



ELECTRONIC PRESS KIT

Carley Montgomery

RESTORATIVE HOSPITALITY
STRATEGIST + AUTHOR
CREATOR OF THE SANCTUARY
METHOD



SANCTUARY
—
FOUND

Defining a new category of travel

Carley Montgomery is defining restorative hospitality: an approach to places and guest experiences designed around rest, recovery, connection, belonging, transition, deep sleep, and a genuine sense of safety.

Drawing on seven years of travel and transformation in Central America and her work across hospitality strategy, design, construction, operations, food, wellness, and guest experience, Carley helps owners understand not only how a property looks or sells, but how it actually feels to be there.

She is the author of *The Restorative Power of Place* and the creator of the Sanctuary Method, a framework for designing and stewarding environments that allow people to rest, recover, and reconnect.

The Restorative Power of Place



A DIFFERENT WAY TO THINK ABOUT TRAVEL
How Travel and Hospitality Can Help Us
Rest, Recover, and Reconnect

CARLEY MONTGOMERY

THE RESTORATIVE
POWER OF PLACE
How Travel and
Hospitality Can Help Us
Rest, Recover, and
Reconnect

Available on Amazon

Kindle + Paperback
ISBN 9798194397518

THE CENTRAL QUESTION

What if travel could do more than entertain us?

"The hospitality industry has become very good at adding things. Restorative hospitality begins by asking what we may need to remove."

CONVERSATIONS CARLEY BRINGS

Clear ideas, lived experience, and practical relevance for hospitality, travel, wellness, and design audiences.

What Comes After Wellness Hospitality?

Why amenities and restorative environments are not necessarily the same thing - and where hospitality may be headed next.

Travel as Medicine

Why some places help us return to ourselves, and how travel can support recovery, belonging, creativity, and transition.

The Business Case for Restorative Stays

How restoration can create differentiation, local demand, longer stays, and opportunity beyond peak tourism seasons.

Why More Amenities May Be the Wrong Strategy

What changes when hospitality shifts from adding programming and stimulation toward sleep, quiet, nature, and genuine downtime.

Can Intuition Be Taught to Hospitality Teams?

The role of stewards, attunement, discernment, and co-regulation in creating a guest experience that feels truly held.

Designing for the Nervous System

How light, sound, scent, materials, technology, nature, and staff energy shape whether guests can settle and recover.

RECENT INTERVIEW

No Show

"Restorative Hospitality with Carley Montgomery"

A 25-minute conversation about selling silence, restorative hotel design, innate healing, accessible restoration, and why less can be more.

[LISTEN TO THE EPISODE](#)

BIO AT A GLANCE

- Author and independent writer
- Founder & Editor, Sanctuary Found
- Creator of the Sanctuary Method
- Restorative hospitality strategist
- Licensed general contractor
- Former hospitality operator



MEDIA + CONTACT

Website www.carleymontgomery.com

Email hello@carleymontgomery.com

Substack substack.com/@sanctuaryfound

LinkedIn [/in/carleymontgomery](https://in.carleymontgomery)

Available for podcasts, panels, editorial interviews, speaking, workshops, and hospitality-industry conversations.