

ste. anne's spa



Voted  
Top Spa in  
Canada

.....  
2006-2014

Long ago, in a simpler time, there was a sanctuary for the mind, body and soul set in an ancient castle atop the rolling hills of Southern Ontario - it still exists today! Drift back in time to a place free from the clutches of technology, impending deadlines and responsibilities. Clear your mind while you inhale healing aromas in our eucalyptus steam room, linger over delightful meals while lounging in your robe, curl up by the fire with your favourite cup of tea and allow the day to drift away.

Far too many of us neglect what our body and spirits need most: relaxation, revitalization and a chance to heal from the intensity of our daily routines. The Ste. Anne's Spa philosophy focuses on creating an atmosphere to help rebuild your strength, recapture your energy, and reflect on what's truly important in your life. Taking time for yourself is crucial, otherwise your health, family, work and spiritual life will suffer. A sojourn at Ste. Anne's Spa is an investment in yourself and your future wellbeing. Invest in yourself.

We're waiting for you.





## *accommodation*

Ste. Anne's Spa has nurtured a reputation as a warm and inviting place to rest, relax and regroup, offering guests four diamond accommodation in 28 unique and individually decorated guest rooms and spa cottages.



## *wellness*

Guided by certified instructors, guests are encouraged to reconnect with their mind, body and soul in a variety of group wellness classes including yoga, meditation, equine activities, walks, snowshoeing, and more.

A close-up photograph of a person's back during a spa treatment. Three dark, smooth, oval-shaped stones are arranged in a diagonal line on the skin. The background is softly blurred, showing a person's hands and a white towel.

## *Spa*

Our expert spa technicians assist guests in releasing their tensions and restoring energy. Choose from over 35 different therapies including mud stone wraps, Thai massage, aromatherapy, hydrotherapy and more.

A close-up photograph of a gourmet dish. A piece of white fish is served on a bed of red sauce, topped with a colorful mix of shredded vegetables and fresh green herbs.

## *Dining*

Catering to the needs of spa guests from around the world, Ste. Anne's chefs ascribe to the following: "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."

## features

- Canada's largest destination spa featuring day and overnight all-inclusive experiences
- Only 90 minutes from Toronto and easily accessible from major centres by VIA Rail
- CAA/AAA Four-Diamond service and accommodation, featuring 28 uniquely appointed guest rooms
- Large spa service menu including heat and hydrotherapy, body work, esthetic and seasonal treatments
- Delicious country cuisine served four times daily in a relaxed atmosphere
- Extensive recreational facilities including outdoor trails, hot tubs, cold plunge, swimming pool, steam rooms, saunas, fitness centre and tennis court
- Spa Boutique featuring a selection of signature gifts and unique items, as well as the exclusive skin care line, Ste. Anne's Skin Nourishment
- Ste. Anne's Bakery and café showcasing an assortment of baked goods, prepared meals and local farm products with a focus on gluten-free options
- Ste. Anne's Farm featuring equine programs such as Evening Turn-in, Morning Muck, Grooming Time and Learn to Ride



The Share the Secret Ambassador Program is our way of thanking you for your patronage and for spreading the word about Ste. Anne's wherever you go. Enroll online at [www.steannes.com/reward-program](http://www.steannes.com/reward-program) or at Guest Services when you visit.



Voted Favourite Spa in Canada by *SpaFinder Readers' Choice* 2006-2014  
as well as best for Girlfriends & Bachelorettes, best for Romance,  
best for Affordability & best for Men (2013 Awards)



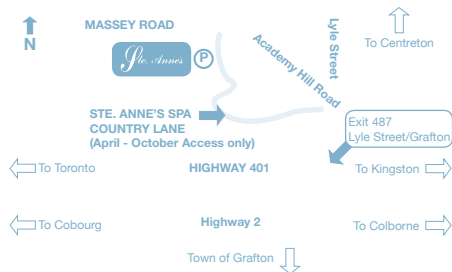
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*Just 90 minutes east of Toronto*