

## WELL-BEING AT WESTIN

With more than 200 properties around the globe, Westin Hotels & Resorts is committed to enhancing guests' well-being worldwide. At Westin, every aspect of the guest experience is designed to ensure that travelers leave feeling better than when they arrived, from our innovative programs and instinctive service to revitalizing amenities and refreshing ambience.

In the spirit of renewal, Westin design takes its inspiration from nature and reflects its vitality, energizing and recharging guests. To provide a truly holistic experience of well-being, each signature Westin program is developed to help guests Sleep Well, Eat Well, Move Well, Feel Well, Work Well, or Play Well. *For a better you.*<sup>™</sup>

## CORE VALUES

### *Personal*

Westin recognizes that behind every reservation an individual guest with a unique set of needs. We customize care and attention for each guest and create an intimate and individualized experience.

### *Instinctive*

Westin proactively anticipates guests' needs instead of simply reacting to them. The Westin culture inspires our associates to use their own judgment and engage with guests to intuitively and proactively recognize and respond to their individual needs.

### *Renewal*

Westin offers guests countless opportunities to relax and revive. Our collection of signature, branded experiences, refreshing ambience and exceptional care helps restore guests' sense of well-being and get them back to their best self.

## SLEEP WELL

At the heart of a revitalizing stay is deep, restful sleep. To ensure that guests awake feeling energized and renewed, every guestroom features Westin's signature Heavenly<sup>®</sup> Bed.

### *Westin Heavenly Bed*

Since its introduction in 1999, the Westin Heavenly Bed has refreshed and rejuvenated millions of guests. From the crisp, white sheets to the plush pillows and down duvet, every element of the iconic bed is designed to promote sound slumber for a restorative stay.

## EAT WELL

Westin empowers guests to maintain their healthy habits away from home with wholesome, nourishing dishes for kids and adults alike.

### *SuperFoodsRx<sup>™</sup>*

From our in-room dining menus to our restaurants, every Westin dining experience offers energizing SuperFoodsRx



dishes. Antioxidant rich and naturally low in calories, our tempting selections make healthy meals impossible to resist.

### *Westin Eat Well Menu for Kids*

At Westin, we believe that eating well isn't just for adults. That's why we've teamed up with SuperChefs<sup>™</sup>, a group of doctors, dentists, dieticians and chefs dedicated to educating kids on the importance, and the fun, of eating smart. From cooking and enjoying nutritious foods to staying active, SuperChefs helps kids discover the upside of healthy living.

### *Westin Fresh by The Juicery*

Fuel your day and enhance your wellness with Westin Fresh by The Juicery, an assortment of nourishing, healthy juices and smoothies available at select hotels. Curated in partnership with the experts at The Juicery, each custom blend packs a punch of revitalizing goodness.

## MOVE WELL

To help guests stay fit and focused, Westin offers a variety of ways to work out, from spacious state-of-the-art fitness studios and private guestroom workouts to group runs and running maps designed exclusively for each location.

### *WestinWORKOUT<sup>®</sup> Fitness Studios*

WestinWORKOUT Fitness Studios combine state-of-the-art equipment and high-performance workouts to offer customized exercise options for guests who are committed to maintaining an active lifestyle during their travels.

### *RunWESTIN<sup>®</sup>*

RunWESTIN takes our fitness offerings beyond the hotel, giving guests the opportunity to tailor their workout to their destination and take in the local scenery. Westin has partnered with New Balance<sup>®</sup> to provide custom three and five-mile running routes, whether along the beach or through urban landscapes. Runners of all levels are invited to join a group run with a Run Concierge, available at select locations.

### *Gear Lending*

Westin lets guests pack light and stay fit with our innovative Gear Lending program, developed in partnership with New Balance. For a small fee, Westin provides guests with shoes and athletic wear to use during their stay, ensuring that every guest can remain active during their travels.

## **FEEL WELL**

From invigorating spa treatments to guided meditations, there are countless ways to recharge and re-center at Westin. Whether guests seek rejuvenation or relaxation, focus or balance, they will find a personalized way to feel well.

### *Sensory Welcome*

Mood-lifting botanicals, the signature scent of White Tea and atmospheric lighting and music greet guests to revitalize them from the moment they arrive.

### *Heavenly® Spa*

More than 30 Westin locations offer our signature spa experience, designed to recharge body and mind. Guests can choose from healing massages, cleansing facials and energizing body treatments to awaken their senses.

### *Heavenly® Bath*

White Tea Aloe bath amenities, extra-large combed cotton bath sheets and plush bathrobes create an ambience of renewal. The Heavenly Bath revitalizes and energizes with a signature rain shower experience.

## **WORK WELL**

Westin helps guests achieve their best with intuitive, collaborative work spaces designed to foster focus.

### *Tangent™*

Westin streamlines the work experience with smart technology and innovative design to help guests connect with colleagues around the table or across the globe. Developed to be adaptable to the modern business traveler's ever-changing needs, Tangent accommodates groups of four or fewer on demand and enables guests to stay productive anywhere in the world. The flexible work space is available at select hotels.

### *Clutter-Free Meetings*

Westin helps guests stay organized with clutter-free meetings. Streamlined stations feature paper, pens, glasses, water and other thoughtful touches, keeping the main work area open and clear. Energy-efficient lightbulbs, double-sided notepads and waste-less water pitchers help reduce consumption and keep meetings green.

## **PLAY WELL**

Whether guests are taking a break from business or exploring as a family, Westin creates endless opportunities for play while away.

### *Westin® Family*

We believe that all of our guests should leave feeling better than when they arrived - and our youngest travelers are no exception. From the moment they receive their Travel Journal at check-in, kids are encouraged to embark on new adventures with Westin Family. At our resorts, kids are invited to participate in an array of interactive activities and join us at the Kids Club, a nature-inspired destination for exploration. The Kids Club is open to kids ages 4-12 for morning, afternoon or all-day supervised sessions.

### *Westin Weekend*

Weekends last longer at Westin, with extended breakfast hours and late checkout on Sundays. Whether lounging in the Heavenly Bed, energizing in the WestinWORKOUT Fitness Studio or savoring a SuperFoodsRx meal, Westin gives guests the added flexibility to make the most of their weekend.

### *Westin Finds from AFAR*

Westin helps guests enrich every exploration with Westin Finds from AFAR, an engaging digital destination guide curated by AFAR magazine's community of travel experts. The guide reveals hidden gems near Westin hotels around the globe, providing a truly local experience no matter where guests are in the world. Discover more at [westinfinds.com](http://westinfinds.com)

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