

WELLNESS DAYS

2017 NEW YEAR CLEANSER: choose your Yin or Yang

In Chinese philosophy, yin and yang describe how seemingly opposite or contrary forces may actually be complementary, interconnected, and interdependent in the natural world, and how they may give rise to each other as they interrelate to one another. Many tangible dualities are thought of as physical manifestations of the duality symbolized by yin and yang. To kick start 2017, the wellness centre at Mandarin Oriental Hyde Park, London is launching two programmes designed to assist guests reach their goals based on whether they are Yin or Yang.



YIN: For guests that enjoy relaxation and peacefulness

- ◆ 60 minutes early yoga session
- ◆ Ruben healthy breakfast
- ◆ 2 hours Nordic walk in Hyde Park
- ◆ 80 minutes Mandarin Oriental signature massage
- ◆ Detox juice workshop with Ruben Tabares

- ✓ Complimentary valet parking (on the day)
- ✓ Complimentary access to the spa facilities
- ✓ Complimentary access to fitness and swimming-pool
- ✓ One-day complimentary day pass spa and fitness
- ✓ One healthy spa gift

PRICE: £355

(4pax minimum - 8 max)

*single supplement - £120

YANG: For guests that love action and adventure

- ◆ 60 minutes bootcamp in Hyde Park
- ◆ Wellness light bights in The Rosebery Lounge
- ◆ 80 minutes Mandarin Oriental signature massage
- ◆ Detox juice workshop with Ruben Tabares

- ✓ Complimentary valet parking (on the day)
- ✓ Complimentary access to the spa facilities
- ✓ Complimentary access to fitness and swimming-pool
- ✓ One-day complimentary day pass spa and fitness
- ✓ One healthy spa gift

PRICE: £295

(4 pax minimum - 8 max)

*single supplement - £120