

news release

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PRAGUE DIGITAL WELLNESS RETREAT IS LAUNCHED

Hong Kong, 5 December 2017 – [Mandarin Oriental, Prague](#) is offering guests an opportunity to disconnect from computers, tablets and smart phones with its *Prague Digital Wellness Retreat* offer. Occupying a former fourteenth century monastery in Prague's historic city centre, the hotel has launched a luxury accommodation package that enables guests to refocus their thoughts away from a life of constant connectivity to digital devices.

Mandarin Oriental, Prague retains an air of spirituality from the days when its walls sheltered the Order of Saint Mary Magdalene and later the Dominican Order, creating the perfect atmosphere for contemplation, relaxation and reconnecting with the calm inner-self.

Guests booking the *Prague Digital Wellness Retreat* package will stay within a former Renaissance chapel, where the hotel's spa is located. Guests are welcomed to their room with an array of amenities to help them pursue journaling, note card writing and other mindfulness activities, or they can simply choose to enjoy the tranquility of their peaceful setting.

During their stay, guests will be offered healthy food options prepared by the hotel's expert culinary team. Also, they will experience a therapeutic yoga session and relaxing 80-minute Digital Wellness Escape treatment that eases tension in those parts of the body harmed by the use of modern communications technology, such as head, eyes, neck, shoulders, hands and feet.

The *Prague Digital Wellness Retreat* package is priced from EUR 1,360 per room for a three-night stay, and includes:

- Daily breakfast at Spices Restaurant and Bar, including Spices healthy choices and a smoothie of the day
- In-room welcome amenities to support mindfulness activities, including a detoxifying valerian infusion, James Cusomano book on how to lead a balanced life, yoga mat for meditation, and De-Stress Mind Bath and Shower Oil from Aromatherapy Associates
- Morning yoga sessions
- 80-minute Digital Wellness Escape treatment to release tension

Package rates include 15% VAT. Package is valid year-round, subject to availability.

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For more information, please visit www.mandarinoriental.com. To book the *Prague Digital Wellness Retreat* package phone Reservations on +420 233 088 888 or e-mail moprg-reservations@mohg.com

About Mandarin Oriental, Prague

Mandarin Oriental, Prague is an intimate hotel located in a former Dominican monastery set amidst the palaces and gardens of Prague's historic Malá Strana. With a former Renaissance chapel housing the award-winning Spa, the newly opened Spices Restaurant and Bar offering authentic Asian fares and original cocktails, and understated contemporary design blending local history with modern luxury, the hotel is a private oasis of sophistication and style in the very heart of Central Europe's most beautiful city.

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 eight 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. Further information is also available on our [Social Media](#) channels.

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