

## Press Release

May 2017

# Dorchester Collection invites guests to relax and revitalize with new wellness offerings

(London) – Dorchester Collection provides guests with many ways to stay fit and pampered. From luxurious massage therapies to restorative aromatherapy baths, health-focused dining menus and bespoke personal training, each hotel offers opportunities for relaxation and revitalization. Here's a glance at some of the new wellness offerings:

### THE DORCHESTER, LONDON

At Dorchester Collection's iconic British hotel, **The Dorchester**, located in the heart of Mayfair, guests can book an appointment with **personal trainer Simon Inman**, who has 25 years of professional personal training experience. Inman can customize a program to suit each guest's needs amid the beauty of Hyde Park, or at The Dorchester fitness studio. Bespoke fitness programs follow an hour-long consultation including body fat and posture analysis, a flexibility test, and more. The resulting program will combine HIIT (short-burst exercise to increase post-exercise energy consumption), strength work and nutritional advice to achieve personal goals. Consultation and training sessions cost £150 per hour.

Following a workout, guests can reward themselves with a healthy bite from the Spatisserie featuring specialty bento boxes, or options from the wellness menu at The Grill at The Dorchester including raw, vegan, low-calorie, gluten-free and dairy free dishes and juices. The Dorchester Spa also offers a full spa treatment menu as the Carol Joy London body treatments, exclusive to the hotel. These new, carefully crafted, innovative body treatments include the **Caviar and Algae Detox**, **Caviar and Collagen Cocoon**, **Myofascial Body Work** and **Body Exfoliation**.

The Dorchester, London | 45 Park Lane, London | Coworth Park, Ascot | Le Meurice, Paris | Hôtel Plaza Athénée, Paris  
Hotel Principe di Savoia, Milan | Hotel Eden, Rome | The Beverly Hills Hotel, Beverly Hills | Hotel Bel Air, Los Angeles

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## 45 PARK LANE, LONDON

Dorchester Collection's contemporary Mayfair hotel, overlooking Hyde Park, offers guests a unique **wellbeing bath menu**. The menu features six different bath combinations designed to enhance guests' physical, mental and emotional wellbeing. Baths are drawn by a member of the host team using carefully selected essential oils from **Aromatherapy Associates**, a pot of herbal tea and a candle to complement the experience. Guests may also create their own bespoke bath combinations (£20 per bath experience). 45 Park Lane also offers yoga mats, London running guides and Brompton bicycles in the hotel's signature purple hue. Hotel guests can also enjoy personal training sessions with **Simon Inman** in Hyde Park, or at **45 Park Lane's fitness studio**, which is open 24 hours a day. Consultation and training sessions cost £150 per hour.

## COWORTH PARK, ASCOT

**Coworth Park**, Dorchester Collection's luxury country house hotel and spa, has introduced a **Luxury Oxygen and Diamond Treatment** from **Carol Joy London** at **The Spa at Coworth Park**. This facial is the ultimate treatment for skin displaying signs of environmental damage such as redness, blemishes, and dry, uneven patches. Fine microdermabrasion diminishes pigmentation and refines skin texture while a collagen-boosting massage plumps skin cells and drains toxins. The pure oxygen machine helps to boost cell renewal and is followed by a deeply hydrating caviar and algae mask to nourish skin. Finally, a soothing scalp or hand and arm massage is performed for ultimate relaxation (80 minutes from £145). Guests can also enjoy the heated indoor swimming pool with underwater music, the outdoor sun terrace with sun loungers and a gym complete with Technogym equipment, or a leisurely stroll across the Berkshire estate.

## LE MEURICE, PARIS

**Le Meurice**, located between Place de la Concorde and the Louvre, embodies the perfect French palace hotel. After a day in the city, awaken your senses through the new **Massage with Aromatic Thai Herb Bags** from **Spa Valmont pour Le Meurice**. Stretch out and relax in the historic Parisian palace hotel as skilled therapists apply aromatic bags of lemongrass, mint, lemon balm and ginger to soothe and rejuvenate the skin, combining gentle pressure and heat to reinvigorate the balance between body and mind (60 minutes €200, 90 minutes €270, 120 minutes €340). For families looking for wellness and pampering, Spa Valmont pour Le Meurice also offers spa experiences for the littlest VIPs, from age six and older. Guests can also access the fitness center and, on selected dates, take advantage of **Yog 'n' Dance**, taught by fitness coach Julie Ferrez, one of the most sought-after fitness experts in France. This innovative class sculpts the figure and relaxes the mind using a

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combination of vinyasa yoga and classical dance, with the aid of a ballet barre (60 minutes, €30 per class).

### HÔTEL PLAZA ATHÉNÉE, PARIS

**Hôtel Plaza Athénée**, situated in the heart of the Haute Couture district, on the renowned avenue Montaigne, features the award-winning **Dior Institut au Plaza Athénée**. Providing the ultimate beauty experience, the spa is offering three new treatments including **Dior Prestige Awakening of the Senses**, the Signature Dior Institute Massage. Inspired by the regenerative and perfecting power of Dior's own Rose de Granville, this treatment has been specially developed for all skin types and is combined with stress-releasing strokes to lavish the face and back in absolute comfort. The skin is intensely nourished and replenished, leaving it soft like a rose petal (120 minutes, €420). The **Sculpting Body Treatment** is an energizing massage, which sculpts the body and redefines its curves. Precise strokes stimulate the firmness of tissues to leave the body firmed and toned (90 minutes, €380). The **Refined Contour Treatment** is a deep back massage followed by a series of kneading, smoothing and sweeping movements to help slim a targeted zone of the body (i.e. abdomen) and revive energy through stimulation of the muscles and skin. The result is a more slender physique and the body's movements are more supple and fluid (90 minutes €300 or 120 minutes €380). Hotel guests can also enjoy the fully equipped fitness center with personal training services, sauna and steam room.

