The Fairmont Banff Springs

Health & Wellness Event Options

Featuring LifeStyle Cuisine & LifeStyle Cuisine Plus

The Fresh Squeeze Lifestyle Breakfast

Explore, reawaken your senses and discover your energy!

What better way to start your day than with a healthy, revitalizing breakfast while enjoying a de-stressing chair massage brought to you from the Willow Stream Spa: an oasis of well-being unlike any other.

Our Willow Stream Spa therapists will focus on your neck, shoulders and back for physical and mental relaxation so that you can unwind and prepare for your day.

Sample Menu

Freshly Squeezed Juice Bar

or

Green Apple, Cucumber, Parsley & Carrot Vegetable Cocktail

Egg White Omelet: Tomato | Pepper | Green Onion | Mushroom | Low Fat Cheese

Low Fat Gluten Free Chicken Sausages (2)

Grilled Beefsteak Tomatoes

Whole Grain or Rye Toast

Fairmont Wellness Teas Selection | Coffee

Group Size: 12 per session

Massage Therapist: 1 per 12 person session

Chair Massage: 12, 5 minute neck & shoulder massages in a 60 minute session

Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

Lifestyle Cuisine *Plus*, taking our commitment to your well-being even further, offers delicious meals designed around guests' diet-dependent requirements, including the following: Diabetes, Heart disease or high blood pressure, Celiac disease (cannot tolerate gluten) or gastrointestinal disorders, Food allergies or sensitivities; as well as more specialized diets, such as: Vegan, Raw food, and Macrobiotic.

The Fairmont Banff Springs
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Fairmont Signature Events