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THREE ESSENTIAL TIPS FOR MAXIMIZING INTERNATIONAL BUSINESS TRAVEL

From destressing at the spa to connecting with locals, Hyatt Regency Trinidad's Charlaïne Montano shares ways to work hard but play harder while traveling

PORT OF SPAIN, Trinidad – July 25, 2016 – Navigating business travel is often a feat that leaves many feeling overwhelmed, jetlagged and disconnected. However, this doesn't have to be the case. Having attended many business trips and after 9 years with the hotel, Hyatt Regency Trinidad Director of Sales, Charlaïne Montano, believes that business travelers can both work and play hard while traveling, leaving them feeling engaged, refreshed and accomplished.

Below, she shares her advice:

Refresh and relax at the spa

Business travel can be exhausting with long flights and all-day meetings. A little indulgence in a relaxing spa treatment can go a long way to clear the mind. Many feel that spas improve their mental health and stimulation, and who doesn't feel refreshed after a relaxing spa treatment? After a long, stressful day of meetings, guests of Hyatt Regency Trinidad can detox and destress at Hyatt Trinidad's *Spa Esencia* with authentic treatments using organic, locally sourced products.

Connect with the locals

New experiences like sounds, smells, languages and taste can trigger different synapsis in the brain, thus increasing creativity. I recommend that business travelers take some time during their trips to immerse themselves in the local culture. It's easy to experience the rich and diverse culture Trinidad has to offer both at and near the hotel. We encourage our guests to connect with the locals, whether at the hotel or by visiting nearby hot spots. *Ariapita Avenue*, also known as "De Avenue", is full of locals and visitors with a number of restaurants and bars to choose from. *De Avenue* offers a plethora of international, Creole, and street food dining ranging from Italian, to Chinese, and Jamaican while being conveniently located just a few minutes from Hyatt. Guests can look to Hyatt's concierge desk for suggestions on where to go, how to get there and tips on what to do. The concierge is available at any time to offer personalized suggestions based on each guest's needs.

Explore the Outdoors

Travelers who take advantage of the wondrous sights that Trinidad has to offer, like Maracas Beach, the Maracas Waterfalls or exploring offshore islands, may notice a stronger creativity process, along with greater concentration skills. That's because research shows the benefits of getting outside and breathing fresh air in order to improve brain creativity. A must-do that is

favorited by the locals is 'Down de Islands,' which is known for its fun-filled and memorable activities like cave exploration, fishing and visiting historical sites. Those seeking seclusion should visit the Caroni Bird Sanctuary, located just 9 miles southeast of the Port of Spain, where hopping on a boat will take travelers around the wildlife reserve in order to observe the Scarlet Ibis, Trinidad's national bird. Hyatt Trinidad's hotel tour operator [Banwari Experience](#) offers customized tours that include pick-up and drop-off at Hyatt.

"Business travel does not have to be dreaded and definitely does not have to suck all the energy and creativity from individuals," says Charlene. "Here at Hyatt Regency Trinidad, we are committed to the wellness and comfort of our guests, with our convenient location, spacious rooms and state-of-the-art fitness center." To learn more, visit <http://trinidad.regency.hyatt.com/en/hotel/home.html>.

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About Hyatt Regency Trinidad

Designed as a premier meeting, convention, business, event and leisure travel property, the 428-room Hyatt Regency Trinidad is situated in the Port of Spain International Waterfront Development. The Hyatt's versatile event space showcases a 16,000 square-foot grand ballroom, and a 10,000 square-foot ballroom with translation facilities. Other guest facilities include one full-service restaurant; a lobby bar and lounge; a fitness center, and the 9,000 square-foot Spa Esencia. For more information and reservations, please visit trinidad.hyatt.com or call 1-800-233-1234. High-resolution images may be downloaded from newsroom.hyatt.com.

About Hyatt Regency

Hyatt Regency encompasses the full spectrum of hotel types, which are conveniently located in urban, suburban, airport, convention and resort destinations around the world. Properties range in size from 200 to more than 2,000 rooms, feature intimate and large meeting spaces, and offer a full range of services and dining options tailored to serve the needs of conventions, business travelers or resort vacationers. Hyatt Regency enables all guests – whether they are traveling to work, unwind or gather in celebration – to feel productive and revitalized. For more information and reservations, visit www.hyatt.com.