**Global Wellness Day at the Spa at Four Seasons Hotel London at Ten Trinity Square**

The Spa celebrates Global Wellness Day with a program of wellness activities and offerings

**June 3, 2021**,  *London at Ten Trinity Square*

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On Saturday, June 12, 2021, [Four Seasons Hotel London at Ten Trinity Square](https://www.fourseasons.com/tentrinity/) will celebrate Global Wellness Day, a day dedicated to living well, promoting good physical and mental health, and experiential wellness activities.

Recognising the need to stay strong and healthy at this time, the team at Four Seasons Hotel London at Ten Trinity Square has come together to offer a selection of experiences that will nourish, energise and restore the mind and body of guests. The Global Wellness Day program includes:

9:30–10:30 am: Refocus with guided meditation and yoga

Kathleen Eastman will kick off the day at [The Spa](https://www.fourseasons.com/tentrinity/spa/) at Four Seasons Hotel London at Ten Trinity Square with a guided meditation and yoga session that will help guests to slow down, clear their thoughts and refocus both the mind and body.

11:00 am – 12:00 noon / 2:00–3:00 pm: Release tension with mini foot and head massages

For those wanting to take the weight off their feet, The Spa’s team of expert therapists will be on hand to provide complimentary mini foot and head massages to ease tension and soothe tired muscles.

9:00 am – 3:00 pm: Refuel with balanced nutrition

To keep guests energised and prepared for the day, a selection of complimentary smoothie shots and light bites will be available at the Spa Reception.

Advance reservation is required for the activities. Contact +44(0)203 297 9200 or email the Spa team at spa.tentrinity@fourseasons.com.

Share wellness experiences  by tagging @FSTenTrinity and using the hashtags #FSWellness and #GlobalWellnessDay.

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