



HOTEL
GRAND
PACIFIC

A QUESTION OF BALANCE

Health and wellness at the Hotel Grand Pacific

Located on the iconic Inner Harbour in one of Canada's fittest cities, it's no wonder that health and wellness are priorities at the Hotel Grand Pacific. Whether guests are looking for first-class fitness facilities, a tranquil spa treatment, healthy dining options, or simply a harmonious environment, the Hotel Grand Pacific offers the perfect balance.

Work it out at the Victoria Athletic Club

With complimentary access for Hotel Grand Pacific guests, the on-premises Victoria Athletic Club offers a fitness experience unmatched by other hotels. In a world where "hotel gym" is often synonymous with "broom closet", those serious about working out will be thrilled to discover a 25-metre indoor training pool, a weight room with Paramount strength training equipment and free weights, fully-equipped cardio room, studio space and stretching room. Guests can also access scheduled fitness and yoga classes at a "drop-in" rate. The Jacuzzi, steam room and sauna offer a great way to unwind after a gruelling workout.

Realign body and spirit at the Spa at the Grand

Within a calming and intimate space, guests can feel their tension melt away as they experience one of the many treatments on offer at the Spa at the Grand. The 2,000 square foot spa offers a sense of Asian tranquility to all guests, whether they're looking for therapeutic treatments, blissful relaxation or esthetic services. Start with a soothing cup of tea in the lounge before embarking on a wellness experience: the menu of services includes relaxation and deep tissue massage, reflexology, body scrubs and wraps, as well as manicure and pedicures.

Fuel your body with healthy dining options

We all know that when it comes to your body, you only get out what you put in! The Hotel Grand Pacific provides guests with the ability to fuel their body with healthy dining options, created using local and



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sustainable ingredient choices where possible. Both The Pacific and The Mark are proud to be part of the Ocean Wise, empowering guests to make responsible seafood choices. Decrease stress while increasing anti-oxidants with the hotel's committed tea program featuring a thoughtful selection of European and Asian tea blends served in a respectful manner.

Balancing Heaven and Earth

While other hotels may thrive on offering frenetic energy, the Hotel Grand Pacific presents a harmonious, relaxing environment, encouraging guests to kick back a little and unwind. This atmosphere is no happy coincidence – the hotel was built according to the principles of Feng Shui, an ancient Chinese system of aesthetics aimed at balancing Heaven and Earth, improving one's life by receiving positive Qi. Spacious public areas offer plenty of places to sit with a book or watch the world go by, inviting guests to find their own balance.

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