

SHERATON LAVAL REVAMP ADDS STYLISH NEW LOOK



ROCHELLE LASH
Hotel Intel

The Sheraton Laval Hotel is a hospitality powerhouse on the north shore of Montreal and after a two-year, \$20-million renovation to its public spaces, it's solidly at the top of its game.

It has a relaxed, stylish new look, quality dining and an upbeat vibe with happenings like the recent Versace trunk show.

The overhaul has made the large, landmark establishment feel intimate and friendly. The portico entrance is alive with colourful gardens of sunflowers and shrubs, even at the heart of commercial Carrefour Laval. The reimagined lobby, filled with light, is a cheerful, inviting living room where locals gather for coffee and biscotti or cocktails and antipasti.

The convivial mood flows through an open plan of new food and beverage choices. Comptoir Gourmand La Spesa is a café and gourmet gift boutique, open 24/7 and stocked with Quebec delicacies. La Cupola is a swish new bar with inventive mixology, sports on TV, and a DJ spinning Demi Lovato and Bad Bunny on Thursdays through Saturdays. The Italian-Mediterranean La Piazza pulses from morning till night for both fine food and comfort fare, with robust portions. The Sheraton's Laval's legendary Saturday night and Sunday brunch buffets are still sensational, but now have sparkling, updated facilities.

"We are our own ecosystem," said Yanick Pazzi, general manager and executive vice president of Groupe Hôtelier Grand Château (GHGC), which also operates Hilton Montreal/Laval and Golf St-Raphaël. "Guests



La Cupola at the Sheraton Laval has been renovated with new decor, a glass wine cellar and an exciting cocktail menu. You can also watch the game on TV, with a live DJ spinning tunes some nights. SHERATON LAVAL HOTEL

don't have to leave the property for dining, drinks and wellness. And mega-shopping is right outside the door.

"We also are deeply part of the Laval community — cuisine and celebrations are defining aspects of the hotel's identity."

Lifestyle: The Sheraton Laval is contemporary and approachable, with experienced staff who can handle just about anything. It makes for a great staycation, spa-cation, bachelor or bachelorette party, business hub or even a jump-off point to the Laurentians.

The 252 rooms and suites all have modern, minimalist lines and solid Quebec-made furniture. You can customize and upgrade for access to the Club Lounge, which serves breakfast and happy hour bites. Or book the family into a two-bedroom suite — the kids love the pool as well as the candy corner by Pâtisserie Chocolaterie Raffin. Long-term visitors feel at home in apartments or studios with

kitchens.

The indoor pool area, totally refurbished, encompasses a whirlpool, sauna and steam room, so guests can fashion a spa day at no extra charge (the sauna and steam, sometimes lukewarm in hotels, are effectively hot here).

To broaden a wellness experience, the Sheraton Laval also is home to Quebec's largest Amerispa, which offers a full line of beauty and body services. Watch for package deals, discounts for over-60s and the loyalty program (866-263-7477, amerispa.ca).

Business: The hotel has well-appointed private meeting rooms glowing with natural light, as well as a handsome, mahogany-panelled corporate boardroom.

Next door, the Sheraton's affiliate, Centre des congrès Laval, has been remodelled, expanded and equipped with the latest technology. The ballroom — site of so many conventions and galas — can be resized with mechani-

cal, adjustable partitions that are stored in the ceiling and rise and lower to suit the occasion.

Several conference rooms also have movable glass dividers, adding up to almost 70 configurations. The smash summer hit is La Lavalloise, an extension to the congress centre where the front facade opens to a terrace for indoor-outdoor events, adding fresh air and an open sky to many get-togethers.

"We have reinvented events," said Michel Tremblay, vice president of business development for GHGC. "The ballroom is outstanding and the open-air option adds a compelling new dimension."

By the numbers, the Sheraton Laval is a dynamic force. In 2022, it hosted about 55,000 conference-goers at 130 conventions, plus more than 30 Christmas parties and weddings galore.

