

TRAVEL AND HOSPITALITY

Hyatt launches wellbeing experiences at select US luxury resorts

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The new experiences are centralized in scenic locales across America. Image credit: Hyatt

By ZACH JAMES FOR LUXURY DAILY NEWS SERVICE

Multinational hospitality company Hyatt Hotels & Resorts is expanding its holistic offerings in the United States.

This week, the hotelier launched Retreats by World of Hyatt, a series of wellness journeys hosted at several domestic locations. The limited-edition, multi-day experience packages offer a range of various restorative treatments, including hydrotherapy, sunrise yoga and nutrition workshops, among other services.

"Today's travelers want more than just a relaxing getaway they are seeking meaningful experiences that inspire and reconnect them to what matters most," said TJ Abrams, VP of global wellbeing at [Hyatt](#), in a statement.

"At Hyatt, we believe wellbeing is personal, and these retreats are designed to meet guests exactly where they are offering space, support and tools to recharge mentally, physically, and emotionally," Mr. Abrams said. "Whether you're just starting your journey or looking to go deeper, these retreats provide the path toward lasting wellbeing."

"And with more destinations planned for the future, this is just the beginning."

Domestic relaxation

Set in the deserts of Utah and along the Californian coastline, the trio of new three- and four-day journeys aim to restore the mind, body and soul.

Two unique experiences reside in Utah, with both being held from September 25 to 28. The first, Desert Flow at ULUM Moab, is a five-star glamping retreat situated in the red rock canyons of the state; treatments include curated workouts, guided hikes, sound baths, tea blending and more, all led by fitness expert Hollis Tuttle.



Desert Flow at ULUM Moab is designed to help guests “build inner strength.” Image credit: Hyatt

In the deserts of Virgin, Utah, Hyatt will host Zion Unplugged at Under Canvas Zion, a hiking-focused retreat where participants will stay in high-end safari-style tents between guided journeys through Zion National Park.

From Oct. 9 to 12, the Park Hyatt Aviara Resort, Golf Club & Spa will play host to the Fitness Performance Retreat, a getaway hinging on science-based fitness initiatives and recovery. Coaches from San Diego-based training facility DBC Fitness will guide the program, with activities including conditioning classes, sleep and nutrition workshops, body restoration sessions and discounted treatments at the Miraval Life in Balance Spa Aviara.

Bookings for the trio of Retreats by World of Hyatt are available now on the company's [website](#).

Earlier this year, Hyatt began the expansion of its holistic offerings with the formation of an internal Wellbeing Collective Advisory Board made up of industry experts ([see story](#)). Since then, the hotelier has launched several wellness initiatives around the world, including a series of retreats under the Miraval Life Resorts & Spas label, a two-week detox program at Park Hyatt Maldives Hadahaa, restorative journeys at Andaz Peninsula Papagayo Resort in Costa Rica and through the Camp Unwritten glamping concept.