



Inner Strength, Outer Strength

Two Day Retreat

Enjoy a holistic, natural beauty reset at The Spa at Mandarin Oriental.

This two-day retreat allows you to relax and destress, gain expert nutritional and skin care advice and enjoy a guided personalised exercise experience in Royal Parkland - Hyde Park.

Throughout the two days you will also have unlimited access to The Spa at Mandarin Oriental's 17-metre indoor pool, Technogym fitness centre and amethyst crystal steam room, sanarium, vitality pool and relaxation area.

Retreat £1,480

To get the most out of your retreat, why not combine with a luxurious overnight stay with the best available room rate.



Suggested itinerary

Day 1

Smoothie Fruit Breakfast at The Rosebery

One-on-One Movement Health Session (30 minutes)

Mid-Morning Vegetable Juice

Nutritionist Consultation (90 minutes)

Wellness Lunch in The Rosebery

Intelligent Movement Treatment (90 minutes) designed to help guests improve their posture and mobility through trigger point release work



Suggested itinerary

Day 2

Wellbeing Breakfast in The Rosebery, or through Room Service if staying

Powerwalk or Jog around Hyde Park (60 minutes)

Movementum Functional Treatment in our Movementum Studio (30 minutes)

Wellness Lunch from The Spa's Nutritious Soup Menu

VISIA Skin Consultation (45 minutes)

Afternoon Vegetable Juice

Biologique Recherche Facial Personalised facial and mask (90 minutes)

Upon departure meet with Spa & Wellness Director