

Lose Yourself in the Spirit of Whistler

Nestled in an oasis of calm and awe-inspiring beauty is The Spa at Four Seasons Resort Whistler. Unwind and restore your well-being while basking in a luxurious sanctuary with high-altitude spa therapies that will soothe and revitalize your body after a hard day playing in Whistler's great outdoors. Modern and contemporary, the décor is clean and simple with soft hues of honey and beige that induce a warm and opulent ambience.



Unstained maple wood and white stone reflect the rustic mountaintops, which dominate the vistas surrounding Canada's only AAA Five Diamond Award resort. Engage all of your senses as you sink into plush Kashwère sofas, sip on cool cucumber water, and breathe in the lavender, patchouli, and cedar scents that emanate through the air.

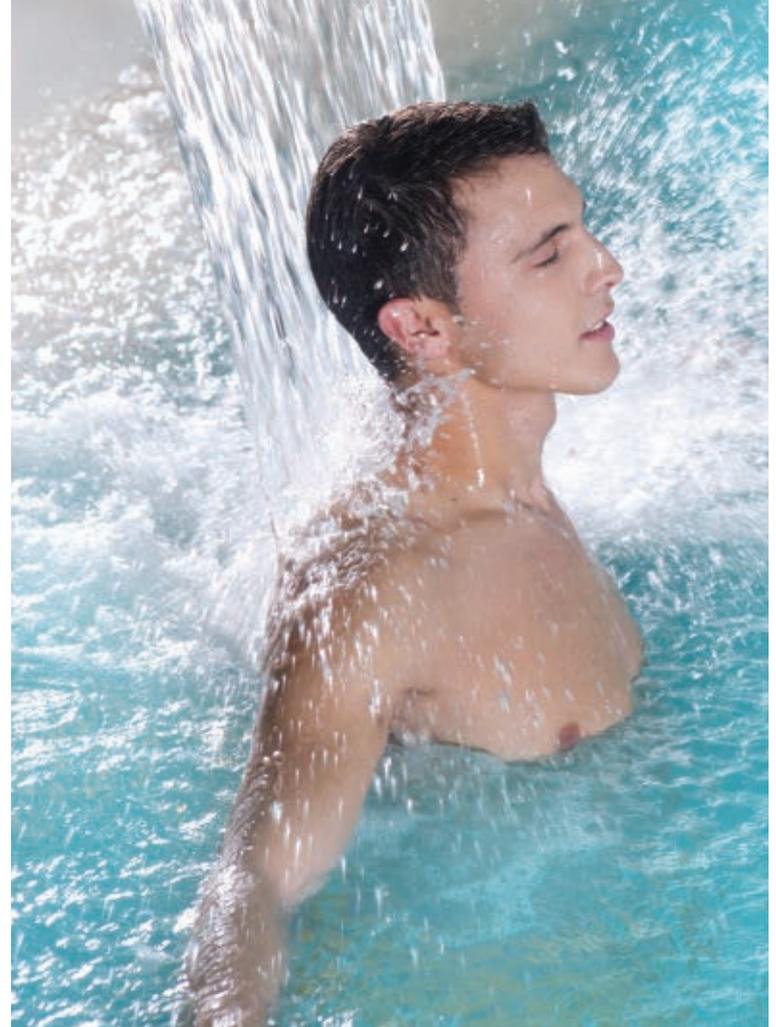
At The Spa at Four Seasons Resort, the mountains are an inspiration not only to the ambiance, but to the treatments as well. Spa and Fitness Director Filipa Batalha explains that incorporating the essence of Whistler and the life of the mountains was a very important part of developing their new signature treatment, Spirit of Whistler. "What's unique about Whistler, is Whistler. The mountains bring us a lot of our inspiration. From the harsh elements and rigorous activities, to the fresh air we breathe and the calming presence of nature. All of this combined makes for unique treatment ideas that are very specific to our spa," says Batalha.

