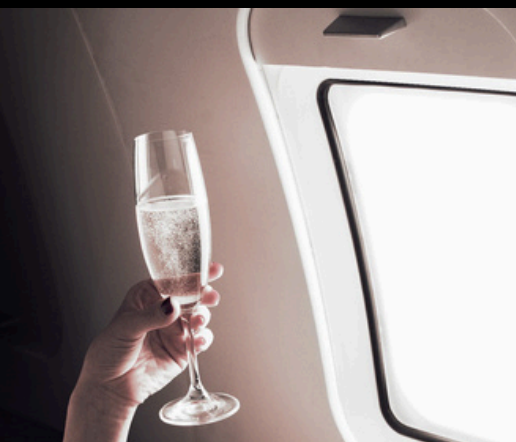




PREMIER  
WELLNESS — TRAVEL

# PWT TRAVEL ESSENTIALS

Why settle for ordinary when you can  
jet-set with flair and finesse?



# WELCOME



## SO GLAD YOU'RE HERE

Here are my current cherished travel essentials. These invaluable resources are your ticket to **exploring the globe like never before** — much like our clients' experiences.

Unlike faceless booking engines or standard loyalty programs, I prioritize **enduring relationships**. This intimacy ensures that your holiday investments are **profoundly fulfilling**. True luxury isn't just about fancy hotels; it's about having a trusted travel concierge by your side, ensuring every detail is perfect. We specialize not only in the **finest experiences worldwide** but also in tailoring them precisely to you.

So, pack your bags for ease, efficiency, and all the extras! Here are my must-have travel essentials to help you **explore like never before**.

*-Cassandra*

IN THIS GUIDE

# WHAT YOU'LL LEARN HERE

*Dive in to enhance your next adventure! These resources are designed to streamline your travel experiences —*



- ▶ INSPIRATION TO BOOKMARK
- ▶ MUST-HAVE TRAVEL APPS
- ▶ ESSENTIALS TO EASE & ELEVATE
- ▶ WELLNESS ASSETS
- ▶ TECH TOOLS
- ▶ KEY CARRY-ON COMPANIONS
- ▶ LET'S PLAN YOUR LUX GETAWAY

Disclaimer: Clicking on some of these links just may earn me a little extra for a sip of rose champagne or a few extra travel goodies. Cheers to that! And thanks so much in advance.

# Inspiration to Bookmark

## THE ITALY INSIDER

The Italy Insider offers profound insights and handpicked gems for delving into Italy's hidden treasures. It's the ultimate guide for those who crave authentic experiences beyond the typical tourist sites and a deep dive into Italy's rich tapestry of culture!

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## NEAR+FAR

Based in Dubai, this blog showcases a kaleidoscope of travel narratives and guides that ignite a passion for exploration. Who doesn't love a good story that takes you on a journey within and without?

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## DREAM ESCAPE

I adore Dream Escape's magazine that curates culturally immersive journeys in the UK and Ireland that linger in memory long after the adventure ends. It's like having a magic wand that turns your travel dreams into reality!

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## PREMIER WELLNESS TRAVEL BLOG

Naturally, I couldn't resist mentioning my own! We celebrate wellness as anything that invigorates and revitalizes. Dive into our treasure trove of travel tales, insider secrets, hot new hotel features, and ingenious ways to infuse that wanderlust spirit into your everyday. Because life's too short not to feel endlessly alive and inspired, right?

# Podcasts to Fuel Your Wanderlust



## **ATLAS OBSCURA**

Every episode is a quick 15-minute dive into fascinating places and mind-blowing stories that leave me in awe. It's the perfect daily burst of wonder!



## **CONDÉ NAST TRAVELER'S WOMEN WHO TRAVEL**

A must-listen! Each week, host Lale Arikoglu highlights women's unique travel stories, from solo adventures to off-grid explorations. Tune in for inspiring tales and insights from around the globe.



## **TRAVEL TALES BY AFAR**

Travel Tales by AFAR explores transformative travel experiences. Each week, a different guest shares a story about a trip that changed their life, offering inspiring and unique perspectives on the power of travel.

# Must-Have Travel Apps



## GOOGLE TRANSLATE

Say hello to your multilingual sidekick in the digital age. This indispensable app effortlessly bridges language gaps, ensuring seamless communication and cultural immersion wherever your wanderlust leads. When words fail, this savvy tool ensures your needs are not lost in translation.



