

13/14  
MARCH 2019



# #DeStressFest19

---

Promoting the Wellbeing Agenda  
across Victoria & Westminster

COMPETITIONS • PROMOTIONS • PRIZES • LIVE KITCHEN





Why not take a little bit of time out of your day to clear your mind and De-stress?

#DeStressFest19

@VictoriaBID

[victoriabid.co.uk](http://victoriabid.co.uk)

[victoriawestminsterbid.co.uk](http://victoriawestminsterbid.co.uk)

#LondonStartsHere

13/14  
MARCH 2019

# Welcome to #DeStressFest19

---

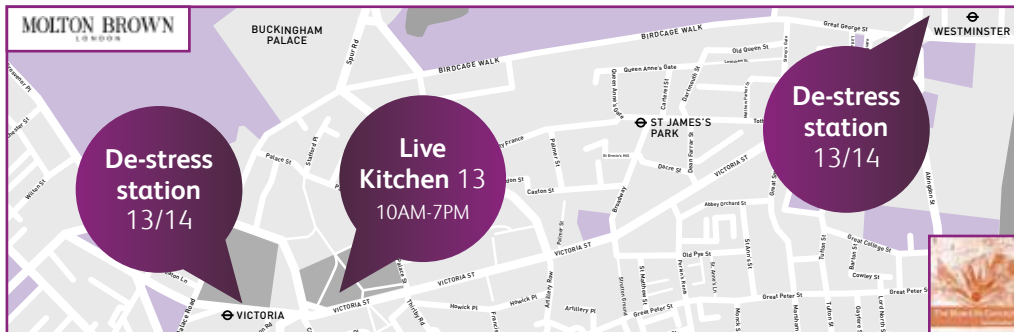
## **Promoting the Wellbeing Agenda across Victoria & Westminster**

The De-stress Fest is being hosted by the Victoria & Victoria Westminster BIDs to bring you Competitions, Promotions, Prizes and Events including a Live Kitchen.

You can also visit one of our De-Stress Stations at the main concourse of Victoria Station and Westminster Underground Station which will include live smoothie making, hand, arm and head massages from local partners and a giant colouring wall.



# DE-STRESS STATIONS



## De-Stress Stations

Visit one of our De-Stress stations and take some time out of your day to escape the hustle and bustle and de-stress. Let your creativity run wild on our interactive colour wall at Westminster station between 9am and 5pm.

At Victoria Station you'll get the chance to make your own smoothie with the help of a smoothie bike.

See if you can cycle your way to the top of our leaderboard to be in with a chance of winning one of the selection of prizes from local businesses.

If cycling isn't your thing and you'd rather sit back and relax you can also receive a 10 minute Arm and Hand massage from Molton Brown between 12pm-2pm or a 10 minute Indian Head Massage from The Slow Life Concept by Barbiagove® from 3pm-5pm.



10:30AM-11AM

## Coffee Geek & Friends

---

### Filter Coffee Masterclass

Wake up and smell the coffee, join Coffee Geek & Friends for an at home filter coffee masterclass.

Learn what beans to use, coffee recipes and sample 3 of the best brews getting your morning off to an energised start!



12PM-12:45PM

## Rubens at the Palace Hotel

---

### Asian Fusion Culinary Masterclass and Skinny Cocktail Sampling

Become a curry cooking master as The Rubens chef will cook a delicious curry, serving a small bowl to those who wish to try it as well as samples of turmeric.

The Pastry Chef will then create mouth-watering matcha green tea chocolate brownies guests can sample.



## THE GROSVENOR HOTEL

1:30PM-2PM

### **The Soak by The Grosvenor**

---

#### **Be the First to Experience The Soak by The Grosvenor**

Be the first to experience the menu at The Grosvenor's new restaurant The Soak opening April 2019. The Soak is a unique destination for dining, drinking and entertainment. Combining a relaxed and welcoming attitude with innovative drinks and dishes, the menu is enhanced with signature 'Soaked' flavours through brining, steeping and fermenting.



