

SPA & BEAUTY *today*

THESE SPA TREATMENTS AND
HOTEL AMENITIES WILL HELP
YOU GET THE BEST NIGHT'S
SLEEP

Traveling takes a toll on the quality of sleep—even when you're staying in a luxury hotel, jet lag from a long flight or a disrupted circadian rhythm from changing time zones often contribute to difficulty sleeping. For many of us, it's hard to fall asleep in a new environment that we're not used to.

Recognizing this need among guests, many hotels and spas around the world have created a range of services, amenities, and treatments that are designed to help guests relax and sleep better. This, in turn, helps to create better experiences for hotel and spa guests because they are more likely to enjoy their trip if they are well-rested and energized.

From sleepy cocktails and mocktails to curated sleep kits and sleep-focused workshops, we've rounded up the best spa treatments and hotel offerings from around the world that are designed to help you get the best night's sleep during your travels.

If you're looking for the best deals on flights to any of these destinations, click [here](#).

Aromatherapy Associates Bath Program (The Chanler at Cliff Walk)



[The Chanler at Cliff Walk](#) in Newport, Rhode Island has partnered with the renowned Aromatherapy Associates bath program to offer guests an extensive menu of baths that feature an array of essential oils, aromas, and bubbles to curate a deep state of relaxation, including a specialty sleep-focused bath, Relax Deep, which consists of vetivert, chamomile, and sandalwood.

THE CHANLER AT CLIFF WALK DEALS