



The Canadian Experience

Where mind and body meet nature and nurture.

explorez sans fin  
**Canada**  
keep exploring



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Mosaic.  
Indigenous.  
Nature.

## Awaken your senses with a voyage to Canada where a mosaic of global influences, indigenous treatments and untouched nature redefine the spa experience.

Feel the crisp coolness of Canadian glacial clay against your skin as it soothes and fortifies. As if on cue, a deer grazes outside your treatment room window. Drift asleep in a warm cocoon of seaweed harvested from the nearby Pacific. Your body tingles after an exfoliating scrub with maple sugar sourced from trees in Quebec. It's as smooth and soft as the plush robe you'll wear when you rouse. In Canada, paddling a canoe or hoisting a backpack aren't the only ways to harness pristine nature or attain peace and serenity. The path to total health and wellness begins with the Canadian spa experience.

Whether voyaging by sea, sky or land, you'll discover a new frontier awaits you at 57 of Canada's best spas. Retrace fur traders' steps and discover the holistic healing properties of the Hot Springs in the Rockies. Luxuriate in vinotherapy treatments from our burgeoning wine countries. With the 100-Mile Diet of B.C. or the terroir of Quebec, savour fresh, locally-grown and organic spa cuisine not found anywhere else in the world.

Like the fabric of our country, a kaleidoscope of multicultural threads joins Canada's spas together. From traditional Javanese massage in a remote, world-class alpine setting to Canadian Aboriginal therapies experienced in a vibrant cosmopolitan city, the world's best and time-honored holistic health practices form the mosaic of diversity found in the Canadian spa. These vast global influences bring an array of experienced, welcoming and uncompromising practitioners to our spa ethos.

Forge a connection to Canada—the unspoiled landscape itself offers a place of healing: towering trees, majestic mountains, crystal-clear lakes and a land filled with a cornucopia of natural bounty all stimulate personal well-being and invite unparalleled relaxation. Here, clean air cleanses the soul, wide-open spaces declutter the mind and spirit, while Canadians' open, gentle friendliness erodes layers of stress. Whether you're taking time out at an urban oasis in one of our vibrant, modern cities or hunkering down at a rough-hewn getaway in the tranquil country, your spa voyage mines Canada's natural restorative energy for a pure and total wellness experience.

Your personal journey is only just beginning with the Canadian Spa Experience.





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# British Columbia



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*\*Map locations are approximate only.*

## Beyond Wrapture, Kelowna

Snow ski in winter. Water ski in summer. Then wrap up in chardonnay-infused sheets and soak up wine's anti-aging benefits.

You've spent the morning winery hopping in the Okanagan Valley, British Columbia's "Napa Valley." Sipping a chardonnay here, a syrah there, the scoop on the grapevine scuttle is vinotherapy. You're curious about the healthful antioxidant flavonoids contained in the skins, seeds and stems of grapes-by-products of the crush process, which Beyond Wrapture, with its several spa locations, has turned into anti-aging scrubs and oils.

Unlike the seasonal adventures of skiing, boating and picking apples, you can enjoy vinotherapy year-round. Smothered in grape seed and wrapped in warm, wine-infused white cotton sheets, you find Timeless Eternity unexpectedly intoxicating. It's an intangible quality of synergy: wine, energy, ancient wisdom, the strength of balanced unity that each Beyond Wrapture spa location exudes through Feng Shui design elements, treatments that have their origins in ancient Egypt. Records suggest sea salt and loofah therapy is what gave Cleopatra her mythical radiance. Wish for the same.

Share the power of intention and connect with yourself to experience the treatment's deeper value. Your ears are gently pulled. Listen to the universe. Fingers press different patterns across your face. Clarity of being. The weight of your head is cradled as fingertips massage the base of your scalp. Release. Your practitioner resonates with your every need as every skillful move keeps your mind drawn to the treatment's exhilarating mind-body sensations. Float into the blissful paradox of healing the body with wine. Cabernet sauvignon never felt so good.

### Highlights

- View the backlit Kimono, which means "Commitment to self," draped as a wall hanging at the Capri Hotel spa location
- Find the yang of a New York-themed spa in the yin of a Summerland orchard
- Come off Big White's ski slopes to soak in a Japanese bath overflowing with aromatic essences and rose petals
- Sample wines matured with pyramid power at Summerhill Pyramid Winery, suppliers to Beyond Wrapture

### Remember

- Stop at fruit stands along the country roads to buy perfectly ripe apples, pears & peaches
- Breathe in the heady aroma of over 60 varieties of lavender at Okanagan Lavender & Herb Farm
- Discover Elysium Gardens, an imaginative labour of love and hidden valley treasure
- Cycle Myra Canyon's 18 breathtaking trestle bridges, once part of the Kettle Valley Railway





# Healing Springs Spa, Harrison Hot Springs

Plunge into hot mineral pools. Laze on lakeside sands.

Indulge in first-class, head-to-toe European spa treatments.



Your feet look like polar bear paws, swaddled in warm white towels. The Healing Springs Spa therapist smiles, discards one of the towels and plies her thumbs into the sole of your foot. While you chatter about your day exploring Harrison Hot Springs, excited about canoeing across Harrison's deep, glacial waters, hiking through the dry lodge pole pines and trying your hand at water-skiing, she smiles, working her thumbs along the bone and metatarsals. You watch the reflexology movements as if mesmerized by a swinging pendulum and quietly, you're aware of the silence. You've stopped talking and are breathing slowly. Deeply. You surrender your second foot to her touch, closing your eyes as her massage coaxes you into a half-sleep state.

Healing Springs' Grand Indulgence treatment includes a 20-minute soak in a slate-lined, sunken soaking tub filled with steamy, healing mineral water. Candlelight, forest sounds and a simulated starry night sky fuel your imagination to some exotic paradise where sun-kissed tropical waters cascade into palm-fringed, secluded rock pools.

Most people come to Harrison Hot Springs Resort & Spa in British Columbia for therapeutic hot mineral springs, or for family time on the lake and along its sandy shores. For many, vacationing here is a multi-generational tradition filled with memories—a chance to appreciate the sleepy atmosphere of a small, rural community. For you, Harrison is an easy getaway from Vancouver's urban bustle with the promise of head-to-toe European-style spa pampering.

#### Highlights

- Sink into lambs wool-padded covers on the treatment tables for ultra comfort
- Be inspired by the nine-m-high (30-ft) glass waterfall wall between the lounge and indoor hot spring pool
- Take advantage of complimentary passes to the mineral pools with every spa package
- Don't worry about holding your Nose—none of the five heated mineral pools smell of sulphur

#### Remember

- There's a dress code to dine in the Copper Room; pack your dancing shoes, too
- Bring along Fido and stay in one of the pet-friendly cottages
- Count eagles in winter—Harrison Hot Springs has the third-largest winter population of bald eagles in North America
- Take a four-wheel-drive to the undeveloped lakeside springs at Twenty Mile Bay and Port Douglas





Outdoors.  
Fitness.  
Nutrition.





# FitPath at Mountain Trek, Ainsworth Hot Springs

Daily hikes, healthy foods, yoga classes  
and therapeutic massages help launch you  
on the path to fitness.

The rushing sound of a mountain stream leaves you exhilarated. Droplets of water splash off the rocks and land gently on your face. You're in a group, but somehow it's just you and the trail. You brush through alpine meadows and past shimmering lakes. Your feet conquer the trail; you feel empowered.

Your days are filled with outdoor activities, healthy cuisine and cardio workouts at Mountain Trek, spectacularly located on the shores of Kootenay Lake in British Columbia's Selkirk Mountains. You're here for Mountain Trek's innovative, boot-camp-style FitPath, a program designed to help launch you on the path to a healthier lifestyle.

The sun is just peaking over the mountains as you wake. You down a protein shake and head to the yoga studio. Your sun salutations are aptly timed. After a healthy breakfast of tofu scrambler or cinnamon granola, you're off on one of the daily, guided hikes. You find your comfort level. You feel grounded.

At a rocky outcropping, you enjoy a picnic lunch and appreciate the show of autumn colour. It's late afternoon when you arrive back at Mountain Trek, where it's time for an infrared sauna. The heat warms you to the core. Your tired muscles thank you for the massage that is part of the program. Feeling revived, you head to the town of Nelson to check out the artisan boutiques. Tomorrow brings another chance to hit the trails. A different view. A new challenge.

## Highlights

- Get serious about adopting a healthy lifestyle at Mountain Trek's FitPath boot-camp program, which focuses on fitness, nutrition, education and weight loss
- Learn from the highly qualified, experienced and accredited staff, which includes a nutritionist and kinesiologist
- Choose from between 10 and 15 hiking trails (depending on the season)
- Benefit from three therapeutic massages, included in each fitness program

## Remember

- Walk down to Ainsworth Hot Springs for a pre-bedtime soak in the mineral waters
- Visit the nearby town of Nelson for unique boutiques, mountain-gear shops, restaurants and a vibrant arts scene
- Browse the artisan stores of Crawford Bay
- Take a free ride on the Kootenay Lake Ferry



Lavish.  
Spacious.  
Indigenous.

## Sunmore Ginseng Spa, Kamloops

Take an elegant spa journey that merges nourishing ginseng with healing elements from around the world.

Feel the flow—Feng Shui design enhances your every moment. Walk the pebbly reflexology path to a 4.5-m (15-ft) wall of falling water. Smell the fragrance of freshly cut flowers. Inhale as the sheer spaciousness of the entryway lifts you to another realm. Exhale. Let the energy of space relax your being.

Experience the elements. At Sunmore Ginseng Spa in Kamloops, British Columbia, aspects of wood, fire, earth, water and metal create a sumptuous spa experience in five private and spacious suites. Soak in a Japanese wooden bathtub. Sink into hand-woven Thai silk cushions. Lie amidst antique treasures from China. Bathe in a claw-foot tub from France. Even gather some friends and enjoy the privacy of a spa within the spa.

Few places deliver intimacy in such lavishly large surroundings, which mirrors the vast horizons of the surrounding sun-scorched hills where cattle roam and ginseng thrives. This is soothing Yin ginseng, not the fiery yang variety from Korea. Its calming qualities create a unique spa experience of ginseng-infused wraps, massages and scrubs. Choose Ginseng Journey for an exploration of inner and outer peace: first with a ginseng steam, then as a rejuvenating herbal press against your face, finally with a ginseng salt bath. Yang tension evaporates. Yin returns.

In traditional Chinese medicine, ginseng is prized as an elixir for youth, vitality and good health. Sipping ginseng honey tea, you feel its energetic qualities. Balance is restored.

### Highlights

- Participate in the gently elegant rituals of an Asian tea ceremony
- Be inspired by the spa's objets d'art such as the Cambodian mask sculpture and the multi-drawer Chinese apothecary chest
- Sip ginseng tea—and take some home to use as a quick line-reducing, eye-brightening therapy
- Try Sanctum organic and vegan products from Australia

### Remember

- Book ahead and enjoy a savoury ginseng chicken meal
- Tour BC Wildlife Park for its diversity of indigenous wildlife—including moose, cougars, timberwolves
- Visit the First Nations Secwepemc Museum to view artefacts and structures from over 2,000 years ago
- Climb aboard the Spirit of Kamloops steam train for a ride through the hills; pick up train robber lore







## The Hills Health Ranch, 108 Mile Ranch

Whisper to horses. Enjoy soothing facials with hand-crafted rosehip oils. Walk your way to wellness.

Walking. You've forgotten how it can alter perspectives. Especially in the Cariboo back country—the wild Canadian west. Dry leaves crunch beneath your feet. Smell the sap of pine. Feel the brightness of early morning rays streaming in geometric shafts of light between rustling alders. Every morning it's a different landscape and an evolving path to wellness that promises a different lifestyle back home.

At the Hills Health Ranch at 108 Mile Ranch, British Columbia, facials, Aquafit, waxing and cowboys are the norms. Don your chaps, whisper to horses and trail ride into the hills where Gold Rush pioneers once pursued their hopes. Return to stretch out your limbs, one by one, across the studio floor with gentle Pilates. Breathe. Listen to your heart. Relax with a pampering facial using signature anti-aging rosehip oils. These roses grow so high their nutrient power packs a potent antioxidant punch. Try the rosehip seed scrub, too, especially with a cellulite reduction body massage. You see immediate results in calmed irritations, smoother skin and softened wrinkles. Take home Aromatherapy Rosehip Vitamin Velvet Moisturizer.

These hills are your refuge and your inspiration for renewal and rejuvenation. The ranch is a place to jumpstart a healthier lifestyle with supportive, informative workshops, delicious calorie-conscious food and expert pampering care. Resolve, with ease, to take these choices home.

### Highlights

- Choose from a range of services delivered by a fully integrated and diverse team of health professionals
- Go spaing for the healthful lifestyle as well as for the pampering
- Sit down for a private consultation to create a personalized weight-loss program
- Bring back hand-picked, handcrafted wildflower oils and essences from 9,000 ha (20,000 ac) of ranchland

### Remember

- Explore 160 km (100 mi) of trails right from your front door
- Dig into calorie-aware, gourmet meals alongside cowboy cookouts
- Enjoy the hayrides, tipis and sing-alongs in front of a camp fire crackling with pine and fir
- Settle into the cozy A-frame chalet with the comfortable amenities of home and kitchen



Mountains.  
Rejuvenate.  
Luxury.



Four Seasons Resort Whistler  
[fourseasons.com/whistler](https://fourseasons.com/whistler)



# The Spa at Four Seasons Resort Whistler, Whistler

Cleanse the body and invigorate the mind with crisp glacial air, decadent Sea-to-Sky massages and mountain essentials.

Flakes of snow float gently down around you; brush one off your cheek. The crunch of your ski boots punctuates the enveloping silence; you marvel at the winter wonderland around you. Unclick your boots and stretch. Succumb to the caress of the hot-stone heat therapy of your Après Ski Massage. Black-diamond-run induced muscle tension melts away with undulating massage and gentle stretching. The therapist's deft hands finish their restorative work, and it's time for an invigorating ice shower followed by a eucalyptus steam in the private locker room.

Whistler is the perfect embodiment of a Canadian juxtaposition: untamed wilds and magnificent accommodation. At Four Seasons Resort Whistler, harness the essence of rugged nature and luxurious amenities.

Nestled between towering mountains and alpine meadows, the hotel's majestic spa offers an idyllic sanctuary for post-outdoor adventure. Shop for a cashmere sweater in the pedestrian-only village then return to the spa's natural maple-and-white-stone oasis to re-energize. The BC Marine Body Exfoliation uses indigenous sea salts to nourish and purify your skin.

Come summer, hike one of the more than 200 trails on Whistler and Blackcomb mountains then rebalance during a luxurious Sea-to-Sky Massage that combines soothing Lomi Lomi-style strokes with warm essential oils. Refine your golf game at the Whistler Golf Club. Or just plant yourself at the resort for a totally decadent respite. Nature and nurture await.

## Highlights

- From a cool peppermint exfoliation to a wildflower-scented massage, experience all four seasons in one signature treatment
- Gaze at the dappled sunlight filtering through the louvered maple screens in front of your treatment room window
- Dip your toes in the resort's outdoor free-form pool that evokes a glacial spring
- Book a private First Nations-inspired Personal Steam Tent Infusion; natural essential oils of rose, lavender and juniper permeate the skin

## Remember

- Book a bear-watching tour; wade through deep old-growth forests to peek at a mother & her cubs
- Discover the Whistler Farmer's Market; return with a handcrafted maple cutting board and tray from the Whistler Board & Block Co.
- Explore Joffre Lake (one hour north of Whistler), a series of three glacial lakes and one of the best hikes in British Columbia
- Rent snowshoes at the new Nordic Centre Day Lodge at Whistler Olympic Park in Callaghan Valley; take photos of the 2010 Winter Games' ski-jumping venue



# Echo Valley Ranch & Spa, Clinton

Experience the ancient and authentic wisdom of traditional Thai wellness practices in the heart of Cariboo cowboy country.



Cowboy.  
Wilderness.  
Thai.

Wearing loose-fitting pyjamas, your body surrenders. With gentle strength, the diminutive Thai therapist cajoles your every limb into relaxed submission—like a pretzel slowly unwinding to the music and low-tone chants. Jasmine scents the air. Somewhere in your awareness, you're in Thailand; you slip into a state of mind-body-spirit balance that the Thai call Sabai Sabai. Every saddle sore from the day's horseback ride is dissolved. This is, after all, the heart of British Columbia's ranch lands.

Echo Valley's unique East-meets-West harmony blends western hospitality with a touch of Thai in its distinct landscapes, architecture, food and spa experiences. Choose European spa services in the Cariboo Spa, or traditional Thai wellness therapies in the ranch's Baan Thai, with its open terrace, curlicue gables, plus ornamental artefacts, silks and furnishings. Trained in Thailand, your therapist is one of the few who knows the rejuvenating secrets of Royal Thai Massage. Try the Luk Pra Kob (herbal bag) treatment to melt away stress, and the detoxifying steam with its exclusive blend of Thai herbs and spices.

The setting sun turns the honey-coloured cedar log walls to gold. A bear saunters across the meadow beyond. A peregrine hawk swoops by. You hear the bluegrass trio start to play by the open fire and smell the sizzling barbecue. First Nations drums welcome the dusk. You resonate with its beat, feeling the gift of Sabai Sabai within and without.

#### Highlights

- Practice early-morning Ruesri Dut Ton, far easier and gentler than yoga
- Learn the Three Step Meditation to help set intention, clear the mind, focus and relax
- Enjoy family-style dining with staff who later teaches you to Thai dance
- Discover how to eat healthily for your blood type

#### Remember

- See the crystal chandelier in the horse barn—there simply because there was no room at the inn)
- Lie on soft grass at the end of the resort's airstrip, wishing upon shooting stars trailing across an ink-black sky
- Go whitewater rafting down the Fraser River and along the gold rush trail
- Hike to the edge of a desert canyon that ricochets echoes tenfold





Water.  
Subterranean.  
Restorative.

Slide into the healing mineral waters of the Grotto Pool for a therapeutic, detoxifying soak while mulling over the extensive spa repertoire. As British Columbia's largest resort spa, Tigh-na-mara Seaside Spa Resort's menu offers myriad choices. Harness the Pacific with the Ocean Elements Seaweed Experience: freshen skin with a gentle exfoliation, envelop yourself in a thermal wrap, then complete the journey with an organic seaweed-infused massage. Or melt stress away simply with a classic Grotto Signature massage and Mandarin Mint Scalp Infusion.

