Canada's Number One Relaxation Spa Offers Healing Hands and Healing Horses

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Ste. Anne's Spa Provides their Guests with the Opportunity to Interact on a Personal Level with one of the ten Domestic Horses on Property

- From rejuvenating spa services to relaxing facilities and more recently, personal interactions with the horses on property, Ste. Anne's Spa has something for everyone.

Relatively new to Canada's Favourite Spa is the Ste. Anne's Farm Equine Program, an opportunity for guests to interact on a personal level with one of the seven domestic horses that call Ste. Anne's Spa their home.
At this number one relaxation spa, guests are encouraged to enjoy the farm facilities in whichever way best suits them. They have the choice of three different equine activities including: Morning Muck, Evening Turn In and Grooming Time. Morning Muck and Evening Turn In may include tasks such as cleaning the stalls, filling water buckets and bringing in or turning out the horses. During Grooming Time you will be hands on with the horses, with our Stable Caretaker guiding you through this very intimate experience. Each activity is completed under the guidance of the Stable Caretaker, Karey White, who is a Certified Equine Canada Level 1 Coach and a Certified Riding Instructor.

"I have guests comment all the time that they can do yoga anywhere, but in the city there is no opportunity to play with horses. Here, they get an up close and personal experience with the horses, in a controlled environment," said Karey White, Stable Caretaker. "The program is not a 'therapy' per say but the horses do have a way of making the guests feel comfortable enough to let their guard down and just feel."
As a guest at Ste. Anne's Spa many of the packages will also include a wellness class; the Morning Muck and Evening Turn In activities can be substituted for your wellness class. Although the Grooming Time cannot be substituted, it can be added to your stay for only forty-five dollars. Classes range from forty-five minutes to an hour in length, with every minute creating memories that will last a lifetime.

To read an article about the Ste. Anne's Farm Equine Program featured in The New York Times, click here.
For more information on the Equine Program at Ste. Anne's Spa please contact Marijo Cuerrier or Katriona Dean at 905-349-3704 ex 280 or by email at marijo.cuerrier@steannes.com or katriona.dean@steannes.com.

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About the author:

Since 1985, Ste. Anne’s Spa has catered to the needs of its guests by creating an inviting and comfortable environment that focuses on rejuvenating your body and soul. The Main Inn and Ontario Spa Cottages are nestled across over 400 acres of scenic, rolling countryside; each uniquely appointed accommodation features its own style and amenities. More than 35 rejuvenating spa treatments revitalize and soothe the senses while our culinary team creates scrumptious cuisine which delights the palette.

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