

TRAVEL AND HOSPITALITY

## Mandarin Oriental unplugs for "silent night" spa treatments

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*Image courtesy of Mandarin Oriental Hotel Group*

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By STAFF REPORTS

Mandarin Oriental Hotels & Resorts is turning down the volume to offer guests time away from the hectic and urbanized world this holiday season.

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On Dec. 14, The Spas at Mandarin Oriental will offer guests at all spas worldwide a "night of silence." Consumers are becoming increasingly reliant on technology in business and in their personal lives, causing busy individuals to yearn for quiet time spent disconnected and off the grid, if even for a short time.

The sound of silence

Every Mandarin Oriental spa will participate for an evening of unplugged treatments. Mandarin's network of spas will offer their normal treatment menu, but services booked after 5 p.m. Dec. 14 will "turn down the volume."

During treatments, there will be no talking and no music played within the spa. This will be done to instill a sense of peace for guests and encourage contemplation and mindfulness.

Communication will be limited to a brief consultation before a spa treatment begins and before a guest changes into their robe.



Image courtesy of Mandarin Oriental Hotel Group

"A lot of the value of a spa experience comes from simply disconnecting from technology and experiencing time for yourself in silence," said Jeremy McCarthy, group spa director for Mandarin Oriental Hotel Group, in a statement. "During this stressful time of the year, we want to create a space where people can press the pause button and have some time to think, meditate or just take a break from being inundated with noise."

Across its properties, Mandarin Oriental is emphasizing the importance of disconnecting from technology from time to time.

For example, The Mandarin Oriental, Las Vegas helped consumers reshape their relationship with their mobile devices with its first Digital Detox Weekend Retreat.

Those who participated got guidance from spa therapists, with a regimented time spent away from their smartphones. In today's increasingly connected society, providing a reprieve from technology may be just what guests need ([see story](#)).

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