

# The Rest Spot Introduces 'The Gift of Rest'

ATLANTA, GA, UNITED STATES, October 22, 2024 /EINPresswire.com/ -- [The Rest Spot](#), Cobb County's only 24/7 women-only wellness and respite lounge aimed at giving women caretakers a place to rest without having to wait for vacation, today announces its new program 'The Gift of Rest'.

The Rest Spot, is launching its holiday campaign just in time for Thanksgiving and Christmas to better support busy mothers, hardworking professionals, or any women who deserve a much-needed mental health and wellness experience. Combining the science of rest with personalized wellness services, The Rest Spot boasts private Rest Suites, 90 minutes of complimentary childcare, a Respite Lounge & Café, and exclusive events that foster meaningful connections.

With holiday gift memberships and gift cards, businesses and individuals can gift women what they need most: time for themselves.

The Rest Spot offers customizable gifts:

- Holiday Gift Memberships: A three-month membership granting full access to private Rest Suites, Women's Social Hours, the Respite Lounge & Cafe, and 90 minutes of complimentary childcare daily.



Located in Smyrna, Georgia, The Rest Spot is an exclusive women-only wellness club designed to provide busy moms and professional women with a peaceful space to relax, recharge, and connect

**The Rest Spot**  
REST.  
RECHARGE.  
TRANSFORM.

Open 24/7, The Rest Spot in Georgia offers tailored wellness amenities, including private Rest Suites, complimentary daily childcare, a Respite Lounge & Cafe, and wellness-focused events

- Gift Cards: These cards allow recipients to explore The Rest Spot's amenities at their own pace.

"During the holidays, we often give material gifts, but what many of us need is rest," said Jena Burgess, CEO of The Rest Spot. "We're excited to offer people a way to give their loved ones a break from the pressures of work, family, and life. This season, rest is the ultimate luxury, and it's a gift that says, 'I see you, and you deserve this.'"

### Why Rest Matters

The Rest Spot embraces all seven types of rest — physical, mental, emotional, sensory, social, creative, and spiritual.

"At The Rest Spot, we recognize that women often juggle multiple roles, and it's crucial they have a space to recharge," Burgess said. "We've created an environment that supports holistic well-being, where women can find peace, quiet, and community — a true way to rest."

### Give the Gift of Rest Today

To give a gift card or learn more about The Rest Spot's holiday membership options including corporate gifting and corporate wellness programs, reach out to The Rest Spot. Whether it's a sister, wife, mother, or friend, help the women in your life rest, recharge, and rejuvenate with a gift that truly honors their efforts.

"We all carry so much, and for too long, women have been expected to just keep going. The Rest Spot offers a place where women can finally pause, breathe, and heal," Burgess said.

### About The Rest Spot

Located in Smyrna, Georgia, The Rest Spot is an exclusive women-only wellness club designed to provide busy moms and professional women with a peaceful space to relax, recharge, and connect. Open 24/7, The Rest Spot offers tailored wellness amenities, including private Rest Suites, complimentary daily childcare, a Respite Lounge & Cafe, and wellness-focused events. Whether seeking a quiet retreat or a space to connect with like-minded women, The Rest Spot empowers women through the essential art of rest.

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