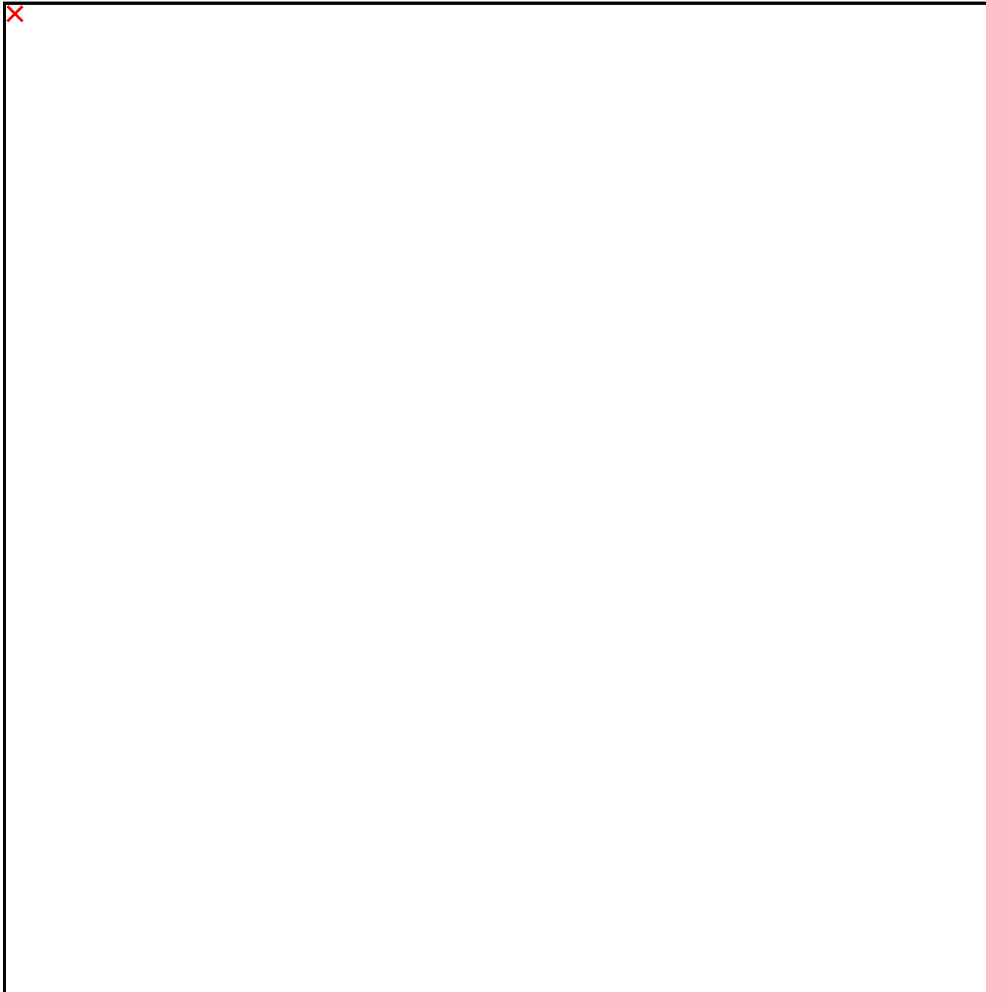


Travel Is Therapy! Benchmark Launches Spring Wellness Getaways And Inspiring Tips About The Healing Power Of Travel.

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The Woodlands (Houston), Texas, March 2021 ... Americans have always traveled – for fun, sport, business and for inspiration. Today, in the altered world in which we live, we travel for another reason – for therapy. With its new Therapeutic Spring Wellness Getaways, [Benchmark Resorts & Hotels](#) recognizes the need to address the psychological and physical challenges that the pandemic has brought, from stress, anxiety and sleep deprivation, to neck and shoulder pain from hours spent in virtual communication. Twenty-six luxury hotels and resorts in spectacular destinations are countering the effects of the pandemic with major savings and an array of wellness-oriented activities and services provided in a safe, serene and secure environment.

“Benchmark has made tremendous strides over the past months in providing value-added programs to help travelers recover from the stress and isolation of the pandemic,” according to Benchmark’s Chief Marketing Officer Ted Davis. “We’ve provided programs and vacation packages within drive distance of many Americans,” he said. “Now that most hotels are back open, air travel is rebounding and vaccinations are increasing, Benchmark is raising the bar again in order to address the need for mental, physical and spiritual recovery.” Destinations span beaches, lakeside resorts, and mountain retreats from coast to coast.