Dining: La Piazza's fine dining menu features starters of beef or salmon tartare, charcuterie and foie gras, followed by main courses of duck confit with creamy

saffron polenta, cod marinated in white miso, lobster risotto, mushroom ravioli with black truffle sauce or succulent AAA ribeye or filet mignon. Less formal choices are poké bowls, pizza and burgers (restolapiazza.com).

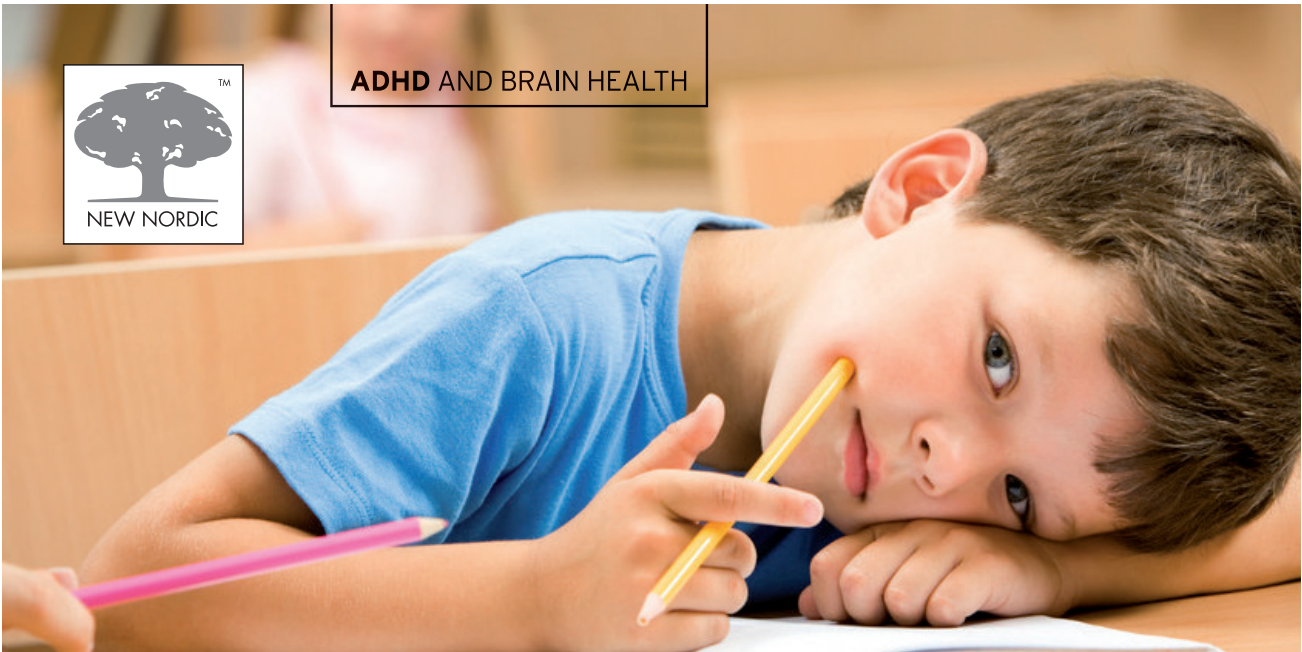
La Spesa serves barista coffee, pastries, paninis and light meals (some packaged to go), and also has a darling shop with local bath, food and home products from such regional suppliers as Miels d'Anicet, Kanel Spices, Bella Pella and The Groom Industries.

La Cupola's bar menu features shrimp, P.E.I. oysters, prosciutto crostini and foie gras, as well as dreamy drinks like the White Sour, a citrusy fusion of vodka, sake and lime.

Even with all this big business, the Sheraton has not lost its personal touch. One of its bestselling brews is the Sheraton Lager, and at breakfast, the jam is made specially for the hotel by La Fabrique à Saveurs.

