

news release

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MANDARIN ORIENTAL, MARRAKECH TO WELCOME INTERNATIONAL FITNESS EXPERT, RUBEN TABARES, FOR AN EXCLUSIVE LONGEVITY WEEK IN OCTOBER

Hong Kong, 13 July 2016 -- International fitness expert, Ruben Tabares, will host a week-long wellness programme at [Mandarin Oriental, Marrakech](#) from 9 to 14 October. Guests booking the [Longevity Week by Ruben Tabares](#) accommodation package will have a wide range of health needs met by Ruben, one of the world's most in-demand strength and conditioning coaches, nutritionists and sports therapists, who runs similar programmes at Mandarin Oriental Hyde Park, London.

Longevity Week by Ruben Tabares is designed not only to aid detoxification and recovery from the stresses of modern life, but to boost brain activity and achieve optimum level body function. Guests will enjoy superfood cocktails and special meals formulated according to their blood type, and can relax and revitalize in the extensive [Spa facilities](#) of the resort as part of the package. Healthy recipes and wellness advice will be given to guests to incorporate into their daily routine back at home.

The *Longevity Week by Ruben Tabares* offer is priced at EUR1,700 per person, per night for a minimum stay of five nights, in Mandarin Pool Villa, and includes:

- Luxury accommodation, including transfers and fast track at the airport
- Full board
- Daily detoxification training (1h)
- One individual consultation with Ruben Tabares
- Daily sport training (2h30)
- Daily lymph drainage massage (90min)
- Daily deep tissue massage (90min)
- 2 hammam sessions (90min)
- 2 cooking classes (1h)

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The Longevity Week by Ruben Tabares offer is based on single occupancy. The package is subject to availability and the quoted price excludes taxes and gratuities. Additional nights can be added at the Best Available Rate, and an additional retreat participant can be added for EUR 850 per night.

Reservations can be made through Mandarin Oriental Hotel Group's on-line reservations service at www.mandarinoriental.com or by contacting the reservations office at Mandarin Oriental, Marrakech on +212 5 24 29 88 88 / momrk-reservations@mohg.com.

About Ruben Tabares

Ruben has a long history and an outstanding pedigree in the field of health and nutrition. He attended the London Royal Ballet School from the age of 7 until 13, at which point he started competing in athletics, becoming an England and Great Britain international 400m hurdler from the age of 15. He was European Junior Champion and competed at the highest level for many years. Ruben is well known for achieving incredible results in a short space of time, offering unorthodox training styles, coupled with motivational inspiration, to help everyone achieve their fitness goals. Ruben is specialized in developing an athlete's speed, strength, power and all round athletic ability. Additionally, his in-depth knowledge of nutrition has seen him create his own range of superfood products, providing an added boost to any training regime.

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



Page 3

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 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.

Visit [Destination MO](#) 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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