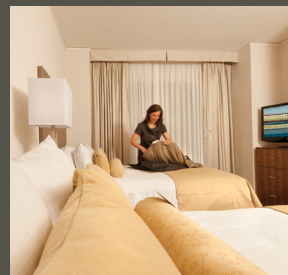
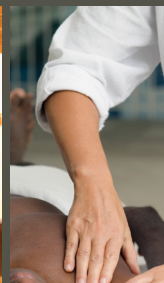
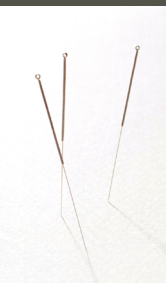


# WELLNESS SERVICES AND AMENITIES



InterContinental Suites Cleveland offers guests a world-class, on-trend hospitality experience with unique services and amenities to promote tranquility, relaxation, rejuvenation and wellness. Due to the hotel's location on the campus of the Cleveland Clinic and its close relationship with the region's premier medical institutions, the hotel has recently been transformed into a wellness-inspired hospitality destination and supports healthy living practices.

We are committed to providing healthful, peaceful accommodations where guests and visitors are greeted and provided with genuine care and comfort. Our services, amenities, surroundings and menus are designed to appeal to your senses and benefit your overall health and well-being.

You will find new expressions of hospitality throughout the hotel, carefully integrated to enhance your stay, lift your spirits, and support life balance. Many of these features and recommendations are outlined here for your information; you may experience other wellness-focused features during your visit or stay with us.

Be Well. Stay Well. Enjoy!

## CLEVELAND CLINIC WELLNESS

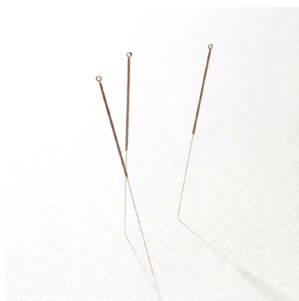
InterContinental Suites Cleveland supports Cleveland Clinic's mission, vision and values. As part of the Cleveland Clinic Wellness Institute, the Center for Integrative Medicine combines the best of modern medicine with evidence-based complementary approaches to prevention and healing.

Integrative medicine techniques support the body's natural ability to heal itself, reducing stress and promoting a state of relaxation that leads to better health. Patients with a wide range of conditions can be helped. The practices and techniques offered include:

- Acupuncture
- Massotherapy (massage)
- Reiki
- Nutritional counseling
- Mind/body coaching (relaxation practices)
- Inpatient acupressure
- Interactive guided imagery
- Holistic psychotherapy
- Hypnotherapy

For more information or to schedule an appointment, call 216.986.HEAL (4325).

Learn more at [clevelandclinic.org/integrativemedicineservices](https://clevelandclinic.org/integrativemedicineservices).



## PERSONAL STRESS RELIEF

InterContinental Suites Cleveland is the first hotel in the world to provide its guests with the benefits of emWave® technology. The emWave® Personal Stress Reliever (PSR) is a portable handheld heart-rhythm-coherence feedback system and is available to guests to help reduce stress levels, manage emotions, and improve overall health and well-being during their stay.

Learn more at [www.heartmath.com](http://www.heartmath.com).

## MOOD MUSIC

In partnership with Musicstyling, the world's leading music branding consultancy firm, we have selected mood enhancing music for our guests' enjoyment. Your wellness experience begins the moment you enter the hotel, with inspiring up-tempo melodies in the early day and relaxing mellow tunes during the afternoon and evening. The collection of music is designed to enhance the pleasing atmosphere of the hotel's public areas.

## PURE® ALLERGY FRIENDLY ROOMS

Guests of the hotel enjoy the option to reserve and stay in guest rooms that have been processed to rid the immediate environment of irritants such as mold, viruses, bacteria, pollen and yeast. The air, water, hard surfaces and soft surfaces are treated with allergen-fighting technology.

PURE® Allergy Friendly Rooms are created using a seven-step US patented process to remove up to 99% of pollutants from the air. In addition, our PURE rooms feature deluxe bedding encasements, with virtually allergen-free pillow and mattress covers.

The health and wellness benefits of our allergy-friendly accommodations are especially appealing to guests with allergies and other germ-sensitive medical conditions or those who wish to enjoy premium indoor air, water and surface quality during their hotel stay.

Learn more at [www.pureroom.com](http://www.pureroom.com).



## STRESS FREE NOW PROGRAM

Stress Free Now is one of Cleveland Clinic's online wellness programs, which is designed to help people achieve total wellness – by learning how to make the changes that will allow them to live and feel healthier, and prevent and reverse disease.

