The Fairmont Chateau Lake Louise

Health & Wellness Event Options

Featuring LifeStyle Cuisine & LifeStyle Cuisine Plus

Heart Smart 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 a combination of LifeStyle Cuisine and a range of body treatments.

Sample Menu

Homemade Granola Bars
Whole Wheat, Flax Seed & Berry Bran Muffin
Fresh Fruit Skewers, Fireweed Honey & Yogurt Dip
Bircher Muesli "Martini"
Freshly Brewed Regular and Decaffeinated Coffee
Fairmont Signature & Wellness Tea

Chair Massage Experience

10 minutes

This classic massage utilizes long strokes and kneading to improve surface muscle tone, stimulate circulation and relax the entire body. Light to medium pressure is perfect for relaxation or for those who have never experienced a massage.

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