

WELL INSPIRED TRAVELS

MEDIA KIT



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Who are the Prongers?



We're so glad that you've joined us here to explore some of the best destinations in the world! From annual outings with best friends, romantic getaways together, to family vacations, to complete wellness retreats, learn how we've sourced healthy options across the globe for over twenty years. As a lifelong world traveler and holistic health evangelist, Well Inspired Travels was created as a resource for those looking to enrich their lives and health while exploring new destinations.

CHRIS PRONGER

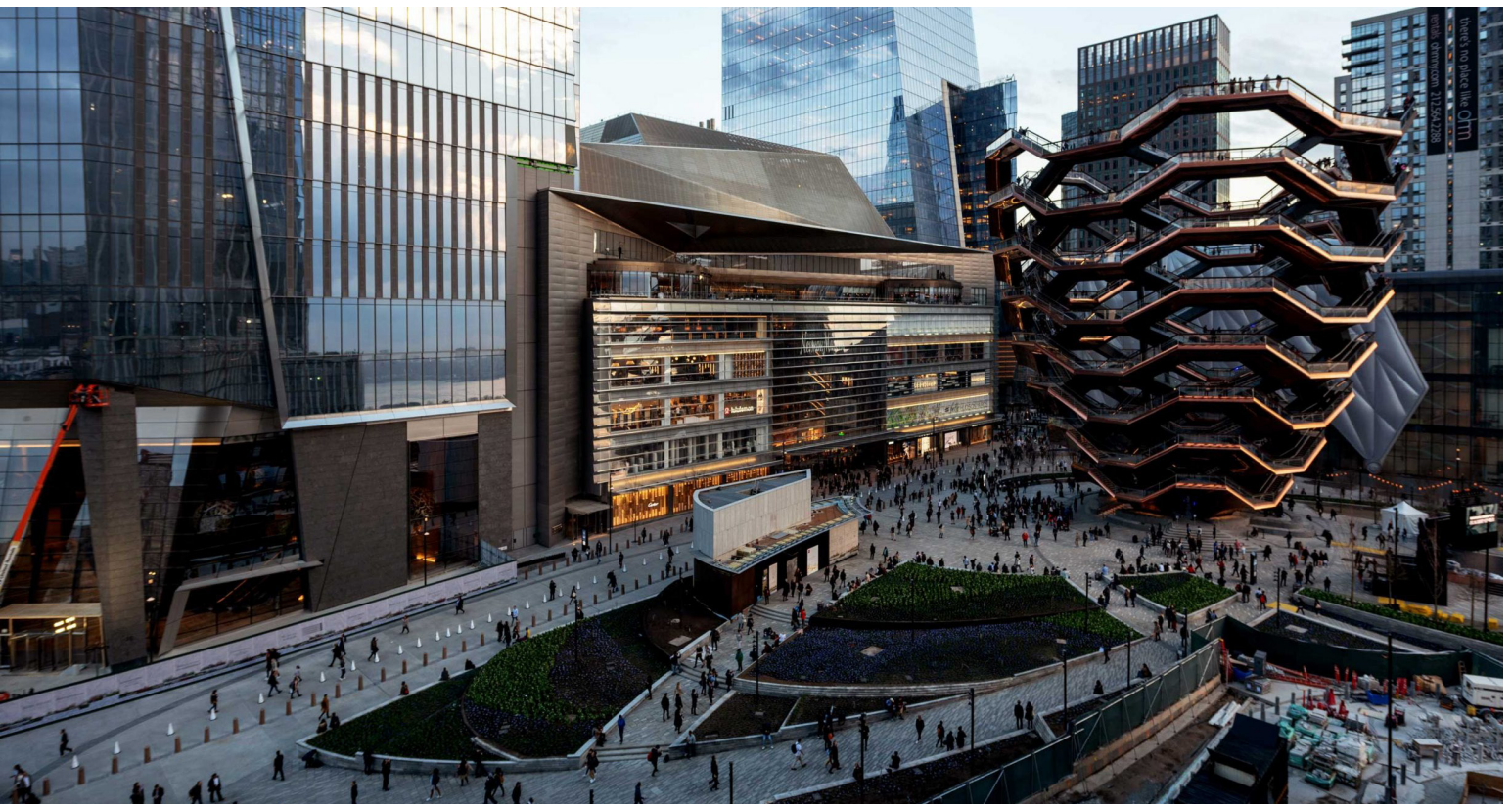


"My passion for travel began early in my career as a professional athlete. I enjoyed experiencing different worldwide destinations and immersing myself in those cultures. For me, travel often means stepping outside of one's comfort zone, ultimately enabling personal and professional growth."

