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# Top Hotels For Sleep Retreats In 2022



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With World Sleep Day on March 18 and National Sleep Awareness Week from March 13 in the U.S., luxury hotels around the world are hosting stays designed to help you get a better night's rest.



Inside the Royal Champagne Hotel & Spa in France. ROYAL CHAMPAGNE

## Royal Champagne Hotel & Spa

A hotel recognized as the first-ever wellness destination in France's Champagne region, [Royal Champagne](#) is home to a sprawling spa

complete with nine cabins for Biologique Recherche treatments, indoor and outdoor swimming pools, a steam room, sauna and Jacuzzis, as well as fitness room, yoga studio and beauty bar. Now the hotel and spa is extending its wellness offering with the creation of the Royal Sleep Experience. This new program is the result of a new partnership with French beauty brand AIME and is designed to give guests a better night's sleep through the inclusion of AIME's sleep and glow set featuring a soothing essential oil spray and melatonin-based drops that aid sleep and ensure proper regeneration of the skin overnight, as well as an in-room meditation box, satin face mask, luxurious linens, a dedicated bedtime menu and a candle massage aimed at improving sleep quality. The 46-room property is just 45 minutes from Paris and celebrated for its Michelin-starred dining offering, vineyard views and Champagne Concierge arranging tastings at nearby Champagne houses.



The Restorative Sleep Suite at Park Hyatt New York. COURTESY OF PARK HYATT NEW YORK

## Park Hyatt New York

In January, [New York's Park Hyatt property](#) announced the launch of its new Bryte Restorative Sleep Suite. This sleep sanctuary featuring The Restorative Bed by Bryte came from recognition of the growing demand

for personalized in-suite wellness amenities and experiences. This one-bed residential-style suite overlooking the city and Central Park is outfitted with the sleep science backed and AI powered Restorative Sleep Technology bed helping guests combat jet lag, fall asleep more quickly and stay asleep longer as it dynamically adjusts to relieve pressure points and control the climate through the various stages of sleep. Other sleep enhancing amenities in this suite include a Vitruvi Essential Diffuser and signature Sleep essential oil blend, Nollapelli linens, sleeping masks and a collection of sleep-related books. A stay here also comes with access to the hotel's spa featuring a hydrotherapy area, saltwater lap pool, whirlpool and eucalyptus steam room, as well as fitness centre with equipment including Peloton.



The entrance to Careys Manor Hotel. CAREYS MANOR

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# Careys Manor Hotel & SenSpa

In Hampshire, UK, at the heart of the New Forest national park, [Careys Manor Hotel](#) is hosting guests with the Ultimate SenSleep overnight spa package. The hotel's celebrated spa combines Thai tradition with state-of-the-art technologies and features wellness facilities including a hydrotherapy pool, ice room and experience showers. The sleep promoting stay here includes an Ayurvedic head massage that's designed to clear the mind, relieve stress and aid sleep, along with access to SenSpa's health club and hydrotherapy facilities and the use of the Ultimate Sleep Gift Box containing bath soak, body cream and SenSpa Wellness tea as well as a sleep ritual guide to encourage mindfulness, all curated to ensure a good night's sleep. Away from the spa, time here can be spent exploring the trails of the surrounding New Forest.

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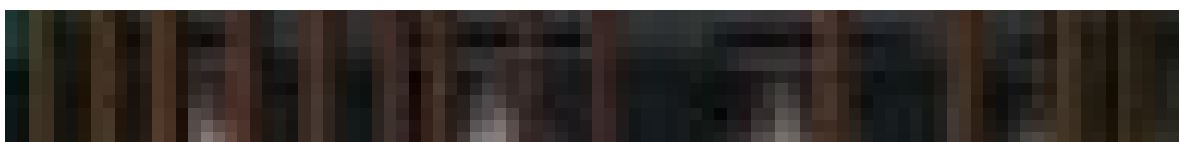


The Rest & Recovery Suite at Hotel Figueroa. TANVEER BADAL



## Hotel Figueroa

Downtown Los Angeles' [Hotel Figueroa](#)—now a part of The Unbound Collection by Hyatt—recently debuted its new Rest & Recovery Suite for those in search of enhanced wellness and relaxation. The R&R suite aims to provide guests with a rejuvenative stay through the integration of features from top sleep, fitness and wellness brands. Suite features range from the temperature-controlled Eight Sleep mattress and customized selection of pillows suiting your sleep preferences from Pluto Pillow to the in-room fitness mirror from FORME, Hyperice recovery tool and Beam supplements. A stay in this suite is complemented by use of the rest of this hotel's facilities, which include an outdoor pool, terrace for Pilates and yoga classes and dining venues including health-conscious all-day restaurant, Café Fig.





Inside the spa at Mandarin Oriental, Milan. MANDARIN ORIENTAL

## Mandarin Oriental Hotels

To mark World Sleep Day, Mandarin Oriental has come up with a series of bespoke wellness experiences that promote better sleep, with additional Fans of M.O. benefits including a complimentary treatment enhancement, such as oriental scalp massage, when visiting the spa. Particular sleep packages at Mandarin Oriental properties include the curated experiences of [Mandarin Oriental, Geneva](#). In recognition of the importance of regenerative sleep, the Geneva hotel has partnered with the Swiss medical sleep clinic CENAS to create the three-night Check-up with CENAS Sleep Clinic package combining a luxurious stay with overnight polysomnographic test recording sleep parameters and diagnosis report designed to improve sleep quality. At [Mandarin Oriental, Milan](#), guests are then offered the Signature Deep Sleep Treatment designed for anyone who suffers from sleep deprivation.

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I've always been passionate about travel. After university, I travelled through Asia, Oceania and the Americas for a number of years, with time... [Read More](#)