Invigorate yourself under the two-storey waterfall and glacial plunge cascade. Let the anti-inflammatory properties of the mineral pool soothe your skin again before retreating to the third-floor Treetop Tapas Grill. Eat healthy fare artfully prepared exclusively for you and other chenille-robed guests; order the steamed Salt Spring Island mussels and Vancouver Island cheeses. Or opt for "Endless Tapas," many with antioxidant properties to boost your immune system.

Just outside the window, the sandy expanse of Craig Bay offers up its natural bounty to Tigh-Na-Mara: salt to exfoliate your skin and seaweed to replenish and renew with natural oils. Swaths of low tides reveal kilometres of soft sand; rent a bike and explore tiny tide pools teeming with sand dollars on Rathrevor Beach. Scan the waves for telltale spurts of water announcing pods of resident humpback and killer whales. Further on the horizon, spot the hulking cruise ships as they begin their journey north through the Inside Passage. At Tigh-Na-Mara, your journey is just beginning.

#### Highlights

- Slide into a handcrafted copper soaker tub in one of the three private VIP day suites
- Soak in the healing 232-sq-m (2,500-sq-ft) Grotto Pool infused with over 40 essential minerals and trace elements
- Nibble on baked Salt Spring Island mussels by the fire in the comfort of your robe and sandals at Treetop Tapas & Grill
- Swim in the warmest ocean waters in Canada along the three km (1.9 mi) fronting the resort

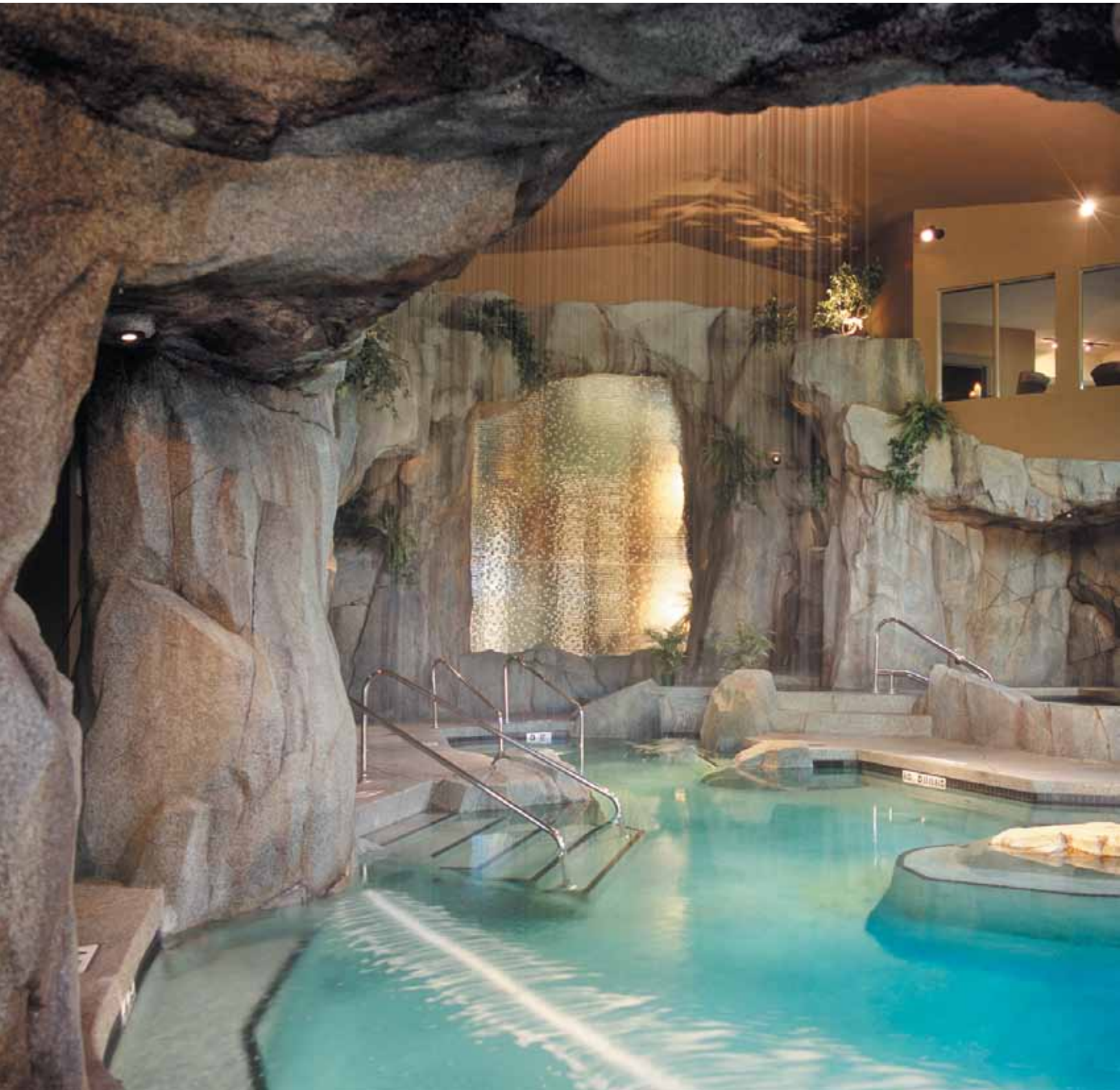
#### Remember

- Check the tide chart before you go for a walk; low tide will ensure that you'll have the greatest expanse of beach to explore
- Book your spa treatment when you reserve your room at Tigh-Na-Mara; appointments are taken a year in advance
- Stay in one of the resort's spa bungalows set in nine ha (22 ac) of forest along the ocean
- Watch resident artists at work—from pottery and painting to jewellery and photography—at the Old School House Art Centre



## Grotto Spa at Tigh-na-mara, Parksville

Steps from the Pacific Ocean discover a cave-like grotto where natural renewal begins with healing mineral waters and restorative spa treatments.





Hiking.  
Vegetarian.  
Mountain.





# Coastal Trek Health & Fitness Resort, Courtenay

Hike a pathway to a healthier lifestyle with sensational vegetarian cuisine, soothing massage and mountain-high inspiration.

Breathe into every posture and stretch every limb awake. Slowly. Gently. The music softly welcomes you to the warmth of the rising sun. In Cobra pose, catch the aroma of fresh-baked muffins. Energized and grounded, gear up for some serious hiking. Start at an easy pace and by the week's end discover you're step for step with the guide. Stand on top of the plateau, almost eye-to-eye with eagles, catching breezes that turn your cheeks pink.

At Coastal Trek, near Courtenay, British Columbia, wend your way to a mountaintop and tune into a healthier lifestyle. No phones. No computers. Just invigorating walks along alpine trails and sparkling river waters that push smooth curves into slate rock. Be still. Hear the chattering curiosity of the rare Vancouver Island marmot. Discover a new brand of vegetarian cuisine with sensational taste. Lunch is Hornby Island pâté—a delicious concoction of sesame seeds, potatoes, vegetables, herbs and spices. Dessert is a brownie made out of black beans and tasting more chocolate than its decadent cousin. How? Participate in a cooking demonstration and find out.

In the afternoon, get cozy in an oversized sofa chair beside wall windows or ease into the hot tub. Either way, faraway vistas of the Comox Valley expand the mind. Fall into blissful sleep on the massage table, but not before you've planned a kayaking excursion after tomorrow's hike. The water is an invitation hard to refuse.

## Highlights

- Gaze through wall windows at unobstructed vistas of Strathcona Park's wilderness landscapes
- Savour veggie cuisine that sidelines any limiting thoughts of tofu and sprouts
- Choose from many types of massages, including reflexology for hiker's feet—they're part of the all-inclusive packages
- Take a fitness assessment and develop a personalized wellness regimen that will work at home

## Remember

- Visit Cumberland, a historic coal-mining town with circa-1900s heritage homes and storefronts
- Discover more than 3,000 rhododendrons in bloom during spring at Kitty Coleman Woodland Gardens
- Treat yourself to traditional afternoon tea with cucumber sandwiches at Filberg Lodge in Comox
- Tee off at Crown Isle's 18-hole links-style championship golf course; visit the Classic Car Museum while there



Fresh.  
Unpretentious.  
Friends.

## Kingfisher Oceanside Resort & Spa, Courtenay

Whether you unwind with friends or spa in solitude, discover soft adventures and coastal-infused spa therapies that inspire and delight.

Contemplate the serene views of British Columbia's Gartley Bay and the nearby Gulf Islands as you're cozily wrapped in a heated towel. You've just emerged from the Pacific Mist Hydropath®, a unique journey of coastal infusions at Kingfisher Spa, located in Vancouver Island's spectacular Comox Valley.

It starts with the pulse of Swiss jets shooting out of sculpted sandstone. Your body warms. You move to the mineral pool and a rhythm of waters runs up and down your back. Now waterfalls stream onto your shoulders and massage your scalp. Tension releases. Pass into a cave and inhale. Soothe your lungs with its aromatic steam. Perspire to clarify your skin. Walk through a forest of jets massaging your legs. Step more lightly. Float in a mineral pool. Finally, coat yourself in a wrap of ocean mud and hand-harvested seaweed and feel the current rinse it away in your personal tidal bath carved out of rock.

Hitch a ride on the resort shuttle into Comox and wander the marina, jam-packed with bobbing masts and hanging flower baskets. You find where to buy local pottery.

Return for a quick soak in the heated outdoor pool. You notice mothers and daughters. Couples. Girlfriends sharing. You plan to do the same on your next visit. With so much choice in spa therapies, food and soft adventures, you know there's something for everyone. This is unpretentious, easy-going coastal therapy inside and out.

### Highlights

- Take a couples' massage class for spa techniques to use together at home
- Feel soft rain showering down as you soak in sea minerals
- Try different styles of yoga in the Starfish Studio
- Savour deliciously good, calorie-aware food such as grilled fruit with cinnamon and lemon juice

### Remember

- Book ahead for the special all-you-can-eat seafood buffet, offered twice monthly
- Enjoy proximity to year-round golf, skiing on Mount Washington, hiking in Strathcona Park and spelunking at Horne Lake Caves
- The resort provides transfer shuttles to and from the airport
- Tour private gardens on Denman and Hornby islands









Sanctuary.  
Pacific.  
Balance.

## The Ancient Cedars Spa, Tofino

Renew with sea salt scrubs, Lomi Lomi and ocean essentials between ancient cedars and the Pacific Ocean.

Breathe in your favourite essential oils, feel your skin tingle as sea salt is scrubbed all over your body. Pacific waves crash onto the beach outside your fire-warmed treatment room and your exfoliated skin is rehydrated with locally-collected seaweed and ingredients. Total privacy, total attention, totally West coast.

At the Ancient Cedars Spa, relax and rebalance with their signature treatments: Kahi Loa, Lomi Lomi, and West Coast Sacred Sea. Book into the Cedar Sanctuary or Rainforest Haven. Try a hot stone facial; the therapists collect the stones themselves. Take your seaweed strips home: they scrub and moisturise.

Walk down Chesterman's Beach, collect your own pebbles, dine at The Pointe, order the fresh juice and omelette of the day. After a quick steam, wander into Tofino and take a boat to the local hot springs for some natural hydrotherapy; make sure you keep your eyes open for whales on the way there. After visiting the local art galleries and toying with booking a surfing lesson, come back for your next treatment, maybe an Ancient Cedars pedicure, 144 jets of hydro massage, hot stone enhancement, or an organic sea facial. Soak in the sunshine and pray for a storm.

In Tofino, you've reached the end of the road, as far north as you get on the west coast of Vancouver Island. Things are done differently, island time is inescapable and the mellow professionalism of the Ancient Cedars staff will have you re-evaluating your pace of life. Slow down, breathe, look out at the endless Pacific and plan your next treatment.

### Highlights

- A small cabin with its own fireplace, French doors and unobstructed view of the Pacific, the Cedar Sanctuary... maybe an eagle flies by
- Soaking your feet in an a locally handmade brass tub while you and your therapist discuss your treatment
- The West Coast Sacred Sea will leave your skin softer than you ever remember, even when the last grain of salt has been rinsed away in the hydro-therapy tub
- Stones handpicked from the beaches of Tofino, hot and kneading your muscles

### Remember

- Book your spa treatment when you book your room at The Wickaninnish to make sure the treatments and times are available
- Get some fresh air paddling in a traditional First Nations dug-out canoe and tour Clayoquot Sound, a UNESCO Biosphere Reserve
- Fly in by floatplane and top up your spa treatments at the Tofino Hotsprings
- The Rainforest Haven is now open, Lomi Lomi and Kahi Loa are the signature treatments

## Healing Grounds Spa, Tofino

Pamper your wild side. Spa in the heart of untamed, UNESCO-protected wilderness. Go on safari. Try glamping. Dine gourmet.





Remote.  
Refined.  
Remarkable.

Listen. Breezes murmur through temperate rainforest. Bears flip over heavy rocks along the shoreline. A black squirrel scampers across the boardwalk. Sense the untamed wilds of your surrounds. Feel the rhythm of your therapist's kneading strokes in concert with the gently lapping water below. Strong hands. Comforting seclusion. Zen in the wilderness.

Healing Grounds Spa at Clayoquot Wilderness Resort, British Columbia, embodies the wildness of nature into every product and pampering treatment. Book the Bliss in the Wilderness Facial; try an Ocean Odyssey Foot Treatment and enjoy the botanical riches of hand-harvested seaweeds from the Pacific Ocean. All the while, warm fingers of sunlight filter down through the canvas canopy and dance with the shadows. Your mind drifts with the music of nature's score.

You are in the heart of UNESCO-protected land on the west coast of Vancouver Island that echoes the wisdom of an earlier time. Walk in a cathedral of ancient cedars. Mountain bike along abandoned mining trails through waist-high ferns. Cast for rainbow trout in transparent river waters. Take an eco-safari to Seal Rock, a First Nations village, and kayak alongside porpoises and whales.

Back at the resort, pull up a stool to the 18-m-long (70-in) wraparound open kitchen counter and sip a glass of VQA chardonnay. Watch and savour. Even participate. Leave with pockets full of the chef's handwritten recipes. Experience the paradox of unconventional luxury in the wilderness and a spa that pampers your wild side.

#### Highlights

- Tingle with freshness of the sea with the exfoliating, skin-softening West Coast Seaweed Body Wrap
- Enjoy an aromatherapy back massage at the edge of soft-moving waters through which a blue heron wades
- Smell the cedar aromas that evoke an intimacy with the surrounding wilderness
- Fly in from Vancouver via chartered seaplane

#### Remember

- Trail ride through old-growth forest and flower-filled meadows
- Contribute to the sustainability of this UNESCO-protected biosphere
- Revitalize tired toes with a Seaweed for your Soles foot treatment
- Enjoy an aromatherapy back massage at the edge of soft-moving waters through which a blue heron wades



Arbutus.  
Island.  
Indigenous.



Brentwood Bay Lodge & Spa  
[brentwoodbaylodge.com](http://brentwoodbaylodge.com)

# Essence of Life Spa, Victoria

Rest Easy. Breathe Deep. Dine well. Savour quint-essential west-coast elegance and island abundance in every personalized service.

Nestled among arbutus trees at the water's edge comes an unexpected image: of you as a child standing, swaying, and whispering like a tree. Now, at the Essence of Life Spa at Brentwood Bay Lodge on Vancouver Island, the surrounding arbutus reflect you. Their cinnamon-coloured bark peels away to an inner beauty, just as the warmed basalt stone massage strips away all tension. With branches shaped by the wind, their root system enables the arbutus to adapt to any landscape. So, too, do you feel that grounding —that flexibility and inner resolve.

Arbutus trees are quintessential to British Columbia's Vancouver Island and all its divergent juxtapositions: elegant west-coast comfort and wild beaches; abundant gardens and Victoria's urban charm; vineyards and cottage farms beside the Pacific Ocean; soft adventure and exquisite personalized pampering.

Today, you've chosen the latter, with ingredients that celebrate your own essence of life and the region's indigenous bounty. Pinot noir vinotherapies. Local honey scrubs. Hand-harvested seaweed wraps. Aromatic herbal baths. Using these elements of nature and techniques once used by First Nations peoples, the Signature Essence of Life massage touches on every aspect of your awareness. Exhale the last of your resistance. Arrive at a place of total contentment.

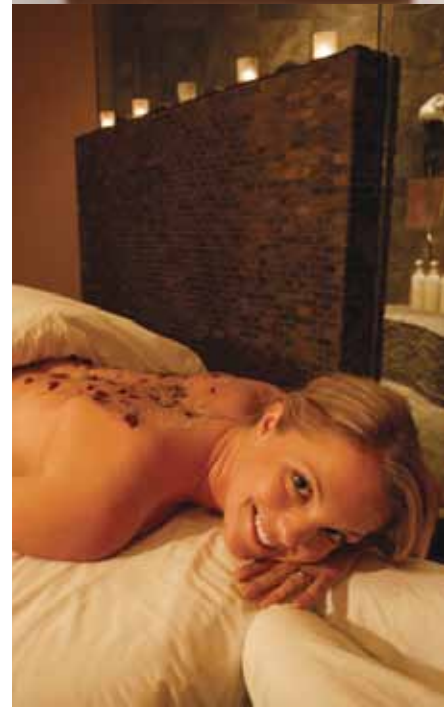
Basking in this inner glow, you notice the arbutus once more. The afternoon sun is prompting the silvery leaf linings to sparkle with renewed vitality and the sienna red has taken on a luminosity that mirrors your own radiance. Smile softly.

## Highlights

- Choose a service with blends of Deserving Thyme essential oils
- Luxuriate in a caviar facial, which includes a hand, arm and foot massage
- Sit amidst 252 massage jets within a cocoon of ambient light to match the mood of your aura
- Share wines of the Saanich Peninsula and homemade truffles as part of the Two Hearts couples package

## Remember

- Take the resort's private shuttle boat for a 5-minute ride to Butchart Gardens peninsula; lunch at Sea Cider Farm and Cidery
- Note roadside honesty boxes for everything from local honey to duck eggs
- Stroll down to the marina to kayak, catch an eco-tour or learn to scuba dive
- Discover wine beyond the spa's vinotherapies; tour the Saanich Peninsula wineries





Sigh as you unlace golf shoes and dip your aching feet in a warm saltwater-filled basin. Gently curl your toes over the river rocks to stimulate your arches; gulp a frosty beer while gazing at others finishing the 18th hole. Relax your calf muscles during a lower leg massage knowing you're at Canada's only resort community with two Jack Nicklaus-designed golf courses.

Vancouver Island's Westin Bear Mountain Golf Resort and Santé Spa sit at the junction where golf and wellness meet. After a round (or just skip golf today for spa total restoration), drift away during the signature Pacific Ocean Body Wrap, where seaweed collected from the nearby Juan de Fuca Strait bursts with micronutrients to penetrate your skin. Ignite romance and relaxation with a Duet Massage and Glacial Clay Wrap in your fireside treatment room; glacial clay gathered off the nearby BC coast soothes and strengthens tired muscles.