LAUREN PRONGER



"As a mom, wife, luxury travel consultant and co-founder of Well Inspired Travels, I believe travel can be transformative and the necessary cure in the midst of need. The ultimate travel experience encourages personal growth through exploring exotic and extraordinary locales, or embarking on meditative journeys. Throughout my life, travel has shown me the importance of balance between mind, body and spirit."



What We Do

Lauren and Chris Pronger have experienced first hand the transformative power traveling can bring to the body. Lauren grew up traveling the world with her family and witnessed the healing benefits cultural exploration had on her father as he fought cancer.

As a professional athlete, Chris put fitness first while traveling the globe during a storied NHL career. With a shared passion for wellness at the core of their marriage, the Prongers have made it their mission to seek out and explore superior hotels and resorts that cater to high-performance living while providing a respite for mindful relaxation.

Introducing Well Inspired Travels, a boutique travel business with a mission to source and select destinations tailored to your specific wellness lifestyle.

What We Are

In catering to the global travel community, Well Inspired Travels, offers the most in-depth, reflective and transformative travel experiences for you and your family. We know one of your most important goals in luxury travel is to relax, renew and rejuvenate. Our boutique travel company offers custom and authentic experiences that align with your lifestyle no matter the destination. For your family, we focus on unique bonding and growth opportunities. We have access to ultimate locations that offer real experiences to engage and enchant children of all ages.



"OUR CLIENTS RETURN HOME EAGER TO BOOK THEIR NEXT ADVENTURE!"

Through our selective worldwide partnerships and collaborations, Well Inspired Travels ensures the best made-to-order journey, whether it be lodging, custom excursions or culinary adventures. Our clients enjoy exceptional guidance, exclusive offers, special perks, VIP treatment and rare, insider access.



Our Writings

New York, New York - Equinox Hotel

Written By: Lauren Pronger



A place where compromise simply doesn't exist. This motto, belonging to The Equinox Hotel, couldn't be more spot-on. No attention to detail was spared in the creation of this masterpiece of a hotel, from the modern and monochromatic design of the rooms, down to the strategically placed and tempered lighting to encourage restoration while in the spa. The Equinox isn't simply a hotel--it's the first of its kind: a flawless fusion of travel and wellness.

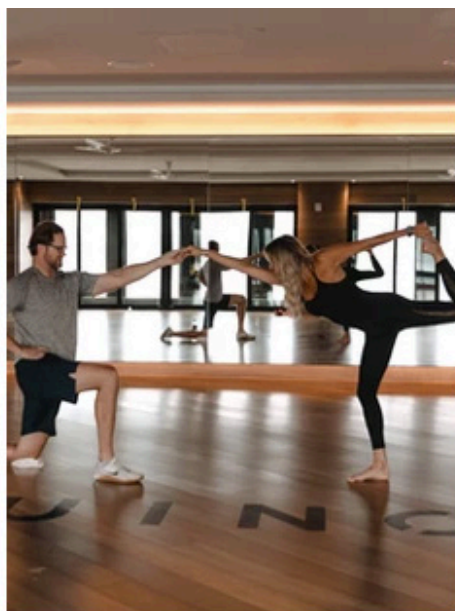
Restore at The Equinox Hotel

If I could give the level of service we received more than 5-stars, I'd give it a thousand. From the moment you enter through the Hudson Yards doors, it's beyond evident the Equinox team have carefully thought through your stay and anticipated any needs the guest may have while under their roof. Upon entering our room, we were instantly impressed by the sheer size of it. Considering most New York City hotel rooms are equivalent in size

to The Equinox Hotel room's bathroom alone, it's clear no expense was too great to incur for the sake of their client's comfort.

Floor-to-ceiling windows offer views of New York City that take your breath away both morning and night. Rooms are STC 55 acoustically isolated, which is a high-grade sound transmission classification resulting in the most quiet sanctuary for sleep you'll ever experience. The private, in-room bar provides spa and performance products, ranging from CBD offerings to probiotics, and an impressive and much-appreciated Nespresso machine with superfood creamers. Every single detail down to the medical grade filtered air has been put into place with your wellness at top of mind.

If you've ever traveled with your partner (and if your partner happens to be 6'6"), you've likely experience the tug-of-war that happens in traditional hotel beds. You'll have no such issue here. The Equinox Hotel not only offers mattresses built with natural materials (have I mentioned they employ an on-call sleep coach), but you'll also find split comforters—a genius solution to the cover-stealing battle that plagues all marriages.



