**Five Steps to Wellness for 2020**

Wellness Manager McKenzie Cassidy shares expert tips for those seeking a greater sense of wellbeing this winter

**January 13, 2020**,  *Boston One Dalton, U.S.A.*

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[The Wellness Floor at One Dalton](https://www.fourseasons.com/onedalton/spa/) is dedicated in its passion for guiding guests to an increased sense of wellbeing.  Taking a lead role in this initiative is Wellness Manager McKenzie Cassidy, who ensures her team of experts at [Four Seasons Hotel One Dalton Street, Boston](https://www.fourseasons.com/onedalton/) delivers guests the perfect environment to focus upon rebalancing both body and mind.

A signpost to The Wellness Floor’s philosophy, McKenzie spends time with the guests that she interacts with on a daily basis, ensuring that outside of the time they spend on property at One Dalton’s pristine, state-of-the-art spa facilities, that they are doing their utmost to look after themselves.

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