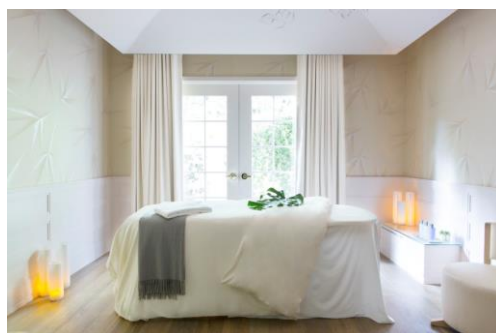


## Press Release

July 2019

# Hotel Bel-Air introduces inspired offerings and experiences for Wellness Month



Wellness enthusiasts will appreciate specialty offerings designed for health-conscious guests to maintain balanced and healthy lifestyles while traveling. From yoga surrounded by lush grounds and colourful gardens, to in-room wellness kits that help decompress after a long trip, to nutritious dining experiences, a variety of wellness-themed services are now offered for guests and non-guests alike.

### **Breathe In... Breathe Out...**

Led by certified yoga instructor, personal trainer and professional dancer Amy Bishop, yogis will appreciate her experimental and creative approach to popular yoga techniques and practices. The hour-long classes are priced at \$25\*, are open to the public, and include use of mats and complimentary water.

### August Schedule

Thursday, August 1st 10:00am-11:00am Vinyasa Flow Yoga  
Thursday, August 8th 10:00am-11:00am Vinyasa Flow Yoga  
Friday, August 9th 10:00am-11:00am Yin Yoga  
Thursday, August 15th 10:00am-11:00am Vinyasa Flow Yoga  
Friday, August 23rd 10:00am-11:00am Yin Yoga  
Thursday, August 29th 10:00am-11:00am Vinyasa Flow Yoga  
Friday, August 30th 10:00am-11:00am Yin Yoga

### **Wellness Your Way**

Align your chakras and soothe your mind all from the comfort of your room. This in-room package ensures guests maintain their healthy lifestyle on the road with an in-room yoga experience, which

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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# Hotel Bel-Air

## Los Angeles

Dorchester *Collection*

also includes freshly pressed juice and healthy snacks to put an extra spring in your step. Priced at \$60.

### Vegan Tasting Menu and Wellness Shots

Health-conscious diners at Wolfgang Puck at Hotel Bel-Air will enjoy the new Vegan Tasting Menu offered daily during dinner service. Seasonal ingredients are transformed into classic dishes with a twist for an innovative and flavorful menu. Fresh pressed wellness shots are also available for breakfast and lunch daily, including custom blends like Carrot, Apple and Cantaloupe; Strawberry and Watermelon; and Honeydew, Pineapple & Ginger.

### Clear Your Mind

Spa and wellness enthusiasts will also appreciate the hotel's Spa, open daily from 8 am to 9 pm, our expert therapists work with Valmont's unique blend of nature and science for powerful results. Relax and enjoy some well-deserved indulgence with our Clear Your Mind spa treatment, helping the mind unwind and refocus, and getting you back on track. 90 minute treatment; \$365. For additional information, please visit <https://www.dorchestercollection.com/en/los-angeles/hotel-bel-air/spa/>.

# # #

### Notes to the editor:

#### 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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