Regenerate at The Equinox Hotel

The premium price of real estate in NYC was no factor when The Equinox was built, as it boasts a 60,000 square foot Equinox Fitness Club, and let me tell you: this isn't your average hotel gym. With high performance living at the foundation of The Equinox Hotel's mission, guests have a vast selection of fitness options to choose from.

If you're not already a member of The Equinox Club, you become one upon check-in. The Club offers a cycling studio, group fitness studio, yoga and barre studio, as well as a pilates studio. Created by some of the top minds in the fitness industry, the group classes offer an unmatched atmosphere and physical challenge both inside and out. That's right--they even offer Equinox-exclusive classes on The Vessel, their breath-taking, architecturally-innovating outdoor climbing sculpture spanning one mile in length vertically. A true sight to behold!

I started my mornings getting centered in their group yoga classes practicing my poses while Chris utilized their expansive weight room. We rejoined afterward to hike the The Vessel and used the stunning views of the Hudson River as motivation to race to the top. I'll let you guess who won!

For those looking for a personalized, luxury-level service during their workout, The Equinox Club offers personal training with a view of Hudson Yards that can only be found at the Equinox. And if you're looking to cool down after your training, guests can revitalize in their choice of the hot and cold plunge pools (or the indoor, saltwater lap pool for those seeking to continue their sweat session under water).

Rejuvenate at The Equinox Hotel

With the overarching concept of the "fitness as lifestyle" movement at the core of The Equinox Hotel, the spa offerings seamlessly carry this through. The spa, as they say, "redefines the art and science of regeneration," with everything from Integrated Circuits and Massage and Body Work, to Skin Therapies and Techno Therapies.

I'm a firm believer that taking care of your skin is just as much about how you treat the outside as what you take in nutritionally, so I opted for the 90-minute Best Face Forward Integrated Circuit, which consists of the FaceXercise Ultimate Facial using microJET Streaming and Infusion Technology on the chin, neck and décolleté. Often referred to as the "celebrity facial," this treatment instantly lifts, firms, and contours the face while exfoliating and infusing the skin with nutrients and serums that penetrate deep into your skin, promoting cellular healing and collagen production resulting in a radiant glow.

While I was busy nourishing and toning my skin, Chris chose the 120-minute OverDidIt Integrated Circuit, perfect for those whose day-to-day routine involves intense training. It utilizes an Infrared Sauna (something Chris uses regularly at home) and incorporates both an E. Massage and Full-Body Cryotherapy, an ideal blend of hot and cold therapy, healing massage, and Quantum Harmonics Brain and Body Boost therapy.



After his Integrated Circuit, Chris enjoyed the CBD Recover.E. Massage and Bodywork, which focuses on pain relief and recovery. This performance-focused therapy targets the deep tissue using mobility techniques and CBD healing balm, helping to prevent injury (as well as heal from previous ones) and improve overall flexibility and mind-body

connection. Chris highly recommends both the OverDidIt Integrated Circuit and the CBD Recover.E. Massage and Bodywork for professional athletes and those with other physically demanding nine to fives!

With a team of recognized medical authorities known for their healing expertise advising over The Equinox Hotel Spa, I couldn't treat my face without treating my body as well, so I chose to indulge in the CBD Herban Renewal. This perfectly balanced combination of dry exfoliation and intense hydration incorporates a calming balm and massage and put me into a blissful state of relaxation. After Chris and I finished our treatments, we moved into the E.Scape Pods. These cozy, private lounge pods overlook the Hudson River, providing the perfect place to read, nap, or meditate. A menu of additional add-on "amplifiers" are offered in the pods, from which Chris chose the Nutrient and Vitamin IV Drip and felt instantly rejuvenated afterward!



Refuel at The Equinox Hotel

If the name Electric Lemon doesn't spark your interest, wait until you step foot into this awe-inspiring visual masterpiece of a restaurant. Situated on the 24th floor, the views of the New York City skyline are incomparable. Chef Kyle Knall utilizes a simple yet thoughtful approach to food, highlighting the farmers and growers of the local ingredients and transforming them into a superb American cuisine in tune with that particular season.

Chris and I began our dinner with the badger flame beet and stone fruit salad, with grated Dunbarton blue and black urfa chili, as well as the chilled tomato soup with sungold tomato, grilled garlic scapes and avocado squash. I then enjoyed the delicious whole roasted trout

with pickled shallots and "green things from the garden," while Chris dove in on the 44 Farms prime strip loin with black garlic, jimmy nardello peppers and emmer. After our meal, we took our date night to the 8,000 square foot outdoor terrace to enjoy a lively libation while taking in the night sky. The following morning, we stopped into the Broken Coconut, the perfect spot for tasty, on-the-go fare for some smoothies and their blueberry cobbler chia and oats. The perfect way to jumpstart your day!

