

news release

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EXPERIENCE A BOHEMIAN RENAISSANCE FOR BODY, MIND AND SOUL AT MANDARIN ORIENTAL, PRAGUE

A taste of spa package and a guide to traditional Czech remedies to reach a natural state of equilibrium.

Hong Kong, 30 November 2016 – Mandarin Oriental, Prague invites guests to revel in a sense of harmony with its new *Spa Renaissance* package. Ideal for those looking to add a holistic element to their visit to Prague the package offers a taste of the hotel's unique spa, set within a former 14th century Renaissance chapel. Guests are treated to a morning yoga session followed by a 30-minute Signature Quintessence steam treatment and are given a specially created guide of ten traditional Czech rituals designed to bring a state of equilibrium. All of the ten rituals, from specially created treatments using products derived from the Linden tree; the national tree of the Czech Republic, to winter swimming in the Vltava River can be arranged by the hotel.

Mandarin Oriental, Prague offers a relaxing escape from the hustle and bustle of daily life. Located in the peaceful Lesser Quarter and in the inspiring space of a former monastery, the hotel makes for a perfect wellness getaway. The *Spa Renaissance* package is valid year-round and includes:

- ❖ Luxury accommodation
- ❖ Daily buffet breakfast at Spices Restaurant and Bar
- ❖ Morning yoga session in the Renaissance chapel
- ❖ Free access to Fitness Centre and Sauna
- ❖ 30-minute Signature Quintessence Steam, complemented with Quintessence body scrub and nourishing lotion from Aromatherapy Associates

Package rates start from **EUR 395**, based on double occupancy for a minimum of two nights' stay, excluding 15% VAT. Package is subject to availability.

For reservations, kindly visit our website or contact Reservations office at moprg-reservations@mohg.com or on +420 233 088 888 and request "Spa Renaissance".

Mandarin Oriental, Prague's Spa Testimony

The team at The Spa at Mandarin Oriental, Prague presents 10 signature or traditional Czech remedies for ultimate well-being.

To Revive – Swimming in the Vltava River, especially in the winter months, was traditionally considered an essential part of physical conditioning. Revive yourself in the comfort of our Vitality pool or Vltava treatment room with one of our signature treatments.

To Relax – Escape the city buzz and reconnect with nature. Czechs trust old traditions and the relaxing effects of specific herbs. Sit in a meadow and weave a floral chaplet, or experience the Bohemian Meadow treatment inspired by the tradition of nine flowers.

For a perfect sleep – Czechs practise a number of relaxing sleep rituals including drinking calming Melissa tea or placing a lavender pad under the pillow. Come and enjoy the Deep Sleep treatment at our spa, designed to induce a deep sense of tranquillity and good night's sleep.

To Rejuvenate – On the first of May, Czech women get kissed under a blooming cherry tree. This ancient tradition promises annual rejuvenation. Prepare your lips for this rejuvenating spring ritual and smooth them with our natural honey lip balm.

To Relieve Stress – The Czech people have long placed great value on the linden tree, the national tree of the Czech Republic, owing to its intoxicating scent and poetic charm. Soothe your nervous system with Saint John's wort tea, followed by a Linden Embrace treatment to restore harmonious balance to body, mind and soul.

To Warm Up – Nothing beats sipping a cup of hot coffee on a rainy day. Pamper yourself from head to toe with a ritual designed to rejuvenate dry and dull skin – our Coffee Indulgence treatment.

To Recharge – Proper functioning of the kidneys is essential as these are our life batteries. Czech grandmothers knew this and had a habit of placing a heating pad filled with wheat on the lower back just before bedtime. We will do this for you too!

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To Unwind – Czechs are very musical, and music is one form of relaxation for them. Unwind with classical music by Bedřich Smetana during the two-hour Time Ritual for a complete state of wellness.

To Improve Concentration – Go back in time to our monastery era with the scent of frankincense, proven effective over the centuries. Frankincense helps in self-reflection and staying focused. We would be delighted to prepare a private aromatherapy session in the comfort of your room.

To Cheer Up – A glass of Pilsner Urquell beer always cheers one up! Czechs like to socialise, and we encourage you to book our Renaissance Escape, a holistic and signature treatment designed for two.

Each remedy featured in the Spa Testimony is subject to availability. For more information, spa appointments and information about prices, please contact Spa Concierge at moprg-spa@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 29 hotels and eight 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 opening planned in Doha.



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