



## New iPhone app aims to relieve the stress of packing for holidays



- **Saving Grace from Grace hotels is a packing tool and travel reminder**
- **Leading psychotherapist Lucy Beresford confirms that packing and planning holidays is a prime source of family stress**
- **Free app comes with ready-made packing lists by holiday type**

*London 15 June 2011:* International boutique hotels group, Grace Hotels has launched an iPhone app specifically designed to take the stress out of packing for holidays. The company sees packing as a notorious source of anxiety that can potentially spoil the excitement of getting away. “When we talk to holidaymakers” says Philippe Requin, CEO of Grace Hotels “we find that all too often the burden of responsibility for packing ends up with one member of the family – typically wives and mothers. But we feel that thinking for the whole family is too much to ask of one person. So we have developed Saving Grace – an iPhone app that does the thinking and remembering for you”.

Saving Grace by Grace Hotels is a packing check list and task reminder tool all in one. The app has pre-set lists for different trip types - winter, summer, activity holiday or a short break. Activities include specific lists for surfing, cycling, golf, diving, fishing, camping etc.

Users can personalise lists by deleting pre-set items or adding their own items. Once a packing list has been built and saved it can be renamed and used over and over again. Saving Grace makes packing easier by showing not only how many items have already packed, but also how many are left to pack.

The app also features a readymade list of important things to do before you travel - from travel insurance to currency to watering the plants and emptying the fridge.

Psychotherapist and broadcaster, Lucy Beresford added: "There is often the hope or expectation that holidays must be perfect, so our packing must be perfect too. Going on holiday often means leaving our comfort zone, so we long to be prepared for all eventualities while away. Packing also resembles a nesting process, which is how we make ourselves feel safe and secure; so we try to repeat that sense of safety and security in our packing. Holidays break our routine, which can cause anxieties, so packing becomes a displacement activity to offset these anxieties: packing ceases to be about taking the right clothes and more about who remains in control. But if you're the one taking control, the pressure is on you alone not to forget anything."

iPhone users can download Saving Grace from the Apple App Store now, free of charge. See <http://itunes.apple.com/gb/app/saving-grace-travel-packing/id441237653?mt=8>

~ENDS~

*For hi-res photography of Saving Grace and all Grace hotels go to:*  
<http://gracehotelsgroup.fotoseeker.com>

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#### **NOTES TO EDITORS**

**Grace Hotels Group** ([www.gracehotels.com](http://www.gracehotels.com)) is an award-winning luxury boutique hotel group that offers sanctuary and quality for discerning guests in the world's most sought after resorts and cities. The company's hotels have attracted critical acclaim since the first opened in Greece's Cyclades Islands in 2007. The group has recently announced its expansion into the Americas with the opening of the historic Vanderbilt Grace in Newport Rhode Island Grace and the development of the Grace Panama in Panama City and the Grace Cafayate hotel and residences complex in northern Argentina.

**Lucy Beresford** is a psychotherapist with a wide range of experience in treating emotional and psychological issues. She works in private practice in Central London and at The Priory Hospital, Roehampton. As part of Lucy's on-going desire to demystify mental illness for the lay audience, Lucy writes about well-being and psychological issues for numerous periodicals and provides commentary on radio and TV.