With a work hard, play hard, rest hard mentality, The Equinox Hotel is the place to find community with like-minded people, who believe travel and a life well-lived go hand-in-hand. "For those who want it all," The Equinox Hotel is your answer.

Our Recipes - Snack



CHERRY CHOCOLATE SHAKE

COURSE: Drinks, Snack	SERVES: 1	PREP: 5 min
CUISINE: American	SERVINGS: 1	

INGREDIENTS

- | 1/2 cup almond or other non-dairy milk
- | 1 cup frozen cherries
- | 1 frozen banana
- | 1 scoop whey protein (chocolate or vanilla)
- | 1 tablespoon chia seeds
- | 1 tablespoon dark chocolate chips, extra for garnishing

INSTRUCTIONS

1. Add all ingredients to a high powered blender.
2. Blend on high until smooth.
3. Add an extra splash of almond milk if needed to thin.
4. Sprinkle with additional chocolate chips if desired.

Our Recipes - Lunch/Dinner



CHRIS' FAVORITE MAPLE SALMON

COURSE: Dinner, Lunch

CUISINE: American

INGREDIENTS

- | 4 (6 oz.) salmon filets
- | 1/4 cup maple syrup
- | 2 cloves of garlic, minced
- | 1/4 tsp kosher salt
- | 2 tbsp Coconut Aminos

INSTRUCTIONS

1. Combine maple syrup, Coconut Aminos, salt and minced garlic in a bowl. Wisk until blended.
2. Place salmon and marinate in a ziploc bag. Place in the refrigerator and let marinate for 30-40 mins.
3. Transfer the salmon to a cookie sheet (*save marinate in the bag) lined with parchment paper and bake at 400 degrees until salmon is cooked through usually around 15 mins.
4. While the salmon bakes, pour the marinade into a small saucepan and simmer until reduced.
5. Serve salmon warm and drizzle with the maple glaze.
6. In a large mixing bowl combine sautéed chicken, roasted veggies, garlic powder, fresh thyme, wild rice, egg, dried cranberries, and almonds stir until well-combined, spread mixture in baking dish, pour chicken stock over casserole.
7. Bake at 400 degrees for 30 minutes, or until thermometer in center of casserole reaches 165 degrees. Tent with aluminum foil towards the end of baking if needed to keep top from burning.

*For the Dog Lovers!!! Save the fish skin for your pup! Our 3 dogs love a good salmon night! Great for boosting a shiny coat with all the Omega's and so many more benefits. The presence of omega-3 fatty acids and protein in salmon adds more shine to your dog's coat. Eating salmon can also save your dog from certain allergies. Feeding salmon skin can help your dog build strong resistance against diseases like arthritis.



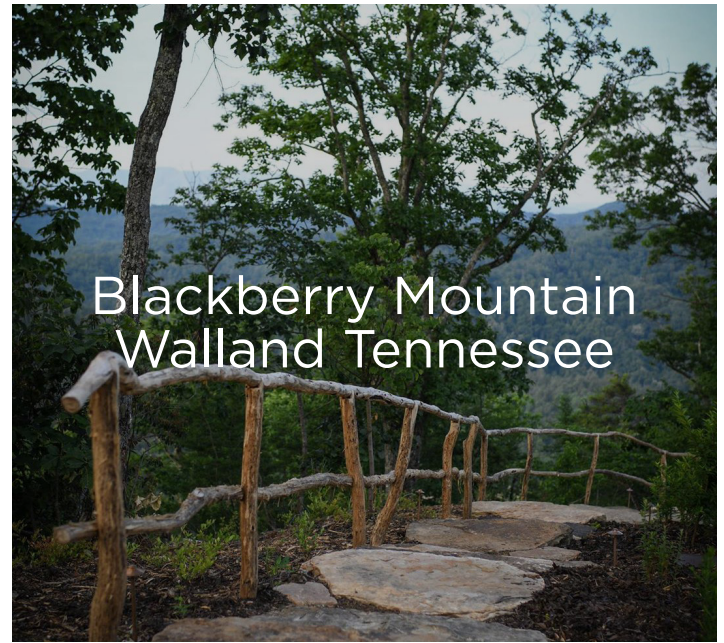
Giving Back

Well Inspired Travels has formed a partnership with the World Pediatric Project to help provide much needed medical care for less fortunate children in need. Our partnership is focused on providing high net worth individuals with the information they need on how they can make an impact by helping children in need.



WELL INSPIRED
TRAVELS

Destinations We Love ❤️



“We travel not to escape life
but for life not to escape us.”

- Chris + Lauren Pronger

