

Voted top spa in Canada • 2006 - 2007 - 2008 • by SpaFinder Reader's Choice

STE. ANNE'S
A HALDIMAND HILLS SPA

RESERVATIONS 1.888.346.6772



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With the environment in mind, we have developed an interactive digital press kit. If you are viewing a printed version, we have provided link addresses below:

web addresses are provided for links:
photo gallery
<http://steannes.foliosnap.com/>
press releases
www.steannes/press_releases.html
press clippings
www.steannes.com/articles.html

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905-349-3704 ex 260

VOTED
TOP SPA
IN CANADA



Whether you are developing a story for television news, lifestyle programming, print or "e" mediums, we are staffed with field experts who can speak to a range of topics, current trends and issues including: spa operations & hospitality business, general health & wellness, massage, fitness, esthetics, food & relaxed living lifestyles. Over the years many stories have been written and told about our adventure and growth from a small bed and breakfast into Canada's leading purveyor of destination spas.

We welcome your news and feature story inquiries and are pleased to assist you with background information, content development and site tours of our facilities. In addition, we have a library of high quality digital images to support your feature stories.

photo gallery

press releases

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kudos and raves



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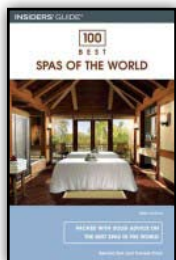
1995 to 2009
CAA Four Diamond
Service &
Accommodation Award



Canada's Only Aveda
Destination Spa



Active members of Ontario's
Finest Inns & Spas, ISPA, and
Leading Spas of Canada



"The 100 Best
Spas of the World"
by Bernard Burt
& Pamela Rice



Glow Readers' Choice 2004
Named one of the Top 10
Spas in Canada



Vogue Britain 2002
Named one of the
Top 10 Spas of the World



Toronto Fashion Magazine 2002
Named one of the
Top 10 Spas in Toronto



Chatelaine Magazine 2001
Named one of the Top 5
Canadian Spas

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just the facts

Ste. Anne's Spa

RR#1 Grafton, ON, K0K 2G0

Reservations: 1.888.346.6772

Outside Canada/US: 1.905.349.2493

Fax: 1.905.349.3156

Email: info@steannes.com

Website: www.steannes.com

Season: Year round

Owner: Jim Corcoran

Packages: Overnight and day spa

Accommodations: 28 units including superior and deluxe units and spa cottages as well as Heritage Suites.

Treatment Rooms: 25

Lockers: Day spa facilities for 40 guests

Treatments: Synchronized Tuning, Body Wraps, Body Masques, Stone Wraps, Aqua Polish, Dry Brush, Hydro

Massage, Mud Baths, Swedish Massage, Shiatsu, Aromatherapy, Thai, Lymphatic, Reflexology, Reiki, Scalp Treatment, Facials, Back Cleansing, Signature and Seasonal Treatments

In The Spa: All treatments feature the Aveda line of plant-based hair care, skin care, make-up and lifestyle products

Wellness: Yoga, Meditation, Stretch, Guided Walk, Bosu-Stability Ball, Snowshoeing

Water Source: Natural underground spring provides water for entire inn and swimming pools.

Building Size: 55,000 square feet

Property Size: 500 acres

Facilities: Outdoor Hydrotherapy, Eucalyptus Steam Room, Saunas, Whirlpools, Fitness Studio, Indoor and Outdoor Pool, Cardio Equipment, Weight Machines, Free Weights, Tennis Court, Walking Trails

Meals: all-inclusive, fine dining, lavish tea daily

Executive Chef: Christopher Ennew C.C.C.

Rates:

Day Spa from \$185/pp: includes use of facilities, lunch, \$100 spa credit and 1 group wellness class.

Overnight from \$425/pp dbl: includes accommodation, 3 meals, afternoon tea, \$100 spa credit and 2 group wellness classes. Seasonal promotions offered year round

Getting There: Located ninety minutes east of Toronto on the 401, Exit 487. Follow the blue Tourism Ontario signs that say "Ste. Anne's Spa".