### HOTEL PRINCIPE DI SAVOIA, MILAN

**Hotel Principe di Savoia**, located in Piazza della Repubblica, helps active guests stay fit as well as relax from the hustle and bustle of daily life. **Club 10 Spa & Fitness Center**, the hotel's signature spa, which includes an indoor heated swimming pool, has launched a new wellness program and spa treatments for men in partnership with Italian skincare brand, **Comfort Zone**. The new **wellness program** features five customisable treatments from Comfort Zone's 'Body Strategist' line. The treatment menu ranges from an **Aromatherapy Wrap** to an **Algae Peel** and **Bagni di Pisa**, a treatment using thermal waters from the baths of Pisa (five-treatment Body Package, €580). New male spa treatments include the **Hydrmemory Express** facial offering hydration for stressed and dehydrated skin (25 minutes, €70), while the **Hydrmemory Complete** pampers with deep hydration to soothe skin and heighten physical and mental energy levels (50 minutes, €95). Guests can minimize signs of aging with the **Sublime Skin Express**, ideal for oily skin (25 minutes, €70). The **Stress Recover Massage** soothes tension, jet lag, and the physical repercussions of strenuous activity, and is designed to stimulate connective tissue and improve flexibility (50 minutes, €115).

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## HOTEL EDEN, ROME

Located in the heart of Rome, just a short stroll from the legendary Spanish Steps and picturesque Villa Borghese, the newly restored **Hotel Eden** debuts its first-ever **The Eden Spa** complete with three private suites and signature pampering treatments. These wellness treatments are offered by award-winning skincare specialist **Sonya Dakar** and **Officina Profumo – Santa Maria Novella**, which has been in practice since 1612 and uses skilled artisans to create handmade products that are sustainably sourced for natural and highly effective results. As this is **Sonya Dakar's first entrée into Europe**, she has exclusively created the Signature Back, Face and Scalp treatment for The Eden Spa, an indulgent ritual designed to create a sense of total wellbeing, including a luxurious back massage, a bespoke facial and a relaxing scalp treatment (120 minutes, €450). This new urban oasis offers a wide range of, facials, body treatments and massages as well as a unique blow-dry bar and a manicure and pedicure suite. Guests are also offered a wealth of nourishing, healthy choices at **La Terrazza**, the jewel of Hotel Eden with mesmerizing views over Rome. Michelin-starred chef, Fabio Ciervo, is an Italian native who draws on his local upbringing and international culinary experience to prepare high quality, ingredient-driven dishes that focus on providing the very best flavor and nourishment.

## THE BEVERLY HILLS HOTEL, LOS ANGELES

**The Beverly Hills Hotel**, located in Los Angeles, is surrounded by 12 acres of lush, tropical gardens, exotic flowers and a palm tree-lined pool – complete with luxury private cabanas. Wellness enthusiasts will appreciate new offerings including hour-long yoga classes on Saturday mornings with celebrated yoga instructor Amy Rose, including fresh fruit, water, yoga mats and blocks (complimentary for hotel guests/\$25 for non-hotel guests). Stop by the **Cabana Cafe** for new acai bowls packed with antioxidants and a fresh pressed juice menu. Additionally, complimentary new **wellness kits** are available to use in all suites, with mats, blocks, stretch bands, Buddha boards, massage balls and therapeutic oils. Hotel guests can also select from the in-room **yoga and meditation menu** and choose from five different types of one-on-one instructional classes that refresh, restore and energize. The hotel's **recently upgraded fitness center** features new state-of-the-art strength and cardio training equipment and complimentary amenities to ease the way to wellness. Personal trainers are also available upon request. Look your best while feeling your best with **Sankalpa** yoga mats and apparel, and **Poprageous** yoga pants decorated with the hotel's signature banana leaf print, available at the **Logo Shop** or online.

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## **HOTEL BEL-AIR, LOS ANGELES**

Hotel Bel-Air's 12 acres of gardens have created a peaceful environment for health and wellness for over 65 years. The hotel is a retreat for some of the world's most celebrated personalities to relax and rejuvenate, and now guests will have an opportunity to maintain their healthy lifestyle on the go with the new **Wellness Your Way package**. Enjoy in-room yoga at your convenience, complete with a yoga mat, yoga DVD, fresh pressed juice and a healthy snack (\$60). Guests can also spend time in the Spa, which includes a spacious suite with outdoor space to accommodate groups of two and more, an extensive spa menu and a 24 hour fitness studio.

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For additional rates and special offers, please visit [dorchestercollection.com](http://dorchestercollection.com)

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### **Dorchester Collection**

Dorchester Collection is a portfolio of the world's foremost luxury hotels in Europe and the US, each of which reflects the distinctive culture of its destination. By applying its unrivalled experience and capability in owning and operating some of the greatest individual hotels, the company's mission is to develop an impeccable group of the finest landmark hotels through acquisition as well as management of wholly-owned and part-owned hotels, and to enter into management agreements.

The current portfolio includes the following hotels: **The Dorchester**, London; **45 Park Lane**, London; **Coworth Park**, Ascot, UK; **Le Meurice**, Paris; **Hôtel Plaza Athénée**, Paris; **Hotel Principe di Savoia**, Milan; **Hotel Eden**, Rome; **The Beverly Hills Hotel**, Beverly Hills; and **Hotel Bel-Air**, Los Angeles.  
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