

June 29, 2004

Haldimand Hills Spas Creates New Outdoor Treatment

“Le Jardin d’Été” Offers a Journey of the Senses

GRAFTON, Ontario – Just in time for summer, the spa experts at Haldimand Hills Spas have developed a unique new treatment exclusively for the great outdoors. Called “le Jardin d’Été” (translated from the French for ‘summer garden’), this treatment uses a multi-sensory approach combined with natural herbs and tingsha bells to release tension and balance the physical, emotional and spiritual self.

Designed to create a relaxing journey of the senses, this treatment features lotions and elixirs infused with fresh lemon thyme and mint hand-picked from the gardens of Ste. Anne’s Spa. Flowing from gentle massage, to refreshing cool towel compresses to guided meditation, le Jardin d’Été harmonizes sound, touch, taste, sight and scent to produce a lasting calming effect.

Offered exclusively in the outdoor garden gazebos at Ste. Anne’s Spa, the treatment involves elements from several modalities, including reflexology, Thai massage and Swedish massage. Hydrating lotion containing organically-grown lemon thyme is applied to the face as an anti-oxidant to draw out impurities, followed by a mint-infused cream massaged onto the feet to promote good circulation. This hour-long treatment ends with a refreshing mint lemonade and a small keepsake featuring gifts from the garden. Surrounded by the sounds of nature and fresh country air, the deep relaxation guests experience is just one of the many inner benefits this treatment provides.

Le Jardin d’Été is available to spa guests from July 1, 2004 until August 31, 2004.

Located 75 minutes east of Toronto in Grafton, ON, Ste. Anne’s Spa is operated by flagship company Haldimand Hills Spas. Haldimand Hills Spas is the largest destination spa operation in Canada, offering the finest wellness experiences in natural healing environments. For rates and reservations call 1-888-346-6772.

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“To bring to the world the power of healing through human touch.”