

Elevating the Guest Experience Through Transformative Wellness

*A proposal for hotels & resorts
by Nora Day*



Today's luxury traveler arrives seeking more than rest. They come for restoration — for stillness, clarity, and the quiet sense of having been genuinely cared for.

Nora Day designs bespoke wellness programming for hotels and resorts: intimate, beautifully considered experiences that let a property offer world-class wellness without adding permanent staff.

SIGNATURE EXPERIENCES

— Private Yoga

Sunrise practice on the lawn, terrace, or sand

— Plant-Based Wellness

Menus, tastings, and nourishment rituals

— Women's Wellness Retreats

Multi-day programming with depth and grace

— VIP Guest Experiences

Discreet, one-to-one care for private guests

— Guided Meditation

Stillness sessions for guests and groups

— Executive Wellness

Energy, focus, and recovery for leaders

— Seasonal Wellness Events

Solstice, new year, and celebration gatherings

— Customized Programming

Designed around your property and calendar

BENEFITS TO THE RESORT

Wellness has become the quiet signature of the finest properties in the world. Thoughtful programming gives guests a reason to remember their stay — and to return — while allowing a property to meet rising demand gracefully, without the commitment of a permanent team.

Memorable, story-worthy guest experiences

Measurably higher guest satisfaction

Support for growing wellness travel demand

Enhanced and elevated resort programming

Meaningful differentiation from competitors

Premium offerings without permanent staff



ABOUT NORA

Nora Day

A luxury wellness and lifestyle consultant, Nora has spent two decades in yoga, meditation, mindful movement, and plant-based living. Her work spans private clients, resorts, media, and the stage — always with the same intention: to make well-being feel effortless, beautiful, and deeply personal. She brings warmth, discretion, and an exacting eye for detail to every property she partners with.

*I would love to explore what wellness could look like at your property.
To begin a conversation, please write to Nora@noradaylive.com.*

NORA DAY

LUXURY WELLNESS & LIFESTYLE CONSULTANT

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