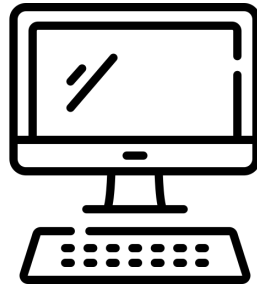
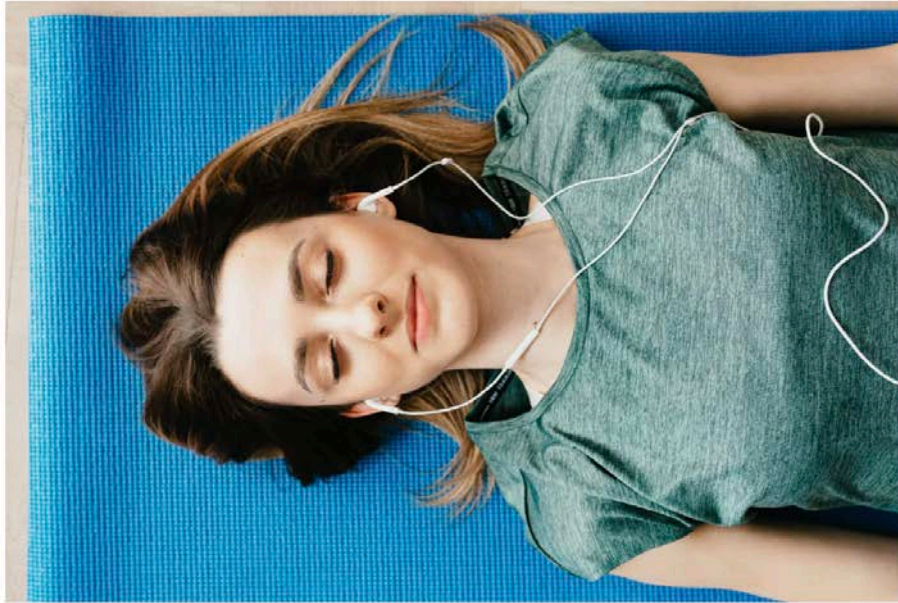


# BLOGS



## INSIGHT

THE POWER OF MUSIC  
THERAPY

Whether you realize it or not, you probably use music to trigger a variety of emotional or physical reactions in your mind and body on a daily basis. Let's say you're listening to classical music to help inspire creativity while painting, or using the cadence of a rock song to power through an intense workout, you're technically practicing a form of what is called "Music Therapy".

In honor of World Mental Health Awareness Week we're diving deeper into the practices of Music Therapy and highlighting some of the ways in which people use music to relax, destress, motivate themselves, improve their mood, etc. in everyday life.

**FIRST, LET'S GET INTO WHAT MUSIC THERAPY IS.**

The Merriam Webster dictionary describes Music Therapy as "the therapeutic use of music (as to reduce anxiety, improve cognitive functioning, promote physical rehabilitation, or enhance interpersonal communication) that typically involves listening to music, singing, playing musical instruments, or composing music."

Many of us can relate to these practices in a variety of ways. Picking up that old acoustic guitar, creating playlists for a road trip, staying up all night perfecting a beat, all of these actions are things some of us do in our normal lives that involve using music to trigger a certain emotional experience. Sometimes that experience is a feeling of motivation, accomplishment, or sometimes it's simply about relaxing the mind. Regardless of what the desired outcome is, using music to achieve a feeling is something that we can be made more aware of due to its positive outcomes.

Music Therapy is also an evidence-based health profession with a strong research foundation. Obtaining a Music Therapist degree requires knowledge in psychology, medicine, and music. According to The American Music Therapy Association (AMTA), Music Therapists can use music in general hospitals to: alleviate pain in conjunction with anesthesia or pain medication; elevate patients' mood and counteract depression; promote movement for physical rehabilitation; calm or sedate, often to induce sleep; counteract apprehension or fear; and lessen muscle tension for the purpose of relaxation, including the autonomic nervous system. Aside from hospitals, Music Therapists can work in outpatient clinics, rehab facilities, drug and alcohol programs, nursing homes, just to name a few.





