

REVIVE & CONNECT PACKAGE

We have designed the Revitalization Lounge specifically for our guests to have a place to relax and recharge their mind & body throughout the day or before dinner.

PACKAGE DETAILS

DAYTIME (8:00am - 7:00pm)* \$300.00

**Recharge your mind and body. Choose your 2-hour block of time during these hours.*

- 2-hour exclusive access to the Revitalization Lounge
- The lounge can comfortably accommodate up to 30 people.
- A maximum of 16 relaxation sessions can be used during the 2-hour period

Ideal for quieting the mind, restoring the body.

- **Games and Activities**

Enhance your social connections by enjoying exclusive access to the Revitalization Lounge. A perfect setting for cultivating a unified team spirit.

True innovation, creativity and collaboration cannot occur without play. Games available such as: Puzzles, giant Jenga, Ping Pong, Scrabble, Chessboard, Othello, MindFlex, The Empathy Toy, etc.

For group sizes of 17 to 30, a \$15 per person charge applies, and only 14 relaxation sessions can be accommodated during the 2-hour privatization period.

ADD ONS:



NUTRI-VIVE MENU

Indulge in our wellness snacks and beverages, packed with nutrient-rich ingredients that fuel vitality and nurture over all well-being.

(Please see our full menus under Nutri-Vive Cuisine)



BEVERAGES

- Freshly Brewed Coffee & Tea \$4.00 (per person)
 - Flat or Sparkling Bottled Water \$4.00 (per person)
 - Mushroom Cacao Hot Beverage* \$10.00 (per person)
- * Prepared with almond milk, accompanied with cinnamon and nutmeg.*

All prices are subject to applicable taxes.

To inquire about our available curated activities, please contact our sales team.





ADD A DIMENSION OF WELL-BEING TO YOUR MEETING

BY INTEGRATING RELAXATION SESSIONS INTO YOUR CONFERENCE PACKAGE

INTRODUCING OUR NEW REJUVENATION SUITES

Designed specifically for conference guests to take 30-minute breaks throughout the day to reset, rejuvenate and recharge mind and body.

THE TRANSFORMATIVE POWER OF SOUND, VIBRATION AND LIGHT

Scientific research highlights that the human brain can only focus for about 90 minutes before fatigue sets in. Regular breaks are crucial for maintaining mental acuity and improving decision making. These breaks enable the brain to shift into an alpha-theta relaxed state, activating the parasympathetic nervous system and fostering overall mind-body equilibrium.

To support this, we've created Rejuvenation Suites - a dedicated space for individual and group relaxation and renewal. Equipped with technologies designed to use sound frequencies and harmonic vibrations to provide one of the most effective methods for achieving deep mental and physical relaxation.

THE REJUVENATION SUITES INCLUDE:



The BrainTap Headset

Ideal for calming an overactive mind and improving cognitive performance.



Vibroacoustic Sound Lounge

Releases tension and delivers a full-body massage.

Both solutions are ideal for supporting restorative sleep, rejuvenation, and recovery from jet lag. In just 15 minutes, these tools help individuals stabilize their minds, achieve a state of relaxation, recalibrate their brains, and restore nervous system balance.

ADD THIS TO YOUR MASTER ACCOUNT

- Session price: \$20.00 (plus 13% HST)
- Once the contract is signed, we update our system to indicate that meeting delegates' relaxation sessions have been prepaid by the organization.
- Delegates can reserve their sessions prior to your off-site meeting or they can book once on property.
- Sessions are available before, during or after the meeting.
- Sessions can be reserved at revitalize@kingbridgecentre.com
- Session confirmations will be emailed directly to your meeting delegates.