Retreat outdoors to the tranquil terrace. Breathe crisp mountain air redolent of pine, fir and arbutus trees from your lounger. Reflect and restore your spirit while quietly tracing the steps of the inlaid-rock seven-circuit labyrinth.

Eat seasonal local scallops from Qualicum Bay at Panache, one of the resort's five restaurants; follow the hiking trail leading right from the hotel through Goldstream Park, a provincial park known for its salmon run. Victoria is only 20 minutes away but here at Bear Mountain, you're a world away.

#### Highlights

- Relieve tight shoulders and upper arms with Japanese mint and massage oil during the Eagle Massage
- Rejuvenate and reverse sun-damaged skin and stimulate collagen renewal with a GentleWaves® treatment under the direct supervision of a medical director
- From the landscaped spa terrace, enjoy magnificent views of nearby Mount Finlayson and the distant Olympic Mountain range in Washington State
- Achieve total mind-body restoration in the expansive 808-sq-m (8,700-sq-ft) spa

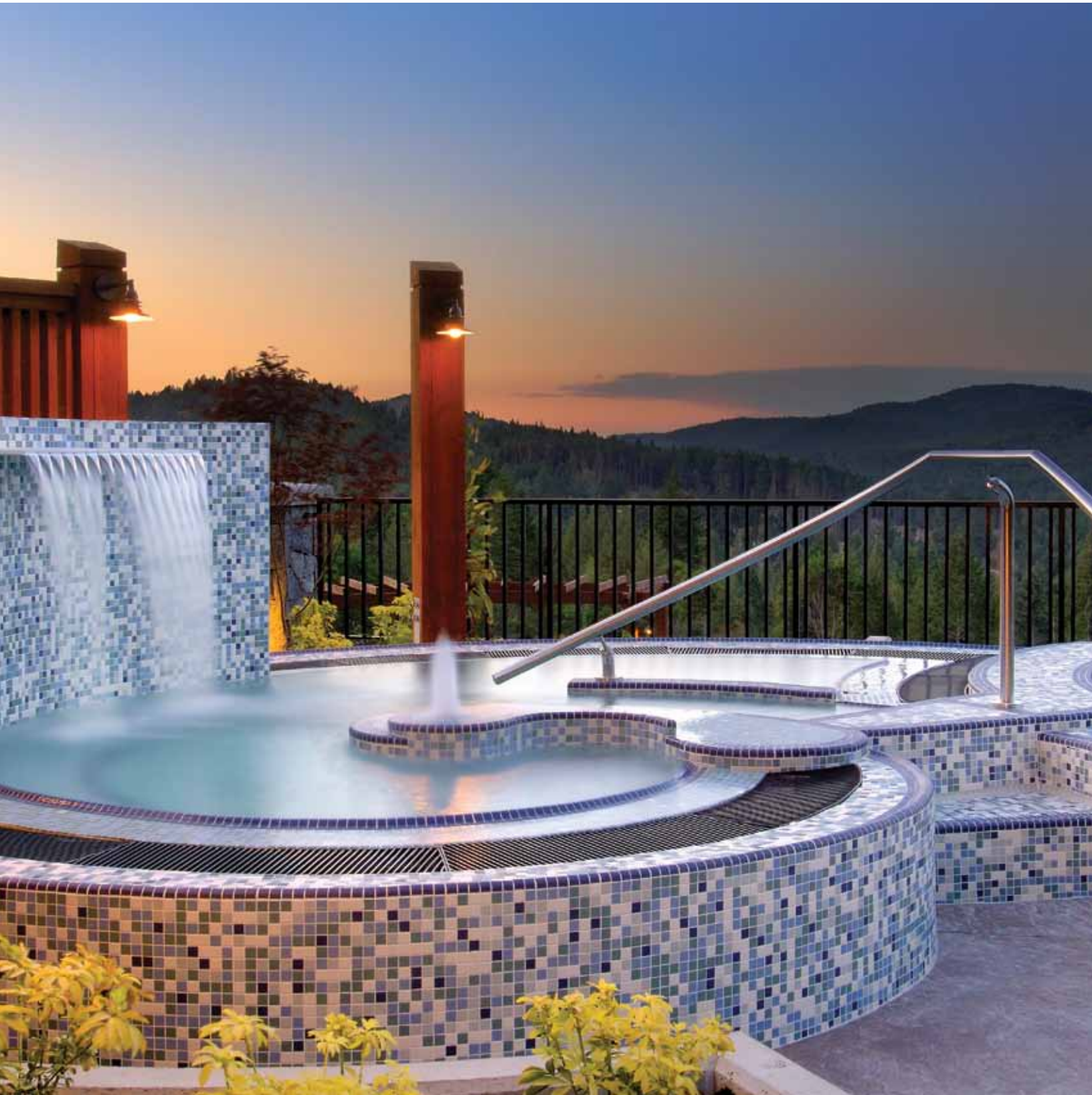
#### Remember

- Take home Ancient Secrets spa products from the sea body line, which uses vitamin and mineral-rich Pacific seaweed to nourish the skin
- Head to nearby Colwood to walk around Fisgard Lighthouse, the oldest working lighthouse on Canada's west coast
- Opt for a make-up application after the Fore the Face treatment with natural, mineral-based Jane Iredale cosmetics
- Drive to Victoria to visit Gilligan's, a floating take-out restaurant at Fisherman's Wharf, for barbecued handmade sausages



# Santé Spa Bear Mountain, Victoria

On the far west coast, discover a hidden oasis of well-being, world-class golf and pristine natural beauty.



Re-energize.  
Rebalance.  
Refresh.





# The Spa Magnolia, Victoria

Explore western Canada's oldest city and discover a tranquil oasis where healing touch and aromatherapy soothes and sustains.

Close your eyes and let the cool therapy of Tranquileyes™ soothe those aching eyelids yearning to rest. You've flown far to get here; drift off and allow the Jet Lag Reprieve to gently hydrate and cure fatigue. You'll find this doctor-recommended revolutionary treatment nowhere else on Vancouver Island. Here at the luxurious Magnolia Hotel & Spa in Victoria, you can refuel, re-energize and rebalance.

At Spa Magnolia, your Aveda-trained therapist merges ancient wisdom with modern science to create a personalized path to good health and well-being. In this newly finished contemporary space, embrace the changing seasons with local ingredients in customized treatments. While cocooned in warm blankets during a body masque, breathe fragrant organic lavender and essential oil from the nearby Happy Valley Lavender Farm. The power of touch heals.

Later, wander along the Inner Harbour to the Fairmont Empress Hotel for afternoon tea; it's been served at this revered institution since 1908 on silver and Royal Doulton china. Cycle around James Bay, one of the oldest residential neighbourhoods on the west coast, while your partner stays behind for the Aveda Men's Shave. Warm towels and a customized masque follow a luxurious shave; he keeps the shave cream when it's over.

## Highlights

- Arrive early to start your service with a ritual of tea, organic licorice root and peppermint
- Feel clarity and peace after the Spa Magnolia Signature that includes a body scrub, hydro-therapy tub, cleansing facial and massage
- Appreciate that Aveda's products come from renewable, sustainable or organic plant-based sources
- Rent a bike for the Seaside Touring Route; pass local farms, bird sanctuaries and trestle bridges

## Remember

- Visit Plenty epicurean pantry's new chocolate bar for local organic options like chocolate sauce from Cobble Hill and turtles from Ladysmith
- Sidle down Chinatown's Fan Tan Alley, Canada's narrowest street; shops and restaurants now appear in place of opium dens
- On a walking tour, meet the ghosts of the most haunted city in the Pacific Northwest
- Don a locally designed bathing suit by Annie Doherty at Paradise Boutique; she and her daughters own the shop





Chic.  
Landmark.  
Loyal.

## Willow Stream Spa at Fairmont Empress, Victoria

Escape the clatter of horses' hooves and trolley buses to where a pampering pedicure is an all-encompassing sensory spa experience.

Step out of Victoria, British Columbia's urban bustle into the tranquility of a pampering sanctuary. At Willow Stream Spa in the landmark Fairmont Empress Hotel, the waterfall wall signals a gentler pace. Soon, you are in a cloud of warming steam, eyes closed, droplets of water running down your back, neck and arms as your body grows limp and relaxed against the cool tile. This is only the prelude.

A gentle tingle of Hungarian minerals seeps into your skin, cleansing deeply and detoxifying. While you came for a facial, this is all part of the Willow Stream Spa Ritual—complimentary services that turn every treatment, whether massage or manicure, into a full-blown escape from the world.

Re-energized and ready to explore again, walk over to the Royal British Columbia Museum, stroll along the harbour front promenade and head up Government Street with its charming Victorian shops such as Rogers' Chocolates. Discover BC jade jewellery. Buy a Cowichan sweater. Return to enjoy a grand Empress High Tea.

After all this urban adventure, you're already planning your next Willow Stream escape. This time, try the Island Experiences, which draws from the elements found around Vancouver Island: an invigorating sea-salt body scrub for exfoliation; an aromatic pine hydrotherapy bath; a detoxifying mud wrap; a relaxing massage that incorporates locally grown lavender. Combined with the Spa Ritual, it's a totally west coast sensory adventure.

### Highlights

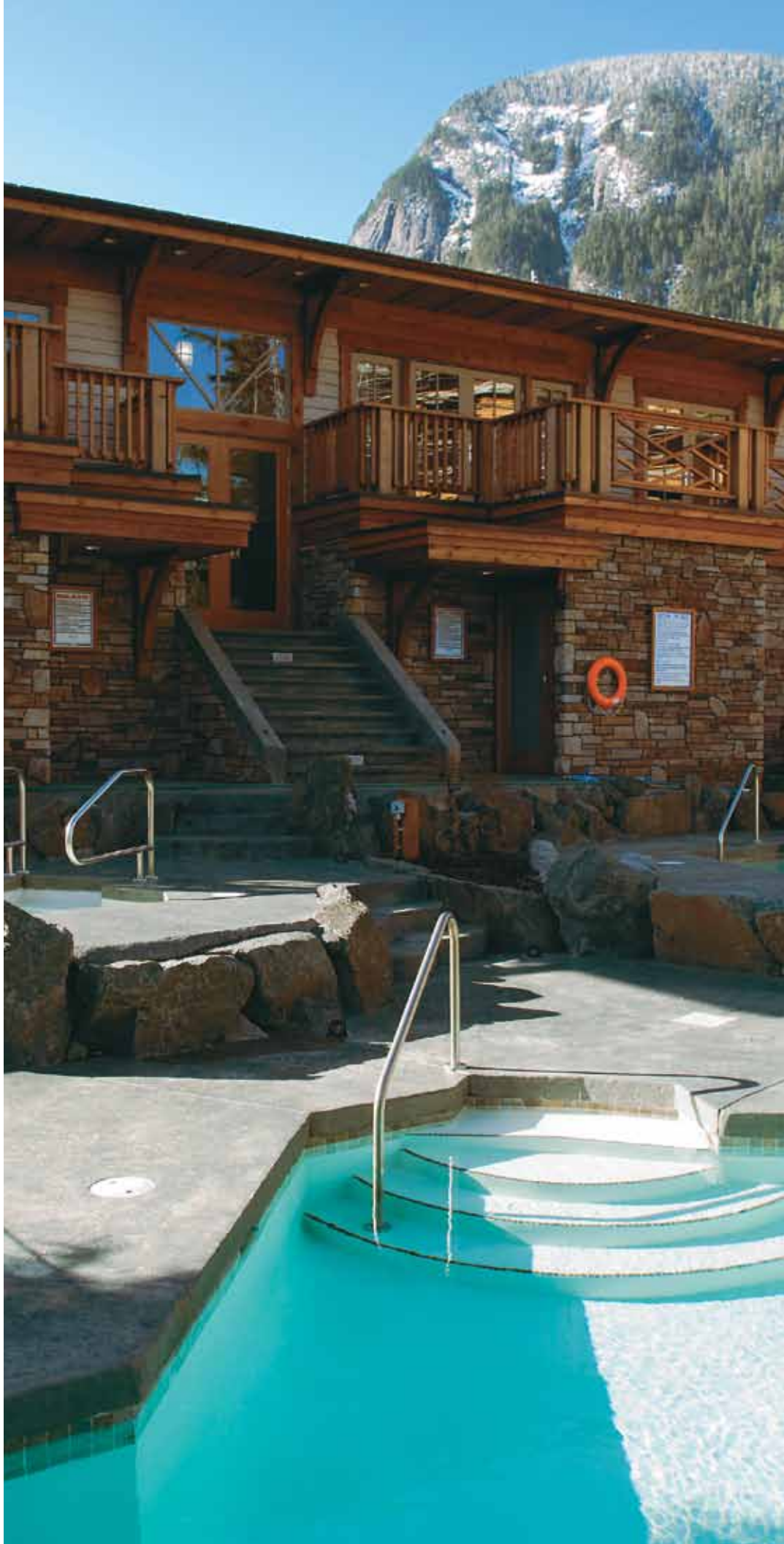
- Languish in the warm Hungarian mineral bath
- Arrive an hour early to enjoy the Spa Ritual: complimentary sauna, steam and thermal mineral waters
- Luxuriate in a Fit for a Queen facial, which incorporates oils from the collection used by members of the Royal Family
- Learn about the origins of the spa's name: Willow for strength, deep roots, flexibility of spirit; Stream for our energizing journey through life

### Remember

- Feel like royalty and book a table for an Empress style Afternoon Tea
- Ride in a horse-drawn carriage to Beacon Park
- Organize a whale-watching trip from the Inner Harbour
- Tuck into fish & chips on the wharf at Red Fish-Blue Fish, a converted ship's container with rooftop garden



Isolated.  
Sophisticated.  
Fjords.



Sonora Resort  
[sonoraresort.com/](http://sonoraresort.com/)

# Island Currents Spa, Sonora Island

Feel the healing currents of coastal waters swirling at the roots of ancient cedar rainforests; let them nourish and renew.

Watching the swirling eddies and tidal currents that surround Sonora Island, British Columbia, you embrace their cleansing nature. It's a rhythmic harmony of nature and you are in its flow. Everything in Sonora Resort's Island Currents Spa is water inspired—the waterfall wall, the water-view rooms and the marine essential therapies that detoxify and nourish with kelp body scrubs, seaweed gel and glacial clay masks. You are travelling the spa's unique Therapeutic Channel of water experiences. Steam releases all tension before you continue through showers and mineral pools. You tingle with ocean freshness.

Now, you lie in warmth beside an open window, your therapist's fingers kneading your shoulders into easy submission. An aromatic blend of warmed balsam fir aromatherapy oils sinks deeper into your being. You ride the current of contentment as you drowsily think about your activity-packed day. Landing a 15-kg (32-lb) Chinook. Walking through a hemlock-and cedar-scented old-growth forest. Cruising a fjord alongside a pod of porpoises. Watching bears amble along the shoreline.

Opening your eyes, you see an eagle swooping down to the water. Wings flare, every feathery tip curls against the rush of descent as his outstretched talons scoop up their prize, sweeping the fish up to perch on a Douglas fir. You relish the grandstand view and feel the synchronicity of flow even deeper.

## Highlights

- Admire the spa's magnificent waterfall wall as water pours over natural stone
- Share a couples massage, lying in front of French doors that open onto sun-warmed, salt-fresh air
- Experience the Therapeutic Channel: go from sauna to steam to hydrotherapy tub to mineral pool to massage
- Retreat to the First Nations-inspired ceremonial lodge and absorb its silent nature

## Remember

- Fly in the AW 139 helicopter to picnic on a glistening glacier
- Take a boat ride to golf at Storey Creek Golf Course, rated by Golf Digest as a Best Place to Play in North America
- Choose from 33 of the world's top golf courses to practice your swing on the resort's virtual golf simulator
- Arrange to have your catch canned, hot smoked or cold smoked



## Madrona del Mar Spa, Galiano Island

Relax island-style with hemp and fresh BC fruit treatments at the romantic and organic Madrona del Mar Spa.

The lights dim as you slip into the slate-and-granite bathtub. Warm water soon cocoons your body and helps you float gravity-free in the Mineral Sea Flotation Bath. Your thoughts drift off; faint sounds register distantly in your subconscious. Floating on a cloud must feel like this. You rouse and feel the therapeutic effect of lymphatic drainage. Toxins and stress remain behind in the water, as did the ache in your knee from that sports injury.

Revitalize and relax at the only spa in the world harnessing the healing and nurturing effects of hemp—Madrona del Mar Spa on Galiano Island in British Columbia. The Healthy Hemp Experience soothes and heals dry skin with essential fatty acids and protein. Begin with a hemp-seed sugar scrub; finish with a caressing hemp-oil massage. Your skin rash disappears; your mind clears.

After a Blueberry Bliss Experience using local fruit, you're suddenly hungry. The Inn's Atrevida Restaurant beckons and features an award-winning list of BC wines. Romance blooms as you set out from your oceanfront villa.

As the warmest and sunniest of all the Gulf Islands, unspoiled Galiano begs to be explored. Jacques Cousteau called these waters some of the best for diving anywhere. Rent a kayak or a bicycle to explore by land. Over 150 bird species make this island their home. Day trip to the other Gulf Islands; at Galiano Oceanfront Inn and Spa, you're only a five-minute walk to the ferry.

### Highlights

- Spa ingredients are organic and natural; the spa mixes the components just before treatment for optimal freshness
- Feel stimulated and re-energized after the Gulf Island Experience; its detox scrub uses raw BC kelp that increases blood circulation
- Fill the outdoor bathtub with bath salts in the private Oceanfront Villas Suites; look up at the stars while submerged up to your chin
- Book an in-room massage in an Oceanfront Spa Suite; a clever built-in treatment table doubles as a dining table for room service

### Remember

- Take home some Madrona del Mar Spa products like handmade natural hemp cream by island local Nezza Naturals
- Hear a marquee author reading at Galiano Island Books; you might luck out—Margaret Atwood spoke here once
- Hike or drive the bumpy road to the top of Bluffs Park to stand under the circling bald eagles
- Rent a kayak to take in the spectacular views from the boat access-only Dionisio Point Provincial Park







# Susurrus Spa at Poets Cove, Pender Island

Escape through a hot stone massage set against a backdrop of private west coast sunsets, peaceful elegance and marine tranquility.





Sunsets.  
Pacific.  
Privacy.

Listen to the waterfall gently cascading down the meadow bluff above you. Hear the cadenced lapping of the ocean steps away. Breathe in the scent of locally sourced lavender from essential oil rhythmically rubbed on your yielding back during Susurrus Spa's Signature Jade Massage. This is the sound of water and rejuvenation merging into one.