Benchmark’s “Travel Is Therapy” program is built on the premise that travel can be therapeutic at any time, but today, its restorative powers are sorely needed. According to Benchmark’s blog, [Eight Reasons Why Travel Is Good for You](#), travel can relieve stress, promote physical activity, provide quality family time, and broaden the mind and inspire creativity. Activities are designed to help guests relax, revitalize and reconnect. Guests can enjoy winter and spring skiing on the mountain slopes of

California, Colorado, Utah, Vermont and Wyoming, stretch at a yoga class, make a splash in a heated pool, play rounds of golf on championship courses, hit scenic mountain trails, sail away on a serene lake or cruise the Florida Keys. They can get motivated with lectures on wellness, or say Spaaaah!, as all participating hotels feature luxury spas and rejuvenating treatments, provided in spectacular settings.

Unique destination adventures are in store with [Travel Is Therapy](#): Connect with a team of wild horses on the Outer Banks of North Carolina. Take up the Range Rover Challenge through Vermont's Green Mountains. Indulge in a photography class in the Sonoran Desert. Sample heart-healthy dishes, fine wine or a freshly made smoothie. Cook up a culinary masterpiece at a cooking school. There's even a place for pets at several Benchmark properties. "Pets are proven to provide psychological benefits," says Ted Davis. "And don't our furry friends deserve a break with their families too?"

All Benchmark Resorts & Hotels' "Travel Is Therapy" packages are available through mid-May, 2021, and include luxury accommodations. Guests can book at https://www.benchmarkresortsandhotels.com/hotel_resort_packages/. Select packages extend beyond mid-May.

Here's a sampling of Benchmark's Travel Is Therapy offers:

Arizona

Hotel Valley Ho, Scottsdale, Arizona – The Travel Is Therapy package at this mid-century desert hideaway includes \$250 to spend on stays of three or more consecutive nights. Enjoy great golf, a superb climate, historic sites and nightlife at this remarkable landmark hotel.

Mountain Shadows Resort, Scottsdale, Arizona – Travel Is Therapy package includes \$250 to spend on stays of three or more nights at this luxury resort. From in-room massage to golf, cocktails classes to hiking, guests can make their stay therapeutic in their own way. Scottsdale offers renowned golf courses, sunshine, historic sites and superb nightlife.

California

Chaminade Resort & Spa, Santa Cruz, California – Spring Break on Us package includes choice of spacious accommodations and the third night free in this classic resort in the Santa Cruz Mountains overlooking Monterey Bay.

Forest Suites Resort, South Lake Tahoe, California – Spring Is Wellness package includes fresh mountain air, breakfast, complimentary parking, health-focused activities, wellness gift upon arrival, and savings of up to 40% on accommodations.

Lake Arrowhead Resort & Spa, Lake Arrowhead, California – Hike through mountain forests or set sail on a magical lake. The West Coast Wellness package includes overnight accommodations, a daily \$50 food & beverage credit on specially created and health-inspired menus, and access to a private beach.

Colorado

Manor Vail Lodge, Vail, Colorado – Focus on mind, body and wellness in world-famous Vail. The Live Well in Colorado package features choice of studio, one-, two- or three-bedroom condominium accommodations, a \$100 spa certificate and complimentary daily breakfast.

Florida

Cardozo South Beach, Miami Beach, Florida – Gloria and Emilio Estefan's legendary Ocean Drive hotel, enjoy the fabled South Beach Vibe with the SOBE Package that includes luxury accommodations, daily breakfast for two, direct access to Miami Beach, and beach cruiser bicycle rentals.

Costa D'Este Beach Resort, Vero Beach, Florida – The Coastal Calm package includes luxury accommodations in Gloria and Emilio Estefan's luxurious oceanside resort, Sunrise Yoga Classes, a \$25 per night resort credit and 20% savings on spa treatments, two beach loungers daily.

Hawks Cay Resort, Duck Key, Florida – Relax, Refresh, Rejuvenate on a tropical island within the legendary Florida Keys with a 30% saving on accommodations and a \$25 resort credit. Set sail from the resort's marina, encounter a pod of dolphins, chill out on the beach or poolside.

Maine

Spruce Point Inn, Boothbay Harbor, Maine – Coastal charm and stunning seascapes unite in the Spring Renewal package offering a choice of luxury accommodations, massage or facial offered oceanside, in the private Zen Garden or spa, daily yoga and use of the inn's kayaks, bikes and motor launches.

New Jersey

The Heldrich, New Brunswick, New Jersey – Rediscover Your Spark. Bike or hike the trails of the Delaware & Raritan Canal State Park or the campus of Rutgers University. The Heldrich offers a \$110 rate that includes access to its top-rated fitness center and free parking.

North Carolina

Sanderling Resort, Duck (Outer Banks), North Carolina – The Inner Vitality package features a \$100 spa credit, a \$100 food and beverage credit, Wild Horses Encounter, accommodations, beachfront yoga, kayaking, surfing, picnic hamper and a bottle of wine.

Texas

La Cantera Resort & Spa, San Antonio, Texas – Head for the Texas Hill Country and fabulous San Antonio where the Family-Friendly Spring Break package includes resort accommodations, daily breakfast and three hours per child at the resort's Kid Club. and head for the Hill Cory!

