

IN-STORE

Mandarin Oriental taps Mayo Clinic expertise for wellness clinics

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Exterior of Mandarin Oriental, Bodrum

By STAFF REPORTS

Mandarin Oriental Bodrum in Turkey is helping its guests lead a more holistic lifestyle with the introduction of the Mayo Clinic Healthy Living Program.

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Starting Jan. 8, 2016, guests will be able to book services that combine the medical knowledge of the Mayo Clinic with the treatments available at the hotel's spa. The first collaboration of its kind for the Mayo Clinic, this partnership will go beyond relaxation to actually promote health within participants.

Sound mind and body

Guests can choose experiences ranging from a one-day evaluation and consultation to a five-day retreat. Services can also be booked individually for more time-pressed clients, such as a session on sleep.

Mayo Clinic staff on-site will first conduct an assessment, looking at health, body composition, movement, stress and posture. This will then be used to tailor a program for each individual to tackle any issues preemptively.

These include therapeutic sessions with clinic staff and spa treatments. For instance, a one-day program will look at balance, grip strength and movement before uncovering stress management tactics and boosting fitness with a group class.



Fitness at Mandarin Oriental Bodrum

Guests will dine on health-conscious meals prepared by the hotel's chefs, and they can also take part in yoga, Pilates and meditation classes.

This offer is running through April 30.

Reaching consumers at the start of the New Year with resolution-worthy packages is one way to encourage bookings.

At the start of 2015, 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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