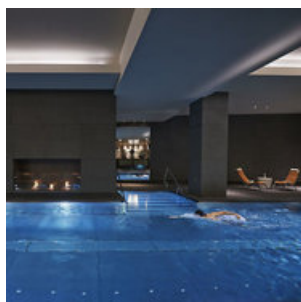


IN-STORE

Mandarin Oriental Hyde Park helps guests detox before the holidays

October 12, 2015



Mandarin Oriental Hyde Park spa pool

By STAFF REPORTS

Mandarin Oriental Hyde Park in London is whipping guests into shape before the holiday season with a one-day fitness intensive.

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The City Luxe Boot Camp is directed by celebrity trainer Ruben Tabares and The Organic Pharmacy founder Margo Marrone, who will lead guests through a personalized workout and cleansing routine. While only a one-day package, the boot camp is designed to leave partakers with tips and tricks that they can use even once they are back home.

Preventative measures

Guests will begin their day eating a wellness breakfast with Mr. Tabares, followed by a one-hour training session at his fitness suite within the Mandarin property, which will include diet advice tailored to the individual. After that, guests can take advantage of the fitness facilities and the heat and water oasis.

Those who book will walk away with The Organic Pharmacy's Ten Day Detox, which includes a detox kit, detox cellulite body oil, skin brush, re-sculpting body gel, a program of exercise and nutritional plan so that consumers can continue their cleansing journey at home.

Following the 10-day program, guests will be treated to a return visit to celebrate their work, during which they will have a 50-minute massage at the hotel's spa.



Fitness relaxation area

Due to the nature of the package, this may appeal more to locals than travelers, showing off Mandarin Oriental's fitness facilities and services to those who may not have ventured inside the nearby hotel before.

The time after the holidays is a popular period for hospitality brands to promote spa and wellness packages.

At the start of the year, luxury hotels invited guests to rejuvenate from the stress of the holidays with packages that were designed to relax and revive individuals from the stress of the previous few weeks.

Four Seasons, Trump Hotels, Mandarin Oriental and Peninsula Hotels were among the luxury brands offering guests the opportunity to de-stress from the holiday season. Presenting guests with the chance to reflect on the past year and start fresh for 2015 created an experience that likely allowed guests to connect with the hotel in a different manner than ever before ([see story](#)).

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