## WHY HAS MUSIC THERAPY BECOME MUCH MORE POPULAR LATELY?

As we are all aware, the global pandemic made it a challenge to carry out our normal social activities. Going to the gym, bar hopping, or even weekend movie dates were all brought to a halt as cities experienced stay-at-home orders. Because of this, many people turned to what they knew was safe and accessible— music.

Music streaming apps like Spotify not only saw boosts in subscribers during the pandemic but an [increase in "Chill" music](#), most likely to help deal with the uncertainties of a new normal. And that's just the beginning. According to [Forbes](#), Spotify subscribers can soon "expect a new set of listening options that include validated and personalized playlists designed to improve individual performance and wellbeing."

Social apps like TikTok exploded during the early phases of the pandemic allowing for new ways for people to cope with staying inside for extended periods of time through dancing and lip-syncing to catchy songs.

Additionally, even some [hospitals](#) have begun using music therapists for pain management and other uses that support their COVID-19 patients' health. All of these instances have made the use of music in our everyday lives more prevalent.

## HOW DOES MUSIC THERAPY RELATE TO OUR INDUSTRY AND CULTURE?

"Music, in a scientific way, is a group of frequencies presented in an organized fashion. How those frequencies are combined have a particular impact on our emotions and can take us from our darkest places to our brightest places in a couple of musical phrases" says SAE Institute Miami Director of Education, Guillermo Lefeld. "I use music as a medicine, it keeps me sane and balanced as it allows me to express and channel emotions in ways no other form of communication allows me to. Specific music and frequencies are used across several cultures to achieve different degrees of meditative states, even for healing purposes. As we go through the mental health awareness month, it is important to recognize how powerful of a tool music is and also to remember that our music industry is very diverse and many of us have dealt with different mental health issues throughout our lives and careers. If somebody is suffering from these issues, please let them know they are not alone and there are many multiple support groups for them within our industry. For example, the Recording Academy, through their [MUSICARES](#) program offers free support groups to musicians and professionals in our industry when they are going through mental health issues."

All in all, one thing we hope you take away from this is that there can be many benefits to music therapy as music affects the body and mind in a lot of positive ways. If you're interested in pursuing a career that involves music, whether it's producing tv and film, managing a band or record label, or live radio, knowing the ins and outs of Audio can deepen your understanding. For more information on [careers in Audio](#) or how you can get started, [explore the rest of our site](#).

## INSIGHT

# HOW THE LGBTQ+ COMMUNITY'S INFLUENCE SHAPED MUSIC HISTORY & CULTURE



By SAE Institute



*Edward Enniful, the Editor in Chief of British Vogue once said, "I can tell you, without diversity, creativity remains stagnant."*

It's safe to say that music touches the lives of every community. Whether it's the way we celebrate, mourn, worship, exercise our bodies, sleep, or simply let loose, humans have been using music to express themselves creatively since the beginning of time.

Despite societal setbacks and lack of safe spaces throughout history, many singers, songwriters, producers, and performers who challenged the traditional ideas of gender and sexuality, became integral parts of music culture and drew major influence on the American music scene.

This Pride Month, we're highlighting the ways in which the LGBTQ+ community has influenced music, and how this important part of history has shaped the music and entertainment industry we know and love today.





By SAE Institute



## THE RISE OF ELECTRONIC, DISCO, AND HOUSE MUSIC

If you know anything about music in the 60s and 70s, you'd know that these eras produced some of the most influential and iconic musical moments of all time. Beginning in the [late 60's](#), Electronic music began having a significant influence on popular music of the decade. As a result, by the late 70s, [House music emerged](#) as a new genre in Chicago, taking the underground scene by storm. Nightclubs like the Warehouse, located in Chicago's West Loop neighborhood, were made popular by black and queer club goers who favored the music style because of its upbeat, dance-friendly tempos.

Disco music, also closely associated with the [underground gay clubbing culture](#) in the '70s, rose to popularity through the likes of Gloria Gaynor, Donna Summer, and the Village People, who supplied the world with iconic gay anthems. Before becoming mainstream, these genres were pioneered, embraced, and created around the queer influence and experience, and are still celebrated today.

