

# news release

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## **REJUVENATING WELLNESS PROGRAMME AND YOGA RETREATS LAUNCHED AT MANDARIN ORIENTAL, MARRAKECH**

**Hong Kong, 12 October 2018** – [The Spa at Mandarin Oriental, Marrakech](#) is launching an immune-system boosting *Wellness Programme* and a series of serenity-inducing *Yoga Retreats*.

Available from 1 October 2018, the *Wellness Programme* is offered in partnership with certified iridologist, detox expert and health practitioner Jennifer Thompson, while the four-day *Yoga Retreats* are available every weekend during November.

### **Wellness Programme by Jennifer Thompson**

Designed to restore and strengthen the immune system, the [Wellness Programme](#) will encourage healthy eating and inspire guests to lead a more balanced, energized and joyful life.

Guests will be served delicious, high-fibre, gluten-free vegan meals, as well as fresh juices specially formulated to stimulate detoxification and increase energy levels.

An opportunity to unwind, reflect and view life from a fresh perspective, the programme reconnects guests to the five pillars of optimal health: mindset, nutrition, hydration, activity (exercise) and rest.

The [Wellness Programme](#) starts at EUR 1,325 per night, based on single occupancy, and includes:

- Luxury Stay in a Private Villa
- Daily Healthy Menus and Detoxifying Drinks
- A Personal Physical Exercise Programme
- One Meditation and two Yoga Classes
- An Invigorating Hammam
- One Private Training Session
- Daily schedule of activities (healthy cooking class and workshops)

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## **Yoga Retreats**

Enabling guests to experience complete serenity, each four-day [Yoga Retreat](#) provides luxury accommodation, yoga and meditation classes, restful massages, and exquisite healthy meals. Whether guests are beginners, intermediates or advanced practitioners, this is an opportunity for them to harmonise their mind, body and soul within a tranquil setting.

In addition to yoga and meditation sessions led by an experienced Yogi master, the four-day programme features wellness experiences, such as speech and meditation circles. Nutritional dining includes detoxifying breakfasts and lunches, and an Ayurvedic dinner created by the resort's Executive Chef. Special treatments and massages are available upon request at The Spa at Mandarin Oriental, Marrakech, for an additional fee.

The [Yoga Retreat](#) package starts from EUR 1,360 per night for one person, and includes:

- Luxury accommodation in a Suite or Villa
- Daily Yoga or Meditation classes
- One Sunset Yoga session in the desert
- Full board with daily breakfast and lunch created by the resort's Executive Chef
- One Ayurvedic Dinner

Available every week-end during November only. A minimum stay of three nights is required for both offers. For more information and reservations please visit insert website [here](#).

## **About Mandarin Oriental, Marrakech**

Mandarin Oriental, Marrakech is set among 20 hectares of landscaped gardens filled with the scent of 100,000 roses, with the snow-capped Atlas Mountains providing a stunning backdrop. Located just 10 minutes' drive from the heart of the city and the historic Medina, the hotel offers 54 private villas inspired by Berber and Andalusian-Arabic influences, all with secluded walled gardens, swimming pools and hot tubs, extensive areas for sunbathing and shaded alfresco dining. A further nine spectacular suites, seven with their own rooftop plunge pool,



feature panoramic vistas of the gardens and the surrounding countryside. There are a variety of exceptional restaurants and bars, and a world-class spa offering the Group's renowned signature treatments as well as treatments inspired by Moroccan traditions. The luxury experience is completed by the group's unparalleled service, allied to the best traditions and hospitality of the Moroccan Kingdom.

### **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 seven residences in 21 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, 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](http://www.mandarinoriental.com). Further information is also available on our [Social Media](#) channels.

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