

WESTIN

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# Enhance Your Well-Being

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# Stay Rested

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Set the stage for restorative sleep with the Westin Sleep Well Menu, featuring ingredients handpicked for their sleep-aiding properties.



# Stay Longer

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Stretch out your stay with a Westin Weekend, featuring extended breakfast hours and late Sunday checkout on weekend stays.

Learn more at:  
[westin.com/westinweekend](http://westin.com/westinweekend)

Terms and conditions apply.



# Stay Nourished

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At Westin, we believe that feeling good starts with getting the nourishment that is right for you. That's why we aim to provide nutritious options that contribute to your overall well-being. We ensure that dishes are sourced responsibly, crafted flexibly and created thoughtfully to accommodate individual dietary needs and preferences without compromising flavor, taste or satisfaction.



# Stay Productive

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At Westin, we believe in empowering meeting attendees to maximize their impact. From Bright Breaks to energizing agendas, we ensure that both attendees and planners feel accomplished, invigorated and ready to perform at their best in the boardroom and beyond.





# Stay Healthy

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The Westin Eat Well Menu for Kids features meals as delicious as they are nutritious. Available in select restaurants and via In-Room Dining.



# Stay Energized

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Begin your morning with an energizing rain shower, or ease tension after an active day with our signature White Tea Aloe bath amenities, plush robes and extra-large bath sheets – the complete Heavenly® Bath experience.



At Westin, every aspect of your stay is designed to ensure that you leave feeling better than when you arrived. From our innovative programs to our revitalizing amenities, everything we do is to empower a better you.



## Stay Fit

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Maintain your workout routine wherever you go with 24/7 access to state-of-the-art equipment in our WestinWORKOUT® Fitness Studios. With TRX functional training equipment and local running maps, you can always work out your way while on the road.

MEMBER OF  
MARRIOTT BONVOY™