

# news release

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## **MANDARIN ORIENTAL, MILAN LAUNCHES BEDTIME RITUALS PACKAGE TO ENCOURAGE RESTFUL SLEEP**

**Hong Kong, 7 November 2018** – [Mandarin Oriental, Milan](#) has launched a luxury [Bedtime Rituals & Sleeping Therapy](#) accommodation package to encourage restful sleep.

Created by Mandarin Oriental, Milan's talented spa therapists, the **Oriental Sleeping Ritual** massage is designed to increase emotional wellbeing, by working on acupressure points that generate calm, regulate excess energy and slow breathing. Gentle background music helps create a sense of inner peace and happiness, while a herbal infusion will also aid sleep.

After the massage, guests are provided with a complimentary, aromatic pillow mister, to be used on bed sheets and pillows to aid sleep, and ensure that they wake up the next morning feeling fully refreshed.

The [Bedtime Rituals & Sleeping Therapy](#) package is available year-round. It is priced from EUR 900 per room per night, and includes:

- Oriental Sleeping Ritual Massage (1hr20min) for one person in-room, and available until 11pm. The massage is clinically proven to calm mind and body, resulting in an undisturbed night's rest. As part of the ritual, a bespoke herbal infusion will be prepared to aid relaxation
- A complimentary pillow mister to spray on bed sheets and pillows to help guests go to sleep faster, so they wake up in the morning feeling refreshed
- Full daily breakfast for one person served in-room or at Mandarin Bar and Bistrot

For reservations, visit [mandarinoriental.com/milan](http://mandarinoriental.com/milan).

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### **About Mandarin Oriental, Milan**

[Mandarin Oriental, Milan](#) is housed in the re-development of four elegant 18<sup>th</sup> Century buildings ideally located in via Andegari, in the fashionable heart of the city. The hotel offers a charming mix of style and luxury, with 70 elegant [rooms](#) and 34 spacious suites. Guests can discover exquisite [dining](#) in the beautiful setting of Italian fine dining restaurant, *Seta* run by acclaimed chef Antonio Guida and enjoy the relaxed atmosphere of the Mandarin Bar. Both venues have access to two beautiful outdoor courtyards, offering *al fresco* dining options. The 900 square-metre [Spa](#) features six treatment rooms, and there is a world class hair salon, a manicure and pedicure studio, a fitness centre and an indoor 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 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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