

The Houstonian Hotel, Club & Spa Elevates Corporate Meetings with Executive Wellness Experiences

From wellness experiences at Trellis Spa and The Covey to wellness breaks with a Zen Den, Houstonian groups can make well-being part of the agenda.

HOUSTON, TX, UNITED STATES, August 26, 2026 /EINPresswire.com/ -- At The Houstonian Hotel, Club & Spa, corporate meetings do not have to mean back-to-back sessions and coffee breaks. Meeting planners can now incorporate elevated wellness experiences from [Trellis Spa](#) and [The Covey at The Houstonian Club](#) into meetings, executive retreats, leadership gatherings, and off-site events.



The Zen Den Corporate Wellness Lounge brings restorative wellness experiences directly into the meeting room, giving attendees a convenient way to recharge during a busy agenda.

These offerings are designed for groups who want to prioritize both productivity and well-being. All wellness offerings can be completely customized to the group's schedule, goals, and available time. Options include spa gatherings and convenient wellness experiences delivered directly to the meeting space.

"Today's corporate groups are looking for more meaningful ways to take care of their teams while they meet, strategize and connect," says Kellee Martin, Spa Director. "Our wellness offerings give planners the flexibility to build those moments into the meeting experience, whether that means a private spa gathering at Trellis, an in-room wellness lounge or individualized treatments at The Covey."

Wellness Without Leaving the Meeting

For busy groups with limited free time, Trellis Spa's Zen Den Corporate Wellness Lounge brings a wellness retreat directly to the meeting itself. The private lounge can be set up in one of The Houstonian's meeting rooms and remain available during scheduled sessions, allowing

attendees to take a brief break before returning to the scheduled agenda.

The Zen Den is designed to create a calming environment with comfortable loungers, throw blankets, relaxing music, aromatherapy, and fruit-infused water. Wellness amenities include compression boots, BrainTap meditation technology, red light therapy masks, and KNESKO eye masks. For an additional touch, groups can add chair massage with up to three massage therapists available.

A Private Spa Experience for the Team
For groups who want a more immersive experience, Trellis Spa, the

largest luxury spa in Texas, is just steps away from The Houstonians' meeting rooms. Corporate wellness gatherings can be customized around the needs of the group.

“

Our wellness offerings give planners the flexibility to build those moments into the meeting experience, whether it's a private spa gathering, an in-room wellness lounge, or treatments at The Covery.”

Kellee Martin, Spa Director

wellness, recovery, and optimization.

Its menu includes IV therapy, NAD+ therapy, red light therapy, compression therapy, guided meditation, and other wellness and recovery services. Guests can incorporate treatment options into a hotel stay or schedule them around a group's meeting itinerary. The Covery's approach complements the hotel's meeting experience by providing executives and business travelers with access to personalized wellness services, in addition to The Houstonian's extensive fitness and spa amenities.



The Covery at The Houstonian Club offers personalized wellness and recovery services designed to complement corporate stays, executive retreats and group gatherings.

Meeting planners can create a private spa experience along with fresh, seasonal dining in Trellis Spa's indoor dining room or garden-view outdoor patio. Additional add-ons can include a customizable mimosa bar, house-made pastries and confections, custom floral arrangements from onsite floral studio Sage 'n' Bloom, and bespoke luxury spa gifts.

Wellness and Recovery at The Covery

For executives and meeting attendees seeking a more personalized wellness experience, The Covery by The Houstonian Club offers a range of services focused on

[Photos available here.](#)

###

Located in the heart of Houston, The Houstonian Hotel, Club & Spa is a Forbes Travel Guide Four-Star secluded retreat adjacent to the city's iconic Memorial Park and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian recently completed a \$70 million master plan renovation and was named in Travel + Leisure's World Best Awards as the #1 Resort Hotel in Texas. The resort is a member of Preferred Hotels and

Resorts and is known for its timeless nature, elegant décor, private fitness club, and its involvement in Houston's historic events and celebrations. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its 280 newly renovated guest rooms and suites, including a new Bush Suite with memorabilia from President George H.W. Bush's time at the property. TRIBUTE restaurant serves authentic Tex-Lex cuisine with an impressive wine list, The Bar & Patio is a classic local favorite, and the Coffee Shop serves guests in the elegant hotel lobby. The hotel has 33,890 square feet of indoor meeting space and 87,349 square feet of outdoor meeting space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 185,000-square-foot Houstonian Club offers over 180 weekly group exercise classes, aquatic programs, indoor and outdoor tennis, a resort pool featuring a rockslide, a 25-meter sports lap pool, and a quiet garden pool. Houstonian Club Members and Houstonian Hotel guests enjoy the club's luxurious locker rooms and wet areas, a fully equipped fitness floor with over 300 pieces of equipment, racquet sports (tennis, pickleball, and Padel), an indoor turfed fitness zone, enhanced group exercise studios, a cycle studio, dedicated Pilates studio, a private yoga studio with aerial silks, and an indoor basketball court. The club also provides 2 areas for children ages 6 weeks to 12 years, kids camps, and special events and programming, plus an outdoor playground and butterfly garden. The club's full-service restaurant and bar with indoor/outdoor adult and family-friendly dining is called The Kitchen, poolside dining is available at the expansive Arbor Grill, with wood decks, TVs, and a fire pit, and the club's grab-and-go is called Refuel offering light fare, smoothies, and proudly serves Starbucks®. The club offers chic boutique shopping at The Shop at The Houstonian, a registered dietitian, and a wellness and recovery suite overseen by a medical staff called The Covery. At 26,500 square feet, Trellis Spa at The Houstonian is the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a



The Houstonian Hotel, Club & Spa makes it easy for corporate groups to combine productive meetings with elevated wellness experiences at Trellis Spa and The Covery.

grand, light-filled reception, renovated treatment rooms, sauna and wet areas, a scenic treetop dining room, an indoor Reflection Pool, and tranquil lounging areas. Its outdoor sundeck provides an authentic contrast bathing experience with open-air cabanas, rocking chairs, two fire pits, and a butterfly art installation. The Houstonian also includes Sage 'n' Bloom Floral Studio, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations on-property and to the public.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

Gabi De la Rosa

Trellis Spa at The Houstonian

+1 832-202-9600

[email us here](#)

Visit us on social media:

[Instagram](#)

[TikTok](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/936898489>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.