

TRAVEL AND HOSPITALITY

Global Wellness Day inspires healthy hospitality events

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Four Seasons Hotels guests can experience guided lessons from health experts

By STAFF REPORTS

The Ritz-Carlton and Rosewood are just two of the hospitality brands participating in this year's Global Wellness Day.

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With wellness tourism a growing trend, hotels are partnering with the international event on June 10 with special spa and fitness offers, helping guests achieve more balance in their minds and bodies. Wellness itself has become a luxury, as consumers increasingly value health and mindfulness over material goods ([see story](#)).

Exercise and enlightenment

Founded by Turkish cancer survivor Belgin Aksoy Berkin, Global Wellness Day is entering its sixth year. The event will include 4,000 activities in 100 countries.

Among the festivities will be events at various hotels.

Twelve of Rosewood's properties will be running activities and events that draw from the local culture. For instance, Jumby Bay, A Rosewood Resort in Antigua will host a Self Discovery Retreat that will include biking on the island, a Zumbathon and the Jumby Bay Walk for a Cause.

Mandarin Oriental, New York will be running a bootcamp with Nike+ Run Club and JackRabbit. This event includes a two-mile run followed by a bootcamp workout and swimming at the property.

Across its properties, Mandarin Oriental will be helping guests learn how to disengage from technology.



Mandarin Oriental is diving into Global Wellness Day. Image credit: Mandarin Oriental

The Ritz-Carlton, Los Angeles will be teaching gardening classes on its roof as well as guiding participants through meditation and yoga.

Fairmont Sonoma Mission Inn's Willow Steam Spa will be organizing hikes, fitness classes and workshops

"All of us would like to be healthier, to look better, and to live well both physically and spiritually. Living well is almost the entire world's shared dream," said Alison Abbott, director of spa operations at Willow Steam Spa at Fairmont Sonoma Mission Inn, in a statement. "The fundamental purpose of the day is to make us aware of the value of our lives. Even if it's for just one day of the year, to make us stop and think, to get away from the stress of modern-day living and our bad habits, and thereby find peace within ourselves."

Four Seasons Hotels & Resorts is also celebrating Global Wellness Day around the world at many of its international locations this June.

These events span from workout sessions, nutritional lessons, guided meditations and many other classes and events dedicated to helping customers keep their bodies and minds in top shape ([see story](#)).

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