Margaritaville Lake Resort, Lake Conroe-Houston, Montgomery, Texas – A carefree Island Attitude prevails with the Breathe In Breathe Out Wellness package that includes overnight accommodations in a guest suite, a \$50 spa credit, dynamic group fitness classes, restorative yoga and a kayak excursion around Lake Conroe. It's vacation nirvana.

Texas A&M Hotel and Conference Center, College Station, Texas – Soothe Your Spirit in the heart of Aggie Land where their Wellness package includes guest room accommodations, a \$25 food and beverage credit and a soothing Sleep Menu of lavender diffusers, herbal teas and a choice of pillow options.

Utah

YOTELPAD, Park City, Utah – The Mountain Escape to Park City package combines fresh mountain air, stunning vistas and a 20% savings on studio and one-bedroom accommodations.

Vermont

Essex Resort & Spa, Essex, Vermont – A fresh outlook awaits with the Destination Exploration package, including 15% off spa services, dining and cooking classes, 20% off accommodations, use of resort bikes. -THURSDAY)

Equinox Golf Resort & Spa, Manchester, Vermont. The Vermont (Land Rover) Mud Therapy package lets guests hone their driving skills and get down in the mud on its 80-acre Land Rover Course with a 1-hour land rover driving experience lesson for two guests. Package includes luxury overnight accommodations. Eleven miles of trails in the Green Mountains are ideal for hiking and biking.

Virginia

Hotel Roanoke & Conference Center, Roanoke, Virginia – Roanoke Mountain Adventures package will have guests hitting the mountain trail, paddling a kayak, watching the wildlife in the beautiful Blue Ridge Mountains. The package includes overnight accommodations, an adventure snack pack, valet parking and a 20% savings on a guided tour or equipment rental from Roanoke Mountain Adventures.

Inn at Virginia Tech, Blacksburg, Virginia – The Southwest Virginia Outdoor Adventure package lets guests explore dozens of scenic local trails and the New River. The package includes overnight accommodations, daily breakfast and an Adventure Snack Pack.

Lansdowne, Leesburg, Virginia – Treat mind, body and soul to an oasis of serenity and relaxation with the Escape to Spa Minérale package. Includes overnight accommodations, \$300 spa credits per stay, one bottle of the spa's respiratory detox shot. Lansdowne is nestled in the heart of Virginia's Wine Country,

overlooking the Potomac River.

Washington

Skamania Lodge, Stevenson, Washington – Take tea with this Comfort of Wellness package that includes an array of healthful, herbal teas from the Smith Wellness Collection. Enjoy tea on-the-go for a peaceful hike on forest trails or simply relax and soak in a moment of mindfulness while taking in the magnificent mountain views in the Gorge Room. Overlooking Columbia Gorge.

Willows Lodge, Woodinville, Washington – Take a Journey to Wellness in the midst of bucolic Washington State Wine Country. The package includes overnight accommodations in a guest room or suite, \$100 spa credit, a \$100 food and beverage credit and therapeutic bath salts for use in the room's deep soaking tub. Guest room rates from \$479..

West Virginia

Stonewall Resort, Roanoke, West Virginia – Enjoy the healing powers of nature with the Lakeside Serenity package including up to 25% off overnight accommodations and two Stonewall Outfitters Passes good for 2-hour sessions with kayaks, canoes, stand-up paddle boards, road bikes and disc golf.

Wisconsin

Abbey Resort, Lake Geneva, Wisconsin – Escape to Lake Geneva with the Calm Water Retreat package that includes discounted guest room rates, a \$130 Avani Spa credit per each adult, an Avani Spa Bag filled with lavish treatments and a \$20 voucher for the Café Latte.

Wyoming

Snow King Resort Hotel & Condos, Jackson Hole, Wyoming – Western Wellness package offers luxury condo and guest room accommodations at savings of up to 25%. Included is the Wellness Basket containing beauty products, granola and organic juices, perfect for taking on a trail walk or a visit to the internationally acclaimed resort town of Jackson Hole.

Reservations subject to availability.

About Benchmark Resorts & Hotels®

[Benchmark Resorts & Hotels®](#) features the finest in lodging, dining, recreational and meeting accommodations. Featuring unique and distinctive properties renown for exceptional service and for creating unforgettable memory-making experiences, it is the signature portfolio of [BENCHMARK®, a global hospitality company](#), which has been a leading US-based hospitality management company for nearly 40 years. Many Benchmark Resort & Hotels' properties are certified by IACC, the association that represents the finest meeting venues and services globally, and many have also been recognized with the coveted [Benchmark Conference Centers®](#) certification of meeting excellence. www.benchmarkresortsandhotels.com. To become a fan on Facebook, visit www.facebook.com/BenchmarkResortsandHotels Follow us on Twitter at <https://twitter.com/BenchmarkHotels>, on Instagram at www.instagram.com/benchmarkresortsandhotels, and on Pinterest at www.pinterest.com/benchmarkhotels

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