



Press Release – FOR IMMEDIATE RELEASE

Indulge in Our Healthy Diet Options



Have you ever wondered how to eat healthy but still meet your daily nutrition needs and not worry about your weight? EAST Beijing is collaborating with Lululemon and nutritionist Xixi to design healthy green meals with an Asian twist!

People always say it takes 21 days to build up a habit, well the same goes for a healthy diet!! Combining Xixi’s professional nutrition advice with our chef Danny’s culinary skills, we provide you with 5 days of food menus which include all meals for the day. Choose the right dish for you according to your goals- whether you’re focused on building strength, your protein intake, or focused on a low carb diet. Domain will have something for you.

Healthy living starts here.

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Day pass healthy diet option



Day pass healthy diet option



Honey roasted pumpkin



Green pea risotto



Poached snapper filet



Tandoori chicken breast

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About EAST Beijing

EAST Beijing is a lifestyle business hotel located at INDIGO – a new retail-led mixed-use project by Swire Properties between the 4th and 5th Ring Roads in Jianguai, Chaoyang District. The 369-room hotel is designed to provide a refreshing and contemporary approach to the business hotel experience. A high-tech environment featuring a paperless check-in and out experience and a one-stop front-desk Guest Experience service team mean that life at EAST is efficient and business ready. With 2 restaurants and a bar, a fully equipped gym, an indoor swimming pool, plus The Workshop for meetings and events, makes this truly a ‘business hotel with a life’. The hotel is just 15 minutes from the airport, the CBD, and national exhibition venues. Beijing South Railway Station (with fast connections to Tianjin and Shanghai) is 30 minutes by car.

EAST Beijing is Swire Hotels’ fourth hotel in Asia and the second from the EAST brand, following the successful opening of EAST, Hong Kong.

For more information, please visit: <https://www.east-beijing.com/en/>

About Swire Hotels and Swire Restaurants

Swire Hotels has been created to manage soulfully individual hotels in Hong Kong, Mainland China and the USA, providing a characterful experience for well travelled individually minded travelers who seek originality, style and personalized service. We create distinctive hotels with a sense of place that break with convention.

The company’s first hotel, The Opposite House in Beijing, opened in 2008 and was followed by The Upper House, Hong Kong, and then by EAST, Hong Kong, EAST, Beijing, The Temple House, Chengdu and EAST, Miami. The Middle House in Shanghai, our latest addition, opened in April 2018.

A restaurant division was set up in 2013 to manage the company’s stand-alone restaurant operations. Our first restaurant Plat du Jour opened in November 2013 followed by Public and Ground Public in Quarry Bay. The Continental in Pacific Place opened in October 2014 and Mr & Mrs Fox in 2015, follow by the second Plat du Jour opened in Pacific Place in 2016. Our latest addition, Republic, a sub-brand of Public opened in Taikoo Place in December 2017.

About INDIGO

INDIGO, situated south of Jianguai Road and east of Jiuxianqiao Road in Chaoyang District, Beijing, is a retail-led mixed-use project with a total site area of approximately 59,000 sqm (approximately 631,000 sq ft), and a total gross floor area of approximately 176,000 sqm (over 1,890,000 sq ft), excluding car park. It consists of a trendsetting shopping mall, a 25-storey Grade A office tower - ONE INDIGO, a lifestyle business hotel with 369 rooms

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and suites - EAST, Beijing, and an over 17-hectare open park. INDIGO mall and ONE INDIGO have been awarded Leadership in Energy and Environmental Design (LEED) Gold and Platinum pre-certified ratings from the U.S. Green Building Council respectively.

ONE INDIGO and INDIGO mall have started operation.

INDIGO is a joint venture between Swire Properties and Sino-Ocean Land. For more information, please visit www.indigobeijing.com.

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