## TIMESHIFTER

Timeshifter is your savvy companion in the battle against jet lag, crafting bespoke sleep and light exposure schedules tailored just for you. It's the ultimate tool for keeping your mojo intact while globe-trotting through time zones. Consider it your secret weapon for staying sharp and fabulous on the fly!



## BLOOMBERG CONNECTS

Bloomberg Connects is the quintessential app for the curious traveler who never skips the audio guide at an art exhibit. Elevate your adventures with digital guides and exclusive content, transforming each visit into a rich cultural tapestry, unlocking hidden stories, and deepening your explorations.



## FLIGHTAWARE

FlightAware is your sharp-eyed travel companion, delivering real-time updates on flight statuses and routes with impeccable precision. This is the savvy app you didn't know you needed, keeping you effortlessly in the loop and one step ahead in your travel game. Perfect for jet-setters who like their journeys as smooth as their martinis!

# Essentials to Ease & Elevate

01

## LUGGAGE FREE

Meet your new travel secret: a convenient service that ships your luggage directly to your destination. Say goodbye to baggage claim hassles and hello to traveling light and breezy. It's like having a personal porter who ensures your bags arrive before you do!

[SIGN UP HERE](#)

02

## TRAVEL INSURED

Introducing a travel insurance service that tailors plans to your needs, offering peace of mind with coverage for trip cancellations, medical emergencies, and lost luggage. It's your passport to worry-free adventures, making sure you're covered no matter what comes your way!

[BUY HERE](#)

# Essentials to Ease & Elevate

03

## CIBTVISAS

CIBTVisas takes the headache out of visa applications with expert guidance and efficient services. It's your fast track to smooth and hassle-free travel preparations, making the bureaucratic tango a breeze!

[EXPLORE HERE](#)

04

## PWT VIRTUOSO BOOKING TOOL

Virtuoso, our premier travel consortia, elevates your hotel reservations with expert service and exclusive perks, turning your travel accommodations into a seamless blend of convenience and luxury. It's your ticket to a stay that's as polished as it is pleasurable!

[YOU BOOK | WE VIP](#)

# Wellness Assets

## **KAZEORIGINS MASKS**

Their exquisite 3-dimensional respirator masks boast a palette of sophisticated hues fit for any discerning traveler. Whether soaring above the clouds or navigating bustling streets, comfort, style and safety are always in the air.

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## **AESOP RESURRECTION RINSE-FREE HAND WASH**

An alcohol-based elixir with purifying prowess and a scent that's simply divine, ensuring your hands stay refreshed even when H<sub>2</sub>O is out of reach. It's the aromatic companion every savvy traveler deserves.

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## **TRTL TRAVEL AND AIRPLANE PILLOW**

The TRTL Travel Pillow: a game-changer in neck support, engineered for ergonomic bliss on the go. Compact and effortlessly portable, unlike those clunky neck pillows of yore—sleep like a jet-setter, anywhere you wander.

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## **PRATIMA SKIN CARE SANDALWOOD SOOTHING LOTION**

A luxurious skincare concoction enriched with sandalwood and natural wonders, crafted to pacify even the prickliest of skin predicaments. A must-pack for staying radiant wherever your adventures take you.

# Tech Tools



## AIRFLY SE BLUETOOTH WIRELESS AUDIO TRANSMITTER RECEIVER

Unlock wireless audio bliss with this nifty gadget, bridging the gap between old-school headphone jacks and modern devices. Ideal for elevating inflight entertainment or other charmingly retro audio setups.

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## ANKER POWERLINE II 3-IN-1 CABLE

The Anker charging cable: your sleek, universal lifeline in the tangled web of device compatibility. With Micro USB, USB-C, and Lightning connectors seamlessly integrated, it's the one cable that rules them all—efficiency meets elegance.

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## TG90° CELL PHONE EXTERNAL BATTERY PACKS

Meet your travel power MVP: a versatile powerhouse to keep all your devices buzzing with energy. It's the reliable sidekick you need for extended adventures, ensuring your gadgets stay charged and ready for action.