What's Nearby: Presqu'île Provincial Park, Cobourg, Port Hope, golfing.

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Jim Corcoran was destined to be an entrepreneur. He started his first business in his teens (a tuck shop) and built a series of small, successful businesses over the years. He was elected as a school board trustee in Kleinburg, Ontario at the young age of 18 and was re-elected for two consecutive terms. This gave him the distinction of being the youngest person elected to public office, and his high school principal's boss.

An early proponent of computer technology (perhaps as a result of his father, Carl Corcoran, having been President of IBM Canada), Jim has parlayed his computer knowledge and business skills into several interesting endeavours, including transforming Ste. Anne's Country Inn into a profitable destination spa—and an industry leader. Jim is also a founding member of the Independent Innkeepers Association of Ontario (now Ontario's Finest Inns & Spas).

Jim attended York University, where he studied political science before leaving to pursue the renovation of the original Ste. Anne's building. Following a brief stint as a front desk clerk in Toronto, Jim joined ComputerLand, working his way up from salesman to manager of the national service sales program. It was this valuable experience that allowed him to approach his father with the idea of reenergizing Ste. Anne's Country Inn.

Today, Jim continues to develop exciting business ventures and relationships at Ste. Anne's Spa, continually drawing on his 17-plus years experience at the helm. He has overseen the Spa's growth from a Bed & Breakfast into one of Canada's first and largest, full-fledged Aveda destination spas.

Under Jim's direction, Ste. Anne's has grown to a 40,000-square-foot facility with 25 treatment rooms that offer a range of one-of-a-kind services including Moor Mud Baths, Vichy showers, and wellness programs. The Ste. Anne's holistic approach to overall wellness, nutrition, exercise and de-stressing, has flourished due to Jim's strong leadership and vision. It is because of Jim's direction that Ste. Anne's has annual sales of over \$9 million and is now a wellness destination sought out by people all over the world.



JIM CORCORAN
FOUNDER,
STE. ANNE'S SPA

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CHEF CHRISTOPHER ENNEW C.C.C EXECUTIVE CHEF



Drawing from 25 years of professional experience Executive Chef Christopher Ennew leads a culinary team at Ste. Anne's Spa that caters to the needs of spa guests from around the world. According to Chef Christopher... "Food does more than satiate the appetites of guests at Ste.

Anne's Spa." He understands that "the creation of exceptional food warms the soul and lifts the spirits of guests who need to relax and escape the pressures of their busy lives."

Chef Christopher Ennew C.C.C.:

- Individual Gold Medallist in Luxembourg at ExpoGast '98
- Regional World Champions with the Ontario Team
- Member of: Canadian Federation of Chefs & Cooks, Escoffier Society of Toronto

NATALIE KELLAR - SPA DIRECTOR



Bringing over 14 years of spa and wellness industry experience to Ste. Anne's Spa, Natalie manages the largest spa facility in Canada, leading over 50 spa therapists in more than 25 treatment rooms. Natalie works with various Ontario Colleges, both with students and faculty, sharing the

facility and ensuring that upcoming therapists are exposed to the best the industry has to offer.

- Diploma in Technological Education, Queen's University 2000
- Licensed Hairstylist, Province of Ontario
- Certified Esthetician since 1997
- Volunteer- Children's Aid Society of Northumberland
- Ste. Anne's Pride Award for Initiative (2007)
- Advisory Board Member for Centennial College & Sir Sandford Fleming College

JODIE BARKER - WELLNESS MANAGER



Jodie Barker is Ste. Anne's Health and Wellness Coordinator. Jodie is also a personal trainer specializing in motivating clients into achieving their goals. Whether your goals are to tone up, lose weight or increase muscle mass, Jodie will guide you on your journey.

Jodie is a graduate of the Recreation and Leisure Service program at Loyalist College.

- Personal Training Specialist
- Nutrition & Wellness Specialist
- Fitness Consultant
- Certified Pilates Instructor
- Certified Yoga Instructor



We have many highly trained therapists and employees at Ste. Anne's, with strengths in many different areas. If you have a story idea, a column, or anything that requires a knowledgeable voice in regards to the spa or wellness industry, Canadian business, Lifestyle changes, or health issues, please don't hesitate to contact us and we will work with you to create a dynamic story.

