

## THREE UNIQUE PACKAGES THAT CAN BE TAILOR-MADE TO YOUR PREFERENCES

### Restorative Mind & Body

Designed to ensure full relaxation, with a focus on pilates and yoga, mindfulness and spa treatments.

#### Includes:

- Mandarin Oriental Private Spa Treatments
- Yoga and Pilates sessions
- Guided mindfulness and meditation
- Private chef and bespoke wellness-focused menu
- Nutritional cooking class

### Move & Reset

A more active programme, focused on personal performance with personal training time and spa treatments.

#### Includes:

- Mandarin Oriental Private Spa Treatments
- Personal training sessions
- Leadership seminar: 'Maximise and Perform'
- Private chef and bespoke wellness-focused menu
- Nutritional cooking class

### Discover Wellness

An educational experience with a focus on spiritual wellness, including reiki and chakra meditation alongside spa treatments.

#### Includes:

- Mandarin Oriental Private Spa Treatments
- Chakra meditation and crystal healing
- Reiki sessions
- Private chef and bespoke wellness-focused menu
- Nutritional cooking class