Situated in bucolic Bedwell Harbour on the southwest side of Pender Island, Poets Cove Resort and its Susurrus Spa harnesses the surrounding serenity for total relaxation. Curl up with a book by the spa lounge fireplace. It's time for your customized Fire & Ice Facial, in which acids from fresh apples paired with paprika stimulate circulation, detoxify and exfoliate your skin. Finish with a chilled masque and creams lightly whipped to suit your skin type. Rouse yourself and step gingerly outside towards the eucalyptus steam cave. Deep exhalations in this sandstone sanctuary clear the lungs and mind. Past the outdoor hot tub at the base of the waterfall, the crimson-pink brilliance of the sunset awes you.

Back at your cottage (complete with private hot tub), a deer idles by and you wonder if the concierge cued this idyllic moment. This private outpost of total comfort and peaceful renewal sits tucked away in the remote Gulf Islands; the minute you check in, you start to check out of daily stress. Tomorrow's agenda: a re-energizing sea-salt exfoliation for satiny smooth skin or a guided whale-watching kayak tour. Why not do both?

#### Highlights

- Breathe in the locally sourced lavender in the handcrafted, signature oil blend of the Susurrus Spa Jade Massage
- Cocoon with your partner during a fireside couple's Marine Indulgence Massage, where sea algae soothes and relaxes
- Watch the spectacular sunset from the private outdoor spa patio in front of the Arts & Crafts-styled main lodge
- Take an evening swim in the fitness centre's outdoor pool, heated geothermally by sea water

#### Remember

- Watch boaters navigate the deep moorage from the marina, voted one of the 10 best in the western hemisphere
- Book your three-bedroom villa for next year's family reunion; they fill up quickly
- Choose a handmade Button Lady Starfish necklace from Moorings Market (open May-October)
- Sample locally grown varietals like pinot noir at Morning Bay Vineyard & Estate Winery's modern concrete-and-glass winery tasting room





# Alberta



## Canadian Rockies Hot Springs

- 1 Radium Hot Springs, **Kootenay National Park, BC**, *pg.41*
- 2 Miette Hot Springs, **Jasper National Park, AB**, *pg.42*
- 3 Banff Hot Springs, **Banff National Park, AB**, *pg.43*

## Banff

- 3 Red Earth Spa, *pg.44*
- 3 Willow Stream Spa at the Fairmont Banff Springs, *pg.46*

## Calgary

Santé Spa, *pg.48*



*\*Map locations are approximate only.*







# Canadian Rockies Hot Springs

Soak in the Rocky Mountains' natural healing waters that burble forth from deep within the ground.





Radium Hot Springs—Radium Hot Springs, BC

Miette Hot Springs—Jasper, AB

Banff Hot Springs—Banff, AB

Dip your toes in the steaming hot water; fill your lungs with fresh mountain air; feel the palpable sense of history that imbues this sacred place. Like the Aboriginal people and fur traders before you, you feel grateful to have discovered such a hidden, unspoiled treasure. Straddled by Alberta and British Columbia's towering Rocky Mountains, these hot mineral springs shoot forth from deep within the recesses of the earth, then cool to an ideal temperature for a healthful soak.

As you angle into a position to best take in the postcard view, tension and stress drain away. Porous gray-brown rock—tufa—surrounds the hillside. Is that a bighorn sheep you see from the hot pool? Few places on the planet offer such a dramatic experience.

The steam and warmth of a healing cleanse at Radium, Miette and Banff hot springs lured bathers at the turn of the century, when they made the strenuous journey by foot or on horseback. These days, the footwork is more for pleasure, whether it's hiking along nearby trails filled with lush vegetation, or footwork at Pleiades Spa, located at both Radium and Banff hot springs. The massage treatment's indigenous ingredients leave your skin as silky and clear as the spring water that surrounds you.

Go explore Jasper, Radium and Banff: ice-walk in Maligne Canyon or view historic photographs at the Whyte Museum in Banff. Your adventure is just beginning.

#### Highlights

- Feel the tingle of the indigenous Peppermint Face Scrub at Pleiades Spa at either Radium or Banff Hot Springs
- Visit the Upper Hot Springs Bathhouse; its architecture is a unique-to-Banff hybrid of Queen Anne Revival and alpine homage
- Revel in the heated floors of the Banff Hot Springs changeroom
- Take spa products home from Radium and Banff's Pleiades Massage and Spa; they're made locally

#### Remember

- Play a round of golf on the Springs Course at Radium Hot Springs Resort
- Book a horseback ride along the Spray River and past the Fairmont Banff Springs Golf Course
- Wine taste at the Post Hotel in Lake Louise, one of five restaurants in Canada given a Grand Award by Wine Spectator
- In Jasper, sip hot chocolate while skating on Lac Beauvert



Banff, Alberta  
Banff, en Alberta

# Red Earth Spa, Banff

## Relax sore muscles and stimulate tissue healing with a Rocky Mountain sports massage and heat therapy.

Your legs ache from a spectacular day of skiing, but an aromatic hot-water plunge slowly releases lactic acid build up. Your muscles blissfully yield to the water's heat. Soon, every stiff fibre in your body unknots as kneading hands work into each crevice that harbours aches and pains. No sports massage has ever felt this thorough and restorative. Finish with a warm plunge to help the tissue repair itself.

At Banff Cariboo Lodge's Red Earth Spa in Banff, Alberta, hot pools offer the antidote to any skier's or hiker's ailments. The power of curative water and heat help your body to relax; here, muscles recover properly so they can heal. Banff is an active experience where muscle and mind are fully engaged in their environment. End your day's journey at Red Earth, where total wellness begins with a Warm Earth Hot Stone Massage and Pure Earth Facial. Or maybe it's the hot stones of the Warm Earth Signature Treatment. Feel the stones' energy. Now unbend, unwind. It's time to renew.

Just outside on Banff Avenue, tourists and residents jostle for space along the sidewalk. A tour bus slowly passes and the faces through the windows are just as wide-eyed as yours. Snowy Rocky Mountains tower above you and, suddenly, you feel tiny in this postcard-perfect setting—a speck against these majestic wonders of nature that you are at one with. Harness and then tame these mountain elements at Red Earth Spa.

### Highlights

- Feel connected long after the Deep Earth Romance's side-by-side massages end
- Benefit from the natural, active marine ingredients in the Phytomer Pour Homme's self-heating mud
- Savour the sweetness of a maple ice cream treat during the Essence of Canada's three-hour treatment
- Feel light and satisfied after ordering the ahi tuna salad with wasabi vinaigrette from the onsite restaurant

### Remember

- Don't forget to bring a bathing suit for the steam room and hot pools
- Find inspiration listening to an eco-lecturer as part of the Banff Centre's Mountain Culture program
- Rent a bike at Canmore's Trail Sports to tackle the Canmore Nordic Centre trails, site of the 1988 Winter Olympic cross-country and biathlon events
- On your way back to the Calgary airport, stop at Valbella Gourmet Foods Deli for sliced smoked buffalo

Restorative.  
Rockies.  
Active.





Mountain.  
Glow.  
Water.



Willowstream Spa at The Fairmont Banff Springs  
[willowstream.com/banffsprings](http://willowstream.com/banffsprings)

# Willow Stream Spa at the Fairmont Banff Springs, Banff

Luxuriate in a heritage spa experience inspired  
by alpine rivers, glacial lakes and meadow flowers  
peeking through the melted snow.

Swoosh. Chilled air turns cheeks pink. Swoosh. Your skis cut into glistening snow. Swoosh. You have changed realities from slope to spa. The water freefalls warmly onto your shoulders and across your back. It's time for a cooler cascade, then a plunge into the circular mineral pool. Tranquil music plays beneath the water's surface. Your mind registers the exhilarating luxury of this sensory experience at the Fairmont Banff Springs Hotel's Willow Stream Spa in Banff, Alberta.

Thermal hot springs first drew visitors to Banff; water is still central to this spa's experience with its signature mineral pool and surrounding waterfalls. Each evokes a distinctive sensation. Exhilarating. Pulsing. Soothing. Soon, it's time for the Wildflower Body Polish, which leaves your skin buffed, moisturized and feeling fresh.

Afterward, take a seat in the spa's lounge, an ideal spot for gazing at the spectacular beauty of Banff—sky-high mountains, evergreen forests that edge green-blue glacial lakes. No wonder this is one of the world's great mountain destinations and a UNESCO-protected wilderness.

Swoosh. The dogsled slides effortlessly through the trail. Mush-eeeeee, and the huskies swing right. Mush-ooooo and it's a sharp left. Now you're snowshoeing along the Great Divide, in awe of this magnificent landscape. But your mind wanders. Memories of your wildflower experience still linger. Soon it will be spring, and this same terrain will give way to alpine hikes, trail rides and golf. You plan to return.

## Highlights

- Sit in the spa lounge in a cozy robe while watching silent skiers maneuver the mountainside
- Float in warmed mineral waters, music reverberating beneath the surface of the pool
- Sit in the heated outdoor hot tub while it's snowing. Icicles in your hair quickly melt in the steam
- Practice "Calm Mind," Willow Stream's take-three-breaths technique that helps connect you with the treatment process.

## Remember

- Ski the long, swooshing slopes of Mount Norquay, stopping for hot chocolate en route
- Walk on glaciers, millennia-old
- Canoe emerald-green Lake Louise, your paddle gently dipping into its reflection of Victoria Glacier
- Tee off at Banff Springs Golf Course, rated one of Canada's top resort courses by Golf magazine





Rejuvenate.  
Beautify.  
Progressive.

Breathe fragrant rosehip oil—a powerful antioxidant rich in vitamin C—as it soothes and nourishes your skin during the Wild Rose Body Wrap. The official flower of Alberta, wild rose hydrates and calms. Feel your tension fall away during the exfoliating Rose Seed Scrub; it disappears for good after rinsing off in the warm Vichy rain shower. In Alberta's arid climate, keeping your skin supple makes it feel refreshed and look youthful.

At Santé Spa Calgary, Canada's first medical spa, rest assured you are under the experienced and professional care of doctors and nurses. Regardless of your skin type, it stays younger and healthier with Santé's new technologies and non-surgical cosmetic medicines. Gently exfoliate with microderm abrasion then relax those tiny wrinkles with Restylane®. Transport your thoughts to lush pine forests during the Moor Mud Wrap made from pine-scented Canadian mud. Your skin blooms. Peace of mind comes from knowing this pioneering spa commits itself to best practices and hygienic standards.

Refreshed and rejuvenated, walk outside where a Chinook wind warms the air. Stop at Wildwood for a taste of local Carmen Creek bison. Wander down to the Elbow River where smack in the middle of the city, fly-fishermen wait patiently for their catch. A squirrel chatters and shakes its tail as you stroll by. In the distance, you see the Calgary Tower—a sentinel flanked by sleek office buildings where the exciting business of oil and gas gives this friendly city its steady hum.

#### Highlights

- Arrive 30 minutes early to unwind over herbal tea by the fire followed by a steam
- Feel your skin glow after a rich mask of milk and honey during the Milk & Honey Wrap
- Stimulate your senses through specialized pressure point massage during the De-stress for Success Facial
- Know you're in good hands: Santé Spa founder and director, Dr. Wendy Smeltzer, has worked with Canada's Minister of Health

#### Remember

- Bite into Pear and Pepper bread at Urban Baker, baked fresh Saturdays and Sundays
- Admire the dominating Sable Island wild horse photos by Roberto Dutesco at the contemporary tapas lounge Jaro Blue
- Taste Sylvan Star gruyère cheese—recently ranked #1 in Canada—from Janice Beaton Fine Cheese
- Pick up a summer picnic basket from River Café to eat in gorgeous Prince's Island Park





## Santé Spa, Calgary

Rejuvenate and transform with wild-rose wraps and cosmetic fillers at this spa industry pioneer.



# Saskatchewan

Prairie.  
Mineral.  
Oasis.

● Saskatoon

① ★ Regina

## Moose Jaw

① Temple Gardens Mineral Spa Resort, *pg.51*



*\*Map locations are approximate only.*

Temple Gardens Mineral Spa Resort  
[templegardens.sk.ca/](http://templegardens.sk.ca/)



# Temple Gardens Mineral Spa, Moose Jaw

Take to the famous mineral waters at a spa  
oasis in a historic Prairie town.

Immerse yourself in the geothermal, mineral-rich therapeutic waters at the Temple Gardens Mineral Spa Resort. This Moose Jaw, Saskatchewan, destination is themed after the days-gone-by landmark, “Temple Gardens Dance Hall.”

This exceptional spa resort offers the largest indoor/outdoor mineral pool in Canada; these waters’ rejuvenating, healing and detoxifying effects—thanks to high concentrations of Epsom and Glauber’s salts, along with silicon, potassium and magnesium—attract visitors from around the world. The naturally warm waters are drawn from an ancient seabed more than 1,350 m (4,500 ft) below the earth’s surface found in porous rock formations near Moose Jaw.

At the adjoining Sun Tree Spa, therapists recommend “taking the waters” for 20 minutes before massage and body treatments to achieve a deeper state of relaxation. The more the waters calm and detox you, the more beneficial your spa treatment. Many of the spa’s signature treatments offer healing through the geothermal stone therapy massage—a technique of hot and cool stone massage designed to improve the flow of energy in your body.

The Sun Tree signature facial minimizes inflammation and strengthens the skin’s immune system, while the wild rose hip oil body wrap benefits sensitive skin and promotes tissue regeneration.

## Highlights

- Unwind in one of the unique mineral-water Jacuzzi suites
- Reap the benefits of the geothermal mineral water piped directly into the indoor/outdoor pool
- Soak in the high concentrations of Epsom and Glauber’s salts, along with silicon, potassium and magnesium, for health-boosting benefits
- Spa products available to take home include Jane Iredale Mineral Cosmetics and Comfort Zone Skincare

## Remember

- Sun Tree Spa is popular; to avoid disappointment book your spa treatments when booking your stay
- All overnight resort guests enjoy complimentary access to the mineral water pool during their stay
- Try your luck at adjoining Casino Moose Jaw, also a great entertainment venue
- Not-to-miss Moose Jaw attractions include the notorious Tunnels of Moose Jaw and the Murals of Moose Jaw



Relaxation.  
Serenity.  
Minerals.

# Manitoba



## Onanole

**1** Solstice Spa at the Elkhorn Resort, *pg.53*

## Winnipeg

Riverstone Spa, *pg.54*

Ten Spa, *pg.56*



*\*Map locations are approximate only.*

Solstice Spa at the Elkhorn Resort  
[elkhornresort.mb.ca/spa.php](http://elkhornresort.mb.ca/spa.php)



# Solstice Spa, Onanole

Revitalize your body and spirit through Balinese rituals, treatments using local organic products and alternative healing at this resort spa.

Warm mineral pools help nourish your skin, provide relief for sore muscles and stimulate self-healing at Solstice Spa in Manitoba's Elkhorn Resort. Just as the summer and winter solstices mark the beginning of a new season, a visit to this spa kickstarts a new era of personal wellness.

Soak in the mineral pool and feel your body relax completely before treatment. Book a signature Clear Lake Cleanse and enjoy a spa detox featuring wheat-germ exfoliation and a heated body wrap. The aroma of rosehip and juniper berry fills the air.

Give the gift of massage to each other as you and your partner book the Couples Educational Massage. Or try the Wasagaming Ritual and let nutrient-rich, west-coast seaweed nourish your body as you relax in an alpha massage capsule. You can also experience an alternative healing treatment such as Reiki, cranial sacral or raindrop therapy.

Cross the street to Riding Mountain National Park to hike the trails. Choose the route according to length and level of difficulty. For an inspirational and sweeping view of the Prairies that surround you, head up to Agassiz Tower. Return to the spa for more healing and invigorating treatments. You sense that your time here marks a new beginning.

## Highlights

- Arrive early to enjoy the Equinox Mineral Pool as well as the hot tub, steam room and Swiss showers
- Choose from a varied menu of alternative healing treatments that include rain therapy and Reiki
- Multiple relaxation areas include poolside, around the hot tub and the Tranquility Room
- Indulge in indigenous foods such as local cheeses, venison, elk, pickerel, bison and Saskatoon berries

## Remember

- Elkhorn's riding stables offer several dozen horses for trail rides, hayrides, plus sleigh and cutter rides
- Pack your hiking boots for the trails of across-the-street Riding Mountain National Park
- Bring a camera to capture the view from Agassiz Tower
- Browse the gift shop for locally made bead jewellery



Indigenous.  
Rejuvenation.  
Rituals.





# Riverstone Spa, Winnipeg

Discover Aboriginal-inspired hot-stone massage, sage smudging and a river trail in Winnipeg's historic Forks district.

The heady aromas of local cedar and sage envelop you, while Aboriginal traditions and practices give you an instant sense of grounding. The ritual of “smudging” leaves you feeling cleansed. Sipping cedar and sage tea and flickering sweetgrass candles enhance the spirituality of the treatment.

At Riverstone Spa, situated in the Inn at the Forks at Winnipeg's historic The Forks (where the Red and Assiniboine rivers meet), treatments and therapies inspired by Manitoba's Aboriginal peoples cloak you in a sense of balance and harmony. Book the Indigenous Hot Stone Massage: hot basalt stones partner with cold marble to “dance” over the body—soothing and relaxing knotted muscles.

Enter the Quiet Zone, listen to the sounds of falling waters and sip an herbal tea while reclining in front of a glassed-in fireplace. Try the Signature Facial; it's nourishing, hydrating and enhanced with a hot stone massage of arms and legs. Sink into a Zero Gravity reclining chair during the Asian Ritual Foot Therapy. Don't be surprised if you fall asleep.

Explore The Forks National Historic Park. Walk along riverfront promenades, gaze upon gardens and sculptures and shop for local arts and produce. Stop by the Balance of Spirit Within, a massive granite stone estimated to be millions of years old. Spend a few moments ruminating over the symbolism—“the balance between mind, body and spirit embodying strength, beauty and wisdom.” History, harmony and a sense of timelessness come together in this urban oasis.