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SPA PIONEER

Ste. Anne's is the leading expert in the Canadian spa industry, having created innovative wellness programs with unique treatment for over 17 years. Ste. Anne's is recognized worldwide for its high standards, and as such plays host to guests from North America, Europe and beyond.

THE "MAGNA CUM LAUDE" OF GRADUATION GIFTS

A getaway to Ste. Anne's is the perfect graduation gift from parent to child, and the perfect way to help the graduate start a new chapter in life. Before the exciting journey begins, practice healthy living and stress management techniques at the Spa.

TRAVEL TO THE TROPICS, WITHOUT LEAVING ONTARIO

Ste. Anne's Caribbean Therapy treatment whisks you to a world of tropical inspiration that makes you feel relaxed and refreshed—just like a vacation in the tropics.

MORE MUD, PLEASE

Make that "moor mud"... a blend of Ontario Golden Moor Mud mixed with Saskatchewan clay that promotes improved circulation and detoxification. Ste. Anne's boasts the only full-immersion mud baths in all of Canada. Research has proven that moor mud is an effective astringent, ion exchanger, hormone balancer, anti-inflammatory, and cell regenerator.

A MODERN COMING-OF-AGE CELEBRATION

Ste. Anne's Spa is the perfect place to celebrate 'coming of age' – mothers invite their daughters to celebrate the transition to womanhood.

FROM COLLEGE DROPOUT TO SPA INDUSTRY LEADER

Jim Corcoran, owner, and part of the founding family of Ste. Anne's, is a proven entrepreneurial success story. After dropping out of college, Jim had a vision and set Ste. Anne's on its pioneering path to spa industry leadership.

THE POWER OF TOUCH

Ste. Anne's believes in the healing power of touch and the innate human need for connection through touch—often neglected in the fast paced Western world. The restorative powers of touch are emphasized in the design of treatments at Ste. Anne's.

story ideas

GOLD-MEDAL CHEF PUTS HIS GOLDEN TOUCH TO STE. ANNE'S MENU

Executive Chef Christopher Ennew CCC is an award-winning chef committed to providing the best quality of food. His culinary philosophy is simple: to create delicious meals that are simple, fresh, and clean. Chef Ennew has also worked to develop unique recipes for those with intestinal diseases, following the Specific Carbohydrate Diet.

GIVE UP THE BOTTLE. (THE WATER BOTTLE, THAT IS)

As an eco-friendly destination, Ste. Anne's draws all of its water from an protected underground aquifer. The result is pure spring water flowing out of all the taps, even into the pool! We encourage our guests to use glasses provided or re-usable water bottles.

LIFE IN THE "STRESS EXPRESS" LANE

Ste. Anne's Spa recognizes the stress related to being in the express lane in life and literally getting stuck in proverbial and veritable traffic. Ste. Anne's starts to "take care" of their guests before their arrival at the spa, by offering the Stress Express service, which includes a train ride and then a chauffer service from the Cobourg VIA station (or a chauffeured limousine all the way). When you take the Stress Express, travelling to the spa becomes a welcome and instantly relaxing part of the journey to wellness.

THE LAST HURRAH

Before going to the chapel, head to the spa with girlfriends for one final pre-wedding getaway. Ste. Anne's "Friend's Spa Cottage Escape Package" is perfect for to the bride-to-be and her party to celebrate, connect with each other and rest before the big event.

MINI-MOON TIME

Ste. Anne's is the ideal post-wedding destination for the newly married couple to take time to enjoy each other's company between rejuvenating treatments. Book the luxurious, high-design and spacious Frances Hopkins or Maud Watt suites for this special time.

SEASONAL TREATMENTS

Ste. Anne's seasonal treatments, designed by Ste. Anne's therapists, often have a Canadian theme, like the MAPLE SHOWERS, hydrotherapy treatment, or CITRUS SUN, summer scrub. Inquire about this seasons selections.