

# Worth the Visit: Scandinave Spa Blue Mountain

## Vital Statistics:

**OWNERS:** 3 owner/operators: Robert Cederberg, Managing Director; Lesley Cederberg, Controller; Mylisa Henderson, Director of Marketing & Sales; plus a small group of family & friend owners; & a percentage owned by the original Scandinave Spa concept group, GRD of Mont Tremblant, QC.

## SPA OPENED:

2006  
152 Grey Road 21  
Blue Mountains  
705 443 8484  
www.ScandinaveBlue.com

**GOOD FOR:** Year-round access for those at least 19 years old, to the age-old tradition of Thermal/Nordic waters in a outdoor setting,

situated at the foot of the Niagara Escarpment. The Scandinavian Baths include the wood-burning Finnish Sauna, Eucalyptus Steam Room, Thermal & Nordic Waterfalls, Hot Baths, Cold Plunges, Fireplaces & Relaxation Areas. Registered massage treatments, memberships, yoga & pilates classes & an on-site bistro serving healthy local fare.

**PHILOSOPHY:** To offer guests a unique & tranquil, year-round spa experience in a natural setting complementing one's health, well-being & relaxation.

**THE EXTRA MILE:** The Spa is located in the heart of a natural forest which offers guests an opportunity to re-connect with nature in any season. Guests are invited to experience the Baths for a few hours or for the day & don't require reservations & aren't limited to an appointment time. Appealing to both women & men, the spa is a destination for couples wanting an escape for the day.

**WHY IT'S WORTH THE VISIT:** For anyone looking for the ultimate in relaxation & wellness, this is a must see & do. The only outdoor spa concept in southern Ontario, in the winter the Spa actually becomes a soft adventure for guests donning their bathing suits in the frigid cold outdoor temperatures.

◀ With ski runs on the Niagara Escarpment in the distance, Scandinave Spa offers relaxing heat at the end of a strenuous day.



▲ Hot in the cold: the heated pools at Scandinave Spa contrast with the snow & ice of winter.

◀ Sunbathing in swimsuits outdoors in winter is luxurious after having been warmed by the sauna or thermal baths.

Photos courtesy Scandinave Spa.

