



OPTIMAL HEALTH RETREAT WITH JEAN-PAUL WUERTH

The following arrangement forms the basis of your program. Together with you, Dr. Wuerth will fine-tune your Mandarin Oriental retreat experience to address your individual needs and wellness goals.

	Individual	Couple
< REVIEW > - PRE-RETREAT PREPARATION		
1 virtual Q&A session (Fan of M.O. "Member Only Experience")	45 min.	60 min. jointly
1 virtual consultation	60 min.	90 min. jointly
< RETREAT > - 5 NIGHTS / 4.5 DAYS AT MANDARIN ORIENTAL		
1 initial consultation	90 min.	120 min. jointly
2 interim consultations with abdominal massage	60 min.	60 min. p.p.
4 "Starry Nights" (fireside chats / topic-related presentations)	60 min.	60 min. jointly
1 final consultation	90 min.	120 min. jointly
5 morning trainings (Yoga / Tai Chi / Qi Gong)	45 min.	45 min. jointly
4 afternoon trainings (Aerobic / Strength / Posture Flexibility)	45 min.	45 min. jointly
2 "Nature Walks" (gentle walking / hiking)	120 min.	120 min. jointly
2 "Slimming Treatments" à la Mandarin Oriental Marrakech	110 min.	110 min. p.p.
2 spa treatments à la carte	60 min.	60 min. p.p.
5 mindful eating sessions	60 min.	60 min. jointly
1 restaurant dining session	90 min.	90 min. jointly
2 cooking demonstrations	60 min.	60 min. jointly
1 tea tasting session	60 min.	60 min. jointly
1 chauffeur-driven grocery store shopping trip	120 min.	120 min. jointly
1 chauffeur-driven health food store / market shopping trip	120 min.	120 min. jointly
1 chauffeur-driven guided shopping / sightseeing excursion	120 min.	120 min. jointly
4 Mandarin Oriental virtual guided sleep meditations		
Epsom salt drinks		
Daily hypocaloric or custom-designed diet (breakfast, lunch and evening broth)		
Herbal tea and mineral water, in-room and throughout the hotel		
< RELAUNCH > - POST-RETREAT FOLLOW-UP		
3 virtual consultations	60 min.	90 min. jointly