

news release

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THE SPA AT MANDARIN ORIENTAL, WASHINGTON DC LAUNCHES CHAKRA REBALANCE TREATMENT

Hong Kong, 23 August 2018 – Specially designed to provide a harmonious balance for the mind, body, and spirit, [The Spa at Mandarin Oriental, Washington DC](#) announces the *Chakra Rebalance Treatment*. The invigorating ritual is accompanied by a mindful meditative nap experience with the award-winning sound-massage-system, [Gharieni Spa Wave Table](#).

The exclusive Gharieni Spa Wave Table combines “Quantum Harmonic Audiotherapy” an innovative sound system merging the effects of deep relaxation techniques as well as meditation and mindfulness. While the sounds slow down the mental activity, the vibration massage targets the bodies chakras offering the ultimate path to recovery, refreshment, and vitality.

The experience begins on the Spa Wave Table with warm gentle vibrations and soft music accompanied by a therapist using the ancient massage technique of Thai Poultice. The Thai Poultice massage consists of small muslin bags filled with herbs, tied into tight pouches, steamed, then rhythmically stamped, kneaded and rocked over the body. The treatment concludes with a 15-minute meditative nap of light vibrations intended to resonate with the body’s energy center and accompany the audio journey of musical notes, tones, and natural sounds for a deepened, relaxed state.

Chakra Rebalance Treatment addresses stress reduction, deep relaxation, vibracoustic frequency healing, chakra balancing, and sleep enhancement to realign overall wellbeing. It is designed to counteract the affects of Washington’s high-stress lifestyle and the negative consequences of long-haul travel.

The one hour and fifty-minute treatment starts at USD 395 + service charge. For additional information or to make reservations, please call +1 (202) 787 6100 or email mowas-spa@mohg.com.

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About The Spa at Mandarin Oriental, Washington DC

The Forbes Four-Star Spa is an oasis of holistic therapy for the body, mind and spirit. Throughout the carefully designed space, warm neutral colours convey the feeling of earth and sun for serenity and relaxation. Scented by fragrant aromatherapy candles, the reception area enjoys a Zen-like ambience enhanced by a burnished bronze ceiling, oak floors and light sycamore walls. The Spa includes eight treatment rooms, a dedicated beauty suite, heat and water experiences including vitality pools, experience showers, steam room and sauna, Zen relaxation rooms, separate gentlemen's and ladies' lounges and a Spa boutique.

About Mandarin Oriental, Washington DC

Prominently placed along the Capital's revitalised Southwest Waterfront, [Mandarin Oriental, Washington DC](#) offers five-star luxury, refreshed guestrooms, and extensive facilities in a serene picturesque setting. Just a short walk from the Nation's most cherished monuments, the hotel is also close to a number of exciting restaurants and attractions in the new District Wharf neighbourhood. The elegant retreat exudes a refined sense of style with beautifully designed rooms, spacious suites including the luxurious three-bedroom Presidential Suite, The Forbes Four-Star Spa, legendary service and exceptional restaurants. Stay connected with Mandarin Oriental, Washington DC on [Facebook](#), [Twitter](#) and [Instagram](#).

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 32 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.

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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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