

# Get on the train, Jane

By Ashleigh McDougall

They come like pilgrims to the promised land, hundreds of guests a month searching for Jim Corcoran's brand of R&R. On a miserable day in the big city, many a Torontonian has salivated over the idea of hopping on the now famous Ste. Anne's Country Inn & Spa "stress express" never to return. For those of you who are spa newbies, the stress express is a cleverly packaged VIA Rail ticket that will take you from Toronto's Union Station to Cobourg. The spa combines a limo pick-up at the Cobourg station and a calming 20-minute drive through the country to Ste. Anne's in the rolling Northumberland hills. It's not hard to imagine how the rest of your spa day unfolds and why you really

wouldn't want to be rushing to get on the 5:00 p.m. return train.

Under Corcoran's direction, Ste. Anne's has grown to a one-of-a-kind destination spa that boasts a 40,000-square-foot facility with 30 treatment rooms that offer a range of healing services, including chocolate moor mud baths, Vichy showers and enriching life-coaching programs. As he says, "Our approach to your well-being is simple: we provide what you need to relax, revitalize and heal. Our goal is to look after you and help you return home with an energized body and a blissful spirit, better able to nurture what matters most in your life: your relationships, your health, your work and your dreams." The Ste. Anne's

focus on overall wellness, based on a balance of nutrition, exercise and de-stressing activities, has flourished as have the grounds and accommodations. Fresh air, sunset walks, and local organic foods round out the picture.

Ste. Anne's is a leader in the spa industry with more than 15 years of innovation and unique treatments. It's recognized worldwide and is Hollywood North's spa of choice for regulars such as Avril Lavigne, the Tragically Hip, Ted Danson, Mary Steenburgen and others who, of course, must remain anonymous. And once again it's the only Ontario spa that warrants inclusion on the "100 best spas of the world" list. ■

[www.steannes.com](http://www.steannes.com)



Check the Ste. Anne's website for a variety of special programs including the popular "executive overhaul."