

# Travel... transformed

Leave feeling better than when you arrived. Awaken your senses and calm your psyche. In **China**, let a “bathologist” draw the perfect candle-lit bath. In **Australia, New Zealand, and Fiji**, take a deep breath in a totally smoke-free Breathe environment. In **Japan**, savor traditional rituals reflecting an ancient culture. In **Bali**, restore your inner tranquility with soothing wellness treatments while gazing at the Indian Ocean. Restore your energy with a Heavenly Bed and Heavenly Bath. And the transformation is only just beginning...

Transform  
yourself,  
and your  
ideas about  
travel.

## Unwind... a Westin evening ritual

Explore the sights, sounds, and tastes of your destination through Westin's signature Unwind program. These curated evening events open a window onto local culture and allow you to relax with fellow guests, as the hotel lobby is transformed into a social gathering with food, drinks, music, and plenty of laughter. At **The Westin Beijing Financial Street**, learn the principles of tai chi or try your hand at calligraphy. In Fiji, hear traditional wooden drums and enjoy a fire-dance ceremony at **The Westin Denarau Island Resort & Spa**. De-stress and recharge with a five-minute neck and shoulder massage at the **Westin Grande Sukhumvit** in Bangkok. Enjoy dumpling making at **The Westin Chosun Seoul**, an herbal garden presentation at **The Westin Tokyo**, and a tasting of traditional Malaysian cuisine at **The Westin Kuala Lumpur**. Visit [www.westin.com/unwind](http://www.westin.com/unwind) for more Unwind activities.

## Westin WORKOUT Powered by Reebok Fitness Program

Take your workout to the next level with Westin's sleek, airy, state-of-the-art fitness facilities. The Reebok Core Training Zone amps up your training, and experts at Reebok University have designed exhilarating workouts exclusively for guests. If you prefer privacy, many destinations provide in-room WestinWORKOUT equipment, DVDs, and training manuals. Get the kinks out and quiet your mind with the yoga and Pilates-inspired program accessed via your TV, using your Heavenly Bed as the platform.

At the **Westin Bund Center** in Shanghai, enjoy the new Grand Tower guest rooms—a pure indulgence in art and technology—while working out in a two-level gym with elliptical trainers, treadmills, bikes, free weights, calisthenics, and yoga. There's an indoor pool, sauna, and Jacuzzi at **The Westin Auckland, Lighter Quay**, and the five-star **Westin Sohna-Gurgaon Resort and Spa** features a lap pool, weight machines, cardiovascular equipment, aerobics, tennis, and a jogging track as part of a 35-acre retreat near New Delhi.

## RunWESTIN... make the discovery

Travel is about making discoveries—about new places, new experiences, and yourself. **RunWESTIN** invigorates your mind and your body. It's your own running club, with guided runs from the hotel along scenic routes highlighting cultural, historical, and natural attractions. In addition, Westin's Runner's World Maps chart three- or five-mile jogging or walking routes and provide local running tips. In **RunWESTIN, Discover Sydney**, a podcast takes you along your route; a six-kilometer course leads you to the Circular Quay and Sydney Opera House. Increase your distance to eight kilometers and enjoy an incredible view of the breathtaking Sydney Harbour Bridge. The **RunWESTIN, Discover Shanghai** route along the riverfront highlights the rich variety of colonial-era architecture and grand new buildings on the Bund. In **RunWESTIN, Discover Kyoto**, runners explore the secluded district of Higashiyama with the famous Zen temple Nanzenji, the Heian Shrine with its magnificent gate, and the picturesque canal lined with cherry blossoms, which flower in March and April.

## Heavenly Spa by Westin

Capture the moment. Invest in you. Rejuvenate and renew at a Heavenly Spa. The tranquil, sumptuous environments offer sanctuaries to restore body and soul. In-room spa treatments and Travelers Renewal expedite your journey to feeling relaxed, enriched, and re-energized. At **The Westin Denarau Island Resort & Spa in Fiji**, refresh body and mind in open-air therapy rooms amid breathtaking surroundings. Fijian massage oils and time-honored techniques bring an immediate release and help you to achieve a transformative spiritual healing. Experience an urban oasis at **The Westin Beijing, Financial Street**, with its Chinese-inspired holistic therapy. Age-old rituals help the body relieve fatigue and stress, while encouraging balance, restfulness, and wellness. The tranquility of beach and sea work their magic at the Heavenly Spa at **The Westin Langkawi Resort & Spa**. Your treatment begins with the signature serenity welcome, a ritual that combines aromatic oils with sensitive massage of the face, neck, ears, and scalp.

Visit Westin properties throughout Asia Pacific to experience unrivaled services and amenities, including wellness spas and executive retreats.

**WESTIN**  
HOTELS & RESORTS  
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