

April 1, 2004

## **New Seasonal Treatment Created by Haldimand Hills Spas**

### ***“Maple Showers” Treatment Maximizes Health Benefits of Ancient Syrup***

GRAFTON – Haldimand Hills Spas is pleased to introduce its latest seasonal spa treatment for Spring – *Maple Showers*. Developed by the expert team of spa therapists at Haldimand Hills, this relaxing new treatment combines the best of hydrotherapy and deep tissue work with the therapeutic benefits of maple syrup.

The 45-minute treatment begins with an exfoliating maple sugar scrub applied to the guest’s back, décolleté, legs, and arms. Then the guest is wrapped in an insulating layer of linens while enjoying a gentle face, scalp and foot massage, using the maple scrub. Following this warming process, the guest is moved under the Vichy shower where the therapist massages natural oils onto the guest’s legs and back under the flowing water. The body is then cooled by a misting of maple water, and the treatment is completed with a maple elixir, offered to the guest for hydration benefits.

After the treatment is finished, each guest receives a maple treat and learns a native legend explaining the origins of maple syrup from the Iroquois tradition. Several maple products are incorporated in this treatment, including maple sugar scrub, maple sap for the cooling spritz, maple elixir and maple candy. Each product is 100% pure, enabling the body to absorb many vital nutrients, including calcium, potassium, magnesium, phosphorous, manganese, and vitamins such as niacin, B5, B2, folic acid, B6, biotin and A. This treatment is designed to promote a range of health benefits, both internal and external, such as exfoliation, hydration, detoxification and increased circulation.

“Our goal in creating *Maple Showers* was to reveal the special properties of local, organic ingredients,” says Christine Pearson, Spa Director for Haldimand Hills Spas who oversees the Seasonal Treatment program for the spa. “This treatment is helping us increase the wellness experience for our guests by connecting them to the natural healing properties found in the Canadian environment.”

Seasonal treatments are researched and developed on a quarterly basis as part of Haldimand Hills Spas’ commitment to provide leading-edge spa services for its guests. *Maple Showers* was launched April 1, 2004 and will be available only until May 31, 2004.

Haldimand Hills Spas is located 75 minutes east of Toronto, near Grafton, Ontario and is home to Ste. Anne’s and The Hillcrest Victorian Inn & Spa, Port Hope. For rates and reservations call 1-888-346-6772.

**For more information, please contact:**

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Haldimand

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