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**THE RITZ-CARLTON RESIDENCES, WAIKIKI BEACH LAUNCHES  
“WELL-RESTED IN WAIKIKI” WELLNESS PROGRAM DESIGNED TO HELP  
JET-SETTING TRAVELERS SLEEP BETTER**

*From Midnight Meditation and Sleep Workshops to Cabana Nap Turndown Service and Sleep-Promoting Spa Treatments, and More, Waikiki’s Newest Luxury Resort Invites Travelers to Sleep Better in Paradise*

**WAIKIKI BEACH, HI.** – June 21, 2019 – The Ritz-Carlton Residences, Waikiki Beach invites travelers to sleep better with the launch of its new “Well-Rested in Waikiki” wellness program. Designed with the resort’s jet-setting, global clientele in mind, this new program features a curated menu of unique wellness experiences designed to help promote better rest and sleep. From a “Midnight Meditation” session in the resort’s private yoga studio to help combat jetlag to a luxurious “Cabana Nap” turndown service to enhance the irresistible poolside “vacation nap,” The Ritz-Carlton Residences, Waikiki Beach offers the ultimate urban retreat to relax, recharge, and renew in paradise.

**Midnight Meditation**

Perfect for global travelers who arrive late at night, the Midnight Meditation experience is meant to get the blood flowing and help combat jet lag. Guests are guided through a private yoga and meditation session, which may be reserved for the resort’s indoor Yoga Room or under the stars at the Waikiki’s highest infinity pools.

**Beauty Rest Spa Treatment**

Oahu’s only Ritz-Carlton Spa offers a new treatment to promote relaxation and revitalization to encourage an elevated nightly sleep ritual. The 50-min Beauty Rest treatment features a restorative massage or facial, overnight hydration therapy masking treatment and breathing techniques combined with the sleep-promoting essential oils of lavender and rosemary.

**Sleep Workshop**

Guests wishing to learn about methods and practices to sleep better can participate in a special sleep workshop at The Ritz-Carlton Spa. The experience is led by the expert spa team in the Relaxation Lounge and includes aromatherapy, herbal tea, tips on how to quiet the mind and rest the body for a better night’s rest and a small gift. Each session is pre-scheduled and customized to each guest’s needs.

**Private Cabana Nap Service**

To elevate the quintessential “vacation nap”—the irresistible mid-afternoon snooze in the sun—The Ritz-Carlton Residences, Waikiki Beach offers a bespoke cabana turndown service for guests wanting a refreshing midday nap while lounging poolside. The service includes a full-day private cabana at the ‘Ewa Tower pool – the highest adults-only infinity pool in Waikiki – and includes plush pillows, herbal iced tea, and a Sleep Kit that includes sleep mask, ear buds, and Sleep mist spray.

### **“Suite Dreams” Turndown Service**

After a day in the island sunshine, a leisurely lunch, or just because it’s vacation, guests seeking a rejuvenating afternoon nap can return to their room to enjoy calming tea, soothing music, aromatherapy, and lavender and eucalyptus essential oil to apply to the bottom of the feet and other parts of the body to promote relaxation or to add to a hot drawn bath before climbing into their turned down bed for some shut-eye. With the window curtains drawn, guests can enjoy a restful nap before heading to dinner or exploring the vibrant Waikiki neighborhood world-renowned for shopping, dining and entertainment.

The Well-Rested in Waikiki program package includes a three-night stay in the resort’s Studio, Deluxe Ocean View category and starts at \$2,400 for one guest. Fee of \$550 per person applies for additional guests.

For reservations and more information, visit [ritzcarlton.com/waikiki](http://ritzcarlton.com/waikiki).

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The Ritz-Carlton Hotel Company, L.L.C., of Chevy Chase, MD., part of Marriott International, Inc., currently operates more than 100 hotels and over 45 residential properties in 30 countries and territories. For more information or reservations, visit the company web site at [www.ritzcarlton.com](http://www.ritzcarlton.com), for the latest company updates, visit [news.ritzcarlton.com](http://news.ritzcarlton.com) and to join the live conversation, use #RCMemories and follow along on [Facebook](#), [Twitter](#), and [Instagram](#). The Ritz-Carlton Hotel Company, L.L.C. is a wholly-owned subsidiary of Marriott International, Inc. (NASDAQ:MAR). The Ritz-Carlton is proud to participate in Marriott Bonvoy, the new name of Marriott’s travel program replacing Marriott Rewards®, The Ritz-Carlton Rewards®, and Starwood Preferred Guest® (SPG). The program offers members an extraordinary portfolio of global brands, experiences on Marriott Bonvoy Moments and unparalleled benefits including earning points toward free hotel stays and nights toward Elite status recognition. To enroll for free or for more information about the program, visit [MarriottBonvoy.marriott.com](http://MarriottBonvoy.marriott.com).