## THE SUCCESS OF MAJOR ARTISTS

When it comes to the most successful gay singers [of all time](#), there are few as iconic as Elton John. With over 300 million records sold worldwide, Elton John has not only solidified his place in music history, but also as an advocate in his community and champion of LGBTQ+ rights. As one of the [first singers](#) to publicly come out as gay in the early 1990s, Elton John persevered despite the societal stigmas of the time and continues to be a success to this day. Whether you know his music or not, you can't help but appreciate his success story and courage to break down barriers.

## A MAINSTREAM MOVEMENT

Today, you can still feel the influence of the queer community more than ever. All around the world, LGBTQ+ marches and parades like [NYC Pride](#) feature some of the biggest recording artists of all time. Television shows like Emmy-award winning 'RuPaul's Drag Race' incorporate dance, lip-syncing, and musical performance elements. More and more openly gay artists are bringing their creative expressions to the forefront in music videos, award show performances, concert tours, and more. Major artists of today like Lady Gaga, Lil Nas X, and Janelle Monet have all been transparent in their sexuality and open in their support of the community through their work and beyond.

Whether you make music, consume it, sell it, or [study it](#), there's no denying the extensive and important history of the LGBTQ+ community's influence. Next time you're jamming out in your car, or thinking about your next concert experience, remember those who shared their creativity with the world while daring to be different.

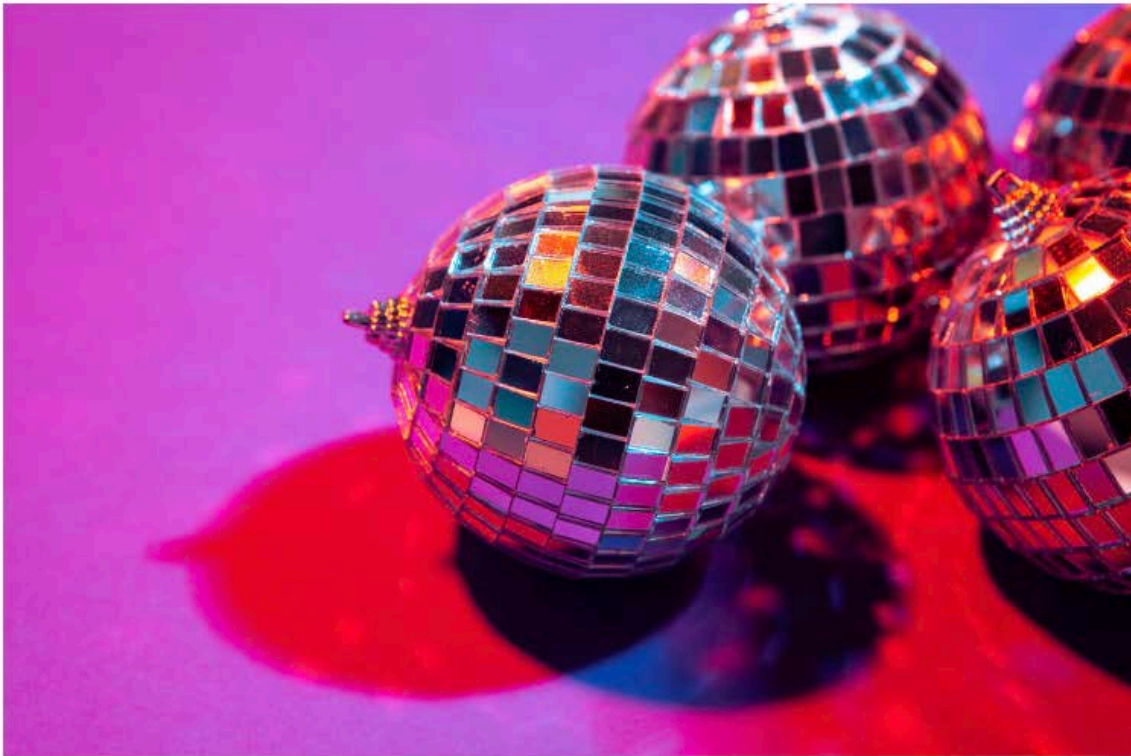
### Tags

[Music](#)



INSIGHT

## THE MOST WONDERFUL TIME OF YEAR (FOR MUSIC)



By SAE Institute



For many, the holidays mean time with family and friends, decorations and dinners, shopping and gift-giving, and of course— holiday music. If you've ever found yourself sitting in traffic listening to the radio, or strolling through a department store, you'd know that as soon as Thanksgiving is over, the holiday music begins.

