


A close-up photograph of a wooden mortar and pestle. The mortar is a shallow, round bowl with a smooth, light-colored wood grain. The pestle is a long, cylindrical wooden rod with several dark, thin rings wrapped around it. Both are resting on a blue fabric with a fine, vertical ribbed texture. The lighting is soft and directional, coming from the upper left, creating gentle shadows and highlights on the wood and fabric.

GROUP ACTIVITIES & GIFTING

Signia
by Hilton

ATLANTA
GEORGIA WORLD CONGRESS CENTER



Reimagine group activities with a fresh perspective designed to inspire and energize your attendees

Explore creative possibilities for interactive activities that bring a collaborative dynamic to your group itinerary. Choose from wellness workshops and inspired classes, to well meeting breaks, restorative spa experiences and beyond.

FITNESS & RECREATION ACTIVITIES

Stay active and invigorated with our diverse group fitness classes and team building activities all designed to cater to various fitness levels.

SPA TREATMENTS & WELLES ACTIVITIES

Renew body and mind with whole-body wellness at Spa Signia.

WELL MEETING BREAKS

Recharge and rejuvenate with our curated wellness breaks, designed to refresh your attendees during meetings.

GROUP GIFTING

Delight your attendees with a memento of their visit, featuring logo items, wellness products, and curated offerings from local brands.

Fitness & Recreation

ABS & CORE

Exercises that target your core muscles, such as your abs, obliques, and hip flexors.

AQUA AEROBICS

Low-impact workout that combines cardio and strength training in our seasonal pool.

LOWER BODY STRENGTH

Encompasses your glutes, quadriceps, hamstrings, calves and your core/back muscles.

MAT PILATES

Strengthen and stretch muscles, improve flexibility, and reduce tension.

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Fitness & Recreation

POWER HITT ON THE GREEN

A high-intensity workout led by a popular Atlanta instructor and held on Magnolia Green.

RESISTANCE TRAINING

Develop and maintain endurance, muscular strength while also improving bone density.

TRAIN LIKE AN ATHLETE - BOOTCAMP

Add this fast-paced program that can provide peak productivity during your event.



Spa & Wellness

DETOX MASSAGE

Energizing treatment to boost circulation, eliminates toxins, and reduce water retention.

HYDRAFACIAL

A non-invasive treatment targeting hyperpigmentation, congested skin, wrinkles, and aging.