IF YOU GO

Sheraton Laval Hotel and Centre de congrès Laval: 450-687-2440, 800-667-2440, marriott.com/yulls; 2440 Laurentian Autoroute, Laval. Marriott Bonvoy program. Accessible. **Prices are approximate and fluctuate:** From \$194, including indoor pool/hot tub/sauna/steam, gym, Gilchrist & Soames toiletries, in-room coffee, parking, Wi-Fi. Extra: Amerispa.



ADHD AND BRAIN HEALTH

INCREASING CONCENTRATION LEVELS IN CONDITIONS OF ADHD

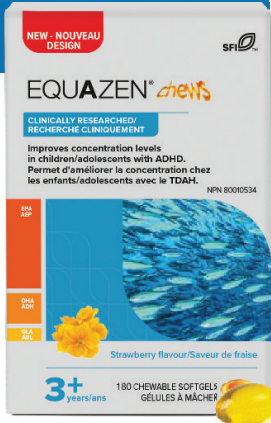
ADHD is on the rise today and daydreaming or inattention are increasingly common in kids at schools or even adults at work. Scientists are finding a strong link to omega fatty acids.

THE ESSENTIAL FATS

The human brain is rich in fat, and brain cells need fats to function well. Among these are the essential omega 3 fatty acids. The body does not make these, but fortunately, they are found in nuts, seeds, algae and fish. EQUAZEN® is the leading European supplement brand of clinically researched omega 3/6 fatty acids for kids and adolescents with ADHD. EQUAZEN® has been investigated in numerous clinical studies and has shown significant results in increasing concentration for kids and adolescents with ADHD.

In Canada EQUAZEN® is available at Shoppers Drug Mart and other leading pharmacy retailers, as well as online.

EQUAZEN® is the leading European brand of clinically researched omega 3/6 fatty acids. The product uses a clinically proven 9:3:1 ratio of EPA, DHA, and GLA, to increase concentration in kids with ADHD. All oils used in EQUAZEN® are extracted with care for the ocean and from smaller species of fish, for optimal purity.



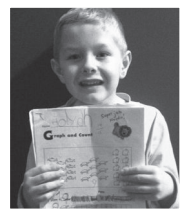
SELF TEST YOUR CHILD*		YES	NO
Hard time staying focused	<input type="radio"/>	<input type="radio"/>	
Thoughts drift into daydreaming	<input type="radio"/>	<input type="radio"/>	
Writing skills are affected	<input type="radio"/>	<input type="radio"/>	
Finds reading difficult	<input type="radio"/>	<input type="radio"/>	
Gets distracted easily	<input type="radio"/>	<input type="radio"/>	

If this sounds familiar for your child or adolescent, then try EQUAZEN® for a few months.

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AN ADHD SUCCESS STORY

How learning difficulties and low self-esteem turned into learning success and confidence...



"My 6 year old son was diagnosed with ADHD at the age of 3. As a parent, I knew there was an issue but the professional diagnosis was shocking to me. I asked myself 'what if I had done things differently? but today I ask 'how can I make his life easier?'

At school, my son was challenged and upset that he couldn't learn like the other kids. This led to low self-esteem, and unfortunately, bullying.

After reading about EQUAZEN, I made my son try it and he's now at week 7. The results have been immense for him and our family. His teacher's report says that he is more focused and determined. His emotional outbursts have decreased and he feels more confident, in control, and able to stand up for himself.

Unless a parent has a child with ADHD, they cannot even begin to understand the struggles and pain that everyone in the family goes through. Even the simplest tasks are emotionally draining. Finding a natural health supplement that actually produces results like this has been a huge relief. It's a product we will never run out of!"

- Lori W., Ontario

*Attention deficit symptoms can show in many ways. If you recognize these symptoms above among others, reflecting conditions of ADHD, try EQUAZEN®.

