

Could you be the one deserving of 90 hours of rest?

Westin Hotels launches nationwide contest

India's Overworked Workforce Is Finally Prioritizing Rest—And Westin Hotels & Resorts Is Leading the Way

India is home to some of the most overworked individuals in the world, with Mumbai ranking among the top cities for burnout due to its demanding work culture and long hours. But amidst the exhaustion, a shift is taking place—people are beginning to reclaim their right to rest. Championing this movement, Westin Hotels & Resorts, part of the Marriott Bonvoy portfolio, is at the forefront of promoting wellness and relaxation.

A Nationwide Search for India's Most Deserving Rest-Seeker

To accelerate this cultural reset, Westin Hotels & Resorts is launching 'The 90-Hour Rest Week'—a nationwide contest to find the person in India who needs rest the most.

The winner will be treated to a 3-night wellness retreat at a Westin hotel in India, offering the ultimate opportunity to unwind and recharge. This exclusive stay includes Westin's signature experiences:

- ✓ Eat Well – F&B vouchers for nourishing meals
- ✓ Feel Well – Spa vouchers for relaxation at the Heavenly Spa
- ✓ Sleep Well – A rejuvenating night's rest in the signature Heavenly Bed

Redefining Rest: Westin's Commitment to Well-being


“At Westin, we believe rest isn't a luxury—it's essential,” said John Toomey, Chief Commercial Officer, Marriott International, Asia Pacific excluding China. “In a society that never slows down, we want to challenge the notion that rest is wasted time. By leading the conversation on sleep and well-being and rewarding India's busiest person with the rest they truly deserve, we hope to inspire many more to prioritize their own health.”

How to Enter ‘The 90-Hour Rest Week’ Contest

 Contest Period: March 13 – 31, 2025

 How to Participate:

- Comment on any of Westin India’s Instagram contest posts
- Engage with partnering influencer posts on Instagram
- Comment on Marriott International India’s LinkedIn posts

 What to Say:

Share why you—or someone you know—deserves this restorative retreat. The most creative and most liked comment wins a 3-night stay at a Westin Hotel of their choice, offering a chance to restore balance in their hectic life.

Are you or someone you know in desperate need of rest? Enter now and make rest a priority! 