

Press Release

For Immediate Release

Mind-Body Balance Staycation – A New Private Wellness Retreat by MiraSpa for Sleep Deprived Busy Minds Launches this Summer



25 June 2021, Hong Kong: The Mira Hong Kong invites all busy city dwellers to discover the art of sleeping well with MiraSpa and Aromatherapy Associates during a new, 3D2N private wellness retreat which helps Guests achieve a blissful mind-body balance thanks to a program of tailored experiences improving the quality of sleep. The core of this all-inclusive staycation available from July 1, 2021, is a private in-suite Yoga Nidra class, a relaxing 120-minute spa ritual at MiraSpa's lavish Couple's Spa Suite including a long Himalayan Salt Bath, and sleep-enhancing in-room amenities from Aromatherapy Associates. Comparing to the popular monthly Detox Detour at The Mira dedicated to cleansing, juicing and meditation, this latest self-care staycation – carefully designed for couples, two family members, or close friends who simply wish to unplug together and improve the quality of their rest – is inclusive of a full meal plan ranging from buffet breakfast and lunch at Yamm to curated dinner sets at Michelin Plate awarded WHISK and Cuisine Cuisine. Rates start from HK\$10,800 for 2 Guests and bookings made 7 days in advance are gratified with a 10% discount.

Mind-Body Balance Staycation includes:

- One Mindful Sleep Relaxing Ritual at MiraSpa for 2 (120mins)
- One Private Yoga Nidra Class for 2 (60mins)
- One set of In-room Sleep-enhancing Amenities (Aromatherapy Associates Sleep & Recovery Kit)
- Two Buffet Breakfasts for 2 at Yamm
- One Lunch Buffet for 2 at Yamm (see the [menu](#))
- One Dinner Set for 2 at modern Cantonese Cuisine Cuisine (see the [menu](#))
- One Dinner Set for 2 at innovative French-Japanese WHISK (see the [menu](#))

The Essence of Mind-Body Balance Wellness Staycation Experience

Inner stillness is the equivalent of outer silence. Yet, just like the real silence, true stillness is increasingly hard to achieve, especially for those with a busy city lifestyle. It affects our night-time mind activity and has an impact on the quality of sleep which translates into another stress factor for the body.

“Healthy sleep is vital for achieving a healthier life. It's responsible for recharging your energy and stabilizing our body functions, as well as preventing premature aging. We invite all busy minds to surrender their senses to a curated wellness staycation that helps address any mind-body imbalances that might be creating sleeping issues,” says Iris Leung, MiraSpa Manager.

During the 3-day-2-night staycation, Guests will learn how to improve your sleep patterns through the ancient wisdom of Sleep Yoga, followed by a deeply relaxing ritual at the award-winning MiraSpa, and enhanced with a set of Relax & Sleep Edit Kit by Aromatherapy Associates containing mini-products that let the restful powers of Vetivert, Chamomile and Sandalwood ease your mind, so you can enjoy regenerative sleep not only on your short holiday break but once you return home too.

Staying at one of the smartly designed, spacious suites in calming color tones Guests will have plenty of room to relax and even customize their sleep experience with one of the 7 pillow types to meet your specific needs, from Lavender & Buckwheat to 100% Natural Latex pillow, or Rose-infused Goose & Down Feather pillow for a night of restorative sleep.

Furthermore, all Guests may enjoy complimentary access to MiraSpa wellness facilities including the dazzling indoor infinity pool and heated waterbed lounges, which help to zone out in the dim, tranquil environment.

The Mindful Sleep Relaxing Ritual at MiraSpa (120 mins)

The Mindful Sleep Relaxing Ritual begins with a 30-minute Himalayan Salt release Jacuzzi bath to discharge the negative energy and achieve deep relaxation, followed by a 75-minute Body & Mind Balance massage therapy utilizing Aromatherapy Associates Deep Relax massage oil of Vetivert, Ylang Ylang, and calming Chamomile designed to induce relaxation and sleep as well as relieve deep-seated muscular tension with a relaxing Himalayan salt warm stone. The ritual ends with a 15-minute soothing scalp massage which helps to clear the mind, while guided mindful breathing techniques further promote inner calm and relaxation. Before retreating into their suite Guests will enjoy a cup of Chamomile herbal tea to deepen the calming effect.