## Highlights

- Experience the unique contrast of hot basalt with cold marble stones during the Indigenous Hot Stone Massage
- Enter a positive space: a daily “smudging” of the spa at closing cleanses the environment of negative energy
- The 114-room boutique Inn at the Forks is surrounded by The Forks' shops, restaurants, river walking trails and a national historic site
- Luxuriate in ultra-comfortable Zero Gravity chairs in the mani/pedi area

## Remember

- Bring your bathing suit for hydrotherapy treatments
- Remember your gift of dried sage that comes with the Indigenous Hot Stone treatment
- Visit the junction of the Red and Assiniboine rivers, a meeting place for over 6,000 years
- Gaze at the Balance of Spirit Within, a massive granite stone estimated to be millions of years old

## Cleansing. Ritual. Hamam.

The marble slab is warm beneath you, the air hot and steamy. Your skin tingles from a brisk brushing with a traditional gommage (like a rough glove). Physically you are at Ten Spa's Turkish steam bath in Winnipeg, Manitoba's historic Fort Garry Hotel, but mentally and spiritually—you are in a place of total calm.

Enter the heated tea room, sip on Moroccan mint tea and allow your body to acclimatize. In the 45-degree-Celsius (113-degree-Fahrenheit) hamam you give yourself a body scrub with aromatic sea salts. The therapist takes over, attending to feet and scalp with a lubricating, handmade soap. Water poured from a traditional Turkish container (a "tas") washes it away.

In a semi-private area of the hamam the cleansing continues. Just when you think you cannot be more relaxed, it's time for the olive-oil soap scrub and rub. A series of therapist-guided stretches completes the experience. An ayran—salty yogurt drink—replenishes the body's loss of salt. Your skin feels like silk.

All this scrubbing and steaming can be exhausting. You head to the lounge, snuggle into a down-filled pillow and pop a dried fig into your mouth just as the therapist calls you for your Panai Luar massage.

You then feel the heated herb, lime and coconut-filled dumplings wrapped in gauze pressing against your skin. Mind calm, spirit revitalized and body cleansed from head to toe—that's the new you. This traditional ritual in a modern setting transcends time.

### Highlights

- Discover the pleasures of a traditional Turkish co-ed hamam with 370-sq-m (4,000-sq-ft) of ambient steam environment
- Take advantage of the men's and women's change rooms and their steam rooms with aroma, brine and light therapy
- Try experiential showers that offer cold fog and tropical mist sprays
- Purchase the handmade olive-oil soap from Turkey to take home with you

### Remember

- Book a hamam party for up to 12 people
- Take a guided tour of The Forks National Historic Site
- Visit the remains of the ornate St. Boniface Cathedral in the city's French Quarter
- Head over to The Forks historic district for shopping and dining



## Ten Spa, Winnipeg

A modern interpretation of the Turkish hot-air bathing ritual leaves you feeling squeaky clean and ultimately relaxed.





# Ontario

Escape.  
Wellness.  
Refinement.



## Interior Ontario

- 1 Millcroft Spa Centre for Well-Being, **Alton**, *pg.59*
- 2 Grail Springs, **Bancroft**, *pg.60*
- 3 LeScandinave Spa Blue Mountain, **Collingwood**, *pg.62*
- 4 Ste. Anne's Spa, **Grafton**, *pg.64*
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- 6 The Spa Christie's Mill, **Port Severn**, *pg.68*
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## Niagara Region

- 8 100 Fountain Spa at the Pillar & Post Inn, *pg.72*
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Au Naturel Spa at Brookstreet Hotel, *pg.76*  
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## Toronto

Elmwood Spa, *pg.80*



*\*Map locations are approximate only.*

The Millcroft Inn & Spa  
[millcroft.com](http://millcroft.com)

# The Millcroft Spa Centre for Well-Being, Alton

Renew and recharge as you discover an oasis of tranquillity within a historic stone mill.

You are oh-so-ready for some serious pampering as you enter the Millcroft Inn & Spa, set in a historic stone mill less than an hour's drive northwest of Toronto, Ontario. The state-of-the-art Millcroft Spa, Centre for Well-Being combines age-old healing practices from around the world with the latest health and wellness discoveries.

The signature treatments look... delicious. Give your hands and feet over to an organic chocolate manicure and pedicure. Or rid your body of toxins through the chocolate body wrap. If you prefer something more intoxicating, the malt and barley (i.e. beer) scrub and soak exfoliates and nourishes your skin—and is available as part of a couple's "Ofuro" (traditional Japanese bath ritual) treatment.

Afterwards, centre yourself through Raindrop Therapy, an ancient healing practice of the Lakota First Nation designed to bring your body's energies into balance through essential oils worked into your back muscles. Or lie back for the decadent Caviar Facial, which uses the anti-aging effects of sturgeon roe to moisturize your skin, plump up fine lines and knock some years off your face. Expecting a baby? Spoil your hands, face and feet with the Pretty and Preggers package.

Appease your hunger in the Woodlands Lounge, home to a great selection of wellness-oriented fare. Stay over Saturday night in one of the inn's luxurious rooms; wake up to a complimentary yoga class, then head out to ramble or cross-country ski along the inn's 45 ha (100 ac) of riverside woodlands and meadows.

## Highlights

- Many spa treatments are tailored for men—the Malt & Barley Pedicure is a great way to have your beer and drink it, too
- Overnight guests enjoy complimentary Yoga classes on Sunday mornings.
- Finish off the traditional Japanese bath ritual, "Ofuro" with a one-hour massage on a private outdoor balcony
- Rejuvenate your body through Swiss Shower Treatment Kurs combined with the Blitz Guss—a concentrated jet of water applied to specific areas of the body

## Remember

- After your day of spring indulge in fresh, organic and seasonal eating in the Main Mill Dining Room, under the award-winning guidance of Executive Chef Roberto Fracchioni
- Due to the high demand for services at the Millcroft Spa—especially on weekends—guests are encouraged to book their spa services at least two weeks in advance
- Enjoy great golfing next door to the inn
- Drink lots of the fruit water and tea before and after treatments to keep the toxins flushed





# Grail Springs, Bancroft

Fresh, healthy foods, meditative walks and detoxifying treatments help move you toward realizing personal health goals.





Detoxifying.  
Holistic.  
Transforming.

Relax by a private spring-fed lake, breathe in the fresh air, feel the wind caress your skin (freshly glowing from an organic, seaweed-based scrub), sip on a hot coconut chai and prepare to detox body, mind and spirit. A feeling of tranquility surrounds you.

At Grail Springs, a health spa and wellness retreat embraced by nature in Canada's mineral capital of Bancroft, Ontario, get your life back on track with healthful eating, daily fitness programs and spa therapies that incorporate Austrian moor mud, Canadian Pacific seaweed, Himalayan salts and healing oils from Glastonbury, England.

Try the mineral wrap or the Vichy rain-shower treatments. Take a yoga class or lose yourself in a guided meditation. Learn about mindful eating from the resident nutritionist and help heal your body through whole foods and balanced meals. Sign up for a two-to-14-night spa detox program to recapture your health and vitality. Learn to be in the moment, to be grateful for the here and now.

Enjoy a sense of giving back to the planet at this green facility, drinking delicious alkaline water right from the tap and dimming lights when you leave a room. Take a moonlit nature walk over the spa's 40 ha (100 ac) and see why it's called the Enchanted Forest. Stargaze from the outdoor mineral hot tub. Then drop into bed under a down comforter for a blissful sleep. Your quest for balance and wholeness begins at Grail Springs.

#### Highlights

- Learn to intuit your own levels of wellness through presentations and workshops that cover meditation techniques, visioning tools and journal writing
- Walk the Labyrinth, an ancient and powerful tool for reflection, meditation, healing and self-knowledge
- Take the Core Cellular Detox Cleanse to detox, tone, plus lose weight and inches
- Start each day with the six-minute Grail World mantra

#### Remember

- Take advantage of holistic coaching both on site and off
- Try an onsite, guided horseback trail ride
- Canoe in the summer, snowshoe and ice-skate in the winter
- Don't leave without a copy of Grail Springs Holistic Detox for Body, Mind & Spirit, a Canadian bestseller



Baths.  
Al Fresco.  
Revitalize.



Le Scandinave Spa Blue Mountain  
[scandinaveblue.com/](http://scandinaveblue.com/)

# Le Scandinave Spa

## Blue Mountain, Collingwood

Bask in the renewing warmth, refreshing dips and ultimate tranquility of a Scandinavian spa cocooned in nature.

Lower yourself into the bubbling whirlpool, then look up and watch the clouds float away. Close your eyes and feel your stresses float away, too. At Le Scandinave Spa Blue Mountain, you breathe in the panorama of forests of evergreens and birch, the vista of the Niagara Escarpment stretching to meet the ski runs of Ontario's Blue Mountain Resort.

You slip out of your water reverie. A cool shower jolts you back to reality. Wrap yourself in a cozy robe, make your way along heated paths to a warm solarium and allow your body temperature to settle back to normal. Listen to soothing, soft instrumentals. Take a nap.

Afterward, try a eucalyptus or wood-burning sauna, then a cold dip under a Nordic waterfall to close your pores and stimulate circulation. Following the water circuit makes a body hungry, so head inside for a savoury soup from the French-style bistro and get cozy in front of an imposing granite-faced fireplace. You consider a Swedish massage to work out the knots. Or maybe a hot stone or Thai-yoga massage.

Tomorrow you plan to spend the day with the family on the ski slopes or do a little shopping in the Village of Blue Mountain but today is just for you. A different kind of outdoor activity. There is nothing so refreshingly healing as the therapeutic taking-of-the-waters "au nature".

### Highlights

- Book a massage and get free access to the baths either before or after the treatment
- Immerse yourself in the natural surroundings: a birch tree forest surrounds the outdoor baths
- Take an icy but refreshing plunge into the cold, Nordic-style waterfall
- Relax in front of the lounge's magnificent, granite-faced fireplace or by the outdoor, wood-burning fireplace

### Remember

- Head to nearby Blue Mountain Resort for some skiing
- Go boutique browsing in the Village of Blue Mountain
- Cross Ontario's longest suspension bridge at Scenic Caves
- Hike a section of the Bruce Trail, Canada's longest and oldest footpath





## Ste. Anne's Spa, Grafton

Escape to a peaceful country setting to renew your energy, recapture your health, rekindle friendships or romance.



Country.  
Retreat.  
Genuine.

Leave your cares and stresses at the gates and immerse yourself in the sights and sounds of a scenic country setting just a short drive from Toronto, Ontario: Ste. Anne's. Here, amidst rolling fields trimmed with ribbons of forest, exquisite gardens, upscale country décor, healthy meals and attentive service, you feel comfortable and relaxed—and ready to be indulged at one of Canada's most established and best-known health and wellness spas.

Relax in the eucalyptus steam room, take a swim in the seasonal spring-water-filled pool, walk or snowshoe the marked forest trails, and absorb the sounds and scents of nature.

Book a signature Milk and Sesame Stone Wrap and relish the feel of buttermilk and sesame seeds against your skin. Try the signature Moor Mud Bath and experience a womb-like suspension in nutrient-heavy, detoxifying Canadian mud. Yes. Real mud. It's a unique treatment that leaves you feeling relaxed to the bone. Enjoy the afterglow lounging with a good book in the shade of a massive maple tree.

Plan a girls' getaway and book yourself into Sentosa, a private spa cottage with its own treatment room. Savour a healthy dinner prepared by the chef just for you and your friends. Or head into the town of nearby Cobourg and stroll along the beach. Back at Ste. Anne's, pour yourself a cup of tea and snack on made-in-house granola as you await your next treatment. A sense of well-being reigns in this country castle.

#### Highlights

- Sit down to healthy meals featuring substantial vegetarian options
- Try a seasonal signature service such as the rose petal and lavender foot treatment
- Visit the fieldstone grotto for water therapies such as steam, sauna and a cold plunge
- Book into Sentosa for a private escape for six to eight people

#### Remember

- Pack lightly and plan to spend most of your time in a robe
- Tee off at Timber Ridge Golf Club, just 20 minutes from Ste. Anne's
- Pick up a copy of Everyday Recipes from Ste. Anne's Spa
- During unique Horse-2-Heart sessions, work with a professional coach and horse to become aware of your energy, boundaries and expectations



Charming.  
Soothing.  
Renewing.

## Claramount Inn & Spa, Picton

Discover a refined getaway where innovative treatments incorporate local products such as maple syrup and beer.

Welcome to a bit of paradise: the Claramount Inn & Spa is set in a historic 1906 mansion and conveys an intimate, welcoming atmosphere as cheerful as its sunny yellow colour. Sprawling over 2.5 ha (six ac) overlooking picturesque Picton Bay, Ontario, the inn features ten beautifully appointed guest suites in the main house and adjacent carriage house. It is perfect for an indulgent spa visit.

Try the Aquatic Massage Therapy, a saltwater treatment that consists of gentle, flowing stretches and circling movements while being totally supported by a therapist throughout the session. Or choose the Maple Anti-Oxidant Body Wrap, which uses local Prince Edward County maple syrup to help nourish and firm skin and maintain cell integrity. A favourite among male guests is the Happy Feet Beer Pedicure; it starts with a foot soak in locally crafted beer, which contains enzymes that soften calluses, and hops, which help moisturize skin.

The Kneipp Wet Socks Treatment is the spa's most popular signature therapy. Wet and dry socks are layered to refresh and revive your body's circulation, yet leave you totally relaxed, often with a dreamy look on your face. You can also have a personal fitness assessment done and have a take home stretch and tone plan customized to your needs.

### Highlights

- Savour a meal at the Claramount's Clara's Fine Dining, which features local products and wines, and is featured in *Where to Eat in Canada*
- Stay in one of ten luxurious suites, three of which are in the adjacent coach house, have separate sitting areas and balconies or views overlooking the gardens or harbour
- Choose from therapeutic treatments developed by Sebastian Kneipp
- Get a personalized fitness program

### Remember

- Book your spa treatment when you book your room to ensure treatments and times are available
- Purchase spa products to take home, including Kneipp, Eminence Skincare and La Bella Donna Mineral Cosmetics
- Try a cookery class at the Claramount's sister property, The Waring House and Cookery School
- Bring your bathing suit for a swim in the saltwater pool—it's open year-round





Water.  
Tranquility.  
Retreat.



# The Spa at Christie's Mill, Port Severn

Find your centre of well-being in a diamond of a spa in the rough of the idyllic Muskokas.

You've come to The Spa at Christie's Mill, situated in the hamlet of Port Severn, Ontario, to relax, rejuvenate and reflect. This is true Muskoka country, and the spa works in harmony with the region's natural energies of water, fresh air and forests to gently encourage your body, mind and spirit to rebalance and refocus.

Choose from a blend of therapies that combine traditional treatments with proven wellness techniques from around the world. Personalize your session by selecting your own combination of natural products, or combine treatments to create a truly unique experience. Drift away during a head-to-toe relaxation massage. Have your skin exfoliated with ground pearls, then wrapped in their iridescent glow during the Golden Goddess Body Wrap. Or start the weekend off right with the Getaway for Two package: enjoy relaxation massages in the couple's suite, followed by his and her facials and pedicures. In the mood for total enlightenment? Book the Ionic Detox Foot Spa, designed to boost your metabolism and memory, strengthen your immune system, increase your energy, reduce stress and help you sleep better. Wow.

You've pampered your body; now pamper your palate in the inn's Twigs dining room, which offers the finest food and wine. Afterwards, stretch your legs and go for a boat ride or walk. Revitalize in the indoor mineral pool and whirlpool spa, or relax on the private lakefront beach.

## Highlights

- Book the Hearts and Pearls Package, which includes an exotic cinnamon oil massage followed by a hydrating Mother of Pearl Facial
- The I've Got a Crush on You Package for two takes place in the privacy of Avalon Spa's hydrotherapy suite: enjoy a French vanilla bath while feasting on delectable chocolate-covered strawberries, followed by side-by-side pedicures
- Try the Deluxe Chocolate Wrap: you're wrapped in a cocoon of dark chocolate that melts into your skin, helping to reduce contours and eliminate stress
- Complement your Avalon spa experience with signature cocktails in Twigs dining lounge

## Remember

- Book your spa treatments when you book your room at The Inn at Christie's Mill
- Take a boat ride, available onsite and nearby
- Unlock the spirit of the Muskokas at Lock Number One of the Trent Severn Waterway
- Take in some Muskoka events and activities



# HighFields Country Inn & Spa, Zephyr

Re-balance, detoxify and revitalize your body and soul—with seaweed, chakras and mud—just an hour outside Toronto.

You're stressed, anxious, tired and desperate for a break. So you've escaped to HighFields Country Inn & Spa, a tranquil oasis just an hour's drive north of Toronto in the town of Zephyr. From the moment you enter the spa, you feel a calmness settling over you; this is a place to balance, detoxify and revitalize body and soul.

You settle in for the almost two hours of pampering and rejuvenation that is the spa's Innkeeper's Facial, welcoming the deep cleansing and exfoliation, surrendering to the delicate massage and warmed basalt stones applied to re-energize your skin, melting into a Zen-like state as the personalized masque is applied. The results are dramatic. Your skin is glowing.

Next on the pampering list, your body. There's much to choose from at HighFields: thalassotherapy to stimulate the circulatory and lymphatic systems; a Vichy Rain Shower and exfoliation followed by a hot stone massage; healing hydrotherapy wraps with either Moor Mud or seaweed. You pick the latter and settle in for a unique experience that uses wild, hand-harvested seaweed from Vancouver Island: rockweed to exfoliate; seaweed gel for massage; a kelp serum for an infusion of vitamins.

The next day, explore the extensive nature trails found on HighField's 70 ha (175 ac) or swim meditative laps in the outdoor pool. Then it's time for re-balancing: your life-force energy through Reiki and chakras, your "doshas" through an Ayurvedic Himalayan body treatment. Renewed and refreshed, you're ready to head back to reality.

## Highlights

- Escape with your friends: two treatments and lunch at the spa with limo service for parties of eight are available from the Newmarket/Aurora area
- Planning a solo vacation to unusual places? Book a relaxing massage with Lisa—she'll share her travel experiences from 80 countries around the world
- Hike, run or bike along seemingly endless trails; pack some snacks and head out for the afternoon
- All packages include complimentary use of the outdoor pool and tennis court, indoor wet sauna, exercise room and spa kitchenette

## Remember

- Don't forget to schedule your spa services when booking overnight accommodations
- Take home products to keep your glow: Eminence, Laboratoire Dr. Renaud, Moor Mud and Sea Flora
- Plan a celebration with your loved ones, groups and parties—including weddings—at HighFields
- Book a riding lesson or a trail ride with Hilltop or Pleasure Valley

Peaceful.  
Countryside.  
Spiritual.





True.  
Urban.  
Oasis.





# 100 Fountain Spa, Niagara-on-the-Lake

In the heart of wine country, unwind, discover the secret of vinotherapy—and let it work its intoxicating magic.

Leave your daily cares behind and head to the sanctuary of 100 Fountain Spa, found within the Pillar and Post Inn in charming Niagara-on-the-Lake, Ontario. You're in the heart of Niagara's wine region, and 100 Fountain Spa is the perfect respite after a day of wine touring and sightseeing.

