



Health & Wellness Event Options

Featuring LifeStyle Cuisine  &
LifeStyle Cuisine Plus 

Hand in Hand – The Rocky Mountain Lifestyle Break


Find your energy and maintain that mountain glow!

De-stress your meeting atmosphere with this special, rewarding coffee break. This event is geared towards small groups with very intense meetings, meant to revive participants and keep them focused on the importance of your conference. Our trained therapists massage the reflex points in the hands to relieve tension throughout the body, focusing on vital energy points.

Sample Menu

Fairmont Wellness Tea Selection


Seasonal Fresh Berries 

Puffed Quinoa Bars 

Dried Fruit & Nut Bread 

Whole Fresh Fruit 

Fresh Fruit Smoothie 

Badoit Sparkling Water 


Group Size: 6 per session


Aesthetician : 1 per 6 person session

Hand Massages: 6, 5 minute hand massages in a 30 minute session

The Fairmont Banff Springs

405 Spray Avenue
Banff, Alberta
Canada T1L 1J4

 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.