Whether you like it or not, it's almost impossible to escape the sounds of the season, both old classics and new ones being pumped out by current artists. So why are we so inclined to love (or hate) holiday music? What do constant playing and streaming mean for artists? Who currently holds the highest-grossing holiday song of all time? Follow along as we *sleigh* into these thoughts and learn a little more about why it's the most wonderful time of the year— for music.



By SAE Institute



## RUDOLF THE RED NOS-TALGIA

According to [Psychology Today](#), music is very effective in creating nostalgia, which is both an emotional and a remembering response. If you remember watching animated movies like "A Charlie Brown Christmas" or "Rudolf the Red-Nosed Reindeer", which both debuted in the 1960s, you're probably familiar with the catchy tunes that came along with these holiday classics. If you were to hear those songs today, it could potentially trigger emotional responses that may bring you back to moments in your childhood during the holiday season. That's nostalgia.

Holiday music can also trigger negative responses. Those who may be reminded of particular challenging times or are anxious about the current state of the world can be negatively affected by holiday music. The simple repetition of the same songs over and over can also be particularly annoying especially if it's not a song you enjoy.

Whether it's good or bad, you can't deny that holiday music has a way of affecting our emotions, even more so during a season that promotes festivities, togetherness, and making memories.

## IT'S BEGINNING TO LOOK A LOT LIKE ROYALTIES

We can't talk about holiday music without discussing the business of it all. Many artists create Christmas songs to help boost revenue streams, which has proven to be very profitable for some. For example, Mariah Carey's hit song "All I want for Christmas is You" is [estimated](#) to have earned over \$60 million in revenue over the years, with Mariah collecting royalties as both a performer, co-writer, and co-producer on the song.

So why the spike during the holidays? According to [marketplace.org](#), there are a few reasons. Christmas albums are often given as gifts during the holidays which helps immensely with sales. Christmas music also often performs well on streaming services, as people tend to play their favorites to get into the holiday spirit, or throughout retail stores worldwide. Many holiday songs are also tied to movies which helps with generating exposure, as was the case with Mariah Carey's hit featured in the 2003 [blockbuster](#), "Love Actually". All in all, a successful holiday song can mean big business for artists, producers, songwriters, and publishers alike.

## ROCKING AROUND THE CHRISTMAS CHARTS

We've talked about the psychology of holiday music, and delved a little deeper into the business of it all, now let's talk about the best-of-the-best ranking holiday tunes. According to [Newsweek](#), the best-selling Christmas song of all time is "White Christmas" by Bing Crosby. Released in 1942, the song is not only the best-selling Christmas song of all time but also the best-selling *single* of all time, with an estimated 50 million copies sold, earning it a spot in the [Guinness Book of World Records](#). Coming in second is Bing Crosby again with "White Christmas", and finally Mariah's "All I want for Christmas is You" rounding out the top 3.

## Not So Silent Night

If you're getting into the holiday spirit and wish to indulge in some festive music, we invite you to check out our SAE Institute Virtual Holiday Showcase this Tuesday, December 21st at 8pm EST! Hear from our students as they spread some cheer and show off their talents. Stay tuned to our Instagram for details and be sure to explore the rest of [our site](#) for more news, information, and events. Happy listening!



## INSIGHT

# 3 REASONS WHY NASHVILLE IS A GREAT PLACE TO STUDY



By SAE Institute



There's so much that goes into choosing the right place to earn your degree. What are the faculty like? How far is it from the things you love to see and do? What's the culture of the city like? What professional opportunities are available after graduation? All of these questions are things one might take into consideration before making a decision about your education to accomplish personal and professional goals.

In this series, we'll be highlighting some of the cities where our campuses are located, and shedding some light on why a particular location may be attractive to you— beginning with the beautiful and thriving city of Nashville. Follow along as we dive into why great weather and country music aren't the only reasons this city may be the ideal destination to follow your dreams.

## THEY CALL IT "MUSIC CITY" FOR A REASON

Although Nashville is often called the "Home of Country Music", there are in fact many genres of music that are celebrated here. It's deeply rooted history of jazz, rock n' roll, gospel, and blues is very well known and still a big part of the culture, with performances and showcases happening year round.

