

CARRIER RELEASE A COLLECTION OF JOURNEYS DESIGNED TO PROMOTE GOOD HEALTH FOR THE YEAR AHEAD

'Feel rejuvenated' delivers holidays that offer a sense of rejuvenation for mind and body



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The experts at luxury tailor-made operator Carrier, reveal their collection of hand-picked journeys inspired by the concept of 'wellness'. Taken from their turn-of-the-year campaign 'Feel Every Moment...', the section 'Feel rejuvenated' features a selection of experiences that centre around the pursuit of good health.

Carrier's Head of Marketing, Byanne Akbor says:

"We know that the term 'wellness' is difficult to define, but essentially it refers to the pursuit of good health - be it mental, physical or emotional. Our 'Feel rejuvenated' collection features holidays that encourage travellers to take an approach to their health that is more than just skin deep; to see it as a conscious and evolving process conducive to living a happy and healthy life. To be rejuvenated is to be nourished through exercise, nutrition and rest; to feel at peace, miles away from the anxieties of everyday life. This collection is curated with all this in mind – trips that offer total refreshment for the mind and body."

To feel truly refreshed, Carrier recommend diving headfirst into the intensity of cities and beaches in Vietnam with their new itinerary 'Invigorating Vietnam'. The Vietnamese journey starts in Hanoi taking in the scenic lakes and 13th century Old Quarter, before joining a calm-watered sailing trip around the picturesque Halong Bay. There's chance to explore the temples and palaces of Hue and connect with local spirituality through the shrines on the banks of the evocatively named Perfume River. The finale is a floating spa pavilion for a Nam Hai Earth Song ritual which uses synchronised, quartz-crystal alchemy bowls to balance energies.

Acknowledging that the winter leaves many in the UK 'frazzled', Carrier suggest heading east to the marbled blue waters of the Indian Ocean for much needed R&R.

Carrier's Product Manager for Beach, Jenny Basham says:

"Is there a better place to relax and reset than beside turquoise waters and powder white sands? Those looking for both physical and spiritual renewal should head to the Maldives. From the minute your speedboat docks at The Ritz-Carlton Maldives, Fari Islands and the staff blow a Sangu conch to signal your arrival, you feel invigorated. And that's just the start. There's sunset ceremonies, stargazing sessions and visits to the spa suspended over the lagoon. A popular layover on the way to the Maldives is Dubai, so for true relaxation we recommend stopping to indulge, especially in the world-leading wellness scene. Fitness fiends will enjoy the new concept at The Bvlgari Resort Dubai, where in partnership with Technogym, AI assessments create bespoke training programmes for each guest."

A further addition to Carrier's offerings is their 'Arabian adventure' itinerary that blends a mixture of beachfront bliss and adventurous desert pursuits. The operator recognises that for some, it's the 'high-octane thrills' that offer the best escape from quotidian life and the chance to recharge. In the Emirate of Abu Dhabi there's the chance to visit Yas Island, home to the Grand Prix, Ferrari World and Warner Bros. World, while Saadiyat Island boasts a beach with a Hawksbill turtle hatching site, the region's first ocean golf course and the Louvre Abu Dhabi. For wellness the Arabian way, the award-winning spa at Emirates Palace Mandarin Oriental has a traditional hammam and ice cave, as well Ancient Eastern and Arabian inspired healing therapies such as the four-handed Oriental Harmony massage that promises to restore balance.

Carrier also highlight properties that provide ample opportunity and space to go on a journey of rediscovery through a means of yoga, meditation and stress-busting spas.

Carrier's Head of Product, Rebecca Turner says:

"Whether you are an early morning meditation and green juice sort of person or would prefer to set no alarms and take a long lunch, we understand that what makes people feel good and 'living well' comes in many forms. The more active type of wellness might involve regimen and cutting-edge treatments such as early mornings and cryotherapy chambers. For example, the Kimpton Aysla Mallorca is a stunning hotel that specialises in feel good facilities and outdoor pursuits. While on the other end of the spectrum, if you prefer to take things more leisurely, you might opt for a menu of spa treatments and lingering dips in the pool at the iconic Sandy Lane in Barbados or COMO Parrot Cay in Turks & Caicos. The possibilities are endless."

For further information on Feel rejuvenated, or other themes in the Feel Every Moment... campaign, see www.carrier.co.uk/feel.

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