



Spa & Wellness

Breathe in and out in a unique, natural setting.

NorthumberlandTourism.com/wellness



NorthumberlandTourism.com

Recharge in the Hills and Forests

- Sleep under the stars in a luxurious safari tent at Whispering Springs Wilderness Retreat.
- Harmony Dawn Retreat offers healing therapies along with delicious vegetarian cuisine.
- Try guided experiences in natural settings with Sally Staples Transformational Nature Connection.

Indulge, Relax and Get Comfortable

- Take time out at Ste. Anne's Spa, Canada's acclaimed, world-class retreat near Grafton.
- Indulge in eastern spa treatments at Northumberland Heights Wellness Retreat and Spa – or try a caviar indulgence facial.
- Discover Fieldstone Spa, with organic, day spa treatments in a beautiful 1800s farmhouse.

01 Fieldstone Spa

8488 Smylie Rd., Cobourg
905-375-9984 • fieldstonespa.com

Escape to this full-service destination spa in an 1800s farm house, luxuriously designed to accommodate groups of all sizes. Take in a beautiful country view and enjoy an all-organic answer to skin care.

02 Harmony Dawn

800 Baxter Rd., Hastings
705-696-2066 • harmonydawnontarioretreat.com

Find balance at this off-the-grid retreat surrounded by 50 pristine acres of meadows and forests without any noise or electrical buzz. Try meditation, Tai Chi Chuan, Qigong and Yin-Yang cuisine to establish a mind-body health practice.

03 Northumberland Heights Wellness Retreat & Spa

795 Northumberland Heights Rd., Cobourg
905-372-7500 • NorthumberlandHeights.com

Enjoy wellness in the lap of luxury. Overnight pampering stays, relaxing massages, yoga, healing sessions, wholesome meals and banquets.

04 Ste. Anne's Spa & Bakery

1009 Massey Rd. & 252 Academy Hill Rd, Grafton
888-346-6772 • SteAnnes.com

Escape to this internationally-renowned spa featuring equine experiences, a serenity garden and labyrinth, and a gluten-free bakery.

05 Whispering Springs Wilderness Retreat

141 Mercer Lane, Grafton
905-349-1009 • WhisperingSprings.ca

Try glamping in style at this forest hideaway featuring deluxe safari tents with king-sized beds and private ensuites. Add an invigorating yoga session in a lodge-inspired pavilion or a relaxation massage in the outdoor gazebo

06 Sally Staples Transformational Nature Connection

425 Orchard Grove Rd., Grafton
289-251-8989 • sallystaples.com

Connect with the natural world. Experience mindfulness through guided immersive experiences in forests and other natural settings. One-day mini-retreats and 3-day nature retreats are available in a variety of locations throughout Northumberland County.

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