

Ste. Anne's Spa Launches Wallet-friendly Spring Spa Getaways

**PRESS
RELEASE**

All-inclusive midweek spa packages from \$325, per person, per night

Cobourg, Ontario - March 26, 2008 - All-inclusive spring packages at Ste. Anne's Spa offer a breath of fresh air to those wanting to take time out for themselves in order to be their best for those they care about the most.

Spring to Life, offered from Sunday to Thursday, April 1-31, celebrates the arrival of the new season. This revitalizing spring package features a Minerva Aqua Polish Treatment with a soothing hydrotherapeutic massage, followed by an exfoliation and your choice of Aveda Body Polish, and a relaxing Vichy Shower. Also included are one night's accommodation, breakfast, lunch, afternoon tea, and dinner; your choice of one wellness class; and complete use of all facilities.

Visit Ste. Anne's Spa to renew your winter-weary spirit. **The Warm Embrace package, offered from Sunday to Thursday, May 1-29**, features a Rose Petal and Lavender Foot Therapy Treatment, with a soak, nail-shaping, a foot massage, and a hydrating foot masque. This luxurious treatment will leave you feeling cleansed and prepared to begin the new season. A workshop, such as a cooking class or an Aveda skin-care seminar, is included, as are one night's accommodation, breakfast, lunch, afternoon tea, and dinner; your choice of one wellness class; and complete use of all facilities.

Pamper yourself and enjoy **Fresh Start, offered from Sunday to Thursday, June 1-30**. This package is the perfect way to unwind as the summer gets into full swing. Revel in a Caribbean Aqua Therapy Treatment, which uses healing touch. Tropical ingredients such as mango and cocoa butters invigorate the senses, and a Vichy shower induces full relaxation. The equally delightful Caribbean Foot Rejuvenation Treatment, which includes a scalp massage, leaves feet feeling soft and hydrated. Also included are one night's accommodation, breakfast, lunch, afternoon tea, and dinner; your choice of one wellness class; and complete use of all facilities.

Ste. Anne's is one of a small group of Aveda destination spas in the world, offering a range of day spa and overnight experiences to spa goers for more than 17 years.

Ste. Anne's Spa is located 75 minutes east of Toronto, near Grafton, Ontario. To inquire about rates and availability, please call 1-888-346-6772

For more information, please contact:

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