Fairmont CHICAGO MILLENNIUM PARK

Health & Wellness Event Options

Featuring LifeStyle Cuisine & LifeStyle Cuisine Plus

Mini Spa Getaway

Replace a typical coffee break with an invigorating surprise for meeting attendees by incorporating a spa component and overall wellness into a meeting break.

mySpa experiences range from chair and hand massages to a mini manicure or a sensory experience with scented oils. During this mini spa getaway, guests will also enjoy a sampling from our kitchen.

Once guests return to their meeting, a trained instructor will lead them through a series of "No-Sweat" exercises and stretches. Guests will feel rejuvenated and ready to take on the rest of the day!

Sample Menu
Health & Wellness Break
Whole Fruit in Season
Selection of Dried Fruits and Nuts
Peanut Butter Banana Cluster
Cranberry Walnut Bars
Pineapple Mango Smoothies

Pricing: **31 per person ++**
mySpa charges differ depending on services offered

++ All menu pricing is subject to a 24% service charge and applicable taxes

Fairmont Chicago, Millennium Park
200 North Columbus Drive
Chicago, Illinois
United States, 60601

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.

Fairmont SIGNATURE EVENTS