

# WELLNESS OFFERINGS

Reconnect with the rhythms of nature

## THE THERAPEUTIC MASSAGE

### Moderate to deep pressure

A deep tissue massage that can be customized to target problem areas, ease stress and muscle pain, and increase circulation.

60 min - \$220 • 75 min - \$275 • 90 min - \$330

## THE RELAXATION MASSAGE

### Light pressure

A gentle approach to bodywork, this massage will help to de-stress and flush out your muscles. A full body and mind experience to relieve tension and invite a deeper sense of relaxation and overall well-being.

60 min - \$220 • 75 min - \$275 • 90 min - \$330

## THE SOLE TREATMENT

This treatment begins with an aromatherapy foot soak and scrub, followed by a foot and lower leg massage based on Chinese meridian therapy.

60 min - \$160

## THE AYURVEDIC HEAD MASSAGE

AHM has a deeply relaxing and rejuvenating effect. For this treatment, you will be seated, and the therapist will use general Swedish massage techniques as well as 'marma' or pressure point therapy on your head, neck, upper arms and shoulders.

45 min - \$120



## THE INTERTIDAL SCRUB

In this full body treatment, refreshing eucalyptus and plant oils mingle with Pacific Sea salts made by KODO Collection to renew your skin and restore your senses, leaving you and your skin glowing.

30 min - \$85

## PRIVATE YOGA SESSION

If you are new to yoga asana practice, are working with an injury, or would like to move deeper into your personal practice, book a private class with one of our trained yoga teachers. (1 or 1+people)

60 min (1-on-1 private session) - \$100  
each additional person in private group - \$50

## SIGNATURE TREATMENT

### The Rhythms of Nature

Immerse yourself in complete wild indulgence. Begin with an invigorating body scrub, before allowing yourself to be lulled into a state of complete bliss with an Ayurvedic Head Massage, followed by an outdoor rain shower. Finish with a full body relaxation massage and rehydrate with a refreshing local elixir.

3 hours - \$500



# WILD OFFERINGS

Immerse yourself in the wild nature of the Great Bear Rainforest

## YOGA IN THE WILD

Deepen your connection to nature with a personalized 60-minute yoga class surrounded by the beauty of the Great Bear Rainforest.

1-on-1 private session - \$150  
each additional person in private group - \$50

## FOREST GUIDED MEDITATION

Join us to open your senses, disconnect from the city, and bridge the gap between yourself and the natural world. Our meditations will focus on bringing you back into your body, while soothing your mind and calming your nervous system. Speak to your Guest Experience Optimizer to ensure that you have the opportunity to experience this mindful and nurturing hike. This customized experience is tailored to the group or individual's needs; cost is dependent on duration.

## GIN AND YIN

Did we have you at gin? Join us for a location yin class - a style of yoga where postures are held from 5-10 minutes to allow the deep connective tissue of your body to soften and unwind. Our locally inspired gin cocktails will accompany this class and allow you to sink even deeper into the pose. This experience includes a 60-minute yin yoga class along with additional time enjoy the wild location and taste the local gin flavours.

1-on-1 private session - \$150  
each additional person in private group - \$50

## THE INTERTIDAL SCRUB ON THE SAUNA DOCK

In this full body treatment, refreshing eucalyptus and plant oils mingle with Pacific Sea salts made by KODO Collection to renew your skin and restore your senses, leaving you and your skin glowing. Finish off with a beautiful herbal tea from Silk Road, while enjoying some alone time in our floating cedar sauna. The scrub is approximately 30-minutes but plan for more time to enjoy the sauna.

30 min - \$170

## SIGNATURE TREATMENT

### Wild Rhythms of Nature

Our signature 4-hour treatment gone wild. Begin with an invigorating eucalyptus body scrub on our floating sauna dock followed by a refreshing plunge into the Pacific Ocean, before letting the muscles unwind and mind relax in our cedar sauna. A quick boat ride will transfer you back to the lodge where you will receive an Ayurvedic Head Massage,



before being lulled into a deeply restorative full body relaxation massage. Finish the afternoon with a refreshing local elixir.

4 hours - \$600

Approximate time of wild treatments are listed in the descriptions below, but they do not include the transfer time to the various locations. All Wild Offerings are subject to seasonal availability and are weather dependent. All our treatments use high grade oils from Silk Road and Essential Aura. Boater spa use surcharge is \$25.