



**THE Fairmont**  
CHATEAU LAKE LOUISE

## Health & Wellness Event Options

Featuring LifeStyle Cuisine  &  
LifeStyle Cuisine Plus 

### Antioxidant Break

Refresh, reinvigorate and revitalize your mind, body and soul with a Lake Louise Health and Wellness Break at The Fairmont Chateau Lake Louise.

Our Executive Chef has partnered with The Spa at the Fairmont Chateau Lake Louise to offer a unique resort experience. We invite you to indulge in the combination of LifeStyle Cuisine, created using fresh and nutritionally balanced ingredients, and a range of body treatments.

### The Healthy Choice High Antioxidant Break

Acai Berry & Blue Berry Shooters  
Fresh Fruit Skewers, Coffee – Chocolate Dip  
Sea Vegetable & Cabbage Salad Martini  
Auvergne Carrot Pudding, Passion Fruit Sauce  
Green Tea Matcha Cookies


Freshly Brewed Regular and Decaffeinated Coffee, Fairmont Signature & Wellness Tea


### Hand Salt Exfoliation and Massage

*10 minutes*

A healthy approach to a traditional manicure, this deluxe treatment begins with a unique Turkish-salt hand exfoliation, and finishes with a luxurious hand massage to relieve dry skin.

**The Fairmont**  
**Château Lake Louise**  
111 Lake Louise Drive  
Lake Louise, Alberta  
Canada T0L 1E0

 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