

# Ste. Anne's, A Haldimand Hills Spa

GRAFTON, ONTARIO, CANADA



**S**TE. ANNE'S COUNTRY INN & SPA. The heart of Haldimand Hills Spa Village is the magical stone inn of Ste. Anne's, which gazes down on 570 acres of forested rolling hills overlooking Lake Ontario. Ste. Anne's, Ontario's largest destination and day spa, offers extensive spa facilities, luxuriously appointed guest rooms, fine dining, and a comprehensive array of spa treatments to choose from.

Situated on a natural underground spring, Ste. Anne's incorporates these healing waters into many of its relaxing spa services. Signature treatments include Synchronized Tuning, Aroma Stone Massage, full-immersion Moor Mud Baths, Caribbean Therapy, and the Aqua Polish. The expert staff at Ste. Anne's also perform many alternative therapies as well, such as Reiki, Reflexology, Shiatsu, Thai Massage and Aromatherapy. As an Aveda destination spa Ste. Anne's uses this highly regarded skin care line exclusively in all treatments, including massage, hydrotherapy and esthetics.

Maison Santé, Ste. Anne's dedicated fitness facility, offers an indoor therapeutic pool, sauna, whirlpool, free weights, and the latest cardio training equipment. Group fitness classes, personal training sessions and private yoga retreats are available to help guests achieve their wellness goals.

With the completion of its expanded

west wing in 2004, guests can experience an entirely new level of elegance and quality at Ste. Anne's Spa, with six new suites, seven new treatment rooms, and exquisite new day spa facilities. Crowning the new wing are two distinctive heritage suites, featuring imported furnishings, fireplaces, large whirlpool tubs, and breathtaking vistas of the lake.

Surrounding the main inn at Ste. Anne's are five private guesthouses. Truly a unique aspect of the "spa village" experience, each guest house is uniquely decorated with hand-chosen antiques and feature kitchen facilities, spacious living rooms and full access to the services and amenities of the main inn. Sojourns at the guest houses can be customized with a personal chef to create an intimate and memorable dining experience.

Dining at Ste. Anne's is designed to engage the senses and contribute to an overall sense of well-being. Its spa cuisine is prepared with the highest nutritional standards, incorporating seasonal favorites, often from Ste. Anne's own gardens.

Located only 75 minutes east of Toronto, Ste. Anne's has earned international recognition as one of the top ten destination spas in the world by Vogue-Britain magazine. Guests may take advantage of the Stress Express service, including train transportation and delivery to the spa by chauffeured limousine.

## SPECIALTY TREATMENTS & PROGRAMS

Synchronized Tuning • Aroma Stone Massage • Caribbean Therapy • Moor Mud Hydro Wrap • Full-Immersion Moor Mud Bath

**ACTIVITIES** Introduction to Yoga • Resistance Training for Golf & Skiing • Body Composition • Fitness Assessment & Program Design • Intro to Pilates • Back to Abs Walking for Fitness • Weight Loss Consultation • De-Stress with a Breath • Guided Meditation

**FACILITIES** 37 Rooms • Indoor & Outdoor Pools • Hydrotherapy Pools • Tennis • Eucalyptus Steam Rooms • Walking/Skiing Trails • Fitness Center

**PACKAGES** All-Inclusive Spa Package

**RATES** Starting at \$425, all-inclusive

**PRODUCT LINE** Aveda

## CONTACT INFORMATION

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