

## news release

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### **EXPERIENCE ‘DRAGON PHOENIX’, A WELLNESS RITUAL FOR COUPLES, AT MANDARIN ORIENTAL PUDONG, SHANGHAI THIS AUTUMN**

**Hong Kong, 10 August 2015** – This September, Forbes Five-Star [The Spa at Mandarin Oriental Pudong, Shanghai](#) is recommending *Dragon Phoenix*, a signature wellness ritual for couples. Autumn is the healing season, making it an ideal time for treatments at The Spa, which is a haven of tranquility in China’s fast-paced cosmopolitan metropolis.

*Dragon Phoenix* adapts traditional Chinese healing wisdom to the changing season. Represented by red and gold, the mythical creatures, Dragon and Phoenix are often used to characterise the Emperor and Empress, and they symbolise the power of cosmic energy and marital harmony blessed with good luck and prosperity.

The Spa’s *Dragon Phoenix* treatment begins with a welcoming foot ritual and relaxing bath filled with aromatic gold osmanthus and red hawthorn. This is followed by a guasha-inspired couple’s massage using a custom-designed tool made from carnelian gemstone, which is applied to specific energy points to achieve balance and enhance the body’s ability to heal itself. Guasha is a traditional Chinese therapy of skin scraping that relieves pain and stimulates healing.

The two-hour *Dragon Phoenix* treatment is priced at RMB3,080 per couple on weekdays, and RMB3,500 on weekends. Prices are subject to 15% service charge. For enquiries or to make a reservation, please call +86 (21) 20829868 or email [mopud-spa@mohg.com](mailto:mopud-spa@mohg.com).

Mandarin Oriental Hotel Group has five hotels with five-star spas, more than any other hotel brand.

#### **The Spa, a Holistic and Organic Retreat**

Covering an area of 2,415 square metres, The Spa has 13 exclusive singles, couples and VIP Spa Suites, each with their own private en suite, dressing room and steam shower. For added

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indulgence, four Suites feature a private vitality pool overlooking the garden. The VIP Suite provides a perfect setting for Spa Parties where up to eight friends or family members can be hosted.

In addition, The Spa features a dedicated Manicure Lounge, Pedicure Lounge and Reflexology Lounge. Internationally acclaimed professional skincare brands are used in special body and facial treatments, including Clarins, Aromatherapy Associates, Amala Organic Skin Care, and vegan nail care brand, Spa Ritual.

### **Fitness and Wellness Facilities**

Mandarin Oriental Pudong, Shanghai's 24-hour Fitness & Wellness Centre features a spacious workout area with cutting-edge Technogym cardio and body conditioning equipment. A multi-purpose Studio is equipped with a Kinesis Wall and Mayafit virtual personal trainer technology. The Fitness & Wellness Centre hosts regular classes conducted by professional trainers in dance, yoga, martial arts and boxing.

So an effective regimen can be planned and monitored, a Biospace Body Composition Analyzer is used to help assess fitness levels accurately.

A spectacular 25-metre indoor Swimming Pool with Vitality Pool and Children's Pool is available to guests and residents around the clock. The Swimming Pool opens out onto a Pool Deck where guests can relax and savour delicious spa cuisine. Spa patrons can also enjoy the men's and women's thermal bathing facilities, which feature Sauna, Crystal Steam Room, Ice Fountain, Tepidarium Loungers, and Aromatic and Colour Therapy Experience Showers.

### **About Mandarin Oriental Hotel Group**

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences. Having grown from a well-respected Asian



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hotel company into a global brand, the Group now operates, or has under development, 45 hotels representing almost 11,000 rooms in 24 countries, with 21 hotels in Asia, nine in The Americas and 15 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 15 *Residences at Mandarin Oriental* connected to its properties.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at [www.mandarinoriental.com](http://www.mandarinoriental.com).

Visit [Destination MO](http://www.mandarinoriental.com/destination-mo/) (<http://www.mandarinoriental.com/destination-mo/>), the 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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