SOLE RECOVERY

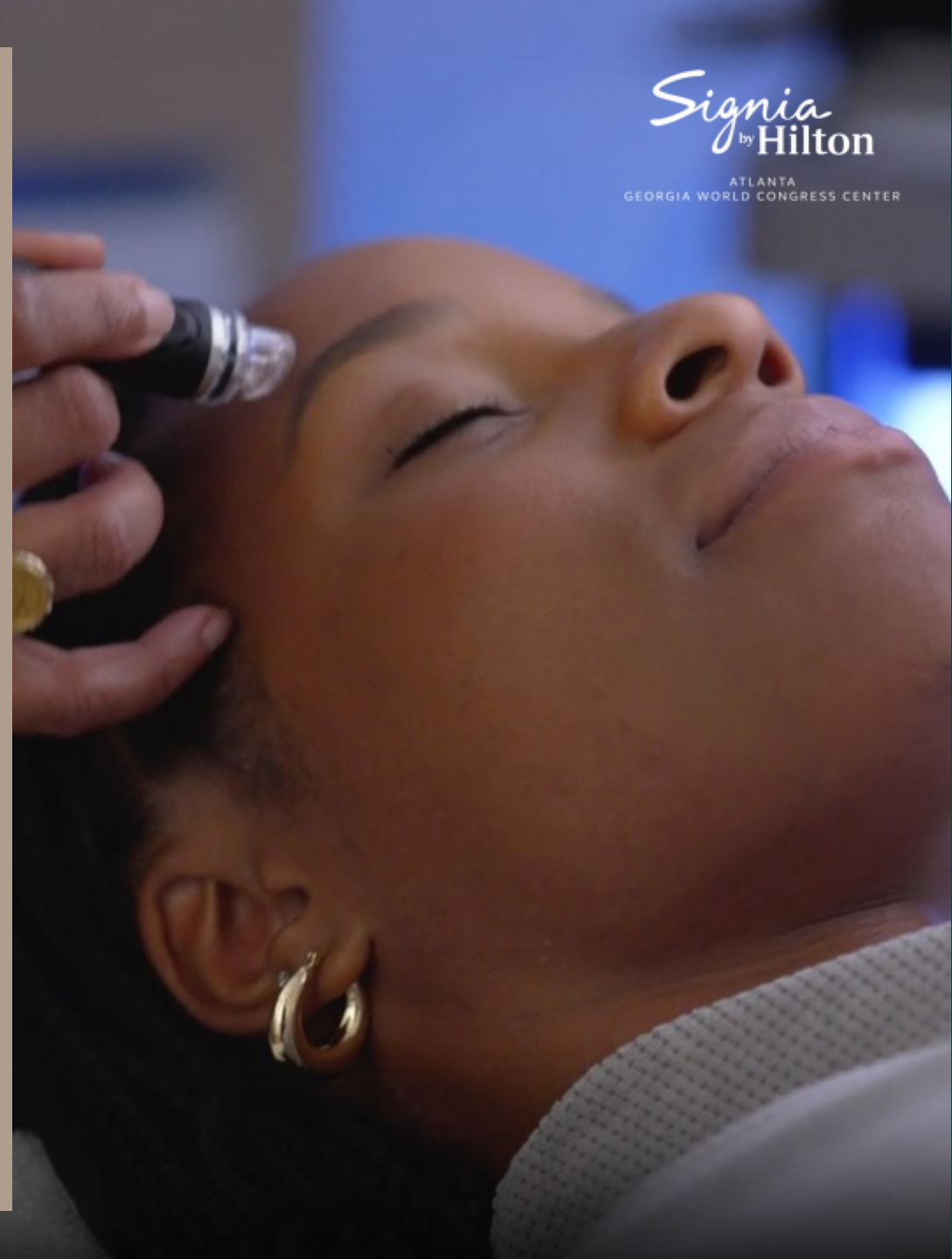
This first of its kind foot treatment is designed to increase recovery and elevate mood.

THE BACIAL

Experience pure relaxation and rejuvenation with this Back & Facial Combo.

SHELLAC MANICURE & PEDICURE

A gel manicure results in smudge-proof, chip-proof, and glossy nail color that last weeks.



Well Meeting Breaks

RESTORE LOUNGE

Create a team sanctuary with mini massages, Hyperice therapy, wellness drinks and more.

RECOVER GUIDED BREATHWORK & STRETCH SESSIONS

Recharge with a quick stretch session designed to boost circulation and enhance focus.

BLOWOUT / DRY STYLING BEAUTY BAR

Let your attendees feel great for their conference with a volumized and beautiful blowout.

INTRODUCING THE SPA SIGNIA EXPERIENCE

The ultimate group event with a complete buyout of our spa and wellness floor.



Group Gifting

BOTANIKA LIFE RECOVERY BOX SET — \$125 ea

Super soothing pain serum + Lidocaine + Menthol + CBD and a cryo massage roller.

BABOR FACE MASK — \$65 ea

Plumps up skin to smooth out fine lines & wrinkles. Helps improve skin's protective barrier.

ESSENCE ONE REJUVENATION KIT — \$48 ea

Packed with 5 shower steamers, 1 mini rollerball, 1 mini mist spray, and 1 lip balm.

ESSENCE ONE AROMATHERAPY BRACELET — \$22 ea

The bracelet's material slowly releases the scent of the essential oils throughout the day.

BOTANIKA LIFE NATURAL BATH SOAK — \$16 ea

Indulge in luxurious TLC with bath bombs made with Full Spectrum CBD (100mg).

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LET'S CONNECT

We look forward to assisting you in planning
a remarkable program for your attendees.

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