



SPAS

Vintage Hotels' guests can surrender to serenity at three exquisite spas. The two Niagara-on-the-Lake spas, **Secret Garden Spa** and **100 Fountain Spa**, have been on the list of Top 50 Spas in North America (SpasofAmerica.com, 2007-10), while **Millcroft Spa, Centre for Well-Being** in the Village of Alton-Caledon joined the list in 2010.

An expert team of highly skilled aestheticians and registered massage therapists is primed to restore the harmony of body, mind and soul. All three spas offer a wide range of therapies, programs and signature treatments with a focus on a holistic approach to health, skin care and overall well-being.

Spa goers can choose from a variety of delights such as unique signature treatments, aromatherapy massage, reflexology, facials, body wraps and medical treatments. Guests are welcome to enjoy the heated indoor pools and whirlpools, outdoor pools, and fitness facilities. The Niagara-on-the-Lake spas provide an on-site fitness consultant dedicated to helping guests improve their health.

SECRET GARDEN SPA, PRINCE OF WALES

In 2008, Secret Garden Spa underwent an extensive reconstruction transforming it into a 5,100 square foot spa influenced by the natural elements of earth, fire and water. Its clean design and chocolaty colour palette are complemented by splashes of aqua.

An intimate lounge area welcomes spa-goers to sink into a fine selection of body-friendly seating, whether in a private corner adjacent to the 120 gallon freshwater aquarium, or on a comfy sofa near a fireplace. The antique mantel of the fireplace is original to the 144-year-old Prince of Wales and stands as one of the only reminders to guests enjoying this state-of-the-art spa that they are actually sitting within a very historic building. Mood lighting and a trickling water wall feature encourage relaxation in the lounge, while a floating bamboo hardwood floor promotes quieter hallways between its 4 treatment rooms, each named after a garden flower. A group salon accommodates 3 manicures and 3 pedicures at once.

Treatments at Secret Garden Spa have a distinct flair. Combining the spa's focus on overall health and wellness with the influence of ancient healing arts has resulted in a series of signature treatments using tea. It's no wonder that, as the finest teas from around the world are being served in its renowned Drawing Room, Prince of Wales also showcases its tea expertise in the spa.

In addition to providing guests a wide range of traditional treatments such as massage and aesthetics, Secret Garden Spa features its own "Specialtea" treatments. Green, white and rooibos teas which contain polyphenols beneficial to health are all essential elements in treatments such as the Green Tea and Sugar Cane Pedicure and the Silk Road Tea Facial.

The Niagara-on-the-Lake spas feature an exclusive line of body and skin care products, called *Vitality*, handcrafted in a private laboratory using all-natural ingredients. *Vitality* products are used in every spa treatment, including the "Specialtea" treatments at Secret Garden Spa.

For further information, please contact Kelly Exelby, Manager of Spa Operations at 905-468-2123.

100 FOUNTAIN SPA, PILLAR AND POST

Niagara natives and visitors alike have enjoyed the sanctuary of 100 Fountain Spa since it opened in 1996. This 13,000 square foot spa is a paradise like no other. A stunning reception area greets visitors in an environment that seamlessly blends classic and contemporary luxury. The luscious interior boasts a rich colour palette complemented by textural stone accents, soft trickling water features, and the warmth of elegant woodwork. Guests sit fireside in a plush spa lounge overlooking an exotic outdoor hot springs as they await a wide range of aesthetic and body treatments.

A manicure and pedicure salon has six chairs featuring built-in massage and air-jetted, hand-blown glass bowls plus six manicure stations to accommodate groups up to 12—perfect for de-stressing a bridal party or a conference group. Five additional wine-themed rooms offer state-of-the-art treatments amidst modern luxury and are sponsored by Niagara vineyards Inniskillin Wines, Chateau des Charmes, Reif Estate Winery, Marynissen Estates, and Frogpond Farm. The Spa's original treatment rooms allow guests to escape to the tranquil environments of far away lands.

In addition to a range of traditional spa treatments offered at 100 Fountain Spa, guests can choose from a collection of four signature Vinotherapy treatments featuring the healing power of grapes. The potent antioxidants found in grapes have been recognized not only for their heart health benefits, but for skin as well. In Vinotherapy treatments grape seeds and skins from local vineyards are combined with wine extracts to improve skin health.

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MILLCROFT SPA, CENTRE FOR WELL-BEING, MILLCROFT INN

Less than an hour's drive northwest of Toronto, nestled in the rolling Hills of Headwaters Region in the town of Caledon, is the Millcroft Spa, Centre for Well-Being. Built in 2004, the bright and airy 9,000 square foot spa boasts 17 treatment areas, an indoor pool and hot tub, steam rooms, fitness studio and a comfortable spa lounge overlooking scenic woodlands.

Spa goers flock to this noted destination to experience a traditional selection of spa services or to sample an array of interesting signature treatments, such as a Malt & Barley Scrub & Soak or a Swiss Shower Kur. Guests also partake in a number of soul satisfying therapies, including Sunday morning yoga sessions, Reiki, Thai Massage, or a walk through the Millcroft's Healing Gardens.

Small groups such as girlfriends seeking a weekend escape can enjoy communal pampering in our manicure and pedicure salon, accommodating up to six guests at once. The Japanese Ofuro room is a popular spot for couples to enjoy a massage or body polish followed by a soak in an oversized bath.

Healthy spa cuisine is available in the Spa Café along with fireside seating and a breathtaking view of 100 acres of protected forest and meadows. Travelers seeking a calming retreat, wellness or just some well-deserved self-indulgence will find the Millcroft Spa is the perfect refuge for healing the body and soothing the soul.

Millcroft Spa, Centre for Well-Being is proud to use Biodroga and Carita skin care products. Biodroga products, made from natural substances such as oils and plant extracts combined with biotech ingredients, are recognized as being among the most advanced and effective in the world. Carita's high performance products were developed by professionals from the renowned Maison de Beauté in Paris, France, and have a reputation as the most exclusive beauty therapy brand.

For further information, please contact Patricia Jones, Spa Manager at 519-941-8111, ext. 5371.