

REVITALIZING ROAD WARRIORS

*New Wellness program now available at Four Seasons properties in
Toronto, Vancouver and Whistler*

Canada: Maintaining a healthy lifestyle when travelling can be challenging, but a new Wellness program at Four Seasons properties in Toronto, Vancouver and Whistler provides the perfect balance for both mind and body. Coordinated through the services of a dedicated Wellness Concierge, the Wellness program features virtual fitness trainers, in-room or poolside spa services and healthy food options for eating on the run. The path to Wellness begins in the Hotel's health club. Fitness enthusiasts will be treated to a customized training session via IPOD/MP3 player that contain virtual workouts for either treadmills or elliptical machines. Designed by Toronto firm, Total Wellness Consulting, the virtual Four Seasons workout is complimentary to all hotel guests and can also be purchased upon check-out. Total rest and relaxation follows with a variety of in-room spa services such as shiatsu, swedish and deep tissue massage. These services can be booked with ease from the comfort of the guest's hotel room through the Wellness Concierge.

For those wishing to relax outdoors, poolside loungers provide the perfect setting for a rejuvenating treatment, while surrounding gardens create a serene environment for meditation. Craving some much needed nourishment, mini bar and in-room dining menus will now point to healthy options such as fruit/vegetable bowls, organic selections, snack mixes and energy bars, helping guests to eat healthy on the go. For those looking to escape the urban jungle, Four Seasons Resort Whistler offers an exclusive Path to Wellness package. This rejuvenating 3-night package features a welcome amenity of aromatherapy products, meditation and yoga mat; daily choice of breakfast, lunch or dinner; three luxurious spa treatments including the Marine Body Balance, Customized Spa Facial and Meditative Massage; personal trainer consultation and fitness plan and an outdoor guide to direct guests on all of the exciting mountain adventures.

The Path to Wellness Package is available from \$1,077 per person based on double occupancy. For more information on the Wellness program, contact the reservations departments directly at Four Seasons Hotel Toronto (416) 964-0411, Four Seasons Hotel Vancouver (604) 689-9333 or Four Seasons Resort Whistler (604) 935-3400 or online at www.fourseasons.com.

Four Seasons is dedicated to perfecting the travel experience through continuous innovation and the highest standards of hospitality. From elegant surroundings of the finest quality, to caring, highly personalised 24-hour service, Four Seasons embodies a true home away from home for those who know and appreciate the best. The deeply instilled Four Seasons culture is personified in its employees - people who share a single focus and are inspired to offer great service.

Founded in 1960, Four Seasons has followed a targeted course of expansion, opening hotels in major city centres and desirable resort destinations around the world. Currently with 73 hotels in 31 countries, and more than 25 properties under development, Four Seasons will continue to lead the hospitality industry with innovative enhancements, making business travel easier and leisure travel more rewarding. For more information on Four Seasons, visit www.fourseasons.com.

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