

detox

recharge

recover

refresh

energy

# healthy choices

Powered by Mandarin Oriental, Hong Kong

“ Through our renowned spa and dining establishments, we encourage you to make healthy choices to enjoy being fit and full of vigour. With tailored recipes exclusively created by iridologist, nutritionist and detox expert Ms. Jennifer Thompson, we are proud to offer a selection of four juices and an acai bowl, crafted to help inspire healthy lifestyles.

透過我們著名的水療中心及餐飲設施，我們鼓勵大家作出健康選擇以時刻保持健美及充滿活力。有見及此，我們誠意推出由虹膜學家、營養師及排毒專家 Jennifer Thompson 特別調製的巴西莓果碗及四款蔬果汁，為追求健康生活的您帶來新選擇。

Available at The Mandarin Cake Shop and  
The Mandarin Spa for Sale.

For orders, please call 2825 4008.

於文華餅店及文華水療中心發售。

如欲訂購，可致電2825 4008。

Please visit [www.healthybliss.net](http://www.healthybliss.net) for more information about Ms. Thompson. 如欲查詢更多有關Thompson女士的資料，請瀏覽[www.healthybliss.net](http://www.healthybliss.net)。

Wendy Wong  
@wenz811



# detox

## 排毒蔬果汁

Help your body remove impurities and  
restore balance

幫助身體除去雜質及回復平衡

Persimmon Red Apple Banana Baby Spinach  
Cinnamon Powder Chia Seeds

柿 紅蘋果 香蕉 菠菜苗 肉桂粉 奇異籽

Help get over jet lag and a late night  
幫助克服時差及熬夜後的疲累

Almond Milk Blueberries Banana  
Strawberries Ground Flaxseed Powder  
Medjool Date Ginger Vanilla  
杏仁奶 藍莓 香蕉 士多啤梨 亞麻籽粉  
蜜棗 薑 雲呢拿

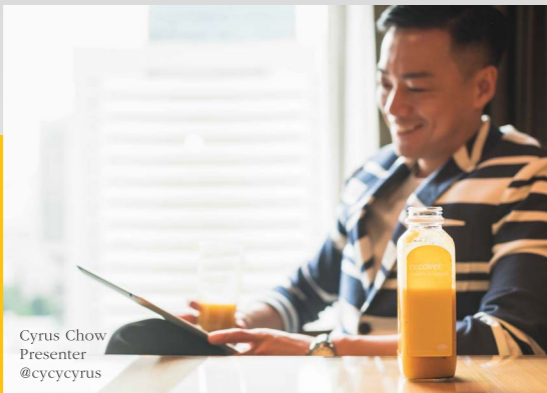
## 補充蔬果汁



Gillian Wong  
Co-founder of MISSBISH  
@msgillwong

# recharge

# recover



Cyrus Chow  
Presenter  
@cycycyrus

## 復元蔬果汁

Ideal to ward off ailments and aches or help to regain energy after being unwell  
有效預防疾病及痛症，或病癒後為身體補足能量

Coconut Kefir Pineapple Red Apple  
Pear Passion Fruit Turmeric Powder  
椰子乳酪 菠蘿 紅蘋果 梨 熱情果 薑黃粉

Hydrates and nourishes the body  
保濕及滋潤身體

Cucumber Watercress Leaves  
Pear Coconut Water Celery  
Avocado Ginger Parsley Leaves  
Lemon Juice Aloe Vera Juice  
青瓜 西洋菜葉  
梨 椰子水 芹菜  
牛油果 薑 香芹葉  
檸檬汁 蘆薈汁

Lindsay Jang  
@lindsayjang

活力蔬果汁



refresh



# energy

Nicole Fung  
@thatfoodcray, @missbish

## 能量巴西莓果碗

Acai Bowl to super charge the day ahead  
巴西莓果碗為您補充一整天的能量

Acai Berry Orange Juice Banana  
Strawberries Kiwi Fruit Granola Blueberries  
Hemp Hearts Powder Spirulina Powder Mint Leaf  
巴西莓 橙汁 香蕉 士多啤梨 奇異果  
穀麥 藍莓 大麻籽粉 螺旋藻粉 薄荷葉


Share your healthy moments with us

與大家分享您的健美時刻

 @Mandarin Oriental, Hong Kong

 @mo\_hkg

 @MO\_HKG

 @香港文华东方酒店

#MOJuices #MOfoodies

#WellnessEverywhere



5 Connaught Road Central, Hong Kong

[mandarinoriental.com/hongkong](http://mandarinoriental.com/hongkong)