In addition to the live music scene that permeates the city, Nashville's very own "Music Row", a historic district located to the southwest of downtown Nashville, is home to some of the most prominent recording studios, record label offices, and radio stations in the world. There's no doubt this city lives and breathes entertainment, so if your interests align, that's a major benefit to consider.





By SAE Institute



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## THERE'S SO MUCH TO SEE AND DO

If you're someone that likes to participate in everything a city likes to offer, you're in luck. Nashville has no shortage of attractions to look forward to. From history-centered museums like the [Johnny Cash Museum](#) and the [Country Music Hall of Fame](#) to nationally recognized events and showcases like the [CMA Fest](#) and the [Grand Ole Opry](#), there's always something to do and see. Add a bustling nightlife scene to that equation, and you have endless opportunities for entertainment as well as the means to get your foot into the door professionally through exposure and networking.

## YOU CAN MAKE YOUR PASSION YOUR PROFESSION HERE

Nashville is not just a great place to live but also a great place to start your journey on a career you love. [SAE Institute Nashville](#) is conveniently located in the heart of Music Row and is well-equipped to offer a dynamic education in Audio and Entertainment Business.

"It's no secret that the history of music runs deep in Nashville. Here at SAE Institute of Nashville, our classes are taught by industry professionals who come with a wealth of knowledge about music and the entertainment business," says SAE Institute Nashville Campus Director, Shannon Meggert. "We take pride in our curriculum and work hard every day to ensure our students are learning from experienced professionals, while creating a dynamic, collaborative atmosphere. We love what we do and we're excited to share that passion with our students."

If you're thinking about pursuing a career in Audio or Entertainment Business and think Nashville might be the right place for you, be sure to get in touch with us online or by calling our campus directly at (615) 244-5848. For a virtual tour of our Nashville campus, check us out on our [Youtube channel](#).



# PRESS RELEASES





## **SAE INSTITUTE NASHVILLE ANNOUNCES COLLABORATION WITH COUNTRY MUSIC HALL OF FAME'S YOUTH SONGWRITING CAMP**

*The campus will be hosting an event with the organization aimed at nurturing future professional songwriters*

**NASHVILLE, TN, July 2022** — SAE Institute North America is pleased to announce the Nashville campus's involvement in the Country Music Hall of Fame's Youth Songwriting Camp. Taking place on July 18th through 19th, the campus will be hosting "Demo Days" with the organization which offers budding songwriters the opportunity to record their songs in a professional studio with professional musicians and staff.

During the event, select campus staff will provide assistance to youth camp attendees with recording and mixing songs alongside session musicians, as well as working with the writers to come up with marketing concepts and how to get their songs on streaming platforms.

Although the event is closed to the public, members of the team are available to give statements or interviews and we can provide media content after the event.

"We're thrilled to be partnering with the Country Music Hall of Fame for this event." says SAE Institute Nashville's Director of Education, Ryan Griffin. "It's a great opportunity to work together with some of the talent we have here in our community, and offer the expertise of our team who are pleased to extend their knowledge and experience with the future music professionals of tomorrow."

For more information about the event, visit the official Country Music Hall of Fame [website](#) or get in touch with the Nashville campus directly at 615-244-5848.

###

### **About SAE Institute**

SAE Institute provides aspiring creative media professionals with a foundation of practical theory and valuable hands-on training in their chosen areas of concentration. Under the guidance of industry-experienced faculty, students gain the essential experience they need for entry-level jobs in the creative media industry. Students are supported in their job searches by SAE Institute's international network of alumni, many of whom are leaders in the music, film, game arts, and live performance arenas. SAE Institute offers accredited programs in Audio, Film, Games, and Entertainment Business focused on preparing students for employment in the creative media industry upon

graduation. SAE Expression College is a subsidiary of SAE Institute Group, Inc., which is a part of Navitas Pty Ltd. Learn more at [usa.sae.edu](http://usa.sae.edu).

