



OUR SPAS



4 spas | 4 fitness facilities | 2 outdoor hot spring pools | 5 pools

The Vintage Hotels provide four beautiful spa facilities guaranteed to gently exfoliate, massage, and cleanse away guests' daily cares. The expertly trained staff, serene surroundings, and unique spa treatments combine to create the perfect spa retreat.

Spas

100 Fountain Spa
Secret Garden Spa

Millcroft Inn and Spa
Spa On The Twenty

100 Fountain Spa, Pillar and Post

Address: 48 John Street • Niagara-on-the-Lake • Ontario • Canada

Reservations: 1-888-669-5566

Niagara natives and visitors alike have enjoyed the sanctuary of 100 Fountain Spa since its opening 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 outdoor hot springs as they await a wide range of aesthetic and body treatments.

The manicure and pedicure salon has six manicure stations featuring built-in massage and air-jetted chairs and hand-blown glass bowls. The six additional manicure posts make accommodating groups up to 12 a perfect de-stressor for bridal parties or conference groups. Five 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 faraway 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 healthy 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.

Secret Garden Spa, Prince of Wales Hotel

Address: 6 Picton Street • Niagara-on-the-Lake • Ontario • Canada

Reservations: 1-888-669-5566

The ambiance of the recently updated 5,100 square foot Secret Garden Spa, is influenced by the natural elements of earth, fire and water.

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 chaise lounge near the 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 encourage relaxation in the lounge, while a floating bamboo hardwood floor promotes quieter hallways between its four treatment rooms, each named after a garden flower. A group salon accommodates three manicures and four 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 Beau-teas Facial, Green Tea Pedicure and the Beau-teas Body Wrap.

Millcroft Spa, Centre for Well-Being, Millcroft Inn & Spa

Address: 55 John Street • Alton-Caledon • Ontario • Canada

Reservations: 1-888-383-3976

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 outdoor and indoor pool and hot tub, steam rooms, fitness studio and a comfortable spa lounge overlooking scenic woodlands. In December 2015, an all-season outdoor hot springs facility was added consisting of 2 outdoor hot springs, and a polar plunge pool.

Spa goers flock to this noted destination to experience a traditional selection of spa services or to sample an array of appealing signature treatments, such the Millcroft Spa Signature Scrub and Wrap. Guests also partake in a number of soul satisfying therapies, including Sunday morning yoga sessions, Reiki, Massage and a couples retreat package.

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 as well as the hot spring pools. 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.

Spa On The Twenty, Inn On The Twenty

Address: 3845 Main Street • Jordan • Ontario • Canada

Reservations: 1-800-701-8074

Serenity, pampering, and self care are just moments away at Spa on the Twenty. Nestled in a century-old Vintage House next to the main Inn, the Spa is surrounded by lush gardens and a gazebo, offering a calming atmosphere to let you focus on you. The spa recently added three treatment rooms in a newly renovated spa space adjacent to the Inn's lobby.

Spa on The Twenty is the perfect escape to focus on rejuvenating mind, body and soul for groups, couples and individuals. Signature treatments include vino therapeutic services that begin with a grape extract exfoliation that is rich in antioxidants, such as flavonoids and polyphenol. Vino therapeutic services use ingredients and movements selected specifically to honour and celebrate Niagara's bounty, taking guests on a sensory journey to serenity.

Spa treatments utilize top brands including Institut Esthederm, Phytomer and Spa Ritual. Spa goers can pamper themselves with decadent pedicure and manicure or side-by-side couple's massage all complimented with an added fruit plate and glass of wine.

Guests are able to enhance their spa experience with a delicious Spa Luncheon prepared by the renowned Inn On The Twenty Restaurant.