You won't find 100 fountains here, but there is a gorgeous lounge and a romantic outdoor hot-spring pool available to spa guests. The signature treatments, based on vinotherapy, use wine-based ingredients from nearby vineyards. Try the Purple Feet Pedicure, which includes a foot masque and exfoliation using locally harvested wine-based products.

Guests are encouraged to sit by the fireplace in the plush spa lounge as you await your spa appointment. Choose from a range of aesthetic services that include hydrotherapy, reflexology, body wraps and facials. 100 Fountain Spa specializes in vinotherapy treatments: the Vinotherapy Facial features a proprietary hydrating serum and anti-aging moisturizer containing grape-based products with high levels of polyphenols, while the Bamboo and Wine Scrub smoothes, soothes and moisturizes skin with freshly ground grape skin from local vineyards, enhanced with bamboo and botanical extracts.

The enchanting Garden Escape Room, a private treatment area situated in the Rose Garden at Pillar and Post, is open seasonally. Its tinted windows and fireplace make it the perfect spot for a couple's massage.

## Highlights

- Choose the Head to Toe Wine Taster, which includes the spa's signature Vinotherapy Facial, Purple Feet Pedicure and Vinotherapy Wellness Wrap
- Indulge in a Vichy Rain Shower — a warm light rain falls from above while you enjoy a soothing massage
- Soak in the outdoor hot springs, open year-round and one of the spa's major attractions
- The group manicure/pedicure salon can accommodate up to 12 treatments at once

## Remember

- Book your spa treatment when you book your room at the Pillar and Post to ensure treatments and times are available
- Take a horse-and-carriage ride through the charming town of Niagara-on-the-Lake
- Go view the mighty falls—Niagara Falls is just a 15-minute drive away
- The Niagara region is home over 40 wineries; take a wine tour and discover "Napa North"

## OSpa at the Oban Inn, Niagara-on-the-Lake

Escape to an intimate inn and spa that overlooks Lake Ontario  
in the heart of wine country.



Well-being.  
Vitality.  
Retreat.

You've come with your partner to Niagara-on-the-Lake, Ontario, ostensibly to explore wine country, but you know better—you've checked into the Oban Inn for OSpa, the celebrated spa retreat. OSpa was conceived with wellness at its heart, and as you enter its doors, you already feel a sense calm descending over you. The treatments are legion: choose from holistic therapies performed by highly qualified registered massage therapists and certified aestheticians. Start with the OSpa signature Alpha Collagen facial, an anti-aging treatment with fruit acids and collagen sure to renew your skin. For deep relaxation, try the La Stone massage; feel your muscles melt under the application of smooth basalt stones and aromatic oils.

Later, attend a wellness seminar, or sign up for professionally conducted life-coaching sessions. When you need a break from this life-changing learning, let off energy in the state-of-the-art exercise facility, lap pool, outdoor hot spring and steam room, or bicycle on trails alongside the Niagara River. Bliss.

OSpa was designed to treat all the senses: touch with a soothing massage, smell with the scents of aromatic oils; sight through the spa's unique style and colours. Last but not least, treat your taste buds in the Restaurant Oban Inn, one of the region's finest dining establishments—famed for an inventive menu that features seasonal, local ingredients complemented by Niagara wines.

As you enter the spa, there is beautiful sculpture with an inspirational quote, "As you believe... you become". So it is at OSpa.

#### Highlights

- The Oban Inn offers 26 beautifully appointed guestrooms, suites, and cottages, some with views of Lake Ontario
- OSpa aromatic treatments range from nourishing body remedies to hydrating collagen facials
- Make sure to book La Stone Massage, which uses warm basalt stones with aromatic oils to deepen the relaxing nature of Swedish massage
- OSpa products to enjoy at home include Comfort Zone and Jane Iredale mineral cosmetics

#### Remember

- Explore Niagara-on-the-Lake, situated in the heart of Niagara's most celebrated wine country
- The Shaw Festival is located within walking distance and is the second-largest repertory theatre company in North America
- Golf across the street at the Niagara-on-the-Lake Golf Club, North America's oldest course
- Savour fresh, local fare paired with outstanding Niagara wines at the renowned Restaurant Oban Inn





You've been looking forward to this getaway for some time, and now you're here at the chic Brookstreet Hotel in Ottawa, Ontario. Prepare to unwind and experience some of the most beneficial pampering imaginable at the hotel's Au Naturel Wellness & Medical Spa.

What to choose, what to choose... the extensive spa menu includes anti-aging and rebalancing facials and rejuvenating wraps, but it's the coffee treatments that intrigue you: an invigorating coffee scrub to perk up the senses, a Javalicious Massage sure to soothe aching muscles, a stimulating Mochaccino Hydrofusion Wrap to restore your skin's natural radiance. Au Naturel also boasts an exclusive range of leading spa products; many scientifically formulated using the highest-quality natural ingredients. If you've been considering some cosmetic rejuvenation, you can explore your options under the guidance of Au Naturel's resident plastic surgeon, such as onsite injections of BOTOX® and a wide variety of injectable wrinkle fillers. The skincare program offers laser hair removal, microderm abrasion, intense pulse light (for facial brown and red spots) as well as Thermagé (radio frequency skin tightening). Procedures available include facelifts, nasal refinement, liposuction, abdominoplasty and breast enhancement.

Whether you are looking for some relaxing pampering or lasting changes, Au Naturel Wellness & Medical Spa offers a complete array of treatments designed to leave you fresh and renewed.

#### Highlights

- Facial and body enhancements include mini-microderm abrasion, hydrofusion, Vichy Rain Shower and reflexology treatments
- Take home some wonderful spa products: Comfort Zone, Dermalogica, Barefoot Venus and Jane Iredale
- Stay overnight: Brookstreet offers 276 hotel guestrooms that offer unparalleled comfort
- All spa guests receive complimentary access to Flex Fitness Studio and its indoor and outdoor saltwater pools, whirlpools and saunas

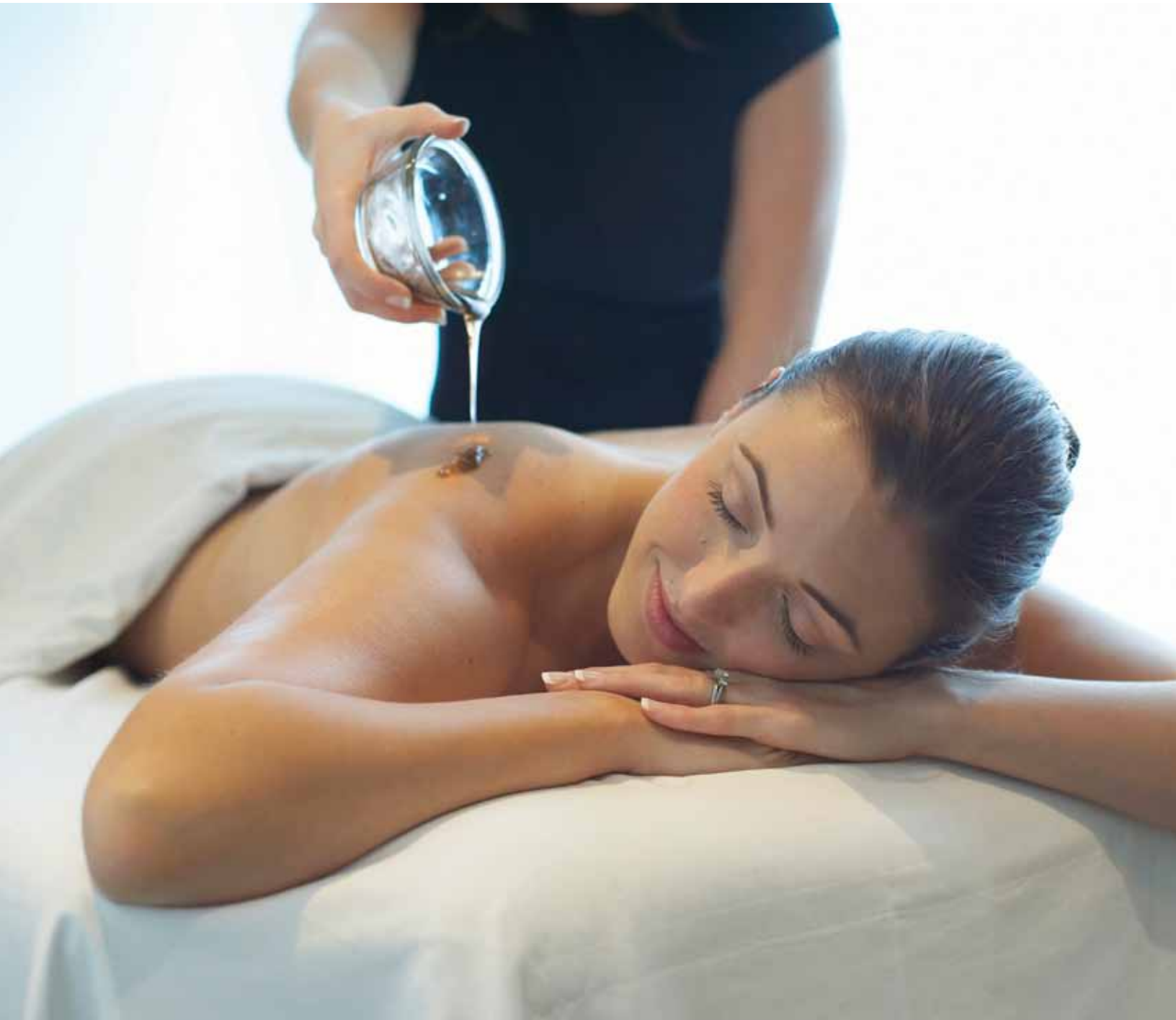
#### Remember

- Savour outstanding meals at Brookstreet's Perspectives Restaurant and Options Bar
- Au Naturel Wellness & Medical Spa is located just 20 minutes from Ottawa's historic downtown and Parliament Buildings
- Make sure to visit the Byward Market, a historic and wonderful market with local foods and produce as well as shops, restaurants and fashion boutiques
- Tee off at The Marshes Golf Club, an 18-hole championship Robert Trent Jones II-designed course situated just behind the hotel



## Au Naturel Wellness & Medical Spa, Ottawa

Awaken and revive with unique treatments both good for the skin and good for the soul near Canada's capital, Ottawa.



Holistic.  
Medical.  
Urban.



Holtz Spa  
[ottawa.holtzspa.com/](http://ottawa.holtzspa.com/)



# Holtz Spa, Ottawa

Self-heal with vibrational and touch therapy, essential oils and Asian body work, all within steps of Ottawa's Parliament Hill.

Clear, pure notes of a crystal bowl vibrate deeply through your body and “sing” you to a place of peace. At Holtz Spa, “holistic” is the operative word. Elements of Reiki, therapeutic touch, sound therapy and vibrational medicine are incorporated into all basic treatments. The traffic of downtown Ottawa, Ontario, rushes by, but in this nurturing environment, you know only calm.

Book the Signature Body Samahdi, customized to your specific “dosha” (body type); it combines a nourishing herbal wrap and exfoliation, Tibetan foot balancing treatment, detoxifying body massage, Marma Point energy balancing and a mini facial designed to lift you to the blissful state of “samadhi” (mind consciousness).

Try the unique Spirit of the Forest that incorporates the essences of Canadian trees. You feel a sense of “giving back” because you know that Holtz plants a tree for each treatment performed. Afterward, the body cries out for food; head downstairs in your spa robe to a special lounge in the onsite Santé Restaurant for satisfying nibbles such as chicken satay.

Replenished, it's time for your Ultimate Anti-Aging Facial; it's the closest you'll get to younger-looking skin without a surgical procedure. The treatment includes a glycolic wash, exfoliation, microderm abrasion, plus an oxygen and collagen infusion. Later, you browse the many stalls of Ottawa's renowned Byway Market, located just around the corner. Your senses seem sharper—your body more in tune with sounds and aromas. An inner calm prevails.

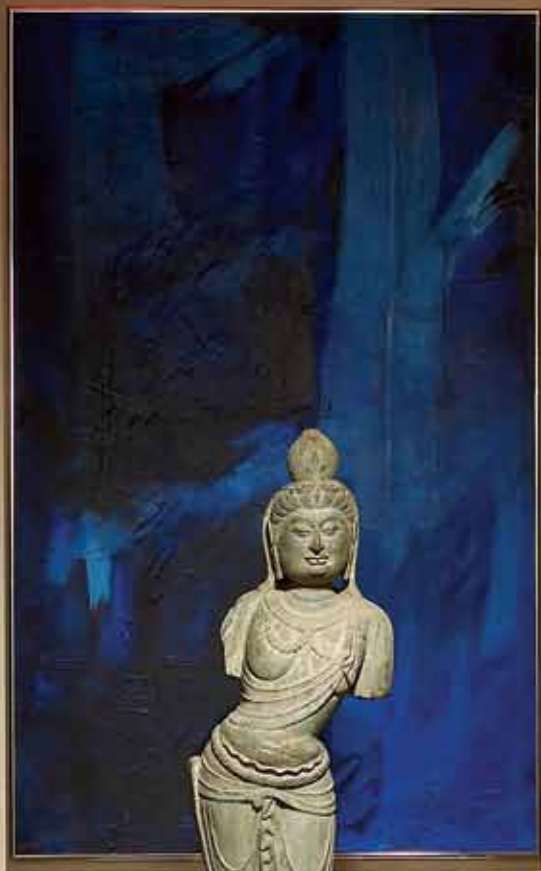
## Highlights

- Come for alternative therapies like the Sacred Sound Healing Ritual or the Abhayanga, an Ayurvedic detoxifying massage
- Experience East meeting West during the Lymphatic Detox Body Wrap
- Try some Energy Add-Ons, which include Crystal and Gem Stone Therapy, Moxibustion (the smoking of acupuncture points) and Prakop (a massage with a steamed Thai herbal compress)
- Try Holtz Spa's latest indigenous treatment, Spirit of the Forest, developed using essences from Canada's forests

## Remember

- This intimate wellness spa is conveniently situated just a few blocks from Parliament Hill and across the street from Rideau Centre, one of Ottawa's premier shopping destinations
- Enjoy the panoramic view of the Parliament Buildings from the spa's Orchid Lounge while sipping African Nectar, an artisanal herbal tea
- Take home your tree essence to continue your Spirit of the Forest treatment
- The Holtz experience can also be enjoyed at the Hilton Suites in Markham, Ontario (Toronto)





## Elmwood Spa, Toronto

Pamper yourself with spa treatments inspired by therapies around the world in a Thai-like retreat in downtown Toronto.

You and your significant other have just emerged from an aboriginal smudging; the warmth of the fireplace, subdued lighting and Asian art created an elegant and romantic environment for your spa-à-deux. You feel a prevailing sense of calm here at Elmwood Spa, an oasis in Toronto, Ontario's busy downtown core.

Take a dip in the lavish mosaic-tile whirlpool, swim in the indoor pool, or get your sun fix in the dead of winter in the Light Therapy Room. Then settle in for one of Elmwood's signature treatments, drawn from therapeutic practices the world over. The LI'TYA Kodo Body Massage, inspired by Australian aboriginals, tones and realigns your energy flow to enhance mind and body balance. The Siam Herbal Tension Release also restores and redirects energy with an exfoliating scrub of Asian spices to revitalize your skin, followed by a warm herb compress to relieve tension and a relaxing massage. The Flora Detox Wrap with Infrared Sauna starts with the sauna (sweat out 20% toxins and 80% water), continues with an invigorating exfoliation and penetrating body wrap featuring products made with wild organic seaweed from the Pacific Northwest, then ends with a heated lava-shell massage. Heaven.

Between treatments, refuel with liquid nourishment from the juice bar. Or stay in your comfy spa robe, stretch out the day and linger over a healthy lunch in the licensed dining room or on the outdoor terrace. The day is yours to savour.

### Highlights

- Indulge in some healthy eating at the in-house Terrace Restaurant — your spa robe is the preferred attire
- Feeling blue? Head to the Light Therapy Room to treat SAD (Seasonal Affective Disorder)
- Enjoy an Exotic Escape for Two, which includes water therapies, Swedish massage and dinner at the spa's award-winning Bangkok Garden
- Book the Kashmir Suite Retreat for the ultimate day in personal pampering

### Remember

- The spa is located in one of downtown Toronto's historic landmark buildings
- Sample ElmLine, Elmwood Spa's own Canadian-made line of skin and body care products
- Explore the neighbourhood: you're within walking distance of Toronto's Entertainment District
- Practice retail therapy, too: you're just blocks from the Toronto Eaton Centre, one of the largest indoor malls in Canada



# Québec

Water.  
Rituals.  
Haute-design.



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*\*Map locations are approximate only.*

Balnea Spa  
[balnea.ca](http://balnea.ca)

# Balnea Spa, Bromont-sur-le-lac

Experience a Nordic spa with a multicultural twist—water therapies and body treatments from around the world.

The ritual of hot and cold bathing, inspired by the customs of many cultures, is Balnea's raison d'être. Heat up in a Finnish-style sauna where the fragrance of wood and eucalyptus blend into a heady mix. Walk outside. Sluice your body under a sparkling waterfall fed by natural springs. Head for the Turkish hamam. Your pores open to embrace the steam. A cold shower snaps them shut again. Come alive as your body changes its tempo—from relaxed to tingling alert then back to relaxed.

Augment Balnea's water therapies with a "tasty" spa treatment. Book a four-hand massage with cocoa-flavoured oil, courtesy of the Mayans, who believed that chocolate had aphrodisiac qualities. Treat yourself to an exfoliation scrub; ingredients include lavender honey and Chianti—a hedonistic delight that includes a glass of the red nectar and a plate of fresh fruit on the side.

Top these off with Balnea's signature treatment, the Abenaki Ritual. It's a complete makeover, First Nations style. Led by three massage therapists, it starts with a smoke ceremony to purify your surroundings. As you lie in a stone cave on planked platforms—a modern take on the traditional sweat lodge—feel your body heat up to boiling point. Plunge, if you dare, into the ice-cold pool outside.

## Highlights

- New France meets New Age in the spa lodge, a symphony of wood, stone and haute design that looks out over Lake Gale and the Appalachian Mountains
- Feel like a kid again as you splash-splash through the waterfall and cold showers
- Enjoy a massage in one of the spa's four outside treatment huts
- Schedule an outdoor yoga class—a meditative experience made even more intense by the spectacular mountain and lake views

## Remember

- Swing from ropes, glide along ziplines and stride over footbridges at Arbre Aventure, an aerial fitness course near Eastman
- The Knowlton Marina is a sure bet for good burgers, local beer and beautiful views
- Visit renowned vineyards along the Eastern Townships' famed la Route des Vins
- Discover the region by bicycle: there are over 500km (310 mi) of cycling paths, 200 km (125 mi) of which are part of the Route verte—one of North America's largest trail networks



## Le Nordik Nature Spa, Chelsea

Indulge in outdoor baths, steam rooms, healthy dining and relaxing massages just a short drive from downtown Ottawa.





