

Healing

lifestyles & spas

magazine

Featuring: Grail Springs Spa

Ready to Spa?



8 getaways to rejuvenate and refresh your spirit

by Melissa B. Williams

Ontario

Located north of Toronto in a lodge reminiscent of a European chateau, you'll find **Grail Springs Spa**, a health-oriented spa getaway designed for maximum rejuvenation. The interiors of the property are feng-shui certified, while the grounds feature a labyrinth and meditative gardens. Come for a week of detox; your stay will include organic meals, juices, and elixirs;

such anti-aging and detoxifying therapies as mud baths and infrared saunas, nutrition consultations, yoga, and more. Recognized for being one of the premier health spas in Canada, Grail Springs is the perfect place to getaway from it all, and bring your body back into a state of well-being. For more information call (877) 553-5772 or visit www.grailsprings.com

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