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## MUSICOZY SLEEP HEADPHONES BLUETOOTH SLEEP MASK

This sleep mask isn't just a dream—it's a stylish blend of comfort and function. Embrace wireless audio serenity while you snooze, work out, or indulge in leisurely pursuits. Perfect for enhancing your relaxation game wherever you roam.

# Key Carry-On Companions



## **BIODERM SENSIBIO H2O WIPES**

These gentle yet effective wipes are a travel essential for wiping off all your makeup so you can apply lavish moisturizer and sleep divinely, ensuring you land looking as radiant as when you took off.



## **111SKIN CRYO DE-PUFF EYE MASK**

Before breakfast is service combat the appearance of tired eyes with these luxurious masks, promising to revive and brighten your gaze as if you'd slept 10 hours.



## **FOREST LUNGS FROM NUE CO.**

Elevate your in-flight experience with this botanical blend, offering a breath of fresh air and inner calm while en route to your destination. Flying aggravate your data balance, and this will counteract that and "ground" you.



## **VIOLET GREY TOILETRY BAG**

Keep your inflight essentials organized and stylishly accessible in this chic toiletry bag, ensuring you're always prepared for a touch-up at 30,000 feet. I love the double zippers and how wide it opens making it easy to find find what you're looking for.

# Key Carry-On Companions



## **WILDING BEAUTY EMPRESS STONE**

An essential for your carry-on, this facial tool enhances circulation and relaxation, offering a luxurious travel experience fit for royalty. Once, TSA stopped me puzzled by its design—its purpose? A sublime face massage!



## **THE FACIAL BLEND FROM SUBTLE ENERGIES**

Infused with rejuvenating properties, this compact elixir keeps your skin hydrated and radiant despite the cabin's parching air. Its soothing aroma enhances my Empress Stone routine, ensuring effortless gliding for a truly pampered experience.



## **OSTRICH PILLOW COMPRESSION SOCKS**

Slip into ultimate comfort with these compression socks, designed to alleviate swelling and promote circulation during long flights, ensuring you arrive feeling refreshed. They're as chic as they come.



## **DR. BARBARA STURMGLOW STARTER SET**

Prepare your skin for travel with this radiant glow-enhancing set, ensuring you arrive with a luminous complexion and making jet-setting a truly glamorous affair. Plus, the stylish bag it all comes in adds an extra touch of chic to your travel essentials.

# NEED MORE INSPO?

Browse our collection of completely  
customizable travel itineraries here at  
[premierwellnesstravel.com/inspiration](https://premierwellnesstravel.com/inspiration)



# The Reviews

## "A PRECEDENT OF HOW I WANT TO TRAVEL IN THE FUTURE"

### TONYA LOVED HER DREAM VACATION

Working with Cassandra was an extraordinary experience. She planned our 2-week dream vacation at the last minute during the busiest travel time in Europe. When I was concerned that I might have to cancel at the last minute, she handled it with calm and confidence. Upon arrival, she took the time to have special things in our room at each location. Her attention to detail set a precedent of how I want to travel in the future, which is why I won't do it without her.

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## "I DON'T EVEN KNOW WHAT TO SAY"

### SHARON WAS SPEECHLESS

OMG!!! I don't even know what to say! This trip looks incredible...the perfumerie and those boat trips are BEYOND!!! Holy moly! Now I really am excited.

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## "MY WIFE WAS ON THE VERGE OF TEARS"

### DAVID WAS AWED BY THE UPGRADE

I've never been anywhere quite so stunningly beautiful. The grounds are beyond lush, the staff are friendly and helpful, the food and bev exceed our expectations. In an hour, they're coming to move us from an ocean-facing king (which is really lovely) to a one-bedroom beach house, courtesy of your good works. My wife was on the verge of tears when we found out.

HOPE THIS WAS HELPFUL!

# LET'S GO

This curated guide already equips you with all your essentials.

Now, take your travel experiences to the next level by entrusting us to craft a personalized itinerary and handle every detail.

Whether you seek bespoke accommodations, insider access to exclusive experiences, or simply peace of mind throughout your travels, our dedicated team is here to exceed your expectations. And save you so much time!

Elevate your travel with your own luxury travel and lifestyle concierge. Planning is a key part of the fun, and we'll be your partner every step of the way. Leverage us. We'll ensure your next trip exceeds your dreams.

*-Cassandra*

[INQUIRE HERE](#)





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