My Sleep Escape Planner

Trendmebeauty | Plan a getaway designed around rest

What kind of escape am I craving?

- [ ] Beach
- [ ] Countryside
- [ ] Medical wellness
- [ ] Digital detox
- [ ] Mountains
- [ ] Spa resort
- [ ] City escape
- [ ] Yoga / meditation

My top three destinations

1. _____
2. _____
3. _____

My must-have hotel features

- [ ] Blackout curtains
- [ ] Comfortable mattress
- [ ] Temperature control
- [ ] Spa
- [ ] Sleep consultation
- [ ] Quiet / soundproof room
- [ ] Pillow choices
- [ ] Low-light evenings
- [ ] Meditation / yoga
- [ ] Plenty of downtime

What do I want from this trip?

- [ ] Better sleep
- [ ] Digital detox
- [ ] Healthier habits
- [ ] Quality time together
- [ ] Less stress
- [ ] More energy
- [ ] Time to myself
- [ ] Simply do less

My budget

Hotel / retreat: _____ Flights: _____

Food / treatments: _____ Total budget: _____

Dream-trip notes

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