



MALMINDER GILL

Malminder Gill is an award-winning Harley-Street Integrative Hypnotherapist and Sleep Expert. Malminder is Mandarin Oriental Hyde Park, London's in-house Sleep Concierge, offering guests exclusive access to 1-2-1 sessions with her, ensuring the best possible night's sleep. Malminder's clientele includes royals and Hollywood actors, and her methodology is backed by science and is based upon over a decade's worth of research and experience. Private sessions are available for guests of the Mandarin Oriental Hyde Park, London and are conducted either in the spa, or in a guests' suite where a consultation will be followed by a bespoke, sleep-inducing hypnosis.

The Sleep Concierge®

1 hour **£550**

Personalised sleep-inducing hypnotherapy. Ideal for targeting jet lag and common sleep issues.