

# SPA & BEAUTY

*today*

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

By Kamala Kirk | published March 29, 2024

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](#).

# Be Rested Package (The Beatrice)



Located in the heart of downtown Providence, Rhode Island, [The Beatrice](#) is offering guests a [Be Rested Package](#), where they can cozy up in a luxurious suite equipped with the softest of slippers, a pair of [SmartGoggles](#) by [Therabody](#) designed with sensors to measure heart rate for a personalized experience to help you sleep better, an array of soothing herbal teas from [Hope & Main](#) (Rhode Island's premier culinary incubator), and a late check-out to ensure a well-rested night.

As a bonus, [Bellini Rooftop](#), an exclusive club for members and guests of The Beatrice, is offering a special mocktail so travelers can still enjoy stunning views of the capitol city without disrupted sleep caused by alcohol consumption before hitting the hay. The Beatrice's Be Rested Package starts at \$419 and can now be booked [here](#).

**THE BEATRICE DEALS**