforming your stress and negative emotions into vitality.

WELLNESS WORKSHOP

Mindfulness – Silent your body – Connecting within your body with your breath work to relax and recharge your physical and mental energy.

Sound Meditation – Relax your body and mind through sound vibration of singing bowl, the sound frequencies will resonate with the body fluid within the body and calm the mind.

About Mandarin Oriental, Macau

One of only nine hotels in the world to attain Triple Five Star ratings in the Forbes Travel Guide. [Mandarin Oriental, Macau](#) is an elegant urban retreat exuding a subtle blend of the territory’s Chinese and European heritage. Located in the city’s entertainment and high-end retail centre, the hotel is just a few minutes’ walk from the historic heart of town and enjoys easy access to all major transport hubs. The hotel has 213 well-appointed rooms and suites featuring panoramic views of the city’s waterfront, and a tasteful range of dining facilities, including [Vida Rica Restaurant and Bar](#), [Lobby Lounge](#) and [Mandarin Oriental Cake Shop](#), offering a true epicurean indulgence. There are also extensive meeting facilities, and for complete relaxation and rejuvenation, [The Spa at Mandarin Oriental, Macau](#), a five-time Forbes Five-Star winner, provides a comprehensive array of wellness, beauty and massage programmes. The overall spa and health facilities also include a state-of-the-art fitness centre and an outdoor heated swimming pool.

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 eight 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 opening planned in Doha.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at 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.

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