

# news release

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## MANDARIN ORIENTAL, MILAN LAUNCHES ITS FIRST WELLNESS RETREAT

**Hong Kong, 19 October 2022** - [Mandarin Oriental, Milan](#) is excited to announce its *Fit & Focused* accommodation package, the hotel's first wellness journey designed to find a perfect balance between body and mind. The package includes personalised activities, a dedicated nutritional regime designed by two-Michelin-starred Executive Chef Antonio Guida and luxurious accommodation.

Located right in the most fashionable heart of the city, Mandarin Oriental, Milan guarantees a wellness offer of the highest level, thanks to an extensive Spa and its long-standing experts focused on oriental wellbeing and a unique holistic approach.

Guests booking the *Fit & Focused* package will receive a complimentary consultation with the Director of the Spa who will create a tailor-made programme for their fitness and wellbeing.

The personalised activities designed to reactivate physical energy and mental balance include a 60-minute training session plus private yoga classes and massages. Spa specialists will create for each guest a 60-minute holistic treatment that could include the likes of oriental essence to relieve strains, an energising deep tissue massage or aromatherapy using essential oils for the ultimate relaxation experience.

To complete the programme, guests are invited to detox using delicious 100% natural juices and a dedicated nutritional regime that includes a selection of healthy dishes created by Chef Antonio Guida to be enjoyed in the enchanting [Mandarin Garden](#). The delectable food, which has vegetarian options, includes smooth seasonal soup, exquisite quinoa recipes and the classic minestrone with a touch of hand-made basil pesto.

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The [\*Fit & Focused\*](#) offer is priced from EUR1,690 per night, and includes:

- luxury accommodation in one of the hotel's elegant rooms and suites
- daily healthy breakfast served in our Mandarin Garden restaurant
- a consultation with the Director of the Spa
- a 60-minute guided training session
- a 60-minute yoga session
- a 60-minute tailor-made massage
- a selection of 100% natural juices
- one lunch and two dinners with a dedicated menu designed by Chef Antonio Guida.

The package is available year-round. For reservations, please visit [mandarinoriental.com/milan](http://mandarinoriental.com/milan)

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

[Mandarin Oriental, Milan](#) is housed in the redevelopment of four elegant 18th-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 68 elegant [rooms](#) and 36 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 Garden. 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 36 hotels and eight residences in 24 countries and

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territories, with each property reflecting the Group's oriental heritage, local culture and unique design. Mandarin Oriental has a strong pipeline of hotels and residences under development, and is a member of the Jardine Matheson Group.

Further information is available on our Social Media channels and website: [www.mandarinoriental.com](http://www.mandarinoriental.com), including the [Photo Library](#) and [Media Centre](#). Alternatively, please contact:

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