### **About Navitas Pty Ltd**

Navitas is an Australian global education leader, providing pre-university and university programs, English language courses, migrant education and settlement services, creative media education, student recruitment, professional development, and corporate training services to more than 80,000 students across a network of over 120 colleges and campuses in 31 countries. Learn more at [Navitas.com](http://Navitas.com).





## **SAE Institute Atlanta Appoints New Director of Education**

**ATLANTA, GA,** February 2023 — SAE Institute Atlanta is proud to announce the appointment of Dr. Alton Fitzgerald Jones as Director of Education. In his new role, Dr. Jones will oversee all aspects of the program's operation and success including oversight of academics, retention, faculty, technology, facilities, student advising, learning resource center, and student satisfaction.

Dr. Jones received his bachelor's degree in Biology/Pre-Med from Florida A&M University and a master's degree in Healthcare Administration from Mercer University in Atlanta, Georgia. He completed his education with a Doctor of Chiropractic degree from Life University in Marietta, Georgia.

Dr. Jones's professional experience spans over 20 years in higher education administration as Assistant Dean of Shorter University, Campus Dean with Strayer University, Dean of Academic Affairs at Everglades University, and most recently Regional Dean of Academic Affairs at Florida Technical College.

"I am excited and honored to join the SAE Institute Family. To be involved in the ground level education of such creative talent is incredible. I am looking forward to learning more about the industries of interest to our students and ultimately help guide them toward career development and their professional success".

Dr. Jones has also taught courses in the classroom and online for Shorter University, Chattahoochee Technical College, Georgia Highlands College, Herzing University and Strayer University. He has also taught a variety of science and business courses including Biology, Anatomy & Physiology, Nutrition, Health & Wellness and Medical Terminology, Intro to Business, Strategic Operations, Management in Healthcare, Healthcare Operations Management and Public Health Management.

SAE Institute Atlanta opened its doors in 2007 and has grown year-over-year to be a leading higher educational institution within the Atlanta metro. SAE Institute Atlanta offers programs in

Audio, Digital Film, and Entertainment Business from our historic, bustling campus in the Cornerstone Building in Downtown Atlanta.

###

### **About SAE Institute**

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# MEDIA PLACEMENTS

(Articles pitched & secured by me)



# The Rookery course at Florida's Marco Island Marriott to undergo renovations



By Sean Dudley  
Thu 20 Mar, 2014

**The Rookery course at the Marco Island Marriott Resort in Florida is to undergo a US\$4 million renovation beginning this April.**

The project is being led by Jacobsen Hardy Golf Course Design and will see platinum Paspalum turf put in place across the course and alterations made to the course's bunker complexes.

"Each golf course has a unique character in large part to the collection of bunkers," said designer Peter Jacobsen. "We are excited about enhancing and updating the bunkers at The Rookery to improve the playability and overall golf experience."



Originally designed by Robert Cupp, Jr., The Rookery is one of two courses at the Marco Island resort, the other being the Hammock Bay course, which was designed by Jacobsen Hardy.

Established in 1995 by long-time friends Peter Jacobsen and Jim Hardy, Jacobsen Hardy Golf Course Design has completed projects across North America, including at the Moody Gardens Golf Course in Galveston, Texas, the Cypress Ridge Golf Club in Arroyo Grande, California, and the Oregon Golf Club, in Oregon City, Oregon.

The Rookery course is scheduled to close for renovations in late April and is expected to re-open in November 2014.

