

american spa

Wellness

MyLifeWell Launches A New Wellness Platform

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The platform is a one-stop-shop digital resource for all things wellness. Photo credit: olegbreslavtsev/iStock/Getty Images Plus

The new [MyLifeWell](#) is a one-stop-shop digital resource for all things wellness. Content and programming will cover nutrition, fitness, yoga, mindfulness, energy healing, stress management, anxiety, sleep, and more. Its mission is to help improve the personal and social wellbeing of clients all over the world. The platform is a personal wellness hub that caters to each individual's lifestyle needs with three pillars:

- Live Well, which features on-demand, live-streamed, and one-on-one private virtual wellness classes from some of the best instructors around the world.
- Travel Well, which offers exclusive active and wellness trips and retreats to coveted wellness destinations like Ananda in the Himalayas and Canyon Ranch.
- Shop Well, which features a collection of high-quality products to support a healthy lifestyle.