Developed by Cleveland Clinic doctors, the Stress Free Now program offers weekly relaxation techniques, easy-to-understand educational material, and daily tips and motivational messages. In just eight weeks, you will:

- Feel more in control of your stressful emotions
- Be able to enjoy the present – and worry less about the future
- Feel better about yourself and your life
- Reduce your risk of developing stress-related diseases

Cleveland Clinic provides truth and guidance for your total wellness journey – 360 degrees, 365 days a year.

Learn more at [www.360-5.com/programs](http://www.360-5.com/programs).

## AROMATHERAPY

Our aromatherapy program combines various mood-provoking scents at different times of the year to emphasize the beauty of the season and provide a calming, rejuvenating sensory experience. Essential oils and blended scents, including lavender, ylang ylang berry and exotic ocean mist, are enjoyed throughout the hotel.

The hotel's Wellness Center offers its guests warm aromatherapeutic towels during colder seasons and refreshing chilled towels during hotter seasons to encourage healthy moods, clarity of thought and smooth transitions for travelers.



## WELLNESS STORE AND GIFT SHOP

Located in the hotel's lobby, our Wellness Store and Gift Shop offers sundries, gifts and unique items from Cleveland Clinic's 360-5 health and wellness website, [www.360-5.com](http://www.360-5.com). The store offers products to foster health and wellness, including personal health items, healthful snacks and drinks, skin care products, vitamins and supplements, sports and fitness items, books, CDs and DVDs, and much more. Many items qualify toward the Cleveland Clinic's Wellness Rewards program, which allows you to earn discounts over time to use against future purchases.

An extensive collection of health and wellness products is available at Cleveland Clinic's 360-5 wellness store, located in the Sydell & Arnold Miller Family Pavilion on Cleveland Clinic's main campus.

## FITNESS

Our recently expanded on-site Health & Fitness Centre features state-of-the-art cardiovascular and strength training equipment, free-weights and an area dedicated to yoga, stretching or aerobic exercises. The centre is located on the 2nd floor of the hotel and is available 24 hours daily at no additional charge for guests of the hotel.

For a nominal daily charge, guests of the hotel may utilize The W.O. Walker Health & Wellness Center, located near the hotel on Cleveland Clinic's main campus. The Walker Center features additional fitness and training equipment, indoor and outdoor tracks, full-court basketball and volleyball, a 20-meter heated therapy pool, and various fitness classes.

## DAILY WELLNESS TIPS

Each day, guests of the hotel receive meaningful wellness tips provided by Cleveland Clinic Wellness Institute. The written tips provide guests with helpful ideas for enhancing their health and wellness while they are away from home. As an example:

*Suffering from insomnia? Turn the clock to face the wall.  
Looking at those numbers will build your anxiety about  
being awake and increase the time that you are awake.  
Think of time as information you don't need to know.*

Learn more at [www.wellnesstips.com](http://www.wellnesstips.com).

## HEALTHFUL DINING AND RELAXATION

Based on the principles of the ancient Mediterranean diet, InterContinental Suites Cleveland offers its guests healthful dining options and Mediterranean-themed cuisine abundant in vegetables, fruits, whole grains, olive oil, lean proteins and unprocessed food items. Eating well is the cornerstone of a healthy lifestyle.

Additionally, our restaurant and in-room dining menus feature Go! Foods®, which is a program developed by Cleveland Clinic dietitians and wellness experts to identify food choices that are low in sodium, fat and added sugars, loaded with 100% whole grain and essential nutrients, and contain no trans fat.

Guests of the hotel enjoy our new C2 Restaurant, Bar and Lounge, featuring cultural cuisine inspired by the European, Middle Eastern and North African countries surrounding the Mediterranean Sea. C2 menus encourage healthful dining and feature hearty pasta and rice dishes, fresh fruits and vegetables, and poultry, fish and other beneficial proteins. The restaurant offers diners a re-energizing respite with its soft color palate, natural wood surfaces, uncluttered feel, and tranquil atmosphere.

Our C2 Lounge is a convenient Wi-Fi café located adjacent to the restaurant. The lounge offers creative comfort foods, healthy appetizers and fresh salads, in addition to delicious coffee drinks and beverages.

Healthful snacks and drinks are also available in our Wellness Store and Gift Shop.

Learn more at [www.c2restaurant.com](http://www.c2restaurant.com).



INTERCONTINENTAL SUITES CLEVELAND

8800 Euclid Avenue, Cleveland, Ohio, 44106, USA  
Tel: 216.707.4300 Fax: 216.707.4301

[hotelsclevelandclinic.com](http://hotelsclevelandclinic.com) | [c2restaurant.com](http://c2restaurant.com)

08.11/15,000