SHARE THIS STORY



## MOST POPULAR



New Lost Rail golf course in Nebraska nears grand opening



Lookout Mountain Club breaks ground on \$12 million restoration project



Vidauban: Bold and beautiful



Jeff Stein restores Emmet design elements at Seawane



Stirling & Martin designs new course on Mediterranean coast



## FEATURED BUSINESSES



ZLine Bunker Systems



de Reus Architects



Rain Bird Europe



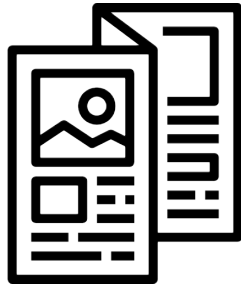
Jackson Kahn Design



MJ Abbott



# MEDIA KITS



# Fact Sheet

## THE LEGEND LIVES ON

When you visit the iconic Belleview Inn, you'll take a trip back in time to a hotel once known as the White Queen of the Gulf - a vacation haven to athletes, celebrities and every living president until it closed in 2009. The inspiration and infrastructure of Belleview Inn comes from the Belleview Hotel, originally built by Henry Plant in 1897 in Belleair, FL and now meticulously restored and welcoming guests once again. More than 80% of the Belleview Inn includes authentic features from the original property — the grand staircase in the lobby, heart-pine plank flooring, fireplaces, guest room doors and Tiffany stained glass – all kept in tact from the original building, erected more than 120 years ago. Quarter-sawn wood floors, green hip and gable roof lines, distinctive siding, 5-foot deep eaves, multiple dormers, 10-ft wide hallways and more define and showcase the era in which it was built. Situated along the Belleair bluffs in the heart of Belleview Place, Belleview Inn is set to be the centerpiece for this elegant community.

## ACCOMMODATIONS

Belleview Inn features 35 guest rooms and suites, with elegant nods to its Victorian heritage, designed to impress. The guest rooms showcase classic architectural details from the Gilded Age with the original room doors and architecture, along with new, upscale amenities such as spacious bathrooms, Keurig coffee makers, mini fridges, and oversized windows with spectacular views of the sparkling swimming pool or the impeccably planned Belleview Place community.



## AMENITIES

Guests will enjoy an array of amenities including:

- ◆ **Resort Style Pool** - located just off the west veranda and sundeck. Lounges and towels provided
- ◆ **Fully equipped fitness center** - including Peloton bike and state of the art equipment
- ◆ **The Living Room** - Upon arrival guests are greeted with elegance, boasting the original grand staircase from The Belleview Hotel, a fireplace for guests and the community to come together and enjoy the property
- ◆ **Mort's Reading Room** - A history room filled with displays, artwork and information about the Belleview Hotel legacy, named after Henry's late son Morton Plant.
- ◆ **Maisie's Marketplace** - Named after Morton's wife, offering guests coffee, breakfast, beer, wine and small plates.
- ◆ **The Tiffany Room** - With its beautiful Tiffany glass panels from the original building, provides 1,000 square feet of elegant indoor space for small groups and social gatherings that can easily spill out on to the deep set porch
- ◆ **Grand Lawn** - picture-perfect outdoor setting offering 5,000 square feet of event space situated between the pool and shaded porch
- ◆ **Breakfast Baskets**- Each morning a complimentary breakfast basket will be delivered to guests' door with fresh baked muffins, fruit, and juices. Keurig coffee makers available in each room.
- ◆ **Bikes** - Bicycles available for guest use to explore the community and surrounding area.

# More About Belleview Inn

## EXCLUSIVE AMENITIES

Belleview Inn guests will have privileged access to select amenities at the neighboring, private Belleair Country Club, just steps away, including:

- ◆ Access to play at Florida's historic **Belleview Biltmore Golf Club**, the first golf course in Florida, opened in 1897 and re-designed by Donald J. Ross in 1915
- ◆ Guests can dine for lunch or dinner at one of the multiple fine dining options at the Country Club, including:
  - ◆ **Main Dining Room**, which provides breathtaking views of the golf course greens; beautifully lit in the evening with enough seating for 350.
  - ◆ **The Belle Terrace** with a captivating dining room for up to 60 with views of golf courses, floral fauna, and sunsets over Clearwater Bay.
  - ◆ **Sam Parks Lounge** provides an elegant and cozy atmosphere with indoor and outdoor seating, a fire pit, and an extensive bar menu.
  - ◆ **1897 Lounge**, adjacent to the 19th hole and adjoining the men's locker room. This room offers privacy with a dark-wood cozy atmosphere, a full service restaurant and bar, and a large screen television, open for breakfast and lunch daily.
  - ◆ **19th Hole** is a club favorite, which offers complimentary coffee and tea, breakfast and lunch daily and a full-service bar. This fashionable lounge seats up to 80.
- ◆ Additionally, guests of Belleview Inn are warmly welcomed at its nearby beachfront sister property, the award-winning **Sandpearl Resort**, which will provide free valet parking and access to its expansive beach.

## LOCATION

Belleair is acclaimed for its desirable location and close proximity to downtown Clearwater and Clearwater Beach, FL. Belleview Place is a gated golf community offering residences, condos, village homes and the Belleair Country Club, which houses the first golf course in Florida designed by Donald J. Ross.

