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Unique Discovery Creates Signature Canadian Spa

Canada's Purest Therapeutic Mud Featured at Ste. Anne's Spa

GRAFTON – When Jim Corcoran, owner of Ste. Anne's Spa, went looking for the best mud to fill his new mud baths, his quest took him around the world. His search ended abruptly when he discovered that one of the world's purest deposits of moor mud was found right in his home province of Ontario, only 3 hours away from his spa.

"It was imperative that both the therapeutic benefits and purity of the mud were of the highest quality," says Corcoran, a leader in the Canadian spa industry for more than 13 years. "I was excited to learn that not only did Canada's unique geology create the optimum conditions for moor mud in a few select areas, but that one of the purest sources to be found anywhere in the world came from Casselman, Ontario, located practically in our backyard."

Derived from ancient peat bogs, moor mud is the result of a 30,000-year-old process as decomposing prehistoric plants were compressed into a deep, rich, black magma. As the glaciers receded during the Ice Age, draining melt water deposited the magma in clay beds along what is now the St. Lawrence and Ottawa Valleys.

Upon its detection in 1987, rigorous testing of this mud confirmed it contained a truly unique collection of organic materials, including minerals and trace elements such as volatile oils, amino acids, waxes, resins, phyto-hormones, vitamins, enzymes, and natural anti-biotics. Extracted by Golden Moor, this particular mud also contains extremely high levels of humic acid. The humic acid is highly valued by spa therapists for its ability to aid in treating more than 60 external and internal body ailments, including chronic arthritis, bursitis, eczema, acne, fibromyalgia, rheumatism, psoriasis, and many more.

"Since their origins in Roman times, spas grew from natural healing sites, such as mineral springs and hot mud pools," says Corcoran. "Ste. Anne's is home to a rich underground supply of natural spring water, discovered by former owners more than 60 years ago. Inspired by the natural gifts of Ste. Anne's, our mission has always been to promote a Canadian approach to wellness by developing new treatments designed to strengthen our connection to the natural world."

Today, moor mud is used in four signature treatments at Ste. Anne's Spa, including the full-immersion Moor Mud Bath at Ste. Anne's, the only one in Canada. Ste. Anne's adds Saskatchewan Clay to its mud baths to create a distinctive Canadian formulation that enhances the mud's ability to increase circulation and the skin's capacity to absorb vital

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nutrients. Other treatments offering these and additional benefits are the Moor Wrap Hydro Massage, Contouring Mud Stone Wrap, and the Firming Moor Mud Facial.

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With the incorporation of native moor mud into its treatments, Ste. Anne's Spa became a pioneer defining the Canadian spa experience. Renowned as a special healing place, Ste. Anne's Spa emerged from an historic farmhouse into an expansive fieldstone "castle" overlooking the shores of Lake Ontario. Guests from around the world have come to enjoy the unique combination of moor mud treatments, stunning location and seasonal opportunities, making Ste. Anne's Spa one of Canada's most popular destination spas.

Located one hour east of Toronto, Ste. Anne's Spa in Grafton, and the Hillcrest Spa in Port Hope, Ontario are both operated under the flagship company called Haldimand Hills Spas. For rates and reservations call 1-888-346-6772.

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