Private Yoga Nidra Class

Yoga Nidra – one of the oldest styles of yoga – is a form of psychic sleep, also referred to as Yogic Sleep, which is a state of consciousness between waking and sleeping, induced by a guided meditation. Rather than any form of physical exercise, Yoga Nidra is a form of active meditation. During a session, Guests follow instructions regarding different kinds of actions, without becoming distracted and while remaining completely awake and alert. Practitioners may appear asleep but the consciousness is actually operating at a deeper level of awareness. The class performed by the professional trainer, Kaman Yip, in the privacy of Guests' own suite deepens the sense of inner calm.

Relax & Sleep Edit Gift Kit by Aromatherapy Associates

Sleeping well is an art and requires a bit of inspiration. Awaiting in Guests' suite is a restorative set of mini products by Aromatherapy Associates, a beloved UK spa products brand, which harness the power of natural essential oils such as Vetiver, Chamomile, and calming Patchouli in Deep Relax Roller Ball to apply on your pulse points and deeply hydrating and nourishing Relax Body Wash infused with Lavender and Ho Wood to treat yourself with during a soothing bath boosted with Deep Relax Bath & Shower Oil. The five-step ritual, which couples may perform together, enables Guests to de-stress fully to enjoy a tranquil night's sleep and experience the benefits to skin, body, and mind. The gift set includes: 1x Deep Relax Bath & Shower Oil (9ml), 1x Relax Body Wash (40ml), 1x Deep Relax Roller Ball (10ml), 1x De-Stress Muscle Gel (40ml), and 1x Hydrating Nourishing Face Oil (3ml).

During their stay all Hotel guests may enjoy further benefits from **free high-speed Wi-Fi** to **20% off dining** across hotel outlets and **25% off a la carte spa treatments** at MiraSpa, as well as **complimentary access to the 17/F Mirathon zone** featuring a host of **play rooms and entertainment**.

Mind-Body Balance Staycation is available from 1 Jul – 31 August 2021.

Package price for 2 Guests:

HK\$10,800 (Sun – Thu)

HK\$11,200 (Fri & Sat, Public Holidays & Eve)

T&C Apply. Advance booking is required. Prices are subject to 10% service charge.

About The Mira Hong Kong

The Mira Hong Kong is a smoke-free, designer hotel with 492 boldly accented guest rooms, including a collection of 56 suites and specialty suites. Overlooking the lush Kowloon Park and centrally located in Tsimshatsui, the heart of Hong Kong's commercial, shopping, dining and entertainment district, the hotel easily connects guests to all parts of the vibrant metropolis being a short walk from MTR stations and the Star Ferry. The Mira Hong Kong is a member of Design Hotels™ and a partner hotel of Marriott Bonvoy™ program. www.themirahotel.com

The Mira Hong Kong, Mira Place, 118 - 130 Nathan Road, Tsim Sha Tsui, Kowloon
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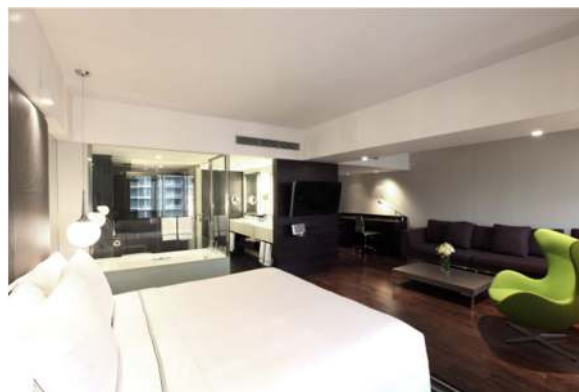
Mind-Body Balance Staycation



The Mira Hong Kong, Lobby Entrance



*Welcome Gift Amenities, Sleep & Recover Collection Kit
by Aromatherapy Associates*



The Mira Hong Kong, Suite 70 (Studio)



*MiraSpa, Couple's Suite
featuring private whirlpool bath and steam shower*



Infinity Pool at MiraSpa



Sleep Yoga is a form of active meditation



*Rewarding dining at French-Japanese WHISK (pictured)
and Cantonese Cuisine Cuisine is a part of the
staycation's all-inclusive dining*

Hi-res images available for download at: https://bit.ly/MBB_Stay_Press

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