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Escape The Negative News Cycle And Get Happy In San Francisco



Fiona Tapp Contributor ⓘ

Travel



Find your happiness THE MARKER HOTEL, SAN FRANCISCO

What does happiness mean to you? For many people a vacation, whether near or far induces feelings of deep contentment and happiness.

Traveling can certainly offer an escape from the normal stress and strains of everyday life, if nothing else.

If your regular workdays are getting you down or the constant negative news cycle is taking its toll, escape to a retreat where positivity reigns supreme.

The Marker hotel in San Francisco has released a new [levity menu](#) as an antidote to all the doom and gloom circulating as we prepare for yet another brutal election buildup.

The menu features a range of feel-good experiences that help to re-balance the mind and cheer the spirits.

You'll return home lighter, happier and ready to bring a little sunshine with you wherever you go.



Dream Astronaut THE MARKER HOTEL, SAN FRANCISCO

Today In: [Lifestyle](#)



It isn't hard to find something to smile about as soon as you check in to this gorgeous and historic building from 1910.

The downtown Union Square location means you'll have everything you need at your fingertips including fine dining, theaters, art galleries, world class shopping and other city attractions.

These are the exclusive happiness inducing activities available on the levity menu, which one will you choose?

Cuddling Cute Puppies



Group portrait of adorable puppies GETTY

Not only is The Marker pet friendly, it also has an amazing program for those who don't have a pooch of their own to still enjoy some canine cuddles.

In partnership with [Copper's Dream](#), a local animal rescue shelter, up to three dogs will be sent over to play for up to 45 minutes. This fun optional add on costs \$75, including \$10 donation to the shelter.

Tap Into Childhood Delights



Dream Mermaid THE MARKER HOTEL, SAN FRANCISCO

Recapture some of the innocence and fun of your childhood days by ordering up a curated bag of toys and games including silly putty, a slinky and an assortment of retro candies and sweets.

Or instead right before bed, choose to have your bed made up with childhood favorite characters like a mermaid or an astronaut designed duvet. The package includes bath bombs and milk and cookies from the hotel's [Tratto](#) restaurant. Either of these options cost \$75.



Nostalgia THE MARKER HOTEL, SAN FRANCISCO

Relax And Enjoy A Spa Night

Although The Marker doesn't have its own in house spa, they do offer an option for visitors in any of its 208 guest rooms to enjoy a little pampering.

Book the 'Relax' gift set from Lush for just \$75 and you'll receive everything you need to chill out in luxury. The set includes a silk sleep mask, lavender linen and room spray, a sheet face mask set, and delicious prosecco bubbles plus Tratto's house-made truffle-parmesan popcorn, all delivered to your room.



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Find Your Own Joy Revolution

Enjoy a package made in collaboration with the leader of the “joy revolution,” Grace Harry. Her signature kit includes a Joy Workbook, a journal, and a pouch full of fun playful items like bubbles, glow bracelets, and a kaleidoscope.

You’ll also get to borrow a happiness iPad all loaded with episodes of cheerful carefree shows and a playlist of “Happy Hits” and podcasts including The Happiness Project.



Grace Raymond THE MARKER HOTEL, SAN FRANCISCO

The package also includes a super yummy ice cream sundae from Tratto for one inclusive price of \$150.

The levity menu options require advanced booking so decide what makes you happy and reserve the experience as soon as you start planning your San Francisco vacation!

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Fiona Tapp

I caught the travel bug hard as a child before becoming a flight attendant and jetting my way around Europe. Moving from the UK to start a new life in Canada as a young adult, I became a teacher and writer. For the past few years, I have specialized in travel writing and continued my global pursuits, visiting over 20 countries on five continents. Some of my favorite adventures have included helping to wash orphaned elephants in Sri Lanka, eating my way around Thailand, canyoning in Peru, hiking through the desert in Arizona, and meditating in a temple in Japan. My work has been featured on National Geographic, Lonely Planet, TimeOut, The Globe and Mail, The Independent, Rolling Stone, Playboy, Slate, and many others. I recently contributed to the Lonely Planet Wellness Escapes book and I am always looking for my next passport stamp. **Read Less**