



FOUR SEASONS
HOTEL
LOS ANGELES AT BEVERLY HILLS













WELLNESS
Programming by Delos™

A FOUR SEASONS WELLNESS EXPERIENCE
A MINDFUL LIFESTYLE ON THE ROAD

*Actual room type and placement of features may vary.





PROGRAM FEATURES

WELLNESS ROOMS PROGRAMMED BY DELOS

-  **Air Purification**
Reduces allergens, toxins, and microbes from the air
-  **Circadian Lighting**
Personalize the room light environment
-  **Cleaning Protocol**
Use of hypoallergenic products and state of the art UV wand cleaning tool, which neutralizes bacteria, viruses and other microbes
-  **Cleveland Clinic Wellness**
Access to online programs for sleep, stress and nutrition
-  **Dechlorinator**
Reduces chlorine to help skin and hair stay soft and smooth
-  **Deepak Chopra Welcome**
Deepak Chopra, a world-renowned integrative medicine and wellness pioneer, provides a welcome message, lending wisdom and insight to the experience
-  **Energizing Light**
Bright white light suppresses melatonin and can help regulate circadian rhythm and reduce jet lag
-  **Guided Meditation**
Meditation narrated by Deepak Chopra encourages guests to relax and rejuvenate. Available by downloading the Mobile App
-  **In-Room Program Guide**
Provides highlights of the features, programs and benefits of the room
-  **Mobile App**
Subtle lighting in the bathroom provides illumination for safe navigation while minimizing sleep disruption
-  **Night Lighting**
Subtle lighting in the bathroom provides illumination for safe navigation while minimizing sleep disruption
-  **Nutritious Menu Options & Snacks**
Approved by leading nutritionists at Cleveland Clinic Wellness and designated by their Go! Well seal
-  **Water Purification**
Wellness Rooms by Delos implements a filtration system that reduces impurities, providing cleaner and purer water

FOUR SEASONS

These features were curated by the Four Seasons to enhance the guest experience

-  **Eco Friendly Bath Amenities**
Bath Amenities by LATHER made with essential oils and botanical extracts, sulfate-free
-  **Fitness Equipment**
Fitness equipment available from Peloton, Technogym and in-room yoga equipment by Alo
-  **Soundscape Machine**
Rhythmic sounds help lull guests to sleep or unwind from a stressful day
-  **Wood Floors**
Wood floors are hypoallergenic and offer an allergy friendly alternative to carpets



Cleveland Clinic Wellness

Enjoy nutritious menu options from Cleveland Clinic Wellness. All options are vetted by a highly qualified team of nutritionists to ensure that you are energized on the go.

Receive complimentary access to online programs for sleep, stress and nutrition.

Visit Delos.com/ClevelandClinic to get started

JIYO INTERNET of WELLBEING

Jiyo is an innovative digital wellbeing platform created by Deepak Chopra, M.D. This intuitive technology tracks behavior and then offers personalized insights and recommendations to encourage participants to examine daily habits. Jiyo engages users through a diverse offering of videos, articles and information on topics ranging from exercise and meditation to relationships, finances and finding purpose in the everyday.



DEEPAK CHOPRA PROGRAMMING

World-renowned integrative medicine and wellness pioneer, Deepak Chopra, M.D. narrates the “Deepak Chopra Welcome” which provides tips on how to enjoy the features of your Wellness Room by Delos.

