FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number:	3235-0287
Estimated average t	ourden
hours per response:	0.5

to Section 16. I	if no longer subject Form 4 or Form 5 y continue. See	STA	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP									rden
Instruction 1(b)			Filed								per response.	0.3
1. Name and Addr Aslaksen Ju	lie P								all applicab Director	le)	10% Other	Owner (specify
(Last) 4747 BETHES SUITE 1300	(First) DA AVENUE	(Middle)				iction (Month/	Day/Year)	EVP, General Counsel & Sec.			ec.	
(Street)					mendment, Date of	Original Filed	l (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line)				
BETHESDA	MD	20814			Suant to Section 16(a) of the Securities Exchange Act of 1934 Section 30(h) of the Investment Company Act of 1940 Issuer Name and Ticker or Trading Symbol IOST HOTELS & RESORTS, INC. [HST] 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify below) below) Date of Earliest Transaction (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable) X Form filed by One Reporting Person X Form filed by More than One Reporting Person Person Form filed by More than One Reporting Person Person Form filed by More than One Reporting Person Form filed by More than One Reporting Person Form filed by More than One Reporting Person							
(City)	(State)	(Zip)										
	٦	Table I - No	n-Derivat	tive S	ecurities Acqu	uired, Disp	posed of, or Bene	ficially	Owned			
1 Title of Securit	(Instr 3)		2 Transact	tion	24 Deemed	3	A Securities Acquired (A) or	5 Amount o	of .	6 Ownershin	7 Nature

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed 3. Execution Date, if any Code (Month/Day/Year) 8)						Securities	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150. 4)
Common Stock	02/08/2021		F		4,771	D	\$14.3	93,163	D	

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)															
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)		1. 5. Number Fransaction Code (Instr. Derivative		6. Date Exerc Expiration Da (Month/Day/Y	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

By: /s/ William K. Kelso For: Julie P. Aslaksen

02/10/2021

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.