2:30PM-3PM

### **The Doubletree by Hilton**

---

#### **Around the World in 80 Tastes**

Experience a top level cooking demonstration from The Double tree by Hilton Hotel and a chance to taste their delicious menu including Schezwan style chicken lollipop with crisp chicory salad, Bbq baby pork ribs with apple slaw, and Slow-braised octopus, garlic cocotte potato and shallots with lemon thyme sauce.

**T2**

4PM-4:30PM

**T2**

---

#### **Discover the Power of Matcha Green Tea**

Let the experts at T2 guide you through a Matcha green tea demonstration and tasting.



5pm-5:30pm

## **St James' Court, A Taj Hotel**

---

### **5\* Vegetarian Indian Tapas Bites**

Come and sample a selection of delicious vegetarian Indian tapas bites including Spiced Chickpea Dahi Poories and Mini Charcoal Brioche with tempered potato tikkis served with delectable chutneys.

Samples of fruity, refreshing breakfast smoothies will also be served.



6pm-6.30pm

## **Vagabond**

---

### **Fine English Wine Tasting & Masterclass**

Experience a Wine tasting demonstration hosted by Vagabond's expert winemaker.

Sample the finest English wine whilst learning about how this is harvested and made in London.

This is an 18+ event.

To book tickets for one of these sessions and see the full **#DeStressFest19** event calendar visit: [victoriabid.co.uk/events/de-stress-fest-2019](http://victoriabid.co.uk/events/de-stress-fest-2019)



LUXE + HARDY



## Market Halls

---

Receive 25% off all breakfast dishes on 13th & 14th March at Market Halls, Victoria. To redeem this offer show this brochure when ordering your dish. T&C's Apply. Offer only valid on Breakfast. Offer expires 14th March 2019.

## The Slow Life Concept by Barbagiove®

---

Visit our De-Stress Station at Victoria Station and you can receive a #slowlivingpass from The Slow Life Concept by Barbiagove for £5.

## Luxe + Hardy

---

Receive 15% off in-store and online with code DESTRESSFEST for the month of March. To redeem this offer instore show this flyer. T&C's Apply.

## Westminster Cathedral

---

Visit Westminster Cathedral during the De-Stress fest and take some time out to sit in this tranquil building. Entry to the Cathedral is free and perfect for escaping the hustle and bustle of Victoria.

## Double Tree

---

Visit Double Tree by Hilton – Victoria during the De-Stress Fest to receive 10% off Food and Beverage consumed in the Hotel. To redeem this offer show this flyer when ordering. T&C's Apply. Offer expires 14th March 2019.

## Crosstown Doughnuts

---

Visit Crosstown Doughnuts during the De-Stress fest and you can receive £2 matcha lattes (milk alternatives available) if you show this event flyer. T&C's Apply. Offer valid until 14th March 2019.





# COMPETITIONS



A Selection of **prizes to be won** from:



THE GROSVENOR HOTEL



For more information on prizes visit [victoriabid.co.uk/events/de-stress-fest-2019](https://victoriabid.co.uk/events/de-stress-fest-2019)

To be in with a chance of winning one of these prizes tag us

[@victoriabid](#) [#DeStressFest19](#)



# PARTNERS



THE GROSVENOR HOTEL



Whittard  
CHELSEA 1886



THE  
NADLER  
VICTORIA

LUXE + HARDY



the  
JONES FAMILY  
kitchen

MARKET HALL VICTORIA



MOLTON  
BROWN  
LONDON

13/14  
MARCH 2019



#DeStressFest19

@VictoriaBID

[victoriabid.co.uk](http://victoriabid.co.uk)

[victoriawestminsterbid.co.uk](http://victoriawestminsterbid.co.uk)

#LondonStartsHere



All information relating to offers and events was correct at the time of going to print.  
Please check [victoriabid.co.uk/events/de-stress-fest-2019](https://victoriabid.co.uk/events/de-stress-fest-2019) for any amendments/updates

