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Tweet: Hotel X Toronto Offers 2 Spa & Wellness Packages to Kick-Start 2020 Health & Wellness Resolutions #hotelxtoronto #guerlainspatoronto #10XTO

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January Kicks Off Health & Wellness Month at Hotel X Toronto - Making It Easy to Keep 2020 New Year's Resolutions Easy While Traveling

Toronto (December 2019) – As the end of 2019 quickly approaches, people are setting their sights on developing thoughtful resolutions for the new year – many with a focus on improved health, wellness and overall self-care. [Hotel X Toronto by Library Hotel Collection](#), downtown Toronto's only lakefront urban resort, is helping travelers kick-start these resolutions during the month of January by offering two spa and wellness packages that include luxury accommodations, signature treatments at Canada's only [Guerlain Spa](#), access to group fitness classes at [10XTO](#), the hotel's unprecedented 90,000 sq. ft. health and wellness center along with credit to spend throughout the hotel.

Canadians are well known for their love of sports, wellness and nature, and Hotel X Toronto embraces these lifestyle trends as an underlying theme throughout the entire 404-room property. The hotel is situated within 192-acres of city parkland and was intentionally designed to incorporate features that promote a well-balanced lifestyle. In addition to the unparalleled fitness and spa offerings, guests are treated to a living green wall created with 2,500 plants – the focal point of the lobby, floor-to-ceiling glass throughout the hotel providing breathtaking views of the iconic Toronto skyline and Lake Ontario and over 800 nature photographs displayed throughout the hotel by Canadian photographer Neil Dankoff.

Packages that combine both the serenity of a luxury spa experience and sweat-inducing workouts, either solo or in a group setting, include the [Spa Retreat Package](#) which offers a \$250 credit to Guerlain Spa per night, daily breakfast for two at Maxx's Kitchen and daily self-parking for one vehicle with rates beginning at \$372 USD / \$489 CAD per night and the [eXperience Wellness Package](#) which is available to guests booking a stay of two or more nights. This package includes unlimited 10XTO group fitness classes; \$50 resort credit per stay which is redeemable at Guerlain

Spa, any of the hotel's bars and restaurants, and 10XTO which can be used for court times or personal training; complimentary 60-minute Guerlain Spa hand therapy manicure treatment with the purchase of a facial followed by a makeup touch-up; complimentary daily self-parking and an in-room Saje Natural Wellness Diffuser with rates beginning at \$222 USD / \$277 CAD per night. Rules and restrictions apply.

At the core of Hotel X Toronto's wellness offerings is 10XTO, a state-of-the-art hotel fitness facility like no other in Canada where hotel guests can choose from a variety of cutting-edge sport and fitness technology to enhance their athletic experience. Facilities include nine glass back squash courts, four deco-turf indoor tennis courts along with a Fitness Center lined with over 50 state-of-the-art Technogym machines, and four dedicated studios offering gym-goers Pilates, Group Cycle, Hot Yoga, and a rotation of other group fitness classes with over 35 classes per week. Staffed by a team of athletic professionals, the team at 10XTO is available for fitness consultations, tennis or squash lessons and both private and couples training in the yoga and Pilates reformer studios. During January, 10XTO is offering two-for-one private classes for couples for \$100 per hour.

Play is important for mental, physical and emotional wellness for people at every stage in their lives, so to help guests get their game on, there are two new features available for guests at 10XTO. These include the TopGolf Swing Suite which offers players an interactive simulator with a variety of challenging golf courses along with non-golf games like baseball pitching, hockey shots and zombie dodgeball, and the Strength Zone focusing on HIIT, Total Athletic Conditioning and Full Body Conditioning classes. And, when talking about health and wellness children need exercise too. In 10XTO's 3,000 sq. ft. Kid's Play Center children can exercise their minds with games, books, arts and crafts as well as their bodies with a kids-sized sports court perfect for basketball, soccer, dodgeball or just a place to run.

Those looking for peace and tranquility can enjoy the latest addition to 10XTO, Canada's only Guerlain Spa. Overlooking Lake Ontario, Guerlain Spa offers exclusive treatments perfected by the prestigious French beauty house in its 10 well-appointed treatment rooms. Located on the hotel's fourth floor, the spa is a peaceful and spacious haven devoted to well-being and relaxation. Guerlain is world-renowned for its signature spa experiences based on a global vision taking into account lifestyle, nutrition, breathing, sophrology, and meditation.

It doesn't end with the wellness amenities inside 10XTO – guests can keep to their healthy eating resolutions with a [special wellness menu](#) throughout January in Maxx's Kitchen, the hotel's all-day restaurant, with many of the menu's dishes being gluten free, vegetarian or vegan. Petros82, Hotel X Toronto's signature restaurant, which specializes in heart-healthy Mediterranean seafood and vegetable dishes, is offering 25% off menu items (food only) during the month of January. And, for those staying at the hotel for business, meeting attendees can enjoy fitness breaks developed by

10XTO's professional fitness staff. Programs such as 'Mindful Meditation' or 'Mid-Morning Moves/Afternoon Mid-Day Stretch' are designed to maximize performance and increase participation.

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About Hotel X Toronto: Hotel X Toronto by Library Hotel Collection is Toronto's newest luxury hotel and lakefront urban oasis situated on 192 acres of city parkland. This urban resort encompasses three distinct components: 404-guest rooms in the Hotel Tower, topped by the three-level Falcon SkyBar featuring a 55-foot long heated indoor/ outdoor pool offering year-round access; 10XTO, an athletic facility with 90,000 sq. ft. of luxe indoor and outdoor amenities; and the historic Stanley Barracks, all surrounded by acres of gardens and breathtaking views of Lake Ontario and the iconic Toronto Skyline. Guests will find numerous bars, restaurants and cafes, an art gallery of nature photography by Neil Dankoff, a 250-seat cinema and a private screening room, 60,000 sq. ft. of flexible conference spaces, and an exhibition of Canadian history.