

4. Sales Page for Scandinave Spa Blue Mountain

Escape to nature

Scandinave Spa Blue Mountain

Rejuvenate your mind and body

Are you tired of constantly feeling overworked and stressed out?

Do you crave the feeling of waking up well-rested and re-energized after a good night's sleep?

Are you unable to recall the last time your body was free from muscle tension and pain?

Do you find yourself dreaming of an escape from your busy, noisy life?

If this sounds like you, you're not alone.

The truth is, we live in a world that prioritizes constant productivity and busyness. We are meant to juggle the ever increasing demands of our jobs, family obligations, maintaining a social life and friendships and somehow still find time for ourselves and our own interests.

It's no wonder the majority of adults living in the Western world suffer from chronic stress and exhaustion. The society we live in simply deters us from slowing down and seeking rest.

But eventually, if we fail to carve out the time to pour into ourselves, our bodies will force us to slow down, usually at the worst time.

That's why it's vital to periodically find a quiet escape to relax both the mind and body.

Explore Scandinave Spa Blue Mountain

Immerse yourself in total tranquility

Through our carefully curated circuit of relaxation, our mission is to provide our guests a uniquely peaceful experience.

Our inspiration stems from the luxurious spas spanning across the Scandinavian region of Northern Europe. Nordic countries including Sweden, Denmark, Norway and Iceland

are notoriously known for the practice of thermal therapy consisting of hot, cold, and relaxation circuits.

This unique method of strategically exposing the body to extreme temperatures followed by a period of rest is known to improve both physical and mental well-being.

By bringing this traditional European practice to the beautiful region of the Blue Mountains, Ontario, our hope is that guests from across Canada (and the world) will find an escape from their stressful, noisy lives by immersing themselves in our luxurious spa amenities in the most picturesque natural forest setting.

Why we're different

Regular spas are often located indoors and focus on promoting relaxation through a variety of treatments (think facials and body scrubs) along with massage therapy. While this does work temporarily, a key element in achieving optimal wellness is missing - time in nature.

Our goal is to provide a one-of-a-kind immersive experience centering around our therapeutic Thermal Journey with the option of adding a massage treatment to your visit.

Our prime location within a natural forest allows our guests to benefit from the healing properties of nature ensuring they leave feeling calm, rested and rejuvenated.

Experience Scandinave Spa Blue Mountain
Your peaceful escape awaits

Our Amenities

- Nordic style Thermal Journey including outdoor hot pools, cold plunges, waterfalls, saunas and steam rooms

Benefits: flush out toxins, improve blood flow and skin appearance, stimulate the immune system and feel more revitalized than you have in months - maybe even years!

- Cozy relaxation areas consisting of lounge chairs, hammocks and day beds dispersed throughout the spa grounds

Benefits: rest your mind and body to achieve optimal wellness and leave feeling like a brand new you!

- Guided Thermal Journey events with a certified SHERPA Cold Water and Breath Guide

Benefits: reap the rewards of extreme temperature exposure in a safe and healthy way.

- Massage treatments including swedish, therapeutic, relaxation, prenatal and couples massages all of which include a robe rental and guaranteed access to the Thermal Journey

Benefits: soothe aching muscles and relieve body tension to re-experience the pain-free days of your youth.

- Shinrin-Yoku: the Japanese art of forest bathing

Benefits: immerse yourself in the sights and sounds of nature allowing for total peace and tranquility.

What is peace of mind worth to you?

Factoring in flights, accommodations and treatment bookings, many spend *thousands of dollars* a year on expensive vacations and spa getaways to escape the stress and burdens of everyday life.

At Scandinave Spa Blue Mountain, you get the luxury nordic spa experience and a peaceful retreat at a fraction of the cost.

The regular price of a Thermal Journey reservation is **\$95** during *off peak* season and **\$105** during *peak* season.

Upgrade to the ultimate spa experience by adding a massage treatment to your Thermal Journey starting at an additional \$95 for a 60 minute massage.

Limited Time Offer

For a limited time, book your summer spa escape and take advantage of our early bird discount to receive **15% off Thermal Journey reservations**. Offer ends June 15th, 2024.

Use Promo code: SUMMER15 at checkout

[Claim this limited time offer now](#)

As the weather warms up and the summer cottage season approaches, the Blue Mountain region is buzzing with activity. Due to this influx of tourists and locals alike, spa reservations tend to fill up weeks in advance.

We recommend booking early to avoid disappointment. Take advantage of our early bird discount today and receive **15% off your Thermal Journey reservation** to ensure you have the most memorable summer getaway.

Book Now

[Cancellation Policy](#)

“Reservation changes, cancellations, and refunds are permitted up to 24 hours before your appointment/reservation time. Same day reservations cannot be changed, canceled or refunded.

Changes, cancellations, and refunds may be possible within 24 hours, under specific conditions (severe weather warnings, road closures, Scandinave Spa operational issues).

If a Massage Guest is a no-show, a \$90 admin fee will be charged to the credit card used for payment.

If a Thermal Journey Guest is a no-show, the reservation is non-refundable.”

[Secure your reservation today](#)

Book Now

**Note: yellow highlighted sections denote existing copy sourced from <https://www.scandinave.com/blue-mountain>*