Fairmont MAKATI PHILIPPINES

HEALTH & WELLNESS EVENT OPTIONS

Featuring LifeStyle Cuisine
& LifeStyle Cuisine Plus

Breakfast BeneFIT

Make morning meetings more successful! Jump start a productive day with a hearty breakfast high in vitamins, minerals and other essential nutrients. Stay full and focused all day long as our creative chefs treat you to an appetizing wellness menu specially designed with your health, fitness and satisfaction in mind.

The road to wellness continues as meeting participants break to nourish their minds with Yoga Flex - a combination of different standing postures, flow and breathing techniques designed to improve both flexibility and energy, you can be assured of active, effective meetings.

Sample Breakfast Menu

Low fat yogurt with fresh compotes toppings sweetened with natural honey
Home-made granola with fresh mango
Gluten-free blinis with berries compote
Gluten-free zucchini bread
arden vegetable frittata, skim milk, goat cheese
Grilled hearts of palm, kale and asparagus

Live Station
Whole wheat apple pancakes

Oatmeal banana muffins
Gluten-free carrot cake
Sliced fresh fruit

Event Includes:
Gym Towel
Flavored Water

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.

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1 Raffles Drive
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Fairmont SIGNATURE EVENTS