

news release

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ELBOW BEACH RESORT OFFERS NEW WELLNESS PACKAGE FOR NATIONAL STRESS AWARENESS MONTH

Limited-time Offer includes Nature Walks, Yoga, Breakfast and Spa Treatment

PAGET, Bermuda – **March 23, 2015** – [Elbow Beach Bermuda Resort](http://www.elbowbeachbermuda.com) is offering a new, tension-free Wellness Package for those harried travellers seeking a healthy escape during April's National Stress Awareness Month.

The 98-room luxury resort's Wellness Package, available for travel through April 30, offers nightly room rates starting at \$759 for an individual traveller, or \$925 per two people, and features the following amenities:

- **Guided Nature Walks** offered daily that run through Bermuda's Railway Trail, home to stunning views of the island's scenery and more than 200 years' worth of history.
- **Daily Beach Yoga** on the resort's famed pink sand beach, led by spa veteran and wellness expert Sumant Maloo.
- **Fifty-Minute Treatment** at The Spa at Elbow Beach.
- **Complimentary Bermuda Island Pass**, which offers special discounts to island attractions, restaurants and shops.
- **Complimentary Daily Breakfast** at Lido Restaurant.

Located less than two hours away from major gateway cities on the East Coast, the Elbow Beach Bermuda Resort provides an idyllic backdrop for a stress-free getaway thanks to the property's evergreen manicured grounds, pristine pink sand beaches on the famed Bermuda South Shore, and central location that is close to major island attractions, including the capital city of Hamilton.

Travelers interested in booking the Wellness Package or another Elbow Beach getaway can make reservations by logging onto www.elbowbeachbermuda.com or calling (800) 223-7434.

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About Elbow Beach, Bermuda

Elbow Beach, Bermuda is an intimate luxury resort featuring 98 guestrooms and suites spread amongst 50 acres of lush manicured gardens that gently slope down to its signature pink sand beach. For reservations, please visit www.elbowbeachbermuda.com or call (441) 236-3535.

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