



*Press release*

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## *Invigorating Meetings at Swissôtel Sydney*

Going on business trips and attending meetings can often mean long days that require the physical and mental wellbeing to be at their best form. At **Swissôtel Sydney**, meetings are energetic, full of life, invigorating. Thanks to the signature **Vitality Meeting Package** offer, Swissôtel Sydney delivers an unparalleled meeting experience that provides everything you need in one place; a fantastic city centre location, state-of-the-art technology, reliable service and great cuisine, while ensuring a creative, productive and memorable event.

One of three brand pillars, the **Vitality** programme was developed in 2012 introducing various initiatives to support both guests and meeting delegates with their mental and physical wellbeing while traveling. With diet playing a vital role to one's health, Executive Chef Paul Clune designed a dedicated Vitality menu that celebrates fresh seasonal ingredients, including honey direct from the hotel's roof, to deliver complete, inviting and nourishing dishes.

"The ingredients in this menu have been carefully considered. Something as simple as quinoa is perfect for relieving altitude sickness due to its rich oxygen-carrying iron whilst proteins such as low-GI beans and salmon will keep the brain alert and the stomach satisfied for longer with their essential amino acids." says Chef Paul.

Located in the heart of the Sydney CBD, Swissôtel Sydney boasts eight versatile meeting spaces including the heritage-listed Blaxland Ballroom that caters up to 400 people. Besides a generous-sized pre-function area, the recreated Alcove at Crossroads Bar is also a popular venue for cocktail functions thanks to the intimate space and floor to ceiling windows overlooking the bustling Market Street.

From now until 15 December 2019, Swissôtel Sydney is offering event organisers the chance to earn up to 25,000 bonus **Le Club Accor Hotels Meeting Planner** rewards points and go into the draw to win a 3-day, 2-night holiday trip to Singapore when they book the Vitality Meeting Package.



The Swissôtel Vitality Meeting Package includes:

- Complimentary half hour access prior to start of event
- Vitality detox juice shots on arrival
- Freshly brewed coffee and a selection of premium teas
- Morning and afternoon coffee break with a Chef's selection item from the Vitality menu
- Working style lunch with hot items from the Vitality menu
- Pens, pads, whiteboard, flipchart, mints and bottled water
- Room hire
- Complimentary WiFi internet access

For more information or to book please visit:

<https://www.swissotel.com/hotels/sydney/meeting-events/meeting-offers/vitality-meeting-package/>

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### **About Swissôtel**

One of the best-known Swiss brands in the world, Swissôtel Hotels & Resorts offers contemporary hotels infused with the freshness and vitality of alpine energy, rooted in the tradition of Swiss hospitality. Respected for its intelligent design, quality craftsmanship and mindful approach to sustainability, Swissôtel gives its guests peace of mind to explore the world, discover life's true rewards and embrace opportunities to 'live it well'. The Swissôtel brand was founded in 1980 and today numbers more than 30 hotels globally including flagship properties such as Swissôtel The Bosphorus in Istanbul, Swissôtel The Stamford in Singapore and Swissôtel Krasnye Holmy in Moscow. Swissôtel is part of Accor, a world-leading travel and lifestyle group which invites travellers to feel welcome in 4,800 hotels, resorts and residences, along with some 10,000 of the finest private homes around the globe.

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