Well-being.  
Vitality.  
Retreat.

Feel the breeze in your hair and the warmth of the sun on your body. A bubbling hot tub framed by a rocky cliff looks inviting, but you are content to simply rest. A perfect cloud floats across the heavens; there is something so revitalizing, so natural about Le Nordik.

Perched on a rugged and terraced lot at the entry to Gatineau Park, Quebec, this nature-centric spa runs hot, cold and tepid—and it's all good. Sit in the steam room and breathe in the scent of eucalyptus. Feel your body relax. Duck under an outdoor, icy cold Nordic waterfall, then bring your body temperature back to normal in front of an open, steel-faced fireplace. Relax, breathe, relax—till it's time to do it again. Try the Finnish sauna followed by a quick, refreshing swim in the temperate pool and a nap in a hammock slung between maple trees.

After a long, leisurely massage, make your way along a heated stone path to the poolside restaurant. Order the catch-of-the-day or a platter of local artisan cheeses paired with a Quebec wine. It all tastes exquisite.

Stroll along a path and find a quiet place to relax surrounded by nature. You feel both grounded and re-energized. Taking the waters and breathing pure, fresh air in the heart of a spectacular Quebec setting. How therapeutic is that?

#### Highlights

- Make an easy escape: Le Nordik is located at the entrance of Gatineau Park, just a 10-minute drive from downtown Ottawa and Parliament Hill
- Elements such as wood, stone, water and fire are each an integral part of the spa's natural décor
- Experience the pools, waterfalls, saunas and steam rooms of eight hydrotherapy stations
- Bring friends: the self-contained Nordic-style lodge can accommodate groups of up to 12 people per night

#### Remember

- Allow yourself at least two hours to complete the cycle (hot to cold to rest) three times to achieve maximum results
- Drive into nearby Ottawa and browse the Byward Market; sample the market's signature sweet, "Beaver Tails"
- Go for a hike or cross-country skiing in Gatineau Park
- Pack sandals and your own bathrobe (rentals also available)



Gaze on landscaped gardens or at inspirational Mont Orford and feel a renewed sense of awe. Walk or snowshoe meandering paths, allowing the connection with nature to ground you. At Spa Eastman in Quebec's Eastern Townships, you rediscover your sense of place in the world.

Try signature treatments using Canadian ingredients—maple sugar from Quebec or peat mud from Ontario, for instance. Take a revitalizing swim in a natural freshwater pond or in the salt-filtered indoor pool. Hydrotherapy is a focus here: the Watsu is a water massage that leaves you feeling reborn; Le Grand Bleu mixes water massage with a traditional Swedish massage. Bliss.

Curl up and read in front of a four-sided, wood-burning fireplace in the main lounge, or grab a quick nap on a comfy sofa. Take a yoga, Pilates or aqua-fitness class. Join in a workshop on nutrition or the power of essential oils. Dine on dishes that celebrate regional flavours and feature local products—fish, pasta and vegetarian choices plus wild or naturally raised meats. Rub elbows with other guests at large, family-style tables and share stories.

There are so many things to do; you're not sure what to do next. So you sit on the floating deck in the middle of the pond, eyes closed and listening to the calming chant of the wind. Maybe take a walk into the tiny town of Eastman. No TV, no computer, no telephone—you have found your road to renewal.

#### Highlights

- Walk or snowshoe along more than 15 km (9.3 mi) of forest trails
- Try the signature Eastman Quartet, a massage in four movements (hands, that is!)
- Loosen up stiff muscles with the mineral miracle for your back
- Attend a self-discovery weekend that focuses on themes such as meditation, music and creative movement

#### Remember

- Bring your cross-country skis or bicycle for the many groomed forest trails
- Don't forget a bathing suit to steam in the co-ed hamam
- Take a swim in natural freshwater pond and gaze upon Mount Orford
- There are no telephones or TVs in the guestrooms, and no newspapers or computers at the resort; cell phones are not allowed in public areas



## Spa Eastman, Eastman

Discover an oasis of healing, hydrotherapy, workshops and spa treatments at a sprawling spa resort in Quebec's Eastern Townships.







## Spa Villegia Manoir St-Castin, Lac Beauport

Discover recreation and relaxation at this resort spa on Lac Beauport in Quebec City's "cottage country".

Manoir St-Castin in Lac-Beauport, Quebec, is not quite, as its name suggests, a manor house. The 70-year old resort is embellished with turrets, balconies and shuttered windows; decades of caring for guests are part of the hotel's DNA. Amid a sea of leisure activities for the family, Spa Villegia Manoir St-Castin is a haven of tranquility.

Feel the magic the minute you walk in the door. A therapist welcomes you with a warm touch. Recommendations follow. A lymphatic drainage to detoxify your body? Perhaps an hour of reflexology to stimulate your internal organs? Maybe a body scrub with marine salts? That will boost your energy to an all-time high.

Spa products are sourced from Canada's oceans, forests and fields. Before embarking on a massage, be sure to choose an aromatherapy oil manufactured by Québec City's Heliolab. Soak in a bath of Golden Moor mud, a unique product from Casselman, Ontario, rich in vitamins and minerals.

If you're seeking something mellow, try "Lavandoux" (roughly translated as "sweet lavender"), the spa's signature treatment. Feel your stress fading away, as tender hands deliver languid strokes to your body, face and scalp. Don't be surprised if you nod right off. Lavender is a powerful aid to deep, contented sleep.

### Highlights

- Book your spa treatments when you reserve your room at Manoir St-Castin
- Chill out beside the floor-to-ceiling windows and gaze out at Lac- Beauport
- Introduce your excited small fry to the wonders of a massage: a relaxation session under careful hands will calm them right down
- Buy Quebec-made Bleu Lavande products at the spa boutique

### Remember

- In winter, head for the spa after a day on the Stoneham ski slopes
- Paddle a kayak or a canoe for a wide-angle view of the resort—and just plain fun!
- Hike or canoe among stands of black spruce and sugar maples at Jacques Cartier National Park
- Walk off the calories with a round of golf at one of two nearby courses, then return to the spa for a hot stone massage

Secluded.  
Castle.  
Nurture.





# Amerispa Fairmont Le Manoir Richelieu, La Malbaie

Discover an authentic French retreat renowned for rejuvenation and pampering in Quebec's famed Charlevoix region.

As you enter Fairmont Le Manoir Richelieu, your first thought is, "wow." Nestled majestically between the St. Lawrence River and mountains in the famed Charlevoix region of Quebec, the resort is a vision of historical splendour—the perfect blend of the quiet charm of the countryside with the sophistication of a world-class resort.

This ambiance sets the stage for the ideal spa experience at Amerispa, located within the hotel. You're delighted by the extensive selection of health, wellness and beauty treatments—your only challenge is what to choose...

A few suggestions: Experience the healing Japanese Ritual—a therapist briskly scrubs your skin clean with a mix of black, green and white tea leaves, sea salt and essential oils, before cocooning you in a wrap containing a three-tea cream mask to further tone and detoxify. It's utterly rejuvenating. Or choose treatments that make use of indigenous products: Maple Sugar Exfoliation, Elixir Ice Cider Massage, Soft Lavender Body Polish. After a day on the fairway, the 19th Hole Package proves just the remedy for aching muscles: a Warm Pebble Massage, Pain-relieving Thermal Poultice and Revitalizing Leg Break (legs are inserted into long boots that inflate from bottom to top in order to create a draining effect, which stimulates blood and lymphatic circulation).

You might be tempted to spend the majority of your time at Amerispa Fairmont Le Manoir Richelieu, but take time to explore the surrounding area. The Charlevoix region has been attracting visitors for over a century thanks to its spectacular setting and exquisite cuisine.

## Highlights

- Try the Sea Breeze Package, which includes three hours of quality pampering
- Discover the regenerative qualities Active Anti-Aging Facial, designed to reduce the appearance of fine lines and wrinkles
- Bring your bathing suit: the hotel is home to two outdoor swimming pools, an indoor and an outdoor hot tub (open year-round)
- Purchase Darphin, France Laure and Phytoceane products as well as Amerispa's own signature line to take home

## Remember

- Tee off at the hotel's world-renowned 27-hole championship course, which offers extraordinary view of the St. Lawrence River
- Eat! Charlevoix is a region known for its cuisine and blessed with celebrated restaurants
- Try your luck at Charlevoix Casino, situated only a few steps from the hotel
- Try alpine and cross-country skiing at Mont Grand Fonds and Le Massif, home of the highest elevation east of the Canadian Rockies



## Spa Villegia du Manoir des Sables, Orford

Refresh and relax at this sports-centric resort  
spa in the Eastern Townships within sight  
of Mont Orford's ski trails.

Be as active as you like at Manoir des Sables, a sports-oriented resort in Quebec's Eastern Townships—antidotes to sore muscles and depleted energy are close at hand. Get back on track with a lymphatic drainage, body wrap or invigorating whiff of oxygen at Spa Villegia, each applied with skill by a versatile staff trained in many disciplines.

Choose how you want to unwind. Primp and pamper at the aesthetic centre on the main floor of the hotel or alternate between hot and cold pools at the Nordic spa outside. Wallow in whirlpool baths or steam up at the balneotherapy complex on the ground floor. A Moroccan-style hamam soothes your aching limbs. A pounding rain massage brings them back to life.

The spa products originate in Canada's forests and fields. When you book a massage, ask for aromatherapy oil from Québec City's Héliolab. Soak in a bath of Golden Moor mud from Casselman, Ontario. Rich in vitamins and minerals, the therapeutic mud leaves your body charged with energy, ready to take on the world.

If you're seeking something more mellow, try "Lavandoux" ("sweet lavender"), Manoir des Sables' signature treatment. Feel your stress fade away as tender hands deliver languid strokes to your body, face and scalp. Don't be surprised if you nod right off. Lavender is a powerful aid to deep, contented sleep.

### Highlights

- After a round of golf on the hotel's 27-hole course or a day on the ski slopes, loosen up tight muscles with a back massage
- Zone out with your significant other in Room 5; from the balcony, drink in the view of Mont Orford, the golf course and Lac Écluse, the resort's private lake
- Contemplate whether you should book a long or short hot stone massage and wonder how much pleasure your body can stand...
- Relax between treatments with a therapeutic bath

### Remember

- Book your spa treatments when you reserve your room at Manoir des Sables; winter is particularly busy with skiers who come here to relax after a day on the slopes
- Wander the recreational trail that winds through the landscaped grounds, enjoying the mountain scenery
- Buy locally made Blue Lavande products at the spa boutique
- Drop by the hotel dining room to sample the Eastern Townships' regional specialties such as duck, lamb and rabbit







# Spa Fairmont Le Château Montebello, Montebello

Pack days with fitness activities, relax in the spa, explore  
a great natural setting where rustic meets refinement.



Well-being.  
Vitality.  
Retreat.

Feel the warmth of the fireplace on cheeks glowing from a hydrating facial. Wrapped in blankets, you and your partner privately toast your anniversary with a glass of champagne. In the corner, the deep double bath has been drawn; the aroma of essential oils an enticing invitation. After the bath... side-by-side massages.

Embraced by a rugged nature and overlooking the Ottawa River, Quebec's Fairmont Le Chateau Montebello fairly shouts romance from its historic rafters. At the spa, enjoy time together or relish solo space. Either way you win. Between treatments get a breath of fresh air. Try horseback riding, golf and clay-shooting or get behind the wheel of a Land Rover and hit the dusty trails. In winter, go curling or explore the countryside while dogsledding. Exhilarating.

Afterward, experience a Montebello exclusive: a Green Blanket Body Wrap with locally made maple products. Sweet. Or book the Quebec Nature treatment and be detoxified and nourished with healing local mud. Take a break from therapies to treat your body to marinated Atlantic salmon served from a bento box. Or sip on a special Fairmont-blended tea while nibbling on a healthy spa cookie still warm from the oven.

Take the time to select the perfect shade of polish for your Porch Pedicure, enjoyed as you gaze upon freshly manicured lawns (or a blanket of snow). Or get together with your girlfriends for a group manicure in the sun-kissed Salon du Soleil. Contemplate the total comfort of this landmark resort hotel.

#### Highlights

- Pick up a Maple Body Kit from B. Kamins at the spa boutique
- Sit and wonder at the imposing, six-sided fieldstone fireplace in the lobby
- Take a stroll or bike the 3-km (1.9-mi) nature trail around the property
- Try the Tarte au Sucre (Sugar Pie) or the Maple Crêpes at the buffet breakfast

#### Remember

- Play the exciting and challenging 18-hole Stanley Thompson-designed golf course
- Fish, canoe or hike at Fairmont Kenauk, one of North America's largest and longest established private reserves
- Stay in the Chateau, the largest log structure in the world and dating back to the 1930s
- Try curling, horseback riding, snowshoeing or another of the more than 40 seasonal activities









Escape.  
Waters.  
Mud.

## Euro-Spa, Saint-Ignace-de-Stanbridge

Escape to this hydrotherapeutic oasis of tranquillity  
in Quebec's Eastern Townships.

Enter Euro-Spa and you are welcomed like an old friend. You sense the healing atmosphere in this country haven of peace; you're looking forward to indulging in the spa's host of therapies. The challenge is deciding where to start—with a soothing massage? Perhaps an exfoliating body wrap designed to turn your skin silky smooth? Or a rejuvenating, anti-aging facial?

You discover that Euro-Spa stays true to its philosophy, *sanitas per aqua* "health through water": all treatments are combined with a choice of hydrotherapeutic baths. How refreshing. Cleanse your skin of toxins in a mud bath, relax in a soothing herbal bath, add some energy through an oxygen bath, soothe sore muscles in a sea-salt bath. Spa therapies blended with infused waters are the perfect combination to promote wellness. New in 2009 is the outdoor infrared sauna and mud hut—slather yourself in healing clay or mud, lay outside in the sun to bake their minerals into your skin, then rinse off in the nearby lake.

Check into one of 30 charming guest rooms for overnight stays, make use of the indoor and outdoor pools, and savour a meal at the spa's onsite restaurant, Bistrot Missisquoi, which offers delectable meals that feature region's local, seasonal ingredients, such as duck.

Euro-Spa is synonymous with a complete and satisfying spa experience. Situated in Saint-Ignace-de-Stanbridge, Quebec, it offers a taste of Europe right here in Canada.

### Highlights

- Coffee anyone? The signature Green Coffee Bodywrap has the ability to activate and stimulate the system by eliminating toxins from the body
- Sweat it out in a Turkish steam sauna or a dry Finnish sauna
- Hot and cold water tubs for plunging improve your circulation
- Try the cold water treading tubs, a rare but "good for you" experience

### Remember

- Euro-Spa offers 30 guest rooms that are available for overnight stays
- Book your services a head of time—especially on weekends—to ensure availability
- Explore the Brome-Missisquoi region of the Eastern Townships along hiking and cycling trails
- Purchase Euro-Spa products such as Pevonia, Natura and Gehwol to take home

## Spa du lac Taureau, Saint-Michel-des-Saints

Enjoy organic and traditional treatments in the warmth of a log hotel on the shores of a Lanaudière lake.



Forest.  
First Nations.  
Canadiana.

Wend past walls of pine to the hotel's "oasis of relaxation"—Spa Du Lac Taureau, found in the Auberge Du Lac Taureau in the Lanaudière region of Québec City and north of Montréal. Skin care is a specialty here; the trained staff gives expert advice. You like the idea of your body being nourished by organic, fair-trade and biodegradable products, handcrafted by Les Soins Corporal l'Herbier in the hamlet of Mont-Saint-Grégoire.

A deep cleansing starts the process, followed by a gentle massage over cheeks, neck and forehead. Feel the tension melt away. Close your eyes as a soothing mask, customized to your own particular skin type, seals in the natural goodness.

The spa's signature brands, showcased in a variety of other treatments, are sourced from the Lanaudière forest. Drawing on centuries'-old practices employed by Canada's First Nations people—who have long utilized ingredients from nature—the spa has designed an essential oil based on native plants. Lie back and relax as it gets to work purifying your body, draining your lymphatic system and boosting your circulation.

The pièce de resistance is an Amerindian massage by the edge of the lake—the spa's signature treatment. As you lie inside a traditional tipi, lazily listening as water laps at the shore, let your mind wander back to Canada's distant past.

#### Highlights

- Choose what ingredients might be best for a body wrap: seaweed, mud or mineral salts, or a combination of cocoa and soy
- Admire the carvings crafted by sculptor Roger Valade on the treatment room doors
- Put your feet up in front of the fireplace in one of the resort's privately owned log condos
- Book your spa treatments at the same time as you book your room at Auberge Du Lac Taureau

#### Remember

- Book a sightseeing flight on a floatplane, a common mode of transport around these parts
- Visit the Manawan First Nation Reserve, home to 2,400 Amerindians who celebrate their culture with an annual powwow in early August
- Forget the lighter side of spa cuisine—the cuisine of the Lanaudière region emphasizes game
- Drive along the Chemin du Roy ("King's Road"), the oldest road in North America, built to link Montréal to Québec City





Waterfalls.  
Wildlife.  
Wilderness.



# The Health Spa at Auberge Le Baluchon, Saint-Paulin

Discover a spa set amid in a natural enclave  
of protected islands and waterfalls in the heart  
of Quebec's Mauricie region.

Welcome to Auberge Le Baluchon, a full-service resort located in Saint-Paulin, gateway to the Mauricie region of Quebec. Lodging is scattered throughout Le Baluchon in a series of buildings, with its spa found in the Island Lodge. The resort is a haven for wildlife—beavers, deer and Canada geese—and the stressed-out humans who come to heal and unwind. Surround yourself with soothing vibes courtesy of Mother Nature.

At Le Baluchon's Health Spa, the sweet aroma of maple sugar fills the air as your skin is exfoliated from head to toe. Listen drowsily to a waterfall outside your treatment room's window. Welcome the gentle mist that leaves your body soft as a newborn babe.

Whatever ails you, the spa's signature treatments will provide a cure. Dry skin? A Goat's Milk Body Wrap provides the perfect antidote. The healing liquid soothes your skin, hydrating it back to health. Sore back? Try Lymphatic Drainage combined with a rolling massage. It's a special technique that few Quebec therapists have mastered, but at Le Baluchon, innovative treatments are constantly added to the spa menu, always designed with clients' needs in mind.

