









Living a Balanced Life!


Relax. Rejuvenate. Refresh your mind, body and soul with our partner,  **exhale**[®]
MINDBODYSPA
Begin your morning with a 1 hour private Yoga Class in Miramar Gardens. Get ready to sweat in this athletically and mentally challenging yoga class that is both uplifting and flowing. Each class is set to a unique music mix blending rock, reggae, hip hop, blues, and world dance beats, and offers an inspiring message and a deeply relaxing finish.


After your class, hydrate and detox your body with a farm to table lunch overlooking Pacific Ocean sea breeze in our Sunset Terrace. All ingredients of your lunch are hand picked from our Local Santa Monica Farmers Market, where our FIG Catering Team visits twice a week.

Your lunch menu reflects nutritious, fresh, local ingredients. You worked so hard to cleanse your mind, we will rejuvenate your body with select products to help balance a healthy diet and/or accommodate your specific dietary needs. Fairmont's Lifestyle Cuisine Program inspires any menu design from vegan, gluten-free, vegetarian, and beyond!

Sample Menu

- Roasted Tomato Soup 
- Warm Quinoa 
- Chard, Roasted Carrots, Apples, Marcona 
- Roasted Halibut
- Sweet Corn, Apple Vinaigrette 
- Pastaless Lasagna
- Bloomsdale Spinach, Sweet Potato, San Marzana Tomatoes, Mozzarella
- Young Beets
- Served with Santa Barbara Pistachios 
- Flourless Chocolate Cake

 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.