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**\*\*PRESS RELEASE\*\***

**California Health & Longevity Institute Supports Global Wellness Day at  
Four Seasons Hotel Westlake Village**

**Los Angeles, CA (June 2017)** — California Health & Longevity Institute announces a full day of fifteen unique and interactive activities in celebration of the sixth annual Global Wellness Day at Four Seasons Hotel Westlake Village. Taking place on Saturday, June 10, 2017, Global Wellness Day is an international day focused on living well, both physically and spiritually with the mantra “One Day Can Change Your Whole Life.”

**Wellness Events**

Global Wellness Day at Four Seasons Hotel Westlake Village launches with a Sunrise Cycle group lead by General Manager Robert Cima. An avid cyclist, Cima will lead the pack on a challenging yet comfortable ride, amongst the scenic roads of Westlake Village.

Los Angeles-based health and wellness expert and lifestyle blogger Sophie Jaffe will lead two morning outdoor yoga classes on the Hotel’s beautiful Pagoda Lawn. Sophie is a certified yoga instructor and raw food chef who runs wellness-based company Philosophie with the goal of making health and wellness accessible, easy and enjoyable.

Following yoga, an exclusive VIMMIA Activewear pop-up shop will be available to all Global Wellness Day participants. VIMMIA’s luxe workout wear provides precision fits, exceptional detailing, and technical properties that include thermoregulation, moisture wicking, and improved oxygenation to muscles.

Two Morning Mindfulness meditation sessions will offer a state of alert, focused relaxation and a great place to help set a purposeful intention for the day.

Dr. Jonathan Cole, Medical Director and Managing Partner of California Health & Longevity Institute, will host four different “Tea Talks,” covering a wide variety of topics including how to stay healthy while travelling and breast cancer prevention, to name a few. An assortment of fine teas will be served.

CHLI’s Director of Nutrition Paulette Lambert, RD, CDE, will lead four fun and interactive culinary demonstrations in the open-concept Wellness Kitchen. Each 30 minute session focuses on making healthful and family-friendly items that are easy to prepare. Topics include Breakfast Bars, Super Greens, Sustainable Thai Curry and an Anti-Oxidant Berry Crisp so good it’s hard to believe it’s healthy too.

The award-winning Spa at Four Seasons Hotel Westlake Village will be featuring the Lavender Milk Cocoon Wrap, a comprehensive whole-body treatment that restores the glow of health. It begins with a whole-grain and organic oil body buff to increase skin vibrancy and stimulate circulation. Next, a velvety blend of pure honey and warm lavender milk creates a nourishing cocoon that feeds the skin and renews its elasticity. Finally, a lavish full-body massage using pure herb and lavender cream establishes a state of deep relaxation. This treatment lasts a blissful 100 minutes and costs USD 335. To schedule an appointment at The Spa call 818 575 3000.

Four Seasons Hotels and Resorts supports Global Green, the non-profit partner for Global Wellness Day. Global Green is dedicated to advancing a sustainable lifestyle, and in support of their mission Four Seasons Hotel Westlake Village will be making a donation of 10 percent from every Lavender Milk Cocoon Wrap purchased on Global Wellness Day to the organization.

### **Healthy Dining**

Providing healthful dining options is a top priority at Four Seasons Hotel Westlake Village. Guests can enjoy dishes under 550 calories when ordering from the Sustained Living Menu. This menu provides guests with balanced and delicious dining options that help to maintain a healthy lifestyle.

Specially created Sustained Living Breakfast and Lunch menus will be offered on Global Wellness Day. Breakfast items include polenta and chia seed pancakes with grilled tomato salsa, avocado and a sunny

side up egg; and spinach and kale frittata with turkey bacon, sautéed mushrooms, cherry tomatoes and fresh herbs. For lunch, guests can enjoy a roasted chile relleno with quinoa, goat cheese, avocado and grilled pineapple salsa; or heirloom tomato and watermelon salad with mint, lime, chickpeas, cucumbers and grilled avocado.

In partnership with Global Green, Four Seasons Hotel Westlake Village will be making a donation of USD 1 from every Sustained Living menu item ordered on Global Wellness Day to the non-profit organisation.

All events highlighted above are complimentary to Hotel guests and locals unless otherwise noted. For a complete schedule of events, refer to the outline below.

Four Seasons Hotel Westlake Village welcomes day-of walk-ins to all activities, however, those wishing to RSVP may do so by calling 818 575 3000.

Follow along as Four Seasons Hotel Westlake Village celebrates Global Wellness Day @FSWestlake and using the hashtags #FSWellness and #GlobalWellnessDay.

### **Global Wellness Day Schedule of Events**

6:30 am - Sunrise Cycle

8:00 am - Yoga on the Pagoda with Sophie Jaffe

8:00-10:00 am - VIMMIA Activewear Pop-Up Shop

8:30 am - Morning Mindfulness

9:00 am - Yoga on the Pagoda with Sophie Jaffe

9:15 am - Tea Talk with Doctor Cole: Milk Myth Busters

9:30 am - Morning Mindfulness

9:45 am - Tea Talk with Doctor Cole: News Flash About Hot Flashes

10:15 am - Tea Talk with Doctor Cole: The Angelina Jolie Effect on Breast Cancer Prevention

10:45 am - Tea Talk with Doctor Cole: Staying Healthy Worldwide

11:00 am - Culinary Demonstration: Breakfast Bars

11:30 am - Culinary Demonstration: Super Greens

12:00 noon - Culinary Demonstration: Sustainable Thai Curry

12:30 pm - Culinary Demonstration: Anti-Oxidant Berry Crisp

7:30 pm - Wellness Dinner + Comedy Show; cost is USD 65 plus one drink minimum at Comedy Uncorked