Between treatments, get to know the lay of the land. Wander along the planked walkway, listening to birdsong and the sound of your footsteps echoing against the wood. Stop and take a deep breath. Smell the tang of pine. You are at peace.

## Highlights

- Pamper yourself with the Total Tenderness Package, which includes a Goat's Milk Body Wrap and Swedish massage
- Book the Soothing Heat package for pressure therapy and a heated stone massage
- Try Le Baluchon's Anti-Stress Treatment, made up of an energy-building Swedish massage, plus polarity and Shiatsu pressure-point therapies
- Slather on chocolate: the Cocoa Powder Body Wrap smells almost good enough to eat

## Remember

- Book your spa treatment when you reserve your room at Auberge Le Baluchon to make sure the therapies and times are available
- Hitch a ride: Le Baluchon has a stable of trusty steeds whose gentle gaits ease you into a soothing rhythm
- Visit the sugar shack and learn how the sap from a tree can be turned into a fragrant ingredient for the spa's products
- Sample le Baluchon's regional cuisine prepared by Chef Patrick Gerome, a proponent of organic ingredients and the local "terroir"





Heritage.  
Intimate.  
Nature.

Towering evergreens, a waterfall so close you can feel the spray, a natural fish-spawning pond and ancient stone walls offer a sense of history. Take a deep breath of fresh air; feel a profound sense of peace.

At the Wakefield Mill Inn & Spa, treat yourself to signature therapies—the revitalizing Le Jardin body wrap or La Forêt, a three-in-one service that includes a Sea Essential Satin Peel, detoxifying algae body wrap and an application of moisturizing body milk. Your skin feels suddenly hydrated. Follow that up with a Dream Weaver massage under a canopy tent overlooking the La Pêche River and surrounded by forest.

Unwind in front of 8.5-m-high (28-ft) MacLaren Falls. Feel the spray. In an outdoor lounge embraced by nature, relax in a steamy hot tub and dip into the rippling waters of the river pool. The soft gurgling of the river lulls you. Stroll along forested nature trails or into the tiny historic town of Wakefield, Quebec. Shop for treasures or relax at a sidewalk café, watching the famous Hull-Chelsea-Wakefield Steam train pull into town.

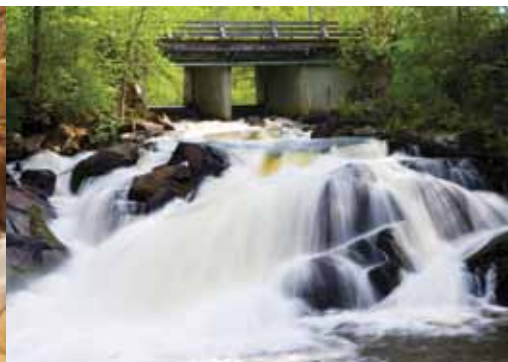
Have a late afternoon nap, then sit down to fine regional cuisine while enjoying views of the falls from the dining solarium. Sip a Canadian icewine in front of the stone-hearth fireplace before heading off to your comfy suite. Nature is at your door and thoughts of tomorrow's spa treatment on your mind. All is calm.

#### Highlights

- Pamper yourself with the Spa Trio package, which includes a Swedish massage, facial treatment and classic pedicure
- Book a Dream Weaver massage under a canopy tent overlooking the La Pêche River
- Try Le Jardin, the spa's signature body treatment
- Choose from one of five facial treatments, all of which use the RelexoThermal Method to relax, de-stress and provide healing benefits before the start of each facial

#### Remember

- Sample the award-winning contemporary regional cuisine and wine list
- Visit the town of Wakefield's charming historic covered bridge
- Hike or cross-country ski the countless well-marked trails in Gatineau Park
- Tee off at one of the area's five golf courses
- Pack hiking boots for the 200 km (125 mi) of the nearby Trans Canada Trail system that runs right past the front door





## Wakefield Mill Inn Spa, Wakefield

Escape to a romantic heritage setting with forests trails, waterfall, nature walks and revitalizing treatments located just minutes from Ottawa.





Hideaway.  
Adventure.  
Majestic.



Fairmont Tremblant  
[fairmont.com/tremblant](http://fairmont.com/tremblant)

# Amerispa Fairmont Tremblant, Mont Tremblant

Ski and board, then spa your way to total bliss  
in Quebec's Laurentian Mountains.

The last time you played with clay you were a kid, but now you find yourself face down on a massage table—is it possible to melt into it?—at Amerispa Fairmont Tremblant, as clay is massaged over your skin in slow, methodical strokes, stimulating circulation while transmitting all its mineral-rich properties into your body. Sublime.

Your aching muscles have been calling for a respite after a day on the slopes of Mont Tremblant, a recreational paradise just 130 km (80 mi) northwest of Montréal, Quebec. Here are magnificent mountains for alpine skiing/boarding and hiking, forests with their vast networks of cross-country ski trails, outstanding golf courses and too-numerous-to-count paddling routes.

You're here for the skiing, staying in the majestic mountain château that is Fairmont Tremblant, in no small part because it's home to indoor and outdoor pools and Jacuzzis, a Finnish sauna and Turkish hamam and best of all, a state-of-the-art Amerispa. When you come in from the cold after a hard day of play, the spa is waiting with open, pampering arms.

Today, start with the spa's signature maple sugar exfoliation; it'll leave your skin glowing. There's time later for an aromatic oil massage for your sore muscles—warm oil is gently massaged into those aching thighs and calves, leaving you almost giddily relaxed. Your partner can also make good use of the spa: the stretching massage is ideal for the sports enthusiast, as it encourages muscle and joint stretching in order to release the body of its tensions.

## Highlights

- Book your spa treatment when you book your room at Amerispa Fairmont Tremblant to make sure the services and times you want are available
- Try the Warm and Cold Basalt Stone Massage, ideal for aching muscles
- When purchasing two treatments and more per person, bring your bathing suit—you have free access to the water facilities
- Book the Sea Breeze Package, which includes three hours of quality pampering

## Remember

- Enjoy the Symphony of Colours in autumn, when the trees on the Laurentian hills turn fabulous hues
- Ski one of eastern North America's premier ski destinations in winter
- Stay in one of 314 guest guestrooms that offer incredible views of the mountain and the village at Fairmont Mont Tremblant
- Savour a meal in the picturesque village of Mont-Tremblant—there's something for every taste





Mountain.  
Retreat.  
Unparalleled.

After spending a day on the slopes of Mont Tremblant, Quebec, eastern Canada's highest peak, your muscles are aching—begging for some pampering. They're going to get that—and more—at Amerispa, located in Le Westin Resort & Spa at the mountain's base. Choose from 21 massages. The Elixir Cider Massage is tempting, with its vitamins and minerals, but ultimately you choose the Warm Pebble Massage, designed to deeply relax those sore muscles of yours.

Located at the mountain's base, in the heart of the village of Mont-Tremblant, Amerispa Le Westin Resort & Spa offers both the cozy atmosphere of an urban spa and the seclusion of a mountaintop oasis. Like many guests, you head to the spa after a morning or afternoon of skiing or boarding, hiking, mountain biking or paddling—the area, filled with mountains, forests and lakes and just 130 km (80 mi) northwest of Montréal, is considered a top destination for summer and winter recreationists.

Muscles cared for, you're tempted by so much more at the spa—a body scrub using scented lavender, an ultra-hydrating facial, a pedicure that uses honey and Shea butter. And while you're here, sweat out toxins in the Finnish sauna, revitalize your skin in the Turkish hamam or just relax in the heated outdoor pool.

The foundation of good wellness starts at the base of the mountain, here at Amerispa.

#### Highlights

- Try the Warm and Cold Basalt Stone Massage; it is ideal for aching muscles
- When purchasing two treatments and more per person, bring your bathing suit—you have free access to the water facilities
- Book the Moment of Happiness Package, which includes three hours of quality pampering
- Purchase Darphin, France Laure and Phytoceane products plus Amerispa's own signature line to take home

#### Remember

- Practice your golf swing on internationally acclaimed courses
- Enjoy the Symphony of Colours in autumn, when the trees on the Laurentian hills turn fabulous hues
- Ski one of eastern North America's premier ski destinations in winter
- Book your spa treatment when you book your room at Amerispa Le Westin Resort & Spa to make sure the treatments and times you want are available



# Amerispa Le Westin Resort & Spa, Mont Tremblant

After a full day of outdoor fun at Mont Tremblant, come inside to a mountainside oasis that is waiting just for you.



# Le Scandinave Spa Mont Tremblant

Relax and re-energize with the therapeutic taking-of-the-waters  
in the Quebec Laurentians.





Water.  
Nordic.  
Nature.

Sit back, relax and breathe in the heady scent of pure fresh air as therapeutic waters help soak, shower and steam your cares away. In the near distance the rushing waters of the Diable River lull you into a sense of peace.

At Le Scandinave Spa Mont Tremblant, Canada's first and largest Nordic-style nature spa, take a dip into a variety of hot, tepid and cold baths, go for a steam, then cool off under a chilly river-water shower. Follow up with a relaxation break in a cozy lounge or in front of a stacked-stone outdoor fireplace. Then repeat, and repeat, until your body, mind and soul have totally succumbed. The ancient Scandinavian practice of the "baths" cleanses the body, improves blood circulation and releases endorphins known as the "health hormones." You are not only completely relaxed but spiritually and physically replenished.

Have in the nap in the Zero Gravity Pavilion, book a treatment for two—Swedish, hot stone or Thai yoga massages—or head to the bistro for some healthy snacking. Complete the day at one of the terraces, practicing meditation and absorbing the essence of nature all around you. Or take another round of "waters," then stretch out the kinks in a yoga class. Sometime during your stay, head to the nearby hills of Mont Tremblant for skiing in winter and hiking in summer.

#### Highlights

- Experience the beneficial effects a Scandinavian spa: Finnish sauna, Norwegian steam bath, outdoor hot baths and thermal waterfalls
- Re-energize with a yoga session in the Zero Gravity Pavilion
- Reduce stress, increase circulation and release muscle tension with a Swedish massage
- To benefit from Scandinavian baths, follow repeat the circuit three to four times of warm waters to cold waters to rest

#### Remember

- Enjoy the warmth of the stacked-stone outdoor fireplace, even in winter
- Nap in one of the outdoor hammocks to sound of the rushing Diable River waters
- Take a ski day at Mont Tremblant Ski Resort. The spa is just a 10-minute drive away
- Thanks to a vast network of lakes, the region is an ideal canoeing destination in the summer



Le Scandinave Spa Mont Tremblant  
[scandinave.com](http://scandinave.com)

Sophisticated.  
Urban.  
Wellness.



# Amerispa Château Bonne Entente, Sainte-Foy/Québec City

Indulge in a delectable spa experience in one  
of North America's oldest cities.

After a day of touring one of North America's oldest cities (Québec City celebrated its 400th anniversary in 2008) and the continent's only walled city north of Mexico, you're ready for some serious pampering. You're going to get exactly that at Amerispa Château Bonne Entente in the Ste-Foy district of the city. The spa's treatments range from signature massages to body wraps to facials—even pressotherapy for the legs, which relieves tired legs (from all that walking!) and helps to reduce swelling due to water retention.

Amerispa also incorporates indigenous products such as ice cider, lavender and peat mud into its treatments. Quebec is the largest maple syrup producer in the world, and the spa offers a range of maple sugar-based therapies that are both moisturizing and soothing, such as the Maple Sugar Exfoliation. If you only have time for one treatment, don't miss the Haute Couture Body Wrap with Elixir Ice Cider, an incredible anti-aging infusion to revitalize and balance your skin.

Amerispa Château Bonne Entente is located just minutes from the heart of Québec City. The Château Bonne Entente is one of the most sophisticated and elegant venues in Canada and is a member of Leading Hotels of the World, offering gorgeous rooms and suites. The Amerispa experience will leave you feeling renewed and pampered—ready to take on the sites in one of the most alluring cities in North America.

## Highlights

- Book your spa treatment when you book your room to make sure services and times are available
- Take some of the Signature Amerispa products home, as well as Darphin and France Laure
- Try the Warm and Cold Basalt Stone Massage, ideal for aching muscles
- After you have indulged in spa treatments take a horse and carriage ride through Québec City

## Remember

- Enjoy the rich culture and heritage of Québec City
- Downhill and cross-country ski enthusiasts can hit the slopes and the trails of Mont Stoneham and Mont St. Anne, 30 minutes from the hotel
- Just a few minutes from the hotel lies the majestically designed La Tempête Golf Club, stretching over 80 ha (200 ac)
- The hotel has two outdoor spas open year-round and an outdoor swimming pool (open May to October)



Historic.  
Rejuvenating.  
Seaside.

# New Brunswick

Fredericton



1

St. Andrews

1 The Spa at the Fairmont Algonquin, *pg. 113*



*\*Map locations are approximate only.*

The Spa at the Fairmont Algonquin  
[fairmont.com/algonquin](http://fairmont.com/algonquin)

# The Spa at the Fairmont Algonquin, St. Andrews

Soak in the history of an elegant, century-old resort  
dedicated to restfulness and seaside benefits.

The very essence of the seaside location of the Spa at the Fairmont Algonquin promotes a healthy glow. You feel a sense of revitalization here. Perhaps it's because of the resort's history, one steeped in wellness. It could be the appealing, salty air of New Brunswick's St.-Andrews-by-the-Sea. Maybe it's the sense of peace created by the traditional and elegant hotel itself.

As the spa, replenish your body with the Body Salt Glow, followed by the Seaweed Body Wrap—you'll feel the marine benefits both inside and out. Or receive a vitamin C boost through the C & Sea facial—leave with your skin feeling restored and refreshed. Afterwards, relax in the spa lounge sipping a peppermint tea and thinking about the days when guests were given a choice of saltwater or freshwater baths in their guest rooms.

Take a stroll down the hill to the main street of charming St. Andrews-by-the-Sea, a jewel of a town on the shores of Passamaquoddy Bay. Walk the wharf, breathe in the salty air, browse shops and galleries. Back at the hotel, book an extra day's stay for a round of golf. Take time for a rousing game of tennis before tending to tired muscles with a customized massage. A relaxing whirlpool completes your day.

The therapeutic virtues of days gone by linger still in this seaside haven of rejuvenation. It's worth its weight in salt.

## Highlights

- Leave your cares behind at this historic property with meticulous lawns and gardens
- Feel luminous after the Algonquin European facial, known for its cleansing and hydrating properties
- Immerse yourself in a good book by the outdoor heated pool
- Discover the genuine warmth and hospitality of the Maritime people

## Remember

- Sit down and sample the delights of Afternoon Tea on the Front Veranda
- See if you can catch sight of the Algonquin's resident bellman ghost
- Sip on a refreshing Algonquin Sunset cocktail from the rooftop garden
- Browse the art galleries and shops of St. Andrews-by-the-Sea, Canada's first seaside resort town



Unwind.  
Serenity.  
Oasis.

# Nova Scotia



## Wolfville

1 Eau Spa at the Old Orchard Inn, *pg. 115*



*\*Map locations are approximate only.*

Eau Spa at the Old Orchard Inn  
[eauspa.ca](http://eauspa.ca)



# Eau Spa at the Old Orchard Inn, Wolfville

Discover an oasis of serenity and the healing properties of apple blossoms in the heart of Nova Scotia's Annapolis Valley.

You enter Eau Spa from the Old Orchard Inn, a historic Acadian building near Wolfville in Nova Scotia's picturesque Annapolis Valley. You just have time to register the breathtaking view of the Bay of Fundy (home of the world's highest tides) before you're whisked away for your first treatment.

You've chosen the Apple Blossom Facial because your tired skin needs re-energizing and that's just what this signature treatment promises to do; and as this is apple orchard country, it feels appropriate. You leave refreshed, surrounded by the lingering scent of apple blossoms, your skin glowing. Next up, the hot basalt stone massage. These stones are indigenous to the area, washing up on the shores of the bay; soon, you're face down, almost melting into the massage bed as your muscles release their tension.

You find yourself drawn outside—hiking in the wooded wonderland, kayaking in the bay during high tide, visiting the charming town of Wolfville. Later, you sit by the massive stone fireplace in the Acadian Room, indulging in freshly caught lobster from world-renowned Halls Harbour and an apple dessert with fresh fruit from the valley's orchards. Mmm.

Before you leave the spa relaxed and refreshed, stop by the new Kevin Murphy hair salon. You feel like a new you inside. After a new cut and colour, you look like a new you, too.

## Highlights

- Rejuvenate your tired skin with the signature Apple Blossom Facial
- Unwind during the Hot Stone massage, which incorporates basalt stones that wash up onto the shores of the Bay of Fundy
- Book your spa treatment when you book your room at the Old Orchard Inn to make sure treatments and times are available
- Menu highlights in Acadian dining room include fresh, local lobster and Digby scallops

## Remember

- Take some Eau Spa products home, such as Jane Iredale Mineral Cosmetics, Dermalogica and Nature's Body Works.
- Stroll through the 20-ha (50-ac) apple orchard overlooking Cape Blomidon
- Kayak in nearby Bay of Fundy, home of the world's highest tides
- Enjoy a local winery tour in Grand Pré or Gaspereau Valley



## Practical information for planning your spa holiday in Canada

### Provincial tourism agencies:

British Columbia  
[hellobc.com](http://hellobc.com)

Alberta  
[travelalberta.com](http://travelalberta.com)

Saskatchewan  
[sasktourism.com](http://sasktourism.com)

Manitoba  
[travelmanitoba.com](http://travelmanitoba.com)

Ontario  
[ontariotravel.net](http://ontariotravel.net)

Quebec  
[bonjourquebec.com](http://bonjourquebec.com)

New Brunswick  
[tourismnewbrunswick.ca](http://tourismnewbrunswick.ca)

Nova Scotia  
[novascotia.com](http://novascotia.com)

Prince Edward Island  
[tourismpei.com](http://tourismpei.com)

Newfoundland and Labrador  
[newfoundlandlabrador.com](http://newfoundlandlabrador.com)

Yukon  
[travelyukon.com](http://travelyukon.com)

### Spa associations in Canada:

Leading Spas of Canada  
[leadingspasofcanada.com](http://leadingspasofcanada.com)

Ontario's Finest Inns and Spas  
[ontariosfinestinnns.com](http://ontariosfinestinnns.com)

Premier Spas of Ontario  
[premierspasofontario.ca](http://premierspasofontario.ca)

Spas Relais Santé (Quebec)  
[spasrelaissante.com](http://spasrelaissante.com)

### Other links:

Spas of America  
[spasofamerica.com](http://spasofamerica.com)

Travel to Wellness  
[traveltowellness.com](http://traveltowellness.com)