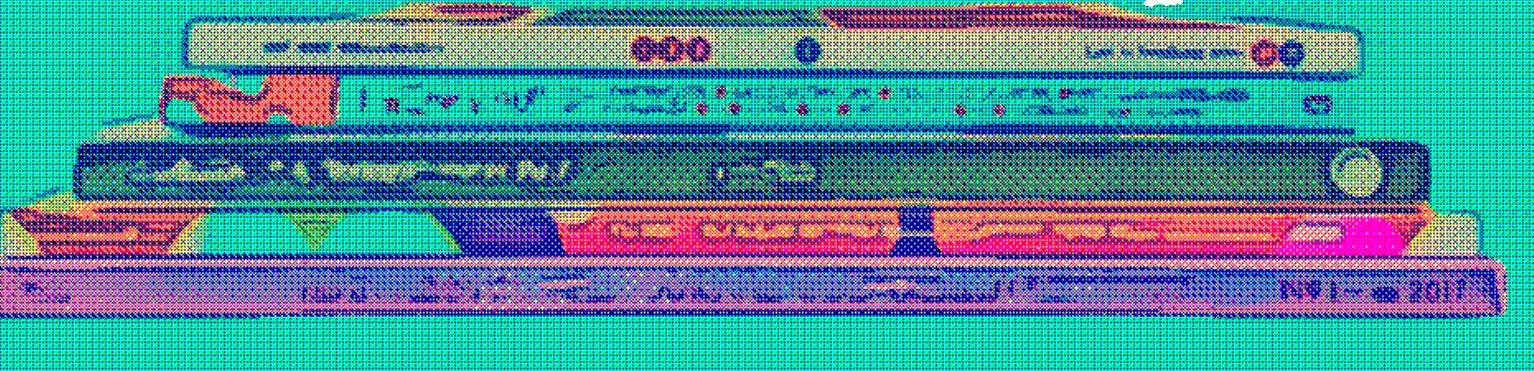


**MISC.**





# the (changing) media landscape



The media landscape is constantly changing, with last year bringing more changes than in the past few years combined. Social media and on-demand platforms are modifying the way we consume media — and how we approach it. Here's a look at the landscape as we enter a new decade.

## the print magazine — a thing of the past?

From travel to women's interests, a number of top-name publications announced they would be pivoting away from print.

## deal — or no deal.

As content is limited, many newspapers have cut offer-specific columns. In the last year, we have seen *The New York Times*, *Washington Post*, *Atlanta Journal-Constitution*, and *St. Louis Post Dispatch* eliminate their deals columns.

## pubs and paywalls.

In January 2019, publishing giant Condé Nast said all of its magazines online, including *Vogue*, *W*, *Glamour* and *Architectural Digest* - will get thrown behind a paywall by year's end.





# your public relations *comp set*

**a closer look  
at news and  
new product  
competing  
for that  
coveted pr  
real estate.**



#### **DESIRE RESORTS NEW ADDITION**

The Desire Mansion will open on February 1, 2020. A boutique hotel-within-a-hotel at the existing Desire Riviera Maya Pearl Resort in Riviera Maya. The all-inclusive hotel has three levels and 8 suites with select suites featuring private swim-up pools, couples jacuzzi, and his and hers sinks.

#### **COUPLES RESORTS JAMAICA OFFERS NEW CBD OIL MASSAGE**

In conjunction with National CBD Day, Couples Resorts Jamaica announced a new CBD oil massage, available at all four of its all-inclusive resort spas.

#### **CARNIVAL CRUISE EXTENDS 'BARE NECESSITIES' SAIL**

On National Nude Day, Carnival Cruise Line announced The Big Nude Boat of 2021. The "Carnival Legend" will sail out on the Caribbean on February 14, 2021 for a full two week nude cruise.

#### **SANDALS GAVE AWAY FREE STAYS AT THEIR ALL-INCLUSIVE RESORTS ALL SUMMER LONG**

In celebration of its 35th anniversary of the "swim-up pool bar," Sandals Resorts gave away free stays at their all-inclusive Caribbean suites all summer long - including Sandals Negril.

