

## **INFO SHEET SCANDINAVE SPA WHISTLER**

Hours: **10 a.m. to 9 p.m. daily – rain, shine or snow**

Description of the services:

### **Scandinavian baths**

The Scandinavian baths, also known as hydrotherapy, cleanse the body and skin, improve blood circulation and physical conditioning, producing the effect of increased wellness and intense relaxation. Occurring in three stages, just a few hours are required to fully enjoy the benefits of these outdoor baths. In sequence, first heat the body in the Eucalyptus steam bath, wood burning Finnish sauna or thermal waterfalls to open pores, stimulate blood circulation and release toxins. Then, cool the body quickly in the Nordic waterfalls, cold baths or shower to close the pores and strengthen the immune system. Finally, relax in a solarium, on a terrace, in a hammock or by the outdoor fireplaces to allow the cardiovascular system to regulate itself and blood circulation to decrease.

Each hot–cold–relaxation sequence takes about 25 to 30 minutes and should be repeated 3 to 4 times for maximum results. The whole experience will normally take about two to three hours.

It is important to remain hydrated throughout the process so that most of the toxins are eliminated and optimal well-being is reached through this outdoor relaxation experience, in harmony with nature.

### **Swedish package**

The Swedish package includes access to the Scandinavian baths and a 60 minute Swedish massage. Developed by the Swede Pehr Heinrich Ling and focusing on relaxation, this massage contributes to stress reduction, promotes circulation of the blood and eliminates nervous and muscular tension.

### **Swedish Duo package**

The Swedish Duo package includes access to the Scandinavian baths and two 60 minute Swedish massages performed in the same room.

### **Ultimate Swedish package**

The ultimate Swedish package includes access to the Scandinavian baths and a 90 minute Swedish massage.

### **Deep Tissue package**

The Deep Tissue package includes access to the Scandinavian baths and a 60 minute deep tissue massage. The primary focus of this massage is to get deep into the body's muscle fibers. It is used to relieve muscle tension and knotting. The muscles have an amazing memory and regular deep tissue massages are a great way to promote these muscles to realign to their proper positions.

### **Sports package**

The Sports package includes access to the Scandinavian baths and a 60 minute sports massage. Using specific techniques and stretches, this massage relieves muscle tightness while focusing on enhancing athletic performance and facilitating recovery from sports activity.

### **Hot Stone package**

The Hot Stone package includes access to the Scandinavian baths and a 90 minute massage with hot volcanic stones, promoting deep relaxation. Of indigenous origin, the technique is known for its purifying, liberating and comforting effects.

### **Thai Yoga package**

The Thai Yoga package includes access to the Scandinavian baths and a 90 minute massage inspired by Thai techniques. This massage revitalizes the energy lines, as an initiation or a complement to yoga.

## **Relaxing Gift Packages**

### **Cultural Escape & Spa**

Explore the Aboriginal Museum and relax in the heart of nature at the ScandinaVe Spa. Whistler's Aboriginal Museum, showcases the unique culture of the Squamish and Lil'wat people through tours, art galleries, food, film and performances.

### **Escape Package**

Scandinavian baths, healthy snack, stainless steel bottle, sandals & bathrobe rental.

### **Wellness Package**

Scandinavian baths, Swedish massage (60 min.), healthy snack, stainless steel bottle, massage gel, sandals & bathrobe rental.

Prices:

- 1. Scandinavian Baths** **\$58**
  - . Buy 10 and get 15% off
  
- 2. Packages**

- Swedish	<b>60 minutes</b>	<b>\$ 135</b>
- Swedish Duo	<b>60 minutes</b>	<b>\$ 270 for two</b>
- Ultimate Swedish	<b>90 minutes</b>	<b>\$ 200</b>
- Deep Tissue	<b>60 minutes</b>	<b>\$ 145</b>
- Sports	<b>60 minutes</b>	<b>\$ 145</b>
- Volcanic	<b>90 minutes</b>	<b>\$ 210</b>
- Thai Yoga	<b>90 minutes</b>	<b>\$ 210</b>
  
- 3. Passports**

- Scandinavian Baths Passport	<b>\$ 350</b>
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Three month baths access, Monday to Friday  
15% off on Swedish massage

Note:

- . No reservation required for the Scandinavian bath experience.
- . Reservations are required for the massage & bath packages.
- . Prices include locker with lock and 2 towels.
- . Bathing suit is mandatory, beach sandals are recommended.
- . Shampoo, soap and hair dryer are supplied in the changing room.
- . Taxes not included

Clientele: 19 years and over

Components of the Scandinavian bath experience:

- Eucalyptus steam bath
- Wood burning Finnish sauna
- Outdoor hot baths
- Thermal and Nordic waterfalls
- Cold baths and cold shower
- Solariums and terraces
- Relaxation areas and hammocks
- Outdoor fireplaces

Other services: - Health bistro  
- Boutique  
- Bathrobe rental: \$12

Technical details: - 20,000 sq. ft. of facilities integrated over 3 acres of natural landscape  
- 14 massage rooms of which 4 are duo rooms

Address: 8010 Mons Road  
Whistler, British Columbia  
V0N 1B8

Location: 1.5 km (1 mile) north of Whistler Village  
On the edge of Lost Lake and Spruce Grove parks

Reservations: 604-935-2424  
1-888-935-2423

Web site: [www.scandinavewhistler.com](http://www.scandinavewhistler.com)

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