If deciding to indulge in the Spirit of Whistler treatment, prepare to drift away into rich decadence. Flickering candlelight illuminates the room, while the rich and mesmerizing scents transports you to a tranquil state of mind. Your personal therapist presents you with a choice of essential massage oils dependent on your body's needs: energizing, soothing or detoxifying. West Coast Marine Salt is then used to exfoliate the skin, shedding old cells so that the body can benefit from the oils and their nourishing properties. Reflexology unlocks energy points as pressure is added to specific areas on the feet while a deep tissue massage with stretching motions helps to ease tired and overworked muscles. Using a combination of dexterous hands and smooth hot stones, the therapist works over your body, relieving tension points before finishing with a rejuvenating head and scalp massage using heated Moroccan oil.

After the treatment, you are welcomed to continue the blissful experience while replenishing with mountain berry tea and fresh grapes set on ice in the relaxation lounge. Wrapped in a rich cotton bathrobe, relax and let the oils absorb into your skin or indulge in the shower amenities with the spa's new line of organic products locally sourced from Vancouver.

"People are curious," says Batalha. "We are exploring new holistic and relaxation techniques, which we encourage our guests to try. I am lucky that my team of therapists are so well trained that we can explore new experiences and continue to excite our guests, both new and returning."

Located at the Four Seasons Resort Whistler at 4591 Blackcomb Way. For appointments, call (604) 966-2620.



The Ultimate Haven for R&R

Tranquility is hard to find in a bustling and activity-obsessed resort like Whistler. With so much going on, it's easy to get caught up in a whirlwind of thrills and adventures without taking a moment to sit back and really appreciate the surrounding beauty. At Scandinave Spa Whistler, signature treatments are more like indulgent experiences that allow guests to spend hours on end soaking up much deserved R&R at a unique mountain destination.

Just five minutes north of the Village, tucked amongst towering cedars, firs and spruces and up a narrow forested path is a secluded retreat. Glimpse the edge of Lost Lake as steam rises into the impressive trees as the sun shines over scenic mountain vistas, glimmering on the pools of water. In a world where we feel the need to be connected 24/7, it's time to unplug and unwind. Warm light pours through glass windows over a serene compound of hot baths, cold pools, saunas and steam rooms where guests can rejuvenate and be immersed in therapeutic ambience—this is no time to rush.

Scandinave encourages guests to try cycles of body heating and cooling hydrotherapy. Start with heating the body up in either the hot baths, Finnish wood-burning sauna, or in the eucalyptus steam baths to dilate the blood vessels on the surface of the skin, reduce blood

pressure, and increase blood flow to the skin and muscles. Perspiration from the rise in body temperature helps cleanse the skin and release residual toxins from certain metabolic processes as well as negative energy.

After warming up, quickly cool off in the Refreshing Rinse Stations. If you're brave, take an invigorating plunge into the cool baths or refresh yourself with a cold shower or the Nordic waterfall and feel the rush of the funneled water. Don't make the mistake of dipping a toe in first—go for a full body immersion. After giving yourself some last minute pep talk, make like a polar bear and submerge. Your body will thank you for it in the end. "Cold water is a stimulus, it flushes the organs and energizes the body. It only takes 20-30 seconds of exposure to benefit from the effect of cold water. It's a remarkable way to get healthy and stay healthy," says Annique Aird, General Manager.

After experiencing the hot and cold environments, let your heart and blood flow stabilize and take advantage of the spa's relaxation areas. Rest in a hammock, solarium, on the terrace, or by the outdoor fireplace. There's a no talking rule in these designated areas as you allow your mind, body and soul to relax and reflect while taking in the breathtaking mountain scenery. This is your time to just be.

This experience is the unique signature treatment of this Scandinavian inspired spa, designed to reinvigorate and refresh. It's a reset button for the mind and body where pure "me" time is an understatement. Free from interruption with nothing but the sound of nature, it's a chance to truly feel at peace and reconnect with your inner being.

Scandinave Spa is located just minutes from Whistler Village at 8010 Mons Road. For appointments, call (604) 935-2424.